Let's leave no one behind in Cardiff and the Vale of Glamorgan

Tackling inequities and prioritising prevention through recovery from COVID-19

The report covers four chapters and focuses on how Cardiff and the Vale of Glamorgan can emerge positively from the COVID-19 pandemic. This bookmark summarises key points and **'first step' recommendations**.

Chapter 1: Epidemiology – Impact of COVID-19 pandemic on inequities in Cardiff and the Vale of Glamorgan

The COVID-19 pandemic has had, and continues to have, a direct and differential impact on communities within the Cardiff and Vale UHB area, evidenced by 'long-COVID' and premature mortality rates. Poorer outcomes are associated with underlying health conditions and disability, levels of deprivation, housing conditions, occupation, income and being from an ethnic minority community.

As well as the obvious direct impacts on both health and social care, the pandemic has had substantial indirect impacts on health services in Cardiff and Vale UHB, which has limited access to prevention, diagnosis, treatment, and rehabilitation, and has been compounded by disruption to hospital admissions, primary care and community services. Evidence is emerging not only that this disruption follows a socio-economic gradient but that long term impacts will be felt for years to come.

The long term health and well-being consequences of the COVID-19 economic crisis are likely to be similarly unequally distributed - exacerbating heath inequalities for individuals from poorer and disadvantaged backgrounds, ethnic minority groups and deprived communities.

Recommendations
- Continue to improve ways to facilitate those who are hesitant in taking up their offer of COVID-19 vaccination to do so, including the autumn booster campaign
- Clearly communicate the support available for those who need to isolate

Chapter 2: Children and young people - Striving to support a generation's emotional well-being and mental health

Supporting the emotional well-being and mental health of children and young people is a key priority, with the early years in particular being a crucial period of development.

1 in 5 young people reported poor life satisfaction prior to the pandemic in Cardiff and Vale of Glamorgan - these inequalities in well-being have been exacerbated in the last year, particularly for children from ethnic minority backgrounds, those who are disabled and those from disadvantaged backgrounds in Wales.

Although lockdown has been a positive experience for some because of increased time with family and respite from social pressures, there is growing evidence that the cumulative effects of school closures, move to online learning and social isolation, as well as concerns about COVID-19 have had a negative effect on the emotional and mental health of our children and young people. Lockdown also increased exposure to childhood adversity for some.

Positive factors
increased time with family,
less social pressure

Negative factors
school closure, on-line learning,
social isolation, concerns about COVID-19,
exposure to childhood adversity

Emotional Well-being and Mental Health

The pandemic has led to increased demand and complexity for mental health services and crisis intervention for children and young people locally.

Recommendations for a **whole system approach** to supporting emotional health and mental well-being of children and young people
- Use the voice of children to design services
- Embed family support
- Draw on the learning from the 'whole school approach'
- All local partners to adopt the NEST/No Wrong Door approach

Chapter 3: Amplifying Prevention

Four topics are identified for focussed attention.

Topic	Where we are now	First step recommendations
Childhood Immunisation	Long term uptake is static, with inequities that increase with age. The pandemic has affected the pace of vaccination, and although there are signs of recovery, there is work to do to ensure children are protected.	Explore views with parents, children and young people and increase access to vaccination within community settings.
Screening	All adult screening programmes were paused during the pandemic, and a lack of available venues has affected delivery, particularly for Abdominal Aortic Aneurism and Diabetic Eye screening. Uptake/coverage of all screening programmes in Cardiff and Vale is amongst the lowest in Wales with inequities between primary care cluster areas.	Identify new community venues from which to offer screening services. Build on learning from the pandemic and focus targeted screening work through the Engagement Coordinator.
Healthy weight… Move More, Eat Well	The pandemic is likely to have affected people's ability to eat well and be physically active, particularly those from disadvantaged communities. The pandemic has highlighted the need to care for the workforce, including opportunities to move more and eat well in the workplace.	Focus Move More, Eat Well Plan actions in communities most affected by the pandemic. Improve the food and physical activity offer in public sector workplaces.
Air quality	Air pollution is a major cause of avoidable ill health and deaths, and has a greater impact on those living in deprived communities. Lockdowns imposed during the COVID-19 pandemic reduced NO_2 levels significantly as traffic volumes fell, but future patterns of work and transport use are not yet clear.	Continue to champion and support the shift to less polluting forms of travel. Complete implementation of the Healthy Travel Charter.

Chapter 4: Ways of working through recovery

The COVID-19 pandemic has exposed and exacerbated the inequalities and inequities that are present in our communities. A collective partnership approach, working truly alongside our local communities, is required to halt and reverse this trend, ensuring that we 'level up' in the process. There are strong existing partnership arrangements in place in Cardiff and the Vale of Glamorgan on which to build. Third sector organisations are well placed to support and develop this approach, and enrich the relationship with communities.

Recommendation
- Agree to adopt the following 'ways of working'

Alongside our communities…Ensuring priority for those most in need…Enriched with third sector support… Together as a community of Anchor Institutions…Setting goals to measure the change.

Read the report, along with the full set of recommendations for each topic, at
https://sway.office.com/kRW7tnsthFPPHgJZ?ref=Link

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg.