

A 10-year vision for a Healthy Enfield

Annual Public Health Report 2018

Foreword

I would like to welcome you to this year's annual public health report (APHR) of the Director of Public Health for 2017/18. The report this year focuses on the current challenges we all face in improving residents' health and wellbeing and aims to spark debate about what we can all do together and in partnership to help address these issues.

Our individual level of health and wellbeing will be affected by a wide range of factors – from the climate and environment around us, to the local economy and community we live in. We are influenced by these and other factors everyday in the choices we make to keep us healthy and active. Many of these factors, although they may be beyond individual control, can be improved by the combined efforts of a range partners across all services and sectors.

I am pleased to present this year's APHR which aims to address these wider determinants of health, particularly in this time of austerity, which encourages us all to think about how we can each contribute by embedding health in all that we do.

Finally, I would like to thank the Enfield Public Health team for their hard work and enthusiasm in working towards delivering our vision for a truly **Healthy Enfield**, which will enable people to live healthier and happier lives.

Cllr Yasemin Brett

Cabinet Member for Public Health



Introduction

The annual public health report (APHR) of the Director of Public Health provides an opportunity to initiate a wider discussion about our residents' health and wellbeing, to focus attention on current health-related issues and to help galvanise people and organisations to take action.

The intention is not simply to focus on healthcare or specific public health services, but to explore what it is that makes us healthy (or indeed unhealthy) and what further contribution could be made by public services, and other sectors, to help make people healthier.

Enfield has a long and strong history of providing high quality public services for our residents. These include social care, the NHS, the emergency services and education but the question should still be asked, whether we are all doing enough to ensure that Enfield, as a place to live, work and play, is an environment in which we can all achieve our potential and be as healthy as we can be.

This report aims to look forward and to help clarify our collective ambitions for creating a **Healthy Enfield**. Whilst acknowledging current challenges presented by austerity and economic uncertainty it identifies some of the important local health challenges that we face as a community and sets out approaches that have been used elsewhere and that we might want to develop locally.

It is five years since councils took back the responsibility for improving the health and wellbeing and reducing health inequalities of their residents. The transfer of public health responsibilities from the NHS has provided opportunities over this time for better joint working and a clearer focus on action to tackle the health challenges we face. The Health & Wellbeing Board has set an ambitious five-year strategy that articulates this and brings partners together from across the local system to improve outcomes. The NHS, which celebrates its 70th birthday this year, is an important partner but not the only one we need to work with. It is only through the collective efforts of all partners, including the community and voluntary sector, that real impacts at the societal level may be achieved.

As part of this the Council has set itself the challenge of ensuring that the health and wellbeing of Enfield residents is at the heart of all that it does. This is summarised as:

A 10-year vision for a *Healthy Enfield*

We see a population in Enfield that knows about and wants to lead a healthy life surrounded by organisations and a place that helps them do so. There is a vibrant movement for health locally with residents spontaneously helping each other to live well.

Enfield Council is increasingly seen as a leader in improving health through encouraging healthy choices through policies and design. As the local 'place-shaper' Enfield Council is seen as the champion for improved health and

reduced health inequalities. Enfield Council sees health holistically not just in terms of health and care 'services' but as something that is a result of the place (e.g. not one that encourages us to be overweight or inactive) and the life chances we have as well as the services we use.

Health and care services are designed with and for our residents targeting those that need them most using evidence of what works. We also see a shift in social mobility with people seizing opportunities to help themselves by being helped on the way by local services on a short-term basis in the main.

Inequalities are shrinking because being healthy is not dependent on social background and the local system has tackled issues such as pollution which lie beyond the control of individual. We are in a position where Enfield Council can show where we have made a difference.

Enfield Council continues to work effectively with all partners to achieve these outcomes. Everything Enfield Council does considers health impact, maximising the positive and minimising the negative.

We are using this picture of a **future Enfield**, drawn by Olivia Han^[1] (12 years old), to encapsulate our aspirations.

Please hover over and click on each image in the picture to read related factsheets. Next year we hope to report how our Enfield has responded to each of these factsheets.

Stuart Lines

Director for the Public's Health



Click below to enlarge the image. In the enlarged image, you will find 22 factsheets.



Full list of factsheets are also available [here](#).

[1] Olivia is the daughter of our Consultant in Public Health, Dr Tha Han.

APHR 2018 – Factsheets

1. Air pollution is shortening lives
2. Climate change is the greatest threat to global health in the 21st century
3. Planning policy is fundamental to health behaviour and a healthy environment
4. A street that works for people is a street that is good for health
5. Buildings need to encourage healthy lifestyles as far as possible
6. Walking is a simple health behaviour accessible to nearly everyone that could reduce rates of chronic disease
7. Cycling is a cheap, accessible and effective means of making physical activity part of everyday life
8. Independent travel improves health
9. Play is important, but the amount of time children spend playing has declined
10. Obesity is about poverty and cheap food, not laziness
11. There is only one message about smoking – don't!
12. Loneliness isn't just about feeling alone
13. Anxiety can make you physically unwell, but preventing that is a state of mind
14. Emotional wellbeing is something you “do”, not something you “are”
15. The health of mothers and their children go together
16. Let's give every child in Enfield the best start in life
17. Good parenting is perhaps the most fundamental determinant of a child's health
18. A healthy school is a school that provides an environment and culture that helps their pupils grow up to be healthy, happy and ready to learn with good aspirations
19. Work is good for you and some workplaces are healthier than others
20. Keeping strong in older age is important for health, quality of life and independence
21. Celebrating 70 years of the NHS and becoming a wellness service rather than a sickness service
22. Preventing what's preventable – immunisation is a simple step to protect people from infectious diseases