

## Agenda Item 5

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<b>Ward (s) affected</b>	All
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<b>Subject</b>	Mole Valley Draft Wellbeing Strategy
<b>RECOMMENDATIONS</b>	
The Scrutiny Committee is asked to give its initial observations on the Draft Wellbeing Strategy as part of its Policy Development function.	

<b>CORPORATE PRIORITIES</b>	
This Strategy sets out Mole Valley District Council's priorities and initial action plan to support the health and wellbeing of its communities. Specifically the action plan addresses the following aspects of the Council's Corporate Priority of Community Wellbeing.	
<b>COMMUNITY WELLBEING</b>	
<b>Active communities and support for those who need it</b>	
<ul style="list-style-type: none"> <li>• Improve opportunities for residents to live active lives.</li> <li>• Deliver a programme of inclusive sports and wellbeing activities which increases participation across all generations, targeting our communities which are most in need.</li> <li>• Promote community spirit, encourage individuals, families and communities to support each other and help our neighbourhoods to be more resilient in times of need.</li> </ul>	

### 1.0 BACKGROUND

- 1.1 Community Wellbeing is a corporate priority for Mole Valley District Council and this Wellbeing Strategy articulates key areas of focus in relation to the health and wellbeing of our communities.
- 1.2 The draft Wellbeing Strategy, its priorities and the action plan have been developed with the cross-party Wellbeing Working Group. The Group received presentations of various health and wellbeing data sets and information that highlighted hotspots for specific issues across the District.
- 1.3 The priorities established in this draft strategy have been arrived at using evidence from national, county and local health and wellbeing indices. They seek to address areas of identified need within the District as well as establishing a preventative approach to other issues, such as Childhood Obesity.

The priorities for action identified in this strategy are as follows:

- Reducing the number of adults that have excess weight and/or are obese
  - Supporting Countywide and National campaigns relating to reducing the level of 'increased-risk' drinking and the number of alcohol-related admissions in under-18s, smoking cessation and road safety.
  - Reducing the incidence of childhood obesity
  - Reducing social isolation and working to support carers in our communities
  - Protecting and improving the mental health of residents
  - Reducing the rate of malignant melanoma
- 1.4 An action plan for year 1 of the Strategy is included and will continue to be developed and reviewed throughout the life of the Strategy. Further work is being carried out on the detailed resourcing and timetabling of the initiatives contained within the plan.
- 1.5 The action plan contains reference to some initiatives which are already underway but will continue to be developed during 2015 and beyond.

Of note, are:

- The further development of our parks and open spaces as wellbeing destinations to encourage children and adults alike to enjoy physical activity to contribute to the reduction and prevention of issues related to carrying excess weight and improved mental health. The project to enhance Meadowbank in Dorking will bring exciting opportunities for outdoor activity for adults and children in parallel with the development of the football and wellbeing centres.
  - Continuing to develop the range of activities and interests for older and potentially isolated residents at the Fairfield Social and Wellbeing Centres as well as the Dorking Christian Centre. There are already a wealth of activities on offer for active older people and for those suffering from dementia at the Centres and during the week of 7<sup>th</sup> September there was an opportunity for anyone to try out new activities at the Fairfield Centre in its Open Week.
  - The Community HeartStart and Public Access Defibrillator project which Mole Valley District Council is facilitating in partnership with the British Heart Foundation and South East Coast Ambulance Service. This programme encourages communities to attend essential life-saving training including basic CPR and defibrillator use. The next step is then to assist the community in acquiring and making available a Public Access Defibrillator (PAD). So far, 181 people have undertaken the training over 10 courses and a further 20 community groups are being worked with to achieve the training. Buckland have their PAD installed, another 2 communities have their PADs ordered and others are actively pursuing the devices. The aim is to enable all interested communities to have undergone training by the end of 2015 and to have PADs in all those communities by the end of March 2015.
- 1.6 The Draft Strategy will be presented again to the Scrutiny Committee on 6<sup>th</sup> October 2015 ahead of Executive on 20<sup>th</sup> October 2015.

