

Active & Healthy Living – Scotland's Perspective



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Population: 5.4 million

Health is devolved to Scottish Parliament

Public Service funded through taxation

NHS Funding: £12 billion

Social Care Funding: £3 billion

14 Health Boards

31 Local Health and Social Care Partnerships

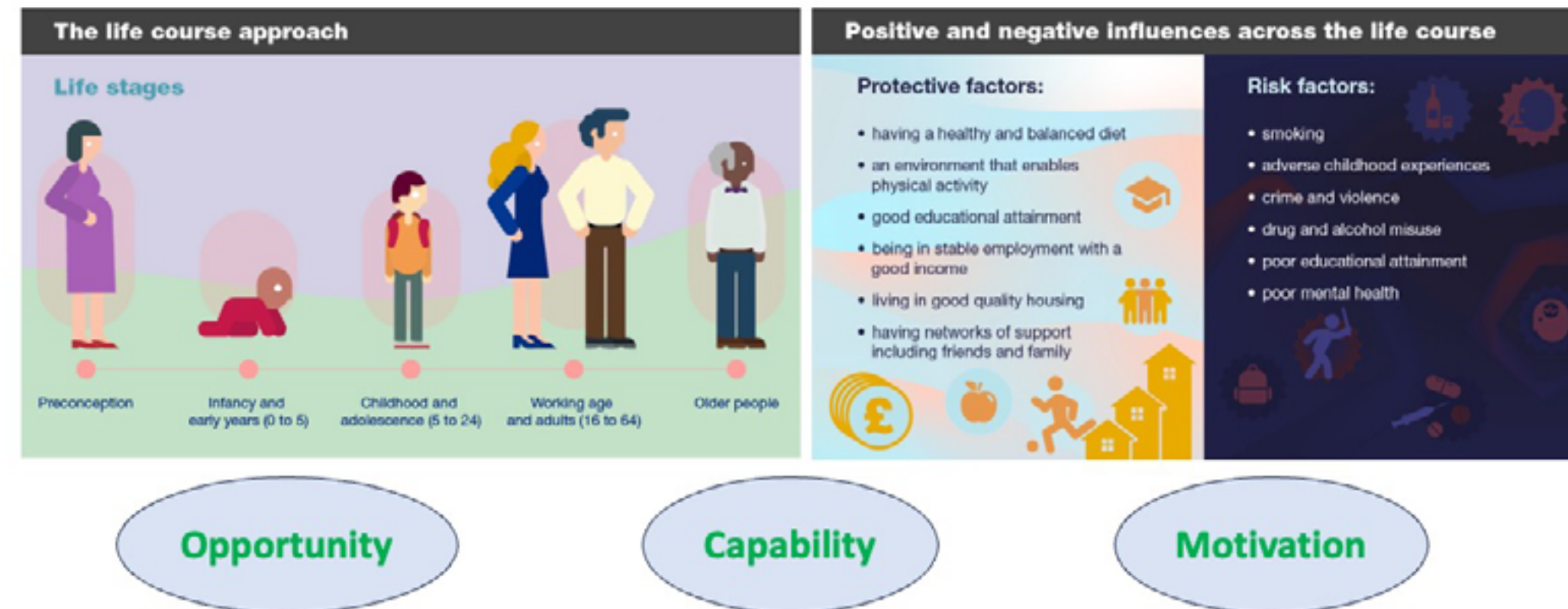
Mixed geography - urban/post industrial cities to very remote and rural, and islands

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What does Active & Healthy Living (AHL) mean in Scotland?

