

# HOSP – Public Health general update for Portsmouth

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# Mandated Services

Public Health maintains responsibility toward delivering the mandated services funded through the Public Health grant:

- Appropriate access to Sexual Health services (including contraception services, sexually transmitted testing and treatment and HIV testing)
- Ensuring plans are in place to protect the health of Portsmouth residents (including immunisation and screening plans)
- Ensuring CCG receives the public health advice they need to support the commissioning of services (Core Offer)
- National Child Measurement Programme
- NHS Health Check assessment
- Prescribed children's 0-5 services (section 75 services)
- Commissioning of Local Healthwatch.

# Public Health Business Plan 2021/22: Priorities

There are 7 priorities for Public Health for 2021/22:

- Reduce the harm caused by substance misuse including alcohol misuse
- Reduce the prevalence of smoking, including smoking in pregnancy, across the city working with partners to ensure sustained system wide action
- Reduce unwanted pregnancies by increasing access to Long-Acting Reversible Contraception (LARC) in general practice, maternity and abortion pathways, and strengthening LARC pathways with vulnerable groups
- Promote positive mental wellbeing across Portsmouth and reduce suicide and self-harm in the city by delivering the actions within Portsmouth's Suicide Prevention Plan (2018-21) and the STP Suicide Prevention Plan (2019-20)
- Reduce the harms from physical inactivity and poor diet
- Work with Council partners to address the health impacts of the built and natural environment.
- Enable an intelligence-led approach to addressing key health and care priorities for the city including supporting the ongoing response to COVID-19.

# Homelessness and health

- We have undertaken Covid-19 vaccinations of rough sleepers and homeless living in hostels and other interim accommodation. To date we have vaccinated 114 people within this group.
- Public Health continue to work closely with PCC Housing and third sector homelessness providers providing Covid-19 advice and guidance, including supporting outbreaks in hostel accommodation.
- Solent NHS and the Brunel Primary Care Network are in the process of recruiting new mental health nurses and primary care nurses specifically to work with homeless patients.

# Substance misuse

- Portsmouth has received approximately £1m of additional funding for drug and alcohol provision in the city for 2021/22. However this is only for one year, with no confirmation of funding continuing in to 2022/23. Whilst the funding is very welcome and needed, the short term nature makes recruiting experienced staff very difficult.
- The numbers in specialist drug and alcohol treatment has increased to 1,391 up from 1,274 in August 2020
- We have seen a recent increase in the number of drug overdoses, which we have been addressing through a multi-agency approach
- In October we will launch the retender of the main substance misuse treatment and supported housing contract. The new contract will commence on the 1<sup>st</sup> June 2022.

# In house service - Wellbeing Service (update Aug 21)

## Overview:

- Wellbeing team have provided support predominantly via telephone support (inc. Microsoft Teams and Zoom)
- Approx. 10% of support is now provided face to face; mostly weight management
- Currently 311 active clients
- Just launched the 'Let's Bounce Back' 12 Week Weight Management Programme; aim to support 700+ residents to respond to any weight gain/physical inactivity occurred during lockdowns
- New website launching soon promoting health improvement, enables client to self refer with ease, and provides wide range of links to support



