

# HOSP – Delivering the Public Health Business Plan 2022/23

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# Public Health Business Plan 2022/23: Priorities

## There are 7 priorities for Public Health for 2022/23:

- 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 (2022-25) and the ICB Suicide Prevention partnership programme.
- Promote healthy weight, reducing 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

Service	Provider/s	Contract terms	Update
Locally commissioned services (smoking cessation, alcohol awareness, supervised consumption, needle exchange, emergency hormonal contraception, Long Acting Reversible Contraception, NHS Health Checks)	GP practices and community pharmacy	Term: rolling year on year	These services have been recommissioned from 1 <sup>st</sup> April 2021. These services are paid for by activity on patient led basis, however NHS Health Checks is invitation only and is a local authority mandated service. Long Acting Reversible Contraception provision is co commissioned between PCC and the Portsmouth Place ICB. The work is supported through local partnerships and networking, workforce development and quality improvement initiatives
Integrated Drug and Alcohol treatment and support service. Including: assessment and case management, medical interventions, psychological and social support interventions, specialist substance misuse housing support	Society of St James (SSJ)	Commenced 1 <sup>st</sup> June 2022 initially until 31 <sup>st</sup> March 2026, but flexibility to extend up to 31 <sup>st</sup> March 2032.	This service has recently been re-commissioned. The new contract was awarded to the incumbent lead provider, SSJ. SSJ are working in partnership with an NHS provider called Inclusion, who provide drug and alcohol services across the country. Additional elements within the new contract include: expanded opening hours to 7 days per week, expand women only provision, expanded support for carers/families, provide some alcohol only provision and deliver abstinence based supported housing.
Sexual Health (contraception, testing and treating sexually transmitted infections, HIV prevention and testing, sexual health promotion, Psychosexual Counselling, Networks and training)	Solent NHS Trust	Current contract extended to end of March 2024.	Includes mandated services. This joint contract with commissioners across Hampshire, Portsmouth, Southampton and Isle of Wight Local Authorities and ICB offers face to face and remote provision, including home self-sampling STI/HIV testing and treatments by post where appropriate. A Systems Thinking Review is beginning roll in new interventions and measures throughout Spring 2023, including a clinician led telephonic front door.
Health Visiting & School Nursing and National Childhood Measurement Programme (in conjunction with Children's and Families Directorate)	Solent NHS Trust	Section 75 agreement - ongoing	Solent NHS Trust are commissioned by Children's Services to deliver Health Visiting and School Nursing
Healthwatch	The Advocacy People	Term; 4 years with options to extend up to 7 years	Mandated service - and new contract which commenced April 2021 with The Advocacy People

# Joint Working – Portsmouth through HCP

- Aligning commissioned functions where appropriate with ICB Portsmouth and PCC Adults/Children's through Health and Care Portsmouth S75s
  - Shared resources
  - Potential to align funding on programme areas
  - Main benefits from PH services perspective to improve outcomes for residents
    - Better join up of sexual health commissioning (remove false barriers between funding / provision)
    - Opportunity to improve join between mental health and substance misuse services
    - Strong links with the Homeless Primary Healthcare Team
    - Link / support into Primary Care Networks as they develop Jointly agreed Patient Group Directives (prescribing) with ICB Portsmouth
- Strengthened Intelligence links including:
  - Supporting intelligence-led Population Health Management approaches across Health and Care Portsmouth (H&CP) 'Place'
  - Providing maps and analysis e.g. using SHAPE to support H&CP planning and decision-making
  - Engaging ICB Portsmouth in joint approaches to key city challenges through the Knowledge Network, Modelling Stakeholders meeting etc

# Public Health Intelligence

- In addition to what is in the Business Plan, we have led the data and insight aspect of the council's response to the Cost of Living crisis. We have built a dashboard bringing together key data on vulnerability to, and impact of, the cost of living crisis in Portsmouth, and presented updates on the current position to a range of stakeholders.
- The [Joint Strategic Needs Assessment \(JSNA\)](#) annual summary was published in September 2022 as the [Director of Public Health's Annual Report](#).
- The HWB approved the [Pharmaceutical Needs Assessment](#) for publication in October 2022, and the Armed Forces Covenant Needs Assessment will be published in February 2023.
- We provide the data and intelligence to inform the transition to 'living with Covid', including ongoing monitoring, surveillance of future threats and modelling of potential scenarios across HIOW health and care system. We have successfully managed the transition of Covid-19 data and reporting from response to business as usual, including testing, vaccination and contact tracing data, and developed new reporting for wider health protection indicators.
- Delivery and monitoring of the city's Health and Wellbeing Strategy is ongoing.

