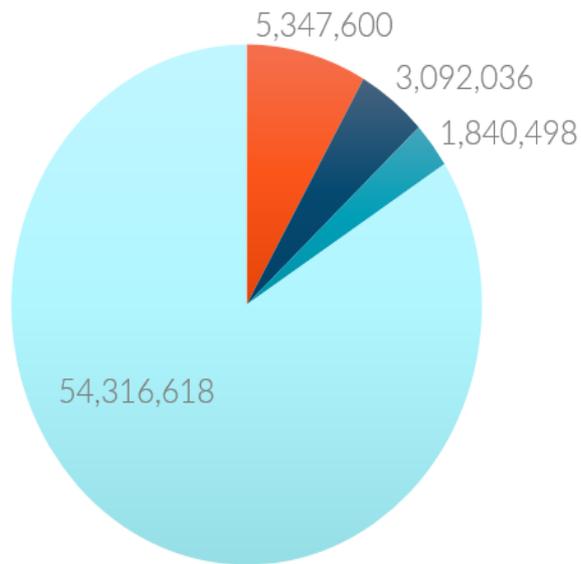


Community Health Practice in the UK: Strengths and limitations

Professor Mark Hayter
University of Hull
UK

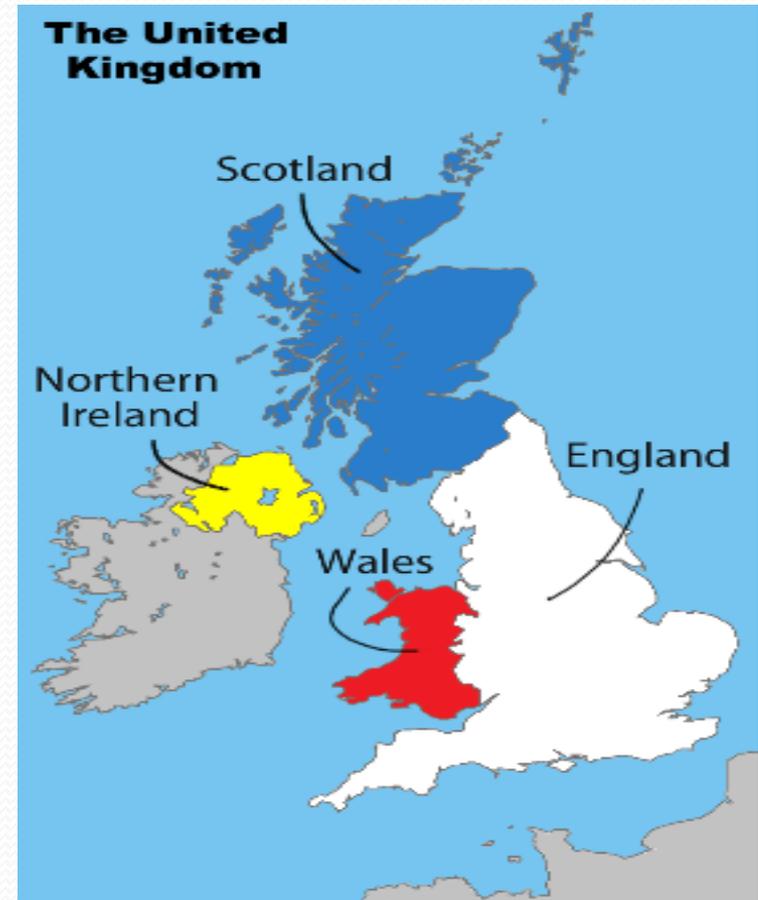
England and the UK

UK Population by Country



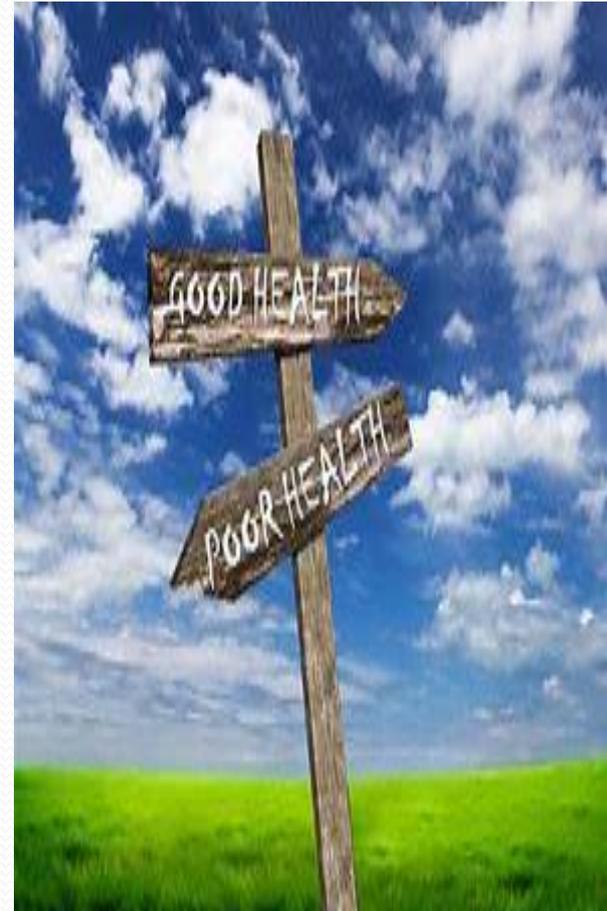
■ Scotland ■ Wales ■ Northern Ireland ■ England

