

Preventing Ill  
Health

Delivering Better  
Outcomes

Reducing  
Inequalities



# Population Health and Care Strategy



2025 - 2035  
Summary



# Context



**+80%** projected increase  
in people aged 75+ by  
2043



**21%** rise in people living  
with long term conditions  
by 2043



**18,663** children in Forth  
Valley live in low-income  
families (2024)



**Only 5%** of healthcare  
spend currently goes to  
prevention



**1 in 4** deaths in  
Scotland in 2023 were  
preventable



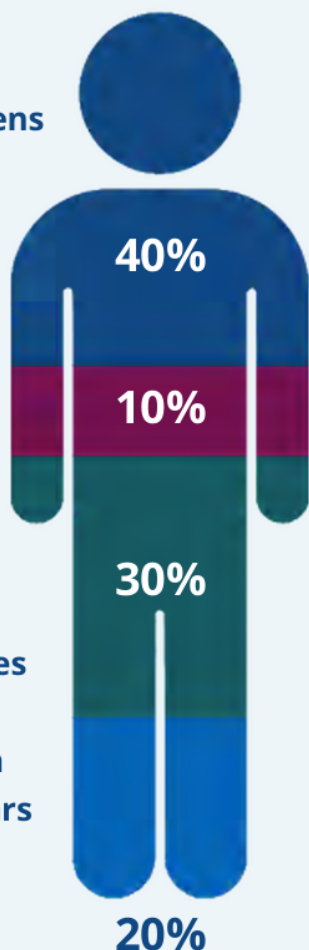
**19,500+** people in Forth  
Valley live with Type 2  
diabetes

# Community Planning

## Four pillars of health

80% of what affects our health happens out with the health and social care system

So the response to the challenges needs to address each of these pillars



**Social & Economic Factors**



**Physical Environment**



**Health Behaviours**



**Healthcare**

Support children's development, education, jobs, and financial security. Reducing poverty is key to improving health.

Build healthier, greener and better-connected communities with good housing, transport, green spaces and stronger local support.

Help people live healthier lives by improving access to healthy food, promoting exercise, reducing harm from tobacco, alcohol, and gambling, and supporting mental health.

Make sure everyone can get high-quality, person-focused health and social care. This includes better screening, vaccinations and earlier treatment and support - especially for those who face challenges getting care.

# Becoming a Population Health Organisation



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