



HEALTH & WELLBEING BOARD

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Delivering a strategy for prevention and population healthcare across – Northumbria Healthcare NHS Foundation Trust

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Purpose of report

This paper outlines the strategy for developing, strengthening and scaling up at pace prevention and population healthcare work across Northumbria Healthcare NHS Foundation Trust. Key priorities are detailed together with opportunities for adopting a system wide approach.

Recommendations

It is recommended that the Health and Wellbeing Board:

1. Consider the report and the presentation and provide comment.

Link to Corporate Plan

This strategy links to all the priorities in the Corporate Plan 2018-2021 since health is integral to each component.

Background

Population healthcare is concerned with maximising the benefits of healthcare, improving health, preventing ill-health and reducing health inequalities while meeting the health and care needs of individuals and groups. It involves understanding health needs, prioritising available resources, and improving health-related outcomes through design, access, utilisation and evaluation of effective and efficient health and social care interventions and pathways of care. (Faculty of Public Health working definition 2018).

Embedding a population health perspective to health and wellbeing across all aspects of work to make public health part of its core business are key priorities for Northumbria Healthcare Trust. The organisation is committed to improving the health and wellbeing of all staff, patients, visitors and the wider community. The strength of this commitment is evidenced by the breadth of work already taking place some of which has been highlighted at a regional and national level.

As identified in national policy the future health of our next generation, sustainability of the NHS and economic prosperity are dependent upon a radical upgrade in prevention and population health with NHS providers highlighted as being front and centre stage in driving forward this agenda¹.

Our Unique Opportunities

As a large employer and acute and community care provider the organisation is uniquely placed to make a significant contribution to improving population health. Thousands of interactions are undertaken every day; many of these are with people who are in a heightened state of motivation and therefore may be more receptive to and have greater capacity to benefit from prevention intervention.

The impact of poor health on health and social care

Cancers, CVD and respiratory diseases remain the main causes of death in the North East². Many of these are closely linked to behavioural factors such as smoking, alcohol, obesity and physically inactivity.

Whilst the causes of death are also often the causes of ill health some of the greatest impacts on morbidity are MSK and mental health conditions including low back and neck pain, depression and Alzheimer's disease³.

- Smoking is the single biggest cause of preventable deaths in the UK and estimates suggest smoking related illness accounts for 5.5% of spend from NHS budgets. Approximately 1 in 4 hospital beds are occupied by a smoker.
- Smoking in pregnancy causes up to 2,200 premature births, 5,000 miscarriages and 300 perinatal deaths every year in the UK. 349 women in Northumberland were reported to be smoking at time of delivery in 2016/17.
- The cost of an unhealthy workforce to the UK taxpayer has been estimated at £60bn per year.
- The NHS spent an estimated £6.1 billion on overweight and obesity related ill health in 2014/15. It is estimated that obesity costs the wider society £27 billion per year.

Aims

The key aims of the strategy are to make a contribution to:

- Improving health and wellbeing.
- Preventing disease and minimising its consequences.
- Prolonging valued life.
- Reducing inequalities in health.

Underpinning approaches

The following approaches underpin the strategy:

- Building capacity and developing the workforce by providing staff with the necessary skills, knowledge and support to deliver prevention interventions.
- Adopting a Making Every Contact Count (MECC) approach to utilise the many day to day interactions undertaken across the organisation as an opportunity for supporting individuals in making positive behaviour change.
- Collaboration with the wider system to facilitate consistency of messaging and embed opportunities for prevention intervention and assessment across pathways and services.
- Research and evaluation - Implementation of the strategy offers the potential for the organisation and the wider system to lead and participate in research that will inform and enhance the knowledge, insight and understanding of effective models and approaches to population healthcare.

Proposed Actions

The proposed actions to deliver the strategy are aligned to the priorities of the health and wellbeing board include:

- Continue to roll out a model for ‘Making Every Contact Count (MECC) and MECC plus” across all contacts and pathways.
- Develop and implement an action plan for realistic/more than medicine approaches with a focus on reducing unnecessary and unwanted intervention, facilitating and encouraging self-management of health and wellbeing through co-design and shared decision making.
- Work with partners across the wider system to develop and implement a standardised process to facilitate seamless and timely access to evidence based, cost effective lifestyle prevention services for staff, patients, visitors and the wider community.
- Continue to implement and monitor interventions and policies to systematically diagnose and treat nicotine dependence, harmful drinking and physical inactivity.
- Upscale initiatives along the 0 – 19 pathway to give every child the best start in life, supporting interventions that build young people’s health and wellbeing, with a focus on their connectedness in all aspects of their life, rather than focussing only on individual health issues. Specifically, implementing preventative interventions before and during pregnancy, in early years, and systematically implementing the trust policy for the provision of developmentally appropriate healthcare for young people.
- In collaboration with Northumberland County Council undertake a workforce health needs assessment to inform the development of the forward action plan to foster healthy workplaces and ensure staff health and wellbeing is promoted, supported and valued.
- Work with partners to improve the wider socio-economic determinants of health and wellbeing.
- Internally and with the wider system improve the availability and use of data, intelligence and digitalisation to understand and where possible reduce inequities in the utilisation of healthcare by tailoring and targeting interventions effectively and monitoring and evaluating the impact of these.

- Identify and utilise opportunities for participating and leading research associated with delivering population healthcare at scale including work with partners to access collaborative research opportunities.
- Collaborate with the wider system on the development and implementation of a social values framework.

Implications

Policy	There are no direct implications for policy
Finance and value for money	There are no direct financial implications
Legal	There are no direct legal implications from this report
Procurement	N/A
Human Resources	N/A
Property	N/A
Equalities (Impact Assessment Attached) Yes √ No √ N/A √	Delivering a strategy for prevention and population healthcare across Northumbria Healthcare Trust will facilitate improvements in health equity and reduce health inequalities. There is no requirement to undertaken an impact assessment on the basis of this report.
Risk Assessment	Not undertaken.
Crime & Disorder	No direct implications
Customer Consideration	Council customers should benefit from the implementation of strategy by Northumbria Healthcare Trust to improve health and wellbeing.
Carbon Reduction	N/A
Wards	All wards will potentially benefit.

Report sign off

Authors must ensure that officers and members have agreed the content of the report:

	Initials
Finance Officer	N/A
Monitoring Officer/Legal	N/A
Human Resources	N/A
Procurement	N/A
I.T.	N/A
Executive Director	VB
Portfolio Holder(s)	VJ

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¹ NHS England. NHS Five Year Forward View. October 2014.

² PHE profiles 2017. Available at <https://fingertips.phe.org.uk/>

³ Changes in health in England, with analysis by English regions and areas of deprivation, 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013. Newton, John N et al. The Lancet , Volume 386 , Issue 10010 , 2257 - 2274.