

Health and Wellbeing Strategy 2016 – 2020 – Draft Action Plan

Introduction

Hertfordshire's Joint Health and Wellbeing Strategy was launched at the Health and Wellbeing Board's annual stakeholder conference in June 2016. It is a statement of the Health and Well-being Board's vision and priorities for 2016-20, based on the findings of the Joint Strategic Needs Assessment and engagement with our stakeholders.

The strategy does not list everything that all organisations will be undertaking to improve health and wellbeing. Instead it focuses on setting out our vision and priorities for integrated working in Hertfordshire over the next four years to 2020.

It is a legal requirement for Health and Well-being Boards to produce a Joint Health and Wellbeing Strategy and a Joint Strategic Needs Assessment. This strategy sets high level priorities, based on the four life stages of:

- Starting Well
- Developing Well
- Living and Working Well
- Ageing Well

The strategy and action plan has a set of measurable outcomes which will be used as a basis to shape commissioning across the health and to improve the health and well-being of people who live and work in Hertfordshire.

Monitoring process

The Health and Wellbeing Board will monitor progress on achieving the objectives of the strategy using online data dashboards and regular updates to the board on the outcome measures identified under each life stage.

Each of the strategy's four life stages has two overarching goals. Each of these eight goals has its own dashboard showing progress on a basket of key statistical indicators.

The Health & Wellbeing Strategy indicator dashboards can be viewed at:

<http://www.hertshealthevidence.org/data/hwb>

STARTING WELL (0-5 years incl. maternity)

Our overarching goals

Healthy mothers and healthy babies

How we will work towards this goal:

We will deliver on our objectives through the implementation of key local strategies and plans, including:

- Hertfordshire's Family Services Commissioning Plan (to support women in pregnancy and new mothers)
- Hertfordshire's Mental Health Strategy (to improve perinatal and maternal mental health)
- Hertfordshire's Domestic Abuse Strategy
- The Hertfordshire Tobacco Control Plan (to tackle smoking in pregnancy)

How we will monitor our progress:

We will keep a check on our progress towards achieving our objectives by regularly monitoring the delivery of the individual strategies listed above, as well as a basket of key statistical indicators:

- Percentage of new mothers smoking at time of delivery
- Breastfeeding initiation
- Children registered with a children's centre within 2 months of their date of birth
- Domestic abuse incidents recorded by the Police

Parenting for a bright future: All young children given a strong foundation

How we will work towards this goal:

We will deliver on our objectives through the implementation of key local strategies and plans, including:

- Hertfordshire's Early Childhood Strategy (to improve school readiness and tackle child poverty)
- The Hertfordshire Physical Activity & Sports Framework (to begin tackling physical inactivity at the start of life)
- Hertfordshire's Public Health Strategy and local district health & wellbeing plans (to give every child a healthy start in life and promote healthy eating and physical activity from an early age)
- The Hertfordshire Healthy Weight Strategic Plan (to reduce the proportion of children in Reception Year who are overweight or obese)

How we will monitor our progress:

We will keep a check on our progress towards achieving our objectives by regularly monitoring the delivery of the individual strategies listed above, as well as a basket of key statistical indicators:

- Year 1 pupils achieving the expected level in the phonics screening check
- Overweight and obesity in children aged 4-5
- Hospital admissions for accidental and deliberate injuries in children aged 0-4
- Take up of free early education entitlement for 2 year olds
- Take up of free early education entitlement for 3 and 4 year olds
- Gap between non-free school meal children and free school meal children

DEVELOPING WELL (>5 – 25 years)

Our overarching goals

**Good mental health and wellbeing
for children and young people**

**Parenting for a bright future:
All young children given a strong foundation**

How we will work towards this goal:

We will deliver on our objectives through the implementation of key local strategies and plans, including:

- Hertfordshire's Mental Health Strategy and CAMHS Transformation Plan (to support children and young people experiencing mental health problems)
- Hertfordshire's Public Health Strategy, Police & Crime Plan and Domestic Abuse Strategy (to address wider determinants of mental health and wellbeing in children and young people)
- The Carers Strategy for Hertfordshire (to improve support for young carers) and a new supported housing strategy

How we will monitor our progress:

We will keep a check on our progress towards achieving our objectives by regularly monitoring the delivery of the individual strategies listed above, as well as a basket of key statistical indicators:

- Emotional well-being of children looked after
- Children and young people who have been bullied
- Family homelessness
- Child protection cases (new and repeat)
- Children looked after

How we will work towards this goal:

We will deliver on our objectives through the implementation of key local strategies and plans, including:

- Hertfordshire's Public Health Strategy and local district health & wellbeing plans
- Hertfordshire's Healthy Weight Strategic Plan, Physical Activity & Sports Framework, Tobacco Control Plan, and a new Hertfordshire drug and alcohol strategy (to tackle physical inactivity in children and young people, and help them to adopt and maintain healthy lifestyles)
- Hertfordshire's Children Looked After Strategy
- The Hertfordshire Skills Strategy (to improve young people's life chances)

How we will monitor our progress:

We will keep a check on our progress towards achieving our objectives by regularly monitoring the delivery of the individual strategies listed above, as well as a basket of key statistical indicators:

- Overweight and obesity in children aged 10-11
- Smoking at age 15
- Alcohol-specific hospital admissions in under 18s
- Hospital admissions due to substance misuse in 15-24 year olds
- First time entrants to the youth justice system
- GCSE attainment for children looked after
- Care leavers not in education, employment or training (NEET)

- Care leavers in suitable accommodation
- People aged 16-25 who are physically inactive
- People aged 16-25 who are not meeting recommended levels of physical activity

LIVING WELL (working age)

Our overarching goals

Good mental health and wellbeing for working age adults

How we will work towards this goal:

We will deliver on our objectives through the implementation of key local strategies and plans, including:

- Hertfordshire's Mental Health Strategy and Mental Health Crisis Care Concordat Action Plan
- The Carers Strategy for Hertfordshire (to improve support for unpaid family carers)
- Local housing strategies (to address homelessness), a new housing quality action plan and a new supported housing strategy for Hertfordshire

How we will monitor our progress:

We will keep a check on our progress towards achieving our objectives by regularly monitoring the delivery of the individual strategies listed above, as well as a basket of key statistical indicators:

- Statutory homelessness

Healthy lifestyles for working age adults

How we will work towards this goal:

We will deliver on our objectives through the implementation of key local strategies and plans, including:

- The Hertfordshire & West Essex Sustainability & Transformation Plan, Hertfordshire's Public Health Strategy and local district health & wellbeing plans (to enable working age adults to adopt healthy lifestyles)
- The Hertfordshire Physical Activity & Sports Framework and the Hertfordshire Healthy Weight Strategic Plan (to reduce physical inactivity in working age adults and tackle overweight and obesity)
- The Hertfordshire Tobacco Control Plan and a new Hertfordshire drug and alcohol strategy
- The Hertfordshire Joint Commissioning Strategy for Adults with Learning Disabilities

How we will monitor our progress:

We will keep a check on our progress towards achieving our objectives by regularly monitoring the delivery of the individual strategies listed above, as well as a basket of key statistical indicators:

- Excess weight in adults

- People with a self-reported high anxiety score
- Suicide rate
- Long term unemployment

- Smoking among adults in routine and manual occupations
- People meeting the recommended '5-a-day' fruit and vegetable intake
- Alcohol-related hospital admissions
- Adults aged 16+ who are physically inactive
- Adults aged 16+ who are not meeting recommended levels of physical activity
- Participation in sport among adults aged 16+

AGEING WELL (65 years and over)

Our overarching goals

Older people remaining physically active and independent

Good support in older age and end of life

How we will work towards this goal:

We will deliver on our objectives through the implementation of key local strategies and plans, including:

- The Hertfordshire & West Essex Sustainability & Transformation Plan
- Hertfordshire's Public Health Strategy and Hertfordshire's Ageing Well Strategy (to help older people maintain their physical health and avoid injury)
- The Hertfordshire Physical Activity & Sports Framework (to reduce physical inactivity in older people)
- The Hertfordshire Better Care Fund Plan (to further integrate health and social care to help older people avoid hospitalisation and make the transition back to their own homes following a hospital stay)

How we will monitor our progress:

We will keep a check on our progress towards achieving our objectives by regularly monitoring the delivery of the individual strategies listed above, as well as a basket of key statistical indicators:

- People aged 65+ offered reablement services after discharge from hospital

How we will work towards this goal:

We will deliver on our objectives through the implementation of key local strategies and plans, including:

- Hertfordshire's Ageing Well Strategy (to improve the quality of services for older people and support them to live independently)
- Hertfordshire's Public Health Strategy and local district health & wellbeing plans
- The Hertfordshire Dementia Strategy
- A new Hertfordshire housing quality action plan and supported housing strategy
- The Carers Strategy for Hertfordshire (to improve support for those who care for older people in their own homes)

How we will monitor our progress:

We will keep a check on our progress towards achieving our objectives by regularly monitoring the delivery of the individual strategies listed above, as well as a basket of key statistical indicators:

- Adult social care users who have as much social contact as they would like

- Delayed transfers of care
- Injuries due to falls in people aged 65+
- Hip fractures in people aged 65+
- Life expectancy at 65
- Adults aged 65+ who are physically inactive
- Adults aged 65+ who are not meeting recommended levels of physical activity
- Adult carers who have as much social contact as they would like
- Overall satisfaction of people who use services with their care and support
- Dementia emergency admissions
- Excess winter deaths
- Health related quality of life for older people

Hertfordshire Health & Wellbeing Board brings together Local Government, including public health, adult social care and children's services, including elected representatives, the NHS including commissioners and providers, the Office of the Police and Crime Commissioner, and Healthwatch Hertfordshire, to plan how best to meet the needs of Hertfordshire's population and tackle local inequalities in health.

The Chairman of the Board is an elected member from Hertfordshire County Council.

Health & Wellbeing Strategy indicator dashboards can be viewed at:

<http://www.hertshealthevidence.org/data/hwb>

Contact the Health and Wellbeing Board

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