



# Better health & wellbeing for all...

Our integrated care strategy for the North East and North Cumbria

## Our four key goals...



### Longer & healthier lives

Reducing the gap between how long people live in the North East and North Cumbria compared to the rest of England



### Fairer outcomes for all

As not everyone has the same opportunities to be healthy because of where they live, their income, education and employment



### Better health & care services

Not just high-quality services but the same quality no matter where you live and who you are



### Giving children and young people the best start in life

Enabling them to thrive, have great futures and improve lives for generations to come

## Our supporting goals...



Reduce the gap in life expectancy for people in the most excluded groups



Halve the difference in the suicide rate in our region compared to England



Reduce smoking rates from 13% of adults in 2020 to 5% or below by 2030



Increase the number of children, young people and adults with a healthy weight



Reduce alcohol related admissions to hospital by 20%



Reduce drug related deaths by at least 15% by 2030



Reduce social isolation, especially for older and vulnerable people



Increase the percentage of cancers diagnosed at the early stages

## We will do this by...



Supporting and growing our workforce



Harnessing new technology and making best use of data



Making the best use of our resources



Being England's greenest region by 2030



Listening to and involving our communities

This is a summary of our strategy - the full document is on our website:  
[www.northeastnorthcumbria.nhs.uk/ICP](http://www.northeastnorthcumbria.nhs.uk/ICP)