

2023 —  
2026

# Portsmouth Public Health Strategy



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# Vision

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**“We want Portsmouth to be a healthy and happy city, in which each person has the education, care and support they need for their physical and mental health”**

# Our principles

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## Our Public Health approach in delivering our programme of work aims to:

- Be informed by best practice, evidence and a sound understanding of local needs.
- Advocate for our local population based on a needs-led approach and provide system leadership on population health, prevention, inequalities and health protection.
- Develop and sustain strong partnerships with colleagues in statutory and voluntary sector organisations as well as with communities and individuals, including through co-production.
- Take a holistic preventative approach (including supporting the no wrong door approach) which is informed by behavioural science.
- Take a life course approach to consider health and wellbeing needs at each life stage including through whole family approaches.
- Recognise needs of groups and individuals within our population and taking targeted action to meet needs of inclusion health groups as well as to mitigate and address potential inequalities in health and wellbeing outcomes.
- Be accessible, open, transparent and seek to continually learn.
- Play our role in keeping local residents safe through safeguarding.
- Achieve best value for money and seek to optimise social value.

# Thematic approach

## Our thematic approach is that we commit to:

- **Understand** the health and wellbeing of our local population through strategic intelligence and analytics.
- **Protect** the health and wellbeing of our local population.
- **Prevent** ill-health by mitigating impacts of root causes and helping local residents live in good health.
- **Improve** health and wellbeing for all our communities fairly through addressing slowing or preventing progression of disease and supporting all population groups.

# Summary of themes and long-term actions

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## Understand the health and wellbeing of our local population through strategic intelligence and analytics

### Long-term aims:

- Foster a shared understanding of the health and wellbeing needs of local residents.
- Enhance curiosity for how data, evidence, evaluation and research can underpin our approach to addressing local health and wellbeing needs.

## Protect health and wellbeing of our local population

### Long-term aims:

- Lead health protection planning and response for the local population.
- Embed physical and mental health and wellbeing considerations into place shaping.

## Prevent ill-health by mitigating impacts of root causes and helping local residents live in good health

### Long-term aims:

- Mitigate impacts of root causes on ill-health.
- Recognise the power that communities have in understanding their own health and wellbeing needs and work with communities respectfully in addressing these areas.
- Promote the best start for life for children and families.
- Prevent illness before individuals get unwell as part of a healthy ageing approach, starting in mid-life and continuing into older age.
- Promote health and wellbeing taking specific action for defined population groups.

**Improve health and wellbeing for all our communities fairly through addressing slowing or preventing progression of disease and supporting all population groups**

**Long-term aims:**

- Address specific causes of early deaths and associated harms.
- Develop models of care to tackle inequalities working alongside NHS colleagues.

# Introduction and context

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Portsmouth is a great waterfront city, home to over 200,000 people. The Public Health directorate, Portsmouth City Council makes a major contribution to the City Vision and council's Corporate Plan in working to improve the health and wellbeing for all local residents. For 2022/23 the mission of the council is to work together with partners and communities to stand up for Portsmouth, take action to improve the city and the lives of our residents, and tackle the climate crisis. Key strands are to help people live independent, healthy lives and support people during the cost-of-living crisis which are directly supported by the work of Public Health.

This Portsmouth Public Health Strategy aims to articulate our priorities for improving the health of local residents. The role of Public Health is to improve and protect population level health and wellbeing in line with our statutory responsibilities and with due regard to local need. In delivering this, we value the Portsmouth way of working which is collaborative and integrated in tackling shared challenges, and we are also keen to play our role in the Hampshire Isle of Wight (HIOW) Integrated Care System (ICS).

This strategy describes our vision, principles of how we work and ambitions for improving a wide range of health and wellbeing outcomes for Portsmouth residents of all ages.

For Public Health in Portsmouth, we view a life course approach as essential – from advocating for the best start in life and taking action at each life stage to promote healthy ageing. This Portsmouth Public Health Strategy seeks to highlight the golden thread of how our work delivers against the strategic priorities of Portsmouth as a place, reflecting our established integrated ways of working alongside the Children and Families and Adult Social Care directorates as part of Health and Care Portsmouth, as well as the strategic priorities of Hampshire and the Isle of Wight as an Integrated Care Partnership (ICP).