Source: UK Office For National Statistics



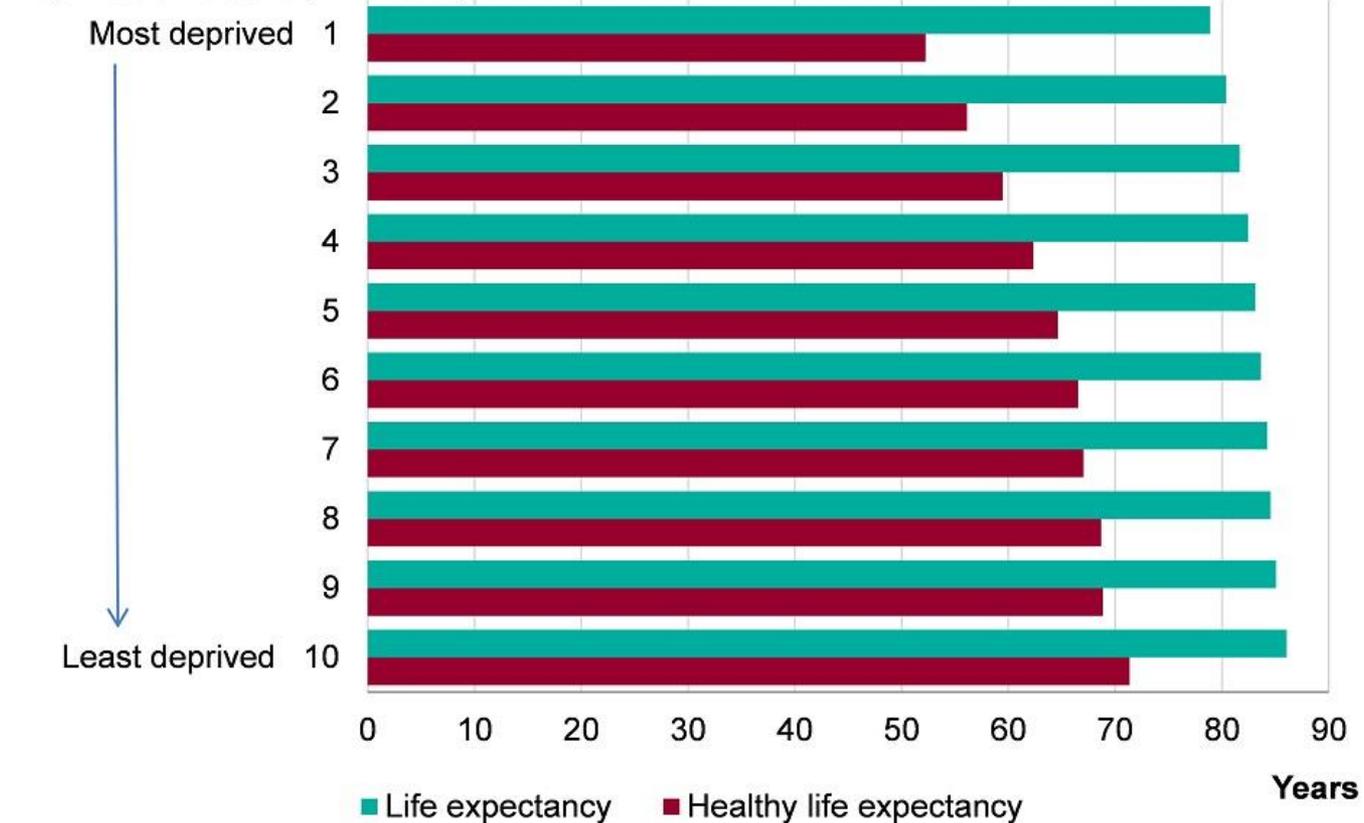
Main health challenges, England

- Aging population
- Long term/chronic illness
- Cardiovascular disease
- Obesity
- Alcohol/smoking
- Mental health
- Cancer
- Health inequality and unequal life expectancy



Life expectancy – England 2015

Deprivation decile (IMD 2015)

