



**THE ATTLEE FOUNDATION 32ND ANNUAL LECTURE AT THE ATTLEE CENTRE,
25TH NOVEMBER 2014**

“UNLEASHING HEALTHY COMMUNITIES”

DUNCAN SELBIE & PROFESSOR AJIT LALVANI

Duncan Selbie was appointed Chief Executive of Public Health England in April 2013. From 2007 to 2012 he was Chief Executive of Brighton and Sussex University Hospitals, the regional teaching hospital for the south east of England. Prior to that he was the Director General of Programmes and Performance for the NHS and subsequently the first Director General of Commissioning. He has also been Chief Executive of the South East London Strategic Health Authority and, before that, South West London and St George’s Mental Health NHS Trust. Duncan joined the NHS at the age of 17 and has 35 years of continuous service.

Duncan Selbie introduced the discussion. Good health has two aspects: enjoying good health during life and how long you will live.

First an overall reflection on the success of the Health Service. Communicating health messages has led to major improvements in surviving cancer, in mental health and in reducing teen pregnancy. But there are major differences in what you can expect of life. Whilst people are generally living four years longer, life expectancy can vary by up to 19 years.

Only 10% of enhanced life expectancy is attributable to health care.

What contribution can the NHS make to good health, at what cost, at what return and how can it make a meaningful comparisons with a promises to invest in doctors and nurses?

What of the other 90% difference in life expectancy?

40% is attributable to behavioural factors, followed in importance by the environment - which in turn are down to three main factors:

- Your job
- Your home
- Your friends and loving relationships

Of these, in adults, the most important factor is to have a decent job. But, overwhelmingly, a good start in life for children is the most important influencing factor. There is a wealth of evidence that cash spent on childhood development yields a materially higher yield in life expectancy than cash spent on hospitals and healthcare. And what matters most is to be ready to learn when starting school -overall in the UK only half of the children starting school are ready.

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The Risk Factors that underpin almost all long term conditions from heart disease and diabetes to dementia are exactly the same and are:

- No. 1 - tobacco. Half of the inequity gap is removed if we remove tobacco.
- No. 2 - uncontrolled blood pressure
- No. 3 - poor diet
- No. 4 - inactivity
- No. 5 - alcohol

But these healthy choices are overwhelmingly influenced by your sense of well-being, self-esteem and socio-economic status.

What community organisations can uniquely do is to work with members of the community to improve their well-being and to provide access to healthy living advice and support."

Professor Ajit Lalvani has been a supporter of the Bromley by Bow Centre in East London for many years and in 2014 became its Chair. He is the Chair of Infectious Diseases and Director of the National Respiratory Health Protection Research Unit at Imperial College London. He is one of the world's leading clinical scientists in the area of respiratory infections, including tuberculosis and influenza, and is committed to tackling health inequalities. As Chair of the Bromley by Bow Centre he is playing a key role in shaping the charity's forward strategy, not least with its innovative holistic health model, and is helping to manage the challenges of its implementation within one of the most deprived areas of the UK.

It was an honour to speak after Duncan Selbie, to be invited to deliver the Attlee Foundation lecture to acknowledge Attlee's great legacy, the National Health Service and to chair of Bromley by Bow Centre.

What the Bromley by Bow Centre does, and others like it can do, is to go a long way to make a reality of Duncan's immediate and Clement Attlee's long term vision.

Tower Hamlets, where we are, on the frontier of the City of London, is the 7th most deprived borough in the country. Half of its children live in poverty. Like everywhere, its social determinants have a greater influence on health than genetics and healthcare, combined - and of these determinants the most significant are environment and lifestyle. The principal consequences of these social determinants on health are high levels of:

- Premature death, the 2nd highest rates of in the UK from circulatory disease, cancer and respiratory disease (these conditions typically constitute 75% of all premature deaths)
- Depression, 10% of adults are diagnosed with depression (4th highest in London), 7th highest level of mental health hospital admissions in London
- Diabetes, above average levels of incidence, with significantly high levels of attributable mortality
- Obesity, 13% of children in reception year are obese (6th highest UK), 25% of 10-11 year olds are obese (9th highest UK)
- Poor cancer survival rates, 1 year survival rate for cancer amongst the lowest 10% in the UK

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The variation in male life expectancy within Tower Hamlets related to socio-economic status is 10 years and 17 years in terms of variation of healthy life expectancy.

Founded in 1984, the Bromley by Bow Centre is an internationally renowned East London Healthy Living Centre that was established and is governed by local people with the aim of transforming the local community and the lives of its residents. The Centre is based in an area of high deprivation and provides universal services with a focus on those with greatest needs and vulnerabilities, often considered the hardest to reach and engage. The Centre supports families, young people and adults of all ages to learn new skills, improve their health and wellbeing, find employment and develop the confidence to achieve their goals, transform their lives and their community.

The Bromley by Bow Centre has a social entrepreneurial ethos, it is a catalyst and enabler for a vibrant community, informed by a holistic understanding of people's lives, their environment and their community. Staff develop and accrue an understanding which enables members of the community to build their own levels of confidence, self-sufficiency and esteem.

In 1997, responding to local people's desire to develop health provision that more fully met community needs, the Centre built and opened perhaps the only patient owned health centre in the UK. This initiative created a healthy living centre, the fusion of a health centre and a community centre, allowing for the development of provision that integrated primary care, community health services and social care with significant programmes promoting healthy lifestyles, self-management of Long Term Conditions, community based mental health projects, together with a comprehensive range of services that improve the social determinants of health (e.g. welfare and debt advice, skills, employability, employment), and one of the first Children's Centres in the UK. Health professionals promote their patients' involvement in community projects and access a range of non-clinical support to improve and develop their lives through social prescribing.

There have been dramatic results from the integrated service provision. Speaking from the floor, Dr Sam (now Sir Sam) Everington, the Chair of the Tower Hamlets Clinical Commissioning Group said that the integrated approach had produced excellent results. For example, despite significant levels of deprivation the levels of childhood immunisation in Bromley by Bow were amongst the highest in the UK, Tower Hamlets was the highest ranked of the 221 CCGs in England in the 2013 to 2014 Quality and Outcome Framework for blood pressure control in people with coronary heart disease and diabetes and in the lowest 5th of all groups in amputations. The group had achieved these results through a combination of effectively analysing statistics, allocating resources and relating rewards to relevant achievement.

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