

Men's Health Review Action Plan Update @ 31-01-08

	Recommendation	Organisational responsibility	Contact for update within organisation	Progress towards recommendation
1	The Review Group recommend that information included in residents' surveys needs to be better integrated and shared among the statutory organisations as there is currently very little information available on men from new and emerging communities within Lewisham accessing health services, for example the proportion of Chinese and Vietnamese men accessing health services is unknown.	LBL	Lucy Morton - Corporate Policy and Partnerships	The Annual Residents Survey is conducted during the last quarter of each year. Preliminary results are available by the end of December/early January and this initial data is distributed to partners. The final, formal report of the Annual Residents Survey is published in February of the following year. A copy of this report is distributed to partners, posted on the Council's website and is available via the LSP. The Annual Residents Survey collects information regarding the ethnicity of respondents using the standard Lewisham monitoring form. The Council will work with partners to further improve dissemination of the report.
2.	Further consideration needs to be made in promoting Well men clinics. In particular, the vast majority of men attending well men clinics are older men. Further consideration should be given to developing a social marketing approach to enable Lewisham PCT to target services better and to encourage younger men to access services.	Lewisham PCT	Oliver Lake, Head of PPI and Communications	Currently there is a social marketing project looking at Stop Smoking Services. The segments being considered are: adults in manual employment, adults aged 35 – 45 years and smoking parents of primary school children. The PCT will be considering if the approach can be used to find out what would help men to access primary care services easier.
3	It is recommended that Lewisham PCT's Strategy for Stroke is reviewed and an integrated disease management approach is needed for stroke, coronary heart disease and hypertension and this will benefit both men and women. The current strategies were developed over 10 years ago, and were based upon the Lambeth, Southwark and Lewisham	Lewisham PCT	Martin Wilkinson	A Stroke Pathway Project is being initiated in Lewisham. The objectives of this project are: To map the current stroke pathway in Lewisham To quantify the current services providing for stroke patients To quantify the gap in services provision by and make recommendations for revision of the existing stroke pathway

	Partnership arrangements which are now outdated. Hypertension is particularly prevalent in the African-Caribbean community in Lewisham, and this needs to be addressed by Lewisham health partners including the London Ambulance Service through a comprehensive hypertension strategy.			To cost the financial requirements of improving the patient pathway to meet national standards To complete an outline plan for service development over a future 18 month period To complete a review report to the PCT describing containing the relevant information and planning This will feed into the revision of the Lewisham PCT Stroke Strategy. Once findings are available they will be presented to the Healthier Lewisham Partnership Board.
4	It is recommended that a question on smoking is included in the next survey of residents to record smoking prevalence and to better target stop smoking services on an on going basis.	LBL	Lucy Morton - Corporate Policy and Partnerships	A question relating to smoking was included in last year's Annual Residents Survey and was proposed for inclusion in the survey again this year
5	It is recommended that the Council strengthens its role and responsibility in terms of general wellbeing and promotes the benefits of smoke free environments and stop smoking services to staff, service users, clients and contractors. In particular both the Council and local NHS bodies should use their contractual powers to the fullest to influence other organisations to implement a no smoking policy on all Council and NHS sites to reinforce good practice and raise public awareness.	LBL and PCT		LBL On 1 July 2007 Lewisham went smoke free. This new legislation affects Lewisham's residents, customers, employees, visitors and business owners, who are no longer able to smoke (or permit smoking) in any public place. Lewisham Council as well as the PCT went smoke free in January 2006, a full year and a half ahead of the change in law. To support this transition the Council provided a range of advice and training to staff and managers as well as promoting and supporting cessation programmes, including allowing staff reasonable time off work to attend cessation classes. Further support was provided to staff through the Lewisham stop smoking service. Lewisham's smoking cessation policy was introduced at this time to bring together all initiatives and guidance into one document. The Council recognises the difficulties faced by staff who want to give up smoking and - in

