

H E A L T H Y L E I C E S T E R

THE

Joint Health and Wellbeing Strategy

2019 – 2024







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F O R E W O R D

I am pleased to introduce our new Joint Health and Wellbeing Strategy and Action Plan for Leicester, which reflects the ambitions and priorities of the city's Health and Wellbeing Board.

Leicester is a vibrant and diverse city in which to live and work, but there are complex health challenges that need addressing. We aim to reduce health inequalities and improve the quality of life and life expectancy of residents, particularly those who live in deprived areas and seldom heard communities.

This strategy looks beyond the remit of healthcare alone and focusses on improving the health and wellbeing of Leicester's residents over the next five years. In this strategy, we will set out our intention to use our local assets such as parks, waterways, leisure centres and museums and theatres to support health and wellbeing. We will also work to make the city environment, including buildings and open spaces, as advantageous to good health and wellbeing as possible.

We have developed this strategy at a time of financial pressure which is being felt across all sectors and organisations. Delivering this ambitious strategy will depend on a co-ordinated and collaborative approach between all partners, including the local authority, health and social care, local businesses and the voluntary and community sector. This approach may not be without its challenges, but we believe that working together is the best way to have a long-lasting, positive impact on the health of our city's residents.

I would like to thank everyone who has contributed to this strategy, a strategy which represents an important step in improving the health and wellbeing of Leicester's residents. Together, we can continue to make this city a great place to live, work and socialise.

CLLR DEMPSTER



Our approach

Our Joint Health and Wellbeing Strategy (JHWBS) sets out the health priorities for Leicester, and provides details of the Health and Wellbeing Board's plans over the next five years.

Our strategy is a 'call to action' to tackle the origins of ill health in our city, by fostering a shared approach to protecting health and wellbeing with local organisations and communities.

Evidence shows that simply increasing access to health care services will not adequately address health needs or improve the wellbeing of Leicester's residents. We need to have a more rounded approach to addressing health

challenges, by considering the broad factors that determine a person's health and wellbeing, such as people's unique characteristics, their environment, communities and relationships.

The image below illustrates how general socio-economic, cultural and environmental factors can interact to determine a person's health and wellbeing.

By drawing on the existing resources of partners and communities we can work together to provide innovative and wide-ranging solutions to the city's complex health and wellbeing needs.

The Determinants of Health

(Dahlgren and Whitehead 1992)



Overview

Our vision: To give everyone the opportunity to achieve and maintain good mental and physical health throughout their whole life.

Our strategy will influence the work of other key partners and will be used as a framework for the health challenges that need to be addressed in the city. We seek to address a range of health issues to enable individuals to live healthier lives.

The JHWBS is underpinned by an Action Plan. This Action Plan identifies objectives and actions to help achieve the overarching ambitions of the strategy. Examples of actions are highlighted throughout the strategy. We have considered other strategies and plans across the city and recognise their contributions to progressing specific objectives.



Why does Leicester need a Health and Wellbeing Strategy?

There are significant health inequalities between different areas within Leicester. The city has many areas of deprivation, and the difference in health outcomes between the most and least deprived areas of the city is stark.

There is a seven-year difference in life expectancy between men living in the most and least deprived areas of the city. Those living in the most deprived areas of Leicester will live more years in poor health than those

in the least deprived. Reducing this inequality within our city can only be achieved by focusing on those in greatest need and working with them to reduce the many different factors that may have a negative influence on their health.

No matter where we live, our health behaviours are influenced by our wider environment. Behaviours such as smoking, excessive drinking, drug use, poor diet and inactivity are greater in many parts of our city than they should be. This leads to a shorter life expectancy overall and to an increase in rates of heart disease, cancer and respiratory disease, the leading causes of death in the city.

Around 48,500 people in Leicester are multi-morbid, meaning an individual is living with more than one long term physical or mental health condition. In Leicester, 25% of people living with diabetes have five or more additional health conditions, and 35% of those living with depression have three or more additional health conditions.

