

Chelmsford Health and Wellbeing Plan 2022 Consultation

(19th July to 9th August)

Overview

The revision of the Plan builds on the work of the previous agreed Health and Wellbeing Plan. We recognise that a significant amount of changes have taken place since the Plan was published in 2019 and many of our system partners have developed new strategies to address the changing needs of our population.

We want everyone who lives, works, and plays in Chelmsford to lead happy, active, and healthy lives and reach their full potential. We also want to continue to identify where we can work better together to deliver and/or join up initiatives and projects to improve the health and wellbeing outcomes for our population.

Strategic context

- Health issues in Chelmsford

The health of people in Chelmsford is generally better than the England average across several health and wellbeing indicators. However, preventative health issues remain a key challenge with over half of the adult population classified as overweight or obese and just under a fifth are physically inactive achieving less than 30 minutes of physical activity a week.

Approximately a fifth of children in reception year are overweight (including obesity) and this increases to just over a third in Year 6. Active Lives data for the academic year 20-21 shows a 12% decrease in physical activity levels for children aged 5 – 16 years old and just over a third reported as being less active achieving less than an average of 30 minutes a day.

- Deprivation

The impacts of deprivation on health and health inequalities are well recognised. According to the Index of Multiple Deprivation (IMD), Chelmsford as a whole is within the top 20% of least deprived Lower Tier Local Authorities (LTLAs) nationally. However, at Lower Super Output Area (LSOA) level, 0.9% of LSOAs are in the 20% most deprived decile nationally. At the other end of the spectrum, 44 LSOAs are in the top 20% of least deprived LSOAs nationally.

- Health inequalities

The increased widening of health inequalities nationally has been noted through the Marmot Review published before the COVID-19 pandemic in 2020. The pandemic has further highlighted the differences we see between health and well-being outcomes of specific populations and communities.

It is proposed to set out the Health and Wellbeing Plan into four sections, as stated below. This is to us to provide an overview of the complex health and wellbeing landscape which we work through to improve population health and reduce health inequalities.

Section one: An outline of our shared vision and principles and a snapshot of health and wellbeing metrics in Chelmsford.

Section two: Provide an overview of our local health system vision and structures, including Livewell Chelmsford that are key components to the delivery of the NHS Long Term Plan and Health and Care Act 2022.

Section three: Outline the City Council's contribution to health in line with Chelmsford City Council Corporate Plan by focusing on the wider determinants of health.

Section four: Outline of the draft shared health and wellbeing priorities that have been informed by the Joint Strategic Needs Assessment (JSNA), Thriving Places Index, NHS Health Inequalities resource pack and Office of Health Inequalities and Disparities (OHID) Fingertips resource.

The refresh of the Health and Wellbeing Plan will take account of key strategies such as.

- Essex Joint Health and Wellbeing Strategy 2022 – 2026
- Mid Essex Livewell Alliance Place Plan
- Our Chelmsford Our Plan
- Levelling Up Essex
- Fit for the Future Physical Activity and Sport Strategy for Essex, Southend, and Thurrock 2021 – 2031

Why your views matter

In this consultation, we ask whether:

- you agree with the structure of the revised plan as described above
- you agree that the five priority areas identified in the strategy are the right ones or you believe they should be changed or amended

We also ask partners to state where relevant, how their organisations will support the delivery of the Health and Wellbeing Plan, and if there are any other key actions they would like to see referenced in the Plan.

And of course, if there's any other comments you would like to make.

All feedback received will be reviewed and used to inform the final version of the Chelmsford Health and Wellbeing Plan.

Name of the organisation responding *

Click or tap here to enter text.

Section one: Vision and principles

Our agreed vision is to “Work with communities and residents to reduce health inequalities and improve the opportunities for adults and children so that they can enjoy a healthy, safe, and fulling life”.

1. Please tell us to what extent you agree or disagree with this vision *

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Strongly disagree

2. Should the vision change in any way?

Click or tap here to enter text.

3. Do you have any other comments for this section?

Click or tap here to enter text.

Our agreed overarching principles are

- **Partnership working** – A commitment to a holistic and partnership approach to improving health and wellbeing in the district, enabling statutory and voluntary sector organisations to work collaboratively with communities and build on existing assets using the asset-based community development (ABCD) approach.
- **A focus on prevention of ill health and early intervention** – Prevent and tackle wider causes of ill-health, poor life choices, and health conditions
- **Increase communication and make use of technology** – On-going and effective communication, co-production and engagement with residents and partners about health issues. We will raise awareness of local activities and events by using the “livewell” platform for information and guidance to help communicate health and well-being messages
- **Improve mental health and wellbeing** – To improve mental health and well-being, ensuring mental health is regarded across all streams of work. Ensure that the promotion of health and wellbeing is featured in all strategies and plans where possible.
- **Effective health service and self-care** – Contribute to achieving effective health services and promoting self-care by utilising and promoting the Connect Well self-care, self-refer platform.

