

Healthy Leicester

Proposed Health and Wellbeing Board Strategy 2019 – 2024

- 2 Our approach**
- 3 Overview**
- 5 Our ambition for Leicester**
- 6 Theme 1: Healthy Place**
Making Leicester the healthiest possible environment in which to live and work
- 8 Theme 2: Healthy Minds**
Promoting positive mental health within Leicester across the life course
- 10 Theme 3: Healthy Start**
Giving Leicester’s children the best start in life
- 12 Theme 4: Healthy Lives**
Encouraging people to make sustainable and healthy lifestyle choices
- 14 Theme 5: Healthy Ageing**
Enabling Leicester’s residents to age comfortably and confidently
- 15 Engagement and consultation**
- 16 Delivery and monitoring**

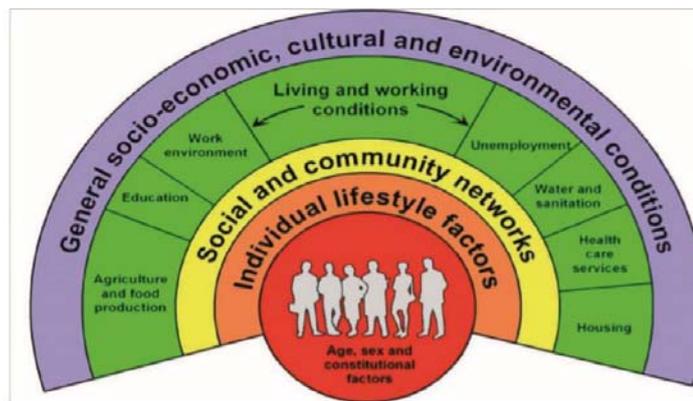
Our approach

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

Our strategy is a 'call to action' to tackle the origins of ill health in our city by fostering a shared understanding and 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. In line with the views of Sir Michael Marmot, we need to have a more rounded approach to addressing health challenges and consider 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 interact to determine a person's health and wellbeing.



The Determinants of Health (Dahlgren and Whitehead 1992)

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.

Overview

Our vision is: **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.

There is an *Action Plan which* underpins this Health and Wellbeing strategy. The action plan sets out what needs to be done to achieve the objectives set out in the strategy and creates a framework for accountability and monitoring progress towards achieving our vision.

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 the inequality between these two groups 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.

People's health behaviours are influenced by their 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 the higher 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, for example depression or anxiety, and around 3,400 people live with an enduring mental health condition, such as schizophrenia or bipolar 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.

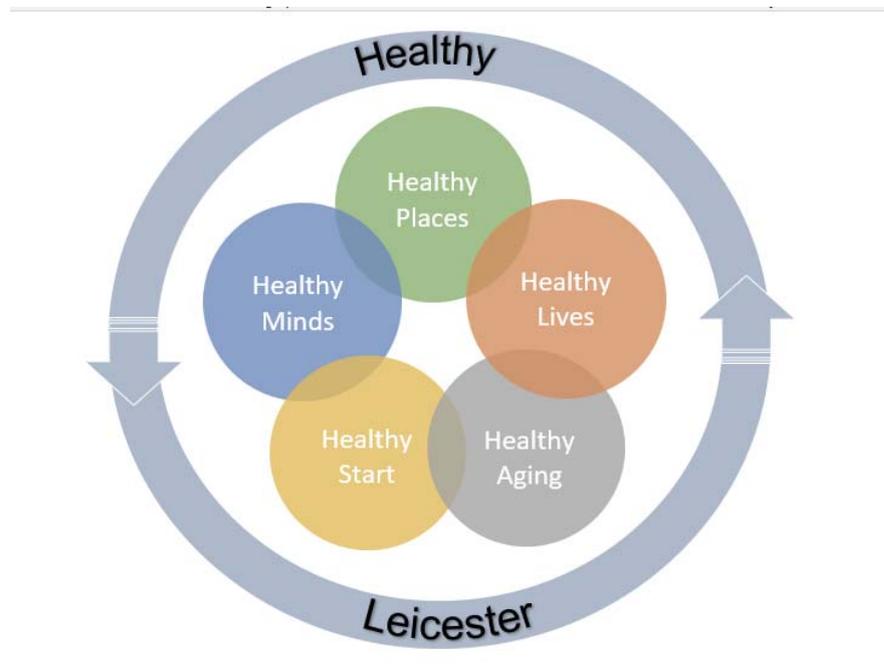
This impacts on people of all ages, particularly older people, but this is becoming increasingly common amongst younger people (16 -24 years).

