

HEALTH IN ISLINGTON: Key achievements

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Life expectancy

- Since 2006-08, life expectancy has increased in Islington for both men and women.
- Life expectancy at birth for men in Islington is now 79.6 years, an increase of 4.4 years since 2006. However life expectancy for men in Islington remains lower than the London average (80.7) and is **the 8th lowest amongst all London boroughs**.
- For women in Islington life expectancy is 83.3 years, which is statistically significantly lower than the London average (84.5), and is **the 4th lowest amongst all London boroughs**.

Life expectancy at birth



Men	2006-08	2016-18	Percentage increase
Islington	75.3	79.6	5.5%
London	78.0	80.7	3.4%
England	77.8	79.6	2.3%



Women	2006-08	2016-18	Percentage increase
Islington	81.1	83.3	2.6%
London	82.4	84.5	2.5%
England	81.9	83.2	1.6%

Source: ONS, 2019



Healthy life expectancy

- In Islington, men and women spend on average the last 17.0 and 20.7 years of life in poor health respectively.
- Healthy life expectancy (HLE) for men and women in Islington is statistically similar to London and England.
- For both men and women, the change in average healthy life expectancy since 2009 is not statistically significant, 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	2011-13	2016-18	Percentage increase
Islington	57.6	62.6	8.6%
London	63.4	64.2	1.3%
England	63.2	63.4	0.3%



Women	2011-13	2016-18	Percentage increase
Islington	57.6	62.6	8.6%
London	63.4	64.2	1.3%
England	63.2	63.4	0.3%

Source: ONS, 2019



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

Early Years Integration

- The major **structural transformations** for fully integrated early years services through Islington Bright Start are now complete, and many health staff are now co-located in children's centres.
- **Health visiting services** maintain good coverage of the mandated universal development checks. In 18-19, new birth visits were made to over 94% of families within 14 days of birth, and at age 2 to 79% of families. These rates compare favourably with London and England.
- In July, integrated Bright Start Islington services gained full **UNICEF Baby Friendly accreditation**. Breast feeding rates in Islington are considerably higher than national rates.
- A review of information provided to parents on **childhood illness** has been completed. A new suite of resources is currently in development, as well as discussions with voluntary sector partners about ensuring information and materials reach all sections of our communities.
- Our face-face **parenting programmes** have been enhanced through the launch in October of an online version of the Solihull courses for parents to increase the reach of our evidenced-based parenting skills programme.
- A 3rd cohort of Bright start early years **parent champions** have completed their training.
- Islington led the development of the **Healthy Early Years London** award and 60 local early years settings have transitioned to be accredited through this regional award. 11 childminders have registered for First Steps and 1 childminder has achieved the bronze award in Islington.
- Leadership of the integrated early years service has been formalised through formation of an **Early Years Partnership Board**.



Key achievements – Best Start in Life

Mental health

- **A perinatal mental health needs assessment** was recently completed, and a specialist post created within health, with a plan to implement a new pathway for mild-moderate perinatal mental health problems. This post will also lead on taking forward the other recommendations from the review, working through the working group of perinatal mental health champions led by health visiting.
- **A self-harm needs assessment** was completed in August 2019 and recommendations are currently being discussed. A number of these have already been addressed through the recent transformation of the Children and Young People Social and Emotional Mental Health Service. Outstanding recommendations in relation to improved data and transition to adult services will be taken forward with joint commissioners.
- **Embedding approaches to support better mental health in schools:**
 - **Islington Mental Health and Resilience in Schools Programme (IMHARS):** a whole-school approach provides a framework for Islington schools to support pupils' mental health and resilience
 - **Islington Trauma Informed Practice (iTIPs):** works to develop and embed whole-school trauma approaches providing a stable, safe space to regulate and increase learning potential
 - Good mental health and emotional wellbeing are key components of the **Healthy Schools** award. 33 out of 65 schools have been successful in achieving the Healthy Schools award at bronze level or above. Other components include healthy weight, physical activity and sexual health.



Key challenges – Best Start in Life

Immunisations

In line with London and England, **childhood vaccinations** rates in Islington have fallen for the past four years. Only 72% of children are fully protected against measles, mumps and rubella at 5.

