

Torbay Annual Public Health Report 2023



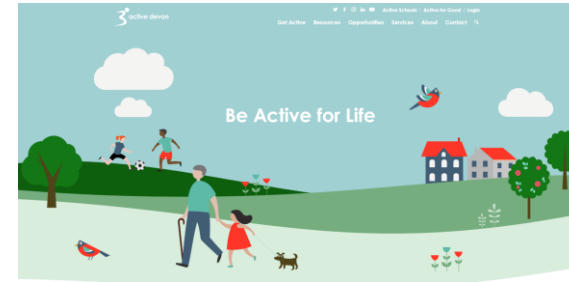
Why an annual report?

- Responsibility
 - Statutory requirement
- Opportunity
 - Spotlight an issue
 - Celebrate the good
 - Call to action



Who is it for?

- Ourselves
- Partners
- Stakeholders
- Population



Last 5 years

The stories we tell about alcohol

Director of Public Health
Annual Report 2022



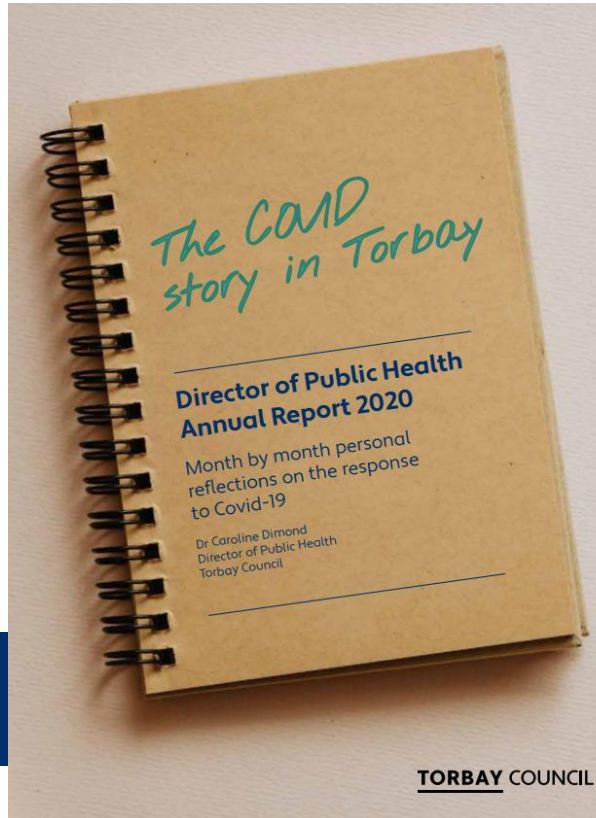
Public Health
Annual Report 2018
Torbay on the Move



Public Health
Annual Report 2019
Growing up in Torbay



TORBAY COUNCIL



TORBAY COUNCIL

TORBAY COUNCIL

Public Health
Annual Report 2021/22
Let's have a conversation about mental health



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

Torbay Public Health Annual Report 2023



- There have been huge improvements in prevention and treatment since end of 20th century but inequalities persist
- The wider determinants of health are crucial to heart health but overlooked
- What actions can we take in Torbay to promote heart healthy communities



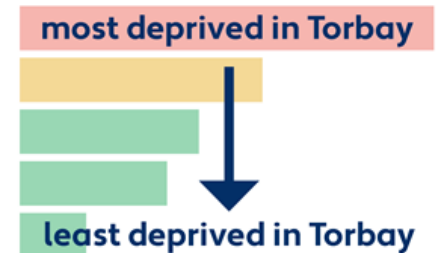
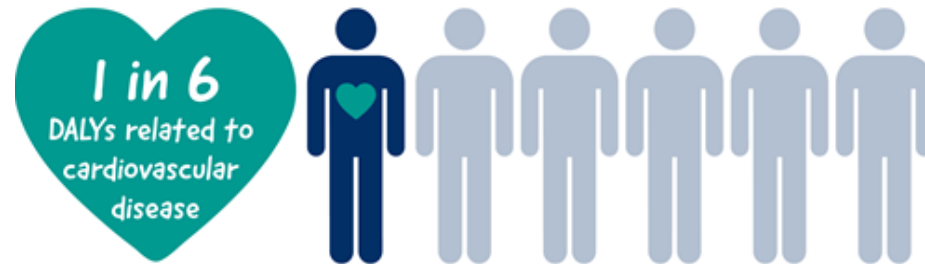
We want everyone to have an equal chance to thrive physically, mentally, socially and economically.

