

DIRECTOR OF
PUBLIC HEALTH
REPORT FOR
SHEFFIELD
2014

Climate Change and Health

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THE BIGGEST PUBLIC HEALTH CHALLENGE.



1 Introduction

Why climate change is the biggest public health challenge of the 21st century.

Climate change is the defining public health issue of this century. In this report I hope to show you why, how it may affect Sheffield, and what we can do, and already are doing about it.

In the medium to long term, climate change is significantly more threatening to public health than any of the other problems we spend our time dealing with. Although smoking, physical inactivity, alcohol and so on are all major public health issues that we have to address, they are not universal in their impact, and they do not threaten the fundamentals of human society. We quite rightly spend a lot of time and energy seeking to ensure the Best Start for our children, and ensuring they are safe, but if we do not tackle climate change effectively, their future will be very bleak. There are however links between present public health problems and the kind of steps we have to take to tackle climate change. Many of the things we need to do to reduce greenhouse gas emissions will benefit our health in the short term, too. We describe some of those things.

Climate change is caused by global warming, which in turn is caused by the accumulation of greenhouse gases in the atmosphere. Chief amongst these is carbon dioxide (CO₂) released by the burning of fossil fuels, but other gases also contribute. Average global temperatures have risen by about 0.5 degrees centigrade (°C) in the last 50 years, and by 0.8°C from pre-industrial times. Each of the last three decades has been hotter than the previous one, by about 0.2°C. The Intergovernmental Panel on Climate Change (IPCC) says it is virtually certain that human influence has warmed the global

climate system, and extremely likely that more than half of the observed increase in global temperature is related to human activity. Global warming changes the climate in a number of different ways. As well as increasing average temperatures, it increases the frequency and severity of heatwaves. Warmer air carries more water vapour, so global warming increases rainfall, particularly in storms. Storms contain more energy and so are more intense, as well as being more frequent. In addition global warming is causing melting of the permafrost,

glaciers and arctic sea ice, all of which have the effect of further increasing the warming of the planet. The sea level is rising, and the sea itself becoming more acidic. This is a real problem when fish feed so much of the world.

Figure 1: Difference in average July daily maximum temperatures from 1953, Sheffield



<http://www.metoffice.gov.uk/climatechange/science/monitoring>

All of these changes are happening already. What happens in future depends primarily on the trajectory of global greenhouse gas emissions, but also changes in agriculture, diet, land use, and population growth. The development and use of carbon capture and storage may also play a part. But first we need to recognise that because carbon dioxide is a very long lived atmospheric pollutant, we are already committed to significant further global warming based simply on the amount already in the atmosphere.

The Intergovernmental Panel on Climate Change has described four different scenarios for different trajectories of greenhouse gas emissions up to the year 2100. The best case scenario assumes a radical reduction of emissions starting almost immediately, which leads to a slow rate of temperature increase that levels off at about 1 degree increase over current levels by the middle of this century. By contrast, in the worst case scenario, unabated greenhouse gas emissions, average temperatures will rise by 2 degrees by the middle of the century and nearly 4 degrees by the end. A summer like that of 2003 would be a cool one.

What does all of this mean for health? This report outlines briefly how climate change can threaten the health of our population. All of the key social determinants of health – food, water, shelter, even the normal function of human society – are threatened by climate change. How bad the effects will be will depend on how much global warming happens, which in turn depends primarily on how effectively we can collectively control greenhouse gas emissions. How we do this is the most important challenge facing human civilisation.

UNFORTUNATELY AT THE MOMENT GLOBAL CARBON DIOXIDE EMISSIONS ARE INCREASING.

Figure 2: The Long Range Weather Forecast for Sheffield

- ▶ Hotter, drier summers
- ▶ Milder, wetter winters
- ▶ More frequent extreme high temperatures
- ▶ Decrease in annual rainfall
- ▶ More frequent heavy downpours
- ▶ Lower summer soil moisture content
- ▶ Greater number of days when temperatures above 5°C leading to longer growing / breeding season
- ▶ Higher wind speeds during storms
- ▶ Reduced cloud cover leading to increased bright sunshine
- ▶ Cooler and wetter in the west of Sheffield.
- ▶ Higher temperatures and lower rainfall in the east of Sheffield

Sheffield Local Climate Impacts Profile (Weston Park data) and the South Yorkshire Weather Trends report (UKCP09 data)

If, globally, we achieve the rapid reduction in greenhouse gas emissions necessary for the IPCC's best case scenario, the public health consequences of climate change will still be significant, but manageable. On the other hand if we continue with business as usual, leading to a four degree centigrade increase in global temperatures, the public health consequences could well be catastrophic. The Lancet has recently warned that it would lead to a "discontinuity in the long term progression of humanity". In other words, a breakdown of society, and the loss of what humankind has built up over centuries to make life worth living.

Unfortunately at the moment global carbon dioxide emissions are increasing. Burning more than a quarter of known fossil fuel reserves would release enough CO2 to put the world on a trajectory to over 4 degrees of warming. It is therefore perhaps not surprising that the World Health Organisation (WHO) Director General Margaret Chan has stated that climate change is the greatest threat to public health and the defining issue of the 21st century. She is supported in this conclusion by both the Lancet and the British Medical Journal, which now states that the WHO should declare a public health emergency.

THERE ARE MANY THINGS WE CAN DO THAT WOULD BE BENEFICIAL TO HEALTH AND TO THE CLIMATE.



However there are signs that increasing numbers of people are recognising the dangerous position we are in, and exploring ways in which a global economy has to change. This includes the establishment of the 'Green Commission' here in Sheffield. In addition there are many things that we can do, and are already doing, that would be beneficial both to health and to the climate.

On the 16 September 1948, Aneurin Bevan, the founder of the NHS, said in a speech to the Society of Medical Officers of Health (the forerunners of Directors of Public Health) that they should be "like some watcher of the skies – for portents, not merely of epidemic

Jeremy Wight
Director of Public Health



Acknowledgements

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Jeremy Wight
Director of Public Health
October 2014

2 The impact of climate change: how will a changing climate affect health in Sheffield?

Section 2 of this report looks at how the changing climate affects peoples' health. Heatwaves, storms & floods, and extreme cold weather each have a direct impact on a population's morbidity and mortality. At the same time, climate change affects food production and water supply and thereby has an indirect impact on health, through the availability of food and water and the spread of disease. This section goes on to discuss the global impacts of climate change, showing how breakdown in local infrastructure in one part of the world has social and demographic consequences elsewhere.

2.1 Direct health effects of climate change and global warming

Stephen Morton and Angie Bone, Public Health England

The potential impacts of climate change have been well summarised by the Intergovernmental Panel on Climate Change. In the House of Commons, the Energy and Climate Change Committee concluded 'there is no reason to doubt the credibility of the science or the integrity of the scientists involved'. The UK Climate Change Risk Assessment (2012) concluded that the most significant risks to health in the UK are likely

to be from increased summer temperatures and overheating in buildings, and flooding.

Heatwaves

The prolonged high temperatures in August 2003 caused 2000 excess deaths in England, with elderly people with chronic heart and lung disease being most at risk. Projections indicate that heat-related deaths may increase to 7000 per year by 2050.

Overheating in buildings is thought to be an important factor in heat-related illness and death. Purpose-built or top floor flats and terraced houses are most at risk, particularly un-insulated loft conversions

in pre-1919 properties, and flats built after the 1960s. In the relatively cool summer of 2007, 21% of bedrooms were found to be overheated. Overheating in hospitals is also a significant concern, with one study suggesting that 90% of wards are prone to overheating.

During heatwaves there can be considerable temperature variation, especially within urban areas. Urban heat islands are caused when natural surfaces (vegetation and soil) are replaced by built surfaces consisting of non-reflective and water resistant construction materials. This leads to higher daytime temperatures, and night time temperatures not falling.

Sheffield has some protection from this because of the large amount of green space within the City boundaries.