There is a clear link between people's mental and physical health. When a person is struggling with poor mental health, their physical health is likely to suffer too. People with poor mental health are more likely to engage with unhealthy behaviours and poor lifestyle choices, contributing to premature death. In Leicester it is estimated that between 34,000 and 38,000 people live with a common

mental health problem such as depression or anxiety, and around 3,400 people live with an enduring mental health condition, such as schizophrenia or bi-polar disorder.

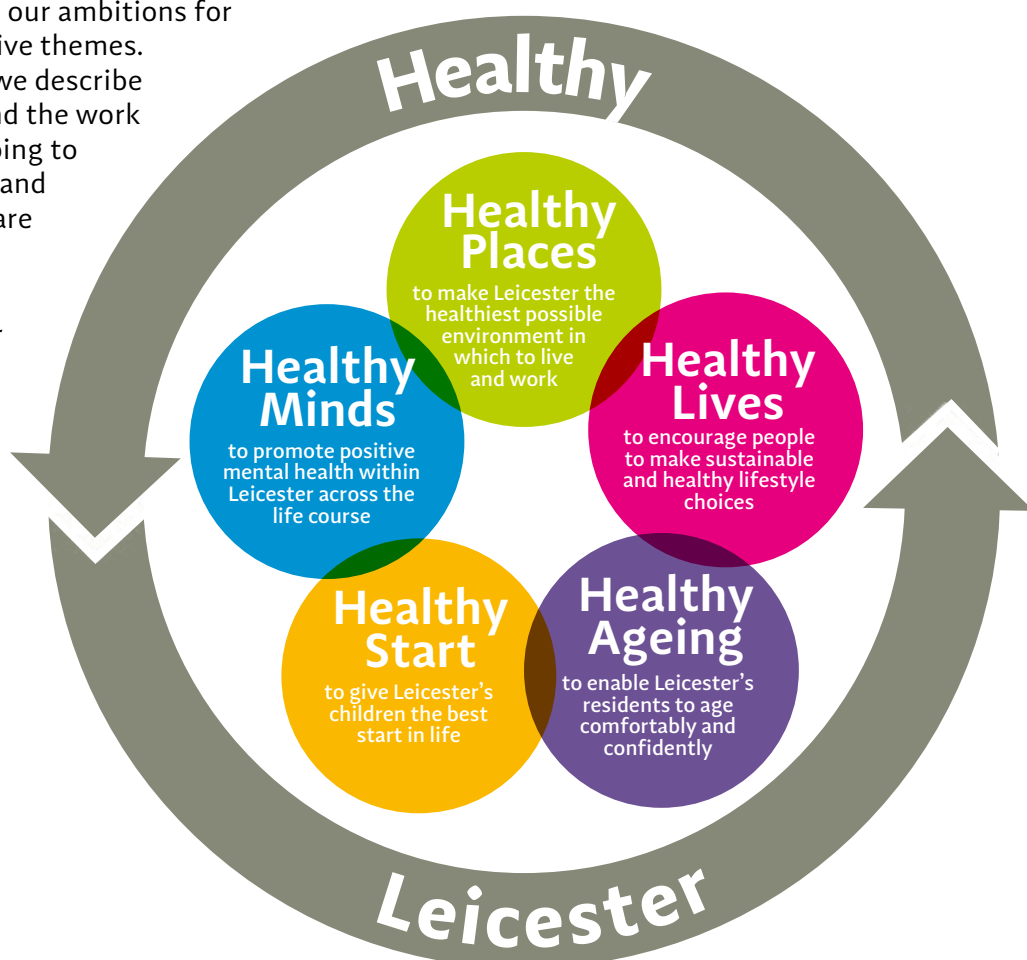
Approximately 30,000 people are socially isolated in the city. Social isolation has a direct negative impact on mental and physical health and can make existing health problems worse. This impacts on people of all ages, particularly older people, but this is becoming increasingly common amongst younger people aged 16 -24 years.

