



Report to the Health and Adult Social Care Select Committee

Title:	Joint Health and Wellbeing Strategy
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Purpose of Agenda Item

The Health and Wellbeing Board has been seeking views on the refresh of the Joint Health and Wellbeing Strategy for Buckinghamshire which is due for publication in early 2017.

The Joint Health and Wellbeing Strategy is a responsibility of the local authority and local NHS clinical commissioning group partners to prepare and publish, through the Health and Wellbeing Board. The Health and Wellbeing Board is building on the priorities set out in the Joint Health and Wellbeing Strategy 2013-16 so that the strategy is fit for purpose for the next five years and is aligned with future plans across health and wellbeing partnerships in the county.

This report provides background information and context of the refreshed priorities to obtain views from the Health and Adult Social Care Select Committee and provide information on the next steps.

To note: This document sets out the refreshed priorities only. The Health and Wellbeing Board are agreeing action plans and progress monitoring on a continual process at themed meetings over the course of the year and will provide an annual report to HASC on progress.

Background information and approach for refreshing the Joint health and wellbeing strategy

Local authorities and clinical commissioning groups have equal and joint duties to prepare Joint Strategic Needs Assessments and Joint Health and Wellbeing Strategies, through the Health and Wellbeing Board. They are required to set out the shared vision for Health and Wellbeing across the whole county and present the high level priorities and outcomes to be

used as a basis to shape commissioning and coordinate action to work towards better health and wellbeing for the whole population.

The Health and Wellbeing Board's first Joint Health and Wellbeing Strategy published in 2013 put forward a shared vision to promote healthier lives for everyone in Buckinghamshire. Since publication the strategy has been the key overarching document for the Health and Wellbeing Board and commissioning activity across the county; setting the strategic context for partner organisations.

The vision for 2016 - 2021

The Health and Wellbeing Board is refreshing the strategy at a time when the health and care system in Buckinghamshire is operating under significant budget pressures, combined with increased demand for local services. The proposal set out for the refreshed JHWBS will continue to take the same life course approach but widen its potential further through a new emphasis on place and more explicit emphasis on mental health and reducing health inequalities.

The Strategy also informs the ambitions set out by local partners implementing the local plans for the [NHS Five Year Forward View](#) and align with the Buckinghamshire chapter of the Bucks, Oxford and West Berks Sustainable Transformation Plans. It will be delivered in the same timeframes, coordinating action to rebalance the health and social care spend to increase support for living, ageing and staying well, prevention and early intervention initiatives.

The Buckinghamshire Joint Health and Wellbeing Strategy aims to create the best conditions in Buckinghamshire for people to live healthy, happy and fulfilling lives and achieve their full potential. Our vision is to improve outcomes for the whole population as well as having a greater impact on improving the health and wellbeing of those people in Buckinghamshire who have poorer health and wellbeing.

The strategy proposes to make an impact on five key priority areas over the five years of the strategy.

- 1. Every child has the best start in life**
- 2. Keep people healthier for longer and reduce the impact of long term conditions**
- 3. Promote good mental health and wellbeing for everyone**
- 4. Protect residents from harm**
- 5. Support communities to enable people to achieve their potential and ensure Buckinghamshire remains a great place to live**

The following section sets out the refreshed priorities and focus for action for delivering the strategy.

1. *Every Child has the best start in life*

Why is this priority?

To get the best start in life we know that a baby's mother needs to be healthy before and during pregnancy and childbirth. What happens during the early years, starting in the womb, has lifelong effects on many aspects of a child's future health and wellbeing – from obesity, heart disease and mental health, to educational achievement and economic success.

As children enter school, the school environment and peers become an increasingly important influence. Adolescence is also an important time of development; the brain develops rapidly during early adolescence particularly those areas that deal with social relationships, taking risks and controlling feelings and emotions. At this time adolescents are susceptible to peer influence and risk taking which may have immediate and harmful consequences

The HWB focus for 2016 – 2021

Maternity: We will improve the health and wellbeing of mothers and their babies by:

- Supporting the adoption of healthy lifestyles for the whole family
- Ensuring good support for maternal and paternal mental health
- Early detection and support for people experiencing domestic violence
- Ensuring access to high quality parenting advice and support
- We will deliver targeted campaigns to raise awareness about the importance of antenatal care to all women and offer culturally sensitive information, advice and support to women from specific ethnic groups according to need.

