

# 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

- 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.
- Nurses have recently provided in-reach in to hostels to provide Covid-19 booster vaccines and in some cases first or second doses.
- Failed recruitment has delayed the start of the specialist homeless mental health team, a second round of recruitment has commenced.
- There are approximately 90 homeless clients engaged with the rough sleeper drug & alcohol team

# Substance misuse

- The new national drugs strategy 'From harm to hope' was published in December. This promises additional funding to tackle the supply of drugs and to increase and improve drug treatment provision.
- In October we launched the retender of the main substance misuse treatment and supported housing contract. The outcome of this tender will be published on the 1<sup>st</sup> February. The new contract will commence on the 1<sup>st</sup> June 2022.

# In house service - Wellbeing Service (update January 2022)

## Overview:

- Wellbeing team currently providing support predominantly via telephone (79%) support (inc. Microsoft Teams and Zoom)
- Approx. 21% of support is now provided face to face; mostly weight management support
- Currently 223 active clients, plus 20 new referrals
- Offering 12 Week Weight Management Programme 'Let's Bounce Back' with links to physical activity; aim to support 700+ residents to respond to any weight gain/physical inactivity occurred during lockdowns
- New website launched December 2021 - promoting health improvement, enables client to self refer with ease, and provides wide range of links to support (both local and national)

## Referrals:

- Overall up 106% on previous year (Oct 19/Sept 20 to Oct 20/Sept 21) – key increase in self-referrals (8.82%)
- Slight decline in referrals from midwifery and primary care (-5.65%)
- Secondary care referrals remain similar, with respiratory accounting for approx. 25.5% of all secondary care referrals (20/21), an increase of 2.5% on previous year
- Overall uptake of service increased from 52% to 60.92% - mostly from secondary care referrals

## Support Provided:

In the year to 30<sup>th</sup> September the Wellbeing Service provided 2504 interventions, comprising:

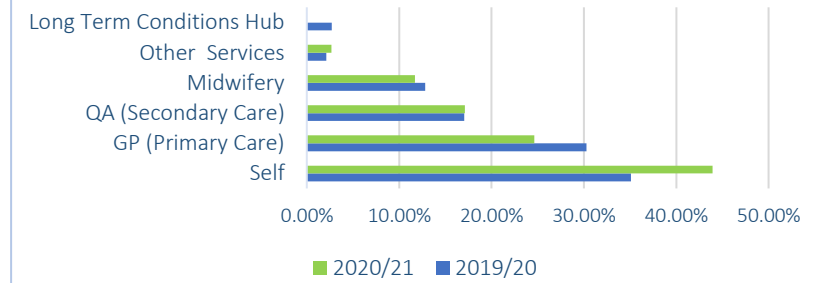
- 2159 (86.22%) smoking/nicotine support  
of which, 1073 (49.7%) set quit date
- 327 (13.06%) weight management support
- 18 (0.72%) alcohol support

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

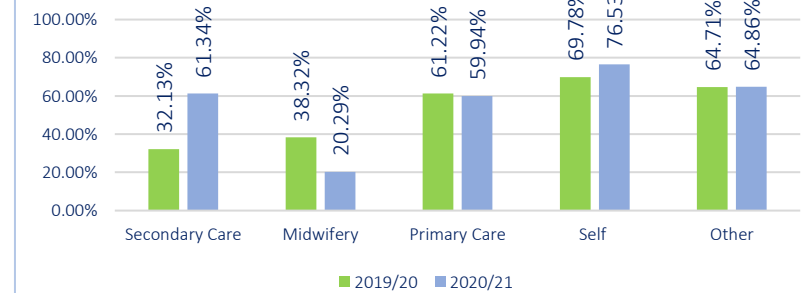
[www.wellbeingportsmouth.co.uk](http://www.wellbeingportsmouth.co.uk)



Wellbeing Service Referral Source 19/20 vs. 20/21



% Referral Uptaking Support (by referral source) 2019/20 vs. 2020/21



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

## Portsmouth Sexual Health Services update:

- 6 [‘ready’ pharmacies](#) in the national **Contraception Management Pilot** able to provide repeat prescriptions for oral contraception.
- ‘Systems Thinking’ review within the Solent Sexual Health Service has been exploring access in and through the service. Review of **the Check Phase due to be complete Jan 2022.**

## Contraception

- Long Acting Reversal Contraception (LARC) fitting and removals going through primary care in 2021 is still **below the 2019 activity**. PH and Portsmouth CCG continue to work with partners to improve access for contraceptive use and treatment for non contraceptive use.

