Health & Wellbeing Workshops

Ivan Browne
Health & Wellbeing Board
17th August 2017



Health & Wellbeing Strategy Workshops

To support development and delivery of the new Health and Wellbeing Strategy.









Healthy Start

Healthy Lives Healthy Mind Healthy Places



Healthy Lives Many health challenges in the city are preventable. We need to focus on reducing risks to health: sedentary behaviour, poor diet, as well as continuing to reduce smoking and excessive alcohol consumption. Pushing prevention up the agenda of all our organisations is central to our vision.

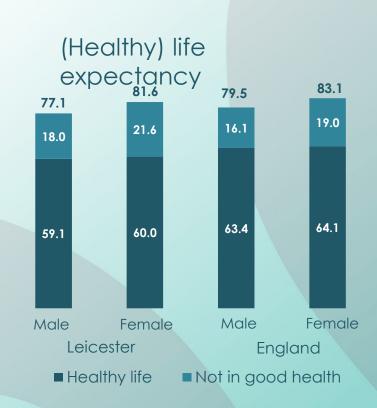
Unless checked healthy-life-expectancy will not keep pace with life-expectancy.

It is estimated that males and females in Leicester can expect about 20 years 'not in good health'.

Increases in life expectancy has resulted in a significant gap between healthy life and life expectancy both nationally and in Leicester.

These years 'not in good health' come at a high cost for health and social care services.

Life expectancy and healthy life expectancy differs across the city and is closely linked to patterns of



Source: ONS 2013-15

With a reducing budget for prevention, what are the

Working intensively to establish healthy behaviours from a young age and focussing on:



PREGNANCY – Learning starts early!! Establishing good habits, nutrition, healthy environment, stress management and tackling addiction.



EARLY YEARS – family based initiatives, healthy diets, promoting activity, providing advice and support.



HOW:

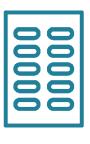
TEENAGE YEARS – age appropriate advice and incentives, embedding of healthy behaviours and habits for adulthood.

- Holistic support for pregnant women and their families.
- Encouraging a holistic family based approach to living a healthy life.
- Greater investment in helping teenagers develop & maintain healthy

Should individual support only be available to certain disadvantaged or high risk groups?



Moving away from targeting only specific groups - Hard to work with definitions and inadvertently causes stigma.



Move away from solely targeting reductions in specific diseases

-This is often reactive rather than preventative and it does not

address other unhealthy aspects not linked to the disease.

- HOW:
- Target whole families rather than individuals.
- Promote community based approaches to good health.
- Encourage community areas or workplaces to hold health MOT's.



Healthy Places A focus on healthy places, encourages collaboration to improve health by considering the range of environments in which people live their lives. Improving health through a focus on environment has a long history.

The Healthy Places Movement looks to address the impact the ment can have on people's health.

BOROUGH OF LEICESTER. PUBLIC HEALTH ACT. NOTICE IS HEREBY GIVEN,

That in consequence of "The Public Health Act 1848" (11 and 12 Vic. c. 63) having been applied to the Borough of Leicester, the following provisions of such Act are now in operation within this Borough, and will be enforced by the Local Board of Health.

NEW BUILDINGS.

Et shall not be lawful newly to creet and Born, or to rebuild any House which may have been pailed down toor februs the ground born, or to courny any Floures to movily erected or newlind only a covered drain better than the state of a serious and muterials, and at such lavel, and rebuilt only a covered drain begun to the Surveyor to the Level Board, shall appear to be accessing an extension of the people of the Surveyor to the Level Board, shall appear to the surveyor to the Level Board, shall appear to the surveyor to the Level Board, shall appear to be accessing an extension of the efficient drainage of the same and its appurtenances; and any peons executing a reducibility and the surveyor of the Level Board, shall appear to the sense of the survey of the sense of the surveyor of the Level Board, and the surveyor of the Level Board, shall be to penulty of PEFTY POUNDS, (11 and 12 Vic., c. 63, s. 49.) Feartreen days at the lenst before beginning to dig or lay out the foundations for any new House, are to rebuild any House public draws to the ground floor, the persian intending as to build, or rebuild, must give written notice thereof to the Level Board, stating the bi-tended level of the evidence of the collection of the Petrice and Ceeppodix to be full or or each of a connection with such House, under a peculity of FEFTY POUNDS; and the Level Board experience for the approach of the above permittalies, to be aftered or public devou at the expects of the anators, the Level reported to the state of the state of the survey of the state of t

NEW STREETS.

Our mostly at least before any Street is newly hald out, written notice must be given to the Lored Beard of Health, shewing the intended beyon and width thereof, and the level and width are to be fixed by the Lored Beard, with a power of appeal to the General Board; with any person laying out, making, or basiding upon such Street observine time in accordance with the keyd and width Lared by the Lored Beard, when the keyd and width Lared by the Lored Beard, it is proved by the General Board, it liable to a pessally of TWLNTY FUUNDS for every day during which he shall suffer such Street to confinem as falled in make, or built upon, (11 and 12 Vice, c. 63, s. 72.)

ALL NOTICES or particulars required under the foregoing enactments may be delivered at the Accountants Office at the Town Hall, being the Office of the Local Board.

