

Active Rushcliffe Health Partnership Strategy 2018 / 2021



Foreword

Welcome to the Active Rushcliffe Health Partnership (ARHP) Action Plan 2018 – 2021, the Boroughs approach to improving the health and wellbeing of the residents of Rushcliffe.

The health of the Rushcliffe population is generally better than the England average and the Borough is one of the 20% least deprived districts in the country however, we believe it is not sufficient to compare to the health and wellbeing outcomes with that of the national average and aspire to the levels seen in other countries, such as the obesity rates in Sweden, France and Switzerland.

The ARHP Action Plan 2018/19 outlines the partnership priorities and the way forward. We need to take action in order to improve health and wellbeing and tackle health inequalities experienced by residents of Rushcliffe. The Action Plan has been informed by evidence of need and various consultations with numerous partners, stakeholders and the public, acting as the local operational delivery arm of the Nottinghamshire Health & Wellbeing Board.

The Partnership monitors and reviews the Action Plan at their quarterly meetings. These meetings are attended by numerous key partners in health, sport and other related organisations. Collectively and through the delivery of our priorities we are working to make Rushcliffe a healthier Borough by taking action to improve the determinants of health and provide our residents with equitable opportunities that enables 'the healthy choice'.



Cllr Debbie Mason

Deputy Leader at Rushcliffe Borough
Council & Portfolio Holder for
Safety and Wellbeing



Dr Jeremy Griffiths

GP lead for Health & Wellbeing at NHS
Rushcliffe CCG & Vice Chair of
Nottinghamshire Health & Wellbeing Board



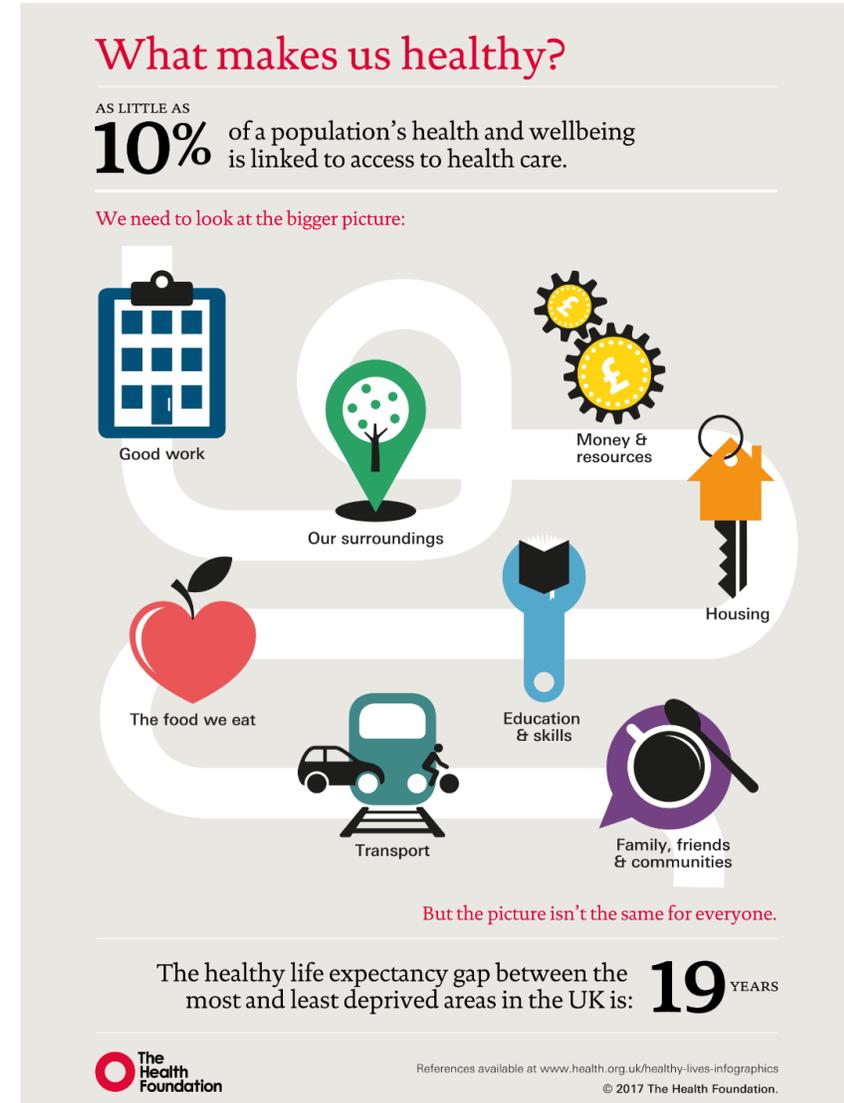
Dan Flecknoe

Specialty Registrar in Public Health at
Nottinghamshire County Council

Determinants of Health

It is estimated that healthcare only accounts for 10% of a population's health, the rest being predominantly shaped by socio-economic factors. No individual organisation has control over all of these determinants and improving the health and wellbeing of the people of Rushcliffe requires a whole system approach.

