

# Working in Partnerships and Health





# Health and Advice services

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# Key areas



- **Making the case;** the links between health and advice
- **Health & Poverty;** tools & evidence
- **Your experiences of health;** group discussion
  - What do you do in health?
  - What would you like to do in health?
  - What are the barriers you face?
  - What support do you need?
- **Feedback & key messages** to take home





# Making the case



# Socio-economic determinants

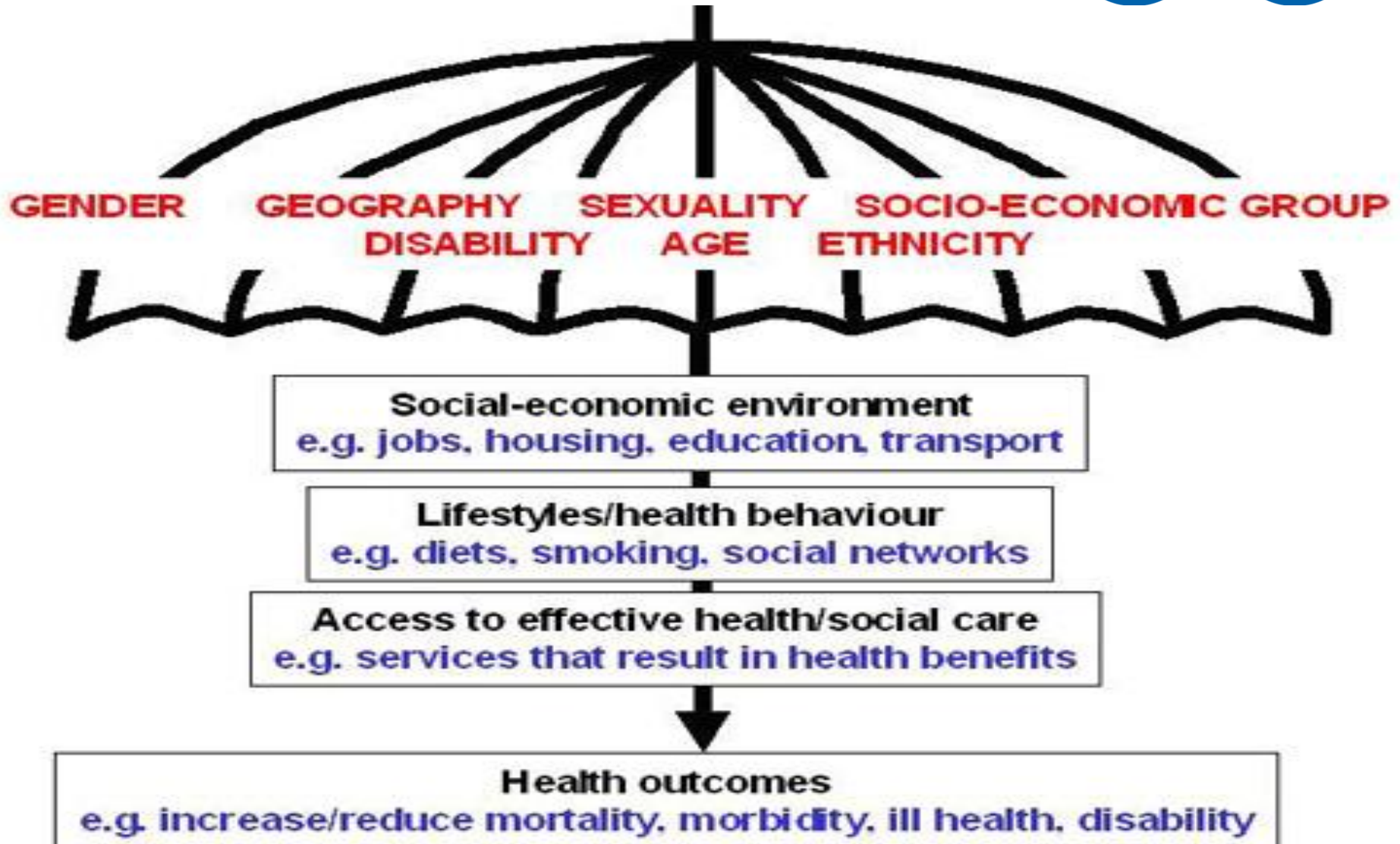


*The main determinants of health are socio-economic. If we want to promote good health, prevent ill health and reduce inequalities in health, we must act on the social determinants that are likely to impair people's health.*

[Professor Sir Michael Marmot, 2010]



