

TOWER HAMLETS TOGETHER

Tower Hamlets Health and Wellbeing Strategy

2017 - 2020



Overview

- The Tower Hamlets Health and Wellbeing Board brings together partners to improve health and wellbeing in Tower Hamlets

The strategy sets out:

- **What we want to do**
- **Why we have chosen the priorities**
- **What we plan to achieve**

Framework

- There are a range of things that influence our health
 - Environment
 - Living conditions
 - Sense of wellbeing
 - Quality of local services
 - Individual characteristics eg ethnicity, gender
 - Life circumstances eg childhood, family life, relationships
 - Everyday habits such as physical activity, diet, smoking
- **As individuals and groups we have the power to influence our future health and support others to improve health**

Health in Tower Hamlets

- **In Tower Hamlets, people typically start to develop poorer health around ten years earlier than elsewhere**
- We have higher levels of physical and mental health conditions such as
 - Anxiety
 - Depression
 - Diabetes
 - Heart disease
 - Stroke
 - Cancer (particularly lung cancer)
 - Long term lung disease
 - Liver disease
 - Serious Infectious diseases (eg Tuberculosis, HIV and Hepatitis)

Why are health outcome less good in Tower Hamlets?

Tower Hamlets has amongst the highest levels of deprivation in the country reflecting higher levels of:

- Poverty
- Unemployment/insecure employment
- Poor housing quality
- Homelessness
- Air pollution
- Crime and fear of crime
- Lack of access to affordable health food
- Lack of green spaces

These factors are in turn linked to higher levels of health risk factors such as:

- Low birth weight
- Dental decay
- Obesity
- Physical inactivity
- Unhealthy diet
- Smoking
- Problem drinking
- High risk sexual behaviour
- Use of illegal drugs
- Stress

What challenges are we facing?

- Rapid population growth
- High population mobility
- A diverse population
- An ageing population
- High levels of deprivation
- Health inequalities within the borough
- Increased expectations of services
- Scientific advances
- Less money in the public sector
- Welfare reform and its impact

How have we approached the strategy?

What are the priorities?

- As a Board we have looked at the whole range of health issues that people in Tower Hamlets face.
 - However, we have been thinking about what areas we need to particularly focus on over the next three years.
 - We have asked ourselves what the big issues are, what we can do, what local residents think, how possible it is to change things and how much support there is to make that change.
 - We think we particularly need to take action to tackle the following issues:
- **Help communities lead change to improve health and wellbeing**
 - **Change the physical environment to make Tower Hamlets a healthier place**
 - **Improve the health of people who are unemployed and promote health at work**
 - **Help children have a healthy weight, eat healthily and do regular physical activity**
 - **Make sure services are joined up so they are easy to understand and access**

