



Spelthorne Health and Wellbeing Strategy 2016-19



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Foreword

I am delighted to introduce Spelthorne's first Health and Wellbeing Strategy. This strategy represents a significant step forward to improving the health and wellbeing of the people of Spelthorne.

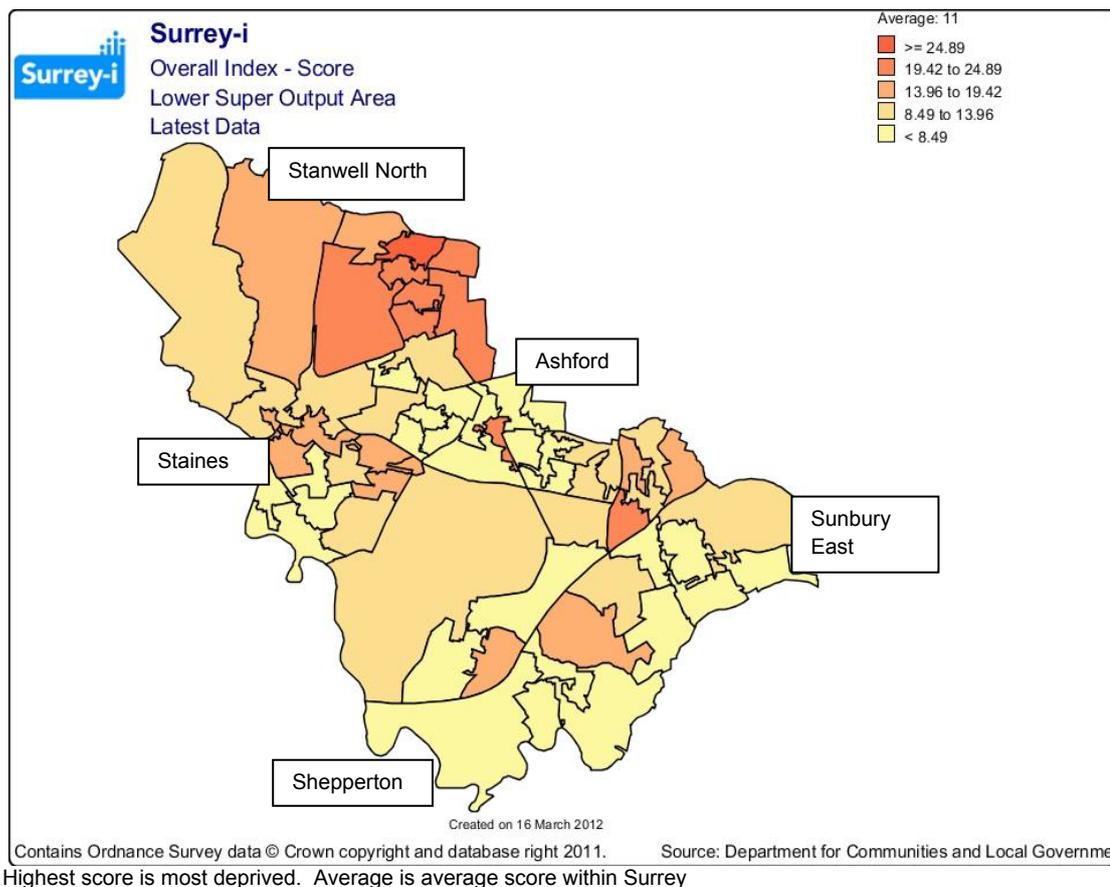
The strategy presents a new and exciting opportunity to build on and succeed in partnership working. The strategy outlines 4 key priorities where it is recognised that by working together we can achieve the greatest results. We look forward to making the most of the extensive skills and knowledge of our communities and services to jointly tackle the health challenges we face today. We are fortunate in Spelthorne that many of our residents already experience good levels of health and wellbeing. However, some of us do not, and these health inequalities must be addressed. We have a duty to work together to make a real difference to people's lives while improving the health of the general population. The challenges we face will not be solved overnight but tackling these together will be a main priority.

