



## AGENDA

### THE KENT - DARTFORD LOCAL BOARD

Thursday, 16 July 2009, at St Edmund's Church, Living Well, St Edmund's Road, Temple Hill, Dartford DA1 5ND

Ask for: **Kayley Phillips**

Telephone: **01622 696067**

**Starting at 7.00 pm. Doors open at 6:30 pm**

- A1. **Apologies & Introductions**
- A2. **Notes of Local Board meeting held on 18 March 2009**
- A3. **Election of Vice Chair**
- A4. **Presentation by Amanda Wright, Project Manager, Family Action**
- A5. **Presentation by Sharon Phillips, Living Well Co-ordinator**
- A6. **Presentation by Jay Edwins, Head of Health Promotions, West Kent Primary Care Team** (Pages 1 - 20)
- A7. **Questions to speakers**
- A8. **Question Time – Your opportunity to ask questions about local public services**
- A9. **Any Other Business**

The Chair asked if there was any other business. Richard Lees declared an interest in a Member Community Grant he wished to recommend. The grant of £1,000 for a childrens park was agreed by all the other Dartford Members.

Ann Allen thanked everyone for attending and closed the meeting.

#### **County Councillors for Electoral Divisions within the Dartford Borough Area:**

- |                     |                                     |
|---------------------|-------------------------------------|
| <b>Ann Allen</b>    | - <b>Wilmington;</b>                |
| <b>Penny Cole</b>   | - <b>Dartford East;</b>             |
| <b>Jeremy Kite</b>  | - <b>Dartford Rural;</b>            |
| <b>Richard Lees</b> | - <b>Swanscombe and Greenhithe;</b> |
| <b>Jan Ozog</b>     | - <b>Dartford West;</b>             |