These key issues affecting the health of people in Leicester will be some of the core themes of this strategy.

Our ambition for Leicester

We have grouped our ambitions for Leicester under five themes. For each theme, we describe the challenges and the work we are already doing to tackle the issues and set out what we are planning to do.

Our ambitions for each of the five themes are:



THEME 1: HEALTHY PLACES

Ambition: To make Leicester the healthiest possible environment in which to live and work

A healthy place promotes good health. It has green and open spaces, leisure facilities, libraries and museums. The air is fit to breathe, homes are of a decent standard and there is a sense of community. A healthy place offers good choices, with easy access to healthy food, and opportunities to exercise regularly and travel by bike or on foot. There are also lower levels of unemployment and secure occupations.

Our environment has an impact on our quality of life, our health and our life expectancy. People living in environments with increased air and noise pollution with little to no green space, or who are working in low-paid, insecure occupations with few opportunities for social mobility, are those who generally have poorer health and lower than average life expectancy.



Key issues affecting the local environment in Leicester:

| | |
|--------------------------------------|---|
| Air quality and transport | Half of Leicester residents are concerned about air quality. Motor vehicles are the greatest contributor to air pollution in the city |
| Parks and green spaces | Half of Leicester residents say they use parks, waterways, or green spaces once a week, but one in ten say they never use them |
| Housing | One in five households in Leicester are overcrowded, rising to two in five if they have children |
| Neighbourhood and communities | Most residents are satisfied with the areas where they live, but social and private renters in general are less satisfied with their area |
| Access to food | Two in five Leicester residents eat fast food at least once a week |



Key things we are doing to make Leicester a healthy place:

Air quality

we are promoting the health benefits of sustainable transport, such as cycling and walking, and improving air quality by working with transport sectors to reduce their impact on the environment;

Parks and green spaces

we are promoting the health benefits of local open, green spaces and waterways and encouraging volunteering in these locations;

Standard of housing

we are ensuring all local authority housing meets decent home standards. By maintaining and improving housing in the public and private sectors we are helping to ensure all properties are safe, healthy places to live in;

Neighbourhood and communities

we are offering facilities where communities can come together to take part in a wide range of social and cultural activities to benefit their mental and physical wellbeing. Our libraries and neighbourhood centres provide welcoming spaces with access to activities, information, books and online resources, helping citizens to stay connected.

Examples from our Action Plan:

- work with businesses and communities to increase healthy food options to help reduce obesity levels in adults and children;
- continue to maintain and improve the quality of existing housing and promote decent housing standards for new homes provided in the public and private sector;
- improve air quality by introducing an ultra-low emission zone for all vehicles to reduce the risk of people developing chronic conditions caused by pollution;
- encourage neighbourhoods and communities to use their collective skills, knowledge, connections and resources to improve their health and wellbeing. This is known as an asset-based approach to community health.

Please refer to the Action Plan document for a full list of objectives and actions.

THEME 2: HEALTHY MINDS

Ambition: To promote positive mental health within Leicester across the life course

Good mental health and wellbeing is vital for quality of life and overall life expectancy. A large proportion of people in Leicester experience mental health problems, which can contribute to problems such as loneliness, isolation and poor physical health. A wide range of the life experiences such as unemployment, debt, or bereavement may all contribute to poor mental health.

Suicide is important for us to acknowledge and prevent whenever possible. Deaths by suicide can trigger complex emotions in people who have been bereaved and offering timely support to those who have been affected is key.

Our mental health and wellbeing can be shaped and influenced by childhood experiences. Making sure that children have emotional support at school and home and learn how to cope with problems from an early age can prevent mental health problems in later life.

However, it is widely reported by people living with mental health problems that the stigma they face from others can be just as harmful as the mental health conditions themselves. In Leicester, we need to tackle stigma and discrimination around mental health and work to ensure that mental health is viewed with the same importance as physical health.



