A Healthier Future
Improving Health and Wellbeing in Luton 2012-2017
Luton’s Health and Wellbeing Strategy

Why do we need a strategy?
To improve health and wellbeing in Luton we need to:
• Reduce infant deaths
• Reduce family poverty
• Reduce domestic abuse
• Reduce variation in quality in General Practice
• Reduce obesity, smoking and alcohol related harm
• Improve mental health services
• Improve cancer survival rates
• Improve outcomes for people with disabilities
• Improve outcomes for children in care and care leavers
• Promote independent living

Who will monitor progress?
The new Health and Wellbeing Board is responsible for identifying the health needs of local people and for developing a strategy to address these needs. The board will closely monitor the progress of the strategy and ensure that services are in place to improve health and wellbeing.

How will we achieve our strategy?
We will:
• Make it easier for people to access services through stronger partnership working
• Focus on prevention and intervention at the earliest stages of ill health
• Ensure services are accessible, efficient and of high quality
• Address wider issues that impact on health such as housing, education and, skills and employment
• Involve local people in planning and monitoring services to improve health

We will focus on three priorities:

1. Every child and young person has a healthy start in life
   We will:
   • Deliver high quality health services for babies, young children and their parents
   • Ensure all families can access the right help at the right time to meet their needs
   • Develop services for families with multiple needs
   • Reduce the impact of poverty on families’ lives through improved partnership working

2. Reduce health inequalities in Luton
   We will:
   • Develop joined up healthy lifestyle services
   • Prioritise prevention and early detection of heart disease, cancer and respiratory disease
   • Address social issues that impact on health, such as improving housing conditions, supporting more people into employment and promoting a healthy environment
   • Support people and communities to have more control over their health and wellbeing

3. Healthier and more independent adults and older people
   We will:
   • Improve GP services so that everyone can easily access high quality and safe primary care
   • Ensure GPs support patients with long term conditions to minimise complications or unnecessary admissions to hospital
   • Ensure health and social care services are joined up to meet the needs of individuals
   • Support people to live a happy, healthy and independent life in their own home
   • Increase non-drug based support for people with mental health issues

By 2017 we will have:
• Reduced the infant mortality rate
• Increased life expectancy and narrowed the inequality gap compared with the rest of England
• Narrowed the gap in life expectancy between the most and least deprived areas in Luton
• Increased disability free life expectancy at age 65

For further information email: public.health@luton.gov.uk
or visit www.luton.gov.uk

NHS
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