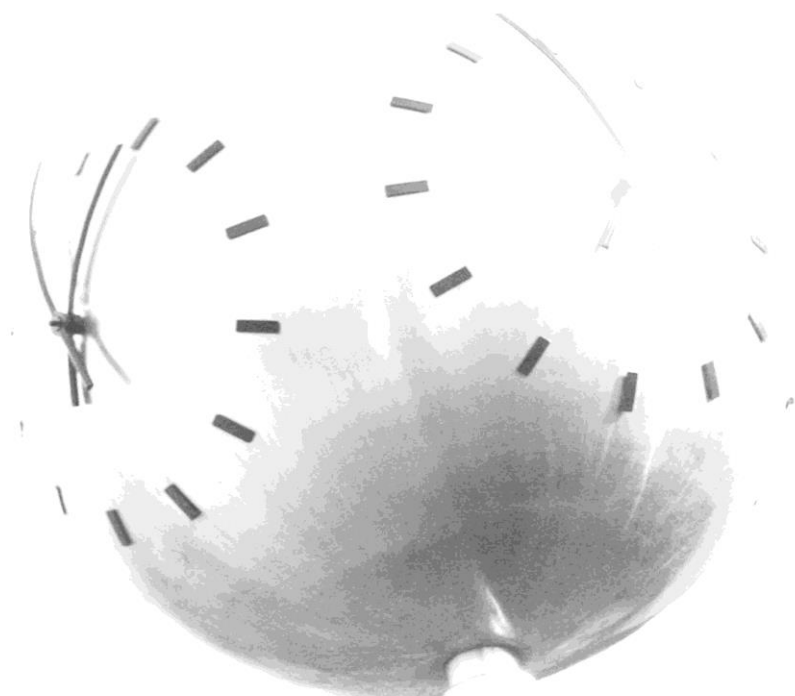


# Health and Wellbeing Policy

2021 - 2025





<b>Key Information</b>	
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Responsible Committee	Communities and Wellbeing Committee
Service Impact Assessment (SIA)	September 2021
<b>Consultee(s)</b>	
Groups and/or individuals consulted during the development of this policy	Basildon Health and Wellbeing Partnership, 16 <sup>th</sup> September 2021 Senior Leadership Team (SLT) 22 <sup>nd</sup> September 2021
Groups and/or individuals consulted on draft Policy	Basildon Health and Wellbeing Partnership, 16 <sup>th</sup> September 2021 Senior Leadership Team (SLT) 22 <sup>nd</sup> September 2021
<b>Governance</b>	
The Policy applies to:	This Policy seeks to influence the work of the whole council in relation to our contribution towards the health and wellbeing of the Basildon Borough.
The Policy is available in the following locations:	Publications Scheme <input checked="" type="checkbox"/> Council website / Service webpage <input checked="" type="checkbox"/>
This Policy has related documents	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>  Basildon Health and Wellbeing Strategy 2020 - 2025
The Policy was disseminated to:	All Basildon Council Service Managers
This Policy is due its next review:	October 2025

### Document Control

Date	Version	Action	Amendment(s)
20/09/2021	1.0		

## **Content**

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## 1. Introduction

This Policy follows on from Basildon Council's first Health and Wellbeing Policy published in 2018, which set out the council's commitment to contribute to the joint efforts being made to promote community leadership in improving health and wellbeing and addressing the health inequalities experienced by residents living in communities across the borough.

As a member of the Basildon Health and Wellbeing Partnership<sup>1</sup>, the council plays an active and leading role in identifying ways it can contribute to and influence the achievement of better health and wellbeing outcomes for all residents.

Numerous factors can affect a person's health and wellbeing; issues such as unemployment, poor housing, access to social networks for support, and our natural surroundings to list but a few. These features and characteristics of a place can have a fundamental influence on an individual and the communities they live in. The Joint Strategic Needs Assessment (JSNA) prepared in 2019 has provided an evidence base from which to identify key issues that require attention in the borough, The Basildon Health and Wellbeing Partnership have agreed to focus their collective effort at this time on 3 key issues for the borough and in recognition of our support, Basildon Council will also focus on contributing to the delivery of these outcomes which are:

- Reducing the prevalence of adult and child obesity;
- Improving Mental Health and Wellbeing;
- And reducing health inequalities by tackling the wider determinants of health

This document will provide strategic direction to the organisation, guiding its actions in pursuit of our agreed health and wellbeing outcomes. A supporting strategy accompanies this document, setting out the specific details of how Basildon Council will contribute to the achievement of these outcomes.

