

	<h2>Health and Wellbeing Board</h2>
Title	Long Term Conditions – Cardiovascular Disease Prevention Plan
Date of meeting	18 th January 2024
Report of	<p>Tamara Djuretic, Joint Director Public Health and Prevention, London Borough of Barnet and the Royal Free London Group Tamara.djuretic@barnet.gov.uk</p> <p>Janet Djomba, Deputy Director of Public Health Janet.djomba@barnet.gov.uk</p>
Wards	All
Status	Public
Urgent	No
Appendices	<p>Appendix A – Updated Cardiovascular Disease Prevention Action Plan 2024</p> <p>Appendix B - Barnet Cardiovascular Disease Prevention Programme 2022-26</p> <p>Appendix C – Summary slides - CVD Prevention in Barnet</p> <p>Appendix D - CVD Prevention in the community, examples from Healthy Hearts Peer Support Project and the Core20PLUS Community Connectors Project</p>
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<h2>Summary</h2>	

The Cardiovascular Disease (CVD) Prevention Action Plan has been updated for 2024 (Appendix A) and is intended to work with the existing CVD Prevention Programme 2022-26 (Appendix B). The updated Action Plan includes actions to prevent CVD in community settings and in healthcare settings. Many of the actions refer to current work and several new actions have been introduced for 2024. The updated plan highlights the stakeholders involved, and metrics to measure performance. The Action Plan and Programme aims to add value to the work areas by identifying connections between different programmes and adding actions where there are gaps.

This report introduces the updated CVD Prevention Action Plan 2024 to the Health and Wellbeing Board.

Recommendations

That the Health & Wellbeing Board

- 1. Notes the report and appendices B, C and D**
- 2. Approves the updated Cardiovascular Disease Prevention Action Plan 2024 as outlined in Appendix A**

Reasons for the Recommendations

1 Reasons for the recommendation

1.1 The CVD Prevention Programme 2022-26 (Appendix B) and the updated Action Plan for 2024 (Appendix A) offer an evidence-based plan for CVD prevention in Barnet. It aims to reduce premature mortality from CVD and reduce inequalities in health outcomes related to CVD. The programme incorporates work in community and healthcare settings for CVD prevention. This is being implemented at sector, borough and neighbourhood level.

1.2 The programme was developed in 2022, in collaboration with multiple stakeholders in Barnet. The updated Action Plan for 2024 was shared for comment during development, with the Barnet CVD Prevention Task and Finish Group, the Barnet Health Inequalities Steering Group and other stakeholders.

Background - cardiovascular disease, risk factors and inequalities

1.3 CVD is a major cause of preventable and treatable premature mortality. Modifiable risk factors include smoking, obesity, physical activity, alcohol and diet. The detection and management of clinical risk factors including hypertension, hypercholesterolaemia, atrial fibrillation and diabetes also reduce the risk of mortality and morbidity from CVD.

1.4 In 2021 in Barnet, the mortality rate from all CVD for people aged under 75 years was 56.6 per 100,000 population.¹ While lower than the London average, this demonstrates that CVD prevention could go further to reduce premature mortality.

1.5 CVD is the one of the biggest contributors to the inequality in life expectancy between people living in the most and least deprived areas of Barnet. Analysis from 2020 estimates that CVD contributed to 14.5% of this inequality in males and 27.2% of this inequality in females. CVD risk factors are also distributed unevenly within the population. In Barnet, analysis shows that the rates of smoking are higher in areas of higher deprivation. There is also variation between Primary Care Networks (PCNs) with the management of clinical risk factors for CVD, such as hypertension.

¹ [Public health profiles - OHID \(phe.org.uk\)](https://publichealthprofiles.org.uk)

1.6 Nationally, death from CVD is three times higher among people who live in the most deprived communities, compared to those who live in the most affluent.² There is higher incidence, prevalence and mortality from CVD in South Asian groups compared with the white group or national average. Black groups have high prevalence of hypertension and diabetes, which are risk factors for heart disease and stroke, but have lower risk of heart disease compared to the majority of the population.³

1.7 Data for CVD and inequalities in Barnet is presented in Appendix C.

Strategic context of CVD prevention

1.8 The NHS Long Term Plan⁴ states that CVD is the single biggest area where the NHS can save lives over the next 10 years. The policy paper for the forthcoming Major Conditions Strategy includes cardiovascular disease as one of the 6 groups of conditions to focus on.⁵ Regionally, the North Central London (NCL) Population Health and Integrated Care Strategy⁶ has prioritised heart health as one of its five key health risk areas where the biggest impact can be made. The Royal Free London NHS Foundation Trust Clinical Strategy has cardiovascular as one of its three group priorities over a 10-year horizon.

