

REPORT FOR: Harrow Health and WellBeing Board

Date of Meeting:	9 January 2014
Subject:	Harrow & Barnet on the Move: The annual report of the Director of Public Health
Responsible Officer:	Dr Andrew Howe, Director of Public Health
Exempt:	No
Enclosures:	Annual report of the Director of Public Health 2013

Section 1 – Summary and Recommendations

This report is a call to action from the DPH on physical activity across Barnet and Harrow. It looks at the levels of physical activity in different groups in the population and considers the evidence of what works to get more people active. It gives ideas that individuals, groups and organisations could adopt to make Barnet and Harrow a healthier and more active place. Finally, Dr Howe challenges everyone to take action and to tell us about their success stories.

Recommendations:

For information

Section 2 – Report Summary

The Health and Social Care Act 2012 added in a new s.73A to the National Health Service Act 2006 requiring the appointment of a Director of Public Health. Under subsection s.73B(5), the Director is required to prepare an annual report on the health of the people in the area of the local authority and the local authority is required to publish this report.

This is the first annual public health report (APHR) of the joint Director of Public Health for the London boroughs of Barnet and Harrow. The report is a call to action on physical activity. It details the best available evidence on the importance of physical activity across the life-course and in specific population groups.

Each chapter is based on a population group and outlines the government's guidelines, provides a better understanding of physical activity at the national, regional and local level and details the services and projects that relate to physical activity, offered by both councils.

There are two chapters dedicated to how levels of physical activity impact on mental health and wellbeing and how the environment within which we work, live and play also impacts on one's ability to take physical activity. Again, the best available evidence is outlined to support more active lifestyles for better mental health and wellbeing and also recommendations made to councils, employers and schools to encourage them to create environments that support physical activity.

This APHR offers more than the usual public health rhetoric; in a move that I hope will engage and motivate residents to become more physically active I have put forward the DPH challenge. The challenge encourages residents to see what they can do to become more physically active or help family, friends or others in the community to do so. Helpful hints and tips are offered. These range from setting achievable goals or building preferred activity into daily life through to ways to get and maintain motivation. I hope that our residents will take up this challenge and share their successes with us using social media. The use of the stated hash-tags should allow us to gain insights into how successful the challenge has been. Next May we intend to shortlist all challenge entries and showcase the three most inspiring stories from Barnet and Harrow each of which will be awarded a prize. Prizes will also be awarded for a community group and primary and secondary school in each borough. All shortlisted entries will be invited to attend the first Public Health Awards ceremony in June 2014 to celebrate their success stories.

My intention with this report was to move beyond the more traditional recitation of data and knowledge of what the problems of the boroughs. This call to action is a more interactive, inclusive, solution-designed format that allows our residents to be a part of the positive changes my team and I are trying to achieve, rather than merely being talked to.

Financial Implications

This report does not have financial implications per se. It does however highlight areas that the council departments and partner organisations could consider in the formation of their strategies and plans that would support the people of Harrow becoming more active.

Clearly in these days of austerity there needs to be a careful prioritisation of council lead activities but the Council and partners should consider the full implementation of these recommendations.

Performance Issues

The report is a call to action and as such it does not have performance indicators. Physical activity is a risk factor for a wide range of physical and mental health conditions so improving it will reduce the levels of obesity, reduce the diseases associated with physical activity, promote social cohesion, improve balance and stamina in older people, thus promoting independence and reduce social isolation.

There are however a number of indicators that are routinely monitored from the Public Health Outcomes Framework. These include

- a. Childhood obesity and overweight at age 5-6 and 10-11
- b. Proportion of the population who are physically active and physically inactive
- c. Utilisation of outdoor space for exercise/health reasons

Current data on these indicators

- d. Annual data on childhood obesity shows that the rates in Harrow are similar to those of London and England

Indicator	2006/07	2007/08	2008/09	2009/10	2010/11	2011/12
2.06i – Excess weight in 4-5 year olds	19.7	20.9	21.3	22.4	14.9	21.4
2.06ii – Excess weight in 10-11 year olds	33.5	33.3	32.6	33.9	32.1	35.8

- e. Physical activity rates are similar to London and England. This is a new measure and previous data is not available

Indicator	2012
2.13i - Percentage of physically active and inactive adults - active adults	54.5
2.13ii - Percentage of active and inactive adults - inactive adults	24.8

- f. Use of outdoor space for sport and physical activity has declined. Although the previous rates were higher, although not significantly so, than London and England, the latest figures show that only 6.5% of people over the age of 16 used outdoor space for sport and physical activity in Harrow, which is below the rates for London and England. This reduction may be true or may be due to sampling problems.

Indicator	Mar 2011 - Feb 2012	Mar 2012 - Feb 2013
1.16 - Utilisation of outdoor space for exercise/health reasons	15.2	6.5

The public health team will report on these indicators in the quarterly PHOF updates.

Environmental Impact

This report has no direct environmental impact. However, more people taking up walking and other methods of active transport could improve the local environment.

Risk Management Implications

No risks have been identified from this report.

Equalities implications

The Equality Act 2010 places specific and general duties on service providers and public bodies. This includes having due regard to the equality implications when making policy decisions around service provision. A separate equalities impact assessment has not been undertaken as the report identifies and addresses aspects of the defined equalities groups.

This report is split into different age groups and has sections covering mental health and disabilities. The report highlights that in some age groups there are gender and ethnic group differences in the number of people undertaking physical activity. It also highlights the impact that physical activity can have on different groups e.g. For young adults, physical activity can improve self esteem, result in lower levels of anxiety and stress and have a positive impact on educational attainment, for older adults, physical activity can reduce the risk of heart disease, stroke, type 2 diabetes and cancer. In relation to mental health, research shows that if people are more active, this may result in an improved ability to deal with stress, improved mood and mental wellbeing. More evaluation is needed on the existing programmes to identify whether they have a positive impact on mental health. For people with disability, physical activity can reduce social isolation and create a positive role model for disabled people.

The report contains steps which public bodies and individuals can take to increase the number of people who are undertaking physical activity. When public bodies are making relevant decisions on policies such as planning and infrastructure, funding of services and contractual arrangements with third party providers, the information contained in this report should be used to identify any impact of these decisions on specific protected groups under the Equality Act 2010.

Priorities

Harrow Council's priority is to deliver a cleaner, safer and fairer Harrow. This report supports this priority in a number of ways. By increasing physical activity, there could be a reduction in car use and therefore a cleaner environment; more people using parks or walking in their neighbourhoods would deter criminal activity and antisocial behavior; and finally the report highlights some inequalities in access to and participation in physical activity by some groups which are already being addressed with the introduction of outdoor gyms and free health walks.

Section 3 - Statutory Officer Clearance

Name: Simon George

Chief Financial Officer

Date: 18 December 2013.

Section 4 - Contact Details and Background Papers

Contact:

Dr Andrew Howe, Director of Public Health, 020 8420 5501

Background Papers:

Harrow & Barnet on the Move: The annual report of the Director of Public Health 2013