				<p>partnership with Lewisham Primary Care Trust - has continued to provide a smoking cessation support programme for employees. The Council continues to work closely with the NHS to promote and enforce a smoke free Lewisham not just in Lewisham and PCT workplaces but in all our bars, pubs, cafés, clubs, factories, restaurants, shops, and non Council and PCT offices and workplaces.</p> <p>PCT The PCT will ensure that its contracts and service level agreements include a reference to stop smoking. All NHS premises have implemented a no smoking policy; the local Tobacco Alliance will be asked to ensure concerted efforts are made to reinforce good practice and raise public awareness on all Council and NHS sites.</p>
6	<p>With the stop smoking services expanding its work there is a need to raise the profile and visibility of this service in Lewisham and to focus on tackling the discrepancy in the number of men to women who are quitting via the smoking cessation service. It is recommended that targeted promotion to men and social marketing of smoking cessation services is developed and implemented.</p>	Lewisham PCT	Jane Miller	<p>A social marketing research project into smoking is currently being undertaken. A report will be presented to the Healthier Lewisham Partnership board once the findings are available.</p>
7	<p>It is recommended that further work is carried out to assess the appropriateness of the choice and image of exercise sessions on offer via referral from GPs to better appeal to men, to ensure men are being offered the services and that the benefits of taking part are promoted.</p>	LBL	Annette Stead – Sport and Leisure	<p>The Council's Sport & Leisure Service which manages the borough's Exercise on Referral (EOR) scheme, is running two 8 week men's health programmes in the next three months to identify some of the issues and barriers men face in accessing current EOR sessions. Further reviews will take place with GPs to find out if they are promoting physical activity to men or if men are being referred to schemes and activities but, for</p>

				<p>whatever reason, are not attending. The EOR literature and choice of sessions will be reviewed in terms of attracting men.</p> <p>A second 8 week programme specifically targeting men, to be held at Downham Health & Leisure Centre Feb- March 2008 finding out barriers to exercise and the gp referral scheme.</p> <p>Telephone Surveys to be carried out on Men who have been referred to the Lewisham Exercise on Referral Scheme to find out issues and barriers.</p> <p>New leaflets to be designed with images of men participating in physical activity to encourage access.</p>
8	It is recommended that when follow-up scrutiny is carried out, Council officers are asked to report back to the scrutiny body on the outcomes of visits to pubs and workplaces in Lewisham to promote physical activity and the benefits of taking part in exercise for men in relation to health promotion.	LBL	Annette Stead – Sport and Leisure	<p>The Lewisham Physical Activity Partnership involves representatives from the Council, PCT, Voluntary Sector and Private sector and has been in operation for two years. One of the sub groups for the Partnership is a Workforce Health group looking at increasing physical activity and wellbeing in workplaces across the public, private and voluntary agencies. A plan is being developed with an expected implementation date of 1 April 2008.</p>
9	Only 55% of boys and 39% of girls were reaching the recommended level of physical activity and the Council needs to do more to improve the level of boys and girls reaching the recommended level.	LBL	Annette Stead – Sport and Leisure	<p>This year, the National target of 80% of children and young people taking part in a minimum of 2 hours of PE and Sport is expected to be exceeded. Lewisham's provisional results show that 88% are achieving the target which is 8% above the national target and a 17.5% improvement on last year.</p> <p>There are two key school sport partnerships in Lewisham which, between them, cover all the secondary and primary schools in the Borough. The Partnership's key aim is to encourage a minimum of</p>

