

Lancashire Health and Wellbeing Board

Meeting to be held on Tuesday, 24 January 2023

Corporate Priorities:
Delivering better services;

Health and Wellbeing Board Key Priorities - Progress Update

(Appendices 'A' and 'B' refer)

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Brief Summary

The report provides an update on work to address the three key Board priorities:

- Best Start in Life
- Healthy Hearts
- Happier Minds

It also provides an update on the associated milestones and performance (Appendix 'A').

Recommendation

The Health and Wellbeing Board is asked to consider the performance update and endorse the areas identified as opportunities for collaboration and advocacy of the Board.

Detail

The [Health and Wellbeing Board](#) meeting of 25 January 2022 confirmed the Board's initial priorities as:

- Best Start in Life
- Healthy Hearts
- Happier Minds

Subsequently the Board has received reports on each of these areas of work.



This report is provided as an update on activity and progress to date, including performance metrics, forward look and opportunities for improvement/further collaboration.

Best Start in Life

Background

The initial [report](#) was presented to the Board on 10 May 2022.

Best start in life is one of major evidence-based ways of improving health and reducing health inequalities. This has been recognised as a priority area by the Health and Wellbeing Board and the Children and Young People and Families Partnership Board.

Setting the foundations for health and wellbeing during pregnancy and in the early years is crucial to ensure we give every child the best start in life possible and highlighted within the 2010 Marmot Review. The Best Start for Life: A Vision for the 1001 Critical Days Review Report also highlights that the building blocks for lifelong emotional and physical health are laid down in the period from conception to the age of two, yet this critical period is not always given the focus it deserves. School readiness starts pre-birth with the support of parents and caregivers when young children acquire the social and emotional skills, knowledge, and attitudes necessary for success in early years of development, school and life.

Performance Review (Appendix 'A')

The evidence presented from the Child Health profiles previously highlighted the inequalities that exist and strengthens the case for having a focus on giving children the very best start in life to improve outcomes for babies, children, and their families.

- Overall, comparing local indicators with England averages, the health and wellbeing of children in Lancashire remains worse than England average.
- Although the trend is not yet statistically significant, the actual data compared to previous years is showing signs of improvement in many of the outcome areas highlighted.
- Some areas such as smoking status at time of delivery, under 18s conception rate continues to improve.
- Infant mortality rate for the first time since 2001, is now lower than the England average, and is lower than the region.
- Early years take up of funded nursery places for 2, 3 and 4-year-olds has improved (Appendix 'B').

Forward Look

Whilst we need to continuously improve the overall outcomes for children, young people and families across Lancashire, the local priorities set out in our Best Start in Life programme include a focus on infant mortality, 1001 critical days, school readiness and adolescent mental health. These are also highlighted as a key priority area within the Lancashire Early Years Strategy.



There is some way to go before we reach the national average in some areas but the report highlights our plans and key milestones for future as well as considering local targets and measures so we can identify what good looks like in Lancashire. These will be key as we recommission some of our services locally but will also be embedded within the Early Years and Family Hubs model moving forward.

Opportunities for Collaboration / Advocacy of the Board

The Board continues its support to ensure:

- The outcomes and priority issues are embedded within Early Years and the Family Hubs model, including supporting an integrated approach to workforce, training, data, intelligence, development of pathways and parenting support across our services including health partners.
- There is commitment to joint commissioning and funding between the NHS Integrated Care Board, County Council and other relevant partners where appropriate, for example in relation to speech and language services and Looked after Children support.

Healthy Hearts

Background

The initial [report](#) was presented to the Board on 8 March 2022.

Cardiovascular disease morbidity is a major issue for health and social care and places a considerable financial burden on the NHS and wider society with cardiovascular disease related healthcare costs alone in England amounting to an estimated £7.4 billion per year, and annual costs to the wider economy being an estimated £15.8 billion. From a Lancashire perspective, cardiovascular disease premature mortality rates are well above the English average, which is in part likely to be associated with correspondingly high levels of deprivation.

In line with the Best Practice Framework to support a Healthy Hearts Programme (published by Public Health England and the Association of Directors of Public Health) a Lancashire wide Healthy Hearts programme has been developed encompassing the following seven thematic workstreams:

1. Tobacco
2. Alcohol
3. Physical Activity
4. Supporting Healthy Weight
5. Food Diet and Nutrition
6. Health in All Policies approach
7. Cardiovascular Risk Modification

As well as crucially recognising the interdependencies with the Lancashire and South Cumbria Integrated Care System's Cardiovascular Disease Prevention Steering Group, there will be particular focus on delivering the NHS Long Term Plan regarding the detection and management of the three related risk factors for the development of cardiovascular disease, namely atrial fibrillation, hypertension, and high cholesterol.



