

GEDLING BOROUGH COUNCIL

Gedling Borough: Health and Wellbeing Delivery Plan

Summary Document - August 2018

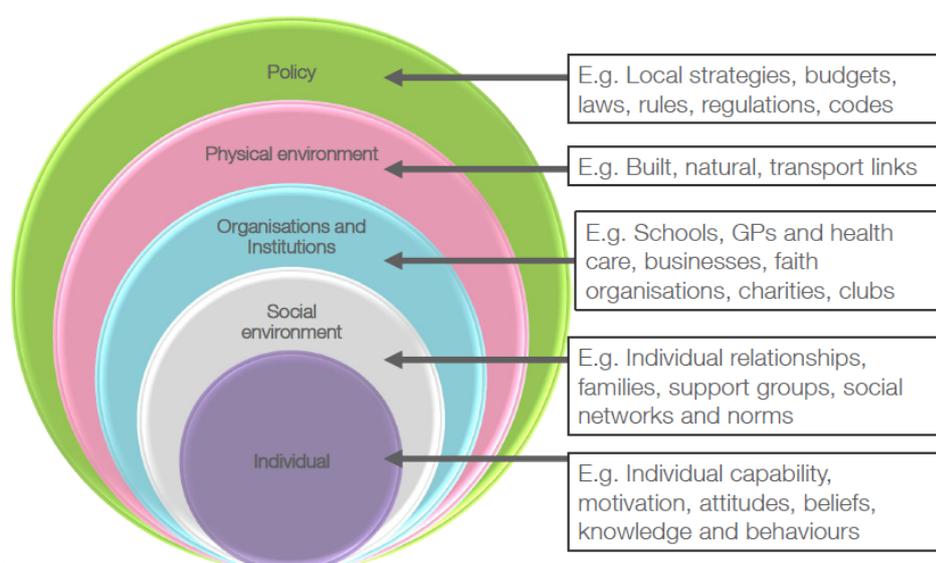
Foreword:

The Gedling Borough Health and Wellbeing (GBH&W) Delivery Plan 2018/19 is the Boroughs approach to address health inequalities and to improve the general health and wellbeing of the residents of Gedling.

The GBH&W Delivery Plan 2018/19 aligns with the Gedling Plan 2017-2019 and the Nottinghamshire Health and Wellbeing Board, joint Health and Wellbeing Strategy 2018-2022. This is highlighted within the supporting Action Plan document Appendix D. The document demonstrates how Gedling Borough Councils Priorities identified in the Gedling Plan, link into the Nottinghamshire Health and Wellbeing Board's strategy ambitions. The document also illustrates how different Service Areas within Gedling Borough Council contribute towards delivering against these key health and wellbeing priorities across the Borough.

In order to achieve the priorities outlined within the GBH&W Delivery Plan we are aware of the important role that our community partners and stakeholders play. We recognise the need to create a positive Whole System approach to creating a change in behaviour (see diagram below) in relation to health and wellbeing, in order to have the greatest impact on the local community. This model also highlights the importance of ensuring co-ordinated action and integration across multiple sectors to create this change.