			<p>two hours of PE and sport both within and outside the curriculum to tackle obesity, develop healthy lifestyles and encourage high performance. Stronger links between primary and secondary schools are helping to increase PE expertise in primary schools and equip children leaving Key Stage 2 with basic PE skills and understanding.</p> <p>In addition, through the National Benchmarking Scheme for our leisure centres, the Council continues to set targets and monitor aspects of participation, including the percentage of 11 to 19 years olds participating in recreational/leisure provision. Results this year show a dramatic rise from a 'poor' to 'excellent' rating.</p> <p>In partnership with Lewisham PCT, Leisure Connection and Parkwood Leisure, Lewisham Council launched a two year MEND programme at The Bridge Leisure Centre in April 2007. The programme will also be based at Ladywell Centre, Wavelengths and Downham Health and Leisure Centre. MEND is one of the UK's most innovative and effective obesity prevention and treatment programmes. The programme is open to young people aged 7 to 13 years of age.</p> <p>The Council continues to build partnerships with local agencies to drive forward developments and opportunities for disabled young people in terms of participation and achievement.</p> <p>The target for children and young peoples weekly sport levels has increased from 2 to 5 hours a</p>
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				weeks and a drive to engage local sportsclubs in measuring this is underway as it extends now from in school sport to sport off site.
10	The Review Group welcomes the proposed establishment of a Lewisham Sports Council and recommends that the Council and PCT give their support to its successful formation.	Lewisham Council and Lewisham PCT	Annette Stead – Sport and Leisure	<p>LBL Lewisham Council in partnership with the PCT, Voluntary Sector, Schools, Pro Active East Partnership and London Sports Forum for Disabled People, is currently developing the Community Sport & Physical Activity Network (CSPAN). The aim of the Lewisham CSPAN is to bring together a range of partners at a local and strategic level to ensure that sport, leisure and physical activity initiatives and projects across the Borough are developed, advocated and strengthened. The CSPAN structure will enable all who have an interest in promoting sport and activity to be able to have a voice. The Lewisham Sports Council will be invited to join the CSPAN group representing voluntary sports clubs and organisations.</p> <p>PCT The PCT has given support to the Lewisham Sports Council</p>
11	It is recommended that the Council and PCT when marketing physical activity highlight the benefits of everyday activities such as walking and cleaning as identified in the promotion leaflet “A bit of what you fancy”.	Lewisham Council and Lewisham PCT	Annette Stead and Katrina McKormick	<p>LBL The Lewisham Physical Activity Partnership will be discussing promotional literature with its partner members, including the PCT and taking recommendations for future campaigns and information to the Healthier Lewisham Partnership Board and other partnership boards.</p> <p>PCT This recommendation is noted and will be shared with Health First, the NHS health promotion agency</p>

12	<p>It is recommended as part of the implementation of the Government White Paper, that the promotion of healthy eating should be considered through local planning and licensing decisions. When responding to consultation on the enhanced role of the Councillor and Corporate Councillor as part of the new Government White Paper, the Council could include that local authorities should have a greater influence over planning and licensing policy and decisions to include consideration of health implications, for example in relation to planning and licensing applications for food outlets to encourage healthy foods.</p>	LBL		<p>for Lewisham.</p> <p>Under the Town and Country Planning Acts and associated legislation, town planning decisions are made on the basis of land use. This means that planning permission is required to build a new shop or open a take-away; or to change the use of an existing shop. In effect, this means that the planning system can be used to control, under some circumstances, where a new shop or take away is located but not the type of goods sold from the establishment.</p> <p>Under the Licensing Act 2003, the Gambling Act 2005 and other licensing legislation, The Council are only allowed to address certain issues. These always relate to specific licensing objectives, none of which would lend themselves to addressing health issues. The bulk of Lewisham's licensing work falls under the Licensing Act 2003 which although does allow for conditions to be added to the licence in certain circumstances, this could only be used to address the licensing objectives. The Act also makes a specific reference to not interfering in the general management of the premises. This legislation covers all the premises dealing with food and alcohol within our control. However in Lewisham officers are beginning to compile information for a good practice guide which could include reference to the aims of the review. The guide, when published, would only offer advice and would not be enforceable.</p> <p>The Council does have greater influence over its leisure contractors and healthy food options have</p>
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				<p>been discussed. As a result there have been improvements at the Bridge Leisure Centre, which has franchised its food outlet and provides a good range of healthy food options. The Downham Health and Leisure Centre also provides a good range of healthy food options. All centres provide a range of healthy vending lines. When leisure or catering contracts come up for review, healthy food and vending will be a key issue in the process.</p>
13	<p>It is recommended that choice in school dinners should be directed at helping to encourage children and young people to eat healthily. And the Review Group welcomed schools becoming more active in their involvement with the food choices that pupils bring to school as part of their lunch boxes.</p>	LBL	Children and Young People's Directorate	<p>The Council continues to promote the benefits of healthy eating, spreading the message through activities such as parent food tasting sessions and programmes of instruction and participation for children with <i>Scolarest</i> nutritionists reinforcing the message that healthy eating can be fun. Often parents choose to provide a lunchbox for their child through either perceived financial, dietary or reasons of personal preference. The quality of lunchbox content usually reflects the home eating habits. The authority runs training sessions with School Mealtime Supervisors to provide them with information on basic nutrition to facilitate lunch box monitoring. Some headteachers believe that this monitoring practice is too time-consuming and labour intensive. In Secondary schools the practice of lunchbox monitoring does not exist at all.</p> <p>As part of our contract with <i>Scolarest</i> the Council is increasing choice for pupils to further encourage healthy food take up. In secondary schools, to cater for the more developed palette of older pupils, and to address the need for greater personal preference, <i>Scolarest</i> offer a cafeteria style provision, avoiding</p>

