

<b>MIDDLESBROUGH COUNCIL</b>	
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<b>Report of:</b>	Director of Public Health South Tees, Mark Adams
<b>Relevant Executive Member:</b>	Executive Member for Public Health, Cllr Jan Ryles
<b>Submitted to:</b>	Executive
<b>Date:</b>	6 May 2026
<b>Title:</b>	Director of Public Health Annual Report 2026
<b>Report for:</b>	Information
<b>Status:</b>	Public
<b>Council Plan priority:</b>	A healthy place
<b>Key decision:</b>	No
<b>Why:</b>	Report is for information only
<b>Subject to call in?</b>	Not Applicable
<b>Why:</b>	Not Applicable
<b>Proposed decision(s)</b>	
N/A – Information only	

<b>Executive summary</b>	
<p>The Director of Public Health Annual Report explains how we work together to improve the health and wellbeing of our communities.</p> <p>The 2026 report focuses on preventing ill health across South Tees. Many people here live shorter and less healthy lives, often because of conditions that could have been prevented. The report explains why prevention matters. It helps people stay well, reduces pressure on local services, and supports efforts to reduce long standing inequalities.</p> <p>The report also describes the four levels of prevention and the need to act early. It shows how wider factors (such as good housing, education, income, jobs, and safe, well-designed places) shape people’s health.</p> <p>Prevention works best when organisations work together. The NHS, local councils, charities, voluntary groups, and local communities all play an important part.</p>	

South Tees still faces major health challenges. The area has high levels of deprivation and lower life expectancy than the national average. There are big differences in health between neighbourhoods. Many residents spend years in poor health due to smoking, obesity, alcohol harm, and lack of physical activity. Case studies in the report show how local programmes (such as reducing smoking in pregnancy, community immunisation work, and Eat Well South Tees) are helping to improve health.

The report reinforces that prevention is a collective responsibility. It shares examples from the NHS, including cancer screening and heart health checks. It also highlights prevention work in Adult Social Care, such as early help and intermediate care. Other key factors include transport, planning, green spaces, and support for children in their early years. Community involvement is vital. For example, community blood pressure checks help reach people who may not use traditional services.

The report also explains the role of the Health Determinants Research Collaboration (HDRC), which strengthens local evidence and helps guide future decisions.

The report ends with recommendations for improving prevention across the whole system. A key recommendation is to work together to design a South Tees prevention framework. This will support joint action and help all residents to Start Well, Live Well and Age Well.

- 1. Purpose of this report and its contribution to the achievement of the Council Plan ambitions**
- 1.1 Set out the Director of Public Health's (DPH) strategic focus on Ill Health Prevention, explaining why prevention is essential for improving population health, reducing inequalities, and supporting the long-term sustainability of essential services.
- 1.2 Provide senior leaders and elected members with an overview of the key prevention challenges and opportunities across South Tees, highlighting where coordinated action is needed.
- 1.3 Strengthen collective responsibility for prevention across the Council, ensuring that preventative approaches are embedded within strategic planning and operations, including through honouring existing service level agreements (SLAs).
- 1.4 Promote consistent, system wide collaboration with partners, supporting a shared approach to improving outcomes.
- 1.5 The below table sets out how the report and recommendations will support delivery of Council ambitions in alignment with the corporate plan.

<b>Our ambitions</b>	<b>Summary of how this report will support delivery of these ambitions and the underpinning aims</b>
<b>A successful and ambitious town</b>	The report and recommendations look to enable a healthier, more productive population – enabling better participation in education, work and community life.
<b>A healthy Place</b>	The report and recommendations directly address health inequalities, promoting early intervention and prevention and encourages healthier environments, improving access to services and reducing poverty by supporting residents to stay healthy, active and able to work and study.
<b>Safe and resilient communities</b>	Prioritising prevention can help residents remain healthier and independent for longer, reduces crisis demand and supports stronger community resilience.
<b>Delivering best value</b>	Prioritising prevention reduces future costs to essential services and the wider health and social care system.

