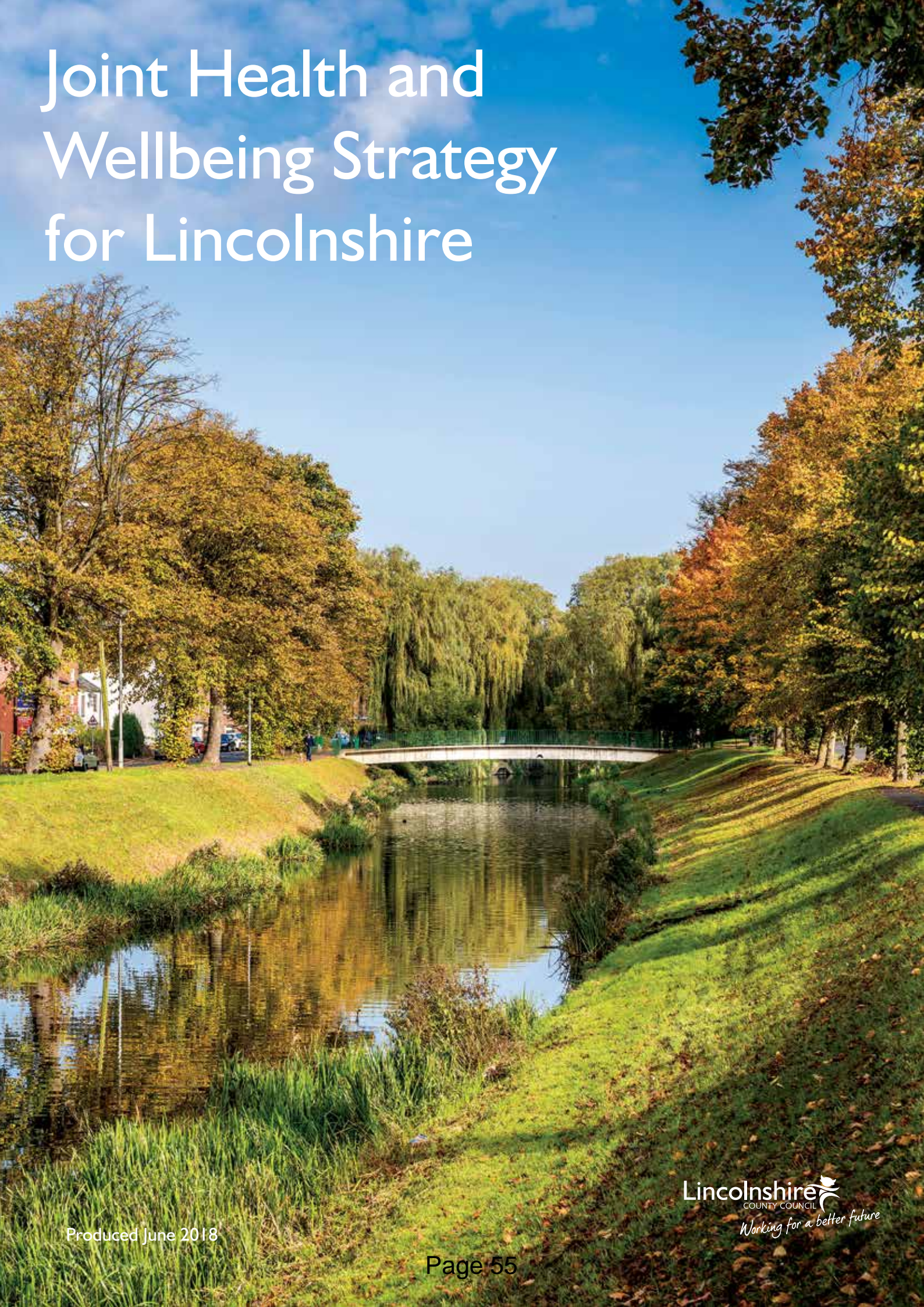
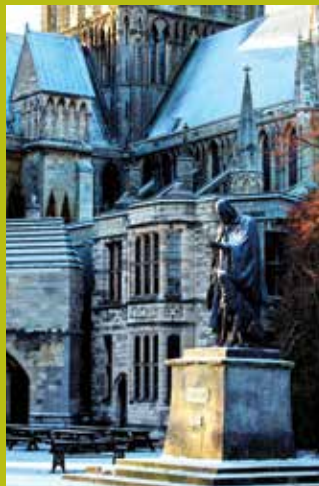


Joint Health and Wellbeing Strategy for Lincolnshire



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FOREWORD

Lincolnshire's Health and Wellbeing Board brings together key people from the health and care system to work together to reduce inequalities and improve the health and wellbeing of the people of Lincolnshire.

