

Fife Partnership Board

Please note this meeting will be held remotely.

Tuesday, 23rd August, 2022 - 2.00 p.m.

AGENDA

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10. DATE OF NEXT MEETING – Tuesday 8th November, 2022 at 10 a.m.	

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Head of Legal and Democratic Services
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16 August, 2022

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THE FIFE COUNCIL - FIFE PARTNERSHIP BOARD – REMOTE MEETING

15th February, 2022

10.00 a.m. – 11.35 a.m.

PRESENT: Councillors David Alexander (Convener), David Ross and Dave Dempsey, Steve Grimmond, Chief Executive, Fife Council; Carol Potter, Chief Executive, Joy Tomlinson, Director of Public Health, Tricia Marwick, Chair of NHS Fife Board, NHS Fife; Nicky Connor, Director of Health and Social Care Partnership; Iain Brocklebank, Area Commander, Scottish Fire and Rescue Service; Mark McMullen, Interim Head of Partnerships, Scottish Enterprise; Gordon MacDougall, Head of Operations, Skills Development Scotland; Anna Herriman, Senior Partnership Manager, SESTran; Chief Superintendent Derek McEwan, Police Scotland and Hugh Hall, Principal, Fife College; Kenny Murphy, Chief Executive, Fife Voluntary Action.

ATTENDING: Keith Winter, Executive Director, Enterprise and Environment; Ken Gourlay, Head of Assets, Transportation & Environment; Gordon Mole, Head of Business & Employability, Economy Planning and Employability Services; Tim Kendrick, Community Manager (Development), Communities; Gavin Smith, Service Manager (Housing Management Executive), Housing Services; Paul Gillespie, Community Inspector, Police Scotland and Michelle Hyslop, Committee Officer, Legal and Democratic Services.

121. MINUTE

The Board considered the minute of the Fife Partnership Board Meeting of 26th October, 2021.

Decision

The Board approved the minute.

122. COVID-19 UPDATE - VERBAL UPDATE ON RECOVERY ACTIVITY BY PARTNERS

Partners provided the board with respective updates on service delivery surrounding the Covid-19 pandemic, noting that services were focusing on recovery and renewal.

Services continued to note high levels of staff absences due to the Omicron variant, this had caused increased pressures on delivering and maintaining services during 2021/2022.

All services noted that they continued to focus on the recovery framework following the publication of the Scottish Government revised strategic framework.

123./

123. PLAN FOR FIFE DELIVERY UPDATE

The Board considered a report by the Executive Director, Communities which provided partners with an update on the progress to date in delivering the Plan for Fife recovery and renewal priorities, in taking forward work on people and place leadership and organisational change.

Decision

The Board: -

- (1) noted the progress update on the delivery of recovery and renewal priorities as detailed in Appendix 1 of the report;
- (2) agreed on the updated proposal for taking forward local people and place leadership across the Partnership;
- (3) noted the progress to date in taking forward joint work on organisational change across the Partnership; and
- (4) agreed that a further Plan for Fife report outlining the priority actions for the next 3 years would be presented at the next board meeting.

124. PLAN FOR FIFE – DRAFT ANNUAL REPORT 2020/2021

The Board considered a report by the Executive Director, Communities which presented to partners the draft annual report on the Plan for Fife for 2020/2021.

Decision

The Board endorsed the draft annual report.

125. PREVENTION OF HOMELESSNESS DUTY CONSULTATION

The Board considered a report by the Head of Housing Services, which asked partners to consider the Scottish Government Consultation on the prevention of homelessness duties, noting that additional duties would be placed on the Council and Partners from the Scottish Government Administration.

The consultation was the most significant reform to homelessness and related legislation since 2012. Partners were asked to agree to submit a fife wide response based on contributions from across all levels of the partnership.

Decision

The Board: -

- (1) approved the development of a coordinated Fife Partnership response to the Prevention of Homelessness Duty Consultation by 31st March 2022; and
- (2) agreed on a process to coordinate partnership engagement.

126./

126. PRESENTATION ON IMPROVING LEVENMOUTH TOGETHER

The Board considered a report by Chief Inspector, Police Scotland which provided partners with an update on the progress of the Levenmouth Together initiative.

Decision

The Board: -

- (1) welcomed and noted the presentation on improving Levenmouth Together;
- (2) thanked Paul Gillespie, Police Scotland for all his hard work and inspirational work within the community;
- (3) noted the importance of improving safety and wellbeing of people, places and communities within Fife
- (4) agreed that partners would support Police Scotland to look at new ways of linking into other services within the board as part of a wider response.

127. DATE OF NEXT MEETING

Decision

A date for the next meeting would be agreed and issued to board members after May 2022, following local government elections.

23rd August 2022

Agenda Item: 03

Local Community Plan Development Update - Draft

Report by: Michael Enston, Executive Director, Communities

Wards Affected: All

Purpose of Report

To provide an update on the development of revised local community plans.

Recommendations

Fife Partnership Board members are asked to note progress to date and consider if any further action is needed to ensure that community planning partners are fully involved in the development of the revised local community plans.

Resource Implications

None

Legal & Risk Implications

None

Impact Assessment

An EqIA has not been completed and is not necessary because this report does not propose a change to existing policies at this time.

Consultation

Fife Council community managers were consulted.

1.0 Background

- 1.1 Following the distribution of revised local community planning guidance in June 2022 (Appendix 1.), Fife Council community managers were asked to provide an update on progress against timescales on the development of revised three-year local community plans. A summary of progress is provided below for each local community planning area. This is accompanied by a delivery timeline by area.

2.0 Progress to date

City of Dunfermline Area

- 2.1 An online local community planning session is planned for 25th August with independent facilitation and planning support. The session will focus on mapping improvements for inclusion in the local community plan (LCP) framed against the Plan for Fife focus areas. The session will also be used to identify priorities for three-year improvements.
- 2.2 The aim will be to reflect on what was included in the previous LCP and re-articulate issues in a more up-to-date way, reflecting what has already been achieved along with new developments, for example, city status. Questions to consider will include: What sort of city do we want to be? What difference will city status will make?
- 2.3 The session will include talking head clips by community groups and local people who were involved in the city status bid, local enterprises and, possibly, East Ayrshire Council as a good practice example.

Cowdenbeath Area

- 2.4 Local people and place leadership groups and other stakeholders are being consulted on improvement priorities for the revised local community plan. The timeline at Table 1 provides an update on the development of the plan to date along with anticipated timescales. It is anticipated that the revised plan will be submitted for approval be to the area committee in February 2023,

Glenrothes Area

- 2.5 Joint workshops were held with people and place leadership groups in May and June 2022, with further meetings scheduled over the summer period to agree local improvement priorities. This work has involved reviewing the existing Plan for Glenrothes. Place meetings are scheduled on a monthly basis, and local community plans will be a standing item on the agenda. Partners who could not attend were asked to provide an update by the end of July. A further workshop with the people and place leadership group is scheduled for early September, along with an elected member workshop.

Kirkcaldy Area

- 2.6 The review of the local community plan started in summer last year. In November 2021, focus groups and one-to-one discussions were held,

followed by an online meeting with people and place partners. Subgroups explored issues from a recovery and renewal perspective. Based on these conversations and research, including narrative enquiry research, key challenges and opportunities were identified.

- 2.7 The July 2022 people and place meeting reviewed the 17 'areas of focus' and reflected on the activities, actions and impacts during the period of the plan to inform a committee report for Kirkcaldy Area Committee on 20th September.
- 2.8 In May 2022, a face-to-face joint session was held with people and place partners, using U improve methodology, to unpack issues and challenges post-Covid, specifically focusing on:
 - * What do progress we know about this issue?
 - * What else do we need to know?
 - * What is already in play/in to tackle this issue?
 - * What new or additional activities or actions are needed to make a difference over the next three years?
- 2.9 An online opportunity was made available for those unable to attend. The area team is engaging with local communities during the summer via a series of roadshows, to gather further evidence for challenges and opportunities.

Levenmouth Area

- 2.10 Work is underway to develop the revised Plan for Levenmouth. Work to identify key challenges and opportunities, in consultation with local people and place groups, has been completed. In April 2022 initial discussions were held with elected members to assess if the 2019 plan priorities were still relevant. Individual discussions with the new elected members were also held in May to sight them on the existing priorities. These discussions further refined at the Ward 21 meeting on 1st August and the Ward 22 meeting on 8th August 2022.
- 2.11 People and place leadership teams will be used as a sounding board as the local plan is adapted. The request for comments on local planning priorities has also been discussed at the local Welfare Reform and Anti-Poverty Group, as well as the Levenmouth Workers Forum, which covers 150 local groups and individuals who work across the statutory and third sectors.
- 2.12 To date, there has not been a significant call for changes proposed in terms of priorities from that of the 2019 plan, accordingly it is likely that an updated reiteration of the existing core priorities will be used for the public consultation process. An online public consultation is currently under construction and will go live in August. This will be supported by a series of face-to-face discussions on local concerns and aspirations, doubling up with consultation on the new Leven rail station design in late August, as well as discussions with attendees at the Levenmouth Fayre Day on 3rd September 2022. It is anticipated that a report on a revised local community plan will be taken to the area committee in November 2022.

North East Fife

- 2.13 A first draft of the revised local community plan has been prepared using information from the local strategic assessment. A place group meeting was held on 20th July and a people group meeting is scheduled for 6th August to further define improvement priorities for the next three years.

South and West Fife

- 2.14 Work began in January 2022 on Phase 2 of local people and place leadership to start the process of reviewing the existing Plan for South and West Fife. This highlighted that some members of the people and place groups have greater awareness and knowledge of local community plans and expectations about service involvement in the development and delivery of these. This has led to some initial preparatory work with managers prior to commencing work on developing the revised plan. Both the people and place leadership groups now have the local community plan as a standing item on their agenda. Working groups have been established to identify and develop improvement priorities for the local community plan based on existing knowledge of the area, community need and data.
- 2.15 Some members of the people and place leadership group have not previously been involved in local community planning. This provides an opportunity to look at the plan's development from a different perspective and refreshing dynamic. Discussions are taking place with elected members through area induction sessions and ward meetings to bring new members up to speed with local community plans. The intention is for the plan to be approved at either the November 2022 or March 2023 area committee meeting..

3.0 Emerging issues

Local People and Place Leadership Groups

- 3.1 Discussions on improvement priorities for local community plans with the local people and place leadership groups have highlighted a challenge 'not to simply mirror what is already in other plans'. Local plan priorities should reflect community need and provide a basis for dialogue about additional improvement activities in the area. Work is underway to clarify the role of people and place groups in each area. A proposal is being explored to bring members from all seven people and place groups together in a joint session to set out expectations and discuss mechanisms for delivering the local community plans. Some areas are also still experiencing gaps in membership..

Supporting the delivery of Plans

- 3.3 Staff who have previously been involved in 4DX work have offered to organise a session to assist others. This will provide opportunities to share learning from previous 4DX tracks and bring staff together from all areas on a regular basis to report on progress and celebrate success.

Table 1 – Tasks for the development of LCPs, including revised timescales by Area

Task	Identify key challenges and opportunities in consultation with people and place groups	Development of draft plan in consultation with members and partners	Public engagement on draft plan (and commissioning of improvement actions*)	Plan approval	*Commissioning Improvement actions after plan has been approved
Original Timescale	May/June	June/July	Aug/Sept	Oct/Nov	
Area/ Revised Timescales					
Dunfermline	TBC	TBC	TBC	TBC	
Cowdenbeath	June - August	September	October	Area committee (AC) – 2/2/2023	February 23
Glenrothes	May - July	July - Sept	September	AC – 2/11/2022	
Kirkcaldy	May - August	August - Sept	Sept – Oct	AC – 22/11/2022	Nov/ Dec 22
Levenmouth	May/June	June/July	Aug/Sept	AC – 9/11/2022	
North East Fife	May – August	August – Sept	Sept – Oct	AC – 2/11/2022	
South & West Fife	June – July	August – Sept	Oct – Nov	AC – 23/11/22 or 1/3/23	Following approval of plan

4.0 Conclusions

- 4.1 Following circulation of revised local community plan guidance in June 2022, local community plans are being revised to provide a sharper focus on three-year improvement actions in line with the revised Plan for Fife – Recovery and Renewal 2021 – 2024.

Appendices: 1. Local Community Plan Guidance

2. Local Community Plan Example

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Appendix 1

Local Community Plans – Revised Guidance

1. Background

- 1.1 Local community plans have been in place across Fife for the past ten years and are generally updated every three years in line with Plan For Fife. This paper provides updated guidance for local community plans in line with the recovery and renewal priorities¹, with a much stronger focus on identifying the improvements and shifts in approach that are needed in each area.
- 1.2 The work to shape the three-year refresh of the Plan for Fife has highlighted the interdependencies that exist between action needed to tackle poverty, to build and maintain wealth in Fife and to address the climate emergency. The improvements and shifts in approach that are identified should reflect this interconnectedness to achieve maximum benefit for Fife's communities.

2. Current arrangements

- 2.1 Seven local community plans were agreed in 2018 and these are now due for revision in line with the revised Plan for Fife recovery and renewal priorities. The plans were intended to be key local delivery vehicles for the Plan and are aligned to Plan's overall vision for Fife and ten-year ambitions.
- 2.2 The plans also set out a vision for their local area, which was endorsed and owned by the relevant area committee. To help deliver these aspirations, the aim was that other delivery plans and services in the area would align with the plans. Local partners and services would be accountable to the relevant area committee for their ongoing contribution to delivering the Plan's vision.
- 2.3 In practice local community plans have tended toward a mixture of replicating existing strategic plan priorities and highlighting very specific local actions and projects. **Going forward it is proposed that the next round of LCPs articulate a clearer view of what is needed for the area.** The result should be a clear statement of priorities for improvement which resonate with elected members and the community. The plans need to be owned as the improvement we want to see for this area.

3. Revised plans

Purpose

¹ Refreshed Plan for Fife [Plan-for-Fife-2021-24-23-Aug.pdf](#) [The three key priorities for recovery and renewal, all supported by an overarching approach of community wealth building: | Leading economic recovery | Tackling poverty and preventing crisis | Addressing the climate emergency.](#)

- 3.1 The revised local community plans should aim to identify the improvements that are needed in the area, irrespective of whether these are currently planned for. It is likely that there will be a gap between what an area needs and what is already underway or planned for. They should provide a basis for dialogue with services and with elected members over the next three years to ensure that improvements are delivered in line with the desired outcomes.
- 3.2 As highlighted in the Christie report and the Plan for Fife, an emphasis on prevention rather than crisis support is needed through joined up working across all sectors. As not all the improvements needed will have been planned for, the local community plan should act as a commissioning document – identifying any new activity that will be needed to deliver better outcomes. Local community plans should not simply mirror what is already in other plans and strategies.
- 3.3 The revised local community plans should therefore:
 - a) Identify the key challenges and opportunities based on evidence, e.g., the local strategic assessment;
 - b) Set out a short list of three-year improvement plan for the area;

Key challenges and opportunities

- 3.4 Using the local strategic assessment <https://know.fife.scot/> as an evidence base, the plans should set out the key challenges and opportunities for the area over the next three years. These identified priorities will provide the basis for joint improvement activity. Where new activity is needed, the local community plan will provide a continuing basis for dialogue with service about what is needed and how this should be resourced.
- 3.5 The local People and Place leadership groups will be responsible for drawing up the plans under the leadership of the community manager for the area. The People and Place groups will also provide a focus for driving forward the improvements. There is merit in expressing these improvement areas as wildly important goals(4DX).
- 3.6 Local communities, elected members and partners should be consulted on the proposed improvement areas. The revised plans should be approved by the relevant area committee.
- 3.7 An outline of how the local community plans might look is provided at Appendix One. The example shows how challenges and opportunities identified through the local strategic assessment and other local insights will be addressed through a number of improvement areas.

Timescales

- 3.8 The proposed timescale for the revision of local community plans is as follows.

May – June:	Identification of key challenges and opportunities in consultation with local People and Place groups.
June – July:	Development of draft plans in consultation with local elected members and partners.
August – Sept	Public engagement on draft plans and commissioning of improvement actions.
Oct- Nov	Plan approval

Appendix 2. Local Community Plan Example		Improvement focus
Area Priority		
Help people out of poverty.	<p>An estimated 3000 households in the area are now struggling to make ends meet and at risk of poverty. The pressures on hard-pressed families and individuals are likely to increase in the short to medium term due to the impact of inflation and energy price rises. Work to address poverty will require a concerted effort across the range of agencies involved in the local people leadership group. As well as financial hardship, social isolation and its impact on mental health, is a major issue.</p> <p>People who are in poverty or at the risk of poverty are the least resilient to sudden events, such as flooding, which is highlighted as a risk in the local strategic assessment.</p>	<p>Provide leadership and support to bring the community together with services, voluntary groups and business to provide common purpose and new solutions.</p> <p>Join up access and service support to families and households so that people get the support they need quickly, and which helps them to have control</p> <p>Ensure provision of food and welfare support and quick and simple access for people who need it.</p> <p>Promote sustainable food choices, including healthy food, value for money, reduced food waste, and grow your own.</p> <p>Ensure access to energy advice and support is quick and simple for those that need it.</p>
Improve our school outcomes	<p>Our children achieve less well than in other parts of Fife and, partly as a consequence of this, achieve fewer positive destinations post-school.</p>	<p>Review current improvement plans through our five secondary schools and target a ...% improvement across identified attainment categories for the area over the next three years to ensure that no-one is left behind.</p>
Tackle the shortfall in decent and affordable housing choices in the area.	<p>The area requires an extra 400 homes to meet current demand. There is a particular and acute shortage of larger three and four-bedroom accommodation and issues around the quality and availability of shorter term private rented accommodation.</p>	<p>Develop specific affordable housing projects and identify land availability to enhance provision. Affordability should not be to the detriment of quality, with new homes being near net zero carbon and cost to heat and power.</p> <p>Ensure that land for housing is sustainable in the long-term changing climate, e.g. not susceptible to flooding, on eroding coast due to sea level rise or on/near potential landslip due to increased heavy rainfall.</p>

		<p>Ensure active travel links to nearby amenities to provide opportunities to be active and reduce dependence on public transport or cars..</p> <p>Work with all sectors to improve information, access and ongoing support.</p>
<p>Improve the local environment and provide more opportunities for people to be active</p>	<p>The 2022 Place Standard survey suggests that there has been a decline in people's perceptions of the local environments over the past two years, notably in aspects such as care and maintenance, traffic and parking, and streets and spaces. This is reflected in continuing concerns about the condition of the town centre, despite the substantial regeneration efforts of recent years.</p>	<p>Work with residents and tenants representatives to develop a supportive estate management plan.</p> <p>Develop a green corridor between and and link our green spaces across the area. Ensure these are resilient to future climate conditions, encourage wildlife and enable free, active travel.</p> <p>In areas that will become prone to flooding promote low maintenance planting to mitigate.</p> <p>Ensure greater community leisure opportunities for people and use of all of our facilities and assets.</p>
<p>Sustain economic recovery</p>	<p>The 2022 Place Standard survey identified work and the local economy as a key issue for residents. Attracting new businesses to the area will be key to improving job prospects, with the help of government grants to aid new businesses and investing money to help develop businesses. A lack of relevant skills and appropriate training opportunities among the local population is also a key factor.</p>	<p>Provide additional support to local informal and community enterprise.</p> <p>Review the effectiveness of training and employment pathways and identify how these can be improved, including the skills gap in climate actions, such as retrofitting homes and renewables</p> <p>Improve the visitor potential of the area by investing in existing tourism and recreation assets and promoting these assets locally and at a regional level.</p>
<p>Improve resilience to flooding</p>	<p>The local strategic assessment highlighted the risk of increased flooding due to climate change, and the socio-economic vulnerability of residents to cope and bounce back from these events. Flooding has a disproportionate impact on people living in poverty, both financially and in terms of health and wellbeing</p>	<p>Identify areas where natural planting can mitigate the impacts of high rainfall events.</p> <p>Increase resilience of built assets to flooding.</p> <p>Assess and mitigate risks to service provision.</p> <p>Ensure residents are aware of Flooding Fife Council and how to prepare and react to flooding.</p>

23rd August 2022

Agenda Item No. 04

Plan for Fife Delivery Update

Report by: Michael Enston, Executive Director, Communities

Wards Affected: All

Purpose

To update the Fife Partnership Board on progress to date in delivering the Plan for Fife recovery and renewal priorities, and on arrangements for the Our Fife Leadership Summits.

Recommendations

Board members are asked to consider and comment on:

- i) Progress updates on the delivery of recovery and renewal priorities;
- ii) Arrangements for the Our Fife Leadership Summits.

Resource Implications

The Our Fife Leadership Summits will be supported by staff from across the Fife Partnership along with contributions from external speakers.

Legal & Risk Implications

This report aims to help ensure delivery of the priorities and ambitions set out in the updated Plan for Fife.

Impact Assessment

An EqIA is not required as the report does not propose any changes to existing policies and practices.

Consultation

Community planning partners were consulted through the Plan for Fife Leadership Board and Delivery Boards

1.0 Background

- 1.1 At its last meeting on 8th February 2022, the Partnership Board received an update on the implementation of revised Plan for Fife leadership and delivery arrangements, and the development of delivery plans for each of the recovery and renewal priorities. A review of partnership groups has now been finalised, with all partnership groups having agreed to revised reporting arrangements. A local people and place leadership support group has been established to take forward the next phase of work on local people and place leadership.

2.0 Progress Update

Plan for Fife Delivery

- 2.1 The Plan for Fife Leadership Board meets every two months and receives regular progress updates from each of the delivery boards. Progress updates were considered by the Leadership Board at its meeting on 2nd August, and summaries of these updates are provided below.

Tackling Poverty & Preventing Crisis

- 2.2 The Tackling Poverty and Preventing Crisis (TPPC) Board has met monthly since it was established in September 2021. To date, the Board has agreed, and progressed actions outlined in the TPPC Delivery Plan, which aims to mitigate crisis and the impacts of poverty, as well as exploring methods of early intervention and prevention.
- 2.3 The TPPC Board has set up three task groups with a focus on mitigating the cost-of-living crisis and planning for winter 2022/23 across the following issues:
- Income maximisation
 - Fuel poverty
 - Food insecurity
- 2.4 Each task group will bring forward recommendations to the Board. These will help to inform the future development of the Community Assistance Helpline.
- 2.5 Additional funding has been allocated for TPPC projects through the Scottish Government's LACER fund. This has provided additional resources for the Scottish Welfare Fund, for Cosy Kingdom to alleviate fuel poverty, for additional Hardship Payments, to support staffing for the 'Big Hoose' project, to facilitate pre-employment training for the long-term unemployed, along with additional funding for childcare services, including breakfast clubs.
- 2.6 Work is underway to improve the use of data and evidence to target spend on preventing crisis. A sub-group has been established to focus on how best data and intelligence can assist the Board's decision making, and a new system has been procured from the software and analytics company, Policy in Practice. The software, the Low-Income Family Tracker (LIFT), will provide a means for Fife Council to combine its datasets to make better decisions based on household information. LIFT can be used to assess how individual households are affected by policy changes now and in the future. It allows the user to identify the most vulnerable families, target support to them, and track the change. This will help the TPPC Board to achieve its aim to provide more early intervention and prevention services.

Addressing the Climate Emergency

- 2.7 The Addressing the Climate Emergency (ACE) Board has been meeting every second month since it was established in September 2021. Achievements to date have focused on progressing the actions outlined in the ACE Action Plan.
- 2.8 The ACE Board has agreed to identify areas of vacant and derelict land for feasibility studies to identify potential for the use of climate change solutions – mainly solar energy production. The project is being led by Fife Communities Climate Action Network and is supported by community energy co-operative, Energy4All. Funding was agreed by the Addressing the Climate Emergency Board in November 2021 with funding from Fife Council's Vacant and Derelict Land Fund. Once external funding has been secured, the project will begin with conclusion of the feasibility study expected by the end of November 2022.
- 2.9 A strategic and operational approach to tree planting is being developed. This includes action to support tree planting in and by communities to improve biodiversity and reduce climate impacts. As part of the community led Climate Action Fife, funding is in place for five years for a community tree officer based in the Fife Coast and Countryside Trust. We are also in negotiation with the Woodland Trust to fund a £400,000 tree planting programme across Fife. The project aims to maximise community benefit for climate adaptation, emissions sequestration, tourism and health.
- 2.10 Delivering the ACE Action Plan requires investment in innovative approaches and changes to policy to ensure a reduction in the impact of the climate emergency. Innovative finance has the potential to drive change, and a project has been agreed by the ACE Board to explore the potential of being more innovative in the way in which projects and programmes are funded to determine their impact on carbon emissions targets. The project will examine Fife Council's capital plan during its review this year. This is a challenging task given the breadth of projects in the capital plan, and the processes involved in it. Nevertheless, this is an opportunity for the ACE Board to influence the next capital plan and provide a greater focus on climate impact.
- 2.11 The Board recently agreed to develop local climate place-based actions for communities in Fife. The scope of this project was to determine the assets of Fife Council, NHS Fife and Fife College. However, the data required to take the project forward is either limited or does not exist in the format required. Technical issues have also been raised regarding Fife Council's GIS system, which has delayed the project.

Leading Economic Recovery

- 2.12 The Leading Economic Recovery (LER) Board was established in October 2021 and has met on six occasions to date.
- 2.13 A short-term LER Action Plan was already in place prior to establishment of the new LER Board. This was developed as part of Fife Council's more immediate response to the intertwined economic impact of the Covid-19 pandemic and UK exit from the EU, and served as an interim replacement for the scheduled refresh of the Fife Economic Strategy, which had been deferred due to economic uncertainties. Six-monthly reports on the positive progress made in relation to the interim LER Action Plan have been scrutinised by the appropriate Fife Council committees.
- 2.14 In parallel, the work of the LER Board has subsequently focussed on reviewing economic recovery priorities for Fife, and on supporting the rescheduled 2022 refresh of the Fife Economic Strategy. This work has included consideration of new national economic policy direction, namely the UK Government's Levelling Up White Paper (February 2022)

and the Scottish Government's new National Strategy for Economic Transformation (NSET) (March 2022).

- 2.15 Work is underway with LER Board partners and other key stakeholders on the refresh of the Fife Economic Strategy, with finalisation anticipated at the end of September. A number of major decisions are due at a national level in the autumn that will still be required to be taken into consideration (for example, the UK/Scottish Government decision on Scottish Green Freeports, and the UK Government announcement on successful bids for Round 2 UK Levelling Up Funding).
- 2.16 Once the refresh of the new Fife Economic Strategy is complete, the focus of the LER Board will turn to monitoring effective delivery of the agreed actions and the subsequent impact of these actions in relation to changing global, national and local economic conditions.

Community Wealth Building (CWB)

- 2.17 The initial focus for the Community Wealth Building Support Group was to increase the knowledge and understanding of CWB as a social and economic approach to organisation-wide recovery and reform. This resulted in the development of the Fife Community Wealth Building Anchor Charter which sets out the practical actions organisations are committed to undertaking to embed a CWB culture into their mainstream activity. Partner organisations have committed to signing up to the charter.
- 2.18 The CWB Support Group has developed a focussed one-year delivery plan for March 2022-April 2023. The intention is to inject pace into the necessary development work required across anchor organisations whilst recognising that the benefits of a CWB approach are longer term and require sustained leadership to realise. The outcomes in the delivery plan are:
 - 1. Embedded CWB practice and culture in Fife
 - 2. Increase local procurement
 - 3. More Fife employers paying the Real Living Wage
 - 4. Increase in the number of social enterprises, co-operatives and community owned businesses in Fife
 - 5. Increased recruitment from under-represented and deprived communities
 - 6. Greater availability of land and assets for productive community use
 - 7. Increased membership of credit unions in Fife
 - 8. Increased usage and value from community benefit clauses
- 2.19 The CWB Support Group has identified leads for each area of work with projects being scoped and reporting into the support group. Strong progress is notable in Fife Council procurement activity where local spend is 41% in 2022, up from 39% in 2021 and from a baseline of 37% in 2020. The Scottish national average is approximately 26%.
- 2.20 Project initiation is underway in relation to: progressive recruitment which targets public sector posts to those most in need and facing barriers to employment; enhancing community benefit capture and matching with third sector organisations; and in securing Kirkcaldy as Fife's second Real Living Wage town.

People and Place Leadership

- 2.21 The People and Place Support Group has met three times since its first meeting in March this year. The primary purpose of the group is to further support the scoping and development of the local people and place model across Fife Partnership.
- 2.22 The focus of the group to date has been to secure a stronger understanding of the current position of local leadership arrangements across the seven areas and the opportunities and challenges that exist, shaping the revised approach to local community planning, with a sharper focus on the improvements required, and to learn from Services that are taking a decentralised approach to leadership, resources and operational service delivery e.g. Fife Council Housing Service and the estates management approach.
- 2.23 The group has also considered the experience of other public services in their approach to system-wide reforms that are predicated on a communities and place-based approach e.g. the Greater Manchester model and a reflection on what that might look like in Fife. A learning session is scheduled with East Ayrshire Council for Friday 19th August 2022 to explore their approach to cleaner, greener communities and integrated children's services.
- 2.24 The current focus for the group is on developing content for the Leadership Summits workshops to support turning strategy into action.

