

A PERSON'S STORY

To: Health and Wellbeing Board

Date: 17 March 2016

From: Cornelia Guell, Centre for Diet and Activity Research (CEDAR)

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 three individuals' experiences with active living in Cambridgeshire and Norfolk, taken from personal stories shared in qualitative research projects undertaken by CEDAR.

2.2 The stories are illustrations of how people experience their physical and social environments for healthy living. 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 with supportive and supportive environments for physical activity in Cambridgeshire and adjacent counties. It will provide information about some of the challenges experienced in trying to engage in active living and what has been most helpful. It will identify the opportunities that could be created to facilitate health-promoting environments.

4.0 ALIGNMENT WITH THE CAMBRIDGESHIRE HEALTH AND WELLBEING STRATEGY

4.1 The case studies relate to Priority 5 of the Cambridgeshire Health and Wellbeing Strategy; to create a sustainable environment in which communities can flourish.

4.2 They also relate to Priority 3; 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 personal stories are being told as context for the remainder of the meeting.

Source Documents	Location
Health and Wellbeing Strategy	http://www.cambridgeshire.gov.uk/info/20004/health_and_keeping_well/548/cambridgeshire_health_and_wellbeing_board