



Sunderland Healthy City Plan 2020-2035

(Refreshed July 2025)

**Sunderland
City Council**

Our strategy to improve health and reduce
inequalities, ensuring no one is left behind
Sunderland Health and Wellbeing Board

Contents

Our plan	3
Foreword	4
Our health and happiness	7
Inequalities	8
Refreshing our Healthy City Plan	12
Our city	13
• Our population	13
• Health across different stages of life	14
• Walk through the life course in Sunderland	15
• Insights	16
What we will do	17
• Our vision and priorities	17
• Our ways of working	19
• Shining a spotlight on our ways of working	20
Our governance	23
How we will know we are making a difference	26



Sunderland Healthy City Plan 2020–2035

Our ways of working are



Prevention focused



Intelligence led and technology enabled



Focused on inequalities and people who need extra support



Strengths based and community focused



Equitable

Addressing the eight Marmot policy objectives

1. Give every child the best start in life
2. Children, young people and families maximise their capabilities and have control over their lives
3. Fair employment and good work for all
4. A healthy standard of living for all
5. Healthy and sustainable places and communities
6. Strengthen the role and impact of ill-health prevention
7. Tackle racism, discrimination and their outcomes
8. Pursue environmental sustainability and health equity together

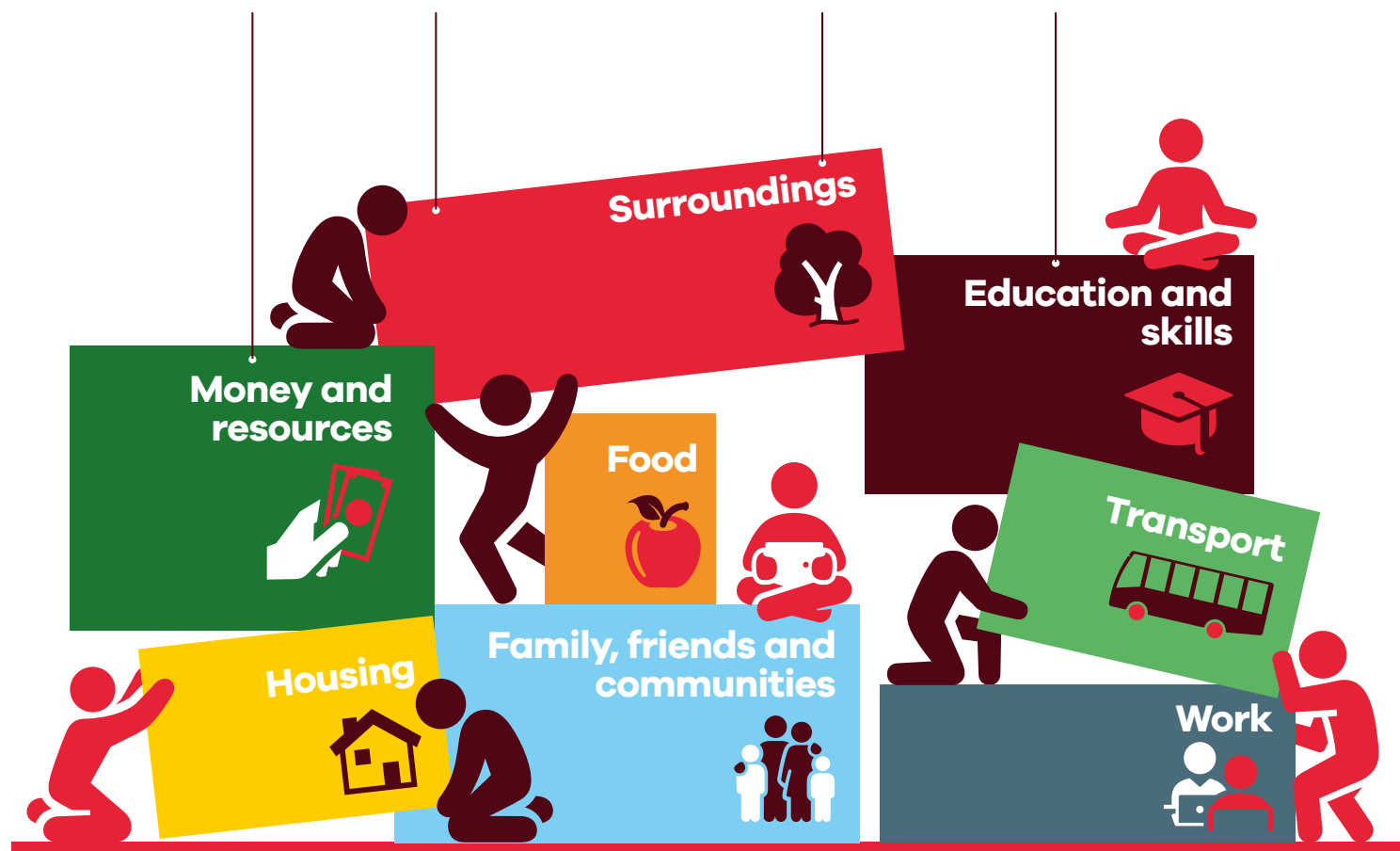


Foreword

The **Sunderland Healthy City Plan (2020–2035)** is our Joint Local Health and Wellbeing Strategy—our shared roadmap to improve health across the city.

Our health is shaped by the world around us. Whether we have a good start in life, a safe and warm home, decent work, enough money to pay the bills and access to affordable, nutritious food. These are the building blocks of health and wellbeing. But for too many people in our city these blocks are crumbling or missing altogether. This affects not just our own lives, but our families', our communities and the success of our city. When we aren't well, we can't work, care, or thrive.

The building blocks of health



Since the Healthy City Plan was launched in 2021, we've made real progress. Smoking rates have fallen. Breastfeeding rates are up. Fewer older people are being admitted to hospital due to falls. And alcohol-related hospital admissions for under-18s have more than halved.

We're working better together. [Family Hubs](#) are supporting children and families, and [Links for Life Sunderland](#) is connecting people in communities with services, activities, and each other. We're having supportive conversations about money and wellbeing, and we're helping people on their recovery journey from drug and/or alcohol harms find employment.

Our volunteer champions and the voluntary and community sector have been vital to these successes.

But challenges remain. Too many people in Sunderland are still being held back from good health.

It's not right that some of us in Sunderland face worse health simply because of where we live and the money in our pockets. Right now, in Sunderland, people in the poorest parts of the city are dying 11 years earlier than those in wealthier areas – and are likely to live more years in poor health.

Experiencing poverty, discrimination or having a disability are some of the things that can make accessing the key building blocks of health even harder, shaping how long and how well we live.

Together, we must address the key health challenges where they exist across the city. Limited access to secure housing, fulfilling employment, safe outdoor spaces, and nutritious food, mean too many people in the city are living in poor health. We are making improvements, but there's more to do.

We all have a role to play in making Sunderland a healthy, thriving city. This means embedding health in everything we do - from schools and employers, to housing, transport, and community spaces.

The people of Sunderland must be at the heart of everything we do, guiding and shaping where we prioritise our efforts. We need to support people who face the greatest barriers to good health and wellbeing and tailor our work to meet their needs. The Health and Wellbeing Board is committed to leading and influencing action across the city to reduce inequalities and ensure no one is left behind.

The original Plan was shaped during the COVID-19 pandemic, which exposed and deepened existing health inequalities. Those already struggling were hit hardest - by the pandemic and the cost-of-living crisis that followed.

