PLACE AND WELLBEING OUTCOME BRIEFING

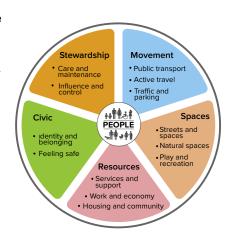
Resources: Services and Support



Services and support can have a positive impact on people when everyone can access:

- Health enhancing, accessible, affordable and well-maintained services, facilities and amenities. These are informed by community engagement, responsive to the needs and priorities of all local people.
- A range of spaces and opportunities for communities to meet indoors and outdoors.
- Information and resources necessary for an included life in a range of digital and non-digital formats.

This is why it is one of Scotland's Place and Wellbeing Outcomes.



The evidence tells us:



People need local facilities and services to live and enjoy healthy independent lives.¹



Access to facilities, services and communities can help to increase social interactions and inaccessibility can affect some groups disproportionately.¹



Accessibility to services is exacerbated by poor transport links and safety of the wider environment.¹



Intergenerational connection and sharing of resources to support health, including the sharing of community assets, strengthens communities.



An increased presence and exposure to unhealthy food could be associated with the risk of higher levels of weight gain and obesity.¹



Facilities and services need to be affordable.¹



There can be poor availability of facilities in some deprived areas.¹



Services and support provide people with a sense of belonging to the community.¹



A feasibility study on the Icelandic Model highlights the benefit of higher prioritisation of universal primary prevention activities in Scotland.²



Some places, including deprived areas, can have an abundance of outlets selling unhealthy products such as alcohol, tobacco or food and drinks high in fat, sugar or salt.

Briefings for all of the other Place and Wellbeing Outcomes can be found on the Improvement Service website.

Sources

- Evidence Behind Place Standard Tool and Place and Wellbeing
 Outcomes
- 2. Carver et al. 'How might the 'Icelandic model' for preventing substance use among young people be developed and adapted for use in Scotland? Utilising the consolidated framework for implementation research in a qualitative exploratory study.' in BMC Public Health (2021) 21:1742

Visit the website for more information on the Place and Wellbeing Outcomes. Follow us on X (@place4wellbeing) to keep up to date with our latest news and place-based resources.