## STIs

- STI testing numbers have continued to rise. Latest monthly data available indicates the volume of testing is in line with Pre Covid monthly STI testing total (based on latest data available for Nov 2021)(Data source: Solent NHS Trust contract monitoring)

## HIV

- **Portsmouth has a high rate of HIV\***, similar to the England rate (Portsmouth =2.35 per 1,000 compared to 2.31 across England and 2.65 among our statistical neighbours). Along side the [national HIV action plan](#), additional recommendations for areas with a high rate are to be reviewed to improve prevention and early detecting (and reduce missed opportunities to diagnosis). Supporting work towards the national 2030 target of Zero new HIV infections, AIDS and HIV related deaths.
- 2020 data indicates a **significant decrease in the number of residents completing a HIV test when accessing the specialist sexual health (SSH) clinic** (annual range between 2009-2019 = 3806 to 6354 per year, compared to 1,767 HIV completed tests in 2020). Rate change from 2 out of 3 service users testing to 1 in 3 approximately.
- Lowest coverage by women (30.7% accessing SSH) and heterosexual males (37.4% accessing SSH) (Data source : [Public Health Profiles – PHE](#)).
- Late diagnosis of HIV (with a CD4 count <350\*) between 2018/20 are under 50%, however with a drop of testing uptake there is a risk that we may see a higher rate of late diagnosis coming through in future years meaning opportunistic testing and when clinically indicated is going to be important.

\* High rate classified between 2-5 per 1,000); \*\*Those diagnosed late have a 10-fold risk of death compared to those diagnosed promptly

# Mental health and emotional wellbeing

- Successful in securing funded CAMS (Collaborative Assessment and Management of Suicidality) training for local drug and alcohol services and domestic violence-victim & perpetrator services in collaboration with Health Education Wessex, Hampshire County Council, Solent NHS & Southern Health. Evidence-based suicide prevention interventions and whole-system (service) approach to preventing suicide.
- Commissioning complete of suicide-specific bereavement service; roll-out to commence early 2022. Families bereaved by (suspected) suicide to be offered service and in-reach to be completed within 72 hrs of death. In partnership with Hampshire Constabulary, ICS mental health & suicide prevention board and HLOW Lived Experience Bureau.
- Completed schools and college protocol & guidelines on how to respond to a suspected/attempted suicide and respond to children and young people who have been bereaved by a suicide. Working with Portsmouth Schools Partnership, Children's Safeguarding Board and Education Psychologists service.
- Real-time Surveillance (RTS) local response system set-up - working with schools (as above) and workplaces to ensure that the wider community impacted by a (suspected) suicide have access to guidance on how to respond, suicide awareness training and direct access to support services.
- Audit of coroners records of deaths by suicide and drug and alcohol deaths completed for years 2019 to 2020. Development of multi-agency three year action plan, informed by audit intelligence and analysis, National data to be completed April 2022.

# Childhood Obesity

- The superzone pilot re-launched in Sept. Covid pressures within the school has led to slower progress than we'd hoped for, but the two actions being delivered against are going well. The daily mile (walk/jog/run) has been re-established and runs frequently as staffing levels and covid mitigation actions allow. A good response to the survey around the re-development of Arundel Park was received and the feedback from the parents/children is currently being incorporated into the re-development plans under safer streets funding. We are currently planning the next actions (outdoors or school only) to take forward this quarter as staffing (due to on-going covid pressures) allows.
- Family weight management via Wellbeing Service continues to be provided.
- A draft action plan for the new physical activity strategy was developed and presented to the Active Portsmouth Alliance in Dec. Currently awaiting feedback/comments around the plan, prior to agreement and adoption. Positive early experiences of activity for children and young people is one of the objectives, this correlates to working to improve children/young people's activity levels, through a range of actions set-out in the action plan.
- Joint working with key professionals (maternity, health visitors, school nurses, community physical activity organisations etc.) to utilise our limited resource, continues.
- A new national childhood obesity campaign launches later this month, which we will promote via our networks, so families can access resources to help them make healthier choices.

