

Report of the Director of Public Health to the meeting of Health & Care Overview Scrutiny Committee to be held on 26 October 2023

M

Subject: LIVING WELL

Summary statement:

This report presents an update on Living Well whole systems approach to obesity and wellbeing in Bradford District. It outlines the rationale for Living Well, key elements of the approach and provides an update on the key achievements by all the direct delivery projects so far.

EQUALITY & DIVERSITY:

Living Well has within it several components designed to ensure it is inclusive to all our communities. This past 12 months has seen the launch of the Living Well Community Health Development project which, alongside the core staff based in communities, has made grant awards to multiple community groups to ensure full inclusivity of our work programme, offers and messaging. The work programme directly contributes to Objectives 3 & 4 in the 2021 Council Equality plan.

Objective 3: Living Well actively engages with our communities to help people participate in decision-making processes, to improve the offers and services we provide.

Objective 4: We design and deliver Living Well services to be accessible, inclusive, and responsive to the needs of people and communities. We will provide information about services in a range of accessible formats so that people know what services are available.

Sarah Muckle
Director of Public Health

Portfolio:

Healthy People and Places

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Overview & Scrutiny Area:

Health & Care Overview Scrutiny Committee

1. SUMMARY

- The report provides an overview of the progress made by the Living Well approach in recent years and highlights upcoming delivery plans for the many Living Well projects.

2. BACKGROUND

- Living Well was established in 2018 following a mandate in September 2017 by the Wellbeing Board to deliver a whole systems approach to obesity to address rising levels in the district. Further details are provided in the main report attached.

3. OTHER CONSIDERATIONS

- Identify any other directly or indirectly related matters.

4. FINANCIAL & RESOURCE APPRAISAL

No specific financial implications identified

5. RISK MANAGEMENT AND GOVERNANCE ISSUES

This is an update report on Living Well approach and there are no significant risks arising from the approach. Any issues arising will be raised with relevant senior officers including the Director of Finance and the Director of Legal and Governance.

6. LEGAL APPRAISAL

There are no legal issues directly arising from this report.

7. OTHER IMPLICATIONS

7.1 SUSTAINABILITY IMPLICATIONS

- Living Well whole systems approach endeavours to create a self-sustaining system which promotes health and wellbeing in all that we do. Through generating a social movement, we aim to increase the sustainability of the work well beyond our direct delivery by enabling other organisations and communities to be working towards a united vision.

7.2 TACKLING THE CLIMATE EMERGENCY IMPLICATIONS

- In delivering Living Well, we endeavour to ensure that within our projects we are mindful to avoid negative impacts on climate and greenhouse emissions.
- Living Well positively supports the common health and wellbeing messages which are integral to a healthy environment. These include active travel and the implementation of the Good Food Strategy which is grounded in creating a health promoting sustainable food system in Bradford District.

7.3 COMMUNITY SAFETY IMPLICATIONS

- Living Well support individuals to access green spaces, take part in physical activity and use community facilities and parklands, community projects and centres, participate in and initiate community activities and take further pride in their neighbourhoods and city. This ground swell will support changes in perceptions of community safety and build health into this work already supported by the neighbourhood services to support their communities.

7.4 HUMAN RIGHTS ACT

- Living Well aims to support and enable the whole of the Bradford district to make changes to promote and develop healthier lifestyles. As such, it indirectly upholds aspects of the Human Rights Act such as the right to liberty and security and the right to a private and family life and a home.

7.5 TRADE UNION

No issues identified.

7.6 WARD IMPLICATIONS

- Living Well is a whole systems and whole district approach to obesity and wellbeing. Activities and services will be available district wide as well as on a locality basis – each locality has a Living Well Community Health Development worker aligned to it.

7.7 AREA COMMITTEE LOCALITY PLAN IMPLICATIONS (for reports to Area Committees only)

- N/A

7.8 IMPLICATIONS FOR CHILDREN AND YOUNG PEOPLE

Living Well as an approach is for all ages and we also now offer home-based tailored support to children and their families to support them to achieve healthier lifestyles. The service is evidence-based and proving popular and effective in its first year of delivery.

7.9 ISSUES ARISING FROM PRIVACY IMPACT ASSESMENT

None

8. NOT FOR PUBLICATION DOCUMENTS

- None

9. OPTIONS

No alternative options - this is an update report for members to note the depth, breadth and detail of the Living Well Approach to improve health and wellbeing across the Bradford district and for members to continue to support the approach going forward.

10. RECOMMENDATIONS

(i) That members note the depth, breadth, and detail of the Living Well Approach to improve health and wellbeing across the Bradford District as detailed in the report.

➤ (ii) That members continue to support Living Well in their work and in their communities.

➤ (iii) That a further progress report is made in 12 months' time to this committee

11. APPENDICES

The Living Well Report: 2023 update