A report of the work of the Lambeth and Southwark Public Health Team

Improving public health in Lambeth and Southwark 2013-2015
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Improving Public Health in Lambeth and Southwark 2013-15

Foreword

by Dr Ruth Wallis

This is a summary of some of the work done by the Lambeth and Southwark Public Health Team during 2013-2015.

The public health purpose is simple – to protect, promote and improve the health and wellbeing of local people, and reduce inequalities.

Achieving this means:

- Understanding the health and wellbeing of the population, and their experience of inequality including; the impact of the economic, built and social environment, the use and outcomes of local services
- Providing expert advice to; senior leaders including elected officials, commissioners, planners, service providers, and to communities about the health and wellbeing of the population and what is needed to prevent ill health, to improve health and wellbeing and to reduce inequalities
- Protecting people from infectious disease and environmental risk, eg through immunisation, working across organisations and departments, such as environmental health to reduce infections (eg MRSA, C.Difficile), and using health and wellbeing impact assessment, to identify risks from a change in a service, major building or regeneration programme, and work with others to reduce these risks

In practice this will include planned and urgent work (eg the local response to Ebola); public health works across both local authorities and Clinical Commissioning Groups (CCGs), with communities, health and social services and with academics to improve health, and secure additional investment.
Achievements

- Collaborating in a successful Big Lottery Fund bid (£36 million over 10 years) to improve health in 0-4 year olds, and reduce health inequalities in four Lambeth wards.
- Leading a new programme (SH:24) funded by Guy’s and St Thomas’s Charity (£3m) to develop online testing and rapid response for sexually transmitted infection, to reduce transmission, and provide more accessible, efficient treatment.
- Getting Lambeth and Southwark CCGs and local authorities to sign up to be accredited to the London Healthy Workplace Charter.
- Acting to identify the missing 800 people with end of life care needs in Lambeth and Southwark who are not recorded as accessing services.
- Working with Guy’s and St Thomas’s and Kings College Hospitals to enable staff to deliver brief interventions on smoking cessation, reducing alcohol-related harm and increasing physical activity to 182,000 inpatients and 304,000 emergency attendances; this is helping to prevent the top three killer diseases in Lambeth and Southwark (cardiovascular and respiratory diseases, and cancer).
- Developing a health based referral approach to support people who are less likely to take up Southwark Council’s innovative free swim and gym offer.
- Reaching approximately 36,600 people in Lambeth schools and 60,000 income deprived communities to improve healthy nutrition and reduce food poverty via leveraging £600,000 from the Mayor’s Food Flagship Programme.
- Developing evidence based obesity pathway for children including a level 2 weight management programme for Southwark children and families and a level 3 service for children and young people with more complex needs.
- Providing public health input to both Lambeth and Southwark’s licensing and planning strategic documents and processes so that potential health benefits are gained and harms mitigated.
Achievements

- Collaborating with Southwark CCG to become one of seven demonstrator sites for the National Diabetes Prevention Programme aiming to reach 6,000 people to prevent Type 2 Diabetes
- Data analysis to understand the care needs and service use of 115,000 people in Southwark with high care needs who are at risk of hospital admission
- Supporting innovation in and evaluation of new mental health services (the Living Well Hub) in Lambeth that reached over 700 people with mental health problems
- Major programme to improve flu immunisation rates in care home and social care staff to prevent infection in vulnerable patients, and staff
- The production of two Annual Public Health Reports, whose recommendations were all agreed
- Public health leadership to the Health and Wellbeing Boards, CCGs and other partnership boards
Improving health and wellbeing in Lambeth and Southwark

A population health approach entails looking at the big picture of what can make a difference to health and wellbeing across the whole population. It also entails acting to improve the setting and context in which people live to enable people to adopt and maintain healthy lifestyles, prevent disease, protect and improve general health and improve healthcare services.

Providing excellent, accessible and equitable health and care services for people who are ill or vulnerable is essential, but improving health across the population requires more. It is not enough simply to provide advice and information to help people look after their own health. To make a lasting difference to health and wellbeing as a society, it is also essential to improve the physical, social and economic environment so that people have the opportunity to live healthy lives and make healthy choices. Addressing the social, environmental and economic conditions within which people are born, grow, live, work and age is necessary in order to have a sustainable and productive society that can afford health care and other public services.

The core role of the Lambeth and Southwark Public Health Team is to work strategically with partners, communities, staff and patients to improve population health and wellbeing and to reduce health inequalities. This is achieved by using data and information on health and wellbeing, and by bringing together people’s views and experiences, evidence of what improves health and wellbeing and the perspectives of commissioners and providers of services.

National policy recommendations for improving health and reducing health inequalities

The Strategic Review of Health Inequalities 2010, Fair Society, Healthy Lives led by Michael Marmot provided compelling evidence of the importance of addressing health and wellbeing needs across the life course and offers a framework to achieve change. This approach strongly influences the team’s strategy and practice.

The six key policy recommendations outlined in Fair Society, Healthy Lives underpin the work of the team.

