
HEALTHIER HAMPSHIRE

Tell us your priorities for your health and wellbeing

The Health and Wellbeing Partnership Board is keen to hear views in order to develop Hampshire's first Health and Well Being Strategy.

The Board is made up of members from each District Council, the County Council, the voluntary sector and NHS Hampshire. Together they provide overarching strategic leadership, direction and management of the health and well being agenda across Hampshire.

Help us develop a partnership
strategy to improve everyone's
health and wellbeing in Hampshire

TELL US WHAT YOU THINK

In 2004 the people of Hampshire agreed the following long term vision for health and well being for the county. The ambition is detailed in the Hampshire Sustainable Community Strategy and states

- children had the best possible start in life
- everyone should have a long and healthy life
- there should be facilities for recreation: enjoyment and celebration of local culture
- vulnerable people should be supported and protected
- the independence of older people should be maintained

The new Health and Well Being Strategy seeks to express how together we can work to ensure that these ambitions happen. It aims to make a difference to the way services are delivered and improve the way support is available for local people.

We want to ask you about what you think is important, hear your ideas as to how we can make things better and what would help everyone to be healthier.

WHY DO WE NEED A HEALTH AND WELLBEING STRATEGY?

Although health and well being in Hampshire is generally considered to be good there are still areas that could be improved. Hampshire still has a range of challenges that affect health and well being. The 2008 Hampshire Joint Strategic Needs Assessment highlighted areas where efforts will be needed to avoid poor health. Key issues that the Assessment highlighted included:

Overall the life expectancy in Hampshire is above the national average and increasing. By 2012 the number of over 65s will rise by 14%, and people with dementia is set to double over the next 30 years

Real health inequalities exist for populations in Hampshire. Gosport, for example, has the lowest life expectancy (falling below the national average), with other populations such as Havant and Rushmoor also experiencing inequalities in life expectancy and other health indicators. Rural deprivation is also a significant issue;

The main causes of death in Hampshire are cardiovascular disease (coronary heart disease and stroke) and cancer, together they are responsible for 55% of all deaths. The highest levels of mortality from these conditions are found in Gosport, Havant and Rushmoor;

There are growing rates of obesity in adults and children which, if not addressed through prevention, could lead to significantly increased levels of heart disease and diabetes.

WHAT WILL THE STRATEGY COVER?

The Strategy aims to provide a focus on the key actions needed to sustain improvements in the way services are delivered and ensure everyone is supported to maintain good health. This will require addressing a variety of factors that affect health including lifestyle issues such as exercise and diet, as well as broader issues including employment, housing and living conditions.

It will focus on support provided by all partners including the community as a whole, the Voluntary Sector, County Council, District Councils and the NHS.

All of these provide vital support to people to better manage their long term condition, enable people to live as independently as possible and support everyone to be active and enjoy a good quality of life.

PROPOSED AREAS FOR FOCUS

It is proposed that the Strategy focuses on the following areas:

- ***increased opportunities for more people to take greater responsibility for their own lifestyles by promoting healthy living***
- ***ensuring that all sections of the community experience better health***
- ***better coordinated support for people at risk of needing hospital care or entering an institution***
- ***enabling people to make informed choices in order to live as active and independent lives as possible***
- ***maximising the opportunities and meeting the challenges of an ageing population***
- ***building strong, supportive communities***

Q1. What does health and well being mean to you and what are the most important factors that contribute to promoting health and well being?

Q2. Do you agree with the proposed areas of focus of the Strategy or do you think anything is missing?

MAKING A DIFFERENCE

The purpose of the Strategy is to ensure that partners work together to make a real difference to the lives of the people of Hampshire. Together partners will seek to make significant improvements through focusing on achieving the following strategic outcomes:

- ***improved physical and mental wellbeing***
- ***increased healthy life expectancy***
- ***reduced health inequalities***
- ***earlier identification of people at risk***
- ***more support to enable people to live independently and make informed choices about their own health and well being***
- ***communities are better organised to support one another***

Q3. Do you think that focusing on the proposed Strategic Outcomes will have the biggest impact and make the necessary improvements to everyone's health and well being?

Q4. Are there any strategic outcomes that you think are missing?

WHO IS RESPONSIBLE FOR DELIVERING THE STRATEGY?

We all have a role in helping to make the necessary changes. The Health and Well Being Partnership Board will be the custodian of the Strategy. They will be responsible for monitoring progress and will work with partners to take the necessary action by seeking to eliminate barriers which prevent the Strategy being implemented. In order to track changes the Partnership Board will establish a set of indicators that will help determine if targets are being met. Progress against all targets will be published through an annual report.

Everyone living and working in Hampshire can contribute to making the Strategy a success by taking action to improve their own health and well being. This will ensure that places such as homes, schools and workplaces become healthier places to live, learn and work.

Q5. Do you think that people should take greater responsibility for their health and well being?

Q6. What stops you from living a healthier lifestyle?

Q7 What support would help you and the community in your area to maintain or improve health and wellbeing?

WHAT DO YOU THINK?

Have your say on the Strategy and how to improve health and well-being by answering the questions posed throughout the booklet and responding by 18th September 2009.

We are keen to find out more about your thoughts in order to inform the development of Hampshire's Health and Well Being Partnership Strategy.

Have your say by completing and returning the feedback sheet. All comments will be considered and a consultation report will be published in October 2009. The completed Strategy will be launched in January 2010. You will be able to download copies from www.hampshire.nhs.uk or www.hants.gov.uk Alternatively you can telephone 01962 845605

FEEDBACK SHEET

Have your say by answering all or some of the following questions

Q1. What does health and well being mean to you and what are the most important factors that contribute to promoting good health and well being?

Q2. Do you agree with the proposed areas of focus of the Strategy or do you think anything is missing?

Q3. Do you think that focusing on the proposed Strategic Outcomes will have the biggest impact and make the necessary improvements to everyone's health and well being?

Q4. Are there any strategic outcomes that you think are missing?

Q5. Do you think that people should take greater responsibility for their health and well being?

Q6 What stops you from living a healthier lifestyle?

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Q7 What support would help you and the community in your area to maintain or improve health and well being?

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Q8 Please provide any additional comments or observations

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The following request for information is optional but would help us to follow up or seek clarification if needed.

Name	
Address	

Please return by 18th September 2009 to: Samantha Hudson, Elizabeth II Court West, The Castle, Winchester SO23 8UQ, 01962 845605 or email health.wellbeing.partnership@hants.gov.uk