

PUBLIC HEALTH UPDATE

Relevant Board Member(s)	Councillor Jane Palmer Keith Spencer Kelly O'Neill
Organisation	London Borough of Hillingdon North West London Integrated Care Board (NWL ICB)
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Papers with report	None

HEADLINE INFORMATION

Summary	This report provides an update on: 1. Public Health led Whole System Approach (WSA) to healthy weight in Hayes; and 2. Improving the NHS Health Check Programme.
Contribution to plans and strategies	The Joint Health and Wellbeing Strategy HHCP Delivery and Health Protection Boards
Financial Cost	N/A
Ward(s) affected	All

RECOMMENDATIONS:

That the Health and Wellbeing Board notes the progress of the following projects that are using a population health management approach:

1. Public Health led Whole System Approach (WSA) to healthy weight in Hayes
2. Improving the NHS Health Check Programme

INFORMATION:

1. Public Health led WSA to healthy weight in Hayes

The Board received a presentation that comprehensively provided the scope of the project, and the evidence base for an initial focus on Hayes as the area of the Borough with the greatest need. This project pilots the Whole System Approach (WSA) in one area to determine what can be achieved.

A project core team has been established to develop the foundations of the project. Once the initial scope of the project is completed, the membership of this group will widen. The actions agreed that have been completed by the core team are:

- Information has been collated for the local area to inform the project at the engagement stage and create a joint need assessment.
- Initial small-scale engagement with the local community regarding healthy lifestyles

taken place which included a ‘Hayes Orientation’ by the Core Team with a view to understand the area, assets and opportunities for whole-system implementation, including a meeting with Hayes Mosque. This helped to identify further needs such as the languages spoken (Asian, African, Afghani communities), two other mosques. There is a Gurudwara and Churches in Hayes, which will also be visited.

- Initiated further opportunities to engage with schools and school communities which included a successful application for OHID/GLA grant funding for a ‘School Superzone’ at Minet School in Hayes. This offers an opportunity to engage with the local school community and aims to improve health by acting on systems which govern healthy behaviours. Two further school applications are being completed.
- Set out indicators that will help determine whether the project has led to short-, and medium-term improvement to obesity in Hayes.

The next steps of the project are planned. The Core group will be hosting a ‘Healthy Hayes’ event (Workshop 1) on 28 March 2023 as the first large-scale engagement event that will:

- Bring together stakeholders and residents to develop a shared understanding of the scale of the overweight/obesity challenges in Hayes.
- Prioritise and agree actions with community representatives.
- Build a systems map that identifies which systems need disrupting to break the ongoing cycle of excess weight over the life course.

This event will also bring together stakeholders that will help to establish a ‘stakeholder reference group’ through which a Healthy Hayes Action Plan will be developed.

Progress will continue on the implementation of the School Superzone project based at Minet and the school’s surrounding community as a formal health improvement collaboration between the school and its surrounding community.

2. Improving the NHS Health Check Programme

The presentation of a review of this mandated public health programme to the Board in 2022 recommended the improved uptake and completion of NHS Health Check by:

- Reducing variation of uptake and completion among individual General Practices
- Improving access and targeting under-served groups
- Raising the profile of the importance of attending for an NHS Health Checks
- Plan the implementation of new technological developments for programme delivery
- Prepare for the expansion of the eligibility age-range

Improve access to preventative interventions is essential as a means to improve the outcomes for residents, with a focus on targeting higher risk groups.

We will more dynamically evaluate the programme uptake and outcomes to determine targeted actions to communities where rising risk to health is greatest.

The progress has been:

- Targeted public health support to four practices to identify opportunities for more effective delivery of the screening programme.
- Two practices have been advised to refer for point of care refresher training.
- Planning participation in point of care testing as an external quality assurance scheme pilot and, if successful, will reduce the EQA burden on practices.
- Work with the GP Confederation to provide point of care testing kits for new extended

hours hub NHS Health Check clinics and explore improved data reporting options.

- Active residents' engagement to raise awareness of the importance of the NHS Health Checks programme – a residents' survey undertaken with minimal response that marginally indicated that attendance for a Health Check was a positive experience, with a preference that the checks took place in health care settings with improved access if evening appointments were available.
- Initial scoping work has led to small-scale outreach activity:
 - Blood pressure checks and NHS Health Check promotion work: approximately 150 blood pressures checks conducted at various health and wellbeing events (4 library sessions, 2 shopping centre events, 1 event at RAF Northolt).

Currently, further data analysis is being completed that includes a comparison of Census 2021 ethnicity data with NHS Health Check attendee ethnicity data which was missing from the preliminary data analysis presented to the Board. This indicates a potential under-screening of people from a mixed or multiple ethnic and other ethnic background. Therefore, we must plan for targeting under-served and higher risk groups, notably working aged men, particularly those from an ethnic minority background, in the Hayes and Harlington locality. Public health is determining where targeted intervention that will increase uptake in this group has been successful and what can be learned for local implementation.

A summary of recent data is:

Hillingdon's eligible NHS Health Check population (people aged 40-74 without pre-existing cardiovascular conditions) for 2022/23: 83,208

Cumulative activity (Q1,2,3 – 2022/23) reported to the Office for Health Improvement and Disparities (OHID):

- Number of people who received their first offer (invitation) of an NHS Health Check in the five-year period: 16,744 – 20.1% of the eligible population. This was 11,004 more first offers than reported in the same timeframe in 2021/22.
- Number of people who received an NHS Health Check: 6,826 – 8.2%, an increase of 3,625 in the same period 2021/22.
- Take up rate – percentage of NHS Health Check offers taken up: 40.8%.

Next steps:

Focused service improvement with GPs:

- Maintain ongoing practice support visits to determine how uptake and outcomes can be improved supported by refresher NHS Health Check training session for practices – Spring 2023.
- Working with the GP Confederation to achieve more efficient and effective ways to collate and report data - by September 2023.
- Work with Harrow and Brent to produce an NWL NHS Health Check EMIS template – during 2023/24.

Resident engagement and targeting higher-risk communities:

- Increase the number of NHS Health Check survey returns by distributing the survey through GP practices – Spring 2023 – this will allow us to understand residents' experience and what can be improved.
- Maximise opportunities for community outreach – build on community blood pressure checks and NHS Health Check promotion in Yiewsley and West Drayton areas planned for

Spring/Summer 2023 – this will help target communities that are not accessing the current Health Check offer, some of whom are at greater risk.

- Pilot community NHS Health Checks plus other cardiovascular disease (CVD) prevention interventions at Hayes Islamic Centre - planned for by July 2023.
- Link in with Healthy Hayes WSA to Obesity and School Superzone programmes.

FINANCIAL IMPLICATIONS

There are currently no financial implications relating to the recommendations in this report.

BACKGROUND PAPERS

Joint Health and Wellbeing Strategy, 2022-2025