

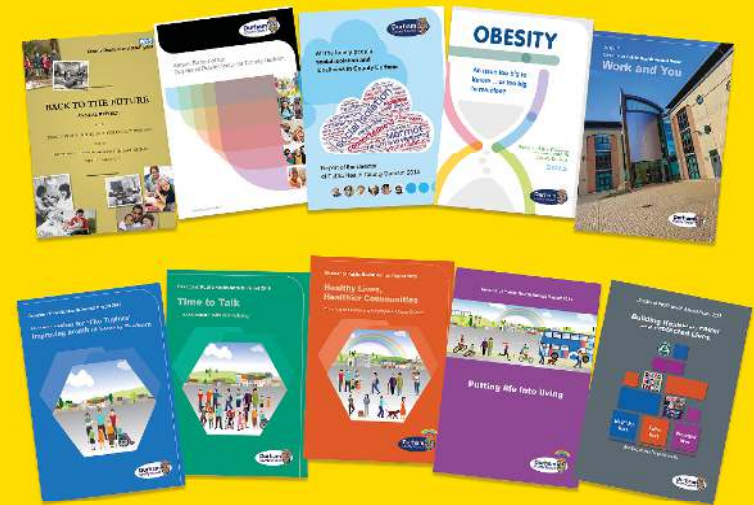
Director of Public Health Annual Report 2023

Adults Wellbeing and Health Overview and Scrutiny Committee 15 January 2024

Amanda Healy
Director of Public Health

Director of Public Health Annual Report 2023

**10 years in Local Authority -
Looking back to plan ahead**



Health of our People

- Good quality data and intelligence underpins effective working across multiple local organisations.
- Data is used to carry out health needs assessments, health equity audits, commissioning and delivery of services, public health surveillance and identifying inequalities in the way people access services.



The Joint Strategic Needs and Assets Assessment (JSNAA) provides a detailed overview of the current and future health and wellbeing needs of the people of County Durham.

Examples of work undertaken via the JSNAA strategic group:

- **Veterans' Health Needs Assessment**
 - The recommendations were developed in conjunction with members of the County Durham Armed Forces Forum.
- **Ageing Well Health Needs Assessment**
 - The key themes and recommendations were used to populate the Ageing Well Action Plan which is now being implemented



Health of our People

The strengths and assets in County Durham

- County Durham has many assets that can support and protect the health of our 522,000 residents.
- Assets are used as a support structure on which to build and improve local services and benefit local people.
- Communities work together and alongside us to both strengthen existing assets and develop new ones.
- Our stunning countryside and landscapes, hills, dales, rivers, waterfalls and coastlines, all make County Durham a great place to be physically active.

Physical Activity



- 15 council owned leisure centres including 10 swimming pools.
- 340 fixed play areas.
- 120 hectares of outdoor sports pitches
- 441 hectares of allotments.
- 32 hectares of play space (children and young people).