# Spectrum of inequality



# Clusters of behaviour



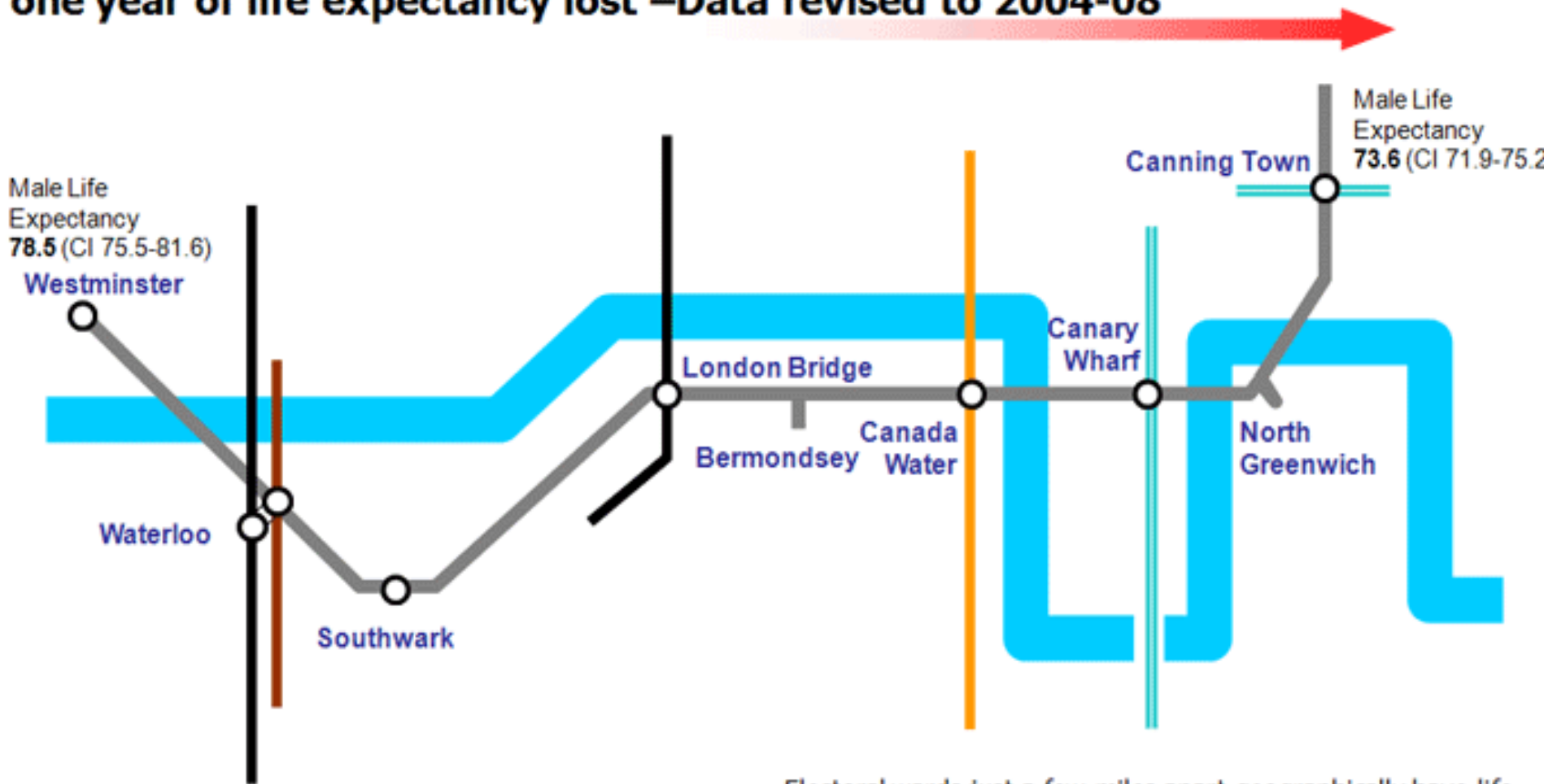
...*Socio-economic gradient of health inequalities is increasing*

- People's health behaviours affect their health and risk of mortality
- Four main unhealthy behaviours;
  - *smoking*
  - *excessive alcohol use*
  - *poor diet*
  - *low levels of physical activity*
- People with no qualifications and from lower socio-economic groups are **5x** more likely to engage all four unhealthy behaviours [2003 – 2008]



# Differences in Male Life Expectancy within a small area in London

Travelling east from Westminster, every two tube stops represent over one year of life expectancy lost – Data revised to 2004-08



**London Underground** Jubilee Line

Electoral wards just a few miles apart geographically have life expectancy spans varying by years. For instance, there are eight stops between Westminster and Canning Town on the Jubilee Line – so as one travels east, every two stops, on average, mark over a year of shortened lifespan. <sup>1</sup>

<sup>1</sup> Source: Analysis by London Health Observatory of ONS and GLA data for 2004-08. Diagram produced by Department of Health



# Mild-moderate mental illness



- **People with poorer mental health are more likely to experience;**
- **Money/debt problems**
  - people with debt problems twice as likely to develop major depression
- **Welfare benefits problems**
  - Increased likelihood of inaction when faced with welfare problems
- **Problems relating to homelessness**
  - 62% of people reported homeless also have mental health problems



# Severe mental illness



- **Stress-Vulnerability Model**
- Biological and non-biological determinants of vulnerability and stress
- Combination of vulnerability and stress lead to mental illness, rather than one or other in isolation
- If vulnerability is high, relatively low levels of stress may be sufficient to cause diagnosable mental health problems; and vice versa

***“Causal links between welfare problems and mental illness run in both directions”***



# Intervention pathway



Successful  
advice

Improved financial or housing  
stability

Better mental health

Reduced use of service

# Life-limiting & long-term conditions



- **Big 5**

- Heart disease
- Stroke
- **Cancer** 318,000 diagnosed, £9.4 billion cost (2012)
- Lung disease
- Liver disease

