

JOINT LOCAL HEALTH AND WELLBEING STRATEGY (JLHWS) 2023-28

26 APRIL 2023



Better for everyone

County Durham Health and Wellbeing Board

Vision	County Durham is a healthy place where people live well for longer
Objective	Improve healthy life expectancy and reduce the gap within County Durham and between County Durham and England
Priorities	<ol style="list-style-type: none">1. Making smoking history2. Enabling healthy weight for all3. Improving mental health, resilience and wellbeing4. Reducing alcohol harms
Leads	<ul style="list-style-type: none">• Tobacco Control Alliance• Healthy Weight Alliance• Mental Health Strategic Partnership• Drug and Alcohol Operational Group / Combating Drugs and Alcohol Strategic Partnership

Inequalities and wider determinants of health

What has the biggest influence on lives being cut short?






McGinnis, J.M., Williams-Russo, P. and Knickman, J.R. (2002) cited in The King's Fund (n.d.). Time to Think Differently. Broader determinants of health: future trends. Available at: <https://www.kingsfund.org.uk/projects/time-think-differently/trends-broader-determinants-health> (Accessed: 9 March 2023).



Making smoking history

JSNAA Focus area: Smoking

Arrow indicates direction of travel over time 

Statistically significantly higher than England 
 Not statistically significantly different to England 

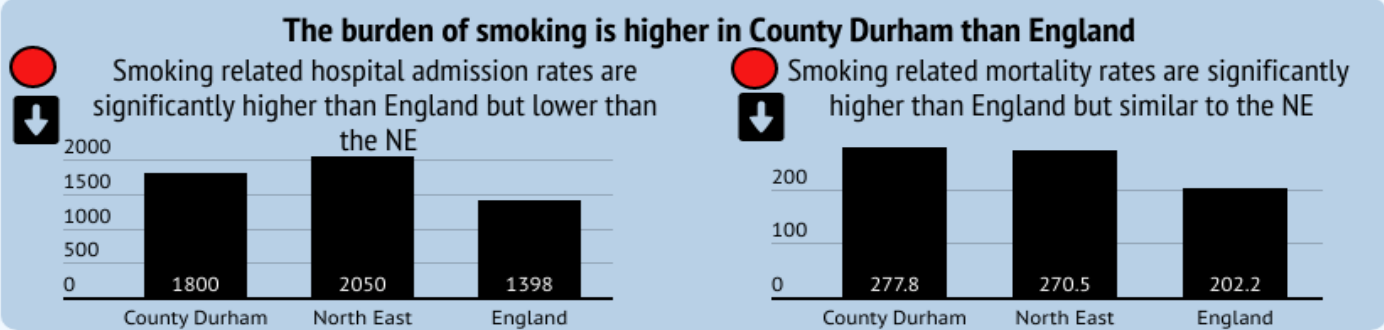
Smoking prevalence (2021): 16.2%
 ...that's around 70,000 smokers



  ...or around **1 in 6** aged 18+



Smoking at time of delivery (21/22): 14.6%
 ...that's around 570 mums

  ...or around **1 in 7**

29.2%   People working in manual jobs are twice as likely to smoke than other occupations


Around 900 people die a year in County Durham from illnesses linked to smoking



102.6 /100K   Lung cancer registrations remain statistically significantly higher than England




Enabling healthy weight for all

JSNAA Focus area: Excess Weight

Arrow indicates direction of travel over time 

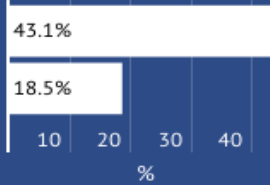
Statistically significantly higher than England 
 Not statistically significantly different to England 

Year 6 excess weight (21/22): 39.8%
 ...that's around 2,300 11 year olds
 ...or around **2 in 5**



The distribution of Y6 excess weight in County Durham is unequal


It is higher in the more deprived areas



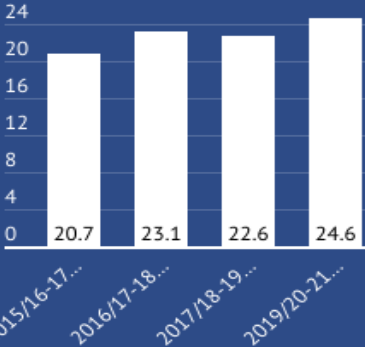
Deprivation Level	Percentage
Most deprived 10%	43.1%
Least deprived 10%	18.5%

In Reception there is no significant difference in levels of excess weight between boys and girls
 by Y6 it is significantly higher in boys

Year	Girls	Boys
Reception	10.4%	11%
Year 6	21%	25.4%



The gap in Y6 excess weight between the most and least deprived areas locally has been rising over time