Floods and storms

Direct deaths and injuries occur in Britain from floods and storms; mainly from drowning, or being crushed by falling trees and masonry, but the biggest health impacts are due to the disruption and distress caused by these events. During the summer storms of 2007, two people in South Yorkshire were drowned, many hundreds were rescued by boat or helicopter, and 700 people, who lived near the Ulley reservoir, were evacuated. A report on the

psychological impact of the 2007 floods found that 'the prevalence of all mental health symptoms was significantly higher among individuals who reported flood water in the home'. Symptoms of psychological distress, anxiety, depression, and post-traumatic stress disorder were greater among the unemployed and elderly.

Sheffield's topography means that severe rain in the Peak District is channelled downstream into water courses constrained by over a century of building and development. Some of this burden can be mitigated by sustainable urban drainage systems.

Severe cold weather
Whilst severely cold weather is likely to become less frequent we may still experience very cold winters. Winter morbidity and mortality are predicted to remain a problem. Excess winter deaths can be expressed as the number of extra deaths that occur in the winter compared to the non-winter months, expressed as a percentage. The majority of these deaths are from cardiovascular, respiratory diseases, and dementia. The number may be exacerbated by poor air quality. Around 30% of excess winter deaths may be attributed to living in a cold home. Fuel poverty is certainly an important

BIGGEST RISKS ARE OVERHEATING AND FLOODING.



SHEFFIELD HAS A HIGHER LEVEL OF FUEL POVERTY THAN THE ENGLAND AVERAGE.

contributor to this, but other factors such as occupant attitudes, behaviour and ability to operate heating also play an important role. Sheffield has higher levels of fuel poverty (measured as the 'low income - high cost' (LIHC) indicator – the percentage of households that have high fuel costs and low incomes) than the England average, but lower levels than many other core cities (Figure 3). We have lower levels of excess winter deaths than the England average, and the lowest of all the Core Cities.

Win-win opportunities in adaptation for climate change
There are a number of strategies to reduce the direct effects of climate change that would have potentially wider public health benefits.

- The planting of more trees and shrubs in the City could be part of sustainable urban drainage systems and reduce heat island effects. They can also attract wildlife and contribute to recreational green space, thus benefiting physical and mental health.
- Schemes to improve energy efficiency can reduce fuel poverty in low income households, reduce the harmful health effects of cold homes, and also reduce the emission of greenhouse gases. Insulation is also important in protecting against heat, as long as ventilation is also considered.
- Good neighbour schemes can reduce the risks of isolated and elderly or disabled people from cold related illnesses and also improve social capital in an area. Indeed asset based community development is potentially a very useful tool for improving sustainability and tackling the risks of climate change.

Figure 3:

Three year all age excess winter death index and fuel poverty indicators

City	3 year EWDI 2009-2012 (all age)	Fuel poverty LIHC indicator (2012)
Sheffield	12.7 (9.0 - 16.6)	11.3 (11.2 - 11.4)
Nottingham	15.1 (9.6 - 20.9)	18.4 (18.1 - 18.6)
Birmingham	15.6 (12.7 - 18.7)	20.1 (20.0 - 20.3)
Newcastle	15.7 (10.3 - 21.3)	13.4 (13.2 - 13.6)
Bristol	16.0 (11.3 - 20.8)	11.1 (10.9 - 11.2)
Manchester	16.2 (11.7 - 20.9)	15.9 (15.7 - 16.0)
Leeds	16.5 (13.1 - 19.9)	11.6 (11.5 - 11.7)
Liverpool	16.8 (12.7 - 21.0)	14.4 (14.3 - 14.6)
England	16.5 (16 - 16.9)	10.4 (10.4 - 10.4)

Source: Public Health Outcomes Framework online tool <http://www.phoutcomes.info/>

THERE ARE A NUMBER OF STRATEGIES TO REDUCE THE DIRECT EFFECTS OF CLIMATE CHANGE.

Food and water supply
Food security involves producing enough food globally and getting the produce to those who need it at an affordable price. Because only about half of our food is produced in this country, we are reliant on global food markets. Crop production is vulnerable to the extreme weather associated with climate change. Drier spells increase demand for irrigation, which places a strain on water supplies, so a significant shortfall in water supply for farming in the UK is predicted by the 2020s. Conversely heavy rain or floods may damage crops and cause soil erosion, leading to poorer soil quality and reduced yields. Climate change is likely to increase the spread of existing and emerging crop pests. Livestock will probably benefit from milder winters but could be harmed by hotter summers. Fish stocks will fall as a result of ocean acidification. The UK relies heavily on overseas markets both for food for human consumption as well as animal feedstuffs, in particular soybean protein. Extreme weather events, such as drought, storms and floods elsewhere are likely to impact on food security in the UK by reducing yields and by disrupting the infrastructure needed to harvest, process and transport food.

Scarcity of food globally will drive up food prices in the UK. This is likely to particularly affect low income families, the elderly and those whose health is already poor. Costs of other commodities that are largely imported, including energy, are also likely to rise and again will place a disproportionate burden on vulnerable people. The IPCC Working Group 2 stated that temperature increases of more than 2°C are projected to lead to a decline in production of major crops, at a time of increasing global demand. There is also increased likelihood of year on year variability. Global temperature increases of more than 4°C would pose large risks to food security globally and regionally. Freshwater supplies will also be threatened, through drought, contamination of water supplies by flooding, or the drying up of melt waters when the glaciers disappear.

For example Cryptosporidiosis and Vero cytotoxin-producing Escherichia Coli (VTEC), have shown them to be linked to heavy rainfall. Flooding may also cause rodents to be displaced from their normal habitats, and lead to a greater likelihood of disease transmission to humans. Increased incidence of Leptospirosis has been associated with episodes of flooding. Disease causing organisms can also contaminate recreational water and people can become infected whilst swimming or taking part in water sports. Conversely periods of drought reduce the amount of water in river and lake systems available to dilute the concentration of pathogens, and this has also been shown to be associated with disease outbreaks. Warmer houses and warmer water, combined with increased use of air conditioning or other cooling equipment, is likely to cause an increase in cases of Legionnaire's disease.

Water-borne disease

The risks of water-borne diseases are strongly affected by flooding and warmer temperatures. Heavy rain and water run-off can wash pathogens into water courses, or overwhelm sewerage systems, leading to contamination of water supplies. Studies of outbreaks in the UK due to water-borne diseases,

Food-borne infections
Many of the infectious organisms that cause illness in humans, for example Salmonella, thrive in warm water and weather. Warmer temperatures lead to faster replication so that the threshold of numbers required to cause infection is reached more quickly.

THE WORST EFFECTS OF CLIMATE CHANGE WILL BE EXPERIENCED BY COMMUNITIES THAT ARE THE POOREST.

Warmer weather and milder winters will encourage flies and other pests to multiply, which can also affect food safety by spreading disease. Warmer, wetter weather increases the reproductive potential of rats and other rodents, leading to increased risk of disease transmission to humans.

Insect-borne disease

Other infectious diseases are caused by arthropods, such as mosquitoes and ticks, carrying and transmitting disease through their bites. One such disease is Lyme disease, which is normally associated with mild flu-like symptoms but can also affect the nervous system. Around 2,000 to 3,000 cases of Lyme disease occur in the UK per year, and the number of cases is rising both here and in Europe.

There is evidence that climate change is changing the distribution of diseases, and may make the UK more suitable for the establishment of tick populations, or new arthropods, as they are carried by animals and birds from other countries. It may also allow the re-introduction of mosquito borne illness.

Tricks are found in woodlands, grassland, moorland, heathland but also some urban parks and gardens. This may be an increasing concern in Sheffield because of its proximity to the Peak District

and its many green spaces. Flood alleviation schemes and adaptation measures such as the establishment of wetlands, will also alter the distribution and abundance of mosquitoes and ticks, and this may increase the incidence of associated diseases already present in the UK.

2.3 Social and demographic impacts of climate change

David McCoy, Queen Mary University London

Climate change and the related effects of greenhouse gas emissions (GHG) are truly global phenomena. It is an issue that connects and binds all peoples and all nations.

People in the UK are connected to all who suffer the effects of climate change because of our contribution to global warming, both in the past and now. The way we eat, travel, commute, relax, shop, cook, bathe and warm ourselves is generally done in a way that far exceeds our 'fair share' of the earth's capacity to absorb GHG emissions without causing catastrophic global warming.

