

**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 second 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 key points are noted:
- Smoking at Time of Delivery has reduced in the most recent reporting year, although prevalence remains comparatively high.
  - Alcohol related hospital admissions amongst those under 18 in Sunderland have reduced slightly, although remains at a comparatively high level.
  - Uptake and maintenance of breastfeeding has increased, although is still significantly lower than the England average.
  - Progress has been made in reducing childhood obesity at reception and year 6 with reductions against both indicators. However, local sample data suggests a rise during 2020/21, this is in line with the national picture.
  - Latest data shows that teenage conceptions have increased.
  - Development levels amongst children eligible for free school meals continues to improve.

- The proportion of children living in low-income families has continued to increase in Sunderland at a faster rate than both the wider North East and England.
- Hospital admissions amongst under 18s for mental health conditions have reduced over the past two years, although remain well above the wider North East and England.
- The percentage of school pupils with social, emotional & mental health needs has risen just slightly over the last two reporting periods, and is still slightly above the North East and England.
- Across all of the indicators there are a range of inequalities – geography, equality protected characteristics, socio-economic and other vulnerable groups.

#### **4.0 Living Well - Summary of Current Position**

##### **4.1 The following key points are noted:**

- Life expectancy data has been recently refreshed and now includes the initial 9 months of the Covid-19 pandemic. It shows that life expectancy fell by 0.5 years for females and 0.4 years for males.
- Data relating describing Healthy Life Expectancy showed a decrease for females (0.4 years) and a decrease for males (1.4 years). Inequality in life expectancy amongst those in the most deprived areas of Sunderland has remained high at 11.3 years for males and around 9.6 years for females.
- New data describing alcohol-related hospital admissions has been provided for 2020/21. This shows a reduction from the previous year, however, it remains higher than the wider North East and England.
- The proportion of adults who are overweight or obese fell to 69.1% in 2020/21, from 73.5%
- Prevalence of smoking in adults has decreased to 14.6% in 2020. The proportion of people in routine and manual occupations who smoke has decreased to 18.4%.
- The overall employment rate in Sunderland increased during the most recent quarter (2021/22 Q3)
- Sunderland residents reporting feelings of high anxiety increased during 2020/21.
- The gap in employment rate between people in contact with secondary mental health services or people with learning disabilities in Sunderland compares favourably with both national and regional levels. For those with long term conditions, the gap is greater than that seen nationally and regionally.
- Sunderland has seen increasing levels of households identified as being in fuel poverty. Notably data pre-dates the increases in utility prices being experienced currently.
- The percentage of working aged people in Sunderland with at least level 4 NVQ qualifications decreased during 2021.
- Across each of the indicators there are a range of inequalities relating to geography, protected characteristics, socio-economic background and other vulnerabilities.

## **5.0 Ageing Well - Summary of Current Position**

- Emergency hospital admissions due to falls in people aged 65 and over has increased again and remains comparatively high.
- There has been a rise in the proportion of users of adult social care who feel that they have as much social contact as they would like. This compares favourably both to the wider North East and England as a whole.
- Mortality from causes considered preventable has decreased slightly, continuing a long-standing trend. However, there remains an inequality in comparison to England as a whole.
- The rate of hip fractures amongst those aged 65 or over has fallen slightly and continues a general downward trend from 2015/16 onwards.
- The estimated proportion of people with dementia who are diagnosed dropped rapidly during 2020/21. This has been seen at both national and regional levels and is likely to be due to limitations in access to services during the early stages of the Covid-19 pandemic.
- The index of excess winter deaths has increased slightly over the last two reporting periods, though remains significantly lower than the highest levels seen.
- Across each of the indicators there are a range of inequalities relating to geography, protected characteristics, socio-economic background and other vulnerabilities.





## **6.0 Recommendations**



6.1 It is recommended that the Health and Wellbeing Board:





- Notes and comments on the contents of the report; and
- Continues to receive six-monthly performance updates on the Healthy City Plan performance dashboard.









