NEWSLETTER - ISSUE 3

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Brain Health Café

Population Health Management in Action

What is the Brain Health Café?

York's Brain Health Café is a warm, welcoming space for individuals who have memory concerns or cognitive decline who are waiting for a memory assessment, and their family or carers. The café is held at Acomb Garth Community Care Centre every Friday between 10-12. On the first Friday of each month a variety of providers offer support, advice and activities relating to brain health and memory concerns. Subsequent Fridays are more informal, with opportunities to meet people and talk to staff from various services.

The cafe aims to empower individuals and provider opportunities for peer support, self-management of their physical and mental health and wellbeing and enable people to make informed decisions and choices that are suitable to them.

The project team is exploring how to use a population health management approach to engage specific cohorts of patients on the waiting list to target health inequalities and provide support to vulnerable groups of people.

Please encourage individuals you know or work with to attend the café.

'Food for thought' -theme - where participants learned what food can support healthy brain function.

Population Health Management in Action

Proactive Social Prescribing

York CVS, CYC Public Health and the York Health and Care Partnership are working together to deliver a two-year proactive social prescribing project focussed on improving outcomes for individuals with respiratory conditions who are likely to be affected by the cost-of-living crisis.

The team are working closely with Primary Care business intelligence leads to identify individuals to receive targeted support from a social prescriber through a population health management approach, using population health intelligence in RAIDR to focus on individuals who live in areas of deprivation in York, who have respiratory illnesses and who are at a high risk of admission to hospital.

This data-driven project brings together health related data with data related to the wider determinants of health to identify a specific population for the social prescriber to prioritise and support to improve outcomes for these individuals.

This work is proactive, rather than receiving referrals through the traditional social prescribing pathway individuals will be contacted through a tailored approach without a referral to see if they would benefit from any additional support for their needs. Interventions may include support requesting a long-term condition review from primary care, signposting to community groups, work with the Health Trainer service or self-management tools for COPD and Asthma.

This is an exciting project which not only aims to improve outcomes for individuals who may experience health inequalities, but also aims to test and develop our approach to population health management in York with a focus on prevention. This will inform future practice and support the whole system to focus on prevention and keeping people healthy.

HNY Centre of Excellence in Tobacco Control

Tobacco Control

Smoking is the single biggest preventable killer in the UK, and is responsible for more than half the gap in life expectancy between the least and most deprived in our region.

York still has around 17,000 people smoking, a rate of 9.2% of the adult population. However this is low compared to some of our ICB neighbours: Hull has the highest smoking rate in the country at 22%, and some even starker inequalities with one ward in the city reporting a rate of over 40%. North East Lincs has the second highest Smoking at Time of Delivery rate in the country, at 20.3% of pregnant women smoking.

The Humber and North Yorkshire Centre of Excellence for Tobacco Control was launched in February 2023. The programme is designed to be a national leader in ICS-level tobacco control and will focus on population level interventions with the aim of denormalising smoking, driving down smoking prevalence, and reducing the harms from tobacco. The programme will include mass media campaigns, activity to tackle illicit tobacco, and advocating for national action on tobacco control, with the aim of reducing the proportion of the population smoking to 5% by 2030.