**Avtar Sandhu, MBE**

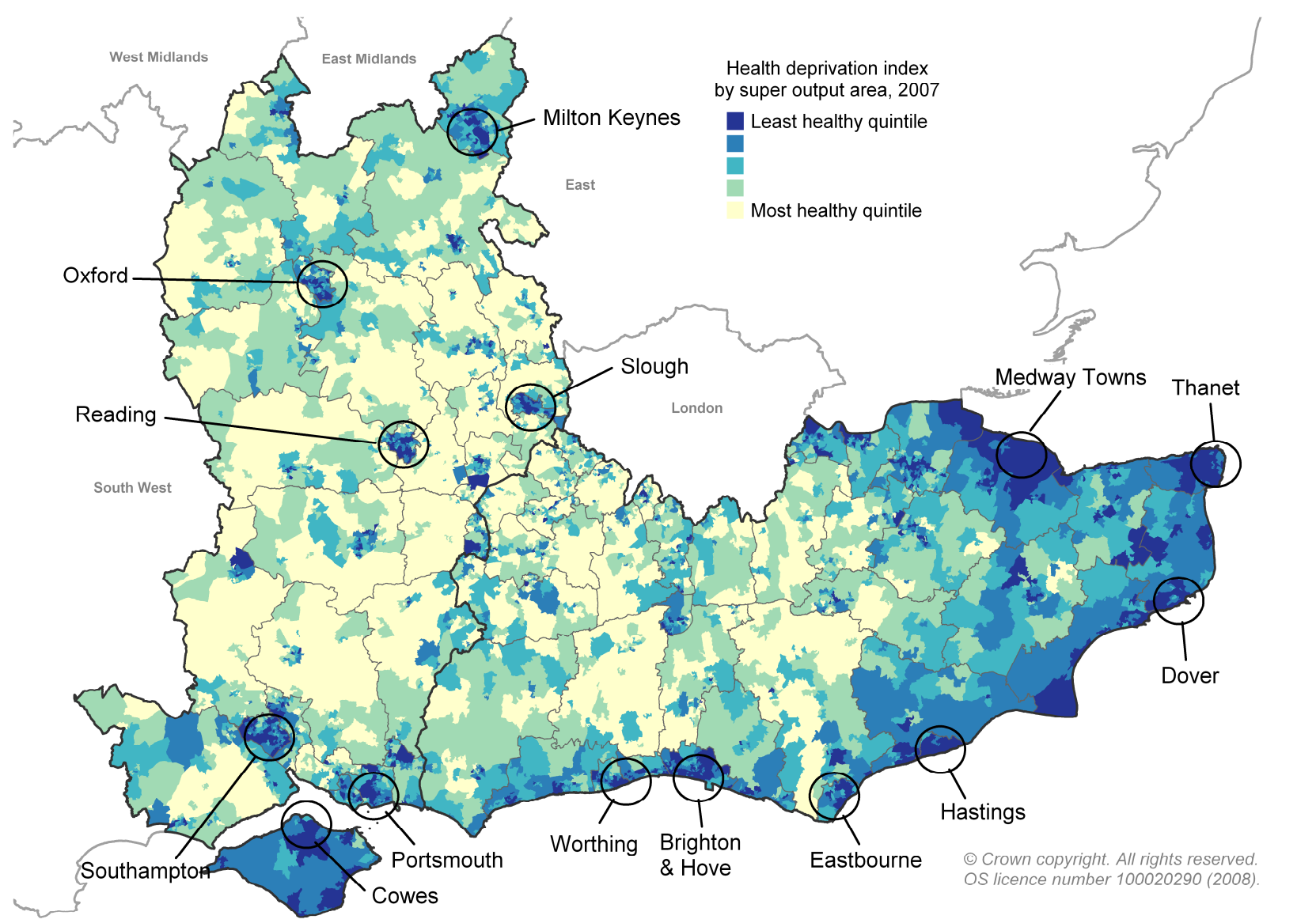
**- Dartford North East;**

# HEALTH INEQUALITIES DARTFORD

Jay Edwins  
Head of Strategic Partnerships

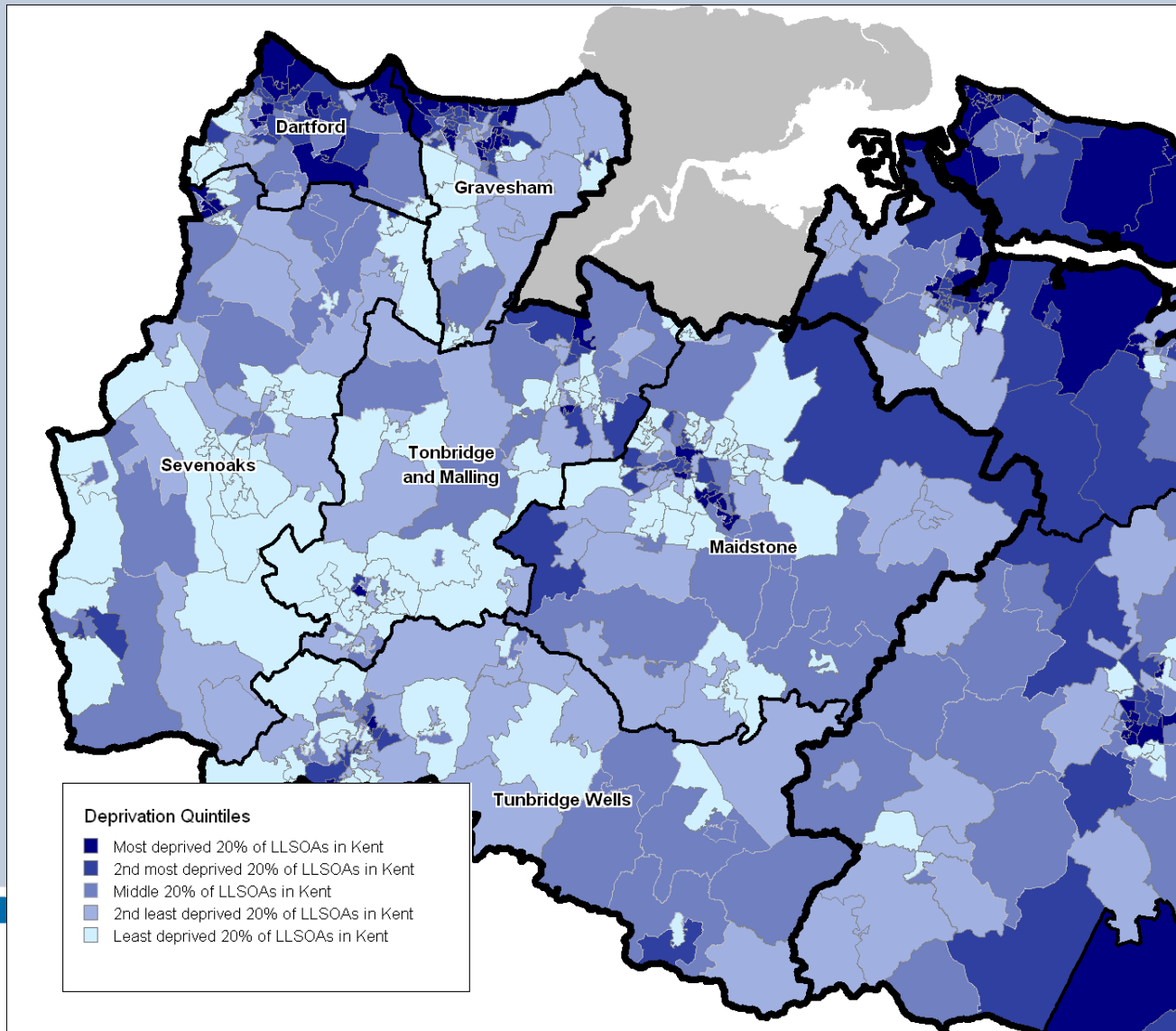


