

# Crawley Health Programme

2020 – 2024

*‘people, place, priorities, purpose’*

Last updated; November 2020

[Julie.kalsi@Crawley.gov.uk](mailto:Julie.kalsi@ Crawley.gov.uk)

***Crawley Health Programme 2020 - 2024*** sets out a strategic, evidence based, direction for the next four years and will be refreshed annually. The LCN action plan will contain the granular level details of specific activities that relate to the programme delivery plan.

Prioritisation has taken place in reference to the;

- I. [Joint Health and Wellbeing Strategy 2019 – 2024 \*Start Well, Live Well and Age Well\*](#)
- II. [Public Health Outcomes Framework \(PHoF\)](#)
- III. [Crawley Joint Strategic Needs Assessment](#)
- IV. [West Sussex Joint Dementia Strategy 2020 – 2023](#)
- V. [Understanding and reducing ethnic inequalities in health](#)

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## Introduction

The vision for ***Crawley Health Programme 2020 - 2024***, is for residents to thrive in a town that supports their mental and physical health and wellbeing, where children growing up in the town experience fewer health inequalities and where the health outcomes between the most economically deprived areas and the more affluent areas of the town are reduced.

Crawley is a vibrant and diverse town with good connectivity and, historically, good employment opportunities, albeit many of our residents have traditionally been in lower paid, and less skilled roles. However, not every resident experiences the optimum health and wellbeing outcomes compared to other residents of West Sussex and the South East of England.

- *Only 21.8% of residents reach Level 4 of education compared to 27.8% for West Sussex.*
- *Crawley has the highest chance of a child being born into a low income family in West Sussex with a deprivation score 2.3 times higher than the least deprived district in the county*
- *Poor health outcomes around lifestyle related health; obesity, physical activity, alcohol admissions, smoking prevalence and sexual health*
- *Our children and young people have some of the poorest health outcomes and predictions in the county and South East of England*
- *Additional data identified during the Covid19 pandemic of 2020 has **re-emphasised** the wider health inequalities for our most vulnerable residents as well as those from Black, Asian and Minority Ethnic heritage*

This Crawley Health Programme will be driven by the ***Local Community Network*** (LCN).

The LCN is a place based approach to health and wellbeing delivery and aims to share plans, resources and priorities, encouraging positive risk-taking if the potential benefits are believed to outweigh the potential harm. The emphasis is to learn from what has worked and not previously worked in delivering health in Crawley.

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# A community, asset based, approach to health improvement for all Crawley families

- Increased personal responsibility for health and wellbeing
- Increased health resilience
- Decreased dependency on primary and acute health and social care services
- Preventing illness

## PURPOSE

- Supporting communities to make health a personal priority
- Good access to information and direct support to physical and mental health, social and leisure services

## HEALTHY LIFESTYLE

- Increased levels of physical activity
- Establishing and maintaining healthy behaviours – nutrition, smoking, alcohol, sexual health
- Keeping mentally active

## SOCIAL INCLUSION

- Strengthening support networks
- Reducing social isolation

## STAYING SAFE

- Reducing domestic abuse and violence
- Falls prevention

## Priorities

