

## CENTRAL BEDFORDSHIRE COUNCIL

At a meeting of the **HEALTH AND WELLBEING BOARD** held in Council Chamber, Priory House, Monks Walk, Shefford on Wednesday, 12 July 2017

### PRESENT

Cllr B J Spurr (Chairman)

Mrs D Blackmun	Chief Executive Officer, Healthwatch Central Bedfordshire
Mr R Carr	Chief Executive
Mr M Coiffait	Director of Community Services
Cllr Mrs C Hegley	Executive Member for Social Care and Housing
Dr A Low	Chair, Bedfordshire Clinical Commissioning Group
Mrs J Ogley	Director of Social Care, Health and Housing
Mrs M Scott	Director of Public Health

Apologies for Absence: Cllr S Dixon  
Mrs S Harrison

Absent from the Meeting: Mr C Ford

Members in Attendance: Cllr P Downing

Officers in Attendance:	Mrs K Allen	– Head of Children and Maternity Services Redesign, BCCG
	Ms S Chakrabarti	– Bedfordshire Clinical Commissioning Group
	Mrs P Coker	– Head of Service, Partnerships - Social Care, Health & Housing
	Mrs S Hobbs	– Senior Committee Services Officer
	Mr S James	– JSNA Programme Manager
	Mrs A Murray	– Director of Nursing and Quality, Bedfordshire Clinical Commissioning Group
	Mr B Pearson	– Head of Children's Services Commissioning
Others in Attendance:	Mrs M Bradley	– Director, Bedfordshire Wellbeing Services
	Ms S Harrild	– Associate Clinical Director, ELFT Psychological Therapies

HWB/17/1. **Election of Vice-Chairman 2017/18**

**RESOLVED** that the position of Vice-Chairman for 2017/18 remain vacant until the new Accountable Officer, Bedfordshire Clinical Commissioning Group was in post.

HWB/17/2. **Chairman's Announcements and Communications**

The Chairman reported that he was settling into his new role of Executive Member for Health and Chairman of the Health and Wellbeing Board. He had spent time with managers getting to know the services and would be visiting the teams to gain further understanding.

HWB/17/3. **Minutes**

**RESOLVED**

**that the minutes of the meeting of the Central Bedfordshire Health and Wellbeing Board held on 29 March 2017 be confirmed as a correct record and signed by the Chairman.**

HWB/17/4. **Members' Interests**

None were declared.

HWB/17/5. **Public Participation**

There were no members of the public registered to speak.

HWB/17/6. **Joint Strategic Needs Assessment Executive Summary**

The Board considered a report that provided a summary of the Health and Wellbeing needs in Central Bedfordshire and the areas which required further focus.

The proposed areas of focus that required action across the system were:

- improving the emotional health and wellbeing of children and young people;
- the preventing and minimising the impact of air pollution;
- the prevention and management of falls;
- reducing social isolation; and
- the prevention and management of diabetes.

The National Institute for Health and Care Excellence (NICE) issued Air Pollution guidelines. Dunstable, Ampthill and Sandy town centres were classed as Air Quality Management Areas in Central Bedfordshire as these towns were likely to exceed national air quality objectives. Air quality was being monitored in Central Bedfordshire and it was hoped that with the opening the A5/M1 link road the air quality in Dunstable would be improved.

## **RESOLVED**

- 1. that the 2017 Executive Summary of the Joint Strategic Needs Assessment for Central Bedfordshire be endorsed; and**
- 2. that the areas of focus requiring action across the system, as set out above, be incorporated into a refreshed strategy.**

The decision was unanimous.

### HWB/17/7. **Enabling People to Stay Healthy for Longer**

#### **a) Reducing Excess Weight**

The Board considered a report and received a presentation that provided an update on the actions being taken to reduce excess weight particularly in the context of reducing the prevalence of diabetes. A copy of the presentation is attached at Appendix A.

The Bedfordshire Clinical Commissioning Group confirmed that they were working on a diabetes programme and recognised the increasing burden that excess weight was placing on the system. Patients were being referred to BeeZee Bodies and practice nurses were being trained in dealing with patients with excess weight.

There was concern that actions for preventing diabetes were not being progressed as quickly as Central Bedfordshire's statistical neighbours and was there any learning that could be gained from those areas that were leading in this area.

