

Prevention & the NHS Long Term Plan

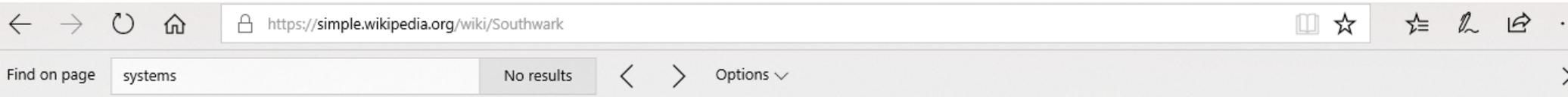
Lambeth and Southwark

20th March 2019

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What would Health Inequality Wikipedia say about us?



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Southwark & Lambeth

Deprivation:

Southwark: 40th/326, Lambeth: 22nd in London
Southwark: 9th/32, Lambeth: 8th in England

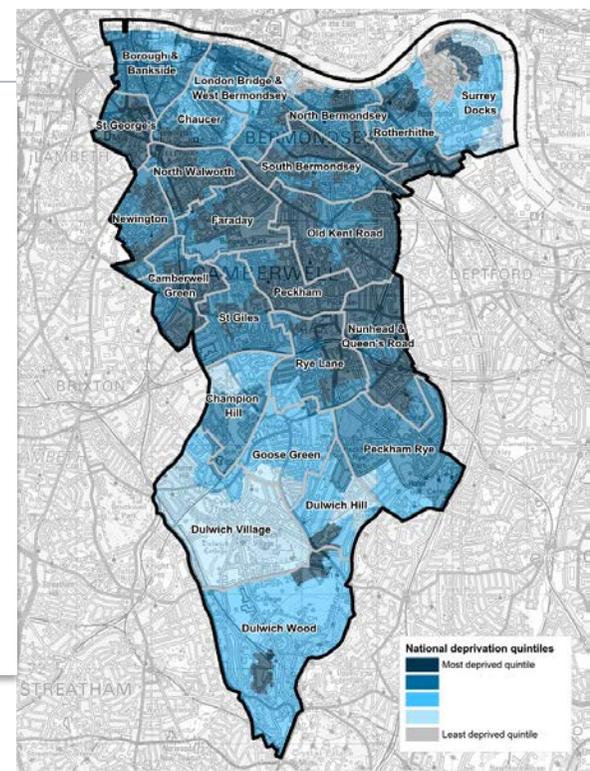
Life-expectancy gap:

Women: Southwark: 5.5 years, Lambeth: 3.2 years
Men: Southwark: 9.5 years, Lambeth: 5.6 years

Multiple long-term conditions:

Affected 10-15 years sooner

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Indices of Deprivation 2015
Data source: Department for Communities & Local Government
Southwark Public Health Department | People & Health Intelligence | publichealth@southwark.gov.uk
July 2017.
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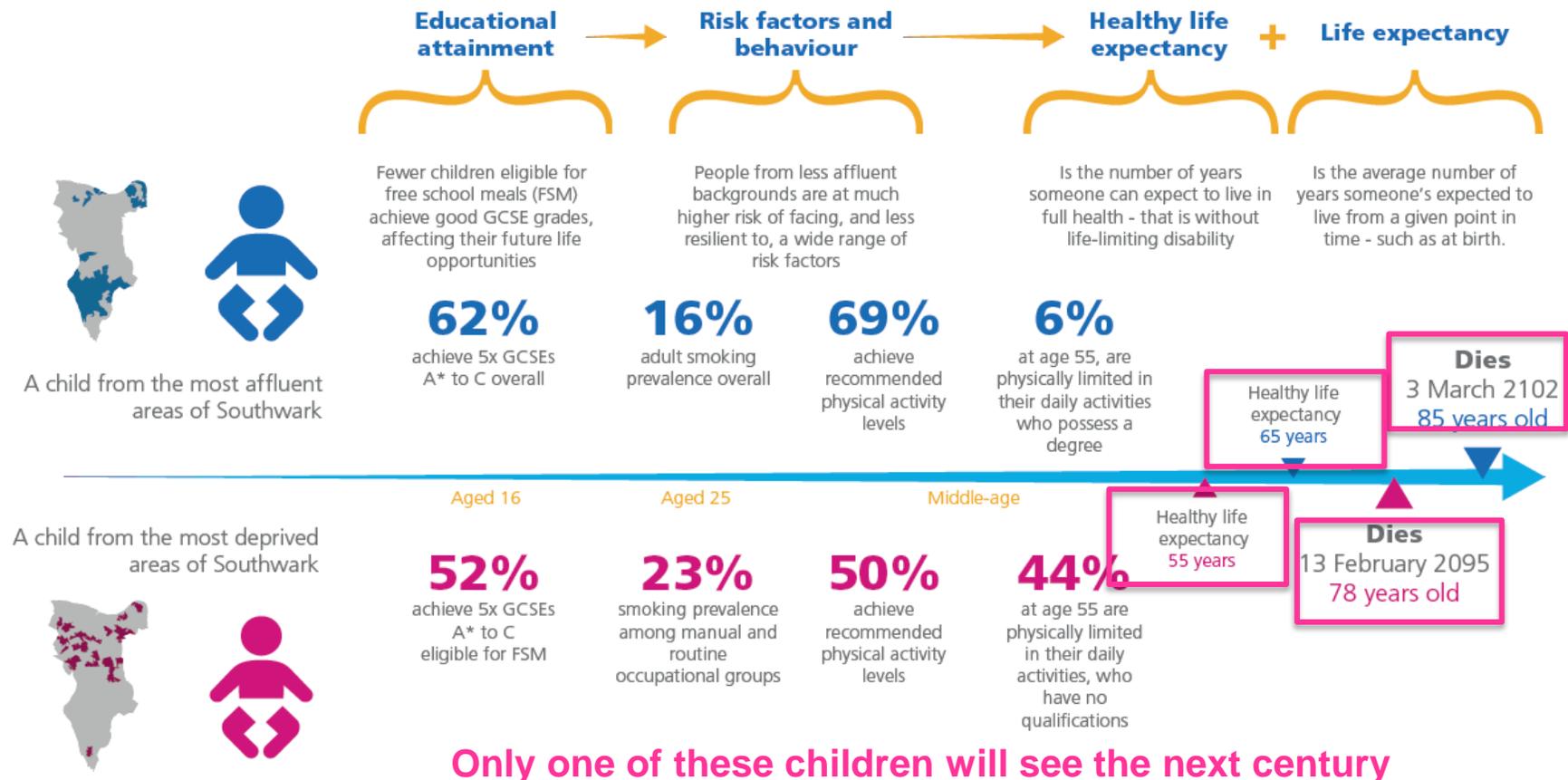
With thanks to Prof K Fenton for Southwark data and deprivation map

