

HEALTH AND WELLBEING BOARD

9 December 2022

HEALTHY CITY PLAN: PERFORMANCE OVERVIEW

Report of the Executive Director of Health, Housing and Communities

1.0 Purpose of the Report

1.1 The purpose of this report is to present the Health and Wellbeing Board with an update on the Healthy City Plan performance framework. The report presents a range of key indicators that have been selected to provide a summary of health and the wider determinants of health for people of all ages in Sunderland. Full details of each indicator are shown within the appendices to the report.

2.0 Background

2.1 The Healthy City Plan 2020-2030 includes a performance indicator dashboard for the starting, living and ageing well delivery boards. This is the third six-monthly update on the performance dashboard since the Healthy City Plan was agreed in March 2021. The Health and Wellbeing Board receives six-monthly performance updates on these dashboards to its June and December meetings; over the longer-term providing assurance that work is progressing to achieve the aspirations of the Healthy City Plan.

2.2 Overall, it should be noted that many of the indicators included here use data prior to or in the early stages of the Covid-19 pandemic. As such, the wider effects of the pandemic are not yet clearly understood.

3.0 Starting Well - Summary of Current Position

3.1 The following indicators have been updated since the last report:

- Smoking at Time of Delivery has reduced to 14% in 2021/22, the most recent reporting year, although prevalence remains comparatively high compared to the regional figure (12.1%) and national figure (9.1%).
- Uptake and maintenance of breastfeeding has reduced to 25.5% in quarter 4 2021/22 and is still significantly lower than the England average of 48.9%. South Tyneside and Sunderland NHS Foundation Trust have appointed a new infant feeding lead midwife and are working towards UNICEF accreditation. Sunderland has begun the journey to becoming a breastfeeding friendly city with workplaces involved in the workplace alliance receiving training to raise awareness and develop breastfeeding friendly policies. The Starting Well Delivery Board is looking at ways to further support breastfeeding in Sunderland.
- Latest quarterly rolling annual data shows that teenage conceptions have increased, from 23.4 to 25.1 per 1,000 in quarter 1 2021/2022. There is an overall downward trend from the 1998 baseline. Work is continuing to increase access to contraception. For example, school nurses have been

trained to deliver emergency contraception and all secondary schools in Sunderland have a C-card drop-in. The Primary Care Networks are also developing women's health hubs which includes priorities on increasing access to long-acting reversible contraception (for young women) in primary care.

- The proportion of children living in low-income families has continued to increase in Sunderland (30.8%) at a faster rate than both the wider North-East (29.6%) and England (18.5%) in 2020/21. Sunderland has received funding for Family Hubs which will offer a range of early help to support families, coupled with an extensive cost of living offer. A Food Partnership Coordinator has been appointed, there is a comprehensive Holiday Activity and Food (HAF) programme and access to free school meals is regularly promoted. 'The Bread and Butter Thing' (community-led food club) will also support access to nutritious and affordable food for families.

4.0 Living Well - Summary of Current Position

4.1 The following key updates to indicators since the last report are noted:

- The overall employment rate in Sunderland in the most recent quarter (2022/23 Q1) is 70.8%. This is an increase from 66.2% compared to the same period in the previous year.
- The gap in employment rate between people with long term health conditions and the overall employment rate in Sunderland is 12.7% (2021/22); this fell marginally from 13.2% the previous year.
- The gap in the employment rate between those in contact with secondary mental health conditions and the overall employment rates is 61.8% (2020/21), an increase of 0.6% on 2019/20; the gap is greater than the North-East (60.2%), but smaller than that seen nationally (66.1%).
- The gap in the employment rate between those with a learning disability and the overall employment rate reduced by 1.2% from 2019/20 and was 65.5% in 2020/21.
- An update on employment and skills is scheduled for a future meeting of the Living Well Delivery Board.
- Sunderland has seen a decrease in the percentage of households identified as being in fuel poverty to 14.6% in 2020/21. Notably data pre-dates the ongoing increases in utility prices and the position is likely to worsen in the future. Sunderland has launched a Cost of Living Support Hub for all residents and is producing a Fuel Poverty Plan. Fifty-five warm spaces are being rolled out across the city, working in partnership with the voluntary sector and wider city partners. Data is being analysed to help identify those households most vulnerable. Sunderland is developing a strategy and strategic action plan to manage short, medium and long term activity to support the crisis.

