FOREWORD

The early years of life – from conception to entering adulthood, are critical. Pregnancy offers opportunities to ensure a safe birth, and promote healthy behaviours. Good support in the early years is vital in helping parents access support for their child’s needs, but also for employment opportunities and housing – which are vital to ensure a reduction in child and family poverty.

Cllr. Khan

INTRODUCTION

The early years of life – from conception to entering adulthood, are critical. Pregnancy offers opportunities to ensure a safe birth, and promote healthy behaviours. Good support in the early years is vital in helping parents access support for their child’s needs, but also for employment opportunities and housing – which are vital to ensure a reduction in child and family poverty.

Andrew Taylor and Terry Huff.

“Waltham Forest: Healthy, happy and thriving together”
OUR KEY PRINCIPLES AND PRIORITIES

Working with the community
The early years of life – from conception to entering adulthood, are critical. Pregnancy offers opportunities to ensure a safe birth, and promote healthy behaviours. Good support in the early years is vital in helping parents access support for their child’s needs, but also for employment opportunities and housing – which are vital to ensure a reduction in child and family poverty. Schools can provide a healthy and supportive environment to learn in, improve the health behaviours of children and young people, give them the strength to cope with adversity, and ensure high levels of achievement and ambition to help chances throughout life.

We will work together across council departments and the local health system in order to make sure that work is co-ordinated, with all partners talking to each other. This is a key local priority - aside from providing seamless co-ordinated care to those who need it, this is needed to deliver the financial savings that public services are required to make over the coming years. We will work together through a range of local forums, and through the Transforming Services Together (TST) programme, to ensure a collaborative approach to joint challenges, shared resources and plan strategically for the future, rather than as individual departments or organisations.

Prevention and early intervention
As well as providing excellent care for those who fall ill, our ambition is to ramp up our early intervention and prevention efforts - those services that stop people becoming ill in the first place, and that support people to achieve the best for themselves and their families. This is better for individuals, and also saves money in the long term. Data from 2011-13 shows us that on average, 299 people died each year in Waltham Forest from causes that were considered to be ‘preventable’. Some of these deaths would be avoided by early intervention to keep people healthy, showing just how important it is.

Reducing inequalities and tackling the wider determinants of health
Both the council and NHS Waltham Forest Clinical Commissioning Group (CCG) have the twin aims of improving health, and reducing health inequalities. Health inequalities mean the differences in people’s health that happen across society, where people and families who have more power, money or other resources tend to have longer, healthier lives. In order to tackle these inequalities, and help all residents of Waltham Forest to have lives as healthy as the most privileged, it is essential to improve the conditions and surroundings in which people are born, grow, live, work and age.

Accountability and scrutiny
To show how serious we are about making these changes, we want to be held to account by the public on how well we are doing to achieve them. We will ensure that our plans are monitored, and follow-up on them regularly and strictly – through progress reports being scrutinised by the Health and Wellbeing Board (HWBB) every year, using measures detailed below. Each area of work will have a named lead, and the HWBB will make information on how well we are doing publicly available. Within each programme area, we will make sure that oversight is in place to protect the public, and to make sure that the money we spend is used in the best possible way.

Parity of esteem between mental and physical health, and an increased focus on mental wellbeing
Historically, mental ill health hasn’t received enough attention or money compared to other types of ill health. On top of this, many people have both a mental and physical health problem at the same time, and having one can also make the other worse. The Health and Wellbeing Board are committed to providing equal support for both physical and mental health across the borough, meaning that residents can be reassured about having the same expectations of support whatever the problems they face. Aside from mental illness, it is also essential to increase our focus on promoting good mental health and wellbeing - helping people to lead happy and fulfilling lives.
WHAT MATTERS TO PEOPLE…

These are currently comments made in the healthwatch forum, they will be updated with further content from the Healthwatch engagement activities.

Support for new mums, and be family focussed – looking at positives not just negatives

A more efficient community with better communication, trust, understanding and empathy

Diversity and fairness

Good housing, suitable for people’s needs; good open spaces that are safe.

Patient centred wellbeing rather than ill-health

Opportunities and experiences. Keeping physically and mentally fit

Provision of affordable and sociable activities. Independence with a network of friends and family to offer support.