**Financial Implications** - Where additional resource or outside funding opportunities are available for the achievement of actions, they have been identified in the Action Plan. All other activity will be contained within Service Budgets.

**Legal Implications** – Whilst the Council has a range of functions and duties relating to public health, such as housing, environmental health, health and safety and the provision of parks and public spaces and leisure/sports centres, the general duty of promoting the well-being of individuals is a county council function under the Care Act 2014, and MVDC can assist Surrey County Council with that role through its existing functions/duties.

## **2.0 CORPORATE IMPLICATIONS**

**Monitoring Officer commentary** – The Monitoring Officer confirms that all relevant legal implications have been taken into account

**S151 Officer commentary** - The S151 Officer confirms that all financial implications have been taken into account

**Risk Implications** - The priorities contained within the draft Strategy are based on a number of identified risk factors to the wellbeing of residents in Mole Valley. Where possible, activity relating to communications and awareness campaigns will be co-ordinated with partners to avoid duplication and potential for conflicting information and advice.

**Equalities Implications** – This Strategy is accompanied by an Equalities Impact Assessment which highlights positive equalities impacts including age, disability, support for carers and specific activity in rural areas of the District. No negative impacts have been identified. As the action plan is implemented, additional Equality Impact Assessments will be completed where relevant.

**Employment Issues** – There are no employment implications relating to this strategy.

**Sustainability Issues** - There are no sustainability implications relating to this strategy.

**Consultation** – The Wellbeing Working Group and the Health and Welfare Board have been involved in the development of this Strategy. This Scrutiny Committee is being asked to comment as part of its development.

**Communications** – The strategy will be published on the Mole Valley District Council website and through social media. There are many elements of the Action Plan that involve communications campaigns and awareness raising.

## **BACKGROUND PAPERS**

Public Health England Local Health Profile Data

Surrey Public Health Social Isolation analysis



## **MOLE VALLEY DISTRICT COUNCIL WELLBEING STRATEGY 2015-2019**

### **WHAT IS WELLBEING?**

'Wellbeing' can be described as an assessment of a person or community's quality of life. It can also be described as a balance between physical health, mental health, availability and access to resources and other environmental factors. Thriving communities with strong levels of positive wellbeing will have the resources available for residents to improve their physical and mental state which in turn assist in the prevention of illness.

### **MOLE VALLEY DISTRICT COUNCIL'S ROLE IN WELLBEING**

This strategy articulates the significant role that Mole Valley District Council (MVDC) plays in improving the wellbeing of its communities and the prevention of ill health. While public health functions generally sit with Surrey County Council, MVDC remains well-placed to influence physical and mental wellbeing. The Marmot Review (2010) stated that 'health inequalities result from social inequalities. Action on health inequalities requires action across all the social determinants of health'<sup>1</sup>. MVDC, therefore, is in an important position to address health inequalities through, amongst other services, its leisure centres, parks and open spaces and independent living services.

In Mole Valley, as well as in other districts and boroughs, "achieving improvements...will be dependent upon the delivery of frontline statutory and discretionary services, innovative use of its public assets and utilisation of its local partnerships"<sup>2</sup>.

While recognising the impact that the provision of statutory services such as Housing, Environmental Health and Benefits have on residents' wellbeing, this strategy focuses more on the impact that the Council can have on the preventative agenda. The Council will do this by seeking to maximise the use of its existing services and infrastructure, running effective communications campaigns and through strong partnership working.

### **COUNTYWIDE & NATIONAL BACKGROUND**

The Health & Social Care Act 2012 resulted in fundamental changes to the way that public health was delivered.

The transfer of Public Health to local authorities is an opportunity to shift focus from treating sickness and illness to actively promoting health and wellbeing. The Act established Health & Wellbeing Boards as a forum to allow health leaders to work in partnership to improve the health of their communities in a joined-up manner. These Boards took on their statutory duties from April 2013. Surrey's Health & Wellbeing Board's have drawn up a strategy that prioritises the following:

- 1) Improving Children's Health & Wellbeing
- 2) Developing a Preventative Approach

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<sup>1</sup> 'Fair Society, Healthy Lives': The Marmot Review, Executive Summary

<sup>2</sup> District Action on Public Health

- 3) Promoting Emotional Wellbeing & Mental Health
- 4) Improving Older Adults' Health & Wellbeing
- 5) Safeguarding the Population

More information can be found about Health & Wellbeing in Surrey on [www.healthysurrey.org.uk](http://www.healthysurrey.org.uk).

