

Wandsworth

Prevention Framework 2021-2025

Embedding Prevention as a tool across the Council to
reduce health inequalities and
promote good health

Report by the Public Health team of Wandsworth Council

Wandsworth Prevention Framework 2021-2025

1. Background

The Prevention Framework (PF) serves as the umbrella framework for delivering a whole-systems approach to preventing ill health and promoting positive health and wellbeing across the work of Wandsworth Council. The recent focus nationally on recovering from the COVID-19 pandemic and a policy shift towards working within an Integrated Care System across the NHS (National Health Service), local authorities and community partners locally, has significantly elevated prevention of ill-health and reducing health inequalities as key priorities beyond the health and care sector.

The concept of a whole-systems approach to prevention was adopted by the Government in response to the COVID-19 pandemic. COVID-19 outcomes were worse for certain people and guidance papers and policies were promoted to reduce these risk factors across the sectors. For those living with obesity, they faced more serious consequences from the infection and the paper Whole Systems Approach to Obesity and the restrictions to promote unhealthy foods address the risk of obesity. The disproportionate impact of COVID-19 on people with a long-term condition, such as Type II Diabetes, emphasised the need for pre-habilitation — optimising an individual's health to better cope with future illness, in other words, prevention.

In addition to the COVID-19 recovery, the development of the PF was informed by the Wandsworth Health and Care Plan (2019 - 2021) which centres around prevention. The focus was on joining up care where it is appropriate to deliver a better service and supporting and developing resilience in individuals and local communities. Another policy informing the PF's development is the new Integrated Care System, with its partnerships across the sectors to coordinate services and to plan in a way that improves population health and reduces health inequalities.

Prevention goes beyond the delivery of lifestyle services and messages about weight management, smoking cessation, and mental health support. It incorporates the wider determinants of health such as housing, crime, employment, and income. It will also stem the demand for health and social care services through promoting independence and self-care, using strengths and assets in the community thus delaying, preventing, or reducing the need for health and social care services.

This 2021-25 PF builds on the learning, excellent outcomes, and work to date from the previous PF (2015-2018). The PF will be the vehicle for embedding prevention throughout the work of the council and the local health care system.

This paper conceptualises the PF and sets out the model, vision, objectives, and how divisions across the council can operationalise the model. It provides some examples from the public health workstreams.

2. The Prevention Framework

2.1 Vision

Through the application of the Prevention Framework, the Council and its partners will prevent ill health, reduce health inequalities, and create an environment and opportunities for people to thrive within a supportive community, sustainable health and care system, and health-promoting environments.

2.2 Objectives

The Prevention Framework's aims are to:

- DELIVER an evidence-based approach to prevention to support the wider council to strengthen delivery of prevention through its work,
- FACILITATE making the healthy choice the easy choice for our residents using positive and assets-based approaches,
- SUPPORT a tailored approach to prevention, defining key outcomes and agreeing success measures across Council Directorates and partners,
- CONNECT with existing and planned policies and initiatives to enable prevention work to be sustainable, and
- CREATE supportive communities and health-promoting environments

2.3 Overview of the Prevention Framework model

The PF is a strategic model to prevent ill health and need for care, by enabling the Council, health and care system leaders and community partners to work more closely together and complement each other's approaches. It embeds the preventative approach across the health and social care system and the wider determinants of health. It provides a framework to deliver targeted and universal programmes and policies. The Prevention Framework is based on the Office of Health Improvement and Disparities' guidance on Health Inequalities: Place-Based Approaches to Reduce Inequalities.¹

Figure I shows the PF model, the PF model has at its centre the aim of embedding prevention as a system delivery tool to promote health and to reduce health inequalities. It does this at three interconnecting levels within a system — people, community, and environment. To deliver this, the principles underpinning the Prevention Framework are:

