

## **HEALTH AND WELLBEING BOARD**

**27 SEPTEMBER 2017**

	<b>Report for Resolution</b>
<b>Title:</b>	Health and Wellbeing Strategy 2016-2020. Outcome 1: Healthy Lifestyles. Interim Report
<b>Lead Board Member(s):</b>	Helen Jones, Director for Adult Social Care, Nottingham City Council
<b>Author and contact details for further information:</b>	Shade Agboola, Public Health Consultant, Nottingham City Council <a href="mailto:shade.agboola@nottinghamcity.gov.uk">shade.agboola@nottinghamcity.gov.uk</a> Caroline Keenan, Insight Specialist - Public Health, Nottingham City Council <a href="mailto:caroline.keenan@nottinghamcity.gov.uk">caroline.keenan@nottinghamcity.gov.uk</a>
<b>Brief summary:</b>	This report provides the Board with information on strategic developments in relation to the Healthy Lifestyles Outcome of the Health and Wellbeing Strategy 2016-2020.

### **Recommendations to the Health and Wellbeing Board:**

The Health and Wellbeing Board is asked to:

- a) review the draft Nottingham City Physical Activity, Obesity and Diet Declaration (Enclosure 3) and take a decision to:
  1. support the draft; or
  2. recommend amendments to the draft.
- b) ensure that all Board member organisations sign the Tobacco Control Declaration and then develop action plans which demonstrate their contribution to the achievement of the City's tobacco control priority objectives.
- c) review the workplace smoking/ smokefree policies of Board membership organisations and consider emerging evidence on the use of e-cigarettes and the distinction between smoking and vaping.
- d) ensure the staff of Board membership organisations are trained in very brief advice and referral to healthy lifestyles services by engaging with the rollout of making every contact count and promoting independence tools and training across all Sustainability and Transformation Partnership partners including the voluntary sector.
- e) join Adult Social Care in promoting physical activity to citizens and colleagues in order to maximise the benefits for all.

### **Contribution to Joint Health and Wellbeing Strategy:**

<b>Health and Wellbeing Strategy aims and outcomes</b>	<b>Summary of contribution to the Strategy</b>
Aim: To increase healthy life expectancy in Nottingham and make us one of the healthiest big cities	This report provides the Board with information on strategic developments in relation Outcome 1 of the Health and Wellbeing Strategy 2016-2020.
Aim: To reduce inequalities in health by	

targeting the neighbourhoods with the lowest levels of healthy life expectancy	
Outcome 1: Children and adults in Nottingham adopt and maintain healthy lifestyles	
Outcome 2: Children and adults in Nottingham will have positive mental wellbeing and those with long-term mental health problems will have good physical health	
Outcome 3: There will be a healthy culture in Nottingham in which citizens are supported and empowered to live healthy lives and manage ill health well	
Outcome 4: Nottingham's environment will be sustainable – supporting and enabling its citizens to have good health and wellbeing	

<b>How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health</b>
People with mental health problems are more likely to smoke and drink alcohol at harmful levels than the general population. Where there is evidence that these and other inequalities exist, the programmes planned for this outcome of the strategy will ensure that measures are put in place to reduce inequity in access to support to address these risk factors.

<b>Background papers:</b> <i>Documents which disclose important facts or matters on which the decision has been based and have been relied on to a material extent in preparing the decision. This does not include any published works e.g. previous Board reports or any exempt documents.</i>	None
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