



**Nottinghamshire**  
Health & Wellbeing Board

# Nottinghamshire Joint Health and Wellbeing Strategy 2022-2026

Working together to enable everyone in Nottinghamshire to live healthier and happier lives, to prosper in their communities and remain independent in later life.



# Foreword

**Nottinghamshire County's third Joint Health and Wellbeing Strategy (JHWS) has been developed in a national context of reduced healthy life expectancy in some communities, increasing health inequalities and global climate change.**

Addressing these challenges is more important than ever and improving people's health and wellbeing will require joint working to enable everyone to prosper in their communities and remain independent in later life.

It involves addressing factors which make a big contribution to good health – things like a healthy diet for everyone, somewhere to live that is safe, ensuring every child gets the best start in life, as well as the role that tobacco and harmful drinking plays in eroding wellbeing and increasing inequalities. It also involves improving the way services join up across Nottinghamshire to achieve our vision to enable everyone to live healthier and happier lives.



**Councillor John Doddy**  
*Chair of Nottinghamshire  
Health and Wellbeing Board*

## What is the Health and Wellbeing Board?



The Health and Wellbeing Board is a statutory committee of Nottinghamshire County Council and has been working since 2013. The current members of the board include county councillors, the Directors of Adult Social Care, Children's Services and Public Health, along with representatives of the local Clinical Commissioning Groups and the local Healthwatch. In Nottinghamshire the Board also includes representatives from the 7 local district councils, the Police and Crime Commissioner and NHS England.

You can find out more at:  
<https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/health-and-wellbeing-board>



# 1. What are the foundations of our health and wellbeing?



Our health and wellbeing is a resource which enable us to develop goals and pursue them.

The health and wellbeing experienced by communities everywhere is strongly shaped by the conditions in which people are born, grow, live, work and age through their lives.

These are the foundations. Health and care services have an important role to play but on their own do not create good health and wellbeing. Enabling everyone in Nottinghamshire to live healthier and happier lives, to prosper in their communities and remain independent in later life involves all of us.

**It is everyone's business.**



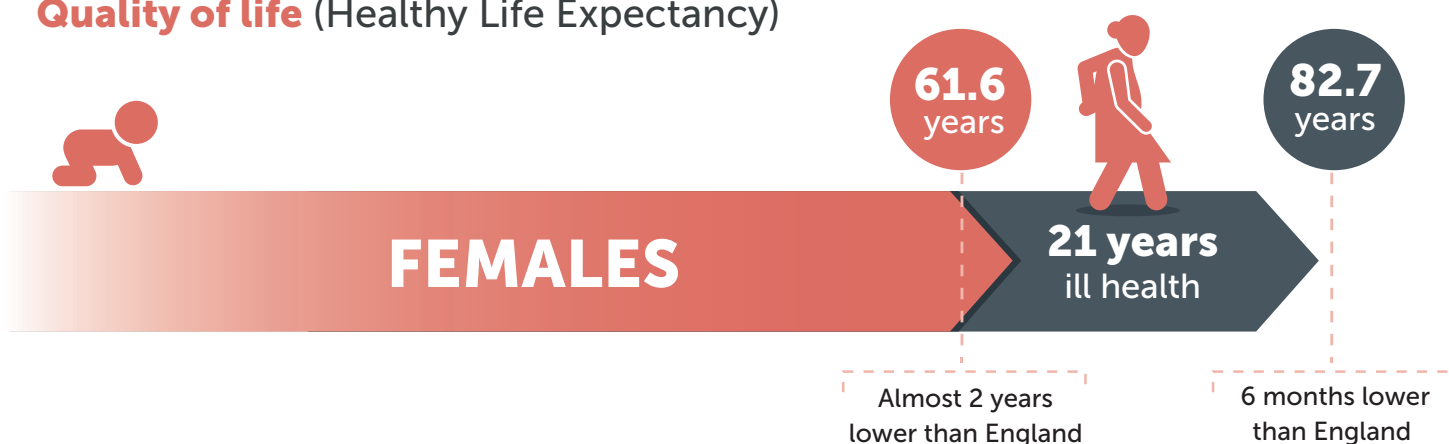
## 2. What is the health and wellbeing of people across Nottinghamshire?

Women in Nottinghamshire live 83 years and men 80 years, which is the same as the average for the whole of England for men but 6 months less for women. In Nottinghamshire, the average length of life in which people enjoy good health (this is our healthy life expectancy) is 62 years for women and 63 years for men.

These averages obscure some stark variations. People living in the least advantaged areas generally die 7.5 years earlier and have spent an additional 14 years living in ill-health. This is one example of a health inequality. Health inequalities are unfair and avoidable differences in health between different groups of people. These variations reflect differences in the foundations of good health enjoyed by different communities – differences relating to housing, work, education, environment, transport, early years, community safety and cohesion.

