

To: Community Care, Health & Wellbeing Thematic Board

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Report by:

David Leese, Chief Officer, Renfrewshire Health & Social Care Partnership

Renfrewshire's Local Outcome Improvement Plan - Progress Against Year 3 Targets

1. Summary

- 1.1 The Single Outcome Agreement sets out the Community Care, Health and Wellbeing thematic group's agreed outcomes together with one, three and ten year milestones for each impact measures. This report provides an update on the progress we have made against our year three milestones.
- 1.1 Steady progress has been made in respect of the Community Care, Health and Well Being theme as shown in the results detailed in the table 1 below. Overall there are 16 impact measures for this theme. Of the 12 impact measures that we have data for, we met or exceeded 7 of our year 3 milestones, 3 measures were within 10% of target (amber warning) and 2 measures were 10% or more out with target (red alert). Further details and remedial action for these measures are contained within the sections below.

Table1: Summary of performance

Impact Measure Status		Total
	On target	7
	Warning	3
	Alert	2
Total (where data is available)		12

2. Recommendations

It is recommended that the Board:

- a) Notes the year 3 performance of impact measures against our targets.

3. Background

- 3.1 The Renfrewshire Community Plan and Single Outcome Agreement (SOA) was developed during 2012 and 2013 and was approved by Renfrewshire Community Planning Partnership Board on 12 June 2013.

- 3.2 Subsequently, the Community Plan and SOA was submitted to the Scottish Government and was scrutinised through a Quality Assurance exercise. Following this, the Renfrewshire Community Plan and SOA was signed off by the Minister for Local Government and Planning in August 2013.
- 3.3 The Single Outcome Agreement sets out our agreed outcomes together with the one, three and ten year milestones for each impact measure within the Community Care, Health and Wellbeing theme. This report provides an update on the progress against year three milestones.

4. Key achievements

The Community Care, Health and Wellbeing thematic group's key achievements include:

- i. There has been a substantial and continued reduction in the number of bed days lost due to delays in discharges despite stability in the number of emergency admissions, readmissions and Accident and Emergency attendances for people over 65. This demonstrates significant achievement against a challenging target. As at March 2015/16, Renfrewshire had the third lowest delayed discharge bed rate per 1,000 population by local authority of residence behind Inverclyde and East Renfrewshire.
- ii. The gap between minimum and maximum (male) life expectancy in the communities of Renfrewshire has reduced by 1.6 years to 14.8 years from 16.4 years recorded as the baseline in 2010 meaning Renfrewshire are actually ahead of the year 3 milestone of 15.3 years.
- iii. In the Health and Wellbeing Survey 2014, 92% of people in Renfrewshire indicated they have a positive perception of their quality of life against a year 3 milestone of 75%. This is an improvement on the baseline figure of 71% achieved during 2012.
- iv. There has been a substantial increase in the number of people in Renfrewshire participating in 30 minutes of moderate physical activity 5 or more times a week from 30.1% in 2011 to 53% in year 3. This is evident within the substantial increase in the number of attendances at leisure facilities rising from 1,936,323 in 2012/13 to 2,360,294 attendances in 2015/16. This could have played a role in the reduction in the percentage of adults who are overweight or obese from 55% in 2011 to 49% in year 3.
- v. There has been a notable reduction in the number of adults who smoke from a baseline in 24% in 2014 to 19% in year 3. The HSCP has established regular, 'Stop Smoking' evening sessions and drop in clinics which have been well attended and received.

5. Performance against year 3 milestones

The table below highlights the year three performance against our milestones:

Impact Measures	Current Status	Baseline	Year 1 Actual	Year 3 Milestone	Year 3 Actual
Outcome 1. <i>By 2023, our residents will have an increasing life expectancy regardless of the community they live in.</i>					
Reduce the gap between minimum and maximum (male) life expectancy in the communities of Renfrewshire by 3 years.		16.4 years (2010)	14.8 years	15.3 years	14.8 years
Increase the number of people who assessed their health as good or very good		80% (2011)	77%	80%	77%
Outcome 2. <i>By 2023, our residents will be valued and respected irrespective of age, physical disability or other needs.</i>					
% of people who have a positive perception of their quality of life		71%	92%	75%	92%
Outcome 3. <i>Our residents will only use alcohol safely and appropriately.</i>					
Reduction in the rate of alcohol related hospital admissions per 100,000 population		8.9 (2012)	10.5	8.9	9.1
Outcome 4. <i>Our residents will have improved positively healthy behaviours: eat healthier; be physically active; only use drugs as prescribed; and avoid or stop smoking.</i>					
Increase in the number of people participating in 30 minutes of moderate physical activity 5 or more times a week		30.1% (2011)	53%	35%	53%
Reduction in the number of adults who smoke		24% (2014)	19%	21.5%	19%
Reduction in percentage of adults that are overweight or obese		55% (2011)	49%	53%	49%
Reduction in drug related hospital discharges - rate per 100,000 (i)		123.6	140.9	139.0	157.3

