

## CONTRACTS WITH THIRD PARTY ORGANISATIONS

Service	16/17 Contract Value/Budget £000	16/17 Actual Spend £000
<b>Category A: Standard Contracts with Third Party Organisations</b>		
Framework Agreements	338	319
Standard Contracts – Substance Misuse (Young People and Adults)	1,382	1,382
<b>Sub-total</b>	<b>1,720</b>	<b>1,701</b>
<b>Category B: Clinical Commissioning Group Community Block Contracts using S75 Agreement</b>		
Bromley Health Care		
<u>Sexual Health</u>		
• Contraception and Reproductive Health	722	722
• Sexual Health Improvement	228	228
• HIV Community Nurse Specialist Service	166	166
<u>Adult</u>		
• Health Improvement	176	176
• Stop Smoking Service	376	376
<u>Children &amp; Young People</u>		
• School Nursing	698	698
• National Childhood Measurement Programme (NCMP)	131	131
• Childhood Weight Management	170	170
• Health Visiting Service	3,454	3,454
• Family Nurse Partnership	180	180
Oxleas NHS Foundation Trust	64	64
• Dual Diagnosis Service		
<b>Sub-total</b>	<b>6,365</b>	<b>6,365</b>
<b>Category C: Sexual Health Clinical Contracts</b>		
London Collaborative Commissioning Arrangement – In-borough provisions by King's College Hospital		871
London Collaborative Commissioning Arrangement – Other London Providers		135
All outside London non-contractual provision		549
<b>Sub-total</b>	<b>1,579</b>	<b>1,555</b>
<b>Category D: Service Level Agreements with General Practices</b>		
GP SLA	550	455
• Sexual Health		
• NHS Health Checks		
<b>Sub-total</b>	<b>550</b>	<b>455</b>

## ADULT PUBLIC HEALTH SERVICES

## NHS Health Checks Programme

**Brief Service Description**

The NHS Health Check programme aims to prevent vascular diseases including: heart disease, stroke, diabetes and kidney disease, and raise awareness of dementia. Local authorities are responsible for making provision to offer an NHS Health Check to eligible individuals aged 40-74 years once every five years. In discharging this requirement, local authorities should act with a view to securing continuous improvement in the percentage of eligible persons in the area participating in health checks.

The programme uses various tests (blood pressure, cholesterol, body mass index) to assess individual's risk of developing CVD. Relevant lifestyle and medical approaches are then used to manage patients' risk factors, such as, diabetes prevention programme, smoking cessation, life prescription of medication to reduce blood pressure and cholesterol.

**Evidence**

Epidemiological studies show that a small number of well-known risk factors contribute the bulk of the population attributable risk for non-communicable diseases. These are poor diet, smoking, high blood pressure, obesity, physical inactivity, alcohol use and high cholesterol. Their contribution to ill health and premature mortality is so large that unless the numbers in the raised risk categories for these factors change substantially, national outcome measures cannot be expected to improve by much.<sup>1</sup>

In Bromley, the main causes of death are cardiovascular disease and cancer, with inequalities in life expectancy in key population and geographic areas. Based on strong evidence, NICE guidance recommends identification of individuals with the key risk factors for these diseases, and the use of evidence based interventions to manage them<sup>4,5,6,7</sup>. Early identification and intervention to reduce risk can prevent, delay and in some circumstances reverse the onset of cardiovascular diseases. The NHS Health Checks is the delivery model designed to address these seven risk factors.<sup>2</sup>

**References**

1. Murray CJL et al (2013) UK health performance: findings of the Global Burden of Disease Study 2010 *The Lancet* 381 No. 9871 p997-1020 23 March 2013 [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(13\)60355-4/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(13)60355-4/abstract)
2. Public Health England (2015) NHS Health Check Best Practice Guidance. February 2015 [http://www.healthcheck.nhs.uk/commissioners\\_and\\_healthcare\\_professionals/national\\_guidance/](http://www.healthcheck.nhs.uk/commissioners_and_healthcare_professionals/national_guidance/)
3. NICE (2014). Lipid modification: cardiovascular risk assessment and the modification of blood lipids for the primary and secondary prevention of cardiovascular disease (CG67) <http://www.nice.org.uk/guidance/cg181>
4. NICE (2011) Hypertension. Clinical management of primary hypertension in adults CG127 <http://publications.nice.org.uk/hypertension-cg127>
5. NICE (2012) Preventing type 2 diabetes: risk identification and interventions for individuals at high risk <http://publications.nice.org.uk/preventing-type-2-diabetes-risk-identification-and-interventions-for-individuals-at-high-risk-ph38>

**Epidemiology**

The population of 40 -74year olds in Bromley is 133,164 with 93,511 of those eligible for an NHS Health Check. Modelling of this population would expect to find:

Expected findings in total 40-74year old population	Number	Percentage total
Ineligible for NHS Health Check due to pre-existing conditions	45,608	34%
Diagnosed with hypertension	23,719	18%
High risk of CVD >20% 10 year risk score	20,016	15%
Diagnosed with high risk of diabetes with high glucose result	3063	2%
Diagnosed with diabetes	1931	1%
Ref: National ready reckoner tool for NHS Health Checks		

It is estimated that each year of the first five years of the NHS Health Checks programme assuming a 40% uptake the programme should find:

- 225 people found to have hypertension
- 363 people at high risk of CVD with a risk score >20%
- 155 found to be at high risk of diabetes with raised blood glucose.
- 64 people found to have Type 2 diabetes

## Commissioning and contracting arrangements

Eligible patients are identified through GP registers. GP Practices have been the only Provider of the NHS Health Checks for 2016-17 following the decommissioning of the Pharmacies and Outreach Service on the 31 March 2016. 44 out of a possible 45 GP Practices are participating in the NHS Health checks element of the Public Health Service Level Agreement (PH SLA)

A review of the PH SLA includes more detail about how this contract is functioning. This includes details of a pilot of additional NHS Health Checks being performed by the GP Alliance in order to support areas of lower uptake and to improve accessibility. The contract with the GP Alliance commenced in January 2017 but due to start up arrangements only commenced delivery of NHS Health Checks in March 2017. In addition, blood testing for cholesterol and HbA1c is provided through Point of Care Testing. A company called Alere is procured through the PH Framework to ensure delivery of this service in Bromley.

## Contract History and Value

\*As NHS Health Checks Providers are paid per Check completed, there is no absolute contract value as it varies depending on activity of the Providers. With no additional providers for 2016-17, underperformance by one Provider could not be picked up by the other Providers. There is a maximum number of NHS Health Checks set which Providers should offer which should not exceed which is 20% of Bromley's eligible population. For NHS Health checks completed, a cap was applied to 10% of the eligible population

Contract History	Estimated Contract Value*	Spend 2016-17
Pilot of the GP Alliance – commenced Jan 2017	• £84,360	£600
44 GP Practices –Service Level Agreements began on 01 April 2015 for one year, then extended for a further year to expire on 31 March 2017 with an option to extend for a further year.	• estimated value • £ 176,110 per annum	£142,141
Alere – Point of Care Testing – Contract began on 01 April 2014 and will expire on 31 March 2016	• estimated value: £100,000 per annum (dependent on volumes)	£64,633
Total spend on contracts	£ 360,470	<b>£207,374</b>

## Performance

National targets		Bromley 2014-15	Bromley 2015-16	Bromley 2016-17
Total eligible population	Target	93,215	94,312	95,190
The number and percentage of eligible population aged 40-74 eligible for an NHS Health Check who were offered an NHS Health Check	20%	21,400 (23%)	18,748 (19.9%)	17,524 (18.4%)
The number and percentage of eligible population aged 40-74years offered an NHS Health Check who received an NHS Health Check	50%	8,533 (39.9%)	8119 (43.3%)	6,738 (38.5%)
The percentage of eligible population aged 40-74years who received an NHS Health Check	10%	9.2%	8.6%	7%

## Key Outcomes Measures

1. Identification of people with undiagnosed risk factors for CVD:

- Hypertension: > Current prevalence in Bromley is 13.6%, expected prevalence is 24.4%.<sup>6</sup>
- Type 2 diabetes and people at high risk of developing diabetes
- Increased cholesterol  $\geq 7.5$ mmol/l

2. Identification of patients with 10 year risk of CVD  $\geq 20\%$

3. Reduction in **CHD** mortality for people <75years.

## Results

In 2016-17 From analysis of 6690 NHS Health Checks the findings measured 31.3.17 were as follows\*

- Hypertension: 1203 (18%) were identified as having raised blood pressure at the time of the NHS Health Check. 237 (3.5%) people were prescribed antihypertensive medication following their NHS Health Check, 133(2%) people were diagnosed with hypertension following their NHS Health Check.
- Type 2 diabetes: 500 (7.5%) people had a raised blood glucose test indicating them to be at high risk of developing Type 2 Diabetes whilst 23 (0.3%) were diagnosed with Type 2 diabetes after the NHS Check.
- High cholesterol: 141 (2.5%) people had a very high cholesterol  $\geq 7.5$ mmol/l
- High risk of CVD: 310 (4.6%) people were assessed to have a 10year Qrisk score of 20% or more. Of these, 83 (27%) were receiving statin therapy at the time of data collection. A further 1132 (17%) people had a 10year Qrisk score of 10-19% indicating moderate cardiovascular risk, Of these 134 (12%) were prescribed statin therapy.

(These figures should be considered with caution, as there may have been insufficient time for diagnoses and medication management to have been instigated at the time of data extraction. Therefore the figures would be expected to be higher on reaudit. )

- In the three year period 2013-15, the premature mortality rate for CHD in NHS Bromley CCG was 32.1 per 100,000. This continues the steady decrease from 42.2 pre 100.000 since 2004-6.

## References

<sup>6</sup> National cardiovascular intelligence network (2015) Cardiovascular disease profiles [www.ncvin.org.uk](http://www.ncvin.org.uk).

## Tier 2 Adult Weight Management

### Brief Service Description

The service delivers a 12 week evidence-based community weight management programme in a range of settings and venues which are available to patients with a BMI  $\geq 35$  (BMI  $\geq 33$  with comorbidities), who are motivated to change and registered with a GP practice in Bromley.

This service is an identified exit route from the statutory National Health Check Measurement Programme, for any patient with an increased health risk due to being overweight. There is a duty of care to offer a service to address a patient's condition if identified through screening.

This service contract expired on 31 March 2017, when this service was terminated. Performance from 2016-17 for this service is reported here.

### Epidemiology

In Bromley, obesity has been identified as one of the four health priorities in the Joint Strategic Needs Assessment (JSNA) and in the Health & Wellbeing Strategy. It is a key risk factor for cardiovascular disease, diabetes and cancer. Bromley is the sixth fattest borough in London with 64.1% of the population either overweight or obese, this is higher than the prevalence for London (58.8%) and lower than the England prevalence (64.8%) (latest data 2015).

### Evidence

NICE Public Health Guidance 53 recommends referral of overweight and obese adults to a lifestyle weight management programme.

A randomised controlled trial of weight loss programmes of 12 weeks' duration showed significant weight loss at both twelve weeks and at one year for both Weight Watchers and Slimming World, and showed that commercially provided weight management services are more effective and cheaper than primary care based services led by specially trained staff.

### References

<sup>1</sup>. NICE Public Health Guidance PH53

<sup>2</sup>. Comparison of range of commercial or primary care led weight reduction programmes with minimal intervention control for weight loss in obesity: Lighten Up randomised controlled trial : *BMJ* 2011. Jolly K, Daley A, Adab P et al.

### Commissioning and contracting arrangements

#### - Current Commissioning

This Tier 2 weight management service forms part of a healthy weight pathway. Tier 1 (covers universal services such as health promotion and primary care) and Tier 2 (covers lifestyle interventions) are commissioned by the Local Authority. Tier 3 (covers specialist weight management services) and Tier 4 (bariatric surgery) are the responsibility of the CCG.

This service was competitively tendered, new contracts were awarded to Slimming World and Weight Watchers providers, which started on 01 April 2014. These contracts expired on 31 March 2017.

### Contract History

#### - Contract Value

Annual Contract Value (2013/14)	£113,750
Re-commissioned Annual Contract Value (2014/15)	£53,930
Re-commissioned Annual Contract Value (2015/16)	£53,930
Contract extension no additional funding allocated (2016/17)	£0
Whole Life Contract Value	£107,860

- <b>Actual Spend (2015/16)</b>	£35,802. The approx. £20,000 difference between contract value and budget was used to offset the in year Public Health Grant reduction.
- <b>Actual Spend (2016/17)</b>	£0
- <b>Voucher spend</b>	

There were 1,100 pre-paid vouchers, purchased in 2015/16. They are utilised when the patient activates the referral by calling the weight management provider and attends the weight management programme. Patients referred to the service are eligible to attend a 12 week weight management programme, completed over a maximum period of 16 weeks. These vouchers were used throughout 2016/17.

### Provider contractual performance of the Weight Management Service.

There were 621 referrals in 2016/17, compared to 676 referrals in 2015-16, 589 referrals in 2014-15.

Achievement on the 12 week programme is shown in the table below.

Performance: 38% achieved over 5% reduction in body weight, and 13% of people achieved over a 10% reduction in body weight. A 5% body mass reduction is clinically associated with improved health outcomes.

The service providers surpassed the performance target of 35% of participants achieving a reduction in at least 5% of original body weight.

## Tier 2 Weight Management Service Performance, 2013-17.

Adult Weight Management	2016/17	2015/16	2014/15	2013/14
Total number of people enrolled on the programme.	Total = 621 Slimming World = 468 (95 still active) Weight Watchers = 153 (41 still active)	Total = 676 Slimming World = 459 (102 still active) Weight Watchers = 217 (3 still active)	Total = 917 Slimming World = 543 (90 still active) Weight Watchers = 374 (91 still active)	Total = 1,043 Slimming World = 649 (112 still active) Weight Watchers = 394 (173 still active)
No. of people that lost $\geq 5\%$ and $< 10\%$ body weight.	Total = 184 (38%) Slimming World = 149 (40%) Weight Watchers = 35 (31%)	Total = 189 (33%) Slimming World = 138 (39%) Weight Watchers = 51 (24%)	Total = 279 (38%) Slimming World = 186 (41%) Weight Watchers = 93 (33%)	Total = 266 (35%) Slimming World = 206 (38%) Weight Watchers = 60 (27%)
No. of people that lost $> 10\%$ body weight.	Total = 50 (10%) Slimming World = 41 (11%) Weight Watchers = 9 (12%)	Total = 74 (13%) Slimming World = 38 (11%) Weight Watchers = 36 (17%)	Total = 52 (7%) Slimming World = 32 (7%) Weight Watchers = 20 (7%)	Total = 71 (9%) Slimming World = 49 (9%) Weight Watchers = 22 (9%)

### Key Population Outcomes

- Severely obese people are 3 times more likely to need social care than those of a healthy weight.
- Obesity reduces life expectancy by an average of 3 years, severe obesity reduces life expectancy by 8-10 years.
- Annual cost of obesity: Social Care £353 million and obesity attributed sick days £16 million. Every 1 person on this programme saves £230 over a lifetime.
- Evidence suggests that a moderate weight loss of between 5-10% of initial body weight is associated with substantial health benefits (improvements in lipid profile and blood sugar control, reduction in blood pressure).

## Stop Smoking Service

### Brief Service Description

The aim of this service is to provide a specialist, multi-component group and one to one, stop smoking service in Bromley provided by Bromley Healthcare, they also performance manage local providers (GPs and pharmacists) to additionally deliver stop smoking services.

This service is an identified exit route from the statutory National Health Check Measurement Programme, for any patient with an increased health risk due to smoking. There is a duty of care to offer a service to address a patient's condition if identified through screening.

The Bromley Healthcare Stop Smoking Service contract expired on 31 March 2017, when this service was terminated. Performance from 2016-17 for this service is reported here. Due to the termination of the Bromley Healthcare stop smoking service contract the provider significantly underperformed. The underperformance produced an associated underspend, which led to an additional short term stop smoking quitter contract procured with Solutions for Health to deliver additional quitters to increase the number of residents stopping smoking.

### Evidence

One in two smokers die due to the effects of smoking<sup>1</sup>. Stopping smoking is always beneficial to health and it is never too late to stop. Every cigarette smoked damages the lungs, which may not show up until later in life. Two major longitudinal studies have demonstrated the benefits of stopping smoking at an early age. The 50 year follow up of British doctors' study revealed that if smokers quit before the age of 30 they can avoid more than 90% of the smoking-attributable risk of lung cancer. The authors concluded that stopping smoking at age 60, 50, 40, or 30 gains, respectively, approximately 3, 6, 9, or 10 years of life expectancy<sup>2</sup>. A similar study of British women also found that stopping smoking before the age of 40 avoids more than 90% of the increased risk of dying caused by continuing to smoke, while stopping before the age of 30 avoid over 97% of the increased risk.

### References

- <sup>1</sup> Doll R et al. Mortality in relation to smoking: 50 years' observations on male British doctors. British Medical Journal, 2004; 328: 1519.
- <sup>2</sup> Doll R, Peto R, Wheatley K, et al. Mortality in relation to smoking: 40 years' observations on male British doctors. British Medical Journal, 1994; 309: 901-911.
- <sup>3</sup> Hughes JR, Keely J, Naud S. Shape of the relapse curve and long-term abstinence among untreated smokers. Addiction. 2004; 99(1):29-38.
- <sup>4</sup> Bauld L et al. Effectiveness of NHS smoking cessation services: a systematic review. J Pub Health 2009; 1-2.
- <sup>5</sup> Pirie K, Peto R, Reeves G et al. The 21st century hazards of smoking and the benefits of stopping: a prospective study of one million women in the UK. The Lancet, 2012, 6736(12) 61720-6.

### Epidemiology

Treating tobacco dependence is the single most cost effective lifesaving intervention. Smoking remains the principal cause of preventable premature death - killing more people than the combined total of the six next largest causes put together. Smoking is a major risk factor for cardiovascular disease, chronic obstructive pulmonary disease and many cancers.

Half of all long-term smokers will die of a smoking-related illness. The adult smoker population (18+ years) had risen over 4 years, from 15.5% in 2009/10 to 18.1% in 2012/13. Prevalence has now reduced to 14.2% (latest data 2015). This is lower than the London (16.3%) and England (16.9%) prevalence. However, the prevalence of smoking in routine and manual occupational groups is consistently higher than that of the general population. Smoking whilst pregnant is still high in Bromley (5.3%) compared to London's (5.0%) prevalence at time of delivery.

### Commissioning and contracting arrangements

#### - Contract History - Bromley Healthcare

The Stop Smoking Service forms part of Bromley Clinical Commissioning Group's (BCCG) Community Block Contract with Bromley Healthcare (BHC). The service was issued a contract query notice due to underperformance during 2016/17. BHC achieved 575 quits in 2016/17, compared to 1056 quits in 2015/16. The Bromley Healthcare Stop Smoking Service contract expired on 31 March 2017, when this service was terminated.

#### - Contract Value 2016/17

Annual Contract value: £385,750

#### - Spend for 2016/17

£376,431 BHC Stop Smoking service plus prescribing £207,704 (BHC and GPs).

#### - Contract History - Solutions for Health

Due to the underperformance of Bromley Healthcare an additional stop smoking quitter contract was procured from January to July 2017 with Solutions for Health to deliver 272 additional quitters to increase the number of residents stopping smoking.

#### - Contract Value 2016/17

Annual Contract value: £100,000.

#### - Spend for 2016/17

£95,200

**Provider contractual performance of the Stop Smoking Service.  
Bromley Healthcare performance**

Year	Attempt to Quit	4 Week Quit	Efficacy
2011/12	2986	1413	47.3%
2012/13	3217	1521	47.3%
2013/14	2121	1027	48.4%
2014/15	2535	1346	53.1%
2015/16	2245	1056	47.0%
2016/17	1275	575	45.1%
<b>Grand Total</b>	<b>14,379</b>	<b>6,938</b>	<b>48.03%</b>

In addition, the service recorded the number of long term quitters in 2014/15. Of those followed up, 72.2% were still abstinent from smoking at 12 months.

**Solutions for Health performance**

Year	Attempt to Quit	4 Week Quit	Efficacy
2016/17	354	198 (51 still completing their quit attempt)*	56%

\* Contract still in process.

**Key Population Outcomes**

- Stop smoking interventions are highly cost effective, for every £1 spent £10 is saved on future health care costs and health gains. A 20-a-day smoker saves around £3,000 per year by quitting. (Tobacco Control JSNA Support Pack. PHE 2015).
- The total annual cost of smoking in Bromley is £15,389,039\*, which can be broken down as: NHS Costs: £9,753,958 Costs to businesses (productivity losses): £5,473,233 Passive smoking costs: £152,899 (adults: £108,649; children: £44,250). The number of accidental fires ignited by smoking related materials has fallen from 3,828 fires in 2009/10 to 3,143 fires in 2012/13, a fall of 18% in three years (NICE. Return on Investment Tool. September 2013).

**Identified risk;**

From April 2017, only 25 out of the 43 (58%) GP practices will continue to deliver stop smoking support for their patients. Only 5 out of the 59 (8%) pharmacies in Bromley will continue to deliver stop smoking support. There will be no services for smokers identified through NHS Health Checks and no outreach to priority target groups e.g. no training for maternity units and health visitors for pregnant women. The current smokers smoking prevalence at age 15 is 9.9% in Bromley, compared to 6.1% for London and 8.2% for England (PHOF, 2014-15).

**Mitigating risk;**

1. Public Health created a Bromley Healthcare decommissioning action plan to mitigate data management, communication, resource management, training, onward national reporting and reputational risk.
2. The decommissioning of the Stop Smoking Service has been added to the Public Health and departmental risk register.
3. LB Bromley will support the Pan Stop Smoking London telephone advice service initiative being delivered by Professor Robert West a leading consultant in stop smoking research and Public Health England (PHE). LB Bromley Public Health will still signpost patients from Kings the Acute trust to the Stop Smoking London telephone advice service.
4. Bromley CCG will be responsible for Nicotine Replacement Therapy and Champix prescribing costs.
5. PHE will continue to run their stop smoking national campaigns such as No Smoking Day in March and Stoptober the well recognised October campaign. LB Bromley will continue to publicise these effective campaigns, support and signpost residents to online support information and apps.
6. All councils are in charge of enforcing the Smoke Free law and LB Bromley will continue to reinforce legislation of smoke free public places and cars.



## Diabetes Prevention Programme

### Brief Service Description

Bromley took part in a Diabetes Prevention Programme pilot which was an intensive lifestyle intervention to prevent or delay the onset of Type 2 Diabetes Mellitus in 117 patients with non-diabetic hyperglycaemia (at high risk of developing diabetes). There is strong international evidence for this approach to diabetes prevention, this pilot tested the implementation of the programme via a UK primary care referral pathway.

