

Report of the Director of Public Health to the meeting of Bradford South Area Committee to be held on 7th December 2023

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Subject:

**Public Health Further Update - Activity to support good Mental Health
and Healthy Weight in the Bradford South Area**

Summary statement:

This update to the January 2023 Public Health report on health and wellbeing focuses on activity to support good Mental Health and Healthy Weight in the Bradford South area.

EQUALITY & DIVERSITY:

The report addresses issues relating to health inequalities which can be more acute, particularly in those parts of the urban City area that are characterised by low-income and high deprivation, some of which have few green spaces and other amenities. Communities living in these areas can be more exposed to factors that can cause poor health and wellbeing or exacerbate health conditions. This is also a characteristic of some outer areas in the South of the District.

Sarah Muckle,
Director of Public Health
Chief Executive's Office

Report Contact: Angela Hutton
Senior Public Health Specialist
Phone: 07582 109265
E-mail: angela.hutton@bradford.gov.uk

Portfolio:

Healthy People, Healthy Place

Overview & Scrutiny Area:

Health and Social Care

1. SUMMARY

This report brings further information on local activity to support and improve the mental health of people living in the Bradford South area, and to tackle excess weight, enabling people to achieve their healthy weight in order to safeguard their future health and wellbeing.

Both areas of activity will contribute to reducing health inequalities, such as high levels of preventable illness that drive higher than average rates of early deaths (deaths under the age of 75) and lower than average life expectancy. Most areas or neighbourhoods that have high levels of health inequalities and poor health outcomes are also areas of high deprivation.

2. BACKGROUND

2.1 Bradford District has relatively high rates of many health inequalities compared to the rest of the country, with wide variation across the District. Bradford South being one of these areas with .

Data provided to the Committee in January 2023 on indicators of health and wellbeing showed that many outcomes for people living in the Bradford South area are slightly or significantly worse than the average for the District as a whole.

For example, the 2018-20 life expectancy for males living in Bradford South is 76.4 years, which is lower than the district average. However, at 80.3 years, life expectancy for females in Bradford South is higher than average for the District. Early deaths from cancer, cardiovascular disease and respiratory disease are all significantly higher than the average for the District which in turn is higher than the average for England.

The report will update committee members on services and interventions provided in Bradford South to support improvement in mental health and healthy weight. This may be supplemented by further information provided at the meeting.

Many services and interventions delivered by council teams including public health, the NHS, the community and voluntary sector are organised and provided across all areas of the District. Where possible the information provided will report on service delivery and service outcomes for people living in the Bradford South area.

The report focuses on 1-2 areas of practice for both mental health and healthy weight.

The 'Background Documents' section of the report provides links to webpages showing routes for residents to access support for their wellbeing.

3. OTHER CONSIDERATIONS

3.1 Mental Health

In addition to clinical services provided by the NHS, local organisations and local centres host activity to support good mental health and support people who are struggling with their mental health. Local activity also routinely addresses key issues that can impact on people's mental wellbeing – low-income, debt, social isolation, poor diet (which can relate to low-income) and addictions. This demonstrates understanding that a holistic approach to mental health support and early intervention is needed at a local level, in venues that are seen as accessible to local communities.

This report focuses on a snapshot of the community-provided support to mental health in Bradford South, sometimes commissioned through local NHS or Council funding, sometimes provided by the NHS or Council through local community settings.

3.1.1 Services at community locations

Local community centres and other settings in Bradford South provide support to people experiencing poor mental health, activities to support general wellbeing and boost physical activity and also bring in organisations to address a range of other issues such as debt, housing issues and the need for welfare advice that help people to resolve stressful issues. Three examples below:

The Sutton Centre BD4, one of six Wellbeing Hubs in the District that work together to help improve the health and mental well-being of Bradford residents. The Sutton Centre addresses three main aims: to improve health, increase wealth and build community. It hosts the Tong Wellbeing hub which “provides support for residents of all ages, to improve mental health, with welfare advice, fitness sessions, domestic abuse support as well as support for those who suffer from substance misuse.”

Scholemoor Beacon BD7, hosts youth groups, mums and toddlers, a men's group, women-only exercise sessions, wellness sessions, a community café and social market, welfare advice, adventure play, employment support and activities to address and support people's mental health and wellbeing and encourage children and adults to get physically active.

