

ONE MEDWAY COUNCIL PLAN

2024/28

Proud to be Medway

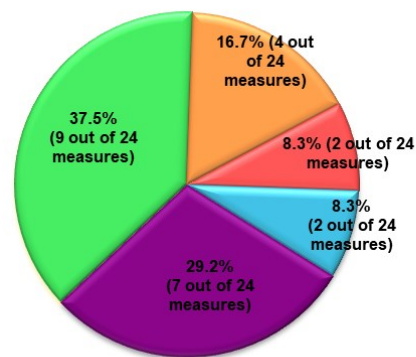


Q1 & Q2 2024/25 Health & Social Care Overview & Scrutiny Committee

Summary of all performance indicators

There are 24 performance indicators for the One Medway Council Plan 2024/28 relevant to this committee.

Performance

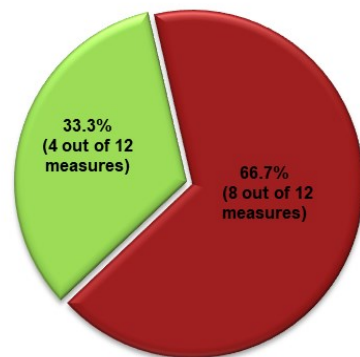


Performance - key
Green means met or exceeded target
Amber means slightly below target
Red means significantly below target
Data means data only. No target set
NA means not available this quarter or annual PI

This chart shows the performance for all the measures:

- 37.5% (9 out of 24 measures) met or exceeded target.
- 16.7% (4 out of 24 measures) were slightly below target (less than 5%).
- 8.3% (2 out of 24 measures) were significantly below target (more than 5%).
- 8.3% (2 out of 24 measures) were data only or status unavailable.
- 29.2% (7 out of 24 measures) were not available or annual PIs.

Direction of Travel



Direction of Travel - key
Green means positive travel
Blue means static
Red means negative travel

This chart shows the direction of travel for 12 measures:

- 33.3% (4 out of 12 measures) had an upward long trend.
- 0.0% (0 out of 12 measures) had a static long trend.
- 66.7% (8 out of 12 measures) had a downward long trend.

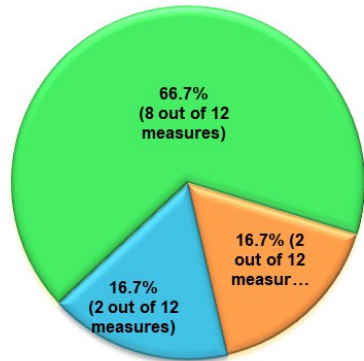
Delivering quality social care and community services

- Provide effective, targeted support for our most vulnerable residents to enable them to fulfil their potential and improve their quality of life.
- Support people of all ages to live the most happy, healthy, independent life possible, utilising assistive technologies.
- Ensure that services support children in care to thrive, fulfil their potential, build meaningful relationships and make good transitions to adulthood, so that they can live as independent lives as possible in their communities.
- Provide creative, cultural and community services and facilities across Medway that everyone can access and benefit from.
- Support our children and young people to ensure they are safe, secure and stable.
- Support all adults, including those living with disability or physical or mental illness to live independently and stay safe.
- People in Medway live independent and fulfilled lives into an active older age.

Summary of all performance indicators for this priority

There are 12 performance indicators for the One Medway Council Plan 2024/28 which fall under this priority.

Performance

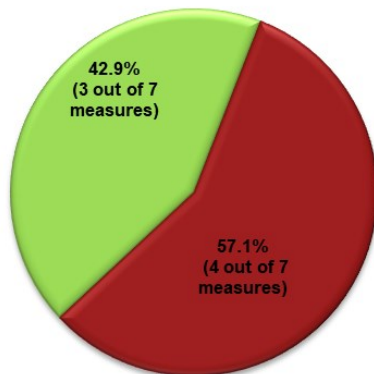


Performance - key
Green means met or exceeded target
Amber means slightly below target
Red means significantly below target
Data means data only. No target set
NA means not available this quarter or annual PI

This chart shows the performance for all the measures:

- 66.7% (8 out of 12 measures) met or exceeded target.
- 16.7% (2 out of 12 measures) were slightly below target (less than 5%).
- 0.0% (0 out of 12 measures) were significantly below target (more than 5%).
- 16.7% (2 out of 12 measures) were data only or status unavailable.
- 0.0% (0 out of 12 measures) were not available or annual PIs.

Direction of Travel



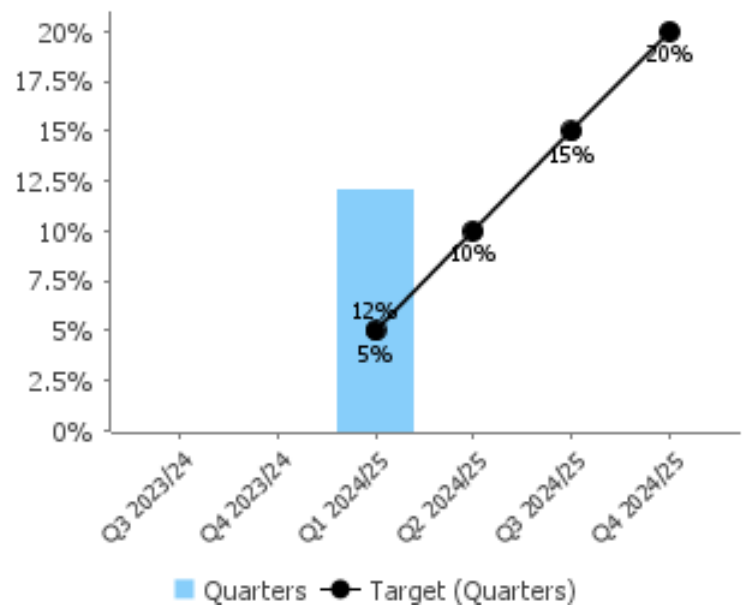
Direction of Travel - key
Green means positive travel
Blue means static
Red means negative travel

This chart shows the direction of travel for 7 measures:

- 42.9% (3 out of 7 measures) had an upward long trend.
- 0.0% (0 out of 7 measures) had a static long trend.
- 57.1% (4 out of 7 measures) had a downward long trend.

Provide effective, targeted support for our most vulnerable residents to enable them to fulfil their potential and improve their quality of life

- 1.02 Commissioned domiciliary care workers MECC training



Aim to Maximise Green (no long trend)

By 2027/28, 80% of commissioned domiciliary care workers will have undertaken Making Every Contact Count training. This performance indicator is reported a quarter in arrears.

The Support to Live at Home Service requires that service providers ensure their employees undertake Make Every Contact Count (MECC) training. There are currently 13 Service Providers appointed to the framework who deliver Homecare and 2 Providers across 5 Extra Care Schemes. Combined they employ an average of 493 staff with 61 being MECC trained.

Summary

Carers interact with service users daily, which provides opportunities to have conversations that can bring about positive changes to a person’s health and lifestyle. MECC training will enable care staff to better understand how to start these conversations with people by looking at what matters to them and help find solutions by sign posting them to different services.

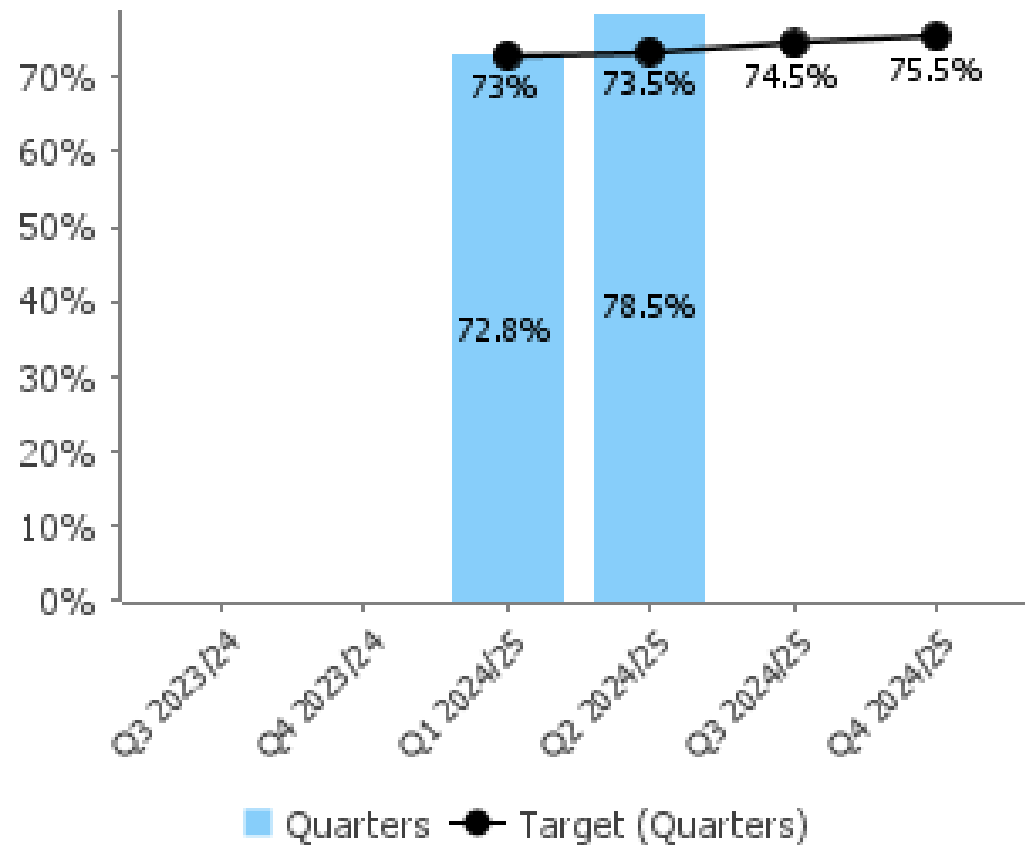
MECC training, provided by Public Health, explains the principles of MECC. It covers local services that help people to stop smoking, maintain a healthy weight, reduce alcohol related harm, and improve their mental health and wellbeing.

The contract requires 20% of staff be trained in MECC by the end of year one and for each year thereafter giving a total of 80% of staff trained by 2028. There are currently 3 training sessions available for MECC training (July 2024, October 2024 and January 2025), each accommodating 18 people.

Outcome

During Q1 2024/25, 12% of the combined providers workforce have been MECC trained. The target of 5% has been met and exceeded.

