

Merton Health and Wellbeing Strategy 2019-24 Summary

A Healthy Place for Healthy Lives



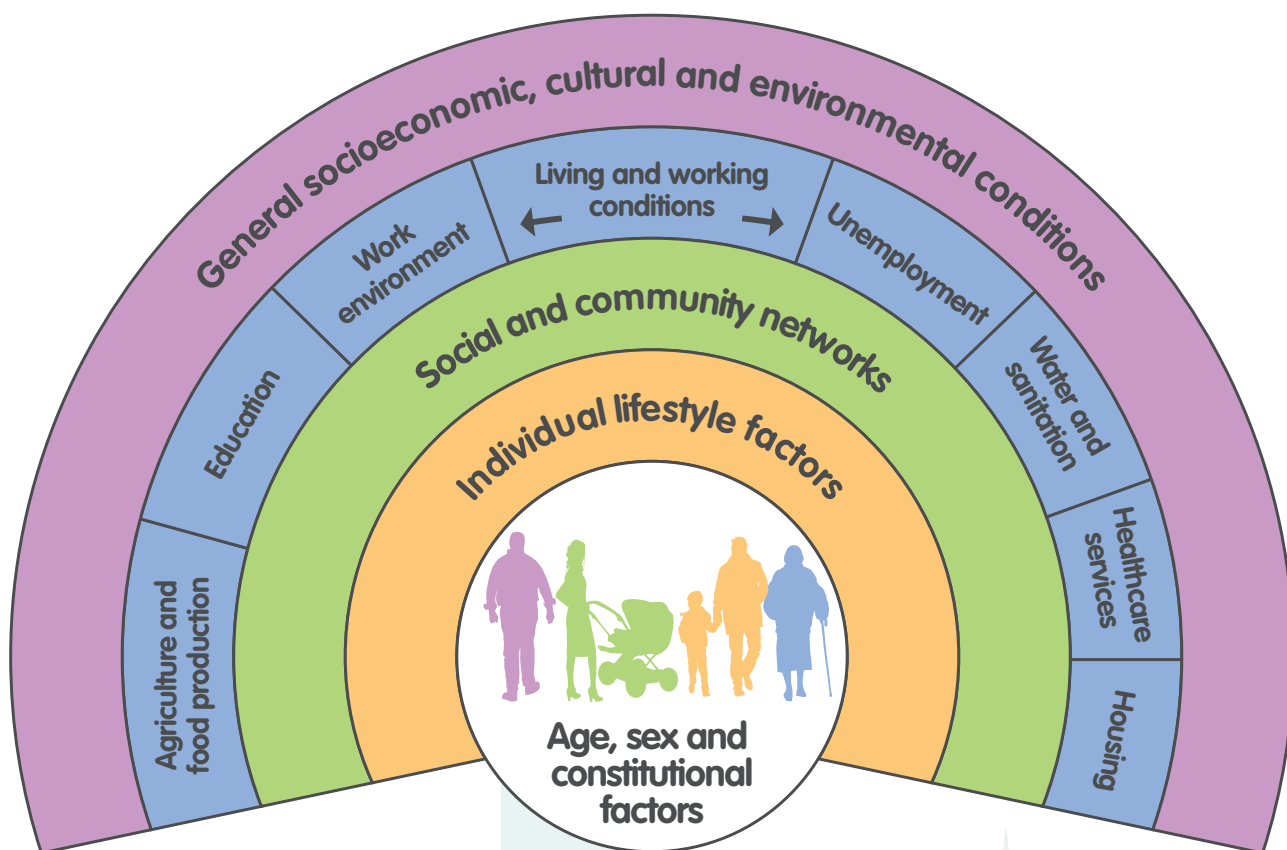
The physical and social conditions that make us healthy are all around us. For example, the air we breathe, how safe we feel, our schools, workplaces, homes, our relationships with friends and family, the food available and how easy it is to move around in the borough.

What is Merton Health and Wellbeing Board?

Our Health and Wellbeing Board is a partnership that gives overall vision, oversight and direction for health and wellbeing in Merton. As local Councillors, Directors, GPs and community representatives we work together as system leaders to shape a healthy place and health and care services.

Merton Health and Wellbeing Board's Vision:




Working together to make Merton a healthy place by creating the physical and social conditions for all people to thrive, and to complement the provision of health and care services.



Source: Dahlgren & Whitehead, 1991



Working across the life course and taking account of the attributes of a healthy place, we have identified some key outcomes:

	Start Well 	Live Well 	Age Well 
Promoting mental health & wellbeing	<ul style="list-style-type: none"> • Less self-harm • Better relationships 	<ul style="list-style-type: none"> • Less depression, anxiety and stress 	<ul style="list-style-type: none"> • Less loneliness • Better social connectedness
Making healthy choices easy	<ul style="list-style-type: none"> • More breastfeeding • Less childhood obesity 	<ul style="list-style-type: none"> • Less diabetes • More active travel • More people eating healthy food 	<ul style="list-style-type: none"> • More active older people
Protecting from harm	<ul style="list-style-type: none"> • Less people breathing toxic air • Less violence 		

People live their lives in various places or 'settings' such as home, school and work. Creating healthy settings is a way we can deliver our key outcomes for each stage of the life course.

Healthy Settings of the Health and Wellbeing Strategy:		
Inter-generational settings (e.g. connecting care homes and nursery schools, links to Dementia-friendly Merton); Healthy Homes		
<ul style="list-style-type: none"> • Early years • Schools • School neighbourhoods 	<ul style="list-style-type: none"> • Workplaces • Libraries 	<ul style="list-style-type: none"> • Health and care organisations



Our ways of working

We have agreed the following principles and ways of working to underpin everything we do:

- **Community engagement and empowerment** – working with and for the people and communities we serve; using and developing community assets and strengths.
- **Experimenting and learning** – the problems we want to tackle are complex and there are no easy solutions; using the evidence base, data and intelligence to understand and monitor impact and adjust accordingly.
- **Think Family** – taking a whole-family approach, where seeing the parent's needs also means seeing their child's needs and seeing the child's means seeing their parent's as a routine.
- **Tackling health inequalities** – especially differences in the borough that are driven by social inequality and the wider determinants of health.
- **Prevention and early intervention** – helping people to stay healthy and independent and preventing, reducing or delaying the need for care.
- **Taking a Health in All Policies approach** – maximising the positive health impact of our policies and challenging negative impacts.

Our way of delivery

To deliver the Strategy we will:

- Apply our principles and ways of working to all our business and advocate them in our partner organisation and in all our strategies and plans.
- Act on an ongoing programme of priority actions.

This is a summary of the full Merton Health and Wellbeing Strategy 2019-24
merton.gov.uk/healthy-living/publichealth/strategies

For further information please contact public.health@merton.gov.uk

