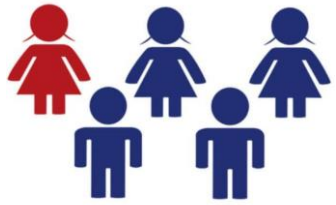


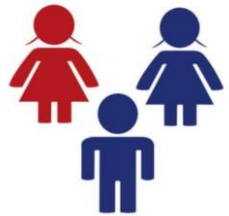
# Harrow's Draft Joint Health and Wellbeing Strategy

Health and Wellbeing Board

26/07/2022



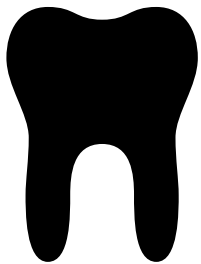
1 in 5 children overweight or obese at reception



1 in 3 children overweight or obese at year 6

42%

England 23.4%



Percentage of 5 year olds with experience of visually obvious dental decay

Hypertension: QOF prevalence (all ages)

| 2020/21



13%

England 14%

35,441 Count

10.1%

England 7.1%



The percentage of patients aged 17 years and over with diabetes mellitus, as recorded on practice disease registers

The difference in life expectancy between those living in the most and least deprived areas



4.4 years



5.6 years

### Causes of the inequality 2020 - 21

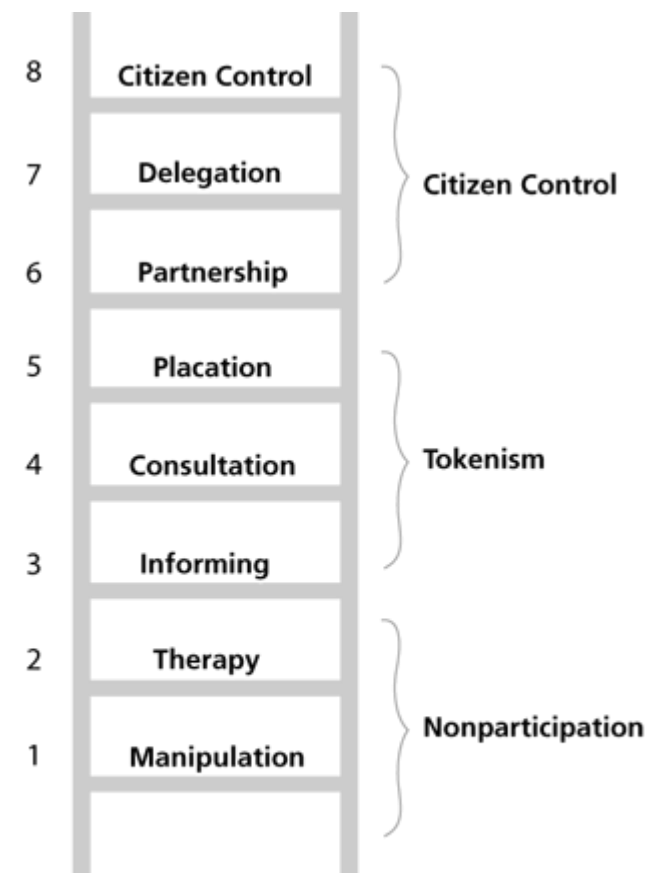
COVID-19 – 24.9%	COVID-19 – 23.9%
Circulatory – 28.6%	Circulatory – 15.5%
Cancer – 29.4%	Cancer 12.2%
Respiratory – 1.7%	Respiratory – 14%
Digestive – 4.3%	Digestive 7.7%

We know many of these behaviours and health outcomes are interlinked and correlate with employment, housing and education outcomes