Cllr Maureen Attewell

1. Spelthorne Borough Council Overview

- 1.1 The Borough of Spelthorne lies to the south west of London and is a relatively small borough, just six miles long and two and a half miles wide. It is located 15 miles from central London and shares its northern border with Heathrow Airport. The River Thames defines its long southern boundary.
- 1.2 It is densely populated and has five main urban areas - Ashford, Shepperton, Staines-upon-Thames, Stanwell and Sunbury-on-Thames.
- 1.3 The population of approximately 95,598 (2011) live in about 39,500 dwellings. The mix of dwellings and density makes Spelthorne more similar to the adjoining London boroughs than the rest of Surrey. The population is relatively older than average with a projection that it will get older over the next 20 years.
- 1.4 The Borough is economically active although its unemployment claimant count of 0.9% (February 2015) has been at that level for the previous 6 months. It is adjacent to some major employment centres especially Heathrow Airport, which employs more than 3,900 Spelthorne residents (March 2010).
- 1.5 Surrey is one of the healthiest counties in the UK and Spelthorne fares well in the majority of health measures when compared with the national picture and our neighbouring boroughs. However, Spelthorne Borough Council recognises the key role it plays in helping to improve the health and wellbeing of residents, particularly those in areas of greater deprivation where certain health issues are more prevalent and there is much greater need. There are small pockets of deprivation in the borough (see figure one) in parts of Stanwell, Ashford, Staines-upon-Thames and Sunbury Common.
- 1.6 Ashford and St Peter's Hospital Trust are the key hospitals for Spelthorne with Ashford Hospital being the only hospital situated within the borough. The nearest accident and emergency is located outside the borough at St Peter's in Chertsey.
- 1.7 There are 11 GP surgeries in Spelthorne. All the surgeries in Spelthorne are part of the North West Surrey Clinical Commissioning Group.
- 1.8 Recreational facilities include two leisure centres, over 750 acres of parks and open spaces, golf courses, water sports and Kempton Park racecourse.
- 1.9 Spelthorne also has four community centres and a wellbeing centre.

Figure 1: Overall Index of Deprivation 2010 by lower Super Output Area Spelthorne. Super output areas (SOA) were designed to improve the reporting of small area statistics and are built up from groups of output areas (OA).



2. National/Policy context

- 2.1 To safeguard its future the NHS needs to change to meet the challenges it faces. Only by modernising can the NHS tackle the problems of today and avoid a crisis tomorrow. The Health and Social Care Act 2012 put Clinical Commissioning Groups (CCG) at the centre of commissioning and gave a new focus to public health.
- 2.2 The Health and Social Care Act 2012 indicates significant changes, giving the NHS, Spelthorne and our partners the chance to develop local actions to make improvements to services in our borough.
- 2.3 The responsibility of delivering this act locally is the North West Surrey CCG Group and Surrey County Council (SCC). Their statutory duties are:
 - the Healthy Child Programme for school-age children (including school nurses)
 - sexual health services (excluding contraceptive services provided under the GP contract and HIV treatment)
 - public mental health services

- local programmes to promote physical activity, improve diet/nutrition and prevent/address obesity
- drug misuse and alcohol misuse services
- tobacco control, including stop smoking services and prevention activity
- NHS health checks
- local initiatives to prevent accidental injury, including falls prevention
- local initiatives to reduce seasonal mortality.

