


Agenda Item 10

 <p>Lincolnshire COUNTY COUNCIL <i>Working for a better future</i></p>		<p>THE HEALTH SCRUTINY COMMITTEE FOR LINCOLNSHIRE</p>	
Boston Borough Council	East Lindsey District Council	City of Lincoln Council	Lincolnshire County Council
North Kesteven District Council	South Holland District Council	South Kesteven District Council	West Lindsey District Council

Open Report on behalf of Andrew Crookham
Executive Director - Resources

Report to	Health Scrutiny Committee for Lincolnshire
Date:	22 January 2020
Subject:	Workshop – Annual Report of the Director of Public Health 2019: <i>The Burden of Disease in Lincolnshire</i>

Summary

On 18 December 2019, members of the Health Scrutiny Committee for Lincolnshire held an informal workshop meeting on the Director of Public Health's Annual Report for 2019, which is entitled the *Burden of Disease in Lincolnshire*.

This item records the main elements of the workshop and enables the Committee to consider whether to look at any aspects from the Director's Annual Report, which it can pursue as part of its work programme.

Actions Required

- (1) To note this report on the Committee's informal workshop meeting held on 18 December 2019 on the Director of Public Health's Annual Report on the *Burden of Disease in Lincolnshire*.
- (2) To note that the local implementation plan of the NHS Long Term Plan is due to be considered by the Committee, following its publication.
- (3) To consider whether any other topics from the Annual Report can be taken forward as part of the Committee's work programme, given its remit focusing on NHS-funded health services.

1. Annual Report by the Director of Public Health

The annual report by the Director of Public Health for 2019, entitled the *Burden of Disease in Lincolnshire*, is available on the County Council's website:

<https://www.lincolnshire.gov.uk/directory-record/63956/director-of-public-health-annual-report-2019>

2. Workshop Meeting

Attendance

Twelve members of the Health Scrutiny Committee attended an informal workshop meeting on 18 December 2019 on the Director of Public Health's Annual Report 2019: *The Burden of Disease in Lincolnshire*. Also present at the workshop were:

- the Executive Support Councillor for NHS Liaison and Community Engagement
- the Director of Public Health
- the Medical Director, United Lincolnshire Hospitals NHS Trust
- the Chief Operating Officer, Lincolnshire West Clinical Commissioning Group
- the Assistant Director of Adult Frailty and Long Term Conditions, Lincolnshire County Council
- Public Health Consultant
- Programme Manager, Health Intelligence
- Public Health Analyst

Annual Report Conclusion

As the report has been circulated to members of the Committee and is available on the County Council's website, it is not reproduced in full as part of this report. However, for reference the report's conclusion is set out below:

For the first time we have been able to use Global Burden of Disease methodology to create new intelligence, helping us to understand the greatest burdens of disease in Lincolnshire. This has allowed us to compare the impacts of diseases and conditions that people die from, with those that people can live with for many years.

The picture which has emerged is one which is recognised, in part. Whilst life expectancy has increased, the period of time that people live with disabilities has also increased. The biggest killers are ischaemic heart disease, lung cancer, stroke, and COPD. However, close behind these is Alzheimer's, accounting for nearly 6% of all Years of Life Lost in Lincolnshire. When it comes to Years Lived with Disability the picture is very different. Low back pain, headache disorders, depressive disorders, neck pain and age related

hearing loss are the top five causes. Diabetes and COPD also rank highly, as do falls, anxiety disorders, and oral disorders.

When premature mortality and disability data are combined to compare the overall burden of disease, the greatest single burden in Lincolnshire is ischaemic heart disease, and second is lower back pain. However, when lower back pain and neck pain are combined they become the greatest cause of Disability Adjusted Life Years in Lincolnshire.

So whilst heart disease and cancers are the big killers, lower back and neck pain (MSK), mental health issues and Alzheimer's disease are all key challenges we have to tackle at a Lincolnshire level because of their overall impact.

A fundamental shift is needed to refocus our shared efforts, requiring an emphasis on prevention and early detection, and informed by evidence of the most common risk factors driving ill-health. Unsurprisingly, the single greatest risk factor is smoking, and other key factors are high blood pressure, high body mass index and high cholesterol, which are all risks that we can do something about and which we have discussed in this report.

We will use the Health and Wellbeing Board and the NHS Long Term Plan to tackle the causes and risks of illness in Lincolnshire, and will report back on our progress in next year's Director of Public Health report.

Topics Raised at the Workshop Meeting

Members of the Committee responded positively to the content of the report. The topics raised as part of the discussion at the workshop meeting included the following:

- the role of physical activity and a balanced diet in both lessening the impact of a wide range of physical and mental health conditions; and reducing the risk of acquiring these conditions;
- encouraging people of all ages towards healthy lifestyles;
- clear and consistent public health messages, so people can make informed lifestyle choices;
- the changing roles for GP practices;
- given the impact of neck pain and back pain (MSK), the importance of physiotherapy services;
- the links between excess drug and alcohol use and mental health;
- the continued impact of tobacco use and the importance of an individual's own will and determination to forego tobacco;
- how a 'whole-person' approach to health and care could be beneficial to individuals;
- Making Every Contact Count; and
- the role of the emerging primary care networks and the emphasis on prevention.

Role of the Health Scrutiny Committee

The role of the Health Scrutiny Committee is to review and scrutinise NHS-funded health services, as opposed to County Council-funded public health services, which are under the remit of the Council's Adults and Community Wellbeing Scrutiny Committee. The annual report is due to be considered by that Committee on 15 January 2020.

NHS Long Term Plan and the Committee's Work Programme

The NHS Long Term, which was published in January 2019, has been the subject of previous reports to this Committee and was referenced in the Annual Report. As part of the implementation process for the NHS Long Term Plan, each local health and care system is required to prepare by 15 November 2019 a local implementation plan, in effect a local long term plan. Local health systems are expected to publish their local plans in the coming weeks. Consideration of the local implementation plan will be included on the Committee's work programme.

The Committee is requested to identify if there any topics referred to in the Director of Public Health's Annual Report 2019 - *The Burden of Disease in Lincolnshire*, which it would like included in its work programme.

3. Conclusion

The Committee is invited to note this report on the Committee's informal workshop meeting held on 18 December 2019 on the Director of Public Health's Annual Report on the *Burden of Disease in Lincolnshire*; and that the local implementation plan of the NHS Long Term Plan is due to be considered by the Committee, following its publication.

The Committee is requested to consider whether any other topics from the Annual Report can be taken forward as part of the Committee's work programme, given its remit focusing on NHS-funded health services.

4. Background Papers - No background papers within Section 100D of the Local Government Act 1972 were used in the preparation of this report.

This report was written by Simon Evans, Health Scrutiny Officer, who can be contacted on 01522 553607 or by e-mail at Simon.Evans@lincolnshire.gov.uk