TFD Centre, Holmewood, BD4 – hosts the Valley Project - adventurous play and after-school activity, welfare advice, and is one of the Bradford South Family Hub locations hosting a range of family and child activities, training and child and family practitioner sessions.

These centres help to host the Youth Service work to support young people's mental wellbeing, as a way to provide early help. See 3.1.7 below.

3.1.2 Mental health in adulthood

Anxiety, stress and depression can be a response to a wide range of factors, particularly when someone is experiencing multiple stressful events or factors at the same time, and/or over a prolonged period.

By ward Queensbury and Tong have notably higher rates of depression than other wards in Bradford South. The largest one year increase in estimated rates of depression were seen in Wyke, then Queensbury, then Tong wards. All wards apart from Wibsey and Wyke are above the District average of 13.2% and all wards except Wibsey are above the England average.

Table 1 Estimated percentage rate (prevalence) of depression in people aged 18 plus by Ward in Bradford South

Ward	2020/21	2021/22
Great Horton	13.5	13.3
Queensbury	16.7	17.7
Royds	13.1	13.5
Tong	16.8	17.7
Wibsey	5.6	5.9
Wyke	11.2	13.0

Bradford South	12.3	13.1
Bradford District	12.7	13.2
England	12.3	12.7

Prevalence of depression is an estimate of the percentage of people aged 18 years and over that currently have depression. The rate has been rising year on year across the country, including in Bradford District.

In 2021/22, estimated prevalence of depression in Bradford South Area increased from 12.3% in the previous year to 13.1%, compared to the district average of 13.2% and the England average of 12.7%.

GP practice data on the number of people diagnosed with depression is then used to estimate a percentage rate within each ward, based on the location of the GP practice, and is then used to estimate the rate of depression at the Area level.

Estimated prevalence of depression by ward in Bradford South ranges from 5.9% in Wibsey to 7.7% in Queensbury.

3.1.3 Poverty, Cost of Living Crisis and Mental Health Support

A large proportion of people living in the District have been affected by the ongoing high cost of household essentials – food, heat, clothes, shoes, travel to work, school and essential appointments. All things that are difficult to economise on without compromising health and general wellbeing. 1 in 5 households in the District have a reduced Council Tax bill, a large majority of them because of low household income.

The impact of socio-economic factors on mental health and wellbeing is widely understood and a wide range of services and offers in many settings, are playing a vital role in contributing to mental health support in Bradford South and across the District.

These include the role played by the Libraries Service as year-round free to access settings, hosting activities and providing a place for people to be, playing a role in reducing social

isolation.

The winter Warm Spaces programme funds many public sector buildings, community and faith settings to open over winter through the Council's allocation of the government's Household Support Fund. They provide free local places for people to go, enabling them to be warm, to be welcomed and to meet other people – again reducing social isolation, saving money on domestic heating and in many cases providing information on sources of support.

3.1.4 Access to treatment and information

Clinical, treatment focused services, including those for anxiety and depression as well as for those classed as serious mental health conditions are commissioned and provided by the NHS. A January 2023 update on the strategic approach to the system for support and treatment of adult mental health can be seen in a recent report to the Health and Social Care Overview and Scrutiny Committee).

Information and routes to access adult mental health and wellbeing services are to be found on a new Healthy Minds website, which has recently had a soft launch and will be reviewed again, prior to a full launch in the new year.

The website follows a needs led approach, to provide easy access to anyone in the district, helping people to find the right level of support that they, or people know to them need, when they need it. Many of the services are specialist or urgent response services that operate district wide. For this reason the search function is also based on need and degree of urgency, rather than being postcode or area-specific. A link is to be found in Background Documents.

3.1.5 Other sources of support

A wide range of services operating in local areas, including in Bradford South, are relevant to mental health, even where their main focus is a different issue. Poor mental health can leave people vulnerable to over-use of addictive substances such as alcohol, drugs or tobacco/nicotine, or to addictive activities such as commercial gambling. Or the impact of these substances and activities and the addiction itself may lead to poor mental health.

3.1.5.1 Drugs and Alcohol

A strong focus on mental health will be embedded in the new Drug and Alcohol service which was established on 1st April 2023, and is currently being operationalised across the District.

3.1.5.2 Stop-Smoking support

A face-to-face stop smoking clinic has been established at Tong Medical Practice. This can be accessed by residents registered with any GP practice. A pathway is in place with the Acute Hospital Trusts to transfer patients to the community stop smoking service on discharge.

Other activity - Vaping awareness sessions are being commissioned for secondary schools and youth clubs, with greater focus on the most deprived areas. Approval is pending for 'Smoke and vape free' signs for play areas where the prevalence of smoking is high. Procurement is underway to supply vaping devices as an aid to quit smoking for

adults to start in the new year. A 'You can Quit, We can help!' Living well campaign is promoting the Stop Smoking service.

3.1.6 Children and Young People's Mental Health

Children are not generally given formal mental health diagnoses until around age 13-14, instead the focus is on building resilience through early help, support and intervention, through family services, the youth service, through schools and through referral to Child and Adolescent Mental Health Services.

One early life-early help example is the mental health focus of the District's *Better Births programme* dedicated to improving the mental health of expectant, and new mothers and their babies (peri-natal and infant mental health), to support a mentally healthy start in life. Early years settings continue this focus on good mental health in very young children, and the Family hubs focus on support to their families.

Another early help programme, this time for the later childhood years is that provided by the District Youth Service, who brought a detailed report, with delivery details for Bradford South, to the Committee in October 2023, outlining the role played by their support to schools and secondary school-aged children as part of a in a whole system approach to improving child mental health. A short section of that report is included here:

3.1.7 Youth Work support as part of Youth in Mind

The Youth Service has been commissioned to deliver early interventions to young people across the district. This is a collaborative partnership with Bradford District Care Trust and Youth in Mind (YiM) which offers help to young people for their mental health and well-being and seeks to reduce demand on specialist services.

Over the last year, Bradford South has received over 400 referrals from the Child and Adolescent Mental Health Service (CAMHS), School Nurses & other professionals. These referrals are allocated to Youth Workers who act as Buddies to young people, their role is to befriend them, support them using an early help approach and navigate local support networks.

In addition, Youth Workers work closely with all secondary schools in Bradford South and help identify students who need support for their health and well-being. Youth Workers support these additional caseloads in schools, delivering 1:1 work on a weekly basis developing young people's confidence, self-belief and resilience. Youth Workers also support young people in hospital offering interventions that promote self-care and connect them to local services that offer crisis support.

The report provided the Committee with detailed information (not repeated here) on the locations where young people are supported through small group work in Bradford to feel confident and comfortable to take up local activities.

3.1.8 Born in Bradford 'Age of Wonder' study

During the academic year of 2022-23 this local study has surveyed more than 5000 young people in school years 8-10 on a range of issues including their mental health. Fifteen

secondary schools across Bradford District have taken part, including schools in Bradford South.

Survey data is now being analysed and expects to report on its findings through the Age of Wonder webpages early in the new year (link in Background Information below) to inform the local response to adolescent mental health.

3.2 Healthy Weight

Supporting people to achieve and maintain their healthy weight is one of the factors that will help to reduce risk of developing long-term health conditions such as diabetes, cardiovascular disease and bone and joint conditions.

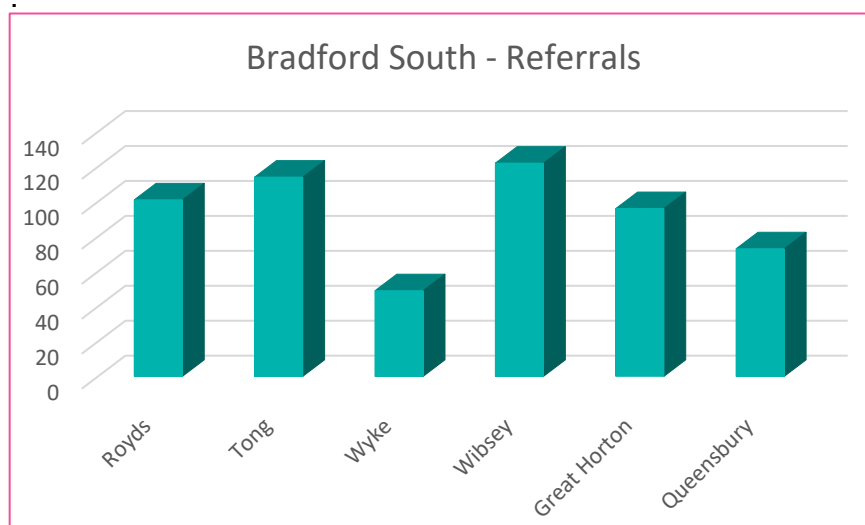
This section focuses on two services that support people to improve their wellbeing, where the starting point is excess weight. Again the link between mental and physical health is addressed.

3.2.1 Adults

3.2.1.1 The Living Well BEEP (Bradford Encouraging Exercise in People) Service

The Bradford Encouraging Exercise in People (BEEP) service is Living Well's multi-agency exercise referral scheme for adults. It offers a safe and practical approach to promoting exercise as a positive method of prevention and treatment of long-term health conditions.

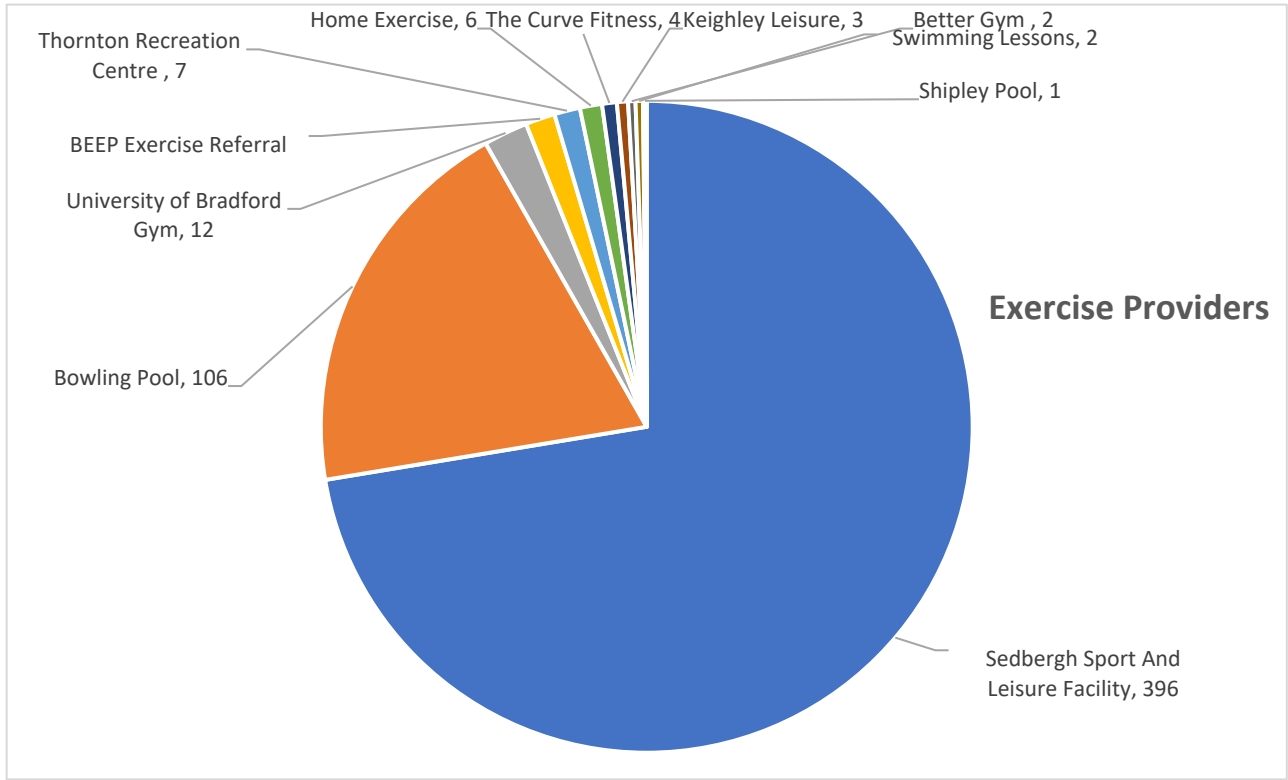
Adults who become active on a regular basis can halve their risk of developing long-term health conditions such as obesity, diabetes, hypertension, some cancers, Coronary Heart Disease and bone conditions (Chief Medical Officer, 2019). In turn this helps to reduce people's risk of early death.