## **RESOLVED**

**that a report be submitted to a future Health and Wellbeing Board providing clear defined recommendations.**

The decision was unanimous.

#### **b) Reduce the Prevalence of Diabetes**

The Board considered a report that provided an update on the rising rates of diabetes and the low proportion of people with diabetes meeting their treatment targets. Reducing diabetes was a key priority for the Bedfordshire Clinical Commissioning Group (BCCG) as it was evident that there was an increase in the numbers of people being diagnosed with diabetes across Bedfordshire. From October 2017 data would be collected from GP practices to help understand the number of residents with the condition. A programme was being developed to help reduce the prevalence of diabetes.

World Diabetes Day takes place on 14 November every year and it was suggested that this opportunity be used to generate awareness of diabetes.

## **RESOLVED**

- 1. that the developments in improving care of patients who were diagnosed with Type 2 Diabetes across Central Bedfordshire be noted, in particular in relation to improving achievement of The National Institute for Health and Care Excellence recommended treatment targets;**
- 2. that the Board lead and influence health and social care partners to improve the early diagnosis of diabetes through improved uptake of NHS Health Checks and promotion of Diabetes UK's 'Know your risk' tool. This was particularly required more in known populations who had high risk such as BME and deprived communities; and**
- 3. that all partners actively implement the Excess Weight Partnership Strategy to tackle excess weight to both prevent diabetes and ensure that treatment targets were improved for those with diabetes.**

The decision was unanimous.

## **HWB/17/8. Ensuring Good Mental Health and Wellbeing at Every Age - Children and Young People are Emotionally Resilient**

### **a) Child and Adolescent Mental Health Services Local Transformation Plan**

The Board considered a report that provided an update on the Future in Minds Local Transformation Plan for Children and Young People's Mental Health. This was year 2 of a 5 year plan with key priorities identified:

- implementation of an eating disorders community specialist service;
- improving access and waiting times to Child and Adolescent Mental Health Services through developing crisis and community services;
- skilling up the workforce and embedding the principles of goal focussed outcomes developed collaboratively with children and young people;
- development of early intervention and schools support;
- development of perinatal mental health services;
- development of pathways for vulnerable groups; and
- development of collaborative commissioning plans with specialist commissioning for Tier 4 beds and Forensic pathways.

The Bedfordshire Clinical Commissioning Group was working closely with the Children's Leadership Board to improve the mental health of children and young people in Central Bedfordshire.

## **RESOLVED**

**that the progress being made towards developing a local transformation plan be noted and to report back to the next Health and Wellbeing Board meeting with the updated action plan and priorities coming forward.**

The decision was unanimous.

### **b) Emotional Health, Wellbeing and Resilience in Children and Young People and their Families**

The Board considered a report that provided an update on the partnership approach in addressing emotional health, wellbeing and resilience in children and young people and their families. Improving the emotional wellbeing of children and young people through promotion, prevention and early intervention had the potential to contribute to far-reaching improvements in physical health and wellbeing, a better quality of life, higher educational attainment, economic wellbeing and reduction in crime and anti-social behaviour.

Partners were working collaboratively to address the issues, including participation from the voluntary sector. A suggestion was made that families be assisted financially to enable the child/young person to be able to attend activities outside of school e.g. Scouts. The Community Services Team was running a programme of activities aimed at vulnerable children.

## **RESOLVED**

- 1. that the draft partnership action plan to improve emotional health and wellbeing of children and young people across Central Bedfordshire be noted; and**
- 2. to support commissioners across health and social care to identify the opportunities to embed and mainstream emotional wellbeing into commissioning for health and social care for children and young people.**

The decision was unanimous.

HWB/17/9. **Ensuring Good Mental Health and Wellbeing at Every Age - Bedfordshire Wellbeing Service**

The Board welcomed Sandra Harrild, Associate Clinical Director for ELFT Psychological Therapies to the meeting. The Board received a presentation on the Bedfordshire Wellbeing Service. The presentation gave a breakdown of who had been accessing the service over the last twelve months, the challenges and opportunities for accessing the service and the Step Care Model of Talking Therapies.

**RESOLVED**

**that a further report be submitted to the Health and Wellbeing Board to provide additional data on the number of people and waiting times for Central Bedfordshire.**

The decision was unanimous.

