

# Prevention at Scale

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## Starting Well

PHD Lead: Kate Harvey

Partner Lead: TBC

## Living Well

PHD Lead: Sam Crowe

Partner Lead: TBC

## Ageing Well

PHD Lead: Nicky Cleave

Partner Lead: TBC

## Healthy Places

PHD Lead: Rachel Partridge

Partner Lead: TBC

Antenatal support

Universal Services for Families and Children

Live Well Dorset

Workforce

Physical Activity

NHS and Care Pathways

Cardio-vascular disease and diabetes

MSK

Alcohol Misuse

Systematic approach to community led support

Natural Environment

Built Environment

Social / Communities

Projects

Projects

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# Starting Well

“Building the capacity and confidence of universal community services to deliver effective prevention at scale across the population”

NB – ‘at scale’ includes those with all level of needs

## Antenatal Support

Embed behaviour change and lifestyle support in maternity care pathways  
(lead = CCG)

## Universal services for Families & Children

Ensure effective single 0-5 service offer (with skills development support from LiveWell Dorset)  
(Joint leads = LA & Dorset Healthcare)

Build whole school approaches to health & wellbeing, including evidence based PSHE programmes and school improvement including skills development support from LiveWell Dorset (primary/middle and secondary schools)  
(lead = to be confirmed, school link required)

Reduce variation in immunisation rates (work with primary care and other partners)  
(lead = CCG)

Build community capacity and confidence to support children and young people to THRIVE – improving emotional wellbeing and mental health  
(lead = CCG then DHC) (link to ICCHS)

Note interdependencies with: further development of Early Help services, integrated community and primary care services and Integrated Community Child Health project

Note potential for further scoping: scaling support for adults within families to improve outcomes for school aged children

### KEY:

Programme Workstream

Partner led project in progress

Partner work in progress - links to PAS being considered/defined within scope

Opportunity - Potential projects still to be identified/scoped with partners

# Living Well

Live Well Dorset

Workforce

Physical Activity

Delivering COM-B through a digital platform

Marketing LiveWell to GPs

Training frontline staff to have a healthy conversation about physical and mental health

Health & Wellbeing of Staff – Strategy & Skills

Systematic approach to reducing physical inactivity

Improved flow into LiveWell Dorset following targeted Health Checks

Mental Health First Aid

Scale effective return to work support

KEY:

Programme Workstream

PHD led project in progress

Partner led project in progress

Joint work underway between PHD & partners

Partner work in progress - links to PAS being considered/defined within scope

Opportunity - Potential projects still to be identified/scoped with partners

# Ageing Well

NHS & Care Pathways

Cardiovascular disease and diabetes

MSK

Alcohol misuse

Systematic approach to community led support

Care and Support planning for people with long term conditions

Embed workplace wellbeing, alcohol screening, and BI into contracts

Electronic passport – Physical healthcare checks within mental health checks

Reduce variation in secondary prevention of CVD

Frailty and falls prevention/DWFRS

Exercise /education programmes for joint pain

Alcohol screening and brief intervention across all secondary care – Poole model

Develop resources to support alcohol screening, BI and access to treatment

Community capacity in general practice

Community transport

Social prescriptions /MDT

Lifestyle assessment for all planned care episodes

Extend NHS Poole assertive outreach model across system

Transformed offer for defined population groups

Transform diabetes pathways taking account of prevention and variation

KEY:

Programme Workstream

PHD led project in progress

Partner led project in progress

Partner work in progress - links to PAS being considered/defined within scope

Opportunity – Potential projects still to be identified/scoped with partners

# Healthy Places

## Natural Environment

## Social / Community

## Built Environment

Developing air quality monitoring to inform policy in limiting impact of pollution

Make best use of natural environment

Encourage community-led use of green space and prevention of obesity

Active travel in schools

Imp[roving access to green/blue space

Local planning frameworks and local plans incorporate health and wellbeing

Healthy Homes - Warmer and safer homes

Stepping into Nature - dementia friendly walks

Eco Schools

Microbiome project - CS to provide wording

Infrastructure and policy to support active travel through walking and cycling

Natural Choices /green prescriptions

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