National policy recommendations from the Fair Society, Healthy Lives report

- Give every child the best start in life
- Enable everyone to maximise their capabilities and have control over their lives
- Create fair employment and good work for all
- Ensure a healthy standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill-health prevention
Improving health and wellbeing in Lambeth and Southwark

Some of the common issues across Lambeth and Southwark

**People in Lambeth and Southwark**
- Young population
- Growing population
- High population turnover
- High ethnic diversity
- Densely populated
- High numbers of children living in poverty
- High levels of childhood obesity
- High levels of smoking and tobacco consumption
- High rates of newly diagnosed sexually transmitted infections
- Continued improvements in overall health, but health inequalities still remain in both boroughs
- The gap in life expectancy between Lambeth and Southwark and England has narrowed, but cancer, respiratory and circulatory disease deaths continue to be high
- High incidence of and mortality from cancer

**Living in Lambeth and Southwark**
- Inequalities in life expectancy between wards
- High levels of fuel poverty
- High levels of alcohol-related harm
- High levels of deprivation
- High levels of income and employment inequalities
- High levels of overcrowding
- High levels of violence and injury
- High perception of anti-social behaviour
- High levels of air pollution

The gap in life expectancy between Lambeth and Southwark and England has narrowed, but cancer, respiratory and circulatory disease deaths continue to be high
Improving health and wellbeing in Lambeth and Southwark
The statutory public health role

In April 2013, local authorities in England took on the responsibility for leading public health. This includes responsibility for protecting and improving the health and mental wellbeing of their local residents.

The Lambeth and Southwark Public Health Team works with Lambeth and Southwark Councils and the Lambeth and Southwark CCGs. CCGs are responsible for commissioning most secondary health services. Other specialist services and primary care are commissioned by NHS England.

Healthwatch are responsible for ensuring that the public voice is central to these plans.

Health and Wellbeing Boards were created in Lambeth and Southwark with representation from the respective CCGs, King’s Health Partners and the public as the forum where these organisations come together to provide oversight of plans to improve health and wellbeing in each borough. They ensure that the recommendations of the Joint Strategic Needs Assessment (JSNA) of each borough are acted on, and the social, environmental and lifestyle determinants of health are addressed.

The work of the Lambeth and Southwark Public Health Team focuses on enabling Lambeth and Southwark Councils to fulfil their important new duties and to embed a population health approach in their activities and policies.

Public health commissioning includes:

- Sexual health services
- Substance misuse and alcohol services
- The national child measurement programme
- Childhood obesity services
- The NHS health check assessment
- Stop smoking services
- Weight management/healthy weight services (adults) and other healthy lifestyle interventions
- Mental health promotion and wider public mental health activities

The team continues to work closely with CCGs to inform priorities, support effective health services commissioning and service development and to facilitate partnership work across organisations.
The role of the public health workforce

Public health specialists apply their expertise on behalf of the local people, having population health and wellbeing as their highest priority. They work in partnership across sectors to ensure that promoting the health and wellbeing of local residents and reducing inequality is at the heart of policies, strategies and actions. This is achieved through action in the main domains of the public health function: the wider determinants of health, health protection, health improvement, health and care services improvement, and health intelligence across the entire life course.

Improving the wider determinants of health

Involves working with a wide variety of partners to address the social, economic and environmental conditions that influence the health of individuals and populations. These often include strategies affecting housing, education, poverty, employment, transport, pollution and community safety in order to incorporate measures to impact positively on health and health inequalities. Engaging and involving communities by working with residents can help to achieve citizen-led activities that build on existing assets to address localised social determinants of health.

Health protection

Involves protecting the local residents from ill health, including risks from infectious disease, environmental health hazards and emergency response. This includes local action in Lambeth and Southwark in collaboration with the health protection team of Public Health England (PHE) and Lambeth and Southwark CCGs. In Lambeth and Southwark, public health is responsible for infection prevention control in the community (primary care, dentistry, care homes, prevention of community Methicillin-Resistant Staphylococcus Aureus [MRSA] and Clostridium Difficile Infection [CDI]) and assurance for infection control in hospital, including MRSA and C.Difficile. The team provides public health expertise to the prevention, diagnosis and treatment of hepatitis and tuberculosis, and the prevention and mitigation of the health impacts of poor air quality.
The role of the public health workforce

**Health improvement**

includes promoting health and wellbeing, preventing disease and reducing inequalities of individuals and communities through a wide range of approaches that reduce risk factors. Improving health also includes promoting mental wellbeing and resilience as well as improving access to knowledge, building skills and offering services. Public health staff mobilise people from a diverse range of backgrounds to ensure healthy lifestyles are promoted throughout the life course – in the early years, at school, in the workplace, in communities and in later life.

**Health and care services improvement**

involves working with commissioners and providers to ensure high quality health and social care is available in Lambeth and Southwark to reduce the number of people living with preventable ill health and dying prematurely. The aim is to ensure that services are effective, efficient, cost effective, accessible and acceptable to all who need them. It is also essential that services are equitable so that people with the same level of need are treated equally and services are tailored to people’s needs including those with the greatest level of need.

**Health intelligence**

is a public health approach to information to support decision-making based on the health of local people. It involves the collection, analysis and interpretation of evidence about the health and wellbeing of specific local populations, their underlying issues and concerns and the services available to them. This process enables decisions to be made about effective resource allocation especially, but not exclusively, for commissioning services that improve health and wellbeing and reduce health inequalities. Health intelligence leads on the development and dissemination of the JSNAs as well as on the discovery, acquisition, warehousing and dissemination of core public health dataset.

In addition to the key public health functions, public health specialists in Lambeth and Southwark are also involved in research, training, innovation and income generation.
Innovation and income generation

- **Lambeth Early Action Partnership (LEAP)** successfully bid for up to £36m from the national Fulfilling Lives: A Better Start Programme (The Big Lottery Fund) to improve services from conception to four years old over a period of ten years.