# Public Health Intelligence (cont.)

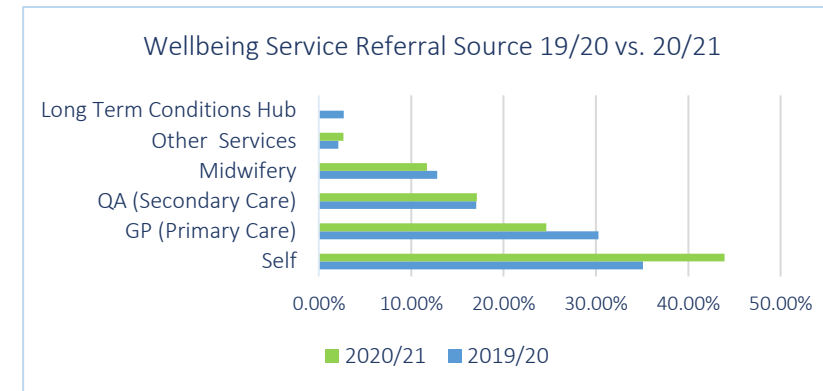
- The annual update to the Strategic Assessment for Crime, ASB, Re-offending and Substance Misuse was presented to the HWB in November. The team has led the production of a new Substance Misuse Needs Assessment and provided data and analytical support to inform the work of the Safer Portsmouth Partnership, including the a Research and Analysis programme and support to the Violence Reduction Unit.
- We continue to develop more joined up approaches to the production and use of 'knowledge' across the council, with partners in Portsmouth and with PH Intelligence teams across HIOW. This includes providing the data, intelligence and evidence to inform and support promotion of a Population Health Management approach in partnership with Health and Care Portsmouth and through the Integrated Care System
- We are building the strategic relationship with the University of Portsmouth, and leading the development of a more research-active council to support evidence-informed decision-making. A number of research projects have been funded and further strategic opportunities are being explored.

# In house service - Wellbeing Service



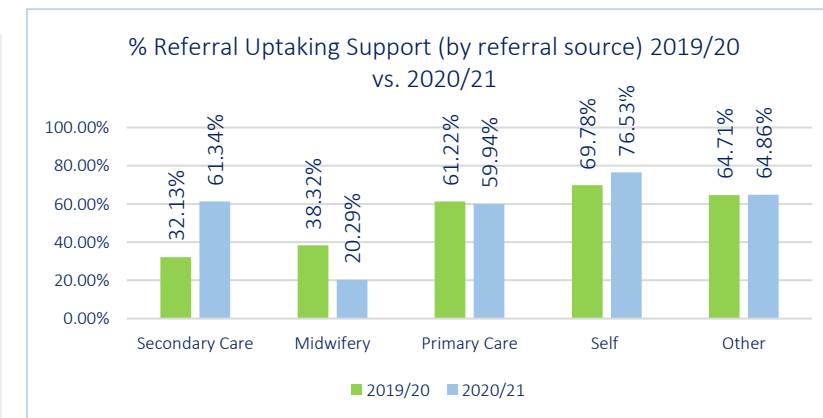
## Overview:

- Wellbeing team currently providing support via telephone (approx. 55%) support (inc. Microsoft Teams and Zoom)
- Approx. 45% of support is now provided face to face; mostly weight management support
- Currently 311 active clients, plus 49 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
- Jan-Apr 2022 has seen an increase of 170% in referrals on same period in 2021, predominantly self referrals



## Support Provided:

In the year to 30<sup>th</sup> September 2021 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 changed significantly during covid-19 but is currently back to being 2/3rds of provision.

Wellbeing Service screen all clients for main four risk factors:

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



# **Reduce the harm caused by substance misuse**

The Combating Drugs Partnership is developing a new substance misuse plan. This has 3 strategic priorities proposed, each with objectives and measures and an action plan. This is linked to an extra £1m of investment due from the Government into treatment services by 2024/25.