The Health and Wellbeing Board is a formal committee of the county council and I am very proud to be the Chairman of this committee. Board members and I collaborate to understand the needs of Lincolnshire communities, agree priorities and encourage the people who make decisions about local health and care services to work in a more joined up way.

This second Joint Health and Wellbeing Strategy for Lincolnshire is important in a number of ways, not least in that it represents a clear direction for all organisations that are tasked with and interested in, the health and wellbeing of people who live and work in the county.

It is also crucial to note that we have not set a timescale for this strategy. This is a conscious decision as it will allow us to focus on longer term aspirational aims and objectives as well as short term actions. It also allows the board to be able to react swiftly to the changing health and wellbeing needs and priorities facing people living and working in Lincolnshire and keep this strategy as current and up to date as possible.

We have undertaken extensive consultation in developing this strategy so that we can be sure we have really listened to the views of people across the county, not just those who work in health and care. This consultation has been very firmly based on the evidence included in the Board's Joint Strategic Needs Assessment which can be accessed on the Lincolnshire Research Observatory website at www.research-lincs.org.uk/Joint-Strategic-Needs-Assessment.aspx

We can be sure, therefore, that this document and its associated delivery plans will tackle the issues that are important for people and make a real difference to the health and wellbeing of people in our county.

I would encourage you to use this strategy in whatever way you can to further improve the health and wellbeing of people and communities in Lincolnshire.



*Cllr Sue Woolley,
Chairman of the Lincolnshire Health
and Wellbeing Board*

INTRODUCTION

Under the Health and Social Care Act 2012, the Health and Wellbeing Board for Lincolnshire was established to act as a forum in which those who are responsible for improving and protecting the health and wellbeing of local populations and communities, can do so in a joined up effective way.

As a formal committee of the county council, the Health and Wellbeing Board for Lincolnshire includes representatives from Lincolnshire County Council, NHS Clinical Commissioning Groups, District Councils in Lincolnshire, Healthwatch Lincolnshire and NHS England. More recently, this has been expanded to also include a senior local NHS leader with responsibility for sustainability and transformation planning within the NHS and also our Lincolnshire Police and Crime Commissioner.

The functions of the Health and Wellbeing Board for Lincolnshire are:

- to encourage persons who arrange for the provision of any health and social care services in the area to work in an integrated manner;
- to provide such advice, assistance or other support as it thinks appropriate for the purpose of encouraging joint commissioning;
- to prepare and publish a Joint Strategic Needs Assessment;
- to prepare and publish a Joint Health and Wellbeing Strategy.

The Joint Health and Wellbeing Strategy aims to inform and influence decisions about the commissioning and delivery of health and care services in Lincolnshire, so that they are focused on the needs of the people who use them and tackle the factors that affect everyone's health and wellbeing.

This Joint Health and Wellbeing Strategy has been developed through a process of analysis and prioritisation by the Health and Wellbeing Board for Lincolnshire as well as through extensive engagement with people who live and work in the county. Both of these are explained in more detail in the next section.

DEVELOPMENT AND ENGAGEMENT

Development of the Joint Health and Wellbeing Strategy

At the outset of developing the new strategy, the Health and Wellbeing Board has adopted some key principles to guide this work as follows:

1. Inclusive engagement that builds public and patient confidence in the process.
2. A rational and transparent process ensuring that competing needs are given a fair hearing.
3. Careful information management ensuring decisions are based on robust information.
4. Decisions are based on clear value choices that are ethical and underpinned by a sound evidence base.
5. Selection of an agreed prioritisation methodology that takes into account the ranking/scoring of a range of factors, or 'criteria'.

