

## Healthy Lifestyles Outcome 2016/17 Action Plan

**Priority Outcome:** Children and adults in Nottingham adopt and maintain **Healthy Lifestyles**

**Priority Actions:**

- Young people and adults will choose to have safer sex reducing the risk of unwanted pregnancies and sexually transmitted infections
- People who drink alcohol will drink responsibly, minimising the harms to themselves and those around them
- Nottingham and its citizens will be smoke free
- People will have a healthy and nutritious diet
- People will be physically active to a level which benefits their health
- People will be able to maintain a healthy weight

Headline measures / metrics	Metric/ KPI	Baseline	Target			
			16/17	17/18	18/19	19/20
	Under 18 conception rate (per 100,000) (PHOF indicator 2.04)	37.5	31.1	27.9	24.8	21.7
	All new STIs diagnosis (excluding Chlamydia age <25) (per 100,000) (Sexual Health and Reproductive Health Profile)	1040	989	938	888	837
	HIV late diagnosis (PHOF indicator 3.04) (newly diagnosed CD4 count <350 cells per mm <sup>3</sup> )	55.3%	52.4%	49.5%	46.7%	43.8%
	A reduction in hospital admissions for alcohol related causes ( <i>as measured by the PHOF narrow measure</i> ) to be in-line with the average for the English core cities.	927.5	850.9	812.6	774.3	736.0
	A reduction in the number of reported incidents of alcohol related ASB and violent crime in the night time economy, specifically:					
	• Alcohol related Crime		↓	↓	↓	↓
	• Alcohol related Violence					
	• Alcohol related ASB incidents					
	• Alcohol related offences in the Night-Time Economy (NTE)					
	Reduce the percentage of adults who smoke to the top 4 Core Cites 2014 average (PHOF 2.14)	24.2%	23.4%	22.6%	21.0%	20.3%
	Reduce the percentage of adults in routine and manual groups who smoke to the top 3 Core Cites 2014 average (PHOF 2.14)	28.1%	26.9%	26.3%	25.7%	25.1%
	Reduce the percentage of pregnant women who smoke to the top 4 Core Cites 2014 average (PHOF 2.03)	18.1%	15.8%	14.7%	13.5%	12.4%
	Increase the proportion of adults that meet the recommended 5-a-day to the top 4 Core	43.6%	44.4%	46.7%	48.9%	53.4%

	Cities Average (PHOF 2.11i)					
	Increase breastfeeding prevalence at 6-8 weeks after birth to the top 3 Core Cities Average (PHOF 2.02ii)	48.6%	49.7%	50.8%	51.9%	53.1%
	Increase percentage of active adults to the Top 4 Core Cities average (150 mins a week equivalent) (PHOF 2.13i; APS)	56.5%	57.6%	58.7%	59.8%	60.9%
	Decrease the percentage of inactive adults to the Top 4 Core Cities average (<30 mins a week equivalent) (PHOF 2.13ii; APS)	29.1%	28.1%	27.6%	27.1%	26.6%
	Reduce the percentage of adults with excess weight to the top 3 Core Cities average (PHOF 2.12)	62.3%	61.6%	60.8%	60.1%	59.3%
	Reduce the percentage of children aged 4-5 yrs with excess weight to the top 4 Core Cities average (PHOF 2.06i)	26.7%	24.8%	23.9%	22.9%	22.0%
	Reduce the percentage of children aged 10-11 yrs with excess weight to the top 4 Core Cities average (PHOF 2.06ii)	37.9%	37.5%	37.3%	37.1%	36.9%
<b>Priority Groups</b> <i>(who is disproportionately affected or who do we need to target to reduce inequalities?)</i>	<p><b>Sexual Health:</b> Young people including care leavers and those with learning disabilities, young people living from deprived households, men who have sex with men (MSM), single homeless people, intravenous drug users and sex workers.</p> <p><b>Alcohol misuse:</b> All adults whose drinking behaviour puts them at risk of alcohol related harm, including dependent drinkers. Adults living in the most deprived areas are disproportionately affected by alcohol related harm. Students and young people whose drinking behaviour puts them at risk of alcohol related harm.</p> <p><b>Smoke-Free:</b> Those living in deprived areas, children and young people, pregnant women and their unborn babies, black and minority ethnic groups, those with mental health needs and those in routine and manual jobs.</p> <p><b>Diet and Nutrition:</b> Children aged 18 years and under, young adults aged 19-24 years, smokers, citizens in lower socio-economic groups, BME groups, pregnant women and adults aged 65 years and older living in institutions.</p> <p><b>Physical Activity:</b> Children and adults from deprived households, women, older people and adults with a disability or long term limiting illness</p> <p><b>Healthy Weight:</b> Low income groups, pregnant women, adults with learning disability, older people, black and minority ethnic groups.</p>					