Mental health services in Leicester are widely used, and people may have difficulty accessing timely treatment. The role of this strategy is to ensure that wider approaches to mental health and wellbeing can support people in need.

Key issues affecting mental health in Leicester

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|---|--|
| Preventing deaths by suicide | Around 30 people die by suicide in Leicester each year. Suicide can be influenced by a complex mix of adverse life experiences, such as bereavement, debt or unemployment |
| Mental health of children and young people | One in ten children report having a mental health problem and many more say they are feeling stressed or overwhelmed. Promoting resilience to the stresses of daily life is key to improving children's mental health, as well as having more honest conversations about mental health and wellbeing, free of stigma |
| Engagement with the local environment | People experiencing poor mental health are less satisfied with their local area and the green space in the city. This has a further impact on social isolation and happiness |



Key things we are doing to encourage healthy minds:

Suicide prevention and support

we are working to prevent death by suicide and supporting people affected by suicide with our Start a Conversation: Suicide is Preventable campaign which focusses on how small actions can save lives;

Mental health of children and young people

we are supporting the mental health of children and young people in the city by providing emotional resilience training in all Leicester, Leicestershire and Rutland schools;

Engagement with the local environment

we are encouraging people to use our parks, open spaces, leisure centres and waterways to support their mental health and wellbeing, by promoting outdoor gyms and encouraging walking and cycling;

Reducing stigmatising behaviour and attitudes around mental health

we are encouraging a wider awareness of mental health by encouraging employers to sign up to the Time to Change Leicester campaign.

Examples from our Action Plan:

- work with organisations who support young people in their families, schools and communities to promote positive mental health and combat bullying and loneliness;
- improve resilience to mental health problems among working age adults and reduce stigma and discrimination by encouraging all employers to sign the Time to Change Leicester pledge;
- promote zero suicides in Leicester through ongoing suicide prevention campaigns across the city;
- improve support for people bereaved or affected by a death by suicide.

Please refer to the Action Plan document for a full list of objectives and actions.

THEME 3: **HEALTHY START**

Ambition:
To give Leicester's
children the best
start in life



Having the healthiest possible start in life increases the prospects of positive mental and physical health in the future. There are many factors that influence the health and wellbeing of our children and young people, from the health and lifestyle choices of mothers during pregnancy, the environment in which a child grows up and the education that child receives.

Actions that can be taken in the first few months and years of life to increase a child's likelihood of good health include supporting the mother to breastfeed, ensuring the child is immunised, and supporting the child to develop healthy behaviours such as practising good oral hygiene and exercising regularly. Activities that instil confidence and resilience in children are the key to supporting positive mental health. We also recognise the possible impact of emerging issues such as new technologies, including social media, on the mental health and wellbeing of children and young people.

Key issues affecting children and young people in Leicester

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|------------------------------------|--|
| Early years health | Infant mortality in Leicester is higher than the national average. Risk factors include poor maternal/family lifestyle choices, not breastfeeding and not immunising infants |
| Mental health | One in ten children between five and 15 years suffers from poor mental health. One in four children has a parent at risk of developing a common mental health problem |
| Healthy eating and exercise | Childhood obesity in Leicester is higher than it is nationally, due to a number of different reasons |
| Oral health | Leicester has one of the worst rates of children's oral health in the country. This is particularly the case amongst under fives |



Key things we are doing to give children and young people a healthy start:

Reducing infant mortality

we are reducing the risk factors of infant mortality in the city by providing new mothers and families with information and support;

Physical activity and diet

we are encouraging more school-age children to be physically active by encouraging each school in Leicester to take part in the Daily Mile initiative. We are also encouraging small sustainable changes to diet and other positive behaviour through the 1000 tweaks campaign derived from the healthy weight strategy;

Oral health

we are supporting children and families to develop good oral hygiene from an early age by signing up nurseries and other early year settings to the Healthy Teeth, Happy Smiles programme;

Mental health

we are raising awareness in schools, colleges and workplaces about mental health stigma through the Time to Change Leicester campaign.

