

Nottingham City Council's Fulfilment of its Public Health Responsibilities

1. Summary

This report provides the Health Scrutiny Committee with an update on Nottingham City Council's fulfilment of its public health responsibilities. This includes an overview of Health in All Policies, a developing strategic approach within the council to maximise the Council's potential to improve health and wellbeing. The report also provides an update on developments with specific public health services, following the agreement of savings as part of the Council's budget in March 2018.

2. Public health responsibilities of local authorities

The Health and Social Care Act 2012 gave local authorities responsibility for improving the health of their local populations, supported by a ring-fenced budget. This was in recognition of the ability of local authorities to impact many of the wider determinants of health, for example housing, economic development and transport. This includes a statutory requirement to appoint a Director of Public Health.

“Each local authority must table such steps as it considers appropriate for improving the health of people in its area”

Whilst local authorities have the discretion to meet this duty in a way which is suitable to the needs of their population there are some 'mandated' functions that local authorities have to deliver (or secure the delivery of);

- Weighing and measuring of children (National Child Measurement Programme) – delivered in Nottingham by Citycare as part of the 0-19 contract
- NHS Health Check – local authorities are required to make an offer to all eligible persons
- Sexual health services – local authorities must provide, or secure the provision of, open access sexual health services in its area
- 0-5 Healthy Child Programme, including 5 mandatory universal health visitor reviews
- Drug and alcohol treatment misuse services (not mandatory but a condition of receiving the public health grant)

In addition, local authorities have a number of statutory responsibilities including health protection, oral health and the provision of public health advice to clinical commissioning groups (CCGs), as well as the Health and wellbeing board, joint health and wellbeing strategy and JSNA.

Health Checks

Throughout 2017/18 and continuing in to 2018/19 there has been concerted efforts to increase both the proportion of the population who are eligible for health checks that receive an invitation to attend and the number of people that take up that offer. This has included the implementation of an improved IT system and financial incentivisation of GP providers. We have seen a significant improvement in performance, with a 64% increase in invites and 18% increase in health checks (when comparing Q1-Q3 18/19 to Q1-Q3 17/18). It is the intention to continue the focus on this agenda, to ensure 100% of the eligible population receive a health check.

3. Targeted Intervention Savings

Local authorities receive a ring-fenced grant to support the delivery of their public health responsibilities. The public health grant has reduced year on year since it was introduced in 2013/14.¹ A further 2.6% reduction has been confirmed for 2019/20. The reduction of the grant, alongside significant reductions in overall government funding and increasing demand has required difficult decisions to be made about the services provided.

Health Scrutiny committee received a summary of savings proposals totalling £5.3m, collectively known as 'targeted intervention' in February 2018. Following this, proposals were agreed by Full Council in March 2018, and have subsequently been implemented to realise the required saving. Colleagues worked closely with the providers of affected services to minimise the impact on citizens.

This section provides an update on the implementation of agreed proposals previously highlighted by the Health Scrutiny committee. There is a consistent focus on ensuring that services are targeting the most vulnerable groups, in order to reduce the health inequalities that exist in Nottingham. In many areas, this is being underpinned by a digital universal offer.

Adult Weight Management

The provision of a tier 2 adult weight management service ended on 31 January 2018. Supporting adults to maintain a healthy weight remains a priority for Nottingham City, where 62% of adults are overweight or obese (similar to the national picture).

Since April 2018 Nottingham City Council have:

- Trialled a 12-week digital behaviour change programme, evaluation showed it was a success with 22% of all starters losing >5% of their bodyweight and 50% of all finishers losing >5% of their bodyweight. Following this successful trial, we have commissioned the intervention, to be available to Nottingham citizens with a BMI \geq 25kg/m². This service will be available to citizens shortly
- Commissioned an Adults Weight Management (on referral) service. This will be delivered by Slimming World. The service will support eligible service users to manage their weight, through improved diet and increased physical activity, reducing their risk of obesity-related harm and diseases. Eligibility of Nottingham citizens will be based on Body Mass Index (BMI) and groups will be targeted to address known inequalities. The service will be accessed primarily via GP referral, although self-referral will be promoted to service users that may not access their GP. It is estimated that approximately 1,000 service users will access the service within a year.
- The Physical Activity, Obesity and Diet (POD) network continue to deliver against Nottingham's POD strategy, which is aligned to the Healthy Lifestyles theme within the joint Health and Wellbeing Strategy. In January 2019 efforts have focused on promoting the 'Active10' campaign, encouraging adults to increase their physical activity with a brisk 10 minute walk each day.

¹ The increase in 2015/16 was due to the transfer of responsibilities for the 0-5 Healthy Child Programme

Stop Smoking Support

The local stop smoking service, New Leaf, ended on 30 April 2018. Reducing the prevalence of smoking remains a priority for Nottingham City, with smoking prevalence at 19.4% (higher than the national average).

