

# Health and Wellbeing board, 27 June 2017

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## Summary of changes since 3 November 2016

### New data and commentary

IND106: Smoking at the time of delivery

IND109: Children aged 4-5 classified as obese

IND111: Children aged 10-11 classified as obese

IND115: DTaP/IPV/Hib 12 months

IND206: Falls admissions 65+ (yearly)

IND301: All circulatory disease mortality (under 75)

IND313: Experience of community mental health services

IND401: People using green spaces for exercise

IND504: Children in low income families

### New data only

IND104: Breastfeeding initiation

IND125: First MMR 2 years

IND126: First MMR 5 years

IND204: Discharged into reablement/rehab services

### Change to commentary only

IND105: Breastfeeding continuation

### Change of indicator

IND409: Smoking % (18+)

### New to collection

IND410: Smoking % (18+) routine and manual workers

IND680: NHS Health Checks offered

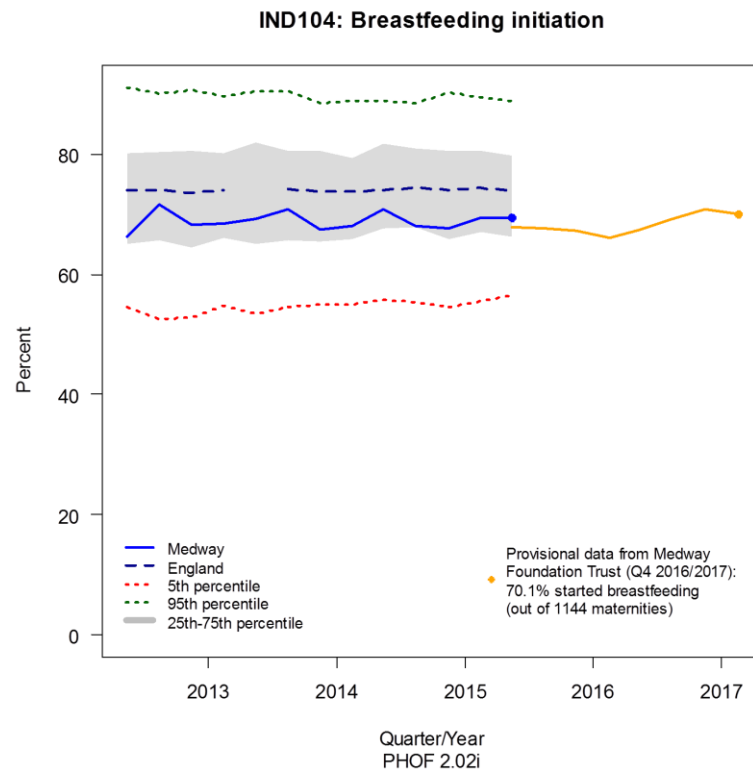
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## Breastfeeding initiation



### Current status

Provisional data from Medway Foundation Trust (Q4 2016/2017): 70.1% started breastfeeding (out of 1144 maternities)

## Summary

Item	Detail
Description:	IND104: Breastfeeding initiation
Definition:	Women who initiate breastfeeding in the first 48 hours after delivery
Source:	<a href="#">NHS England</a> and MFT
Reporting frequency	Quarter/Year
Last review	2017-05-05

Breastfeeding initiation in Medway has remained at a consistent level of around 70% for the past 3 years. This is slightly below the England average, and significantly less than for the South East Coast area. Medway Breastfeeding Network provides breastfeeding support and advice through local drop-ins held in Children's Centres, one-to-one meetings and support through existing family services e.g. Health Visitor clinics, libraries, Family Nurse Partnership and on the maternity wards at Medway Foundation NHS Trust (MFT).

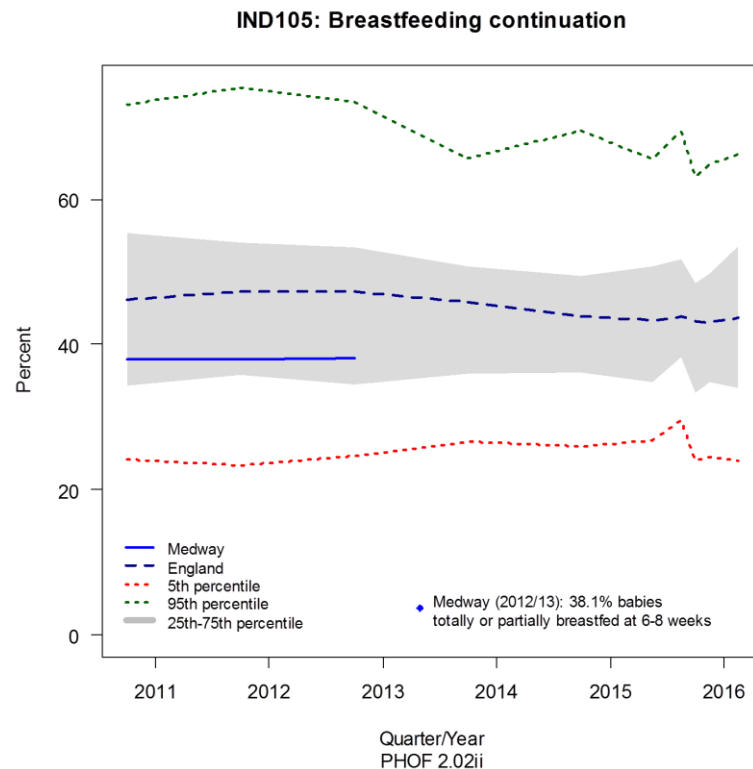
Medway's Infant Feeding Strategy Group has representation from Medway Community Healthcare (MCH), MFT and Medway Council (Early Years and Public Health). One of the key objectives of the strategy group is to achieve full UNICEF Baby Friendly Initiative Accreditation for acute and community settings. MCH have now achieved this by reaching level 3 in February 2016. Medway Foundation Trust are making good progress to advance beyond their current stage 1 accreditation, with progress on training and embedding new policies across the hospital. In excess of 80% of maternity staff have refreshed their training this year.

Another key objective of the strategy is to normalise breastfeeding, and Medway will be launching a large awareness campaign with Best Beginnings in 2016. Best Beginnings have international

recognition for their work on promoting breastfeeding, and the joint campaign is an excellent opportunity to target the groups in the population with the lowest breastfeeding rates.

Please note: the national data collection process coordinated by NHS England has been suspended for an unknown period of time. The most recent data shown by the orange line has been provided by Medway Foundation Trust.

## Breastfeeding continuation



### Current status

Medway (2012/13): 38.1% babies totally or partially breastfed at 6-8 weeks

### Summary

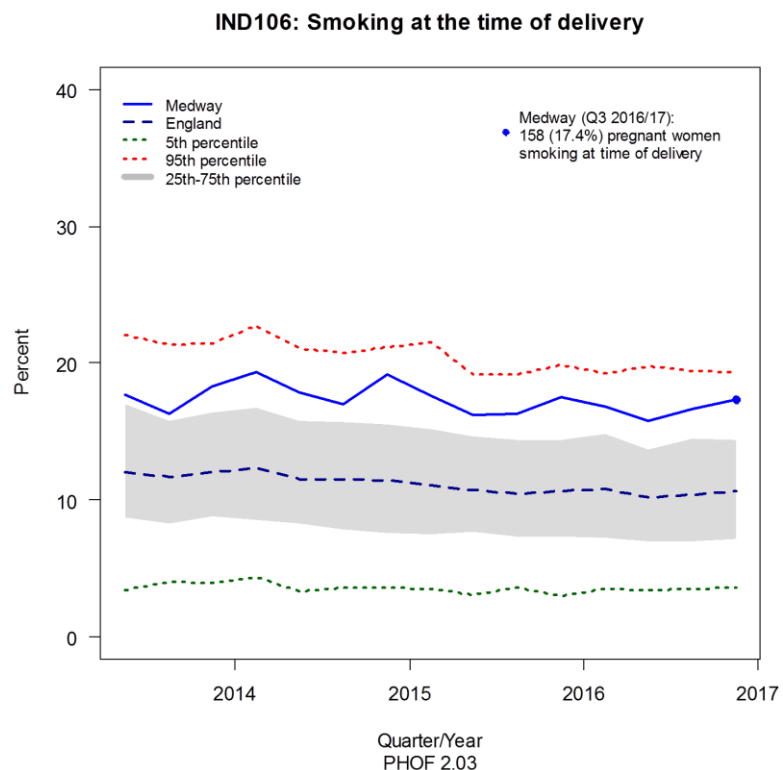
Item	Detail
Description:	IND105: Breastfeeding continuation
Definition:	Infants who are totally or partially breastfed at 6-8 week check
Source:	Public Health England
Reporting frequency	Quarter/Year
Last review	2017-05-05

Since April 2013, the proportion of infants with "unknown" breastfeeding status at 6-8 weeks on the Child Health Information System (CHIS) increased from below 5% to over 30%. Once the number of unknowns in an area rises above 5%, the continuation rate is suppressed in published figures. This sudden drop in data completeness coincides with the cessation of CQUIN payments made to Medway Community Healthcare (MCH) for the supplementary data collection of breastfeeding status at six weeks by the health visiting service.

Responsibility for commissioning health services for 0-5 year olds transferred from the NHS to Local Authorities in October 2015. A new system of recording breastfeeding continuation has recently been established, and this indicator is now being measured using health visiting service records rather than the CHIS. Health Visitors are required to enquire about breastfeeding status at the 6-8 week Maternal Mood Assessment. This new system has required MCH to modify its existing data collection process, a process which may take a number of months to become fully established.

In Q4 2016/17, the breastfeeding status was recorded in 76% of all the infants due a 6-8 week assessment, thus the continuation numbers have been suppressed. Public Health is closely monitoring the improvements made via regular performance monitoring meetings with MCH.

