

Meeting	Barnet Health Overview and Scrutiny Committee
Date	12 March 2014
Subject	Barnet and Harrow on the Move: The Annual Report of the Director of Public Health, 2013
Report of	Director of Public health
Summary of Report	<p>The report is a call to action on physical activity across the Boroughs of Barnet and Harrow from the Director of Public Health.</p> <p>It looks at the levels of physical activity in different groups in the populations and considers the evidence of what works to get more people active. It then gives some ideas that individuals, groups and organisations might want to adopt to help us make Barnet and Harrow healthier and more active places.</p>
Officer Contributors	Carole Furlong, Consultant in Public Health Leah Desouza-Thomas, Knowledge Manager Plus contributions from many others within and outside the Public Health team
Status (public or exempt)	Public
Wards Affected	All
Key Decision	N/A
Reason for urgency / exemption from call-in	NA
Function of	Committee
Enclosures	Annual Director of Public Health Report
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1. RECOMMENDATIONS

- 1.1 The Committee consider the Annual Report of the Director of Public Health 2013 – Barnet and Harrow on the Move (Appendix A), the possible actions outlined in the report and support the Director of Public Health challenge**
- 1.2 The Committee consider the prioritisation of the activities / actions outlined in Appendix A (on pages 29, 40, 54, 63, 71, 82 and 99) and make comments and/or recommendations to the Cabinet Member for Public Health and Health & Well-Being Board in this regard**

2. RELEVANT PREVIOUS DECISIONS

- 2.1 Health and Wellbeing Board, 21st November 2013, Decision Items 5 (Barnet and Harrow on the Move – Annual Report of the Director of Public Health) and 6 (Joint Strategic Needs Assessment)

3. CORPORATE PRIORITIES AND POLICY CONSIDERATIONS

- 3.1 The report supports the Health and Well-Being Strategy, particularly the 'How We Live' section as set out in Section 5 (Keeping Well – How we Live) which sets out the relevant findings from the Joint Strategic Needs Assessment, 'What needs to be done?' and 'Measuring progress'.

4. RISK MANAGEMENT ISSUES

- 4.1 None identified.

5. EQUALITIES AND DIVERSITY ISSUES

- 5.1 The Equality Act 2010 places specific and general duties on service providers and public bodies. This includes, when carrying out a public body function, having due regard to the equality implications when making policy decisions around service provision. A report incorporates assessment of physical activity behaviours and barriers to activity amongst and beyond defined equalities groups.
- 5.2 The Annual Report of the Director of Public Health (ADPH) report is split into chapters focused on different age groups and also has sections considering the significance of physical activity for those with mental health problems and disabilities. The report highlights that in some age groups there are gender and ethnic group differences in the number of people undertaking physical activity. It also highlights the impact that physical activity can have on different groups e.g. for young adults, physical activity can improve self esteem, result in lower levels of anxiety and stress and have a positive impact on educational attainment; for older adults, physical activity can reduce the risk of heart disease, stroke, type 2 diabetes and cancer. In relation to mental health,

research shows that if people are more active, this may result in an improved ability to deal with stress, improved mood and mental wellbeing. For people with disability, physical activity can reduce social isolation and create a positive role model for disabled people.

- 5.3 The report contains steps which public bodies and individuals can take to increase the number of people who are undertaking physical activity. When public bodies are making relevant decisions on policies such as planning and infrastructure, funding of services and contractual arrangements with third party providers, the information contained in the ADPH report should be used to identify any impact of these decisions on specific protected groups under the Equality Act 2010.

6. USE OF RESOURCES IMPLICATIONS (Finance, Procurement, Performance & Value for Money, Staffing, IT, Property, Sustainability)

- 6.1 There are no financial implications from the recommendations of the ADPH report. The report is a call to action rather than a plan.

7. LEGAL ISSUES

- 7.1 The Health and Social Care Act 2012 added in a new s.73A to the National Health Service Act 2006 requiring the appointment of a Director of Public Health. Under subsection s.73B (5), the Director is required to prepare an annual report on the health of the people in the area of the Local Authority and the Local Authority is required to publish this report.

8. CONSTITUTIONAL POWERS (Relevant section from the Constitution, Key/Non-Key Decision)

- 8.1 The scope of the Overview and Scrutiny Committees is contained within Part 2, Article 6 of the Council's Constitution.

Council Constitution, Overview and Scrutiny Procedure Rules – sets out the terms of reference of the Health Overview and Scrutiny Committee which includes:

- i) To perform the overview and scrutiny role in relation to health issues which impact upon the residents of the London Borough of Barnet and the functions services and activities of the National Health Service (NHS) and NHS bodies located within the London Borough of Barnet and in other areas.
- ii) To make reports and recommendations to the Executive, Health and Well-Being Board and/or other relevant authorities on health issues which affect or may affect the borough and its residents.
- iii) To receive, consider and respond to reports and consultations from the NHS Commissioning Board, Barnet Clinical Commissioning Group, Barnet Health and Well-Being Board and/or other health bodies.

9. BACKGROUND INFORMATION

- 9.1 The first annual public health report (APHR) from Dr Andrew Howe, Director of Public Health for the London Boroughs of Barnet and Harrow, is a 'call to action' on physical activity. It details the best available evidence on the importance of physical activity across the life-course and in specific population groups.
- 9.2 The first chapter covers the importance of physical activity and how it relates to the Health and Well-Being Strategies in both Boroughs.
- 9.3 Chapters 2 to 5 focus on different age groups and the Chief Medical Officers recommendations for participation. They provide a better understanding of physical activity at the national, regional and local level and detail the services and projects that relate to physical activity, offered by both Councils.
- 9.4 There are a further two chapters dedicated to how levels of physical activity impact on mental health and wellbeing and a chapter on how the environment within which we work, live and play also impacts on one's ability to take physical activity. The evidence to support more active lifestyles for better mental health and wellbeing is outlined and recommendations are made for councils, employers and schools to encourage them to create environments that support physical activity.
- 9.5 This Annual DPH Report offers more than the usual Public Health rhetoric in a move that it is hoped will engage and motivate residents to become more physically active. Dr Howe has put forward the 'Director of Public Health's Challenge'. The Challenge encourages residents to see what they can do to become more physically active themselves as well as help family, friends or others in the community to do so. Helpful hints and tips are offered. These range from setting achievable goals to building preferred physical activity into daily life through to ways to get and maintain motivation.
- 9.6 Residents are being encouraged to share their successes using social media. The use of the stated hash-tags (#dphchallengeharrow or #dphchallengebarnet) should allow the Public Health team to gain insights into how successful the Challenge has been. In May 2014 the team intends to shortlist all Challenge entries and showcase the three most inspiring stories from Barnet and Harrow each of which will be awarded a prize. Prizes will also be awarded for one community group and one primary and secondary school in each Borough. All shortlisted entries will be invited to attend the first Public Health Awards ceremony in June 2014 to celebrate their success stories.
- 9.7 The intention of this report was to move beyond the more traditional recitation of data and knowledge of where the problems of the Boroughs lie. This 'call to action' is a more interactive, inclusive, solution-designed format that allows our residents to be a part of the positive changes the Public Health team is trying to achieve, rather than residents merely being talked at.

10. LIST OF BACKGROUND PAPERS

- 10.1 Keeping Well, Keeping Independent: A Health and Well-Being Strategy for Barnet 2012 – 2015:

https://www.barnet.gov.uk/downloads/download/1056/barnet_health_and_well_being_strategy

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