

A Joint Health and Wellbeing Strategy for Suffolk



Summary

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Introduction

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The health and wellbeing of people in Suffolk is generally good, but some groups and communities experience poorer health than others. The Health and Wellbeing Board wants to help people in Suffolk experience better health and wellbeing, particularly focusing on people who have a poorer quality of life.

I hope that you find this booklet informative about the Health and Wellbeing Strategy and the work of the Board. The full strategy is available from the Director of Public Health, Suffolk County Council, Endeavour House, 8 Russell Road, Ipswich, Suffolk IP1 2BX or online at <http://www.suffolk.gov.uk/your-council/plans-and-policies/>

What is the Health and Wellbeing Board?

Many factors contribute to your wellbeing. For example how safe you feel in your community and whether you have a job or not are important. The Health and Wellbeing Board brings together health, local government, the voluntary sector and the wider community to combine resources and make a positive difference to the health, wellbeing and opportunities available to everyone in Suffolk.

Vision

The vision of the Suffolk Health and Wellbeing Board is to enable people in Suffolk to live healthier, happier lives. We also want to narrow the differences in healthy life expectancy between those living in our most deprived communities and those who are better off. To do this we will need to make greater improvements in more disadvantaged communities.

Priority outcomes:

The Health and Wellbeing Strategy has four priority outcomes

Outcome one:

Every child in Suffolk has the best start in life

Outcome two:

Suffolk residents have access to a healthy environment and take responsibility for their own health and wellbeing

Outcome three:

Older people in Suffolk have a good quality of life

Outcome four:

People in Suffolk have the opportunity to improve their mental health and wellbeing

There are some key issues facing Suffolk in the coming years:

- 1 in 6 children live in relative poverty
- Educational attainment is below national rates
- Suffolk has a low wage economy although employment rates are higher than average
- General affluence masks pockets of deprivation and inequality gaps
- You are more likely to die prematurely if you are from a deprived area of Suffolk
- Suffolk has an ageing population

The Health and Wellbeing Board is committed to working to tackle those issues and their effects on health and wellbeing.

Key facts about health and wellbeing in Suffolk

More than 700,000 people live in Suffolk.

The population is getting older with almost 1 in 5 people aged over 65 years. This is higher than the England average. The number of people living in Suffolk is predicted to grow by 15% over the next 20 years, and those over 65 will increase at a greater rate of 83%.

People in Suffolk live longer than almost anywhere else in England. A girl who is born today can expect to live until she is 84 and a boy until 80 years of age.

Life expectancy has increased year on year for men and women over the last 10 years in Suffolk. Whilst this is good news we also need to focus on quality of life and minimise the impact of long term illnesses and disability.

In Suffolk 77% of people report their overall health as good and the county is regarded as a good place to live with a high quality of life. The Halifax Quality of Life Survey in 2009 found residents of Mid Suffolk to have the best quality of life of any rural area in Great Britain. However, life

expectancy at birth differs greatly between different communities and in Rougham Ward, Bury St Edmunds is 87.9 years, 12 years longer than the 75.9 years for those in the more deprived ward of Kirkley, Lowestoft. Deprivation is linked to poorer health and wellbeing but in Suffolk areas of deprivation can be very local and hidden within more affluent communities.