## Referrals:

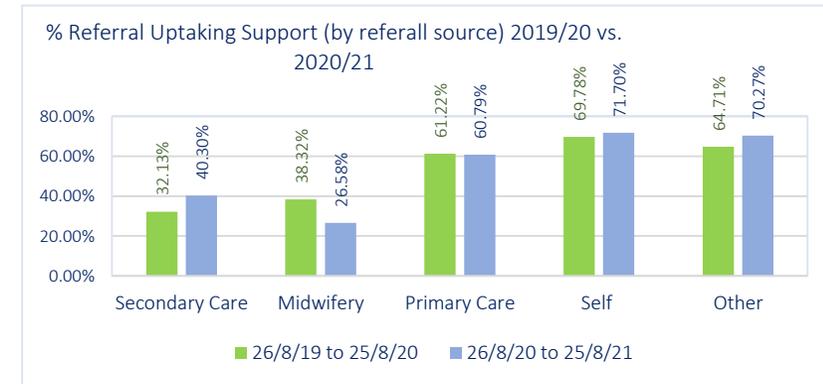
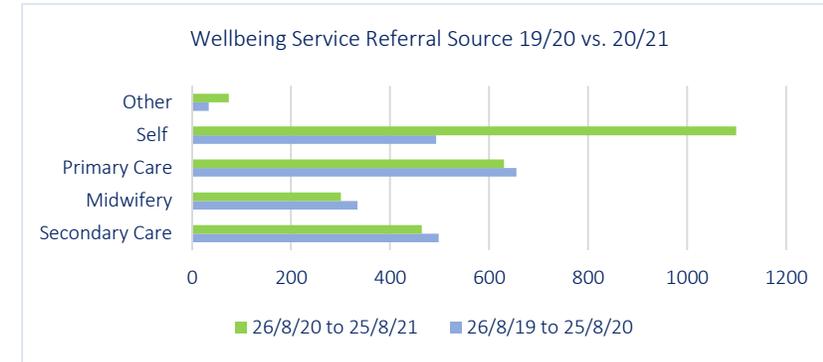
- Overall up 127% on previous year (Aug 19/20 to Aug 20/21) – key increase in self-referrals
- Slight decline in referrals from secondary (including midwifery) and primary care
- Respiratory account for approx. 23% of all secondary care referrals (both periods)
- Uptake of service increased from 52% to 58% - mostly from secondary care referrals

## Support Provided:

In the year to 25<sup>th</sup> August the Wellbeing Service provided 2183 interventions, comprising:

- 1928 (88%) smoking/nicotine support  
of which, 1046 (54%) set quit date
- 240 (11%) weight management support
- 15 (1%) alcohol support

Historically, smoking cessation support was approx. 66% of Wellbeing service provision, this has changed significantly during covid-19.



Wellbeing Service screen all clients for main four risk factors:

- Smoking status
  - BMI check
  - Physical activity levels
  - Alcohol consumption
- and
- Mental Wellbeing (Edinburgh Warwick)

# Locally Commissioned Services (GP and Pharmacy)

Local Commissioned Services (LCS) are health services which provide a response to local health needs and priorities, and ensure additional local provision, delivered by GP and Pharmacy providers, in the areas of:

- Sexual Health; including LARC (long acting reversible contraception) and EHC (emergency hormonal contraception)
- Smoking Cessation
- NHS Health Checks (mandated)
- Substance Misuse; including alcohol awareness, needle exchange and supervised consumption.

**The current contracts commenced 1<sup>st</sup> April 2021 and are part of a dynamic purchasing process, where providers can join at any point of the contract.**

# Sexual health

- Working towards expanding capacity for LARC provision within primary care (capacity for contraception for non-contraceptive use remains an issue)
- Working group across HLOW PH team & the Local Maternity System to implement contraception within maternity settings (training starting Sept 2021) and strengthen pathways with specialist SH services
- Portsmouth chosen as a pilot site for the provision of free oral contraception within pharmacies (Sept 2021)
- Pharmacy Emergency Contraception (EC) service improvements (April 2021):
  - Availability of free ulipristal acetate (EllaOne) up to 5 days after unprotected sex (all ages)
  - Direct referrals into sexual health promotion (under 18s)
- Education and Pathway improvements between services working with vulnerable groups and specialist SH services continue
- Increasing uptake of free PrEP\* for populations at risk of contracting HIV: increasing uptake seen from June 2021
- Demand on local sexual health services reduced by 20% on average (aiming to increase STI remote testing through campaigns and education. Demand for Abortions has stayed stable. Activity relating to free EC in pharmacy and LARC in Primary Care provision restoring towards / above pre pandemic levels (July 2021)
- Integrated SH Service 'Systems Thinking' review to inform efficiency improvement opportunities (from Sep 2021)
- Informing development of a local Sexual Health Needs Assessment (by Jan 2021)
- Violent crime - sexual offences rate remains above South East rate but similar to statistical neighbours\*\*. Therefore education with schools regarding sexual harm will roll out in schools 2021/22
- \*PrEP = medicine used before unprotected sex to prevent contracting HIV
- \*\*Latest data available on [Fingertips](#).

