Hull Joint Health and Wellbeing Strategy



'Working together to create a fairer Hull where everyone benefits from real and sustained improvements in health and wellbeing'



The Strategy on a Page



priority themes. This operating model will ensure the system works towards identified outcomes.



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Welcome from the HWB Chair

Welcome to our refreshed Joint Health and Wellbeing Strategy (JHWS) which describes our approach from 2022.

Following widespread consultation, we have produced a collaborative strategy to impact across Hull's health and care system and drive positive change in health and wellbeing for residents. This new strategy is different; it encourages a values-based approach to health and wellbeing, and I believe these values can be at the heart of successful service delivery.

The Health and Wellbeing Board (HWB) aims to develop a sense of common purpose across the health and care system, offering a collaborative model in a changing strategic landscape. We have taken the opportunity to highlight ways we can all work together to drive forward improvements in the health and care system, given the unprecedented challenges we are facing.

This strategy presents an opportunity to bring Hull's existing work together under HWB accountability, look at priorities and activity through both a local 'community lens' and a larger 'regional lens', and ensure that Hull's needs are recognised across the local Integrated Care System (ICS) footprint. [The function of new structures such as ICSs are explained in the box below]

The JHWS is owned by and developed through the Health and Wellbeing Board as a citywide strategy to help shape priorities and as a means of holding the system to account. Owing to the broad representation of local organisations and sectors on the HWB, this strategy will support our partners to work together, coordinate resources, and achieve a sense of collective accountability to improve the health and wellbeing of the people of Hull.

The new methods of operation as outlined by the JHWS offer a fresh approach in terms of our priority themes, which focus on proactive prevention of ill health, reducing health inequalities and developing system integration for the people of Hull.

This strategy framework acts as a roadmap for stakeholders to work together for the benefit of health and wellbeing in the city and is complimented by a resident-friendly version in which we set out our pledge to achieve better health and wellbeing for all.

To deliver better health and wellbeing outcomes for the people of Hull, more meaningful engagement with communities across the city is crucial, whilst maintaining close partnership with strategic and delivery partners. We will strive to ensure that decisions are based not only on local evidence and data but driven by what Hull's communities are telling us.

Only by working together across Hull can we achieve better health and wellbeing that the people of Hull want and deserve.

The intentions of the JHWS...

It intends to:

- Provide an operating framework for how the Board will function and hold itself and partners to account;
- Set general priority themes and actions only, from which the HWB will collectively develop and agree our annual priorities and work programme;

It does not intend to:

- Include all key health data for Hull that is covered in the Joint Strategic Needs Assessment (JSNA)
- Provide detailed action plans, performance indicators, and milestones for tackling for each priority issue – these are the remit of the relevant partnership groups and their strategies
- Focus on the role of any specific organisation, workforce, or profession.

Councillor Hester Bridges

Chair of the Health and Wellbeing Board

What is an Integrated Care System (ICS)?

Integrated Care Systems (ICSs) are new geographically based partnerships between the organisations that meet health and care needs across an area, to plan and co-ordinate services in a way that improves population health and reduces health inequalities.

Each ICS is made up of two key bodies – an **Integrated Care Board (ICB)** to plan NHS services and an **Integrated Care Partnership (ICP)** to focus on wider health, public health and social care services.

Together with North Yorkshire, Vale of York, East Riding of Yorkshire, North Lincolnshire and North East Lincolnshire, Hull is part of an ICS serving a population of 1.7 million people.

Hull sits within the ICS as a defined 'Place' (so when our Joint health and Wellbeing Strategy mentions 'Place', we mean Hull).

Dr Dan Roper, Vice-Chair of Hull Health and Wellbeing Board says:

"Integration is the crucial enabler for effective collaborative action to tackle inequalities in outcomes, experience and access and for better population health.

The re-organisation of Health and Social Care around the strong concept of 'Place' is a welcome one for Hull, given the particular challenges our residents face. The voice of the people of Hull should still be heard loud and clear within the ICS and the role of 'Place' is to ensure that happens."

What Makes Good Health?

