

# Health and Wellbeing in Tower Hamlets

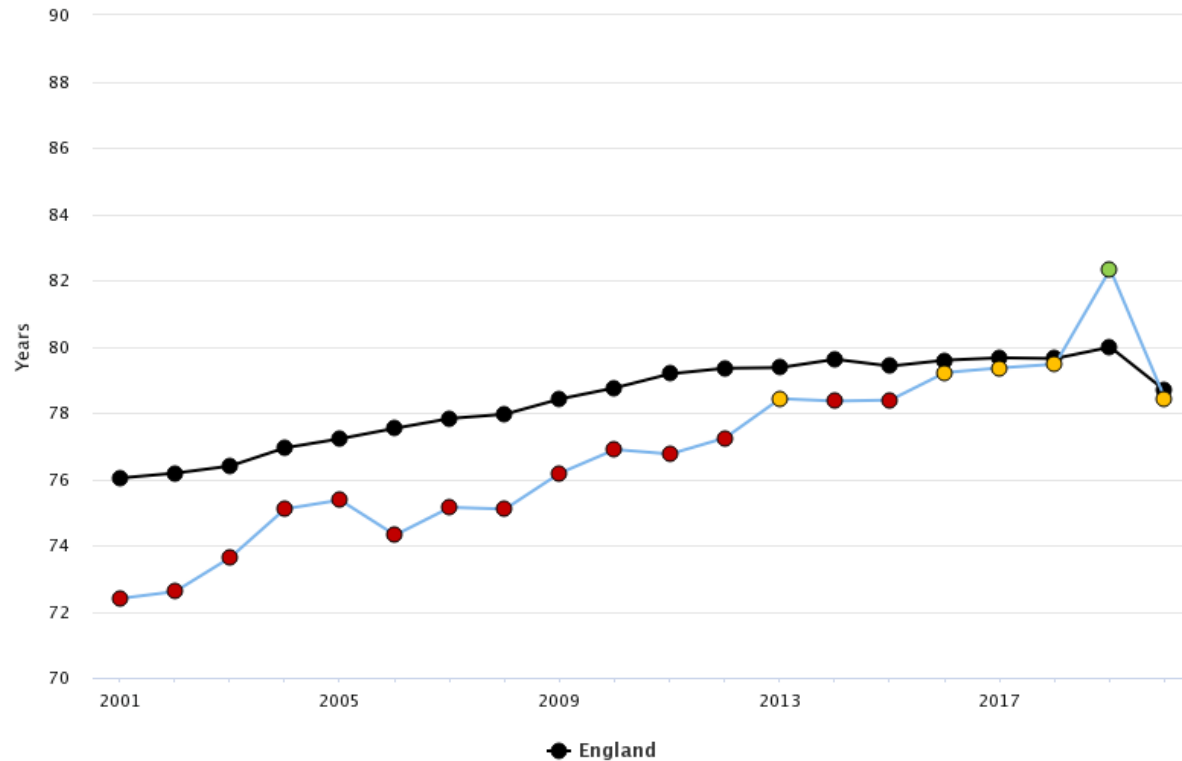
Tower Hamlets Health Scrutiny session  
6<sup>th</sup> July



