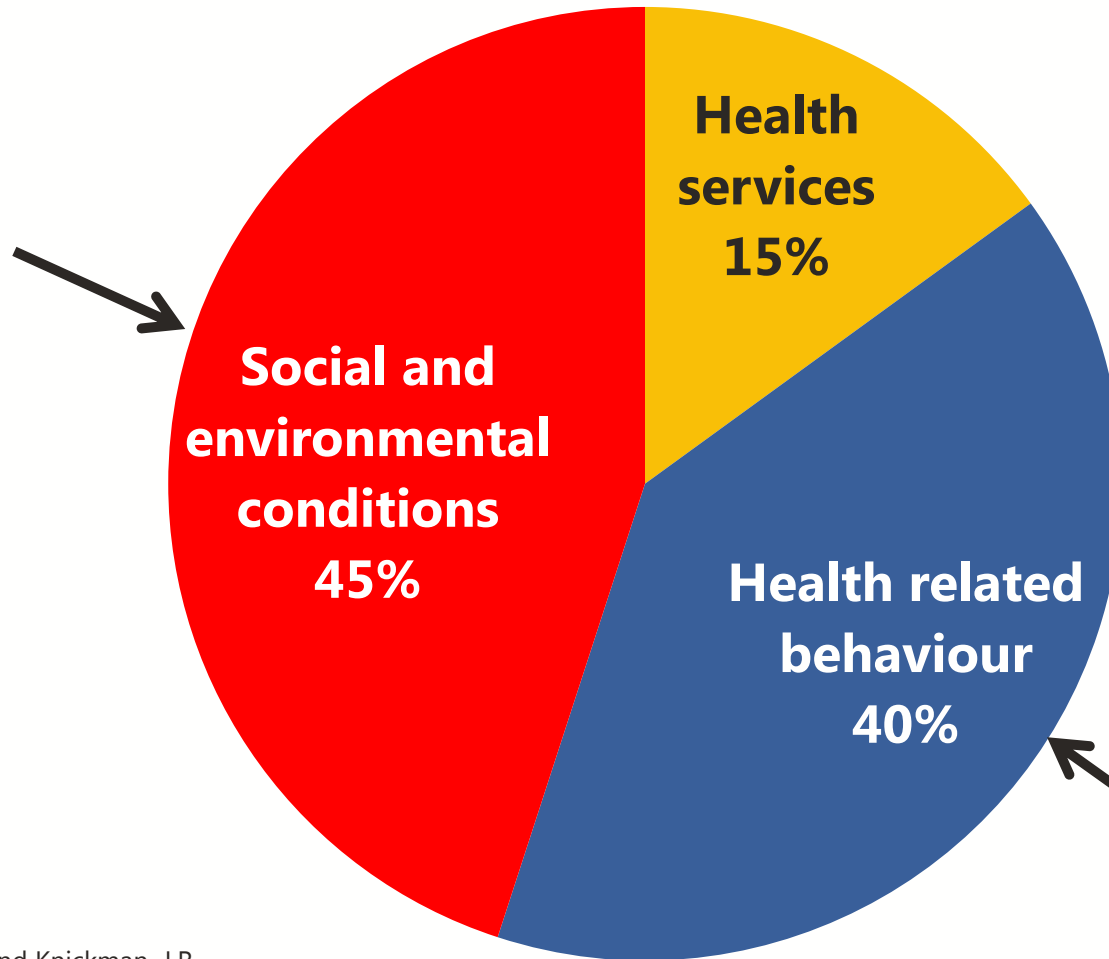


Working together to stay healthy and well

Fraser Battye

The NHS is not the main thing that keeps us healthy...

...local conditions make a bigger difference...



