

# HEALTH AND WELLBEING OUTCOMES



What impact do council services have in enabling people to live happy and healthy lives? And in supporting people to live independently and have a positive end of life?



## ADULT SOCIAL CARE

Councils work hard to provide high quality support services that enable older people and people with learning disabilities to live happy lives, live independently where possible and support a positive end of life. These include including assessments, day

services and support at home. Councils support those eligible for social care to exert more control and choice over the support they receive via Self Directed Support. This enables service users to choose services that suit and improve their lifestyle, control their support at the level that works best for them, and provides more choice and flexibility.



## CHILDREN'S SERVICES

It is recognised that health disadvantage starts before birth and accumulates through life. Early learning and childcare promotes physical and mental health by a focus on outdoor learning. Education focuses on teaching emotional resilience, self-esteem and

interpersonal skills that can protect against risks relating to social disadvantage, family disruption and other diversity in life, and mental illness. As is a focus on physical education. Councils have invested significantly in services for looked after children to support prevention and earlier intervention to improve outcomes for children who are looked after, in all settings.



## CULTURE AND LEISURE

Participation in sports, culture and outdoor spaces have a positive effect on both physical and mental health and wellbeing. Attendance at culture and leisure services results in positive social connections, which is a key factor in positive health and wellbeing. Regular exercise

reduces all-cause mortality and has a positive impact on mental health problems. Activities offered through libraries and museums help to promote inclusion, stimulate learning and improve cognitive function. Parks and green spaces support improved physical health by providing an opportunity for all types of physical activity.



## ENVIRONMENTAL SERVICES

Easy-to-use and accessible transport and a clean and safe environment are linked to mental and physical wellbeing. Well-maintained and designed roads, cycle paths and

pavements encourage people to travel actively, which is good for individual's mental health, and reduce the chances of slips and falls. Councils services keep streets clean and deal with public health nuisances, licencing and pollution.



## HOUSING

Councils play an important role in housing both as a landlord, a tackler of poor housing in the private rented sector and in supporting people who are

homeless. Living in poor quality housing, insecure and overcrowded conditions has an impact on health. Housing services provide good quality, well-designed and energy-efficient homes that are affordable on long-term tenancies for as many people as they can.



## ECONOMIC DEVELOPMENT

Economic development is a key to improving health and wellbeing of local communities. Good urban planning promotes healthier lifestyles, with appropriate housing, access, transport, local services

and amenities by allowing people to get around actively, access services easily and be feel safe. Councils support the development of vibrant town centres, and as part of their work supporting older people and people with learning disabilities support a sustainable local market for the provision of social care services.