5.0 Ageing Well - Summary of Current Position

5.1 Only one indicator has been updated since the last report:

- The estimated dementia diagnosis rate (aged 65 and over) has fallen slightly for Sunderland to 60.5% for 2021/22 and is below the regional

(66.6%) and national (62.0%) figures. This is likely to be due to limitations in access to services during the Covid-19 pandemic. Sunderland is ensuring that voluntary and community sector partners are trained for Making Every Contact Count (MECC) and the fifty-five warm spaces are being developed to be future community health hubs. Ageing Well has set out an action plan, working with All Together Better, to improve the offer for ageing well and frailty in Sunderland, including improved data quality and frailty assessments and a new community offer, particularly around falls and frailty, but which will also improve standards of care generally. Age UK has dementia diagnosis facilitators to offer pre-diagnostic support and ongoing support following a dementia diagnosis.

No other indicators have been updated since the previous report. Across all the indicators there are a range of inequalities – geography, equality protected characteristics, socio-economic and other vulnerable groups.




6.0 Recommendations




6.1 It is recommended that the Health and Wellbeing Board:





- notes the contents of the report;
- considers the actions and whether they are sufficient where targets are not being met; and
- continues to receive six-monthly performance updates on the Healthy City Plan performance dashboard.

Appendix 1 – Starting and Developing Well Indicators







HWBB Dashboard - Starting & Developing Well




Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Women who smoke at time of delivery (national measure) 	14%	10%	2021/22	<p>The annual figure for the percentage of women smoking at the time of delivery in Sunderland during 2020/21 is 14.0%. This is a reduction on the figure of 15.1% reported in 2020/21. However, it is statistically significantly higher than the England figure of 9.1% and above the North East and Yorkshire figure of 12.1%. The proportion of mothers who smoke at time of delivery has followed an overall downward trend since 2010/11.</p> <p>A number of initiatives to support pregnant women and their families have been undertaken including:</p> <ul style="list-style-type: none"> • South Tyneside and Sunderland NHS Foundation Trust has established a Treating Tobacco Dependency Service (TTDS) Maternity Pathway as part of the NHS Long Term Plan. This was developed in partnership with key stakeholders and includes an option for pregnant women to access the Specialist Stop Smoking Service as part of their treatment journey. • Bespoke smoking brief advice training sessions have been delivered by the Specialist Stop Smoking Service for Health Visitors and Family Nurse Partnership (FNP) Nurses. Access to carbon monoxide (CO) monitors is being expanded. • North East and North Cumbria Local Maternity Systems are coordinating a regional group for Treating Tobacco Dependency Healthcare Professionals who support pregnant women. A local stakeholder group is also in development to include wider partners, including Health Visitors and Children's Services.
Under 18 alcohol admissions per 100,000 	76	55.4	2020/21	<p>The rate of alcohol related hospital admissions amongst under 18s for the 3 year period from 2018/19-20/21 is 76.0 per 100,000 in Sunderland. This represents a reduction from 82.4 in the previous reporting period (2017/18- 2019/20). Under 18s admission rates remain above both the regional (52.0) and England (29.3) average. As part of the overall whole systems approach to substance misuse, work continues to raise awareness of alcohol harms. Additional resource has been provided via the supplemental substance misuse treatment and recovery grant to increase outreach activity working with young people. This is in addition to ongoing delivery of training and streamlining of referral pathways into treatment where appropriate.</p>
% of infants being breastfed at 6-8 weeks (prevalence) 	25.5%	27%	Q4 2021/22	<p>Latest available data for Quarter 4 of 2021/22 shows the percentage of infants being breastfed at 6-8 weeks in Sunderland was 25.5%. This is a 4.8 percentage point decrease from the previously available data from Q3. The North East figure for Quarter 4 is not available due to data quality issues. The England figure is 48.9%.</p> <p>A priority of the Best Start in Life Working Group is to promote a culture of breastfeeding and has actions in relation to the 0-19 service and maternity achieving UNICEF Baby Friendly accreditation,</p>







Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
				ensuring consistent advice and support is provided to women who choose to breastfeed and identifying barriers to breastfeeding in Sunderland using the results of the Infant Feeding Research Project.
Prevalence of children in Year 6 living with overweight (incl. obesity). 	N/A	36.7%	2020/21	<p>Covid 19 impacted on the delivery of NCMP for the academic year 2020/21. The nationally representative sample of 10% (with 20% actually achieved according to the report) that LAs were advised to collect in March 2020 due to school closures was less than the minimum 75% required to produce robust estimates of obesity prevalence at the Local Authority level. Hence why no LA level data available. Sunderland completed 30% - unvalidated data indicates healthy weight is down and excess weight has risen for both cohorts.</p> <p>The initial data released and available is at regional level only. It indicates that healthy weight has decreased and excess weight is up. There is also the similar trend that Overweight & Obese/Severely Obese double/nearly double from Reception by Year 6. For the North East – there has been a 4% point change from last year in obesity prevalence in reception and a 5.9% point change from last year (23.2%) for Year 6, now 29.1%.</p>
Prevalence of children in Reception living with overweight (incl. obesity). 	N/A	22.1%	2020/21	<p>Covid 19 impacted on the delivery of NCMP for the academic year 2020/21. The nationally representative sample of 10% (with 20% actually achieved according to the report) that LAs were advised to collect in March 2020 due to school closures was less than the minimum 75% required to produce robust estimates of obesity prevalence at the Local Authority level. Hence why no LA level data available. Sunderland completed 30% - unvalidated data indicates healthy weight is down and excess weight has risen for both cohorts.</p> <p>The initial data released and available is at regional level only. It indicates that healthy weight has decreased and excess weight is up. There is also the similar trend that Overweight & Obese/Severely Obese double/nearly double from Reception by Year 6. For the North East – there has been a 4% point change from last year in obesity prevalence in reception and a 5.9% point change from last year (23.2%) for Year 6, now 29.1%.</p>
Teenage pregnancy (under 18 conceptions rate per 1,000) rolling year 	25.1	23.4	Q1 2021/22	<p>The rolling annual rate of conceptions published 13th June 2022 for quarter 1 2021/2022 (to June 2021) was 25.1 per 1,000 population, an increase on the previous reporting period. The impact of Covid and local intelligence around an increase in teenage conceptions, is starting to appear in the published data although is slowing down with only one pregnancy in March to June 2021. Sunderland rates are aligned to the increases seen both nationally and regionally. For the same period the rates for England was 12.8 per 1,000 and across the North East was 19.8 per 1,000.</p> <p>A revised and focused action plan is being developed based on feedback from the teenage pregnancy action group.</p>




Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
				<p>The children and young people's enhanced offer in Sexual health services is at full complement - access to contraception and pregnancy options advice.</p> <p>Increase access to LARC within in Primary Care is also a priority as there is evident inequalities.</p>
Children eligible for free school meals achieving a good level of development (GLD) at the end of Reception 	62.6%		2018/19	Data released in February 2020 for the 2018/19 period shows the percentage of children receiving free school meals who achieved a good level of development at the end of Reception was 62.6%. This compares to the NE average of 57.7% and an England average of 56.5% and represents an ongoing increase that has been taking place since reporting began in 2012/13.
Proportion of children in relative low-income families aged under 16 	30.8%		2020/21	<p>In 2020/21, 30.8% of children under the age of 16 in Sunderland were living in relative low income families. This is higher than both England (18.5%) and the wider North East (29.6%).</p> <p>Over the past 5 years, the Sunderland rate has increased by 8.3 percentage points, whilst England increased by 1.6 and the North East by 7.9.</p> <p>The Sunderland and North East proportions have continued to rise over the past 6 years, whereas England saw a small fall (0.6 percentage points) over the past two years.</p>
Hospital admissions for mental health conditions under 18 year olds (per 100k population) 	118.3		2020/21	The rate of hospital admissions for mental health conditions amongst under 18-year-olds per 100,000 population is 118.3 for Sunderland (2020/21). During the same period the rate for the North East is 93.7 and for England is 87.5. The Sunderland rate has now decreased over the last 2 reporting periods from 183.3 in 2018/2019.
% School pupils with social, emotional & mental health needs 	3.37%		2020/21	The percentage of school pupils with social, emotional and mental health needs was reported as 3.37% for the 2020/21 period. This compares to 3.15% for the North East and 2.79% for England. Sunderland has risen just slightly by 0.19% points over the previous year.