During 2017, the Health and Wellbeing Board for Lincolnshire has reviewed the Joint Health and Wellbeing Strategy for Lincolnshire using the updated Joint Strategic Needs Assessment as the primary evidence base. As part of the process, the Board used an agreed prioritisation tool to rank the information in the JSNA into an order of priority.

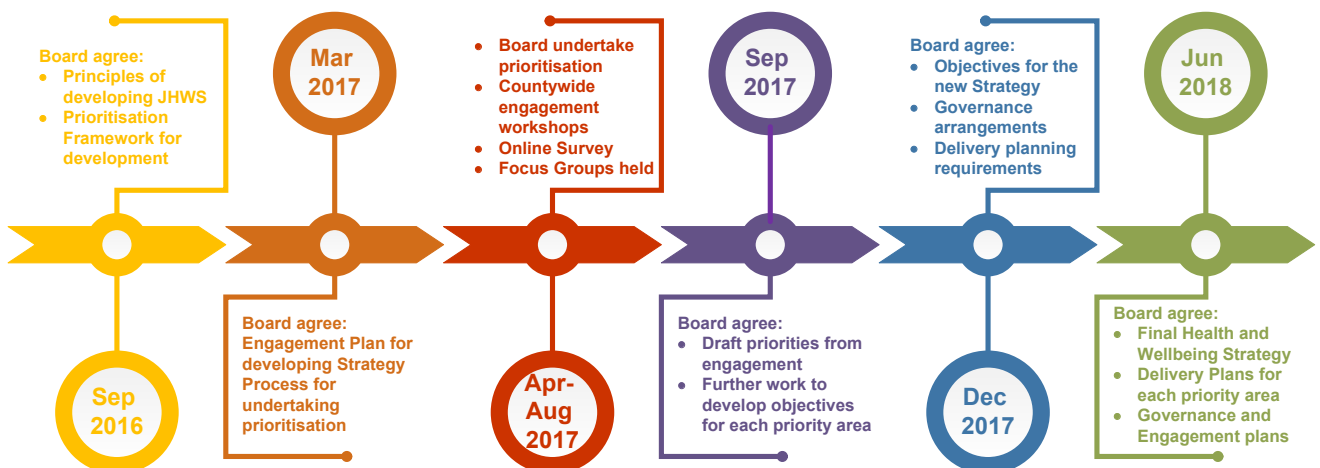
Engagement

Alongside this development, a series of engagement events and opportunities took place in the summer of 2017 to gather the views and insights of key stakeholders, partners and the public. These included workshops around the county, an online survey and specific targeted focus groups.

The engagement was extensive and diverse with more than 400 people directly involved, representing over 100 groups and organisations.

More details about the development of this strategy and the engagement process and results are available through the Health and Wellbeing Board web pages www.lincolnshire.gov.uk/hwb

Joint Health and Wellbeing Strategy for Lincolnshire | Development Timeline



AIMS, THEMES AND PRIORITIES

Across all the development, prioritisation and engagement work undertaken by the Health and Wellbeing Board, there were some consistent and constant priorities, from the evidence included in the Joint Strategic Needs Assessment (JSNA). There were also some very clear aims and themes which have emerged throughout the engagement process which the Health and Wellbeing Board has also captured within the strategy.

Aims

A number of common aims emerged during the engagement process. These include the need for the Joint Health and Wellbeing Strategy to:

- have a strong focus on prevention and early intervention;
- ensure a focus on issues and needs which will require partnership and collective action across a range of organisations to deliver;
- deliver transformational change through shifting the health and care system towards preventing rather than treating ill health and disability;
- focus on tackling inequalities and equitable provision of services that support and promote health and wellbeing.

These form the basis of the overarching aspirations and aims for the Joint Health and Wellbeing Strategy for Lincolnshire.

Themes

The Health and Wellbeing Board has also identified, through further engagement with key organisations responsible for the priorities, some overarching themes for the Joint Health and Wellbeing Strategy.

These are to:

- embed prevention across all health and care services;
- develop joined up intelligence and research opportunities to improve health and wellbeing;
- support people working in Lincolnshire through workplace wellbeing and support them to recognise opportunities to work with others to support and improve their health and wellbeing;
- harness digital technology to provide people with tools that will support prevention and self-care;
- ensure safeguarding is embedded throughout the Joint Health and Wellbeing Strategy.