## Smoking at time of delivery (SATOD)



### Current status

Medway (Q3 2016/17): 158 (17.4%) pregnant women smoking at time of delivery

### Summary

Item	Detail
Description:	IND106: Smoking at the time of delivery
Definition:	Rate of smoking at time of delivery per 100 maternities
Source:	<a href="#">HSCIC, SATOD data collection Data</a>
Reporting frequency	Quarter/Year
Last review	2017-05-05

In Medway, there are 17.4% women smoking at time of delivery (SATOD), around 650 each year. Although this has declined over recent years, it is consistently higher than the rate in England (10.6%).

Medway Stop Smoking Service continues to provide a specialist service for pregnant women wanting to stop smoking. Medway Foundation Trust (MFT) is continuing to ensure that information is kept up to date and to check it for accuracy. The quality of Smoking at time of delivery (SATOD) data is improving and the Stop Smoking Team are continuing to work with MFT to ensure that this is now recorded at 36 weeks gestation and validated by a CO reading.

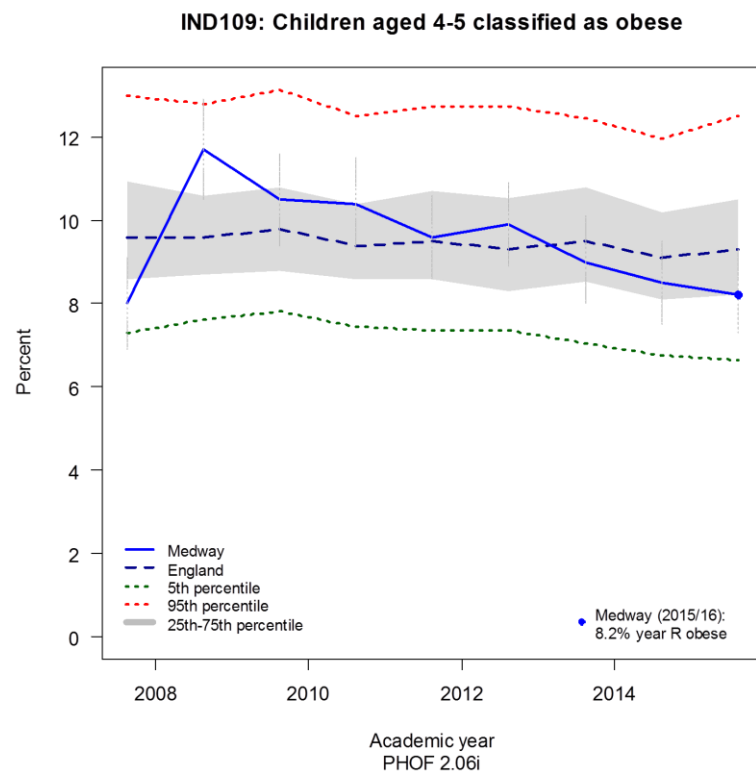
The second stage of the 'Baby clear' project has been implemented. The Risk Perception intervention is being carried out to a limited extent at the 12 week Nuchal scan. This is due to the fact that a room cannot be provided at any other time other than Wednesdays, only a handful of pregnant smokers can be seen each week. This intervention includes a carbon monoxide test and a discussion with the use of visual aids around the effects of smoking on the baby during pregnancy. A smoking cessation clinic had been trialled alongside the Fetal Medicine Consultants' IUGR clinic but has had to be discontinued due to a lack of room space at MFT and difficulties in engaging with these high risk women at the time of their appointment. As outlined above, a number of measures are in place,

planned or in negotiation which aim to reduce the SATOD rate for Medway and encourage pregnant women to quit smoking.

The team has been investigating other areas where rates are low relative to overall smoking prevalence to see if there are lessons for Medway.



## Children aged 4-5 classified as obese



### Current status

Medway (2015/16): 8.2% year R obese

### Summary

Item	Detail
Description:	IND109: Children aged 4-5 classified as obese
Definition:	Percentage of children aged 4-5 classified as overweight or obese
Source:	HSCIC NCMP
Reporting frequency	Academic year
Last review	2016-12-14

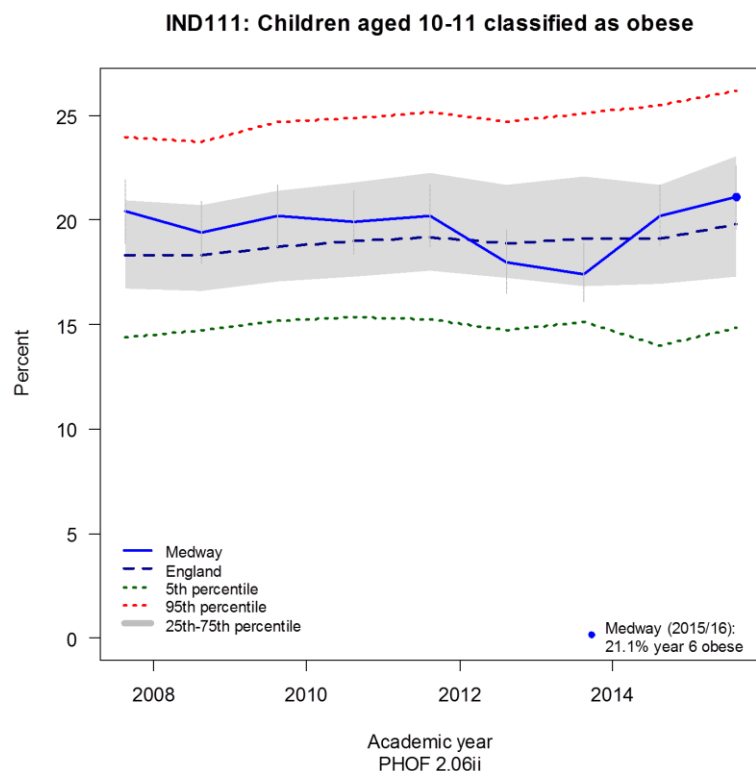
Rates of children classified as "overweight" and "obese" are monitored through the National Child Measurement Programme (NCMP), which is delivered through schools. Children's weight and height are measured in reception class (ages 4-5) and again in year 6 (ages 10-11).

The 2014/15 results have kept Medway below the national prevalence for both obesity and overweight and obesity combined figures, and another small drop in our overall year R obesity figure has been seen. The year R prevalence of obesity for Medway in 2014/15 was 8.5% compared to 9.1% nationally, with the local drop being 0.5% in year. When combining the overweight and obesity numbers, the year R prevalence for Medway in 2014/15 was 21.6% compared to 21.9% nationally with Medway's drop being 0.3% in year.

These results reinforce the need for a wide range of partners to take action and attempt to tackle childhood obesity. The government is expecting to publish the Childhood Obesity Strategy in summer 2016, and we are eager to see what national action will be prioritised, as national policy action is critical if we are to be effective. Medway provides a range of family weight management, healthy eating and activity support services, offering free swimming,

fully engaged children centres and young people settings and a fully approved Obesity treatment pathway. Medway commenced a local obesity network in 2014, to engage wider stakeholder partners in taking local action and we anticipate this action to grow over the coming years and to develop this programme of work.

## Children aged 10-11 classified as obese



### Current status

Medway (2015/16): 21.1% year 6 obese

### Summary

Item	Detail
Description:	IND111: Children aged 10-11 classified as obese
Definition:	Percentage of children aged 10-11 classified as overweight or obese
Source:	HSCIC NCMP
Reporting frequency	Academic year
Last review	2017-02-20

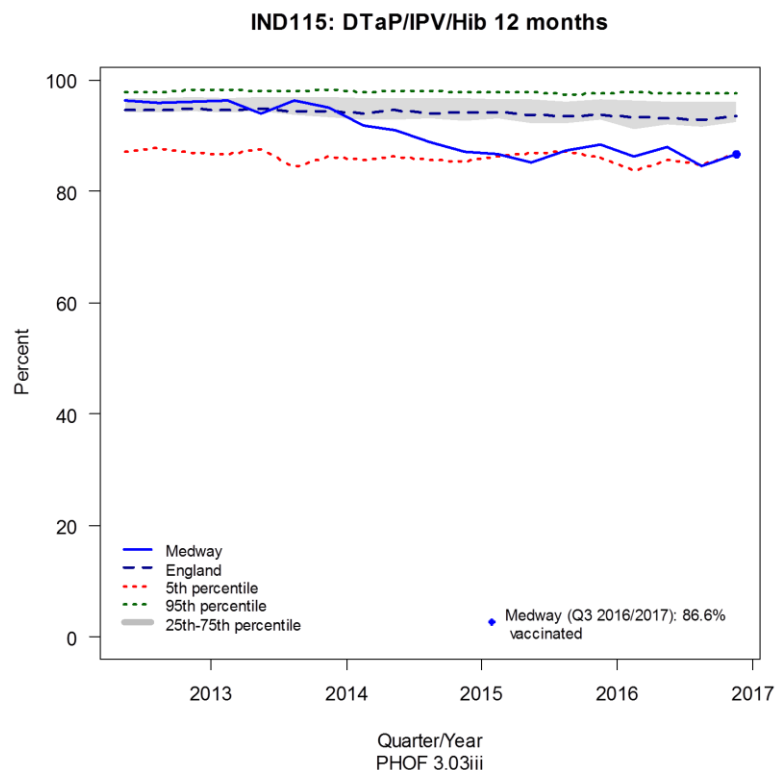
Rates of children classified as "overweight" and "obese" are monitored through the National Child Measurement Programme (NCMP), which is delivered through schools. Children's weight and height are measured in reception class (ages 4-5) and again in year 6 (ages 10-11).