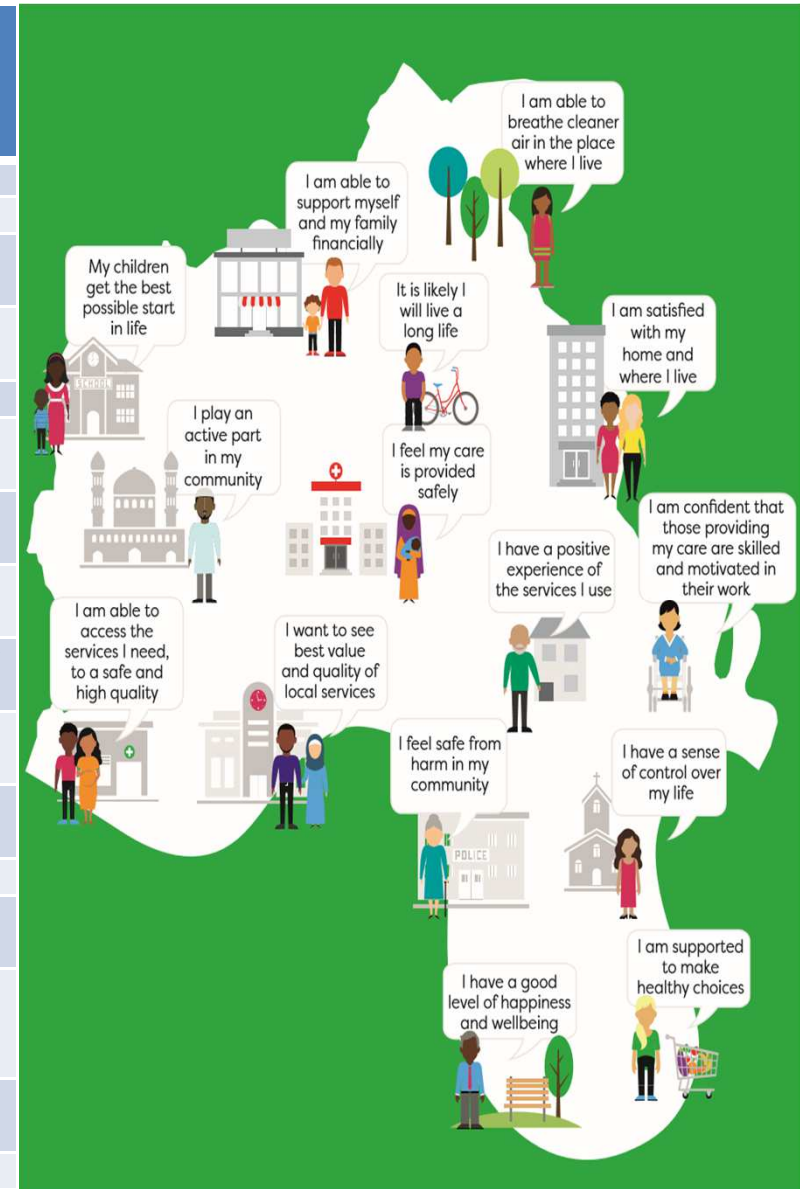
Summary priorities framework



Our Shared Outcomes Framework

After using Tower Hamlets Together services we want residents to be able to say...

Around me	I feel safe from harm in my community
	I play an active part in my community
	I am able to breathe cleaner air in the place where I live
	I am able to support myself and my family financially
	I am supported to make healthy choices
	I am satisfied with my home and where I live
	My children get the best possible start in life
My doctors, nurses, social workers and other staff	I am confident that those providing my care are competent, happy and kind
	I am able to access the services I need, to a safe and high quality
	I want to see money is being spent in the best way to deliver local services
	I feel like services work together to provide me with good care
Me	It is likely I will live a long, healthy life
	I have a good level of happiness and wellbeing
	Regardless of who I am, I am able to access care services for my physical and mental health
	I have a positive experience of the services I use, overall
	I am supported to live the life I want



Slide 9

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note currently under review with NEF

Richard Fradgley, 18/09/17

For each priority we have set out..

- Why this is a priority
- What we want to change
- Our focus for action
- Out twelve month focus for action

We will review and reflect on progress on an annual basis and reset actions as required

Communities driving change

Why is this a priority?

- People having control over their lives and taking action on their health and that of communities is good for health and wellbeing
- Listening to people is vital to ensure that services respond to residents priorities
- In areas of high deprivation and diversity it is particularly important that the contribution of residents is valued and encouraged

What do we want to change?

- **More people feeling in control of their health and wellbeing**
- **More people supporting each other around their health and wellbeing**
- **More people taking collective action on issues that impact on their health and wellbeing**
- **People having a greater role and influence in shaping their local services**

Communities driving change to improve health and wellbeing

What is our focus for action?

- Shift focus from 'engaging' and 'involving' residents towards supporting residents to take leadership roles in taking action on health challenges that matter to them and improving the system's capacity to respond
- Embed a culture across partner organisations that focusses on empowering and enabling people to have control over their lives

What is our 12 month focus?

- Implement a 'health creation' programme to develop new ways to help residents to lead change
- Implement a programme across the partner organisations to promote a culture that empowers people to be in control and informed about improving their health
- Connect the Health and Wellbeing Board to the community through engagement events linked to Board meeting and use of social media

Creating a Healthier Place

Why is this a priority?

- The physical environment in which we live (both inside and outside) has a big impact on both our physical and mental health
- In Tower Hamlets we have significant issues around air quality, housing, overcrowding, fast food outlets, access to affordable healthy food, road safety and access to green space

What do we want to change?

