

# HAVE YOUR SAY



## What you've told us.

We asked people who live in our area what helps make them happy, healthy and well. What we heard will help to shape the future of health and care for everyone who lives in Bristol, North Somerset and South Gloucestershire.

Lifestyle, relationships, community, and access to services were common themes which came out very strongly from a wide variety of people with different needs, abilities, backgrounds and experiences.

We visited **57 community events** and recorded over **30 video interviews**. An online survey attracted **3,080 responses**, providing us with more than **21,000 comments**.

To hear from as many different people as possible we attended community health clinics, job fairs, groups supporting disabled people and their carers, family playdays, deaf community events, vaccination clinics, and an Alzheimers memory café among others.

## Here are the highlights of what we heard

### What keeps you happy, healthy and well?

Many people say this is about a healthy and active lifestyle (70%), relationships and social interaction (60%), with quality of life (23%) also important along with other factors like meaningful, stable employment (12%).

A lack of a healthy lifestyle (31%) and a lack of access to quality care (29%) are key factors, with poor work-life balance (23%) and deprivation/poverty (23%) also contributing.

### What gets in the way of you staying happy, healthy and well?

### What do you need more of to stay happy, healthy and well?

A more active lifestyle (42%) coupled with access to quality care (34%) are seen as key with reduced poverty (16%) also important.

Access to quality care scored highly (43%) while a healthy and active lifestyle (32%) and improved public services (23%) are also important to many.

**What would you prioritise for people living here?**

We also asked about keeping more people in good health as they get older, how to maintain and improve mental wellbeing, and the role of communities in health and care.

People spoke to us about tackling inequality, greater access to outdoor space, community activities such as volunteering, climate change, the cost of living, better health education, public transport, healthcare staff recruitment, and safer places to live and work.

The full set of results, and how these are being acted on, can be viewed on our website along with video interviews.



[bnssghealthiertogether.org.uk/haveyoursay](https://bnssghealthiertogether.org.uk/haveyoursay)

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