

THE

# Joint Health and Wellbeing Strategy

## ACTION PLAN



The purpose of this Action Plan is to support the vision of the Joint Health and Wellbeing Strategy which is: ‘To give everyone the opportunity to achieve and maintain good mental and physical health over the course of their life’. The action plan sets a clear approach to setting out our aims (WE WILL), the specific actions that need to be completed (BY) and why it is important to health and wellbeing (BECAUSE).

The aims and objectives presented here have been developed to highlight the importance of Place and the relevance of Minds to all areas of the strategy and Action Plan. It should be noted that aims and objectives have been placed within the most appropriate theme, however there is a high degree of overlap which means many aims and objectives are applicable to more than one theme.

Monitoring and delivery of The Joint Health and Wellbeing Strategy and Action Plan will be supported by subgroups reporting into the Health and Wellbeing Board.

## Healthy Places

Ambition	WE WILL	BY	BECAUSE
To make Leicester the healthiest possible environment in which to live and work	1. Influence the environment to make healthier choices more accessible	a) Work with businesses and communities to increase healthy food options to help reduce obesity levels in adults and children	The built and natural environment are major determinants to health and wellbeing. These three actions address Leicester’s food landscape, open and green space and the building infrastructure, all of which can influence a person’s behaviour. Quick and easy access to fast food in the highstreets may influence a person to have an unhealthy diet, whilst having open and green and blue space in close proximity may make it easier for people to be physically active.
		b) Continue and develop initiatives which preserve and encourage use of green, open and blue spaces which support good physical and mental health in people	
		c) Work with planning and associated departments to support city residents to make choices that benefit their health and wellbeing	
	2. Ensure decent homes are within the reach of all citizens	a) Provide warm home measures and energy efficiency advice to support households experiencing fuel poverty	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 extreme negative impacts on physical and mental health. Having comfortable housing in a safe environment can make us feel more connected and confident within our communities.
		b) Support vulnerable people to maintain a stable level of health while in their home and help maintain their tenancies	
		c) Improve the number of households prevented from becoming homeless by providing suitable accommodation and support options	
		d) 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	
	3. Improve air quality	a) Increase the uptake of more sustainable transport options to encourage active and sociable communities	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 pollutant levels than rural areas.
		b) Work with transport sectors to reduce their environmental impact and reduce harm to resident’s health	
		c) Work towards an ultra-low emission zone for all vehicles to help reduce the impacts of poor air quality on health	
	4. Develop and encourage healthy neighbourhoods and a sense of community	a) Involve communities in the development of health improvement to improve long term engagement in positive health behaviours	Safety in the community has a huge impact on our ability to interact, go outside, and be active. Living in a safer community makes us more likely to use local assets, such as parks and community centres. Involving the community in decisions about its health will make for more meaningful and sustainable change in health behaviours.
		b) Influence environmental factors that enable residents to feel sufficiently safe within their communities to actively participate in positive health choices	
c) 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.			

# Healthy Minds

Ambition	WE WILL	BY	BECAUSE
To promote positive mental health within Leicester and across the life course	1. Support positive mental health among children and young people	a) By 2021 all Leicester schools will adopt the Route to Resilience programme, to develop school environments that are supportive of the mental health of children, young people and staff.	Ensuring that mental health is considered throughout each stage of school will support both pupils and teachers. At school, children should be encouraged to be interested in life, feel hopeful about their futures, and have opportunities to enjoy themselves. Schools should foster an environment where children feel trusted, understood, valued and safe. Taken together, these factors can help children and young people to be resilient and have the strength to cope during stressful life events.
	2. Improve emotional resilience to sustain mental wellbeing among working age adults	a) 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	The promotion of positive health and wellbeing within the workplace can have a significant impact on an organisation, the economy and society; all of which derive from the wellbeing of employees. The workplace can present challenges and barriers to maintaining good mental wellbeing. Supporting the wellbeing of employees can create a positive workplace resulting in increased productivity and lower levels of sick leave. Therefore, it is important for employers to develop a workplace culture where open and honest communication is encouraged, bullying and harassment is not tolerated, and people are treated with dignity and respect.
		b) Promote the 5 ways to wellbeing to improve resilience of working age adults to mental health problems	
		c) Support medical professionals in the use of non- medical interventions for working age adults who are experiencing low-level stressful circumstances	
	3. Promote zero suicide in Leicester	a) Lead a conversation in Leicester around suicide prevention	Every year, between 20-30 people in Leicester die by suicide. Many stressful life events can contribute to a death by suicide, such as relationship breakdown, poor mental health, or managing debt. Promoting zero suicide requires a change in the way people think and talk about suicide. This involves key partners so that support in Leicester is focused on prevention, early intervention and personalised care. This will help stop people reaching crisis point and prevent people from feeling that taking their own lives is their only option.
		b) Improve support for people bereaved or affected by death by suicide	
		c) Support the delivery of the local Suicide Prevention Strategy and Action Plan	