This refreshed Plan builds on the latest insight and analysis of health needs for Sunderland. It shines a spotlight on some of the great work in the city. But it also calls for renewed commitment. The delivery of the City Plan is key to the successful delivery of the Healthy City Plan. It envisions Sunderland in 2035 as a connected, international city with opportunities for all. It seeks to address the interlinked challenges that exist between many of the building blocks of health in the city. By working together, we can make the biggest difference and create a thriving, healthy Sunderland.

The Health and Wellbeing Board is committed to delivering this Plan. We will use the strengths of our organisations and communities across the city to support everyone in Sunderland to live healthy and happy lives, with no one left behind.



Cllr Kelly Chequer
Chair of Sunderland
Health and Wellbeing
Board and Deputy Leader,
Sunderland City Council



Dr Tracey Lucas
Vice Chair of Sunderland
Health and Wellbeing
Board



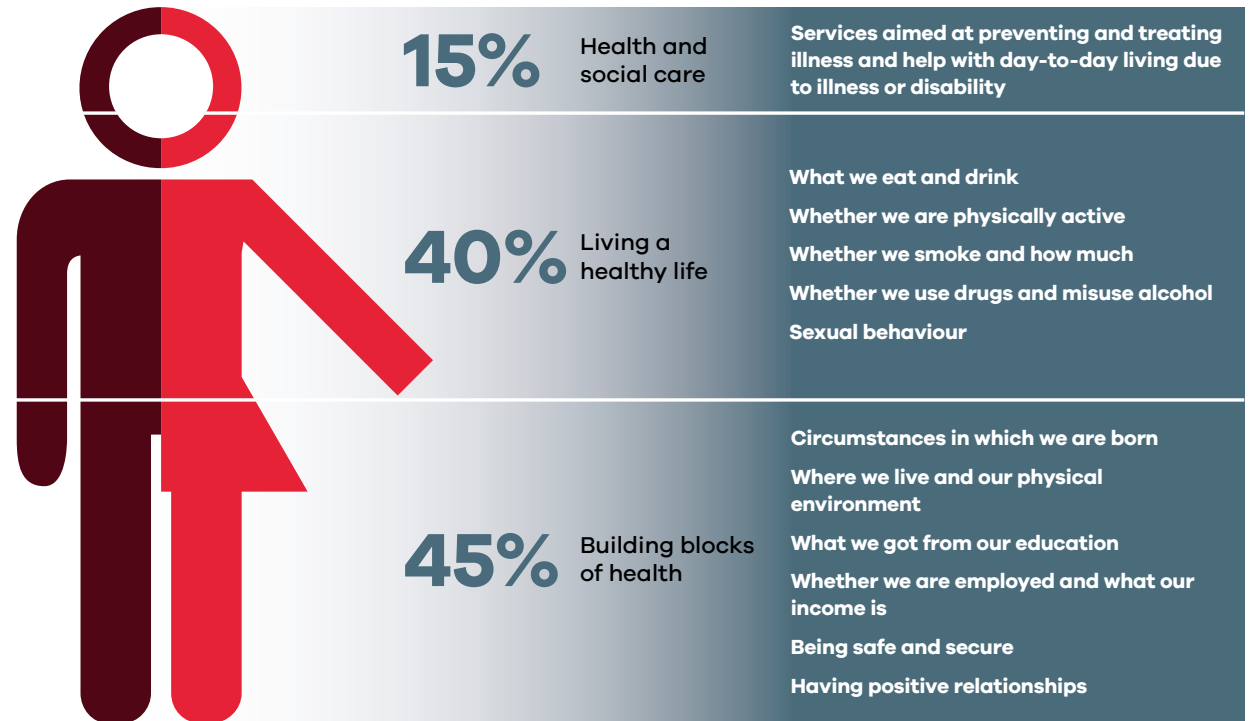
Our health and happiness

Our health is precious. It is shaped by many parts of our lives - from where we're born and live, to whether we have a good education, a decent job and income, quality housing and surroundings. These are known as the building blocks of health.

Our opportunity to live a healthy life - eating healthy and nutritious food, being physically active, and whether we smoke, drink, or gamble - are deeply influenced by these building blocks of health. For example, if we're struggling to make ends meet it can make it harder to buy healthy food. When these building blocks are weak or missing, living a healthy life becomes significantly more difficult, increasing the risk of illness and long-term conditions.

This has a direct impact on our need to access the NHS. Poor health, driven by inequality and disadvantage places greater pressure on health and care services, often leading to preventable hospital admissions and long-term treatment needs. While the NHS and social care are vital, improving health must start before birth and continue through every stage of life, with strong foundations in place for everyone.

What makes us healthy and happy?



(Adapted from McGinnis, J.M., Williams-Russo, P and Knickman, J.R. (2002) The case for more active policy attention to health promotion. Health Affairs 21 (2) pp.78-93)

Inequalities

Some people are less healthy than others because of unfair differences in their lives.

Our health is shaped by where we were born and where we live. Having a good start in life, a safe and warm home in a decent community, a good job, decent transport, enough money to pay the bills and access to affordable, nutritious food all contribute to good health. We need these building blocks of health to thrive.

We need the building blocks of health to thrive



But for too many people, particularly in the poorest parts of the city, these building blocks of health are weak or missing. Being disabled, older or younger, or treated unfairly because of who we are, can make it harder to get the things we need to stay healthy. This affects not just our own lives, but our families' and our communities.

People who live in the poorest areas of the city are more likely to be exposed to air pollution because housing tends to be cheaper near busy roads. This increases the risk of asthma and respiratory disease. This can lead to more time off school or work, affecting income, resources, and our ability to be physically active.

Access to healthy food is harder in poorer areas. Many neighbourhoods are flooded with junk food shops and takeaways, with few shops selling affordable, healthy food, and people may not have the money or transport to reach better options. This makes it harder to eat healthily.

People with limited access to education and job training may lack the skills needed for stable, well-paying employment. This can lead to financial stress, job insecurity, and fewer opportunities to improve quality of life. Over time, the chronic stress of trying to make ends meet without adequate skills contributes to poor mental and physical health, reinforcing cycles of poverty and inequality.

People from some of our communities can face additional barriers to good health, such as language, discrimination, or lack of culturally appropriate services.

In some neighbourhoods there may be **limited access to safe, green spaces like parks and gardens**. This reduces opportunities for physical activity, social interaction and mental wellbeing. Without safe, accessible green areas, people are more likely to experience anxiety, depression, and poorer physical health.

