

Health and wellbeing: logic diagram



H&W situation now

Barriers from the consumer's point of view

- Poor public transport to specialist health services and hospitals.
- Threat of closure of local hospital e.g. Belhaven.
- Not enough NHS dentists locally.
- Limited opening hours for Pharmacies.
- No Saturday morning GP surgeries.
- Distance to A&E too far.
- Limited number of care home places.
- No surgeries outside Dunbar in villages.
- Surrounded by polluters e.g. cement works, landfill, Torness
- Not safe to cycle and paths not joined up for walking.
- Lifestyles so busy it's hard to find time for exercise and feeling stressed.
- Availability of good quality food .
- Too many takeaways.
- Patient transport takes all day for round trip.

Overall situation:

- Oil is a primary raw material for many drugs, equipment, and supplies; that transport for patients, staff, deliveries, and services is heavily oil dependent.
- Nutrition quality of the food has declined.
- We live more sedentary lifestyle than before.
- Health Services and facilities require cars/ transportation to get to them.
- Public transportation and links are poor.
- Limited local employment.
- We do not have a localised economy.
- Debt based economy forces us all to run faster to stand still.
- Lack of connection to local landscape/ resources.
- Not enough allotments – waiting lists for allotments.
- Uncertain health risks from polluting industries.
- Antibiotics are losing their effectiveness.

Aim Evidence

- Interviews with 250+ local people, groups and service providers.

By 2025 we are more locally resilient because we are healthier, happier and able to access health care services and facilities using 50% less fossil fuels than we do in 2010.

Actions

What needs to be done?

What resources are needed to be able to make change?

Policy Legislation EL SOA Community Planning Local people

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| <ul style="list-style-type: none"> A. Review alignment of this plan with EL SOA. B. Ensure EL SOA creates enabling policies for resilient local health and well being. C. Develop a Local Health Forum. D. Develop a set of agreed local health and well being indicators including water, soil, air, biodiversity quality. E. Gather a baseline for how healthy people feel they are locally/what their ideas are for being more healthy and well. F. Develop aligned action plans for improving local health and wellbeing G. Ensure implementation of plans for improving local health and wellbeing through a robust process of monitoring and evaluation of how well plan is being implemented. H. Watershed assessment and development of a watershed management plan. I. Ensure Curriculum for Excellence includes how to be | <ul style="list-style-type: none"> J. Identify ways to reconnect physically and socially to the locality. K. Identify ways to make it easier for all abilities to make more active transport choices. L. Open discussions with local Health Board about relocation of services e.g. Community hospitals with A&E. M. Open discussion with Pharmacies about opening all day Saturdays. N. Feasibility study of outreach surgeries in villages. O. Develop a network of registered volunteer carers and emergency helpers. P. Identify care needs for all ages. Q. Assess the potential for all NHS property to generate energy. R. Research what essential drugs are oil dependent and identify what could be local / none oil based alternatives. |
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Local people of all ages and abilities Teachers Doctors ELC

Participation

Who needs to be involved?

Assumptions

East Lothian Community Planning Partnership will agree and align:

- Policy will be enabling and in place
- Joined up planning

Legislation will be enforcing positive change.

Farmers and consumers will be welcoming of this change.

Funding will be available to enable Research, Technology and Skills Development.

Local health & wellbeing Milestones

Short term - 5 years

- Alignment of LRAP and SOA and Community Planning has happened.
- SOA creates enabling policies for resilient local health and wellbeing.
- Local Health Forum established
- Baseline measurement for how healthy people feel.
- Health and Wellbeing indicators developed
- Watershed management plan exists.
- Local Action plans for improving local health and well being developed.
- Better public transport links to health services.
- More active travel
- Clean up local environment and polluters
- Chemists are open when people need them open.
- Implementation of all of Health & Wellbeing , Local food, Transport, Enterprise and Education Action Plans.

Medium term - 10 years

- Sufficient home care and hospices for all ages.
- More GPs & NHS Dentists locally.
- There is Enough/ more local employment/ work available.
- All land and space that can be is used for food production. Many more people are employed in food growing and preparation, and people's involvement with food is far greater.
- Local drama, art, music, dance, and celebration are commonplace.
- Communities have a network of registered volunteer carers and emergency helpers
- Assessment of how well Local Health and Wellbeing is improving.
- Amend Action plans to improve Health and Wellbeing.

Long term - 15+ years

- Our basic needs are being met locally, we have a sense of purpose.
- We have supportive personal relationships, strong and inclusive communities, good health, financial and personal security, rewarding employment, and a healthy, attractive and productive local environments.
- Pollution is greatly reduced.
- All essential drugs are produced without petrochemicals, some locally
- All NHS estate is a net energy generator.
- Every NHS facility is accessible on foot, by bicycle, and by public transport.
- By 2025 we are more locally resilient because we are healthier and happier and able to access health care services and facilities using 50% less fossil fuels than we do in 2010.**

External Factors

What will make this work:
East Lothian Community Planning Partnership will have:

- Supportive and enabling policies in place
- Joined up Planning

Legislation will be enforcing positive change.

Farmers and consumers are welcoming of this change.

Funding is available to enable Research, Technology and Skills Development.

What will make this not work:
East Lothian Community Planning Partnership do not have:

- Supportive and enabling policies in place
- Joined up Planning

No Legislation to enforce positive change.

Farmers and consumers are not welcoming of this change.

Funding is not available to enable Research, Technology and Skills Development .