Good health is so much more than the absence of illness. Good health and wellbeing is about feeling and doing well - physically, emotionally and mentally - as individuals and communities. Health is determined by individual as well as societal conditions. At a personal level, health is influenced by our genetics, ethnicity, gender/sex, culture and age, as well as our own health behaviours. What enables good physical and mental health and positive behaviours are the circumstances in which we are born, grow, live, work and age - the 'social determinants of health', which include:

- our surroundings clean air, access to green space and leisure and play opportunities
- education and skills qualifications correlate strongly with life expectancy
- housing affordable, warm and stable, well connected to community, work and services
- the food we eat accessible, affordable and healthy
- money and resources enough to have a sense of control and enable healthy choices
- transport accessible, efficient, sustainable and encouraging of active travel
- family, friends and communities happy childhood experiences, good family life with strong social connections
- good work jobs that are supportive, stable, secure, fairly paid and safe

These are the factors, outside the health and care system, that enable individuals and societies to flourish, or not. So a healthy person is someone who has the opportunity for meaningful work, secure housing, stable relationships, high self-esteem and healthy behaviours.

However, the impact of poverty and inequality means that many people's choices can be constrained by circumstance. They don't have the same opportunities to be as healthy as others. It is not right that because of poverty, people living in deprived areas tend to live shorter lives with more ill health than those in wealthier areas. Poverty and poor health are tied in a vicious circle because poverty makes healthy choices so much harder.

The link between poverty and poor health is a social justice issue. That's why this Health and Wellbeing Strategy is so important. Together we can change this. Our citywide partnerships have a crucial role to play in shaping the environment and services which can help or hinder our individual and collective health.

A healthy place is somewhere that understands how health is shaped by these social, cultural, political, economic, commercial and environmental factors, and takes determined action on improving these for current and future generations.

Health in Hull

Hull has significant health challenges, but we also have assets and characteristics which need to be recognised and celebrated because they benefit our collective health:

- ✓ Hull is a proud, ambitious, resilient, and strongly self-reliant city. Our communities have immense spirit and social capital.
- ✓ Housing affordability and the extent of Hull's social housing stock is hard to beat, and residents have good access to private outdoor space, proximity to General Practitioners (GPs), pharmacies and leisure facilities.
- ✓ Hull has a thriving sporting, arts and cultural sector (buoyed by our time as UK City of Culture 2017 and the resulting investment) and we fully recognise the value of arts in health.
- Our strong voluntary, community and social enterprise base is leading the way in partnership working and integration with private and statutory sector organisations. The Jean Bishop Integrated Care Centre and our 'Everybody In' response during the pandemic is evidence of this.
- ✓ Significant progress has been achieved in recent years on the wider determinants of health, on economic growth, infrastructure, housing and employment.
- ✓ We are seeing health feature in more policies, such as the joint approach between Public Health and Planning, resulting in the 'Healthy Places, Healthy People' Supplementary Planning Document and the 2021 Economic Strategy
- ✓ We are seeing positive trends of increasingly more of our young people going on to Further and Higher Education, choosing not to smoke and drinking less alcohol.

The people of Hull are far healthier over the longer term, than they were in the past. However, the extensive loss of traditional industries and our 'end of the line' geographical location have adversely impacted our fragile economy in recent decades.

The 2019 Index of Multiple Deprivation (IMD) placed Hull as the 4th most deprived local authority in the UK. Deprivation has a direct negative impact on our population's employment and financial resilience, health and housing, physical and emotional wellbeing and lifestyle choices. Deprivation also makes Hull more vulnerable to the impacts of external shocks such as economic downturns, climate change, flooding, and pandemics such as Coronavirus. The pandemic exposed pre-existing health inequalities, making its impact more severe on our economy, unemployment, infection, and death rates.

Thus, despite huge strides made recently in inward investment, regeneration and ongoing efforts to tackle health inequalities, Hull is often found at the bottom of national league tables and among the 'worst' for various indicators related to health and its wider determinants. Our poor health statistics are further impacted by the Local Authority's tight geographical boundaries that exclude the healthier affluent suburbs and outer rural areas.

Some examples of Hull's health status from recent evidence are shown on the next page:



JOINT STRATEGIC NEEDS ASSESSMENT WHAT WE KNOW

To visit the JSNA Website please click the link above

Estimated prevalence of opiate and/or crack cocaine use in Hull has been more than twice that of England

Over a QUARTER of children were over a healthy weight when starting school



Hull people were spending more than a quarter of their lives in poor 7 in 10 adults are overweight with a further 44% who are physically inactive

Around <mark>¼</mark> of adults could not fund a £200 household emergency Poor health and widening health inequalities are not inevitable though. By adopting a values-led Joint Health and Wellbeing Strategy, all our citywide and regional partnerships have a crucial opportunity to work together to help create a place where every child will fulfil their hopes and aspirations and those born in Hull will have equity in terms of life chances, quality of life, and healthy life expectancy.

Working together to effect change will be ongoing, but with a renewed focus overseen by the Health and Wellbeing Board. An impact on high level outcomes such as life expectancy and healthy-life expectancy will take time to evidence, however it is important to be able to have a means of looking at the progress against a wide range of individual indicators and outcomes via our Joint Strategic Needs Assessment (JSNA) as well as our overall health status as a city.

One potential approach to monitoring overall health across the city may be via the 'Health Index'. This benchmarking tool from the Office for National Statistics (ONS) aims to provide a composite index that is inclusive of health outcome measures, modifiable risk factors and the social determinants of health for each English region and Local Authority. The broad scope and composite nature of the Index makes it a potentially useful benchmarking tool, and we will be monitoring its ongoing development into a final product, to assess how it might best be used in the future.

(See https://healthindex.lcp.uk.com)



A Values Based Approach

We believe our Values are the features of successful delivery for the JHWS

Why a Values-based approach...

Why do members of the Hull Health and Wellbeing Board do what they do? What are the drivers behind our actions and why do we feel so strongly about ensuring we are delivering for the people of our city? Our values shape us, they shape the beliefs of the individuals who make up the Board and our communities, they shape our services, and they shape us as a city.

Why do we all want the best for Hull? The answer to that is because it's in our makeup, it's in our values. We are all driven by our beliefs. It is with this in mind, that for this strategy, we wanted to lead with "Why" we want our belief system and our values to be the catalyst for our behaviours and help us address the health needs of our citizens.

How our Values will shape the system...

Delivering a strategy that is shaped by our values allows us to work with partners to shape how we work as a system. We believe it is the best way to reduce inequalities, improve health and wellbeing, and work as a unified system. We have shaped our values as a collective which means we can hold each other to account and be critical friends to one another. Additionally, having a shared set of values across the system shapes our daily working practices and increases the chances of making positive changes for our city.

Why each Value is important in its own right...

The values that have been identified in this strategy are crucial to our success and being able to adopt them will improve the health and care system as well as our outcomes. These values, although crucial as a collective, are all instrumental. We have highlighted them below so you can understand why each one holds equal importance in driving the work of the HWB and the wider system.



Our Values

Communities Driving Change

The voice and experiences of the public are critical to the work of the Health and Wellbeing Board and we are committed to ensuring that the valuable insight we get from communities and our local population is at the forefront of our conversations, priorities and decision making.

We will continue to capture the public voice through a range of initiatives that all come under a single engagement arm of the Board called "Engage". This platform allows us to work dynamically across communities to provide a range of opportunities for people to share their views. Some of these initiatives include listening circles, a pioneering affiliation model built from community members across the city, traditional surveys and much more.

Transparency and trust with our population is critical to the success of the Board in improving the city's health and wellbeing (both physical and mental), so we are committing ourselves to being visible and accessible, while ensuring that we feed back to communities about how their comments and experiences have shaped our work.

Through the data captured we will develop a real time 'heat map' for Hull which will detail issues, concerns, and challenges for our local population. By ensuring that engagement is at the heart of what we do, means that we can respond to these issues and challenges in a far more proactive and timely manner.

Intelligence Based Decisions

Being able to make informed choices and decisions based on evidence, insight and intelligence will be one of our core values. Making sure that decisions are made with robust intelligence will have a more effective impact on the people we are trying to serve.

We will amplify the use of our JSNA to help us understand the needs of our population, along with other data sources used across the system.