References

- Annual Public Health Report of the Director of Health and Wellbeing 2017, London Borough of Southwark
- Kings Fund. Trends disease and disability long-term conditions multi morbidity
- Lambeth Data: Quarterly Director of Public Health Report – Lambeth and Southwark (July – September 2015): Dr Ruth Wallis, Director of Public Health (Lambeth and Southwark)

Health inequalities have a persistent impact on health outcomes

Health inequalities arise from a complex set of interactions between socio-economic, geographic and cultural factors, which have a clear impact on life expectancy among Southwark residents.

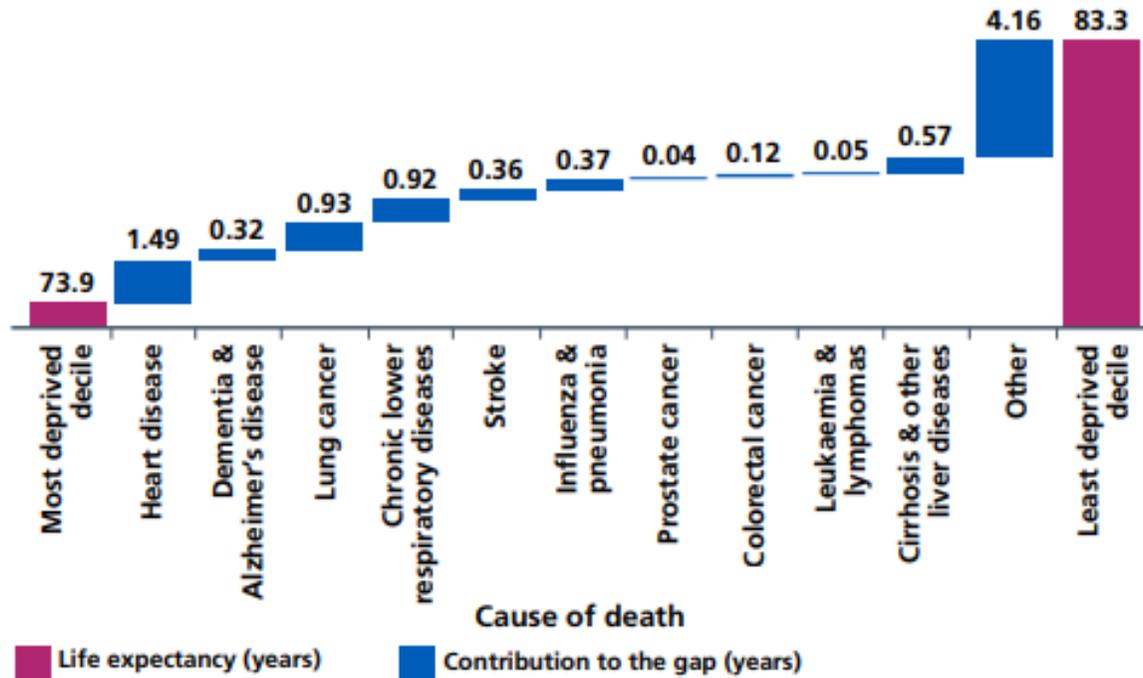


References (With thanks to Prof K Fenton for this slide)

1. Southwark.gov.uk/publichealth

What makes up this life-expectancy gap? (UK): heart disease, lung cancer, respiratory

Figure 13: Breakdown of the life expectancy inequality gap between the most and least deprived deciles, males, England, 2014 to 2016.

