

SHEFFIELD JOINT health & well being

STRATEGY 2019-2024



EXECUTIVE SUMMARY

We know too many people in Sheffield are struggling with poor health and wellbeing, and this is inequitably distributed across our city. We also know that most of the solutions are not to be found within NHS and social care services alone. We must build wellbeing into everything we do.

Inequality is bad for everyone: places that suffer from greater inequalities have worse overall outcomes, across all population groups, areas and communities. This makes tackling inequality a whole population issue.

This Strategy reflects and reinforces the Board's overarching commitment to reducing, and one day eliminating, health inequalities in Sheffield.

Our goal

Healthy life expectancy is the best overall measure of both health and health inequalities, representing as it does the number of years someone can expect to live in good health. In Sheffield, the gap between the best and worst off is around 20 years. Our goal is therefore:

We will close the gap in healthy life expectancy in Sheffield by improving the health and wellbeing of the poorest and most vulnerable the fastest

We know this is a long term vision. We cannot expect to close this gap in 10 years, never mind the five years this strategy runs for. It follows from this that we have to think long term, about the things we can do now that will make a difference in 20 years time.

A Life Course Approach

We must recognise that most of the poor health experienced in later life is the result of what happened in earlier stages in life. From this point of view, a preventative approach from the beginning of life to death is our keystone.

Our approach to a healthy life is as follows:

- **Starting Well** - where we lay the foundations for a healthy life
- **Living Well** - where we ensure people have the opportunity to live a healthy life
- **Ageing Well** - where we consider the factors that help us age healthily throughout our lives

For each of these we identify three ambitions to focus on over the coming five years.

Ageing Well

Ageing well is something that happens throughout our lives, not just in old age: Starting and Living Well contribute as much if not more to ageing well as anything that happens later in life. Despite this, older age is too often viewed as a societal 'burden', with phrases like 'the demographic time bomb' evoking images of an inevitable, overwhelming and impending health and social care crisis. This sees things incorrectly: the problem is not that older people are a burden, it is that too often we leave ageing well too late in life.

Everyone has the level of meaningful social contact that they want

Everyone has equitable access to care and support shaped around them

Everyone can safely walk or cycle in their local area regardless of age or ability

Everyone lives the end of their life with dignity in the place of their choice

Every child achieves a level of development in their early years for the best start in life

Every child is included in their education and can access their local school

Every child and young person has a successful transition to adulthood

Everyone has access to a home that supports their health

Everyone has a fulfilling occupation and the resources to support their needs

Starting Well

Children's earliest experiences are the key to their success as adults and the business case for investing in the early years is compelling. The evidence clearly demonstrates that promoting bonding and attachment and protecting babies' brain development provides the best start in life.

Living Well

Positive early experiences are vital for children so they are ready to learn, ready for school and given the best possible start in life. What happens in our younger years affects our social circumstances, physical and emotional health as we move into adulthood, a time in our lives when generally we are looking to find meaning and satisfaction through relationships, family life and work.

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Delivering on our ambitions

Having the right Strategy is only the first step; what matters as much, if not more, is how we deliver it.

Reaching our ambitions will require not just the insight, commitment and action of the partners around the Health & Wellbeing Board, but that of all partners and stakeholders across Sheffield.

To make this happen we will:

- Run a set of workshops aiming to engage everyone who can help deliver our ambitions, at which we'll seek to agree how this will be done;
- Use these to develop a set of action plans, owned by all stakeholders, setting out clearly what we need to do in Sheffield to deliver on our ambitions;
- Agree a set of measures, tied to and developed alongside those action plans, that the Board will use to demonstrate that the necessary change and progress is being delivered;
- Develop an active programme of engagement (with partners in the voluntary and community sector, including Healthwatch) to enable the assets and energy of communities and citizens to be central to this Strategy.

The Board's role in this will be to convene those conversations, to challenge the system to develop action plans, and then to hold all

partners in Sheffield to account for delivering on the commitments they make working with and through existing structures and mechanisms.

To support this work and ensure it is focused correctly, we will engage on an ongoing basis across the city on the question of what it is to be healthy in Sheffield, feeding what we hear back from the people of Sheffield into our thinking and the work that flows from this Strategy.

Beyond this, the Board will use its position as a statutory committee of the local authority to advocate for change wherever necessary, both within the Sheffield system and upwards to central government.

About Sheffield's Health & Wellbeing Board

Sheffield's Health & Wellbeing Board is a partnership between Sheffield City Council, the NHS and a range of partners in the City that aims to deliver a single approach to improving the health & wellbeing of Sheffield residents.

More information about the Board can be found at <https://www.sheffield.gov.uk/home/public-health/health-wellbeing-board> or at our twitter feed @SheffieldHWB

You can get in touch with the Board at healthandwellbeingboard@sheffield.gov.uk



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