

**Argyll & Bute Community Planning  
Partnership  
Mid Argyll, Kintyre and the Islands Area  
Community Planning Group  
Partnership update  
Date: 31 January 2024**

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**Partner update – Public Health**

The paper provides an update on ongoing wellbeing and prevention activity overseen and delivered by the HSCP Public Health Team in Argyll and Bute.

**Argyll and Bute Public Health Annual Report**

The Public Health Team published their annual report for the period April 2022 to March 2023 in November 2023. Alison McGrory, Associate Director of Public Health, presented the paper to the Integration Joint Board in November 2023 where the board noted the wider prevention activity taking place throughout Argyll and Bute. The report outlines the role of the Public Health Team which includes:

- Improving the health and wellbeing of the people who live in Argyll and Bute
- Implementing national health and wellbeing strategy and policy in our area
- Supporting the Health and Social Care Partnership (HSCP) in delivering effective services, for example, with evaluation or data analysis
- Working with a range of partners and communities to gather views to shape and inform our health and wellbeing activity

The report includes detail on; implementing the Living Well Strategy, work of the Living Well Networks, work of the Health Improvement Team, work of the Alcohol and Drug Partnership and the role of Health Psychology. Alison McGrory highlighted the vast range of work undertaken to the IJB and thanked the team for their efforts. The full report can be read at: <https://www.ablivingwell.org/resources-publications>.

**Children and Young People Health and Wellbeing Profiles**

Following positive feedback about the development of Adult Health and Wellbeing Profiles, the Health Intelligence Team developed profiles for Children and Young People's Health and Wellbeing. The profiles present an overview of indicators relevant to the health of children and young people in each partnership. The information presented covers a range of themes relating to babies, children and young people's health from pre-birth to young adulthood.

The profiles for each area are published at:

Oban, Lorn and The Isles:

<https://www.nhshighland.scot.nhs.uk/media/b5qfcgog/childhealth-obanlornandtheisles-2023.pdf>

Mid Argyll Kintyre and Islay:

<https://www.nhshighland.scot.nhs.uk/media/yqajnrq/childhealth-midargyllkintyreandislay-2023.pdf>

Bute and Cowal:

<https://www.nhshighland.scot.nhs.uk/media/ho3ivijp/childhealth-buteandcowal-2023.pdf>

Helensburgh and Lomond:

<https://www.nhshighland.scot.nhs.uk/media/zfgjvye3/childhealth-helensburghandlomond-2023.pdf>

## **Health and Wellbeing Profiles Workshops**

The Children and Young People's Health and Wellbeing profiles were the latest addition to a series of profiles about demography and health in Argyll and Bute. Workshops have been developed by the Community Development and Public Health Teams to support community groups in their interpretation and use of the profiles. These are taking place in January and February 2024. A further session will be taking place following the area specific sessions and will be promoted by Community Development.

## **Cool2Talk**

Cool2Talk is an online support service for young people aged 12-26. Young people post a question to the website then receive a bespoke answer within 24 hours, 365 days a year, signposting them to appropriate services including sexual health services, emotional support resources and other health related issues. The Public Health team are working to recommission the service until autumn 2024.

In the year 2022 to 2023 125 young people asked a question and received an answer; 53 of those questions were mental health related. Young people were signposted to various organisations to support their mental health and wellbeing. The site asks users to respond to a survey on the service, 80% of respondents stated they were either likely or very likely to use the service again. Users described the service as non-judgemental, friendly, trustworthy and understanding.

## **Director of Public Health Report**

Public health and medication is the subject of the Director of Public Health Report this year. The report discusses the public health challenges, the use of prescribed

medicines and how medication has transformed how we deal with a variety of health and wellbeing issues – antibiotics and vaccinations to name two. However, there are negative consequences to pharmacotherapy such as antibiotic resistance and the environmental impact of medication. There are many non-pharmaceutical interventions which are valuable alternatives. Social determinants such as poverty, isolation, employment and housing have a substantial effect on people’s health with an estimated 20% of people visiting a GP with non-medical needs. Medications may not be the most appropriate support provided in these instances. The report provides a variety of perspectives regarding the use of medicines and alternatives and their contribution to health, and ill health.

The Director of Public Health Report will be released in spring and the Public Health team will be delivering several presentations across NHS Highland to share the thought-provoking contents with partners. The Public Health Team in Argyll and Bute will present the report to the next round of Area Community Planning Groups in spring 2024.

#### REPORT AUTHOR AND CONTACT

Author Names: Rory Munro (Health Improvement Lead).

Email: [nhsh.abhealthimprovement@nhs.scot](mailto:nhsh.abhealthimprovement@nhs.scot)