

Health and Wellbeing Strategy 2021-2024



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Health and Wellbeing Strategy

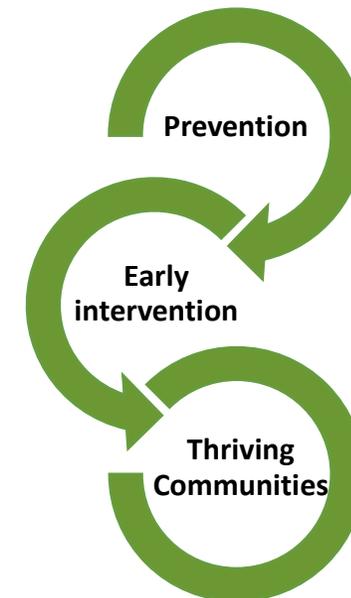
Vision

for people to be enabled to optimise their health and wellbeing and to lead long, happy and productive lives in thriving communities, building on their strengths in a way that reduces inequalities in health.

Guiding Principles



Approaches



Health and Wellbeing Strategy

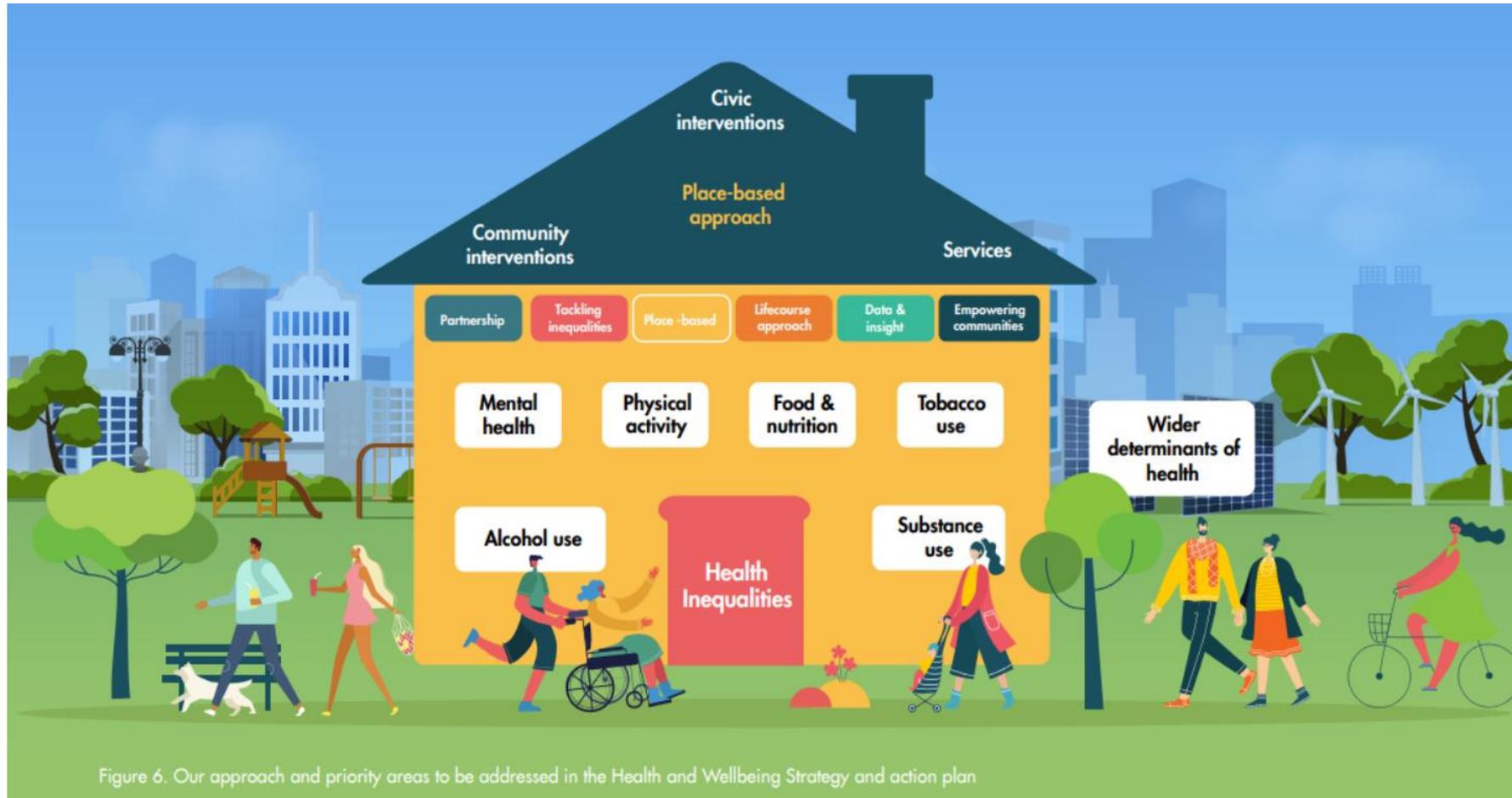


Figure 6. Our approach and priority areas to be addressed in the Health and Wellbeing Strategy and action plan

Progress

- Progress update for 2021/22
- Overall progress in implementing actions across topic areas:
 - 56% actions 'Green'
 - 33% actions 'Amber or Amber/Green'
 - 11% actions 'Red or Red/Amber' (mostly owing to reduced staff capacity)
- Focus of progress update report:
 - Mental health and wellbeing
 - Food, nutrition and food insecurity

Need in North Somerset

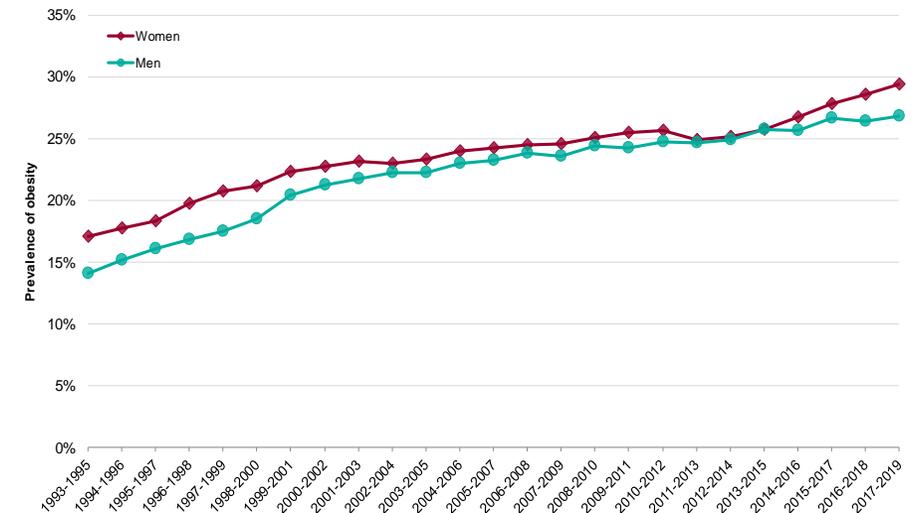
Mental health:

- 23.6% of adults report a high anxiety score
 - 23.4% for SW; 24.2% for England
- 14% of adults have had a diagnosis of depression

Unhealthy weight:

- 61% adults & 32% children aged 10-11 have unhealthy weight
- Prevalence in children ~2x higher in most deprived versus least deprived areas

Trend in obesity prevalence among adults
Health Survey for England 1993 to 2019 (three-year averages)



Prevention: Mental health and wellbeing



Theme	Objective	Action plan progress report (Q3 2021/22)
