



ISLINGTON

HEALTH IN ISLINGTON: Key achievements

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Life expectancy

- Since 2000-02, life expectancy has **increased** in Islington for both men and women.
- Life expectancy at birth for men in Islington is now 79 years, an increase of 5.5 years since 2000. However life expectancy for men in Islington remains lower than London (80.3) and England (79.5) and is **the 8th lowest amongst all London boroughs**.
- For women in Islington life expectancy is 83.5 years and is similar to England (83.2).
- In Islington the **difference** in life expectancy between people in the **best-off** and **worst-off** areas of the borough is **6.5 years for men** and **2.0 years for women**.

Life expectancy at birth



Men	2000-02	2012-14	Percentage increase
Islington	73.5	79.0	7.4%
London	75.8	80.3	5.9%
England	76.0	79.5	4.6%



Women	2000-02	2012-14	Percentage increase
Islington	79.1	83.5	5.6%
London	80.8	84.2	4.2%
England	80.7	83.2	3.1%

Source: Public Health Outcomes Framework, 2016



Islington's Health and Wellbeing Board priorities (2017-2020)

Ensuring every child has the best start in life

- Improving outcomes for children and families
- Driving integration across early childhood services
- Remaining focused on prevention and early intervention.

Preventing and managing long term conditions to enhance both length and quality of life and reduce health inequalities

- Addressing wider causes of poor health: particularly housing, employment and isolation
- Promoting and enabling healthier lifestyles
- Providing a collaborative, coordinated, and integrated care offer to residents

Improving mental health and wellbeing

- Increasing focus on mental health and wellbeing for children and families
- Increase employment opportunities and workplace health
- Focusing on reducing violence and the harm it causes
- Improving the physical health of people with mental health conditions
- Working better as a system to provide a better holistic service to people with multiple needs which include mental health
- Focusing on dementia
- Improving service access

ENSURING EVERY CHILD HAS THE BEST START IN LIFE



Key achievements – Best start in life

- Infant deaths have continued to reduce. Islington has the 5th **lowest rate of infant mortality** of all local authorities in England and a significantly lower rate compared to England (2.6 deaths per 1,000 live births versus 4 in England).
- The percentage of babies being **breastfed** at 6-8 weeks (88%) is better than England (74%).
- Islington has seen a **significant reduction in teenage pregnancy rates**, which have more than halved in five years.
- Islington continues to perform well in all childhood immunisations. 91.5% of children aged 2 years **immunised** against MMR, which the fifth highest rate in London. Significant improvement in the uptake of school aged immunisations in 2014/15, with Islington having one of the highest uptake rate of HPV immunisation in London.
- Joint **Child Health Strategy** focuses on implementation of an early intervention and prevention approach across all professionals and settings
- The percentage of children achieving a **good level of development** at reception year is improving but remains below the national average.
- **Children's oral health has improved.** The proportion of children aged 5 years old who experienced tooth decay has dropped from 30% in 2012 to 24% in 2015.
- In October 2015, responsibility for **health visiting** successfully moved from the NHS to local authorities. Over 90% of births receive a new birth visit within 14 days.

