

Health and Wellbeing Board Development Session

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Better for everyone



Local ambitions for Joint Local Health and Wellbeing Strategy

- **Making Smoking History** - Reduction in the percentage of people who smoke to 5% by 2030
- **Enabling Healthy weight for all** - Fewer than 1 in 5 adults in County Durham will be living with obesity by 2034
- **Reducing Alcohol Harms:** Reduce the number of alcohol specific deaths by 20% by 2034
- **Improving Mental Health, Resilience and Wellbeing:** Reduce the number of people in County Durham who self-reported feeling anxious to 10% or less by 2034



Enabling Healthy Weight for all

- Healthy Weight Alliance
- Living with Healthy Weight Action Plan – Systemwide approach
 - Healthy At Place
 - Healthy Families
 - Healthy sustainable food for all
 - Healthy Workforce
 - Healthy Weight: Patient care
- Healthy Weight Declaration

Reducing Alcohol Harms

- Combatting Drugs and Alcohol Strategic Partnership
- 3-year multi-agency delivery plan 2023-25
 - to break the drugs supply chains,
 - to deliver world class treatment and recovery systems
 - to achieve a generational shift in the demand for recreational drugs.
- Reducing national Harm: Blueprint for national action, Balance

Improving Mental Health, Resilience and Wellbeing

- Mental Health Governance Working Group
- Function and Form of current arrangements
- Map areas of duplication across the system
- Bring together all plans and commissioning intentions across the system
- Scope of future work
- Develop proxy indicators which help us achieve the ambition and span the lifecycle.
- Identify key programmes of work that will be part of achieving the ambition



Making Smoking History

- Focus of today's meeting
- Is smoking “done” as a priority?
 - Largest cause of preventable deaths and one of the largest causes of health inequalities in England
 - Despite the fall in rates County Durham just above the England average
 - Wider determinants of health affect smoking rates
 - Smoking in pregnancy rates remain high- equity analysis to understand more and to identify inequalities across the county

JSNAA and Research in delivering HWB priorities

- Role of strategic and community assets
- Gather insights into people's behaviours
- Evaluation of interventions
- Understand where resources should be allocated
- Influence policy decisions
- Improve health inequalities

Recommendations – HWB to agree next steps

- Priority Partnership/Alliance group for priorities to progress work
 - Health and Social Care and Wider Determinants of Health influence on priorities
- Mental Health Governance Working Group
- JSNAA strategic group development session to progress actions – 13 March 2025
 - Asset mapping across the County to see if this is equitable
 - Map research infrastructure strategically to look for opportunities
- Environment and Climate Change/Health and Wellbeing Board development session – 7 April 2025
- Future development sessions to focus on other wider determinants of health, for example housing and economy

