

Priority	Goals	Plans (Key Actions)	Outcome Measures	Targets	Responsible person	Links to...	Timescale	Progress (RAG rating)
<b>Key priorities outlined in the Joint Health and Wellbeing Strategy 2013-16</b>								
<u>Obesity</u> Childhood and adult obesity prevalence poses a significant risk to the health of the population and the increased use of health services	To increase the percentage of children and adults who are a healthy weight by providing a range of interventions focussed on physical activity and healthy eating	<ol style="list-style-type: none"> <li>Physical activity: Targeted programmes, new resources and training for children incl. physical literacy and activity programmes.</li> <li>Physical activity: Programmes targeting patients with medical conditions.</li> <li>Weight management: Sustainable delivery of weight management programmes for adults and children.</li> <li>Food and nutrition: Developing networks to improve food culture and promote benefits and skills of growing food to local communities.</li> <li>Explore the use of community facilities to improve the offer</li> </ol>	<p>We will reduce the prevalence of overweight and obesity in 4-5 and 10-11 year olds (PHOF 2.06).</p> <p>We will reduce the prevalence of overweight and obesity in adults (PHOF 2.12).</p> <p>We will reduce the proportion of physically inactive adults and increase the proportion of physically active adults (PHOF 2.13).</p>		Rob Clayton (Culture & Leisure, Rutland CC)	<p>Maggie Clarke (Health visiting, Leicestershire Partnership Trust) 0-19 health service transferring to Local Authority)</p> <p>Mark Braham (Public Health, Leics CC)</p> <p>Public Health Operational Group, Rutland CC</p> <p>Stephen Haigh, Rutland CC (links to Trading Standards)</p>		
<u>Smoking</u> Smoking remains the largest preventable cause of ill health and premature death in Rutland	To further reduce the prevalence of smoking by helping smokers to quit and influencing young people not to start in the first place	<ol style="list-style-type: none"> <li>Maintain active membership of Tobacco-free Leicestershire &amp; Rutland (TLR) and contribute to the action plan.</li> <li>Provide accessible, evidence-based smoking cessation services across Rutland.</li> <li>Support implementation of the Tobacco Free Young Person (Whole School Approach) program across schools and young person oriented venues across Rutland.</li> <li>Support implementation of Step Right Out (smoke-free environments) campaign across Rutland.</li> </ol>	<p>We will reduce the proportion of adults that smoke (PHOF 2.14)</p> <p>We will reduce the proportion of children that smoke (PHOF 2.09)</p> <p>We will increase the proportion of adults that are able to access smoking cessation services</p>		Stephen Haigh (Public Protection, Rutland CC)	<p>Tobacco-free Leicestershire and Rutland</p> <p>Aaron Bohannon (Public Health, Leics CC)</p> <p>Kevain Parsons (Lifelong Learning, Rutland CC)</p>		
<u>Alcohol</u> Excessive alcohol	To reduce the harm caused by	<ol style="list-style-type: none"> <li>Understand and build community resources that</li> </ol>	We will increase the number of people		Julian Mallinson (Public Health,	Leicestershire County and Rutland Substance		

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consumption is associated with significant short and long term harm to health.	alcohol, tackling both binge drinking and longer term drinking in excess of recommended levels.	<p>support the recovery and reintegration of people moving on from alcohol misuse.</p> <p>2. Integrate alcohol misuse prevention and early intervention into frontline services and build the capacity of staff to deliver information and brief advice.</p>	<p>effectively engaged in structured alcohol treatment.</p> <p>We will reduce the proportion of the population that are admitted to hospital for alcohol related causes (PHOF 2.18).</p>		Leics CC)	<p>Misuse Board</p> <p>Debra Cunningham and Mark Thomas (Public Health, Leics CC)</p> <p>School nurses</p>		
<u>Cancer</u> Whilst we have a good cancer care and screening record across the county generally, we need to ensure this is maintained and is more equitable, especially in the more deprived groups.	To ensure all of our population, but especially those in deprived groups, not only have access to, but also are encouraged to use the health services that address risk factors for cancer and provide both care, early diagnosis, and screening in cancer.	<p>1. Join with Leicestershire County Council colleagues to develop a cancer prevention and early treatment group, linking with work plans of East Leics and Rutland CCG.</p> <p>2. Work with NHS colleagues to monitor the delivery and equity of cancer care, early diagnosis and screening programmes.</p> <p>3. Work with CCG colleagues to promote awareness of cancer symptoms and screening and address barriers to early presentation and onward referral.</p> <p>4. Address the risk factors for cancer, including actions within this plan to tackle obesity, smoking and alcohol misuse.</p>	<p>We will reduce the rate of premature mortality from cancer (PHOF 4.05).</p> <p>We will reduce the gap in life expectancy and healthy life expectancy between the richest and poorest communities (PHOF 0.2).</p>		Michelle Christie-Smith (East Leicestershire & Rutland Clinical Commissioning Group)	Mike McHugh (Public Health, Leics CC)		
<u>Wider Determinants of Health</u> Good quality housing, fuel poverty, homelessness, environmental and social impacts critically	To ensure that a combination of regulatory powers, partnership working and funding opportunities are used to mitigate and where possible eliminate the effects of the	<p>1. Working with partners continue to provide advice and assistance to our residents on tackling fuel poverty, and energy efficiency</p> <p>2. Actively seek funding opportunities to enable targeted action to deal with the effects of the wider determinants of health on the</p>	We will reduce the number of vulnerable people in our community i.e., old, disabled and on income restated benefits who are living in fuel poverty.		<p>Stephen Haigh (Public Protection, Rutland CC) on fuel poverty and housing.</p> <p>Kevain Parsons (Lifelong Learning, Rutland CC) on education.</p>	<p>Executive &amp; Integrated Commissioning Group (EICG) (to ensure strong links between sub-groups)</p> <p>Richard Chubb (Senior Environmental Health Officer, Rutland CC)</p> <p>Maggie Clarke (Early</p>		

