

# Introduction to Public Health

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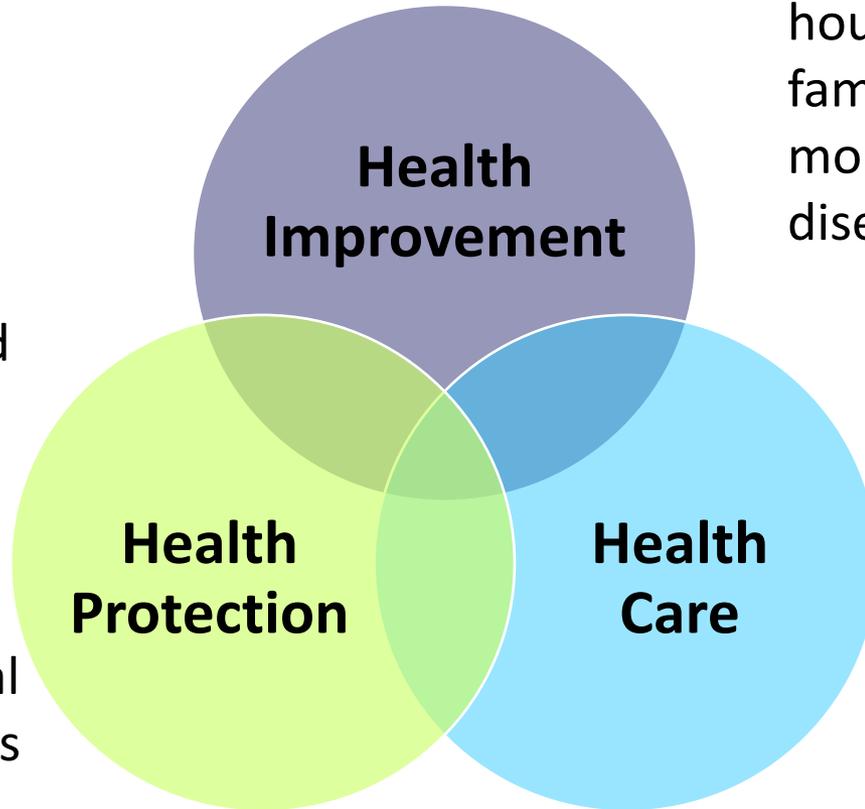
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# What is Public Health?

- Lots of definitions – WHO one most frequently cited  
*‘The science and art of promoting and protecting health and wellbeing , preventing ill-health and prolonging life through the organised efforts of society.’*
- National Health Service or National Sicknes Service?
- Public Health is about the health of people and communities, as opposed to individual health – it is everyone’s responsibility

# Domains of Public Health



Infectious diseases, chemicals and poisons, radiation, emergency response, environmental health hazards

Inequalities, education, housing, employment, family/community, lifestyles, monitoring of specific diseases and risk factors

Clinical effectiveness, efficiency, service planning, audit and evaluation, clinical governance, equity

# Money

- Planned spending for the Department of Health in England was approximately **£212.1 billion in 2020/21**
- £129.9bn to NHS England who gave £81.7bn to Clinical Commissioning Groups. Vast majority of £129.9bn is spent on sickness services
- £4.2bn to Public Health England, of which £3.9bn to local authority teams
- Lincolnshire PH budget = **£44.79m** (£33.9m Public Health Grant & £10.89m LCC core funding)
- NHS Lincolnshire CCG budget (2020/21) = £1.3bn

*‘An ounce of prevention is worth a pound of cure’*

Benjamin Franklin (1736)

# What do we do with it?

- Statutory function
  - NCMP, Health checks, Sexual health services
  - PH advice to CCGs (health services)
  - Health protection aspects (although PHE leads)
  - Home office statutes re alcohol and substance misuse
- Health improvement, health protection, health care
- My role – statutory duties of DPH plus Housing, carers, telecare, “wellbeing services”

# Health Protection

**Health Protection** is...*the protection of individuals, groups and populations through advice and effective collaboration to identify, prevent and mitigate the impacts of infectious diseases and environmental, chemical and radiological threats.*

Proactive	Reactive
Immunisation and Screening	Emergency Preparedness, Resilience and Response (EPRR)
Community Infection Prevention and Control (IPC)	Outbreak Identification & Rapid Response (OIRR)
Communicable Diseases Management	Substance Misuse & Sexual Health

# Health Promotion

Evidence shows that prevention and early intervention represents good value for money. Interventions implemented at scale help people to avoid poor health, reduces the demand on other public services and supports economic growth

Page 27

**Making the case for prevention**

Investing in prevention can protect individuals and their health, but also wider parts of the economy:

<b>NHS costs</b>	<b>Social care costs</b>	<b>Productivity losses</b>	<b>Wider economic costs</b>
			
e.g. hospital care and medical treatment	e.g. residential care	e.g. sickness absence	e.g. alcohol-related crime

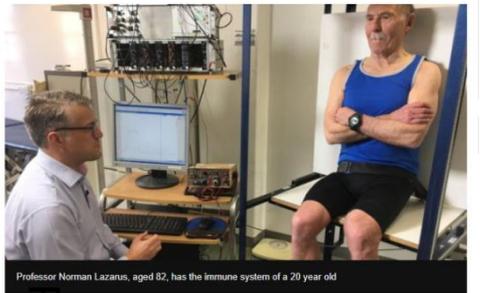
Health

# How exercise in old age prevents the immune system from declining

Fergus Walsh  
Medical correspondent  
@BBCFergusWalsh

8 March 2018

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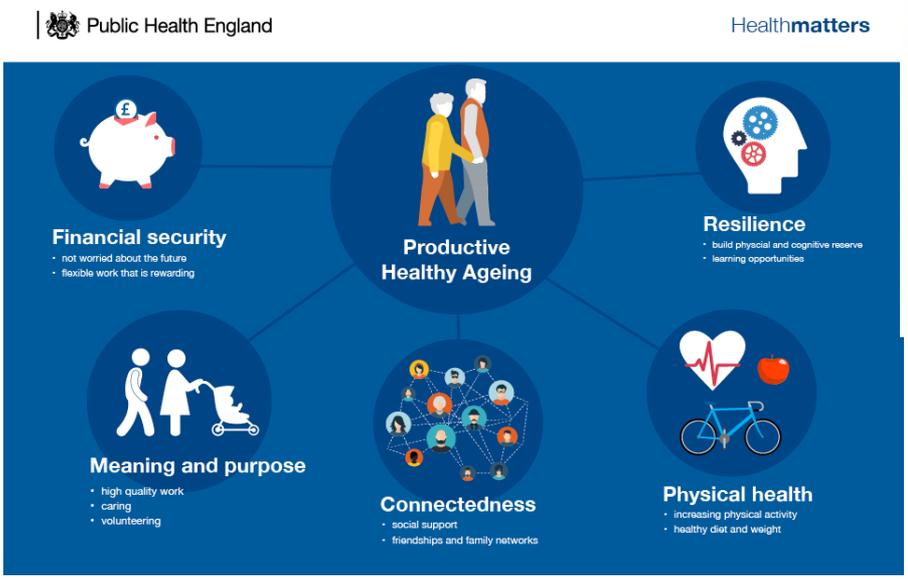


Professor Norman Lazarus, aged 82, has the immune system of a 20 year old

Dolphins of exercise in older age can prevent the immune system from declining and protect people against infections, scientists say.

Page 28

# Prevention works



Health

# Middle-aged can reverse heart risk with exercise, study suggests

Alex Thomson  
Health reporter, BBC News

8 January 2018

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The new year is a time when many plan to shape up after the excesses of the festive period.

Now there is good news for those who fear it might be too late in life to improve their fitness.

People into late middle age can reverse or reduce the risk of heart failure caused by decades of sedentary living by exercising, a study has found.

## How much physical activity should you do?

All adults should undertake muscle strengthening activity, such as

- exercising with weights
- yoga
- or carrying heavy shopping

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods

Adults (19 to 64) should aim for at least **150 minutes** of moderate intensity activity, in bouts of 10 minutes or more, each week

