



Health Promotion Service

*Working to reduce health
inequalities & improve the
wellbeing of people in Fife*



Health Promotion Service

The Health Promotion Service lead on approaches and services which maintain and improve health & wellbeing and reduce health inequalities. This covers the life course: early years and children, adults and older adults.



Localities

Our Health Promotion specialists provide advice and expertise, promoting health and wellbeing and reducing health inequalities across Fife's 7 localities. They lead and work in partnership with a range of service providers and organisations supporting locality planning, integration of services, delivery of programmes, project development, capacity building, education and training.

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Children & Young People

Within localities we have Health Promotion specialists working to improve the health and wellbeing of children and young people. The team develops and supports health promotion activity, projects and programmes with a wide range of organisations and partners throughout Fife.



Physical Activity

Health Promotion Service work in partnership with Active Fife and a range of other partners to engage with the people of Fife to reduce sedentary behaviour, become more active and increase levels of physical activity to improve health. This includes the provision of physical activity information, programmes and training.

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Workplace Team

Good work is important for reducing health inequalities. A healthier, safer workplace can reduce workforce absence, minimise accidents/near-misses and increase worker engagement. The Workplace Team is responsible for implementing workplace strategies and activities within local public, private and voluntary workplaces and managing the Healthy Working Lives programme in Fife.

Mental Health

Health Promotion specialists promote and deliver on the mental wellbeing outcomes of Fairer Health for Fife: Fife's Health Inequalities Strategy 2015-2020 and deliver on the promotion and prevention aspects of What Matters to You - Fife's Joint Mental Health Strategy for the People of Fife 2013-2020.



Information & Resources Centre

The Health Promotion Information and Resources Centre provides a free health information and resources service to anyone working, volunteering or studying in Fife. Our full range of resources can be viewed by accessing our online catalogue HPAC (Health Promotion Access Catalogue) at <http://hpac.fife.scot.nhs.uk>



Information & Resources
Centre

Training

The Health Promotion Training Service provides and co-ordinates training to enable people working in Fife to contribute towards reducing health inequalities and improving the wellbeing of individuals, families and communities. We produce an annual Health Promotion Training Programme which can be viewed at www.healthyfife.net and can also provide training tailored to meet the needs of specific staff groups.

Tobacco Issues

Our vision is to help Scotland achieve its target to reduce the percentage of the population who smoke to under 5% by 2034.

The three main priorities are:

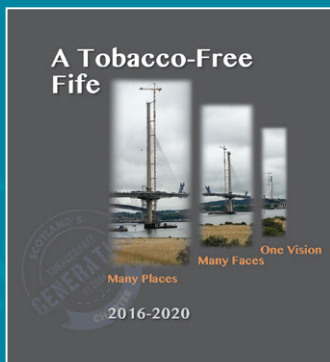
Prevention: engagement with children and young people to understand tobacco use, helping them to choose not to smoke.

Protection: protect Fifers from the effects of secondhand smoke and wider harms associated with smoking.

Stop Smoking Service:

0800 025 3000

provides a flexible service to support smokers to quit.



Food & Health

The Food and Health team work with organisations and partners across Fife on a broad range of food and health issues. The team provide strategic and operational support to build capacity, increase knowledge and skills to improve health and wellbeing, with a key focus on working with local communities.



Child Healthy Weight Service

Be Active, Eat Well, Stay Healthy, Together in Fife (BEST) is a free 12 week programme for children and young people aged between 2 and 15 years who are overweight. Working closely together with families, BEST will support lifestyle changes that can improve children's health for a lifetime.



Support Services & Graphic Design

The service is supported by staff providing graphic design and materials development expertise and a range of administrative services.



For further information contact:

Health Promotion Service

Fife Health & Social Care Partnership

Tel 01592 226484

fife-uhb.healthpromotion@nhs.net

<https://www.nhsfife.org/healthpromotion>

NHS Fife provides accessible communication in a variety of formats.

To find out more about accessible formats contact:

fife-UHB.EqualityandHumanRights@nhs.net

Tel 01592 729130

Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.

www.fifehealthandsocialcare.org

