



Meeting of East Renfrewshire Health and Social Care Partnership	Integration Joint Board
Held on	25 September 2024
Agenda Item	15
Title	East Renfrewshire Health and Wellbeing Survey and NHS GGC Director of Public Health Working Together to Stem the Tide Report
<p>Summary</p> <p>This report provides the Integration Joint Board with an overview of the East Renfrewshire Health and Wellbeing Survey and the Director of Public Health Working Together to Stem the Tide report.</p> <p>The findings from the Health and Wellbeing Survey have informed the calls to action in the Director of Public Health Working Together to Stem the Tide report. Both reports provide an opportunity to galvanise and mobilise partners around a shared understanding of the public health priorities for our communities.</p>	
Presented by	Gillian Phillips, Health Improvement Lead, East Renfrewshire HSCP Beatrix Von Wissman, NHS GGC
<p>Action Required</p> <p>The Integration Joint Board is asked to note the report.</p>	
<p>Directions</p> <p><input checked="" type="checkbox"/> No Directions Required</p> <p><input type="checkbox"/> Directions to East Renfrewshire Council (ERC)</p> <p><input type="checkbox"/> Directions to NHS Greater Glasgow and Clyde (NHSGGC)</p> <p><input type="checkbox"/> Directions to both ERC and NHSGGC</p>	<p>Implications</p> <p><input type="checkbox"/> Finance</p> <p><input type="checkbox"/> Policy</p> <p><input checked="" type="checkbox"/> Workforce</p> <p><input type="checkbox"/> Equalities</p> <p><input type="checkbox"/> Risk</p> <p><input type="checkbox"/> Legal</p> <p><input type="checkbox"/> Infrastructure</p> <p><input type="checkbox"/> Fairer Scotland Duty</p>

EAST RENFREWSHIRE INTEGRATION JOINT BOARD

25 September 2024

Report by Chief Officer

EAST RENFREWSHIRE HEALTH AND WELLBEING SURVEY AND NHS GGC DIRECTOR OF PUBLIC HEALTH WORKING TOGETHER TO STEM THE TIDE REPORT

PURPOSE OF REPORT

1. The purpose of this report is to provide the Integration Joint Board with an overview of the findings from the East Renfrewshire Health and Wellbeing Survey and the Director of Public Health Working Together to Stem the Tide report

RECOMMENDATION

2. The Integration Joint Board is asked to note the report.

BACKGROUND

3. The NHS GGC Director of Public Health (DPH) Working Together to Stem the Tide report sets out the public health challenges, recognising the impact of the Covid-19 pandemic and general reduction in standards of living as a result of increased cost of living. This is an opportunity to use the analysis and calls to action within the Director of Public Health report within planning structures to capitalise on available opportunities to improve health.
4. Data within the NHS Greater Glasgow and Clyde's 2022/23 Adult Health and Wellbeing (HWB) Survey Report for East Renfrewshire can be reviewed to get insight on local impact.
5. Funding for the East Renfrewshire 2022/23 Health and Wellbeing Survey was provided via Public Health Directorate, NHS GGC.
6. The aim of the survey is to:
 - to provide intelligence to inform Board wide planning e.g. Public Health priorities, Health and Social Care Partnerships and local Community Planning Partnerships;
 - to explore the different experience of health and wellbeing in our most deprived communities compared to other areas;
 - to provide intelligence on the impact of the COVID pandemic on health behaviours; health and illness; social health; social capital; financial wellbeing;
 - to provide information that would be useful for monitoring health improvement intervention
7. The survey provides information on health trends and analysis by different population groups to inform planning within East Renfrewshire and NHS Greater Glasgow and Clyde and highlights areas where we need to work with partners and local communities to improve health.

8. As the interviews were conducted in 2022/23, it is the first Health and Wellbeing survey conducted post-Covid and provides intelligence on the impact of the pandemic for our community. We know that, alongside the pandemic, austerity has also had a more disproportionate negative impact on some of our residents. 1058 East Renfrewshire residents participated in the survey and shared their experiences.
9. The report provides an opportunity to galvanise and mobilise partners around a shared understanding of the public health priorities for our communities.
10. The Health and Wellbeing Survey is the fourth survey in East Renfrewshire since the inception in 1999 and the biggest single source of data about current health behaviours and perceptions of health and wellbeing across our population enabling us to consider public health issues at a locality and thematic level.
 - The survey provides valuable information on the self-perceived health and wellbeing of our residents, their health behaviours, social health, social capital and financial wellbeing
 - Flexible tool for monitoring the HWB of the population
 - Fourth report produced for East Renfrewshire since the survey expanded across the wider Health Board area in 2008.
 - Cross sectional - a 'snapshot in time'
 - Same Methodology - Random Stratified sample
 - Representative of the HSCP population and sub-areas to allow the exploration area, age, sex and deprivation
 - Large sample which has grown significantly over time
 - Includes core set of questions with new questions introduced to reflect local priorities and changing national targets

