

**Meeting:** Health and Wellbeing Board / Cabinet

**Date:** 14 December 2023 / 9 January 2024

**Wards affected:** All

**Report Title:** Annual Public Health Report 2023

**When does the decision need to be implemented?** Report for information

**Cabinet Member Contact Details:** Hayley Tranter, Cabinet Member Adult & Community Services, Public Health & Inequalities [Hayley.Tranter@torbay.gov.uk](mailto:Hayley.Tranter@torbay.gov.uk)

**Director Contact Details:** Lincoln Sargeant, Director of Public Health  
[Lincoln.Sargeant@torbay.gov.uk](mailto:Lincoln.Sargeant@torbay.gov.uk)

## 1. Purpose of Report.

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- 1.1 The purpose of this report is to share with members the 2023 Annual Public Health Report.
- 1.2 Under the National Health Service Act 2006 (section 73B) the Director of Public Health is required to 'prepare an annual report on the health of the people in the area of the local authority'. <https://www.legislation.gov.uk/ukpga/2006/41/section/73B>
- 1.3 Rather than a report on performance, it is a report on an aspect of the health of the population. The content and structure is for local decision.
- 1.4 In recent years Torbay reports have covered physical activity (2018), children and young people (2019), Covid 19 (2020), mental health and wellbeing (2021), and alcohol (2022). The 2023 Annual Report focuses on Cardiovascular Disease.

## 2. Reason for Proposal and its benefits

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- 2.1 Cardiovascular Disease remains one of the biggest causes of premature death and disability, with an impact worsened by the Covid pandemic. It affects people differentially. In Torbay over the last ten years, people in the most deprived fifth of the population are more than six times more likely to die prematurely from coronary heart disease than those in the least deprived. It costs a substantial amount to our health and social care systems, and to a large extent is amenable to prevention. There are things we can all do at every level to reduce our chances of developing cardiovascular disease, and to identify risk factors or early signs, so

that we can tackle them before they lead to a heart attack, stroke, or start to have a significant impact on our quality of life.

- 2.2 The Annual Report discusses the risk factors for cardiovascular disease and looks at what we are doing to promote prevention, early detection, and to optimise treatment and support.
- 2.3 Key messages of the report concern the agency of individuals to influence their future health outcomes, and the opportunity for statutory and community partners to work together to promote heart health. Alongside this is the understanding that promoting a healthy heart goes in parallel with preventing or delaying other debilitating conditions like diabetes, dementia, respiratory illness and generalised frailty.
- 2.4 The content of the report was developed in partnership with wider colleagues. Contributors include primary and secondary care clinicians, Torbay Happy Hearts support group, voluntary sector organisations, and Your Health Torbay, our healthy lifestyles provider.
- 2.5 The report recommendations are:

**Recommendation 1: Be strategic – develop a systems approach to healthy weight**

- Healthy weight needs assessment
- Multi-agency action plan to improve the environments sustaining and promoting healthy weight in Torbay

**Recommendation 2: Be imaginative – use our combined workforce in different ways**

- Primary care and community groups working with neighbourhoods to share skills around heart health promotion, blood pressure and pulse checks

**Recommendation 3: Be aware – coordinate our messaging**

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

**Recommendation 4: Start young**

Recognise the link between adverse childhood experiences and future heart health

- Awareness around heart health in our Family Hubs
- School based physical activity and heart healthy behaviours through Torbay on the Move and active travel around schools

**Recommendation 5: Go where people are**

- Health checks in community venues, looking at heart health alongside wider health issues
- Targeted outreach where we know fewer people are at greater risk of heart disease are coming forward for help

**Recommendation 6: Foster peer support**

- Training in health checks and heart health for volunteers across the community to increase awareness and early detection

- More people able to access peer support groups where they encourage each other to look after their heart, promote physical activity, and are able to access professional advice when needed.
- 2.6 We have established a Torbay Healthy Heart Partnership which will be overseeing implementation of the report recommendations. Targets are also included in the Council Corporate Plan. Progress will be monitored during the year and reported formally in the 2024 annual report.

### 3. Recommendation(s) / Proposed Decision

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1. Members are asked to note the content of the Annual Public Health Report 2023.

### Appendices

Appendix 1: The annual report can be found here: [Torbay Annual Public Health Report 2023 - Torbay Council](#)

<https://www.torbay.gov.uk/council/policies/health/public-health-annual-report-2023/>

## Supporting Information

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### 1. Introduction

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### 2. Options under consideration

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- 2.1 The report covers action being taken to promote the prevention and early detection of heart disease and recommends further actions to be taken forward in partnership over the coming year.

### 3. Financial Opportunities and Implications

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- 3.1 None.

### 4. Legal Implications

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- 4.1 None.

### 5. Engagement and Consultation

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- 5.1 The content of the report was developed in partnership with wider colleagues. Contributors include primary and secondary care clinicians, Torbay Happy Hearts support group, voluntary sector organisations, and Your Health Torbay, our healthy lifestyles provider.

## 6. Purchasing or Hiring of Goods and/or Services

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6.1 Not applicable.

## 7. Tackling Climate Change

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7.1 In promoting physical activity and active travel the report has potential to reduce transport related carbon emissions.

## 8. Associated Risks

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8.1 Not applicable.

## 9. Equality Impacts - Identify the potential positive and negative impacts on specific groups

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	Positive Impact	Negative Impact & Mitigating Actions	Neutral Impact
Older or younger people	Prevention and earlier detection of heart disease		
People with caring Responsibilities			There is no differential impact
People with a disability			There is no differential impact
Women or men	Both women and men are affected by CVD morbidity and mortality although to a different extent, and both should benefit from earlier prevention and treatment.		
People who are black or from a minority ethnic background (BME) (Please note Gypsies /	CVD is more prevalent in some minority ethnic groups therefore there is potential positive		

Roma are within this community)	impact from preventative action		
Religion or belief (including lack of belief)			There is no differential impact
People who are lesbian, gay or bisexual			There is no differential impact
People who are transgendered			There is no differential impact
People who are in a marriage or civil partnership			There is no differential impact
Women who are pregnant / on maternity leave			There is no differential impact
Socio-economic impacts (Including impact on child poverty issues and deprivation)	Report promotes action to tackle adverse childhood experiences and increase access to health promoting activities.		
Public Health impacts (How will your proposal impact on the general health of the population of Torbay)	Positively through promoting prevention and early detection of CVD.		

## 10. Cumulative Council Impact

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10.1 None.

## 11. Cumulative Community Impacts

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11.1 None.