

Update on the Joint Strategic Needs Assessment (JSNA)

September 2014

Discussion points

- Does the Board have any comment on the data presented?
- Does the Board feel it has sufficient collective understanding and ownership of the associated work programmes?
- Would the Board like to do anything else to strengthen leadership of prevention in these areas?

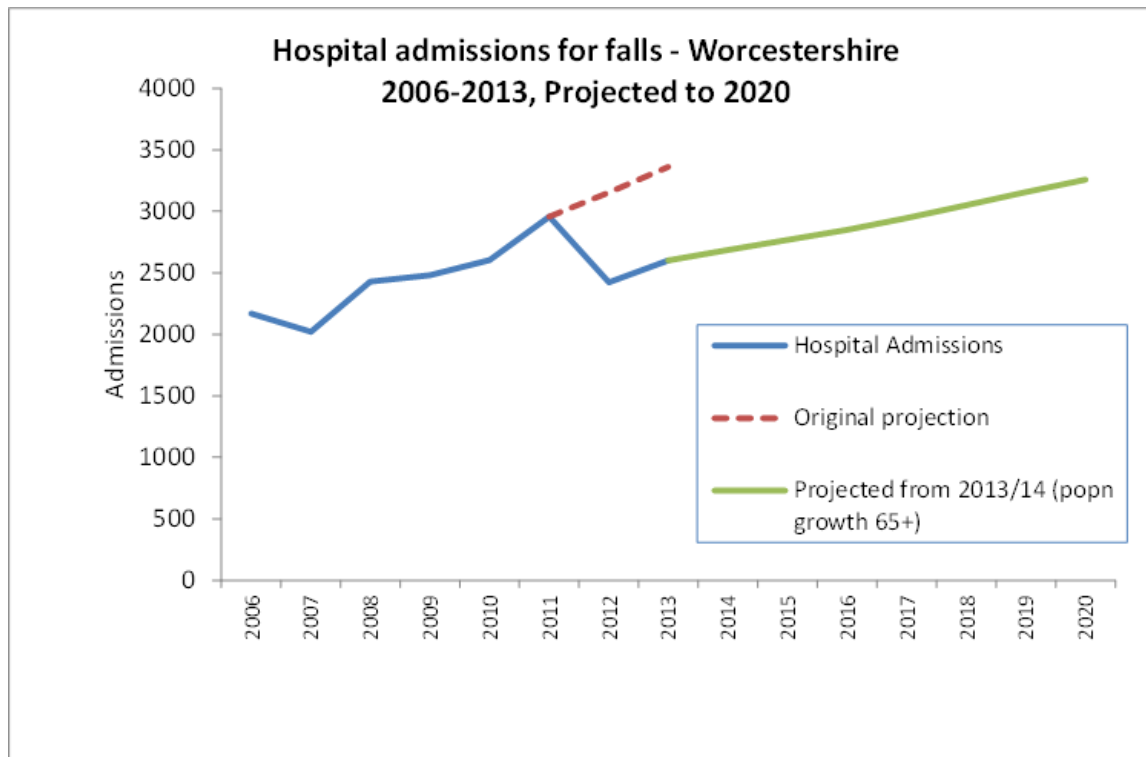
Summary

- Four priority areas
 - Older people and management of long term conditions
 - Mental health and wellbeing
 - Obesity
 - Alcohol
- ViewPoint survey
- Emerging issues & trends
- Workplan

Older people and management of long term conditions

- Publications in the last year
 - Well-being in Older People - May 2014
 - Ageing Well Needs Assessment - October 2013
- 20% of the Worcestershire population is over 65 (Compared to 17% nationally)
- Malvern Hills has the highest proportion (about 25%)
- Redditch and Worcester have the lowest (about 15%)
- Life Expectancy is higher than the national average and is projected to increase to 82.2 for men and 85.7 for women by 2019
- Focus on four main outcomes
 1. Falls
 2. Stroke
 3. Dementia
 4. Other issues affecting older people

