



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 (80.2) and England (79.5) and is **the 5th lowest amongst all London boroughs**.
- For women in Islington life expectancy is 83.1 years and is similar to England (83.1).

Life expectancy at birth



Men	2000-02	2013-15	Percentage increase
Islington	73.5	78.7	7.1%
London	75.8	80.2	5.8%
England	76.0	79.5	4.6%



Women	2000-02	2013-15	Percentage increase
Islington	79.1	83.1	5.6%
London	80.8	84.1	4.1%
England	80.7	83.1	3.0%

Source: Public Health Outcomes Framework, 2017

Healthy life expectancy

- Men and women resident in Islington spend on average the last 20 years of life in poor health.
- Healthy life expectancy (HLE) for women in Islington is similar to London and England, whilst for men it is significantly lower than London but similar to England.
- For both men and women average healthy life expectancy has not changed significantly since 2009 but both men and women in Islington have seen a greater increase in HLE compared to London and England.

Healthy life expectancy at birth

	Men	2009-11	2013-15	Percentage increase		Women	2009-11	2013-15	Percentage increase
	Islington	56.8	60.7	6.43%		Islington	58.2	61.6	5.52%
	London	62.7	64.1	2.18%		London	63.8	64.1	0.47%
	England	63.0	63.4	0.63%		England	64.1	64.1	0.00%

Source: Public Health Outcomes Framework, 2017



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

- The new integrated early years' service – 'Bright Start Islington' - launched in September this year. This represents a significant step towards the ambition for holistic integrated early childhood and family services.
- The core services for Bright Start are provided by health visitors and early childhood staff who will be co-located in children's centres and health centres within three integrated area teams. When fully implemented this will see co-location of health and local authority colleagues working to 3 new localities – Bright Start West, East and South.
- Health visiting services have maintained good coverage of the mandated universal developmental checks that underpin the Healthy Child Programme whilst making these organisational changes. Over the last year, new birth visits have been made to over 94% of families, and checks at age 2 to 85% of families. These rates compare favourably with both London and England.
- The Islington Mental Health and Resilience in Schools (iMHARS) framework sets out seven components of school practice and ethos that effectively develop resilience, promote mental health and support children at risk of, or experiencing, mental health problems. So far 18 schools have engaged with iMHARS and the plan is to roll it out further.



Key challenges – Best start in life

- Childhood excess weight continues to be a challenge in Islington. In 2016/17 almost a quarter (22%) of children aged 4-5 years old were overweight. 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 (38%) were overweight, similar to London but higher than England.
- Parental mental health issues continue to have a profound impact on children. Mental health was cited as the key factor in nearly 40% of social care assessments.
- Completing the integration of health visiting and early childhood services has seen significant operational challenges. Whilst many of these are working through, co-location has still not been achieved.
- Health visiting services continue to struggle to recruit qualified Health Visitors.



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



Key achievements – Long Term Conditions

- There has been a continued reduction in early deaths from **heart disease, cancer and respiratory disease**.
- Islington residents are also above the London and England average on participation in the **recommended level of physical activity** and above the England average and similar to London on **healthy weight**.
- Our **behaviour change services** continue to deliver a high quality, targeted offer to our residents. During 2016-17:
 - 7,300 residents received an NHS health check, exceeding the target of 6,570.
 - 4,000 resident completed online alcohol identification and brief advice screening
 - 1,600 attempted to quit smoking and 760 people successfully quit. This was a 46% quit rate, higher than the nationally recommended rate of 35%.
- The new **stop smoking service, Breathe, has been mobilised**. This follows a resident inquiry approach to co-produce a model for the service. Breathe delivers a 3 -tier model of service to ensure smokers receive the best support to help them stop smoking.



Key achievements – Long Term Conditions

- We are also currently delivering two programmes with Haringey, National Diabetes Prevention Programme and British Heart Foundation high blood pressure detection and prevention, in collaboration with the local community, with specific focus on offering services in locations and times most convenient for hard-to-reach groups.
- The Individual Placement and Support (IPS) Trial is a primary care based employment support service for unemployed people with a long term health condition or disability. The service is co-located into 10 surgeries and 32/33 practices are signed up to refer. To date 400 referrals have been made to the service and it has recently been assessed as ‘good’ by the Centre for Mental Health in their fidelity review.
- Islington has signed up to the Local Government Declaration on Sugar Reduction and Healthy Food which is one of a number of actions to reduce sugar consumption in the borough. This includes making every effort to improve the food environment by getting the right mix of hard and soft measures. Examples include restricting the sale of sugar sweetened beverages and work to encourage businesses to sign up to the Healthier Catering Commitment.



Key challenges – Long term conditions

- Islington has **higher needs than other London boroughs** :
 - Despite drop, Islington's premature mortality rates from cardiovascular disease and cancer are still above the London averages
 - Islington's smoking prevalence is higher than in London and England.
 - The rate of hospital admissions for alcohol-related conditions is the highest in London.
 - Hospital admissions due to falls are above London rates.
 - Islington has 3rd highest rate of benefit claimants due to alcoholism in London.
 - A third of all long term condition diagnoses locally are related to overweight and obesity.
- **Cancer screening uptake in Islington is lower than the London and England averages** and increasing uptake remains a challenge.
- There remain a significant number of people with **undiagnosed COPD, diabetes, heart disease and hypertension**.