Resilience – build young people’s confidence. Continuing educational experiences
WALTHAM FOREST’S ONE PAGE HEALTH AND WELLBEING STRATEGY... This will be a Borough Where People Can Live a Healthier and Longer Life

WE WANT PEOPLE TO HAVE

The Best Start in Life Develop, thrive and achieve

Healthy, Longer, Happy Lives. Prosperous, active and sustainable

Thriving Maturity and Protected Community Safe, supported and independent

HOW WILL WE KNOW WE ARE MAKING A DIFFERENCE?

Mothers-to-be will be supported and cared for to ensure their own good health, and the health of their baby.

More babies, children and young people will have improved health and wellbeing.

More children will be ready for school and have language and social skills to flourish in school.

More families will be living in decent homes with good opportunities for work, and fewer children will be living in poverty.

More young people will feel they have control over their lives and the choices they make.

More young people will leave education with qualifications and skills to fulfil their aspirations.

Children and young people’s mental health and resilience will be supported.

Children living in deprivation, in care, or those with social and emotional needs or disabilities will flourish and inequalities in their outcomes will be reduced.

We will focus on the whole family in health and social care, and support the ties between generations.

More people will be in good quality, secure jobs which pay enough for healthy living; debt will reduce; income inequalities will decrease.

People will be supported to make healthy lifestyle choices, in order to promote good health and prevent the development of long term health conditions.

Adults who have long term conditions or TB, are known to services, supported and taking action to manage their condition or mitigate harm.

Growth and regeneration will benefit all residents and improve their health and wellbeing.

Communities will be strong and resilient; participation in community life will be easier, and people will feel connected, involved and valued.

More people will live in a decent quality home with good open space nearby. Fewer people will be homeless.

Older people will be independent and in control of their health and social care. More people will be able to have end of life care at home, rather than dying in hospital.

There will be greater opportunities to be cared for at home.

Fewer older people will feel socially isolated, and more will be actively participating in community life.

Fewer older people will experience falls, and those who do will be enabled to feel confident in independent living.

Communities will be better able to cope with severe events that impact on their health and wellbeing, such as weather, climate change and health emergencies. There will be more early prevention and detection, and co-ordinated care, of mental ill health in older age.

Waltham Forest will have excellent primary care with longer opening hours, in an atmosphere of respect, care and support.

We will continue to develop an excellent hospital care system that is joined up with GP and Council services which can give early and effective help.

We will use digital technology and other means to support self-care.

We will focus on the whole family in health and social care, and support the ties between generations.
OUTCOME 1: THE BEST START IN LIFE: DEVELOP, THRIVE AND ACHIEVE

137 young people were admitted to hospital as a result of self-harm in one year (2013/14), and an estimated 3830 5-16 year olds have a mental health disorder (2014)

3.9% of babies were born with low birth weight in the borough in 2012. The lowest in London was 1.6%.

CHILDREN LIVING IN POVERTY (LOW INCOME FAMILY MEASURE), 2012

PROPORTION OF CHILDREN GETTING 5 A*-C GCSES, 2013/14

DEVELOPMENT AND ACHIEVEMENT OF ALL CHILDREN COMPARED TO THOSE WHO ARE ELIGIBLE TO RECEIVE FREE SCHOOL MEALS, 2013/14
Why is this important?

The early years of life – from conception to entering adulthood, are critical. Pregnancy offers opportunities to ensure a safe birth, and promote healthy behaviours. Good support in the early years is vital in helping parents access support for their child’s needs, but also for employment opportunities and housing – which are vital to ensure a reduction in child and family poverty. Schools can provide a healthy and supportive environment to learn in, improve the health behaviours of children and young people, give them the strength to cope with adversity, and ensure high levels of achievement and ambition to help chances throughout life.

How will we know if we are making a difference?

Mothers-to-be will be supported and cared for to ensure their own good health, and the health of their baby. More babies, children and young people will have improved health and wellbeing. More children will be ready for school and have language and social skills to flourish for to ensure their own good health, and the health of their baby. More babies, children and young people will have improved health and wellbeing. More children will be ready for school and have language and social skills to flourish for

