

Summary: Our strategy on a page

Our vision	Nottingham will be a place where we all enjoy better health and wellbeing with a focus on improving the lives of those with the poorest outcomes the most.			
Our aims	<p>To increase healthy life expectancy in Nottingham and make us one of the healthiest big cities</p> <p>To reduce inequalities in health by targeting the neighbourhoods with the lowest levels of healthy life expectancy</p>			
Our outcomes	Children and adults in Nottingham adopt and maintain Healthy Lifestyles	Children and adults in Nottingham will have positive Mental Wellbeing and those with long-term mental health problems will have good physical health	There will be a Healthy Culture in Nottingham in which citizens are supported and empowered to live healthy lives and manage ill-health well	Nottingham's Environment will be sustainable; supporting and enabling its citizens to have good health and wellbeing
Our priority actions	<p>By 2020 Nottingham will be a city where children and adults will:</p> <ol style="list-style-type: none"> 1 Be physically active to a level which benefits their health 2 Enjoy a healthy and nutritious diet 3 Be able to achieve and maintain a healthy weight 4 Be inspired to be smoke-free <p>Additionally,</p> <ol style="list-style-type: none"> 5 People who drink alcohol will drink responsibly, minimising the harms to themselves and those around them 6 Young people and adults will choose to have safe sex reducing the risk of unwanted pregnancies and sexually transmitted infections 	<p>By 2020 Nottingham will be a city where:</p> <ol style="list-style-type: none"> 1 Children and adults with, or at risk of, poor mental health will be able to access appropriate level of support as and when they need it 2 Those with long-term mental health problems will have healthier lives 3 Those with, or at risk of, poor mental health and wellbeing will be able to access and remain in employment 4 People who are, or at risk of, loneliness and isolation will be identified and supported 	<p>By 2020 Nottingham will be a city where:</p> <ol style="list-style-type: none"> 1 Messages regarding health and wellbeing will be clear and consistent 2 Citizens will have knowledge of opportunities to live healthy lives and of services available within their communities 3 Individuals and groups will have the confidence to make healthy life choices and access services at the right time to benefit their health and wellbeing 4 Services will work better together through the continued integration of health and social care that is designed around the citizen, personalised and coordinated in collaboration with individuals, carers and families 5 We will reduce the harmful effects of debt and financial difficulty on health and wellbeing 	<p>By 2020 Nottingham will be a city where:</p> <ol style="list-style-type: none"> 1 Housing will maximise the benefit and minimise the risk to health of Nottingham's citizens 2 The built environment will support citizens leading healthy lifestyles and minimise the risk of negative impact upon their wellbeing 3 Children and adults will be able to engage in active travel 4 Children and adults in Nottingham will have access to and use of green space to optimise their physical and mental wellbeing 5 Air pollution levels in Nottingham will be reduced
Principles	Tackling Inequalities; Early Intervention; Sustainability; Engagement of the Voluntary and Community Sector; and Integrated Working			