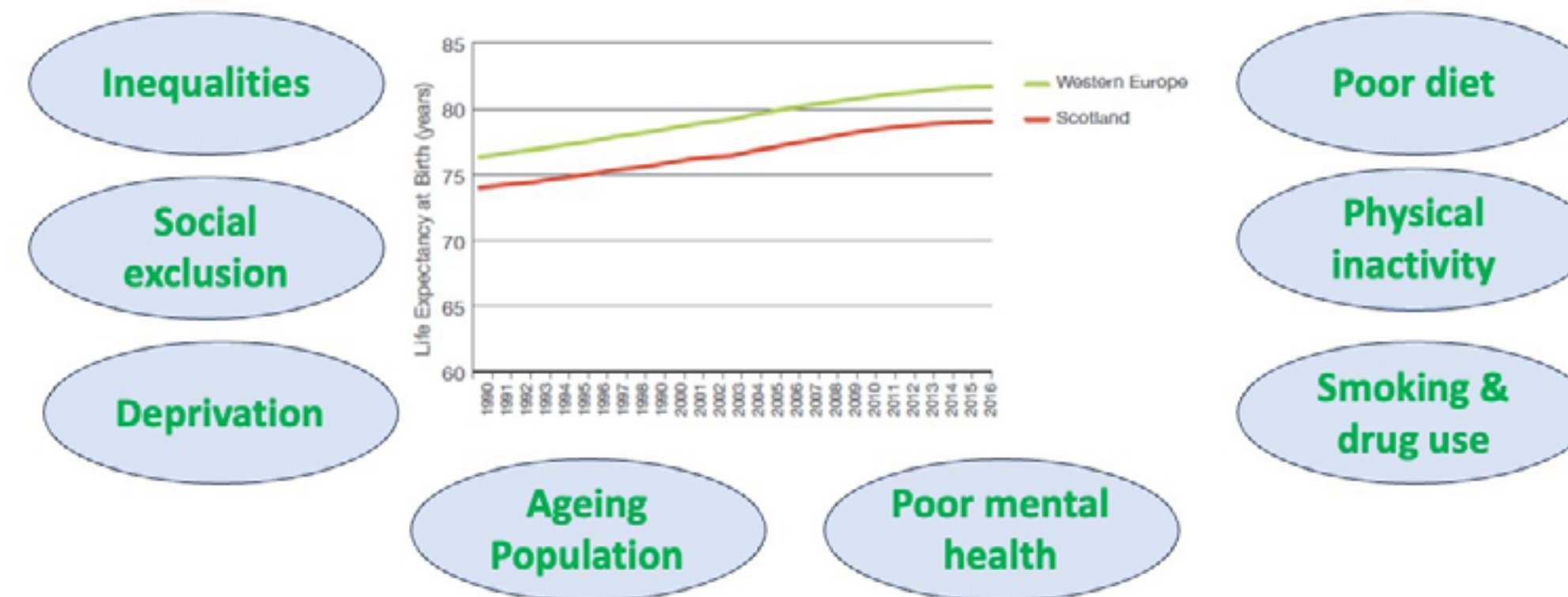


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Why Active & Healthy Living matters in Scotland?



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Scotland's vision
National Performance Framework

<https://nationalperformance.gov.scot/>

The infographic is a circular diagram with a central core and ten surrounding segments. The core is divided into two sections: 'OUR PURPOSE' and 'OUR VALUES'. The 'OUR PURPOSE' section states: 'To focus on creating a more successful country with opportunities for all of Scotland to flourish through increased wellbeing, and sustainable and inclusive economic growth'. The 'OUR VALUES' section states: 'We are a society which treats all our people with kindness, dignity and compassion, respects the rule of law, and acts in an open and transparent way'. The ten surrounding segments, each with an icon, contain the following text: 1. 'We respect, protect and fulfil human rights and live free from discrimination' (scales icon); 2. 'We have a globally competitive, entrepreneurial, inclusive and sustainable economy' (globe icon); 3. 'We are open, connected and make a positive contribution internationally' (network icon); 4. 'We tackle poverty by sharing opportunities, wealth and power more equally' (scales icon); 5. 'We live in communities that are inclusive, empowered, resilient and safe' (group of people icon); 6. 'We grow up loved, safe and respected so that we realise our full potential' (hands holding a heart icon); 7. 'We are well educated, skilled and able to contribute to society' (book icon); 8. 'We have thriving and innovative businesses, with quality jobs and fair work for everyone' (briefcase icon); 9. 'We are healthy and active' (heart with pulse icon); 10. 'We value, enjoy, protect and enhance our environment' (leaf icon); 11. 'We are creative and our vibrant and diverse cultures are expressed and enjoyed widely' (lightbulb icon).

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How to achieve this vision?

