

‘Building a Fairer Gwent’: Becoming a Marmot region

Public Health Network Cymru


Webinar

9th May 2024

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Aneurin Bevan University Health Board



‘To be truly radical is to
make hope possible rather
than despair convincing.’

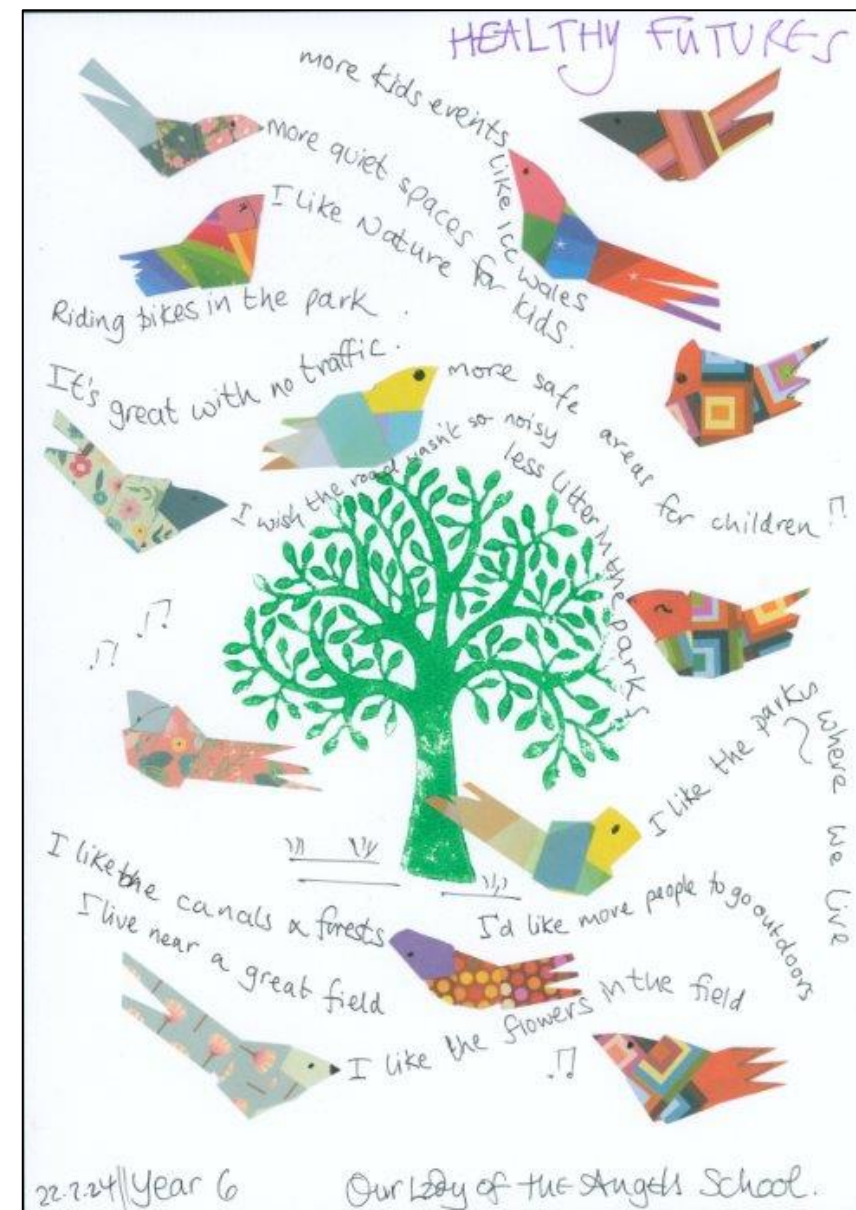
- Raymond Williams

To cover:

- **Why Gwent became a Marmot region**
- **'Building a Fairer Gwent'**
- **Lessons learnt**



1. Why Gwent became a Marmot region



November 2019

Aneurin Bevan Gwent Public Health Team:



The Ambition

In 2030 the places where we live, work, learn and play make it easier for people in our communities to live healthy, fulfilled lives.

All our children and young people live in smoke free environments and consider not smoking to be the norm. More of our children and young people live in an environment that supports being a healthy weight. We have vibrant, connected communities with people preferring to walk and cycle for local journeys. Families and children are active in our shared open spaces and getting the most out of our abundant, natural environment.

