

CABINET - 24TH MARCH 2016

ANNUAL PUBLIC HEALTH REPORT 2015/16: LIVING WELL FOR LONGER IN TELFORD AND WREKIN

REPORT OF: LIZ NOAKES STATUTORY DIRECTOR OF PUBLIC HEALTH

LEAD CABINET MEMBER – CLLR RICHARD OVERTON

PART A) – SUMMARY REPORT

1. SUMMARY OF MAIN PROPOSALS

This paper introduces the Annual Public Health Report of the Statutory Director of Public Health for 2015/16 (attached). The report focuses on ageing well to ensure we improve health and well being in people in mid-life - their 50s, 60s and 70s. The report covers the following areas: Looking After Yourself – Healthier Lifestyles, Recognising and Supporting those in Difficulty, Valuing Contributions and Staying Well.

There is strong evidence that improving lifestyle behaviour for people in mid-life will significantly improve health and wellbeing in Telford & Wrekin. This is underpinned by: what our residents tell us about how healthy lifestyles make them feel, the clear impact of lifestyle risk factors on preventable chronic diseases and the evidence from national guidance and best practice about what works.

Building resilient communities clearly benefits individuals, their families, wider networks of friends, neighbourhoods, localities and the Borough as a whole. Evidence shows that people being supported within their communities by their friends and neighbours will improve health and wellbeing in Telford and Wrekin. The significant contribution community volunteers play is clearly recognised.

The benefits of work beyond simply providing income are widely acknowledged, particularly the promotion of purpose, the development of social opportunities and the positive impact on good mental health and general wellbeing. Good quality employment opportunities for older people which recognise these wider benefits should therefore be encouraged in Telford and Wrekin

Prevention is better than cure and healthy lifestyles are crucial, but the detection of other risk factors will also allow people to prevent or delay diseases which can significantly reduce life span or quality. Actions at a local level need to enable people to realise the national vision of prevention as everybody's business.

The recommendations will be used to shape our Living Well and Ageing Well programme that will support the delivery of the new Health & Wellbeing Strategy.

The report is interactive in style and includes video clip and infographic links which can be accessed from the document. A summary slide set, similar in style to the budget consultation communications material, will also be available.

2. RECOMMENDATIONS

That Cabinet consider the 2015/16 Annual Report of the Director of Public Health and support the recommendations set out as follows:

Recommendation 1: Action should be taken by the Council and partners to encourage and support people over 50 to adopt healthy lifestyle behaviours, which incorporate opportunities to volunteer and ensure advice, signposting into services by health and social care professionals is systematic.

Recommendation 2: The Council's public health team should work with key partners to develop the wider public health workforce to expand our local capacity and capability to improve the health and wellbeing for our ageing population.

Recommendation 3: Action should be taken by the Council, NHS Telford and Wrekin Clinical Commissioning Group and partners to ensure good access to healthy lifestyle support for the most vulnerable adults, such as those with long term conditions or mental health illness.

Recommendation 4: The Council, its partners and communities should support and promote a range of group, one-to-one and volunteering activities that meet the needs and interests of local older people.

Recommendation 5: Building on work already underway, the Council and partners should take a community-centred approach to improving the health and wellbeing of our ageing population.

Recommendation 6: Action should be undertaken by the Council with local employers to raise awareness of the links between work, healthy lifestyles and wellbeing and the action employers can take to increasing employment opportunities and retention for older people.

Recommendation 7: Action should be taken, by NHS Telford & Wrekin CCG with the Council and other partners to maximise every opportunity for awareness raising and early detection of risk factors and symptoms, ensuring early diagnosis and treatment for cancer, cardiovascular disease (heart disease and stroke) and Type 2 Diabetes.

3. IMPACT OF ACTION

See Sections 1& 2 above.

4. SUMMARY IMPACT ASSESSMENT

COMMUNITY IMPACT	Do these proposals contribute to a specific HWB Priority	
	Yes	<ul style="list-style-type: none">• Encourage healthier lifestyles• Improve mental wellbeing• Strengthen our communities and community based support
	Do these proposals contribute to specific Co-Operative Council priority objective(s)?	
	Yes	Improve the health and wellbeing of our communities and address health inequalities
	Will the proposals impact on specific groups of people?	
	Yes	Adults in mid-life and older people
TARGET COMPLETION/DELIVERY DATE	This is a statutory report and an update on the recommendations from the previous year's report will be presented in the next Annual Public Health Report.	
FINANCIAL/VALUE FOR MONEY IMPACT	Yes	<p>The ring-fenced allocation of Public Health Grant for 2015/16 is £11,712k which includes an in year reduction in funding of £773k.</p> <p>The 2016/17 allocation has recently been confirmed as £12,984k which includes an additional £1,572k for the full year effect of the 0-5 Health Visiting Service transition from the NHS and a further £300k reduction in funding.</p> <p>The grant enables the authority to discharge its Public Health responsibilities.</p>
LEGAL ISSUES	Yes	The Director of Public Health has a statutory responsibility to prepare an annual report on the health of the people in the area of the local

		<p>authority (Section 73B (5) of the National Health Service Act 2006 (as amended)). It is a further requirement of statute that the local authority publishes the report. The attached report is produced by the Director of Public Health in order to meet the aforementioned statutory responsibility.</p> <p>The Director of Public Health also has the responsibility for specified functions relating to public health as set out in section 2B of the National</p>
EQUALITY & DIVERSITY	Yes	The report and recommendations are designed to ensure our living well and ageing well offer to the communities of Telford & Wrekin better meet the needs of our population.
IMPACT ON SPECIFIC WARDS	No	Borough-wide impact but particularly wards with poorest health outcomes.
PATIENTS & PUBLIC ENGAGEMENT	Yes	The report takes into consideration the outcomes of the 'Are you healthy, safe and independent?' survey carried out by Telford & Wrekin Council
OTHER IMPACTS, RISKS & OPPORTUNITIES	No	

PART B) – ADDITIONAL INFORMATION

1. INFORMATION

One of the statutory functions of the Director of Public Health in local authorities is to produce an annual public health report. This is an independent report with the primary purpose of describing the health of their population, highlighting health issues and making recommendations for actions.

The population of adults living well into their seventies and eighties in Telford & Wrekin is growing, and will continue to grow. Life expectancy in the UK has been increasing steadily for over half a century and children born in Telford & Wrekin nowadays can now expect to live 79 (boys) and 82 (girls). By 2020 people over 50 will comprise almost a third (32%) of the working age population and almost half (48%) the adult population.

The focus of the Annual Public Health Report for Telford & Wrekin 2016/17 is improving health in mid-life. The aim is to challenge some of the myths commonly associated with ageing and recognise that much of the ill-health associated with ageing can be prevented or delayed and we can all take steps to be well as long as possible. This group, in our population, is a diverse one

and we all need to be able to flourish in later years so we will consider some aspects for those experiencing disadvantage. We also need to celebrate the huge contribution made by local people from this age group as volunteers in the community and in the work place.

2. **IMPACT ASSESSMENT – ADDITIONAL INFORMATION**

None

3. **PREVIOUS MINUTES**

The Annual Public Health Report was also presented to the Health and Wellbeing Board on 9th March 2016.

4. **BACKGROUND PAPERS**

The Annual Public Health Report for Telford and Wrekin 2015-16

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