

Annual Members Meeting

Thursday 8 February 2024

Population Health: What does our mission, “to improve the quality of life for all” mean for the trust?

Richard Fradgley, Executive Director of Integrated Care and Deputy Chief Executive

Laura Austin Croft, Director of Population Health

Aurora Todisco, People Participation Team (Carer)

Ogechi Anokwuru, ELFT Lead for Smoking Cessation

Julie Roye, Head of Nursing Primary Care

Christina Guevara, Lead Advanced Clinical Practitioner



East London
NHS Foundation Trust



Trust commitment to improving quality of life for all

“We believe we have a responsibility to do our bit to make our corner of the world a fairer place to live and work, and to see the communities we serve thrive.”

[ELFT Annual Population Health report 2023](#)

Strengths that support us:

- People Participation
- Quality Improvement
- Our Diversity & Approach to Inclusion
- Our Kind and Caring Staff
- Our Clinical Leadership

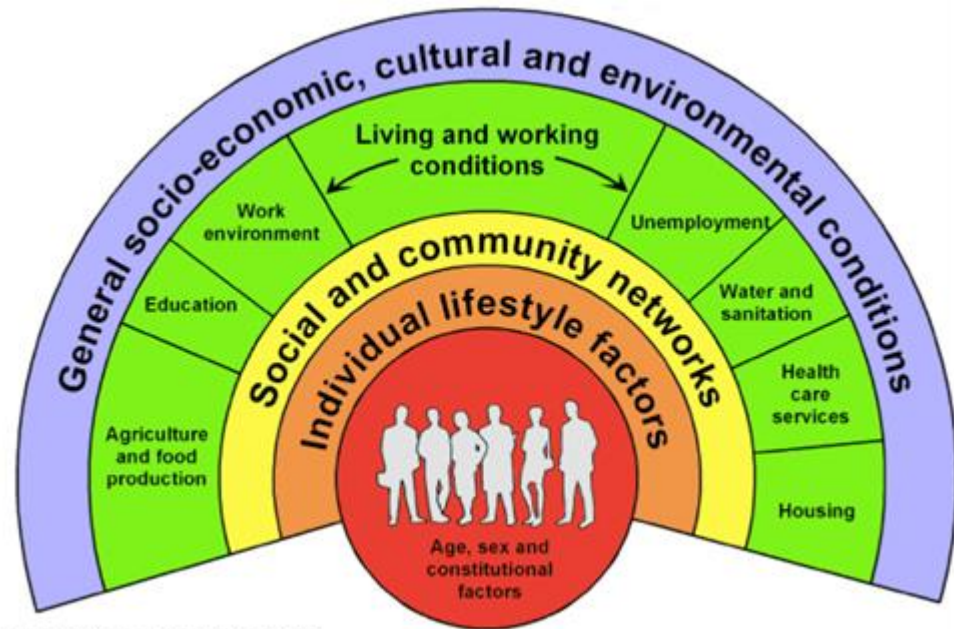


We care
We respect
We are inclusive

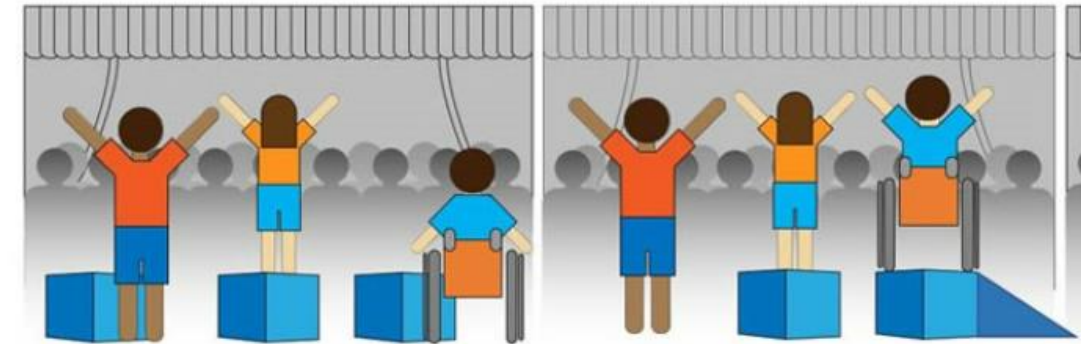


Newham Family Fun Day for families of the Specialist Children and Young Peoples Service, supported by the [ELFT Charity](#)

What affects our health? What do we understand by health equity?