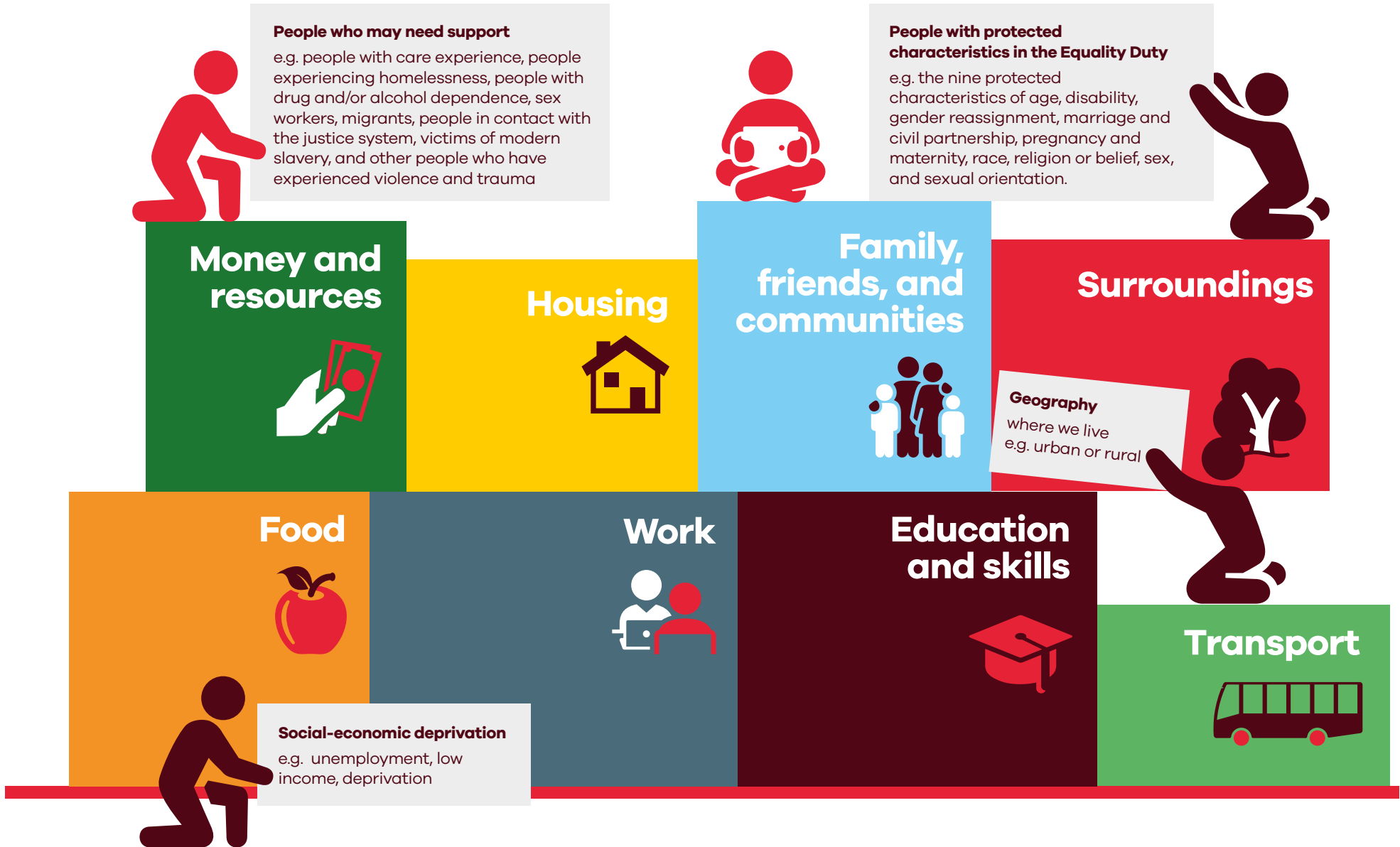
Experiencing trauma can also weaken the building blocks of health. When we are struggling with trauma and poor mental wellbeing, it can make it harder to stay in work, which in turn can impact our ability to pay the bills and afford a home. These challenges can build up leading to chronic stress and make it more likely that people turn to alcohol, smoking or drugs to cope. And when people feel overloaded with multiple challenges, they can find it harder to navigate the health care system and get the support they need.

When our building blocks are weak or missing, living a healthy life becomes much more difficult.



The building blocks of health and inequalities

Some people are less healthy than others because of unfair differences in their lives.



To improve health across the city, we need two connected approaches:

1. **Take equitable action to help raise overall health**
2. **Provide extra support for those who need it most**

This is called an **equitable approach**. Equity means giving people what they need to thrive, based on their circumstances.

Our Health and Wellbeing Board is committed to understanding the needs of those facing the greatest inequalities. We'll work to make sure the key building blocks of health - like housing, income, education, safe surroundings and access to services - are in place for everyone, and we'll work to remove the barriers that stand in the way.



Equality

everyone has received the same support



Equity

the support has been tailored to need

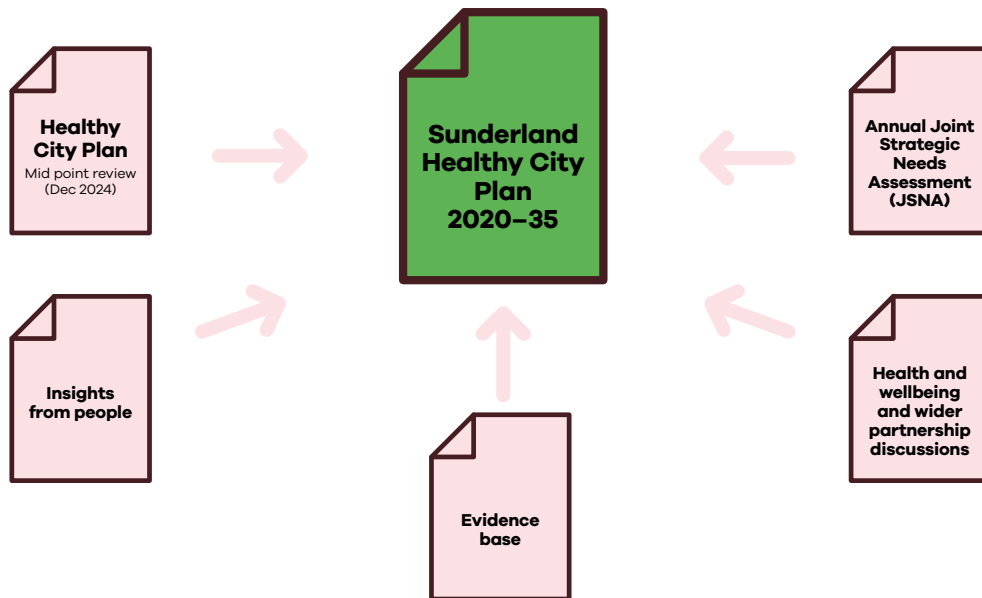


Inequality addressed

systemic barriers removed

Refreshing our Healthy City Plan

The Healthy City Plan 2020-2035 is our joint local Health and Wellbeing Strategy.

