

## Introduction

The people and organisations in the health and care system will play a vital role in the delivery of the 2030 community vision for Surrey. Recognising this, partners initiated the development of a new **10 year Joint Health and Wellbeing Strategy** for Surrey.

The Strategy is the product of **unprecedented collaboration** between the NHS, Surrey County Council, district and borough councils and our wider partners, including the voluntary and community sector and the police.

The strategy focusses on the importance of **prevention** and **addressing root causes of poor health and wellbeing** – including things like poor housing and the environment – and not simply on treating the symptoms. It is intentionally ambitious.

We want the people of Surrey to **live longer, healthier lives**. We believe that people should be supported to look after themselves and those they care for, and have access to services when they need them. And we want to deliver better health and wellbeing outcomes within our budget.

The strategy focuses on a single set of agreed priorities for the county, in particular where we can **effect change as a partnership**. It is not meant to include everything, and therefore doesn't cover sector specific, organisational or local plans although these will all need to be aligned to this overarching work.

## Context and case for change

Public services in Surrey and across the country are under growing pressure, with continued funding constraints, rising expectations and increasing demand. Surrey's population is older than the national average and this is expected to increase. By 2030 over 22% of Surrey's residents will be aged 65 and over, and more than 30% are already living with a long term condition. Although on the whole Surrey is widely perceived as a 'healthy and wealthy' county, it is not without its share of challenges. For example, it is estimated that 10,600 5 to 15 year-olds in Surrey have a mental health disorder. Similarly, there is considerable variation in deprivation, with over 23,000 children in Surrey living in poverty, which is linked to poor health and wellbeing outcomes for them and their parents.

Health and wellbeing is at the heart of a prosperous society. The evidence is clear; shifting towards a place based approach to deliver key priorities will result in a more effective and efficient service.

We have used the life phases of Start Well, Live Well, and Age Well as a framework for understanding the current health and wellbeing of our population. The Surrey Joint Strategic Needs Assessment has provided a comprehensive source of information to inform our priorities.

Alongside the data we have about people's health and wellbeing, citizen engagement has and will continue to form a vital role in the design and delivery of the Strategy. The three phases to this are: 1. using the feedback we have to inform our priorities; 2. publishing our draft Strategy to test those priorities and make sure we're on the right track; and 3. working with residents to co-design and co-produce the solutions we need to achieve the outcomes described in the Strategy.

## Priorities for Surrey

The Strategy describes the evidence based approach we have taken so that we focus on Surrey's greatest challenges and, where appropriate, target the groups of the population that need additional help to achieve their target outcomes.

Surrey will focus on three interconnected priorities:

- **Leading healthy lives;**
- **Having good emotional wellbeing; and**
- **Fulfilling potential.**

Described overleaf these areas in more detail.

## Priority areas and population groups

Priority	1	2	3
	<b>Helping people in Surrey to lead healthy lives</b> 1.1 Working to reduce obesity and excess weight rates 1.2 Supporting prevention and treatment of increasing risk and harmful drinking 1.3 Ensuring that everyone lives in good and appropriate housing 1.4 Promoting prevention to decrease incidence of serious conditions and diseases 1.5 Helping people to live independently for as long as possible and to die well	<b>Supporting the emotional wellbeing of people in Surrey</b> 2.1 Enabling children, young people, adults and elderly with mental health issues to access the right help and resources 2.2 Supporting the emotional wellbeing of mothers throughout and after their pregnancy 2.3 Preventing isolation and enabling support for those who do feel isolated	<b>Supporting people in Surrey to fulfil their potential</b> 3.1 Supporting children to develop skills for life 3.2 Supporting adults to succeed professionally
	Empowering our citizens to lead healthier lives. This includes individual lifestyle factors, but also considers built environments and how that impacts on health. This priority area is entirely focused on prevention, and about creating healthy and proactive people who take ownership of their health.	Enabling the emotional wellbeing of our citizens by focusing on preventing poor mental health and supporting those with mental health needs. Empowering people to seek out support where required to prevent further escalation of need, but this priority is also about creating communities and environments that support good mental health.	Enabling our citizens to generate aspirations and fulfil their potential by helping them to develop the necessary skills needed to succeed in life. This is not only related to academic success, but also to wider skills and involvement in communities. Healthy lifestyles and emotional wellbeing are fundamental to fulfilling potential - this priority builds on this by empowering citizens locally.
1a	People have a healthy weight and are active	2a	People with depression and anxiety are identified early and supported
1b	Substance misuse is low	2b	No-one in Surrey feels isolated
1c	Everyone lives in adequate housing	2c	Mental health surrounding pregnancy is supported
1d	Prevention of disease through vaccination and early diagnosis	3a	No-one is left behind
1e	People are supported to live independently for as long as possible	3b	People feel fulfilled in life

To avoid any groups of the population being left behind, Surrey will focus on tackling these priorities across the entire population, as well as within some specific groups of people which are often overlooked or most at risk. Those population groups are:

- The **general population**
- **Children with special education needs and disabilities** and **adults with learning disabilities and / or autism**
- **Young and adult carers**
- **People who need support to live with illness, live independently, or to die well**
- **Deprived or vulnerable people**

These priorities and target groups have been identified based on extensive data and benchmarking analysis as well as stakeholder engagement across the county. They focus on prevention in its earliest form, and on providing the right 'place' for the population to thrive and reach their full potential. For each of the population groups our Strategy describes: the difference we're trying to make through some key measures of success (this includes 10 year outcome targets and the financial and activity impact); example initiatives or programmes we have identified; and how we will need to work together differently as partners to achieve our ambitions ('building capabilities').

### System capabilities

Our target outcomes over the next 10 years give us a clear vision of what we want to achieve for our citizens and organisations in Surrey. Breaking down the barriers that might be preventing collaboration across the different parts of the Surrey system will be critical for success, and to driving real system change. In addition to the specific capabilities we've highlight for each of the population groups, the eight system-wide capabilities we are committed to developing and embedding are:

- Community development
- Clear governance
- Estates
- Workforce and culture
- Programme management
- Digital and technology
- Intelligence
- Devolution / alignment of incentives

**To find out more:** You can find a copy of (and comment on) the draft Surrey Joint Health Wellbeing Strategy at <https://www.surreysays.co.uk/>.