Source: Dahlgren and Whitehead, 1991



Equality – everyone gets the same resources

Equity – everyone gets the same outcomes, with resources distributed according to need

Research estimates health care contributes between 15-43% of our overall health with the largest determinants social and economic factors (income, education, employment, living environment etc).



We care
We respect
We are inclusive

“As a member actively engaged in the editorial group, I am honoured to have played a pivotal role in shaping the inaugural Annual Population Health Report for ELFT. This collaborative effort marks a significant milestone not only for our Trust but also for the broader healthcare landscape in our region. By uniting perspectives from service users, colleagues, and partners across diverse sectors, we have woven a rich tapestry that not only showcases the breadth and depth of our initiatives but also underscores our unwavering commitment to transparency, inclusivity, and community-driven action.

This report stands as a testament to our collective endeavour to illuminate the intricacies of population health, unveiling the myriad factors that influence wellbeing beyond the confines of traditional healthcare paradigms.

What makes this endeavour truly momentous is its emphasis on co-production and quality improvement. By actively involving service users, stakeholders, and partners in the report's development, we have embraced a collaborative ethos that not only enriches our insights but also fosters a sense of ownership and empowerment among those we serve. It is a testament to our belief in the inherent wisdom and expertise of our communities, recognising them as equal partners in the pursuit of better health outcomes.”



We care
We respect
We are inclusive

Aurora Todisco, People Participation Team (Carer)

Three examples of how we are helping improve the quality of life for all

1. Healthier Wealthier Families
2. Smoking Cessation Support
3. Increasing Cervical Screening Rates



We care
We respect
We are inclusive

Healthier Wealthier Families: What it is and early findings

ELFT works in areas with high levels of deprivation. Number of children living in poverty is particularly high in Luton, Tower Hamlets, Newham and City and Hackney.

Growing evidence base of benefits to income of co locating financial advice in clinical settings - increasing access to support for families who need it the most.

Testing this approach:

A neuro-disability clinic in Newham for children and young people

A Children and Family Centre in Tower Hamlets.

Supported by the ELFT charity, local authority partners and with evaluation by University College London.

Impact to families to date (Newham data):

- 124 referrals by Jan 2024.
- Maximised benefits worth **£318,041** (66 families)
- Average benefits per family **£4,818.81**
- Initial **cost per intervention and return on investment** estimated at: **£1 -> £31**
- Families reporting a positive impact in terms of financial and mental well being



We care
We respect
We are inclusive



ELFT
CHARITY
Registered Charity Number 1198337



Healthier Wealthier Family quotes (Newham)

Families benefiting from the support:

Now we get the foodstuff. We can get bulk shopping. Yes, with bulk, the money can go further. We can eat properly. We need to get some clothes for summer.

Mental wellbeing: *I don't have to think about where I will get the money. I know I have someone who will help us. I don't feel so stressed. I don't feel this pressure, it's different.*

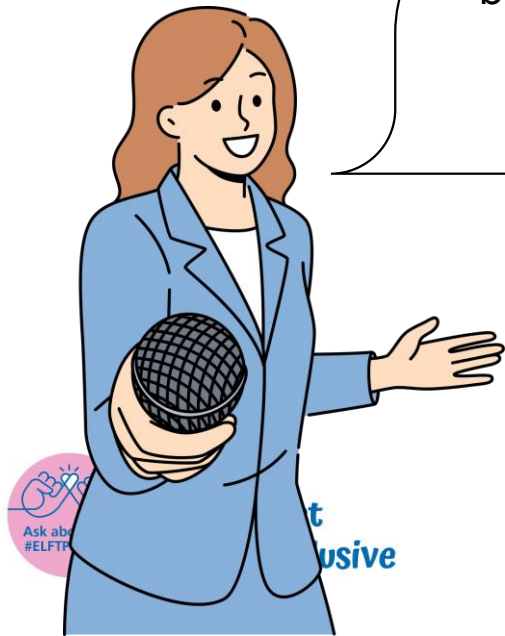
Debt and Benefits Team Leader, Our Newham Money:

My experience on the Healthier Wealthier Families pilot demonstrates the power of effective collaboration through prioritising vulnerable residents and their families. Supporting 141 residents and their families and empowering them with the support and tools to increase their income, reduce debts, claim entitled benefits and secure their financial stability, which ultimately provides a more secure future.