Coordinating organisational change

- 2.25 At its meeting on 26th October 2021 the Partnership Board agreed to establish a partnership organisational change group to consider initial areas for joint working. The group has now met four times. Partners have discussed a number of potential areas for collaboration, and the following initial priorities were identified:
- Joint approaches to leadership development;
 - Support for local people and place leadership;
 - Community collaboration and leadership.
- 2.26 Initial discussions have been held with St Andrew's University about potential support from the university for the development of a leadership development programme. The university has identified a number of potential subject areas, and further work is underway to identify priorities for further development. The Our Fife Leadership Summits will further inform these discussions.
- 2.27 The Organisational Change Group established a joint planning group to develop proposals for the Our Fife Leadership Summits, which will be launched on 26th August. The Organisational Change Group will coordinate work to take forward the recommendations from the summits.

3.0 OurFife Leadership Summits

- 3.1 At its meeting on 1st June 2022, the Leadership Board agreed proposals for a series of leadership conversations across the partnership on the future of services and the changes needed to respond to Fife priorities, national shifts, and social and financial pressures.

- 3.2 The Partnership Organisational Change Group established a small planning group to develop our thinking and consider how these conversations should be organised. This report sets out how these conversations will be organised.
- 3.3 The conversations will be launched on 26th August, and invitations were sent by the CEOs of Fife Council and NHS Fife to nominated leaders in partner organisations.
- 3.4 The initiative has been billed the **Our Fife Leadership Summits 2022**: a series of focused conversations on public services redesign involving 100 leaders from across the Fife Partnership.

Structure and Content

- 3.5 The overall aim of the leadership conversations is to clarify our intent and to explore the gap between the strategic change ambitions set out in the Plan for Fife and the current reality. The conversations will then seek to identify key actions that are needed to bridge these gaps.
- 3.6 The conversations provide an opportunity for leaders from across the partnership to discuss and agree the common purpose that underpins the ambitions in the Plan for Fife, to explore the main challenges and opportunities for strategic change, and to better understand their respective roles. To support this, a mix of methods will be used:
- At least two virtual plenary sessions
 - Three facilitated workshop sessions online/in person per topic
 - Input from external experts
 - Advance reading, data, thematic information and prompt questions
 - A Summit Team channel to encourage conversation in between meetings
 - Sharing of examples of lived experience/local stories for topics, where possible.
- 3.7 The launch will be geared to inspiring interest, enthusiasm and personal commitment to the process ahead. Input on the day will be a mix of external and internal presentations covering the opportunity, art of the possible, an overview of the change themes and how they fit together. Cllr David Ross will open the session as Chair of the Fife Partnership. There will also be the opportunity for smaller group discussions around what has been heard and the opportunities ahead, with live plenary feedback before focusing on the call to action.
- 3.8 Participants will be asked to confirm their selected topic area/s and commit to the time and preparation required following the launch. The proposed topics for discussion reflect the areas of strategic change identified in the Plan for Fife:
- ‘No wrong door’ to services/support
 - Place-based working
 - Community wealth building
 - Health and wellbeing
- 3.9 There will be at least three sessions per topic, covering the following tasks:
- a) Agreeing context and definition: what are we aiming to achieve?
 - b) What is the gap between our ambition and the current reality? What does the evidence say? What has been achieved in other places?
 - c) What do we need to do across the partnership to deliver our intent? How will we measure success? What programme delivery arrangements do we need to put in place.

- 3.10 The thematic discussions will be guided by a lead officer along with policy support to ensure the process results in a tangible output. In-house facilitators will be assigned to support and help coordinate the conversation.
- 3.11 A ‘stock-take’ will be organised with all involved in January 2023, and the output of the whole process will shape statements around:
- How will future public services change over the next three years?
 - What specific changes will be made and how will we measure success?
 - Who owns delivery and how will partners interact, organise and/or engage differently to support this?
- 3.12 Running through all the topic discussions will be the question ‘*How do we turn strategy into collective action?*’ Whilst new ways of working, organising teams and resources will naturally emerge from more defined goals, measures, tasks, and ownership for driving progress, leaders will be encouraged to consider the role culture plays in delivering sustainable reform. The Partnership Organisational Change Group will also review the outputs from the discussions and contribute further recommendations as part of the final reporting.

Future Work

- 3.13 The Leadership Summits are just the first stage in a three-step process that will lead partnership services through a three-year programme of public service reform – laying the ground for the next 10-year plan in 2026/7. In principle that longer term process could also be driven through a partnership programme management office.
- 3.14 Once this initial stage is complete, leaders should continue to collaborate through an ongoing process of facilitated development around strategic change redesign across the partnership and the four change topics – rather than just their initial area of interest. This would be one way to build on the principles and skills of the 21st Century Public Servant and become an investment the leadership of the future.

Key Dates

- 3.15 Timescales have been set as follows
- Launch: 26th August 2022
 - Topic groups: 5th September to 1st December
 - Stock take: 18th January
 - Reporting: 1st and 28th February 2023 (Leadership Board and Fife Partnership)

Advance reading and preparation material will be sent to participants one week before each event.

4.0 Conclusions

- 4.1 This report provides an update on the work being undertaken across the Fife Partnership to take forward the recovery and renewal priorities and strategy for change outlined in the updated Plan for Fife.

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23rd August 2022

Agenda Item No. 05

Fife Local Development Plan Review

Report by: Pam Ewen, Head of Planning

Wards Affected: All

Purpose

To advise the Board on the Local Development Plan (LDP2) review, highlighting the importance of this land-use Plan as the spatial expression of The Plan4Fife, and seeking a decision in respect of the Fife Partnership Board's role through the review.

Recommendations

It is recommended that the Board:

1. Considers the statutory process the Local Development Plan review requires to follow, particularly essential areas of research, public engagement, and the Proposed Plan setting out how land-use change will be managed;
2. Considers the role of partner organisations within The Fife Partnership and their contribution to providing information, promoting any land and property assets where land-use change will be sought, and public engagement; and,
3. Agrees that a report is presented to The Fife Partnership as the Plan review progresses through the key statutory stages.

Resource Implications

The report explains the cross-cutting purpose of the Local Development Plan and collaboration required to meet statutory and community planning needs.

Legal & Risk Implications

This report seeks to ensure that the Local Development Plan (LDP2) review meets not just the legislative requirements but also builds on Community Planning and helps deliver the related outcomes in The Plan4Fife. Ensuring that partner organisations assist in developing the Plan reduces risk and increases the ability to deliver these outcomes.

Impact Assessment

An Equalities Impact Assessment is not required because the report does not propose a change or revision to existing policies and practices. An environmental assessment is not applicable for this report because it does not directly impact the environment. The local development planning process places requirements on Fife Council as the planning authority to undertake impact assessments under equalities and other legislation, including Strategic Environmental Assessment as per The Environmental Assessment (Scotland) Act 2005.

This report is presented to the Board following discussion with Communities Neighbourhood Services' Community Manager (Development).

1.0 Background

1.1 Development planning is a statutory function to manage the development and use of land in the long-term public interest. It does this by setting out how places will change into the future, including where development should and should not happen. Development plans consider where new homes and workplaces will be built, where and when proposals for services and facilities will be provided, such as education, and travel, and identify the places and environmental assets valued for protection.

1.2 The Board will be aware the Development Plan has a role in co-ordinating and aligning many different sectors and interests to achieve the desired change for places and communities. Planning in the long-term public interest includes contributing to sustainable development and the achievement of the National Performance Framework. This requires the LDP to be cross-cutting and means it will be informed by plans at other scales, including: Regional Spatial Strategies (RSS) that address strategic development, often across local authority boundaries; Local Transport Strategy and Local Housing Strategy; and Local Place Plans (LPPs), community-led plans that focus on places within local authorities' areas, which may include particular neighbourhoods.



- 1.2 LDPs are the spatial expression of Local Outcome Improvement Plans and include a spatial strategy which takes account of, among other things:
- the principal physical, cultural, economic, social, built heritage and environmental characteristics of the district;
 - the size, composition, health, and distribution of the population of the district;
 - the housing needs of the population of the area, including, in particular, the needs of persons undertaking further and higher education, older people and disabled people;
 - the availability of land in the district for housing, including for older people and disabled people;
 - the health needs of the population of the district and the likely effects of development and use of land on those health needs;
 - the education needs of the population of the district and the likely effects of development and use of land on those education needs;
 - the extent to which there are rural areas within the district in relation to which there has been a substantial decline in population;
 - the capacity of education services in the district;

- the desirability of maintaining an appropriate number and range of cultural venues and facilities (including in particular, but not limited to, live music venues) in the district;
- the infrastructure of the district (including communications, transport and drainage systems, systems for the supply of water and energy, and health care and education facilities);
- how that infrastructure is used; and,
- any change which the planning authority thinks may occur in relation to any of the matters mentioned above.

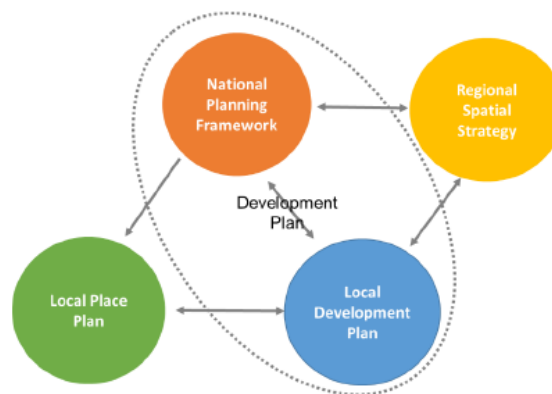
Community planning interests must, therefore, form part of preparing the LDP.

2.0 Discussion

- 2.1 LDP2 will replace the current Local Development Plan *FIFEplan* (adopted 2017) to provide a 10-year strategy for development and growth in Fife in accord with the Town and Country Planning (Scotland) Act 1997. It will be one part of the new Fife Development Plan along with National Planning Framework 4 (NPF4) which has been prepared in draft and will be laid before parliament later this year.
- 2.2 The timescale for the main stages in plan preparation is:
- Evidence Report and Gatecheck - 2023
 - Proposed LDP (publication of the Council approved draft for consultation) - 2024
 - Examination - 2025
 - Adoption - 2026.

A Local Development Plan Board was established in 2021 to support corporate governance of the project.

Figure 1 – New Development Plan and relationships



(Source: *Draft Guidance on Local Development Planning*, Scottish Government, 2021)

- 2.3 In preparing LDP2, the Council will prepare an Evidence Report which will provide a summary of the baseline data and information needed to inform a deliverable, place-based, and people-focused LDP. This will be subject to a new Gatecheck examination by a Scottish Government appointed person – most likely from the Scottish Government’s Planning and Environmental Appeals Division (DPEA). The Evidence Report is required to set out views on the matters listed in Appendix 1. It is not expected to contain all the detail of evidence, but it should provide a summary and the analysis of what the evidence means for the LDP and should highlight areas where stakeholders are in agreement or in

dispute, and the reasons for these. The aim is to have minimal areas of dispute outstanding so the Council can progress to preparing the Proposed Plan quickly.

- 2.4 Work has started on preparing the Evidence Report which and is progressing well in most areas but has bought to light some issues in the availability of data in several areas. There are also some dependencies which impact on the preparation of the Evidence Report.

Delays in national workstreams on legislation, guidance, and development planning

- 2.5 A key dependency in the LDP2 project plan is for NPF4 and LDP Regulations to be laid before Scottish Parliament before compiling the final draft of the Evidence Report to ensure the Evidence Report is aligned with NPF4 and complies with regulations. The Government intends to lay a revised NPF4 in the Scottish Parliament in the autumn.

Evidence base

- 2.6 The Evidence Report depends on other strategies and workstreams including:
- Local Housing Strategy which is not due until October (which covers self and custom-build housing);
 - This year's Strategic Housing Improvement Plan (SHIP) and 2022 Housing Land Audit will not be ready late 2022;
 - Fife Employment Land Strategy not due to be completed until mid-August 2022; and,
 - NHS Fife Estates Strategy – there has been recent discussion on the supply and demand for care homes, and with consultants on behalf of NHS Fife on their Primary Care Service & Premises Update.
- 2.7 These and other data sets from key agencies¹ have still to be either received in full or analysed for publication in liaison and consultation with the data providers.
- 2.8 It is a statutory requirement, assessed through the Gatecheck, that the Evidence Report contains sufficient information to enable the council to prepare the draft LDP2.

Engagement

- 2.9 Community views on their area and environment which will inform the Evidence Report are being gleaned from existing recent consultations such as Local Community Plans, Local Transport Strategy, and *Plan4Fife* Strategic Assessment. Additional work has been commissioned to hear the opinions of young people but more needs to be done to take account of the views of younger children and specific groups such as Gypsies and Travellers, older people, and people with disabilities, including views expressed in response to other Council strategies and plans. Wider public opinion will be invited through work being undertaken by Fife Equalities Forum and a bespoke invitation using MS Forms.
- 2.10 Communities in Fife have also been invited to prepare Local Place Plans. Local Place Plans were introduced by the Planning (Scotland) Act 2019. They are community-led plans setting out proposals for the development and use of land. A Local Place Plan can set out a community's aspirations for its future development. Once completed and then registered by Fife Council, they are to be taken into account in the preparation of LDP2. Local community councils and other community bodies were invited in May this year to prepare a Local Place Plan to inform LDP2 and given until 31 October 2023 to do so.

¹ Key agencies for Fife are: NatureScot, the Scottish Environment Protection Agency, Scottish Water, Scottish Enterprise, Highlands and Islands Enterprise, South of Scotland Enterprise, South East Scotland Transport Partnership, Fife Health Board, and Historic Environment Scotland.

Role of Fife Partnership members in LDP2

- 2.11 Members of the Fife Partnership have a key role in the preparation of LDP2. At this early stage during the preparation of the Evidence Report there is a key role in working together on providing and analysing data to agree the baseline position and issues facing Fife today. This will be important in helping LDP2 to address and meet the needs of Fife and its residents. As the plan progresses and a draft of LDP2 (the proposed plan) and a draft Delivery Programme is developed there will be need for collaboration around use of surplus assets, the need for new sites for facilities, and consideration of development growth and potential implications for organisations and Fife. Further support may be required at both the Gatecheck and Examination stages, where the DPEA will consider any areas of disagreement between the council and other parties.

3.0 Conclusions

- 3.1 The role and interests of community planning partners are central to LDP2's preparation. The Fife Partnership Board is asked to confirm the Partnership's involvement in the preparation of LDP2 through reports to the Partnership Board. Through the provision of information, promoting any land and property assets where land-use change will be sought, and public engagement, collaborative working with members of the Fife Partnership will support the LDP2 project at the Gatecheck and Examination stages. This will in turn ensure that Fife maintains an up-to-date development plan that meets the needs of Fife's communities and the members of the Fife Partnership Board.

List of Appendices

1. Matters to be included in the LDP2 Evidence Report.

Background Papers

No background papers were relied on in the preparation of this report in terms of the Local Government (Scotland) Act, 1973.

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Appendix 1 – Matters to be included in the LDP2 Evidence Report

Listed in section 15(5) of the Town & Country Planning (Scotland) Act 1997 (as amended):

- the principal physical, cultural, economic, social, built heritage and environmental characteristics of the district;
- the principal purposes for which the land is used;
- the size, composition, health and distribution of the population of the district;
- the housing needs of the population of the area, including, in particular, the needs of persons undertaking further and higher education, older people and disabled people;
- the availability of land in the district for housing, including for older people and disabled people;
- the desirability of allocating land for the purposes of resettlement;
- the health needs of the population of the district and the likely effects of development and use of land on those health needs;
- the education needs of the population of the district and the likely effects of development and use of land on those education needs;
- the extent to which there are rural areas within the district in relation to which there has been a substantial decline in population;
- the capacity of education services in the district;
- the desirability of maintaining an appropriate number and range of cultural venues and facilities (including in particular, but not limited to, live music venues) in the district;
- the infrastructure of the district (including communications, transport and drainage systems, systems for the supply of water and energy, and health care and education facilities);
- how that infrastructure is used; and
- any change which the planning authority thinks may occur in relation to any of the matters mentioned above

Under Section 16B of the Act the evidence report is also to set out:

- A summary of the action taken by the planning authority to support and promote the construction and adaptation of housing to meet the housing needs of older people and disabled people in the authority's area; and an analysis of the extent to which the action has helped to meet those needs;
- A summary of the action taken by the planning authority to meet the accommodation needs of Gypsies and Travellers in the authority's area; and an analysis of the extent to which the action has helped to meet those needs; and
- How the planning authority have invited local communities in their district to prepare local place plan; and the assistance provided to local communities to assist them to prepare local place plans.

The Under Section 16B of the Act the evidence report is also to include a statement on the:

- Steps taken by the planning authority in preparing the report to seek the views of the public at large, including in particular the views of disabled persons, Gypsies and Travellers, and children and young people;
- Steps taken by the planning authority in preparing the report to seek the views of community councils, and
- Extent to which those views expressed have been taken into account in the report.

23rd August 2022

Agenda Item No. 06

Levelling Up Fund Update

Report by: Ken Gourlay, Executive Director (Enterprise and Environment)

Wards Affected: All.

Purpose

The purpose of this report is to provide the Fife Partnership Board with an update on the bids made to the UK Levelling Up Fund on 2nd August 2022.

Recommendation(s)

The Board is asked to consider and comment on:

- (1) The Bids submitted to the competitive UK Levelling Up Fund for a Fife transport bid and four Constituency bids on 2nd August 2022.

Resource Implications

The plan will largely be delivered from existing resources across the Fife Partnership. Community wealth building approaches will be used to maximise the benefits from public expenditure in Fife and make best use of Fife's public and community assets for community wellbeing.

Legal & Risk Implications

Only local authorities are eligible to apply for Levelling Up funding. However, several community-led projects are part of the Constituency Bids. If successful, the Council will act as "accountable body" for these projects. The Council will submit grant claims and reports on behalf of the project owner. A back-to-back legal agreement will be required to pass on the grant conditions to the project owner, so that the Council's risk is minimised.

All the grant funding must comply with the Statutory Guidance on the United Kingdom Subsidy Control Regime Subsidy control Act 2022.

All financial risks lie with the project owner.

The process is competitive, with the highest scoring bids being awarded funding, subject to final Ministerial decision. The UK Government has allocated a proportion of the overall funding to Scotland and also seeks to spread the investment across the investment themes. The decision for round one was made as part of the Autumn Statement in October 2021, a similar timescale is anticipated for round two.

There is also risk attached to the requirement for "shovel-ready" projects. This generally means to have detailed designs and all statutory consents in place, so they are ready to start construction once the grant decision is made. This can take 6/8 months and

requires around £150,000 - £300,000 of investment depending on the scale of the project. Given the number of projects, the Council cannot justify this speculative investment for all of these until the outcome of the funding application is known. The delivery period is therefore reduced by this time.

Impact Assessment

The projects at various stages of development and do not represent any change to Council policies or processes. A preliminary Equalities Impact Assessment has been carried out as part of the Bid process. This is a continuous process as the projects complete their design, deliver the construction works and move into operations. Projects must also demonstrate their carbon assessment and management as part of this process. All activities will comply with all Equal Opportunities/Fairer Scotland Duty policies and obligations.

Consultation

The projects have been developed from community consultation exercises carried out over recent years such as charettes and masterplan exercises. Consultation has taken place with Fife's MPs and during 2021 with Elected Members.

1.0 Background

- 1.1 The UK Levelling Up Fund (UKLUF) was announced in March 2021 as part of the UK Government's Budget process and Levelling Up agenda. It was one of the new UK wide funds launched using the powers conferred to the UK Government through Sections 50 and 51 of the UK Internal Market Act 2020.
- 1.2 It is a £4.8 billion capital fund (with a minimum of £800m allocated to the devolved nations) which will support investment projects with up to £20 million of funding. The fund will run until March 2025. Bids should have local MP support and decisions on successful bids are made by the UK Government. The fund is highly competitive and there is no guarantee of funding for the bids and their projects. Package bids can be submitted for up to three projects; however the weakest project determines the success of the overall bid.
- 1.3 The funding focuses on three investment themes:
 - smaller transport projects that make a genuine difference to local areas (or larger transport schemes such as road network investments);
 - town centre and high street regeneration; and
 - support for maintaining and expanding the UK's world-leading portfolio of cultural and heritage assets.
- 1.4 Bids in Scotland can only be submitted by a local authority, with the number of bids being dependent on the number of MPs in each area. An additional bid can be submitted for a transport bid. Fife can therefore submit up to five applications. Bids and constituent projects should have the support of local stakeholders and partners. The Fife MPs have formally supported the bids.
- 1.5 There is a system of geographical prioritisation whereby the UK Government has devised an index that puts each local authority into one of three categories of need. The indicators used relate to economic recovery and growth; improved transport connectivity; and regeneration. Fife has been placed in the second priority category so its bids must

be highly competitive. The White Paper on the Levelling Agenda was published in January 2022 and the Bids must be aligned with its missions.

- 1.6 The criteria for round two was not significantly changed from round one. Submission was by an online Portal. Any successful bids must be made public on the Council's website. Civil Servants indicated that there was no guarantee of a round three. If there was, with bids in July 2023, there would be a very short timescale for delivery of the projects by March 2025. Therefore, round two is expected to be substantially oversubscribed and extremely competitive.
- 1.7 In terms of Transport, the bid is focused on assets controlled by the Council and linked to agreed transport priorities. This package of asks is linked to the strategic priorities in the Plan4Fife 2017-2027, and its Recovery and Renewal plans 2021-2024.
- 1.8 In terms of the Town Centre Recovery projects, these are focused on building on existing community engagement and action plans, previous regeneration investments and expanding this to tackle prominent derelict buildings and looking to repurpose them for different Town Centre uses. The projects aim to recover footfall and visitor numbers.
- 1.9 In terms of Cultural regeneration, there is a focus on Community-owned projects. This means the Council acts as "accountable body" for the funding and the Community group as the project owner and deliverer. These could be higher risk to the Council so groups with a proven track record in delivery, with existing feasibility studies and business plans have been the priority.

2.0 Issues and Options

- 2.1 Round two is likely to be extremely competitive as a round three is not guaranteed. An additional risk is that the Fife bids have been based on concept designs and indicative costs, rather than fully design and consented projects due to the costs of undertaking this activity.
- 2.2 In developing the projects, officers have had to take cognisance of the funding criteria and the deliverability due to the tight timescale of the UK Levelling Up Fund. Only structural interventions linked to economic priorities are considered a legitimate ask. Officers have also taken into consideration the linkages with the Plan4Fife, Fife's Economic Strategy, Local Development Plan, Local Community Plans and Town Centre Action plans. The draft Strategic Assessments for each Area produced in May 2022, have informed the challenges for each Constituency, as the basis for the "Case for Change".
- 2.3 The proposed projects have been based on agreed priorities with local communities developed over several years through community visioning exercises and are able to be taken forward within the challenging timeframe. They draw on the expertise of established partners such as Fife Historic Buildings Trust. In terms of each Constituency bid, these are focused on one of the three themes outlined in paragraph 1.3, i.e. Town Centre Regeneration, Cultural Regeneration or Transport. The UK Government guidance is that each programme of investment is to be considered across no more than three geographic sites. There also needs to be a link through each of these to the unifying theme as they must deliver to the same outcomes. For example, digital connectivity projects are not eligible.
- 2.4 For the projects that have not been submitted for Levelling Up Funding, this does not mean that they are not worthy projects but rather they may be considered not to be deliverable in the timeframe, or they may be better delivered through another route, e.g. Scottish Government Place Based Investment funding. The projects must also fit with the Council's financial strategy, such as not to increase revenue costs for the Council.

- 2.5 The unifying theme for the Dunfermline and West Fife bid is town centre regeneration with three projects: Dunfermline High Street streetscape including the city square; St Margaret's House and the Friary Building, Inverkeithing. The outputs will be an improved cultural offer; enhanced townscapes more attractive to visitors, community led and designed buildings. Measured through increased numbers of visitors to the towns and stay longer, spending more.
- 2.6 The unifying theme for the Kirkcaldy and Cowdenbeath bid is community-run hubs acting as enterprise//training centres for start-ups with flexible spaces, including those with requirements for workshop/ creative space. The centres will incorporate training space and will be complemented with integrated support services and single door, access to services. The three projects are Burntisland Burgh Chambers, Cowdenbeath Town House, and the Templehall Community hub, Kirkcaldy. The outputs will be: Enhanced townscapes more attractive to visitors, Community led and designed buildings and an improved cultural offer. Measured through increased numbers of visitors to the towns who stay longer, spending more.
- 2.7 The unifying theme for the Glenrothes bid is regeneration based around the River Leven, with two projects: Glenrothes Riverside Park and the Levenmouth active travel networks (phase 1) including the River Leven riverside path network (phase 1). The outputs will be an improved recreation offer, enhanced townscapes more attractive to visitors and community led and designed leisure assets. Measured through increased numbers of visitors to the towns who stay longer, spending more.
- 2.8 The unifying theme for the North East Fife bid is three new visitor hubs: Sustainable Silverburn, Leven, Tay Bridgehead Park and Choose Transport Hub (adjacent to Newport-on-Tay) and the Forgan Arts Hub, Newport-on-Tay. The outputs will be: An improved arts, cultural, heritage offer more attractive to visitors, community led and designed, more visitors travelling by public transport and active travel. Measured through increased numbers of visitors to the Constituency who stay longer, spending more.
- 2.9 The unifying theme for the Transport bid is Improved Climate Resilience particularly flooding, to encourage active travel and improve the resilience of freight and bus routes focusing on Mid Fife. The three projects are: Flooding/ B981 Den Burn Bridge repairs in Cardenden; A955 Bawbee and rail Bridges repairs in Leven; and A907 Lyn Burn Bridge/ Culvert replacement/Grange Road Link Road Bridge / Kingseat (Whitefield) bridge expansion in Dunfermline. The outputs will be improved resilience, increased active travel and better journey times. Measured through frequency of flood events, trips by active travel modes and journey times.
- 2.10 The main challenge in delivering the bids will be resources to deliver them within the demanding timetable set by the UK Government. This cannot be quantified or mobilised until we know how many bids are successful, if any. The human resource requirements could be significant so, where possible, the Council intends to use national delivery frameworks such as Scape and external partners willing to assist such as Fife Historic Buildings Trust. Where staff costs can be capitalised, they are included in the Bids. The resource requirements will be reviewed once the decision on the successful bids is made in the Autumn and appropriate resource plans put in place.
- 2.11 Ensuring accessibility and the transition to net zero carbon buildings also adds complexity and cost to the projects and bids. Assessment of the accessibility, carbon footprint and mitigating measures will form part of the detailed, technical designs and statutory consents for each project. It will also determine the procurement requirements and any value engineering required.

3.0 Summary of the Bids to UK Levelling Up

3.1 Five bids were submitted to the UK Levelling Up Fund which closed for round two on 2nd August 2022. It is a competitive fund with a three staged approach to assessment and decision making.

- Stage 1 Gateway

The first stage is a pass/fail gateway. Information regarding bid eligibility must be supplied, including all necessary documentation.

- Stage 2 Assessment and shortlisting bids

Bids will be assessed against the criteria set out in the prospectus to deliver a shortlist of the strongest bids. To create a shortlist, applications will be assessed at the bid level against Index of Priority Places (Fife is priority 2), Strategic Fit, the Economic Case and Deliverability.

- Stage 3 Decision making

Once bid assessment and moderation has concluded, and the shortlist is drawn up, Ministers will make funding decisions. In making these decisions, Ministers may take account of additional considerations such as ensuring a reasonable thematic split of approved projects (e.g. across regeneration and town centre, transport and culture and heritage).

3.2 The following table summarises the Bids submitted in Round 2.

	Theme	Leverage	LUF Ask	Total Investment	B.C.R (Benefit Cost Ratio)
North East Fife Bid		£9.23m	£19.88m	£29.12m	4.26
Silverburn	Culture	£8.02m	£8.35m	£16.37m	4.67
Tay Bridge P&R	Transport	£0.83m	£9.47m	£10.30m	2.85
Forgar Arts	Culture	£0.38m	£2.06m	£2.44m	5.39
Glenrothes & Central Fife Bid		£11.46m	£19.41m	£30.87m	4.14
Riverside Park, Glenrothes	Regen	£0.11m	£4.98m	£5.09m	2.74
Levenmouth Connectivity	Transport	£11.35m	£14.43m	£25.78m	4.47
Kirkcaldy & Cowdenbeath Bid		£11.00m	£12.22m	£23.22m	1.86
Burntisland Burgh Chambers	Culture	£0.00m	£5.75m	£5.75m	1.75
Cowdenbeath Town House	Regen	£0.50m	£1.67m	£2.17m	3.34
Templehall Community Hub	Culture	£10.50m	£4.80m	£15.30m	1.69
Dunfermline & West Fife Bid		£2.53m	£17.69m	£20.22m	2.96
City Centre	Regen	£0.57m	£8.87m	£9.44m	7.44
St Margaret's	Culture	£0.43m	£3.52m	£3.95m	1.62
Friary Inverkeithing	Culture	£1.53m	£5.30m	£6.83m	2.96
Transportation Bid		£2.86m	£19.98m	£22.84m	2.62
Cardenden	Transport	£0.42m	£2.79m	£3.21m	0.25
Leven	Transport	£1.29m	£7.09m	£8.38m	1.04
Dunfermline	Transport	£1.15m	£10.10m	£11.25m	4.28
Total Levelling Up Bids		£36.09m	£89.2m	£125.29m	

4.0 Conclusions

- 4.1 This report provides the Fife Partnership Board with information on the Bids submitted to the UK Levelling Up Fund to second-round bid deadline on 2nd August 2022.
- 4.2 This report outlines the decision process for the UK Government and the estimated timescales for a decision. It also outlines the risks and potential resource requirements for delivery, depending on whether or not any bids are successful.
- 4.3 If any of the Fife Bids are successful, the Executive Director (Finance and Corporate Services) and the Executive Director (Enterprise and Environment) will complete the Legal Agreements with the UK Government to start delivery in 2022/23.