				<p>set menus whilst still maintaining nutritional standards. Students are regularly consulted on the options available. The Council is tackling all these issues and obstacles by ongoing promotion and education work.</p>
14	<p>In terms of the Healthy Schools Initiative, greater efforts need to be made to help encourage all schools in Lewisham to participate in the healthy schools initiative.</p>	<p>Healthy Schools Team</p>		<p>Schools are key players in the promotion of healthy lifestyles in Lewisham. Their importance in engaging, encouraging and educating children, young people and their families, is recognised through the promotion of the national Healthy Schools standard and the local Healthy Schools Partnership in the borough. In order to achieve the Healthy School Standard schools must demonstrate a nationally accredited level of support for a range of activities from sports and healthy eating to personal, health and social education.</p> <p>45 of Lewisham schools (51%) achieved Level 3 Healthy School Standard by December 2006 thereby demonstrating a nationally accredited level of support for a range of activities from sports and healthy eating to personal, health and social education where issues around substance misuse and sexual relationships are addressed with children and young people. The Council's target is to reach 100% of schools achieving the standard by December 2009. The Council is on track to achieve our target and the percentage of schools achieving the standard is close to the national level.</p> <p>In Lewisham 80% of schools are currently participating in the healthy schools standard.</p>

				The Lewisham School Sport Partnership now works closely with the Healthy Schools Initiative to promote physical activity. Both schemes meet regularly as part of the P.E., School Sport and Club Links steering group which covers all schools in the Borough.
15	The Review Group acknowledges the pilot programme for prostate cancer screening, in particular the positive work carried out by Guys and St Thomas NHS Foundation Trust, and that the PSA test has some limitations for accuracy in detecting prostate cancer. To this end it is recommended that careful counselling is provided with PSA tests.	Lewisham PCT	Marion Gibbon	The PCT will ensure that up to date information on PSA testing will be issued to all GPs in Lewisham, and will be available for members of the public.
16	It is recommended that Lewisham PCT researches the most appropriate ways in which health promotion can be targeted at men who are at risk of prostate cancer and that a community development approach could be used to promote early detection.	Lewisham PCT	Marion Gibbon	The PCT will examine this issue and will report back to the Healthier Communities Select Committee.
17	It is recommended that Lewisham PCT and Pharmacies adopt the approach of the cancer awareness pilot initiative in two Lambeth Pharmacies.	Lewisham PCT	Marion Gibbon	The approach is being implemented in Lewisham and funded from SEL Cancer Network
18	It is recommended that all health care services need to include mental health in prevention strategies, with clear robust actions to take into account the serious and profound impact of racism, improve cultural awareness and reduce discrimination. There is also a need to develop training specifically for GPs to help them fully assess whether young men are	Lewisham PCT	Jessica Mookherjee	The PCT acknowledges the importance of this issue, which has already been highlighted in local assessments of needs for mental health services. The implications of addressing the recommendation will be examined by the PCT, which will report back to the Healthier Communities Select Committee