REPORT

11. A summary of the themes from the survey are:

Health & Illness

- Three in ten adults in East Renfrewshire had a long-term limiting condition or illness
- Just under half of all adults were receiving treatment for at least one condition
- 20% of adults had a WEMWBS score indicating depression, rising to more than 1 in 3 (35%) of those in the most deprived areas
- Four in three (76%) of adults said they felt their mouth and teeth were in good health
- Overall 50% of respondents said at least one of the health and wellbeing indicators had deteriorated due to the COVID pandemic
 - 35% Quality of Life
 - 32% Mental / Emotional Wellbeing
 - 26% Physical Wellbeing
- Those in the most deprived areas had poorer self-perceived health and wellbeing indicators
- East Renfrewshire fared poorer than East Dunbartonshire for health and wellbeing indicators including views of general health, mental/emotional wellbeing, feeling in control of decisions and quality of life

Health Behaviours

- One in twelve (8%) of adults were smokers. Those in the most deprived area were much more likely to smoke.
- 14% were exposed to second hand smoke. Exposure to second hand smoke was highest among adults aged under 35.
- The use of e-cigarette was most common among young adults and those in the most deprived areas.
- Men were twice as likely as women to have an AUDIT score which indicated alcohol-related risk.
- More than two in five (44%) met the target of consuming five or more portions of fruit and vegetables per day.
- 76% met the target of 150 minutes of physical activity per day.
- Those in the most deprived areas had poorer indicators for smoking, exposure to smoke, use of e-cigarettes, binge drinking, consuming fruit/vegetables and meeting the target for physical activity.
- Compared to NHSGGC, those in East Renfrewshire were:
 - more likely to drink alcohol
 - (among those who drank) more likely to binge

Social Health

- One in seven adults felt isolated from family and friends.
- Just under one in five adults felt lonely at least some of the time in the previous two weeks
- Men were more likely than women to feel safe using local public transport or walking alone in their area.
- Those in the most deprived areas were less likely to feel safe using local public transport or walking alone in their area.
- One in four adults had caring responsibilities.
- Compared to NHSGGC, those in East Renfrewshire were:
 - less likely to feel isolated from family/friends
 - less likely to feel lonely
 - more likely to feel they belonged to their local area
 - more likely to feel that local people can influence local decisions
 - less likely to be the victim of crime
 - more likely to feel safe using local public transport or walking alone in their area
 - less likely to experience discrimination.

Financial Wellbeing

- One in twenty received all household income from benefits.
- Three in ten (29%) said they had difficulty meeting the cost of food and/or energy (at least occasionally), rising to 53% of those in the most deprived areas.
- Overall, 10% of respondents said it would be a problem to find £35, 30% said it would be a problem to find £165 and 65% said it would be a problem to find £1,600.
- Just over a third (36%) reported indicators of difficulties affording energy, rising to 56% of those in the most deprived areas.

- Overall 2% reported experience of **either** going hungry or not eating for a whole day, indicative of the most severe forms of food insecurity.
- One in ten spent money on gambling (excluding lottery).
- Those in the most deprived areas had poorer indicators of financial wellbeing.

Social Capital

- Overall, 82% had a positive view of reciprocity and 88% were positive about trust.
 - Three in ten people volunteered (formally or informally).
 - Overall, 12% of people had engaged in social activism.
 - Three in ten belonged to any social clubs, associations, church group or similar.
 - Over a range of indicators of social capital, those in the most deprived areas had less positive findings.
 - Compared to NHSGGC, those in East Renfrewshire were:
 - more likely to have positive views of reciprocity and trust
 - more likely to value local friendships
 - more likely to have a positive view of social support
 - more likely to volunteer formally
 - more likely to belong to clubs/associations/groups
12. Comparisons are also made with the findings for the NHSGGC area as a whole (N=10,030) and East Dunbartonshire (N=1,088). East Dunbartonshire was selected as the comparable HSCP area with similar demographics to East Renfrewshire (N=1,058).
13. Within East Renfrewshire, those from more deprived areas have worse outcomes. These indicators can be a useful guide for areas for improvement.

