



Women & Girls' Health

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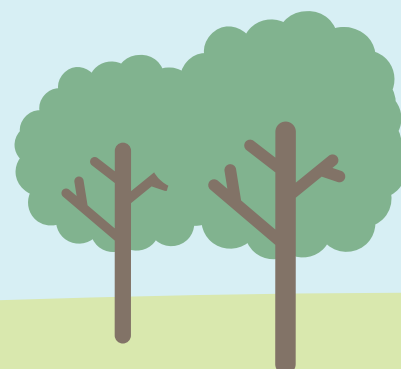
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Foreword



Councillor Rob Polhill

Halton Borough Council Leader and Chair of Halton Health and Wellbeing Board

“Welcome to the 2016-2017 Public Health Annual Report for Halton. All Directors of Public Health are required to produce an independent annual report on the health of their population highlighting key issues.

Eileen O'Meara, Director of Public Health, has chosen to focus on women's health throughout their life, responding to national recommendations to prioritise this topic. We have made good progress improving the health and wellbeing of people living in Halton. We want to ensure that Halton continues to be a better place for women to be born, live and grow old in”.



Councillor Marie Wright

Halton Borough Council Portfolio Holder for Health

“I believe that women and girls' health is very important. I am a nan living in Halton and with my work I come into contact with lots of girls and women and listen to their concerns around health issues.

This Public Health Annual Report is very important in reflecting the current situation, what we are doing well and how we can improve the health of women moving forward”



Introduction



Eileen O'Meara

Director of Public Health
and Public Protection

I am very pleased to introduce the 2016-2017 Public Health Annual Report. This year it is all about the health of women and girls in Halton.

The Chief Medical Officer for England and the World Health Organisation have identified women's health across the life course as one of the highest priorities for review and action.

“When girls and women are educated, healthy, safe, and counted, they transform their communities”

Girl Up (2017)

Halton women play a crucial role in keeping their families and communities happy and healthy, but they don't always look after themselves. A local woman is expected to live up the age of 80 but will only have 60 years of healthy life, which is significantly worse than the average years of healthy life in England (64 years). This means that many women in Halton will spend their last 20 years living with a debilitating medical condition.

In January 2017, we held a successful and inspirational women's health event which was very well attended by local women, Councillors and a wide range of organisations and services. This gave us insight into what influences women and girls' health; what is going well, what is not so good and what changes we should make.

This report is divided into four parts that looks across the lifecycle at how girls grow and how women live and age. We have chosen key topics pertinent to female health and issues women and girls believe to be the most significant areas for their health. The personal stories in each chapter are based on real experiences and some names have been changed to protect identities.

I hope you find this report interesting and useful. I would like to thank everyone who has contributed, particularly Hayley Teshome Tesfaye.





Start Well Maternity

Smoking in Pregnancy

In Halton:

FROM
22% **Women smoking throughout their pregnancy**
(PHOF, 2010/11)



DOWN TO
16% **This is improving but is still much higher than the England average**
(NHS Digital (3), 2016/17)

» Quitting smoking is one of the best things women and their partners can do to help their babies develop healthily during pregnancy and beyond.

Every cigarette smoked contains over 4,000 chemicals, so smoking when pregnant harms the unborn baby. Stopping smoking will help both the mother and baby immediately by:

- increasing the chances of having a healthier pregnancy and a healthier baby
- reducing the risk of complications in pregnancy and birth
- reducing the risk of the baby being born too early or being underweight
- reducing the risk of stillbirth and sudden infant death syndrome (SIDS)

Stopping smoking during pregnancy will also help the baby later in life. Children whose parents smoke are more likely to suffer from asthma and other serious illnesses that may need hospital treatment.

Smoking is an addiction and it can be difficult to stop smoking during pregnancy. Women may live and socialise with other people who smoke and pregnancy can be a stressful time.

- Pregnant women can talk to their midwife, GP or pharmacist for more information and can get in touch with the Halton Stop Smoking Service. All these professionals work in partnership together.

- Halton Stop Smoking Service offers free non-judgemental advice to help pregnant women and their families to stop smoking. Women accessing the support of the Halton Stop Smoking Service are more likely to quit forever. Sessions are run in various locations around Widnes and Runcorn, where you can drop in and speak to one of our trained advisors.

- Halton Stop Smoking Service can be contacted on **0300 029 0029** to arrange an appointment.

- Pregnant women in Halton are also eligible for financial incentive vouchers if they quit smoking and receive more vouchers the longer they stay quit. We will promote this incentive scheme further to encourage more pregnant women to access support.

- Halton has been part of a pilot 'Quit Buddy and Stress Relief' programme in Cheshire and Merseyside, which will expand across Liverpool City Region. All pregnant women are asked to name a "Quit Buddy" who can support them to stop smoking. The Halton Stop Smoking Service team have been trained in stress management techniques to help their clients cope with the stresses of quitting smoking and their pregnancy.

We want to support more pregnant women in Halton to stop smoking, so we are appointing a dedicated 'Smoking in Pregnancy Lead' within the Halton Borough Council Stop Smoking Service. This person will ensure that all pregnant women who smoke in Halton are identified early and are able to access the Halton Stop Smoking Service to support them to quit for good.



Laura's story

I was referred into the Halton Stop Smoking Service by my midwife to help me stop smoking when I became pregnant. I couldn't have quit without the help of Alison - the advisor - she was really friendly and didn't judge me. I chose one of my mates, who doesn't smoke, as a "Quit Buddy" to keep encouraging me.

I wanted to quit for my baby's health but the reward vouchers were brilliant and really helped me stick with it. I bought things for the baby with them. I used to look forward to my weekly meetings with

Alison as she kept me motivated. Also she showed me how to stop being as stressed with some relaxation exercises.

I won't let anyone smoke around the baby now and my home is smoke free. I have more energy now and I keep myself busy looking after my daughter. My partner has also cut down and says he says he is going to quit soon too.

I would definitely recommend the service to other pregnant women trying to quit. I couldn't have done it on my own.

Start Well Maternity

Mums' Mental Health

In UK:

1 in 5

Women in the UK are affected by mental health problems during or after pregnancy

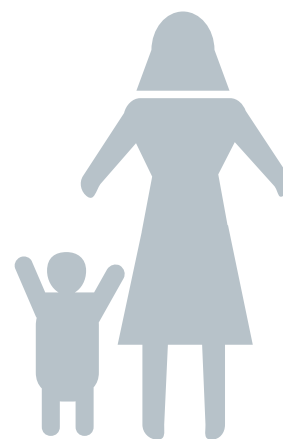
(ChiMat, 2013/14)

In Halton:

9 in 10

New mums receive the 6 to 8 week Maternal Mental Health Check

(HBC, 2016/2017)



» Mental health problems for mothers during pregnancy and the first year of their child's life are common. Depression and anxiety are the most diagnosed conditions.

Having children can be a difficult time for families, and while it is common for mothers and fathers to experience emotional health difficulties, stigma about mental health can make this difficult for families to discuss.

It is important that mental health difficulties are detected early, and treated effectively. Mental health problems can impact upon maternal self-esteem, family and partner relationships and can have a negative impact on bonding and attachment with the child, which in the longer term impacts upon how the child develops; their resilience and physical, mental and socio-economic outcomes in later life.

