

Outcome: People are supported to lead healthier lives

We want to make sure people have all the information and support they need to make healthier choices.

Priorities:

Reduce the number of people who smoke by supporting those who want to quit, discouraging people from taking up smoking and normalising smoke free environments.

Reduce the number of adults who are overweight or obese.

Support people to be more active more often.

Support people to drink alcohol sensibly.

Improve people's sense of mental wellbeing.

What we said we would do:

Develop and deliver a 5 year Tobacco Control Plan which incorporates a broad partnership approach to tackle Tobacco Control issues.

Continue to work with partners to address adult obesity including the commissioning of effective weight management services for those that need additional support.

Continue to commission evidence based lifestyle services and review existing healthy lifestyle services in order to address any gaps in provision.

Develop and deliver a multi-agency Mental Health Promotion Strategy for Lincolnshire.

Develop a Community Health Champion programme for Lincolnshire building on current good practice that will enable people to volunteer to offer help and support to other members of their community in leading healthier lives.

Identify someone with lead responsibility for reducing the harmful effects of alcohol consumption through the development and delivery of an Alcohol Plan as part of a review of substance misuse in Lincolnshire.

Roll out the 'Making Every Contact Count' programme across Lincolnshire to ensure frontline staff are able to support people who want to develop a healthier life style.

What is working well (examples):

Lincolnshire's Tobacco Control Strategy 2013-18 was approved in December 2013 and is now live. The Tobacco Control Alliance continues to support the delivery of this work.

Dedicated smoking cessation work has supported over 5,800 people to quit, including pregnant women who smoke and people with long-term health conditions.

Smoke Free Homes & Cars Programme are piloting activities in the St Giles area of Lincoln. The lessons from this will inform the rollout of future work across the county.

In 2013-14, 265 learners took the British Institute of Innkeeping Award Body exam in smoking awareness, with 255 passing. Interest in the course continues to grow with new providers offering life skills courses expressing an interest in delivering the award.

Commissioned a new adult weight management service for people aged 16 years and over.

Public Health commissioned programmes (Exercise referral, Health Walks, Vitality) have

contributed to over 9,000 people being more active more often (2013/14).

GP Exercise Referral Programme is in place across every district. 4,302 people were referred in 2013/2014, with a 74% completion rate, of which 47% had a BMI 30+.

15,818 people have engaged with healthy eating and cooking community events, including 2,820 participating in dedicated cooking courses.

Health Trainers continue to work with people to assess their health and lifestyle risks, helping them to build their motivation to change. Health Trainers supported 4,580 people in 2013/14, of which 350 had a BMI 30+.

Lincolnshire's volunteer programme for community health champions (Live Well Champions) has trained and placed 30 volunteers after delivering only 3 training courses. 10 of the 30 have now registered for the accredited RSPH Level 2 in Understanding Health Improvement and continue to volunteer locally.

The Police & Crime Commissioner has been appointed lead officer for Alcohol and Substance Misuse.

Alcohol Health Needs Assessment underway and an Alcohol & Substance Misuse Strategy produced.

The Blue Light project is working with Alcohol Concern to reduce the impact of those misusing emergency services and to encourage them to enter treatment.

Make Every Contact Count (MECC) now part of core delivery contract for the 3 NHS Trusts. 3 out of 7 district councils now signed the MECC Memorandum of Understanding (ELDC, WLDC & BBC), the others have submitted papers to their management teams.

118 staff in Community Pharmacies trained in MECC.

Challenges, Threats and Opportunities:

Mental Wellbeing – Activity going on but needs to be joined up, e.g. development of Mental Health Promotion Strategy with NHS work on a Mental Health Service Strategy.

Dementia – Addressing the physical impacts of dementia through health improvement work and early identification/diagnosis and referral to appropriate services.

Evidence of effectiveness – measuring the impact of prevention and quantifying its effect on all parts of the health and care system. Will the financial landscape allow sufficient time for prevention to have an effect?

Interdependencies – the way in which the different themes are inter-related and how this informs prioritisation around future planning.

Alcohol – Greater partnership working required to move the agenda towards a population level change agenda from a community safety/crime and disorder/treatment service focus.

Obesity – Gap in these services for young people aged between 11 and 15.

Population vs Individual – current services support individuals to make changes rather than promoting communities and populations to do so.

Expectations – how to manage expectation whilst being aspirational enough to bring about real improvements in health and wellbeing

Outcome Indicators:

Priority	Indicator	RAG	Trend	Lincs/E.Mids/Eng
Reduce the number of people who smoke	Smoking prevalence	Orange		
	Smoking prevalence - routine & manual	Red		
	Smoking status at time of delivery	Green		
	Under 75 mortality rate from respiratory disease	Orange		
	Under 75 mortality rate from respiratory disease (Male)	Green		
	Under 75 mortality rate from respiratory disease (Female)	Orange		
	Under 75 mortality rate from respiratory disease considered preventable	Orange		
	Under 75 mortality rate from respiratory disease considered preventable (Male)	Orange		
	Under 75 mortality rate from respiratory disease considered preventable (Female)	Orange		
Reduce the number of adults who are overweight or obese	Diet: comparison with national dietary targets and guidelines	Grey		
	Excess weight in adults	Red		
	Under 75 mortality rate from all cardiovascular diseases	Orange		
	Under 75 mortality rate from all cardiovascular diseases	Orange		
	Under 75 mortality rate from all cardiovascular diseases	Orange		
	Under 75 mortality rate from cardiovascular diseases considered preventable	Orange		
	Under 75 mortality rate from cardiovascular diseases considered preventable	Orange		
Support people to be more active more often	Utilisation of green space for exercise/health reasons	Red		
	Percentage of physically active and inactive adults - active adults	Orange		
	Percentage of active and inactive adults - inactive adults	Orange		
Support people to drink alcohol sensibly	Alcohol-related admissions to hospital	Orange		
	Under 75 mortality rate from liver disease	Orange		
	Under 75 mortality rate from liver disease (Male)	Orange		
	Under 75 mortality rate from liver disease (Female)	Orange		
	Under 75 mortality rate from liver disease considered preventable	Orange		
	Under 75 mortality rate from liver disease considered preventable (Male)	Orange		
Improve people's sense of mental wellbeing	Self-reported well-being - people with a low satisfaction score	Orange		
	Self-reported well-being - people with a low worthwhile score	Orange		
	Self-reported well-being - people with a low happiness score	Orange		
	Self-reported well-being - people with a high anxiety score	Orange		
	Carer reported quality of life	Orange		
	Carer reported quality of life (18-64)	Orange		
	Carer reported quality of life (65+)	Orange		
	People who use services who have control over their daily life	Orange		
	People who use services who have control over their daily life (18-64)	Orange		
	People who use services who have control over their daily life (65+)	Orange		