Background Papers

The following papers were relied on in the preparation of this report in terms of the Local Government (Scotland) Act, 1973:-

- Policy & Coordination Committee, November 2021, Item 8: Levelling Up Fund Update

[Agenda Policy and Co-ordination Committee 4th November 2021.pdf](#)

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23rd August 2022

Agenda Item No. 07

Fife's UK Shared Prosperity Investment Plan

Report by: Ken Gourlay, Executive Director Enterprise & Environment

Wards Affected: All

Purpose

This report sets out the steps taken to develop Fife's UK Shared Prosperity Investment Plan, a summary of the Plan that was submitted to UK Government for 1st August 2022 deadline and seeks approval for its governance.

Recommendations

The Board is asked to consider and endorse:

- (1) The approach to developing the UKSPF Investment Plan set out in this report. The relevant priorities of the Plan4Fife 2017-27 and its Recovery and Renewal Plans 2021-24, formed the basis of the UKSPF Investment Plan priorities.
- (2) Paragraph 3.5 sets out the approach to allocate the UKSPF to each Investment Priority based on the historical investment levels for EU Funding for similar activities in a 'typical' year for that funding. This means up to 50% for People & Skills, up to 29% for Supporting Local Businesses and at least 21% for Communities and Place.
- (3) The advisory governance, the prioritisation principles, allocations by UKSPF Investment Priority and process to confirm interventions for 2023/24 and 2024/25 as set out in Sections 3,4 and 5.
- (4) The creation of a subgroup of the Fife Partnership Board, to provide oversight to the UKSPF Investment plan, and agreement of the requirement to invite Fife's MPs and representatives from the UK Government's Levelling Up Team to attend the Subgroup.
- (5) The extension of the remit of the Employment Delivery Partnerships to provide advice to the People & Skills Investment Priority; the re-establishment of an economy delivery partnership to provide advice to the Supporting Local Businesses Investment Priority and the formation of a Communities and Place Delivery Partnership with members drawn from the Environment Delivery Partnership, Addressing Climate Change, Poverty and Crisis Management, Leading Economic Recovery, Community Wealth Building Recovery & Renewal Delivery Boards.
- (6) That a revised Investment Plan will be submitted to the Board in February 2023 to approve interventions for 2023/24 and 2024/25

Resource Implications

This report provides updates on progress and there are no immediate resource implications.

Legal & Risk Implications

This report aims to help ensure delivery of the priorities and ambitions set out in the relevant priorities of the Plan4Fife 2017-27 and its Recovery and Renewal Plans 2021-24.

All UKSPF grants will be awarded through competitive processes or commissioning. All financial assistance must comply with the requirements of the Statutory Guidance on the United Kingdom Subsidy Control Regime. All Minimal Financial Assistance (MFA) must follow the statutory assessment requirements. Any Financial Assistance must meet the four Limb tests, be exempt or be in the public interest. An initial assessment by Intervention to be delivered in 2022/23 is included in the UKSPF Investment Plan.

Impact Assessment

An EqIA and summary form has been completed for the Interventions to be delivered in 2022/23 and included in the UKSPF Investment Plan. A Fife Environmental Impact Assessment will be considered as part of the development of relevant individual projects.

The Fairer Scotland Duty, which came into force on 1 April 2018, requires the Council to consider how it can reduce inequalities of outcome caused by socio-economic disadvantage when making strategic decisions. Both the Plan for Fife and Fife's UKSPF Investment Plan align with this Duty in their commitment to working towards achieving Inclusive Growth and Jobs and Thriving places.

Consultation

Community planning partners were consulted through the Plan for Fife Leadership Board and Delivery Boards

1.0 Background

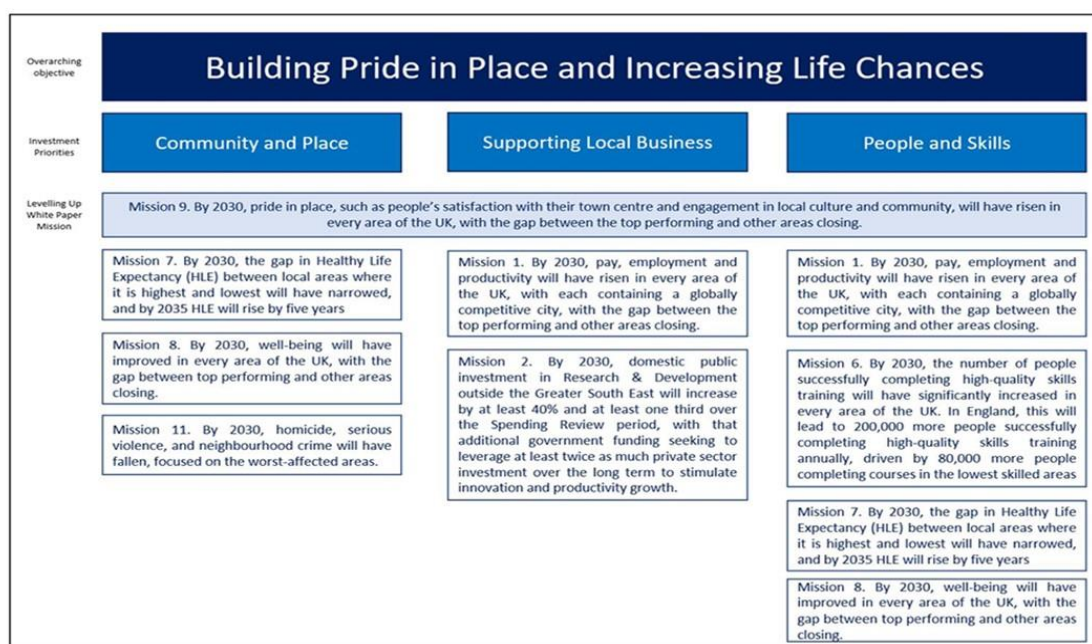
- 1.1 The UK Shared Prosperity Fund (UKSPF) prospectus was published on 13 April 2022 alongside details of the three-year funding allocations. Fife has a conditional allocation of £13.4 million. Fife Council as Lead Authority had to submit an Investment Plan by 1st August 2022. This is predominantly a revenue grant scheme, with an element of capital funding. This starts at a minimum 90:10 revenue to capital split in 2022/3, increasing to 80:20 by 2024/25. The Multiply Funding is ringfenced for numeracy interventions. The funding allocation is as follows:

Funding Allocation	2022-23	2023-24	2024-25	Total
UKSPF Allocation excluding Multiply	£1,348,174	£2,696,348	£7,064,433	£11,108,955
Multiply Allocation	£701,051	£808,904	£808,904	£2,318,859
Total UKSPF Allocation	£2,049,225	£3,505,252	£7,873,337	£13,427,814

- 1.2 The UKSPF is designed to succeed and improve on EU structural Funding. However, it is not a direct replacement because it focuses on UK priorities and is intended to give local areas greater say in investments, with direct accountability to elected local leaders. As a delegated fund, places identify and build on local strengths and needs, focusing on

building pride in place through three investment priorities. Local Authorities are expected to demonstrate that they have actively reached out to local MPs, to provide advice on the Investment plan and ongoing involvement in a local partnership group. The Investment Plan needs to demonstrate ongoing local consensus for the plan through a local partnership group. The Fife Partnership includes the partners expected by the UK Government to meet the local partnership requirements. Local strengths and needs are set out in the Plan4Fife 2017-27, and its Recovery and Renewal Plans 2021 - 24. The theme “Inclusive Growth & Jobs” is mostly closely aligned to the levelling up missions.

- 1.3 There are some key differences between the EU funds that Fife historically received and the UKSPF. The UKSPF is a 3-year programme (EU 7 years), based on allocated funds. Investment is restricted to a menu of interventions but flexible to respond to local needs. No match funding is needed. The UKSPF is allocated to individual Local Authorities, but they are also encouraged to work regionally. Revenue and Capital spend is brought together into one fund, but the main capital funding to level up is through the competitive Levelling Up fund. Five bids have been submitted by Fife Council for that Fund.
- 1.4 The overarching aim of UKSPF is “building pride in place and increasing life chances” through three core investment priorities: communities and place, supporting local business and people and skills. It is a central pillar of the UK Government’s Levelling Up agenda and is a significant component to achieving the Levelling Up Missions, as set out in the illustration below:



- 1.5 To access UKSPF funding, an investment plan had to be submitted by Fife Council as the Lead Local Authority to the UK Government for its approval. This sets out how the UKSPF will be delivered and what local priorities it will support. This includes identifying local opportunities and challenges, which will inform the selection of measurable outcomes and interventions under each investment priority. Interventions can be chosen from a menu of 50 different options. The Investment Plan must be developed and managed collaboratively with local and national partners. These are the same partners that are members of the Fife Partnership Board and the delivery of the Plan4Fife. Additionally, the UK Government and MPs must become part of the governance processes.

- 1.6 The Investment Plan requires the funding allocation to be broken down against the interventions which most closely meet the challenges and opportunities of Fife. During 2021, the Council and the Fife Partnership reviewed the Plan4Fife and agreed Recovery and Renewal Priorities for Fife. These are a strong fit with the UK Shared Prosperity objectives and missions. The Investment Plan also required evidence on current performance against these priorities. The indicators that report on the Plan4Fife and to develop the Local Community Plans for each Area have been used to produce the challenges facing Fife.
- 1.7 Sitting along this evidence base, a set of principles has also been identified to inform the prioritisation of activity areas. These principles are:
- **Ensuring Flexibility** – the list of the 50 UKSPF Interventions for Scotland cover a wide spectrum of potential activities; some have a broad focus while others are narrower and are limited to a single activity. Interventions have therefore been identified to allow of a broader set of activities to come forward to ensure maximum flexibility is built into the programme from the start. This will enable UKSPF to adapt to changing circumstances and flex to meet new needs. An example of this is support for social enterprise, there is a specific intervention focused solely on delivering this activity, however, delivery of this is also possible under an intervention that provides for much broader business support activity, which tactically has been proposed to be selected instead, still allowing for social enterprise provision to come forward but not restricting an amount of funding just for this. There is a risk that larger numbers of smaller interventions would also result in more money being spent on individual project management and less on front line delivery, and so prudent programme management is to select a few, wide ranging interventions that permit flexibility. This flexibility will also apply during delivery where demand for intervention activities is lower than forecast.
 - **Maximising Synergies** – there is a broad set of interventions that can be supported by UKSPF, much broader than the EU funding it replaces. There are also significant linkages between the different priorities and interventions, to ensure we make the utmost use of limited resources we will ensure judicious commissioning of activity to maximise synergies, ensuring projects brought forward deliver multiple impacts and outcomes.
 - **Addressing funding gaps** – ensure it will fund programmes that complement, provide added value, and do not duplicate other activity. UKSPF should be focused on where there are clear gaps in funding availability and in the provision of activity. For example, to supplement No One Left Behind funding for People & Skills Investment Priority.
 - **De-risking annualised funding** - the UK Government has made it clear that the annual allocation of grant needs to be spent in year, otherwise it will have to be given up and lost to the area. The allocation for this financial year (2022/23) is £2,049,225, this includes a minimum capital spend of 10.4%. To ensure this is committed and defrayed before the end of March 2023, work has been undertaken to identify activities that can start and spend this year, without prejudicing the allocation and take-up of UKSPF in future years.
 - **Net Zero** – cutting across, regardless of whether they are focused on specific low carbon interventions or adaptation to Climate Change, such as increasing green skills, business energy efficiency measures or increasing community resilience, all activities are expected to contribute towards net zero targets and reduction in CO2 emissions.
- 1.8 A golden thread through the UKSPF Investment Plan for Fife is a focus on achieving **Inclusive Growth and Jobs** in the local economy that should benefit everyone and shouldn't pass people and places by. This is the Fairness Theme in the Plan4Fife that most closely matches the Investment Priorities for the UKSPF. The UKSPF Investment will therefore focus on improving investment, growth and participation by

businesses, people, and communities, particularly in the Mid-Fife area, with activity under all Investment Priorities and Interventions contributing to this.

- 1.9 COSLA and Scottish Government reviewed the menu of interventions for Scotland during the development of the UKSPF. This was to ensure that the local Investment Plans align with and support delivery of the National Strategy for Economic Transformation (NSET), published in March 2022. Work is underway to develop delivery plans for its priorities. These are likely to be available in the autumn of 2022. There is no new funding to deliver the National Strategy for Economic Transformation, rather existing funding will be reprioritised and realign to enable its delivery. It aims to transform the way in which the Government (Local and Central) and business listen to, support and work with each other.
- 1.10 Fife Council has also committed to deliver a Regional Economic Strategy for Tay Cities Region and a Regional Prosperity Framework for Edinburgh & South East of Scotland City Region. In Scotland, the UK Government aims to support delivery through Regional Economic Partnerships where this is the preference of local areas. These regional geographies build on the successful City and Regional Growth Deal partnerships.
- 1.11 The Guidance for the UKSP Funding includes a menu of outputs and outcomes, high level requirements for reporting by intervention, place (including UK Parliamentary Constituency) and engagement with Fife’s MPs and UK Government Civil Servants. The full detail on the monitoring and evaluation requirements is not yet available.

2.0 Evidence Base and Opportunities

- 2.1 The evidence base was developed using existing Local Government Performance measures used to report on the Plan4Fife. where available and relevant to the UKSPF aims and missions. SLAED (Scottish Local Authority Economic Development) indicators supplemented these. A profile was produced for each of Fife’s four UK Parliamentary Constituencies as a baseline for the UKSPF Investment Plan. The draft Strategic Assessments for each Area Committee provided evidence on Community perceptions of where improvement is needed using the National Place Standard and the People’s Panel in 2022. Assessments for each Area Committee using the Scottish Index of Multiple Deprivation (SIMD) 2020 also provided evidence on employment and Income deprivation. The evidence reinforced the ambitions from the Plan4Fife. The Area evidence was produced to assist with the development of Local Community Plans later in 2022.
- 2.2 The following is a summary of the evidence base, identifying key challenges and emerging priority areas of focus for UKSPF, set out under the Fund’s three investment priorities in the Investment Plan.

Investment Priority	Challenges	Opportunities
Communities & Place	<ul style="list-style-type: none"> • Accelerate the reduction in CO2 emissions. • Increase Community Empowerment. • The impact of Covid restrictions on Tourism and the Visitor Economy. • The impact of Covid restrictions on Town Centres 	<ul style="list-style-type: none"> • To lower Fife’s carbon emissions in line with national targets (75% by 2030 from 1990 baseline). • Increase community capacity to tackle climate change • Greater resilience to climate change. • Fife’s communities and individuals are more involved in local decision making and helping to plan and

		<p>deliver local services.</p> <ul style="list-style-type: none"> • Greater number of social enterprises • Increased local procurement by Fife's Anchor Institutions • Fife has year on year increases in visitor numbers and tourism spend. • Revived and repurposed town centres. Fife's main town centres stand out as attractive places to live, work and visit. • Our public services are more joined up and acting 'one step sooner' • Fife's communities and individuals are more involved in local decision making and helping to plan and deliver local services.
Supporting Local Businesses	<ul style="list-style-type: none"> • To reduce CO2 emissions area wide per capita, particularly for the industrial/commercial sectors that accounted for 47% of total emissions for Fife in 2019. • Low business birth rate, low business density, poor productivity, especially in Mid Fife. • Weak levels of investment in innovation (all businesses, including tourism sector and within Town Centres) 	<ul style="list-style-type: none"> • To lower Fife's levels of carbon emissions in line with national targets (75% by 2030 from 1990 baseline). • Increased community capacity to tackle climate change • Greater resilience to climate change. • Economic activity and employment in mid-Fife are catching up with the rest of Fife and Scotland. • Economic activity and employment in Fife are improving faster than in the rest of Scotland. • Business numbers recovered to pre-pandemic levels. • Required strategic investment achieved. • Greater number of social enterprises. • Year on year increases in visitor numbers and tourism spend. • Revived and repurposed town centres.
People & Skills	<ul style="list-style-type: none"> • Ensuring the transition to net zero is Just and Fair. • High levels of Economic Inactivity, number of claimants of out of work benefits. • Participation rates for Young People 16-24. • Hard to fill vacancies and skills shortages. • Numeracy levels 	<ul style="list-style-type: none"> • To lower Fife's levels of carbon emissions in line with national targets (75% by 2030 from 1990 baseline). • Greater resilience to climate change. • Economic activity and employment in mid-Fife are catching up with the rest of Fife and Scotland. This includes participation by 16-24 year olds. • Economic activity and employment in Fife are improving faster than in

		<p>the rest of Scotland.</p> <ul style="list-style-type: none"> • Fife has lower levels of poverty in line with national targets. • Increased recruitment from under-represented and deprived communities • Maximise incomes and reduce cost barriers to participation • More Fife employers paying the living wage • Greater number of social enterprises. • Our public services are more joined up and acting 'one step sooner' • Fife's communities and individuals are more involved in local decision making and helping to plan and deliver local services.
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3.0 Investment Priorities and Interventions

3.1 The Portal closed to investment plan submissions on 1st August 2022. Only Local Authorities can submit an Investment Plan. Appendix 1 includes the UKSPF Investment Plan for 2022/23.

3.2 There are three investment priorities for the UKSPF set out by the UK Government.

- The Communities and Place investment priority will enable places to invest to restore their community spaces and relationships and create the foundations for economic development at the neighbourhood-level. The intention of this is to strengthen the social fabric of communities, building pride in place.
- The Supporting Local Business investment priority will enable local areas to fund interventions that support local businesses to thrive, innovate and grow.
- Through the People and Skills investment priority, places can use the UKSPF funding to help reduce the barriers economically inactive people face to employment and support them to move towards employment and education. Places can also target funding into skills for local areas to support employment and local growth.
- Multiply is part of the People and Skills investment priority. However the funding allocation is ringfenced for this priority. The overall objective of Multiply is to increase the levels of functional numeracy in the adult population across the UK, including more adults achieving maths qualifications or participating in numeracy courses. It aims to improve labour market outcomes, for example, fewer numeracy skills gaps reported by employers, and an increase in the proportion of adults that progress into employment and/or education, and increased adult numeracy across the population.
- The Council intends to allocate up to 4% of the UKSPF allocation for administration costs. This is the maximum permitted.

3.3 Given the issues identified, the spend profile that must be achieved and the ability of projects to deliver, the following broad list of interventions have been included in the Investment Plan. These interventions are both capital and revenue in nature as well as

representing combinations of grant schemes, specific interventions, and programmes of activity. It should also be noted that some activities will fit under more than one theme. The table below provides an indication of interventions being considered so far:

Investment Priority	Indicative Interventions
Communities and Place	Public and active travel network improvements. Develop and deliver Natural capital improvements. Strengthen Climate Resilience for communities and their assets Develop the visitor economy Town Centre improvement and animation Increase volunteering in Communities
Supporting Local Business	Business support offer, specialist advice, for start-ups and existing businesses Business grant scheme for improvements Green grant scheme Innovation support (advice and grants) for businesses Funding support to Town Centre and Tourism businesses to innovate
People and Skills	Volunteering to encourage participation Adult skills and specialist employability support Young people's offer Numeracy programme

- 3.4 The Project Selection Process for 2022/23. Once the UKSPF Prospectus was published by the UK Government, the Community Managers, Community Investment, Community Learning & Development teams, officers in Business & Employability Services, Climate Change and Partnerships, Sustainable Transport & Parking and Opportunities Fife Partners were asked to submit bids for relevant activities by Intervention. This was focused on activities that could be delivered in 2022/23 but also the bigger picture for future years. For 2022/23 and future years, bids vastly exceeded the allocation.
- 3.5 The approach was to allocate the UKSPF to each Investment Priority based on the historical investment levels for EU Funding for similar activities in a “typical “year. This meant up to 50% for People & Skills, up to 29% for Supporting Local Businesses and at least 21% for Communities and Place. Supporting Local Business is still able to invest EU Funding during 2022/23 so all the bids did not require the full allocation. Any surplus has been allocated to the Communities & Place priority to reflect the overarching objective. The same proportions were used to deduct a proportion of the administration costs from each Theme including Multiply. Appendix 1 summarises the UK Shared Prosperity Investment Plan 2022/23 activities and allocations.
- 3.6 For the People and Skills Investment Priority all the investment undertaken by the partners in Opportunities Fife is determined using a commissioning approach. The commissioning will adopt the Framework for No One Left Behind activities 2022-2025 approved by Fife Council in March 2022 to ensure alignment and additionality with Scottish Government funding.
- 3.7 For Supporting Local Businesses, the delivery of the interventions will be through Business Gateway Fife or directly by Fife Council. Awards of grant to individual beneficiaries will be by competition. Award criteria will align with and be additional to other funding for the intervention. The Scottish Government, national agencies and local authorities are undertaking a review of the delivery of economic development activities to implement the National Strategy for Economic Transformation (NSET) during 2022/23. This is expected to result in a realignment of existing funding to deliver the NSET priorities.
- 3.8 For the Communities and Place Investment Priority, much of the early activity is feasibility and development work linked to delivery of a Just Transition to net zero, resilience to Climate Change and to reduce CO2 emissions. The outputs from this work will include design of an approach for the selection of implementation projects. Projects to regenerate Fife’s town centres, the tourism sector or to support community organisations will be awarded by competition.
- 3.9 The Recovery and Renewal Plan4Fife 2021-24 sets out how Fife’s community planning partners aim to work with Fife’s communities to build back better and renew public services. To do this, the partners intend change the way they work and deliver their services. The partners have agreed Four Principles for Public Service Renewal that will also be used to prioritise projects and award funding. This includes working as a team around people and place that will drive funding priorities within the Investment Priorities.
- 3.10 It is recommended that the allocation of UKSPF between Investment Priorities (excluding Multiply) is amended in Years 2 and 3 based on the requirement for increased investment in Communities & Place and Supporting Local Businesses to implement the Council’s Climate Emergency Action plan and Climate Resilience Recovery and Renewal Plan. It is also recommended that the Opportunities Fife Partnership continues to use the No One Left Behind Commissioning Framework 2022-2025 to prioritise funding between client groups, climate resilience skills and to improve value for money. The following table illustrates the impact of this recommendation:

Theme	2022/23		2023/24		2024/25		Total	
	%	Value	%	Value	%	Value	%	Value
Communities & Place	34%	£457,754	25%	£674,087	33%	£2,331,263	31%	£3,463,104
Supporting Local Businesses	16%	£216,331	25%	£674,087	33%	£2,331,263	29%	£3,221,682
People & Skills	50%	£674,087	50%	£1,348,174	34%	£2,401,907	40%	£4,424,168
Total	100%	£1,348,174	100%	£2,696,348	100%	£7,064,433	100%	£11,108,955

3.11 There is a change control process required by the UK Government. The Council will be able to change the budget between interventions in each Investment Priority without any UK Government consent. However, to move budget between the Investment Priorities, changes are capped to 30% or £5m, whichever is the greater, during the term of the Investment Plan. There is also change control for the outputs (to reduce them) – up to 20% for the total outputs for the overall Investment Plan and up to 40% for each intervention.

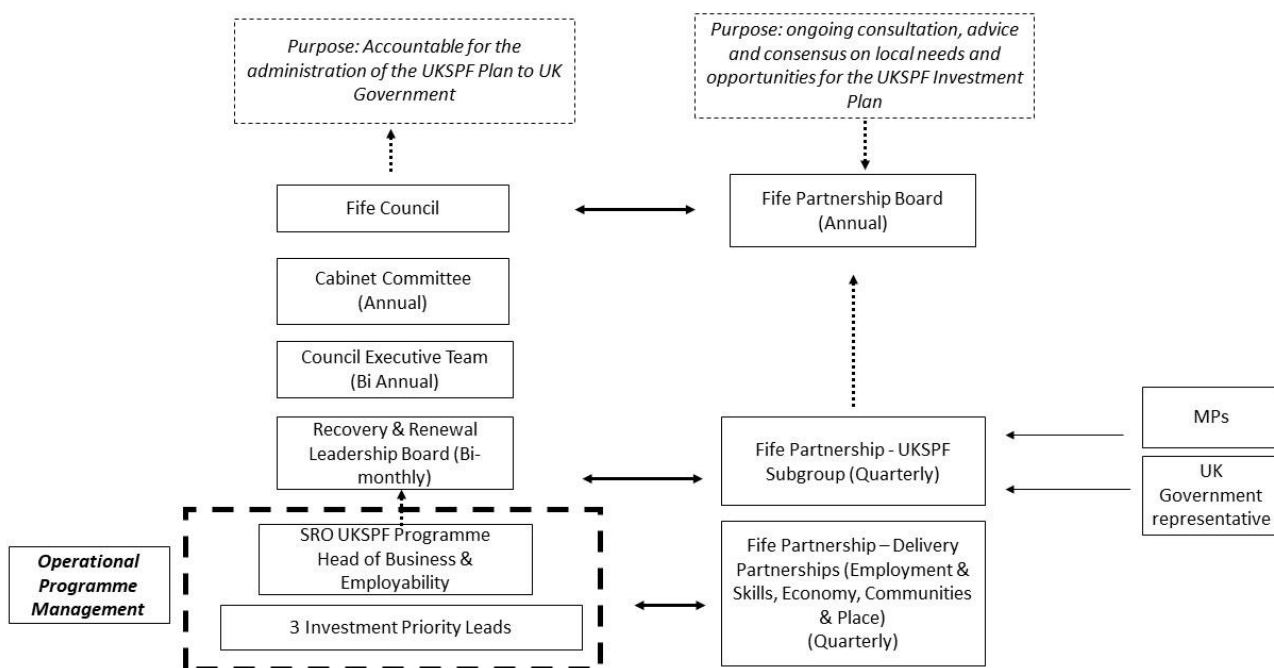
4.0 Governance and Engagement

- 4.1 The delivery and governance for Fife’s UKSPF Investment Plan will align with the approach for delivery of the Plan4Fife and its Recovery & Renewal Plans 2021-24. It is proposed that the leadership and oversight roles and responsibilities will extend to include consultation and advice on the Investment Priorities within the UKSPF Investment plan.
- 4.2 Fife Council is the Lead Local Authority accountable for the design and delivery of the UKSPF Investment Plan. This will comply with the Governance arrangements agreed by the Council in May 2022. It falls within the functions of the Cabinet Committee.
- 4.3 However the UK Government expects that Partner organisations and Fife’s MPs will provide advice on the UKSPF Investment Plan, both in its design and ongoing delivery through regular reviews. The investment plan needs to demonstrate local consensus for the plan through a local partnership group. If it does not, the UK Government reserve the right to defer sign off until broad consensus is secured. Access to local insight and expertise is considered essential to respond with the right solutions. The local partnership will form an essential part of monitoring and reporting over the UKSPF duration.
- 4.4 It is proposed that the Recovery and Renewal Leadership Board will be the Partnership group with overall responsibility and accountability for the UKSPF Investment plan. The Recovery and Renewal Leadership Group’s members are appointed from other partnerships to represent all ambitions and outcomes. It is accountable to the Fife Partnership Board. In addition, a new subgroup of the Fife Partnership will be consulted for advice. All of Fife’s MPs and UK Government representatives will be invited to be part of Fife Partnership Board’s Subgroup to comply with the UKSPF requirements. The Scottish Government is already engaged in the Plan4Fife and the Fife Partnership.
- 4.5 An operational management group, managed by the Senior Responsible Owner for the UKSPF Investment Plan, the Head of Business & Employability services, including Leads for the Investment Priorities and the UKSPF programme manager will be responsible for the operational management. Communities of Practice for each Priority will coordinate activity across organisational boundaries, to realise outputs/outcomes by intervention.
- 4.6 Delivery Partnerships of the Fife Partnership, tasked with delivering relevant elements of the Plan4Fife 2017-2027, will be consulted and provide advice on delivery of the UKSPF Investment Plan. These include employment (The Opportunities Fife Partnership), a re-

established economy (Fife Economy Partnership) and a new Communities & Place (a subgroup of the Renewal & Recovery Leadership Group) be established with members drawn from the Environment Delivery Partnership, Addressing Climate Change, Poverty and Crisis Management, Leading Economic Recovery, Community Wealth Building Recovery & Renewal Delivery Boards.

4.7 The proposed governance arrangements are set out in the illustration below:

Governance Structure for UK Shared Prosperity Fund, Fife



4.8 UK Government requires that Lead Local Authorities work with a diverse range of local and regional stakeholders, civil society organisations, employer bodies responsible for identifying local skills plans, and businesses or business representative groups to achieve Fund outcomes in their areas. Local partners should support lead local authorities for each place to develop an investment plan. The Plan4Fife is developed in this way. Once plans are approved, partners should be asked to provide advice on strategic fit and deliverability – taking care to avoid conflicts of interest. This will ensure that UKSPF investments complement other activities in the area and meets UKSPF and local objectives. The structure outlined in paragraph 4.5 is intended to meet these requirements.