4. Please tell us to what extent you agree or disagree with the agreed principles.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Strongly disagree

(strongly agree, agree, neither agree nor disagree, disagree, strongly disagree)

5. Should the principles change in any way?

Click or tap here to enter text.

6. Do you have any other comments for this section?

Click or tap here to enter text.

Section two: Mid Essex Livewell Alliance

Following several years of locally-led development of recommendations of NHS England and the Health and Care Act (2022), Integrated Care Systems (ICSs) have been formally established across England. ICSs are geographically based partnerships bringing together providers and commissioners of NHS services with local authorities, voluntary services, and other key local partners to plan, coordinate, and commission health and care services.

Evidence shows that in wider conditions, the social and economic factors that have the greatest impact on health outcomes. By working together, the NHS, local councils, voluntary services, and other organisations can be a vehicle for improving population health and reducing health inequalities in our area.

At a system level, the Mid and South Essex ICS is made up of two key bodies, the Integrated Care Board (ICB) and the Integrated Care Partnership (ICP). Under these statutory bodies, at the place level is the Mid Essex Livewell Alliance with a role in shaping place-based health and care priorities, plans and service delivery.

At the neighbourhood level, are Primary Care Networks (PCNs), where groups of GP practices, have come together to form networks and consider their role in tackling health inequalities. In Chelmsford, there are three PCNs and two PCNs crossing the local authority boundary with Maldon District Council.

The three PCNs in Chelmsford are Chelmsford City Health, Chelmsford West and Chelmer.

7. Does this provide a summary of the local health structure?

Click or tap here to enter text.

8. Do you have any other comments on this section?

Click or tap here to enter text.

9. Should anything else be included or referenced in this section?

Click or tap here to enter text.

Section three: Wider determinants & city council

In the current Health and Wellbeing Plan, we outline the Council's contribution to public health as we understand that the scope of public health is broad, with many government bodies, organisations and voluntary services all playing an important role in its delivery.

While as a Council, we are not directly involved with an individual's healthcare, there are many key functions and roles the council is responsible for that have an impact on the wider determinants of health, for example, housing, economic development, spatial town planning and environmental health. We understand that local authorities are well-placed in taking a broad view of what services will impact positively on health outcomes.

The Health and Wellbeing Plan is linked to the Corporate Plan that highlights the practical services the council is putting into place to make Chelmsford a safer, greener, fairer, and better-connected place. An outline of the practical interventions is currently being reviewed and updated by an internal Public Health Officers Group with service representatives from Public Health and Protection Services, Planning Policy, Arts and Culture, Parks and Green Spaces, Community Sport and Wellbeing, Leisure Services and Economic Development.

These actions will be updated and highlighted within the Plan.

10. Do you have any comments to add to this section?

Click or tap here to enter text.

Strategic themes – Livewell

All local authorities in Essex, along with wider partner agencies, have come together to collaborate on the health and wellbeing agenda and make use of the Livewell programme.

The Livewell branding enables work to be categorised in relatable, which can be used to convey appropriate messages through social marketing. The Livewell website has been designed to provide information about all that is on offer in Chelmsford and across Essex to improve health and wellbeing.

The identified themes as stated on livewellcampaign.co.uk and Livewell branding are guidelines are as follows;

- Startwell – Giving children the best start in life. We will endeavour to help young families have the best start in life
- Staywell – Clinical wellbeing, a state of health. We will work together with the community and professionals to ensure our residents have access to the best clinical services.
- Feelwell – A state of mental wellbeing in which every individual realises their potential and can cope with normal stresses of life. We will improve the access to services that address mental wellbeing.
- Eatwell – Healthy eating means consuming the right type and quantity of food from all food groups in order lead a healthy life. We will raise awareness across the district about healthier eating,
- Bewell – People of all ages, shapes, sizes and abilities can benefit from being physically active. We will encourage more people to undertake regular physical activity, which will, in turn, produce longer-term health benefits
- Agewell – We will endeavour to encourage people to look at improving their health and wellbeing now, to be able to lead a better quality of life in the future. We will also encourage and provide the opportunity for our elderly population to be more active during their retirement years.

11. Do you have any comments to add to this section?

Click or tap here to enter text.

Section four: Health and Wellbeing Priorities

Below we have listed the current agreed health and wellbeing priorities that support the delivery of the Essex Joint Health and Wellbeing Strategy locally and are informed by the Joint Strategic Needs Assessment.

For each priority area, we outline what we do and will do as a partnership to address the area of focus.

Within each priority, there will be consideration of vulnerable groups and how they will be supported in the delivery of actions. This includes but is not limited to, children and young people, older people, black and minority ethnic groups, people with learning, physical and sensory disabilities/difficulties, carers, low-income groups, and people with long-term conditions.

Priority 1: Reduce excess weight and obesity and increase physical activity in adults and children.

