

<b>15 March 2017</b>	<b>ITEM: 6</b>
<b>Thurrock Health and Wellbeing Board</b>	
<b>Thurrock Health and Wellbeing Strategy Goal 5, Healthier For Longer Summary Report</b>	
<b>Wards and communities affected:</b> All	<b>Key Decision:</b> To note action plans
<b>Report of:</b> Councillor James Halden, Portfolio Holder for Education and Health and Chair of Thurrock Health and Wellbeing Board	
<b>Accountable Head of Service:</b> N/A	
<b>Accountable Director:</b> Ian Wake, Director of Public Health	
<b>This report is</b> Public	

## **Executive Summary**

The Health and Wellbeing Strategy 2016-2021 was approved by the Health and Wellbeing Board in February 2016 and the CCG Board and Council in March 2016. At its meeting in February, the Health and Wellbeing Board agreed that action plans and an outcomes framework should be developed to support the delivery of the Strategy and to measure its impact.

This paper provides action plans that have been developed to support the achievement of Thurrock's Health and Wellbeing Strategy Goal 5, Healthier for longer.

### **1. Recommendation(s)**

**1.1 The Board is asked to agree action plans developed to support the achievement Thurrock's Health and Wellbeing Strategy Goal 5, Healthier for longer.**

## **2. Introduction and Background**

- 2.1. Thousands of us will be ill or die each year from diseases which are preventable. Promoting healthy lifestyle choices is vital. Smoking is still by far the most common cause of preventable ill health and death, and obesity is a growing problem which is particularly acute in Thurrock. These issues affect physical and mental health, they result in shortened lives and poorer quality of life, and they put huge strain on families and health services. Tackling these issues is vital, therefore, if we are to improve health and wellbeing in Thurrock.
- 2.2. Thurrock's Health and Wellbeing Strategy comprises five strategic goals which make the most difference to the health and wellbeing of the people of Thurrock. Goal 5, Healthier for Longer focusses on help people make healthy choices. For example, help people maintain a healthy weight we want to make it easy to be active, have a healthy diet and provide people with good information on how to live a healthy life. Cancer is one common reason for ill health and death. Many cancers are avoidable through lifestyle changes but when people do have cancer we want to ensure that it is identified early through screening programmes and treated effectively when it does happen.
- 2.3. Four key objectives have been established as part of clearly defining and determining what needs to be done to help people remain healthier for longer:
  - i. A greater proportion of our population will be a healthy weight
  - ii. Fewer people in Thurrock will smoke
  - iii. The identification and early treatment of long term conditions such as diabetes or high blood pressure will be significantly improved
  - iv. More cancers will be prevented, identified early and treated better
- 2.4. Each of the objectives is supported by an action plan containing the deliverables and associated milestones needed to meet the objective. Health and Wellbeing Board members approved the draft outcome framework, containing a number of related performance indicators at your meeting in July 2016. Individual action plans now contain specific indicators that will help to measure the impact of specific actions and the success of the Health and Wellbeing Strategy.

## **3. Issues, Options and Analysis of Options**

- 3.1. Action plans are being presented to the Health and Wellbeing Board that have been subject to consultation. Health and Wellbeing Board members are asked to note the action plans for Goal 5, Healthier for longer, and invited to provide feedback on the actions and delivery timescales.

#### **4. Reasons for Recommendation**

- 4.1 Health and Wellbeing Board members are responsible for driving forward Thurrock's Health and Wellbeing Strategy. Action plans have been developed for each of the Strategy's five Goals. Health and Wellbeing Board members have agreed to consider action plans for one of the Strategy's Goals at each meeting.

#### **5. Consultation (including Overview and Scrutiny, if applicable)**

- 5.1 Action plans are developed in partnership between Thurrock Council, CCG, VCS and key stakeholders. Community engagement is a key part of the development of action focussed plans to support the achievement of Thurrock's Health and Wellbeing Strategy.

#### **6. Impact on corporate policies, priorities, performance and community impact**

- 6.1 'Improve health and wellbeing' is one of the Council's five corporate priorities. The Health and Wellbeing Strategy is the means through which the priorities for improving the health and wellbeing of Thurrock's population are identified.
- 6.2 Actions identified to ensure a greater proportion of people in Thurrock are of a healthy weight include developing and signing off a Whole Systems Obesity Strategy. This will be supported by an action plan which aims to reduce prevalence of Obesity in Thurrock. The development of a scorecard for GP Practices for obesity and overweight management and referral will aim to ensure that adult obesity and weight management addressed as part of health care service and demand management and prevention agenda in primary care and health.
- 6.3 Actions identified to reduce the number of people in Thurrock who smoke include establishing a contractual arrangement with Basildon & Thurrock University Hospital (BTUH) regarding referrals to quit services. This action aims to increase the number of smokers referred to quit services or treated in acute settings, particularly those with diseases that have a smoking related component. Action also includes working with our service provider to develop and implement an innovative treatment pathway for people that wish to use e-cigarettes. This action aims to reduce the number of people smoking tobacco based products in Thurrock and implement NICE PH45 Harm Reduction guidance.
- 6.4 As part of ensuring the identification and early treatment of long term conditions such as diabetes or high blood pressure will be significantly improved there are a wide range of actions aimed at developing and implementing a Hypertension Detection programme which will aim to reduce admission rates for avoidable conditions. A number of actions focus on NHS Healthchecks in Thurrock which will provide evidence and knowledge on how

the service might be improved to identify and manage more patients with Long Term Conditions.

- 6.5 Actions identified to ensure that more cancers will be prevented, identified early and treated better include setting up Thurrock Action Implementation Group and complete Cancer Action Plan which will support the delivery and monitoring of cancer projects and initiatives. Completing an audit of emergency presenters with cancer to BTUH and results fed back to practices aims to reduce emergency (late stage) presentations of cancer.

## **7. Implications**

### **7.1 Financial**

Implications verified by: Roger Harris Corporate Director for Adults, Housing and Health

There are no financial implications. The priorities of the Health and Wellbeing Strategy will be delivered through the existing resources of Health and Wellbeing Board partners.

### **7.2 Legal**

Implications verified by: Roger Harris Corporate Director for Adults, Housing and Health

There are no legal implications. The Council and Clinical Commissioning Group have a duty to develop a Health and Wellbeing Strategy as part of the Health and Social Care Act 2012.

### **7.3 Diversity and Equality**

Implications verified by: Rebecca Price. Community Development Officer

Action will need to be taken to improve the health and wellbeing of Thurrock's population and reduce inequalities in the health and wellbeing of Thurrock's population. Being successful will include identifying sections of the population whose health and wellbeing outcomes are significantly worse, and taking action that helps to ensure the outcomes of those people can improve. This will be supported by information contained within the Joint Strategic Needs Assessment.

### **7.4 Other implications (where significant) – i.e. Staff, Health, Sustainability, Crime and Disorder)**

None identified

## **8. Background papers used in preparing the report (including their location on the Council's website or identification whether any are exempt or protected by copyright):**

- None

## **9. Appendices to the report**

- Action plans for Goal 5, Healthier for longer.
  - Action Plan 5A. A greater proportion of our population will be a healthy weight
  - Action Plan 5B. Fewer people in Thurrock will smoke
  - Action Plan 5C. The identification and early treatment of long term conditions such as diabetes or high blood pressure will be significantly improved
  - Action Plan 5D. More cancers will be prevented, identified early and treated better

### **Report Author:**

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