Bromley was the first area in Europe to pilot this programme. The programme consisted of a two hour activation session, followed by weekly attendance at Weight Watchers meetings for 1 year, with additional email and telephone support. The pilot was subject to full evaluation, which was reported in the 2015/16 Care Services Policy Development and Scrutiny Committee Public Health Programme Update and has been published in the prestigious British Medical Journal Open Diabetes Research & Care publication.

Since then Bromley have been invited to present at the Public Health England scientific advisory board regarding how best to deliver the National Diabetes Prevention Programme (NDPP) and have spoken at the UK Congress on Obesity and the NHS England Health and Care Innovation Expo conference. Bromley have been successful as part of the South London bid to be the first wave sites in the UK to adopt the NDPP. Reed Momenta won the bid to deliver this programme which started in September 2016 and will continue until at least 2019.

Bromley has continued to successfully deliver Walking Away from Diabetes (WAFD) since 2012, a 3.5 hour diabetes education course to promote the prevention of developing type 2 diabetes.

### Evidence

#### International evidence base;

The 2.8 years (1996-1999) US Diabetes Prevention Program (DPP) randomised clinical trial showed 58% reduction of diabetes incidence with intensive lifestyle intervention vs only 31% reduction with metformin, compared to placebo<sup>1,2</sup>. These beneficial effects were sustained in the subsequent 10-year follow up outcome study<sup>3</sup>.

#### Bromley Weight Watchers Pilot results;

PHE's meta-analysis (2015)<sup>4</sup> stated that interventions which halt the upwards trajectory of blood glucose but show no overall change, represent considerable clinical success. Whilst, optimal interventions showed that a reduction in HbA1c of 2mmol/mol or a reduction in FPG of 0.2mmol/L or more could be achieved by lifestyle interventions. The Bromley Weight Watchers Pilot study reported above optimal results, there was a mean reduction in HbA1c of 2.81mmol/mol ( $\pm 3.47$ ,  $P < 0.01$ ) at 12 months. There was a mean reduction in fasting plasma glucose of 0.21mol/L ( $\pm 0.83$ ) at 12 months.

Which means of the 117 patients who had non-diabetic hyperglycaemia (at high risk of developing type 2 diabetes) at baseline;

- 54 (46%) patients returned to normoglycaemia at 6 months.
- 44 (38%) patients returned to normoglycaemia at 12 months.
- An additional, 15 (13%) and 18 (15%) reduced their risk at 6 and 12 months respectively.
- 4 (3%) developed T2D at 12 months.
- The reduction in risk of developing type 2 diabetes was due to the reduction in weight. 43% of patients achieved at least a reduction of 7% of starting weight.
- There was a mean reduction in weight of 10.0kg and mean reduction in BMI of 3.2kg/m<sup>2</sup> at 12 months.

#### National Diabetes Prevention Programme.

Public Health England conducted a systematic review which demonstrated that modest weight loss, improvements in diet quality, and increases in physical activity levels can reduce incidence of type 2 diabetes by more than 50%, for individuals at high risk. They summarised that the intensive lifestyle intervention should last a minimum of 9 months and consist of at least 9 group based sessions<sup>4</sup>.

#### Walking Away from Diabetes

WAFD was one of the first evidenced based programmes to be commissioned in the UK. The PREPARE study found that the WAFD course plus giving the patients a pedometer to increase the number of steps they walked per day produced a significant reduction in fasting glucose.

#### References

- <sup>1</sup> Translating the Diabetes Prevention Program into the Community. The DEPLOY Pilot Study Ronald T. Ackermann, MD, MPH, Emily A. Finch, MA, Edward Brizendine, MS, Honghong, Zhou, PhD, and David G Marrero, PhD *Am J Prev Med.* 2008 October ; 35(4): 357–363
- <sup>2</sup> The Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med.* 2002; 346: 393–403.
- <sup>3</sup> 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study Diabetes Prevention Program Research Group *Lancet.* 2009 November 14; 374(9702): 1677–1686.
- <sup>4</sup> Ashra NB, Spong R, Carter P, et al. Public Health England: A systematic review and meta-analysis assessing the effectiveness of pragmatic lifestyle interventions for the prevention of type 2 diabetes mellitus in routine practice. London. 2015. Available from: <https://www.gov.uk/government/publications/diabetes-prevention-programmes-evidence-review> [Accessed December 2016].
- <sup>5</sup> Davies MJ, Gray LJ, Troughton J, et al (2016). A community based primary prevention programme for type 2 diabetes integrating identification and lifestyle intervention for prevention: the Let's Prevent Diabetes cluster randomised controlled trial. *Preventative Medicine*, 48-56.



## **Epidemiology**

A new diagnosis of T2D is made every 2 minutes in the UK (Diabetes UK, 2014). Diabetes is now the most prevalent chronic disease in Bromley; there are 14,493 people on the diabetes register in 2014/15 compared to 4,846 in 2002. A Diabetes Audit was undertaken in 42 out of the 45 GP Practices, which identified 11,451 patients at high risk of developing diabetes in only a 16 month period (from 1 April 2013 – 31 August 2014). Modelled prevalence of non-diabetic hyperglycemia was conducted in 2015 and identified 29,872 patients in Bromley (11.5% of the 16+ population) above the England average (11.4%).

Obesity is a key risk factor for developing Type 2 Diabetes, 80% of people with T2D are overweight or obese. 64.1% of Bromley's population is either overweight or obese.

People with diabetes are up to five times more likely to have cardiovascular disease and stroke, compared to those without diabetes. It is estimated that they die 10 years earlier than average, compared to those without the disease.

## **Provider contractual performance**

### **Key outcome measures;**

- Reduce the conversion from non-diabetic hyperglycaemia to type 2 diabetes in a group of high risk patients

### **National Diabetes Prevention Programme - Bromley to record;**

- GPs to record the number of patients identified as eligible (inc offered, referred and declined to the NDPP)
- GPs to record the number of patients contacted or offered, referred and declined the NDPP in last month
- Report to NHS England

From September 2016 – April 2017 (8 months);

- 19,428 patients have non-diabetic hyperglycaemia and therefore eligible for the NDPP
- 1,530 patients have been offered the NDPP
- 753 patients (49%) have declined the NDPP

### **Walking Away from Diabetes**

- 559 patients completed the WAFD course in 2016-17.
- Female 59% / Male 41%
- Mean age = 65 years old (Youngest 28 years old - Oldest 89 years old)
- Mean reduction in HbA1c 44 to 42 mmol/mol (284 results). Better than Public Health England meta-analysis results.
- 43% decreased their risk or are no longer at risk of diabetes.

### **Evaluation measures**

NHS England measure the number of patients that go onto complete the NDPP. NHS England are undertaking a full national evaluation of the NDPP. Outcome data for the NDPP 9 month intensive lifestyle intervention will not be available until June 2017.

## CHILDREN AND YOUNG PEOPLE PUBLIC HEALTH SERVICES

## National Childhood Measurement Programme (NCMP)

**Brief Service Description****NCMP**

This is a national programme and it is mandated for Public Health. The programme has two key purposes:

1. to provide robust public health surveillance data on child weight status, to understand obesity prevalence and trends at local and national levels, to inform obesity planning and commissioning and underpin the Public Health Outcomes Framework indicator on excess weight in 4-5 and 10-11 year olds

2. to provide parents with feedback on their child's weight status: to help them understand their child's health status, support and encourage behaviour change and provide a mechanism for direct engagement with families with overweight, underweight and obese children.

The NCMP measures the weight and height of children in Reception class (aged 4 to 5 years) and Year 6 (aged 10 to 11 years).

**Weight management**

In 2016/17 there were two licensed evidenced-based healthy weight programmes for children and families commissioned in Bromley; HENRY and MEND.

**HENRY** (Health Exercise Nutrition for the Really Young)

The HENRY Programme has a strong evidence base in relation to the prevention of childhood obesity. There were two elements to Bromley's HENRY programme; 'Core Skills Training' for health and community practitioners and 'Let's Get Healthy with HENRY' family programmes. Training offered to health and community practitioners enabled them to work more effectively with parents of babies and pre-school children around healthy weight and lifestyle concerns. HENRY parenting courses were available to Bromley families and were delivered in the Children and Family Centres and a local primary school. Families participated in an eight week course supporting them to develop a healthier and more active lifestyle for the whole family. Participants in the HENRY core skills training included Family Support Workers, GP trainees and Health Visitors.

**MEND** (Mind Exercise Nutrition Do It!)

This multi-component weight management programme provided support for the families of children aged 4-13 years identified through National Childhood Measurement Programme as being overweight and obese. The programme meets the NICE '*Managing overweight and obesity among children and young people: lifestyle weight management services*' (PH45) recommendations for children's Tier 2 weight management support; combining healthy eating/nutrition advice, physical activity and behaviour change. Sixty three families participated in Bromley programmes in 2016/17, compared to 64 families in 2015/16

**Demographics and Epidemiology**

The prevalence of obesity has trebled in the past 20 years. Across the country almost one third of children are either overweight or obese. In 2016 in England, one in five children in Reception, and over 1 in 3 children in Year 6 were obese or overweight. Being overweight or obese in childhood has consequences for health in both the short term and the longer term. Once established, obesity is extremely difficult to treat, so prevention and early intervention are very important. Obesity is a major contributory factor in diabetes, heart disease, musculo-skeletal disease, reproductive disorders, respiratory disorders, certain cancers and psychological illness.

The percentage of children in Bromley schools who are obese doubles from their first year in primary to their final year in primary school. For example with the latest cohort, 8.2% were obese in Reception, this increased to 16% by the time these children were in Year 6. In 2016 over 20% of children in Reception and almost 31% in Year 6 were either overweight or obese, this equates to 1,958 children in one year from Bromley schools. The prevalence of obesity is far more apparent in deprived wards in the borough. Household income data illustrates child obesity prevalence rises as household income falls, and is significantly higher in the lowest income group than in the highest. Childhood obesity is a significant health inequalities issue.

**The table below illustrates NCMP data for Bromley from 2008 to 2016**

Year Group	2008/09	2009/10	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16
<b>Reception: Overweight</b>	12.3%	13.2%	12.9%	12.9%	13.1%	13%	12.2%	12.6%
<b>Reception: Obese</b>	7.3%	8.2%	7.8%	7.4%	8%	8.3%	7.9%	8.2%
<b>Year 6: Overweight</b>	15.5%	14.3%	14.5%	15.7%	14.9%	14.5%	14.3%	13.3%
<b>Year 6: Obese</b>	16.0%	17.2%	16.4%	15.6%	17.1%	15.4%	16.5%	16%

**Commissioning and contracting arrangements**

**Commissioning intentions**

Going forward Public Health will commission a new Bromley Primary School Screening Programme. This will include vision screening for children in Reception and National Child Measurement Programme for Reception & Year 6 pupils in all state-maintained primary schools, including academies, within the local authority boundary in Bromley. Currently, there are no commissioning intentions to fund specific weight management programmes for children and young people. In the absence of support for families of children who have been identified as overweight or obese through NCMP, signposting to national weight management resources will be important. Colleagues in education, health and social care have been advised to signpost families to Change4life resources <https://www.nhs.uk/change4life-beta/your-childs-weight>

**Contract History**

As part of the block contract between Bromley CCG and Bromley Healthcare, this contract value was ring fenced up until end March 2017. After this time MEND and HENRY licenced programmes will no longer be commissioned via the Public Health grant.