## 2. Recommendations

### 2.1 That Executive:

- i. NOTE the Director of Public Health Annual Report 2026 (as the report is information only).
- ii. NOTE the Council’s shared responsibility in preventing ill health. It depends on joint working across the Council and with our partners. This includes the service level agreements (SLAs) between Public Health and Directorates to promote and support working together effectively.

2.2 Building on this approach, the Report has a series of recommendations each with an ill-health prevention focus. These aim to enhance the work we are already doing and support an ambitious strategic direction going forward. These recommendations will be monitored and reviewed over the next year, incorporated into relevant programme actions plans, and progressed as collaborative commitments with key partners.

2.3 The recommendations of the Director of Public Health Annual Report are as below:

<b>Topic</b>	<b>Recommendation</b>
<b>Smoking</b>	1. 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.

<b>Topic</b>	<b>Recommendation</b>
<b>Alcohol</b>	2. To improve the early identification of harmful drinking and develop a targeted prevention and harm-reduction campaign for South Tees.
<b>Physical Activity</b>	3. 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.
<b>Obesity</b>	4. 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.
<b>Health and Social Care</b>	<p>5. 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.</p> <p>6. Embed a population health, prevention, and health equity lens across clinical pathways with the aim of reducing health inequalities in access, experience, and outcomes.</p> <p>7. Poverty proofing our public services by ensuring that services are fully accessible and responsive to the needs of low-income households.</p>
<b>Wider Determinants</b>	<p>8. 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.</p> <p>9. 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.</p>
<b>Communities</b>	10. Build community capacity for prevention and embed prevention approaches within key communities to address health inequalities.
<b>System Wide</b>	11. 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.

Topic	Recommendation
	12. 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.
<b>HDRC</b>	13. Partners to pledge to progress and support prevention focused research to improve outcomes for residents in South Tees.

### 3. Rationale for the recommended decision(s)

- 3.1 The report provides insight into local health needs and current work programmes, noting its contents ensures Executive is informed of the key issues and priorities for preventing ill health.
- 3.2 Endorsing the recommendations strengthens our shared, system-wide commitment to preventing ill health, supporting co-ordinated action across Public Health, the wider Council and with partners to improve outcomes for residents.

### 4. Other potential alternative(s) and why these have not been recommended

- 4.1 No alternative options have been considered as the Annual Report is a statutory requirement and is for information only. It is not subject to amendment or approval.

### 5. Impact(s) of the recommended decision(s)

Topic	Impact
Financial (including Social Value)	There are no specific financial consequences arising from this report.
Procurement	There are no specific consequences arising from this report.
Legal	The Director of Public Health Annual Report is a professional and statutory requirement. It gives an independent and factual assessment of the health of the local population, based on recognised public health evidence. The report fulfils this duty and there are no legal implications, and no further legal considerations are required.
Risk	There is a risk that if we do not act on these recommendations, we would limit our ability to reduce preventable ill health, slow progress in tackling health inequalities and miss opportunities to reduce pressure/
Human Rights, Public Sector Equality Duty	There are no specific consequences arising from this report. An equality impact assessment will be completed for the recommendations and the implementation of these.

and Community Cohesion	
Reducing Poverty	The report and the subsequent recommendations aim to support reduction of poverty by targeting the underlying factors that link poor health with financial hardship – i.e. strengthening early intervention and making services more accessible to low-income households. This approach supports people to stay healthier for longer, reduces avoidable health-related costs and improves opportunities to help break the cycle between ill health and poverty.
Climate Change / Environmental	There are no specific consequences arising from this report.
Children and Young People Cared for by the Authority and Care Leavers	There are no specific consequences arising from this report.
Data Protection	There are no specific consequences arising from this report.

### Actions to be taken to implement the recommended decision(s)

Action	Responsible Officer	Deadline
Endorse and support the recommendations, including ongoing joint working, delivery of SLAs, and incorporate actions into relevant programme plans.	Executive	April 2027

### Appendices

1	Director of Public Health Annual Report 2026
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### Background papers

Body	Report title	Date
None	N/A	N/A

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