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| Item No. | Classification: Open | Date: 15 July 2010 | Meeting Name: Health & Social Care Board |
| Report title: | | A Fairer Future for All in Southwark – Primary Care Trust Comments | |
| Ward(s) or groups affected: | | All | |
| From: | | Director of Public Health | |

RECOMMENDATIONS

1. The PCT notes the mission and commitments of the new administration as set out in 'A Fairer Future for All in Southwark'.
2. The PCT recognises that the implementation of some of the commitments will be challenging in a time of financial restraint. However, it also notes that many of the commitments will impact positively on the health of Southwark's population.
3. While there have been significant improvements in the overall health of the population of Southwark as shown by improved life expectancy, there are still considerable inequalities in health experience between different parts of the borough. In particular those living in the more deprived areas of the borough are more likely to become ill and die earlier. These inequalities relate not so much to health care access but to a complex mix of social, educational, economic and environmental conditions experienced by people living in Southwark
4. The evident commitment of the new administration to health issues is welcomed alongside the opportunities presented by this Council mission and commitments to collaborate with Council colleagues and others to develop work that will contribute to health improvement. In the context of a recession with a decline in public spending it will be important to ensure that we work together as best as possible to ensure that health is protected.

KEY ISSUES FOR CONSIDERATION

5. The specific commitments that are most likely to impact on the health of Southwark's population are highlighted below. Key areas for potential joint working are identified.

6. **Children's Services**

- *Free healthy school meals for every primary school child*
- *Target help at the most disadvantaged groups to increase take up of childcare and early years services*
- *Give power over 20% of youth services budget to young people by 2014*
- *Set up a commission within 6 months including young people, community, faith, school and health representatives to reduce teenage pregnancy by 2014*

- 6.1 The emphasis on health of schoolchildren is welcomed. There is good evidence that healthier eating amongst school children can have positive effects on behaviour and concentration in the class room. While there is limited evidence that healthy free school meals on their own impact on childhood obesity, there is however good evidence that healthy free school meals as part of a whole school approach (i.e. in conjunction with promoting healthy eating as part of the school curriculum, physical activity promotion and involving parents) can impact on health, well being and obesity levels. Plans are currently being developed within an affordability framework, by the Council, led by Children's Services. While we recognise the aspiration of universal healthy free school meals, we strongly emphasise the importance for a whole school approach to ensure an impact on childhood obesity. We would also like to suggest moving beyond a whole school approach towards a 'whole community' approach with for example, restrictions on fast food outlets surrounding schools.
- 6.2 We support the targeting of additional support to the most disadvantaged groups to increase take up of childcare and early years services. There is a clear social gradient in health: more deprived communities have poorer health. This also presents an opportunity to strengthen the promotion of healthier behaviour amongst particular communities through early years, for example, smoking cessation, smoke free home environments, immunisation, breast feeding and weaning.
- 6.3 While we believe that young people should be more engaged in determining youth services priorities, we would also like to be part of the process of working with young people to support the identification of these priorities. In particular, we would like to support the engagement with young people on their views and attitudes to physical activity, smoking, substance misuse and sexual health services.
- 6.4 We value the proposal for the setting up of a commission to consider teenage pregnancy and will work to support it. There are tried and tested approaches (such as that used by the National Support Teams) to assessing current work against best practice and what works and we look forward to an opportunity to review and refresh our current extensive programme of work to reduce teenage pregnancies.

7. **Community Safety**

- *Listen to local communities and expand CCTV coverage in the areas it's needed*
- *Fight against police cuts in Southwark*
- *Enforce zero tolerance for low level crime like dog-fouling and improve the Anti-social Behaviour telephone line*
- *Work with the community to deliver a violent crime strategy*

- 7.1 We welcome the manifesto commitment to promote community safety. Crime and violence affect mental and physical health and can significantly reduce quality of life. Victims of violence, including domestic violence, suffer not only the immediate effects of injury and abuse but also longer term mental health effects. Fear of potential violence or crime causes anxiety, stress and isolation, and can lead to the adoption of unhealthy "coping mechanisms",

such as smoking or increased use of alcohol. It can also lead to reduction in physical activity, social isolation and restricted playing for children due to perceived risk from local crime. We are currently involved in the domestic violence sub group of the Safer Southwark Partnership and working with A&E to obtain a better understanding of young people and experience of knife crime.

8. Culture, Leisure, Sport and the Olympics

- *In Rotherhithe, stop the spiralling cost of the library and make a plan for a new leisure facility with any money that's left*
- *In Peckham Rye, turn the plans for a One O'clock club and changing rooms and pitches for local sports teams into a reality*

8.1 Promoting physical activity is an important strand of our Healthy Weight Strategy. Rotherhithe and Peckham have higher overweight and obesity prevalence and prioritising these areas for additional leisure facilities is welcomed. Southwark Council Sports and Leisure colleagues have been key in helping to deliver and promote physical activity: while recreational facilities are valuable community resources, this still needs to be complemented with continued investment in staff / volunteer time.

8.2 We have been closely involved in the development of the Southwark Sports and Physical Activity strategy recognising the important role that physical activity has preventing in many illnesses and improving mental health for all segments of the population. The Olympics offer an opportunity to promote physical activity for all as well as for elite athletes. As a PCT we will have a large amount of work to do to prepare for the likely demand on health services during the Olympics due to the large numbers of additional people in London as well as making sure we are prepared for any major incidents.

