

TITLE	Wokingham's Health and Wellbeing Strategy
FOR CONSIDERATION BY	Council on 22 November 2018
WARD	None Specific;
DIRECTOR	Director of Corporate Services - Graham Ebers

OUTCOME / BENEFITS TO THE COMMUNITY

To adopt the Joint Health and Wellbeing Strategy as approved by the Wokingham Wellbeing Board, to enable the vision to be projected across the Borough and begin to positively impact the community.

RECOMMENDATION

That Council approve the revised Joint Health and Wellbeing Strategy and accompanying focused Joint Strategic Needs Assessment (JSNA) chapters to allow for implementation of the engagement plan and creation of an action plan.

SUMMARY OF REPORT

The Wokingham Wellbeing Board has been going through a process of 'refreshing' and agree that the proposed strategy be in place from 2018 to 2021.

The overarching vision of the strategy is "Creating healthy and resilient communities"

The key priorities are:

- Creating physically active communities
- Reducing social isolation and loneliness
- Narrowing the health inequalities gap

The significant findings in Wokingham for the above priority areas are:

Creating physically active communities:

- Only 16% of teenagers achieve the recommended physical activity level of one hour of moderate to physical activity every day.
- In October 2017, 8,350 patients in Wokingham CCG were on the GP Obesity Register. This was 6.6% of the population aged 18 or over, which was lower than the comparator CCG Group but significantly lower than the national figure of 9.7%. We know that obesity is seriously under-reported by GPs.
- Wokingham's Local Transport Plan aims to achieve 60% of all pupils traveling to school by walking or cycling by 2026 and to improve cycle parking by schools.
- The Reception year (aged 4-5) prevalence of overweight (including obese) children in Wokingham for 2016/17 was nearly a fifth (18%).
- The year 6 (aged 10-11) prevalence of overweight (including obese) children in Wokingham for 2016/17 was 26.6%.

Reducing social isolation and loneliness:

- Living alone is strongly associated with social isolation. The estimated number of elderly population living alone in Wokingham borough is 10,442. This number is estimated to increase by 25% by 2025.
- Adults who are users of social care can be quite socially isolated; less than half (48%) had as much social contact as they wanted.
- Adults who provide unpaid care to friends and relatives are also at risk of isolation. Just over a third (36%) of adult carers who had as much social contact as they wanted.
- 7.3% of children and young people in Wokingham are estimated to have a diagnosable mental health disorder. This would equate to 1828 children and young people.
- There are around 443 children and 465 adults in Wokingham who need support for learning disabilities. It is estimated that 85% of young disabled adults from the 18-34 year old age group feel lonely. (Scope, 2017).
- Over 1 in 10 mothers are thought to be affected by post-natal depression which can be exacerbated by social isolation. It is estimated that around 300 mothers in Wokingham are affected each year.

Narrowing the health inequalities gap:

- Wokingham is the least deprived Borough in Berkshire and is the 2nd least deprived out of 326 local authorities in the country – but inequalities still exist!
- Men among the most deprived 10% of the Borough can expect to live an average of 4.5 fewer years than the least deprived and over 7 fewer years in full health. For women the gap is wider at 5.5 years.
- As well as the deprivation gap, inequalities in health outcomes also exist according to ethnicity, age, gender and sexual identity, disability and mental health.
- Health in pregnancy and early years is generally good, however, only half of children receiving free school meals are 'ready for school' aged five compared with over three quarters of their peers.

Background

The Wokingham Wellbeing Board is currently undergoing a refresh and development process. It has developed this strategy for 2018 – 2021. The underlying vision of the strategy is to “create healthy and resilient communities” by focussing on the three key priorities:

- Creating physically active communities
- Reducing social isolation and loneliness
- Narrowing the health inequalities gap

With regards to the priority ‘Creating physically active communities’, the aim is to get people of all ages and abilities more physically active by getting people outside and using green and blue spaces, promoting more active travel and encouraging more children to get at least one hour of physical activity every day.

For the priority ‘Reducing social isolation and loneliness’, the aim is to reduce these issues particularly in older people, people with mental illness and carers, in order to improve their overall mental and physical wellbeing.

Finally, for the priority ‘Narrowing the health inequalities gap’, the aim is to close the gap between what a child who was born today in the most deprived areas and those in the least deprived areas would experience over their life time.

The Board has taken into consideration the good practice from the Bicester Healthy New Town Programme and on the 8th November 2018, the Wokingham Wellbeing Board considered and supported the proposed strategy. The strategy is in the form of a presentation which is intended for distribution after sign off from the Council with the intention that a range of partner organisations in Wokingham Borough will also adopt it.

Analysis of Issues

This is the latest iteration of the Health and Wellbeing strategy that has been agreed by the Board. The three priorities are explored and analysed in the accompanying focused Joint Strategic Needs Assessment Chapters.

FINANCIAL IMPLICATIONS OF THE RECOMMENDATION

The Council faces severe financial challenges over the coming years as a result of the austerity measures implemented by the Government and subsequent reductions to public sector funding. It is estimated that Wokingham Borough Council will be required to make budget reductions in excess of £20m over the next three years and all Executive decisions should be made in this context.

	How much will it Cost/ (Save)	Is there sufficient funding – if not quantify the Shortfall	Revenue or Capital?
Current Financial Year (Year 1)	No impact	N/A	N/A
Next Financial Year (Year 2)	No impact	N/A	N/A
Following Financial Year (Year 3)	No impact	N/A	N/A

Other financial information relevant to the Recommendation/Decision
N/A

Cross-Council Implications
Council wide adoption and integration with current strategies.

Reasons for considering the report in Part 2
N/A

List of Background Papers
Wokingham's Joint Health and Wellbeing Strategy 2018-2021 Focused Joint Strategic Needs Assessment (JSNA) chapters

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