- **The Children and Young People’s Health Partnership (CYPHP)** (formerly the Evelina Child Health Programme) is a **Guy’s and St Thomas’s (GSTT) Charity funded partnership programme**, which involves Lambeth and Southwark councils and CCGs, the three Foundation Trusts of Kings, GSTT and South London and Maudsley (SLAM), and the voluntary sector. It strengthens primary care, develops holistic care pathways for long term conditions, and provides holistic care for young people across Lambeth and Southwark.

- **GSTT Charity** funds the **Knee High Design Challenge** which finds, funds and supports people with new design ideas for improving the health and wellbeing of children under five years old. The programme has attracted over 600 public sector innovators, social entrepreneurs and local parents, and involved families and children in the process. It also successfully launched six teams, and received further investment from GSTT Charity for three teams:
  - **Pop Up Parks**: creating vibrant spaces in urban environments that encourage children and families to spend more time being playful, creative, and active outside the home.
  - **Kids Connect**: a new web application supporting parents and carers to make use of the activities that are available for free in their local area.
  - **Creative Homes**: a home visiting service that brings artists into families’ homes to help them solve day-to-day triggers of stress.

- **Lambeth Living Well Collaborative** won a bid (£1.943m) from **GSTT Charity** to extend the ‘Living Well Hub’ to the south of Lambeth. The hub will become the ‘new front door’ to mental health and other services for people with enduring mental health and complex life problems in Lambeth.

- **Secured funding from GSTT Charity** for the development of **SH:24**, revolutionizing sexual health care by using telephone and internet technologies to deliver sexual health care remotely. The service was launched in March 2015 and is commissioned by Lambeth and Southwark Councils.

- **Established a Youth Worker Programme in Accident and Emergency to reduce violence among young people (first example of this approach in the UK)** through initial **GSTT Charity** funding and subsequently mainstreamed (until August 2015 when funding suspended) in youth services locally.
The role of the public health workforce

- Lambeth Food Flagship Borough awarded the Inner London Food Flagship Status by the **Greater London Authority**. The Food Flagship supports a local co-ordinated approach to influence the food system to improve the health and wellbeing of residents and is trailblazing a borough wide implementation of the School Food Plan

- **Kings Health Partners Urban Public Health Collaborative** across Lambeth, Southwark and Lewisham develops progressive programmes using the principles of co-production to unleash innovative potential for working in diverse partnership. The collaborative is engaging local citizens, King’s Health Partners’ clinical academic groups, King’s College London academics, borough senior leader and PH departments, PHE and international collaborators, and developing an Institute of Public Health

Research and collaboration

- **New developments and evaluation locally**
  - King’s College London: Evaluation of the introduction of an online sexual health service (SH:24)
  - Health Technology Assessment Trial: Enhanced invitation methods to increase uptake of NHS Health Checks (Lambeth and Lewisham)
  - Collaboration with PHE on Health Checks Trial (Southwark)
  - Middlesex University, Centre for Abuse and Trauma: Evaluation of youth worker intervention in accident and emergency

- **Understanding new problems**
  - Influence guidelines and networks eg membership of the National Institute for Health and Care Excellence (NICE) Obesity Guidance Development Group
  - National Institute for Health Research postnatal weight management trial

- **Income generation**
  - See previous section

- **Reputational enhancement**
  - A range of research publications

Training

There are a number of nationally funded training posts in public health. Trainees are allocated to different organisations, accredited for public health training and undertake supervised work. The Lambeth and Southwark Public Health Team is a highly regarded training department with a number of trainees at different levels including public health trainees, foundation doctors and MSc students from the London School of Economics.
The Public Health Team

The Public Health Department is led by the Director of Public Health for Lambeth and Southwark and includes senior accredited public health consultants and specialists, and health improvement, intelligence and analytical expertise.

There are four teams in the Public Health Department: Health Protection, two Health Improvement teams and Health Intelligence.
Public health work

Lambeth and Southwark both have similar albeit very diverse populations and have seen great improvements in overall health over the last 50 years, but health inequalities still remain.

While there is much to be proud of in terms of public health successes, such as improved life expectancy, reduced deaths in infancy, and reduced teen pregnancy, there remains considerable work to do to reduce health inequalities, which are at risk of widening in the current environment. Addressing the wider determinants of health remains an essential strategy to produce sustainable improvements in health and wellbeing and to reduce health inequalities.

The Public Health Team works with many stakeholders on strategies and actions to promote health and wellbeing and reduce health inequalities. This includes senior decision makers, commissioners, clinicians, and providers of all types, residents and communities. As well as ensuring commissioning and other plans are based on needs and evidence, the aim is to make best use of the resources and assets of communities and empower people to act on their own behalf to promote healthy, sustainable neighbourhoods and environments that promote wellbeing. Working alongside council and NHS colleagues and other partners requires new ways of working, harnessing the unique potential of directly influencing many of the external factors, which result in health inequalities.

In Lambeth and Southwark, current local priorities include mental and emotional wellbeing, preventing long term conditions through reducing risk (smoking, alcohol, diet and physical activity), HIV and sexual health and early intervention in children and young people.

This report highlights some of the work being done in the above areas as well as future plans and the innovative new partnerships being forged to create unique public health opportunities.
Public health work
The life course approach

What does it mean to be healthy?

To understand this we need to ask questions about people, place, and life course. We need to understand who is living and working in Lambeth and Southwark and know something about the impact of the economic, built and social environment on their health not just healthcare.

