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Item No. 9

Meeting Date Wednesday 15th November 2023

**Glasgow City
Integration Joint Board
Public Engagement Committee**

Report By: Gary Dover, Assistant Chief Officer, Primary Care and Early Intervention

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Dissemination of Vitamin D Supplements by Glasgow City Health Improvement to Black, Asian and Minority Ethnic (BAME) Communities within Glasgow

Purpose of Report:

To update the committee on the recent delivery of a programme of work to disseminate excess Vitamin D supplements to Black, Asian and Minority Ethnic (BAME) communities.

Background/Engagement:

The opportunity of a supply of Vitamin D from Scottish Government Shielding boxes became available across Scotland and were distributed in Glasgow from January–June 2022.

Staff worked in partnership with NHSGG&C public health and community dietetic staff to target and deliver this opportunity for the best public health impact. BAME groups were targeted as at heightened risk of Vitamin D deficiency. It was also noted that there were networks in Glasgow of community organisations/religious groups to assist with distribution.

NHSGG&C already provide free Vitamin D supplements to all pregnant women, breastfeeding women and those under 3 years old. By offering this short supply of Vitamin D tablets to adults within the BAME community the aim was to inform and normalise Vitamin D use, potentially

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	improve the knowledge of current free vitamin programmes, and future use for those eligible. It was recognised that some recipients may currently be eligible and receiving free vitamins and support to manage any overlaps was part of the distribution process.
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Governance Route:	<p>The matters contained within this paper have been previously considered by the following group(s) as part of its development.</p> <p>HSCP Senior Management Team <input type="checkbox"/></p> <p>Council Corporate Management Team <input type="checkbox"/></p> <p>Health Board Corporate Management Team <input type="checkbox"/></p> <p>Council Committee <input type="checkbox"/></p> <p>Update requested by IJB <input type="checkbox"/></p> <p>Other <input type="checkbox"/></p> <p>Not Applicable <input checked="" type="checkbox"/></p>
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Recommendations:	<p>The IJB Public Engagement Committee is asked to:</p> <p>a) Note the content of the report.</p>
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Relevance to Integration Joint Board Strategic Plan:
Priority 1: Prevention, early intervention and well-being.

Implications for Health and Social Care Partnership:

Reference to National Health & Wellbeing Outcome:	<p>People are able to look after and improve their own health and wellbeing and live in good health for longer. (1)</p> <p>People who use health and social care services have positive experiences of those services, and have their dignity respected. (3)</p> <p>Health and social care services contribute to reducing health inequalities. (5)</p> <p>Resources are used effectively and efficiently in the provision of health and social care services. (9)</p>
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Personnel:	None.
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Carers:	None.
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Provider Organisations:	None.
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Equalities:	In line with the Equality Act 2010, "due regard" was exercised in relation to the target group identified.
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Fairer Scotland Compliance:	None.
Financial:	None.
Legal:	None.
Economic Impact:	None.
Sustainability:	Not applicable.
Sustainable Procurement and Article 19:	None.
Risk Implications:	None.
Implications for Glasgow City Council:	None.
Implications for NHS Greater Glasgow & Clyde:	None.

1. Purpose

- 1.1. To update the committee on recent delivery of a programme of work to disseminate excess Vitamin D supplements to Black, Asian and Minority Ethnic (BAME) communities.

2. Background

- 2.1 The opportunity of a supply of Vitamin D from Scottish Government left over from Shielding boxes became available across Scotland and were distributed in Glasgow from January–June 2022.
- 2.2 Staff worked in partnership with NHSGG&C public health and community dietetic staff to target and deliver this opportunity for the best public health impact. BAME groups were targeted as at heightened risk of Vitamin D deficiency. It was also noted that there were networks in Glasgow of community organisations/religious groups to assist with distribution
- 2.3. NHSGG&C already provide free Vitamin D supplements to all pregnant women, breastfeeding women and those under 3 years old. By offering this short supply of Vitamin D tablets to adults within the BAME community the aim was to inform and normalise Vitamin D use, potentially improve the knowledge of current free vitamin programmes, and future use for those eligible. It was recognised that some recipients may currently be eligible and receiving free vitamins and support to manage any overlaps was part of the distribution process.

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3. Aim & Objectives of the Project

3.1. Overall aim

Improve knowledge of the benefits of Vitamin D and provide a short supply of supplements across Glasgow City BAME communities to encourage future use.

