‘Leeds will be a healthy and caring city for all ages, where people who are the poorest improve their health the fastest’.
In Leeds we believe that our greatest strength and our most important asset is our people. Wellbeing starts with people: our connections with family, friends and colleagues; the behaviour, care and compassion we show one another; the environment we create to live in together.

Our Health and Wellbeing Strategy is about how we put in place the best conditions in Leeds for people to live fulfilling lives – a healthy city with high quality services. Everyone in Leeds has a stake in creating a city which does the very best for its people. This strategy is our blueprint for how we will achieve that. It is led by the partners on the Leeds Health and Wellbeing Board and it belongs to everyone.

We’re ambitious: we want Leeds to be the best city for health and wellbeing. Our first Health and Wellbeing Strategy, which ran from 2013-15, laid positive foundations for that. Leeds has seen a reduction in infant mortality as a result of our more preventative approach; we’ve been recognised for improvements in services for children; we became the first major city to successfully roll out an integrated, electronic patient care record; and early deaths from avoidable causes have decreased at the fastest rate in our most deprived wards.

These are achievements to be proud of, but they are only the start. We continue to face significant health inequalities between different groups. A relentless focus on reducing these inequalities will remain at the forefront of our efforts over the coming five years. That is why Leeds vision remains to be a healthy and caring city for all ages, where people who are the poorest will improve their health the fastest.

This new strategy has a wide remit. So many factors contribute to our health and wellbeing, meaning our challenge is to reflect the breadth of the agenda, whilst being specific about the areas we need to focus on to make the biggest difference. A simple statement of intent captures the connectivity between the multiple factors that contribute to people living healthier lives.
Leeds Health and Wellbeing Strategy 2016-2021

We have a bold ambition: ‘Leeds will be the best city for health and wellbeing’.

And a clear vision: ‘Leeds will be a healthy and caring city for all ages, where people who are the poorest improve their health the fastest’.

5 Outcomes

1. People will live longer and have healthier lives
2. People will live full, active and independent lives
3. People’s quality of life will be improved by access to quality services
4. People will be actively involved in their health and their care
5. People will live in healthy, safe and sustainable communities

In our city… wellbeing starts with people and everything is connected

- A Child Friendly City and the best start in life
- The best care, in the right place, at the right time
- A valued, well trained and supported workforce
- Promote mental and physical health equally
- Support self-care, with more people managing their own conditions
- Maximise the benefits from information and technology
- A stronger focus on prevention
- Get more people, more physically active, more often
- A strong economy with quality, local jobs
- A Age Friendly City where people age well
- Strong, engaged and well-connected communities
- Housing and the environment enable all people of Leeds to be healthy
- The best care, in the right place, at the right time

Indicators

- Infant mortality
- Good educational attainment at 16
- People earning a Living Wage
- Incidents of domestic violence
- Incidents of hate crime
- People affording to heat their home
- Young people in employment, education or training
- Adults in employment
- Physically active adults
- Children above a healthy weight
- Avoidable years of life lost
- Adults who smoke
- People supported to manage their health condition
- Children’s positive view of their wellbeing
- Early death for people with a serious mental illness
- Employment of people with a mental illness
- Unnecessary time patients spend in hospital
- Time older people spend in care homes
- Preventable hospital admissions
- Repeat emergency visits to hospital
- Carers supported
Overall, health in Leeds remains worse than the England average. Thousands of people in deprived areas live shorter lives than they should. Costs of providing high quality care continue to rise. This strategy helps us plan how to address key challenges, so health and wellbeing in Leeds can be better, fairer and sustainable.

Over the next 25 years the number of people who live in Leeds is predicted to grow by over 15 per cent. The number of people aged over 85 is estimated to rise by almost a third to over 150,000 by 2030. The city is going to provide more complex care for more people.

The Challenges

12% of households in Leeds are in fuel poverty

10 yrs difference in life expectancy between Hunslet and Harewood

Improving health and wellbeing

Becoming a healthier, happier city requires improvements in living conditions and lifestyle choices. 164,000 people in Leeds live in areas ranked amongst the most deprived 10 per cent nationally. One in five children in Leeds live in poverty. People living in deprived neighbourhoods are more likely to experience multiple disadvantage, die earlier, and have more years in long-term ill health. This is wrong and it needs to change.

Improving health requires having better social and economic conditions. For example, people living in good quality affordable houses, achieving in education and working in good jobs.

The majority of early deaths are related to unhealthy lifestyles; smoking, excessive alcohol use, poor diet, and low levels of physical activity. More often than not, people who develop long term health conditions have two or more of these risk factors. Poor lifestyle choices shorten lives and burden the health system. To be the best city for health and wellbeing everyone must work together to get mentally and physically healthier.

