

# Health and Wellbeing

## Improving Health and Wellbeing in the Kettering Borough

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# Health Profile

- Life expectancy is 10.4 years lower for men and 6.7 years lower for women in the most deprived areas of Kettering than in the least deprived areas.
- In Year 6, 17.5% of children are classified as obese. The level of smoking in pregnancy is worse than the England average.
- An estimated 23.4% of adults smoke and 24.9% are obese. The rate of sexually transmitted infections is worse than the England average. The rate of hospital stays for alcohol related harm is better than the England average. The rates of violent crime and hospital stays for self-harm are worse than average.
- Local priorities are smoking cessation, reducing obesity by promoting healthy family lifestyles and improving educational attainment and employment levels in young people. See [www.northantsinfohub.co.uk](http://www.northantsinfohub.co.uk)

# Projects

## Healthy, Happy Families



# Projects

## Healthy, Happy Families

- Work in Schools
- Work in Surestart Centres
- Smokefree Homes
- Future cooking classes with adults

# Projects

## Health Walks



[www.kettering.gov.uk/walks](http://www.kettering.gov.uk/walks)

# Projects

## Workplace Health



- Health Events
- Blood Pressure & Weight Checks
- Partnership with Pharmacy  
Northamptonshire & NSport

# Projects

## Sport Relief and Sports Awards



# Projects

- Health 'MOT' Events
- Work with Co-Op and Northamptonshire Libraries
  - Health Day at Kettering by the Sea
  - Possibility of Healthy Living Sessions
    - World Stroke Day
    - Change4life clubs
- Activity on Referral & Cardiac Phase IV