We live, learn and work in strong and mutually supportive, resilient communities - both real and virtual. We are taking concerted action to improve mental wellbeing because we understand that there is no health without good mental health.

All partners are focussing their collective efforts on the main things that create greater equity, and we are starting to see greater equity in the determinants of health. **Building A Healthier Gwent** is at the heart of what we all do.



October 2021

Gwent Public Services Board established.
Marmot indicators incorporated into Gwent Well-being Assessment.

December 2021

“Inequalities will continue to widen without concerted, sustained action to implement the things that work to reduce inequalities.”

“Becoming a Marmot Region would be a statement of intent to implement evidence based action to reduce health inequalities and could be a natural next step to build on adopting the Marmot Principles and monitoring progress through the Marmot Indicator set.”



Gwent Becoming a Marmot Region

Situation

At the Gwent Public Service Board (the PSB) meeting on 1st October 2021, the PSB considered the available indicators of health inequalities and agreed to incorporate them into the Gwent Wellbeing Assessment process. The indicator sets considered and discussed by the PSB included the original set of Marmot Indicators, which prompted a discussion about the possibility of becoming a Marmot Region.

The purpose of this paper is to ask the PSB to agree that the six Marmot principles should be the framework for action to reduce health inequalities across Gwent and to agree to formally open discussions with the Institute of Health Equity about the potential benefits of working with them as a Marmot Region.

Background

The original 'Marmot Review' of health inequalities in England '*Fair Society, Healthy Lives*' (2010) proposed six principles that if followed would lead to a reduction in health inequalities. The Building a Healthier Gwent (2019) report incorporated those principles which are:

The Marmot report identified 6 guiding principles for achieving greater equity of health:²

1. giving every child the best start in life
2. enabling all children, young people and adults to maximize their capabilities and have control over their lives
3. creating fair employment and good work for all
4. ensuring a healthy standard of living for all
5. creating and developing sustainable places and communities
6. strengthening the role and impact of ill-health prevention.

March 2022

Recommendation:

Gwent PSB agrees to become a 'Marmot Region' and to work with the UCL Institute of Health Equity to inform development of the Gwent Well-being Plan.

Action:

The PSB unanimously agreed the recommendation.

Proposal: Gwent Becoming a 'Marmot Region' ('Gwent: a Marmot Region')

Situation

At the Gwent Public Services Board (the PSB) meeting on 7th December 2021, the PSB agreed that the six 'Marmot Principles' (see Box 1 on page 2) should be the framework for action to reduce health inequalities across Gwent, and to formally open discussions with the UCL Institute of Health Equity (the Institute) about the potential benefits of working with them on Gwent becoming a 'Marmot Region'. The purpose of this paper is to present a proposal on a collaboration with the Institute of Health Equity for consideration by the PSB.