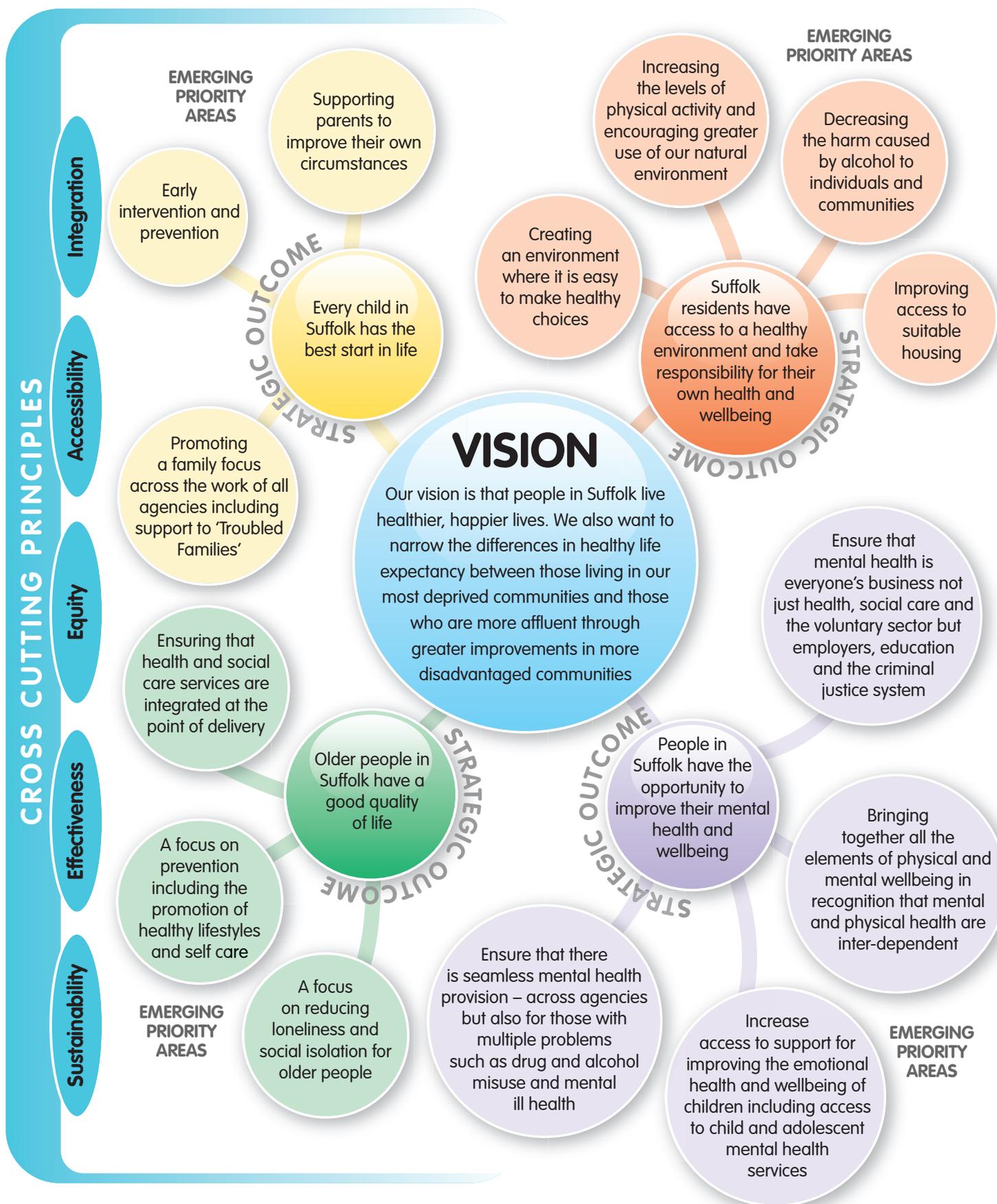
Making a difference

The Health and Wellbeing Board will make a difference by:

- Influencing the commissioning plans of the public sector
- Promoting joint commissioning
- Bringing public money together to greater effect
- Including the voluntary sector and maximising their skills and experience

Some of the ways to make that happen include:

- Action in the early years of life – where the prospects for shaping lifelong health and prosperity are critical
- Improving exam results and skills so that there is a positive impact on long-term health as well as employment and deprivation
- Recognising and supporting the valuable contribution that older people are making through their volunteering and caring roles
- Improving access to suitable warm housing
- Raising awareness that some common problems for older people, like falls and the effects of loneliness can be prevented
- Building on the creativity of local communities and the range of social and community networks in the county to find local solutions to local problems
- Building on the ambition to be the most active county to promote healthy and active lifestyles



EXAMPLES OF KEY SUPPORTING DOCUMENTS

Local Housing Strategies	VCS Compact	Greenest County	NHS Service Improvement Plans	Police and Crime Strategy	Domestic Violence Strategy	Alcohol Strategy
Suffolk Older People's Charter	Community Safety Strategy	Safeguarding	Suffolk Most Active County	Transforming Suffolk	Children's Plan	Suffolk Ageing Well