Throughout life housing, family and wider social networks, education, income and employment, among other things, strongly determine a person’s health and wellbeing.

At each life stage different factors affect health and wellbeing. Taking a life course approach, which looks at the influences on health and wellbeing at all stages of life, provides an effective method of formulating policies, strategies, plans and priorities for action to improve the health and wellbeing of people in Lambeth and Southwark.

In 2012, there were 4,825 babies born to Lambeth mothers and 5,030 babies born to Southwark mothers

Approximately 21,000 infants aged under five live in Lambeth and 22,000 in Southwark

- 90.1% of mothers in Lambeth initiate breast feeding and 77% still breast feed at 6-8 weeks
- 88.1% of mothers in Southwark initiate breast feeding and 77% still breast feed at 6-8 weeks
- 25% of children aged 4 and 5 are overweight or obese in Lambeth, 28% of children aged 4 and 5 are overweight or obese in Southwark, these rates are significantly above the England average
- 2.7% of full term babies in Lambeth and Southwark have a birth weight under 2500g, similar to England
- 4.4% of mothers in Lambeth reported smoking at time of delivery and 3.8% in Southwark, both significantly better than the England average
- 4.4% of mothers in Lambeth reported smoking at time of delivery and 3.8% in Southwark, both significantly better than the England average

More details on Health and Wellbeing can be found on the Lambeth or Southwark JSNA web pages:
www.lambeth.gov.uk/jsna or www.southwark.gov.uk/jsna
**The life course approach**

**CHILDREN AND YOUNG PEOPLE**
- 41% of 10-11 year olds in Lambeth and 44% of 10-11 year olds in Southwark are overweight or obese, these rates are significantly higher than the England average.
- 29% of children in Lambeth and 28.6% of children in Southwark live in poverty, both significantly higher than the England average.
- Teenage pregnancy in both Lambeth and Southwark have declined, but rates in Southwark remain higher than the England average.
- Rates of sexually transmitted infections in people under 25 were significantly higher in both Lambeth and Southwark than the England average.

**ADULTHOOD**
- 14.4% of adults in Lambeth and 20.6% in Southwark are classified as obese.
- 5% of adults with recorded diabetes in Lambeth and 5.5% in Southwark, both significantly lower than the England average.
- 29% of Lambeth and 29% of Southwark residents die from cancer.
- 27% of Lambeth and 25% of Southwark residents die from circulatory diseases (e.g., CVD).
- 15% of Lambeth and 15% of Southwark residents die from respiratory diseases (e.g., COPD).
- Both Lambeth and Southwark have higher than average detection rates of severe mental illness (bipolar disorder and schizophrenia).

**GROWING OLDER**
- 8% of people in Lambeth and Southwark are 65 and older.
- 43% of flu related emergency hospital admissions were over 65 years old or in an ‘at risk group’.
- Estimated dementia diagnosis rate in Lambeth is 64.3% and 68.5% in Southwark.

Approximately 44,000 children aged five to 18 in Lambeth, 43,000 children aged five to 18 in Southwark.

Over half of Lambeth and Southwark population are of working age (aged approximately 18 to 65).

29% of children in Lambeth and 28.6% of children in Southwark live in poverty, both significantly higher than the England average.

Over half of Lambeth and Southwark population are of working age (aged approximately 18 to 65).

43% of flu related emergency hospital admissions were over 65 years old or in an ‘at risk group’.

Estimated dementia diagnosis rate in Lambeth is 64.3% and 68.5% in Southwark.
Maternal health and infant health

Maternal health is the health of women during preconception, pregnancy, childbirth and the period following childbirth. Safe motherhood begins before conception with good nutrition and a healthy lifestyle. It continues with appropriate prenatal care and preventing problems if they arise. The ideal result is a full-term pregnancy without unnecessary interventions, the delivery of a healthy baby and a healthy postpartum period in a positive environment that supports the physical and emotional needs of the mother, baby and family.

Adequate nutrition for infants in the first year of life is critical for lifelong health and wellbeing. It is recommended that infants should be exclusively breastfed for the first six months of life followed by the introduction of complementary foods alongside continued breastfeeding up to two years of age. By breastfeeding, mothers are protecting their own health as well as the health of their baby by lowering the possibility of breast cancer, ovarian cancer and osteoporosis later in life, as well as invaluably bonding with their child.

Current work

- Implementing universal Vitamin D supplementation to all pregnant women, new mothers and all children under four years old
- Introducing the meningococcal B disease (MenB) infant vaccination programme
- Supporting the implementation of the UNICEF Baby Friendly Initiative in community settings
- Providing specialist advice into the National Institute for Health Research (NIHR) postnatal weight management project

Key achievements

- Supporting the successful £36m Big Lottery bid for Lambeth Early Action Partnership (LEAP) to improve services from conception to three years old
- Delivering the new MenB infant vaccination through general practice
- Promoting good weaning practices and empowering families to be able to cook healthily and on a budget
- Providing bespoke children’s healthy weight capacity building programme to over 200 early years practitioners in Lambeth

Supporting the successful £36m Big Lottery bid for LEAP to improve services from conception to three years old
Maternal health and infant health

Future plans

- Evaluating the vitamin D supplementation programme
- Developing a children’s (including maternity) JSNA to include safeguarding, Female Genital Mutilation (FGM) and Child Sexual Exploitation (CSE)
- Developing a consistent evidence-based approach to tackling smoking in pregnancy across South East London

Relevant local policies and strategies

- Children and Young People’s Prevention and Early Intervention Strategy in Lambeth
- Children and Young People’s Strategic Framework in Southwark
Children and young people’s health

The patterns laid down in early life have a major impact on the health experience of the child as they grow into adulthood. It is important to have as full an understanding as possible of all the health issues for young people, as well as those factors that influence health in the short term and long term.