Action	Milestone	Success measure	Year				Lead Officer
			16/17	17/18	18/19	19/20	
<b>Theme: Create a culture to support good sexual health for all and reduce stigma, discrimination, prejudice and health inequalities</b>							
Build knowledge and resilience in children & young people	2000 new C-card registrations annually	Improved promotion and up-take of condoms, incl. further development of C-Card scheme	✓	✓	✓	✓	Notts Healthcare Trust
	85 schools signed up to sex and relationships education (SRE) Charter	Improved provision of SRE in schools	✓				NCC, PSHE Advisory Team
Reduce sexual health inequalities in access to and outcomes of commissioned sexual health services	Conduct health equity audit based on baseline data, new service data and population need	Partners agree to delivery of actions based on recommendations in health equity audit	✓				Sexual Health Strategic Advisory Group
	Development of recommendations based on audit of population need and service provision, to improve health equity outcomes		✓				
<b>Theme: Prioritise prevention to reduce the rates and onward transmission of HIV and sexually transmitted infections (STIs), including proactive promotion of good sexual health through outreach to the most vulnerable</b>							
Promote good sexual health through health promotion and outreach	Programme of outreach and health promotion complete	15 workshops with vulnerable groups in 16/17 15 targeted events attended/partnership promotional activities in 16/17 10 SH awareness courses/group presentations in 16/17	✓				NUH
Reduce the rate of sexually transmitted infections (STIs) and HIV	Online HIV and chlamydia testing services mobilised	Increased uptake of online HIV and chlamydia testing	✓	✓	✓	✓	NCC, Public Health
	Simplify chlamydia testing and treatment pathway	Successful treatment of positive tests	✓				NCC, Public Health
<b>Theme: Increase access to, and uptake of, HIV and STI testing to tackle late diagnosis of HIV, ensure early treatment of STIs, enable contact tracing and reduce transmission</b>							
Increase the detection of STIs	Newly commissioned sexual health (SH) services mobilised	Increased STI detection (excluding chlamydia age <25)	✓			✓	NCC, Public Health
Increase the early detection of HIV		Increased early detection of HIV					
Increase chlamydia testing and detection rates in		Increase in chlamydia testing and detection in young people aged 15-25					

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young people (aged 15-24yrs)		years from x to 31%					
<b>Theme: Ensure women are able to exercise choice about when to become pregnant, and reduce unplanned pregnancies</b>							
Reduce the number of pregnancies under the age of 18 and 16 years	Nottingham pupils attend schools that are committed to excellent sex and relationships education (SRE).	85 schools signed up to the SRE Charter.	✓				NCC, PSHE Advisory Team
	Direct work with young girls in the local community to increase knowledge and reduce unplanned pregnancies	30 CYPPN members receive training to help them work with young people in community settings.  Delivery of one to one advice and support to young girls about sexual health	✓	✓			NCVS and CYPPN
	The wider teenage pregnancy workforce is able to access and attend high quality training on teenage pregnancy and sexual health promotion.	NUH / Nottingham CityCare Partnership teenage pregnancy and sexual health training programme delivered to 250 members of the workforce.	✓				School Health Improvement Team
	Teenage parents in Nottingham are empowered to make informed decisions on subsequent pregnancies.	Teenage parents accessing the Family Nurse Partnership had fewer subsequent pregnancies than teenage parents who did not have a Family Nurse.	✓	✓	✓	✓	NCC, Strategic Commissioning
<b>Theme: More people will have a responsible attitude to alcohol consumption and there will be a reduction in the number of people misusing alcohol.</b>							
To reduce the number of adults drinking at higher risk levels and to reduce the number of adults binge drinking by introducing systematic and consistent alcohol identification and brief advice (IBA) and by targeting students with effective health promotion messages.	Agree strategic approach to introducing alcohol IBA consistently in health and non-health settings.	Partners agree an approach that ensures consistent and systematic delivery of alcohol IBA	✓				NCC, Public Health  All Board member organisations
	Identify and secure additional resource required to ensure consistent delivery, including in key settings such as Emergency Department and Primary Care.	Resources requirements agreed and identified.	✓				
	Ensure that all relevant client facing staff groups are trained	All staff are trained and ready to deliver alcohol IBA.	✓	✓			

