

Waltham Forest Health and Wellbeing Strategy 2013 – 2015
Creating the Place for a Good Life

The Themes that will deliver Waltham Forest Health & Wellbeing Strategy

1. Theme One - Best Start in Life

The Current Situation

There are around 65,300 children and young people live in Waltham Forest (aged 0-19 years) accounting for 26% of the population. The school age population is projected to grow with a predicted 4,600 more children of school age in the borough by 2031.

The rate of children placed in care in Waltham Forest is in line with other areas in London. Roughly 300 children are defined as Children in Need (CiN) at any one time.

In 2010/11 57 children were in transition between Children's and Adults social care services. Support was also offered to 469 disabled children in the form of short breaks. Around 70 young carers use our carer support services.

Nearly 35% of children and young people in Waltham Forest live in poverty¹, higher than the London (30.8%) and England (20.9%) average. Around 20% of all school children take free school meals.

Poor quality housing is an issue locally - 39% of local authority, 36% of privately rented and 32% of owner-occupied dwellings fall below the Decent Homes Standard. Poor quality housing can impact negatively on children's physical and mental wellbeing and educational performance.

Children, young people and their families in Waltham Forest struggle to live healthy lifestyles with low uptake of health promoting behaviours and services. Too few babies are breastfed, vaccination rates remain below target and too many children are obese.

Teenage pregnancy rates are above the London average and admissions to hospital for injuries are high with gastrointestinal illness a particular issue for the under 5s and alcohol-related admissions are high in older age groups.

Prioritising early childhood provides opportunities to add the most years to life expectancy. Childhood is when lifetime habits are established; embedding healthy habits can improve health outcomes in the adult years.

What We Will Do
1A:Embed Prevention <ul style="list-style-type: none">• Help families understand the importance of establishing healthy habits early in life
1B:Prioritise the Early Years <ul style="list-style-type: none">• Deliver the Healthy Child Programme 0 -5 years• Provide support to families based on an analysis of the changes in benefits system from April 2013• Improve children centre provision of support to families to improve school readiness
1C:Provide Early Help <ul style="list-style-type: none">• Improve Accommodation for Families and Young People• Prioritise Children in Care• Address Needs of Disabled Children and Young People

2:Theme Two - Building Skills and Resilience and Good Educational Achievement

The Current Situation

Too many children and young people in Waltham Forest do poorly at GCSE compared with other areas, ranking 5th lowest in London for attainment. Looked after children face particular challenges around attainment, with only 12% achieving 5 A*-C including English and Maths.

Waltham Forest had a lower percentage of working-age residents with qualifications to NVQ Level 4 or above (degree and higher degree level qualification) (39%) than London (46%) and England (33%). The level of working age population who held no recognised qualifications was 11.3%, compared to 9.3% for London and 10.4% for England.

The level of skills and education affect our ability to gain employment or earn a living.

What We Will Do
2A:Embed Prevention <ul style="list-style-type: none">• Use a healthy school approach to ensure a healthy environment in all schools• Deliver the Healthy Child Programme 5 – 19• Address Young Peoples' Mental Health
2B:Support outstanding leadership and good governance among governing bodies and head teachers
2C:Target support for excellent teaching to those at risk of poor performance
2D:Develop a strong education system that shares best practice and challenges underperformance
2E:Engage with parents and the wider community
2F:Intervene early for children young people and families at risk of difficulties impacting on their learning and development
2G:Improve Transitions between services and between life stages
2H:Ensure a Focus on Young Carers

3:Theme Three - Good Employment and Work Opportunities and Family Building

The Current Situation

Waltham Forest has higher levels of worklessness than London and England; for example, the latest figures show that there is a larger percentage of benefit claimants (18.2%) aged 16-64, compared to 14.5% in the London and 14.7% in England. The out-of-work benefit Job Seeker Allowance count in Waltham Forest was 6.2%, compared to 4.1% for London and 3.8% in Great Britain.

Employment and work opportunities provide access to resources that enable people to provide for themselves and their families. Work has positive effects on mental health outcomes.

What We Will Do
3A:Enhance opportunities for residents to raise their skills and to acquire decent work <ul style="list-style-type: none">• Ensure training is relevant to employer needs• Target areas such as housing estates with high levels of unemployment
3B:Increase skills training, including language and numeracy Increase level of English as second language to improve social integration and opportunities for work
3C:Increase opportunities for volunteering to gain experience for the job market
3D:Ensure that residents are aware and able to access the benefits and financial resources to which they are entitled
3E:Promote workplace health and wellbeing Develop a Healthy Workplace scheme with the London Borough of Waltham Forest acting as an exemplar
3F:Recognise that work is good for health by enabling people to stay in or return to work Work with GPs to refer patients on Fit notes into services such as JobCentre Plus to help with accessing the job market, addressing the biggest drivers of sickness absence – mental health and musculoskeletal conditions.
3G:Prioritise prevention and early diagnosis and management of LTCs in primary care, including mental health conditions. <ul style="list-style-type: none">• Implement Primary Care Transformation Plans and networks to augment capacity across in primary and community services.• Expand on care closer to home rather than relying on hospital care.• Increase access to psychological therapies, ensure the physical health needs of people with mental health problems are met and support people with longer term mental health conditions with 'navigators' in the care system.• Address the rising numbers of sexually transmitted infections and tuberculosis.

