A new Public Health Strategy for Hampshire

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Public Health Strategy 2023 - 2026 | Health and social care | Hampshire County Council (hants.gov.uk)

Our duties

Upper Tier local authorities have a statutory duty to improve health and wellbeing and reduce health inequalities. This is critically important in preventing ill-health and disability, which reduces the need for people to access health and social care and supports a vibrant community able to fulfil its potential. It cannot deliver this duty alone; it can only be delivered by working closely with our partners. This supported by a ring fenced grant

Part of this duty is to commission mandated services including Sexual and Reproductive Health, Drugs and Alcohol treatment, School Nursing, Health Visiting, the National Childhood Measurement Programme and NHS Health Checks

The Director of Public Health must be assured that adequate arrangements are in place in the event of a health protection emergency, this has been demonstrated during the COVID-19 pandemic and extends to situations related to other infectious diseases and chemical or radiation hazards

The public health team is also responsible for providing data, intelligence, and public health leadership to inform, shape and deliver the work of the Hampshire Health and Wellbeing Board and the strategies of both Hampshire and Isle of Wight and Frimley Health and Care Integrated Care Systems

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Hampshire's public health vision

As the public health authority, Hampshire County Council is committed to improving the health of everyone living in Hampshire

To create a healthier Hampshire, we have **two ambitions**:

1 To increase the number of years Hampshire residents can expect to live in good health.

2 To reduce the unfair gap in healthy life years between the most and least healthy.

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Public Health Strategy 2023 - 2026

Home | Healthy Places | Healthy People | Healthy Lives | How will we achieve our aims? | Why we are doing this? | **PDF Version** [PDF]

Hampshire's Public Health Vision

Hampshire County Council is committed to improving the health of everyone living in Hampshire.

Although Hampshire is generally a healthy place to live, not everyone enjoys the same level of good health. Recently we have seen that some people are dying earlier than they should be and the number of years they are living in good health is less than other residents.

To create a healthier Hampshire, we have two ambitions:

To increase the number of years Hampshire residents can expect to live in good health.

To reduce the unfair gap in healthy life years between the most and least healthy.

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Why do we need this strategy?

- Our current health and care systems tend to focus on treating illness rather than keeping people healthy.

- Public Health is about creating the conditions that enable people to maintain healthy behaviours, helping to prevent illness in the first place – with a particular **focus on reducing those conditions which contribute the most to poor health** – smoking, cardiovascular disease, diabetes, unhealthy weight, low physical activity, and poor mental health.

- The County Council can't achieve all of this on its own and through our work with a wide **range of partners**, including the local NHS, Hampshire's district and borough councils, local businesses and the voluntary and community sector,

- We aim to prevent the lives of those in poorest health being cut short and enable people to live healthier lives, for longer

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What is causing ill health in Hampshire

What risk factors drive the most death and disability?

Overweight and obesity, high blood sugar, smoking, alcohol and drug use, high blood pressure, and air pollution account for around 40% of years lived in poor health.

Diagnosed mental health conditions are also a significant contributor, accounting for 14% of disability in Hampshire with poor emotional health and wellbeing that is not diagnosed by a health professional also contributing to additional time spent in ill health on top of this.

The circumstances in which we are born, grow, live and work are the things which have the strongest influence and biggest impact on health and often include factors outside the control of individuals. While there are steps that we can take to improve our health, the biggest changes will only come by focussing on these wider factors.

We know that while people in Hampshire are generally relatively healthy, there are significant differences in the number of years people live in good health between different groups,.

High rank ● ● ● ● ● ● **Lower rank**

	Hampshire	SE England	England
Tobacco	1	1	1
High fasting plasma glucose	2	2	2
High body-mass index	3	3	3
Dietary	4	4	4
High blood pressure	5	5	5
Alcohol use	6	6	6
High low-density lipoprotein	7	7	7
Occupational risks	8	8	8
Non-optimal temperature	9	9	9
Kidney dysfunction	10	12	11
Air pollution	11	11	12
Drug use	12	10	10
Malnutrition	13	13	13
Low physical activity	14	14	14
Low bone mineral density	15	15	15
Childhood sexual abuse and bullying	16	16	16
Unsafe sex	17	17	18
Other environmental	18	18	17
Intimate partner violence	19	19	19
Water, sanitation and hygiene	20	20	20

Figure one: Global Burden of Disease Data for Hampshire, South East England and England
(Source: VizHub – GBD Compare (healthdata.org)

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How can we make an impact?

We can make the biggest impact on people's lives by addressing the building blocks of health.