Improving health and care services

As more people develop multiple long term conditions, focus shifts from curing illnesses to managing health conditions. Health and care services need to adapt to these changes. Too often care is organised around single illnesses rather than all of an individual’s needs. Many people are treated in hospitals when care in their own homes and communities would be better for them. Services can sometimes be hard to access and difficult to navigate.

Leeds will focus on making care services more person-centred, integrated and preventative. All organisations need to work together to achieve this.

Improving health services needs to happen alongside achieving financial sustainability. This is a major challenge. Rising cost pressures means a potentially significant financial gap by 2021 across Leeds health and social care organisations. Making the best use of the collective resources across organisations will help us sustain and develop the city’s health and care system.

£700 million estimated funding gap between resources and requirements by 2021

10% reduction in emergency hospital admissions could help us afford teams of 2 GPs, 2 nurses and 6 community care workers (in each of the 13 neighbourhood areas in Leeds)
Social isolation and loneliness can have a bad effect on people’s health. This is particularly true for vulnerable groups and people with high levels of need. We want a city where no one is lonely, with diverse opportunities for people to live healthy, active and fulfilling lives.

Carers are crucial to our communities. Our 70,000 plus unpaid carers help health and social care to function, supporting thousands of people. We must continue to recognise, value and support these carers. We will identify the needs and contribution of carers early on when decisions are being made about care and support. The physical, mental and economic wellbeing of carers also needs to be continually promoted.

One of our biggest economic strengths as a city is our health and medical sector, with a wealth of talent and huge concentration of innovative organisations. With collaboration across private, public, academic and community organisations, Leeds is perfectly placed to be a great location for health innovation.

We must also recognise that health and care organisations employ a huge number of people in the city. We must do all we can to promote the health and wellbeing of the workforce and reduce social inequalities through how people are employed.

If everybody at every age gets more physically active, more often, we will see a major improvement in health and happiness. We can reduce obesity, improve our wellbeing, become more socially connected and recover better from health problems.

One in five adults in Leeds is inactive. As a general rule, the more we move, the greater the benefit. The biggest benefit will be for those who are currently inactive. We should focus efforts here.

We want Leeds to be the most active big city in England. This requires wide-ranging action, including inspiring people to be active and targeting participation in sports and other activities to specific geographic areas and groups. It means including physical activity as part of treatment more. It also means making active travel the easiest and best option wherever possible, with lots more walking and cycling due to good infrastructure, creative planning and behaviour change.

A strong economy with quality local jobs

A good job is really important for good health and wellbeing of working age people. To reduce social inequalities, Leeds needs a strong local economy driving sustainable economic growth for all people across the city. This includes creating more jobs and better jobs, tackling debt and addressing health related worklessness.

This includes continuing the development of the Leeds Care Record to ensure professionals directly involved in care have access to the most up-to-date information. People want to tell their story once and choose the channel they use to communicate. Joined-up information enables this.

Leeds has brilliant and diverse communities, well-established neighbourhood networks and a thriving third sector; we must build on individual and community strengths, will help people age well.

37,000
Estimated number of older people who experience social isolation or loneliness

34% of children aged 11 in Leeds have an unhealthy weight

There is a huge opportunity to improve health and wellbeing outcomes by focusing on children and young people. The best start in life provides important foundations for good health and wellbeing throughout life.

This means the best start for every Leeds baby from conception to age two, providing high quality, joined-up maternity and antenatal care guided by the mother’s needs for supported families, strong attachments and positive infant wellbeing. It means professionals adopting the Leeds ‘Think Family, Work Family’ protocol, ensuring solutions are coordinated around needs and assets in families and the wider community.

Leeds must focus on reducing child obesity and the differences which exist across the city. Prevalence among children in the most deprived areas of Leeds is double that of children in the least deprived areas. We must address this through long-term coordinated action. For example, we can change environmental design, available food choices and education.

We must also continue to promote mental health and emotional wellbeing for all children and young people in Leeds. A transformation plan reviewing the whole system of support for social, emotional and mental health and wellbeing will focus on enabling children and young people to access services quickly, easily and effectively.
We also want patients to have access to and control over their personal health records. Linked to this, for planning and decision making, we need to make better use of the data which is held by organisations in Leeds. We want to make better use of technological innovations in patient care, particularly for long term conditions management. This will support people to more effectively manage their own conditions in ways which suit them.

A stronger focus on prevention

There are some specific areas where we can make a really big difference to prevent ill health. We need to maintain a continued focus on obesity, smoking and harmful drinking. A radical upgrade in prevention requires a whole-city approach. Obesity is a huge local and national challenge. It is preventable, but is currently rising due to poor diet, low levels of physical activity and environments which encourage unhealthy weight.

