

Vision

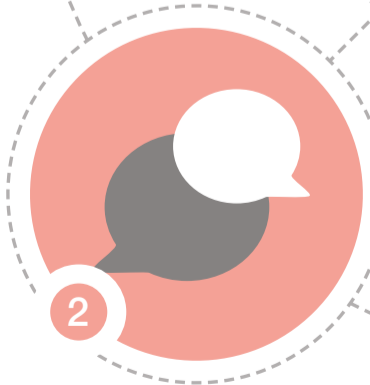
“ All people in South Gloucestershire have the best start in life, live healthy and happy lives and age well in health-promoting communities. They feel encouraged and enabled to take responsibility for their own health and wellbeing and to care for themselves, and have access to health and care services that reflect their needs when required. ”

1 Improve educational attainment of children and young people and promote their wellbeing and aspirations.



4 Maximise the potential of our built and natural environment to enable healthy lifestyles and prevent disease.

2 Promote and enable positive mental health and wellbeing for all.



3 Promote and enable good nutrition, physical activity and a healthy weight for all.



Joint Health and Wellbeing Strategy

2017 to 2021

AREA FOR COLLECTIVE ACTION	WHAT DO WE WANT TO ACHIEVE	WHAT WILL WE DO
<p>1 Improve educational attainment of children and young people and promote their wellbeing and aspirations.</p>	<p>All children and young people in South Gloucestershire will have high aspirations for their education and future careers and support to achieve them. Educational attainment for all South Gloucestershire children will be improved and inequalities in attainment reduced.</p>	<ul style="list-style-type: none"> 1 Recognise the impact of poverty on educational attainment and commit to plans and strategies that support families to move out of poverty and sustain wealth. 2 Commit to continued investment in evidence-based programmes and support services that build family skills in relation to improving health and wellbeing, strengthen resilience of children and young people and promote aspiration, school attendance and attainment. 3 Promote and advocate for a consistent and comprehensive approach to championing health and wellbeing in schools and colleges across South Gloucestershire, informed by local intelligence about the health and wellbeing of our children and young people, and evidence-based recommendations on how best to improve educational attainment and close the attainment gap. 4 Commit to continued investment in evidence-based programmes that promote the physical and mental health and wellbeing of children and young people, and minimise the use of drugs, alcohol and tobacco.
<p>2 Promote and enable positive mental health and wellbeing for all.</p>	<p>All people living in South Gloucestershire are able to enjoy good mental health and emotional wellbeing. Individuals, families and communities are empowered to promote and sustain their own mental health and those who experience mental health problems are able to obtain the right help and support at the right time and in the right place for them.</p>	<ul style="list-style-type: none"> 1 Support initiatives that promote mental health and wellbeing, and build resilience in children and young people, including through developing healthy relationships. 2 Give equal value to mental and physical health so those experiencing mental health problems can access evidence-based services and support at the right time and in the right place for them. 3 Champion and support community and workplace action to protect and improve mental health and wellbeing, prevent suicide, reduce social isolation, and challenge stigma. 4 Adopt a 'mental health in all policies' approach by ensuring all policy recognises mental and physical health needs as equally important and addresses inequalities between mental and physical health.
<p>3 Promote and enable good nutrition, physical activity and a healthy weight for all.</p>	<p>More children, young people and adults are active, eat well and are a healthy weight. We want the healthier choice to be the easier choice in South Gloucestershire and for all of our partners and communities to be committed to working together to create a culture and environment that supports eating well and being physically active.</p>	<ul style="list-style-type: none"> 1 Act as a champion for, and work to influence decision-making, to ensure availability of good food in public places and the use and development of environments that promote physical activity. 2 Hold a series of conversations with our local communities (including residents, early years settings, schools, colleges, health and care organisations, the voluntary and community sector, and local businesses) about how we can get more children, young people and adults active and eating better. Develop and implement actions based on this research. 3 Commit to continued investment in evidence-based programmes that promote breastfeeding and build skills in relation to families eating well and being more active. 4 Promote the use of evidence-based interventions for weight management in children, young people and adults, with a particular focus on priority groups including children under 11 years, women before and during pregnancy, and those with pre-diabetes or diabetes.
<p>4 Maximise the potential of our built and natural environment to enable healthy lifestyles and prevent disease.</p>	<p>Our neighbourhoods to be safe, sustainable and inclusive places which enable healthy choices, encourage active lifestyles and promote mental and emotional wellbeing. Housing and infrastructure meets local people's needs, and policy and actions are in place that improve air quality.</p>	<ul style="list-style-type: none"> 1 Develop a shared understanding amongst Board members and partners of the importance of the built and natural environment in our health and wellbeing, and how the Board can influence strategy and policy. Provide strategic direction to enable organisations to work together on issues relating to our environment and its impact on health. 2 Develop local population intelligence and evidence about links between the built and natural environment (housing, transport, access to green space) and health to inform new development planned for South Gloucestershire and the West of England. 3 Review and comment on emerging strategic policy documents (e.g. South Gloucestershire Local Plan, West of England Joint Spatial Plan and Joint Local Transport Plan) and advocate for measures that will protect and improve health and wellbeing and ensure that infrastructure meets the health and care needs of our current and future population. 4 Raise awareness of the impacts of air pollution and poor air quality on health, and work with partners in South Gloucestershire and more widely to promote a consistent and unified approach to improve air quality and reduce health impacts associated with air pollution.