

Draft Health and Wellbeing Strategy

SUMMARY VERSION

What is Haringey's Health and Wellbeing Board?

The vision of our Health and Wellbeing Board (HWB) is to work with communities and residents to reduce health inequalities and improve the opportunities for adults and children so that they can enjoy a healthy, safe and fulfilling life.

In Haringey the HWB (a committee of the local authority required by law) has been set up as a small, decision-making partnership board. Members include councillors, the local authority's public health team, adult and children's services, the NHS (including local GPs), Healthwatch and the Community and Voluntary (VCS) sector.

The HWB takes the lead in promoting a healthier Haringey. It has a duty to promote the individual wellbeing of all local residents. It also has a duty to develop a joint strategic needs assessment (JSNA) and a Health and Wellbeing Strategy to prioritise effort to address needs identified by the JSNA.

What is the purpose of the Health and Wellbeing Board's strategy?

The Health and Wellbeing Board strategy sets out our approach to tackling some of the borough's most challenging health issues.

Between January and May 2015 we are consulting on Haringey's new Health and Wellbeing Strategy, to cover the period 2015 to 2018. We are proposing that our strategy focus on three priorities:

- reducing obesity
- increasing healthy life expectancy
- improving mental health and wellbeing.

This strategy will enable:

- all partners to be clear about our agreed priorities for the next three years
- all members of the HWB to embed these priorities within their own organisations and reflected in their plans, including joint plans between organisations
- the HWB to hold member organisations to account for their actions towards achieving the priorities and to work with and influence partner organisations outside the HWB to contribute to the priorities; this includes engaging residents in co-producing solutions.

Why are we consulting on the Health and Wellbeing Board's strategy?

We value your views on our proposals as we want you to help us develop the priorities so that they make a real and sustainable difference to the health and wellbeing of Haringey's residents. Feedback from the consultation will help us develop a plan to implement the strategy.

We want to encourage you to take part by reading this document and responding to the questions set out in the consultation chapter at the end.

Note that the full draft strategy is available at: <http://www.haringey.gov.uk/hwb-consultation>

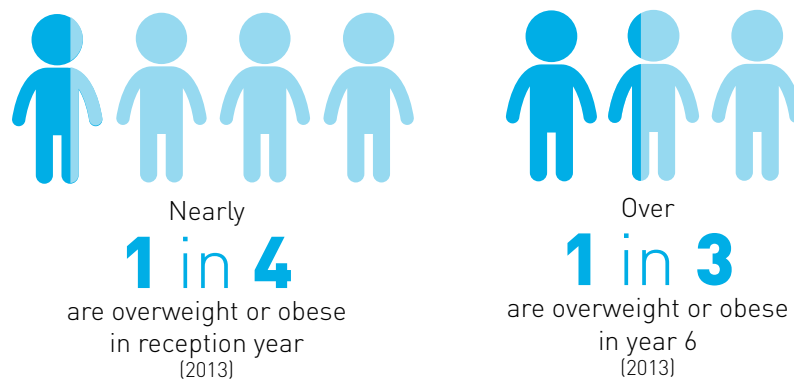
What are we proposing to do in our strategy for the next three years and why?

Priority 1: Reducing Obesity

Obesity in the UK is rapidly rising. By 2050 it is predicted that 60% of men and 50% of women will be obese.

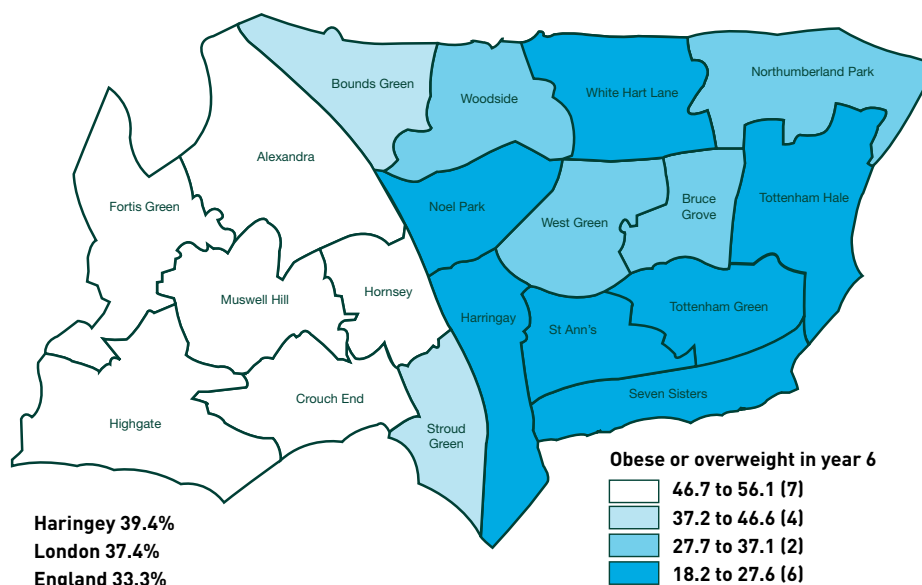
We know that in Haringey:¹

1. A higher proportion of children are obese in both Reception (ages 4 to 5) and Year 6 (ages 10 to 11) than London and England as a whole (2012/13).



2. Obesity levels are closely linked to deprivation. Year 6 children living in deprived areas are 2.5 times more likely to be overweight or obese than those in more affluent areas.

Haringey: % of Year 6 children who are obese or overweight by ward



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¹ <http://www.haringey.gov.uk/jsna-childhood-obesity.htm>

3. Children from Black and minority ethnic (BME) groups are more likely to be obese than white British children.
4. Many people with a learning disability have a problem with obesity.
5. Our local research with students shows that intake of fast food and sugary soft drinks tends to go up when it is easily available and cheap.

Where do we want to be by 2018?

- Prevention is key - we want the whole community and all of our partners to be committed to and involved in preventing obesity. We want a culture and environment that supports eating well and being physically active, where the healthier choice is the easier choice.
- We want the rise in childhood obesity to be halted.

What are we going to do about it?

We have already introduced a number of measures to tackle obesity in Haringey (a list of activities supporting the current Health and wellbeing strategy is at: www.haringey.gov.uk/refreshing-hwb-strategy.htm). However, we know that this is a difficult issue

that will require persistent effort to bring about sustained change.

Over the next three years we plan to:

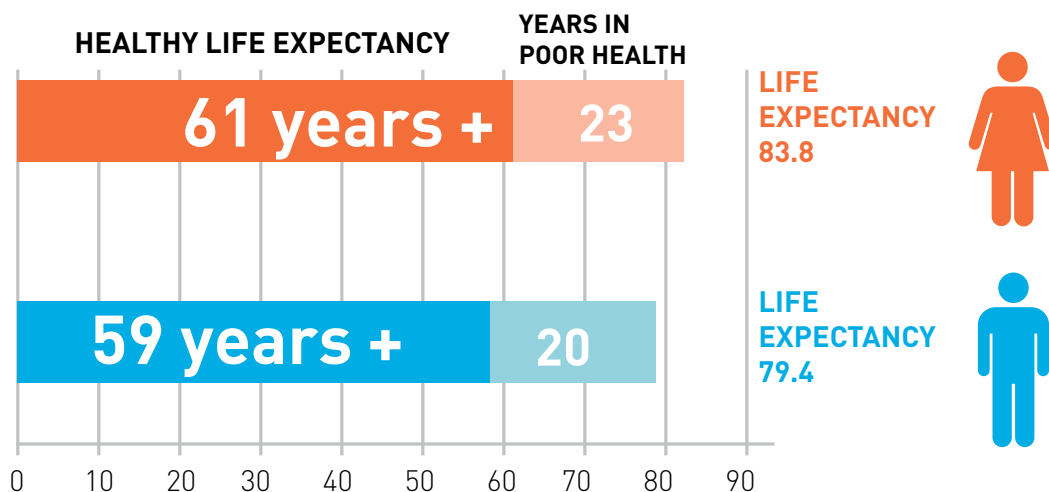
- Use planning policy to create a borough where it is easy and safe to play, walk and cycle
- Encourage local businesses to sign up to our Healthy Catering Commitment scheme to make fast-food takeaways healthier
- Work with employers on healthy workplace policies for their staff
- Develop an ambitious resident-led programme for food growing
- Work with parents of young children to help share their experiences and positive changes and to support other parents
- Promote healthy eating, physical activity and emotional health and wellbeing throughout schools
- Improve access to and engagement in sports and leisure activities for young people and adults
- Ensure all our services “make every contact count” by promoting healthy lifestyle messages and provide information to residents.

Can you suggest any other ways to help reduce obesity?

Priority 2: Increasing healthy life expectancy

On average women in Haringey live the last 23 years of life in poor health, compared to 19 years for women in England as a whole. Men in Haringey live the last 20 years of life in poor health, compared with

16 years for men in England. There are also large inequalities in life expectancy between the east and west of the borough (on average 8 years for men; 3 years for women).



The major cause of unhealthy life expectancy (and early death) are 'long-term conditions', that is health problems such as heart disease, diabetes, cancer and lung disease that cannot be cured but can be controlled by medication or other therapies.

Where do we want to be by 2018?

- We want to prevent people from developing long-term conditions, wherever possible
- We want people who have long-term conditions to feel confident to manage their condition and continue to live a normal life
- We want residents and communities to play a greater role in supporting people with long-term conditions to live longer and healthier lives
- We want all people with long-term conditions and their carers to have access to high quality primary care
- When people need more complex support, we want them to experience joined up health and social care services.

What are we going to do about it?

We have been working to increase healthy life expectancy in Haringey (a list of activities supporting this focus in the current Health and wellbeing strategy is at: www.haringey.gov.uk/refreshing-hwb-strategy.htm). However, we know there is more we must do.

Over the next three years we plan to:

- Create an environment that prevents people from getting long-term conditions in the first place, through measures such as strengthening tobacco control and a consistent approach to alcohol licensing
- Equip residents with the skills and knowledge to live healthy lives
- Support people who do develop long-term conditions to manage them better through specialist care pathways
- Strengthen our self-management programmes, which support people to manage their own health
- Develop a single point of access to integrated health and social care services.

Can you suggest any other ways to help increase healthy life expectancy?

Priority 3: Improving mental health and emotional wellbeing

Mental health and wellbeing has a great impact on our ability to live happy and fulfilling lives.

In Haringey:

- An estimated 3000 children and young people have some form of mental health problems at any time; over 34,500 adults will have a common mental disorder such as anxiety or depression
- About 4000 adults with severe mental illness live in Haringey; a low percentage of these adults are in employment or settled accommodation
- Suicide rates are 33% higher than the London average

However, despite high levels of mental illness in Haringey, a large proportion of our residents do not seek help.

Where do we want to be by 2018?

- We want to promote opportunities in Haringey that would impact positively on mental health and wellbeing, such as employment, affordable housing, use of green spaces and a safer community
- We want our children and young people to be emotionally and mentally resilient and have a positive outlook on life
- We want our residents and communities to build on existing strengths and capacity to be solution-oriented
- We want mental health services to be integrated, flexible and person-centred (wrapped around an individual, their family and their carer's needs).

What are we going to do about it?

We have been working to improve mental health and wellbeing in Haringey (a list of activities supporting this focus in the current Health and wellbeing strategy is at: www.haringey.gov.uk/refreshing-hwb-strategy.htm). However, we know there is more we must do.

Over the next three years we plan to:

- Reduce the stigma and discrimination associated with mental ill health
- Work with the Voluntary and Community Sector, businesses and other partners to help those with mental ill health achieve their goals and provide opportunities for adequate employment and affordable housing
- Work to connect people with their communities so that they can achieve their full potential
- Ensure that people living with mental ill health experience a more seamless service from the hospital to their GP practice
- Strengthen support for people to manage their physical health and mental ill health in primary care and other community settings.

Can you suggest any other ways to help improve mental health and emotional wellbeing?

Haringey Health and Wellbeing Strategy Consultation 2015

How can you respond to this consultation?

We are consulting on Haringey's new Health and Wellbeing Strategy, a plan in which we set out our approach to tackling some of the borough's most challenging health issues.

We are proposing to focus on three priorities for the Health and Wellbeing Strategy so that they can get the required level of attention from the Health and Wellbeing Board. These priorities are: **reducing obesity; increasing healthy life expectancy; and improving mental health and wellbeing.**

We would value your views on our suggested strategic priorities to ensure they make a real and sustainable difference to the health and wellbeing of Haringey's residents.

Feedback from this consultation will be used to help develop a plan to implement the strategy.

Please complete the questions by the 30th March 2015 and e-mail to: **publichealth@haringey.gov.uk** or post to Health and Wellbeing Strategy Consultation, Public Health Directorate, Level 4, River Park House, 225 High Road, London N22 8HQ. You can also complete the consultation online at **<http://www.haringey.gov.uk/hwb-consultation>**

Q1 Are you responding as a:

- Local resident
- Public sector organisation (please also answer Q2)
- Local business (please also answer Q2)
- Local community or voluntary sector organisation (please also answer Q2)
- Other (please specify)

Q2 If responding on behalf of an organisation/business, please give the organisation's name

Q3 Do you agree with the three proposed priorities for the Health and Wellbeing Strategy?

	Agree	Disagree	Not sure
Reducing obesity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increasing healthy life expectancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Improving mental health and wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any comments?

Q4 Do you think we are missing anything else that's really important from our priorities?

- No
- Not sure
- Yes (please specify)

In the Health and Wellbeing Strategy 2015 we have included actions we will take to achieve each priority. These are grouped into three different approaches:

- 1. Creating a healthy environment through borough-level interventions**
- 2. Through working with residents and communities**
- 3. Support through services**

Q5 Can you suggest other actions to reduce obesity?

- No
- Yes (please specify)

Q6 Can you suggest other actions to increase healthy life expectancy?

- No
- Yes (please specify)

Q7 Can you suggest other actions to improve mental health and wellbeing?

No Yes (please specify)

Q8 Can you suggest any other actions on another health and wellbeing issue?

No Yes (please specify)

No person or organisation alone can tackle the issues set out in this strategy on their own. We all need to work together in partnership with residents and communities.

Q9 How can you or your organisation support us to achieve our three priorities (reducing obesity, Increasing healthy life expectancy and Improving mental health and wellbeing)?

Q10 How can you or your organisation support us to reduce obesity?

Q11 How can you or your organisation support us to increase healthy life expectancy?

Q12 How can you or your organisation support us to improve mental health and wellbeing?

Q14 Do you have any additional comments?

About you.

These questions help us understand who has answered this survey – the answers will be confidential. Please only answer if you are completing the questionnaire as an individual and as a Haringey resident.

Q15 What is your age?

- | | | |
|-----------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> under 18 | <input type="checkbox"/> 36-45 | <input type="checkbox"/> 66-75 |
| <input type="checkbox"/> 18-25 | <input type="checkbox"/> 46-55 | <input type="checkbox"/> 75+ |
| <input type="checkbox"/> 26-35 | <input type="checkbox"/> 56-65 | |

Q16 Do you consider yourself to have a disability?

- Yes No Prefer not to say

Q17 What is your sex?

- Male Female

Q18 What is your ethnic group?

- | | |
|--|--|
| <input type="checkbox"/> White - British | <input type="checkbox"/> Asian or Asian British - Pakistani |
| <input type="checkbox"/> White - Irish | <input type="checkbox"/> Asian or Asian British - Bangladeshi |
| <input type="checkbox"/> White Other - Greek / Greek Cypriot | <input type="checkbox"/> Asian or Asian British - East African Asian |
| <input type="checkbox"/> White Other - Turkish | <input type="checkbox"/> Mixed - White and Black African |
| <input type="checkbox"/> White Other - Turkish / Cypriot | <input type="checkbox"/> Mixed - White and Black Caribbean |
| <input type="checkbox"/> White Other - Kurdish | <input type="checkbox"/> Mixed - White and Asian |
| <input type="checkbox"/> White Other - Gypsy / Roma | <input type="checkbox"/> Chinese |
| <input type="checkbox"/> White Other - Irish Traveller | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> Black or Black British - African | Any other ethnic background (please specify) |
| <input type="checkbox"/> Black or Black British - Caribbean | <input type="text"/> |
| <input type="checkbox"/> Asian or Asian British - Indian | |

Q19 What is your religion?

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> No religion | <input type="checkbox"/> Jewish |
| <input type="checkbox"/> Christian
(including Church of England, Catholic,
Protestant, and all other Christian denominations) | <input type="checkbox"/> Muslim |
| <input type="checkbox"/> Bhuddist | <input type="checkbox"/> Sikh |
| <input type="checkbox"/> Hindu | Any other religion (please specify) |
| | <input type="text"/> |

Q20 Which of the following options best describes how you think of yourself?

- Heterosexual or Straight
- Gay or Lesbian
- Bisexual
- Other (please specify)

Thank you for taking the time to complete this questionnaire.

Please complete the questions by the 30th March 2015 and e-mail to: publichealth@haringey.gov.uk or post to Health and Wellbeing Strategy Consultation, Public Health Directorate, Level 4, River Park House, 225 High Road, London N22 8HQ. You can also complete the consultation online at <http://www.haringey.gov.uk/hwb-consultation>