9. Environment, Transport and Recycling

- *Fight for the South London Line*
- *Fight for improvements to public transport including an extension to the Bakerloo Line, Cross River Tram and buses like the 343, 42, 188 and C10*
- *Continue to support 20mph zones across the borough without using road humps and improve road surfaces by allowing residents to prioritise the worst roads in their area*
- *Bring in cycle parking on estates and join the Green Chain Walk*
- *Re-open two air quality stations*

9.1 We welcome improvements to public transport, initiatives to encourage cycling and the creation of additional 20mph zones. Safe and efficient transportation systems and traffic calming measures will reduce car use and injuries from road accidents. The promotion of cycling will help to increase physical activity.

9.2 We welcome the monitoring of air quality and hope that this will lead to initiatives to improve air quality in the borough. Poor air quality has a number of impacts on health, in particular exacerbating or causing respiratory conditions. People who are particularly vulnerable include those with existing respiratory or coronary heart diseases, older people, children and people

already sensitive to allergens. Air pollution can also affect people's ability to exercise and therefore their ability to lead a healthy lifestyle.

- 9.3 Additionally, we would also like to emphasize the importance of indoor air quality. People in the United Kingdom spend on average 90% of their time indoors, and a large proportion of that time in the home. Certain groups such as young children, mothers with babies and the elderly are likely to spend even more time at home. Poor indoor air quality, especially arising from tobacco smoke, is of concern. One hour's exposure in a smoky room can temporarily reduce lung function in healthy people, and can exacerbate symptoms in people with asthma, emphysema and other respiratory diseases. Non-smokers who experience a lifetime of exposure to smoke have a 10% to 30% higher risk of lung cancer. Children of parents who smoke are more susceptible to complaints such as glue ear and babies exposed to smoking are at increased risk of Sudden Unexpected Infant Deaths.

10. Equalities and Community Engagement

- *Help people to be good neighbours by supporting a network of community volunteer champions*

- 10.1 The promotion of good neighbour schemes is welcomed. There is good evidence that social capital can help address wider inequalities and work towards reducing social exclusion. Cohesive neighbourhoods and communities, where people feel empowered and know and trust each other, can also be a powerful support in helping people to cope with and address the stresses and problems that affect health.

- 10.2 Community volunteer champions can help to impact on health through enabling communities to identify their own health needs, enabling communities to organise around health issues that are relevant to them and developing the capacity of communities to maintain and promote their own health for example through self help groups or community health projects. We would welcome the opportunity to explore how community volunteer champions can be developed.

11. Health and Adult Social Care

- *Push down the price of Meals on Wheels by 50%*
- *Create a new dedicated telephone line for all queries about help for older and vulnerable people staffed by people who know about social care*

- 11.1 The PCT recognises the importance of good nutrition for older people and so would want to ensure that older people are eating meals that are nutritionally balanced and suit their specific needs and conditions. There are opportunities for promoting healthier eating initiatives and we welcome the opportunity to work with colleagues to identify potential areas for joint working.

- 11.2 A one-stop information line for older people is welcomed for the opportunity to include information on accessing relevant health services as well as information on preventive services and health promotion for users and carers, including vaccinations, accident and falls prevention and coping in adverse weather and temperature conditions.

12. Housing

- Make every council home a decent home by making them warm, dry, and safe

12.1 We welcome the commitment to improve council housing quality. Poor housing condition is linked to increased mortality for all ages and to increased rates of respiratory infection and gastrointestinal infections. Housing conditions can also affect mental health, accident risks and security. Some groups are more at risk than others from poor housing conditions, particularly people who spend most of their time at home such as women with young children, older people and people with disabilities. People on low incomes are more likely to be living in poor quality, damp or unsafe accommodation and this association is reflected in higher risks of coronary heart disease, respiratory problems and accidents.

12.2 In addition to decent home standards, we would also like to emphasise the importance of addressing other housing related concerns, in particular overcrowding and housing design. Overcrowding is associated with a wide range of health problems including an increase in levels of mental health problems, accidental injuries and communicable diseases. Poor exterior and interior design and layout can increase the likelihood of accidents. There is a close working relationship strategically with the Housing Department and this should continue as a priority.

13. Regeneration and Corporate Strategy

- Make regeneration work for the community
- In Bermondsey, rejuvenate The Blue and fight for a station at Surrey Canal Road to serve The Den
- In Camberwell, implement plans for a new town centre with safer traffic
- In East Dulwich, tidy up shopping arcades and parades and find ways of improving road safety by cracking down on rat-running
- In Elephant and Castle, stand up to the developers and put leisure facilities and demolishing the shopping centre back in the plan
- In Peckham, dedicate a council team to decide the next steps for Peckham with the community
- In Walworth, drive forward the regeneration of the Aylesbury Estate
- Resurface East Street

13.1. We broadly welcome the regeneration of key areas of the borough and the commitment to strengthen community cohesion and the involvement of partners. Economic development and regeneration is the basis of prosperity and a key factor in generating a sustainable, healthy environment and healthy outcomes for local people. Economic confidence in an area can lead to a circle of further investment with long term improvements in transport, housing, the environment, education, training and a range of social facilities and opportunities.

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