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A Scotland where everybody thrives
Public Health Scotland's three-year plan: 2022-25

Priority 1: A Scotland where we live in vibrant, **healthy** and safe places and **communities**

Priority 2: A Scotland where we flourish in our early years

Priority 3: A Scotland where we have **good mental wellbeing**

Priority 4: A Scotland where we **reduce the use of and harm from alcohol, tobacco and other drugs**

Priority 5: A Scotland where we have a sustainable, **inclusive economy with equality of outcomes for all**

Priority 6: A Scotland where **we eat well, have a healthy weights and are physically active**

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Good mental well-being

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1 in 4
Approximately 1 in 4 people in the UK will experience a mental health problem each year.^{3.1}

1 in 8 men
1 in 6 women
1 in 8 men and 1 in 6 women self-reported a possible psychiatric disorder (GHQ 4+) in Scotland.^{3.2}

90,000
An estimated 90,000 people have dementia in Scotland.^{3.3}

15-20yrs
People with life-long mental illness are likely to die 15-20 years prematurely because of physical ill-health.^{3.4}

16%
11% of young people (18 to 34) report having attempted suicide and 16% report self-harm at some stage in their lives.^{3.5}

£10.7bn
Mental health problems are estimated to cost Scotland **£10.7 billion** taking account of social and care costs, economic outputs and human costs.^{3.6}

Mental Health Stigma^{3.9}

57%
57% would be willing to have a relationship with a person who has a mental health problem.

90%
90% of people would be comfortable talking to another person about that person's mental health

40%
40% of people would be willing to speak to their manager about their mental health

69%
69% of Scots have witnessed people being treated differently or unfairly because of a mental health

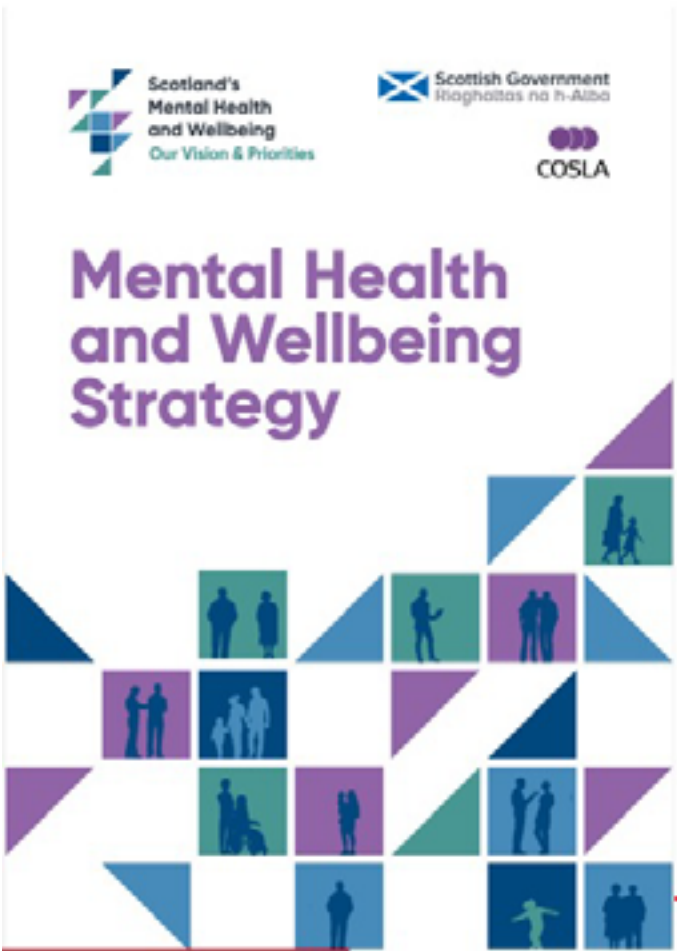
94%
94% would speak to a health professional about their own mental health problem.

