

Health Update: Health Reforms and Public Health Annual Report

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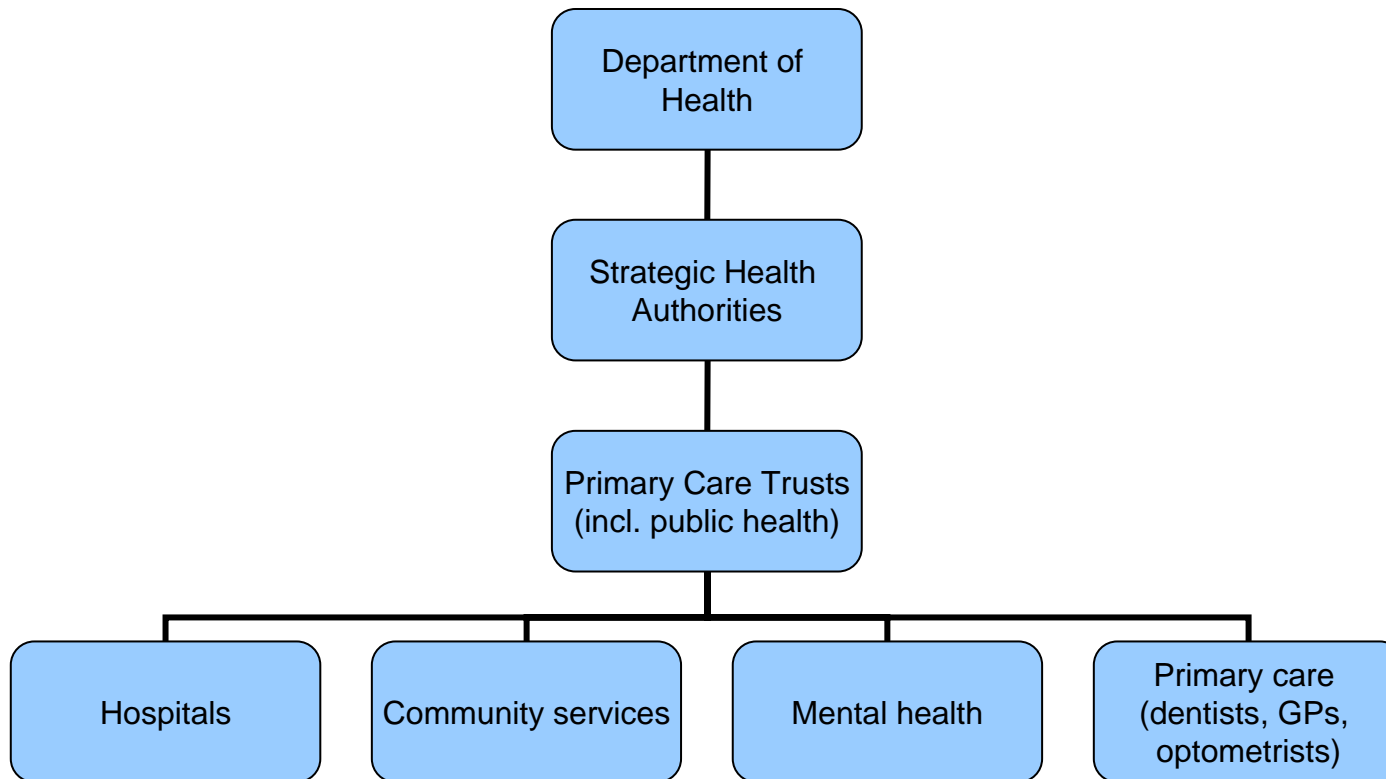