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	in delivery of alcohol IBA.						
	Ensure that all relevant client facing staff are delivering alcohol IBA in a systematic and consistent manner.	Alcohol IBA being delivered systematically and consistently		✓	✓	✓	
	Agree strategic approach to communicating messages around alcohol harm and misuse to students.	Methods of communicating messages are agreed with key partners.	✓				
	Ensure the agreed approach is delivered systematically by key partners.	Messages are delivered systematically and consistently.		✓	✓	✓	
<b>Theme: More people will recover from alcohol misuse</b>							
To increase the number of people who are drinking at higher risk levels accessing and successfully completing alcohol treatment.	As described in Theme 1, ensure that all relevant client facing staff are delivering alcohol IBA in a systematic and consistent manner.	Alcohol IBA being delivered systematically and consistently		✓	✓	✓	NCC, Public Health All Board members
	Ensure that high volume service users with alcohol misuse issues are identified and supported into appropriate treatment.	Sustainable funding is identified to support a post in the ED setting.	✓	✓			
	Ensure access to high quality drug and alcohol services.	Aligned drug and alcohol service is fully mobilised with partners aware of referral routes into the service.	✓				CDP, NCC, Public Health
<b>Theme: Less people will be a victim of crime or antisocial behaviour linked to alcohol misuse.</b>							
Reduce levels of alcohol related violence and crime both in the city centre and neighbourhoods.	Ensure use of local insight and expertise to inform preventative approaches and delivery of a number of key activities	Activities continue to be supported and to be accessible for citizens.	✓	✓	✓	✓	CDP, NCC, Public Health Nottinghamshire Police Community Protection Police and Crime Commissioner Nottinghamshire Healthcare NHS

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							Foundation Trust
	Agree strategic approach to the role of alcohol licensing in minimising harms from alcohol.	Strategic approach agreed with key partners.	✓				CDP, NCC, Public Health Community Protection Nottinghamshire Police
	Ensure that agreed approach is taken forward and role of licensing in minimising harm is maximised.	Approach taken forward and embedded.		✓	✓	✓	Police and Crime Commissioner
<b>Theme: Protect children from the harmful effects of smoking</b>							
Further develop specialist support for all pregnant smokers and their families	Smoking in pregnancy pathway that extends into early years established and routinely implemented.	Reduction in numbers of pregnant smokers  Reduction in numbers of women smoking at six weeks post delivery	✓	✓	✓	✓	NCC, Environmental Health, Public Health, NUH, maternity, CityCare, New Leaf
Deliver a rolling programme of extending outdoor public spaces where citizens support them	Implementation plan for extending smokefree outdoor public spaces and events agreed	Increase in citizen support for extending smokefree outdoor spaces	✓	✓	✓		NCC, Environmental Health, Sports Culture and Parks
	Ensure on-going citizen consultation to demonstrate citizen support for extending smokefree outdoor public spaces	Children and family events routinely promoted as smokefree	✓	✓	✓		Communications
<b>Theme: Motivate and assist every smoker to quit</b>							
Ensure health and social care and frontline colleagues employed by Health and Wellbeing Board member	Very brief advice training for relevant frontline and health and social care staff	Health and social care and frontline colleagues, including those employed by Health and Wellbeing Board member organisations, routinely trained in very brief advice.	✓	✓	✓	✓	Board members