# Mental health and emotional wellbeing

- Building capacity in anticipation of an increase of low-level mental and emotional distress across the city. Commissioning complete of free-to-access to Connect 5 training, targeting SME's, gate-keepers and services supporting middle-aged men, young adults & social care workforce, for example.
- Offer of timely support to people who have been bereaved or affected by a suspected suicide through the commissioning and roll-out of suicide-specific bereavement support service.
- Working with commissioners of drug & alcohol services to ensure effective internal processes, procedures and professional development support services to build capacity in suicide awareness, prevention and emotional crisis support.
- Work has begun to implement workplace wellbeing role, funded through the STP suicide prevention fund, engaging local and regional HR departments and targeted sectors in mental wellbeing programmes and postvention protocol activity

# Childhood Obesity

- An action plan for the Superzone with Arundel Court Primary Academy is currently being reviewed and updated ready for re-launch of the pilot (Sept).
- Family weight management via Wellbeing Service continues to be provided.
- The most recent Physical Health Strategy for children has been developed, excess weight, physical inactivity and breastfeeding are included amongst the strategic objectives.
- Our new regional Physical Activity Strategy – We can be Active, was launched end of July and one of the priorities is ensuring positive early experiences of activity. Work with the Active Portsmouth Alliance and other partners is planned for the Autumn to establish a delivery action plan.
- Work with key professionals (maternity, health visitors and school nurses) and community physical activity organisations, continues. Development of resources and utilising joint working to tackle childhood obesity is on-going.

# Partnership working: Children's Public Health Strategy 2021 - 2023

No.	Long-term Strategic Priority & Vision
1	<b>The Best Start</b> As far as possible, all women and their partners make an informed decision about becoming pregnant; all women have access to opportunities which improve their physical and mental health throughout their pregnancy and into parenthood.
2	<b>Thriving Parents</b> In Portsmouth we believe that parents are key to helping children and young people achieve their very best. Parents will be supported to fulfil their role to the very best of their abilities, whilst taking responsibility for helping to create the city we all want our children to thrive in.
3	<b>The Impact of Poverty</b> For all families to have access to pathways, opportunities and living conditions that support their child's long-term physical health, reducing the inequalities that exist as a result of poverty.
4	<b>Environmental and Social Planning</b> For all new plans and key decisions regarding the built environment and healthy place-shaping to have embedded within their process a focus on the physical health of maternity, children and young people.

# Health & Wellbeing Strategy

- Draft Health and Wellbeing Strategy recognises the importance of the wider determinants of health, with key priority areas including:
  - Active Travel
  - Climate Change
  - Housing
  - Air Quality

# Transport

- Social Prescribing & Active Travel EOI for DfT pilot funding – with Transport and CCG
- Public Health involved in national E-Scooter pilot, working with transport colleagues to target health and social care user group and essential journeys to test sites, vaccination centers, hospital sites etc.

