



# Reflections on 2025 population health activity

This report shares examples of maturity and scaling of projects and programmes since our first population health report in 2023. Notable examples include Healthier Wealthier Families, the Quality Improvement Pursuing Equity programme and taking a Trust wide approach to employment and physical health support.



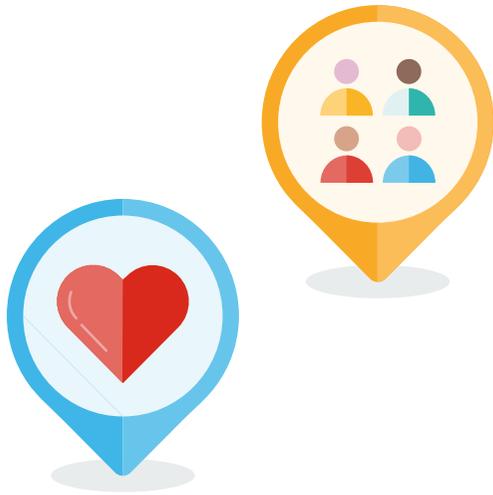
This shows what becomes possible through a strategic commitment to population health delivered in collaboration with colleagues and partners.

As in previous years, the breadth of population health activity is attributable to a Trust wide commitment to Quality Improvement and People Participation in addition to teams that despite capacity challenges continue to find new ways to support populations. For example, Unshame Newham that encourages conversations about sexual violence and a health equity group in Bedfordshire creating a peer-to-peer learning environment to support positive change.

Data helps us see the high need for action, particularly in terms of the impact of poverty on local communities and the differences in life expectancy and healthy life expectancy across places and population groups. There is increasing potential to use data to strengthen prevention focused care – such as the analysis carried out in our homeless primary care practices and data platforms and dashboards brought together by our Integrated Care Boards.

## Opportunities going forward include

- a. Using ELFT's new organisational strategy 2026-2031 to set out high level population health ambitions that we can track progress against, noting as well that many root causes of ill health, such as poverty, require partnership work across national and local systems.
- b. Build on the opportunities offered by the new ten-year plan to integrate care that reduces health inequities, with a strong emphasis on prevention and improved access to employment and income support—particularly for populations with the greatest need.
- c. Capture how we are working together as a system to deliver value through taking a population health approach informed by the principles of being a Marmot Trust.



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