

<b>HEALTHIER COMMUNITIES SELECT COMMITTEE</b>		
Title	Lewisham Annual Public Health Report 2017	
Key Decision	No	Item No. 8
Ward	Borough Wide	
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Class	Part 1	Date: 6 <sup>th</sup> March 2018

## **1. Purpose**

1.1 The purpose of this report is to provide members of the Healthier Communities Select Committee with the final content of the Annual Public Health Report (APHR) for 2017. The theme of the APHR is 'Mental Health and Wellbeing' and the report focuses primarily on communicating with members of the Lewisham community about mental health and wellbeing in the borough.

1.2 The 2017 APHR has adopted a new online format to enhance accessibility of the report for members of the public.

The link to the site is: <http://lewishampublichealth.uk>

## **2. Recommendations**

Members of the Healthier Communities Select Committee are recommended to:

2.1 Note the content of the report and direct as required any further analysis or commentary.

## **3. Policy Context**

3.1 The Health and Social Care Act 2012 stated that the production of an APHR is a statutory duty of the Director of Public Health, which the local authority is responsible for publishing.

3.2 The APHR topic selected for this year is Mental Health and Wellbeing following on from the publication of the Lewisham Public Mental Health and Wellbeing Strategy in November 2016. The strategy was produced in response to the relatively high level of mental health need in Lewisham (for example 1.31% of people on GP registers in Lewisham are recorded as having a serious mental illness in comparison to 0.9% in England overall), and the subsequent impacts of mental ill health for the population. The strategy has four overarching aims:

- To improve mental health and wellbeing for all in Lewisham across the life course
- To attempt to bring together all initiatives in Lewisham that impact positively upon mental health and wellbeing under one strategic ambition
- To increase and optimise the use of community assets for mental health and wellbeing initiatives
- To reduce stigma and increase awareness amongst the public and professionals of factors which build resilience, protect and improve mental health and wellbeing

An action plan for this strategy will be finalised at the end of November 2017 and will facilitate the achievement of a concrete set of strategic actions over the next year.

In line with the aims of this strategy, the APHR will take a public health approach focusing on promotion of mental wellbeing and prevention of mental ill health. The APHR will also focus on communicating with members of the public about mental health and wellbeing in Lewisham in order to contribute to the aims of the strategy, particularly in relation to increasing public awareness and reducing stigma.

#### **4. Background**

4.1 The APHR has been produced with input from some of the key stakeholders that were involved in the development of the Public Mental Health and Wellbeing Strategy.

4.2 The APHR this year has adopted an online microsite format with webpages featuring a combination of written text, user-friendly data presentation, images and short videos. This communication medium was chosen in line with the target audience for the report i.e. members of the public, and in recognition of the increasing use of online communication channels to disseminate health information. Between 2007 and 2016, there was a 33% increase in the proportion of adults using the internet to look for health-related information, with 51% of adults now using the internet to do this (Source: Office for National Statistics, 2017).

#### **5. Summary of the APHR 2017**

5.1 The focus of the APHR this year is on communicating with members of the public about mental health and wellbeing in Lewisham taking a public mental health approach. The APHR therefore aims to:

- Provide user-friendly information about the levels of mental health and wellbeing in Lewisham, including information about risk and protective factors
- Provide real-life stories from Lewisham residents across the course of life about living with and through mental ill health
- Provide information on the strategies, initiatives and interventions being delivered in Lewisham that aim to promote mental wellbeing and prevent mental ill health
- Provide information about where residents can seek help if concerned about their mental ill health to ensure that mental ill health is identified and treated at the earliest possible opportunity.

5.2 The following sections have therefore been included in the online microsite:

- **Section 1: Introduction**

Video introductions to the report from Dr Danny Ruta, Director of Public Health, Cllr Muldoon, Chair of the Healthier Communities Select Committee, and Cllr Jonathan Slater, Mental Health Champion for Lewisham.

- **Section 2: Why is this topic important for Lewisham?**

Key mental health data summarised in three infographic sheets (factors related to mental ill health, mental health profile of Lewisham and impacts of mental ill health).

- **Section 3: What is it like to live with mental ill health?**

A series of five real-life stories from Lewisham residents about their experience of mental ill health.

- **Section 4: What can we do to keep mentally well?**

A summary of the Five Ways to Wellbeing (Be Active, Keep Learning, Give, Take Notice and Connect), which are the evidence-based ways that people can use to improve their mental wellbeing. This section also provides local examples of how residents can take part in any of the Five Ways to Wellbeing.

- **Section 5: What can we do to help others keep mentally well?**

This section focuses on mental health literacy and provides a profile of mental health first aid training, including what it is, how this training can be accessed locally and the experience of local councilors that have recently received the training.

- **Section 6: What is happening to help improve mental health and wellbeing in Lewisham?**

This section provides a brief overview of initiatives taking place nationally (Heads Together and Time to Change campaigns); in London (THRIVELDN); and in Lewisham (Bromley Lewisham Mind Mindful Mums programme, Youth MHFA, Public Mental Health and Wellbeing Strategy, and Dementia Friendly Communities work) to help improve the mental health and wellbeing of residents.

- **Section 7: Where can you go if you need help with your mental health?**

This section highlights key resources available for residents with concerns about their mental health or the mental health of others.

5.3 The online microsite is now live.

## **6. Financial Implications**

6.1 There are no specific financial implications arising from this report.

## **7. Legal Implications**

7.1 The requirement to produce an APHR is set out above.

## **8. Crime and Disorder Implications**

8.1 There are no specific crime and disorder implications arising from this report.

## **9. Equalities Implications**

9.1 There are no specific equalities implications arising from this report.

## **10. Environmental Implications**

10.1 There are no specific environmental implications arising from this report.

## **11. Conclusion**

11.1 The report focuses on the topic of Mental Health and Wellbeing and aims to communicate with members of the Lewisham community primarily around promoting mental wellbeing and preventing mental ill health. The report does this

using a new online microsite format to enhance accessibility and engagement with the report.