



Director of Public Health Annual Report 2026

A Public Health Approach to Prevention

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Why focus on prevention?

- This year's report focuses on prevention, highlighting challenges, good practice, and where we have opportunities to strengthen prevention across the system
- Persistent health inequalities driven by high levels of deprivation, unemployment, and poor housing conditions mean that lots of our residents live in poor health.
- We know that many of these health conditions can be prevented or managed in ways that support people to live well and independently for longer.
- There is increasing demand on the health and social care sector to meet these changing needs.



DIRECTOR OF PUBLIC HEALTH ANNUAL REPORT

2026

A PUBLIC HEALTH APPROACH TO PREVENTION

Prevention is everyone's business

- Shared understanding of Prevention
- Role all organisations and areas of society play a vital role.
- The report highlights where different organisations and sectors support prevention across different levels of prevention –
 - NHS
 - Local authorities including Adult Social Care, Public Health, and wider teams
 - Voluntary and Community Sector
 - Research and innovation

	NHS - PRIMARY AND SECONDARY CARE	LOCAL AUTHORITIES	VOLUNTARY AND COMMUNITY SECTOR ORGANISATIONS (VCSOs)	ACADEMIC SECTOR - HEALTH DETERMINANTS RESEARCH COLLABORATION (HDRC) SOUTH TEES
PRIMORDIAL PREVENTION: Preventing the emergence of risk factors for disease 	<ul style="list-style-type: none"> • Tees Valley Anchor Network working across employment, procurement, sustainability, and estates • Social Prescribing link workers supporting patients to access support, finance, and reduce social isolation 	<ul style="list-style-type: none"> • Tees Valley Anchor Network working across employment, procurement, sustainability, and estates • Safe and affordable housing • Improving access to green spaces • Warm homes schemes • Dementia-Friendly services and support • Healthy Weight Declaration and Eat Well South Tees 	<ul style="list-style-type: none"> • Tackling loneliness and isolation through community support services and groups 	<ul style="list-style-type: none"> • Developing research ideas that focus on the wider determinants of health • Understanding food provision and eating environments in special schools
PRIMARY PREVENTION: Preventing disease before it occurs 	<ul style="list-style-type: none"> • Embedding Making Every Contact Count (MECC) conversations in the workforce • Improving vaccination uptake 	<ul style="list-style-type: none"> • Smoking cessation services • Weight management and improving physical activity, including Bring It On Boro • Public mental health services • Commissioning 0-5 services to support Best Start in Life 	<ul style="list-style-type: none"> • Provision of mental health training to reduce stigma and improve access to support 	<ul style="list-style-type: none"> • Addressing the importance of physical fitness to reduce health inequalities for children and young people • Understanding the barriers and facilitators to ethnic minoritised groups accessing smoking cessation/ tobacco harm reduction services in South Tees
SECONDARY PREVENTION: Detecting and intervening early in progression of health problems 	<ul style="list-style-type: none"> • Breast, bowel, cervical and lung cancer screening • Case finding for disease risk factors 	<ul style="list-style-type: none"> • Commissioning Public Health services such as NHS Health checks, and Integrated Sexual Health services • Safe Haven Service 	<ul style="list-style-type: none"> • Health Champions offering blood pressure tests in community venues 	<ul style="list-style-type: none"> • Research on increasing the uptake of breast, cervical, bowel, and abdominal aortic aneurysm screening in ethnic minority communities
TERTIARY PREVENTION: Managing and reducing the impact of existing health problems 	<ul style="list-style-type: none"> • Cardiac and Stroke rehabilitation • Management of long-term conditions • Alcohol detox initiatives • Emergency Department High Volume User Service 	<ul style="list-style-type: none"> • Commissioning drug and alcohol detox and recovery programmes 	<ul style="list-style-type: none"> • Education programmes for long term condition management 	

Table 2: Organisations working across different levels of prevention in South Tees
 Table adapted from the King's Fund (2025)

