

“Fit and Well – Changing Lives

2012 – 2022”

Michael Mc Bride
Chief Medical Officer
DHSSPS

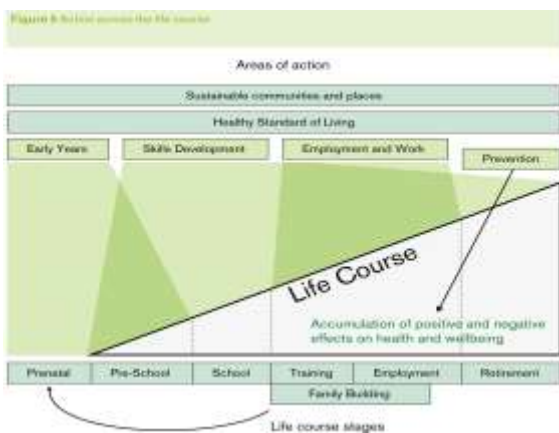
Background - IFH



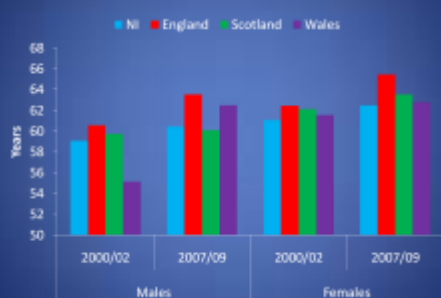
- Investing for Health 2002 - shift the emphasis by tackling the factors which adversely affect health & perpetuate health inequalities
- Action to address the wider determinants of health
- Framework based on intersectoral partnership at government & local levels
- Goals
 - to improve health status of all our people
 - to reduce inequalities in health

IFH Review 2009/10 – key findings

- Need for public health strategy based on ethos and principles of IFH
- Updated for emerging social, economic and legislative developments/new bodies of evidence
- “Whole systems” approach required



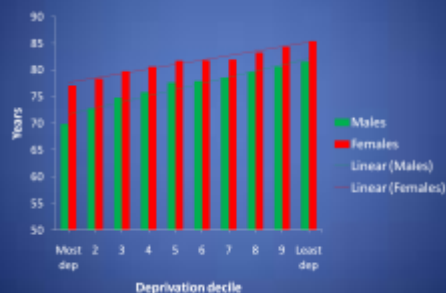
Healthy life expectancy



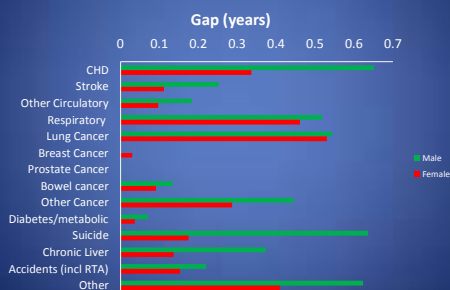
WIDER DETERMINANTS

- More than 1 in 5 children growing up below the poverty line
- 44% of households in fuel poverty (76% in 75 years+ age group)
- Unemployment rate 8.2 %:
 - 45.5% unemployed for 1 year +
 - Rate for 18-24 yr olds 22.3%

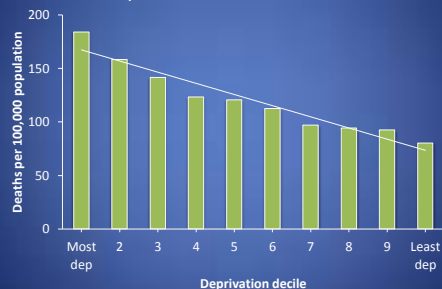
Life expectancy by Deprivation Northern Ireland 2008-10



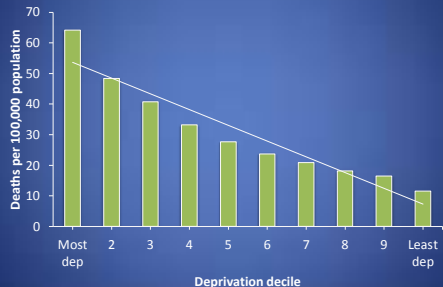
Decomposition of the Life expectancy gap between the most deprived areas and NI overall 2006-08



Standardised Death Rate (SDR) due to cancer for population aged under 75 years by Deprivation Decile, 2005-09



Standardised Death Rate (SDR) due to lung cancer for population aged under 75 years by Deprivation Decile, 2005-09



