

Health and Wellbeing Strategy 2016-2020 Outcome Progress Highlight Report

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Board meeting:	27 th September 2017	Next meeting at which this Priority Outcome will be discussed:		May 2018		

Priority Outcome: Children and adults in Nottingham adopt and maintain healthy lifestyles

Priority Actions:

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

For information

Key progress for the Board's attention:

Highlight update on indicators in this reporting period:	<p>Priority action 1 – safer sex The latest quarterly data indicates that the conception rate for girls aged 15-17 is very close to target trajectory (an actual rate of 31.2 per 1,000 compared to a target rate of 31.1 per 1,000). The conception rate is significantly higher in Nottingham compared to England.</p> <p>There has been an improvement in reducing HIV late diagnosis and current performance meets the target trajectory of 40.8%. Nottingham City's performance on this metric is no longer significantly higher than England.</p> <p>Priority action 2 – alcohol consumption Alcohol related hospital admissions has not been reported because of a temporary technical issue. This issue will be resolved for the next reporting period.</p> <p>The ability to report alcohol related crime and antisocial behaviour remains problematic and highly subjective. Various caveats have to be applied when reporting on alcohol related crimes and incidents. Being able to measure the volume of alcohol related antisocial behaviour is reliant on those who report the incident using specific alcohol related words in their report, such as 'drunk' or 'intoxicated'. Furthermore, there may be multiple reports of a single incident.</p> <p>With effect from April 2017, Home Office Counting Rules for Recorded Crime specify that a qualifier or flag must be used to identify alcohol-related crime. Whilst this is a new national standard, its application is currently varied. Nottinghamshire Police's</p>
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	<p>Data Quality Working Group is working to improve the consistency of application locally.</p> <p>Priority action 3 – smokefree The most recent data pertaining to adult smoking prevalence indicates 21.5% of adults in Nottingham City smoke. This performance surpasses the current target trajectory to reduce adult smoking prevalence to 21% by 2019/20. Smoking prevalence among adults in routine and manual groups has improved statistically significantly in the latest data release to 31.3%. Whilst a considerable improvement, this performance falls short of achieving the target trajectory. The percentage of women who smoke during pregnancy remains at 18.7% however, recently released statistics yet to be updated in the Public Health Outcomes Framework show a statistically significant improvement to 17.2%.</p> <p>Priority actions 4, 5 and 6 – physical activity, obesity, diet and nutrition The measurement for the proportion of adults who are active and inactive has changed. Sport England’s Active People Survey, which was the source for Public Health England’s Public Health Outcomes Framework since its inception ten years ago, has been replaced by the Active Lives Survey. Sport England’s Active Lives Survey was developed in response to the Government (2015) and Sport England (2016) strategies. The survey sample size for Nottingham City is approximately 2,000 which gives it a similar level of generalisability to the locally commissioned Citizens’ Survey and Respect Survey. The first and latest set of results for the year to mid-November 2016 was released in January 2017 and further results will be published every six months thereafter. The latest release has been used to reconfigure the activity and inactivity baseline and annual targets and progress against these targets will be evaluated when the next set of results are published in September 2017.</p> <p>The remaining five metrics associated with priority action 4, 5 and 6 have not changed statistically significantly during this report period. Two of these metrics are not on track: reduce the percentage of adults with excess weight and reduce the percentage of children aged 4-5 years with excess weight.</p> <p>For progress on all indicators please see Performance Report and Action Plan (Enclosure 2).</p>
<p>Key progress on delivery of action plans themes in this reporting period</p>	<p>Priority action 1 – safer sex The City is now in its second year of delivery of a range of sexual health services including integrated sexual health (contraception and genitourinary medicine) services, online chlamydia screening, online HIV home sampling and sexual health testing and contraception services provided via GPs and pharmacies. The aim of the integration is to increase choice and timely access to services.</p> <p>Fifty-five schools (of a target of 85 schools) are signed up to the sex and relationship education (SRE) charter with 14 providing effective SRE at level 3, which is the highest level. Figures continue to rise slowly as there has been positive engagement with many more schools that are working towards being signed up. Recent Government decisions to make SRE compulsory from September 2019 will provide a lever to encourage the remaining schools to sign up.</p> <p>Priority action 2 – alcohol consumption Alcohol identification and brief advice (IBA) is provided consistently in a number of settings and this is a key component of the action plan. Nottingham University Hospitals NHS Trust’s Emergency Department (0NUHED) and primary care are key settings for the delivery of alcohol IBA. NUHED has made good progress in this area, including ensuring that templates used by clinical staff include an alcohol screening question. Information about alcohol is also included on discharge letters to primary care. The sector is working to attract funding to secure alcohol nurses within NUHED</p>