We are:

- Working with health visiting, school nurses, schools and nurseries to ensure vaccination status is checked and encouraged at routine contacts
- Undertaking a centralised recall and catch up programme of MMR vaccination for 5 year olds using Islington's extended hours GP hub.
- Ensuring that all staff in early years settings are confident to answer questions about childhood vaccinations
- Ensuring that catch-up vaccinations are now available through the school age vaccination programme



Key challenges – Best Start in Life

Healthy weight

- **Childhood excess weight** continues to be a challenge in Islington. In 2018-19 21% 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, 38% were overweight in Islington, similar to London but higher than England.
- In 2018-19 204 families attended **Families for Life Early Years and Primary cooking programmes**. 60% were from BME groups and an average of 69% of attendees completed the programmes.
- The 0-18yrs **weight management pathway** has been updated in order to integrate and build stronger links between available services for children/families.



Forward look – Best Start in Life



- To improve links with voluntary sector partners to **improve reach of universal early integrated services** to refugees, migrants and non-English speakers and to develop an **integrated dashboard for early years outcomes**, to inform joint annual priorities within Bright Start.



- **Tiny TIPS** (Trauma informed practice in Early Years settings) has started in two children's centre nurseries and a nursery school with funding provided from Public Health with a plan to review and monitor progress. Staff have attended schools training.



- Planning to formalise the process of **recording vaccination status** on entry to nursery, children's centres and school and respond to barriers to vaccination uncovered through the iHub project. Aiming to ensure that all staff in early years settings are confident to answer simple questions about childhood vaccinations.



- Monitoring engagement in and outcomes achieved through engagement of children and families with the **0-18yrs weight management pathway** in Camden.



Key challenges – Best Start in Life

Maternity & early years

Maternity



- Reduce smoking
- Support healthy maternal weight
- Reduce teenage pregnancy

Breast feeding



- Support UNICEF baby friendly standards in all settings
- Ensure peer support

Early years



- Ensure universal delivery of the Healthy Child Programme through integrated early years services
- Provide parenting programmes
- Support delivery of healthy start vitamins and vouchers

Screening & immunisations



- Ensure antenatal and newborn screening
- Ensure childhood vaccinations

School age and beyond

School Health and Wellbeing



- Support whole school approaches to health and wellbeing
- Support early identification of health problems and early intervention
- Deliver vision and hearing screening

Healthy Weight



- Deliver a whole system approach to healthy weight
- Support families to make healthy lifestyle choices
- Deliver and follow-up national child measurement programme (NCMP)

Oral Health



- Continue delivery of fluoride varnish
- Support universal oral health promotion

Transition to Adulthood



- Build health independence and behaviours for life
- Support student health and wellbeing

Vulnerable children

Safeguarding



- Implement learnings from local child deaths
- Ensure working to new national CDOP arrangements

Mental health



- Reduce smoking
- Support healthy maternal weight
- Reduce teenage pregnancy

Youth safety



- Implement a public health approach to reduce youth violence

Poverty and Inequality



- Support system recognition of the wider determinants of health
- Ensure targeted provision reaches those with greatest vulnerability

Preventing and managing Long-term conditions (LTCs)

to enhance both length and quality of life
and reduce health inequalities

Key achievements – Long Term Conditions

- We are working with North Central London (NCL) STP partners to implement projects funded by the **National Diabetes Transformation funding** (including increasing the number of patients reaching 'treatment control' targets in primary care, expanding the number of diabetes inpatient nurses in NCL and establishing a multidisciplinary diabetic foot team at Royal Free).
- We have supported the development of a NCL wide programme of work to improve **Atrial Fibrillation (AF) management** including training practice based pharmacists and supporting the delivery of the NHS virtual clinic demonstrator programme, which provides primary care with access to specialist secondary care pharmacists to increase the number of people receiving treatment for AF to **reduce their risk of stroke**.
- Cancer Transformation Funds have been used to successfully deliver a local social marketing campaign in partnership with Clarendon using local health champions to increase uptake of **cervical screening within BAME communities**. In addition, Islington GP federation have been commissioned to deliver a telephone recall programme to follow-up with women who have missed their cervical screening.
- **Proactive Islington** has developed and agreed a new physical activity action plan with partners (2019-2024). The plan supports our least active residents by promoting local activity assets & opportunities more effectively, bringing activity onto our estates, ensuring we have an expert and diverse workforce, and through joint work with the NHS.



Key achievements – Long Term Conditions

Islington has developed the Islington Food Poverty Action Plan (2019-2022). Islington has been recognised as the best performing borough in London's 2019 food poverty profile. The local plan will ensure continued focus on this key issue.