Priorities for Joint Health and Wellbeing Strategy

The priorities the Joint Health and Wellbeing Strategy will focus on are the areas included in the JSNA which the prioritisation and engagement work highlighted as being the most important health and wellbeing issues facing the county.

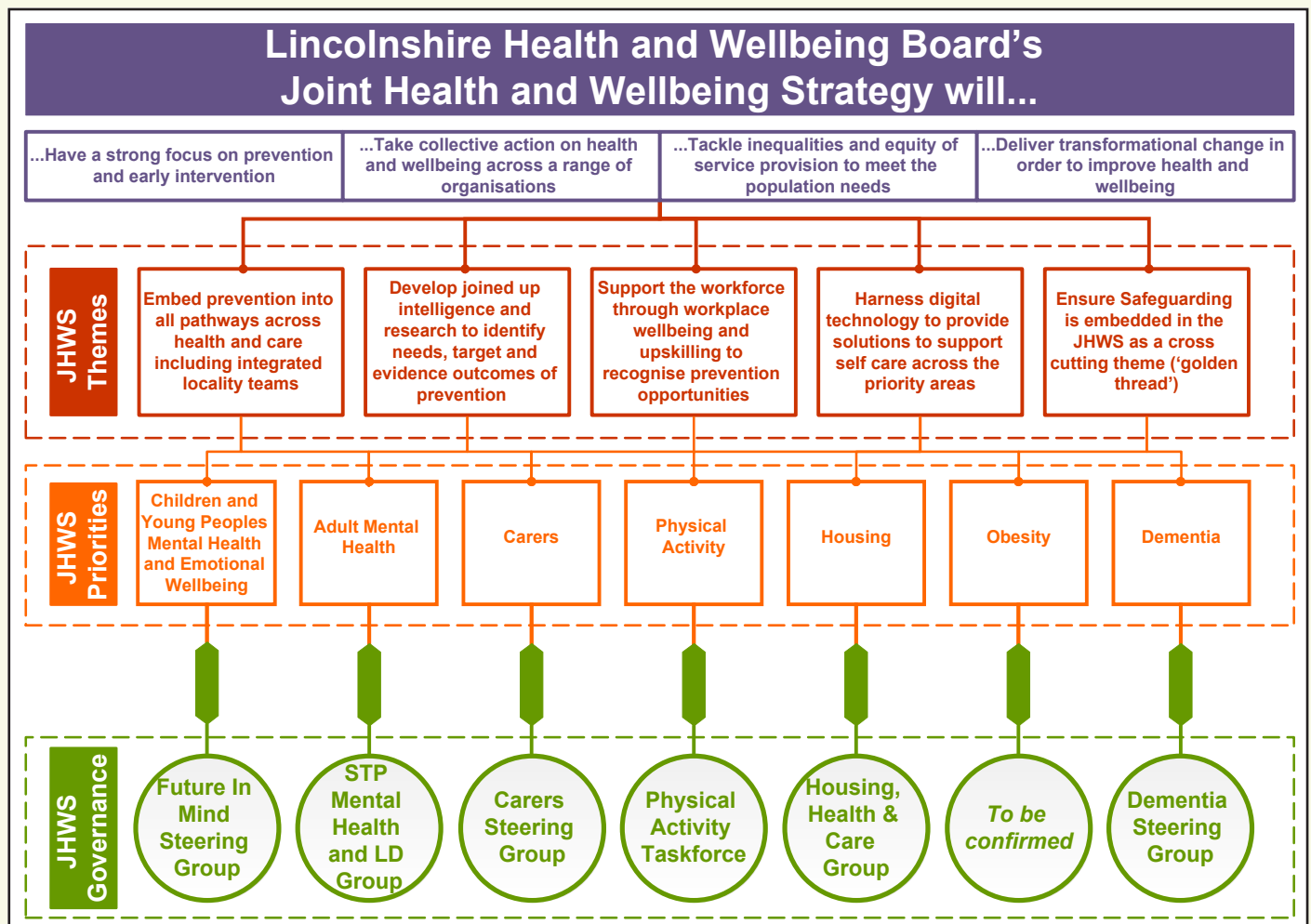
These are as follows:

- Mental Health & Emotional Wellbeing (Children & Young People)
- Mental Health (Adults)
- Carers
- Physical Activity
- Housing and Health
- Obesity
- Dementia

The Health and Wellbeing Board has identified a number of relevant boards and groups who will lead each of the priority areas above.

