

2016/17 Wellbeing Objective

WO3 - Close the gap in life expectancy for residents between the most and least deprived areas in the borough

Outcomes

The main intention of this priority is 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.

Why we chose this?

The CCBC vision is that Caerphilly County Borough is a better place to live, work and visit. This must be for all residents. Residents living in areas of high deprivation have statistically significantly higher levels of ill-health including deaths from chronic obstructive pulmonary disease, deaths from lung cancer, diabetes, mental illness and respiratory disease.

This objective was identified by CCBC in 2015, as data from Public Health Wales (2005-09) showed that there was an inequality gap in life expectancy of 8.5 years for males, and 7.8 years for females. This is the difference in life expectancy between those people living in the most and least deprived communities across our county borough. The gap for healthy life expectancy was 19.2 years for males and 17.4 years for females. This gap had increased in recent years.

Unhealthy lifestyle choices are significantly higher in more deprived areas and this creates risk factors that could impact upon the health of our residents especially smoking, obesity, physical inactivity and unhealthy diet. It is a priority of Welsh Government (Fairer Outcomes for All 2011) that by 2020 we need to improve healthy life expectancy for everyone and close the gap between each level of deprivation by an average of 2.5%. There are 5 levels in total, 1 being the most affluent and 5 being the most deprived.



A greener place to live, work and visit
Man gwyrddach i fyw, gweithio ac ymweld



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For the year 2016/17 the overall level of progress to date on this objective is deemed to be **successful**.

In both Wales as a whole and in the county borough, health in general is improving. People are living longer and mortality rates from cancer and heart diseases are reducing. Since the publication of this objective the latest data released in 2016 by Public Health Wales shows an improving picture for Caerphilly residents.

What have we done well over the last year ?

The latest data published by Public Health Wales shows an improving picture for Caerphilly county borough residents. The gap in years in the life expectancy and healthy life expectancy at birth of males between the most and least deprived in the county has reduced. The healthy life expectancy gap in males reduced from 18.6 years to 13 years. For females, whilst the gap in overall life expectancy has increased by 0.2 years, the gap in years for healthy life expectancy has reduced by 1.6 years. This improvement is noteworthy.

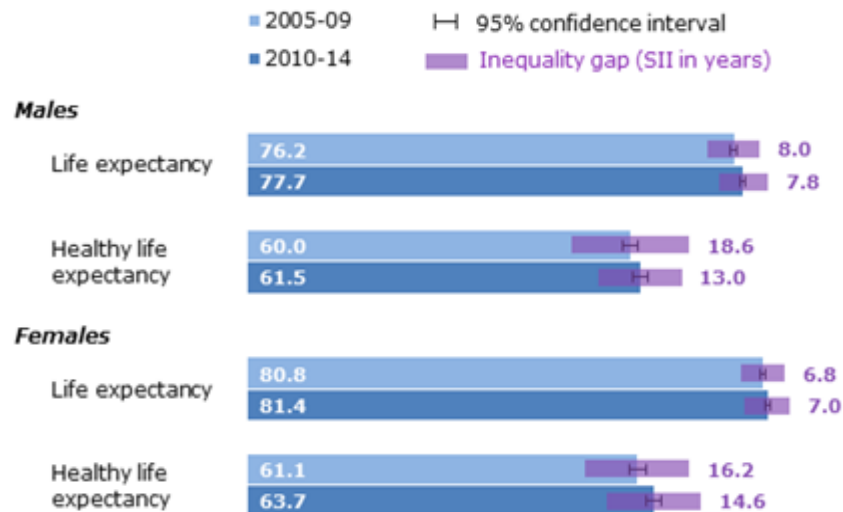
Considerable project success has been achieved through CCBC initiatives including The Welsh Network of Healthy Schools Scheme, The Healthy and Sustainable Pre-Schools Scheme, The Schools Cycling Programme, Communities First and Get Going Around Caerphilly. CCBC has also launched The Daily Mile with all primary schools.

CCBC also supported the delivery of the Living Well Living Longer initiative, delivered by Aneurin Bevan University Health Board and Public Health Wales within our most deprived communities. Over 3900 residents took up the opportunity to complete a cardiovascular risk assessment – a mid life MOT. 514 residents are receiving onwards support.

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Comparison of life expectancy and healthy life expectancy at birth, with Slope Index of Inequality (SII), Caerphilly, 2005-09 and 2010-14

Produced by Public Health Wales Observatory, using PHM & MYE (ONS), WHS & WIMD 2014 (WG)



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What have we done well over the last 12 months?