## **Some of these key strategies are listed here:**

- [Health and Care Portsmouth Blueprint 2020 – 2023](https://healthandcare.portsmouth.gov.uk/wp-content/uploads/2022/06/A_blueprint_for_health_and_care_in_Portsmouth_PDF.pdf)<sup>1</sup>
- [Portsmouth City Council Vision](https://imagineportsmouth.co.uk/the-vision/)<sup>2</sup>
- [Portsmouth Joint Health and Wellbeing Strategy 2022 – 30](https://www.portsmouth.gov.uk/services/council-and-democracy/transparency/health-and-wellbeing-strategy/)<sup>3</sup>
- HIOW Prevention and Inequalities Board – Operating Plan

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1 [https://healthandcare.portsmouth.gov.uk/wp-content/uploads/2022/06/A\\_blueprint\\_for\\_health\\_and\\_care\\_in\\_Portsmouth\\_PDF.pdf](https://healthandcare.portsmouth.gov.uk/wp-content/uploads/2022/06/A_blueprint_for_health_and_care_in_Portsmouth_PDF.pdf)

2 <https://imagineportsmouth.co.uk/the-vision/>

3 <https://www.portsmouth.gov.uk/services/council-and-democracy/transparency/health-and-wellbeing-strategy/>



- [HIOW Integrated Care Partnership Strategy 2023<sup>4</sup>](#)
- [Children’s Trust Plan<sup>5</sup>](#)
- [Adult Safeguarding Strategy Action Plan 2022 – 23<sup>6</sup>](#)
- [Portsmouth City Council Adult Social Care Strategy<sup>7</sup>](#)
- [Local Plan<sup>8</sup>](#)
- [Green Infrastructure Plan and Greening Delivery Plan](#)
- [Local Transport Plan and Local Cycling and Walking Infrastructure Plan<sup>9</sup>](#)
- [Air Quality Strategy and Air Quality Action Plan<sup>10</sup>](#)
- [Greener NHS Plans<sup>11</sup>](#)

We also recognise our work in Public Health is a contribution to efforts across the local area. It is no doubt a challenging time for achieving all our ambitions for our local residents in light of financial security declining, the number of years living in good health declining, and changing social structures leading to less support for older adults and inequalities in how older age is experienced, as highlighted by the [2022 State of the Ageing Report<sup>12</sup>](#). For children and young people too, the State of the Nation report 2022 suggests an inconsistent recovery in mental and physical health towards pre-pandemic levels.

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4 [https://www.hantsiowhealthandcare.org.uk/application/files/4516/7473/3225/Hampshire\\_and\\_Isle\\_of\\_Wight\\_Integrated\\_Care\\_Strategy\\_.pdf](https://www.hantsiowhealthandcare.org.uk/application/files/4516/7473/3225/Hampshire_and_Isle_of_Wight_Integrated_Care_Strategy_.pdf)

5 [https://democracy.portsmouth.gov.uk/documents/s28048/Childrens\\_Trust\\_Plan\\_2020\\_-\\_23\\_-\\_Consultation\\_Version.pdf](https://democracy.portsmouth.gov.uk/documents/s28048/Childrens_Trust_Plan_2020_-_23_-_Consultation_Version.pdf)

6 [https://democracy.portsmouth.gov.uk/documents/s35326/Portsmouth\\_Adult\\_Safeguarding\\_Review\\_-\\_Strategy\\_Action\\_Plan.pdf](https://democracy.portsmouth.gov.uk/documents/s35326/Portsmouth_Adult_Safeguarding_Review_-_Strategy_Action_Plan.pdf)

7 <https://www.portsmouth.gov.uk/wp-content/uploads/2023/01/78.271-ASC-strategy-2021-digital-and-accessible.pdf>

8 <https://www.portsmouth.gov.uk/services/development-and-planning/planning-policy/portsmouth-local-plan/>

9 [https://travel.portsmouth.gov.uk/wp-content/uploads/2021/11/74.463\\_LCWIP\\_Plan\\_Accessible.pdf](https://travel.portsmouth.gov.uk/wp-content/uploads/2021/11/74.463_LCWIP_Plan_Accessible.pdf)

10 <https://www.portsmouth.gov.uk/wp-content/uploads/2020/04/env-air-quality-strategy.pdf>

11 <https://www.england.nhs.uk/greenernhs/>

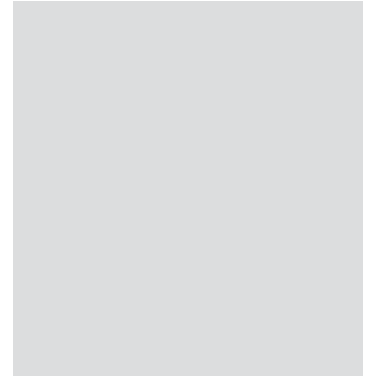
12 [https://ageing-better.org.uk/sites/default/files/2022\\_-\\_04/The\\_-\\_State-of\\_-\\_Ageing-2022-online.pdf](https://ageing-better.org.uk/sites/default/files/2022_-_04/The_-_State-of_-_Ageing-2022-online.pdf)