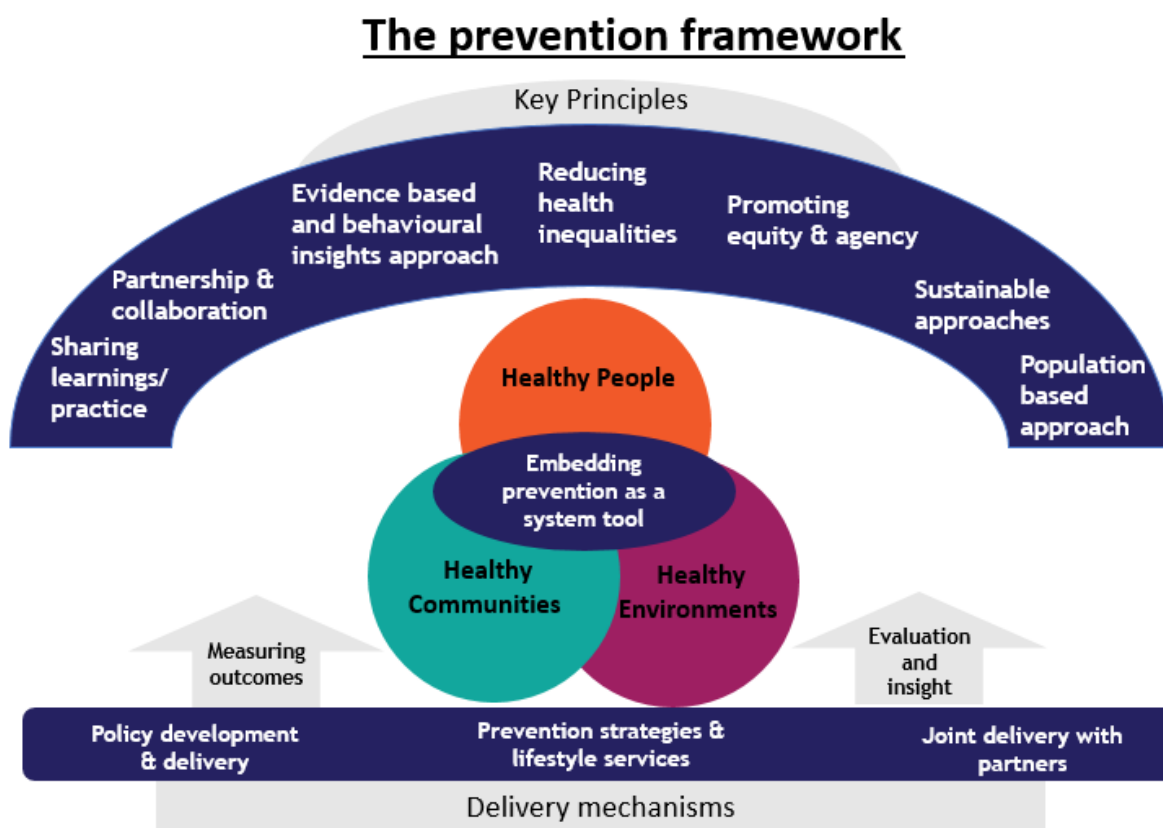
- Reducing health inequalities to address those with the poorest health outcomes
- Partnership and collaboration across the council, organisations, and residents
- Evidence-based and behavioural insights approach at a locality level

¹ [Health Inequalities: Place-Based Approaches to Reduce Inequalities](#), Public Health England, September 2021.

- Promoting equity and meaningful engagement² among organisations and residents
- Sustainable approaches and long-term solutions
- A population-based approach to achieve population-wide impact.

² Schively Slotterback, C & Lauria, M. [Building a Foundation for Public Engagement in Planning: 50 years of impact, interpretation, and inspiration from Arnstein's Ladder](#). Journal of the American Planning Association. Vol 85, 2019.

Figure 1. Prevention Framework³



The aspirations of the Prevention Framework also address the wider determinants of health and include preventative action from housing, planning, culture and environment, climate change, community and partnerships, community safety and Adult Social Care divisions. The Prevention Framework approach is a lens from which to inform relevant strategies such as the Active Wandsworth Strategy and Local Plan. This framework recognises that the vision cannot be achieved by any one organisation working independently but rather, depends on the efforts of many.

2.4 Measuring Outcomes and Evaluation

A key part of the Prevention Framework is setting indicators to define successful application across the council. Staff operationalising the framework will develop their skills to apply the key principles to the various delivery mechanisms of policy development, commissioning behaviour

³ Framework concept adapted with permission from the Somerset Activity & Sports Partnership