Gathering intelligence is the role of all partners and we are committed to collaborate more widely when gathering knowledge and information. As highlighted above, the Board are committed to capturing community intelligence and experience. Pairing this with existing data and intelligence and the information we know as professionals, will allow us to target our work where it will make the most difference, and help guide informed decision making that will improve the health outcomes of our citizens.



Co-ordination at Place

The new JHWS will be owned and driven by all partners working across the Hull health and care system, including the community voice from every neighbourhood, whilst also co-ordinating with priorities and activity on a larger geographical footprint to bring about system wide changes that are responsive to the needs of our citizens.

Many multiagency partnerships and networks already operate in Hull, with current strategies or new ones under development, with the potential to influence both the wider determinants of health as well as directly the health and wellbeing outcomes for our population. All these partnerships and their strategies will have a part to play in contributing to the success of the JHWS, focussing on its priorities, and delivering on health outcomes.

The JHWS will not seek to duplicate the work of existing strategies and in the same way the HWB will not duplicate the work of existing partnerships. However, it is hoped the Strategy and the Board will help to convene, galvanise, and support a well-connected, and effectively resourced citywide system that can make a lasting impact on improving outcomes and reducing inequalities. Evidence of impact will be intelligence-led, both qualitative and quantitative, through our local JSNA to which all partners will be encouraged to contribute local insight and data.

Collective Accountability

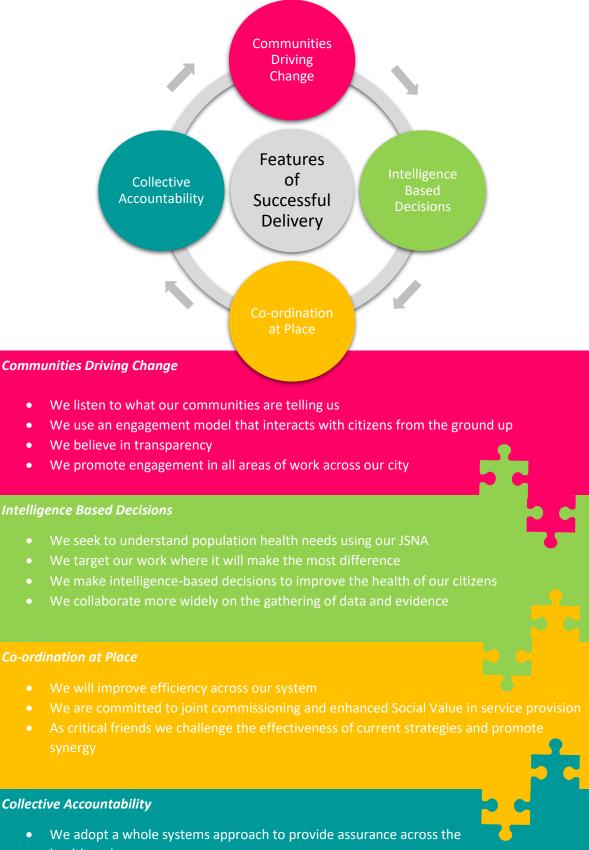
A values-based approach relies on every part of the system coming together to work as a whole system, being held accountable and taking responsibility as a collective, rather than as individual organisations.

This accountability comes in various forms. Crucially, we in the HWB must view ourselves as a partnership board. We need to be held collectively accountable to other services, partners and stakeholders. For the partnership to work we need to be critical friends to each other and have honest conversations across the system.

As a Board we offer system leadership, but we are also committed to being held to account collectively by the public. The HWB aims to improve the health and wellbeing of our local population; however, we need to be transparent and open in sharing our decision-making processes, providing feedback, and more importantly receiving feedback - both positive and negative.



Features of Successful Delivery



- health and care system
- We take responsibility as a system rather than as individual organisations
- We are responsive to what the health and care system is telling us
- We offer system leadership

Our Priorities



Proactive Prevention

Proactively supporting people to be healthy, independent, and resilient through parity of prevention in system design and resource allocation, universal education, early help and intervention, making healthy choices easier and supporting recovery, enablement and independence.

Reducing Health Inequalities

There is a social, moral and health imperative to tackling health inequalities in Hull. This means prioritising *targeted activity* on areas and population groups where inequalities are most stark, to close that gap and seek the greatest health gains. The approach needs to be systematic, working at pace and at scale to ensure all communities have equal opportunities to achieve their full health potential.



