

- **Reducing the harm caused by alcohol and drugs misuse.** This is a growing concern because of its impact on the health of individuals and communities, particularly young people, and its cost to society through crime and anti-social behaviour. We will work to ensure those in need can access drugs treatment and stay in treatment and will tackle alcohol related anti social behaviour through an extended conditional cautioning scheme linked to a new Alcohol Referral Programme.
- **Reducing the rate of re-offending in the city.** We will work with partners to develop a Reducing Re-offending Programme to deliver, surveillance, supervision and support targeted at 1,000 offenders in Bristol who cause the most harm to our communities.



## 4.2 Healthy lifestyles: healthy communities

Improving the health and wellbeing of all the city's population is a priority for us all. The way we plan our environment, the transport we use and the houses we live in, all contribute to the health of our communities, as well as the lifestyle choices that each of us make.

Improving the health of those whose quality of life and health outcomes are the worst is particularly important. There is a 10 year life expectancy gap between the most advantaged and the most disadvantaged in this city which needs to be addressed. Key issues for the city include: smoking levels and the ill-health associated with smoking, the sexual health of young people and particularly teenage pregnancy, the mental health and quality of life of all our residents and the rise in obesity.

To make this happen we need a twin approach: to encourage people to improve their lifestyles but also to provide an environment and services which make healthy choices possible.

No one agency can achieve this alone. These are priorities the council shares with its partners. Our key priorities for the next three years are the issues on which we can have the greatest impact – the council's primary influence is in preventing ill-health.

**Over the next three years we will deliver this priority by:**

- **Increasing the physical activity level of all Bristol's residents.** We will deliver Active Bristol, an ambitious programme to bring about a significant and sustained increase in the number of people who are physically active. There will be a particular focus on older people and children. In South Bristol we will open the Hengrove Healthplex – serving some of the city's most deprived communities and offering specific programmes to deliver health improvements.

- **Increasing opportunities for active travel.** We will work to deliver a year on year increase in the percentage of people walking, cycling and using public transport. We will increase the miles of off-road cycle paths and routes dedicated to pedestrians in Bristol. Future urban design and transport infrastructure will reflect this priority.
- **Promoting healthy eating and reducing obesity.** We will work with schools, partners and businesses to tackle the rise in obesity, particularly childhood obesity and to develop and promote healthy and sustainable food sources across the city.
- **Reducing smoking and exposure to second hand smoke.** We will work with our partners to encourage smoke-free homes, particularly amongst disadvantaged communities where smoking levels are particularly high. We will also enforce smoke-free premises, prevent under-age sales and support promotional and educational campaigns to discourage smoking.

- **Promoting positive mental health and wellbeing.** We will develop cultural and leisure services that offer new opportunities and build the confidence of members of all Bristol's communities.



Hengrove Playpark