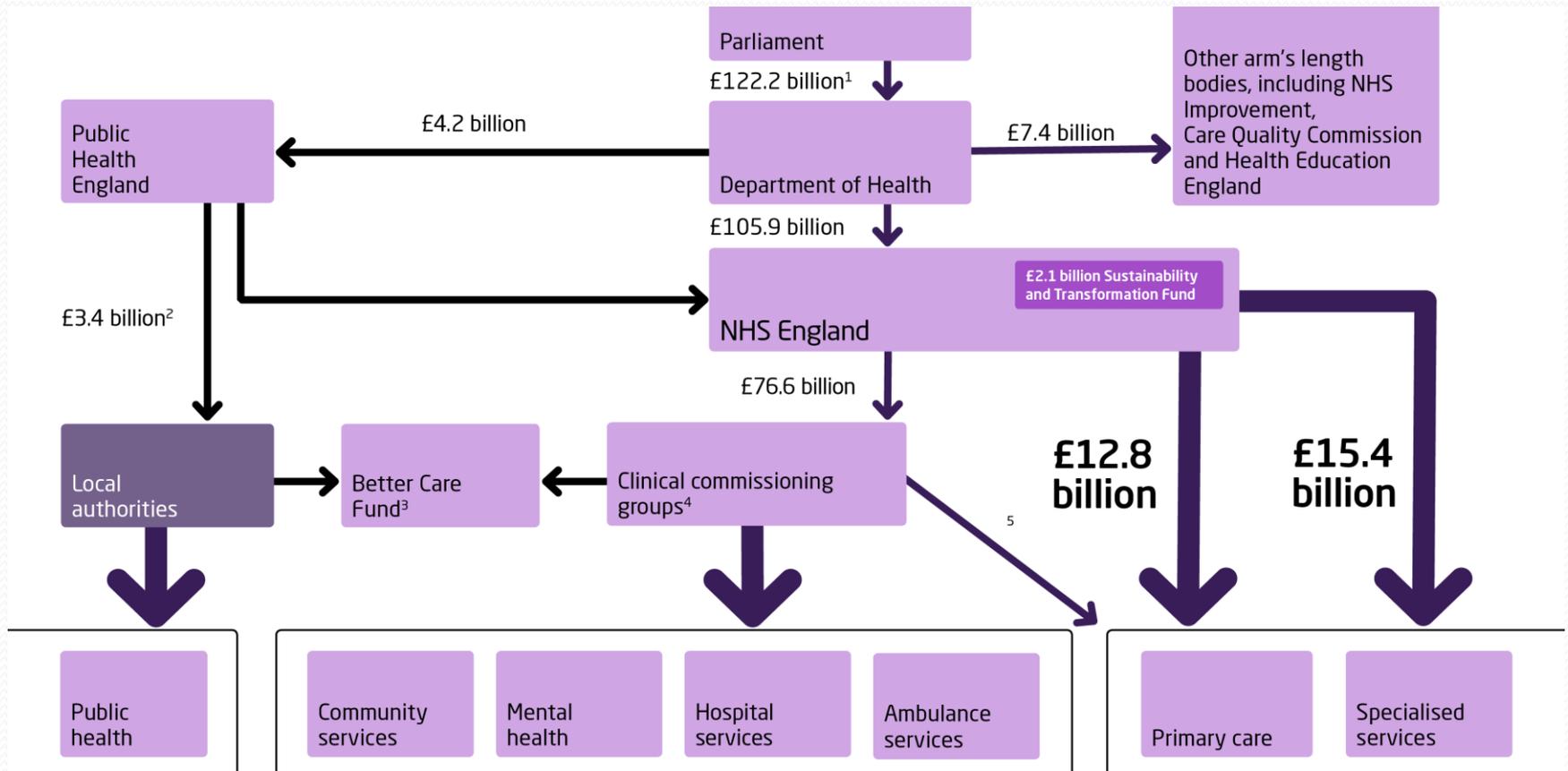


Health care in the UK

- NHS provides the vast majority of primary and secondary health care
- Free – at point of delivery
- Funded from general taxation
- Budget of £122 billion per annum (HK\$ 1.2 trillion)
– *never enough!!*