These groups will ensure the objectives of the Joint Health and Wellbeing Strategy are delivered and improve health and wellbeing outcomes identified through their delivery planning.

(More detail on delivery of the strategy and where to find more detailed delivery plans is included in the last section of this document).



PRIORITY - MENTAL HEALTH AND EMOTIONAL WELLBEING (CHILDREN AND YOUNG PEOPLE)



Why is this priority important?

- One in ten young people have a mental health problem; the equivalent of three in every classroom.
- Young people with emotional disorders are more likely to smoke, drink and misuse drugs, miss school and fail in their education. As adults they are more likely to earn less money and experience unemployment.
- Young people attending A&E due to a psychiatric condition has more than doubled nationally since 2010.





Objectives

- Build emotional resilience and positive mental health.
- Action on the wider determinants and their impact on mental health and emotional wellbeing.
- Better understanding of self-harm/suicidal intent in young people.
- Greater parity between mental health and emotional wellbeing as experienced for adults and that of children and young people and between mental health and physical health.
- Ensure that young people have timely access to appropriate crisis services.
- Families of young people with mental health needs are supported.
- Ensure appropriate support services are in place for pupils with a special educational need and/or a disability.

PRIORITY - CARERS



Why is this priority important?

- In the UK three out of five people will become a carer in their lifetime.
- Carers provide unpaid support for people living with a range of long term health conditions.
- Lincolnshire has about 84,000 unpaid family carers aged from 5 to 100, who may care for a few hours a week on top of work or education or care full time.



Objectives

- Early identification of carers from the point of diagnosis and signpost to appropriate support.
- Ensure carers are listened to from the outset, and involved in the care of the person they support.
- Ensure young carers are identified in the education sector with supportive learning environments that are sensitive to their needs and promotes educational attainment.
- Carers are supported to look after their own physical and mental wellbeing, including developing coping mechanisms.
- Carers are supported to plan for the future, including emergencies, to make choices about their lives, such as combining care and employment.
- Improved understanding of the local intelligence to influence and shape preventative measures and support services for carers.



PRIORITY - OBESITY



Why is this priority important?

- Childhood obesity presents immediate and long-term negative effects on a child's physical and social wellbeing, educational attainment and mental health.
- Obese children and adolescents are more likely to be obese in adulthood, consequently at greater risk of adult health problems such as heart disease and Type 2 diabetes, stroke and cancers.
- Being overweight or obese is a major public health crisis through its link with serious long-term conditions including:
Type 2 diabetes,
heart disease, stroke,
liver disease
and cancer.
- Obesity is estimated as the third largest risk factor for premature death.
- The risk of poor health and well-being outcomes increases sharply with increasing Body Mass Index (BMI).





Objectives

The Health and Wellbeing Board has agreed to look in more detail at this priority area to ensure that a suitable group of stakeholders and partners are brought together to tackle the issue of obesity across all ages and communities in Lincolnshire.

For the time being the Board has agreed some draft objectives as follows:

- Deliver the Healthy Weight in Children Strategic Actions to reduce childhood obesity.
- Improve information and support for people of working age to achieve and maintain healthy weight.
- Support healthy weight in older age.
- Engage with spatial planning and design to develop places that support healthy individuals and communities.
- Establish a Whole System Approach to Obesity.

PRIORITY - MENTAL HEALTH (ADULTS)



Why is this priority important?

- At any one time, one in six adults has a mental health condition, and those with a long term physical condition or learning disability are most at risk.
- Mental health accounts for almost a quarter of NHS activity but only around 11% of the total expenditure.
- Half of mental health issues are established by the age of fourteen, rising to three quarters by the age of twenty four.





Objectives

- Improved preventative services for adults who have mental health needs and their families through closer integration with neighbourhood teams.
- NHS Health Checks – targeting uptake of those with mental health conditions.
- Reducing in-patient numbers (both in and out of county).
- Development of an all-age crisis service going forward.
- Development of better analytical data to identify needs and target service provision more effectively, including improved understanding of the Mental Health Investment Standard and where resources are being targeted.
- Ensure appropriate transport arrangements are available for people with mental health needs, including at times of crisis and/or mental health assessment.
- Development of a new patient-held digital information platform for mental health (including families caring for people with dementia).