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:

- Healthy Places – to make Leicester the best place possible to live and work;
- Healthy Minds – to promote positive mental health in Leicester across the life course;
- Healthy Start – to give Leicester’s children the best start in life;
- Healthy Lives – to encourage people to make sustainable and healthy lifestyle choices;
- Healthy Aging – to enable Leicester’s residents to age comfortably and confidently.



Theme 1: Healthy Place

To make Leicester the best place possible to live and work

Our environment has an impact on our quality of life, our health and our life expectancy. A healthy place promotes good health. It has green and open spaces, libraries and museums. The air is fit to breathe, the houses 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.

People living in environments with increased air and noise pollution, combined with a lack of green space and low-paid and insecure occupations with reduced social mobility opportunities, 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. Four out of five people are satisfied with their local green space but people in north west Leicester report low satisfaction
Housing	One in five households in Leicester are overcrowded, rising to two in five if they have children. Private and social renters are more likely to have concerns about the condition of their housing
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.

4

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 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, helping them to stay mentally and physically active and overcome social isolation. Our libraries and neighbourhood centres provide welcoming spaces with access to activities, information, books and online resources, helping citizens to stay connected. We are also encouraging individuals and groups to take ownership of their local area.

Through this strategy, we will:

- work with businesses and communities to increase healthy food options to help reduce obesity levels in adults and children;
- continue to ensure all residents have a decent home by maintaining and improving housing standards 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).

Theme 2: Healthy Minds

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.

Suicide is a major cause of early death in the city. 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 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 (this is called parity of esteem).

Key issues affecting mental health in Leicester

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 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.

Through this strategy, we will:

- 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.

Theme 3: Healthy Start

To give Leicester's children the best start in life

[To be illustrated with infographics]

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 the mother during pregnancy, to the environment into which a child is born and grows up in and the education they receive.

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, child immunisations, maintaining a healthy weight, practising good oral health and taking part in regular exercise. Positive activities that instil confidence and resilience also support positive mental health. We must also recognise the possible impact of emerging issues such as new technologies, including social media, on mental health and wellbeing and protect our children and young people.

Key issues affecting children and young people in Leicester

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 5 and 15 years suffer from poor mental health. One in four children have a parent at risk of common mental health problems
Healthy eating and exercise	Childhood obesity in Leicester is higher than it is nationally and is 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 5s

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/sports – we are encouraging more school-age children to be physically active by asking each school in Leicester to take part in the Daily Mile initiative;

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 stigmatising those with poor mental health with the *Time to Change Leicester* campaign.

Through this strategy, we will:

- help more women and their families to have a healthy pregnancy by stopping or decreasing smoking, reducing harm to mother and baby;
- help new parents to give their babies a healthy start by providing supporting environments which encourage mothers to breastfeed their babies;
- develop play and learning opportunities in cultural and public places to support 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.

Theme 4: Healthy Lives

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 well 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 in middle age 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

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 are overweight or obese. One in ten drinks alcohol above the recommended weekly units. One in five eat the recommended five fruit and vegetables a day. 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, 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 and are supporting them to reduce smoking and alcohol consumption. These changes will have a positive impact on people's quality of life and life expectancy;

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*.

Through this strategy, we will:

- increase the number of residents, particularly inactive people, taking part in physical activity by working in partnership with organisations and communities;
- 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 outreach 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.

Theme 5: Healthy Ageing

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, support in the life stage of retirement is even more important. Protecting our residents' continued health and wellbeing into older age requires them to have a continued sense of purpose by sharing their expertise, trying something new or giving back to society. Older residents at risk of poverty and those who are frail need to get the additional help and support they need.

Healthy aging is also about equality. As we age, discrimination can increase. Many older people also suffer double discrimination, for example, women and people from minority groups.

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) vaccination and regular NHS or other health checks. Maintaining good mental health in older age including 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 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 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.

Through this strategy, we will:

- 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, not smoke or drink excessively.

Engagement and consultation

A variety of sources have informed our ambitions for Leicester's 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 (Leicester City Council's Public Health service) 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 will also go through a further public consultation period, which will give organisations and members of the public more 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 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 set out in guidance from the *What Works Centre for Wellbeing*.