Examples from our Action Plan:

- help more women and their families to have a healthy pregnancy by stopping or decreasing smoking, and reducing harm to mother and baby;
- help new parents to give their babies a healthy start by providing supportive environments which encourage mothers to breastfeed their babies;
- develop play and learning opportunities in cultural and public places for children to develop the skills that will equip them to have good mental and physical health;
- work with schools and colleges to provide children and young people with education about positive relationships and support their emotional development.

Please refer to the Action Plan document for a full list of objectives and actions.

THEME 4: HEALTHY LIVES

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

A healthy lifestyle reduces the risk factors linked to developing long term mental and physical health conditions. People with chronic health conditions can manage these risks and prevent their health from becoming worse by making healthy choices.

Lifestyle choices such as smoking, excess drinking of alcohol, poor diet and a lack of exercise contribute to around 40% of premature deaths in the city. Poor health choices made in adulthood may also have a negative impact on health in later life.

Environmental factors such as secure employment, a sense of purpose and having meaningful social connections also contribute towards positive health. Having access to cultural activities, such as museums and theatre and opportunities for learning outside of work, helps overall health and wellbeing throughout our lives, as does feeling part of the local community by having strong relationships with friends, family and faith groups.



Key issues affecting people in Leicester

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|-----------------------------------|---|
| Chronic conditions | Rates of diabetes are significantly higher in Leicester compared to England, with an estimated 31,000 adults living with diabetes in the city. The number of people living with more than one chronic condition is increasing |
| Lifestyle choices | Half of adults in Leicester are overweight or obese. One in ten adults drinks alcohol above the recommended weekly units. One in five adults in Leicester eats the recommended five fruit and vegetables a day and two in five do less than the recommended 150 minutes of exercise a week. Our most vulnerable groups, such as those living in the most deprived areas, are at risk of making poor lifestyle choices |
| Mental and physical health | There is a clear link between mental and physical health. People with poor mental health may neglect their physical health and people who are physically unwell may develop poor mental health |



Key things we are doing to help people live healthy lives:

Reducing risk factors for cardiovascular disease, respiratory disease, chronic illnesses or cancer

we are encouraging more people to take up or increase their levels of physical activity through initiatives like Active Leicester and we are supporting people to walk and cycle more. We are encouraging people to eat more healthily through the delivery of the Food Plan and are supporting people to reduce smoking and alcohol consumption;

Reducing diabetes in the city

we are raising awareness of the condition and the importance of early diagnosis, and improving care and timely access to diagnosis, by working as part of Cities Changing Diabetes.

Examples from our Action Plan:

- increase the number of residents taking part in physical activity, by working in partnership with organisations and communities, particularly those who are currently inactive;
- support the high number of people in the city who have chronic conditions to make long-term, positive lifestyle changes and continue to live independently;
- increase the number of people with basic level skills by promoting our adult and family education services to improve employment and earning potential;
- work with the arts and museums service to increase access, including through out reach initiatives;
- reduce social isolation and loneliness amongst people living in the city and encourage them to use facilities in their local school, workplace or community.

Please refer to the Action Plan document for a full list of objectives and actions.

THEME 5: HEALTHY AGEING

Ambition: To enable Leicester's residents to age comfortably and confidently

In modern society 'age' can be less about years lived and more to do with subjective health and wellbeing - how we feel inside.

With people living longer, supporting people in retirement is even more important. Protecting our residents' continued health and wellbeing into older age requires them to have a continued sense of purpose. This may be through sharing their expertise, trying something new or giving back to society. Older residents at risk of poverty and those who are frail may need more practical support with healthcare and housing.

Healthy ageing is also about equality. As we age, discrimination can increase. Many older people in Leicester also suffer multiple discrimination, for example being both older and a woman, or older and a person from a minority group.

About 40% of people aged over 65 have a limiting long-term health condition and have a higher risk of developing sensory impairments such as loss of vision. There needs to be early diagnosis of, and effective support for, people with dementia. Older people need appropriate, timely access to the support they need to stay independent for as long as possible.