Medway's Year 6 measurements have risen over the last two years, compared to little change nationally, meaning Medway is no longer below the national average. The year 6 measurements were 21.6% for obesity in Medway (19.8% nationally). Across the country the Year 6 obesity rate is strongly linked to the obesity rate of the same group when they entered school in Year R, six years ago. The current Year 6 rate in Medway is actually lower than would be expected given the Year R rate six years ago and may represent some success in tackling childhood obesity locally. When combining the overweight and obesity numbers, the year 6 measurements fell slightly to 33.8% in Medway (and increased to 34.2% nationally).

These results reinforce the need for a wide range of partners to take action and attempt to tackle childhood obesity. The government published the Childhood Obesity Action Plan in 2016, which has proposed a number of national and local measures to tackle the issue. Through the Medway Healthy Weight Network, we are keen

to that all possible private, public, academic and voluntary sector agencies take action forwards, as only a sustained mixed measure approach will result in positive change. Through this network, which meets annually and currently has over 24 local agencies represented, we are aiming to drive this change forwards. In addition to coordinating and leading this network, Medway Council takes a wide range of actions across a number of core services. This includes a range of family weight management, healthy eating and activity support services, offering free swimming, fully engaged children centres and young people settings, an excellent provision of green spaces and a fully approved Obesity treatment pathway.

## DTaP/IPV/Hib 12 months



### Current status

Medway (Q3 2016/2017): 86.6% vaccinated

### Summary

Item	Detail
Description:	IND115: DTaP/IPV/Hib 12 months
Definition:	DTaP/IPV/Hib vaccination coverage
Source:	quarterly COVER published on gov.uk
Reporting frequency	Quarter/Year
Last review	2017-05-18

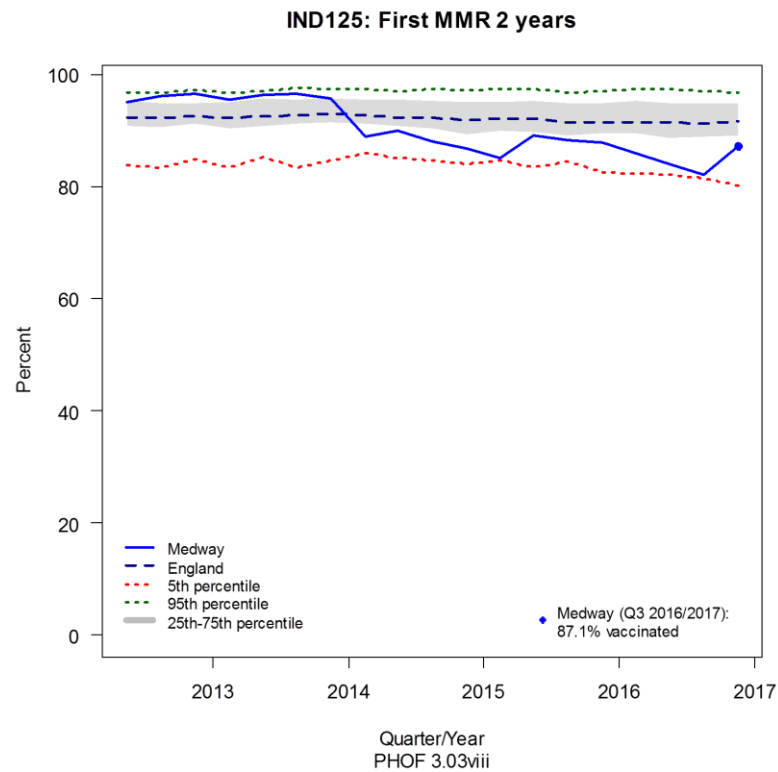
Indicators 115-127 refer to vaccinations within the routine childhood immunisation schedule. Vaccinations work by producing immunological memory so that when the immune system is subsequently exposed to natural infection it is able to recognise and respond to it, therefore preventing or modifying the disease.

Whilst the main aim of vaccination is to protect the individual who receives it, high levels of immunity in a population mean that those who cannot be vaccinated, for example because they are too young, are at reduced risk of being exposed to a disease. This is known as "herd immunity".

Vaccine coverage is compared against the World Health Organisation target of 95% coverage by 2 years old at the national level. A decline in the uptake of childhood vaccinations in Medway was first noted during 2013. This decline has, in general, persisted and can be seen to a varying degree across a number of the routine childhood vaccinations.

We understand that a recent CQUIN is now in place, whereby CHIS now regularly send lists of unvaccinated children to GP practices. It is hoped that this new system will have a positive impact on vaccination rates and start to show around Q4.

## First MMR 2 years



## Summary

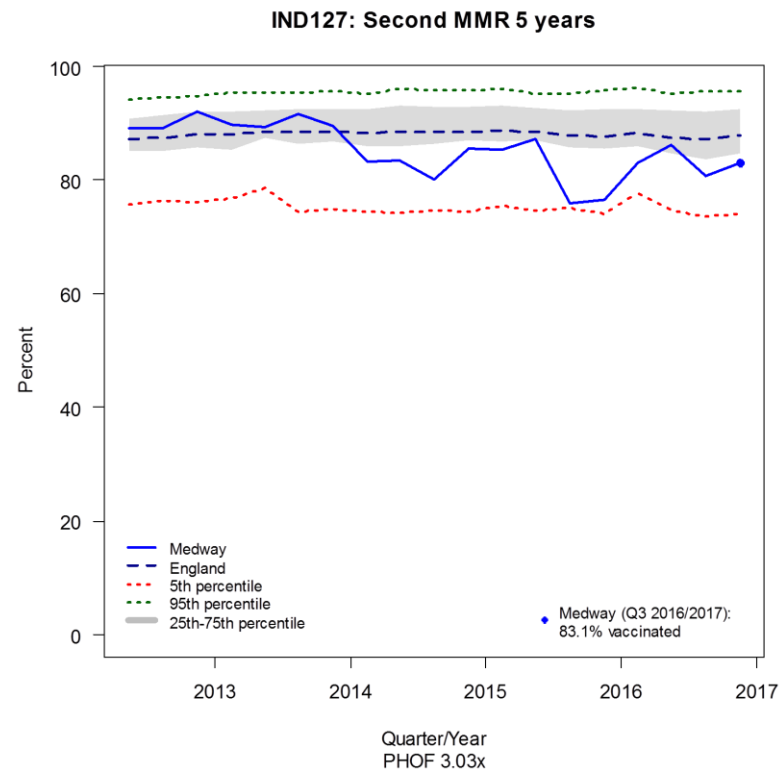
Item	Detail
Description:	IND125: First MMR 2 years
Definition:	MMR vaccination coverage for one dose
Source:	quarterly COVER published on gov.uk
Reporting frequency	Quarter/Year
Last review	2017-05-18

Please see narrative for IND115.

## Current status

Medway (Q3 2016/2017): 87.1% vaccinated

## Second MMR 5 years



### Current status

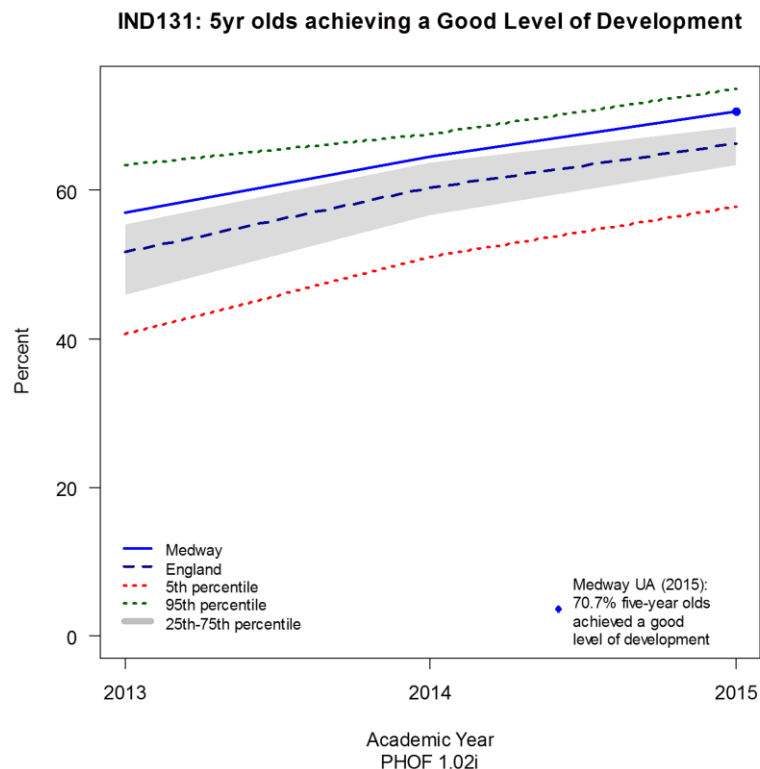
Medway (Q3 2016/2017): 83.1% vaccinated

### Summary

Item	Detail
Description:	IND127: Second MMR 5 years
Definition:	MMR vaccination coverage for two doses (5 year olds)
Source:	quarterly COVER published on gov.uk
Reporting frequency	Quarter/Year
Last review	2017-05-18

Please see narrative for IND115.