Islington & Camden's Parks for Health initiative was awarded £667k by the National Trust and the National Lottery Heritage Fund. This ground breaking programme focuses on supporting more residents with the greatest health and wellbeing needs to regularly access our parks and open spaces, and to transform the local parks and green spaces offer, including enabling parks staff to more effectively support health & wellbeing outcomes.

Our behaviour change services continue to deliver a high quality support offer to Islington residents. During 2018-19:

- **14,958** people were offered an NHS Health Check at their general practice, and 6,417 people took up the offer.
- **637** pre-diabetics residents have been referred onto the NHS Diabetes Prevention Programme.
- **1007** residents who attempted to stop smoking using the Breathe service did so successfully, representing a 53% stop smoking rate. A third of these service users (665 people) had a long-term condition (52.5% stopped smoking). 205 service users disclosed a history of mental health problems (50% stopped smoking).
- **3,986** Islington residents were referred to adult weight management and exercise on referral services. More than one in four (1,102) reported they had musculoskeletal conditions, one in five (850) had diagnosed high blood pressure, and one in seven (616) had type 2 diabetes. Of those who completed the programme, 56% lost at least 3% of their body weight.



Key achievements – Long Term Conditions

- The top 3 contributors to **premature mortality in Islington are cardiovascular disease, cancer and respiratory illness.**
- Long term conditions account for an estimated **70% of health and social care expenditure.** Older adults are one of the fastest growing population groups and the **number of people living with long term conditions is expected to increase,** with more people living with multiple long term conditions.
- **Inequalities** in long term conditions relating to ethnicity, deprivation and people living with mental health conditions or disabilities is a key challenge.
- An estimated 5,350 people are living with **undiagnosed diabetes** in Islington. The prevalence of diabetes is expected to increase to 8.9% by 2035, in line with increasing prevalence of excess weight.
- Islington is significantly below the **detection and treatment targets for atrial fibrillation and hypertension;** detecting and treating both these diseases is key to reduce the incidence of and mortality from stroke.
- Increasingly cancer is seen as a long term condition. **Uptake of cancer screening** in Islington (breast, bowel and cervical programmes) is below national targets, and only 55% of all cancers were diagnosed at an early stage in Islington (52% nationally).



Forward look – Long Term Conditions

- The coming year will see increased work with partners across the NCL STP to support improvements across long term conditions:
 - We will support the **NCL wide delivery plan on CVD prevention** to target improvements in AF detection and hypertension management over the next two years.
 - We will seek to significantly **increase the number of pre-diabetics referred to NHS DPP** in Islington over the next 3 years, with a focus on increasing the equity of access for BAME communities. We will continue supporting programmes of work supported by the National Diabetes Transformation funding and improve the uptake of structured education programmes for people living with diabetes.
 - To improve early diagnosis of cancer, develop the local evidence base and reduce health inequalities, we will continue to support local delivery of new projects funded via the **Cancer Transformation Fund**.
- Closer meaningful collaboration with partners on supporting residents to change unhealthy behaviours will also be a key theme. Across the council, NHS and third sector we will:
 - Further develop Islington's **whole systems approach to obesity**.
 - Drive improvements to **physical activity services** and opportunities through Proactive Islington.
 - Test how we can make our **parks and open spaces** public health assets that attract more residents with greater health and wellbeing needs.



Improving mental wellbeing

Key achievements - Mental wellbeing

- 5,148 people entered **Improving Access to Psychological Therapies (IAPT)** treatment in 2018/19 in Islington; this is approximately 17.4% of those estimated to have a common mental health problem. The national access target has risen from 15% to 20% for 2019/20. Just over 51% of those who enter treatment recover after treatment, above the national target of 50%.
- Public Health funded **mental health promotion services** include mental health awareness training. In 2018/19 the service in Islington trained **642** people.
- There has been an overall **downward trend in suicide rates** in Islington over the last 10 years. A multi-agency suicide prevention strategy and steering group has been developed with good engagement from all relevant partners. We have informed Thrive LDN's work to develop a pan-London reporting hub for suicides, which is now live. This will increase swift identification of deaths by suicide, inform our response and provide a better understanding of trends.
- Islington is leading the commissioning of an NCL **Support after Suicide Service** to provide support for those affected by suicide, who themselves are at increased risk of suicide.
- **Training in suicide awareness** for non-clinical frontline staff in the borough has proved very popular.