NHS Coventry
NHS Warwickshire

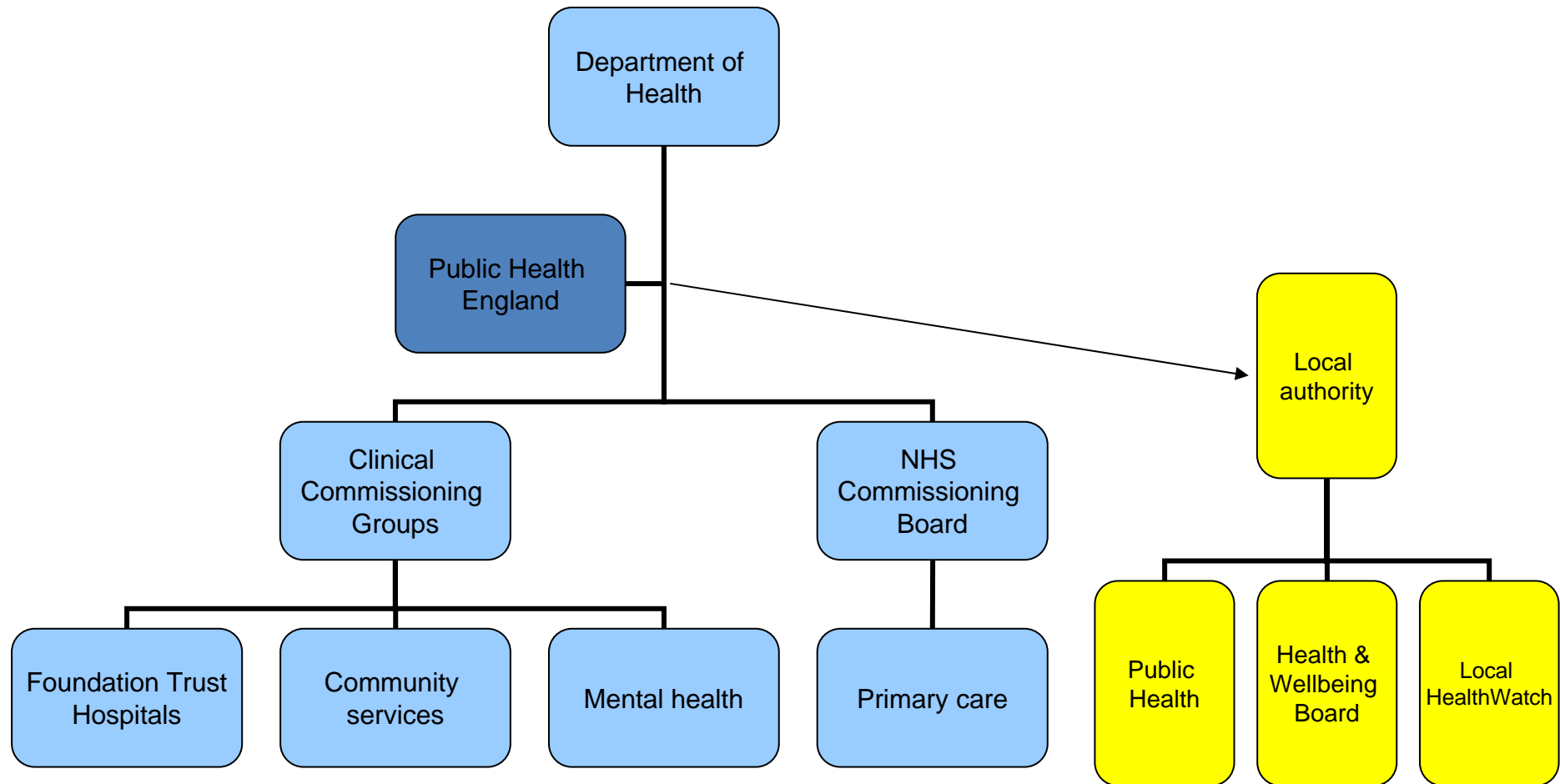
Health and Social Care Bill

- 'Equity and Excellence: Liberating the NHS' white paper on NHS health reforms in July 2010
- Introduction of the Health and Social Care Bill -become law by Easter 2012
 - Makes significant changes to how the health service is organised
 - Puts GPs in control of health budgets
 - Gives new responsibilities to local authorities
 - Develops Monitor into an economic regulator, strengthens the Care Quality Commissions role
 - Cuts the number of health bodies to help cut NHS administration Costs by a third

