
REPORT FOR: HEALTH AND WELLBEING BOARD

Date of Meeting: 19 September 2019

Subject: Public Health Quarterly Update Report

Responsible Officer: Carole Furlong – Director of Public Health

Public: Yes

Wards affected: All

Enclosures: Public Health Quarterly Report

Section 1 – Summary and Recommendations

This report provides updates in the work programmes of the Public Health team for the first quarter of 2019-20.

Recommendations:

This is for information

Section 2 – Report

See attached report

Ward Councillors' comments

None

Financial Implications/Comments

The work programme of the public health team is directly funded and contained within the ring fenced public health grant of £10.523m in 2019-20.

Legal Implications/Comments

Legal note there are no specific implications and risks identified within this Report. Any decisions undertaken in the delivery of the Quarterly Public Health strategy will be subject to any relevant governance considerations.

Risk Management Implications

none

Equalities implications / Public Sector Equality Duty

none

Council Priorities

The broad work programme of public health is aligned with the council priorities outlined below.

- Building a Better Harrow
- Support those most in need
- Protecting Vital Public Services.
- Delivering a Strong local Economy for All

Section 3 - Statutory Officer Clearance (Council and Joint Reports)

Name: Donna Edwards



on behalf of the
Chief Financial Officer

Date: 6 September 2019

Name: Paul Hewitt



Corporate Director

Date: 9 September 2019

Ward Councillors notified:

NO

Section 4 - Contact Details and Background Papers

Contact: Sally Cartwright, Consultant in Public Health
Tel 07927548184

Background Papers: none

QUARTERLY PUBLIC HEALTH REPORT



April-June
2019

Quarter 1

These quarterly reports will give a snapshot of some of the work that the public health team are involved in each quarter.

QUARTERLY PUBLIC HEALTH REPORT

QUARTER 1

INTRODUCTION

Hello and welcome to the first Quarterly Public Health Report for 2019-20.

This quarter we said goodbye to Dr Heema Shukla, interim Public Health Consultant, who had been providing maternity cover for Sally Cartwright. We also wished good luck to Andrea Lagos as she went on maternity leave and welcomed Chimeme Egburah to the team to cover her maternity leave.

In addition to our permanent staff, we have Dr Aliza Dhanji with us for a 6 month public health placement as part of her GP training scheme and Leonard Kwashie joined us as a volunteer intern.

Health Improvement

Health Improvement describes the work to improve the health and wellbeing of individuals or communities through enabling and encouraging healthy lifestyle choices as well as addressing underlying issues such as poverty, lack of educational opportunities and other such areas.

Joint Health and Wellbeing Strategy

The 2015-20 Joint Health and Wellbeing strategy ends in April 2020 so the Joint Health and Wellbeing Strategy refresh is underway. Two workshops have been held to review progress against the current strategy, and to think about what the priorities, opportunities and challenges are in Harrow now. One workshop focused on the Start Well / Live Well component of the strategy and the other on the Live Well/ Age Well/ Work well components. These workshops were well attended and provided some rich information for the development of the strategy.

The next stage will be a workshop with the Health and Wellbeing Board members, in October. Following this the strategy will be developed further and a draft for consultation will be presented to the Health and Wellbeing board in November. Consultation will include further discussions with the original workshop attendees as well as an online questionnaire and presentations at other workshops and meetings. The final strategy will be approved by the Health and Wellbeing Board in March.

Healthy Schools London Awards

Public Health has commissioned Health Education Partnership (HEP) to provide support to all Harrow schools wanting to participate in the Healthy Schools London scheme. Currently 54 of 62 schools are registered, with 33 at bronze level, 20 at silver, and 12 having received gold awards.

Over the coming year the aim is to increase by 16 the number of schools in the programme and in those receiving awards: That means 5 new school registrations, 4 schools achieving or renewing a bronze award, 5 getting a new silver award, and 2 further gold awards.

On 27th June, Marlborough Primary School received the silver award at the pan London Healthy Schools London celebration. Among the speakers were Leon Taylor, Olympic diver and Elaine Wyllie MBE, founder of The Daily Mile. Marlborough received the award for their work on improving children's bike and scooter skills so that pupils could come to school car free, thereby increasing the amount of physical activity they do and reducing air pollution. Congratulations to everyone for the hard work you put into this



London Healthy Early Years Awards

Healthy Early Years is a new pan-London GLA supported initiative which transposes the learning from the Health Schools programme into an early years setting. Introduced in Summer 2018, it is also being implemented in Harrow, again with support from Health Education Partnership. Going forward, we aim to work with 10 settings with Cedar's Children's Centre hub being the first to achieve silver award.

