

# Health and Wellbeing Strategy: Priority 1 Helping People Live Healthy Lives

## IMPACT SUMMARY



Improved health and wellbeing

## OUTCOMES

### By 2030:

- People have a healthy weight and are active
- Substance misuse (drugs/alcohol) is low
- Everyone lives in good and appropriate housing
- Serious diseases are prevented through vaccination and early diagnosis
- Domestic abuse is reduced by ensuring identification, early intervention and support is provided at the earliest opportunity
- People's health and lifestyle is positively affected by the environment
- People with a disability or lifelong limiting illness are supported to live independently for as long as possible

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## WHO IS LEADING THIS?

### Priority sponsor:

Rod Brown, Head of Community and Housing, Epsom and Ewell District Council

### Accountable Executive:

Ruth Hutchinson, Acting Director of Public Health, Surrey County Council

### Programme Manager:

Amy Morgan, Policy and Programme Manager, Surrey County Council

## What will be different for people in Surrey?

The community vision for Surrey describes what residents and partners think Surrey should look like by 2030: *By 2030 we want Surrey to be a uniquely special place where everyone has a great start to life, people live healthy and fulfilling lives, are enabled to achieve their full potential and contribute to their community, and no one is left behind.*

In light of the community vision and the vital role people and organisations in the health and care system play in its delivery, the strategy sets out Surrey's priorities for improving health and wellbeing across the population and with targets for the next 10 years. It identifies specific groups of people who suffer higher health inequalities and who may therefore need more help. And outlines how we need to collaborate so we can drive these improvements at the pace and scale required.

Priority one of the Health and Wellbeing Strategy focuses on enabling and empowering our citizens to lead healthier lives. This priority area is entirely focused on prevention, removing barriers, addressing the wider determinants of health and supporting people to become proactive in improving their health.

Priority one cuts across seven focus areas including:

- Housing
- Living independently and dying well
- Domestic abuse
- Substance misuse and alcohol
- Preventing serious conditions and diseases
- Excess weight and physical inactivity
- Healthy environment

In 10 years, we will have:

- Improved healthy life expectancy among residents, focusing in particular on tackling existing health inequalities in Surrey by focusing on prevention and the wider determinants of health.
- Worked with communities to build a greater awareness and commitment among Surrey residents of ways to maintain a healthy lifestyle, supporting residents to make healthy choices preventing the onset of major diseases such as diabetes and cardio vascular disease.
- Enabled people to tackle risky drinking and recreational drug use, preventing addiction, by focusing more support on alcohol prevention
- Supported those experiencing multiple and severe disadvantage in Surrey to engage with services to recover from mental ill-health and substance misuse, and to settle in their own home
- Enabled Surrey residents to access integrated reablement services and technology to enable those with a disability or illness to live as independently as possible, and supported those at the end of their life to die a dignified death
- Tackled environment around us to support healthy choices through access to green space, healthy high streets, appropriate housing options and cleaner air
- Strengthened partnerships across Surrey to ensure every child and adult experiencing domestic abuse will be seen, safe and heard and free from harm of perpetrator behaviour, ensuring both victims and perpetrators of domestic abuse access the right services at the right time.



## WHAT WILL PRIORITY ONE DELIVER?

### Excess weight and physical inactivity

- A Whole Systems Approach to physical activity including improving green spaces, transport initiatives, and healthy planning
- A Whole Systems Approach to tackling childhood obesity
- A 'Healthy Food Environment approach with a focus on the most deprived areas and residential care

### Substance misuse and alcohol

- A refreshed Substance Misuse strategy and partnership, with a new Alcohol and Tobacco Alliance to increase focus on alcohol prevention (including trading standards, licensing, etc)
- Targeted approaches to vulnerable groups to support them to stop smoking
- A programme to address access to substance misuse and mental health service for those with Serious Mental Illness

### Housing

- A programme to provide better support to people experiencing severe and multiple disadvantage in Surrey, including homelessness and a system approach to eliminate rough sleeping in Surrey
- A fuel poverty offer for those living in crisis and a project to support people who hoard in Surrey
- Specialist housing to enable independent living

### Living independently and dying well

- An integrated Technology Enabled Care service
- A system-wide communication and financial strategy for End of Life Care
- A robust, integrated, and preventative Intermediate Care offer for residents, including a Surrey-wide home adaptations offer to Surrey residents to improve hospital discharge and prevent avoidable admissions

### Domestic abuse

- Early Intervention and approaches for young people
- Support to enable people to recover effectively from domestic abuse
- Rehabilitation Programmes, including couples affected by situational violence

### Preventing serious conditions and diseases

- A Surrey-wide CVD and Diabetes testing programme, improving the diabetes prevention pathway and targeting engagement with key geographies and groups to improve diagnosis and awareness
- A bowel and cervical screening preventative health approach rather than purely for those at high risk
- Targeted engagement with key geographies and groups to improve understanding and uptake of childhood immunisations

### Healthy environment

- Promotion of healthy, inclusive and safe places through planning policies/ including transport/highways policy
- Improved air quality and awareness of the impact of poor air quality
- Embedded environmental sustainability within public sector organisations
- Reduce death and injury on Surrey roads, increased active travel and improved connection of people with the natural environment

## HOW WILL WE KNOW IT IS MAKING A DIFFERENCE?

The following areas will be measured to ensure that priority one is on-track to meeting its deliverables:

- Proportion of adults with learning disabilities living in settled accommodation
- Proportion of adults in contact with mental health services living in stable and appropriate accommodation
- Number of rough sleepers
- Excess winter death index
- Effectiveness of short-term reablement services leading to nil or lower level ongoing support
- Percentage of deaths in usual place of residence
- Unplanned hospitalisation for long term conditions that should not require hospitalisation
- Obesity attributable hospital admissions
- Proportion of year 6 pupils measuring a healthy weight
- Percentage of adults who engage in less than 30 minutes of physical activity per week
- Hospital admissions related to alcohol for under-18 year olds
- Smoking rates among adults employed in routine and manual occupations
- Coverage of vaccination - percentage of 5 year old children with 2 doses of MMR
- Measles incidence rate
- Percentage of GP registered patients diagnosed with hypertension
- Percentage of people expected to have diabetes locally who have a diagnosis of diabetes
- Bowel cancer screening coverage
- Cervical screening coverage
- Domestic abuse - PLACEHOLDER
- Active travel - walking
- Active travel - cycling
- Air quality - PLACEHOLDER
- Utilisation of outdoor space for exercise/health reasons
- Carers – PLACEHOLDER