The Health of our Population

- **Population:** ~295,000 residents across Middlesbrough and Redcar & Cleveland, with ageing trends and high deprivation.
- **Journey through the life course (Start Well, Live Well, Age Well)** – highlighting the issues our residents face through stages of their lives.
- **Life expectancy:** Significantly below England average, with gaps of up to **16 years for men** and **13 years for women** within South Tees.
- **Healthy life expectancy:** Many residents spend **20–25 years in poor health**, driven by smoking, obesity, alcohol harm, and wider social factors.
- **Preventable deaths:** Rates far exceed national average — Middlesbrough ranks **3rd highest in England** for preventable mortality.
- **Deprivation:** Middlesbrough is **2nd most deprived LA nationally**, with nearly half of areas in the bottom 10%; Redcar & Cleveland also highly deprived.

THE POPULATION OF SOUTH TEES



POPULATION

	MIDDLESBROUGH	REDCAR & CLEVELAND
Total population¹	156,200	139,200
Growth - 10 years	+12%	+3%
Age - 0-17 proportion¹	23%	20%
Growth - 10 years	+12%	+1%
Age - 18-64 proportion¹	61%	56%
Growth - 10 years	+11%	-1%
Age - 65+ proportion¹	17%	24%
Growth - 10 years	+18%	+16%
Ethnic minority groups²	+21%	+4%
Growth - 10 years	+53%	+49%
Area¹	54 sq. km	245 sq. km
Density¹	2,800 per sq. km	563 per sq. km



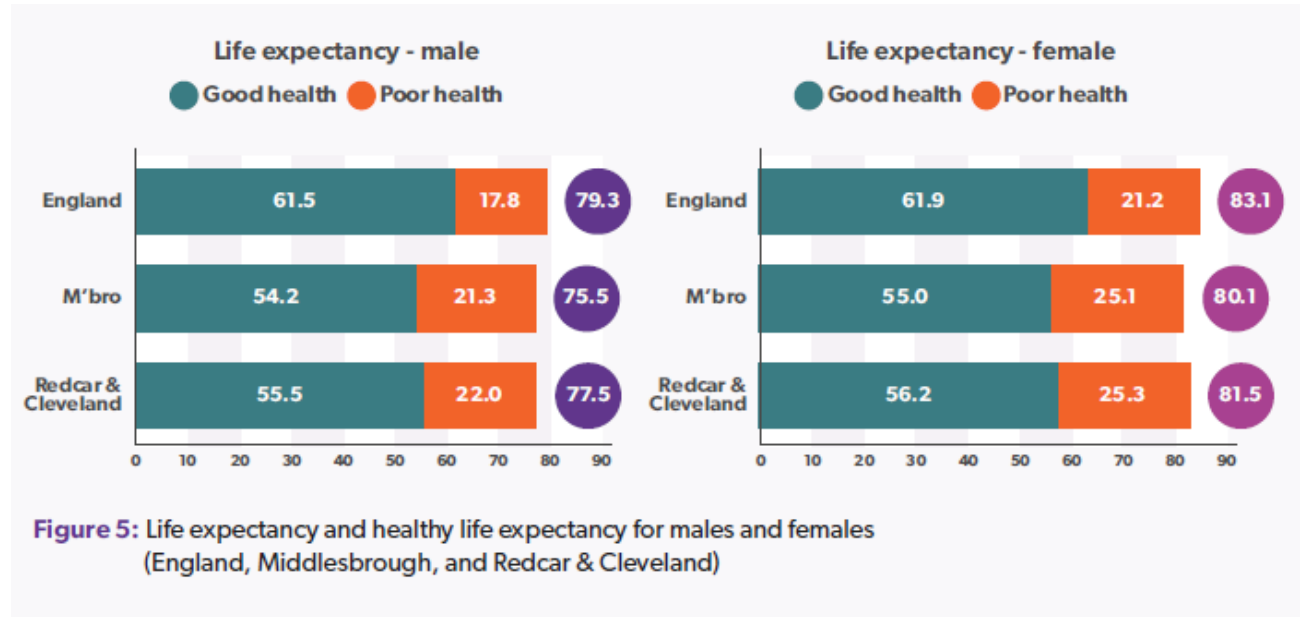
DEPRIVATION & EMPLOYMENT

	MIDDLESBROUGH	REDCAR & CLEVELAND
Deprivation rank nationally³	2nd/296	37th/317
Live in most deprived 10%³	50%	25%
Child poverty⁴	40%	30%
Older people poverty³	26%	21%



Life expectancy in South Tees

- Not only do people in South Tees live shorter lives than the national average, but they also spend more of their years living in poor health.