To date in 2023 (Jan - Oct), 555 inactive people from Bradford South have been referred into the BEEP service, 26% of total referrals across the District. This is a 35% increase in referrals in 10 months, compared to the whole of 2022. The majority of people had never exercised and were living with long-term health conditions



The most common reasons for referral into the BEEP service from primary care in 2023 were obesity, hypertension, depression, type 2 diabetes, asthma, back pain and arthritis.



Of the 555 referrals from Bradford South, 396 (71%) opted for a referral to Sedbergh Sport and Leisure facility which offers a heavily discounted membership to BEEP clients. Bowling Pool is the second most popular choice (106), then Bradford University Gym (12) and using Online BEEP videos (8) to exercise.

3.2.1.2 BEEP service outcomes

A Bradford South resident describes the difference the service has made to him:

“At first, I struggled with the exercise but the more I went, the easier it gradually became. I built myself up slowly and in about two months found I was able to pedal 15 miles a day! “I ate sensibly and maintained a calorie deficit and increased my daily step count and I also

made sure I got enough sleep. My mental health has really improved throughout this weight loss journey and by doing all of this, I have managed to lose an amazing 8 stone!"

After 12 weeks service users are invited to a follow-up appointment. So far in 2023:

234 people attended their 12 week follow-up

74% (174) of these people were now classified as active.

133 (76%) of these 174 active individuals were achieving the Chief Medical Officer's recommended 150+ minutes physical activity per week.

The 2022 data showed that of 412 people from Bradford South who used the BEEP service:

256 (62%) returned for their week 12 consultation

155 (61%) of those were classified as being active

108 (70%) of these active individuals were achieving the Chief Medical Officer's recommended 150 + minutes per week.

3.2.1.3 Free access to support to lose weight

A further offer for adult weight management is free access to support from two weight-reduction providers: Weight Watchers and Slimming World.

Both programmes can be accessed digitally by anyone in Bradford District, or there are community groups to attend.

Weight Watchers list 12 groups (in set locations) on their website:

<https://www.weightwatchers.com/uk/find-a-workshop/search?search=Bradford,%20UK>

Slimming World vary their locations in response to demand, and will establish new groups if uptake of the free access vouchers shows demand in a new area of the District.

3.2.2 Healthy Weight in Children and Families

In response to the long-term trend of more children living with excess weight, the District is one of 20 areas in England that has been funded to establish a Children and Family Living Well Service. See Appendix 1 for trend data.

In the first year of the service 25% of referrals or self-referrals (48 referrals) have been from the Bradford South area. Tong ward generated the 2nd highest and Great Horton the 3rd highest number of referrals in the District.

A large majority of schools in the District choose to host the National Child Measurement Programme (NCMP), which is carried out in schools at the end of the Reception Year and Year 6. Parents can choose to opt their child out of the scheme. Access to Children and Family Living Well Service is offered by provision of a telephone number included in the NCMP results letter that is sent to parents where a child is identified as being above a healthy weight, with an offer to work with the family in a way that works for them.

The aim of the service is to build trust with families who opt in to its support offer, to enable

a conversation about improving wellbeing across the household, supporting households to make the sustainable changes they want to see.

An advisor works with all members of the household across an initial six sessions (but can work with families for longer if needed), rather than focusing on a single child or household member. They are trained in having safe and compassionate conversations with families, supporting parents to explore their feelings about the offer of support to their children to grow into their healthy weight, and supporting the family with issues the children may have such as low-self-esteem or bullying. The approach is a holistic one, aiming for health and wellbeing gains for the household– focusing on four issues with good evidence behind them: Sleeping Well, being Mentally Well, Eating Well, Moving Well.

The approach focuses on making changes enjoyable, for example supporting food swaps that work for the family, to enable long-term changes that families feel they can sustain. Advisors are equipped with tablets on visits, to enable them to find affordable local activities that the family would like to try in order to get more active, more creative, and do more things as a family.