Health funding structure in England

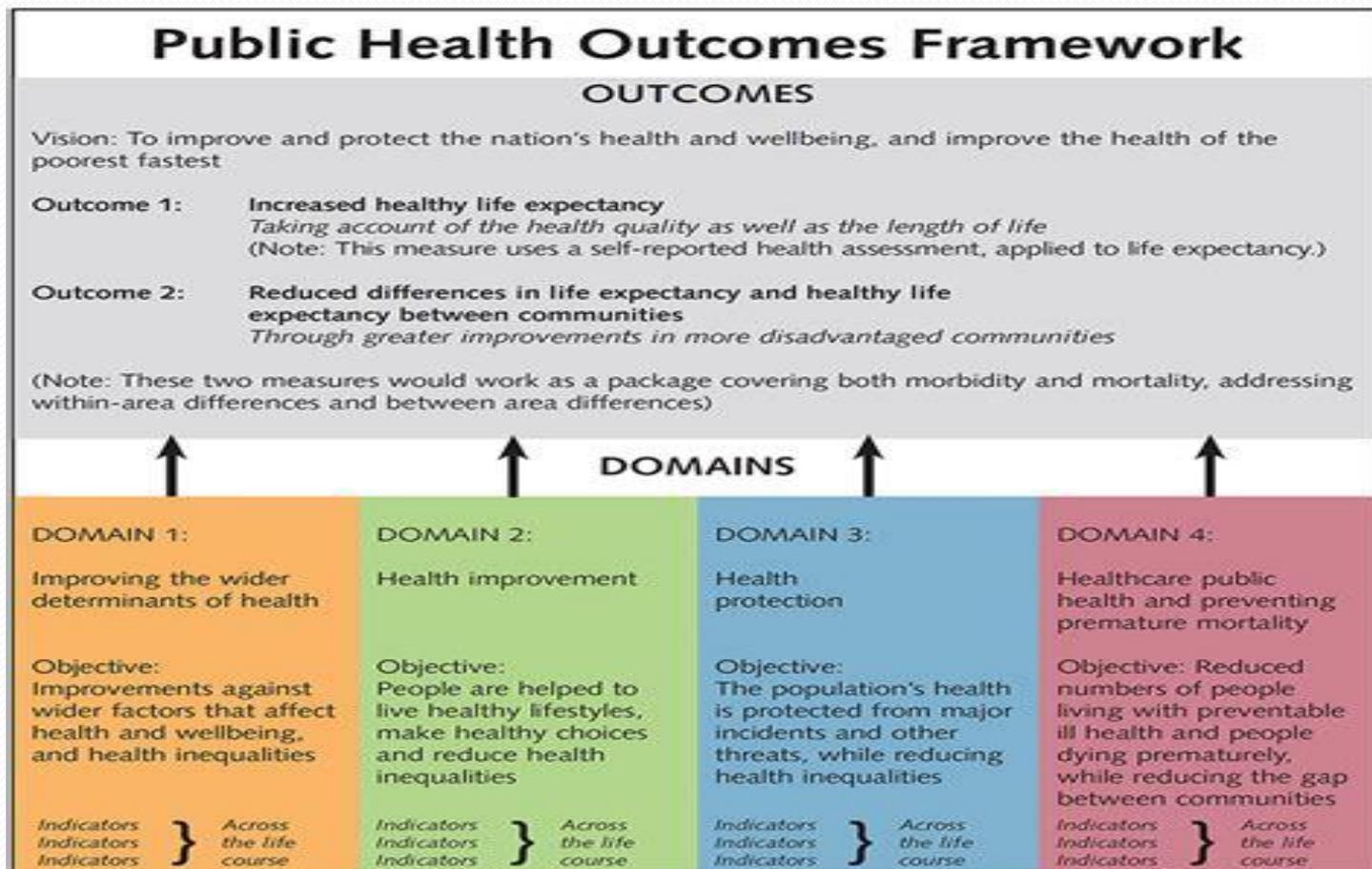


Local government and community health – 3 key reasons

1. Community Health more than just disease prevention – socio/economic/cultural etc.
2. *Links* health with other local issues – housing, pollution, road safety, etc.
3. *Increases* accountability and community involvement in health.



Public Health England – 4 domains for community health



Community health - measurable outcomes - *indicators*



Public Health
England

Public Health Outcomes Framework

Produced a series of key indicators within 4 domains:
<http://www.phoutcomes.info/>.

1 Improving the wider determinants of health

19 indicators, including:

- Children in poverty
- People with mental illness or disability in settled accommodation
- Sickness absence rate
- Statutory homelessness
- Fuel poverty

2 Health improvement

24 indicators, including:

- Excess weight
- Smoking prevalence
- Alcohol-related admissions to hospital
- Cancer screening coverage
- Recorded diabetes
- Self-reported wellbeing

3 Health protection

7 indicators, including:

- Air pollution
- Population vaccination coverage
- People presenting with HIV at a late stage of infection
- Treatment completion for tuberculosis

4 Healthcare and public health preventing premature mortality

16 indicators, including:

- Infant mortality
- Mortality from causes considered preventable
- Mortality from cancer
- Suicide
- Preventable sight loss
- Excess winter deaths

A community approach for community and public health

- The chief medical officer for England argues that we need a new wave of community health based on *'the active participation of the population as a whole' and a renewed focus on working together'*
- A 'whole-of-society' approach is needed to;
 1. Achieving health goals for all
 2. End processes that leave some groups marginalised and affected by inequalities.