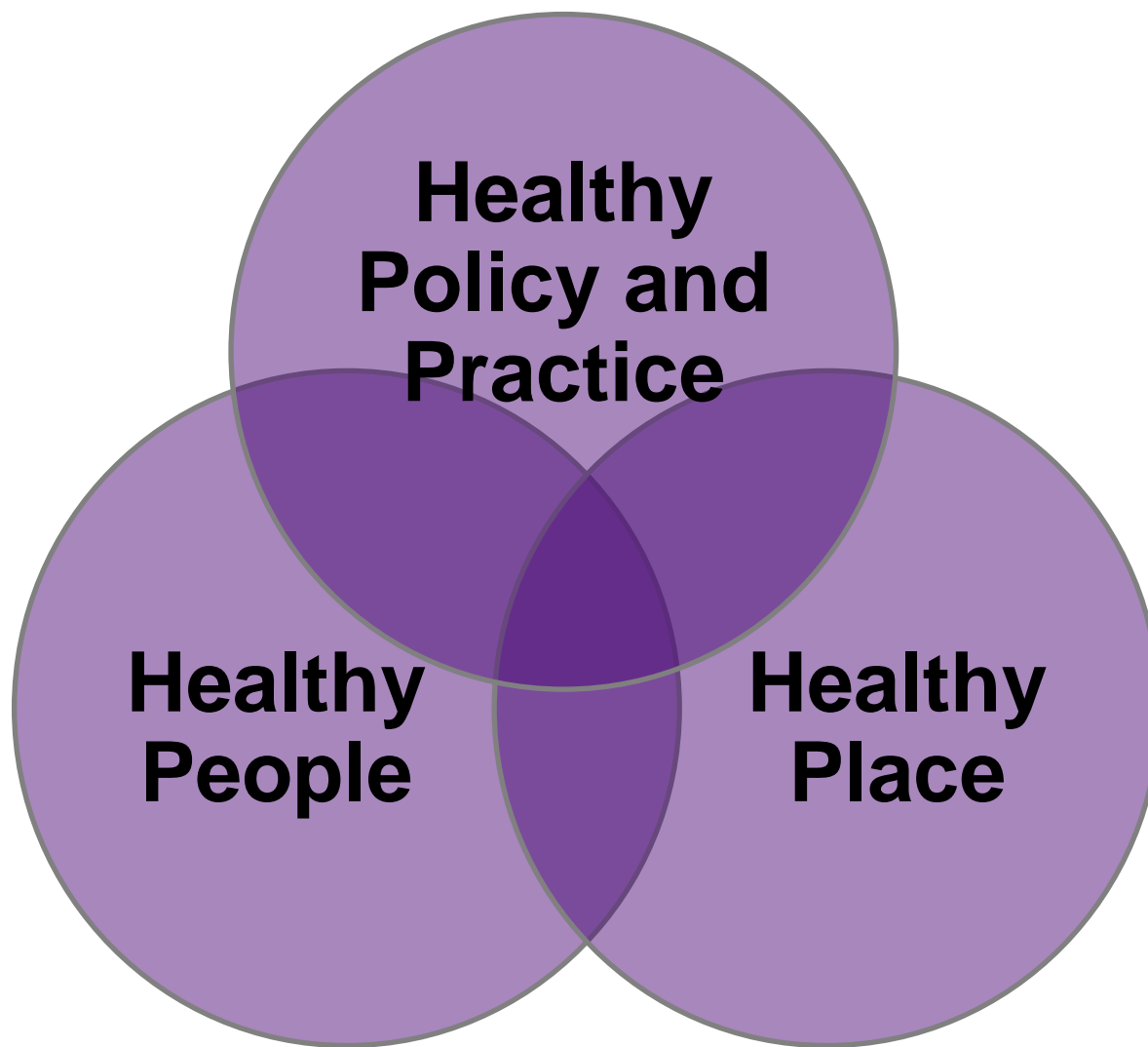
# What do our residents think already, how do will build engagement with our residents?

- Standard of health care
- Cost of living, low wages
- Fuel poverty and winter warmth
- School readiness, emotional wellbeing of children
- Young People - vaping, nitrous oxide
- Young and adult carers
- Education Health and Care plan, (SEN) children
- Access to convenience and junk food
- Air quality, active travel
- Women's health, menopause, maternal outcomes
- Loneliness

- Background: epidemiology, comparison, & opinion
- HWS preventative action
  - How citizens know and reduce risks to health is about citizens being engaged and taking control.
- Engagement approach must be an enabler of the HWS
  - Ranges from;
    - manipulation and therapy where citizens are cured or educated, to;
    - partnership where power is shared and delegation where committees are formed with citizen representation
- To consider each JSNA issue and each respective engagement response
- Engagement will need resourcing