4.9 The existing regional governance structures established as part of the City Region Deal processes for Edinburgh and South East of Scotland and Tay Cities regions will oversee regional collaboration interventions within Fife’s UKPSF Investment plan. These include Joint Committees and Management Boards.

5.0 Next Steps and Programme Delivery

5.1 The UK Government has suggested that the first Investment Plans will be approved from October 2022. It will be a tight timescale to deliver this year’s allocation of funding and ensure the grant is fully maximised before the end of March 2023, therefore it is proposed to start delivering activities from 1st September 2022. This will be through a range of mechanisms, including grant calls, commissioning, and procurement, depending on the most suitable route for the activity.

- 5.2 There will be two priorities: to ensure the grant is fully maximised before the end of March 2023 and to develop the investment priorities for 2023/24 and 2024/25 to take into account the National Strategy for Economic Transformation delivery priorities and the Local Community Plan priorities. Indicative key communication and engagement activities include:

Date	Activities
<u>2022</u> September	Mobilise delivery teams, begin commissioning, and procurement of UKSPF activities for 2022/23.
October	Approval of UKSPF Investment Plan, agree Legal Agreement for funding with UK Government. Payment of Grant for 2022/23.
November/ December	Review proposals for 2023/24 and 2024/25, with the National Strategy for Economic Transformation delivery priorities and the Local Community Plan priorities.
<u>2023</u> January	Endorsement of any changes to the Investment Plan by the Recovery and Renewal Leadership Group
February	Cabinet Committee approval of changes. Fife Partnership – UK SPF Subgroup approval
May	Six monthly reporting expenditure, outputs/outcomes, and milestones (by intervention, by place including UK Parliamentary Constituencies) to UK Government
July	Confirmation from Department Levelling Up, Housing & Communities (DLUHC) to changes to the Investment Plan. Annual payment of grant for 2023/24.

6.0 Conclusions

- 6.1 The UKSPF prospectus launch, and confirmation of local allocations provided an opportunity to develop an Investment Plan which best delivers against the Plan4Fife Recovery and Renewal ambitions and opportunities, including addressing the fairness ambition of Inclusive Growth and Jobs.
- 6.2 A robust evidence base and opportunity assessment has identified the preferred interventions and outcomes, this has been developed in a collaborative process, engaging with a broad range of stakeholders during election restrictions and recess.
- 6.3 Next steps are for the UK Government to endorse the Investment plan for 2022/23, to ensure the grant is fully maximised before the end of March 2023 and to review the investment priorities for 2023/24 and 2024/25 to take into account the National Strategy for Economic Transformation delivery priorities and the Local Community Plan priorities that will emerge in Autumn 2022.

List of Appendices

1. UK Shared Prosperity investment Plan 2022/23 activities

Background Papers

The following papers were relied on in the preparation of this report in terms of the Local Government (Scotland) Act, 1973:-

- Fife Partnership Board, August 2021, Plan For Fife Update: A Plan For Recovery And Renewal

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Appendix 1: UK Shared Prosperity investment Plan 2022/23 activities

Summary

Communities & Place	£457,754
Supporting Local Businesses	£216,331
Supporting People & Skills	£674,089
Total	£1,348,174
Multiply	£701,051
Total Allocation	£2,049,225

Intervention No	Description	Value	Lead Service
Communities & Place			
S1	Town Centres development activities	£226,535	Business & Employability/ Communities
S8	Volunteering support (extend CRF project)	£25,000	Communities
S2	Climate Place roll out - Climate Literacy training	£10,000	Climate Change & Partnerships, Planning
S11	Feasibility Studies – Levenmouth area bus network; Natural Capital; Promotion of visitor economy post-covid	£145,000	Roads & Transportation, Climate Change & Partnerships, Business & Employability
S11	Contributions to Regional Feasibility Studies	£32,500	Climate Change & Partnerships, Planning, Business & Employability
Administration costs		£18,719	
Communities & Place Total		£457,754	
Supporting Local Businesses			
S15	SME Development Grants	£25,000	Business & Employability
S19	Start-up Grants and Contracted Advisory Support	£60,000	Business & Employability
S22	Social Economy	£3,000	Business & Employability
S27	Feasibility Studies (Council's land & property assets, Employment Land Strategy)	£120,000	Business & Employability
Administration costs		£8,331	
Supporting Local Businesses Total		£216,331	
People & Skills			
S31/36	Adult/specialist provision	£130,000	Opportunities Fife Partnership
S33	Volunteering & Enrichment	£140,000	Opportunities Fife Partnership
S39	Young person's offer	£367,039	Opportunities Fife Partnership
S36	Contribution to Regional Project (Green Skills)	£10,000	Business & Employability
Administration costs		£27,050	
Supporting People & Skills Total		£674,089	
Multiply		£673,182	
Administration costs		£27,869	
Multiply total		£701,051	Communities
Total		£2,049,225	

Capital Investment in 2022/23

- Town Centre Development £141,000
- Minimum required is £140,210

Agenda Item No. 08

Meeting:	Fife Partnership Board
Meeting Date:	23 August 2022
Title:	Director of Public Health Annual Report 2020 and 2021
Report by:	Joy Tomlinson, Director of Public Health
Report Main Authors:	Catherine Jeffery Chudleigh Consultant Public Health, Mhairi Gilmour, Research and Development Officer and Clare Campbell, PH Intelligence Manager

1. Purpose:

This is presented to the Fife Partnership Board:

- Awareness

This report relates to a:

- Legal requirement
- NHS Board/Integration Joint Board Strategy or Direction
- National Health & Well-Being Outcomes

This aligns to the following NHS Scotland quality ambition(s):

- Safe
- Effective

2. Person Centred

2.1 Situation

The Director of Public Health Annual Report provides a mechanism to present the key issues relating to health and wellbeing for local areas and enable more targeted local responses to be developed. The most recently published DPH annual report for Fife covered the time 2018/2019. This new report covers a longer time period, the calendar years 2020 and 2021 as the normal cycle of reporting was interrupted by the pandemic.

2.2 Background

This Director of Public Health Annual Report is structured around the six Public Health priorities for Scotland. The Public Health Priorities were published in 2018 as part of the Public Health reform process which also established the new national body, Public Health Scotland. The priorities were jointly supported by Scottish Government and COSLA and have a 10-year lifespan. They were created to help focus effort around key areas of population health following an extensive consultation process. The priorities were created in recognition that the health of the population in Scotland was lagging behind the health of similar countries in Europe. The aim of setting these

nationally agreed priorities was to build momentum addressing the risk factors which result in poor health in the population.

The Fife Director of Public Health Annual Report published in 2018/19 was structured around the six priority areas, setting out the key issues for the population of Fife. This new report follows the same outline approach as in 2018/19 and incorporates data relating to COVID19 where this is available.

2.3 Assessment

The report provides an overview of the demographic changes across the population of Fife along with updates across each of the six public health priority areas.

Key findings include:

Demographic changes

The total population grew during 2020, one of only 12 local authority areas in Scotland to do so. There was very little change in published life-expectancy data for Fife during the time period 2018-2020 in contrast with Scotland, which saw a measurable fall in life-expectancy. Inequalities are detectable across Fife. There is a difference of 10 years in life-expectancy between men from communities most affected by deprivation and those least affected. For women a difference of 8 years was found.

COVID in brief

The pandemic saw collaboration across agencies and within communities which together provided support for different settings and for individuals required to isolate. Figures up to and including 30th April 2022 show a cumulative total of 127,094 confirmed positive COVID-19 cases among Fife residents since the first positive case in March 2020. Although case-rates of infection were lower among those aged >65yrs, those who were older than 65 experienced higher death rates and more severe illness. There were inequalities in COVID-19 mortality observed between the most and least deprived areas of Fife. Dedicated COVID19 services were established including contact tracing, testing and vaccination.

Public Health Priorities

For each of the Public Health Priorities, the report provides an overview of the key issues and areas of progress. At the end of each chapter are listed our ambitions and future opportunities, which includes opportunities for public health, NHS and other partners.

2.3.1 Risk Assessment/Management

The risks to health which are described within this report are part of existing programmes of work and services.

2.3.2 Equality and Diversity, including health inequalities

This report considers the health of the population of Fife overall and therefore contributes towards Fairer Scotland Duty. An impact assessment has not been completed because this is a descriptive report, covering the whole of the population.

2.3.3 Communication, involvement, engagement and consultation

The report has been developed in collaboration with a range of partners including NHS Fife Public Health, Fife Health and Social Care Partnership, Fife Council and other partners. The key points will be embedded in the wider engagement work carried out in advance of the NHS Fife Health and Wellbeing strategy.

2.3.4 Route to the Meeting

The report was presented to the NHS Board on 31st May 2022.

3. List of appendices

The following appendices are included with this report:

- **Appendix No 1.** DPH Annual Report 2020 and 2021: Health and Wellbeing in Fife

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Director of Public Health Annual Report

Health and Wellbeing in Fife

2020 - 2021



Acknowledgments

I am grateful to my colleagues within our Public Health Department and from our colleagues and partners within Health Promotion Service, Fife Health and Social Care Partnership, Fife Council and the third sector for their significant contributions to this report. We are all part of the Fife public health team, and it is good to see examples of this work throughout the report.

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Published May 2022

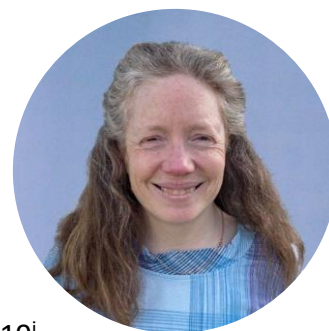
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Foreword



Welcome to the 2020/21 Director of Public Health Annual Report for Fife. This is my first report since coming to Fife as Director of Public Health and the timing is significant. This report comes with an invitation to pause and reflect on the health and wellbeing of the population after two very difficult years of living through the COVID-19ⁱ pandemic.

While it feels in some ways that everything changed during the pandemic, fundamentally many of the same underlying challenges to health and wellbeing remain. With that in mind, this report is set out with the same chapter structure as the 2018/19 Director of Public Health Annual report presented by my predecessor Dona Milne and is focused around the Public Health priorities for Scotland. The report captures the key issues impacting on health and wellbeing in Fife and highlights ambitions for the future and areas where there are concerns emerging.

It will be some years in the future before the legacy of the COVID-19 pandemic is fully understood and the data within this report does not cover the entirety of the pandemic. Some of the direct impacts on health are clear, and where this is the case, we have included comment within the report. Amongst very difficult times, the response of communities and agencies across Fife has been incredible. Some of that response is described within the report. The rapid establishment of support for people so they could isolate safely and protect the wider community demonstrates to all the importance of looking after each other. Entirely new services were established to test for the virus and take every opportunity to interrupt transmission as well as setting up a vaccination programme.

I would like to thank everyone who has contributed to the different chapters of this report, together these provide an updated perspective of progress across the different Public Health priorities. One of the recurring themes through the report is the widening in health inequalities which was apparent even before the onset of the pandemic. This can be seen in a number of statistics, including a widening of the gap in life-expectancy between those who are most affected by deprivation and those who are least affected. This is important because these differences are avoidable.

Dr Joy Tomlinson
Director of Public Health,
NHS Fife

ⁱ COVID-19: Coronavirus disease is an infectious disease caused by the SARS-CoV-2 virus

Public Health Priorities and Ambitions

In Fife we have adopted the Scottish Government Public Health priorities which reflect the most pressing health and wellbeing concerns for Fife, which we should focus on over the next decade to improve the health and wellbeing of the population¹. They focus on the upstream determinants of health which are shared ‘risk factors’ for many of the leading causes of poor health and wellbeing in Fife.

We want to see:

1	A Fife where we live in vibrant, healthy and safe places and communities.
2	A Fife where we flourish in our early years.
3	A Fife where we have good mental wellbeing.
4	A Fife where we reduce the use of and harm from alcohol, tobacco and other drugs.
5	A Fife where we have a sustainable, inclusive economy with equality of outcomes for all.
6	A Fife where we eat well, have a healthy weight and are physically active.

Responding to and supporting recovery from the COVID-19 pandemic has since been identified as a clear additional priority for public health in Fife.

This report describes why each priority is important for Fife and sets out our ambitions for each priorityⁱⁱ. It also describes some of the wide-ranging activities undertaken across Fife focused on these priorities in 2020 and 2021 and discusses the impact of the COVID-19 pandemic on this work.

Population health in Fife is influenced by the actions and efforts of many organisations within the public and third sector as well as private sector organisations and community groups, and this is reflected across the report.

The Public Health priorities are clearly aligned with several national and local strategies and plans including the Plan for Fife Recovery and Renewal Priorities, Fife’s Health and Social

ii For each of our Public Health priorities, NHS Fife together with Health and Social Care Partnership (HSCP) have developed ambitions for improving the health and wellbeing of our population. These were developed in 2019, prior to the start of the COVID-19 pandemic

Care Partnership's (HSCP) Strategic Plan and Scottish Government's Coronavirus (COVID-19) Recovery Plan.^{2,3,4} The report also therefore reflects on potential opportunities for public health and our partners for the coming years to contribute together to further improving the health and wellbeing of people in Fife.

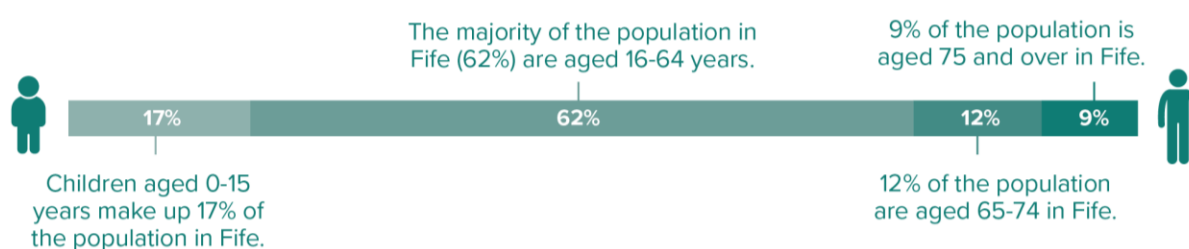
Public health activities often intersect across multiple priorities. For the purposes of this report, we have attempted to avoid duplication by describing our activities under a single priority respectively.

Fife – In brief

In this chapter we look at the size and structure of the current population of Fife, births, deaths and diseases.

In 2020

374,130
people live in Fife



3,143 In 2020, there were **3,143** babies born in Fife.

4,285 In 2020, there were **4,285** deaths in Fife.

81.4

Life expectancy is **81.4** years for females and **77.2** years for males in Fife.

77.2

59.0

Healthy life expectancy is **59.0** years for females and **57.4** years for males in Fife.

57.4

In 2016–2020 life expectancy in Fife was **10 years** lower in the most deprived areas than the least deprived areas among males, and **8 years** lower among females.

Why this is important

It is important that we regularly review what we know about the population of Fife, examine differences within Fife and look at changes in Fife over time. Understanding our population helps us understand their needs which helps us, together with our partners, prioritise actions and interventions that can improve population health and reduce inequalities and ensure existing and new services meet population needs.

In each Director of Public Health Report, we look at the size and structure of the current and future population of Fife, births, deaths and diseases, but also look at other factors that are important for creating and maintaining health and wellbeing, such as our education, employment, income, social networks, housing and broader socio-economic, cultural and environmental factors. These determinants are experienced unequally in our society with correspondingly worse health outcomes and life expectancy experienced by people living in the most deprived areas of Fife. People from other diverse or vulnerable groups also unjustly experience inequalities and can experience less good health and wellbeing as a consequence.

As such, although Fife is made up of different areas such as electoral wards, localities, or area committees, the main focus of this report is the health and wellbeing of the population of Fife and inequalities throughout Fife as a whole. In this chapter we provide an overview of the population of Fife and births, deaths and diseases of Fife residents using the most current figures available and drawing on national trends where appropriate.

The remaining chapters contain key information about the health and wellbeing and its determinants of the Fife population, relating to each of our public health priorities. Where known, we reflect upon the impact of COVID-19 on our population, however our understanding of the impact of COVID-19 upon population health is still developing.

Due to the pandemic, some data was not collected in 2020 and therefore some of the data used in this report predates the pandemic. Where we do have more recent data, much of this is for the early phase of the pandemic, limiting our impact to draw firm conclusions on the impact of COVID-19 for population health over the full course of the pandemic, and/or may not be from the usual routine health information sources which limits comparability with pre-pandemic data.

Further information about Fife and its residents, including those living in different areas, can be found from a number of sources including KnowFife (<https://know.fife.scot>), Our Fife (<https://our.fife.scot>) and ScotPHO Profiles (<https://scotpho.org.uk>).

Population

The population of Fife grew in 2020, one of only 12 council areas in Scotland to see growth. At June 2020, an estimated 374,130 persons lived in Fife, 580 more people than in 2019, resulting in an annual growth rate of 0.2%, higher than the national growth rate of 0.05%, which was the lowest growth since 2003.⁵

Children aged 0-15 years make up 17% of the population with 64,152 children living in Fife. The majority of the population in Fife (62%) are aged 16-64 years, whilst 12% of the population are aged 65-74 and 9% aged 75 and over.⁵

Current population projections estimate that by mid-2028, the population of Fife will be a similar size with a 0.1% decrease in the total population compared to 2018. Within the Fife population the number of people aged under 65 is estimated to fall by mid-2028, but the number of people aged 65-74 is estimated to increase by 10% and the number aged 75 and over by 31%.⁶

At the 2011 Census the population of Fife was predominantly of white ethnicity (97.6%), with 1.6% Asian ethnicity and 0.8% of people being from minority ethnic groups.⁷ We know that there is diversity within the population of Fife (in terms of ethnic group, gender identity and sexual orientation) and findings from the recently held 2022 Census will provide us with a greater insight into this diversity to better understand the future needs of our communities and reduce inequalities in population health between groups.

Births

In 2020 there was a 6% reduction in the number of babies born in Fife compared to in 2019, with 3,143 babies born.⁸ This continues a reducing trend of births in the last ten years and is the lowest annual number of births since 1991. Fertility rates in Fife, although falling, continue to be higher than the rates for Scotland, 47.1 per 1000 women aged 15-44 years compared with a national rate of 45.5.⁸

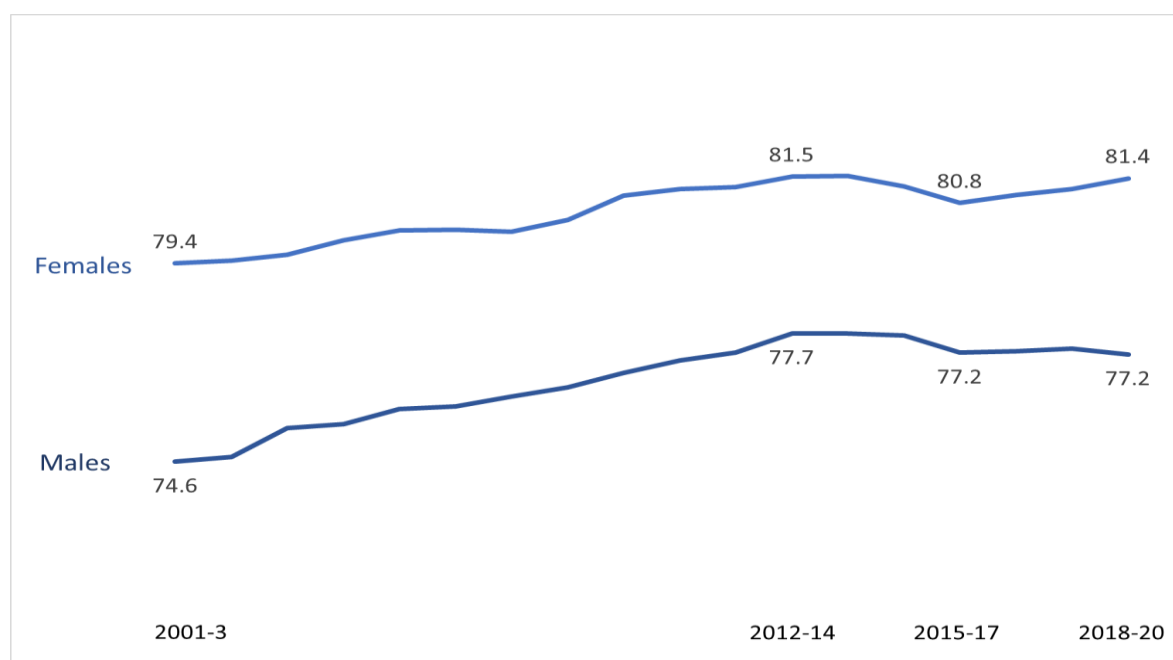
Of the 3,143 babies born in Fife over half (59%) were born to mothers aged 25-34 years, 5% to mothers aged 19 and under and 4% to mothers aged 40 and over. Since 2000 the number of births to mother aged 19 and under has decreased by 61% whilst births to mothers aged over 40 have more than doubled.⁸

Life expectancy

Life expectancy at birth in Fife was 77.2 years for males and 81.4 years for females in 2018-2020.⁹ This was a small annual fall in life expectancy in males and a small rise in females since the last estimates of 77.3 and 81.2 years respectively in 2017-2019 (Figure 1). Nationally during the same time-period life expectancy fell by the largest annual amount since these statistics began, to 76.8 years for males and 81 years for females.⁹

This large annual fall was mainly driven by COVID-19 deaths, but drug-related deaths and deaths from external causes (including accidents and suicides) also contributed to the fall in male life expectancy. The full impact of COVID-19 on life expectancy will be clearer in future estimates that cover the whole period of the pandemic as current estimates only include 2020.⁹

Figure 1: Life Expectancy in Fife; Males and Females 2001-2003 to 2018-2020



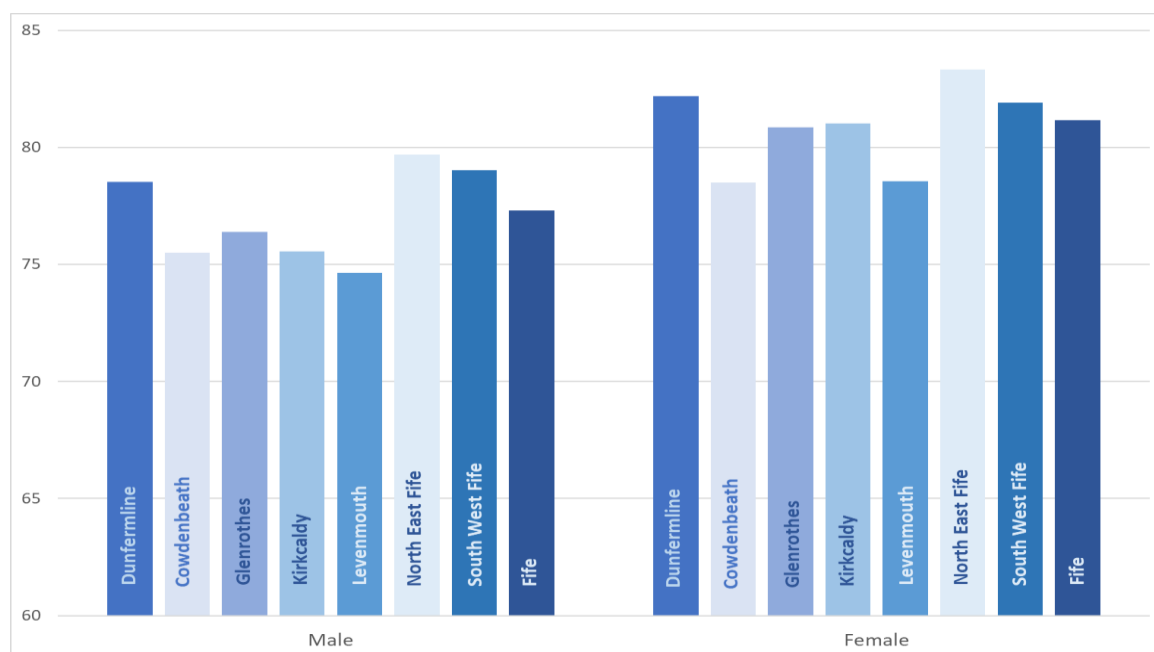
Source: NRS

Although recent changes in life expectancy in Fife have been small, more significant changes have been seen since 2012-14, the point at which Scotland and other countries experienced an unprecedented slowing of life expectancy growth. Female life expectancy fell in Fife from 2012-14 to 2015-17 but has increased a little each year since this point (Figure 1). This has resulted in a much lower rate of growth from 2012-14 to present compared to between 2001-3 and 2012-14. Among males in Fife life expectancy decreased between 2012-14 to present compared to growth from 2001-3 to 2012-14.⁹

The trends in life expectancy are of public health importance and a programme of work to understand the cause of these trends is being coordinated by Directors of Public Health, with findings expected to be published later in 2022.

There is variation in male and female life expectancy within Fife, which is illustrated by the 2016-20 figures for the seven HSCP localities/Area Committees in Figure 2.¹⁰ Both male and female life expectancy were higher than the Fife average in Dunfermline, North East Fife and South West Fife areas and lower than average in the other four areas.

Figure 2: Male and Female Life Expectancy; HSCP Locality/Area Committee 2016-20



Source: PHS

However, the full extent of inequality in life expectancy across Fife is most apparent when you look at the differences between the life expectancies of the populations living in most and least deprived areas (quintiles) in Fife.ⁱⁱⁱ In 2016-20 life expectancy in Fife was 10 years lower in the most deprived areas than the least deprived areas among males, and 8 years lower among females. Wide inequalities were seen across Scotland with life expectancy in the 10% most deprived areas 13.5 years lower among males and 10.5 years lower among females than in the 10% least deprived areas in 2018-20. These differences in national life expectancy have widened since 2013-15.⁹

iii Most and least deprived areas are used in the report to refer to the most deprived and least deprived Fife SIMD 2020 population quintiles as measured by the Scottish Index of Multiple Deprivation. These are derived by ranking the datazones in Fife based on their SIMD score from most to least deprived and then splitting them into five groups (quintiles) based on their level of deprivation with each group representing roughly a fifth (20%) of the population. This approach is also used nationally and can be split into ten groups (deciles or 10%) if appropriate.

Deaths

There were 4,285 deaths in Fife in 2020, an increase of 130 (3%) on 2019.¹¹ Rates of all-cause mortality in Fife in 2020 were below the Scottish average, 1118 per 100,000 population compared to 1212.^{iv} 36% of these or 1,529 deaths were in people aged under 75s, which equates to a rate of 421.8 per 100,000 population. In line with deaths at all ages, mortality rates in the under 75s increased from 2019 but remain below the Scottish average of 457 per 100,000 population.

There are significant inequalities in mortality rates in the under 75s, which have persisted over the last 10 years. Over this period rates in the under 75s have been between 2 to 3 times higher in the most deprived areas than in the least deprived areas, and the current rate is currently sitting at 2.9 times higher.¹⁰

Even greater inequalities are seen in the rates of death among those aged 15-44 in Fife. Rates of death in this age group have risen for Fife as a whole since 2013-15, with rates rising from 98.2 per 100,000 population in 2013-15 to 115 in 2020, slightly below the Scottish average of 116 per 100,000 population.¹⁰ During this time rates in the least deprived areas decreased whilst rates in the most deprived areas increased, widening the absolute gap between them. In 2013-15 rates in the most deprived areas were 3.9 times greater than rates in the least deprived areas which rose to 6.7 times greater in 2018-20.¹⁰

Causes of death

Grouped together cancers were the most common cause of death in Fife (and Scotland) with 1,112 deaths being attributed to malignant neoplasms in 2020, 26% of all deaths.¹¹ The most common cancer death was lung cancer which accounted for almost a quarter (23%) of all cancer deaths and 6% of all deaths.

Heart disease, the majority of which were ischaemic heart disease, was the next most common cause of death accounting for 13% of deaths followed by dementia and Alzheimer's disease (11%) and cerebrovascular diseases (7%). Mortality rates among the under 75s for both cancer and heart disease have fallen in Fife in the last 10 years, but inequalities are evident in both these causes of death.¹⁰ The most deprived areas experienced 44% more early deaths from cancer than the Fife average in 2017-19, and rates in the most deprived areas were twice those in the least deprived areas. There were greater inequalities in early deaths from ischaemic heart disease, with the most deprived areas experiencing 69% more early deaths than the Fife average and rates in these areas being 3.1 times greater than in the least deprived areas in 2018-20.¹⁰

iv In the report where rates are provided, unless stated otherwise, they are standardised for age and sex. Age-standardised rates account for population size and age structure and provide more reliable comparisons between groups or over time. Fertility rates and crude rates are not age-standardised.