Background

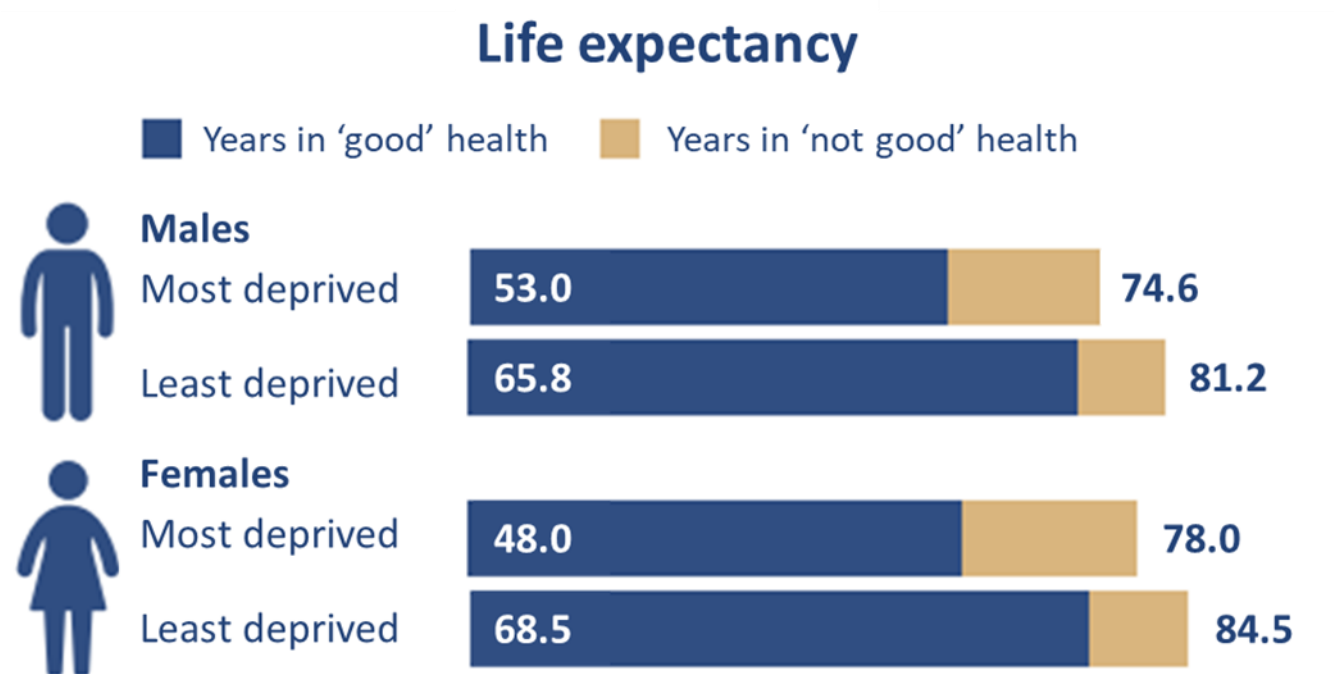
The Well-being of Future Generations (Wales) Act 2015 provides the legislative and policy landscape to give our current and future generations a good quality of life by enabling action to tackle challenges including climate change, poverty, poor health and well-being, coronavirus, improving jobs and increasing economic activity.

The Director of Public Health Annual Report 2019, '*Building a Healthier Gwent*', described the scale of the strategic challenge to reduce health inequalities across Gwent.¹ For people in all communities in Gwent to live healthy, fulfilled lives, means reducing the inequality gap in the number of years lived in good health between the most and least deprived communities. Over the period 2017-20, this difference was 10.5 years for males, and 9.1 years for females. Over the same period, one area of Gwent had the lowest healthy life expectancy for men and the second lowest for women in Wales.²

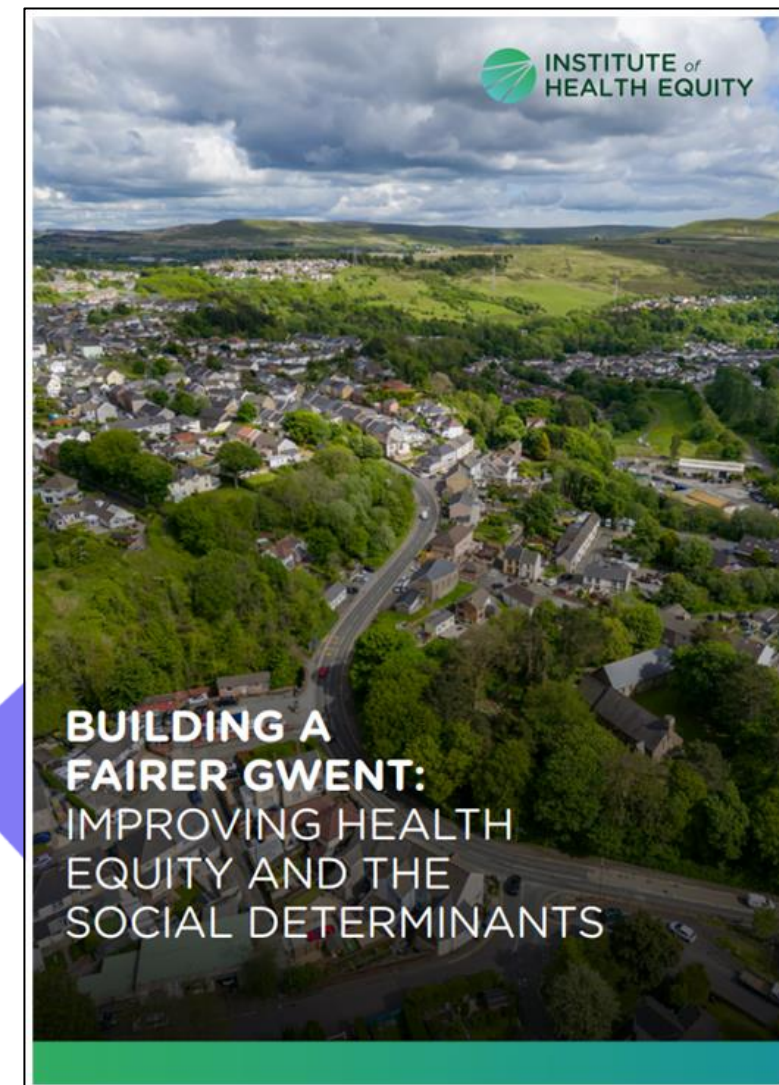
The (draft) Gwent Well-being Assessment 2022 highlights the significant inequalities across communities in Gwent, including health inequalities, but also educational attainment, accessing good employment, and home ownership. The assessment highlights a range of challenges which could widen inequalities across Gwent, including the climate and nature emergencies, Covid-19 pandemic, and Britain's exit from the European Union (increasingly referred to as the 'triple challenge').²

