

Environment and Health Advisory Committee

Health and Wellbeing Plan Update

Background and Introduction

This report serves to provide an update to committee members with respect to the Health and Wellbeing Improvement Plan (HWIP) and the implementation of its recommendations.

Following the creation of the Health and Wellbeing Officer Role, it was agreed that the council required a Health and Wellbeing Improvement Plan in order to outline priorities and detail specific commitments to improve the health of the borough. This follows sub sections 3.2 and 3.5 of the councils Corporate Plan.

A Consultation period ran from December 2020 until mid-February 2021. The Health and Wellbeing Improvement Plan was formally adopted by the council on 17/3/2021, and a new Health and Wellbeing Officer was appointed to the council on 14/6/2021 to implement this plan.

Progress

Meetings have been held between key partners, namely One You, Imago, Sheppey Matters and Medway and Swale Population Health Management group, and the Health and Wellbeing Officer (HWO) to discuss future working partnerships. In addition to this, Members and senior officers have been involved with Kent and Medway Clinical Commissioning groups, and the Medway and Swale Integrated Care Partnership (ICP). Due to the issues faced by the ongoing global pandemic, these groups have been preoccupied with the reaction to SARS-CoV-2, however the focus has now started to shift to maintaining, developing and building partnerships. Another area that officers are currently working on is around Health Infrastructure requirements in relation to Local Plan policies but also considering if there are opportunities for a step-change in provision through integrating health projects in any Levelling Up Fund bids.

Links between key charities and working groups have been established, as well as council representation by the HWO at key meetings with NHS working groups.

Emerging Issues

No issues have been identified at this current time, however that is not to say that potential issues could be identified in the future, as more projects are developed and implemented.

This will be routinely updated and considered.

Forward Look

Three Main areas of the HWIP have been identified as priorities for the immediate short term – Smoking Cessation, Obesity and Physical Activity.

Smoking Cessation

There is scope to link with KCHFT, One You and Imago in developing tools to enable smoke free school gates.

Discussions have been made with members of One You and KCHFT with respect to engaging trading standards in a roadshow to be held across the borough in order to promote smoking cessation and increase awareness of illicit tobacco and the dangers of unregulated tobacco.

Obesity

With the Global SARS-CoV-2 pandemic currently occurring, it is important to note that obesity (among other associated conditions, such as diabetes) was one of the biggest markers for poor outcomes or even mortality in those who contracted the virus. This trend was not only evident in adults, but also in children, with obese members of both groups being more likely to require hospitalisation and mechanical ventilatory support, either through the use of Non-Invasive ventilation (ventilation provided by a mask with pressure to force the air into the lungs) or by Invasive Ventilation (ventilation provided by tube directly into the lungs).

Imago have been contacted with respect to producing Healthy Nutrition advice for the council, as well as for linking together with future projects looking at developing information leaflets, flyers and posters for healthy nutrition to be displayed and disseminated amongst the residents of the borough.

Physical Inactivity

Due to the proven link between physical activity and better mental and physical health, reduced risk of dementia, reduced risk of certain cancers, and the effect that proper physical activity levels have on reducing obesity, there has been progress made with the Community Sports Officer in the partnership between them and the HWO.

Promotion of healthy and active lifestyles through various social media streams have been proposed, including a twice monthly video stream release by the council through its

YouTube channel and Twitter page, with the aim of building a catalogue of information for access by the public, as well as then opening this up to other partners to disseminate information to create a truly collaborative working practice.

Staff Health and Wellbeing

There are also the provisions to create a new staff health and wellbeing page on the intranet to promote the council's health and wellbeing agenda amongst staff.

The proposed Staff Health and Wellbeing Network (SHAWN) is aiming to include healthy recipes and forums from which members of staff may promote their own healthy recipe ideas; Signposting for mental health and wellbeing initiatives such as mindfulness; Getting Active links; Proposals for staff sports and challenges for healthy eating and activity; Inclusivity links for LGBTQIA+ and BAME learning; and Links to combat social isolation and loneliness.

Questions for Committee Members

1. Do you have any suggestions to tackle physical inactivity in your ward?
2. Do you have any suggestions to help tackle smoking at school gates in your ward?
3. Do you have any suggestions to increase awareness and uptake of healthy eating initiatives in your ward?