As part of the work to establish this centre, UCL and the national charity ASH used data from Smoking Toolkit Study and the Annual Population Survey to describe trends in key parameters and project forward under different assumptions to help HNY understand what would need to change to reach this 5% target. Whilst we have excellent local cessation services, only 37% of smokers per year make a serious attempt to quit, and around a quarter of these are successful, so only 9% of smokers successfully quit each year. The graphic below shows the change in quit attempts, quit success rate and reduced uptake our area will need to achieve to meet the 5% target:
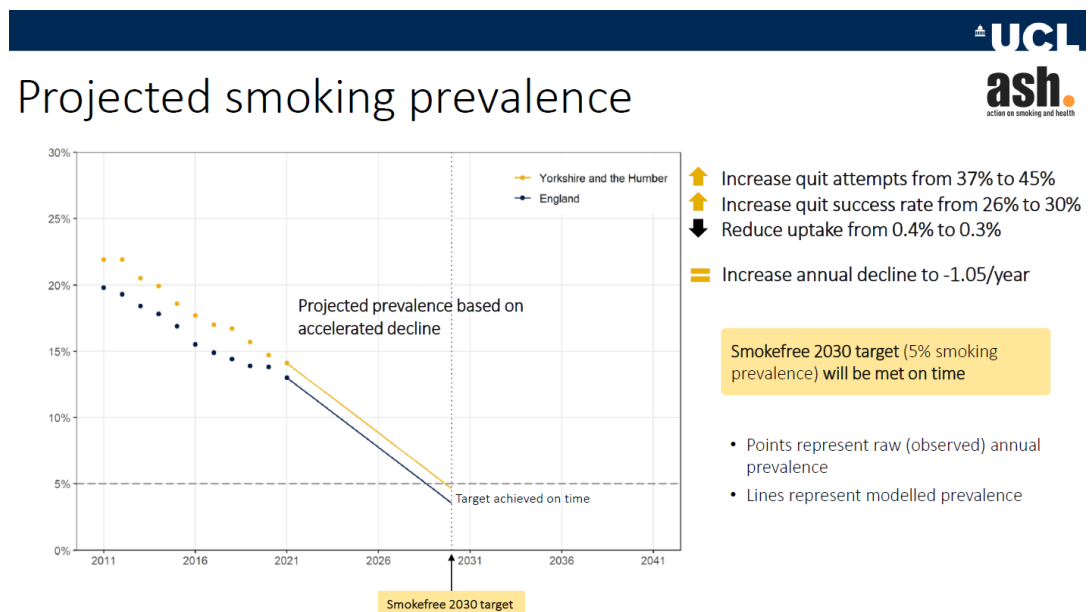
Helpful Population Health resources

FutureNHS is a collaboration platform that empowers everyone working in health and social care to safely connect, share and learn across boundaries. FutureNHS is safe, easy to use and supports a growing network of people who want to connect with others to accelerate their work. Members of the platform can join or create workspaces and communities to connect with others, learn and share.

The King's Fund is an independent charitable organisation working to improve health and care in England. The work of the Fund has evolved over time in response to the changing needs of the population, involves understanding developments, challenges and opportunities across health and care. They use this understanding to influence policy and practice and to help people navigate the complexity of the systems in which they operate.

Knowledge Hub (KHub) free-to-use digital tools is the UK's largest public service collaboration platform. It's the place where people working across public services go to

exchange knowledge, experiences and ideas on how to improve services, and create connections with peers and experts in a secure environment.

The PHM Academy is for anyone using joined up data and insights to drive collaboration, innovation and proactive, personalised care. You can find the latest information about Population Health Management, discuss challenges and share best practice. The PHM Academy is an inspirational hub of information around PHM techniques and resources, as well as ongoing PHM work within the health and care sectors. Any staff member within a health and care system can register via PHM Academy

Asthma pack

January 2023: The Population Health Hub has produced an asthma pack investigating the risk factors and impact the disease has on the lives of York residents. The data pack can be found by clicking Asthma Data Pack

Core20 Plus5

CORE20PLU5 In York 'Place' of Humber and North Yorkshire ICB. This is a national NHS England and Improvement initiative aimed at reducing health inequalities through the concerted efforts of the health and care system, both at a national, regional, and local level. We are currently updating our Core20Plus5 for York Place for both Children and Adults, please get in contact if you have any intelligence you would like to feed into these profiles.
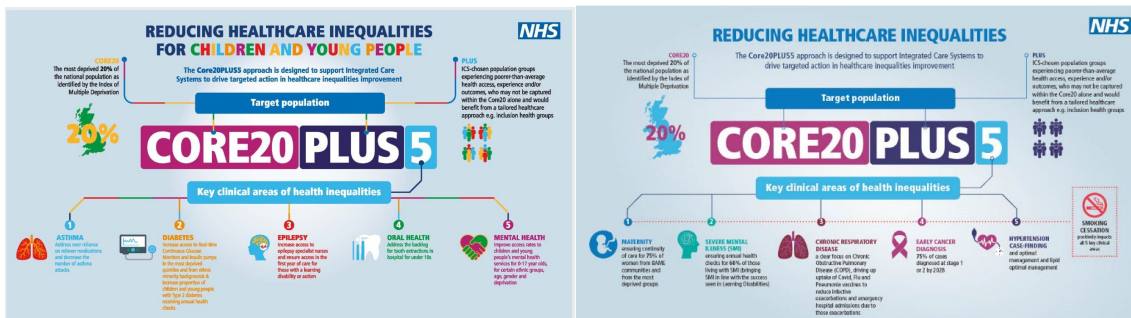
Humber and North Yorkshire ICB has received its allocation of the national £200m NHS Health Inequalities programme funding for 2022/23. The ICB allocated each 'Place' funding based on the health inequalities formula, and following evaluation of bids, the York Place team is implementing a series of projects focussed on reducing the specific health inequalities citizens in York experience based on Core20Plus5 for children and adults.