Research published in The BMJ in February 2022, by Université de Paris and University College London (UCL), provides one example of the business case for acting on health inequalities through taking preventative action. Using the cohort of Professor Marmot's 'Whitehall II' study of British civil servants, this research has found an association between the age at onset of co-morbidity and the incidence of dementia, with the strongest associations seen in those with co-morbidities at age 55. In particular, people with three or more chronic conditions at age 55 had a nearly five-fold higher risk of dementia. This is a highly relevant piece of evidence because of the personal and societal implications of dementia and the current lack of effective treatment.³

Distribution & impact of socioeconomic inequality: Life & healthy life expectancy 2018-20



2. 'Building a Fairer Gwent'



Gwent PSB Well-being Plan 2023-28:

Two strategic objectives:

- 1. We want to create a fairer, more equitable and inclusive Gwent for all.**
2. We want a climate-ready Gwent, where our environment is valued and protected, benefitting our well-being now and for future generations.

Five steps:

1. Take action to reduce the cost of living crisis in the longer term.
2. Provide and enable the supply of good quality, affordable, appropriate homes.
3. Taking action to reduce our carbon emissions, help Gwent adapt to climate change, and protect and restore our natural environment.
- 4. Take action to address inequities, particularly in relation to health, through the framework of the Marmot Principles.**
5. Enable and support people, neighbourhoods, and communities to be resilient, connected, thriving and safe.

