

Community Select Committee – Healthy Stevenage Update

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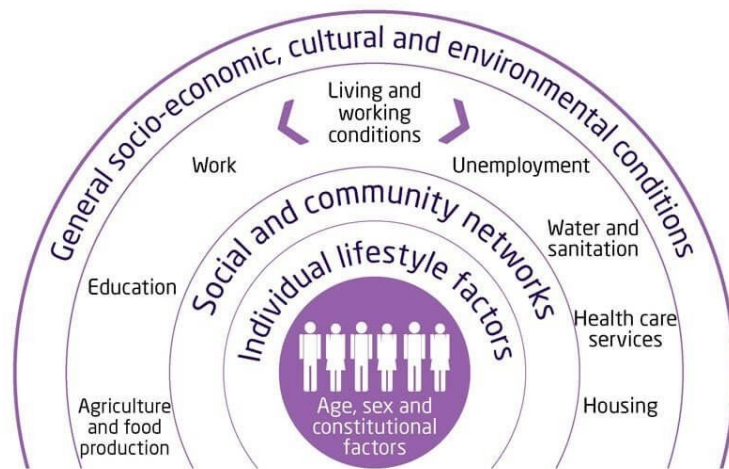
Stevenage
BOROUGH COUNCIL

Overview

- Current position & health profile
- Changing landscape
- Reflection of strategy & new strategy development
- Emerging priorities & development timeline
- Current projects and initiatives

Current Position

- Time to develop a new Health and Wellbeing Strategy, reflecting current health inequalities
- Joint Strategic Needs Assessment (JSNA) 2025 - identifies worsening trends: obesity, mental health, frailty, dementia
- Delivery of preventive health and wellbeing initiatives to tackle health inequalities



JSNA – Key Findings

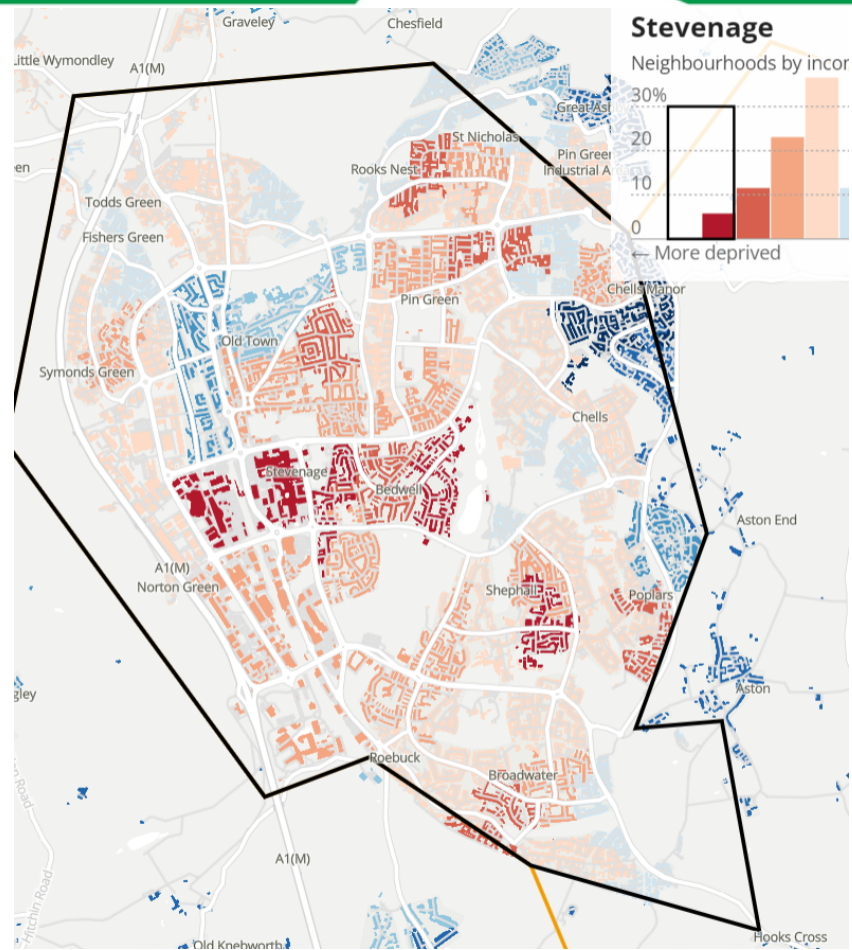
Headline findings from the Stevenage Health Inequalities JSNA (2025)

Population profile

- 90,146 residents • 20% are children (0–15)
 - 16% are 65+.
- Older population (65+) expected to grow by around 30% by 2043.

Deprivation & Life Expectancy

- Most deprived district in Hertfordshire (IMD score 19.7).
- Average life expectancy at birth is 80.8 years – lower than the county average.



JSNA – Key Findings Cont.

