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Greater London Authority

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Introduction

These are the Mayor of London's plans to give every Londoner the same chance to have good health.

The Mayor wants London to be a healthier, fairer city.

He wants Londoners to have the best opportunity to live a long life in good health.
He has five main aims:

1. **Healthy children**: Every London child should have a healthy start in life

2. **Healthy minds**: People in London should have the best mental health in the world

3. **Healthy places**: Our environment and the way we work should help us to have good mental and physical health

4. **Healthy communities**: All of London's different communities should be healthy and be doing well

5. **Healthy living**: It should be easy for all Londoners to make healthy choices
The Mayor will be working with many different organisations to make these plans work.

These plans are closely linked with the Mayor's plans for homes, transport and other things.

Many of the Mayor’s other plans are trying to improve the health of Londoners in a fair way.
What affects the health of the Londoners?

Your health can be affected by many different things:

- **Where you live.** On average, people who live in some London boroughs live up to 6 years longer than people who live in other London boroughs.

- **Your housing.** Homeless people usually have much worse health than other people.

- **Your job.** Unemployed people often have worse health than people in work.
• **The care you receive** when you are a child

• **The environment where you live** including access to pleasant green spaces

• **If you have suffered from a crime**

• **Your lifestyle.** This includes what food you eat and how active you are

The Mayor is working to improve all these things.
Aim 1: Healthy children

Too many children in London are overweight:

- One in every 5 children are overweight by age 4
- One in every 3 children are overweight by age 10

More children are overweight in some boroughs than in others.

The Mayor wants:

- Parents and carers to get the support they need to give all London's children the best possible start in life
- Schools and early years services to help the health and well being of children and families
• Action to help children have a healthy weight

• All London's children and young people to get the support they need to grow into healthy adults

The Mayor wants services to give extra help to:

• Vulnerable children and young people

• People who need the most help
Aim 2: Healthy minds

One in 4 people in the UK will have a mental health problem each year.

Nearly 1 in every 10 children have some form of mental illness.

People in low income households are much more likely to get a mental health problem than people in high income households.

The Mayor wants:

- Everyone in London to help their families, communities and colleagues to have a good mental wellbeing
- Londoners to care about mental health as much as physical health
- People with mental health problems to be given the same respect as everyone else

- Workplaces to support their workers to have good mental health

- Action across London to stop people taking their own lives. Londoners should know where to get help when they need it

The Mayor wants more Londoners to get training in mental health first aid.
Aim 3: Healthy places

One in every 10 households in London cannot afford to keep their homes warm.

One in every 4 privately rented homes are not in good condition.

A quarter of London schools are in areas where air is polluted.

The Mayor wants:

- The quality of London’s air to improve especially near schools
- To make sure that plans for new buildings and streets help to make healthy neighbourhoods and healthy streets
- All Londoners to be able to easily get to good quality green spaces
• People to have a good health even if they don't have much money

• More Londoners to have good jobs

• More good quality housing that people can afford

• To reduce the amount of homelessness and people sleeping on the streets
Aim 4: Healthy communities

3.5 million people in London volunteer in their local community. Women are twice as likely to volunteer as men.

Only 1 in every 3 people feel they can have a say in things that happen in their local area.

The Mayor wants:

- More opportunities for all Londoners to take part in their local community
- Londoners feel able to improve their own and their communities health and wellbeing
- Doctors and health professionals to encourage people to get involved in their local community as a way of improving their health and wellbeing
People and communities to be supported to tackle diseases like HIV and TB

Communities in London to feel safe and to work against all forms of hate crime

The Mayor wants to help more Londoners from vulnerable communities to improve their health and well being by getting more involved in their local community.
Aim 5: Healthy living

Over 100,000 emergency food parcels are given to Londoners in a year.

Only a third of adults in London walk or cycle regularly.

Many more people in lower paid jobs smoke.
The Mayor wants:

- All Londoners to be active for at least a small amount every day

- All Londoners to have access to healthy food

- Action to reduce the amount of smoking, illegal drugs, gambling and the drinking of alcohol

The Mayor is working to help people to do enough exercise every day to stay healthy.
For more information

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