

HEALTH AND WELLBEING STRATEGY

2019-24

Start Well Survey: Tell us what you think

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We would like to invite you to answer 6 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/D9TZRBG>

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.

Start Well

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

- **A good start in life:** Ensuring every child has a fair opportunity to have a good start in life through learning, playing, socialising, feeling safe, and growing up healthy
- **Childhood obesity:** Ensuring every child and young person has a fair opportunity to be a healthy weight by taking into account the

multiple and interacting factors in their environments that contribute to the issue of childhood obesity

- **Mental health and wellbeing:** Ensuring every child and young person has a fair opportunity to be listened to, feel valued and to be supported with their mental health and wellbeing

The other themes in the Strategy are Live 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.

For children and young people, a healthy place is somewhere they have a fair opportunity to have a good life; to play, learn and socialise, where they feel safe and listened to, and where they can grow up healthy.

Having equal access to good quality health and social care, including mental health services is also important for the health and wellbeing of children and young people. 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.