Obesity is associated with and increases the risk of developing several health conditions such as type 2 diabetes, coronary heart disease and stroke. Obesity can also exacerbate conditions such as asthma and psychological problems such as social isolation and low self-esteem. There is also a strong link between inequality, physical inactivity, poor diet and socio-economic deprivation, so addressing diet and physical activity in more deprived groups has a role in reducing health inequalities.

It is proposed to align this priority to the Essex Joint Health and Wellbeing Strategy as “Physical Activity and Healthy Weight” to use more positive language.

12. Please tell us to what extent you agree or disagree with this priority area?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Strongly disagree

13. Do you have any other comments to add to this priority area?

Click or tap here to enter text.

14. How will your organisation support the Health and Wellbeing Plan in addressing this area of focus?

Click or tap here to enter text.

15. What action/s would you like to add towards addressing this priority?

Click or tap here to enter text.

Priority 2: Alleviate loneliness and social isolation

Social isolation is characterised by an absence of social interactions, social support structures and engagement with wider community activities. Loneliness describes an individual's subjective sense of lacking contact with social interactions to the extent that they are not wanted or needed. Loneliness and isolation have both been identified as part of the most significant public health challenges of our time and one of the most significant risks to the quality of life, particularly for older people. However, anyone can experience social isolation and loneliness.

There is a wide range of factors that can exacerbate feelings of being socially isolated and experiencing loneliness. This includes demographic changes, retirement, bereavement, disability, becoming a carer or hospitalisation.

16. Please tell us to what extent you agree or disagree with this priority area?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Strongly disagree

17. Do you have any other comments to add to this priority area?

Click or tap here to enter text.

18. How will your organisation support the Health and Wellbeing Plan in addressing this area of focus?

Click or tap here to enter text.

19. What action/s would you like to add towards addressing this priority?

Click or tap here to enter text.

Priority 3: Improve poor housing including fuel poverty and thermal comfort.

The quality of housing greatly affects the health and well-being of residents. Poor housing can be a result of inadequate insulation, and poor and expensive heating systems. This can cause many preventable diseases and injuries, including respiratory diseases such as asthma and bronchitis, cardiovascular diseases and cancer. It can also have a detrimental impact on mental health.

20. Please tell us to what extent you agree or disagree with this priority area?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Strongly disagree

21. Do you have any other comments to add to this priority area?

Click or tap here to enter text.

22. How will your organisation support the Health and Wellbeing Plan in addressing this area of focus?

Click or tap here to enter text.

23. What action/s would you like to add towards addressing this priority?

Click or tap here to enter text.

Priority 4: Enabling people to Age well in Chelmsford

An ageing population puts a high demand on health, social care services and housing needs. It is therefore important for us to help people age well and remain independent for as long as possible. This includes areas of work, such as helping to prevent falls amongst those at risk and enabling people to live well with dementia.

24. Please tell us to what extent you agree or disagree with this priority area?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Strongly disagree

25. Do you have any other comments to add to this priority area?

Click or tap here to enter text.

26. How will your organisation support the Health and Wellbeing Plan in addressing this area of focus?

Click or tap here to enter text.

27. What action/s would you like to add towards addressing this priority?

Click or tap here to enter text.

Priority 5: Reduce alcohol, substance misuse and behavioural addictions (including supply of illegal substances)

Reducing harmful drinking is one of our health and well-being priorities as it has a detrimental effect on the mental and physical health of an individual and community safety. The reason for alcohol misuse can be complex and is primarily driven by the price and availability of alcohol added to the social and economic determinants.

Chelmsford also faces issues of gangs and drug-related violence, and the risk factors of these issues are associated with substance and alcohol misuse, anti-social behaviour, deprivation and pro-criminal peers and high unauthorised absence.

28. Please tell us to what extent you agree or disagree with this priority area?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Strongly disagree

29. Do you have any other comments to add to this priority area?

Click or tap here to enter text.

30. How will your organisation support the Health and Wellbeing Plan in addressing this area of focus?

Click or tap here to enter text.

31. What action/s would you like to add towards addressing this priority?

Click or tap here to enter text.

32. We would like to include pictures from our stakeholders' key projects in the final design of the Plan. Please state below if you are able to provide images, and Amber & Joan will be in touch.

Click or tap here to enter text.

Thank you for taking part in the consultation for the refresh of the Chelmsford Health and Wellbeing Strategy 2022.

Following the closing date, your opinions and suggestions expressed in the consultation will be taken into consideration along with any other available evidence when developing the new strategy.

To find out how we handle your personal data, please see our privacy policy:

<https://www.chelmsford.gov.uk/your-council/about-our-website/our-privacy-policy-and-privacy-notice/privacy-policy/>

If you wish to have more information on the current Chelmsford Health and Wellbeing Strategy or if you have any comments about how this consultation exercise has been conducted please send them to

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