

JOINT HEALTH AND WELLBEING STRATEGY 2018-2028: APPROACH TO MEASUREMENT OF SUCCESS AND PRIORITISATION

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Purpose of Report:

To provide an overview of the approach to measuring success for the 10-year Health and Wellbeing Strategy for Milton Keynes and to provide an update on areas of focus for Year One of the Health and Wellbeing Strategy.

1 Background

- 1.1 A 10-year (2018-2028) Health and Wellbeing Strategy for Milton Keynes has been developed with cross-sector partners as well as public consultation and was approved at HWB Board meeting on 11th April 2018. The final version incorporated comments from the HWB Board and the strategy consultation and is available in print copy and at the web link below¹.

<https://www.milton-keynes.gov.uk/social-care-and-health/health-and-wellbeing-board/health-and-wellbeing-strategies-and-the-jsna/joint-health-and-wellbeing-strategies>

2 Recommendations

- 2.1 It is recommended that the HWB Board members:

- Agree the approach to measuring success and areas of focus for Year One of the strategy, adding these to the Health and Wellbeing Board forward plan
- Disseminate the final version of the HWB strategy to their organisations and partners, embedding the strategy into short- and long-term plans and identifying how they can contribute to Year One priorities
- Agree proposed changes to Health and Wellbeing Forum and Strategy Board

3 Approach to measuring success

- 3.1 Working with partners, including those on the Health and Wellbeing Board, the Health and Wellbeing Strategy Board and with the feedback from the consultation, we have determined key principles for measuring progress and the overall success of the Health and Wellbeing 10-year strategy. This includes use of:

- **Long-term health and wellbeing measures** to assess the impact of our work together on overarching, cross sector outcomes that are important to those in Milton Keynes
- **Short-term indicators and triangulation with service users, staff and other partners** to allow prioritisation of our immediate focus and understanding of the impact of system changes.

- **Long-term health and wellbeing measures** are broad and focus on the overall outcomes that the Health and Wellbeing Strategy 2018-2028 aims to improve. There will be both health and wellbeing measures. These long-term measures are amenable to local action but it may take 5-10 years to see meaningful changes in some of these outcomes. These would include measures such as healthy life expectancy at birth, infant mortality, prevalence of mental health issues in adults and children, population happiness and life satisfaction levels as well as measures around some of the wider issues that impact health and wellbeing such as employment, housing and place

In addition to established health measures, the wellbeing measures will be based on the new Local Wellbeing Indicators set for local authorities, public health leaders and Health and Wellbeing Boards that has been developed by the Office of National Statistics and Public Health England².

- 3.2 **Short-term indicators** are more specific and are deemed likely to have impact on the long-term health and wellbeing outcomes. They tend to be more focused on changes within particular settings or issues, are amenable to demonstrating progress in the short-term. They provide an indication that shifts in activity are having impact and should affect the long-term health and wellbeing outcome measures. Short-term indicators include levels of smoking, obesity, physical activity, diagnosis and detection of diseases and emergency admissions to hospital.
- 3.3 **Monitoring of indicators and outcomes** will occur by the Health and Wellbeing Board on an annual basis. This will also inform the identification of yearly priorities for the Health and Wellbeing Board and its partners, focusing initially on areas of health and wellbeing where Milton Keynes is worse than comparison areas and/or getting worse. This information will be triangulated with qualitative information from services users, frontline staff and other partners to provide further understanding and identify where change is required. A presentation with preliminary baseline information will be provided to the Health and Wellbeing Board.
- 3.4 As Milton Keynes system partners increasingly work to deliver more integrated services and improvements in health and wellbeing, the identification of yearly Health and Wellbeing Board priorities and action upon these will be linked across to and fully embedded in other key local plans. In particular to the MK Integrated Care System (“Place”) Plan and MK Council Plan.

4 **Health and Wellbeing working group**

- 4.1 Given the successful production of the Health and Wellbeing Strategy 2018-2028, it is important that existing Health and Wellbeing working groups now provide the appropriate support and challenge around the delivery of the strategy. In line with the flexibility required by the MK Together approach, it is therefore proposed that:
- The Health and Wellbeing Forum is strengthened to reflect a wider range of stakeholders, ensuring implementation of the Health and Wellbeing Strategy across all partners. The Forum should meet at least twice a year with the first meeting in Autumn 2018

- The Health and Wellbeing Strategy Board focuses on providing senior system level challenge and support of the Health and Wellbeing Strategy. This will require a change of membership of the Strategy Board.