Health Visitors, Midwives and Community Workers have received extra training to support families, including training on bonding with their baby, plus understanding mental health during pregnancy and after the baby's birth.

All families are offered antenatal parenthood classes, 'Your Baby and You'. These include emotional preparation for being a new parent.

Women are screened before the baby is born and after the baby has been born at 10-14 days and at 6-8 weeks to identify if they have any emotional health difficulties.

We have developed a pathway to make sure that women who have mental health difficulties during and after pregnancy receive the support they need, when they need it.

Family Nurses work intensively to support higher risk teenage mothers and Health Visitors run a creative arts group for mothers who are experiencing depression or anxiety, called 'Time for Me'.

The National Child Birth Trust runs a peer support programme for mothers experiencing emotional health difficulties called 'Parents in mind'.



Jenny's story

Giving birth and becoming a mum is supposed to be a wonderful experience, but for me, it was really hard. Those first few weeks I really struggled, breastfeeding wasn't going very well and felt like I wasn't a good enough mum to my beautiful new baby.

I couldn't even leave the house as I felt anxious all the time. On one of the visits with my health visitor, she asked me how I was doing and I told her all my worries.

I thought she'd just tell me to pull myself together but she didn't. She encouraged me to go and see my GP, who gave me some medication to help me with my mood. And the Health Visitor put me

in touch with the 'Time for Me' group, who've been so supportive. It's good to know I can talk to someone who understands how I feel and how hard it is.

I was also put in touch with the Infant Feeding Team who were great and gave me loads of advice to make breastfeeding easier and more enjoyable for both of us. I now feel so much better and less anxious and more confident as a mum – I've even started going out to the Children's Centre where we can get together with other mums and babies.

I'm still getting help for my anxiety and depression but feel so much more positive about the future for me and my baby.

Start Well Maternity

Family Nurse Partnership – Teenage Parents



In Halton:

FROM

142

Females aged 15-17 became pregnant
(ONS, 2010)



DOWN TO

81

This is an improvement but is still much higher than the England average
(ONS, 2015)

95

Families are registered on the Family Nurse Partnership programme, which improves the outcomes for the baby and the young parents.
(HBC, 2016/2017)

» Teenage mums are more likely to have complications during pregnancy and delivery. This can be due to biological immaturity or poor pre-pregnancy health.

Teenage mums may experience alienation from their family and friends leading to lack of support or social isolation. They may not be able to complete their education; this may limit long term employment opportunities and bring financial pressures for years to come.

For vulnerable young first time mums, the Family Nurse Partnership programme offers intensive and structured home visiting, delivered by specially trained nurses. Strong research evidence has shown that Family Nurse Partnership benefits the neediest young families in the short, medium and long term improving life opportunities, reducing poverty and tackling a cycle of disadvantage across grandparents, parents and children.

Since October 2015, the Family Nurse Partnership programme in Halton has supported first time mums (under the age of 19 years old) and their partners. Parents join the programme as early as possible in their pregnancy, ideally before the pregnancy reaches 16 weeks. Each

family has a named Family Nurse who works intensively with them through their pregnancy, birth and until the child is two years of age, building a strong positive relationship. Family Nurses work with a wide range of services and organisations to improve outcomes for these families.

The Family Nurse Partnership programme works to support parents to: -

- Build positive relationships with their baby and understand their baby's needs
- Make the lifestyle choices that will give their child the best possible start in life
- Develop their self-efficacy (belief and ability to plan and achieve their goals)
- Create positive relationships with others, modeled by building a positive relationship with the family nurse

Sharing of the Family Nurses' specialist knowledge and skills with people working with parents and children would ensure that families, not eligible for the Family Nurse Partnership programme, would also benefit from this expertise and practice.



Lucy's story

I had my baby when I was 16. I met my Family Nurse when I was 15 weeks pregnant.

I was staying on my friends' sofas as I didn't like to live at home. At first I wasn't really sure about the Family Nurse but I soon began to get to know her. I started to talk to her about my problems and she called other services for me to get help.

My baby's dad's a bit older and to start with things were ok. But we argued a lot

and he could get quite angry with me. The Family Nurse talked to me about 'healthy relationships' and showed me this could be bad for me and my baby.

My Family Nurse taught me about loving my baby and how to look after him. He's really healthy and all up to date with his jabs and doing really well.

I've gone back to school and things are better at home with my family as well.

Start Well Maternity Breastfeeding



In Halton:

WAS
52% Mothers start to
breastfeed their
baby at birth
(NHS England, 2013/14)
(ChiMat, 2013/14)

NOW
54% This is an improvement but is still much
lower than the England average
(NHS England, 2015/16) (ChiMat, 2015/16)

1097 Women supported to breastfeed their babies by the Infant Feeding Team
(HBC, 2016/2017)

» Breastfeeding is beneficial to the baby's health, growth and development and offers the child the best possible start in life.

Breastfed babies are protected from some illnesses and spend less time in hospital, they are at a lower risk than a formula fed child of:

- Infections – Stomach, respiratory, urinary and ear
- Allergies- (eczema and wheezing)
- Insulin dependent diabetes mellitus
- Sudden infant death syndrome
- Childhood leukaemia

Breastfeeding also protects the mother's health by reducing the risk of breast and ovarian cancer, hip fractures and low bone density.

Research suggests that breastfed babies born into the most deprived households have better health outcomes than formula fed babies born into the wealthiest households. Financially a family can save approximately £500 in the first year by breastfeeding.

- We support women to learn about infant feeding choices during pregnancy, through discussions with their midwife and at 'Your Baby and You' antenatal classes.

- We provide breastfeeding support in the community, through groups and home visits to help women to breastfeed and overcome any problems they may encounter.
- Community health services and children's centres achieved full 'Baby Friendly' UNICEF accreditation in July 2015, meaning that they have everything required to support women to breastfeed.
- Shops, cafes and community venues are able to receive breastfeeding friendly accreditation so women know where in the community breastfeeding is welcomed.
- We publicise the benefits of breastfeeding in our community through a breastfeeding campaign and give women the opportunity to discuss breastfeeding.
- We encourage schools to talk about breastfeeding at different stages of children's education, depicting breastfeeding as the normal way to feed a baby.
- We are talking with dads to better understand their perspective and experiences of their partner's breastfeeding.

The Infant Feeding Team can be contacted for support or information on **0300 029 0029**.



Emma's story

When I was pregnant I hadn't really thought about whether I would breastfeed or bottle feed. No one in my family had managed to breastfeed successfully so that made me want to try it. I went to a breastfeeding course which I thought was brilliant and when I found out so few women successfully manage to breastfeed it made me all the more determined to try it.

Right from the start I had pressure to bottle feed, and had comments like 'why don't you just give her formula' and this made me want to succeed all the more.

When my baby was born she latched very quickly and I was over the moon. I naively didn't realise how long she would

feed for and that she would feed on and off all day and night. It got difficult when I developed mastitis. I had some brilliant support from the Halton Infant Feeding Team and they helped me carry on. If I had been left on my own I would not have continued through the first weekend. I would have given up. I can completely understand why a lot of women don't continue to breastfeed. It's extremely hard and you think it's only you that is finding it hard.