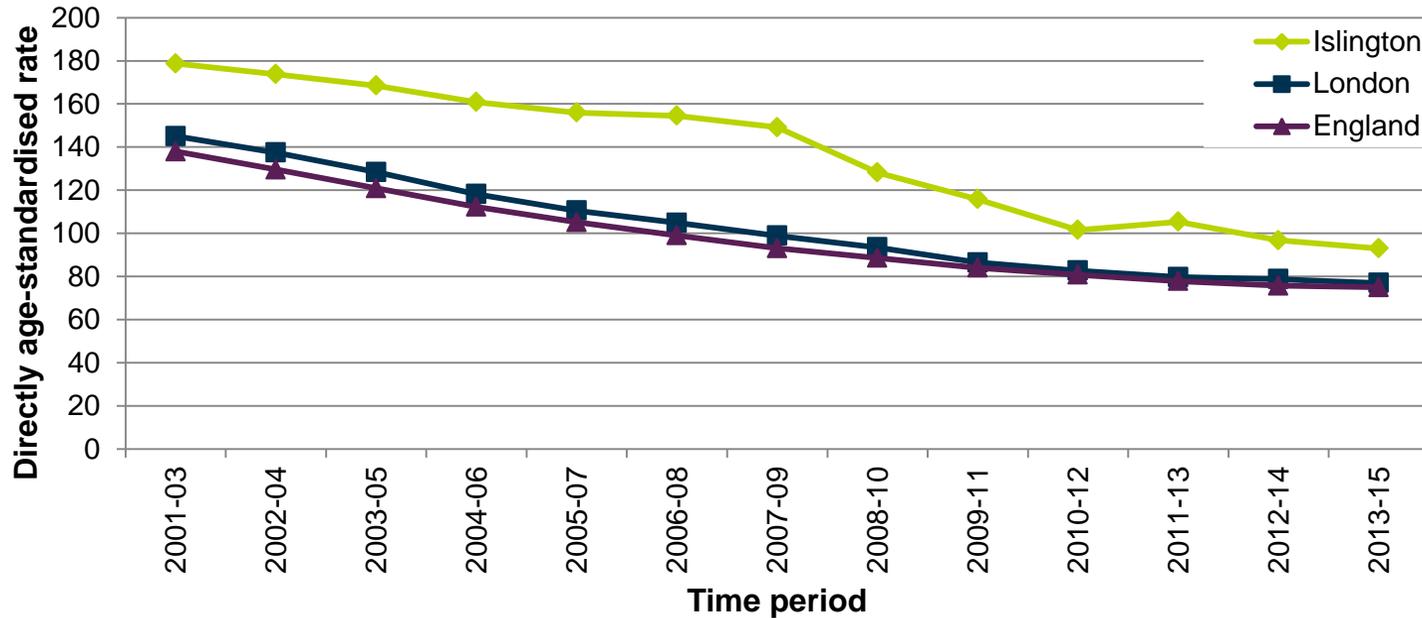


Key challenges – Best start in life

- **Childhood excess weight continues to be a challenge in Islington.**
- **In 2014/15 almost a quarter (22%) of children aged 4-5 years old had excess weight.** The rate has not changed significantly over the past 3 years and is currently similar to England and London.
- **Amongst children aged 10-11 years old more than a third (37%) had excess weight** in 2014/15. There has been a rise in the last two years and the rate is similar to London but higher than England.
- Referrals and uptake for the Tier 3 weight management programmes, tailored for children with additional needs, remain a challenge.
- To address obesity levels we need to take a systems-based perspective to tackling obesity – looking at every aspect of the local environment and collaborate with the community and voluntary sectors- youth clubs and independent housing/social care workers/troubled families to engage with the most vulnerable communities.
- Transformation of early years including integration of early year services and transformation of the early years workforce.



Directly age-standardised premature mortality rates attributable to CVD per 100,000 population, resident population aged <75 years old, Islington, London and England, 2001-03 to 2013-15



Source: Public Health Outcomes Framework, November 2016

What is being done locally?

- **Early years transformation:** building on the first 21 months programme we are aiming to improve early intervention in pregnancy and the first few years of life. The programme is driving key services to work in a more integrated way. This includes health visiting and family nurse partnership.
- **Islington Healthy Children's Centre and healthy early years programme:** Being recognised as a Healthy Children's Centre or other early years settings, e.g. nurseries and childminders means that the setting offers a good level of support for Islington's key health priorities for young children and families.
- Many policies and services in Islington help to **prevent childhood obesity** as they specifically improve healthy eating and increase physical activity, including **free school meals** for all primary school pupils, the **healthy schools programme**, and our new families for life offer.
- Islington aims to reduce oral health inequalities by **increasing knowledge of key oral health messages, increasing the availability of fluoride, and increasing access to local NHS dental services.** Key programmes include **Community-based fluoride varnish programme, the Brushing for Life scheme, and First tooth First Visit Dental Referral Initiative and Healthy Children's Centre Programme.**
- Islington has a strong **focus on promoting healthy relationships and reducing risk associated with sexual behaviour, including reducing teenage pregnancy prevention programme and sexually transmitted infections.** This encompasses sex and relationship education, advice and access to contraception services. Services provided are both universal and targeted to those young people who have particular vulnerabilities or needs.
- Islington is developing its approach to good mental health for children and young people through the mental health resilience and school (MHARS) programme.