4:Theme Four - A Thriving Retirement

The Current Situation

Males aged 65 in Waltham Forest can expect to live fewer years (16.8 years), compared to 18.1 years for London and 17.7 years for England. Females who reach the age of 65 in Waltham Forest can expect to live 19.8 years, compared to 21 years for London and 20.3 years for England. Residents in the north of the borough enjoy longer life expectancy than people living in the south of the borough.

Smoking rates are about the same for adults in Waltham Forest and England, yet deaths attributable to smoking are higher. Binge drinking among adults is estimated to be lower than the England average but hospital stays for alcohol related harm are higher. The number of adults who eat five portions of fruit and vegetable a day and who get the recommended amount of weekly exercise is lower than the national average.

Mortality for care sensitive conditions (considered a quality marker of the health care system because they can be managed in primary care) is higher in Waltham Forest for diabetes and some respiratory conditions including bronchitis, emphysema and chronic obstructive pulmonary disease.

Coronary heart disease and cancer are the biggest causes of death in Waltham Forest, making the largest contributions to health inequalities. While rates are improving, heart disease and cancer mortality rates remain above those for the rest of the country. In Waltham Forest, 1- year survival after treatment is poorer than other areas, particularly for breast, lung and colorectal cancers

Depression is the most common mental health problem in later life and is predicted to increase in Waltham Forest.

Dementia is also predicted to increase among people aged over 65. Currently the recording of dementia in primary care only represents 41% of the predicted rate.

Incidence of stroke is predicted to increase by 34% by 2025 in Waltham Forest.

What We Will Do
4A:Create a safer, cleaner and greener borough <ul style="list-style-type: none">• Ensure improvements in physical environment include needs of older people• Address perceptions of older people that they are more vulnerable to crime
4B:Promote feeling financially secure <ul style="list-style-type: none">• Provide opportunities to retain older people in work• Promote pre-retirement financial planning
4C:Provide opportunities for older people to stay informed <ul style="list-style-type: none">• Support digital inclusion for older people• Promote wellbeing through learning and cultural opportunities
4D:Encourage active citizenship and taking part <ul style="list-style-type: none">• Work with older people to design services that are appropriate for their use• Provide opportunities for social interaction to reduce isolation in old age
4E:Promote staying healthy and independent <ul style="list-style-type: none">• Target outreach to increase early presentation through schemes such as Heart in the Community• Work with primary care to improve early diagnosis of long-term conditions and management in the community
4F:Provide lifetime homes <ul style="list-style-type: none">• Develop schemes to prevent falls among older people• Develop a 'right sizing' approach to housing need

4G:Improve Dementia Care

- Develop integrated care pathways for people with dementia and additional needs,(learning disability, complex health needs)
- Further develop telecare approaches and new extra care services that specialise in dementia

4H:Promote Falls Prevention

- Identify causes of falls and address
- Develop falls care pathway and put in place appropriate services

4I:Improve End of Life Care

- Help people put in place end of life plans
- Develop pathways to allow people to implement their end of life wishes

4J:Expand Integrated Care/Case Management

- Develop integrated health and social care teams
- Develop home from hospital schemes

4K:Increase Personalisation

- Progress health personal budgets
- Expand take-up of direct payments and self-directed support

4L:Keep People in the Community Longer

- Increase range of supported housing options
- Further develop Extra Care schemes for older people and adults with disabilities

5:Theme Five - Prevention – make health everyone’s business

Preventing disease and disability contributes to residents’ health and wellbeing, as well as contributing to a more stable health economy, especially at a time when our population is aging. It is not sufficient to attempt to change people’s unhealthy behaviours. We must address the environment in which people live. One of the most effective ways to enable people to make healthy choices is through policies and regulations that restrict indoor smoking and seat belt regulations, for example. While challenging to enact, this approach may be the most cost effective one.

Frontline staff in health and social care have the most frequent access to residents, when they can provide opportunistic advice and signposting to prevention services, such as directing a smoker with coronary health disease to our smoking cessation service for example. Staff in other frontline services such as housing have similar opportunities to connect people with prevention and health care services through the relationships with and knowledge they have developed about the clients with whom they work.

What We Will Do
5A:Increase leadership for raising priority of prevention <ul style="list-style-type: none">• Raise awareness among councillors of local authority responsibility for public health• Embed prevention as a priority in the Waltham Forest Clinical commissioning Group and LBWF
5B:Make health everyone’s business Train frontline workers to provide basic prevention advice and signposting/referrals
5C:Work in settings to create healthy environments <ul style="list-style-type: none">• Develop core local Healthy Schools scheme based on past achievements• Develop Healthy Workplace scheme, starting with LBWF• Develop Healthy Hospital scheme in Whipps Cross (within Barts Health)
5C:Strengthen community action including social support and networks <ul style="list-style-type: none">• Target work to raise awareness of prevention services and early presentation through schemes such as the Heart in the Community
5D:Identify opportunities to shift resources to increase opportunities for prevention <ul style="list-style-type: none">• Develop a primary care transformation scheme to improve early diagnosis and management of long-term conditions in primary care• Continue shift of appropriate services out of acute into community, where appropriate• Develop prevention services to meet needs of Waltham Forest residents<ul style="list-style-type: none">Tobacco controlDiet,Exercise,Alcohol,Sexual health