# Portsmouth in numbers

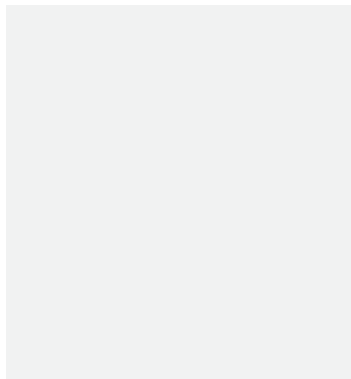


**208,100**  
residents.



**57<sup>th</sup>**

most deprived local authority in England (out of 317).



## LIFE EXPECTANCY



Men **78.5**  
compared with  
**79.4** nationally.

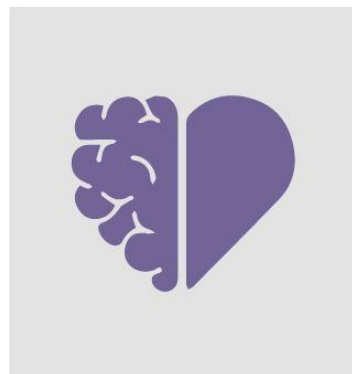


Women **82.4**  
compared with  
**83.1** nationally.



## DEATH RATES

People in Portsmouth experience **higher rates of death before 75 years compared to England**. For males, these high rates are observed in cardiovascular disease, stroke, cancer and respiratory disease, and for females on cardiovascular disease, heart disease, cancer (particularly breast cancer), liver disease and respiratory disease.



## MENTAL HEALTH

**12.9%**

of residents report having a long-term mental health problem.

## SMOKING

14% of Portsmouth adults are estimated to be current smokers (APS). This rises to...

27% in routine and manual jobs. Smoking remains the biggest preventable cause of ill-health, disability and early death.



## OBESITY



**2 in 3**  
**adults**

are obese or overweight which leads to preventable heart disease and cancer.

**28% of**  
**children**

are classified as obese at the end of primary school.



## SMOKING IN PREGNANCY

12% of mothers in Portsmouth were smokers at time of delivery. This can cause serious pregnancy-related health problems.

- Increased risk of miscarriage
- Premature birth
- Stillbirth
- Low birth-weight

## ALCOHOL

**1 in 5 people**  
(22%) are drinking to unhealthy levels, with up to 4,400 adults estimated to be alcohol dependent.



## SEXUAL HEALTH

Under 18 pregnancies are consistently similar or above the national rate.

# Portsmouth population

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The 2021 Census estimate of the population of Portsmouth was 208,100. Overall, the number of births has been gradually decreasing annually since 2012 (2,254 births in 2020). Compared to the rest of England, Portsmouth has a high proportion of young adults aged 20 – 24 years old, largely due to the city's university and colleges (11.3% of Portsmouth's total population compared with 6.1% nationally). This population group is also expected to increase in the years up to 2030. Like the national picture, the older adult (65 years +) population is expected to grow over the next decade. Between 2021 and 2030, the 65 years+ population is expected to increase by 19% (projected population of 37,200 in 2030) and aged 80+ years is expected to increase by 28% (projected population of 11,000 in 2030). For a more detailed analysis of the Portsmouth population, please refer to the [Portsmouth Joint Strategic Needs Assessment webpage](#)<sup>13</sup>.

Overall, health and wellbeing in Portsmouth is generally worse than the national average. Furthermore, inequalities are evident with some population groups and communities experiencing significantly poorer health and wellbeing outcomes than others. Male and female life expectancy at birth continues to be significantly shorter than England. In 2018 – 2020 male life expectancy at birth was 78.5 years in Portsmouth v 79.4 years for England; and for females, 82.4 years in Portsmouth v 83.1 years for England.

Healthy life expectancy at birth in Portsmouth is also slightly shorter than England for both males and females (males: 61.5 years v 63.1 years; and females: 61.4 years v 63.9 years respectively), 2018 – 20. There has been a small downward trend in healthy life expectancy in recent years in Portsmouth (from 62.9 years for males in 2016 – 18, and 63.3 years for females in 2015 – 17) which has also been observed nationally and has been met with concern.