Provide effective, targeted support for our most vulnerable residents to enable them to fulfil their potential and improve their quality of life - 1.03 By 2027/28 the proportion of people who received short-term services during the year, who previously were not receiving services, where no further request was made for ongoing support have increased to 80%

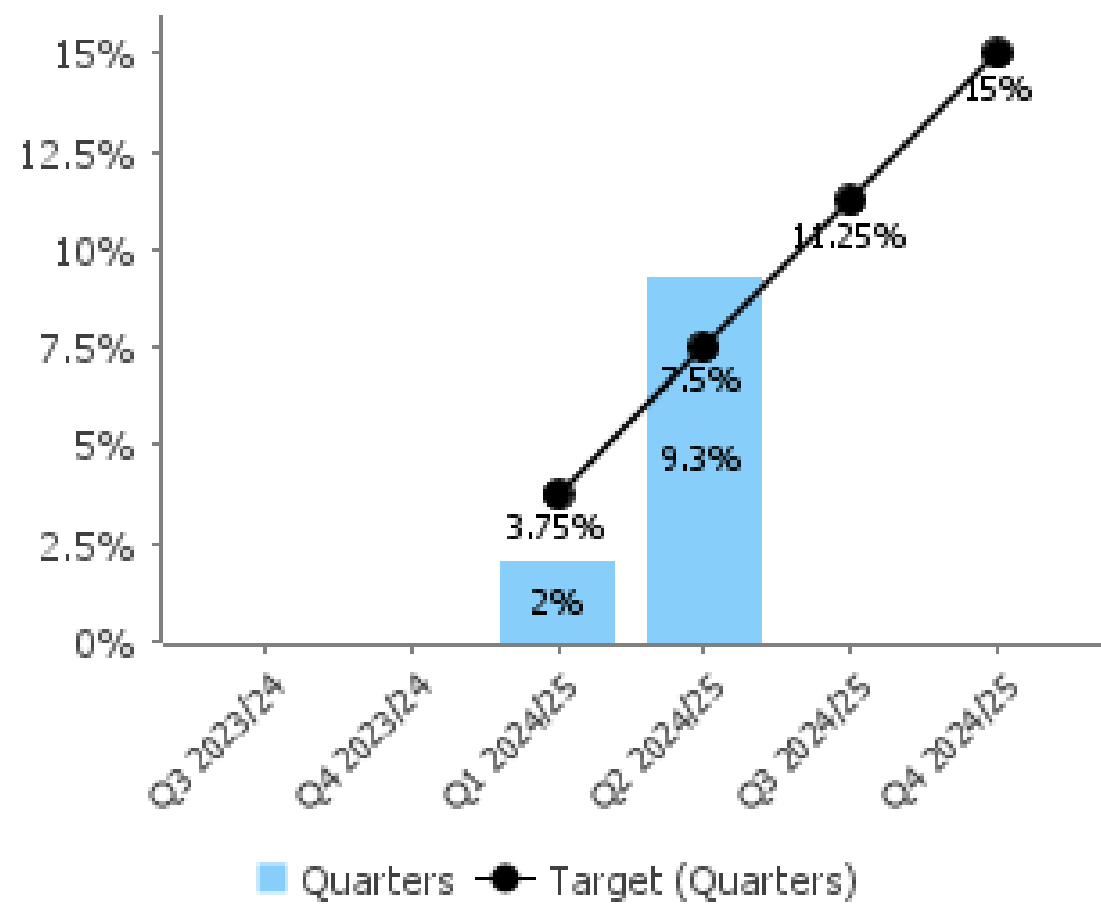


**Aim to Maximise
Green (upward long trend)**

There has been a 5.7 percentage point (pp) positive increase in this metric, which now exceeds target. Medway is now better than the most recent (2022/23) national and statistical neighbour's outturn.
In 2022-23 Medway (74.5%) was 3pp below the national (77.5%) and 1pp better than statistical neighbours (73.5%).
An Occupational Therapist (OT) Pilot, which aims to increase reablement, and prevent, reduce and delay the need for long term services has been in place since June 2024. This was initially for 3 months but has been extended for a further 3 months due to the early indicators of success in preventing, reducing and delaying long term services through early intervention and reablement.

Support people of all ages to live the most happy, healthy, independent life possible, utilising assistive technologies

- 1.04 Assistive Technology for long-term care or reablement in adult social care

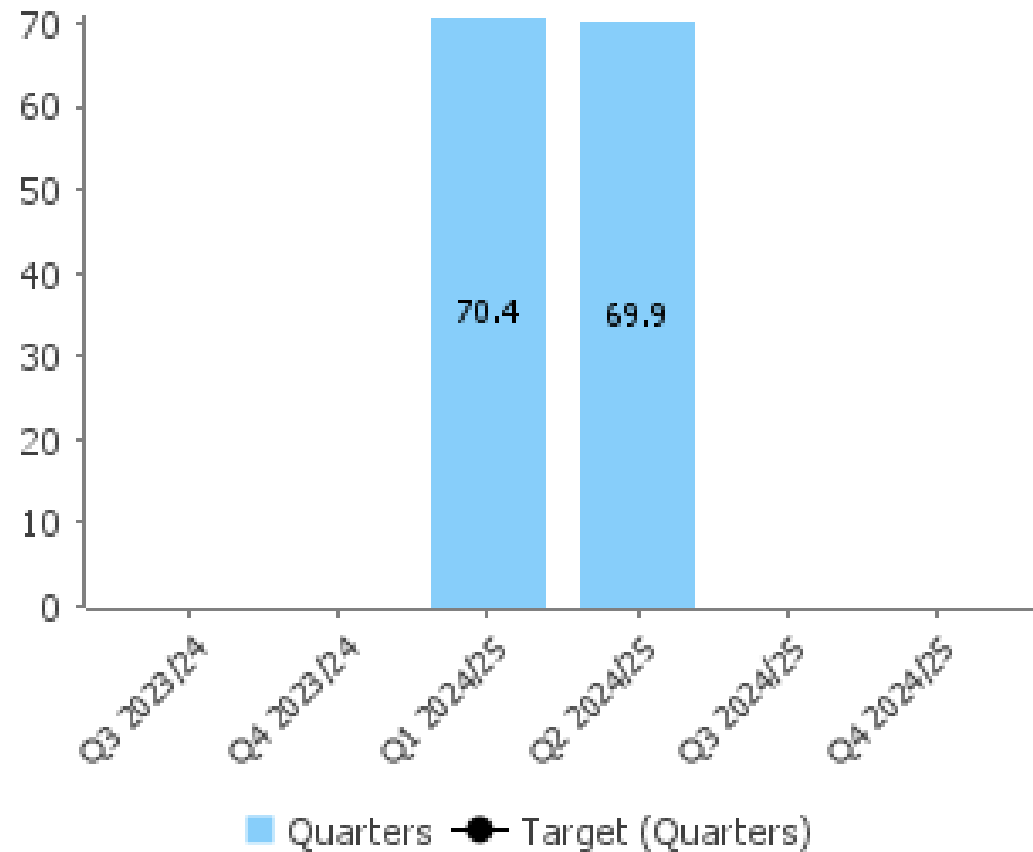


Aim to Maximise Green (upward long trend)

By 2027/28, there will be at least a 40% increase in use of assistive technology. The value represents the number of assistive technologies used in long term care (LTC) or enablement (ENB) settings in Adult Social Care (ASC). This performance indicator is cumulative. LTC users are clients that use this service to support care packages with no end date. Historically, the number of clients installed increases monthly from Q2 onwards. The dedicated Assistive Technology Champion within Adult Social Care (ASC) localities and review teams is now active and providing excellent support. ENB is where users are helped to further improve out of the hospital setting for a period of up to six weeks. Both services have met and exceeded the target of 7.5% in Q2, with a 9.3% increase in the use of assistive technologies in 2024/25 so far. Expectations are that the target of a 15% increase will be met by the end of the financial year.

Support all adults, including those living with disability or physical or mental illness to live independently and stay safe

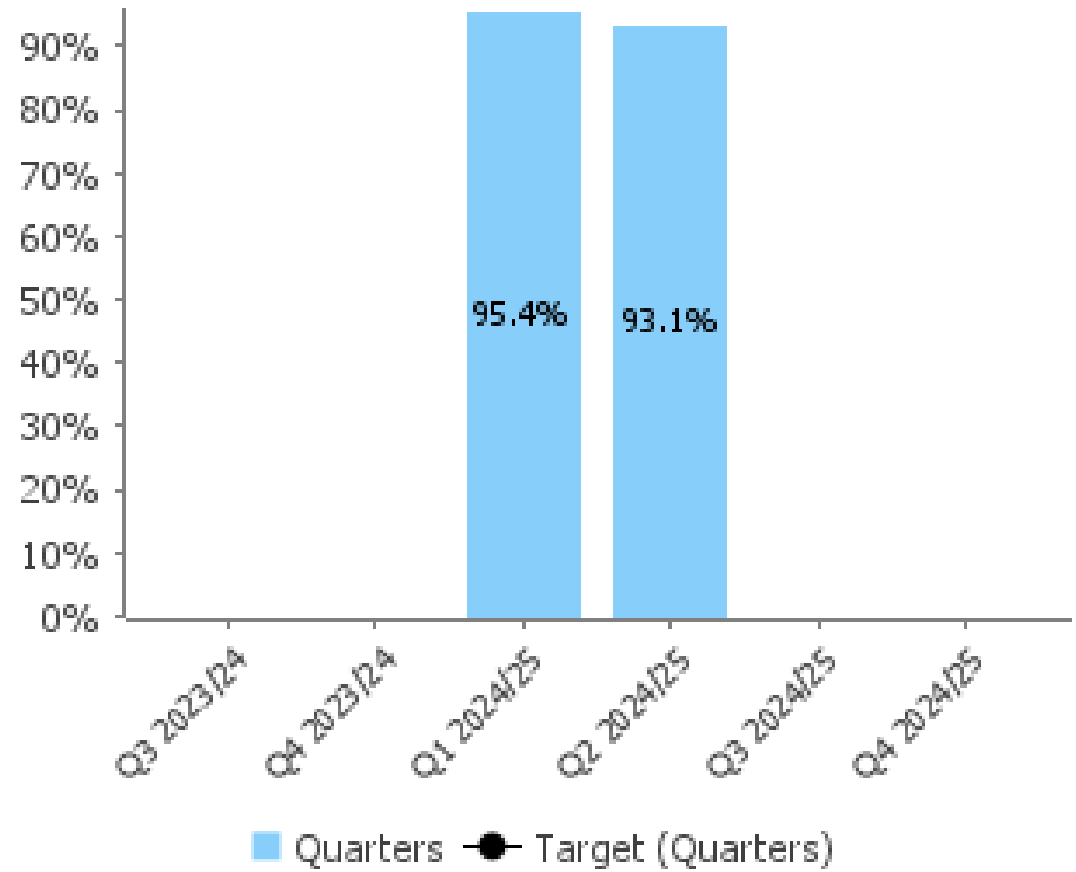
- 1.14 By 2027/28, the proportion of people who receive long-term support who live in their home or with family is similar to the national average



Aim to Maximise
Status unavailable (downward long trend)

This is a new national measure. Targets will be agreed following the publication of the first data set, which is expected in the autumn. Local data shows that 2,100 of 3,003 clients receive services in the community, a small drop from the Q1 outturn. This should be viewed as indicative as the final national methodology for calculating this metric has not been published yet. We are developing a carers offer to support individuals remain supported at home for longer. Additionally, we are recruiting a Head of Short Term Projects to undertake this work.