I've been attending a weekly breastfeeding support group and that has been invaluable. We've now become good friends and we keep in touch.

Start Well - Girls

HPV (Human papilloma virus) Vaccine

In Halton:

9 in 10 Girls (12 to 13 years old) have received one dose of HPV to protect them against developing cervical cancer. This is much better than the England average (2014-15, PHE)

» HPV (Human papilloma virus) is a common virus that affects most people at some point in their lives. Most cervical cancer (70%) is caused by two types of HPV (type 16 and 18).

HPV is passed on through sex with someone who already has the virus. Most people are infected with HPV at some point in their lives, but may never know they have been infected.

HPV can cause changes to the cells of the cervix, sometimes the changes can develop into cancer. There are vaccines that provide protection against high-risk types of HPV. The vaccine is more effective at preventing cervical cancer if it is given before women become sexually active.

HPV vaccination is now part of the NHS childhood vaccination programme and could prevent cervical cancer in 2 in 3 women under the age of 30 years old by 2025, if 8 in 10 girls are vaccinated.

Girls who have the HPV vaccine will still need to attend cervical screening when invited in the future.

HPV vaccination is offered to every school girl in Halton from the age of 12 -13 (School Year 8) by the School Nursing team.

To make sure girls are fully protected they need: -

- Two doses of HPV vaccine
- Around 6 months apart
- But within 2 years

(This has recently changed, girls who had the HPV vaccine before 2014 will have had 3 doses).

Every year our school nurses work hard to inform every girl and their parents or carers about HPV and to encourage every girl to have this lifesaving HPV vaccine. The vaccines are given on specific days when the school nurses visit each school, but they will also make sure girls have opportunities to have the vaccine if they were not able to have it on the day they visited the school.



Abbie's story

I'm 12 and I love music and I hate needles! I got a letter from school about the HPV vaccine and why we need it and mum signed the form to say she was okay for me to have the jab in school. I really didn't want it though. But then my mum told me about my Aunty Donna. I don't remember her much – she died when I was four but I didn't know why. Mum told me it was because she had cervical cancer. She was only 29 when she died.

Seeing mum sad made me sad too, I wouldn't like to go through what happened to Aunty Donna. Our school nurse was nice and told me what happens when you have the jab and so I decided to get it. I was still scared and it wasn't very nice, but the nurse was lovely and it was all over soon!

If this means I won't get sick like my Aunty, then it's worth a jab or two.



Start Well - Girls

Mental Health

In Great Britain:

1 in 10 Girls aged 11 -16 are estimated to have mental health problems
(PHE, 2014)

In Halton:

1650 Pupils have attended new mindfulness and resilience sessions
(HBC, 2016/2017)

» Girls are exposed to many stressors during their life; pressure to do well at school, home life and peer pressure. Online use, lifestyle and social factors can all have an impact on young girls' mental wellbeing. Early experiences, home environment, personal resilience and social support will all affect how girls respond to these challenges.

Mental health illnesses, such as anxiety, low mood, depression, conduct disorders and eating disorders have a harmful impact on girls being able to live confidently, happily and achieving all they are able.

It is important that girls feel able to speak about their mental health and wellbeing and ask for help when they need it. Sadly mental health still is stigmatized, which means girls can be reluctant to ask for help. This means that girls do not always get the support they need as quickly as they should. Girls need to feel confident that they can talk about their emotional wellbeing to family, friends or significant adults and access support services that are available.

Mental health is part of the 'Healthy Schools Programme' for children and young people and promotes '5 Great Ways to Mental

Wellbeing' (based on the New Economics Foundation - 5 Ways to Wellbeing):

1. Give something back
2. Relate
3. Exercise
4. Appreciate your World
5. Try something new

Through running 'Mindfulness' sessions in Halton schools we are improving young people's wellbeing and skills for resilience.

Kooth, a free online advice is provided for young people who have emotional or mental health problems, with free, confidential, safe and anonymous support when they need it most.

School Nurses are also available for drop in services in schools and colleges and can be contacted by young people and parents via the school.

Youth Connect Five training programme is run to help parents to help their child have good mental wellbeing.

Additionally there are wider programmes in Halton to strengthen mental wellbeing through projects like the Canal Boat and Active Halton.

The children and young people's mental health service is currently being redesigned to make it easier to access help and support.



Mel's story

Last year, I was feeling confused about my sexuality and having problems with my friends at school. I was really unhappy. I would go home and cry in my bedroom. I stopped going to my youth group and stayed at home. I felt alone.

I found out about this online service called Kooth at school. Because Kooth is all online it made it a bit easier to talk. School told me all about how the website works when I signed up. Although it's

online you chat with a real advisor person and they won't tell anyone else what you are talking to them about, unless they need to keep you safe. They've also got these online forums, where you can talk with other people like you, who are going through the same things.

I've spent about three hours using Kooth online - it was nice that someone was listening to me but not judging me and it's really helped.

Start Well - Girls

Physical Activity

In Halton:

6 in 10 Girls in School Year 6 are a healthy weight, this is similar to the England average
(2015/16, NCMP),

999 School children (7-16 years old) and their families took part in Fit4Life diet and exercise programme
(HBC, 2016/2017)



» Physical activity is important for maintaining good health, quality of life and independence: for young people, it is essential to get into healthy habits for life. Low levels of physical activity contribute to children becoming overweight or obese with serious consequences for their health.

Regular physical activity in childhood makes children happier and more confident. Physical activity habits developed in childhood and teenage years are likely to be carried through into adulthood. People who have a physically active lifestyle have a lower risk of heart disease and stroke compared to those who have an inactive lifestyle.

Unfortunately we know girls are less likely to take part in physical activity than boys, and they start to drop out from the age of nine into their teens. This has consequences for their physical and mental health now and in the future.

We need to concentrate on keeping young and teenage girls engaged in sports and physical activity. This involves working with schools and families to ensure they promote a more active environment during the school day, after school and

during holidays. Fit4Life diet and exercise programmes are run by trained staff and Widnes Vikings community coaches for children aged 4-13 years who are above a healthy weight and their families.

“Active Halton” is a Halton Borough Council initiative to bring together its wide ranging sport & physical activity offers. In September 2016, the Council resumed management of the local leisure centres (Kingsway Leisure Centre, Brookvale Recreation Centre and Runcorn Swimming Pool)

An Active Halton steering group has been established to bring together partners with the aim of making Halton a more active borough by making it easier in every part of life to be physically active. We identified increasing physical activity in girls as a priority. We have been promoting the “This Girl Can Campaign”, a national campaign, developed by Sport England, to reduce the persistent gender gap which means that more men play sport than women at every age. We want to make sure that more girls in Halton achieve the recommended target of getting at least an hour of exercise a day.

More information can be found at:

hit.activehalton.co.uk/project/fit-4-life-community

activehalton.co.uk/getactive

thisgirlcan.co.uk



Emily's story

It was actually my little brother Ryan who was referred to Fit 4 Life, but mum thought it would be good for all of us to go and learn more about healthy eating and being active, and we could all support each other.

For me the best part was playing the team games in the activity sessions and I've made some new friends too that I still keep in touch with.

At home, we've all learned to ask for smaller portions and healthier foods, like new potatoes instead of oven chips. Often I'd just eat even though I wasn't

really that hungry, but I don't do that anymore, I know now when I'm full.