## Appendix 1 – Starting and Developing Well Indicators

Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
<p>Women who smoke at time of delivery (national measure)</p> 	15.1%	10%	2020/21	<p>The annual figure for the percentage of women smoking at the time of delivery in Sunderland during 2020/21 is 15.1%. This is a reduction on the figure of 18.3% reported in 2019/20.</p> <p>However, it remains above the North East figure of 13.3% and above the England figure of 9.6%.</p> <p>The Best Start in Life Working Group has smoking at the time of delivery as a priority in its action plan.</p>
<p>Under 18 alcohol admissions per 100,000</p> 	76	55.4	2018/19 - 2020/21	<p>The rate of alcohol related hospital admissions amongst under 18s for the 3-year period from 2018/19-2020/21 is 76.0 per 100,000 in Sunderland. This represents a reduction from 82.4 in the previous reporting period (2017/18- 2019/20).</p> <p>Work is ongoing in partnership with Balance (the regional alcohol office) to improve and de-normalise attitudes towards young people and drinking as it is noted that it is often seen as socially acceptable for parents to provide their children with alcohol. The messages provided via this work support the Chief Medical officer's guideline that children should be alcohol free before the age of 15 and promote that to maximise health and wellbeing outcomes, young people should remain alcohol free to the age of 18.</p>
<p>% of infants being breastfed at 6-8 weeks (prevalence)</p> 	30.3%		Q3 2021/22	<p>Latest available data based on experimental statistics for Quarter 3 of 2021/22 shows the percentage of infants being breastfed at 6-8 weeks in Sunderland was 30.3%. This is a 3.3% percentage point increase from the previously available data from Q1.</p> <p>The North East figure for Quarter 3 is not available due to data quality issues. The England figure is 48.8%.</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, 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.</p>
<p>Prevalence of overweight (incl. obese) among children in Year 6</p> 	36.9%		2019/20	<p>Latest data published in October 2020 for the 2019/20 academic year, shows the prevalence of overweight (including obese) children in year 6 in Sunderland was 36.9%, this is an improvement from 39.2% recorded in the previous year, a drop in % for 2 years running (40.9% in 2017/18). Sunderland's prevalence is however still higher than the NE average of 37.5% and the England average of 35.2%.</p>




Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Prevalence of overweight (including obese) among children in Reception 	22.1%		2019/20	<p>Data for the academic year 2019/20 shows that 22.1% of children in reception year were overweight (including obese). This is a further improvement from 24.4%, recorded in the previous year (2018/19). Overall, average prevalence in the North East was 24.8% and in England 23.0%, indicating that Sunderland has a similar prevalence in Reception.</p> <p>Covid 19 impacted on the delivery of NCMP for the academic year 2020/21. The nationally representative sample of 10% 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 is available. Sunderland completed 30% - and the unvalidated local sample data indicates healthy weight is down and excess weight has risen for both Reception and Y6 cohorts, this is in line with the national published figure.</p>
Teenage pregnancy (under 18 conceptions rate per 1,000) rolling year 	21.7	24.6	Q3 2020/21	<p>The rolling annual rate of conceptions published 14th April 2022 for quarter 3 2020/2021 (to December 2020) was 21.7 per 1,000 population, an increase on the previous reporting period. The impact of Covid and local intelligence suggests an increase in teenage conceptions is starting to appear in the published data, we anticipate this will also continue through into the next reporting period.</p> <p>For the same period the rate in England was 13.0 per 1,000 and across the North East was 18.6 per 1,000. Sunderland is one of 5 Local Authorities who have seen an increase in this reporting period.</p> <p>The Teenage Pregnancy Action Group continues to meet regularly and has scheduled a refresh of its action plan early in 2022 aligned to the national framework.</p> <p>Key pieces of work recently implemented to support this agenda include:</p> <ul style="list-style-type: none"> <li>• Support to schools around a co-ordinated offer to Relationships and Sex Education in line with the statutory guidance. This is through a Co-ordinator post sitting in TfC Early Help Team.</li> <li>• Prevention Offer – Led by Public Health the Sunderland Prevention Offer for children and young people provides information on universal and targeted services available in the city that can offer early intervention or specialist support to reduce or prevent problems or issues from getting worse and bring in the right support at the right time to meet young people’s needs. Themes of the Offer are:             <ul style="list-style-type: none"> <li>• Theme 1 Staying Safe and Personal Development</li> <li>• Theme 2 Mental Health and Wellbeing</li> </ul> </li> </ul>







Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
				<ul style="list-style-type: none"> <li>• Theme 3 Drugs, Alcohol and Smoking</li> <li>• Theme 4 Maintaining a Healthy Weight</li> <li>• Outreach (Brook) – Healthy Relationships</li> <li>• Reinstating the enhanced offer for young people within Sexual Health Services</li> </ul>
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 	27.3%		2019/20	In 2019/20, 27.3% of children under the age of 16 in Sunderland were living in low-income families. This is higher than both England (19.1%) and the wider North East (26.8%). Over the past 6 years, the Sunderland rate has increased by 8.4% whilst England increased by 3.9% and the North East by 9.3%.
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.
Percentage of 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"> <li>• Develop Healthy Weight Alliance 3 year plan</li> <li>• Implement opportunities to influence the local food environment</li> </ul> <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 	68.9%	71.5%	Q3 2021/22	<p>The latest figures relating to Jan 2021 - Dec 2021 show that Sunderland's employment rate increased by 3% to 68.9% and compares to 70.2% for the same period in the previous year. The Sunderland rate falls short of the North East rate of 70.2%. The numbers of people in employment for those aged 16 and over is 124,900.</p> <p>The current employment rate for Great Britain is 74.8%, under the 75.2% recorded in the same period in the previous year.</p>
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 	25.7		2019/20	<p>Latest data for 2019/20 shows a gap of 15.3% for those with a long-term health conditions from the overall employment rate. This is an increase of 1.6% in comparison with 2018/19.</p> <p>The current position in Sunderland compares to a gap of 10.6% across England and 14.2% across the North East.</p>
Gap in the employment rate for those in contact with secondary mental health services and the overall employment rate 	61.2		2019/20	Latest data for 2019/20 indicates a gap of 61.2% for those in contact with secondary mental health conditions from the overall employment rate. This has lowered by 0.8% compared to 2018/19. It is 6% lower than the gap of 67.2% calculated for England as a whole and similar to the wider North East (61.1%).

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 	66.7		2019/20	<p>Latest data for 2019/20 shows a gap of 66.7% for those with a learning disability from the overall employment rate. This has increased by 1% compared to 2018/19.</p> <p>It is 3.9% lower than the gap calculated for England as a whole (70.6%) and slightly higher than the wider North East (66%).</p>
The % of households in Sunderland considered to be fuel poor 	15.3%		2019/20	<p>Data released in April 2021 covers the 2019 period and estimates that 15.3% of households in Sunderland are fuel poor (19,290 of 126,427 households). This is an increase of 6.1% compared to data covering 2018. Across the wider North East, it is estimated that 14.8% of households are fuel poor. This also represents an increase from 2018 (9.5%). The West Midlands are estimated to have the highest levels in England at 17.5%, whilst the South East has the lowest at 7.5%.</p> <p>Within the North East, Middlesbrough continues to have the highest estimated level at 16.5% and North Tyneside has the lowest at 12.9%.</p>
% of the population aged 16-64 with an NVQ Level 4 qualification 	24.7%		2021/22	<p>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</p>

### 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) 	61.5%		2020/21	<p>Latest data for 2020/21 indicates that 61.5% of those aged 65 and over who are estimated to have dementia have been diagnosed. Across the wider North East, this is reported as 66.2% whilst for England as a whole it is 61.6% for England. This represents a considerable reduction of 7.7% compared to the previous reporting period. It is noted alongside the published data that the Covid-19 pandemic is likely to have contributed to a decrease in the level of diagnoses as this trend has been seen at a local, regional and national level during 2020/21.</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.</p>

Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
				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.