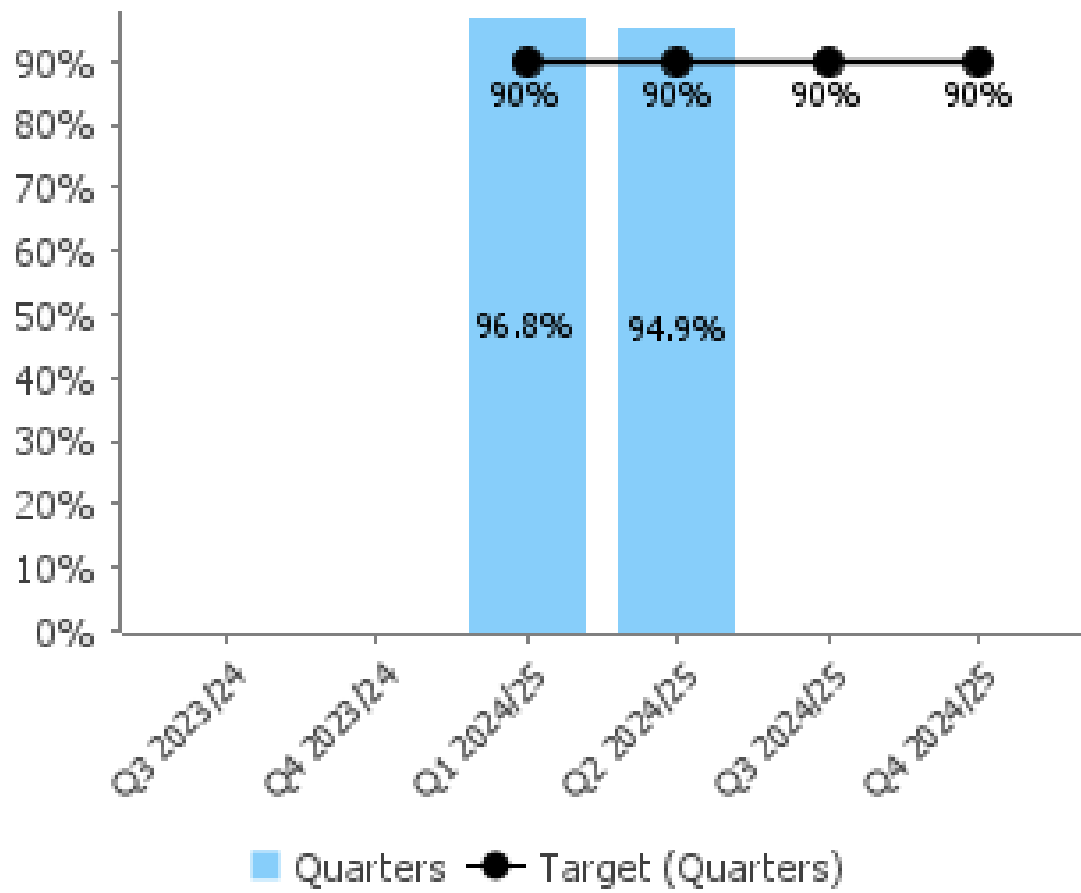
Support all adults, including those living with disability or physical or mental illness to live independently and stay safe
- 1.15 By 2027/28 the proportion of closed safeguarding enquiries where risk is reduced or removed is better than the national percentage



Aim to Maximise
Status unavailable (downward long trend)

This is a new national measure. Targets will be agreed following the publication of the first data set, which is expected in the autumn.
Local data shows that there were 303 safeguarding enquiries closed in Q2, and of these 282 were resolved with the risk reduced or removed. This is 93.1% which is a slight reduction on the Q1 outturn.
We are developing a carers offer to support individuals remain supported at home for longer. Additionally, we are recruiting a Head of Short Term Projects to undertake this work.

Support all adults, including those living with disability or physical or mental illness to live independently and stay safe
- 1.16 By 2027/28, 90% of people with a concluded safeguarding enquiry achieve either their desired outcome, or their desired outcome is partially met

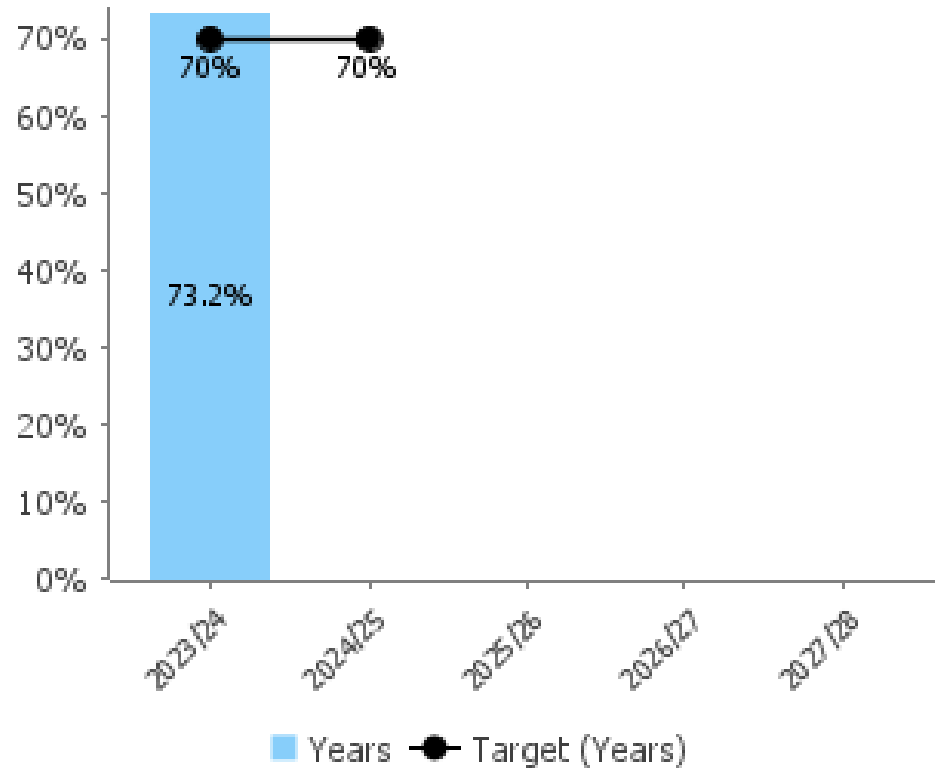


Aim to Maximise Green (downward long trend)

There were 303 closed enquiries in Q2. Of these, 175 clients expressed a making safeguarding personal outcome. 9 of these 175 have the desired outcome not achieved, meaning 94.9% were met or partially met. This is 1.9 percentage points (pp) lower than in Q1. It should also be noted that in Q1 79.1% of closed enquiries had a making safeguarding personal outcome recorded. In Q2 this had dropped to 57.8%. National benchmarking is taken from a voluntary collection. The latest data (2022-23) saw 135 out of 152 local authorities (LAs) respond. From this cohort 91.9% saw the desired outcome met or partially met. We are monitoring and reviewing why the risk could not be reduced or removed, identify any themes and then take appropriate actions to support the increase of removal or reducing of risk going forward.

Support all adults, including those living with disability or physical or mental illness to live independently and stay safe

- 1.17 By 2027/28, the proportion of people who use long term adult social care services who report that they feel safe is similar to, or higher than, our statistical neighbours



**Aim to Maximise
Green (no long trend)
Annual PI**

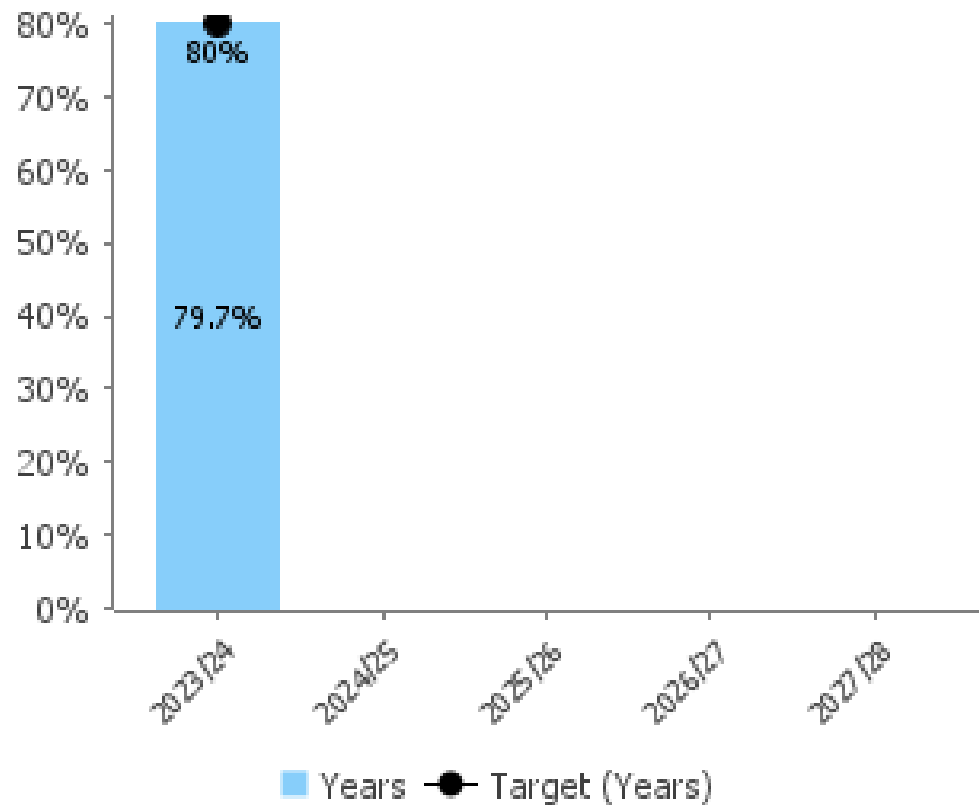
This metric is part of Priority 1, Delivering quality social care and community services and the sub priority: Support all adults, including those living with disability or physical or mental illness to live independently and stay safe.

Local, unvalidated data, shows a year-on-year improvement of 4.9 percentage points (pp) (7%). This should be seen as indicative only. Validated data for the 2023/24 year, with national comparisons, is expected autumn 2024. This performance indicator is reported a year in arrears.

For 2022/23 Medway was 1.4pp behind national (69.7%) and 2.1pp behind our statistical neighbours. This measure is taken from the Adult Social Care (ASC) Users survey.

In future we will analyse the reasons that people reported they did not feel safe so steps can be taken to improve. Also, we will consider introducing a mandatory question to ask individuals if they feel safe during our interventions such as safeguarding, Myplan, Reviews, Conversation 2 and Conversation 3.