6:Theme Six – A sustainable environment that enables residents to take control of their health and lives

From the late 20th century, increasing evidence has become available that the built environment continues to shape health outcomes. Better housing, good transport including cycling and walking options, access to green space and healthy food options contribute to positive health outcomes, for example. In deprived areas such as parts of Waltham Forest there tends to be a proliferation of fast food, alcohol and betting shops that may contribute to poorer health outcomes.

Communities that face multiple deprivation often have high levels of stress, isolation and depression and in order to combat this, it is important to remove barriers to community participation and action to create a sense of community. Crime rates affect people's sense of security and increase their experience of stress with potential physical harm.

It is therefore important that the regeneration of our environment incorporates the provision of suitable social infrastructure (such as schools, health care facilities, faith meeting places and play facilities) to meet people's physical and social requirements. The built environment has a key role to play in promoting health and wellbeing in our community.

What We Will Do

6A:Build healthy public policy

- Use local authority levers in Planning and Regeneration, building on inclusion of health as a consideration in the Local Development Plan to ensure a healthy built environment
- Ensure that all policy developments and major planning applications are covered by a health impact assessment
- Develop cross borough initiatives to advocate for changes to national planning policy to allow local improvements in food, alcohol and betting shop provision

6B:Embed health in Environment and Regeneration directorate

- Develop initiatives such as the Healthy Food Award to improve provision of healthy food
- Use regeneration initiatives to broker deals with food takeaways, betting shops and alcohol outlets for example to develop healthier food provision
- Link housing with health and social care outreach workers to identify early housing issues

6C:Increase healthy green spaces

- Increase access to green space through projects such as Walthamstow Wetlands, Epping Forest and Lee Valley Regional Park
- Ensure affordable access to Olympic legacy facilities

6D:Create safe environments

- Create a vibrant night time economy in our town centres by encouraging uses and designs that will generate pedestrian and cycling activity in our high streets, especially in the evening and at night.
- Focus resources on localities with highest levels of crime and those individuals most at risk of committing an offense
- Tackle anti-social behaviour with a zero tolerance approach, embedding this into establishments that generate this behaviour

6E:Improve the housing stock

- Ensure all new housing developments meet standards to mitigate against noise pollution, are energy efficient and flexible to meet current and future needs
- Ensure new development provide mix of housing that is affordable and has access to green space and transport

7:Theme Seven - Safeguarding the wellbeing of all children, young people and vulnerable adults in Waltham

The current situation – safeguarding the wellbeing of vulnerable adults

The London Borough of Waltham Forest is the lead agency working closely with all partners in health, the Police, independent providers and the voluntary sector to improve safety and people's feelings of safety by promoting the right of all adults who are vulnerable to live free from abuse and neglect. In 2011-12, 751 alerts and referrals were raised where people were alleged to have been at risk of harm. This was a 38% increase compared to the previous year. 34% concerned people 18 to 64 years and 66% concerned people over 65 years.

Types of harm include physical, emotional and psychological, financial or material, neglect, sexual, discriminatory, and institutional or a combination of any of these. The figures indicate an increase in the number of referrals concerning physical harm and a notable rise in cases involving sexual harm and neglect.

The Current Situation – safeguarding the wellbeing of children and young people

There are 67,000 children and young people aged 0-19 in Waltham Forest each of whom has a unique set of talents that will take us into the future. They are all entitled to grow up in a safe and caring environment where they are protected from harm and enabled to have high aspirations and to develop to their full potential.

The creation of that environment is the responsibility of everyone in Waltham Forest, not just parents and those professionals who are employed in organisations working with children.

Waltham Forest's Safeguarding Children Board (WFSCB) has strong and motivated partners, representing a wide range of organisations and the community, committed to supporting those professionals in their work and helping members of the community understand how they can play their part in safeguarding children and young people in the Borough

The actions below build on both the Waltham Forest Safeguarding Children Board and the Safeguarding Adults Board respective key priorities, recognising that we must strive for continuous improvement.

What We Will Do	
7A	<ul style="list-style-type: none">Strengthen governance and partnerships through the respective Safeguarding Adults Board and Waltham Forest's Safeguarding Children Board, ensuring that they are well governed, accountable and improving safeguarding in Waltham Forest through strong support and challenge
7B	<ul style="list-style-type: none">Competence and Workforce – making sure staff across stakeholders are suitable, trained and competent to safeguard children and young people and vulnerable adults at risk
7C	<ul style="list-style-type: none">Quality assurance and audit processes – ensuring that local safeguarding across partnerships works and meets standards and expectations and that lessons are learned where things have gone wrong
7D	<ul style="list-style-type: none">Service user involvement – strengthening involvement and participation of children and young people, service users/patients in safeguarding processes and in how well we promote their dignity, rights and protect them from harm