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Scotland's Mental Health and Wellbeing
Our Vision & Priorities

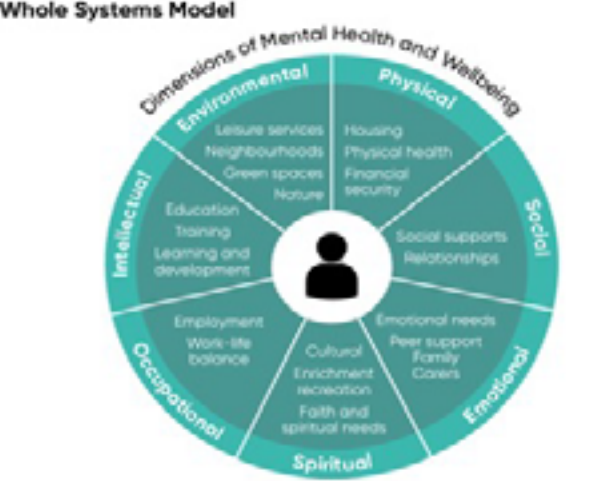
Scottish Government
Riaghaidh na h-Alba

COSLA

Mental Health and Wellbeing Strategy


The cover features a graphic of a staircase made of colorful triangles (blue, green, purple) with silhouettes of people at various steps.

Whole Systems Model



The diagram is a circular model with a central human silhouette. It is divided into eight segments: Environmental, Physical, Social supports, Emotional, Spiritual, Occupational, Intellectual, and Leisure services. Each segment contains specific examples of services or factors.



Support, Care and Treatment Pathway



The pathway consists of four stages represented by icons: a gear, a stethoscope, a person with a speech bubble, and a person with a brain icon.

Self-management Self-care Community supports Third sector Digital support Digital mental health and wellbeing supports Helplines e.g. Breathing Space Peer support	Primary care, GPs General mental health care Helplines e.g. NHS 24 Mental Health Hub Digital/online support and therapies	Specialist secondary mental health care and treatment Community mental health team Older adults community mental health team CAMHS Psychological therapies teams/Liaison/urgent care teams	Highly specialist services Inpatient care Forensic teams Perinatal services Eating disorder services
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“ When a whole person approach to mental health is proactively considered, embedded and applied in all policy and practice, planning and decisions, we will make the changes required to improve life circumstances. ”

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Approach

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Promote

- Clear access points for advice (NHS Inform)
- NHS24 Mental Health Hub
- Self-care/Self-help opportunities
- Peer support groups
- Community support, including workplace and schools
- Childline
- National Trauma Training Programme