People in Medway live independent and fulfilled lives into an active older age
- 1.18 By 2027/28, the proportion of people who use long term social care services who report having control over their daily lives is similar to, or higher than, the national average



**Aim to Maximise
 Amber (no long trend)
 Annual PI**

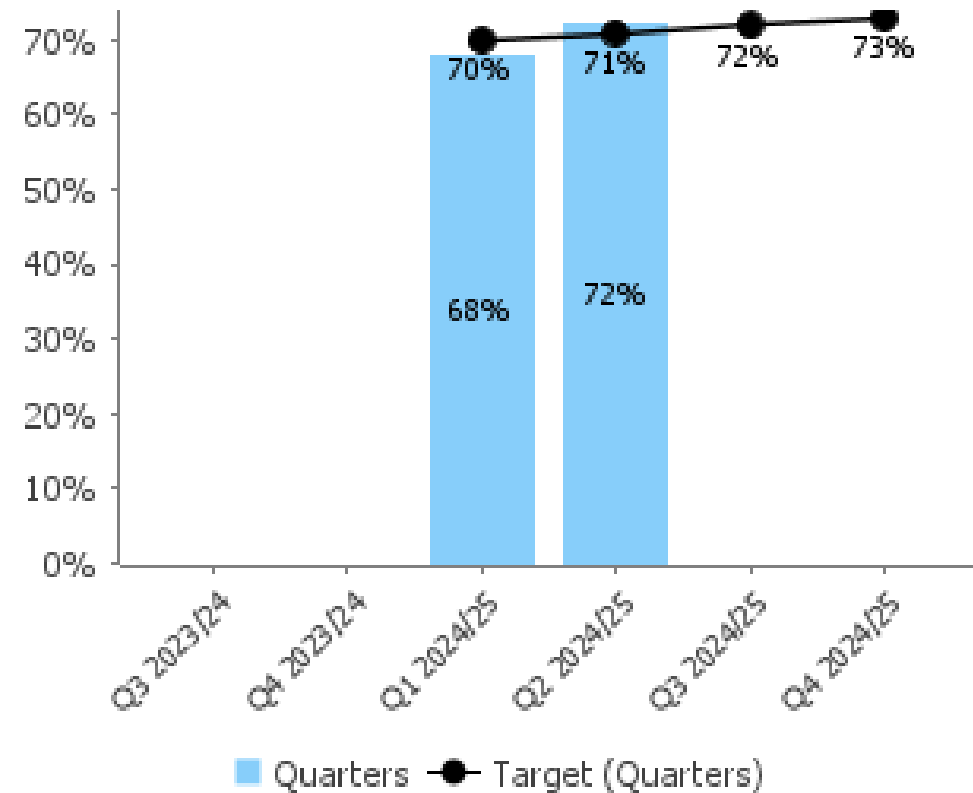
This metric is part of Priority 1, Delivering quality social care and community services and the sub priority: People in Medway live independent and fulfilled lives into an active older age.

Local, unvalidated data, shows a year-on-year improvement of 0.7 percentage points (pp) (0.9%). This should be seen as indicative only. Validated data for the 2023/24 year, with national comparisons, is expected autumn 2024. This performance measure is reported a year in arrears.

For 2022/23 Medway was 2pp higher than national (77%) and the same as statistical neighbours (79%). This measure is taken from the Adult Social Care (ASC) Users survey.

In future we will analyse the reasons that people reported they did not feel in control as a result of ASC interventions so steps can be taken to improve.

People in Medway live independent and fulfilled lives into an active older age
- 1.19 By 2027/28, the proportion of older people (65 and over) who are still at home 91 days after discharge from hospital into reablement services is similar to, or higher than, our statistical neighbours

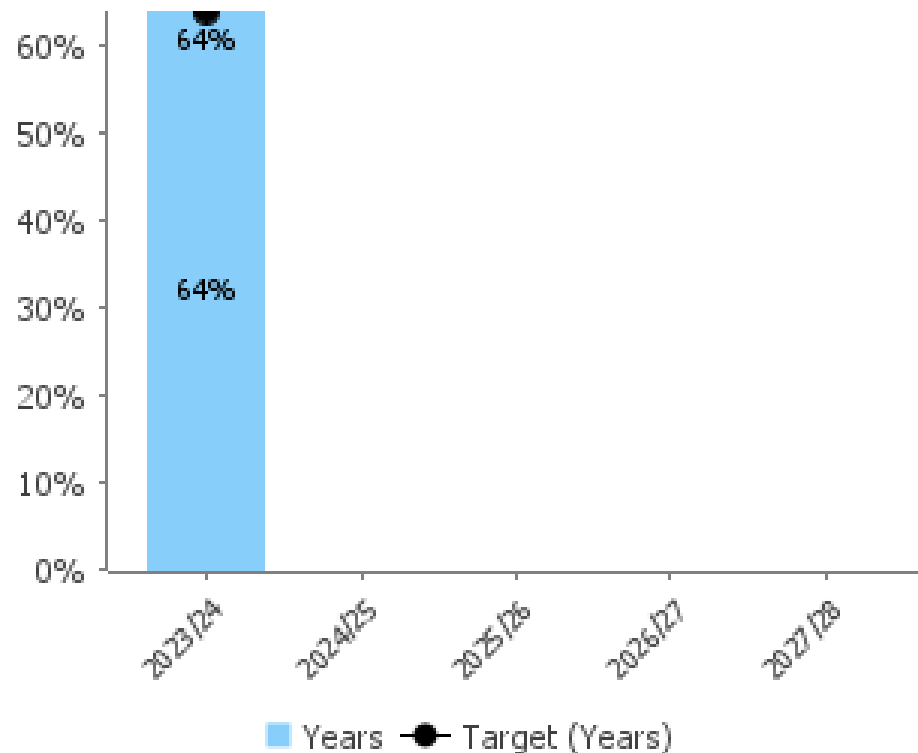


**Aim to Maximise
Green (upward long trend)**

The Q1 figure has been updated to 68% as the June data has now been received.
 Data is available up to August 2024. This shows that 72% of the cohort remained in their homes three months after discharge, which is better than the apportioned target for the quarter (71%). Medway remains 9 percentage points (pp) behind the national and comparator proportion.
 Benchmarking:
 For 2022/23 Medway was 12pp lower than national (82%) and statistical neighbours (82%).
 The Intermediate Care and Reablement Service is a commissioned service delivered by Community Health. We work closely with them to ensure that people ready to be discharged from hospital receive the most appropriate service to meet their needs. The new Intermediate Care & Reablement Service enables the provider to flex their resource to meet demands, i.e., either Home First and/or Intermediate Care Bed. We are working with the Health and Care Partnership to look at other options to enable people to be discharged from hospital and decisions made about their care and support needs away from the acute setting.

People in Medway live independent and fulfilled lives into an active older age

- 1.20 By 2027/28, the proportion of people who use adult social care services who report that they find it easy to find information about services is higher than the national average



**Aim to Maximise
Green (no long trend)
Annual PI**

This metric is part of Priority 1, Delivering quality social care and community services and the sub priority: People in Medway live independent and fulfilled lives into an active older age.

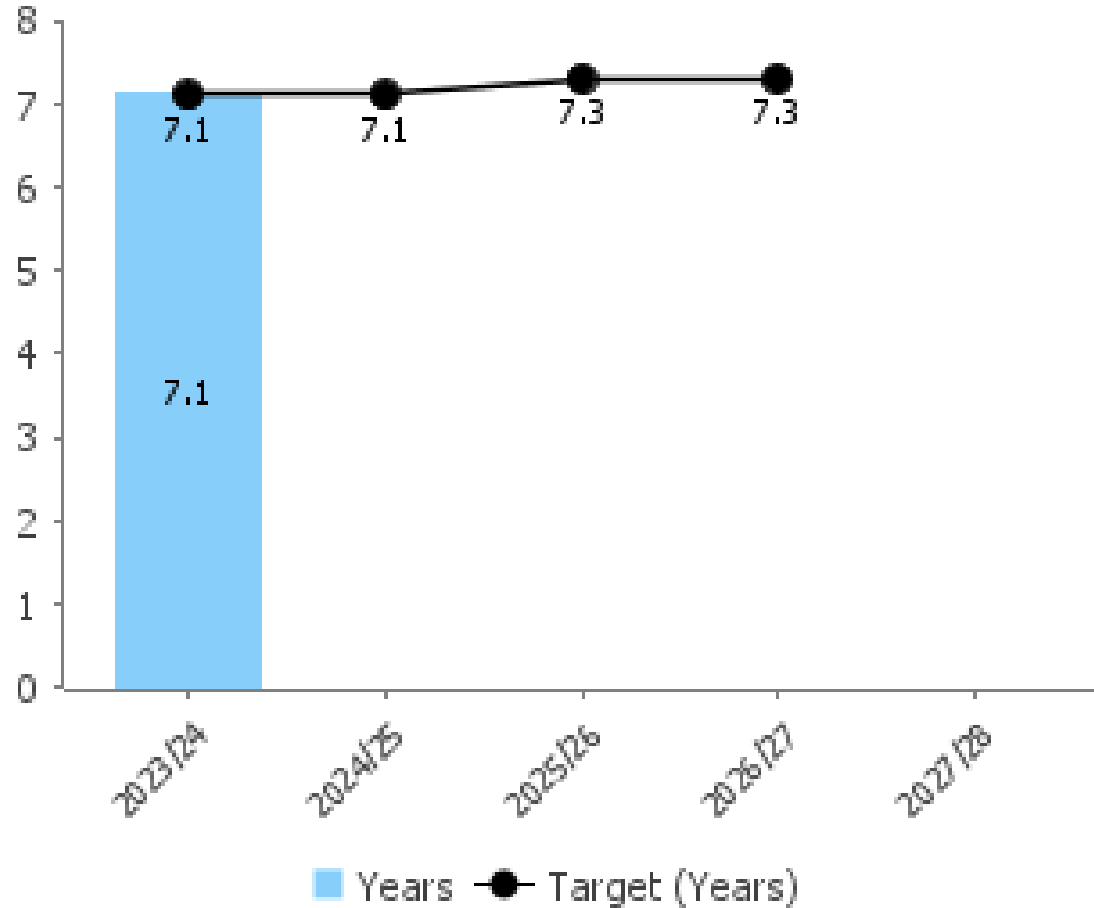
Local, unvalidated data, shows a year-on-year improvement of 2.1 percentage points (pp) (3.4%). This should be seen as indicative only. Validated data for the 2023/24 year, with national comparisons, is expected autumn 2024. This performance indicator is reported a year in arrears.

For 2022/23 Medway was 5pp lower than national (67%) and 3pp lower than statistical neighbours (65%). This measure is taken from the Adult Social Care (ASC) Users survey.

In future the Engagement Manager is to consult individuals and groups about how they prefer to access information. Additionally, the Head of Transformation/Head of Short Term Projects is to develop our digital offer and other means of communication.