The IPCC's second Working Group (IPCC-WG2) recent report on the current and projected impacts of climate change describes how most of the worst

effects of climate change will be experienced by countries and communities that are poorest, and which have made the least contribution to global warming.

The impacts of climate change will vary across regions and will depend on many factors, including what are called 'non-climate stressors' (things that will aggravate the effects of climate change including continued deforestation, rapid population growth and war), as well as the extent to which societies are able to mitigate or adapt. Of particular note in the latest IPCC-WG2 report was its emphasis on the potential for climate change to precipitate systemic crises and wholesale social disruption, including large-scale migration as well as conflict (between countries or within countries).

Among the 'key risks' (defined as risks with potentially severe or irreversible adverse consequences, or risks for which there is limited potential to avert through adaptation or mitigation) identified by IPCC-WG2 were extreme weather events leading to breakdown of infrastructure networks and critical services such as electricity, water supply, and health and emergency services; and the breakdown of food and water systems. Some places will become uninhabitable or prone to emergencies and disasters, undermining livelihoods and

SHEFFIELD IS PROUD TO BE A CITY OF SANCTUARY THAT WELCOMES REFUGEES AND ASYLUM SEEKERS.



breaking down social solidarity. Although the future cannot be predicted with certainty, there is a sound, scientific basis for highlighting the potential of climate change to lead to significant chaos, violence and suffering. One example of the potential for climate change to do this is the link that has already been made between drought in Eastern Europe and the subsequent reduction in the Russian grain harvest in 2010. The rise in wheat and hence bread prices that followed are thought to have helped precipitate the 'Arab Spring', and the subsequent political instability in the region. This in turn aggravated existing tensions and conflicts, including

the armed conflict that now engulfs Syria and Iraq – a situation which will ultimately affect the security and wellbeing of people in Britain, and Sheffield.

Europe will itself experience the direct effects of climate change and global warming but it will also be affected by the effects of climate change elsewhere. Drought, extreme heat and social disruption will affect the production of basic commodities on which we all depend. New wars over scarce resources will contribute to further global warming and ecological degradation, which will affect our single and shared global weather system. War is not only harmful locally where

it is occurring, but also further afield. Mass migration, including of refugees, will inevitably place greater social pressures on countries in Western Europe.

Sheffield is proud to be a City of Sanctuary that welcomes refugees and asylum seekers. It cares for the health of new arrivals to the City, which is sometimes made worse by the journeys they have endured, though it is aware that this can place a strain on our services. Climate change will cause more civil conflict and war, and more displacement of peoples and mass migration. Whether we're living in Sheffield or Shanghai, Doncaster or Dacca, we share one world.

3 What should we be doing about it?

Section 3 of this report draws attention to the actions we can take to mitigate, or adapt to, the impact of climate change. In addition to reducing greenhouse gas emissions, these actions also benefit our health. They include: promoting more active forms of travel; reducing our consumption of meat; making sure our homes are heated appropriately; and developing social capital in communities. The importance of underpinning plans to implement a sustainable carbon reduction policy and to prepare for extreme weather events is discussed. Finally, the section notes the contribution which urban design can make to improving the climate and our health.

3.6 Adaptation or mitigation?

David Pencheon, NHS Sustainable Development Unit

The first part of this report has described the damage that climate change could do to health and wellbeing if we continue business as usual. We now turn to the solutions. Five principles underpin the necessary actions.

1. The scale of the challenge is immense. Instead of wasting time deciding if we should take one action or another, we should understand how to do all of those actions we know to be effective.
2. The actions are only likely to be effective if they are based on well-coordinated collaboration between health and care sectors, Health and Wellbeing Boards, and local communities.

3. The public sector needs to set an example in how to improve the quality of services in sustainable ways by taking very visible and practical actions.
4. Many of the actions that help both adapt to and mitigate climate change also offer immediate health benefits.
5. We do not have much time left, so we should not wait for yet more evidence before we start actions now.

Adaptation must not compromise mitigation. For instance, universal air conditioning to deal with overheated homes would increase carbon emissions, and we do not need it, but we do need almost universal passive warming and cooling of our buildings. We must manage natural water supplies in a way that provides water every day, but avoids flooding and droughts. We must develop

strong local communities which are good places to live and work, but are also resilient in times of stress and crisis.

The following sections of this report give examples of the actions that we must take now - where actions have additional and almost immediate benefits: "co-benefits". Making the right choices about how we feed ourselves, and how we move about, can improve health now, and also mitigate climate change in the longer term. For instance, local government and the NHS together can actively stimulate a local food economy which creates more fulfilling jobs, produces fresh, healthy and tasty food, and strengthens local social links on which our future community resilience depends. This would make our diets more healthy and enjoyable, make tasty food more accessible and affordable, and help to prevent harmful climate change.

BUSINESS AS USUAL IS NOT AN OPTION: WE NEED TO FOCUS ON THE SOLUTIONS.



PHYSICAL INACTIVITY AND OBESITY ARE ASSOCIATED WITH A RANGE OF MEDICAL CONDITIONS.

Local government and the NHS together account for the movement of many people, goods and services. Many more services can be delivered closer to home using technology better. Active travel (walking and cycling) and public transport increases physical activity and social connections, improves physical and mental health, helps people stick to a healthy weight, and reduces harmful air pollution and greenhouse gas emissions.

The remainder of this report shows how preventing the predictable, adapting to inevitable changes that have already been set in motion, and ensuring we do not continue to make the problem worse, can all create both immediate and longer term benefits.

Every city and community, in every generation, is faced with challenges that are both life threatening and life affirming. If we want to leave a fair and healthy legacy we can be proud of, then tackling climate change and embedding sustainable development at every level and in every area of our lives is that challenge now.

Adaptation consists of managing the unavoidable. Mitigation involves avoiding the unmanageable. We must do both, we must do them together, and we must do them now.

3.2 Active travel

Dawn Lockley, Duncan McIntyre and Mark Daly, Sheffield City Council

Why is this important?

Changes to the way in which we travel can reduce greenhouse gas emissions and increase physical activity, thereby reducing the burden of ill health and early death associated with these. Consequently, both health and the climate benefit.

Our over-reliance on fossil fuelled cars and buses increases both carbon emissions and non CO₂ air pollution. Exposure to air pollution, particularly of vulnerable people, increases the risk of acute and chronic diseases such as heart attacks and strokes, lung cancer and asthma. Equally, lack of physical activity, including for many people making even the shortest of journeys by car rather than walking or cycling, contributes to the rise in obesity in the City. Physical inactivity and obesity are associated with a range of medical conditions including type 2 diabetes, heart disease, strokes, certain cancers, arthritis, and poor mental health.

Promoting active travel – walking and cycling – therefore plays an important role in responding positively to climate change and improving health.

WE WANT TO MAKE IT EASIER TO BE PHYSICALLY ACTIVE.

These include hilly terrain, fears about road safety, over estimation of distances, physical effort, and the requirements for showers in workplaces. There are a number of ways in which we can encourage and support people to overcome these barriers.

Sheffield's commitment to active travel was outlined in our 2010 strategy 'A vision for excellent transport in Sheffield'. This outlined how transport would contribute to a competitive low carbon economy and a better environment, create a culture where the car would not always be the first choice, and most importantly lead to a healthier population.

In addition, the recently published 'Move More' plan sets out a 5 year framework for increasing physical activity and reducing sedentary lifestyles in Sheffield. A key aim of the Plan is to support the creation of active environments which make it easier for people to build physical activity into their daily lives. For example, the Streets Ahead project provides the City with the opportunity to build new road layouts within the existing road network, creating more cycle paths on roads and, where possible, shared walking and cycling paths. Signposting walking routes, with times taken to walk to the destination, which is often overestimated,

rather than distances, would encourage more people to walk. In response to the Department of Health's 'Get Britain Cycling' report, the Economic and Environmental Wellbeing Scrutiny and Policy Development Committee conducted a cycling inquiry earlier in the year to review the impact of cycling on the local economy, environment and health. The inquiry endorsed the aim of the Get Britain Cycling report, to increase the proportion of all local journeys undertaken by bicycle to 10% by 2025 and 25% by 2050, along with implementing a range of other measures to support an increase in cycling. This was then endorsed by Cabinet in July 2014.