to ensure that there is a robust approach to alcohol interventions within this setting and links to the alcohol care team who are based on the wards.

Partners are looking to work with the Urgent Care Centre (UCC) to divert alcohol presentations at NUHED. Meetings have been set up between UCC practitioners, the Public Health Clinical Advisor and Public Health to understand how this work can be taken forward. If successful, the project should reduce alcohol hospital admissions and high volume service user presentations at NUHED.

The voluntary and community sector (VCS) is developing a model for brief intervention training, starting with alcohol brief intervention, through the Children and Young People's Providers Network and the Vulnerable Adults' Providers Network. The local authority is looking into ways in which all contacts with children and young people can be harnessed as opportunities for providing substance misuse advice, as is recommended in the Drug Strategy (HM Government, 2017).

The alcohol Diversion Scheme has been re-launched to tackle the problem of drunk and disorderly behaviour, usually amongst students who are pre-loading before going out. The scheme has an average of 20 attendees every six weeks.

Priority action 3 – smokefree

Children

NHS England has awarded Nottingham City Clinical Commissioning Group (CCG) £75 thousand to tackle smoking in pregnancy. The City and County Smoking in Pregnancy Task and Finish Group continues to meet to establish a smoking in pregnancy pathway for community and secondary care midwives. This links to the Local Maternity Services Board.

As part of Smokefree Summer, four major family events across the City have been or will be smokefree. This includes the children's areas at Splendour and Riverside as well as the September Triathlon event. Nottinghamshire County Council and all district and borough councils across the County have engaged with the initiative and are promoting family events as smokefree. Further plans will be developed for 2018.

Motivate every smoker to quit

Nottingham CityCare's New Leaf has been commissioned to provide a stop smoking service for the City for the next three years. New Leaf is an e-cigarette friendly service.

Kate Smith (Smokefree Nottingham Coordinator, Nottingham City Council) and Mandy Hancock (Smokefree Lead, Nottinghamshire Healthcare NHS Foundation Trust) have been seconded to Nottingham University Hospitals NHS Trust (NUH) to lead on the implementation of NICE guidance PH 48 (Smoking: Acute, maternity and mental health). A steering group has been established and an implementation plan drafted. Dr Keith Girling (Medical Director, NUH) has agreed to undertake the role of 'smokefree champion' at NUH Board level. Additionally, Nottingham City CCG is funding two New Leaf specialist stop smoking advisers to be based at NUH for 12 months.

Leadership, innovation and development

The majority of Health and Wellbeing Board members have now signed the Nottinghamshire County and Nottingham City Declaration on Tobacco Control. Nottingham City Council, NUH, Nottinghamshire Healthcare NHS Foundation Trust and Nottingham City CCG have, or are in the process of, drawing up tobacco control action plans in line with the Declaration recommendations.

Priority actions 4, 5 and 6 – physical activity, obesity, diet and nutrition

Strategic planning

Nottingham City has a fully established partnership for physical activity, obesity, diet and nutrition. The City's Physical Activity, Obesity and Diet Strategy 2017-2020 has been finalised following consultation with the Health and Wellbeing Board in January 2017. The Strategic Group, chaired by Outcome Sponsor Helen Jones (Director for Adult Social Care, Nottingham City Council), and the Working Group are making progress towards achieving the ambitions set out in the Strategy and associated action plan. The membership of both groups has been broadened slightly in order to extend the reach of the activity directed by members.