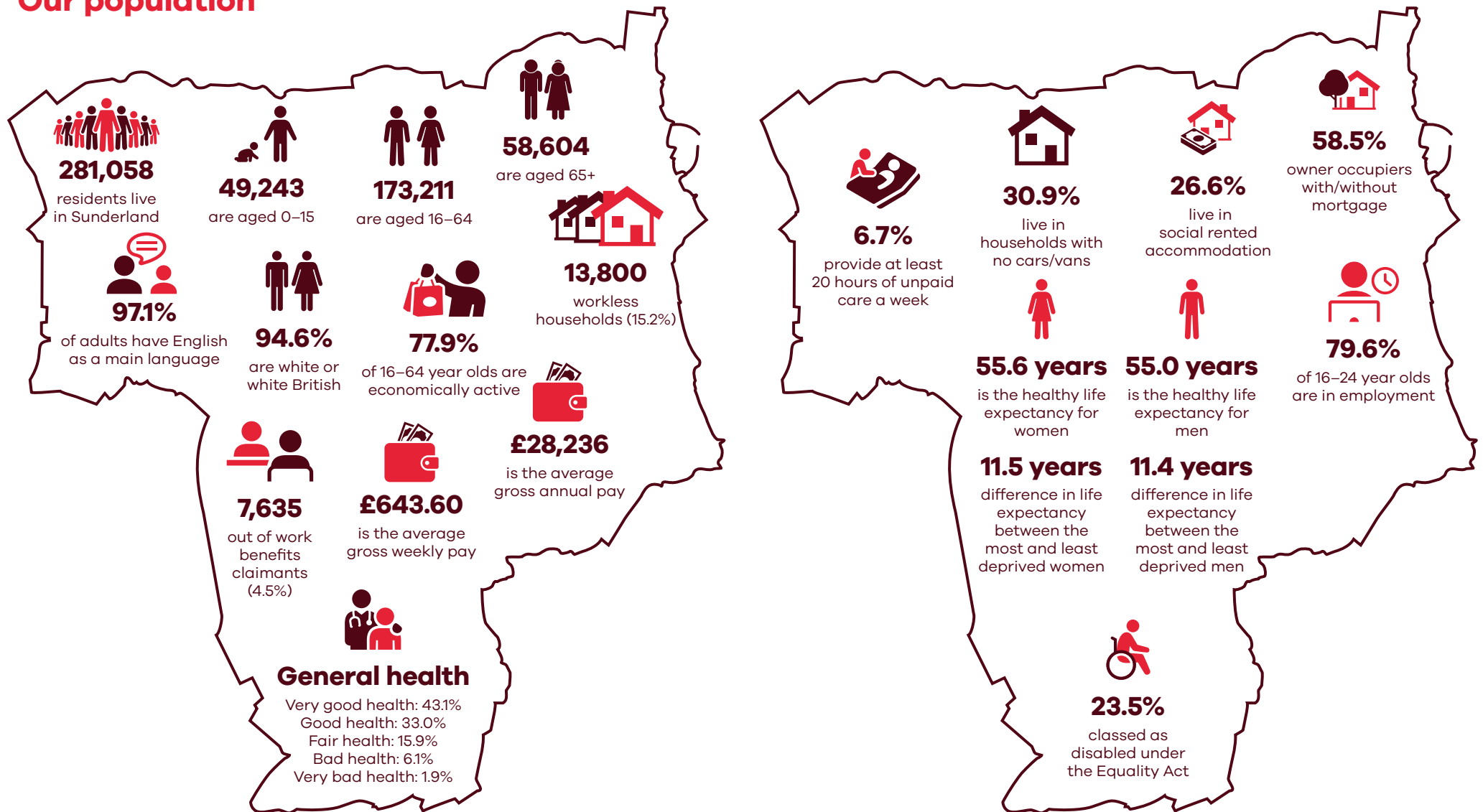


To refresh our Healthy City Plan we have:

- Annually reviewed our health needs for Sunderland through our Joint Strategic Needs Assessment (JSNA)
- Reviewed progress in delivering our 2020-2030 ambitions, with a mid-point review in December 2024
- Collated health and wellbeing insights to understand what local people think is important
- Held discussions with boards and partnerships across health and wellbeing, including engagement with the three Delivery Boards (Starting Well, Living Well and Ageing Well); thematic health and wellbeing partnerships; Sunderland Voluntary Sector Alliance, Sunderland Place Committee, Sunderland City Board and the Health and Wellbeing Scrutiny Committee.
- Reflected on the evidence base, specifically the work of Sir Michael Marmot's Institute for Health Equity and the Health Foundation. Our Plan addresses the eight 'Marmot' Policy Objectives. The work of the Health Foundation and Frameworks UK has helped guide how we talk about health more effectively, including using the 'building blocks for health' metaphor.

Our city

Our population



Note: Figures are based on the data available in June 2025.

Health across different stages of life

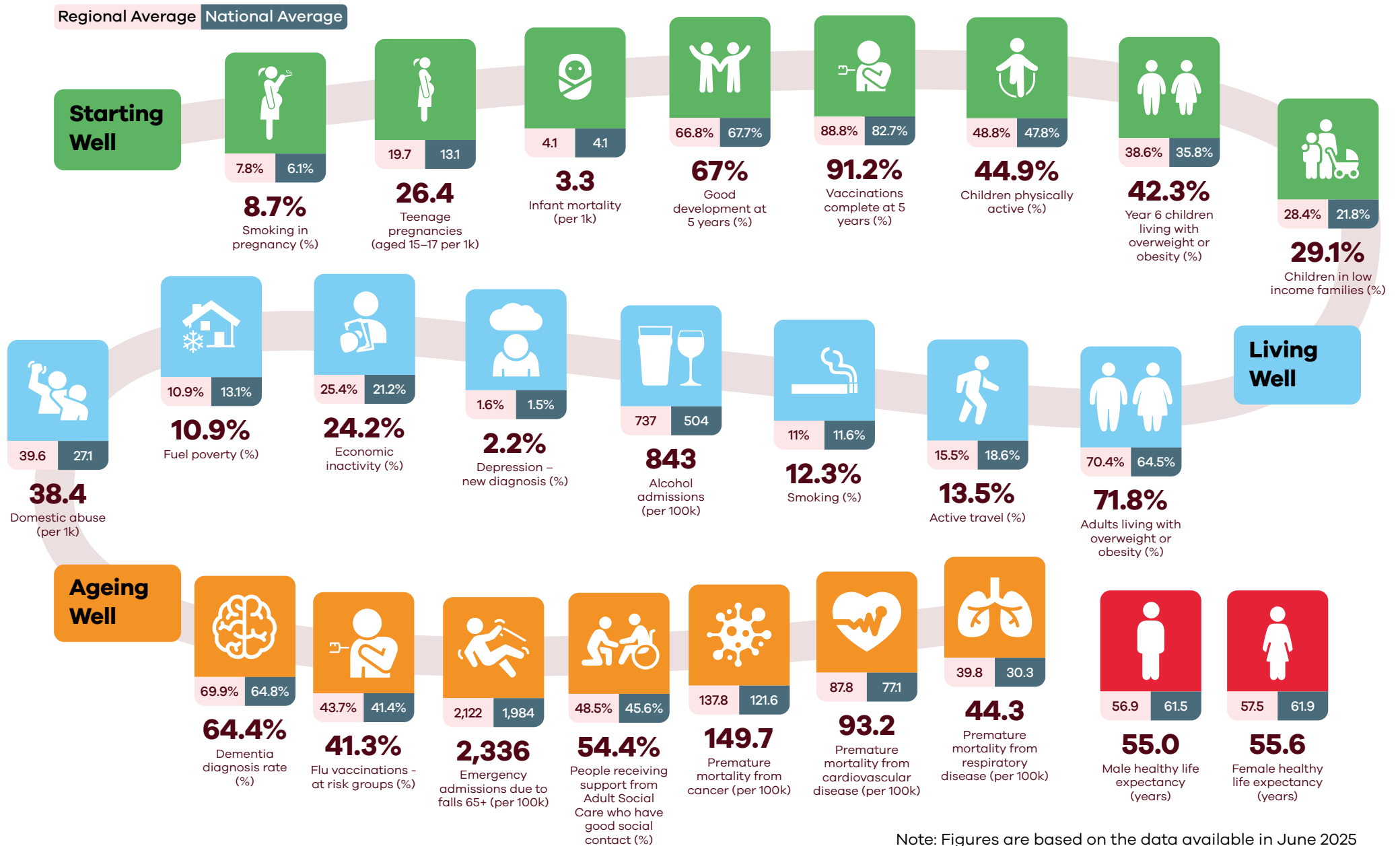
Persistent health inequalities exist from childhood through to older age. Compared to the national average, more of our children are living in a household with a low income which shapes opportunities to be healthy. We are seeing a high number of children leaving primary school, as well as adults, who are living with over-weight or obesity. Fewer children are physically active, and fewer adults use active forms of travel. In later life, we have more older people admitted to hospital due to a fall. More people in Sunderland die too young from preventable disease including cancer, cardiovascular or respiratory illness.