Promote mental health and physical health equally

Our ambitions for mental health are crucial for reducing health inequalities. Good employment, opportunities to learn, decent housing, financial inclusion and debt are all key determinants of emotional wellbeing and good mental health. Improving mental health is everyone’s business. We want to see this led by employers, service providers and communities.

Support self-care, with more people managing their own conditions

Long term conditions are the leading causes of death and disability in Leeds and account for most of our health and care spending. Cases of cancer, diabetes, respiratory disease, dementia and cardiovascular disease will increase as the population of Leeds grows and ages. There will be a rise in the number of people living with at least two health conditions and this is most common in deprived areas of the city. We must see a shift in the way care is provided to enable people to better manage their own health conditions.

The Leeds Mental Health Framework will be implemented to improve services across the city. By redesigning community mental health services with improved information and advice and more joined up working we can improve access and reduce repeat assessments. Care for people experiencing a mental health crisis will be improved, with crisis resolution available 24/7 and more provision within health and social care.

We need improved integration of mental and physical health services around all the needs of individuals. This means addressing the physical health needs of those living with mental illness, and always considering the mental and emotional wellbeing of those with physical illness.

105,000 people in the city suffer from anxiety and depression

Three quarters of lifetime mental illness (except dementia) begins by the age of 25, so mental health and wellbeing support for children and families is a priority. This includes early support for women during pregnancy and the first few months post-birth, improved links with schools and better experiences for service users as they move between children and adult services.

For more effective, efficient health and care we need to move more services from hospitals to community settings. This needs population-based, integrated models of care, sensitive to the needs of local communities. This must be supported by better integration between physical and mental health care with care provided in and out of hospital. Services closer to home will be provided by integrated multidisciplinary teams working proactively to reduce unplanned care and avoidable hospital admissions. They will improve coordination for getting people back home after a hospital stay. These teams will be rooted in neighbourhoods and communities, with coordination between primary, community, mental health and social care. They will need to ensure care is high quality, accessible, timely and person-centred.

Providing care in the most appropriate setting will ensure our health and social care system can cope with surges in demand with effective urgent and emergency care provision. Our health and social care commissioner and provider organisations will lead the coordination of these changes over the coming years, starting with the city’s five year Sustainability and Transformation Plan. How services are configured and where they are placed will change over the coming years, so engagement with local populations is really important.

The Leeds Mental Health Framework and the Leeds Sustainability and Transformation Plan have identified three key areas of focus: early intervention, locality-based care and innovative workforce planning.

A valued, well-trained and supported workforce

We have a highly motivated, creative and caring workforce in our city, working hard to deliver high quality care for people in Leeds. This workforce, many of whom live as well as work in the city, are a huge asset for making change happen. We should work as one workforce for Leeds. Shared values and collaborative working will support joined-up services. New population-based models of care will require the development of multi-disciplinary working across organisational boundaries. Better workforce planning can ensure the workforce is the right size and has the knowledge and skills needed to meet future demographic challenges. Working fully in partnership with the third sector and those in caring and volunteer roles in the community will be crucial to make the most of our city wide assets.

Leeds is one of the best places in the UK to work in health and social care. We need to build this through world-class education and training, attracting people who reflect the full diversity of our population. This will ensure we continue to build the very best, modern and fit for purpose workforce for Leeds now and in the future.

The Leeds Health and Wellbeing Board lead on this key agenda.

57,000 people work in health and care in Leeds

Leeds Health and Wellbeing Board
One city... everyone plays a part

Provide leadership and direction to help and influence everyone to achieve the 5 outcomes

Provide a public forum for decision making and engagement across health and wellbeing

Continually ask what we are all doing to reduce health inequalities, create a sustainable system and improve wellbeing

Leeds Health and Wellbeing Board

Support the priorities of the Leeds Health and Wellbeing Strategy
Create plans and strategies which help achieve specific priorities and outcomes of the Leeds Health and Wellbeing Strategy
Promote partnerships wherever possible, working as one organisation for Leeds

Other Boards and Groups

Provide and commission services which support the priorities of the Leeds Health and Wellbeing Strategy
Make plans with people, understanding their needs and designing joined-up services around the needs of local populations
Provide the best quality services possible, making most effective use of "the Leeds Pound" - our collective resource in the city

Health and Care Organisations in Leeds

Support vulnerable members of the community to be healthy and have strong social connections
Take ownership and responsibility for promoting community health and wellbeing
Make best use of community assets and leadership to create local solutions

Local Communities

Take ownership and responsibility for promoting personal health and wellbeing
Be proactive in accessing services which are available
Get involved in influencing and making change in Leeds

Individuals

One health and care system... consistently asking

Can I get the right care quickly at times of crisis or emergency?

Can I live well in my community because the people and places close by enable me to?

Can I get effective testing and treatment as efficiently as possible?