Reducing speed limits on roads will also contribute to a modal shift away from car usage to more walking and cycling. Sheffield currently has seven 20 mph zones, and there is a commitment to increase this number to 108 over time. Whilst improved road safety alone justifies 20 mph limits, air pollution and traffic noise drop when speed is reduced and streets become more pleasant and attractive places. Increased use of shared public space contributes to an increase in social capital.

Recommendations

- The Council should develop and implement a programme of signposting walking routes with the time it takes to reach the destination.
- Sheffield people should consider travelling short distances on foot or by bicycle rather than by car, and sign up to 'Move More' at www.movemoresheffield.com.
- The Council should commit to increasing the number of 20 mph zones within the City as quickly as possible.

3.3 Reducing meat consumption

Jess Wilson, Sheffield City Council

Why is this important?

Meat production and associated transport is a major cause of greenhouse gas emissions, and excess meat consumption, particularly processed meat consumption, is bad for health. Changing our diet can therefore benefit both climate and health.

Current position

Global meat production is predicted to more than double between 2000 and 2050. For many people meat is now artificially cheap and plentiful due to agricultural subsidies. Once regarded as a treat, it is now a staple part of many

A DIET OF LESS MEAT AND LESS HIGHLY PROCESSED FOOD WOULD BE HEALTHY AND SUSTAINABLE.

people's diet. In 2009 meat consumption in the UK (84 kg/person) was double that of the worldwide average (42 kg/person).

Meat production is a driver of deforestation and land use change which generates greenhouse gas emissions and destroys valuable carbon sinks and wildlife habitat. It produces significantly more greenhouse gases than vegetable production. For example, producing beef releases 30 kg of CO₂ per kg, while carrots, potatoes and rice produce 0.42, 0.45 and 1.3 kg respectively. 14.5% of greenhouse gas emissions can be attributed to livestock. Beef production account for 41% of the sector's emissions.

Compared to growing crops for direct consumption, rearing animals for food uses large areas of agricultural land (30% of the world's land surface is used to feed livestock) and vast quantities of water (almost 50 times more water is needed to produce 1 kg of beef than is needed to produce 1 kg of vegetables). This creates both environmental and social justice arguments for eating less meat.

Overconsumption of meat in the west is contributing to the obesity epidemic, whilst many people in the developing world experience drought and famine that could be alleviated if more

food were grown for human direct consumption. For example the grain that is currently grown to feed livestock would be enough to feed about 840 million people following a vegetarian diet.

More than 10 times the amount of fossil fuel energy is used to produce 1 Kcal of meat based protein than is used to produce 1 Kcal of grain based protein. It is estimated that if everyone in the UK abstained from eating meat for just one day a week it would save 13 million tonnes of carbon per year – a greater saving than taking 5 million cars off the road.

A diet consisting of less meat and less highly processed food would be more healthy and sustainable. This change should incorporate eating more fruit and vegetables, less fat, salt and sugar, and eating seasonal and locally produced food. Switching to a healthier diet would lead to a reduction in cardiovascular disease, fewer cancers (especially bowel cancer) and in conjunction with being more physically active, contribute towards an overall reduction in obesity and premature mortality in the City. Overall, diet in Sheffield is poor. Only 25% of Sheffield adults eat five or more portions of fruit or vegetables a day, lower than the national average of 28%. An estimated 580 deaths in Sheffield a year

could be prevented if diets complied with national nutritional guidelines.

What can we do?

Whilst there is little evidence about how to effectively reduce meat consumption per se, the effectiveness of strategies to change eating habits is well reported. To reduce meat consumption we need to encourage individuals to choose to eat less meat by raising awareness of the health benefits, including lower risk of cancer, and environmental impact, and also influence the cultural norms that serve as barriers to behaviour change. Changing socially constructed ideas of 'what constitutes a 'normal' meal, for example the belief that it must contain meat in addition to vegetables and carbohydrates, will also be necessary.

Social marketing and pricing mechanisms could bring about change in meal choices by challenging conventions of sociable dining, or intervening in the form and content of meal routines. Local level interventions might include hospitals, schools and workplace canteens promoting meat free options, or excluding meat on some days each week. Any diet related work, such as teaching cooking skills, or weight management interventions, is an opportunity to promote meat free options.

ONLY 25% OF SHEFFIELD ADULTS EAT FIVE OR MORE PORTIONS OF FRUIT OR VEGETABLES A DAY.



- **Sheff Steak-Out** is a city-wide campaign to encourage the citizens of Sheffield to adopt a **meat-free day** to help minimise the human impact on the environment. The campaign has a 5-point plan to help raise awareness of eating and living more sustainably through:
 - Eating less meat
 - Shopping locally and buying locally grown and sourced produce
 - Growing your own, from herbs to veg to fruit
 - Reducing reliance on ready meals
 - Reducing waste by buying only what you need and saying no to excessive packaging

Ultimately, our aim is for people to have a better knowledge and understanding of the true value of food and the benefits for everyone when more sustainable choices are made.

Helen Davies, Sheff Steak-Out
Twitter @SheffSteakOut

Recommendations

- Sheffield City Council and local hospital Trusts should develop their food purchasing arrangements to reflect environmental and health factors, including reduced reliance on meat and dairy in menus.
- Sheffield people should consider reducing the amount of meat they eat by adopting at least one meat free day per week.

3.4 Warmer homes

Chris Shaw, Robert Almond, Sheffield City Council

Why is this important?

In 2012 31% of total carbon emissions in England came from the domestic sector, mainly from heating homes. Fuel poverty, and cold damp housing, are significant causes of poor health. Homes that are

better insulated are healthier, cheaper to heat (so reducing fuel poverty), and their heating involves lower carbon emissions. At the same time rising indoor temperatures in summer months increase mortality and morbidity from respiratory and cardiovascular diseases, an effect made worse by heat exhaustion and air pollution. High temperatures and strong sunlight lead to high levels of ozone and increased levels of aeroallergens, both of which are damaging to health.

Current position

The Government's 2011 Carbon Plan was clear that, if we are to reach our target of cutting our greenhouse gas emissions by 80% by 2050, 'energy efficiency will have to increase dramatically across all sectors'.

As 80% of the buildings which will be occupied in 2050 have already been built, the rate of refurbishment and adaptation

DOMESTIC CO₂ EMISSIONS ARE FALLING.

for the current stock has to accelerate.

Investment in house insulation and more efficient heating should lead to warmer homes and reduce excess seasonal mortality and morbidity. Currently the greatest weather related health risk is that of illness due to cold weather, caused by a significant proportion of our housing stock being old and poorly insulated, and by high energy prices and low incomes.

Sheffield was already reducing emissions from domestic property between 1995 and 2005 through property adaptation and improvement. Since then, annual domestic CO₂ emissions per capita have fallen faster, with a 20% drop, from 2.5 tonnes to 2.0 tonnes over the period 2005-12. This compares with a fall from 2.5 tonnes to 2.2 tonnes for England as a whole over the same period.

The Council has invested in local initiatives that make the most of national funding programmes for energy efficiency upgrades in housing, such as the Decent Homes Programme for social housing and the Free Insulation Scheme. This ran from 2009-2012, and reached 80% of private sector properties in the City, generating savings of over 28,000 tonnes of carbon emissions per year.

This illustrates the positive outcomes from large scale domestic retrofit programmes for heating and insulation. The current Council-endorsed Sheffield Heat & Save partnership offers discounted prices on heating and insulation, weighted towards the most vulnerable households, but national changes are affecting its impact.

The Sheffield Housing Company (SHC) is currently building 305 homes in north and south Sheffield. The properties achieve Code for Sustainable Homes level 3 ensuring that; the fabric conforms to high energy efficiency standards, white goods are designed for low water usage, the homes reduce energy demands and are orientated to maximise light and solar gain, and each home is a lifetime home which ensures generous and flexible space standards. Cycle stores are provided for every property. 30% of the properties are fitted with rain water harvesting tanks, and 10% of their energy requirements will come from photovoltaic panels.

