

29 June 2020

Report to: Cabinet

Lead Cabinet Member: Hazel Smith, Lead Member for Housing and Health

Lead Officer: Gareth Bell

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## Health & Wellbeing Strategy

### 1. Executive Summary

2. This report presents to Cabinet a Health & Wellbeing Strategy and Action Plan for South Cambridgeshire District Council (SCDC) following its presentation to the Scrutiny and Overview Panel in May 2020.
3. Once approved the Strategy and Action Plan will provide clear guidance and priority to those actions which promote health and wellbeing to the residents of South Cambridgeshire, and which support the Council's business plan.
4. A healthy society is necessary for a prosperous and flourishing society. If we are to make thoughtful decisions about our environment and be able to contribute to the wider community, people's basic health needs must be satisfied first. The greatest factors influencing people's health come from activities such as education, employment, housing, the environment and community - all of which fall within the remit of local government. Health and wellbeing is not an isolated activity but one which permeates every area of the Council's work.
5. The Health & Wellbeing Strategy and Action Plan has been developed following thorough examination of the data describing the health of our district's residents, with a clear understanding of the structures which allow this Council to address these needs in partnership with others and with member engagement at its centre.
6. It should be noted, however, that this process occurred prior to the Covid-19 pandemic, which has already had profound impacts on lifestyles, health and wellbeing and will continue to do so in the medium and longer terms. Whilst it is too early for a full assessment of how this crisis will change the health

landscape, some of the likely impacts have already been evaluated (by local Directors of Public Health in conjunction with the LGA <sup>(1)</sup>); therefore a degree of flexibility within this strategy to respond will be necessary as the pandemic takes its course and a clearer picture emerges.

7. The Strategy and Action Plan was presented to the Scrutiny and Overview committee on 14<sup>th</sup> May 2020. The committee was supportive of the strategy and made the following observations:
  - a) The Strategy should be flexible, reviewed regularly and highly adaptive. This is reflective of our need to be responsive to the health outcomes emerging from the Covid-19 pandemic over the short, medium and longer term.
  - b) SCDC will work in partnership with colleagues at County, seeking opportunities to collaborate and avoid duplication of service. An example of this would be initiatives to achieve greater inclusion in sports and activities of people living with disabilities.
  - c) The Council will promote healthy behaviours and increased levels of walking and cycling in communities by providing and improving safer and better-connected routes across the District and into the City. This will happen by exploring opportunities to increase peoples access to the natural environment via infrastructure improvements to be made through planning policy.
  - d) The new Lifestyles Contract with public health affords the opportunity to deliver nutritional and wellbeing advice, together with other measures which bring together a Whole School Approach to Wellbeing. We will be linking up with other initiatives and charities operating in this space.
  - e) Via the Community Safety Partnership, SCDC will be a key a partner in, and support the Transforming Lives project working with the most vulnerable children and families across the District.
  - f) Explore opportunities to promote self- help and signposting to the myriad of apps, peer support groups and community activities across the district.
  - g) Build strong community resilience, capitalising on the increased neighbourliness stemming from the Covid-19 pandemic.
  - h) Introduce a 'Health in All Policies' approach to our work to evaluate the impacts of policy and projects on health, with the aim of improving the health of the local population and reducing inequity.

## **8. Key Decision**

9. No this is not a key decision.

## **10. Recommendations**

11. It is recommended Cabinet formally approves and adopts this Health & Wellbeing Strategy and Action Plan.

## **12. Reasons for Recommendations**

13. Approving and adopting this Health & Wellbeing Strategy and Action Plan will give clear direction for the work of the Council in continuing to promote and support the wellbeing needs – both physical and mental - of the residents of South Cambridgeshire.

## **14. Details**

15. A Health & Wellbeing Strategy and Action Plan has been developed to provide focus to the many activities the Council is able to undertake to promote and improve the health and wellbeing of its residents.