Active Harrow

The Active Harrow Physical Activity and Sports Strategy 2016-2020 has been reviewed and it has become clear that we have many achievements to celebrate over the duration of the strategy. The review was taken to the Active Harrow Strategic Group in June.

Our main aim has been to *support people who are not doing any activity into doing some and those doing some activity into doing more*, and this will continue to be our aim going forward. A plan for revised objectives and indicators has now been agreed and the full review and proposed dashboard for 2019-24 is being presented to this September 2019 Health and Wellbeing Board for information. Some important highlights of the 2016-20 review include;

- Increasing to 21 Health Walks a week
- Attracting nearly 300 new walkers each year for the past 2 years.
- 17 schools trained to deliver the Daily Mile
- Annual attendance at School Games competitions reported in July 2018 was 5,390
- We now have 26 operational Park User Groups and 23 Outdoor Gyms in Harrow.

Social prescribing

A Harrow-wide approach to social prescribing is continuing to develop. Throughout quarter 1 we were waiting for the new Primary care Networks to form. Each of the Primary Care Networks will have funding for a social prescribing link worker for their PCN. We have been working on how we can bring together these link workers to maximize the benefit to people across the borough and share a single directory and case management system so that the programme can be evaluated. Public Health has also agreed to fund a coordinator/manager role who will oversee the link workers, the set up and promotion of the new system, build relationships across primary care and the voluntary sector, and lead on monitoring and outcomes measurement of the new system.

We have also agreed to provide the new social prescribing service with a digital solution to enable responsive and comprehensive case management, and an up to date directory of community services that can be utilised as part of social prescribing.

A New Dementia Hub

For the past few years, a dementia hub called Annie's Place, has been held at Millman's Resource centre. Annie's place has provided activities for those with dementia and respite and support for their carers. Public Health funding has allowed a second dementia hub to open at The Bridge. The launch which was a joy-filled event in April was well attended by service users, carers, dementia friends, councilors and council staff. Everyone was delighted when it was announced that we would also be funding an Admiral nurse post in addition to the one funded by adult social care.



Stop Smoking service

Following the January 2019 visit of Duncan Selbie, Chief Executive of Public Health England, funding was identified within the public health grant to reintroduce a small specialist stop smoking service. Recruitment is underway for the new stop smoking advisor. We hope to have the new service starting therefore in October to coincide with the Stoptober campaign.

Oral Health update

Working with PHE, we have now commissioned the Whittington Health NHS Trust to deliver oral health promotion to Romanian families and children. The first phase of the project involved the oral health promoter (OHP) delivering workshops, training sessions and face to face advice to Romanian families in community settings. Between April 2019 – June 2019 15 OHP sessions were delivered in the community. The OHP has also liaised with school health visiting team to support with brushing packs delivered to every pupil at the Schools where OHP sessions and workshops will be taking place. From September 2019, the OHP will be undertaking supervised tooth brushing in 10 Harrow schools with the highest number of Romanian children. A further 10 schools will be approached for supervised tooth brushing in highly deprived areas.

Grange Farm Community Development project

Earlier in the year, Public Health provided a small grant to a project in Grange Farm. The project began with a concern about children going hungry in the half term holidays and has grown and grown and grown – far outstripping the original aim. Although Children's services and Public Health may have helped start the project, My Yard (<http://www.myyard.org.uk/>) and the community volunteers have built and sustained a regular food market, started a community allotment, done cooking sessions, provided natural and nutritional advice and held community meals that have broken down barriers and created friendships. The school nurses have also

"The school nurses were fabulous! It really does add something to the food project them being there, it creates a real buzz and the kids love

participated in all the Grange Farm estate holiday programmes since the beginning of the year. The feedback has been excellent.

Health Intelligence

Health Intelligence is the sub-speciality of public health that deals with data, performance indicators, outcome measurements, evidence of effectiveness, needs assessments and profiles.

JSNA Web-based tool

After a successful stakeholder event in February 2019, the JSNA web-based tool was launched in June 2019, with the first installment, Start Well. The JSNA web-based tool follows the Life Course approach to Health and Well-being and is aligned to Harrow's Health and Wellbeing Strategy.