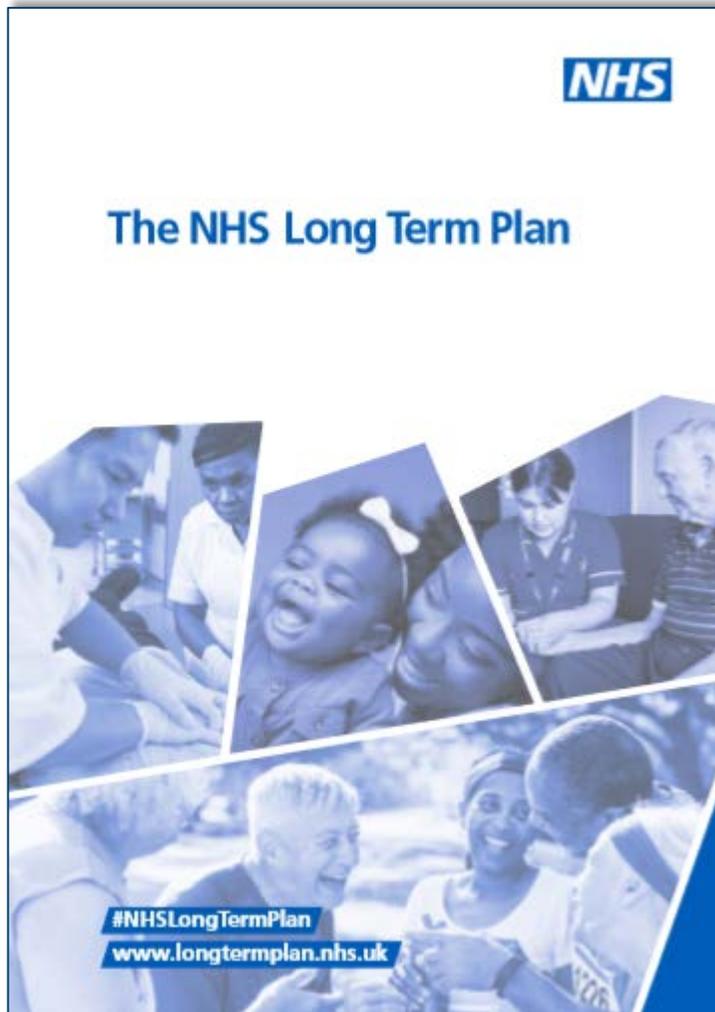


Source: Public Health England. Health Profile for England: 2018. September 2018.

Source: NHS Long Term Plan (NHS England, 2019).

**What can we do to make
things better?**

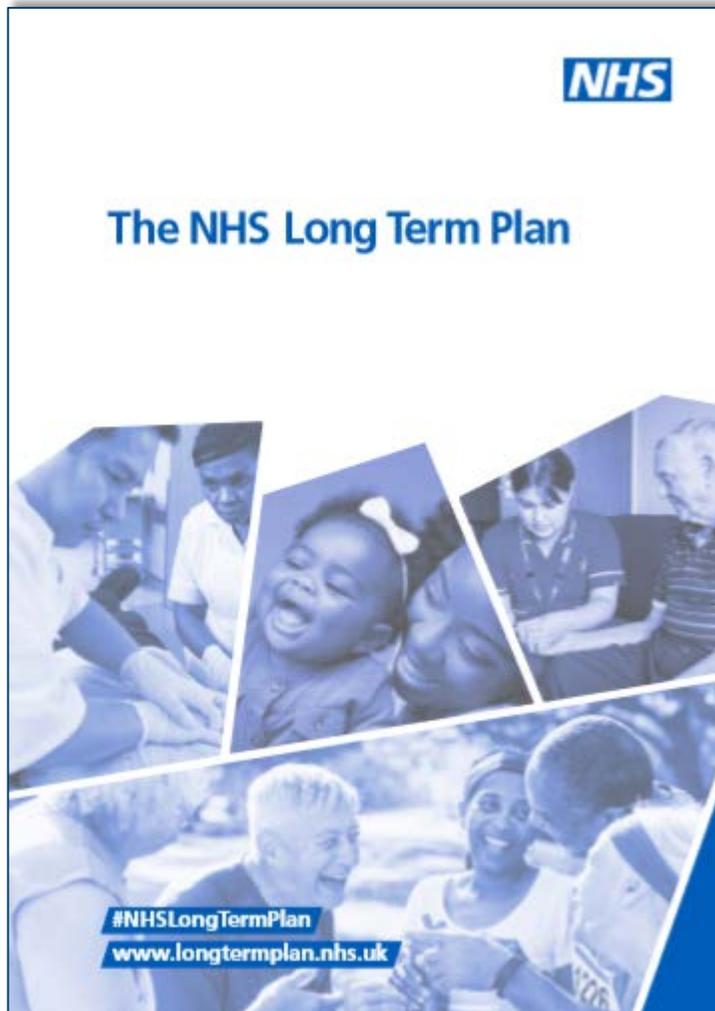
NHS Long Term Plan



NHS Long Term Plan: For reasons both of **fairness** and of overall **outcomes improvement**, the NHS Long Term Plan takes a more concerted and systematic approach to **reducing health inequalities** and addressing **unwarranted variation in care**