# HEALTH DEPRIVATION



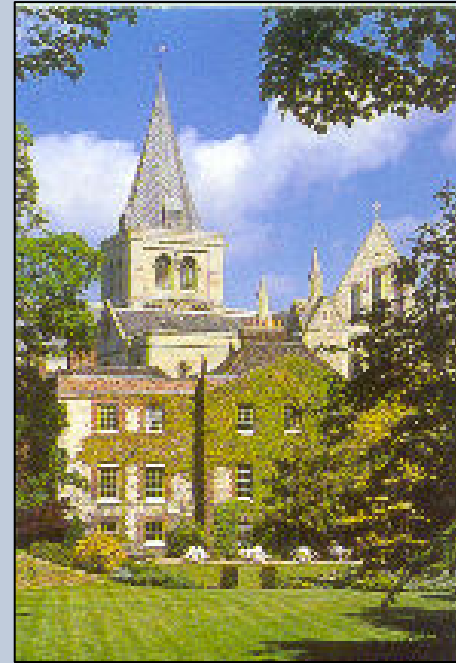
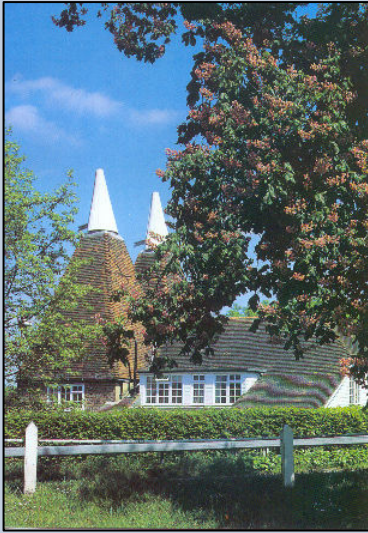
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# WEST KENT