- **Dementia**

- 800,000 diagnosed (2012)
- £14,540 - £31,263 per person, per annum (2007)
- Est £690m income lost - carers outside job market



# Life-limiting & long-term conditions



- Principles of CAB Macmillan model can be applied...
- Support people with cancer, their carer and families
- **Socio-economic aspects of illness**
  - Access to welfare
  - Dealing with debts
  - Added implications of low income / vulnerability
  - Maximising income, aids, adaptations
  - Affordable care
  - Employment and employability
- **Excellent advice outcomes**





# Health and Poverty; tools and evidence



# Health and Poverty Report



- **Purpose;** to enable health & wellbeing boards to make the best possible use of evidence from voluntary sector advice agencies.
- **The problems we solve indicate needs in the community & are valid indicators of the determinants of health**
- **District, unitary, borough and county level**
- **Ready written model**



## Health and Poverty

Citizens Advice Shropshire



# Health and Poverty Report



- Integrate your local advice statistics
- Maps which draw comparisons with national data sets by Lower Super Output Area (LSOA)
- *Child poverty*
- *Fuel poverty*
- *Disability*
- *Long term health problems*
- *Victims of domestic abuse*
- *Environmental and neighbour problems*



## Health and Poverty

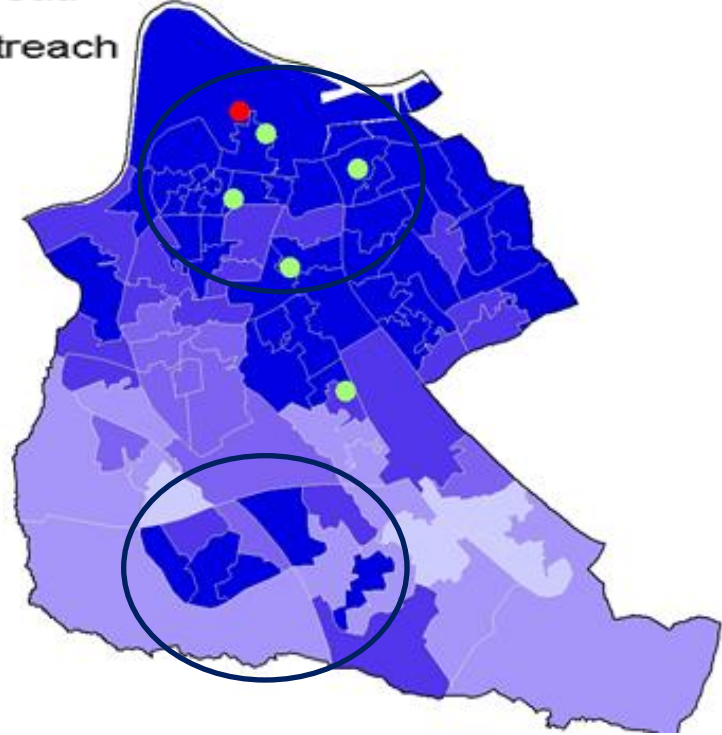
Citizens Advice Shropshire



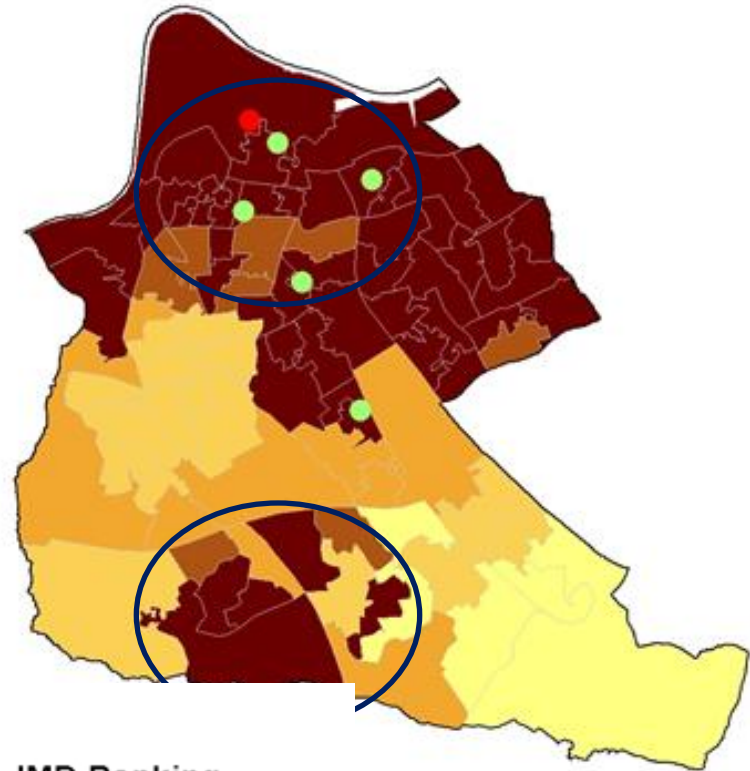
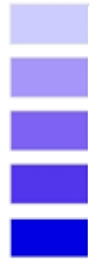


# Clients & deprivation in Middlesbrough

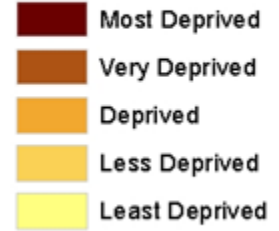
● Bureau  
● Outreach



Clients Per LSOA

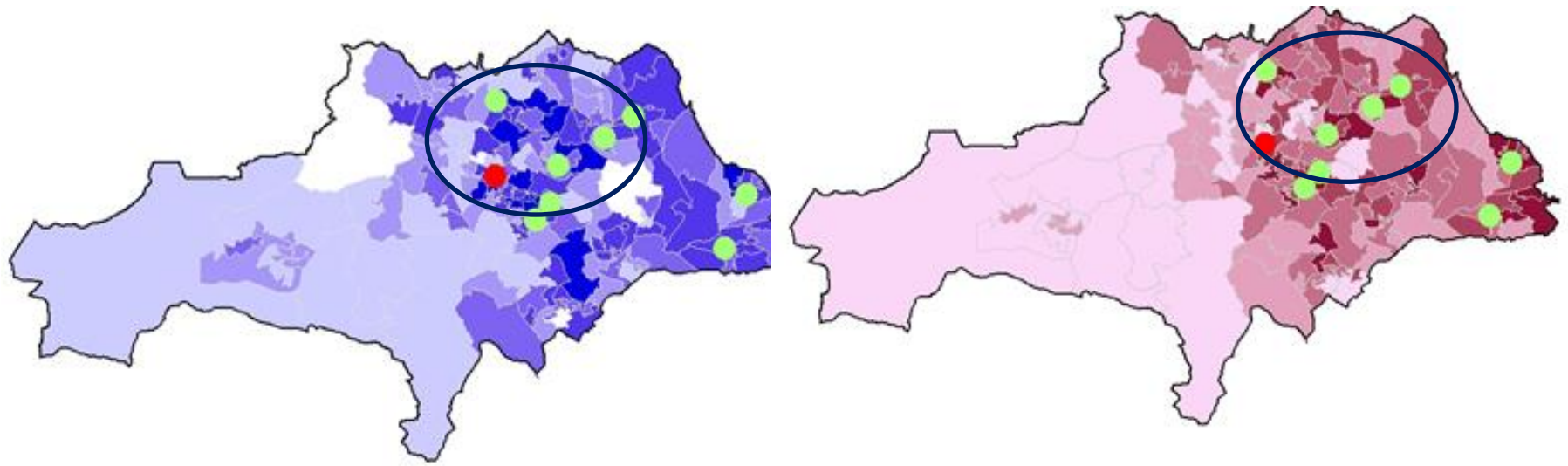


IMD Ranking



# Dependents & Child Poverty in Barnsley

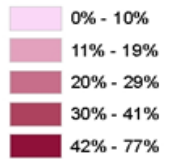
- Bureau
- Outreach



Clients Per LSOA

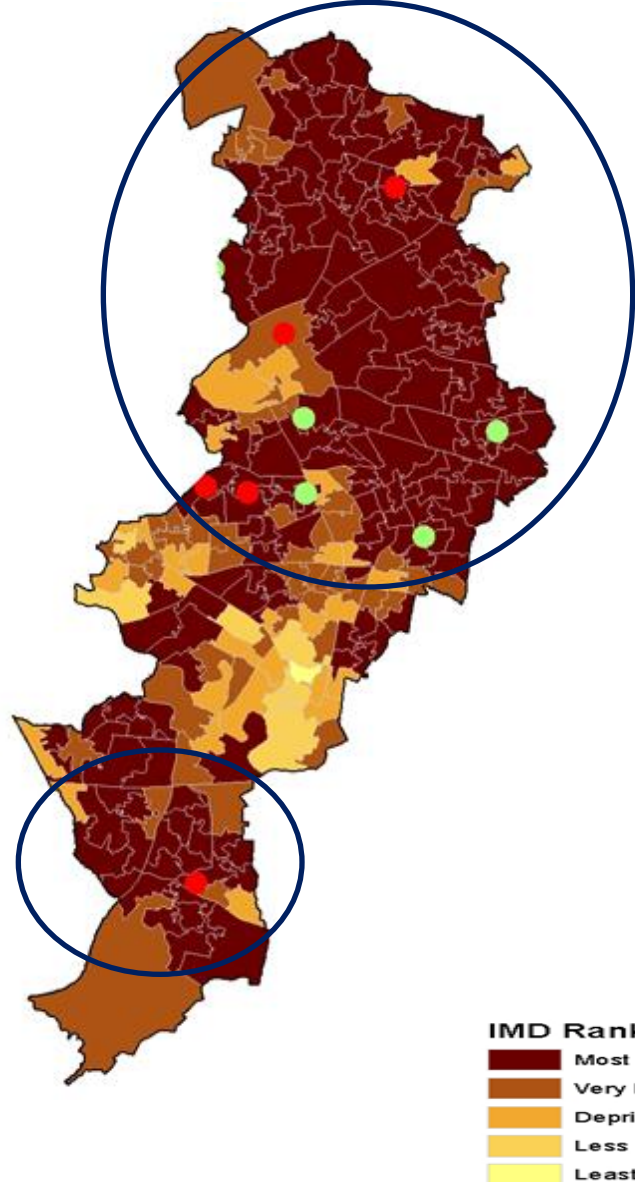
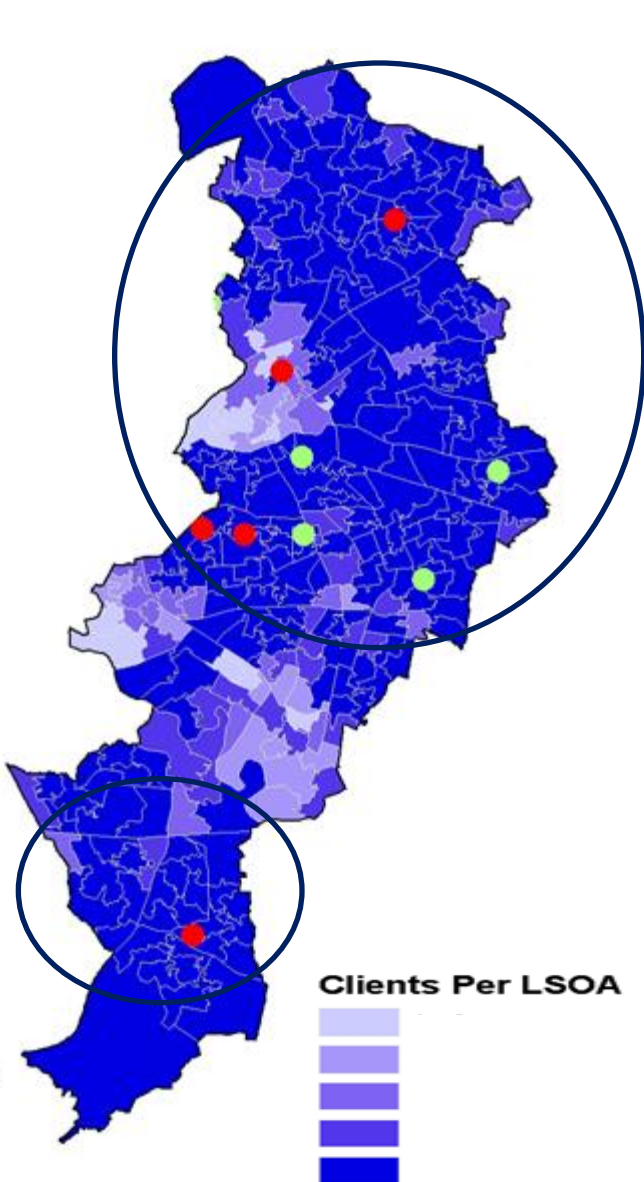