System Integration

Integration means working together purposefully and effectively to tackle inequalities in outcomes, experience, and access and to improve population health.

Proactive Prevention

Proactive prevention means supporting people to be healthy, independent, and resilient through parity of prevention in system design and resource allocation, universal education, early help and intervention, facilitating healthy choices and supporting recovery, enablement and independence.

What's important strategically?

- > Decision makers proactively prioritising resources/investment in preventative activity
- Promoting a common understanding that prevention activity across the whole population is more cost-effective than reactive treatment of illness and poor health
- > Enabling children and young people to thrive in resilient, safe families
- > Identifying and delivering early help and intervention before crises happen
- > Achieving a position where the healthy choice is the easy choice
- Ensuring that the environment in which people live, work and spend their leisure time is free from risks to their health, either from accidents, exposure to non-communicable risks (e.g. air pollution) or communicable diseases (e.g. Covid-19)
- Supporting local Carbon Neutral initiatives, such as the Carbon Neutral 2030 Strategy, to help improve the health and wellbeing of Hull's future generations

Key Challenges

- Achieving clear, consistent, and complementary strategies among partners that contribute to a whole system preventative approach for improving health outcomes
- Sustaining investment in prevention activity across Hull
- Identifying needs early and providing the right support within available resources and budgets
- Sharing joint accountability for preventing, reducing, and limiting the impacts of poor health and their associated costs
- Ensuring that aspirations identified in Hull's health improvement strategies (e.g food, tobacco, alcohol, and physical activity) translate into measurable improvements in outcomes

Priority Actions

- Implement a 'First 1001 Days' programme across Hull, crucial for healthy development during the early years and being 'school ready'
- Deliver key Health Improvement Strategies for Hull SmokeFree 2025, Active Hull, Food Strategy, Alcohol and Drug Strategy and Emotional Wellbeing Strategy
- > Prioritise Mental Health support for children and young people
- > Maximise the prevention opportunities outlined in the Cultural Strategy for Hull
- Secure development of prevention activity through Hull's Economic Strategy
- Actively support Hull's anchor institutions* and large employers to play a key role in prevention activities, including via access to relevant development and training
- Support and engage with organisations working at ICS level and in Hull to align efforts on proactive prevention
- Ensure strong and effective links between the health and wellbeing agenda and carbon reduction / sustainability strategies, including supporting the establishment of the Hull Climate Commission
- Ensure local strategies address the necessary Health Protection priorities (communicable and non-communicable risks) in relation to the proactive prevention of ill health

^{*} An anchor institution is a large, well established, typically non-profit organisation whose long-term sustainability has a significant influence on the health and wellbeing of their local community.

Reducing Health Inequalities

Health inequalities, displayed through systematic differences in health between different groups of people, are avoidable and unfair. Social and health inequalities, and deteriorating health for the most deprived people, are markers of an unequal society. There is a social, moral and health imperative to tackle health inequalities in Hull. We need to be systematic in our approach and work at pace and scale to address these issues. Evidence on interventions to tackle health inequalities is robust and in Hull we have the collectively capacity and ability to meet this challenge. Addressing health inequalities necessitates difficult decisions on where and how to prioritise finite resources across the system to ensure all communities in our city have equal opportunities to achieve their full health potential.

What's important strategically?

- Implementing a systematic and joined-up approach to addressing the wider factors that can influence health
- > Ensuring that the most vulnerable children and adults are protected
- Specifically focussing on the early years to improve school readiness
- Driving health equity in all policies and decision making
- Prioritising good quality homes, living space and infrastructure that supports the health of communities in Hull
- Ensuring local economic strategies embed inclusive growth to tackle income inequality, food poverty and digital exclusion

Key Challenges

- Working with national policy and funding regimes can undermine local innovation and limit sustained action and intervention to address inequalities
- Reducing inequalities requires sustained effort over time, which can be challenging in an ever-changing public sector landscape
- Securing a fair deal for Hull by making an effective case for enhanced investment given the extent of our health inequalities
- > Prioritising access to services for the most vulnerable and excluded groups
- Securing the voice of all communities and enhancing diversity and inclusion throughout the system