## **1. Disrupt local drug supply chains and drug related crime**

1.1 Disruption of county lines

1.2 Reduce cuckooing and the risk this causes to vulnerable adults

1.3 Targeting our most prolific drug dependent offenders with both enforcement and rehabilitation

1.4 Increase sharing of community intelligence (CPI forms) from our partners, including drug treatment services

1.5 Increase the targeting of adults that exploit young people to run drugs through the increased use and enforcement of Child Abduction Warning Notices (CAWN)

1.6 Reduce drug related anti-social behaviour in our neighbourhoods

## **2. Improve the quality, capacity and outcomes of our drug & alcohol prevention and treatment services**

2.1 Increase the number of people engaging in community drug and alcohol treatment

2.2 Increase the percentage of people successfully completing drug and alcohol treatment

2.3 Reduce drug related deaths

2.4 Improve support for people with co-occurring substance misuse and mental health conditions

2.5 Improve support for people with long term physical health conditions

2.6 Increase the number, and proportion of our treatment population, who access residential rehabilitation

2.7 Increase the number of people engaging with community drug and alcohol treatment, from the criminal justice system, particularly those leaving prison.

2.8 Offer everyone who is rough sleeping, or within the rough sleeping accommodation pathway, access to enhanced treatment and support

2.9 Increase the capacity of peer-led support, including the use of peer mentors in our treatment services, to promote and sustain recovery

2.10 Increase volunteering and employment opportunities for people in recovery

2.11 Achieve the drug and alcohol commissioning quality standards

### **3. Reduce the misuse and harm caused to young people by drugs & alcohol**

- 3.1 Improve prevention activities, including provision of drug education in schools and other settings and an increase in screening by children's professionals.
- 3.2 Improve the capacity, quality and outcomes of our young people's drug and alcohol treatment service
- 3.3 Increase diversionary support for young people, especially those at risk of entering the criminal justice system.
- 3.4 Develop our workforce to increase their awareness of young people's substance use, systematically screen, intervene and effectively refer for specialist support when required.
- 3.5 Decrease criminal exploitation of young people with links to drug or alcohol misuse

# Sexual Health

- Teenage conception data for 2020\* worsened, therefore work continues to explore opportunities to facilitate improvements
- Collaborative work with general practices continues with the aim to facilitate efficient, improved pathways of care related to LARC provision for non contraceptive and contraceptive use (including with East Shore, Uni City, Trafalgar, Portsdown, Drayton practices/practice groups)
- Contraception in maternity commenced, however delays with Badgernet to report provision to date. Communications and engagement with partnering services has commenced with the aim to maximise on the service
- Portsmouth partnership work continues to facilitate the local implementation of the national 'contraception management in pharmacy' pilot (tier 1: free repeat oral contraceptives; tier 2: free oral contraception initiation)
  - Tier 1: 10 active pharmacy sites (Tier 1 work rolling out nationally Jan 2023)
  - Tier 2: 8 active pharmacy sites
- Portsmouth continues to have high STI testing rate (highest in South East, 2021) and high positivity for New STIs (second highest in South East, 2021\*), including for Chlamydia and Gonorrhoea
- Systems Thinking Review within Solent NHS Trust sexual health service to inform recommissioning for April 2024
  - Redesign phase complete, roll-in phase commencing comprising of new system for managing residents when they call into the service through the Single Point of Access line, new meaningful measuring systems and workforce development for the workforces involved.

\*Latest data available

# 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.

# Healthy weight –nutrition/poor diet and obesity

## Children

- Continue delivering National Child Measurement Programme (NCMP) and use the insight to utilise the limited resources effectively.
- Delivering targeted children's weight management, via OLIVE (health visiting), extended brief advice (school nursing) and family weight management (Wellbeing Service). Up-take within school age services is fairly low, so is a focus for the next year.
- Superzone – piloting a place-based approach to tackle childhood obesity. Working with Arundel Court Primary Academy, using insight from children to design interventions, with regular amends based on continuous feedback. Interventions around active travel and school meals are priorities for next 6 months.

