



ADDITIONAL / TO FOLLOW AGENDA ITEMS

This is a supplement to the original agenda and includes reports that are additional to the original agenda or which were marked 'to follow'.

NOTTINGHAM CITY COUNCIL HEALTH AND WELLBEING BOARD

Date: Wednesday, 25 January 2017

Time: 2.00 pm

Place: Ground Floor Committee Room - Loxley House, Station Street, Nottingham, NG2 3NG

Senior Governance Officer: Jane Garrard **Direct Dial:** 0115 8764315

AGENDA

Pages

6	PHYSICAL ACTIVITY, DIET AND NUTRITION AND HEALTHY WEIGHT STRATEGY	3 - 8
11c	NHS Nottingham City Clinical Commissioning Group	9 - 12

This page is intentionally left blank

HEALTH AND WELLBEING BOARD

25 JANUARY 2017

	Report for Resolution
Title:	Physical activity, diet and nutrition and healthy weight strategy
Lead Board Member(s):	Helen Jones, Director of Adult Social Services
Author and contact details for further information:	Rachel Sokal, Consultant in Public Health, Nottingham City Council rachel.sokal@nottinghamcity.gov.uk
Brief summary:	This report outlines a strategic approach to increase the focus and ambition for the city with regard to Physical Activity, Obesity and Diet and Nutrition.

Recommendation to the Health and Wellbeing Board:

The Health and Wellbeing Board is asked to:

- a) support the vision for being active, eating well and having a healthy weight to be the norm in the City
- b) support the focus of key strategic areas to deliver this vision: i) positive attitude and normalisation, ii) leadership and responsibility, iii) environment and iv) workplace
- c) support a City bid to Sport England's Local Delivery Fund

Contribution to Joint Health and Wellbeing Strategy:

Health and Wellbeing Strategy aims and outcomes	Summary of contribution to the Strategy
Aim: To increase healthy life expectancy in Nottingham and make us one of the healthiest big cities	Inadequate levels of physical activity, a poor diet and nutrition and unhealthy weight account for over a third of the known risk factors for ill-health in Nottingham City's population (local analysis of Global Burden of Disease, 2016). Thus increasing levels of physical activity, improving diet and achieving a healthy weight in the City's population is vital to achieve our ambition of improved healthy life expectancy. Key focus within the strategy on priority groups as identified in JSNA chapters, in order to tackle health inequalities. Outcome 1: development of fuller strategy vital to support the delivery of the three related priorities within the HWS.
Aim: To reduce inequalities in health by targeting the neighbourhoods with the lowest levels of healthy life expectancy	
Outcome 1: Children and adults in Nottingham adopt and maintain healthy lifestyles	
Outcome 2: Children and adults in Nottingham will have positive mental wellbeing and those with long-term mental health problems will have good physical health	
Outcome 3: There will be a healthy culture in Nottingham in which citizens are supported and empowered to live healthy lives and manage ill health well	
Outcome 4: Nottingham's environment will	

<p>be sustainable – supporting and enabling its citizens to have good health and wellbeing</p>	<p>Outcome 2: improving healthy lifestyles vital to prevention of mental health problems and improving physical health of those with mental health problems.</p> <p>Outcome 3: recommendations within this report include supporting the development of a cultural change to physical activity and diet and nutrition</p> <p>Outcome 4: strategy directly supports the delivery of several priorities including active travel and use of Parks and Open Spaces</p>
--	--

<p>How mental health and wellbeing is being championed in line with the Board’s aspiration to give equal value to mental and physical health</p>	
<ol style="list-style-type: none"> 1. Physical activity, diet and nutrition and healthy weight are key determinants of mental as well as physical health. Thus, improving these factors across the population will contribute to reducing mental as well as physical ill-health. 2. People with mental health problems are at greater risk of low level of physical activity and a poor diet leading to poorer physical health problems. Focusing on improving these health behaviours in those with a mental health problem will contribute to reducing health inequalities between those with mental health problems and the rest of the population. 	

<p>Background papers: <i>Documents which disclose important facts or matters on which the decision has been based and have been relied on to a material extent in preparing the decision. This does not include any published works e.g. previous Board reports or any exempt documents.</i></p>	<p>JSNA chapters – physical activity, diet and nutrition, obesity</p>
--	---

PHYSICAL ACTIVITY, DIET AND NUTRITION AND HEALTHY WEIGHT STRATEGY

1. BACKGROUND

Inadequate levels of physical activity, a poor diet and nutrition and unhealthy weight account for over a third of the known risk factors for ill-health in Nottingham City's population (local analysis of Global Burden of Disease, 2016). Thus increasing levels of physical activity, improving diet and achieving a healthy weight in the city's population is vital to achieve our ambition of improved healthy life expectancy.