Active Rushcliffe Health Partnership is Rushcliffe's solution to driving this approach.



Population
115,200

(ONS MYE 2016)

14.2%

of the population have a common
mental health disorder
(PHE Common Mental Health Disorders Profile 2017)

One of the **20%**

least deprived districts in England
(Rushcliffe Health Profile 2018)

Difference in life expectancy between the most and least deprived is

4.5 years ♂ & 5 years ♀

(Rushcliffe Health Profile 2018)

Overweight or obese children

22.5%

(Rushcliffe Health Profile 2017)

Overweight or obese adults

63.3%

(Rushcliffe Health Profile 2017)

9%

of children never take part in physical
activity (Nottinghamshire JSNA 2013)

68.8 %

of adults classed as physically active
(Published Active Lives Survey 2018)

15.6%

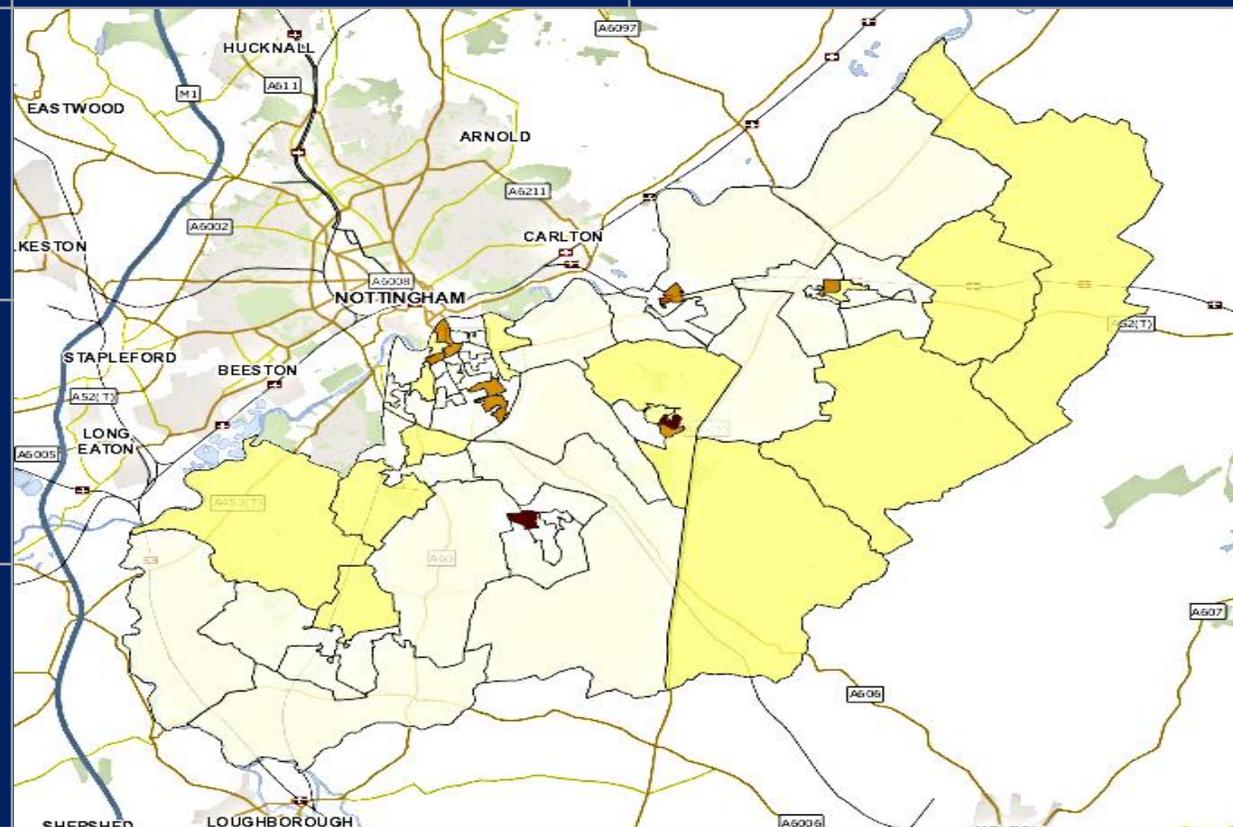
greater proportion of over 65 year olds in Rushcliffe compared to England
average (ONS 2016)