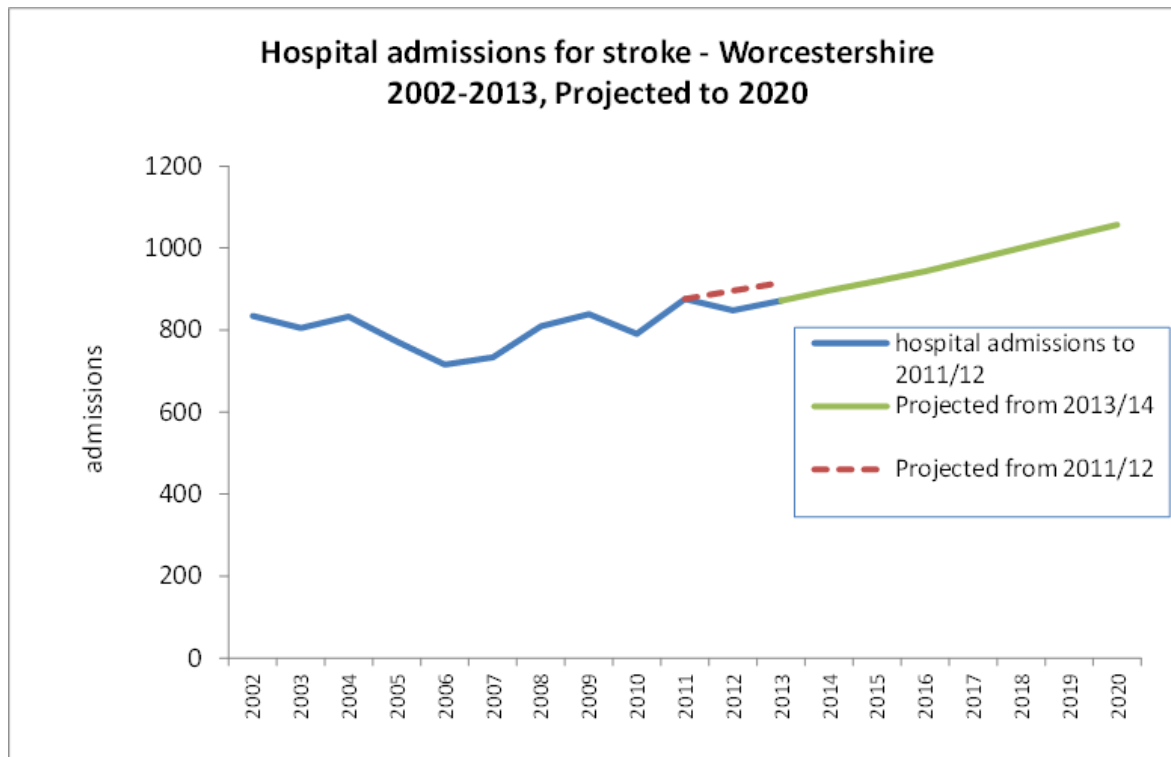
Falls



- There are around 5,000 falls per year in Worcestershire
- Around half of these end up in a hospital admission
- Original projections showed rapidly increasing numbers of people suffering falls
- Actual numbers fell
- But without further work, demographic changes will mean numbers increasing again

