

Happier, healthier lives
What's your view?



**Our priorities for the 2021-2023
'Joint Health and Wellbeing Strategy'**

Summary

The Health and Wellbeing Board is asking for early views on the refresh of their '*Joint Health and Wellbeing Strategy*'. A refreshed strategy is due for publication in early 2021.

The Buckinghamshire Health and Wellbeing Board, brings together senior leaders from:

- Buckinghamshire Council
- Buckinghamshire Clinical Commissioning Group
- Buckinghamshire NHS Healthcare
- Oxford Health Foundation Trusts
- Healthwatch and other voluntary sector representatives.

The Health and Wellbeing Board has a legal responsibility to:

- understand current and future health and social care needs
- translate these findings into clear outcomes that they want to achieve.

Earlier this year all Health and Wellbeing Board members agreed the following priorities:

- Start Well
- Live Well
- Age Well

A refreshed strategy would align with our Covid-19 recovery plans and have three cross cutting priorities:

- Tackling health inequalities
- Mental health
- Community engagement

This document explains why these priorities have been chosen, what we hope to do and how you can give your view.

1. Why we are refreshing the *'Joint Health & Wellbeing Strategy'*

The current strategy ends in early 2021. A refresh is needed to take us through to 2023. This gives us an opportunity to check we are still focussing on the right priorities.

The first *'Joint Health & Wellbeing Strategy'* was published in 2013. It aimed to promote healthier lives for everyone in Buckinghamshire. It guided the work of the Health and Wellbeing Board. It also set a context for partner organisations that provide support and services.

The first refresh in [2016-2021](#) built on this. It put new emphasis on place (where people live), reducing health inequalities – and more focus on mental health.

The 2021-2023 refresh will take a life course approach. This means looking at where or at what point the biggest differences can be made to improve people's health and wellbeing. It will continue to focus on health inequalities, mental health and increasing community engagement as priorities.

2. Working with the Integrated Care Partnership

The [Buckinghamshire Integrated Care Partnership](#) (ICP) aims to meet the health and social care needs of the Buckinghamshire population. These are set by the Health and Wellbeing Board. The ICP works with system partners to address the challenges of:

- demographic change and population growth
- health inequalities and financial sustainability

The strategy refresh comes at a time when system partners in the health, care, voluntary and community sectors are seeing increased demand for local services.

The Covid-19 pandemic has had a major impact on every community in the county. Communities, businesses and the voluntary sector have worked together to support the most vulnerable. The Health and Wellbeing Board is committed to learning from the crisis and the many positive developments in

our response to the pandemic. As such we will work with communities and organisations to make these positives part of our 'business as usual'.

3. Deciding on the health, care and wellbeing needs

The Joint Strategic Needs Assessment (JSNA) is the main evidence we use for the strategy. The JSNA looks at current and future health, care and wellbeing needs of the local community.

The JSNA shows that Buckinghamshire residents continue to enjoy good health and access to high quality health and care services in relation to the rest of England. Although many people experience good health this is not experienced by all. The '*Health and wellbeing strategy*' seeks to address this.

[This link will take you to the JSNA.](#)

4. COVID-19 Health, care and wellbeing needs

The Health and Wellbeing Board is committed to working with our resident communities to keep them safe, well and healthy during and after COVID-19.

A high level Covid Joint Strategic Needs Assessment (JSNA) is currently in development. This rapid high level JSNA will look at the impacts and risks identified from the Covid-19 Health Impact Assessment. It will help form *the 'Joint Health and Wellbeing Strategy Implementation and Action Plan'* and be aligned with system recovery plans.

With our partners, we will carry out work to identify the health and wellbeing impacts of Covid-19 infection. This includes the social impact of lockdown. We aim to identify future risks to health and wellbeing. As well as how we can meet the health and wellbeing recovery needs, mitigate future risks and enhance positive impacts. These will be a combination of reconfiguring current services and asset based community solutions.

5. Happier Healthier Lives – a shared Plan for Buckinghamshire

The '*Happier and Healthier Lives*' plan will be the county's high level plan for reducing health inequalities and improving health and wellbeing for Buckinghamshire's residents.

'Happier Healthier Lives' priorities have been developed in partnership with senior leaders from across the public, voluntary and community sectors. It uses information from our *'Joint Strategic Needs Assessment'* (JSNA) and learning from our *'2016-21 Joint Health and Wellbeing Strategy 2016-21'*. In addition we draw on national research and good practice.

The Buckinghamshire *'Happier, Healthier Lives'* plan aims to create the best conditions in Buckinghamshire for people to live healthy, happy and fulfilling lives and achieve their full potential. Our vision is to improve outcomes for the whole population as well as having a greater impact on improving the health and wellbeing of those people in Buckinghamshire who have poorer health and wellbeing.

The strategy proposes to make an impact on three key priority areas:

- Start Well
- Live Well
- Age Well

The following sections explain the refreshed priorities and focus for the action plan.

6. Start Well

Why this is a priority

Health and wellbeing outcomes can be improved by focussing on children and young people. We want to make sure that every child has the best possible start in life. The key to getting this right is tackling health and social inequalities and preventing poor outcomes.

We want to make sure all children are supported to reach their potential in school, further education and employment, and that families are supported to make healthy lifestyle choices.

We know that good mental health helps us to enjoy life and build positive relationships. It gives us resilience to deal with day-to-day difficulties and major life events. Early diagnosis of mental health problems is a key factor in

the success of treatment and preventing the worsening of conditions. This will enable young people in Buckinghamshire to reach their full potential.

Our focus for 2021 – 2023

- Every child has the best start in life.
- Children have the right environment and opportunities to adopt and maintain healthy lifestyles.
- Children in Buckinghamshire are Safe and Protected.

