How we provide
Adults Health Improvement Services
Tell us what you think
Hello

We (Kent County Council) would like to tell you about our plans for how we provide Health Improvement Services in Kent.

We would like you to read our plans and then tell us what you think. This is called a consultation.

You can do this by filling in the form at the end of this document and putting it in the post.

Or you can fill in the form on the internet at: www.kent.gov.uk/healthimprovement

You might need some help with this.

You can tell us what you think from 2 November to 14 December 2015.
Introduction

Kent County Council would like to help people in Kent have a healthy life.

We do this through our Public Health Department who have been in the council since 2013.

They are given money by central government to set up services to help people live a healthy lifestyle.

People have unhealthy life styles because of many reasons. Sometimes this can be because of the area they live in and how much money they have.

We think this is unfair and will do our best to make sure everyone can improve their health.

We have been looking at making services more joined up. We think this will make things better.

Health Improvement Services are an important part of this.
What are Health Improvement Services?

Kent County Council sets up services that are all about how someone can make themselves healthier. These include:

**Healthy Weight Services**
These are for people who would like to lose weight. The services can be in the community, at the doctor’s or at a chemists.

**Stop Smoking Services**
These are for people who would like to stop smoking. The services can be in the community, at the doctor’s or at a chemists.

**Health Trainers**
These give people one to one support. They can give advice and information and offer encouragement. They normally work within a community.

**Wellbeing services**
These services help people with their mental wellbeing and let people know of support services that are available.

**Physical activity**
These help people improve their long term health through being more active.
What we do now

At the moment the organisations that give these services do them all individually.

This works well, but if these are all joined up they could be much better.

Why do we need to change this?

There is a plan called the NHS Five Year Forward View.

This was published in 2014.

It says that we need to help people live in a healthier way, so they do not become ill. We call this prevention.

A law called the Care Act also tells local authorities they need to do this.

To do this we would like to bring together all the Health Improvement Services into one place.
What we would like to do

When someone uses the service all their health lifestyle choices would be looked at, not just one.

For example; it might be that they need help to stop smoking and drink less. But they might need help with their wellbeing and confidence to do this.

The new service would look at this and anything else that might help them become healthier.

They then would only have to use the one service instead of two or three.

There would be one place to contact to get the support they need. Making it easier to get support.

If someone needs another service they will be told about it and given all the details they need to access it.
The new service would start in October 2016.

**What we want to achieve**

This is what we want the new service to achieve - we call this our key outcomes.

These are:

- Improve people in Kent’s wellbeing (healthy in mind and body)
- Help people to lose weight
- Help people to be more active
- Help people to give up smoking
- Help pregnant women stop smoking.
Our Principles

These are our principles (what we will follow to make sure things are done right).

**Integrated** - People can get all the help they need to be healthier from one service.

**Targeted** - Aimed at people who need help most but still available to everyone.

**Motivating** - Encouraging people to be healthier.

**Promoting independence** - Helping people to be healthier so they don’t need to rely on a service.

**Flexible** - Meets the needs of local people.
Talking to people

Before putting together this plan we did a lot of research.

We asked people what they thought would make things better.

We used facts and figures from other organisations.

We spoke to the organisations who provide the service.

We used all of this to make this plan.
Tell us what you think

We would like to hear what you think of our plans.

What you tell us will be looked at carefully and used to make sure that the service we give is right for everyone.

You can fill in the form on the internet at: www.kent.gov.uk/healthimprovement.

Fill in this form and us at the address on page 20.

You can tell us what you think between 2 November and 14 December 2015.

If you want to know more you can see the full documents on our website at www.kent.gov.uk/healthimprovement
Questions

1.(a) Please tick a box if you are filling in this questionnaire:

- [ ] as a member of the public.
- [ ] as a user of current services (past or present).
- [ ] as a professional (i.e. to do with your job).
- [ ] for an organisation.

1.(b) If you are filling in the form as a professional, please tell us your interest.

1.(c) If you are filling in the form for an organisation, please tell us its name.
2. Can you tell us how much you agree or disagree with our plan for a joined up Health Improvement Service? (Please circle)

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3. Can you tell us how important our ideas for the model are - the principles as written on page 8? (please circle)

- **Integrated** - People can get all the help they need to be healthier from one service.

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- **Targeted** - Aimed at people who need help most but still available to everyone.

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- **Motivating** - Encouraging people to be healthier.

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Promoting independence - Helping people to be healthier so they don’t need to rely on a service.

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Flexible - Meets the needs of local people.

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4. Should these services be:
(Please tick one option)

- Open to everyone
- By being referred - e.g by a GP
- Only given to those who need it most

Other (please write below)
Can you tell us why?

5. How important are the following ways to work with people to help them become healthier. (please circle)

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**By telephone**

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**On a website**

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**By computer video web chat**

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**Social media like Twitter/Facebook**

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6. How suitable are the following places for delivering face to face support?

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A GP surgery

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Community places like; a library or a Gateway.

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Other (please write below)

[Blank space]
Can you tell us why?

7. How should we tell people about health improvement services?

8. Is there anything else you would like to tell us?

9. Please tell us your postcode.
These questions are about you.

You do not have to fill them in if you do not want to.

We want to make sure that everyone is treated fairly and equally, and that no one gets left out.

That’s why we are asking you these questions.

We won’t share the information you give us with anyone else. We’ll use it only to help us make decisions, and improve our services.

10. Are you…?

☐ Male

☐ Female

☐ I prefer not to say

11. How old are you?

[Space for age]

☐ I prefer not to say
12. **What ethnic groups do you belong to?** (Your ethnic group is about lots of things, such as where your family comes from and the language you speak).

13. **Do you have a disability?**
(A disability is if you have a problem or an illness to do with your mind or body, and it makes it hard for you to do everyday things)

- [ ] Yes
- [ ] No
- [ ] I prefer not to say

14. If you have answered Yes to the question above, please tell us the disability or the impairment you have. You can tick more than one box.

- [ ] Learning disability
- [ ] Mental health condition
- [ ] Physical impairment
15. Do you belong to a religion or belief?

☐ Yes
☐ No
☐ I prefer not to say

16. If you have answered Yes to the question above, which religion or belief is it?

[Space for answer]

17. Are you

☐ Heterosexual
☐ Gay/Lesbian
☐ Bisexual
☐ I prefer not to say
Thank you for taking the time to give us your views.

Kent County Council (KCC) collects and processes personal information in order to provide a range of public services. KCC respects the privacy of individuals and endeavours to ensure personal information is collected fairly, lawfully, and in compliance with the Data Protection Act 1998.

What do I do with this form?

Freepost
KCC Public Health Consultations

This document is available in alternative formats and can be explained in other languages. Please contact 03000 421533.
Text relay 18001 03000 421533