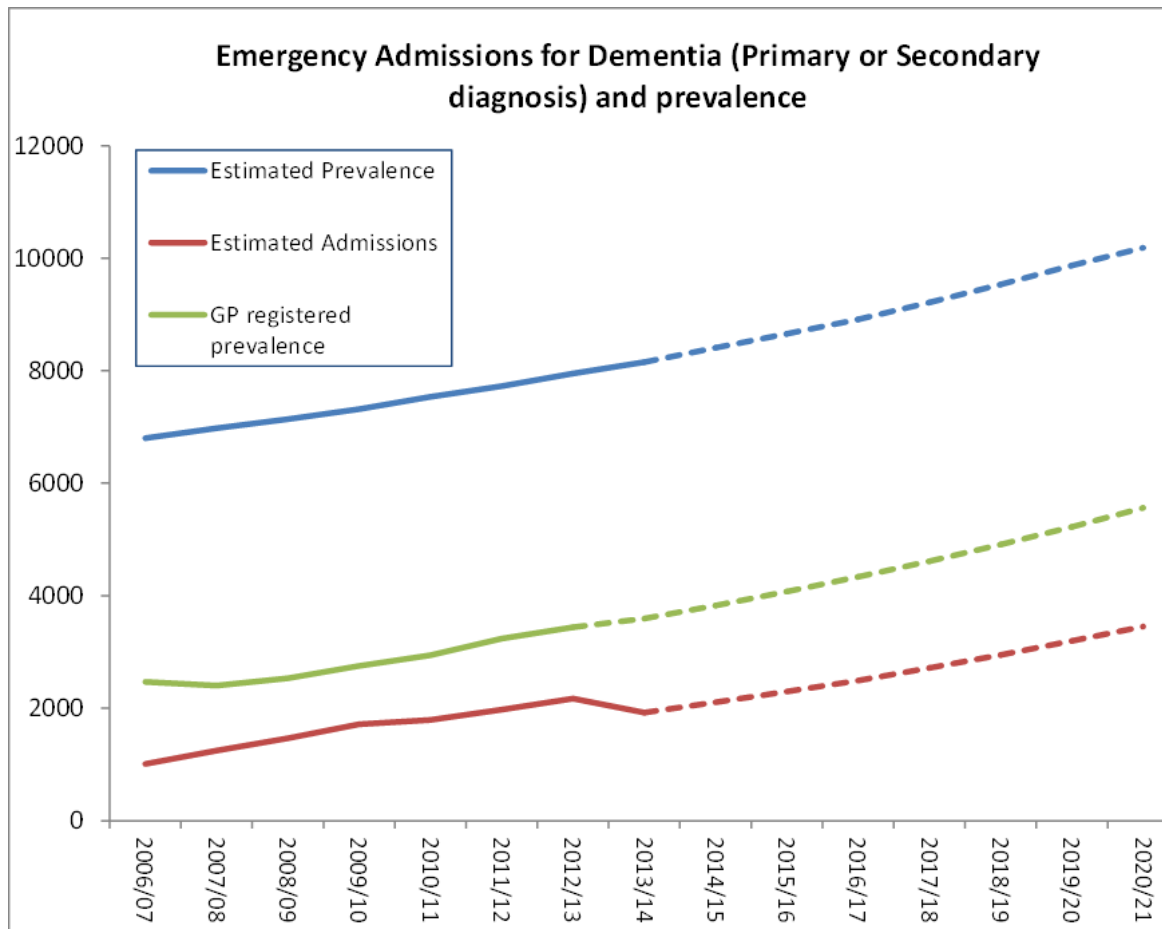
- Interventions with those at high risk of falling and those who have had a fall have helped halt the increase
- Further interventions are proposed to reduce the numbers further

Stroke



- Just over 10% of people aged over 75 in Worcestershire have had a stroke
- In Redditch the prevalence rate is around 12%
- The number of strokes has been rising over the last 7 years
- This followed a slight fall however, so numbers are not significantly higher than 10 years ago
- However the ageing population means numbers are projected to increase

Dementia



- The exact prevalence of dementia is unknown
- The number on GP practice registers is around 3,000
- However, estimated true prevalence is around 8,000
- This is likely to increase as the population ages and could be 10,000 by 2020
- Already nearly 2,000 hospital admissions are estimated to be due to dementia

