

Cambridgeshire Health & Wellbeing Strategy 2012-17

All aspects of our everyday lives have an impact on our health and wellbeing; from health services through to our environment, transport, our homes and our involvement in local communities (as described in the diagram below). This means that working to improve health and wellbeing, while respecting people's personal lifestyle choices, is everybody's business and in everybody's interest.

The Cambridgeshire Health and Wellbeing Board and Network brings together leaders from local organisations which have a strong influence on health and wellbeing, including the commissioning of health, social care and public health services. The Board focusses on planning the right services for Cambridgeshire and securing the best possible health and wellbeing outcomes for all residents.

Throughout Cambridgeshire each partner organisation has strategies and action plans to address specific health and wellbeing needs. The Health and

Wellbeing Board believes that it can add value by working with these partners to address the issues together, for example;

- How we can address the most important local needs, now and in future;
- How we can build on the strengths in our communities;
- How we can best protect the most vulnerable people in our communities;

- How we can work together to use our resources most efficiently;
- How working together can bring the most benefit to Cambridgeshire residents.

The Cambridgeshire Health and Wellbeing Strategy 2012-17 sets out the priorities the Board and Network feel are most important for local people.

From June to September 2012 we consulted the public on our draft strategy asking if we had identified the right priorities for Cambridgeshire. The majority agreed with what we proposed to focus on. In response to feedback, we made "working together differently" an additional priority and included issues that local communities identified as important to them.

The Health and Wellbeing Board and Network will focus on the six priorities overleaf to improve the physical and mental health and wellbeing of Cambridgeshire residents. In particular we will work to improve the health of the worst off fastest, by targeting efforts in more disadvantaged communities and marginalised groups.

We also agreed a number of principles to make sure we make a long-term difference to health and wellbeing throughout the county and that we help those who need it most. We aim to:

- Reduce inequalities by improving the health of the worst off fastest.

- Focus on preventing ill health by promoting healthy lifestyles while respecting people's choices and for those who have an illness, preventing their condition from worsening.
- Make decisions which are based on the best possible evidence.
- Develop solutions which are cost-effective and efficient.
- Recognise that different groups and communities have different needs.
- Encourage communities to take responsibility for making healthy choices.
- Make sure services are sustainable.

This strategy is the first step in a bold vision to achieve change together. Our next steps are to identify what success will look like so we can monitor progress against these priorities. To do this we will develop an action plan with specific responsibilities for each partner, for 2013-14.

Our model of health and wellbeing



Source: Modified from Dahlgren & Whitehead's rainbow of determinants of health (G Dahlgren and M Whitehead, Policies and strategies to promote social equity in health, Institute of Futures Studies, Stockholm, 1991) and the LGA circle of social determinants (Available at: http://www.local.gov.uk/web/guest/health-/journal_content/56/10171/3511260/ARTICLE-TEMPLATE)

Cambridgeshire Health & Wellbeing Board and Network will focus on these six priorities to improve the physical and mental health and wellbeing of Cambridgeshire residents. In particular, within each of these priorities, we will work to improve the health of the poorest fastest.

Priority 1

Ensure a positive start to life for children, young people and their families

- Strengthen our multi-agency approach to identifying children who are in poverty, who have physical or learning disabilities or mental health needs, or whose parents are experiencing physical or mental health problems.
- Develop integrated services across education, health, social care and the voluntary sector which focus on the needs of the child in the community, including the growing numbers of children with the most complex needs, and where appropriate ensure an effective transition to adult services.
- Support positive and resilient parenting, particularly for families in challenging situations, to develop emotional and social skills for children.
- Create and strengthen positive opportunities for young people to contribute to the community and raise their self esteem, and enable them to shape the programmes and services with which they engage.
- Recognise the impact of education on health and wellbeing and work to narrow local gaps in educational attainment.

Priority 2

Support older people to be independent, safe and well

- Promote preventative interventions which reduce unnecessary hospital admissions for people with long term conditions, enable them to live independently at home or in a community setting where appropriate and improve their health and wellbeing outcomes e.g. through falls prevention, stroke and cardiac rehabilitation, supporting voluntary organisations and informal carers.
- Integrate services for frail older people and ensure that we have strong community health, housing, voluntary support and social care services tailored to the individual needs of older people, which enable them to improve their quality of life and minimise the need for long stays in hospitals, care homes or other institutional care.
- Enhance services for the early prevention, intervention and treatment of mental health problems in older people, including timely diagnosis and joined up services for the care and support of older people with dementia and their carers.
- Ensure appropriate and person-centred end of life care for residents and their families and informal carers.

Priority 3

Encourage healthy lifestyles and behaviours in all actions and activities while respecting people's personal choices

- Encourage individuals and communities to get involved and take more responsibility for their health and wellbeing.
- Increase participation in sport and physical activity, and encourage a healthy diet, to reduce the rate of development of long-term conditions, increase the proportion of older people who are active and retain their independence, and increase the proportion of adults and children with a healthy weight.
- Reduce the numbers of people who smoke.
- Promote individual and community mental health and wellbeing, prevent mental illness and reduce stigma and discrimination against those with mental health problems.
- Work with local partners to prevent hazardous and harmful alcohol consumption and drug misuse.
- Promote sexual health, reduce teenage pregnancy rates and improve outcomes for teenage parents and their children.

Priority 4

Create a safe environment and help to build strong communities, wellbeing and mental health

- Implement early interventions and accessible, appropriate services to support mental health, particularly for people in deprived areas and in vulnerable or marginalised groups.
- Work with partners to prevent domestic violence, raise public awareness especially amongst vulnerable groups, and provide appropriate support and services for victims of domestic abuse.
- Minimise the negative impacts of alcohol and illegal drugs and associated antisocial behaviour on individual and community health and wellbeing.
- Work with local partners to prevent and tackle homelessness and address the effects of changes in housing and welfare benefits on vulnerable groups.

Priority 5

Create a sustainable environment in which communities can flourish

- Develop and maintain effective, accessible and affordable transport links and networks, within and between communities, which ensure access to services and amenities and reduce road traffic accidents.
- Ensure that housing, land use planning and development strategies for new and existing communities consider the health and wellbeing impacts for residents in the short and long term.
- Encourage the use of green, open spaces including public rights of way, and activities such as walking and cycling.
- Seek the views of local people and build on the strengths of local communities, including the local voluntary sector, to enhance social cohesion, and promote social inclusion of marginalised groups and individuals.

Priority 6

Work together effectively

- Commit to partnership working, joint commissioning and combining resources in new ways to maximise cost-effectiveness and health and wellbeing benefits for individuals and communities.
- Identify sustainable, long-term solutions to manage the increased demand on health and social care services.
- Encourage increased partnership working with research organisations to better inform the evidence base supporting the development and evaluation of future services.
- Encourage increased involvement of service user representatives and local groups in planning services and policies.
- Recognise the importance of the Voluntary and community sector and their valuable contribution to implementing the strategy.

Cross cutting principles: Equitable • Evidence-based • Cost-effective • Preventative • Empowering • Sustainable