The annual review of our health needs for Sunderland - our Joint Strategic Needs Assessment demonstrates the level of inequalities very clearly. We have used this data, along with insights from local communities, to shape the refreshed Plan.

People in the poorest areas of Sunderland face greater health challenges and are more likely to die younger than those in more affluent areas. These neighbourhoods are most likely to be missing key building blocks of health like secure homes, good jobs and local green space.



Walk through the life course in Sunderland

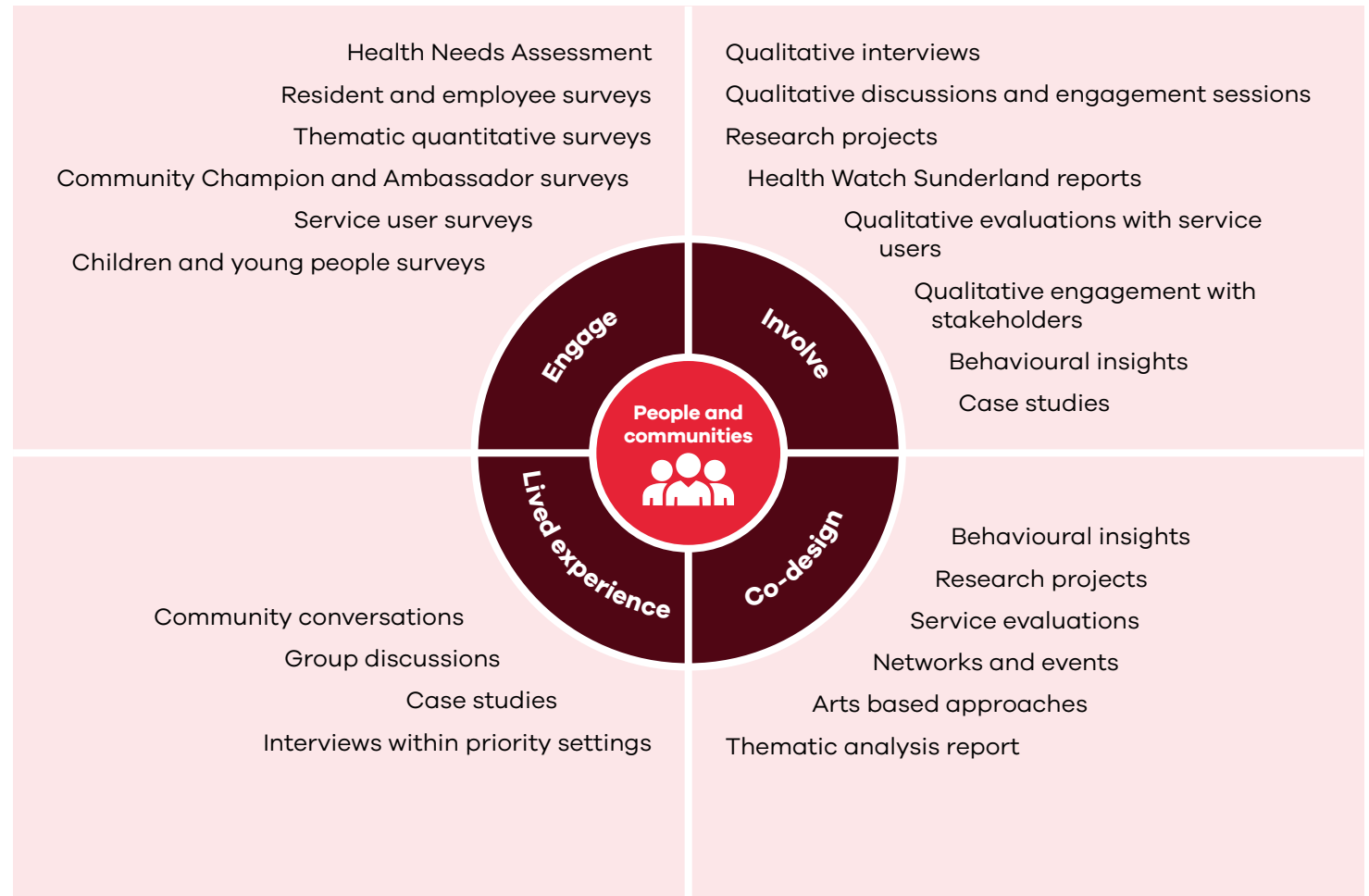


Note: Figures are based on the data available in June 2025

Insights

The people of Sunderland are at the heart of the Healthy City Plan. To refresh the Plan, we brought together feedback from local engagement to understand what matters most to our communities. The infographic shows where these valuable insights came from.

These insights are summarised in our [Joint Strategic Needs Assessment](#) and will contribute to the Community Engagement Library – a pilot project to collate and share community insight.



What we will do

Our vision

Our 2035 vision to improve health and reduce inequalities in Sunderland is:

Everyone in Sunderland will have healthy, happy lives, with no one left behind

Our priorities are centred around healthy places, healthy communities and healthy people.

✓ Healthy Places:

Strengthening the **building blocks of health**, these include our jobs and homes, public transport, safe green spaces and the natural environment, access to good food, access to education and skills, and opportunities to be socially engaged. Also, recognising the ways in which businesses influence our health.

✓ Healthy Communities:

Building **stronger and connected communities and addressing inequalities**. The communities we live in, how much money we have and whether we experience discrimination shapes our health and wellbeing.

✓ Healthy People:

Supporting people across their lifetime, focusing on how our context and surroundings shape **our knowledge, behaviours and motivations**.

Together, these elements create a sustainable, equitable approach to improving health for people across Sunderland.

Our priorities

Healthy places



1. **An accessible and friendly city** - delivering a child friendly and age friendly inclusive environment where people have the best start, can live a healthy life and age well



2. **A green and healthy city** - creating vibrant and sustainable places that support health and build resilient communities



3. **Healthy homes for all** - enabling safe, sustainable and well-maintained homes that meet people's needs and support good health



4. **Leading by example** - pro-actively role modelling change, demonstrating in practice how health is everyone's responsibility

Healthy communities



5. **Financial wellbeing** - supporting people to increase financial wellbeing



6. **Good work for all** - providing good work, where local people have decent pay, inclusive workplace practices and can gain skills



7. **Stronger and connected communities** - where everyone can thrive and there are good relationships between communities



8. **Neighbourhood support and services** - a determined shift to provide integrated, preventative and equitable delivery of services closer to home

Healthy people



9. **Best start in life** - providing the right support to help children and families to thrive



10. **Engagement in education and training** - providing an inclusive and supportive educational experience that meets children and young people's needs



11. **Living well in all stages of life** - living well throughout life, from childhood to adolescence, to working age and older age



12. **Access to health and social care when we need it** - targeted action to reduce health care inequalities

Our ways of working



Prevention focused

- We will support communities and individuals to build strong foundations for lifelong health
- We will prioritise those who need the most help to stay healthy, happy, and independent through tailored support and early action



Intelligence led and technology enabled

- We will continuously gather and apply insights from data, lived experiences, and evidence to understand needs and guide action
- We will use digital tools and innovations to reduce inequalities and improve outcomes



Focused on inequalities and people who need extra support

- We will actively identify and address unequal access, experiences, and outcomes. This will include better understanding the needs of people who may need extra support, and people facing racism or discrimination in health and care
- We will focus on people who face multiple inequalities, delivering person-centred, trauma-informed approaches



Strengths based and community focused

- We will co-design and co-deliver services with communities, ensuring every voice is heard and respected in shaping what works
- We will use everyday interactions as an opportunity to build trust, promote wellbeing, and strengthen community connections



Equitable

- We will remove barriers and create fair, non-discriminatory systems
- We will ensure those most in need can access and benefit from services fairly

Shining a spotlight on our ways of working

These are just a few examples of how our ways of working come to life in practice. Additional examples will feature in our Delivery Plan.