9.7 %

of the population smoke
(Rushcliffe Health Profile 2018)

24.1%

of the population are high risk
drinkers (Nottingham JSNA 2008-09)



Our Priorities

The partnership has identified 6 priorities in which we consider will have the greatest impact on health and wellbeing:

Increase year on year participation in physical activity and sport with a focus on the inactive

Contribute to a reduction in the prevalence of obesity with a focus on the food environment

Contribute to a reduction in the number of people who smoke and who are exposed to smoke

Contribute to a reduction in substance misuse (alcohol & drugs)

Contribute to the improvement of mental wellbeing including dementia

Drive improvements in the wider determinants of health, tackling inequalities and enabling healthier environments.

(Crosscutting)

Our Ambitions

Physical Activity

- Increase the number of physically active adults from 68.8 % to above 70%
- Increase the number of physically active children

Obesity

- Reduce the number of adults overweight or obese from 63.3% to below 60%
- Reduce the number of obese children from 11% to below 10%

Smoking

- Reduce the number of smokers from 9.7% to below 9%

Substance Misuse

- Reduce the number of residents misusing alcohol and drugs

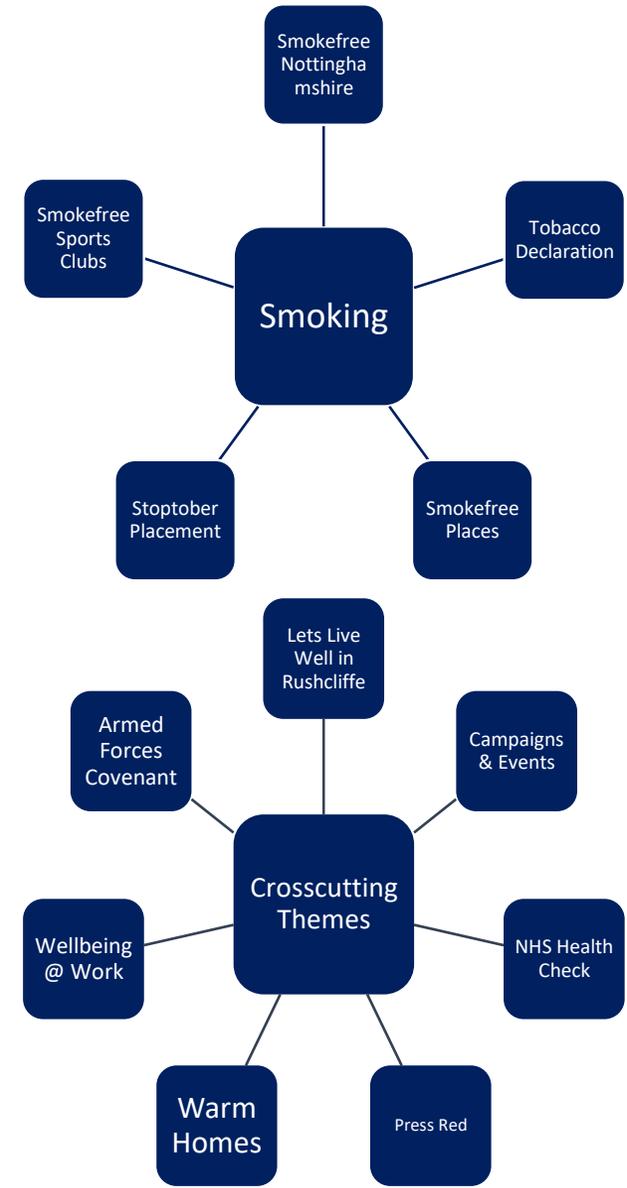
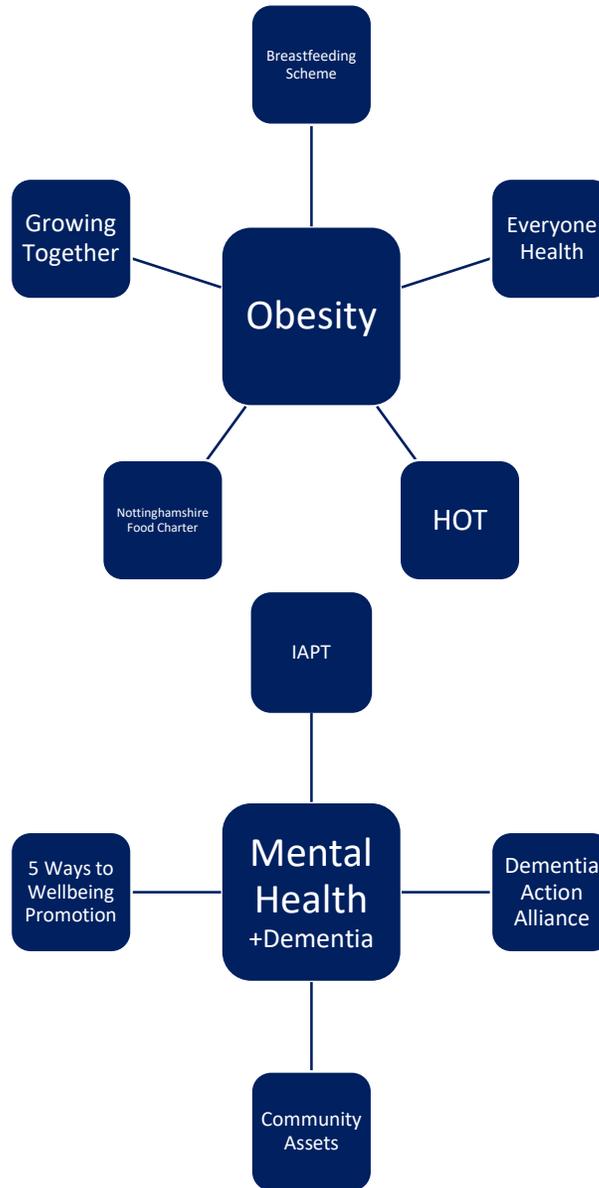
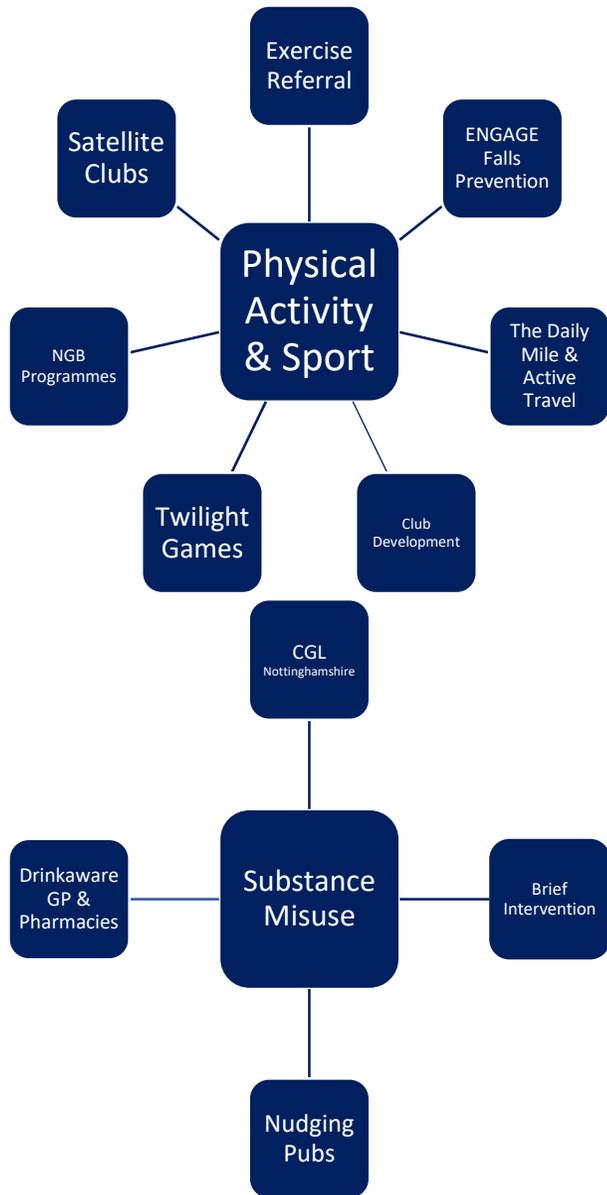
Mental Health +Dementia