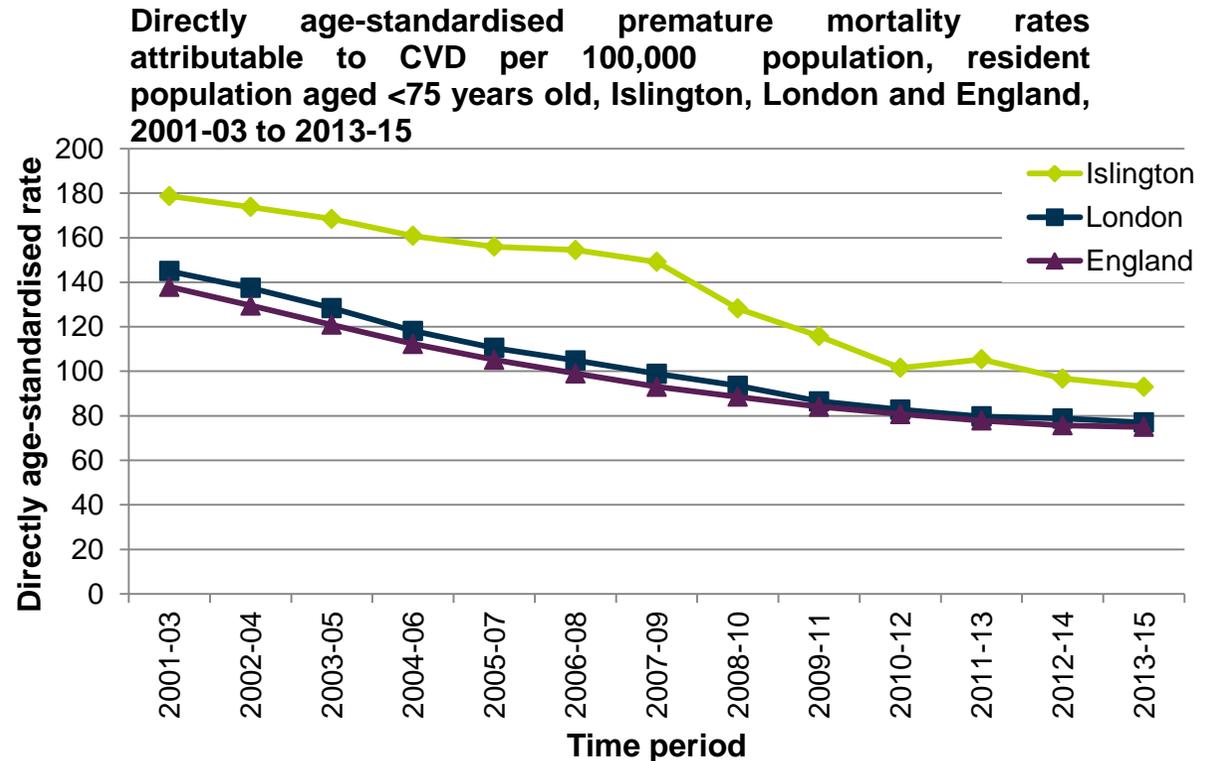
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PREVENTING AND MANAGING LONG-TERM CONDITIONS (LTCS) TO ENHANCE BOTH LENGTH AND QUALITY OF LIFE AND REDUCE HEALTH INEQUALITIES

Key achievements - LTCs



- 46% reduction in early deaths from **heart disease** over the past 10 years. This is a faster reduction compared to London (40% reduction) and England (37% reduction). However, the rates remain higher than the national and London averages.
- Since 2001-03, **premature cancer mortality has fallen** substantially but the rate is still **higher than England**.
- Premature mortality from respiratory disease has fallen** and the rate is now similar to England and London.



Source: Public Health Outcomes Framework, November 2016

Key achievements – LTCs continued..

- Islington had the **lowest late diagnosis rate of HIV** amongst all London boroughs in 2012-14.
- **Over half** of adults in Islington are overweight or obese (52%). This percentage is **lower** than the London and England averages. 62% of Islington residents participate in the recommended level of physical activity (over 150 minutes of physical activity per week). This percentage is **significantly higher** than the London and England averages
- The NHS Health Checks programme has continued to perform well. Islington yet again exceeded the national target for NHS Health Check offers. Almost 8,700 Health Checks were delivered to residents aged 35 to 74 in 2015/16.
- There has been a significant redesign of the **substance misuse treatment service** pathway in Islington to better meet changing local needs, whilst maximising value for money. Work will continue during 2016/17 to ensure that service users are discharged from treatment promptly but appropriately in order to maintain their recovery.