Prevention focussed

Family Hubs are helping each child reach their full potential

- Raising a child can be both joyful, and challenging. That's why Family Hubs across Sunderland offer local support for parents, carers, and children. From parenting classes and play activities to health advice and birth registration, everything is in one place. Families feel more confident, less alone, and better connected. One mum said, "I would have given up breastfeeding if it wasn't for the Hub." [Find your local Family Hub.](#)

Making Every Contact Count (MECC) - Talking Money and Wellbeing - Money worries affect many people's health, but talking about money isn't always easy. Making Every Contact Count (MECC) training helps council workers, volunteers and employers start supportive conversations about financial wellbeing – having a good relationship with your money. **For every person trained**, around 30 others hear helpful financial information, making a real difference in the community. One trainee said it boosted their confidence to guide others to helpful resources. [Further information: managing your money.](#)

Intelligence led and technology enabled

Smart Home Technology is helping us to stay independent

- As people age or develop care needs, staying independent at home can become a challenge. Sunderland's Smart Home shows how new technology - like voice controls, sensors, and safety devices - can help people stay safe, confident, and independent in their own homes. Health and care professionals use the home to test new ideas and train staff. Plans are underway to make the Smart Home experience available online, so more people can see what's possible. [Find out more about the Smart Home.](#)

Community Digital Health Hubs - helping people get online and stay connected. Around one in three people in Sunderland aren't confident using the internet or don't have basic computer skills, making everyday tasks like booking a GP appointment, learning new skills or staying in touch harder. Community Digital Health Hubs offer friendly, one-to-one support to help people go online and use technology safely and confidently. Tech Mate volunteers in the Hubs help people feel connected and in control, while younger people explore exciting careers in the tech and e-sports industry through gaming equipment. [Find your local Hub.](#)

Focused on addressing inequalities and people who need extra support

Individual Placement and Support (IPS) - Jobs That Support Recovery. Finding employment has a positive impact on the recovery journey of those experiencing drug and/or alcohol harms. IPS offers personal, specialist support to help those accessing drug and alcohol treatment and recovery services to find employment that fits their skills and experience, whilst also meeting the needs of the employer. Many people have found paid employment within weeks of receiving job support, strengthening their recovery. [Find out More.](#)

Swap to Stop is supporting people to stop smoking.

Quitting smoking can be hard but switching to a vape is one of the best things you can try to quit for good. Swap to Stop helps people to stop smoking by offering free vape kits to help with nicotine cravings in a safer way, alongside expert support. The service has helped many people see this as a realistic and achievable change. [Find out more about Swap to Stop.](#)

Strengths based and community focussed

Links for Life is connecting people and changing lives

- Links for Life Sunderland enables people to make 'links' into trusted local community organisations and activities to improve their own health and wellbeing and promote independence. By helping people link up with the right support - like walking groups, money advice or just someone to talk to - Links for Life is making a real difference, helping to reduce loneliness and improve mental and physical health. Many say it's helped them feel more hopeful and in control. It's all about building stronger, happier communities. [Get information and find your local services and activities.](#) / [Links for Life Video.](#)

Ageing Well Ambassadors – Living Well and Sharing Wisdom. Age is no barrier to living life to the fullest.

People who are ageing well in Sunderland have lots to offer and many want to help their communities. Ageing Well Ambassadors are volunteers aged 50+ who share their knowledge, promote positive ageing, share age-friendly messages, and influence projects across the city. Ambassadors raise awareness in their workplaces, sports teams, and communities, helping to build a city where growing older is seen as something to value and celebrate. [Become an Ageing Well Ambassador.](#)

Equitable

Breastfeeding Friendly Sunderland – Support Wherever You Are. All babies and mams should have the opportunity to thrive. In Sunderland, the number of mams continuing to breastfeed (at 6-8 weeks) is gradually increasing and we want to make sure that breastfeeding families are made to feel welcome wherever they choose to feed their babies. Through [Breastfeeding Friendly Sunderland](#) we are encouraging a range of public venues to register and show support for breastfeeding, through a clear pledge, visible signage and a clean, comfortable space to breastfeed in. One mam said, “when babies are hungry, they need to be fed, so to have places where you can see the sticker and know that’s a welcome and safe space, is just really helpful.” Access infant feeding support through [Growing Healthy 0-19 Sunderland](#).

Wear Recovery’s Homelessness Nurse is helping those accessing drug and alcohol treatment and recovery. People without secure housing often struggle to access basic healthcare. The Homelessness Nurse works directly with people in treatment. The nurse offers a health check, advice, prescriptions, and connections to further care. By acting quickly and offering help face-to-face, this role prevents health issues from getting worse and helps people who may need extra support to find a safer path forward. [For more advice or support please contact Wear Recovery.](#)



