



**North Cumbria Area ICP Evaluation Update  
Strategic ICP Meeting 21 June 2023**

**This evaluation update is to capture the highlights and key proposals in line with the Health and Wellbeing Strategy and outcomes from the two Area ICP meetings held on 11 April 2023 and 25 May 2023.**

- 1. Longer and healthier lives for all*
- 2. Fairer health outcomes for all*
- 3. Best start in life for our children and young people*
- 4. Improving health and care services*

**North Cumbria Valley Area ICP  
Chair**

Councillor Mark Fryer

**ICB Executive Area Director –  
North and North Cumbria**

Levi Buckley

**Summary Update – Key Themes & Priorities highlighted  
(Previous 2 area meetings)**



The new Local Authorities have established Health & Wellbeing Boards, and the inaugural meetings will take place in June 2023.

Following discussions at the meeting on 11 April 2023 a number of high-level areas within the population health inequalities agenda had been identified through a gap analysis and the following five key areas have been agreed as the key areas of focus for the North Cumbria Area ICP: -

**Developing a place-based approach to Wellbeing**

With an initial focus in Workington (as the most deprived town in North Cumbria) this supports the National and regional approach to Place-based and aligns with enactment of Marmot HEC recommendations. Similar approaches have been undertaken in both Fleetwood and Morecambe in Lancashire. The key focus will be to help enhance services by supporting community connectedness to help reduce isolation and address ongoing needs. This will need to be driven through a partnership approach and links with the ICC reset.

**Collaborative approaches to tackle addictions, with a particular focus on:**

-  Smoking and Tobacco Control - this aligns with ICP priorities and will operate with both Core 20+5 cohorts and identified specific NHS cohorts for implementation in 23/24
-  Drug-related Deaths – this aligns with ICP priorities and is an area of focus for the Addictions Board recently set up Cumbria-wide. North Cumbria was an outlier with almost double the national average, around 16 deaths linked to drugs poisoning per 100,000 people



- ✚ Alcohol – aligns with ICP priorities, with 22% of adults in North Cumbria drinking more than the recommended maximum of 14 units weekly.
- ✚ Gambling - a substantial challenge and rising due to the cost-of-living challenges.

### **Secondary Prevention (Long Term Conditions)**

- ✚ Cardiovascular Disease Prevention: connects to Primary Care and the Workington Pilot.
- ✚ Healthy Weight: developing resilient service response to obesity including Children and Young People.
- ✚ End of Life Care

### **Mental Health Wellbeing**

- ✚ Suicide Prevention
- ✚ Social Isolation

### **Children and Young People C&YP**

Work was planned for 2023/24 to continue to develop a collaborative approach to 5 -19 mental health and wellbeing and family and child emotional wellbeing - including tackling Poverty - Food Strategy, free school meals and the development of Family Hubs, further expand the Core 20+5 for children where appropriate.

### **Integrated Care Communities (ICCs)**

A progress report on ICCs was presented, which highlighted the work that had been ongoing since the ICCs were established 5 years ago.

A reset workshop had been undertaken in November 2022. All partner organisations had been involved and supported the aims, benefits and outcomes which had been agreed as part of the reset.

Members noted the progress and risks outlined in the report and all agreed to support the continued work and to embed the ICC approach within all organisations at an operational level.

### **Plans for next steps & Future Agenda Items**

The Population Health, Prevention & Inequalities Group will identify clear and measurable targets and goals for the areas identified above, to enable progress to be monitored and resources to be focussed as needed. These targets will be shared with the North Area ICP for information and approval by the end of Q2.