% of children in 'Poverty'



# Benefits/debt per IMD in Manchester

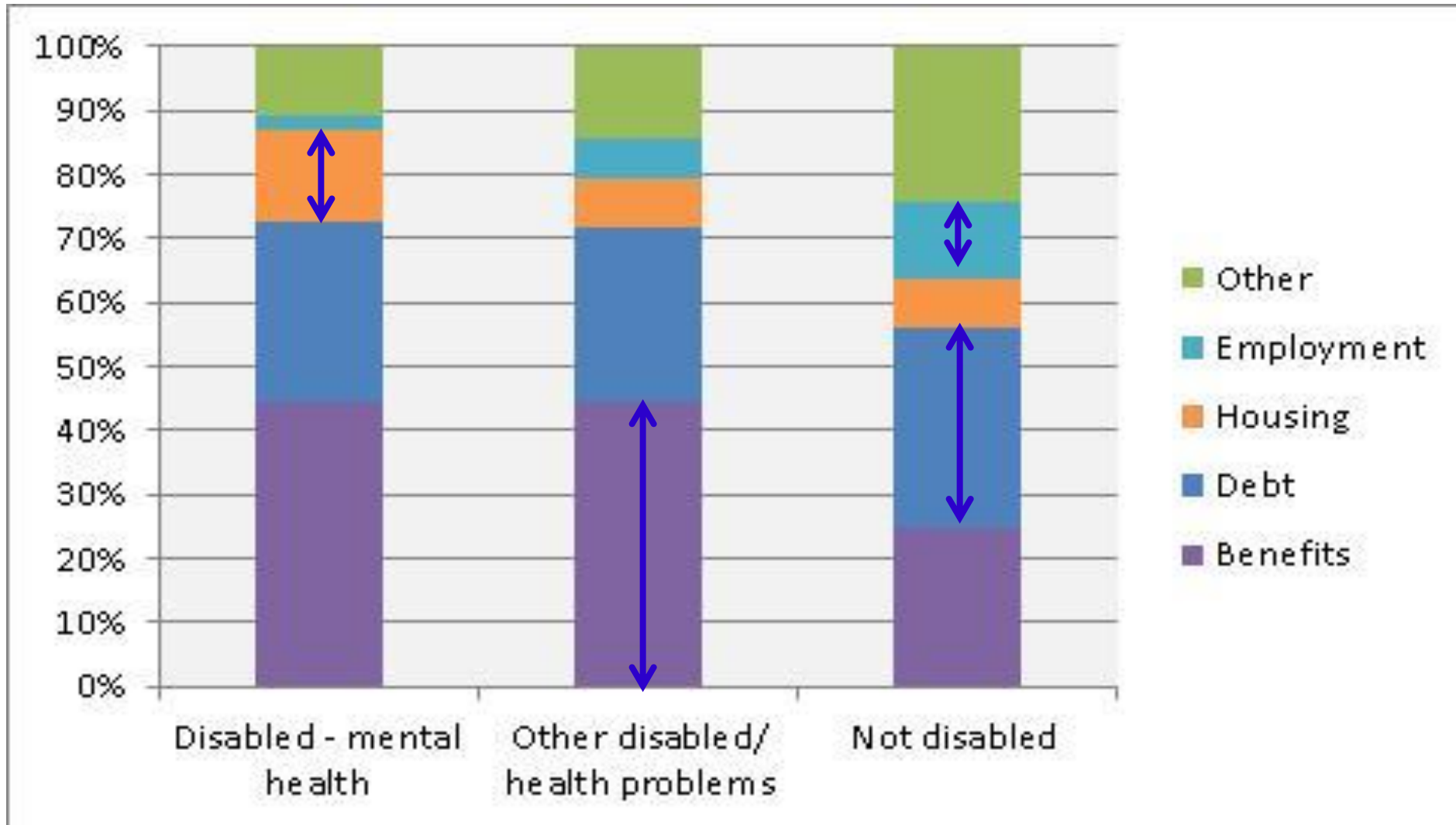
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# Disability & Long-term Conditions