Impact Measures	Current Status	Baseline	Year 1 Actual	Year 3 Milestone	Year 3 Actual
Reduction in percentage of the estimated prevalence of problem drug use amongst 15-64 year olds (ii)	N/A	1.86 (2009/10)	2.41%	1.86	HWB Survey only carried out every 3 years
Outcome 5. <i>Our residents will enjoy good mental health.</i>					
Increase in the average score on the short version of the Warwick- Edinburgh Mental Wellbeing Scale (SWEMWBS).	N/A	55.1 % (2010)	53.4%	55.1%	HWB Survey only carried out every 3 years
Outcome 6. <i>Our residents will get involved in activities and improve the health and wellbeing of their community.</i>					
Increase in the number of attendances at leisure facilities		1,936,323 (2012/13)	1,946,004	1.5%	2,360,494
Outcome 7. <i>Our residents will be supported to live independently as long as possible in their own homes and communities.</i>					
Increase the percentage of local carers who feel supported to continue their caring role (Local)		85.6% (2011/12)	82%	87%	80.4%
Increase in the numbers of older people supported through re-ablement services, care at home services and intermediate care		8.7% (2011/12)	8.7%	9%	8.7%
Reduction in the number of bed days lost due to delays in discharges		19,792 (2011/12)	5,835	4,015	3,633
Increase in percentage of older people living independently in the community with control over their care and support	N/A	0.8% (2011/12)	1.07%	100%	LGBF Figure 15/16 data due in Jan 2017
Increase the percentage of local carers who feel supported to continue their caring role (National)	N/A	83% (2013/14)	N/A	100%	National figure – due summer 2017

6. Areas for Improvement and Remedial Action

There are 16 impact measures under the seven outcomes, and of these, 7 are rated green (43.75%), 3 are rated amber (18.75%), 2 are rated red (12.5%), and there are 4 (25%) where no current data is available. Areas for improvement have been identified in Outcomes 1, 3, 4, and 7, and these are listed below accordingly.

6.1 Outcome 1: *By 2023, our residents will have an increasing life expectancy regardless of the community they live in.*

Of the 2 impact measures for this outcome, 1 is green and 1 is amber. The latter measure which is, 'Increase the number of people who assessed their health as good or very good' missed the year three milestone by 3%. 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 next Adult Health and Wellbeing Survey will be carried out in 2017.

Remedial actions include:

- The HSCP run weekly stop smoking evening sessions and drop in clinics including a drop-in pharmacy service in order to meet all needs. Smoke free NHS grounds and premises have been introduced across the HSCP;
- A New Mum New You programme has been delivered by Active Communities (Scotland) Ltd in partnership with NHS GGC. It is a post natal programme aimed to help new mums get into shape by delivering nutritional advice and a fun exercise programme. Additionally, Active Communities have delivered MEND 2-4 programme for families with children aged 2-4 who are an unhealthy weight.
- The HSCP has introduced and trained a number of third sector staff and community group members to deliver the Eat Better Feel Better cookery course to the wider community. A ten week physical activity programme for older persons has taken place in 65 different community based venues, including sheltered housing complexes and care homes. 702 older participants have taken part in the project. An exercise DVD has been developed to support local groups continue to be active.
- There continues to be many opportunities to promote for physical activity; fun runs, 10k, promoting of walking routes and the cycle path network. The HSCP has contributed to the development of the local Outdoor Access Strategy and Sports strategy.

6.2 Outcome 3: *Our residents will only use alcohol safely and appropriately.*

There is 1 impact measure for this outcome and it is rated amber – reduction in the rate of alcohol related hospital admissions per 100,000 population. Whilst there has been a good reduction in the rate of alcohol related hospital admissions from 10.5 per 100,000 population in 2013/14 to 9.1 in 2015/16, the milestone of 8.9 has not yet been achieved. Although the milestone was missed the current rate is the lowest in more than 3 years.

Remedial action:

- Brighter Renfrewshire Alcohol Awareness Week (BRAW) - campaign implemented in partnership with the local community to raise awareness of alcohol. Alcohol Brief Interventions continue to be delivered across a number of key priority settings. A Licensing Intern has been recruited to work with the local community to encourage them to get more involved in licensing processes.