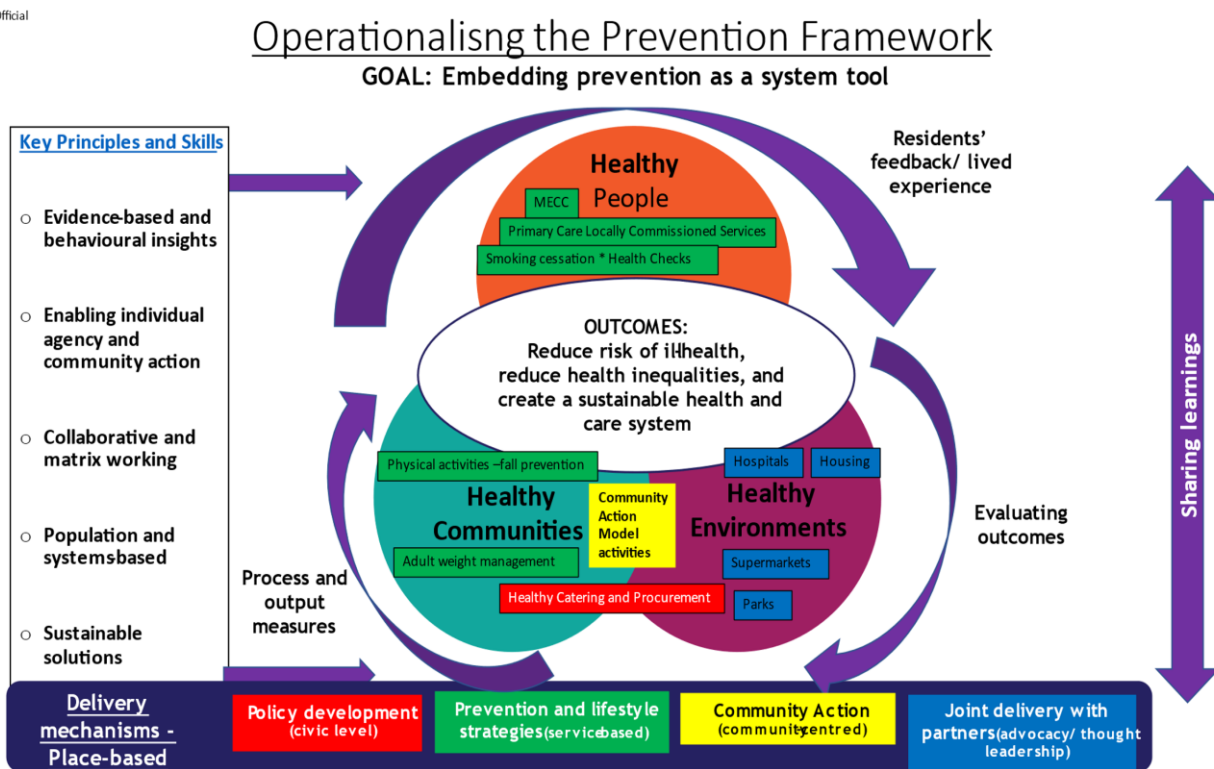
change interventions, community action and joint delivery with partners. Making Every Contact Count training assists in meeting these objectives.

Although impact measures such as a decrease in preventable ill-health and increased adoption of healthy behaviours would be the ultimate measurement of success, it is recommended that the PF measures inputs and outputs such as

- Number of council projects promoting healthy lifestyle behaviours,
- Residents reporting that making a healthy choice is easy,
- Key outcomes achieved in prevention interventions targeting at-risk populations,
- Number of existing and planned policies with prevention of ill-health as one of its aims,
- Feedback and lived experience of residents.

Figure 2 captures the flow of how the Prevention Framework will be in practice.

Figure 2. An operational model of the Prevention Framework along with measuring the outcomes and indicators



Population-level indicators will be collected through the existing channels that feed into the Public Health Outcomes Framework monitoring of the health improvement and wider determinants of health indicators⁴ and using the Public Health Outcomes Framework⁵.

At a community level, the use of the community action model will have a means to capture the progress on people being empowered to take responsibility for their own health and wellbeing. The community action model is a 5-step, community-driven model designed to build communities' capacity to address health inequalities through mobilisation, building on the strengths of a community to create change from within.

As part of evaluating the Framework, there will be a feedback loop to monitor progress, draw lessons learnt, and share best practice on an annual basis. This will be done using a logic framework model and will include process and impact indicators.

2.5 Public Health delivery of prevention using the Prevention Framework

The Public Health Division takes a systems preventative approach to tackle public health priorities and certain health conditions as set out in Table 1. To support prevention of ill health and encourage healthier lifestyles in residents, the public health programmes of work include Adult Weight Management, the Physical Activity Plan, Health Eating and Nutrition Plan, Workplace Health, Make Every Contact Count training, Dementia Prevention and Care, Winter Warmth, Council planning and procurement.

Examples include:

- i. Combating obesity and long-term conditions (LTC),
- ii. Delivering a Dementia awareness and prevention programme,
- iii. Delivering Making Every Contact Count training across a range of settings, and
- iv. Incorporating preventive interventions that address the wider determinants of health.

Table 1. Public Health Grant Direct Contribution to Prevention Workstreams⁶ across Wandsworth Council

Prevention Workstream	Programme of work
Adult Weight Management	Support people achieve a healthy weight through lifestyle interventions such as an adult tier 2 weight-loss programme.
Dementia Prevention and Care	Increase awareness of dementia and dementia risk factors in the community and in the health and care system and to ensure equitable access to preventative services for those at higher risk of dementia.

