

## HEALTH AND WELLBEING BOARD

30 JANUARY 2019

	<b>Report for Information</b>
<b>Title:</b>	Preventing mental ill health in Nottingham City
<b>Lead Board Member:</b>	Alison Challenger, Director for Public Health, Nottingham City Council
<b>Author and contact details for further information:</b>	Jane Bethea, Consultant in Public Health, Nottingham City Council Caroline Keenan, Insight Specialist – Public Health, Nottingham City Council
<b>Brief summary:</b>	This report outlines the extent of mental ill health in Nottingham City and sets out recommended areas of focus for the prevention of mental health problems and the promotion of mental wellbeing. Some examples of local progress in these areas are outlined and the Health and Wellbeing Board is asked to consider what additional action could be taken.

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

The Health and Wellbeing Board is asked to:

- a) use the contents of the report to inform the discussion around preventing mental ill health in Nottingham City; and
- b) discuss and agree action that will be undertaken by the Health and Wellbeing Board or its members to prevent mental ill health, including considering the following questions:
  - a. How could **mental health champions** be identified and what role might they have within your organisation?
  - b. Could your organisation sign the **Time to Change Employer Pledge** to demonstrate its commitment to changing how people think and act about mental health in the workplace and ensure employees with mental health problems are supported?
  - c. How could your organisation ensure its workforce has access to **mental health training**?
  - d. In understanding the impact of **past traumatic experiences** on mental health, how might your organisation take this into account when reviewing its working practices and supporting its workforce?

<b>Contribution to Joint Health and Wellbeing Strategy:</b>	
<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 item is aligned to outcome 2 of the Strategy.
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>
This item is focused on mental ill health prevention, which helps to progress the Health and Wellbeing Board's aspiration to give equal value to mental and physical health.

<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
---	------