

# HEALTH AND WELLBEING BOARD WORK PROGRAMME 2023/24

Health and Wellbeing Board – 25 September 2023

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**15%**

**Health and social care**

Services which prevent and treat illness and maintain health and wellbeing. This includes services which support with day-to-day life for people who live with illness and disability and as people age, if needed.

**40%**

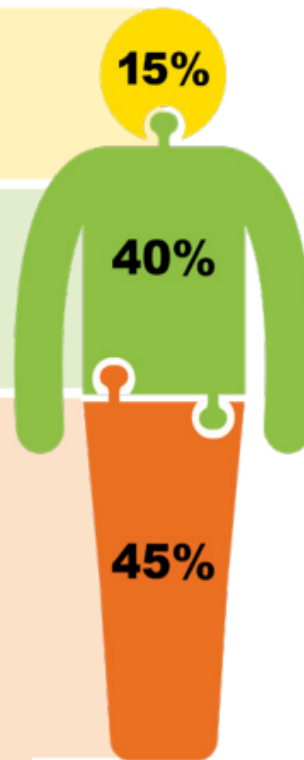
**Healthy behaviours**

What we eat and drink  
Our use of tobacco, alcohol and drugs  
Whether we are physically active  
Our sexual behaviour  
Our attitudes towards health and wellbeing

**45%**

**The wider determinants of health**

How much money we have  
The quality of the house we live in  
Being safe and secure  
The natural environment surrounding us  
Our access to transport, education and work  
**These are the 'building blocks of good health' which impact on our chances of living a long and healthy life**



# How do we make County Durham a healthy place, where people live well for longer?

McGinnis, J.M., Williams-Russo, P. and Knickman, J.R. (2002) cited in The King's Fund (n.d.). Time to Think Differently. Broader determinants of health: future trends. Available at:

<https://www.kingsfund.org.uk/projects/time-think-differently/trends-broader-determinants-health> (Accessed: 9 March 2023).



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# Role of Health and Wellbeing Board

- Receiving updates and assurance from the governance groups around our four priorities and capturing wider relevant health and wellbeing issues
- Providing added value by holding others to account and supporting partners across the wider system with their agendas
- Strengthening the relationship with partners who will support the wider influences on health
- Having a health advocacy role by speaking up for our communities in relation to their health and wellbeing, and championing policy change
- Ensuring Statutory governance role of HWB fulfilled
- Ensuring impacts on health and wellbeing addressed across the life course
- Embedding County Durham Together/ Approach to Wellbeing principles in our work



# Health and Wellbeing Board agendas:

- Achieving Healthy Weight – **22 November 2023**
- Improving Mental Health, Resilience and Wellbeing – **22 January 2024**
- Making Smoking History – **20 March 2024**
- Reducing Alcohol Harms – **13 May 2024**
  
- Business meetings – 2 per year
- Development sessions

# What is it really like for people in County Durham who receive and deliver health and care service/wider community support?

- Patient/service user stories and case studies to bring work to life
- Pose questions and stimulate discussions amongst partners of the HWB
- What is currently happening and what more can be done?
- What are the challenges?
- ALL partners contribute to discussions?
- What can we ALL do to help with challenges?

# Questions and Discussion



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