

HEALTH AND WELL-BEING

Consultation with Black and Minority Ethnic communities

In November 2003 the Citizens' Panel was consulted on health and well-being issues.

We recently conducted a similar piece of work specifically with Warwickshire's Black and Minority Ethnic (BME) communities. The survey results help us to identify shared areas of concern and likewise where there are differences of opinion.

Shared areas of concern

Train services and purchasing goods and services over the Internet are two areas where both groups feel least protected as consumers.

Results from the Citizens' Panel and BME groups rate being mobile, not smoking and keeping an active mind as three of the most important aspects of maintaining a healthy lifestyle.

Different opinions

20% of respondents from BME Groups travel to the doctor's surgery by bus compared to 6% of the Citizens Panel.

Just under half of respondents from BME groups (46%) are aware of the National Healthy Schools Standard or Warwickshire Health Promoting School Scheme compared to less than one quarter of the Citizens Panel (23%).

Health Surgeries in Libraries

69% of you told us you wanted to see health promotions and advice on giving up smoking available in our libraries.

- We have carried out Health Campaigns through coffee mornings and working with the Healthy Living Network. Topics covered include: Leukaemia research, children's health issues, healthy eating, giving up smoking and drug awareness.
- Leamington and Rugby libraries have held health camps. Library staff worked with doctors, nurses and health visitors to provide blood pressure, cholesterol and blood sugar checks.
- We have improved information for teenagers, specifically on sex and relationship issues. We have undertaken some outreach work with parent and toddler groups, and offered information and guidance to young parents.



Health information available at Warwickshire libraries

39% of you wanted to see sex and relationship education, information on teenage pregnancy and support for young parents available in libraries.

Warwickshire Teenage Pregnancy Strategy

The majority of you were unaware when asked about WCC's role in reducing teenage conceptions and supporting young parents.

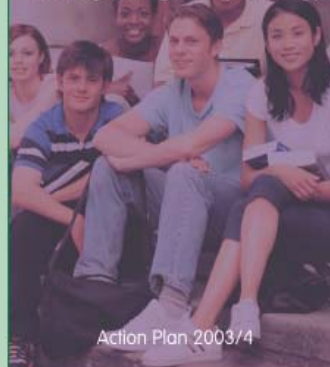
WCC is a key partner in the Warwickshire Teenage Pregnancy Partnership Board (WTPPB). The partnership has a commitment to ensuring that local partners are working together to provide better services, better information and better support to young people and young parents in relation to teenage pregnancy. It is a multi-agency group responsible for the development and implementation of the Warwickshire Teenage Pregnancy Strategy: Facing the Facts

The strategy has two broad aims:

- To reduce the rate of under 18 conceptions by 15% by 2004 and 50% by 2010
- To reduce the social exclusion experienced by young parents. With a specific target to encourage and support young parents into education, employment and training.

For more information about the strategy contact Michelle Diaz, Local Teenage Pregnancy Co-ordinator, Chief Executive's Department, WCC, PO Box 9, Shire Hall, Warwick, CV34 4RR. Tel: 01926 410410

Warwickshire's Teenage Pregnancy Strategy



Action Plan 2003/4

Consultation on GP Access

Satisfaction levels with GP services in North Warwickshire, were lower than the rest of the county.

Response

- In response to this Warwickshire's Health Overview and Scrutiny Committee asked North Warwickshire Primary Care Trust to investigate why GP satisfaction levels were lower, and to do something to improve satisfaction levels.
- The Health Overview and Scrutiny Committee also recommended that all the Primary Care Trusts (PCT's) in Warwickshire should regularly monitor the satisfaction levels of GP services

North Warwickshire residents were more dissatisfied with the time it takes to get a GP appointment than elsewhere in the county.

Response

- The Health Overview and Scrutiny Committee used this information to recommend that North Warwickshire PCT need to reduce the time for an appointment with a GP and quickly introduce the new advanced access appointment system in its area.
- The committee further recommended that all the PCTs in Warwickshire should regularly monitor this new appointment system.

