

HEALTH AND ADULT SOCIAL CARE OVERVIEW AND SCRUTINY COMMITTEE

15 OCTOBER 2019

“HEALTHY MINDS, HEALTHY PEOPLE: WELLBEING ACROSS THE LIFE COURSE IN MEDWAY” DIRECTOR OF PUBLIC HEALTH’S ANNUAL REPORT 2018-19

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Summary

Directors of Public Health (DsPH) have a statutory requirement to produce public health reports. These reports are the DsPH’s professional statement about the health of the local community.

The 2018-19 report focuses on mental wellbeing across the life course in Medway. The report sets out:

- Key information about what is known about the wellbeing of Medway’s residents at different stages in the life course (young people, adults of working age and older people).
- Information about services, support and community assets in Medway that support residents to achieve and maintain good mental wellbeing.
- Ways in which local people, communities, schools, workplaces and health and care professionals can improve their mental wellbeing.
- Recommendations for future actions for partners to further improve mental wellbeing among Medway’s population.
- An update on progress against recommendations in the 2017-19 Director of Public Health’s Annual Report on Health Protection.

The main focus of the report is mental wellbeing (mental health promotion at a population level) rather than mental illness and its treatment. Further information about broader mental health needs and support can be found in the mental health chapters of the Joint Strategic needs assessment at <http://www.medwayjsna.info/>.

Following this meeting, this report will be presented to the Health and Wellbeing Board on 5 November 2019 and then Cabinet on 17 December 2019.

1. Budget and Policy Framework

- 1.1 Improving the population's mental health and wellbeing is an identified priority for Medway Council reflected in the Council Plan (2016/17 to 2020/21) ambition; Making Medway a place to be proud of: improving environmental conditions, raising self-esteem and improving mental and physical health.
- 1.2 Theme 4 of the Joint Health and Wellbeing Strategy 2018 to 2023 includes a requirement to improve the mental and physical health and well-being of the population.

2. Background

- 2.1 Directors of Public Health have a duty to write an Annual Public Health Report. The aim of Annual Public Health Report is to identify issues that are currently, or have the potential to impact on the health or wellbeing of the local authority's population. Directors of Public Health are tasked with making recommendations to address identified issues.
- 2.2 Improving population mental wellbeing to prevent clinical or significant episodes of mental illness is of significant importance to Medway Council. The focus is often placed on the consequences of poor mental health for example, family breakdowns, increased use of prescribed or non-prescribed medication, hospitalisations due to individuals not being able to cope with the challenges that life presents.
- 2.3 This report provides an analysis of mental wellbeing through the life course (birth to old age). It looks at the tools available within Medway that people can use to cope with the stress and strains of life and local resources that are in place to help them.
- 2.4 There are significant health and societal benefits that can be gained by focussing on mental wellbeing. For example, every £1 invested in the social and emotional development of children results in estimated savings to society of more than £5 (over 3 years). For every £1 invested in workplace wellbeing programmes, there is an estimated saving to society of over £2. By investing in promoting good mental wellbeing among our communities, we improve physical health, reduce costs associated with the treatment of mental illness and develop resilient and vibrant communities.

3. Options

- 3.1 Publishing an Annual Public Health Report is a requirement of the Health and Social Care Act 2012. The report provides a focus on earlier intervention and prevention at scale, which will enable more local people to improve their mental wellbeing.

4. Advice and Analysis

- 4.1 The Annual Public Health Report sets out a number of recommendations to improve partnership working and collaboration between organizations working in Medway and build community resilience. These include:

Awareness Campaigns- increasing the skills and knowledge of individuals and our population to recognise signs and symptoms and take action to improve mental wellbeing.

Workforce development- Fostering good practice within the workplace, to support employees to deal with the challenge of the modern workplace.

Young people and schools- Working with young people and schools to build resilience in our children and young people

Commissioning- Use the collective strength of our commissioning to build good practice into contracts and services so issues that impact on mental health are addressed.

5. Risk Management

- 5.1 Risk management is an integral part of good governance. The Council has a responsibility to identify and manage threats and risks to achieve its strategic objectives and enhance the value of services it provides to the community.

Risk	Description	Action to avoid or mitigate risk	Risk rating
People are not supported to improve their mental wellbeing.	Not adhering to the recommendations within the APHR could lead to increased costs related to hospitalisation for mental health crisis. Treatment costs increase associated with managing people in mental health crisis. Increased social care costs associated with family breakdowns and more people requiring support to address drug and or alcohol dependence	Adopt the recommendations set out in the report	D2

6. Consultation

- 6.1 Consultation has taken place with children and young people and other stakeholders in relation to this report.

7. Financial implications

- 7.1 Any resources required to deliver ambitions set out in this report will be found through existing service or organisational budgets.

8. Legal Implications

- 8.1 The Annual Public Health Report is an independent report of the Director of Public Health as set out in Section 73B(5) & (6) of the NHS Act 2006, inserted by section 31 of the Health and Social Care Act 2012. Local Authorities are required to publish the Director of Public Health Annual Report.

9. Recommendation

- 9.1 The Committee is asked to note this report, findings and recommendations.

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Appendices

Appendix 1 – Annual Public Health Report 2018/19

Background Papers

None.