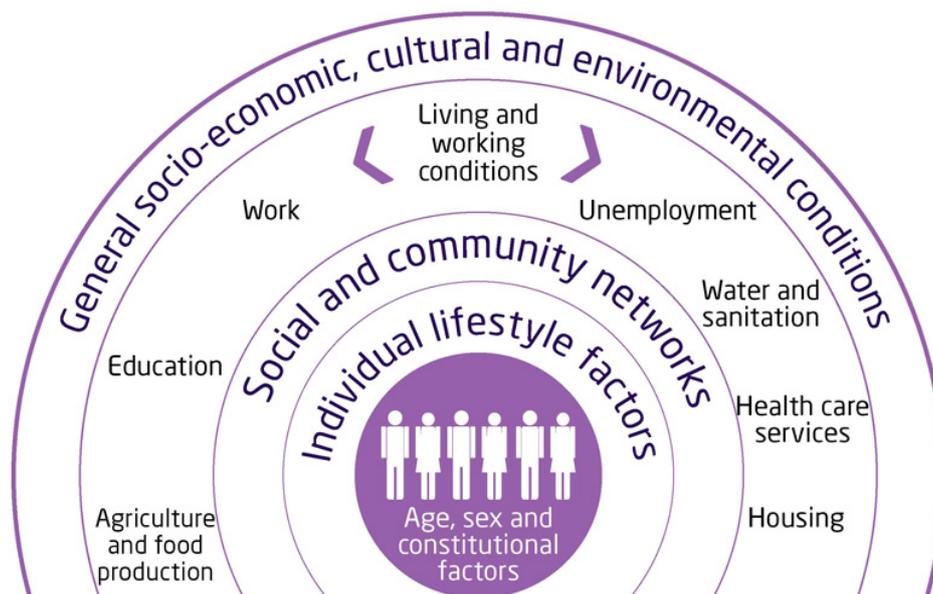
Why prevention?

“Prevention of ill health has traditionally been the responsibility of the NHS, but we put prevention in the context of the social determinants of health. Hence, all our recommendations require involvement of a range of stakeholders. Local and national decisions made in schools, the workplace, at home, and in government services all have the potential to help or hinder ill-health prevention.”

(Marmot 2010 – Executive Summary)

- 2.4 Ill health prevention forms the foundation and influences this strategy to improve health and wellbeing. The evidence base for this is substantial, and includes:
- The Global Burden of Disease Survey 2010
 - Social Model of Health
 - The Marmot Review
- 2.5 The Global Burden of Disease 2010 Study is the largest study of its kind ever undertaken, and shows that in the UK, the contribution of unhealthy behaviours to the overall burden of disease is enormous. This represents a key opportunity to improve health and wellbeing by targeting these behaviours through prevention action. According to the survey, the top 5 risks factors are tobacco smoking, raised blood pressure, obesity, physical inactivity, and alcohol; all of which are entirely, or in large part, amenable to prevention. Tobacco smoking alone accounts for 12% of the burden of disease, the single greatest cause of ill health in the UK, and is responsible for 1 in 7 of all deaths in Surrey.
- 2.6 The Social Model of Health, as shown in the following figure, also outlines that health is determined by a complex interaction between individual characteristics, lifestyle and the physical, social and economic environment.

Figure 2: The Social Model of Health



Source: Dahlgren, G. and Whitehead, M. (1993) Tackling inequalities in health: what can we learn from what has been tried?

- 2.7 The Marmot Review also highlights that health inequalities arise from social inequalities, and action on inequalities require a focus on prevention. Prevention incorporates both the narrow definition of tackling unhealthy behaviours, and the wider definition of action on socio-economic determinants to prevent the onset of ill-health in the future.

