

Happier Healthier Lives: Nottingham City Joint Health and Wellbeing Strategic Framework 2016 - 2020

Vision: Nottingham will be a place where will all enjoy positive health and wellbeing with a focus on improving the lives of those with the poorest outcomes the fastest.

Headline Measure: To increase Healthy Life Expectancy and close the gap between the most affluent and poorest areas of the City

Approach: In developing and delivering the strategy we will utilise a life-course/ vulnerable person focus to maximise, maintain and improve health. For example, the action plans will be developed with reference to young people, students, older people, people with learning disabilities etc where appropriate.

Outcomes	Priority Areas
People in Nottingham adopt and maintain Healthy Lifestyles	<ol style="list-style-type: none"> 1. People will be physically active to a level which benefits their health 2. People will have a healthy and nutritious diet 3. People will be able to maintain a healthy weight 4. Nottingham and its citizens will be smoke free 5. People will drink alcohol in a non-hazardous and non-harmful way
People in Nottingham will have positive Mental Wellbeing and those with Serious Mental illness will have good physical health	<ol style="list-style-type: none"> 1. People with serious mental illness will have healthier lifestyles 2. Those with or at risk of poor mental health and wellbeing will be able to access and remain in employment 3. People who are, or at risk of, loneliness and isolation will be identified and supported 4. People with, or at risk of, poor mental health will be able to access appropriate level of support as and when they it
There will be a Healthy Culture in Nottingham in which citizens are supported and empowered to live healthy lives and manage ill health	<ol style="list-style-type: none"> 1. Direct and indirect 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 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
Nottingham's Environment will be sustainable; supporting and enabling its citizens to have good health and wellbeing	<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 having healthy lifestyles and minimise the risk of negative impact on their wellbeing 3. People will be able to engage in active travel 4. People 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 controlled to agreed standards

Principles in all Themes: A focus on those communities or areas worst affected and tackling inequalities; early intervention; sustainability; engagement of the voluntary and community sector; and, integrated working (to be adopted in the action plans)