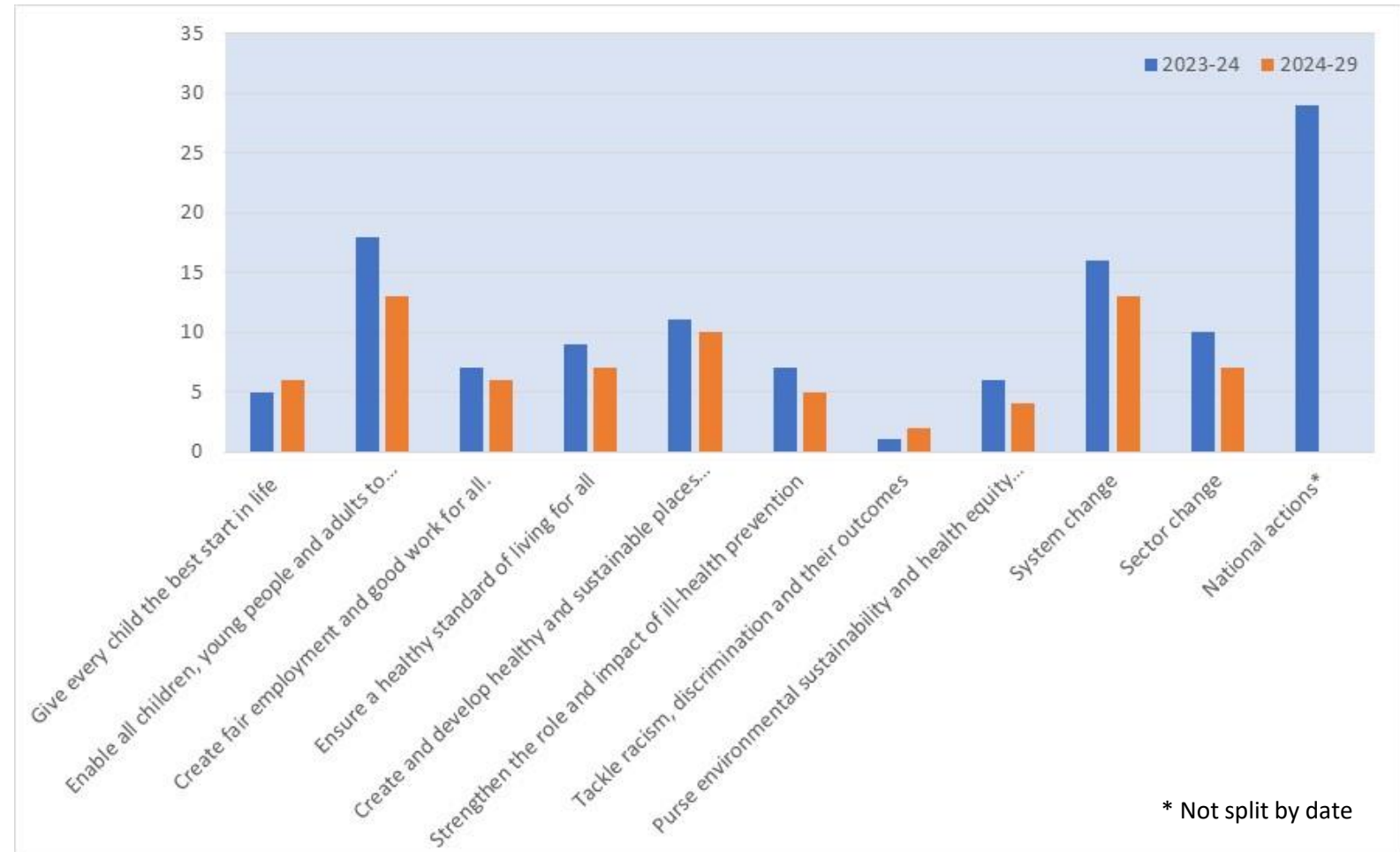
The recommendations: in numbers

192 recommendations:

- 119 in 2023-24
- 73 in 2024-29

Split by theme:

- 117 Marmot Principles
- 29 System change
- 17 Sector specific
- 29 National actions



Some priority areas for action:



GIVE EVERY CHILD THE BEST START IN LIFE

- Improve maternity and parental leave policies.
- Address staff shortages and employ more early years staff in areas of higher deprivation.
- Increase childcare provision in areas of higher deprivation.



ENABLE ALL CHILDREN, YOUNG PEOPLE AND ADULTS TO MAXIMISE THEIR CAPABILITIES AND HAVE CONTROL OVER THEIR LIVES

- Reduce the inequality gap in educational attainment through enhanced focus of initiatives (grants, adult education & training, volunteering & skills building healthy schools scheme, share prosperity funding, school absences, careers guidance, etc) on areas of higher deprivation
- Improve mental health support in schools
- Increase apprenticeship opportunities



CREATE FAIR EMPLOYMENT AND GOOD WORK FOR ALL

- Public services use Job Centre Plus to recruit staff and reduce local unemployment.
- Ensure the Cardiff Capital Region Deal focuses on apprenticeship in areas of deprivation.
- Place employability staff in every DWP office.



ENSURE A HEALTHY STANDARD OF LIVING FOR ALL

- Ensure staff are trained to identify and offer support to address poverty.
- Pay the real living wage for all roles and procurement contracts.
- Address causes of food poverty and eliminate the need for food banks.
- Work with communities to assess need for social, welfare, legal and debt advice.
- Improve financial management advice in schools and workplaces.



CREATE AND DEVELOP HEALTHY, SUSTAINABLE PLACES AND COMMUNITIES

- Make health equity assessments a part of all planning and regeneration initiatives.
- Improve the quality of the private rented sector and develop social determinants approaches with social housing associations.
- Facilitate active transport (target new walking and cycling infrastructure; improve use of green space and local heritage; assess free bus travel) focusing on areas of deprivation.