IMPROVING MENTAL WELLBEING



Key achievements - Mental health

- 5,124 people entered **Improving Access to Psychological Therapies (IAPT)** treatment in 2016/17 in Islington an estimated 16% of those estimated to have a common mental health problem. Nearly 50% of those who enter treatment recover after treatment.
- 3 Public Health funded **mental health promotion services** in Islington are now fully mobilised. The services include free adult and youth mental health first aid training (MHFA), mental health for managers and mental health awareness training for anyone in the borough.
- There continues to be a **downward trend in suicide rates**. A multi agency action plan to prevent suicides has been developed, including working with the Metropolitan and British transport police to develop a rapid reporting system and postvention support for those bereaved by suicide.
- The Samaritans have been commissioned to deliver a suicide awareness training called *Managing Suicidal conversations* for non-clinical frontline staff in the borough.
- The Integrated Practice Unit (IPU) for psychosis is a 5 year project to improve the mental and physical health of people with psychosis in Camden and Islington. It is the first IPU for psychosis in the UK. In year one of its implementation some of the main achievements were 27 people quit smoking, 5 physical health and wellbeing clinics were set up across both boroughs, training for staff and the development and implementation of a physical health skills passport self-assessment.

Challenges and Inequalities

- The relationship between mental health and deprivation is cyclical; factors such as poor housing, poverty, unemployment and other causes of deprivation increase the risk of mental illness but are also caused or exacerbated by mental health conditions. In addition people with multiple and complex needs and those that face long term disadvantage and discrimination are at a higher risk of mental health conditions.
- The Community Mental Health and Wellbeing service in Islington aims to promote awareness of mental health and mental wellbeing, challenge the stigma associated with mental illness, and increase access to mental health services across all Islington communities, and particularly within identified excluded communities for example black and ethnic minority groups, older people and men.
- The suicide prevention action plan has a number of key priority areas. One of these is a focus on specific risk groups and at risk locations. At risk groups include men, children and young people, older Irish people and women facing domestic violence.
- Workplace mental health and wellbeing is a significant issue to address. Locally we are working with employers to raise awareness of their role towards ensuring that employees have access to the right policies, support and environments that positively impacts their mental health and wellbeing

Substance misuse:

- Successful procurement of **a new drug and alcohol recovery service** for residents with drug and alcohol support needs. The new service, which goes live in April 2018, will offer a single point of entry into Islington's services providing a greater focus on building on an individual's strengths, involving families, and better visibility of peer support.

Sexual health:

- A new, North Central London integrated sexual health service has been commissioned for Islington, Camden, Barnet and Haringey, following a sub-regional procurement led by Islington on behalf of the councils. It brings together services for HIV testing, Sexually Transmitted Infection testing and treatment and contraception into an integrated 'one stop shop' service. It also includes additional, outreach services for vulnerable groups and training and support to primary care.
- From January, a new London-wide sexual health clinical online service for HIV and STI self-sampling will start rolling out across London. The service is intended for people who do not have symptoms or other risks or vulnerabilities that should otherwise be seen in clinic. The service provides convenience of self-sampling at home as an alternative to the need for going to a clinic.
- The introduction of the new service follows local and London-wide engagement work through waiting room and online surveys, together with focus groups. Surveys found that about half of clinic users did not report symptoms, but were seeking check-ups or testing for reassurance; and that many would welcome alternatives to clinic visits such as online services.

Haringey and Islington Wellbeing Partnership

- Partners in Haringey and Islington continue to work together on health and care system transformation. The wellbeing partnership is developing in line with national ambitions and policy in relation to accountable care partnership/systems.
- The Haringey and Islington Health and Wellbeing Board Joint Sub Committee has committed to taking joint action on obesity and unhealthy food environments.
- Haringey and Islington are also working jointly on a number of key programmes to improve health and wellbeing outcomes. These include; diabetes, cardiovascular disease, children and young people, intermediate care, mental health, learning disabilities, frailty, children and young people and musculoskeletal conditions.
- Over the next year the two councils will produce a shared joint strategic needs assessment and a joint health and wellbeing strategy

Areas of focus for the coming year

- 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.

Appendix 1: Performance data



ISLINGTON

		Latest data	London average	Trend
Ensuring every child has the best start in life	Percentage of new births that received a visit within 14 days	94%	92%	Not available
	Percentage of two year olds receiving a development check at 2 years	85%	Not available	Not available
	Percentage of children achieving a good level of development	70%	73%	Up from 44% in 2012/13*
	Percentage of 3-4 year olds accessing funded early education programmes	84%	84%	Down from 96% in 2012/13*
	Percentage of Reception children who are overweight or obese	22%	22%	No change since 2012/13
Preventing and managing long term health conditions	Number of 4 week smoking quits	761	Not available	Down from 2,246 in 2012/13*
	Alcohol related admissions	785 per 100,000	545 per 100,000	No change since 2012/13
	Gap in employment rate between those with a long term health condition and overall employment rate	20%	25%	No change since 2014**
	Under 75 mortality rate from cardiovascular disease considered preventable	51 per 100,000	46 per 100,000	Down from 161 per 100,000 in 2004-06
	Under 75 mortality rate from cancer	148 per 100,000	127 per 100,000	Down from 191 per 100,000 in 2004-06
	Under 75 mortality rate from respiratory disease considered preventable	19 per 100,000	17 per 100,000	No change from 2004-06
Improving mental health	Number of people entering treatment with IAPT service	5,124	Not available	Not available
	Number of deaths due to suicide or undetermined injury, or reported as suspected suicides	9 per 100,000	9 per 100,000	Down from 19 per 100,000 in 2004-06
	Gap in employment rate for those in contact with secondary mental health services and overall employment rate	67%	68%	No change since 2012/13

* Earliest data available

** Significance not available