How we will do this

- We will work with our partners to help children and young people (particularly the most vulnerable) to reach their full potential.
- We will seek more feedback from local communities on what is happening in their areas to give children the best start in life.
- With our partners we will make sure we provide support to children and families with mental health needs.
- As part of our COVID-19 recovery work, resources will be targeted appropriately at those families whose circumstances have been affected.
- Working with early years providers and schools we will make sure that the individual needs of children are identified at the earliest opportunity. Ensuring we can collectively respond at the right time. We will carry out targeted work with our settings and schools in order to improve outcomes and make a difference.

7. Live Well

Why this is a priority

Not everyone in Buckinghamshire enjoys the same good health. People living in more deprived areas tend to have poorer health at all stages of life - from birth to old age. Health also differs between different ethnic groups. People with mental health problems often have poorer physical health. The support of

friends and neighbours in communities is good for physical and mental health. This type of support gets more crucial as the population ages.

We know that the physical environment, the quality of housing and opportunities for active travel have a big influence on health and wellbeing. There will be an increase in housing in Buckinghamshire, creating new communities. We want to find better ways to plan for and shape communities so that they promote health and wellbeing. The work of the emerging Community Boards and adopting a health in all policies (HIAP) approach will be pivotal in this.

The Covid-19 pandemic has had an unequal impact on people. Evidence shows that incidents of Covid-19 increases in line with deprivation. We have also seen national attention on the impact on Black, Asian and Minority Ethnic (BAME) groups. People in these groups often suffer the worst health and poorer health outcomes. They need to be identified and targeted by appropriate services.

Our focus for 2021 – 2023

- Residents in Buckinghamshire have the choice and skills to live healthier lifestyles.
- Residents are encouraged to be more connected with their local community and live in resilient neighbourhoods.
- Residents in Buckinghamshire are safe and protected.

How we will do this

- To maximise impact and tackle barriers to healthy lifestyles we will align and co-ordinate prevention programmes across the system. This includes developing a whole system approach to obesity and enabling people of all ages to be more physically active.
- We will continue to focus and co-ordinate action on sexual health, smoking, alcohol and drugs.
- We will support Community Boards to have and promote annual health events in their areas. This includes feedback to the Health and Wellbeing Board.

- We will follow up on community health events by identifying what the Council, NHS, voluntary sector, community and residents can do to make a difference. We will report on this annually.
- We will continue work on social isolation and social connectedness as a shared priority to develop a system wide response to social isolation.
- We will enhance our organisational workforce programmes to focus on Wellbeing and Mental Health.
- We will oversee a shared population health approach to reduce health inequalities and reduce the negative impacts of the wider determinants of health.
- We will encourage sustainable growth, creating the right environments for residents to prosper and live happy, healthier lives.
- **Using data from Covid-19 rapid assessment** we will focus on Black, Asian and Minority Ethnic (BAME) groups and locations where people have worse health.
- We will introduce **culturally competent health promotion and disease prevention programmes.**
- As part of our Covid-19 recovery work, resources will be targeted appropriately to support residents impacted by domestic abuse, social isolation, food poverty, debt and homelessness.

8. Age Well

Why this is a priority

The number of older people in Buckinghamshire is increasing and will grow further. The number of people aged 65 years and over is expected to increase by 27.7% - from 101,700 to 129,900 by 2030. This means 28,200 more people aged 65 years and over.

While people are living longer, many are spending more years in poor health at the end of life. The number of people with dementia is also growing.

Evidence shows we should identify the people at risk and intervene earlier to:

- Support active ageing
- Prevent social isolation and loneliness
- Prevent ill health and disability among older people

Our focus for 2021-2023

- Residents in Buckinghamshire enter older age with healthier lifestyles
- Older adults in Buckinghamshire will receive the right support at the right time.

How we will do this

- We will deliver services in the community. So that people are able to live independently with good physical and mental health.
- We will adopt the **'Home First'** philosophy across the health and care system. We will treat people with dignity and respect at the end of their lives.
- We will support Community Boards and Primary Care Networks to help them support communities.
- We will support carers in their caring role and to look after their own health.
- In response to Covid-19, we will continue to develop and deliver the enhanced offer of support to care homes.
- We will work with providers to develop a sustainable and appropriate care market provision to meet future need in Buckinghamshire.
- We will develop and implement a healthy ageing strategy to support the Ageing Well Programme.

9. Your views

We want to hear your views. Whether you are a member of the public, a patient, service user or work for an organisation in Buckinghamshire.

We are asking just four questions:

Q:1 In your experience, do you agree or disagree that these are the major health and wellbeing challenges we need to address in Buckinghamshire?

- a) Yes – I agree
- b) No – I disagree
- c) I am not sure

Q2: What views do you have on the Start Well, Live Well, Age Well areas proposed?

Q3: Are there any priorities which you think should be added to the '*Happier, Healthier Lives Plan*' for Buckinghamshire?

- a) Yes
- b) No

Of your answered 'Yes' please tell us what they are and why.

Q4: In what capacity are you giving your view?

- a) A member of the public
- b) A patient or service user
- c) Representative of an organisation in Buckinghamshire
- d) Other (please specify)

You can submit your views between now and 14 October 2020:

Online: [Use this link to take the on line survey](#)

Emailing: HWB@buckinghamshire.gov.uk

Calling: **01296 382 043**

10. What happens next?

Following confirmation of the priorities, the Health and Wellbeing Board will develop an implementation plan.

This will be published along with the refreshed '*Joint Health and Wellbeing Strategy 2021-2023*'.