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Date: Friday, 06 September 2024

Governance Support  
Town Hall  
Castle Circus  
Torquay  
TQ1 3DR

Dear Member

## **ADULT SOCIAL CARE AND HEALTH OVERVIEW AND SCRUTINY SUB-BOARD - THURSDAY, 5 SEPTEMBER 2024**

I am now able to enclose, for consideration at the Thursday, 5 September 2024 meeting of the Adult Social Care and Health Overview and Scrutiny Sub-Board, the following reports that were unavailable when the agenda was printed.

<b>Agenda No</b>	<b>Item</b>	<b>Page</b>
6.	<b>Building Heart Healthy Communities in Torbay</b> Presentation	(Pages 3 - 20)

Yours sincerely

Governance Support  
Clerk

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# Public Health update on Cardiovascular Disease (CVD) in Torbay

5<sup>th</sup> September 2024

Dr Samuel Trethewey (Public Health) &  
Dr John McGuinness (GP)

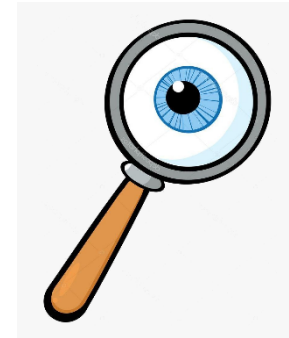
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Agenda Item 6

# Other contributors

- Julia Chisnell (Consultant in Public Health)
- Mark Richards (Public Health Specialist)

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# PublicHealth



# Background

## *Getting to the heart of the matter: Cardiovascular disease in Torbay*

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Torbay Public Health Annual Report 2023





# Background

- Huge improvements in prevention & treatment since end of 20<sup>th</sup> century, but inequalities persist
- Wider determinants of health are crucial, but overlooked
- What actions can we take to promote **heart healthy communities?**

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*We want everyone to have an equal chance to thrive physically, mentally, socially and economically.*

# Why is it an important issue?



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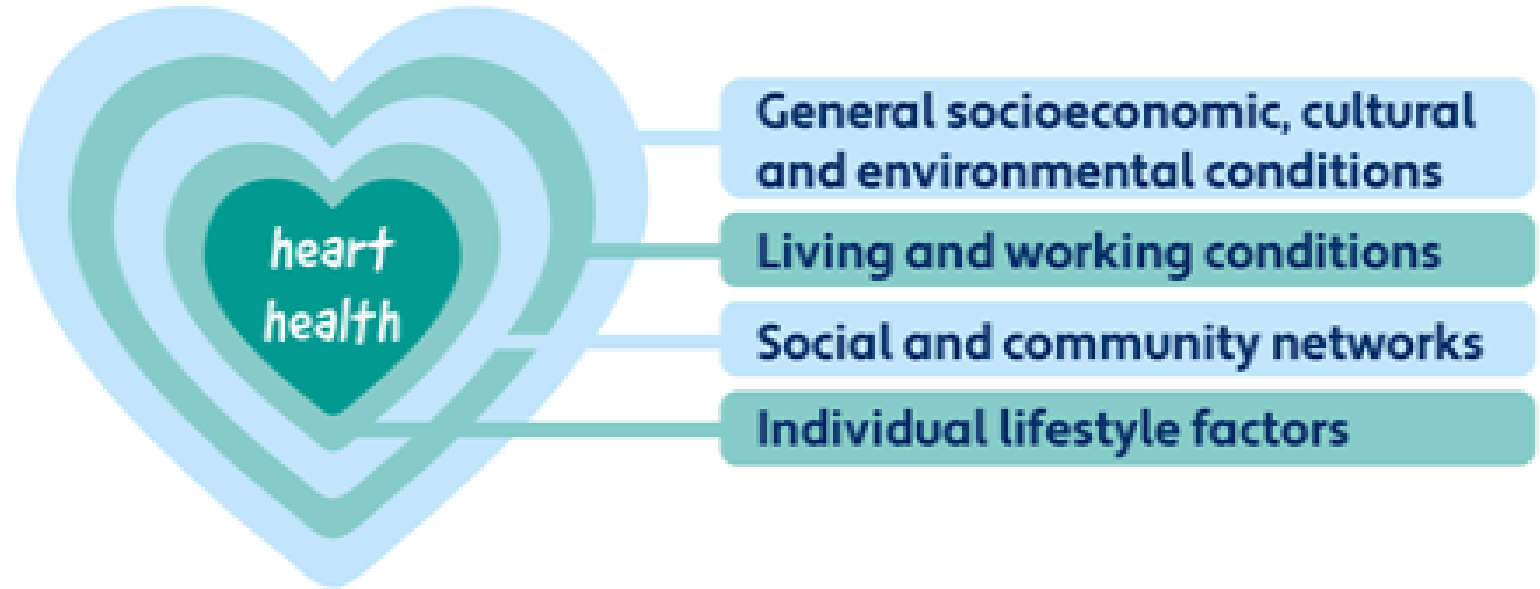