PRIORITY - DEMENTIA



Why is this priority important?

- Dementia is a progressive, terminal disease caused when brain tissue is damaged. Symptoms include: loss of memory, mood changes, and communication and reasoning difficulties.
- Dementia is one of the top five underlying causes of death.
- Dementia is the leading cause of death for men and women over 80 years old.





Objectives

- Comprehensive, integrated pathways for timely identification, referral, diagnosis and post-diagnosis support.
- Focused prevention programme for vascular dementia.
- Ensure appropriate support is available for those with dementia under 65 years of age.
- Address the sustainability of future support provision.
- Greater integration and awareness-raising within neighbourhood teams.
- Wider public and professional awareness of dementia to support services in all parts of the community to be dementia friendly.

PRIORITY - PHYSICAL ACTIVITY



Why is this priority important?

- Physical inactivity is the fourth greatest risk factor for premature death. It has a bigger impact than obesity. It is responsible for one in six UK deaths.
- Meeting recommended physical activity levels can cut the risks of: Type 2 diabetes, colon cancer, CHD, stroke, falls and hypertension by at least 30%. Being active reduces the risk of Alzheimer's, osteoarthritis, hip fractures and depression by between 20% and 80%.





Objectives

- Integrating physical activity into pathways and strategic planning (eg clinical pathways, neighbourhood integrated teams, locality teams, district council networks, planning and transport services and Greater Lincolnshire Local Enterprise Partnership).
- Undertaking robust local insight analysis (including population need and service provision). Use the insight to drive developments and service improvements.
- Supporting workforce wellbeing through physical activity and workforce strategy.
- Explore innovation and technology to increase physical activity levels across the county.
- Ensure safeguarding is embedded and considered across physical activity within the county.

PRIORITY - HOUSING AND HEALTH



Why is this priority important?

- Good quality, safe housing and housing related support has a major part to play in improving and maintaining health and wellbeing.
- Lincolnshire has 335,450 households.
- 21% of private housing stock is estimated to have a serious hazard likely to cause illness or harm.





Objectives

- Adopt a whole family approach to tackling housing needs.
- Understand and address housing related delayed transfers of care.
- Ensure supported housing arrangements, across partners, fully support vulnerable people with complex presenting needs.
- Commitment to joint action on a housing Memorandum of Understanding across partners.
- Address poor standards of housing and the level of appropriate housing required.
- Concerted action across partners to tackling homelessness.
- Ensure people have the knowledge and capability to access and maintain appropriate housing.

DELIVERY OF THE JOINT HEALTH AND WELLBEING STRATEGY

In order to ensure the strategy delivers the objectives identified for each of the priorities, the Health and Wellbeing Board has agreed to hold specific groups accountable for the delivery of the strategy.

These groups have each developed a delivery plan for their respective priority areas. The plans detail the actions, outcomes, timescales and responsibilities for delivering the objectives. They also highlight where specific objectives and actions support the themes for the Joint Health and Wellbeing Strategy as set out earlier in this document.

All of these plans will be available through the Health and Wellbeing Board web pages www.lincolnshire.gov.uk/hwb.

The Health and Wellbeing Board will keep this strategy under review on a regular basis to ensure that as the Joint Strategic Needs Assessment is continuously reviewed, this strategy still focuses on the most important priorities for people who live and work in Lincolnshire.

The decision not to set a timescale for this strategy was consciously taken by the Health and Wellbeing Board to enable the strategy to be aspirational and transformational. It also allows the Board to be able to react swiftly to any changing health and wellbeing needs and priorities, and keep this strategy as current and up to date as possible.





For more information about Lincolnshire's Health and Wellbeing Board and the Joint Health and Wellbeing Strategy, please visit www.lincolnshire.gov.uk/hwb

If you would like to request a copy of the Joint Health and Wellbeing Strategy for Lincolnshire in an alternative format please call: 01522 552222

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Information taken from the published JSNA. For the most up to date JSNA information please visit <http://www.research-lincs.org.uk>

