

WHAT CAN WE DO IN COPELAND TO HELP US TO HAVE HEALTHIER LIVES

Cumbria County Council



Public Health

What makes us healthy

- Health services 10%
- Lifestyle 40%
- Social and economic 40%
- Genetics 10%

The three areas we use to improve health in Cumbria.

- Health protection
 - Flooding
 - Hand hygiene
 - Blood pressure
- Population healthcare quality
 - Joint Strategic Needs Assessment
 - Clinical audit
 - High quality healthcare
- Health improvement
 - Child health
 - Physical activity
 - Alcohol consumption

The four big health challenges in Cumbria

- Ageing population
 - In 20 years, 1 in 3 Cumbrians will be of retirement age.
- Mental health
 - More than 50,000 people in Cumbria are registered with depression.
- Health inequalities
 - The gap in life-expectancy between different parts of Cumbria is 20 years.
- Children and young people
 - 90% of new smokers are under 19 years old.

MAKE CHANGES TO THE 80% OF WHAT MAKES US HEALTHY AND TAKE UP OPPORTUNITES TO IMPROVE OUR OWN HEALTH AND INCREASE OUR OWN HEALTH PROTECTION.

COPELAND HEALTH & WELLBEING FORUM PRIORITIES 2019/2020

