

REPORT TO: POLICY & RESOURCES COMMITTEE, 10TH JUNE 2002
REPORT ON : CORPORATE HEALTH DEVELOPMENT
REPORT BY: DIRECTOR OF CORPORATE PLANNING
REPORT NO: 480-2002

1. PURPOSE OF REPORT

To advise the Council of the health development work planned by departments and seek approval for the process to develop corporate health improvement priorities. This will take forward the recommendations made in the previous report on Local Authorities as Public Health Organisations (Report No. 266-2002) and ensure maximum health gain with local authority resources.

2. RECOMMENDATIONS

2.1 It is recommended that the Council:-

Approves the corporate health improvement objectives for health development work, reflecting Local Authority corporate priorities and areas of joint responsibility with partner organisations and health alliances.

2.2 Notes the programme for departmental health improvement initiatives.

2.3 Remits the Director of Corporate Planning to produce an update report in 1 year's time, confirming the Local Authority's health improvement priorities and stating the progress made in achieving agreed targets with partner organisations.

3. FINANCIAL IMPLICATIONS

There are no additional financial implications for the Council.

4. LOCAL AGENDA 21 IMPLICATIONS

Addressing health inequalities and improving public health is consistent with the theme of protecting health and preventing illness.

5. EQUAL OPPORTUNITIES IMPLICATIONS

The Public Health Improvement Officer and emerging Corporate Health Network will help ensure equality of access to services that impact on the well being of communities.

6. ANTI POVERTY IMPLICATIONS

The report is consistent with the Council's Anti Poverty Strategy, in particular through delivering services that help reduce health inequalities.

7. BACKGROUND

7.1 Corporate Health Improvement Priorities

7.1.1 The previous report on the Developing Context for Local Authorities as Public Health Organisations (266-2002), highlighted the Council's role in improving health, as viewed

by the Scottish Executive in Our National Health, and COSLA in their audit of Local Authorities as Public Health Organisations.

- 7.1.2 A further Scottish Executive paper, "NHS Scotland – Guidance on the Preparation of Joint Health Improvement Plans", names the specific determinants of health influenced by Local Authority service provision. These include education, living and working conditions, unemployment, water and sanitation and housing. The guidance suggests that these factors, and overarching social and community networks, influence health status over and above lifestyle factors, which are traditionally cited as the key impact on health.

The paper recognises that the health and well being of individuals and communities lie at the heart of many policies and actions and states explicitly the link with social justice and the development of the Community Plan.

- 7.1.3 To maximise the impact of Dundee City Council's response to the new public health agenda, corporate health improvement priorities will be identified to focus effort on the key health issues facing the city. This process will be achieved through the following stages:

- identifying the key health improvement priorities for the forthcoming Community Plan and Joint Health Improvement Plan in conjunction with the NHS Health Improvement Committee and Healthy Dundee.
- Working with NHS Tayside in preparing and implementing health improvement plans.
- Developing the Corporate Health Network as the main focus for agreeing areas for health improvement.
- Raising departmental awareness of health improvement issues and building their capacity to promote positive public health.

7.2 **Departmental Health Improvement Activity**

- 7.2.1 Dundee City Council currently engages in a broad range of activity which is health improving. Much of this is achieved through key departments such as Social Work, Education, Housing, Leisure and Arts and Neighbourhood Resources and Development. Appendix 1 lists the range of health development work which is currently planned.

7.3 **Reporting Progress**

- 7.3.1 The Director of Corporate Planning will report annually to Policy and Resources Committee to provide details of the progress made on health improvement activity by Dundee City Council as facilitated by the newly appointed Public Health Improvement Officer. This will include monitoring objectives set by the Corporate Health Network in their action plan, reflecting targets set by the NHS Health Improvement Committee and Healthy Dundee, in response to joint areas of responsibility.

8. **CONSULTATIONS**

Directors of all departments have been consulted in the preparation of this report.

9. **BACKGROUND PAPERS**

The Scottish Executive Health Department
Our Community's Health
Guidance on the Preparation of Joint Health Improvement Plans.

The Developing Context of Local Authorities as Public Health Organisations.
Report No. 266-2002.

Director of Corporate Planning _____ Date _____

Introduction

This paper details departmental plans for additional health improvement activities over and above the provision of core services that may impact directly or indirectly on the health and well being of Dundee's citizens. Reference is made to mainstream services where appropriate.

It highlights where core services are likely to change due to Government directives and gives information on the progress that departments have made towards this. Similarly, in relation to collaborative working with NHS Tayside, the report indicates the developmental aspect involved in this, rather than on-going partnership involvement.

The following information demonstrates the broad range of activities that the Council is currently implementing and the plans that are in place to develop new initiatives.

Contract Services

The department has several mechanisms in place to assist employees in their fitness for work, including inoculations against disease in arrangement with Hawkhill Medical Centre.

Education Department

The Education Department has a standing Health Education Strategy Group, through the Educational Development Service. The group's remit centres around the development of an implementation strategy for 5 – 14 health education, including monitoring the associated action plan.

The 'Promoting Health' Action Plan includes targets for implementing and developing programmes to match guidelines on drugs, sexual health and nutrition, as well as identifying avenues of support and additional resources.

Examples of proposed targets for action points include:

- Identify appropriate support for implementation of sexual health programme.
- Identify appropriate resources for all Health Issues.
- Produce a directory of agencies which supports health related issues.
- Organise launch of Health Promoting Schools Pack.

The Education Department also supports additionally funded health projects, including:-

- Secondary Schools Drama Tour : 'Access to Young People's Services' in conjunction with the Specialist Health Promotion Service.
- Peer Education Project (Substance Misuse).
- Kick It, Kick Off : funded through the Drug and Alcohol Action Team and Scotland Against Drugs; a football club working with pupils with behavioural difficulties.
- Anti-Smoking initiatives in Baldragon and Lochee Primary Schools.

The Education Department has attracted external funding to employ a Sexual Health Staff Tutor (Specialist Health Promotion HIV budget) and a Drug Education Staff Tutor (Scottish Executive and Tayside Police).

Arguably the most significant health development initiative implemented by the Education Department is the New Community Schools programme. The aims of the initiative are to support successful learning for all children, facilitate multi-agency service delivery and ensure effective involvement from parents. 'Child and Family Care and Health' is one of the key themes underpinning the initiative and pieces of work include:

- Development of partnership working with the School Nurse Service.
- Health activities involving the Community Development and Health Project.
- The establishment of a network of health professionals serving the Phase 3 cluster area.

The Education Department aims to begin the roll out of the New Community Schools model from session 2002-2003.

Environmental & Consumer Protection Department

As well as core services impacting on health, such as the enforcement of Food Safety & Health at Work legislation, the removal of health nuisances (choked drains etc.) and drinking water sampling, the ECPD is involved in the following additional health improvement/ health promotion initiatives:-

- 'Validate' proof of age scheme, which helps reduce the availability of age restricted products to young people.
- The Baldovie Health Study, investigating concerns raised over emissions from the incinerator.
- Accident prevention through the role of the Home Safety Officer.
- Collaboration with Dundee College in the provision of Food Hygiene training.
- 'Healthy Choice' Awards, liaison with the Specialist Health Promotion Service.
- Healthy Dundee Lunch Project, to promote healthy options in city centre establishments.

Housing Department

Housing quality and anti-social behaviour are recognised as key factors in determining the health and well being of individuals and communities. The department has procedures and policies in place to ensure that tenants are suitably housed and can enjoy a good quality of life, as part of core service provision.

The Housing Department is represented in strategic planning groups, which seek to address health improvement issues and promote positive well being within various client groups. These include people with physical and learning disabilities, those suffering from domestic abuse and members of the ethnic communities.

The following information gives details on groups that are developing new initiatives with an impact on health. Many of these are in response to Government directives and will become integral parts of future Housing Strategies.

Community Care

- The Community Care Housing Forum is chaired by the Housing Department and develops plans and strategies to meet the accommodation needs of all Community Care clients. Current involvement includes assisting in the resettlement process for patients with mental health difficulties and learning disabilities at Liff and Maryfield Hospitals, through the provision of suitable accommodation and housing support.

The Homeless

- The Housing Department is taking a leading role in developing and implementing the Health and Homelessness Action Plan 2002 - 2005, in conjunction with NHS Tayside. This includes extending the range of services to homeless people and ensuring that they are accessible, developing joint assessment of need, developing and implementing hospital discharge protocols and improving attitudes to homeless/ vulnerable people.
- The Homeless Strategy, which has to be produced by the Housing Department by April 2003, will reflect the NHS Tayside Health and Homelessness Strategy, recognising the explicit links between health and homelessness.
- The Rough Sleepers Initiative will increase user involvement, introduce a hostel resettlement database and provide additional support to help people maintain tenancies.
- Promotion of health and youth advocacy in conjunction with The Corner and NHS Tayside.

Older People

- Housing Department input to the Older People Strategic Planning Group, involves developing models of extra care housing. Based on the concept of tailoring support to meet individual needs, this allows older people to live in their own homes for longer, rather than going into nursing and residential accommodation.

Learning Disabilities

- The key aim of the Learning Disabilities Strategic Planning Group is to implement the Government's "Same as You" document, a review of services for people with learning disabilities. The Housing Department will ensure suitable accommodation to help facilitate the involvement of the client group in mainstream society.

Health developments

- **Smart Technology Task Group**
Previous community care policy concentrated on resettlement from hospital settings and this often meant that the majority of support and care needs for clients were met by family members. Many of the carers identified through the Housing and Social Work Departments were becoming too frail to maintain responsibility for family members and the departments have devised a pilot project to aid independent living, through Smart Technology. The success of the project will promote the ideals of independent living, enabling individuals to participate in community life and assist the support needs of both clients and carers.

Leisure & Arts Department

The department has clear links with health improvement and the promotion of positive health, through its core service provision, delivering a wide range of health enhancing activities to the citizens of Dundee. The leisure facilities provided by the department are the largest resource in Dundee for people to participate in whichever physical exercise best suits their need, and programmes are developed and extended to suit the needs of the population. An extensive range of activities are available including:

- Parks for walking, cycling, horse riding, running and relaxation.
- Outdoor water sports at Grassy Beach and Clatto Reservoir.
- Golf, football, hockey, rugby, tennis and bowling.
- Swimming and all other pool sports.
- Fitness suites, aerobics, climbing walls and health suites.
- Gymnastics, badminton, 5-a-side football, volleyball.
- Disability sports – age 5yrs upward in all facilities
- Pre-school physical activities programme (Gymstars)
- Physical activity programme age 5 – 14 yrs (Sportzone)
- Youth Sports Development programme in SIP 1 areas (pre school and school age)

- Club development structure through Dundee City Sports Council

In addition to provision of facilities, the Leisure and Arts Department develops increased participation, both in facilities and in the community, through Sports Development programmes, Paths For All and Cycling For All programmes.

The department has worked in partnership to attract new monies for health improvement activities aimed at specific groups:

- Exercise Referral Scheme; linking with the Health Sector to offer patients tailored exercise programmes with 1 to 1 contact with fitness instructors.
- COPD Rehabilitation; exercise programmes for patients recovering from Chronic Obstructive Pulmonary Disease.
- Cardiac Rehabilitation Exercise Programmes; linking with LHCC to expand rehabilitation opportunities for patients recovering from a heart attack.
- Exercise for the Older Person, establishing activity classes in a variety of venues and linking with health professionals to give advice and information on relevant health topics.
- Pre and Post Natal Aqua Aerobics at the Olympia swimming pool; these exercise sessions provide safe physical activity for women who are pregnant or have recently given birth. The programme links with health professionals to give advice and information on relevant topics.

Neighbourhood Resources and Development Department

The department recognises health development work within communities as an integral part of its remit. Much of its work will have an underpinning value base that promotes well being and supports community capacity building.

The department is taking the lead in implementing the Council's Anti Poverty Strategy, which relates closely to the links between low income and poor health status. This includes supporting working groups that are investigating the needs of long term unemployed and lone parents.

Input to specific initiatives, which have a clear health focus include:-

- SIPS funded initiatives to tackle drug misuse. These include:
 - Haldane Athletic Football Club, working with young men through diversionary activities and promoting anti-drug messages.
 - Kirkton Youth Café, promoting a positive drug-free lifestyle and health related activities.
 - Hilltown Drug Intervention Worker, providing education and training for staff to deal effectively with drug users.
- Wide variety of SIPS small grants projects, which include health promotion objectives.
- Youth information and sexual health work developed by The Corner. This includes provision of a drop-in facility, training for young people in a variety of health related topics and supporting young people in linking with health service providers.
- The Community Development & Health Project, tackling health inequalities issues in deprived areas. This includes practical initiatives such as cooking skills courses and exercise groups, training for workers and linking with health and other service providers.
- The Peer Education Project, training Secondary School pupils to work with Primary 7 pupils in delivering programmes on substance misuse and other health issues.
- Promoting student health in educational establishments.
- Community based health activities in Neighbourhood Centres, ranging from physical activity sessions to youth development and health fairs.

- Support for Projects that tackle poverty and social exclusion, thus helping to address the broader determinants of poor health. An example of this is Dundee Anti-Poverty Forum, which leads initiatives such as the Home Safety Equipment Loan Scheme and the Lang Project, distributing food to homeless hostels in the city.
- The thematic Social Inclusion Partnerships for young carers and vulnerable young people (Xplore).