- Closed the gap in healthy life expectancy for both male and female residents between the most and least deprived areas in the Borough. The improvement for males is noteworthy.
- Adult smoking rates continue to decline.
- The % of children in Wales classed as a regular smoker has fallen since 1998.
- The Healthy and Sustainable Pre-School Scheme continues to be very successful with 16 childcare settings having completed the whole scheme and 10 on a waiting list to join. There are 66 settings currently active within the scheme.
- Participation in the School Cycling Programme has increased. 32 schools have taken part in the scheme between Sept 2016 + July 2017 (academic year) with 724 pupils partaking
- Over 2000 individuals took part in over 520 led walks in 16/17
- Development of community based self-help support for people living with a mild to moderate mental health condition has resulted in increased uptake.
- Over 3900 residents completed a cardiovascular risk assessment as part of the regional Living Well Living Longer programme with 514 residents receiving onwards support.

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What areas do we need to improve on, and how are we going to do it?



- The gap in life expectancy for residents between the most and least deprived areas in the Borough is still significant despite seeing an improving picture. Unhealthy lifestyles arise, at least in part, due to the inequalities in the circumstances in which people are born, grow up, live and work. There is still much work to be done to reduce these inequalities.
- It is important to note that there has been a reduction of resources in this work stream area and significant changes to programmes since this objective was set.

The following requires further work:

- Consider the role of CCBC in delivering this agenda in particular embedding health prevention into our core services
- Investigate the impact on health and well being of the closure of the Communities First Programme. On the 14th February 2017, following a period of engagement with communities and stakeholders, the Cabinet Secretary for Communities and Children confirmed that Communities First (CF) would be phased out between 31st March 2017 and 1st April 2018. Within Caerphilly, the majority of CF projects will be phased out by 31st December 2017. Welsh Government has announced 2 additional funding streams from April 2018, which will enable us to continue some of the work previously undertaken by the CF programme. The new Employability fund will work alongside the existing Communities for Work programme to provide a holistic employment support service across the County Borough; whereas the Legacy fund will support a re-focus on a smaller number of prioritised geographical areas, to reflect the Welsh Government's new focus on the "three E's" (Employability, Empowerment and Early Years) and Adverse Childhood Experiences. From a health and wellbeing perspective, decisions on whether projects or specific work are to be continued will be dependent upon the emergent needs within these target communities; although feedback from Welsh Government has also highlighted an expectation that other public services will take on responsibility for some of the provision that was previously delivered by CF. Although all efforts have been made to minimise disruption to services, the uncertainty that has existed in 2016/17 regarding the future of Communities First has led to staff losses and has affected morale amongst existing staff. The increasing loss of staff to other roles has inevitably led to a reduction in the ability to deliver the same level of provision as previously; and session numbers etc. have in places fallen short of targets as a result of this.
- Explore opportunities for the continuation of the Community Health Champions scheme within Caerphilly County Borough, to improve health literacy and gain social support for changing behaviours.
- Investigate priority areas with partners to inform the Caerphilly Well Being Plan 2018-2023




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Actions

Title	Comment	RAG	Overall Status	% Complete
<p>01. Develop and implement a Caerphilly response to achieving the actions set out in 'Fit for Future Generations: a childhood obesity strategy for Gwent to 2025' consultation document</p>	<p>The ability to complete this action has been impacted by a reduction of resources. Despite not developing a written strategic response, significant work has been undertaken within work areas such as the Welsh Network of Healthy Schools Scheme, The Healthy and Sustainable Pre Schools Scheme, Communities First and Sport Caerphilly.</p> <p>For example at the end of March 2017 9 primary schools had adopted The Daily Mile initiative. That equated to over 1900 pupils taking part in daily exercise. The schools taking part are: Bryn Primary, Cwmaber Infants, Fochriw Primary, Hendre Junior, Hendredenny Park Primary, Pontllanfraith Primary, Trinant Primary, Ty Isaf Infants, Ysgol Gynradd Gymraeg Caerfilli. Caerphilly County Borough Council has made a short film with some of these schools to provide advice and guidance to others schools on how to embrace this initiative and make it part of the school's daily routine. Many schools will start over the summer term and a publicity campaign will commence in Sept 2017. Schools within the County Borough have attracted lots of media coverage for their enthusiastic adoption of the initiative. Fochriw Primary were filmed by BBC News which generated lots of media coverage and they also received a Pride in Your Place Award (http://www.bbc.co.uk/news/uk-wales-39205235).</p> <p>Pontllanfraith Primary Schools hosted the official launch of The Daily Mile in Wales. Rebecca Evans Minister for Social Services and Public Health, and a host of sporting celebrities supported the launch(http://www.wales.nhs.uk/sitesplus/888/news/44458).</p> <p>Street Games/Us Girls Participant - numbers have increased on several of these scheme. The schemes have been supported by Communities First staff to become fully sustainable and are now led by volunteers.</p>		<p>Behind</p>	<p>65</p>
<p>02. Reduce smoking prevalence by increasing uptake of smoking cessation services.</p>	<p>The proportion of adult smokers continues to decline and latest data shows that Caerphilly's rate has decreased to 18% (from 27% 07/08) which is slightly lower than the Welsh average of 19%. The national target is to reach 16% by 2020.</p> <p>There are year on year improvements in % of smokers being treated by smoking cessation services with 3.1% of adults becoming treated smokers during 16/17. This improvement is due to an increase in numbers being treated by community pharmacists.</p>		<p>In Progress</p>	<p>80</p>