- Improving healthy life expectancy requires a strong focus on prevention across the life course - reducing smoking, obesity, and alcohol harm, and addressing wider determinants such as housing, education, and employment.

Risk factors – smoking and obesity

In South Tees approximately 480 people die each year from causes associated with smoking that could have been preventable.

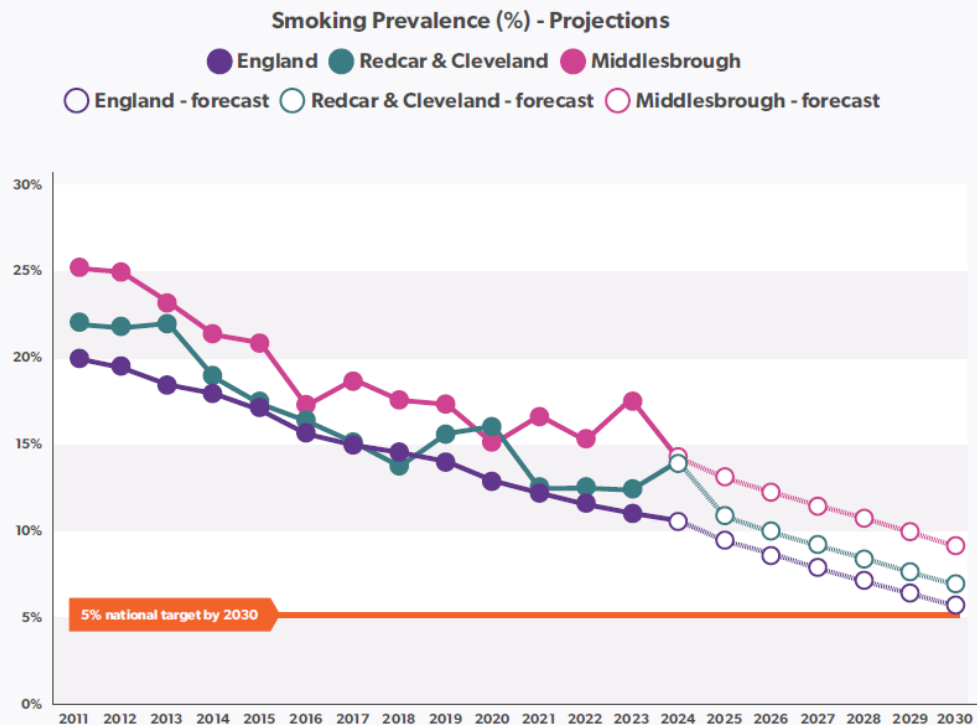


Figure 11: Smoking prevalence (%) projections (England, Middlesbrough, and Redcar & Cleveland)