Mental health	<ul style="list-style-type: none"> • Reduction in the prevalence of self-reported poor mental health in the NS population • Increase in the prevalence of good mental health and emotional wellbeing • Improvement in access to timely mental health support • Reduction in social isolation 	<ul style="list-style-type: none"> • Needs assessment completed • MH strategy to re-commence May 2022 • Community grants extended: 5 organisations providing services for adults; 4 organisations providing services for CYP • Grants to fund social prescribing destinations awarded to nine community organisations • Healthy workplace programme initiated • Mental health support in schools in place in preparation for MHSTs

Food, nutrition and food insecurity



Theme	Objective	Action plan progress report (Q3 2021/22)
Food, nutrition and food insecurity	<ul style="list-style-type: none"> • Reduction in the prevalence of unhealthy weight among children (reception and year 6) • Reduction in the prevalence of unhealthy weight in the adult population • Reduction in inequality in prevalence of unhealthy weight at ward-level • Reduction in the prevalence of self-reported food insecurity 	<ul style="list-style-type: none"> • Early Years Settings Award: Evidence-based criteria in development; pilot programme, focused on food, nutrition and food insecurity to commence with 9 settings in April 2022. • Extended brief interventions for children identified as having an unhealthy weight: programme funded and due to commence in next school year • Slimming World commissioned to deliver Tier 2 adults weight management service. • Male-tailored weight management programmes to be delivered in Weston and Woodspring localities. • Health Trainer service expansion underway for total of 4 roles + team manager, with service targeted to people living in Weston-super-Mare.