5 Early identification of priorities for Year One of HWB strategy

Year One priorities for the Health and Wellbeing Strategy have been identified through a baseline assessment of a range of indicators where Milton Keynes is worse than comparison areas and/or the position is worsening. Priorities have been chosen across Starting Well, Living Well and Ageing Well and are based on the:

- Joint Strategic Needs Assessment
- Previous Health and Wellbeing Strategy dashboard indicators as reported to the HWB board
- Development of the Health and Wellbeing strategy especially consultation with stakeholders

Taken across the whole strategy they fall into three broad delivery/action areas for Year One, as outlined below.

Early identification and prevention of escalation

SW3: *Prevent smaller problems from escalating and needing specialist social care and health services*

LW5: *Improve the detection and management of long-term conditions*

AW3: *Develop high quality out of hospital services to reduce the need for hospital admission and get people home safely and quickly*

Early identification and proactive management of those with emerging health and wellbeing needs is highlighted in both the HWB strategy and also the MK Integrated Care System (“Place”) Plan 2018/19. Previous HWB Board Strategy monitoring³ has indicated that Milton Keynes has significantly higher levels of emergency admissions than comparators (including for children) and there are system-wide opportunities around better targeted prevention, better diagnosis and treatment of patients with respiratory or cardiovascular disease and transitions of care. This prevention of escalation is also important across wider settings such as education and social care.

5.1 Mental Health Priorities across the life course

SW2: *Help children and young people to better mental health*

LW2: *Improve the lives of everyone living with mental illness through raised awareness and more effective support services*

AW6: *Promote positive mental health and reduce social isolation through strengthening social support and social networks*

In Milton Keynes, it is estimated that 7.7% children aged 5-10 years and 11.5% of young people aged between 11-16 years have a mental disorder⁴. Nationally it is estimated⁵ that a quarter of women aged 16-24 show symptoms of anxiety or depression. Mental health is one of the key factors in mothers with social and complex needs and significantly impacts on the outcomes of the child. One in four older people living in the community have symptoms of depression which

are severe enough to warrant a diagnosis of depression with the prevalence of depression among older people in acute hospitals among those living in care homes being even higher⁶ and yet the previous HWB dashboard³ indicated that the majority of service users and adult carers do not have as much social contact as they would like.

Improving mental health for those living in Milton Keynes requires system wide approaches through partnerships such the Mental Health Crisis Care Concordat, Mental Health Partnership Board, Children and Young People's Mental Health and Wellbeing Local Transformation Plan.

5.2 Homelessness and unsettled accommodation

LW4: *Tackle the number of rough sleepers and the rise of households in temporary accommodation, and reduce low quality housing*

Stable housing is an issue in Milton Keynes with homelessness in young people aged 16-24 being worse than the England average and getting worse, as well as high levels of households in temporary accommodation. Unsettled accommodation and homelessness have wide ranging impacts on an individual's education, employment, health and wellbeing as well as creating demand across the system. This is an issue that is currently a focus for Milton Keynes Council and wider partners, with system wide opportunities to address immediate issues as well as longer-term causes of homelessness and unsettled accommodation.

Background Papers:

¹ Joint Health and Wellbeing Strategy 2018-2028

<https://www.milton-keynes.gov.uk/social-care-and-health/health-and-wellbeing-board/health-and-wellbeing-strategies-and-the-jsna/joint-health-and-wellbeing-strategies>

² Understanding local needs of wellbeing data: measures and indicators (November 2017).

<https://whatworkswellbeing.org/product/understanding-local-needs-for-wellbeing-data/>

³ Health and Wellbeing Board, 11th April 2018.

<http://milton-keynes.cmis.uk.com/milton-keynes/Calendar/tabid/70/ctl/ViewMeetingPublic/mid/397/Meeting/5646/Committee/1177/Default.aspx>

⁴ Department of Health (2015) Future in Mind Promoting, protecting and improving our children and young people's mental health and wellbeing. National Child and Maternal Health Intelligence Network (Milton Keynes)

⁵ AYPH Key Data on Young peoples 2017 Summary

<http://www.youngpeopleshealth.org.uk/key-data-on-young-people>

⁶ Joint Strategic Needs Assessment, 2016-2017.

<https://www.milton-keynes.gov.uk/social-care-and-health/2016-2017-joint-strategic-needs-assessment/2016-2017-jsna-adults/2016-2017-jsna-health-conditions/2016-17-jsna-older-people-with-mental-health-needs>