

## HEALTH AND WELLBEING BOARD

25 JULY 2018

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|  | <b>Report for Resolution</b>   |
| <b>Title:</b>  | Health and Wellbeing Strategy 2016-2020 Outcome Progress Highlight Report. Outcome 1: Healthy Lifestyles   |
| <b>Lead Board Member(s):</b>                               | Helen Jones, Director of Adult Social Care, Nottingham City Council  |
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| <b>Brief summary:</b>                                      | <p>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.</p> <p>An appendix to this report is exempt from publication under paragraphs 1 and 2 of Schedule 12A of the Local Government Act 1972 because it contains information about individual citizens and their health and having regard to all the circumstances the public interest in maintaining the exemption outweighs the public interest in disclosing the information. It is not in the public interest to disclose the information because it may enable individual citizens to be identified and personal information about their health circumstances and medical treatment to become known.</p>   |

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

The Health and Wellbeing Board is asked to:

- a) request that all Board members sign the Nottingham City Health and Wellbeing Board's Physical Activity and Nutrition Declaration and identify an organisational lead to update on its implementation at the November 2018 Board;
- b) support the development of a system approach to eating and moving for health and wellbeing;
- c) discuss the extent to which member organisations have implemented the recommendations of the Tobacco Control Declaration;

- d) consider recognising physical activity as a standalone priority and the impact this would have within member organisations; and
- e) sustain the current level of sexual health service provision targeting high-risk groups as a minimum due to the proportion of young people and BME citizens who are at higher risk of poor sexual health.

| <b>Contribution to Joint Health and Wellbeing Strategy:</b>   |   |
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| <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>  |
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| People with mental health problems are more likely to engage in harmful lifestyle behaviours compared with the general population. Where there is evidence that these and other inequalities exist, work programmes will ensure that measures are put in place to reduce inequity in access and outcomes for at-risk populations. |

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| <b>Background papers:</b><br><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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