Up to the 31st March 2022 there have been 791 deaths recorded in Fife where confirmed or suspected COVID-19 was mentioned on the death certificate.¹¹ This equates to a rate of 98 per 100,000 population which was lower than the Scottish average of 127 per 100,000 population. Most COVID-19 deaths were to persons aged 75 and over. Latest data available at the time of writing showed that across Scotland, between February 2020 and August 2021, 72% of COVID-19 deaths were in this age group. During this time rates of death involving COVID-19 were 2.4 times higher in the most deprived areas than in the least deprived. This is wider than the gap (1.9 times) seen for all causes of death and has widened since the early stages of the pandemic.¹²

Healthy life expectancy

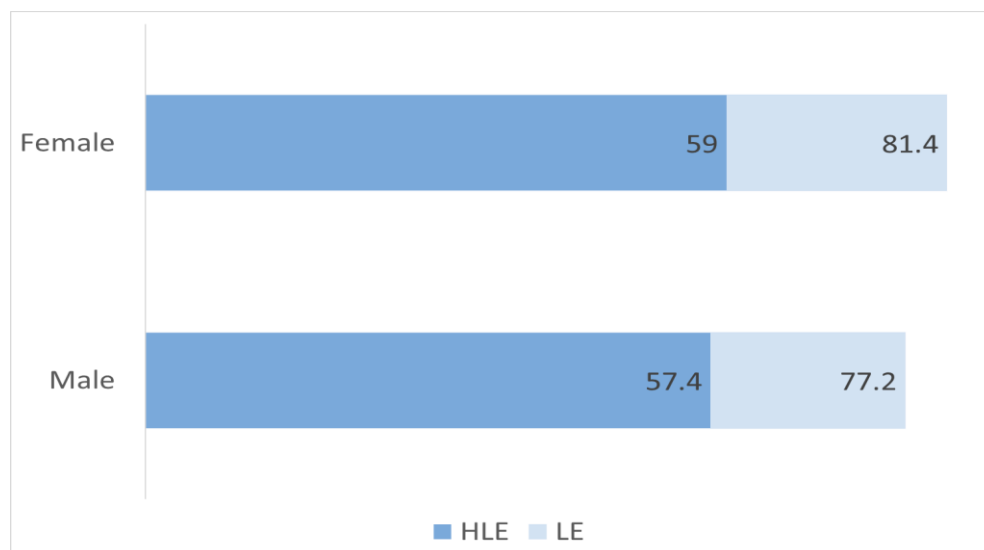
Healthy life expectancy (HLE) is an estimate of the number of years lived in ‘very good’ or ‘good’ general health derived from self-reports of general health and deaths and population data.¹³ Healthy life expectancy used alongside life expectancy provides additional insight into the health of our population as well as their current years of life expectancy and can be expressed as the proportion of life spent in ‘good’ health.

Since 2016-18 estimates of healthy life expectancy have been published for health boards and councils together with national estimates.^v Healthy life expectancy was 59.0 years for females and 57.4 years for males in Fife in 2018-2020 (Figure 3). Both estimates were lower than the estimates for Scotland which were 61.8 and 60.9 years respectively. Among males, current estimates for Fife were the lowest of all health board areas and third lowest among females.^{9,10} The most recent Fife estimates are the lowest reported across the time series available for both males and females. Nationally longer time trends show that healthy life expectancy increased from 2009-11 to 2015-17 among males and to 2014-16 among females but has decreased since then and was lower in 2018-2020 than it was in 2009-2011 for both males and females.¹³

Expressing healthy life expectancy as a proportion of life expectancy, the proportion of life spent in ‘good’ health in Fife was estimated at 72% for females compared to 75% for males in 2018-20 (Figure 3). Both estimates were lower than the national averages of 76% and 79%.¹³ In Fife and across Scotland females spend a greater proportion of life in ‘poor’ health than males. Nationally the proportion of life spent in ‘good’ health is lower for both males and females now compared to 2010-12, which means that a greater proportion of life is likely to be spent in ‘poor’ health now than in previous years.

v Due to the method of calculating HLE there can be uncertainty around the estimates which can impact on the ability to reliably compare over time and across areas. The figures for 2018-20 cover nine months of the COVID-19 pandemic which would be expected to have an impact on the estimates, however it is difficult to quantify this effect due to method of calculation.

Figure 3: Life and Healthy Life Expectancy in Fife; 2018-2020



Source: NRS

For both males and females, deprivation has a significant impact on healthy life expectancy. In the most deprived areas of Scotland healthy life expectancy was more than 24 years lower for both males and females than in the least deprived areas in 2018-20. This difference was much larger than the difference in life expectancy, resulting in people living in the most deprived areas having shorter life expectancy and spending a smaller proportion of life in 'good' health.¹³

The proportion of life estimated to be spent in 'good' health in the most deprived areas of Scotland was 65% for females and 66% for males compared to 85% for both males and females in the least deprived areas meaning that both males and females in the most deprived areas spend more than a third of their life in 'poor' health.¹³

Burden of Disease

Burden of Disease studies assess the years of health lost due to disease and injury, through living in ill-health and from early death, thus preventing populations from living longer lives in better health.¹⁴ These studies can help us understand the disease and injury that causes the biggest health loss in our population, and how these may be experienced differently and change over time.

Figures from the 2019 Scottish Burden of Disease study showed that in Fife (and Scotland) the leading groups of causes of health loss were cancers followed by cardiovascular diseases, neurological disorders, mental health disorders and musculoskeletal disorders.¹⁴ These five disease/injury groups accounted for almost two thirds of total burden of health loss across the whole Fife population.

Lower back and neck pain, depression and headache disorders were the top three leading individual causes of ill-health in Fife in 2019 and ischaemic heart disease, lung cancer and Alzheimer’s disease and other dementias were the top three individual causes of early death.¹⁴

Figure 4: Top Ten Causes of Burden in Fife from Ill-Health and Early Death; 2019

Ill health	Early death
1 Low back and neck pain	1 Ischaemic heart disease
2 Depression	2 Lung cancer
3 Headache disorders	3 Alzheimer's disease and other dementias
4 Anxiety disorders	4 Cerebrovascular disease
5 Osteoarthritis	5 Other cancers
6 Diabetes mellitus	6 Drug use disorders
7 Cerebrovascular disease	7 Chronic obstructive pulmonary disease
8 Other musculoskeletal disorders	8 Colorectal cancer
9 Alcohol use disorders	9 Self-harm and interpersonal violence
10 Age-related and other hearing loss	10 Lower respiratory infections

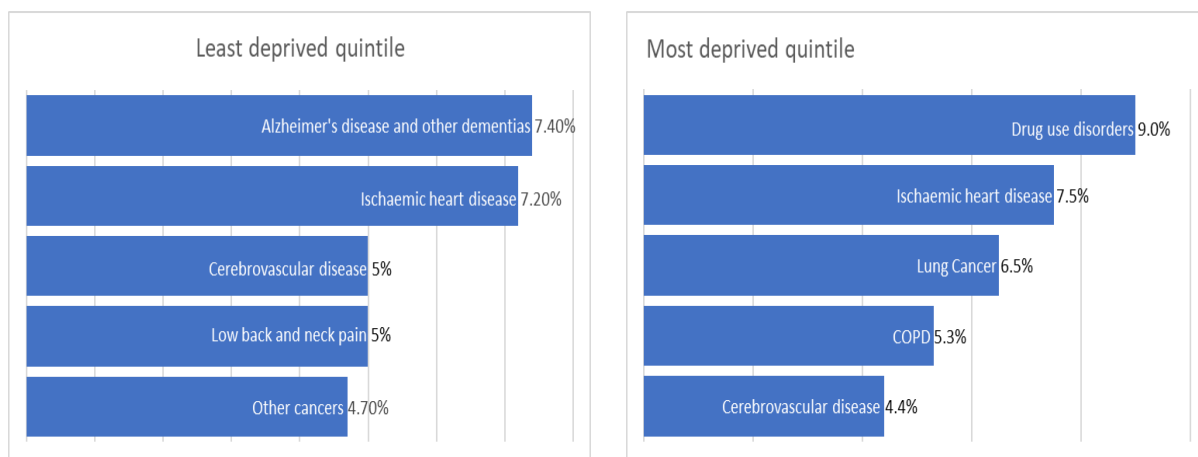
Source: PHS

As our population ages the contribution to the overall total burden of health loss from ill-health and early death changes. For Fife as a whole, 64% of the burden is due to early death and 36% to ill-health in the population, however, in younger age groups contribution from early death is much lower, 28% in the age group of 15-24 years, and increases with age to 84% in the those aged 85 and over.¹⁴

Health loss from ill health and early death, is not experienced equally. 2019 figures (Figure 5) showed health loss in the most deprived areas was almost double the least deprived areas of the East Region of Scotland^{vi} (Fife, Lothian and Borders Health Board areas). In the most deprived areas in the region drug use disorders, ischaemic heart disease and lung cancer were the three leading causes of health loss compared to Alzheimer’s disease and other dementias, ischaemic heart disease and cerebrovascular disease in the least deprived areas.¹⁴

vi Regional analysis undertaken: not available at Fife level

Figure 5: Top 5 causes of health loss in 2019 by deprivation quintile; East Region of Scotland



Source: PHS

Priority 1: A Fife where we live in vibrant, healthy and safe places and communities

Where we live directly affects our health through the quality of our housing, our access to services, what we can do for work, our sense of community or isolation, experience of crime, and how able we are to participate in physical and enriching activities and to access opportunities.



60% of people reported that their neighbourhood was a very good place to live.



Around three quarters of the Fife population typically live within close proximity (5-minute walk) to usable green or blue space.



People living in the most deprived areas are less likely to report their neighbourhood was a very good place to live (32%).



24% of households are living in fuel poverty.



2,542

There were **2,542** homeless applications in 2020/21.

COVID-19 pandemic



There has been a total of **127,094** confirmed positive COVID-19 cases (as at 30 April 2022).



More than **830,000** vaccinations have been administered to Fife residents (as at 27 April 2022).



92% of the 12+ population in Fife have had at least one dose and **89%** of the 40+ population have received their primary and booster vaccinations (as at 27 April 2022).

Why Priority 1 is important

Where we live directly affects our health through the quality of our housing, our access to services, what we can do for work, our sense of community or isolation, experience of crime, and how able we are to participate in physical and enriching activities and to access opportunities.

Because of this the assets, resources and support available in our communities has a tremendous impact on our health and wellbeing and long-term life chances. Our environment also has the potential to directly affect our health through exposure to communicable disease; environmental hazards and the impact of climate change.

The following sections will consider a range of health impacts of 'where we live' and the Public Health actions to address these factors these, in terms of:

- Places and communities (including homes and housing)
- Public health care services (vaccination, screening and dental public health)
- Environmental and communicable disease exposures (including climate change)

Places and communities

Healthy places and communities should include affordable quality secure housing, safe open space and facilities for play, physical activity and recreation provision and public realm, healthy food environments, a sense of community and safety from crime. Healthy places should also limit access to harmful substances and gambling; ensure protection from environmental hazards; and safeguard against potentially negative impacts of unsustainable development and climate change.^{vii}

60% of adults in Fife reported that their neighbourhood was a 'very good' place to live in 2019, slightly more than in Scotland (57%).¹⁵ However, people living in the most deprived areas across Scotland are far less likely to report this (32%), compared to those living in the least deprived areas (77%). 30% of the population of Fife lived within 500m of a derelict site in 2019, compared to 28% across Scotland.¹⁶ Around three quarters of the Fife population typically live within close proximity (5-minute walk) to usable green or blue space, and this is used by more than half of Fife residents at least once a week.¹⁵

vii A Placebased Approach, is concerned with the interconnection of people and their environment. Partners and communities collectively consider and address physical, social and economic aspects of an area to maximise its potential for being a resilient, sustainable, vibrant, healthy and safe place for everyone to live, work and play in.

The absence of affordable, safe, secure or warm housing affects health and wellbeing across the life course. Tackling homelessness is a crucial part of creating healthy places where everyone has access to a secure, good quality, affordable home. A person or family may be classed as homeless, or being threatened with homelessness, if they have nowhere to live or cannot stay where they live. Currently there is unprecedented pressure on housing in Fife. 2,542 homeless applications were made in Fife in 2020/21 and 708 households were living in temporary accommodation.¹⁷ This will likely be further exacerbated as a result of the significant rise in energy bills putting households into fuel poverty and making it unsustainable for many to meet their budgets. In 2017-2019, 24% of households across Fife were living in fuel poverty.¹⁸

Environmental and communicable disease exposures

Healthy places offer protection from the impact of infectious disease and environmental, chemical and radiological threats.

Over the last two years our population has faced unprecedented exposure to a communicable disease through the COVID-19 pandemic. The first case in Scotland was confirmed on 1st March 2020.¹⁹ COVID-19 was declared a pandemic by the World Health Organization (WHO) on 12 March 2020.¹³

Figures up to and including 30th April 2022 show there has been a cumulative total of 127,094 confirmed positive COVID-19 cases among Fife residents since the first positive case in March 2020.^{viii,20} Figure 6 shows the course of the pandemic in Fife using rolling 7-day totals of positive cases as a crude rate per 100,000 population.^{ix} The highest case rate for a 7-day period was seen on 5th January 2022, which equated to 8,293 cases.

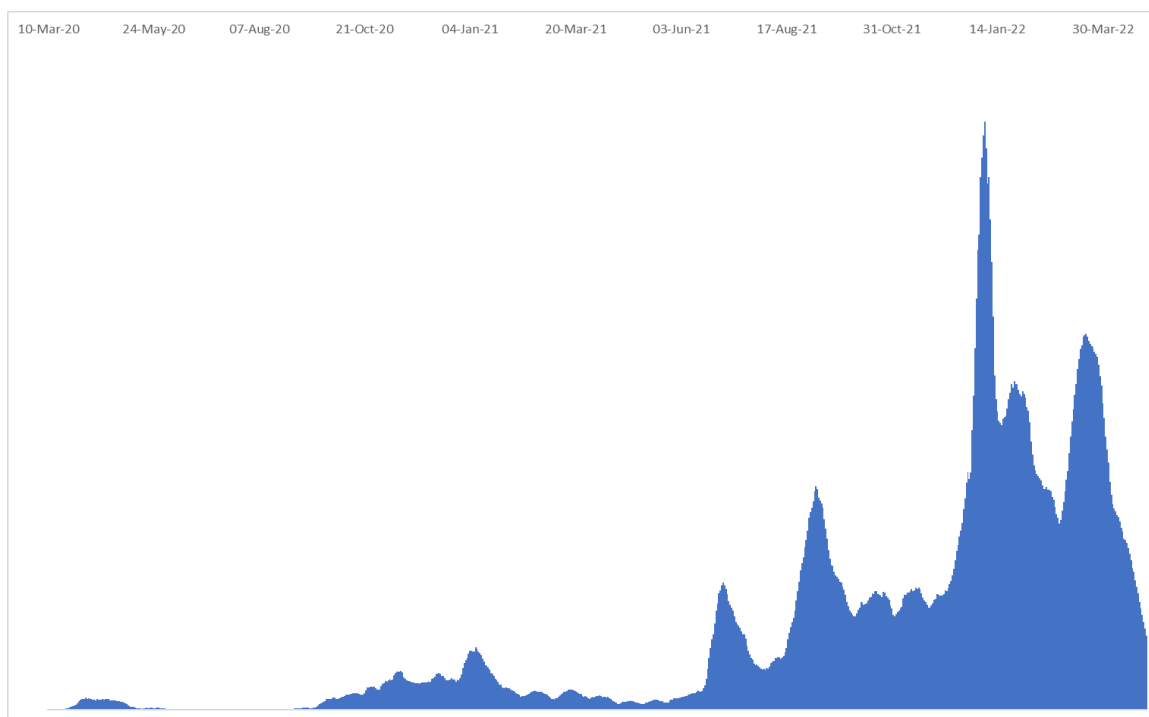
Distribution of COVID-19 cases by age has changed over time and by variant. Across Scotland, for the cumulative number of cases up to 30th April 2022, the highest crude case rates were among those aged 20-24 years and 15-19 years.^x Crude case rates were lower among those aged 65 and over. Crude case rates were highest in the most deprived areas in Scotland, but rates did not decrease in line with decreasing deprivation as the least deprived areas did not have the lowest case rates.²⁰ Conversely deaths associated with COVID-19 were higher in the older age groups and increased relative to increasing levels of deprivation.²¹

viii Positive cases are now determined from PCR or LFD positive test results and include new infections and possible reinfections (defined as individuals who test positive 90 days or more after their last positive test). This definition has been applied retrospectively. Snapshot was taken on 3rd May and may be subject to change.

ix It should be noted that testing for the general population was not available in the early stages of the pandemic and there have been changes to testing strategies over time. Figure 6 should be interpreted with this in mind.

x These rates will not account for any differences in the age structure of these areas.

Figure 6: Fife COVID-19 positive cases; 7-day total rate per 100,000 population up to 30th April 2022



Source: PHS

Long COVID is a commonly used term to describe signs and symptoms that continue or develop after acute COVID-19 infection. Long COVID is an emerging condition and we do not yet have a full understanding of the number of people experiencing long COVID or the determinants, distribution and natural course of it. Experimental statistics from the UK COVID-19 Infection Survey estimated that, in the four weeks to the 5th March 2022, 2.7% of the UK population were experiencing self-reported long COVID (defined as symptoms persisting for more than four weeks after the first suspected COVID-19 infection, that were not explained by something else).²² 47% of those experiencing long COVID stated that it affected their ability to undertake day-to-day activities ‘a little’ and a further 20% ‘a lot’. More than two thirds (69%) of long COVID sufferers reported it was at least 12 weeks since they first had COVID-19.

Rates of many other communicable diseases had reduced greatly during the pandemic, responding to the same measures used to manage COVID-19. This is likely to be associated with disease control measures implemented during the pandemic disrupting normal routes of transmission for example widespread use of face coverings, social distancing and more frequent hand washing.

Public health care services

Ensuring that vaccination coverage is not only high overall across Fife, but also within underserved communities, is essential for disease control and elimination strategies, and equality. Uptake of vaccinations including COVID-19 has been lower in more deprived areas in Fife and in certain ethnic minority communities.

Screening Programmes aim to save lives or improve quality of life through the early identification of a condition, or by decreasing the chance of developing a serious condition or its complications. The Director of Public Health is the executive lead for the coordination and quality assurance of the national screening programmes delivered for the Fife population. Uptake of screening in Fife is generally similar to or exceeds uptake in Scotland. In general, across all the screening programmes, levels of participation in screening in Fife decrease as levels of deprivation increase.

Dental Public Health aims to protect and secure the oral health of communities and populations and reduce inequalities in oral health, including amongst the most vulnerable populations in Fife.

Our ambitions for Priority 1

- The places where people live, work and socialize are safe and have positive impacts on health, wellbeing and ecological restoration
- People are empowered and motivated to be involved in local decision-making and improving their communities
- Affordable and sustainable travel is accessible to all, including rural communities
- There is protection from environmental hazards, communicable disease and other health risks including pollution and climate change mitigation
- Safe, affordable, warm and secure housing is available to all
- There is equity of access to high quality and sustainable health and care services, including preventative and early intervention health services across the life course such as screening, immunisation, dental health, and reproductive and sexual health care

Focus of work for Priority 1 in 2020 and 2021

The focus of work has been to reduce the transmission and impact of COVID-19. We have also delivered routine vaccinations, including COVID-19 vaccinations to protect population health, alongside strategic projects to support improvements in vaccination delivery. We have strengthened partnership work to support places and communities during the COVID-19 pandemic, progressed work on planning and public health, and supported the review and implementation of the updated 'Plan for Fife'. Additionally, we have delivered and supported remobilisation of routine screening and dental health services.

Places and communities

COVID-19 pandemic

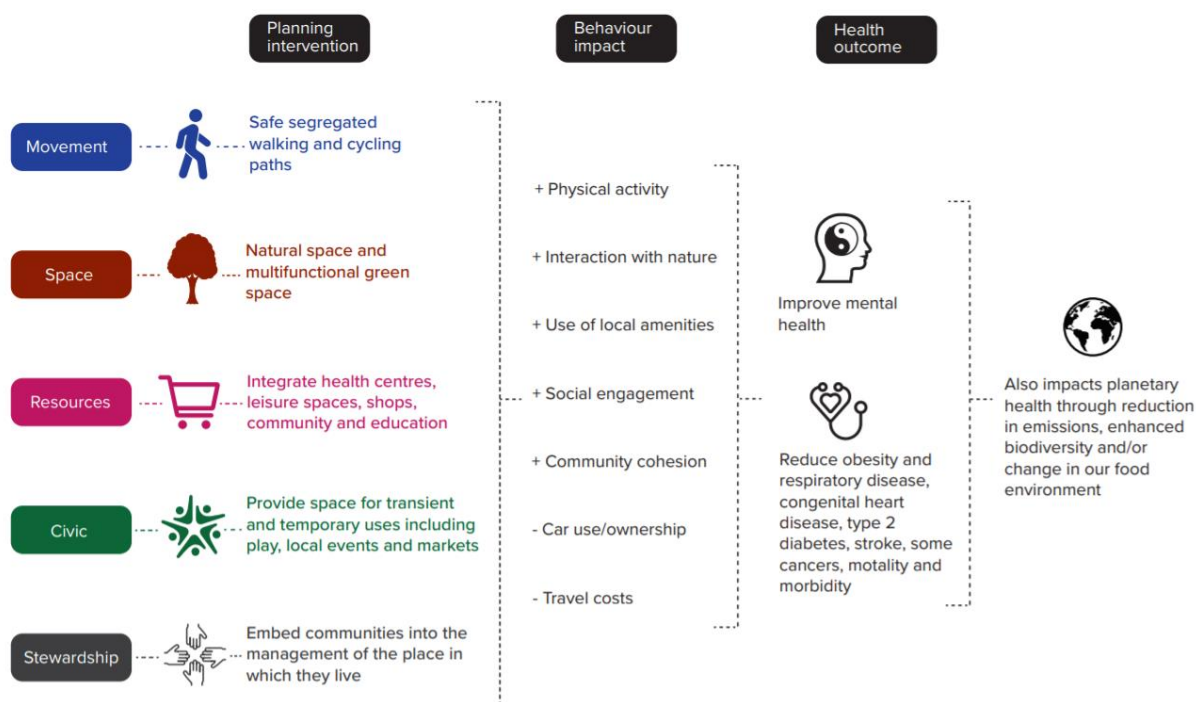
The COVID-19 pandemic has had a transformational effect on our places and communities, and already disadvantaged population groups and communities have suffered disproportionately across many areas of their lives. However, there has also been a positive transformation in how we work together as partners to support those most in need. During the pandemic, multi-agency partners across public and third sector organisations worked successfully together to establish community assistance hubs, responding to the needs of our most disadvantaged individuals and communities, including those who were shielding and self-isolating. Much was learnt from this and the willingness and adaptability of partners collaborating to implement testing and contact tracing, and supporting isolation and vaccination. This model of collaborative working has also now resulted in the establishment of longer-term People and Place locality groups in Fife.

Work was also taken forward to implement the 'Spaces for People' programme. Working with local communities and stakeholders, this allowed spatial modifications in town centres to facilitate pedestrian flow and social distancing. Some of the lessons learnt from this programme will help inform how health and spatial planning in Fife can work together to develop healthier and more sustainable places in the future.

Planning and public health

Recent local collaborations have signalled a shared ambition for transformation in spatial planning and public health to improve health and wellbeing and reduce inequalities across Scotland's communities, reflecting national policy developments. Figure 7 shows an example of how planning interventions can support and encourage behaviour change, which can result in health improvements. We are seeing the benefits of this approach through The River Leven Programme and the Whole Systems Approach to Obesity Prevention described in this report.

Figure 7: Planning and Wellbeing Process Diagram²³



The Plan for Fife

In other key areas of work, Fife’s Community Plan, The Plan for Fife, was reviewed in 2021 resulting in a set of Recovery and Renewal Priorities being identified along with a refresh of the partnership arrangements and delivery of the 12 Plan for Fife ambitions.² Many of the activities associated with this refreshed strategy will contribute to this public health priority, such as ambition 7: ‘Every community has access to high quality outdoor, cultural and leisure opportunities’.

Environmental and communicable disease exposures

COVID-19 & emergency preparedness

Health protection provides expert advice and implements measures to prevent and mitigate the impact of infectious diseases, environmental and other threats. Over the last two years the overwhelming majority of the workload for the Health Protection Team (HPT) has been management of COVID-19. The HPT workforce has increased greatly, with additional specialist nurses and the establishment of Test and Protect teams. COVID-19 testing and contact tracing teams have been essential to understanding and responding to the virus, engaging directly with the public, and reducing risk to the most vulnerable groups.

Our response has required a multi-agency approach including, for example, a robust care home support process led by a directors group with representatives from relevant agencies. Maintaining these networks will be essential to effective working going forward.

Work is underway to evaluate the local response to the pandemic, and at a wider level to evaluate the national response, in order to share key learning and to inform our emergency preparedness plans for future pandemics.

Protection from climate change

New ways of working implemented during the COVID-19 response have brought forward the use of some technologies that will help to reduce avoidable car travel, such as online staff meetings and online clinical consultations. There has been a renewed public interest in outdoor physical exercise and access to our green and blue spaces. 2021 also saw international discussion and promotion of the need to mitigate climate change as Scotland hosted the UN climate change conference, COP26, and the launch of NHS Scotland's consultation on its sustainability strategy. We have contributed to the national discussion, as well as continuing to advocate for sustainable and climate protecting options in our local partnerships and plans.

Public health care services

Immunisation programmes

There has been a significant increase in vaccination activity over the last two years with the expanded flu vaccination programme from September 2020 and the introduction of the COVID-19 vaccination programme in December 2020. The COVID-19 vaccination programme has been an incredible collaborative effort and has been implemented in the context of a national programme to transform vaccination.^{xi} Since the start of the vaccination programme more than 830,000 vaccinations have been administered to Fife residents (as at 27th April 2022).^{xii} At this time 92% of the 12+ population in Fife have had at least one dose and 89% of the 40+ population have received their primary and booster vaccinations. Uptake is higher in older age groups for primary and booster vaccinations, with booster uptake in the under 40s being lower compared to those over 40 to date.²⁴

The formation of an Immunisation Inclusion working group, with participation from local partners, has focused on taking action to enable marginalised and disadvantaged groups to access COVID-19 vaccination in Fife.

Importantly, throughout the pandemic the routine infant, childhood and teenage immunisation programmes have continued to be delivered and monitored. Where programmes were disrupted due to the pandemic (for example, the HPV programme in secondary schools), subsequent mop-up activity has taken place to minimise the impact on population health.

xi The Vaccine Transformation Programme has since 2018 has been transitioning all vaccination delivery out of General Practice and will complete in March 2022.

xii Primary vaccinations include first and second doses. Snapshot was taken on 27th April and may be subject to change.

Screening programmes

At the end of March 2020, all screening programmes were temporarily paused in response to the COVID-19 outbreak. By mid-October 2020, routine screening had resumed across all programmes with some reduction in capacity due mainly to physical distancing and other infection prevention and control measures. Since restarting, efforts have focused on recovery from the backlog of participants waiting to be screened and the slippage in recommended screening intervals. The recovery has been challenging due to continued COVID-19-related infection and prevention control protocols including distancing and staff absences, shortages and recruitment challenges.

Dental Public Health

NHS Fife responded to the challenges faced by dental services during the pandemic by collaborating with wider colleagues including primary care, secondary care and dental public health colleagues. This collaborative approach ensured the maintenance of an Emergency and Urgent Dental Care Service in Fife at all times. The team have supported high street dentists to safely remobilise to provide more routine care where challenges continue.

A range of activity to support vulnerable groups has continued, including the distribution of tooth brushing equipment to children, foodbanks and locations supporting people experiencing homelessness.

Priority 1: Opportunities and areas of focus for public health and partners for the coming years

- **River Leven Programme** – The River Leven Programme is a regeneration project with people and the environment at its heart. The programme, which encompasses the Levenmouth Reconnected railway development, provides unprecedented scope for partners to come together and make sure opportunities to benefit individuals and communities are maximised. The River Leven Programme has a Health and Wellbeing theme, with Public Health and Health & Social Care Partnership (HSCP) Health Promotion Service providing leadership and input to this on aspects such as social referrals and community engagement.
- **Local area community assets and plans** – ‘People and Place’ groups will continue to develop their work to engage with communities, identify assets and gaps and review local area community plans. NHS Fife Public Health will support this work with interpretation of intelligence and data to inform assessment of local plans and priorities. HSCP Locality Planning Groups will be refreshed and reviewed with a view to further developing service integration and joint priorities with local community plans.

- **Spatial planning and local transport strategy** – NHS Fife Public Health will contribute to work to promote health and wellbeing through spatial planning in collaboration with Fife Council and other partners. Development of the Local Transport Strategy will provide another opportunity to improve health, wellbeing and sustainability for Fife’s people and places.
- **Tackling homelessness** – Fife’s Rapid Rehousing Transition Plan²⁵ is crucial to tackling homelessness and a priority will be to reinvigorate and refresh this work to prevent and address homelessness over the next five years.
- **Non-COVID-19 infections** – As pandemic measures ease, non-COVID-19 infections are likely to re-emerge in a population that may now be more vulnerable. Training and development of the HPT are priorities to ensure the team is fully prepared.
- **Pandemic preparedness** – We will need to ensure learning from the COVID-19 pandemic is built into future pandemic preparedness plans.
- **Reducing inequalities in screening** - Working to address inequalities in uptake of screening programmes within our population.
- **Recovery of oral health improvement programmes** - Support the national recovery of oral health within oral health improvement programmes focusing on the impact of the pandemic and also reducing inequalities.
- **Remobilisation and recovery of screening and dental services**
 - Whilst acknowledging that recovery from COVID-19 will remain a challenge for some of the screening programmes for the next few years, we will continue to work with and support the screening programmes in this recovery process.
 - Support the recovery of dental services across Fife to pre-pandemic levels
- **Fife Immunisation Strategic Framework 2021–2024** – We will provide public health expertise and leadership for the implementation of vision of the Fife Immunisation Strategic Framework 2021-2024. This will include:
 - Supporting the optimisation of immunisation coverage across the life-course, ensuring equitable access for all eligible groups and
 - Develop and implement an immunisation community engagement plan and
 - Enhancing the monitoring and evaluation of immunisation programmes within Fife.