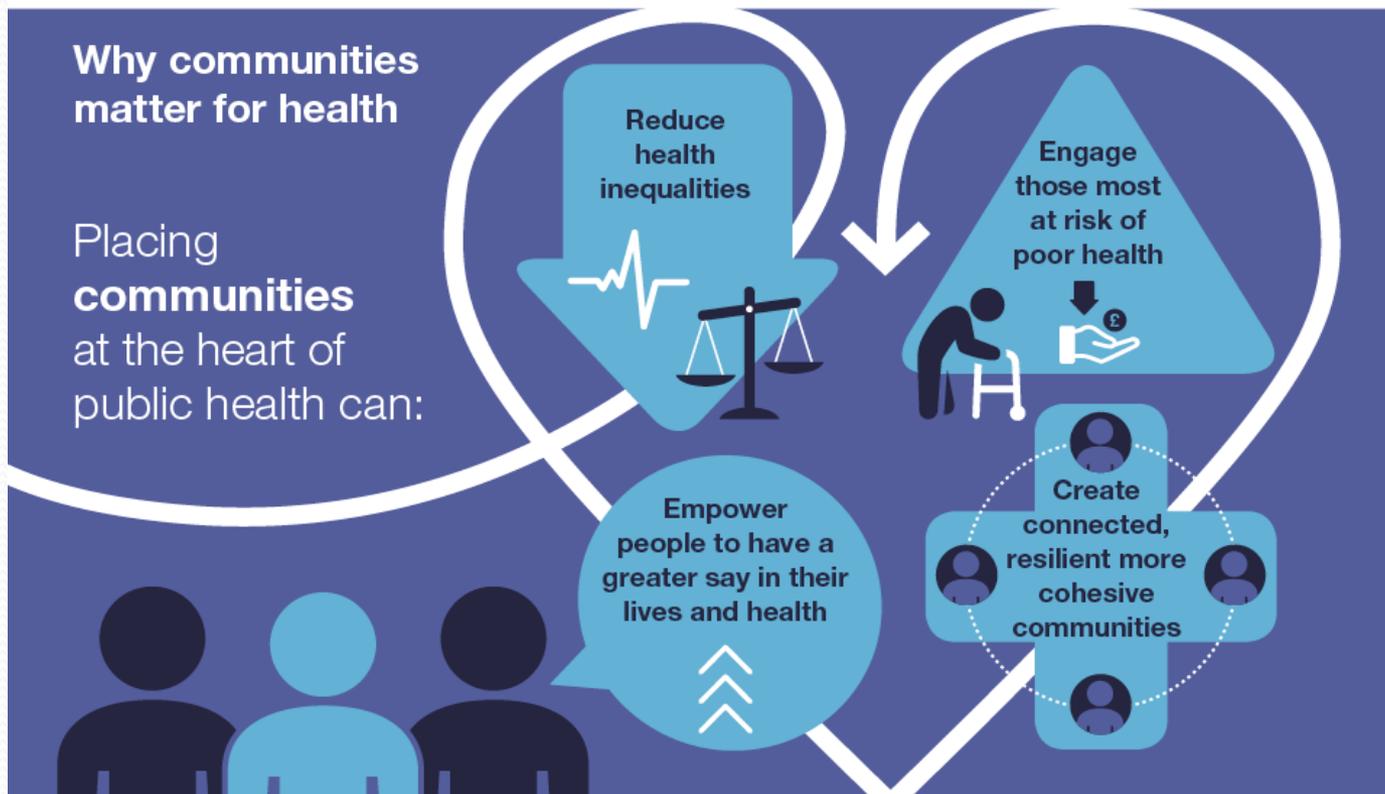
What do we mean by community?

Community as an 'umbrella term'

- Community means groups of people sharing **common characteristics**;
- living in a neighbourhood
- Group sharing a common faith or set of experiences
- A specific population group – older people/migrants/LGBT etc



Why communities matter for health..



Communities as building blocks for health

- Participation is about representation, community leadership and activism.
- Achieved by fostering community resilience and enabling individuals and communities to take more control over their health and lives
- The **assets** within communities are key to a whole community approach to improving health.....

Community assets for health

What are community health assets?

All communities have health assets that can contribute to positive health and wellbeing