Census data 2021

CYC Business Intelligence Hub - Census 2021 Data

The map below shows mapping analysis on the Census 2021 data for health indicator: ***Percentage of People in Very Good Health by Ward***, produced by the CYC Business Intelligence

Interpretation of the colours:
Deepest green= wards containing highest percentage of residents that self-reported themselves to be in very good health

Deepest red= wards containing lowest percentage of residents that self-reported themselves to be in very good health

Variation:
By ward, there is a large variation difference of people in self-reported very good health.

This difference ranges from 43.4% in 'Huntington & New Earswick' (map position-near top central (coloured red)) through to 54.5% in 'Wheldrake' (map position-bottom right (coloured green)).

Percentage of People in Very Good Health by Ward
Census 2021
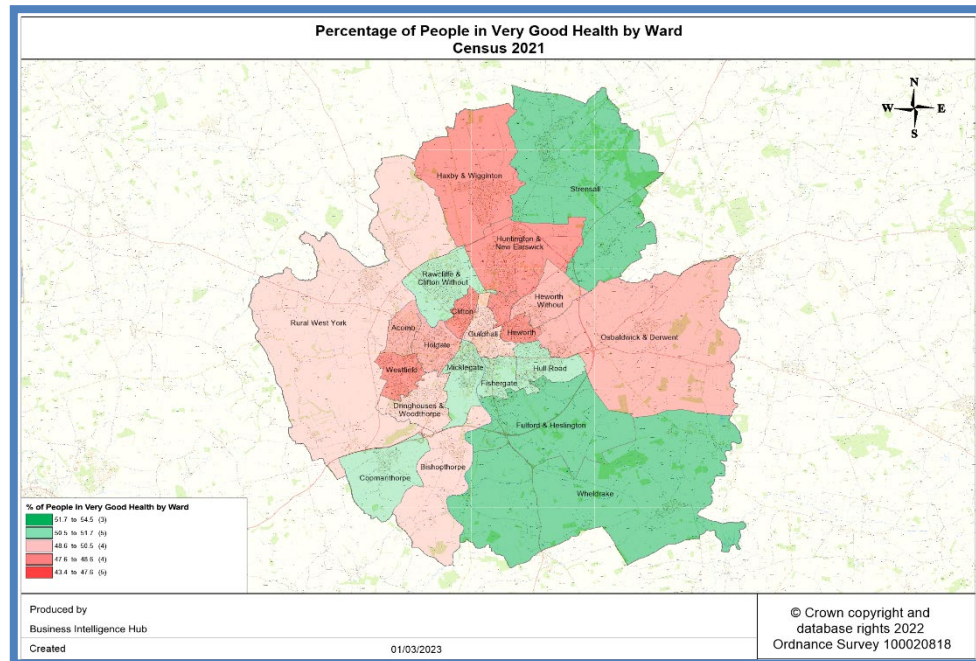
| HWB strategy | The York Health and Wellbeing Board (HWBB) is a strategic partnership which sets the vision and direction for health and wellbeing for the city. They work together to make improvements to the health and wellbeing of York residents and the latest strategy that describes HWBB approach from 2022 can be accessed here: York Health and Wellbeing Strategy 2022-2032 |

The purpose of a strategy is so that together, we pull on all the resources at our disposal in a coordinated direction, and we do it for the long haul. This strategy will run over 10 years involving the complex web of factors in society which create health, such as education, jobs, community connection, the impact of the pandemic, economic changes, healthcare services, environmental sustainability.

