

**A PERSON'S STORY**

To: Health and Wellbeing Board

Date: 14 January 2016

From: Lisa Smith, Everyone Health

**1.0 PURPOSE**

1.1 To outline the person's story being presented to the Health and Wellbeing Board.

**2.0 BACKGROUND**

2.1 The Cambridgeshire Health and Wellbeing Board have requested that a person's story be presented at the start of each meeting. The stories being presented at this meeting will set out individuals' attempts to attain a healthier weight and more recent experience of using the newly commissioned weight management services in Cambridgeshire.

2.2 The story is an illustration of how people experience health and social care services. A discussion regarding the specifics of these people's experiences is not envisaged; the generalised learning and insight that can be taken from the experience being more pertinent.

**3.0 SUPPORTING PARAGRAPHS**

3.1 The story being told offers the Health and Wellbeing Board an opportunity to consider the experiences of individuals using weight management services in Cambridgeshire. It will provide information about some of the challenges experienced in trying to achieve a healthier weight and what has been most helpful. It will identify the prevention opportunities that could have been exploited earlier in the individuals' histories.

**4.0 ALIGNMENT WITH THE CAMBRIDGESHIRE HEALTH AND WELLBEING STRATEGY**

4.1 This story relates to Priority 3 of the Health and Wellbeing Board; to encourage healthy lifestyles and behaviours in all actions and activities while respecting people's personal choices.

**5.0 IMPLICATIONS**

5.1 There are no direct implications arising from this report.

## 6.0 RECOMMENDATION

6.1 The person's story is being told as context for the remainder of the meeting.

Source Documents	Location
Health and Wellbeing Strategy	<a href="http://www.cambridgeshire.gov.uk/info/20004/health_and_keeping_well/548/cambridgeshire_health_and_wellbeing_board">http://www.cambridgeshire.gov.uk/info/20004/health_and_keeping_well/548/cambridgeshire_health_and_wellbeing_board</a>