

The shift from sickness to prevention – Healthy Conversations podcast #3 now available

The third episode of a new Healthy Conversations podcast series with Integrated Care Board Chair Dr Kathy McLean is now available.

The latest episode studies our local response to the third of the three core shifts we're trying to achieve as a system: the move from sickness to prevention.

Her guests this week are: Simon Harvey, Consultant in Public Health, Derbyshire County Council, Laura French, Derby and Derbyshire ICB Population Health Management Director and Mahmud Nawaz, Chair of Chesterfield Royal Hospital and Royal Primary Care NHS Foundation Trust.

In this podcast series, Kathy is talking to people working in a range of organisations across Derby and Derbyshire from hospitals to the local authority and voluntary sector. Kathy leads discussion on the challenges and opportunities of providing healthcare, what's already working well and how best we can work together to improve our population's health.

Subjects in this podcast include: joining up data for population health, how trusts can help improve population health, the importance of wider determinants of health and using the NHS app.

Kathy says: "There is great appetite for doing more in the world of prevention but we're already doing a lot, it's about maximising that now. It's about a medium-term approach – how do you ensure you do the immediate things as well as that preparation for helping people be healthier in the future. And it is a true system approach."

[Listen online](#)

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kris-tee-nuh: [Here's why I share my name phonetically](#) and here is [how to pronounce it](#)

She/Her: [This is why pronouns matter](#)

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My working days are Monday until 3pm, Tuesday until 5.30, Wednesday until 12pm Thursday until 3pm and Friday until 5.30pm.

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