Why is it an important issue for us?



Cardiovascular disease takes
17.9 million lives
each year

The state of heart health in Torbay



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



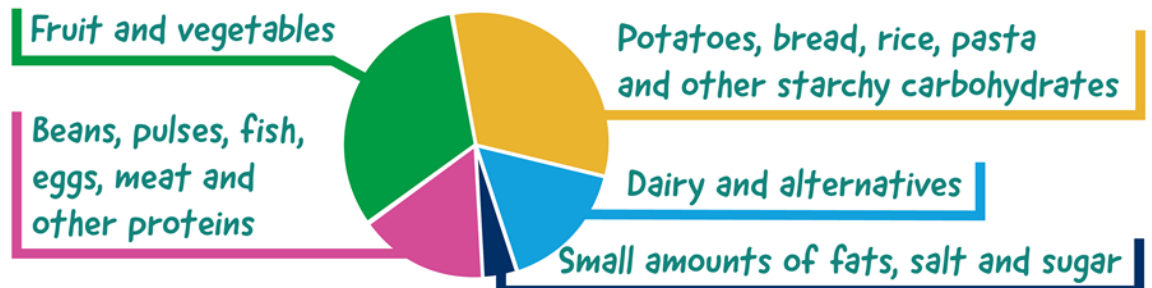
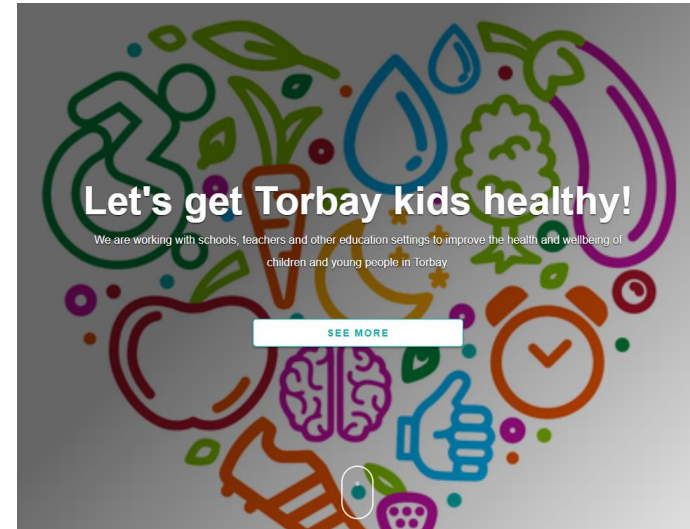
What we eat - how do we shape up?

- Similar rates of adult overweight and obesity to England
- Children in reception in Torbay have higher rates than England average (26%) while rates in year 6 are similar to England (36%)
- Strong deprivation gradient – those living in our most deprived areas are more likely to be overweight (72% of England average)



What we eat – what are we doing?

- Working with schools & families
eg [Torbay Healthy Learning | Torbay Healthy learning \(healthylearningtorbay.co.uk\)](http://Torbay Healthy Learning | Torbay Healthy learning (healthylearningtorbay.co.uk))
- Food security projects eg Local Motion
- Sustainability partnerships



Smoking – how do we shape up?

- Rates of smoking in adults in Torbay are just above England and SW averages at 15.4%
- Improvement in last 10 years but remains an issue
- More men than women smoke (18% vs 13%)
- People who are unemployed or routine and manual workers smoke significantly more



Smoking – what are we doing?

- Support to quit smoking through Your Health Torbay and NHS
- Devon Smokefree Alliance partnership
- Focus on pregnancy & mental health
- Vaping has a role in quitting smoking but is not risk free



Physical activity – how do we shape up?