Many of these countywide priorities have a basis in national programmes aimed at improving the health of the public. *Change4Life* and its associated campaigns such as *Sugar Swaps* focus on healthy eating and increasing exercise at all ages to improve life expectancies by reducing the risk of diseases such as type 2 diabetes, some cancers and heart disease in middle and old age. *Dementia Friends* seeks to help those suffering with dementia to continue to lead their daily lives and to increase understanding of the condition. *Time to Change* challenges the stigma and discrimination that surrounds mental health and empowers those with mental health problems to feel confident and comfortable talking about them.

The MVDC Wellbeing Strategy will combine these countywide and national priorities with area-specific issues as outlined in the Health Profile below. The priorities for Mole Valley will be achieved by maximising the services for which MVDC has direct responsibility, as well as working with partners to ensure the best possible physical and mental wellbeing outcomes for residents.

## **MOLE VALLEY DISTRICT HEALTH PROFILE**

Mole Valley has a population of approximately 86,000, making it the 8<sup>th</sup> most-populated of the 11 Surrey Districts and Boroughs. The population is projected to increase by 15% by 2036.

Life expectancy is above average in the District at 82.2 years for males and 85.2 females, compared to the England average of 79.4 for males and 83.1 for females. However, there are some Wards that have a notable disparity between the life expectancy of males and females, with females expected to live 9.3 years more than males in Ashted Common, and 9.1 years more in Bookham South. The highest life expectancy in males is 84.3 years in Capel, Leigh and Newdigate with the lowest life expectancy in males being found in Charlwood (78.3 years). For females the highest life expectancy is 90.4 years in Ashted Common compared to 78.5 years in Mickleham, Westhumble & Pixham.

According to Public Health England's 2015 Health Profile for Mole Valley, the health of residents is generally very good and significantly better than the national average for the majority of indicators. However, there are a number of areas that are either worse or not significantly different from the England average.

Incidents of **malignant melanoma** are high across most of Surrey compared to the England average. Mole Valley has 24.5 incidents per 100,000 people of malignant melanoma, compared to 18.4 in England and 21.4 across Surrey as a whole

**Excess weight in adults** is much more aligned to the national average. Mole Valley's Public Health Profile shows that 62.5% of adults in the district are classed as overweight or

obese, only slightly below the national average of 63.8%. Despite this proximity to the national average regarding excess weight, levels of sporting activity in adults are high in Mole Valley with 61.3% of adults participating in the recommended minimum 150 minutes of moderate exercise a week. This is above the national average of 56%.

**Excess Winter Deaths** (EWDs) are defined as the difference between deaths in winter months (December-March) and the corresponding average number of deaths over the non-winter months. The Public Health Profile shows EWDs as only being slightly below the England average (a value of 17 compared to 17.4).

The LAPE (Local Alcohol Profile for England) for Mole Valley shows that despite a fall in recent years, the number of **alcohol-specific admissions for under-18s** is only marginally better than the England average and at 40.61 per 100,000 and is worse than regional figures of 39.31 per 100,000. Historically, this figure has been high and is an area that MVDC should focus on in order to ensure continuous improvement.

Also of note is the number of **people participating in 'increasing risk' drinking**. 'Increasing risk' drinking refers to the consumption of between 22 and 50 units of alcohol per week for males and 15 and 35 units of alcohol a week for females. High levels of drinking can lead to hypertension, liver disease and cancer. Out of the 326 local authorities assessed in LAPE for 'increasing risk' drinking, Mole Valley is ranked 299 (1 being the best, 326 being the worst); worse than the England average<sup>3</sup>.

The **prevalence of smoking** for those aged over 18 has risen in Mole Valley as reflected in the 2015 Health Profile from a reported 12% in 2014 to 13.9% in 2015 against a national average of 18.4%. Whilst still lower than the national average, for the first time in 5 years this indicator shows a deterioration for Mole Valley as it was previously *significantly* better than the national average.