Key achievements

- Informing the development of a PSHE programme and supporting schools to achieve the Healthy Schools London (HSL) Award
- Working with Youth Offending Service to address health needs in Lambeth
- Being recognised by PHE for the Lambeth Childhood Obesity Programme as a model of good practice
- Developing Southwark Children Healthy Weight Care Pathway and providing recommendations for the commissioning of evidence-based action to support the pathway
- Producing children’s JSNA Factsheets for Lambeth and Southwark
- Tackling child hunger during the school holidays and supporting a Healthy Eating Holiday Programme
- Piloting an innovative project working with school children to raise awareness of air pollution and the promotion of walking using technology
- Setting up a Youth Violence Prevention project in a London hospital emergency department and publishing evidence on innovative Youth Violence Prevention project that contributed to national policy

Current work

- Ensuring there is provision of high quality Personal, Social and Health Education (PSHE) in schools in Southwark and Lambeth
- Contributing to the development and implementation of the CYP Health Partnership’s programme on integrated care
- Implementing evidence-based interventions to tackle unhealthy weight in children
- Developing a public health approach to violence in Lambeth
- Conducting a needs assessment on childhood neglect for the Southwark Safeguarding Board (SSCB)

Piloting an innovative project raising awareness of air pollution and the promotion of walking using technology
Children and young people’s health

Future plans

- Working with the Safeguarding Boards in both boroughs on scorecards, child death reviews, FGM and CSE
- Developing a young people’s health and wellbeing pathway, young people friendly standards and training as part of the CYP Health Partnership
- Informing the Child and Adolescent Mental Health Services (CAMHS) strategies of both boroughs

Relevant local policies and strategies

- Children and Young People’s Prevention and Early Intervention Strategy in Lambeth
- Children and Young People’s Strategic Framework in Southwark
Childhood immunisation

Immunisation controls and eliminates infectious diseases, which can cause severe illness and in some cases death. Achieving consistently high levels of immunisation uptake and continually improving access to immunisation services to the most hard-to-reach and vulnerable groups of population are a key role of public health.

Current work

- Commencing annual flu programme
- Replacing MenC vaccination with Meningococcal ACWY conjugate vaccination (MenACWY) programme

Key achievements

- Working with service providers to improve childhood immunisation uptake (e.g. MMR uptake has risen from 55% to 90% and DPT uptake has risen from 75% to 93% over six years)
- Lambeth and Southwark Immunisation Steering Group producing its first annual report to provide local stakeholders with a summary of local programmes

Future plans

- Offering all children flu immunisation
- Delivering a catch-up MenACWY vaccination campaign for school year 10 through schools from January 2016
- Adding MenACWY vaccine to routine adolescent schools programme (school year 9 or 10) from Autumn 2015 to replace MenC vaccination
- Adding MenACWY vaccine to the existing time-limited ‘freshers’ programme

Achieving consistently high levels of immunisation uptake and continually improving access to services
Healthy eating, physical activity and healthy weight

Obesity, poor diet and physical inactivity increase the risk of type 2 diabetes, cardiovascular disease, certain cancers, and decreased mental health and wellbeing. Public health is working with partners to reduce the prevalence of obesity and associated chronic diseases.

**Current work**

- Developing, managing and evaluating the Food Flagship Programme in Lambeth to reduce childhood obesity, improve children’s education achievement and prevent diabetes
- Improving access to the healthy food in early years settings, schools, workplaces and food outlets through the Healthy Catering Commitment
- Increasing opportunities to be physically active in Southwark through free swimming and gyms, a cycle loan scheme and a range of walking initiatives
- Developing ‘active design’ guidance for the built environment
- Commissioning Exercise on Referral schemes in Lambeth and Southwark
- Supporting implementation of a range of commissioned childhood obesity services (Lambeth) and scoping adult weight management services
- Incorporating health improvement training to the Councils’ workforce development

**Key achievements**

- Being awarded Food Flagship status and a grant from the Innocent Foundation and Mayors Fund to deliver a Healthy Holidays programme after competitive bidding process (Lambeth)
- Supporting the Lambeth Community Shop set up, the UK’s first full-scale social supermarket
- Developing a co-produced Lambeth Physical and Sports Strategy
- Providing lead evidence for the inclusion of restrictions around the establishment of new fast food outlets in the proximity of schools in the Lambeth Local Plan
- Contributing to the successful application to the Sport England Community Sport Activation Fund for the locally developed ‘Active Lambeth/Lambeth Girls Can!/You Can Too!’
- Implementing Well London Programme in two deprived wards (Lambeth and Southwark)
- Contributing to the Lambeth Sustainable Food City status, one of only four places in the UK recognised for pioneering work promoting healthy and sustainable food
Healthy eating, physical activity and healthy weight

Future plans

- Exploring opportunities with partners to tackle food poverty locally
- Supporting and leading commissioning, implementation and evaluation of evidence based obesity, food and physical activity interventions
- Completing and publishing the findings of the Health Equity Profile of the NCMP across Lambeth and Southwark to inform commissioning and future strategy development

Relevant local policies and strategies

- Physical Activity and Sports Strategy
- Children and Young People’s Strategy
- Transport, cycling and walking strategies (Lambeth and Southwark)

Public health is working with partners to reduce the prevalence of obesity and associated chronic diseases
Sexual and reproductive health

Sexual and reproductive health is an important part of physical and mental health. Included are a number of concerns including body integrity, sexual safety, gender, sexual orientation, emotional attachment and reproduction. Public health monitors the sexual and reproductive health of their population and provides access to information and services to prevent and manage unintended pregnancy, emotional distress, illness or disease.

