

Cabinet Office and DHSC

Advancing our health: prevention in the 2020s – consultation document July 2019

<https://www.gov.uk/government/consultations/advancing-our-health-prevention-in-the-2020s/advancing-our-health-prevention-in-the-2020s-consultation-document#executive-summary>



Summary

- Report sets out plans to embed the principle of 'prevention is better than cure' across wider society
- Shift from Government and the NHS prioritising caring for people when they are sick and considering how long people live as being the most important measure, to a greater emphasis on how long people live in good health
- Currently over 20% of years lived are expected to be in poor health



Summary

- People in deprived areas tend to have lower life expectancy and spent a larger proportion of those years in poor health than those in less deprived area
- The paper aims for people not just to be passive recipients of care; but to be active in taking responsibility to preserve their own health by being equipped with the skills to help themselves
- Ambition to add five healthy years to life expectancy by 2035



1. Finding opportunities for prevention strategies

The 2020s will be the decade of proactive, predictive, and personalised prevention:

- targeted support
- tailored lifestyle advice
- personalised care
- greater protection against future threats
- embedding genomics in routine healthcare
- reviewing the NHS Health Check
- bold future vision for NHS screening
- launch Predictive Prevention work programme



2. Tackling major public health challenges facing the UK through prevention

New personalised prevention model and a shift the health system away from just treating illness, and towards preventing problems in the first place:

- all smokers admitted to hospital offered support to stop smoking
- doubling the Diabetes Prevention Programme
- establishing alcohol care teams in more areas
- almost 1 million people benefiting from social prescribing by 2023 to 2024
- smoke-free 2030 ambition
- publish Chapter 3 of the Childhood Obesity Strategy,
- launch a mental health prevention package, including national launch of [Every Mind Matters](#)



3. Building strong foundations to help people to embrace healthier decisions

- Shift public's attitude to health from a dependence on the NHS to treating ill health, to health being an asset
- Help for all children get a good start in life
- 'Asset-based approach' should follow through to other stages of life, including adulthood and later life
- Stronger focus on prevention across all areas of government policy
- At local level expectation of different organisation working together on prevention
- Launch a new health index to track the health of the nation
- Modernise the Healthy Child Programme
- Consult on a new school toothbrushing scheme



Consultation Questions

- **Which health and social care policies should be reviewed to improve the health of: people living in poorer communities, or excluded groups?**
- **Do you have any ideas for how the NHS Health Checks programme could be improved?**
- **What ideas should the government consider to raise funds for helping people stop smoking?**



Consultation Questions

- **How can we do more to support mothers to breastfeed?**
- **How can we better support families with children aged 0 to 5 years to eat well?**
- **How else can we help people reach and stay at a healthier weight?**



Consultation Questions

- **Have you got examples or ideas that would help people to do more strength and balance exercises?**
- **Can you give any examples of any local schemes that help people to do more strength and balance exercises?**
- **There are many factors affecting people's mental health. How can we support the things that are good for mental health and prevent the things that are bad for mental health, in addition to the mental health actions in the green paper?**



Consultation Questions

- **Have you got examples or ideas about using technology to prevent mental ill-health, and promote good mental health and wellbeing?**
- **We recognise that sleep deprivation (not getting enough sleep) is bad for your health in several ways. What would help people get 7 to 9 hours of sleep a night?**
- **Have you got examples or ideas for services or advice that could be delivered by community pharmacies to promote health?**



Consultation Questions

- **What should the role of water companies be in water fluoridation schemes?**
- **What would you like to see included in a call for evidence on musculoskeletal (MSK) health?**
- **What could the government do to help people live more healthily: In homes and neighbourhoods, When going somewhere, In workplaces, In communities ?**



Consultation Questions

- **What is your priority for making England the best country in the world to grow old in, alongside the work of Public Health England and national partner organisations?**
 - **Support people with staying in work**
 - **Support people with training to change careers in later life**
 - **Support people with caring for a loved one**
 - **Improve homes to meet the needs of older people,**
 - **Improve neighbourhoods to meet the needs of older people**
 - **Other**



Consultation Questions

- **What government policies (outside of health and social care) do you think have the biggest impact on people's mental and physical health? Please describe a top 3**

- **How can we make better use of existing assets - across both the public and private sectors - to promote the prevention agenda?**



Consultation Questions

- **What more can we do to help local authorities and NHS bodies work well together?**
- **What are the top 3 things you'd like to see covered in a future strategy on sexual and reproductive health?**
- **What other areas (in addition to those set out in this green paper) would you like future government policy on prevention to cover?**



Consultation period closes on 14th
October 2019