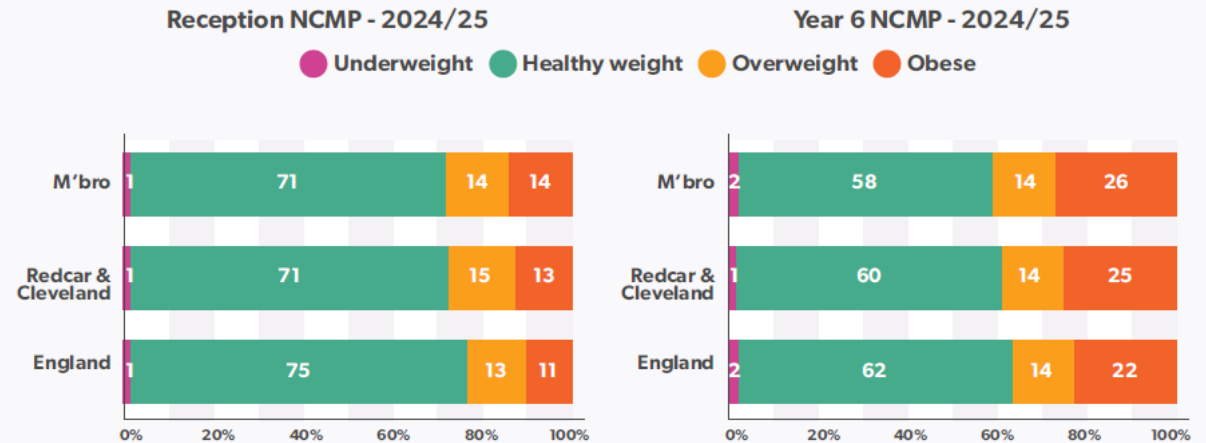
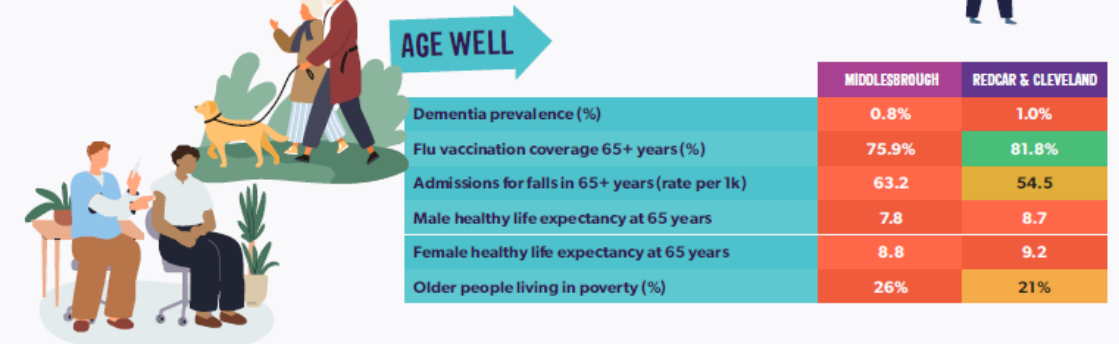