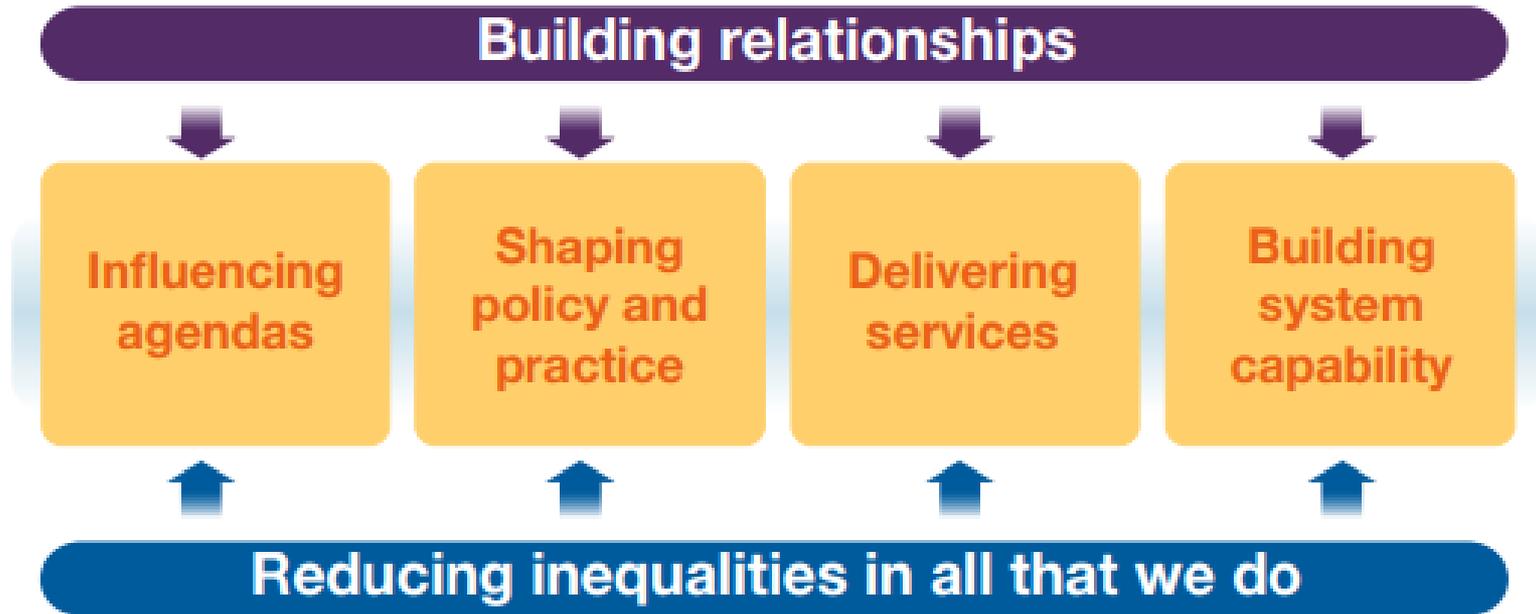
This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

## What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:

walking	gardening	tai chi	dancing
cycling	active recreation	swimming	

# Health Care



By integrating the reduction of inequalities into everything we do, we stand the best chance of tackling long standing injustices and improving the health and wellbeing of Lincolnshire

# Lincolnshire Burden of Disease

**Years of life lost (YLLs)** are defined as years lost due to premature mortality.

+

**Years lived with disability (YLDs)** are defined as years of life lived with any short-term or long-term health loss.

=

**Disability adjusted life years (DALYs)** equal the sum of years of life lost (YLLs) and years lived with disability (YLDs). One DALY equals one lost year of healthy life.

## Top 10 YLL

1. Ischemic heart disease
2. Lung cancer
3. Stroke
4. COPD
5. Alzheimer's
6. Lower respiratory infection
7. Colorectal cancer
8. Breast cancer
9. Self-harm
10. Pancreatic cancer

## Top 10 YLD

1. Low back pain
2. Headache disorders
3. Depressive disorders
4. Neck pain
5. Age-related hearing loss
6. Diabetes
7. COPD
8. Falls
9. Anxiety disorders
10. Oral disorders

## Top 10 DALY

1. Ischemic heart disease
2. Low back pain
3. COPD
4. Stroke
5. Lung cancer
6. Alzheimer's
7. Headache disorders
8. Diabetes
9. Depressive disorders
10. Neck pain

# HWB Strategy Background

- **Health and Social Care Act 2012** requires the Local Authority and each of its partner CCGs to produce a Joint Health and Wellbeing Strategy (JHWS) in order to meet the needs identified in the Joint Strategic Needs Assessment (JSNA).
- **Purpose of the JHWS** is to set out the strategic commissioning direction for the next five years for all organisations who commission services in order to improve the health and wellbeing of the population and reduce inequalities.

# Joint Health and Wellbeing Strategy - Aims

- 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.

# Lincolnshire Health and Wellbeing Board's Joint Health and Wellbeing Strategy will...

...Have a strong focus on prevention and early intervention

...Take collective action on health and wellbeing across a range of organisations

...Tackle inequalities and equity of service provision to meet the population needs

...Deliver transformational change in order to improve health and wellbeing

## JHWS Themes

Embed prevention into all pathways across health and care including integrated locality teams

Develop joined up intelligence and research to identify needs, target and evidence outcomes of prevention

Support the workforce through workplace wellbeing and upskilling to recognise prevention opportunities

Harness digital technology to provide solutions to support self care across the priority areas

Ensure Safeguarding is embedded in the JHWS as a cross cutting theme ('golden thread')