Current work

- Developing Sexual Health 24 (SH:24): an innovative new way to deliver sexual health services
- Being awarded £3m for this holistic, user-centred approach
- Collaborating between Lambeth and Southwark Public Health Team, sexual health commissioners and specialist sexual health services at Guy’s and St Thomas’ and King’s College Hospital
- Establishing multi-disciplinary team to develop its first minimum viable product (MVP) as part of website-led initiative
- Reviewing general practice and community pharmacy service provision to inform commissioning
- Supporting SH commissioning team with an epidemiological needs assessment and providing input to strategy development and implementation

Key achievements

- Launching SH:24, a service that is quick, discreet and completely confidential and fully integrated with local specialist sexual health services
- Promoting SH:24 and its specialist sexual health services throughout the varied settings of our diverse partnerships (eg community spaces, local specialist clinics, community sexual health clinics, GPs and pharmacies, etc)
- Completing web optimisation to migrate out of borough service users back to Lambeth and Southwark
- Commissioning Chemsex Study to explore drug use in sexual settings among gay and bisexual men living in Lambeth, Southwark and Lewisham (LSL)
- Developing a new LSL Sexual Health Strategy
Sexual and reproductive health

Future plans
- Continuing to develop SH:24 over the next three years
- Developing ‘Talk to Us’ service user interface
- Putting contraceptive services and Chlamydia treatment online
- Developing ‘Halve it’ action plan to support early diagnosis of HIV
- Supporting the London ‘Do It’ campaign surrounding HIV prevention
- Re-commissioning SH promotion contracts locally

Relevant local policies and strategies
- Sexual Health Strategy
- Children and Young People’s Strategy
Mental ill health is common, but not everyone is at the same risk. Life circumstances especially in early life can have a profound impact on a person’s wellbeing and resilience. Parenting, education, work, social connections and a person’s financial resources all play a part along with the effect of life events and trauma. Public health have been taking a whole population approach to support the mental health of everyone.

Current work

- Contributing to the Health and Wellbeing Strategies for 2015-2020
- Promoting mental health literacy and commissioning and co-delivering training and awareness for communities, tackling stigma and suicide prevention, including a course to build capacity in faith communities and an outreach film festival (Brixton Reel)
- Building capacity within organisations to implement evidence based interventions to promote wellbeing and measure the effects
- Providing strategic support to mental health, health improvement and other commissioners in CCGs and Councils; development of commissioning intentions, needs assessments, evaluation and evidence base to promote mental health and wellbeing

Key achievements

- Producing factsheets on suicides and undetermined deaths as well as mental wellbeing in Lambeth and Southwark
- Leading health and wellbeing impact assessment including the Nine Elms Vauxhall development and Lambeth’s ‘Cultural Services by 2020’ Strategy
- Supporting development and scope of Southwark’s new Wellbeing Hub
- Influencing public mental health work nationally eg strategic direction to the ‘What Works Centre for Wellbeing’, work with PHE on measuring wellbeing of children and young people, Community wellbeing small grants scheme (funding awarded to 9 organisations)
- Submitting evidence to Lambeth and Southwark investigations into the mental health of black populations and recommendations
- Providing strategic support to Southwark CCG through reports on the physical health of people with severe mental illness, an overview of inequalities in mental health and in the re-commissioning of Talking Therapies services
- Contributing to the successful Lambeth bid to GSTT Charity to extend the Living Well Collaborative Hub across the whole borough and to design the evaluation
- Completing learning disability joint strategic needs assessment for Southwark
Mental health and wellbeing

Future plans

- Implementing an evaluation of Lambeth Living Well Collaborative Hub
- Incorporating health and wellbeing impact assessment methods into future impact assessments of regeneration and housing programmes
- Producing a factsheet on social isolation
- Supporting implementation of the Children and Young People Emotional Wellbeing Plan (Lambeth)
- Leading implementation of PHE’s workforce development framework for public mental health

Relevant local policies and strategies

- Health and Wellbeing Strategies (Lambeth and Southwark)
- Annual Public Health Reports and Joint Strategic Needs Assessment
- Five Year Commissioning Strategies and operating plans of Lambeth and Southwark CCGs
- Lambeth and Southwark Council plans including allied planning and regeneration plans
- Lambeth Cultural Services by 2020 Strategy proposals
- Children and Young People Emotional Wellbeing Plan
- Lambeth Black Wellbeing Commission Report

Life circumstances especially in early life can have a profound impact on a person’s wellbeing and resilience
Tobacco control and smoking

Tobacco use is a major cause of preventable death in England and harms not just smokers but the people around them through the damaging effects of second-hand smoke. Smoking is a major cause of ill health and death and contributes significantly to health inequalities.

