

# Summary: Our strategy on a page

<b>Our vision</b>	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.			
<b>Our aims</b>	To increase healthy life expectancy in Nottingham and make us one of the healthiest big cities To reduce inequalities in health by targeting the neighbourhoods with the lowest levels of healthy life expectancy			
<b>Our outcomes</b>	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
<b>Our priority actions</b>	<p>By 2020 Nottingham will be a city where children and adults will:</p> <ol style="list-style-type: none"> <li>1 Be physically active to a level which benefits their health</li> <li>2 Enjoy a healthy and nutritious diet</li> <li>3 Be able to achieve and maintain a healthy weight</li> <li>4 Be inspired to be smoke-free</li> </ol> <p>Additionally,</p> <ol style="list-style-type: none"> <li>5 People who drink alcohol will drink responsibly, minimising the harms to themselves and those around them</li> <li>6 Young people and adults will choose to have safe sex reducing the risk of unwanted pregnancies and sexually transmitted infections</li> </ol>	<p>By 2020 Nottingham will be a city where:</p> <ol style="list-style-type: none"> <li>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</li> <li>2 Those with long-term mental health problems will have healthier lives</li> <li>3 Those with, or at risk of, poor mental health and wellbeing will be able to access and remain in employment</li> <li>4 People who are, or at risk of, loneliness and isolation will be identified and supported</li> </ol>	<p>By 2020 Nottingham will be a city where:</p> <ol style="list-style-type: none"> <li>1 Messages regarding health and wellbeing will be clear and consistent</li> <li>2 Citizens will have knowledge of opportunities to live healthy lives and of services available within their communities</li> <li>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</li> <li>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</li> <li>5 We will reduce the harmful effects of debt and financial difficulty on health and wellbeing</li> </ol>	<p>By 2020 Nottingham will be a city where:</p> <ol style="list-style-type: none"> <li>1 Housing will maximise the benefit and minimise the risk to health of Nottingham's citizens</li> <li>2 The built environment will support citizens leading healthy lifestyles and minimise the risk of negative impact upon their wellbeing</li> <li>3 Children and adults will be able to engage in active travel</li> <li>4 Children and adults in Nottingham will have access to and use of green space to optimise their physical and mental wellbeing</li> <li>5 Air pollution levels in Nottingham will be reduced</li> </ol>
<b>Principles</b>	Tackling Inequalities; Early Intervention; Sustainability; Engagement of the Voluntary and Community Sector; and Integrated Working			