

Director of Public Health

1. New local authority health profiles published:

Public Health England have published two updated health profiles, which provide an overview of health and wellbeing in Nottingham. They pull together existing information in one place and contain data on a range of indicators for local populations, highlighting issues that can affect health in each locality. Nottingham City Council will use the profiles to make plans to improve the health of their local population and reduce health inequalities

- [Local Authority Health Profile – Nottingham](#) (published July 18)
- [Child Health Profile – Nottingham](#) (published June 18)

Both profiles highlight the high levels of need we know exist within Nottingham City. The health and wellbeing of both adults and children in Nottingham is generally worse than the England average, which is reflected by the lower than average life expectancy. Nottingham city has high levels of deprivation, with 29% of children living in low income families. Citizens in the least deprived wards can currently expect to live more than 8 years longer than citizens in the most deprived wards.

Increasing life expectancy and reducing inequalities in life expectancy are overarching aims of the Boards Joint Health and Wellbeing Strategy. These profiles show there is still much to do but with continued commitment, I am sure we can make a positive difference.

2. Knowledge Resources service:

I am pleased to confirm that it has been possible to secure the continuation of the Nottingham City Knowledge Resources service, which will be jointly funded by Nottingham City Council and Nottingham City Clinical Commissioning Group.

There are some changes to the service to be aware of:

- From Thursday 12th July the Resource Centre will no longer issue resources including books and materials. All resources currently on loan should be returned by Tuesday 31st July. Arrangements are being made to rehouse resources in locations where they will continue to be accessible to partners, these will be confirmed in due course.
- From September 2018 the service will move to Standard Court in Nottingham city centre. Until this date the service will operate from its existing location, Aspect House.

The service will continue to offer:

- The provision of leaflets
- Undertaking of enquiries to inform evidence based decision making and clinical practice
- Current awareness bulletins
- Administration of Athens accounts.

If you have any queries regarding this service please contact caroline.keenana@nottinghamcity.gov.uk

3. Personal wellbeing in Nottingham:

Earlier this month, Office for National Statistics published a [bulletin on personal wellbeing in the UK](#). This release, available at local authority level, provides valuable insight for health and wellbeing boards into the wellbeing of the local population over time.

Four key indicators of self-reported personal wellbeing were measured: happiness, anxiety, life satisfaction and worthwhile.

- **Happiness** ratings are based on the questions "overall, how happy did you feel yesterday?" on a scale of 0-10. The average rating in Nottingham City was 7.2, second to worst of the eight Core English Cities (CECs).
- **Satisfaction**, rated by the question "Overall, how satisfied are you with your life nowadays?" was 7.4. Again, Nottingham City was second to worst of the CECs on this wellbeing measure.
- **Worthwhile**, rated by the question "Overall, to what extent do you feel the things you do in your life are worthwhile?" was 7.6 in Nottingham City, the lowest mean rating of the CECs.
- Nottingham City was mid-table for **Anxiety** at 3.1, measured by the question "overall, how anxious did you feel yesterday?".

It is recommended that the Board continues to monitor these measures and considers their inclusion as key performance indicators in future strategies.

4. Update on another successful Ageing Well Day

The annual Ageing Well Day event took place on 23rd May in the Old Market Square. The event targets citizens aged 50+, providing them with free advice and support to live healthy, active and independent lives. The 2018 event was the biggest to date, with over 30 organisations represented.

There was some great outcomes from the day, which was officially opened by the Sheriff of Nottingham. Highlights included:

- Notts Fire & Rescue Service distributed 150 free 'pokey sticks' to ensure older citizens are able to test their some alarms
- The Age UK team advised approximately 200 – 250 citizens on the home safety and security service, Advantage mobility service, tackling scams and fraud and keeping well and warm in winter.
- DWP, Nottingham Jobs and Futures co-hosted a stall and provided jobs, training and pension advice to over 170 citizens, including customers who would not normally visit the Jobcentre.
- Approximately 150 citizens visited Trading Standards. Key themes included dating and HMRC scams and access to call blocking. The team was also asked to provide scams and door step crime group talks in the community.
- Nottinghamshire Carer's Hub spoke to an estimated 80 people - predominately carers, and were able to register citizens for ongoing carer support.
- Primary Care Cardiac nurses offered blood pressure checks to over 70 citizens, with a significant number of individuals requiring further NHS follow up.
- The Alzheimer's Society provided dementia advice to more than 60 citizens.

I would like to thank all involved in organising the day and running stalls on the day for their time and efforts to make this day happen, it is clear the event makes a meaningful contribution to supporting older citizens to live well and independently across the city. I am looking forward to next year!

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