

ADULTS AND HEALTH SCRUTINY COMMITTEE

20 June 2019

ANNUAL REPORT OF THE DIRECTOR OF PUBLIC HEALTH 2018

Report of the Director of Public Health

Strategic Aim:	This is the independent report of the Director of Public Health. It highlights trends and challenges in the health of the population and makes recommendations for action.	
Exempt Information	No	
Cabinet Member(s) Responsible:	Mr Alan Walters, Portfolio Holder for Safeguarding-Adults, Public Health, Health Commissioning, Community Safety	
Contact Officer(s):	Mike Sandys, Director of Public Health	Tel: 0116 305 4239 Email: mike.sandys@leics.gov.uk

DECISION RECOMMENDATIONS

That the Committee:

1. Notes the Director of Public Health Annual Report 2018 as appended to this report
2. Supports the report's recommendations.

1 PURPOSE OF THE REPORT

- 1.1 The purpose of this report is to present to the Director of Public Health's Annual Report for 2018. A copy of the full report is appended.

2 BACKGROUND AND MAIN CONSIDERATIONS

- 2.1 The Director of Public Health's (DPH) Annual Report is a statutory independent report on the health of the population of Rutland.
- 2.2 The purpose of a Director of Public Health's annual report is to improve the health and wellbeing of the people of Rutland. This is done by reporting publicly and independently on trends and gaps in the health and wellbeing of the population and by making recommendations for improvement to a wide range of organisations.

- 2.3 One of the roles of the Director of Public Health is to be an independent advocate for the health of their population. The Annual Reports are the main way by which Directors of Public Health make their conclusions known to the public.
- 2.4 This year's report presents on the changing population of Rutland, the prevalence of individual and multiple conditions (otherwise known as multiple morbidity) in the population and data on excess winter deaths and place of death. The growing number of people living with multiple health conditions presents as bigger challenge to public services as the overall growth in the number of older people.
- 2.5 The health and care system should promote 'healthy ageing'. Ways to achieve this are by:
- tackling social isolation
 - promoting social prescribing
 - reducing falls
 - promoting physical activity throughout life and into older age
 - supporting carers
- 2.6 Being socially connected to friends, family and the wider community is a key element of healthy ageing.
- 2.7 'Social prescribing' is a key way in which broader services can help support the frail, and those with multiple health conditions to maintain independence.
- 2.8 Falls are a serious health issue for older people, with around a third of all people aged 65 and over falling each year. Regular physical activity, can develop and maintain strength and balance in frail patients. Public Health will continue to support the implementation of the Falls programme with an emphasis on evaluating the effectiveness of the postural stability programmes.
- 2.9 Physical activity is a key preventative element of healthy ageing – from protecting against some forms of dementia, to reducing the risk of depression, heart disease and the risk of a fall in older age. Working with partners in Leicester-Shire and Rutland Sport (LRS) and Rutland County Council, Public Health will ensure that muscle strengthening activity and physical activities of older people are reflected in sport and physical activity plans.
- 2.10 Supporting Carers and including supporting them to be healthy is a key element to ensuring a good outcome for the frail and those with multiple health conditions. The recently adopted Carer's Strategy across Leicestershire, Leicester City and Rutland sets out a broad programme of support for carers.
- 2.11 The health and care system needs to continue its redesign work so as to enable the individual to be treated as a whole person, not as a series of separate illnesses or conditions. The recently produced LLR Frailty Resource Pack is a welcome step to local health services understanding, and responding to, frailty.

3 CONCLUSION AND SUMMARY OF REASONS FOR THE RECOMMENDATIONS

- 3.1 The profound changes caused by population change and the increasing numbers of people living with multiple health conditions will raise further strains and

challenges for health and social care services. It is vital that organisations in Rutland promote 'healthy ageing' throughout life and provide suitable support within communities to mitigate the effect of these profound changes.

- 3.2 The Director of Public Health's (DPH) Annual Report is a statutory independent report on the health of the population of Rutland. By considering the report the County Council will help inform future commissioning decisions.

4 BACKGROUND PAPERS

- 4.1 There are no additional background papers to the report.

5 APPENDICES

- 5.1 Appendix A: Annual Report of the Director of Public Health 2018.

A Large Print or Braille Version of this Report is available upon request – Contact 01572 722577.