These are things like the buildings, spaces, and the natural environment around us, how we travel, the food we eat, the quality of education and work we do, and the money we have. They are also the homes we live in, the relationships we have with family and friends, and the connections with communities we are part of.

These hugely influence our health and explain why it is not an equal playing field for everyone. **Hampshire's Joint**

Strategic Needs Assessment explores the things which affect our health in more detail.

The links between health and wealth are well documented and increasing economic productivity and growth will lead to improvements for everyone. Healthy places and people are vital to delivering this aspect of **Hampshire's Vision for 2050**, which is why we need to ensure the right building blocks for health are in place, narrow the gaps and create a healthier Hampshire

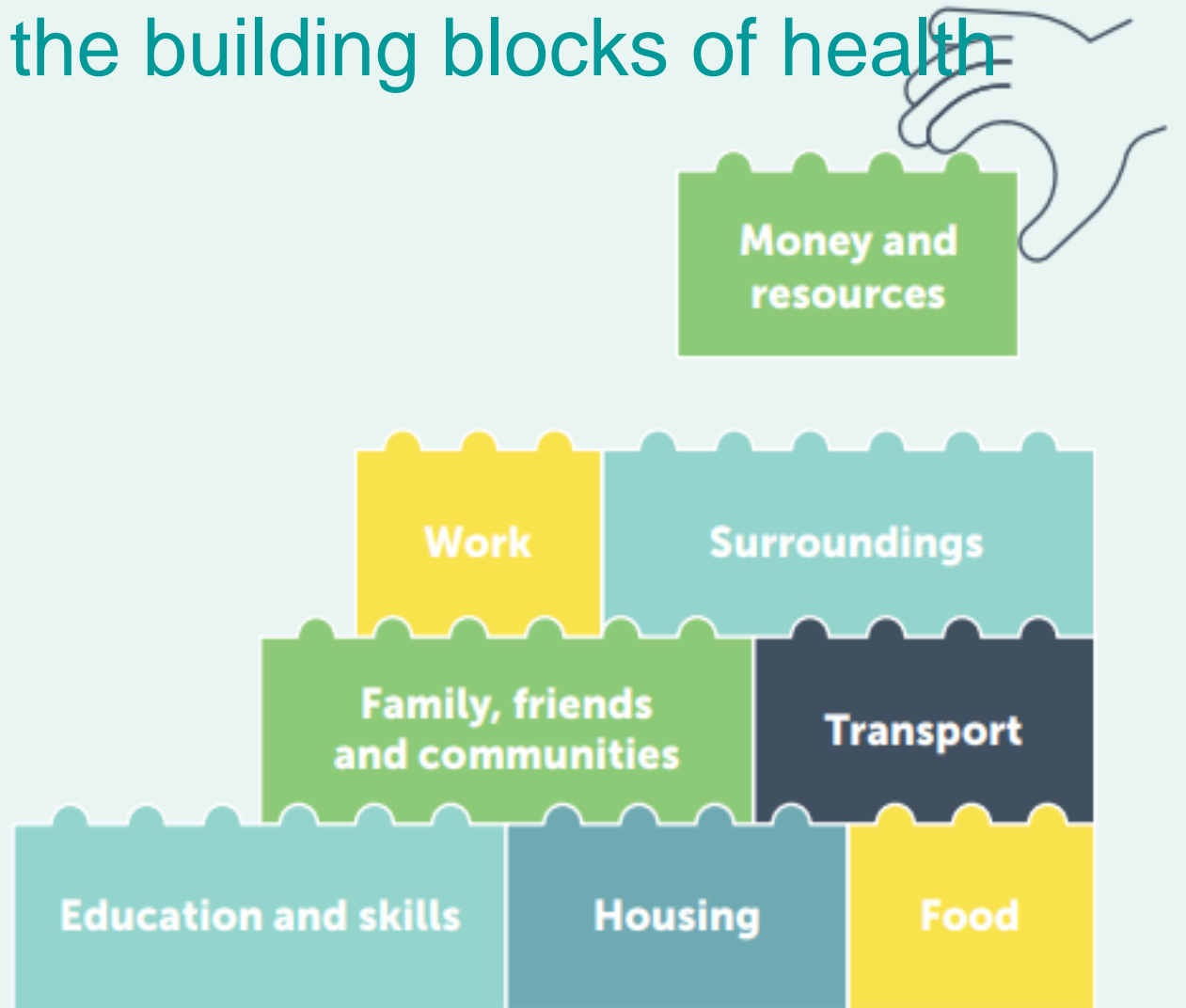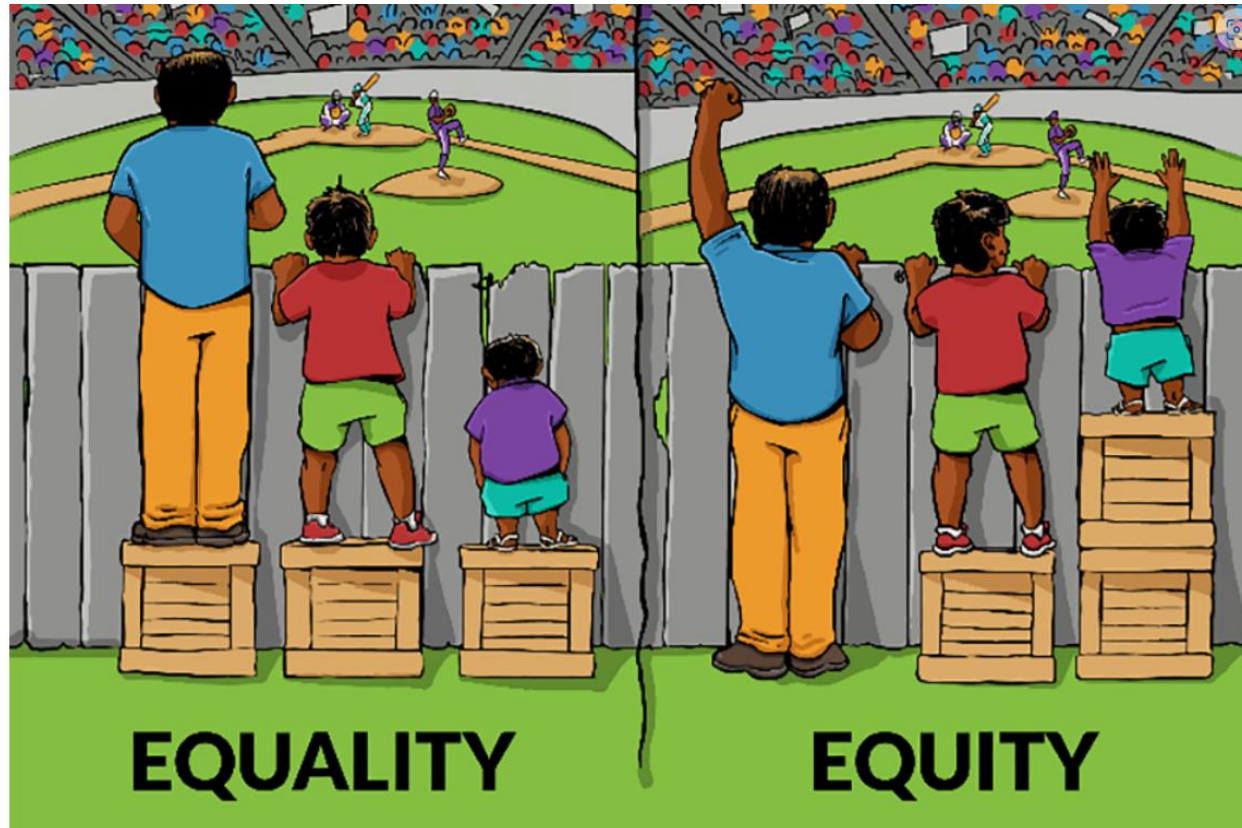# Making an impact – focus on the building blocks of health