- Increase the number of community assets that enable mental wellbeing
- Become a Dementia Friendly Borough

Crosscutting Themes

- Positively influence the difference in life expectancy and indices of multiple deprivation within Rushcliffe

Our Actions



Terms of Reference

Purpose

This Partnership provides a forum to implement a coordinated local response to the Countywide Nottinghamshire Health and Well Being Strategy at an operational level. This Partnership seeks to provide the response on behalf of residents living within Rushcliffe Borough and also for the people registered with a General Practice of the Rushcliffe Clinical Commissioning Group.

The ultimate goal of the partnership is to improve health and reduce inequalities.

Key objectives

- To identify health priorities and establish an action plan for the group.
- To ensure that the Partnership operates within a performance framework linked to relevant local/county targets. This will include the outcomes, objectives and targets stated within the action plan
- To ensure that the delivery plan is SMART, with targets, performance indicators, and actions with timescales, milestones and named responsible leads clearly set out.
- To ensure that project work identified is focused on adding value to mainstream delivery, and where necessary, influencing agencies 'to do it differently', rather than simply developing projects.
- To ensure that project work is evidence-led and outcome focused

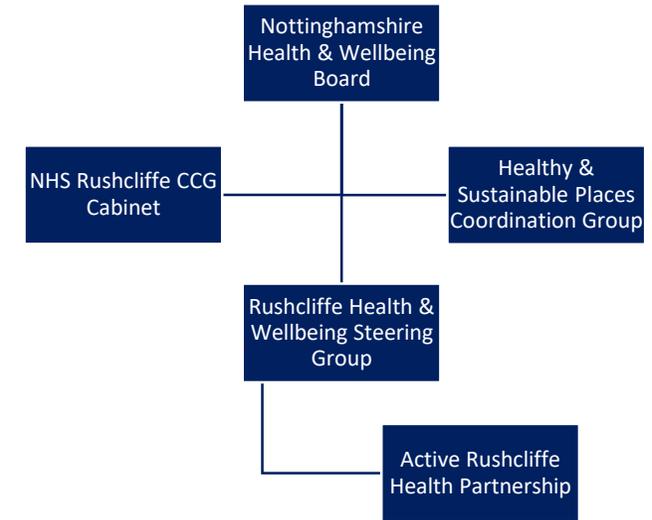
Partnership

The Rushcliffe Health Partnership will include representatives from the following agencies:

- Rushcliffe Borough Council
- NHS Rushcliffe Clinical Commissioning Group
- Nottinghamshire County Council
- Leisure providers
- Rushcliffe Community and Voluntary Service
- County Health Partnerships
- Children Centres (Sure Start)
- Active Notts
- Rushcliffe School Sports Partnership
- Sports Clubs

Governance

The active health partnership will be the delivery arm of the Health & Wellbeing Board in Rushcliffe, accountable to the Rushcliffe Health & Wellbeing Steering Group. Issues that require escalating will be taken to Rushcliffe CCG Cabinet once agreed by the Health and Wellbeing Steering Group.



Meetings and Administration

| | |
|----------------------------------|--|
| Chairperson and Vice Chairperson | To be appointed by RHP on a two yearly basis. Vice Chair will be co-opted if necessary |
| Secretariat | Will be provided by Rushcliffe Borough Council |
| Minutes Clerk | Will be provided by Rushcliffe Borough Council |
| Meetings | Will be quarterly. The meeting cycle will be set annually. Meetings will be set for an agreed time frame which recognises the time demands on all partners. They will be conducted in a focussed and business-like manner. |
| Agenda and Papers | Papers and items need to be placed on the agenda in advance of meetings. Papers will be circulated at least 5 working days prior to meetings, to allow sufficient time for partners to prepare. |

Key Documents

- [Nottinghamshire Joint Health & Wellbeing Strategy](#)
- [Rushcliffe CCG Annual Report](#)
- [Rushcliffe Health Profile](#)
- [Nottinghamshire Insight](#)
- [Sport England: Towards an Active Nation](#)
- [Sporting Future: A New Strategy for an Active Nation](#)
- [NHS Live Well](#)
- [Active Notts: Getting Active Together](#)