

Minutes

SOCIAL SERVICES, HOUSING AND PUBLIC HEALTH POLICY OVERVIEW COMMITTEE

24 March 2016

Meeting held at Committee Room 6 - Civic Centre,
High Street, Uxbridge UB8 1UW



	<p>MEMBERS PRESENT: Councillors: Wayne Bridges (Chairman) Teji Barnes (Vice-Chairman) Shehryar Ahmad-Wallana Peter Davis Beulah East (Labour Lead) Tony Eginton Becky Haggar June Nelson Jane Palmer</p> <p>Co-Opted Member Mary O'Connor</p>
	<p>OFFICERS PRESENT: Shikha Sharma, Public Health Gary Collier, Better Care Fund Manager Charles Francis, Democratic Services</p>
9.	<p>APOLOGIES FOR ABSENCE AND TO REPORT THE PRESENCE OF ANY SUBSTITUTE MEMBERS (<i>Agenda Item 1</i>)</p> <p>Apologies for absence were received from Councillor Khatra, substitute Councillor Eginton</p>
10.	<p>DECLARATIONS OF INTEREST IN MATTERS COMING BEFORE THIS MEETING (<i>Agenda Item 2</i>)</p> <p>None.</p>
11.	<p>TO RECEIVE THE MINUTES OF THE MEETING HELD ON 23 FEBRUARY 2016 (<i>Agenda Item 3</i>)</p> <p>Were agreed as an accurate record.</p>
12.	<p>TO CONFIRM THAT THE ITEMS OF BUSINESS MARKED IN PART I WILL BE CONSIDERED IN PUBLIC AND THAT THE ITEMS MARKED PART II WILL BE CONSIDERED IN PRIVATE (<i>Agenda Item 4</i>)</p> <p>All items were considered in public.</p>

13. **SECOND REVIEW 2015/16 - SUPPORTING INFORMATION** (*Agenda Item 5*)

Shikha Sharma, Consultant in Public Health, provided a verbal report on stroke. The following points were noted:

Strokes were defined as a 'brain attack' when the blood supply to part of the brain was cut off. Officers explained that blood carried essential nutrients and oxygen to the brain. Without such a blood supply, brain cells could be damaged or destroyed.

The two main types of stroke were:

- 1) Ischaemic stroke, which was the most common type, caused by a blood clot in the brain and
- 2) a Haemorrhagic stroke caused by a bleed in the brain.

A Transient Ischaemic Attack (TIA) was also known as a mini stroke and occurs when the brain's blood supply is briefly interrupted.

Stroke causes a greater range of disabilities than any other common condition. It can affect mobility, cognition, balance, bowel and bladder control, spatial awareness, weakness, clumsiness or paralysis; swallowing; speech and language; understanding; eyesight; recognising objects and knowing how to use them; concentration of paying attention and remembering; and difficulty in controlling emotions.

In terms of those at higher risk, the following points were noted:

Age and gender:

- Men are at 25% higher risk and at a younger age than women.
- Older men and women have more strokes. In the UK around 26% strokes happen in people aged under 65 and the rest 74% in people aged over 65.
- Stroke occurs in a small number of children too.

Social Deprivation:

- Residents in economically deprived areas are twice as likely to suffer a stroke, have it at much younger age, and three times more likely to die from stroke

Ethnicity:

- Black people are twice as likely to suffer strokes (partly due to higher prevalence of high blood pressure, diabetes and sickle cell disease).
- White people are more likely to have an irregular heartbeat, and higher prevalence of excessive alcohol use.
- Bangladeshi and Pakistani men are more likely to smoke than the rest of the UK population.
- South Asians are more likely to have strokes at significantly younger age than white people; and are more likely to have high blood pressure, high cholesterol and diabetes than white people.
- Indian men, and Pakistani women are more than twice as likely to have to have diabetes type 2as compared to the average UK population.