To underpin the actions within the HWS to achieve these goals, work has been undertaken to refresh the city's former Healthy Weight strategy. Whilst the refreshed strategy broadly addresses the need within the city, the strategy's steering group identified that without a significant increase in the intensity and focus on the delivery of strategy it is unlikely to be sufficient to achieve the significant improvement in these factors across our population.

In November 2016 the HWB supported a recommendation for an increased focus and ambition to address physical activity, diet and healthy weight in the city and consider more detailed proposals at a future meeting. The purpose of this paper is to present these proposals for consideration by the HWB before further developing the city's strategy.

Board members are reminded to volunteer strategic leads from their respective organisations to champion the city's approach to physical activity, obesity, diet and nutrition.

2. DEVELOPING STRATEGIC VISION AND IDENTIFYING KEY AREAS FOR DEVELOPMENT

Board members and wider partners including One Nottingham, Sport Nottinghamshire and Nottingham City Council Sport and Leisure came together at December's HWB Development Session to consider what the city's ambition should be and how it may be achieved. The outputs of this session were considered by the strategy steering group in January and are presented here to HWB members.

Proposed vision: for being active, eating well and having a healthy weight to be the norm in the city.

More people will be seen being active and eating healthily regardless of their age, ethnicity or "physical ability". For example, it will be the norm to choose a healthy snack from workplace food outlet.

Areas for development to achieve this change

The current strategy uses local and national intelligence and evidence, e.g. the JSNA, alongside national strategies to identify a strategic approach, priority groups and actions. In addition to the current strategic actions the following areas were identified for further development and up-scaling:

1. Positive attitude and normalisation

- Normalisation in our population in line with guidelines for physical activity (Department of Health, 2011) and eating well (Public Health England, 2016)
- Consistent and persistent messages through media and HWB organisations

- “Looking after yourself” message
- Ensure messages and activities are culturally appropriate
- Identify and support community champions and leaders to facilitate social movement

2. Leadership and responsibility

- For HWB organisations to increase their commitment to physical activity and diet through a commitment and actions similar to the Tobacco Declaration and act as leaders across the city by setting an example of best practice
- For the population and organisations and their staff to have clear and shared responsibilities to being active, eating well and being a healthy weight. For example, parents and children’s responsibilities to healthy eating during school day and teachers’ and school’s role in facilitating this.
- Identify and support community champions and leaders to facilitate social movement

3. Living environment

- Control the density of unhealthy food outlets including fast food takeaways
- Support development of green and / or recreational spaces in formal and informal parks and open spaces
- Prioritise physical activity and good diet within built environment development. For example, street lighting to encourage walking for transport
- Manage traffic and parking to promote physical activity, e.g. traffic free areas, increase no parking zone around schools
- Support people to be physically active and eat well within own homes and gardens

4. Working and schooling environment

- Recognise work and school environments as vital in making positive or negative impact on staff and employees / students activity levels and diet
- Systematic application of best practice from Healthy Schools and other initiatives across all city schools
- Development of a workplace charter, based on the HWB Declaration, where private employers in the city can work towards working practices and environment which positively influence activity and diet

3. SPORT ENGLAND FUNDING

Sport England’s new strategy has a change of focus away from sport towards physical activity. To support this strategy a number of areas of funding have been announced including: local delivery pilots and an inactivity fund focus on older people. The local delivery fund totals £130m but will only be awarded to 10 areas nationally. The inactivity / older people fund totals £10m with many awards expected between £50-500k.

Within Nottingham City Public Health, on behalf of the HWB, Sport and Leisure and One Nottingham are exploring the potential to bid for the local delivery pilot money. In addition, colleagues in Nottingham City Homes are preparing a bid for the inactivity fund to support the provision of activities within sheltered housing and other settings. If the city were

successful in securing this funding it would permit a significant increase in resource available to deliver the Health and Wellbeing Strategy and priorities within the STP.

4. REFERENCES

Public Health England (2016) *Eatwell Guide*, Available at: <https://www.gov.uk/government/publications/the-eatwell-guide> (Accessed: 12th January 2017).

Department of Health, Physical Activity, Health Improvement and Protection, 2011. *Start Active, Stay Active: A report on physical activity from the four home countries' Chief Medical Officers*, London: Department of Health, Physical Activity, Health Improvement and Protection.

