

York HWB Strategy 2022-2032 Action Plan (Year 1 + 2)

		6 big ambitions						Delivery		
		Action	1. Become a health generating city	2. Prevent now to avoid later harm	3. Start Good Health and Wellbeing Young	4. Make good health more equal across the city	5. Work to make York a mentally healthy city	6. Build a collaborative health and care system	Timescale	HWBB Leadership
10 big goals	1. Reduce the gap in healthy life expectancy between the richest and poorest communities	Overarching priority which will be achieved if all other priorities are successful								
	2. Reducing anxiety scores and increasing happiness scores by 5%	A1								
		A2								
	3. Bring smoking rates down below 5% for all population groups	A3	e.g. implement Tobacco Dependency Treatment services in York Hospital and across patients with a severe mental illness in York	x	x	x	x	M	Director of Public Health	E
		A4								
	4. Reduce to 15% the proportion of York residents drinking no more than 14 units a week	A5								
		A6								
	5. Reverse the rise in the number of children and adults living with an unhealthy weight	A7								
		A8								
	6. Reduce health inequalities in specific groups	A9								
		A10								
	7. Reduce both the suicide rate and the self-harm rate in the city by 20%	A11								
		A12								
	8. Improve diagnosis gaps in dementia, diabetes and high blood pressure to above the national average, and detect cancer at an earlier stage	A13								
		A14								
	9. Reduce sedentary behaviour, so that 4 in every 5 adults in York are physically active	A15								
		A16								
	10. Reduce the proportion of adults who report feeling lonely from 25% to 20% of our population	A17								
	A18									

Timescale:
 Immediate
 Short
 Medium
 Long

Co-benefits:
 Climate
 Economy