

Living well in Staffordshire

Doing more for ourselves to live well for longer

Health and care challenges in Staffordshire

In Staffordshire people are living longer but can spend up to 20 years in progressively poorer health towards the end of their lives.

This has important implications for the future because:

- * Demand for care services is already under significant strain
- * The pool of working age people to help pay for people in their retirement is reducing
- * The number of people available to work in health and care services will be fewer than needed
- * These and other pressures will soon make good quality health and care services unaffordable

We can all play a part in overcoming these challenges

Many of the illnesses affecting people in later life can be prevented with fairly simple lifestyle changes - for example taking a little more exercise, cutting back on smoking and drinking and eating more sensibly.

So, it is important that people take more responsibility for their own health and wellbeing to ensure they can stay healthy for longer and that good quality health and care services are available when they are genuinely needed.

What we will focus on

Staffordshire's Health and Wellbeing Board has a duty to develop a strategy to respond the health and care issues in Staffordshire.

(Click here for more information about Staffordshire's Health and Wellbeing Board)

At the heart of this strategy is the following ambition:

To increase the amount of time people can stay well and avoid long term health conditions

Central to fulfilling this ambition is the need to help people take more responsibility for their own health and wellbeing and make them more aware of the choices they can make to live full and enjoyable lives for longer.

What this means for you

	Personal responsibility means doing this:	By doing this the benefits to you are:
For You	<p>Making lifestyle Changes such as:</p> <ul style="list-style-type: none"> • Changing your diet • Taking more exercise • Maintaining a Healthy Weight • Reduced Smoking and Drinking 	<ul style="list-style-type: none"> • Feeling better about yourself • Lower likelihood of Cancer; Diabetes; Heart Disease; Stroke; High Cholesterol; High Blood Pressure
For health and care services in Staffordshire	<p>Thinking about how we use services</p> <p>We can make our valuable services less stretched by making sure we always use them with care. For example:</p> <ul style="list-style-type: none"> • Trying not to miss GP appointments • Making sure we only use hospital A&E for emergencies • Improving our awareness and understanding of health and care services 	<ul style="list-style-type: none"> • Local services able to provide good quality care for those who need it • GPs and Hospitals can cope and deal with you well when you really need them
For your community	<p>Thinking about our communities and where we live, for example:</p> <ul style="list-style-type: none"> • Thinking about how we can help our friends, neighbours and families • Doing what we can to keep our local area pleasant, attractive and prosperous • Supporting local initiatives to improve our health, wellbeing and quality of life 	<ul style="list-style-type: none"> • More support for and from our neighbours and communities • Access to more of the help and support we need within our own communities

Seeking your help

The Health and Wellbeing Board also has a duty to engage the public and key stakeholders in an ongoing dialogue about health and care needs in Staffordshire.

In line with this, the Board would be very grateful if you would take part in this short consultation to help it understand what practical support is needed to help people take more control of their health and live well for longer.

Helping people take more responsibility for their health and wellbeing

Have a conversation with the public about how they can make healthy lifestyle choices and about the pressure that our public services are under

Value Communities and help people to know what is available locally to help them stay healthy

Q4 Is there anything else you feel the Health and Wellbeing Board should include in its list of priorities to help achieve its ambition to help people stay well and in good health for longer?

Finally

Q5 Is there anything else that you feel the Health and Wellbeing Board should take into account in developing its strategy for health and wellbeing in Staffordshire?

About you

Q6 What age were you on your last birthday?

- 16 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75 and over
- Do not wish to say

Q7 What is your gender?

- Male
- Female
- Do not wish to say

Q8 What is your ethnic group?

- Asian - Indian
- Asian - Pakistani
- Asian - Bangladeshi
- Asian - Any other Asian background
- Black / Black British - Caribbean
- Black / Black British - African
- Black / Black British - Any other black background
- Oriental / Other - Chinese
- Oriental / Other - Other
- Mixed - White and Black Caribbean
- Mixed - White and Black African
- Mixed - White and Asian
- Mixed - Any other Mixed background
- White - British
- White - Irish
- White - Any other White background
- Do not wish to say

Q9 The Disability Discrimination Act defines a person as having a disability if he or she:

“has a physical or mental impairment which has a substantial or long term affect on his or her ability to carry out normal day-to-day activities”

Do you have such a disability?

- Yes
- No

Q10 Postcode :

Thank you for taking the time to complete this survey.

Please select "Submit".