## Five-year olds achieving a good level of development



### Current status

Medway UA (2015): 70.7% five-year olds achieved a good level of development

## Summary

Item	Detail
Description:	IND131: 5yr olds achieving a Good Level of Development
Definition:	The percent of children from each local authority achieving a Good Level of Development by the end of the Early Years Foundation Stage (EYFS). A Good Level of Development is defined as achieving the expected level within the three prime areas of learning (communication and language, physical development and personal, social and emotional development) and the early learning goals in the specific areas of mathematics and literacy.
Source:	<a href="#">Department for Education EYFS profile</a>
Reporting frequency	Academic Year
Last review	2016-12-14

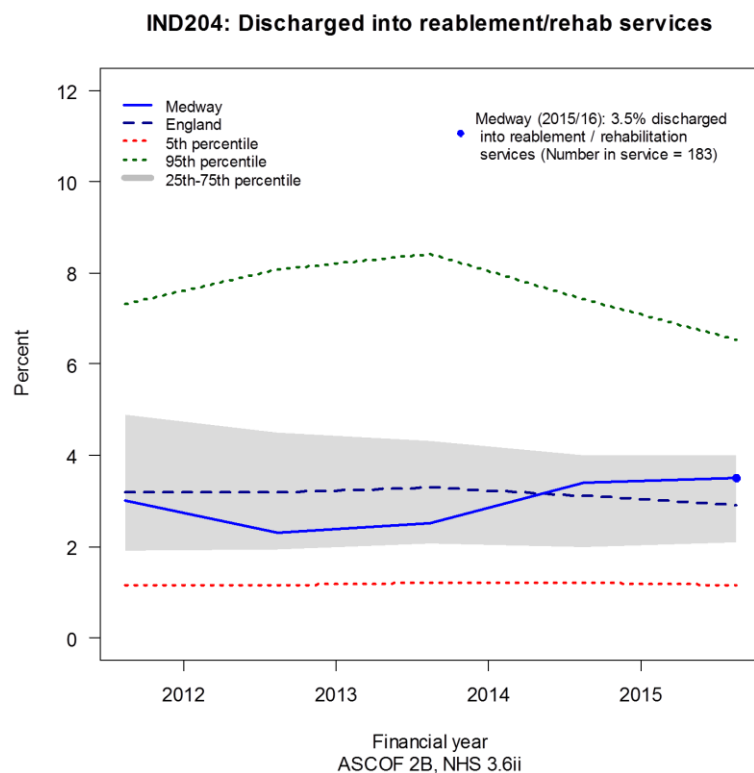
This indicator relates to the residents of Medway.

A new indicator for Good Level of Development was introduced in September 2012. This new indicator has a stronger emphasis on the three prime areas which are most essential for children's healthy development: communication and language; physical; and personal, social and emotional development. For each child the Level of Development is now assessed against 17 early learning goals at a newly revised EYFS (the end of the academic year in which the child turns five). Teachers indicate whether children are "meeting", "exceeding" or "not reaching" expected levels.

For 2015, almost 71% of Medway's five-year-olds achieved a good level of development. This is significantly better than the England average.



## Discharged into reablement/rehab services



### Current status

Medway (2015/16): 3.5% discharged into reablement / rehabilitation services (Number in service = 183)

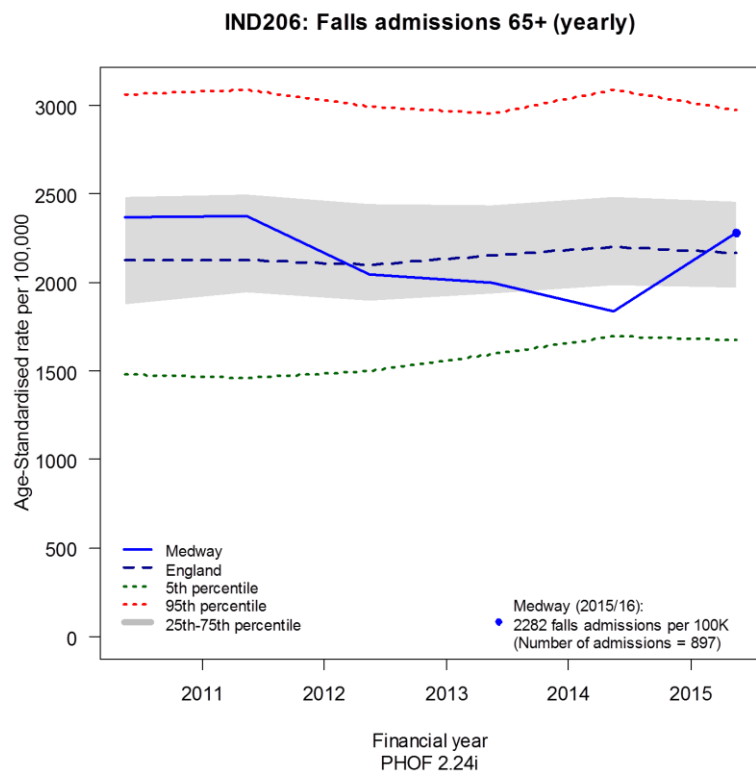
### Summary

Item	Detail
Description:	IND204: Discharged into reablement/rehab services
Definition:	Percentage of older people (aged 65 and over) offered rehabilitation following discharge from acute or community hospital
Source:	NHS Information Centre NASCIS (P01768)
Reporting frequency	Financial year
Last review	2017-02-05

This indicator shows the percentage of older people aged over 65 who received a short-term reablement or rehabilitation care package following discharge from hospital, with the aim of maximising their independence and enabling them to remain in their own homes following their stay in hospital. The measure is calculated using the number of hospital discharges from the Hospital Episodes Statistics (HES) data warehouse and the number of discharges into reablement and rehabilitation for three months between October and December as reported from the Adult Social Care Short and Long Term (SALT) return.

In Medway, the proportion of adults aged 65+ discharged into reablement/rehabilitation services increased significantly between 2013-14 and 2014-15 with a 0.9 percentage point increase. The 3.5% result in 2015/16 is due to continued investment in an intermediate care pilot, a small increase of 0.2 percentage points. The average result of a comparator group of similar councils fell to 2.9% and the England average fell to 3.0%, placing Medway at the top of the second quartile.

## Falls admissions 65+



### Current status

Medway (2015/16): 2282 falls admissions per 100K (Number of admissions = 897)

### Summary

Item	Detail
Description:	IND206: Falls admissions 65+ (yearly)
Definition:	Number of emergency admissions for falls or fall related injuries in persons aged 65 and over
Source:	<a href="#">Department of Health, PHOF</a>
Reporting frequency	Financial year
Last review	2017-05-18

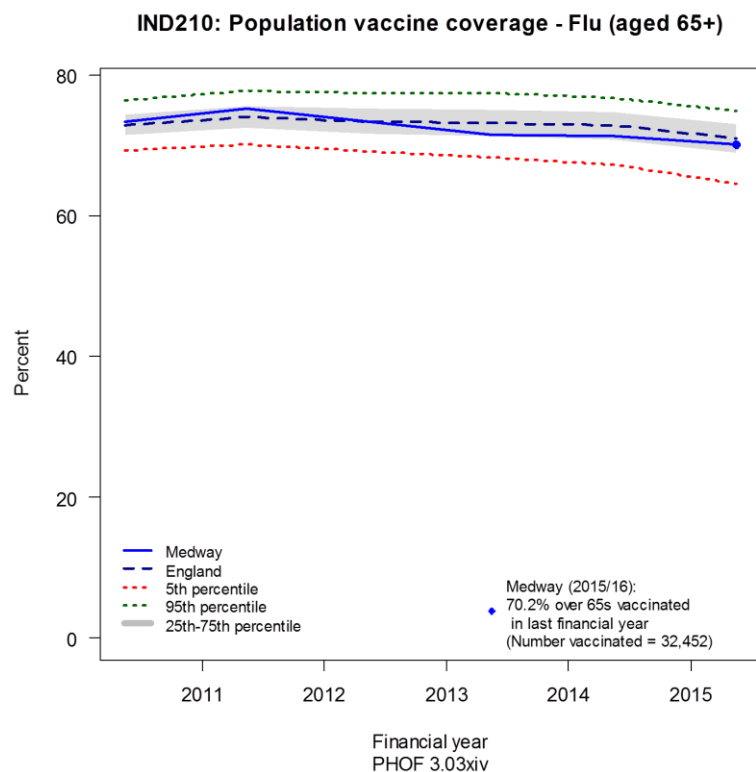
A fall is defined as 'an event whereby an individual comes to rest on the ground or another lower level with or without the loss of consciousness' (American Geriatric Society, 2001).

Falls are an increasingly significant public health issue due to our ageing population. Older people have the highest incidence of falls and the greatest susceptibility to injury. Up to 35% of people aged 65 and over fall each year increasing to up to 42% for those aged 70 years and above

Falls may result in loss of independence, injuries such as fractures and head injuries (20% of fallers sustain serious injury such as hip fracture), mobility loss, pressure related injuries, infection and sometimes injury-related death.

The rate of falls admissions in over 65's in Medway declined from 2011/12 to a rate of 1778.2 falls admissions per 100,000 in 2014/15. In the latest financial year (2015/16) we have seen a rise in falls admissions taking Medway from better than average to in-line with England overall.

## Flu vaccination 65+



### Current status

Medway (2015/16): 70.2% over 65s vaccinated in last financial year (Number vaccinated = 32,452)

### Summary

Item	Detail
Description:	IND210: Population vaccine coverage - Flu (aged 65+)
Definition:	% of eligible adults aged 65+ who have received the flu vaccine (between 1st September and 31st January of the financial year)
Source:	<a href="#">Department of Health, PHOF</a>
Reporting frequency	Financial year
Last review	2017-05-18

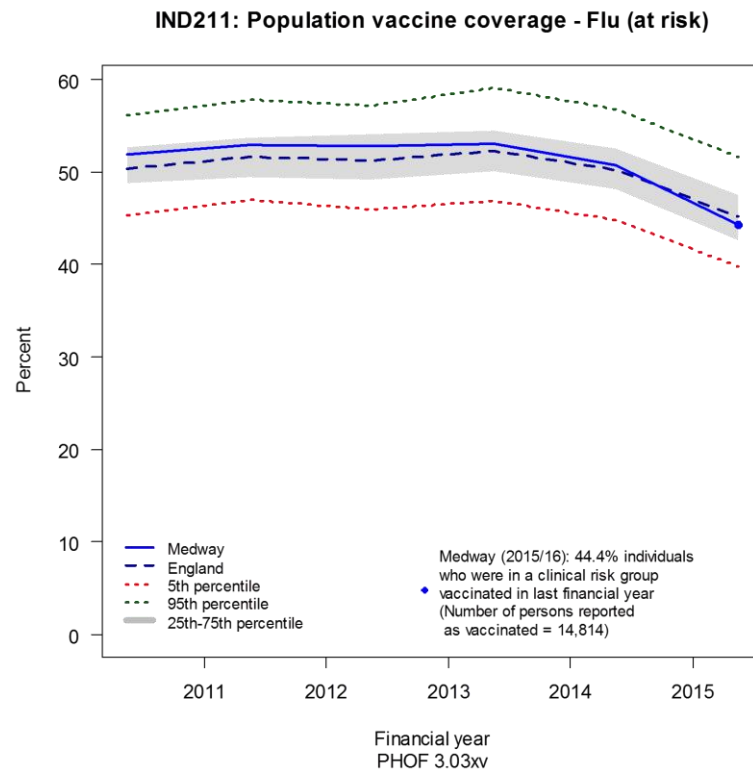
Influenza is a viral infection of the respiratory tract. Symptoms include fever, dry cough, sore throat, headache, muscle pain and fatigue. Those with underlying health problems, pregnant women and children under 6 months are at an increased risk of serious illness as are those aged 65 and over.

