

CHESHIRE EAST HEALTH AND WELLBEING BOARD
Reports Cover Sheet

Title of Report:	The NHS Long Term Plan and Prevention is better than cure: Our vision to help you live well for longer
Date of meeting:	29 th January 2019
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Health & Wellbeing Board Lead:	Fiona Reynolds

Executive Summary

Is this report for:	Information <input type="checkbox"/>	Discussion <input checked="" type="checkbox"/>	Decision <input type="checkbox"/>
Why is the report being brought to the board?	To bring to the attention of the Board the NHS England Long Term Plan and the Department of Health and Social Care's New vision for prevention.		
Please detail which, if any, of the Health & Wellbeing Strategy priorities this report relates to?	Starting and Developing Well <input type="checkbox"/> Living and Working Well <input type="checkbox"/> Ageing Well <input type="checkbox"/> All of the above <input checked="" type="checkbox"/>		
Please detail which, if any, of the Health & Wellbeing Principles this report relates to?	Equality and Fairness <input type="checkbox"/> Accessibility <input type="checkbox"/> Integration <input type="checkbox"/> Quality <input type="checkbox"/> Sustainability <input type="checkbox"/> Safeguarding <input type="checkbox"/> All of the above <input checked="" type="checkbox"/>		
Key Actions for the Health & Wellbeing Board to address. Please state recommendations for action.	That the Health and Wellbeing Board note the publication of the Long Term Plan and the vision for prevention, and the Government's desire to place prevention at the heart of our nation's health. That the Board consider and agree how to ensure the Cheshire East Place based health and care system takes on board the aspirations of the vision and puts prevention at the heart of our local transformation.		
Has the report been considered at any other committee meeting of the Council/meeting of the CCG board/stakeholders?	N/A		

<p>Has public, service user, patient feedback/consultation informed the recommendations of this report?</p>	<p>N/A</p>
<p>If recommendations are adopted, how will residents benefit? Detail benefits and reasons why they will benefit.</p>	<p>If the health and care system and wider community delivers a truly prevention focussed future model of care, this will have significant benefits for residents who will:</p> <ul style="list-style-type: none"> - Enjoy healthier lifestyles and better wellbeing - Live longer in good health - Remain independent and part of their community - See reductions in health inequalities.

1 Report Summary

- 1.1 On 7th January 2019 NHS England published their Long Term Plan, a 10 year plan to ‘...make the NHS fit for the future, and to get the most value for patients out of every pound of taxpayers’ investment.’ On 5th November 2018 the Secretary of State for Health and Social Care had also published ‘Prevention is better than cure: Our vision to help you live well for longer. The document is intended to help achieve ‘...at least five extra years of healthy, independent life, whilst closing the gap between the richest and the poorest.’ This has informed the Long Term Plan.

2 Recommendations

- 2.1 That the Health and Wellbeing Board note the contents of the Long Term Plan, the vision for prevention and the Government’s desire to place prevention at the heart of our nation’s health.
- 2.2 That the Board consider and agree how to ensure the Cheshire East Place based health and care system embeds the aspirations of the vision and puts prevention at the heart of our local transformation.

3 Reasons for Recommendations

- 3.1 To help people live longer, healthier, more independent lives;
- 3.2 To support the economy through reduced ill-health amongst working age people;
- 3.3 To reduce the pressures in the NHS, social care and other public services.

4 Impact on Health and Wellbeing Strategy Priorities

- 4.1 Elements of the Long Term Plan and the vision within ‘Prevention is better than cure...’ are strongly linked to the priorities of the Health and Wellbeing Strategy and if truly embedded in the health and care system and wider community would have significant beneficial impacts in relation to the health and wellbeing of the Cheshire East population.

5 Background and Options

- 5.1 Prevention is about helping people to stay healthy, happy and independent for as long as possible. This means reducing the chances of problems arising in the first place, and when they do, supporting people to manage them as effectively as possible. Early intervention and prevention is a priority within the Cheshire and Merseyside Health and Care Partnership and so the new national vision is timely.
- 5.2 The Long Term Plan sets out new commitments for action that the NHS itself will take to improve prevention. It recognises that a comprehensive approach preventing ill-health also depends upon the actions of individuals, companies, communities and government to tackle wider threats to health and ‘...to ensure health is hardwired into social and economic policy’ It also acknowledges the important role of local government and other public sector, community and voluntary organisations.
- 5.3 Chapter one of ‘Prevention is better than cure’ sets out why prevention matters, and the case for change. Our health is our most important asset, we must protect and nourish it. Whilst great progress has been made in helping people live longer lives, too many of these extra years are spent in poor health. We are now living with more complex illnesses for longer, and significant health inequalities still exist. Much of this ill health could be prevented.
- 5.3 Chapter two describes the Government's vision for preventing problems from arising in the first place. This covers everyday decisions people have personal responsibility for, for example around what we eat and drink, how active we are and how much we sleep, as well as wider actions to improve our mental health. But these decisions are not made in isolation; they are also shaped by our early experiences, the environment around us and by the services we receive. The NHS and local authorities need to put prevention at the heart of everything they do: tackling the root causes of poor health, not just treating the symptoms, and providing targeted services for those most at risk. Action is needed to empower people to make healthier choices, to harness modern technology, and to address the broader conditions that lead to health and social care needs in the first place.
- 5.4 Chapter three sets out the prevention vision for those already living with a health or social care need, and how they can live well for longer. The health and social care system has an important role to play in terms of: (i) picking up problems earlier; (ii) stopping them from getting worse by providing the right care in the community, and putting more people in control of their health; and (iii) supporting the whole person - across mental and physical health - not just treating symptoms. Living well in the community also involves more than health and social care services. Where we live and work, and the support we get from those around us, makes a big difference to our ability to live well. When it comes to prevention, we all have a role to play: individuals, families, communities, employers, charities, the NHS, social care, and local and national government. Only by working together can we make this vision a reality.

- 5.5 With the recent establishment of the Cheshire East 'place based' health and care Partnership and the ongoing work to develop the Partnership's strategy, there is a great opportunity to embed the aspirations within the Long Term Plan and the national prevention vision into our local planning. The Health and Wellbeing Board is asked to consider how best to ensure that this happens.
- 5.6 A summary of the Long Term Plan is attached as Appendix One and key messages from the Vision document as Appendix Two. The published Long Term Plan can be viewed here: <https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/nhs-long-term-plan.pdf>

The Prevention is Better than Cure Vision document can be viewed here:

<https://www.gov.uk/government/publications/prevention-is-better-than-cure-our-vision-to-help-you-live-well-for-longer>

6 Access to Information

- 6.1 The background papers relating to this report can be inspected by contacting the report writer:
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