

PUBLIC PROTECTION / LICENSING COMMITTEE: August 2014

Report of the Director of Environment

TITLE: Health Improvement Service Plan 2014/15

1. Background

1.1 Cardiff's Corporate Plan 2014-17 sets out the Council's priorities for the next few years towards the delivery of services to the people of Cardiff. The Plan sets out the vision for the city highlighting the Council's contribution to 3 key priorities:

- *Economic development as the engine for growth and jobs;*
- *Education and skills for people of all ages to fulfil their potential and be well prepared for employment in the Cardiff economy and beyond; and*
- *Supporting vulnerable adults, children and young people in time of austerity*

The Communicable Disease and Health Improvement Team through its core business activities supports the Corporate Plan by sitting within the Council's Environment portfolio and contributing to priorities of *supporting vulnerable adults, children and young people* and *economic development*. A number of actions underpin these corporate priorities and can be found within this Plan.

1.2 The format and content of the Service Plan is not prescribed in formal guidance but it contains all the essential elements of the practice of Health Improvement within Regulatory Services. The Service Plan details the type and number of interventions to be used in the work plan for 2014/15.

2. Details

2.1 Health Improvement is not defined in law but it is accepted as the sum of actions which are performed to improve and protect the health outcome of any given population. These actions are both within and outside the regulatory regime and the activities are closely associated, support and evaluate the regulatory functions carried out within Regulatory Services.

2.2 The key activities of Health Improvement are the promotion of health by increasing knowledge and developing public awareness. Partnership is a key component of the delivery of the service and this is manifested by close working relationships with the other 21 local authorities in Wales, Public Health Wales,

the Food Standards Agency, the Health and Safety Executive, other Council departments, the voluntary and industry sector.

3. **Health Challenges for Cardiff**

3.1 The major health challenges for Cardiff are those which apply to all Wales and the United Kingdom and the interventions capture in this Plan are aligned, in some degree, to tackling the prevalence of these challenges and their inequalities in experience. These are

- i) Obesity,
- ii) Smoking and tobacco use,
- iii) Accident and injury, and
- iv) Communicable disease

3.2 **Achievements for 2013/14.**

3.3 Examples of the Health Improvement Teams achievements in 2013/14 are shown below. The detail contained in the plan itself demonstrates the value the service both statistically and in feedback from customers.

3.4 **Minimising the spread of infection and public health impact presented by outbreaks and sporadic cases of communicable disease**

- 700 cases of communicable disease were reported in 2013 of which 630 were cases of food poisoning: 536 sporadic laboratory confirmed cases of food poisoning (pathogens included Campylobacter, Salmonella, Cryptosporidium, Giardia, Shigella and E. coli O157) and 94 (15%) unconfirmed cases of food poisoning.
- 20 outbreaks of communicable disease that occurred in Cardiff were investigated and contained.
- Campylobacter cases were interviewed and given advice on preventing re infection. 352 (87%) cases relied on the CD team to provide this advice as it had not been given by their GP and 218 (54%) were unaware of their results until the CD Team contacted them for interview. 56 (14%) cases reported eating commercially prepared chicken during their incubation period of these 9 Cardiff food businesses were considered to be the probable cause of illness and were referred to the food safety team for further action.

3.5 **Consultation and collaboration with businesses and stakeholders to improve regulatory compliance and protect public health**

- The development of our business forum has facilitated effective partnership working and enabled more sustained improvement of regulatory compliance. Business consultation has created a better industry understanding of public health risks which in turn can become risks to business growth. An example in 2013 was the tattooists' forum held as part of our safe tattooing initiative. 39 tattooists from 20 studios attended this forum the outcome of which was a more effective approach to enforcement and improved infection control standards within our tattoo studios.
- Swimming pools are the most common setting for *Cryptosporidium* outbreaks in the UK. This team led a national project with leisure industry specialists to assess the standard of compliance within Welsh pools. 426 pools (including all the pools in Cardiff) were visited and the results are currently being analysed.

3.6 Development and application of evidence based public health guidance

- Cardiff led a national review of local authority investigations into *Campylobacter*. This review was scrutinised by Welsh Government Public Health Incidents and Outbreaks Sub Group who endorsed the recommendation for the development of a Statement of Good Practice on the Management and Investigation of sporadic *Campylobacter* cases. This document will support environmental health staff nationally in terms of delivering a more efficient and timely service for the management of *campylobacter*.
- Public health guidance on safe tattooing 'Before you Ink – Think' was developed and promoted in a video for young people to help them make an informed decision about having a tattoo safely.

4. Proposed Work Activity in 2014/15

This is described in the plan itself. It is a combination of continuing to respond to notifications of illness and investigating outbreaks and undertaking project activity as described above. The programme this year includes:

- Undertaking timely investigations of sporadic and outbreak cases of communicable disease and apply appropriate control and prevention measures
- Implementing evidence based projects to protect vulnerable people by reducing risks associated with workbased activities.
- Securing improvement of health and safety standards and the promotion healthy eating in Cardiff businesses by undertaking evidence based, targeted local projects
- Implementing evidence based campaigns to promote and educate Cardiff residents on the risks associated with food poisoning.

5. Achievability

- 5.1 Regulatory Services Health Improvement Plan 2014/15 sets out a planned and reasoned set of work activities to respond to the various challenges to public health in Cardiff. The Plan sits alongside other Regulatory Service Plans and the regulatory activity they support. The work of the team helps to raise the standard of health in Cardiff.

6. Legal Implications

- 6.1 There are no legal implications beyond those which appear in the text of this Report .

7. Financial Implications.

- 7.1 There are no direct financial implications as a result of this report.