People in Medway live independent and fulfilled lives into an active older age

- 1.21 By 2027/28, the carer reported quality of life score is statistically similar to, or higher than, the national average



**Aim to Maximise
Green (no long trend)
Annual PI**

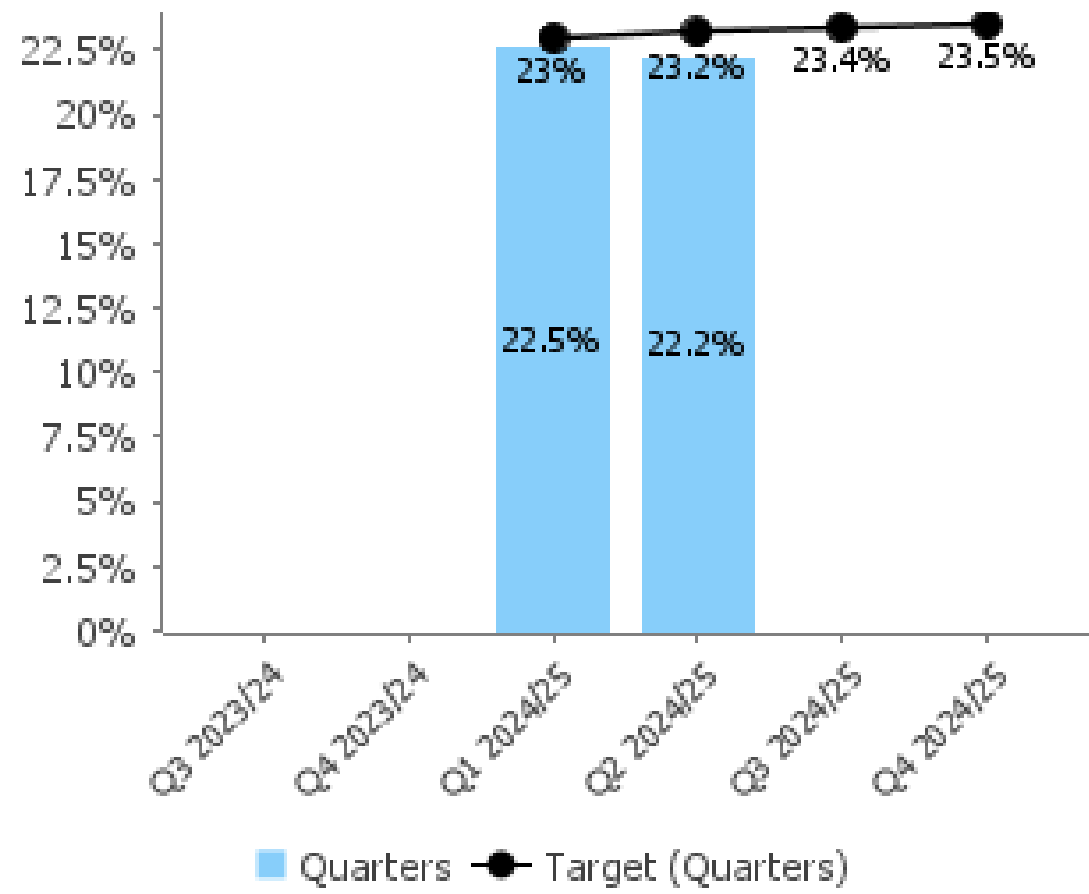
This metric is part of Priority 1, Delivering quality social care and community services and the sub priority: People in Medway live independent and fulfilled lives into an active older age.

Local, unvalidated data, shows a year-on-year decline of 0.1 point (1.4%). This should be seen as indicative only. Validated data is generated from the biennial survey of carers. The 2023/24 outturn will be published later in the year. This performance indicator is reported a year in arrears.

For 2021/22 Medway was 0.1 points lower than national (7.3) and the same as statistical neighbours (7.2).

We are developing a Carers offer to support carers to have an improved quality of life. Additionally, we are recruiting a Head of Short-Term Projects to undertake this work.

People in Medway live independent and fulfilled lives into an active older age
- 1.22 By 2027/28, the proportion of long-term clients receiving support via a Direct Payment is similar to or better than the National percentage.



Aim to Maximise Amber (downward long trend)

The ongoing downward trend has continued. Currently there are 472 clients receiving a direct payment (DP). This is similar to the number at the end of June, but the denominator has increased. Comparator data will be refreshed for the 2023/24 year in the autumn.

For 2022/23 Medway (28.7%) was 2.5 percentage points (pp) above national (26.2%) and 0.6pp above statistical neighbours (28.1%).

There has been an increase in the number of referrals received however these remain insufficient to meet the target. If this continues, the incremental increases will not be achieved for each quarter in 2024/25.

The Self Directed Support (SDS) team manager has attended team meetings as part of the Best Practice Funding Panel. A leaflet has been developed for social workers and residents explaining the benefits of receiving a DP. Teams have identified DP champions to work in each of the Locality Teams with the objective of increasing referrals. There are also lunch time learning sessions that have been made mandatory for Social Workers, Social Care Officers and Occupational Therapists to attend.

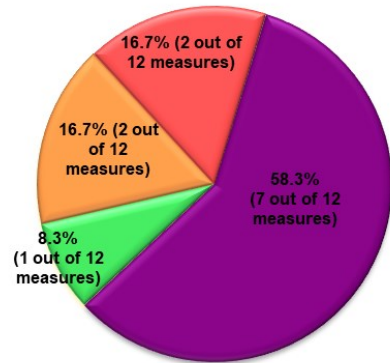
Improving health and wellbeing for all

- Empowering people to achieve good health and wellbeing through prevention, with access to local activities and services that will enable and support them to lead independent, active and healthy lifestyles.
- Support families to give their children the best start in life.
- Work collaboratively to grow participation year on year in recreational play, sport and physical activity as a means of promoting improved physical and mental health and wellbeing.
- Work in partnership with communities and organisations to address the issues that negatively affect health and wellbeing, making sure everyone has the opportunity to live long, healthy lives.

Summary of all performance indicators for this priority

There are 12 performance indicators for the One Medway Council Plan 2024/28 which fall under this priority.

Performance

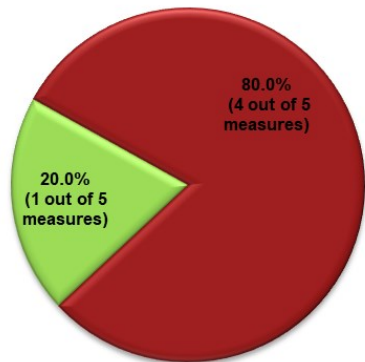


Performance - key
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Data means data only. No target set
NA means not available this quarter or annual PI

This chart shows the performance for all the measures:

- 8.3% (1 out of 12 measures) met or exceeded target.
- 16.7% (2 out of 12 measures) were slightly below target (less than 5%).
- 16.7% (2 out of 12 measures) were significantly below target (more than 5%).
- 0.0% (0 out of 12 measures) were data only or status unavailable.
- 58.3% (7 out of 12 measures) were not available or annual PIs.

Direction of Travel



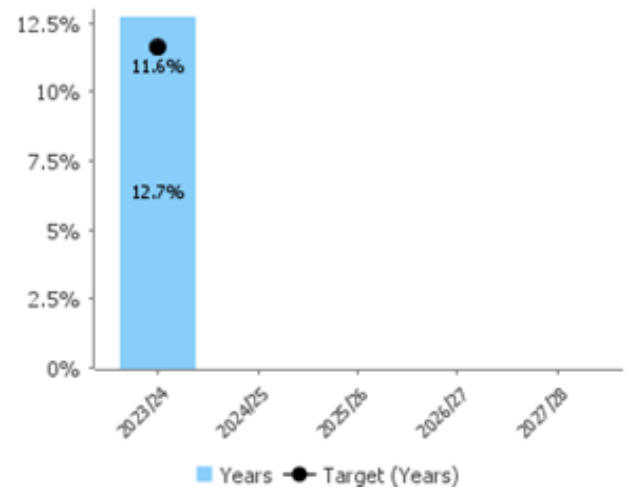
Direction of Travel - key
Green means positive travel
Blue means static
Red means negative travel

This chart shows the direction of travel for 5 measures:

- 20.0% (1 out of 5 measures) had an upward long trend.
- 0.0% (0 out of 5 measures) had a static long trend.
- 80.0% (4 out of 5 measures) had a downward long trend.

Empowering people to achieve good health and wellbeing through prevention, with access to local activities and services that will enable and support them to lead independent, active and healthy lifestyles

- 4.01 Smoking prevalence in adult (18+ yrs)



Aim to Minimise Green (downward long trend) Annual PI

By 2027/28, the proportion of adults (18+ years) who are self-reported smokers is statistically similar to, or lower than, the England average (comparing England and Medway values in 2026).

This performance indicator is reported a year in arrears.

Smoking prevalence in Medway for 2023 was 12.7%, which meets the target of being statistically similar to England. Medway had a 3-year average of 12% which is below the England average of 12.4% for the same period. Medway's smoking prevalence has continued to decline since 2011 (24.2%).

Smoking cessation services are offered via several options, with clients being offered vapes and Nicotine Replacement Therapy. The medications Cytisine and Varenicline will soon be available to support those wanting to quit.

Achievements

In 2023/24, Medway Stop Smoking Service was 22nd in the country for quits per 100k smokers and 3rd in the South East. There were 111 quits for Q1 24/25.

Medway has been awarded a Section 31 grant to:

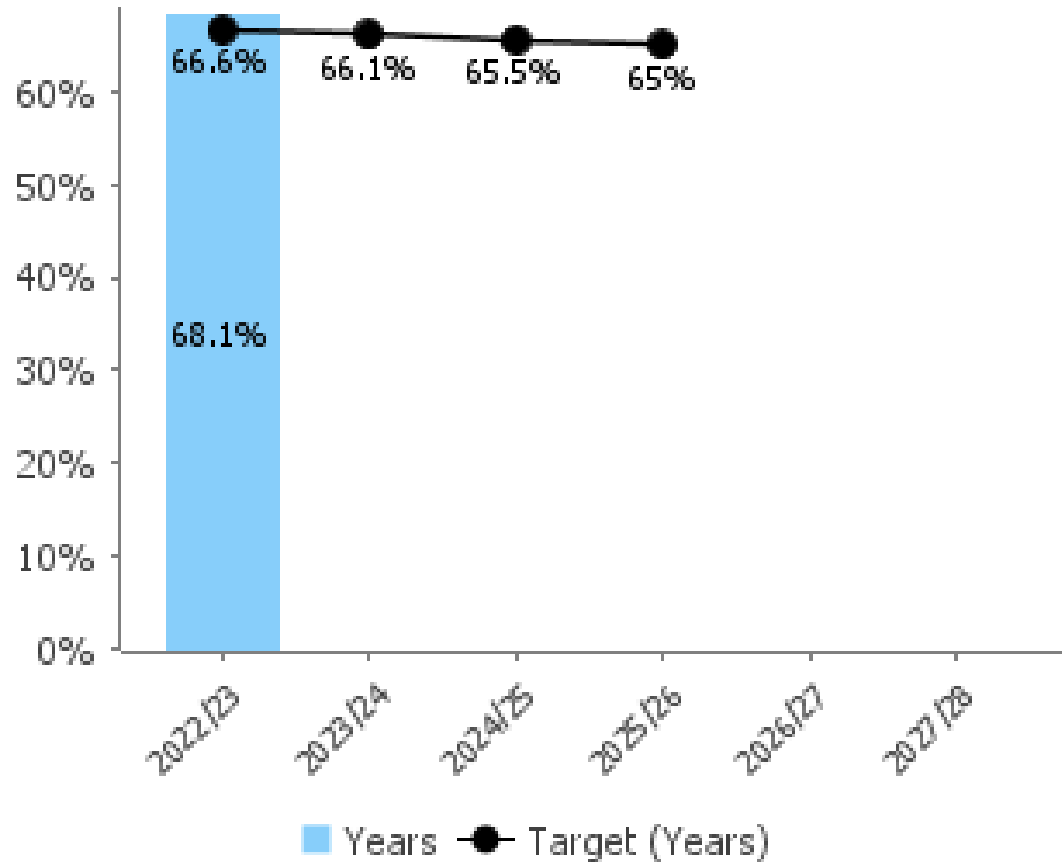
- Build capacity to deliver expanded local stop smoking services and support.
- Build demand for local stop smoking services and support.
- Deliver increases in the number of people setting a quit date and 4-week quit outcomes, and reporting outcomes in the Stop Smoking Services Collection.

