



## HEALTH AND WELLBEING BOARD

12th September 2019

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### Director of Public Health Annual Report 2018 - Mental Wealth

**Report of:** Director of Public Health

**Cabinet Member:** Cllr Veronica Jones - Adult Wellbeing and Health

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#### Purpose of report

The purpose of this report is to present the Director of Public Health (DPH) Annual Report for 2018 which this year, is focused on mental health and wellbeing across the life course.

#### Recommendations

It is recommended that the Board:

- a. Notes the content of the DPH Annual Report 2018;
- b. Accepts and supports the recommendations; and
- c. Commits to the Prevention Concordat for Better Mental Health.

#### Link to Corporate Plan

This report is linked to all priorities within the NCC Corporate Plan 2018-2021.

Living. Good mental health and wellbeing is essential for good health. It both fosters connectedness and is an outcome of being connected. It is a central component of healthy ageing, irrespective of physical decline.

Enjoying. Access to green spaces, the natural environment and arts/culture/leisure opportunities all improve mental health and wellbeing. Volunteering and community participation also support good mental health as well as benefiting recipient organisations and communities.

Connecting. Good transport enables employment, education and social connectedness, all of which are contributors to good mental health. Active transport also promotes good mental health.

Learning. Employment and education are key enablers of good mental health. Conversely, those with mental health conditions are more likely to be out of work.

Employment is increasingly being viewed as a health outcome and supporting those with long term conditions including mental health problems, is a priority within Northumberland's JHWS.

Thriving. Wealth is closely linked to health. To enable the increase in high quality jobs and aspirations for economic prosperity, the county requires a resilient and healthy workforce.

### **Key issues**

- Mental health and wellbeing is a critical element of good health. Those with good mental health and wellbeing are likely to live 10 - 20 years longer than people with a significant mental illness and are less likely to smoke, experience problem drug and alcohol use, be unemployed or have to take time off work. Poor mental health is one of the biggest contributors to disability and ill health and in some groups, is a significant cause of early deaths.
- About 1 in 4 people in the UK will experience a mental health problem each year; in England, about 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week. Poor mental health imposes a significant costs to society in terms of public services (such as housing, health and social care), the criminal justice system and the economy so there is a social, economic and ethical argument to support good mental health and wellbeing.
- The foundations for good mental health and wellbeing are laid down in the first few months and years after birth. Infant and childhood stress affects physical development which can have health consequences along the whole of the life course. The consequences of Adverse Childhood Experiences on longer term health can now be quantified. Protective factors for good mental health in the early years include secure attachment, family structure, early literacy and access to high quality pre-school education and good maternal health. These are supported by a variety of programmes across the county such as targeted home visiting and parenting programmes, supporting breastfeeding and early identification and support for mothers who may have mental health issues. The importance of the father's voice and the challenges for new fathers are also highlighted.
- Good mental health and wellbeing in young people is vital for physical wellbeing, educational attainment, successful transition, supporting health promoting behaviours, skills development and employment. Half of all mental disorders are diagnosed before the age of 14; three-quarters by the time a person reaches 25 years; many are undiagnosed until a crisis is reached. Good mental health is promoted by a supportive school environment, supportive families and parenting, and access to a trusted adult. Promoting a whole school approach to good mental health and wellbeing; the Mental Health Trailblazer programme; and the county's Early Help hubs all contribute to improving mental health and wellbeing in the county's young people.

- Last year's annual report highlighted the links between employment and health. Work is increasingly being seen as a health outcome, providing people with a sense of purpose, self-confidence, independence, fulfilment, and social networks as well as an income. Mental ill health is the second highest identifiable reason for sickness absence; 1 in 6 employees in the UK have reported having a mental illness. Supporting people back into work is a priority in Northumberland's Joint Health and Wellbeing Strategy along with promoting wellbeing interventions in the workplace which reduce sickness absence, improve productivity and reduce staff turnover.
- In older people, mental wellbeing continues to be important and protective factors include retirement (in some people), remaining connected, keeping active and accessing outdoor spaces. Conversely, the risks to poorer mental health and wellbeing also include retirement (in some other people), a decline in physical health, organic disease such as dementia, providing unpaid care and financial stress. Many voluntary and statutory support mechanisms exist across the county to support healthy ageing; the council's Ageing Well Programme exists to promote health and wellbeing in older people whilst also valuing the skills, experience and energy that older people have to offer.
- Social connectedness has a key role in achieving good mental health and wellbeing and is estimated to have the same wellbeing benefits as not smoking. In Northumberland, there is plenty of evidence of strong and connected communities and about 1 in 4 residents are involved in formal voluntary work which in itself is associated with better mental wellbeing. Community centred approaches to improving mental and physical wellbeing are already embedded across the county but are being further supported by the Public Health team's Empowering Communities projects and a commitment in the NHS Plan to make social prescribing more routinely available as an alternative/additional approach to improving wellbeing.
- The report makes a number of recommendations:
  - Develop a plan to make Northumberland a county which is more aware of the impact of Adverse Childhood Experiences across the life course;
  - Support all schools to adopt a whole-school approach to promoting mental health and wellbeing;
  - Prioritise mental wellbeing in the workplace as part of the North East Better Health at Work Award;
  - Grow initiatives which increase social connectedness;
  - Make a cross sector commitment to prevention through the Prevention Concordat for Better Mental Health (see Appendix 1)

## **Background**

Directors of Public Health in England have a statutory duty to write an Annual Public Health Report on the health of the local population; the Local Authority has a duty to publish it. The DPH Annual Report is a vehicle for informing local people about the

health of their community, as well as providing necessary information for commissioners and providers of services on health and wellbeing issues and priorities that need to be addressed.

