

Easy Read

Derbyshire Health and Wellbeing Strategy 2012 – 2015

Consultation

Please can you look at this strategy and tell us:

- **Have we have missed anything out?**
- **What you feel is important and needed for Derbyshire to be healthy and happy.**

**You can send your thoughts back to Jane Needham
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What is a health and wellbeing strategy?



Derbyshire County Council is working with lots of different organisations to help make people's health better.



The Health and Wellbeing board has written a plan for improving people's health.

We need your views on whether you feel the five priorities in the plan are right and whether you agree with what we have written.



Your health and wellbeing are affected by a number of

different things. The plan hopes to make people happier and healthier by focusing on these things:



Your age, gender and lifestyle.



Being part of a family and having friends.



Work and where you live.

We want to make sure everyone is as healthy as they can be. We will look closely at supporting people to be healthy, especially those who are vulnerable.



3. Priority Number 1 - Improve health and wellbeing in early years

This means improving the health and wellbeing of babies and young children.



Why is this important?

By focussing on the first few years of life we can make sure that we give children the best possible start. This will benefit them for the rest of their lives.

Where are we now?



There are around 42,000 children under the age of 5 living in Derbyshire.



More mums smoke in Derbyshire than they do across the country.



Fewer babies are breastfed in the county than they are in other areas.



Derbyshire has a high proportion of children living in poverty.



Exam results vary widely across the county.

The challenge for Derbyshire

For organisations to work together to:



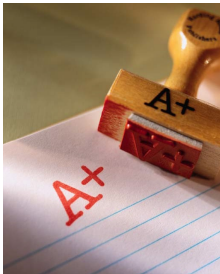
Improve physical and emotional wellbeing in children and babies.



Help new families.



Help children to achieve.



Improve exam results.

How will we know it has worked?

- There will be fewer children living in poverty.
- Fewer mums will smoke when pregnant.
- More babies will be breastfed.
- More children will be ready for school.



4. Priority Number 2 - Promote healthy lifestyles

This means helping all people to live healthier lives.



Why is this important?

Eating healthily, exercising and sensible drinking all contribute to a healthy lifestyle.

A healthy lifestyle will help you live longer and help you to have fewer illnesses.

Where are we now?



Nearly a third of all Derbyshire Adults are overweight.



Very few people take enough exercise.



Many people in Derbyshire drink too much alcohol.



There are more than 13,000 people admitted to hospital each year in Derbyshire because of alcohol.

The challenge for Derbyshire

For organisations to work together to:



Help disadvantaged groups achieve a healthy lifestyle.



Work with families and parents to help them make healthy choices.



Promote sport and active leisure activities.



Improve advice and support for people who take drugs and drink too much alcohol.

How will we know it has worked?

- People will live longer.
- People will be healthier in their old age.
- There will be fewer overweight people.
- Less people will be admitted to hospital because of alcohol.
- More people will exercise regularly.



5. Priority Number 3 - Mental health and wellbeing

This means helping people to live happy and fulfilled lives and feel good about themselves.

It also means that there should be better access to mental health services.



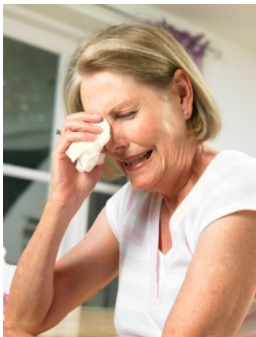
Why is this important?

To achieve healthier lifestyles, better health, earn more and have better relationships with other people and the community.

Where are we now?



There are 84,000 adults with a mental health problem in Derbyshire.



Almost half of all adults will experience depression at some point in their life.



Up to 50% of older people living in residential care have depression.

The challenge for Derbyshire

For organisations to work together to:



Provide more support for those who feel bad about themselves.



To raise awareness of mental health issues.



To offer treatment to those who need it most.

How will we know it has worked?

- More people who have a mental illness will work.
- When asked, more people will say they are happy.
- There will be fewer hospital admissions for people with mental health.



6. Priority Number 4 – Long term conditions and carers

This means supporting people to keep their independence. Especially people with on-going health issues. We will also look at providing support to carers.



Why is this important?

Long term conditions can affect people of all ages and in Derbyshire there are a lot of people with on-going health issues.

Carers are vital in helping people with long term conditions.

Where are we now?



There are more people in Derbyshire with a long term condition than there are in other areas of the country.



Treating and supporting people with long term conditions is expensive.



Around 12% of the Derbyshire population are carers.

The challenge for Derbyshire

For organisations to work together to:



Provide care that is personal and local.



Help people live independent lives.



Provide quality care for people who are dying.



Help carers to look after themselves as well as those they care for.

How will we know it has worked?

- People with long term conditions will spend less time in hospital.
- People with long term conditions will be happier.
- Carers will feel included in discussions about the person they care for.
- There will be more people with long term conditions in work.



8. Priority Number 5 – Older People

This means helping older people to live healthier and happier lives so that they can live how they want to.



Why is this important?

People are living longer and there are more older people living in Derbyshire than ever before. However, not all people will be healthy in their old age.

Where are we now?



Nearly 1 in 5 people in Derbyshire are aged over 65.



A lot of people over 75 live alone and feel isolated.



Many older people require lots of care to live at home.



In Derbyshire more than 4000 people each year are admitted to hospital after falling over.

The challenge for Derbyshire

For organisations to work together to:



Meet the needs of Derbyshire's increasing amount of older people.



Make sure that all care organisations provide services that help older people to live how they want to.



Provide better help for carers.

How will we know it has worked?

- More older people will tell us they have a good quality of life
- More people will be healthier in their old age.
- Fewer older people will be admitted to hospital from falling over.
- Carers will feel more supported.