Assets and green space

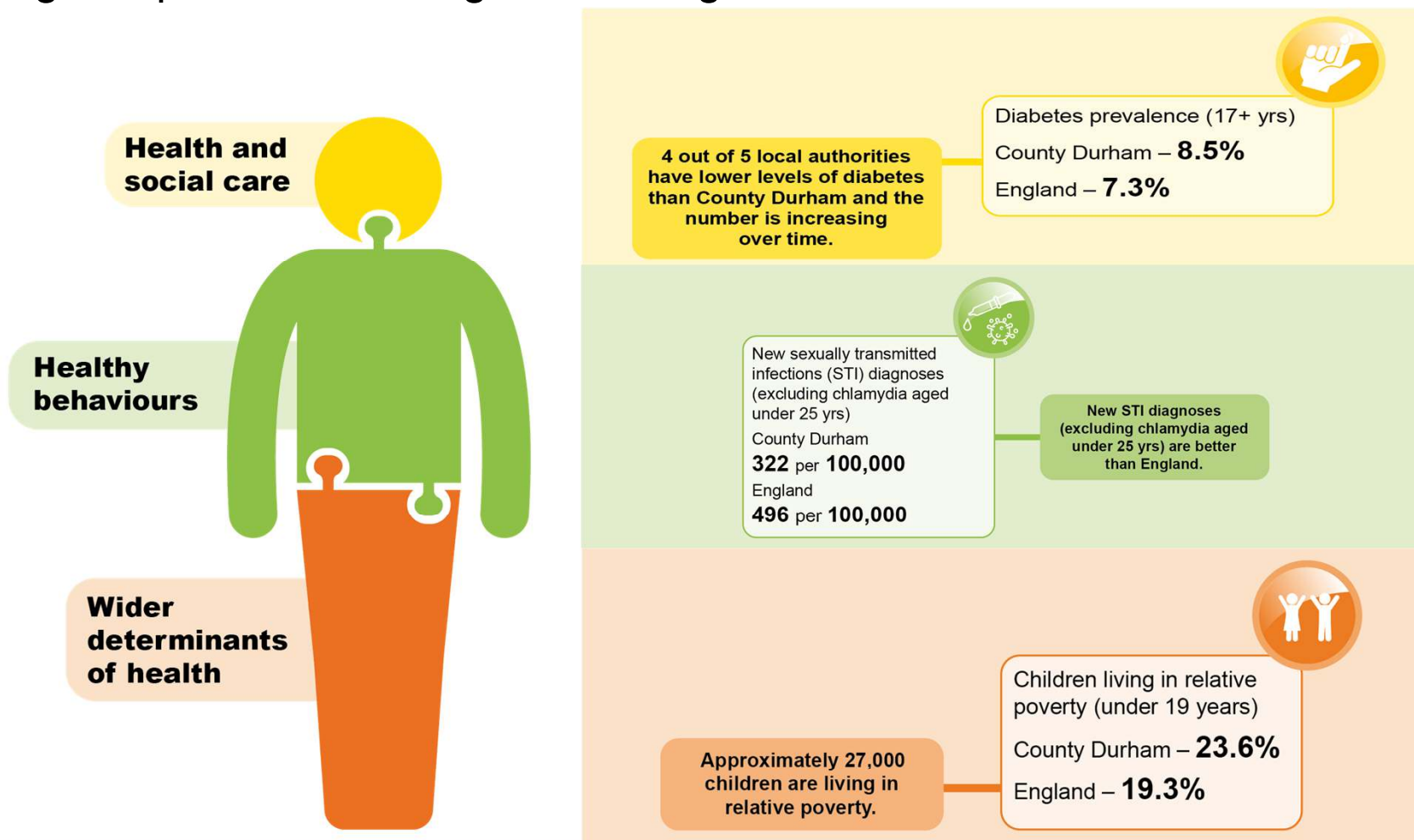


- 312 local wildlife sites.
- Over 400 miles of recreational routes for walking and cycling.
- Almost 120,000 hectares of Accessible Natural Green Space.
- Over 1,200 hectares of Limited Access Natural Green Space.
- Community engagement, volunteering and outdoor education provided by the Countryside Service.
- Community countryside programmes to promote the importance of conservation and biodiversity.
- In 2022/23, our Countryside Service benefitted from 128 active volunteers and 85 corporate volunteers.



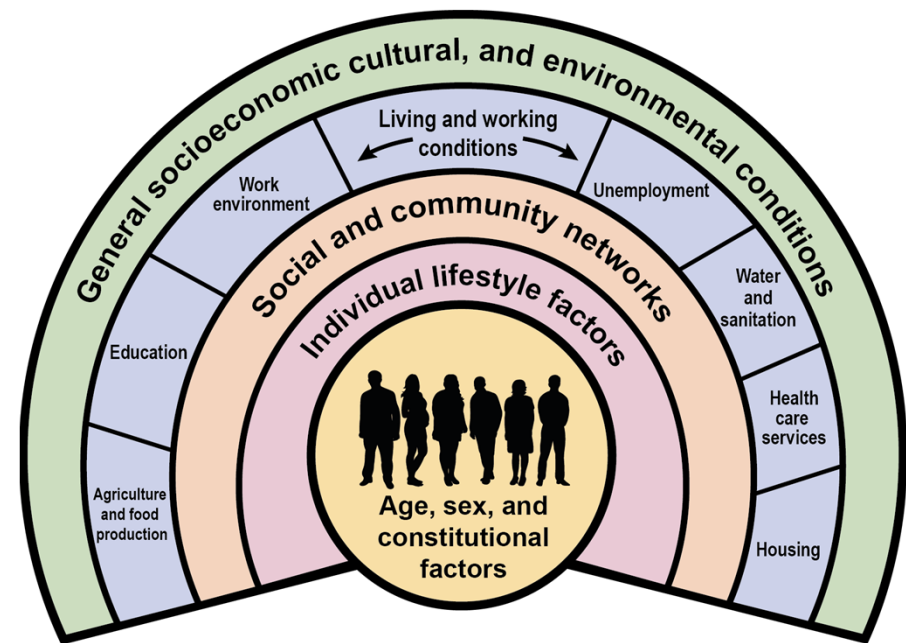
Impacts on Health and Wellbeing

- Our health and the health of our population is dependent on a complex relationship between our genes, and three broader factors.
- Data for County Durham is shown in relation to these influences on health and wellbeing compared to the England average.