Surveillance of influenza vaccine uptake takes place throughout the season (September to January) each year.

In 2015/16, Medway achieved a slightly higher uptake for people aged 65 years and above than Kent and Medway overall. However, Medway achieved a lower uptake in adults aged 65 or over than England (71%) and did not meet the national target uptake of 75%.

The final report published by PHE for Winter 2016/17 showed that nationally uptake for those aged 65+ years old had dropped to 72.8% from 74.5% in 2015/16.

## Flu vaccination 'at risk'



### Current status

Medway (2015/16): 44.4% individuals who were in a clinical risk group vaccinated in last financial year (Number of persons reported as vaccinated = 14,814)

### Summary

Item	Detail
Description:	IND211: Population vaccine coverage - Flu (at risk)
Definition:	% of individuals aged between 6 months to 64 years who are in a clinical risk group (between 1st September and 31st January of the financial year)
Source:	<a href="#">Department of Health, PHOF</a>
Reporting frequency	Financial year
Last review	2017-05-19

Influenza is a viral infection of the respiratory tract. Symptoms include fever, dry cough, sore throat, headache, muscle pain and fatigue. Those with underlying health problems, pregnant women and children aged two, three and four years are at an increased risk of serious illness as are those aged 65 and over. This indicator includes those who are in a clinical risk group, but excludes pregnant women and young children. Patients considered to be in a clinical risk groups are those with:

- Chronic respiratory, heart, liver or neurological disease
- Renal disease
- Diabetes
- Immunosuppression

Surveillance of influenza vaccine uptake takes place throughout the season (September to January) each year.

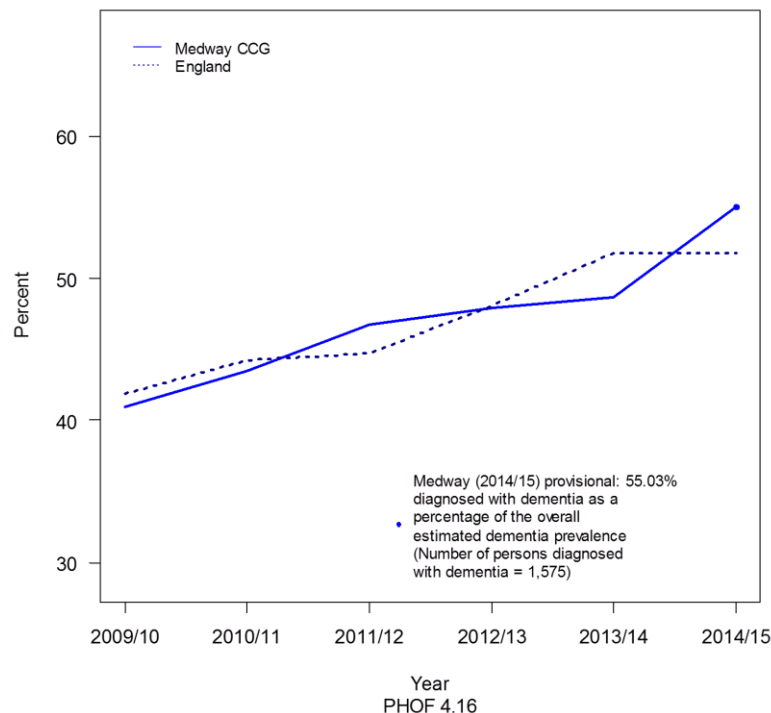
Uptake amongst this group of patients for Medway 2015/16 was 44%, which is slightly lower than for 2014/15. Uptake for 2015/16 for Medway was slightly higher than that for Kent and Medway overall but lower than the target uptake of 75%. Uptake has fallen across England.

The final report published by PHE for Winter 2016/17 showed that nationally uptake for those in an 'at risk' group had dropped to 44.9% from 48.0% in 2015/16.

The range of uptake varies considerably between GP practices. Plans are in place for Public Health to collaborate with Medway CCG to ascertain which practices are in need of support to increase their vaccination uptake, and to subsequently support these practices.

## Estimated diagnosis rate for people with dementia

IND213: Estimated diagnosis rate people with dementia



### Current status

Medway (2014/15) provisional: 55.03% diagnosed with dementia as a percentage of the overall estimated dementia prevalence (Number of persons diagnosed with dementia = 1,575)

### Summary

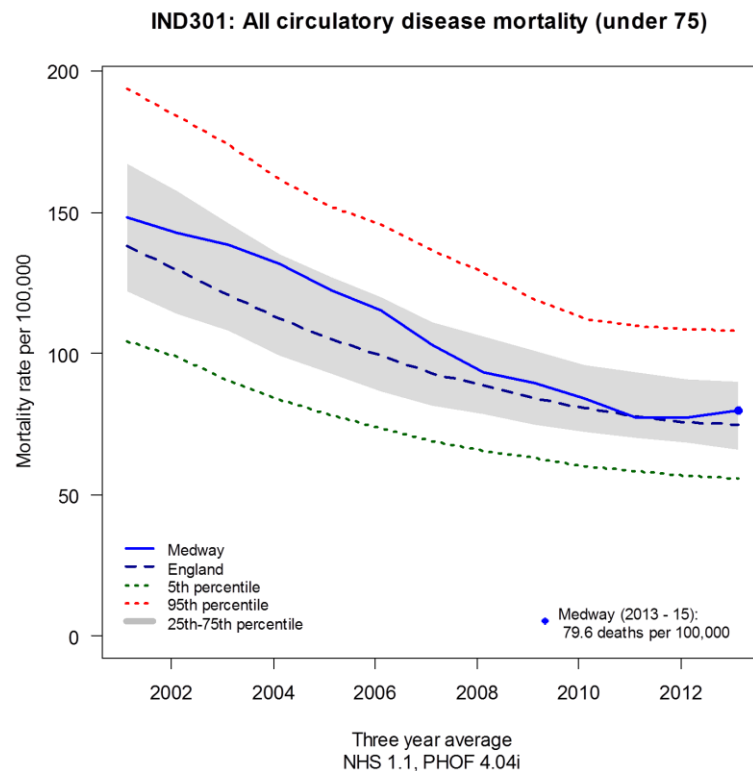
Item	Detail
Description:	IND213: Estimated diagnosis rate people with dementia
Definition:	Proportion of total population diagnosed with dementia as a percentage of estimated dementia prevalence according to NHS Outcomes Framework
Source:	NHS Outcomes Framework (The Dementia Prevalence Calculator Tool), Quality Outcomes Framework
Reporting frequency	Year
Last review	2017-05-25

The provisional estimated rate of diagnosis of dementia in Medway for 2014/15 (based on March 2015 data) was 55.03% in 2014/15. This figure refers to the number of people diagnosed with dementia as recorded in the Quality and Outcomes Framework, compared with prevalence estimates based upon the findings of a Dementia UK report in 2007. In other words, just over half of the population one would expect to have developed dementia in Medway were successfully diagnosed and had their condition recorded. This value has risen since 2009/10, as has the England average. In 2014/15 there appears to have been an increase in the Medway rate of diagnosis compared with the England rate which has remained fairly static. This is a positive outcome and may reflect the fact that the CCG has had a focus on increasing dementia diagnosis rates.

Some caution should be exercised in interpreting this data however, both because the rate is based on an estimate of prevalence, and because the nature of the condition may make early diagnosis difficult.

The way in which this data is presented nationally is changing.

## Circulatory disease mortality (under 75)



### Current status

Medway (2013 - 15): 79.6 deaths per 100,000

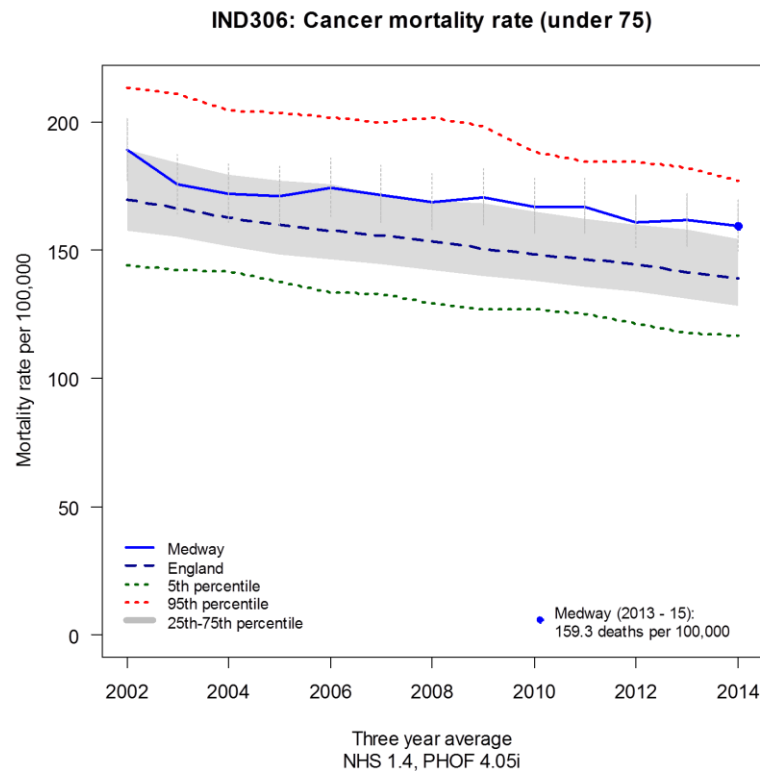
### Summary

Item	Detail
Description:	IND301: All circulatory disease mortality (under 75)
Definition:	Age-standardised rate of mortality from all circulatory diseases(including heart disease and stroke) in persons less than 75 years of age per 100,000 population
Source:	Public Health England (PHOF)
Reporting frequency	Three year average
Last review	2017-05-18

There have been significant improvements in premature mortality rates for cardiovascular disease (including heart disease and stroke). In 2013-15, the difference between Medway and England was not statistically significant; the Medway rate was 79.6 per 100,000 and the England rate was 74.7 per 100,000. However, mortality rates from CVD considered preventable (< 75 years) in Medway are significantly higher (55.7 per 100,000) than the national average (48.1 per 100,000) (2013-2015). Tackling premature death and ill health, including CVD remains a priority in the Medway Joint Health and Wellbeing Strategy.

Medway GP practices participate in the NHS Health Checks programme, which focuses on checks for people aged between 40 and 74 at risk of type 2 diabetes, heart disease, stroke and kidney disease. The identification and follow up management of those at risk of CVD is crucial to the success of the programme. A programme of work has been developed to increase uptake and to improve the quality of health checks delivered in primary care. The Kent and Medway Stroke Services review led by NHS England was completed last year. Recommendations from this review are informing the work which is currently underway and will be aligned to the Urgent and emergency care programme and the Kent and Medway Strategic Transformation Plans.

## Cancer mortality rate (under 75)



### Current status

Medway (2013 - 15): 159.3 deaths per 100,000

### Summary

Item	Detail
Description:	IND306: Cancer mortality rate (under 75)
Definition:	Age-standardised rate of mortality from all cancers in persons less than 75 years of age per 100,000 population
Source:	Public Health England
Reporting frequency	Three year average
Last review	2017-05-05

Premature mortality due to cancer has fallen over the last decade by 9.2% from a rate of 175.52 per 100,000 in 2002-04 to its current (2013-15) figure of 159.3 age-standardised deaths per 100,000. However, cancer remains the leading cause of premature deaths for both genders, accounting for almost half of deaths in women (47%) and two fifths of deaths in men (40%) before the age of 75. Over half of these are considered preventable (61%). Medway has one of the highest cancer mortality rates of all areas in the South East, significantly higher than the England average (138.8 per 100,000). Public Health England is running various national cancer campaigns to raise awareness of cancer symptoms.

Locally various actions have been undertaken to reduce cancer mortality and these include:

- The Pearl Project aimed at increasing bowel cancer screening uptake, led by the Southern Hub Bowel Cancer Screening Programme in partnership with Public Health and Medway CCG has been implemented. Forty-three practices in Medway signed up to participate in this project. The results from this project are awaited.



- 2014/15 cancer action plan to improve cancer screening uptake as part of a wider cancer mortality reduction plan in Medway.
- Work with NCIN, MFT to improve the recording of staging of cancer.
- Review of access to diagnostics in line with the four national priority areas across Kent and Medway (Chest X-ray, non-obstetric ultrasound, flexible sigmoidoscopy/colonoscopy and Magnetic resonance imaging (MRI)).
- A cancer report produced by Public Health detailing the top ten cancers contributing to premature mortality in Medway.
- More recently, an action plan has been developed and agreed jointly with partners from Medway Council Public Health, Medway CCG, PHE and Macmillan Cancer Support on the back of this report and in line with the recently published National Cancer Strategy to tackle the high premature mortality and improve cancer outcomes in Medway. This is currently being implemented.

## Experience of community mental health services

Patient Survey	Patient response (out of 10)		
	2014	2015	2016
Health and social care workers	7.3	7.4	6.9
Organising care	8.2	8.4	8.3
Planning care	6.6	6.8	6.6
Reviewing care	7.0	7.6	7.1
Changes in who people see	6.0	5.8	5.4
Crisis care	6.0	6.1	6.3
Treatments	6.8	7.0	7.0
Other areas of life	4.8	5.0	4.6
Overall views and experiences	6.7	7.2	6.6

\*Key for red = worse than comparators, green = better than comparators

## Summary

Item	Detail
Description:	IND313: Experience of community mental health services (2014)
Definition:	Figures are based on the community mental health survey, which is completed by a sample of patients aged 18 and over who received care or treatment for a mental health condition, including services provided under the Care Programme Approach (CPA)
Source:	National patient survey programme, Health & Social Care Information Centre
Reporting frequency	Calendar year
Last review	2016-10-04

A new style of benchmark report has been produced, replacing the previous reports for the national surveys which contained scores out of 100. This new design takes into account the complexity of 'service user experience'. A number of questions were asked relating to 9 topic areas, as listed in the table above. Questions included those relating to organising, planning and reviewing care as well as questions relating to treatments and the experience with people providing care to the patient. The Care Quality Commission advises that questions across all 9 areas should be assessed in order to establish how the trust is performing in relation to 'service user experience'.

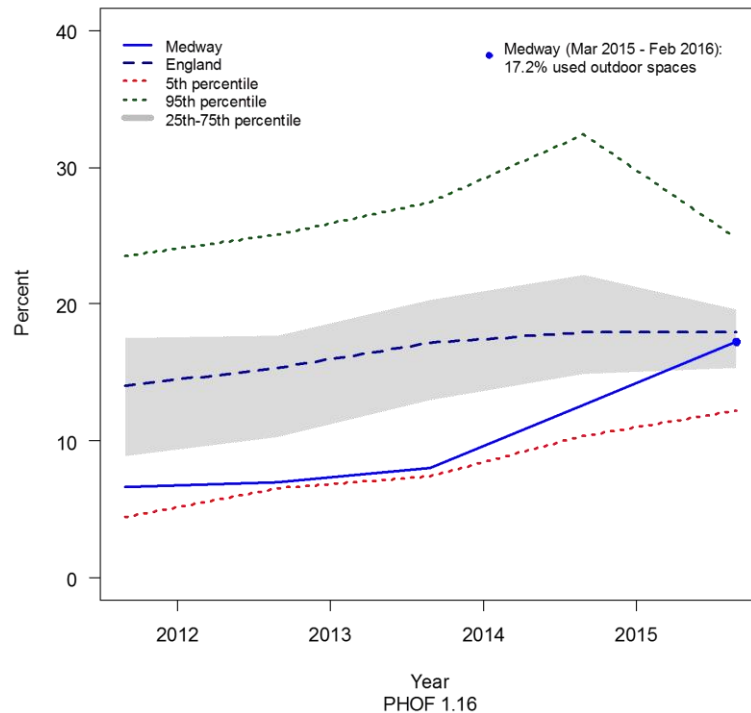
At the start of 2016, a questionnaire was sent to 850 people who received community mental health services. Responses were received from 221 people at Kent and Medway NHS and Social Care Partnership Trust.

The full report can be viewed here:

[http://www.nhssurveys.org/Filestore/MH16/MH16\\_BKReports/MH16\\_RXY.pdf](http://www.nhssurveys.org/Filestore/MH16/MH16_BKReports/MH16_RXY.pdf)

# People using green spaces for exercise

**IND401: People using green spaces for exercise**



## Current status

Medway (Mar 2015 - Feb 2016): 17.2% used outdoor spaces

## Summary

Item	Detail
Description:	IND401: People using green spaces for exercise
Definition:	Percentage of people using green space for exercise / health reasons. The value is a weighted estimate of the proportion of residents in each area taking a visit to the natural environment for health or exercise purposes
Source:	<a href="#">Department of Health, PHOF</a> ; Monitor of Engagement with the Natural Environment Survey, Natural England
Reporting frequency	Year
Last review	2017-05-18

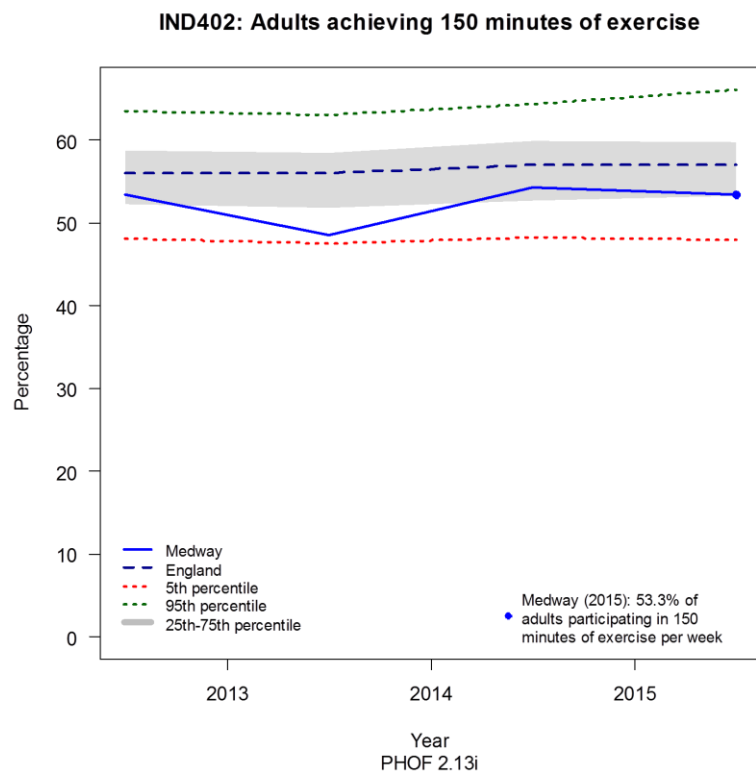
Every year at least 45,000 people aged 16 years and over across England are interviewed about their use of the natural environment in the last seven days.