Comparison of advice categories for different client groups



# Identifies emerging needs



- Anticipate demand for advice services will continue to grow – *particularly benefit, debt and housing* due to;
  - continuing changes to benefits and tax credits that will impact severely on clients, including disabled people, people with mental health problems, and large families on low incomes.
  - increasing levels of poverty as these changes take effect, along with other cuts to public services and continuing high levels of unemployment
  - continuing high levels of debt problems with a significant increase in fuel poverty anticipated as fuel prices increase
  - Increasing housing problems as changes to Housing Benefit take effect (high rent urban areas will be most affected)



# Outcomes toolkit



- Designed to evaluate the impact of advice services on health and poverty.
- Enables advice services to conduct research amongst clients and collect evidence on:
  - **Client profile:** poverty, disabilities, long-term health problems and other forms of disadvantage
  - **Client outcomes:** changes that happen to clients after they receive advice
  - **Mental well-being:** change in levels of mental well-being among clients after they receive advice
- 8 bureau tested outcomes toolkit
  - One stage (3 tested)
  - Two stage (5 tested)



# Outcomes toolkit; results



- **CAB clients experienced poverty and disadvantage**
  - Majority of clients had a disability or long-term health condition
  - Most also had a monthly household income of less than £800
  - 2 / 3 clients experienced fuel poverty before advice
- **Debt situations and financial capability improved**
  - 2 / 3 clients felt their understanding of managing their finances improved
  - Almost 1 / 2 clients reported an improvement in their debt situation
  - 1 / 3 clients achieved a tangible debt outcome e.g. debt rescheduled/ written off
- **CAB services promote mental well-being**
  - Before advice, clients had lower than average mental well-being
  - After help from CAB, levels of mental well-being improved significantly



# Mental Wellbeing



- **Warwick-Edinburgh Mental Well-being Scale (WEMWBS)**
- **(Before/during) and after advice**

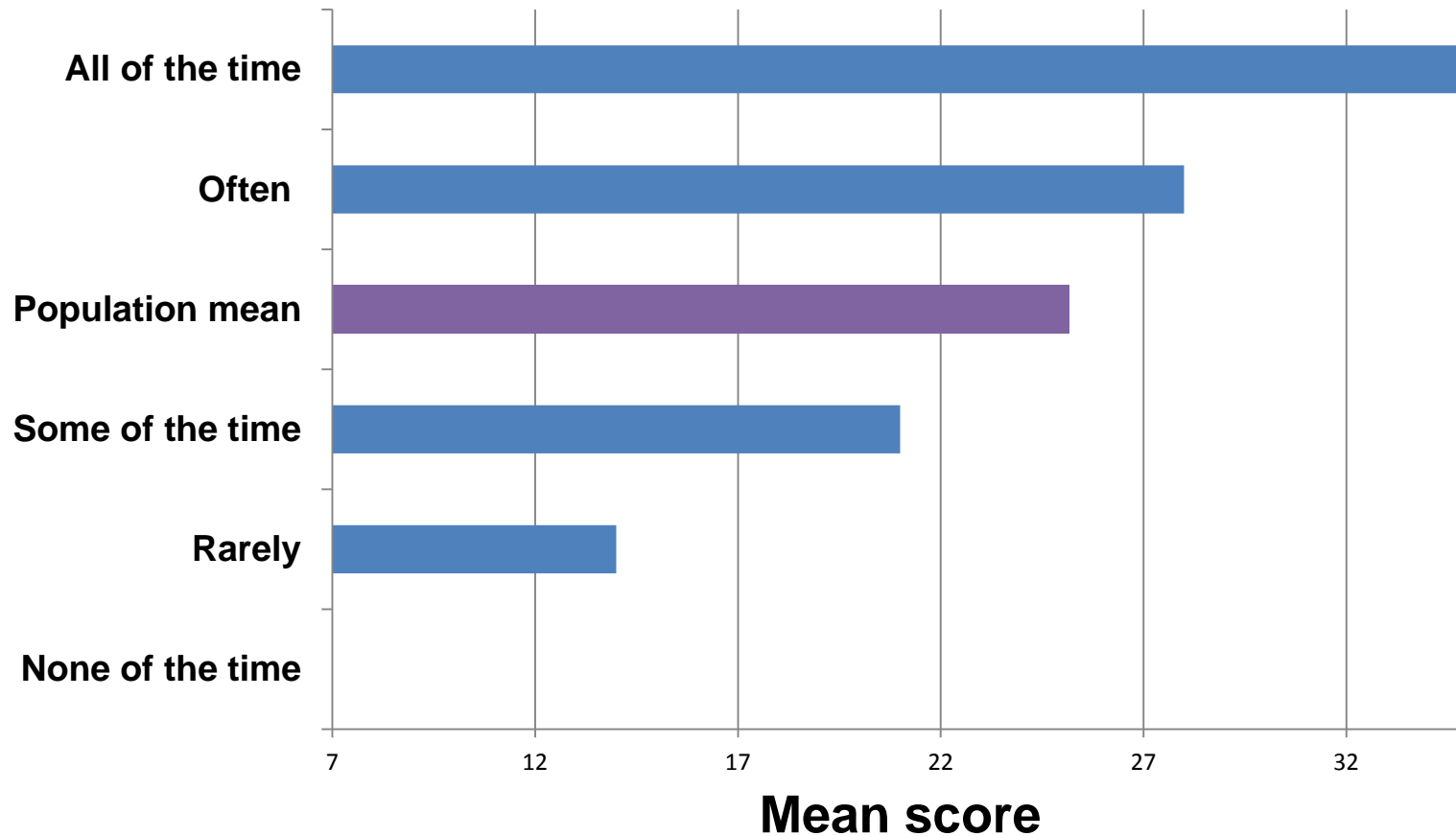
Before/during advice	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5