Current work

- Eliciting and collating national and local evidence to support the development of a comprehensive Tobacco Control Strategy (Lambeth and Southwark) including informing models for future stop smoking services
- Analysing and equity profiling of Lambeth and Southwark Stop Smoking Service data
- Supporting the South East London Illegal Tobacco Network on campaigns to adopt a systematic approach to tackling illegal tobacco

Future plans

- Working strategically with local authorities, health organisations, HMRC, and police to share intelligence and enforcement activity to combat supply of illegal tobacco in Lambeth and Southwark
- Detailing insight work to understand the views of residents in Lambeth and Southwark around smoking and stop smoking services

Key achievements

- Working collaboratively with public health and trading standards colleagues across the six South East London boroughs on a joint public ‘Keep it Out’ illegal tobacco campaign endorsed by the GLA and PHE
- Holding a commissioner workshop focusing on a rapid review of the stop smoking services

Relevant local policies and strategies

- Developing a tobacco control strategy (Lambeth and Southwark)
Drugs and alcohol

Long-term use of alcohol and other drugs, both licit and illegal, is a national problem and has been linked with a range of health and social harms.

Current work

- Delivering public health input into local alcohol licensing decisions and licensing policy
- Working with Southwark CCG and LA to update the Southwark alcohol strategy
- Supporting commissioners to understand costs of new services eg Nalmefene
- Producing summaries of alcohol and substance misuse for each borough
- Contributing to Our Healthier South East London alcohol plan

Key achievements

- Developing and piloting innovative Lambeth Public Health Licensing Process Tool under the Safe Sociable London Partnership (SSLP) which is now also used by PHE as an example of best practice for national guidance
- Funding and developing similar licensing tool for Southwark
- Redesigning Substance Misuse Services for Lambeth

Future plans

- Developing a Commissioning for Quality and Innovation (CQUIN) incentive scheme on the prevention of smoking, alcohol harm, and physical inactivity with Guy’s and St Thomas’s and King’s College Hospitals
- Evaluating a two day per week post that is leading delivery of public health input into local licensing decisions in Lambeth and Southwark
- Building health intelligence and evidence about alcohol related harms to support licensing process, inform local licensing policies, and support licensing and policing partners

Relevant local strategies

- Southwark Alcohol Strategy 2013-16
- Lambeth Alcohol Strategic Action Plan 2014-16
- Lambeth Commissioning Strategy for Alcohol and Drugs
Healthy place making

With local authorities having responsibility for public health and improving the health of their populations, there are numerous opportunities to increase the use of Council levers that influence health improvement. A key aim is to create a healthier environment that supports people to be healthier.

Current work

- Contributing to Lambeth and Southwark Councils’ regeneration programmes and planning policy frameworks
- Providing public health input into licensing and air quality strategic decision
- Leading work and promoting best practice across London and working with London Councils to create healthier high streets
- Providing public health advice to health and social care devolution discussions

A key aim is to create a healthier environment that supports people to be healthier

Key achievements

- Providing public health evidence and data to Lambeth and Southwark Scrutiny into health improvement and health services. Scrutiny topics have included high streets, healthy weight, fast food outlets, betting shops, mental health and psychosis services, tobacco control, active travel and green spaces
- Providing public health evidence into the development of Lambeth and Southwark planning policy (eg Lambeth and Southwark Local Plans, various Area Action Plans and planning guidance and town centre documents). Specific public health input to promote active travel, access to green space, active design and regulation of fast food, betting shops and pay day loans
- Fulfilling the public health as Responsible Authority function through the evidence and representation aspects of the licensing process
- Contributing public health input to the Lambeth and Southwark reviews of their Statement of Licensing Policies
- Giving public health input to the Lambeth and Southwark green space strategies, transport including cycling strategies
- Contributing strategic input into local air quality funding bids, establishing links between local authorities and Acute Trusts, and mapping public health interventions relating to air quality
Healthy place making

Future plans

- Continuing to offer public health advice on the health impact of devolution
- Contributing to local work on ‘Healthy Towns’
- Continuing to support work on licensing and planning policy
- Developing a JSNA on air quality and establishing a governance framework

Relevant local policies and strategies

- Review of Statements of Licensing Policies
- Lambeth Local Plan and Southwark Local Plan
Long term conditions

The World Health Organisation defines long term conditions as health problems that require management over a period of years or decades. These conditions are not curable. They include a wide range, from a single condition to multiple and complex conditions which can be physical, mental, behavioural or emotional. While average life expectancy in Lambeth and Southwark has increased over the last ten years, there are differences between the least and most deprived populations within each borough. Key contributors to these inequalities in life expectancy are excess deaths from circulatory diseases, respiratory conditions and cancers.

Current work

- Developing fact sheets on health and wellbeing and social care issues for Lambeth and Southwark as part of refreshed JSNAs
- Implementing Southwark Primary and Community Care Strategy
- Taking part in and shaping a new national diabetes prevention programme as one of seven demonstrator sites in England (Southwark)

Future plans

- Adapting the Statin Model for use nationally by CCGs, GPs, prescribing advisers etc
- Co-designing and implementing a new national diabetes prevention programme (Southwark)
- Planning to double the number of Health Checks delivered in Southwark

Key achievements

- Developing a Statin Model to determine the health and economic impact of different statin prescribing rates among those identified as at risk of CVD event
- Reviewing and re-procuring the NHS Health Checks service across both boroughs

Supporting the re-procurement of the Lambeth, Southwark and Lewisham diabetes eye (retinal) screening programme as well as providing support for this at a London level
- Developing ‘Walking Away from Diabetes’ programme (Southwark)
- Winning £200K from GSTT charity for leadership development
- Working with the Nuffield Trust to complete the evaluation of the Risk Stratification Tool
- Providing support to the completion and mainstreaming of the Diabetes Modernisation Initiative across Lambeth and Southwark

