

HEALTH AND WELLBEING BOARD

9 FEBRUARY 2023

“REDUCING HYPERTENSION IN MEDWAY” ANNUAL REPORT OF THE DIRECTOR OF PUBLIC HEALTH 2021 - 2022

Portfolio Holder: Councillor David Brake, Portfolio Holder for Adults’ Services

Report from/Author: James Williams, Director of Public Health

Summary

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

The 2021-22 report focuses on hypertension and how we can improve the health and wellbeing of residents with improved prevention, early detection and treatment of high blood pressure.

1. Budget and policy framework

- 1.1. Improving everyone’s health and reducing inequalities and improving support for vulnerable adults are identified priorities for Medway Council reflected in the Council Plan 2021/22.
- 1.2. Additionally, the Joint Health and Wellbeing Strategy 2018-2023 and its vision that “the lives of all people in Medway “will be as full, meaningful and healthy as possible” is underpinned by themes including: theme 2 – enabling our older population to live independently and well, theme 4 – improving mental and physical health and wellbeing and theme 5 – reducing health inequalities.

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 authorities population. Directors of Public Health are tasked with making recommendations to address identified issues.

- 2.2. The primary focus of this report (attached at Appendix 1) is one of the major public health challenges of our time, high blood pressure, also known as Hypertension. Hypertension is often termed the silent killer. When blood pressure is consistently too high, the heart has to work harder to pump blood around the body. If blood pressure is too high for a sustained period, it can lead to heart and circulatory diseases, kidney failure, heart failure, problems with sight, vascular dementia and ultimately death.
- 2.3. High blood pressure has a devastating impact on those affected by the condition. In England 1 in 4 adults are affected by high blood pressure. This amounts to around 13.5 million people. Within Medway in approximately 45,000 people, nearly 1 in 5 adults are diagnosed with hypertension. Hypertension is the third biggest risk factor nationally for heart disease after tobacco smoking and poor diet. In the region of 75,000 people die annually as result of hypertension. It is a major cause of health inequalities. People living in the most deprived areas of England, are 30% more likely than those living in the least-deprived, to have high blood pressure.

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 be considered by all stakeholders and partners in order for the population of Medway to fully benefit from digital transformation:
 - 4.1.1. Preventing hypertension - Reduce the likelihood of people becoming hypertensive in the first instance. Whilst some people due to inherited or genetic factors, are at an increased risk of high blood pressure, there is much that can be done to reduce the risk in the general public. Not smoking, reducing the amount of salt and fatty food we consume, and moderating alcohol intake will help. Being more physically active, eating more fruits and vegetables and managing stress are other practical steps we can take to reduce our risk.
 - 4.1.2. Finding those who are undiagnosed - For those people aged 40-74 years, attending the routine free NHS Health Check when invited is really important. Outside of any clinical appointments, regularly checking and understanding what your own blood pressure is and 'knowing your numbers' is essential for everyone. Blood pressure devices are now relatively inexpensive and home monitoring can help to identify issues early so action can be taken.
 - 4.1.3. Treatment - Everyone must act in tandem to tackle the challenges posed by high blood pressure. Members of the public must do their bit to reduce the

risks. People with high blood pressure who have been diagnosed, need to work with their health and care professionals to monitor and keep the condition under control. Health and care professionals must provide high quality and timely hypertension treatment services, in line with best practice guidance.

- 4.1.4. Reducing Inequalities - The Health and Care Partnership should continue to prioritise reducing health inequalities and through its work to tackle the wider determinants of health, ensuring hypertension reduction is a priority area within the ICB.

5. Risk management

Risk	Description	Action to avoid or mitigate risk	Risk rating
Not reducing hypertension rates across Medway	People living with hypertension are at greater risk of long term ill health and premature death. High blood pressure disproportionately impacts specific groups so a targeted approach can help reduce health inequalities in Medway.	Adopt the recommendations set out in the report	D2

6. Consultation

- 6.1. In common with previous Annual Public Health Reports, evidence is gained from a number of different sources. Once finalised, the report and its recommendations will be shared with a range of organisations and committees. The report will also be presented to a range of council committees. These include the Health and Adult Social Care Overview and Scrutiny Committee and Cabinet.

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's Annual Public Health Report.

9. Recommendations

- 9.1. The Health and Wellbeing Board is recommended to note the Annual Public Health Report **2021/22**
- 9.2. Health and Wellbeing Board members are asked to consider how they or the organisations that they represent can help to deliver the recommendations in the Annual Public Health Report.

Lead officer contact

James Williams, Director of Public Health
Email: James.williams@medway.gov.uk Tel: 01634 332480

Appendices

Appendix 1 – Annual Public Health Report 2021/22

Background papers

None