# WEMWBS Mean



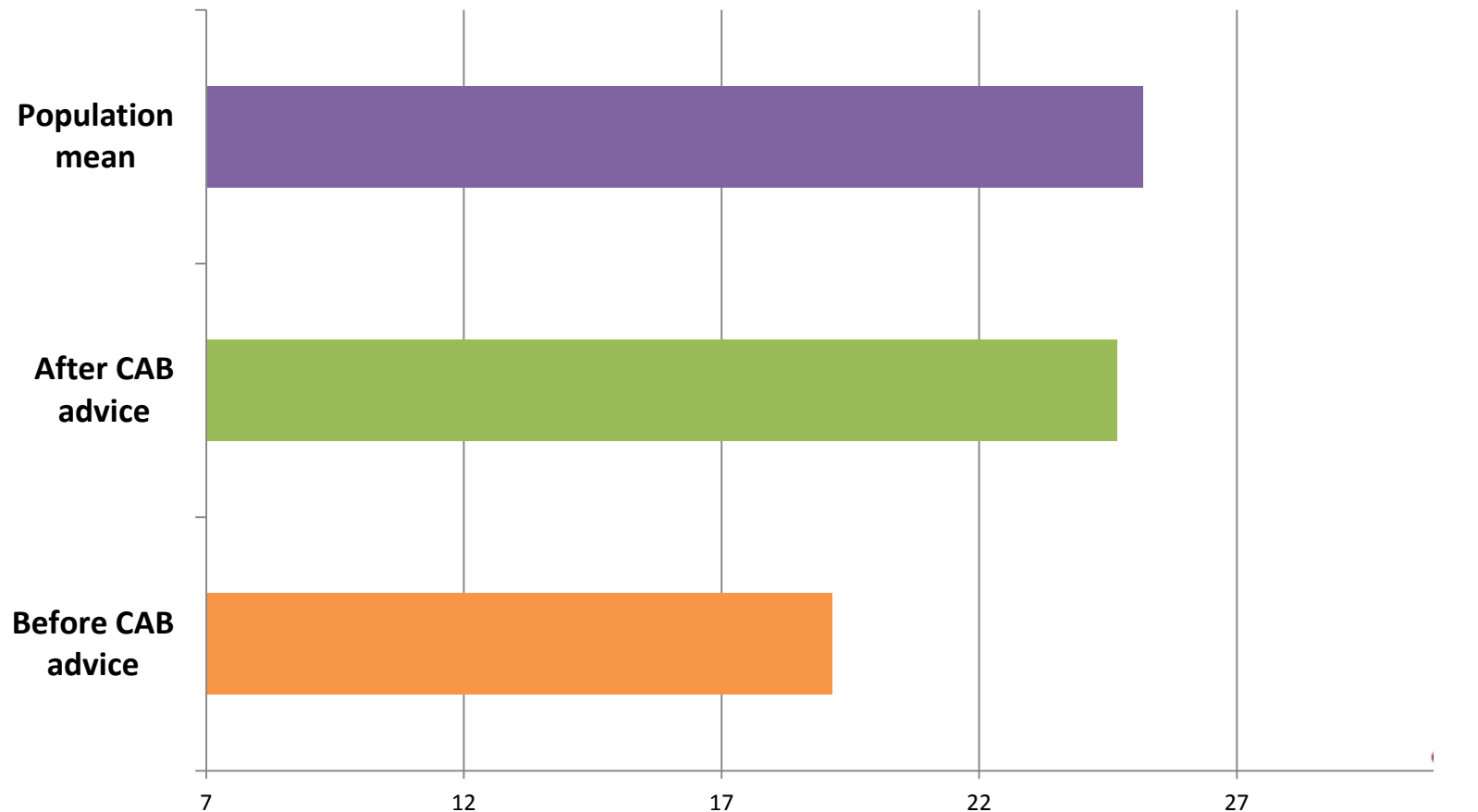
## Population mean mental well-being



# WEMWBS advice intervention



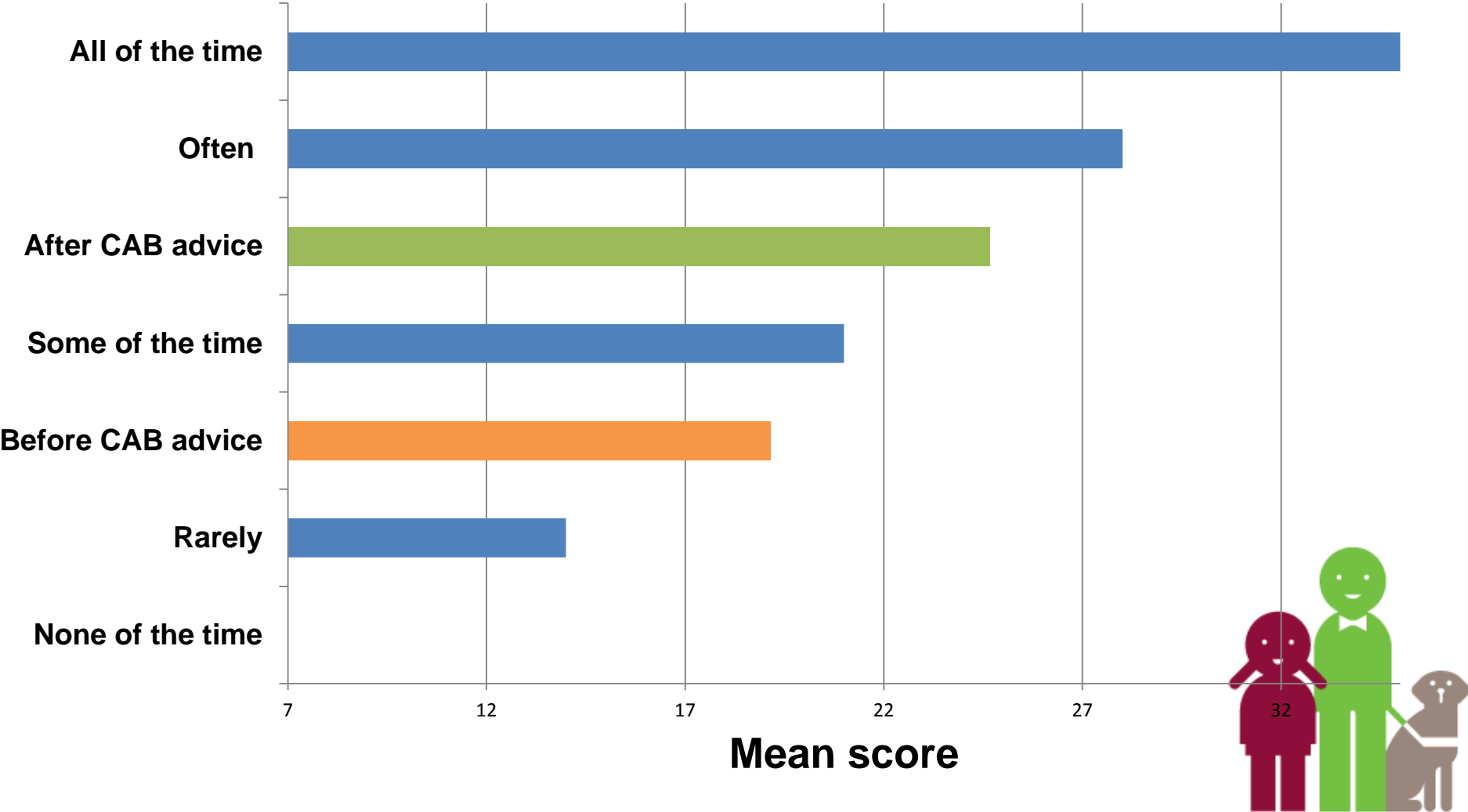
## Mean WEMWBS scores: before and after CAB advice



# WEMWBS advice intervention



## Mean WEMWBS scores: before and after advice



# Health & Poverty tools



- **Demonstrate your impact**
- **First engagement with health commissioners**
- **Ongoing data reporting & evidence**
- **Available to access from end of this month**
- **[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**



# Big Lottery resources



- How to increase physical activity in local communities
- How mental health can improve through projects delivered by voluntary and community sector partnerships with local health agencies
- How healthy eating can be improved across the generations
- How to measure the cost benefit of wellbeing initiatives



# Your experiences of health; group discussion

1. What do you do in health?
2. What would you like to do in health?
3. What are the barriers you face?
4. What support do you need?



# Key messages



- **Identify the key players locally**
- **Engage commissioners on relevant, local issues**
  - *Prevention*
  - *Intervention*
  - *Early action*
- **Evidence, impact and cost benefit**
- **Speak the same language**
- **Team up with others to share specialist knowledge**





# Questions?





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