

MAYOR OF LONDON

# Better Health For All Londoners

CONSULTATION ON THE LONDON HEALTH  
INEQUALITIES STRATEGY

August 2017



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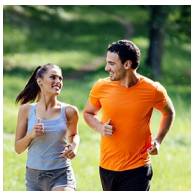
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# A fair chance to be healthy



This document is the easy read version of the main parts of the Mayor of London's Health Inequalities Strategy.



The strategy explains how the Mayor of London wants everyone in London to have a fair chance to be healthy.



The strategy explains:

- Some of the main issues that mean different groups have different levels of health
- What the Mayor wants to do to help all groups to have a fair chance to be healthy
- What the Mayor wants people to do to help everyone to stay healthy



# Healthy children



The Mayor wants every child in London to have a healthy start in life.



Babies and children can grow and develop in different ways.



This can affect their health and wellbeing throughout their lives.



If we are to make London a healthier city, we need to start with babies and children.



The Mayor wants young children to have help to:

- Play
- Eat
- Make friends
- Grow well



The Mayor wants a new health programme that will help all the organisations that work with young children be healthier places.



This will work with the Healthy Schools London programme



It will make sure that London's children have healthy places to learn, play and grow.

# Healthy minds



The Mayor wants all Londoners to live in a city with the best mental health in the world.



Poor mental health can be caused by people not getting a fair chance.

But poor mental health can also lead to people not getting a fair chance of a good healthy life.



People who don't have the same opportunities as others are more likely to have poor mental health.



People with severe mental illness are not likely to live as long as other people.



People often try to avoid people with mental health problems.

Far too many Londoners take their own lives every year.



The Mayor wants many more Londoners to feel comfortable talking about mental health.

He wants fewer people to feel that nobody cares.



The Mayor wants more Londoners to have **mental health first aid training**, and more London employers to support it.



**Mental health first aid training** helps people to understand how to help and support a colleague or friend that has a mental health problem.



# Healthy places



The places where we live, learn, work and play affect our health and wellbeing.

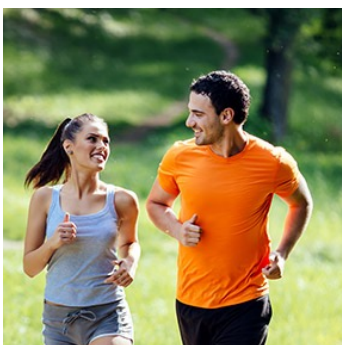
Londoners need to have access to healthy, pleasant streets and green space.



The poor quality of air in London is often worse around schools where many children from poorer backgrounds live.



Many poorer Londoners find it difficult to get a good job and a decent home.



The Mayor wants the places that we live and work to help us to have good health.

The Mayor wants London to have the best air quality of any major world city.

# Healthy communities



The Mayor wants all of London's different communities to be healthy and doing well.



Communities that work well together and take part in things will be healthier.

The Mayor would like more people to do things that make them healthier.



He wants to help people to have access to groups and places that make their community a healthy place.



He also wants to tackle discrimination. Discrimination is where someone is treated worse because of something they can't help.

# Healthy habits



The mayor wants people to help themselves to be more healthy.



Many people have health problems linked to:

- Smoking
- Drinking too much
- Not taking enough exercise
- Eating unhealthy foods



The Mayor wants to make it easier for people to get:

- Healthy and affordable food
- Access to good quality green space and public spaces.



He also wants people to reduce smoking and drinking too much alcohol.

The Mayor will work with other organisations to reduce the number of children who are overweight.

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