

NORTH SOMERSET

Joint Health & Wellbeing Strategy



2021 - 2024 EXECUTIVE SUMMARY



What is the strategy?

The joint Health and Wellbeing Strategy 2021-2024 sets out our vision, shared ambitions, principles, and the actions we will take over the next three years to improve health and wellbeing and to reduce health inequalities across North Somerset.

Organisations that play a role in health and wellbeing in North Somerset, including the Local Authority, NHS, the voluntary sector and wider community, can come together around the shared vision.

Our vision

The Health and Wellbeing Board's vision is for people to be enabled to optimise their health and wellbeing and to lead long, happy and productive lives in thriving communities, building on their strengths in a way that reduces inequalities in health.

How have we developed this strategy?

In producing this strategy, we have taken a fresh approach to consultation and engagement, involving local people, local organisations and our partners from the outset to find out what matters most in North Somerset. This meant that we have been led by local values and priorities, alongside data about health need. This helped to identify which health and wellbeing challenges people felt we should address most urgently.

Our principles and our approach

We have six guiding principles for our strategy:



- ✓ Working in partnership with leaders in health and wellbeing, services and communities across North Somerset
- ✓ Prioritising work that reduces inequalities in health and wellbeing
- ✓ Working with localities and focusing on the wider determinants of health
- ✓ Developing actions and improvements for people at all stages of life
- ✓ Using and learning from data and local feedback to inform action
- ✓ Enabling and empowering people in communities to use their skills, resources, knowledge and networks to promote and improve health and wellbeing locally.

We have three main approaches that we will use to focus our efforts:

- ✓ **Prevention:** preventing people from becoming unwell or having poor health and wellbeing
- ✓ **Early intervention:** supporting people to identify and manage health and wellbeing problems as early as possible, making sure the right support is in place

- ✓ **Thriving communities:** focusing on the wider determinants of health and working with partners across the health and wellbeing system (wider health, care and Voluntary Community Faith & Social Enterprise sector) to support communities to thrive.

We will be working across the life course to enact the action plan, ensuring that action is taken, and support is available, to enable people in North Somerset to start well, live well and age well.



What will we do?

To achieve the vision, the strategy has an action plan which has been developed using data about health and wellbeing in North Somerset, evidence about the most effective interventions, and feedback about what matters most to people living and working in North Somerset.

We recognise that the strategy cannot focus on all areas of health and wellbeing at once. As such, the strategy sets out priorities for action. These include:



Mental health



Substance use



Food (including nutrition and food insecurity)



Alcohol use



Physical activity



Wider determinants of health



Tobacco use

The strategy's action plan lists the actions that we will be taking to tackle these priority areas and to improve health and wellbeing across North Somerset.

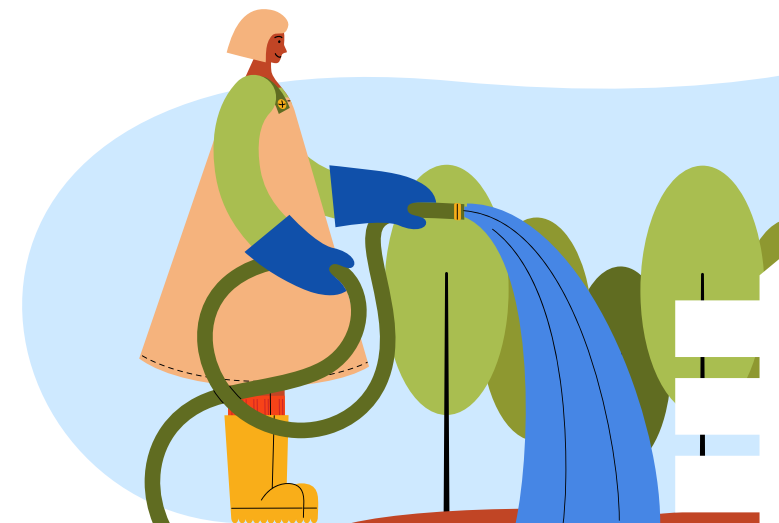
What happens next?

Over the course of the next three years, we will work with partners across North Somerset to deliver the action plan.



Each year the action plan will be reviewed and refreshed, and we will assess progress against our aims.

We'll use the latest evidence to make sure that we're doing the right things and we'll measure our progress using local data and insight.



This publication is available in large print, Braille or audio formats on request.
Help is also available for people who require council information in languages other than English.

Please contact 01934 888 888