Arnstein's Ladder (1969)  
Degrees of Citizen Participation



# Healthy Policy and Practice

**Making Every Contact  
Count everyone's  
business and  
embedding Health  
Inequalities in All  
Policies**

**Ensuring that all  
commissioning  
practices, use of  
intelligence and  
technologies, and  
resource allocations  
are optimised and  
evidence based**

**Embedding prevention,  
emergency  
preparedness, health  
protection and infection  
prevention control  
principles, into  
mainstream  
approaches**

## Healthy and safe communities

A thriving, multicultural borough where events support our communities continued integration and values

Establish a community capacity building and leadership programme for Harrow to support community groups access to help them address issues which are important to them

Everyone takes an individual and collective responsibility for building good relationships within their community

Instilling a supportive culture that promotes good physical and mental wellbeing in the workplace

A commitment to increasing the quality of new and existing affordable homes

Promoting Harrow as a place to live and work, including a focus on retention within front-line teams

## Healthy environment and addressing climate change

Enhancing our sports infrastructure to meet local needs, adopting health impact assessments on major developments. Enhanced parks and accessible open spaces, providing spaces for rest & recreation. A transport infrastructure enabling active travel

Making Harrow environmentally sustainable and healthy

## Thriving Economy

Supporting Business Growth and Job Creation.  
Developing the Skills of and Prospects of Residents

Create vibrant town centres as community and commercial hubs.  
Improving our digital infrastructure & addressing social exclusion.



# Healthy People

**Giving every child the best start in life by supporting families to enable children to achieve their full potential.**

**Developing stronger links between schools, health and social care**

**People are equipped to be more resilient to life events and enabled to live longer and healthier lives**

**Developing a social position for older people in the community, for example through volunteering, mentoring, or peer group involvement**

# Children & Young People example

Giving every child the best start in life by supporting families to enable children to achieve their full potential / Developing stronger links between schools, health and social care



## What will we do in the short term?

Ensure that our children and young people are safe, including those that are more vulnerable, through early identification, and engagement with key services

Develop family hubs to strengthen early support and prevention including partnership working with schools and other commissioned services (e.g. substance misuse)

Deliver the 0-19 contract, including health visiting & school nursing, and deliver transformation plan to meet the needs Harrows children and young people

Children and young people integrated care workstreams including: Start well, SEND, Emotional & Mental Wellbeing and Resilience, Integration of children's health and social care



## What are our aspirations for the long term?

Enabling parents and people from birth to be able to support their children, build resilience and be more reliant on community links – leading to independent adults

Children and young people are empowered to become citizens that contribute to society and develop positive healthy relationships

Improve physical and mental wellbeing outcomes for children and young people, leading to longer healthier lives and emotional stability

Harrow is seen as a choice for parents, carers and families to bring up children and young people

A reduction in infant mortality across Harrow

Education, employment and training opportunities that meet the needs of our children and young people

Building on our understanding of schools as the key partners to improve CYP Health

# Adults and older people example

People are equipped to be more resilient to life events and enabled to live longer and healthier lives



## What will we do in the short term?

Provide a range of commissioned services that focus on prevention and improving the health and wellbeing of our population

Embed resident centred initiatives and programmes that focus on people's strengths and community assets; strengthening our support to carers

Review, re-design and implement services to meet the needs of population including: sports and leisure review; post dementia diagnosis support; integrated intermediate care services review; integrated frailty model for Harrow.

Embed and deliver enabling programmes that support residents to be more resilient including; addressing digital exclusion; urgent care plan portal; estates development



## What are our aspirations for the long term?

Increase life expectancy and reduce the life expectancy inequality gap

Assistive technology and digital solutions will support residents be more resilient and lead more independent, healthier lives

Integrated care and joined up services, ensuring that residents only give their story once

Develop and support a stronger community and voluntary sector, using local community assets to support our residents achieve healthier lives

Improve the value of peoples lives, directly impacting on peoples emotional wellbeing

- Capturing partner initiatives to feature within the principles
- Consultation on the Health and Wellbeing Strategy
- Draft prepared by September 2022
- Approval by Health and Wellbeing Board