Outcomes for mothers, children and young people, as set out by the TST programme, will improve. More people will leave education with qualifications and skills to fulfil their aspirations. Work with Children’s Centres to ensure that, as well as an improved focus on health, they offer complete support to parents with early education, parenting, and parent’s own needs around housing, employment and more. Work in partnership to ensure families have access to decent and affordable housing, and employment and training opportunities. Develop a young people’s health and wellbeing service to provide a range of services for teenagers, allowing them to access help around sexual health, mental health and other issues in a way that suits them. Work to ensure good schools for all, that promote resilience, confidence, ambition, improve results and reduce inequalities in outcomes. Extend the Healthy Schools programme, to include:

- Vaccination rates among pregnant women, children and young people.
- Childhood overweight and obesity.
- Breastfeeding rates.
- Low birth weight babies.
- Child poverty.
- Hospital admissions for young people as a result of alcohol, substance misuse and self-harm.
- GCSE results.
- Children’s mental health outcomes.
OUTCOME 2: HEALTHY, LONGER, HAPPY LIVES: PROSPEROUS, ACTIVE AND SUSTAINABLE

137 young people were admitted to hospital as a result of self-harm in one year (2013/14), and an estimated 3830 5-16 year olds have a mental health disorder (2014).

3.9% of babies were born with low birth weight in the borough in 2012. The lowest in London was 1.6%.
Growth and regeneration will benefit all, including those who are most in need, including through outreach work. Pay particular attention to the needs and experiences of disabled residents, including those with learning disabilities, and those with impaired vision.

Work through joint programmes such as Better Care Together to improve the integration of care and prevention of ill-health. Implement a social prescribing scheme that helps to connect residents to alternative sources of advice and support.

**What will we do?**

*Work with employers across the borough to increase opportunities with appropriate pay and conditions to apprenticeships, training, and good employment opportunities with appropriate wages. Work to ensure a good work/life balance.*

*Work to prevent people developing long-term conditions, including through providing NHS Health Checks, and increasingly work with the community to deliver prevention messages. Continue to provide smoking cessation, work to tackle alcohol and substance misuse, re-commission sexual and reproductive health services and implement a healthy weight strategy – all with a particular focus on engaging those groups most in need, including through outreach and planning decisions have positive health impacts, including through limiting ‘unhealthy’ uses such as hot food takeaways and betting shops.*

Celebrate and protect our diverse communities and different cultures, and identify and protect vulnerable residents, including those who are victims of violence. Reduce anti-social behaviour through working with the police, across the council, with local businesses and local residents. Promote volunteering and engagement activities – such as food growing and the use of libraries - across the borough.

**Performance measures will include:**

- Low birth weight babies
- Vaccination rates among pregnant women
- Babies and children
- Breastfeeding rates
- Childhood overweight and obesity
- 5 year olds level of development (readiness for school)
- Teenage pregnancy
- Child poverty
- Hospital admissions for young people as a result of a alcohol, substance misuse and self-harm
- GCSE results
- Children’s mental health outcomes

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**Why is this important?**

Employment, wages, and type of employment are all factors that have clear links to maintaining and improving health. Similarly, our local communities, and the regeneration that takes place within them, provide opportunities to improve health and wellbeing and community resilience and strength. Much behaviour that impacts on health is cemented during adulthood and is connected to the factors mentioned above. We must provide effective support to help people to reduce unhealthy behaviours within the situations people live. A health and social care system that is focussed on prevention and integration can reduce the level of disease, and improve recovery, treatment and management for those with long term conditions.

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**How will we know if we are making a difference?**

More people will be in good quality, affordable, healthy homes; and ensure that exercise and other programmes in parks are being accessed by those most in need.

Work with the ‘Mini-Holland’ scheme and other partners to reduce air pollution and promote active travel, and ensure that sustainability is at the heart of local action.

Ensure that mental health services are high quality, tackle stigma, and increasingly shift resources from hospital to the community sector. Promote positive mental health and wellbeing and support workplace initiatives in our local services to improve employee health and wellbeing, and help those with mental health issues back into work.

Ensure that all services are welcoming and working to engage those who are most in need, including through outreach work. Pay particular attention to the needs and experiences of disabled residents, including those with learning disabilities, and those with impaired vision.

Work through joint programmes such as Better Care Together to improve the integration of care and prevention of ill-health. Implement a social prescribing scheme that helps to connect residents to alternative sources of advice and support.

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**How will we know if we are making a difference?**

More people will be in good quality, secure jobs which pay enough for healthy living; debt will reduce; income inequalities will decrease.

People will be supported to make healthy lifestyle choices, in order to promote good health and prevent the development of disease in the community.