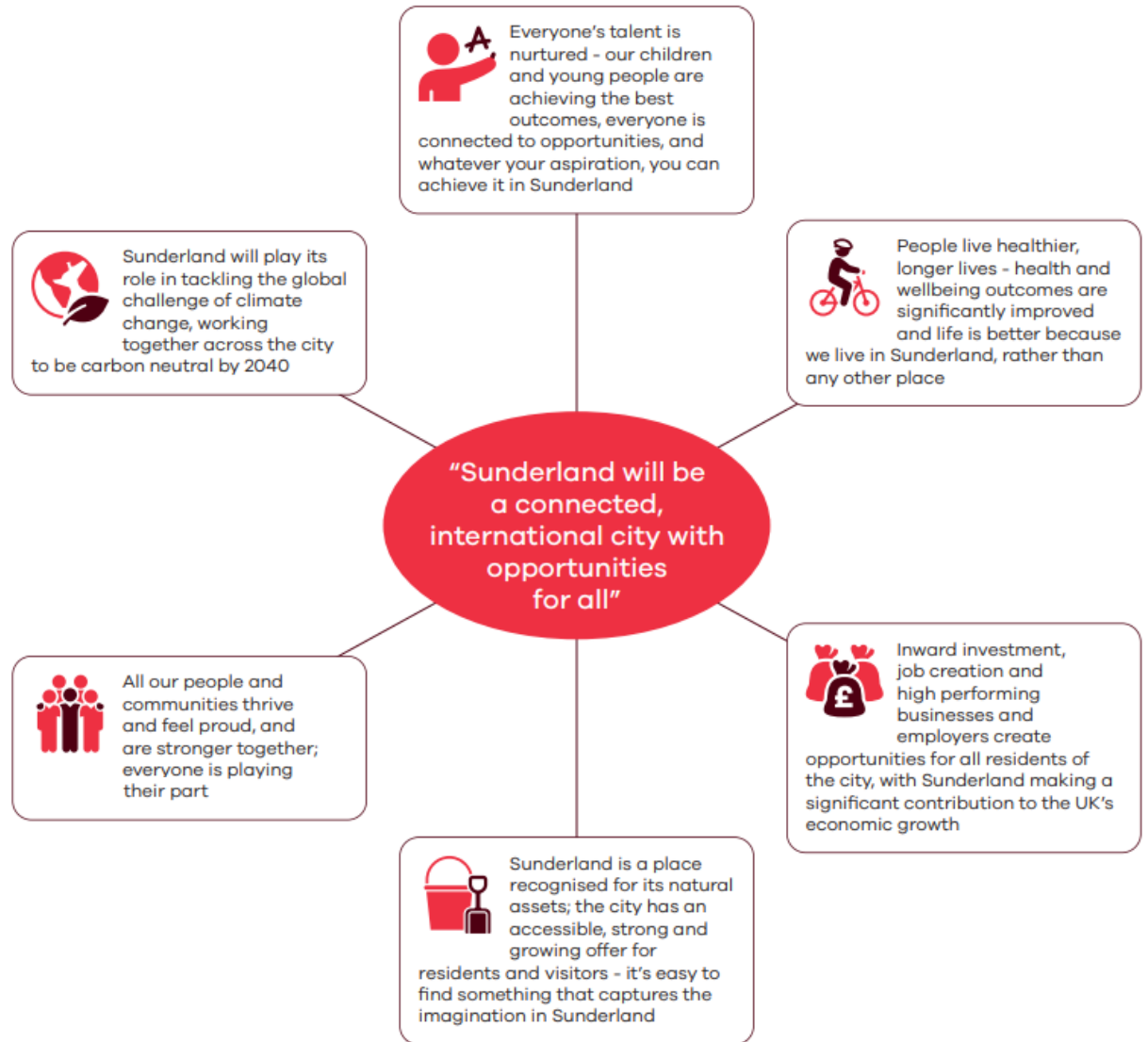
Our governance

The Health and Wellbeing Board is the statutory partnership where local leaders collaborate to improve health and promote integrated working. As a Board, we have strategic oversight of the delivery of the Sunderland Healthy City Plan – our statutory, Joint Local Health and Wellbeing Strategy.

This strategy is one of a number:

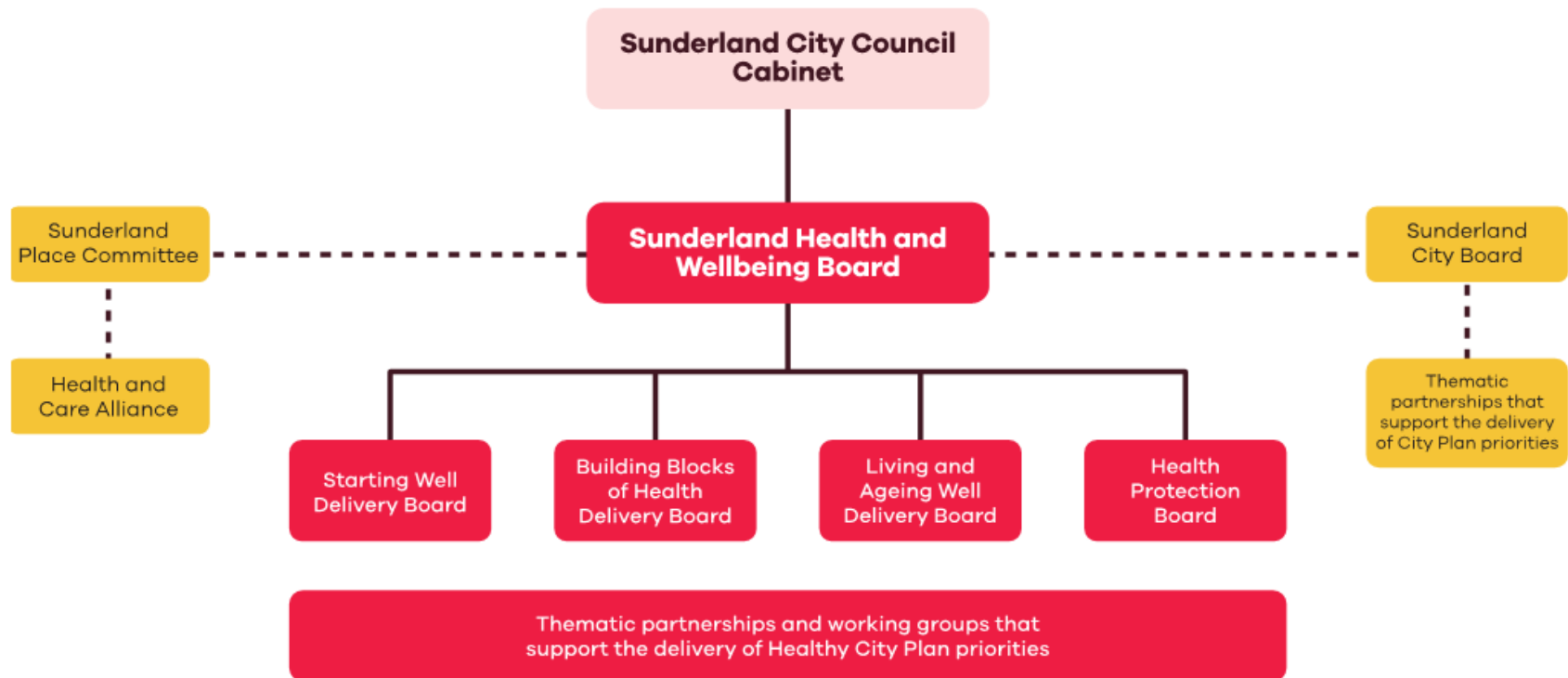
Our Healthy City Plan works in close alignment with Sunderland City Board City Plan. The City Plan ambitions are to 'create a connected international city with opportunities for all.' One of the three core themes of the City Plan is to be a 'healthy smart city,' directly supporting the aims of the Healthy City Plan. These two plans are complementary, with the City Plan ambitions addressing many of the building blocks of health. The effective delivery of the Healthy City Plan is dependent on the effective delivery of the City Plan, and visa-versa.

City Plan vision and ambitions



The Healthy City Plan is underpinned by thematic strategies and action plans. Many of the strategies and plans are directly aligned to the Healthy City Plan and are accountable to the Health and Wellbeing Board via a Delivery Board and thematic partnership. These include the Prevention and Early Help Strategy for children of all ages and the Family Hubs strategic approach; Sunderland Alcohol Strategy, 'Calling Time: Time to Rethink Drink'; the Active Sunderland Strategy; Sunderland Workplace Health Strategy; Sunderland Falls Strategy; and Sunderland Carers Strategy, to name just a few.

On behalf of the Health and Wellbeing Board, the delivery boards drive improvements in Sunderland's health and reductions in inequalities, striving to ensure the delivery of the Healthy City Plan vision. The delivery boards continue to be supported by thematic partnerships and working groups, as required.