8. Recommendations

Committee is asked to:-

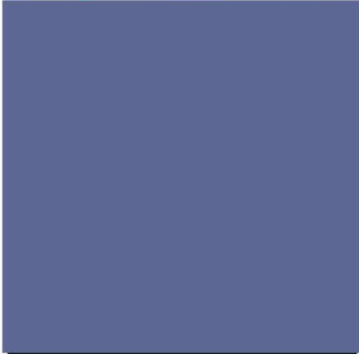
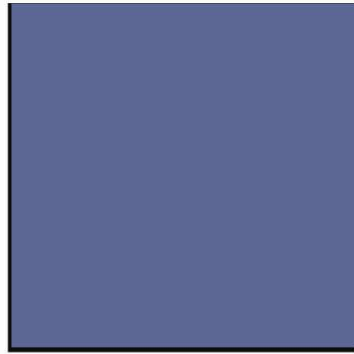
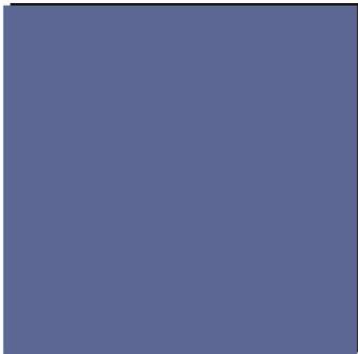
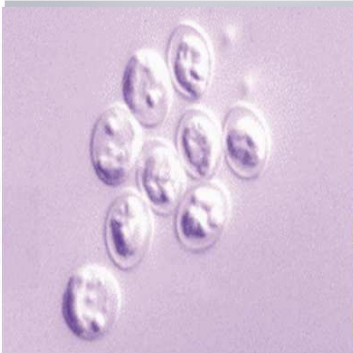
- 7.1 approve the Health Improvement Service Plan which is attached at Appendix 1
- 7.2 agree that the Director of Environment be authorised to make administrative amendments to the 2014/15 Service Plan should the need arise.

**JANE FORSHAW
DIRECTOR OF ENVIRONMENT**

June 2014

This report has been prepared in accordance with approved procedures.

City & County of Cardiff Communicable Disease and Health Improvement Business Plan 2014/15



Regulatory Commercial Services



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3. Achievements and challenges

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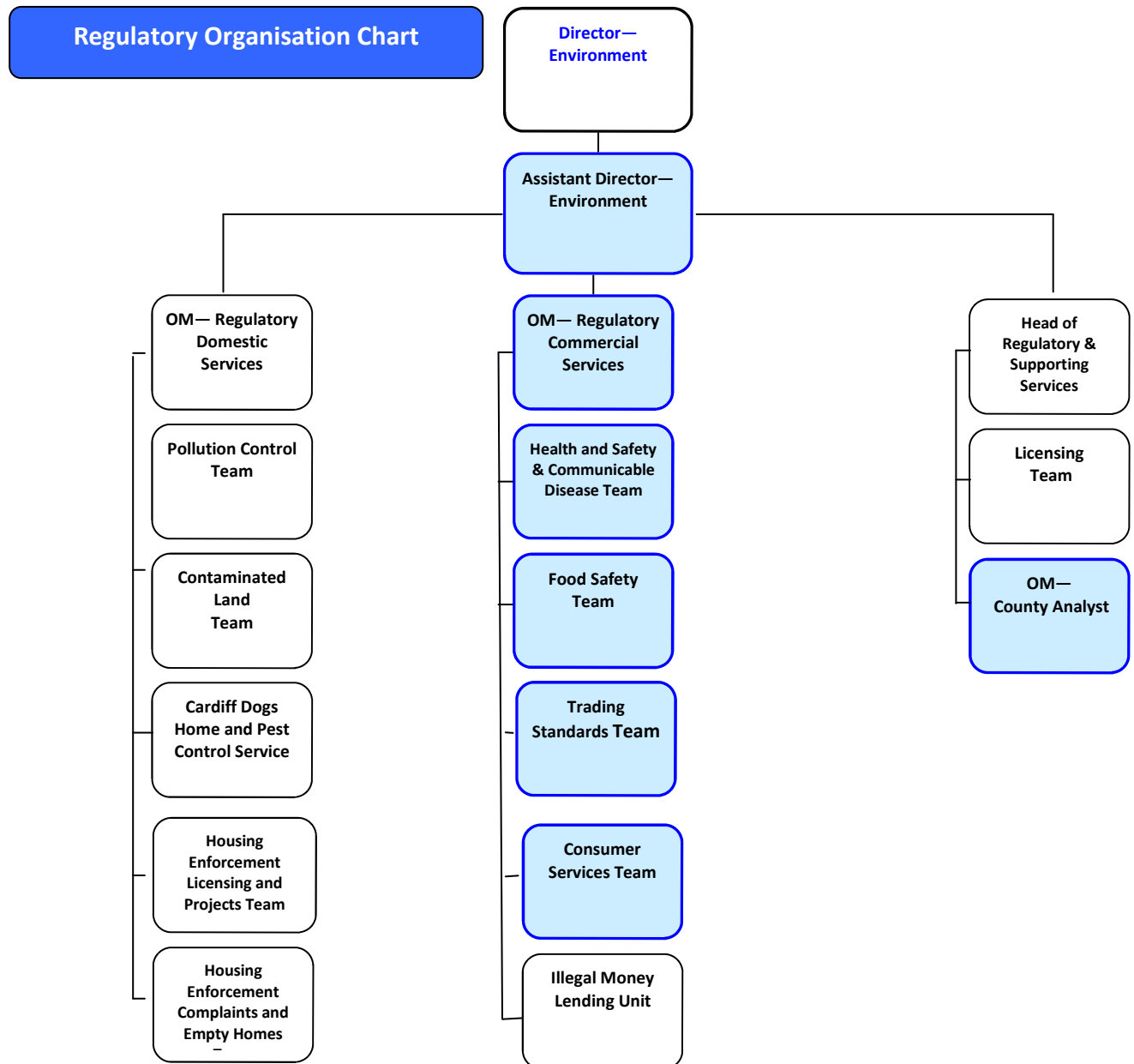
4. Performance

Statistics, performance indicators, customer satisfaction.

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Introduction

The Communicable Disease and Health Improvement Service is within the Health and Safety Enforcement Team within Public Protection. It is part of the Regulatory Commercial Service of Cardiff Council located under the Environment Directorate. Its function is delegated to the Public Protection Committee. The Team delivers a statutory function.