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organisations are routinely referring patients and service users to the stop smoking service.	Very brief advice training incorporated as part of induction for frontline and health and social care staff	Increase in referrals to stop smoking services	✓	✓	✓	✓	
All Health and Wellbeing Board member organisations implement up to date and robust smokefree workplace policies	Policy promoted at all stages of recruitment and as part of colleague induction	Reduction in sickness absence and increased workplace productivity		✓	✓	✓	Board members
	Staff, service users, patients, visitors and contractors routinely made aware of smokefree Policy	High levels of compliance with smokefree workplace policies  Increased awareness of smokefree workplace policies		✓	✓	✓	
<b>Theme: Leadership, innovation and development in tobacco control</b>							
Health and Wellbeing Board members to support a comprehensive partnership approach to the wider tobacco control agenda	All Health and Wellbeing Board members sign the Community Declaration on Tobacco Control	Partners demonstrate a shared understanding on effective measures to reduce tobacco related harm	✓	✓	✓	✓	Board members
Health and Wellbeing Board members support and embed Nottingham's tobacco control vision and strategic priorities within organisational strategies and plans	Actions mapped and linked to tobacco control strategy	Health and Wellbeing Board member organisations review and update tobacco control action plans which are shared with partners and communities	✓	✓	✓	✓	Board members
	Actions targeted at high risk smoking populations including routine and manual workers		✓	✓	✓	✓	
	Monitor progress of plans and commitments and share results		✓	✓	✓	✓	
<b>Theme: Diet &amp; Nutrition Strategic Planning</b>							
Develop a broad partnership for diet and nutrition across the Health and Wellbeing Board as part of a Physical Activity, Obesity and Diet (POD) Strategy	Diet and Nutrition working group formed	Diet and Nutrition Partnership Strategic Plan in place	✓				NCC, Public Health
	POD Strategic group formed	POD Strategy published	✓				NCC, Public Health

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<b>Theme: Diet &amp; nutrition in children</b>							
Develop local programmes to support mothers to breastfeed for as long as possible in line with the City and County Breastfeeding Framework	Partners engaged	Partners have explored development of breastfeeding policies for breastfeeding employees returning to work	✓	✓			Board members
	Action Plan developed		✓	✓			
Influence our early years settings such as schools, childcare and children's centres to use the 'School Food Standards', the 'Eat Better Do Better' tool, Healthy Children's Centre Standards or equivalent	Improvement in the number of children's centres using Healthy Children's Centre Standards	Children's centres are using Healthy Children's Centre Standards	✓	✓	✓	✓	NCC, Early Years
Support our children to get the best nutritional start in life	Review guidelines to inform commissioning and promotion of Healthy Start	All key Early Years professionals are aware of guidelines Uptake of Healthy Start and Healthy Start Vitamins has improved	✓	✓			NCC, Strategic Commissioning
	Findings of review implemented				✓	✓	
Create a positive breastfeeding culture	Training package developed and delivered	Training package for Early Years staff has been developed and delivered	✓	✓	✓	✓	CityCare
	Referrals to Breastfeeding Peer Support from staff who have received training have increased		✓	✓	✓	✓	CityCare
<b>Theme: Diet &amp; nutrition in adults</b>							
Explore policy and other options for interventions to reduce the impact of fast food outlets on health	Options explored	Options to increase healthy options in fast food outlets have been explored ?and considered by...		✓			NCC
Reduce access to unhealthy food and increase access to healthy food in workplaces and public buildings	Lead identified across Health and Wellbeing Board members	Access to unhealthy food has been reduced	✓				NCC, Public Health
	Plans identified across Health and Wellbeing Board members	Plans agreed and implemented		✓			All Board members
<b>Theme: Diet &amp; nutrition in vulnerable groups</b>							
Ensure all food provided and procured for citizens in our care helps create an	Healthy eating (or eating for health) element written into contract variation for care	Healthy eating (or eating for health) in care establishments has improved		✓			NCC, Strategy & Commissioning



Action	Milestone	Success measure	Year				Lead Officer
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environment which makes eating for health an easy option	establishments						
Ensure our workforce is equipped to deliver brief interventions around diet and nutrition for specific vulnerable groups	Specific workforce identified Plans and resources identified Training implemented	Workforce is delivering brief interventions confidently	✓	✓	✓	✓	All Board members
Improve knowledge of diet and nutrition in minority ethnic groups	Complete and distribute findings of the BME Health Needs Assessment (HNA)	Options and need for intervention based on BME HNA findings has been explored	✓				NCC, Public Health, Strategic Insight
	Options for interventions have been considered			✓			
<b>Theme: Physical Activity Strategic Planning</b>							
Develop a broad partnership for physical activity across the Health and Wellbeing Board as part of a Physical Activity, Obesity and Diet (POD) Strategy	Physical Activity working group formed	Physical Activity Partnership Strategic Plan in place	✓	✓			NCC, Public Health
	POD Strategic group formed	POD Strategy published	✓	✓			NCC, Public Health
<b>Theme: Physical activity in children</b>							
Develop physical activity in commissioned children's services	Services which can include promoting physical activity are identified	Service specifications include promoting physical activity Physical activity is incorporated into the service model		✓	✓	✓	NCC, Strategic Commissioning
Develop physical activity in children's centres and schools	Physical activity is a part of the Healthy Children's Centre Standard	Children's centres signed up to Healthy Children's Centre Standard	✓	✓	✓	✓	NCC, Early Years
	Sherriff's Challenge and Daily Mile are launched within schools	Schools are delivering these initiatives	✓	✓			NCC, School Sports.
<b>Theme: Physical activity in adults</b>							
Develop physical activity in the workplace and public spaces	VCS organisations are aware of how they can improve the physical activity of their employees and others who use their premises	VCS organisations are aware of and implementing activities	✓	✓	✓	✓	NCVS (CYPPN and VAPN)

