

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).