

## **HEALTH AND WELLBEING BOARD**

**30 NOVEMBER 2016**

	<b>Report for Action</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 of Adult Social Care, Nottingham City Council.
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<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 which was endorsed in September 2016.

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

The Health and Wellbeing Board is asked to:

- a) consider whether plans are radical enough to achieve the desired outcomes.
- b) consider whether Board organisations are contributing significantly to the agendas and support the Board Sponsor and Public Health Consultant meeting with Board members where organisations are deemed to not be sufficiently contributing to the agendas.
- c) ensure that all Board member organisations sign the Tobacco Control Declaration and then develop action plans which demonstrate their contribution to tobacco control.
- d) for Board member organisations to review their workplace smoking/smokefree policies to determine how they are classifying the use of e-cigarettes.
- e) for Board member organisations to consider how they can support a system approach to alcohol identification and brief advice within their organisations.
- f) support an increased focus and ambition to addressing physical activity, diet and healthy weight in the City and consider more detailed proposals of how this will be achieved at a future meeting.
- g) for Board member organisations to identify a strategic lead for physical activity, diet and obesity and review approaches for their workplace and workforce in line with the actions within the Health and Wellbeing Strategy.

### **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 to the Healthy Lifestyles Outcome of

Aim: To reduce inequalities in health by targeting the neighbourhoods with the lowest levels of healthy life expectancy	the Health and Wellbeing Strategy 2016-2020 which was endorsed in September 2016.
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.

<p><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></p>	None
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