HWB/17/10. **Health and Wellbeing Strategy Performance**

The Board considered a report that presented the latest performance data in the priority areas of the Joint Health and Wellbeing Strategy.

It was noted that some of the data collected was 2-3 years old and was no longer relevant. It was agreed that the performance data be updated where possible and presented to the Board on 24 January 2018.

**RESOLVED**

- 1. that the actions identified for the Health and Wellbeing Board outlined on each scorecard be noted; and**
- 2. the scorecard be updated with relevant data and presented to the Health and Wellbeing Board on 24 January 2018.**

The decision was unanimous.

HWB/17/11. **Better Care Fund Plan 2017/18 - 2018/19**

The Board considered a report that provided:

- an update on the development of the Better Care Fund Plan for 2017-2019;
- advised on the planned use of the additional social care grant and the improved better care fund; and
- the delivery of the 2016/17 Plan and quarter 4 monitoring.

**RESOLVED**

1. **that the latest policy framework in respect of Better Care Fund Plan for 2017-2019 and the progress made on developing the plan be noted;**
2. **the end of year progress against the 2016/17 Better Care Fund Plan be noted; and**
3. **that the Quarter 4 Better Care Fund monitoring template was submitted to NHS England on 31 May 2017.**

The decision was unanimous.

**HWB/17/12. Strategic Partnership Leadership Arrangements for Children**

The Board received a presentation on the Strategic Partnership Leadership Arrangements for Children, including the development of a new Children and Young People's Plan (CYPP). The new governance arrangements were explained and the Children's Leadership Board (CLB) had already started to make a difference.

The CLB were leading on the development of the new CYPP and the draft Plan was being consulted upon. The final CYPP would be submitted to the next Health and Wellbeing Board meeting.

A Member Reference Group was being developed to assist the CLB.

A copy of the presentation is attached at Appendix B.

**NOTED** the presentation.

The decision was unanimous.

**HWB/17/13. Work Programme 2017/2018**

The Board considered their work plan for 2017.

It was noted that the meeting on 18 October 2017 might be rescheduled.

**RESOLVED**

1. **that the following items be scheduled for the next meeting:**
  - **Better Care Fund Plan**
  - **Child and Adolescent Mental Health Services Local Transformation Action Plan**
  - **Accountable Care System and STP Update**
2. **improving Outcomes for Frail Older People to be removed from the next meeting;**

3. **the Pharmaceutical Needs Assessment Update would be circulated electronically and would be removed from the next meeting;**
4. **Excess Weight/Diabetes Update to be scheduled for 24 January 2018;**
5. **Dual Diagnoses Substance to be timetabled as this would be considered by the Drug and Alcohol Partnership first; and**
6. **Bedfordshire Wellbeing Service to be timetabled.**

The decision was unanimous.

(Note: The meeting commenced at 2.00 p.m. and concluded at 3.40 p.m.)

Chairman .....

Dated .....



# Enabling people to stay healthy for longer- reducing excess weight

Muriel Scott  
Director of Public Health

# Prevalence of Excess Weight

- In Central Bedfordshire 67.1% of adults are overweight or obese.
- Almost 1 in 4 adults (24.2%) are obese.
- 2015/16 National Child Measurement Programme (NCMP) data revealed that 19.6% of 4-5 year olds and 29.4% of 10-11 year olds are overweight or obese.
- The trend for excess weight in children aged 4-5 remains stable, however there is a slight increase in the excess weight levels of children aged 10 – 11.