**Addressing these differences is a matter of doing what is fair.**

### Length of life (Life Expectancy) and Quality of life (Healthy Life Expectancy)



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More information about the health and wellbeing of people in Nottinghamshire can be found at:  
[www.nottinghamshireinsight.org.uk](http://www.nottinghamshireinsight.org.uk)

### 3. What are our four ambitions?

1

#### Give every child the best chance of maximising their potential

We will work together for every child in Nottinghamshire to have the best possible start in life, because we know that a good start shapes lifelong health, wellbeing and prosperity.



2

#### Create healthy and sustainable places

Everyone will grow, live, work and age in places that promote good health, tackle the causes of health inequalities and address the climate crisis.



3

#### Everyone can access the right support to improve their health

Health, care and community services will work together to strengthen their focus on promoting good health and wellbeing and preventing illness, by building on people's strengths.



4

#### Keep our communities safe and healthy

We will support people who are marginalised in our communities to ensure they are safe from harm and their needs are met. Services will support people to build on their strengths to live the lives they want.



## 4. What are our nine areas of focus?

Our four ambitions encompass a wide range of opportunities. We have broken these ambitions down and identified nine areas to which we will give particular focus. These have been chosen because they have a big impact on health and wellbeing and its foundations and require action by a wide range of organisations working together. They fit alongside other important work which individual organisations are doing separately.

### Best start in life



The earliest years of a child's life have a huge impact on their long-term development and future life chances. Good care before conception and during their mothers' pregnancy, and the right support during their early years, gives a child the best chance of maximising their potential and having better outcomes.

### Mental health



Good mental wellbeing at all ages supports and enables strong relationships, educational achievement, physical health and access to employment.

Mental health, including for children and young people, has been particularly affected by the Covid-19 pandemic.

### Good food and nutrition for all



Everyone should have access to healthy, tasty, affordable food which enables them to live an active and healthy life. Our focus will be people who don't have enough good quality, healthy food and experience what is known as food insecurity. The Covid-19 pandemic has highlighted the impact of food insecurity on communities, particularly on children.

### Homelessness



Homeless people experience some of the worst health outcomes of all of our communities. We want to tackle this by preventing people becoming homeless in the first place, and by ensuring health and support services work together to reduce the high levels of physical and mental health issues that homeless people face. Reducing homelessness will contribute to a reduction in health inequalities and bring improvements in a wide range of health outcomes.

### Tobacco



Helping people to stop smoking (and making sure young or vulnerable people don't take up smoking) helps improve people's health, especially for residents living in our most deprived areas. It reduces the risk of dying early and protects others from second-hand smoke. Alongside this, tackling illegal tobacco reduces harm to our communities.

### Reducing alcohol



Deaths due to alcohol have risen during the Covid-19 pandemic.

Helping people to cut down their alcohol intake can improve mental health, boost weight loss and reduce the risk of conditions which cause a high number of deaths and reduce quality of life such as cancer, liver and heart disease.



**More women in Nottinghamshire smoke during pregnancy than the England average (13.1% vs 9.6%). This is much higher in younger Nottinghamshire mothers.**





## Domestic abuse



The impact of domestic abuse on both children and adults is devastating and affects all aspects of their lives. We need to improve everybody's understanding of abuse to prevent the causes, respond early and protect those affected. We will provide support to help survivors and their families rebuild their lives, and hold perpetrators to account for their actions.



## Healthy weight

We want to support residents to have control over their weight to improve their health and wellbeing. To do this we will work to help make healthy food choices more readily available and the environment around us easier for people to move around more and to lose weight.



## Air quality

Clean air is essential for good health and for the environment and climate. We will work to make positive changes which can also have beneficial effects on travel to school and work, being active, reducing traffic and noise, and enabling people to enjoy green spaces.

## 5. How have we identified these areas?

We have looked at the factors across Nottinghamshire, which are having the greatest impact on people's health and wellbeing, and which account for some of the biggest variations or inequalities.

We spent over three months speaking and listening to members of the public and hearing from organisations involved in health, care and community and voluntary services on what they think matters most.