In addition to the development of the Health and Wellbeing Policy, a Policy on a Page (POP) has also been developed.

## 2. Policy Statement

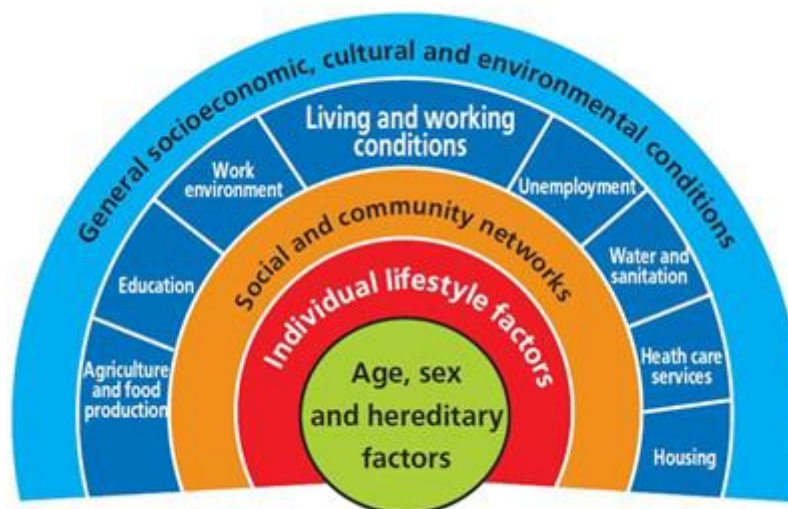
**Basildon Council will work in collaboration with partners to influence those factors that are the biggest contributors to health inequality in the borough, using the opportunities available to us as a provider of services to the community and in our strategic role in shaping the Basildon Borough to be a place that actively contributes to residents improved health and wellbeing.**

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<sup>1</sup> Formed in 2013, the Basildon Health and Wellbeing Partnership brings together statutory and voluntary sector professionals from across the wider health system.

### 3. Policy Evidence Base

Basildon Council recognises and is committed to the role it can play in positively influencing the health and wellbeing of borough residents. Health and wellbeing is about far more than the presence of disease or illness (both physical and mental). As concluded in the Marmot Review 10 years on (2020)<sup>2</sup>, the health of the population is not just a matter of how well the health service is funded and functions, important as that is. Health is closely linked to the conditions in which people are born, grow, live, work and age. The District Council contribution to public health report written by the King's fund<sup>3</sup>, which considered a district/borough councils contribution to public health, also highlights the leading public health role that the council can take in influencing partners and communities in this endeavour.



The Determinants of Health (1992) Dahlgren and Whitehead

These conditions, when present as a negative influence on an individual's life, may take the form of poor quality housing, living in poverty, low income employment or poor access to good education. From research it is widely understood that communities that demonstrate a prevalence of these types of conditions are more likely to have poor health and wellbeing outcomes.

The more recent Marmot Review 10 years on (2020)<sup>4</sup>, highlights health to be a top priority nationally, as the last decade being marked by deteriorating health and widening health inequalities with very little change to life expectancy and damage to health having been largely unnecessary and for no biological reason.

Further to this, the COVID-19 Pandemic emphasised the need to prioritise reducing health inequalities. The Unequal Pandemic, Fairer Recovery report from The Health Foundation (2021)<sup>5</sup> concluded that areas with poor health and existing

<sup>2</sup> The Marmot Review 'Fairer Society, Health Lives', 2010

<sup>3</sup> King's Fund Report – The District Council contribution to public health: a time of challenge and opportunity, 2015.

<sup>4</sup> The Marmot Review '10 years on' 2020

<sup>5</sup> The Health Foundation, Unequal pandemic, fairer recovery, The COVID-19 impact inquiry report, 2021

inequalities were left vulnerable, resulting in high and unequal deaths as well as having further impact on education and employment.

The most recent Basildon JSNA (2019), stated the Basildon Borough as a whole has significantly worse outcomes for wider health deterrents than the England and Essex averages<sup>6</sup>. These reports went on to demonstrate that life expectancy for both men and women in Basildon is close to the England average; between 2017 and 2019, the life expectancy at birth for males was 79.4 and 83.1 for females; but the difference in life expectancy between wards in Basildon is 6.9 years for males (Pitsea South East vs Billericay East) and 7.7 years for females (Fryerns vs Wickford Park).

Basildon was also ranked as having the lowest proportion of adult residents classified as physically active across the Essex Districts with 58.4% classified as active<sup>7</sup> which when coupled with the high levels of adult and child obesity in the borough, result in an increased risk of residents developing cardiovascular disease, cancer, diabetes and problems later in life as a consequence.

