

# Health Inequalities Action Plan 2023-25

## Overview

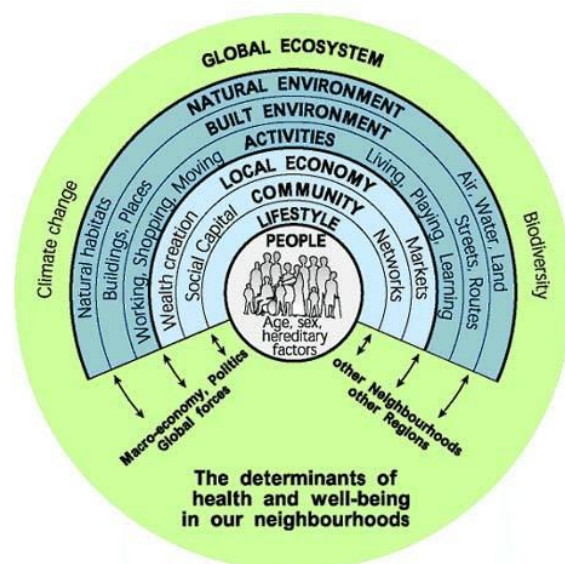
The Health Inequalities Action Plan has been developed by the Health Action Team. The aim of this plan is to reduce health inequalities through promotion, raising awareness and increasing partnership working between members of the Health Action Team.

The Health Action Team (HAT) meets once per quarter and is attended by partners across health and social care, to enable multi-agency discussion, joint working, and action. It acts as a point for the exchange of information to enable partners to better serve communities in Tunbridge Wells in a more integrated way. The group aims to reduce health inequalities, through the development of the Health Inequalities Action Plan.

## Health inequalities

Health inequalities are unfair and avoidable differences in health across the population, and between different groups within society. These include how long people are likely to live, the health conditions they may experience and the care that is available to them<sup>1</sup>. Health inequalities are a result of a complex interaction of various factors, including but not limited to housing conditions, planning, access to and quality of leisure services, air quality and lifestyle choices such as diet and smoking status. These interactions are described in figure 1.

Figure 1: Barton & Grant (2006)



<sup>1</sup> NHS England <https://www.england.nhs.uk/about/equality/equality-hub/national-healthcare-inequalities-improvement-programme/what-are-healthcare-inequalities/> [Accessed 27/01/2023]

## Areas of deprivation

Living in an area of deprivation is linked to poorer health outcomes<sup>2</sup>. Alongside these small pockets of deprivation, 70% of the boroughs LSOAs are in the top half, with many in the 9<sup>th</sup> and 10<sup>th</sup> deciles. This means that these small areas of deprivation are surrounded by significant areas of wealth.

Areas of deprivation (in the 40% most deprived areas of the country) in Tunbridge Wells by Lower Super Output Area (LSOA) are<sup>3</sup>:

E01024831 – Rusthall 4<sup>th</sup>

E01024841 – Sherwood 4<sup>th</sup>

E01024842 – Sherwood 4<sup>th</sup>

E01024843 – Southborough and High Brooms 4<sup>th</sup>

E01024841 – Broadwater 3<sup>rd</sup>

E01024840 – Sherwood 2<sup>nd</sup>

## Health Inequalities Action Plan

The key priority areas have been developed by the Health Action Team:

1. Mental Health
2. Loneliness and isolation
3. Addictions
4. Obesity and Physical Inactivity
5. People with disabilities and older people

The Action Plan below highlights priorities within each area and further details the actions within each of these. An in-depth plan will be reviewed quarterly at the Health Action Team meetings, and the plan will be formally reviewed every two years.