6.3 Outcome 4: Our residents will have improved positively healthy behaviours: eat healthier; be physically active; only use drugs as prescribed; and avoid or stop smoking.

There are 5 impact measures for this outcome, of which 3 of these are rated green, 1 rated red and 1 where no current data is available. For the measure around drug related hospital discharges there has been an increase in year 3. The reported prevalence rate of problem drug use in Renfrewshire has risen between 2009/10 and 2013/14, whilst the Scottish figure has fallen. There is some doubt about the accuracy of the 2009/10 figure for Renfrewshire, and recording has improved over the three year period, but Renfrewshire remains higher than the Scottish average of 1.68%.

Remedial actions:

Local work has focused on creating a 'system of care', addressing prevention, treatment and recovery:

- Prevention: Campaigns underway which aim to raise awareness include Cannabis and Overdose Prevention. The provision of a Safe Bus in the centre of Paisley during the run up to Christmas offered support to individuals who were intoxicated. Early Intervention Group monitors young people who have come into contact with the Police for a minor offence such as drinking in the street or cannabis use
- Treatment: Waiting times for drug and alcohol services have reduced significantly. 98 % of individuals wait less than three weeks to be treated in alcohol services (Jan-Mar 16, target 91.5%). 99% of individuals wait less than 3 weeks to be seen in drugs services (Jan-Mar 16, target 91.5%)
- Recovery: A review of the recovery landscape in Renfrewshire resulted in a number of recommendations including the appointment of a Recovery Development Worker. Peer to peer training leading to qualifications and paid work placements is also in place
- The Outcomes Star Tool was implemented in all drug and alcohol services to assist the Alcohol and Drug Partnership to monitor service impact. Most recent findings from the tool show an overall improvement within each recovery element.

6.5 Outcome 7: Our residents will be supported to live independently as long as possible in their own homes and communities.

There are 5 impact measures for this outcome, of which 1 of these are rated green, 1 amber, 1 red and 2 with no rating information due to data not being available yet. The impact measure, 'Increase the percentage of local carers who feel supported to continue their caring role' (Local) is currently rated red. This measure has decreased from 85.6% in 2011/12 to 80.4% in 2015/16, and is short of the year three milestone of 87%. The caveat on these figures is that

this data is based on a small sample of carers surveyed annually by The Carers Centre. The Carers' Centre assists around 18,000 carers annually, but the survey results are based on 100-200 users. Although the survey indicates that there was a decline in the numbers of carers who feel supported within Renfrewshire, the HSCP continues to support carers by providing respite to those who need breaks from their caring responsibilities to allow them to continue in their caring role. Renfrewshire HSCP funds the Carers Centre to provide a range of services to support carers in their caring role.

The impact measure, 'Increase in the numbers of older people supported through re-ablement services, care at home services and intermediate care' is currently rated amber. This measure has remained static at 8.7% and is just short of the year three milestone of 9%. This figure relates to care at home and Rehab and Enablement clients at year end as a percentage of the population (65+). Increases in the older adult population make this a challenging milestone to achieve and further expansion of service provision will be required to maintain the current proportion of clients. It should be noted that whilst the data suggests there has been no improvement in this impact measure, increasing demand and an increasing population of clients imply that the service is performing well despite the challenges it is experiencing.

Remedial actions:

- The HSCP will work with the Carers' Centre and partner agencies to ensure that local carers are supported via assessment and care management processes, and also work to promote increased take up of carer assessments. Currently, the views and needs of carers are captured in the Standardised Shareable Assessment (SSA) and the care plan for the person with the needs. Carers' are often offered the carers' assessment but often believe their concerns have already been attended to and don't take up this offer.
- Care at Home Services are currently being reviewed, developed and expanded to ensure that the service is sustainable, meets current and projected future demand. Renfrewshire Council, recognising the importance of the crucial role that Care at Home services play in helping individuals to remain in a homely setting, and in terms of reducing delayed discharges have made significant financial investment in the last few years.

7. Revisions to Renfrewshire's Local Outcome Improvement Plan

No revisions for impact measures have been undertaken.

8. Prevention

The Community Care, Health and Wellbeing thematic group has made, and continues to make significant progress in respect of the prevention agenda delivering a number of policies and programmes which deliver prevention outcomes within Renfrewshire. These include:

8.1 Smoking Cessation

- The HSCP run weekly stop smoking evening sessions and drop in clinics including a pilot drop-in pharmacy service in order to meet all needs. Smoke free NHS grounds and premises have been introduced across the HSCP.