Since April 2018 Nottingham City Council have:

- Have commissioned a two-year pilot providing a targeted adult smoking cessation service, to be provided by the GP Alliance. The service will target the following known at risk groups:
 - Pregnant and post-natal women, their partners and others in the household who smoke;
 - Adults with mental health problems;
 - Adults with substance misuse problems (including drugs and alcohol); and
 - Adults with long-term conditions, including those recently discharged from secondary care.
- Worked with Nottingham City CCG to ensure NRT products are available on prescription for at risk citizen groups
- Supported the concerted efforts of partners across the Local Maternity System to reduce the number of Nottingham women smoking in pregnancy. Spring 2019 will see the launch of 'Love Bump Nottingham', a highly visible campaign to further support these efforts.

Drug & Alcohol services

Nottingham City Council worked in close collaboration with the providers of substance misuse services both for adults and young people, and for affected children and families to minimise the impact on service users and the local community, whilst continuing to provide a quality service.

Whilst changes to services were required, no services were fully withdrawn. The impact of service changes, including to specialist needle exchange, is being closely monitored.

During 2018/19 unforeseen increases in prescribing costs (as a result of inflated drug prices) has created an additional pressure for these services. Public Health and Crime and Drugs Partnership (CDP) colleagues are working closely with the provider to manage this.

Oral Health

The provision of the oral health promotion service (supervised tooth brushing in schools, local oral health campaigns, toothbrushes/toothpastes for health visitors) ended on 31st March 2018. Schools and health visiting teams who benefited from the service were informed and received information and resources to mitigate the loss of the service. Nottingham has a similar proportion of five year old children free from dental decay (74.1%) to the England average (76.7%); an improvement albeit not statistically significant, on 2014/15.

Nottingham City Council has taken the following actions to contribute to improved oral health:

- Undertaking an Oral Health Needs Assessment

- Small Steps Big Changes (SSBC) have commissioned the healthcare trust to provide supervised tooth brushing in four schools in the most deprived areas of the city. Public health colleagues are in discussions with SSBC as to how they further develop their offer on oral health.
- Continue to attend the Oral Health Commissioners Group and input into regional practice such as the dental carries risk tool, pilot scheme and chair the joint Nottingham City/Nottinghamshire County dental health steering group to ensure stakeholders remain informed and closely involved in the future of oral health in Nottingham City.

Infection Prevention and Control (IPC)

The IPC service ceased to be provided to residential care homes in Nottingham City in April 2018. The service to nursing homes was unaffected, and is commissioned by the CCG.

Since April 2018, public health colleagues have:

- Agreed an interim arrangement (April 18 – Dec 18) with Public Health England, for the provision of light touch phone support
- Negotiated with the previous provider for the delivery of a specialised service for residential care homes within the available budget. This service has been operational from January 2019.

4. Health in All Policies

Health in All Policies (HiAP) is a collaborative approach to improving the health of all people by incorporating health considerations into decision making across sectors and policy areas.²

Nottingham City Council is currently embedding a HiAP approach across the Council, with the support of the Corporate Leadership Team. A HiAP approach recognises and utilises the unique position of local authorities to address the social determinants of health, which are key drivers of health outcomes and health inequalities.

Across the Council there is a great deal of activity taking place that contributes to the improvement of health and wellbeing, ensuring the Council is fulfilling its statutory duty with the Health and Social Care Act. The HiAP approach will provide a framework for this activity and ensure all opportunities to improve health and wellbeing are maximised.

The HiAP framework at Nottingham City Council will have three strands:

- 1) Improving the health and wellbeing of Nottingham City Council colleagues
- 2) Developing the public health skills of Nottingham City Councils, to support citizens towards improving the health and wellbeing
- 3) Taking a 'whole-council' approach to improving health and wellbeing by ensuring health benefits are considered in all relevant policy decisions

A cross-council steering group is being established to lead the approach. Initial efforts will focus on ensuring colleagues in front-line services who have regular contact with citizens have the skills,

² <https://www.local.gov.uk/sites/default/files/documents/health-all-policies-manua-ff0.pdf>

knowledge and confidence to provide information and brief advice on health and wellbeing related subjects e.g. smoking cessation, weight management, alcohol use.

5. Conclusion

Despite the challenging financial context, Nottingham City Council continues to ensure that it is delivering both its mandatory public health functions, as well as meeting the general duty to improve the health and wellbeing of local citizens. Activity is tailored to the needs of our local communities informed by the Public Health Outcomes Framework and Nottingham's Joint Strategic Needs Assessment, with a focus on reducing health inequalities. Nottingham City Council continue to undertake a lead role in ensuring the delivery of Happier Healthier Lives, Nottingham's Joint Health and Wellbeing Strategy. Locally, as an Early Intervention city Nottingham has always recognised the importance of prevention in relation to health and wellbeing. With the recently published NHS Long Term Plan echoing this and a Prevention Green Paper anticipated in the Spring, Nottingham City Council is well placed to work with partners across the health and social system to continue fulfilling its responsibilities and making a difference to citizens health and wellbeing.