Key achievements - Mental wellbeing

Workplace mental health and wellbeing continues to be a focus for Public Health, working with employers to raise awareness of their role towards ensuring that employees have access to the right policies, support and environments to positively impact their mental health and wellbeing. CMB have recently agreed a Council-wide Workforce Strategy, which includes actions to improve the mental health of staff.

- **Dementia** is not an inevitable part of ageing. However, 5% of Islington's older population have a diagnosis of dementia. Islington has previously been recognised as having the **7th highest recorded dementia prevalence** in people aged 65+ in England, this means that the number of people living with dementia who have not been diagnosed is very low (estimated to be less than 20 undiagnosed cases). Islington is one of three areas nationally identified by NHS England as having an **exemplar clinical model**. Key strengths include:
 - Diagnosis: In 2019, Islington's estimated dementia diagnosis rate in older adults was 86.9% (significantly higher than the London and England rates).
 - Proportionality: people are triaged by complexity of needs to the appropriate professional.
 - Continuity of care: from diagnosis to death.
 - Support for carers: a well-regarded offer.



Key challenges - Mental wellbeing

- The relationship between **poor mental health outcomes and deprivation/social disadvantage** works in both directions; factors such as poor housing, poverty, unemployment and other causes of deprivation increase the risk of mental illness, but these issues/factors are also caused or exacerbated themselves by 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. During 2018 /19 the project had 75 residents working as Mental Health Champions.
- Physical health and mental health are inextricably linked. **Life expectancy is lower among people with some mental health conditions**, and this is **largely attributed to long term physical conditions**. Younger people (aged 15 to 34 years) with SMI experience the greatest level of health inequalities. They are 5 times more likely to have 3 or more physical health conditions than the general population.
- Older adults are one of the fastest growing population groups and the number of **people living with dementia is expected to increase**. In December 2017, Islington members approved a motion to become a Dementia Friendly Community, making dementia a priority area for Islington.



Forward look - Mental wellbeing

- **Embedding a Public Mental Health approach** will be a key element of the work that we do around mental health in the coming year. The approach includes:
 - promoting good mental health and wellbeing,
 - preventing the development and escalation of mental distress, and, mental health problems,
 - improving the lives of people living with, struggling with and recovering from mental health problems.
- We are already achieving a lot in the Public Mental Health space e.g. our Making Every Contact Count and mental health training and work with BAME groups. UCL are conducting research into best practice around what else should be done on a local basis, and, to **devise outcome measures to enable areas to ascertain achievements**. We are a pilot site, which will help us to understand any gaps in the work we are doing and to be able to ascertain how well we are performing.
- We already know that there is more we can do to ensure our existing Public Mental Health work is embedded across the system and to do this we are working with CCG Joint Commissioner colleagues, and through the **Mental Health Partnership Board**, which has Experts-by-Experience and a wide-range of NHS and community and voluntary sector stakeholders in attendance.
- The **Community Mental Health Framework**, which is part of the NHS Long Term Plan, is an excellent opportunity that puts wellbeing and mental ill-health prevention at the heart of mental health services, it joins up support for issues that impact on our mental health and wellbeing. We will be working closely with our NHS colleagues to implement this.
- Supporting primary care to promote the importance of a healthy lifestyle to reduce the risk of developing dementia during the NHS Health Check for 40-64 year olds. Public health have commissioned Alzheimer's Society to support Islington to become a **Dementia Friendly Community**.



Sexual health:

- The **Young People's Sexual Health Network** (Camish) continues to see high numbers of young people across its three clinics, as well as delivering clinical and educational outreach into young people settings across Camden and Islington.
- While also delivering a programme of **Relationship and Sex Education (RSE)** in secondary schools, Camish have started working to support the preparation and planning of statutory RSE, which is being rolled out in September 2020.
- In terms of adult sexual health services, work continues with partner boroughs (Camden, Haringey and Barnet) to embed the **complex and significant service transformation** with the commissioned provider, Central North West London NHS Foundation Trust (CNWL). Whilst CNWL have been implementing the new service model, service performance has remained stable throughout the year.
- The **sexual health e-service (online testing)**, a key part of transforming sexual health services, has seen increases in the numbers of people accessing testing through this route and this service has also been integrated into the young people's sexual health clinics to increase access and self management for the 'older' users of young peoples services. As a result, **online testing is increasing** as a proportion of overall testing for local residents.
- The London Programme for Sexual Health is leading negotiations around the possible further **expansion of the PrEP trial**. Currently NHSE fund the drugs but other costs are borne by the local sexual health system (LA commissioners and NHS providers). As of September 2018, we estimated there were around 350-400 residents on PrEP in Islington.
- A key priority moving forward is to ensure that **young people have quick access to clinical and educational sexual health services**, and prioritising access for those most at risk. This means creating capacity for more targeted work, through improving access to self-care options and through targeted training of community services that are used and trusted by young people, to deliver sexual health interventions and support.