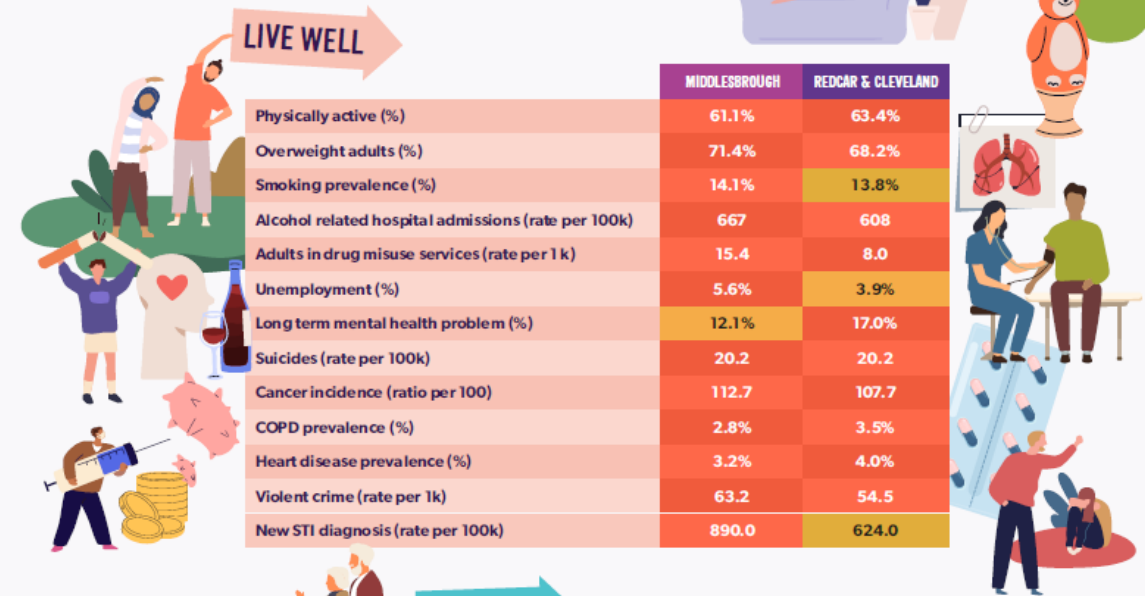
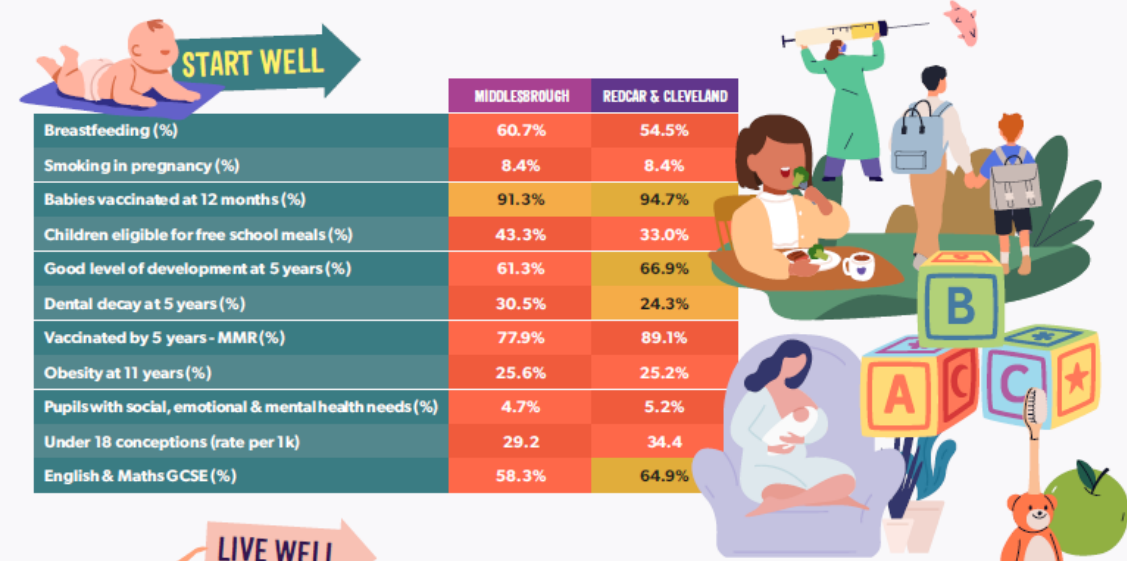


