

Health and Wellbeing Board
Meeting Date: 14th November 2019

HWBB Joint Commissioning Report – Healthy Lives Update

Responsible Officer: Val Cross, Health and Wellbeing Officer/Healthy Lives Co-ordinator

Email: val.cross@shropshire.gov.uk

1. Summary

1.1 This report provides updates for ‘Healthy Lives,’ the Partnership Prevention Programme of the Health and Wellbeing Board.

1.2 It includes information about developments and partnership working for; Cardio Vascular Disease (CVD) prevention, Physical Activity, Social Prescribing and Carers.

2. Recommendations

2.1 That the Board notes and supports the ongoing work.

REPORT

3.0 Background

3.1 Healthy Lives is the name of the prevention programme of the Health and Wellbeing Board. Partners across health, social care and the voluntary and community sector are working together proactively rather than in isolation, to reach Shropshire’s residents before their health or condition develops or gets worse.

3.2 Healthy Lives is a proactive and reactive programme, where these partner organisations are combining to innovate, make the best use of their human and monetary resources, and individual knowledge and expertise to help make a difference to Shropshire people. Evidence base is used for in all Healthy Lives work. Figure 1 illustrates some of the main partners.

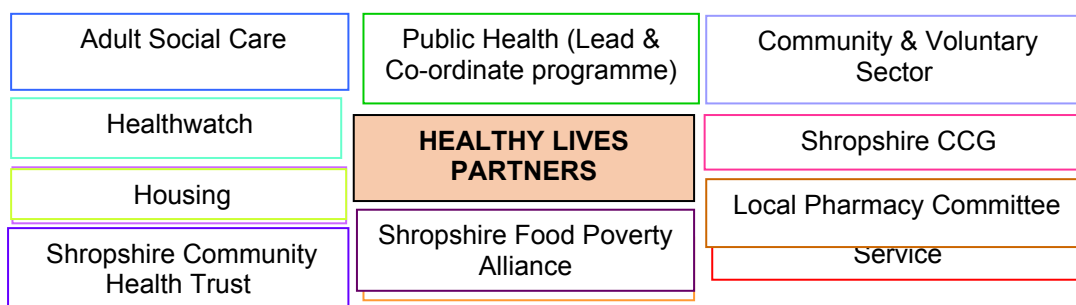


Fig. 1 Examples of Healthy Lives Partners for illustrative purposes

4.0 Programme updates

4.1 Cardio-Vascular Disease (CVD) risk prevention - Use of AliveCor Kardia Atrial Fibrillation (AF) testing devices in the community

- 4.1.1 As part of a proactive approach to reach people early, before their condition gets worse, identifying opportunities to test for AF within community settings is always being sought. Most recently, at the 'Festival of Ageing' event which was held on the 15th October.
- 4.1.2 Around 50 people were screened, and 2 abnormalities were detected – these people were already of their condition, but it was helpful to show to others that the device did work and was effective at detecting the abnormality.
- 4.1.3 The Public Health CVD Programme Lead and two Shropshire Council graduates offered the testing. Feedback was that they felt people were mostly relaxed when taking the test and asked a great deal of questions regarding AF and how the test worked. A few were initially a bit nervous but soon came around after a little chat and reassurance.
- 4.1.4 Responses from the 'testers' as to how it felt, they said they enjoyed chatting to people in general about their health and wellbeing, and felt the simple nature of the test (small equipment, short test) appealed to a lot of people.
- 4.1.6 AF testing at Enterprise House at Bishops Castle is continuing, and still working well. Although the initial 'rush' has slowed, people are still taking the test and out of 122 people, 6 have had abnormal readings. These people have been given further information, and advised to make an appointment with their GP as per the protocol which is in place.
- 4.1.5 Expanding AF testing at future events and community hubs/locations county-wide will be taken forward as part of Healthy Lives programme work.

4.2 Physical activity - Elevate

- 4.2.1 'Elevate' is an evidence based programme, funded through the IBCF and delivered by a local provider. It is delivered by local experienced instructors in Postural Stability Instruction (PSI). The sessions build on core strength i.e. strengthening muscles to maintain strength and balance, rather than becoming muscular and is aimed at those aged 65+ who are a bit unsteady on their feet, and at risk of falling, rather than frail.
- 4.2.2 These classes continue to run successfully with good uptake, and levels of self-referral. The total number of referrals are 582. (502 at previous report) 58% are self-referrals and 39% are partner referrals which include; the Falls Team, Physiotherapy, family, GP practices, Community and Care Coordinators and Functional Fitness MOT events. 5 classes have started, and 21 classes (these are 20 week classes) have been completed. 73% of participants assessed at 20 weeks showed a reduction in falls risk through improved physical function, as measured by the 'Timed Up and Go' Score.

4.3 Social Prescribing

- 4.3.1 Social Prescribing is progressing very well. Key developments, including the University of Westminster evaluation and Primary Care Networks (PCN) have been reported in depth at the previous two Health and Wellbeing Board meetings. Hence this information is a simple update.
- 4.3.2 There have been 658 referrals to Social Prescribing to date. The top reasons for referral are; mental health difficulties, Risk of loneliness / isolation, Long term conditions and Lifestyle risk factors. Referrals in the younger age groups (39 and under) are noticeably increasing, which is a positive development in terms of access.
- 4.3.3 A GP Practice in Whitchurch started offering Social Prescribing in September, and referrals are underway.
- 4.3.4 Collaborative work continues with PCNs.

4.4 Carers

- 4.4.1 The Shropshire All-Age Carers Strategy is undergoing a mid-term review. The Community Partnerships Team in Adult Social Care, Shropshire Council, has been conducting consultation via an on-line questionnaire and through meeting carers directly in groups and their communities.
- 4.4.2 The findings of this review are now being reviewed through a task and finish group, and a report will be provided to the Family Carers Partnership Board. This will inform next priorities in terms of the Strategy and Action Plan.
- 4.4.3 This will also come as a paper to a future Health and Wellbeing Board meeting.

5.0 Risk Assessment and Opportunities Appraisal

(NB This will include the following: Risk Management, Human Rights, Equalities, Community, Environmental consequences and other Consultation)

There are no Human Rights, Environmental Consequences, Community or Equality issues identified with the provision of these updates. However the HWBB are asked to note the risks identified in the May 2019 paper, and continue to support the Programme.

6.0 Financial Implications

There are no financial implications that need to be considered with this update

7.0 Additional Information

8.0 Conclusions

Excellent work is continuing through the Healthy Lives Prevention Programme.

List of Background Papers (This MUST be completed for all reports, but does not include items containing exempt or confidential information)
Cabinet Member (Portfolio Holder) Cllr. Dean Carroll Portfolio Holder for Adult Services, Climate Change, Health and Housing
Local Member
Appendices