

## APPENDIX 4 – The draft descriptions of the eight building blocks and their links to the City Goals

### 1. Tackle racism and discrimination

Discrimination and racism cause unfair gaps in health and wellbeing as they drive hate crime and prevent some groups of people from having fair access to the essentials like good education, jobs, homes and healthcare. The long-term stress from experiencing racism and discrimination can lead to mental health problems including anxiety, depression, and post-traumatic stress disorder. It can also cause physical health problems like high blood pressure and heart disease. To make sure everyone in Sheffield can be healthy and well, we must get rid of all forms of hate and discrimination. This includes identifying where racism and discrimination is hidden in the ways things are traditionally done and how organisations are run.



City Goals  
13,14,15

### 2. Give every child the best start in life

Having a strong start in life is very important for staying healthy and happy as an adult. When children have unfair differences in their early years, it can lead to unfair differences in health and wellbeing when they grow up. From the time they are babies, children's early experiences affect how they grow physically, mentally, and emotionally. Children do better when they have loving relationships with caregivers, good food to eat, chances to play and be with other children, quality education, a stable and supportive family, and protection from harm. Bad experiences like poverty, neglect, or violence can hurt their health for a long time. We want all children in the city to have the best chances in life and for families to have what they need to provide healthy, loving and secure homes where everyone can thrive.



City Goal 17

### 3. Enable everyone to fulfil their potential and have control over their lives

Enabling people to have control over their lives means making sure they have the knowledge, skills, and resources they need. This allows them to be active in society, and make their own decisions about their health, relationships, and future. To enable people to fulfil their potential, we need to remove barriers like poverty and discrimination, ensure opportunities for lifelong learning and skill development, and create the conditions for people to take up healthy

behaviours. This way, everyone can have the chance to succeed and live a healthy, happy life.



City Goals 16,18

#### 4. Create fair employment and good work for all

Good quality work is good for our health and wellbeing. When people have good jobs, they have enough money to be secure and stable, they have a sense of purpose, and feel that they belong. Good work can make people feel better about themselves, improve their mental health, and make them happier with life. A supportive job with fair pay, reasonable hours, a good work-life balance, and chances for promotion can reduce stress and improve physical health. People living in poor areas, those with disabilities or long-term health problems, carers, and some minority ethnic groups are more likely to be unemployed or have bad jobs. This can harm their health and wellbeing because of physical dangers, low pay, job insecurity, and too few or too many work hours.



City Goals 1,2,3

#### 5. Ensure a healthy standard of living for all

Having a healthy standard of living has a big impact on how healthy and happy people are. A healthy standard of living means we can afford nutritious meals, live in safe and warm homes, and we can access education, leisure activities, and social connections, which all improve our overall wellbeing. Poverty harms health in many ways. It causes stress, makes people feel less in control, and prevents access to the essentials. It also makes it harder to maintain healthy habits and limits opportunities to take part in society. Children who grow up living in poverty have worse mental, social, physical and behavioural development. They also tend to do worse in school and have poorer job prospects and earning power as adults.



City Goals 16,17

#### Develop healthy places and communities

Healthy places and communities are environments where everyone can be physically, mentally, and socially well. These are places where people can live, work, play, and connect in ways that help them stay healthy and safe and enjoy life to the fullest. In healthy places and communities there are green spaces to enjoy, high quality, affordable housing, clean air and water, healthy food options, and places to be active. These places also protect people from companies that try to make us buy things that are bad for our health like junk food, tobacco, alcohol and gambling. Healthy places and communities enable people to connect with others and build friendships, they ensure everyone is included and treated fairly, and that everyone has what they need to be healthy. In these places and communities, people understand the current and future challenges we face, and take action together.



City Goals 7,8,9



City Goals 10,11,12

### **Ensure fair access to quality NHS and social care services**

NHS services can help keep us healthy by preventing illnesses, treating injuries and diseases, managing long-term health problems, giving emergency care, and helping with recovery. Social care services provide support with everyday activities like bathing and eating, doing household chores, helping with medicines, providing emotional support, encouraging social activities, finding suitable housing, protecting vulnerable people of all ages from harm, and supporting carers.

How these services are set up and run affects the unfair gaps in health and wellbeing between people. Often, the groups who are the worst off and need NHS and social care services the most have the hardest time getting it. They might struggle to get into services, have bad experiences, or not get better like they should. The reasons for this are complicated and include: not enough services or people not knowing about them, services having strict rules or conditions about who can use them, services being hard to find or not open when people want to use them, services being too far away or expensive to get to, services treating people unfairly, not respecting their culture, not using language they can understand or being unwelcoming. Sometimes people might hear wrong information about services or be afraid to use them.

We need to make sure that services are fair and work for everyone. This means listening to communities and making sure that people with the worst health and the greatest need can get the care and support they need.



City Goal 18

## 6. Address the climate and environmental crisis

Having clean air, enough water, a stable climate and a flourishing natural environment is really important for staying healthy. Pollution, the destruction of plants and animals, and global warming harms the planet and harms human health. It causes extreme weather events like floods, droughts and heatwaves. It also makes some diseases spread more easily and disrupts the way food is grown and produced. People who are already poor or vulnerable are hurt the worst by these problems. It's really important that we work to make things better for everyone. We need to make sure that our efforts to fix unfair differences in health and wellbeing don't harm the environment or make global warming worse. And we need to make sure that we're working to fix the climate and environment crisis in a way that doesn't make unfair differences in health and wellbeing even worse.



City Goals 4,5,6