Definition: Unfair and avoidable differences in people's health across social groups and between different population groups...**unfair because these health inequalities do not occur randomly or by chance, but are socially determined by circumstances largely beyond an individual's control.** These circumstances disadvantage some people and limit their chance to live a longer, healthier life. **Health inequalities are avoidable because they are rooted in political and social decisions.** (NHS England, *Public Health England*)

NHS Long Term Plan: Ambition to ensure NHS is fit for the future



Relevant highlights:

More joined up, more proactive, more individualised care

Health Inequalities - **‘social and economic environment** in which we are born, grow up, live, work and age, as well as the **decisions we make for ourselves** and our families **collectively** have a **bigger impact on our health, than health care alone’**

- Thinking about populations and particular groups and particular diseases
- Prevention of disease
- Shared responsibility with patients as partners

Wider determinants of health and well-being

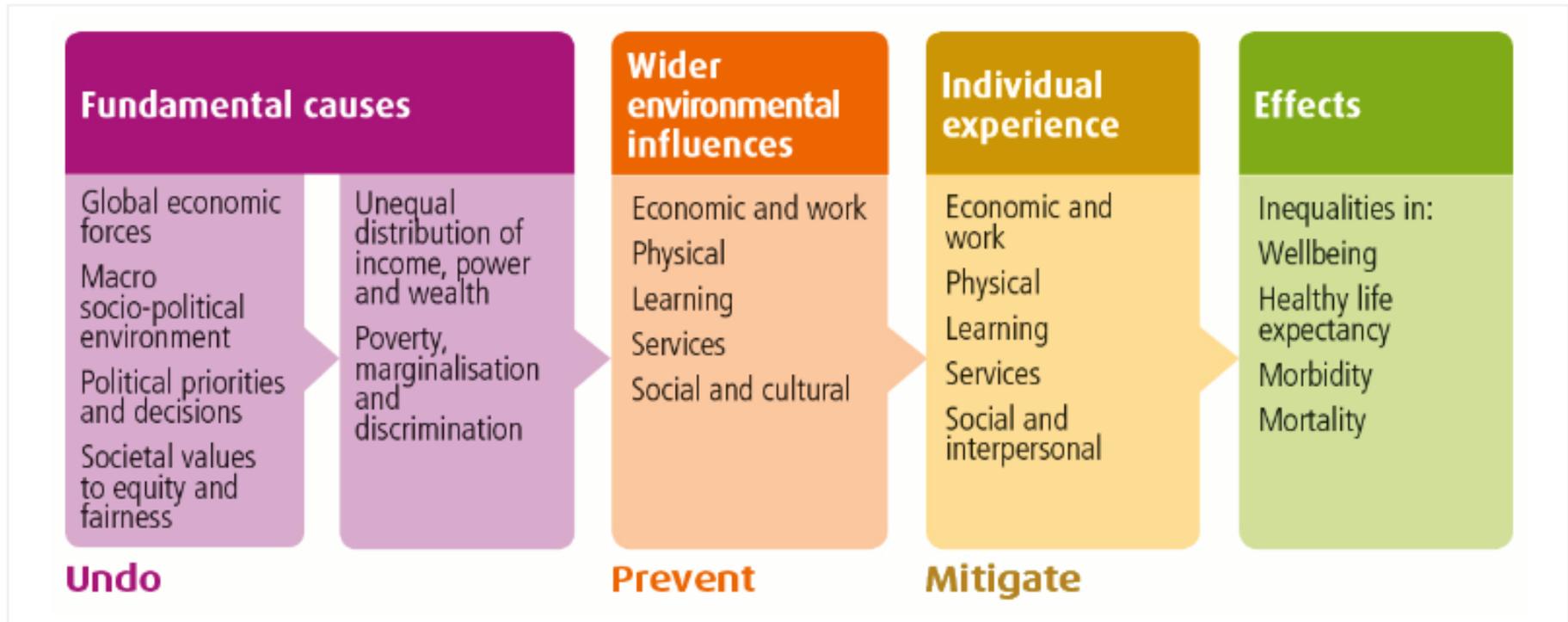


Image taken from NHS Scotland: www.healthscotland.scot/health-inequalities/what-are-health-inequalities

Burden of disease informing prevention priorities in NHS Long Term Plan



The Global Burden of Disease quantifies and ranks the contribution of various risk factors.

The top five are:

smoking

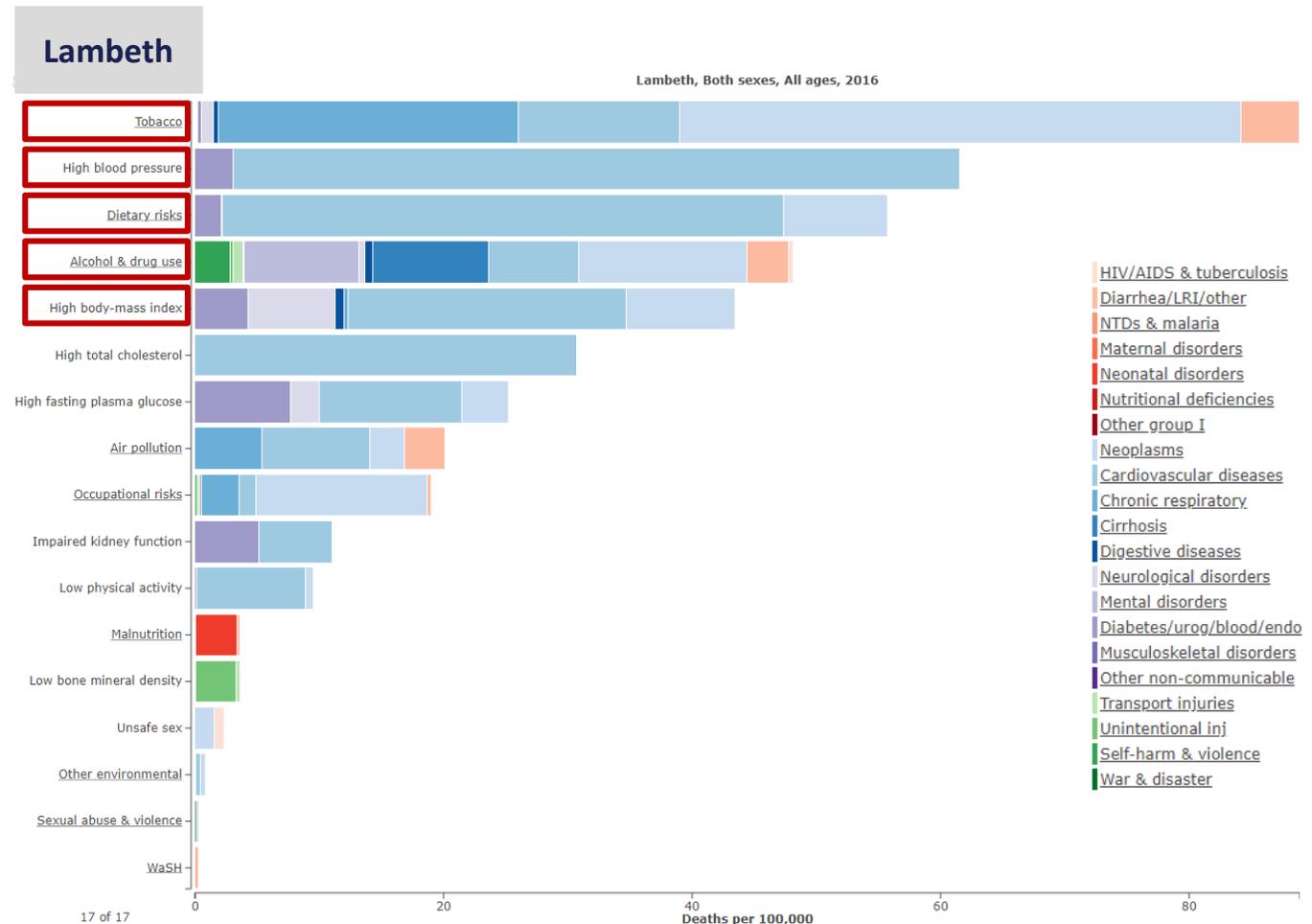
poor diet

high blood pressure

obesity

alcohol and drug use

These priorities guiding renewed NHS prevention programme.



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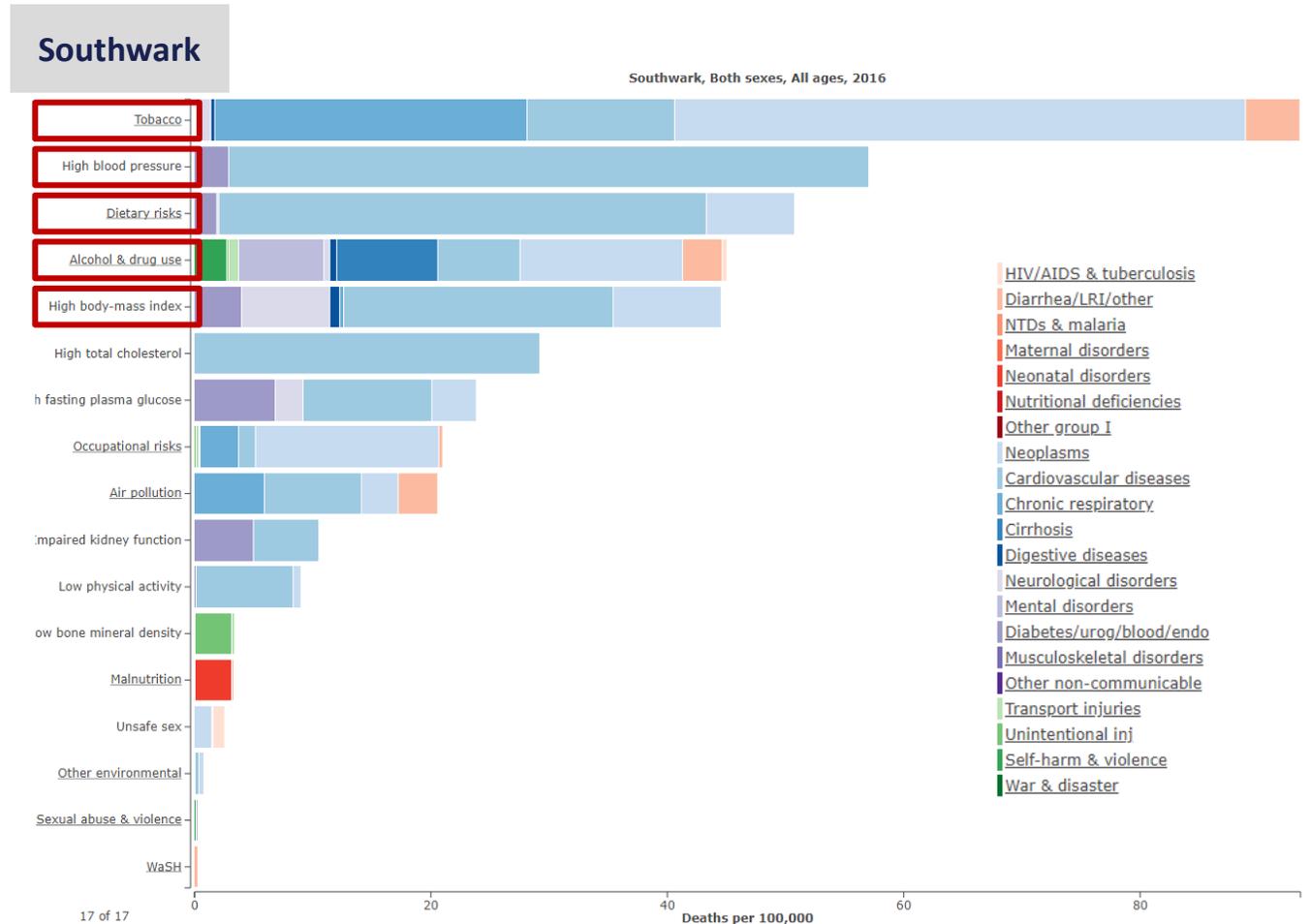
poor diet