I feel much healthier. I still go to the Fit 4 Life follow-on sessions every week with my brother, run by The Vikings, and it's really good. One of the things I really like to do is put on a yoga DVD and do a session in the morning. Plus, I've gone back to doing Irish Dancing and I practice my steps every night.

One of my friends from Fit 4 Life texted me the other day and we're both going to start to go to the Stadium Gym after school.

Live Well

Sexual & Reproductive Health

In Halton:

1150 Visits a month to the new integrated Halton Sexual and Reproductive Health Service
(HBC, 2016/2017)



» Sexual health is an important part of our health and wellbeing. Sexual health means that we avoid infections and take responsibility to ensure that we protect ourselves and others, emotionally and physically.

When we are sexually healthy we make the best decisions for ourselves and our sexual partners. For people who choose to be sexually active, sex can be enjoyable, safe and based on mutual agreement.

Choosing when and how to start a family is an important life decision. Being prepared physically and emotionally for pregnancy is a key element of reproductive health. Having the right type of information and health checks can help women take control of their sexual and reproductive health and make the right decisions for them, at any stage of their lives.

In Halton, we have low numbers of sexually transmitted infections, however the number is increasing. It is important that we provide a range of information and advice, making getting checked and tested as easy as possible.

The number of teenage pregnancies has reduced in Halton over the last few years but we still have more teenage pregnancies

compared to the England average. We must ensure that girls receive the right level of information and access services, when they really need, it to make informed decisions.

The Sexual and Reproductive Health Service also offers information and training on sexual health to a wide range of professionals and provides support sessions to schools and youth groups to raise awareness about sexual and reproductive health issues.

C-Card, free contraception and signposting service for 13-25 year olds gives young people access to free condoms and information from a variety of places across Halton in a simple, safe and confidential way. Young people can build a relationship with trained staff and won't feel embarrassed to get condoms and advice when needed.

The Sexual and Reproductive Health Service in Halton provides information for all age groups on sexual health, contraception, pregnancy and relationships. You can find out more information about specific services, clinic locations and opening times, on the website getiton.org.uk or call 0845 155 0156.



Mandy's story

I'm nearly 40 and have kids but have been single for about seven years. Recently I met Dave and we've been going out. As I haven't had sex for a while, I wasn't really sure about contraception and sexually transmitted infections (STIs). I looked on the internet about coils but I was a bit worried as a few women had posted negative comments about them. I wasn't sure if the coil would be right for me.

I contacted the Sexual and Reproductive Health Service and spoke to Jan, a nurse, on the phone. This was great as I didn't have to take time off work to go in for an appointment. Jan went through my medical history and talked about all the options for long acting contraceptives like the coil, injections and implants.

She took her time and went through the pros and cons of each type as well as common side effects. She also suggested that both Dave and I should get tested for STIs at the beginning of our new relationship.

Jan sent me more information by email and then called me back in a few days so I could have time to think and choose what type of contraception I wanted. She organised appointments for me and Dave, we had all of the STI tests done, which came back clear, and I had the coil fitted.

Live Well

Mental Health

1 in 4 Adults in the UK experience mental health illness during their lifetime
(HSE, 2016)

In Halton:

193 **120**

More women (aged 25+) were admitted to hospital because of self-harm than men
(SUS, 2014/15)

887 **Women had treatment to improve mental wellbeing**
(Halton CCG, 2016/2017)



» Maintaining good mental health and wellbeing is important because it influences how you think and feel about yourself as well as others. Mental health can also affect how you deal with everyday life events, such as relationships and coping with change.

People with mental health problems often experience more health conditions due to poorer lifestyle behaviours and can have more difficulties accessing housing, employment, education and other services. People with mental health problems still experience stigma and discrimination which can worsen the existing problem. We must continue to work across all agencies, sectors and within our communities to raise awareness of mental health and provide opportunities for everyone to improve their mental health and wellbeing.

We work collaboratively with a range of services, charities and organisations to provide mental health and promotion activities and programmes. Recently we have:

- Trained a range of professionals and members of the public about self-harm and suicide
- Developed local self-harm and suicide service pathways and guidance
- Worked across Cheshire and Merseyside Public Health Network

(CHAMPS) to become accredited as a Suicide Safer Community

- Increased mental health awareness through the MakeTime programme (#maketimehalton) using the 5 Ways to Wellbeing approach giving people real examples of how to achieve positive mental health and wellbeing

For more information visit haltonhealthimprovement.co.uk or call 0300 029 0029

Working through GP practices, Wellbeing Enterprises provides Community Wellbeing Officers who help identify and direct people to interventions and support, improving their health, wellbeing and building their individual resilience.

For more information visit wellbeingenterprises.org.uk or call 01928 589799.

Halton Citizens Advice Bureau (CAB) offer a range of support and advice about many issues that can cause stress and anxiety such as housing, debt, benefits etc. Halton CAB provides a public health funded programme to provide money matters support and advice specifically for people with mental health problems. For more information visit haltoncab.org.uk or call 0344 477 2121.

There is a range of help and services for people in Halton with existing and new mental health problems. More details of services can be found at: - www.healthwatchhalton.co.uk/about-us/a-z-directory, www.mindhalton.org.uk and www.5boroughspartnership.nhs.uk/iapt---halton/



Jane's story

I've been struggling with my debts for a while and when I got a letter from the bailiffs, well, that was the last straw. I felt like I'd be better off dead to be honest. I suffer with anxiety and depression and I get angry really easily. When my benefits were stopped, I just couldn't see a way out of the debt.

When I'm at home and the kids are around, they take my mind off things, but once they go off to school and I'm left alone I start to think about everything and I just get so anxious and upset.

I'd only gone to the Citizens Advice Bureau (CAB) to talk about my debts – but they said they could help with all

these other problems too. They got me in to speak to someone in the mental health team at the Brooker Centre. I finally felt able to talk about all these things I'd been bottling up.

The CAB support and the mental health team have really helped me. They called off the bailiffs and spoke to all the people I owe and arranged a repayment plan.

Thanks to them, I've got my benefits back. I have started a class with Wellbeing Enterprises, which keeps me occupied while the kids are at school and makes me feel good. Things are looking up now.

Live Well

Cancer Screening

Breast Cancer Screening

3 in 4 eligible women screened

This is much lower than the England average and is similar to previous years.

(PHOF, 2015/16)

Cervical Cancer Screening

7 in 10 eligible women screened

This is much lower than the England average and is similar to previous years.

(NHS Digital (2), 2015/16)

Bowel Cancer Screening

5 in 10 eligible people screened

This is improving but is much lower than the England average

(PHOF, 2015/16)

In Halton:

Cancer training and support has helped GP Practices increase breast screening by 5%

3 GP practices involved in a small pilot increased bowel screening by 9%

» Cancer screening looks for certain types of cancer before a person has any symptoms.

Screening tests can help find cancer at an early stage, before symptoms appear. If abnormal tissue or cancer is found early, it is usually much easier to treat or cure.

