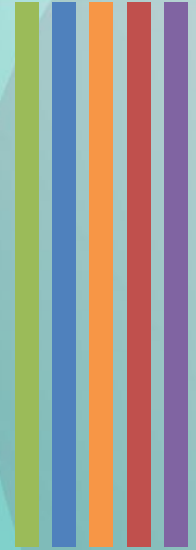


'Healthy Lives'

The Joint Health and Wellbeing Strategy 2019- 2024



Presentation to Leicester City
Health and Wellbeing Board
27th February 2020

Ivan Browne – Director of Public Health

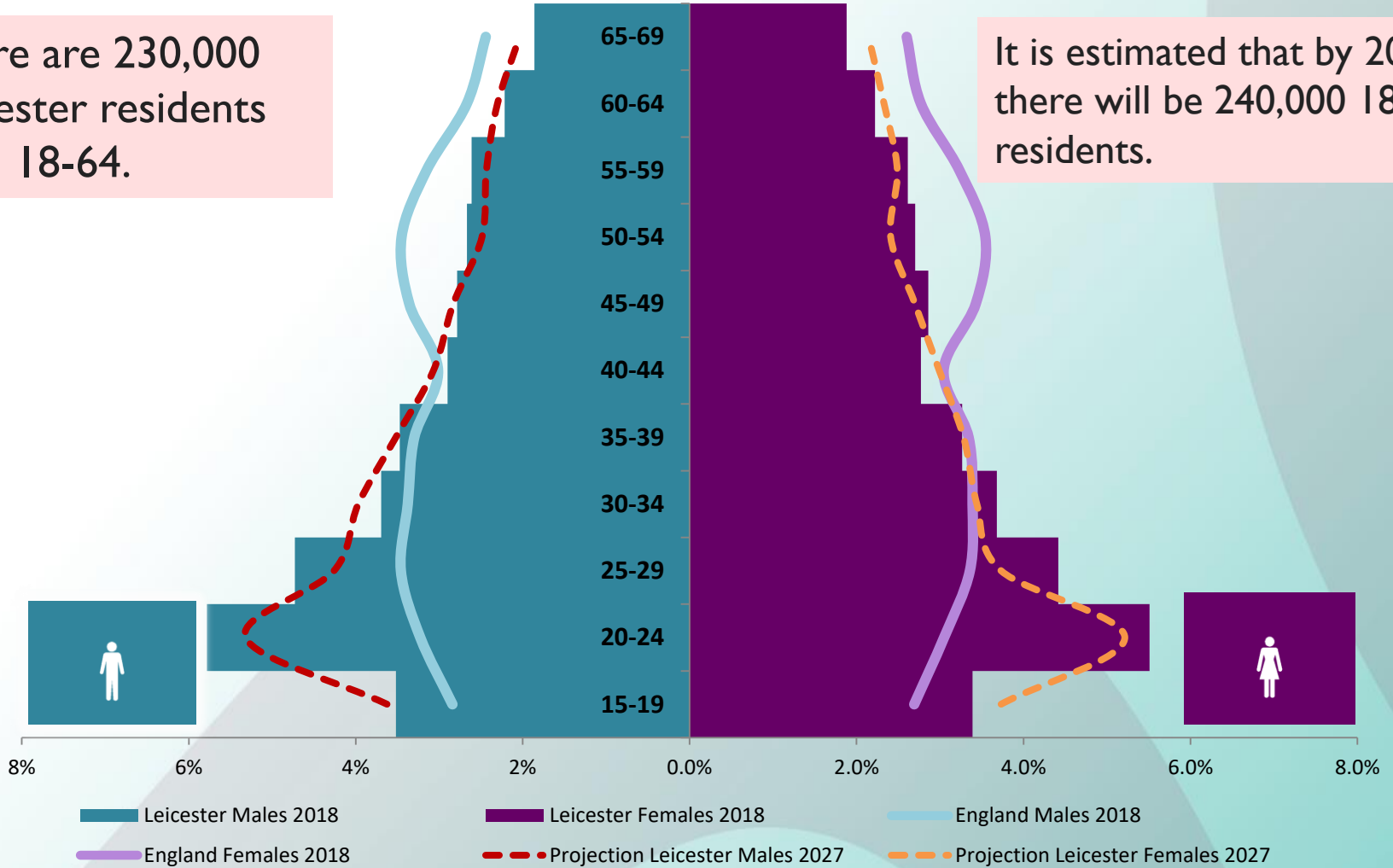


Healthy Lives in Leicester

Leicester Population Structure: 2018

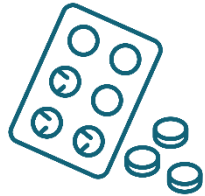
There are 230,000 Leicester residents aged 18-64.

It is estimated that by 2030 there will be 240,000 18-64 residents.



The three leading causes of death in Leicester are **cardiovascular disease (CVD), cancer, and respiratory disease**. These account for two thirds of all deaths.

Reduced life and healthy life expectancy are linked to:



Chronic conditions

Rates of diabetes is significantly higher in Leicester compared to England. An estimated 31,000 adults have diabetes in Leicester.

The number of people living with more than one condition is increasing.



Lifestyle factors

Most vulnerable groups who are more likely to make poor lifestyle choices.

- Half of adults are overweight or obese
- One in ten drink above recommendation
- One in five eat the recommended five a day
- One in five smoke



Mental and physical health

Being in employment is a protective factor for health.

Those employed are significantly more likely to report being in good mental and physical health compared to Leicester overall.

Healthy lives: Key Issues

Physical Health (lifestyle factors)	Social Health (environmental factors)	Mental Health