Local Government is uniquely placed to act on **the building blocks of health.** The Public Health Strategy aligns with and will contribute to realising the **Hampshire 2050 vision** that will guide and contribute to the continuing prosperity of Hampshire, while protecting and enhancing our unique quality of place for generations to come.

We can make the biggest impact on people's health by addressing these building blocks.

These are things like the **buildings, spaces and the natural environment around us, how we travel, the food we eat, the quality of education and work we do, and the money we have.**

They are also the **homes we live in and the family, friends and communities we are part of.**

The Public Health Strategy will do this through contributing to objectives set out in other key population level strategies including the Economic Strategy, Climate Change Strategy and Local Transport Plan as well as alignment with other partners strategies – see later
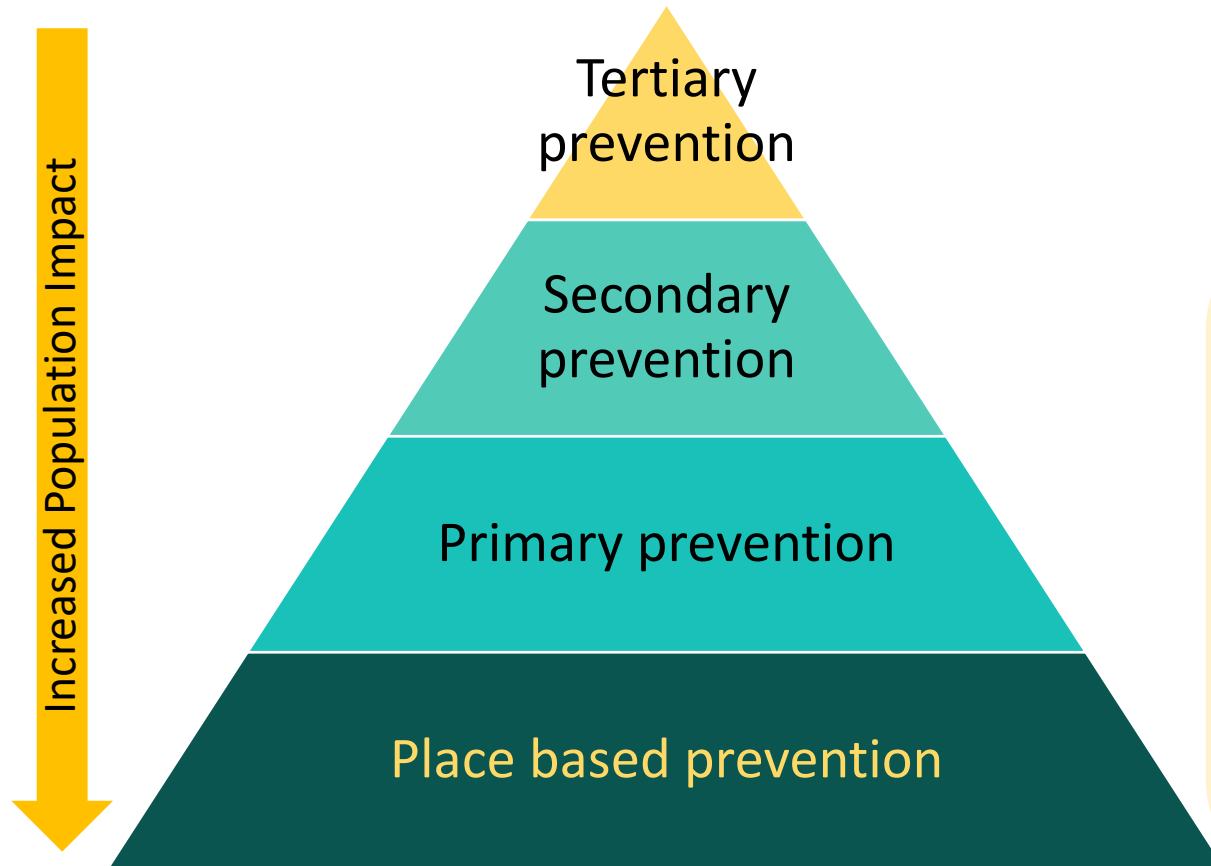

Money and resources

Work

Surroundings

Family, friends and communities

Transport

Education and skills

Housing

Food

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Making an impact - reducing the gaps in health

Making an impact - focus on prevention

Tertiary prevention: Intervention implemented after a disease or injury to prevent health worsening further e.g., Medication for high blood pressure

Secondary prevention: Intervention implemented after a disease has begun but before it is causing symptoms of ill health e.g., NHS Health Checks

Primary prevention: Intervention implemented to prevent a disease or injury from happening e.g., physical activity programmes

Place based prevention: Intervention implemented at population level to prevent disease or injury e.g., planning for active travel, lower emissions

Increased Population Impact

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Healthy places, settings and communities

Our key areas of focus and ambitions

Transport and climate change
Include healthy streets, active travel and air quality in everything we do.

Planning for health
Build healthy new places, and ensure our town centres and places we live in are accessible, safe and sustainable.

Healthy settings
Develop healthy workplaces, community and educational settings.

Hampshire County Council's role as an anchor institution
Contribute to the health of local communities, through our size, work, buildings, spaces and purchasing power. Encourage others to also take on this role.

Healthy Homes

Healthy Homes
Build on our work with partners to develop a system-wide approach to Healthy Homes.

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Healthy people

Our key areas of focus and ambitions

Health protection
Contribute to the prevention, early detection and control of infectious and non-infectious risks to health; and support NHS screening and vaccination programmes.

Public Health emergencies
Build capacity and capability to respond to Public Health emergencies.

Public Health intelligence
Provide Public Health intelligence, advice and leadership to the NHS. This will inform service and pathway design, and tell us where to act to reduce health inequalities.