While advances have also been made in energy efficiency in the private rented sector, it lags behind other tenures. According to the Homes & Communities Agency, the average energy rating (Standard Assessment Procedure, SAP) in the social sector has risen from 47 to 57,

while in the private sector it has risen from 41 to only 47.

What can we do?

It is important that the City continues to improve the thermal efficiency of the existing stock. The challenge is to insulate older, typically solid-wall or hard to treat cavity wall, homes. The average SAP rating for a council owned property in Sheffield now exceeds 70. There is already a target for the City under the Home Energy Conservation Act (1995) to raise the minimum SAP rating of viable council housing to 65 (the minimum necessary to take a household out of fuel poverty) by 2023/24.

Although improved thermal efficiency will reduce cold related illness and fuel costs, and may help the building to remain cool in hotter weather, it may also increase the risk of overheating during periods of hot weather. Ventilation must be maintained to prevent a rise in indoor air pollutants, and condensation, dampness and mould.

There is also an imminent opportunity within the domestic private rented sector. The Tenant's Energy Efficiency Improvement Regulations will be in force by 1 April 2016, and will empower tenants in the domestic private rented sector to request consent for energy efficiency measures



THE COUNCIL'S FUEL POVERTY STRATEGY SHOULD INCLUDE STEPS TO INCREASE THE STANDARDS OF INSULATION.

SHEFFIELD RIGHTLY HAS AN AMBITION TO BE A 'COMPETITIVE CITY OF EUROPEAN SIGNIFICANCE'.

to be installed, that may not unreasonably be refused.

Recommendations

- The Council's forthcoming fuel poverty strategy should include steps to increase the standards of insulation in the private rented sector, so that the average SAP for the sector is 65 by 2020, and the minimum SAP is 65 by 2025.
- Health and care professionals should systematically identify the people and properties most vulnerable to fuel poverty, and ensure that advice and assistance is available to them to address that.

3.5 Strengthening the local economy and increasing social capital

Jeremy Wight, Chris Shaw and Chris Nield, Sheffield City Council

Why is this important?

Sheffield is part of a globalised economy that is dependent on cheap oil and ever increasing consumption of natural resources, both of which are major contributors to carbon emissions and climate change. Globalisation of the economy, and the increasing dominance of multinationals, has a tendency to lead to poorer working conditions, lower wages and increased inequality.

Socio-economic inequality is not only bad for the health of the less well off, but also the health of the better off. It leads to disconnection at local level, lack of connectedness and erosion of social capital. This leads to reduced levels of mental wellbeing and increased levels of physical illness.

Current position

Sheffield rightly has an ambition to be a 'Competitive City of European Significance'. There has been major international investment into the City, in particular into the advanced manufacturing park. We will shortly have one of the most advanced factories in the world within the City's boundaries. However the industrial and commercial sector generated 1.3Mt CO₂ in 2012, which though down from 1.8Mt CO₂ in 2005, still accounted for 41% of the City's emissions.

Sheffield has not yet recovered from the global economic crisis of 2007-8, with unemployment, underemployment and poor quality employment still a significant social problem. This is undoubtedly a major driver for poor health, and lies behind the 8 year gap in life expectancy across the City, as well as the other aspects of health inequality.

What can we do?

A city such as Sheffield cannot divorce itself from the global economy, and nor should it seek to. But we do need the economy to develop in a way that is good both for the climate and health. The Stern Review in 2006 argued that the economic costs of addressing climate change were significantly less than the cost of not doing so. Locally, the 'Mini-Stern Review' of the Sheffield City Region (SCR) looked at options for de-carbonising the economy. It found that the SCR could reduce its carbon emissions by 16.5% by 2022 (compared to 1990) through investment in energy efficiency measures and small scale renewables. This would require investment of £7.8Bn, but generate annual savings (in energy bills) of £1.02Bn, giving a payback time of 7.7 years, and annual savings for the lifetime of the measures, if external factors, including reduced consumption consequent on increased energy prices and the decarbonisation of the national electricity supply are included, an overall drop of 44% could be achieved.

More recently, the New Climate Economy Report: Better Growth, Better Climate has argued that 'countries at all levels of income now have the opportunity to build lasting economic growth at the same time as reducing

SHEFFIELD IS LEADING THE REGION ON INCREASING UPTAKE OF LOW EMISSION VEHICLES.

the immense risks of climate change', and set out a ten point plan to do so. The report recognises that cities are the engine of economic growth, but argues that the way they are developing has to change. Two particular recommendations that could have resonance for Sheffield are that there should be a substantial reduction in the capital cost of low carbon infrastructure investment, and that innovation in low-carbon and climate-resilient technologies should be scaled up. Sheffield should build on its cutting edge engineering capabilities to develop further the low carbon industries of the future, including carbon capture and storage. The low carbon sector group of the Local Enterprise Partnership (LEP) clearly has a potential role to play here.

Sheffield is leading the region on increasing uptake of low emission vehicles. We are working with businesses to provide subsidised electric vehicles and charging points, as well as establishing a network of public access points for rapid charging and fast charging of electric vehicles across South Yorkshire. Work is also underway on setting up infrastructure to use natural gas, bio-methane and hydrogen as a vehicle fuel. These alternative fuels produce less air pollution and carbon emissions, benefiting both the environment and health.

At the same time, we must make sure that the way the local economy develops is one that increases rather than undermines social capital, building on the ideas of the Transition Towns movement. This places emphasis on small scale local projects in areas of food, transport, energy, and housing, among other things, as a means of shifting away from high energy, high carbon, climate damaging

economies to ones that are more locally based, resilient, and nurturing of social capital and health. Sheffield's 'Successful Centres' policy of promoting local shopping centres and encouraging independent traders contributes towards this. We should also question our overall consumerist lifestyles, not least since there is scant evidence that above a certain threshold increasing material wealth and consumption leads to greater wellbeing.

Recommendations

- Sheffield City Council and the Local Enterprise Partnership should work to implement the findings of the Mini-Stern Review and explore opportunities for low carbon infrastructure investment and the development of low carbon technologies.
- Sheffield City Council, working with voluntary sector

and other organisations, should continue work to develop social capital in local communities.

3.6 Developing a low carbon health and social care economy

Jeremy Wight, Sheffield City Council and Tim Furness and Marion Sloan, NHS Sheffield CCG

Why is this important?

Being responsible for the health and wellbeing of the City means not only preventing ill health and treating illness, but also striving to ensure that the way the health and social care system is managed and run, minimises damage to the climate, and thereby to the health of people in the future.

Current position

The carbon footprint of the NHS, public health and social care system in Sheffield has been estimated at about 320 kilo tonnes of CO₂, just over 10% of the City's overall carbon footprint. Of this, approximately half is attributable to the activities of Sheffield Teaching Hospitals, though this has reduced significantly in recent years.

Public health and social care services can help reduce the demand for NHS care, and therefore have an impact on the overall NHS carbon footprint.



reduced carbon emissions. For example, greater efficiency of building energy use, e.g. through insulation, or better heating systems, will save both money and carbon. Increased efficiency can also include a reduction in travel and transport where it is possible to do this without compromising clinical outcomes.

Thirdly, new technologies can help increase efficiency and reduce cost and carbon emissions. For example the appropriate use of telecare and telehealth should reduce the need for travel.

Fourthly, behaviour changes among staff, patients and clients could improve both their health and reduce carbon emissions. For example, more active travel and reduction in the consumption of meat and animal products.

Nationally, 57% of the health and social care system's carbon footprint is attributable to embedded carbon in goods and services procured, including 16% attributable to pharmaceuticals and 9% to medical instruments. 15% of the overall footprint is attributable to building energy use and services commissioned from outside the public sector, and 13% due to travel.

What can we do?

First, any activity that reduces the demand for health and social care, will reduce activity and hence CO₂ emissions, as well as save money. However the overall net reduction in emissions will depend on how the resources that are released, are redeployed.