Key challenges - LTCs

- In 2014 Islington had the **highest** prevalence of smoking in London based on data from the Integrated Household Survey. Significantly higher than London and England. A decreasing number of people are accessing stop smoking services and there is an ongoing challenge to increase the numbers of people accessing support and quitting.
- **Cancer screening uptake in Islington is lower than the London and England averages** and increasing uptake remains a challenge.
- Although statistically similar to England, Islington's rate of **alcohol specific deaths, deaths from chronic liver disease and alcohol related deaths are all some of the worst in London**. Generally, in Islington, these rates have declined over the last five years, although these declines are not, statistically, significant.
- We continue to have **significantly worse admissions** to hospital as a result of alcohol, and the rates have increased in Islington over the last five years.
- There remain a significant number of people with undiagnosed COPD, diabetes, heart disease and hypertension. Case finding and earlier detection of these conditions are essential to ensure our residents can benefit from appropriate treatment and management of their conditions (including support for self care), to slow disease progression, and to improve health outcomes, missing opportunities for

What is being done locally?

- **NHS Health Checks programme:** designed to prevent heart disease, stroke, diabetes and kidney disease by identifying and treating people at high risk through targeting 35-74 year olds. During the Health Check individuals are also offered lifestyle advice.
- **Cancer screening** aims to detect early stage cancers or pre-malignant disease. Currently, three national cancer screening programmes for **breast, bowel and cervical cancer** are offered to eligible populations in Islington. Locally we have provided a locally focussed boost to the national “Be Clear on Cancer” Campaign.
- **Diabetes prevention programme** Islington is one of the first boroughs to roll out the national Diabetes Prevention Programme. The service supports people with pre-diabetes, preventing them from developing the condition
- GP and pharmacy local commissioned services focussing on early detection and management of long term conditions.



What is being done locally? (Lifestyles)

PHYSICAL ACTIVITY

- New service providing adult weight management and exercise on Referral (EOR) launched in April. Running jointly across Islington and Camden, the service provides a greater number of locations and activities for residents to access. Specific work is occurring to increase access to the services among those with a mental health conditions
- Specific projects to encourage residents with disabilities and women and girls to be more physically active have been developed using funding from Sport England.
- Continuing to encourage food businesses to sign up to the Healthy Catering Commitment award. Over 250 food businesses have achieved the Healthy Catering Commitment award.
- Completed an healthy weight self-assessment across the Council with a variety of partners including, Voluntary and community sectors to scope what is currently being done to prevent obesity and to evaluate where the gaps are. This will inform the development of an action plan to address this important issue over the next year.

SMOKING

- Healthier Futures (Formally Tobacco Free Futures) have completed an independent review of services using a resident inquiry approach and co-produced with residents a model for new services.
- Co-produced model includes 3 tiers: Tier 1 Self support, using a digital and phone platform; Tier 2 engaging VCS & faith groups, alongside existing GP and Pharmacy offering brief intervention and a new Tier 3 clinically based service to support entrenched and harder to reach groups.
- Tender opportunity to be advertised in late November for a new contract starting 1st April 2017.



ALCOHOL and DRUGS

Ensuring environments that promote lower risk drinking

- Reducing the Strength initiative aimed at reducing the availability of cheap high strength beer and cider
- Proactively reviewing and making representations against potentially harmful alcohol licences. Islington's approach to proactive licensing management and ensuring health are active partners in licensing has been identified as an example of good practice.

Increasing awareness of the impacts of alcohol

- Public Health has commissioned HAGA, an alcohol charity, to raise awareness of the impacts of alcohol and how residents can self-moderate their drinking or seek help from the services provided by the Council. Training in Identification and Brief Advice is provided free of charge to 180 staff a year.

Ensuring drug treatment services meet the needs of local residents

- Successful procurement of a complex needs drug service: successful bidder was Camden and Islington NHS Foundation Trust are now providing a specialist treatment service for people with drug and/or alcohol problems who have additional complex needs around mental health, offending or other health issues.
- Remodelled primary care based alcohol and drug services (PCADS)

IMPROVING MENTAL HEALTH AND WELLBEING



Key achievements – Mental Health

- The number of people entering treatment with the **Improving Access to Psychological Therapies** (IAPT) services has continued to increase, and substantially exceeded targets. This means that over 17% of those estimated to have a common mental health problem within the borough have started treatment with the local IAPT service during the year. Nearly 50% of those who enter treatment recover after treatment.
- Historically under-represented groups, such as men, people living in deprived communities and people from Black Caribbean groups, are now well represented amongst service users of iCope.
- Established Mental Health Promotion services include free **Mental Health awareness training**, **Mental Health First Aid training** and the **Community Mental Health and Wellbeing Promotion Service**. In 2015/16 there will have been over 450 participants in Mental Health First Aid Trainings, and 340 participants receiving one day Mental Health Awareness training.
- Islington had a **large decrease** in the suicide rate between 2001-03 and 2012-14: it is now not significantly different to London or England. There are, though, significant risk factors in the local population.
- Improved dementia care pathways and rates of diagnosis: Islington now has one of the highest rates of dementia diagnosis in the country, meaning more people with dementia are offered services and support.



