



Title: Healthy Torbay

Wards Affected: All Wards

To: Health and Wellbeing Board **On:** 3 December 2015

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Purpose of the report.

- To update the Board on the progress of the Healthy Torbay Framework and Action Plan.
- To identify how the Healthy Torbay framework fits in to the Health and Wellbeing Strategy and other strategies.
- To show how all services can contribute to the Healthy Torbay action plan and to identify any additional areas for joint work across the council that can contribute to the prevention agenda.
- To fully embed Public Health in all council policies, programmes, services and decisions.
- The Board is requested to note the development of a 'Healthy Torbay' Framework and action plan and to support and contribute to the actions.

Healthy Torbay: What it is

Healthy Torbay is a framework for action bringing together the many different elements of public health work to address the wider determinants of health. There is a strong focus on what the council can achieve through its existing services to achieve public health outcomes, improving the health of the people of Torbay and tackling health inequalities and deprivation. This upstream or prevention model also helps to address the demands on the health service, the economic cost of ill health and the wider social costs of poor health.

The Framework consists of a short policy document, an action plan and a performance framework. It has been developed by a council wide steering group led by the Consultant in Public Health with input from all council directorates. This could be developed further into a multi-agency group, as the role of the framework as part of the Health and Wellbeing Strategy is clarified.

Healthy Torbay presents an opportunity to ensure the integration of public health as a function into all of the councils work. This supports the 'Health in all policies' principle, which targets key social determinants of health through a policy response, aiming to tackle health inequalities.

Why we need a wider determinants framework

It is widely recognised that health outcomes owe more to individual's behaviours and to the wider or social determinants than to what is provided by the health care sector. One example of research suggests that social and economic (wider) factors account for 65%, and healthcare only 25%. Therefore there should be a concerted attempt to improve health by tackling the wider determinants.

It also provides an opportunity for cost saving across the whole system, as prevention is more 'cost-effective' than cure. This is confounded by who pays for prevention and who for treatment, but with a more integrated approach in Torbay we should be able to direct expenditure to where it is most effective.

We also need action because of the scale of the need. For example, 67% of all adults in Torbay are overweight or obese, which equates to about 70,000 individuals. This presents a considerable burden to health services, which is only growing. The NHS can only provide weight management services to a small fraction of those who need them. We will not be able to resource or afford this level of treatment, so need to provide alternative prevention solutions.

Another major factor is the levels of deprivation seen in Torbay. Deprivation has increased in recent years, and Torbay is now amongst the top 15% most deprived Local Authorities in England, 46th out of 326 authorities. It is also the most deprived district local authority in the South West.

For Healthy Torbay to be effective, there needs to be a willingness to work across all services and organisations to a common aim, improving health and reducing inequalities. Some actions may conflict with other policy objectives, for example controlling the proliferation of fast food takeaways.

Progress as at November 2015

The development of Healthy Torbay has been informed by the Marmot review 'Fair Society, Healthy Lives'. This independent review proposed the most effective evidence-based strategies for reducing health inequalities in England from 2010.

The Healthy Torbay action plan focuses on ten key priorities: Housing; Planning and the Environment; Transport; Physical Activity; Healthy Schools; Healthy Food; Tobacco Control; Alcohol Control; Healthy Workplaces; and Social Connectedness. The plan identifies what is presently being done in these areas, outcomes and gaps, and proposes strategic actions for the group, identifying leads, milestones and progress.

Key actions have been identified in the plan, including: Ensure health outcomes are embedded in the Housing Strategy; Develop HIA and health checking to use as screening against new developments; Optimise LSTF funding for active travel improvements; Deliver the Healthy Weight Action Plan across main topic areas and life course; Ensure sports and leisure provision targets physical inactivity; Support young families to access healthy food; Develop and run Healthy Schools pilot; Target young people and smoking in pregnancy; Develop a Healthy workplace scheme for SME businesses in Torbay; Support community based activity for older people.

A Performance Framework has also been developed alongside the action plan which identifies both outputs or process measures and outcomes taken from the Public Health Outcomes Framework. The steering group continues to meet on a quarterly basis. It has discussed how to develop a wider forum to involve external partners in our work, by holding a workshop to bring in the wider partners. The group has also examined how to link the Healthy Torbay plan and its work with the emerging corporate plan, especially the 'Promoting healthy lifestyles across Torbay' strand.

Relevant Documents

Healthy Torbay: A framework for action on the wider determinants of health (Full Report)

Healthy Torbay Action Plan

Healthy Torbay Performance Framework

Healthy Torbay Presentation

Fair Society, Healthy Lives. The Marmot Review (2010)