

# Joint Health and Wellbeing Strategy for Lincolnshire

Refreshed November 2022

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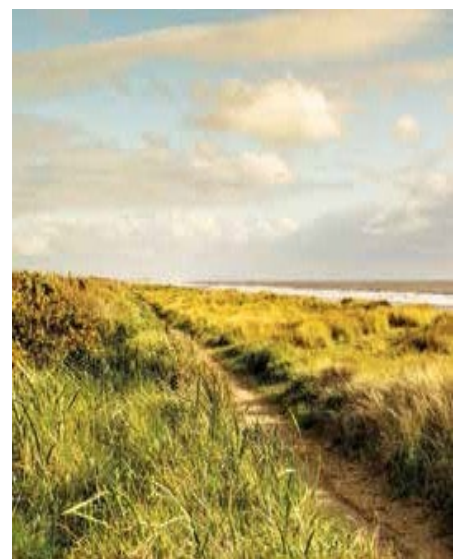
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# Foreword

The Health and Wellbeing Board is a formal committee of the county council and I am very proud to be the Chairman of this committee. Board members and I collaborate to understand the needs of Lincolnshire communities, agree priorities and encourage the people who make decisions about local health and care services to work in a more joined up way.

Since the original publication date in June 2018 of this second Joint Health and Wellbeing Strategy for Lincolnshire, the landscape has significantly changed. Firstly, the challenge of responding to Covid-19, the largest international public health emergency in a generation. Followed by the much anticipated, however no less significant, introduction of Integrated Care Systems which require the NHS, local authorities and other community and voluntary sector partners to collaborate in a greater way than ever before. The Health and Care Act 2022 introduced the new statutory arrangements from July 2022.

In order to ensure this strategy remains relevant there is a need to reflect these changes. However, it is important to note that the content of this strategy continues to be important, not least in that it represents a clear direction for all organisations that are tasked with and interested in, the health and wellbeing of people who live and work in the county.

It is also crucial to note that we did not set a timescale for this strategy. This was a conscious decision in 2018 as it allowed us to focus on longer term aspirational aims and objectives as well as short term actions. It also allowed the board to be able to react swiftly to the changing health and wellbeing needs and priorities facing people living and working in Lincolnshire and keeps this strategy as current and up to date as possible.

Extensive consultation was undertaken in developing this strategy so that we could be sure we really listened to the views of people across the county, not just those who work in health and care. This consultation was firmly based on the evidence included in the Board's Joint Strategic Needs Assessment which can be accessed on the [Lincolnshire Research Observatory website](#).

Our JSNA will be republished in March 2023 and this strategy will be revised as necessary to reflect any new or emerging priorities that come to light as part of that process.

Lincolnshire's Health and Wellbeing Board brings together key people from the health and care system to work together to reduce inequalities and improve the health and wellbeing of the people of Lincolnshire. The next step on our journey is to embrace the opportunities the ICS will bring and address the challenges that we face with system partners to gain the greatest benefits joining up where needed and driving forward change which makes a real difference to the health and wellbeing of people in our county.

I would encourage you to use this strategy in whatever way you can to further improve the health and wellbeing of people and communities in Lincolnshire.



*Cllr Sue Woolley, Chairman of the Lincolnshire Health and Wellbeing Board*

A person wearing dark blue trousers and white sneakers is walking through a field of yellow and white flowers. The person's legs and feet are visible, and they are walking towards the right. The background is a soft-focus field of similar flowers.

## Introduction

Under the Health and Social Care Act 2012, the Health and Wellbeing Board for Lincolnshire was established to act as a forum in which those who are responsible for improving and protecting the health and wellbeing of local populations and communities, can do so in a joined up effective way.

As a formal committee of the county council, the Health and Wellbeing Board for Lincolnshire includes representatives from Lincolnshire County Council, NHS Lincolnshire Integrated Care Board (ICB), local NHS Providers, Police and Crime Commissioner, District Councils, Healthwatch Lincolnshire and NHS England. More recently, this has been expanded to include representation from high education and the Local Enterprise Partnership.