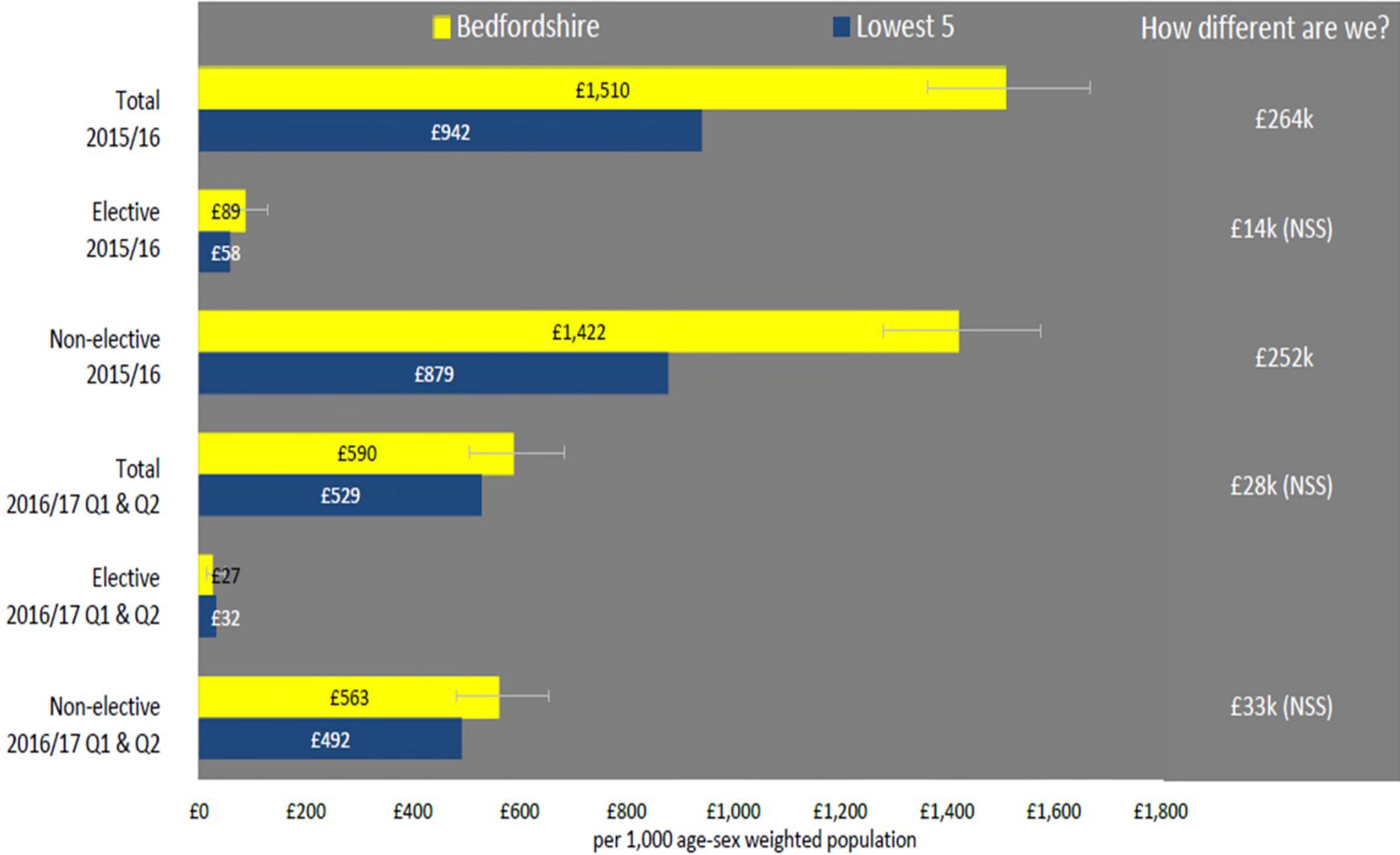
# Excess weight and diabetes

- Type 2 diabetes, previously considered as an adult disease, is now diagnosed in overweight children as young as five.
- Compared to those who are not obese the risk of type 2 diabetes is 13 times greater for obese women and 5 times greater than obese men.
- Losing 5%+ of body weight has been associated with reduced risk of Type 2 diabetes.

# Excess weight and diabetes

- 6% (12,485) of Central Bedfordshire's adult population have been diagnosed with diabetes.
- If current trends in the size of population and levels of obesity continue, the total prevalence of diabetes is expected to rise to 7.3% by 2020 and 8.3% by 2030.
- Approximately a third of the projected rise in diabetes prevalence can be attributed to the increasing prevalence of obesity in England.

# Diabetes – Spend



# National Diabetes Prevention Programme (NDPP)

- Central Bedfordshire is in Wave 2 of the NHS Diabetes Prevention Programme as part of the Bedfordshire, Luton and Milton Keynes STP.
- Bedfordshire CCG began phased rollout in May 2017
  - All practices in the Chiltern Vale locality began to refer from 3rd July 2017.
  - During August it will be rolled out to the remaining Central Bedfordshire practices.
  - NDPP sessions are scheduled to start at the end of August.
- Other CCGs have taken a practice-wide approach from the outset which has generated a higher number of referrals.