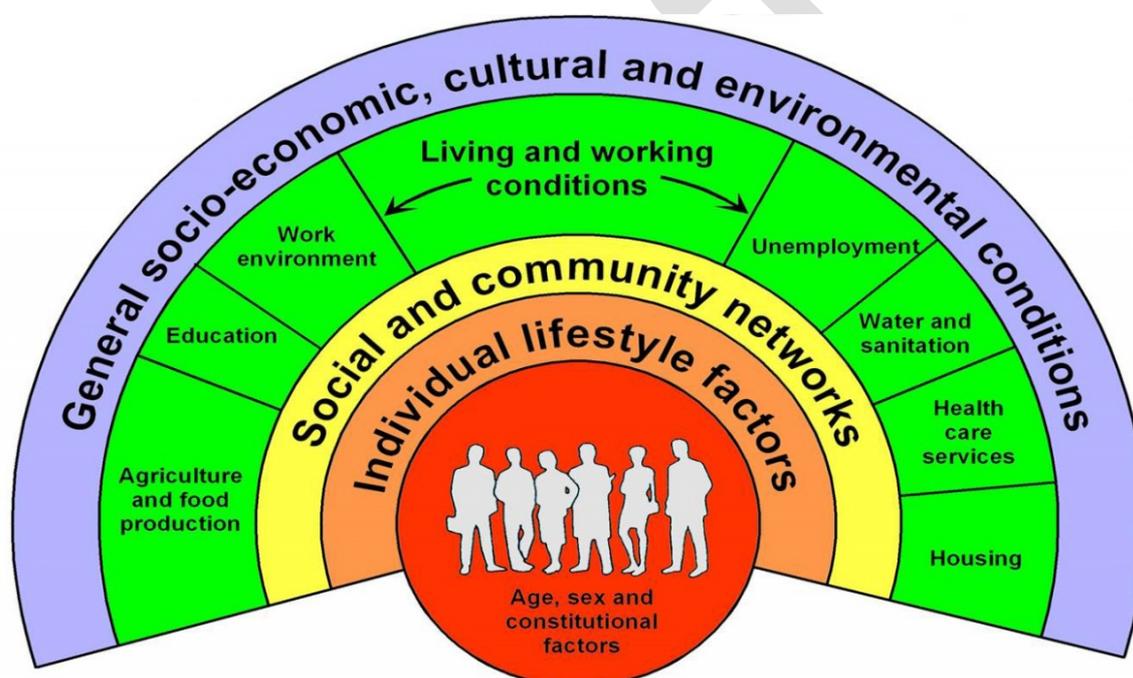
Change needs interventions in 'layers' of the system



Source: Social-Ecological Model

Health inequalities result from the wider determinants of health. The social, cultural, political, economic, commercial and environmental factors that shape the conditions

in which people are born, grow, live, work and age; along with their social interactions can be significantly influenced by how local authorities deliver their core roles and functions (The Kings Fund 2013). See below for the Dahlgren and Whitehead (1991) model of health determinants. This model has been widely used to demonstrate the relationship between the various influences on health and wellbeing. The work carried out to support the GBH&W Delivery Plan will promote the lifestyle changes that residents can make to influence these determinants and to help them live a healthier lifestyle.



Source: Dahlgren and Whitehead, 1991

The Gedling Health and Wellbeing Delivery Plan will be monitored, reviewed and evaluated by the Gedling Health and Wellbeing Delivery Group at their quarterly meetings. These meetings are attended by key partners from health and community organisations. Both collaboratively and through the delivery of our own organisation's priorities we are working towards making Gedling a healthier Borough, providing residents with the opportunities and resources enabling them to make healthier choices that will ultimately have a positive impact on their health and wellbeing.

Gedling – The Local Picture

- A population of approximately 117,849 residents living in a mixture of affluent suburbs and former industrial towns and villages (where deprivation levels are high) and a mix of urban and rural areas.
- 80% of residents live in the Greater Nottingham suburbs of Arnold, Carlton, and Netherfield and the remaining residents live in a number of villages including Burton Joyce, Calverton and Ravenshead.
- Inequalities have emerged out of the demise of key industries resulting in pockets of deprivation in the communities of Newstead, Bestwood, Calverton, Gedling Village, Arnold and Netherfield.
- Some areas of Borough fall within the 10% most deprived in England and child poverty is 30% in some wards. The highest deprivation can be found in the following wards:
 - Killisick
 - Trent Valley
 - Daybrook
- Life expectancy is 8.6 years lower for men and 6.7 years lower for women in the most deprived areas of Gedling than in the least deprived areas.
- 16.7% (182) children in year 6 are classed as obese.
- 19% of the population are over 65 years old, which is higher than the 16% across England and 18% within Nottinghamshire. Within this population those aged 85+ is predicted to increase from 3,100 (2017) to 4000 by (2025) (POPPI 2017).
- According to Age UKs Relative Risk of Loneliness heat map (2016), there are a number of areas within that Borough that fall into the Very High Risk of Loneliness quintile; with Killisick, Calverton and Netherfield and Colwick ranked the highest (AGE UK).
- Groups with a higher risk of suicide in Nottinghamshire reflect the national picture, for example men aged 35-64 years and people aged 65+ experiencing social isolation and loneliness are at higher risk locally (Nottinghamshire Insight).
- The number of people aged over 65 living with dementia in Gedling is predicted to rise from 1,620 in 2017 to 2,046 in 2025 (POPPI 2017).
- 59.2% of Gedling residents (aged 16+) are classed as Active taking part in 150+ minutes of physical activity per week; this is reflective of the national average of 60.6%. 29% are classed as Inactive participating in less than 30 minutes of activity a week. This is slightly higher than the national average of 25.6% (Sport England – Active Lives 2017).