Priority 2: A Fife where we flourish in our early years

The effects of poor health and wellbeing, and inequalities in experience and opportunity, can accumulate over a person's life, starting in childhood, and result in poorer health and life chances as a person ages.



Around 1 in 5 children in Fife are estimated to live in relative poverty.



Most children living in poverty live in working households.



36% of school leavers in the most deprived areas of Fife achieve 1 or more SCQF at Level 6 compared to **75%** in the least deprived areas.

For all of these indicators of child health and wellbeing there are inequalities between the least and most deprived areas of Fife.



30% of babies in 2021 were exclusively breastfeeding at 6-8 weeks.



74% of Primary 1 children in 2020 had no obvious dental decay.



23% of Primary 1 children measured are at risk of overweight or obesity.



25,000

Around 25,000 adults in Fife are estimated to have experienced four or more Adverse Childhood Experiences (ACEs).

For example experiencing abuse, neglect, violence, homelessness or growing up in a household where adults are experiencing poor mental health or harmful use of alcohol and drugs; which are known to contribute to poorer health and wellbeing.

Why Priority 2 is important

Not only is good health and wellbeing of great importance for children in Fife, it is also a foundation for adult health and wellbeing. The effects of poor health and wellbeing, and inequalities in experience and opportunity, can accumulate over the life course of an individual and result in poorer health and life chances as a person ages. Children's health and wellbeing are influenced by a wide range of socio-economic factors and are closely linked to the other public health priorities detailed in this report. Unfair differences in the life chances of children growing up in the most deprived areas of Fife and those living in poverty will have a significant impact on their current and future health and wellbeing.

Poverty and inequalities

The health of children and young people is impacted by the economic stability of their families. Around 1 in 5 children in Fife are estimated to live in relative poverty, and for many families a single missed wage or delayed payment could signal crisis and poverty.²⁶ The proportion of children living in relative poverty across Scotland has gradually risen since 2011/12 to 26% in 2019/20.²⁷ More than two thirds (68%) of children living in relative poverty after housing costs were living in working households.²⁷ Almost 90% of families in poverty in Scotland are in the six priority groups: lone parent families; minority ethnic families; families with a disabled adult or child; larger families (with 3 or more children); families with a youngest child aged under 1; families with a younger mother (mothers aged under 25).²⁸

The mechanisms by which poverty and disadvantage can interact with child, and subsequently adult, health and wellbeing outcomes, are complex and interconnected. For example, the effects of poverty can contribute to mental health, financial problems and substance misuse in parents which can affect parenting and children's wellbeing. In severe cases this can contribute to abuse, neglect or major adversity, which affect children's health and wellbeing in the immediate and longer term. Relative child poverty was rising pre-pandemic but the restrictions and economic impacts have increased hardship and crisis for many families.^{29,30}

There are significant inequalities in indicators of child health and wellbeing between the most deprived and least deprived areas of Fife, reflecting in part the effect of poverty on child health and wellbeing. For example, breastfeeding rates, smoking in pregnancy and vaccine uptake is lower in the most deprived areas compared to the least deprived areas.¹⁰

Education

Education affects many outcomes including employment, future earnings, involvement in crime, and health and wellbeing. We know that poverty can unfairly limit the development and educational attainment of children and young people from low income families through, for example, affecting their access to learning opportunities.³¹

There were 50,078 children in school in Fife at the 2021 Pupil Census, with 44% in secondary school.³² Across Scotland 63% of pupils leave school after S6, and in 2019/20 3,406 children left school in Fife, 92% went onto a positive destination. The top 3 positive destinations were higher education (38%), further education (36%) and training (4%). The majority of school leavers in 2019/20 (97.2%) achieved 1 or more SCQF Level 3 qualifications or higher, which is slightly higher than the figure for Scotland at 96.3%, with 95% of school leavers in the most deprived areas achieving this. However, social deprivation impacts on achievement as the level of qualification increases, with only 36% of school leavers in the most deprived areas achieving 1 or more SCQF at Level 6 in Fife compared to 75% in the least deprived areas.³²

Mental health and wellbeing and experiencing adversity

Protecting the mental health of children and young people is important to ensure their wellbeing and future health, mental health and resilience. A wide range of socio-economic factors can have a significant impact on children's and young people's mental health, including poverty or chronic health problems. Mental wellbeing scores for 13- and 15-year-olds in Fife are similar to those reported for Scotland (2018).³³ Death by suicide in young people aged 11-25 has occurred at a similar rate as observed in Scotland (9.5 per 100,000; 2015-2019), with very few deaths occurring under the age of 15 at a Scotland level.¹⁰

Cumulative exposure to multiple sources of adversity in childhood are also known to be associated with increased risk of mental health problems, further adversity and health consequences in adults. People who have had multiple adverse childhood experiences (ACEs), for example experiencing abuse, neglect, violence, homelessness or growing up in a household where adults are experiencing poor mental health or harmful use of alcohol and drugs; are likely to have poorer health and wellbeing as adults, including increased risk of chronic conditions.³⁴ In 2019, just over one in seven adults reported having experienced four or more adverse childhood experiences in the Scottish Health Survey.³⁵

The child protection register is a list of children who have been identified as being at risk of harm or further harm in Fife. There were 258 child protection registrations in Fife in 2020/21, a rate of 4 per 1000 children aged 0-15 which was similar to the rate in Scotland.³⁶ 817 children were looked after in Fife at July 2021, a crude rate of 11.4 per 1000 children aged 0-17, lower than the Scottish rate of 12.9.

Looked after children may experience further risk factors affecting their health and wellbeing, in addition to those facing all children.³⁷

General health

Breastfeeding has long term benefits for babies, including reducing the likelihood of infections and obesity, it also has known health benefits for mothers. 30% of babies in Fife were exclusively breastfed at 6-8 weeks compared to 32% across Scotland in 2020/2021.¹⁰

Being overweight or obese can significantly affect a child's health, wellbeing and self-esteem, as well as have long-term consequences for their health. In the school year 2019/20, just over three quarters (76%) of children in primary 1 (approximately 5 years old) in Fife had a healthy weight and 23.3% were at risk of overweight or obesity. In the last ten years levels of overweight and obesity have remained relatively stable in children in Fife fluctuating between 21.1 and 23.5%.³⁸

Monitoring of body mass index (BMI) for Primary 1 (P1) school children through school-based reviews has been significantly impacted by the COVID-19 pandemic with fewer children being reviewed and the most recent figures are not available at a Fife level. Public Health Scotland reported an increase in the proportion of children who were at risk of overweight and obesity from 22.7% in 2019/20 to 29.5% in 2020/21, with the biggest increase in the proportion of children at risk of obesity.³⁹ Having looked at the data in detail in terms of comparability with previous years, they have concluded that 'the scale and consistency of observed changes in 2020/21 suggest that there are true differences in the BMI distribution of P1 children and cannot be accounted for solely by differences in the size and composition of the dataset'.

In 2019/20 in Scotland, 27% of children living in the most deprived areas were at risk of overweight and obesity, compared with 17% of children living in the least deprived areas. Levels of overweight and obesity increased in both areas in 2020/21, but the increase was greater amongst children in the most deprived areas (increased to 35.7%), widening the gap between the most and least deprived areas.³¹

In terms of dental health, 74% of P1 children in Fife and across Scotland had no obvious dental decay in 2020.⁴⁰ This is a significant improvement on the 45% reported across Scotland in 2003 and the 67% reported in 2012. Inequalities are evident, 58% of P1 children in the most deprived areas of Scotland showed no obvious dental decay compared with 87% of P1 children in the least deprived areas in 2020, but the size of this difference has decreased since 2018.

Impact of COVID-19

All aspects of children and young people's lives have been affected by the pandemic, including critical windows of development socially and educationally, and access to leisure

activities and healthcare. Emerging evidence has highlighted the significant negative impacts of COVID-19 to mental health and wellbeing affecting children and young people.^{41,42,43} These may have long lasting consequences for Fife. There have been particularly stark impacts on single-parent families, those living with children with a disability or serious illness, families affected by substance use, and those with a parent in jail, and others. The pandemic has occurred on top of an already concerning situation for child health and wellbeing, and the challenge is to recover, improve and change to better support families and children in Fife.

Our ambitions for Priority 2

- The drivers of child poverty (cost of living, income from employment, income from social security benefits) are tackled
- Children and young people enjoy high quality childcare, education and leisure opportunities, including use of the outdoor environment
- There is a whole-society approach to prevent, reduce and mitigate childhood adversity including violence, abuse and neglect
- There are high quality, effective early interventions to improve children and young people's physical and mental health and to build resilience
- Children and young people's rights are promoted and integrated within service delivery

Focus of work for Priority 2 in 2020 and 2021

Work to support a healthy start in the early years has focused on responsive, comprehensive actions to mitigate the impact of child poverty, improve mental health and wellbeing with a particular focus on early intervention and prevention, increase access to support and implement a whole family approach to substance use. A family focused Healthy Weight Service aims to support positive family friendly lifestyle changes, including eating well and physical activity.

Child poverty

Fife's third Child Poverty Action Plan was published in 2021 and details positive actions taken to mitigate the impact of poverty.⁴⁴ It recognises that actions need to go beyond those that target children specifically and need to be based on listening and responding to the experiences of those living in Fife.

Children in both primary and secondary education accessing free school meal provision has increased during the past 2 years and services in Fife have been working to ensure that those families who can access free school meals know how to do so.

Initiatives around personalised income maximisation advice and support to parents and carers of children in the school setting have also been put in place.

Supporting mental health and wellbeing

Work to develop Fife's Our Minds Matter Framework for supporting young people's emotional wellbeing continues to focus on the development of partnership approaches to staged intervention practices (a structured approach to identify the level of support required), with a particular focus on early intervention and prevention.⁴⁵ In 2021, work to increase access to mental wellbeing support took place with feedback from young people and families, and examination of data across partners leading to a key focus on the provision of supports which are available digitally, support available to young people without the need for a professional referral and investment in the provision of locality-centred offers.^{46,47}

Besides these extended service-offers, themes for early intervention have also been identified. These have responded to the impacts of the COVID-19 pandemic and have included extension of supports for bereavement and loss, extension of strategies to support emotional literacy and listening and talking, and development of relationship supports.⁴⁸ In the next few years evaluation and development of these approaches will continue.

Whole family approach to substance use

Making it Work for Families was relaunched in October 2020 supporting lone parent, low income or out of work families affected by current, historic or at risk of substance use where there is a young person living at home who is in S1 or S2 at High School. ⁴⁹ The project provides tailored holistic whole family support to families through a co-ordinated approach, offering a safe space for families to overcome barriers and progress at their own pace.

Child Healthy Weight and Healthy Families

The Child Healthy Weight Programme in Fife, Fife Loves Life supports positive family friendly lifestyle changes, including eating well and physical activity. ⁵⁰ The programme can also signpost families to other services as required. Improvements have been made such as referral and care pathways being developed and implemented, running a marketing campaign to increase awareness of the service and to encourage self-referral and developing a toolkit to enable staff to signpost, refer or deliver first line key messages. The service was delivered online and via telephone due to COVID-19.

Early years funding has been secured for training the trainer on Healthy Families: Right from the start (known as HENRY). ⁵¹ HENRY Core Training builds the skills of early years practitioners to support families and children (0-5 years) to improve their health and wellbeing by changing behaviour and attitudes towards a healthy lifestyle.

Priority 2: Opportunities and areas of focus for public health and partners for the coming years

- **Income maximisation** - Support work to increase access to income maximisation programmes in the early years
- **Anchor institution** - work to support NHS Fife as an anchor institution in supporting those in low paid work, and access to work for child poverty priority groups
- **Children's rights** - Raise awareness of and realise children's rights across mainstream services, including Article 24 (healthcare for children and young people should be as good as possible) and Article 26 (children and young people should get financial support from the government when their parents or guardians are unable to provide them with a good enough standard of living by themselves) of the United Nations Convention on the Rights of the Child (UNCRC)
- **Ongoing work** - Continue work to support breastfeeding, physical activity, good diet, oral health and healthy weight

Priority 3: A Fife where we have good mental wellbeing

Good mental health and wellbeing is imperative as it enhances quality of life and survival, and improved engagement with positive health behaviours, education, employment, family and community.



38% of people report they are extremely satisfied with their life (2016/19).



10% of respondents to the Scottish Health Survey in 2019 reported that they felt lonely often or all of the time in the previous two weeks.



Depression was the second largest cause of ill health in 2019 and anxiety disorders were the 4th largest cause.



1 in 5 people were prescribed drugs for anxiety, depression or psychosis in 2019/20.



The most deprived areas have **36%** more prescriptions for anxiety, depression, psychosis than the overall average.



There was an annual average of **50** deaths from probable suicide between 2016/20.

For all these indicators of mental health and wellbeing, there are inequalities between the least and most deprived areas of Fife.

Why Priority 3 is important

Good mental health and wellbeing is imperative as it enhances quality of life and survival, and improved engagement with positive health behaviours, education, employment and community. Connections with others can help us cope with difficulties and adversity as well as improving our health and wellbeing. Poor mental health and wellbeing can have a considerable impact on individuals, their families and the wider community and often occurs alongside other health conditions. Inequalities are evident in both mental wellbeing and mental health problems.

Wellbeing and loneliness

Findings from the Scottish Health Survey in 2016-2019 reported that 38% of respondents in Fife were extremely satisfied with their life, slightly higher than the rate in Scotland, and a third of Fife respondents reported below average life satisfaction.⁵² Mental wellbeing, as measured by Warwick-Edinburgh Mental Well-being Scale (WEMWBS) was 49.9, similar to a mean of 49.7 in Scotland.^{xiii} Mental wellbeing, as measured by WEMWBS, increases with decreasing deprivation, with mean scores of 46.5 among respondents to the Scottish Health Survey 2019 in the most deprived areas in Scotland to 51.5 in the least deprived areas.

The effect of social isolation and loneliness on mortality is estimated to be similar to that of other health risk factors such as smoking, obesity and physical inactivity.⁵³ 10% of respondents to the Scottish Health Survey across Scotland in 2019, reported that they felt lonely often or all of the time in the two weeks prior to the survey and those who reported this had lower mental well-being than respondents who were rarely or never lonely.⁵⁴ Reports of feeling lonely 'often or all of time' increase with increasing deprivation from 6% of respondents in the least deprived areas to 17% in the most deprived.

Mental health problems

17% of Fife respondents to the Scottish Health Survey reported a General Health Questionnaire (GHQ)-12 score of four or more, an indicator of potential mental health problems, the same as in Scotland.⁵² A trend of increasing prevalence of reports of two or more symptoms of depression and anxiety has been seen since 2012-13, with current figures for depression of 12% and for anxiety of 14% being the highest recorded in the time series of the survey.⁵⁴ Adults living in the most deprived quintile were more than twice as likely in 2018-2019 to report two or more symptoms of depression and twice as likely to report two or more symptoms of anxiety than those living in the least deprived quintile.³⁴

xiii The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a scale of 14 positively worded items for assessing a population's mental wellbeing, including both feeling and functioning aspects of mental wellbeing. The WEMWBS scale runs from 14 (the lowest level of wellbeing) to 70 (the highest).

1 in 5 people in Fife (20.8%) were prescribed drugs for anxiety/depression/psychosis in 2019/20, slightly higher than Scotland (19.7%). This trend has increased year on year since 2014/15.¹⁰ The most deprived areas had 36% more people receiving prescribed drugs for anxiety/depression/psychosis than the Fife average in 2019/20, with the proportion of the population in the most deprived areas (27%) almost double that in the least deprived (15%).¹⁰

Suicide

Between 2016 and 2020 there were a total of 250 deaths from probable suicide registered in Fife, an annual average of 50 deaths.⁵⁵ The rate of suicide mortality in Fife in 2016-20 was similar to Scotland, 13.9 per 100,000 population compared to 14.1 per 100,000 population. Across Scotland more than 70% of people dying from suicide were male, with the highest numbers in men aged 35-39 and highest numbers in women aged 45-49.⁵⁶ One in every five suicide deaths in Scotland in 2020 was to someone under the age of 30. The suicide rate in most deprived areas of Scotland was three times the rate in the least deprived areas in 2020.¹⁰

Impact of COVID-19

We are not yet able to quantify the full impact of COVID-19 pandemic on mental health and wellbeing with the data available to us. Studies and surveys, mainly from 2020 and early 2021, have shown a range of impacts on mental health and wellbeing across the population, with some groups being more adversely affected. The pandemic and in particular lock downs have been associated with increased loneliness, anxiety, depression and stress.^{57,58}

Our ambitions for Priority 3

- There is promotion of mental health and wellbeing throughout society and a culture where stigma and discrimination is challenged
- Public spaces promote intergenerational social connections, people feel included in their community and social isolation is reduced
- There is widespread awareness of Adverse Childhood Experience (ACE) and trauma-informed practice
- There is access to timely and person-centered mental health advice and services across the life course

Focus of work for Priority 3 in 2020 and 2021

The focus of work for this priority has been on mental health improvement, suicide prevention, workforce development, building capacity for trauma informed working and workforce support during the pandemic. Work continued to deliver local activity in line with local and national strategies and plans.^{59,60,61,62} Fife also continues to support national campaigns to promote their key mental health and wellbeing messages where possible.^{63,64,65}

Mental health improvement

The #ItsEveryonesJob workplace campaign launched in 2021 and encouraged Fife's workforce and employers to have healthy conversations around mental wellbeing, mental health and suicide.⁶⁶ A range of materials were developed with employers and Fife Voluntary Action's Lived Experience Team including a digital toolkit, traumatic incident framework, lived experience case study and web based information.⁶⁷ Lived Experience Team volunteers have since gone on to support a number of strategic developments including the review of the MoodCafe website and work on improving pathways of care in mental health services in Fife, including for complex trauma.^{xiv} Work to launch the Fife Mental Health Peer Support Network has also taken place with the aims of improving services and employment pathways for people who have experienced mental health challenges. There has also been mental health and wellbeing support for students attending Fife College through awareness raising, health information, advice, support and training.

Workforce development including building capacity for trauma informed practice

During the pandemic, workforce training moved to '*digital by default, face to face by exception*', with training relating to improving mental health and prevention of self-harm and suicide for adults, children and young people being provided to ensure our workforce have the tools and skills needed to support people in Fife's mental health and wellbeing. Good Conversations Training and support for staff to implement this has also continued. Training around trauma has also been implemented to develop knowledge and skills in psychological trauma across all public, private and voluntary sectors by ensuring the workforce receive the appropriate training to support the delivery of trauma-informed practice.

xiv Moodcafe. Promoting Mental Health from Fife. Available: <https://www.moodcafe.co.uk/>

Suicide prevention

Work continued throughout the pandemic particularly around identifying, gathering and analysing local and national data on suicides to inform timely responses to incidents and provide a basis to plan interventions in a more targeted way. A monthly e-newsletter kept stakeholders up to date on relevant activity around suicide prevention, including local and national updates, training, research and campaigns.

Workforce support during the pandemic

During the pandemic the increased importance of supporting staff across the health and social care system and wider partners to take care of their own mental well-being was recognised, including sleeping, eating well and exercising. A range of opportunities were promoted across the system with lots of collaborative working to support staff resilience such as:

- Creation of staff Health and Wellbeing Hubs
- Staff Listening Service
- Online peer support sessions
- Mindfulness and self-compassion drop in sessions
- Information sessions for managers to clarify range and types of support
- Inspiring Kindness online conference.

Priority 3: Opportunities and priorities for public health and partners for coming years

- **Improving professional awareness and navigation of available support** – Funding has been secured to undertake work to ensure frontline staff and members of the public are aware of, and able to navigate, the range of mental health and wellbeing support and services available in Fife.
- **Support for young people** – Support for young people attending Fife College will continue.
- **Workforce development** – We will continue to equip staff to support the mental health and wellbeing of people in Fife, as well as their own wellbeing, through a suite of training and development opportunities, including Good Conversations and strengthening trauma informed practice.

Priority 4: A Fife where we reduce the use of and harm from alcohol, tobacco and drugs

Smoking and alcohol consumption continue to be leading causes of illness and early death in Fife. Deaths associated with drug use have also increased significantly in recent years. There are persistent inequalities in harms caused by smoking, alcohol consumption and drug use.



Rates of smoking have decreased significantly since the early 2000s with less than **1 in 5** of the population over 16 reporting they smoke.



Around **one third** of the population over 16 in our most deprived populations currently smoke.



Smoking during pregnancy is high with **1 in 5** expectant mothers who smoke continuing to do so.

There are inequalities evident on smoking rates in the most and least deprived areas.



Over **1 in 4** people report they exceed the recommended **14 units** of alcohol per week.



There was an annual average of **71** alcohol-specific deaths between 2016/20.



87% more alcohol-specific deaths in the most deprived areas compared to the average.



Drug-related hospital admissions have increased in Fife and across Scotland in the last 10 years.



There was an annual average of **64** drug related deaths between 2016/20, more than double the five-year average of 30 deaths in 2006/10.



Drug related deaths were **15** times higher in the most deprived areas of Fife compared to the least deprived.

Why Priority 4 is important

Smoking and alcohol consumption continue to be leading causes of illness and early death in Fife. There are persistent inequalities in both smoking and alcohol consumption and the harm they cause. Deaths associated with drug use have increased significantly in recent years and also constitute a public health emergency, with much higher rates of drug related death occurring in the most deprived areas of Fife.

Smoking

Smoking is one of the leading causes of death, responsible for many cancers (the leading cause for lung cancer), cerebrovascular disease, respiratory conditions such as chronic obstructive pulmonary disease and pneumonia. In pregnancy it increases the risk of complications such as miscarriage, still birth and having a low birth weight baby.⁶⁸ Rates of smoking have decreased significantly since the early 2000s, with less than 1 in 5 of the population over 16 reporting that they smoked in Fife (18%) and Scotland (19%) in 2019.⁶⁹ Figures for smoking levels among adolescents have also decreased since 2006; the proportion of 13- and 15-year-olds who were regular smokers in 2018 was 2% and 8% compared to 6% and 16% in 2006.⁷⁰

Despite the overall decrease in smoking levels in adults aged 16 and over, rates of smoking have continued to be higher in the more deprived areas across Scotland than the least deprived, currently at 32% and 6% compared to 45% and 17% in 2003.⁵² A similar pattern is seen in reports of smoking in pregnancy, with an average of 35% of Fife expectant mothers reporting smoking in the three years to the end of 2020/21, which was almost nine times the rate in the least deprived areas (4%).¹⁰ In line with other smoking indicators, smoking in pregnancy has decreased since 2003/4 in both Fife and Scotland to current levels of 20% and 14% respectively, but Fife levels have remained higher throughout this time.¹⁰ The risks associated with smoking increase the longer a person continues smoking. However, these risks can reduce substantially when a person stops, adding further weight to the importance of cessation policies, interventions and initiatives. In 2019/20, there were almost 3,000 attempts to stop smoking made with the help of NHS Fife smoking cessation services.⁷¹

Drugs

Use of drugs can lead to a variety of health problems including transmission of communicable diseases including human immunodeficiency virus (HIV), hepatitis, injecting related injuries, mental health problems and overdose.⁷² Due to the nature of drug use it is difficult to get a full understanding of the number of individuals with problematic drug use but the most recent estimates (2015/16) suggest this could be almost 1 in 60 (1.62%) of the

population aged between 15 and 64 in Scotland, and 1.19% in Fife^{xv,73}. Drug-related hospital admissions have increased significantly in Fife and across Scotland in the last 10 years, although a fall was seen in 2020/21, which may have been expected due to impact of the COVID-19 pandemic.⁷⁴ Since 2012/13, rates in Fife have been consistently higher than the Scottish average and are currently 278 per 100,000 population, compared to 235 per 100,000 population nationally and may reflect differences in care pathways in different areas. Half of all patients with a drug-related hospital admission in 2020/21 lived in the most deprived areas in Fife, with admission rates in the most deprived areas being 18 times greater than those in least deprived areas.⁷⁴

Use of drugs can also be associated with (or the consequence of) social problems which also have a long term impact on health and the health and wellbeing of families, for example crime, violence, unemployment, family breakdown and homelessness. Rates of Child Protection Case Conferences where parental drug misuse was recorded (with or without alcohol misuse) was higher in Fife than in Scotland with a crude rate of 11.8 per 100,000, compared to 7.8 per 100,000 in Scotland (2019/2020).¹⁰

In Fife, as in Scotland, an increase in drug-related deaths has been observed. The current (2016-20) five-year average in Fife of 64 deaths is more than double the five-year average of 30 deaths in 2006-10.⁷⁵ During this time Fife has had a lower drug-related death rate than Scotland which recorded the highest ever annual number of drug-related deaths in 2020. Males account for the majority of drug-related deaths in Fife and across Scotland. The average age of drug-related deaths in Scotland has increased over the last 20 years from 32 in 2000 to 43 in 2020, with the highest rates of death being among the 35-44 age group.⁷⁵ Stark inequalities are evident in drug-related deaths with rates of drug-related deaths 15 times higher (2015-19) in the most deprived areas compared to the least deprived areas in Fife.^{10,xvi} The Drugs Deaths Taskforce was established in July 2019 to tackle the rising number of drug deaths in Scotland.⁷⁶

It is increasingly understood that people with severe mental illness combined with problematic use of substances have significantly poorer health outcomes than average, and often have difficulty accessing effective treatment and support.^{xvii} It is not clear how many people are affected by such a dual diagnosis, but estimates have included that this could

xv More recent estimates are not available at the time of writing this report

xvi Erratum: Page 39, paragraph 3
In previously circulated versions of the NHS Fife Director of Public Health Report 2020-21 an inadvertent error was included on page 39.
The corrected text reads as follows:
Stark inequalities are evident in drug-related deaths with rates of drug-related deaths 15 times higher (2015-19) in the most deprived areas compared to the least deprived areas in Fife. The Drugs Deaths Taskforce was established in July 2019 to tackle the rising number of drug deaths in Scotland.

xvii including schizophrenia, schizotypal and delusional disorders, bipolar affective disorder and severe depressive episodes with or without psychotic episodes

affect up to a third of those in secondary mental health services and 6-15% in substance misuse settings.⁷⁷

Alcohol

Drinking alcohol is a risk factor for many health conditions, including many cancers, high blood pressure, cerebrovascular disease, liver disease and mental health problem.⁷⁸ The harmful use of alcohol can also result in social and economic impacts for both individuals and wider society, including violence and accidents.

Self-reported alcohol consumption figures estimate that just over 1 in 4 people (22%) in Fife drank more than the weekly recommended level of 14 units per week with men more likely to report this than women in 2016-19.⁵² Surveys consistently obtain lower consumption estimates than those derived from alcohol sales data. In 2019 the equivalent of 9.9 litres of pure alcohol for every person aged 16 years and over was sold in Scotland, which converts to 19.1 units per adult per week.⁷⁹ During the COVID-19 pandemic, alcohol sales (litres of pure alcohol per adult) were 9% lower in 2020 and 16% lower up to May 2021 than the average for the same time periods in 2017-19.⁷⁹ During both these times there was a noticeable increase in alcohol off-sales (shops and supermarkets) and a substantial fall in sales within licensed premises. This level of alcohol sales during the pandemic suggests that population-level consumption continued to be above recommended levels, at an average of 17 units per adult each week.⁷⁹

There was a fall in alcohol-related hospital (acute) admissions in Fife in 2020/21 (584 per 100,000 population), compared to 2019/20 (701 per 100,000 population).⁸⁰ The COVID-19 pandemic and measures put in place to respond to the pandemic are likely to have contributed to this fall. Prior to this fall, rates in Fife had increased year on year since 2015/16 and have shown an upward trend since 2011/12, in contrast to the downward trend seen nationally during the same time period.⁸⁰

Between 2016 and 2020, there were a total of 356 alcohol-specific deaths registered in Fife, an annual average of 71 deaths and a rate of 18.5 per 100,000 population.⁸¹ This was the highest five-year rate since 2008-12 but was lower than the Scottish average, which has been a consistent trend since 2000-04. Men are more likely than women to die from an alcohol-specific death and be admitted to hospital for an alcohol-related condition.

There are large and persistent inequalities in both alcohol-related hospital admissions and alcohol-specific deaths which are both five times higher in the most deprived areas in Fife compared to the least deprived areas. The most deprived areas had double the admissions in 2020/21 and 87% more alcohol-specific deaths in 2016-20 than the Fife average.¹⁰

Our ambitions for Priority 4

- Cultural norms have changed and smoke-free, alcohol-free and drug-free facilities and events are widespread across Fife
- Decisions on the location and number of licensed premises are informed by public health intelligence
- There is a holistic and integrated approach to improving the health of those who have contact with police, criminal justice or homelessness services
- People are supported to make healthy life choices
- People are supported to access and remain in drug and alcohol treatment services
- A whole-family approach is taken to drugs and alcohol rehabilitation

Focus of work for Priority 4 in 2020 and 2021

The work to reduce harms related to alcohol and drugs in 2020 and 2021 included the establishment of a new system for the review of drug related deaths, and increased prevention activity. To address tobacco use and the wider harms associated with smoking and reduce associated health inequalities, work has centred on three priority areas: Prevention, Protection and Smoking Cessation.

