



Haringey Council



North Central London

Haringey's Health and Wellbeing Plan Summary





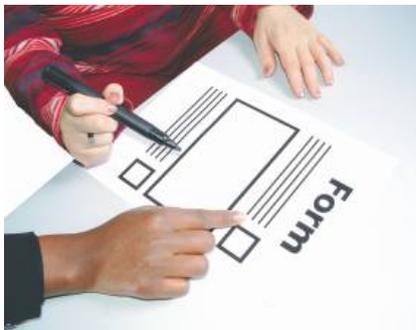
This document tells you about Haringey's Health and Wellbeing Plan.

It tells you what we will do to help people in Haringey to be healthier and happier.



You can read more about our Health and Wellbeing Plan on our website at:

www.haringey.gov.uk/index/social_care_and_health/health/hwbstrategy.htm



You may like to have someone to help you when you look at this document. If you do not have someone to ask, then please contact us to:

- talk to us about the plan.
- ask for copies of the plan.
- ask for the plan in a different format.



What our Health and Wellbeing Plan says



We think the most important **areas of work** in Haringey for 2012 to 2015 are:

- Every child to have the best start in life.
- To help people in the east of the borough to be healthier and live longer.
- To improve people's mental health and wellbeing.



We will make sure we are using the plan properly by reviewing it regularly with partners.

We will ask people to tell us how we are doing.

We will write an annual report so you can find out how we are doing.

These are the 3 areas of work we have picked



Work Area 1. We want every child to have the best start in life.



People who know a lot about health tell us that:

- Children from poor families need more help to have a good start in life.
- Cigarette smoke is bad for babies, even before they are born.
- Many teenage mothers smoke.
- Breastfeeding helps keep babies healthy.
- Children should have injections (immunisations) to keep them and their families healthy.
- Children who eat more take-away food are more likely to be overweight

	<p>We have picked this area of work because in Haringey:</p>
	<ul style="list-style-type: none"> • 5 out of every 1000 babies die before they are 1 year old. • A lot of mixed white and black Caribbean teenagers get pregnant. • Many African women do not ask for help until it is almost time for their baby to be born. • The number of children having injections to stop them getting ill is less than in other areas of the country. • The number of women who breastfeed their babies is less in the east of the borough. • A quarter of all the children in Haringey are overweight.

<p>What we plan to do</p>	
	<p>1.1 Help for pregnant women and children up to the age of 3</p>
	<p>1.2 Encourage pregnant women to give up smoking</p>

What we plan to do



1.3 More help for black African women who are pregnant and have young children



1.4 Help more mothers to breastfeed



1.5 Help more children to have injections (immunisations) to stop them getting ill



1.6 Help to teach teenagers safe sex



1.7 Help families to eat healthy food

What we plan to do



1.7 Help children to exercise and get fit



Work area 2. We want to help people in the east of the borough to be healthier and live longer.



Health experts say that:

- There are some things that mean you are more likely to get heart disease, stroke, diabetes, cancers and lung disease. Some of these things are smoking, not eating enough fruit and vegetables, not exercising enough, drinking too much alcohol and being overweight.
- People who live in poor areas are more likely to do these things.
- Nearly a quarter of adults are very overweight. People who are very overweight may die when they are much younger.
- Children growing up in families where people drink too much, smoke or take drugs may get addicted as well.
- People who have less money, people from black and ethnic minority groups and people with learning disabilities are more likely to have heart disease.
- People say it is important to have more choice and control over their care.
- The people who care for us are more likely to have poor health.



We have picked this area of work because in Haringey:

- Men who live in the east of the borough die younger than people who live in the west because of heart disease, stroke, cancer and lung disease.
- Women live longer than men.
- Many people with learning disabilities die of heart and lung disease.
- Over half the men in Haringey are overweight.
- More people smoke in Haringey than in the rest of London.
- Almost 6000 people in Haringey use social care services.

What we plan to do



2.1 Protect people from the bad effects of tobacco



2.2 Help every smoker to stop smoking

What we plan to do



2.3 Help more adults to take more exercise.



2.4 Help people to drink alcohol more sensibly.



2.5 Help men who are 40 years old and over in the east of the borough to understand more about heart disease, stroke and cancer.



2.6 Have more health checks and plans for people with learning disabilities and other people at risk.



2.7 Help people with diabetes, kidney disease or people who have had a stroke to be healthier.



Work area 3: We want to improve people's mental health and wellbeing.



Health experts say that:

- Out of every 6 people, 1 of them has a common mental health problem.
- Out of every 200 people, 1 of them has a serious mental illness.
- Only half of people go to their GP for help so many people's illnesses are not treated early enough.
- Common mental health problems for people with learning disabilities are anxiety disorders, depression and schizophrenia.
- Physical health and mental health are linked and are both very important.
- Wellbeing is about material things like jobs, housing and money, but it is also about emotional things like happiness, hopes for the future and relationships.
- Poor mental health and wellbeing can be a bad thing on every part of our lives.
- Finding out about illnesses early helps to improve mental health and wellbeing.



We have picked this area of work because in Haringey:

- People from black and ethnic minority groups are more likely to experience mental health problems.
- Many people with mental health problems live in the east of the borough.
- People in the east of the borough visit their GP about their illness later.
- There are too many young people who drink too much, take drugs, and don't work. These can all be reasons for poor mental health.
- We know that there are more children with poor mental health than there used to be.
- There are more and more older people living in the borough, and there will be more people with dementia.
- The Tottenham riots were very stressful for many people, especially people who live in Tottenham and the east of the borough.

What we plan to do



3.1 Help young people to study, work and find somewhere to live.



3.2 Have more options for helping vulnerable adults and their carers to live in their own home.



3.3 Help people with serious mental health problems.



3.4 Make it easier for people to find out about mental health services.



3.5 Make Tottenham a nicer and healthier place to live to improve emotional wellbeing.

What we plan to do



3.6 Help people as early as possible to stop things getting worse.



3.7 Help people who use drugs to get treatment.

How to contact us



Email: policy@haringey.gov.uk



Telephone: 020 8489 2405



Address:
Policy and Equalities Team
Haringey Council
Level 7, River Park House
225 High Road
Wood Green N22 8HQ