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<sup>2</sup> <https://www.england.nhs.uk/about/equality/equality-hub/national-healthcare-inequalities-improvement-programme/what-are-healthcare-inequalities/deprivation/> [Accessed 27/01/2023]

<sup>3</sup>

<https://app.powerbi.com/view?r=eyJrIjoiaOTdjYzlyNTMtMTcxNi00YmQ2LWI1YzgtMTUyYzIxMxOWQ3NzQ2IiwidCI6ImZmMzQ2ODEwLTljN2QtNDNkZS1hODcyLTl0YTJlZjM5OTVhOCJ9>

	1. Mental Health	2. Loneliness and isolation	3. Addictions	4. Obesity and Physical Inactivity	5. People with disabilities and older people
<b>Priorities</b>	<ul style="list-style-type: none"> <li>Improving access into mental health services.</li> <li>Facilitate collaboration and awareness between services.</li> <li>Promote positive mental wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>Improve access to support.</li> <li>Identify those outside of current support structures.</li> <li>Promoting volunteering opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>Targeted interventions to hard-to-reach client groups.</li> <li>Raise awareness and signposting through Making Every Contact Count Training.</li> </ul>	<ul style="list-style-type: none"> <li>Targeted interventions to hard-to-reach client groups.</li> <li>Raise awareness and signposting through Making Every Contact Count Training.</li> <li>Engage in Whole Systems Obesity work.</li> </ul>	<ul style="list-style-type: none"> <li>Identify funding and awareness of gaps in current provision.</li> <li>Identification of those people outside of existing support structure.</li> <li>Promote digital inclusion.</li> </ul>
<b>Actions overview</b>	<p>1.1 Bring together providers of community based mental health support services to improve partnership working.</p> <p>1.2 Identify funding and awareness of gaps in current provision.</p> <p>1.3 Increase awareness and signposting of existing support.</p> <p>1.4 Mental Health First Aid training for frontline staff.</p> <p>1.5 Sharing of resources including</p>	<p>2.1 Identify funding and awareness gaps in current provisions.</p> <p>2.2 Identification of those outside of existing support structure.</p> <p>2.3 Digital inclusion initiatives e.g., broadband coverage, improving digital literacy, linking with libraries.</p> <p>2.4 Improve accessibility into services.</p> <p>2.5 Work with warm spaces to improve</p>	<p>3.1 Targeted interventions from One You Kent and other delivery partners</p> <p>3.2 Making Every Contact Count Training and signposting awareness.</p> <p>3.3 Increase awareness around vaping.</p> <p>3.4 Target stop smoking work for areas of deprivation and GP surgeries.</p>	<p>4.1 Targeted interventions from One You Kent for Tier 2 weight management</p> <p>4.2 Engaging in the Whole Systems Obesity work e.g., Health in All Policies.</p> <p>4.3 Making Every Contact Count Training and signposting awareness.</p> <p>4.4 Infrastructure/funding for active travel.</p> <p>4.5 Delivery of Wellbeing Walks</p> <p>4.6 Collaboration and sharing of information</p>	<p>5.1 Identify funding and awareness gaps in current provisions.</p> <p>5.2 Identification of those in extremely vulnerable people outside of existing support structure.</p> <p>5.3 Digital inclusion initiatives e.g., broadband coverage and improving digital literacy.</p>

	<b>1. Mental Health</b>	<b>2. Loneliness and isolation</b>	<b>3. Addictions</b>	<b>4. Obesity and Physical Inactivity</b>	<b>5. People with disabilities and older people</b>
	<p>venues for face-to-face delivery across the Health Action Team.</p> <p>1.6 Promoting positive mental wellbeing initiatives such as Wellbeing Walks, Amelia activities and Everyday Active.</p> <p>1.7 Support local Suicide prevention initiatives such as Release the Pressure.</p>	<p>signposting opportunities.</p> <p>2.6 Improving service awareness and signposting between different services.</p> <p>2.7 Identify and promote volunteering and befriending opportunities.</p> <p>2.8 Engage with the TW Social initiative launched during Covid.</p> <p>2.9 Link with the Involve Kent Universal Wellbeing contract.</p>	<p>3.5 Partnership working with Change Grow Live (CGL).</p>	<p>between Health Action Team Members.</p> <p>4.7 Promote resources available through the Everyday Active campaign.</p> <p>4.8 Promote active travel opportunities.</p> <p>4.9 Collaboration and use of community assets such as Parks and Sports Centres.</p> <p>4.10 Identify and promote funding opportunities such as Active Kent and Medway Together Fund.</p>	<p>5.4 Identify and promote volunteering opportunities.</p> <p>5.5 Working within the Health Action Team to share spaces for hire.</p> <p>5.6 Promotion of warm spaces and signposting into other services.</p>