# WEST KENT

**NHS**  
West Kent



# WEST KENT



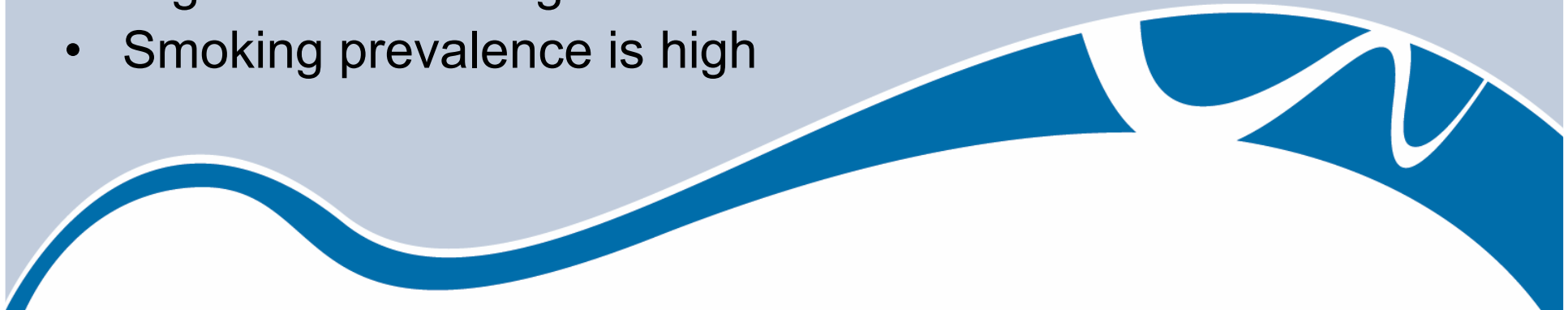


# DARTFORD AT A GLANCE

- Health is close to the England average
- Low rate of early deaths from cancer
- Low level of drug misuse and alcohol related harm
- Early deaths from heart disease and strokes are falling

## BUT...

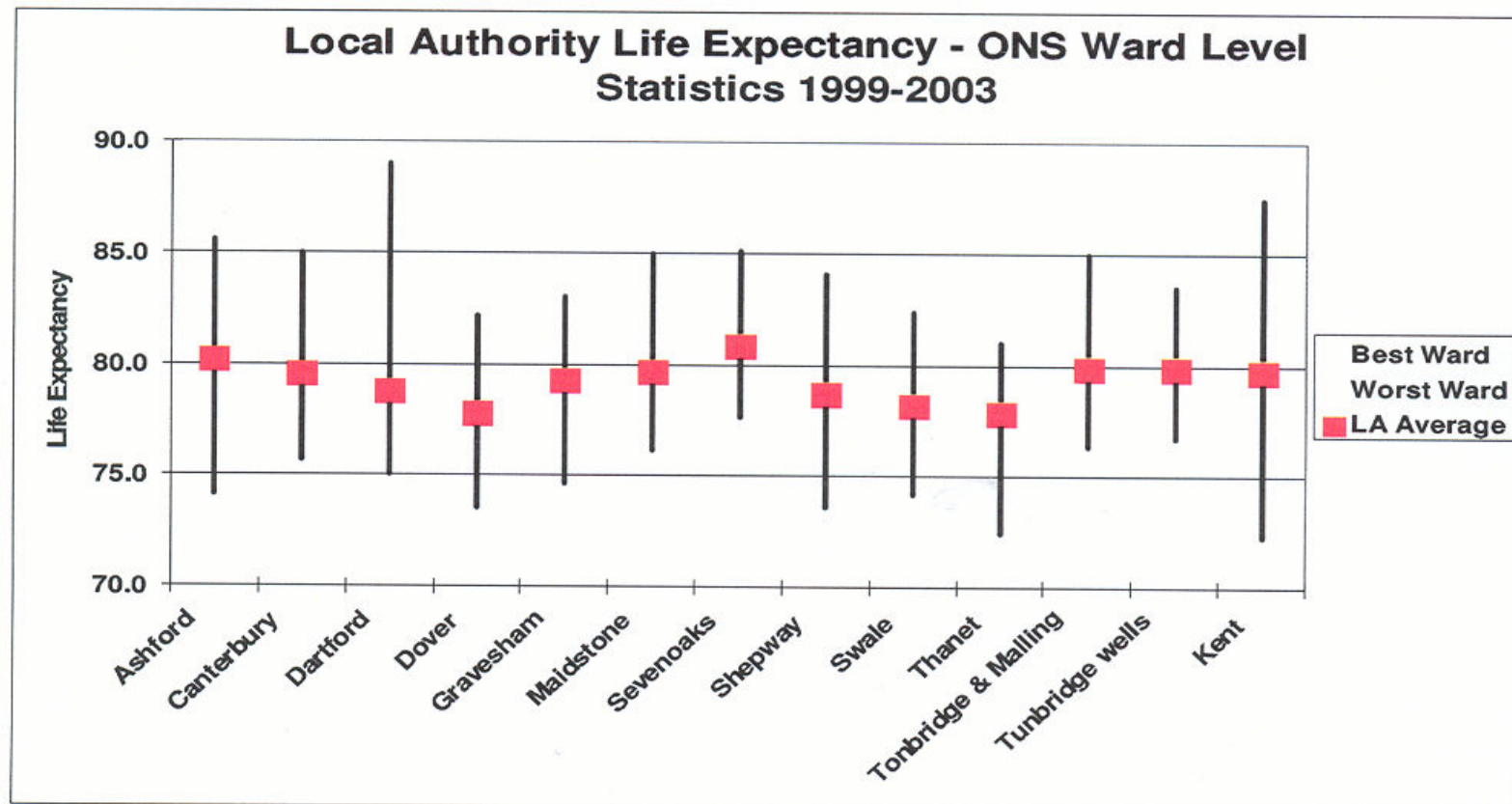
- 8 year difference in male life expectancy
- Higher than average level homelessness
- Smoking prevalence is high



# CHILDREN and YOUNG PEOPLE

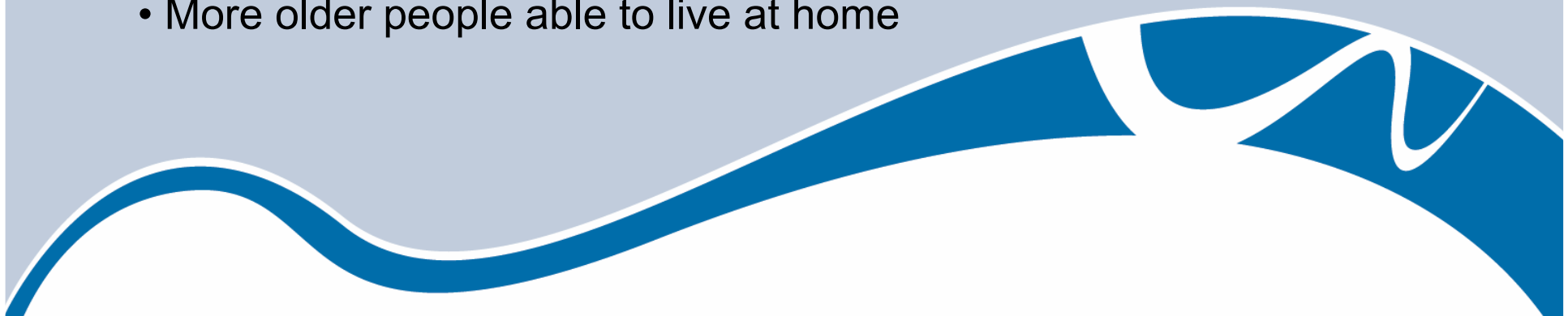
- Children's health is better than the national average
- High rate of breastfeeding initiation
- Level of tooth decay well below average
- **BUT**
  - 3000 children live in poverty
  - Physical activity levels are below national average
  - One in ten children is obese