Performance Review (Appendix 'A')

Since the Healthy Hearts Programme was launched in March 2022, each thematic workstream has:

- Scoped out current baseline activity.
- Undertaken a thorough gap assessment of current activity relative to what best practice would look like informed by the underlying national evidence base.
- Set high level ambitions and started to develop revised delivery plans typically over an initial three-year time period.

Forward Look

Now that the high-level ambitions have been articulated for each thematic workstream, we are intending to further develop:

- The most appropriate partnership forums to engage with wider partners in support of delivery for each thematic workstream.
- A series of metrics that will help capture progress against these high-level ambitions.
- An assurance dashboard which will be used to report progress to the Health and Well Being Board on an ongoing basis.

Opportunities for Collaboration / Advocacy of the Board

This has been a very positive nine-month period since Healthy Hearts was identified as a priority for the Health and Well Being Board. Two important themes that have emerged whilst undertaking the strategic review of our current approach include:

- The need to ensure that broader prevention approaches are further embedded in the work of emerging partnership boards such as the Lancashire Drugs and Alcohol Partnership in parallel with the understandably pressing focus on widening current service provision for those residents that are already dependent on alcohol.
- The importance of aligning resource allocation to this broader prevention agenda so that the appropriate level of assurance can be offered to the Health and Well Being Board regarding the implementation of the respective workstream delivery plans.

Finally, it has been particularly welcome for the Healthy Hearts Steering Group to be able to align its Healthy Hearts approach with the wider Lancashire and South Cumbria Integrated Care System Cardiovascular Disease Prevention Strategy up to the end of 2029. It is recommended that the Health and Wellbeing Board continues to support opportunities to strengthen this alignment going forward.

Happier Minds

Background

The initial [report](#) was presented to the Board on 19 July 2022.



Our mental health and wellbeing through the whole life course is influenced by many components including social, economic and environmental factors. The Happier Minds programme is a partnership and system leadership approach to addressing five key strands of work:

- Emotional health and self-care
- Loneliness and social isolation
- Dementia
- Alcohol and drug use
- Self-harm and suicide

Since the initial report to the Board considerable progress has been made with the introduction of a Lancashire Alcohol and Drug Partnership (subject of a separate report on the agenda). Work is commencing to review historic drug related deaths and establish review panels following any future deaths. The reviews will look for any learning opportunities and to work with partners to reduce the numbers. A drug related death conference is planned for 2024 to share information and reflect on the learning and recommendation from reviews.

The cost-of-living pressures faced by residents are impacting on mental health of communities. The County Council has been working with district councils, town and parish councils and the voluntary, community, faith and social enterprise sectors to implement [support measures](#), addressing the themes of food, fuel and financial security. The availability of warm spaces across a wide range of sectors increases social interaction and help to reduce loneliness and social isolation.

Self-harm and suicide rates remain too high. Chorley, Preston, Rossendale, Lancaster and Burnley are amongst the top ten local authorities in the Northwest with the highest suicide rates (all persons 2019-21). Prevention of suicide and self-harm remains a major public health and community challenge and no one organisation can tackle the issue in isolation.

The dementia strategy is currently being refreshed. Living a healthy lifestyle (eating a healthy balanced diet, maintaining a healthy weight, regular exercise, drinking within the recommended limited, not smoking and having a healthy blood pressure) and frequent social contact are key to reduce the risk of dementia. Research is also highlighting new risk factors which include air pollution and traumatic brain injuries.

Performance Review (Appendix 'A')

The performance review focuses on the following activities:

- Increasing the number of residents into treatment services for substance misuse (drug and alcohol).
- Reducing the number of suicides.
- Reducing self-harm.
- Reducing drug related deaths.

Although there are a number of defined milestones and targets, additional work is required to set the remainder, in conjunction with partners.



Forward Look

Work continues to fully scope this programme, further developing the Alcohol and Drug Partnership, and addressing drug related deaths. A suicide and self-harm strategy and associated multi-agency action plan are planned, together with a refresh of the dementia strategy.

Opportunities for Collaboration/Advocacy of the Board

Given that no one organisation can tackle these extremely complex issues, continuing collaboration and the strengthening of partnerships will ensure system change. The support and challenge by the Health and Wellbeing Board continues to be important.

Conclusion

Partners and key stakeholders continue to work together to ensure these priority areas are embedded within existing and emerging structures. Progress has been made, with the data showing some improvements, at a time when recovery is in progress from a major Covid-19 pandemic, although it is recognised that challenges remain in reducing inequalities across Lancashire.

Opportunities to work in collaboration with health and social care and wider partners, utilising a preventive approach, remain key.

List of background papers

N/A

