



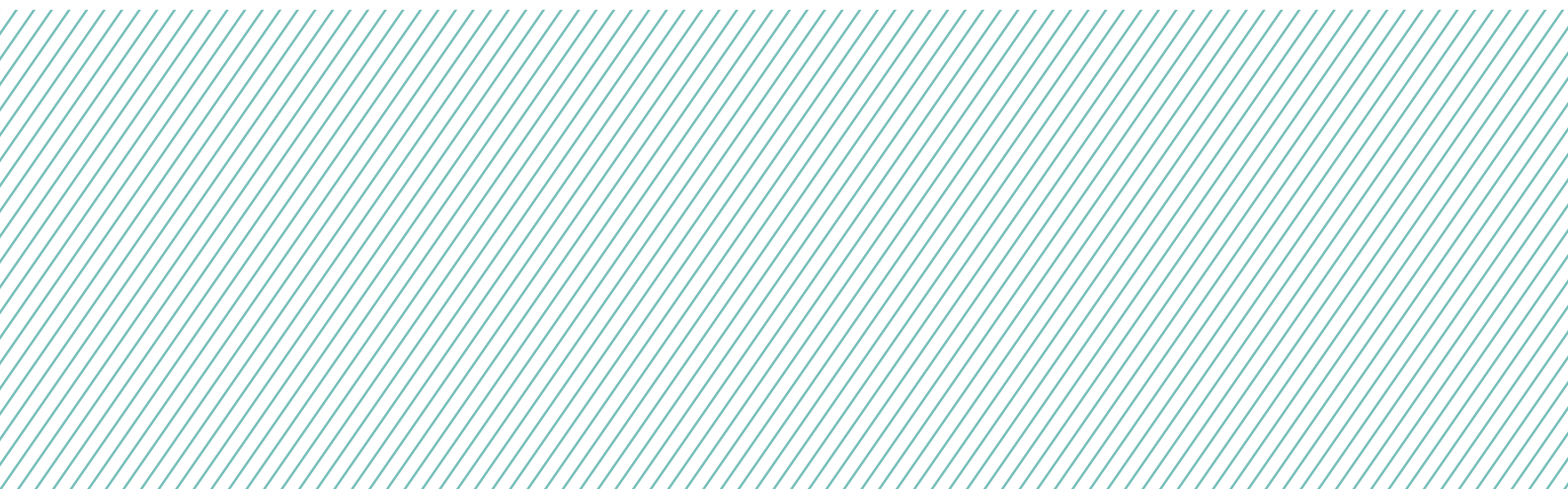
# Director of Public Health Annual Report 2022 A Summary

## Introduction

Public Health covers many parts of everyday life. It looks at things that can affect our health, like the food we eat, where we live, the work we do, and how we live.

This report includes many useful views from Islanders about their health and wellbeing. Islanders gave us these views as part of Jersey's Big Health and Wellbeing Conversation. Public health reports like this give us an idea of things that might not be going so well and where change and support could make things better.

Listening to people who live in Jersey as they tell us about their health and wellbeing means that we can understand what is most important to them.





## Listening to people

Jersey's Big Health and Wellbeing Conversation in Numbers:

**3** QUESTIONS 

**22** 

IN-PERSON  
SESSIONS WITH  
PEOPLE AROUND  
THE ISLAND

**18** 

IN-PERSON GROUP  
SESSIONS WITH LOCAL  
ORGANISATIONS, SCHOOLS  
AND CHARITIES

**24** LOCATIONS 

**30**  
VOLUNTEERS 

**25**

CHARITIES, BUSINESSES,  
CHURCHES AND  
COMMUNITY GROUPS

**1,000+**   
INTERACTIONS



We talked to as many different people as possible about health and wellbeing. We did this in lots of different ways and tried to reach people who don't always talk to the Government.

## We asked three questions:

1. What things help you stay healthy and well?
2. What things have a negative impact on your health and wellbeing?
3. How can the Government help you to improve your health and wellbeing?



## What we were told

### You said these things help you stay healthy and well:

#### Social connections and companionship

- The relationships you have with the people you are close to
- Feeling included and part of a community

#### Healthcare and Support Services

- Being able to get the care you need when you need it

#### Healthy Behaviours

- Eating good, balanced and nutritious food
- Being active
- Stopping unhealthy behaviours

#### Safety and Security

- Living in a safe Island

#### Work-life Balance

- Having time for the things that are important outside of work

#### Outdoors in Nature

- Getting outside

#### Self-Care

- Doing things yourself to make you feel good

### You said these things can get in the way of your feeling healthy and well:

#### Environment and Pollution

- Worrying about the planet and our Island
- Climate change

#### Cost of Living

- Not having enough money to pay for everyday things like food, petrol, bills, and healthcare

#### Unhealthy Behaviours

- Doing things that aren't good for you like taking drugs, drinking and smoking or not getting enough exercise and eating unhealthy food

#### Personal Stressors

- Worries about things that are important to you like being unwell and work

#### Loneliness and Social Isolation

- Not being able to be around people that are important to you
- Not feeling involved or part of the community

#### Television, Media and Social Media

- Feeling unhappy about the things we see in the news and on social media

#### Poor Quality Services

- Not being able to get the right help or support from public services like social security, the tax office, healthcare and public transport.



## You said the Government could help you to feel healthy and well if they looked at:

### Cost of Living

- Reducing taxes on food and other items that people need
- Making it cheaper to get health care and other services

### Personal Stressors

- Helping people get a better work-life balance
- Giving more support for childcare and social care

### Resources

- Making public services better, like healthcare, dental and mental health systems

### Leisure Facilities

- Giving young people more to do
- Reducing costs of activities

### Exercise Facilities

- Helping more people access sports centres and gyms and making them cheaper
- Offering more exercise options and having them in more places

### Inclusivity

- Making sure everyone feels welcome when using Government services

### Environment and Pollution

- Protecting the environment.

## What happens next?

The information we collected has helped us to develop our public health strategy – a plan to improve the health and wellbeing of Islanders. This plan will help us to focus on the areas that will make the biggest difference to people's health and wellbeing in Jersey.

The Public Health strategy is due to be published in Spring 2023.

To read the full Big Health and Wellbeing report, visit [gov.je/PublicHealthReports](https://gov.je/PublicHealthReports)