Children

A bespoke training package has been developed to enable children centre staff to identify the basics of breastfeeding and contribute to continued breastfeeding and signposting to local services. Plans are currently being made to pilot this training package before it is delivered across all Children's Centres across the City. In February 2017, CityCare produced a Standard Operating Procedure for the provision for new and expectant mothers working within the organisation which highlights the facilities which should be made available to breastfeeding employees returning to work. All Children's Centre Hubs are now engaging with and using the Healthy Children's Centre Standard.

The specification of a new 0-5 service, due to commence in April 2018, will include a requirement to increase the proportion of children being breastfed and the proportion of children taking Healthy Start vitamins. The promotion of physical activity is integral to the Healthy Child Programme and will also be included in the specification of the 0-5 service.

A pilot public health nutrition intervention is currently underway to identify infants and children with excess weight early (at 1 and 2.5 year review) and offer them a healthy weight scheme provided by the public health nutrition team. The results of this pilot are yet to be released, however by providing healthy weight support early and intervening early, it is envisaged that healthy weight will continue into primary schools where the National Child Measurement programme is implemented.

Adults

A new Local Plan for Nottingham City is currently in development. This will comprise both the Aligned Core Strategy adopted in 2014 and the Nottingham City Land and Planning Policies Document. The latter states that developments affecting the Open Space Network will be refused unless it is surplus to requirements and would not have a detrimental effect, will enhance the Open Space Network or is for other types of recreational activity which outweighs the loss. Furthermore, planning for hot food takeaway use will only be granted if it is located within an existing Centre, is at least 400 metres from a secondary school or it can be clearly demonstrated that the proposal will not have a negative impact on health and wellbeing.

A draft Nottingham City Physical Activity, Obesity and Diet Declaration has been produced as a mechanism for tackling inactivity and improving the quality of diet of the Nottingham City population. The declaration is introduced and set out in Enclosure 3.

A new adult weight management service jointly commissioned by the local authority and Nottingham City Clinical Commissioning Group commenced in April 2017. The service provides signposting to relevant interventions provided by partners as well as targeted and specialist weight management support to eligible citizens.

An additional clause has been added to the April 2017 contract variation of local authority care home establishments stating that nutritional and physical activity guidelines must be met.

	<p>The Vulnerable Adult's Providers Network (VAPN) and Children and Young Peoples' Providers Network (CYPPN) met in May 2017 to discuss healthy lifestyles. It was acknowledged that a wealth of direct and indirect healthy lifestyles related interventions are in place across the networks; from walking groups through the Open Door Project and workshops with nutritionists through the Seniors Support Group in the VAPN to healthy eating sessions through Think Children in the CYPPN. The VAPN reported a lack of clarity around awareness of and access to services. Remedial action has been taken through including the Nottingham Community Voluntary Service in the newly established Physical Activity, Obesity and Diet Virtual Network. Alongside LiON, this virtual network will serve as a conduit for promoting national and local campaigns as well as changes to service provision.</p> <p><u>Vulnerable groups</u></p> <p>Healthy lifestyles training, aligned to the Making Every Contact Count approach, will take place in October 2017. This training is open to the local authority children and adults workforce with the aim of increasing the delivery of brief interventions to vulnerable citizens.</p>
<p>Examples of how health inequalities are being considered in this reporting period</p>	<p>Priority action 1 – safer sex</p> <p>The health promotion element of integrated sexual health services is aimed at targeting those at increased risk, such as young people, men who have sex with men, black and minority ethnic groups and sex workers. The HIV support service is aimed at promoting HIV awareness and testing to higher risk groups as well offering social support to those diagnosed with HIV and their families and or partners. The Sexual Health and Needle Exchange Service aims to provide sexual health services to drug users who are at increased risk of sexually transmitted infections. A health equity audit is being conducted to understand the extent to which health inequalities influence access to services and what mitigating actions can be put in place to minimise those identified.</p> <p>Priority action 2 – alcohol consumption</p> <p>Public Health is undertaking work to determine variability in provision of alcohol IBA in primary care, specifically in the General Practice setting. Whilst not yet complete, work to date has identified a degree of variation as well as a number of barriers and enablers associated with provision. A fresh approach to this is being considered. In 2016/17, 1,266 IBA interventions were delivered across Nottingham City GP practices that are involved in the process.</p> <p>Priority action 3 – smokefree</p> <p>Nottingham City recently completed a smoking in pregnancy health equity audit which makes a number of recommendations for reducing inequalities. The Nottingham City Strategic Tobacco Control Group continues to address smoking related harm including its impact on health inequalities.</p> <p>The implementation of NICE guidance PH 48 (Smoking: Acute, maternity and mental health) in NUH will contribute to improving outcomes for pregnant women and their unborn babies.</p> <p>Priority actions 4, 5 and 6 – physical activity, obesity, diet and nutrition</p> <p>There continue to be physical activity related health inequalities demonstrated according to disability both national and locally (Nottingham City Council, 2016). The Disability Sport Insight and Participation Project has now been successfully launched. A disability sport network has been formed consisting of service users and service providers from a range of voluntary sector groups working with, and for, disabled people and people with health issues. A quarterly meeting is held to discuss issues that the network would like to raise with regards to disability and the project. Twenty groups have engaged with the three meetings held so far.</p>