Management of the service includes expertise in mental health nursing and dietetics, to ensure that more serious issues around body image and eating disorders, that may require a mental health pathway response, are identified and linked into appropriate support, services and clinical pathways.

This year a new QR code will be included in the NCMP results letter allowing parents to go directly to our Living Well webpage which provides supportive information about the service and ways to self-refer. Referrals have been increasing recently and this is expected to generate a further increase.

3.2.3 A Strategic Approach to Food

The 2021 National Food Strategy recommended that all areas develop a local Food Strategy. The Bradford Good Food Strategy focuses on nutritious and balanced food –:

- that is affordable, accessible and means that we can eat well
- that meets the needs of all cultures and a wide range of needs for how, when and where people need or choose to eat
- that can be sustainably produced, processed and distributed
- that is good for our natural and urban environments, and supports our economic and social wellbeing as well as our health

The four priorities are: A culture of eating well, Tackling Food Insecurities, Community-led Food Growing and a Sustainable Local Food System: The Strategy was adopted by the Living Well steering group and Wellbeing Board in 2023.

Bradford South residents and organisations have been highly engaged with the Strategy, as the second highest rate of consultation responses (17.2% of responses). A roughly 3% response could be expected from each of the 30 wards in the District. Responses were received from residents or organisations in all Bradford South wards, Tong provided the joint third highest percentage of responses (5.5%), with Queensbury 3.8%, Wibsey 2.8%,

Great Horton & Wyke 2.1% Royds 1.0%. A report on the community consultation for the strategy with over 1,200 responses is now available on the Living Well website.

Community-led food growing is another Food Strategy priority, with 3 Bradford South wards receiving small Public Health grants in 2022-23, and on building a sustainable food system and supply chains.

4. FINANCIAL & RESOURCE APPRAISAL

The report is a summary of current practice and interventions, it does not contain financial or resource recommendations or decisions.

5. RISK MANAGEMENT AND GOVERNANCE ISSUES

Governance of matters relating to health and wellbeing is through the Wellbeing Board. The recommendations for the meeting are for the Area Committee to consider in relation to matters at the local area level.

6. LEGAL APPRAISAL

Under the Health and Social Care Act 2012 Regulations (18 6C) the Council, through the Director of Public Health, assumed duties formerly held by various NHS bodies, primarily those of Health Improvement and Health Protection.

7. OTHER IMPLICATIONS

7.1 SUSTAINABILITY IMPLICATIONS

Improvements to health and wellbeing, for example by enabling more people to become physically active for leisure or to walk, wheel or cycle everyday journeys are a component of building a sustainable district, supporting communities and the workforce.

7.2 TACKLING THE CLIMATE EMERGENCY IMPLICATIONS

The report makes no specific recommendations relevant to Greenhouse Gas Emissions.

7.3 COMMUNITY SAFETY IMPLICATIONS

Community safety concerns impact on people's sense of health and wellbeing at an individual, family and community-wide level. This is particularly relevant in relation to crime and the fear of crime; drug and alcohol use and the sale of illicit tobacco. These issues can disrupt feelings of safety and security in communities and can contribute to anxiety and have a detrimental impact on mental wellbeing. Public Health contributes to a number

of key programmes addressing Community Safety concerns.

7.4 HUMAN RIGHTS ACT

There are no direct implications arising from the Human Rights Act in relation to this report however improvements to health and wellbeing can contribute significantly to overall quality of life for individuals and families.

7.5 TRADE UNION

N/A

7.6 WARD IMPLICATIONS

Please see ward-level information contained in the report.

7.7 AREA COMMITTEE ACTION PLAN IMPLICATIONS (for reports to Area Committees only)

This report has been prepared for Bradford South Area Committee and includes information for the six wards within the area; Great Horton, Queensbury, Royds, Tong, Wibsey and Wyke wards.

Where possible service details are provided at ward level, where this is not possible, for example because it is not collected and reported at ward level, then district-wide activity and information has been provided. The content of the report and further information brought to the meeting will support the focus on health and wellbeing in the Bradford South Area Committee Action Plan.

