

## HEALTH AND WELLBEING BOARD

24 JULY 2019

	<b>Report for Resolution/ Report for Information</b>
<b>Title:</b>	Nottingham City's Mental Health and Wellbeing Strategy 2019-2023
<b>Lead Board Member(s):</b>	Alison Challenger, Director of 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>	Nottingham City's Mental Health and Wellbeing Strategy has been refreshed. The Health and Wellbeing Board is asked to endorse this refreshed strategy. As a means of demonstrating its commitment to taking a prevention-focused approach to improving citizens' mental health, the Health and Wellbeing Board is also asked to agree to commence the process of signing up to the prevention concordat for better mental health through the Mental Health and Wellbeing Steering Group

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

The Health and Wellbeing Board is asked to:

- a) Endorse Nottingham City's Mental Health and Wellbeing Strategy 2019-2023 (Enc. 2)
- b) Agree to commence the process of signing up to the prevention concordat for better mental health through the Mental Health and Wellbeing Steering Group, which will coproduce an action plan

### **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	Reducing the prevalence of mental health problems and improving mental wellbeing in the city's population is vital to achieve the Health and Wellbeing Board's ambition to improve healthy life expectancy and reduce health inequality, as set out in Nottingham City's Mental 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	

<p><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></p>
<p>The refreshed mental health and wellbeing strategy 2019-2023 identifies parity of esteem as one of three important cross-cutting themes for focus.</p>

<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>	
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