

# SOCIAL SERVICES, HOUSING AND PUBLIC HEALTH POLICY OVERVIEW COMMITTEE: REVIEW INTO STROKE PREVENTION

Cabinet Member	Councillor Philip Corthorne
Cabinet Portfolio	Social Services, Housing, Health and Wellbeing
Officer Contact	Luke Taylor, Democratic Services
Papers with report	Social Services, Housing and Public Health Policy Overview Committee review into Stroke Prevention (2015/16–2016/17 MYs)

## HEADLINES

Purpose of report	To receive the Social Services, Housing and Public Health Policy Overview Committee's review into Stroke Prevention and to give consideration to the recommendations of the review.
Putting our Residents First	This report supports the following Council objective of: <i>Our People</i> .
Financial Cost	None directly from initial recommendations.
Relevant Policy Overview Committee	Social Services, Housing and Public Health
Ward(s) affected	All

## RECOMMENDATIONS

That Cabinet:

- A. Welcomes the Committee's findings from their review into Stroke Prevention;
- B. Supports the recommendations from the Committee, with their implementation subject to final agreement by the Cabinet Member for Social Services, Housing, Health and Wellbeing;

### Policy Overview Committee Recommendations

- (1) That Officers be requested to develop the universal wellbeing offer to prevent stroke and for this to include smoking cessation, physical activity and health and nutrition (primarily with the Wellbeing Team).
- (2) That Officers be requested to develop a campaign on stroke risk and stroke prevention using multiple channels which is sensitive and appropriate.
- (3) That the Council, working in partnership with Hillingdon CCG, be requested to promote and develop health checks as a vehicle for identifying residents at an increased risk of stroke.

## **Reasons for recommendations**

The recommendations of the review will enable the Council to improve stroke prevention in the Borough, as well as helping to tackle the causes of stroke and increase awareness of the disease.

## **Alternative options considered / risk management**

The Cabinet could decide to reject some or all of the Committee's recommendations.

## **SUPPORTING INFORMATION**

1. Stroke is one of the main causes of disability among those residents aged 65 and over. Stroke is a condition that is largely preventable, so limited interventions can have a significant impact on reducing the chances of stroke.
2. The aim of the Committee's review was to examine the work which this Council carries out in relation to stroke prevention and to investigate other ways in which the Council can improve stroke prevention and help residents better understand what causes stroke.
3. The Terms of Reference of the review were as follows:
  - a. To gain a comprehensive understanding of what strokes are and to place its prevalence in a national and local context.
  - b. To establish what Hillingdon's interventions are and what Public Health is currently doing.
  - c. To gather evidence from other Local Authority Public Health Teams about what work they are doing to inform Hillingdon's approach.
  - d. To receive and consider evidence from stroke organisations and experts to see how Hillingdon's approach might be improved.
4. The Committee noted that Hillingdon Council's Better Care Fund had now been operational for a while, with one of the Fund's aims to provide better support for those people at risk of stroke. The Committee, therefore, saw an opportunity to further explore the matter further within this context.
5. The review heard evidence from the Stroke Association, NHS professionals, the Director of Public Health and wellbeing officers. Councillors also attended a social event held by the Stroke Association with stroke survivors. From this witness testimony, the Committee's overriding view was that raising awareness of the causes of stroke was key in helping residents understand that minor changes to their lifestyle can make a huge difference in preventing the threat of it.
6. The Committee's review was started late in the 2015/16 Municipal Year and continued into the 2016/17 MY involving some additional Members.

## **Officer Comments on Recommendations where relevant**

Whilst the attached report from the Committee sets out the review in more detail, officers advise Cabinet that the Committee has made some positive recommendations to take forward and would support their implementation, subject to Cabinet Member approval, as set out below:

### **Recommendation 1:**

The Committee asked that officers be requested to develop the universal wellbeing offer to prevent stroke and for this to include smoking cessation, physical activity and health and nutrition (primarily with the Wellbeing Team).

Hillingdon has a good sport and physical activity offer, with many popular activity programmes being implemented over the past year, including those for mothers and daughters, tea dances aimed at older people, and the 'Park Life' programme. A number of innovative programmes are delivered from our libraries and leisure centres. The way in which these services are commissioned is to be strengthened and a new, stronger commissioning model of delivery will allow officers to focus on core activities, as well as investigating possible external funding opportunities. The commissioning of services to deliver funded projects will provide a flexibility to expand the offer to residents.

Whilst many residents will not turn to the Council for nutritional advice, many meals, especially for children, are still provided by the public sector. The Council has worked with schools to develop the quality of school meals and around 50 of Hillingdon's schools now have kitchens providing hot meals. A further 20 or more schools provide hot meals that are transported in. The Council will continue to support schools and early years sites to provide healthy eating options, through initiatives such as the Hillingdon Early Years Nutrition Framework and The Health Early Years menu checklist.

Smoking cessation support is offered through GP surgeries and many pharmacies Borough-wide. Some drop in clinics are also run by the Council, and although the growth of vaping may have impacted on those engaging with services, many residents still choose this route to try and stop smoking tobacco.

### **Recommendation 2:**

The Committee asked that Officers be requested to develop a campaign on stroke risk and stroke prevention, using multiple channels, which is sensitive and appropriate.

A proposal for a campaign to target those most at risk of stroke will be drafted for Members' consideration or existing planned activity will be adapted to cover the Committee's findings. This will support, in the main, the uptake of the health checks programme and also signpost residents to physical activities and groups, social engagement activities, and facilities such as leisure centres, green spaces, and libraries.

### **Recommendation 3:**

The Committee agreed that the Council, working in partnership with the Hillingdon CCG, be requested to promote and develop health checks as a vehicle for identifying residents at an increased risk of stroke.

NHS Health Checks is an ongoing programme funded by the Council. It is available to all

residents in the age range 40-74 years, who are not already being treated by the health care system. Those identified to be at risk of diabetes, heart problems e.g. angina, heart attack, stroke or mini stroke, chronic kidney disease, peripheral arterial disease or peripheral vascular disease are offered support and advice on how to reduce risk and avoid these conditions from developing. The Health Check scheme continues, and is a useful tool in stroke prevention. Residents can arrange for their Health Checks either by visiting their GP, or one of around 20 pharmacies in Hillingdon.

## **Financial Implications**

Ongoing programmes exist within these service areas and appropriate budgets are available. The proposals put forward will be contained within the approved current budget allocations for Public Health and the Better Care Fund. The Council will also continue to investigate potential new external funding opportunities.

## **RESIDENT BENEFIT & CONSULTATION**

### **The benefit or impact upon residents, service users and communities?**

As stroke is a condition that is largely preventable, the Committee's findings will provide helpful interventions and awareness for residents, so they can live longer and healthier lives.

### **Consultation Carried Out or Required**

The Committee sought a wide range of local expert witness testimony as set out in Appendix B of its report.

## **CORPORATE CONSIDERATIONS**

### **Corporate Finance**

Corporate Finance has reviewed the report and concurs with the financial implications set out above, noting that the 2017/18 BCF pooled funding contributions from both the Council and the Hillingdon CCG has yet to be approved.

### **Legal**

The Borough Solicitor confirms that there are no specific legal implications arising from this report.

## **BACKGROUND PAPERS**

NIL.