The functions of the Health and Wellbeing Board for Lincolnshire are:

- to encourage persons who arrange for the provision of any health and social care services in the area to work in an integrated manner;
- to provide such advice, assistance or other support as it thinks appropriate for the purpose of encouraging joint commissioning;
- to prepare and publish a Joint Strategic Needs Assessment (JSNA);
- to prepare and publish a Joint Health and Wellbeing Strategy.

The Joint Health and Wellbeing Strategy aims to inform and influence decisions about the commissioning and delivery of health and care services in Lincolnshire, so that they are focused on the needs of the people who use them and tackle the factors that affect everyone's health and wellbeing.

The Health and Care Act 2022 formally established Integrated Care Systems (ICSs) from July 2022 comprising two statutory bodies exercising statutory functions:

- An Integrated Care Board bringing the NHS together locally
- An Integrated Care Partnership (ICP) as a joint committee of the county council and the ICB with a specific responsibility for preparing an integrated care strategy which takes account of the JSNA and this strategy.

Over the next 12 months, the Health and Wellbeing Board for Lincolnshire will be reviewing this strategy to ensure we align our priorities and thinking to that of the wider system.

# Development and Engagement

## Development of the Joint Health and Wellbeing Strategy

In developing this strategy, the Health and Wellbeing Board adopted the following principles:

- Inclusive engagement** that builds public and patient confidence in the process.
- A rational and transparent process** ensuring that competing needs are given a fair hearing.
- Careful information management** ensuring decisions are based on robust information.
- Decisions are based on **clear value choices** that are ethical and underpinned by a sound evidence base.
- Selection of an **agreed prioritisation methodology** that takes into account the ranking/scoring of a range of factors, or 'criteria'.

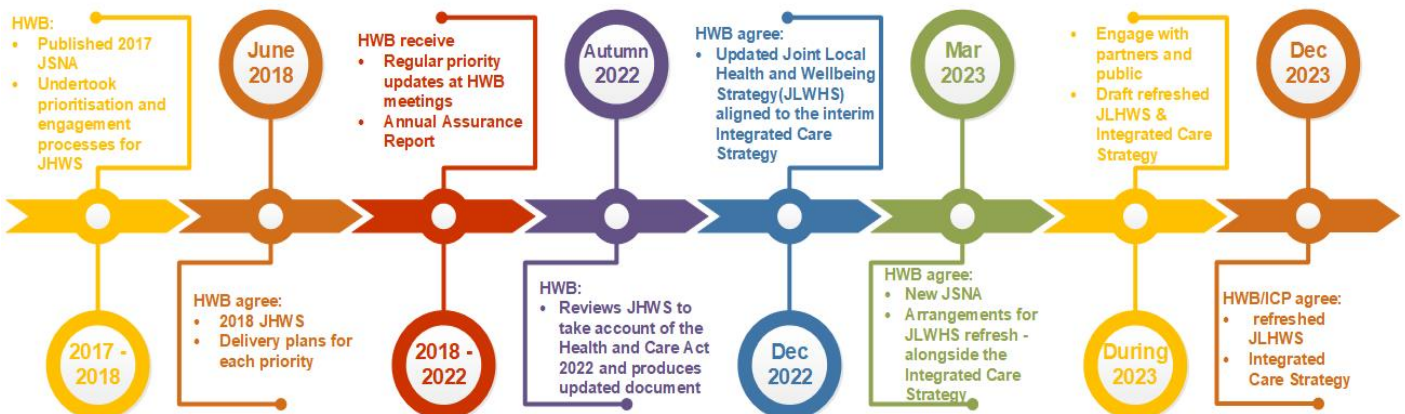
During 2017, the Health and Wellbeing Board for Lincolnshire used the evidence from the JSNA to inform the prioritisation process to identify the areas of focus for this strategy.

