

Health and Care Strategy on a page

5 Opportunities

1

We need to **tackle inequalities**

2

We can **strengthen the building blocks** of good health and wellbeing

3

Wherever possible, we need to **prevent illness and treat people earlier**

4

We need to work alongside communities to support **healthy behaviours**

5

And once people are ill, there are **conditions** that we could manage better

Our Commitments

Key things have emerged that benefit people across the life course:



Invest in the first 1,001 days of life

Early identification and support for people experiencing anxiety and depression



Support people to be a healthy weight

Reducing harm from tobacco



Reduce harm from drugs and alcohol

Improved prevention, detection and treatment of cancer



Tackle cardiovascular disease

Better support for people with painful conditions



Support for older people towards end of life

KEY ENABLERS

How we will deliver



Faster access to care and support for vulnerable groups



Use VCSE expertise to identify and support people most at risk



Increase our financial commitment to prevention



Change our decision making to actively reduce health inequality



Recognise and rectify historical injustices



Build a workforce who are supported, skilled and healthy



Embed trauma informed practice



Create a network of volunteer and staff prevention champions



Develop community strengths and assets that support everyday health and wellbeing



Use purchasing and employment to support better health and wellbeing