16. The Strategy has been developed in collaboration with Members through workshops and meetings, with input from colleagues within Public Health and from data obtained from the most recent Joint Strategic Needs Assessment (July 2019).

17. The total resident population of South Cambridgeshire was 155,660 in 2016 and is forecast to rise by 28.8% reaching a total of 200,480 in 2036.

18. Between 2016-2026 the older age groups, particularly the over 75 age group, are expected to have the greatest population growth across Cambridgeshire. The predicted population of people aged 90+ is set to increase by 137% by 2036.

19. As a result of the predicted high population growth from housing growth and within the older populations, demand for health and social care will also continue to increase.
20. The Strategy outlines the activities we are undertaking at present with some planned activities for the future to address the health issues outlined, taking a life course approach i.e. factors affecting health at each life stage.
21. The Strategy does not yet include any actions specific to addressing the medium and longer term outcomes of the Covid-19 pandemic. Therefore, flexibility will be needed once there is a clearer understanding of how this will develop.
22. The Covid-19 pandemic has demonstrated that populations with chronic long-term conditions, such as obesity, type-2 diabetes, heart disease and chronic obstructive pulmonary disease (COPD), many of which are lifestyle related, are at higher risk of severe outcomes and mortality than healthier populations.

### **23. Options**

Cabinet could:

- a. formally approve and adopt this Health & Wellbeing Strategy and Action Plan as presented;
- b. formally approve and adopt this Health & Wellbeing Strategy and Action Plan, subject to amendments, providing details;
- c. ask for further work to be carried out before reconsidering and adopting a Health & Wellbeing Strategy and Action Plan.

### **24. Implications**

25. In the writing of this report, taking into account financial, legal, staffing, risk, equality and diversity, climate change, and any other key issues, the following implications have been considered:-

### **26. Financial**

27. There are no additional financial consequences of adopting this strategy, however it is likely that there will be some additional financial requirement later this year when assessment of the longer-term impacts of COVID-19 are assessed. This could be funded from the additional monies provided by central government for COVID-19 related expenditure.

## **28. Consultation responses**

29. A workshop was held with elected Members in April 2019 with 2 further follow up meetings.

## **30. Alignment with Council Priority Areas**

### **31. Growing local businesses and economies**

Good health and wellbeing are fundamental to support a thriving economy. Security of income is fundamental to good health and wellbeing. Both enable individuals and families to plan for their future, pay for the necessities and have income left over to secure an enhanced quality of life. In the face of high economic and housing growth, the Council's aim will be to at least maintain our excellent current levels of air quality and health and wellbeing.

### **32. Housing that is truly affordable for everyone to live in**

Having a secure, affordable home in which to live and raise a family with easy access to all services and amenities is another key determinant of good health; stable and affordable housing supports mental health by limiting stressors related to financial burden, long commutes and moving frequently. Within these priorities there is a firm commitment to encourage more people to participate in active and healthy lifestyles.

### **33. Being green to our core**

Reducing emissions of greenhouse gases through improved transport, energy efficient housing stock, food and energy-use choices can result in improved physical and mental health. The more homes and workplaces the district hosts the more important this is, especially around air quality; this will be mitigated for example through well-designed communities, improving access to green space and increased tree planting in every parish.

### **34. A modern and caring Council**

Supporting local community and voluntary groups and local businesses to help carry out projects which benefit people and the community, especially the most vulnerable; to enhance sustainable, healthy, connected communities.

## **35. Background Papers**

[Cambridgeshire and Peterborough JSNA Core Dataset 2019](#)  
[District Summary – South Cambridgeshire JSNA Core Dataset 2018/2019](#)

### **36. Appendices**

Appendix A: Executive Summary

Appendix B: Health & Wellbeing Strategy 2020 -2024 Draft incl and Action Plan

Appendix C: Health & Wellbeing Financials

### **37. References**

1. <https://local.gov.uk/public-mental-health-and-wellbeing-and-covid-19>

### **38. Report Author:**

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