

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

Date: **4 January 2016**

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

Title of report: **Annual Report of the Director of Public Health 2015-16: Strengthening Personal Resilience in East Sussex**

Purpose of report: **To inform the Health and Wellbeing Board of the Annual Report of the Director of Public Health 2015-16**

RECOMMENDATIONS

It is recommended that the Health and Wellbeing Board note the Annual Report of the Director of Public Health 2015-16.

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 the report published the previous year.

1.2 The focus for the report this year is strengthening personal resilience thus supporting the County Council's priority outcome of helping people help themselves, informing the community resilience cross-council facilitating programme, the East Sussex Better Together Programme and work outside of that programme within High Weald Lewes Havens Clinical Commissioning Group.

2. Introduction

2.1 The 2014/15 DPH Annual Report, *Growing Community Resilience in East Sussex*, focused on how we can build community resilience by growing the assets of wellbeing across East Sussex. It looked at how we can identify, better understand and support development of existing and potential new community assets. It described how individuals can play a significant role in increasing community resilience and how systematic processes can be used to support this work and monitor its impact particularly in developing sustainability.

2.2 Based on a review of the evidence, this report recommended further work to enhance community resilience which seeks positively to develop, harness and mobilise the assets, capacities and resources available to individuals and communities to enable them to gain more control over their lives and circumstances and to meet primary prevention, health, wellbeing and social care support needs.

2.3 The 2015/16 DPH Annual Report, [Strengthening Personal Resilience in East Sussex](#), builds on *Growing Community Resilience in East Sussex* by focussing on the need to develop and strengthen personal resilience to underpin and support growing community resilience.

2.4 Resilience is the result of individuals being able to interact with their environments and the processes that either promote well-being or protect them against the overwhelming influence of risk factors. Risk factors such as poverty, low socioeconomic status, parental mental health issues are correlated with poor or negative outcomes. Even when these risk factors occur, resilient

individuals avoid the negative outcomes usually associated with those risk factors and develop positive outcomes nonetheless.

2.5 As individuals live and work within communities, personal and community resilience are closely linked. For example, communities provide the social networks and opportunities to build self-esteem and purposeful lives which are essential components of personal resilience. Likewise, communities are dependent on the contribution of healthy, resilient individuals.

3. Content of the Report

3.1 This report starts by explaining what personal resilience is and how it can be developed and supported and then goes on to outline some of the ways in which we are supporting building personal resilience through programmes and services. Each chapter deals with a different area, and there are chapters on primary prevention, protecting health and person-centred care and support.

3.2 The report also emphasises that individuals need to take advantage of the opportunities these services and programmes afford to help them build their personal resilience.

3.3 The report makes nine recommendations for strengthening personal resilience in East Sussex:

1. Reducing health inequalities through the planning and commissioning of services and through the East Sussex Better Together Programme must continue to be a focus of effort as deprivation is a source of vulnerability and lessens resilience.
2. Current practice, which incorporates the following set of evidence based principles, to effectively implement interventions that build resilience should be consistently applied through the East Sussex Better Together Programme:
 - Prioritise positive approaches for wellbeing;
 - Involve individuals and local communities effectively and appropriately;
 - Connect the individual with community and broader society;
 - Recognise that individual and wider resilience is interwoven;
 - Recognise the need to invest, where possible, in wider sources of resilience for a person (community and family);
 - Work in a multi-disciplinary and multi-professional way;
 - Secure sustainability through an evidence-based approach.
3. Commissioners and providers of maternal, perinatal and early years health services and parenting programmes should continue to ensure that services, wherever possible, build resilience through evidence-based programmes of intervention and support.
4. The East Sussex County Council Health Improvement Team need to increase their work with partners to implement effective workplace interventions that promote health and wellbeing and embed action to grow personal resilience through healthy workplace programmes.
5. Continue to take concerted action to address loneliness and social isolation, particularly in older people, through the East Sussex Better Together Programme's Community Resilience workstream.

6. Commissioners and providers of sexual health services need to ensure that services are promoting good sexual health and building knowledge so that individuals can maximise their personal resilience.
7. East Sussex Public Health, NHS England, the CCGs and General Practices need to work closely together to increase access to vaccination and screening programmes and on engagement and understanding of the public on the benefits of these programmes in making them more resilient to disease.
8. The East Sussex Better Together Programme needs to reinforce the current direction of travel for services to be re-orientated to be person-centred, to be patient/ client focused, to promote control, independence and autonomy for the recipient, carers and families, provide choice and be based on a collaborative team philosophy.
9. Robust measures, from routine data sources, need to be identified so that they can be included in the East Sussex Better Together key performance indicators and monitored to assess the extent to which care and support is person-centred.

4. Conclusion and Reason for Recommendation

The 2015/16 DPH Annual Report, *Strengthening Personal Resilience in East Sussex*, builds on the 2014/15 DPH Annual Report, *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 will support the County Council's priority outcome of helping people help themselves, inform the community resilience cross-council facilitating programme, the East Sussex Better Together Programme and work outside of that programme within High Weald Lewes Havens Clinical Commissioning Group.

The Health and Wellbeing Board is asked to note the 2015-16 Annual Report of the Director of Public Health.

Cynthia Lyons
Acting Director of Public Health