



Summary: The purpose of the report is to provide an update on activity to improve the health of Argyll and Bute's people during 2015-16. Information on small grants, health promotion activity and an assets approach to health and wellbeing are among the topics covered by the update

1. Purpose

To update community planning partners on activity to improve the health of Argyll and Bute's people during 2015-16.

2. Recommendations

Community planning partners should consider how they can contribute to health improvement activity in Argyll and Bute, for example:

- Membership of the Health and Wellbeing Partnership.
- Membership of a local Health and Wellbeing Network.
- Partnership working on health improvement projects.
- Participation in the evaluation of the Joint Health Improvement Plan (JHIP) which will take place early summer 2016.

3. Background

Health improvement activity across Argyll and Bute is co-ordinated by the Health and Wellbeing Partnership which is a strategic partnership of the CPP. This is supported by 8 operational groups in our local communities called Health and Wellbeing Networks.

More information can be found at: www.healthyargyllandbute.co.uk

This activity is supported by a health improvement team of 8 staff in NHS Highland/Argyll and Bute Health and Social Care Partnership.

4. Detail

The following report contains details of health improvement activity across Argyll and Bute during 2015-16. Highlights of this include:

- Allocation of 120 small grants for health improvement totalling more than £111k.
- Additional investment in health improvement structures from the Integrated Care Fund.
- Promotion of health on the Healthy Argyll and Bute facebook page which now has 611 likes.

- Development of a new service to promote social prescribing across Argyll and Bute in partnership with Carr Gomm. This is to support people with health problems with underlying social issues like loneliness, debt or relationship breakdown.
- An assets approach to health and wellbeing is based on the understanding that healthy people arise from healthy communities and investing in localities creates environments that are conducive to healthy living. Assets are services and resources that support healthy living and they can be found on the discover section of the Living it Up website: www.portal.livingitup.org.uk

5. Conclusions

According to the Christie Commission in 2011, up to 40% of public sector resources are wasted on solving preventable problems:

'A cycle of deprivation and low aspiration has been allowed to persist because preventative measures have not been prioritised. It is estimated that as much as 40 per cent of all spending on public services is accounted for by interventions that could have been avoided by prioritising a preventative approach. Tackling these fundamental inequalities and focussing resources on preventative measures must be a key objective of public service reform.'

Future Delivery of Public Services Christie Commission June 2011

Partnership working for improving health and wellbeing, reducing inequalities and the prevention of health problems has been shown to be effective across Argyll and Bute. Local area partners should ensure they are connected to local activity.

Name of Lead Officer

Alison McGrory

Health Improvement Principal

NHS Highland/Argyll and Bute Health and Social Care Partnership

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For further information please contact: alison.mcgrory@nhs.net