Actions

- Seven pharmacies and three GP surgeries signed up to swap to stop.
- Cytisine formulary application was completed on behalf of Kent and Medway and work can proceed with the Patient Group Direction (PGD) application.
- Varenicline has returned to the market in generic form, so plans for the PGD update have begun.
- Planning is underway for the Section 31 grant. The focus will be on supporting those with mental health illnesses and from Eastern European populations.

Empowering people to achieve good health and wellbeing through prevention, with access to local activities and services that will enable and support them to lead independent, active and healthy lifestyles

- 4.02 Overweight (including obesity) prevalence in adults (18+ yrs)

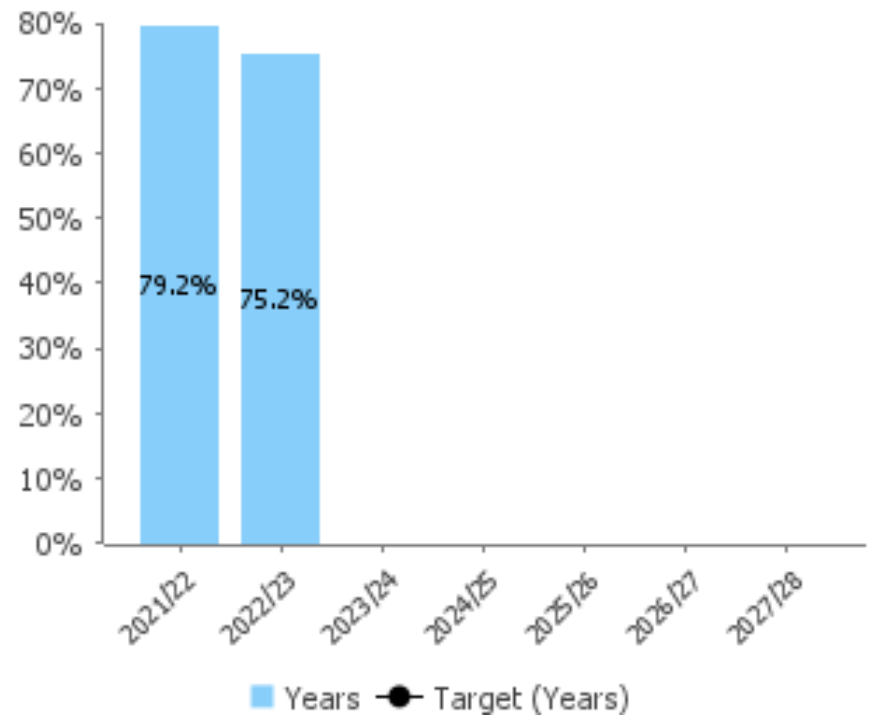


Aim to Minimise
Amber (upward long trend)
Annual PI

By 2027/28, the percentage of adults (18+) classified as overweight or obese is the same as or below 65%. This performance indicator is reported 2 years in arrears. The data from this indicator is collected from the Active Lives Survey and published on an annual basis. Significant steps are being implemented to reduce adult obesity rates in Medway. Recently, the 4th Medway Food Partnership event was held, engaging a broad range of partners in collaborative efforts. A comprehensive Food Strategy has been developed and will be presented to the Health and Wellbeing Board in November. Additionally, the Public Health team is actively delivering a variety of weight management interventions, including targeted weight management programmes, physical activity initiatives, and cookery sessions to promote healthier eating habits. These coordinated efforts aim to support individuals in achieving and maintaining a healthier lifestyle.

Empowering people to achieve good health and wellbeing through prevention, with access to local activities and services that will enable and support them to lead independent, active and healthy lifestyles

- 4.03 High life satisfaction score



Aim to Maximise
Data unavailable (no long trend)
Annual PI. Due November 2024

By 2027/28, the proportion of people who report “high” or “very high” levels of life satisfaction will be similar or higher compared to the England average. This performance indicator is reported a year in arrears.

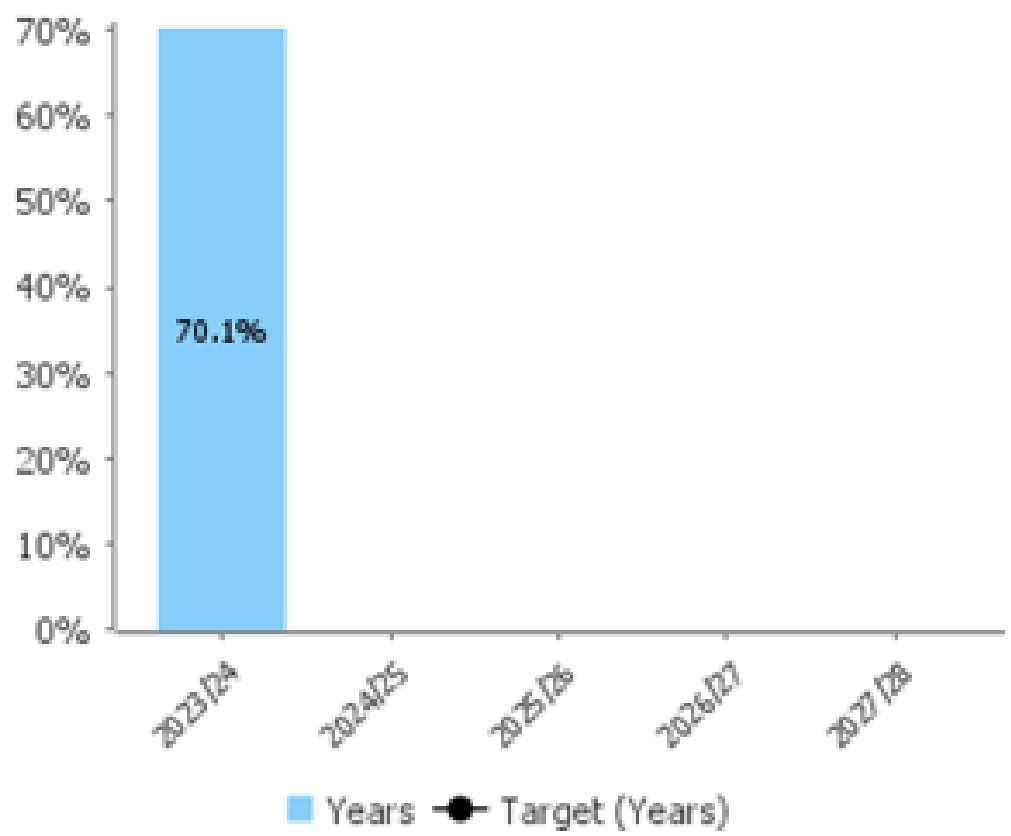
This data comes from the Annual Population Survey (APS) and the Office for National Statistics. The value for 2023/24 will be available in November. Data from the APS 2022/23 indicates that 75.2% of people reported “high” or “very high” levels of life satisfaction.

Actions and achievements

The Medway Joint Strategic Needs Assessment for Medway Health and Wellbeing has been completed and identifies recommendations for commissioning and further needs. Work has begun on developing the Kent and Medway (K&M) Work and Health Strategy and a new strategic partnership for health and economy has been formed. Promotion of the five Ways to Wellbeing is embedded into public health training for the workforce and Medway residents. Campaign days focus on raising awareness of how to access support for low mood, anxiety or depression.

Effective Partnerships with key providers ensure services are located in Medway community venues and accessible to those who would most benefit from intervention. Several new projects for Medway have been funded from the K&M suicide prevention budget including TalkClub for men. The Medway Men in Sheds contract has been extended for a further 12 months.

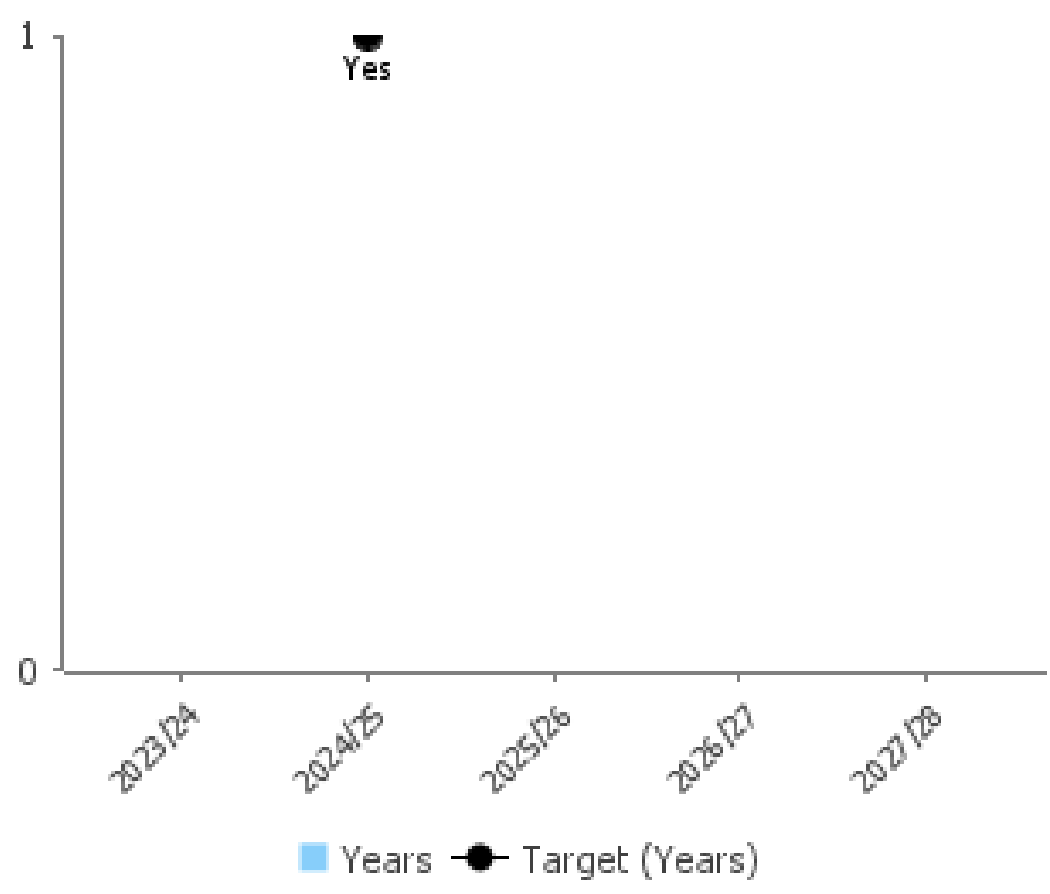
Empowering people to achieve good health and wellbeing through prevention, with access to local activities and services that will enable and support them to lead independent, active and healthy lifestyles
- 4.04 Bowel cancer screening