	suffering from early mental health problems to avoid them being dismissed as 'difficult' or 'adolescent' young men.			
19	The men's health review recommends improved, robust systematic monitoring systems to collate better evidence to improve equity of access to services and treatment outcomes for black men and BME communities. This is to ensure that health partners are able to clearly see the evidence of groups at risk of serious diseases. This needs to be taken seriously for otherwise health services will be delivered in the same way and the health inequalities remain for same groups.	Lewisham PCT	Donna Carr	This important issue has already been examined by the PCT's Corporate Equalities Group. The PCT is committed to ensuring better information on which to base examinations of the equitable delivery of services. Despite real difficulties in delivering on this commitment, the Equalities Group will address this issue as part of its work on moving to a single equalities scheme for Lewisham PCT.
20	It is recommended that a priority is made to make sure all children and young people have access to sex and relationship education (SRE) in Lewisham as young men's health is vitally important for this borough. On an individual level, people would be free to opt out of SRE should they wish to, but there is a need for SRE to be politically driven. It is felt that this message needs to be politically driven as well as managerially driven to ensure all young people are offered the opportunity to receive evidence based, age appropriate, sex and relationship education.	LBL and Lewisham PCT	Children and Young People's directorate Healthy Schools Team	<p>LBL</p> <p>A SRE programme is delivered in all bar one secondary schools in Lewisham by the Sexual and Reproductive Health (SRH) outreach service working in partnership with schools. The final school, which is a new school, is working very closely with the Healthy Schools adviser and is in the process of introducing a model curriculum in this area. In order to target vulnerable groups, the outreach service is delivered in the Pupil Referral Unit, through services for refugees and asylum seekers, in children's homes, through Connexions, the Homeless Unit and the Vietnamese parents group. Training is also available for foster carers, youth workers, A&E staff and community pharmacists</p> <p>The PCT already supports national policy on this issue, which is that SRE is available to all children</p>

				and young people in schools, with the exception of those whose parents wish to opt out.
21	It is recommended that the PCT and Council carry out focus group work with young black men to ascertain the causes and come up with solutions for reducing the rates of sexual health and mental health problems that currently exist in Lewisham.	Lewisham PCT and Lewisham Council	Jane Miller	The PCT acknowledges the importance of sexual health and mental health in young black men. This issue will be discussed by the Health Promotion Commissioning Sub-group of the Healthier Lewisham Partnership Board. The PCT will report on the outcome of these discussions to the Healthier Communities Select Committee.
22	<p>The Review Group recommends that Lewisham NHS bodies and the Council consider the following factors to help improve men accessing health services:</p> <p>Providing more early morning, evening and weekend opening of health centres.</p> <p>The use of male receptionists where possible and practicable</p> <p>Holding getting to know you evenings hosted by GPs and nurses</p> <p>Greater use of male practitioners within health promotion work with boys and men</p> <p>Greater use of occupational health services, which should be extended from screening to the providing of primary health care services.</p> <p>Greater linking of health services to sport</p> <p>Extension of the walk-in GP services</p> <p>Raising parents' awareness of the need to encourage within boys the responsibility and skills to manage their own health</p> <p>Training staff in health centres to help them understand young people and their health needs and health seeking behaviours.</p> <p>Increase the number of healthy living centres and stimulating more initiatives that are</p>	Lewisham PCT	Oliver Lake, Head of PPI and Communications	<p>All these recommendations are accepted as valid, but challenging to implement. They will be considered as part of the work of the Healthier Lewisham Partnership. They will also be shared with all relevant individuals within the NHS locally.</p> <p>A specific website aimed at reaching men and encouraging them to take better care of their health and access local services has been launched see the following link http://www.lewishamalehealth.org.uk</p>

	<p>proving popular with men.</p> <p>Promote the work of the Men's Health Forum by creating local portals to the Men's Health Forum website from the Council and local NHS websites so visitors can have direct access to a substantial amount of information available.</p> <p>Look to develop men only sessions in Walk-in health centres and develop other pilot services such as 'MOT' health checks at pharmacists and mobile units.</p>			
23	<p>It is recommended that any plans to target young people where they congregate, should make reference and use good practice collected from joint work carried out by SLaM and Lewisham PCT, as well as looking to utilise links with famous and well-know people using them as role models to galvanise and publicise the work in relation to men's health.</p>	Lewisham PCT and partners	Oliver Lake, Head of PPI and Communications	This recommendation is accepted. It will be shared with all relevant individuals within the NHS locally.
24	<p>It is recommended that the Council with the PCT consider ways in which health impact assessments of Council services can be carried out, and that this be reported back to the health scrutiny body.</p>	Lewisham PCT and Lewisham Council	Donna Carr	<p>PCT</p> <p>This recommendation is noted. The PCT will work with the Council in conducting Health Impact Assessments where it is agreed that they are relevant and helpful.</p> <p>LBL</p> <p>Downham Health & Leisure Centre is being used as a pilot to assess the impact of the centre on a range of issues in Downham. One of the issues will be the impact on health. The results of the pilot should be available in 2008/09.</p>