

## PUBLIC HEALTH IN HILLINGDON UPDATE

<b>Committee name</b>	Health and Social Care Select Committee
<b>Officer reporting</b>	Sharon Stoltz, Director of Public Health, London Borough of Hillingdon
<b>Papers with report</b>	Public Health Outcomes Framework – at a glance summary
<b>Ward</b>	All

### HEADLINES

The report is provided to the Committee at its request. It provides an introduction to public health, an overview of the public health outcomes framework and how Hillingdon is performing against a range of indicators compared with England and regional averages together with a brief summary of some of the work being delivered by the Council's public health team.

### RECOMMENDATIONS

**That the Health and Social Care Select Committee:**

1. notes the content of the report.
2. makes any comments.

### SUPPORTING INFORMATION

#### What is Public Health?

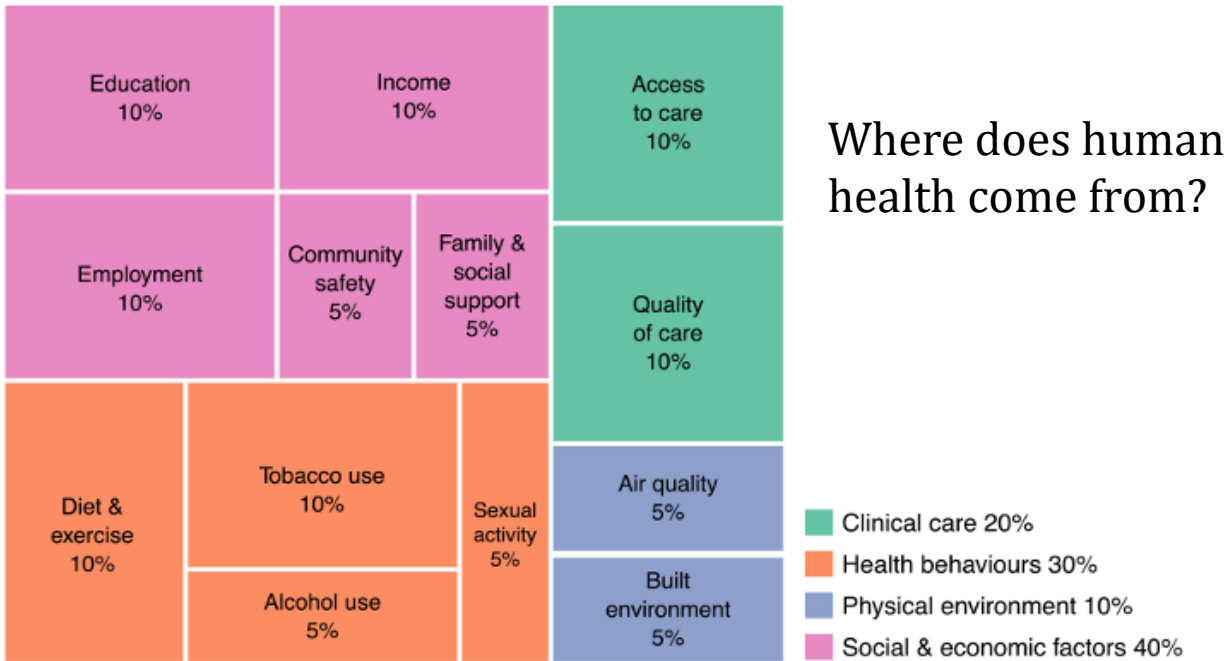
The Faculty of Public Health describes public health as the science and art of preventing disease, prolonging life and promoting health through the organised efforts of society.

Public health is usually organised in four domains as illustrated below:

<b>DOMAIN 1:</b>  Improving the wider determinants of health  Objective: Improvements against wider factors that affect health and wellbeing, and health inequalities	<b>DOMAIN 2:</b>  Health improvement  Objective: People are helped to live healthy lifestyles, make healthy choices and reduce health inequalities	<b>DOMAIN 3:</b>  Health protection  Objective: The population's health is protected from major incidents and other threats, while reducing health inequalities	<b>DOMAIN 4:</b>  Healthcare public health and preventing premature mortality  Objective: Reduced numbers of people living with preventable ill health and people dying prematurely, while reducing the gap between communities
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Improving the health of a local population requires a whole system response. Evidence from the World Health Organisation suggests that medical care accounts for only about 20% of health outcomes, while the remaining 80% is shaped by non-medical factors including behaviours such

