



Hampshire Wellbeing Board

Living Well

March 2020

- Over the last year Covid -19 has highlighted the inequalities in our population
- Although Health and Care services have remained open there have been concerns about the hidden harm being done through the impacts of not accessing care
- Partners have focused on supporting those shielding and encouraging them to access care if needed
- New digital solutions have given people the option to access care remotely and utilise self care tools
- Lots of good examples of agencies working together across the system
- There will be a focus on mental Health through the coming year

- Fewer people have come forward with significant mental and physical conditions increasing the harm to them from potential disease including cancer and cardiovascular disease.
- CO monitoring at booking is temporarily on hold. This has resulted in a reduced level of women coming forward as smokers
- Quit4Covid programme launched with the aim of reducing the number of smokers locally
- Other programmes to tackle obesity are on pause but new £100M being invested in weight management services, training and support
- General impacts on income and ability to work increasing self-harm isolation, domestic abuse and poor mental wellbeing although Face to Face appointments were maintained for those most at risk or in crisis

- Smokefree Hampshire are actively engaging with key groups such as people living in the most deprived areas of Hampshire
- Teams focussed on obesity have engaged with key partners, such as MIND, food retailers and housing associations
- Energise me have provided workforce training for the health sector, social prescribing and volunteer workforces and recruited a post to work across the system
- Patients with Severe Mental Illness have been contacted with vaccinations and health checks
- Social prescribers within primary care are providing advice and guidance

- The proportion of women smoking at the time of delivery has increased from 8.7% in 18/19 to 9.3% in 19/20.
- 45% of people who used Smokefree Hampshire and quit successfully at 4 weeks are from routine and manual occupations (2019/20). Of those people in routine and manual occupations that set a quit date, 65% have successfully quit at 4 weeks against a target of 60%
- The 'Healthy Weight, Healthy Eating' topic has now gone live to all early years settings in Hampshire
- Energise Me had 255 join their online conversation to shape the new strategy alongside a number of facilitated focus groups with 25 Schools and a total of 576 children.

- Tackling the inequalities that lead to poorer health outcomes has to remain front and centre of our approach to prevention and self-care programmes.
- Important to restart programmes that have been paused while the system specifically needs to gear up for the Covid-19 impact on mental health and ensuring service capacity and resilience in the coming year.
- we will continue to ensure that the digital tools are promoted further
- As we move towards an ICS we will continue to work with communities to coproduce solutions that work for them alongside the voluntary sector.