The NHS offer 3 types of screening tests to women: -

- Breast cancer
- Cervical Cancer
- Bowel Cancer (male and female)

www.nhs.uk/Livewell/Screening/Pages/screening.aspx

We have a local Health Improvement Team, working with many other partners to spread the word about the benefits of screening. We are also working alongside Cheshire and Merseyside Local Authorities and Health services on a range of services and campaigns to encourage participation in screening

Breast Screening

In Halton, women between the ages of 47 to 73 are automatically invited for breast screening every 3 years. The test uses a

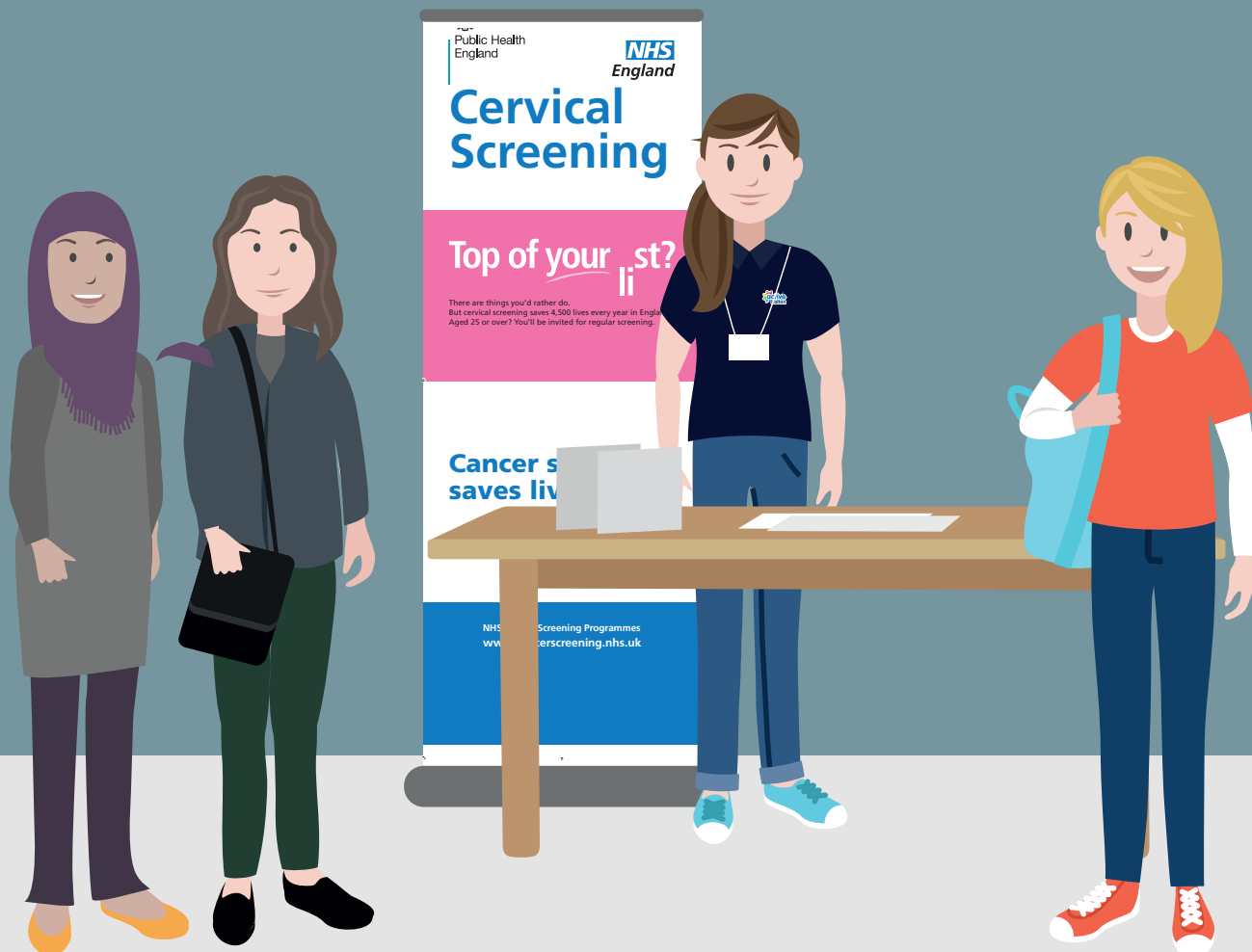
special X-ray called a mammogram and can often find changes in breast tissue long before it is possible to feel a lump. Women over 70 will stop receiving screening invitations; however they can arrange an appointment by contacting the Breast Screening Service on **01925 275 500**.

We work very closely with our Breast Screening Unit to help make sure that the mobile screening unit is accessible for people living with disabilities and in the most reachable and visible places across Halton. This makes it easier for women to attend and also promotes the service to those who need breast screening at the same time.

Cervical Screening

Women between the ages of 25 and 64 are invited for screening every 3 or 5 years. The test takes a sample of cells from the cervix and looks for changes; it also looks for the presence of HPV (Human papilloma virus) which is responsible for most types of cervical cancer.

We encourage women to go for their cervical screening test when it is due. We want to encourage many young women to go for their first cervical screening from the age of 25. We know that if women have the test when they're first invited, they are more likely to have the test the future, protecting themselves going forward in life.



Bowel Screening

There are two types of screening for bowel cancer. Everyone over 55 is invited for a scope which looks for changes in the lining of the large bowel. Between the age of 60 and 74 everyone is sent a kit every two years which takes a sample of poo and looks for unusual signs of blood.

The idea of taking samples at home with a kit can put people off having the simple test, so we are working in Halton GP practices to encourage people to use their kit, ringing up people who have not returned their sample, answering people's questions and supporting local and national campaigns.

Alexa's story

I'm a 27 year old mum and was invited for a smear test while I was pregnant with my second baby. I'd never been for a smear before. After the baby was born, I was so busy with two little ones, I forgot to go

and have it done. One day when I was at the GP surgery, the nurse reminded me I should make an appointment, so I did. It was a bit uncomfortable, but it was over pretty quickly!

But then a week later I got a letter telling me I needed to go for something called a colposcopy. I was really worried, but the practice nurse said it would be ok. When I went for the colposcopy they told me that they needed to remove a small area of tissue as there were some cell changes that could have developed into cancer.

I just want to tell every woman not to put off having their smear test. I can't even think about what could have happened if I hadn't had mine when I did. The thought of my two kids losing their mum to cancer at a very early age breaks my heart.

Without my test, I would never have known until it was maybe too late, the smear test really is a life saver.

Live Well Alcohol



In Halton:

FROM
300 **Women admitted to hospital due to alcohol per year**
(LAPE, 2011/12)

DOWN TO
265 **This is an improvement but is still much higher than the England average**
(LAPE, 2014/15)

596 **Residents and Front Line Professionals received alcohol awareness or advice training**
(HBC, 2016/2017)

» In the past, alcohol use and related physical or mental harm has been more common in men than in women.

However, more recently women have increased the amount of alcohol they drink and this has an increase in harm to the: -

- Individual: alcohol causes liver disease, heart disease, mental health problems and cancer
- Family: alcohol impacts on parenting and alcohol-related domestic violence
- Wider Community: alcohol-related crime and anti-social behaviour

Government guidelines on drinking alcohol consumption recently changed. The weekly recommended limits for men and women are now the same – no more than 14 units per week. The number of units depends on the size and strength of the alcoholic drink. (Previous guidelines were 21 units for men and 14 units for women per week). The advice is not to save the 14 units to drink in one session. People who have 1 or 2 heavy drinking sessions each week increase the risk of death from long term illnesses, accidents and injuries. It's much better to spread units out over the course of the week, and include several alcohol-free days each week. In addition, if women are pregnant or trying for a baby, the advice is to avoid alcohol altogether.

