

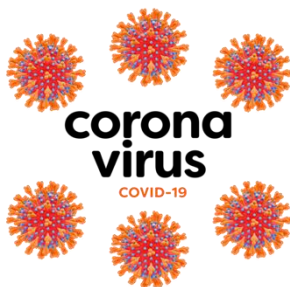
## Introduction



This is an Easy Read version of the **Warwickshire Health and Wellbeing Strategy (2021-2026)**.



The strategy is a plan for improving the health of everyone in Warwickshire over the next 5 years.



We need a new strategy for health in Warwickshire because the COVID-19 pandemic has caused lots of changes to healthcare and our society.



This strategy is made by the Warwickshire Health and Wellbeing Board.



The Health and Wellbeing Board is a group of organisations including the Councils, the NHS, charities, the Fire Service and the Police.



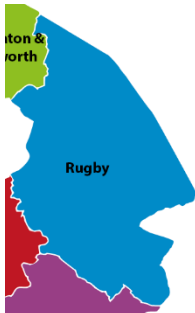
Different areas of Warwickshire have different needs for health and wellbeing.



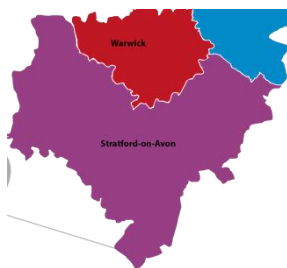
Each area of Warwickshire has its own Health and Wellbeing Partnership to deliver this plan.  
The three Partnership areas of Warwickshire are:



Warwickshire North (North Warwickshire Borough, Nuneaton and Bedworth)



Rugby



South Warwickshire (Stratford on Avon District and Warwick District)



Warwickshire will become part of an **integrated care system**. This means doctors, hospitals, charities, the Councils and communities working together to improve people's health.



The strategy focuses on supporting communities.



**Health inequality** means some people have worse health because of where they live, how much money they have, or their race.



**Health inequality** is unfair and it can be avoided. This strategy wants to reduce **health inequality**.

## How we got here



We spoke to health professionals, community organisations, and people who live and work in Warwickshire about our plans.



We listened to the public to make sure our health strategy is right for them.



We asked questions to find out what people's health needs are in different areas of Warwickshire.

## This is what we found out:



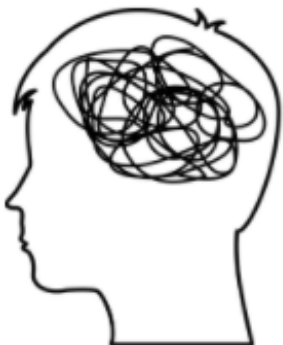
Overall health in Warwickshire is better than the rest of the country.



People in areas of Warwickshire with less money do not live as long as those in areas with more money.



Children and young people in Warwickshire need more help with their health, especially their mental health.



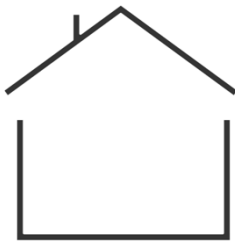
Around 1 in 4 adults in Warwickshire experience mental health problems. This has got worse through the pandemic.



People from a **BAME background** are more likely to get COVID-19 and suffer from health inequalities.



**BAME** means people who are Black, Asian, or from an ethnic minority group. This word includes people from lots of different groups, races, and backgrounds. BAME does not include White British people.



Warwickshire has more homeless people than other areas.



Public transport is not very good in some parts of Warwickshire. This can lead to loneliness.



It is important to improve air quality in Warwickshire. This is good for the environment and our health.



## Where do we want to get to?



We have 3 **ambitions** for improving the health and wellbeing of people in Warwickshire.

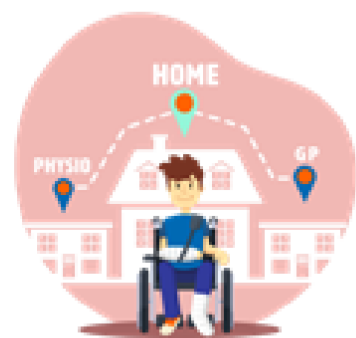
An **ambition** is a goal or target for the future.



**HEALTHY PEOPLE**



**STRONG COMMUNITIES**



**EFFECTIVE SERVICES**

## Ambition 1: People will lead a healthy and independent life



We will promote healthy lifestyles and behaviours.



We will help people with health problems early so their health does not get worse.



We will help people to improve their own health.



We will support people to be independent and in control as they get older.



## Ambition 2: People will be part of a strong community



We will work together with communities and charities to create a healthy environment.



We want everyone to have access to jobs, good housing, and social connections.



We will work with communities to create good services.

### Ambition 3: People will experience good services.



**Services** include your GP, hospitals, mental health services, local council services, community organisations, and others.



We want our health services to be **accessible** to everyone.



We want people to get health care early to stop them from getting more seriously ill.



We want people to stay healthier for longer after visiting a health service.

## How will we get there?



We are following a **population health framework** for Warwickshire.

A **population health framework** says there are 4 main things which affect our health.

We will work on all 4 things to help people in Warwickshire be healthier.



Social factors can affect our health. For example our education, if we have a job, if we have good housing, and how much money we have.



The way we behave and live can affect our health. For example, smoking, not doing enough exercise, or drinking too much alcohol.



We want people to get health care early to stop them from getting more seriously ill.



Health services working better together can be good for our health.

**We have chosen 3 important things to focus on first:**



**Priority 1: Help children to have the best start in life.**



We will support families from the start of pregnancy to help their child have the best start in life.



We will help families who have less money.



We will encourage families to get their children vaccinated to protect them from diseases.



## **Priority 2: Help people's mental health**



The Covid-19 pandemic has made lots of people's mental health worse.



People who have mental health problems are more likely to have a less healthy lifestyle, like drinking more alcohol or eating less healthy food.



We want to stop people's mental health from getting worse as early as possible.





### Priority 3: Reduce health inequality.



Some groups of people may have worse health than others. These groups include people with disabilities, people with less money, and people from a **BAME** background.



We will work together with communities to reduce **inequality**.



We know that where people live can affect their health. We will think about health when building new houses and planning where people live.



## How will we know we have got there?



The most important way we will know our plan is working is by looking at the impact on people's lives.



The Covid-19 pandemic will continue to change our health needs, so we will regularly check we are making progress on our plan.



The three partnership areas of Warwickshire will check on progress in their local area, and report this to the Health and Wellbeing Board.

**We have lots of ways to check we are improving.**



We will look at children's education levels.



We will carry out surveys on people's mental health and wellbeing.



We will measure how many children are in families with less money.



We will track how many affordable and accessible homes are built.



This is the end of the Easy Read  
**Warwickshire Health and Wellbeing  
Strategy** (2021-2026).



If you have any questions, you can  
send an email to  
[phadmin@warwickshire.gov.uk](mailto:phadmin@warwickshire.gov.uk)



Thank you for reading!