**Contract Value**

£301,106

**Provider contractual performance**

Outcome measures were used to assess provider's performance. The 16/17 outcomes set out below demonstrates BHC has met all measures with some exceeding the annual targets.

Key outcome measures:

**NCMP**

All expected outcomes have been met in 2016-17

- 100% of eligible schools in Bromley are participating in the programme
- Participation rates of 98% Year Reception children
- Over 75% of schools report they are satisfied with the programme
- Families received their child's results within the 6 week target

**HENRY**

Outcomes were met in 2016-17.

- Sixty six health and community practitioners successfully completed the two day HENRY core skills training
- There were high change in confidence scores reported by trainees attending Core Skills training
- 100% of parents reported they would recommend the course to friends and family

**MEND outcomes**

- 100% 5-7 year olds completing the programme reduced or maintained BMI centile
- 97% 7-13 year olds completing the programme reduced or maintained BMI centile

Due to the saving requirements the childhood weight management programmes were decommissioned from 1 April 2017. Public Health will monitor the impact of this through NCMP annual data and will continue work with partners to ensure healthy eating and physical activity for children are promoted ubiquitously across the system. For example, by supporting Healthy Schools Award Programme and promoting the School Food Plan to all Bromley schools.

## Health Visiting Service and Family Nurse Partnership (FNP)

### Health Visiting Service Background

The Healthy Child Programme (HCP) is a public health programme for children, young people and families, which focuses on early intervention and prevention. It offers a programme of screening tests, developmental reviews, information and guidance on parenting and healthy choices. The HCP is core to the specifications the Health Visiting and School Nursing Service delivered to. It has been universally available to all Bromley families and aimed to ensure that every child received the good start they need to lay the foundations of a healthy life.

#### The Healthy Child Programme aims to:

- Help parents develop and sustain a strong bond with children
- Encourage care that keeps children healthy and safe
- Protect children from serious disease, through screening and immunisation
- Reduce childhood obesity by promoting healthy eating and physical activity
- Identify issues early, so support can be provided in a timely manner
- Make sure children are prepared for and supported in education settings
- Identify and help children, young people and families with problems that might affect their chances later in life

#### Service Description

From October 2015 the responsibility for commissioning public health services for children aged 0-5 transferred to local authorities. At this time the Government mandated certain elements of the Healthy Child Programme. The mandated elements are the five universal health visitor assessments that form part of the '4-5-6 Model for Health Visiting'. This model offers a framework for health visiting teams to provide universal and non-stigmatising services to all families with children under 5 years of age. The model includes a four level service model (Community, Universal, Universal Plus and Universal Partnership Plus) and five mandated elements include;

- Antenatal health promoting visits
- New baby review
- 6-8 week assessment
- 1 year assessment
- 2 to 2 1/2 year review

Nationally six High Impact Areas were identified. The intention is for these areas to be prioritised and ensure resources are targeted appropriately, according to health need and to maximise health outcomes. They describe the areas where the 0-5 workforce can and should have a significant impact on health outcomes. The 6 High Impact Areas are:

1. Transition to parenthood and the early weeks
2. Maternal (perinatal) mental health
3. Breastfeeding
4. Healthy weight (healthy diet and being active)
5. Managing minor illnesses & reducing accidents
6. Health, wellbeing & development at 2 years & support to be 'ready for school' at 4 years

#### Demographics and Epidemiology

As Health Visiting is a universal service, the relevant population is all pregnant women and children under 5 years in Bromley. The live birth rate in Bromley has been rising since 2002, with the highest rates in Mottingham & Chislehurst North and Clock House wards. The number of births in Bromley has risen from 3500 in 2002, to over 4000 in 2012. The number of 0 to 4 year olds has gradually been increasing since 2006 and will peak in 2017 (21,196) but is projected to decrease to 21,016 by 2019 and then to 20,825 by 2024 (JSNA 2015). The Health Visiting Service are working with seventy seven families (70 families in 15/16) where there is a Child Protection Plan, seventy nine Child In Need cases (69 in 15/16) and thirty two Child Looked After cases (24 in 15/16).

This demonstrates the caseloads of the Health Visiting Service is not only increasing but also becoming more complex.

## Commissioning and contracting arrangements

The table below illustrates coverage of mandated HV reviews 2016-17

Mandated contacts	Q1	Q2	Q3	Q4	Comments
Antenatal contact	514	454	406	488	This figure is the actual number of contacts. There are roughly 1000 births per quarter.
New birth visit	94%	94%	93%	92%	This is the % of the cohort of births in that quarter who received a New Birth Visit by a Health Visitor.
6 week review	80%	84%	90%	89%	This is the % of mothers reviewed by a HV 6 weeks after the birth. This review covers maternal mood and infant feeding.
12 month review	89%	90%	81%	88%	This is the % of children receiving their 1 year review before the age of 15 months.
2.5 yr review using Ages & Stages Questionnaire (ASQ)	69%	80%	78%	79%	ASQ is an evidence-based tool, developed in the US. Questionnaires are completed by parents, in conjunction with health visitors, and cover 5 domains of development: Communication, Gross Motor, Fine Motor, Problem Solving & Personal-Social development.

### Contract history

As part of the block contract between Bromley CCG and Bromley Healthcare, this contract value has been ring fenced at its current value until 30 September 2017. The re-tendering process will be concluded in June 2017.

### Commissioning Intentions

In line with LBB procedure Public Health are obliged to re-tender the Health Visiting Service Contract from 1 October 2017. Family Nurse Partnership (FNP) will be integrated into the new 0-4 Service and a three year contract will be awarded to the successful provider service.

### Contract Value

£3,453,999

### Family Nurse Partnership (FNP)

FNP is a highly effective programme designed to mitigate the risks of young parenthood. The licensed structured programme, delivered by specially trained family nurses, has been delivered in Bromley since September 2014. This intensive preventive and early intervention programme for vulnerable, first time young parents begins in early pregnancy and ends when the child reaches 24 months. This service is based on good evidence that intensive support to vulnerable families can have a significant impact on outcomes. By improving the attachment between the baby and the mother and supporting young mothers in their parenting role, many of the long term outcomes related to poor attachment can be reduced or avoided. These adverse outcomes include behaviour and mental health problems in the child, poor education outcomes and involvement of Children's Social Care. The Bromley FNP programme has moved its focus from mother's age to broader vulnerability factors such as being a care leaver or known to Children's Social Care. There is consistently strong evidence to support the use of Family Nurse Partnership (HCP 2015). A recently published randomised controlled trial in the UK of FNP found evidence of better cognitive and language development in the baby, improved attachment between mother and baby, and fewer symptoms of depression in the mother.

## Family Nurse Partnership Outcome Measures 2016/17

Metrics	Description	Target	Actual 2015/16	Actual 2016/17
Performance / KPIs	Take up of the offer of the programme by eligible young women	75%	76%	68.4%
	Percent of babies of low birth weight (under 2500g) at term	4.6%	7%	0%
	Completion rate of all recommended immunisations at 6 months	90%	94%	83.3%
	Clients registered with Children and Family Centres	100% of participants in FNP to register at Children & Family Centres	Data not available	42%

When comparing with the previous year's results it's clear that performance of the service earlier in the year was impacted negatively by significant staff changes within the small team. The service is now on track and is performing well.

### FNP Safeguarding Data March 2017

Child Protection Plan	Child In Need	Child Looked After	Former CLA	Former CLA (mother)
8	3	1	1	1

**Contract value:** £180,000

## School Nursing Service

### Background

School Nursing Services are a core part of the Healthy Child Programme (HCP) building on the support in the early years and sustaining this for school-aged children and young people to improve outcomes and reduce inequalities through targeted support.

### Service Description

LBB has been responsible for commissioning School Nursing services since April 2013. The service mainly provided Tier 1 and 2 health interventions in community and education settings and has established relationships within primary and secondary care. This was a universal service, but most of the work was targeted work with children with medical conditions and children where there were safeguarding concerns.

The universal element of the service focused on:

- Vision Screening in reception year
- Health promotion – mostly in form of a whole day Sex and Relationship Education (SRE) to year 9s
- Co-ordination of the Healthy Schools Award Scheme, working with schools to improve children's well-being

Much of the service's work focused on supporting children where additional health needs were identified. Where a child does have an additional health need, School Nursing contributed to or even wrote the healthcare plans; signposted to other agencies as per the relevant pathway and provided training for school staff to support the child to access education.

### Targeted

- Safeguarding lead for children aged 5-19: attendance at Case Conferences & participation in safeguarding processes
- Individualised Health Care Plan for children with complex health condition, including school support and staff training
- School management plans for common health conditions e.g. asthma
- Drop-in sessions weekly in some mainstream secondary schools
- Specialist School Nursing service to the Youth Offending Service

### Demographics and Epidemiology

Schools within the borough work with over 48,000 school aged children within the state funded sector, which comprises Academies, maintained schools, a Pupil Referral Unit and 2 Further Education Colleges. Three of the special schools are covered by the Community Nursing service commissioned by Bromley CCG. The Glebe School was covered by mainstream school nursing.

### Commissioning and contracting arrangements

This service has been provided for many years under an NHS contract. The School Nursing Service was part of the block contract between Bromley CCG and Bromley Healthcare, this contract value was ring fenced up until the end March 2017.

### Commissioning Intentions

From April 2017 a Health Support to Schools Service will to be funded for a period of up to two years from the Better Care Fund up to a maximum of £606k. Two key functions will be delivered through the Health Support to Schools Service; school nurse safeguarding support & strategic support to schools managing children with medical needs. A full evaluation of the service is being undertaken and a system is in place to record identified risks.

### Contract Value

£698,233



### Contract performance

The school nursing year runs from September to July, and many of the targets work to this timescale instead of April to March.

The service reduced significantly in 2016-17 due to uncertainty over future and is now improving again.

#### March 2016-17

<b>Safeguarding</b>	Prepare reports Attend Initial Case conferences Attend Review case conferences when appropriate Participate in multi professional meetings	Number of children subject to a CP plan	243	
		Number of CP reports sent to QA prior to conference	195	
		Number of invites received for conference	184	
		Number of initial case conferences attended	53	
		Number of review case conferences attended	2	
		Number of 'All about Me'/'Teen questionnaire complete	34	
		Number multi professional (CP) meetings attended	19	
		Number CAF's contributed to by SN		
		Number of CAF's initiated by SN		
	Number of court reports submitted by SN	0		
	All staff to access three monthly safeguarding supervision		100%	
<b>Screening</b>	Vision screening offered to all children in mainstream schools in reception year	Number of children screened	2932	
		Number of children who did not consent to be screened	58	
		Number of children referred to orthoptist	141	
		Number of children referred to WKEC consultant	35	
<b>YOS Nurse</b>	Provide a school nursing service to the Youth Offending team (2 days)	Number of children seen for health review	16	
		Number YP registered for C Card scheme	3	
		Details of referrals to other services ( service & no.YP) <i>Please note that both CAMHS and substance misuse have workers within the YOS so CYP would be signposted across to them as part of the YOS</i>	0	
		<b>Number Health Promotion sessions</b>		
		<b>Topic</b>	<b>No Students</b>	
		Healthy Eating	3	
		Preparing for fatherhood	1	
Sex Education	2			
<b>Medical Needs</b>	Known children in mainstream school with complex medical needs to have an individualised care plan School to be offered support and training Allergies – schools have up to date management plans Number of medical reviews of children with SSDP funding	Number of children with a complex medical care plan	31 (451)	
		Number of children with an allergy care plan	15 (176)	
		Number of medical reviews of children with SSDP funding	0	
		<b>Staff Training – Primary / Secondary schools</b>		
		<b>School</b>	<b>Topic</b>	<b>Total</b>
		24 schools – primary & secondary	Epipen, Asthma & Diabetes	716

<b>Healthy Schools</b>	Schools supported to become Healthy schools at level required by school	90% of all schools due to have Bronze renewed by the end of the academic year have reward renewed	20/3/17 87 Registered 59 Bronze 34 Silver 08 Gold
<b>Drop Ins</b>	Schools offered a drop-in service. Numbers of attending to be counted and reasons why	<b>Issues of concern</b> self-harm Issues, peer relationship issues, sex education, smoking, enuresis, healthy eating	<b>Number</b> 32
		School Nurse app Downloads	99
<b>Health Promotion</b>	Your Choice Your Voice (Relationship & Sex Education) delivered to a mainstream secondary schools	All secondary schools within the borough	17
		<b>School</b>	<b>Topic</b>
	Support PSHE within mainstream schools	Primary schools & college	Puberty, Sex Education & Hygiene
			<b>Total no.</b> 328

### Screening

All Bromley mainstream schools were offered vision screening for children in Reception Year. By the end of the school year 77% of eligible children had been screened. Of those who were screened, 6% of children were referred on to Orthoptist and Ophthalmologist services.