## Engagement

Alongside the prioritisation process, a series of engagement events and an online survey with partners and the public took place in the summer of 2017 to gather views and insights. The engagement was extensive and diverse with more than 400 people directly involved, representing over 100 groups and organisations. More details about the development and engagement process is available on the [council's website](#).

With the introduction of ICSs, there is a need to align this strategy with the purpose of the system and the benefits it aims to bring through better system working to be set out in the Integrated Care Strategy. The role of the Health and Wellbeing Board for Lincolnshire and the Lincolnshire Integrated Care Partnership will be to bring everything together into one collective ambition for the system. This work will begin in winter 2022 and will continue during 2023 to inform future publications of both strategies by December 2023.

### Joint Health and Wellbeing Strategy for Lincolnshire | Development and Evolution Timeline



# Aims, Themes and Priorities

The prioritisation and engagement work identified some consistent and constant priorities based on the evidence in the JSNA. There were also some clear aims and themes which emerged throughout the engagement process which the Health and Wellbeing Board has also captured within this strategy.

## Aims

Common aims include the need for the Joint Health and Wellbeing Strategy to:

- have a strong focus on prevention and early intervention;
- ensure a focus on issues and needs which will require partnership and collective action across a range of organisations to deliver;
- deliver transformational change through shifting the health and care system towards preventing rather than treating ill health and disability;
- focus on tackling inequalities and equitable provision of services that support and promote health and wellbeing.

These form the basis of the overarching aspirations and aims for the Joint Health and Wellbeing Strategy for Lincolnshire.

## Themes

The Health and Wellbeing Board has also identified the following overarching themes for the Joint Health and Wellbeing Strategy.

These are to:

- embed prevention across all health and care services;
- develop joined up intelligence and research opportunities to improve health and wellbeing;
- support people working in Lincolnshire through workplace wellbeing and support them to recognise opportunities to work with others to support and improve their health and wellbeing;
- harness digital technology to provide people with tools that will support prevention and self-care;
- ensure safeguarding is embedded throughout the Joint Health and Wellbeing Strategy.

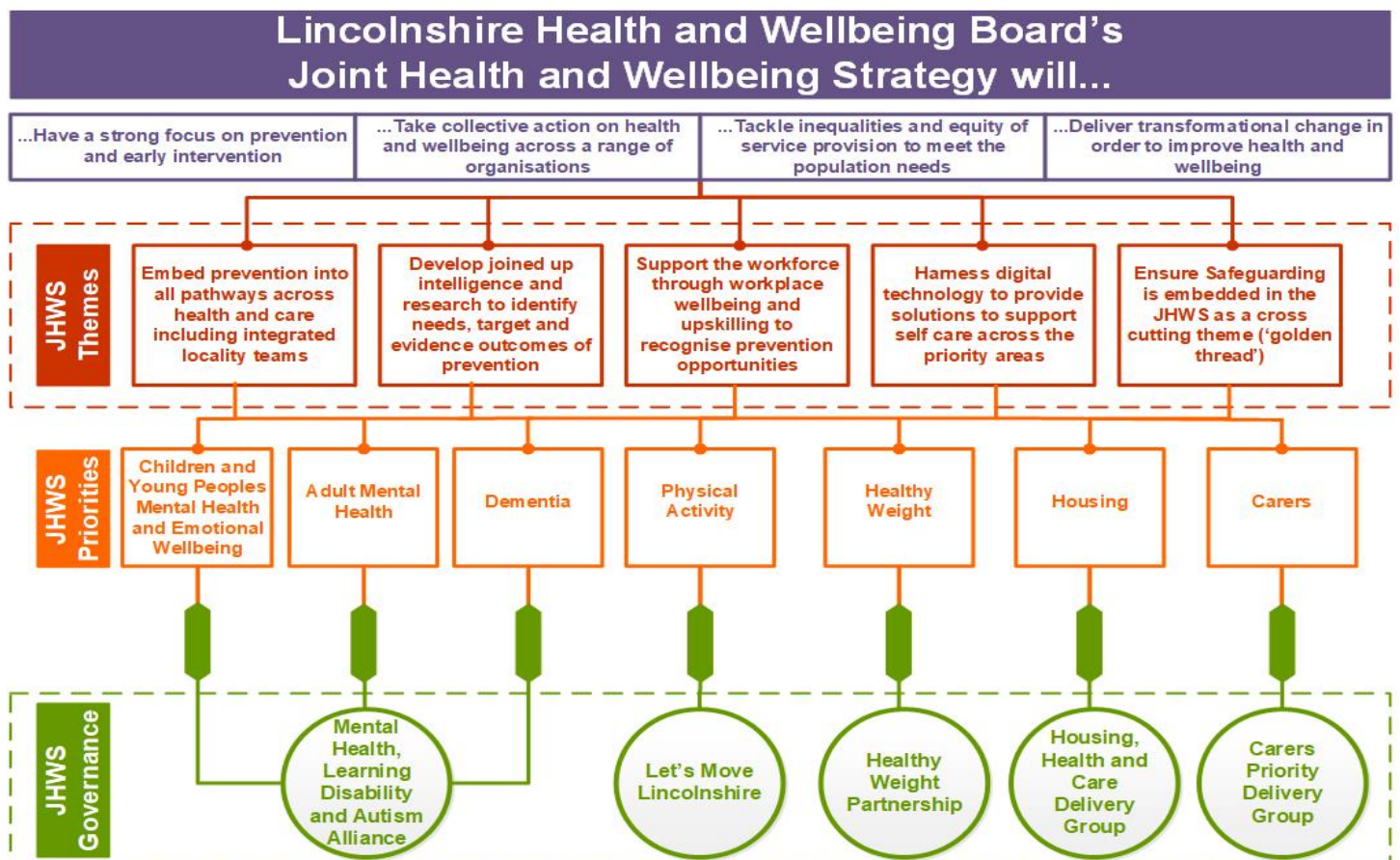
## Priorities for Joint Health and Wellbeing Strategy