The Team is responsible for providing a comprehensive health protection and improvement service to businesses, residents and visitors of Cardiff. This is achieved by investigating cases and outbreaks of communicable disease, the application of control, preventive and enforcement measures and analysis and reporting of public health data. The Team is also responsible for management and delivery of infection control, nutritional training and food safety interventions, health promotion initiatives such as the safe tattooing project 'Before you Ink – think', Healthy Options Awards, Hand Hygiene interventions and implementation and evaluation of other food safety and health and safety initiatives. As well as the enforcement of Health Protection legislation

Overview of Service

2.1 Mission and primary aims of the Team

The National Enforcement Priorities for Wales introduced in July 2010 by LBRO and WG outline as their first priority: 'Protecting individuals from Harm and Promoting Health Improvement'. This is the core value of the Health Improvement Team, to be committed to protecting individuals from harm and promoting health improvement and to demonstrate this; the service has adopted the following aims and objectives.

The overall aim of the service is:-

The protection and improvement of the health of the people of Cardiff

To achieve this, the service adopted the following key delivery priorities:-

- The timely investigation, surveillance, control, and prevention of cases and outbreaks of infectious disease, including the initiation and implementation of related intervention strategies.
- The enforcement of Health Protection legislation to minimise the spread of communicable disease and contamination from radiation and chemicals that threaten health.
- The provision of nutritional and infection control training.
- Leading and supporting the work of Regulatory Services, other council departments and external organisations including local communities and industry to protect and minimise the impact of health risks to the population of Cardiff.
- In line with our Healthy City status undertake targeted health promotion and intervention activities by acting upon the social, economic, environmental and biological determinants of health and well being.

2.2 Links to the Corporate Objectives

Cardiff's Corporate Plan 2014-17 sets out the Council's priorities for the next few years towards the delivery of services to the people of Cardiff. The Plan sets out the vision for the city highlighting the Council's contribution to 3 key priorities:

- ***Economic development as the engine for growth and jobs;***
- ***Education and skills for people of all ages to fulfil their potential and be well prepared for employment in the Cardiff economy and beyond; and***
- ***Supporting vulnerable adults, children and young people in time of austerity***

The Communicable Disease and Health Improvement Team through its core business activities supports the Corporate Plan by sitting within the Council's Environment portfolio and contributing to priorities of **supporting vulnerable adults, children and young people** and **economic development**. A number of actions underpin these corporate priorities and can be found within this Plan.

2.3 Core values

Accountability We accept full responsibility for our actions, decisions and behaviours and we expect others to do the same.

Flexibility We adapt to meet our customers' and other stakeholders' changing needs, and constantly seek to improve by learning from experience and looking for new ideas.

Openness We are transparent and inclusive in the planning and delivery of our services. We listen to our stakeholders and encourage them to review information, decisions and processes, welcoming their feedback.

Professional Integrity We take pride in delivering high quality services efficiently and cost effectively. We work hard to correct shortcomings and invest continually in staff and member development.

Respect We welcome differing views and recognise everyone's right to their own opinions. We value and acknowledge all contributions to our success.

Working with Others We build co-operative, reciprocal, sustainable relationships with all our partners and other stakeholders.

Diversity We celebrate and recognise cultural diversity in the way we deliver our services respecting individuals and ensuring equality of access and opportunity.

2.3 Key services offered

A comprehensive health protection and improvement service is delivered by combining surveillance, public health intervention, epidemiological studies, enforcement, advice, training and promotion. Much of the reactive surveillance work forms the foundation for proactive evidence based interventions focused on vulnerable and 'at risk' sectors of our City community. This work routinely involves working in partnership with the business community, Public Health Wales, voluntary organisations and supporting other Council services namely Schools, Leisure and Parks.

The success of the service relies on partnership working, customer/stakeholder engagement, cooperation and a good team ethic. All outbreak and cluster investigations are reviewed and actioned. Proactive evidence-based work, epidemiological studies and surveillance programmes are always completed, reported, actioned and evaluated. The Team lead nationally on aspects of communicable disease and health improvement activities and as such set the standard for programmes and policies.

The Key services offered are:

- The investigation of confirmed sporadic and outbreak cases of communicable disease and all actions required as a result of those investigations;

- Responding to complaints of suspected food poisoning and communicable disease risks including resultant partnership working with the relevant stakeholders commonly other services within Public Protection, Public Health Wales and other Council services.
- Enforcement of Health Protection Legislation including the service of 'Requests for Cooperation', the application for Part 2A Orders and exclusion of infected cases or close contacts from place of work, education or leisure activities.
- Lead on local and national communicable disease surveillance programmes: Campylobacter enhanced surveillance, swimming pool associated cryptosporidium project and the national Giardia surveillance programme.
- Lead and provide health promotion and public health intervention activities including production of training materials such as the Cryptosporidium DVD, development and evaluation of food safety toolkits for caterers, and production of the 'Before you Ink – Think' video, a safe tattooing initiative.
- Promotion and assessment of the Healthy Options Award with Cardiff food businesses including partnership working with Cardiff and Vale Public Health Team, business and voluntary organisations and providing nutritional training. As well as mentoring and supporting other local authorities considering and undertaking the award scheme.
- Management and delivery of infection control and nutritional training.
- Coordination of student and work placement training

The Team is located in Cardiff's City Hall, Cathays Park, Cardiff. The service is available during office hours from 8.30 am – 5.00 pm Monday to Thursday and 8.30 am to 4.30 pm on Fridays. Outside of office hours the authority operates a 24 hour emergency service, this primarily involves the immediate investigation and control of communicable diseases of public health significance e.g. E. coli O157, Typhoid and Legionnaires' disease. In addition officers conduct investigations at other hours as required for the investigation of communicable diseases.

