

Feedback from Thematic Subgroups: March 2010

Thematic Partnership		
Health and Well-being Partnership		
Main Aims of the Partnership		
<p>Work towards delivering its relevant section of Gosport's 2026 Vision in the Sustainable Community Strategy:</p> <p>To provide:</p> <ul style="list-style-type: none"> a partnership for the Area Lead on Public Health to represent NHS Hampshire (HPCT) to be equally accountable to the district councils within the area (namely, Fareham, Gosport and Havant Borough Councils) in respect of health and well being; more local, visible leadership for health and well-being; opportunities for dialogue between member agencies (PCT and Local Authorities) across a range of health planning, general and practice-based commissioning and delivery issues. 		
Emerging Priorities		
How can you make a difference?	1	To increase physical activity across all age groups
	2	To effect a reduction in levels of obesity in children and adults
	3	To promote independence and quality of life/well-being amongst older adult population groups
Links to Hampshire Local Area Agreement Priority Outcomes		
LAA Theme:	F	<p>Promote the health and well-being of people in Hampshire</p> <ul style="list-style-type: none"> Manage the risk of emergency hospital admission and length of stay, especially for vulnerable people Provide information and support to older people to enable them to live independently Improve health and well-being of people in Hampshire and reduce inequalities between areas of Hampshire with high and low deprivation scores Promote independent living for vulnerable people and families Tackle alcohol misuse and its impact on health and crime
Progress and issues arising since September 2008		
<p>Walking2Health Scheme: Gosport – W2H schemes are delivering 3 walks per week, on average i.e. 150 walks/year. These walks range from 30 minutes to 3 hours in length. <i>I don't have any feedback from Gosport regarding a 2009/10 update this should come via Groundwork who delivers the Gosport programme.</i></p> <p>Exercise Referral Scheme: This scheme whilst not currently operating in Gosport systematically there is joint agreement between the Council and the PCT that options for its sustainable development need to be investigated and these should integrate with wider schemes supporting weight management and lifestyle improvement i.e. Health Trainer Scheme where appropriate.</p> <p>Health Trainer Scheme The Health Trainer Service was reviewed and re-launched as planned in August 2009. The service is now operational via two highly motivated HTs working from the Rowner Resource Centre newly located in the refurbished wing of the Nimrod Community Centre. The plan for 2010/11 will now address the following:</p> <ul style="list-style-type: none"> Striving to meet performance activity and client engagement targets Networking and involvement with community and other local delivery agents, including NHS Quit4life Quarterly reporting on performance to project manager (Lee Dawson, NHS Hampshire) Annual Report On 2009/10 progress (due April 2010) <p>Healthy Schools Scheme (HSS): Update on key data following the December 2009 Quality Assurance Group (QAG) meeting; Gosport: 31 schools; 31 engaged and 26 (84%) achieved enhanced status. Schools moving on to the New Enhancement Model by attending Day 3 training in July 09, October 09</p>		

or January 2010 are as follows: Gosport: 12

This is a very good position for Gosport schools and in excess of national performance target of 75% by December 2009.

Weight Management (obesity reduction):

The campaign will re-launch in February 2010 and will focus on encouraging those adults aged 45-65 who are overweight or on a trajectory to obesity to lose some weight, by motivating them to do so and equipping them with behaviour change strategies. Over 30% of adults aged 45-54 are obese and the majority are overweight. The campaign will have a role in helping them to lose weight to 'feel better' and also to help prevent diseases such as type 2 diabetes, stroke, heart disease and some cancers.

Slimming World

As at the end of Jan, 1052 referrals had been made. Of these, 906 had had time to finish/complete their course of 12 weeks. 620 actually completed and of these, 306 people (49%) had achieved 5% weight loss. Across Gosport area as a whole a total of 4010 kilogrammes have been lost by members on the Slimming on Referral scheme.

By the beginning of November 2009, 139 people had attended between 24-49 weeks. Average weight loss achieved 10% loss.

Weight Watchers

As to the end of Feb 2010, 423 referrals to WW Gosport had been made and 154 people had achieved 5% weight loss.

Children's Weighing Programme (childhood obesity reduction):

LPSA 2 Stretch Target

- Gosport Schools Healthy Weight Coordinator Role to focus on LPSA 2 schools and then broaden across Havant/ Gosport generally. To employ a Social Marketing approach through understanding issues from local populations and integrating these perspectives with national Change4Life segmentation data.
- "Healthy Weight" Coordinator Role in Gosport (LPSA 2). To use Social Marketing approach and link with Change4Life national campaign. Coordinator made contact with all schools in Gosport. Baseline assessment complete. Successful funding application for additional coaching sessions. Work programme being agreed.

Cook'n'Eat Programme:

- This programme continues to be delivered via Children's Centres and some local schools.