People in Portsmouth experience higher rates of death before 75 years compared to England (a widely accepted measure in considering the overall health status of a population), 2017 – 19 data. For males, these high rates are observed in cardiovascular disease, stroke, cancer and respiratory disease, and for females on cardiovascular disease, heart disease, cancer (particularly breast cancer), liver disease and respiratory disease. In some areas within Portsmouth (Buckland, City Centre and Somerstown) the likelihood of dying is twice as high as in England. In considering the picture of all deaths, the leading cause of death for Portsmouth residents in 2020 was Dementia and Alzheimer's disease.

The health conditions which are the greatest contributor to years lived with disability (a measure of individuals living with illness) in Portsmouth

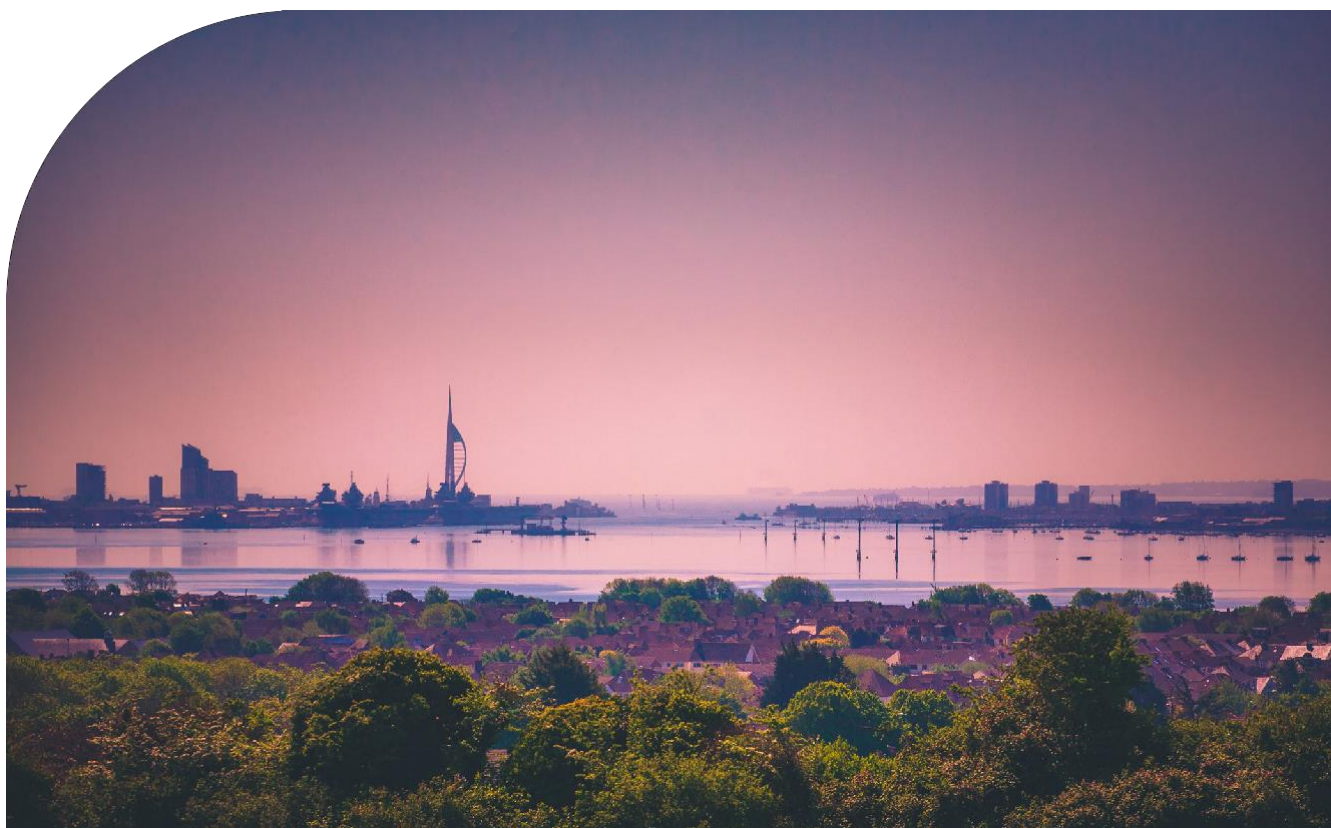
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<sup>13</sup> <https://www.portsmouth.gov.uk/services/health-and-care/health/joint-strategic-needs-assessment/>

are musculoskeletal conditions and mental disorders and therefore highlight the importance to our local population of preventing ill-health in these areas too (local Global Burden of Disease data).