STRENGTHEN THE ROLE AND IMPACT OF ILL-HEALTH PREVENTION

- Deliver behavioural prevention programmes equitably.
- Ensure place-based working recognises needs in areas of higher deprivation.



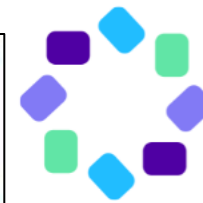
TACKLE RACISM, DISCRIMINATION AND THEIR OUTCOMES

- Gather and utilise workforce data on ethnicity, pay and grade to reduce structural racism.



PURSUE ENVIRONMENTAL SUSTAINABILITY AND HEALTH EQUITY TOGETHER

- Reduce inequalities in access to bus and rail transport to schools and further education.
- Retrofit homes to improve thermal efficiency and reduce fossil fuel reliance/energy costs.





Draft v0.4



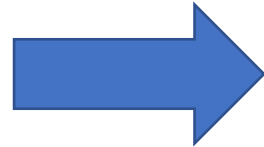
Building a Fairer Gwent Leaders Launch Event

Improving health equity and the social determinants: moving from plan to action

Event Programme

An opportunity to bring all partners together to move from plan to action in addressing equity, equality and social justice in Gwent.

Tuesday 31st October 2023, 9:30-1:00pm
The Lysaght Institute, Orb Drive, Corporation Road,
Newport, NP19 0RA



Gwent Public Services Board Areas of Focus Workshops

Wednesday 28th February at the Parkway Hotel Cwmbran &
Friday 8th March at the Bryn Meadows Resort, Blackwood
Please select ONE venue.

