

Ambition 1 – Helping our people live healthier, more independent lives

Our ambition is that people in every community enjoy healthier, happier lives, whilst remaining independent for longer. We want people to live more years in good health, to see increased life expectancy in areas with the biggest inequalities, and for people to have reduced levels of anxiety. For more information, please see the relevant [webpage](#).

To help realise this Ambition, we will deliver specific actions during 2024/25, which reflect progress we hope to see over time that will help achieve this long-term goal. Whilst work continues across the Council to meet this broader aim, actions that we would like to draw your attention to for 2024/25, can be seen below.

| We will... | Intended impact (so that...) |
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| <p>1.1 Implement the carers strategy with all Integrated Care System (ICS) partners, including the ongoing development of the Carers Hub service, which involves ongoing co-production of peer led carer support groups. We will also continue to review and develop Short Breaks options for carers, simplifying the process for people to access short breaks and ensuring we have a broad and flexible range of short breaks options available.</p> | <p>So that carers are supported to care and support their loved ones, that they have access to advice, guidance and signposting and that less crisis intervention is required.</p> |
| <p>1.2 Deliver on the Nottingham & Nottinghamshire Smoking & Tobacco Alliance’s long-term vision to help vulnerable groups quit smoking, ensuring effective regulation of tobacco and vaping products, reducing exposure to second-hand smoke and increasing focus on prevention and engagement with children and young people.</p> | <p>So that we make the harms of smoking a thing of the past for our next generation, such that all of those born in 2022 are still non-smokers by their 18th birthday in 2040, and that smoking amongst adults reduces to 5% or lower by 2035, across Nottinghamshire and Nottingham City.</p> |
| <p>1.3 Deliver on the aims of the Nottinghamshire Food Charter, working with local partners to adopt a Joint Food Plan.</p> | <p>So that we address the causes of poor nutrition and food insecurity, improving residents’ access to affordable healthy food in Nottinghamshire. This will improve the local food system for better health and wellbeing, as well as improved environmental and economic outcomes.</p> |
| <p>1.4 Work with the Integrated Care System partners and the Secretary of State for Health and Social Care, to expedite Nottinghamshire’s ambition to extend the benefits of water fluoridation to everyone across the county.</p> | <p>So that oral health for all of Nottinghamshire’s residents is improved.</p> |

1. Incorporation of the Success Means statements into the introductory narrative of each ambition, to emphasise priority and direction for a given area.

2. A reduction in the overall number of actions per Ambition to place greater emphasis on the ‘new’ activity that is to take place during 24/25 – those actions deemed business as usual/ ‘continue to’ will be referenced in the Plan’s introductory context/ background.

3. Clearer distinction between the action itself and its intended impact - ‘we will’ and ‘so that’ - to better evidence what is to be achieved.

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| 1.5 Implement the County Council's Housing Strategy, in partnership with local District and Borough Councils. | So that healthy and sustainable places are created, housing needs in Nottinghamshire are met, people can live and age well in their own homes and safe homes are provided for the most vulnerable in our communities. |
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4. Measures to be moved to the end of the document/ Plan as their own separate 'appendix', so that the main Annual Delivery Planning document focusses on the actions to be delivered.

| Measure | Nottinghamshire Baseline | Baseline Date | Good Means |
|---|--------------------------|---------------|-------------|
| Success indicators the Council owns: | | | |
| ASCH Core Metric 18a: Number of people reabled to higher levels of independence (people supported to regain independence after a period of ill health) | 1,476 | October 2023 | Up |
| ASCH Core Metric 18b: Number of people enabled to higher levels of independence (people with disabilities supported to find greater independence) | 352 | October 2023 | Up |
| Success indicators the Council works with partners to influence: | | | |
| Healthy Life Expectancy Male | 62.4 years | 2018-2020 | Up |
| Healthy Life Expectancy Female | 60 years | 2018-2020 | Up |
| Inequality in life expectancy male | 9.3 years | 2018-2020 | Down |
| Inequality in life expectancy female | 7.7 years | 2018-2020 | Down |
| Self-reported wellbeing – % of people over the age of 16 reporting high levels of anxiety | 20.23% | 2022-2023 | Down |
| The rate of suicide (per 100,000 population, aged 10+) | 10.3 | 2019-2021 | Down |
| ASCH Core Metric 1: Thinking about the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole? | 19.2 | 2021-2022 | Up |
| ASCH Core Metric 12: Proportion of carers who reported that they had as much social contact as they would like | 22.7% | 2021-2022 | Up |
| ASCH Core Metric 13: Proportion who use services who reported that they had as much social contact as they would like | 43.3% | 2021-2022 | Up |

5. The proposed indicators themselves are largely the same as those in last year's Plan, where possible and appropriate, to better allow for change over time to be seen. However some alterations and/or additions have been made in cases where more appropriate data sources have been identified.