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obesity

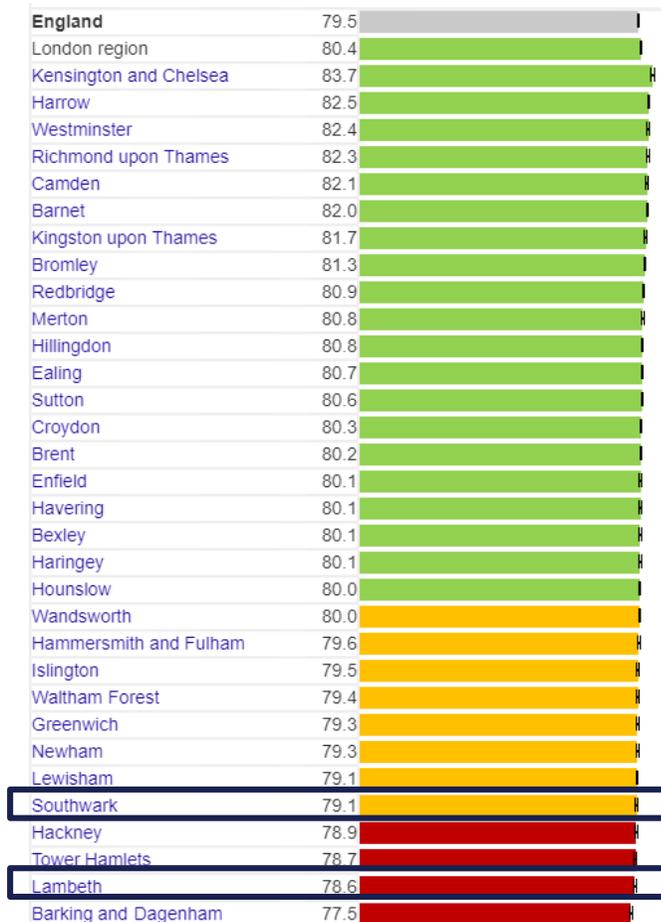
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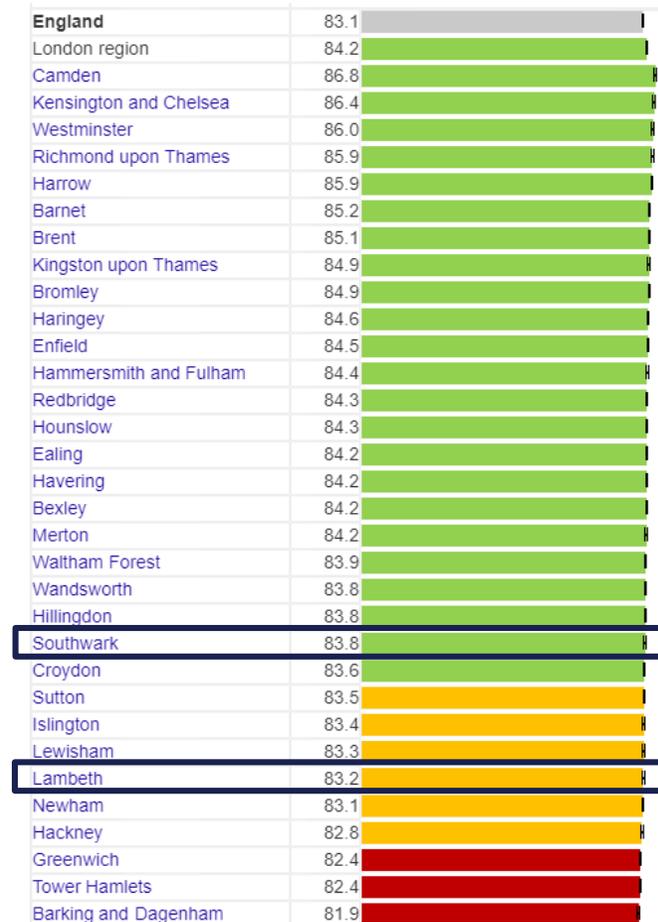


