



Rutland
County Council

Developing the Joint Health & Wellbeing Strategy 2019-2022



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Joint Health and Wellbeing Strategy

- Statutory responsibility
 - Local authorities and clinical commissioning groups have equal and joint duties to prepare JSNAs and JHWSs, through the Health and Wellbeing Board (H+WBB)
 - Intended to drive and support the agenda and work of H+WBB
- Joint Strategic Needs Assessment (JSNA) published in December 2018
 - Informs Joint Health and Wellbeing Strategy (JHWS)
- Previous Joint Health and Wellbeing Strategy published 2016



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What is a Joint Health and Wellbeing Strategy?

- To inform and influence commissioning and delivery decisions about health and care services
 - So decisions are focused on the people who use services
 - To tackle the factors that impact upon health and wellbeing
- Used to drive and support Health and Wellbeing Board agenda and work



What's changed since the previous strategy?

- Primary Care Network development
- Integrated Care Systems planned
 - Discussions regarding system, place and neighbourhood and the decisions that could/should be taken at different levels
 - Place and neighbourhood may well be the same for Rutland
- How could the H+WBB contribute to the development of the Integrated Care System?
 - A role for H+WBB in driving forward the place/neighbourhood elements together with Rutland's primary care network.



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Options for Rutland's strategy

1. Wider determinants of health and wellbeing
2. A life course approach
3. Illness and disease areas
4. Lifestyle factors



1. Wider determinants of health

- Focus on wellbeing and wider determinants of (influences on) health and wellbeing
- Could include priorities related to
 - Target resources in proportion to need to address the needs of any children living in poverty
 - Rural isolation
 - Access to services
 - Health and wellbeing inequalities
 - Further integration of health, care and related services



2. Life course approach

- Would look at Rutland's residents from birth throughout the life course
- Priorities could be spread through the life course, for example:
 - Every child lives in a happy and safe environment
 - We work together with young people and give them the support they need to grow into happy, successful and independent adults.
 - Keeping adults active for longer to prevent or reduce the impact of a range of health conditions particularly focused on those aged 45-65 years to improve healthy life expectancy.
 - Health and care services to work together to develop a holistic approach to Healthy Ageing that treats the patient rather than the separate conditions, reviewing commissioned pathways where relevant and appropriate.



3. Illness and disease areas

- Focus on specific illnesses to improve the health of Rutland's population
- For example, there could be priorities on:
 - Support and encourage healthy behaviour in pregnancy and beyond including maternal smoking, alcohol use, healthy eating and physical activity.
 - Work to prevent coronary heart disease, strokes and transient ischaemic attacks through supporting increased physical activity, weight management, reduced alcohol consumption and quitting smoking.
 - Develop the dementia pathway to increase the proportion of those with living with dementia who have a formal diagnosis, enabling them to access services and support.



4. Lifestyle factors

- Focus on a range of lifestyle factors
- Possible priorities could be:
 - Families are supported and empowered to create a nurturing environment where children can flourish.
 - Focus on getting adults active and keeping them active for longer to prevent or reduce the impact of a range of health conditions particularly focused on those aged 45-65 years to improve healthy life expectancy.
 - Develop workplace wellbeing programmes with active engagement with local employers.
 - Consider targeted interventions to tackle other potential causes of poor mental health e.g. loneliness, social isolation, and other wider determinants of poor mental health.



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Next steps

- Rutland Joint Health and Wellbeing Board asked to DISCUSS and DECIDE which model of the Joint Health and Wellbeing Strategy they would like developed
- Rutland H+WBB to DISCUSS how the board may need to evolve to best fulfil the aims of the future Joint Health and Wellbeing Strategy once known