



## **HEALTH AND WELLBEING BOARD: 28<sup>th</sup> 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. A copy of the full report is attached at Appendix 1

##### **Link to the local Health and Care System**

2. The Director of Public Health's Annual Report is a statutory duty for the Director of Public Health and is an independent report on the health and wellbeing of the local population.

##### **Recommendation**

3. It is recommended that the Health and Wellbeing Board:
  - a) notes the Director of Public Health Annual Report for 2018;
  - b) notes the recommendations in the report.

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

4. The report is published annually and is presented to the Health and Wellbeing Board as part of the publication process for the report.

##### **Background**

5. The Director of Public Health's (DPH) Annual Report is a statutory independent report on the health of the population of Leicestershire.
6. 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.

##### **Summary of the Annual Report**

7. 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.

8. The health and care system should promote 'healthy ageing'. There are many ways to achieve by:
  - i. tackling social isolation;
  - ii. promoting social prescribing;
  - iii. reducing falls;
  - iv. promote physical activity throughout life and into older age;
  - v. support carers.
9. 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.
10. '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.
11. 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.
12. 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.
13. 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.
14. 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.

### **Resource Implications**

15. The recommendations set out in the report will inform commissioning decisions relating to the priorities for public health.

**Timetable for Decisions**

16. The Annual Report was considered by the Health Overview and Scrutiny Committee on 7 November and by the Cabinet on 23 November. It will be submitted to the County Council on 5 December.

**Conclusion**

17. The report presents recommendations and priorities for public health over the next twelve months. Health and Well Being Board partners are asked to comment on the recommendations as part of developing a response to the highlighted areas.

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**List of Appendices**

Annual Report of the Director of Public Health 2018

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

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

**Partnership Working and associated issues**

19. The recommendations within the 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.

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