Cardiovascular disease takes  
**17.9 million lives**  
each year

# Wider determinants of health

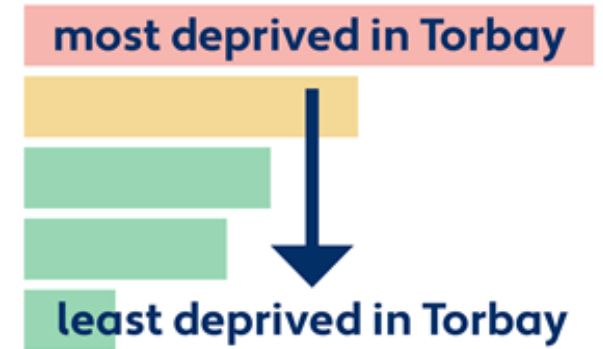
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As with everything, CVD is caused & worsened by a rainbow of risks...





# The local context



# What helps us to promote our heart health?

- Our environment
- Our community
- Supportive professionals
- Our own experiences

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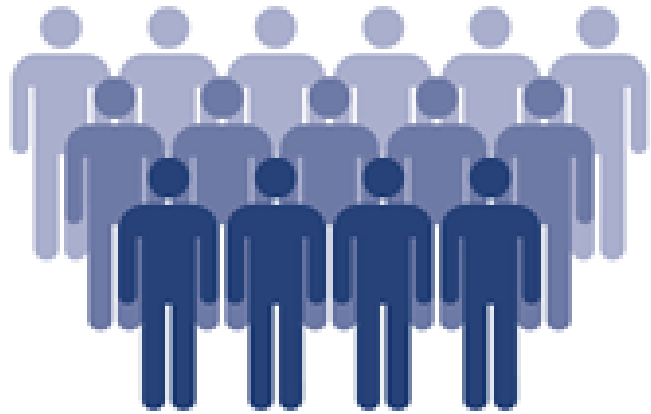
# What challenges do we face?

- **Knowing** the symptoms of heart disease & what to do about it
- The **cost** of looking after our hearts
- **Accessing care & support**

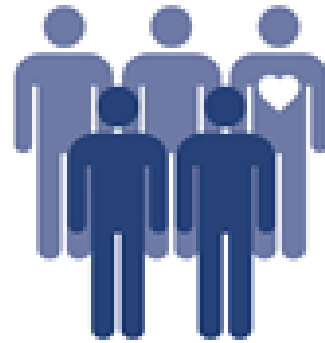
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# What are we doing about it?