# 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.

# Wider Determinants

## 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 & Air Quality

- 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.
- Public Health involvement in South East Hampshire Rapid Transit programme (SEHRT), particularly with respect to greening opportunities to promote active and sustainable travel
- Whole Systems Approach agreed to develop an integrated, multidisciplinary approach to tackling air pollution across PCC (planning, regulatory services, transport, public health)
- Working with Integrated Care Partnership Sustainability and Estates Board to input to the ICS Greener NHS Plan. This includes a focus on Active Travel and Air Quality.
- Public Health delivered session to Clean Air Zone Business Advisory Group – CAZ in operation since November 2021

## Planning & Regeneration

- Regulation 18 Local Plan published. A positive and considered approach to discharging the expectations of National Planning Policy Framework Chapter 8: *Promoting healthy and safe communities*. The health needs of the City are clearly recognised, evidenced and articulated as a golden thread; health and wellbeing, as a core concept, is threaded throughout and cross-references to a range of other place-shaping agendas. It particularly draws out the clear links between deprivation, inequalities and poor health outcomes; and the role that planning and place-shaping can play to tackle these huge issues.
- 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 Development Sites
- 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

## Wider determinants – general update

- Training delivered Foundation Year Doctors and Pre-Registration Pharmacy students, with a focus on tackling the wider determinants of health for better health outcomes.
- Input into and support for development of a Hampshire Housing and Health Memorandum of Understanding by Hampshire County Council, District and CCG partners
- Exploring climate change resilience for vulnerable communities with PCC's newly appointed Climate Change Principal Officer
- Applying the *Healthy Streets*™ approach to the pilot Portsmouth Superzone

## 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
- Greening & Health Literature Review complete, shared with local NHS estates colleagues
- UK charity Trees for Cities awarded £1.2million from Government's Green Recovery Challenge Fund with specific focus on increasing tree cover in coastal cities and towns with lower than average tree canopy cover and high levels of socio-economic deprivation
  - PCC successful bid - awarded £35,950
  - Further match funding - £34.5k through Forgotten Places Urban Tree Challenge fund
- Support also provides PCC with:
  - Queens Green Canopy Jubilee planting day
  - Support for Tree City of the World application
  - Training on tree types, how to identify them and look after them – staff and volunteers
  - Later training on employment opportunities in the sector
- Next steps: Greening & Health JSNA. Developing health outcome monitoring metrics. Refresh of Greening Strategy to align with national policy change.

# Public Health Intelligence

- Lead the production 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.
- Developing the statutory Pharmaceutical Needs Assessment that will be consulted on from March 2022 and approved by the HWB in September 2022
- Working with health colleagues to support the Integrated Commissioning System's Population Health Management approach
- 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.
- Community Safety analysts within the Public Health Intelligence Team have produced the 3 yearly Strategic Assessment of Crime and Disorder, approved by the HWB in November 2021 which will inform the city's partnership approach to addressing community safety. The team also provides key analysis and reporting to support priorities including Domestic Abuse and Serious Violence.
- The new Research Development Lead (externally funded) is helping develop the city's partnership with the University and led the submission of a joint bid for funding to create additional capacity in this area.

# 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
  - 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 NHS and other partners' 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 UKHSA) in terms of managing more complex outbreaks in Portsmouth.
- PH have lead 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 manage the Community Testing Site in the Somerstown Hub offering both supervised asymptomatic testing for residents and critical workers as well as community collect of test kits and roving community distribution.
- 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