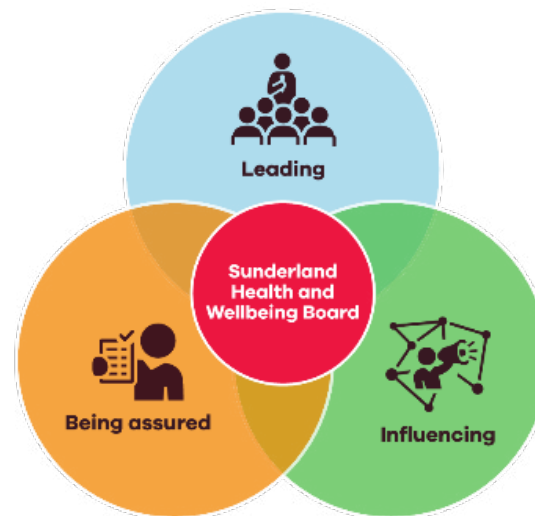
Many of the building blocks of health are shaped by regional and local plans and strategies, beyond the governance of our Health and Wellbeing Board. Whilst these plans may not have a health focus, their ambitions align with the delivery of our Healthy City Plan, and therefore feature in our Delivery Plan. These agendas include climate adaptation, housing, transport, planning, cohesion, community safety, and domestic abuse and violence against women and girls.

Regionally, the North East and North Cumbria Integrated Care Board (NENC ICB) has the Better Health and Wellbeing for All strategy. This is underpinned by the NENC ICB Joint Forward Plan, which has a particular focus on the commissioning and delivery of NHS services to meet physical and mental health needs. The Sunderland Place Plan sets out place-based priorities for health and care integration. In addition, addressing inequalities is woven into the North East Combined Authority portfolios of work, with many of the portfolios aligned with the building blocks of health: transport; economy, education, inclusion and skills; environment, coastal and rural; and housing and land.

Whilst we may not directly lead on many of the wider building blocks of health, our Health and Wellbeing Board, delivery boards and supporting governance play a crucial role in ensuring that every opportunity to improve health is maximised across the city. By influencing and collaborating with partners across sectors, we are fully committed to help

embed health considerations into all policies, plans, and decisions - making health a shared responsibility and a core part of how Sunderland works.

Our **new Healthy City Plan Delivery Plan 2026-2028** will look beyond activity the Health and Wellbeing Board and wider partnership is **leading** on. In addition, it will capture where the Health and Wellbeing Board needs to **be assured** of activity, where strategies and governance are outside of the Health and Wellbeing Board's remit. It will also capture where there are things we will want **to influence**, for example, many of the building blocks of health, such as education, work, housing and our surroundings.



How we will know we are making a difference

Our outcomes framework sets out the high-level indicators we will use to measure our progress, this includes measuring progress against our priorities and the eight Marmot policy objectives:

1. Give every child the best start in life
2. Children, young people and families maximise their capabilities and have control over their lives
3. Fair employment and good work for all
4. A healthy standard of living for all
5. Healthy and sustainable places and communities
6. Strengthen the role and impact of ill-health prevention
7. Tackle racism, discrimination and their outcomes
8. Pursue environmental sustainability and health equity together

The framework is centred around the twelve Healthy City Plan priorities, under the three themes of Healthy Places, Healthy Communities and Healthy People. Further outcomes will be identified through the development of our Delivery Plan and the outcomes framework refreshed.



Healthy City Plan – outcomes framework

INDICATOR	PERIOD	DIRECTION OF TRAVEL	SUNDERLAND	REGION	ENGLAND
HEALTHY PLACES					
Active travel	2022/23	▼	13.5%	15.5%	18.6%
Air pollution - small particles	2023	▼	6.5	6.1	7
Households in fuel poverty	2022	▼	10.9%	10.9%	13.1%
Homelessness: households in temporary accommodation per 1K	2023/24	▲	0.7	0.8	4.6
Reception children living with overweight, including obesity	2023/24	↔	23.9%	24.7%	22.1%
Year 6 children living with overweight, including obesity	2023/24	▲	42.3%	38.6%	35.8%
Proportion of children who are physically active	2023/24	↔	44.9%	48.8%	47.8%
Adults living with overweight, including obesity	2023/24	▲	71.8%	70.4%	64.5%
Smoking in adults	2023	▼	12.3%	11.0%	11.6%
Alcohol related hospital admission rate per 100K	2023/24	▲	843	737	504
HEALTHY COMMUNITIES					
Average weekly earnings	2024	▲	£643	£661	£732
Children living in poverty	2022/23	▲	29.1%	28.4%	21.8%
Percentage of people in employment	2023/24	↔	72.9%	71.3%	75.7%
Economic inactivity	2023/24	▼	24.2%	25.4%	21.2%
Employment gap for people with chronic mental or physical health conditions - percentage points	2022/23	▼	5.4	13.7	10.4
Self-reported anxiety	2022/23	▲	25.8%	23.0%	23.3%
Domestic abuse incidents and crimes per 1K	2023/24	↔	38.4	39.6	271
Hospital admissions due to violent crime per 100K	2021/22-2023/24	▼	68.4	59.7	34.2
People receiving support from Adult Social Care who have good social contact	2023/24	▲	54.4%	48.5%	45.6%

Healthy City Plan – outcomes framework

INDICATOR	PERIOD	DIRECTION OF TRAVEL	SUNDERLAND	REGION	ENGLAND
HEALTHY PEOPLE					
Smoking during pregnancy	2024/25	▼	8.7%	7.8%	6.1%
Breastfeeding rate at 6 to 8 weeks	2023/24	▲	33.6%	38.5%	52.7%
Infant deaths per 1K	2021-23	◀▶	3.3	4.1	4.1
Children aged 5 with completed basic childhood vaccination	2023/24	◀▶	91.2%	88.8%	82.7%
Children aged 5 achieving a good level of development	2023/24	◀▶	67.0%	66.8%	67.70%
Hospital admissions of young people due to self-harm per 100K	2023/24	▲	353.9	397	266.6
Young people not in education, employment or training	2023/24	◀▶	5.0%	5.8%	5.40%
Teenage pregnancy per 1K	2021	◀▶	26.4	19.7	13.1
Depression in adults (new diagnosis)	2023/24	▲	2.2%	1.6%	1.5%
Flu vaccination in people with chronic conditions	2023/24	◀▶	41.3%	43.7%	41.4%
Estimated dementia diagnosis rate in people over 65 per 100	2024	◀▶	64.4	69.9	64.8
Hospital admissions due to falls in people over 65 per 100K	2023/24	▼	2336	2122	1984
Emergency admissions for ages 65+ per 100K	Mar-25	◀▶	1940	1855	1660
Suicide per 100K	2021-23	◀▶	13	13.8	10.7
Deaths from cancer in people under 75 per 100K	2021-23	▼	149.7	137.8	121.6
Deaths from circulatory and heart disease in people under 75 per 100K	2021-23	◀▶	93.2	87.8	77.1
Deaths from respiratory disease in people under 75 per 100K	2021-23	◀▶	44.3	39.8	30.3
Deaths from liver disease in people under 75 per 100K	2021-23	▲	37.3	29.3	21.5
Under 75 mortality rate from all causes considered preventable, per 100K	2023	◀▶	216.2	204.5	153.0
Life expectancy women	2023	▲	81.2	81.5	83.2
Life expectancy men	2023	▲	76.8	77.4	79.3
Life expectancy gap women	2021-23	◀▶	11.5	10.1	8.2
Life expectancy gap men	2021-23	◀▶	11.4	12.3	10.4
Healthy life expectancy women	2021-23	◀▶	55.6	57.5	61.9
Healthy life expectancy men	2021-23	◀▶	55.0	56.9	61.5

Sunderland Healthy City Plan 2020-2035

(Refreshed July 2025)

Our strategy to improve health and reduce
inequalities, ensuring no one is left behind

Sunderland Health and Wellbeing Board

**Sunderland
City Council**