



## **HEALTH OVERVIEW AND SCRUTINY COMMITTEE: 7 NOVEMBER 2018**

### **REPORT OF THE DIRECTOR OF PUBLIC HEALTH**

#### **ANNUAL REPORT OF THE DIRECTOR OF PUBLIC HEALTH: LEICESTERSHIRE'S HEALTH – THE CHALLENGE OF FRAILTY AND MULTI-MORBIDITY**

##### **Purpose of report**

1. The purpose of this report is to present the Director of Public Health's Annual Report for 2018.

##### **Policy Framework and Previous Decisions**

2. Last year's report gave an overview of the health of Leicestershire and this report includes an update on progress against the recommendations made in that report.

##### **Background**

3. The Director of Public Health's (DPH) Annual Report is a statutory independent report on the health of the population of Leicestershire.
4. The purpose of a Director of Public Health's annual report is to improve the health and wellbeing of the people of Leicestershire. This is done by reporting publicly and independently on trends and gaps in the health and wellbeing of the population and by making recommendations for improvement to a wide range of organisations.
5. One of the roles of the Director of Public Health is to be an independent advocate for the health of their population. The Annual Reports are the main way by which Directors of Public Health make their conclusions known to the public.

##### **Consultation**

6. The report is the independent report of the Director of Public Health.

##### **Resource Implications**

7. Full implementation of the recommendations of the report will need to be addressed through the commissioning cycle.

## **Conclusions**

8. This year's report presents on the changing population of Leicestershire, the prevalence of individual and multiple conditions (otherwise known as multiple morbidity) in the population and data on excess winter deaths and place of death. The growing number of people living with multiple health conditions presents as bigger challenge to public services as the overall growth in the number of older people.
9. The health and care system should promote 'healthy ageing'. This can be achieved by:
  - a. tackling social isolation;
  - b. promoting social prescribing;
  - c. reducing falls;
  - d. promote physical activity throughout life and into older age;
  - e. support carers.
10. Being socially connected to friends, family and the wider community is a key element of healthy ageing. In addition to utilising the social prescribing model for Leicestershire to connect people with their communities, the Council's 'tackling loneliness and social isolation project', alongside the Government Strategy for tackling loneliness, will provide further opportunities for the whole council to 'do more' on loneliness.
11. 'Social prescribing' is a key way in which broader services can help support the frail, and those with multiple health conditions to maintain independence. The model for social prescribing in Leicestershire, with public health services at its heart, continues to be integral to the emerging integrated locality teams.
12. Falls are a serious health issue for older people, with around a third of all people aged 65 and over falling each year. Regular physical activity can develop and maintain strength and balance in frail patients. Public Health will continue to support the implementation of the Falls programme with an emphasis on evaluating the effectiveness of the postural stability programmes.
13. Physical activity is a key preventative element of healthy ageing – from protecting against some forms of dementia, to reducing the risk of depression, heart disease and the risk of a fall in older age. Working with partners in Leicester-Shire and Rutland Sport (LRS) and district councils, Public Health will ensure that muscle strengthening activity and physical activities of older people are reflected in sport and physical activity plans.
14. Supporting Carers and including supporting them to be healthy is a key element to ensuring a good outcome for the frail and those with multiple health conditions. The recently adopted Carer's Strategy across Leicestershire, Leicester City and Rutland sets out a broad programme of support for carers.
15. The health and care system needs to continue its redesign work so as to enable the individual to be treated as a whole, not as a series of separate illnesses or conditions. The recently produced LLR Frailty Resource Pack is a welcome step to local health services understanding, and responding to, frailty.

**Officer to Contact**

Mike Sandys  
Director of Public Health  
Email: [mike.sandys@leics.gov.uk](mailto:mike.sandys@leics.gov.uk)  
Telephone: 0116 305 7913

**List of Appendices**

Annual Report of the Director of Public Health 2018.

**Relevant Impact Assessments****Equality and Human Rights Implications**

Implementation of the report's recommendations would have a positive impact on health inequalities.

**Partnership Working and associated issues**

The recommendations within this report focus on actions across agencies that will improve the population's health. The basis of the report is improving population health in partnership with other key agencies.

This page is intentionally left blank