The priorities in this Joint Health and Wellbeing Strategy focus on the areas included in the JSNA which the prioritisation and engagement work highlighted as being the most important health and wellbeing issues facing the county.

These are as follows:

- Mental Health & Emotional Wellbeing (Children & Young People)
- Mental Health (Adults)
- Carers
- Physical Activity
- Housing and Health
- Healthy Weight
- Dementia

In 2018 a number of relevant boards and groups were identified to lead each of the priority areas and were tasked with ensuring the objectives of the Joint Health and Wellbeing Strategy are being delivered. The introduction of ICSs provides us with an opportunity to revisit these arrangements to ensure they continue to be effective delivery mechanisms. It is important that as a system we avoid duplication, so wherever possible, our approach is to connect and create synergies which provide clear lines of accountability and gives assurance to the Lincolnshire Health and Wellbeing Board and the Lincolnshire Integrated Care Partnership that health and wellbeing outcomes in Lincolnshire are improving. On this basis we have revisited the delivery and governance structure and an updated diagram is shown below.



# PRIORITY - MENTAL HEALTH AND EMOTIONAL WELLBEING (CHILDREN AND YOUNG PEOPLE)



## Why is this priority important?

- One in ten young people have a mental health problem: the equivalent of three in every classroom
- Young people with emotional disorders are more likely to smoke, drink and misuse drugs, miss school and fail in their education. As adults they are more likely to earn less money and experience unemployment.
- Young people attending A&E due to a psychiatric condition has more than doubled nationally since 2010.

A summary of the evidence can be found in the [JSNA Mental Health and Emotional Wellbeing \(CYP\) topic on a page](#)







## Objectives

- Build emotional resilience and positive mental health.
- Action on the wider determinants and their impact on mental health and emotional wellbeing.
- Better understanding of self-harm/suicidal intent in young people.
- Greater parity between mental health and emotional wellbeing as experienced for adults and that of children and young people and between mental health and physical health.
- Ensure that young people have timely access to appropriate crisis services.
- Families of young people with mental health needs are supported.
- Ensure appropriate support services are in place for pupils with special educational need and a disability.