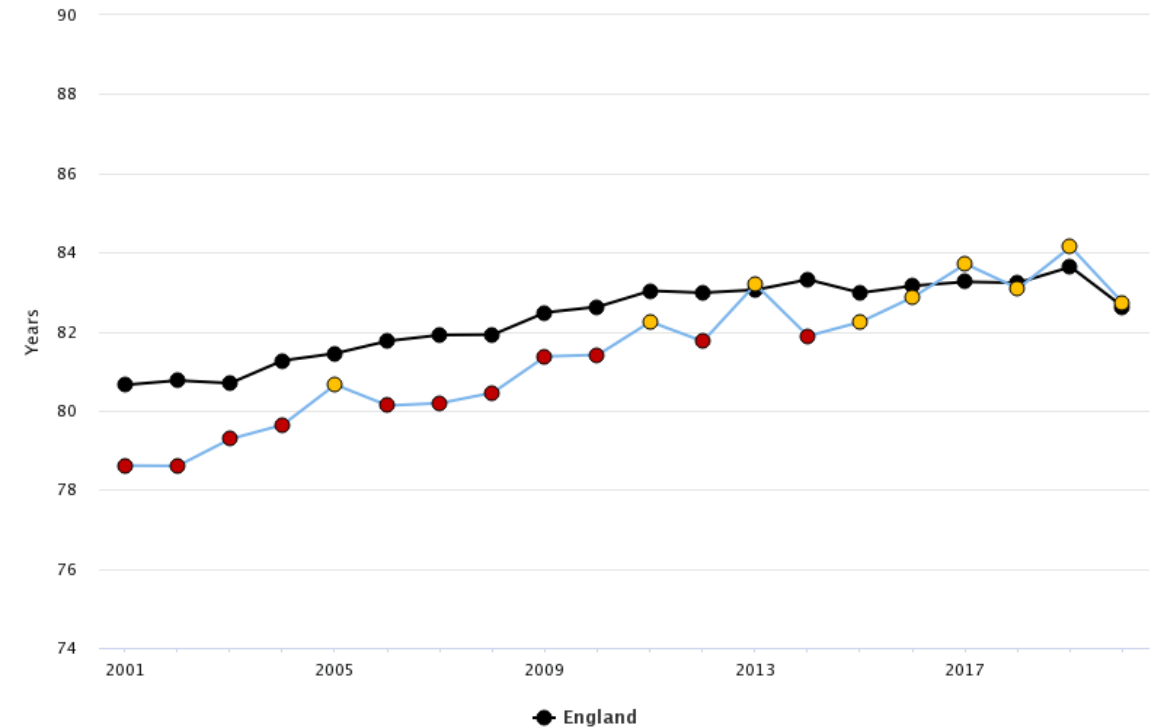
# Life expectancy in Tower Hamlets



A01b – Life expectancy at birth (Male, 1 year range) for Tower Hamlets



A01b – Life expectancy at birth (Female, 1 year range) for Tower Hamlets



# Values, principles and aspirations



## Core Value

'The enjoyment of the highest attainable standard of health is one of the fundamental rights without distinction of race, religion, political belief, economic or social condition' (WHO Constitution, 1946)

## What matters to residents (principles)

- Resources to support health should go to those who most need
- Connection and inclusion should be understood to be as the heart of wellbeing
- Being treated equally, respectfully and without discrimination should be the norm
- Health and wellbeing information, advice should be simple and clear
- People should feel they have equal power in developing programmes affecting their health and wellbeing
- We should all work together to use and build assets for wellbeing

## Aspirations for a Healthy Borough

- **Our place**
  - An environment that supports health
  - Access to affordable healthy food
  - Setting that support health (eg early years, schools, workplaces)
  - Employment that supports health
  - Housing that supports health
  - Strong networks, community assets supporting health
  - Integrated, easily accessible health and care services
- **Our people**
  - Life-skills for health
  - Mental wellbeing and resilience
  - Healthy habits
  - Freedom from health harms
  - Early identification of ill health



# Outcomes that matter to residents



Domain	I-Statement			
Integrated health and care system	I feel like services work together to provide me with good care	I believe the trust, confidence and relationships are in place to work together with services to decide the right next steps for us as a whole community		I want to see money being spent in the best way to deliver local services
Wider determinants of health	I am able to support myself and my family financially	I am satisfied with my home and where I live	I am able to breathe cleaner air in the place where I live	I feel safe from harm in my community
Healthy Lives	I am supported to make healthy choices	I understand the ways to live a healthy life		
Quality of Care & Support	Regardless of who I am, I am able to access care services for my physical and mental health	I am able to access safe and high quality services (when I need them)	I am confident that those providing my care are competent, happy and kind	I have a positive experience of the services I access, overall
Quality of Life	I have a good level of happiness and wellbeing	I am supported to live the life I want	My children get the best possible start in life	I play an active part in my community



# What has COVID-19 taught us?



- The urgency of COVID-19 brought us together as a system
- It also unmasked the underlying drivers of health inequalities
- However, there are many urgent epidemics that we don't treat as urgent (eg mental ill health, heart disease, cancer, obesity)
- If we apply the level of rigour and focus to these epidemics as we did to COVID-19, what could we achieve?

