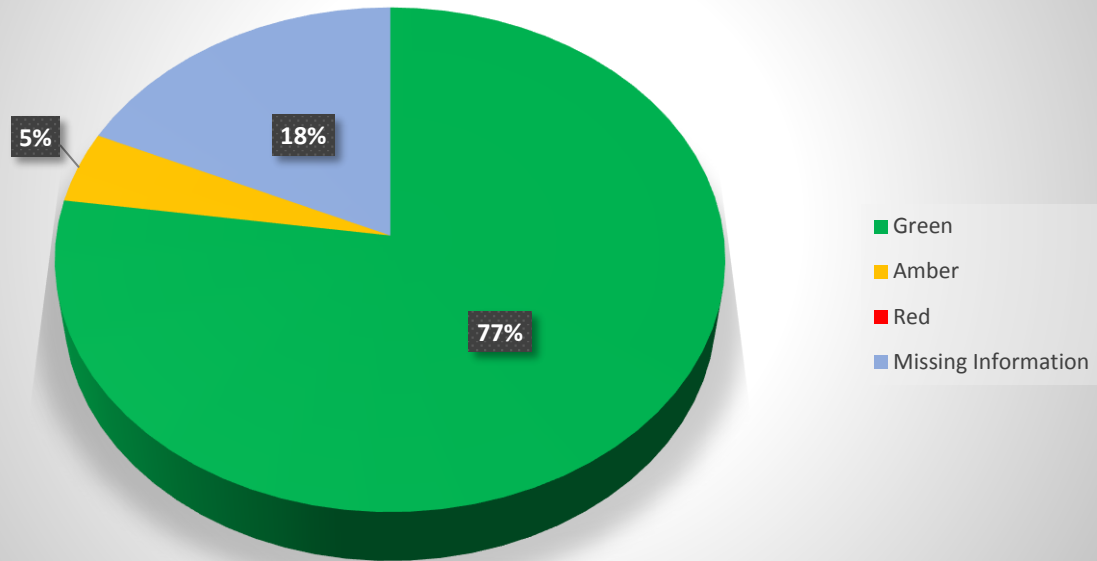


**SEVENOAKS DISTRICT
HEALTH & WELLBEING
STRATEGY & ACTION PLAN
2021-2022**

**Quarter 1 & 2 Monitoring Report
1 April 2021- 30th September 2021**

Health & Wellbeing Action Plan Qtrs 1 & 2 April - September 2021



Green	17
Amber	1
Red	0
Missing Information	4

Ref	Priority Action	By When	LEAD OFFICER	Other Partners	Status	Quarter 2 1 st April 2021 – 30 th September 2021
1	Support a reduction in obesity and excess weight in children	March 2022	Kent School Health Team		Missing Information	
2	Enable Sevenoaks District Mothers to maintain breastfeeding for the first 6 months of their child's life	March 2022	Health Visiting Service		Missing Information	
3	Support a smoke free home for Sevenoaks residents and enable more Sevenoaks Mothers to quit smoking during pregnancy	March 2022	KCHFT Quit Smoking in Pregnancy	Bump, Baby & Beyond	Green	<p>KCHFT Quit Smoking in pregnancy service integrated with maternity services so every pregnant women has a CO test taken. "Opt Out" process in place for referral to Smokefree services.</p> <p>In Qtr 1 and Qtr 2, there have been 16 quit dates set each quarter with Sevenoaks Pregnant Mothers. An overall quit success rate of 25%</p>
4	Prevent the illegal consumption of alcohol in under 18's and subsequent hospital admissions resulting from excessive alcohol consumption	March 2022	Kenward Trust	Trading Standards/Police	Green	<p>Kent Police working with Trading Standards will be doing special operations in the town centre in the run up to Christmas.</p> <p>Kenward Trust have worked with over 200 young people each qtr across the District on alcohol and substance misuse</p>
5	Target services towards areas and residents of greatest need without preventing all residents from accessing support	March 2022	Health & Wellbeing Action Team		Green	The action team are looking at all the data from a needs assessment from KCC to be able to target actions and these actions are delivered via various organisations

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6	Support Sevenoaks children and young people to adopt healthy lifestyle choices	March 2022	Kent School Health Team	Kent Youth Health	Missing Information	
7	Continue to provide services that contribute towards the reduction of smoking in Sevenoaks District with particular targeting for at-risk groups	March 2022	KCHFT One You Smoke free		Green	<p>Qtr 1 - Sevenoaks Smoking residents; 58 Quit Dates set (16 routine & manual, 24 from areas of deprivation) Overall quit success rate of 46.5%</p> <p>Qtr 2 - Sevenoaks Smoking residents; 34 Quit Dates set (8 routine & manual, 11 from areas of deprivation) Overall quit success rate of 32%</p>
8	Improve the diagnosis rate of Diabetes for Sevenoaks residents	March 2022	KCHT	NHS Health Checks	Green	The NHS Health Check plays an essential role in improving the diagnosis rate of diabetes in the Sevenoaks area as it provides a mechanism to check people's cholesterol, identify those at risk and refer individuals for clinical follow-up. Stats will be provided in Qtr 3
9	Encourage more Sevenoaks residents to consume alcohol within lower risk levels and limit hospital admissions for alcohol specific conditions	March 2022	SDC One You Service	Change Grow Live	Green	<p>The One You service has advisers trained to deliver Alcohol Identification and Brief Advice and Alcohol Extended Brief Intervention.</p> <p>Qtr 1 - 18% of clients attending Initial Appointment in this quarter were identified as having Increasing Risk or higher score when completing AUDIT-C. (7 Increasing Risk, 1</p>