The vision of the strategy is: **York will be a healthier and fairer city, with time to care**

OVERARCHING GOAL: Reduce the gap in healthy life expectancy between the richest and poorest communities in York
- Public health experts the world over tell us that the best measure of the health and fairness of a local population is the gap between the number of years lived in good health for its richest and poorest communities. When that gap is narrower, communities enjoy greater trust and cohesion, better overall physical and mental health, and are more sustainable – i.e. everyone benefits.
- Currently in York, the life expectancy difference between wards is a stark 10 years for men and 6 years for women (2015-19 data). Older data suggesting

healthy life expectancy differences are above a decade for both men and women

YORK HEALTH AND WELLBEING STRATEGY AT A GLANCE
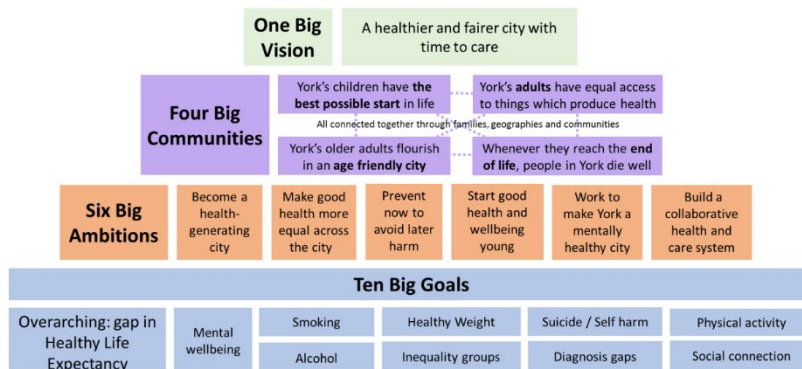
RAIDR

RAIDR is the UK's leading health intelligence tool and is used throughout the country. It underpins our approach to Population Health Management using advanced analytical techniques which link and aggregate data to provide comprehensive cohort analysis.

RAIDR provides an extensive suite of dashboards and reports, each focusing on a specific theme or subject area. Information is available at national, regional and local levels, as appropriate and available. Putting you in total control, with all the information you need at your fingertips allowing sophisticated navigation, manipulation and the exploration of multiple datasets.

You can access RAIDR using this link: www.raidr.nhs.uk

If you have any queries regarding the dashboard please get in touch with the RAIDR team on – necsu.raidr@nhs.net

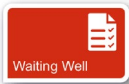What's New on RAIDR?
April 2023
Primary Care Dashboard

New features are now available in the Primary Care dashboard on Please
- NEW Cardiovascular Disease screens
- A new cardiovascular disease screen has been added to the Long Term Conditions section.
- The Cardiovascular Disease (CVD) screen is used within primary care to aid effective management of patients with a cardiovascular disease and to identify those patients with potentially uncontrolled co-morbidities.
- NEW functionality to Prevalence screen

New collapsible buttons have been added to the Prevalence screen for enhanced cohort analysis:
- Lifestyle now contains filters for more in depth alcohol and drug misuse information
- IMD scores can be filtered through 1 to 10 (1 is most deprived and 10 is least deprived)
- Monitoring includes data relating to smoking cessation and social prescribing services

• NEW Surveillance screen : A new screen has been added under Patient Care. The Surveillance screen includes patients eligible for cancer screenings and information relating to Flu Vaccinations.

New functionality has been added to the **RAIDR Waiting Well** dashboard. The **Patient Details** screens have been further enhanced to enable and facilitate risk stratification and cohort analysis with the ability to toggle between patient details and patient risk factors.

What's New on RAIDR?
April 2023
Waiting Well Dashboard

Waiting Well

York Population Health Hub Lunch and Learns

Lunch and learn 25th April

The **York Population Health Hub** is hosting a series of virtual Lunch & Learn events to connect and share knowledge, and to understand and appreciate the work happening across York to improve the health and wellbeing of our citizens.

The first session took place on **25th April 2023** where colleagues learned from York CVS about how the organisation is connecting people to local community support to improve their lives. The recording is available via PHH website

The next Lunch and Learn will take place on the Thursday 10th August 2023, please place a hold in your diary.

We'd love to hear from you about future topics, please send your suggestions to m.janik1@nhs.net

What we're reading/ listening to?

1. Podcast – Working in partnership with people and communities
2. Paper review: The Hewitt Review. An independent review of integrated care systems. Published 4 April 2023
3. The Kings Fund article: Taking your approach to population health and tackling health inequalities to the next level.
4. Unpicking the inequalities in the elective backlogs in England
5. The cost-of-living crisis: is the nation's health paying the price?