Prevent

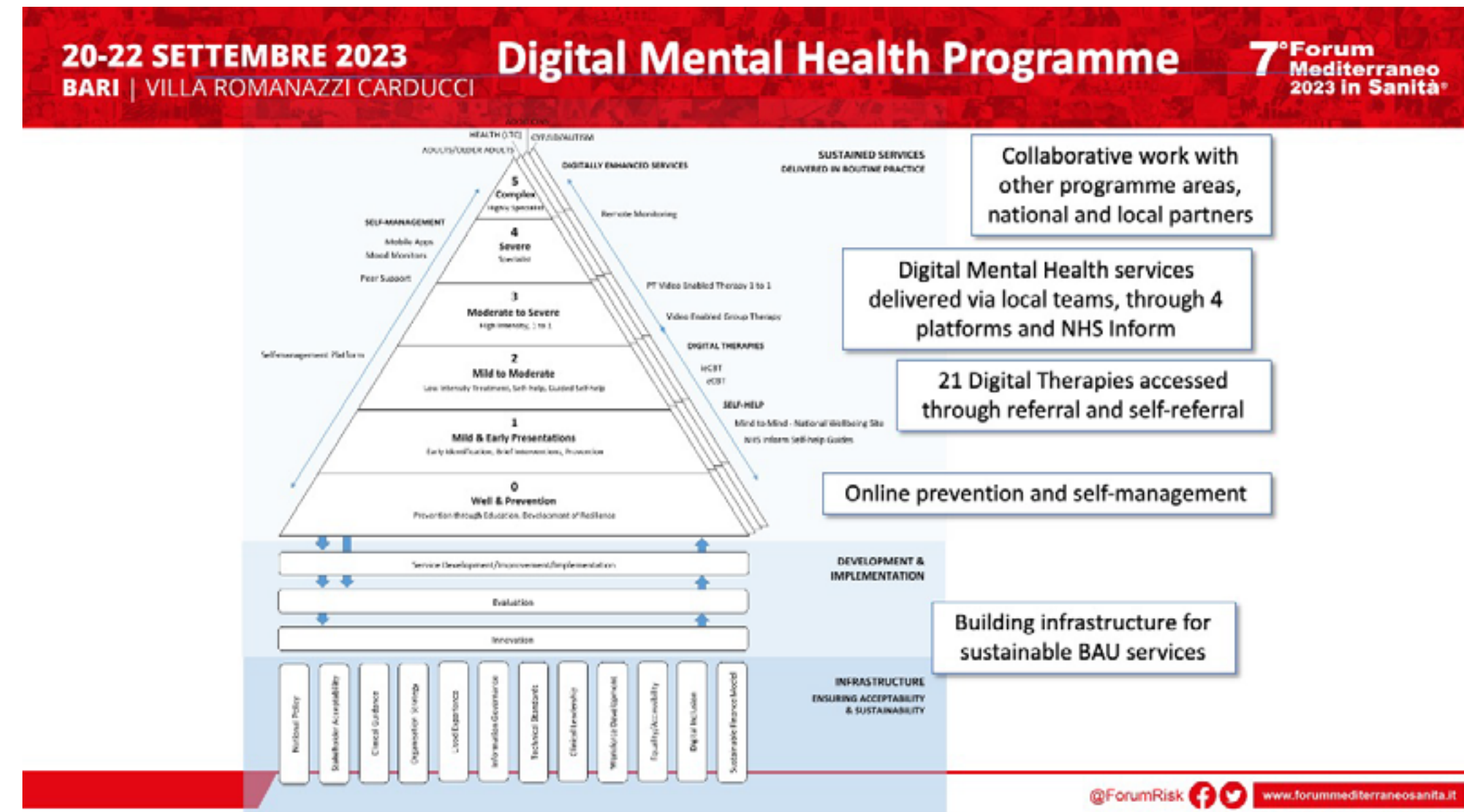
- Provision of support/early intervention services e.g. cooking, gardening, focus groups, social events
- Perinatal support
- Samaritans (Emotional support)
- Occupational therapies
- Financial support models