What's being done locally?

Mental Health (MH) services in Islington cover services for children and young people (CAMHS), services for adults of working age, older people's MH services and alcohol and substance misuse. The national and local strategies of dealing with mental health inequalities aim to:

- **Raising awareness of Mental Health problems and services, including for postnatal depression, and tackling stigma and discrimination.**
- **The mental health and resilience in schools (MHARS)** is being rolled out to all schools in Islington.
- Programmes to **improve the physical health of those with mental health problems**
- **Mental health promotion** includes MH First Aid and Youth MH First Aid training (MHFA/YMHFA), the Mental Health Champions project, and the Direct Action project which focuses on children and young people
- **Primary care** (Improving Access to Psychological Therapies (IAPT)).
- Development of a **local strategy to support suicide prevention** following a comprehensive review of suicide prevention pathways.

Cross council programmes

Housing and Health



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- Evaluations of external wall insulation – Holly Park and High Rise Estates (ILEX/ Gambier/ Halliday House Insulation)
- Trialling innovative approaches to tackle fuel poverty through the Fuel Poverty and Health Booster Fund pilot.

Tackling fuel poverty and developing 'warmer homes'

- Andover and Cally Community Wellbeing pilots as a way of developing a sustainable model of community development and wellbeing.

Community development

- Ensuring the impact on health is central to our strategic response to the new housing act. Developing targeted health interventions, engaging residents and working with health professionals.

Housing and Planning Act

- Equipping all frontline staff with the skills and knowledge to support residents with housing, employment/finance and health and wellbeing issues through Making Every Contact Count training.

Workforce development



Employment and health

- Providing high quality, accessible employment support pathways.
- Trialling innovative approaches such as Individual Placement Support Services in GP practices to support people with LTC's to work and improve their wellbeing.

Employment support

- Developing better links between Fit Note and Work Capability assessments and employment support pathways

Benefits and assessments

- Developing a strategic focus on employment in the health system and provider engagement and knowledge/skills in delivering employment outcomes

Health services

Engaging with employers to understand the business benefits of designing jobs and recruitment processes that work for people and to be able to access practical support

Employers





Making Every Contact Count (MECC)

- Making Every Contact Count (MECC) is about getting people early help and support, using the thousands of day-to-day interactions we have with residents to support them in making positive changes and improving their quality of life.
- The programme consists of an e-learning and a half-day face-to-face training which were launched in June 2016 covering
 - money matters
 - finding work
 - housing
 - health and wellbeing
- Staff and partners in frontline services gain skills, knowledge and confidence to deliver the right information to residents and signposting them to existing support avenues like SHINE, iWork and One You Islington.
- 440 staff and partners across Islington have completed the e-learning and 130 have done the face-to-face training. Many staff have included MECC into their performance appraisals.
- 20 MECC Champions will be recruited per year to take on additional specialist training and help embed MECC practice in the workplace and the community to have a lasting impact on residents' quality of life.



Public Health transformation programmes

Substance
misuse

Adult
lifestyles

Early
years

Sexual
health

Transformation programmes: Substance misuse

Aims:

- To commission a substance misuse integrated treatment and recovery service for Islington
- Improve outcomes in drug and alcohol services, deliver substantial efficiencies and maximise value for money
- Ensure effective, evidence-based treatment services available in Islington that can demonstrate value for money

Key actions for 2016/17:

- A review of integrated treatment models from elsewhere to identify examples of good practice and innovation that can inform local delivery
- Develop an engagement plan to ensure thorough stakeholder input to the refining of the proposed model. This will include efforts to seek the views of individuals not currently accessing services
- Creation of a service specification for the new treatment system incorporating outcomes based performance measures
- Market engagement to assess the viability of the specification and to prepare the market for procurement