Review of drug-related deaths

In 2020, the lead public health consultant and ADP (Alcohol and Drugs Partnership) colleagues established a process for reviewing all suspected drug related deaths in Fife to learn lessons to contribute to reducing the number of drug related deaths in Fife. To date, the group has learnt some very important lessons in relation to:

- Improving access to alcohol and drug services
- Improving communication and information sharing across multiple agencies and service users
- Need for a case management approach/lead agency, assertive outreach or additional support during high-risk times
- Adult Protection concerns not being identified or cases not meeting the criteria for protection
- Improving overdose awareness in people at risk and family members
- Making appropriate referrals following disclosure of physical/sexual assault
- The review also found a small number of cases where, due to COVID-19 restrictions, face to face meetings were not available and people found it difficult to engage via telephone or online.

Service changes implemented as a result of learning from the drug related deaths review process have included enabling nurses and navigators based in police custody suites to be able to make direct referrals to addiction services and training social work staff on the increased risk of overdose at significant anniversary dates. Community Pharmacies are now working to ensure missed doses of medication are reported quickly. Furthermore, a community pharmacy audit has been carried out on prescribing rates of certain high risk drugs and liaising with GP practices as appropriate.

Other work with ADP partners to increase prevention work

A Near Fatal Overdose project has implemented an 'assertive outreach' approach to engage people with services, advice and naloxone. Distribution of naloxone and injecting equipment has expanded, including peer naloxone and injecting equipment. A new anonymous reporting system has been developed to improve our capacity to quickly identify dangerous batches of drugs. There is now a Lived Experience Panel which has contributed strongly to ADP meetings.

Levenmouth locality work

Focused work with the Levenmouth locality group since 2020 has concentrated on increasing the presence and awareness of drug services embedded within the community and wide availability of injectable and nasal naloxone and injecting equipment, and support for family members. Educational opportunities on harm reduction and overdose have been available to individuals, families and friends, and key local professionals within the community.

Tobacco prevention

Fife looks to create an environment where individuals, particularly children and young people, choose not to smoke. Key pieces of work included delivering educational programmes, which encourage children and young people to consider how smoking sits alongside other risky behaviours such as drinking alcohol and drug taking. These were delivered in alternative formats as a result of the pandemic.

Tobacco protection

An important piece of work was completed to understand the issues and identifying opportunities to reduce smoking for people who are being cared for in NHS Fife's Mental Health sites, resulting in a new Temporary Abstinence Model in Mental Health sites to align with other areas of NHS Fife acute services and smoke free campaign. A challenge due to COVID-19 was the lack of access to members of the Mental Health workforce for training, particularly around medication interactions during the quitting process.

Smoking cessation

Prior to the pandemic, evidence-based smoking cessation support was available through the NHS Quit Your Way Specialist service and the midwife led service providing intensive one to one support over 12 weeks within GP Practices, Heath Centres, Hospitals and a variety of community venues. All Community Pharmacies also provided a brief stop smoking intervention. However, COVID-19 affected service availability due to staff redeployment and changes in the way people could access support, resulting in a shift to providing support remotely affecting rapport and access.

Across all three priority areas of prevention, protection and smoking cessation, the COVID-19 pandemic has impacted our ability to access community partners and conduct health promotion, awareness-raising opportunities and engagement activities at a local level.

Priority 4: Opportunities and priorities for public health and partners for coming years

- **Implementing recommendations for drug specialist services** – Improve the way drug specialist services are commissioned to address the deficits outlined in previous locally-commissioned reports such as the public health synthesis of recommendations from 2019.
- **Prevention focus for drugs and alcohol** – Make the case for more resources to be spent ‘upstream’ of the point at which overdoses or severe alcohol related complications occur, including an over-provision policy to support licensing decision making.
- **Mental health integration with substance misuse** – Find ways of providing better mental health provision and liaison for high risk individuals with both a mental health condition and substance misuse.
- **Strategic multiagency response to alcohol and drug misuse** – Some of the issues identified by the drug related deaths review process require a strategic and multi-agency response. Planning for this process is under way.
- **Implementing ‘Medication Assisted Treatment (MAT) Standards’** – The ADP is in the process of establishing a ‘Medication Assisted Treatment (MAT) Standards’ sub-group to coordinate local action to improve rapid access to medically assisted treatment.
- **Smoking Prevention** – We will work collaboratively with key stakeholders to increase engagement on Tobacco Issues, adapting and delivering prevention and education activities with children and young people at the heart, with areas of work looking at the environment in and around the school gates and children’s play parks.

- **Protection from second-hand smoke and the wider harms of smoking** – Leadership and further cultural change will be a focus in expanding smoke-free environments to ensure all are protected from second-hand smoke and the wider harms of smoking. NHS Fife can lead and manage change by refreshing our Smoking Policy to reduce smoking on our sites.
- **Smoking Cessation** – We will remobilise face to face smoking cessation services within health and community venues, and re-establish community outreach work, to improve accessibility and uptake of support that is sympathetic to people living in the most disadvantaged circumstances. We will build on opportunities to support patients to quit while in our care.

Priority 5: A Fife where we have a sustainable inclusive economy with equality of outcomes for all

The greatest opportunity to improve health and wellbeing in Fife lies in reducing differences in health and wellbeing outcomes associated with poverty and deprivation. The drivers of poverty and deprivation are closely associated with income, quality employment and social inclusion, as well as the nature of the places in which we live.



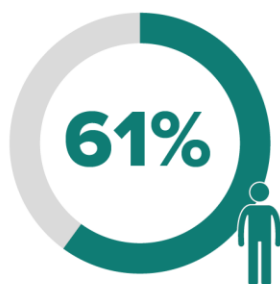
It is estimated that **19%** of Scotland's population were living in relative poverty after housing costs, in 2017/20. In Fife this would equate to **71,085** people.



12% of the population (adults and dependent children) are in receipt of key benefits in relation to being out of work or in receipt of low income.



71.3% of 16-64 year olds in Fife were in employment.



61% of the working age adults living in poverty in Scotland in 2017/20 lived in a household with at least one adult in paid work.



The median household monthly income was **£481** in 2017/20 (after housing costs).



Nearly **1 in 10** people were classed as employment deprived.

Why Priority 5 is important

The greatest opportunity to improve health and wellbeing in Fife lies in reducing differences in health and wellbeing outcomes associated with poverty and deprivation. The drivers of poverty and deprivation are closely associated with income, quality employment and social inclusion, as well as the nature of the places in which we live.

Relative Multiple Deprivation

The Scottish Index of Multiple Deprivation (SIMD) helps us to understand the extent to which parts of Fife are more or less deprived in relation to income, employment, education, health, access to services, crime and housing. Throughout this report we have seen that this measure can illustrate stark inequalities in life circumstances and across many health and wellbeing outcomes according to the level of multiple deprivation assigned to the area in which people live, which highlights the importance of addressing social determinants of health to improve health and wellbeing.^{xviii}

Income and poverty

Income is a fundamental social determinant of health, and in turn impacts many other wider determinants of health, for example what we can eat, our access to transport and leisure activities, our experience of financial strain etc. Societies with greater income generally have better health and research indicates that this relationship is causal i.e. earning a higher income improves health. The greatest benefits of increasing income are derived by those with the lowest incomes.⁸²

Across Scotland, median household weekly income before housing costs has seen a gradual rise since 2010-13 from £496 to £533 in 2017-20, with current weekly income after housing costs £481.⁸³ However, income inequality is evident across Scotland: in 2017-20, the top 10% of the population had 21% more income (before housing costs) than the bottom 40% combined. Across Fife, 12% of the population were categorised as income deprived in 2020, living in households in receipt of key benefits in relation to being out of work or having a low income. This varies significantly across neighbourhoods within Fife from 1.4% to 31.6%, with more deprived areas having significantly higher proportions of their population income deprived.⁸⁴

xviii Having said this, we must also take care not to generalize too far in relation to the experiences of people and families living in the different SIMD areas, for example some people and families living in the 'least deprived' areas defined by SIMD, could also be experiencing poverty or inequality depending on their own circumstances; conversely others living in the 'most deprived' areas may experience a comfortable standard of living.

It is estimated that 19% of Scotland's population were living in relative poverty after housing costs, in 2017-20. In Fife this would equate to 71,085 people. Relative poverty, the most commonly used indicator of poverty, is a measure of whether the lowest-income households are keeping pace with middle income households across the UK.⁵⁹ Estimates suggest that 10% of the population could currently be living in persistent poverty, defined as living in relative poverty for three out of the last four years. The Fairer Scotland duty places a legal responsibility on certain public bodies, including the NHS, to actively consider how they can reduce inequalities associated with socio-economic disadvantage.

The full impact of the COVID-19 pandemic on income and poverty rates is not yet known, however, reports published covering 2020 and in particular the first lockdown, suggest that the economic effects fell disproportionately on those on low pay with little savings.⁸⁵

Employment

Another important wider determinant of health is access to quality employment, which can provide income as well as meeting social and psychological needs. In 2020/21, 71.3% of those aged 16-64 years in Fife were in employment which was slightly lower than the rate for Scotland at 72.8%.⁵ Employment rates in both Scotland and Fife fell from 2019/20, but the size of the fall in Fife was not significant, (0.1%) compared to the 1.7% fall nationally. Nearly 1 in 10 people in Fife (9.4%) were classed as employment deprived, which is the same as in Scotland. In January 2022, rates of people in Scotland claiming benefits due to being unemployed was 24% higher than the pre-pandemic level in February 2020.⁸⁶ Many of the impacts of COVID-19 such as longer term impacts of working from home, furlough and future employment opportunities remain unknown.

It is important to recognise, however, that access to employment is not guaranteed to lift families out of poverty if work is low paid or insecure; and low-quality employment can contribute to poorer health outcomes. The majority (61%) of the working age adults living in poverty in Scotland in 2017-20 lived in a household with at least one adult in paid work.⁵⁹

Protected characteristics and vulnerable groups

Protected characteristics are aspects of a person's identity that makes them who they are⁸⁷. Nine characteristics are outlined in the Equality Act 2010, they are:

1. Age
2. Gender
3. Race.
4. Disability
5. Religion or belief
6. Sexual orientation
7. Gender reassignment
8. Marriage or civil partnerships
9. Pregnancy and maternity

These characteristics may affect people's health and wellbeing and their use and experience of public services, including healthcare. The Public Sector Equality Duty includes a requirement to assess the impact of new or revised policies and practices in relation to the protected characteristics.⁸⁸

Other groups also potentially face inequalities in health and wellbeing outcomes and may have a different experience of health services. For example people who experience homelessness; people who use substances; vulnerable migrants and victims of trafficking; Gypsy, Roma and traveller communities; people in contact with the justice system and many other diverse people. Whilst these people may have very different life experiences to one another they are more likely to be affected than the rest of the population to experience inequalities associated with their particular living and working conditions or social circumstances, and they may face different challenges in accessing and using health services⁸⁹.

Our ambitions for Priority 5

- The adverse impacts of welfare reforms are mitigated, income through social security benefits and income through employment are maximized
- People’s physical and mental health needs including disabilities are recognized by employers and their capacity to engage with employment supported
- There are thriving locally-rooted businesses and social enterprises offering local employment opportunities that deliver within a wellbeing economic model: fundamental human needs are met (to be valued and respected, to have a sense of dignity and purpose); income and wealth are fairly distributed; and planetary boundaries are not breached
- Employers have an inclusive workforce that reflects the communities where they are based, including protected characteristics^{xix}

Focus of our work for Priority 5 in 2020 and 2021

The focus of work has been creating the groundwork for community wealth building; supporting the early stages of establishing NHS Fife as an anchor institution; building employability policy; supporting Fife workplaces to promote health and address inequalities; and promoting the health and wellbeing of vulnerable people and communities.

Community wealth building

The review of the Plan for Fife identified that “Our current ways of working are not preventing problems early enough or addressing the economic, environmental and other challenges we face quickly enough”. In response to this, work to embed Community Wealth Building principles was taken forward.⁹⁰ Community wealth building is a people-centred approach to local economic development to improve communities and their wellbeing, redirecting wealth back into the local economy, placing control and benefits into the hands of local people. Examples of work identified to take forward include targeting interventions to address under-representation in Fife’s workforce, promoting opportunities to join credit unions and increasing the number of organisations paying the Real Living Wage.⁹¹

xix Age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation

Anchor institutions

NHS Fife aims to be an anchor institution within its population area. Anchor institutions have been described as organisations that have an important presence in a place, usually through a combination of being large scale employers, the largest purchasers of goods and services in the locality, controlling large areas of land and/or having relatively fixed assets. In addition, anchor institutions are tied to a particular place by their mission, histories, physical assets and local relationships. The Health Foundation 2019 report, “Building healthier communities: the role of the NHS as an anchor institution” highlighted how decision makers across the health care system can maximise the contribution the NHS makes to the social, economic and environmental conditions that shape good health.⁹² The worsening of inequalities due to COVID-19 has brought the importance of this work into sharper focus. By working as an anchor institution, NHS Fife can have an impact on reducing health inequalities, particularly through our policies for employability, procurement and spend, estates, property and land.

In 2021 NHS Fife established an Anchor Institution Programme Board. Areas of work have included:

- Widening access to employment, working in partnership with Fife Council to establish the Kickstarter programme for young people
- Exploring the proportion of spend and which areas of spend from procurement can go into the local economy
- Conducting greenspace audits for all of our estates and buildings facilities and developing sustainability plans to reduce environmental impact

Financial inclusion and advice work

Work has continued to increase financial awareness, maximise incomes and improve health outcomes for people including: people attending maternity services, people with caring responsibilities and people who have received a cancer diagnosis. During 2021, new services included specialist advice services within foodbanks in Fife to support those who are living with food insecurity and the development of a financial advice service for NHS Fife staff.

Employability

Fife's employability partnership, Opportunities Fife, aims "to influence and drive innovative approaches to skills and employability services that reflect the current and future needs of individuals and employers".^{xx} Work to 'refocus employability support more on those with multiple barriers to employment', led to the commissioning of new employability services in 2021/22 and 2022/25 under the banner of No One Left Behind Fife.⁹³ The consultation and ultimate commissioning process for No One Left Behind Fife was co-designed with people who currently use unemployment services, those from key equalities groups and key delivery partners.⁹⁴

Supporting Fife's workplaces to promote health and wellbeing

Work has continued to support employers in Fife to identify workplace health and safety and wellbeing issues; develop and implement supportive policies and practices to protect and improve physical and mental health, and support employees to remain in and return to work. During the pandemic staff were directed to frontline health and social care services. However, workplaces still requested help and advice in relation to health, safety and wellbeing matters, particularly in relation to COVID-19 risk assessment and control measures, both in the workplace and for those working at home. Latterly, requests have related to measures to be implemented in the recovery from the pandemic. Social media platforms were used to raise awareness of local and national campaigns and activities and to signpost to supporting services. Case studies were developed to identify and share good workplace practices on promoting health at work.^{xxi}

xx Opportunities Fife: Available: <https://www.opportunitiesfife.org/>

xxi [Frontline Fife](#), [Police Scotland](#), [Youth 1st](#)

Inclusion health

Building on existing outreach work to address health inequalities in access to sexual health and blood-borne viruses (BBV) services, during the pandemic Sexual Health and BBV services staff in partnership with “We Are with You” workers maintained outreach harm reduction and support services to people across Fife most at risk, extending this to people experiencing homelessness.^{xxii, 95,xxiii} This included providing practical support like access to phones, food, medicines and other supports and maintaining capacity to continue HIV and Hepatitis C treatments through outreach. Innovative ways of working included the use of the NHS Fife Public Dental Service Childsmile bus, street work in town centres and liaison with homeless accommodation units. This extended to include roll out of LFD kits and promotion of immunisation in homeless units.^{xxiv} This way of working is here to stay.

A new collaboration with the University of Dundee and the Scottish Drugs Forum focused on oral health improvement for people with experience of drugs. The collaboration has included capturing lived experience in a series of comics highlighting oral health issues that are pertinent to this population, and an oral health training programme for addiction workers supporting people in recovery. The next stages of development of the programme are currently being planned.

NHS Fife also formed part of the response for Afghan refugees including providing health screening, childhood immunisations, support to access health services and emergency dental care, and short courses of dental treatment where needed.

xxii We are with you is Fife’s Specialist Harm Reduction Service, offering a range of services to help reduce drug related harm.

xxiii This work uses the ACORN approach (Access Care Respond to Needs).

xxiv Childsmile is a national programme to improve the oral health of children in Scotland and reduce inequalities in dental health and access to dental services

Priority 5: Opportunities and priorities for public health and partners for coming years

- **Embedding the Anchor Institution principles:** Anchor Institution development work will continue. This will help NHS Fife and key partner organisations prioritise work on areas such as employability and procurement that will promote community wealth building in Fife. Employability and poverty initiatives such as the Kickstart programme and Living Wage Accreditation will be crucial elements of this. The focus of the work should include:
 - Widening access to quality work for the NHS with inclusive workforces reflecting their communities, including protected characteristics
 - Purchasing more locally and for social benefit including developing involvement in the NHS Community Benefit Gateway⁹⁶
 - Using buildings and spaces to support communities
 - Reducing environmental impact
 - Working more closely with local partners
- **Anti-poverty measures:** Continue to work on interventions that are upstream and prevent crisis, including developing a plan for delivering a range of anti-poverty measures across a variety of settings such as GP practices, acute hospital settings and community venues.

Priority 6: A Fife where we eat well, have a healthy weight and are physically active

Poor diet and physical inactivity are major risk factors for many chronic diseases, as well as contributing to mild and moderate mental health, depression and anxiety and social isolation.



Around **two thirds** of adults are overweight (including obese).



Around **two thirds** of the adult population meet the recommended levels of physical activity.



Over a **quarter** of people report having low or very low activity levels.



1 in 5 people report eating the recommended five portions of fruit or vegetables per day.



1 in 10 people report eating no fruit or vegetables.



It is estimated that more than **27,720** people in Fife are food insecure (**9%**).



Rates of obesity and Type 2 diabetes among adults are higher in older adults and the most deprived areas compared to the least deprived.

Why Priority 6 is important

Poor diet is a major risk factor for obesity and chronic diseases including cancer, heart disease and Type 2 diabetes, as well as contributing to mild and moderate mental health, depression and anxiety and social isolation. The social dimension of food is significant, including its potential to build connection and community, however, there are also clear links between food insecurity, diet and health inequalities. The COVID-19 pandemic has affected food security, cooking and eating habits and levels of physical activity.

Overweight and obesity

The circumstances and behaviours that contribute to obesity are influenced by a complex combination of biological, psychological, environmental and social factors. Many of the factors overlap and interact with each other, with deprivation increasing the risks. The bidirectional link between mental health and physical health cannot be ignored. Experiencing mental health problems, particularly depression, significantly increases a person's risk of being overweight, with those experiencing severe mental illness (SMI) at even more risk. Obesity and overweight are associated with a wide range of health complications and premature mortality, including emerging evidence indicating that excess weight is associated with a heightened risk of serious COVID-19 outcomes.⁹⁷

Around two thirds of adults in Fife (68%) were overweight (including obese) and 31% of adults were obese in 2016-19, similar proportions to Scotland.⁵² Across Scotland, gradual increases in overweight levels have been seen since 2011 and are currently (2019) at their highest levels since 2003. Scottish Health Survey data from a smaller telephone survey in 2020, reported that 39% of people in Scotland stated their weight had increased since March 2020.⁹⁸

Males (69%) are more likely to be overweight (including obese) than females (67%) in Fife (2016-19) and in Scotland.⁵² The levels of overweight (including obese) and obesity increases with age until the age group of 75 and over when levels decrease. Obesity rates among adults are higher in Scotland's most deprived areas compared to the least deprived, particularly for women amongst whom rates in 2019 were 40% in the most deprived areas compared to 18% in the least deprived.⁵⁴

Type 2 diabetes

Rising obesity levels are contributing to increased rates of Type 2 diabetes, which is preventable. The most recent Scottish Diabetes Survey (2019) reported that there were 20,390 people with known Type 2 diabetes in Fife, a crude prevalence of 5.5%. Type 2 diabetes is more common in older people; 53% of all people with diabetes recorded in the survey were aged 65 years or older.⁹⁹ With an ageing population, the prevalence of Type 2 diabetes is expected to continue to rise. There are wide inequalities in Type 2 diabetes across Scotland with prevalence in the most deprived areas (12%) three times greater than in the least deprived areas (4%).⁹⁹

Diet and eating well

Scotland has long faced significant challenges to improve its diet, and consumption of foods such as cakes, biscuits and sugary drinks remain at higher than recommended levels to maintain good health.¹⁰⁰

Adults in Fife eat around three portions of fruit or vegetables a day, similar to the Scotland average. Only 1 in 5 people in Fife report eating the recommended five portions of fruit or vegetables per day (21% compared to 22% in Scotland), and around 1 in 10 people (11%) report eating no fruit or vegetables (10% in Scotland).⁵²

Whilst the COVID-19 pandemic has seen increased purchases of fruit and vegetables there is also evidence that snacking, purchases of discretionary foods and takeaways have increased, however, this occurred alongside decreased eating out. Around a third (34%) of parents in Scotland reported their diet had become less healthy and 17% reported their children's diets had also worsened.⁹²

Food insecurity

Household food insecurity has significant implications for health and wellbeing including hunger. It is defined as “the inability of one or more members of a household to consume an adequate quality or sufficient quantity of food that is useful for health, in socially acceptable ways, or the uncertainty that they will be able to do so”.¹⁰¹ While poverty is the major cause of food insecurity, there are other contributory factors, for example, the skills and knowledge to prepare healthy, nutritious food, or access to adequate equipment to do so.

In 2019, 9% of adults in Scotland were estimated to be food insecure, which equated to 27,720 people in Fife. Food insecurity was more common among younger adults (13% in 16-44 year olds) and among single parents (31%).⁵⁴ Adults (12%) and children (14%) living in relative poverty in Scotland were much more likely to live in very low food security households compared to the population as a whole (4%).

During the past 15 months, local partnership groups in Fife’s seven areas have increasingly identified food insecurity as a significant issue. COVID-19 had knock on effects to community food providers and foodbanks, who had to find alternative ways of delivering services at a time when need was even greater. Increases in both food and fuel prices are expected to exacerbate these issues in the coming months.

Physical activity

Physical activity offers a protective effect against many chronic conditions, including coronary heart disease, obesity, Type 2 diabetes and mental health problems, and can increase social connectedness, reducing isolation.¹⁰²

Around two thirds of the adult population in Fife meet the recommended levels of physical activity (67% compared to 65% Scotland, 2016-19). But over a quarter of people (27%) report having low or very low activity levels, similar to the rate in Scotland (25%).⁵² The proportion of adults meeting recommended levels declines with age and in all age groups men are more likely to meet recommended levels than women. Across Scotland, 71% of children aged 2-15 met physical activity levels for their age group, with two thirds participating in sport in the week prior when interviewed, but participation in sports was lower in children aged 13-25.⁵⁴ 51.8% of school pupils in Fife surveyed in 2020 said they normally travel to school in an active way, without any form of motorised transport. Walking was the most popular mode of active travel to school (46%).

The COVID-19 pandemic appears to have changed our physical activity levels in different ways depending on individual circumstances.⁹¹ In Scotland, whilst there are indications that recreational walking and cycling have increased, overall walking does not appear to have increased compared to previous years, whilst cycling has.¹⁰³ This reflects the changes in levels of routine exercise in daily life such as travel to work or shops, as a consequence of COVID-19 restrictions.

Our ambitions for Priority 6

- There are cultural and structural changes to support active travel, healthy eating and breastfeeding as norms
- We have consistent approaches to healthy eating and physical activity across multiple sectors - health, education, welfare, social care, workplaces and the voluntary sector
- Individuals and communities are empowered to access and participate in healthy eating and physical activity throughout the life course, including the ageing population and addressing food insecurity

Focus of our work for Priority 6 in 2020 and 2021

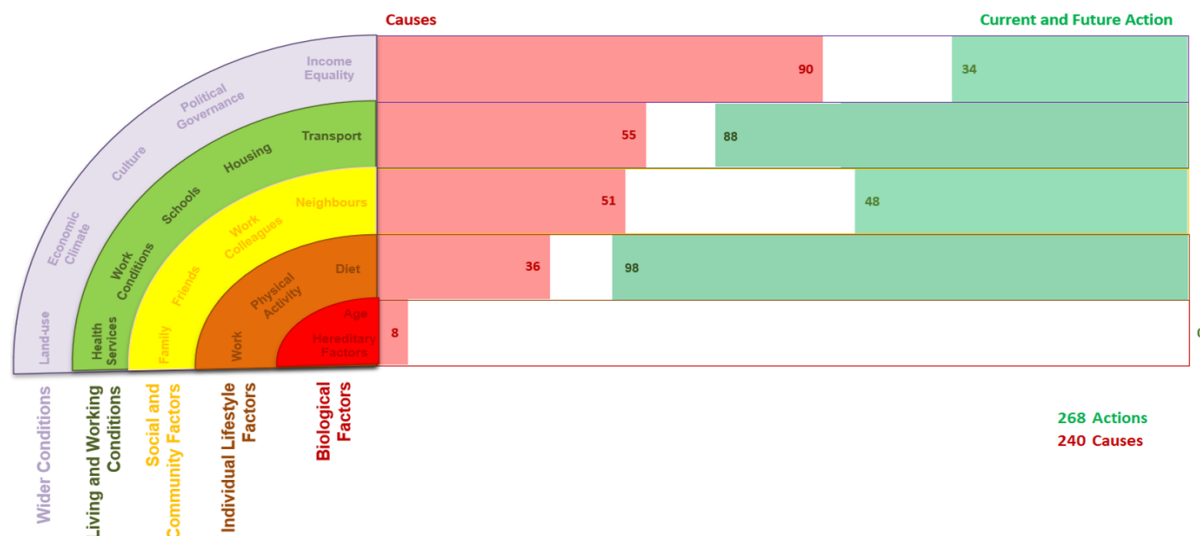
The focus of work has been partnership, working with a wide range of partners on a number of multi-pronged collaborative programmes focused on preventing Type 2 diabetes and obesity, and strengthening the food system in Fife. Physical activity interventions across the life course are being delivered and physical activity interventions are embedded in much of the broader partnership work.

East Region Type 2 Diabetes Prevention Partnership

The East Region Type 2 Diabetes Prevention Partnership was created in 2019, with work continuing throughout 2020 and 2021.¹⁰⁴ Health and social care providers have joined forces with partners from the public, third and private sectors to address the increasing rates of preventable diabetes across the whole system. The partnership focuses on four areas: adult weight management, children and young people, piloting a whole systems approach to diet and healthy weight, and an employer workstream. Activities have included research into outdoor advertising around schools, exploring and understanding the 27-30 month review of Health Visitor data, and working with education and early years colleagues to support sport and exercise extra-curricular activities.

The whole systems approach aspect of the work involves applying systems thinking to collectively better understand and address obesity, with pilot work in Dunfermline and Cowdenbeath areas. This work aims to encourage ownership and achieve change in prioritised actions to address inequalities. Collaboratively, a wide range of stakeholders mapped the causes of obesity and the activities already happening in Cowdenbeath and Dunfermline. From this, 10 themes were identified with many of these associated with the 'upstream factors' or wider conditions that affect health, however, of existing interventions in place many were more commonly linked to individual lifestyle factors (Figure 8). Three themes of Home Environment, Transport and Availability of Unhealthy Food emerged as priorities for action. Keeping wider upstream determinants of health in mind will be very important as plans to address and prevent obesity in our communities develop.

Figure 8: Current and Future Actions Mapped Against the Perceived Causes of Obesity



Feeding Fifers

New initiatives such as the introduction of Feeding Fifers were made possible through online collaboration during the pandemic.¹⁰⁵ This joint initiative engaged with communities across Fife to share healthy eating tips, meal ideas and recipes using social media. Recipe cards were distributed across Fife via community assistance hubs and promoted across local food initiatives to ensure support and information were available to as many people as possible.

The Food4Fife Partnership

This partnership, established in 2021, is about people in Fife (individuals, communities and businesses) coming together to work across all aspects of the food system to help solve some of today’s health, environmental and economic challenges, strongly aligned to all of Fife Partnership’s Recovery and Renewal priorities.^{xxv} The Partnership’s vision is to create a sustainable food culture for a healthy Fife via a strategy and action plan that will include ‘6-pillars’ as described in Figure 9.

xxv Fife Partnership’s Recovery and Renewal priorities are: Community Wealth Building, Addressing the Climate Emergency, Tackling Poverty and Preventing Crisis and Leading Economic Recovery.

Figure 9: Creating a Sustainable Food Culture, for a Healthy Fife



Physical activity

During 2021, a Physical Activity and Sport Strategy was developed with the aim of realising 'An Active Fife where everyone has opportunities to be more active, with better physical and mental health and wellbeing'.¹⁰⁶ Recognising the impact COVID-19 has had on many people in Fife, actions from the strategy are themed around:

- Reducing inequalities in physical activity and sport across Fife
- Increasing and sustaining physical activity, physical confidence and sports participation
- Building resilient communities that are physically active and participate in sport
- Investing in facilities and infrastructure for physical activity and sport.