Secondly, increased efficiency of management and business processes is likely to lead to both reduced cost and

The Climate Change Act of 2008 requires a reduction in carbon emissions of 80% by 2050 based on a 1990 base line, with reductions of 34% by 2020 and 50% by 2025. The carbon footprint of the health and social care system in England in 1990 was 35Mt CO₂e, so the 2012 figure of 32Mt CO₂e represents a fall of less than 9%. Significant further reductions, of the order of a further 28% of the 2012 figure, will be required if the 2020 targets are to be met. Actions should include the following.

First, there needs to be an explicit recognition, at the highest level, that further significant step changes in the way that health and social care is planned, commissioned for, and delivered, will be necessary to achieve further significant reductions in carbon dioxide emissions.

ADOPT A SUSTAINABILITY MANIFESTO FOR HEALTH AND SOCIAL CARE.

Secondly, the principles of sustainable development should be considered throughout the commissioning cycle and procurement process. This should mean that sustainability considerations were given equal weight to financial and clinical considerations.

Thirdly, health and social care providers need to be encouraged further to consider carbon hot spots in their budgets. Their procurement of goods should include the 4 S's in the "procuring for carbon reduction hierarchy of interventions" approach, namely reducing demand, increasing efficiency, substitution and innovation, and supply chain management.

Finally, leaders of the health and social care system in the City have a duty to be exemplars of sustainable behaviour. General Practitioners in particular are visible members of the community, and their adoption of active travel, public transport, and low carbon work-styles could be influential.

The Yorkshire Ambulance Service (YAS) has been leading the nation's ambulance services on a carbon reduction strategy. YAS established the Green Environmental Ambulance Network (GrEAN) in 2011 with the aim of bringing together the 13 UK ambulance services to deliver cost savings and carbon reductions that result in

improved patient care. The network encompasses fleet, estates, ancillary services, finance, procurement as well as paramedics and other staff. Overall its aims are to:

- **Raise awareness of carbon consumption**
- **Reduce the impact of the ambulance service on air emissions, carbon emissions and public spending**
- **Share information on trials being carried out across the country**
- **Quantify the amount of money and carbon that can be saved through the carbon management and reduction programme**
- **Improve ambulance fuel economy and aerodynamics**
- **Network effectively to reduce the carbon footprint of the British ambulance services**
- **Save money through carbon reduction**

For more information see: - <http://aacc.org.uk/implementation-carbon-management-programme-in-your-organisation-with-green/>

Recommendations

- The Health and Wellbeing Board, and Sheffield's NHS Foundation Trusts, should adopt an explicit sustainability policy aimed at ensuring that Sheffield meets its carbon reduction obligations by 2020. This should be underpinned by the adoption of a sustainability manifesto

for the health and social care system in the City.

- The Health and Wellbeing Board should give urgent consideration to the ways in which the implications for carbon emissions of different approaches to the delivery of health and social care in the City can be evaluated. A system of carbon accounting needs to be developed.

3.7 Preparing for extreme weather events

Ruth Ganger, Sheffield City Council and Peter Whitwam, Rotherham Borough Council

Why is this important?

A first step to adaptation to future climate change has to be to reduce the vulnerability and exposure of populations to the climate variability that they are already experiencing.

Current position

In the UK, the most significant early impacts of climate change are likely to be increases in the frequency and severity of extreme weather events. An extreme event can be defined as any weather event or hazard which has the potential to adversely impact on human health. This can include drought, heatwaves or cold weather, storm events, flooding, earthquakes and volcanic ash

release. Summer temperatures are projected to increase, with more frequent hot spells. Whilst winters are predicted to become milder, there will still be cold spells, and winter rainfall will increase, as will the number of storms and floods.

Public Health England have calculated that since 2002-03 there have been on average 26,500 excess winter deaths a year in England, with the UK having approximately twice the rate of excess deaths compared to some colder countries such as Finland. This will have included excess winter deaths in Sheffield. The 2003 heatwave caused excess deaths (extra deaths that would otherwise have not occurred) across Europe, including approximately 2000 excess deaths in England. Floods cause substantial harm to property, business and livelihoods. Two people died in the Sheffield floods of 2007, and the social and wellbeing impacts were significant. All groups are affected, but the negative effects tend to fall disproportionately on the most vulnerable and disadvantaged in society. Disadvantaged groups also have fewer resources to be able to protect themselves against the effects of extreme weather and to recover from extreme weather events.

WE NEED TO HELP OUR COMMUNITIES TO BECOME MORE RESILIENT TO CLIMATE CHANGE

What can we do?

First, we need to help our communities to become more resilient to climate change. This will require both physical adaptive measures as well as steps to increase the social capital and resilience of communities themselves. Physical measures include works such as river channel clearance to reduce the risk of floods. Sheffield City Council has recently been successful in securing funding for further flood defence schemes in the Lower Don Valley and elsewhere.

As part of its Flood Risk Management Strategy (2013) the Council has successfully registered 6 schemes for Government flood grant in aid funds for the period 2014 to 2021. This programme aims to improve the standard of flood protection to around 6,000 households and 2,000 commercial properties as well as providing capacity to support the building of thousands of homes across the City. The schemes seek to address flooding from the City's main rivers. A Lower Don Valley Flood Protection scheme is scheduled to begin construction in late 2014 with further schemes being planned for the Upper Don. A sustainable drainage scheme will also support new house building in the Manor and a flood protection scheme for the Upper Blackburn Brook. The programme will also provide opportunities

to regenerate riverside locations and deliver wider environmental benefits.

We also need to take steps to protect people, in particular the vulnerable, from overheating. 90% of hospital wards are vulnerable to overheating. Cost effective cooling of existing homes is possible, and passive cooling should be built into new homes.

Social measures should include steps to increase social capital, thus ensuring that people, families and communities have a suitable level of mental and physical health, wellbeing and connectedness to be resilient to sudden and disruptive events.

The national Cold Weather and Heatwave Plans are implemented in Sheffield by local organisations and use alerts from the Meteorological Office to determine when to cascade information to staff about anticipated cold weather or heatwave events.

Public sector organisations have emergency planning arrangements in place. Organisations in Sheffield have responsibilities under the Civil Contingencies Act to prepare and respond to emergencies including those caused by extreme weather events. In addition the Council's Major Incident Plan, which documents how the organisation will

WE NEED TO DEVELOP AND STRENGTHEN THE CITY'S GREEN INFRASTRUCTURE.

respond to any emergency, includes specific plans on responding to extreme weather incidents such as flooding. However we need to improve the way we help communities to prepare themselves for extreme weather emergencies, for example by encouraging households to sign up to alerts about weather warnings including floods.

Local Health Resilience Partnerships (LHRPs) have been established to oversee the health service's plans for emergency preparedness. The LHRP must also lead the health sector's contribution to wider multi-agency planning for extreme weather events undertaken by the Local Resilience Forum.

Recommendations:

- The Health and Wellbeing Board should consider how to enforce and report on actions set out in the Heatwave Plan for health and social care facilities such as care homes before next summer.
- All organisations should promote uptake of The Environment Agency's 'Floodline Warnings Direct' service <https://fwd.environment-agency.gov.uk/app/oir/home> for local residents and businesses to help preparedness for flooding. This could be promoted by providing a link

to sign up for the alerts on organisations' internet sites.

- The Local Health Resilience Partnership (LHRP), and Local Resilience Forum (LRF), should audit local organisations' plans for dealing with the health consequences of severe weather events, and ensure that they are adequate.

3.8 Designing healthy urban spaces and places

Jeremy Wight and Louise Brewins, Sheffield City Council

Why is this important?

The design of our urban environment has a critical role to play in helping the people of Sheffield to adopt lifestyles that are both healthier and have a lower carbon footprint, both as a result of that behaviour change as well as through more carbon efficient infrastructure. By improving the quality of our urban environment we can help to deliver a greener, stronger and healthier Sheffield. Our City needs to become a place that is not only resilient to the adverse effects of climate change, but also one that encourages behaviour that improves health and the environment. We need to develop and strengthen the City's 'green infrastructure' by ensuring that the design and development of land, open

spaces, water and public buildings in Sheffield contributes directly to reducing CO₂ emissions, increases resilience to extreme weather effects and promotes healthier places in which to live and work.