Aim to Maximise
Data unavailable (no long trend)
Annual PI. Due February 2025

By 2027/28 the proportion of the population aged 60 to 74 screened for bowel cancer will be similar or higher compared to the national average. This data comes from the Office for Health Improvement and Disparities and is based on data from NHS England. The value for 2024 will be available in February. Since 2020/21, the coverage in Medway has been above 60% and from 2023/24 has exceeded 70%. This represents the main cohort of 60–74-year-olds and does not yet include the younger age group, introduced into the programme from April 2021. *We are currently unable to provide additional comments on achievements and actions from NHS Screening providers this quarter. This information will be added when it is available or in Q3 24/25.*

Empowering people to achieve good health and wellbeing through prevention, with access to local activities and services that will enable and support them to lead independent, active and healthy lifestyles
- 4.05 Health facilities

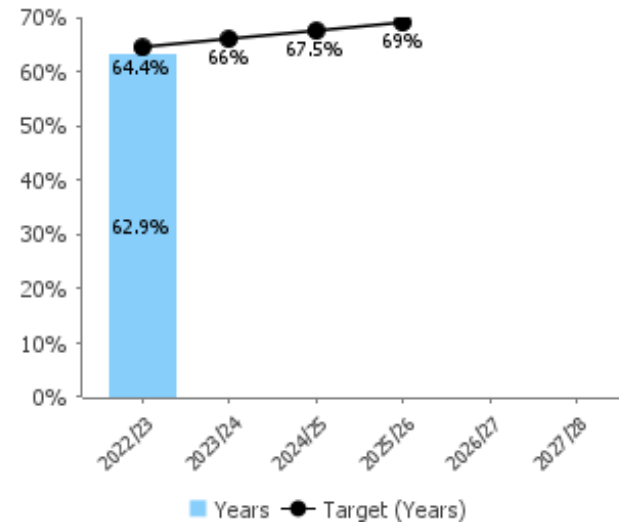


Aim to Maximise
Yes/No
Data unavailable (no long trend)
Annual PI. Due December 2024

This is an annual performance indicator. Data is due in December 2024.
The Infrastructure Funding Statement with health funding data will be reported to Cabinet in December 2024.

Work collaboratively to grow participation year on year in recreational play, sport and physical activity as a means of promoting improved physical and mental health and wellbeing

- 4.13 Physically active adults (19+ yrs)



**Aim to Maximise
Amber (downward long trend)
Annual PI**

By 2027/28, the percentage of physically active adults will have increased to 69%.

This performance indicator is reported 2 years in arrears.

The Public Health team continues to offer a range of interventions to support people to become more active.

Achievements

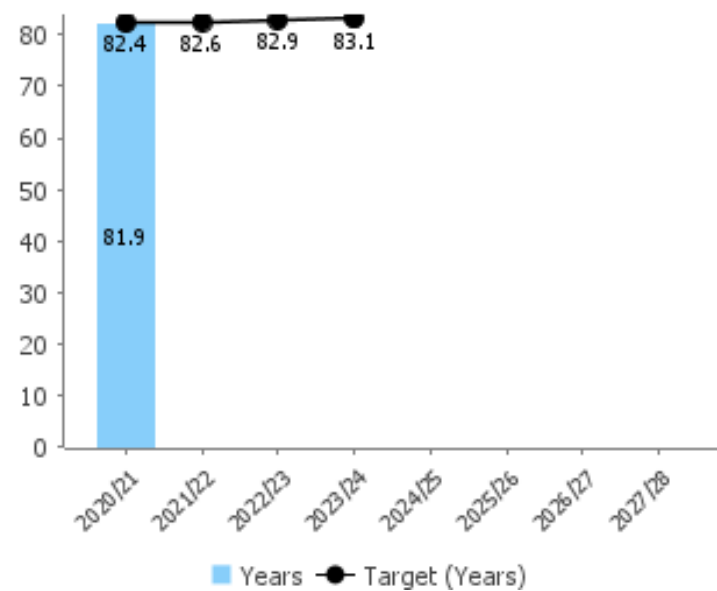
Up to the end of Q2 24/25 for Public Health interventions:

- 326 patients referred (year to date – YTD) for Active Referral Programme
- 262 people attended Small Steps, Big Changes courses
- 3,956 footfall for Let's Get Active classes. Classes are for a range of people including Rehab, Stroke, Neurology, Cardiac and ethnic minority groups
- 2,524 footfall in older adults programmes including Extra Care Schemes, Care Homes and includes Walk in the Park expansion to 10 walks across Medway
- 6,538 footfall YTD for Wellbeing Walks with 140 new walkers
- 961 footfall YTD for Nordic Walking with 22 new walkers
- 15-20 attendees for Nordic for Parkinsons each week
- 336 footfall for cycling groups

Actions:

- Continued development of our Better Care Fund funded Primary Falls Prevention Programme with an aim to launch in the new year.
- The next Physical Activity Alliance is planned for November 2024. The alliance has over 200 members and continues to grow.
- Medway are supporting the Community of Practice with partners across the Physical Activity and Health Sectors to develop the Pathways Project, integrating physical activity into Health and Care.

Work in partnership with communities and organisations to address the issues that negatively affect health and wellbeing, making sure everyone has the opportunity to live long, healthy lives
- 4.16a Life expectancy at birth (Female, 3 year range)



Aim to Maximise
Red (downward long trend)
Annual PI

By 2027/28, life expectancy at birth for females will have increased by 1 year. This performance indicator is reported 4 years in arrears. Data reported is for 2020 - 2022.

Life expectancy in Medway for females was 81.9 years in 2020-22, lower than the England average of 82.8 years. Factors like smoking, obesity, and deprivation impact this. The COVID-19 pandemic also caused a drop in life expectancy that hasn't fully recovered.

Medway offers public health programmes such as weight management services (e.g., Healthy Way), the Smoke Free Advice Centre, and NHS Health Checks. Recent achievements in Medway include:

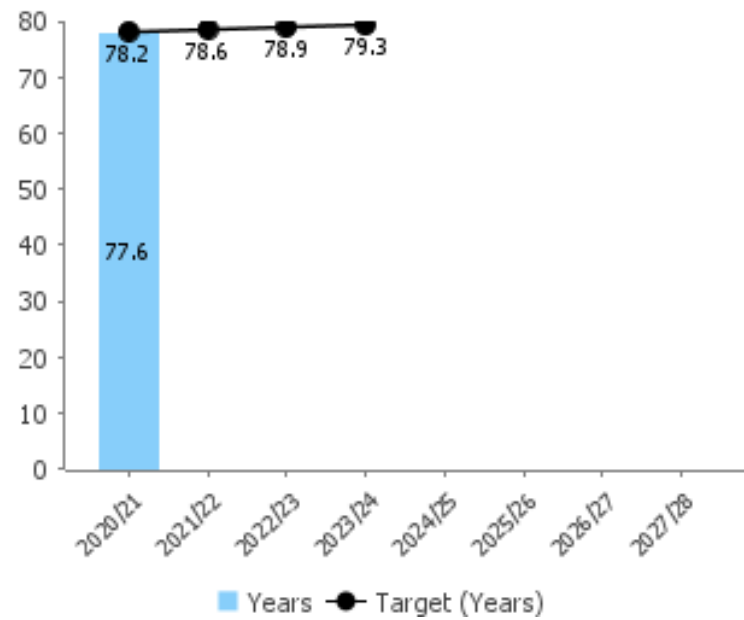
- A decrease in the adult (18+) obesity rate from 37.2% to 30.2% in 2022/23.
- Increased uptake of NHS health checks.

The Public Health team continues to work towards implementing services that promote life expectancy in Medway. In 2020 to 2022, this included adapting services to reduce the impact of COVID-19.

In-house services impacted by COVID-19 such as the NHS health checks, and in-person weight management programmes have now resumed and are operating as normal. Additionally, following the national Women's Health Strategy in 2022, NHS Kent and Medway are working with the local community to improve access and quality of women's services.

Medway is also in the process of becoming a 'Marmot Place', an initiative set up by the Institute of Health Equity. This means that Medway will be recognised as placing the reduction in health inequalities and the needs of the community at the centre of their approaches, interventions, and policies.

Work in partnership with communities and organisations to address the issues that negatively affect health and wellbeing, making sure everyone has the opportunity to live long, healthy lives
- 4.16b Life expectancy at birth (Male, 3 year range)



Aim to Maximise
Red (downward long trend)
Annual PI

By 2027/28, life expectancy at birth for males will have increased by 1.5 years. This performance indicator is reported 4 years in arrears. Data reported is for 2020 - 2022.

Life expectancy in Medway for males was 77.6 years in 2020-22, lower than the England average of 78.9 years. Factors like smoking, obesity, and deprivation impact this. The COVID-19 pandemic also caused a drop in life expectancy that hasn't fully recovered.

Medway offers public health programmes such as weight management services (e.g., Healthy Way, Man v Fat), the Smoke Free Advice Centre, and NHS Health Checks. Recent achievements in Medway include:

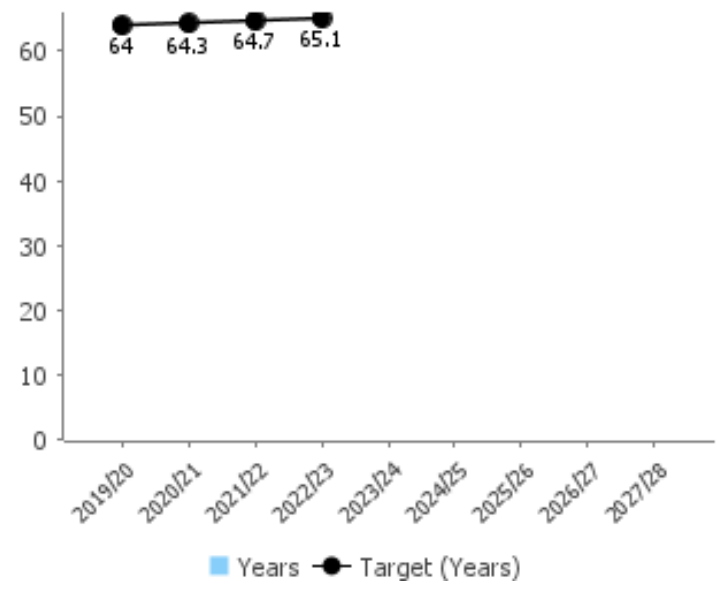
- A decrease in the adult (18+) obesity rate from 37.2% to 30.2% in 2022/23.
- Increased uptake of NHS health checks.

The Public Health team continues to work towards implementing services that promote life expectancy in Medway. In 2020 to 2022, this included adapting services to reduce the impact of COVID-19.

In-house services impacted by COVID-19 such as the NHS health checks, and in-person weight management programmes have now resumed and are operating as normal. Recent programmes include a men's Healthy Way group and the offer of free vape starter kits to adults and residents aged 18 and over.

Medway is also in the process of becoming a 'Marmot Place', an initiative set up by the Institute of Health Equity. This means that Medway will be recognised as placing the reduction in health inequalities and the needs of the community at the centre of their approaches, interventions, and policies.