Criminal justice and preventing violence
Deliver programmes with partners that reduce the impacts of violence, improving the health of families, communities and within the criminal justice system.

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Healthy lives

Our key areas of focus and ambitions

Best start in life
Enable a healthy start in life for all Hampshire babies, children and young people.

Healthy adults
Prevent the causes of ill-health and long-term conditions, focusing on those entering mid-life.

Healthy older people
Enable older adults to remain healthy and independent for longer.

Mental wellbeing
Work to improve mental health, wellbeing and prevent suicides.

Sexual health
Support good sexual and reproductive health, through the provision of quality services and information.

Domestic abuse
Prevent domestic abuse through the promotion of healthy relationships and earlier support. Reduce the impacts of domestic abuse on Hampshire families.

Substance misuse
Reduce the number of residents harmed, by providing quality prevention, treatment, recovery and enforcement services.

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Examples of work

A New residential substance misuse detox service

Health in Education settings
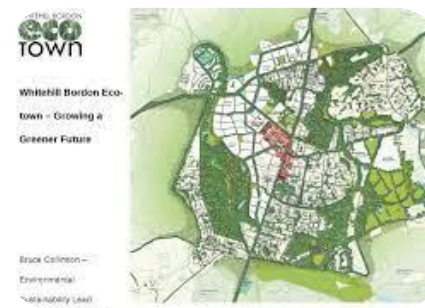
Planning and place work

Smoking cessation focused on the most vulnerable

Systems approach to obesity

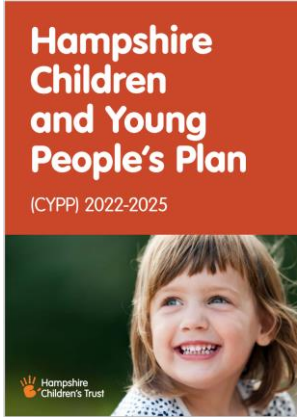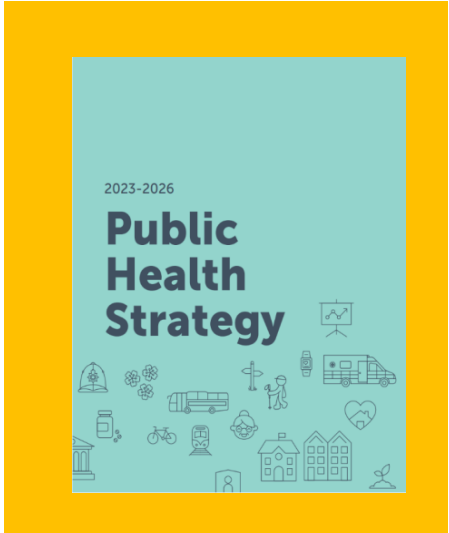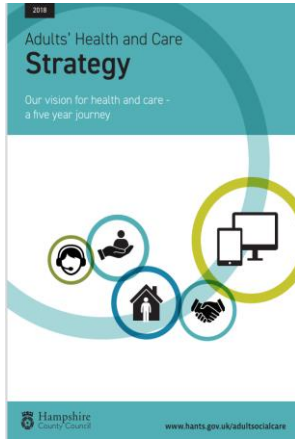Improving Immunisation uptake

Live Longer Better

Mental Health and wellbeing

Community Researchers

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Alignment with other strategies

Alignment with other strategies
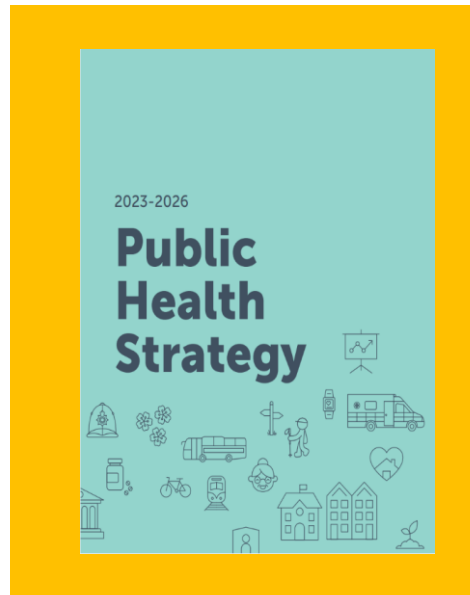
Hampshire Public Health Strategy
2023-2026

Recommendations

HWB Board are asked to:

- Review the strategy and support its launch across the wider system in Hampshire

- Support to embed the new strategy and engage with the action plans linked to the strategic themes and ambitions