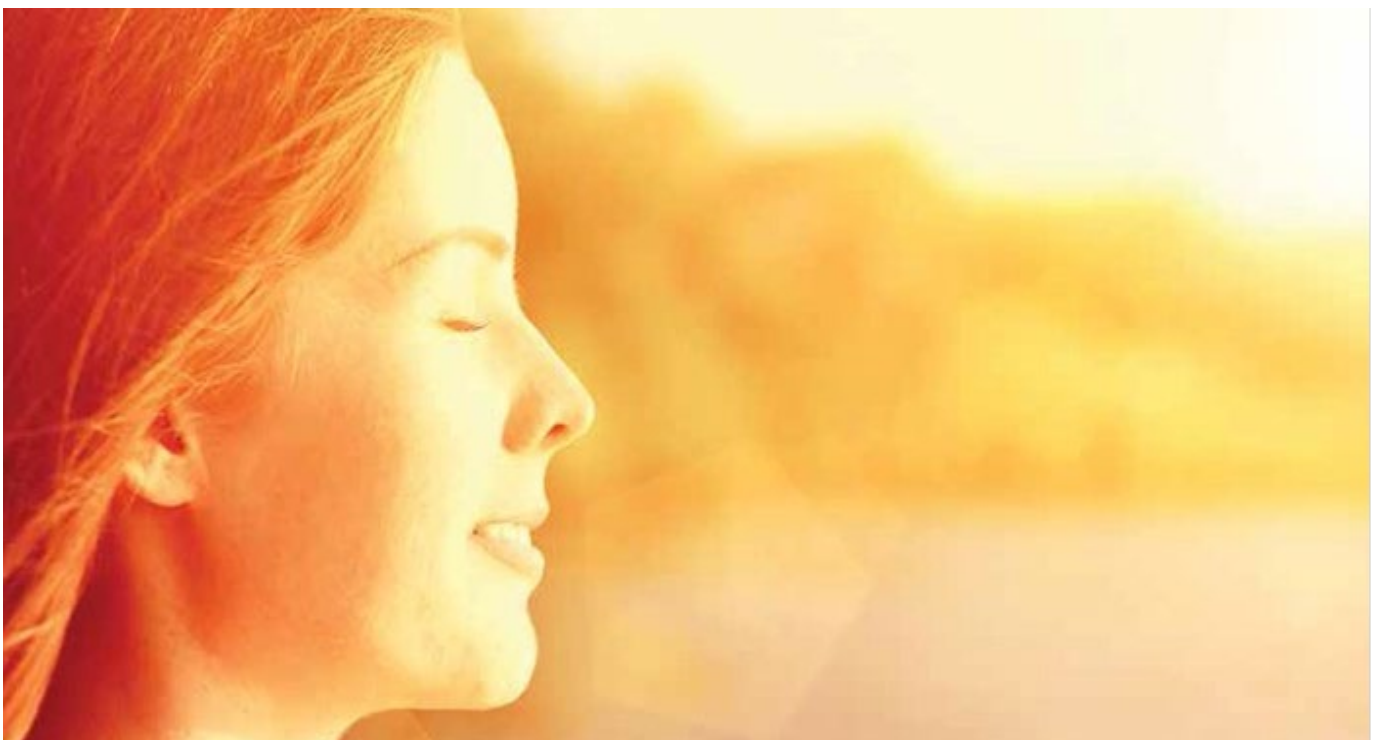
# PRIORITY - MENTAL HEALTH (ADULTS)



## Why is this priority important?

- At any one time, one in six adults has a mental health condition, and those with a long term physical condition or learning disability are most at risk.
- Mental health accounts for almost a quarter of NHS activity but only around 11% of the total expenditure.
- Half of mental health issues are established by the age of fourteen, rising to three quarters by the age of twenty four.

A summary of the evidence can be found in the [JSNA Mental Health \(Adults\) topic on a page](#).