⁴ [Public Health Outcomes Framework](#).

⁵ Office for Health Improvement and Disparities. [Public Health Outcomes Framework](#).

⁶ Overview of prevention workstreams see Appendix 1.

Healthy Eating and Nutrition	Increase the acceptability and accessibility to healthier food and drinks, especially for those with long-term conditions and to achieve a healthier weight. Promote healthy eating in weight loss programme and community-based initiatives and promoting healthier catering guidelines for workplaces.
Healthy Workplaces	Increase the proportion of businesses and community organisations across the local economy that could maximise the benefits of working towards adopting a health promoting environment for their employees. Promote achievement of through the Good Work Standard, under the guidance of the Greater London Authority.
Making Every Contact Count	<p>Train staff and community frontline workers with the skills to identify opportunities for early intervention and signposting residents to appropriate services.</p> <p>On-line training modules such as Emotional Health and Wellbeing, Loneliness and Isolation, Dementia Awareness, Accessing New Technologies, Carer's module, Supporting Winter Warmth, and Active Travel.</p>
Physical Activity	Increase support to inactive populations to become more active. Promoting active living such as exercise in open spaces, cycling and walking. Behaviour-change programmes include preventing long-term conditions. Prevention of falls among older people and support to their carers. The Council funds community-led group physical activities like befriending groups to get the elderly active and a women's weight management programme.
Winter Warmth	Support vulnerable residents stay warm and well. Through the Winter Warmth programme, the Council provides energy saving measures and advice, and an assessment of the energy efficiency of a home, finances, and health, to determine what help is available as well as Council-funded fuel vouchers for prepayment meter customers with little or no credit, subject to eligibility.

3. Implementing the Prevention Framework to facilitate the Council as a Public Health organisation

This section provides examples at each of the place-based levels of what the Prevention Framework looks like in practice and its positive impact on residents based on the lives they lead, the community they are part of and the physical environment in which they live. These pieces of work highlight how prevention and reducing health inequalities has been embedded across the work of the Council.

HEALTHY PEOPLE

Collaborative work across the Council, the NHS, and local voluntary sector organisations deliver a range of falls prevention activities tailored for older residents.

HEALTHY COMMUNITIES

Micro-Commissioning Grants support local voluntary organisations to extend the range of activities for residents to promote an active lifestyle. Residents are signposted through the co-funded (Council and NHS) Social Prescribing service managed by NHS partners.

HEALTHY ENVIRONMENT

Healthy Environment was promoted through the Draft Local Plan (to be adopted in 2023) for Wandsworth. Policy 15 focuses on Health and Wellbeing which supports prevention priorities such as active travel, active design (advancing physical movement as part of everyday routines), food growing opportunities and via the built environment including a ban on new fast-food outlets near schools.

4. Conclusion

The Prevention Framework will be a tool for the Council in developing a whole systems approach to prevention in meeting the key priorities for promoting good health and reducing health inequalities. Collaboration across the Council with community, health and care partners, will make a bigger impact on residents' health and wellbeing. Helping individuals to make healthier choices and creating opportunities for greater involvement in the community and local environment will ensure the Prevention Framework's vision is achieved and can be sustained.

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Appendix 1: Overview of the Prevention Framework Public Health Workstreams

<p>i. Combatting obesity and long-term conditions</p>
<p>The Healthy Eating and Nutrition Plan delivers the PF to enable: Healthy eating people through awareness raising Healthy food and nutrition through catering and procurement in communities Healthy food promoted in environments</p>
<p>The Physical Activity Plan delivers the PF to enable: Active individuals at home, outdoors and virtually Active communities through getting inactive groups active Active environments through walking and cycling paths</p>
<p>Adult Weight Management delivers the PF to enable: Healthy active people on-line and in person Healthy, connected, and motivated communities to lose weight</p>
<p>ii. Delivering a Dementia awareness and prevention programme</p>
<p>The Dementia awareness and prevention programme delivers the PF to enable: Healthy older people Healthy paid and unpaid carers Healthy dementia-friendly communities Healthy supportive environments</p>
<p>iii. Delivering Making Every Contact Count training across a range of settings</p>
<p>Make Every Contact Count is delivering training for: Healthy trained and connected people Healthy communities and workplaces Healthy and active environments</p>
<p>iv. Incorporating preventative interventions that address the wider determinants of health</p>
<p>Healthy Workplace delivers the PF to address wider determinants of health through: Healthy people Health promoting workplaces Healthy supportive environments</p>