Current position

The European Commission defines green infrastructure as 'the use of ecosystems, green spaces and water in strategic land use planning to deliver environmental and quality of life benefits. It includes parks, open spaces, playing fields, woodlands, wetlands, road verges, allotments and private gardens. Green infrastructure can contribute to climate change mitigation and adaptation, natural disaster risk mitigation, protection against flooding and erosion as well as biodiversity conservation.'

The Green Infrastructure Strategy for South Yorkshire (2011) shows that the green capital of South Yorkshire (i.e. natural assets and resources) has the potential to become one of the strongest and most distinctive features of the area, but it is currently falling short of reaching this potential. Key gaps in policy and provision could be acting as barriers to future development. Two major aspects of development include decentralised energy generation and sustainable urban drainage systems.

WE WANT TO BE THE FIRST DECENTRALISED ENERGY CITY IN THE UK

What can we do?
In the UK, and in Sheffield, our energy systems are largely centralised and reliant on imported fossil fuels. We want to be the first decentralised energy city in the UK, to be self-sufficient in energy, derived from low carbon sources, and to offset all emissions. The City is recognised as a leader in the field of decentralised energy, as a result of its well established city centre district energy network connected to the Energy Recovery Facility at Bernard Road, and the numerous smaller scale community heating schemes across the City. Nevertheless we also need to encourage other renewable energy systems, whether these are at the domestic or larger scale, and the work of organisations such as Sheffield Renewables. Planning policies should facilitate this.

Modern cities struggle to cope with heavy rainfall, which can lead to serious flooding. Most rainwater that is diverted into our drains does so as a result of the amount of paving and hard surfaces in the area. Our sewers are not large enough to cope with the amount of water that runs off our roofs. Sustainable urban drainage systems (SUDs) offer an alternative to traditional underground drains that will alleviate pressure on the existing drainage system and reduce

flash flooding. Measures include controlling rainwater at source (through installing water butts in gardens, increasing the number of homes and buildings with green roofs, and using permeable paving), building infiltration trenches, filter drains, swales and basins and creating more ponds and wetlands. The planting of more trees and shrubs in the City could be part of sustainable urban drainage systems and reduce heat island effects. They can also attract wildlife and contribute to recreational green space, thus benefitting physical and mental health.

As discussed elsewhere in this report, a major shift from motorised transport to active travel, and from private cars to public transport, could both reduce greenhouse gas emissions (and other forms of air pollution) and improve health. Our planning policies should therefore prioritise public transport over private car use, and walking and cycling over both.

Sharrow primary school is an excellent example of a small project on a single public building that was designed to have maximum environmental and community benefits. A key feature is the School's green roof which helps to alleviate extreme rainfall, humidity, noise, pollution and to provide insulation. The roof was

designed to be multi-functioning, requiring low input, no artificial fertiliser or irrigation, to use locally sourced re-cycled materials, create a garden and be resilient to the local climate. The roof was declared a local nature reserve in 2009.

Recommendations

There are many actions we can and should be taking to promote a greener, healthier and resilient environment for Sheffield residents to live and work in, but in particular:

- The Council should ensure that health issues are built into local development and regeneration plans and integrate adaptation principles into the local planning framework.

4 Recommendations

Each year the DPH report makes recommendations about improving the health of the local population and directs these recommendations towards particular organisations or groups. In this chapter we begin by looking at the progress made against the recommendations in the previous DPH report (2013). This is followed by a summary of the recommendations made in the individual sections of this 2014 report.

4.1 Progress on 2013 Recommendations

<p>The Council should:</p> <p>focus investment in evidence based prevention and early intervention in the early years.</p>	<p>Progress</p> <p>Early years services are aligned with Best Start Sheffield principles to deliver a universal and targeted model of prevention and early help based around Children's Centres. A new Best Start volunteer programme will be commissioned to include baseline training, co-ordinated support for volunteers and for specialist activities. It will provide a structured pathway to help volunteers maximise outcomes from volunteering opportunities.</p>
<p>redesign and commission a universal prevention and early intervention emotional wellbeing and mental health service.</p>	<p>A Health Needs Assessment of Comprehensive Emotional Wellbeing and Mental Health and a universal prevention pilot at Park Academy have been completed. This pilot has been extensively evaluated and resulted in approval to go ahead with the procurement of an extension to support work across 3 further families of schools, linking with MAST and the citywide targeted counselling resource in Community Youth Teams.</p> <p>Progress has been made to ensure appropriate representation on the Sexual Health Integration Board. A sexual health clinical advisory group has been established and a review of the Sheffield Sexual Health Service is underway. This external peer review includes scrutiny of current reporting and governance arrangements and is expected to make recommendations about the future development of a broader sexual health commissioning group by October 2014.</p>

<p>The Council should:</p> <p>prioritise initiatives to make being physically active the norm by building physical activity into daily life.</p>	<p>Progress</p> <p>The 'Move More' Board has been established to facilitate a culture change in physical activity over the next five years. Significant engagement is being made through its holistic approach to increasing and building physical activity into daily life. As part of the Tour de France Legacy, Sheffield City Council has entered into partnership with British Cycling. The partnership also saw Sheffield hold its first mass participation bike ride in 2014 which was attended by 2,000 people.</p>
<p>fully support a citywide programme to reduce the availability and supply of illicit tobacco.</p>	<p>An action plan outlining key actions to reduce the availability and supply of illegal tobacco 2012-15 is in place. Key actions are: Developing partnerships and engagement with local and regional agencies; engaging health and community workers to raise awareness of the programme; generating and sharing intelligence to identify the extent of illegal tobacco use; and marketing and communications. A small team of Tobacco and Alcohol Enforcement Officers are based in Sheffield City Council Trading Standards Team.</p>
<p>identify commissioning priorities for people who live in care homes.</p>	<p>Following the 2013 Needs Assessment, residential care homes for older people have been asked to choose activities to support residents with dementia, and residents at risk of falls or new residents. Nine care homes have signed up for a pilot period until March 2015. The Care Home Activities Group will use existing data to decide which wellbeing priority is the most pertinent to the care home at this time. Care homes will be asked to evaluate the achievement of outcomes relating to residents' wellbeing.</p>
<p>seek to enhance the resilience and social capital of the most deprived communities in Sheffield.</p>	<p>The Community Wellbeing Programme addresses the wider determinants of health inequalities by developing social capital. It supports delivery of the Health Trainers and Health Champions programmes. Practice Champions were successfully introduced as a new development from the existing Health Champions' project. Community resilience has been promoted by: enhancing the public health skills of front line staff; creating a Public Health Learning and Development post; the 'Make Every Contact Count' approach; and the Community Development and Health course.</p>
<p>renew its approach to improving mental wellbeing in the City.</p>	<p>The programme working group now meets, with lots of interest and commitment from partners. An action plan will follow, aiming to raise awareness of the 5 ways to wellbeing: Connect; Give; Be active; Take notice; Keep learning and to maximise opportunities to influence individual wellbeing and community resilience. While delivering a programme for the Joint Health and Wellbeing Strategy, this work will be overseen and supported by the Mental Health Partnership Board.</p>
<p>promote schemes to ensure all parts of SCC exert influence to address alcohol harm.</p>	<p>224 individuals (87%) completed an alcohol assessment after being issued with a Fixed Penalty Notice. 1,327 received identification and brief advice and 2,025 received alcohol triage assessment through the community based Single Entry and Assessment Point. The 1,810 treatment places included extended brief interventions, 'talking treatments' and community based prescribing. 55 offenders completed a community sentence as part of their alcohol treatment.</p>

The Council should:

increase employment opportunities especially for those affected by mental health conditions.

Progress

Secured funding to deliver a pilot with SCC Learning and Skills team, Job Centre Plus and GPs in North Sheffield to increase employment of residents on Employment Support Allowance with a mental health condition. Reviewing supported employment provision across the City and Adult Social Care, the CCG and VCF sector. Consultation planned in October and November 2014, pathway to be designed by December 2014 and the Commissioning Strategy by Spring 2015.

contribute towards improved uptake of the Health Check.