### Healthy schools

In March 2017 87% of Bromley schools were participating in the Healthy Schools London Programme. The programme aims to improve children and young people's well-being by encouraging health promoting improvements at school level. Bromley school projects included; emotional resilience building, improved dining hall experiences, physical activity sessions that successfully engaged previously inactive children and healthier food options on breakfast club menus.

### Children with medical needs in school

In the school year 2015-16, the service supported schools to write four hundred and fifty one complex individualised medical care plans.

## SEXUAL HEALTH SERVICES (OPEN ACCESS STATUTORY SERVICES)

### Control of Sexually Transmitted Infections (STIs)

#### Brief Service Description

Sexually transmitted Infections (STIs) are communicable diseases that must be controlled. Once acquired, STIs need to be diagnosed and treated quickly to prevent onward transmission to partners. It is therefore essential to provide accessible screening, diagnosis and treatment management for those affected and their partners. Prevention methods and advice are a crucial part of the care pathway to minimise the re-infection rates within the community.

Screening programmes for Chlamydia<sup>3</sup> and Gonorrhoea for the under 25s along with target testing to detect undiagnosed and late diagnosis of HIV<sup>4</sup> are commissioned to avoid consequences of untreated infection and inadvertent onward transmission. Outreach programmes targeting those at risk population to promote condom use and early HIV testing are also commissioned to prevent transmission.

To minimise further transmission risks and progression rates, HIV clinical nursing and community specialist services are also commissioned to support people newly diagnosed and those living with HIV in managing their conditions effectively.

#### Evidence

Central to preventing onward transmission of STIs is early diagnosis through increased testing and screening (e.g. the National Chlamydia Screening Programme) as well as the promotion of safer sex, especially condom use. Early detection is therefore a proven and effective control method.

There is evidence that behaviour change interventions can increase condom use and reduce partner numbers<sup>5</sup> as well as showing delayed sexual initiation and reduction in STI incidence.<sup>6</sup>

Early diagnosis of HIV infection enables better treatment outcomes and reduces the risk of transmission. HIV testing is key to prevent its transmission. Increasing the number of tests in non-specialist healthcare setting<sup>7</sup> and the frequency of testing those groups at increased risk of HIV will play a key role in tackling HIV.<sup>8</sup> Outreach providing rapid point-of-care tests is recommended for increasing the uptake of HIV testing among Men having Sex with Men (MSM)<sup>9</sup>

#### Epidemiology<sup>10</sup>

STIs continue to represent an important public health problem in London, which has the highest rate of 5 listed STIs (chlamydia, gonorrhoea, genital herpes, genital warts and syphilis) in England. Bromley has a lower rate than London for all 5 listed STIs. It also has a lower rate than England for Chlamydia, Genital Warts, Genital Herpes and new STIs but has a higher rate than England for Gonorrhoea and slightly higher for Syphilis. In 2016, there were 1,828 new STIs diagnosed in residents of Bromley. This represents a 12.41% and 16.45% reduction in new STIs in Bromley when compare to 2,087 in 2015 and 2,188 in 2014. A sustainable downward trend in new STIs in Bromley is set to emerge. The at risk populations continues to be young people aged 15-24 who are at highest risk of chlamydia infection, MSM and Black African (BA)/Caribbean ethnic groups who have the highest rates of new STI infections in Bromley.

#### Chlamydia, Gonorrhoea and Syphilis<sup>10</sup>

- Chlamydia
  - In 2016/17, 6,274 (20%) young people (15-24 years old) were tested for chlamydia in Bromley with a positivity rate of 7.8%
  - These compared to 7262 (21.5%) in 2015/16, and 7689 (22.4%) in 2014/15 young people tested with a positivity rate of 7.75 % and 7.71% respectively. This suggests that despite a lower testing coverage rate, the programme continues to screen its population group at most risk of the infection which is indicated by the higher positivity rate.
- Gonorrhoea and Syphilis
  - Rates of gonorrhoea and syphilis in Bromley are now both above the national average, though below the London average.
  - Bromley's percentage change in diagnoses between 2014 and 2015 for these two infections are 47.2% for syphilis and 18.5% gonorrhoea compared to England averages of 20% and 11% respectively.
  - A particular concern nationally is the rapid rise in syphilis and gonorrhoea among MSM.
  - Improved test sensitivity and uptake may have contributed to the increase in gonorrhoea infections but increased transmission is also likely to play a major role. Minimizing onward transmission continues to be a Public Health priority due to growing threat of antibiotic resistance of this infection.
  - Public Health England data indicates that MSM account for a high number of new syphilis infections, with high risk sexual behaviours likely to be driving transmission rates.

- A targeted and focused prevention programmes such as promotion of condom use and early detection through frequent testing to minimise onward transmission of STIs with a particular focus on MSM is required.
- Genital Warts and Genital Herpes
  - Bromley has seen a 12% decrease in diagnoses of genital warts which follows a national trend (7% decrease).
  - There has been a small increase in diagnoses of genital herpes that follows national trend.

## HIV<sup>10</sup>

The number of Bromley residents living with HIV infection continues to rise with the latest available data continuing to show a year on year increase. The number has increased from 462 in 2011 to 475 in 2012, 508 in 2013 and 548 in 2014, **560** 2015 with a prevalence rate of 2.7 per 1000 population overall. When the prevalence rate reaches 2 per 1000 population, early testing to detect the infection is required.

This overall prevalence rate masks local variation with much higher rates of between 10-20 per 1000 population in areas such as Penge, Anerley, Beckenham and Mottingham.

These areas border on neighbouring boroughs with high prevalence rates i.e. Southwark, Croydon, Lewisham and Greenwich.

Bromley has continued to diagnose HIV infection at an earlier stage of infection, reducing onward transmission and improving outcomes for individuals with this infection but the rate for late and very late diagnosis of HIV infections is higher than should be expected in a lower prevalence area such as Bromley than the London average. Between 2013 -2015, 33% of HIV diagnoses were made at a late stage of infection compared to 42% in England. Target testing for HIV in varying community settings and primary care is a proven way of tackling late diagnosis and onward transmission of this infection in areas of high prevalence.<sup>8 & 9</sup>

The majority of Bromley HIV Infections are acquired in this country with half recorded as White British residents. Black African is the largest ethnic group among these. In Bromley, the most common probable routes of HIV transmission remain heterosexual contact and MSM.

Heterosexual contacts (48%, 261) account for the largest proportion of residents diagnosed with HIV who are accessing care. This is higher than London (44%) and England (45%).

MSM now accounts for 50% of PLWHIV in Bromley (276 in 2015) which is similar to London (50%) but higher than England (45%). This is 5% higher than previous year's probable route of infection data and suggests a change in Bromley's population demographic.

## Commissioning and contracting arrangements

Socio-economic deprivation is a known determinant of poor health outcomes and sexual health data show a strong positive correlation between rates of new STIs and the index of multiple deprivations across Bromley. A universal approach to control STIs is neither cost effective nor delivering best value for Bromley. Targeting those hard to reach communities and those deemed to be high risk individuals are priority groups for controlling STIs in Bromley. As STIs proportionately affect young people and Chlamydia being the most commonly diagnosed STIs, priority is given to this detection programme.

### **Open Access GUM Service budget of £1,579k with spend of £1,556k.**

During 2016/17, Bromley continued to collaborate with other London boroughs in contract negotiations with all London providers to achieve lower prices. This resulted in a *small underspend of £23k*.

### **Detection programmes value £172k with spend of 173,298**

Chlamydia screening programme and target STI including HIV testing outside of GUM clinics were commissioned from approved providers under the Framework Agreement (Pharma BBG and other Community Pharmacies) and from eligible General Practices, using the Service Level Agreement.

### **HIV community clinical and specialist support services block contract values of £186k**

HIV clinical nursing services are commissioned as part of the BCCG Community Block Contract and community specialist support was commissioned from Metro under the approved Framework Agreement. Health education along with condom distribution to hard-to-reach and high risk groups of men were commissioned and included in the BHC Block contract - Health Improvement Service (Sexual Health). In addition, Bromley also participated in the Pan London HIV Prevention Programme (PLHPP).

## Provider contractual performances

### Open access GUM Service

Over 13,000 contacts were delivered in 2016/17 of which 45% were provided by King's, our local provider. The lack of performance data (due to the confidential nature of GUM service) continues to make monitoring of this service a particular challenge. Commissioners continue to withhold payment until relevant data is submitted for validation.

### Chlamydia Detection (under 25s)

Over 6,274 tests were carried out in all settings in 2016/17, covering 20% of all young people in Bromley compared to 7262 tests with a coverage rate of 21.5% in 2015/16. While this is below the level required for the PHOF indicator of 25%, our focus continues to be on striking the right balance between reaching the appropriate level of positivity rate that controls the spread of infection and cost effectiveness. During 2016/17 over 7.8% of all tests were found to be positive for infection, a rate that is within the National Chlamydia Screening Programme detection recommendations of between 5% to 12%. Over 95% of all partners were also tested with treatments completed. These figures show a year on year improvement on positivity rate and suggest that Bromley has sustained the detection rate, which is an effective method of controlling the spread of this silent infection. This has been achieved without compromising our financial position.

Settings	Tests
Symptomatic Screens in GUM Clinic settings	2309
Asymptomatic Screens in the following community settings	
• GPs	1238
• Pharmacies	542
• Contraception and Ante Natal	1002
• Colleges, Outreach and other Community settings (no outreach)	7
• Internet	1176
<b>TOTAL</b>	<b>6274</b>

### HIV Prevention, Detection and Specialist Support

The Community Clinical Nurse Specialists team delivered 1,195 face to face contacts of support to 298 patients who are affected by HIV. There were 40 new referrals and 8 new diagnoses (3 males and 5 females) in 2016/17, with 2 late and 1 very late diagnoses. These are complex cases with age ranges from 18 to 82. Failure to detect and prevent these 24 new infections will have an economic implication of over £7.68 million in future direct lifetime costs.<sup>11</sup>

BHC Health Improvement Service continues to provide health education, advice and support to hard-to-reach and most at risk groups of population (MSM, Black African and Black Caribbean) at a number of venues in the community. The service distributed 5,643 and 13,020 condoms to these target groups in 2016-17 compared to 3,643 and 13,020 condoms in 2015/16.