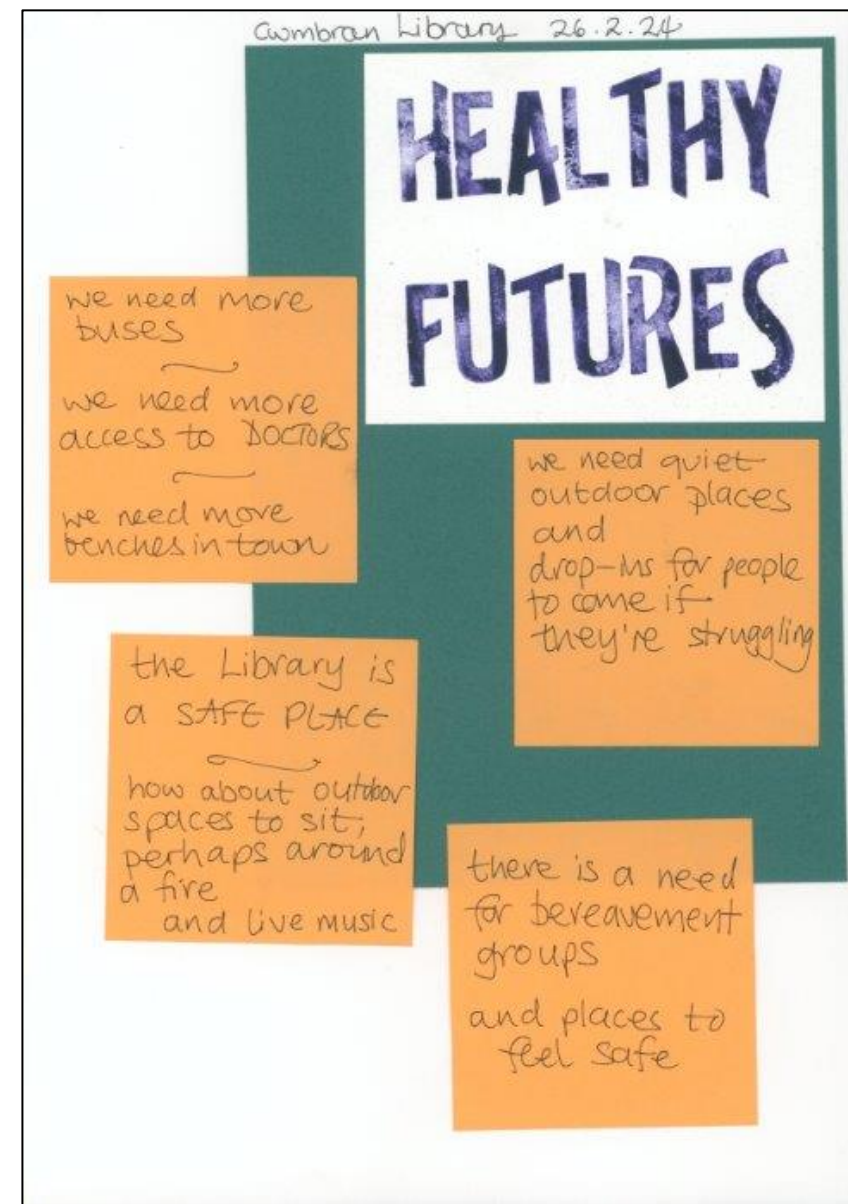
AGENDA

No.	Item
1	Arrival & registration – 9:30am
2	<p>Welcome, introductions & aims and objectives.</p> <p>Sarah King, <i>Head of Democratic Services, Governance & Partnerships at Blaenau Gwent County Borough Council & Chair of Gwent Strategic Well Being Action Group (GSWAG)</i></p>
3	<p>Explanation of the workshop approach</p> <p>Lyndon Puddy, <i>Head of PSSU at Torfaen County Borough Council</i></p>
4	<p>Session 1: Confirming the regional Gwent outcome(s) for each area of focus - break into facilitated groups to work on one area of PSB priority focus -:</p> <ul style="list-style-type: none"> • That every child has the best start in life • That everyone lives in a place they feel safe • That everyone has the same economic chances • That everyone lives in a climate ready community where their environment is valued and protected
5	Break
6	<p>Session 2: What do we need to do regionally as a group of partners to effect change?</p> <p>What existing mechanisms are in place and what new approaches do we need?</p>
7	Lunch

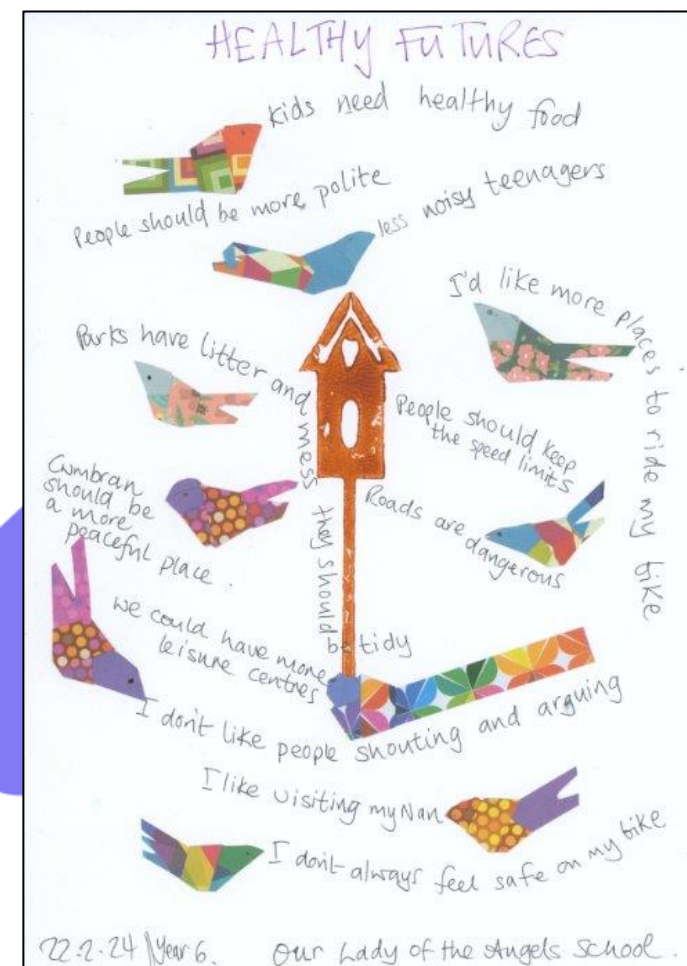


Thursday 26th
April, 2024

3. Lessons learnt



- **Becoming a Marmot region is useful (but not necessary).**
- **It does create a common narrative.**
- **It does create attention.**
- **It does require leadership.**
- **It is a journey not a destination.**





Thank You

<https://www.gwentpsb.org/en/gwent-marmot-region/>