HEALTHY SCHOOLS AND WORKPLACES

76% of you said you were not aware of the National Healthy School Standard or Warwickshire Health Promoting School Scheme
 Warwickshire Health Promoting School Scheme (WHPSS) is the mechanism through which schools in Warwickshire can gain healthy school status.

In order to achieve national healthy school status schools need to show they have good practice in four key areas

- **personal, social and health education**
 (including sex and relationships education and drug education)
- **healthy eating**
- **physical activity**
- **emotional wellbeing**

Schools must also show how they are involving parents, pupils and members of the health community in decision making and activities.

Our national target is for 50% of Warwickshire schools to gain national healthy school status by December 2006. For more information on promoting healthy schools, please visit www.whpss.net

Did you know?
 At present 110 schools in Warwickshire are involved with WHPSS and 62 have an accreditation to at least bronze level



www.whpss.net

44% of you said you feel your work place is good at promoting staff health and well-being

WHPSS is part of the Warwickshire Healthy Schools and Workplaces Project. As part of its healthy workplaces work, the Healthy Workplaces Adviser works with the department of Planning, Transport and Economic Strategy to support the work-life balance. The Employers of Choice Award recognises employers that have promoted the health and wellbeing of their staff through policies and practices that encourage a positive work life balance.

For more information, please visit www.warwickshire.gov.uk, click on the Business and Jobs section and view the Work/Life Balance link.

SMOKING

92% of you are aware that doctors' surgeries promote stopping smoking.

Currently all doctors' surgeries in Warwickshire provide a stop smoking service. This is done on a one-to-one basis, usually with a Practice Nurse and consists of support over the first few weeks of quitting, along with prescriptions for nicotine replacement therapy or Zyban (a non-nicotine based pill). Pregnant smokers can be visited at home by a Smoking and Pregnancy Adviser.

8% of you told us you currently smoke, but plan to give up. The national average shows that 70% want to quit in the distant future, but 20-25% plan to quit soon.

To access the Stop Smoking Service contact your doctor's surgery.
 For general information phone the NHS Smoking Helpline on 0800 169 0 169, or visit the website: www.givingupsmoking.co.uk

Just over a third of panel members used to smoke but have given up. Our annual satisfaction survey 2004, which went out to 4000 Warwickshire residents showed that 50% of smokers who responded wanted to give up smoking.

77% of you thought stop smoking support should be available in schools, and 65% in community centres.

As a result of this new services are being developed in schools and community centres and pharmacies starting from Autumn 2005.

Did you know?
 Since 2000 over 22,000 people have used Warwickshire 'Stop Smoking' Service.
 With 1 in 2 smokers dying prematurely, this means that around 2,200 deaths have been prevented in Warwickshire



"The service was excellent, a real bonus, but you must be fully prepared to give up, for others to help... I am a very proud, healthy feeling man, thank you very much."

Peter Lee, a Leamington Spa resident, who quit with the Stop Smoking service featured in a national advertising campaign earlier this year.



www.givingupsmoking.co.uk

Smoke Free Places

Breathing second-hand tobacco smoke causes the same diseases, as smoking and even a little can be dangerous. It can cause sore eyes, throat, headaches and asthma in the short term and heart disease and cancer in the longer term.

71% of you said you would support a law to make all workplaces smoke free.

30,000 people in Warwickshire currently work in a smoky environment, which can have a devastating effect on their health.

Did you know?
 All Councils have committed to making their buildings totally smoke free by March 2006 with the NHS following by the end of the year. This is in line with proposed legislation from the Government, which also includes enclosed workplaces to be smoke free by the end of 2007 and many pubs by the end of 2008

Nearly a third of you told us that pubs and bars should be completely smoke free - several pubs and other workplaces are already reaping the benefits of being smoke free in Warwickshire. Some of our totally smoke free pubs include: The Gate Inn, near Atherstone; Church End Brewery near Nuneaton; The Park Tavern, Warwick; The Fleur-de-Lys in Lowsonford; The Garrick Inn (pictured) in Stratford-upon-Avon; The Howard Arms, Ilmington and The Duck on the Pond in Long Itchington.

Did you know?
 Non-smoking bar-workers routinely show the same health effects as 20 a day smokers.

For more information visit www.smokefreewarwickshire.com or alternatively phone 0800 085 2917