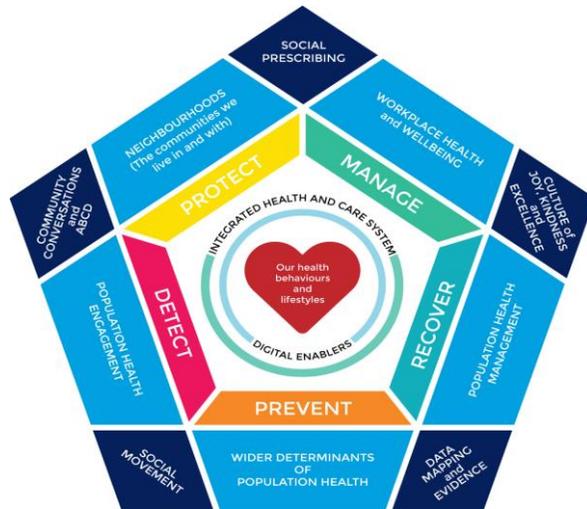


POPULATION HEALTH PROGRAMME PLAN

POPULATION HEALTH - MORECAMBE BAY DOUBLE PENTAGRAM MODEL



Wider Determinants

- Green Spaces
- Leisure Facilities
- Poverty
- Warm Housing
- Work + Employment
- Air Pollution
- Food Poverty
- Education
- First 1000 Days
- Adverse Childhood Experiences
- Sanitation
- Active Transport

Population Health Management

- Hypertension
- Diabetes
- Cardiovascular
- Respiratory
- Dementia
- Cancer
- Stroke
- Suicide Prevention
- Musculoskeletal
- Chronic kidney disease
- Palliative

Neighbourhoods

- Smoking
- Alcohol
- Drugs
- Positive Mental Health
- Healthy Weight
- Loneliness
- Physical Activity
- Café Culture
- Community-led Initiatives
- Nourish
- Patient Access/My GP
- Early Integrated Action

Population Health Engagement

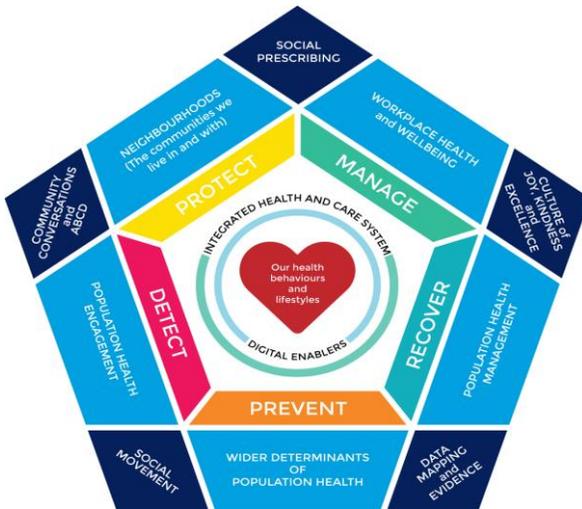
- Poverty Truth Commission
- Patient Truth Commission
- Youth Truth Commission
- Art of Hosting
- Community Conversations
- Health Festivals
- Pathway Redesign
- Schools
- Pre-conception
- Social Media
- Self-Care
- Service Awareness

Workplace Health & Wellbeing

- Anchor Institutions
- Working Day Pattern
- Rest Day
- 5 Ways to Wellbeing
- Flourish at Work
- Make Every Contact Count
- Patient Activation Measurement Tool
- Listening into Action
- Coaching
- Motivational Interviewing
- Smoke-free
- Work Environment + Culture

POPULATION HEALTH PROGRAMME PLAN

POPULATION HEALTH - MORECAMBE BAY DOUBLE PENTAGRAM MODEL



PREVENT

Prevention means preventing disease or injury before it ever occurs. This is done through:

- Working with communities and other partners to tackle the underlying social determinants of health (e.g. living and working conditions, social isolation, health literacy etc.)
- Encourage the development of health in all policies.
- The promotion of positive behavioural choices which improve a person's health and wellbeing (e.g. stop smoking, reduce alcohol, take regular exercise, eat healthily).
- Preventing exposures to hazards that cause disease or injury (e.g. through hand hygiene, health and safety).

-Increasing resistance to disease or injury, should exposure occur (e.g. immunisation programmes).

Prevention can be primary (before a diagnosis) or secondary (after a diagnosis), but always refers to creating an environment that supports healthy choices, lifestyle changes, rather than medical intervention.

DETECT

Detection means early recognition that:

- a person is developing increased risk factors which may predispose them to a more serious condition (e.g. obesity, rising cholesterol, high BP, low mood).
- a person has developed a chronic condition, for which they will need further protection (e.g. COPD, IDDM).
- a local population are more at risk of developing a particular condition/set of conditions (e.g. detection of childhood obesity rates, high rates of smoking, high rates alcohol use, poor housing or air quality).
- a local population has worse health outcomes than another, requiring appropriate resource allocation (e.g. poor cancer survival rates, high rates premature mortality, low access to preventative interventions).

PROTECT

Protection means:

- to protect someone from developing a condition of which they are at risk, through medical intervention (e.g. starting antihypertensive medication) – this would also go hand in hand with some further prevention measures.
- to reduce the impact of a disease or injury that has already occurred (e.g. ensuring protection after a first MI of having a second MI through strict treatment of BP, cholesterol and kidney function, smoking and dietary advice).
- to soften the impacts of an ongoing illness or injury that has lasting effects (e.g. helping a person to understand a chronic condition they are living with, through structured education and ensure best evidenced treatment, to help them live at optimal health).
- to protect someone from developing a more serious condition, through surgical intervention (e.g. prophylactic bilateral mastectomy)

MANAGE

Management means:

- to provide appropriate advice, treatment or referral for a single episode of a health complaint (e.g. minor ailments)
- to intervene at the time of a medical or surgical emergency with best evidence-based practice (e.g. transfer to BVH for management of a STEMI).
- to treat an exacerbation of a chronic condition through a best evidence-based intervention (e.g. an acute exacerbation of COPD).

Prevention and much of detection sits across every pathway and work stream within Bay Health and Care Partners whilst prevention and recovery are mainly grounded outside of the health care system in our communities.

RECOVER

Recovery means:

- helping people manage long-term, often complex health problems and injuries in order to improve as much as possible their ability to function, their quality of life and their life expectancy (e.g. through cardiac/pulmonary rehabilitation, community integration, support groups, social care provision, vocational rehabilitation programmes, links to financial advice).
- recognising where people will not recover and enable good palliative care and a good death.

Prevention and much of detection sits across every pathway and work stream within Bay Health and Care Partners whilst prevention and recovery are mainly grounded outside of the health care system in our communities.

**POPULATION HEALTH GOVERNANCE
STRUCTURE IN MORECAMBE BAY
AUGUST 2019**



- Healthier Lancashire & South Cumbria
- Bay Health & Care Partners
- Population Health
- Local Authority