3.2. Objectives

- Identify and contact BAME groups via community contacts / peers.
- Disseminate Vitamin D supplements and where appropriate, provide focused interventions to educate on their benefits.
- Promote key Vitamin D health improvement messages in various languages.
- Track beneficiaries via an agreed Equalities monitoring process.

4. Process/logistics

4.1. The allocation was agreed in relation to the city spread of BAME groups. South Glasgow has the highest BAME population so distributed the highest proportion of boxes (1067), North East (865) and North West (990); see Table 1, 2 and 3.

4.2. Recipient partners were identified by staff in each locality. All the 37 organisations involved had a high percentage of attendees from the BAME community. This included; integration networks, ESOL (English as a second language) networks, further education establishments, drop-ins, pantries and churches/mosques (Table 1, 2 and 3). Once quantities of resource required had been established with recipient organisations, delivery of the supplements was organised.

Organisations and distribution per locality

Table 1 - South Locality	
Organisation Distribution List	No of Beneficiaries
Hwupenyu H&WB Project	190
Scots Arab Women	60
Active Life	40
Ardenglen/ Castlemilk Pantry	30
Bridging the Gap	110
The Space	30
Central Mosque	250
Urban Youth Project	15
Glendale Womens Café	70
Pollokshields Bowling Green	120
Pollokshields Development Agency	50
MEARS (homeless unit)	82
Daisy Chain/ Crossreach	20
TOTAL	1067

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Table 2- North East Locality	
Organisation Distribution List	No of Beneficiaries
Cranhill Church	50
Local churches	125
North Glasgow Integration Network	160
Parkhead Nazarene Church	50
Asylum Health Bridging Team	240
British Red Cross	30
ESOL Providers Network (various organisations)	90
Ruchazie Pantry	120
TOTAL	865

Table 3 – North West Locality	
Organisation Distribution List	No of Beneficiaries
Maryhill Integration Network	100
Central & West Integration Network	100
Drumchapel Asian Forum	70
Friendship House Drumchapel	70
NG Homes Possilpark (African and Chinese Groups)	70
Milton ESOL Classes	60
Mel- Milaap Elderly Care Centre	50
Kurdish Women’s Group	70
Al-Furqan Mosque	80
MAB Centre Scotland	50
Andalus Glasgow	90
Linkes Community Project	50
Scottish Asian Ekta Womens Group	50
Hindu Mandir, La Belle Place	50
Kurdish Women’s Group (Vitamins passed from NE)	30
TOTALS	990

5. Opportunities

- 5.1. This work enabled staff to engage with over 37 organisations in the city who work with diverse communities.
- 5.2. The ‘Vitamin D and Me’ resource was distributed alongside the vitamin supplies. This was available in multiple languages; Polish, Urdu, Arabic, Chinese and an easy read version. Although not all languages were covered, it allowed a good reach.

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- 5.3. Organisations were actively involved in the distribution of vitamins and engaged with recipients on the benefits of Vitamin D using the leaflet resource. Health Improvement staff provided additional resource by providing information inputs on request. In terms of future work, it also allowed the opportunity to connect further with groups and identify other topics of interest.

6. Learning

- 6.1. New relationships have been built between staff and BAME organisations. This engagement allowed for more discussion around health needs for the BAME community as a whole and other health related opportunities such as Youth Health Service / Smoking Cessation Service.
- 6.2. Promotion of the vitamins also led to discussions with breastfeeding women who reported difficulty in obtaining Vitamin D supplements as part of a wider initiative. This resulted in local Health Visitors engaging and supporting them to access these via local pharmacies.
- 6.3. It is apparent from communications with the participating organisations that the target audience was reached. All organisations were actively encouraged to return completed Equalities Monitoring Forms, however, the return rate was low. If repeating the project, we would review the method of data capture to maximise returns for a fuller data set.
- 6.4. Although this was a one off, time-limited resource opportunity, it was planned to maximise benefit for recipients. It is an example of an equalities focused intervention with a group who are at a high risk of Vitamin D deficiency.
- 6.5. The project learning was shared to wider HSCP staff at an online webinar on 4th May 2023 and this was well attended.

7. Recommendations

- 7.1. The IJB Public Engagement Committee is asked to:
 - a) Note the content of the report.

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