

## THEME 4: Improve mental and physical health and well-being

### 1) CURRENT STATE

- 17.2% of Medway residents used outdoor spaces (Mar 2015–Feb 2016)
- 66.7% of adults meet recommendations for physical activity (150+ moderate intensity equivalent minutes per week) (2018/19)
- 16 (59.3%) new diagnoses of HIV were late (2016 - 18)
- 23.2 conceptions per 1,000 females aged 15–17 years (2018)
- 6.5% of deaths attributable to air pollution (2018)
- 657 alcohol-related hospital admissions in men per 100,000 population (2018/19)
- 325 alcohol-related hospital admissions per in women 100,000 population (2018/19)
- 14.1% of adults were smoking (2019)
- 25.7% of routine and manual workers were smoking (2019)

Reviewed and updated 11/08/2020

### 3) FUTURE STATE

- Medway is a place that promotes health and wellbeing
- Medway is a Dementia Friendly community
- The environment in Medway makes healthy choices the easy choices
- People have the knowledge and skills and self-efficacy (they believe they can do it) to improve self-management of long-term conditions
- People with mostly good mental wellbeing consciously maintain a good mental health
- The suicide prevention plan has been implemented and rates have fallen
- Domestic abuse has been reduced
- Drug-related deaths have been reduced

### 2) BACKGROUND

- How *well* people live is as important as how *long* people live
- Mental and physical health and wellbeing are affected by many issues, including crime and the perception of crime, proximity to green spaces, housing, unemployment, the quality of employment for those who are in work, debt and income level, the ability to live independently and autonomously, and freedom from pain and ill-health
- In addition to the wider determinants of health and wellbeing, the Joint Strategic Needs Assessment identifies key individual-level risk factors that affect health and wellbeing on which we need to take action: tobacco use; harmful use of alcohol and drugs; physical inactivity; poor diet; high stress levels and poor mental wellbeing; poor sexual health.
- Each of these risk factors is an aspect of "lifestyle", the interaction of personal choice and responses to the social and physical environment. People need to make the right choices, as they have a personal responsibility for their own health, and this happens more readily in an environment in which these choices are easy or are the default choices.

### 4) How will we collaborate to create this future state, in the context of the Integrated Care System, Integrated Care Partnership (Medway and Swale) and Primary Care Networks?