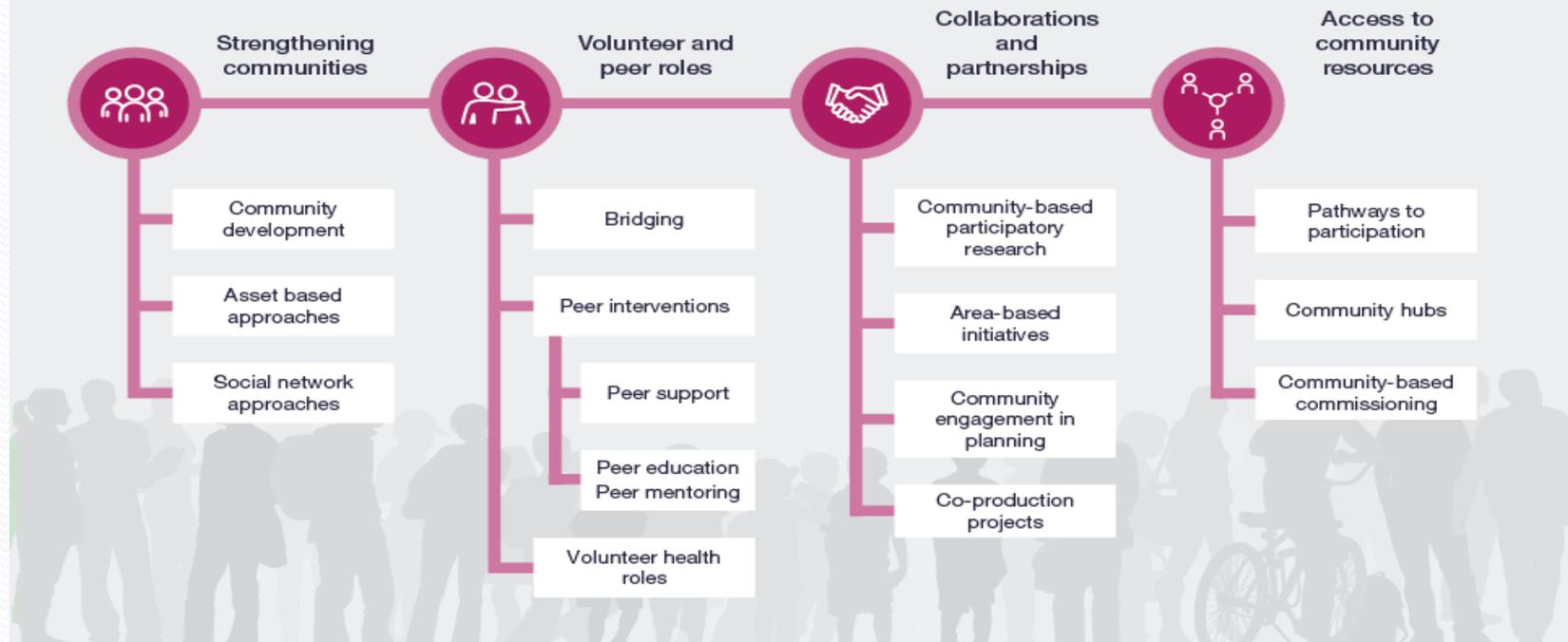
The skills, knowledge and commitment of individual community members

The resources and facilities within the public, private and third sector



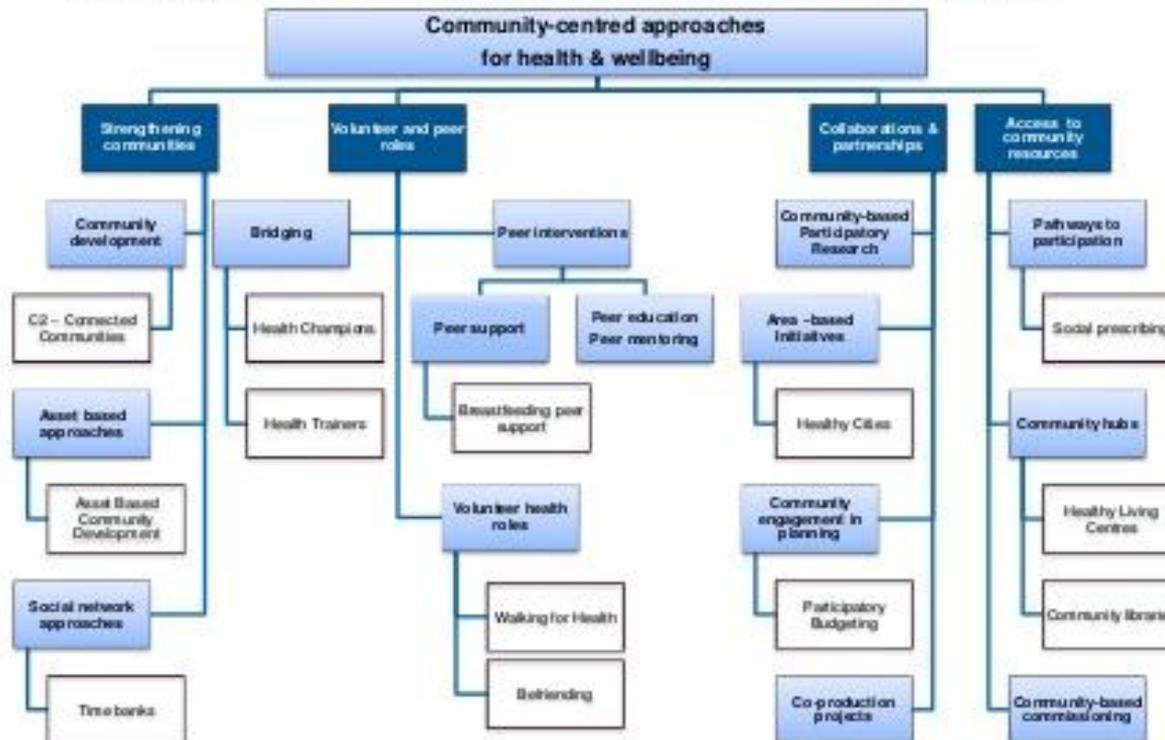
A 'family' of community centred approaches to health

The family of community-centred approaches



Examples of community-centred approaches

Community-centred approaches for health and wellbeing – with examples of common UK models



Information is key to community health...