#### References

- <sup>1</sup> Open access means patients can self-refer and attend any clinics regardless of where they live.
- <sup>2</sup> British Association of Sexual Health and HIV: Recommendations for Core Service Provision in Genitourinary Medicine. BASHH. 2005
- <sup>3</sup> Public Health Outcomes Framework Indicator 3.2 Chlamydia detection rate (15-24 years old)
- <sup>4</sup> Public Health Outcomes Framework Indicator 3.4 People presenting with HIV at a late stage of infection
- <sup>5</sup> Clutterbuck D et al. UK National Guidelines on safer sex advice. The Clinical Effectiveness Group of the British Association for Sexual Health and HIV (BASHH) and the British HIV Association (BHIVA) July 2012
- <sup>6</sup> Charamoa MR, Crejaz N, Guenther-Gray C, Henny K, Liau A, Willis L, et al. Efficacy of structural-level condom distribution interventions: a meta-analysis of U.S. and international studies, 1998-2007. *AIDS and behaviour* 2011; 15(7): 1283-1297
- <sup>7</sup> Evidence and resources to commission expanded HIV testing in priority medical services in high prevalence areas, Health Protection Agency, 2012
- <sup>8</sup> Increasing the uptake of HIV testing among black Africans in England (PH33), National Institute for Health and Clinical Excellence, 2011
- <sup>9</sup> Increase the uptake of HIV testing among men who have sex with men (PH34), National Institute for Health and Clinical Excellence, 2011
- <sup>10</sup> Based on Bromley Local Authority Sexual Health Epidemiology Report (LASER): 2013. Public Health England. 2015 Note - data in the report are based on calendar year rather than financial year as reported in other sections of this report.
- <sup>11</sup> A study conducted by the Health Protection Agency and the National AIDS Trust estimates that the financial costs associated with HIV infection is around £320,000 in direct lifetime costs per HIV positive patient.

## Reduce Unplanned Pregnancies including Teenage (Under 18) Conception Rate

### Brief Service Description

Provision of an open access Contraception and Reproductive Health Service is a prescribed function of Local Authorities. Conception rate in under-18 year olds is an indicator in the PHOF.

Bromley commissions a range of community contraception services to reduce unintended pregnancies with a specific focus on reducing teenage (under 18) conception rate. These include contraception advice and methods such as long-acting reversible contraception (LARC), Emergency Hormonal contraception (EHC) and condom scheme along with a range of health education and advice for young people in local schools and colleges.

### Evidence

The Department of Health's "A Framework for Sexual Health Improvement in England" indicated that up to 50% of pregnancies are unplanned. While many unplanned pregnancies will become wanted, around half of the teenage pregnancies end in an abortion.<sup>12</sup>

Evidence shows that teenage pregnancy is associated with poorer health and social outcomes for both young parent and their children. Teenage mothers are less likely to finish their education, are more likely to bring up their child alone and in poverty. They have a higher risk of poor mental health than older mothers. Infant mortality rates for babies born to teenage mothers are around 60% higher than for babies born to older mothers. The children of teenage mothers have an increased risk of living in poor quality housing and are more likely to have accidents and poor emotional health and well-being, which impacts on their children's behaviour and achievement.

Good contraception services have been shown to lower rates of teenage conceptions.

According to NICE on effectiveness of contraception methods, LARC methods have a wider role in contraception and their increased uptake could help to reduce unintended pregnancy.<sup>13</sup> Both the Government and the Faculty of Sexual and Reproductive Healthcare highlight that knowledge, access and choice for all women and men to all methods of contraception are crucial elements that contribute to the reduction of unwanted pregnancies. Evidence also suggests that school-based sexual health services have positive effects on reductions in births to teenage mothers.<sup>14</sup>

### Epidemiology

In 2015, Bromley shows teenage conceptions continue to fall to the lowest rate since 1998 :

#### Contraception rates -

- There were 82 under 18 conceptions, representing a rate of 15 per 1000 female in this age group, compared with 93 conceptions with rate of 16.7 in 2015.
- This is lower than both the London rate of 19.2 and the England rate of 21.
- This represents an overall reduction in the local teenage pregnancy rate of 53.3% since records started in 1998.
- The under 16 conception rate was down to 1.9 in 2015 compared to England rate of 3.7 and Outer London boroughs of 3.9. The local rate of 1.9 represents a drop of more than 65% when compared to 2013 rate of 5.5.

The continued reduction in teenage conception rates can be attributed to a more integrated way of service delivery. Concerted efforts were given to SRE delivery, supported by a young people specific website (information, advice and signposting to services), widely accessible Condom scheme with online registration and emergency hormonal contraception provision for young people across the borough.

#### Abortion rates

- Bromley rate was 19.1 2015 per 1000 female population aged 15-44 years while England rate was 16.7 and London 21.6. The highest rates are in women aged 20-24 in Bromley
- Bromley ranked 49<sup>th</sup> (1<sup>st</sup> has the highest rate) out of 147 within England for the total abortion rate
- 31.3% of women under 25 years who had an abortion in that year, had had a previous abortion compared to the England rate of 26.5%.
- Bromley ranked 42<sup>nd</sup> (1<sup>st</sup> has the highest rate) out of 147 within England for the repeat abortion carried out by women aged 25 and over, with rate of 16.4% compared to England rate of 14.4%.
- The highest number of unplanned pregnancies occur in the 20-34 year age group

Research evidence continues to show that it is teenage pregnancies that are associated with poorer outcomes for both the parents and children. More work is therefore needed to continue to tackle unintended pregnancies, especially in areas that have the highest rates of TP in Bromley. These continue to be found in Bromley wards that also have a higher level of deprivation such as Penge, Mottingham, Plaistow & Sundridge, The Crays and Darwin.

#### Commissioning and contracting arrangements

Contraception and Reproductive Health (£739k) and Health Improvement Service (£204k) were commissioned from Bromley Healthcare and included in the Bromley CCG Community Block Contract using S75 agreement. LARC methods were commissioned from eligible General Practices (contract value up to £231k plus £120k prescribing costs) under the Public Health Service Level Agreement with actual spend for 15/16 is £223k plus £70k prescribing costs).

EHC were procured from Community Pharmacies (£14k) under the Framework Agreement with spend of £18k.

## Provider contractual performances to include outcome measures and trends

Performance measures for services commissioned from BHC were primarily contact based, a measure applied to all services in the community block contract. Key performance indicators (KPIs) and other outcome measures have been developed and incorporated in the regular performance monitoring of the following BHC services.

### Contraception and Reproductive Health Service

During 2015/16, the Service delivering a total of 6,910 face to face contacts against the target of 7,297, an under performance of 5%. Of these 6,910 contacts, 3,886 contacts (56.2%) were accessed by young people under 24 year olds and 176 contacts (2.55%) were accessed by male clients.

During these face to face contracts, the following were delivered:

- 7,178 contraceptive methods – main three methods were contraceptive sheath<sup>15</sup> (1,49: - Combined oral contraception (1,860) and Progestogen only oral contraceptive (1,358) (TOTAL oral contraception OC = 3,218)
- 2,402 LARC insertions (includes Depot Provera injections) were made, representing 33% of total activity, a significant improvement when compared to the number of insertions of 889 (12.6%) in 2013.
- 341 (322 EHC and 19 emergency IUD) Emergency contraception were provided

Quality Measures	Target	Outturn
YP under 16 have a Fraser Competency Assessment <sup>16</sup>	85%	85%
LARC fitting entered on current form and 80% offered appointment within 4/52	80%	80%

### Health Improvement Service (Sexual Health)

Activity Measures	Target	Outturn
<b>Sex and Relationships Education (SRE)</b>		
Deliver Your Choice Your Voice programme to 17 Secondary Schools (P4)	17	22
Deliver Your Choice Your Voice Bitesize - No. of sessions (P7)	30	35
Deliver courses to promote sexual health with at risk groups	17	22
<b>Promote condom use among higher risk groups</b>		
wisDOM (previously called Ahead) - condoms distributed	11,519	13,020
Man-2-Man - condoms distributed	5,034	5,642
C-Card - condoms distributed	10,346	32,319
Run 3 individual campaigns (2 campaigns plus vending machine)	3	2
Distribute 2586 condoms through these campaigns	2,586	4,890

### General Practices

In 2016/17, general practices in Bromley fitted 1,423 Long-Acting Reversible Contraception Methods (LARC). This compared with 1,446 LARC methods fitted in 2015/16. While there is a drop in the number of methods fitted in 15/16, these methods have a life span of 3 to 5 years so activities will fluctuate according to the "life" of the methods.

**Community Pharmacies** delivered 1,195 emergency contraception in 2015/16 with (16, 17 & 18 age groups are the largest users 2016)

### References

<sup>12</sup> A Framework for Sexual Health Improvement in England, Department of Health. March 2003

<sup>13</sup> Clinical Guidance 30 Long-acting Reversible Contraception (Update), National Institute for Health and Clinical Excellence. September 2014

<sup>14</sup> Owen J, Carroll C, Cooke J, Formby E, Hayter M, Hirst J, Lloyd Jones M, Stapleton H, Stevenson M, Sutton A. School-linked sexual health services for young people (SSHYP): a survey and systematic review concerning current models, effectiveness, cost-effectiveness and research opportunities. Health Technol Assess. June 2010

<sup>15</sup> Contraceptive Sheath is often given as an addition to the main method of contraception.

<sup>16</sup> Fraser Competency Assessment is a universal assessment using a set of criteria which must apply when medical practitioners are offering contraceptive services to under 16's without parental knowledge or permission.



# Substance Misuse Service

## Brief Service Description

The aim is to commission an integrated, recovery oriented treatment service for people with alcohol and/or drug misuse to meet the following objectives.

- To reduce health and social harm related to substance misuse.
- To support individuals in achieving long-term abstinence or reduce individual's levels of substance misuse.
- Achieve harm reduction including reduction in anti-social behaviour, reduction in domestic violence and reduction in substance misuse related crime.
- Improvement in physical and mental health and well-being of people affected by substance misuse including a reduction in deaths related to substance misuse and a reduction in hospital admissions related to substance misuse, improvement in measurable mental health outcomes, reduction in blood-borne infections.
- Long-term abstinence as measured by successful completion of treatment and a reduction in relapse rate.

## Adults Substance Misuse Service

The aim of the Bromley Drugs and Alcohol service (BDAS) is to move a client from a position of problematic drugs and/or alcohol misuse, associated with poor physical health status, chaotic lifestyle and sometimes criminality to a position of stability, improved health and well-being, employment and positive engagement with the community. The substance misuse service model is a rapid assessment, integrated single point of access service, which includes assessment, prescribing and recovery services for people over 18 who require support or clinical interventions to enable them to reduce and become independent of substances. The service options include;

**Stabilisation and Assessment:** providing a single point of contact, assessment and care co-ordination for people requiring specialist drug and alcohol services.

**Recovery Service:** delivery of intervention programmes; such as; counselling, psychosocial interventions and peer mentoring. These form an integral part of the treatment and support service. The service also facilitates mutual aid groups to support their service users including Alcohol Anonymous, Narcotics Anonymous and Smart recovery. This includes return to employment programmes, to support people to maintain the abstinence or stability from substances.

**Prescribing Services:** service for people who require stabilisation of their chaotic drug use to reduce dependence on the illicit drug enabling engagement in a process towards abstinence and recovery. Only available via the substance misuse service in Bromley.