The department also collaborates with NHS Tayside in a variety of ways, including joint-funding for posts and projects, input to the Drug and Alcohol Action Team and involvement in Healthy Dundee Health For All Alliance.

Personnel & Management Services

The department is heavily involved with the Scotland's Health at Work (SHAW) Scheme, to promote the positive health of its own staff. Similarly, the policies on smoking, stress and alcohol & drugs lay down the Council's stance on issues affecting health in the workplace.

There are corporate plans to extend the SHAW Scheme.

Planning and Transportation Department

The key additional health improvement areas identified by the department are its involvement in Cycling, Walking & Safer Streets Projects (CWSS).

Proposals for a programme of work during the year 2002-3 include:-

- Cycling – to develop a safe, convenient and cohesive infrastructure that encourages and facilitates cycling.
- Walking – to make it safer and easier to get around locally by walking.
- Social Inclusion – to ensure transport meets the needs of all in society.
- Traffic Management – to maximise the efficiency and safety of the existing transport network.
- Road Safety – to improve safety for everyone, but particularly vulnerable groups such as travellers.
- Travel to School – to increase the number of pupils walking and cycling to school.

The overall common objective is to improve access to walking and cycling facilities and to reduce the threat of actual or perceived danger.

Specific improvements highlighted by the department include:-

- Lowered kerbs, to improve access for mobility-impaired people.
- Paths for All, to complete the city's cycling and walking network.
- Pedestrian crossing improvements.
- Street light improvements.

Social Work

Historically, the department has robust and effective links with NHS Tayside in providing joint healthcare services and developing strategies that impact directly on public health and well being.

There are far-reaching changes to core service provision in the pipeline, particularly through the Joint Futures directive and redesign of services. The department is also implementing various innovative health improvement initiatives in addition to its core business.

- Joint Futures : joint working, management of services and resourcing of community care services in conjunction with NHS Tayside. The initiative is currently concentrating on older people's services but will roll out to all services in the long run.
- Single Shared Assessment : also beginning with older people's services and rolling out.

Other areas of partnership working with the Health Sector covering a number of different client groups, include strategic planning, resettlement, early supported discharge, combined care at home and orthopaedic rehabilitation. These often begin as pilot pieces of work and become core business over the longer term.

Health Developments

- Food strategy : cooked meals are delivered on a daily basis, according to Tayside Nutritional Guidelines. The department funds a number of lunch clubs including three for minority ethnic communities.
- Income maximisation : targeting campaigns to vulnerable people living in poverty, through the work of the Welfare Rights Team.
- Exercise and Older People : rolling out the OPEN Project (Older People Engaging Needs), which offers physical activities in residential establishments.
- Adult exercise : a number of pilots and 'enabler' schemes, working with vulnerable adults to access community resources.

Child & Family Centres

Staff in Child and Family Centres work closely with Health Visitors in developing support packages for clients. The Centres also work with health specialists such as Language Therapists and ensure provision for children with disabilities/special educational needs.

Many of the core services of Child and Family Centres, therefore, impact directly on health and a number of additional initiatives around health improvement are being developed. Primarily, these centre around training of Social Workers to multi-skill staff to deliver activities that promote positive well being. These initiatives include:-

- Hanen Training : to provide staff with the skills to identify early communication difficulties in pre-school age children..
- Little Gym Time : training for staff in leading children and parents in physical activity, story-telling, music and dance. This programme is set to extend to pre-5 services through Sure Start.
- Post Natal Depression Training : joint training with Health Visitors, funded through NHS Tayside.
- Feeding Matters : also with Health Visitors, to help staff work with parents to identify and address feeding problems.
- Cooking Skills : for staff to deliver programmes to parents around 'Healthy Eating on a Budget'. This led to a subsequent funding award of £6,000 from the Scottish Community Diet Project to deliver further programmes city-wide.
- Feel Good : to provide staff with basic skills in relaxation techniques such as aromatherapy and massage. Sessions are being rolled out with service users across the city.

CFC's follow Nutrition Guidelines for under 5's and have participated in a research programme, which examined the food arrangements in place across a range of pre school provision in Dundee.

Support Services

The Architectural Services Division indirectly supports a number of initiatives which aim to improve health including:-

- use of sustainable materials from internal resources.
- consideration of health risks and hazards in buildings.
- minimising opportunities for crime in buildings.
- water testing to minimise water transmitted health hazards.

The division will also carry out access appraisals and disability audits on all new projects to identify areas for improvement and to address the Council's policy for Social Inclusion. In addition, the division has been proactive in formulating meetings with NHS Tayside, to work in partnership to provide improved services.