Relevant local strategies

- Health and Wellbeing Strategy (Lambeth and Southwark)
- Southwark and Lambeth Pharmaceutical Needs Assessment 2015
- Southwark Primary and Community Care Strategy
Cancer Screening

About a third of people in England will develop cancer at some stage in their life and it will kill one in four. Approximately a third of the most common cancers could be prevented. Modifiable risk factors include smoking, lack of physical activity, obesity and alcohol consumption. Additionally, late diagnosis of cancer is the major factor underlying poor survival rates in the UK. Currently there are three cancer screening programmes running in England:

- Breast cancer screening (women aged 50-70 every three years)
- Cervical cancer screening (women aged 25-49 every three years and 50-64 every five years)
- Bowel cancer screening (people aged 60-69 every two years)

Key achievements

- Conducting a project working with general practice to improve bowel screening uptake
- Providing the link between NHS England, the CCG and GP practices for the implementation of the new Cervical Sample Takers Database
- Working with the CCGs and practices to ensure sample takers are up to date with their training

Future plans

- Including all 70-74 year olds in bowel cancer screening from January 2016 in line with the national programme
- Implementing bowel scope screening in 2016, a one-off test at age 55
- Developing bowel screening materials for pharmacies with Bowel Cancer
- Implementing a new bowel screening test locally (faecal immunochemical test) following the pilot in London (Nov 2015)

Current work

- Increasing awareness of signs and symptoms of cancer
- Increasing uptake and coverage of cancer screening programmes generally
Infectious and food-borne diseases and emergency planning

Some infectious diseases can be passed from person to person, some are transmitted by bites from insects or animals, while others are acquired by ingesting contaminated food or water, or by being exposed to organisms in the environment.

Current work

- Conducting post infection review of community attributed MRSA and CDIs
- Ongoing general medical and dental practice audit programme
- Supporting delivery of infection control training
- Developing extreme weather plans
- Developing malaria awareness raising programme in conjunction with PHE
- Undertaking hepatitis local prevalence study and need assessment
- Ongoing support for investigation of national Bacillus cereus outbreak

Key achievements

- Developing local prevention strategies against TB including contact tracing, universal neonatal BCG vaccination and treatment (including directly observed therapy)
- Developing a Lambeth and Southwark Ebola response including information and awareness raising amongst at risk communities and establishing a helpline
- Developing a workplace algorithm for employers to assess risk of Ebola in staff returning from affected areas

Future plans

- Establishing and completing a systematic process to provide assurance on review of lapse of care and identify lessons learned to prevent further cases of MRSA and CDI
- Conducting epidemiological investigations of outbreaks in collaboration with PHE and appropriate communication with communities eg legionella, tuberculosis
- Providing the first annual report of a summary of local programmes to local stakeholders by Lambeth and Southwark Immunisation Steering Group
- Developing and publishing a Lambeth and Southwark Pandemic Flu Coordination Plan

Relevant local strategies

- Infectious Diseases Strategy
- Pandemic Flu Strategy
Independence in older people

Independence has multiple meanings for older people encompassing aspects such as being in touch with friends and family, independent living at home where possible, autonomy in relation to money and care, contributing to community, society and preserving physical and mental capacities.

The older residents of Lambeth and Southwark are relatively small compared with other parts of London and England. Many older people in both boroughs are healthy, independent and contribute hugely to community life. However it is also a time of life when long term conditions develop, including dementia, and a proportion of older people will become frail and in need of extra help. A high proportion of NHS and social care investment is related to older people especially in the last year of life.

Current work

- Supporting commissioners of services for older people to understand needs and evidence especially in the area of long term conditions
- Contributing to development of pathways of care for people with dementia (Southwark)
- Supporting community initiatives that promote health and wellbeing in older people to undertake evaluation
- Supporting work on integration of care across Lambeth and Southwark to ensure it is evidence based, meets local needs, improves outcomes and equity, reduces inequalities and is well evaluated

Key achievements

- Completing an assessment of the mental health needs of older adults in Lambeth and Southwark
- Supporting the development of outcomes and baseline measures to support outcome based commissioning through pooled budgets

Future plans

- Conducting a needs assessment on specific areas of mental health needs eg dementia, severe mental illness in older people
- Undertaking a needs assessment for self-management (supporting the development of resilient individuals and communities across Lambeth and Southwark)
- Advising on evaluation design for integrated care programmes

Relevant local strategies

- Lambeth and Southwark CCGs Five Year Commissioning Strategies

It is a time of life when a proportion of older people will become frail and in need of extra help.
Nearly two years on from the transition of public health responsibilities to local government, some good progress has been made across Lambeth and Southwark. Collaborative relationships are established and there is good will to work together and maximise opportunities for integrating public health approaches across local governments.

The importance of good working relationships and effective partnership is recognised and is helping to build on embedding a public health agenda, developing existing programmes and achieving added value through better links with other council areas of responsibility and beyond. Public health will continue to work with colleagues to promote the health and wellbeing of Lambeth and Southwark people and to reduce inequality.

Public health always matters. It is fundamental that there is an understanding of health issues affecting local people, and the knowledge to inform action to prevent and treat them. Reducing health inequalities remains central to the role of public health. This report summarises some of the work to achieve this in Lambeth and Southwark. There remains much more to do.
We would like to hear from you

If you have any comments or feedback about this publication or public health in Lambeth or Southwark:

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