



Draft

POPULATION HEALTH AND CARE STRATEGY

2025 - 2035

Preventing Ill Health

Reducing Inequalities

Delivering Better Outcomes

Our Vision

“As a population health and care organisation, we aim to improve the health and wellbeing of everyone living in Forth Valley, by preventing people from becoming unwell, reducing inequalities and making the best use of the resources available to achieve better outcomes”



Our Priorities

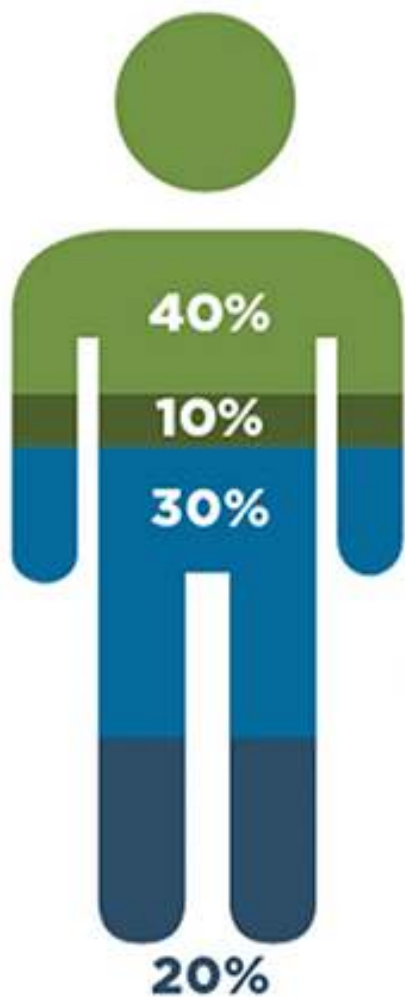
- **We want to enable you to live longer healthier happier lives, by investing in prevention and providing support to people who are ill at an earlier stage.**
- **We want to provide more health services and support in local communities, to make it easier for you to access the care you require.**
- **We want to look at how we can improve everyone’s health and wellbeing, not just the patients we are currently seeing.**
- **We want to continue to work with partner organisations to tackle some of the wider issues which affect health and wellbeing.**
- **We want to make the best use of the resources we have available to ensure we deliver the best value.**

What will be different?

- You will have more support and be able to take part in activities to help prevent you from becoming unwell or stop any existing any health conditions from getting worse
- You will be able to access more health services in your local community rather than having to travel to hospital.
- You will have more opportunities to inform and influence how local services are designed and delivered to ensure the best use of resources available
- You will benefit from organisations working together to improve your health and wellbeing.



What is Population Health?



Social &
Economic
Factors

- Education
- Employment
- Income
- Family & Social Support
- Community Safety



Environment

- Air & Water Quality
- Housing
- Transportation



Health
Behaviours

- Alcohol, Tobacco & Drug Use
- Diet & Physical Activity
- Sexual Activity



Health &
Social Care

- Access to Care
- Quality of Care

This shows how much each of the different factors which impact on a person's health and wellbeing contribute to this. For example, health behaviours such as diet, exercise and smoking are responsible for one third of the aspects which shape our health.

Inequalities in Forth Valley

- People are dying younger.
- The number of people dying early is increasing.
- People are spending more of their life living with ill health.
- The gap in life expectancy between the poorest and wealthiest people is growing.
- There is a 24-year gap in the time spent in good health between the most affluent and most deprived areas.
- There will be a 21% increase in the number of people living with long term conditions between 2020 and 2043.

What is Population Health?

Aims to improve the health of everyone in Forth Valley



- Improve overall health and wellbeing and reduce health inequalities to help people enjoy longer, healthier happier lives
- Prevent people from becoming unwell & provide support to people who are ill at an earlier stage.
- Free up resources to develop and improve services and respond to future changes in demand, financial and workforce challenges, new technologies and medicines.
- Work with communities and partners like schools, colleges, care homes, carers, voluntary organisations, universities and businesses, and our staff, to improve the way services and support are developed and delivered.

Becoming a Population Health Organisation



1. Knowing our Population

What you shared with us

- You want to manage your own health and wellbeing, with the right information, support and input from health care professionals.
- You want more services to be in your local communities.

Why Is This Important?

- We need to plan for challenges and take opportunities to explore, develop and improve our services for the whole of the Forth Valley population.
- Our population is expected to increase by over 18,000 people by 2043 and people aged over 75 are expected to increase by around 80%.
- There are inequalities across Forth Valley which impact on people's life expectancy and healthy life expectancy.

Our ambitions – we will

- Work with communities to learn from those with experience of using health and care services and to better understand their needs.
- Work with our partners to develop joint measures and targets for improving the health and wellbeing of local communities.
- Make the best use of local and national data and research, to plan what needs to happen to improve health and to measure progress.

2. Prevention

What you shared with us

- You told us about the challenges you face in improving your health and wellbeing.
- You highlighted health inequalities resulting from factors such as where you live, your income, your age or your ethnicity.
- You want to be fully involved in decisions around your treatment and care.

Why is this important?

- Prevention is one of the most effective ways to create value in health and care, improve quality of life for people and reduce the costs of healthcare.
- Prevention can avoid health conditions from developing or worsening, avoid losing independence or the ability to work and help you to live longer healthier lives.

