

# An update on the Social Model of Health And Wellbeing

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December 2022





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# What will the presentation cover?

1. Recap on April's Carmarthenshire Carers Forum Meeting
2. Progress to date: Social Model of Health & Well-being
3. Making a Social Model of Health and Wellbeing happen:
4. Questions and discussion



Stard Iechyd  
Talking Health



hyderus o  
ran anabledd  
CYFLOGWR



Calon  
Iechyd Lleol  
The Heart of  
Local Health



1000  
LIVES  
O FYWYDAU



disability  
confident  
EMPLOYER



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# Summary of Health Board's Strategic and Planning Objectives





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# Summary of Health Board's Strategic and Planning Objectives

- Largescale engagement and consultation 2017/18
- **Not just about medical or clinical care**, it includes:
  - focus on prevention, early intervention
  - support connected and resilient communities where people are healthy & well
- Underpinned by a move to a “Social Model of Health & Wellbeing”
- Evolving piece of work
- Need for partnership and citizen involvement



# Our Future Generations Living Well: a Health and Well-being Framework for Hywel Dda

- 20 year vision for population health
- Strategic ambition to move towards a Social Model of Health and Wellbeing



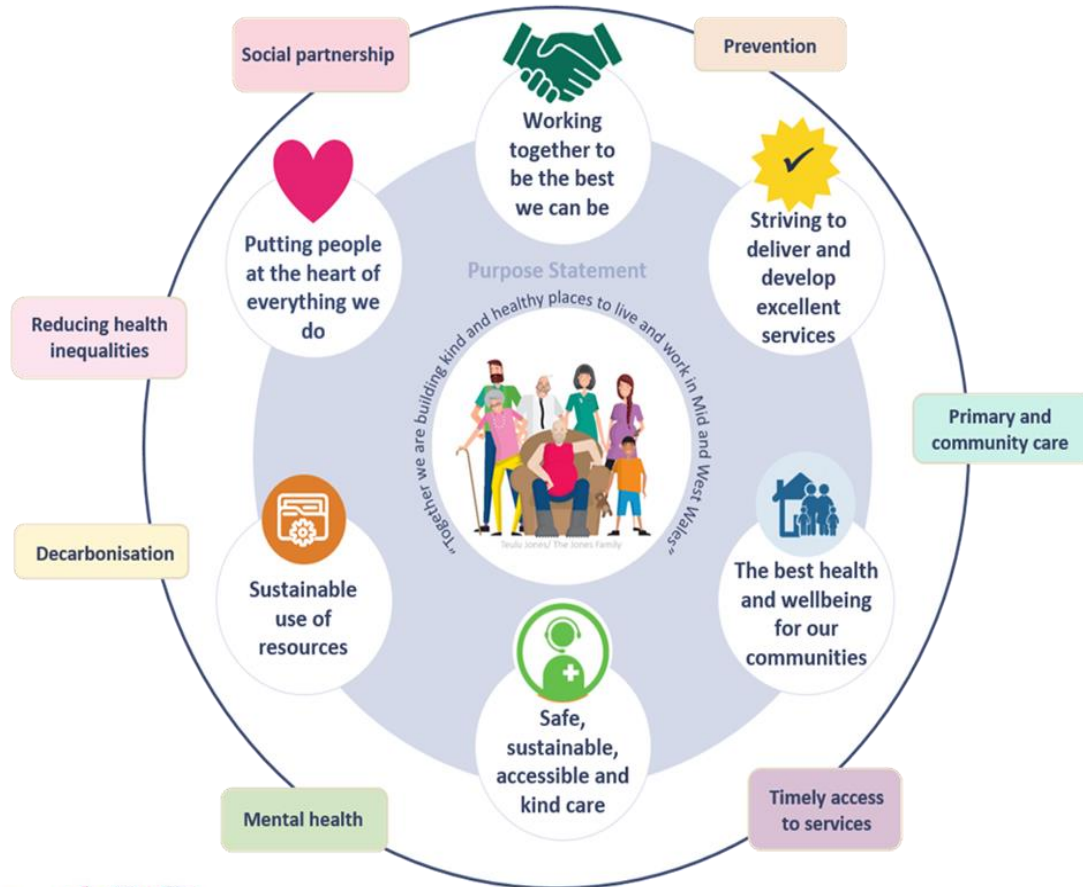


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# Health Board's Strategic and Planning Objectives

- Each Planning Objective is aligned to a Strategic Objective





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# Health Board's Planning Objective 4L

Design and implement a process that continuously generates new proposals that can be developed into planning objectives aimed at constantly moving us towards a comprehensive **social model for health and well-being** and cohesive and resilient communities”

*Involvement of our local population as well as a diverse set of thought and system leaders from across society*



# What we said we would do.....

When we met with the Carmarthenshire Carers Forum in April 2022, we said we would:

1. Conclude the academic research and ‘Conversations with a Purpose’ findings.
2. Begin community-based ‘Conversations with a Purpose’, in areas of greatest health inequality.
3. Build the leadership conversations with our partners





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# What's happened so far?





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# Systematic review of academic literature

- Aberystwyth University.
- Systematic review of the academic literature to explore if and how a social model of health and wellbeing has been defined, implemented and evaluated.
- 222 journal articles (papers) reviewed.
- Report produced (December 2022).
- Main findings.....