Transition to parenthood and the first 1001 days from conception to age two is widely recognised as a crucial period that will have an impact and influence on the rest of the life course. So giving each child the best start in life and keeping them safe is essential. (Fair society , healthy lives The Marmot review 2010).

Pregnancy and the first years of life is a time when parents are particularly receptive to learning and making changes. There is good evidence that the outcomes for both children and adults are strongly influenced by the factors that operate during pregnancy and the first years of life and the benefits of interventions during the early years of childhood are realised both in the short-term and over the entire life course of children.

Overall, comparing local indicators with England averages, a child born in Harrow can expect better health and wellbeing compared to the England averages.

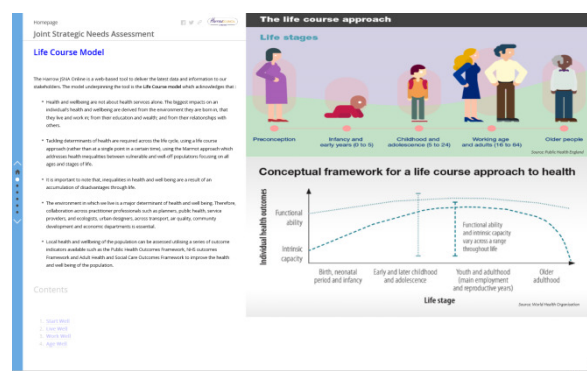
Children and Young people aged 0-19 years make up around a quarter of the population of Harrow, and those 0-4 years making up the largest proportion within this group. This population will continue to grow over the next 10 and 20 years increasing by 4% and 9% respectively. The under 19 years population reflects the increasing ethnic diversity in Harrow with the largest ethnic group being Asian Indian population, followed by the White British and then the Other Asian.

Births continue to rise in Harrow with a 5% increase seen in the last 5 years over the next 10 years is estimated to increase by a further 4%. Fertility rates in Harrow are higher than the London and England averages. More new mothers in Harrow are aged 30-34 than is seen nationally. Seven out of ten births in Harrow are to non-UK born mothers and almost 2 in 5 births are to first time mothers.

However, inequalities exist across the borough. Infant mortality, neonatal mortality and perinatal mortality rates have come down in recent years, but the key risk factors that still need to be addressed in Harrow include reducing children in poverty; reducing homelessness in families with children and in pregnant women; reducing overcrowding;



**Harrow
JSNA Online**



reducing the rate of low birth weight babies; reducing late antenatal booking; and increasing vaccination rates by 1 year of age.

The rate of tooth decay in young children is higher than the London average. This is amenable to preventative action to reduce pain, discomfort and need for tooth extraction under anaesthetic. Rates of obesity in Year 6 (10-11 year olds) and Reception (4-5 year olds) remain lower than the regional and national figures and are decreasing. The MMR immunisation level does not meet recommended coverage (95%), by age two, 85.8% have had one dose. Harrow's rate of A&E attendances for children four years and under remains higher than the regional average.

Children achieving a good level of development at the end of reception remains higher than the regional and national averages for Harrow, as does GSCE attainment .

The above is a snapshot of the health and wellbeing of children and young people in Harrow, further information is available in the online tool which can be accessed [at http://www.harrow.gov.uk/JSNA](http://www.harrow.gov.uk/JSNA)

Public Health Commissioning

The Public Health Team are responsible for commissioning four programmes: 0-19 Public Health Nursing (health visiting , school nursing and the national child measurement programme); Sexual Health services; Health Checks; and the Drug and Alcohol Treatment and Recovery Service.