Early years: We will support good health and development for all children in the early years by:

- Offering high quality early years parenting programmes and advice
- Commissioning a high quality healthy child programme
- Commissioning sufficient high quality accessible early years and childcare places
- Ensuring all parents have the advice they need to keep their children healthy and safe from harm

School years: We will support the physical, emotional and social wellbeing of children and young people by:

- Promoting a whole school approach to health and wellbeing
- Ensuring emotional resilience of young people is supported and developed
- Increasing the number of children and young people with a healthy weight by ensuring delivery of the national child weight measurement programme and actions to promote healthy eating
- Increasing the number of young people who are physically active through implementation of Active Bucks and the Bucks physical activity strategy and action plan
- We will help to reduce alcohol and substance misuse in younger people by providing good quality information and guidance to schools and wider actions as part of the Buckinghamshire substance misuse strategy.

Transition: We will improve the experience of services for all residents including key transitions through the life course by:

- Working closely with Children's Social Care and Learning and early engagement with services users, carers/families and providers to facilitate planning and commissioning, and ensure the timely sharing of data and intelligence.
- Supporting the delivery of the Special Educational Needs and Disabilities Strategy working to ensure that the transition from childhood to adolescence and through to adulthood is a good experience for every child and young person
- Supporting the delivery of the new joint Carers Strategy by identifying and supporting carers, especially those under the age of 16 and those over 75, and jointly reviewing the carers' pathway to ensure the provision of timely, accurate and good quality information to carers and professionals.

2. *Keep people healthier for longer and reduce the impact of long term conditions*

Why is this priority?

On average people in Buckinghamshire are healthier than the national average but too many are still suffering from avoidable diseases such as heart disease, cancer and diabetes. The risk of developing these conditions can be reduced by adopting a healthy lifestyle. For the many people who already have a long term condition we want to make it easier for them to look after their health and stay as well as possible. Smoking remains one of the biggest preventable causes of ill-health and early death with an estimated 560 smoking related deaths per year in Buckinghamshire

Not everyone in Buckinghamshire enjoys the same good health and people living in more deprived areas tend to have poorer health at all stages of life - from birth to old age. Health also differs between different ethnic groups. People with mental health problems often also experience poorer physical health. The strategy seeks to address these issues.

The HWB focus for 2016 – 2021:

Working age adults: We will help people stay healthier for longer and prevent the development of long term conditions by increasing levels of physical activity and healthy eating, reducing smoking and substance misuse and making healthier choices the easier choices. We will provide advice and support to people with Long Term Conditions to help them live well. We will do this by:

- Continuing to implement and promote the Active Bucks programme and updating the Buckinghamshire Physical Activity Strategy and action plan.
- Implementing the Buckinghamshire Healthy Eating Strategy
- Continuing to implement multi-agency actions to prevent the uptake of smoking and supporting smokers to quit.
- Implementing the Buckinghamshire Substance Misuse Strategy
- Delivering NHS Health Checks to identify people at increased risk of long term conditions and offering support to reduce that risk
- Integrating the promotion of healthy lifestyles as part of care for people with long term conditions
- We will create health and care and wellbeing pathways and facilities that actively promote healthy choices and behaviours
- We will ensure seamless care through further integration of services centred around the person in need with learning disability by working across our health and social care partnerships towards an integrated model and regularly review our services
- We will improve outcomes for everyone particularly those with poorer health, for example those living in deprived areas and those from certain ethnic groups by a range of measures including prevention and management of cardiovascular disease and seeking to understand what drives high hospitalisation rates for conditions which are usually managed in the community and through self-care
- We will carry out targeted interventions to tackle health inequalities in the uptake of lifestyle services in the most deprived parts of Buckinghamshire.

Older People We will seek to delay or prevent the development of long term conditions including dementia by supporting people to live healthy behaviours:

- We will support the care of frail older people by developing multi-speciality community provider teams based in community hubs and by redesigning community hospital care and reducing the need for acute hospitalisation.
- We will increase independence, mobility and years of active life for those aged 75+ using digital aids, equipment and adaptations and making tools for self-management available and easily accessible
- We will seek to identify/diagnose dementia at an early stage and support people, their families carers and communities to help them to manage their condition
- We will deliver preventative services in the community, including floating support and help older people to stay in touch with family and friends through the use of new technologies, for example; Face Time and Skype and other appropriate social media

3. Promote good mental health and wellbeing for everyone

Why is this priority?