Public Health England (PHE) have compiled the Gedling Health Profile (2018) which is made up of 30 different indicators. The Borough is not significantly different to the England average against the majority of the indicators; however 2 of these indicators are significantly worse than the England average these are as follows:

- Smoking at the time of Delivery – 12.8% of mothers smoke at the time of delivery this is higher than national average of 10.7%.
- Breastfeeding initiation - Initiation of breastfeeding at 71.4%, is lower than the national average of 74.3% (based on 2017 data, as there is no data set for 2018).

Gedling Health and Wellbeing Delivery Group

The Gedling Health and Wellbeing Delivery Group aims to provide strategic oversight and action management of localised, needs led, partnership plans ensuring the successful implementation of the Countywide Nottinghamshire Health and Wellbeing Strategy at an operational level with the delivery of high quality services to support the health and wellbeing of Gedling residents.

The main objective of the partnership is to improve the health and wellbeing of Gedling residents and to reduce inequalities across the Borough.

The Gedling Health and Wellbeing Delivery Group consists of representatives from the following agencies/organisations:

- Gedling Borough Council (Community Relations, Public Protection, Housing and Leisure Services)
- Portfolio Member for Health and Wellbeing, Gedling Borough Council
- County Health Partnerships
- NHS Nottingham North and East CCG
- Nottinghamshire County Council
- Gedling Homes
- Everyone Health
- Smokefreelife Nottinghamshire
- Active Notts

Other organisations/agencies are invited to attend on a less frequent basis depending on the agenda items of that meeting. The Delivery Group also liaises closely with other themed groups attended by Gedling Borough Council Officer Representatives. Examples of these groups include:

- Gedling Children & Young People's Locality Management Group Meeting
- Netherfield, Newstead and Killisick Locality Steering Groups
- Gedling Seniors Council and Gedling Youth Council
- Gedling Tobacco Control Working Group
- Notts Tackling Excess Weight Group
- Nottinghamshire Better Care Fund Steering Group
- Nottinghamshire Healthy Options Takeaway (HOT) Steering Group
- Nottinghamshire Housing Working Group
- Housing & Health Prevention and Discharge Group (South Nottinghamshire & Nottingham City)
- Nottinghamshire Disabled Facilities Grants Consistency Group

Our Priorities

In order to address the health inequalities and improve health and wellbeing across Gedling Borough priorities have been outlined within the Gedling Plan (see appendix D for a breakdown with sub actions). The following are examples of key actions identified within the Gedling Plan to improve health and wellbeing:

- Work with partners to deliver a range of measures designed to tackle excessive weight and promote healthy lifestyles.
- Take action to address the harmful effects of smoking.
- Implement a range of activities to increase participation in sport and physical activity in the Leisure Centres and the wider community.
- Work with partners to deliver activities to support those experiencing mental health illness, loneliness, isolation and dementia.
- Develop and implement actions to address health inequalities across the borough.
- Increase participation in organised outdoor activities in parks and open spaces.
- Develop sustainable high quality Sport and Leisure Facilities.
- Continue to work with partners to ensure residents have a safe, warm and secure place to live and are supported to maximise opportunities around skills, education and training.