## Adults

- The Wellbeing Service's and Pompey in the Community's weight management programmes, delivered city-wide, predominately in groups and incorporating physical activity. Both programmes are going well with good results.
- The dedicated pathway for pregnant women who have a BMI over 25, has seen low numbers in the first year as the new pathway has embedded. Work underway with midwifery this spring to review the pathway and increase up-take.

## All ages

- Provide nutrition/healthy eating advice and training as required by various departments/organisations to support positive dietary behaviours.

# Physical inactivity and utilising outdoor spaces

## Physical inactivity

- Continue to lead the Active Portsmouth Alliance, a multi-agency partnership, working collaboratively to delivery the physical activity action plan for the city. Organising quarterly meetings and leading/supporting specific actions to support our most inactive communities to be more active.
- Work with key partners including (but not limited to) the Integrated Care Board, Primary Care, Active Travel and Transport teams to develop and pilot new initiatives e.g. Physical Activity Local Incentive Scheme with GP practices and support established programmes e.g. school streets.
- Promotion of physical activity to key target groups i.e. least active, remains an on-going focus, exploring how brief advice and physical activity opportunities can be incorporated into other topics/agendas.

## Utilising outdoor spaces to make being active easier

- Portsmouth is the first city in the UK to pilot the Athletic Skills Model (developed in the Netherlands) which is based on 10 fundamental movements needed by our bodies. Initial training of local sports and leisure staff in 2021, and introduced to youth and community staff in 2022, with further training booked for summer 2023 and currently scoping feasibility of designing and implementing supporting Athletic Skills Gardens.
- Supporting various partners to increase casual recreational and/or active travel via projects, for example, re-vamp of Arundel Park as part of the Superzone and Active Pompey Neighbourhood.

# Mental health and emotional wellbeing

- There is an expectation that there will be an increase in debt, financial insecurity issues and a rise in unemployment compounding mental health distress in the coming months, we are working with debt collection and debt advice services in the city to ensure that the system screens for mental wellbeing and signposts effectively.
- We are also working with mental health service providers to ensure that they screen patients for debt and money issues and signpost to debt support services.
- We are building capacity in anticipation of an increase of low-level mental and emotional distress across the city. Working with employers and trade groups through the Portsmouth Mental Health Alliance to offer mental health & wellbeing training (Connect 5), as part of their workplace wellbeing workstream.
- Review underway of Suicide Prevention Action Plan and refresh scheduled, informed by audit on coroner's records of suicides and national intelligence on emerging 'at-risk' population groups to target prevention training and resources at key 'touch-point' e.g. community leaders, businesses and service providers.
- Set-up is complete of the local real time surveillance (RTS) i.e. gathering intelligence on suspected suicides that have taken place locally, trigger postvention and response protocols for local partners response &/or escalating further action and provides the means to offer timely support to people who have been bereaved or affected by a suspected suicide.
- Locally we are leading the way on postvention for children and young people who are bereaved by suicide, the training and resource piloted here will also be utilised to build capacity regionally through the STP suicide prevention fund and regional RTS systems.



# Community Champions

- The Community Champions Programme's priority areas include Mental health and wellbeing, Access to healthcare, Cost of Living and COVID-19. (Priority areas as identified by communities themselves e.g. menopause)
- The priority areas inform the weekly messages and most recently community champion meetings (Mental health overview, December 2022 and Cost of Living January 2023)
- Currently there are approximately 20 individuals that have been recruited onto the programme, however, the wider network has an additional 50 members making the total to approximately 70 people.
- Engagement varies from the sharing of the weekly message, attendance at Live Well sessions (a couple of volunteers have attended) and regular attendance at meetings.
- Examples of success include the sharing of messages via social media by an organisation which could have up to 500 views, individuals sharing with their contacts ranging from two or three contacts to over 100.