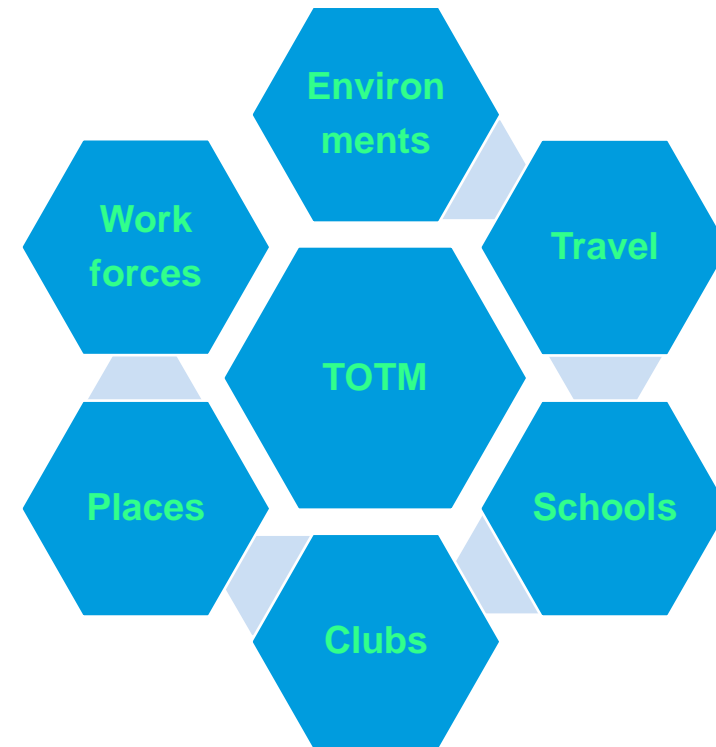
- 68% of Torbay residents report being physically active (150 mins moderate intensity activity per week)
- We have great natural assets in our community but not everyone can easily access these



Physical activity – what are we doing?

- Torbay on the Move
- Active Travel – Local Cycling & Walking infrastructure Plan
- Social prescription
- Active Devon

More people, more active, more often



Alcohol – how do we shape up?

- In Torbay, hospital admissions for alcohol in under 18s and alcohol-specific mortality rates are higher than in England and the SW
- However, the rate of successfully completed alcohol treatment is higher in Torbay than England and SW



Alcohol – what are we doing?

- *Your Health Torbay* and *NHS Better Health* offer advice and support for reducing alcohol intake
- Annual Report 2022
 - Responsible drinking premises – discussion with licencees
 - Alcohol screening tools – audit with hostel residents
 - Information, advice & guidance – MECC approach
 - Young Persons Drug & Alcohol Service initiatives
 - Understand school exclusions
 - Engagement campaign pilot with men 40-55 in 3 wards



Environmental factors – how do we shape up?

- Environmental stressors: air pollution, noise, light, town layout, extremes of weather
- People in Torbay want to see more cycle paths and be able to walk or cycle for more journeys
- Torbay has beautiful green and blue spaces
- Town planning policies and local infrastructure have key roles in supporting active travel and accessible healthy environments



Environmental factors – what are we doing?

- Spatial planning – supplementary planning documents tackling ill health and promoting healthy lifestyles
- Active Travel – Local Cycling and Walking Infrastructure Plan from 2021
- Torbay on the Move – *Connecting Actively with Nature* & other initiatives using bringing people into the natural environment



How we grow up in Torbay

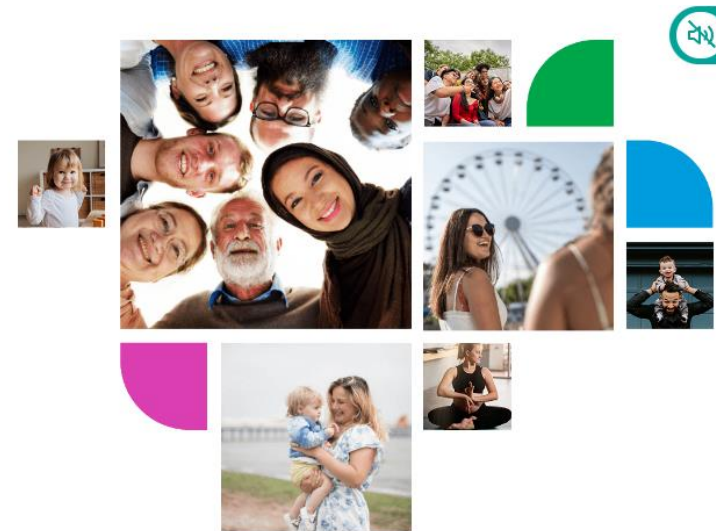
- Adverse childhood experiences (ACEs) are harms in childhood that affect children directly or indirectly, and increase the risk of many negative health and lifestyle outcomes
- Strongly associated with child poverty – just over 1 in 6 children under 16 in Torbay lived in a low-income family in 2020/21 (above SW average but below England average)
- Cardiovascular disease, and biological ageing, are strongly influenced by lifestyle factors and adverse experiences in childhood



How we grow up – what can we do?

- Early intervention and continued support throughout adolescence is key – recognised by WHO, NHS, Levelling Up agenda and Torbay Joint Health and Wellbeing Strategy
- Start for Life offer available to all families
- Welcoming Family Hubs
- Early Help – information, advice and support for families when they need it

Familyhub
TORBAY



Building heart healthy communities in Torbay

We asked...

