



HEALTH AND WELLBEING

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INTRODUCTION

Local Government's role in the improvement of residents health is not a new concept.

Since 1834, Local Government has been improving the health of its residents. The focus then was on the provision of basic medical care for the poor and the eradication of disease by improving sanitation and living conditions.

The traditional health improvement role of the Council has evolved from those traditional functions delivered by environmental health, to that which now looks at how the Council can assist improving the health and wellbeing of all its residents without exception.

INTRODUCTION

- Public Health and Wellbeing responsibilities moved from the NHS to local Government in April 2013
- In Essex the transfer of responsibility was made to Essex County Council Public Health
- Braintree District Council wanted a more local emphasis on health and wellbeing so set up the "Braintree District Health and Wellbeing Panel", and other related work streams.
- A Health and Wellbeing Programme Manager role was created to develop and to lead on and manage all aspects of the external and internal Health & Wellbeing Action Plans and associated projects. Taking responsibility for delivery of all actions contained in the Environment & Leisure Business Plan.

What is Health and Wellbeing?

- It is important to understand that improving health and wellbeing, means we have to tackle issues far beyond the traditional context of health.
- It needs to take place over a wide range of identified health priorities and lifestyle factors in order to improve the health and wellbeing of the local population.
- An integrated approach in creating environments where individuals, families and communities can feel informed, empowered, healthier and happier.

The World Health Organisation states...

“Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”.

What are we doing?

The Braintree District Health and Wellbeing Panel is the strategic partnership for the coordination, communication and commissioning of health improvement and wellbeing services for the local population.

The Panel highlights local health needs and priorities and explores opportunities for aligning services and resources more effectively to promote good health.

Through the Public Health profiles two priorities have been identified which are:

- Obesity
- Hip Fractures in the over 65's

What are we doing?

The Livewell Campaign

The Livewell campaign has been developed by the Braintree District Health and Wellbeing Panel in partnership with local organisations to address priorities across the Braintree district.

The objective is to work with partners to achieve the visions and aims that we all share to improve the health and wellbeing of our residents.

The Livewell wheel denotes the five themes identified to deliver the health and wellbeing programme

staywell - Clinical wellbeing, a state of health.

feelwell - A state of mental wellbeing

eatwell - Healthy eating

bewell –Benefits from being physically active.

agewell – Plan now for the future,



Our achievements

- Health and Wellbeing Prospectus
- Agewell Guide
- Livewell website
- Project funding
- Livewell Campaigns
- Livewell Guide

For further information, please visit www.livewellcampaign.co.uk