

# HEALTH AND WELLBEING STRATEGY 2022 TO 2026

## Levelling the playing field in Thurrock

We want to hear your views on  
proposals to address health inequality



## Thurrock Health and Wellbeing Strategy refresh

We are seeking the views of Thurrock residents on proposals for Thurrock's Health and Wellbeing Strategy refresh. The full consultation can be found online at <https://consult.thurrock.gov.uk/>.

Based upon previous feedback, the Health and Wellbeing Strategy has been set out into six proposed areas of people's lives or domains. We are interested to hear your views on the proposed domains and priorities to support the refresh of the Strategy.

Domain 1 – Healthier for Longer (including Mental Health)

Domain 2 – Building Strong & Cohesive Communities

Domain 3 – People-Led Health and Care

Domain 4 – Opportunity for All

Domain 5 – Housing and the Environment

Domain 6 – Community Safety

### **Domain 1 - Healthier for Longer (Including Mental Health)**

#### **Summary aim**

This domain focuses on enabling people to live longer in good health and live healthier lifestyles through achieving behaviours and care that keep people well and independent. For example, support to stop smoking, the identification and treatment of long term conditions including mental health problems, and tackling obesity.

#### **Challenges**

- There is an identified inequality of health and life expectancy across Thurrock, including between different ethnicities, genders, geographies, and those with mental health problems.
- Smoking and obesity rates are higher in Thurrock than average for England, leading to more ill health.
- There are many factors which contribute to people's mental health, and Thurrock has an estimated high rate of undiagnosed mental health conditions.

- The COVID-19 pandemic has exposed and worsened existing inequalities and made some individuals, groups and communities even more vulnerable than before.

**Priorities**

- Working in partnership with communities to reducing smoking, obesity, and lack of physical activity.
- Improve identification of long term health conditions so we can treat and support those suffering with both physical and mental health conditions.
- Review and enhance support for the transition of young people to adult, and adult to older adult services.
- Understand and treat new or worsened health needs as a result of the COVID-19 pandemic including mental ill health and long term conditions.

**We welcome your feedback on the following questions**

**Q1. Do you agree with the aim of this domain?**

Yes                  No

**Please provide information to explain your response**

**Q2. Do you agree with the challenges that have been identified?**

Yes                  No

**Please provide information to explain your response**

**Q3. Are there any other challenges that should be considered?**

Yes                  No

**Please provide information to explain your response**

**Q4. Do you agree with the priorities that have been proposed?**

Yes                  No

**Please provide information to explain your response**

**Q5. Are there any other priorities that should be considered?**

**Yes**

**No**

**Please provide information to explain your response**

**Thank you for taking the time in completing this survey. We appreciate your feedback.**

**DRAFT**