

HEALTH AND WELLBEING PLAN

1. RECOMMENDATIONS

- 1.1 That the Cabinet recommend to Council that the Health and Wellbeing Plan is adopted.

2. INTRODUCTION

- 2.1 This report presents the Council's Health and Wellbeing Plan for the District. It brings together, in one document, a suite of actions designed to help and support the health and wellbeing of residents of the District. The Plan is set out in Appendix 1 to this report. It covers the period 2022 to 2025 but will be reviewed annually with additional actions, as necessary.
- 2.2 The Plan builds upon the work that has been on-going for many years across a number of tiers of local government, involving partners and other public bodies.
- 2.3 The Plan recognises the importance of the role that the District Council plays in supporting the health and wellbeing of local residents, whilst working within a Hampshire wide strategic framework.

3. BACKGROUND

- 3.1 The plan is based upon and supports the 'Strategy for the Health and Wellbeing of Hampshire 2019-2024' which is compiled on behalf of the Hampshire Health and Wellbeing Board. This uses insight from the Joint Strategic Needs Assessment (JSNA) to set the relevant priorities.
- 3.2 The Joint Strategic Needs Assessment is an assessment of the current and future health and social care needs of the local community and has helped shape the priorities within the Plan.
- 3.3 Evidence illustrates that some parts of the District are disproportionately affected by the causes and impacts of the wider detriments of health. The Council's Health and Wellbeing Plan aims to address areas which have the largest impact on the range of wellbeing issues that residents face.
- 3.4 The Council cannot effectively address such issues alone and needs to adopt a whole system approach, along with partners, in order to tackle health inequalities. This will involve improved collaboration between the Council and statutory, community and voluntary organisations, in order to deliver sustainable change.

- 3.5 A Health and Wellbeing Task and Finish Group was set up in Autumn 2021 to help shape the Plan. Presentations were given by officers of the Council, Hampshire County Council, the NHS and Energise Me to provide Members with data and information to identify priorities and actions.

4. THE PRIORITIES WITHIN THE HEALTH AND WELLBEING PLAN

- 4.1 There are 3 specific overarching priorities within the Plan which have been identified from the Strategy for the Health and Wellbeing of Hampshire and the work undertaken locally by the Council. These are as follows: -

- Working in Partnership
- Increasing Physical Activity
- Improving Mental Wellbeing

4.2 Working in Partnership

4.2.1 This priority sets out a clear objective to work in partnership with other agencies to share resources and ensure cross organisational working to achieve better outcomes for residents. This is fundamental in order to tackle, in a collaborative manner, the health inequalities that exist, which have been exacerbated by the pandemic.

4.2.2 There are a number of actions set out against this theme within the Plan aimed at ensuring effective communication between relevant organisations, including the Council, to maximise the impact of work and to identify greater opportunities for collaboration and effective use of resources.

4.2.3 In order to deliver effective interventions for the identified communities, the Council will need the support of a range of partners from regional and county organisations to local voluntary and community groups. The Council's role will include leading, supporting and signposting. There will be the development of health and wellbeing programmes via the mechanisms set out against the actions identified under Priority 1 in the Plan.

4.3 Increasing Physical Activity

4.3.1 This priority deals with the objective to provide opportunities to residents to increase their physical activity levels and support them with programmes to improve their health and wellbeing.

4.3.2 Increasing physical activity levels is the one thing that health professionals all agree can have the biggest impact on the widest scope of an individual's physical and mental health and wellbeing. There is no situation, no age and no condition where exercise is not a good thing. The Chief Medical Officer recommends that a minimum of 150 minutes a week is needed to be classed as sufficiently active, and less than 30 minutes of activity a week would classify as inactive.

4.3.3 The Plan sets out targeted actions to provide programmes to increase activity levels, especially within identified groups that are disproportionately represented in the inactive sector of the community. These groups would benefit most from

an increase of activity, even if that increase is not enough to qualify as “active”. The barriers to becoming more active are usually complex and the use of insight and targeted programmes are needed to reach the identified groups, highlighted in section 6 of the Plan.

4.4 Improving Mental Wellbeing

- 4.4.1 It is estimated that 1 in 4 adults experience mental health problems at some time in their lives. Mental illness is the single largest cause of disability in England. Poor mental health can have a devastating impact on lives of individuals and communities.
- 4.4.2 This priority looks to deal with the issue of poor mental health within the local community. There is a strong correlation between areas with poorer mental health and wellbeing and those with higher levels of deprivation.
- 4.4.3 The Plan has a number of actions to support partners and residents to build resilience, to tackle the causes of poor mental health and create opportunities to improve mental wellbeing.

5. CONCLUSION

- 5.1 It is clear from the insight and data available that there are stubborn and entrenched health inequalities that negatively impact certain communities within the District. The causes are complex and require a concerted and co-ordinated approach by relevant agencies in order to tackle them effectively.
- 5.2 The Council has a key role to play in improving the health and wellbeing of our residents.
- 5.3 The Council will work with communities to develop opportunities for sustained behaviour change and support residents to feel empowered to create that change.
- 5.4 Working alongside the Council, there are a number of local, regional and national organisations to support residents. By working together, organisations can maximise their respective resources to best effect.
- 5.5 By supporting the creation of healthier and happier communities, residents can live longer and better. This, in turn, will have a direct and positive impact on the social, economic and environmental outcomes for the whole District.

6. FINANCIAL IMPLICATIONS

- 6.1 Actions within the Health and Wellbeing Plan will be met from within existing Council resources. Opportunities to attract extra investment and funding, to aid delivery of the proposed priorities, will be kept under review. Resources will also be kept under close review. The long-term financial impact of creating a healthier community is a positive net contribution to the local economy.

7. CRIME AND DISORDER IMPLICATIONS

- 7.1 By tackling the wider determinants of health inequalities, it is anticipated that there will be a positive impact on anti-social behaviour and crime and disorder, including the fear and perception of crime. Health partners are represented on the Safer New Forest Partnership, which is important, to ensure collaboration amongst statutory partners.

8. ENVIRONMENTAL IMPLICATIONS

- 8.1 There will be positive implications on the environment by increasing levels of activity, especially through the increase of active travel which reduces car usage.

9. EQUALITY AND DIVERSITY IMPLICATIONS

- 9.1 Adoption of the Health and Wellbeing Plan will bring about positive equality and diversity outcomes. The intention of the Plan is to tackle stubborn health inequalities and target vulnerable and deprived communities to assist them improve their health and wellbeing. The plan targets the appropriate available resources to those most in need. It also seeks to include and empower disenfranchised and disengaged communities to deliver sustained and effective interventions, improving sense of self-worth and pride of place.

10. PORTFOLIO HOLDER COMMENTS

- 10.1 I fully endorse the Health and Wellbeing Plan. Officers have worked closely with Members of the Task and Finish Group to shape the plan and identify priorities and actions for improving health in the New Forest. I look forward to seeing positive health outcomes for our residents by working with our partners.

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