# Main findings of systematic review of academic literature

- 5 overarching themes:

1. The lack of a clear definition of a social model of health and wellbeing.
2. The need to understand context.
3. The need for cultural change.
4. Integration and collaboration towards a holistic and person-centred approach.
5. Measuring and evaluating a social model of health.

Logo for 'Calon Iechyd Lleol The Heart of Local Health' and '1000 LIVES A O FYWYDAU'.



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# “Conversations with a Purpose”

- 18 ‘conversations with a purpose’ with thought and system leaders in Wales took place during 2021/22 to find out their views and opinions about a social model of health and wellbeing.
- Hywel Dda Public Health Team carried out a “thematic analysis” to identify overarching and recurring themes.
- Some of the findings....





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# Some of the findings of analysis of Conversations with a Purpose (1)

- The NHS is valued for its role in providing a safety net at the point of crisis or emergency and in delivering societal benefits.
- Main asset of NHS is its workforce.
- Current 'system' including health, is deemed over-complicated, bureaucratic and slow.





# Some of the findings of analysis of Conversations with a Purpose (2)

- The policy and legislative landscape in Wales is conducive to a move towards a social model of health and wellbeing.
- The new model should be underpinned by the principles of equity, prevention and of reducing inequalities.
- The new model should encompass the broader concepts of wellness and wellbeing.
- Focus on young people through their families or older people
- Work with / by communities, give ownership to communities



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# Building a healthier future after COVID-19

- Survey of public carried out in 2021/ 2022.
- One of the questions was:

Many things affect people's health and wellbeing. This includes our start in life, our environment, where we live, our education, income, social connections, relationships and healthy behaviours. These are known as the wider determinants of health and this way of thinking is sometimes called the 'social model of health and wellbeing'. What do you think would help support health and wellbeing in your community? Please explain why?

- 208 responses



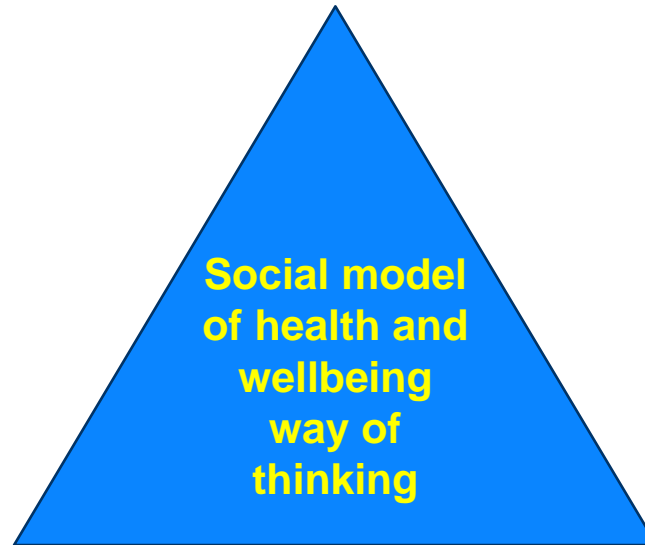


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# Bringing together the work carried out so far

Systematic review of academic literature



Building a Healthier Future

Conversations with a Purpose







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# Making a Social Model of Health and Wellbeing happen: Planning Objective 4U



# Planning Objective 4U

By December 2022, develop a proposal, in collaboration with partners, for place-based action in at least one community in each county.

The process of developing the proposal will enable the Health Board to learn how:

- “Community” can be defined
- Communities can be identified for place-based action.
- “Community leaders” can be defined and identified.
- Community leaders can be supported.
- Priority areas of activity, which would have the most likely and rapid effect on the health and wellbeing of communities, can be determined.
- Engagement with communities, such as through the 10,000 conversations work, can be carried out to find out what matters to the Health Board population and what makes people feel healthy, happy and safe.
- Asset mapping can be carried out practically.
- Sources of funding (or a funding mechanism) that facilitate community ownership of place-based activity for at least three years can be identified.
- The impact or outcomes of place-based community owned action can be measured.



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# What's happened so far?





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# Planning Objective 4U: Progress (1)

With PSB / RBP partners:

- Explored how “community” can be defined.
- Linked with other programmes, such as the Rural Futures Programme, to learn how they identified communities and work with them.
- Explored work in other systems on community leader support





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# Planning Objective 4U: Progress (2)

- Set up multi-agency county-level groups comprising, e.g.
  - County Voluntary Councils (CVCs)
  - Local Authorities
  - Public Services Boards (PSBs)
- Finalising priority communities in each county for initial focus of activity.





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# What next?



# Proposed “Gatherings” (1)

- Provide a forum / opportunity for talking and listening.
- Comprise at least 20 people. Of these, at least 51% would be residents of the community in which the gathering was taking place. The remainder would be people, who are active in the community, e.g. public sector staff or third sector representatives.
- Intergenerational with representation from children and young people through to older people.
- Facilitated by a non-NHS representative / team.
- Reflect a social model of health and wellbeing approach or way of thinking.

# Proposed “Gatherings” (2)

- During the gathering, participants would be invited to reflect and give feedback on two main questions that explore the wider social determinants of health and wellbeing:
  1. What are the best things about living in your community?
  2. What are the toughest things about living in your community?





# Proposed “Gatherings” (3)

- Enable communities to map their assets, e.g. people, services or buildings.
- Help to build trust / relationships.
- Help to identify other individuals / groups / organisations / partners, who could be invited to be participate in and contribute to future work.
- Help to demonstrate areas of priority / need.



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# Questions and discussion





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# Thank you for listening.

