

<p>Non-Executive Report of the:</p> <p><b>Health and Wellbeing Board</b></p> <p>16 April 2024</p>	
<p><b>Report of:</b> Somen Banerjee, Director of Public Health;</p>	<p><b>Classification:</b> Unrestricted</p>
<p><b>Report Title: “Be Well” system-wide Prevention Programme</b></p>	

<b>Originating Officer(s)</b>	Somen Banerjee, Director of Public Health; Liam Crosby, Associate Director of Public Health
<b>Wards affected</b>	All wards

### Executive Summary

The purpose of the paper is to set out an overarching framework and logic model for a system-wide Be Well programme tackles health inequalities and reduces risk of cardiovascular disease, respiratory disease, and cancer. The Be Well programme will be system-wide, consolidating existing workstreams and with input from all HWB partners.

The programme is called ‘Be Well’ aligning with the branding of the insourced leisure services and provide a recognisable focus for prevention work in the borough.

It’s core messages relate to the Vital 5 – an evidence-based synthesis of the five behavioural risk factor changes which will have the greatest impact on prevention and reducing progression of most long term conditions:

- Stopping smoking
- Controlling blood pressure
- Improving poor mental health
- Reducing obesity (increasing physical activity, improving diet)
- Reducing harmful drinking

[Vital 5 \(kingshealthpartners.org\)](https://kingshealthpartners.org)

The logic model proposes four core workstreams

1. Strengthening building blocks for health – focus on the impact of wider determinants on health (particularly linking to social prescribing)
2. Community centred prevention – focus on inequalities and targeted coproduction in the most deprived neighbourhoods in Tower Hamlets

3. Identification of high risk and enabling self care – focus at borough level on identification of undiagnosed conditions (eg high blood pressure, diabetes) and supporting residents to be well
4. Active management – focus on pathways of care, including quality and variation in management

The purpose of the approach is to provide a clear prevention framework across the health and care system and a clear simple set of messages to residents about how they can be well.

In order to develop the deliverables of the programme, cultivate system wide ownership and engage a wider group of stakeholders in the programme, a stakeholder event is being held on the 21<sup>st</sup> of May.

### **Recommendations:**

The Health and Wellbeing Board is recommended to:

1. Comment upon the scope and outline structure of the proposed Be Well programme, as set out above
2. Commit to organisational representation at the Programme Development workshop,
3. In advance of the workshop, to consider what specific commitments can be made to deliver this programme – and bringing those commitments to the workshop.

### **Health and Wellbeing Strategy:**

The Health and Wellbeing Strategy is grounded upon 6 principles that matter most to residents of Tower Hamlets. Detail how this report relates to these principles:

1. Resources to support health and wellbeing should go to those who most need it
This programme is focused on reducing inequalities in healthy life expectancy, by tackling the conditions that contribute most to this gap (cardiovascular diseases, diabetes, respiratory, and cancer).
2. Feeling connected and included is a foundation of wellbeing and the importance of this should be built into services and programme
One of the four pillars, “Community centred prevention”, recognises the importance of connection and inclusion in any prevention efforts.

3. Being treated equally, respectfully and without discrimination should be the norm when using services
The principles of equity, respect and non-discrimination will be embedded throughout Be Well.
4. Health and wellbeing information and advice should be clear, simple, and produced with those who will benefit from them
A key objective of Be Well will be to provide a <u>simpler</u> prevention 'offer' for residents, joining up initiatives taking place across the system.
5. People should feel that they have equal power in shaping and designing services and programme that impact on their health and wellbeing
Residents and VCS will be involved in the development of this programme.
6. We should all be working together to make the best use of the assets we already have that support people's health and wellbeing.
Be Well will provide one overarching joined up approach to Prevention, aligning the complex landscape of existing prevention and health promotion initiatives.

## **1. REASONS FOR THE DECISIONS**

1.1. By supporting the development of this programme, the HWB will be enabling the development of a system-wide prevention framework across the health and care system and a clear simple set of messages to residents about how they can be well.

## **2. ALTERNATIVE OPTIONS**

2.1. The Health and Wellbeing board could decide not to support the development of the Be Well prevention programme.

## **3. DETAILS OF THE REPORT**

3.1. See slide deck in Appendix 1

## **4. EQUALITIES IMPLICATIONS**

4.1. None

## **5. OTHER STATUTORY IMPLICATIONS**

5.1. None

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### **Linked Reports, Appendices and Background Documents**

#### **Appendices**

- Appendix 1 – Presentation slides

#### **Local Government Act, 1972 Section 100D (As amended)**

#### **List of “Background Papers” used in the preparation of this report**

- NONE