# NHS Health Check

- As part of the NHS Health Check people identified as at high risk of diabetes (based on body mass index and blood pressure) should be offered a diabetes screening test.
- In Central Bedfordshire in 2016/17
  - 3,247 people were identified as requiring a diabetes screening following their NHS Health Check
  - 1,361 (42%) had a blood glucose test
  - 27 were diagnosed with Type 2 diabetes
- 1,819 people were identified as having a BMI>30 during their NHS Health Check.
  - Of these only 21 (1%) were referred to weight management programmes.

# Areas of Concern

- Referrals to BeeZee Bodies from healthcare practitioners continue to be low, despite clear referral pathways.
- Despite the offer of free 'Raising the Issue of Weight' training, healthcare practitioners find it challenging to raise the issue of weight - particularly if the practitioner is also overweight.
- Parents are often reluctant or unable to acknowledge that their child would benefit from weight management support and seek assistance.
- The number of patients referred to the local National Diabetes Prevention Programme (NDPP) is low compared to other CCGs. However, this is expected to rise as the programme is rolled out.

# Recommendations relating to diabetes

- Health practitioners to attend 'Raising the Issue of Weight' training and adopt this in practice.
- Think 'weight management' and refer to BeeZee Bodies.
- Think about whether patients with hyperglycaemia or diabetes would benefit from weight management support and refer to either the NDPP or BeeZee Bodies.
- Consider whether all adult patients with high blood pressure and/or a high BMI (outwith the NHS Health Check) would benefit from diabetes screening.

# Strategic Recommendations

- Provide leadership by re-affirming commitment to the Excess Weight Partnership Strategy and in particular
  - ensuring the recommendations relating to diabetes are implemented
  - ensuring that partner organisations are represented at the right level the Excess Weight Implementation Group
  - ensuring that prevention and management of excess weight is identified as a priority in organisational plans
  - Acting as positive role models, providing healthy workplaces for employees



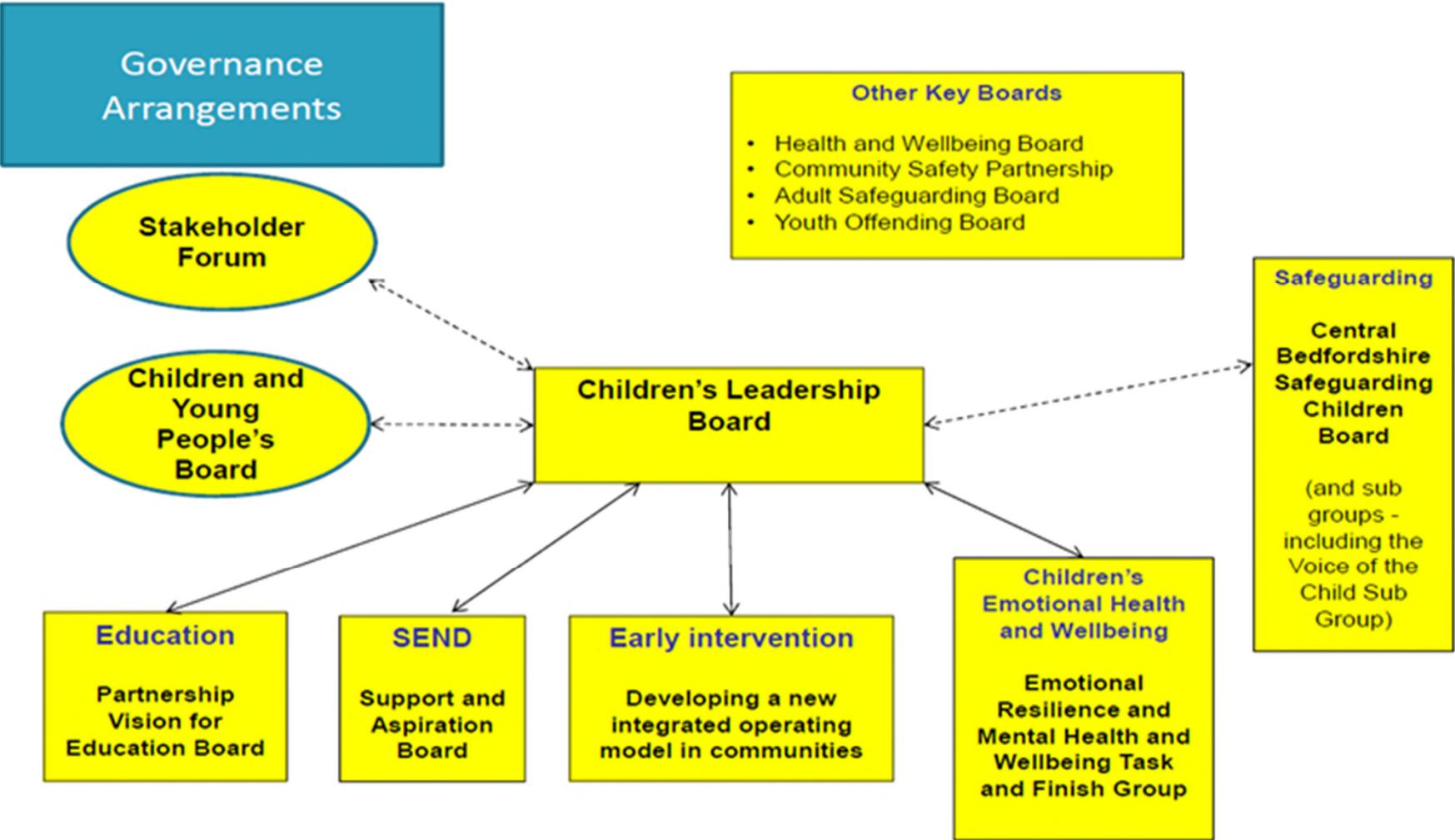
# **Strategic Partnership Leadership Arrangements for Children**