## Objectives

- Improved preventative services for adults who have mental health needs and their families through closer integration with neighbourhood teams.
- NHS Health Checks – targeting uptake of those with mental health conditions.
- Reducing in-patient numbers (both in and out of county).
- Development of an all-age crisis service going forward.
- Development of better analytical data to identify needs and target service provision more effectively, including improved understanding of the Mental Health Investment Standard and where resources are being targeted.
- Ensure appropriate transport arrangements are available for people with mental health needs, including at times of crisis and/or mental health assessment.
- Development of a new patient-held digital information platform for mental health (including families caring for people with dementia).



## Why is this priority important?

- Dementia is a progressive, terminal disease caused when brain tissue is damaged. Symptoms include: loss of memory, mood changes, and communication and reasoning difficulties.
- Dementia is one of the top five underlying causes of death
- Dementia is the leading cause of death for men and women over 80 years old.

A summary of the evidence can be found in the [JSNA Dementia topic on a page](#).





## Objectives

- Comprehensive, integrated pathways for timely identification, referral, diagnosis and post-diagnosis support.
- Focused prevention programme for vascular dementia.
- Ensure appropriate support is available for those with dementia under 65 years of age.
- Address the sustainability of future support provision.
- Greater integration and awareness-raising within neighbourhood teams.
- Wider public and professional awareness of dementia to support services in all parts of the community to be dementia friendly.



## Why is this priority important?

- Physical inactivity is the fourth greatest risk factor for premature death. It has a bigger impact than obesity. It is responsible for one in six UK deaths.
- Meeting recommended physical activity levels can cut the risks of Type 2 diabetes, colon cancer, CHD, stroke, falls and hypertension by at least 30%. Being active reduces the risk of Alzheimer's, osteoarthritis, hip fractures and depression by between 20% and 80%.

A summary of the evidence can be found in the [JSNA Physical Activity topic on a page](#)





## Objectives

- Integrating physical activity into pathways and strategic planning (eg clinical pathways, neighbourhood integrated teams, locality teams, district council networks, planning and transport services and GLEP).
- Undertaking robust local insight analysis (including population need and service provision). Use the insight to drive developments and service improvements.
- Supporting workforce wellbeing through physical activity and workforce strategy.
- Explore innovation and technology to increase physical activity levels across the county.
- Ensure safeguarding is embedded and considered across physical activity within the county.



## Why is this priority important?

- Childhood obesity presents immediate and long term negative effects on a child's physical and social wellbeing, educational attainment and mental health.
- Obese children and adolescents are more likely to be obese in adulthood, consequently at greater risk of adult health problems such as heart disease and Type 2 diabetes, stroke and cancers.
- Being overweight or obese is a major public health crisis through its link with serious long term conditions including; Type 2 diabetes, heart disease, stroke, liver disease and cancer.
- Obesity is estimated as the third largest risk factor for premature death.
- The risk of poor health and wellbeing outcomes increases sharply with increasing Body Mass Index (BMI).

A summary of the evidence can be found in the [JSNA Healthy Weight topic](#).





## Objectives

The Health and Wellbeing Board agreed to look in more detail at this priority area to ensure that a suitable group of stakeholders and partners are brought together to tackle the issue of healthy weight across ages and communities in Lincolnshire. Develop a whole system approach to obesity.

- Improved information and support for people to live healthier lives.
- Develop Making Every Contact Count (MECC).
- Deliver the healthy weight in children strategic actions to reduce childhood obesity.

