

2017/18 Wellbeing Objective

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

Why we chose this

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.

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.

2017/18 Wellbeing Objective

W03 - Close the gap in life expectancy for residents between the most and least deprived areas in the borough

For the year 2017/18 the overall level of progress at the end of the year on this objective is judged to be **successful**. Of the 5 actions 3 have been completed and we have made good progress on the remaining 2. Many of our performance measures have met or exceeded targets.

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?

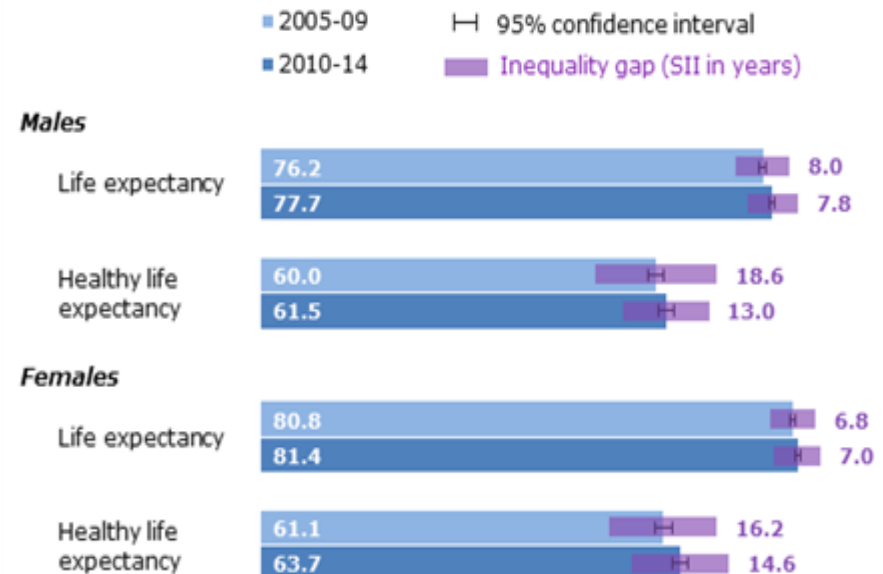
The latest data published by Public Health Wales shows an improving picture for Caerphilly county borough residents. The gap in years in the life expectancy and healthy life expectancy at birth of males between the most and least deprived in the county has reduced. The healthy life expectancy gap in 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.

The proportion of adult smokers has steadily decreased over the last decade.

Since the launch of the Daily Mile in 2017 more than 50% of our infant and primary schools have adopted this initiative which ensures pupils engage in regular exercise as part of their daily routine.

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

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.

During the past year, data from the Caerphilly County Borough Area Assessment of Local Well-being 2017 has been used to review and redirect this objective focusing on the areas CCBC can have the most impact. The renewed focus will look at CCBC's role in providing a supportive environment for residents to enjoy a healthy lifestyle.

This Objective has moved into a larger appreciation of aspects that are included in health in our new 2018-23 objective.

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Title	Comment	RAG	Overall Status	% Complete
01. Further reduce smoking prevalence rates	<p>There has been collaborative, system wide action to reduce smoking prevalence across the county borough over recent years. Initiatives delivered at a local level are vital to see any successful reduction of smoking. Crucial work delivered , via a collaborative nature, within Caerphilly County Borough includes :</p> <ul style="list-style-type: none"> • Illicit / illegal tobacco enforcement • Underage test purchases • Support to stop smoking via Help Me Quit including targeted support to : <ul style="list-style-type: none"> - pregnant mothers / parents - pre operative patients / individuals with lung disease / individuals with mental health conditions - those living in the most disadvantages areas • Parenting Programmes • Welsh Network of Healthy Schools • Healthy and Sustainable Pre School Scheme • Smoke Free Playgrounds, Schools, Childcare Settings and Hospitals • Smoke Free premises • Youth Service interventions <p>The rate of adult smokers has continuously declined over the last decade from 28% in 2003/04 + 2004/05 to 21% in 2014+15 (Welsh Health Survey). The way this data is collected has now transferred into the National Survey for Wales. The first round of National Survey for Wales indicated that our prevalence rate has reduce further to 18% but it is not possible to compare the two sets of data as the NSW uses different definitions and a smaller sample size. Future data will be available from the new National Survey for Wales. Smoking prevalence projections show an ongoing decline.</p> <p>The Welsh Government's Tobacco Control Action Plan for Wales (2012) set a target to reduce adult smoking to 16% by 2020. Achieving this target remains very challenging and will require an ongoing, collaborative effort by all partners.</p>		In Progress	65
02. Improve the proportion of adults and children who are a healthy weight	<p>Since the launch of the Daily Mile in 2017 more than 50% of our infant and primary schools have adopted this initiative. That's over 8500 pupils taking part in regular exercise as part of their daily routine. More schools are due to start the Daily Mile in Sept 2018. This is one of the highest participation rates in Wales. This initiative is now embedded into the core work of both CCBC Healthy Schools and Sport Caerphilly.</p>		In Progress	60
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>Delivery of this programme within Caerphilly County Borough was completed in 2016/17. Over 8700 residents were invited to attend a cardiovascular risk assessment – a midlife MOT at 32 local venues in the county borough's most deprived communities. Just under 4000 residents attended with 514 receiving further support to access onward interventions. No further information is available on this action.</p>		Complete	100