Since forming the disability sport network and offering three months free leisure centre access to service users, 98 have signed up with 60 attending at least one session, 49 of which have attended more than once. Fitness suite, health suite and swimming have been identified as being the most popular activities amongst the service users.

Successfully launched in December 2016, The Get Out Get Active project has seen a total of 1,271 attendances across a total of 126 sessions delivered. Successful sessions have included Cycle for All from Harvey Hadden which saw 216 participants during quarter one, swim Inclusive sessions which engaged 356 participants as well as a variety of other sessions including Yoga, Table Tennis and Amputee Football.

Amendments to the action plan

Priority actions 4, 5 and 6 – physical activity, obesity, diet and nutrition

At a Strategic Group and Working Group level of governance, the relevant actions from the overarching Healthy Lifestyles Action Plan have been amalgamated with the three more detailed Physical Activity, Obesity and Diet and Nutrition Action Plans produced by the City's Working Group to produce a single all-encompassing action plan. This amalgamated plan is utilised by the Strategic Group and the Working Group to direct and assess activity in detail.

Citizens' voice

Priority action 2 – alcohol consumption

The Alcohol Panel is attended by current and former clients of alcohol services in Nottingham City and facilitated by Glen Jarvis (Crime & Drugs Partnership Service User Involvement Officer, Nottingham City Council). The Panel meets monthly to consult and provide feedback on a range of matters affecting members. At the July 2017 meeting, the Panel discussed the British Liver Trust's national Love Your Liver roadshow and its visit to Nottingham City. The Panel felt that the visit was a great success and that its popularity demonstrated a high level of demand. The online screening tool used for the roadshow was considered an effective intervention for overcoming barriers to seeking advice from primary care including denial, fear and lack of anonymity.

Priority action 3 – smokefree

Service users of New Leaf, The City's smoking cessation provider, have provided the following comments regarding their experience of the service:

- "I didn't have to wait long for an appointment"
- "Good treatment - very approachable and friendly staff. [I] found myself able to talk to the advisor about my concerns"
- "The advisors are doing everything they can in supporting people who are stopping smoking, although the service should consider extending the course to twelve weeks due to the invaluable face to face support of 1 to 1 meetings"
- "[New Leaf] texted me as an individual and was able to support me by telephone when I was housebound after surgery on my back"
- "The support has been excellent. The advisor has been brilliant. I have been to New Leaf before but have not been successful until now. Many thanks"

Priority actions 4, 5 and 6 – physical activity, obesity, diet and nutrition

An East Midlands healthy weight and physical activity focus group was recently held by the British Youth Council in collaboration with Public Health England. When asked about barriers to being more active and eating more healthily time, motivation, cost and lack of knowledge were all cited.

