



# 'OUR HEALTHY CITY' The Joint Health and Wellbeing Strategy 2019- 2024

Presentation to Leicester City  
Health and Wellbeing Board  
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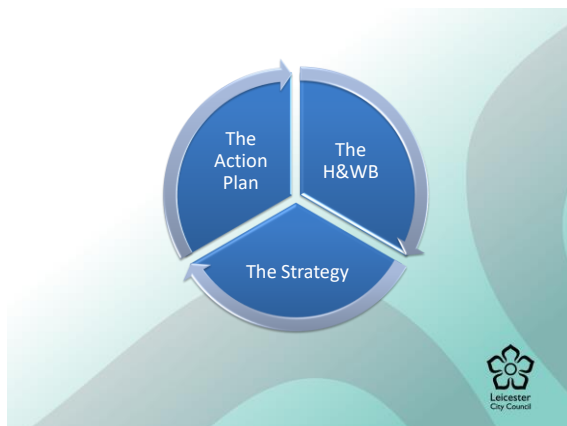


## Animation





### The Public Consultation

- "highlight the value of the natural environment for residents for both physical and mental improvements. The urban environment is a stressor alone."
- "STRATEGY NEEDS ACTION otherwise it's only good exercise"
- "good seeing positive action taking place around mental wellbeing & the support"
- "It is a good idea and obviously much needed in Leicester."
- "Stopping new application for food outlets, our neighbourhoods and city centre are inundated with eateries."

### The Joint Health and Wellbeing Strategy asks Board members to

- Pledge their commitment**
- Ensure Strategic Alignment**  
How will you ensure that there is alignment between the strategy and your organisations commissioning plans
- Contribute to the Action Plan**  
What actions are your organization already taking or could take to address key issues identified in the strategy?



## The Action Plan

### Healthy Places

Ambition	WE WILL	BY	BECAUSE
To make Leicester the healthiest possible environment in which to live and work.	<b>1. Influence the environment to make healthier choices more accessible</b>	<ul style="list-style-type: none"> <li>Work with businesses and communities to increase healthy food options to help reduce obesity levels in adults and children</li> <li>Continue and develop initiatives which promote and encourage all of citizens and their users which support good physical and mental health for people</li> <li>Work with planning and associated departments to support city residents to make choices that benefit their health and wellbeing</li> <li>Provide open home resources and energy efficiency advice to support households experiencing fuel poverty</li> </ul>	<ul style="list-style-type: none"> <li>The built and natural environment are major determinants to health and wellbeing. These three actions address citizens' food shopping, open and green space and the building infrastructure, all of which can influence a person's behaviour. Quality and easy access to their food and the building infrastructure is a proven determinant of obesity, which in turn impacts on the green and blue space to their proximity may make it easier for people to be physically active</li> </ul>
	<b>2. Ensure decent homes are within the reach of all citizens</b>	<ul style="list-style-type: none"> <li>Support vulnerable people to maintain a stable level of health while in their homes and help maintain their tenancies</li> <li>Improve the number of households protected from flooding hazards by providing suitable accommodation and support options</li> <li>Continue to maintain and improve the quality of existing housing and provide decent housing standards for new homes provided in the public and private sector</li> <li>Increase the uptake of more sustainable transport options to encourage active and sustainable communities</li> </ul>	<ul style="list-style-type: none"> <li>Housing can affect an individual's health and wellbeing. Having a roof over your head and a warm, dry safe place to live can prevent excessive negative impacts on physical and mental health. Having comfortable housing in a safe environment can make a home more convenient and confident within our communities</li> </ul>
	<b>3. Improve air quality</b>	<ul style="list-style-type: none"> <li>Work with transport sectors to reduce their environmental impact and deliver on the council's vision</li> <li>Work towards an ultra-low emission zone for all vehicles to help reduce the impacts of poor air quality on health</li> </ul>	<ul style="list-style-type: none"> <li>Poor air quality affects people's health and damages the environment. The major human sources of air pollution are the combustion of fuels for heat, electricity and transport. Urban areas tend to have higher pollution levels than rural areas</li> </ul>
	<b>4. Develop and encourage health neighbourhoods and a sense of community</b>	<ul style="list-style-type: none"> <li>Explore opportunities in the development of health engagement to increase long term engagement in positive health behaviours</li> <li>Influence environmental factors that enable residents to feel safe, comfortable and able to actively participate in positive health choices</li> <li>Encourage neighbourhoods and communities to use their collective skills, knowledge, experience and resources to improve their health and wellbeing. This is known as an asset-based approach to community health</li> </ul>	<ul style="list-style-type: none"> <li>Citizens in the community that a high regard on our ability to interact, go outside, be active, living in a safe community, make or make time to visit local spaces, such as parks and community centres, increasing the opportunity in decisions about the health will make for more meaningful and sustainable change in health behaviours</li> </ul>

Today: Improving Air Quality



Thank you