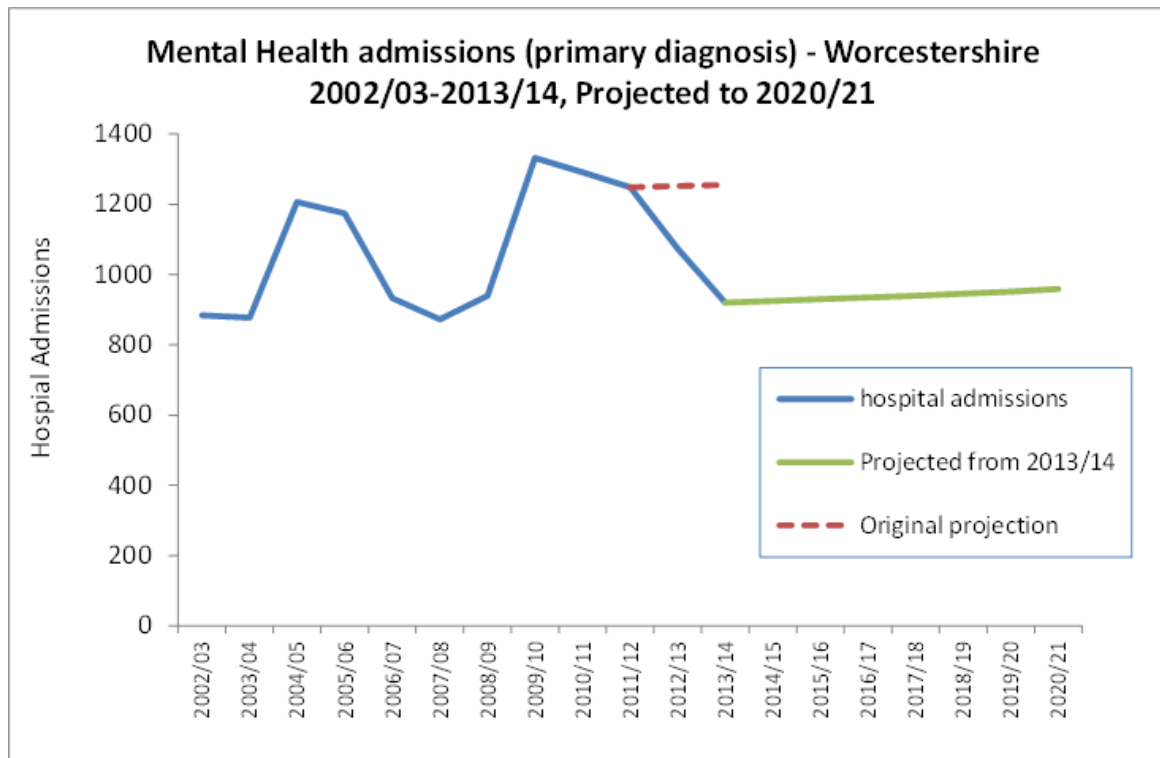
Other issues affecting older people

- The number of people aged over 65 with a limiting long-term illness in Worcestershire was projected to rise between 2011 and 2021 by 31%, from 54,500 to 71,400
- The numbers of older people with hearing and visual impairments are also set to increase from their 2012 levels by 26% and 23% respectively by 2020
- It is estimated that there are in the region of 8,500 people aged 65 or over living with cancer in the county
 - The number of older people living with cancer is set to rise considerably in the future, not only because of demographic changes
 - Improvements in diagnosis and treatment could accelerate the increase as survival rates continue to increase
- Due to demographic trends, the number of older people living alone is projected to rise by over a fifth (22%) between 2012 and 2020
 - The biggest rises are forecast for males and females over 75 (37% and 22% respectively)
- In 2011 3,500 people aged 65 or over lived in care homes in Worcestershire, around 3% of the over 65 population
- Demographic change is expected to have the effect of potentially increasing this total by approximately 30% by 2020 to over 4,500