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Title	Comment	RAG	Overall Status	% Complete
04. Increase residents knowledge in health literacy	<p>Both the Caerphilly Healthy + Sustainable Schools Scheme and the Healthy and Sustainable Early Years Scheme are achieving Welsh Government targets (see measures). This focus on early intervention supports providing our children and young people with the best start in life. Achievements in the last 12 months include:</p> <ul style="list-style-type: none"> • All of the secondary schools identified as eligible for the Public Health Wales programme JustB have actively engaged. JustB is a school based prevention programme for Year 8 (12+13 year olds) students to enable them to discuss the risks of smoking and the benefits of being smoke free. • 8 schools have received smoking “What’s in a cigarette” workshops delivered by the Healthy Schools team. • The Healthy Schools Team have delivered two cooking together sessions for teachers (30 delegates attended). This upskills staff to deliver healthy cooking sessions within the school environment. In addition to the training, all schools have received healthy cooking in the classroom resources. • 6 schools (all teaching staff) received sex and relationships education training. Those 6 schools also received all relevant resources needed to deliver a comprehensive SRE programme. • Healthy Schools and external providers delivered 3 Ebugs resource (Hygiene) training sessions. All schools in CCBC were invited to attend. 45 schools attended. • 17 delegates attended an Eating Disorders awareness training session. All secondary schools, and School Nurses were invited. • 3 schools have received a wellbeing workshop (all staff attended) • promoted and facilitated Regener8 to deliver SRE workshops to pupils in 2 schools • 1 school has received Helmet Safety training (all pupils) 	●	Complete	100
05. Respond to the key issues identified in the Caerphilly Public Services Board's Well-being Assessment 2017	<p>The final draft Well-being Plan; ‘The Caerphilly We Want 2018-2023’ gained statutory approval from Caerphilly County Borough Council, Natural Resources Wales, South Wales Fire and Rescue Service and Aneurin Bevan University Health Board during March 2018 .</p> <p>The plan includes a high level 5 year delivery plan detailing 5 Action Areas.</p> <ul style="list-style-type: none"> • Best start in life • Volunteering and apprenticeships • Good health and well-being • Safer, resilient communities • Protect and enhance the local natural environment <p>The data from the well-being assessment has also been used to review and redirect this objective focusing on the areas CCBC can have the most impact. The renewed focus will look at CCBC’s role in providing a supportive environment for residents to enjoy a healthy lifestyle.</p>	●	Complete	100

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Period	Title	Actual	Target	Intervention	RAG	Comment
Q4 17/18	Number of test sales of tobacco to young people carried out	2.00	10.00	5.00		Very little intelligence regarding under age sales has been received, hence no activity, it appears to us that E-Cigs are becoming a problem. No test sales were carried out in qtr4 this year.

How well did we do it? - Measures

Period	Title	Actual	Target	Intervention	RAG	Comment
Q4 17/18	Number of settings that have completed the Healthy & Sustainable Pre-Schools Scheme	17.00	5.00	3.00		
2017/18	Number of schools achieving the final phase of the Healthy Schools Scheme - 'the Welsh Governments National Quality Award' (Annual)	9.00	9.00	5.00		
Q4 17/18	Number of childcare settings in Healthy Early Years Scheme - schools (Qtly accum - Year to date)	74.00	50.00	40.00		
Q4 17/18	% Schools that have achieved Healthy Schools accreditation at phase 3 (Qtly accum - Year to date)	98.00	95.00	90.00		
Q4 17/18	% of schools working towards the National Quality Award	80.00	20.00	14.00		

How well did we do it? - Metric

Period	Title	Actual	Comment
2017/18	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. The rate of adult smokers has continuously declined over the last decade from 28% in 2003/04 + 2004/05 to 21% in 2014+15 (Welsh Health Survey). The way this data is collected has now transferred into the National Survey for Wales. The first round of National Survey for Wales indicated that our prevalence rate has reduce further to 18% but it is not possible to compare the two sets of data as the NSW uses different definitions and a smaller sample size. Future data will be available from the new National Survey for Wales. Smoking prevalence projections show an ongoing decline.

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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 - 2009.
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. Illegal tobacco campaign - number of enforcement actions	3.00	
08. Illegal tobacco campaign - number of intelligence reports received	21.00	Regarding the illegal tobacco campaign, intelligence is tapering off. We intend to re-invigorate it towards the end of the year.