For consideration/discussion

Key risks and issues

- Due to the nature of the population level outcomes the Health and Wellbeing Strategy and

Key risks and issues

associated Physical Activity, Obesity and Diet Strategy aim to deliver, there is a limit to our ability to quantify how the progress on achievement of the action plans has contributed to the strategies' outcomes.

- The assessment of alcohol related crime and antisocial behaviour remains problematic.
- Insufficient financial resources are allocated to prevention to achieve the strategy outcomes.
- There is currently insufficient coordination and prioritisation across the strategy in relation to what we want the workforce to deliver on in terms of brief intervention and support for clients.

Other points for the attention of the Board

Priority action 2 – alcohol consumption

Providing alcohol IBA consistently and systematically across the partnership is likely to be challenging. Work is ongoing to develop this in key settings including NUHED and primary care, but work is also needed in other settings to ensure a systematic approach. Oversight of this initiative in both individual organisations and across the partnership is needed. It is recommended that all member organisations consider both how they will address this issue individually and how progress across the partnership will be monitored.

Priority action 3 – smokefree

Board organisations can demonstrate their support of the smokefree agenda by signing the Tobacco Control Declaration and developing an action plan to demonstrate their organisation's contribution to reducing tobacco related harm in Nottingham City. Whilst the majority of organisations have signed the declaration, it is not clear which of those organisations have agreed action plans.

Priority actions 4, 5 and 6 – physical activity, obesity, diet and nutrition

The One Nottingham Partnership has been successful in the initial stage of bidding for Nottingham City to become one of Sport England's local delivery pilots. Successful applications will receive funding of up to £150 million for over four years to test insight led new approaches to tackling inactivity and reducing inequalities.

Adult Social Care (ASC) is focusing on physical activity in order to improve the health and wellbeing of citizens and colleagues. Colleagues are being encouraged to discuss with citizens and carers the importance of physical activity in reducing social isolation, making connections with the community in which people live and as a mechanism for improving physical and mental health. Colleagues and citizens in day and residential services have extended the range of physical activities available for people using these services and are already supporting basic gym sessions, football sessions, walking groups, chair based exercise and are exploring Zumba and boot camp style sessions.

Colleagues across ASC have initiated a range of activities for colleagues to participate in after work with a number of these happening on a weekly basis. These include: weekly boot camp sessions on the Forest recreation ground facilitated by a qualified personal trainer who works as an HSCO at Nottingham Health and Care Point, weekly lunch time walking groups and weekly informal dance sessions. Zumba and team tournaments including activities such as rounders are also being explored. Some spontaneous activities have also taken place with impromptu dancing led by a Senior Practitioner and colleagues at the recent AGM. Teams of citizens and colleagues also participated in the Beat the Street campaign in the summer.

Physical activity is being included in internal colleague newsletters with relevant resources being shared across the department for colleagues and citizens to use including details of accessible sports sessions for people with a range of disabilities and frailty in addition to other activities such as Park Lives, This Girl Can swim sessions and dementia friendly swim sessions.

ASC colleagues are working in partnership with colleagues in Sport and Leisure and local Community Sports organisations on this initiative and colleagues in each site will be working to capture the progress of this initiative and any impact it has on colleagues' health and wellbeing and general resilience. It is

Other points for the attention of the Board

recommended that other partners and departments join ASC in promoting physical activity to their colleagues in order to maximise the benefits for all.

Through the Sustainable Development Strategy refresh, we are developing Nottingham as a Sustainable Food City (SFC) in order to lead efforts to create the social and environmental conditions that help citizens at home, at work and in the community to eat healthy, sustainable food. The SFC initiative involves the development of a cross-sector partnership of local public agencies, businesses, academics and community organisations. The aim of the SFC approach is to help encourage healthy lifestyles, educate the population on the importance of healthy sustainable food, and that it can be affordable. A major goal of SFC is to make healthy nutritious food available to the most vulnerable population in our society.

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