



Lifelong Wellbeing

Our ten year health and wellbeing strategy 2018-2028

Refreshed 2021

Staying Well

A strong focus on prevention

Closing the Gap

Reducing inequalities in life chances

One MK

An integrated, innovative approach to health and wellbeing

Our Strategy



Being healthy is about much more than the absence of illness or disease. It's about being able to lead fulfilling lives, and to be actively involved in families and communities. In short, it's about **Lifelong Wellbeing** for everyone.

Covid-19 has affected the physical and mental health of people across all age groups. It also reminded us how important factors like where people live and the jobs they do impact health. Some of the important risk factors, such as overweight and obesity, for severe illness from Covid-19 are preventable. This underscores the importance of a focus on Lifelong Wellbeing for everyone.

To help more people achieve this, our strategy sets out what we will do. The priorities have been shaped by the views and experiences of our residents, partners and stakeholders and are based on a detailed analysis of the evidence – which we call our Joint Strategic Needs Assessment (JSNA). If you would like a copy of this, go to **www.milton-keynes.gov.uk/jsna**

All the partners represented on the Health and Wellbeing board have signed up to addressing these priorities in both their day to day work and through special projects. We want everyone to support them and help us make MK a place where everyone can enjoy Lifelong Wellbeing.

Starting Well



What we know

The first 1,001 days from conception to age two is crucial for lifelong wellbeing. Families are the most important influence on a child in the early years.

Good emotional health and wellbeing improves a person's life chances. Over half of all mental illness starts before the age of 14 years and 75% develops by the mid-20s.

Adverse childhood experiences (such as a parent's substance misuse, social deprivation, or abuse) can mean poor health and social outcomes in later life.

Covid-19 has had a significant negative impact on children's education and their mental wellbeing. Significantly more children are now receiving free school meals, and the economic impact of Covid-19 risks pushing more children into poverty in the next year.

Areas to focus on

- 2,000 children are supported by social care at any one time
- Almost one in ten 5-16 year olds have mental health issues
- More than one in ten children are obese
- One in five children living in poverty
- Higher than average infant mortality per 1,000 live births

Priorities

- SW1** Stop all forms of abuse, including neglect and the impact it has on children and young people
- SW2** Help children and young people to better mental health
- SW3** Prevent smaller problems from escalating and needing specialist social care and health services
- SW4** Make it easier for children and young people to eat well and become more active
- SW5** Improve the life chances of children and young people with special educational needs and disabilities
- SW6** Promote access to green spaces and public transport for children and young people
- SW7** Support the wellbeing of all pregnant women

For more information visit
www.milton-keynes.gov.uk/jsna

Living Well



What we know

How and where we live, work and play can have a strong impact on our health and wellbeing.

Living in multi-occupancy households and certain jobs (e.g. working in social care) are important risk factors for Covid-19.

Income, employment, education, housing quality and crime play a role in physical and mental health.

Strong social networks can increase resilience and the ability of people to support themselves.

Unhealthy behaviours cause 40% of premature mortality and smoking is still the greatest single health risk. Many older people had prolonged periods of isolation in 2020 due to Covid-19.

Obesity increases the risk of severe illness from Covid-19 by 70%.

Areas to focus on

- 45% of women survivors of domestic abuse suffer mental or emotional problems
- One in six adults has a mental health problem like anxiety or depression
- Great obesity in the adult population in comparison to UK
- Increasing levels of homelessness: total homelessness in MK rose by 26% from 2016 to 2017 (the national rise was 15%)
- There will be around 2,000 adults with autism by 2020

Priorities

- LW1** Stop all forms of abuse and exploitation, including domestic abuse
- LW2** Improve the lives of everyone living with mental illness through raised awareness and more effective support services
- LW3** Reduce the risk of heart disease, cancer and stroke through increasing healthy living and reducing smoking and alcohol consumption
- LW4** Tackle the number of rough sleepers and the rise of households in temporary accommodation and reduce low quality house
- LW5** Improve the detection and management of long term conditions
- LW6** Maximise the use of local organisations including pharmacists to provide more advice and guidance in the community
- LW7** Ensure people with autism receive earlier diagnosis, access to high quality information and more employment opportunities
- LW8** Improve support and opportunities for carers

Ageing Well



What we know

Health and social care will need to adapt to growing numbers of older people.

Nearly a third of older people live alone and social isolation is a contributing factor to over 60% of preventable illness.

Many older people had prolonged periods of isolation in 2020 due to Covid-19.

Lack of social support increases the risk of hospital admission, readmission, and longer stays in hospital.

Depression remains the most common mental health need for older people.

Healthier behaviours and independence can increase the number of our 'healthy years'.

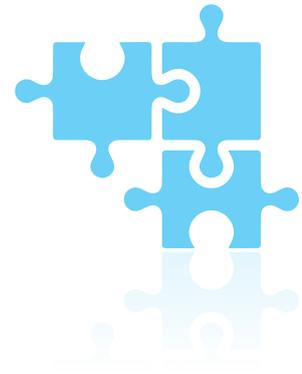
Areas to focus on

- The number of people aged 85 and over in MK is expected to increase by 86% from 4,300 in 2017 to 8,000 by 2030
- Fewer residents at the end of their lives are supported to be able to die in the place they choose
- The number of people with dementia in MK is expected to increase from 2,400 in 2017 to 3,300 by 2025
- Premature deaths are above average
- Social isolation is a contributing factor to over 60% of preventative illness

Priorities

- AW1** Older citizens are supported to stay healthy and maintain their independence
- AW2** Promote choice and control for older citizens, helping them to live at home, with adaptations where needed, for as long as possible
- AW3** Develop high quality out of hospital services to reduce the need for hospital admission and get people home safely and quickly
- AW4** Support people at the end of their lives to be able to die in a place of their choice
- AW5** Increase earlier diagnosis of dementia through raised awareness and more effective services
- AW6** Promote positive mental health and reduce social isolation through strengthening social support and social networks
- AW7** Respond in a positive and proactive way to the needs of our ageing population

Working Together



Day to day this means:

- Focus on our agreed priorities for MK people. Being empowered to break through organisational boundaries to do the best for MK
- Focus on prevention and early intervention to keep people healthy
- Openly sharing our knowledge, information and resources to drive major change
- Understanding each other's organisations, services and perspectives; supporting and speaking well of each other

- Recognising people as experts in their own health and wellbeing, and involving local communities, vulnerable people and service users to harness their expertise and experience
- Making decisions collectively
- Acknowledging that we're equal partners
- Acting with integrity, sticking to our decisions and keeping our promises

The Health and Wellbeing Board will monitor the progress being made.

To find out To more go to:

www.milton-keynes.gov.uk/social-care-and-health/health-and-wellbeing-board