# Healthy Start

Ambition	WE WILL	BY	BECAUSE
To give Leicester's children the best start in life	1. Help women and their families to experience a healthy pregnancy	a) Provide a supportive workforce that can provide accessible, appropriate advice for women who disclose they have been victims of domestic or sexual violence at any stage of pregnancy in any setting	Experiences during pregnancy can have an impact on the health and wellbeing of a mother and baby during the term of pregnancy and also the relationship and development after birth. Incidence of domestic abuse can increase during pregnancy. It can be physical, sexual, emotional, psychological or financial. This can put the mother and baby's life at risk, as well as affect the baby's development. Smoking during pregnancy can create severe complications such as increasing the likelihood of premature births, miscarriages and still births.
		b) Help more women and their families to have a healthy pregnancy by stopping or decreasing smoking, and reducing harm to mother and baby	
	2. Work with new parents to provide a healthy start for babies	a) Help new parents to give their babies a healthy start by providing supportive environments which encourage mothers to breastfeed their babies	While the number of infant deaths (before 1 year old) are small in the city, each death is a tragedy, and figures remain higher in Leicester City than they are in the rest of the county. There are many modifiable risk factors that can be put in place to reduce the risk of infant death. The foundations for virtually every aspect of human development – physical, intellectual and emotional – are set in place during pregnancy and in early childhood. What happens during these early years has lifelong effects on many aspects of health and wellbeing, educational achievement and economic status.
		b) Reduce risk factors for infant mortality by providing timely information and support	
		c) Encourage parents to understand the importance of attachment, bonding, interactions and communication in the development of new born babies	
	3. Support families and caregivers to influence and practice positive health behaviours with children	a) 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	The communication and interactions in families can influence a child's development. If positive behaviours are instilled from a young age and you have the support of your family and friends, it is more likely that behaviours will be adopted into adulthood. Cultural and public assets can support families to be creative with activities that help development and help form positive relationships within the family unit and with others.
		b) Address the needs of children affected by parental substance misuse	
	4. Provide children with good conditions which enable them to learn and develop	a) Continue to develop initiatives in the school environment which facilitate sustainable positive health behaviours and ensure that children who are struggling are able to quickly access confidential advice	Supporting children and young people to thrive in school years is pivotal. It is important to identify and help children, young people and families with problems that might affect their chances later in life, including building resilience to cope with the pressures of life, and addressing safe guarding concerns. It is important for young people to attend schools which look after the wellbeing of its pupils and promotes and encourages positive health behaviours such as practising good oral hygiene, eating a balanced diet and getting regular exercise.
		b) work with schools and colleges to provide children and young people with education about positive relationships and support their emotional development.	