Drug and alcohol services:

- **Better Lives**, the **new Islington drug and alcohol service** started on the 1st April 2018. The lead provider for the service is Camden and Islington NHS Foundation Trust. The first 18 months of the contract have been challenging logistically, Camden and Islington NHS Foundation Trust have invested significant amounts of money into refurbishments in order to give **service users, their families and staff comfortable and welcoming environments in which to transform their lives**, and this work has taken longer to complete than originally planned.
- Whilst building and site work has been ongoing the service has been focussing on developing newer elements of the service and **partnerships with a number of key stakeholders**.
- This new contract and service model represents a very significant move away from the previous model and ways of working. It was therefore acknowledged that, owing to the significant mobilisation and change processes that the provider needed to implement to establish this new service model, performance during the first year of the contract (18/19) was likely to be impacted. However, Q1 of 2019/20 has already seen **improvements in performance**:
 - 4% increase in numbers in effective treatment (to 95.2%)
 - Increases in treatment successful completions for opiate, non-opiate, alcohol and alcohol and non-opiate



Islington's Joint Health and Wellbeing Strategy



- Over the coming months planning will start for the **development of Islington's new Joint Health and Wellbeing Strategy**
- The new strategy provides an opportunity to:
 - lay out a **clear shared vision** for improving health and wellbeing of residents and reducing health inequalities to make Islington a fairer place
 - further cement a **population health approach** for Islington, with an increased focus on prevention and early intervention
 - help maintain a focus on **the key issues that impact on the health and wellbeing** of Islington residents
 - build on the work taking place to deliver the **integration of health and care** across the borough, supporting a system shift away from high cost services to more community-based models of health, care and support, and making more efficient use of system resources
- The strategy will be coproduced with partners and residents
- We welcome Health Scrutiny committee engagement and input into the new strategy as it develops, during the course of 2020



Appendix 1: Measuring progress against Islington's HWBB priorities

		Islington			London average
		Time period	Value	3 year trend (where possible)	
Ensuring every child has the best start in life	Percentage of new births that received a visit within 14 days	2018/19	93%	⇒ No change since 2016/17	93%
	Percentage of two year olds receiving a development check	2018/19	79%	⇒ No change since 2016/17	68%
	Percentage of 5 year olds achieving a good level of development	2019	71%	↑ Up from 66% in 2016	74%
	Percentage of 3-4 year olds accessing funded early education programmes	2019	86%	⇒ No change since 2016	82%
	Percentage of Reception children who are overweight or obese	2018/19	21%	⇒ No change since 2015/16	22%
Preventing and managing long term health conditions	Rate of 4 week smoking quits	2018/19	2,400 per 100,000		1,432 per 100,000
	Rate of hospital admissions for alcohol related conditions	2017/18	736 per 100,000	⇒ No change since 2014/15	533 per 100,000
	Gap in employment rate between those with a long term health condition and overall employment rate	2017/18	9%	↓ Down from 20% in 2014/15	12%
	Under 75 mortality rate from cardiovascular disease considered preventable	2016-18	52 per 100,000	⇒ No change from 2013-15	43 per 100,000
	Under 75 mortality rate from cancer considered preventable	2016-18	92 per 100,000	⇒ No change from 2013-15	69 per 100,000
	Under 75 mortality rate from respiratory disease considered preventable	2016-18	21 per 100,000	⇒ No change from 2013-15	17 per 100,000
	The number of people entering IAPT services as a proportion of those estimated to have anxiety and/or depression	2018	17%	⇒ No change since 2015	17%
Improving mental health	Age standardised mortality rate from suicide and injury of undetermined intent	2016-18	10 per 100,000	⇒ No change since 2013-14	8 per 100,000
	Gap in employment rate for those in contact with secondary mental health services and overall employment rate	2017/18	74%	↑ Up from 65% in 2014-15	68%

London Comparison:

Significantly better than London average
Similar to London average
Significantly worse than London average

Trend:

- ↑ Significantly better
- ⇒ No change
- ↓ Significantly worse