Ensure that Health Impact Assessments are completed for major building or regeneration developments, and work with partners to ensure that development and planning decisions have positive health impacts, including through limiting ‘unhealthy’ uses such as hot food takeaways and betting shops.

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OUTCOME 3: THE BEST START IN LIFE: DEVELOP, THRIVE AND ACHIEVE

137 young people were admitted to hospital as a result of self-harm in one year (2013/14), and an estimated 3,830 5-16 year olds have a mental health disorder (2014).

3.9% of babies were born with low birth weight in the borough in 2012. The lowest in London was 1.6%.

3830 5-16 year olds have a mental health disorder (2014)

PERCENT OF CHILDREN GETTING 5 A’ - C GCSEs, 2013/14

DEVELOPMENT AND ACHIEVEMENT OF ALL CHILDREN COMPARED TO THOSE WHO ARE ELIGIBLE TO RECEIVE FREE SCHOOL MEALS, 2013/14

CHILDREN LIVING IN POVERTY (LOW INCOME FAMILY MEASURE), 2012

Waltham Forest

England

Hackney
Enfield
Newham
Haringey
Waltham Forest
Redbridge

30.1% 29% 27.8% 26.9% 24.9% 19.3%
How will we know if we are making a difference?
Older people will be independent and in control of their health and social care. More people will be able to have end of life care at home, rather than dying in hospital. There will be greater opportunities to be cared for at home. Fewer older people will feel socially isolated, and more will be actively participating. Fewer older people will experience falls, and those who do will be enabled to feel confident in independent living.

There will be more early prevention and detection, and care, of mental ill health in older age. Waltham Forest will have excellent primary care with longer opening hours, in an atmosphere of respect, care and support. We will continue to develop an excellent hospital care system that is joined up with GP and Council services which can give early and effective help. We will use digital technology and other means to support self-care.

What will we do?
Work across health and social care to improve and increase patient involvement – including in end of life care – in order to maintain respect, dignity and independence.
Increase community-led and community-based care, which is responsive to the needs of individuals, families and carers. Promote volunteering and other local activities for older people, support digital inclusion, and promote wellbeing through cultural, artistic or learning opportunities.
Ensure that homes are suitable for older people, and implement falls prevention programmes in the community.
Work with local and national partners to put in place measures to protect the vulnerable and mitigate the impact of emergencies.
Promote dementia friendly communities, and improve capacity for memory clinics to meet need. Provide better detection and treatment or support for older adults with depression, and ensure that families are supported.
All patients will be able to join their GP practice Patient Participation group, which will help to drive change and make improvements from the grass roots. We will also work with the Carers’ Association to develop ways to identify and support carers. We will work to deliver excellent primary care that is proactive (through self-management, modern technology, patient involvement); accessible and high quality (through access, estates, quality and workforce development); and co-ordinated (through co-commissioning, integrated care, development of primary care providers).
Work in partnership to deliver the ambitions of the TST programme in order to improve end-of-life and urgent care, deliver more care in community settings, improve mental health services, and build on the progress already made in integrated care. Implement a programme of work to ensure progress is made against the main areas of concern highlighted by the CQC in relation to Whipps Cross.

Why is this important?
Older age can and should be an opportunity for an active, independent and thriving time of life, and older people contribute hugely to our family support systems, culture and local economy. The older population also have particular health needs – which may include falls and dementia. The number of older people in Waltham Forest is expected to rise by 25% between 2011-2030, which creates increased pressure on services including the NHS, housing, and adult social care. Increasingly it is necessary to find solutions to run alongside existing support, for example, in the community sector. The local health system – including primary care and hospital care, is absolutely essential to health, and all local residents should be able to access excellent care.

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Performance measures will include:
Admissions due to falls and fractures
Adults social care users’ social contact and safety and security
Dementia diagnosis rate
Hospital performance (e.g. waiting times)
Non-elective and emergency re-admissions to hospital
GP outcomes standard
Carers included or consulted in decisions
Health status scores for older people
Vaccination rates and infectious disease spread
People dying in their preferred location
Excess winter deaths
Quality of life for older people
The early years of life – from conception to entering adulthood, are critical. Pregnancy offers opportunities to ensure a safe birth, and promote healthy behaviours.
WALTHAM FOREST
HEALTH AND WELLBEING STRATEGY
2016 – 2020