In Halton, we have recognised that women now drink more alcohol and what health

effects this may cause. Many women want to drink less alcohol and we need to make it as easy as possible for women to find the information and support they need. The Health Improvement Team offers training and awareness campaigns to reduce alcohol-related harm and promote lower risk drinking across Halton.

In 2014, Halton became one of the Home Office's Local Alcohol Action Area (LAAA). The Council, NHS, Police, local retailers and other partners have joined together to share information and resources to reduce the health harms, crime and anti-social behaviour caused by alcohol. The LAAA has run a campaign focusing upon drinking in pregnancy, led a public inquiry into alcohol and focused on local licensing arrangements. We have developed an Alcohol Strategy for all ages, which also sets out how we will reduce alcohol-related harm for women. Our vision is to enable people to have a sensible relationship with alcohol that promotes good health and wellbeing and ensures Halton is a safe place to live. The strategy outlines the ongoing work to promote a responsible drinking culture, identify individuals with problems early on and ensure effective treatment support is available.

Further support or advice regarding drinking alcohol is available from:

Halton CGL (Change Grow Live) support people affected by drugs and or alcohol. Telephone **0151 422 1400**.

Young Addaction (Under 19s) support young people having problems with drugs or alcohol. Telephone **0151 257 2530**.



Louise's story

I came to Halton CGL (Change Grow Live) for help as I have been battling with Alcohol Addiction for most of my adult life. It was affecting my relationships, health and mental health. But at CGL, the environment was welcoming and the team were great.

I started having 1-2-1 sessions and we looked at triggers in my life, relationships, goals and moving forward. I soon realised what was important to me. I just felt that I needed someone to help me along the way. The 1-2-1 sessions really helped me understand why I drank.

I then went on to attend a group programme - I brought along my mother in law for support. I have never looked back; I get support from the group as a whole and help with dealing with my anxiety. I've also trained to become a

course facilitator to help others in the same boat as me. I never thought that I would be able to sit in a room with other people, let alone help to run a program - this is a massive achievement for me.

Being alcohol free has had a positive impact on all aspects of my life. I also feel that being alcohol free has given me and my daughter another chance at a relationship and we now get on fabulous, we now go out and spend time together.

Live Well

Wider Issues

In Halton, there is a vast range of services and organisations offering support and advice to help people manage almost any event or situation.

We want to make it easy for people to access the right advice and information, and for professionals to know how to help people, when the answer may lie outside of their role. Knowing where to turn to for help during our times of challenge, knowing how to protect ourselves and keep ourselves resilient is an important part of staying healthy.

Domestic Abuse

Domestic Abuse is any abuse that takes place within an intimate or family-type relationship that forms a pattern of coercive and controlling behaviour. Domestic Abuse is a range of abusive behaviour which is not all physical in nature but can include intimidation, isolation, sexual abuse, no access to finances.

Halton Domestic Abuse Service is a service for all victims of Domestic Abuse aged 16 and above. It offers the following services:

- Independent Domestic Violence Advisor (IDVA)
- Floating Support Workers
- Sanctuary Scheme

Halton Domestic Abuse Service:
0300 11 11 247

Halton Women's Aid (Refuge):
0151 495 2778

Cheshire Police (24 hour):
0845 458 0000

National Domestic Violence Helpline:
0808 2000 247

Loss

Experiencing a death of someone we care about can turn our lives upside down.

It is important to recognise that grief is natural and it affects different people in different ways. Anyone who has recently experienced the death or suicide of a loved one can contact: -

Halton Integrated Bereavement Support Family Support Team:
01928 791221

Suicide Liaison Service Amparo:
0330 088 9255

Employment

Halton People Into Jobs can help people access jobs, apprenticeships and training, provide support and advice on setting up a business or improving your skills or qualifications, call them for more information: -

Halton People into Jobs:
0151 511 7555

Finance

Changes in the amount of money coming in and going out can cause hardship and stress. Talking through what benefits or support may be available can be helpful. If people have debts and are finding it hard to pay, there are a number of options available to make these more manageable. Further support is available from: -

Citizens Advice Bureau (CAB):
www.haltoncab.org.uk or 0344 477 2121

National Debt Advice Line:
0808 808 4000

Halton Welfare Rights Service:
0151 511 8930

Housing

The Housing Solutions Team can offer help and support to people who are having difficulty paying their rent or mortgage, worried about losing their home or who have concerns about the house they live in: -

Housing Solutions:
housing.solutionsteam@halton.gov.uk or
0303 333 4300



Trading Standards - Scams

The Trading Standards team are already working with people in Halton who have lost thousands of pounds to scams. For people who have been caught out by a scam, they or their family can contact: -

Linda and Sue - Trading Standards -
0151 511 8785 or 0151 511 8775

Joan's story

I've had a difficult couple of years - I was a full time carer for my husband for eight months before he died of Alzheimer's and my daughter's been very ill too. But to make things worse, I've been plagued with nuisance calls for a long time. These people were calling me every day at one point and just wouldn't stop. It was making me ill with worry - I couldn't sleep, I was crying all the time, I just couldn't make them stop.

I go to a local pensioners group and one day a lovely lady from the Council's

Trading Standards team came along to talk to us about scams. After she'd finished her talk I told her all about the calls I've been getting. She was so nice. I'd just had a call asking me for my driving licence details but I was scared what they were going to use it for. She told me that they could contact the DVLA for me. They did and they've put a note on my records to say that if they ever get a call about me they will ask more security questions before they do anything.

They've also given me something to stop these calls happening. This call blocker device only lets calls through from my family and friends so I'm not being pestered anymore.

I can sleep again and I don't dread the phone going now - when it rings I know it'll be someone I know. I told Linda and Sue at Trading Standards that they've given me my life back with what they've done for me!

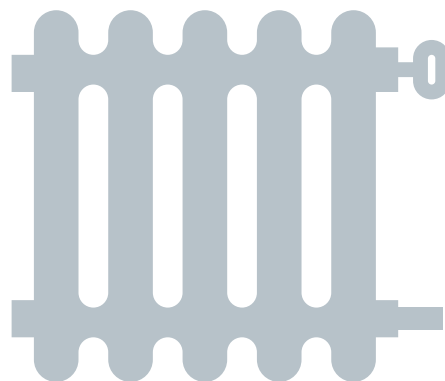
Age Well

Warm Homes

In Halton:

1 in 10 Households are living in 'Fuel Poverty' and at risk of ill health from cold homes
(DECC, 2012)

91 Residents saved **£19,105** by collectively switching energy suppliers during our 2016/17 Winter Warmth Campaign
(HBC, 2016/2017)



» Fuel poverty is when you are unable to heat your home to a temperature that is comfortable and good for your health (21°C in the living room and 18°C in other rooms).

In Halton, there are a higher number of older women than men living alone. Older people can spend more time in their homes and are more likely to develop illness and injury because of a cold home. A cold home can worsen existing health problems such as heart and breathing conditions and increase the risk of death especially during the winter months.