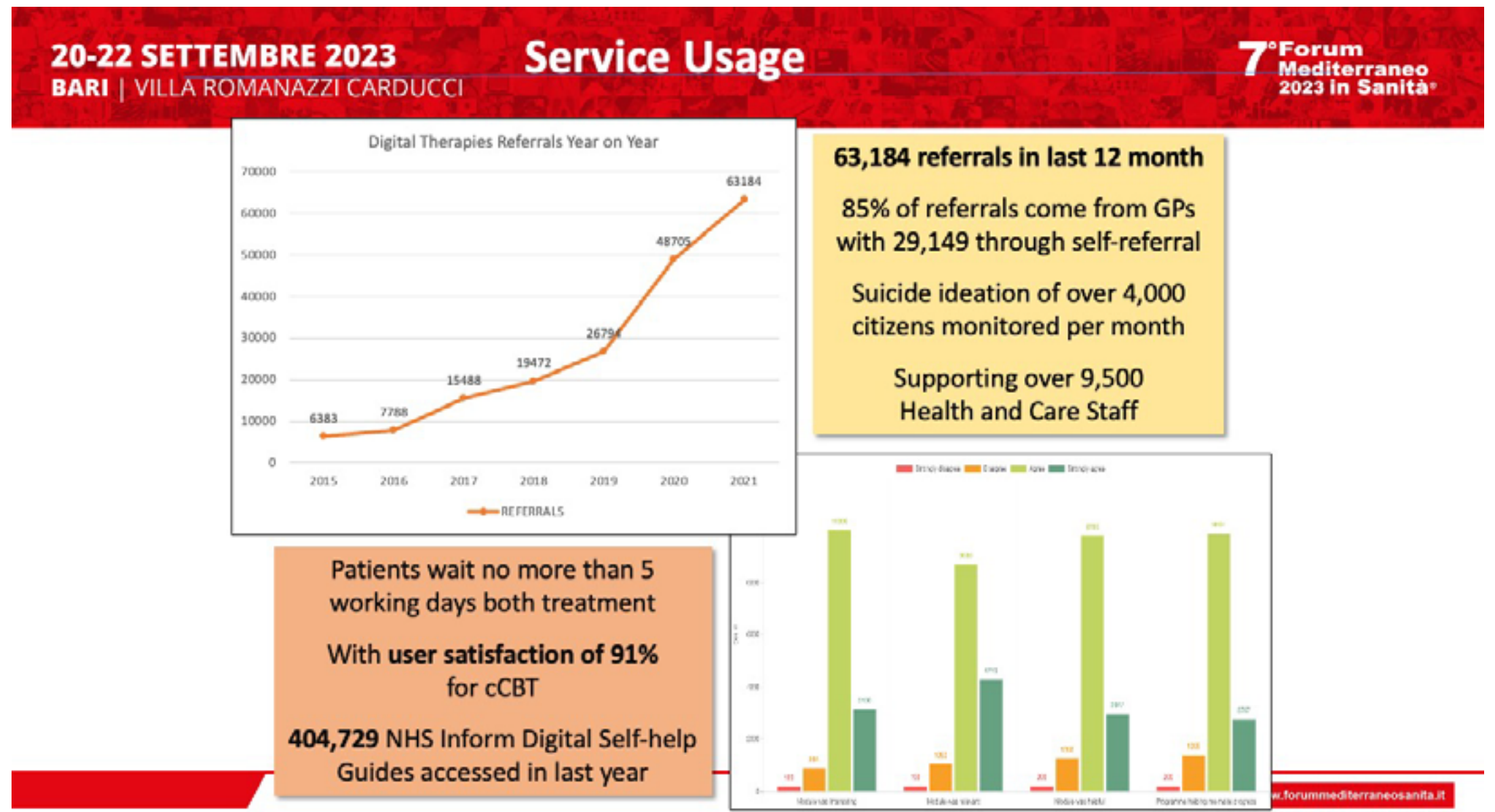


Provide

- Digital passport
- Mind to Mind Platform
- Video enabled Therapy
- Remote Monitoring
- Digital Therapies

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Our Citizens and Users: Key Messages

- **Digital needs to be a choice**
- 'Do digital right'
- Address infrastructure
- Develop skills and confidence in digital
- Tell my story once



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Priority Areas

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Digital access

- People have flexible digital access to information, their own data and services which support their health and wellbeing, wherever they are.

Digital services

- Digital options are increasingly available as a choice for people accessing services and staff delivering them.

Digital foundations

- The infrastructure, systems, regulation, standards, and governance are in place to ensure robust and secure delivery.

Digital skills and leadership

- Digital skills are seen as core skills for the workforce across the health and care sector.

Digital futures

- Our wellbeing and economy benefits as Scotland remains at the heart of digital innovation and development.

