

Newcastle under Lyme Health and Wellbeing Strategy and Action Plan – on a page

Population Trends	Aging Community				PRIORITIES																																								
	Growing Obesity Levels																																												
Risk Factors	Nutrition	Social Isolation	Smoking	Alcohol																																									
Symptoms	Dementia																																												
	Diabetes																																												
	Heart Disease																																												
	Liver and Lung Disease																																												
Interventions	Employment	Early Detection	Lifestyle Changes	Housing																																									
Outcomes	Healthier and Happier Communities																																												
	Better Quality of Life																																												
	Reduced Treatment Costs																																												
	Better Mental Health																																												
Action Plans	<table border="1"> <thead> <tr> <th colspan="5">Health</th> <th colspan="5">Physical Activity</th> </tr> <tr> <th colspan="5">The twelve areas for action</th> <th colspan="5">Sport and Active Lifestyles</th> </tr> <tr> <th>Starting Well</th> <th>Growing Well</th> <th>Living Well</th> <th>Aging Well</th> <th>Ending Well</th> <th>Physical Activity</th> <th>Health Related Physical Activity</th> <th>Active Play</th> <th>Exercise</th> <th>Sport</th> </tr> </thead> <tbody> <tr> <td>Parenting</td> <td>Education</td> <td>Alcohol</td> <td>Dementia</td> <td>End of life</td> <td>Move-ment that expends energy</td> <td>Walking Cycling Dancing DIY Gardening</td> <td>Skiping Hopscotch Chasing games</td> <td>Swimming Jogging Exercise Classes Gym</td> <td>Football Hockey Netball Bowls</td> </tr> </tbody> </table>					Health					Physical Activity					The twelve areas for action					Sport and Active Lifestyles					Starting Well	Growing Well	Living Well	Aging Well	Ending Well	Physical Activity	Health Related Physical Activity	Active Play	Exercise	Sport	Parenting	Education	Alcohol	Dementia	End of life	Move-ment that expends energy	Walking Cycling Dancing DIY Gardening	Skiping Hopscotch Chasing games	Swimming Jogging Exercise Classes Gym	Football Hockey Netball Bowls
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Supported by Employment and Housing: Economic Development Strategy Action Plan																																													
Approach	Prevention and Early Intervention	Partnership	Personalisation	Evidence and Innovation	APPROACH																																								