Living in a cold home can also increase the risk of falls, especially in people aged over 65 years. Falls can cause hospital admissions and surgery, reducing independence and leading to social isolation and poor mental well-being.

We are working in partnership with a wide range of organisations to make sure that all people in Halton live in safe, warm homes through the: -

Affordable Warmth Strategy: Halton Borough Council recently launched the Affordable Warmth Strategy. The strategy aims to ensure that all households in Halton

are able to achieve the heating levels they require for health and wellbeing, at an affordable cost.

Annual Winter Warmth Campaign: This campaign raises awareness of how to keep warm and stay healthy during the winter months. For more information: - hit.activehalton.co.uk/winter-warmth

Director of Housing & Wellbeing: Halton Housing Trust, NHS Halton CCG and Halton Borough Council's Public Health Team have a joint person responsible for housing and health. This person supports campaigns and initiatives across Halton and the Liverpool City Region including: -

- Keep Warm, Keep Well
- Slips, Trips and Falls
- Healthy lifestyles opportunistic advice
- Targeted interventions
- Dementia early signs training for front line staff

Specialist Equipment & Adaptations: The Adult Social Care team carry out a home visit assessment of a person and their carer's needs. If people own their own home or have a private landlord, they may be able to get a Disabled Facilities Grant, subject to a means test. Social Services may fund smaller adaptations, such as grab rails directly. For further information call: - [0151 907 8306](tel:01519078306)



Patricia's story

Money was always very tight, but we always got by. I recently took retirement and live on my pension so I'm always looking to save money.

My house is quite a big, old semi-detached – and my heating bills are big too. I've managed to save some money, over the last 15 years, by fitting double glazing, new doors and a new boiler as well as more insulation in the loft and walls.

I didn't think there was much more I could do to bring the bills down but then I heard about the Merseyside Collective Switch. It's brilliant – they get lots of people like me to sign up and then they go to the energy companies and get us a really good deal. I've just gone onto a cheaper tariff with a new company which is fixed for 2 years.

I like that this company is environmentally friendly but the best thing is I've got more money in my pocket now!

Age Well

Social Isolation & Loneliness

In Halton:

1 in 6 Women aged over 75 live alone
(POPPI, 2011)

1878 Home visits by Sure Start to Later Life
volunteers to vulnerable older people
(HBC, 2016/2017)



» Social isolation and loneliness can have a negative effect on a person's health and wellbeing.

As people get older, they may become more lonely and isolated because of caring for a loved one, bereavement, living alone and family living away. Additionally they may have health conditions and problems walking which stops them from getting out and about as much.

In Halton, more women than men over the age of 75 live by themselves and are at risk of becoming lonely and isolated.

Since 2007, Sure Start to Later Life in Halton Borough Council has been offering a personalised service to help prevent loneliness and isolation and improve the wellbeing and quality of life for over 55s in Halton.

The Sure Start to Later Life team:

- Identify people who are at risk of becoming lonely and isolated
- Assess and follow up people in their own homes, talking about their personal needs and wishes, helping with practical issues like housing, transport or money worries
- Support, suggest and refer people to a range of services and organisations

- Recruit and train volunteers as Home Visit Befrienders, Day Trip Assistants, IT Buddies to support older, lonely, isolated and vulnerable people in Halton
- Raise awareness of the team to other services, groups and organisations, explaining the referral process and the positive benefit for people who access the service
- Organise the Get Together event every month with around 80 people attending and 300 people on the invitation list
- Coordinate the Day Trippers outings where people are able to travel outside of Halton to interesting places and various restaurants

Find out more information on the Sure Start to Later Life:

Website ss2ll.co.uk

Call [01928 569477](tel:01928569477) or [01928 569498](tel:01928569498)



Iris's story

My husband Bob had dementia and I was looking after him. Our family helped out but I was starting to feel like I wasn't coping very well and some days were worse than others. Bob was referred to Sure Start to Later Life and he convinced me to try the Day Trippers group with him. I am so glad I did, it was brilliant! Everyone was so friendly, we've been to lots of places and it feels great to be out and about again.

Over time Bob's dementia got worse and he went to live in a Nursing Home.

This was a very hard time but because I had made new friends through the Day Trippers, this helped a lot. They would call me and check I was alright.

When Bob died, I knew it would be very difficult living alone. My friends helped me get out more for lunch and trips out.

We all meet up at the Sure Start to Later Life 'get togethers'. We all support each other; it means we're not alone.

Age Well Falls

In Halton:

FROM

433

**Females over 65 years old
admitted as an emergency
to hospital after falling**
(PHOF, 2014/15)



DOWN TO

394

**This is an improvement but
is still much higher than
England average**
(PHOF, 2015/16)

750

Residents used Halton Falls Service
(HBC, 2016/2017)

» Falls are a leading cause of death amongst people aged over 65.

Falls can have serious impact on:

- Physical Health - severe discomfort, hypothermia, infection and/or serious injury leading to long term disability
- Mental Wellbeing - loss of confidence, fear of falling, distress and anxiety
- Social Life - loss of independence, loss of social contacts, decreased quality of life and changes to daily routine

Falls are not a normal part of ageing, or something that 'just happens' as you get older. In many cases a fall is preventable. Therefore it is very important we raise awareness of falls prevention and falls safety as part of 'ageing well'.

Women's bone health is affected by the menopause, making them more at risk of weak bones (osteoporosis) and fractures. There is strong evidence for specific exercise programmes that improve bone density and reduce the risk of falls particularly for women post menopause.

Halton has a comprehensive Falls Strategy which aims to reduce the number of people who experience a fall in Halton and to reduce hospital admissions as a result of a fall.

A key focus of the strategy has been the development of our 'Ageing Well' programme of exercise and education to improve strength, balance, co-ordination and confidence. The programme is appropriate for people who have had 1 or more falls, have a fear of falling, or if they have osteoporosis. The programme includes community classes, home-based exercises and guest speakers talking about falls prevention. For more information go to: - hit.activehalton.co.uk/project/older-peoples-services/

We have delivered falls awareness sessions to local community groups including hints and tips how to stay safe at home and when out and about.

We also provide falls prevention training for frontline staff who work with older vulnerable people.

As a result of the Falls Strategy an Integrated Falls Treatment Service has been developed to support individuals who have fallen regain confidence and independence and return as quickly as possible back to normal life.



Anne's story

I had two and a half years of hell and was in and out of hospital. I had one fall, which then led to another and another as I became unsteady on my feet. No one seemed to know why I was falling or how they could help me.

The injuries turned into other ailments and before I knew it I had lost all my confidence and didn't want to go anywhere. I stopped holidays, outings; anything that required me to walk anywhere, I was scared. My husband was really worried and spoke to the GP. They told us about a Falls Prevention class that

could help to build my confidence on my feet and help me get steady.

I finally feel like I am up and running again, I have met lovely new people and haven't had a fall since I joined the class. We have even booked a little coach holiday this summer.

I have got my life back again, it's wonderful. I want everyone to know about the classes as they are brilliant, I am so grateful.

Recommendations - 2016/17

Women and Girls' Health

» Start Well - Maternity

Smoking in Pregnancy

Appoint a dedicated Smoking in Pregnancy Lead within the Halton Borough Council Stop Smoking Service.