Priority Actions

- Develop a Health Inequalities Framework for Hull, using a peer assessment approach and based on an improvement matrix, to be routinely monitored by the HWB
- > Establish Hull's Poverty Truth Commission and support its impact on policy at local level
- Champion and support the implementation of a Trauma Informed City approach and system development model
- Explore the opportunity to address health inequalities through 'Levelling Up' actions and investment in Hull (ie. reducing inequality between areas while improving outcomes for all)
- > Ensure all agencies embed and deliver the Social Inclusion Strategy for Hull
- Develop a comprehensive, integrated approach to inclusion health groups and prioritise access to services for the those experiencing severe and multiple deprivation (SMD)
- Establish a robust Black and Minority Ethnic (BME) Health Network for Hull

System Integration

Integration means working together purposefully and effectively to tackle inequalities in outcomes, experience, and access and to improve population health.

What's important strategically?

- Ensuring that the ICS and Hull's integrated arrangements provide a mechanism for local partners to lead the planning and commissioning of care for their populations, providing system leadership and accountability at scale across local authority and NHS boundaries
- Renewing our focus on health in all policies supported by strong leadership and collective action in an integrated system that allows the NHS, public health, public protection, adult social care, housing, and the voluntary and community sector to collaborate in the delivery of people-centred care and support
- Joining up health and social care at all levels in the system to ensure we can act sooner to support people to be well, stay well and remain independent, whilst enhancing coproduction and value for money
- > Working together to monitor and manage quality across service provision
- Recognising and seizing opportunities to use the strength of our local communities and shared social infrastructure to help prevent ill health and promote wellbeing
- Using 'anchor institutions' to support broader social and economic development, including community wealth building
- Acting on the feedback and input from citizens and communities to inform the transformation of health and social care services to achieve better population outcomes

Key Challenges

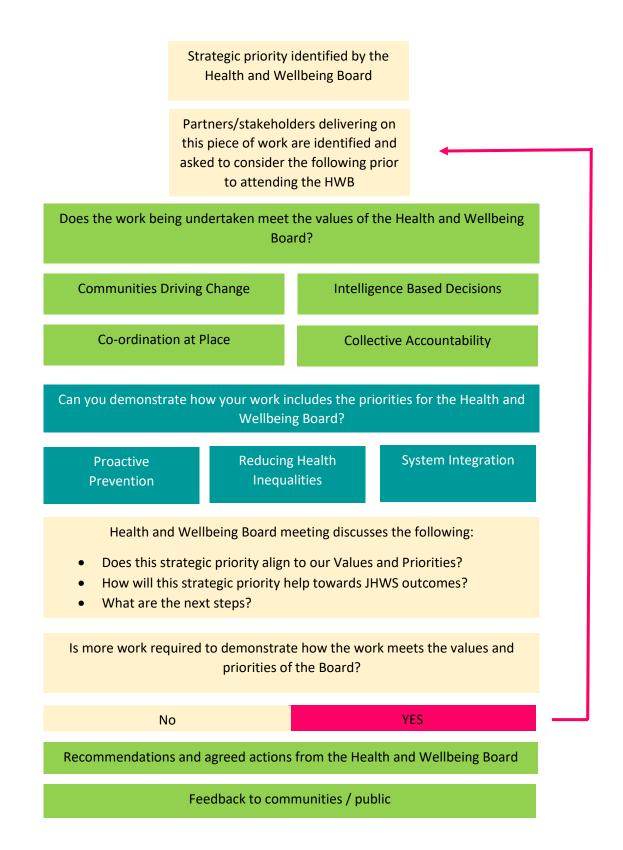
- Social, economic, and public health recovery from the Covid-19 pandemic and tackling the inequalities and vulnerabilities it has exposed
- > The changing health and social care landscape, including financial uncertainty
- Meeting the increasing needs and complexity of an aging population and vulnerable groups
- > The stability and sustainability of the health and social care workforce
- > Prioritising investment in a way that has the greatest impact on improving health