The daytime enquiry numbers are 029 20871128 and 029 20871659. The out of hours emergency officer can be contacted via 029 20872000. Alternative methods of contact include the authority's Connect to Cardiff Call Centre on 02920872087. Email referrals, complaints or advice can be obtained by emailing communicabledisease@cardiff.gov.uk or c2c@cardiff.gov.uk. The Council website provides information on the services provided and the website address is www.Cardiff.gov.uk and at our Face book page Communicabledisease_Cardiff.

2.4 Resources

The table below indicates the actual number of staff working in the Health Improvement Team (in terms of full time equivalents FTE).

Position	Function	FTE
Assistant Director Environment	Management of service.	0.1
Operational Manager Regulatory Commercial Services	Management of public protection	0.15
Team leader (Health and Safety and Communicable Disease)	Management and delivery of the Communicable Disease and Health Improvement Service.	0.60
Lead Officer for Communicable Disease & Health Promotion	All aspects of communicable disease investigation, enforcement, control and prevention. All aspects of health promotion and health intervention activities	1
Technical Officer (Communicable Disease)	. All aspects of communicable disease investigation and enforcement	0.60
Clerical Officer	Administrative support.	0.25

NB. The Senior Environmental Health Officer (Lead Officer for Communicable Disease) Post was deleted as part of the Council Budgetary cuts 2013/14.

3.1 Summary of achievements 2013/2014

Minimising the spread of infection and public health impact presented by outbreaks and sporadic cases of communicable disease¹

- 700 cases of communicable disease were reported in 2013 of which 630 were cases of food poisoning: 536 sporadic laboratory confirmed cases of food poisoning (pathogens included Campylobacter, Salmonella, Cryptosporidium, Giardia, Shigella and E. coli O157) and 94 (15%) unconfirmed cases of food poisoning.
- 20 outbreaks of communicable disease that occurred in Cardiff were investigated and contained.
- 405 Campylobacter cases were interviewed and given advice on preventing re infection. 352 (87%) cases relied on the CD team to provide this advice as it had not been given by their GP and 218 (54%) were unaware of their results until the CD Team contacted them for interview. 341 (84%) were acquired in Cardiff, 56 (14%) cases reported eating commercially prepared chicken during their incubation period of these 9 Cardiff food businesses were considered to be the probable cause of illness and were referred to the food safety team for further action.
- Early detection of clusters and outbreaks of food poisoning is achieved by the management of a 'Suspected Food Poisoning' database which monitors sporadic cases of suspected and confirmed cases of food poisoning where there is evidence that the food consumed from a commercial business could have resulted illness. The database acts as an early warning system which enables more timely referrals of suspected high risk food businesses to the food safety team for intervention. In 2013 19 referrals were made

Consultation and collaboration with businesses and stakeholders to improve regulatory compliance and protect public health

- The development of our business forum has facilitated effective partnership working and enabled more sustained improvement of regulatory compliance. Business consultation has created a better industry understanding of public health risks which in turn can become risks to business growth. An example in 2013 was the tattooists' forum held as part of our safe tattooing initiative. 39 tattooists from 20 studios attended this forum the outcome of which was a more effective approach to enforcement and improved infection control standards within our tattoo studios.

¹ Communicable disease data refers to the calendar year 2013 rather than the financial year in line with the national collation of statistics

- 60 food businesses in Cardiff now have the Healthy Options Award (compared to 40 in 2012). This included 12 gold awards, 30 silver and 18 bronze awards. 22 of these businesses renewed their award which reflects the continued interest in this award and the value of delivering nutritional training to supports this process.
- Swimming pools are the most common setting for Cryptosporidium outbreaks in the UK. This team led a national project with leisure industry specialists to assess the standard of compliance within Welsh pools. 426 pools (including all the pools in Cardiff) were visited and the results are currently being analysed.

Development and application of evidence based public health guidance

- Cardiff led a national review of local authority investigations into Campylobacter. This review was scrutinised by Welsh Government Public Health Incidents and Outbreaks Sub Group who endorsed the recommendation for the development of a Statement of Good Practice on the Management and Investigation of sporadic Campylobacter cases. This document will support environmental health staff nationally in terms of delivering a more efficient and timely service for the management of campylobacter.
- Public health guidance on safe tattooing ‘Before you Ink – Think’ was developed and promoted in a video for young people to help them make an informed decision about having a tattoo safely.
- Health Improvement led on the evaluation, development and publication of a Food Safety Training toolkit for small food businesses a product which has since been endorsed by the Food Standards Agency and the All Wales Food Safety Technical Panel as an effective method in securing a maintaining compliance with food safety standards

3.2 Challenges for the year ahead

Cardiff is the capital city of Wales and the largest Local Authority in Wales, with a population of 340,000 which swells by approximately 70,000 daily with commuters and visitors. Its popularity as a shopping and leisure destination extends across Europe and as far afield as New Zealand, Australia and Japan. This status presents a range of public health risks whose control and prevention is the responsibility of the Communicable Disease and Health Improvement Team in partnership with Public Health Wales. The risks vary in terms of complexity, significance and resource application.

- **Resources** - The financial difficulties faced by all local authorities continue to impact on the Health Improvement Team challenging the delivery of a robust service that can continue to assure the protection of public health.

Prioritisation and reallocation of work and resource is regularly reviewed to ensure that the investigation of communicable disease and the prevention of disease transmission and minimisation of outbreak size within our community. As a consequence, particularly

during the summer and autumn months the majority of Health Improvement activity is reactive only.

In 2013/2014 deletion of a Senior Environmental Health Officer post has put additional pressure on an already small team.

- **Challenges presented by new, emerging and re-emerging pathogens - Giardia** – as the incidence of confirmed cases of Giardia increase so does the level of investigation and resources required to contain the infection - Giardia is a relatively robust parasite readily transmitted directly and indirectly from person to person. As a result the investigation of one confirmed case often identifies additional cases which then require action to reduce further transmission within the community.