7.8 IMPLICATIONS FOR CHILDREN AND YOUNG PEOPLE

The role of local authorities and the application of corporate parenting principles are set out in section 1 of the Children and Social Work Act 2017. In order to thrive, children and young people have certain key needs that good parents generally meet. Local authorities must have regard to these seven needs identified in the Children and Social Work Act, when exercising their functions in relation to looked-after children and care leavers (relevant children and former relevant children) as follows:

- to act in the best interests, and promote the physical and mental health and wellbeing, of those children and young people
- to encourage those children and young people to express their views, wishes and feelings
- to take into account the views, wishes and feelings of those children and young people
- to help those children and young people gain access to, and make the best use of, services provided by the local authority and its relevant partners
- to promote high aspirations, and seek to secure the best outcomes, for those children and young people
- for those children and young people to be safe, and for stability in their home lives, relationships and education or work; and
- to prepare those children and young people for adulthood and independent living. In common with other areas of the district there will be 'looked after' children resident

in Bradford South for whom the Local Authority has Corporate Parenting responsibility.

These may be children and young people living in temporary housing and/or foster care, or other settings where the Council retains a Corporate Parenting role. This responsibility will remain despite the proposed arrangements for a Children's Company. Ensuring the safety and well-being of children is a requirement of all Council officers not only those whose specific job is to work with looked after children. As such, arrangements for the delivery of services should include specific terms to ensure that this important statutory role is maintained and supported..

7.9 ISSUES ARISING FROM PRIVACY IMPACT ASSESMENT

The Council has a privacy notice in place and as this report contains no personal data there are no impacts under the relevant data management and/or data sharing legislation.

8. NOT FOR PUBLICATION DOCUMENTS

None

9. OPTIONS

9.1 That Bradford South Area Committee considers the contents of this report and further information provided at the meeting.

9.2 That Bradford South Area Committee continues to encourage the communities and residents of Bradford South to take up all available and relevant wellbeing offers in order to maximise their health and wellbeing.

10. RECOMMENDATIONS

That options 9.1 and 9.2 are supported

11. APPENDICES

11.1 Children Living with Excess Weight - 2021-22 data from the National Child Measurement Programme

12. BACKGROUND DOCUMENTS

Bradford South Area Committee Health Profile 2022 (brought in January 2022, data awaiting update)

<https://jsna.bradford.gov.uk/documents/Community%20Partnership%20and%20area%20profiles/01%20Area%20Committee%20Health%20Profiles/Bradford%20South%20-%20Area%20Profile%202022.pdf>

Living Well Website links

Healthy weight

<https://mylivingwell.co.uk/eating-well/how-do-i-know-if-i-am-a-healthy-weight/>

Mental Health

<https://mylivingwell.co.uk/mental-health/>

Healthy Minds

<https://www.healthyminds.services/>

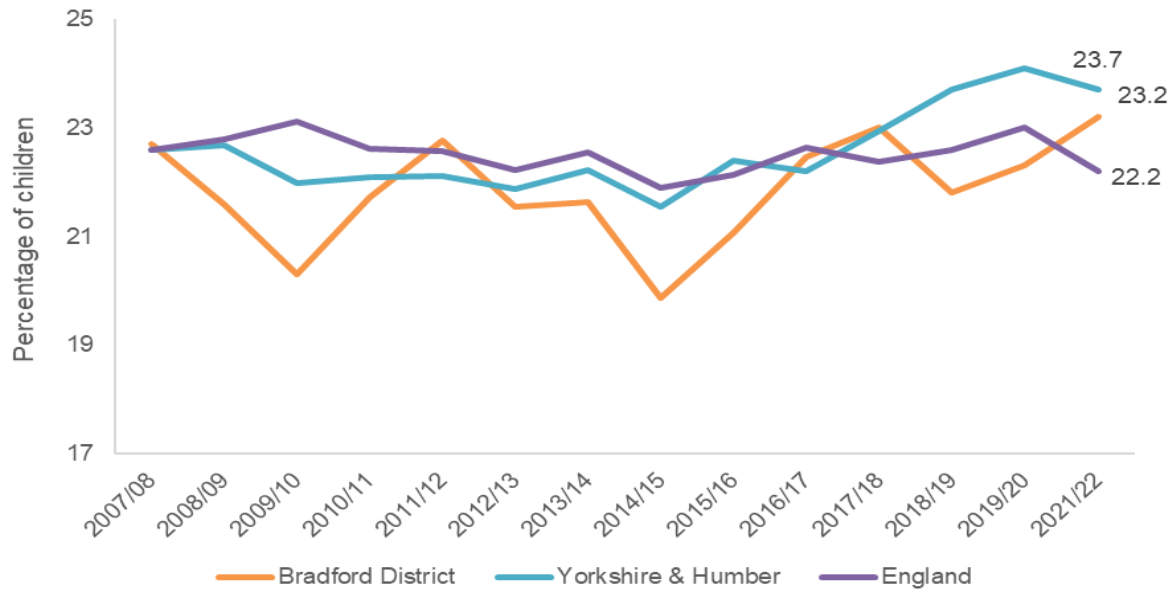
Exercising with long-term conditions including BEEP exercise referral service