Priority Actions

- Ensure Local Authorities, the NHS and Voluntary and Community Sector are equal partners in the ICS and within Hull, with clear and joint accountability through the HWB and the local ICS structures
- Support the development and implementation of our plan to improve health and care services
- Value and utilise the community assets we already have, including our anchor institutions and our Building Forward Together Strategy
- > Develop mechanisms for effective local data and intelligence sharing
- Agree a collective long-term focus on population health management, prioritising prevention, early intervention and tackling the causes of health inequalities across the whole life course
- Collaborate on cross-sectoral workforce planning, development, education, training and research, including addressing recruitment and retention of key staff groups
- Develop financial transparency on prevention spend with a commitment to increase the proportion spent on prevention
- Improve system efficiency by using our collective resources so people receive quality care as quickly as possible

Our Operating Model

This model provides an example of how the Board will consider the priorities utilising the valuesbased approach to challenge and hold parts of the system to account. Using this model, the Board will be able to focus on aspects of priority areas to help drive outcomes via tangible actions that will help in the delivery of the strategy.



The HWB Pledge

The Hull Health and Wellbeing Board is committed to ensuring that we continue to work to improve the health and wellbeing of the population of our city. As part of that commitment, the Board makes the following pledge

- Workplans we will develop plans for how we will work to achieve our goals
- Prioritisation will ensure we work on what's important, through regular reviews
- No duplication we will harmonise strategic work across Hull
- Ongoing engagement we will capture the 'public voice' from communities and stakeholders
- Annual Reports we will be transparent in detailing the work of the Board

The Health and Wellbeing Board are stronger together, and as such we will ensure we work effectively as a partnership and hold each other, and the system, to account.

The Public Pledge

To be successful the Board is asking the public to make their own pledge for how they will continue to improve their own and/or other people's health & wellbeing.

Together everybody can make a difference....

Health and Wellbeing Board Hull

Proactive Fairer Together

Appendix - The Health & Wellbeing Board

Function

Health and Wellbeing Boards (HWBs) were introduced as statutory committees of all local authorities under the Health and Social Care Act 2012 and must fulfil certain functions.

The main purpose of the HWB is to improve the health (both physical and mental) and wellbeing of the residents of Hull. To achieve this, the Local Authority, and the Clinical Commissioning Group (CCG) must carry out a Joint Strategic Needs Assessment (JSNA) to focus attention where it is needed most and aid the development of a Joint Health and Wellbeing Strategy (JHWS) to address health inequalities across the city.

To deliver the JHWS the members of the HWB must work together across health and social care, and other relevant sectors and organisations to make Hull a fairer city were everyone can benefit from real and sustained improvements in their health and wellbeing.

Meetings are bi-monthly. Members explore how they will work together, and with other partners, to improve health and wellbeing of people who live in Hull offering support, assurance, and challenge where appropriate.

Meetings are open to the public, and agendas and papers are made available in the public domain five working days before each meeting through <u>Hull City Council's CMIS website</u>. This ensures a direct line to the public in terms of accountability.

The HWB also has up to six 'closed door' development sessions per year, involving wider stakeholders and partners, to explore specific issues and potential priority areas.

The work of the HWB includes the social determinants of health such as, housing, planning, fair economic growth, work on deprivation and poverty and leisure and cultural services, all of which have an impact on health, wellbeing, health inequalities and healthy life expectancy.

Membership (as at July 2022)

- > Elected members of Hull City Council
- > Director for Children, Young People and Family Services
- Director for Adult Social Care
- The Director of Public Health
- Integrated Care System Representative
- ▶ Hull University Teaching Hospitals NHS Trust
- Humber Teaching NHS Foundation Trust
- Community Healthcare Provider
- Primary Care Network Representative
- > A representative of Healthwatch
- > A representative from the Voice and Influence Partnership (Hull Voluntary Sector)
- > A representative from the Hull Schools Learning Partnership
- > The Humberside Police and Crime Commissioner

The Board may in addition co-opt up to a maximum of three further people in an advisory, non-voting capacity. Current co-opted members include:

- Portfolio Holder for Corporate Services
- Clinical Lead for Vulnerable Groups, NHS Hull Clinical Commissioning Group
- > Assistant Director, Neighbourhoods and Housing, Hull City Council