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	Public Sector organisations are aware of how they can improve the health of their employees and others who use their premises	Public Sector organisations are aware of and implementing activities	✓	✓	✓	✓	Board members
Develop pathways into broader physical activity from commissioned weight management pathways	Service specification written	Function described in service specification	✓				NCC, Public Health, Strategic Insight
	Service commissioned	Function operating in commissioned service		✓	✓	✓	
<b>Theme: Physical activity in vulnerable groups</b>							
Ensure the workforce is equipped to deliver brief interventions around physical activity for specific vulnerable groups	Specific workforce identified	Workforce delivering brief interventions confidently	✓				NCC, Public Health, Strategic Insight
	Plans and resources identified			✓			
	Training implemented				✓	✓	
Develop physical activity in care settings	Physical activity included in contracts with care providers	Improved level of physical activity in care settings		✓	✓	✓	NCC, Strategy & Commissioning
Develop the use physical activity as part of a care pathways to improve care and treatment of long term conditions and prevent falls	Pathways identified	Increase in pathways with physical activity specified		✓	✓	✓	CityCare
	Physical modality identified	Increase in clients with physical activity included as part of their care		✓	✓	✓	CCG NCC, Public Health, Strategic Insight
	Physical activity included in pathways			✓	✓	✓	
Work with the Community Voluntary Sector to ensure physical activity is promoted in community settings through community groups and organisations	CYPPN and VAPN members and their clients engaged in physical activity	Increased awareness raising of benefits of physical activity and events happening in 3 <sup>rd</sup> sector.	✓	✓	✓	✓	NCVS, CYPPN & VAPN
	Mechanism for engagement and delivery identified and developed		✓	✓	✓	✓	
<b>Theme: Healthy Weight Strategic Planning</b>							
Develop a broad partnership for physical activity, diet and obesity across the Health and Wellbeing Board as part of a Physical Activity, Obesity and Diet (POD) Strategy	Physical Activity, Diet and Obesity/pathways working group formed	Physical Activity Partnership Strategic Plan in place	✓	✓			NCC, Public Health
	POD Strategic group formed	POD Strategy published	✓	✓			NCC, Public Health

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			16/17	17/18	18/19	19/20	
<b>Theme: Healthy weight in children</b>							
Improve skills and support given to children and families in early years settings.	Commissioning a health visitor service which includes brief intervention around healthy weight as part of service spec	Health visitors and early years practitioners able to signpost and deliver brief interventions around healthy weight	✓	✓			NCC, Strategic Commissioning
	All partners ensure their workforce that comes into contact with early years know and understand the routes into the childhood obesity pathway		✓	✓			Board members
<b>Theme: Healthy weight in adults</b>							
Commission an effective weight management service and pathway for adults	Pathway developed	Pathway accessed by appropriate citizens in need of support	✓	✓			CCG NCC, Public Health, Strategic Insight
	Service procured	Agreed weight management outcomes achieved	✓	✓			
	Services(s) operational			✓			
	Partners referring to service			✓	✓		
<b>Theme: Healthy weight in vulnerable groups</b>							
Ensure our workforce is equipped to deliver brief intervention around healthy weight to specified groups	Specific workforce identified	Workforce delivering brief interventions confidently	✓				NCC, Public Health, Strategic Insight
	Plans and resources identified			✓			
	Training implemented				✓	✓	
Ensure groups at high risk of obesity can access the weight management pathway	Priority groups set in service specifications as identified in EIA	Pathway accessed by appropriate citizens in need of support	✓	✓			CCG NCC, Public Health, Strategic Insight
	Service working with partners to ensure accessibility from priority groups	Agreed weight management outcomes achieved	✓	✓			