This page is intentionally left blank

**Nottingham City CCG
Chief Officer Update**

1. Integrated Personal Commissioning

The CCG and City Council have been successful in our bid to become an early adopter for Integrated Personal Commissioning (IPC). We, along with five other areas have joined the nine existing 'demonstrator' sites and will be expected to:

- Implement IPC as the approach to supporting people with complex needs,
- Work in partnership with NHSE and the LGA to refine and implement the IPC Emerging Framework

IPC is a partnership programme between NHS England (NHSE) and the Local Government Association (LGA). It is a pillar of the NHS Five Year Forward View and supports the improvement, integration and personalisation of services, building on learning from personal budgets in social care and progress with personal health budgets. The early adopters have been recruited as the first stage of national roll-out to enable further testing and refinement and ensure compatibility with the New Care Models Programme, prior to national implementation by 2020-21.

IPC allows individuals, their carers and families to take an active role in their health and wellbeing, with greater choice and control over the care they need through personalised care planning and personal budgets. IPC also supports people to develop their knowledge, skills and confidence to self-manage their care, through stronger partnerships with the voluntary and community sector, community capacity building and peer support. We are working in partnership with the City Council and others to develop our implementation plan to deliver the programme.

Further details about our plans can be found [here](#)¹

2. Mental health care for pregnant women and new mums and for those attending A&E in crisis

NHS England has set out plans to provide more support for pregnant women and new mums suffering mental illness as well as to improve care for the many people with mental health problems who attend A&E in crisis.

£40m is to be allocated to 20 areas of the country to fund new specialist community mental health services for mums in the immediate run up to and after birth, and help reach 30,000 more women a year by 2021. A further £20m will be allocated next year. Of 64 proposals submitted from across all regions of England, Nottingham City

¹ <https://www.england.nhs.uk/commissioning/ipc/early-adopters/nottingham-city/>

CCG has successfully secured funding for Partnership working across seven CCGs to expand the service, with reduced waiting times, introducing outreach work, and more training for other professionals to support early detection and intervention..

The successful Wave 1 perinatal schemes cover 90 CCGs and six STP (Sustainability and Transformation Plan) footprints and the four NHS England regions.

The funding for new mums will see new or bigger teams in those areas providing specialist care for all new and expectant mums with severe mental ill health, for example, severe post-natal depression. It will fund new perinatal consultants, specialist nurses, occupational therapists, psychologists and nursery nurses as well as community peer support for mums, babies and families. There will also be more buddying and telephone support where mums who have had experience of similar issues help other mums in need. NHS England is also commissioning four new mother and baby units (MBUs).

A new recommended standard is being introduced - anyone who walks through the front door of A&E or is on a hospital ward in a mental health crisis should be seen by a specialist mental health professional within an hour of being referred, and within four hours they should have been properly assessed in a skilled and compassionate way, with the correct next steps for their care planned in partnership with them.

NHS England is also inviting regional A&E Delivery Boards to bid for £30m funding for expert psychiatrists and mental health nurses to provide better care for people with urgent and emergency mental health needs attending A&E and being treated on general hospital wards. Nottingham City CCG is working with all of the south CCGs to submit a mental health bid for the Emergency Department via the STP., which we submit on the 18th.

More details can be found [here](#)².

3. STP Events

In response to a request from the STP Board to give local people an opportunity to feedback on the Nottinghamshire STP four events are being held across the County. The City event is being held at the Council House on 22 February 2017, 5:00pm – 7:00pm. The aim of the event is to:

- Share details of the plans with members of the public
- Enable members of the public to provide feedback on plans
- Demonstrate transparency in the STP process

² <https://www.england.nhs.uk/mentalhealth/2016/11/26/improving-mh/>

The event is being coordinated jointly by Nottingham City CCG, Nottingham City Council, CityCare and NUH. The format will be a marketplace session led by various 'experts' in each of the 'high impact areas' of the STP, followed by a Q & A session. STP Board members from all the above organisations are involved in the marketplace session, which will allow members of the public to ask questions about the different elements of the STP.

The Q&A session will be opened with a presentation on the overall plan, followed by questions to a panel chaired by Councillor Alex Norris. The panel will include:

- Councillor Alex Norris (Nottingham City Council)
- Helen Jones (Nottingham City Council)
- Hugh Porter (Nottingham City CCG)
- Dawn Smith (Nottingham City CCG)
- Lyn Bacon (Nottingham CityCare Partnership)
- Tim Guylor ((Nottingham University Hospitals NHS Trust)

Dawn Smith
Chief Officer – NHS Nottingham City CCG
January 2017

This page is intentionally left blank