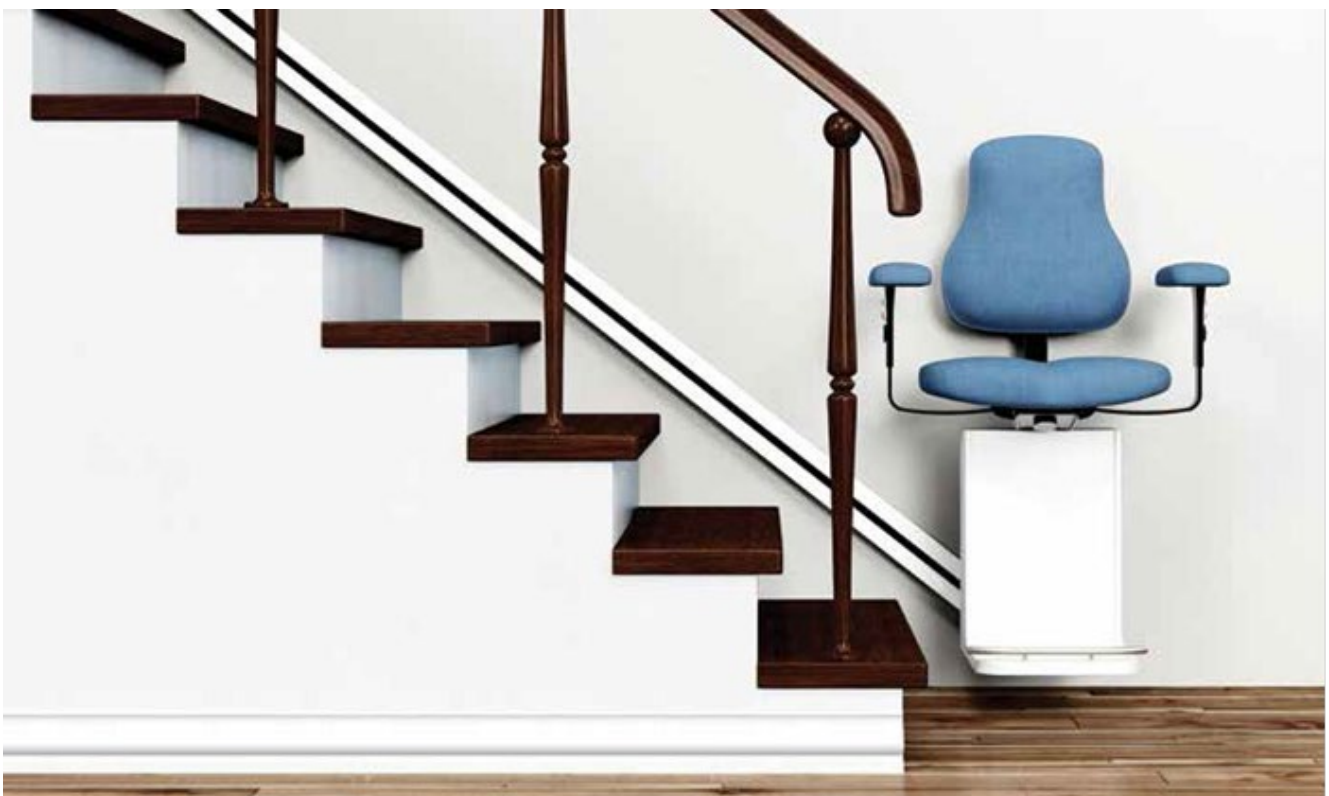
# PRIORITY - HOUSING AND HEALTH



## Why is this priority important?

- Good quality, safe housing and housing related support has a major part to play in improving and maintaining health and wellbeing.
- Lincolnshire has 333,600 households (Census 2021).
- 21% of private housing stock is estimated to have a serious hazard likely to cause illness or harm.

A summary of the evidence can be found in the [JSNA Housing Standards & Unsuitable Homes topic on a page.](#)





## Objectives

- Adopt a whole family approach to tackling housing needs.
- Understand and address housing related delayed transfers of care.
- Ensure supported housing arrangements, across partners, fully support vulnerable people with complex presenting needs.
- Commitment to joint action on a housing Memorandum of Understanding across partners.
- Address poor standards of housing and the level of appropriate housing required.
- Concerted action across partners to tackling homelessness.
- Ensure people have the financial capability to access and maintain secure housing.



## Why is this priority important?

- In the UK three out of five people will become a carer in their lifetime.
- Carers provide unpaid support for people living with a range of long term health conditions.
- Lincolnshire has about 88,000 unpaid family carers aged from 5 to 100, who may care for a few hours a week on top of work or education or care full time.

