

NHS Board Meeting 28th March 2007

**EVIDENCE BASE FOR LIFESTYLE INTERVENTIONS FOR HEALTH
IMPROVEMENT 2006**

CONSULTATION REPORT

1. At its meeting on 27th September 2006, the NHS Board endorsed the Evidence Base for Lifestyle Interventions for Health Improvement 2006, and the proposals for an eight week period of focussed consultation, involving: NHS Lanarkshire staff and independent contractors; North and South Lanarkshire Councils; Public Partnership Forums; Members of the Scottish Parliament.
2. At the time of the Board meeting in September, it was proposed that the consultation would run during October and November 2006, with a report on the consultation outcome being brought to the NHS Board at its meeting in December 2006 along with an Implementation Plan, with timelines, for taking forward the agreed actions early in 2007. Due to various factors, the consultation did not commence until January 2007, and ran for a two month period to 28th February 2007.
3. The evidence based document and an accompanying questionnaire were issued to a range of consultees, as follows:
 - Area Clinical Forum
 - Area Medical Advisory Committee
 - GP Sub Committee
 - Area Dental Advisory Committee
 - GP (Dental) Sub Committee
 - Area Pharmaceutical Advisory Committee
 - Area Allied Health Professions Advisory Committee
 - Area, Nursing and Midwifery Advisory Committee
 - Area Optometric Advisory Committee
 - Constituency and List Members of the Scottish Parliament
 - Members of the Westminster Parliament
 - Community Councils in North Lanarkshire
 - Community Councils in South Lanarkshire

- Chief Executives and Directors of Planning, Education, Housing and Social Work, in North and South Lanarkshire Councils.
 - Community Health Partnership Locality General Managers
 - Alcohol and Drug Action Team
 - Scottish Health Council
4. The Evidence Base and the accompanying questionnaire were also sent to the Chief Executive of the NHS in Scotland, the Chief Medical Officer, the Director of Health Improvement at SEHD, amongst other senior officials within the Scottish Executive Health Department, for their information.
 5. A copy of the Questionnaire, which was not available at the time of the NHS Board meeting in September 2006, is attached for members' information.
 6. Although they did not return completed questionnaires, the Area Clinical Forum and the Board's Professional Advisory Committees, listed above, considered the Evidence Base and confirmed their strong support for the direction it set out.
 7. In total, nine completed questionnaires were returned by the close of consultation, as follows:
 - Harry Stevenson, Executive Director, South Lanarkshire Council Social Work Resources
 - Anne McGuire, Divisional Commander, North Lanarkshire Police Division
 - David Smith, Area Manager, Strathclyde Fire and Rescue, North Lanarkshire area.
 - Henry P. Doig, East Mains Community Council
 - Biggar Community Council
 - Chris Mackintosh, East Kilbride Locality Chair and Diabetes Managed Clinical Network Lead Clinician
 - Three unnamed responses
 8. All respondents who returned a completed questionnaire rated the whole document and the individual chapters highly. In doing so, they confirmed their strong support for the Evidence Base document and its direction. The Executive Director of Social Work Resources with South Lanarkshire Council welcomed the Evidence Base as a valuable addition to the information available to inform planning for health improvement activity, and confirmed that it would be used alongside local data held by the Central Policy Unit in developing the new Joint Health Improvement Plan, and for other work with an impact on lifestyles. The Divisional Commander of the North Lanarkshire Police Division stressed that the Police, although not possibly in a position to intervene in all areas of health improvement could, through enforcement, education and referral, have a positive impact on those areas of mental health, alcohol and drugs. Notably, the Police are key partners on the Alcohol and Drug Action Team. Strathclyde Fire and Rescue confirmed their keenness to assist in developing the Communications Strategy and making the link

between smoking and house fires and the link between alcohol and house fires. Most of the respondents who returned the questionnaire, identified smoking, alcohol and healthy eating as priority lifestyle intervention areas. Other lifestyle intervention areas identified by respondents, as priorities, included: education, leading to seeking improved lifestyles; real employment prospects; poverty reduction, leading to general improvement; obesity in children; exercise; and mental health. Some respondents placed particular emphasis on the relationship between health, poverty, unemployment and the lack of any real hope of meaningful employment for young people. Issues around diet and exercise, and smoking, were highlighted as particularly relevant in relation to the increasing incidence of diabetes in the population. Although none of the respondents highlighted material gaps in the areas covered within the chapters in the document, emphasis was placed on the need for strong links between health and community planning, and on schools as a setting in which there are substantial opportunities to educate children on health and lifestyle issues, particularly in the areas of smoking, alcohol, drugs and healthy eating.

9. Next Steps

The focus on implementation of the Evidence Base will be at a locality level within the North and South Lanarkshire Community Health Partnerships. This will be reflected in the element of the Corporate Objectives for 2007/08, dealing with: *To Improve Life Expectancy and Healthy Life Expectancy for the people of Lanarkshire through Health Improvement/Health Protection*. The Corporate objectives will be brought to the NHS Board, for approval, in April 2007.

10. Board members are asked to note the consultation responses and the mechanism for implementation of the Evidence Base.