10 years of Public Health in Local Authority

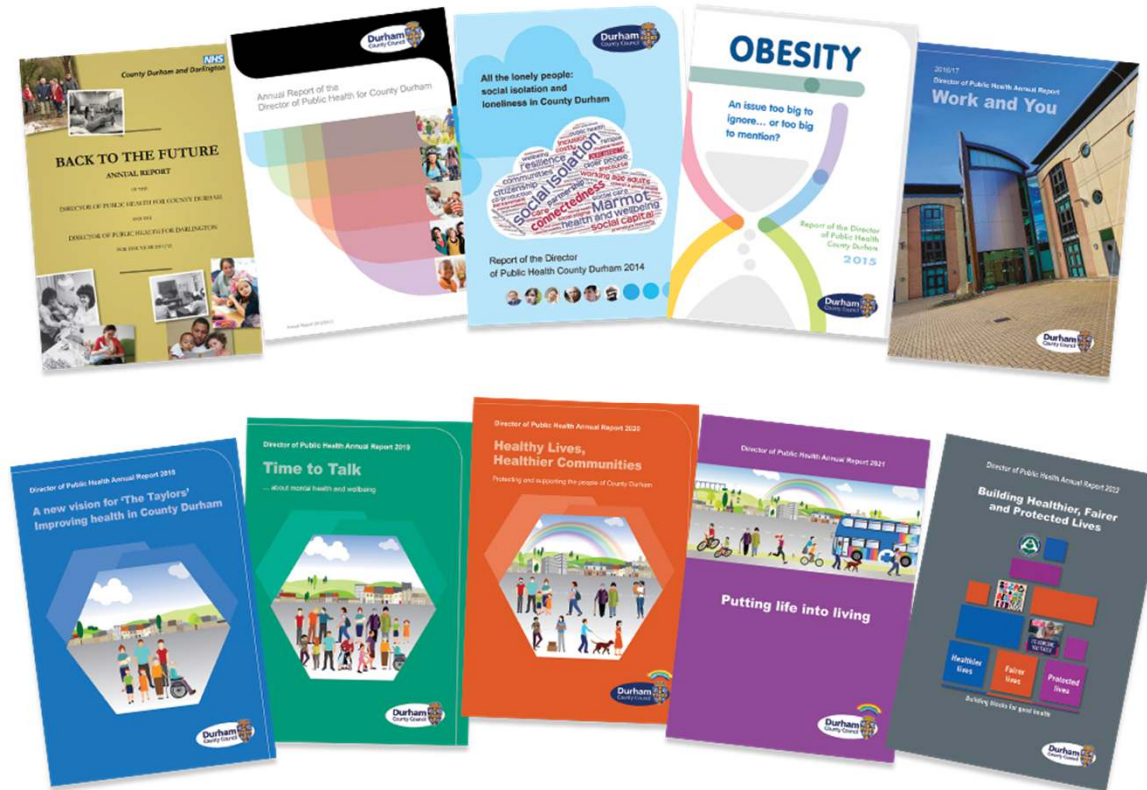
- The public health function and services, including the Director of Public Health's statutory responsibilities, moved from the NHS to local councils in April 2013.
- Moving into the local authority provided the environment for public health to advocate, influence and embed population health principles and healthy behaviours into the development and delivery of evidence-led health and social care strategies and services.
- Driving down the impact of wider social determinants of health and addressing the health needs of the population.



10 years of Public Health in Local Authority

- Over the last ten years we have seen how local government is ideally placed to embed and enhance actions to improve population health through collaboration with partners and informed by public health.

