

Luton - a health equity town



Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health. Our Public Health team welcomes you to the latest information about Luton as a health equity town (HET). The information here provides information and updates on key developments.

Policy objectives: reminder

Our vision for Luton as a HET follows [the Marmot approach](#) which is a health equity strategy that aims to reduce health inequalities by addressing the social determinants of health (SDH). SDH are the conditions in which people are born, grow up, live, work, and age.

There are eight policy objectives from the Marmot approach which aim to reduce health inequalities and focus action. These are to:

- give every child the best start in life
- enable all children, young people and adults to maximise their capabilities and have control over their lives
- create fair employment and good work for all
- ensure a healthy standard of living for all
- create and develop healthy and sustainable places and communities
- strengthen the role and impact of ill-health prevention
- tackle discrimination, racism and their outcomes
- pursue environmental sustainability and health equity together

Our priorities for Luton 2040

Luton will be a healthy, fair, and sustainable town where everyone can thrive, and no one lives in poverty.

Our policies link directly into our Luton 2040 priorities.

1. [Building an inclusive economy](#) that delivers investment to support the growth of businesses, jobs and incomes.
2. Improving population wellbeing and tackling health inequalities to enable everyone to have a good quality of life and reach their full potential.
3. Becoming a child friendly town, where our children grow up happy, healthy and secure, with a voice that matters and the opportunities they need to thrive.

4. Tackling the climate emergency and becoming a net zero town with sustainable growth and a healthier environment.
5. Supporting a strong and empowered community, built on fairness, local pride and a powerful voice for all our residents.

Latest HET news

Frameworks UK masterclass

FrameWorks UK is a non-profit organisation which collaborates with charities and other mission-driven organisations to communicate about social issues in ways that will create change.

[Successful training, with more to come](#)

Driving change – improving health equity

Priority areas have been identified with subgroups leading to drive further work on the health equity town (HET) recommendations.

[Find out how we're driving change](#)

ShinyMind app

The ShinyMind App is a health and wellbeing app that allows patients to use as a self-help tool to help manage negative thoughts, emotions and feelings.

[More about the ShinyMind app](#)

GoodGym Luton - getting fit by doing good!

GoodGym engages adults in physical activity by giving the activity purpose, more than just their fitness.

[More about GoodGym Luton](#)

Gypsy, Roma and Traveller History Month 2024

Friends, families and travellers have been working on resources for this year's Gypsy, Roma and Traveller History month.

[More about GRTHM](#)

Enterprise coordinator role activity

Careers education plays a pivotal role in achieving the Luton 2040 vision of a child friendly town.

[More about the enterprise coordinator role](#)

Luton walking maps

Explore Luton's rich history and heritage on foot and download our new free online walking maps to help you!

[More about Luton walking maps](#)

Health and built environment workshop

We had a successful workshop with over 30 professionals in attendance.

[More about the workshop](#)

Upcoming HET events

Find out about the HET annual event, HealthFest at Denbeigh School and more.

[More about upcoming HET events](#)