0-19 Service

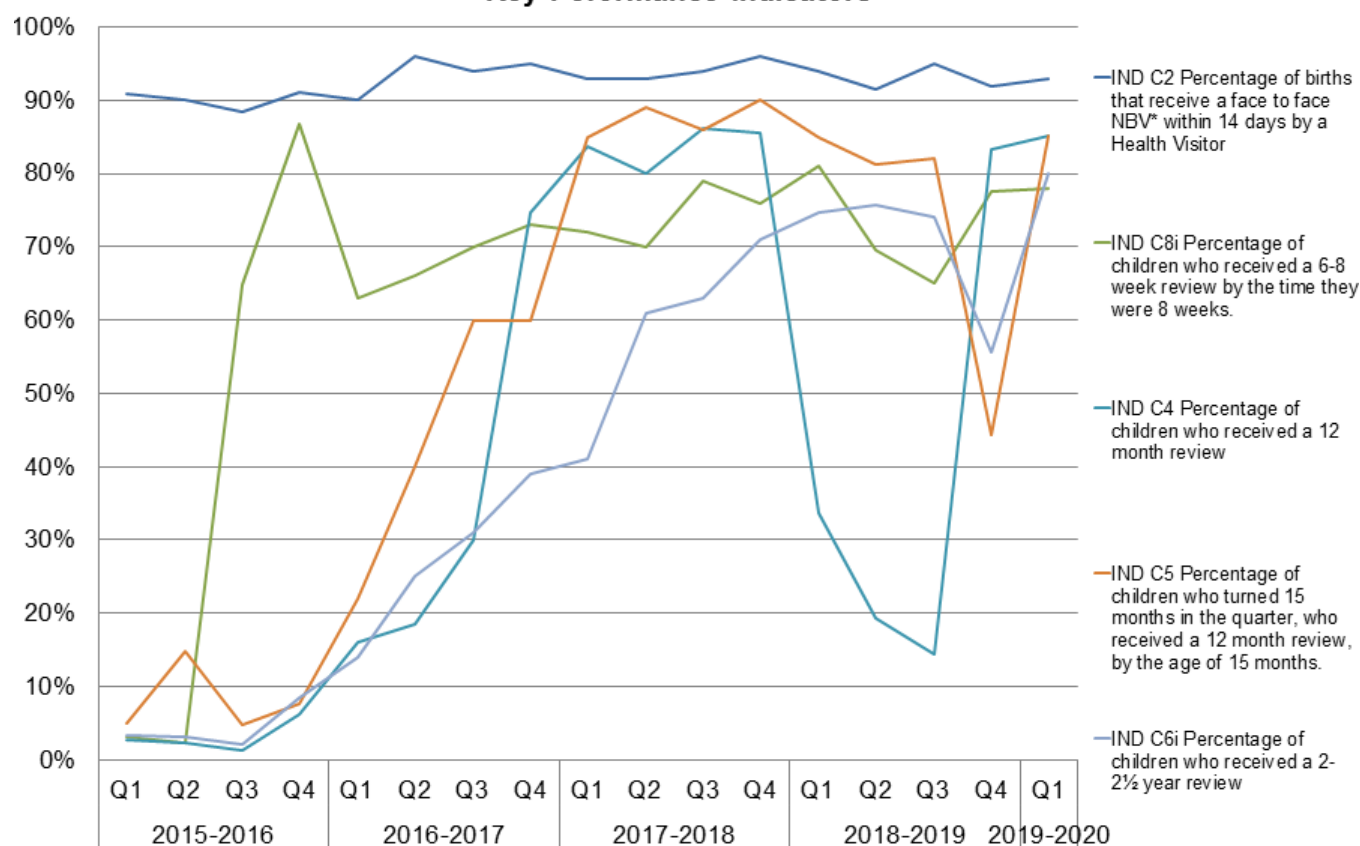
The new service contract with CNWL NHS Foundation Trust commenced on 1 July 2018. Mobilisation proceeded very smoothly both in terms of staffing, data and the new base and clinical space. As we approach the end of the first year of the contract we have been reviewing the performance on the various mandated checks.

Health Visiting

Performance in all areas has been maintained, bar a slight dip for the 12 month checks which was largely due to a one-off problem with the automatic text invitation service. See graph on next page showing KPIs for Health Visiting Service:

The service undertook a significant amount of work to prepare for the SEND inspection with a random audit of cases and engagement with Harrow Parents Forum. The action plan has been comprehensive and the feedback from parents and carers has been very good.

Key Performance Indicators



School Nursing

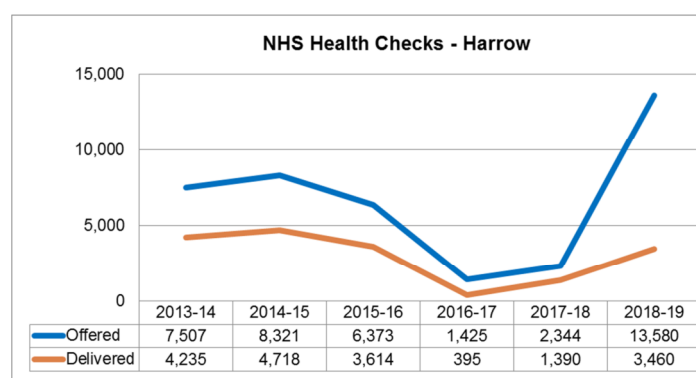
The introduction of vision screening has been very well received. The final year figures are not yet available but as at the end of June 2019, 2,500 vision screenings had been completed of which 388 were referred to opticians for general vision check and an additional 54 were advised to attend the opticians for review prior to referral to specialists at Moorfields.