Health Checks have been included in the CCG's 'basket of services' to ensure universal coverage of all GP practices across Sheffield. Practices serving the most disadvantaged communities have been offered additional support in setting up and running the Health Check programme. There are current discussions at the SCC Employee Health and Wellbeing Steering Group about how Health Checks can be offered to employees in the workplace.

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4 Recommendations in 2014

1. The Council should develop and implement a programme of signposting walking routes with the time it takes to reach the destination.
2. Sheffield people should consider traveling short distances on foot or by bicycle rather than by car, and sign up to 'Move More' at www.movemoresheffield.com.
3. The Council should commit to increasing the number of 20 mph zones within the City as quickly as possible.
4. The Council and local hospital Trusts should develop their food purchasing arrangements to reflect environmental and health factors, including reduced reliance on meat and dairy in menus.

5. Sheffield people should consider reducing the amount of meat they eat by adopting at least one meat free day per week.
6. The Council's forthcoming fuel poverty strategy should include steps to increase the standards of insulation in the private rented sector, so that the average SAP for the sector is 65 by 2020, and the minimum SAP is 65 by 2025.
7. Health and care professionals should systematically identify the people and properties most vulnerable to fuel poverty, and ensure that advice and assistance is available to them to address that.
8. The Council and the Local Enterprise Partnership should work to implement the findings of the Mini-Stern Review and explore opportunities for low carbon

infrastructure investment and the development of low carbon technologies.

9. The Council, working with voluntary sector and other organisations, should continue work to develop social capital in local communities.
10. The Health and Wellbeing Board, and Sheffield's NHS Foundation Trusts, should adopt an explicit sustainability policy aimed at ensuring that Sheffield meets its carbon reduction obligations by 2020. This should be underpinned by the adoption of a sustainability manifesto for the health and social care system in the City.
11. The Health and Wellbeing Board should give urgent consideration to the ways in which the implications for carbon emissions of different



PROGRESS IS BEING MADE IN SHEFFIELD BUT THERE IS STILL A LOT MORE TO DO.

14. The Local Health Resilience Partnership (LHRP), and Local Resilience Forum (LRF), should audit local organisations' plans for dealing with the health consequences of severe weather events, and ensure that they are adequate.
 15. The Council should ensure that health issues are built into local development and regeneration plans and integrating adaptation principles into the local planning framework.
- approaches to the delivery of health and social care in the City can be evaluated. A system of carbon accounting needs to be developed.
12. The Health and Wellbeing Board should consider how to enforce and report on actions set out in the Heatwave Plan for health and social care facilities such as care homes before next summer.
 13. All organisations should promote uptake of The Environment Agency's 'Floodline Warnings Direct' service <https://fwd.environment-agency.gov.uk/app/olr/home> for local residents and businesses to help preparedness for flooding. This could be promoted by providing a link to sign up for the alerts on organisations' internet sites.

5 Glossary

Adaptation (Climate change)	Any change made to natural or human systems in response to climatic changes which reduces risks or exploits beneficial opportunities.
Aeroallergens	Any airborne substance, such as pollen or spores, which triggers an allergic reaction (e.g. hay fever).
Arthropods	An invertebrate animal having an external skeleton, a segmented body, and jointed appendages. Arthropods include insects, spiders, and crustaceans.
Biodiversity	The degree of variation of life.
Carbon accounting	The processes used to "measure" amounts of carbon dioxide equivalents emitted by organisations or systems of organisations.
Carbon capture (and storage)	The process of capturing waste carbon dioxide from large sources, such as fossil fuel power plants, transporting it to a storage site, and depositing it where it will not enter the atmosphere, normally underground.
Carbon footprint	The "total" amount of greenhouse gas emissions caused by an organisation, event, product or person.
Carbon sink	A natural or artificial reservoir that accumulates and stores some carbon-containing chemical compound for an indefinite period.
Cryptosporidiosis	A parasitic disease that affects the intestines and is typically an acute short-term infection that is often spread through contaminated water.
Deforestation	Removal of a forest or stand of trees where the land is thereafter converted to a non-forest use. Examples include conversion of forestland to farms or for housing.
Fossil	Energy sources formed by natural processes such as decomposition of buried dead organisms. They contain high percentages of carbon and include coal, petroleum, and natural gas.
Global warming	The observed rise in the average temperature of the Earth's climate system.
Greenhouse gas	A gas in the atmosphere that absorbs and emits radiation within the thermal infrared range. The main greenhouse gases in the Earth's atmosphere are water vapor, carbon dioxide, methane, nitrous oxide, and ozone. Greenhouse gases greatly affect the temperature of the Earth.
Infiltration trenches	A shallow, excavated ditch that has been filled with rubble or stone to create an underground reservoir.
Legionnaire's disease	A serious lung infection caused by legionella bacteria. The bacteria are commonly found in sources of water, such as rivers and lakes. However, they can rapidly multiply if they find their way into artificial water supply systems such as air conditioning systems.

Leptospirosis	A type of bacterial infection spread by soil or water contaminated with the urine of animals (commonly rodents). In its most severe form, leptospirosis is also known as Weil's disease.
Lyme disease	A bacterial infection spread to humans by infected ticks. Ticks are tiny arachnids found in woodland areas that feed on the blood of mammals, including humans.
Mitigation (Climate change)	Strategies to reduce or prevent human induced emission of greenhouse gases and enhance carbon sinks (e.g. new technologies, renewable energy, changing consumer behaviour).
Passive cooling	Building design approach that focuses on heat gain control and heat dissipation in a building in order to improve the indoor thermal comfort with low or nil energy consumption.
Pathogens	In the broadest sense a pathogen is anything that can produce disease. Typically the term is used to mean infectious agents such as bacteria or viruses.
Permafrost	Soil at or below the freezing point of water for two or more years and mostly located in high latitudes such as land close to the North and South poles.
Resilience	An individual's or community's ability to properly adapt to stress and adversity.
Salmonella	A group of bacteria that can cause food poisoning. Foods such as eggs, chicken, pork and dairy produce can carry salmonellas. Fruit and vegetables can also become contaminated if they have been in contact with livestock, manure or untreated water.
Social capital	The pattern and intensity of networks of people and the shared norms, values and understandings that arise from and facilitate co-operation within and among those networks.
Standard assessment procedure (SAP)	Methodology developed by the Building Research Establishment to assess and compare the energy and environmental performance of dwellings. The SAP quantifies a dwelling's performance in terms of energy use per unit floor area, a fuel-cost-based energy efficiency rating and emissions of CO ₂ . The higher the SAP rating the better.
Sustainable urban drainage system	A sequence of management practices and control structures designed to drain surface water in a more sustainable fashion than some conventional techniques.
Swales and basins	Swales are grassed depressions which lead surface water runoff from the drained surface to storage or a discharge system (e.g. a basin) typically using the green space that may run alongside a road or development. A basin is a dry or wet pond designed to attenuate storm water runoff for a few hours and to allow the settlement of solids.
Telehealth and telecare	Technology such as personal alarms and health-monitoring devices used to help people live more independently at home. They help to reduce the number of regular visits someone may need to make to the GP or hospital.
Thermal efficiency	How well a device, such as a boiler or refrigerator, converts energy into heat.
U-Value	A measure of heat loss in a building element such as a wall, floor or roof. A low U value usually indicates high levels of insulation.
Urban heat islands	A metropolitan area that is significantly warmer than its surrounding rural areas due to human activities. The main cause of the urban heat island effect is from the modification of land surfaces, which use materials that effectively store short-wave radiation.
Verocytotoxin producing E-Coli (VTEC)	A group of bacteria that cause infectious gastroenteritis. The main source for VTEC is cattle and other ruminants. Transmission to humans occurs through consumption of contaminated food or water, or exposure to a contaminated environment involving direct or indirect contact with animals or their faeces.
Wetlands	Land area that is saturated with water, either permanently or seasonally, such that it takes on the characteristics of a distinct ecosystem. Main types include swamps, marshes, bogs and fens.

Your views

We are keen to hear your views on this report. If you would like to make any comments please contact the Director of Public Health:

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More information

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