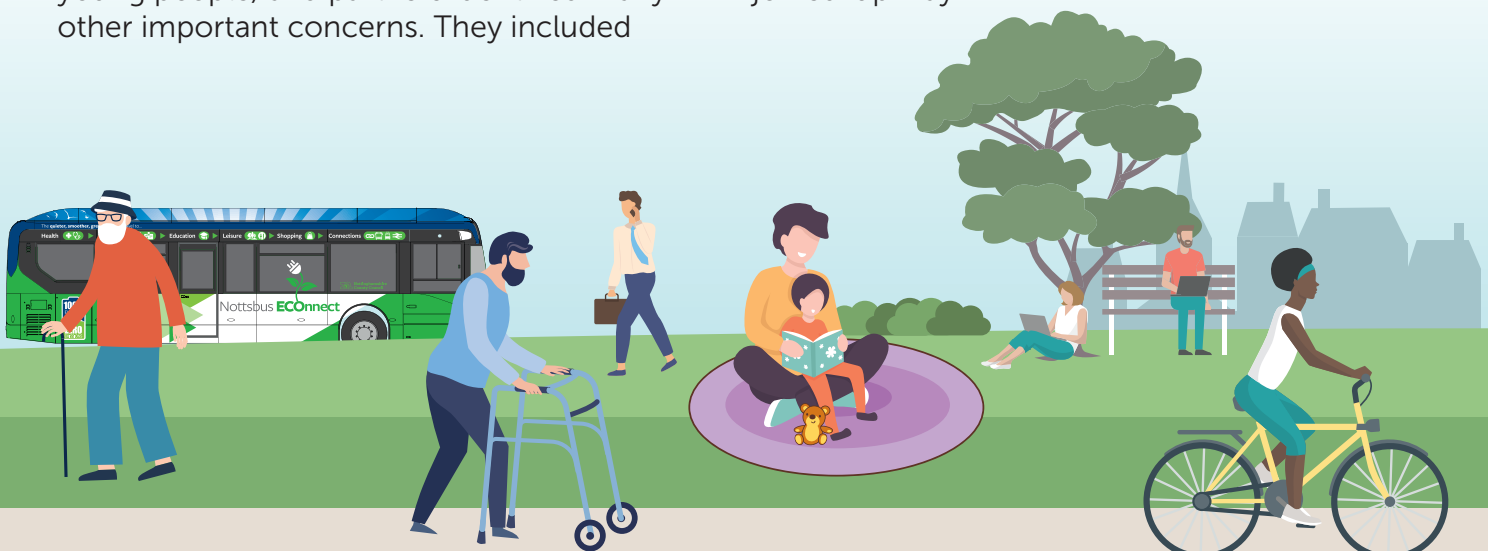
Our ambitions and areas of focus cover the whole population from babies in the womb to older age, and particularly groups who are underserved or excluded.

Feedback from residents (adults, children and young people) and partners identified many other important concerns. They included

poverty, loneliness, drug misuse and support for families. Climate change and improving access to services (including GPs, dentists, and mental health services) were also identified.

We used this feedback to change and improve our areas of focus and to shape the delivery plan for this strategy. Some topics people raised are the responsibility of other boards and strategies, so are not included in this strategy, but the Health and Wellbeing Board will continue to contribute to those topics.

People also wanted to see that the organisations on the Health and Wellbeing Board would work together effectively and acknowledged that the nine areas of focus are strongly interlinked and need to be tackled in a joined-up way.



## 6. How will we work together?

It is important that all the members of the Health and Wellbeing Board work together to achieve our vision. We will do this by:

- ✓ Empowering individuals, families and communities by removing barriers to health and wellbeing such as lack of tasty and affordable food.
- ✓ Recognising which actions are beneficial for the whole county through to those that are very important for local work.
- ✓ Focussing on preventing ill-health and reducing health inequalities.
- ✓ Fully utilising the strengths of each organisation.
- ✓ Encouraging grassroots initiatives and innovation.
- ✓ Evolving our approach as we learn and evaluate our actions.

## 7. How will we keep track of our progress?

One important measure of our success will be reducing the number of years that people spend in ill-health and reducing unfair variation in this. Achieving this will require action over the long-term. Action on our priority areas will contribute to this and we will track progress on each of them.

We will develop a delivery plan which the Health and Wellbeing Board will oversee and link in with other strategies such as The Nottinghamshire Plan from Nottinghamshire County Council, the Nottingham and Nottinghamshire Integrated Care System's Health Inequalities Strategy and the Nottinghamshire Police and Crime Plan.



There will be a website for all to access which will give more information and also updates on our progress during the next four years.





## 8. What next?

As we work on delivering the strategy we will continue our discussions with members of the public and organisations so we can be very specific about what improvements we can make. We are also undertaking an assessment of the impact of the Covid-19 pandemic on the health and wellbeing of the people of Nottinghamshire.

### Glossary

<b>Health</b>	The state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.
<b>Health Inequalities</b>	Health inequalities are unfair and avoidable differences in health across the population, and between different groups within society. Health inequalities arise because of the conditions in which we are born, grow, live, work and age. These conditions influence our opportunities for good health, and how we think, feel and act, and this shapes our mental health, physical health and wellbeing.
<b>Life Expectancy</b>	The average number years that someone can expect to live.
<b>Healthy Life Expectancy</b>	The length of time a person spends in good health- in other words not hampered by long term conditions, illnesses or injuries.
<b>Health promotion</b>	Giving people the information or resources they need to improve their health.
<b>Intervention</b>	A term used to describe a programme or policy designed to have an effect on a health problem. Health interventions include specific prevention, treatment and rehabilitation.
<b>Prevention</b>	Actions taken to reduce people's risk of ill health, identifying ill health early or reducing the effects of being in ill health .
<b>Outcomes</b>	Changes in health and wellbeing as a result of an intervention or action, either by an individual (exercising more), community (starting a running group) or organisation (creating more green spaces for people to exercise in).

