

Oxfordshire Health & Wellbeing Board – 15 November 2018

An update of the work of the Health Improvement Board

Summary

Since the last report to the Health and Wellbeing Board, the Health Improvement Board (HIB) has held two Board meetings in public and a workshop on Mental Wellbeing. Members of the HIB also joined a learning event on Healthy New Towns, hosted in Bicester. An outline of some highlights from these meetings is included in this paper.

The next meeting of the Board is scheduled for 22nd November and papers will be published by the time of this HWB meeting

There have been several changes in membership of the HIB, including a new Chairman, Councillor Andrew McHugh from Cherwell DC, and Vice Chairman, Councillor Louise Upton from Oxford City Council. A full list of members is included in this paper.

1. Workshop on Mental Wellbeing, March 2018

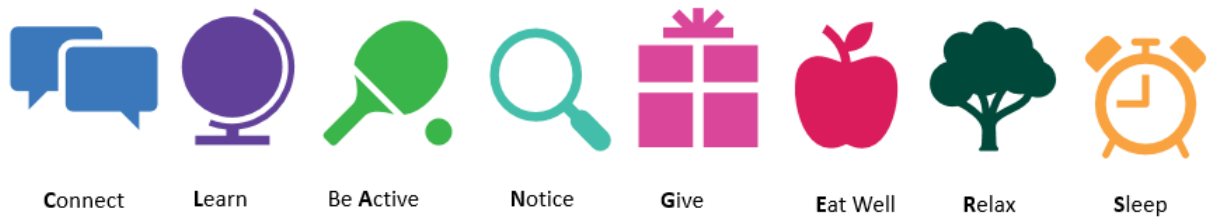
A workshop to discuss Mental Wellbeing was held on 19th March. Partners were invited from local authorities, Oxfordshire Clinical Commissioning Group, health providers and voluntary and community sector groups.

We were pleased to welcome Chandraa Bhattacharya, National Public Mental Health Manager from Public Health England, who gave a keynote talk on mental wellbeing. She provided a national perspective on mental wellbeing and presented the Prevention Concordat for Better Mental Health, a programme which aims to provide a focus for work to improve public mental health approaches across a wide range of organisations.

All partners spent time in smaller groups discussing the work to improve mental wellbeing in Oxfordshire. The discussion questions focused on identifying current work to promote mental wellbeing, the opportunities and challenges to this work and the priorities for promoting mental wellbeing. The outcomes from the discussion have formed the basis for our future work to draw up a Mental Wellbeing Framework for Oxfordshire.

Following on from the workshop there has been further discussion at the HIB in May and September. It has been agreed that the Board will embark on a new programme of work to join up everyone's involvement in promoting and enabling mental wellbeing. This will include signing up to the principles of the Prevention Concordat for Better Mental Health and asking the HWB to endorse this approach. It has also been agreed to express the elements of good mental wellbeing in the acronym "CLANGERS" which is illustrated in the graphic below.

“CLANGERS” for mental wellbeing



2. Healthy New Towns Learning Event, April 2018

This whole day event was attended by representatives of local authorities, the NHS and others, including members of the HIB. It was a great opportunity to learn from the Healthy New Towns in Barton and Bicester and discuss how this learning can be implemented.

Some of the emerging themes from the discussions were:

- a focus on a place based and asset based approach
- co-production with the community and stakeholders
- importance of considering the interaction between people and places
- collaboration and partnership working key in taking this work forward
- Having infrastructure in the right place to make it easier for people to make healthier choices.

3. Health Improvement Board meeting, May 2018

The Board met to consider some priority topics and monitor performance, including receiving a detailed report on smoking cessation and tobacco control. This included information about the newly formed Tobacco Control Alliance – multi-agency group addressing a range of issues including illicit tobacco supply, prevention of smoking and enabling people to quit.

Other discussion at the Board included agreement to be an early implementer of the Whole Systems Approach to Obesity. This will be an opportunity to further develop work with planners, to promote active travel, to focus on healthy eating and promote physical activity.

The Board also began a review of priorities which culminated in decisions at the September meeting – see below

4. Health Improvement Board, September 2018

At a very busy meeting in September the HIB agreed a set of priorities for prevention and health improvement for the future. In order to identify these priorities a systematic Population Health Management approach was used, including

- Reviewing the health of the whole population as reported in the JSNA
- analysing needs in detail, using the aims agreed at the last HIB meeting - to improve life expectancy and reduce health inequalities
- segmenting the population according to need and stratifying risk for the various segments of the population that had been identified.

