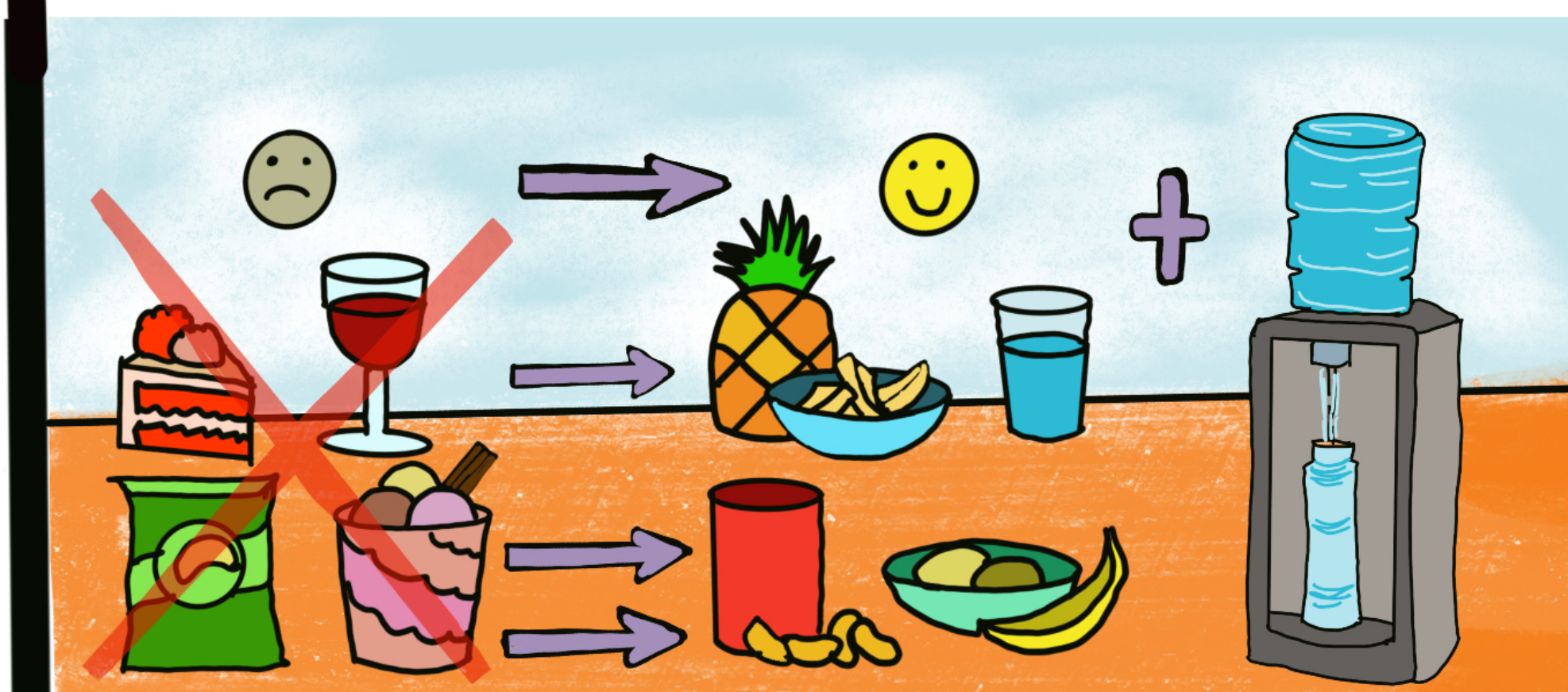


CHESHIRE & MERSEYSIDE : NHS PREVENTION PLEDGE



1 Prioritise long-term focus on prevention, early intervention, embed it in governance. Appoint Exec Sponsor, MECC (make every contact count) prevention is everybody's business



2 Review food & drink provision make it healthier, convenient & affordable. limit access to high fat/sugar/salt content. Increase access to fresh water & encourage reusable bottle refills.