## JHWS Priorities

Children and Young Peoples Mental Health and Emotional Wellbeing

Adult Mental Health

Carers

Physical Activity

Housing

Obesity

Dementia

## JHWS Governance

Future In Mind Steering Group

STP Mental Health and LD Group

Carers Steering Group

Physical Activity Taskforce

Housing, Health & Care Group

Healthy Weight Partnership

Dementia Steering Group

<b>Vision</b>	<b>People stay as healthy, safe &amp; independent as possible during all stages of their life</b>				
<b>Mission</b>	<b>Helping people to improve their health &amp; wellbeing with a particular focus on prevention, early intervention &amp; reducing health inequalities</b>				
<b>Objectives</b>	1. Prevention 2. Early Intervention		3. Reducing inequalities 4. Making Every Contact Count		
<b>Priorities</b>	<b>Health Protection</b>	<b>Fulfils statutory requirements</b>	<b>Influence and Relationships</b>	<b>Supports community, social or economy</b>	<b>Enablers</b>
<b>Work Areas</b>	<ul style="list-style-type: none"> <li>• Covid Response &amp; Recovery</li> <li>• Contact Tracing</li> <li>• Community &amp; Voluntary Sector Engagement</li> <li>• Outbreak management</li> <li>• Immunisation and Screening</li> <li>• Community Infection Prevention &amp; Control (IPC)</li> <li>• Communicable Diseases Management</li> <li>• Emergency Preparedness, Resilience &amp; Response (EPRR)</li> <li>• Oral Health</li> </ul>	<ul style="list-style-type: none"> <li>• Joint Strategic Needs Assessment</li> <li>• Pharmaceutical Needs Assessment</li> <li>• Director of Public Health Annual Report</li> <li>• Health and Wellbeing Board</li> <li>• NHS Health Checks</li> <li>• Substance Misuse</li> <li>• Sexual Health</li> <li>• Healthwatch Lincolnshire</li> <li>• Clinical Governance</li> </ul>	<ul style="list-style-type: none"> <li>• NHS/CCG</li> <li>• Integrated Care System Development</li> <li>• Disabled Facilities Grant</li> <li>• Green Masterplan inc. Fuel Poverty/Warm Homes</li> <li>• Transport</li> <li>• Primary Care Network Place Delivery</li> <li>• Cross County Links</li> <li>• Provider Links</li> <li>• Centre for Ageing Better</li> <li>• Commissioning/links with Commercial Team</li> <li>• Health Care Public Health</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Health inc. Suicide Prevention</li> <li>• Physical Activity &amp; Weight Management</li> <li>• Health Inequalities</li> <li>• Community &amp; Voluntary Sector Engagement / Recovery</li> <li>• Carers</li> <li>• Children and Young People Services</li> <li>• Homes for Independence blueprint / HHCDG Delivery Plan</li> <li>• Lincolnshire Community Equipment Services</li> <li>• LCC Employee Health and Wellbeing Strategy</li> <li>• Housing Related Support</li> <li>• Wellbeing Service</li> <li>• One You Lincolnshire</li> <li>• Domestic Abuse Refuges</li> <li>• Social Isolation Strategy</li> <li>• Expansion of Prevention</li> <li>• Social Prescribing</li> </ul>	<ul style="list-style-type: none"> <li>• Joint Strategic Asset Assessment</li> <li>• Population Health Management</li> <li>• Housing, Health and Care Delivery Group</li> <li>• Digital Roadmap inc. Connect to Support Lincolnshire</li> <li>• Quality Assurance &amp; Continuous Improvement</li> <li>• Intelligence</li> <li>• Research</li> <li>• Deep Dive</li> <li>• Academic Research/ University</li> </ul>
<b>Meets Corporate Objectives</b>	Enabling everyone to enjoy life to the full	High Aspirations & Provide good value council services	Create thriving environments	Enabling everyone to enjoy life to the full & Provide good value council services	High Aspirations

# Emerging Developments

## Health and Social Care White Paper:

- Integrated Care Systems (ICSs) statutory by 1 April 2022 (subject to legislation)
- ICSs will replace Clinical Commissioning Groups
- Local NHS, Public Health and Social Care to increase integration and joint working so health and care needs of the local population are met.
- Lincolnshire Health and Wellbeing Board taking on the role as the ICS Partnership Board

Page 35  
**Transforming the Public Health System in England Policy Papers** – structural reforms includes:

- a new UK Health Security Agency (UKHSA) brings together the health protection capability of PHE and NHS Test & Trace
- a new Office for Health Promotion (OHP) under the leadership of the CMO responsible for health improvement, prevention and healthcare
- Strengthened role for the DPH and local NHS in prevention and population health driven through the ICS

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