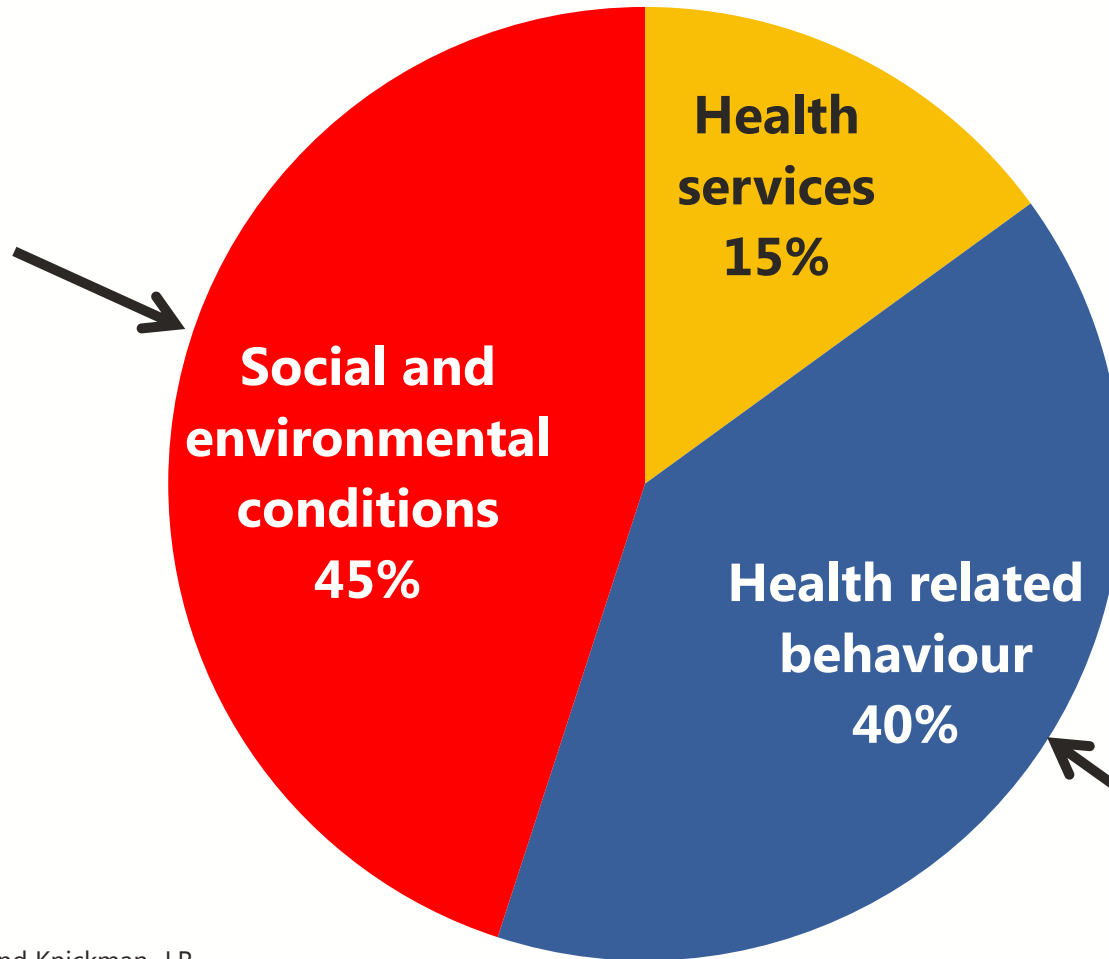


# Working together to stay healthy and well

Fraser Battye

# The NHS is not the main thing that keeps us healthy...

...local conditions make a bigger difference...