This indicator is a weighted estimate of the proportion of residents in each area taking a visit to the natural environment for health or exercise purposes. Visits to the natural environment are defined as time spent "out of doors" e.g. in open spaces in and around towns and cities, including parks, canals and nature areas; the coast and beaches; and the countryside including farmland, woodland, hills and rivers. This could be anything from a few minutes to all day. It may include time spent close to home or workplace, further afield or while on holiday in England.

During each survey interview, respondents are asked how many visits they have taken to the natural environment in the last 7 days. If any visits have been taken in this period, they are then asked to provide details of one visit (if more than one has been taken, the visit asked about is randomly selected).

Medway Council's working group (representation from Public Health, Greenspaces and Medway Sport) continues to progress initiatives for increasing access to green spaces for exercise reasons. This includes additional health walks, park sport activities and improvements to Medway's green spaces. The large variability in the performance of this indicator, suggests the data source methodology has some limitations. Irrespective of current performance, increasing access to outdoor space for exercise and health reasons, has significant positive impacts on residents physical and mental wellbeing, so work should continue to increase the accessibility, quality and offer of Medway's green spaces.

## Adults achieving 150 minutes of exercise



### Current status

Medway (2015): 53.3% of adults participating in 150 minutes of exercise per week

### Summary

Item	Detail
Description:	IND402: Adults achieving 150 minutes of exercise
Definition:	Proportion of adults achieving at least 150 minutes of physical activity per week in accordance with UK CMO recommended guidelines on physical activity
Source:	<a href="#">Department of Health, PHOF</a> ; Active People Survey, Sport England
Reporting frequency	Year
Last review	2016-09-06

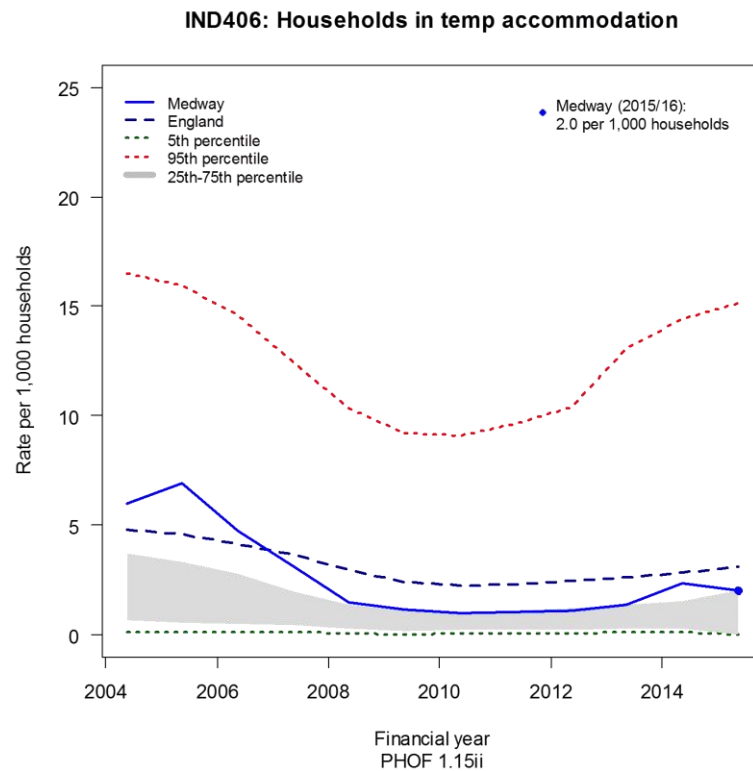
Physical inactivity is the fourth leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health. In older adults physical activity is associated with increased functional capacities. The estimated direct cost of physical inactivity to the NHS across the UK is over 1.6 billion GBP per year. In December 2015 the government published *Sporting Future: A new strategy for an active nation* to tackle this problem.

The Chief Medical Officer currently recommends that adults undertake 150 minutes (2.5 hours) of moderate activity per week, in bouts of 10 minutes or more. The overall amount of activity is more important than the type, intensity or frequency (according to DoH Start Active, Stay Active Report). Since January 2009, the Department of Health has commissioned Sport England to include a number of questions on wider participation in physical activity in the Active People Survey in order to be able to monitor the CMO recommendations.

This indicator is based on the residents of Medway. The definition for this indicator has changed compared to past data collected as part of Sport England's Active People Survey. It represents respondents aged 16 and over, with valid responses to questions on physical activity, doing at least 150 "equivalent" minutes of at least moderate intensity physical activity per week in bouts of 10 minutes or more in the previous 28 days.

Medway Council has a range of physical activity interventions that it provides for local residents including a new cycling action plan, leisure centres, sporting legacy projects and public health programmes. The community and third sector also play a crucial role in providing sport and exercise opportunities in Medway.

## Households in temp accommodation



### Current status

Medway (2015/16): 2.0 per 1,000 households

## Summary

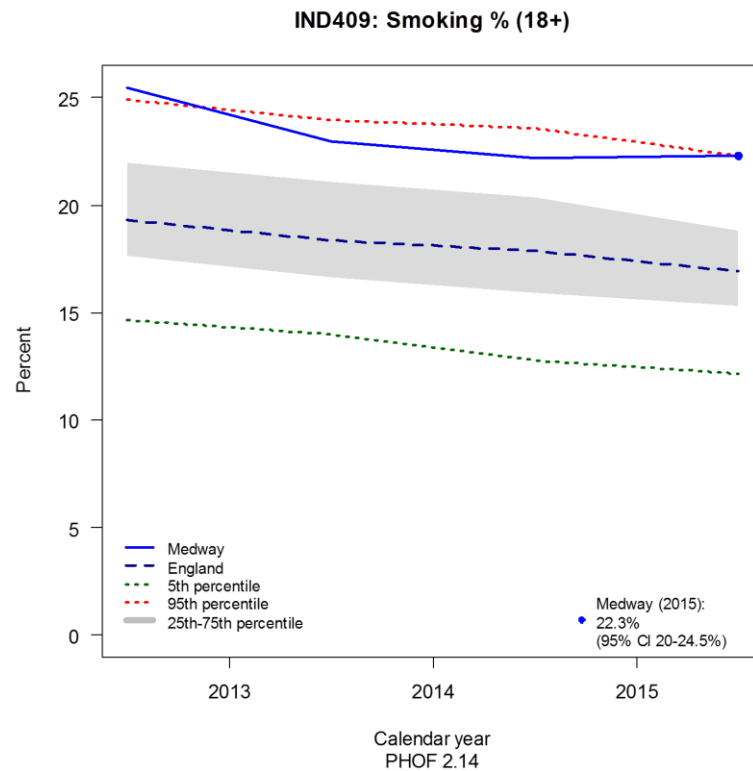
Item	Detail
Description:	IND406: Households in temp accommodation
Definition:	Households in temporary accommodation (per thousand households)
Source:	<a href="#">Department of Communities and Local Government (Table 784)</a>
Reporting frequency	Financial year
Last review	2016-09-28

Medway Council places people in temporary accommodation if they are homeless (as defined by legislation), have nowhere to stay and have been accepted as being in priority need. The increase in homeless applications and acceptances has had an impact on the number of clients placed into temporary accommodation. At the end of February 2014, there were 140 households living in temporary accommodation against a target of 135.

The service quickly sources and moves clients in to permanent accommodation and discharges duties on cases. Where the Council has no other option but to place households in temporary accommodation it will ensure that vulnerable people have targeted support to help them move on into settled accommodation.

Medway has shown consistently lower rates of households in temporary accommodation than England as a whole.

## Smoking prevalence (18+)



### Current status

Medway (2015): 22.3% (95% CI 20-24.5%)

### Summary

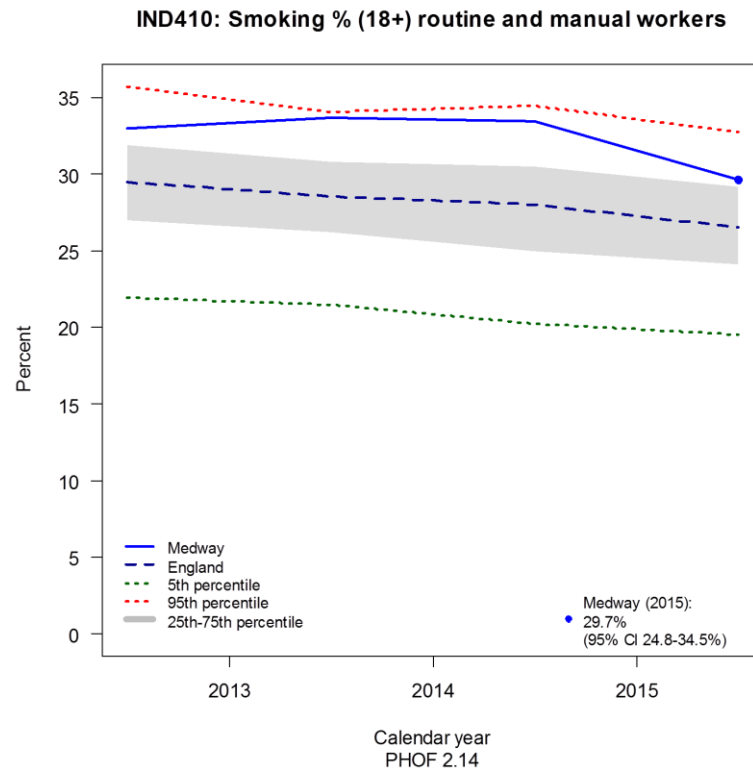
Item	Detail
Description:	IND409: Smoking % (18+)
Definition:	Prevalence of smoking among people aged 18 years and over - persons aged 18+ who are self-reported smokers in the Annual Population Survey
Source:	Public Health England
Reporting frequency	Calendar year
Last review	2017-05-18

The Smoking prevalence among adults in Medway has declined at a slower rate than the national rate. The prevalence of smoking in Medway (22.3%) remains significantly above the England average (16.9%) and is now one of the highest rates in the country.