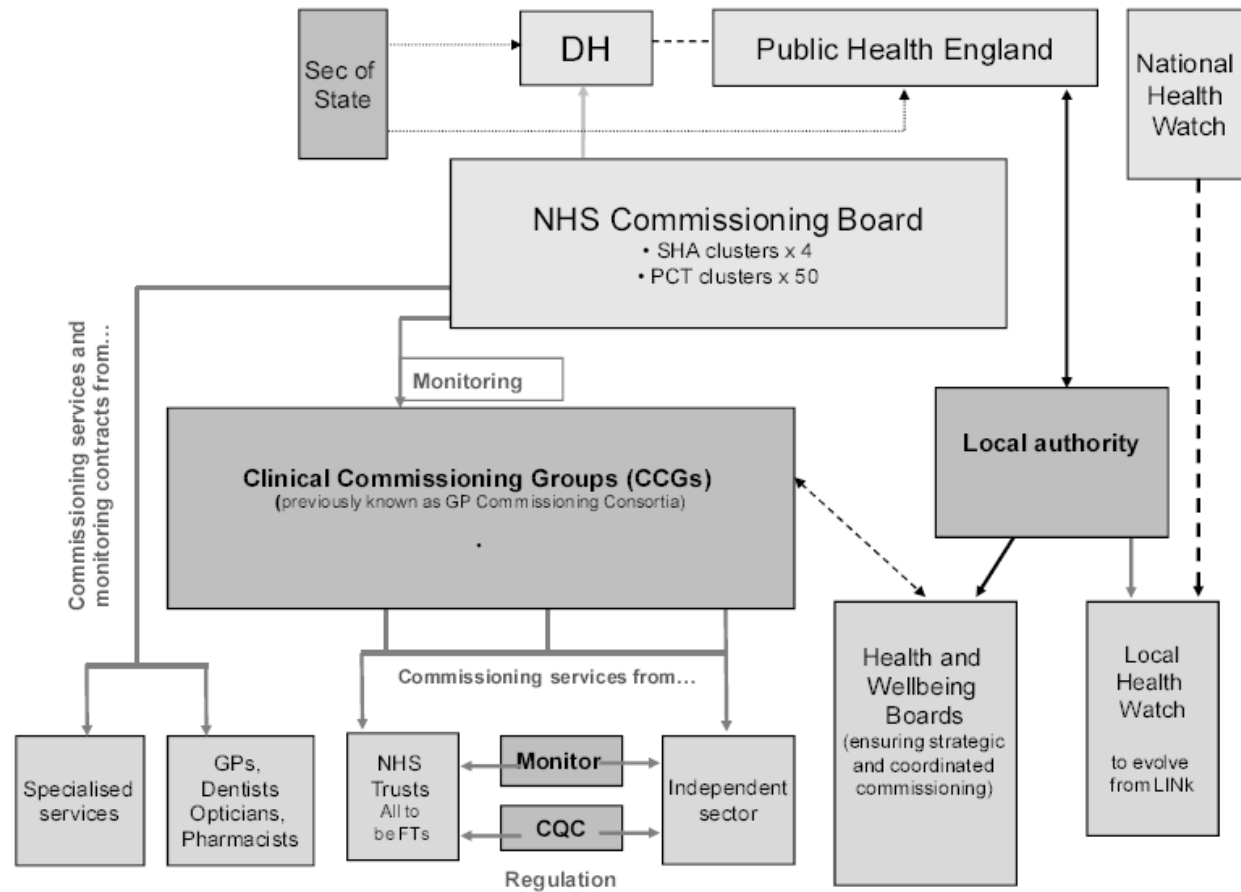
Current NHS structure



New NHS structure

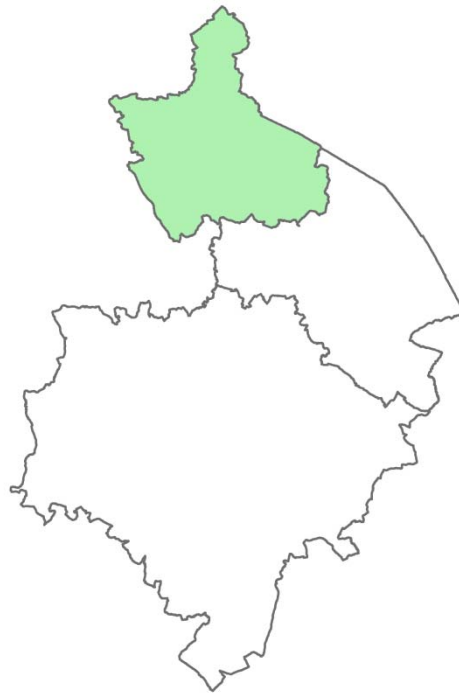


New NHS structure



1 in 3:

The picture of **ill health**
in Warwickshire



**JOINT DIRECTOR OF
PUBLIC HEALTH
ANNUAL REPORT 2012**

Overview

- In 2011 the Director of Public Health Report focused on **lifestyle**.
- This report begins to look at the **effects** lifestyle (tobacco, poor diet, physical activity and the harmful use of alcohol) has on our health and wellbeing.