...so does our behaviour



Good work



Our surroundings



Money & resources



Housing



The food we eat



Education & skills

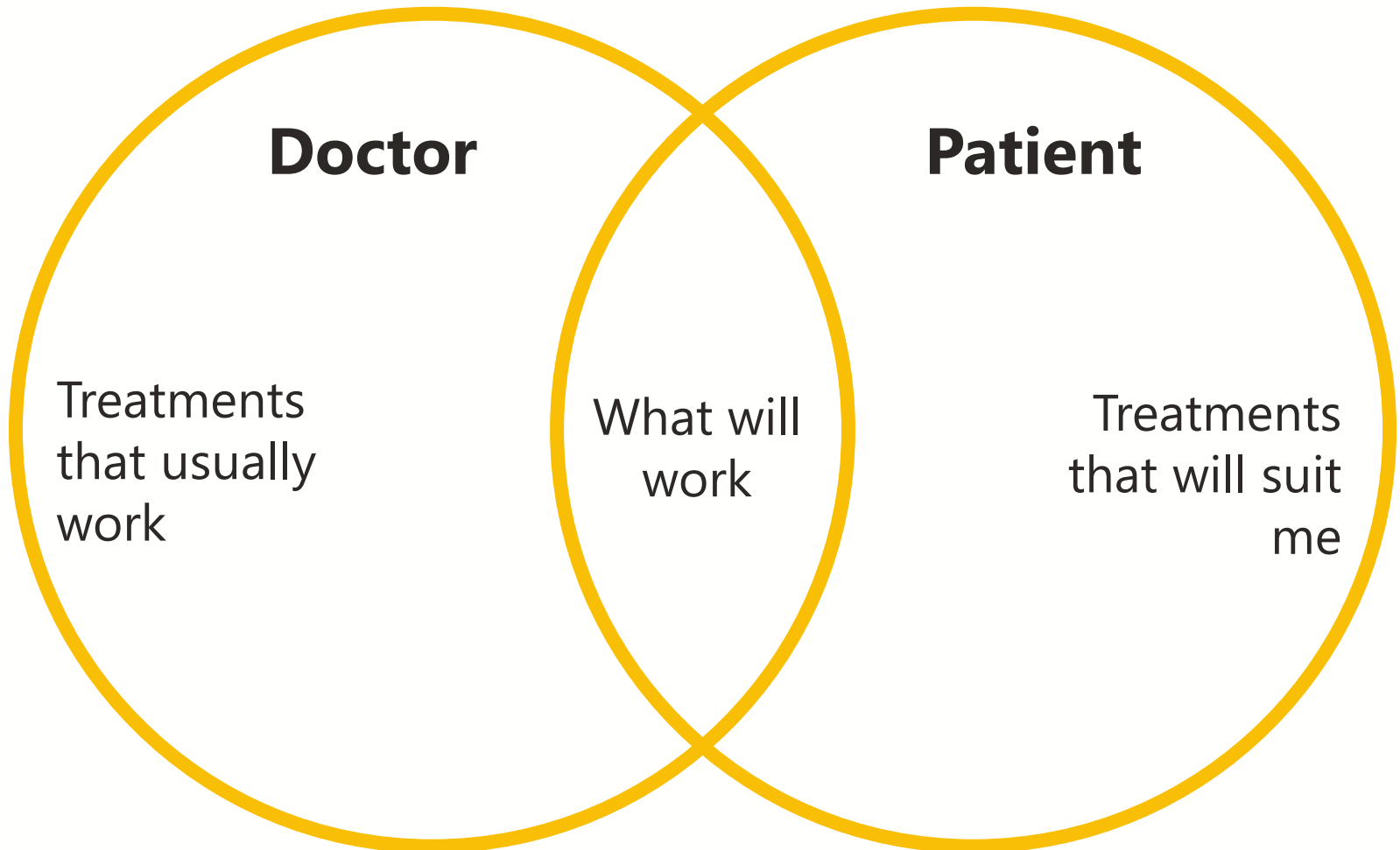


Transport



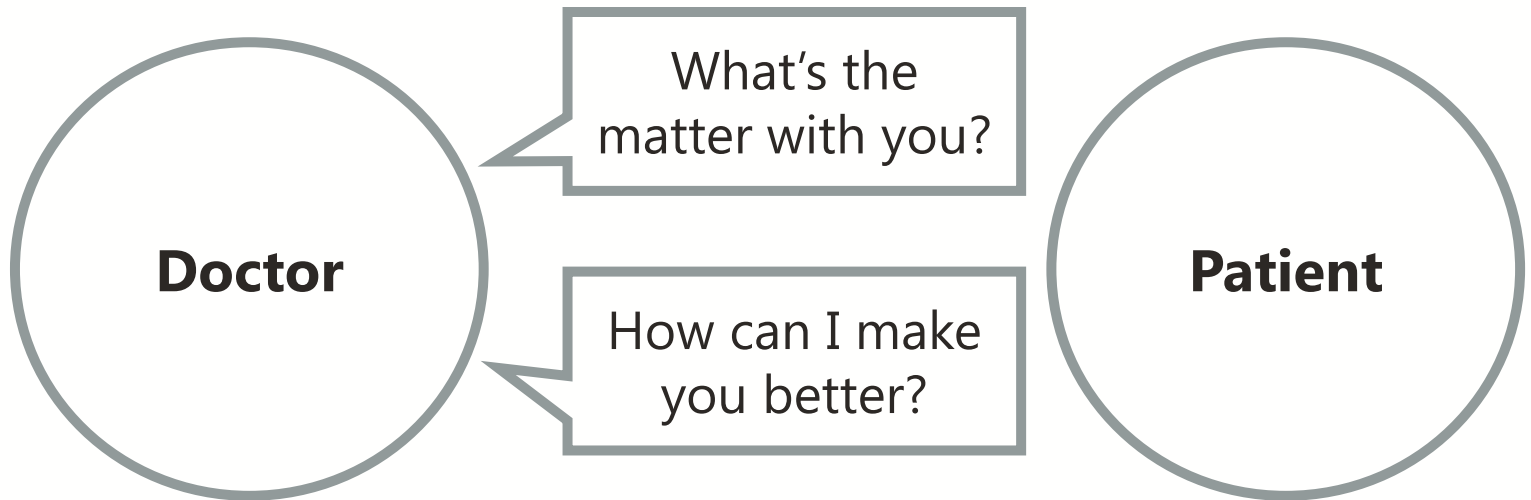
Family, friends & communities

And when we use services, sometimes we're the expert

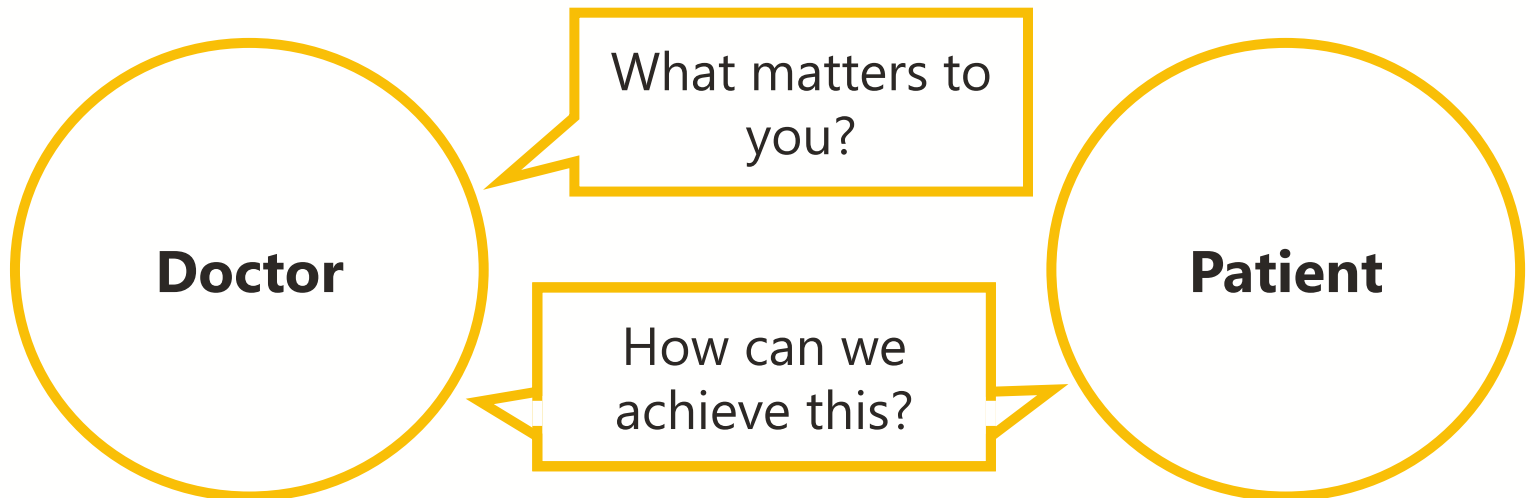


So patients and professionals need to work together

From  
this:



To  
this:



Overall, if we want to improve health in Dudley we need:

1: To take  
responsibility  
for staying  
healthy

2: Support from  
services when  
we need it

3: Support to  
not need it!


Changes in our  
behaviour

```
graph TD; A([1: To take responsibility for staying healthy]) --> B[Changes in our behaviour]; C([2: Support from services when we need it]); D([3: Support to not need it!]) --> B;
```

# We might need support to change our behaviour



In Dudley there is already a lot going on to help people stay healthy and well



**But: not everyone knows  
about these opportunities.  
We're going to spend some  
time today sharing**



Many of the activities in Dudley could also improve the way we feel



**'Five ways to wellbeing'**

**The  
Strategy  
Unit.**

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