Medway Stop Smoking service has secured a further 3-year occupancy for the Smoke Free Advice Centre in Central Chatham to help address the high smoking prevalence in Medway.



## Smoking prevalence (18+)



### Current status

Medway (2015): 29.7% (95% CI 24.8-34.5%)

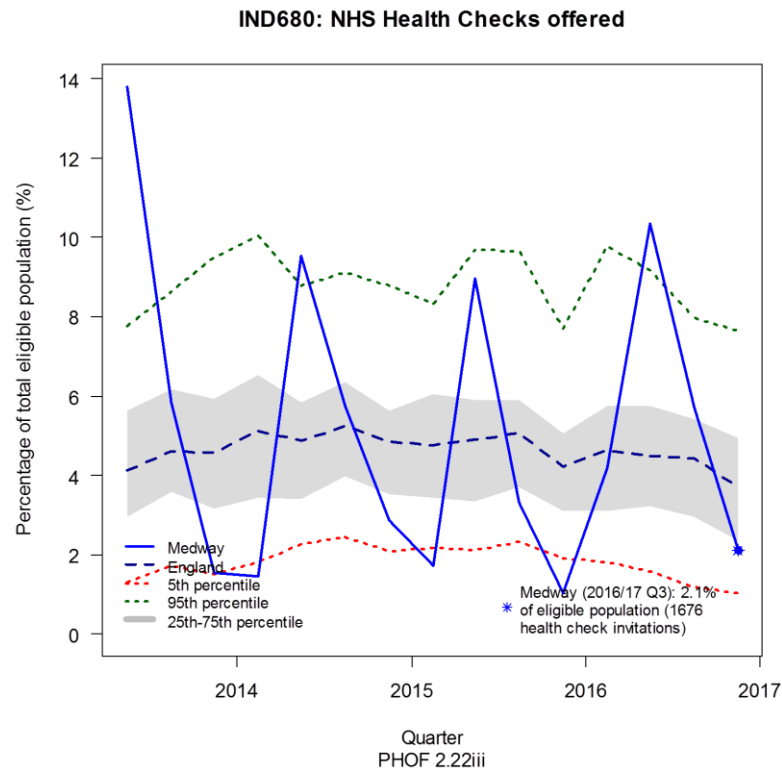
### Summary

Item	Detail
Description:	IND410: Smoking % (18+) routine and manual workers
Definition:	Prevalence of smoking among routine and manual workers aged 18 years and over - persons aged 18+ who are self-reported smokers in the Annual Population Survey
Source:	Public Health England
Reporting frequency	Calendar year
Last review	2017-05-19

A modest downward trend, albeit not statistically significant, can be seen in the smoking prevalence in the routine and manual sub-group, with Medway and England 29.7% and 26.5% respectively.

Medway Stop Smoking service has secured a further 3 year occupancy for the Smoke Free Advice Centre in Central Chatham to help address the high smoking prevalence in Medway.

## NHS health checks offered



### Current status

Medway (2016/17 Q3): 2.1% of eligible population (1676 health check invitations)

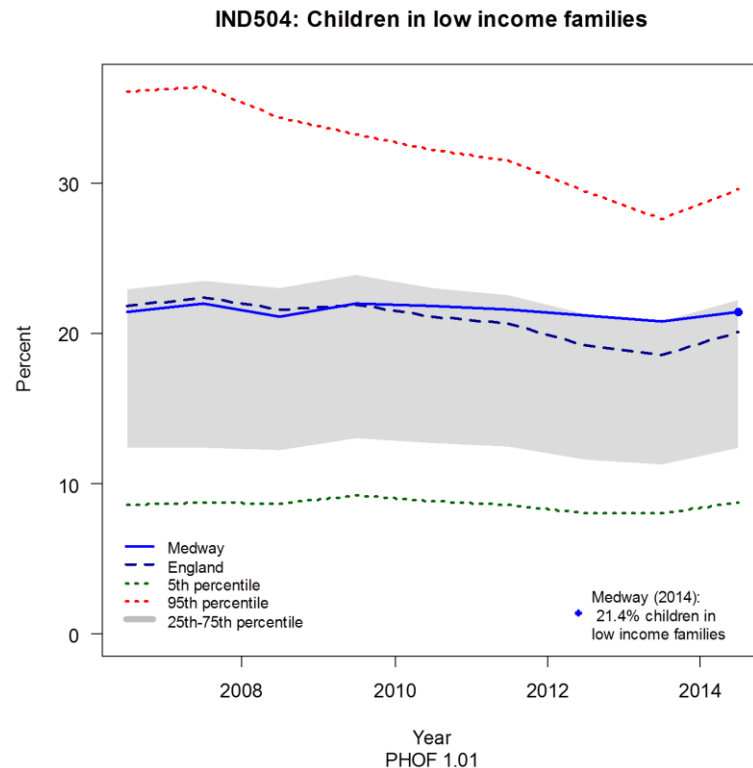
## Summary

Item	Detail
Description:	IND680: NHS Health Checks offered
Definition:	Percentage of the eligible population aged 40-74 invited for an NHS Health check
Source:	<a href="http://fingertips.phe.org.uk/profile/nhs-health-check-detailed">http://fingertips.phe.org.uk/profile/nhs-health-check-detailed</a>
Reporting frequency	Quarter
Last review	2017-05-18

The number of invitations sent out in 2016/17 is considerably higher than in 2015/16, with 96% of Medway residents due to be invited for a health check in 2017/16 receiving a letter offering them an appointment compared to 87% in the previous year. There were 5 practices that were unable to invite all eligible patients for a health check due to capacity.

The target is 20% of the whole eligible population to be invited each year over a five year period.

## Children in low income families



### Current status

Medway (2014): 21.4% children in low income families

### Summary

Item	Detail
Description:	IND504: Children in low income families
Definition:	Percentage of children in relative poverty (living in families where income is less than 60 per cent of median household income before housing costs and / or family is in receipt of out-of-work benefits.)
Source:	<a href="#">HM Revenue &amp; Customs</a>
Reporting frequency	Year
Last review	2017-02-15

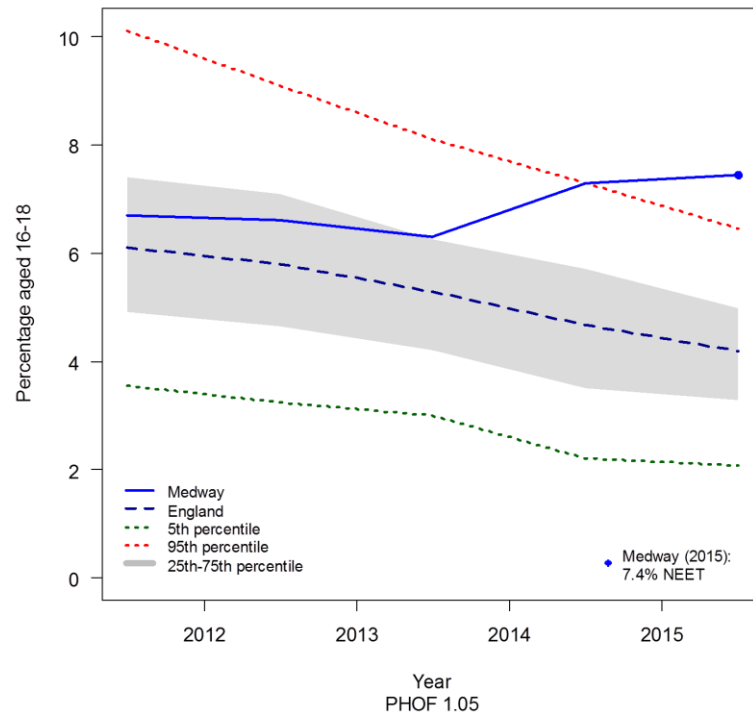
Previously known as the Revised Local Child Poverty Measure or National Indicator 116, this publication has been renamed Children in Low-Income Families Local Measure to help distinguish these statistics from the Households Below Average Income (HBAI) publication, which provides the definitive national measure of relative child poverty as set out in the Child Poverty Act 2010.

The Children in Low-Income Families Local Measure shows the proportion of children living in families in receipt of out-of-work (means-tested) benefits or in receipt of tax credits where their reported income is less than 60 per cent of UK median income.

In 2014, a significantly greater proportion of children were living in poverty in Medway than the England and regional averages. Gillingham North, Chatham Central and Luton & Wayfield wards have the highest levels of child poverty (33-35%).

# Not in Education, Employment or Training

IND505: Not in Education, Employment or Training



## Current status

Medway (2015): 7.4% NEET

## Summary

Item	Detail
Description:	IND505: Not in Education, Employment or Training
Definition:	Percentage of 16-18 year olds not in education, employment or training (NEET)
Source:	Medway Youth Trust, Department for Education
Reporting frequency	Year
Last review	2017-05-19

The percentage of young people aged 16-18 years not in education, employment or training (NEET) reflects skill development during school years and indicates those at greater risk of a range of negative outcomes, including poor health and early parenthood.

This trend data shows quarterly percentages based on data provided by Medway Youth Trust and has been used in Council performance reporting.

European Social Fund programmes are run throughout Kent and Medway and target young people aged 14 to 19 who are classed as NEET or are likely to become so.

The plot shows annual data for benchmarking, but the latest available data from Medway Youth Trust relates to the month of August 2016 in which the percentage classified as NEET is 7.69%.