With regards to risk factors which contribute to years lived with disability for Portsmouth, behavioural risk factors, namely, tobacco, dietary risks, low physical activity, alcohol and drug use feature heavily as well as air quality and other factors playing a role. Many of these risk factors are common to cardiovascular disease, cancers, respiratory disease and dementia which makes the cases for focusing on these as key opportunities for preventative action. These conditions are also often the underlying contributors to functional decline leading to a need for social care in later life.

The Office of Health Improvement and Disparities provides data summaries comparing health and wellbeing outcomes for the Portsmouth population to other areas and to the national picture. While these indicators need to be interpreted with appreciation of the wider context to shed light on underlying reasons for what these data show, they do provide opportunity to steer local attention both for local Public Health work and that of wider colleagues. As a comparison to England values, in relation to health and wellbeing of children and young people, the level of need is clear, ranging from a high proportion of children in low income families or with housing needs, a high percentage of women smoking at time of delivery, low proportion of babies who are breastfed, low proportion who achieve school readiness, high prevalence of obesity in childhood, high rate of children in care, high rate of self-harm, youth offending and under 18 conception rate. In relation to healthy ageing, there are also widespread opportunities for improvement, including on indicators relating to a higher proportion of adults who feel lonely, a low percentage of physically active adults, low coverage of cancer screening, and low uptake following an offer of an NHS Health Check.



# Strategic commitments and actions

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## Understand the health and wellbeing of our local population through strategic intelligence and analytics

### Why is this important?

Effective use of information and data drives a Public Health approach, which grounds all the work of the Public Health directorate. Expert knowledge of high quality data sources and analytical methods applied to local demographic and socioeconomic characteristics enables appraisal and development of population strategies for protecting, preventing and improving health and wellbeing.

### Where are we now?

In Portsmouth, the skilled work of the Public Health intelligence team is highly regarded. It was particularly evident in driving a common understanding during the Covid-19 pandemic and is has also been applied to addressing the council's response to the rising cost of living. An intelligence led approach is the acknowledged way of working between Public Health and colleagues across the system rooted from the established programme of Public Health intelligence work published in the Joint Strategic Needs Assessment (JSNA) and associated outputs. Public Health is also working to steer local direction of how population health management tools are applied with the aim of being able to effectively target population groups with appropriate interventions.

The Public Health intelligence team leads the Portsmouth Knowledge Network which brings together analysts across the local system as well as working collaboratively with HIOW colleagues and sharing good practice with the South East region. The team undertake analysis of a range of data including population health and wellbeing data as well as community safety data and reaches across Portsmouth City Council in identifying opportunities to contribute their skills. Opportunities for proactive involvement in local research are actively pursued as well as work being done with the aim of developing curiosity for greater research within Portsmouth City Council.

## What we will do

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### Long-term aim:

**Foster a shared understanding of the health and wellbeing needs of local residents to inform health and care planning and strategy development.**

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### Shorter-term aims:

- **Further develop our JSNA programme of work** to ensure outputs are up to date, accessible and utilised by colleagues within and beyond Portsmouth City Council through developing JSNA webpages on children's and adult's health and wellbeing.
  - **Support and, in some cases, lead the production of topic-specific needs assessments and reports** including the Community Safety Strategic Needs Assessment, Serious Violence Needs Assessment, Family Hub Needs Assessment, Director of Public Health Annual Report and others in line with organisational priorities.
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### Long-term aim:

**Enhance curiosity for how data, evidence, evaluation and research can underpin our approach to addressing local health and wellbeing needs.**

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### Shorter-term aims:

- **Provide strategic leadership to population health management** for Portsmouth as part of the HLOW PHM programme, including generating culture of curiosity about what this approach could offer amongst colleagues as it develops.
- **Enable development of a more research-active council** and build the strategic relationship with the University of Portsmouth to support evidence-informed decision-making including through submitting a bid to NIHR Health Determinants Research Collaborations round two.

# Protect health and wellbeing of our local population

## Why is this important?

The Director of Public Health has a statutory duty for health protection of the local population. This leadership role was evident during the Covid-19 pandemic though the work is longstanding with the remit spanning planning for and responding to health protection incidents, outbreaks and emergencies in collaboration with the UK Health Security Agency (UKHSA) and other partners. Health protection practice aims to prevent, assess and mitigate risks and threats to human health arising from infectious diseases, exposure to environmental hazards and natural events. This ongoing work remains critically important to continually limit deaths as well as associated sequelae from these causes. For Public Health in Portsmouth, health protection encompasses climate change and associated workstreams, recognising that increasingly, climate change poses potential threats to the health of the population from direct impacts of flooding, drought, extreme heat and extreme cold, and indirect impacts such as increased spread of mosquitoes (the vector for some infectious diseases e.g. malaria and zika).