Alcohol Brief Intervention Programme:

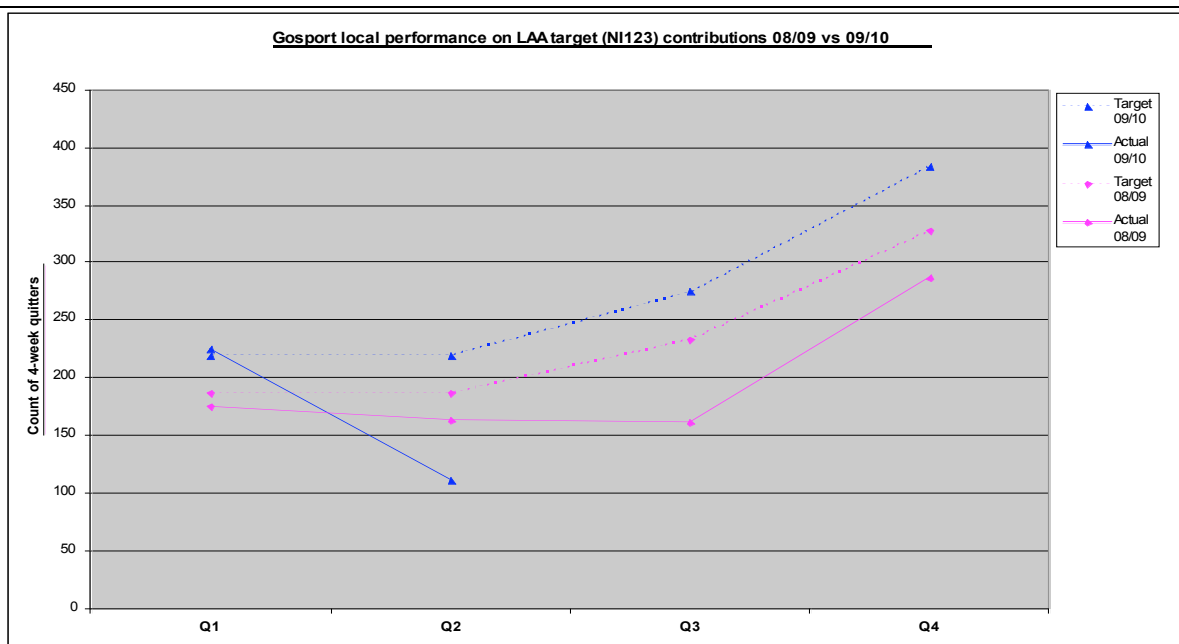
Phoenix-Futures continue to provide the alcohol brief intervention service across the Fareham, Gosport, Havant, and Winchester areas (Central OCU area) and works in partnership with the police and Probation Service. This project will be re-commissioned into 2010/11 via the PCT's vascular funding stream. Whilst overall activity performance still needs to improve to meet its target, there are some useful indications of positive behaviour change outcomes from some service users. An Interim Evaluation Report was published in October 2009 and a 12-month evaluation will be reported in March 2010.

Interim Alcohol
Report ABI 2009

Smoking Cessation (4-week quitters) Quit4life service:

A new multi-partner Smokefree Task Group has been established with the council to progress additional local activity and improve local performance. The aim is to support local awareness on quitting, target specific areas and groups and support wider tobacco issues which influence smoking prevalence – such as illicit tobacco and young people starting smoking. A good awareness event has been held with Gosport Ferry Co Ltd (December) and this was able to engage 200+ passengers over one-day, about the availability of quit4life services in Gosport.

Overall, quitter performance in Gosport is problematic as shown below, and we are working with GPs and others to appreciate the reasons for this inconsistent performance.



Smokefree H&LW Tobacco Alliance funding continues to be used to stimulate local district-level smoke free initiatives e.g. the Smokefree AFC football team with its fixtures in the SE Hants area. Through this and pre/ post-match media events we target young males and their families about the idea of quitting and information on local services.

Public Health Workforce Development with Local Authorities

Following the joint PCT and Gosport (Members and Officers) public health workforce development and knowledge sharing workshop June 2009 a proposed next step; is to see how training to increase social marketing skills and competencies could be provided from NHS resources to a cross-cutting section of local authority workers. The benefit from this training would be that local authority staff could use SM approaches and principles within their core work and support local public health and health improvement outcomes in the process.

Chairman			
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Gosport Partnership Board: Representative			
Name:	As above		
Membership			
Organisation	Representative		
NHS Hampshire	Neil Lockett Area Public Health Lead SE Hampshire		
Fareham Borough Council	Councillor Brian Bayford		
Gosport Borough Council	Councillor Peter Edgar		
Havant Borough Council	Councillor Andrew Lenaghan		
Meetings Held and Arranged			
Date:	15 th December 2008	Date:	10 th December 2009
Date:	16 th March 2009	Date:	10 th March 2010
Date:	9 th June 2009	Date:	
Date:	16 th September 2009	Date:	