

Stockton-on-Tees Joint Health and Wellbeing Strategy 2025 - 2030

What is the Health and Wellbeing Strategy?

It is a plan that highlights collective priorities and goals across the Council, local communities and organisations to improve health and wellbeing and address inequalities across the Borough. We will focus on local actions, have a shared plan, and the Health and Wellbeing Board will make sure everything works together well.

What is the Health and Wellbeing Board?

It is a partnership of local leaders across the health and care system, and together they address inequalities to improve the health and wellbeing of the local population.

The building blocks of health

Our health is shaped by the world around us. This includes the quality of our homes, access to healthcare, education, public transport and employment, and if we experience poverty or discrimination. These factors are known as the determinants of health, or the building blocks of health. In many of our communities, some blocks are missing or need developing. This Health and Wellbeing Strategy outlines steps that Stockton-on-Tees Borough Council is taking to create a healthier society and to prevent people from dying earlier than they should.

1. Health is everybody's business

The only way to improve the building blocks of health is for all organisations to include a health lens in their work. Meaning that all organisations need to consider the impact of health and wellbeing in their plans and decisions. This method is called "Health in All Policies".



2. Communities at the centre

We will work closely with our communities to understand what matters to them and what can help them be healthier. By building on their strengths, we will work together with our communities to create services and support that meet their specific needs.



3. Commit to prevention and early intervention

We will look at health at every stage of life, from childhood to old age, and understand how experiences in early life can affect our health as we get older. We will work to identify and address risk factors linked with illness later in life by promoting healthier lifestyles to reduce health risk behaviours.



4. Levelling the playing field

Some people have poorer health outcomes than others because of things like where they live, how much money they have, their level of education, or access to healthcare and support. When people don't have the same access to these things, this is known as inequalities. We will work together with local people, organisations, and services to help everyone have a fair chance to live in good health and wellbeing.



5. Place based approach

We will focus on working with local communities and use local knowledge, connections, and resources to provide the right kind of support. At times it will be useful to work with partners outside of the Borough to share knowledge and best practice.



There are four key focus areas of the Health and Wellbeing Strategy.

These are:

-  All Children and Families have the best start in life
-  Everyone has a healthy standard of living
-  Everyone lives in healthy and sustainable places and communities
-  Everyone lives long and healthy lives

How we are going to deliver the strategy

We will create a shared plan to help deliver the strategy. This plan will include clear goals, actions, deadlines, and who is responsible for each part. We will also use a system to track progress and listen to feedback from the community to make sure we are meeting people's needs and making improvements where needed.



In partnership



Why are these themes important?

All children and families have the best start in life

A good start in life is key to a child's health, happiness, and future success. This includes quality care before and during pregnancy, strong support through early childhood and school years, and help for parents and carers. Creating a positive home learning environment, promoting school readiness, and building young people's mental health and resilience are all important. Targeted support for families most in need ensures every child has the chance to reach their full potential.

Everyone has a healthy standard of living

Money and health are closely linked. People with low incomes or living in poverty often face more health problems because they may not have access to healthy food, safe homes, healthcare, or good education and jobs. Having a job can help improve health and wellbeing, but it needs to be good quality work with fair pay, a safe place to work, and chances to learn and grow.

Four Focus Areas

Everyone lives in healthy and sustainable places and communities

The places we live, the communities we're part of, and how we travel all affect our health. Safe, green, and welcoming neighbourhoods help people feel included and support both mental and physical wellbeing. Strong social connections and good environments encourage active, healthier lives at all ages. Creating these spaces can reduce long-term health problems and improve overall quality of life.

Everyone lives long and healthy lives

Helping people live longer, healthier lives mean supporting them to make healthier choices - like not smoking, eating well, staying active, and drinking less alcohol. Finding health problems early and offering support can prevent more serious issues later. While many people use health services, some groups need extra help to get the same access and support to stay healthy.