This year's report focuses on mental health and wellbeing. It explains the link between psychology and biology and the pathway that links stress in childhood to poorer health and wellbeing outcomes in the longer term. It takes a life course approach to mental health, exploring some of the protective and risk factors at each stage; where some of the inequalities lie; and what interventions are and could be put in place to protect and promote good mental health and wellbeing. The report concludes with a small number of recommendations on how the Northumberland system can protect and promote mental health and wellbeing.

The DPH Annual Report 2018 is attached at Appendix 2 to this report.

### **Implications**

<b>Policy</b>	Any suggested policy implications will be proposed as separate recommendations with supporting evidence
<b>Finance and value for money</b>	There are no direct financial implications as a result of this report.
<b>Legal</b>	This report meets the statutory requirement of the DPH to produce an annual report on a health issue relevant to the LA population.
<b>Procurement</b>	N/A
<b>Human Resources</b>	N/A
<b>Property</b>	N/A
<b>Equalities</b> (Impact Assessment attached) Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input checked="" type="checkbox"/>	
<b>Risk Assessment</b>	Not undertaken
<b>Crime &amp; Disorder</b>	Improving mental health and wellbeing, particularly resilience in young people reduces the risk of engaging in criminal activity
<b>Customer</b>	N/A

<b>Consideration</b>	
<b>Carbon reduction</b>	Promoting active transport and physical activity as a mechanism for improving mental health and wellbeing could contribute to carbon reduction
<b>Wards</b>	This report relates to population health and wellbeing in all wards.

**Background papers:**

None

**Report sign off**

	Full name of officer
Monitoring Officer/Legal	Liam Henry
Director Finance & S151 Officer	Alison Elsdon
Relevant Executive Director	Cath McEvoy-Carr
Chief Executive	Daljit Lally
Portfolio Holder(s)	Veronica Jones

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## Appendix 1

### **The Prevention Concordat for Better Mental Health**

#### **Background**

The Prevention Concordat for Better Mental Health is a national initiative co-produced in 2018 by a range of organisations including the Local Government Association, NHS England, Public Health England, a number of mental health organisations including the Mental Health Commissioners Network and the Association of Directors of Public Health. It is a commitment to engage in cross-sector, prevention-focused action through the adoption of public mental health approaches and has been signed by a large number of local authorities and Health and Wellbeing Boards across England.

The Prevention Concordat is part of a wider drive to secure an increase in the implementation of public mental health approaches across the whole system. Taking a prevention-focused approach to improving the public's mental health is shown to make a valuable contribution to achieving a fairer and more equitable society. The concordat promotes evidence-based planning and commissioning to increase the impact on reducing health inequalities.

The Concordat is an opportunity to share the work which is being done across Northumberland to create resilient communities; build momentum in a national shift to support prevention activity, and ultimately, through local and national action to prevent mental health problems and promote good mental health. A commitment to focusing on and promoting good mental health and wellbeing is aligned to the Northumberland Joint Health and Wellbeing Strategy, which has mental health as a cross cutting theme.

#### **The Consensus Statement**

The consensus statement describes the shared commitment of the signatories to work together via the Prevention Concordat for Better Mental Health, through local and national action to prevent mental health problems and promote good mental health.

The statement is below:

*The undersigned organisations agree that:*

*To transform the health system, we must increase the focus on prevention and the wider determinants of mental health. We recognise the need for a shift towards prevention-focussed leadership and action throughout the mental health system; and into the wider system. In turn, this will impact positively on the NHS and social care system by enabling early help through the use of upstream interventions.*

*There must be joint cross-sectoral action to deliver an increased focus on the prevention of mental health problems and the promotion of good mental health at local level. This should draw on the expertise of people with lived experience of mental health problems, and the wider community, to identify solutions and promote equality.*

*We will promote a prevention-focused approach towards improving the public's mental health, as all our organisations have a role to play.*

*We will work collaboratively across organisational boundaries and disciplines to secure place-based improvements that are tailored to local needs and assets, in turn increasing sustainability and the effective use of limited resources.*

*We will build the capacity and capability across our workforce to prevent mental health problems and promote good mental health, as outlined in the Public Mental Health Leadership and Workforce Development Framework Call to Action.*

*We believe local areas will benefit from adopting the Prevention Concordat for Better Mental Health.*

*We are committed to supporting local authorities, policy makers, NHS clinical commissioning groups and other commissioners, service providers, employers and the voluntary and community sector to adopt this Concordat and its approach.*

By signing the Prevention Concordat, organisations declare their endorsement of the consensus statement and their shared commitment to support local and national action to prevent mental health problems and promote good mental health.

## **Next steps**

There are a number of criteria that are required to be fulfilled before organisations can be confirmed as a signatory. For example:

- Having a named mental health champion who is either an elected member, a member of the Health and Wellbeing Board, the chief executive (LA or CCG or both). In Northumberland County Council, Cllr Trevor Cessford is the Mental Health Champion;
- Having a multi-agency suicide prevention plan in place. The county has a multi-agency suicide prevention strategy and plan which is managed by a multi-agency partnership which encompasses Crisis Care Concordat work and more recently, public mental health.

- Sign off by the Health and Wellbeing Board.

The sign up protocol requires:

- A completed Prevention Concordat action plan which highlights the commitment to do specific actions centred on the prevention of mental health problems and promotion of good mental health. This will be completed by the Crisis Care Concordat, Suicide Prevention and Public Mental Health partnership group.
- The Chief Executive (or appropriate senior leader) of the organisation to commit and sign up to the approved action plan. For Northumberland, this should be the Chair of the Health and Wellbeing Board.

A panel will review and approve action plans submitted within one month of the submission date. A formal announcement of the Northumberland Health and Wellbeing Board as a new signatory will be highlighted through PHE communications or uploaded onto the Prevention Concordat for Better Mental Health webpage.