The service provides an individualised provision for high risk clients including; Pregnant, victims and perpetrators of domestic violence, clients discharged from hospital and/or prison. The service provides an holistic approach to client wellbeing including; working with Oxleas mental health trust and Princess Royal University Hospital providing satellite clinics and co-ordination of care pathways. The service ensures the Care Co-ordinator acts in a liaison capacity with services such as; GP, Probation Officer, Housing Officer, Job Centre Plus Manager and engages with family, and significant others in care programmes where appropriate. Hepatitis B&C screening and vaccination for all appropriate clients, promotion of maintaining physical health and ensuring clients are registered with primary care and smoking cessation referrals.

## Needle Exchange

The aim of the service is to reduce the transmission of blood-borne viruses associated with injecting drug use. Pharmacies serve as a safe and secure point of collection and return of drug injecting paraphernalia by injecting drug users. The service seeks to increase referrals from healthcare professionals to BDAS.

## Supervised Administration of Methadone.

Pharmacies provide supervised administration of methadone (SAM), a supervised community detoxification regime, which aims to reduce drug related morbidity/mortality. SAM is a harm reduction intervention which seeks to stabilise and maintain engagement in a prescribing regime, reducing the need for illicit opiates, the risk of blood borne virus transmission, and overdose. This also serves as a mechanism to reduce the diversion of medication onto local illicit markets.

The SAM service is for clients with chaotic lifestyles/drug using behaviour that could benefit from closer monitoring under supervised dispensing conditions until stabilised and those clients starting new episodes of substitute opiate treatment, where national guidelines recommend supervision for at least the first three months of treatment.

### **Dual Diagnosis**

The Dual Diagnosis specialist service has a remit to provide services to mental health service users who are using any level of drugs and/or alcohol, with the overarching aim of supporting access into specialist drug and alcohol services and preventing/reducing the need for further substance use related contact with physical and mental health services.

### **Detoxification and Rehabilitation Placements**

Spot purchasing of placements for inpatient detox and residential rehabilitation.

### **Young Persons Substance Misuse Service**

The overarching aim of the service is to increase opportunities for identification of young people with substance misuse and prevention of substance misuse. The service provides an integrated pathway to substance misuse services ensuring young people are always supported and have swift access to a high quality, evidence-based, integrated specialist treatment system. The service works with a range of partners providing advice and information and signposting to young people and families, community members, professionals and community workers.

### **Evidence**

Bromley Drug and Alcohol Service provide an evidenced based programme of support.

### **Adults Substance Misuse Service**

#### **Drugs**

The service provides a community opioid detoxification alongside longer psychological interventions for opiate users. Detoxification is the process by which opioid drugs are eliminated from dependent users in a safe and effective manner, either with opioid substitute treatment or gradual reduction in the illicit drug, such that withdrawal symptoms are minimised. It takes place either in community or residential settings. The evidence for the effectiveness of detoxification concerns its ability to achieve sustained abstinence in the user, and is based on detoxification plus psychological support. For example, detoxification together with contingency management has been shown to be cost-effective, with an estimated additional 1% of users being drug free at four months for every £12 spent on treatment.

#### **Alcohol**

The evidence base for the effectiveness of alcohol interventions is strong. UK and international research informs us that alcohol treatment such as screening, giving brief advice, motivational interviewing, cognition behavioural therapy, alcohol specialist treatment, detoxification and pharmacological treatment, self-help and mutual aid groups can be an effective and cost effective response to treating alcohol misuse. Alcohol misuse has a high impact on health, social care and criminal justice systems, for every £1 spent on treatment, £5 is saved elsewhere.

#### **Young People**

The benefits of specialist substance misuse interventions for young people's substance misuse are effective and provide value for money. A Department for Education cost-benefit analysis found that every £1 invested saved £1.93 within two years and up to £8.38 long term. Specialist services quickly engage young people, the majority of whom leave in a planned way and do not return to treatment services.

The strongest single predictor of the severity of young people's substance misuse problems is the age at which they start using substances. Effective commissioning of services lead to reductions in smoking, drinking and drug use, related offending, drug or alcohol-related deaths and hospital admissions and risk-taking behaviours more widely.

#### **Needle Exchange**

Injecting drug users are at greater risk of blood-borne infections, accounting for 90% of cases of Hepatitis C diagnosed in the UK. Rates of infection in drug users with Hepatitis B and HIV have declined as a result of needle and syringe programmes, vaccination and opportunistic testing and treatment. Evidence also suggests they increase the rate at which users enter treatment. The service protects the health of the local population by encouraging the safe disposal of injecting equipment and therefore minimises harm caused through contact with contaminated sharps.

#### **Supervised Administration of Methadone.**

This process replaces an illegal opioid with a longer acting but less euphoric opioid, usually methadone or buprenorphine, taken under pharmacy supervision. This treatment is recommended as an option for treating opioid dependency under a NICE technology appraisal (TA114). On average, 40-65% of patients maintain complete abstinence from illegal opioids while receiving opioid substitution therapy, and 70-95% are able to reduce their use substantially. Users also reduce risk-taking in injecting, experience improved mental health and relationships, and are less likely to be arrested. Opioid substitution therapy has also been associated with lower transmission of blood borne viruses.

### Dual Diagnosis

Historically, people with co-occurring severe mental illness and substance misuse have been excluded from mental health treatment because of their substance misuse disorder. Likewise, they have been excluded from substance misuse services because of their severe mental health symptoms. As a result, patients have frequently not accessed services and experience some of the biggest health inequalities. The Dual Diagnosis Service provides the opportunity for service users to have both their mental health and substance misuse needs addressed at the same time.

### Detoxification and Rehabilitation Placements

It is difficult to assess these programmes objectively because the people who receive residential care are not a typical group, tending to have more social, physical and mental health problems. However, what is known about these programmes is that completion rates are very high (75-80%), programmes of three months duration or longer work better than shorter programmes, and long-term outcomes are better if there is structured aftercare. NICE recommends that residential programmes be available as an option for clients who have significant physical, mental or social problems.

### Epidemiology of substance misuse

The crime survey for England and Wales suggests that approximately 17,000 residents took illicit drugs in Bromley in 2014/15. The estimated prevalence of Class A drug use was 6,400 in Bromley in 2014/15, at a rate of 3.2% of the adult population. Nearly half of those taking drugs are in drug treatment. The most commonly used drugs in the UK, in order, are cannabis, cocaine and crack cocaine, and opioids. The substances most commonly misused by those in treatment in Bromley are opiates (44%) and alcohol (41%).

**Demographics;** Drug use is more common in males, single adults, white ethnic groups and those on low incomes. There is a relationship, however, between affluence and early use of cannabis. Nearly three quarters of drugs users in treatment in Bromley are male (64.2%) which decreased from 2015-16 (72.6%), and of White British ethnicity (84.3%). People in treatment in Bromley tend to be a little older than in other parts of the country, the highest proportion of substance misusers in treatment in Bromley are in the 35 to 49 year age group, in contrast to the national picture, which is 30 to 39 years. People in treatment in Bromley are more likely to be taking both opiates and crack (2016-17).

**Impact on health;** Mortality rates related to drug use have been increasing since 1993, with heroin and morphine the most commonly implicated drugs. There were 80 drug-related deaths in Bromley between 2006 and 2013 (43 male, and 37 female). The average age at death was 48 (ranging from 15 to 94 years old), more than thirty years lower than the average life expectancy for the borough. Deaths were most frequent in deprived wards. There is a strong association between drug use and mental health problems, with drug use occurring both as a result of mental illness, and as a cause. There were 518 drug-related hospital admissions in Bromley in 2013/14. Admission rates have been steadily increasing since 2009, the numbers greatest in the 25-44 age group.

**Safeguarding;** 20% of the drug users in treatment are parents but not living with their children, 21.7% live with children and 56.8% are not parents and/or have no access to children. 3.4% of the treatment population were pregnant. Employment and benefits; The number of drug users in treatment recorded as receiving any type of benefit was 60% of the total numbers in treatment (2016-17).

### Epidemiology of alcohol use

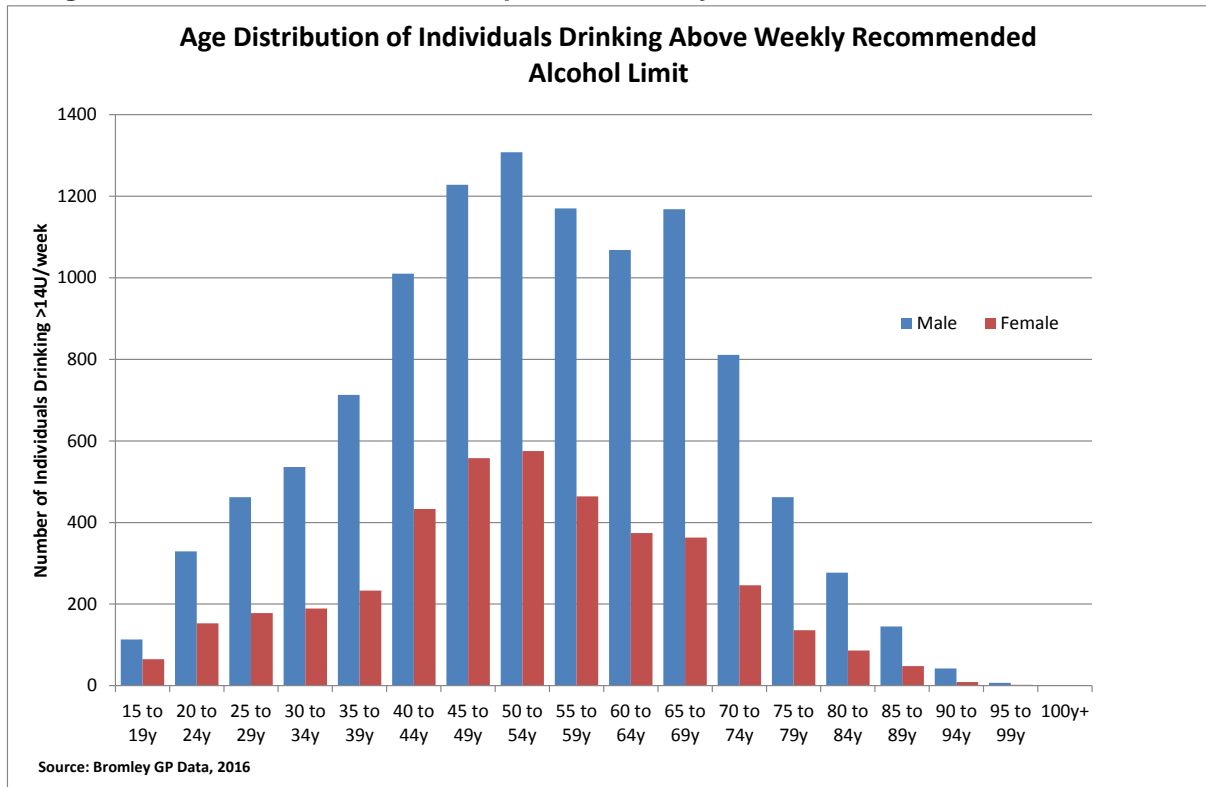
Obtaining reliable information about drinking behaviour is difficult, and social surveys consistently record lower levels of consumption than would be expected from the data on alcohol sales. Estimates suggest that approximately 80% of adult population in Bromley drink alcohol. The majority (73.6%) are in a lower risk category and drink within recommended levels. Data collected from GP systems in June 2016 shows that of the 274,935 people aged 16 years and over registered with Bromley GPs, 42.2% have been asked about their alcohol consumption within the last three years. Almost 13% of people in Bromley reported drinking above the recommended weekly limit, with more men than women exceeding the recommendations (21.3% vs 6.3%). The numbers of men and women drinking above the recommended limit of 14 units per week rises with age to a peak at age 50 to 54 years, and declines again thereafter. This is likely to be an underestimate due to missing GP alcohol consumption data.

