

Preventing Ill
Health

Delivering Better
Outcomes

Reducing
Inequalities

Population Health and Care Strategy



2025 - 2035
Summary

Our Vision for Improving Health and Wellbeing

NHS Forth Valley wants to become a population health organisation, one that supports people to live longer, healthier lives, looking beyond traditional ways of delivering health services in hospitals and clinics.

We recognise that health is shaped not just by healthcare, but by where people live, their income, lifestyle as well as access to education, housing and transport. Improving health therefore requires the support of many different organisations and partners, such as councils, schools, the third sector, carers and community groups.

This strategy marks a shift from not just treating illness to preventing people from becoming unwell and improving the health of everyone in Forth Valley. We will prioritise support for the most vulnerable in our communities who can often face the greatest barriers. With life expectancy falling and inequalities widening, this Strategy sets out how we will respond to these challenges over the next 10 years.

Our Main Goals

- Prevent people from becoming unwell
- Work with others to reduce health inequalities
- Provide more care, services and support closer to home
- Achieve the best value and outcomes from the funding available
- Support and grow our workforce



What We Will Do

Understand the Needs of Local Communities

Detailed work is ongoing to understand the needs of different patient groups and local communities across Forth Valley including those with long-term or complex health conditions, disabilities, transport and access to services. This will help us design and develop services which meet current and future needs. We will also work with partner organisations and local communities to tackle stigma and discrimination, to help ensure everyone feels respected and supported.



Focus on Prevention

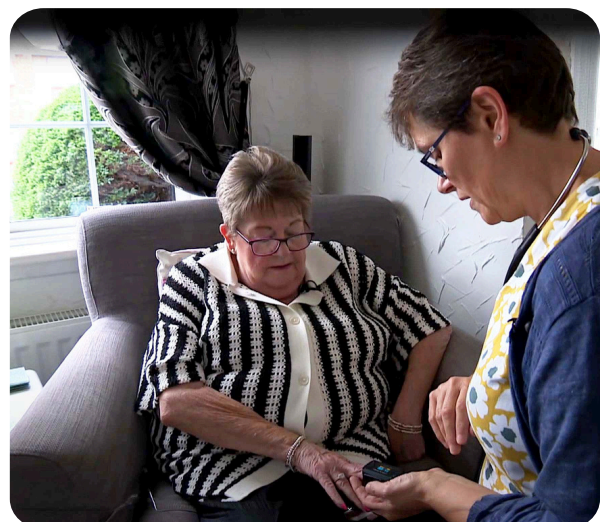
Only 5% of health funding is spent on prevention and this needs to change. We will invest more in services and activities which help prevent people from becoming unwell or their condition from getting worse. This includes providing support at an early stage, screening and testing for certain health conditions and advice to help people look after and improve their own health. Actions like stopping smoking, eating well and being more active can reduce the risk of developing conditions such as diabetes, heart disease and stroke. Programmes which help people manage their weight, reduce falls and prevent diabetes will be expanded to help improve overall health and wellbeing.

Work in Partnership

Improving health cannot be done by the NHS alone. We will work closely with local councils, colleges, community organisations and carers to agree common goals and design local services with the people who use them. By working together we can help address shared challenges, including improving mental health and services and support for children and families.

Deliver More Care Closer to Home

Delivering more care in local communities leads to better outcomes and lower costs. We will expand community-based services, supported by teams of GPs, nurses, allied health professionals and mental health staff. Our 'Home First' approach will help people leave hospital as soon as they are well enough, with more support at home. New services, such as the Community Glaucoma Service and heart disease prevention clinics, will also help reduce the need for people to visit hospital for tests or treatment.



What We Will Do

Tackle Inequalities

We will work with partners to reduce child poverty, social isolation and barriers which can sometimes prevent people from getting the health and care they require. This includes supporting people with mental health conditions and improving access to services for people most in need.

Deliver Better Value

We will get the best value from the resources (money, staff and facilities) available by ensuring these are used in the areas where they will make the biggest difference. That means reducing activities which don't add value and focusing on those which deliver the best outcomes and matter most to patients. We will also adopt greener ways of working to help reduce waste. Services like the Rapid Cancer Diagnostic Service and Children's Speech and Language Therapy services show how redesigning the way we deliver care and treatment can improve both outcomes and efficiency.



Support our Staff

Our staff are central to delivering high-quality care, now and in the future. We are therefore committed to recruiting, training and keeping a diverse and skilled workforce. New roles are being developed for nurses, radiographers and healthcare support workers to help increase capacity and create more career opportunities. We are also investing in initiatives to support future leaders and improve staff wellbeing. Care and compassion, quality and teamwork, openness, honesty and responsibility and treating each other and our patients with dignity and respect are the values which will underpin our approach to developing our workforce.



Delivering the Strategy Together

This Strategy has been shaped by feedback from a wide range of staff, patients and partners. We will continue to involve our staff, service users and local people as we continue to develop and improve local services. Progress will be tracked through detailed annual plans which will adapt to reflect any new or changing needs. Everyone has a role to play in building a healthier Forth Valley and we look forward to working together to achieve the goals set out in this Strategy.