Our Ambitions – we will

- Embed prevention in all health and care services & Community Planning Partnership work.
- Increase the percentage of our collective resources spent on prevention activities
- Increase the availability and uptake in vaccination and screening programmes.
- Work with communities to tackle common risk factors such as high blood pressure; high cholesterol; high blood sugar; obesity; smoking; and alcohol.
- Prioritise areas for ill-health preventative activity such as children and young people; cardiovascular disease; type 2 diabetes; cancer; mental health; muscle and joint conditions including hip fractures; substance misuse; and respiratory conditions.

3. Working Collaboratively

What you shared with us

- You would like services to communicate better with each other and be more joined up.
- You want transport to be available when you need to travel to appointments.
- You recognise that your health and wellbeing is affected by things like housing, income and the areas where you live.

Why is this important?

- Many of the factors which contribute to poor health need organisations like councils, schools, colleges and businesses to work together, alongside NHS Forth Valley.
- Effective engagement and participation are important to help identify potential issues and areas for improvement. By working together we can address some of the challenges we face, achieve better outcomes and improve the experience of people who use our services.

Our ambitions – we will

- Support the continued development of the Community Planning Partnerships to enable population health improvement.
- Provide greater employment opportunities and support the local economy as part of the regional Anchor Board.
- Develop a whole system approach to Urgent and Unscheduled Care to improve emergency department waiting times.
- Continue to work in partnership with the Integration Joint Boards to develop integrated services and pathways.

4. Community First

What you shared with us

- You want more health and care to be offered within the community, particularly in areas where transport can be challenging.
- The importance of different types of appointment offered e.g. face to face, telephone, online.
- You want greater care coordination to reduce duplication and delays.

Why is this important?

- Providing you with the right care, in the right place and at the right time, gives the best outcomes. More health services need to be delivered in or near to local communities.
- If your need to attend the hospital for urgent and unscheduled care, if your immediate health concern cannot be treated in the community, it is important that during your visit to hospital, your needs are met in a timely way.

Our ambitions - we will

- Move more care from hospitals to communities by developing and expanding community-based services including primary care contractor services and services for people with frailty.
- Create a Home First ethos across our services.
- Reduce the time people spend in hospital by working with our partners to ensure that when people are ready to return home, their discharge is timely and the right supports are in place.
- Further develop urgent services which provide timely access to specialist care.
- Work with partners to further develop mental health and wellbeing services which provide the best outcomes for people.

5. Value Based Health and Care



What you shared with us

- You want to be seen quickly so that you can receive the correct diagnosis and treatment.
- You want greater coordination across all services to reduce duplication and avoid delays.
- You want to receive safe and effective care and treatment.

Why is this Important?

- Value Based Health and Care delivers outcomes which matter most to you, by matching the resources available to the needs of the people who live in Forth Valley.
- This will support all services to review and reform the care they deliver, to ensure they deliver the best possible value for you.

Our ambitions – we will

- Implement value based health and care across all services, making the best use of our available resources and supporting better outcomes for people.
- Continue to develop our planned care services, to provide timely access to care and treatment, for people living in Forth Valley.
- Work with other NHS Boards to provide services or access specialist services for people, with a focus on helping services to be more stable and sustainable.
- Continue to improve and streamline cancer pathways to deliver timely diagnosis and treatment.
- Redesign and improve services, to minimise waiting times and to adopt new innovations in technology, treatment and medicines.

6. Our Workforce

What you shared with us

- You highlighted the importance of our staff.
- You told us that people have confidence in our staff.
- You recognised the lasting impact of the Covid-19 pandemic on staff health and wellbeing.
- You told us that people want more support to help them make decisions about their health.

Why is this important?

- Two of the biggest challenges facing us in 2025 and beyond are financial and workforce. The impacts of workforce challenges have been identified across services in Forth Valley.
- Difficulties recruiting staff for some specialities or roles, due to national shortages & needing to plan in areas with an older workforce profile, requires us to think and work differently.
- There is increasing demand for health and care services and a growing local population.

Our ambitions – we will

- Set clear objectives to attract and retain staff to meet the challenges identified and work towards a sustainable workforce.
- Develop our workforce to reflect changing clinical services and our strategic priorities, with compassionate leadership and in a culture that supports wellbeing.
- As services are transformed, we will support and engage our staff to develop new skills and embrace new ways of working that help improve care for patients.
- Promote a range of career pathways, to develop our existing and future workforce.

Further Engagement 1 May to 15 June 2025

- 1. Does the draft Population Health and Care Strategy for Forth Valley address what is most important to you? If it does not, please tell us why*
- 2. How can you help to deliver the priorities and ambitions set out in the Strategy? Please give us your suggestions.*
- 3. Is there anything else that you think would help improve the health and wellbeing of local people?*
- 4. Is there anything else you would like to tell us before we finalise our Health and Care Strategy?*

www.nhsforthvalley.com/healthstrategy

Thank You

- We will consider all of the feedback we receive, as we finalise our Population Health and Care Strategy.
- A summary of the feedback themes will be made available on the NHS Forth Valley website.
- We plan to publish the final Population Health and Care Strategy 2025-2035 in autumn 2025.