Review referral pathways so that all pregnant women are able to access support to stop smoking.

Promote the Halton Stop Smoking Service and the financial incentive (voucher) scheme for all pregnant women.

Breast Feeding

Ensure women and their families have the information, support and skills to breastfeed and introduce solid foods when the baby is 6 months old.

Raise awareness and support of breastfeeding amongst the community.

Support women who choose to bottle feed with information and skills to do so safely.

» Start Well - Girls

Mental Health

Improve the early identification and support of children and young people with mental health difficulties.

Consider further investment in programmes that build emotional resilience and self-esteem in children and young people.

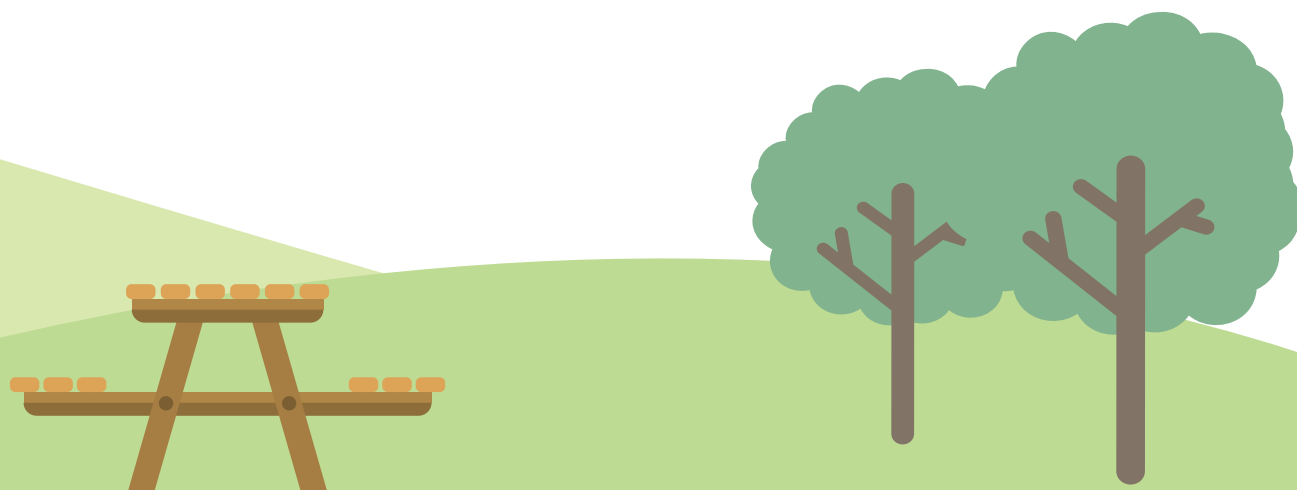
Provide mental health support that is easily available, timely, without stigma and effective.

Physical Activity

Talk to girls and their families in Halton about barriers to physical activity and what activities they would like to take part in.

Identify the current provision and gaps for physical activities for girls in Halton.

Improve and promote the available physical activities in Halton for girls and their families.



» Live Well

Mental Health

Establish Halton as a Suicide Safer Community.

Extend mental health and suicide awareness training across Halton to reach more professionals and members of the community.

Work with all agencies to ensure that their services best meet the needs of people experiencing mental health issues.

Cancer Screening

Use local and national campaigns to encourage young women to have cervical screening when they are first offered it.

Work with local general practices to reduce the variation in uptake of all 3 cancer screening programmes across Halton using practice champions, training and targeted support.

Alcohol

Use local and national campaigns to highlight to women the harms of drinking above the recommended guidelines.

Train staff in local services to identify women who drink above the recommended guidelines and to support them reducing their alcohol intake.

Ensure local treatment services are friendly and accessible so that women can get the support they need.

» Age Well

Social Isolation

Actively recruit and train new Sure Start to Later Life volunteers to support older, lonely, isolated and vulnerable residents of Halton.

Deliver outreach sessions to other teams, groups and organisations to raise awareness of the Sure Start to Later Life team, referrals and the potential outcomes for people who access the service.

Expand the use of the Loneliness Tool in services to identify people in Halton who are at risk of being or becoming lonely and isolated and measure the result of accessing Sure Start to Later Life services.

Falls

Increase awareness of falls prevention and falls safety within the community and service providers to help people age well in Halton.

Monitor and improve falls services in Halton through the existing falls steering group with all key partners from Halton Borough Council, Halton Clinical Commissioning Group, NHS Hospital and Community Trusts and Voluntary Sector.

Develop a new falls strategy and action plan for 2018, gathering information, evidence and best practice across all areas of prevention and treatment of falls.

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For further information about the data used in this report contact the Public Health Intelligence Team: Health.Intelligence@halton.gcsx.gov.uk

Recommendations Update - 2015/16

Assessing Needs and Taking Action



The Joint Strategic Needs Assessment (JSNA) is used to underpin the planning and development of key local health plans including Halton's five year Sustainability and Transformation Plan.

The JSNA was used to decide on the local health priorities for the Cheshire and Merseyside NHS Five Year Forward View. These priorities for improving and protecting people's health include High Blood Pressure, Alcohol and Safer Use of Antibiotics.

The findings of the JSNA are used to support devolution planning and priorities from a Halton perspective.

Devolution health priorities have not yet been discussed. The robust evidence in the Halton JSNA will ensure that key health priorities for a devolved Mersey region are relevant to people living in Halton.

The JSNA is used to support the development of local health and social care improvement plans and strategic developments including providing the evidence to support a reduction in health inequalities.

The JSNA has been used to support a wide range of local plans. One recent example is the JSNA about Older People, which has allowed commissioners focus on improvement plans for care home provision. Reducing health inequalities is an important role for all local health and social care partners and the JSNA provides evidence that should inform their actions.

The JSNA is accessible to the public and works to incorporate the voices of local groups and people through specific research and consultation projects that help identify the needs of local communities and explore topics of interest or priority.

The JSNA is not a single document; it is made up of many reports highlighting different topic areas and themes. The

JSNA is publically available and published online at www4.halton.gov.uk/Pages/health/JSNA.aspx

All libraries in Halton received a paper version of the 2015/16 Public Health Annual Report with links to the JSNA. Alternative formats can also be requested.

We have held and attended workshops and forums where we have received direct feedback for us to better understand local views and opinions from our community. Future JSNA reports and updates will continue to include this information.

The findings of the JSNA are used to support One Halton planning and commissioning priorities

NHS Halton Clinical Commissioning Group (CCG) continues to use the JSNA with other data sources (e.g. RightCare packs) to understand the local priorities, health needs and areas for action and develop commissioning priorities for the year.

The Public Health Evidence and Intelligence Team continue to work with partners to improve access to data in order to provide robust information to support the JSNA as well as health planning and priorities.

Access to data, especially from external sources (e.g. hospitals and primary care) is controlled by very strict laws. Sometimes public health teams may not be allowed to see or use this data for monitoring health trends and outcomes. The Public Health Evidence and Intelligence Team has worked with our Information and Communications Technology team in Halton Borough Council and with partners including the CCG, St Helens and Knowsley Health Informatics Service, Public Health England (local and national) and NHS Digital to access very important data that is required to understand the health issues in our community.



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