

Public health



Promoting
independence



Health at the heart of communities

The Community Kitchens programme is bringing healthy cooking courses to the heart of some of Hackney's most disadvantaged communities and a new lease of life to community centres. Public Health is funding a series of free courses that offer nutritional information and cooking skills, right on the doorstep of those who can benefit most.

New Kingshold Community Centre, for example, runs a Friends Who Do Lunch cooking club aimed at over-50s. This cooking course is now set to run

for the fourth time. Participants learn about how to make their budget go further by using cheaper ingredients and cooking for the freezer. The community centre is now also home to a new low cost group of exercise classes set up following requests from residents.

Public Health joins the council

Good health is the foundation of a fair, prosperous and happy society. Improving the health of the population can be one of the most important factors in improving people's lives.

In April 2013, responsibility for public health moved from the NHS to local government. This strengthened the council's role in taking decisions that will promote healthy lifestyles and prevent ill health through, for example, leisure, planning, housing, libraries, welfare and transport.

As part of national changes to the way health issues are addressed, local authorities have established Health and Wellbeing Boards. Hackney's board is made up of councillors, members of the local community, local health care professionals and organisations, including the CCG, as well as council departments including children's services, adult social care and public health.

The board has a key responsibility to identify and take action to tackle local health priorities. Hackney Health and Wellbeing Board has identified four priorities:

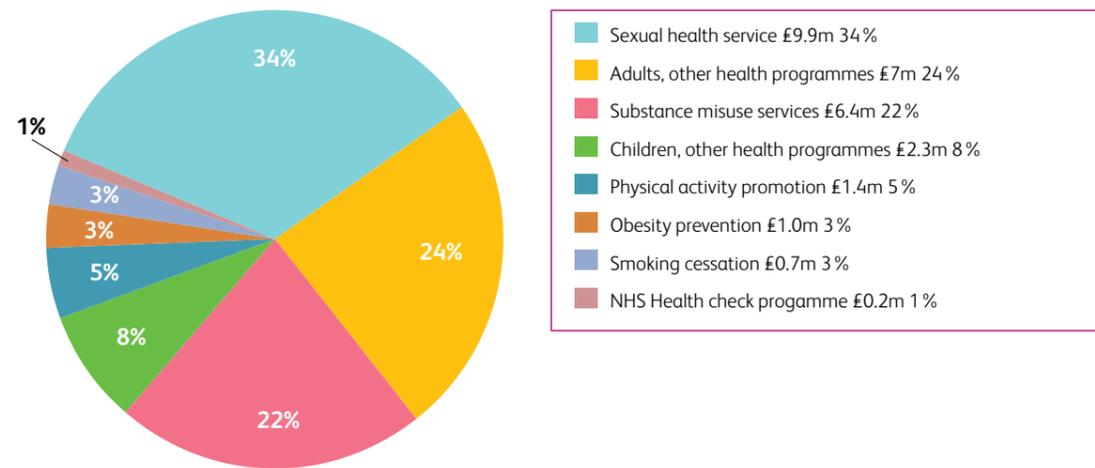
- Improving the health of children and young people, in particular tackling childhood obesity and working with pregnant mothers and children under five years old
- Controlling the use of tobacco, with a renewed emphasis on stopping people from starting smoking as well as helping them to quit
- Promoting mental health, focusing on relieving depression and anxiety for working age adults
- Caring for people with dementia, ensuring our services are meeting the needs of the older population

Hackney already has great strengths in many areas with one of the highest number of people who cycle to work in London. In the last 10 years, rates of tuberculosis have halved and more recently teenage pregnancy rates have fallen.

However, too many people are dying early or having a long period of ill health. We still need to tackle those factors that contribute to loss of life and poor quality of life. Smoking is the single greatest cause of preventable illness and death in Hackney. Smoking contributes to approximately one third of deaths in the borough. We have redesigned the smoking cessation services which will be starting in October 2014. The council is leading by example by having smoke free premises with staff not smoking when they are working.

Public Health is also responsible for monitoring and contracting sexual health and substance misuse services and the NHS Health check programme which identifies risk factors for ill health in those of middle years and tackling obesity, particularly in children.