- The Health Improvement Team led a CPD training session to promote the use of the Smokefree 4 Me (tobacco education pack for schools). This took place in February 2016 with 10 teachers and other education professionals in attendance.
- Since January, the Health Improvement Team has organised five sessions in schools regarding tobacco education. Two of the sessions involved a presentation to S6 pupils in Trinity High School with approximately 100 pupils in attendance. The other 3 sessions focused on targeted group work with young people identifying as smokers who were contemplating a quit. The group was identified by Homelink and approximately 16 young people were in attendance.

8.2 Alcohol and Drug Awareness

- During BRAW (Brighter Renfrewshire Alcohol Awareness Week) 2016, 17 community events were delivered by a variety of organisations. In addition, a total of 5 road shows were delivered in key settings by the Health Improvement Team.

8.3 Sexual Health

- Sexual Health and Relationships work in schools has focused on two key areas: peer education/group work and Sandyford Clinic promotion. With regards to the former, there is on-going work with approximately 5 young people in Castlehead High School on a number of topics including sexual health, relationships and parenthood education. With regards to the latter, two Sandyford promotion sessions have been held in Gleniffer High School with approximately 450 S4-S6 pupils in attendance. This work follows on from the promotional work undertaken last year in Johnstone and Linwood High Schools. Furthermore, 4 sexual health and relationships sessions were provided to pupils attending Mirren Park School with approximately 16 pupils in attendance. Young people attending this school have been moved out of mainstream education and are at greater risk of engaging in risky health behaviours i.e. smoking, early first sexual experience and substance misuse.
- The Health Improvement team contributes to the Pre and Post Natal programme at Barnardos, providing a sexual health and relationships workshop. Three sessions have been organised this year with approximately 18 young mums in attendance.

8.4 Mental Health

- A programme of training 'Understanding Mental Health' is offered in the local community to raise the awareness of mental health issues. In Renfrewshire the Mental Health Film and Arts Festival is an annual event to promote positive mental health. In addition the anti-stigma campaign 'See Me' is promoted in Renfrewshire.
- The Health Improvement Practitioners are qualified instructors of Scotland's Mental Health First Aid (SMHFA), which is the mental health equivalent of physical first aid. This is a proven programme which addresses attitudes to, and how to approach those with mental health issues. They have delivered 2 courses since January 2016 with a total of 25 participants trained. Those attending the course were a mixture education professionals, Homelink, students, statutory professionals (housing) and youth workers. The course is aimed at professionals and youth workers who work with young people aged 11-17 with the objective of the course to raise awareness of mental health, adolescent development and

provide a model that can be applied to helping a young person during a crisis. The next course is organised for October 2016.

- In conjunction with education professionals, Homelink and Youth Services group work has been organised in a number of schools in Renfrewshire (Linwood HS, Paisley Grammar, St Andrews Academy and Trinity High School). Five groups with a total of 25 participants (14-17 years) have benefitted from programmes focusing on topics such as coping with stress, self harm, self esteem, confidence and resilience amongst others.
- Two sessions with a total of 11 participants were delivered to those accessing Barnardos Threads as part of the Pre and Post Natal Baby Programme. Topics covered understanding mental health, coping with stress and support services.

8.5 Nutrition, Healthy Weight and Physical Activity

The Health Improvement Team has been involved in a number of activities to promote nutrition, healthy weight and increased physical activity including:

- Supported the implementation, delivery, monitoring and evaluation of New Mum New You, a weight management treatment programme delivered by Active Communities for mothers who are an unhealthy weight in the post natal period.
- Supported the implementation, delivery, monitoring and evaluation of MEND 2-4 programme, by Active Communities, for families with children aged 2-4 who are an unhealthy weight.
- Up to March 2016 continued to support the delivery and lead on the evaluation of Renfrewshire Older Person Physical Activity Programme, during the duration of the programme March 2013 - March 2016, 10 week physical activity interventions were delivered across 65 different venues in Renfrewshire. The majority of venues were community based venues followed by sheltered housing complexes and care homes. 702 older participants took part in the project.
- Developed a sustainability resource for Renfrewshire Older people's project in the form of an exercise DVD, similar to what was delivered during the project within standing and seated options.
- Contributed to the development of Renfrewshire Council Outdoor Access Strategy.
- Contributed to the development, implementation and monitoring of Renfrewshire Council Sports strategy.
- In conjunction with Homelink ran a Nutrition group with 5 S4/5 pupils at The Mary Russell School which is an ASN school. The group met for 4 weeks and focused on improving knowledge and skills regarding nutrition and physical health (topics included eatwell guide, sugar content, healthy/unhealthy behaviours). It is hoped that this group will begin again in the new term.