

Activities in The Moor District Electoral Area

Children's oral health

- Children's oral hygiene packs and information delivered in partnership with local food banks (led by Western HSC Trust and school nursing teams).
- Engagement with Year 8s in two local secondary schools on oral hygiene (led by Western HSC Trust in partnership with Bogside and Brandywell Health Forum, PHA, SPPG, school nursing teams and Creggan Country Park Activity Centre).

Frailty and falls prevention

- A 12 week physio-lead intervention on safer mobility, including strength and balance exercises for older people with a text message service encouraging participants to be more active (led by Western HSC Trust, in partnership with Old Library Trust Bogside and Brandywell Health Forum and PHA).

Prediabetes

- A 12 week community-led prediabetes intervention programme (led by Old Library Trust and Quayside Medical Practice in partnership with Western HSC Trust, PHA and SPPG).

Cancer screening

- Targeted programme focused on bowel screening for those eligible between 60-74 years old (led by Western HSC Trust in partnership with Hive Cancer Support, Bogside and Brandywell Health Forum, Women's Regional Development Agency, PHA and SPPG).



Health inequalities can include differences in:

- health status (such as life expectancy);
- access to care (such as availability of services);
- quality and experience of services (such as user experience);
- behavioural risks (such as smoking);
- wider determinants of health (such as housing).

Find out more about Live Better, including details of the health fairs and other activities, at: www.pha.site/LiveBetter



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What is Live Better?

Live Better is a community-centred approach to addressing health inequalities in Northern Ireland. It has been established by the Department of Health.

Live Better is led by the Public Health Agency (PHA) and is supported through partnership working across the community and voluntary sector, Health and Social Care Trusts and Primary Care. Live Better will bring partners together to address health inequalities and improve health outcomes.

The approach focuses on key health outcomes and will increase awareness of health inequalities through community health fairs, health checks and health literacy and health inequalities training.

Health inequalities are differences across the population and between different groups in society that can result in poorer health outcomes for those most affected.

Demonstration areas and goals

Two demonstration areas have been chosen:

- Fountain, Bogside, Brandywell and Creggan – The Moor District Electoral Area (DEA) in Derry/Londonderry.
- Lower Shankill, Lower Falls and Grosvenor Road – Court District DEA in Belfast.

Priority health issues have been identified for these areas by the local stakeholders. The primary goal is to deliver tailored health interventions and engage the local population to address health inequalities and help improve health and wellbeing.

The key health outcomes fall under three life stage themes:

- **Starting Well** – Children's oral health in The Moor DEA and childhood vaccinations in Court DEA.
- **Living Well** – Prediabetes and cancer screening in The Moor DEA, and smoking in pregnancy in Court DEA.
- **Ageing Well** – Frailty and falls prevention in The Moor DEA, and connecting isolated older people with local support in Court DEA

Cross-Cutting Themes – Health fairs, health checks and health inequalities, and health literacy awareness training in both areas.

Activities in Court District Electoral Area

Childhood vaccinations

- Awareness sessions at a local SureStart for parents and staff (led by Belfast HSC Trust in partnership with the PHA, the Strategic Planning and Performance Group (SPPG), local GP practices, and local GP Federations).

Smoking in pregnancy

- Smoking cessation intervention training being delivered to SureStart staff, midwives, health visitors and family support staff (led by Belfast HSC Trust in partnership with PHA, SPPG and SureStart).

Connecting isolated older people

- 12 week mentoring programme (led by West Belfast Partnership Board in partnership with Greater Shankill Partnership Connected Community Care, Belfast HSC Trust, PHA, SPPG, Primary Care and community health and wellbeing centres).