Headline findings from the Stevenage Health Inequalities JSNA (2025)

Weight & Physical Activity

- 18% of Reception and 37% of Year 6 pupils are overweight or obese – second highest Year 6 rate in Hertfordshire.
- Inactivity and excess weight are more common in more deprived wards.

Mental Health & Risk Behaviours

- Patterns of severe mental illness and depression reflect deprivation.
- Self-harm admissions are similar for men and women, but admissions for alcohol-related mental and behavioural disorders are around five times higher in men.

Ageing, housing & wider determinants

- Dementia diagnosis rates are higher than in Hertfordshire and England, with mortality higher among women and those in more deprived areas.
- Stevenage has higher rates of statutory homelessness, adult smoking and violence-related hospital admissions, and lower GCSE attainment – all concentrated in more deprived communities.

Changing Landscape

National direction – prevention & community first - 10-Year Health Plan and Hertfordshire's Public Health Strategy shift the system from hospital to community, analogue to digital, and sickness to prevention, with a clear focus on obesity, smoking, mental health and reducing health inequalities.

ICB & ENH Health & Care Partnership changes - ENH Health & Care Partnership now operates under a host-provider model with ENHT, with a vision of “one system, one team, one purpose” and a 5-year transformation plan focused on Care Closer to Home, frailty, long-term conditions and children & young people.

New neighbourhood models - Integrated Neighbourhood Teams, PCNs and neighbourhood hubs bring multi-disciplinary teams together around populations of c.30–50k, aiming for “no wrong door” access, more care closer to home, and a stronger role for community pharmacy, Healthy Hubs and the voluntary sector.

What this means for Stevenage - As one of the most deprived district in Hertfordshire, with rising obesity, mental health needs and an ageing population, Stevenage has to lean into this shift: our new Healthy Stevenage Strategy will align with ICB neighbourhood plans, double-down on prevention, and use our local assets (Healthy Hub, leisure, parks, housing and Co-operative Neighbourhoods) to narrow life-expectancy and health-outcome gaps.

Purpose of the Strategy

- Set a clear, preventative vision owned by SBC that works in collaboration
- Provide a coordinated action plan to reduce inequalities in partnership with key partners
- Strengthen place-based delivery through Integrated Neighbourhood Teams & Co-operative Neighbourhood Programme

District councils play a key role in keeping us healthy. They provide core local services, including economic development, planning, housing, leisure, wellbeing and environmental services for local communities - areas that are increasingly recognised as vital components of population health systems.



District Councils' Network

TheKingsFund



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Lessons Learned from Previous Strategy

Strong foundations – clear vision, good partnership working, and a whole-council approach to health.

Inequalities remain – outcomes in our most deprived neighbourhoods have been slow to shift.

Weak outcome framework – activity is good, but data and evaluation haven't been strong enough to show impact.

Right focus areas – physical activity, healthy weight, mental health, healthy ageing and healthy places.

Delivery limits – too many short-term, small-scale projects, reliant on limited capacity and external funding.

Key lesson – next strategy must be more targeted, at greater scale, monitoring & evaluation, and health embedded in every major SBC decision.

Strategy at a Glance – Emerging Priorities

Healthy Stevenage STRATEGY AT A GLANCE



VISION

To reduce health inequalities and improve the health and wellbeing of all residents living in Stevenage



MISSION

To enable people to live well for longer by creating healthy places, promoting prevention and strengthening partnership working across the town



STRATEGIC PRIORITIES

- 1 Healthy Weight and Active Lives
- 2 Good Mental Health and Emotional Wellbeing
- 3 Ageing Well, Frailty Prevention and Dementia Support
- 4 Creating Healthy, Safe and Connected Places
- 5 A Strong and Collaborative Healthy Stevenage Partnership

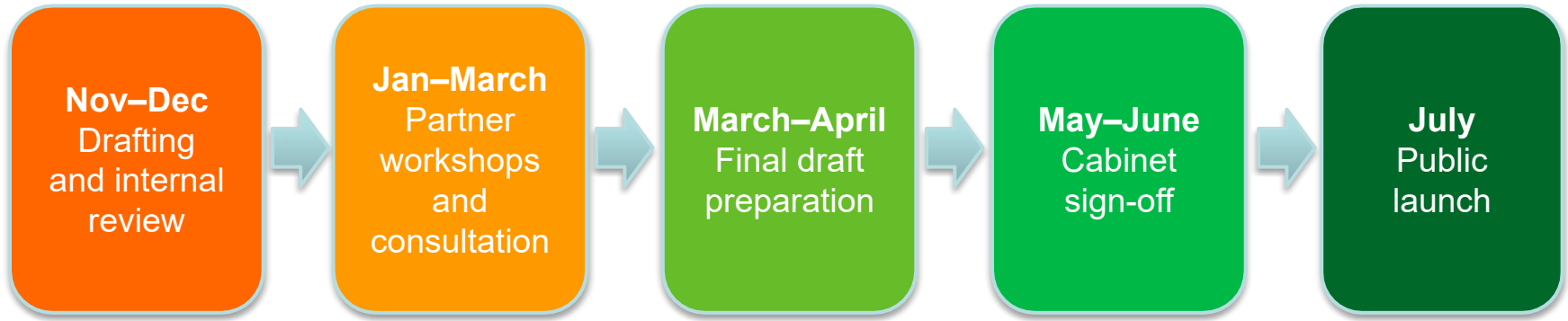
CROSS-CUTTING ENABLERS

- Evidence and Insight
- Co-Production
- Community Engagement
- Partnership Governance
- Data Sharing and Evaluation
- Inclusive and Accessible Design

