

HEALTH AND WELLBEING STRATEGY

2019-24

Live Well Survey: Tell us what you think

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We would like to invite you to answer 5 questions about the Start Well theme, to help us focus on where we can add most value. Please follow the **link to the survey below**:

<https://www.surveymonkey.co.uk/r/HMN7P72>

What is the Health and Wellbeing Strategy?

The Health and Wellbeing Strategy is a document that sets out a vision for Merton residents to live healthy lives. The Health and Wellbeing Board are responsible for taking forward this vision. The Board consists of a [group of people](#) from different sectors who provide leadership for health and who help mobilise the Council, the NHS and the Community to take action towards this vision.

Live Well

One of the themes of the strategy will be 'Live Well'. Under this theme, we (the Health and Wellbeing Board) would like to explore actions in the following priority areas:

- **Healthy workplace:** Exploring how workplaces can help improve the health and wellbeing of their staff and communities.
- **Diabetes:** Exploring how influencing factors in our environment, such as advertising of unhealthy food and drink, can help create

healthy places that make the healthy choice the easy and preferable choice.

- **Mental health and wellbeing:** Exploring how influencing factors in our environment, such as access to green space and active travel, can help improve people's mental health and wellbeing.

The other themes in the Strategy are Start Well and Age Well. Each theme will focus on creating a **healthy place**.

What do we mean by 'healthy place'?

Healthy place can mean different things to different people. When we talk about healthy place, we mean the physical, social, cultural and economic factors that help us lead healthy lives by shaping the places we live, learn, work, and play. These factors also shape the choices we face, for example around the food we eat.

Having equal access to good quality health and social care, including mental health services is also important for people's health and wellbeing. Another plan that is currently being developed in Merton, called the Local Health and Care Plan, will focus on these types of services. However, because our health is influenced long before we see the doctor, the Health and Wellbeing Strategy will focus on the root causes of poor health, providing a vision for how we create a healthy place together.