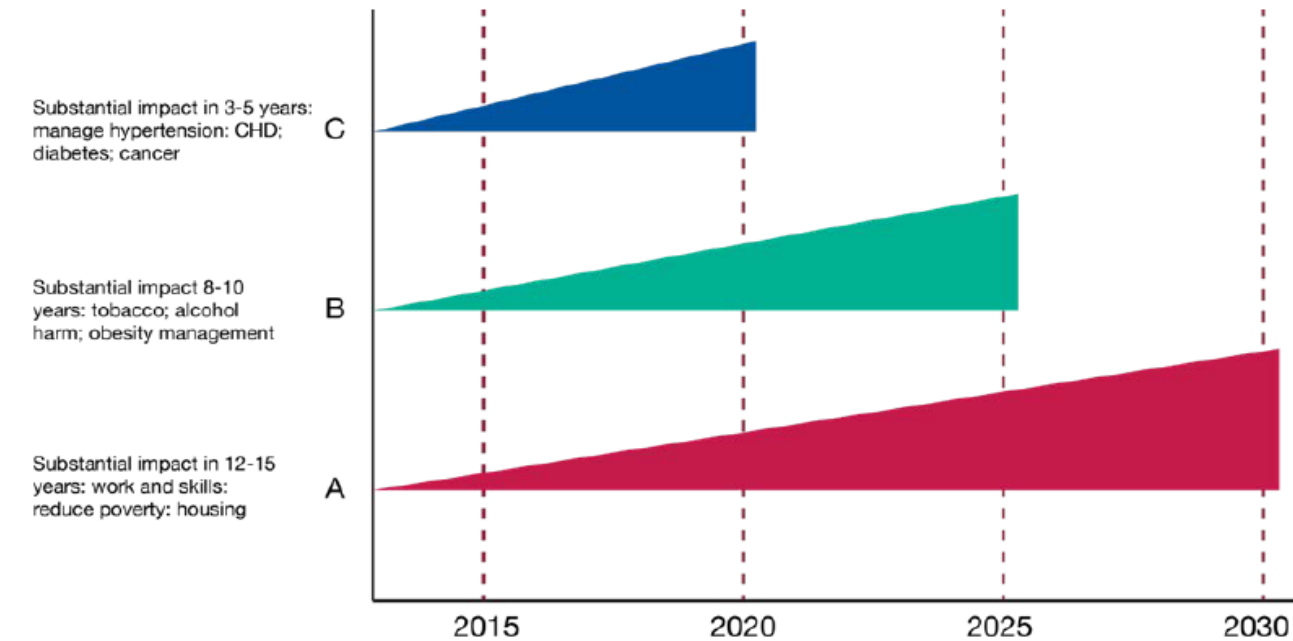
as diet, physical activity, smoking and alcohol use, alongside socio-economic conditions and the physical environment as illustrated below:



Source: Robert Wood Johnson Foundation 2014

This means that adopting positive habits – such as regular exercise, balanced nutrition, avoiding tobacco and moderating alcohol – can significantly reduce the risk of chronic diseases such as heart disease, diabetes and certain cancers, and even extend life expectancy. Conversely, unhealthy behaviours accelerate disease onset and premature mortality reinforcing the critical importance of individual life-style choices in shaping population health.

A systematic approach to prevention is needed over an extended period of time to deliver improvements in the health of a population at scale as illustrated below:



## Local Authority Mandated Public Health Functions

The Health and Social Care Act 2012 and associated public health regulations set out the following mandated public health functions:

- 0-5 Child Public Health Services (health visiting, Healthy Start vitamins)
- National Child Measurement Programme (weighing and measuring of children in Reception class and year 6)
- NHS Health Checks (5 yearly screening of healthy adults aged 45 to 74 years)
- Sexual Health and Contraception Services
- Provision of specialist public health advice to NHS commissioners
- Protecting the health of the local population

There are also non-mandated functions but they are required to be delivered as conditions of the local authority public health grant:

- Stop Smoking Services
- Drug and Alcohol Services

These functions form part of the statutory responsibilities of the local authority Director of Public Health.

## Developments and Achievements

Key developments and achievements of the Public Health Team over the last three years are summarised below:

- **Hillingdon Healthy Smiles** – a children's oral health improvement programme that aims to address persistent rates of decay among children by embedding good tooth-brushing habits, reducing exposure to sugary foods and drinks and reducing inequalities in access to dental care. The programme is targeted to children aged 0-5 years and delivered in partnership with the health visiting service, nurseries, schools, family hubs and children's centres. It is part of a wider health strategy addressing improvements in family nutrition and tackling excess weight in children.
- **School SuperZones** – the Public Health Team received £58,000 from the Greater London Authority for work across multiple council teams to deliver projects aimed at improving community safety, healthy eating and active travel. The council teams include Green Spaces, Trading Standards, Licensing, Active Travel, Education, Youth Services, Environmental Health and Community Safety. The initial project involved three schools but has since been incorporated into the Education Strategy, development of a new School Food Working Group and work to address the problem of serious youth violence.
- **Physical Activity Programmes** – the team has worked to expand the physical activity offer which has resulted in increased participation levels for children post-Covid. Discussions are underway to ensure the sustainability of these programmes by building them into the GLL contract.
- **'SORTED' Drugs and Alcohol Service for Children and Young People** – this is a service funded by Public Health and delivered as part of the Hillingdon Youth Offer. The service provides confidential advice, information and education for children, young people and parents/carers and is accessible to anyone who either lives in Hillingdon or attends a school in the Borough.