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Title	Comment	RAG	Overall Status	% Complete
<p>03. Support Aneurin Bevan University Health Board and Public Health Wales to implement the Living Well Living longer programme (LWLL) across the County Borough</p>	<p>The regional Living Well Living Longer programme was delivered within Caerphilly County Borough between Dec 2015 + Nov 2016 by Aneurin Bevan University Health Board and Public Health Wales.</p> <p>The programme invited residents, aged 40-64 (who are not currently on a chronic disease register) and whom live in our most deprived areas, to received a cardiovascular risk assessment – a midlife MOT. The programme covered GP practices in the following areas: Rhymney, New Tredegar, Bargoed, Gelligaer, Markham, Nelson, Ystrad Mynach, Pengam, Fleur De Lys and Lansbury Park.</p> <p>Lansbury Park was identified as a micro site area and is reported separately to the other areas that are identified as Caerphilly North.</p> <p>In the Caerphilly North areas – 11/11 GP Practices participated with a total of 8383 patients validated as clinically and socio-economically eligible for invitation (35% of total 40-64 year registered population). Of these 3745 have attended for their Health Check in 29 community venues across the cluster area. Onward intervention referrals include 214 to Stop Smoking Wales, 96 to Adult Weight Management, 20 to the National Exercise Referral Scheme, 98 to Living Well Living Longer Well-Being Advisory Service, 58 to local National Exercise Referral Schemes (levels 1-2) and 5 to Gwent Drug & Alcohol Service.</p> <p>In Lansbury Park - 3 GP Practices in the area participated. Validated list received from 3/3 practices, identifying 376 eligible patients in the selected Community First area. 194 people have attended for their Health Check in 3 venues across the area. Onward Intervention Referrals include 5 to Stop Smoking Wales, 2 to Adult Weight Management, and 16 to Communities First.</p>		<p>In Progress</p>	<p>100</p>
<p>04. Promote broader participation in Community based physical activity opportunities</p>	<p>Cycling in Schools Caerphilly schools are embracing the National Training Scheme which promotes cycling in schools. 32 schools have taken part in the scheme between Sept 2016 + July 2017 (academic year) with 724 pupils partaking. This has been achieved due to an increase in funding from Welsh Government in recognition of the decline in children cycling.</p> <p>Get Going Around Caerphilly There are now 9 active walking groups leading regular weekly walks across the county. These have between 12 + 140 participants per group. Over 2000 individuals took part in over 520 led walks in 16/17.</p> <p>The Caerphilly Challenge Series in May 2017 attracted 522 participants.</p> <p>Closer working relationships have been formed with Aneurin Bevan U Health Board expanding the referral process from just Cardiac Rehab patients to other outpatient departments such as mental health, physiotherapy and re-ablement</p>		<p>Complete</p>	<p>100</p>
<p>05. Increase residents knowledge by developing the Community Health Champions initiative</p>	<p>A further 14 Community Health Champions have joined the Network and completed the initial training. A further 8 Awareness Raising sessions were delivered. Due to changes in CCBC staff roles plus the phasing out of the Communities First initiative, Caerphilly County Borough Council no longer has the capacity to provide the local lead on this Gwent wide scheme. Public Health Wales are working with GAVO to ensure the project continues to run within the county borough.</p>		<p>Complete</p>	<p>100</p>