Additionally, recent data shows the number of those living in the Basildon Borough with a common mental health condition to be similar to the prevalence across England, however higher than across the whole of Essex. Basildon also ranks 3<sup>rd</sup> highest in Essex of prevalence of severe mental health conditions and 3<sup>rd</sup> highest for prevalence of young people with a mental health condition.

### **Tackling Health inequalities**

The council is responsible for a range of services provided in the Borough that impact on resident's everyday lives, examples of which include:

- Provision of play areas and maintenance of the public realm and green spaces;
- Reducing homelessness and providing housing advice;
- Environmental health functions such as tackling air and noise pollution, private rented sector standards, food safety and pest control; and
- Provision of leisure services to facilitate access to activities that promote physical activity.

In addition to its role as a provider, the council plays a key role in influencing and shaping the borough including;

- Supporting and championing local businesses to secure a strong, stable local economy;
- As a Local Planning Authority, enabling the spatial development of the borough, in collaboration with partners and local communities;
- Working with the community to build inclusivity, and resilience;
- Advocating and supporting community safety with key partners.

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<sup>6</sup> Basildon Joint Strategic Needs Assessment 2019

<sup>7</sup> Public Health England (based on the Active Lives Adult Survey, Sport England), 2019

Basildon Council recognises that many of the core functions that it delivers can act as levers to positively impact on the health and wellbeing of its residents. The council is well-positioned to influence some of these conditions through the services it delivers and will do so in order to secure positive change for residents.

### **Outcomes and Priorities**

Outcomes: Through the council's work as a leading member of the Basildon Health and Wellbeing Partnership, Basildon Council has identified 3 outcomes that it will work collaboratively with local health partners to achieve. These outcomes are:

1. Reduce the prevalence of child and adult obesity
2. To improve mental health and wellbeing
3. Reduce health inequalities by tackling the wider social determinants of health

Within these outcomes, there are a number of priority areas that the council will also seek to positively influence through our services and through working collaboratively with partners. The priority issues are:

- Best start for young people
- Drugs and/or alcohol
- Supporting vulnerable people
- Long-term health conditions
- Ageing well
- Employment and skills
- Loneliness and isolation
- Improved access to information, advice and guidance on health and wellbeing.

### **How will this be achieved?**

The council will actively promote a culture across the organisation that encourages consideration of the impact on health and wellbeing and wider public health outcomes, as part of the processes that support service delivery, decision making and policy development.

In addition, the theme of health and wellbeing will be reflected in a range of council policies and strategies that support the work of the organisation to ensure that its importance is captured in the breadth of work undertaken.

Basildon Council is committed to working collaboratively with health and wellbeing partners, working closely together to achieve shared outcomes and improve the health and wellbeing of the borough's residents.

The council recognises the many strengths that already exist in our borough. One of our biggest assets are those living, working, and being educated within it. We



know that much great work already happens within our communities, often informally. It is therefore imperative that we ensure we work closely with the community to achieve the outcomes of this policy.

As an employer, the council will lead by example, promoting organisational practice that encourages positive health and wellbeing outcomes for its employees, many of whom are also residents of the borough.

This policy is a whole council policy with the expectation that all services across the council will work towards its effective delivery in order to best support the health and wellbeing of Basildon Borough residents.

### Corporate Knowledge

Corporate Promises	Levels of Impact			
	High	Medium	Low	None
People	•			
Place		•		
Prosperity		•		

### Outcome and Priorities

Outcome	Priority
Reduce the prevalence of child and adult obesity	Best start for young people
	Drugs and/or alcohol
	Supporting vulnerable people
To improve mental health and wellbeing	Long- term conditions
	Ageing well
	Employment and skills
Reduce health inequalities by tackling the wider social determinants of health	Supporting vulnerable people
	Loneliness and isolation
	Improved access to information, advice and guidance on health and wellbeing.

## **Links to other Corporate Policies or Partner documents**

List key corporate documents that are linked to this policy:

- *Health and Wellbeing Strategy*
- *Corporate Plan*
- *Economic Development Policy*
- *Local Plan*
- *Community Safety Strategy*
- *Basildon Housing Strategy*
- *Financial Inclusion and Resilience Strategy*
- *Connected Communities Policy and Strategy*
- *Basildon LDP Plan*
- *Inclusion & Diversity policy*

Monday to Friday  
10am to 5pm



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Kana muchida kuturikirwa, tapota ridzai runhare kuna (Shona)

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