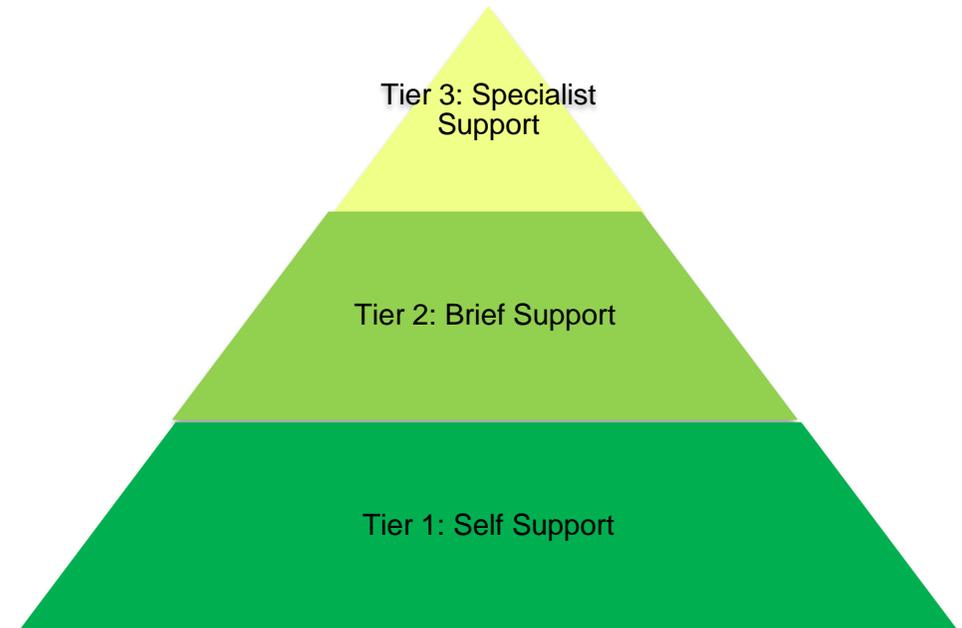
Transformation programmes: Adult lifestyle programmes

Aims:

- Re-procurement of adult health improvement services to gain efficiencies and the development of a more integrated adult health improvement service offer.

Key actions for 2016/17:

- The majority of the programme has been delivered with new services designed and implemented, with the required savings generated
- Re-design and re-procurement of stop smoking services to better meet local need now occurring.
- The approach will result in the development of a three tiered model which will mean that those wanting to give up smoking find it easier to access the information and the most appropriate psychological, motivational, and prescribing support to help them quit.





Transformation programmes: Sexual health

Aims:

- To commission an integrated sexual health service across NCL, to meet the needs of a growing level of activity within a reduced budget, delivering substantial efficiencies and maximise value for money
- Ensure effective, evidence-based treatment services available in Islington and throughout NCL that can demonstrate value for money
- To meet the specific needs of Sex Workers, BME groups, Women, disadvantaged, high risk and underserved groups.

Key actions for 2016/17:

- Creation of a service specification for the new integrated sexual health system incorporating outcomes based performance measures
- Market engagement promote the tender opportunity
- Publish the tender opportunity - seek applications
- Currently scoring the applications – contract award January 2017.



Transformation programmes: Early years

Aim: With children's services development of an integrated early childhood services.

The new model will be based on:

- Three integrated early childhood areas which bring together health services, early years family support and children's centre activity, providing universal and targeted services, with clear pathways to specialist services, focused on our pregnancy to 5 vision
- Repurposing some children's centres as dedicated early years education settings thereby creating more early education spaces and increasing dedicated schools grant funding into the borough

The model will;

- ensure services are high quality, needs led, evidence based and have impact,
- target support to those with the greatest need,
- provide services which build resilience and reduce stressors for all families through pregnancy and with children under 5
- bring together the wider services for children under five and their partners currently funded through the Council or the CCG as part of the overall offer for children and families, Promote greater involvement of families in developing services.



Areas of focus for the coming year

- Continue delivery of public health transformation programmes with specific focus on sexual health and substance misuse.
- Addressing the high levels of alcohol related harm in the borough.
- Renewing our approach to healthy weight in the borough, through Islington's physical activity (Proactive) and food strategies
- Improving the physical health of those with mental health problems
- Increasing the number of people with LTCs who are in employment
- Tackling social isolation in vulnerable groups, such as older people, MH and LD
- Addressing parental mental health in the early years and building resilience
- Continue to work with partners in Haringey on health and care system transformation.