

Our vision – A healthier Reading

Communities and agencies working together to make the most efficient use of available resources to improve life expectancy, reduce health inequalities and improve health and wellbeing across the life course

Goal One – Promote and protect the health of all communities particularly those disadvantaged

Objective 1 – Protect health and reduce the burden of communicable diseases by targeting services more effectively

Objective 2 - Ensure effective support is available to vulnerable and BME groups to protect their own health.

Objective 3 – Increase awareness and uptake of Immunisation and Screening programmes

Goal Three – Reduce the impact of long term conditions with approaches focused on specific groups

Objective 1 - Assist and support ability to self-care in all adults and young people with existing long term conditions

Objective 2 - Ensure high quality long term condition services are available to all including those with a learning disability

Objective 3 - Build on and strengthen the quality and amount of support available to adult and young carers in Reading

Goal Two – Increase the focus on early years and the whole family to help reduce health inequalities

Objective 1 – Ensure high quality maternity services, family support, childcare and early years education is accessible to all

Objective 2 – Reduce inequalities in early development of physical and emotional health, education, language and social skills

Objective 3 - Improve identification and reduce the effects of domestic violence on emotional wellbeing for the whole family

Goal Four – Promote health-enabling behaviours & lifestyle tailored to the differing needs of communities

Objective 1 – Improve tobacco control and reduce harm due to alcohol and drug misuse in Reading

Objective 2 – Enhance support and target causes of lifestyle choices impacting health for adults and children

Objective 3 – Reduce the prevalence, social and health impacts of obesity in Reading including targeting key causes