- Both for finding out what the community feels and wants...and for disseminating health information to the community.....

Community surveys – provide a local and national picture

What's the picture across England?

2 in 3 people
feel they belong to their neighbourhood



2 in 5 
feel people in their neighbourhood can be trusted



2 in 5 (39%)
of people are doing some kind of regular volunteering although numbers have recently dropped (from 44% in 2013-14)



Few people (**27%**)
feel they can influence decisions affecting their local area –
although **51%** say they want to.

Most, but not all,
people have someone to rely on



5% and
often
or always
feel lonely

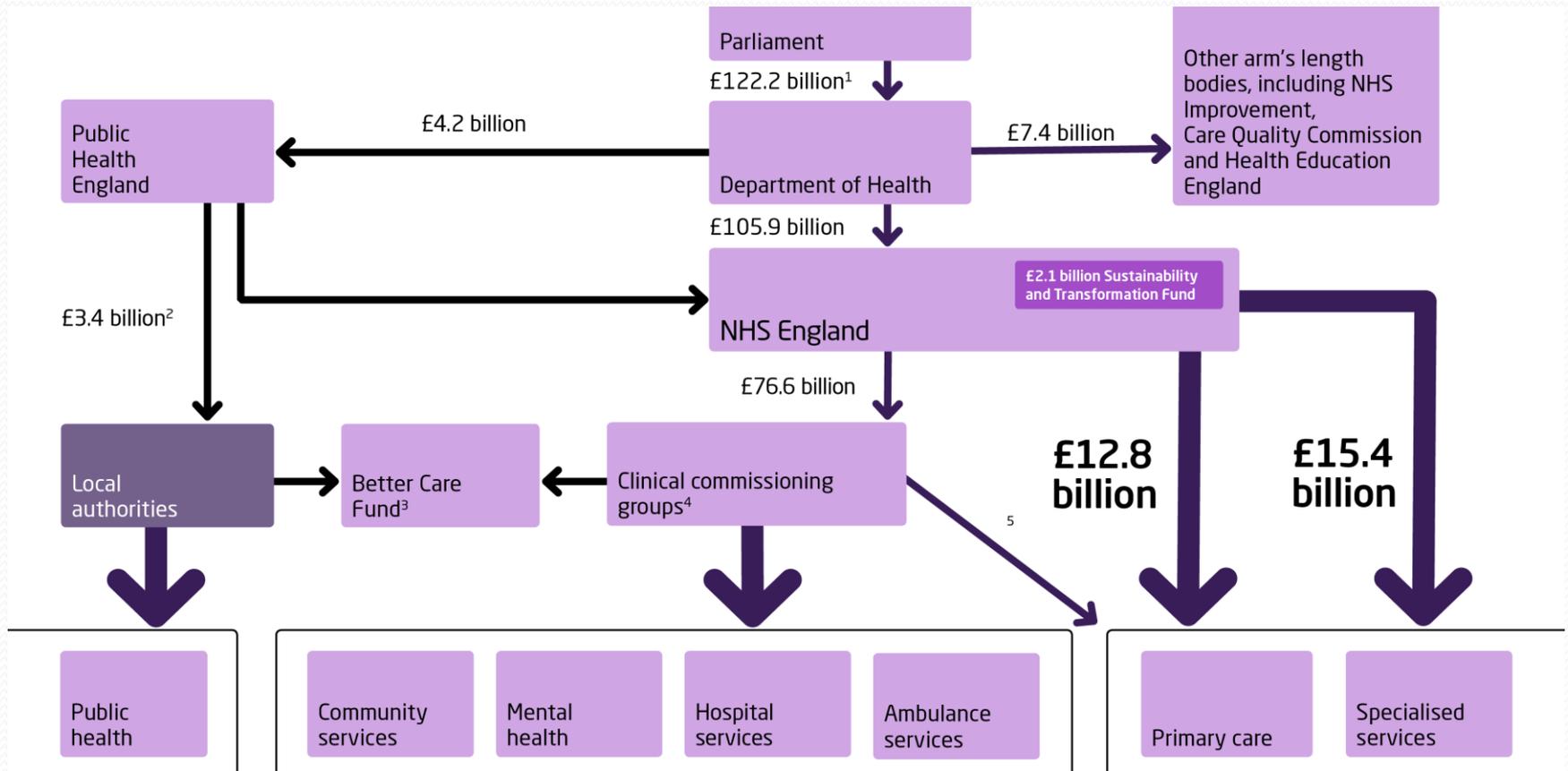
Community Health Profiles – an accessible local knowledge base