BY ORDER.

SAMUEL STONE.

Clerk to the Local Board of Health.

Leicester, October 4th, 1849.

WINES, PRINTER, LEICENTER.

The environment impacts upon the following:

Epidemic of chronic diseases	Cardiovascular diseases, arthritis, diabetes and cancer
High obesity rates	Around two thirds of adults in the city are overweight or obese.
Low physical activity	A third of adults inactive
Mental health disorders	Increasing prevalence

Discussions involved the following themes...



Improvin g air quality



Promoting active travel



Protecting access to green space



What opportunities do we have to make health a key component within local policies across the council and beyond?



DESIGN, PLANNING AND DEVELOPMENT- make sure that places and spaces support and encourage healthy behaviours.



TRANSPORT – reduce the number of vehicles in the town centre.



HOMES – provide living accommodation of a decent standard so as people live in a healthy environment.

HOW:

- Involve health professionals and people in the design and planning process.
- Introduce and promote sustainable travel options and improve air quality.

How can we collectively deliver a healthier living environment?



TRAVEL: actions to make sustainable travel more appealing and the health and environmental benefits clearer.



ORGANISATIONAL INPUT: get businesses and organisations to 'buy in' to promoting healthy actions and behaviour amongst their workforce.



USING ASSETS: prioritise the maintenance of parks and green spaces. Greater promotion of the use of green spaces to maintain health and wellbeing.

- Improve city signage to include travel options, how long they take and the potential health benefits.
- Work with organisations to champion the benefits of a healthy workforce.
- Raise awareness of green spaces and ensure they are well maintained and



What features may lead to some community assets becoming more successful than others?

ACCESSIBILITY – assets are accessible by bike, on foot or bus and accessible for all including disabled and the elderly.

SAFETY: people feel safe travelling to and using the community asset. Issues such as adequate lighting are important.

ATTRACTIVENESS: assets need to be appealing and have something to attract people of different ages and cultures.

- Plan bus, cycling, walking routes around assets and make places accessible.
- Generate safe routes and look into improving lighting at parks.

HOW:

Ensure that assets are multi-purpose and plan in activities for the young and added to the sound added to the sound and added to the sound and added to the sound added to the sound and added to the sound added to the sound and added to the sound ad



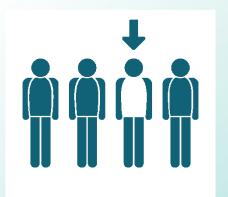
Healthy Mind

Sustaining mental wellbeing is crucial for people to live long healthy lives. People with mental illness often make poor lifestyle choices; they are more likely to smoke, drink alcohol, and use drugs and less likely to exercise or eat well. Therefore having much shorter life expectancies.

Discussions involved the following areas...



Mental health amongst Children and Young People



Tackling Stigma and discrimination

Focusing on three themes including supporting parents, raising awareness and teaching through schools, and using other agencies such as CAMHS.

Great emphasis was placed on identifying early warning signs, building resilience, and creating a parity of esteem between physical and mental health.

Children with a parent with mental health problems are more likely to experience poor mental health as an adult.

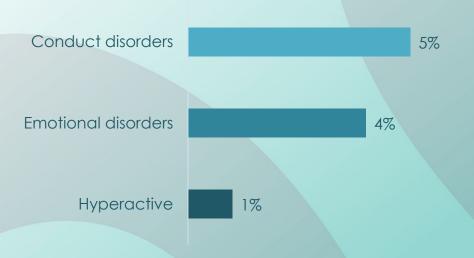


1 in 4 children have a parent at risk of common mental health problems.



1 in 4 adults in mental health care is likely to be a parent

One in ten children between 5 and 15 have a mental disorder. These include:



What actions should we take to protect children and young people's mental health?



PARENTAL SUPPORT - providing help and support to parents and families from pregnancy and then as the children grow.



EDUCATING- better support for children particularly around times of transition and enabling staff to recognise and address poor mental health.



UNITED ACTION – less emphasis on labelling children and more access to CAMHS.

 Make it easier for parents to get support to promote and protect their own mental health and the mental health of children

HOW:

- Teaching mindfulness and building resilience as part of the school curriculum, particularly important at times of transition.
- Better join up of services supporting young people.

Many people with a mental health problem feel isolated; they find it difficult to get employment or housing. People in work are often uncomfortable talking to their employer about mental health problems.

One in four working age adults and one in ten older people have a common mental health problem.

About 1 in 100 have a serious mental health illness.

Those with a severe mental health problem are significantly more likely to have a shorter life expectancy.

Issues in the city include:

Under diagnosis of depression

Higher rates of hospital admission for mental illness

Worse than average outcomes

How can we tackle stigma and discrimination around mental health?

EARLY YEARS – Equipping children with the language to describe their feelings and seek help.

AWARENESS- ensuring that more people are able to spot the 'warning signs' particularly in schools and workplaces.

PARITY - change the language so as mental health to be treated the same way as physical health to reduce stigma.

HOW:

- Provide lessons and training in schools
- Training for school staff and

Next steps:

1. Explore feasibility and practicality of suggestions raised in the workshops

2. Deliver the Healthy Start workshop

3. Redraft the Health and Wellbeing Strategy

4. Public consultation