

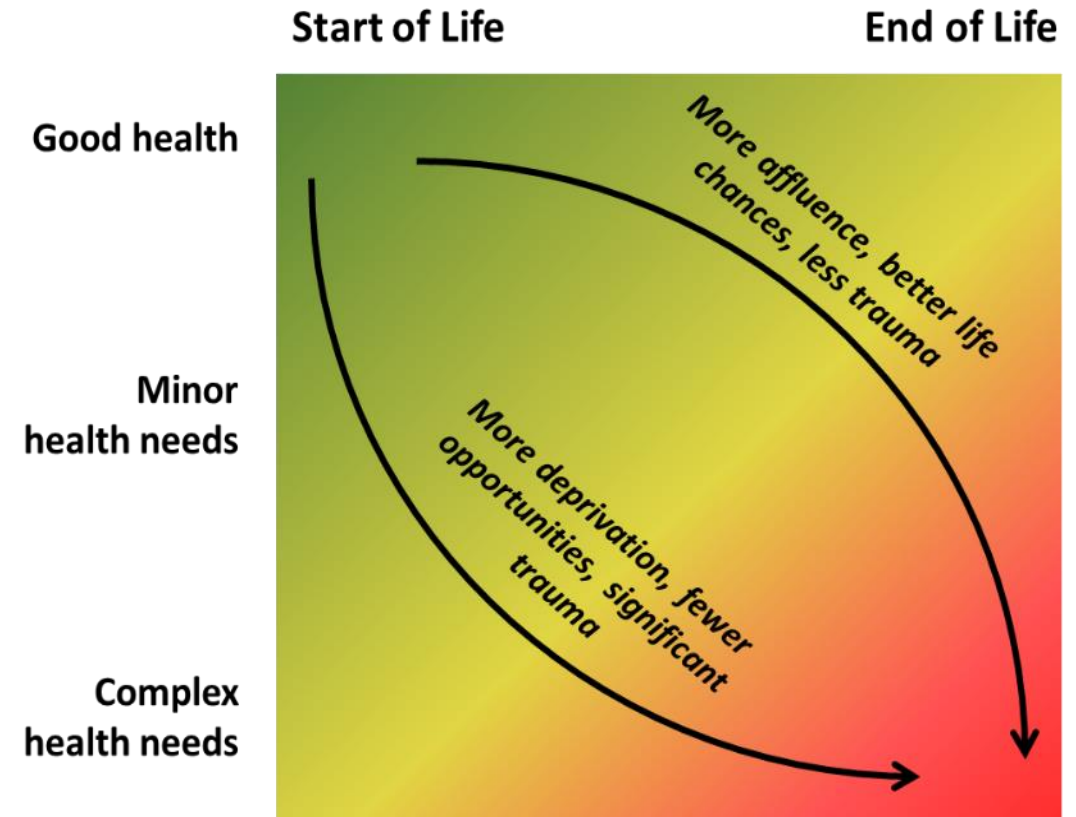
York Health and Wellbeing Strategy 2022-2032

Summary of draft for comments July 2022

Our Four Big Communities

These are the who; a description of four key groups in our population, and how good health is built up over the life course.

- York's children have the best possible start in life
- York's adults have equal access to things which produce health
- York's older adults flourish in an age friendly city
- Whenever they reach the end of life, people in York die well



Our Six Big Ambitions

This is the what:

the dreams we have for the
type of healthy city we want to be

BECOME A HEALTH-GENERATING CITY, where our starting point is that strong and supportive communities are the best medicine, where we build on the strengths of our people, and give our citizens the best possible chance of staying healthy, especially through three key building blocks of health: good housing, jobs and education

MAKE GOOD HEALTH MORE EQUAL ACROSS THE CITY, recognising that people in the poorest areas of York die ten years earlier than those in the richest areas, and to address this we need to deliver our services scaled at a level proportionate to people's need, and thereby reduce health inequalities

PREVENT NOW TO AVOID LATER HARM, acknowledging that two thirds of the gap in healthy life expectancy in York comes from preventable diseases, and therefore ensuring that prevention is in the job description of all health and care staff in the city in order to bring healthy lifestyles within reach of all our residents

START GOOD HEALTH AND WELLBEING YOUNG, giving special emphasis to the key formative early years of life as the best place our investment can go, creating from maternal/preconception health and beyond the conditions for our families, communities and young people to live healthy and flourishing lives

WORK TO MAKE YORK A MENTALLY HEALTHY CITY, ensuring that mental health and wellbeing is given the same attention as physical health, investing in the things which keep people happy and connected, and working together to support people quickly when they need it

BUILD A COLLABORATIVE HEALTH AND CARE SYSTEM with fewer dividing lines between organisations, creating a local culture of integration built by engaged and valued staff who listen to (and involve) our citizens, so that our care can be accessed by all, and is compassionate, high quality, financially and environmentally sustainable

Our Ten Big Goals

This is the how: the measurable, tangible improvements in outcomes we want to see for our population

10 BIG GOALS FOR HEALTH IN YORK

1 OVERARCHING GOAL: reduce the gap in healthy life expectancy between the richest and poorest communities in York

2 Support more people to live with good mental health, reducing anxiety scores and increasing happiness scores

3 Bring smoking rates down below 5% for all population groups

4 Reduce from 20% to 15% the proportion of York residents drinking to the Chief Medical Officer alcohol guidelines (under 14 units a week)

5 Reverse the rise in the number of children and adults living with an unhealthy weight

6 Reduce health inequalities in specific groups: people with a severe mental illness, a learning disability, from an ethnic minority, or a marginalised group

7 Reduce both the suicide rate and the self harm rate in the city

8 Improve diagnosis gaps in dementia, diabetes and high blood pressure, and increase the % of cancer detected at an early stage

9 Reduce sedentary behaviour and increase physical activity by 5% across the whole population

10 increase the proportion of carers and care users who have their desired amount of social contact

What's next

- Comments and amendments across the summer
- Analysis of findings from resident consultation and scrutiny process
- Publication of fully designed version after final approval at September HWBB
- Dissemination
- Delivery process for the strategy's life 2022-2032 agreed, including an outcomes framework and a proposal for how a meaningful action plan (yearly?) can be drawn up, monitored, and accountability built in