- defining the target outcomes for this population
- identifying services/initiatives unique to each population group/locality, based on evidence of good practice.

These priorities for the HIB will tie in with recent work to revise the Joint Health and Wellbeing Strategy and will deliver the Health and Wellbeing Board priorities for Prevent, Reduce, Delay and Tackling the wider determinants of health.

The priorities agreed are set out below:

Aim: "Health Improvement Board partners will work together to ensure that living, working and environmental conditions enable good health for everyone."

Objectives:

- Living well and staying independent for longer (Prevent illness, Reduce need for treatment)
- Addressing Inequalities of outcome and access
- Work to contribute to financial sustainability in the long term for public services by reducing demand

Priorities

1. Keeping Yourself Healthy (Prevent)

- Reduce Physical Inactivity / Promote Physical Activity
 - Promote activity in schools to make it a lifetime habit
 - Promote active travel for all ages
 - Provide excellent leisure services including access to green spaces and the countryside
- Enable people to eat healthily
 - Starting with breastfeeding
 - Sugar Smart
 - Access to healthy food for all
- Reduce smoking prevalence
 - In community groups with higher smoking rates
 - In pregnancy
- Promote Mental Wellbeing
 - 5 ways to Wellbeing / CLANGERS (Connect, Learn, be Active, Notice, Give, Eat healthily, Relax, Sleep)
 - Adopt the principles of the Mental Wellbeing Prevention Concordat
- Tackle wider determinants of health
 - Housing and homelessness
 - Air Quality
- Immunisation

- Routine childhood immunisations
- Seasonal immunisations, such as influenza
- Immunisations for vulnerable groups such as Pregnant women (including whooping cough) or 'at risk' groups, such as pneumococcal

2. Reducing the impact of ill health (Reduce)

- Prevent chronic disease through tackling obesity
 - Weight management initiatives
 - Diabetes prevention
- Screening for early awareness of risk
 - NHS Health Checks
 - Cancer screening programmes (e.g. Bowel, cervical, breast screening)
- Alcohol advice and treatment
 - Identification and brief advice on harmful drinking
 - Alcohol liaison in hospitals
 - Alcohol treatment services
- Community Safety impact on health outcomes
 - Domestic abuse

3. Shaping Healthy Places and Communities

- Healthy Environment and Housing Development
 - Learn from the Healthy New Towns and influence policy
 - Ensure our roads and housing developments enable safe walking and cycling
 - Ensure spatial planning facilitates social interaction for all generations – giving opportunities for people to meet who might not do so otherwise
- Social Prescribing
 - Referral from Primary Care to non-medical schemes e.g. for physical activity, social networks, support groups
- Making Every Contact Count
 - In NHS settings
 - In front line services run by local authorities e.g. libraries, Fire and Rescue, leisure centres
 - In local communities and through the voluntary sector
- Campaigns and initiatives to inform the public
 - Through workplaces including the Workplace Wellbeing Network
 - The media, including social media, or community initiatives using local assets

4. Membership of the Health Improvement Board

There were several new members of the HIB at the September meeting, as well as a new Chairman and Vice Chairman.

The Board members expressed their gratitude to Councillor Anna Badcock for her role in chairing the HIB, and Councillor Marie Tidball who had been Vice Chairman previously. Other members who had stepped down were also thanked – Councillor Hilary Hibbert-Biles and Councillor John Donaldson.

The current membership of the Board is:

Cllr Andrew McHugh	Chair of Health Improvement Board, Cherwell District Council
Cllr Louise Upton	Vice Chair of Health Improvement Board, Oxford City Council
Cllr Monica Lovatt	Vale of White Horse District Council
Cllr Jeanette Baker	West Oxfordshire District Council
Cllr Anna Badcock	South Oxfordshire District Council
Cllr Lawrie Stratford	Cabinet Member for Adult Social Care & Public Health, County Council
Dr Jonathan McWilliam	Director of Public Health
Jackie Wilderspin	Public Health Specialist, County Council
Diane Hedges	Chief Operating Officer, Oxfordshire Clinical Commissioning Group
Dr Kiren Collison	Clinical Chair, Oxfordshire Clinical Commissioning Group
Christine Gore	West Oxon District Council
Dani Granito	District partnerships liaison
Richard Lohmann	Healthwatch Ambassador (lay member)

Jackie Wilderspin, October 2018