



HEALTH SOCIAL CARE AND WELLBEING SCRUTINY COMMITTEE - 13TH SEPTEMBER 2016

SUBJECT: IMPROVEMENT OBJECTIVE: CLOSE THE GAP IN LIFE EXPECTANCY FOR RESIDENTS BETWEEN THE MOST AND LEAST DEPRIVED AREAS IN THE BOROUGH. (ANNUAL REPORT – YEAR END).

REPORT BY: CORPORATE DIRECTOR, SOCIAL SERVICES

1. PURPOSE OF REPORT

- 1.1 The Local Government Measure 2009 requires all local authorities in Wales to set and publish a set of Improvement Objectives. The Wales Audit Office (WAO) will use these Improvement Objectives to evaluate the council's likelihood of improvement and following that, the level of actual improvement that is achieved for the citizens of Caerphilly CBC.
- 1.2 At the beginning of 2015/16, it was recommended that the Improvement Objective: Close the gap in life expectancy for residents between the most and least deprived areas in the Borough, would be reported to this Committee for regular performance monitoring.
- 1.3 This report highlights key progress for the period April 2015 to March 2016.

2. SUMMARY

- 2.1 This Improvement Objective aims to improve the lifestyles of our local population so that people recognise and take responsibility for their own health and well being. In turn this will reduce the variation in healthy life expectancy so that health and well being of individuals experiencing disadvantage improves to the levels found among the advantaged.
- 2.2 The year end progress report at Appendix 1 summarises the activity undertaken. Implementation, delivery and impact of the objective priorities for 2015/16 are deemed to be partially successful.

3. LINKS TO STRATEGY

- 3.1 The local Government Measure 2009 requires each authority to publish priorities for improvement called Improvement Objectives.
- 3.2 This Improvement Objective scheme supports the Single Integrated Plan, Caerphilly Delivers, and in particular contributes to the Prosperous, Healthier, and Greener Caerphilly themes. The Improvement Objective also supports the Council's Anti Poverty Strategy.
- 3.2 The Improvement Objective also contributes to the following Well-being Goals within the Well-being of Future Generations Act (Wales) 2015:

- A resilient Wales
- A prosperous Wales
- A healthier Wales
- A more equal Wales

The Improvement Objective is also consistent with five ways of working set out in the sustainable development principle, as defined in the Act. The scheme is integrated in that it contributes to a number of the Well-being goals and supports the objectives of other stakeholders working towards the same outcomes within the community. Many of the actions depend upon collaboration across organisational boundaries; working together for the good of our communities in pursuit of shared objectives. This objective has to take a long term view with many improvements in health only demonstrable over a generation. Many interventions also rely on and promote a broad opportunity for involvement, encouraging individuals to take responsibility for their own health. Overall, there is a clear emphasis on prevention to secure a sustainable healthy future for our communities.

4. THE REPORT

- 4.1 In Caerphilly County Borough there is a difference in life expectancy between the more affluent areas when compared to the least affluent areas of the borough. For healthy life expectancy there is a difference, of 19.2 years for males and 17.4 years for females, between those people living in the most and least deprived communities across our county borough. This has increased in recent years and we wish to empower residents to improve their lifestyles. The overwhelming evidence shows that a handful of health behaviours influenced by the wider determinants of health, cause the vast majority of premature mortality and morbidity. Smoking, obesity, poor diet, physical inactivity, alcohol and substance misuse, are the major causes of years of life lost or of years lived with a disability.
- 4.2 Caerphilly county borough has some of the poorest levels of health in Wales, and significant inequalities exist between and within individual wards. 26.3% of the population are living with a limiting long-term illness. Premature (under 75 years of age) death rates remain significantly higher than the Welsh average.
- 4.3 In the main, population based health data can only demonstrate trends over the medium to long term. Welsh Government has recently released trend data (Welsh Health Survey) from 2007 – 2014 based on local authority area. Data for Caerphilly county borough shows:
- A steady decrease in adult smoking rates although we remain above the Welsh average;
 - % of adults overweight or obese remaining as one of the highest in Wales;
 - A decrease in the amount of people eating 5 or more fruit and vegetables remaining below the Welsh average;
 - Adult physical activity rates having little change and remaining lower than the Welsh average.
- 4.4 Activity in relation to this Improvement Objective is delivered on a partnership basis and focuses on helping people to recognise and take responsibility for their own health and wellbeing to improve lifestyles. A good example of this is the Community Health Champions scheme which has successfully recruited new Champions within our most deprived communities. In 2015/16 39 new Champions joined the network and there were 179 attendees at awareness raising training sessions. We now have 170 Champions active within the county borough - to improve health literacy and increase social support for changing behaviours.
- 4.5 Smoking prevalence continues to reduce in Caerphilly borough, in line with targets set by Welsh Government to reduce smoking to 16% by 2020 across Wales. 21% of adults smoke in Caerphilly CBC, down from 29% 10 years ago, and above the Welsh average. Caerphilly Tobacco Control Action Plan 2015/16 was developed to include elements of prevention, smoking cessation and the promotion of smoke free environments.
- 4.6 A high number of people are accessing lifestyle changing projects in our most deprived communities. Projects such as weight management (Food Wise), prevention of diabetes, cooking skills, schemes to improve mental well being are available on a regular basis, and opportunities to