Health Challenges for NI

- Demographic – ageing population - growth in chronic conditions
- Higher rates of preventable illness and premature deaths in most deprived areas
- Correlations with wider determinants such as educational attainment
- “At risk”/vulnerable groups

Health challenges

- Health impact and social cost of alcohol as much as £679m per year
- 1 in 5 adults in NI have a mental health condition (anxiety/depression)
- 59% of adults were either overweight or obese
- Tobacco is the greatest cause of preventable illness and premature death

“Fit and Well – Changing Lives”

- Based on values, principles and broad aims of IFH
- Strategic/high-level and cross-government
- Focus on wider social determinants
- Emphasis on health inequalities/'social gradient'
- Engagement/empowerment individuals, families, communities
- Life course approach
- Outcome focused

VISION

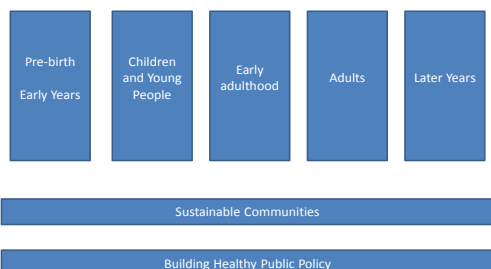
“Where all people are enabled and supported in achieving their full health potential and well-being.”

This is intended to build on the aim to improve health and wellbeing and reduce inequalities in health.

Values

- Health as a fundamental human right
- Policies pursue equality of opportunity and promote social inclusion
- Individuals and communities fully involved in decisions relating to health
- All citizens have equal rights to health, and fair /equitable access to health services and health information according to their needs

Fit and Well – Changing Lives Strategic Framework



Policy aims

- Life course
 - Give every child the best start
 - All children and young people to develop the skills and capacity to reach full potential and have control over lives
 - Young adults to grow, manage change and maximise potential
 - Working age adults to have a full and satisfying life and social wellbeing
 - People in later years to have a satisfying and active life
- Themes
 - Promote healthy safe, sustainable places and thriving communities
 - Ensure health is a consideration in the development of public policies

Each life stage and underpinning theme

- a policy aim
- long term outcomes to aspire to 2012 - 2022
- outcomes to achieve by 2015 (linked to budget period)

Outcomes are based on encouraging action:

- Securing safe and supportive environments
- Seeking to maximise potential
- Promoting good physical and mental health and wellbeing

Example - Give every child the best start

Long term outcomes:

- Children have safe and supportive family, living, play and learning environments
- Children are prepared for school and later life
- Children to have achieved their full potential (cognitive, linguistic, emotional, behavioural and physical)

Give every child the best start

Shorter term outcomes:

- positive parenting supported
- high quality Sure Start services in areas of disadvantage
- all children and families offered full range of health protection, health promotion, surveillance, screening and immunisation programmes and needs assessed....

Sustainable Communities

- Healthy, sustainable and safe physical environments and supportive services
- Improved community capacity and social capital
- Community health and wellbeing improved, particularly those of most disadvantaged areas

Strategic Priorities

- Early Years
- Supporting Vulnerable People and Communities

Cancer prevention

- 10 year Tobacco Control Strategy
- Skin Cancer Prevention strategy
- A "Fitter Future for All" – Obesity Prevention Strategy
- New Strategic Direction for Alcohol and Drugs

Priority Areas for Collaboration

1. Support for Families & Children
2. Equipped for Life
3. Employability
4. Volunteering/Giving Back
5. Use of Space & Assets
6. Using Arts, Sports & Culture

IMPLEMENTATION

➤ *Partnership working remains key:*

- **Government level** [MGPH]
- **Regional level** [Delivery Board]
- **Local level** [Local Arrangements?]

➤ *Whole Systems Approach required*

Looking ahead

- **Need strengthened and better connected structures, at all levels**

“The idea of partnership is not new but new approaches are needed if it is able to address the formidable challenge of improving health and reducing inequalities.”

Sir Liam Donaldson

Monitoring , research and evaluation

Long term outcome:

➤ **Policy, research and practice supported by robust data and evidence base**

Short term outcome:

➤ **Key high level indicators by Dec 2012**

Next Steps

- **Consultation period ends 31st October**
(dhsspsni.gov.uk – current consultations)
- **Analysis of responses**
- **Finalise and publish early 2013**
- **Health Committee Evidence Review on Health Inequalities**
- **Implementation.....**