Having good mental health is fundamental to our physical health and overall wellbeing and pivotal to relationships, successful employment and realising our full potential. Poor mental health is common; one in four people in the UK will experience poor mental health in the course of a year.

Half of all mental health problems start by the age of 14, rising to 75 per cent by age 24. Mental health and wellbeing support for children and families is key, including early support for women during pregnancy and the first few months post-birth, improved links with schools and better experiences for people as they move between children and adult services.

The HWB focus for 2016 – 2021

- We will improve maternal mental health by building effective screening for mental health issues in pregnancy and maternity pathways and ensure rapid access to effective intervention for all women who require it.
- We will improve infant, children and young people's mental health and emotional wellbeing by delivering targeted support and ensuring access to CAMHS and early intervention services
- We will promote adult wellbeing and resilience in all partner work places as part of wider workplace health initiatives
- We will promote good mental health and emotional wellbeing by working in partnership to identify and work with groups who are vulnerable to poor mental health

- We will work with partners to improve the physical health of people with mental illness and/or learning disability.
- We will review existing services for people with mental health and substance misuse problems to improve outcomes for these people
- We will implement plans to reduce the risk of suicide and minimise self-harm

4. *Protecting residents from harm*

Why is this priority?

Protecting our residents from harm and ensuring all residents are safe is everybody's business. The Buckinghamshire Safeguarding Adults Board and the Buckinghamshire Safeguarding Children Board are committed to ensuring adults; children and young people feel safe and are protected from harm. It is a priority for the Health and Wellbeing Board to ensure consideration is given to safeguarding for both children and adults in everything we do.

The HWB focus for 2016-2017

- We will reduce child maltreatment by offering both universal and targeted services to address the underlying factors associated with child maltreatment and responding rapidly to address problems early. We will continue to implement our Ofsted improvement plan and Child Safeguarding Board priorities
- We will prevent Child Sexual Exploitation (CSE) by protecting those at risk and ensuring an appropriate multi-agency response through the delivery of the CSE Strategy and action plan 2016-17
- We will ensure robust safeguarding of adults
- We will improve joint working between agencies supporting people experiencing domestic violence and those experiencing mental health and substance misuse

5. *Support communities to enable people to achieve their potential and ensure Buckinghamshire remains a great place to live*

Why is this priority?

We know that having good friends and living in friendly communities is good for our physical and mental health whatever our age. We want to enable communities to support each other in times of need.

We also know that the physical environment, where we live, our communities and social networks have a strong influence on our overall health and wellbeing. As our population

ages we want to ensure that homes and neighbourhoods are designed to support people to lead fulfilling lives and stay independent for longer.

The HWB focus for 2016 – 2021

- We will work with communities to support thriving community life, including targeted work with the voluntary sector
- We will support people who need assistance with their health and care needs and connect them with local organisations and activities in their communities.
- We will support good design and quality homes with the provision of infrastructure to support healthy lifestyles such as safe green spaces, play areas, cycle and walking routes and flexible community facilities to improve health and wellbeing.
- We will ensure more people are living independently for longer by creating the best environments possible by supporting the development of high quality accommodation and premises for people with care and support needs and supporting the provision of lifetime homes and appropriate housing for older people in Buckinghamshire.
- We will work in partnership to deliver effective infrastructure for health and social care, which is flexible enough to meet changing needs and support new and innovative models of care

Key issues

- The Draft Joint Health and Wellbeing Strategy Refresh document was on line for consultation from 10 October to 2 December
- The refreshed priorities have been presented at a number of public meetings including the Health and Wellbeing Board, the CCG Governing Body and the Buckinghamshire Healthcare Trust Public Board public meeting
- The draft priorities have been agreed by lead commissioners at the Integrated Commissioning Executive Team meeting and Children's Delivery Group meeting.
- An update on stakeholder engagement and feedback received to date will be provided at the meeting.

Next steps

- The final draft of the Joint Health and Wellbeing Strategy will be published and ratified by the Health and Wellbeing Board at the meeting on 9 March 2017
- The Health and Wellbeing Board is taking a new approach and piloting themed meetings as a proactive way of delivering the aims of the refreshed strategy.
- The first themed meeting is taking place on [12 January 2017 on mental health and wellbeing](#).