

Theme Position Statement

Smoking at the Time of Delivery (SATOD) – for the second year the SATOD data has not been published for Lincolnshire. Data is routinely collected and submitted by the United Lincolnshire Hospitals NHS Trust; however the scale of the ‘unknown’ results from quarterly submissions is outside the required quality standards (greater than 5% unknowns). To this effect the data for all the four CCGs is exempt from publication (unknowns range from 7.9%-20.6%; Quarter 4, 2015/16).

2013/14 was the last year county data was published when SATOD was at 14.9% of pregnant women smoking at delivery, a decline from 18% previously.

Smoking Prevalence (u18s) – 7.9% of the u18 population is estimated to be an occasional smoker. This is compared to a national estimate of 8.2%. Such figures are extrapolated from a national survey. In 2015, a local piece of research published figures of 6.8% of u16s as regular smokers, 4.4% smoking every day.

Smoking Prevalence (Adults) – 17.5% of the adult population are estimated to be regular smokers. This is a continued decline over recent years and is a value below the England prevalence of 18.25%.

As a local comparator to this national estimate the NHS Health Checks programme has screened 24,800 adults for health risks in 2015/16. Across the CCG areas the prevalence of adult smoking was:

Table: Adult Smoking Prevalence (NHS Health Checks)

CCG	Smoking Prevalence
LSCCG	17.9%
LECCG	17.7%
LSWCCG	14.8%
L W CCG	17.0%

Source: NHS Health Checks Annual Report, 2015/16

Excess Weight in Adults – A new indicator from the Active people Survey estimates that 70.7% of the adult population has excess weight (27% being obese). This figure is higher than the England value of 64.3% and is higher than all of the county’s comparator local authorities.

Table: Excess Weight (Percentage)

Area	Count	Value
Cambridgeshire	-	63.6
Cumbria	-	67.3
Derbyshire	-	68.8
Gloucestershire	-	65.0
Leicestershire	-	64.7
Lincolnshire	-	70.1
Norfolk	-	66.3
North Yorkshire	-	66.7
Northamptonshire	-	67.7
Nottinghamshire	-	67.3
Somerset	-	66.1
Staffordshire	-	68.6
Suffolk	-	65.9

There is variation across the county. The district local authority areas estimates from the Active People Survey display a range of excess weight from 64.4% - 73.2%.

Table: Excess Weight (Percentage)

Area	Count	Value
Boston	-	73.2
East Lindsey	-	72.3
Lincoln	-	64.4
North Kesteven	-	69.2
South Holland	-	72.2
South Kesteven	-	70.3
West Lindsey	-	68.9

The NHS Health Checks programme screening recorded a range of excess weight and obesity:

Table: Adult Excess Weight (NHS Health Checks)

CCG	Percentage assessed with Excess Weight	Percentage assessed Obese
LSCCG	66.0%	27.2%
LECCG	66.2%	26.2%
LSWCCG	62.9%	24.6%
LWCCG	62.9%	25.6%

Source: NHS Health Checks Annual Report, 2015/16

Proportion of Physically Active and Inactive Adults – the two indicators from the Active People Survey report that of the adult population (16+) 57% report being moderately active for 150 minutes per week. Conversely, 28.1% inactive (report doing less than 30 minutes of moderate activity). The England values are 57% active and 27.7% inactive respectively.. The active results have improved over time, a 1% improvement in three years.

The NHS Health Checks programme has recorded the percentage of clients as moderately active to active by CCG:

Table: Activity Levels: NHS Health Checks

CCG	Activity Levels
LSCCG	79%
LECCG	69%
LSWCCG	63%
LWCCG	69%

What's Working Well – examples of key achievements 2015/16

Tobacco Control and Smoking

Lincolnshire County Council re-commissioned a new smoking cessation service, included within that the transfer of the Tobacco Control Team. A new provider Quit51 was mobilised in January 2016. As of July 2016 the new service has recruited over 80 GP practices and pharmacies into their community network of sub-contracted providers.

The NHS Health Checks programme screens adults aged between 40-74 years. Each year approximately

25,000 adults are screened for at-risk conditions and undiagnosed disease. The locally recorded measures are used as local comparators to the national estimates.

