

Children and Young People's Overview and Scrutiny Committee 13 January 2020

Draft Joint Health and Wellbeing Strategy

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**County Durham
Health & Wellbeing
Board**

Vision 2035

The Vision 2035 was developed with partners for the next 15 years with three strategic ambitions:

- (a) More and Better jobs
- (b) People live long and independent lives
- (c) Connected communities

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Health and Wellbeing Board's Vision

'County Durham is a healthy place, where people live well for longer'

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JHWS – Strategic Priorities

The Health and Wellbeing Board has three strategic priorities which set out what we will focus on:

- Starting Well
- Living Well
- Ageing Well

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Strategic Priority 1: Starting well

- A baby's mother being healthy before and during pregnancy
- Healthy development for children
- Targeted support for vulnerable children

Examples of key deliverables are:

- Support women to achieve a smoke free pregnancy
- Increase the percentage of women who initiate breastfeeding and continue at 6-8 weeks
- Reduce unintentional injuries in the 0-19 population
- Increase the roll out in schools of 'poverty proofing the school day' which includes cutting the cost of the schools' day

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Starting Well

People and Place

In 2018, an estimated population of just over **106,000** children *0-18

4,868 live births

Around **900** babes are born to mothers who smoke.

140 Low birth weight babies.

Nearly **1 in 5** women were smoking at time of delivery.

78.3 81.4
Life expectancy at birth

Nearly **1 in 3** mums are breastfeeding at 6-8 weeks after birth.

Health and Wellbeing

3 in 4 5 year olds are free from tooth decay.

1 in 4 4 - 5 year olds are in excess weight.

Hospital admissions caused by unintentional injuries in 0-4 year olds is **significantly higher** than England.

The rate of teenage conceptions has decreased by **45%** since 2010.

Education

There are nearly **80,000** children of school age in County Durham. *5-18

6% of 16-17 years are not in education, employment or training.

9 out of 10 children are achieving a good level of development at 2-2 ½ years old.

7 out of 10 children are achieving a good level of development at the end of reception

Vulnerable Children

As at March 2019 there were **800** children looked after in County Durham.

Nearly **1 in 5** children are living in the top **10% most deprived** areas nationally.

Hospital admissions (10-14 years) as a result of self-harm is **similar to England**.

1 in 10 children have a mental health disorder.

Strategic Priority 2: Living well

- Social determinants of health
- Improving mental health and wellbeing
- Positive behaviours
- Resilient communities

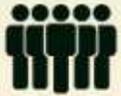
Examples of key deliverables are:

- Deliver Making Every Contact Count with partners to enable every contact to be a health contact
- Ensure procurement processes encourage providers to have a focus on health within the workplace
- Increase the uptake of national/local screening programmes to reduce inequalities
- Develop initiatives for community home treatment as an alternative to crisis services

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Living well

Our people and place



317,000
18-64 year olds



74.2% are in
employment.

This has
increased
7.5%
since 2016.



Nearly **50%** of our lower
super output areas are in the top 30%
most deprived areas nationally.

The gap in employment
rate between those with
a learning disability and
the overall employment
rate is **70** percentage
points.

Risk taking behaviours



Around **3 in 5**
adults are
physically active.



... and **2 out of 3**
adults are classed
as overweight.



15% of adults
are smokers.



12,500
people were admitted to
hospital in 2017/18 for
alcohol related conditions.



91.9 per 100,000
people aged 15-24 years
admitted to hospital for
substance misuse.



2,954 people were diagnosed with a sexually
transmitted infection in 2018.

Living in poor health



An estimated
1 in 12
have
diabetes.



Over
20,000
people have
coronary
heart disease.



1 in 5
people are
diagnosed
with high
blood
pressure.

Mental Health and Wellbeing

1 in 4 adults
experience at
least one
diagnosable
mental health
problem in any
given year.



Nearly **57,000**
adults have been
diagnosed with
depression.



Less than **60** deaths a
year from suicide.

1 in 5 people say they have
high levels of anxiety.



1 in 10 people say
they do not feel happy.

Strategic Priority 3: Ageing well

- Approach to wellbeing
- Dementia friendly communities
- Support for carers
- Good quality end of life care

Examples of key deliverables are:

- Ensure dementia is identified and diagnosed at an early stage and families, carers and communities are helped to manage their condition
- Work with partners and providers to reduce the incidence of falls and fractures in older people by training and digital technology
- Carers are supported in their caring role are able to maintain their own health and wellbeing
- Ensure the frail elderly are able to live well at home for as long as possible and receive high quality, consistent levels of service

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Ageing Well

People and Place



110,000

people aged 65 and over.

The proportion of older people in the population is expected to increase.

By 2035...

31% increase for over 65's

82% increase for over 85's

Life Expectancy (LE) and Healthy Life Expectancy (HLE) is **significantly lower** for County Durham than England for men and women.



Women

LE is 78 years...

HLE is 59 years.

That's 19 years in poor health



Men

LE is 81 years...

HLE is 59 years.

That's 22 years in poor health

There is **inequality** in **premature mortality** across County Durham as rates are higher in the more deprived areas.

Health and Wellbeing



1 in 20 people over 65 are recorded as having dementia... nearly **5,000** people

... this is predicted to **double** over the next 15 years.



The number of emergency admissions to hospital for falls is **increasing**.



Just over **72%** of over 65's had a flu vaccination in 2017/18.

Nearly **2,500** in 2017/18

Contributing factors



4.3% of the county's over 60's are living in income deprived households.



Over **30,000** people over the age of 65 live alone.



In 2018/19, **94.6%** of the Durham residents reported that their care and support services helped them have a better quality of life.



Permanent admission rates to residential and nursing care homes for over 65's are **significantly higher** for County Durham than England.

Consultation next steps

- Consultation will be live on Durham County Council website from **17 December 2019 to 14 February 2020**

The consultation will include the following groups:

- Area Action Partnerships
- Voluntary and Community Sector
- Armed Forces Forum
- Town and Parish Councils
- Investing in Children
- Learning Disabilities Parliament
- AWH and CYP Overview and Scrutiny Committees

Altogether
healthier

County Durham Health
and Wellbeing Board

Consultation questions

- Do you agree with each of the strategic priorities in the plan?
 - Are there any gaps?
- Do you agree with the strategic objectives in the plan?
 - Are there any gaps?
- Do you have any further comments about the Joint Health and Wellbeing Strategy

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