









Halton Sustainable Community Strategy 2011 - 2026

Progress Report: Period April to September 2014

This report provides a summary position of progress in relation to the delivery of the Strategic Priority Area of

Health and Wellbeing

The purpose of this mid-year report is to provide information concerning the progress that has been made in effecting positive change for the relevant strategic priority of the Strategic Partnership Board. It will be complemented by an annual report which will also provide additional information regarding the achievement of annual targets for each of the specific measures contained within the Halton Sustainable Community Strategy.

Page	Ref	Descriptor	2014 / 15 Target	Direction of travel
	HH1	Child development	40%	
	HH2	Mortality from all cancers at ages under 75	140	
	HH3	Falls and injuries in the over 65s (Public Health Outcomes Framework)	2,847	
	HH4	Admissions which are wholly attributable to alcohol AAF=1, rate per 100,000 population	1,038	Data not rec'd
	HH5	Mental Health: Self-reported wellbeing (NEW)	69%	Data not yet available
	CYP1	Falling Levels of infant mortality	4.7	
	CYP2	Reduce the percentage of children who are obese in Year 6	Reduce by 1% per annum based on 10/11 actual	
	CYP3	Increase the number of children being breastfed at 6-8 weeks	24%	
	CYP5	Reduce under 18 conception rate (Rolling average)	56.3	
	CYP8	Increase the percentage achieving 'good level of development average' total points for cohort.	55%	

Key activities and Successes

Child Development

Healthy Child Programme

The healthy child programme continues to be delivered across Halton, conducting screening, immunisations and health reviews. The Family Nurse Partnership team has been recruited and will begin to start with first time teenage mothers in November 2014.

Work is underway to ensure the safe transition of the Health Visiting service and Family Nurse Partnership to be commissioned by the Local authority by October 2015.

Breastfeeding

All mothers have access to breastfeeding peer support, and baby welcome premises continue to be available across the borough. Work continues on achieving BFI stage 3, with the community midwifery team, and St Helens and Knowsley Hospital Trust have achieved stage 3 (the final stage). Whilst the percentage of women breastfeeding at 6-8 weeks in Halton has stayed the same as this time last year, since Q1 2010/11 it has increased by 11.3%.

Child Poverty Programme

Halton has a Child Poverty Strategy and Action Plan and is part of the City Region Child Poverty Commission. There is a wide range of work underway to address this area including Children's Centres Programmes, healthy eating, working with food banks, increasing breastfeeding, increasing free school meal uptake, plain packaging for cigarettes, smoking prevention, work with mums and tots, support for the New Shoots Food Coop, Credit Crunch Cooking, work with Housing Trusts around welfare reforms, Healthy Homes/ Warm Homes initiatives, work with the CAB and Supporting Residents at Risk of Home Repossession project.

Child Social and Emotional Health Programmes

Halton has Prevention of Mental Health Conditions as a Health and Wellbeing Board priority. A new Mental Health Strategy and comprehensive Action Plan has recently been developed. There is a review of the CAHMS service underway, Addaction is employed to work with youngsters with addictions, teachers are trained to work with youngsters on developing confidence and self-esteem and counteracting bullying, an anti-cyber bullying project is in development, midwives are working with mothers to avoid post natal depression and parenting programmes for families in how to bond with babies and deal with toddlers.

Prevention and Early Detection of Cancer

A local Cancer Strategy has recently been developed and sets out key actions to address this priority. Recent activity includes:

Be Clear on Cancer

The national Be Clear on Cancer campaign continues to be rolled out with a team of volunteers working with local people. We are working closely with Halton CCG to develop additional early detection programmes along the lines of a Cancer Rehabilitation programme.

Weight Management

A range of weight management services are delivered for children and adults on an individual or group level, such as the fresh start programmes, active play and introduction to solid food parties. The Halton Healthy Weight management care pathways for children and adults is under review and opportunities to enhance provision identified.

HPV Vaccination

This vaccination protects girls from cervical cancer in later years. Uptake remains good for HPV vaccination. Changes to the national schedule for HPV vaccination may further improve opportunities to improve uptake locally.

Reduction in the number of falls in adults

All of the planned redesign of the falls service, falls training and triage have been completed ahead of schedule. A falls business case has now been developed to consider the impact of additional funding and preventative interventions to further reduce the level of falls at home as well as the readmission rates.

Performance has been positive in the quarter due to a number of key interventions from the falls strategy now being in place.

- Increased training for professionals
- New training for members of the public
- Increased screening
- New triage into intermediate care
- More capacity within falls assessments

Prevention and Early Detection of Mental Health conditions

A review of all local mental health and wellbeing provision is underway to ensure that there are consistent, high quality services available. A Tier 2 service has recently been commissioned jointly between Public Health and Halton CCG to provide training for staff in schools, to recognise children at risk, to provide a website for the public and counselling to therapy, and support for professionals working with children and young people. In addition it will provide cognitive behavioural support to families with morbidly obese children and training to staff on how to work with families whose children have this condition.

Screening of new mothers for early detection and treatment of maternal depression is underway. There is improved support for families to deal positively with toddlers. There is training of school nurses in how to identify children and young children at risk of developing mental health conditions and offer low level counselling and support with referral to specialist services, e.g. Ad Action, GP, CAMHS.

We are running workshops to train teaching staff in how to communicate with children on social and emotional issues using evidence based interventions, e.g. SEAL and developing resources and packs for teachers on gender, identity, confidence and aspirations.

