

# Bedfordshire, Luton and Milton Keynes Sustainability and Transformation Plan

Empowering communities and keeping people healthy

High quality, scaled and resilient primary, community and social care

Sustainable secondary care services

Designing and delivering a BLMK digital programme

Re-engineering demand management, commissioning and health and social care provision

*Prevention is the golden thread that runs across Bedfordshire, Luton and Milton Keynes. We will work together to close the health and wellbeing gap by improving healthy life expectancy and reducing health inequalities.*

## Three key enablers

Prevention principles embedded across BLMK, with Board-level champions

Health and Wellbeing Boards lead local delivery of prevention priorities

Consistent, clear and strategic health messages across BLMK

## Six priority areas for prevention

### 1. Giving every child the best start

- a) Reduce smoking at time of delivery
- b) Increase breastfeeding
- c) Increase referrals to weight management services for children and pregnant women
- d) Reduce hospital admissions for asthma
- e) Support families where there are parental mental health, substance misuse or domestic violence issues

### 2. Improving immunisations & screening

- a) Increase flu immunisation uptake in risk groups and frontline staff
- b) Increase flu and pertussis immunisation uptake in pregnant women
- c) Increase cervical screening coverage in younger women
- d) Increase bowel screening coverage
- e) Reduce late diagnosis of HIV
- f) Increase detection and treatment of chlamydia

### 3. Tackling the four lifestyle behaviours that have the greatest impact

- a) Reduce the harms caused by alcohol drinking
- b) Increase the uptake of preventative programmes in vulnerable and deprived groups
- c) Increase opportunities for healthy eating and physical activity
- d) Support implementation of the Diabetes Prevention Programme

### 4. Promoting mental health & wellbeing

- a) Strengthen perinatal mental health pathways
- b) Improve the emotional wellbeing and resilience of vulnerable children and young people
- c) Improve the awareness, diagnosis and treatment of dementia
- d) Improve the physical health of people with mental health issues

### 5. Achieving healthy workforces

- a) BLMK partners become exemplars for workplace wellbeing
- b) All NHS Trusts develop and achieve workplace wellbeing CQUINs
- c) BLMK partners implement smoke-free estates
- d) Reduce the employment gap for people with mental illness, sensory, physical and learning disabilities

### 6. Empowering communities & self-management

- a) Increase the contribution of self-managed care
- b) Optimise detection and treatment for diabetes, cardiovascular disease and respiratory disease
- c) Reduce injuries due to falls
- d) Increase the uptake of volunteering opportunities
- e) Strengthen the role of the 'wider workforce' in prevention, including pharmacists
- f) Ensure the voice of the local community is listened to and acted upon

# Prevention Targets: What will success look like for BLMK?

## E1. Prevention principles embedded across Bedfordshire, Luton and Milton Keynes

- i. A Board-level champion is appointed by each BLMK partner
- ii. Health Impact Assessments are carried out for major policy decisions.
- iii. BLMK partners deliver on their agreed prevention actions

## 1. Giving every child the best start in life

### 1a. Reduce smoking at time of delivery

- i. 0.5% annual reduction and a 2.5% reduction by 2020/21

### 1b. Increase breastfeeding

- i. 1% annual increase and a 5% increase in breastfeeding at 6 to 8 weeks by 2020/21

### 1c. Increase referrals to weight management services for children and pregnant women

- i. Target TBC

### 1d. Reduce hospital admissions for asthma

- i. 15/100,000 annual reduction in hospital admissions for asthma in under 19s, and a 75/100,000 reduction by 2020/21

### 1e. Support families where there are parental mental health, substance misuse or domestic violence issues

- i. Target TBC

## 4. Promoting mental health & wellbeing

### 4a. Strengthen perinatal mental health pathways

- i. Target TBC – maternal mood assessment

### 4b. Improve the emotional wellbeing and resilience of vulnerable children and young people

- i. Target TBC

### 4c. Improve awareness, diagnosis and treatment of dementia

- i. Target TBC
- ii. BLMK partners are recognised as dementia friendly organisations

### 4d. Improve the physical health of people with mental health issues

- i. Target TBC

## E2. Health and Wellbeing Boards lead local delivery of prevention priorities

- i. HWB boards receive regular updates on prevention achievements
- ii. BLMK prevention priorities are reflected in Joint Health and Wellbeing Strategies

## 2. Improving screening & immunisation

### 2a. Improve flu immunisation uptake across BLMK

- i. 100% of frontline health and care workers are offered a flu jab
- ii. For over 65s, 75% uptake is achieved and maintained
- iii. For risk groups including pregnant women, a 3% annual increase and a 15% increase by 2020/21

### 2b. Increase cervical screening coverage in women aged 25-49

- i. Achieve and maintain 80% coverage for women aged 25-49

### 2c. Increase bowel screening coverage

- i. Achieve and maintain 65% coverage

### 2d. Reduce late diagnosis of HIV

- i. Achieve and maintain <50% late diagnosis of HIV

### 2e. Increase detection and treatment of chlamydia

- i. Achieve and maintain a chlamydia detection rate of 2,300 per 100,000

## 5. Achieving healthy workforces

### 5a. BLMK partners become exemplars for workplace wellbeing

- i. All partners achieve Level 3 'Excellence' accreditation for the National Workplace Wellbeing Charter by 2020/21

### 5b. All NHS Trusts develop and achieve workplace wellbeing CQUINs

- i. Workplace wellbeing CQUINs developed and approved
- ii. Workplace wellbeing CQUINs achieved

### 5c. BLMK partners implement smoke-free estates

- i. All partners' estates smoke free by 2020/21

### 5d. Reduce the employment gap for people with mental illness, sensory, physical and learning disabilities

- i. Target TBC

## E3. Consistent, clear and strategic health messages across BLMK

- i. All partners nominate a communications lead to participate in a BLMK-wide Communications Group
- ii. An annual BLMK Prevention Communications Plan is approved by the BLMK Steering Group and Health and Wellbeing Boards

## 3. Tackling the four lifestyle behaviours

### 3a. Reduce the harms caused by drinking

- i. 50/100,000 annual reduction in alcohol-related admissions (broad definition), and a 250/100,000 reduction by 2020/21

### 3b. Increase the uptake of preventative programmes in vulnerable and deprived groups

- i. Health checks target, weight management and smoking targets TBC
- ii. Achieve and maintain 70% coverage for annual learning disability health checks

### 3c. Increase opportunities for physical activity

- i. Target TBC

### 3d. Support implementation of the Diabetes Prevention Programme

- i. Target TBC

## 6. Empowering communities & self-management

### 6a. Increase the contribution of self-managed care

- i. Target TBC

### 6a. Optimise the detection and treatment of diabetes, cardiovascular disease and respiratory disease

- i. 1% annual increase in the achievement of diabetes treatment targets and a 5% increase by 2020/21
- ii. Other targets TBC

### 6b. Reduce injuries due to falls

- i. 2% annual reduction in admissions for injuries due to falls and a 10% reduction by 2020/21

### 6c. Increase the availability and uptake of volunteering opportunities

- i. Target TBC

### 6d. Strengthen the role of the 'wider workforce' in prevention, including pharmacists

- i. 75% of pharmacies achieve Healthy Living Pharmacy accreditation

### 6e. Ensure the voice of the local community is listened to and acted on

- i. Target TBC