Lincolnshire Partnerships Foundation NHS Trust has committed for all of its mental health in-patient sites to be smoke-free in 2016.

The enforcement actions on illicit and illegal tobacco by Trading Standards and Lincolnshire Police have generated substantial prosecutions and custodial sentences for smuggling, illegal and underage sales.

Excess Weight

Commissioned weight management services have engaged with 3,215 adults with a BMI range from 28 through to greater than 40. Between 80-88% of clients across the BMI range lost weight respectively and overall 48% of client lost greater than 5% of their original weight.

Ninety adults have accessed bariatric surgery and clinical support (pre and post intervention).

Physical Activity

The top sports / participation rates in Lincolnshire are in: swimming, cycling, athletics (and running) and football.

Commissioned exercise by referral schemes have engaged 3,988 inactive and obese adults. 64% of clients completed the programme with positive outcomes – improved fitness, mobility, strength. Approx. 11% of clients achieved greater than 5% weight loss.

The commissioned Walking for Health schemes seek the views of clients in addition to monitoring service provision, for example, the Boston Walking for Health scheme regularly survey clients. In a recent sample 24% of walkers had lost weight as result of their regular walking, 81% were walking more and using their car less and 29% had lowered their blood pressure. Such findings and feedback reinforce the value of physical activity to service users.

Future Challenges

Lincolnshire County Council's continue to have to make difficult budget decisions and the full impact of these on lifestyle services will not be realised until April 2017. Mitigating efforts, such as, the commercialisation of lifestyle support services and devolution of the walking programmes to volunteers will be assessed over the coming years.

Tobacco Control and Smoking

SATOD - ULHT plan to resolve this data quality problem through a review of process and with an upgrade in IT systems. It is anticipated that the first reliable data publication for SATOD will be in 2017/18.

The changing staffing levels with GP settings are impacting upon the commitment of practices to contribute to continuation of smoking cessation activity.

Excess Weight

Tier 4 Bariatric Services are provided from numerous sites outside of the county. No local support exists. Tier 3 specialist weight management services do not exist locally. There are dietetic services and a specialist midwife role for diabetes/obesity within ULHT.

Tier 2 weight management services have been de-commissioned. Commercial weight management programmes are available locally.

The Health Trainer programme has been de-commissioned with the subsequent loss of staff and expertise in the county.

Large proportions of the population do not see obesity as their public health problem.

Physical Activity

Physical inactivity is significantly higher amongst the most deprived population groups.

Tier 2 exercise referral schemes have been decommissioned with some loss of staffing and expertise in the county.

The national guidance of 150 minutes of moderate activity and strength building is sufficient for a healthy adult, but not an overweight adult. Overweight or obese adults need to be x2-x3 more active to secure any health benefits. This enhanced message is not being applied extensively.

The Active Peoples Survey is to change in the coming year. This will change the questions being surveyed and as a consequence cease the trend profile used to measure changes over time.

Future Opportunities

A component of the National Diabetes Prevention Programme is being applied to the greater Lincolnshire area.

A review of Smoking in Pregnancy in Lincolnshire will take place in the autumn, 2016.

A community alcohol partnership (CAP) is to be formed for the Boston area.

Further tobacco control legislation will come into force during 2016.

A Department of Health childhood obesity plan has been produced (August 2016).

The Five Year Plan for the NHS and the subsequent Sustainability and Transformation Plan (STP) for CCGs calls for a county-wide prevention plan that seeks to define the prevention, disease management and care plans to reduce premature mortality across and within the county's populations.

The national Sport and Physical Activity Strategy calls for a focus to help inactive people to be active; "more people, more active; more often".

The legacy of the decommissioning of services has led to a commercial model of provision for active lifestyles support being promoted across the county. The potential to develop a sustainable model of volunteer-led Walking for Health schemes is being actively explored.

Lincolnshire Sport has secured funding for the MacMillan Cancer project for a further year.

Lincolnshire Sport, in partnership with the England Federation for Disability Sport, have secured funding for a three year project in East Lindsey for greater participation of vulnerable adults into physical activity and sport.

Public Health England's One You campaign has been launched. Lincolnshire County Council endorses the campaign for health improvement. This will entail the development with a One You partnership to support this theme of the Health & Wellbeing strategy.