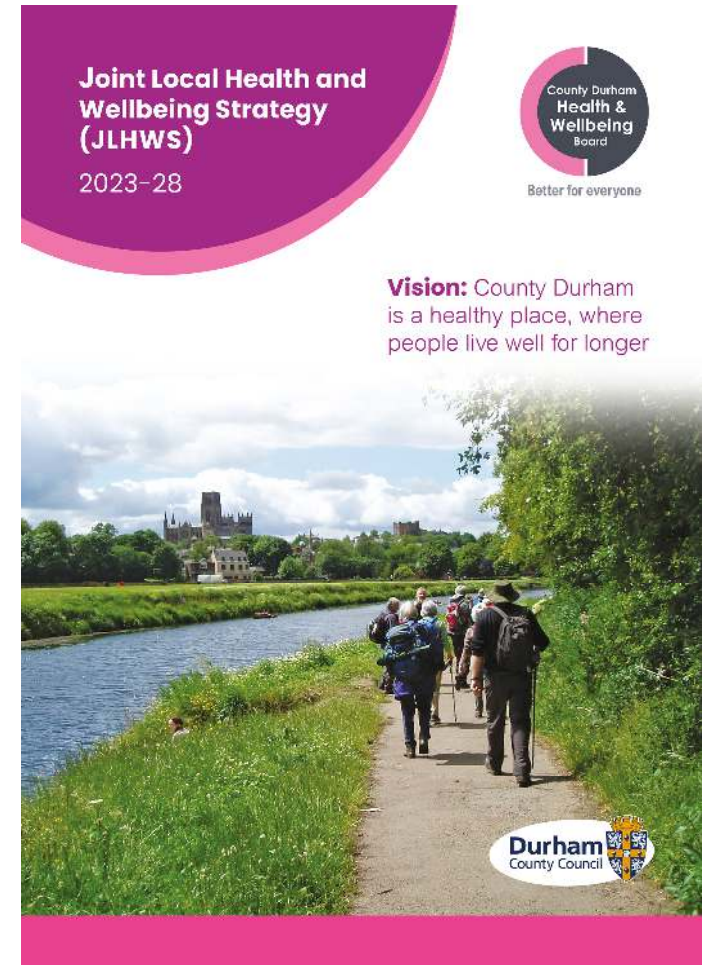
10 years of Director of Public Health Annual Reports



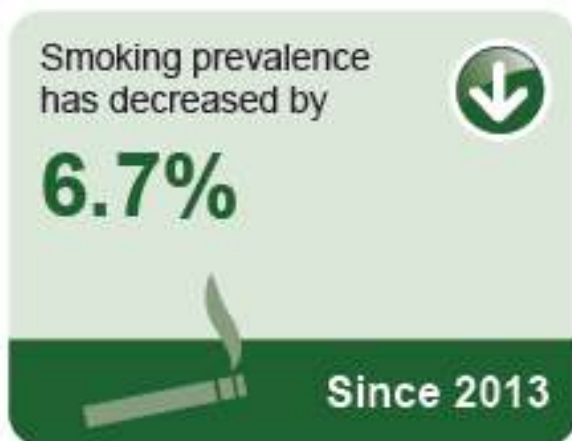
10 years of Public Health in Local Authority

10 years of the Health and Wellbeing Board

- The Health and Wellbeing Board was created 10 years ago and has overseen progress in the integration of health and social care.
- The annual report provides an update on 10 years of the Health and Wellbeing Board linking to the social determinants of health (including economy) and the work undertaken against the four current key health priority areas for County Durham:
 - making smoking history,
 - enabling healthy weight for all,
 - improving mental health resilience and wellbeing,
 - and reducing alcohol harms.
- The board has led developments across the wider partnership.

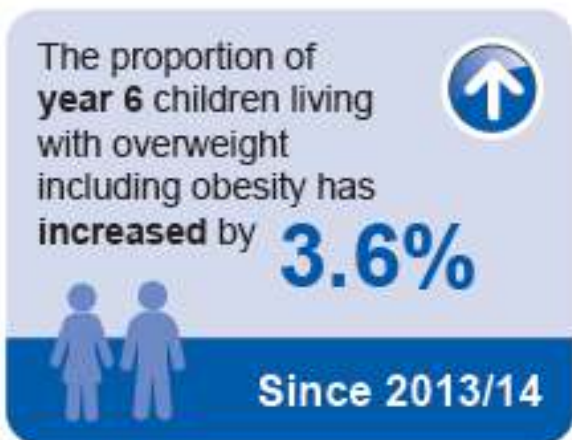
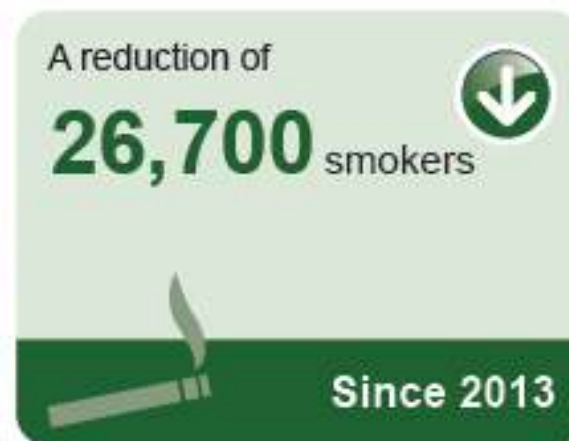