In 2013 41 sporadic cases of Giardia were originally notified and subsequently investigated. The investigations resulted in the identification of a further 21 cases and 11 family outbreaks. The additional 21 cases included 11 asymptomatic cases (9 were children). It is unlikely that these cases would have been identified and treated if the team had not undertaken thorough case investigation which included action to avoid re infection of families and introduction of infection into vulnerable groups such as nurseries, schools and high risk occupations such as the food industry and care environment. It is unknown how many cases were prevented as a result of this work.

The cause of the illness in 11 cases was attributed to travel, mainly abroad. Other attributed causes were through contact with animals or outdoor activities and in many cases as the 21 additional family cases shows were person to person spread within families.

Finally the experience in Cardiff over the last two years has also resulted in a decision by Public Health Wales to hold national lead officer training on the investigation, control and prevention of Giardia later this year.

- **Rapidly Growing Mycobacterium: Mycobacterium chelonae** - With the exception of tuberculosis this species has not been a common pathogen requiring investigation. It is well known in the medical profession for its resistance to some antibiotics. In 2010 Edinburgh reported an outbreak of tattoo related M. chelonae which was found to be associated with an opened bottle of light grey ink. A small outbreak of M. chelonae is currently being investigated by officers in Cardiff and Newport. The outcome of this outbreak investigation and the emerging risks associated with this pathogen will result in additional interventions within the tattooing profession.
- **MERS-CoV** - MERS-CoV was first identified in 2012 and continues to be reported from the Middle East with imported cases reported in Europe including the UK. It causes serious respiratory infection which generally results in hospital admission. As a currently imported infection it is a priority for consideration in our preparedness for the NATO Summit this summer. The team is working closely with Public Health Wales including representation on the PHW NATO Planning Group.

4

Performance

The investigation of sporadic and outbreak cases of communicable disease require a reactive service and our performance measures therefore reflect this by measuring response to notifications. The Notification Guidance made under the Health Protection (Notification) (Wales) Regulations 2010 dictates the response times required to be taken by local authorities investigating cases of communicable disease. The response time is dependent on the public health significance of individual pathogens (see Table 1) 100% compliance was observed in all cases with the exception of 2% of Campylobacter cases.

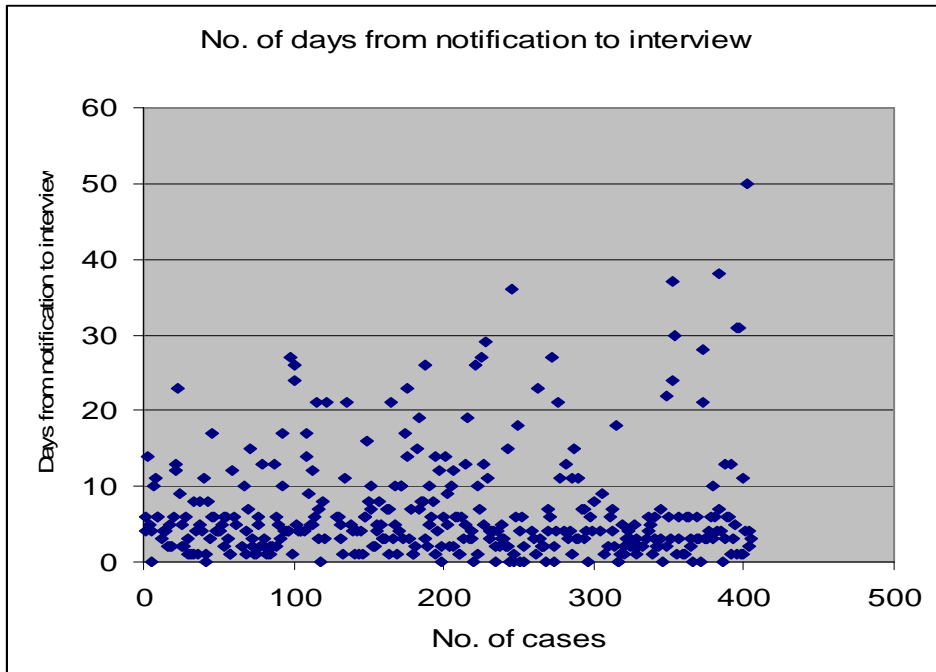
Table 1: Target response times for common communicable disease pathogens

Pathogen	LA target Response time	Compliance Rate 2012/13	Compliance rate 2013/14
Campylobacter	Within 4 workings days, unless part of cluster	100%	98%
Cryptosporidium	Within 4 working days, or same day if outbreak	100%	100%
Giardia	Within 4 working days	100%	100%
Salmonella spp.	Next working day, typhoid, paratyphoid – immediate action	100%	100%
E. coli O157	Immediate action	100%	100%
Hepatitis A	Same day	100%	100%
Hepatitis E	Next working day	100%	100%
Shigella	Sonnei – next working day, other sp. immediate action	100%	100%
Legionella spp.	Same day	100%	100%

A review of response and interview times for Campylobacter investigation in 2013 confirmed an efficient and comprehensive service which relies on the case responding to our enquiries:

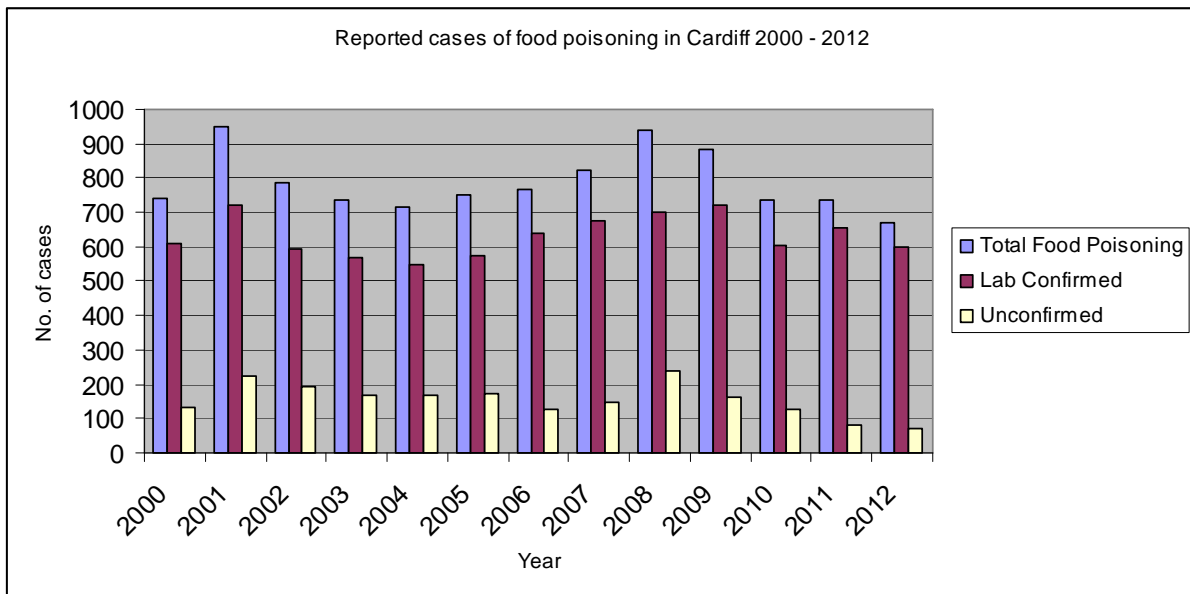
- The average first response to a Campylobacter notification was 0.97 (the same day) (median 1, mode 0, range 0 – 7) and
- the average number of days from notification to interview was 6 days (median 4, mode 4, range 0 – 50). Graph 1 indicates the mean of 6 days is significant influenced by 6 extreme outliers, in simple terms the Graph shows that the majority of cases (identified by blue marks) are interviewed within 10 days, this is remarkable given the fact that the process of interviewing relies on the case responding to our requests to contact.

Graph 1: The trend in number of days from disease notification to interview



The Service supports an active surveillance system based on notification data received from laboratories, GPs and the public and information obtained during the course of investigations. This facilitates early detection of outbreaks with minimal disruption to businesses and the public and enables identification of unusual trends in the incidence of communicable disease.

Graph 2: The annual cases and trends identified over the last 12 years.



Over the last 13 year years the range of reported cases of food poisoning in Cardiff ranges from 630 to 948 cases. The majority of cases reported are laboratory confirmed (Graph 2). Many of the common poisoning diseases are not only acquired by consumption of contaminated food by also exposure to recreational water, animal contact, environmental contamination and person to person transmission. Table 2 outlines the pathogens commonly

associated with food poisoning: Giardia, Cryptosporidium and E. coli O157 are frequently the result of transmissions other than foodborne.

Investigation of the unconfirmed cases frequently suggests viral gastro enteritis which is more commonly the result of person to person spread.

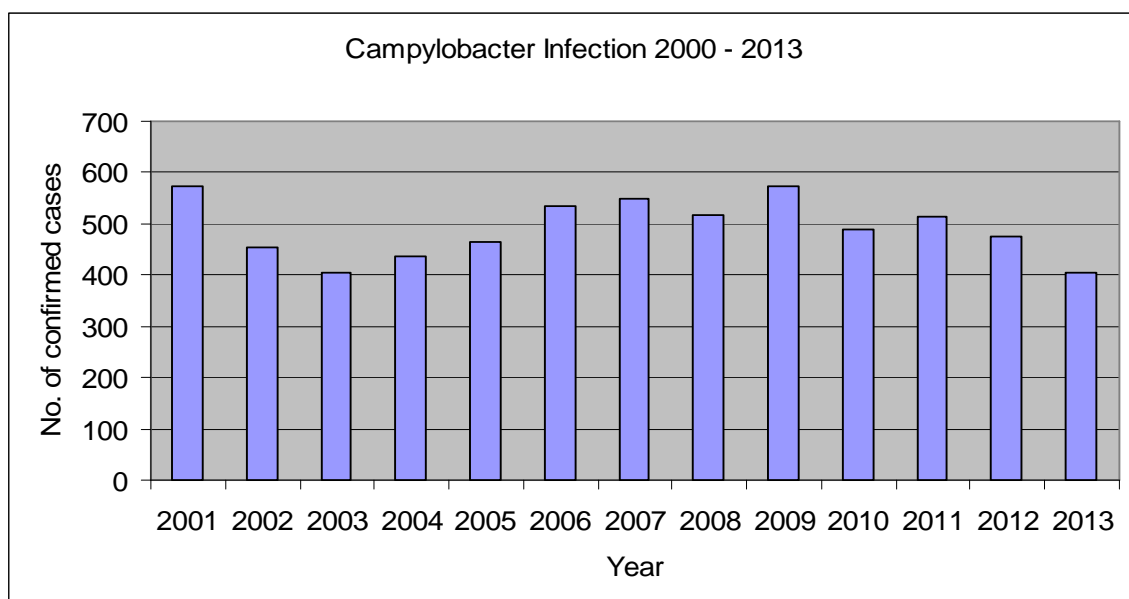
Table 2 shows the incidence of the most common pathogens causing food poisoning or food borne disease in Cardiff in 2013.

Causative organisms	2012		2013	
			cases	%
Campylobacter Sp	476	79.70%	405*	75%
Cryptosporidium	22	7.60%	18	4%
E. coli O157	4	0.70%	3	<1%
Giardia lamblia	48	3.70%	62	12%
Salmonella sp	45	8%	42	8%
Hepatitis A			6	1%
Hepatitis E			0	0%
Listeria sp	2	0.30%	0	0%
Total	597	100%	536	100%

Source; CDSC IBID Reports 2014, *Local enhanced surveillance programme

Campylobacter infection continues to be the most common cause of food poisoning (it accounts for 75% of all notifications in Cardiff in 2013) (Table 2), a trend reflected in England and Wales. The average number of Campylobacter cases reported each year in Cardiff since 2000 is 491 (a decrease of 6 cases reported in last years Plan). Graph 3 shows the trend in Campylobacter over the last 13 years

Graph 3: shows the reported cases of Campylobacter from 2000 - 2013



405 Campylobacter cases were reported in 2013, the team achieved a remarkable response rate of 92%, of the 32 non responders 1 case died. The following information was obtained from the 373 cases that were interviewed:

- 341 (84%) acquired the infection in Cardiff, 57 (14%) cases were acquired abroad.
- Of the 341 acquired in Cardiff, 56 (14%) cases reported eating commercially prepared chicken during their incubation period of these 9 food businesses were considered to be the probable cause of illness and were referred to the food safety team for further action.
- In the majority of campylobacter cases (349, 86%) the cause of infection was either associated with preparation or consumption of chicken in the home or environmental contamination.
- Fifty percent of cases interviewed reported changing the method of handling, preparing or cooking chicken in the home as a result of officer advice. The most common poor practice reported was washing chicken before cooking.

