

Working together to

improve our health - JSNA



How healthy is Sunderland?

Life Expectancy:



Sunderland males 77
Males longest 83.2

Gap 6.2



Sunderland females 81.3
Females longest 86.5

Gap 5.2

Healthy Life Expectancy:



Sunderland males 57.7
Males longest 69.8

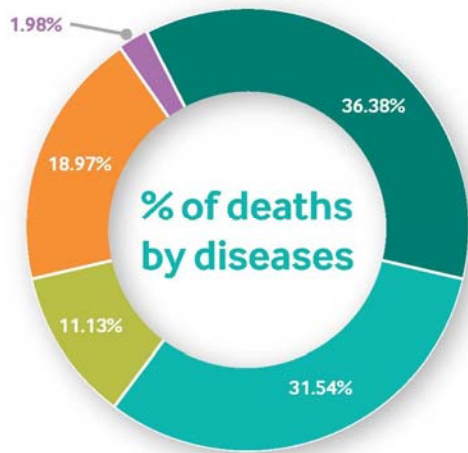
Gap 12.1



Sunderland females 59.3
Females longest 71.6

Gap 12.3

What is different?



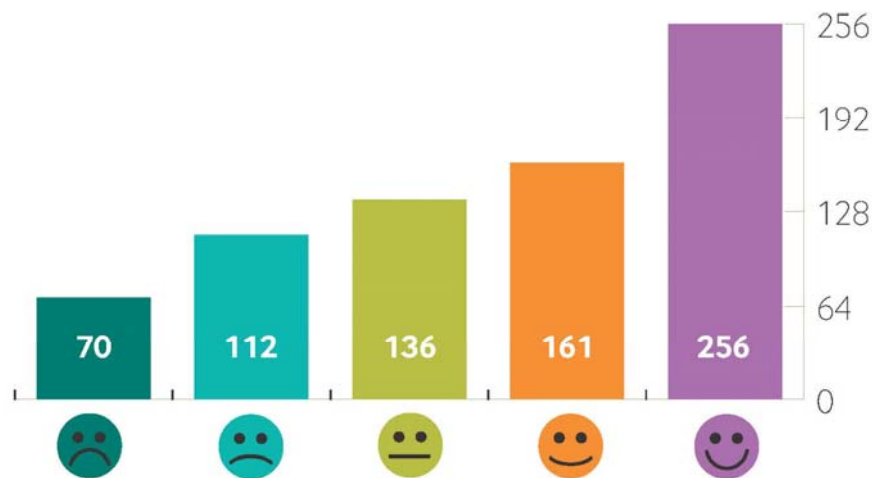
- Cancers
- Heart Disease and Stroke
- Dementia
- Respiratory Diseases
- Cirrhosis of the Liver



- Tobacco
- Alcohol
- Diet
- Physical Activity

What leads to unhealthy behaviours?

Healthy behaviours are associated with better wellbeing:



% of Children experiencing low levels of self esteem 2019

23.9% Primary school

26.2% Secondary school

% of secondary school pupils who are happy with life 2019

57.2%

Sunderland's future



One in five people in Sunderland are aged 19 or under

Sunderland has twice as many teenage mothers as the England average.



One in ten children are obese when they enter primary school. This increases to one in four by the time they leave.

3x

Under 18s in Sunderland are 3 times more likely to be admitted to hospital for alcohol related issues than the national average.

What impacts on resilience?

Income Deprivation (all)

21% Sunderland

14.6% England

Gap 6.4

This means



One in five people in Sunderland

Income Deprivation (older people)

24.7% Sunderland

16.2% England

Gap 8.5

This means



One in four older people in Sunderland

Children in Poverty

26.2% Sunderland

19.9% England

Gap 6.3

This means



One in four children in Sunderland

Inequalities in Sunderland

Life Expectancy and Deprivation:

Males



Sunderland least deprived 82.5
Sunderland most deprived 71.2

Gap 11.3

Females



Sunderland least deprived 85.4
Sunderland most deprived 77.3

Gap 8.1

Inequalities

- Socio-economic position and protected characteristics
- Socio-economic inequalities are a continuum
- Some people are impacted by multiple inequalities

Are we improving?

Gap in Life Expectancy



Poverty and Worklessness

- Levels of employment
- Good work
- Educational and skills attainment
- Support to stay in work

Are we improving?	
Children in poverty	↑
Percentage of people in employment	↑

Health of children and young people

- High levels of teenage pregnancy, smoking during pregnancy, unhealthy weight, alcohol related admissions
- Low levels of Breastfeeding
- Poor outcomes for oral health and mental health

Are we improving?	
Teenage conceptions	↓
Unhealthy weight	↑
Alcohol admissions	↓
Oral health	↓

Behavioural risk factors

- Smoking
- Diet
- Alcohol
- Physical activity

Are we improving?	
Smoking	↓
Diet	↓
Alcohol	↑
Physical Activity	↓

Prevention of chronic diseases

- Cancer
- Cardiovascular disease
- Respiratory disease
- Primary, secondary and tertiary prevention

Are we improving?	
Cancer	↓
Cardiovascular disease	↓
Respiratory disease	↓

Ageing population & chronic disease

- Integrated care
- Support for people to self-care
- Whole system approach to prevent service failure

Mental wellbeing

- Prevention of poor mental wellbeing
- Impact of poor mental health and wellbeing on physical health

Are we improving?

Low satisfaction score



Low worthwhile score



Low happiness score



High anxiety score



How are we taking these issues forward?

- Inequalities – all working groups and Inequalities and Prevention Framework
- Poverty and worklessness – Healthy Economy Working Group
- Health of children and young people – Best Start in Life and Young People aged 11-19 working groups
- Behavioural risk factors and Prevention of Chronic Disease – Smoke Free Sunderland, Addressing Alcohol Harms and Healthy Weight working groups
- Ageing population and chronic disease – All Together Better Sunderland and A&E Delivery Board
- Mental wellbeing – Mental Health Board

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