We care
We respect
We are inclusive

The ELFT Stop Smoking Service has been around since 2019 and helps service users to give up smoking with behavioural support, Nicotine Replacement Therapy (NRT) and offering advice on vaping.



I tried to give up smoking
by myself until I met the
ELFT Stop Smoking
Service

How we support service users to give up smoking

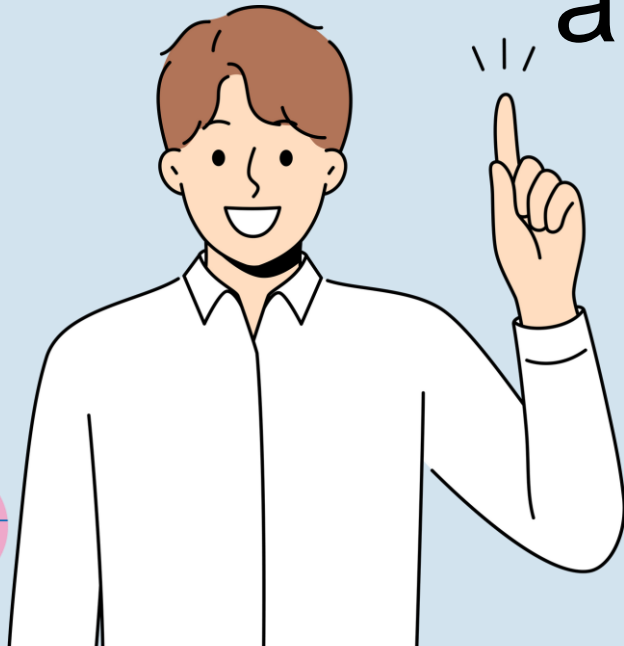
Personalised
careplans
at ELFT, all service
users are screened
and provided a
careplan to help
reduce their smoking
habits

Behavioural support:
We offer weekly
behavioural support to
service users in the
hospital and in the
community

As a service we want
to make sure our
service users are
safe



Co-production with service users to ensure service users get a say in their treatment and giving up smoking



Cauldwell GP Practice (Bedfordshire) sought to increase cervical screening rates.

62% of women aged 50–64 received screening, compared to only 54% of those aged 24–49.

Using a QI approach, tested change ideas to increase screening overall and reduce the gap:

- Outreach events
- Text messages to prompt booking an appointment
- Changing appointment letters
- Translating resources into core population languages



We care
We respect
We are inclusive

Difference in the percentage of women being screened in the two groups decreased from 8% to 3% alongside an increase in screening overall

What made a difference?

- **Understanding data** - seeing trends and demographic differences in terms of access, experiences and outcomes.
- Providing the **resources** and **leadership** to explore differences
- **Working with others** - Voluntary and Community Sector partners, Integrated Care System partners, Provider Collaboratives.



Primary Care Impact Awards 2023

Winner

elft.nhs.uk



We care
We respect
We are inclusive

Ask about the
#ELFTPromise

Three priorities for the next year:

1. Employment
2. Income maximisation
3. Improving the physical health of people with long term health conditions

Commitment to ongoing work with partners that embeds and strengthens population health action across place.

“As we embark on this transformative journey towards healthier, more equitable communities, guided by the principles of co-production and quality improvement, let us remain steadfast in our resolve to confront challenges head-on, celebrate successes with humility, and always strive to leave a positive imprint on the lives of those we serve.”

Aurora Todisco, People Participation Team (Carer)



We care
We respect
We are inclusive