A summary of the evidence can be found in the [JSNA Carers topic on a page](#).



## Objectives

- Early identification of carers from the point of diagnosis and signpost to appropriate support.
- Whole family approach to support an integrated and seamless carers journey.
- Ensure carers are listened to from the outset and involved in the care of the person they support.
- Ensure young carers are identified in the education sector with supportive learning environments that are sensitive to their needs and promotes educational attainment.
- Carers are supported to look after their own physical and mental wellbeing, including developing coping mechanisms.
- Carers are supported to plan for the future, including emergencies, to make choices about their lives, such as combining care and employment.
- Improved understanding of the local intelligence to influence and shape preventative measures and support services for carers.



# Delivery of the Joint Health and Wellbeing Strategy

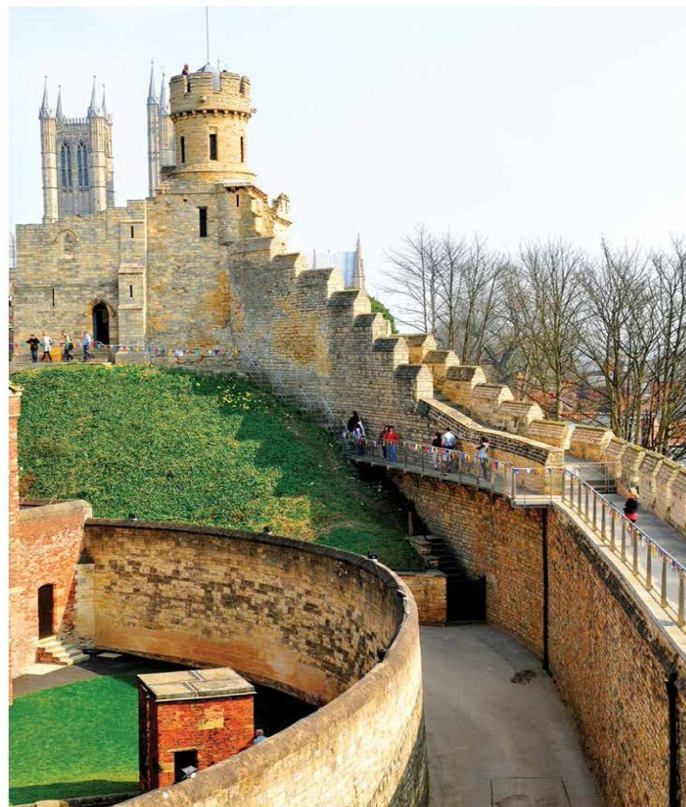
In order to ensure the strategy delivers the objectives identified for each of the priorities, the Health and Wellbeing Board agreed to hold specific groups accountable for the delivery of the strategy.

These groups each developed a delivery plan for their respective priority areas. The plans detail the actions, outcomes, timescales and responsibilities for delivering the objectives. They also highlight where specific objectives and actions support the themes for the Joint Health and Wellbeing Strategy as set out earlier in this document.

All of these plans will be available through the [Health and Wellbeing Board web pages](#).

The Health and Wellbeing Board will keep this strategy under review ensure it reflects the evidence in Joint Strategic Needs Assessment and remains focused on the most important priorities for people who live and work in Lincolnshire.

The decision not to set a timescale for this strategy was consciously taken by the Health and Wellbeing Board to enable the strategy to be aspirational and transformational. It also allows the Board to be able to react swiftly to any changing health and wellbeing needs and priorities and keep this strategy as current and up to date as possible.



For more information about Lincolnshire's Health and Wellbeing Board and the Joint Health and Wellbeing Strategy, please visit the [Health and Wellbeing Board webpages](#).

If you would like to request a copy of the Joint Health and Wellbeing Strategy for Lincolnshire in an alternative format please call: 01522 552222.

Information taken from the published JSNA.  
For the most up to date JSNA information  
please visit the [Lincolnshire Research  
Observatory](#)

Icons by [Freepik](#)