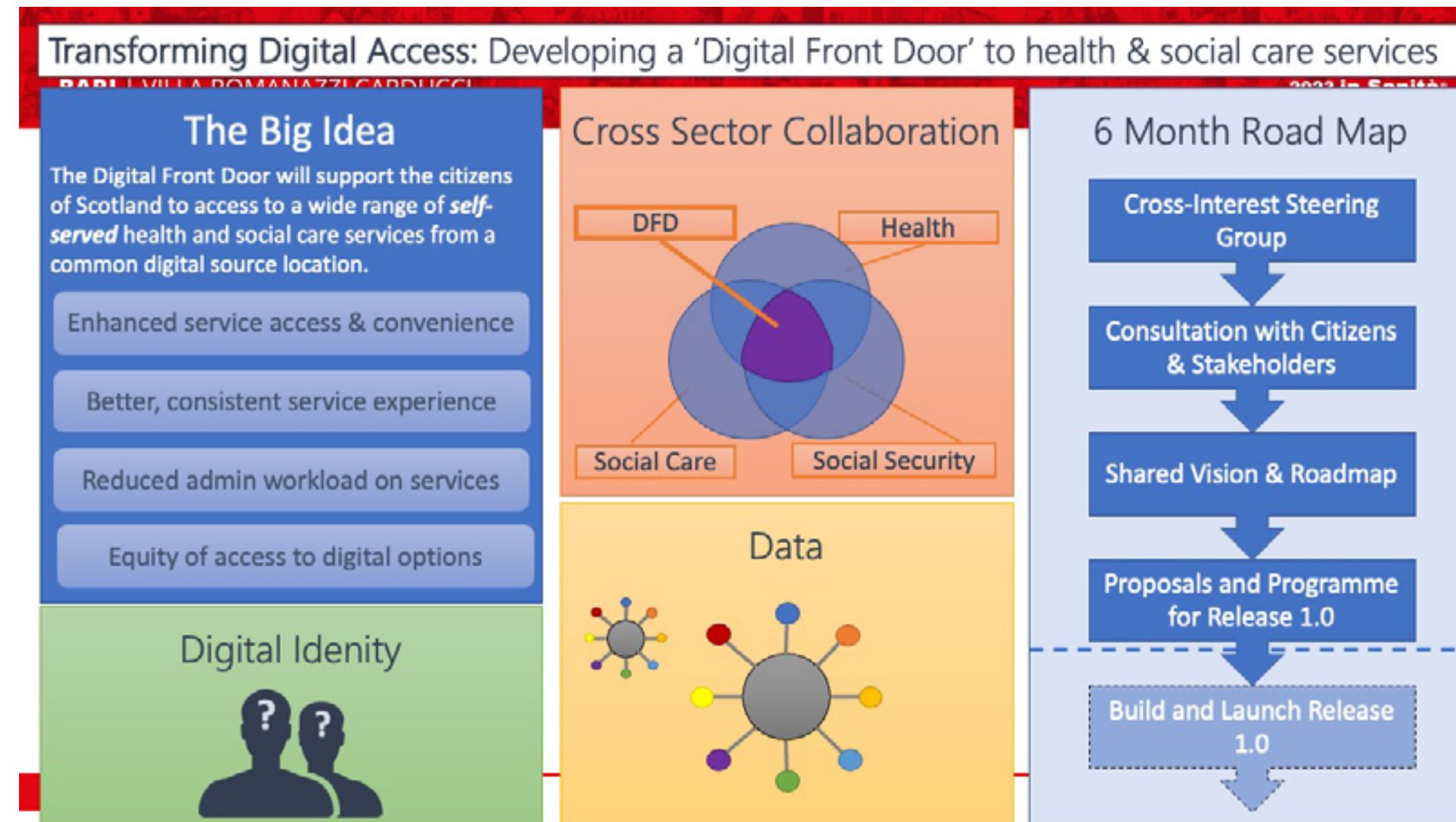
Data-driven services and insight

- Data is harnessed to the benefit of citizens, services and innovation.

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DIGITAL INCLUSION



WHAT IS THE PROGRAMME ABOUT?



Digital inclusion means ensuring that everyone has the opportunity to develop their skills and confidence and can access an appropriate device and connectivity to do the things they want to do online.

The Scottish Government's Digital Health and Care Directorate are working on a new programme, delivered in partnership with the Scottish Council for Voluntary Organisations and Connecting Scotland, that will focus on digital inclusion in Mental Health and Housing.

WHAT DO WE WANT TO ACHIEVE?

We will develop, test and implement a range of digital inclusion models that enable people to access mental health and housing supports (and wider services) and feel empowered, digitally confident and experience improved wellbeing through the wider opportunities and connections to communities that digital inclusion brings.

People will have greater access to digital opportunities that can support them in their health and wellbeing and have increased awareness of available supports.

Health, social care and housing culture/practice will be increasingly digitally connected, confident, and strengthened in enabling digital choice and in developing digitally inclusive services.

A shared understanding of digital inclusion across health, social care and housing will be created through learning and skills, with appropriate, sustainable models and approaches to support.

News

Supporting access to online services

Published: 04 August 2023 10:05

Part of: [Health and social care](#), [Business, industry and innovation](#)

Funding to improve digital inclusion in mental health and housing.