- **Better and more creative use of open spaces**
- **Better connections between green spaces**
- **Reduced exposure to air pollution**
- **Greater confidence of local residents in using spaces for healthy activities**

Creating a Healthier Place

What is our focus?

- To ensure that that health and wellbeing is central to planning and development decisions
 - Making health impact assessment core to policy decisions
 - To ensure that sufficient health infrastructure is in place to support new developments (through the Community Infrastructure Levy)

What is our 12 month focus?

- Engage with residents and local organisations on priorities for improvement to benefit health and wellbeing in three neighbourhoods in the borough
- Develop a health impact assessment policy enabling the health and wellbeing impacts of developments to be assessed routinely
- Support the Air Quality Plan and implement a communication and engagement campaign with the public and local organisations on air quality

Employment and Health

Why is this a priority?

- Being unemployed or in poor employment leads to significantly higher physical and mental health problems
- This is particularly important in Tower Hamlets due to high levels of people who are unemployed and for whom physical or mental health issues are a barrier to employment

What do we want to change?

- **More people who are unemployed are supported to maintain or improve their health**
- **More people living with a physical or mental health condition have an equal chance of good employment**
- **More local employers actively support the health and wellbeing of their employees**

Employment and Health

What is our focus?

- To make health and employment services more integrated (so employment services are better linked to health services and the other way round)
- To promote health in the workplace

What is our 12 month focus?

- Strengthen the integration between health and employment services
- Ensure effective local delivery of the DWP Work and Health programme
- Sign up of partners within the Health and Wellbeing Board to the London Healthy Workplace Charter

Healthy weight and nutrition

Why is this a priority?

- Evidence shows that health and good nutrition in childhood provides a great foundation for health through life
- In Tower Hamlets, levels of childhood obesity are amongst the highest in the country (particularly when measured at 10-11)

What do we want to change?

- **More 10-11 year olds with a healthy weight**
- **More schools and early years providers fully engaged in promoting child health and wellbeing**
- **More parents and communities engaged around improving healthy weight and nutrition in children**

Healthy weight and nutrition in children

What is our focus?

- Ensuring that schools and early years are promoting healthy weight and good nutrition
- Finding the best way to communicate effectively with parents and communities on how to support children to have a healthy weight, eat healthily and exercise regularly

What is our 12 month focus?

- Strengthen existing programmes in schools
 - Identify and support a 'health representative' on the governing body of every school
 - Provide parents with information on what a school is doing for their child's health and wellbeing
 - Promote the 'Healthy Mile' in schools
 - Invite a representative from the Tower Hamlets Education Partnership onto the Health and Wellbeing Board
- Develop and implement a community engagement and communications strategy around healthy weight and nutrition in children with particular emphasis on high risk groups

An Integrated System

Why is this a priority?

- A system that is joined up and easy to navigate provides better care and support, helps people be in control and is also cost effective
- In Tower Hamlets a high proportion of people have multiple needs and the feedback is that they often find the system fragmented, with duplication resulting in frustration and poorer outcomes

What do we want to change?

More people saying:

- **“I have easy access to information, advice and guidance which helps me to find what I need”**
- **“It’s easy to get help from my GP practice and I can contact my Care Co-ordinator whenever I have any questions”**
- **“There are different people involved in supporting me but everyone listens to what I want and helps me to achieve my goals”**

An Integrated System

What is our focus for action?

- Agreeing and implementing a shared vision across partners of joined up health and social care for all
- Setting out and prioritising the system changes needed
- Leading and inspiring a campaign for cultural change across the system

What is our 12 month focus?

- Create our shared vision & “golden thread” – building on the on Tower Hamlets Together Programme and developing through community engagement
- Develop and agree our “2020” Plan for Integration
- Lead the necessary culture change to join up services (linking to the Communities Driving Change priority)

Implementation

- Each priority is overseen by a small group of Board Champions linked to a lead officer
- 3 priorities are updated on at each meeting
 - Each priority comes 3x to Board (plan, mid point, review)
 - We will review in 18/19 actions over Jan-Mar
- The priority actions for 17/18 are integrated into the Strategic Plan
- The updates on actions are therefore being monitored corporately as part of the Strategic plan monitoring (half year reports currently being compiled)