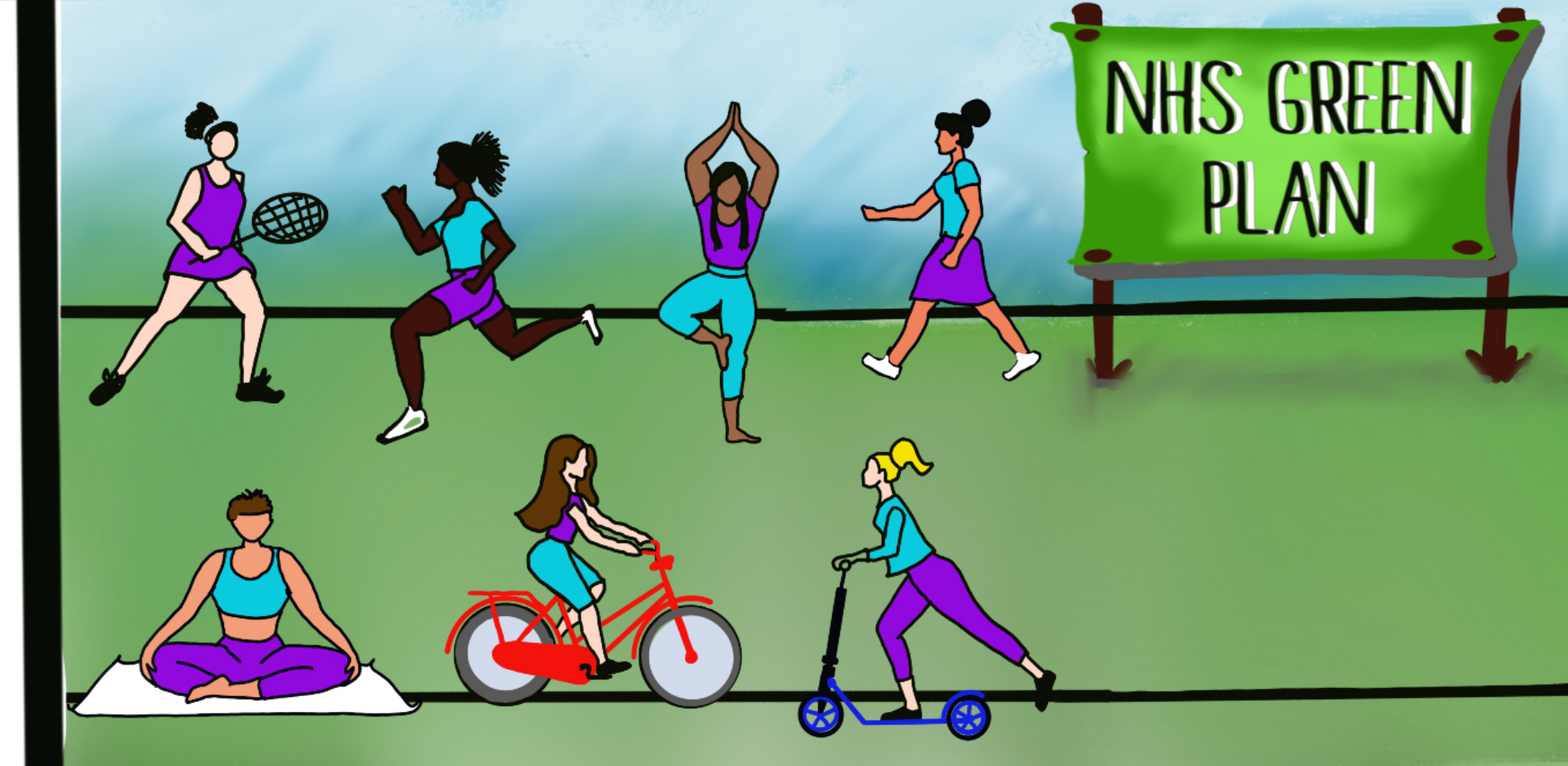
2 Create conditions to support service managers & staff to take a Quality improvement approach to review & transform services to embed prevention.