3. Surrey Setting

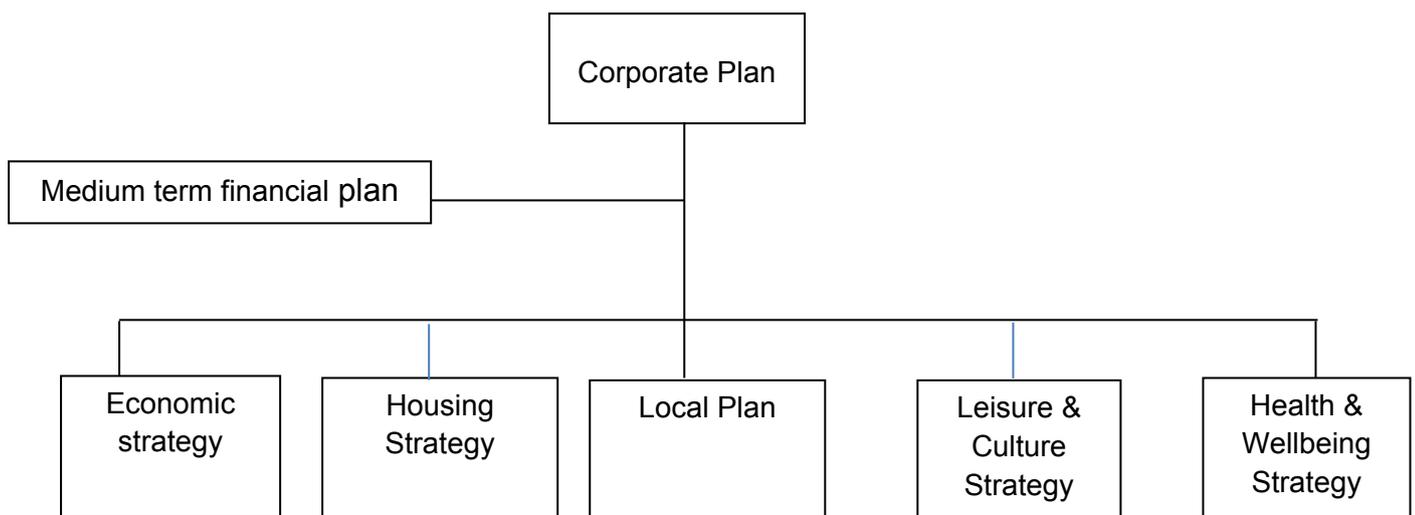
- 3.1 Over one million people live in Surrey. Each and every one of them has their own health and wellbeing needs. Meeting those needs is a complex task and health, social care, third (voluntary) sector and community leaders must all work together to succeed in supporting people to resolve these needs in an effective and efficient manner.
- 3.2 The Commissioning Intentions drawn up by NHS North West Surrey Clinical Commissioning Group (NWS CCG) outline the priorities being taken forward to provide the best possible health for the population of North West Surrey.
- 3.3 Surrey County Council as lead for public health has set up a Health and Wellbeing board and they have produced a Health and Wellbeing Strategy. Their strategy prioritises actions which can be achieved in partnership and demonstrates how needs identified through the Joint Strategic Needs Assessment (JSNA) and other sources are to be addressed. Decisions about health and care are then based on clinical expertise, evidence from the JSNA, and input from locally elected councillors and the public. The general public can make comments via initiatives such as Health Watch Surrey and at public meetings. This means decisions about action and investment can be genuinely local, rather than solely a reflection of national priorities.

3.4 Based on the local evidence and knowledge, Spelthorne Borough Council has developed four health priorities in areas where we have influence and control. We will work as a team to develop and identify where we link with and complement the SCC and North West Surrey CCG objectives and priorities.

<p style="text-align: center;">North West Surrey Clinical Commissioning Group Strategic Objectives (2014-18)</p> <ol style="list-style-type: none"> 1. Increase length of life and prevent people from dying prematurely 2. Improve quality of life and promote independence 3. Optimise the integration, quality and effectiveness of services 4. Help people recover from ill-health 5. Target spend for greatest gain and eliminate waste 	<p style="text-align: center;">Surrey County Council Health and Wellbeing Strategy Priorities</p> <ol style="list-style-type: none"> 1. Improving children’s health and wellbeing 2. Developing a prevention approach 3. Promoting emotional wellbeing and mental health 4. Improving older adults health and wellbeing 5. Safeguarding the population
<p>Spelthorne Borough Council Priorities</p> <ol style="list-style-type: none"> 1. A borough where health inequalities are reducing among young and old 2. Developing a preventative approach 3. Improve emotional and mental wellbeing 4. Safeguarding 	

4. Health in Spelthorne

- 4.1 The county of Surrey is one of the least deprived in the country and its population generally enjoys good health and wellbeing. In Spelthorne, many of the Borough's residents also enjoy good health compared with many areas, but there are small pockets of deprivation in specific wards. Significant problems also persist in the population which can lead to ill health, particularly obesity, smoking and physical inactivity, which are important causes of early death and ill health.
- 4.2 Developing this Health and Wellbeing Strategy will ensure that we have a locally determined set of priorities. It will enable us to provide partners such as the Clinical Commissioning Groups (CCG) and Surrey County Council with information to inform their future plans and therefore assist our partnership working.
- 4.3 This strategy is part of a number of corporate plans and strategies supporting Health & Wellbeing in its broader sense in Spelthorne.