Figure 13: Weight categories for Reception and Year 6 Children - 2024/25 (England, Middlesbrough and Redcar & Cleveland)
Source: National Childhood Measurement Programme (NCMP)

- Obesity remains one of the most complex public health challenges in England and is a key driver of health inequalities across the life course.
- Obesity rates in South Tees are consistently higher than the national average.

Journey through the life course in South Tees

- Many of the indicators show significantly worse rates compared to England.
- Understanding these inequalities helps us to improve our focus to make sure our residents have the best start in life, live well and age well.
- Taking a life course approach to prevention considers the wider determinants that contribute to health and considers the factors people are born into, live in and work.



Health Behaviours



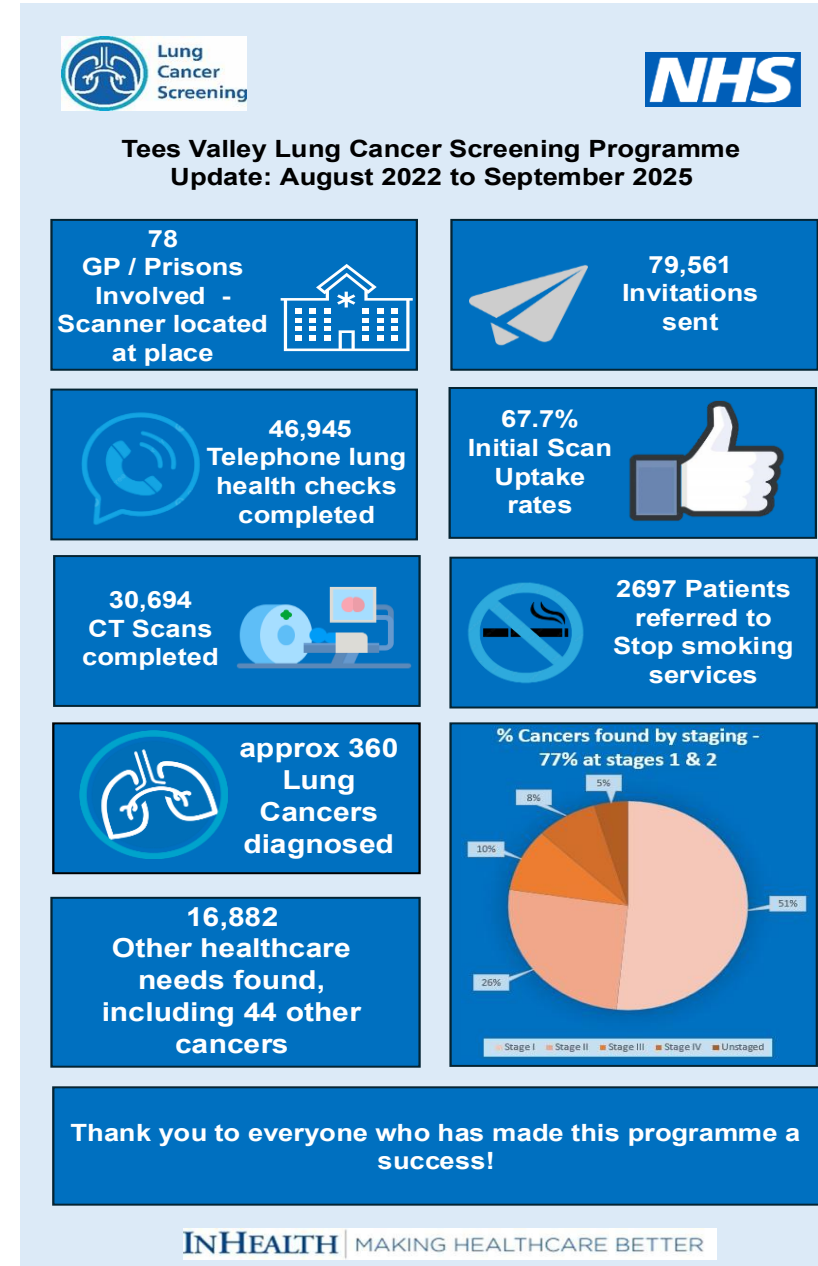
// Supporting people and communities to build better health by reducing the levels of smoking, harmful alcohol use, physical inactivity and poor diet and obesity will reduce the levels of poor health across South Tees. //

Case Studies

- ❖ Smoking: Reducing the number of babies born to smoke free homes
- ❖ Obesity: Eat Well South Tees
- ❖ Alcohol misuse: The co-ordinated approach between Recovery Connections, Recovery Solutions, the Blue Light Caseworker, healthcare and social services to support clients with complex alcohol dependency
- ❖ Physical activity: Embedding physical activity in the HAF Programme

Prevention in the NHS

- NHS partners mainly contributes to **secondary and tertiary prevention**, while working in partnership with local authorities, social care, and other system partners.
- Highlights the importance of addressing **wider determinants of health** and the NHS acting as an **anchor institution** to influence poverty, housing, and employment.
- Focus on **early detection** through health screenings and clinical prevention pathways (e.g., cancer screening, CVD risk detection).
- Aligns with South Tees Health & Wellbeing Strategy and JSNA targets to reduce preventable deaths and improve cardiovascular health.



Case Study

- Lung Cancer Screening Programme

Prevention in Local Authorities – Adult Social Care

- Social care continues to face challenges –
 - Tighter local budgets
 - An ageing population with increased care needs
 - Workforce shortages
 - Cost of living pressures
- Prevention helps in the long-term to manage these pressures and minimise or delay significant care costs.
- *Prevent, Reduce, Delay* – the Adult Social Care framework for prevention

Case Study

Ethel's Story
Meadowgate Intermediate Care Centre
(Redcar & Cleveland) – Supporting recovery,
restoring independence



Wider Determinants of Health

- Highlights how health is shaped by living conditions and environments.
- Explains the role of community design in preventing illness and promoting wellbeing.
- Shows how planning decisions affect housing, transport, green spaces, and air quality.
- Emphasizes planning as a key tool for reducing health inequalities.

