

## Lincolnshire Health and Wellbeing Board outcomes and services planned and commissioned.

### *Promoting Healthy Lifestyles*

The evidence in the JSNA indicates that smoking is currently the most significant behaviour contributing to poor health and well-being. Most smokers wish to stop and there are interventions which are proven to be effective. The JSNA evidence also indicates that obesity, and its two major components – food and physical activity, is also a major problem. Unlike smoking this is increasing as a risk factor and requires urgent attention. This applies to both children and young people and to adults.

*Outcome – People are supported to lead healthier lifestyles*

Aims	Commissioning plans / Implemented Services
Decrease smoking	Phoenix Smoking Cessation Service
Decrease obesity	Dietician referrals/Weightwatchers Phoenix/Exercise on referral
Increase physical activity	Exercise on referral
Sensible alcohol use	DARTS/Addaction
Improve sense mental wellbeing	Self referral IAPT

### *Improving Health and Well Being for Older People*

The data illustrates once again the high proportion of older people aged 50 and over living in Lincolnshire and the projections for this proportion to increase over the next decades. This affects not just the obvious issues of health and social care, benefits and pensions, housing and transport, but also prevention of ill-health, promotion of well-being and quality of life, and work and volunteering opportunities.

*Outcome – Older People are able to live life to the full and feel part of their community.*

Aims	Commissioning plans / Implemented Services
Deliver "wellbeing" support and community health services for older people in Lincolnshire	Making every contact count
Develop a network of "wellbeing" services aimed at supporting older people to live healthier, happier and independent lives	Parkinson Nurse
Ensure services for older people are locally based, cost-effective and sustainable	Parkinson nurse
Use public, private, voluntary and community organisations/groups to provide co-ordinated low level preventative services	Wellbeing Support Network

***Delivering high quality systematic care for major cause of ill health and disability.***

All the reviews of major illnesses illustrate the benefits of prevention, early diagnosis and good management of risk factors and the condition itself. There is clear evidence that systematic care with defined care pathways and protocols which utilise effective interventions will produce better outcomes. The JSNA gives us evidence that this systematic prevention and care is not universally available in Lincolnshire. We must ensure we have in place systematic programmes of risk identification and management, long-term condition management and management of major diseases such as heart disease, stroke, cancer and diabetes.

*Outcome – People are prevented from developing long term health conditions, have them identified early if they do develop them and are supported effectively to manage them*

<b>Aims</b>	<b>Commissioning plans / Implemented Services</b>
Improve the diagnosis and care for people with diabetes	Diabetic Nurse/Hypoglycaemic pathway Weight watchers/Exercise on referral.
Reduce unplanned hospital admissions and mortality for people with COPD	Respiratory nurses Unplanned care. South Holland looked at frequent attenders with COPD and set up individual management plans for them.
Reduce mortality rates from CHD and improve treatment for patients following an MI	CVD Lifestyle checks/Heart failure Nurse Cardiac rehabilitation nurses
Improve the speed and effectiveness of care provided to people who suffer a stroke	Setting up of specialist centres for stroke treatment.
Reduce mortality rates from cancer and improve take up of screening	SLCCG is the lead commissioner for Cancer
Minimise the impact of long term health conditions on mental health	IAPT – (Improving Access to Psychological Therapies)

***Improving health and social outcomes and reducing inequalities for children.***

The evidence in the JSNA points to deprivation and poverty being major drivers of health inequalities in children and to obesity, smoking, and teenage pregnancy as the main health issues to be addressed.

*Outcome – Ensure all children get the best possible start in life and achieve their potential*

<b>Aims</b>	<b>Commissioning plans / Implemented Services</b>
Ensure all children have the best start in life by Improving educational attainment for all children	Work with partner organisations to promote
Improving parenting confidence and ability to support their child’s healthy development.	The CCG is committed to the Operating Framework requirement to increase Health Visitors
Reduce childhood obesity	Work with partner organisations to promote healthy lifestyles, to support

	reduction in obesity
Ensure children and young people feel happy, and stay safe from harm and make good choices about their lives - particularly the vulnerable and disadvantaged.	The CCG is committed to the increase in health visitors

### ***Tackling the social determinants of health***

The JSNA points to worklessness being a highly significant determinant of people's health. Work improves mental health, reduces the likelihood of poverty and increases self esteem. There are links between health and the quality of work too. The evidence in the JSNA, taken originally from the Economic Assessment, indicates that in certain parts of Lincolnshire this is a major issue for health and well-being.

*Outcome – Peoples health and well-being is improved through addressing wider determining factors of health that affect the whole community*

<b>Aims</b>	<b>Commissioning plans / Implemented Services</b>
Support more vulnerable into good quality work	Work with partner organisations to develop and support the vulnerable.
Ensure public sector policies on getting best value for money include clear reference and judgement criteria about local social impact, with particular reference to protection and promotion of work opportunities and investment in workforce health and well-being	Improved pathways of care,
Ensure that people have access to good quality, energy efficient housing that is both affordable and meets their needs	Warm Homes scheme( R2W– Responders to Warmth) Council run

These aims and commissioning decisions have been endorsed by Lincolnshire County Council, Lincolnshire's CCGs, District Councils, Healthwatch Lincolnshire, and Lincolnshire and Leicester Local Office of the NHS Commissioning Board.

All will hold each other to account for ensuring that their commissioning and decommissioning decisions are in line with the JHWS and deliver the outcomes which are included in the five themes.

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