Public Health Expenditure



Public Health funds and monitors a number of large contracts aimed at improving public health outcomes for adults and young people from the age of five, including:

- Substance misuse
- Sexual health services

It also funds and monitors a number of smaller community based projects that encourage healthy lifestyles including:

- Stop-smoking services
- Physical activity, nutrition
- Tackling obesity

Achievements in 2013-14 and aims for 2014-15

Public health objectives 2013-14	What we did in 2013-14 and what we plan to do in 2014-15 and beyond
Tackle health inequalities and reach Hackney communities most in need	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> • Re-launched Healthy Start for All, a national vitamin scheme to improve vitamin uptake among Hackney mums and toddlers <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> • Launch four Hackney Health Hubs in community settings staffed by local workers trained in health improvement • Monitor and increase uptake of vitamin use under Healthy Start for All • Promote Healthy Start food vouchers • Launch a community grants scheme to support grass roots public health projects
Address high rates of smoking related deaths in the borough	<p>In 2013-14:</p> <ul style="list-style-type: none"> • 4,500 people used stop smoking services in Hackney • 1,575 (35%) people who used the service were still not smoking four weeks later <p>In 2013-14, we made Stop Smoking services more convenient for local people by:</p> <ul style="list-style-type: none"> • Running 'Stop While You Shop' services at two Hackney supermarkets • Offering specialist stop smoking services for pregnant women with access to a specialist health psychologist • Strengthening the council's smoke free policy and offering support to help staff quit <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> • Launch a new look stop smoking service in the autumn that will target Hackney's communities including Turkish, Vietnamese, Somali and Polish, where smoking rates are high • Collaborate with Cut Films, a youth media project working in schools and colleges making short anti-smoking films

Public health objectives 2013-14	What we did in 2013-14 and what we plan to do in 2014-15 and beyond
Reduce drug and alcohol misuse	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> Treated 583 people for alcohol misuse with 156 successfully completing treatment, a success rate of around 27% per cent <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> Publish a new substance misuse needs assessment to give us an up to date picture of drug and alcohol misuse in Hackney and help us plan services from 2015 onwards
Provide accessible sexual health services	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> Reviewed sexual health services delivered by GPs and pharmacists in Hackney Included HIV testing as an optional part of the Health Check Targeted HIV testing in community settings, such as festivals and at Hackney Service Centre <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> Distribute more condoms, targeting distribution at communities with high HIV rates. Work with other London boroughs to make sure the capital has good quality and value for money sexual health services
Promote healthier lifestyles	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> Ran a Get Hackney Healthy project promoting healthy eating and activity programmes in seven Hackney schools <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> Run a summer Change4Life/Healthy Hackney public campaign with publications and outreach events aimed at getting Hackney families healthy and active

Public health objectives 2013-14	What we did in 2013-14 and what we plan to do in 2014-15 and beyond
Tackle adult obesity	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> Funded and expanded the Healthwise exercise on referral scheme with local leisure centres <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> Lead a borough-wide Adult Obesity Strategic Partnership to improve services Run joint projects with other council services including a 'Health Spot' in Hackney Central Library and an exercise programme in parks over the summer <p>Over the past two years obesity rates recorded by GPs fell following a rise in the previous two years</p>
Promoting mental health, focusing on relieving depression and anxiety for working age adults	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> Worked with commissioners in Adult Social Care to design and fund a new Integrated Mental Health Network that will: <ul style="list-style-type: none"> Promote positive mental health Support recovery Reduce the need for hospitalisation <p>The network will start by January 2015 and Public Health will monitor how well the service works. For more details see the fact sheet on People with Mental Health Needs</p>
Effective involvement of the community	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> Used a variety of ways, including focus groups and surveys, to involve the public and to gain community insight to inform our work on: <ul style="list-style-type: none"> Smoking cessation Female genital mutilation (FGM) HIV issues in African communities Mental health and wellbeing <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> Review public engagement with public health issues and develop involvement models in partnership with Healthwatch starting at an event in autumn 2014

Useful links and contacts



City and Hackney Health and Wellbeing Profile (Joint Strategic Needs Assessment)

www.hackney.gov.uk/jsna

Hackney's Health and Wellbeing Strategy

www.hackney.gov.uk/assets/documents/Joint-health-and-wellbeing-strategy.pdf

Annual Report of the Director of Public Health

www.hackney.gov.uk/public-health

If you would like to receive a printed copy of a fact sheet or one in another language or alternative format, call **020 8356 3980**.

If you want to contact Adult Social Care to get help or find out more about the services available, call **020 8356 6262** or visit www.hackneyicare.org.uk