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						<p>Possible Dependency). 100% of these were given Alcohol Identification and Brief Advice Intervention. At our one-to-one lifestyle advisor intervention, one client (5%) was identified to have an AUDIT score of increasing risk and as a result was offered Alcohol Identification and Brief Advice intervention. At the end of this intervention, three clients have demonstrated decreases in their AUDIT score.</p> <p>Qtr 2 - 16% of clients attending Initial Appointment in this quarter were identified as having Increasing Risk or higher score when completing AUDIT-C. (7 Increasing Risk, 1 Possible Dependency). 75% of these were given Alcohol Identification and Brief Advice Intervention. At our one-to-one lifestyle advisor intervention, four clients (25%) were identified to have an AUDIT score of increasing risk and as a result was offered Alcohol Identification and Brief Advice intervention. Of those four clients, three have achieved decreases in Alcohol</p>

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						consumption, reducing to a Lower risk for alcohol consumption.
10	Enable more professionals to have conversations with residents on health and wellbeing	March 2022	Kent County Council	All Partners	Green	<p>KCC have sent out a Mental Health Booklet to residents across Kent.</p> <p>The Health & Wellbeing Action Team to take forward as an action at their next meeting</p>
11	Support Sevenoaks adults to adopt healthy lifestyle choices that facilitate weight loss and increases in physical activity	March 2022	SDC One You service		Green	<p>Qtr 1 - 58% of clients attending our one-to-one lifestyle advisor intervention are supported to set a goal to increase their physical activity. 86% of clients attending our one-to-one lifestyle advisor intervention are offered brief intervention to change their diet. 19 clients start our 1-2-1 weight loss intervention, 73.7% of those demonstrate weight loss at the end of the intervention. 12 clients start our group weight management intervention, 83.3% of which demonstrate weight loss at the end of the intervention.</p> <p>Qtr 2 - 63% of clients attending our one-to-one lifestyle advisor intervention are supported to set a goal to increase their physical activity.</p>

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						100% of clients attending our one-to-one lifestyle advisor intervention are offered brief intervention to change their diet. 17 clients start our 1-2-1 weight loss intervention
12	Adapt the physical design of Sevenoaks District so that healthy lifestyle choices become a routine part of residents lives	March 2022	All Partners		Green	The Local and Community Plan are both out for consultation that will finish in Jan 2022 to develop a new plan and health and wellbeing is on their agendas. The Action Team to take this forward on where local community groups can help develop healthy lifestyle choices
13	Support the reduction of wider determinants of health that can have a negative impact on resident's mental health	March 2022	SDC HERO Service	Imago Involve	Green	Qtr 1 - 37% of clients supported with Benefits Advice 29% of clients supported with debt advice 9% of clients supported with employment advice 25% of clients supported with food and other support Qtr 2 - 37% of clients supported with Benefits Advice 32% of clients supported with debt advice 2% of clients supported with employment advice

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						29% of clients supported with food and other support
14	Provide adapted health improvement services targeted at specific populations (where needed) to ensure all residents can benefit from good physical health	March 2022	Sencio Everyone Active	Health & Wellbeing Action Team	Green	Working with Sencio, they have adapted a lot of their equipment so that everyone has the opportunity to use their facilities and services
15	Compile a knowledge hub of local mental health services and support residents access to this information	March 2022	One You Plus	All Partners	Green	SDC's One You Officer came into post in September 2021 and has started collating information of mental health services
16	Encourage more client-facing organisations to engage in Mental Health Awareness and Mental Health First Aid training	March 2022	SDC One You Service	All Partners	Green	There was no training in Qtr 1, but in Qtr 2 there was Mental Health First aider training where 18 members of staff were trained. SDC Members will be trained in Qtr 3
17	Encourage Sevenoaks District businesses and organisations to consider the Health and Wellbeing of their organisations and employees.	March 2022	SDC One You Service	All Partners	Green	Working on the Kent & Medway Mental Health in the Workplace Pledge in Qtr 3 as part of our platinum pledge we will be working with businesses to help them get involved. In September we attended the Volunteer Sector Forum and engaged with them to pledge their organization to get involved

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18	Promote Cancer Screening initiatives to encourage more residents to take up Cancer screening when eligible	March 2022	All Partners		Amber	The Action Team will be looking on promoting of cancer screening initiatives in Qtr 3
19	Improve the diagnosis rate of Dementia in the district	March 2022	NHS Health Checks		Missing Information	
20	Work with older residents to prevent falls and limit the potential for hip fracture in older residents	March 2022	Involve	Age UK One You Service KCHFT West Kent Virgin Care DGS Falls	Green	Involve started their contract for West Kent in April 2021 and we are currently awaiting updates from hem for both Qtrs. Age UK have delivered a number of online and face to face arm chair based exercises across the District
21	Ensure residents can receive support to stay safe, well and independent in their own homes for as long as possible	March 2022	Private sector Housing		Green	Qtr 1 – there were 24 referrals for the One You aspect in Q2 There were 29 referrals. Qtr 2 – There were 29 referrals In future Qtrs we will also include SSGs, DFGs and lifelines.
22	Promote the importance of staying well at winter in older populations	March 2022	All Partners		Green	A package has been developed alongside communications via InShape and Social Media for Qtr 3