1.9 Locally, CVD prevention is one of the Barnet Borough Partnership's priorities for reducing health inequalities. The Barnet Health and Wellbeing Strategy 2021 – 2025⁷ states that we will develop a CVD prevention programme, supporting residents to avoid developing CVD or better manage existing conditions, addressing inequalities in outcomes from CVD.

Barnet CVD Prevention Programme 2022 – 2026

1.10 At the Health and Wellbeing Board on 14th July 2022, the Barnet Cardiovascular Disease Prevention Programme 2022-26 and Action Plan 2022-24 was presented and approved.⁸ The Action Plan presented at the Health and Wellbeing Board on 18th January 2024 (Appendix A) is a refresh of the earlier action plan, and the CVD Prevention Programme 2022-26 (Appendix B) is proposed to remain in place.

1.11 Since the launch of the CVD Prevention Programme 2022-26 and Action Plan 2022-24, work has continued across Barnet to reduce and prevent CVD. Examples from 2023 include the Healthy Hearts Peer Support project, provided by Inclusion Barnet (Appendix D), and Community Health Screening, provided by GPDQ Ltd, which provided 48 screening sessions to a total of 976 people in Barnet in the first year of the project. Both projects are now in Year 2 of delivery. A pilot project launched in 2023 aims to increase the uptake of the NHS England Community Pharmacy blood pressure check service, and patients have been followed up in primary care through this work.

Updated Barnet CVD Prevention Action Plan 2024

1.12 The purpose of updating the Barnet CVD Prevention Action Plan for 2024 (Appendix A) is to group the actions into those that prevent CVD through actions in community settings,

² [Risk factors for CVD | Background information | CVD risk assessment and management | CKS | NICE](#)

³ <https://www.kingsfund.org.uk/publications/health-people-ethnic-minority-groups-england#cvd>

⁴ [NHS Long Term Plan » Cardiovascular disease](#)

⁵ [Major conditions strategy: case for change and our strategic framework - GOV.UK \(www.gov.uk\)](#)

⁶ [Population health and integrated care - North Central London Integrated Care System \(nclhealthandcare.org.uk\)](#)

⁷ [Joint Health and Wellbeing Strategy 2021 to 2025 | Barnet Council](#)

⁸ [Agenda for Health & Wellbeing Board on Thursday 14th July, 2022, 9.30 am \(moderngov.co.uk\)](#)

and those that act through healthcare settings, and to identify stakeholders responsible for the different actions more clearly.

1.13 For actions delivered in community settings, the strategic aims include promotion of adult weight management and physical activity to those who would most benefit, delivery of community health screening in areas of higher deprivation in the borough, optimising local delivery of the National Diabetes Prevention Programme, offering Peer Support to promote heart health to residents in African, Caribbean and South Asian Communities, and the reduction of substance misuse in Barnet.

1.14 For actions delivered in healthcare settings, the strategic aims include optimising smoking cessation services in primary and secondary care, increasing delivery of the NHS England community pharmacy blood pressure check service, increasing the delivery of NHS Health Checks in areas of higher deprivation, optimising annual health checks for people with learning disabilities and severe mental illness to promote cardiovascular health, using the upcoming Long-term Conditions Locally Commissioned Service to support CVD prevention, analysing primary and secondary care demographic data for patient with CVD, and more broadly using available data to monitor CVD prevention in Barnet.

1.15 Enablers of the actions include communications and engagement with residents and community groups in Barnet, adopting a Making Every Contact Count (MECC) approach and promoting cardiovascular health in workplace settings, including within the council's workforce. Broader actions to create environments that promote heart health in the borough include reducing people's exposure to air pollution, promoting healthy weight through the food environment, enabling active travel and Fit and Active Barnet opportunities.

1.16 The importance of system leadership for CVD Prevention is highlighted in the recent Kings Fund report.⁹ It notes that everyone in a local public health, health and care system has a role to play in preventing CVD and delivering timely, co-ordinated care to those who develop it.

1.17 A multi-stakeholder CVD Prevention Task and Finish Group meets quarterly, to discuss and share updates on the action plan. The membership of this group has been reviewed recently, and the group intends to continue meeting in 2024.

2 Alternative Options Considered and Not Recommended

2.1 To keep the existing CVD Prevention Action Plan 2022-24 (without the proposed updates)

3 Post Decision Implementation

3.1 Following the Board meeting, the updated Cardiovascular Disease Prevention Action Plan 2024 is published on the Barnet website.

3.2 Oversight of delivery of the action plan will be through the Barnet Borough Partnership CVD Prevention Task and Finish Group. This Task and Finish Group forms part of the Health Inequalities workstream, which reports regularly to the Barnet Borough Partnership Delivery Board.

⁹ [Cardiovascular disease in England | The King's Fund \(kingsfund.org.uk\)](https://www.kingsfund.org.uk)

3.3 For the duration of this programme and action plan delivery, annual updates will be provided to the Health and Wellbeing Board. These updates will give the Board oversight of the progress being made against the action plan and outcome measures.