**(including the development of a new  
Children and Young People's Plan)**

Ben Pearson

Head of Commissioning and Performance

# New Governance Arrangements



# Developing a new Children and Young People's Plan(CYPP)

- Key mechanism for the Council and partners – a focussed approach to improving outcomes for children and young people
- Children's Leadership Board – leading on development.
- Draft prepared for wider engagement – focussing on ensuring Central Bedfordshire's children are **happy, healthy and safe**
- Key documents referenced to inform the Plan include:
  - The latest JSNA Executive Summary
  - Director of Public Health report 'Aiming for the best for children, young people and families in Central Bedfordshire'
  - Council and partner plans e.g. Partnership Vision for Education, SEND Vision, Children's Services Transformation Programme and plans from Public Health, East London NHS Foundation Trust, Community Health Services

# Shaping the plan

- The CLB has placed importance on:
  - Supporting **good parenting** to enable children to have the best start in life
  - Focussing on **self help and prevention** – tackling root causes and parental risk factors such as domestic abuse to achieve positive sustained family outcomes
  - Improving the **learning outcomes** of children and young people in Central Bedfordshire – in particular for disadvantaged pupils
  - Recognising the **unique challenges faced by adolescents** - ensuring children are supported into adulthood
  - Improving the **emotional wellbeing, resilience and mental health** of children, young people and their families in Central Bedfordshire;
  - The **voice of the child** in shaping services
  
- The draft CYPP embraces the ambition of Children’s Services Transformation Programme – with a commitment to becoming even more family centric - building an integrated multi-agency Children’s Service through locality working

# Next steps

- The draft plan is reviewed by the Health and Wellbeing Board today (12.7.2017)
- Wider engagement takes place on the draft Children and Young People's Plan with:
  - Children and young people – including 'Youth Central' Youth Parliament and Children in Care Council
  - Partner Leadership Boards (e.g. BCCG)
  - The Council Executive and Children's Services overview and Scrutiny Committee
  - Chairs of the Partnership Vision for Education Board, Support and Aspiration Board (including SNAP), Central Bedfordshire Safeguarding Children Board, Adult Safeguarding Board, Community Safety Partnership, Chief Officers Group (Youth Offending).
- The final plan will be presented to the Children's Leadership Board in **Autumn 17 for sign off** – following which the Health and Wellbeing Board will be asked to endorse the 2 year Plan

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