



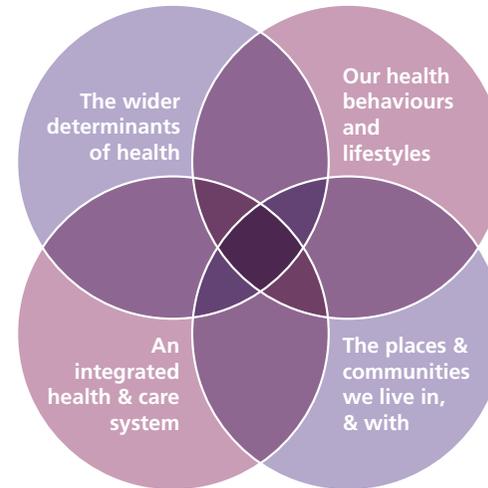
ELFT population health approach

Population health is about improving the physical and mental health outcomes and wellbeing of population groups. This includes reducing unfair differences in health outcomes between populations (reducing health inequities).

At ELFT we seek to support the health and well-being of our service users, carers and our wider communities through population health activities. A population health framework developed by the King's Fund helps illustrate the interconnected domains of this approach, that include a focus on:

a) The **wider determinants of health** – Working to positively influence the environments where we live, work and connect with others (e.g. employment, income, housing, the natural environment).

Figure 1: Population health framework based on the King's Fund approach



b) Our **health behaviours and lifestyles** – Ways of living that support long-term good health and well-being, such as stopping smoking, eating well and looking after our mental health.

d) An **integrated health and care system** - Identifying areas where we can join up with other organisations to better meet the needs of our populations.

c) The **places and communities we live in and with** – Designing our services to be accessible, where they are needed, using local assets and culturally respectful.

These actions take place through partnership working across the Trust and using our organisational strengths in People Participation and Quality Improvement alongside support from the ELFT Charity and Compass Well-being.





Being a Marmot Trust



As the work of Professor Sir Michael Marmot among others has long shown, it is these social determinants that explain this country's wide and widening health inequalities. The injustice is that the social determinants of ill health cluster in more deprived parts of the country.

*- Fit for the Future:
10 Year Health Plan for England*

Professor Sir Michael Marmot is a world leader on the causes of avoidable unfairness in health outcomes and leads the Institute of Health Equity at University College London. In 2022, ELFT partnered with the Institute of Health Equity to become the first NHS 'Marmot Trust' and test the boundaries of what an NHS Trust can do to tackle some of the drivers of poor health, such as poverty and unemployment.

Being a Marmot Trust means embedding action across the Marmot eight principles. These principles are brought together in our six population health [strategy](#) objectives and are referred to in each section of this report.

Working as a Marmot Trust connects ELFT to a movement of action, with more than 60 areas in the UK now referring to themselves as Marmot places covering 43% of the population. A Marmot Implementation and Advisory Group meets twice a year that brings together local Directors of Public Health, ELFT leadership and the Institute of Health Equity to share and discuss progress and work against Marmot ambitions.



What do we mean by eight Marmot principles?

These are policy objectives designed to reduce health inequalities. They focus on improving early childhood development, empowering people, ensuring fair employment and a healthy standard of living, creating healthy communities, strengthening ill-health prevention, tackling discrimination and racism and environmental sustainability. More information: <https://www.instituteofhealthequity.org/taking-action/marmot-places>

Glossary

Health Equity: When everyone has a fair and just opportunity to be as healthy as possible.

Social Value: The positive impact an organisation can have on people and communities beyond the financial cost of a contract.



Being an Anchor organisation



We...expect hospitals to do more as anchor institutions...Through their procurement, supply chains and role as an employer, they have significant influence over social and economic development in their communities.

*- Fit for the Future:
10 Year Health Plan for England*



ELFT began its work as an Anchor organisation in 2021, including identifying social value priorities to be adopted to help tackle the wider determinants of health. In 2023, ELFT published an Anchor Plan focused on four key areas called 'pillars': Employment, Procurement, Sustainability, Lands and Estates. This year we reviewed our work against our Anchor Plan commitments with service user and carer input and noted that of 22 targets, 14 had been achieved or partly achieved.

These include:

- From 22% of suppliers paying the Real Living Wage in 2021 to 93% in November 2025.
- Our Social value partnership with OCS partnership supporting local employment and training opportunities and helping various community initiatives
- Since 2023, the trust has improved six green spaces, with further upgrades underway.

Recommendations from the review include to keep a focus on all four pillars and refresh the targets to improve measurability and specificity.