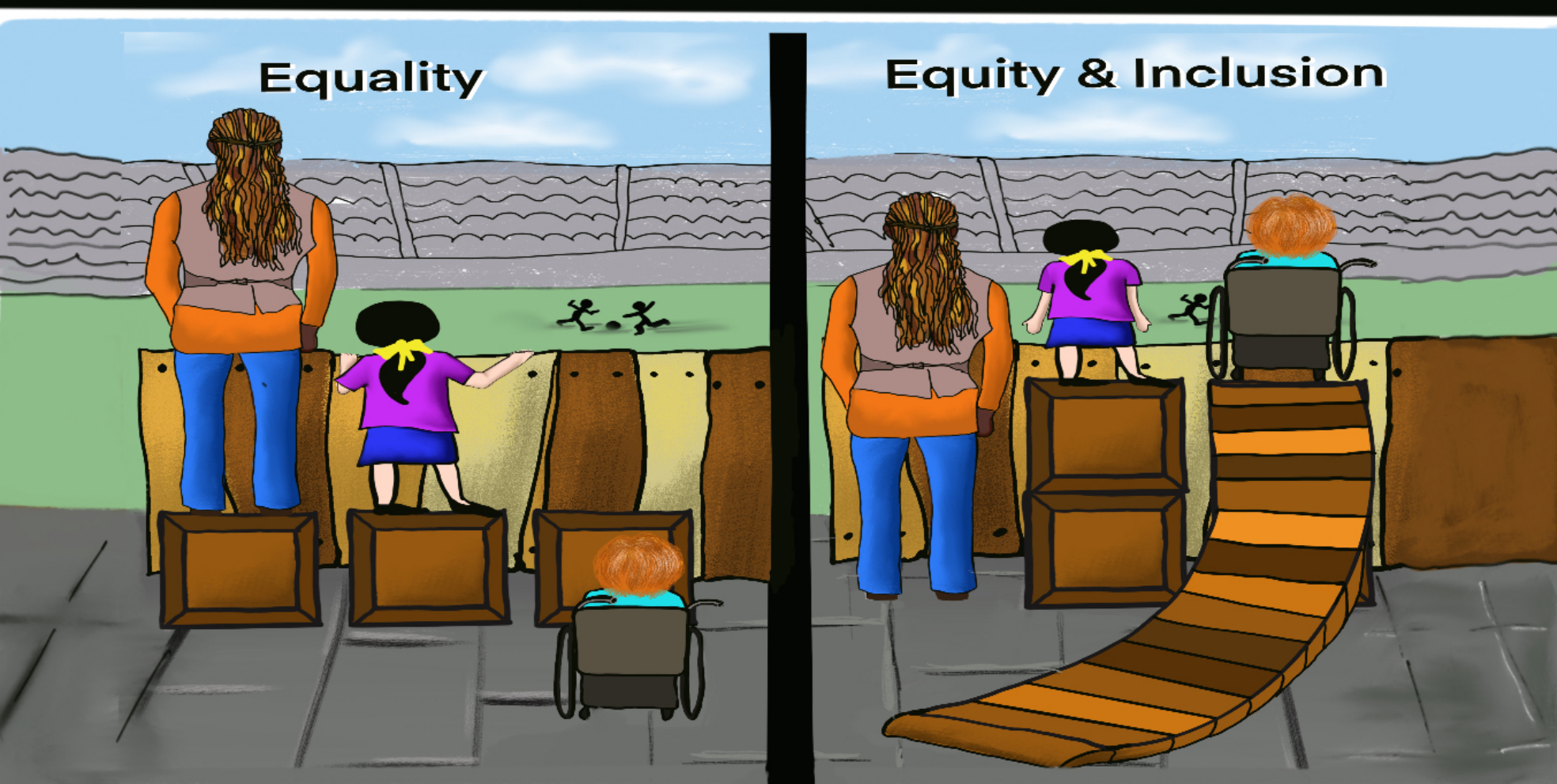
5 Increase social value by establishing anchor practices, that positively impact on the wider determinants of health AND climate health. Use Social responsibility in procurement and purchasing supplies..



