

**Report to:** East Sussex Health and Wellbeing Board

**Date of meeting:** 28 November 2016

**By:** Cynthia Lyons, Acting Director of Public Health

**Title:** Annual Report of the Director of Public Health 2016-2017: Wellbeing and Resilience in East Sussex

**Purpose:** To inform the Health and Wellbeing Board of the Annual Report of the Director of Public Health 2016-2017

---

## **RECOMMENDATION**

**The East Sussex Health and Wellbeing Board is recommended to note the Annual Report of the Director of Public Health 2016-17.**

---

### **1. Background**

1.1 The Health and Social Care Act 2012 stipulates that the Director of Public Health (DPH) is required to produce, and the relevant Local Authority to publish, an annual public health report. Each year there is a different focus for the report. However, a different approach has been taken this year. For the first time, the report this year will build on DPH reports published in the previous two years.

1.2 The focus for the report this year is wellbeing and resilience thus supporting the County Council's priority outcome of helping people help themselves, the East Sussex Better Together Community and Personal Resilience Programme and now the newly established Connecting For You Programme.

### **2. Supporting information**

2.1 The 2014/15 DPH Annual Report, *Growing Community Resilience in East Sussex*, focused on community members coming together to identify and use community resources and strengths, e.g. voluntary groups, local businesses, parks, buildings etc. to help influence change in their community, e.g. to remedy the impact of a problem, gain more control over their wellbeing and manage their health and care support needs.

2.2 The 2015/16 DPH Annual Report, *Strengthening Personal Resilience in East Sussex* built upon *Growing Community Resilience in East Sussex*, by focussing on the need to develop and strengthen personal resilience to underpin and support growing community resilience. It outlines some of the ways in which we are supporting building personal resilience through programmes and services and encourages people to take greater ownership of their own health and wellbeing, be more resilient, increasingly independent, self-sufficient and resourceful thus better able to help themselves

2.3 It is important that the messaging for people and communities to help themselves is maintained and amplified so the 2016/17 DPH Annual Report builds on both the 2014/15 and 2015/16 Annual Reports and highlights the importance of the association between wellbeing and resilience.

### **3. 2016/17 DPH Annual Report, *Wellbeing and Resilience in East Sussex***

3.1 By recognising the strengths or assets that everyone has we can design a system which enables people to make the best of their own strengths, support others in their community to achieve their maximum potential, and working with communities ensure we have the right

combination of formal and informal support. This includes new ways of working that ensure front line staff work proactively with the strengths and assets of local people such as family, friends and local informal and formal support networks. Harnessing our joint efforts to achieve the shared goal of creating more resilient people and communities is essential in a climate of reducing resources and rising demand.

3.2 It is important that we are able to monitor progress and measure success at a population level as part of the personal and community resilience work stream and this report is about that too.

3.3 The Report is available at: [www.eastsussexjsna.org.uk/publichealthreports](http://www.eastsussexjsna.org.uk/publichealthreports). It is organised into two distinct sections:

- The first section presents the rich information on personal and community resilience generated by a Community Survey for East Sussex. The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) is a measure of mental wellbeing and the questions to generate WEMWBS scores were included in the survey so it can be used as a proxy measure of personal resilience, as wellbeing and resilience are constituents of positive mental health, and to develop a baseline to measure against over the next few years.
- The second section uses the results from the Community Survey and the latest information from a variety of other sources to update and recalculate the Wellbeing and Resilient Measure, that was originally presented in the 2014/15 DPH Annual Report, to measure community resilience. We have analysed and mapped it at local authority, electoral ward, clinical commissioning group and GP practice level to establish a baseline to measure against over the next few years.

3.4 To inform our delivery programmes and partnership working to support and strengthen personal and community resilience in East Sussex there are three recommendations in this report:

1. The Community Survey is repeated in 2017 and 2019 to identify any changes in the areas included in this report and the WARM 2016 and WEMWBS scores.
2. Further more detailed work be undertaken to develop insight into the exceptional wards identified in this report – those with higher WEMWBS scores but fewer assets and those with lower WEMWBS scores and great assets, and learning that can inform developments elsewhere.
3. Exploring ‘patient activation’\* further and how it can be implemented to reduce health inequalities and support the general public and patient’s ability to be involved in and engaged with decision making about their health, wellbeing, care and support.

\* Patient activation is a concept that describes the knowledge, skills and confidence a person has in managing their own health and health care.

#### **4. Conclusion and Reason for Recommendation**

4.1 In this report we have used WEMWBS as a proxy for personal resilience and WARM 2016 to measure community wellbeing and resilience. We have analysed and mapped both at local authority, electoral ward, clinical commissioning group and GP practice level and the picture that emerges helps in our understanding of the current situation and will inform what we do together in the future to improve health and wellbeing.

4.2 Building and developing personal and community resilience has the potential to alleviate the pressure on health and social care caused by rising demand for services, population increases, aging population and budgetary constraints, when implemented at scale and as part of wider system transformation.

4.3 The Health and Wellbeing Board is recommended to note the 2016-2017 Annual Report of the Director of Public Health.

**CYNTHIA LYONS**  
**Acting Director of Public Health**

## BACKGROUND DOCUMENTS

[\*Strengthening Personal Resilience in East Sussex\*](#), Annual Report of the Director of Public Health 2015/16

[\*Growing Community Resilience in East Sussex\*](#), Annual Report of the Director of Public Health 2014/15