# LIFE EXPECTANCY



# TARGETS

- Reducing health inequalities
- Children's mental health and well-being
- Fewer people in Kent suffering heart disease
- Improved sexual health
- Reduction in teenage pregnancies
- Reduced levels of substance and alcohol misuse
- More older people able to live at home



# PRIORITIES

- Reduce mortality from cardiovascular disease and cancer by reducing smoking and enhancing healthy eating and physical activity
- Reduce avoidable illness and death by improving coverage of screening and immunisations
- Embed the reduction of health inequalities in the decision-making processes of all public agencies



# PROCESS

## Assessment of Needs

- Surveillance and Monitoring of the Determinants of Health
- Shift from Delivery to Strategic Commissioning
- Strengthening Health Action Team
- Working with wider “Public Health Family”
  - Local Authorities
  - Healthy Living Centres
  - Health Trainers
  - Healthy Schools etc.

# COMMUNITY DEVELOPMENT



# SMOKING

The single biggest factor behind social class differences in life expectancy.





# health

**NHS**  
West Kent

hello, have you come for  
your annual check up?



no I just wondered if you had any  
change for the crisp machine



# FOOD PROJECTS



# GROWING SPACES



## OCTOBER

**By Dover Road School Eco Club**

### Pumpkin soup

**Ingredients**

- 1 Tablespoon Olive Oil
- 1 Leek- halved lengthways and sliced
- 2 garlic cloves peeled and crushed
- 500g white skinned potatoes peeled and chopped
- 500g pumpkin or butternut squash- Peeled, chopped and de-seeded
- 1.25 litres Vegetable Stock
- Finely Chopped fresh chives

**Directions**

1. Heat oil in a large saucepan over a medium heat. Add leek and garlic and cook for 2 minutes
2. Reduce heat and cover with a lid until leek is soft.
3. Add Potato, pumpkin and stock and bring to the boil.
4. Reduce heat and simmer for 20-25 minutes or until veg is soft.
5. Allow to cool for 10 minutes, then puree soup in a blender until smooth
6. Add chopped chives and enjoy

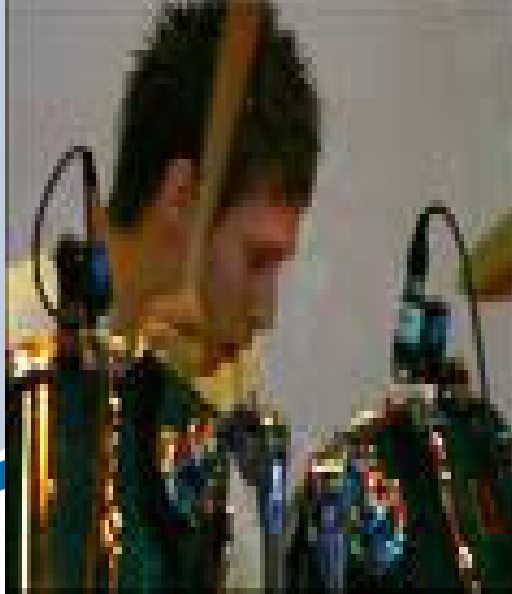
**4 and 5 October**  
Join the Mayor on the annual boundary walk, in aid of local charities. The 31 mile course is split over two days contact Maureen Stoneham on 01474 33 70 00

**Reduce your carbon output by switching off your lights when you're not in the room.**

**Re-use old shoes as pot planters, dont forget to drill holes in the bottom to let water out!**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 1      | 2       | 3         | 4        | 5      | 6        |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     | 29     | 30      | 31        |          |        |          |

# THE ARTS and WELLBEING



**[jay.edwins@nhs.net](mailto:jay.edwins@nhs.net)**



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