Food, nutrition and food insecurity



Theme	Objective	Action plan progress report (Q3 2021/22)
Food, nutrition and food insecurity	<ul style="list-style-type: none"> • Reduction in the prevalence of unhealthy weight among children (reception and year 6) • Reduction in the prevalence of unhealthy weight in the adult population • Reduction in inequality in prevalence of unhealthy weight at ward-level • Reduction in the prevalence of self-reported food insecurity 	<ul style="list-style-type: none"> • Community food projects grants awarded to four organisations with a focus on improving food and cooking skills and strengthening access to nutritious, sustainable and affordable food. • Food Alliance, working to Sustainable Food Places framework. • Development of Food Resilience Pathway to enable move from crisis to independence. • Introduction of Community Fridge, Weston-super-Mare. • Holiday Activity and Food Programme in place. • Shaping Places for Healthier Lives BNSSG-wide programme to commence April 2022 (focus Bourneville, Central Ward) to identify local and tailored solutions to food insecurity.

Monitoring and Evaluation

- Data dashboard to display interactive performance monitoring framework operational (with thanks to Donna Davies, NSC BI Team)
- Publicly available data only
- To be available via NSC Health and Wellbeing Strategy website
- Displayed by 'approach' and priority topic area
 - Nationally available data for North Somerset
 - Service-level data e.g. breastfeeding rates, smoking cessation
 - Qualitative commentary regarding progress
 - Intervention-specific measures where appropriate (to follow)
 - To adapt and evolve over time
- The dashboard can be found [here](#)

Performance Monitoring Dashboard: Exemplar page

Power BI PH - HWB Strategy | DASHBOARD HWB Strategy | Data updated 28/01/22

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Health and Wellbeing Strategy 2021-2024

Prevention

Home Prevention Early Intervention Thriving Communities

Priority theme: Food, nutrition and food insecurity

By 2024 we want (Objective): Reduction in inequality in prevalence of healthy weight at ward level

What we will do (Action): We will maximise uptake of infant feeding support using targeted programmes in the community in partnership with children's centres and health visitors.

By when (Timeline): 2021/2024

Measures (contributing to progress)	2021/22 Q3 status	2021/22 Q3 RAG rating	2021/22 Q3 commentary
Number of people engaging with infant feeding support - Number attending groups (Adults / Volume)	In progress	Green	Face-to-face breastfeeding support groups in process of being relaunched across North Somerset. Health visitors are launching topic based webinars including infant feeding and introducing solids.
Number of people engaging with infant feeding support - Number of facebook members	In progress	Green	Face-to-face breastfeeding support groups in process of being relaunched across North Somerset. Health visitors are launching topic based webinars including infant feeding and introducing solids.
Prevalence of breastfeeding at 1-year post-birth	In progress	Green	Face-to-face breastfeeding support groups in process of being relaunched across North Somerset. Health visitors are launching topic based webinars including infant feeding and introducing solids.
Prevalence of breastfeeding at 6-8 weeks post-birth	In progress	Green	Face-to-face breastfeeding support groups in process of being relaunched across North Somerset. Health visitors are launching topic based webinars including infant feeding and introducing solids.

Select one Measure to display trend data (if available)

Prevalence of breastfeeding at 6-8 weeks post-birth

Year	Central	North Gr...	North S...	Weston...
2017	60	58	50	48
2018	62	60	52	48
2019	64	62	54	49
2020	65	63	55	50
2021	66	64	56	51

Go back

New investment & action plan refresh



- **Feedback, comments and questions:**
 - Overall progress and actions implemented
 - Design and usability of dashboard
 - New investment and refresh of action plan
 - Evaluation of impact

Thank you

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