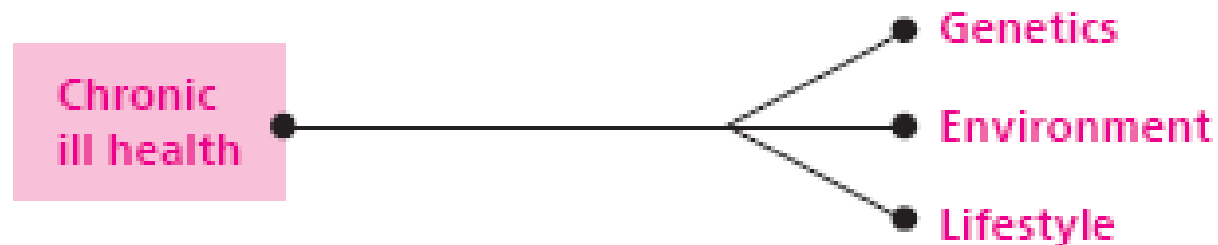
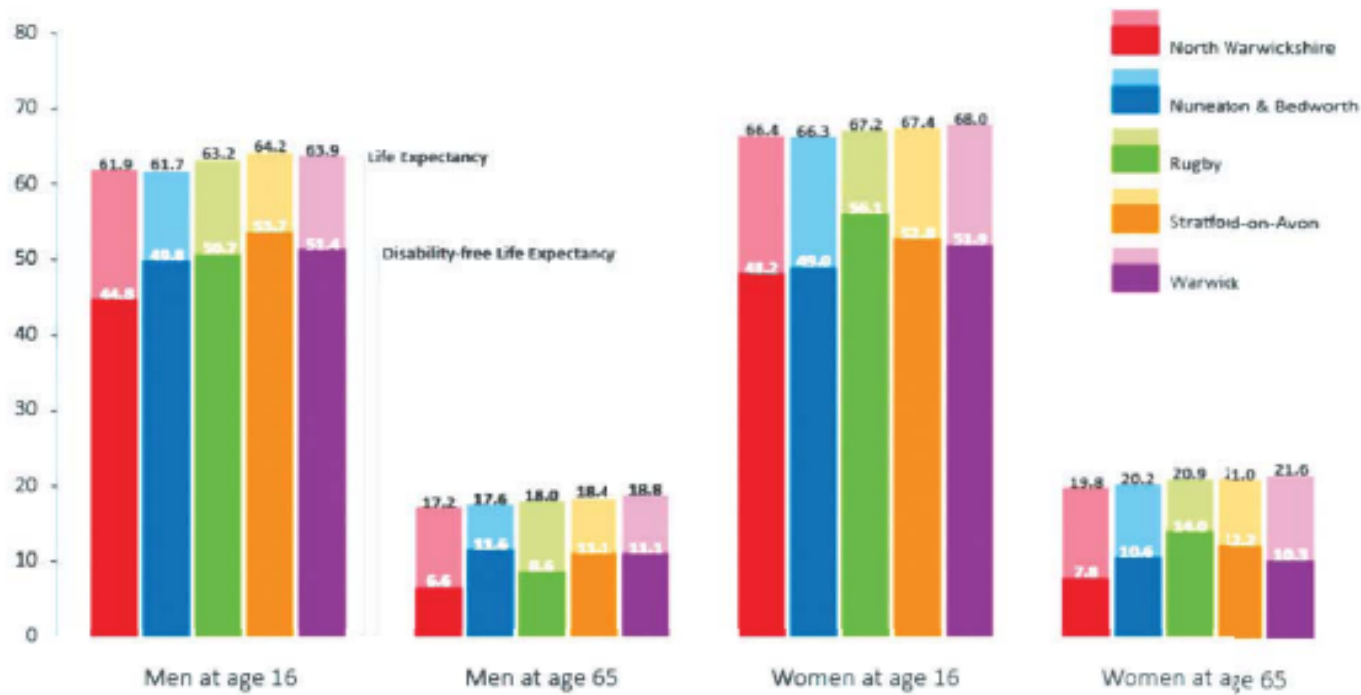


Figure 1: Comparing disability-free life expectancy and life expectancy, 2007-09



Source: Office for National Statistics: <http://bit.ly/P24Rwx>

People are living longer but not usually to a healthy old age

Definition

A Long Term Condition (LTC), chronic condition or non-communicable disease is a condition that cannot, at present, be cured but is controlled by medication and/or other treatment / therapies including:

- High Blood Pressure
- Diabetes
- Asthma
- Heart Disease (CHD)
- Chronic Obstructive Pulmonary Disease (COPD)

Scale of the problem

- 1 in 3 people aged over 16, live with at least 1 Long Term Condition. This equates to 50,000 people in Warwickshire North.
- Recent research suggests this could be as high as 42%.
- Growing numbers of people with Long term conditions has a large impact on our health systems:
 - People with Long Term Conditions are more likely to:
 - See their GP
 - Be admitted to hospital
 - Stay in hospital longer and
 - Need more help to look after themselves than people without Long Term Conditions

Long Term Conditions: The Challenge

- There are potentially large numbers of undiagnosed or unrecorded cases. It is important that we take appropriate opportunities to test people.
- For example, in relation to hypertension there are an estimated 22,000 undiagnosed or unrecorded cases within Warwickshire North.
- Good management can reduce complications from long term conditions and help to keep people healthier and independent for longer.