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Title	Actual	Target	Intervention	RAG	Comment
01. Number of Community Healthy Lifestyle sessions including Foodwise, Healthy Hearts, Cooking, Biggest Loser and XPOD (pre diabetes)	508.00	500.00	368.00	Green	
02. Number of participants on Healthy Lifestyle courses	481.00	484.00	384.00	Yellow	
03. Delivery of Community Health Champion initiative - Number of Champions	184.00	187.00	150.00	Yellow	
04. Delivery of Community Health Champion initiative - Number of training sessions	8.00	16.00	10.00	Red	Due to changes in staff roles plus the phasing out of Communities First, CCBC no longer has the capacity to provide the local lead. Public Health Wales are working with GAVO to ensure the project continues to run.
05. Delivery of community based self help support for people living with a mild to moderate mental health condition - Number of sessions	881.00	510.00	410.00	Green	New Measure in 2016/17.
06. Delivery of community based self help support for people living with a mild to moderate mental health condition - Number of participants	356.00	356.00	480.00	Green	
07. Number of people taking part in community based physical activity opportunities	4523.00	3500.00	3000.00	Green	
08. Number of pupils taking part in the National Standards courses delivered within the Schools Cycling programme	724.00	400.00	350.00	Green	New Measure in 2016/17.
09. Number of test sales of tobacco to young people carried out	7.00	10.00	5.00	Yellow	Test Purchases can only be undertaken if there is intelligence to satisfy the Magistrates Court. Lack of intelligence and loss of member of staff for 5 months (inc 3 months secondment) resulted in less attempts. There were no sales

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How well did we do it? - Measures

Title	Actual	Target	Intervention	RAG	Comment
01. Number of smokers treated by smoking cessation service					Annual Target = 5% of all smokers. In Gwent 3.1% (3043 individuals) became treated smokers in 2016/17. We are waiting for a breakdown of the number of smokers for Caerphilly.
02. % Schools that have achieved Healthy Schools accreditation at phase 3 (Qtly accum - Year to date)	95.00	95.00	90.00	Green	
03. % of schools working towards the National Quality Award	14.50	20.00	14.00	Orange	
04. Number of childcare settings in Healthy Early Years Scheme - schools (Qtly accum - Year to date)	66.00	50.00	40.00	Green	
05. Number of settings that have completed the Healthy & Sustainable Pre-Schools Scheme	16.00	5.00	3.00	Green	
06. Number of schools achieving the final phase of the Healthy Schools Scheme - 'the Welsh Governments National Quality Award' (Annual)	8.00	9.00	5.00	Orange	This annual target is 9 schools. 8 schools achieving the final phase equates to 8.79% of schools in the borough.

How well did we do it? - Metric

Title	Actual	Comment
07. Smoker - Adults who reported being a current smoker (age standardised - 16 plus) - Calendar year (two year calendar average)	18.00	Target is 16% by 2020.

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Other performance information - Metrics

Title	Actual	Comment
01. % Physically active on 5 or more days in the past week - Age standardised percentage of adults - Caerphilly	26.00	This has decreased from 28% in 2010/11. This is lower than the rest of Gwent and the Wales average.
02. % Adults who reported eating five or more fruit and vegetables the previous day (Age standardised) - Caerphilly	26.00	This has decreased from 29% in 2011/12. This is similar to Blaenau Gwent but lower than the rest of Gwent and the Wales average.
03. % Overweight or obese - Age standardised percentage of adults - Caerphilly	63.00	This is the highest rate in Gwent and higher than any region in England.
04. % Children aged 4/5 years categorised as overweight or obese in Caerphilly	27.00	This is higher than the Gwent average and higher than any regions in England.
05. Gap in healthy life expectancy between the most and least deprived areas across Caerphilly for Males	13.00	For the period 2010 - 2014. This has reduced from 18.6 years in 2005 - 09.
06. Gap in healthy life expectancy between the most and least deprived areas across Caerphilly for Females	14.60	For the period 2010 - 2014. This has reduced by 1.6 years since 2005 - 09.
07. Premature death rates for Adults		This figure is not available yet. The overall rates of premature mortality under the age of 75 for both females and males are similar to the Wales average and are improving. Despite this there is variation across the county borough which is related to deprivation and the wider determinants of health and well being associated with it. As deprivation increases so do rates of premature mortality; premature death rates for 2012-14 were 2.1 times higher in the most deprived compared to the least deprived areas for males, and 1.7 times higher for females.
08. Number of residents signposted from screening MOTs to additional services	1577.00	See action number 3 on page 6 for further information.
09. Illegal tobacco campaign - number of enforcements actions made	24.00	