

Aspirations for Public Health in Tower Hamlets

Aim:

To enable more people in Tower Hamlets to lead healthy and fulfilling lives

The One Tower Hamlets Vision

'One Tower Hamlets is about reducing the inequalities and poverty that we see around us, strengthening cohesion and making sure our communities continue to live well together. Most of all, One Tower Hamlets is about recognising that we all have a part to play in making this a reality.'

Through life

More people

- Leading healthier lives supported by sufficient income, good lifelong education, good housing, decent employment and freedom from the fear of crime
- Living in environments that are safe, health enhancing, sustainable and provide opportunities for physical activity and healthy eating
- Supported by community and family networks to be resilient and lead healthier lives
- Free from mental and physical abuse or neglect
- With access to the range of high quality services they need to support healthier lives
- Supported to choose where they are cared for in their last years of life for and their place of death

Prebirth and Early Years

More children having a healthy start

- Supported by parents and carers with good physical and mental health before, during and after pregnancy
- With secure emotional attachment
- Breastfed
- Establishing healthy eating habits
- With strong foundations for excellent oral health
- Developing physically and socially through play
- With good emotional and cognitive development
- Fully immunised

Childhood

More children

- With good emotional health and foundations for lifelong mental wellbeing
- Who are eating healthily at home, in school and outside school
- With excellent oral health
- Who are enjoying regular physical activity
- Growing up in environments free from the health harms of alcohol, tobacco and drugs
- With life skills for fulfilling social and emotional relationships

Adolescence and young adults

More adolescents and young adults

- With good emotional health and foundations for lifelong mental wellbeing including a sense of control over their lives
- Living healthier lives
 - Valuing themselves and their health
 - Challenging but within safe parameters
 - Embedding positive health habits – healthy eating, regular physical activity, good sexual health
- Free from harmful health behaviours - tobacco, alcohol and drug misuse and risky sex
- With life skills, aspirations and employment opportunities to support a healthier life
- With the knowledge, skills and confidence to become good parents, carers and support others in the community

Middle and old age

More middle age and older people

- With good mental wellbeing including a sense of control over their lives
- Introducing or continuing healthy habits and reducing harmful health behaviours eg tobacco, alcohol and drug misuse, risky sex and poor oral hygiene
- Aware of their risk of physical and mental health conditions and taking action to reduce risk
- Aware of symptoms and signs of physical and mental health conditions and seeking help as early as possible
- Whose health and wellbeing is protected by strong family and community networks
- Supported to choose where they are cared for in their last years of life and their place of death