**Table 1: Alcohol Consumption in Bromley**

No. of Units Weekly	Persons	Male	Female
Zero	33%	25.1%	39.7%
Up to 14 units	53.9%	53.7%	54%
Over 14 units	12.9%	21.3%	6.3%

**Source: Bromley GP Data, 2016**

**Figure 1. Age Distribution of Alcohol Consumption in Bromley, 2016**



PHE prevalence estimates (2017) estimate there are 2,528 dependent drinkers in Bromley, and in 2016-17, the service saw 234 in structured treatment (less than 10%). Alcohol is a priority area for commissioning in 2017-18.

Impact on health; The rate of alcohol-related hospital admissions has been increasing at national, regional and local levels, but remains lower in Bromley than for London and England. The hospital admission rate for males (2,396 per 100,000 population) is almost twice the rate for females (1,361 per 100,000 population) in Bromley. In 2014, there were 121 alcohol-related deaths in Bromley. The mortality rate from alcohol-related causes in Bromley appears to be on a rising trend for women whilst remaining level for men in the period between 2009 and 2013. The alcohol-related mortality rate for men in Bromley is approximately twice that for women. There were 2703 alcohol-related recorded crimes of which 1,269 were alcohol-related violent crimes and 31 alcohol-related sexual offences in Bromley in 2012-13.

**Young People**

The three substances most commonly misused by young people in treatment in Bromley was cannabis (92%), alcohol (59%) and cocaine (8%) in 2016-17 (some clients using more than one substance). Young people in substance misuse treatment also suffered from wider vulnerabilities including; Anti-social behavior / criminal act (25%), mental health problem (21%), self-harm (13%), and 13% were affected by others' substance misuse.

The alcohol-specific hospital admission rate for under 18 year olds in Bromley (22.7 per 100,000 population) has been gradually decreasing over the last two years, and is comparable with the rate for London, but significantly lower than the rate for England.

**Demographics – Age 2016-17**

Age	Bromley (n)	Bromley %	National (%)
Under 13	0 / 51	0	2
Aged 13-14	8 / 51	16	21
Aged 15	19 / 51	37	27
Aged 16	9 / 51	18	25
Aged 17	15 / 51	29	25

## Commissioning and contracting arrangements

### - Contract History

The Substance Misuse Service is commissioned by the London Borough Bromley Public Health department. The adults and young person's substance misuse service was re-commissioned in 2015. The service was competitively tendered and a new contract was awarded to Change Grow Live (CGL) to deliver both adults and young person's contracts, which started on 01 November 2015.

Length of contract: 1<sup>st</sup> November 2015 – 31<sup>st</sup> October 2017 (optional 1 year extension).

On 24 May 2017, the LB Bromley Executive agreed to;

- Approve the extension of the Adults and Young People's Substance Misuse contracts with Change, Grow, Live for a period of one year from 1 December 2017 to 30 November 2018.
- Approve the exemption from tendering of the Community Pharmacy Needle Exchange and Supervised Administration of Methadone services for a period of eight months from 1 April 2018 to 30 November 2018 to align with the above Adults and Young People's Substance Misuse contracts.
- Agree to tender all Substance Misuse Contracts for a period of three years plus an optional two year extension from 1 December 2018 to 30 November 2021 (3+ 1 + 1 years).

### - Budget 2016-17

Contract value: £1,755,060

Spend: £1,620,084

Service	Budget	Spend
Adults service	£1,216,490	£1,261,490
Young People's Service	£165,190	£165,190
In patient detox – spot service:	£129,140	£33,150
Prescribing	£124,380	£ 86,635
Dual diagnosis – Oxleas	£64,000	£64,770
Needle Exchange – Pharmacies	£47,000	45,108
Care Services support services	£8,860	£8,860
<b>Total</b>	<b>£1,755,060</b>	<b>£1,620,084</b>

### Provider contractual performance

The most accurate data we have on drug users comes from the National Drug Treatment and Monitoring Service (NDTMS), as this is data collected diligently from those who attend drug treatment services. They provide an incomplete picture of drug use in the community, inevitably, as many drug users never access services, and the ones who do, tend to have more serious problems and to be taking opioids and/or crack. However, they do give indications of drug use in the wider community, with trends over time, and they also provide valuable information about who uses treatment services, and how effective that treatment is.

The numbers of people in alcohol and drug treatment have fallen again in the last year with 632 people in contact with alcohol and drug treatment services in Bromley in 2016-17 as compared with 675 in 2015-16, 730 in 2014-15 and 863 in 2013-14. In the year 2016-17, there were 345 new presentations for substance misuse treatment, as compared with 357 in 2015-16 and 381 in 2014-15.

### Adults Attending Drug Treatment Services in Bromley

When engaged in treatment, people use less illegal drugs, commit less crime, improve their health, and manage their lives better, which also benefits the community.

A measure of effective treatment engagement is the number of people who have been in treatment for three months or more. In 2016-17, 392 people effectively engaged in treatment in Bromley, this represents 91% of the treatment population (429), which is higher than the national completion of treatment rate (89%). However, this represented a lower number of people in effective treatment than in 2015-16, 403 but it represented a higher percentage of people achieving successful completion of treatment (74%). Opiate users represent the largest group in treatment.

### Treatment Outcomes for Adults

The key measure of successful treatment is the proportion of people who successfully completed treatment and did not return within 6 months. Bromley had a higher proportion of successful completers than the national value for local opiate clients 8.7% compared to 8.8% nationally and for non-opiate clients 43.2% compared to 43.2% nationally in 2016-17. The successful completed of treatment that did not re-present within 6 months is higher than the previous year.

### Treatment Outcomes for Alcohol and non-opiate

The proportion of people who successfully completed treatment and did not return within 6 months is 95.4% compared to 87.0% nationally, this has improved from the previous year due to the PHE Alcohol Action Planning Toolkit completion.

**Table 1 Adult Substance Misuse Service Performance**

Performance Indicator	Substance	Q4 2015-16	Q4 2016-17	Top Quartile Range/National Average
Successful Completions	Opiate	17/314 (5.4%)	25/304 (8.2%)	9.89% - 18.53%
	Non-opiate	30/64 (46.9%)	26/50 (52.0%)	49.55% - 66.67%
	Alcohol	67/230 (29.1%)	79/195 (40.5%)	40.9%
	Alcohol & Non-opiate	24/67 (35.8%)	27/83 (32.5%)	46.07% - 57.22%
Representations	Opiate	3/14 (21.4%)	0/19 (0%)	11.1% - 0%
	Non-opiate	1/16 (6.3%)	1/17 (5.9%)	0%
	Alcohol	3/38 (7.9%)	1/41 (2.4%)	8.74%
	Alcohol & Non-opiate	0/7 (0%)	2/12 (16.7%)	4.35% - 0%

Source: NDTMS Diagnostic Outcomes Monitoring Executive Summary

### Referral Sources

The highest proportions of presentations are made by self/family referrals (48.1%), 20.6% being referred by GPs, and 15.1% through the criminal justice system. Only 1.2% of referrals were from mental health or other health services, it is significant that there were only 0.9% of referrals from A&E in the year 2016-17.

### Blood Borne Virus Vaccinations.

In 2016-17, 43.3% of eligible new presenters to drug services in Bromley accepted Hepatitis B vaccinations, down from 46.6% in 2015-16. However, only 12.8% completed the vaccination course. During the same period, 65.4% of new presenters to drug services in Bromley currently or previously injecting received a Hepatitis C test in 2016-17, as compared with 56% in 2015-16.

### Treatment Outcomes for Young people

The performance of the Young People's Substance Misuse Service has improved considerably since the new provider took over the contract on 1st December 2015.

There is evidence that activity by the previous provider declined significantly in the months prior to the retendering process for the Young People's Substance Misuse Service, resulting in unmet need and potentially leaving young people at risk. It has taken the new provider several months to establish effective referral pathways with the numerous stakeholders involved. There was a total of 176 young people referrals into the service in 2016-17. There has been a 46% increase in the numbers of young people in treatment in Bromley in the last twelve months to end March 2017, compared to a national decrease of 4%. This is a welcome increase following large decreases in numbers in treatment last year.

The significant increase in the numbers of young people receiving treatment is due to the work undertaken by the service to promote and facilitate referrals from all stakeholders. The new young person's service have embedded an integrated pathway to substance misuse services ensuring young people have swift access to a high quality, evidence-based, integrated specialist treatment system. There is an increased awareness of the young people's service, they have visited 15 schools this academic year and 3 colleagues (4 of which are the Beacon academies which are pupil referral units – children who struggle in mainstream education), with 7 more schools and 2 colleagues planned. Schools have now referred 14 pupils. The highest number of referrals has been received from the youth Offending Service (YOS) with 60 referrals, 40 from A&E, 18 from social services, and the rest from CAMHS, housing, schools and parents. In 12 months of delivery and there are currently 51 young people in Tier 3 treatment.

### Referral Source

Referrals to the young people's service need to be increased.

Referral Source	Bromley %	National (%)	Difference in referral rate
Children & Family Services	4	19	-15*
Education Services	12	28	-16*
Health & Mental Health	8	8	0*
Accident & Emergency	16	2	+14
Substance Misuse Services	0	3	-3
Youth Justice Services	40	25	+15
Self, Family & Friends	14	11	+3
Other (inc. blank)	6	3	+3

\* The Bromley Drugs and Alcohol service will concentrate on increasing referrals from these sources.

## **Key Population Outcomes**

Alcohol and drug dependency leads to significant harms and places a financial burden on communities. Investment in prevention, treatment and recovery interventions reduces this burden.

### **Socioeconomic impact for alcohol in the UK;**

- Alcohol is the third biggest risk factor for illness and death. A quarter of all deaths among 16-24 year old men are attributable to alcohol.
- Alcohol misuse harms families and communities; 27% of serious case reviews mention alcohol misuse. Almost half of violent assaults. 15% of road fatalities (PHE, 2016).

### **Socioeconomic impact for substance misuse in the UK;**

- Deaths among heroin users are 10 times the death rate in the general population.
- 2248 drug misuse deaths were registered in 2014, the highest on record. Deaths involving heroin were 64% higher than in 2012.
- Parental drug use is a risk factor in 29% of all serious case reviews.
- A typical heroin user spends around £1,400 per month on drugs.
- Annual cost of drug addiction: Total cost to society is 15.4 billion; Any heroin or crack user not in treatment commits crime costing an average £26,074 a year. The National Treatment Outcomes Research Study (NTORS) found that 61% of a sample of people entering treatment had committed crimes other than drug possession in the three months prior to starting treatment, the most common being shoplifting. The main sources of illegal income required to fund an illicit drug habit were theft and fraud.
- The annual cost of looking after drug-using parents' children who have been taken into care is £42.5million. Often drug users are unemployed and claiming benefit. NHS cost: £488 million.

### **Return on Investment**

- Every 100 alcohol dependent people treated can prevent 18 A&E visits and 22 hospital admissions.
- Providing adult drug treatment interventions prevents an estimated 4.9m crimes every year.
- Providing young people's drug and alcohol interventions result in £4.3m health savings and £100m crime savings per year.
- PHE evidenced that 82% of people surveyed said treatment's greatest benefit was improved community safety.