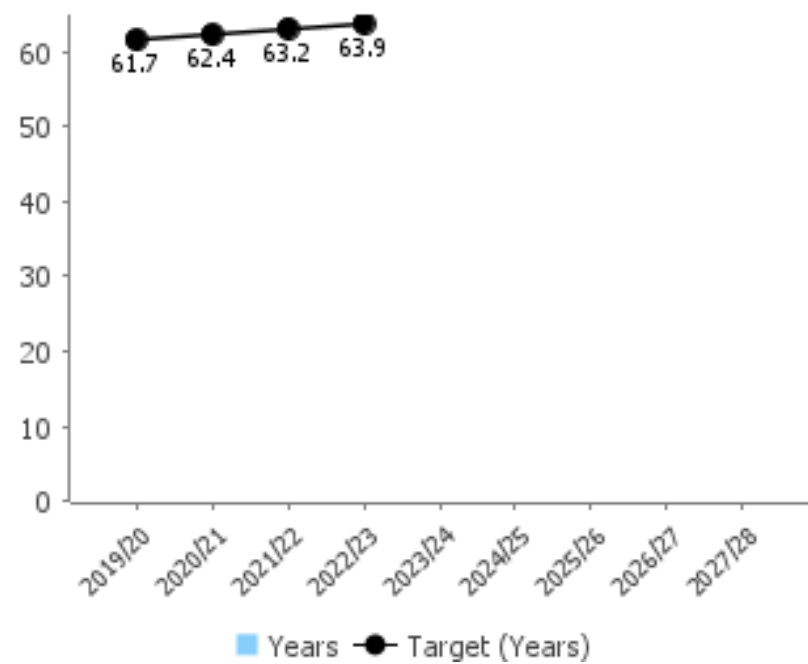
Work in partnership with communities and organisations to address the issues that negatively affect health and wellbeing, making sure everyone has the opportunity to live long, healthy lives
- 4.17a Healthy life expectancy at birth (Female, 3 year range)



Aim to Maximise
Data unavailable (no long trend)
Annual PI. Due March 2025

By 2027/28, healthy life expectancy at birth will have increased by 1.5 years for females. This performance indicator is reported 5 years in arrears. Data will be reported for 2019 - 2021. This data comes from the Office for National Statistics. The COVID-19 pandemic had a significant impact on the data collection which is causing delays in the release of subnational data. Healthy life expectancy at birth is the average number of years a person would expect to live in good health. In Medway, the healthy life expectancy for females was 63.6 years in 2018-20, similar to the England average of 63.9 years. This can be impacted by factors such as diet and nutrition, physical activity, smoking, deprivation, and access to healthcare. Medway offers public health programmes such as weight management services (e.g., Healthy Way), the Smoke Free Advice Centre, and NHS Health Checks. The Public Health team continues to work towards implementing services that promote life expectancy in Medway. In 2020 to 2022, this included adapting services to reduce the impact of COVID-19. In-house services impacted by COVID-19 such as the NHS health checks, and in-person weight management programmes, have now resumed and are operating as normal. Additionally, following the national Women’s Health Strategy in 2022, NHS Kent and Medway are working with the local community to improve access and quality of women’s services. Medway is also in the process of becoming a ‘Marmot Place’, an initiative set up by the Institute of Health Equity. This means that Medway will be recognised as placing the reduction in health inequalities and the needs of the community at the centre of their approaches, interventions, and policies.

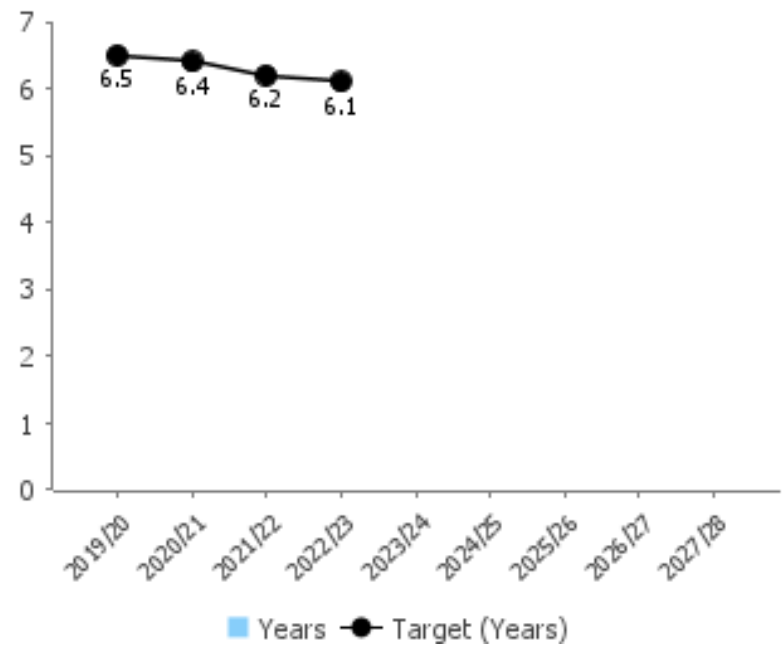
Work in partnership with communities and organisations to address the issues that negatively affect health and wellbeing, making sure everyone has the opportunity to live long, healthy lives
- 4.17b Healthy life expectancy at birth (Male, 3 year range)



Aim to Maximise
Data unavailable (no long trend)
Annual PI. Due March 2025

By 2027/28, healthy life expectancy at birth will have increased by 3 years for males. This performance indicator is reported 5 years in arrears. Data will be reported for 2019 - 2021. This data comes from the Office for National Statistics. The COVID-19 pandemic had a significant impact on the data collection which is causing delays in the release of subnational data. Healthy life expectancy at birth is the average number of years a person would expect to live in good health. In Medway, the healthy life expectancy for males was 60.9 years in 2018-20, similar to the England average of 63.1 years. This can be impacted by factors such as diet and nutrition, physical activity, smoking, deprivation, and access to healthcare. Medway offers public health programmes such as weight management services (e.g., Healthy Way), the Smoke Free Advice Centre, and NHS Health Checks. The Public Health team continues to work towards implementing services that promote life expectancy in Medway. In 2020 to 2022, this included adapting services to reduce the impact of COVID-19. In-house services impacted by COVID-19 such as the NHS health checks, and in-person weight management programmes, have now resumed and are operating as normal. Recent programmes include a men's Healthy Way group and the offer of free vape starter kits to adults and residents aged 18 and over. Medway is also in the process of becoming a 'Marmot Place', an initiative set up by the Institute of Health Equity. This means that Medway will be recognised as placing the reduction in health inequalities and the needs of the community at the centre of their approaches, interventions, and policies.

Work in partnership with communities and organisations to address the issues that negatively affect health and wellbeing, making sure everyone has the opportunity to live long, healthy lives
- 4.18a Inequality in life expectancy at birth (Female, 3 year range)

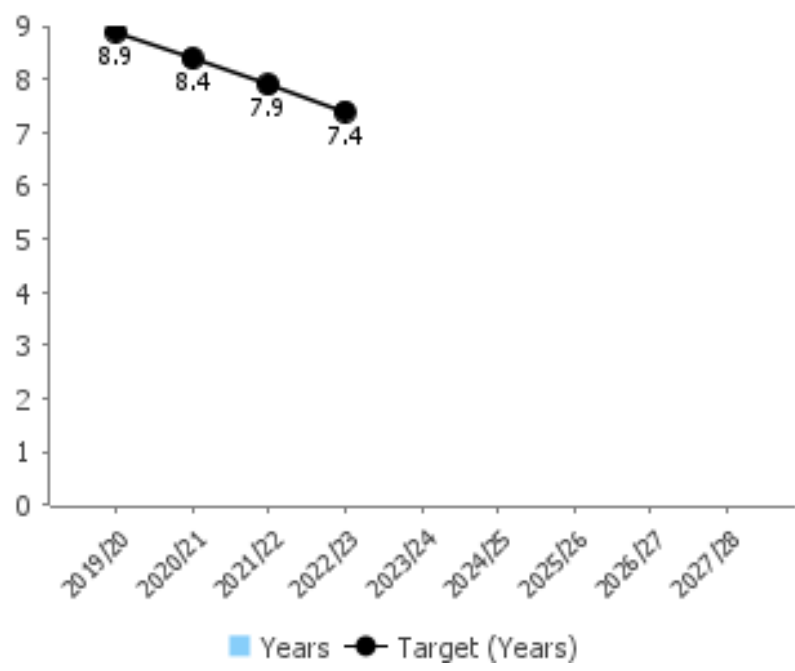


Aim to Minimise
Data unavailable (no long trend)
Annual PI. Due March 2025

By 2027/28, inequalities in life expectancy at birth will have decreased by 0.5 years for females. This performance indicator is reported 5 years in arrears. Data reported will be for 2019 - 2021. This data is calculated by the Office for Health Improvement and Disparities, using Office for National Statistics and Department for Levelling Up, Housing and Communities data. The COVID-19 pandemic had a significant impact on the data collection which is causing delays in the release of subnational data. Life expectancy is a key measure of population health. Differences in life expectancy are often linked to socioeconomic factors (like income and education), demographic traits (such as ethnicity and gender), geographic regions, or specific population groups. These differences can cause inequalities in life expectancy which can be measured using levels of deprivation. The inequality in life expectancy at birth in Medway for females was 6.6 years, compared to 7.9 years for England in 2018-20. This is in the middle quintile nationally, suggesting a smaller inequality gap compared to males in Medway. The Public Health team continues to work towards implementing services that promote increased life expectancy in Medway. In 2020 to 2022, this included adapting services to reduce the impact of COVID-19. Medway is also in the process of becoming a 'Marmot Place', an initiative set up by the Institute of Health Equity. This means that Medway will be recognised as placing the reduction in health inequalities and the needs of the community at the centre of their approaches, interventions, and policies.

Work in partnership with communities and organisations to address the issues that negatively affect health and wellbeing, making sure everyone has the opportunity to live long, healthy lives

- 4.18b Inequality in life expectancy at birth (Male, 3 year range)



Aim to Minimise
Data unavailable (no long trend)
Annual PI. Due March 2025

By 2027/28, inequalities in life expectancy at birth will have decreased by 2 years for males. This performance indicator is reported 5 years in arrears. Data reported will be for 2019 - 2021. This data is calculated by the Office for Health Improvement and Disparities, using Office for National Statistics and Department for Levelling Up, Housing and Communities data. The COVID-19 pandemic had a significant impact on the data collection which is causing delays in the release of subnational data. Life expectancy is a key measure of population health. Differences in life expectancy are often linked to socioeconomic factors (like income and education), demographic traits (such as ethnicity and gender), geographic regions, or specific population groups. These differences can cause inequalities in life expectancy which can be measured using levels of deprivation. The inequality in life expectancy at birth in Medway for males was 9.4 years, compared to 9.7 years for England in 2018-20. This is in the second worst quintile nationally, suggesting a large gap in life expectancy between more and less deprived areas in Medway. The Public Health team continues to work towards implementing services that promote increased life expectancy in Medway. In 2020 to 2022, this included adapting services to reduce the impact of COVID-19. Medway is also in the process of becoming a 'Marmot Place', an initiative set up by the Institute of Health Equity. This means that Medway will be recognised as placing the reduction in health inequalities and the needs of the community at the centre of their approaches, interventions, and policies.