

Health and Wellbeing Board

12th February 2018

Agenda item

Title: Walsall Plan "Our Health and Wellbeing Strategy 2017-2020"

- Priorities 3: Enable and empower individuals to improve their physical and mental health
- Priorities 9: Develop an environment to enable healthy lifestyles

1. Purpose

The purpose of this report is to provide an update on progress towards priorities 3 and 9.

2. Recommendations

- 2.1 That the HWB notes the progress made towards these priorities and approves the programmes of work.

3. Report detail

- Health is primarily shaped by factors outside the direct influence of health care. These include good work, education, housing, resources, our physical environment and social connections.
- The Transformation project "Shaping a Sustainable Healthy Environment" focuses on improving residents health through their environment and has 4 key themes:
 - Where we live
 - Where we play
 - Where we eat
 - Where we travel

Membership of this Board includes officers from Transport, Planning, Environmental Health, Resources, Clean Green, Housing and Procurement.

- An integrated approach across a number of key settings was previously presented to the Health and Wellbeing Board. This also included a number of agreed indicators to monitor progress against priorities 3 and 9. Some of these indicators are collated annually and therefore only some have been updated in the narrative below;

Parks and Green Spaces

Through Public Health funding people counters have been installed in Willenhall Memorial Park, Reedswood Park and Palfrey Park. Data have been collected since June 2017 providing a mechanism for us to measure and monitor usage of the parks. Data can be analysed by time period or access point offering a further opportunity to promote sponsorship opportunities to local businesses. For example Reedswood Park had nearly 10,000 visitors over 6 months from June 2017 to November 2017.

Park name	Total visitors	Time period	Comments
Arboretum	559,926	Feb-Aug 2017	
Palfrey	3,071	Jun-Nov 2017	Not all gates included in the data
Reedswood	9,997	Jun-Nov 2017	
Willenhall	931	Jun-Jul 2017	

Leisure Centres

The Move it scheme is designed to increase participation of groups at risk of physical inactivity (e.g. overweight) in leisure/ active living centre based activity. Over the last 3 months, 3228 new “Move It” members have enrolled on the scheme with over 60s and residents on low income being the main registrants.

Schools

Soil Association “Food For Life”

- The Soil Association Food for Life (FFL) Awards programme has been commissioned through Public Health and is currently being rolled out across early settings and schools.
- The Food for Life programme is about making good food the easy choice for everyone – making healthy, tasty and sustainable meals the norm for families.
- The Early Years Award will provide an independent endorsement for early years settings serving good quality, nutritious food and support babies and children in their care to develop good eating habits for life. Supervised tooth brushing schemes and oral health training are also an integral part of the early years programme.
- The School Award will support schools to take a whole school approach to food and nutrition. This includes growing their own food; organising trips to farms; providing cooking and growing clubs for students, their families and the community. Serving freshly prepared, well-sourced meals and providing an attractive dining environment.
- The evidence-based programme supports school improvement priorities alongside improving student health and wellbeing and reducing inequalities. It also supports the six recommendations from the Marmot review.

- Walsall settings that achieve a Food for Life Award will be able to demonstrate that they are providing healthy meals, positive lunchtimes and food education that have a positive impact on their students, families and the wider community.
- It is intended that by the end of 3 years a minimum of 50 primary schools and 42 early years settings' will have achieved the award and implemented a whole setting approach to healthy eating.
- The commissioned element of the programme is targeted at certain areas of Walsall, however Public Health have ensured mechanisms are in place to allow all other settings in Walsall to have the ability to work towards gaining a Food For Life accreditation.
- It is anticipated that this programme will be launched during the spring term of 2018.

Re-design of Walsall 'Healthy Schools'

- Children and young people spend a large part of their lives in educational settings and in recognition of the significant impact that schools have on the health of children but also the health of the teaching staff, Public Health has recently redesigned Walsall's "Healthy Schools" Model.
- The model and associated paperwork is currently being piloted in four Walsall primary schools and is due to finish in May 2018.
- The re-designed model differs from the now ceased National programme as it uses a whole school approach to change the culture and ethos. This will support and develop school policies, strategic planning and staff development through working with and around the curriculum, school ethos, environment and extended community relations.
- In order to support the Walsall "Healthy Schools" model, work has been commissioned to design a model to capture the voice of the child as to whether their school is healthy and identify progress over the programme. This will operate from Key Stage 1 to 4. In addition a package is also being developed to support schools in supporting their Year 5 pupils in recognising and expressing emotions. This links closely with the PHSE (personal Health and Social Education) curriculum.