The 2014 Food Safety week in June organised by the Food Standards Agency will focus on promoting safe practices associated with preparing and cooking chicken both in the home and in food businesses.

In comparison Salmonella isolates remain at a relatively low level compared to the high numbers encountered in 1980s and 1990s. This is mainly due to the highly successful vaccination programme egg producing flock vaccination scheme. In 2013, the 42 cases investigated accounted for only 8% of all food poisoning reported in Cardiff.

Other pathogens including E. coli O157, Giardia, Shigella, Hepatitis E and A and Legionella are termed 'pathogens of public health significance' because of either the seriousness of the illness they cause, their fatality rate and/or the ease of transmission within the community. Investigations vary in complexity and control and preventive measures involve a diverse application of interventions: identifying high risk activities such as food handlers, health care workers, child care workers, environmental sampling and sampling of close contacts and applying control measures such as exclusion from work, restricting employment and leisure activities, closure of business activities and training. Timely investigation of these pathogens is therefore critical to the control and containment of infection. A review of the 61 Giardia cases investigated in 2013 illustrates the value of timely and specialist intervention (Page 10)

There were 20 outbreaks of communicable disease in Cardiff and a further 7 outbreaks that occurred outside Cardiff but involved our residents. In these circumstances the same level of investigation and control is required except management of the outbreak is coordinated by the local authority whose area the outbreak occurred. An outbreak is one which affects two or more people sharing a common exposure factor linked by time, place or person.

Of the 20 outbreaks, 5 (25%) were associated with restaurants: 3 were suspected Norovirus associated with the consumption of oysters and 2 were also suspected Norovirus but associated with environmental or person to person transmission rather than food. Care homes and schools were each associated with 5 gastro intestinal outbreaks, 2 of the care home outbreaks were confirmed Norovirus. The low incidence of outbreaks in school reflects ongoing preventive advice provided by the Team and a relatively mild winter.

All 20 outbreaks were contained within the population at risk, none spread to the wider community, the result of timely investigation and application of prevention and control measures.

Of the 7 outbreaks that occurred outside Cardiff 4 were confirmed: 2 Salmonella, 1 Campylobacter and 1 Hepatitis A, part of a national outbreak. All outbreaks were contained within the population at risk, none spread within the wider community – the result of effective investigation and application of preventive and control measures.

Customer Evaluation Forms

Since January 2012 Communicable Disease Evaluation Questionnaires have been routinely sent to communicable disease cases with an advice sheet on their causative organism.

A review of 2013 responses indicated that:

Campylobacter cases

- 98% (88/90) were very either 'satisfied' or 'very satisfied' with the service.
- 97% (91/94) found the information and advice given by the officer during the interview 'useful'
- 83% (78/94) thought they were better able to prevent further infection by Campylobacter as a result of the interview and
- 68% (64/94) reported changing their practices or choices as a result of the information they had received.

Communicable disease infections associated with pathogens of serious public health significance (e.g. Typhoid, E. coli O157, Hepatitis A and E, Shigella)

- 100% (17) were either satisfied or very satisfied with the service
- 100% found the information and advice given during the interview and during subsequent visits useful.
- Only 24% (4) reported changing their practices or choices as a result of the advice given
- In 94% (16) of cases the officer was able to suggest the cause of infection

The response rate for completion of evaluation forms is low. One of the main reasons for this is that where cases have been very ill or hospitalised they often don't wish to relive events by completing a questionnaire.

The most valuable information received from a public health perspective is the potential positive change in behaviour reported in Campylobacter cases as a result of our intervention.

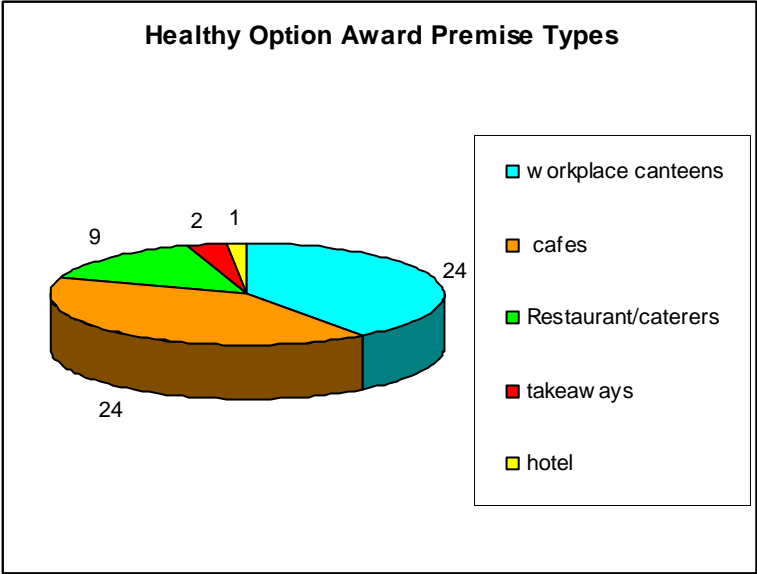
Nutritional Training and the Healthy Options Award

Nutritional training supports the uptake and sustainment of the healthy option award in Cardiff food businesses. The aim of this training is to increase knowledge and skills in food and nutrition. On completion, participants will be able to pass on basic, consistent information about the components of a balanced diet and the benefits of good nutrition for their customer's health and wellbeing. They will also have the opportunity to learn and share some useful ideas to incorporate healthier options into their menus.