## Where are we now?

The Portsmouth Health Protection Forum is a partnership board which seeks to build on the strength of the Covid-19 partnership response. It aims to offer a local platform for information sharing and provides opportunity for coordinated action if necessary in response to health threats, taking an 'all hazards approach' to address communicable disease and environmental hazards, including those relevant to climate change. Mosquito surveillance takes place in the Port over the summer months by Portsmouth City Council Regulatory Services working with the UK Health Security Agency. The Forum has received a Portsmouth Health Protection Needs Assessment to guide its development. The HIOW Prevention and Inequalities Board also has immunisation as an area for preventative action in its 2022/23 operating plan which is a key health protection control measure.

Public Health offers specialist input into the Air Quality and Active Travel Board, which delivers this workstream on behalf of the Health and Wellbeing Board. It also leads the Greening Development Group and action plan, a sub-group of the Climate Programme Board.

## What we will do

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### Long-term aim:

**Lead health protection planning and response for the local population.**

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### Shorter-term aims:

- **Lead the Health Protection Forum for Portsmouth** within which Public Health will support mosquito and other climate risk related infection surveillance programmes.
  - **Provide specialist Public Health advice to care, education and other settings via the Public Health rota as appropriate.**
  - **Provide specialist Public Health Protection advice to the climate and sustainability agendas** (including air quality, flood and heat mitigation) informing policy and practice.
  - **Support local arrangements for NHS delivery of all age immunisation programmes** (a key control measure in preventing and controlling spread of infectious diseases), specifically in addressing inequalities in uptake, following delegation of commissioning expected by April 2024.
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### Long-term aim:

**Embed physical and mental health and wellbeing considerations into place shaping decision making, specifically in relation to local transport options, built environment and greening, for all ages.**

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### Shorter-term aims:

- **Ensure health is considered at all stages of engagement with built environment policies and proposals** as reflected in the Local Plan and Children's Public Health Strategy action plan.
- **Use the agreed framework for Health Impact Assessment for major development proposals.**
- **Adopt a 'Healthy Streets' approach** to plan for and monitor the success of built and natural environment schemes.
- **Use the Greening Development Plan** to coordinate prioritised implementation of green infrastructure in the city to maximise benefits to health, the environment and the economy.





## **Prevent ill-health by mitigating impacts of root causes and helping local residents live in good health.**

### **Why is this important?**

Tackling risk factors before leading to ill-health is the essence of a public health approach. The Portsmouth Health and Wellbeing Strategy 2022 – 2030 identified five issues which are described as the ‘causes of the causes’ – the underlying factors that contribute to emergence of risk factors which in turn influence health and wellbeing. The next step upstream, is in taking action to address these risk factors before they lead to ill-health including in promoting a healthy childhood. This is a mainstay of our approach to reducing cardiovascular disease, some cancers, respiratory disease, mental ill-health, musculoskeletal disease and dementia.

### **Where are we now?**

Our work in Public Health plays a significant role in delivering the Portsmouth Health and Wellbeing Strategy in how we create the conditions for good health and wellbeing, an example being having jointly led Portsmouth City Council plans to address the cost of living – a current crisis with substantial implications for health and wellbeing of local residents.

In promoting a healthy childhood, we have worked closely with children’s and families services over many years to establish integrated service provision, as well as working with the local maternity system. Additionally, we have

progressed initiatives with schools such as in establishing a smokefree play park with signage designed by children, encouraged participation in the Daily Mile and are running a Superzone pilot – seeking to address drivers of obesity (active travel, clean air, community safety, healthy eating). Public Health priorities in this area are clearly defined in the Children’s Public Health Strategy and action plan.