National Child Measurement Programme

The National Child Measurement programme (NCMP) is a nationally mandated function of Public Health in Local Authorities and has been running since 2006. measurement of height and weight of children aged 4-5 years (Reception) and 10-11 years (Year 6) At the onset of the school year, our Public Health Intelligence Analyst, Sarita, worked with School Nurses to ensure that we would capture all of the height and weight measurements from Harrow schools.

We had a successful submission for the 2018/19 school year with a record breaking participation rate of 98% overall which provides immense credibility to the NCMP results obtained. This allows the use of this data across teams not only in the Local Authority but CCG and other stakeholders too. In addition to the high participation rates this year, we also have the lowest recorded "Blank NHS numbers" at 0.1% (compared to 1.2% previously), and "Unknown Ethnicity" at 0% which is also at a record low.

NHS Health Check programme



Performance had been slowly improving after the programme budget was increased following the conversations with PHE. After a sustained push by our provider, Harrow Health CIC, in Q4 of last year we managed to exceed our statutory target of 20% for the numbers of invites to NHS Health Checks.

The new contract was awarded to Harrow Health CIC and commenced on 1 April 2019. Public Health is working very closely with them to ensure that the take-up of the programme is improved. There are still a number of issues to work through around data, GP practices participating in the programme and patient experience.

Performance in Q1 19-20 is better than last year but it will need a concerted effort to enjoy the programme remains on target for this year. The contract provides for bonus payments to the provider for achieving this.

Sexual Health

Harrow's new Integrated Sexual & Reproductive Health Service was launched in June at The Caryl Thomas Centre in Headstone Drive. The Integrated Service offers a 'one stop' service for contraception and testing & treatment of sexually transmitted infections (STIs). The new service has doubled its previous capacity which enables staff to see up to 100 service users a day with shorter waiting times, extended opening hours, online services and access to a network of community support. To create a further seamless service, staff will be undertaking specialist training to deliver both contraception and testing & treatment of STIs to avoid a client being referred between specialisms – hence a further seamless at interface of care. See www.nwlondonsexualhealth.nhs.uk



Coming Up in Quarter 2

Population Health Management Board

Population health management systematically uses data to plan and deliver services and interventions to achieve maximum impact. It includes segmentation, stratification and impact modelling to identify local "at risk" cohorts, and analysis of pathways and outcomes. This is used to design and target interventions to prevent ill-health and to improve care and support for people with ongoing health conditions and reduce unwarranted variation in outcomes. This new multiagency group will provide the needs assessments that will drive the integrated care programme.

#AskAboutAsthma campaign

This is a campaign that is being promoted by the Healthy London Partnership in Week 38 i.e. the week commencing 16th September which always shows a spike in asthma related A&E admissions for children across the country.

Mental Health Strategy

Public health are currently facilitating the drafting and delivery of a borough wide mental health strategy. The initial approach has been to engage with colleagues working with children and young people to discuss approach and begin the process of data collection. The needs assessment will expand to include adults. A project plan and approach is being developed to be shared and agreed with partners.

Our Wealdstone Play Square

Another small grant has been approved to provide equipment for the Play Square in Wealdstone in July.

JSNA – Age Well

In the Age Well section of the online JSNA, we will present statistics on demographics of the over 65's as well as those diseases of old age that are more prevalent in Harrow, e.g. Diabetes, COPD, Dementia and Cancer are some examples. In addition to presenting disease specific reports, we will also present information on Frailty, Mental Health and End of Life Care.

Busy Feet and Mental Health First Aid Evaluation

The Busy Feet training for early years settings and Mental Health First Aid (MHFA) courses will be evaluated for effectiveness. We have drafted two different e-surveys to be sent via email to all participants on our database for each course. Results from each survey will inform the 'healthy weight strategy' refresh and public health's offer to supporting T1 mental health services.