undertake physical activity in the local community have been promoted. A new programme, Large Scale Change, has started across the Heads of the Valleys area to encourage inactive women (age 14-40) to be more physical active. This is a 3 year programme, targeting residents in communities of high multiple deprivation to make a visible community wide change.

- 4.7 The Living Well Living Longer Programme started in the north of the county borough in December 2015 and is being delivered on a pilot basis by Aneurin Bevan University Health Board and Public Health Wales with the support of partners, in particular Communities First. The programme invites residents, age 40 – 64 (who are not currently on a chronic disease register), who live in the most deprived areas of ABUHB, to receive a cardiovascular risk assessment – a midlife MOT. Point of care testing is undertaken, supported by customised software, to enable full results to be available within the session including calculation of diabetes risk score, cardiovascular risk score, cholesterol, blood pressure and heart age. All test results are sent back to GP practices within 24 hours. Individuals are then supported to identify lifestyle changes to lower their identified risks and signposted to local services. The programme will continue throughout 2016/17.
- 4.8 Although trends in health outcomes can only be seen over extended periods of time (years) much has been achieved in relation to this Improvement Objective as detailed in the report. However, a local response to the Childhood Obesity Strategy is still under development, the number of schools achieving some levels of Healthy Schools accreditation was below target, and the number of smokers treated remains below the national target of 5%. Overall therefore this Improvement Objective is considered to be **partially successful** for the year 2015/16 in view of the programme of activities delivered.

5. EQUALITIES IMPLICATIONS

- 5.1 There are no equalities implications to this report that have not been considered or would adversely affect any individual or group who fall under one of the protected characteristics or wider issues as shown in the Council's Strategic Equality Plan.

6. FINANCIAL IMPLICATIONS

- 6.1 There are no financial implications arising from this report.

7. PERSONNEL IMPLICATIONS

- 7.1 There are no personnel implications arising from this report.

8. CONSULTATIONS

- 8.1 This report has been sent to the Consultees listed below and all comments received are reflected in this report.

9. RECOMMENDATIONS

- 9.1 The Scrutiny Committee consider the content of the report and note the progress made in meeting the actions set out in the year end report.
- 9.2 The Committee discuss and reach agreement on the officer judgement of 'partially successful' delivery of this objective.
- 9.3 Endorse the continuation of the objective into 16/17.

10. REASONS FOR THE RECOMMENDATIONS

- 10.1 That the Council undertakes effective scrutiny for setting and monitoring of performance improvement.
- 10.2 To inform members of progress made in meeting the improvement objective and the impact on our organisation and staff.

11. STATUTORY POWER

- 11.1 Local Government Measure 2009.

Author: Rob Hartshorn, Head of Public Protection
Consultees: Cllr Nigel George, Cabinet Member for Communities & Leisure
Dave Street, Corporate Director, Social Services
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Ros Roberts, Performance Manager
Ioan Richards, Performance Officer
Anwen Rees, Senior Policy Officer (Equalities and Welsh Language)
David Roberts, Principal Group Accountant
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Appendices:
Appendix 1 CCBC Improvement Objectives – end of year report 2015/16