

HEALTH AND WELLBEING ACTION PLAN

1. RECOMMENDATIONS

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

2. INTRODUCTION

- 2.1 This report proposes a Health and Wellbeing Action Plan to support the wider Health and Wellbeing Plan, which was adopted by the Council in October 2022 – [Health and Wellbeing Plan](#).

3. BACKGROUND

- 3.1 New Forest District Council adopted a Health and Wellbeing Plan in October 2022 covering the District. This Plan is based on the 'Strategy for Health and Wellbeing in Hampshire 2019 - 2024', which was compiled on behalf of the Hampshire Health and Wellbeing Board.
- 3.2 The 'Strategy for Health and Wellbeing in Hampshire' used insight from the Joint Strategic Needs Assessment (JSNA), which assessed the current and future health needs of local communities. The JSNA has data available at each local authority level. The Council relied on this data in formulating its District wide Health and Wellbeing Plan.
- 3.3 The Council's Health and Wellbeing Plan sets out 3 key priorities to improve the health and wellbeing of residents in the District; these are:-
- Working in Partnership
 - Increasing Physical Activity
 - Improving Mental Wellbeing

At the time of adoption, it was anticipated that an Action Plan would be developed to further the objectives and ensure delivery at a local level. The draft Action Plan is attached at Appendix 1.

4. THE HEALTH AND WELLBEING ACTION PLAN

- 4.1 The Action Plan deals with specific actions, including the development of programmes and initiatives to support the health and wellbeing of our residents, with progress updates and timescales in respect of delivery.
- 4.2 It is proposed that the Action Plan is updated regularly and reviewed annually by the relevant Overview and Scrutiny Panel

5. FINANCIAL IMPLICATIONS

- 5.1 Delivery of the Action Plan will be met by existing resources, principally led by the Physical Activity and Partnerships Manager, drawing in other resources within the organisation, when required.

6. CRIME AND DISORDER IMPLICATIONS

- 6.1 Crime levels have been linked to poorer social and physical functioning and lower levels of subjective wellbeing. The proposed Action Plan will play a positive role to improve the health and wellbeing of our communities and in turn may have a beneficial impact crime and disorder issues in the District.

7. ENVIRONMENTAL IMPLICATIONS

- 7.1 Increasing outdoor activities is a positive way to experience the tranquillity and special nature of the District, especially within the National Park. There will be times when residents need to limit disturbance to rare breeding birds which nest on the ground. There are numerous walking routes around the District to enable the community to enjoy the natural environment of the District.

8. EQUALITY AND DIVERSITY IMPLICATIONS

- 8.1 The proposed Action Plan has a positive effect on equality and diversity, enabling a route for all to access the benefits of a diverse and multi-programmed approach to enhance health and wellbeing, catering for all in the community who wish to partake or are referred by social prescribers.

9. COMMUNITY, PARTNERSHIPS AND WELLBEING OVERVIEW AND SCRUTINY PANEL

- 9.1 The Panel, at their meeting on 14 March 2023, considered and supported the Health and Wellbeing Action Plan.

10. PORTFOLIO HOLDER COMMENTS

- 10.1 I very much welcome this first Health and Wellbeing Action Plan which identifies the good work being delivered across the New Forest, to give residents a greater opportunity to lead a healthy and active life. The Plan's priorities give a shared focus for the Council and partners to work together to reduce health inequalities and make a positive difference, improving the quality of life of our communities. I believe this Plan shows the contribution and commitment our services are delivering on health and wellbeing.

For further information contact:

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Background Papers:

Health and Wellbeing Plan 2022-2025

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