Motor Skill Development and Primary School Sport Premium

- Development of fundamental movement skills and sport skills enable a child to move confidently and with control providing the foundations for lifelong participation in physical activity. A pilot has been carried out across 8 schools delivered by Sport and Leisure Development Services funded through Public Health which assessed the ability of pupils to carry out basic skills (e.g. speed bounce, throw and catch, standing long jump, 10m shuttle runs) and the impact of tailored Change 4 Life club support on improving skill performance. 60% (40) of pupils improved their assessment scores in 3 or more of the assessed skills.

- Sport and Leisure Development services are also supporting 8 schools to develop their Primary School Sport Premium action plans with the output being a resource that can be used by other schools to ensure effective use of their premium.

A*STARS

- The A*STARS programme is a series of walking, cycling, scooting and road safety initiatives, along with training, expertise and support that is given to schools to help them to develop and promote safer, healthier lifestyle choices for all.
- The programme promotes health and wellbeing by combining and providing road safety, health and sustainable travel education, training and awareness. It targets all educational establishments and school communities; supporting children's development at every stage from birth to adulthood.
- Since 2016 the A*STARS team have focused on recruiting primary schools in Walsall and evolving the transition programme for year six students while maintaining the number of secondary schools engaged.
- In 2017, 1790 reception aged children and parents received pedestrian training. 2045 year 3 children have been on road safety walks and 23,000 children took part in Walk to School Week.
- In October the A*STARS team and road safety team delivered a partnership event to over three hundred young people which included West Midlands Police, West Midlands Fire Service and The Beacon to run the 'Drive 2 Arrive' week. The course covers a number of areas including, dangers of drink and drug driving, safe driving (including an off road lesson) and an overview of the points system.
- Planned activity for 2018/19 is to recruit five more secondary schools which would mean that 14 schools secondary schools are registered with A Stars and supporting active travel in over half of young people at secondary school in the Borough.

Enhancing Support for Emotional Health, Wellbeing and Behaviour Q3

- The School Nursing Programme delivers FRIENDS and Parenting groups as part of the offer for Early Help. The aim is to enhance the emotional wellbeing of children and their families.

Type of Children's Group	No' of Groups delivered	No. of starting
Fun FRIENDS	0	-
Primary FRIENDS	2	18
Teen FRIENDS	1	4
Total	3	22
Type of Adult Groups	No' of Groups delivered	No. of starting
Adult Resiliency	0	-
Group Triple P	1	15

Teen Triple P	1	7
Understanding your child's behavior	1	5
Total	3	27

- Training sessions for staff across the partnership continues to be delivered by the SNS as part of contribution to Early Help core offer.

No. of staff attending training programmes delivered in Q3*

Core Principles	Fun FRIENDS	Primary FRIENDS	Teen FRIENDS	Adult Resiliency
20	8	10	6	7

Friends and Family Feedback 29 forms returned with 96.5% positive feedback

Community/ Home Based

- As the obsession of the Health and Wellbeing Board it is recognised that volunteering provides an ideal means for improving residents' health and wellbeing, improving job prospects and more sustainable health improvement infrastructure (e.g. sports clubs).
- A Draft Council Volunteering Policy has been developed and is currently being consulted on within the Council. This will further promote the use of volunteering across the council and provide more consistency in the way potential volunteers are recruited and supported.
- In partnership with Business in the Community (one of the Prince of Wales Charities) an event on the 14th February is taking place which aims to connect local businesses with community organisations. A number of community organisations have been invited to present a set of challenges which businesses could support as part of their corporate social responsibility offer. A corporate volunteering brochure with a set of environmental projects has been developed by Public Health, Clean and Green and Friends of the Parks and due to be presented at this event.

