

Priority 4

Improving Health through Housing

4.5 Promoting Healthy Lifestyles

One of the key priorities in the Leeds Health and Wellbeing Strategy 2013-2015 is to support more people to choose healthy lifestyles. The choices we make about how we live can have a significant effect on our health. Eating a healthy diet, doing regular exercise, not smoking and not drinking too much alcohol can help a person stay well and enjoy a long life. People are more likely to change behaviour if they are motivated to do so and access support to put that intention into practice. Housing teams are able to develop good relationships with their tenants and signpost and support them to a number of local services that will improve their lifestyle.

Case Study— Discretionary Housing Payment Project

The Discretionary Housing Payment Multi Storey Flats Project commenced in May 2014. The project involves a team of 10 officers city wide who are working with clients who are subject to the new under occupancy charge, with the key aim of supporting people to help make them better off by improving their circumstances. Advice and support around healthy living and healthy lifestyles is one of the programmes on offer to people. Linked to this, awareness and support for mental health services is part of the package offered by officers working on the programme. Wider determinants of health through financial management support, confidence building and helping tenants to volunteer or look for work are also included in the support package.

Actions

- 1 Housing staff to promote awareness of the Leeds Let's Change programme and website amongst tenants and other customers
- 2 Offer training to housing staff so that they are aware of, can encourage take up of, and can signpost people to healthy living services such as smoking cessation, weight management, drug and alcohol support
- 3 Offer training to housing staff so that they are better aware of the indicators that a person is ready to take up health improvement services
- 4 Housing staff continue to make links with specialist support for financial inclusion and employment support services
- 5 Housing staff to ensure that people with health issues are linked up to appropriate health and social care services

Leeds Let's Change is a city-wide programme. It aims to support people to make healthy choices and encourage them to change where their behaviour is harming their health. The [Leeds Let's Change](#) website provides a one stop information hub for people to find out about where and when their nearest healthy living services and opportunities are. The financial inclusion and employment support services provided by housing services are considered to often act as a stimulus to people taking up healthy living options.



Targets

- More people will live longer and healthier lives
- Reduction in the differences in life expectancy between communities
- More people will take up healthy lifestyle services