NHS Health Scotland

NHS Health Scotland is the national agency for health improvement.

We are a Special Health Board with a national remit.

We play an important role in improving the health of everybody living in Scotland and tackling inequalities in health.
Key messages

1. Health and regeneration are interlinked and complementary.
2. Community empowerment is central to health improvement and regeneration.
3. We must work more collaboratively to find new approaches.
Relevant policies…
1. What Are Resilient Communities?

No single definition....

- Resilient communities are able to respond to changes or stress in a positive way, and are able to maintain core functions despite those stresses (Kelly 2004)

- Ability of people to organise themselves

- A resilience perspective recognises that communities are diverse and have different ecological, environmental, social and psychological dimensions (Marshall et al 2007)
Our Diverse Communities…
Influences on Health

All-cause deaths by deprivation decile: directly age/sex standardised rates per 100,000 population, 2008
Focusing on the issues

Scottish Index of multiple deprivation

www.simd.scotland.gov.uk/
2. Empowering Communities

People are empowered when they...

- Feel safe, respected, and supported
- Have access to a well-maintained physical environment
- Have opportunities for social interaction, using and acquiring skills, participating and influencing as they wish to and with ease;
- Have access to resources as and when required and without barriers.

(Adapted from www.foresight.gov.uk)
Community focused interventions...
3. A Way Forward

Better organised public sector

Better organised community sector

Better organised communities
For further information please contact
george.dodds@nhs.net