

SUNDERLAND HEALTHY CITY PLAN 2020-2030

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

Living Well

Ensuring people have the opportunity to live a healthy life

Our priorities

- Create fair employment and good work for all
- Ensure a healthy standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of prevention

We will have

- Increased fairness, with reduced health inequalities across the life course through a relentless focus on the causes of the causes of poor health
- Tackled barriers to good health and wellbeing and reduced the scale and impact of alcohol harms, tobacco and unhealthy weight throughout the life course
- More employers supporting employee health and wellbeing, including more real living wage employers
- More vulnerable people entering and sustaining employment

Key outcome measures will include

- ↑ healthy life expectancy
- ↓ children aged under 16 in low income families
- ↓ households that experience fuel poverty
- ↓ the inequality gap narrowed, specifically for tobacco, obesity, physical activity, unhealthy nutrition and alcohol harms
- ↑ people aged 16-64 in employment
- ↓ employment gap between the population and for people with long term health conditions, those accessing secondary mental health services or have a learning disability

Our shared values and behaviours

- **Focusing on prevention** – helping people to stay healthy, happy and independent
- **Tackling health inequalities** – challenging and taking action to address inequalities and the social determinants of health
- **Equity** – ensuring fair access to services dependent on need
- **Building on community assets** – recognising individual and community strengths that can be built upon to support good health and independence
- **Working collaboratively** – everyone playing their part, sharing responsibility and working alongside communities and individuals
- **Being led by intelligence** – using data and intelligence to shape responses



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PERFORMANCE INDICATOR DASHBOARD

INDICATOR	PERIOD	SUNDERLAND	REGION	ENGLAND
Male healthy life expectancy at birth	2016-18	57.9	59.4	63.4
Female healthy life expectancy at birth	2016-18	56.5	59.7	63.9
Male life expectancy at birth	2017-19	77.0	78.0	79.8
Female life expectancy at birth	2017-19	81.4	81.8	83.4
Inequality in life expectancy at birth (male)	2017-19	11.0	12.2	9.4
Inequality in life expectancy at birth (female)	2017-19	8.7	9.7	7.6
LIVING WELL				
Proportion of the population aged 16-64 qualified to at least NVQ Level 4 or higher	2019	27.4%	31.9%	33.0%
Admission episodes for alcohol-related conditions (Broad measure) per 100k population	2018/19	3197	2927	2367
Prevalence of smoking among persons aged 18 and over	2019	16.0%	15.3%	13.9%
Smoking prevalence in routine and manual workers	2019	25.7%	24.3%	23.2%
Percentage of adults aged 18 and over classified as overweight or obese	2018/19	66.0%	64.9%	62.3%
Proportion of people aged 16 and over with a high anxiety score according to a self-reported wellbeing indicator	2019/20	23.0%	23.6%	21.9%
Percentage of people aged 16-64 in employment	2019/20	70.3%	71.1%	76.2%
Percentage of out of work benefit claimants (% is number of claimants as a proportion of resident population of area aged 16-64)	Dec-20	7.7%	7.1%	6.3%
Gap in employment between those with a long-term health condition and the overall employment rate	2019/20	15.3%	14.2%	10.6%
Gap in employment between those in secondary mental health services and the overall employment rate	2019/20	61.2%	61.1%	67.2%
Gap in employment between those with a learning disability and the overall employment rate	2019/20	66.7%	66.0%	70.6%
Percentage of households that experience fuel poverty	2018	9.2%	9.5%	10.3%