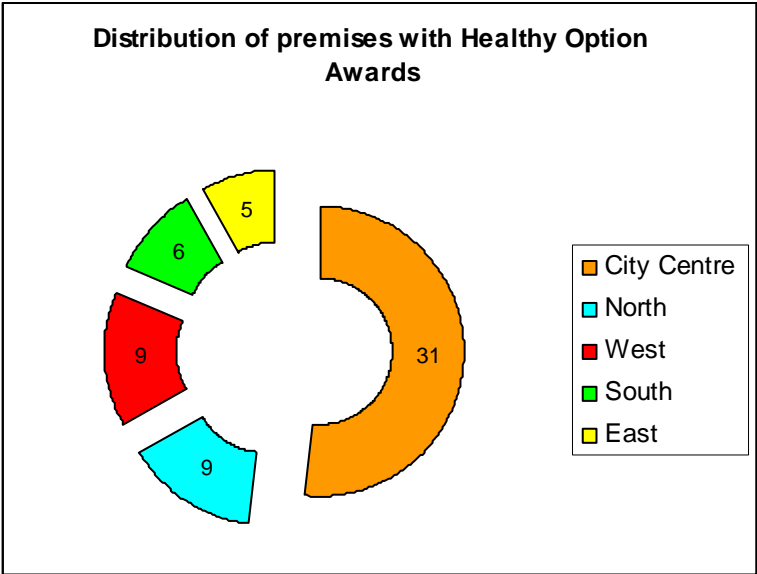
In 2013 2 accredited training courses were delivered to 18 participants with a 100% pass rate the potential reach and impact of the training goes out to over 4500 customers and staff.

The Healthy Options Award aims to encourage food businesses to provide healthier options to customers, through the use of healthier catering practices, increasing fruit, vegetables and starchy carbohydrates, as well as decreasing fat, especially saturated fat, sugar and salt. It also recognises provision of healthy options for children, rewards staff training, promotion and marketing of healthier options.

At the end of 2013 Cardiff had 60 businesses with Healthy Options Awards (12 Gold, 30 Silver and 18 Bronze). The types of businesses are represented below:-



The businesses were distributed throughout the city as follows:



The success of this initiative and the securing of funds will enable further training courses to be delivered this forthcoming year and further support businesses in taking up and maintaining this important award.

Safe Tattooing Initiative – ‘Before you Ink – Think’

Phase 1 of the safe tattooing initiative ‘Before you Ink - Think’ was the combined work of specialists from Communicable Disease, Health Improvement and Health and Safety enforcement. It considered unique in that it targeted individual at risk namely young people and the operators responsible for that potential risk. The detail of this work was presented at Public Protection Committee in March this year. The main results were:

- The development and publicity of a video ‘Before you Ink – Think’ helping young people make informed decisions about have a good quality tattoo safely. It was launched on the Teams face book page and in Cardiff high schools.
- Delivery of a tattooists forum involving 39 tattooists from 20 tattoo studios
The outcome was:
 - On request of tattooists unannounced enforcement visits should be undertaken by my team.
 - Registration was considered ineffective in controlling risks associated with tattooing. Licensing should be considered by Welsh Government.
 - The tattoo hygiene rating scheme would be useful to improve standards after basic compliance was achieved and maintained.
 - Tattooists generally supported our health promotion campaign.
- 24 tattooists received unannounced visits 71% were found to be satisfactory or better’ and of these 54% achieved ‘good or excellent compliance’. The table below indicates the common non compliances. All tattooists with non compliances were revisited and further improvements were found with the exception of one studio which closed.
- Illegal tattooing: Since the start of the initiative formal action has been taken against a further 2 unregistered tattooists operating in Cardiff, this has only been possible with the support registered tattooists.

5

Action Plan

Corporate Plan Key Theme	Objective
Supporting the Vulnerable	Implement evidence based campaign to promote and educate Cardiff residents on the risks associated with food poisoning.
	Q1 Develop and launch 'preventing campylobacter' campaign during Food Safety Week.
	Q2 Continue to promote food safety messages to at risk groups throughout the summer including safe BBQ messages using social media
	Q3 Promote good food safety practices to students in Freshers Week at Universities and Halls and using social media.
	Q4 Evaluate and report on campylobacter incidence and impact of activity on changes in behaviour
	Undertake timely investigations of sporadic and outbreak cases of communicable disease and apply appropriate control and prevention measures
	Q1 Based on 2013 findings review and implement enhanced surveillance programme for campylobacter
	Q2 Based on 2013 research produce a Good Practice Statement for Campylobacter surveillance and investigation
	Q3 Review the effectiveness of investigations into pathogens of serious public health significance including Giardia, Shigella and E. coli O157 in minimising the spread of infection to the wider community
	Q4 Apply appropriate food safety/infection control interventions to businesses associated with clusters or outbreaks of communicable disease
	Implement evidence based projects to protect vulnerable people by reducing risks associated with workbased activities.
	Q1 Develop and implement a 2 year programme to reduce carbon monoxide poisoning in 'at risk' food businesses by securing gas safety standards.
	Q2 Following 2 E. coli O157 outbreaks in North Wales develop and commence project to raise infection control standards in private and school based early years settings.
	Q3 Develop a hand hygiene toolkit for Cardiff Healthy and Sustainable Pre schools scheme
	Q4 Identify illegal tattooists through local intelligence including waste, housing, PHW; undertake promotion activities in schools and take legal action to stop illegal activities continuing.
	Economy, Jobs and Growth

	Q1	Using social media promote the healthy options video to food businesses
	Q2	Work in partnership with city centre business to ensure resilience during the NATO conference using surveillance and health and safety support
	Q3	Undertake nutritional training to businesses wanting to renew their healthy options award or take up the award for the first time
	Q4	Undertake phase 2 of the estates project which focuses on supporting businesses to comply with health and safety legislation