

# Southend Health & Wellbeing Board

Agenda  
Item No.

Report of  
Director of Public Health  
to  
Health & Wellbeing Board  
on  
9<sup>th</sup> February 2016

Report prepared by: Andrea Atherton,  
Director of Public Health

For information only		For discussion	X	Approval required	
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## The 2015 Annual Report of the Director of Public Health

### Part 1 (Public Agenda Item)

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#### 1. Purpose of Report

- 1.1. To present the 2015 Annual Report of the Director of Public Health.

#### 2. Recommendations

- 2.1. To consider and note the content and recommendations of the 2015 Annual Report of the Director of Public Health.

#### 3. Background & Context

- 3.1. The Health and Social Care Act 2012 requires the Director of Public Health to prepare an annual report on the health of the local population. This is an independent report which the local authority is required to publish. The report is an opportunity to focus attention on particular issues that impact on the health and wellbeing of the local population, highlight any concerns and make recommendations for further action.

#### 4. The 2015 Annual Report of the Director of Public Health

- 4.1 The 2015 Annual Report of the Director of Public Health builds on aspects of the theme of the wider determinants of health and particularly focuses on healthy settings.
- 4.2 The foundations for good health, well-being and life chances are laid in early childhood, starting even before birth. The first chapter explores how early education and childcare settings play an important role in improving outcomes for young children and their families, helping to ensure that every child has the best start in life.

- 4.3 Education is a key determinant of health and there is a strong correlation between educational attainment, life expectancy and self-reported health.
- 4.4 The second chapter explores how schools are potentially one of the most important assets within local communities, and provide an important setting for promoting and supporting healthy behaviours. They can have a beneficial impact on the health and wellbeing of pupils, parents and the wider community.
- 4.5 Secure, affordable, accessible housing is a fundamental human need and an important determinant of health. Inadequate housing can contribute to injuries and have a negative impact on a wide range of physical and mental health problems. The third chapter highlights local actions being taken to enhance the positive impact of housing on health, with a particular focus on warm and safe homes.
- 4.6 Being in employment is good for health and wellbeing and being a healthy employee is good for productivity. The workplace can have a direct influence on the physical, mental, economic and social well-being of workers and in turn the health of their families and communities. It also offers an ideal setting and infrastructure to support the promotion of health of a large audience. The fourth chapter considers the local initiatives to support health and wellbeing in the workplace.
- 4.7 The built and natural environment, including air quality and green spaces, are major determinants of health. In addition to good housing, other elements of local places impact on our opportunities to stay healthy. These include connectivity and transport to reach work, services and healthy food. The particular focus of chapter five is on air quality, access to green spaces and access to fast foods.

## **5. Health & Wellbeing Board Priorities / Added Value**

- 5.1 The theme of the 2015 Annual Public Health Report is on aspects of the wider determinants of health with a particular focus on healthy settings. The report highlights a broad range of initiatives being delivered locally that contribute to the delivery of all the Health and Wellbeing Board strategic priorities. The report also makes recommendations where additional activities would add value and improve health and wellbeing outcomes for local people.

## **6. Reasons for Recommendations**

- 6.1 The Health and Social Care Act 2012 requires Directors of Public Health to prepare an annual report on the health of the local population.

## **6. Financial / Resource Implications**

- 7.1 Whilst there are no financial implications arising directly from the contents of this report, the Annual Public Health Report should influence future prioritisation and allocation of resources.

## **7. Legal Implications**

- 8.1 There are no legal implications arising directly from this report.

## 8. Equality & Diversity

9.1 The Annual Public Health Report provides evidence that population health needs are assessed and considered.

## 9. Background Papers

10.1 Background papers are listed in the Annual Public Health Report.

## 10. Appendices

11.1 The 2015 Annual Report of the Director of Public Health for Southend.

## HWB Strategy Priorities

### Broad Impact Goals – adding value

- a) Increased Physical Activity (prevention)
- b) Increased Aspiration and Opportunity (addressing inequality)
- c) Increased Personal Responsibility and Participation (sustainability)

<p><b>Ambition 1. A positive start in life</b></p> <ul style="list-style-type: none"> <li>a) Reduce need for children to be in care</li> <li>b) Narrow the education achievement gap</li> <li>c) Improve education provision for 16-19s</li> <li>d) Better support more young carers</li> <li>e) Promote children’s mental wellbeing</li> <li>f) Reduce under-18 conception rates</li> <li>g) Support families with significant social challenges</li> </ul>	<p><b>Ambition 2. Promoting healthy lifestyles</b></p> <ul style="list-style-type: none"> <li>a) Reduce the use of tobacco</li> <li>b) Encourage use of green spaces and seafront</li> <li>c) Promote healthy weight</li> <li>d) Prevention and support for substance &amp; alcohol misuse</li> </ul>	<p><b>Ambition 3. Improving mental wellbeing</b></p> <ul style="list-style-type: none"> <li>a) A holistic approach to mental and physical wellbeing</li> <li>b) Provide the right support and care at an early stage</li> <li>c) Reduce stigma of mental illness</li> <li>d) Work to prevent suicide and self-harm</li> <li>e) Support parents postnatal</li> </ul>
<p><b>Ambition 4. A safer population</b></p> <ul style="list-style-type: none"> <li>a) Safeguard children and vulnerable adults against neglect and abuse</li> <li>b) Support the Domestic Abuse Strategy Group in their work</li> <li>c) Work to prevent unintentional injuries among under 15s</li> </ul>	<p><b>Ambition 5. Living independently</b></p> <ul style="list-style-type: none"> <li>a) Promote personalised budgets</li> <li>b) Enable supported community living</li> <li>c) People feel informed and empowered in their own care</li> <li>d) Reablement where possible</li> <li>e) People feel supported to live independently for longer</li> </ul>	<p><b>Ambition 6. Active and healthy ageing</b></p> <ul style="list-style-type: none"> <li>a) Join up health &amp; social care services</li> <li>b) Reduce isolation of older people</li> <li>c) Physical &amp; mental wellbeing</li> <li>d) Support those with long term conditions</li> <li>e) Empower people to be more in control of their care</li> </ul>
<p><b>Ambition 7. Protecting health</b></p> <ul style="list-style-type: none"> <li>a) Increase access to health</li> </ul>	<p><b>Ambition 8. Housing</b></p> <ul style="list-style-type: none"> <li>a) Work together to; <ul style="list-style-type: none"> <li>o Tackle homelessness</li> <li>o Deliver health, care &amp;</li> </ul> </li> </ul>	<p><b>Ambition 9. Maximising opportunity</b></p> <ul style="list-style-type: none"> <li>a) Have a joined up view of</li> </ul>

<p>screening</p> <ul style="list-style-type: none"> <li>b) Increase offer of immunisations</li> <li>c) Infection control to remain a priority for all care providers</li> <li>d) Severe weather plans in place</li> <li>e) Improve food hygiene in the Borough</li> </ul>	<p>housing in a more joined up way</p> <ul style="list-style-type: none"> <li>b) Adequate affordable housing</li> <li>c) Adequate specialist housing</li> <li>d) Understand condition and distribution of private sector housing stock, to better focus resources</li> </ul>	<p>Southend's health and care needs</p> <ul style="list-style-type: none"> <li>b) Work together to commission services more effectively</li> <li>c) Tackle health inequality (including improved access to services)</li> <li>d) Promote opportunities to thrive; Education, Employment</li> </ul>
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