Risk Factors:

High blood pressure: is one of the main contributory factors. 54% of strokes were caused by blood pressure, which affected 12.35% of the adult population in Hillingdon. In Hillingdon, GP registers showed there were over 37,000 'recorded' hypertension sufferers, which is just over 12.3% of population. Modelled estimates suggest that in fact around 22% adults suffer from hypertension in Hillingdon..

Atrial Fibrillation: is described as the 'irregularly irregular heartbeat which increases the risk of stroke by 5 fold. Around 3,500 people in Hillingdon are 'recorded as having this condition.

Obesity: increases the risk of stroke through many mechanisms including high blood pressure, high cholesterol, sleep apnoea and diabetes mellitus. In Hillingdon 63.4% carry excess weight, out of which 23% adults are estimated to be obese.

Diabetes type 1 and type 2 double the risk of stroke. There are over 14,700 types 2 diabetes sufferers in Hillingdon, recorded on GP registers. However, the actual estimated number is over 19,000 (modelled prevalence) with the rest of the affected people not being aware of the condition.

High blood cholesterol level. Excessive cholesterol level in blood can cause narrowing of arteries, which can cause heart attack or stroke.

NHS health check is a mandatory programme commissioned by local authorities for early detection of those who might have the illness but not aware of it. 7,189 residents (aged 40 to 74) were invited to receive Health Checks provided by the NHS, ending quarter 3 - end of December 2015

Prevention

With regard to preventative measures, the best way to prevent strokes is:

- healthy eating.
- being physically active
- smoking cessation
- keeping your weight down
- and sensible drinking.

Officers provided details of the action the Council was taking locally, as well as highlighting the national campaigns which were taking place.

In response to questions from Members, Officers advised that:

- Strokes were more prevalent in economically deprived areas due to several reasons like: greater numbers of residents from ethnic minorities who are at higher risk, higher concentration of risk factors like smoking prevalence, higher rates of high BP, AF and diabetes, poor detection, poorer housing conditions and a greater number of adverse life style choices.
- The current scale of Health checks was based on a historic offer from the PCT. However this would need to be verified by the appropriate Officer Team.
- In relation to salt reduction at Fast Food outlets, Officers confirmed, that Public Health worked in partnership with the Environmental Health Team to scope how salt usage in Hillingdon's fast food outlets could be reduced.
- The Council was exploring options to provide additional blood

pressure checks at Pharmacies and Public Libraries. At present 43 out of 48 GP surgeries provided blood pressure monitoring.

- Officers agreed that educating people about the risks posed by being overweight, drinking and smoking were important and assured the Committee that national campaigns such as Stoptober were promoted locally.
- There was an action plan to address physical activity, including the 'Let's Get Moving' exercise referral scheme where GPs could refer patients suffering from long term conditions like high blood pressure and diabetes

In terms of the work being conducted by Adult Social Care, it was noted that Proposals to implement evidence based early identification of people with a susceptibility to stroke were being considered as part of the 2016/17 Better Care Fund Plan, which would be considered by the Health and Wellbeing Board at its meeting on the 12th April 2016. The Committee would have the opportunity to look at these proposals, as well as the detail of the proposed BCF plan at its meeting on the 20th April.

Resolved -

- 1. That the report be noted.**
- 2. That Officers be requested to provided further information on the Lets' Get Moving Programme.**
- 3. That Councillors Ahmad-Wallana, Barnes and East meet with stroke sufferers at a monthly social function on 18 April 2016 as part of the evidence gathering for the review.**

14. **FORWARD PLAN** (*Agenda Item 6*)

The Committee considered the latest version of the Forward Plan.

Resolved –

- 1. That the report be noted.**

15. **WORK PROGRAMME** (*Agenda Item 7*)

Reference was made to the work programme and timetable of meetings.

Resolved -

The Committee noted the Work Programme 2015/16.

The meeting, which commenced at 7.00 pm, closed at 7.45 pm.

These are the minutes of the above meeting. For more information on any of the resolutions please contact Charles Francis on 01895 556454. Circulation of these minutes is to Councillors, Officers, the Press and Members of the Public.