<p>Lifestyle choices such as smoking, excess drinking of alcohol, poor diet and lack of exercise contribute to 40% of premature deaths in the city.</p> <p>Poor health choices made in adulthood can also have a negative impact on health in later life..</p>	<p>Environmental factors such as secure employment, a sense of purpose and having meaningful social connections can also contribute towards positive health.</p> <p>Having access to cultural activities and opportunities to learn is also important.</p>	<p>One in four adults experiences at least one diagnosable mental health problem in any given year. There is a clear link between mental and physical health. People with poor mental health may neglect their physical health and vice versa.</p>

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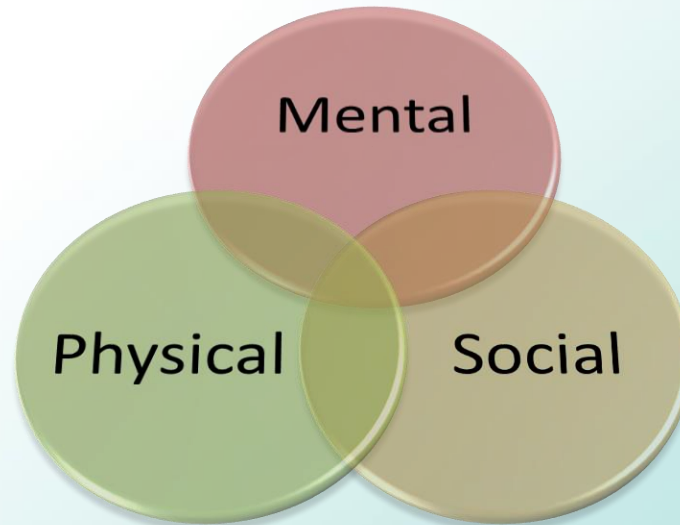
Increase the number of people engaging with physical activity – working in partnership with other organisations to particularly target the inactive

Supporting people with chronic conditions – supporting them to make long-term positive lifestyle changes to improve their health

Reducing social isolation and loneliness – encouraging people to become engaged with their local area by using facilities, volunteering etc.

The Joint Health and Wellbeing Strategy and Action Plan

Ambition: *'To encourage people to make healthy and sustainable lifestyle choices'*



Aims:

1. Increase the number of people engaging in protective behaviours
2. Address the prevalence and management of chronic conditions
3. Support access to education and good quality employment
4. Reduce social isolation and loneliness amongst people living in the city



Today's meeting topic ...