Year	Gap (%)
2015/16-17...	20.7
2016/17-18...	23.1
2017/18-19...	22.6
2019/20-21...	24.6

7 in 10 adults locally are classed as overweight or obese






6 in 10 adults in County Durham are physically active




Improving mental health, resilience and wellbeing

JSNAA Focus area: Mental Health

Arrow indicates direction of travel over time 

Statistically significantly higher than England 
Not statistically significantly different to England 

12% aged 5-17 in
with a diagnosable mental
health condition (estimate)
...that's around **9,000** in
County Durham

3.1%  Pupils
with social,
emotional and
mental health needs
...that's almost **2,300** children

450.9/100,000
self-harm admissions
aged 10-24
...that's **430** admissions
(20/21)

18.3% Estimated prevalence
of poor mental health
...that's around **79,300** people
...or almost **1 in 5**



APMS 2017

Depression (QOF): 15%
...that's around **68,500** people
...or around **1.5 in 10**



(2021)

Severe Mental Illness (QOF): 0.99%
...that's around **5,500** people
...or around **1 in 100**
(2021)

Self-reported wellbeing

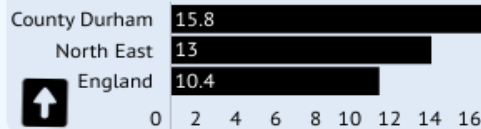
Low Satisfaction 7.2%  

Low Happiness 8.8%  

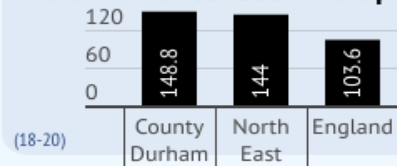
High Anxiety 21.8%  

15.8/100K suicide rate aged 10+

...that's around **72** deaths per year






148.8/100K Premature mortality
in adults with SMI
...that's almost **600** deaths per year



Reducing alcohol harms

JSNAA Focus area: Alcohol

Arrow indicates direction of travel over time 

Statistically significantly higher than England 
 Not statistically significantly different to England 

16.7 per 1000

Estimated alcohol dependency

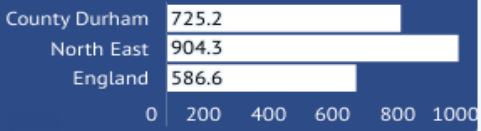
 Similar to England

...that's around 7,100 aged 18+

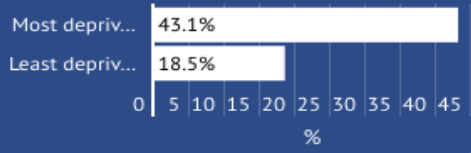
Alcohol specific admissions

Significantly higher than England but significantly lower than the NE



...that's around 3,800 admissions



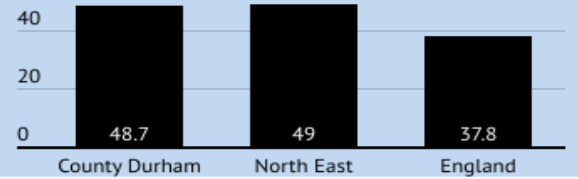
Locally the distribution of alcohol specific admissions is unequal..
it is higher in the most deprived areas



Alcohol related mortality **48.7/100,000**

Significantly higher than England but similar to the NE  

...that's around 261 deaths in 2020

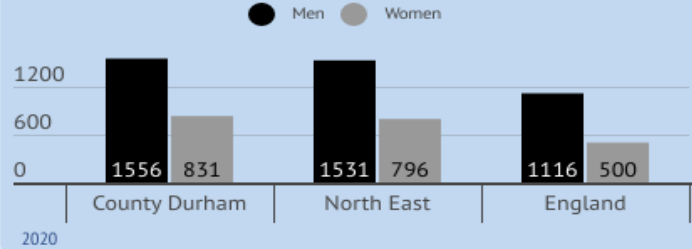


35% of alcohol service users in County Durham leave structured treatment successfully

Potential Years of Life Lost (PYLL)

due to alcohol-related conditions (rate/100,000)

Significantly higher than England for men and women but not significantly different to the NE



Influencing resources

- Across the system to support delivery against the four priorities
- Commissioning
 - Focus on prevention
 - Needs led approach
 - Coproduction
- Strong focus on:
 - Ongoing evaluation
 - Reducing inequalities
 - High Quality Service delivery
 - Improving outcomes
- Approach to wellbeing adopted in decisions affecting resource allocation



Role of HWB

- Cyclical updates against priority areas
- Support wider system
- Statutory governance role
- Marketing campaigns



DRY JANUARY



Next steps

- Comments will be fed into JLHWS / development of action plans
- Final JLHWS to HWB on 10 May for sign off
- Any questions / comments?