- **Support for Healthy Lifestyles** – provision of stop smoking services in partnership with the NHS and community pharmacies, exercise on referral programme, weight management programme for children and adults.
- **Tobacco Control** – we have successfully implemented a Tobacco Control Alliance with multi-agency representation including Trading Standards. Successes include more than 1.3 million illegal or counterfeit vaping devices seized at Heathrow Airport together with successful prosecution for illegal sales to under-aged children of vapes and cigarettes.
- **NHS Health Checks** – a review of the contract with GP Practices for delivery of NHS Health Checks to eligible adults aged between 45 and 75 years to improve the service offer and tackle variation of quality and uptake, for example by sharing best practice. The expected population health outcomes include improved uptake of screening and earlier detection of hypertension (high blood pressure), heart disease and stroke risk, diabetes and some types of dementia.
- **Population Health Management** – support to the production of the Joint Strategic Needs Assessment, Pharmaceutical Needs Assessment, development of data packs to inform public health and NHS commissioning and training on population health management to a range of professionals across the council and the Hillingdon Health and Care Partnership.
- **Delivery through the Integrated Neighbourhood Teams** – the Public Health Team provide support to strategic decision making and delivery of a range of programmes to improve health and wellbeing through the three Hillingdon Integrated Neighbourhood Teams. Some examples of the programmes being delivered include:
  - a) Falls Prevention – strength and balance sessions held in libraries and other community settings to improve balance function, prevent falls and maintain independence. Support to Care Homes on falls prevention including delivery of training to staff.
  - b) Social Isolation – working in partnership with Brunel University to support mainly older residents who are socially isolated and lonely
  - c) Dementia Early Intervention programmes being delivered in libraries and leisure centres together with dementia awareness training to residents and professionals and establishment of a Dementia Action Alliance.
  - d) Warm Welcome Centres – 10 centres have been set up across the Borough offering a range of activities together with community outreach
  - e) Cancer Project – delivered in partnership with the NHS to improve the awareness of symptoms of cancer, the importance of cancer screening and early detection and wellbeing support
  - f) Promoting the uptake of vaccinations – delivered in partnership with the NHS targeting older people together with sessions aimed at gypsy/travellers in Harefield. Work being planned to improve the uptake of childhood vaccinations.

## Priorities for 2026

The new Director of Public Health in Hillingdon has only recently been appointed and so the priorities for improving and protecting the health of the people of Hillingdon are in the process of being developed but the focus is likely to include:

- Ensuring that the statutory responsibilities are being delivered

- A review of the commissioned services for stop smoking support, drugs and alcohol, sexual health and contraception to ensure quality and outcomes and value for money
- Embedding the new contract for delivery of NHS Health Checks
- Development of proposals for an integrated healthy lifestyles offer
- Development of proposals for improving the levels of physical activity and reducing sedentary behaviours to be integrated into the GLL contract

## **PERFORMANCE DATA**

The Office for Health Improvement and Disparities (OHID) produce the Public Health Outcomes Framework which allows local authorities to benchmark their performance against a range of public health indicators. A summary of the Public Health Outcomes Framework for Hillingdon can be found as Appendix 1.

The health of the population in Hillingdon is generally good compared to England and Region averages. However, we know that there is significant variation in health outcomes within communities in Hillingdon and work is being undertaken to better understand the reasons for this.

## **RESIDENT BENEFIT**

The report describes some of the activities being undertaken to improve the health and wellbeing of local residents.

## **FINANCIAL IMPLICATIONS**

Each upper tier and unitary authority with responsibilities for public health receive an annual Local Authority Public Health Grant Allocation to fund local public health services. Hillingdon received a Public Health Grant Allocation of £21,007,294 for 2025/26. At the time of writing the allocations for 2026/27 have not been published.

## **LEGAL IMPLICATIONS**

There are no direct legal implications arising from this report.

## **BACKGROUND PAPERS**

NIL

## **APPENDICES**

Public Health Outcomes Framework – at a glance summary.