These priorities are also reflective of the Nottingham and Nottinghamshire STP (Sustainability and Transformation Partnership) plan and more specifically around the following priority:

Promote wellbeing, prevention, independence and self-care

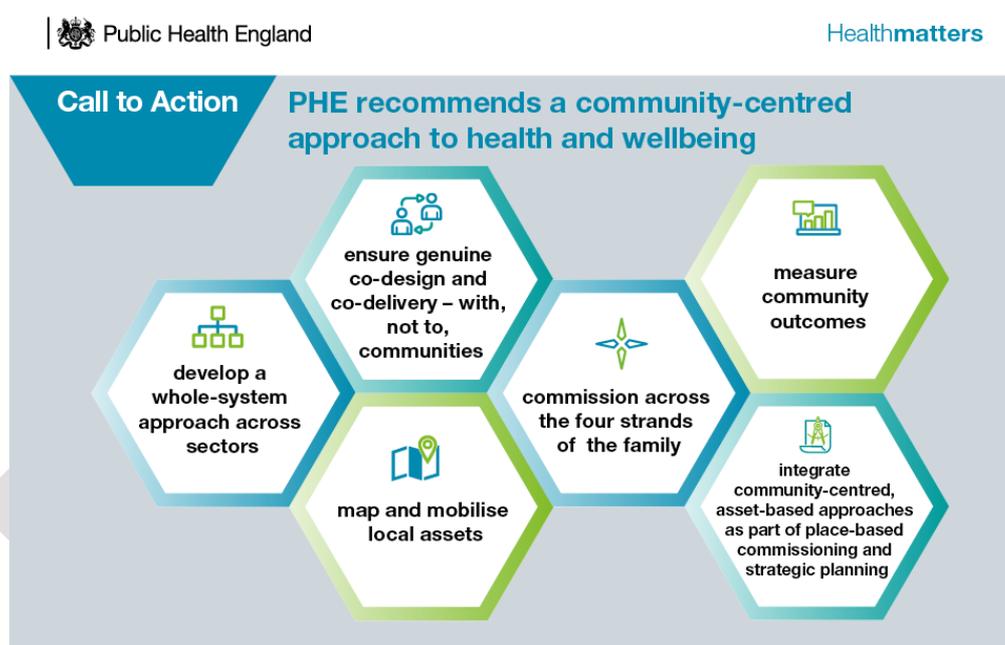
- Support people to stay healthy and independent, and prevent avoidable illness.
- Support stronger communities that can share responsibility for the people who live there.
- Signpost people to good advice and information.

The priorities within the Gedling Plan also align with priorities from the following strategies and policies:

- Active Notts: Getting Active Together 2018 – 2021 – The Physical Activity Strategy for Nottingham and Nottinghamshire
- Sport England: Towards an Active Nation: Strategy 2016-2021
- Nottinghamshire Health and Spatial Planning Strategy
- Local Joint Strategic Needs Assessments (JSNAs)
- The Health and Social Care Act 2012
- NHS Next Steps on the NHS Five Year Forward View
- The Care Act 2014

- Better Care Fund Policy Framework 2017-19

To create the best possible chance of addressing these priorities a community-centred approach to health and wellbeing has been adopted. The PHE (2018) image below demonstrates how this approach aims to mobilise the assets within the local community, increasing people's control over their health and lives. The Borough Council, local partners and the voluntary sector all have key roles to play in community capacity building. This enables communities to have a voice in shaping services to create a positive living environment and a good quality of life. The community has an increasingly important role to play in supporting the health and wellbeing agenda going forwards, especially as public resources become more limited.



Source Public Health England, 2018

Key Projects

A range of successful projects to improve Health and Wellbeing across the Borough have already been implemented. For an overview of the Gedling Plan Health and Wellbeing Case Studies (2016-2018) please see appendix B.

The following are examples of the projects that will take place between 2018/2019 to help to reach the outlined priorities:

- Gedling Social Prescription Project
- Gedling Hospital Discharge Project
- HOT (Healthier Options Takeaway) scheme
- Gedling Breastfeeding Friendly Scheme
- Promotion of the Countywide Workplace Health Scheme
- Gedling Leisure Transformation Plan
- Co-design and co-delivery of Community provision through platforms such as the Seniors Council.
- Local Insight and Data gathering and co-ordination
- Continuation and enhancement of effective partnership working between, health, social care and the community voluntary sector.
- Working with Higher Education partners to conduct academic research and evaluation around Health and Wellbeing.