Partnership work continued in 2020 and 2021 to link physical activity to health outcomes such as improved mental health and in a variety of settings, including workplaces, care settings and with a variety of population groups, including incorporating physical activity within a new 'Be Well-Get Active' programme. Work has also taken place to link with the Older Adults Care Network to promote physical activity in care settings and to support care providers with physical activity ideas to enable their service users to maximise independence. Resources have also been developed specifically for people with dementia and work is underway to help support those living with chronic pain through instructor-led physical activity programmes.

With walking being a key recreational activity in the pandemic, walking challenges continued to be developed by creating virtual interactive maps enabling engagement within communities, as well as promoting walking for older people through linking with local history.

Priority 6: Opportunities and priorities for public health and partners for coming years

- **Focus on upstream determinants of health to prevent obesity:** Continue engagement with Fife Partnership agencies and emphasise the need to work upstream in order to achieve our goals. Progress Phase 2 of our Whole Systems Approach to obesity prevention within Cowdenbeath and Dunfermline and share learning on whole systems way of working with appropriate partnerships across Fife.
- **Diabetes prevention:** Continue to be part of the East of Scotland Type 2 Diabetes Prevention Partnership, implementing the recommendations from various evaluations, working both across the region and within Fife.
- **Physical activity pathway:** Implement the Physical Activity Pathway within NHS Fife and support the different developing approaches to increasing physical activity within Fife, as well as the Fife Physical Activity and Sport Strategy.
- **Implementation of a sustainable healthy food culture:** Continue to develop and implement the Food4Fife Partnership strategy action plan to realise the vision of creating a sustainable food culture for a healthy Fife.

Conclusions

The Fife population is ageing and is expected to continue to do so, whilst the proportion of years lived in good health is reducing. The difference between the life expectancy and healthy life expectancy of people living in the most deprived and in the least deprived parts of Fife is stark, and in younger age groups inequalities in the rates of early death are even more marked. Increasing healthy life expectancy and reducing the ingrained differences in health outcomes are fundamental to improved overall population health, but not straightforward.

Rates of obesity, levels of alcohol consumption, sedentary activity and smoking, and experience of childhood adversity, are higher in Fife than they should be for good health and there is a marked difference in the prevalence of these risk factors between the most and least deprived parts of the region. The effects of many of these health risk factors accumulate from an early age, highlighting a need for focus on these risk factors across the life course.

The burden of anxiety, depression and loneliness, and more severe mental health problems, also limit the wellbeing potential of the Fife population, including children and young people, and again there is a clear relationship between deprivation and poor mental health. We see the same distribution of inequalities with problematic drug use, on a background of increasing drug related deaths.

Whilst focus on preventing health conditions that have the greatest impact on health and wellbeing, and the direct risk factors for poor health is crucial, we must equally turn attention to the broader 'upstream' factors that have a more insidious effect on our health. These are the 'social determinants of health' that interact to shape our lives, influence our health behaviours and generate unfair differences in our society from a young age. By systematically addressing these root causes of poor health and wellbeing in Fife, we will have a far greater chance of creating change in health outcomes across our population in years to come. For example, by preventing, mitigating and undoing the impact of poverty on health and wellbeing; reducing inequalities in education attainment, and facilitating access to quality employment and safe and secure housing.

One approach to this is committing to work with communities and partners to foster healthy places in the areas of Fife most affected by multiple deprivation, building on the assets within those communities, such as the Levenmouth project and The River Leven Programme. Additional approaches include supporting and or collaborating with particular populations more vulnerable to poor health outcomes to improve their health and wellbeing. Working with the Fife homeless community during the COVID-19 pandemic, and the Alcohol and Drugs Partnership lived experience panel, are examples of good work in support and collaboration.

There remain opportunities to systematically consider and address the broader determinants driving specific public health challenges, in a similar way to how we are addressing obesity in Fife, working together as a whole system. Similarly, there are opportunities for Fife public sector institutions to consider their role in addressing social determinants of health through policy and even beyond their normal sphere of influence; for example through promoting financial inclusion pathways and becoming ‘anchor institutions’ for the benefit of our Fife communities.

The COVID-19 pandemic has generated an unprecedented challenge to population health in Fife and for the first time has contributed to a drop in life expectancy across Scotland. Our population have experienced both the direct impacts of the disease, and also wider harms associated with restrictions on life, including changes to employment, education, social isolation, travel and diet, which all affect health. At this stage we do not fully understand the effect of these changes on health, but early indications are that this has resulted in serious and potentially lasting impacts.

Whilst the pandemic has made it challenging to conduct the full range of public health work, this report reflects on a huge range of activities that have been undertaken despite this. The pandemic has resulted in innovative and collaborative efforts across Fife communities and partners, from which lessons have been learned to support improved ways of working for the future.

Improving the health and wellbeing of the population of Fife requires a concerted and collaborative effort including partnerships to address complex challenges, evidence of which is demonstrated throughout this report. Continuing and further developing such work and placing consideration of health at the centre of all policy making in all sectors, will enable us to further strengthen efforts towards improving health and wellbeing for the people of Fife.

Glossary

ACE	Adverse Childhood Experience
ADP	Alcohol & Drug Partnership
BBV	Blood Borne Virus
BMI	Body Mass Index
COP26	United Nations (UN) Climate Change Conference
GHQ-12	General Health Questionnaire-12
GP	General Practitioner
HIV	Human Immunodeficiency Virus
HLE	Healthy Life Expectancy
HPT	Health Protection Team
HPV	Human Papillomavirus
HSCP	Health and Social Care Partnership
LFD	Lateral Flow Device
MAT	Medication Assisted Treatment
NHS	National Health Service
NRS	National Records of Scotland
P1	Primary 1
PCR	Polymerase Chain Reaction
PHS	Public Health Scotland
RNA	Ribonucleic Acid
S6	Sixth year in Scottish secondary schools
SALSUS	Schools Adolescent Lifestyle and Substance Abuse Survey
ScotPHO	Scottish Public Health Observatory
SCQF	Scottish Credit and Qualifications Framework Partnership
SIMD	Scottish Index of Multiple Deprivation
SMI	Severe Mental Illness
UN	United Nations
UNCRC	United Nations Convention on the Rights of the Child
WEMWBS	Warwick-Edinburgh Mental Wellbeing Scale
WHO	World Health Organisation

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23rd August 2022

Agenda Item No. 09

Free Period Product Provision for Fife's Communities

Report by: Michael Enston, Executive Director – Communities

Wards Affected: All Wards

Purpose

The Period Products (Free Provision) (Scotland) Act 2021 requires local authorities to make period products free and reasonably easily obtainable for anyone who needs them in Scotland. The purpose of this report is to update the Fife Partnership Board on the provision currently available in Fife and to highlight the plans for further expanding provision.

Recommendation(s)

Fife Partnership Board members are asked to:

- a) Note the requirements of the Period Products (Free Provision) (Scotland) Act 2021 and consider any implications for partner organisations;
- b) Note the provision that Fife Council's Communities Directorate is offering in collaboration with partners under the Statement on Exercise of Function – also noting Fife's successes in providing provision to date;
- c) Consider and comment on the action plan for expanding provision of free period products in Fife.
- d) Promote the availability of free period products within their own organisations.

Resource Implications

Fife Council has been allocated a budget from the Scottish Government for the provision of free period products. The allocation for 2022/23 is £343,000.

Legal & Risk Implications

There are no specific legal and risk implications associated with this report.

Impact Assessment

An Equalities Impact Assessment has not been completed and is not necessary at this stage, as the proposals within the report do not currently represent a change to policy.

Consultation

As per the requirements of the Period Products (Free Provision) (Scotland) Act 2021, public consultation was carried out during January 2022 (see Appendix 1) to gather the community's views on how provision should be made available in Fife. Further consultation was carried out with partner organisations and community groups regarding the Statement on Exercise of Functions.

1.0 Background

- 1.1 The Period Products (Free Provision) (Scotland) Act 2021 (the "Act") places a duty on local authorities to enable people to obtain period products free of charge.
- 1.2 The Act requires local authorities to consult with individuals on the arrangements that should be put in place to fulfil the duties prescribed in the Act. The consultation must directly influence a document called a Statement on Exercise of Functions, which must explain how we have met particular requirements; how we have regarded guidance from the Scottish Government; it must summarise the arrangements in place in Fife; and summarise the plans for making information available to individuals on how and where they can get products.
- 1.3 There are three sections of the Act, two of which place a duty on Fife Council as a local authority and education provider:
 - Section 1 – Local authorities to make products obtainable free of charge for those who need them while in Scotland
 - Section 2 – Education providers to make products obtainable free of charge for pupils and students during term time
- 1.4 This paper describes current provision in Fife, as well as plans to expand provision under section 1 of the Act. In Fife Council, the budget has been split between Sections 1 and 2. It was agreed that £190,000 would be attributed to delivering Section 1 of the Act in Fife.
- 1.5 Fife Council has received a funding allocation from Scottish Government since 2018/19 to make period products freely available to those living in, working in

and visiting Fife. This has been part of a national approach, which has since been superseded by the introduction of the Act. Fife Council's Communities Directorate has had provision in place since 2019 to provide people with free products in the community. The action plan that presented at Appendix 2 sets out how Fife Council will work with partners to expand the offer of free period products.

2.0 Issues and Options

- 2.1 Period products must be reasonably easy to obtain, and provided in a way that respects the dignity of those obtaining the products. There must also be reasonable choice, with different products being made available in a wide range of settings. Provision is universal; however, it is recognised that some communities may need access to provision more than others, particularly those on low incomes, and that provision should be available for anyone who menstruates.
- 2.2 The first allocation of funding for free products was made in 2018/19 and was provided to local authorities with a set of guiding principles. These principles have evolved after consultation with local partners, and the principles we have adopted in Fife are now as follows:
- Protecting people's dignity, avoiding anxiety, embarrassment and stigma;
 - Making a range of products available in places people use;
 - Obtaining free period products should neither be complex or bureaucratic – products should be reasonably easy to obtain;
 - Respecting individual choice by providing a range of products that meet personal preferences;
 - Promoting gender equality by ensuring anyone who menstruates can access products, including transgender men and non-binary individuals, and that language is gender inclusive;
 - A response that is reflective of communities' views and needs;
 - Promoting reusable products to encourage a shift away from single use plastic products and to reduce period plastic waste;
 - Awareness raising and education to promote the offer and attempt to change norms;
 - An efficient and effective approach which demonstrates value for money.
- 2.3 The Statement on Exercise of Functions at Appendix 1 follows these guiding principles for delivering community-based provision in Fife. It sets out the vision and the intent for Fife's implementation to ensure anyone living in, working in or visiting Fife can access the products they need.

Consultation

- 2.4 The Act required local authorities to undertake a consultation to seek the community's views on how to make free period products easily obtainable. The consultation consisted of an online survey during January 2022. The survey asked for feedback on current provision provided by Fife, particularly the online ordering service we have set up with our supplier, Hey Girls, as well as seeking views on:
- What products should be made available in communities;
 - What locations should products be obtainable from;
 - Where in these locations would people be happy to find free period products;
 - What the barriers are that would stop people from accessing products in physical locations.
- 2.5 The findings and recommendations from the consultation are presented in the Statement in Appendix 1.

Statement on Exercise of Functions and Action Plan

- 2.6 The Statement is influenced by the findings of the consultation and sets out:
- The provision of products – type of products being made available;
 - Methods of obtaining products – physical locations and online ordering;
 - Working with other organisations to make product obtainable;
 - Communications - promoting the provision and providing information that will be useful for those accessing the offering;
 - Reporting and evaluating – reporting requirements for Scottish Government and monitoring/evaluating provision to ensure it is meeting Fife's community's needs.
- 2.7 We recognise that more can be done to ensure there is good supply of free products across Fife. Therefore, an action plan has been developed with the intention of expanding provision across Fife during 2022/23. The action plan focuses on implementing the recommendations from the consultation and considers the provision of products; methods of obtaining products; working with other organisations; and communications. The Action Plan is available in Appendix 2.

3.0 Conclusions

- 3.1 The provision of free period products in Fife's communities will continue to be reviewed and expanded on an ongoing basis.

- 3.2 The aim is to ensure that anyone living in, working in or visiting Fife can access the products they need.
- 3.3 The provision outlined in the Statement will be monitored and reviewed against the guiding principles and updated based on the offering in Fife. The provision available in Fife will continue to be reviewed and updated based on the continuation of Scottish Government funding and any fluctuation in demand for products.

List of Appendices

1. Statement on Exercise of Functions – Community-based Provision
2. Action Plan 2022/23 - Community-based Provision

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Appendix 1.

FIFE COUNCIL - STATEMENT ON EXERCISE OF FUNCTIONS THE PERIOD PRODUCTS (FREE PROVISION) (SCOTLAND) ACT 2021

COMMUNITY-BASED PROVISION

The Period Products (Free Provision) (Scotland) Act 2021 requires local authorities to ensure period products can be easily obtained free of charge by anyone who needs them.

Period products must be reasonably easy to obtain and provided in a way that respects the dignity of those obtaining the products. There must also be reasonable choice with different products being made available in a wide range of settings.

This Statement is for community-based provision in Fife. It sets out the vision and the intent for Fife's implementation to ensure anyone living in, working in or visiting Fife can access the products they need.

Provision in Fife should be guided by the following principles:

- Protecting people's dignity, avoiding anxiety, embarrassment and stigma
- Making a range of products available in places people use
- Obtaining free period products should neither be complex or bureaucratic – products should be reasonably easy to obtain
- Respecting individual choice by providing a range of products that meet personal preferences
- Promoting gender equality by ensuring anyone who menstruates can access products, including transgender men and non-binary individuals, and that language is gender inclusive
- A response that is reflective of communities' views and needs
- Promoting reusable products to encourage a shift away from single use plastic products and to reduce period plastic waste
- Awareness raising and education to promote the offer and attempt to change norms
- An efficient and effective approach which demonstrates value for money

The provision outlined in this Statement will be monitored and reviewed against the guiding principles. The provision will be updated based on the continuation of Scottish Government funding and any fluctuation in demand for products.

Fife's Successes

Products distributed

- In 2021/22, over 105,000 period products were distributed to the community from Fife's allocation of Scottish Government funding for community-based provision.
- This does not include all the other support available locally for free periods.

Shortlisted for Scottish Public Service Awards 2021

- Our partnership work with Hey Girls was recognised at the Scottish Public Service Awards 2021, where we were shortlisted for our work on the take-up of reusable period products.

Promoting reusable products during Climate Change Week 2020

- We posted on the Fife Council Facebook page during Climate Change Week in 2020 to promote reusable products and offer them through our online ordering service.
- The post had a fantastic response - nearly 20,000 engagements and almost 900 shares and reached nearly 120,000 people.
- This resulted in a spike in orders – over 1,300 orders for menstrual cups, compared with 55 when we launched the online service.

Overwhelming response to consultations

- Over 800 people responded to our consultation in January 2022.
- This isn't the first time we've had a great response on the topic of periods... in June 2019, we consulted for the first time on what we should do in Fife to make products free and available, and we received over 600 responses.

Consultation

Methodology

As per the guidance issued by the Scottish Government in relation to the Act, Fife Council carried out a consultation seeking the community's views on how to make free period products easily obtainable in Fife. The consultation also asked for feedback on current provision provided by Fife Council and funded by Scottish Government.

The consultation consisted of an online survey during January 2022. The survey asked for feedback on current provision, particularly the online ordering service we have set up with our supplier, Hey Girls, as well as seeking views on:

- What products should be made available in communities
- What locations should products be obtainable from
- Where in these locations would people be happy to find free period products
- What the barriers are that would stop people from accessing products in physical locations.

Given Fife Council's policy on single use plastics and previous successful campaigns that promoted reusable products, the consultation asked for views on reusable products, particularly how important they are to Fife's communities.

Findings

There was an overwhelming response to the consultation, with 830 responses from people across Fife. In terms of demographics, 98% of respondents identified as female and 96% of respondents identified as White. The age breakdown shows the majority of respondents were aged 20 and upwards with 22% aged between 20 and 29, 37% aged between 30 and 39 and 33% aged 40 and over. Younger respondents (19 and under) only made up 6% of

the response, but these groups may have taken part in consultations by schools, colleges and universities. The majority of respondents were completing the survey on their own behalf with some saying they had a family member in their household who uses products.

Findings: Current provision

63% of respondents said they were not aware that they could get free period products in Fife. Of those who did know that they could get products for free, approximately 44% said they had seen or found products in buildings, whereas others had heard about them online. 29% said they were aware of the online ordering service.

In terms of satisfaction with the online ordering service, this question was introduced to the survey after it had been published at the request of Endometriosis Fife Group, and therefore does not give a full representation of the survey respondents. However, of those who responded once the question had been added, 25 respondents said they were very satisfied and 7 were very dissatisfied

Findings: Future provision

The most popular products people want to have access to are the single use products – sanitary pads and tampons. However, there was a good response to the reusable products with many people adding in the comments that they would like access to reusable period pants and period pads. When asked how important the reusable products were to people, 73% said they were either very important or fairly important, meaning people are aware of the benefits of using them.

The vast majority of respondents wanted to get their products through an online ordering postal service, but there were other popular responses about where they thought the best places were for picking up products. There was a good response to all other multiple-choice questions and other suggestions in the comments about making products available in chemists/pharmacies, public toilets and supermarkets.

The most popular response to where in these venues people would like to find products was in toilets for discretion. The remaining multiple-choice responses indicate that more people want to access products in a place that's discrete but for it to be easily accessible like on a display stand.

The barriers preventing people from obtaining products are not knowing where to get them, not being sure about how many products people can take at any one time and embarrassment.

Recommendations

1. Future consultations should focus on what more can be done to reach a broader range of Fife residents by:
 - a. Carrying out engagement activities with ethnic minority communities
 - b. Carrying out engagement activities with the LGBTQ+ community
 - c. Working with younger age groups to identify how they want to obtain products in the community outside of education settings

2. Design an accessible and inclusive feedback form for the online ordering service to resolve any issues people have when ordering products for postal delivery
3. Promote what is available to people living in, working in and visiting Fife in terms of how to obtain free period products
 - a. Develop an inclusive communications plan
 - b. Consider ways of promoting what's available to people who do not have access to the internet
 - c. Make it easier to find out where people can collect products from
 - d. Make it clear that people can take as many products as they need
4. Make a broad range of products obtainable across Fife, focusing on sanitary pads and tampons
 - a. Make reusable products obtainable from certain locations and continue to promote them online as part of a communications plan
5. Make products obtainable in a range of different ways
 - a. Continuing with the online ordering service, but implement changes based on feedback
 - b. Ensure products are obtainable in the venues listed in the multiple-choice section
 - c. Explore making products obtainable in chemists and pharmacies, public toilets and supermarkets
6. Produce guidance for venues on where they should put products, for instance, in a place that is discrete but somewhere that is easily accessible. An example could be on a display stand in toilets.

Provision

The plan for provision in Fife has been determined by the response to the consultation and the recommendations, as well as our experience to date of delivering free period products to Fife's communities.

Provision of products

The provision in Fife is for anyone who menstruates and who lives in, works in or is visiting Fife. It is available for anyone to use, no matter their income, and people are welcome to take the products they need, when they need them.

We currently provide a range of products via physical locations and through our online ordering service. Products available through these services include tampons, sanitary pads, menstrual cups, reusable period pads and period pants. Through our online service we offer a range of sizes for cups and pants.

In line with the consultation findings, we will continue to make a range of products available and will focus on making sanitary pads and tampons available in all the locations where products can be found.

Additionally, based on the positive feedback we received through the consultation, we will make reusable products obtainable from some key locations across Fife and will continue to offer them online as part of our ordering service. The reusable products that we will continue to offer will be menstrual cups, reusable period pads and period pants.

We recognise there are varying levels of knowledge about reusable products - from people who are well-informed users to people who have never seen or heard of them. We will provide information and resources about these products at point of delivery and via the webpage to raise awareness about what they are, how they are used, and how they can be washed and reused. We will provide information and resources by leaflet and QR codes at point of delivery.

We want to offer people a range of products that provide choice, whether that be single-use or reusable. It can be a highly personal preference and people may not feel comfortable trying the reusable products, but we want to make it as accessible as possible for those who do want to make the switch and we will continue to promote the benefits of reusable products as widely as we can.

To help us reduce period plastic waste, we will continue to promote reusable products and minimise the amount of plastic in the single-use products we offer through this provision by providing single-use products that are as eco-friendly as possible by exploring products with alternative materials.

Methods of obtaining products: Locations

Products are currently available at a number of local premises, including council buildings, community centres and some community food providers such as food banks.

Feedback we received from the consultation indicated that we could and should do more to raise awareness of free products and the places where they are available.

We need to address the barriers preventing people from obtaining products. This will be partly done through the venues and where they keep the products for public access. The consultation indicated that whilst some people have little issue with getting products from a reception area, embarrassment is still a key barrier for many, and people want to access them in a discrete way. Guidance to venues on where products should be located in their venues will be developed and distributed and will be based on the feedback from the consultation, that products should be available:

- In a discrete place, like toilets
- On a display stand, if possible, so people can easily pick them up; and
- People shouldn't have to ask a member of staff for them.

Methods of obtaining products: Ordering online

Fife Council and Hey Girls has offered products to people living in Fife via an online ordering service since August 2020. The service was set up in response to the COVID-19 pandemic as our public buildings remained closed to the public well into the pandemic. The intention

was to review this service on an ongoing basis and determine whether it was still fit for purpose.

In 2021/22, the online ordering service was responsible for distributing 55% of the products distributed by Fife Council for community-based provision. The vast majority of consultation respondents wanted to get their products through an online ordering postal service, however, the consultation raised some issues, for instance, the lack of awareness that people can order products online and reports that some individuals didn't receive products after ordering them. Moving forward, we will put mechanisms in place that will allow individuals to provide feedback regarding any issues, particularly with their orders, and we will continue to promote the service to ensure everyone who wants to access it knows where to go.

Working with other organisations

We believe that providing this service in partnership with a range of local stakeholders will deliver the best possible service to the people of Fife. We have worked with worked with local partners in Fife to implement a range of provision and will continue to do so moving forward.

During our consultation, we didn't receive a big response from communities with specific protected characteristics and we want to do more to engage with these communities and make sure the service meets their needs. To do this we will work with local organisations such as **Fife Centre for Equalities**. We will also engage with colleagues in education settings, such as **Fife Council Education Service**, **Fife College** and the **University of St Andrews** to ensure young people know there are other places in Fife where they can get period products if they need them.

Maintaining a good relationship with our suppliers is important in ensuring the products we are procuring are right for the provision in Fife. We will continue to work with our suppliers, **Alliance UK** and **Hey Girls**, to ensure the provision in Fife is meeting the needs of our communities.

We have received valued feedback from community groups - **Endometriosis Fife Group** and **Plastic Free Fife** – on different aspects of the provision. We want to continue to discuss with these groups the issues that matter to them and open dialogue with other community groups in Fife that want to engage with us on periods.

A key element of this provision has always been to address period poverty. Particularly with the cost of living crisis, people are seeing costs rise and some may face the difficult decision to not buy period products if it means they can have more money for food or fuel. We are working with **FareShare** to ensure that Fife's foodbanks and other community organisations can get the period products they need to support those accessing their services.

Since 2019, we have worked with colleagues in Fife Health & Social Care Partnership – **Health Promotion Service** to provide products through the Family Nurse Partnership, Midwives, and Sexual Health Clinics, as well as in hospital settings for patients and staff to access. **Fife Council's Housing Service** has also accessed products for people who are homeless and the gypsy/traveller community. We will continue to work with colleagues to ensure those accessing these services have access to a reliable supply of period products.

Communications

Developing a communications plan will allow us to promote the service more often to a wider group of people. Through a communications plan, we intend to promote:

- The service offering - to raise awareness of the provision, including the online service, amongst various communities to ensure people know that the service is for everyone
 - Designing a feedback form that is accessible and inclusive of Fife's diverse communities.
- Community-based provision to young people going to school and studying in Fife by engaging with Fife Council Education Service, Fife College and the University of St Andrews
- Local support
- Reusable products
 - Highlighting the benefits of making the switch by communicating the benefits related to cost savings and convenience, such as providing scenarios of the cost savings to different family groups
 - Promoting environmentally friendly alternatives to single-use period waste, and what not to do with single-use waste (i.e. "do not flush")
 - Providing resources and information on what reusable products are, how to use them and how to wash and reuse them.
 - Engage with community groups, such as the Plastic Free Fife network, to promote eco-friendly periods.

In addition, we will explore maintaining dialogue with Fife communities about the design and review of the provision.

In terms of promoting the service offering, Fife already has locations listed on the [PickUpMyPeriod app](#), but we need to ensure all locations that have free period products are listed and the information on the app is up to date. We will also explore further developing our [Food Map](#) to show what locations have free period products.

Reporting and Evaluating

We will continue to record and report on the total costs of delivering the policy and the total number of period products purchased as per the reporting requirements outlined by Scottish Government in its grant letter for 2022/23. This data collection is used to inform appropriate resourcing for local authorities, and it allows us to monitor the distribution of products by Fife Council and highlight any good news related to the number of products we have distributed.

Data collection may also be used in the event of budget overspend in order to present a case to Scottish Government for its evidence-based 'bid in' fund, which will be available from 2022/23-2025/26. This will be made available to local authorities to support delivery only where evidence shows full funding allocations have been used as a result of increased uptake.

The provision will be monitored and evaluated on an ongoing basis and will be based on the continuation of Scottish Government funding and any fluctuation in demand for products. It will be reviewed against the guiding principles as set out at the beginning of this Statement and will use feedback from Fife's communities to test whether it is meeting their needs.

This Statement will be reviewed and updated as necessary to reflect changes in provision.

Version control

PP STATEMENT 2022 - final version	Published on ...
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Appendix 2.

FIFE COUNCIL – ACTION PLAN 2022/23 THE PERIOD PRODUCTS (FREE PROVISION) (SCOTLAND) ACT 2021

COMMUNITY-BASED PROVISION

Provision of products - We will:

- Make tampons and sanitary pads available in all the locations marked for providing access to free period products.
- Provide free reusable products at locations in each of Fife's seven areas to ensure there is provision in each part of Fife.
- Continue to make free products available to order online via our ordering service.
- Promote reusable products to communities to highlight the benefits of making the switch and promote an environmentally friendly solution to single-use waste during periods. Provide information on what reusable products are, how to use them and how to wash and reuse them.

Methods of obtaining products: Locations - We will:

- Expand the number of places where people can obtain free period products, such as libraries and leisure centres.
 - Promoting these places is covered later in this statement under Communications Plan.
- Provide venues participating in Fife's provision with guidance on the expectations of the provision in Fife and the guiding principles as outlined at the start of this Statement. The guidance should include information on:
 - Where staff in these venues can order products from.
 - Where in the venues, staff should set out the provision (influenced by the consultation findings)
- Explore getting provision in chemists and pharmacies, public toilets and supermarkets by
 - Working with partners in Fife Health & Social Care to make connections with chemists, pharmacies and doctor's offices.
 - Working with Fife Coast & Countryside Trust to make products available in Fife's public toilets.
 - Making contact with local supermarkets to explore having free products available in supermarket toilets.

Methods of obtaining products: Ordering online - We will:

- Create a feedback form for the online ordering service to resolve any issues people have when ordering products for postal delivery.
- Include methods to promote the online service in our communications plan to raise awareness of the service and ensure people know that the service is for everyone in Fife.

Working with other organisations - We will:

- Engage communities with protected characteristics to make sure the service meets their needs.
- Work with colleagues in education settings to promote community-based provision to young people going to school and studying in Fife.
- Continue to engage with community groups like Endometriosis Fife Group and Plastic Free Fife, to ensure that our service is fit for purpose and designed by the communities it's being used by.
- Provide information on community groups such as Endometriosis Fife Group on our website to raise awareness of endometriosis and the support available for women in Fife.
- Work with our partners to ensure there is provision available in a wide range of places across Fife

Action Plan 2022/23

The following actions are intended to expand provision across Fife during 2022/23 and will focus on implementing the recommendations from the consultation.

Action	Partners (lead in bold)	Timescale
Develop a communications plan to promote - <ul style="list-style-type: none"> • Service offering – where to get free products • Service offering – information and guidance on different types of products • Challenge stigma and taboo • Raise awareness of period-related issues such as health and wellbeing (endometriosis) and plastic free periods 	Fife Council – C&N Service Fife Council – Comms Team Endometriosis Fife Group Plastic Free Fife Fife Centre for Equalities	2022/23
Update the existing guidance document for venues on the expectations of the provision in Fife and distribute to services	Fife Council – C&N Service	2022/23
Implement changes to the online ordering service based on consultation feedback Create an inclusive feedback form for the online ordering service to resolve any issues people have when ordering products for postal delivery	Fife Council – C&N Service Hey Girls	By Summer 2022 Summer/Autumn 2022
Make provision available in places where people can obtain products if they are unable to order online <ul style="list-style-type: none"> • Ensure a broad spread of locations across the seven areas • Make provision available in key locations such as libraries, leisure centres, public toilets • Ensure all locations provide tampons and sanitary pads 	Fife Council – C&N Service Hey Girls Alliance UK FareShare Fife Coast & Countryside Trust	January 2023

<ul style="list-style-type: none"> • Ensure the locations where there are reusable products have appropriate information about them 	Fife Sports and Leisure Trust Fife Cultural Trust	
Explore getting provision in chemists and pharmacies, public toilets and supermarkets	Fife Council – C&N Service Health Promotion Service	March 2023