Alignment with National & Local Strategies

- Aligned with Hertfordshire Public Health Strategy 2022–27
- Reflects NHS 10-Year Health Plan: prevention, community models, early intervention
- Consistent with wider district role in housing, environment, and wellbeing

Healthy Stevenage Strategy – Development Timeline



Healthy Stevenage Partnership



Promoting Physical Activity



SUMMER ACTIVITY

FREE FOR 11-17 YEAR OLDS


Mondays	Tuesdays	Wednesdays
Basketball 10am-12pm KGV Playing Fields Starting 7/8/23	Herts Summer Programme 4pm-7pm KGV Playing Fields Starting 1/8/23	SG Youth Hub 10am-3pm Stevenage Leisure Centre Starting 2/8/23
Thursdays	Fridays	
SG Youth Hub 10am-3pm Stevenage Leisure Centre Starting 2/8/23	SG Youth Hub 10am-3pm Stevenage Leisure Centre Starting 2/8/23	Premier League Kicks 6.30pm-8pm Nobel School Ongoing








EVERYONE LET'S GET STARTED



Looking for a healthier lifestyle?

We can do that together!

Join our 3 months free exercise course where you can use the gym, go to group exercise classes or swimming. During this time start new habits that lead to a healthier you.

For more information and to sign up please contact:



STEVENAGE BASKETBALL ROADSHOW

MAY HALF TERM

TUESDAY 30 MAY - 10AM - 12PM
 ST NICHOLAS PARK, SGI 4PT
 WEDNESDAY 31 MAY - 10AM - 12PM
 HAMPSHIRE PARK, SGI 5QU
 THURSDAY 1 JUNE - 10AM - 12PM
 KING GEORGE PLAYING FIELDS, SGI 3LS

FREE BASKETBALL SESSIONS FOR ALL YOUNG PEOPLE AGED 11-17 YEARS OLD
FOR MORE INFO OR TO BOOK YOUR FREE OR CASH OR VISIT THE LINK IN THE SECTION BELOW








NEW STEVENAGE YOUTH HUB

10AM - 3PM

STEVENAGE LIFESTYLES
LUTON WAY, SGI 1LZ

WHEN?

FRI	FRI	FRI
11th	12th	13th

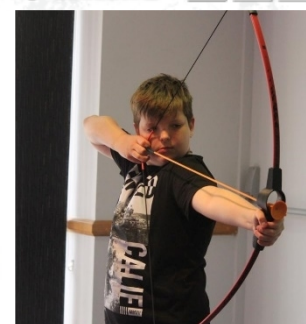



EVERYONE LOVES GARDENING

Community Garden

Tuesdays 9.30am-12.00pm
 Thursdays 1.00pm-4.00pm





Promoting Healthier Lifestyles – Healthy Hub



Promoting Healthier Lifestyles – Aging Well

Age Friendly Communities



Dementia Friendly Communities



Promoting Healthier Lifestyles – Active Travel

Health Walks



Stevenage Cycle Hub



Beryl Bike Scheme

Supporting those in Crisis

The No More

SERVICE

Accessing services for support with:

-Drugs -Alcohol -Adult Offenders -Youth Offenders



Stevenage NightLight Crisis Café



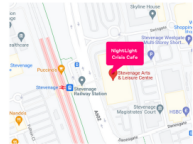
**In a crisis and need someone to talk to?
We are here for you**

Our Crisis Café is open every day from 7pm - 1am

If you would like to arrange
a visit, call us on:

01923 256391

We are based at Stevenage Arts & Leisure
Centre, Lytton Way, SG1 1LZ



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Feeling Sub



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Maxima

E: nightlight@hertfordshiremind.org

W: www.hertfordshiremind.org

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Place Making

The Stevenage Bus Interchange



Stevenage Sport & Leisure Hub



Diversification of Retail and Public Realm Improvements



Station Gateway



Station North multi-storey car park



The Forum

Find out more about our **£1billion** Stevenage Regeneration Programme

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[@StevenageBetter](#) • www.Stevenage-Even-Better.com

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Cycling & Pedestrian Connectivity
(incl. Arts & Heritage)



Kenilworth Road



Guinness Partnership

Questions