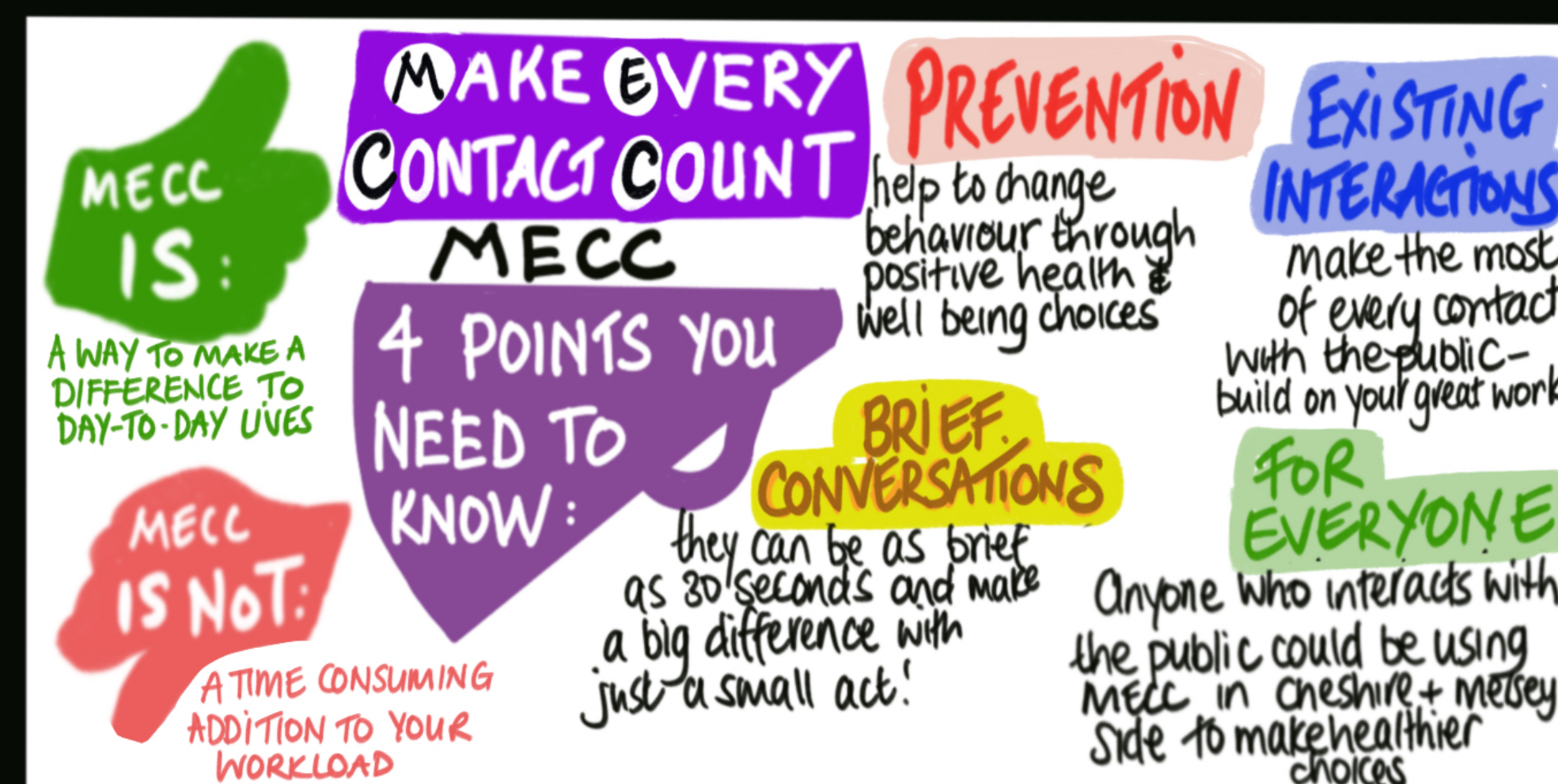
8 Support workforce development, train staff in brief advice & referral in supporting people to eat well, be physically active, reduce harm from tobacco and alcohol and promote mental well-being.



12 Support the sub-regional physical activity strategy; promote & create opportunities for people to be physically active, on & off site and in line with active travel & sustainable management plans.