Public Health data relating to **social isolation** and local health issues shows a number of areas across the District with a prevalence of older people living alone and isolated within their communities. This data also points to areas where there is a high level of 65+ as **carers**.

An issue that repeats itself in the Mole Valley profile year on year is the amount of **people killed and seriously injured on roads**. This has seen an increasing trend over previous years and is consistently above the national average. For 2015 the figure is 80.8 per 100,000 population as compared with the national average of 39.7 and is amongst the top ten district figures nationally.

From analysis of these various health-related data, the issues of note for Mole Valley are:

- Incidents of malignant melanoma;
- Excess weight and obesity in adults;
- Excess winter deaths;

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<sup>3</sup> LAPE Profile - Mole Valley

- Alcohol-specific hospital admissions for under 18s and 'increased risk' drinking
- Prevalence of smoking
- Social Isolation
- People killed and seriously injured on roads;

While some of these areas are, indeed, not significantly different from national averages, it is important that MVDC endeavours to prevent the ill health of its residents and protect their physical and mental wellbeing. Therefore, MVDC should seek to prevent those areas of average performance from worsening in order to protect residents' future health and improve health outcomes.

In terms of a national issue which does not show up as of particular concern from the District Profile, Childhood Obesity is emerging as a significant one and an area where a preventative approach now, could help safeguard the future of the District's population. As of 2013/14, prevalence of **excess weight in Mole Valley's children** at reception age and Year 6 is much lower than the national averages and is one of the lowest rates in Surrey. This is something MVDC strives to not only protect but continue to improve.

Furthermore, of national significance is the increasing rate of mental health issues being identified across the population. There is a strong link between mental health and wellbeing and this is an area that Mole Valley wants to highlight in this strategy.

There are some indicators of local issues being present in the analysis of Ward level data and some 'hot spots' present in some local populations, these include a high level of unpaid care being provided in 7 out of the 21 Wards in the District. This strategy will make provision for taking action on some of the 'hot spot' issues as they present themselves.

Hotspot Maps for the Priorities are included at the end of this document [More to follow]

## **STRATEGIC OBJECTIVES**

The importance of wellbeing in Mole Valley is linked to the Council's Corporate Strategy. A successfully implemented action plan will result in the following:

### *Community Wellbeing*

Individuals will be supported to be proactive in their approach to improving and preserving their physical and mental wellbeing, resulting in healthier and happier communities.

### *Prosperity*

Residents are aware of and invest in Mole Valley's local facilities and infrastructure that contribute to the improvement of their quality of life. Prosperity in Mole Valley's communities will help address the social inequalities present, thus helping to reduce health inequalities.

### *Environment*

Mole Valley will retain, protect and develop its clean, green and attractive open spaces for its communities. Residents will be encouraged to use these open spaces to improve their physical and mental wellbeing. **MVDC'S WELLBEING PRIORITIES**



The priorities in this Wellbeing Strategy will address some of the wellbeing issues specific to Mole Valley, as evidenced in the above Health Profile, whilst dovetailing national priorities and campaigns. By combining both national priorities with specific local issues, this Wellbeing Strategy will focus on areas where the Council can have maximum impact. It sets out actions that Mole Valley District Council will lead on and where the Council will work in partnership with other bodies to promote health improvements.

The priorities for action identified in this strategy are as follows:

- Reducing the number of adults who have excess weight and/or are obese
- Supporting countywide and national campaigns relating to reducing the level of 'increased-risk' drinking and the number of alcohol-related admissions in under-18s, smoking cessation and road safety.
- Reducing the incidence of childhood obesity
- Reducing social isolation and working to support carers in our communities
- Protecting and improving the mental health of residents
- Reducing the rate of malignant melanoma

The strategy will allow for tackling issues in our local areas identified as hotspots and will include them in the action plan as they emerge.

### **Delivering the Priorities**

Each priority has an associated High-Level Action Plan Year 1 of which can be found below. These plans set out the initiatives that MVDC and its partners will undertake in order to combat health inequalities and improve physical and mental wellbeing in the district.