Mental Health

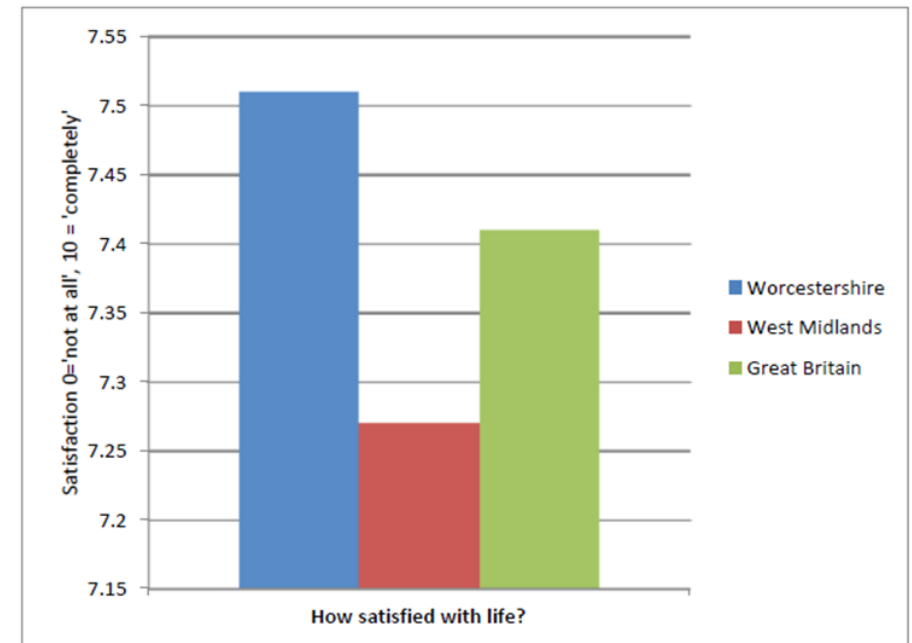
- Published in the last year
 - *Adult Mental Health and Well-being Needs Assessment - May 2014*
- Worcestershire has higher than average levels of the protective factors for good mental well-being
- There is a higher prevalence of common mental disorders such as anxiety and depression – many of these cases go undiagnosed and untreated
- Despite the general prosperity in Worcestershire County there are pockets of high deprivation presenting a number of risks to mental health and well-being
- The mental and physical health of carers is of increased concern and there is a clear need for better support for this key group
- There are concerns that children and young people with potential mental ill health are not being picked up by specialist services until they reach crisis point; there has been a steep increase in referrals perhaps as a result of the recession

Mental Health



- No obvious pattern to project
- Admissions affected by referral patterns as well as need

- General satisfaction with life is higher in Worcestershire than Regionally or Nationally



