

DRAFT

Narrowing the gap – more people spending more years in good health A Health and Wellbeing Strategy for Swindon: 2023 – 2033 [Short Version]



SWINDON
BOROUGH COUNCIL

Why have a Health and Wellbeing Strategy?

Swindon has a Health and Wellbeing Board which is a forum where key leaders from the health and care system work together to improve the health and wellbeing of their local population and reduce health inequalities. This strategy builds on [Swindon's Joint Strategic Needs Assessment](#) as well as bringing together additional information from a range of. It also reflects the many strategies in Swindon that outline our different topics and priorities, and provides a way of linking these under a single vision. It has been developed alongside the new Integrated Care Strategy (the 'system level' strategy) for Bath and North East Somerset, Swindon and Wiltshire (BSW) and the first five-year Joint Forward Plan for the Integrated Care Board which will deliver it. The two strategies are complementary and differentiate the activity that will be taking place at 'system' (i.e. BSW) and 'place' (i.e. Swindon) levels. This strategy will be monitored by the Health and Wellbeing Board and an annual update report will be produced.

This is Swindon

Swindon is a large and diverse town which reflects a heritage of railways, expansion and economic growth. Health in Swindon tends to be reflective of the England average although this hides variation between both geographical areas and between different groups.

Life expectancy is similar to England and to other statistical neighbours but healthy life expectancy is worse. In Swindon females are likely to spend 21.4 years and males 18.4 years of their life in poor health. This is driven by many things, both in terms of lifestyle (e.g. smoking, being active), long term conditions (e.g. 10,000 people in Swindon are registered with diabetes) and also the availability of other things that contribute to a happy and healthy life such as a education, a warm home, and a good job. Alongside this, and emphasised by the Covid pandemic, is the importance of good mental health: people having a purpose in life, social network and access to green space and nature as well as timely and appropriate support when life gets tough.

Principles, Aim and Priorities

Our Principles inform how the priorities have been chosen but also the overarching approach to improving health and wellbeing in Swindon over the lifetime of the strategy. Our priorities are chosen on the basis that if we get these right we will improve health across the lifecourse and for many years to come.

Being Focused

We want to focus on fewer priorities that maximise impact and efficiently use the finite resources available across the community.

Addressing Inequalities

Tackling unfair and avoidable differences in health outcomes related to where people come from, live or any barriers they face is a priority.

Starting with Prevention

There are many strategies which address specific health needs or service delivery. This strategy prioritises prevention before cure to increase the chance of living a healthy and happy life for as long as we can.

Making it Real

This strategy is about Swindon and the people who live, work and visit there. Working together and listening to what is important locally is central to this.

Overall Aim: To increase the number of years spent in good health for people in Swindon, particularly through reducing inequalities in healthy life expectancy

Improve Mental Health and Wellbeing

Eat well and Move More

Stop Smoking and Reduce Alcohol

Starting Well

Living Well

Ageing Well

Annex A

Glossary and References

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| Asthma | A common lung condition that causes occasional breathing difficulties (NHS Overview, 2021) |
| Bigram | A unit of two words, letters, or symbols that occur together in a text (Collins Dictionary) |
| Depression | Depression is characterised by the absence of a positive affect (a loss of interest and enjoyment in ordinary things and experiences), low mood, and a range of associated emotional, cognitive, physical, and behavioural symptoms [NICE, 2022b] |
| Diabetes | Diabetes is a condition that causes a person's blood sugar level to become too high. (NHS Overview, 2023) |
| Healthy life expectancy | The average number of years that an individual is expected to live in a state of self-assessed good or very good health, based on current mortality rates and prevalence of good or very good health (Public Health England, 2017) |
| Hypertension | High blood pressure (NHS Overview, 2023) |
| Inequalities | Avoidable, unfair and systematic differences in health between different groups of people (King's Fund, 2022) |
| Life expectancy | The average number of years that an individual is expected to live based on current mortality rates (Public Health England, 2017) |
| Lifecourse | A life course approach to health aims to ensure people's well-being at all ages by addressing people's needs, ensuring access to health services, and safeguarding the human right to health throughout their life time. (Public Health England, 2019) |
| Obesity | The term obese describes a person who has excess body fat. The most widely used method to check if you're a healthy weight is body mass index (BMI). (NHS Overview, 2023) |
| Prevalence | An estimate of the number of cases of a given disease or risk factor in the population at a point in time or over a given time period. (Office for Health Improvement and Disparities) |
| Statistical neighbours | This measure uses various indicators to group local authorities with those most statistically similar to them, in order that benchmarking can be applied against those authorities most similar, rather than just those geographically nearest. (CIPFA, 2018) |

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