Appendix 2 – Living Well Indicators







Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Healthy Life Expectancy at Birth - Female 	56.9		2020/21	Most recent data released March 2022 relates to the 2018-20. This shows that the healthy life expectancy for females in Sunderland was calculated at 56.9 years. This is lower than both the North-East value of 59.7 years and the England value of 63.9 years. Compared to the previous period, this represented a decrease of 0.4 years for Sunderland. The North East increased by 0.7 years compared to the previous period, whilst England as a whole also increased (by 0.4 years).
Healthy Life Expectancy at Birth – Male 	56.1		2020/21	Most recent data released on 4 March 2022 relates to the 2018-2020. This shows that the healthy life expectancy for males in Sunderland was calculated at 56.1 years. This is lower than both the North-East value of 59.1 years and the England value of 63.1 years. Compared to the previous period, this represented a decrease of 1.4 years for Sunderland. The North East has decreased by 0.3 years since the previous period, and England as a whole decreased (by 0.1 years).
Life expectancy at birth (Males) 	76.6		2020/21	Most recent data released in November 2021 relates to the 2018-2020 period. As such, it includes data for the first 9 months of the Covid-19 pandemic. It shows that life expectancy for males in Sunderland was calculated at 76.6 years. This is lower than both the North-East value of 77.6 years and the England value of 79.4 years. Compared to the previous period, this represented a decrease of 0.4 years. The North East and England as a whole also decreased (both by 0.4 years).
Life expectancy at birth (Female) 	80.9		2020/21	Most recent data released in November 2021 relates to the 2018-2020 period. As such, it includes data for the first 9 months of the Covid-19 pandemic. It shows that life expectancy for females in Sunderland was calculated at 80.9 years. This is lower than both the North-East value of 81.5 years and the England value of 83.1 years. Compared to the previous period, this represented a decrease of 0.5 years. The North East and England as a whole also decreased (both by 0.3 years).
Inequality in life expectancy at birth (male) 	11.3		2019/20	Latest data released for the period 2018-20 shows the inequality in life expectancy that may be experienced by males in the most deprived areas of Sunderland as 11.3 years. This measure has remained at or slightly above 11 years for the previous 4 reporting periods after reaching a comparative low of 9.5 years in the 2011-13 period. It compares to an England wide average of 9.7 years and a North East wide average of 12.5 years
Inequality in life expectancy at birth (female) 	9.6		2019/20	Latest data released in February 2022 for the period 2018-20 shows the inequality in life expectancy that may be experienced by females in the most deprived areas of Sunderland as 9.6 years. This measure has remained at or slightly above 8 years for the last 5 reporting periods after reaching a comparative low of 6.9 years in the 2010-12 period. It compares to an England wide average of 7.9 years and a North East wide average of 10.0 years

Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Admission episodes for alcohol-related conditions (Broad) (Persons) 	2,401	2,700	2020/21	<p>The most recently published rate of alcohol related hospital admissions in Sunderland was 2,401 per 100,000 people during 2020/21). This is higher than both the North East (1,979) and England (1,500).</p> <p>Please note - This indicator uses a new set of attributable fractions and therefore is not comparable to previous data</p>
Proportion of adults who are overweight or obese 	69.1%	66%	2020/21	<p>Latest data for 2020/21 reports 69.1% adults in Sunderland who are overweight or obese, this is lower than the previous figure of 73.5%, and marginally below the North East (67.7%) but above the England (63.5%) average.</p> <p>The objectives noted below have been completed as part of the implementation of the City Plan:</p> <ul style="list-style-type: none"> • Develop Healthy Weight Alliance 3 year plan • Implement opportunities to influence the local food environment <p>The Strategic Healthy Weight Steering Group and Healthy Weight Alliance both meet on a quarterly basis. Progress is being made against key actions within the healthy weight action plan, which takes a whole system approach. The Healthy Weight Declaration was formally signed and adopted February 2022.</p>
Smoking prevalence 	14.6%	16%	2019/20	<p>Prevalence of smoking amongst adults stood at 14.6% in 2020, this is based on the latest estimates which were published in December 2021. Prevalence in Sunderland continues to be higher than the North East (13.6%) and England (12.1%).</p> <p>In 2020 due to the impact of the COVID-19 pandemic the mode of the APS changed from face-to-face interview to telephone only from Q2 2020. ONS have investigated whether there was a relationship between the smoking prevalence estimate and the change in data collection. The conclusion was that the estimates have indeed been impacted by the change in survey mode from face-to-face interview to telephone, and that selection bias will have also influenced the final prevalence figures. The final prevalence figures as published are lower than would have been expected if data collection had stayed the same for 2020. At time of publication the change of survey mode to telephone only is continuing and a decision yet to be made regarding any return to mixed methods.</p>

Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Overall employment rate 	70.8%	71.5%	Q1 2022/23	The latest figures relating to Jul 2021 - Jun 2022 shows that Sunderland's employment rate. at 70.8%, has increased compared with the same period in the previous year (at 66.2%). The Sunderland rate has risen to slightly above the North East rate of 70.6%. The numbers of people in employment for those aged 16 and over is 125,200. An update on employment and skills is scheduled for a future meeting of the Living well Delivery Board. N.B. Figures are recorded as at publication and figures the period may be adjusted in subsequent publications
Claimant Count 	5.6%	7.2%	February 2022	Data released in March 2022 shows the claimant count in February 2022 decreased to 5.6% (down from 5.7% in January) and compares to a rate of 7.8% for the same period in the previous year.
Self-reported wellbeing - people with a high anxiety score 	28.6%		2020/21	Latest data released in February 2022 shows that 28.6% of respondents reported scoring between 6-10 in relation to the question of 'Overall, how anxious did you feel yesterday?'. This compares to 24.2% across England and 25.1% across the North East and represents an increase of 5.6 percentage points, compared to 2019/20.
Smoking prevalence in adults in routine and manual occupations (18-64) current smokers 	18.4%		2020/21	Latest data for the calendar year 2020 shows the prevalence of smoking amongst adults (18-64) in routine and manual occupations at 18.4%. This is higher than the prevalence amongst adults as a whole (14.6%). It compares to prevalence rates across the North East of 21.6% and across England of 21.4%. Data for Sunderland for 2020 represents a decrease of in prevalence of smoking amongst this group of 7.3 percentage points.
Gap in the employment rate between those with a long-term health condition and the overall employment rate 	12.7		2021/22	Latest data for 2021/22 shows a gap of 12.7% for those with a long-term health conditions from the overall employment rate. This is a decrease of 0.5% in comparison with 2020/21 The current position in Sunderland compares to a gap of 9.9% across England and 13.8% across the North East.
Gap in the employment rate for those in contact with secondary mental health services and the overall employment rate 	61.8		2020/21	Latest data for 2020/21 indicates a gap of 61.8% for those in contact with secondary mental health conditions from the overall employment rate. This has increased by 0.6% compared to 2019/20. It is higher than the gap of 60.2% for the North East, but smaller than the gap for England (66.1%).

Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Gap in the employment rate between those with a learning disability and the overall employment rate 	65.5		2020/21	Latest data for 2020/21 shows a gap of 65.5% for those with a learning disability from the overall employment rate. This has reduced by 1.2% compared to 2019/20. It is 4.5% lower than the gap calculated for England as a whole (70.0%) and lower than the wider North East (66.9%)
The % of households in Sunderland considered to be fuel poor 	14.6%		2020/21	Data released in April 2022 covers the 2020 period and estimates that 14.6% of households in Sunderland are fuel poor (18,513 of 127,030 households). This is a small decrease of 0.7% compared to data covering 2019. Across the wider North East, it is estimated that 14.4% of households are fuel poor. This also represents a decrease from 2019 (0.4%). The West Midlands are estimated to have the highest levels in England at 17.8%, whilst the South East has the lowest at 8.6%. Within the North East, Middlesbrough and Newcastle have the highest estimated levels at 16.8% and North Tyneside has the lowest at 12.4%
% of the population aged 16-64 with an NVQ Level 4 qualification 	24.7%		2021/22	Data released April 2022 relates to calendar year 2021, and is subject to confidence interval levels*. The latest performance data for Sunderland shows that the proportion of residents qualified to at least NVQ Level 4 is 24.7% (42,500 in number). This is an increase on the previous year's figure 2019 of 28.7% (adjusted in the latest release). The city figure remains below the regional and national levels and which now stand at 34.4% and 43.5% respectively. *Data is calculated from the Annual Population Survey (APS). This is a sample based survey and thus subject to sampling variations. For example, the confidence interval (which gives an indication of the likely level of variation) for 2013 was 2.6%, thus the actual figure was likely to fall between 21.7% and 26.9%. The % is a proportion of resident population of the area aged 16-64. NVQ4 Equivalent and above includes HND, Degree and High Degree level qualifications or equivalent

Appendix 3 – Ageing Well Indicators

Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Emergency hospital admissions due to falls aged 65 and over per 100,000 population 	3,164		2020/21	<p>Latest data for the period 2020/21 shows that the rate of emergency hospital admissions due to falls in people aged 65 and over was 3,164 per 100,000. This represents a rise of 20% compared to the rate of 2,628 per 100,000 in 2019/20.</p> <p>It remains significantly higher than the wider North East (2,311) and England as a whole (2,023), where declines were seen compared to the 2019/20 period.</p>
Social isolation: % of adult social care users who have as much social contact as they would like (18+ years) 	55.1%		2019/20	<p>Latest data released in February 2021 for 2019/20 shows 55.1% of adult social care users reported having as much social contact as they would like. This is higher than both the wider North East (49.9%) and England (45.9%) and represents an increase of 6.2% compared to 2018/19.</p> <p>For those aged 65 and over, 53.7% reported having as much social contact as they would like. This represents an increase of 4.9% compared to 2018/19.</p>
Mortality rate from causes considered preventable (2016 definition) per 100,000 population 	232.6		2017/18	<p>Data for the period of 2016-18 provides a mortality rate from causes considered preventable (per 100,000) in Sunderland of 232.6 – this represents a slight decrease compared to the previous reporting period. It compares to a similar rate of 223.9 across the wider North East and a lower rate for England (180.8). It has continued a downward trend for a significant period following initial calculations for 2001-03 which provided a rate of 319.7.</p>
Hip fractures in people aged 65 and over (per 100,000 population) 	656		2020/21	<p>Data covering the period 2020/21 provides a rate of 656 hip fractures in people aged 65 and over (per 100,000) in Sunderland. It represents a slight decrease compared to the 2019/20 period when the rate was 664.</p> <p>This compares to a rate of 596 for the wider North East and 529 for England as a whole. The overall trend for Sunderland is a decrease since 2015/16.</p>
Estimated dementia diagnosis rate (aged 65 and over) 	60.5%		2021/22	<p>Latest data for 2021/22 indicates that 60.5% of those aged 65 and over who are estimated to have dementia have been diagnosed. Across the wider North East, this is reported as 66.6% whilst for England as a whole it is 62.0%.</p>
Excess winter deaths index (age 85+) 	19.3%		2019/20	<p>Latest data covering the period August 2019 to July 2020 shows an excess winter deaths index amongst those age 85 and over of 19.3%. This compares with 16.9% for the North East and 20.8% for England. It represents an increase of 3% during this period compared to August 2018 to July 2020. The highest level reached by the index was 48.1% in the August 2017-July 2018 period.</p>