Persisting inequalities in life expectancy between boroughs

Life expectancy at birth (Male)

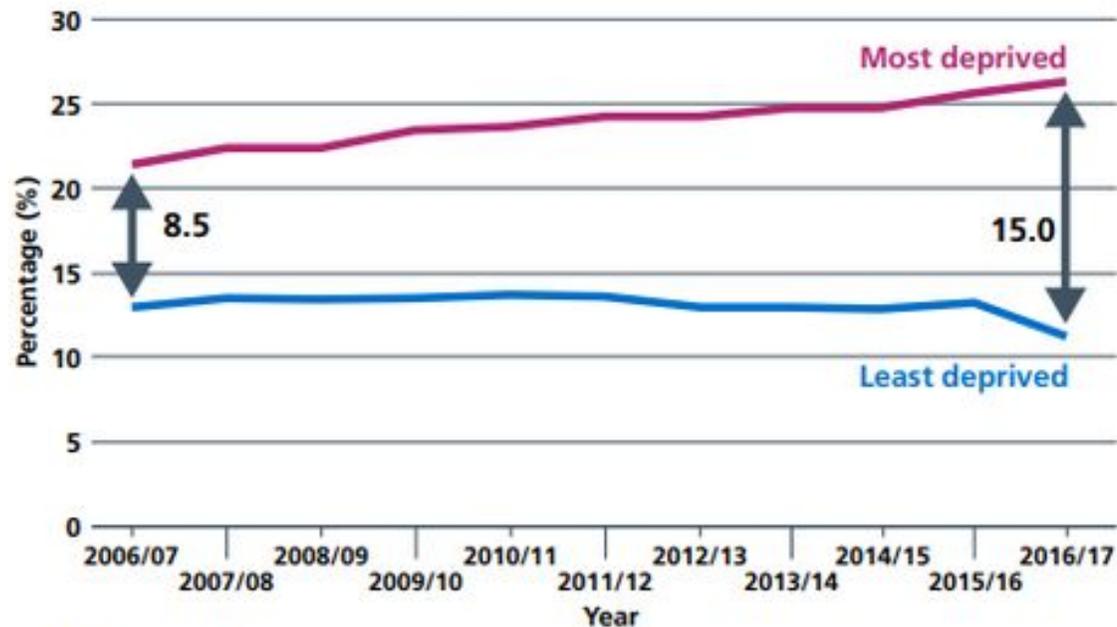


Life expectancy at birth (Female)



Widening inequalities impact future health and wellbeing – childhood obesity

Figure 11: The widening socio-economic inequality in childhood obesity at year 6 of primary school.



Source: NHS Digital. Statistics on Obesity, Physical Activity and Diet. April 2018.

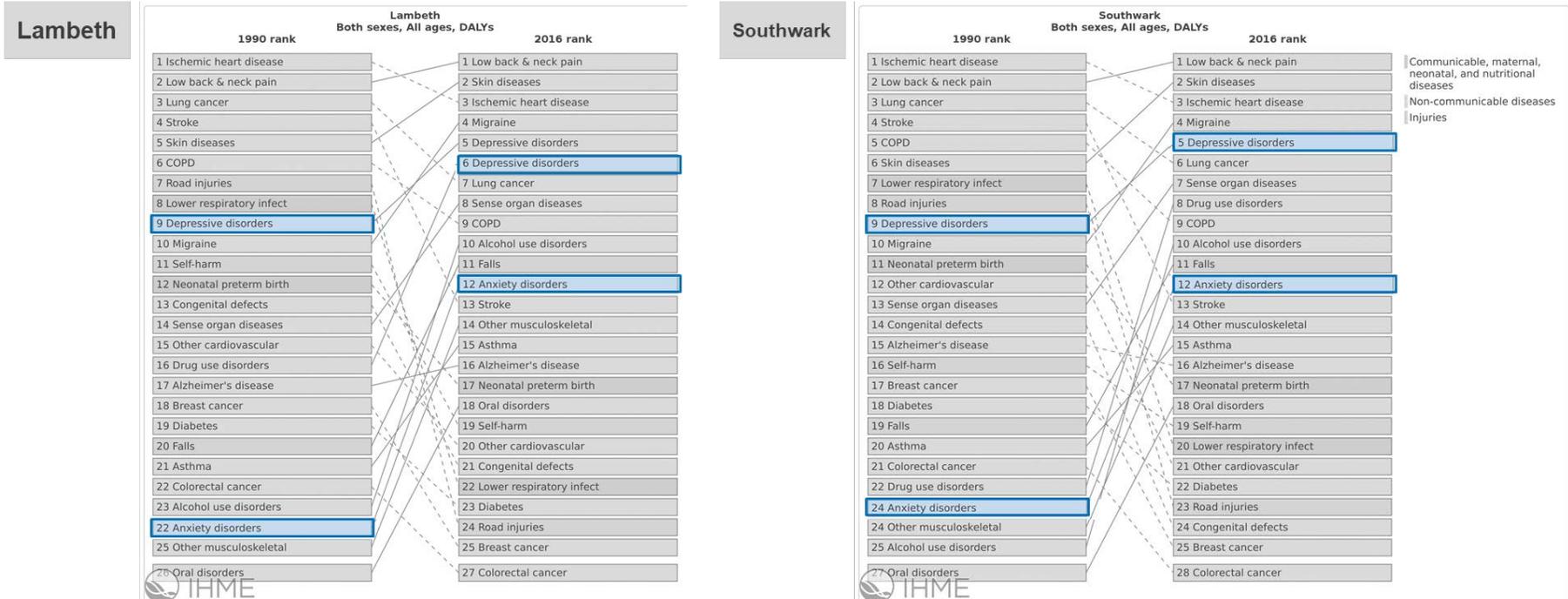
NHS Long Term plan also focuses on groups experiencing persistent inequalities