Supporting older people to manage their wellbeing can involve promoting good lifestyle choices such as a healthy diet, fluid intake,



exercise, oral health, flu (and other) vaccinations and regular NHS, or other, health checks. Maintaining good mental health in older age is also of key importance, particularly in helping people to cope with social isolation and loneliness.

Key Issues affecting older people in Leicester

| | |
|------------------------------|---|
| Lifestyle factors | The onset or progress of some health-related conditions can be influenced by lifestyle factors, with those aged 65+ being less likely to undertake the recommended amount of exercise, and more likely to be overweight or obese, and drink above recommendations |
| Environmental factors | For some older people living in Leicester it is more difficult to travel independently and/or access facilities. They are more likely to experience social isolation and loneliness, and may find online communication more difficult |
| Mental health | An increasing number of people aged 65+ feel socially isolated and lonely. However, those aged 65+ generally report a higher state of mental wellbeing than people under 65 |



Key things we are doing to promote healthy ageing:

Managing dementia in the community

we are creating 'dementia friendly' public spaces throughout the city by working with public, private and voluntary sector age-friendly partners;

Working towards managing the health of multi-morbid older people

we are encouraging people to make positive changes that will improve their mental and physical health by working with partners to signpost and refer people to relevant lifestyle services. We are also supporting the NHS to deliver the frailty pathway (the route that a patient will take from first contact through to referral, to the completion of their treatment);

Empowering older people to live independent lives for longer

we are encouraging older people to practice self-care and independence and improve their own wellbeing by working with partners to implement a model of support.

Examples from our Action Plan:

- support older people to have good health and wellbeing and feel safe from exploitation and abuse;
- work with partners to make sure that older people feel safe and confident in their own homes and around the city;
- support informal carers to improve their own physical and mental health and wellbeing by using cultural and community resources;
- encourage older people to access leisure and cultural spaces in their local communities to overcome social isolation and improve mental and physical health;
- help older people to manage and protect their health by ensuring that their environments encourage them to eat healthily, exercise, and not to smoke or drink excessively.

Please refer to the Action Plan document for a full list of objectives and actions.



Engagement and consultation

A variety of sources have informed our ambitions for Leicester's Joint Health and Wellbeing Strategy. Initial engagement, consultation and research for the strategy and supporting action plan has already taken place in three ways:

- [1] We ran a series of workshops to inform the development of the strategy themes. Stakeholders, partners, and professionals from a range of organisations were invited to make suggestions for improving health and wellbeing in each area;
- [2] We consulted with authors of existing strategies and plans (including Leicester's Joint Specific Needs Assessments, Leicester's Health and Wellbeing Surveys and Health Needs Neighbourhood Profiles) that relate to the wider determinants of health when we developed objectives and actions for each theme of the strategy;
- [3] We carried out an engagement roadshow with several partners to raise the awareness of the strategy, and to give the opportunity for them to comment and input on this draft version.

This strategy has also been through an eight-week public consultation period, which has given organisations and members of the public a further opportunity to engage with the document and make comments.

Delivery and monitoring

Leicester's Health and Wellbeing Board is responsible for ensuring that there is a Joint Health and Wellbeing Strategy for the city. This strategy will provide focus and direction for the work of the board. The details of how our objectives will be delivered and measured are set out in our action plan and progress will be reviewed and monitored by the Health and Wellbeing Board.

Monitoring and delivery of the strategy and action plan will be supported by subgroups reporting to the Health and Wellbeing Board and through indicators using guidance from the What Works Centre for Wellbeing.





Leicestershire
Police
Protecting our communities

LEICESTERSHIRE
FIRE and RESCUE SERVICE
protecting our communities

Leicester City Clinical Commissioning Group
Leicestershire Partnership Trust
East Midlands Ambulance NHS Trust
University Hospitals of Leicester
NHS England and NHS Improvement Midlands