Indicators where East Renfrewshire compared less favorably to East Dunbartonshire

- less likely to have a positive view of their general health
- less likely to have a positive view of their mental/emotional wellbeing
- less likely to definitely feel in control of the decisions affecting their life
- less likely to have a positive view of their quality of life
- (among those who drank alcohol) more likely to binge drink
- less likely to participate in strength/balance activities
- less likely to engage in social activism
- more likely to have difficulty meeting the cost of food or energy
- more likely to say it would be a problem to find unexpected sums of £35, £165 or £1,600
- more likely to report experiences indicating difficulty affording energy

Indicators where East Renfrewshire compared less favorably to NHS GGC

- more likely to report negative effects of COVID on wellbeing
- more likely to drink alcohol
- (among those who drank) more likely to binge
- less likely to participate in strength/balance activities

14. The findings from the Health and Wellbeing S have been used to shape the updated East Renfrewshire Alcohol and Drugs strategy. In response to these findings training opportunities with local partners have been developed e.g.
- The Alcohol and Drugs Partnership funded Community Reinforcement and Family Training (CRAFT) with places offered across East Renfrewshire to any organisations with staff and volunteers supporting family members (of all ages) affected by a loved ones alcohol and drug use .
 - Alcohol Focus Scotland have delivered a Children Harmed By Alcohol Training session for East Renfrewshire staff.
 - Bet You Can Help' Now sessions offered across East Renfrewshire. Sessions are designed to increase knowledge, and understanding of gambling harms and the appropriate levels of support available.

CONSULTATION AND PARTNERSHIP WORKING

15. The Health and Wellbeing Survey (HWBS) is a partnership with Public Health Directorate, NHS GGC and East Renfrewshire HSCP.
16. HSCP staff helped design the survey via a HWBS Oversight Group and the HWBS report reviewed and amended by HSCP staff before going to publish. Fieldwork and data entry were performed by BMG on behalf of NHS GGC and analysis and reporting performed by Traci Leven Research.
17. Community Planning Partners have sourced the report data for development of East Renfrewshire: A Place to Grow Strategic Vision. A local working group has been established to work with wider East Renfrewshire partners to develop a communication and dissemination plan. To support community engagement and help mobilise community action, we will develop digital information/reels that help to:
- **Inform:** Share and create understanding of post-pandemic health challenge and specific needs
 - **Involve:** Create wide dialogue to address the challenge, including individual's role in self-care and accessing healthcare in the virtual world
 - **Innovate:** Building on examples of best practice, jointly create solutions that answer the reality of the post pandemic era

IMPLICATIONS OF THE PROPOSALS

Workforce

18. Understanding local demographics and public health is everyone's business. Both internal and external can be involved in empowering patients to improve self-care. The two Health Improvement leads are championing this data and the opportunities to deliver the Public Health Director calls to action. These opportunities to develop staff awareness and knowledge are being driven via Children & Families Sub Groups, Costs of Living group and wider community partners.
19. There are no legal, finance, risk, equalities, policy or infrastructure.

DIRECTIONS

20. There are no directions arising from this report.

CONCLUSIONS

21. The areas highlighted as areas East Renfrewshire performed less favourably provides evidence and opportunity to respond to the Director of Public Health calls to action including:

- Ensuring the best start to life
- Boosting mental health & wellbeing
- Concerted action to reduce alcohol harm
- Enabling healthy weight
- Building on a trauma informed response
- Broadening access to digital health
- Strengthening communities and places

RECOMMENDATIONS

22. The Integration Joint Board is asked to note the report.

REPORT AUTHOR AND PERSON TO CONTACT

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Chief Officer, IJB: Julie Murray

13 September 2024

BACKGROUND PAPERS

<https://www.nhsggc.scot/your-health/public-health/director-of-public-health-report-2024/>

NHS Greater Glasgow and Clyde 2022/23 adult health and wellbeing survey: East Renfrewshire report

<https://www.stor.scot.nhs.uk/handle/11289/580387>

Turning the tide through prevention: Public Health Strategy 2018-28

<https://www.stor.scot.nhs.uk/handle/11289/579831>

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