*Prevention*



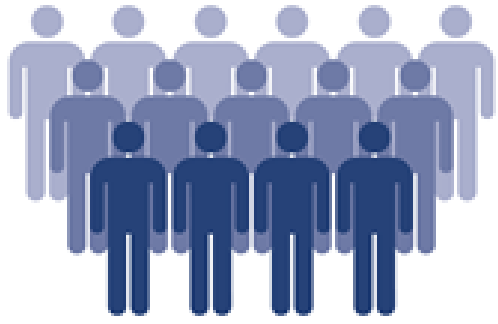
*Detection*



*Optimisation*

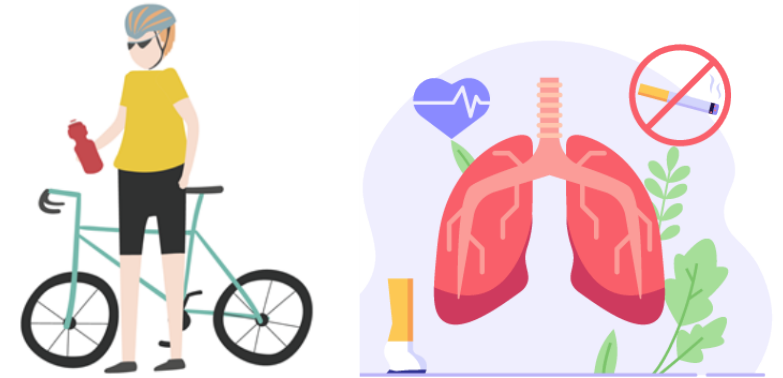
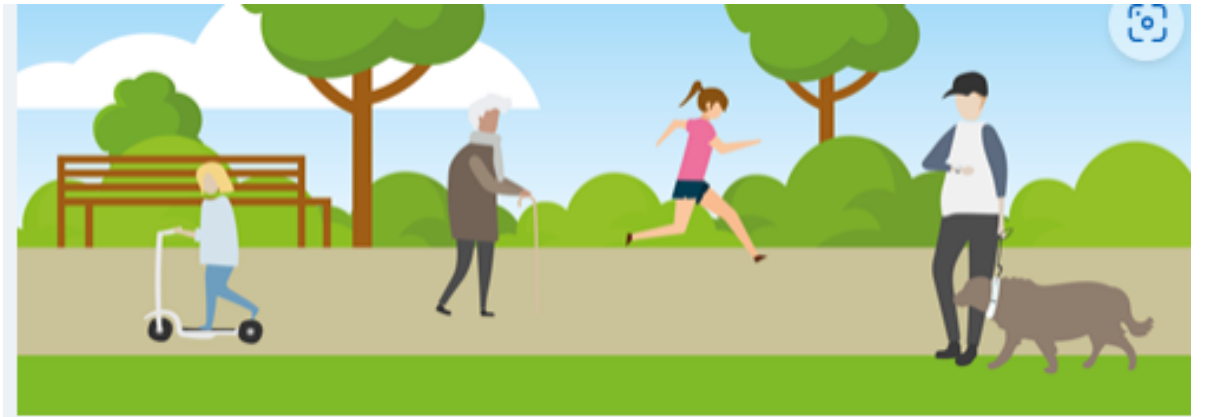
NHS long term plan identifies CVD as single biggest condition where lives can be saved by the NHS over next 10 years

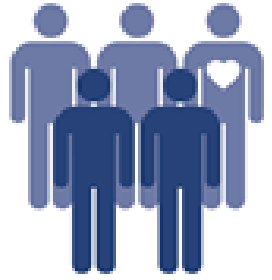




## Prevention

- Getting move active
- Healthy eating
- Stopping smoking
- Using our planning & transport systems
  
- **Best start in life**
- **Information & advice**





## Detection



- Identify risk factors, signs & symptoms as early as possible

- Key risk factors - ABC:

- **A) atrial fibrillation**
- **B) blood pressure**
- **C) cholesterol**

- Agreed targets -  **CVD PREVENT**





**NHS  
HEALTH  
CHECK**

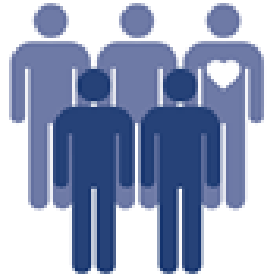
Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

## • NHS Health Checks

- Commissioned by public health
- Administered via GPs
- Free
- Adults aged 40-74

## • CVD Data Dashboard



## Detection

- **Outreach health checks** in the community to reach underserved populations
- **BP checks** - Paignton Community Hub

**Free blood pressure checks here. Just ask one of our staff members who will be happy to help**

MONDAY TO FRIDAY  
09:30 to 13:30

For more information contact us on

**07562 780102**

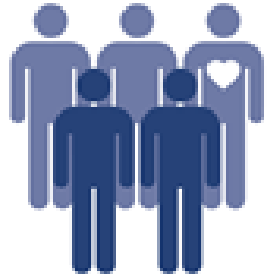
**Based within Paignton Library**

**Paignton Community Hub**

Supported By  
**PAIGNTON + BRIXHAM**  
PRIMARY CARE NETWORK

Supported by  
**TORBAY COUNCIL**

**Engaging Communities**  
South West



## Detection

- **Know Your Numbers! Week**

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Building momentum with events across Torbay

- Library BP monitor scheme
- Torquay United FC event



# More to do...

- Increase public health focus & support for **outreach CVD prevention work**
- Maximise best practice & **NHS Health Check activity** across all GP practices
- Strengthen existing **peer-support models**

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# Summary

## Who needs to be involved?

- Everyone!

## Where do we need to be?

- Where people go

## What should we be doing?

- Improve awareness & accessibility
- Target interventions
- Co-ordinate with other organisations