Source: National well-being Survey 2012

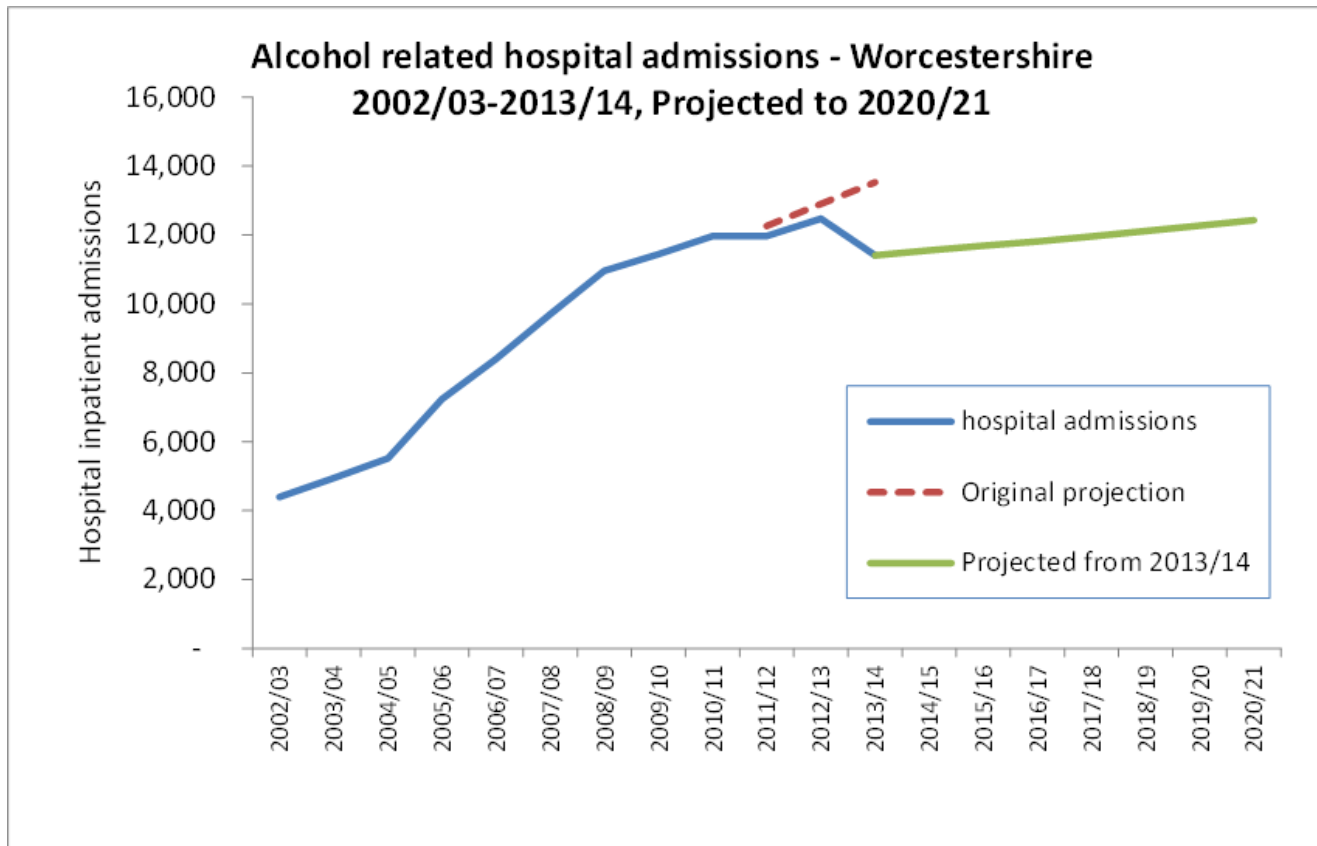
Obesity

- Published in the last year
 - *JSNA Briefing on Obesity April 2014*
- It is estimated that around two thirds (65.5%) of the adult population in Worcestershire are classified as overweight or obese.
- Almost one in four children aged 4-5 (23.0%) and one in three children aged 10-11 (31.9%) were either overweight or obese in Worcestershire in 2012/13.
- The percentage of physically active adults in Worcestershire is significantly higher than the National average.
- The percentage of adults in Worcestershire estimated to be consuming 5 or more portions of fruit and vegetables per day is not significantly different from the National average.
- There is nothing to indicate that the steady rise in the obesity rate for people over 16 in Worcestershire is halting.

Alcohol

- Publications in the last year
 - *Substance Misuse Needs Assessment - March 2014*
- There are an estimated 84,562 increasing risk drinkers and 23,379 higher risk drinkers in Worcestershire.
- Rates of alcohol related mortality and months of life lost related to alcohol vary across the Worcestershire districts.
- Months of life lost to liver disease is increasing for both genders in some districts.
- Recently there has been a decrease in the number of alcohol related hospital admissions in Worcestershire.

Alcohol



- Previous trends suggested numbers would increase to 14,000 by 2012/13
- Actual numbers came down
- New projection is for slight increase, but uncertain

Viewpoint Survey

- In Worcestershire as a whole overweight and obesity is seen as by far the greatest threat to health (mentioned by 65% of respondents), followed by physical inactivity (39% of residents).
- Other major threats to health of concern (in order of importance to people in Worcestershire) are smoking, drinking too much alcohol (36% of respondents) and drug abuse and mental health and well-being (24% of respondents).
- There is some clear variance by district in terms of what residents consider to be the most important threats to health in their locality:
- Two thirds of residents (68%) strongly agree that a "healthy lifestyle will reduce their chance of getting ill".
- However, the proportion strongly agreeing with statements about having control of their own health decreases to just over 40%.
- Only a quarter of Worcestershire residents strongly agree that they "live a healthy lifestyle"; and even fewer (14%) strongly agree that they "intend to change to a healthier lifestyle".

