

**Date:** 22 July 2021

**Title:** Live Well Action Plan

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**Report Sponsor:** Gillian Quinton

**Report for information/decision or approval:** For approval.

**Recommendation:**

**The Board is asked to consider and approve the Live Well Action Plan, one of the Start Well, Live Well, Age Well priorities in delivering the Happier Healthier Lives Bucks Joint Health and Wellbeing Strategy.**

## **Background**

- 1.1 The Joint Health and Wellbeing Strategy 2021-24, *Happier Healthier Lives*, was approved by the Board at its meeting on 18<sup>th</sup> February 2021. The document is the county's high-level plan for reducing health inequalities and improving health and wellbeing for Buckinghamshire's residents. The priorities were developed in partnership with senior leaders from across the public, voluntary and community sectors. The plan was also informed by the Joint Strategic Needs Assessment (JSNA) and learning from the 2016-21 Joint Health and Wellbeing Strategy.
- 1.2 The Buckinghamshire *Happier, Healthier Lives* plan aims to create the best conditions in Buckinghamshire for people to live healthy, happy and fulfilling lives to achieve their full potential. The Board's focus is to improve the health and wellbeing for the whole population whilst delivering a greater impact on those who have poorer health and wellbeing.
- 1.3 The Board priority recognises that not everyone in the county enjoys the same good health. A person's health depends on a range of factors including where they live, their ethnic background, the support they have from friends and neighbours and their physical environment. The Board is committed to reducing the barriers to good health and, particularly at this time, to ensuring that Buckinghamshire residents are able to regain their health and wellbeing after Covid.
- 1.4 The Board approved the approach to theme future meetings against the three key priorities identified in the Strategy, namely Start Well, Live Well and Age Well. As mental health is a cross-cutting theme identified in the Strategy, and an area of

significant concern in relation to Covid, the Board also agreed to have a deep dive on mental health for each of the priority areas.

- 1.5 This report and appended action plan sets out the Board's partnership commitment to delivering the Joint Health and Wellbeing Strategy's 'Live Well' priority.

### **Consultation and communication**

- 2.1 The action plan has been co-produced with members of the Health and Wellbeing Board.

### **Next steps and review**

- 3.1 Recognising the impact of broader services such as housing and planning on the health and wellbeing of people, this plan will be further developed to incorporate wider activity to deliver the Board's 'Live Well' ambition.
- 3.2 An update on the progress made over the last six months will be provided to the Board in early 2022.