

# Foreword



Before referring to this year's annual report, I want to report on some of the issues from last year's report.

On health inequalities, two flagship services, the Lanarkshire Stop Smoking Service and Keep Well, have continued to focus on those living in our most deprived communities and, in the case of Keep Well, to groups such as ex-offenders as well. The South Lanarkshire Index of Multiple Environmental Deprivation (SLIMED) has been completed and is being used to update South Lanarkshire Council's State of the Environment Report.

In relation to health protection, in March 2011 a UK Pandemic Flu Plan was published for consultation and the final plan will be used in revising the Lanarkshire Pandemic Flu Plan. All new developments to the pregnancy and newborn screening programme were implemented on schedule.

In health improvement, the completion of guidance to midwives and public health nurses in diet and nutrition, management of obesity in pregnancy, vitamin supplementation and Healthy Start vitamins has been important. NHS Lanarkshire has delivered over 14,000 alcohol brief interventions in the past three years to people drinking at levels harmful to their health, and a programme of screening for alcohol problems will be embedded within routine nursing practice in the community. The smoking cessation HEAT target for 2008–11 was exceeded, and, as part of the Smoking Prevention Programme, *Smoke in Your Eyes* was launched. This is an on-line teaching resource exploring tobacco issues aimed at 3–18-year-olds and developed jointly with North and South Lanarkshire Councils.

Oral health promotion in the workplace has been strengthened with two new resources available for employers and a Statement of Intent for Healthy Eating proposed by the Healthy Working Lives team which includes important oral health advice.

Health services have seen a protocol developed for managing young people under the age of 16 who are admitted to wards outside the children's unit. People with alcohol and/or drug problems can get support on their road to recovery and should have to wait no more than three weeks for treatment. NHS Lanarkshire is investing £750,000 in an early intervention recovery-focused service for individuals and their families who are drinking or using drugs in a harmful way. Finally, chronic obstructive pulmonary disease (COPD) services are being developed including outreach spirometry, self-management and pulmonary rehabilitation, respiratory home support service and telecare.

Turning to this year's report, the chapter on the health of people in Lanarkshire shows the continued increase in population and the ageing of the population. While there are fewer births than in 2009, the birth rate remains three per cent above the Scottish rate. Life expectancy continues to increase in Lanarkshire but is still, on average, one year less than the rest of Scotland. More than half of all deaths (52%) in 2010 were due to the so-called 'big killer' diseases of cancer, coronary heart disease and stroke. Encouragingly, over the past 10 years, this proportion has decreased by almost 10% (from 61% in 2001),

mostly as the result of a decrease in deaths from coronary heart disease. This chapter also highlights the projected increase in cancer due to our ageing population but also to the improved treatment of, and survival from, cancer.

The health protection chapter describes the incidents dealt with by the Health Protection Team, the implementation of the Lanarkshire Joint Health Protection Plan, and the value of improving flu vaccination rates of staff is underlined. The extensive work of the Blood-borne Viruses Networks to diagnose and treat patients with HIV, hepatitis B and hepatitis C is explained. In screening, the pregnancy, newborn and pre-school screening programmes continue to have good uptake rates, whilst the prevention of blindness due to diabetic retinopathy by the Diabetic Retinopathy Screening Programme is described.

The chapter on health improvement has the thread of early years and children running through it. It has contributions on: vitamin D supplements for pregnant women; why improving health outcomes for looked after children and young people is important; how Lanarkshire child healthy weight interventions are addressing childhood overweight; the management of obesity in pregnancy, describing the serious risks for mothers and babies and how Lanarkshire is mitigating these risks; the implementation of the Gender-based Violence Action Plan to tackle violence against women and children; and the success of The Den in supporting young people's health and wellbeing in Cambuslang and Rutherglen.

The oral health chapter emphasises the issues of oral health of older people in care homes and improving the oral health of prisoners.

Finally, the chapter on health services describes areas where public health has provided input including:

- An analysis of lengths of hospital stay across acute hospitals in Lanarkshire.
- The reshaping of rehabilitation after traumatic brain injury to a community-based model which increases service capacity and addresses unmet need.
- The implementation of the Scottish dementia strategy.
- The health needs assessment of Gypsies/Travellers which identifies the health needs and priorities for this marginalised population.

As ever, I trust you will find the report of interest and I welcome any comments or requests for further information.



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September 2011

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