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affect a person's health and wellbeing.	wider determinants of health on the health and wellbeing of our population  Continue to recognise the strong links between health and wider determinants, in particular housing.	most vulnerable residents in our County  3. To make effective use of regulatory powers to remedy defective housing and abate environmental impacts such as noise.  4. To ensure that the strong links with the work of other groups such as the Children's Trust and Complex Needs Group are understood to ensure effective and co-ordinated action to tackle the wider determinants of health			Jane Clayton Jones (Citizen's Advice Bureau) on debt and welfare.	Years Support, Leicestershire Partnership Trust)  Rutland Families First group (subgroup of HWB Children's Trust)		
<b>Other areas that the Staying Healthy Group will monitor</b>								
<u>Sexual Health</u> Poor sexual health poses a number of risks to health and wellbeing, particularly amongst young people. Such risks place a strain on public services and can also impact upon a number of other life factors such as employment and housing.	To improve the sexual health of young people across Rutland by ensuring all young people have access to good quality service provision, education and advice.  To provide good quality provision and support to teenage parents to ensure they are not marginalised and both mother and child are able to meet their full potential.	1. <b>Co-ordination of Services:</b> Ensure effective co-ordination of sexual health & teenage pregnancy services across the county, supporting the delivery of one integrated SH service across LLR.  2. <b>Access to Services:</b> Improve access to effective sexual health/teenage pregnancy services across the county through enhanced services and coverage.  3. <b>Participation &amp; Involvement:</b> Encourage greater participation and engagement of young people accessing sexual health services.  4. <b>Prevention &amp; Early Intervention:</b> Build knowledge and resilience amongst young people and staff through the delivery of effective sexual health education and advice, providing a consistent and joined up message.	We will reduce the prevalence of Chlamydia amongst those under the age of 25. (PHOF:3.02)  We will maintain the current conception rate of those under the age of 18. (PHOF 2.04)  We will ensure teenage parents are able to access education, training and employment.	1. Increase Chlamydia screening by 8.5%  2. Chlamydia diagnosis rate, 1770 for 2013  3. Under 18 conception rate in Rutland is maintained at 6.2%  4. 50% of all Teenage Parents are engaged in Education, Employment and Training.  5. 20% increase in young people in	Kevin Quinn (11-19 years, Rutland CC)	Maggie Clarke (Health visiting, Leicestershire Partnership Trust)  Janet Hutchins and Katie Philips (Public Health, Leics CC)  Jenni Scott (Senior Youth Development Officer, Rutland CC)  Teenage Pregnancy and Sexual Health Oversight Group (TPSHOG)		

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		<p><b>5. Performance Monitoring:</b> Monitor sexual health data and trends and target resources accordingly.</p>		Rutland accessing comprehensive Sexual Health Services.				
Mental Health Promotion	To influence and encourage partnership working across a variety of sectors to promote positive mental health for the people of Rutland.	<ol style="list-style-type: none"> <li>Develop formal links with and maintaining representation from the Leicester, Leicestershire and Rutland (LLR) Mental Health Promotion Group.</li> <li>Work to promote positive mental health and healthy lifestyles within the work place setting.</li> <li>Improve mental health and emotional health and wellbeing through the other health improvement initiatives described in the staying healthy action plan.</li> <li>Ensure that colleagues across health and social care services recognise the link between health improvement initiatives outlined in this plan and the impact of mental health.</li> </ol>	<p>PHOF 1.18 Social connectedness</p> <p>PHOF 2.08 Emotional Wellbeing of Looked After Children</p> <p>PHOF 2.23 Self-reported wellbeing</p>		Bernard Powell (Health improvement service, Leicestershire Partnership Trust)	<p>Naomi Edwards (Inclusion Development Worker, Rutland CC)</p> <p>HWB Complex Needs subgroup (anxiety and depression priority)</p> <p>Children's Trust Subgroup (Emotional Health and Wellbeing of Children, Young People and their families Priority)</p> <p>Mental Health Promotion Group</p>		