The Widnes Vikings are working on anti-cyber bullying training with Halton Health Improvement Team. All schools are being enrolled on the Healthitude programme which covers social and emotional health as well as healthy eating, drinking, tobacco and drugs.

For adults we are concentrating on early identification of for those with mild to moderate mental health problems using an improved range and use of self-help and other non-medical interventions to improve levels of self-reported wellbeing. We have commissioned Halton CAB to offer a bespoke package on support to people with mental health conditions so they can navigate the welfare system. We have also commissioned the CAB to provide financial literacy training in the community as we recognise debt is a major source of anxiety and concern.

For older people in care homes we are working with staff on implementing Guidelines in How to Identify Treat and Refer Older People with Low to Moderate Depression in Care Homes and for those that receive domiciliary care.

A new mental health and wellbeing action plan is in progress, informed by the Mental Health and Wellbeing Strategy.

Reduction in the harm from alcohol

The number of alcohol-specific admissions in under 18s has continued to decrease in Halton, and has therefore narrowed the gap with the England average. Halton has also seen the

greatest decrease in the rate of under 18 admissions out of all the local authorities in Merseyside.

An alcohol harm reduction strategy for Halton has been developed and is due to be launched during alcohol awareness week (17-23 November). The strategy was developed in partnership with colleagues from health, social care, education, voluntary sector, police and the community safety team. The strategy will set out actions across the life course to reduce alcohol related harm and reduce hospital admissions. Good progress has been made related to reducing Under 18 admission rates locally. Alcohol health education sessions are being delivered in all local schools.

As part of the alcohol strategy development work a refreshed action plan for 2014-15 has been developed and signed up to by all partners.

Work on preventative activities continues within Halton, for example:

- An education campaign around alcohol and pregnancy is currently being developed.
- Halton midwives, health visitors & early years staff have been trained in alcohol Information and Brief Advice (alcohol IBA).
- Halton schools & college have been provided with alcohol awareness education sessions.
- The VRMZ mobile outreach bus and street based teams engage young people in hotspot areas 6 days a week and provide information, advice and guidance on alcohol to children and young people.
- Staff working with Children and Young People (CYP) trained in alcohol Information and Brief Advice (alcohol IBA).

Key Challenges

E- Cigarettes

E Cigarettes are an issue at both a national and local level. The exact prevalence of E cigarettes locally is unknown, however, in line with the national picture the local 4 week stop smoking quit rate has dropped since their introduction. It is important to note that E Cigarettes have not been passed by the Department of Health as a quit tool as they have varying amounts of nicotine, sometimes as much as a cigarette.

Equalities, Engagement and Cohesion

- **Holding a Halton Alcohol Inquiry**

We are looking to recruit up to 20 local people to try and answer the question 'What would make it easier for people to have a healthier relationship with alcohol?' We want to hear from a wide range of people to create local recommendations for action

on the issues that matter to them. The recommendations will then be used to inform and advise what is done about this issue in Halton. The project is being run by community engagement specialists Our Life and funded by Halton Council.

- **Expert Patient Programme**

Work is currently underway with the CCG on the Expert Patient Programme helping people to manage long term conditions.

- **Men's Sheds Programme**

We are currently working alongside Halton Haven on the Men's Shed project. This project works with bereaved men to improve mental health and wellbeing. Led by the men themselves, Men's Sheds are a concept rather than a physical building and provide a range of activities including; photography, gardening, computers and cooking.

- **Minimum Unit Pricing**

The North West Directors of Public Health, supported by local Health and Wellbeing Boards, are supporting the introduction of a Minimum Unit Price of 50p per unit of alcohol. Evidence shows that MUP is an effective measure in addressing alcohol-related harm.

- **Health Inequalities**

In order to reduce health inequalities, the Health and Wellbeing Board is currently working in collaboration with GPs to identify the 40% of the Halton population who do not access GP services. Evidence shows that this approach can have the biggest impact on reducing the inequalities gap, by identifying those at risk and targeting effective interventions to prevent and improve ill health and reduce premature mortality.

- **Due North: the report of the Inquiry on Health Equity for the North**

'Due North: the report of the Inquiry on Health Equity for the North', (available from:<http://www.cles.org.uk/news/inquiry-publishes-due-north-report-on-health-equity/>), is the outcome of an independent inquiry, commissioned by Public Health England, to examine health inequalities affecting the North of England.

The report highlights that the North of England has persistently had poorer health than the rest of England and that this gap has continued to widen over four decades. Also, there is a gradient in health across different social groups within the North: on average, poor health increases with increasing socio-economic disadvantage, resulting in the large inequalities in health between social groups that are observed today.

At it's meeting on 12th November, Halton's Health and Wellbeing Board will consider the following recommendations from the report:

a) Lobbying Central Government for greater devolution of powers and resources to cities and local government

- b) Tackling poverty and economic inequality
- c) Developing a social value approach to procurement
- d) Promoting healthy development in early childhood
- e) Developing the capacity of local communities to engage with and influence local decision-making
- f) Addressing premature mortality through primary care, with a focus on improving treatment and outcomes among older people living with long-term conditions

- **CAB – Financial Literacy**

A project is currently underway with Halton CAB to improve the financial literacy of local people in order to equip them to deal with and avoid financial challenges. As debt and financial difficulty is one of the main causes of depression and other mental illness, the project will contribute towards addressing the Health and Wellbeing Strategy priority of Prevention and Early detection of mental health conditions.

- **Prevention and Early Detection of Cancer**

We are continuing to work with Halton CCG and partners, particularly around the Primary Care Plan and in the identification of best practice.