Case Study

Creating Active & Healthy Places. Embedding physical activity into planning policy across South Tees

- Recruited Creating Active & Healthy Places Lead
- Focus on fostering public health spatial planning collaboration, embedding physical activity into local plan policy whilst providing capacity to apply a health and wellbeing lens to all policies
- Developed award level HIA screening process based on health, MD and open space deprivation



Working with Communities



- Highlights the need to work closely with vulnerable communities to understand local needs and barriers.
- Explains the community resilience approach, creating links where people live, work, and socialise.
- Shows commitment to partnership through the Health and Wellbeing Strategy and collaboration with VCS partners.
- Emphasises co-creating solutions with communities to build trust, empower individuals, and ensure sustainable prevention.

Case Study

Blood Pressure Testing in Communities

- Working with communities to encourage BP case finding in community settings
- Providing mobile BP kiosks and monitors, training community members to take readings/advise next steps/lifestyle
- Targeting at risk groups in faith centres, hubs and events with hundreds of checks being completed



Research-led Prevention

Outlines prevention-focused research the Health Determinants Research Collaboration are exploring and supporting:

- Reduce the prevalence of the leading risk factors for ill health and premature mortality
- Find more diseases and ill health earlier and promote clinical prevention and pathways across the system



Recommendations

Smoking

- To achieve the 5% smoking prevalence ambition by 2030, continued investment in the South Tees system wide smoking cessation infrastructure is essential. Strengthening and sustaining our partnership pathways will be critical to ensuring effective identification and targeted support for priority groups across our communities.

Alcohol

- To improve the early identification of harmful drinking and develop a targeted prevention and harm-reduction campaign for South Tees.

Physical Activity

- To embed and broaden physical activity offers in care homes and schools, whilst sustaining the collaborative, system-wide physical activity principles established through the You've Got This programme.

Obesity

- Embed the Healthy Weight Declaration into core South Tees policy and governance so that creating healthier environments becomes a shared, system-wide responsibility across all departments and partners.

Recommendations

Health and Social Care

- Strengthen joint working between Public Health and Adult Social Care by improving connections across teams and sharing public health intelligence to support joint approaches for identifying emerging needs.
- Embed a population health, prevention, and health equity lens across clinical pathways with the aim of reducing health inequalities in access, experience, and outcomes.
- Poverty-proofing our public services by ensuring that services are fully accessible and responsive to the needs of low-income households.

Wider determinants

- Strengthen a 'Health in All Policies' approach across the council by identifying priority policies for review, and work with wider stakeholders to embed preventative and inequalities-focused approaches into work programmes and plans, aligning with the Marmot principles and our socio-economic duties.
- Lived experience – working with our communities and building on existing insights to understand poverty in South Tees, and to design and co-deliver interventions that ensure policies are effective and meaningful.

Recommendations

Communities

- Build community capacity for prevention and embed prevention approaches within key communities to address health inequalities.

System wide

- In our role as anchor organisations, we will work to address the drivers of poverty within South Tees by targeting employment opportunities towards residents in our most deprived wards and ensuring the delivery of social value across all our contracts.
- Develop and implement a Prevention Framework for South Tees to support system partners to embed prevention within their organisations and services, through a shared understanding of prevention, an agreed set of principles, and the use of evidenced based tools.

HDRC

- Partners to pledge to progress and support prevention focused research to improve outcomes for residents in South Tees.

Conclusion

- The report makes the case for prevention across our local health and care system, to help South Tees realise its ambition to be a place where everyone starts well, lives well and ages well
- Emphasis on the role of strong and effective partnership working plays in delivering prevention at all levels
- Our case studies highlight areas of good practice, while our recommendations set out how we continue to deliver and strengthen preventative approaches to improve the health and wellbeing of our communities



Thank you