- 4.4 The strategy has also been informed by a residents' survey (2014) which identifies the following as being important and related to Health and Wellbeing:
- Clean areas/clean streets (sense of wellbeing)
 - Waste and recycling (public health)
 - Parks and open spaces (opportunities to keep fit and well)
- 4.5 The following tables highlight how Spelthorne compares with both England and Surrey.

Table 1: Data Summary for England, Surrey and Spelthorne

	England	Surrey	Spelthorne
Total number of carers (2011 census)	5,430,016 (10.2%)	108,433 (9.6%)	9,844 (10.3%)
Admission episodes for alcohol related conditions per 100,000 (2013/14) ¹	645	525	554
Smoking Prevalence (2014) ¹	18%	16.6%	15.9%
Excess winter deaths (2011-14) ¹	15.6%	15.9%	17%
Excess weight in adults - the percentage of adults classified as overweight or obese (2012-14) ¹	64.6%	63.4%	62.8%
Obese adults (2012-2014) ¹	24%	22.5%	25%
Obese children (year 6) ¹	19.1%	16.4%	15.5%
Homelessness acceptances – per thousand households (2014-2015) ¹	2.4	2	3.2
Percentage of physically active adults – those achieving 150 minutes of at least moderate intensity activity per week (2014) ¹	57%	59%	55.8%

¹ Public Health Profiles 2015 (Public Health England)

Table 2: Surrey & Spelthorne Comparison Table

	Surrey	Spelthorne	Comments
Life expectancy ¹	84 years for women 80.5 years for men	83.8 years women 80.7 years men	The life expectancy varies greatly from the most deprived areas compared to the least deprived
Children living in poverty ¹	13.7%	13.6% Highest in Ashford North/Stanwell South & North, Sunbury Common	Children living in poverty are less likely to do well in school, resulting in poorer job opportunities. They are likely to live five years less than their peers.
Bed and Breakfast / Temporary accommodation ² (Dec 2015)	215 Households in B&B 729 Households in temporary accommodation	84 Households in B&B (25 of which have shared facilities) 121 Households in temporary accommodation arranged by local authority	Spelthorne has the highest number of families in B&B – (both shared facilities and self-contained) in Surrey. These families often have no access to GPs, schools or play areas and can suffer from isolation. They may also experience problems such as poor nutrition.
Dementia Prevalence in 65+ population. (2012-13) ⁵	3.4%	3.4%	

¹Public Health Profiles 2015 (Public Health England)

² Spelthorne P1E

³ Surrey I community wellbeing, Spelthorne area profile

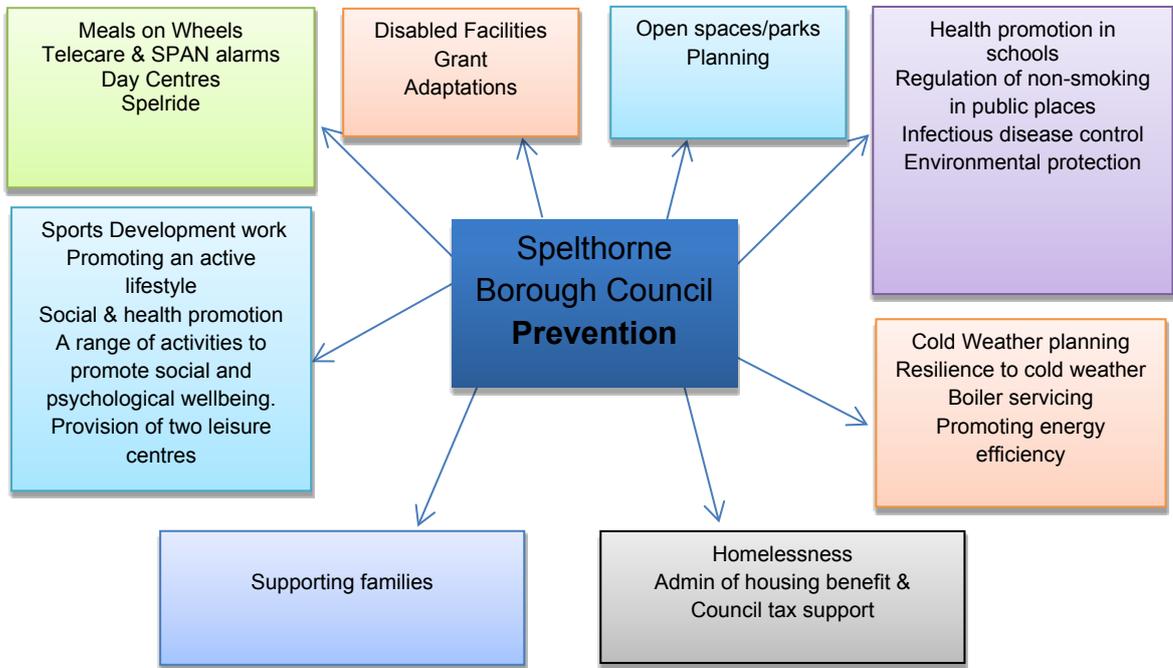
⁴ Surrey I JSNA Summary Spelthorne, Surrey i

⁵ Surrey JSNA - Dementia Chapter Surrey i

Figure 3: Current provision to support the wellbeing of Spelthorne residents

4.6 As a local authority we provide support to our residents in many ways, focusing on prevention.

A snapshot of Spelthorne's current functions:



Our Vision

“To reduce inequalities and improve health and wellbeing of people living in Spelthorne”

5. Our priorities

- 5.1 We have developed four health and wellbeing priorities for the borough which also complement SCC and CCG priorities. Spelthorne and partners will obviously continue to work on their statutory and discretionary functions and various other special projects, but these four priorities have been identified as requiring additional focus.

Our priorities Areas

- 5.2 **Priority 1: A borough where health inequalities are reducing amongst all ages**

Focusing on:

- Children living in poverty
- Older people in need of social care and those that need help to remain at home independently
- People with learning and physical disabilities
- People with dementia and their carers

- 5.3 **Priority 2: Develop a preventative approach**

To prevent ill health and promote wellness concentrating on:

- Reducing smoking and alcohol misuse to increase life expectancy
- Increasing physical activity and reducing obesity
- Reducing excess winter deaths
- Improving air quality
- People in inadequate housing
- People who have come for help with housing/homeless situation
- People who need advice on maximising income/benefit advice

- 5.4 **Priority 3: Improve emotional and mental wellbeing**

- Promote initiatives to encourage positive mental health

5.5 Priority 4: Safeguarding the population

- Ensure that children and adults whose circumstances make them vulnerable, will be safeguarded and protected from avoidable harm.
- We will ensure that safeguarding policies and procedures are followed by us and our partners.
- People who use our services will feel safe.

5.6 If we get all the priorities right we hope to see the following outcomes:

- The gap in the life expectancy between the most deprived and least deprived areas across Spelthorne will narrow
- The current increase in people being admitted to hospital due to drinking alcohol will slow
- People who use our services will feel safe
- There will be fewer avoidable winter deaths
- Older people are able to stay in their own homes longer
- More people (children and adults) will be physically active
- More people will be a healthy weight

6. Developing the action plan, the annual review and engagement with partners

- 6.1 The Strategy will be reviewed each year and progress monitored by the Spelthorne Health and Wellbeing Group and Cabinet/Performance Monitoring Forum.
- 6.2 Progress on each of the 'actions' in this strategy will be monitored by the Health & Wellbeing group and in an annual review to Cabinet/Performance Monitoring Forum.
- 6.3 This Health and Wellbeing Strategy embraces a commitment to partnership working that draws together all of the key stakeholders. It is intended that the promotion of this strategy will be through the Health and Wellbeing Group and that it is a 'living' document focussing on national, Surrey and local health priorities. It is likely to change over time as priorities are set. Spelthorne will adopt any changes and ensure that it supports its population in improving the health and wellbeing of its residents.

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