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Promoting measures for a healthy life – to promote services and activities which help to prevent ill health and contribute to healthy lifestyles.

This is one of five medium term priorities selected by the Huntingdonshire Strategic partnership to help deliver the Community strategy and demonstrate achievement in Huntingdonshire. The action plan below was established following a workshop of HSP partners.

It was decided that this Delivery Group should meet to monitor and promote achievement of the action plan. Some actions will be led by individual organisations but others will require the Delivery Group to take them forward. An initial meeting is needed once the actions have been agreed and the Delivery Group will then continue to meet to take the appropriate actions forward and to monitor progress in others.

Susan Lammin, Huntingdonshire District Council's Head of Environmental Health Services, agreed to co-ordinate and facilitate future meetings of the delivery group.

Project	Partners	Progress
<p>Smoke-free workplaces</p> <p>To encourage smoke-free workplaces across the district and to commit partner organisations to creating completely smoke-free workplaces and establishing policies to protect employees from the effects of smoking.</p> <p>This will contribute towards the LPSA targets.</p>	All partner organisations	
<p>Healthy Walks Co-ordinator</p> <p>To develop the existing Healthy Walks scheme through the Co-ordinator role. Possibilities for expanding the scheme include introducing Healthy Walks to other areas of the district, including larger villages such as Somersham and Sawtry. Workplaces could also be targeted to promote healthy walking among employees.</p> <p>As well as developing the scheme, the long-term sustainability must also be considered as funding for the Co-ordinator role is limited.</p>	Huntingdonshire District Council, together with other relevant partners.	

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<p>Healthy eating project (Hunts for Good Food)</p> <p>To establish schemes similar to the above in other areas of the district. Schemes are currently set up in Oxmoor and Ramsey, where strong partnership links were already present. The initial stage of this project will be to introduce a healthy eating scheme in Eynesbury. If successful, this may be expanded across Huntingdonshire.</p> <p>Activities to take place as part of this project include encouraging use of allotments to grow vegetables in, improving the availability of fresh local produce and encouraging health eating through cooking classes.</p> <p>As well as introducing the scheme to Eynesbury, this project should also consider the sustainability of the schemes already running and future schemes.</p>	<p>All relevant partners, to be led by Huntingdonshire Primary Care Trust</p>	
<p>Community-led activities</p> <p>To introduce community run slimming or activity clubs in Eynesbury. This would involve training members of the local community to undertake classes in these activities. The clubs would be open to the public and low fees would be charged to allow people on low incomes to attend. Fees would be payable each week to cover the costs of the venue and equipment and these fees should encourage people to keep attending throughout the course.</p>	<p>All relevant partners</p>	
<p>Healthy lifestyles sustainability project</p> <p>To look at what we need to do to embed healthy lifestyles into practices. This project should involve partner organisations taking a strategic approach to promoting healthy lifestyles. Areas of need and areas where value can be added should be identified and cost/benefit analysis should be undertaken to identify where putting resources into</p>	<p>All relevant partners</p>	

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<p>schemes would bring savings later, such as reduced health treatment costs.</p> <p>Sources of long-term resources for existing projects should be identified to enable projects to continue after existing funding and resources run out. Funding and resources for new projects should be allocated so projects can be sustainable in the long-term.</p>		
<p>Mental health in workplaces</p> <p>To reduce stress and support those suffering with stress among local employees. To engage with businesses to establish policies and solutions for reducing stress.</p> <p>This will include workplaces outside District Council enforcement, such as large manufacturers within the district. Both large and small employers will be targeted.</p>	<p>All relevant partners, to liaise with businesses through Economic Forum</p>	

NOTE: The following items were discussed but it was decided they were not suitable as separate actions to promote healthy lifestyles and should be taken forward through other groups.

Alcohol Strategy – it was agreed that this should be referred to the Anti-Social Behaviour Delivery Group, requesting that health issues related to alcohol should be considered as part of the joint approach.

Community Development Conference – it was agreed that community-led activities to promote healthy lifestyles should be considered among the other areas for developing and involving local communities that this conference will be focussing on.