# Planning & Regeneration

- HIA framework under development, to clarify expectations for development proposals in accordance with Local Plan Policy
- Health-led approach to early stages of major regeneration project for social housing
- Engagement in early design and masterplanning process for Strategic housing development @ Tipner (up to 10ha marine employment and 4000 new homes)
- PH response to National Strategic Infrastructure Project (NSIP) – HIA for AQUIND Interconnector
- Next step: development of health monitoring metric for built environment schemes using Healthy Streets™ framework

# Air Quality

- Whole Systems Approach agreed to develop an integrated, multidisciplinary approach to tackling air pollution across PCC (planning, regulatory services, transport, public health)
- Exploring implications of December 2020 Coroner's Inquest and subsequent recommendations in early 2021, including knowledge transfer with NHS partners - MECC training delivered to Foundation Year Medics on air quality and health June 2021
- Air Quality and Health Impacts presentations delivered to external audiences as part of communications with business user groups for Clean Air Zone

# Climate Change

- Climate change literature review – health impact and assessment of vulnerable communities
- Next step: Climate Change JSNA

# Greening

- Green & Healthy City Coordinator appointed, through Public Health Transformation Fund to deliver The Greener Portsmouth Strategy
- Role sits in Public Health to ensure strong alignment with health and wellbeing priorities, particularly health inequalities
- Focus on areas of deprivation under sphere of influence – LA housing estate – 31 new wild meadow sites, 150,300 new plants
- Next steps: Greening & Health Literature Review, leading to JSNA. Developing health outcome monitoring metrics

# Public Health Intelligence

- Leading the development of a new Health and Wellbeing Strategy for the city's Health and Wellbeing Board, enabling partners to make evidence-based decisions about priorities and approaches.
- Updating and interpreting local data on health and care issues such as child development, sexual health and smoking to inform commissioners and providers within public health, the local authority and partners.
- Providing evidence to support the Health and Wellbeing Board's statutory response to Pharmacy Consolidation Applications.
- Community Safety analysts within the Public Health Intelligence Team continue to produce data, analysis and research to inform the city's partnership approach to addressing crime and disorder. This includes supporting the implementation of the serious violence strategy. A full Strategic Assessment will be presented to the Health and Wellbeing Board in November published in December 2021.
- External funding was secured to recruit a Research Development Lead to explore barriers and opportunities to using research within health and social care in a local authority.

# Public Health Intelligence: Covid-19

- Sourcing, collating, analysing and presenting the latest Covid-19 data and intelligence to a range of meetings and audiences to ensure informed decision making. This includes:
  - Local Outbreak Engagement Board
  - Health Protection Board
  - PCC Gold
  - Member briefings
  - HIOW LRF Recovery Coordinating Group (ended July 2021)
  - Health and Care Portsmouth Care Home Support meeting
  - PCC communications with residents e.g. through the website and social media
- Working with HIOW Public Health analyst teams to provide a suite of products to support the Covid-19 response and recovery. This includes detailed modelling to local systems of potential scenarios around cases, hospital admissions and deaths, which informs planning around demand and capacity.
- Providing local analysis to support to effective targeting and delivery of vaccinations and testing
- Supporting Outbreak Investigation and Rapid Response, using additional analytical capacity funding through the Covid-19 Outbreak Management Fund to combine contact tracing data and wider local intelligence.

# COVID-19 Public Health Response

- PH rota provide advice and interpretation of the national guidance into HR plans for staff including use of PPE, social distancing, resident home visits, volunteering and infection control in care homes, schools, sheltered housing and our homeless accommodation
- Via our Communications lead, much of the internal and external facing communication messages on our intranet and internet sites have a PH focus
- Public Health Portsmouth has worked in partnership with colleagues across HIOW to develop a range of Covid-19 Intelligence products that are being used to inform the local response and recovery efforts – incl. modelling, recovery timeline and PCC GOLD dashboard
- PH are part of local Test and Trace arrangements (working with PHE) in terms of managing more complex outbreaks in Portsmouth.
- PH have set up the local contact tracing service in Portsmouth that follows up all confirmed cases of Covid-19 not contacted by the national team at 24 hours.
- PH have led the team setting up of the Community Testing Site in the Somerstown Hub offering twice weekly asymptomatic testing to critical workers.
- PH have led the development of the local outbreak plans and the DPH Chairs the local Health Protection Board and sits on the local Member Led Engagement Board