Connecting Scotland

In 2020, we launched a digital programme called [Connecting Scotland](#) with an emergency fund of £48 million pounds to reach 60,000 of the most vulnerable individuals and communities across Scotland. During the various phases of the programme, we reached out to disabled, shielding, older aged cohorts, displaced people, young care leavers and families on low income. The programme provided digital devices, connectivity and skills/support.

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Achieving outcomes for people by collaboration...

Research & Education

NHS Education for Scotland
Scottish Funding Council

Health and Social Care Providers

45 Acute Hospitals, including
5 University Teaching Hospitals
32 Health and Care Partnerships
Private sector care providers

Housing providers

158 housing associations

Voluntary Sector/Charities

Scottish Council of Voluntary organisations



Projects & Initiatives

EU funded projects
National projects/programme

Business Development

Scottish Enterprise
Highland and Islands Enterprise
Scottish Development International
Innovate UK

Knowledge Institutions & Innovation Centers

Digital Health and Care Innovation Centre
Censis (Sensors Innovation Centre)
Data Lab (Big Data Innovation Centre)
School of Informatics Edinburgh
Farr Institute

Clusters & Networks

Scottish Health Innovations Ltd
National Services Scotland, Population Health
Scottish Health Technology Assessment Centre
Golden Jubilee National Innovation Centre
CIV Tech
Healthy Ageing Cluster

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Delitti in materia di violazione del diritto d'autore (Art. 25-novies, D.Lgs. n. 231/2001) [articolo aggiunto dalla L. n. 99/2009]

- Messa a disposizione del pubblico, in un sistema di reti telematiche, mediante connessioni di qualsiasi genere, di un'opera dell'ingegno protetta, o di parte di essa (art. 171, legge n.633/1941 comma 1 lett. a) bis)
- Reati di cui al punto precedente commessi su opere altrui non destinate alla pubblicazione qualora ne risulti offeso l'onore o la reputazione (art. 171, legge n.633/1941 comma 3)
- Abusiva duplicazione, per trarne profitto, di programmi per elaboratore; importazione, distribuzione, vendita o detenzione a scopo commerciale o imprenditoriale o concessione in locazione di programmi contenuti in supporti non contrassegnati dalla SIAE; predisposizione di mezzi per rimuovere o eludere i dispositivi di protezione di programmi per elaboratori (art. 171-bis legge n.633/1941 comma 1)
- Riproduzione, trasferimento su altro supporto, distribuzione, comunicazione, presentazione o dimostrazione in pubblico, del contenuto di una banca dati; estrazione o reimpiego della banca dati; distribuzione, vendita o concessione in locazione di banche di dati (art. 171-bis legge n.633/1941 comma 2)
- Abusiva duplicazione, riproduzione, trasmissione o diffusione in pubblico con qualsiasi procedimento, in tutto o in parte, di opere dell'ingegno destinate al circuito televisivo, cinematografico, della vendita o del noleggio di dischi, nastri o supporti analoghi o ogni altro supporto contenente fonogrammi o videogrammi di opere musicali, cinematografiche o audiovisive assimilate o sequenze di immagini in movimento; opere letterarie, drammatiche, scientifiche o didattiche, musicali o drammatico musicali, multimediali, anche se inserite in opere collettive o composite o banche dati; riproduzione, duplicazione, trasmissione o diffusione abusiva, vendita o commercio, cessione a qualsiasi titolo o importazione abusiva di oltre cinquanta copie o esemplari di opere tutelate dal diritto d'autore e da diritti connessi; immissione in un sistema di reti telematiche, mediante connessioni di qualsiasi genere, di un'opera dell'ingegno protetta dal diritto d'autore, o parte di essa (art. 171-ter legge n.633/1941)
- Mancata comunicazione alla SIAE dei dati di identificazione dei supporti non soggetti al contrassegno o falsa dichiarazione (art. 171-septies legge n.633/1941)
- Fraudolenta produzione, vendita, importazione, promozione, installazione, modifica, utilizzo per uso pubblico e privato di apparati o parti di apparati atti alla decodificazione di trasmissioni audiovisive ad accesso condizionato effettuate via etere, via satellite, via cavo, in forma sia analogica sia digitale (art. 171-octies legge n.633/1941).

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