On average, adults with a **learning disability die 16 years earlier** than the general population – 13 years for men, 20 years for women.

People with **severe mental health illnesses tend to die 15-20 years earlier** than those without.

Depression and anxiety both increasing. Depression is the most common long term condition in young people in Lambeth and Southwark.



NHS Long Term Plan recognises need to take action as part of wider system and societal response

NHS Long Term Plan: “While we cannot treat our way out of inequalities, the NHS can ensure that **action to drive down health inequalities** is central to everything we do.”

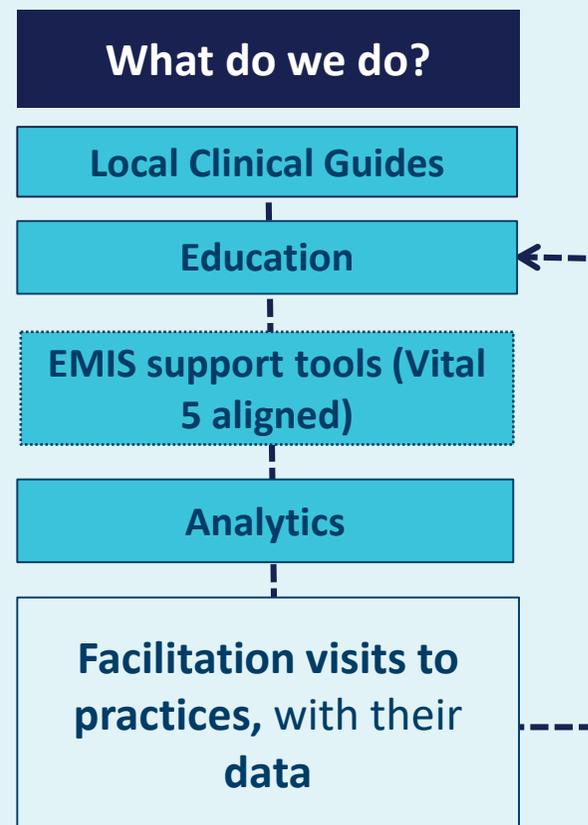
Role of NHS: more than 1 million contacts/day, making every contact count...to use these contacts as positive opportunities to help people improve their health



Part of our local response is CES

- A collaboration between Southwark GP Federation and Southwark CCG
- Promote a systematic approach to improving quality of care for certain conditions
- Aim: reduce variation + improve outcomes
- Based on the successful east London Clinical Effectiveness Group
- Health Foundation Award + Local Partners

‘Making the right thing to do the easy thing to do’



CES Guides: available online at www.clinicaleffectivenesssouthwark.co.uk

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QUAY HEALTH SOLUTIONS | ihl | NHS Southwark | The Health Foundation

Type 2 Diabetes Mellitus in Adults

A guide for Southwark General Practice

Key Messages

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Chronic Obstructive Pulmonary Disease (COPD)

A guide for Southwark General Practice

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Atrial Fibrillation

A guide for Southwark General Practice

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Asthma

A guide for Southwark General Practice

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Hypertension

A guide for Southwark General Practice

Key messages

1. Check blood pressure more (and do a pulse check)
2. Life-style changes can prevent/reduce need for medication
3. Check for complications and assess cardiovascular risk
4. Aim for NICE BP targets

Always work within your knowledge and competency

May 2018 (review May 2020, or earlier if indicated)

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Heart Failure

A guide for Southwark General Practice

Key Messages

1. If you see
 - DO NOT
 - Check
2. Treat di
 - Risk
 - Pres

Always work within your knowledge and competency

October 2018

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Breathlessness

A guide for Southwark General Practice

Key Messages

1. Breathlessness can be complex and multifactorial; code the symptom, quantify the burden and work through diagnostic algorithms
2. Identify and treat tobacco dependence early (provide enhanced CO, deliver very brief advice and offer onward referral and quit smoking treatment)
3. Quality Assured Spirometry from Community Lung Function Clinics is an essential component of diagnosis

Always work within your knowledge and competency

October 2018 (review October 2020, or earlier if indicated)

**What more do we need to
do together?**

Making the right thing to do
the easy thing to do.

Thank you!

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