In addressing risk factors to prevent long-term conditions, examples of our work include local campaign work which often using local voices has helped messages reach local communities, delivery of the Wellbeing Service (an integrated service which supports individuals to stop smoking, drink less alcohol and get to a healthy weight), NHS Health Checks, as well as the more recently developed Community Champions programme, including community outreach ‘Live Well’ events. We value our collaborative working with HIVE Portsmouth notably in supporting a range of local communities to access testing and vaccination as part of the Covid-19 response, as well as in supporting their role in connecting local communities which has particular benefits to mental health and wellbeing. Leading the Physical Activity Alliance, supporting delivery of the ‘Let’s Get Active’ regional physical activity and establishing the first local incentive scheme with General Practice in the country on physical activity has promoted the importance of being active, while delivery of Making Every Contact Count (MECC) training to a range of frontline workers has also been a mainstay of our approach to prevention. All of this work aligns with the promoting good health and providing proactive care theme of the Integrated Care Partnership strategy and connects with the Portsmouth City Council Adult Social Care Strategy which promotes health and wellbeing for all.

## What we will do

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### Long-term aim:

**Mitigate impacts of root causes of ill-health.**

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### Shorter-term aims:

**Continue to actively participate in Portsmouth City Council efforts to address cost of living for local resident:**

- **Provide data, intelligence and other evidence to inform collaborative action.**
- **Continue to deliver personalised support to local residents in crisis,** connecting individuals referred from the Cost of Living helpline and other services and external agencies to a range of appropriate services using a no wrong door approach.
- **Deliver actions in the Children’s Public Health Strategy** to support families in raising their aspirations and maximise their uptake of entitlements and financial support.

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### Long-term aim:

**Recognise the power that communities have in understanding their own health and wellbeing needs and work with communities respectfully in addressing these areas.**

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### Shorter-term aims:

**Deliver Live Well events and lead the Portsmouth Community Champions network, alongside partners to:**

- Provide help and support to local residents in community settings, thereby improving accessibility and availability of support in more deprived communities.

**Lead the Portsmouth Mental Health Network alongside HIVE Portsmouth to:**

- Develop opportunities for networking, collaboration and co-production with the community and voluntary sector in promoting good mental health and wellbeing.

**Develop a plan to improve social connectedness, alongside HIVE Portsmouth through:**

- Co-facilitated community conversations to understand local priorities, delivering against an ICP priority and connected with Adult Social Care ambitions.

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### Long-term aim:

**Promote the best start for life for children and families.**

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### Shorter-term aims:

**Deliver the Children's Public Health Strategy to:**

- **Encourage, as far as possible, that all women and their partners make an informed decision about becoming pregnant** through optimising contraception offers and pathways, and, supporting looked after children and care leavers.
- **Support Family Hub development work** through undertaking a Family Hubs needs assessment and through ongoing efforts to promote breastfeeding.
- **Promote a mentally and physically healthy childhood as the foundations for transition into adulthood.**

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## Long-term aim:

Prevent illness before individuals get unwell as part of a healthy ageing approach, starting in mid-life and continuing into older age.

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## Shorter-term aims:

Addressing risk factors for long-term conditions and dementia supporting individuals with a holistic approach based on behaviour change principles in supporting and working in tandem with other services.

- **Develop the Wellbeing Service to take a ‘no wrong door’ approach** in how it supports individuals holistically working collaboratively with colleagues in other services such as social prescribers, health champions and the Adult Social Care Independence and Wellbeing Service.

**Leading strategic direction for partners across the city in addressing these risk factors, specifically:**

- **Support residents to stop smoking tobacco** with an emphasis on population groups experiencing the highest health inequalities.
- **Improve physical activity levels**, especially within our least active communities and target groups and deliver local actions supporting the regional ‘We Can Be Active’ strategy, utilising the multi-agency Active Portsmouth Alliance.
- **Reduce excess weight**, through addressing the system wide barriers to a healthy diet including providing an educational element for individuals and families around the importance of a healthy weight.
- **Reduce excess alcohol consumption.**
- **Promote mental wellbeing** delivering against an ICP priority.





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### **Long-term aim:**

**Promote health and wellbeing taking specific action for defined population groups.**

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### **Shorter-term aims:**

**Connect with local system colleagues in supporting aims of the Adult Social Care strategy including to:**

- Explore opportunities to develop preventative approaches which help optimise independence and avoid the need for social care.
- Deliver a warmth on prescription initiative within Health and Care Portsmouth.
- Deliver an oral health in care homes initiative alongside the UoP Dental Academy.
- **Work towards ambitions of the national Women’s Health Strategy including:**
- Improving access to long-acting reversible contraception in General Practice for contraceptive and non-contraceptive use, supporting the wider women’s reproductive health care pathways and contributing to development of women’s health hubs alongside NHS colleagues.

**Work towards Zero HIV transmissions by 2030 with Towards Zero: the HIV Action Plan for England 2022 – 2025, including through:**

- Working with the military to improve access to HIV testing and treatment.
- Supporting implementation of opt-out HIV testing within acute settings.

