

Southwark Health and Wellbeing Board October 2015

Health & wellbeing strategy thematic update

- Obesity & physical activity (October 2015)
- Smoking (October 2015)
- Alcohol & substance misuse (January 2016)
- Sexual health & HIV (January 2016)

Priority	Programmes All programmes require ♦ partnership working but ● have a Council lead and ○ a NHS lead)	Timescale	Associated implementation key strategies & action plans	Board / partnership	Health and wellbeing board member lead(s)	Progress
<i>Obesity</i>	<p>Strategy & commissioning</p> <ul style="list-style-type: none"> ♦ Develop a Southwark Obesity Strategy which takes a whole systems approach to effectively tackle obesity ♦ Continue to progress the commissioning of agreed children’s healthy weight services: <ul style="list-style-type: none"> - Implement INICEF Baby Friendly Initiative - Implement good nutrition and dietary practice in children’s centres - Implement healthy schools programme - Provide specialist healthy weight practitioner support - Provide capacity building training to professional 	<p>2015/16</p> <p>2015/16</p>	<p>Southwark Plan Council Plan Physical Activity & Sports Strategy Walking Strategy (in progress) Cycling strategy (in progress) CCG Prevention & Resilience Programme Action Plan Action plans for healthy weight, Kings public health committee work programme</p>	<p>Council Cabinet Proactive Southwark CCG Resilience & Prevention Board Healthy Weight Network King’s Public Health Committee</p>	<p>Leader, Southwark Council Cabinet member for public health, parks & leisure Cabinet Member for Adult Care and Financial Inclusion Chief Executive of Southwark Council Director for Public Health CCG clinical lead for resilience, wellbeing & prevention King Health Partners</p>	<p>Proposal for a obesity strategy development steering group to be set up, with a SRO and endorsed by the HWBB</p> <p>Procurement of the agreed commissioned services underway. Community children’s weight management service for families commenced in September 2015</p>

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	<p>workforce to implement healthy weight care pathway</p> <ul style="list-style-type: none"> - Provide Levels 2 and 3 weight management services <p>♦ Maximise opportunities of supporting plans, strategies and policies</p> <p>Diet and nutrition</p> <ul style="list-style-type: none"> ● Monitor the free healthy school meals programme ● Monitor and obtain feedback from the implementation of the free fruit scheme 	<p>2015/16</p> <p>2015/16</p> <p>2015/16</p>				<p>To be taken forward in obesity strategy development</p> <p>All catering contracts for primary schools in Southwark meet the School Food Standards; as part of the Healthy Schools London Accreditation for Southwark, work is taking place to promote healthy eating</p> <p>All primary schools now receive the free fruit</p>

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	<p>Healthier environment</p> <ul style="list-style-type: none"> ● Embed health into the Southwark Plan to create healthier physical environments by promoting active urban design, access to quality green space, balanced mixed local economy and prevent over concentration of uses including A5, active travel and social infrastructure. 	2015/16				<p>offer. Work is taking place to assess feedback.</p> <p>The Council is reviewing the Southwark Plan and Core Strategy to prepare a local plan called the New Southwark Plan. The first draft of the New Southwark Plan is online. http://www.southwark.gov.uk/downloads/download/3934/the_new_southwark_plan. The potential for health improvement is integrated across the document and includes active travel, green space and growing, hot food takeaways, housing and local economy growth. The preferred option will be considered at Cabinet in October. There is a</p>

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	<p>Physical activity</p> <ul style="list-style-type: none"> ● Embed cycling policies in all strategic documents to improve cycling safety, cycling routes, access and targeted promotion. 	2015/16				<p>strategic policy covering health and a consideration of health issues running through all of the policies of the plan.</p> <p>A new cycling strategy has been launched http://www.southwark.gov.uk/news/article/1812/southwark_council_launches_new_cycling_strategy The strategy sets out infrastructure improvement, cycling routes, cycle storage as well as targeted approaches to support people to cycle such as cycling and safety training and cycle loan schemes. The strategy aims to also promote cycling to a broader demographic. The cycling strategy is working across the system for example through planning and</p>

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	<ul style="list-style-type: none"> ♦ Proactive Southwark Partnership to develop programmes to increase participation in physical activity from at risk groups (early years, CYP, women & girls, older people, disabled, people at risk of ill-health conditions) ● Deliver free swims and gym for all Southwark residents and support less active to be more active. Focus on under 18s, older people and people with disabilities 2015/16. 	<p>2015/16</p> <p>2015/16/17</p>				<p>regeneration, local schools, voluntary and community groups.</p> <p>A range of programmes have been supported and further developed this year to support increased uptake from targeted groups including : Playstreets; London Youth Games; This Girl Can promotions; Free Swim and Gym for young people, older people and soon disabled people; and the Exercise on Referral programme.</p> <p>The free swim and gym programme launched in March 2015 starting with Southwark residents who are 18 and under or over 60 can apply to use the gym and swim for free</p>

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						at set times http://www.southwark.gov.uk/info/200087/sports_and_leisure/3689/free_swim_and_gym/2 Alongside this offer, people who may be less active such as people who have health conditions or are of unhealthy weight are supported to become more active through a variety of local schemes such as exercise on referral http://www.southwark.gov.uk/info/10096/physical_activity/892/southwar_ks_exercise_referral_programme and risk reduction interventions after a health check such as specialist programmes (such as Walk Away & Shape Up) and weight management.

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<i>Smoking</i>	<ul style="list-style-type: none"> ♦ Produce a comprehensive tobacco control strategy <ul style="list-style-type: none"> - Stopping the promotion of tobacco use - Making tobacco less affordable and more effective regulation of tobacco products - Helping tobacco users to quit - Reduce exposure to second hand smoke - Effective communication for tobacco control 	2015/16	Action plans for tobacco & smoking Kings public health committee work programme	Council Cabinet CCG Resilience & Prevention Board Tobacco Alliance King's Public Health Committee	Leader, Southwark Council Cabinet member for public health, parks & leisure Cabinet Member for Adult Care and Financial Inclusion Chief Executive of Southwark Council Director for Public Health CCG clinical lead for resilience, wellbeing & prevention King Health	<p>Literature review conducted to identify up to date evidence on Tobacco Control</p> <p>Rapid review of stop smoking service (2013/14 data) workshop with commissioners to identify potential opportunities for increasing the numbers of successful quitters and targeting those at greatest risk</p> <p>Health Equity Audit of Southwark Stop Smoking Service (2011 - 2013)</p> <p>Community insight work gathering residents' views on smoking as well as the local stop smoking services. A</p>

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					Partners	<p>further deep dive done with priority groups</p> <p>Workshop with a range of stakeholders including members of the community to share the findings from the community insight and Health Equity Audit. Based on these findings, stakeholders provided recommendations on priorities for future tobacco control priorities.</p> <p>Sessions are being organised for Public Health and Commissioning to use all the collated evidence to come up with a draft commissioning model for future services. This draft model will be consulted upon with stakeholders.</p>