The screenshot displays the 'Health Profiles' website interface. At the top, there is a search bar for 'Indicator keywords'. Below this is a navigation menu with categories: 'Our communities', 'Children's and young people's health', 'Adults' health and lifestyle', 'Disease and poor health', 'Life expectancy and causes of death', 'Inequalities indicators', and 'All spir indic'. A secondary navigation bar includes icons for 'Overview', 'Compare indicators', 'Map', 'Trends', 'Compare areas', 'Area profiles', 'Inequalities', 'Definitions', and 'Download'. The main content area features a filter for 'Area type' set to 'District & UA' and 'Area' set to 'Amber Valley'. A legend indicates 'Compared with benchmark' with categories: Better (green), Similar (yellow), Worse (red), and L (blue). A 'Recent trends' section shows 'Could not be calculated' and 'Increasing / Getting worse'. The 'Display' options are 'Values', 'Trends', and 'Values & Trends'. A central graphic shows three overlapping 'Health Profile' documents for Worcester, Slough, and Selby. The bottom of the page shows a list of community names, including 'Midlands region', 'er Valley', 'ield', 'setlaw', 'y', 'over', 'lon', 'ctowe', 'rmoor', 'sterfield', 'y', 'ntry', 'y', 'yshire Dales', 'Lindsey', 'Northamptonshire', 'rash', and 'ling'.



Primary Care and Community Services as part of community health in England.....

Health funding structure in England



Primary care and community health services in England

- 'NHS Direct'
- 'walk -in Centres'
- Primary care centres
- General Practice – GP/Practice nurses
- Pharmacy services
- MDT – community health professionals (Nurses, Physios etc)
- Other services...



General Practice and community health

- Health checks
- Vaccination
- Screening
- Counselling
- Chronic disease management
- Smoking cessation – weight loss etc



'Social Prescribing'

Social prescribing – addressing people's needs in a holistic way

GPs and other health care professionals can refer people to a range of local, non-clinical services, supported by a link worker or connector



Strengthening non-medical roles to promote community health

- Expanding pharmacy services – screening tests etc
- Improving Access to Psychological Therapy (IAPT) with mental health nurses/counsellors
- School nurses and school health clinics
- Young peoples health – youth workers
- Social work outreach for marginalised groups
- Nurse prescribing and other elements of *Advanced Practice*.

Nurses and community health

- Health promotion and chronic disease management
- Health checks
- Care outcomes equal to or sometimes better than doctors in primary care
- Laurent et al (2018) *Nurses as substitute Doctors*, Cochrane Database of Systematic Reviews 2018, Issue 7)

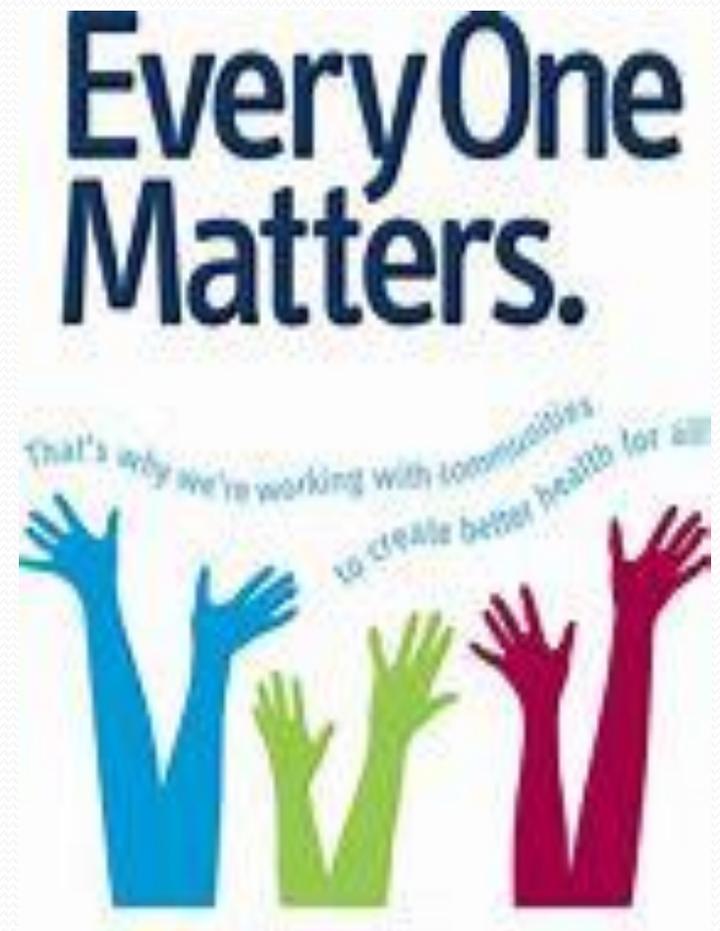


Challenges in community health care in England

- Narrowing the gap between population groups
- Funding challenges from secondary care
- Local government funding strains
- Mental health still the 'Cinderella service'
- Shortage of GPs
- Aging population - social care – Huge social and economic challenge

Conclusions

- Focus on 'community involvement' positive
- England – good framework
- Local Government involvement - + and -
- Health inequality a real challenge to address
- Health funding always about competing priorities
- Growing evidence base about prevention and promotion



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Thank you Questions....?

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Public Health England – employing a community centred approach

Call to Action

PHE recommends a community-centred approach to health and wellbeing

