

HEALTH & WELLBEING BOARD

Subject Heading:

Population Health

Board Leads:

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The subject matter of this report deals with the following themes of the Health and Wellbeing Strategy

- Theme 1: Primary prevention to promote and protect the health of the community and reduce health inequalities
- Theme 2: Working together to identify those at risk and intervene early to improve outcomes and reduce demand on more expensive services later on
- Theme 3: Provide the right health and social care/advice in the right place at the right time
- Theme 4: Quality of services and user experience

SUMMARY

The overarching theme of the Health and Wellbeing Board January 2019 meeting is prevention. It is hoped that the various items presented will aid discussions about the possible form and content of a new Health and Wellbeing Strategy.

The first paper, *A vision for population health, Towards a healthier future*, is a recent report by the King's Fund. It sets out the health and wellbeing challenge facing the country as whole and where efforts are best placed to achieve improvement. The key points made, which are equally applicable to Havering, are:

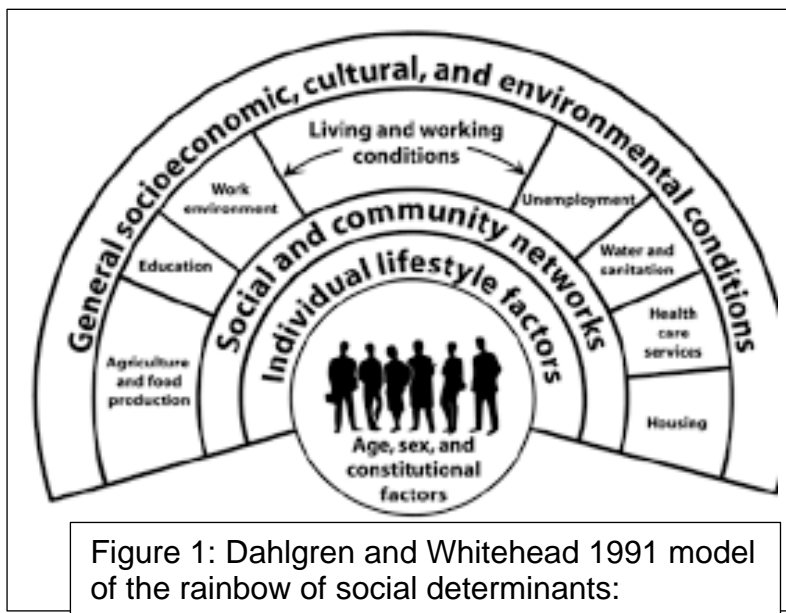
- Over the past 100 years England has seen great improvements in health. This has been due to improvements in sanitation, medicines and healthcare, underpinned by economic growth, improved living standards, and establishment of the welfare state.
- However, the rate of progress has stalled, and England now lags behind comparable nations.



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- There has been a shift in the burden of disease; with people living for many years with chronic conditions, in pain and with mental ill health.
- There need to be a move away from a system that is focused on diagnosing and treating illness towards one that is based on promoting wellbeing and preventing ill health
- Health is shaped by a range of factors (see figure 1 below): those in the outer ring have the most impact, followed by lifestyles and health behaviours and the health and care system. Communities (where we live and work) and social networks are also important.



The Kings Fund report suggests that attention should switch from a narrow focus on treatment and care services to the improvement of population health. It suggests that this will require a more balanced approach to four underpinning “pillars”. The items presented to the Health and Wellbeing Board address each of the four pillars in turn, as follows:

Pillar 1: Wider determinants of health

Income and wealth, education, housing, transport and leisure are the most important drivers of health and wellbeing. Local authorities have a major influence on these wider determinants and Havering Council has a history of providing conditions that foster wellbeing. The adoption of a “Health in all Policies” approach, including the routine incorporation of health impact assessment into business processes will ensure that the Council extracts as much benefit as possible from decisions, policies and strategies that impact on the wider determinants of health. See paper *Health Improvement Report (2018)*.

Pillar 2: Health behaviours and lifestyles

Individual behaviours and lifestyle choices regarding smoking, alcohol consumption, diet and exercise etc. are the second most important driver of health. Indeed some of the effects of the wider determinants of health are mediated by systematic variations in lifestyle and behaviour. A flavour of relevant activity in 17/18 is also summarised in the paper *Health Improvement Report (2018)*.

Pillar 3: The places and communities we live in

There is increasing recognition of the key role that places and communities play in health (including mental health), including the impact of social relationships and community. See paper *Localities Update*.

Pillar 4: An integrated health and care system

There are growing numbers of people with multiple long term conditions. The need to integrate health and care services to provide effective care continues to be a priority locally. See papers *Transformation of Services* and *Work of the Integrated Care Partnerships*.

Attached is the 8 page executive summary, the full report is available here:
<https://www.kingsfund.org.uk/publications/vision-population-health>

RECOMMENDATIONS

The Board is asked to note the Kings Fund report.

REPORT DETAIL

No further detail

IMPLICATIONS AND RISKS

None

BACKGROUND PAPERS

None