Health and Wellbeing Board current priorities



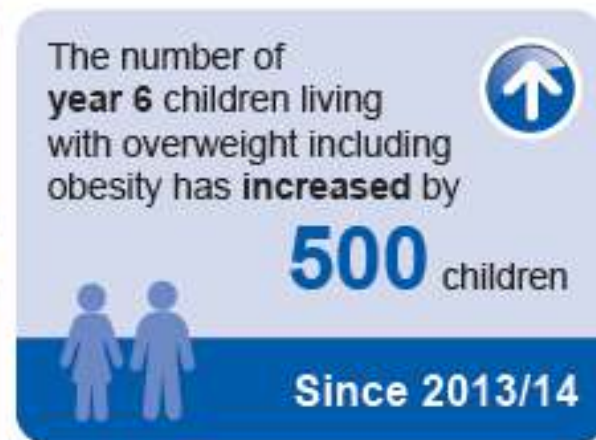
This change is not significant, and County Durham is still statistically significantly worse than England.

The latest smoking prevalence amongst adults is 15.4% (2022).

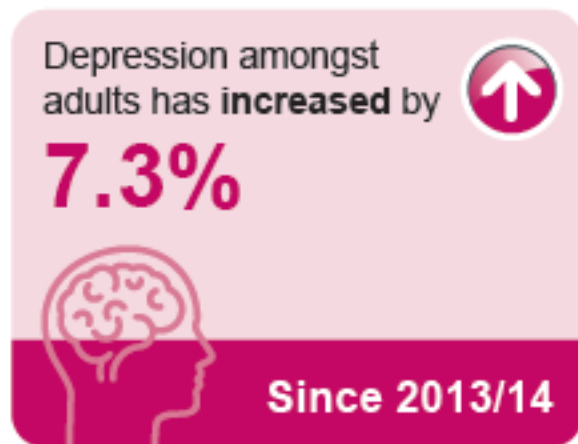


This increase is not significant, and County Durham is still statistically significantly worse than England.

In year 6 the proportion of children living with excess weight is 39.8% (in reception the proportion is 23.9%) (2021/22).



Health and Wellbeing Board current priorities



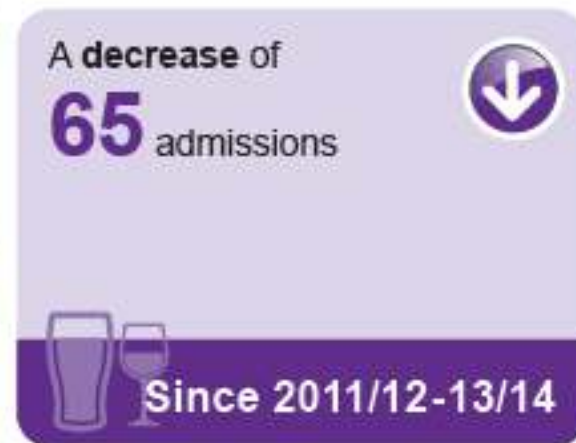
This change is significant, and County Durham is still statistically significantly higher than England.

The latest depression prevalence figure amongst adults is 15% (2021/22).



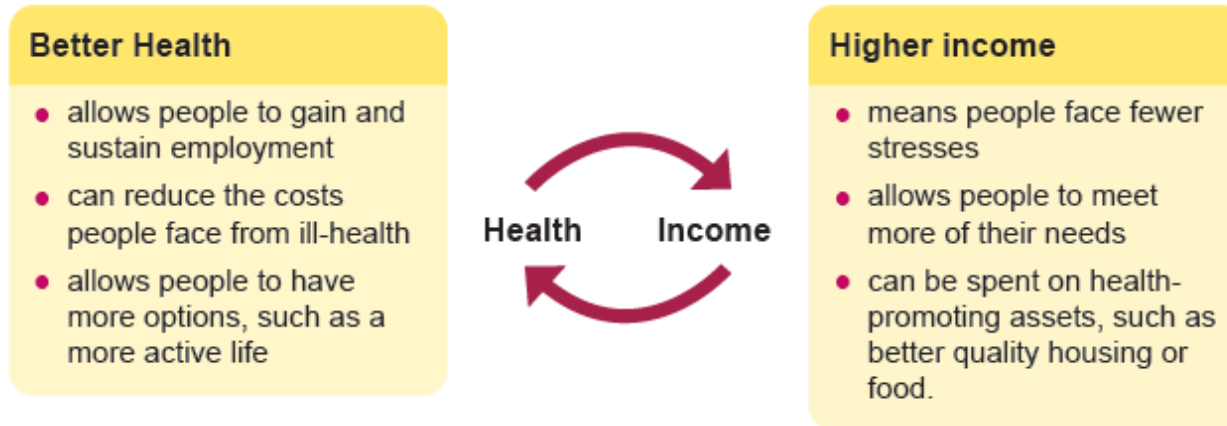
This decrease is significant, but County Durham is still statistically significantly worse than England.

