



**To: The Community Care, Health and Wellbeing Thematic Board**

**On: 8<sup>th</sup> September 2015**

Report by:

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## **UPDATE ON PROGRESS REPORT AGAINST YEAR 1 TARGETS**

### **1. Summary**

1.1 On 20<sup>th</sup> May 2015, an update on progress against year 1 targets for the Community Care, Health and Wellbeing indicators was presented to the Community Care, Health and Wellbeing Board. At this point the HSCP did not have the results of the Adult Health and Wellbeing Survey 2014 and the Community Profile 2014 and could not therefore provide data against some of the indicators.

1.2 The Survey results and Community Profile data are now available for the following measures and a summary of progress is provided in this report:

- Reduce the gap between minimum and maximum (male) life expectancy in the communities they live in (Bishopton/Ferguslie).
- Increase the number of people who assessed their health as good or very good
- % of people who have a positive perception of their quality of life
- Increase in the number of people participating in 30 minutes of moderate physical activity 5 or more times a week
- Reduction in the number of adults who smoke
- Reduction in percentage of adults that are overweight or obese
- Increase in the average score on the short version of the Warwick- Edinburgh Mental Wellbeing Scale (WEMWBS).




### **2. Recommendation**

2.1 It is recommended that the Board notes the update provided on progress against the indicators detailed in this report.

### 3. Progress against 7 Key Indicators








3.1 Table 1 below shows that 5 of the 7 indicators are on target and 2 are close to target.

**Table 1: Summary of performance**

Impact Measure Status		Total
	On target	5
	Warning	2
	Alert	0
<b>Total (where data is available)</b>		<b>7</b>

3.2 Table 2 highlights performance against year 1 targets for the following 7 indicators:

**Table 2:**

Community Care Health and Wellbeing Indicators	Current Status	Baseline	Year 1 Target	Year 1 Actual
<b>Outcome 1. By 2023 our residents will have an increasing life expectancy regardless of the community they live in</b>				
Reduce the gap between minimum and maximum (male) life expectancy in the communities they live in (Bishopton/Ferguslie).		16.4 years	16.1 years	14.8 years
Increase the number of people who assessed their health as good or very good		80%	80%	77%
<b>Outcome 2. By 2023 our residents will be valued and respected irrespective of age, physical disability or other needs</b>				
<b>New performance measure for this outcome:</b> % of people who have a positive perception of their quality of life		71%	75%	92%
<b>Outcome 4. By 2023 our residents will have improved positive healthy behaviours: eat healthier; be physically active; only use drugs as prescribed; and avoid or stop smoking</b>				
Increase in the number of people participating in 30 minutes of moderate physical activity 5 or more times a week		30.1%	32%	53%
Reduction in the number of adults who smoke		24%	23%	19%
Reduction in percentage of adults that are overweight or obese		55%	55%	49%
<b>Outcome 5. By 2023 our residents will enjoy good mental health</b>				
Increase in the average score on the short version of the Warwick- Edinburgh Mental Wellbeing Scale (WEMWBS).		55.1	57	53.4

## 4. Areas for Improvement and Remedial Action

### 4.1 Two indicators are below target in year one:

- The increase in the number of people who assessed their health as good or very good.

In the Health and Wellbeing Survey 2014, respondents were asked to describe their general health over the last year on a five point scale (very good, good, fair, bad or very bad). Overall, just over three in four (77%) gave a positive view of their health, with 33% saying their health was very good and 44% saying their health was good. However, 23% gave a negative view of their health, with 16% saying their health was fair, 5% saying it was bad and 1% saying it was very bad:

- The increase in the average score on the short version of the Warwick-Edinburgh Mental Wellbeing Scale SWEMWBS).

The survey used the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to assess positive mental health and wellbeing. This uses 14 positively worded questions. Scores are derived by summing responses to each of the 14 questions on a 1-5 Likert scale. Thus, the maximum score is 70 and the minimum score is 14. The scale is designed to allow the measurement of mean scores in population samples. The Scottish Health Survey has consistently shown the mean WEMWBS score for the Scottish adult population to be around 50, with the 2012 survey showing a mean score of exactly 50.0.

The overall mean WEMWBS score for respondents in Renfrewshire in 2014 was 53.4.

### 4.2 There are a number of activities in Renfrewshire to support improvement in the health and wellbeing of the local population.

The HSCP run weekly stop smoking groups and a drop-in pharmacy service in order to meet all needs. Preparation is underway to support the introduction of smoking free NHS grounds.

In early summer, the BRAW event (Brighter Renfrewshire Alcohol Awareness Week) raised awareness of the impact of alcohol misuse and promoted a healthier relationship with alcohol. It was well attended with positive feedback.

Funding was provided to Active Communities (Scotland) Ltd for community lead health activities. Examples of activities have been a Feel Good Renfrewshire Campaign, and developing a concept of engaging and supporting community champions to promote health & well being in their local area.

There have been many opportunities to promote opportunities for physical activities; fun runs 10k, promoting of walking routes and the cycle path network. Additional funding from the NHS has provided physical activity classes in care homes and for community groups. As a Community Planning Partnership we have access to Commonwealth Games Legacy Funding to enhance and increase opportunities for the local community; a bid is currently being prepared to access these funds.

4.3 With regards to mental health, a programme of training 'Understanding Mental Health' is offered in the community to raise the awareness of mental health. In Renfrewshire the Mental Health Film and Arts Festival is an annual event to promote positive mental health.

Financial support is being provided by the Renfrewshire Poverty Commission to support a pupil counselling service and a peer mentoring programme for the secondary schools.