

Council Meeting: 1st May 2019

Briefing Note

Subject: Public Health debate – Topic from Future Policy Plan

It has been 6 years since Public Health came back to local government. This debate will reflect on the council's approach to public health, highlighting the importance of working across all council departments and with all relevant local partners. Discussions will cover the public health services that we provide and commission, the programmes that we run for various age groups and settings, as well as all the work that is done across the council to enable residents to live in a safe and healthy environment.

The debate will also enable members to discuss how to incorporate health and well-being in all aspects of the Council's work and help shape the further strengthening of Public Health across Westminster.

Here is an overview of health in the city.

Demographics

Westminster is a global city at the heart of the nation's capital and home to a highly diverse resident population of around 250,000 people. The population during the daytime is approximately 900,000 which is the highest daytime population of any London Borough, including residents, employees and visitors.

Our resident population has a high proportion of younger people, with 47% of our resident population aged between 18 and 44 years old.

We have the highest level of international migration of any place in England. Just over half of our resident population was born outside of the UK. Black, Asian, Arabic and other minority ethnic groups comprise 30% of our population.

Health

The life expectancy of our population can vary dramatically depending on where people live. Men living in the least deprived areas live nearly 17 years longer than men living in the most deprived areas. For women this gap is nearly 10 years. Additionally, the most deprived 20% of the population are likely to begin experiencing long-term disability 10 years earlier than the least deprived. This is because our population's health is not just related to the services they can access but also to the wider factors which can influence people's health and wellbeing, such as housing, education, employment and the environment.

Mental Health

Westminster Vision: People are equipped to maintain good mental well-being. Those with short or long term mental health illnesses receive the timely and effective support to reduce the impact of and manage their condition where possible, and are treated with dignity and respect.

Mental health disorders have a significant impact on the ability of people to lead fulfilling lives and contribute to society. There is developing evidence that the risk factors for a person's mental health are shaped by various social, economic and physical environments including family history, debt, unemployment, isolation and housing. Locally mental health is the most common reason for sickness absence.

Common mental illness such as anxiety and depression is one of the leading causes of disability nationally. In any year one in four of us experiences a mental health problem, people with mental health problems also face significant physical health problems. People with severe mental illness die between 15 and 25 years earlier than the average for the general population, one of the greatest health inequalities in England.

An Annual Public Health Report (APHR) on "The Roads to Wellbeing" was published in October 2017. [[pdf](#), [website](#)]

Start Well

Westminster Vision: All children and young people live healthy lives and are supported to transition into healthy adults who contribute to society and share their positive learning and experiences with their families, friends and neighbourhoods.

Children and young people in Westminster live, grow and learn in an international hub of culture, heritage and opportunity. However, to focus on the opportunities alone would be to ignore the real challenges that will face children and young people as they grow and transition into adulthood. We will support them to have healthy relationships with their families, peers and communities and make positive decisions about their lives and be confident to seek help when they need it.

Children in Westminster are on average more likely to be overweight, have poor dental health, and experience poor mental health than their peers in London and the country. This means that they are more likely to transition to and continue through adulthood in poor health, and they are less able to take advantage of the economic and social opportunities of living and learning in the City.

A deep dive JSNA on child poverty in the borough was carried out in 2013/14. [[pdf](#)]

Stay Well

Westminster Vision: The likelihood of people developing long-term conditions is reduced, particularly for those with identifiable risk factors, such as poor diet and insufficient physical activity.

The largest expected growth in prevalence and costs to the health system relate to long-term conditions (both mental and physical) particularly for adults aged over 65. Nationally, people with long term conditions account for approximately 50% of all GP appointments, 64% of all outpatient appointments and 70% of all inpatient beds. Treatment for people with long-term conditions is expected to cost £7 in every £10 of health and care spend.

A deep dive JSNA on Physical Activity was published in 2014. [[pdf](#), [Summary](#)]

A learning disabilities deep dive JSNA was published in 2014. [[pdf](#)]

Age Well

People over 65 are economically, culturally and socially engaged, and often make up a largely unrecognised workforce in their provision of volunteering, caring (for partners and grandchildren and others) and civic support. We want to empower everyone over 65, particularly those at risk of isolation, to maintain their independence and their health and wellbeing. We will do this through encouraging and supporting lifestyle changes and enabling self-management of conditions.

A deep dive JSNA on End of Life Care was published in 2016 [[pdf](#), [website](#)]

Wider Determinants

Evidence suggests that 60% of what we can do to prevent poor health and improve wellbeing relates to the social determinants of health.

Health is determined by the lifestyles we lead, the opportunities we experience and the care we receive, which in turn depends on a wider set of factors – education, employment, work and social status. Local institutions such as schools, hospitals, parks, roads, housing developments, and cultural institutions can all have huge positive or negative impacts on how we live our lives and provide opportunities for us to reach our potential for a full and healthy life. Many of these come under the responsibility of councils, allowing opportunities for change.

Local Health & Care System

Westminster Vision: We will be an integrated and collaborative health and care system using our resources (such as data, technology, estates and workforce) to deliver person-centred information and care in the right place at the right time.

Further details can be found in the JSNA Highlight report: Westminster:
<https://www.jsna.info/online/highlightreports>