What does a healthy heart mean to you?

People said...

Being able to spend time with family and friends (and keep up with them!)

Being able to exercise and preventing other illnesses

Working longer and enjoying retirement

Being able to go out, do things and live a happy life



What challenges do you face in looking after your heart?

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

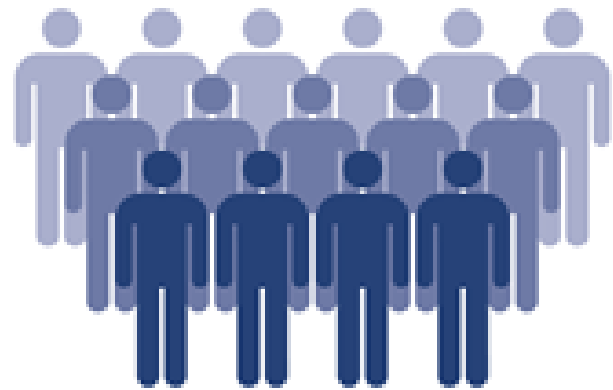


What helps us to promote our heart health?

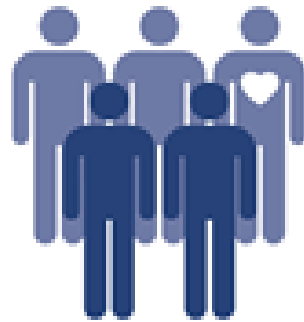
- Our community, with peer support groups reported to have a huge impact on overall health and wellbeing
- Our environment – benefits for mental and physical health
- Supportive professionals – NHS staff, outreach projects and social prescribers
- Our own experiences – awareness and understanding through relatives with heart disease



What are we doing to tackle heart disease?



Prevention



Detection



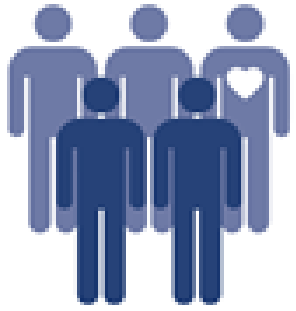
Optimisation

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



All the things we talked about above:

- Healthy eating
- Getting move active
- Spatial planning & environment
- Reducing smoking & alcohol
- Good start to life
- Information & advice



Detection



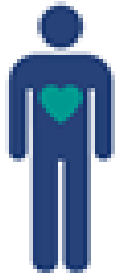
- Devon-wide targets to identify and treat 3 CVD risk factors early – atrial fibrillation, high blood pressure and high cholesterol
- Outreach health checks in the community to reach underserved populations
- Eg Daily blood pressure checks available at Paington Community Hub

Paington Community Hub **ECSW** Engaging Communities South West **PAINGTON + BRIXHAM** PRIMARY CARE NETWORK

This patient took part in the Hypertension (Blood pressure) case finding trial organised by ECSW at the Paington Community Hub. One or more measurements were taken.

Your Name: _____
DOB: _____
Address: _____

Telephone Number: _____
Blood Pressure: _____ Taken on: _____



Optimisation



- Strong evidence for medications such as statins and holistic interventions like support groups
- UCLPartners tool estimates that optimising treatment for 80% of people with high blood pressure could prevent 158 heart attacks and 235 strokes, and save up to £4.5 million
- SW Health Innovation Partnership (AHSN) working with our GP practices to identify patients who could benefit from improved treatment
- Lipid project to improve treatment pathway for high cholesterol
- Peer support groups like *Torbay Happy Hearts*

Promoting healthy heart communities

Who needs to be involved?

- Everyone!

Where do we need to be?

- Where people go

What should we be doing?

- Target interventions, improve awareness and accessibility of services, co-ordinate with other organisations

How?

- Make every contact count, more activities to promote health & wellbeing, work together



Recommendations

1

Be strategic – develop a systems approach to promoting healthy weight

- Healthy weight needs assessment & multi-agency action plan

2

Be imaginative – use our combined workforce in different ways

- Primary care & community groups working with neighbourhoods to promote heart health

3

Be aware – co-ordinate our messaging

- Consistent, coordinated heart health campaigns to increase awareness & early detection

4

Start young - recognise the link between adverse experiences & future health

- Awareness & promotional activities based in family hubs & schools

5

Go where people are

- Targeted outreach & community health checks

6

Foster peer support

- Healthy heart training for volunteers; peer support groups