National emerging issues & trends

- 38% of work-related illness is due to work-related mental health problems
- The average age of workers is increasing as a result of an increasing average age of retirement and a high rate of unemployment in the young
- The public should be educated on the often high sugar (and thus calorie) content of fruit juices, smoothies, and carbonated soft drinks.
- Closer investigation of the association between fast food outlets and deprivation may help to inform local policy.
- While cancer incidence is increasing, cancer mortality is decreasing. The gap in cancer mortality between the most and least deprived areas of the country is widening.
- Liver disease is the only major disease category in which premature mortality is increasing in England while decreasing among our European neighbours.

National emerging issues & trends

- The average quantity of alcohol consumed per person in the UK remains far higher than fifty years ago
- On- and off-licence retailers of alcohol could refrain from using promotions to encourage individuals to purchase large amounts of alcohol
- Encouraging more people to engage in active travel, such as walking and cycling, is crucial to reducing the prevalence of obesity. In order to improve uptake, we need to improve safety
 - The relative risk associated with journeys by active travel methods are unacceptably high and must be reduced
 - The risk of serious injury for each kilometre travelled is almost 16 times higher on foot than by car, and 21 times higher on a bicycle than by car

Local emerging issues & trends

- The percentage of people offered a diabetic retinopathy screening test who attend is lower than the England average.
- Rates of treatment completion for tuberculosis are low although it should be noted that numbers are small with just 25 people contracting TB during 2010-2012.
- The proportion of women in Worcestershire who are smokers at the time of delivery is higher than the England average.
- The percentage of people successfully leaving drug treatment who do not re-enter treatment within 6 months is lower in Worcestershire than the England average:
 - For non-opiate users it is 24%
 - For opiate users it is just 7%, meaning 93% of opiate users who leave treatment are back in treatment within 6 months

Local emerging issues & trends

- The rate of homelessness acceptances in Worcestershire is higher than the England average
- School readiness particularly amongst those receiving free school meals
 - Less than half of children achieve a good level of development by the end of reception and for those on free school meals this is just 27%
- Long-term employment measured by claimant counts is increasing

Work Plan

The JSNA Working Group has developed a proposed workplan for 14/15 which includes

- Adult Mental Health Needs Assessment
(already completed)
- Substance Misuse Needs Assessment
(already completed)
- Updated CCG profiles
(already completed)
- Updates on the four Health and Well-being Strategy priority areas;
- Updates of District briefings
- A series of briefings on areas where Worcestershire outcomes are worse than the national average, including communicable disease and childhood immunisations
- Early years development
- Homelessness
- Fuel poverty
- Smoking in pregnancy
- Updates on 2 District Health Profiles
- Partial updates of Worcestershire Schools Health Profiles
- Survey of stakeholder use of the JSNA website
- Practical workshops on site use
- Production of quarterly stakeholder newsletter

Recommendations

- The Board is asked to:
 - Note the JSNA annual summary and other materials, disseminate these within their organisations, and ensure that they are used to inform decision making; and
 - Approve the proposed workplan of the JSNA working group for 14/15.
- Other materials available are
 - JSNA Annual Summary
 - Needs Assessments and Health Profiles – including a profile for each CCG
 - DPH Annual Reports
 - Briefings on specific topics
 - JSNA mapping tools
 - Links to relevant external websites
 - Links to census data.

Discussion points

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- Does the Board feel it has sufficient collective understanding and ownership of the associated work programmes?
- Would the Board like to do anything else to strengthen leadership of prevention in these areas?