# Live Well Events

- Live Well events are community outreach events for communities in deprived areas of the city, bringing services to the community directly and from a wide range of services within the council and from partners in the health, care and voluntary sector.
- The events themselves provide access to money advice, advice on energy and the range of grants available, health advice on issues such as healthy eating, exercise, mental health, smoking cessation, drugs and alcohol and vaccination etc.
- 13 Live Well Events have been delivered between April 2022 and end of Dec 2022:
  - Two in Handsworth House
  - Three in partnership with the Portsmouth food bank – King’s Church
  - Four in partnership with Landport Larder – Landport Community Centre
  - Two in partnership with the Portsea Pantry – John Pound Centre
  - Two at the Paulsgrove Community Centre
- In addition, further smaller cost of living focused events have been delivered with the Jami Mosque and supported services to attend Chat over Chai
- Over 700 conversation themes have been recorded across 11 events
- Key themes coming out of the conversations were:
  - Service provision
  - Mental health and physical health
  - 267 conversations were themes relating to cost of living, especially – benefits, energy advice, financial assistance with bills, housing concerns, personal finance and water saving tips / sewage
- Positive feedback from staff and members of the public attending e.g. *“I liked the information and advice....very helpful and a good place to find out information.”*
- Next steps – further sessions planned in January and February 2023 in Landport, Portsea, Kings Church and Paulsgrove’s new pantry. Further development of the Live Well model is underway, working closely with the Cost of Living worker and Portsmouth Wellbeing Service.

# Health protection

- **Air Quality**

- Multi-agency Air Quality Board chaired by PH to deliver the Health and Wellbeing Board priority on Air Quality and Active Travel. Delivery Plan for coming year in place.
- Continued provision of health intelligence to support Transport colleagues in the delivery of the city's Clean Air Zone.
- Transport colleagues undertaking a range of projects (e.g behavioural change project to reduce car use, promoting active and sustainable travel), which delivers against broader health priorities (prevention, obesity and physical activity).

- **Health Protection Forum** – has now replaced the 'Health Protection Board' as a refreshed quarterly meeting, taking an 'all hazards approach' to share health protection issues and plans between partners in the city
- **Health Protection enquiries** to Portsmouth public health are answered by a team of experts on a rota basis, who offer advice normally within one working day.
- **Infectious disease and environmental hazards** – we continue to support partners, including UKHSA, with managing the consequences of incidents and outbreaks of infectious disease.

# Sustainability and wider determinants

## **Greener NHS**

- Public Health Portsmouth represent HIOW public health on Energy and Sustainability ICS Board

## **Climate Change**

- Cross-agency Portsmouth Climate Action Board created 2019 in response to Climate Emergency, Chaired by University, Public Health and Portsmouth Hospital Trust included on membership

## **Green & Healthy City**

- Public Health have provided 2 years of full time funding for a Green and Healthy City Officer to oversee delivery of the City Greening Strategy and coordinate 'greening work' in the city
- Post managed in Public Health to align with health priorities, particularly inequality. Strategic support from Planning Policy.

## **Cost of Living**

- Public Health is supporting the PCC wide project to tackle the CoL crisis through managing the CoL Support Officer, offering face-to-face appointments to those most in need, and engaging in outreach work in the city
- Working with partners through the Switched On Partnership and other channels to mitigate the effects of cold homes on health during the CoL crisis
- Working with Health and Care Portsmouth to ensure NICE guidance on limiting the health impact of Excess Cold and Cold Homes is met within the city.

# Joint Working – Transport

- Public Health is a member of Local Transport Plan 4 working group that brought the plan to fruition.
- Member of the Parking Strategy working group (revision of the strategy is in progress)
- Key strategic objectives deliver positive health outcomes.
- Providing health intelligence to support flagship programmes and policies, including:
  - South East Hampshire Rapid Transit scheme (rapid bus travel)
  - Refreshed Air Quality Strategy
  - Future Transport Zone to promote active travel
  - Support for funding bids



Transforming public transport



Delivering cleaner air



Prioritising walking



Prioritising cycling



Supporting business

# Joint Working - Planning

- Portsmouth Local Plan has a clearly articulated policies on air quality , health and wellbeing and Health Impact Assessment (HIA) for major development applications.
- Public Health are working with Development Management colleagues to
  - consistently require HIAs
  - respond to scoping requests and
  - to develop a clearly articulated framework for HIA submissions
- Public Health routinely consults on development applications including :
  - Planning Performance Agreements
  - steering stakeholder groups for strategic development and regeneration proposals
- Providing health intelligence to support programmes and policies, including:
  - Major developments
  - Regeneration proposals