# **Improve** health and wellbeing for all our communities fairly through addressing slowing or preventing progression of disease and supporting all population groups.

## **Why is this important?**

As Professor Sir Chris Whitty, the Chief Medical Officer for England recently reminded us in the British Medical Journal, "evidence that secondary prevention can substantially reduce disease incidence and progression is some of the strongest in medicine." He went on to describe a suggested approach where people already making contact with the NHS get the secondary prevention that they need and that prevention efforts should reach population groups with historically low uptake. This reinforces our Public Health approach and which is woven into Portsmouth and HIOW strategies.

Health inclusion groups are known to experience poor health and therefore requires specific attention to ensure healthcare is appropriately designed. Furthermore, The Marmot Review 10 Years On report (published 2020) described widening health inequalities or systematic differences in health and wellbeing across England by geography, gender, socioeconomic characteristics of an area, and wider societal factors. Our Public Health approach aims to improve the health of the poorest fastest in order to improve health and wellbeing for all.

## **Where are we now?**

Public Health have worked alongside NHS colleagues in delivering Long-term Plan commitments, for instance in a stop smoking offer for hospital inpatients and in reducing harms from alcohol and more recently in linking a stop smoking offer from Public Health with targeted lung health checks from the NHS. Working as Health and Care Portsmouth and with Primary Care Networks, there has been a step change in delivery of healthcare provision for people who are homeless. There has also been measurable progress on suicide prevention. Our work in this area contributes to the health improvement and vulnerable adults strands of the Plan for Health and Care Portsmouth 2020 – 2023 and will also apply the Core20Plus5 approach to tackling inequalities aligned with the Hampshire and Isle of Wight Integrated Care System priority groups.

## What we will do

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### Long-term aim:

**Address specific causes of early deaths and associated harms**

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### Shorter-term aims:

**Deliver the Portsmouth Combatting Drugs Strategy and Substance Misuse Plan 2023 – 2026, which includes to:**

- Reduce the misuse and harm caused to young people by drugs and alcohol including through reviewing the PSHE toolkit and delivering drugs education and training to the children's workforce.
- Improve the quality, capacity and outcomes of our drug and alcohol prevention and treatment services.
- Offer everyone who is rough sleeping, or within the rough sleeping accommodation pathway, access to enhanced treatment and support.
- Reduce drug related deaths.
- Improve support for people with co-occurring substance misuse and mental health conditions.

**Deliver the Portsmouth Suicide Prevention Plan and the HIOW Suicide Prevention Programme, including:**

- Leading the real time surveillance process for HIOW to identify trends and hotspots in suspected suicide deaths to inform and take preventative action including provision of HIOW suicide bereavement support.
- Apply national guidance on assessment, management and preventing recurrence of self-harm, working with NHS colleagues and local health, care and education providers.
- A national Suicide Prevention Strategy is expected to be published later in 2023 which will provide opportunity for further review.



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### Long-term aim:

**Develop models of care to tackle inequalities working alongside NHS colleagues, including through utilising learning from reaching communities with Covid-19 vaccinations as a blueprint.**

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### Shorter-term aims:

**Develop a Portsmouth cardiovascular disease prevention plan based on a comprehensive approach of detect, improve, fair, prevent, working with NHS colleagues and delivering against an ICP priority, including to:**

- Develop innovative pathways to reach into communities with blood pressure checks and wider cardiovascular disease management as (i) part of the InHIP programme and (ii) utilising undergraduate pharmacy students and expertise of an independent prescribing pharmacist to initiate and manage treatment where appropriate, tackle inequalities and avoid additional pressure in General Practice.
- A national Major Conditions Strategy is expected to be published later in 2023 which will provide opportunity for further review.

## Measuring impact and outcomes

We will measure our impact and outcomes by:

- Monitoring this plan through an Adults Public Health Strategy implementation group.
- Reporting against key measures in our business plan through our corporate reporting arrangements within the City Council.
- Measuring and benchmarking our Public Health outcomes in Portsmouth against the national Public Health outcomes and similar area comparators.
- Monitoring our commissioned and inhouse services against agreed performance frameworks.
- Evaluating how we contribute to the Portsmouth Health and Wellbeing Strategy, ICS Prevention and Inequalities Plan and Integrated Care Partnership Strategy.
- Taking part in sector-led improvement and peer review activities.

We recognise we will also need to be flexible and adapt our approach during the lifespan of this strategy to the Public Health challenges that may present.





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