...so does our behaviour



Good work



Our surroundings



Money & resources



Housing



The food we eat



Education & skills

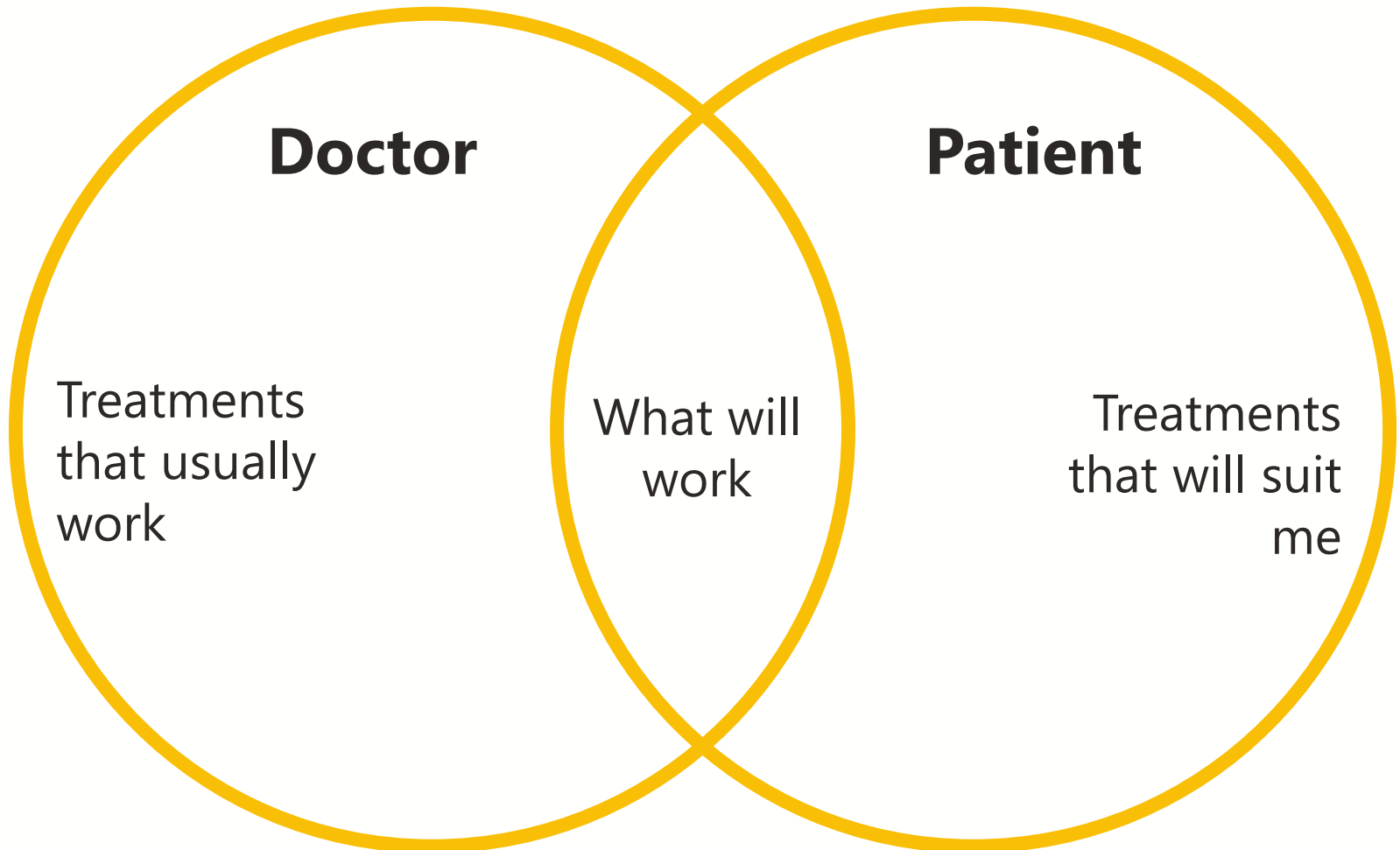


Transport



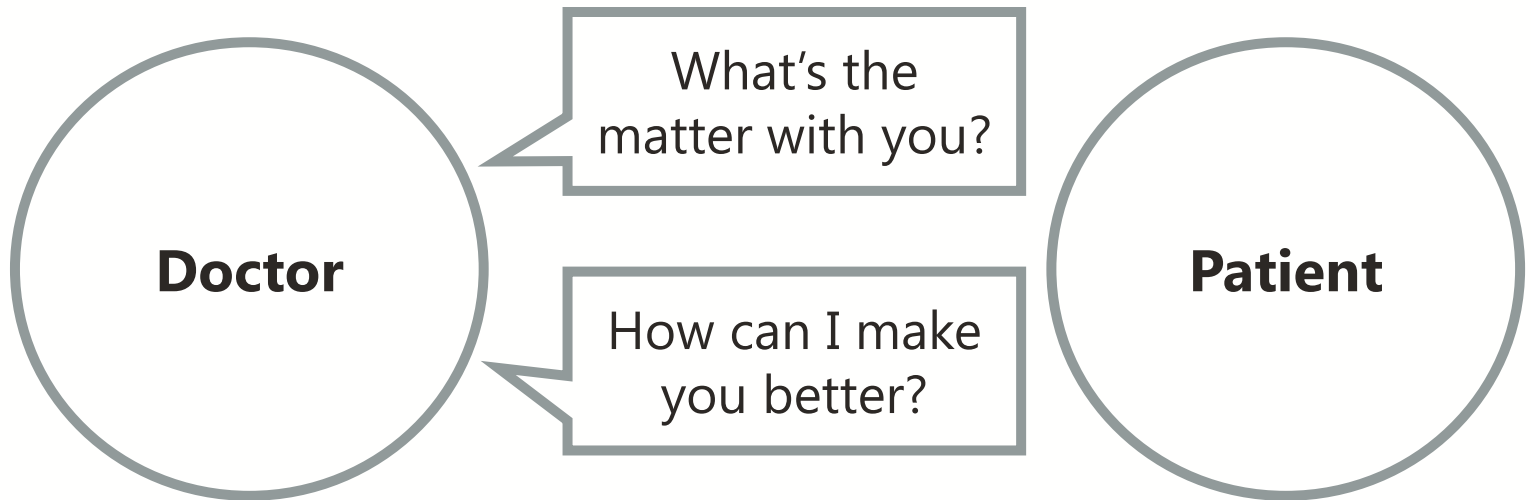
Family, friends & communities

And when we use services, sometimes we're the expert

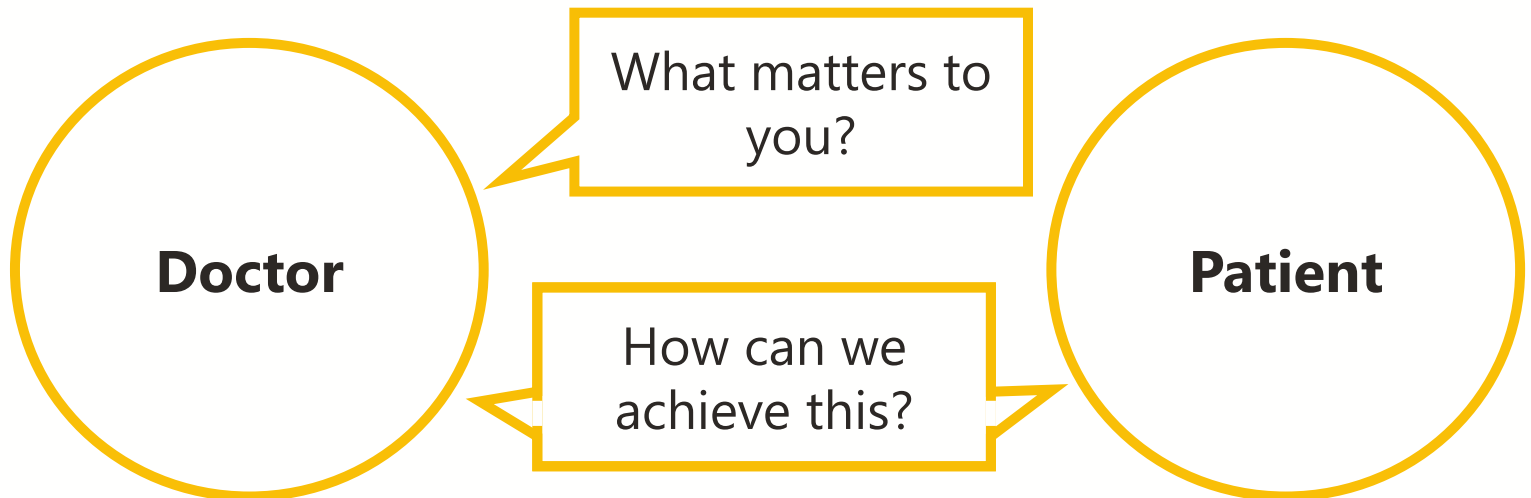


So patients and professionals need to work together

From
this:



To
this:



Overall, if we want to improve health in Dudley we need:

1: To take responsibility for staying healthy

2: Support from services when we need it

3: Support to not need it!


Changes in our behaviour



We might need support to change our behaviour



In Dudley there is already a lot going on to help people stay healthy and well



**But: not everyone knows
about these opportunities.
We're going to spend some
time today sharing**

Many of the activities in Dudley could also improve the way we feel



'Five ways to wellbeing'

**The
Strategy
Unit.**

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