

Health briefing

Area Panel 4

January 2005

Welcome to our first Health briefing

Central and Greater Derby Primary Care Trusts (PCTs) work together to improve the health of people across the city, and make sure the health services they need are available. Their job is to:

- work out what is needed to improve local people's health
- provide some services themselves – such as community services including clinics, district nurses, children's services and health visitors
- buy some services from others – such as larger hospitals and specialist treatments.

The PCTs will be providing a local Health Briefing for each Area Panel meeting. If you have any questions you can either direct them through the Area Panel manager, Richard Smail on 01332 258505 or contact us direct: Debbie Jackson, Associate Director, Central and Greater Derby PCTs, Derwent Court, Stuart Street, Derby DE1 2FZ

In this issue you'll find details of:

- Choosing Health white paper
- Stop smoking services

Choosing Health

The Department of Health has now published its white paper on public health, aimed at making healthier choices easier.

Media coverage has focused on the issue of smoking in public places, but the white paper also covers a wide range of health issues. There is also a focus on helping disadvantaged people to make healthier choices. 'Choosing Health' sets out some key priorities for action:

- Reducing the numbers of people who smoke
- Reducing obesity and improving diet and nutrition
- Increasing exercise
- Encouraging and supporting sensible drinking
- Improving sexual health
- Improving mental health.

The full white paper and an executive summary are available at www.dh.gov.uk under publications.

Stop Smoking

The PCTs can offer help and support to people who want to stop smoking through the Fresh Start service. You can contact them on 01332 758729.

Link Director:
Maura Teager

Link Non-executive Director:
Paramjit Oberoi