<https://mylivingwell.co.uk/physical-activity/exercising-with-long-term-health-conditions/>

Local research study: <https://borninbradford.nhs.uk/what-we-do/cohort-studies/age-of-wonder/>

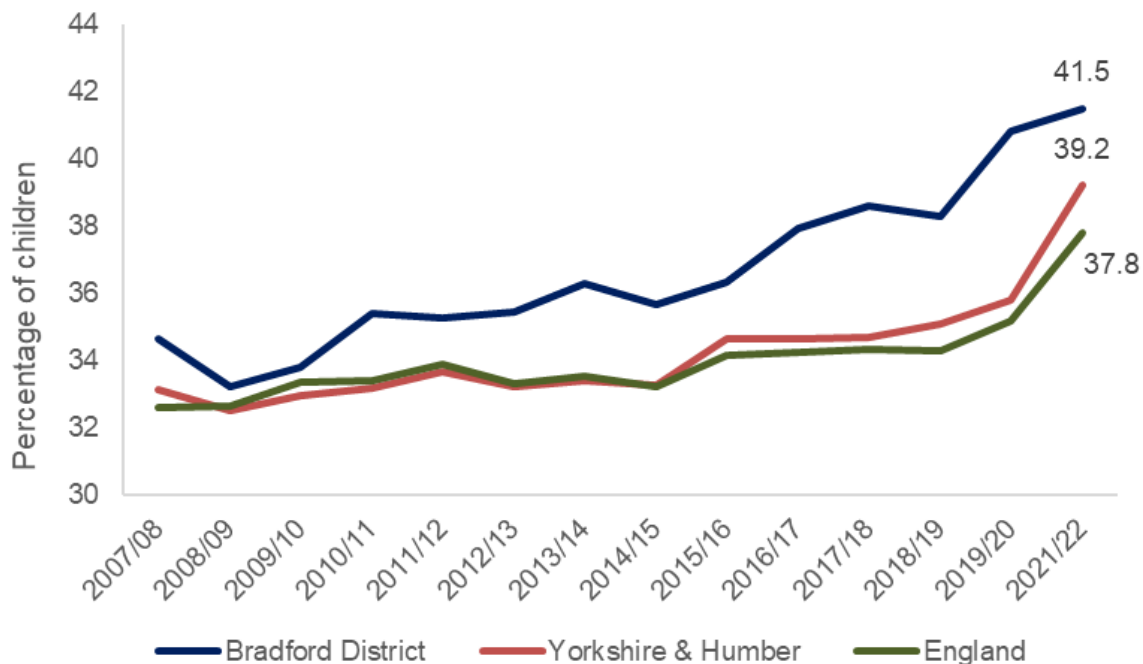
Appendix 1 - Children Living with Excess Weight - 2021-22 data from the National Child Measurement Programme (NCMP) (based on a sample of local schools - the full programme did not run in 2021-22)

Figure 2: Proportion of reception aged children living with excess weight 2021/22 (NCMP)



The percentage rate (prevalence) of reception aged children living with excess weight increased from 22.3% in 2019/20 to 23.2% in 2021/22

Figure 3: Proportion of Year 6 aged children living with excess weight 2021/22 (NCMP)



The percentage rate (prevalence) of year 6 aged children living with excess weight increased from 40.8% in 2019/20 to 41.5% in 2021/22