# Healthy Lives

Ambition	WE WILL	BY	BECAUSE
<b>To encourage people to make sustainable and healthy lifestyle choices</b>	<b>1. Increase the number of people engaging in protective behaviours</b>	a) Increase the number of residents taking part in physical activity, by working in partnership with organisations and communities; particularly those who are currently inactive	Lifestyle choices such as these have a huge impact on a person's wellbeing and on the healthcare service. It is important for action around these to be considered by healthcare and non-healthcare services as it is evident that both interlink in supporting sustainable behaviour change.
		b) Improve the access to affordable, healthy food for all, whilst seeking to address the underlying causes that promote unhealthy foods choices	
		c) Create environments that only support responsible drinking within the recommended guidelines to reduce risk of alcohol specific illness/mortality.	
		d) Continue to support people to stop smoking within the home and public places to limit illness and health condition associated with smoking and passive smoking.	
<b>2. Address the prevalence and management of chronic conditions</b>		a) 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	Living with a chronic condition can make life difficult to manage and reduce the ability for people to self-manage and thus increase the demand of healthcare services. Support in prevention and management of chronic conditions requires many partners to work together across the city. A large portion of people in Leicester are suspected to be living with diabetes, but may not have a diagnosis, encouraging this group to attend NHS health checks is of key importance.
		b) Increase the number of eligible people taking up the offer of an NHS Health Check to prevent development of long term conditions	
		c) Improve the provision of initiatives supporting healthy lifestyles to prevent the rise in the prevalence of diabetes and to support those with the existing condition.	
<b>3. Support access to education and good quality employment</b>		a) Increase the number of people with basic level skills by promoting our adult and family education services to improve employment and earning potential	Good education increases the likelihood of long-term employment. Being in work is both beneficial for physical and mental health. Education and employment have a direct impact on an individual's ability to live a healthy life, which can therefore additionally impact on the whole family network.
		b) Encourage employers to actively support the mental and physical health of their employees by creating supporting, inclusive environments that encourage and facilitate healthy behaviours	
		c) Increase the number of people moving into employment/ education who are classed as Not in Education, Employment or Training (NEET), to improve their quality of life and long term mental and physical health	
<b>4. Take steps to reduce social isolation and loneliness amongst people living in the city</b>		a) Reduce social isolation and loneliness amongst people living in the city and encourage them to use facilities in their local school, workplace or community	Social isolation and loneliness can have a detrimental impact on health; similar to many long-term physical health conditions. Encouraging organisations to support people who may be at risk of social isolation through community groups, social groups at work or at school will help people feel more valued as part of their local communities. Organisations should also be aware of services in their local area that can help individuals who may need further mental health support, to encourage their engagement in the community.

# Healthy Ageing

Ambition	WE WILL	BY	BECAUSE
<b>To enable Leicester residents to age comfortably and confidently</b>	<b>1. Support older people to have good wellbeing and feel safe in their own homes</b>	a) Support the mental health of older people by enabling them to remain in their own homes for as long as possible	A welcoming, safe and familiar living environment is very important for facilitating good health. For older people remaining in familiar environments can reduce stress and improve a sense of community and belonging. This is about making sure that older people, particularly the vulnerable are kept safe from any form of exploitation and abuse. It is also about making sure that homes are safe and secure places to be.
		b) Facilitate supportive, friendly environments where older people are safe from exploitation and abuse to support good health and wellbeing	
		c) Working with older people to make sure that their homes are safe and secure	
	<b>2. Support informal carers to continue to care and improve their health and wellbeing</b>		a) Using cultural and community assets to support the mental and physical health of carers
<b>3. Support older people to utilise and engage with their local communities</b>		a) Encourage older people to utilise parks, open spaces, waterways and other assets in the city as these spaces support good mental and physical health	The community is vital in supporting older people to feel included and valued. A person's social network can have a significant impact on health and assets within the community can help improve and strengthen resilience to mental and physical health problems. Therefore, it is important to help enable older people to make full use of the local spaces and places around them. It involves recognising and working with partners to overcome any barriers to their participation. This includes making opportunities for multigenerational activities, breaking down barriers and increasing social inclusion. It will also help to recognise the valuable contributions that older people can and do make to society.
		b) Encourage older people to access leisure and cultural spaces in the city to overcome social isolation and improve mental and physical health	
		c) Encourage opportunities in communities for multigenerational work between older people and children/young people to pass on skills, knowledge and experience and help to facilitate good mental health in older people	
<b>4. Support older people to manage and protect their health and wellbeing</b>		a) Ensure that environments encourage older people to practice protective behaviours to help maintain positive health and wellbeing .	Continuing to practice protective behaviours such as eating healthily, being physically active, not smoking and not drinking excessively, can help people to live in good health for longer. It may also help to protect against some illnesses occurring or prevent existing ones from worsening. This is about working with partners to encourage older people to recognise the importance of protecting their health as they age and supporting them to manage their health and wellbeing
		b) Improve the provision of environments and initiatives which encourage independent living and minimise future deteriorations to support healthy ageing	