3 Use Marmot principles; develop approaches to prevention, work with partners at place to address inequalities, deliver local priorities and prevention plans (as per NHS Plan & COVID rec)



6 Adopt & embed a MECC approach, increase the number of brief or very brief interventions, supporting people to eat well, be physically active, reduce harm from alcohol & tobacco, promote mental well-being



9 Ensure a smoke free environment, linked to support to stop smoking for patients and staff who need it



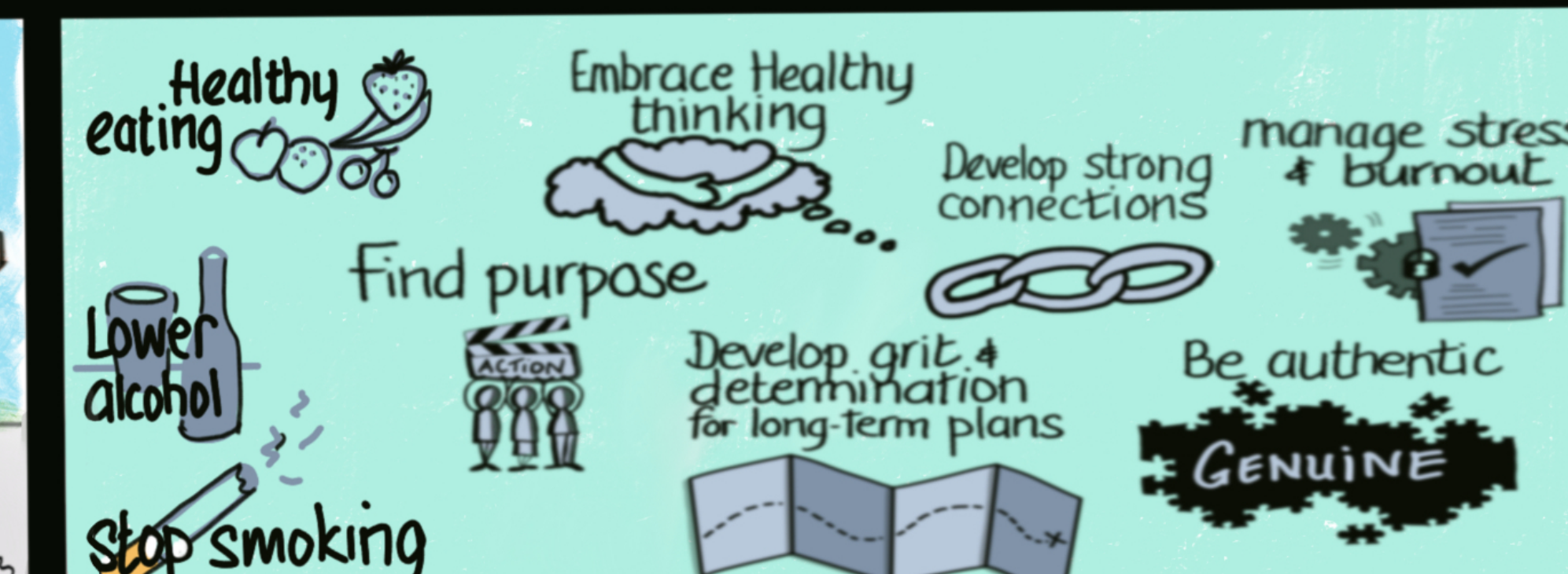
13 Sign up to the "Prevention Concordat for Better Mental Health for All" and to embed the Prevention Concordat across health & care policies and practices.



4 Work in partnership of common prevention pathways across Trusts work on prevention that reduces the impact of disease through lifestyle advice and cardiac or stroke rehabilitation programmes.



7 Work with primary care, LA, Voluntary sector to refer to non clinical support via social prescribing, build community capacity to reduce GP, A&E, hospitalisation, medication use and social care



10 Workplace health programmes, foster org culture that promote workplace resilience, creates opportunities for staff to eat well, be active, reduce harm from alcohol, tobacco & promote MH well-being



14 Monitor the progress of the pledge against all commitments And to publishing the results of our progress at regular intervals.