Multi Morbidity and maintaining independence: The Challenge

- Multi morbidity is the presence of 2 or more Long Term Conditions.
- Most people with a long term condition have more than 1.
- People with Long Term Conditions are 2-3 times more likely to experience mental health issues than those without.

What will we do:

- Roll out NHS Health Checks out across the whole of Warwickshire
- Ensure GP practices provide recommended levels of treatment for patients with long term conditions.
- Improve the coordination of services for people with more than 1 long term conditions.
- Increase the availability of services to help with mental wellbeing in people with long term conditions.
- Give patients the knowledge and power they need to maximize self-management and choice.
- We are recommending that all public sector organisations in Warwickshire commit to carrying out Assessments to understand the health impacts of major plans and policies.

Making Every Contact Count

More than 50% of premature deaths in western countries are attributable to lifestyle. A few minutes of personalised feedback can be as effective as longer interventions.

Within North Warwickshire Borough:

- **Smoking** – 22% of our population smoke.
- **Alcohol** – 23% are drinking at increasing risk or high risk levels.
- **Obesity** – 30% of adults are obese.
- **Physical Activity** – Only 10% of adults achieve the recommended levels of physical activity.
- **Diet** – 25% of adults eat healthily.
- **Life Expectancy** – For males is 78 years and 82 years for females.

Within Nuneaton & Bedworth Borough:

- **Smoking** – 22% of our population smoke
- **Alcohol** – 22% are drinking at increasing risk or high risk levels.
- **Obesity** – 30% of adults are obese
- **Physical Activity** – Only 12% of adults achieve the recommended levels of physical activity.
- **Diet** – 23% of adults eat healthily.
- **Life Expectancy** – For males is 78 years and 82 years for females.

What you can do?

We've put together 12 top health tips to help you improve your own health and reduce your chances of developing a long term condition.

Make it count!

Change your lifestyle to improve your health



Ask a member of staff for more information or visit

www.ardenmecc.nhs.uk



Warwickshire's Top 12:

HEALTH TIPS



- **Stop smoking**

Stopping smoking is the single most important thing you can do to improve your health. You are up to 4 times more likely to quit if you get help from the NHS Stop Smoking Service. To find your local service call 0800 085 2917 or text LIFE to 80800.



- **Keep a healthy weight**

Maintain, or aim for, a healthy weight (BMI 20-25). BMI can be calculated by weight (kg) divided by height (m) squared (i.e.kg/m²)



- **Be physically active**

Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.



- **Eat a healthy diet**

Eat at least 5 portions of fruit & vegetables each day and cut down on fat, salt and added sugar.

- **If you drink, keep within sensible limits**

If you drink alcohol, have no more than 2-3 units a day (women) or 3-4 units a day (men), with at least 2 alcohol free days per week. **Use this website to calculate your units and keep track of your drinking:** <http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholtracker.aspx>

- **Look after your sexual health**

This means enjoying the sexual activity you want, without causing yourself or anyone else any suffering, or physical or mental harm. Sexual health is not just about avoiding unwanted pregnancy or sexually transmitted infections - but using a condom will help with both.



- **Use NHS screening services**

Take up opportunities for screening when you are invited to participate in NHS screening programmes.

- **Take up opportunities for flu immunisation**

If you are over 65, or if you are under 65 and in an at-risk group, have your annual flu immunisation.



- **Maintain your dental health**

Brush teeth twice a day with a fluoridated toothpaste. Attend routine check-ups at your dentist at recommended intervals.

- **Protect yourself from sunburn**

Enjoy the sun safely. Protect yourself by using shade, clothing (including a hat, t-shirt and UV protective sunglasses) and high SPF (sun protection factor) sunscreen, and by avoiding the sun during the middle of the day. Avoid artificial ultraviolet radiation too – don't use sunbeds or sunlamps.



- **Manage your stress levels**

Talking things through, relaxation and physical activity can help.

- **Have a good work/life balance**

Developing interests outside of work can help reduce stress and improve productivity.

Source: Public Health Warwickshire

For more information visit: www.warwickshire.gov.uk/publichealth

Summary

- Lifestyle has a significant impact on our health and wellbeing.
- Every third person in Warwickshire has a chronic health condition.
- This report makes clear recommendations about how we can minimise our chances of being one of them?

- The full report and 3 locality reports are available on our website:
www.warwickshire.gov.uk/publichealth
- For more information:
Publichealthintelligence@warwickshire.nhs.uk