4 Corporate Priorities, Performance and Other Considerations

Corporate Plan

4.1 Our Plan for Barnet 2023-26 is centred around being a council that cares for people, our places, and the planet. CVD Prevention fits within caring for people and preventing long-term conditions such as CVD is mentioned in the section which discusses tackling inequalities.

Corporate Performance / Outcome Measures

4.2 CVD Prevention sits under Key Area 2 of the Health and Wellbeing Strategy (Starting, Living and Ageing Well). The Barnet Joint Strategic Needs Assessment (JSNA) includes the outcome measure of under 75-years mortality for CVD. The JSNA also includes CVD risk factors of obesity, physical activity, smoking, hospital admissions due to alcohol and drug misuse mortality.

Sustainability

4.3 There are no direct sustainability implications from noting the recommendations.

Corporate Parenting

4.4 The Barnet CVD Prevention Programme and Action Plan focuses on adult health improvement while recognising that some of the roots of cardiovascular disease start in childhood. The Public Health Children and Young People's team are taking actions to reduce risk factors for the development of CVD, but that work is outside the scope of this programme.

Risk Management

4.5 The Barnet CVD Prevention Programme 2022-2026 and Action Plan 2024 requires collective effort across the multi-agency Barnet Borough Partnership (BBP) and wider stakeholder to reduce the rate of premature mortality from CVD in Barnet. If the council or partners do not engage with the programme and progress the actions, it may lead to poor overall delivery of the Action Plan 2024. This could reduce the effectiveness of CVD prevention work in Barnet.

The following controls and mitigations are in place:

The multiagency Barnet CVD Prevention Task & Finish Group and Barnet Borough Partnership Delivery Board were consulted during development of the initial programme. The CVD Prevention Task and Finish Group, Health Inequalities Steering Group and wider stakeholders have been engaged during development of the CVD Prevention Action Plan for 2024, and the Action Plan has been adapted in response to feedback.

The Barnet CVD Prevention Task & Finish Group meet quarterly to report on actions, engage partners, align activities, and implement changes based on new insights.

Insight

4.6 The Joint Strategic Needs Assessment identifies the under 75 (premature) circulatory mortality rate and compares this with the national and London rate.

The Barnet CVD Prevention Programme 2022-2026 is included in Barnet's Health and Wellbeing Strategy. Partners' progress against the action plan can be reported annually to the Health and Wellbeing Board if requested.

The CVD Prevention Programme will monitor and evaluate local data on rates of CVD mortality, behavioural and clinical risk factors using datasets that are available.

Social Value

4.7 The aims of the CVD Prevention Programme and action plan are to reduce premature mortality from CVD in Barnet and reduce inequalities in outcomes relating to CVD. The cross-cutting strategic actions fall within the prevention and healthy themes of the social value framework.

5 Resource Implications (Finance and Value for Money, Procurement, Staffing, IT and Property)

5.1 The recommendations to the Board have no resource implications over and above existing financial commitments.

6 Legal Implications and Constitution References

6.1 Under the Council's constitution, Part 2B of the Terms of Reference & Delegation of Duties to Committees and Sub-Committees, the Health and Wellbeing Board has the following responsibilities:

- To agree a Health and Wellbeing Strategy (HWBS) for Barnet taking into account the findings of the JSNA and strategically oversee its implementation to ensure that improved population outcomes are being delivered.
- To work together to ensure the best fit between available resources to meet the health and social care needs of the whole population of Barnet, by both improving services for health and social care and helping people to move as close as possible to a state of complete physical, mental, and social wellbeing.
- Specific responsibilities for overseeing public health and promoting prevention agenda across the partnership.

Consideration of the Cardiovascular Disease Prevention Action Plan falls within these terms.

7 Consultation

7.1 The CVD Prevention Programme was co-produced with voluntary and statutory organisations. The Action Plan 2024 was shared with stakeholders from voluntary and statutory organisations. Individual elements of the programme are being further developed in consultation with local residents. Formal consultation is therefore not planned for this programme.

8 Equalities and Diversity

8.1 A whole systems approach to prevention has been taken. Vulnerable groups have been identified through national evidence and local insight. Actions have been put in place to focus on certain communities and individuals with protected characteristics or who may be at a higher risk of CVD. These include specific ethnic groups at increased risk of developing CVD, people living with learning disabilities and severe mental illness.

9 Background Papers

9.1 [NHS Long Term Plan » Cardiovascular disease](#)

9.2 [The health of people from ethnic minority groups in England | The King's Fund \(kingsfund.org.uk\)](#)

9.3 [Cardiovascular disease in England | The King's Fund \(kingsfund.org.uk\)](#)