The latest rate of hospital admissions for alcohol-specific conditions for under 18s is 52.5 per 100,000 (2018/19-20/21).



10 years of Public Health in Local Authority

Health, wealth, work and economic development



Over the past 10 years there have been a range of initiatives and programmes of work in County Durham to promote a positive, interdependent relationship between health and wealth, including:

- The County Durham Better Health at Work Award and workplace health programme
- Mental Health at Scale
- Employment support
- The County Durham Inclusive Economic Strategy and delivery plan

Collaboration – working together to improve lives

Each year in the annual report we present some of the projects we have delivered. This year we have focused on those projects where we have worked with others to develop, improve and protect the health and wellbeing of the county to reduce health inequalities.

Offering children the best start in life and the national Family Hubs programme

In 2021, the Government announced a three-year Family Hubs and Start for Life Programme to improve the lives of babies, children, young people, parents, and carers. County Durham was chosen as one of 75 local authorities to develop this programme.



Catherine said that she and her family have always felt so included in the Family Hub and that they have a good relationship with staff. They were contacted to come and use the new sensory room as soon as it was available and now attend regular sessions and events.

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Healthy Options Takeaway (HOT)

In County Durham nearly 40% of our children leave primary school overweight and 75% of adults are overweight. As part of our work to help people live at a healthy weight, we now offer training for food businesses so they can offer more healthy options on their menus. It is called the Healthy Options Takeaways (HOT) Masterclass.



Shildon Alive

Ben said:

“Our customers have been really happy with the changes we’ve made and haven’t even noticed the difference with things like swapping to low salt, which is brilliant.

Ben is now looking at ways to continue offering even more healthy swaps: “

Collaboration – working together to improve lives

Supporting people with drug related problems

Drug and alcohol treatment services have been a responsibility of Durham County Council for the last ten years. During that time there has been significant consolidation of services and the introduction of a wide range of support for local residents who experience drug and alcohol problems.



Paul had previously been in treatment with the Drug and Alcohol Recovery Service (DARS) but, through living a chaotic lifestyle, had fallen out of treatment. Paul had no fixed abode and was 'sofa surfing' or rough sleeping at times. Paul was provided with a rapid pathway back into treatment by completing triage immediately and allocated a worker.

Following support from the DARS worker, he was able to successfully exit treatment and finished a Methadone prescription whilst maintaining successful tenancy.

Collaboration – working together to improve lives

Strep A response

One of the main responsibilities for public health is protecting the public from the impact of infectious diseases.

During winter 2022/23 there were more cases of Strep A (Group A Streptococcal) infections than normal.

By acting quickly we kept the number of infections as low as possible and offered support and reassurance to people who were worried.



UK Health Security Agency #GroupAStrep

Group A Strep (GAS)

Parents should trust their judgement when their child is poorly. Speak to your GP or call 111 if your child is poorly and getting worse.

Always call 999 or go to A&E if your child:

- ▶ Is having difficulty breathing - such as grunting noises or their tummy sucking under their ribs
- ▶ there are pauses when your child breathes
- ▶ child's skin, tongue or lips are blue
- ▶ is floppy and will not wake up or stay awake.



Helen Nixon, Lead Officer Early Years and Childcare

‘Public Health have become a key partner over the last three years providing advice, guidance and support to the early years and education sector.

Conclusion

- Public health has been embedded across the council with the opportunity to go further.
- The health and wellbeing of residents has seen some change over the past 10 years, with reductions in smoking levels which is a fantastic achievement, though with more to do.
- Areas of challenge – unhealthy weight, mental ill-health and alcohol harms.
- Health and Wellbeing Board has led many changes over the last 10 years.
- Good partnership working.
- Looking ahead to 2033 for improvements in health and wellbeing and reduction in health inequalities.