Workplace

- The Black Country Youth Employment Initiative (YEI) Impact programme funded by European Social Fund and Big Lottery continues to support 16 to 29 year olds to gain skills, access wider support such as health improvement and secure good quality employment. Led locally through Regeneration and delivered across multiple council directorates Impact has enrolled 2,200 enrolments with 424 accessing apprenticeships, traineeships and employment. The target for the programme was to support 3500 residents with 1000 entering sustainable work by July 2018. However in December, Department of Work and Pensions communicated a change in the EU's approach to the continuation of YEI. The European Commission has now decided that England can now work up extensions to their current YEI programmes through to the end of the current programme in 2021 and possibly beyond.
- For the Black Country this could (if agreed) result in an £18million programme creating the capacity to support 1000's of 16 – 29 year olds who are NEET into

positive outcomes. The duration and outcomes for the programme are yet to be designed and agreed, but will include all of the current 5 partners, Talent Match and the four Black Country Councils.

- DWP have further stated that in early 2018 their contract managers will be in contact with organisations about the potential scope for projects to extend current provision. For the Black Country it is understood that this is likely, but as always will depend on negotiations yet to commence.
- The Workplace Wellbeing Charter (WWC), a set of standards approved by Public Health England, has previously been used in Walsall to improve workplace health. Following a recent change in the WWC delivery model it has become unsustainable for Walsall to continue using this moving forward. To ensure that progress is maintained Public Health are currently working with Public Health England, West Midlands Combined Authority and regional partners to develop a new set of standards.

Transport

- A new Transport and Health Sub Group has been set up to support this project focussing on “where we travel” and includes officers from Transport, West Midlands Combined Authority, Transport West Midlands, Licensing and Public Health. The aim of this group is to pool expertise and develop programmes of work to ensure better use of Walsall’s transport network, particularly in the promotion of healthy living. A detailed action plan and indicators are currently being agreed through a workshop arranged on the 27th February 2018.

4. Implications for Joint Working arrangements:

- Benefits of a more integrated approach and pooling resources with a range of departments including transport and planning to develop a healthy environment will include increased efficiencies and greater impact on health.
- In order to achieve a healthy environment this programme of work cuts across other boards, teams and externally commissioned services highlighting that this programme cannot be achieved in isolation.

5. Health and Wellbeing Priorities:

- Physical inactivity and obesity is associated with many chronic diseases including diabetes, coronary heart disease and some cancers. Physical inactivity threatens the health and well-being of individuals and places a burden on public resources in terms of health costs, on employers through lost productivity and on families because of the increasing burden of long-term chronic disability. It is estimated that the consequences of physical inactivity in the Walsall population cost the local economy £33m per year¹ through increased sickness absence, reduced productivity and increased cost to individuals and for their carers. An inactive person spends 37% more days in hospital and visits the doctor 5.5% more often².

¹ Walsall Joint Strategic Needs Assessment: 2013

² Sari N. Physical inactivity and its impact on healthcare utilization. *Health Econ* 2009, 18:885–901.

- These programmes of work will positively contribute to the following marmot principles;
 - By creating a healthier environment through evidence based infrastructural improvements/ interventions and increased physical activity opportunities this will help to **improve mental wellbeing** and make **healthier choices easier**. There is strong evidence linking an individual's proximity to quality green spaces to improved mental wellbeing³.
 - Rolling out forests schools, developing Healthy Schools Model, continuing to deliver the A*Stars programme, increasing usage of green spaces and provision of alternative education options will support **giving every child the best start in life**.
 - **Money, home, job** – Supporting residents to manage their own health and wellbeing through a healthy environment and offering accessible self help materials and will provide a more sustainable workforce for Walsall. Volunteering and alternative employment support will act as a stepping stone into longer term employment.
 - Increasing utilisation of outdoor spaces for exercise/ health reasons and improving the transport network, will improve residents emotional health and wellbeing which will **reduce the burden of preventable disease, disability and death**.
 - **Enable and empower individuals to improve their physical and mental health** Integrating physical and mental health is a national priority. On average those diagnosed with a serious mental health illness die 15-20 years earlier than the general population.
 - **Maternal Mental Health-** Depression and anxiety is believed to affect 15-20% of women in the first year after childbirth. It is essential that we work to improve the mental health and wellbeing of women and their families. To this end, we are commissioning maternal mental health group supports as a core part of the Walsall Perinatal mental health pathway. This will be delivered by the Community and Voluntary sector and will closely link with Dudley and Walsall Mental Health Trust and Walsall Healthcare Trust Healthy Child Programme 0-5 services.

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³ WHO (2010). *Urban Planning, Environment and Health: From Evidence to Policy Action. Meeting Report*. Copenhagen, Denmark: WHO Regional Office for Europe

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