Mole Valley District Council's key partners in delivering this strategy include:

Places for People Leisure

Fusion

Surrey Downs Clinical Commissioning Group

The British Heart Foundation

Surrey County Council including Public Health

Surrey Police

Surrey Fire and Rescue Service

Voluntary Sector organisations including Age Concern, Dorking Christian Centre and Let's Link

Active Surrey

Sport England

Surrey Wildlife Trust

National Trust

City of London

DRAFT



























**Now describe how this fits into the Council's Corporate Priorities, Sustainable Community Strategy or other local, regional or national plans and priorities.**

This Strategy sets out Mole Valley District Council's priorities and initial action plan to support the health and wellbeing of its communities. Specifically the action plan addresses the following aspects of the Council's Corporate Priority of Community Wellbeing.

It makes links with Surrey County Council's Health and Wellbeing Strategy and the action plan links communications campaigns with national and local public health campaigns.

**If you are not carrying out an equality impact assessment, briefly summarise reasons why you have reached this conclusion, the evidence for this and the nature of any stakeholder verification of your conclusion.**

**Section 2: Analysis and assessment** (see pp. 10-13 of the guidance)

**Given available information, what is the actual or likely impact on minority, disadvantaged, vulnerable and socially excluded groups?**

Indicate for each 'protected characteristics' whether there may be a positive impact, negative impact, a mixture of both or no impact.

Protected characteristics	Positive	Negative	No impact	Reason
Age	✓			There are a number of projects and initiatives in the action plan that positively target younger and older people
Disability	✓			There are a number of projects and initiatives in the action plan around inclusive sports and leisure activity and mental health
Gender reassignment			✓	
Marriage and civil partnership			✓	
Pregnancy and maternity			✓	
Race			✓	
Religion or belief			✓	
Sex			✓	

Sexual orientation			✓	
<b>Other aspects to consider</b>	<b>Positive</b>	<b>Negative</b>	<b>No impact</b>	<b>Reason</b>
Carers	✓			One of the priorities in the strategy is aimed at supporting carers
Rural/urban issues	✓			One of the priorities aims to support those socially isolated and many of these are in the rural areas
HR issues (how will staff with protected characteristics be affected?)			✓	

**What can be done to reduce the effects of any negative impacts? Where negative impact cannot be completely diminished, can this be justified, and is it lawful?**

**Where there are positive impacts, what changes have been or will be made? Who are the beneficiaries? How have they benefited?**

See the action plan included in the strategy.

### **Section 3: Evidence gathering and fact-finding** (see p.14 of the guidance)

**What evidence is available to support your views above? Please include:**

- A summary of the available evidence
- Identification of where there are gaps in the evidence (this may identify a need for more evidence in the action plan)
- What information is currently captured with respect to usage and take up of services.
- What the current situation is in relation to equality and diversity monitoring (where relevant)

The priorities established in this draft strategy have been arrived at using evidence from national, County and Local health and wellbeing indices from public health, Surrey and other sources. It seeks to address areas of identified need within the District as well as seeking a preventative approach to other issues.



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**How have stakeholders been involved in this assessment? Who are they, and what is their view?**

The draft strategy has been developed in consultation with the Wellbeing Working Group and through the Scrutiny Committee in their Policy Development function.

**Recommendations**  
Please summarise the main recommendations arising from the assessment. NB If it is impossible to diminish negative impacts to an acceptable or even lawful level the recommendation should be that the proposal or the relevant part of it should not proceed.

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**Section 4: Action Plan** (see pp.15-16 of the guidance)

Actions needed to implement the EIA recommendations

Issue	Action	Expected outcome	Who	Deadline for action

**Sign off**

<b>Who will be responsible for reviewing this EIA?</b>	
<b>Review date(s) i.e. when will this EIA be reviewed – see p.9 of guidance</b>	
<b>Strategic Management Lead signed off</b>	

- Signed off electronic version to be kept in your team for review
- Electronic copy to be forwarded to the Policy and Performance Team for publishing