

HEALTH AND WELLBEING BOARD**10 December 2021****HEALTHY CITY PLAN: PERFORMANCE OVERVIEW****Report of the Executive Director of Public Health and Integrated Commissioning****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 first six-monthly update on the performance dashboard since the Healthy City Plan was agreed in March 2021. The Health and Wellbeing Board will now receive 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, though prevalence remains comparatively higher.
 - Alcohol related hospital admissions amongst those under 18 in Sunderland have reduced slightly, though also remain at a comparatively high level.
 - Uptake and maintenance of breastfeeding has declined, creating a wider disparity with the wider North East and England.
 - Positive progress has been made in reducing childhood obesity at reception and year 6 with reductions against both indicators. Initial indications are that the Covid-19 pandemic has exerted a negative effect on childhood obesity at national, regional and local levels.
 - Latest data indicates that teenage conceptions have continued to reduce, though some local intelligence has suggested an increase in conceptions may emerge as data progresses.
 - Development levels amongst children eligible for free school meals continues to increase.

- 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.
- In the short term, hospital admissions amongst under 18s for mental health conditions have reduced slightly, though remain well above the wider North East and England.
- The percentage of school pupils with social, emotional & mental health needs has remained stable over the last 2 reporting periods, though is slightly above the North East and England.
- Across each of the indicators there are a range of inequalities relating to geography, protected characteristics, socio-economic background and other vulnerabilities.

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.
- Earlier data relating describing Healthy Life Expectancy showed an increase for females (0.8 years) and a decrease for males (0.4 years). Inequality in life expectancy amongst those in the most deprived areas of Sunderland has remained high at 11 years for males and around 9 years for females.
- New data describing alcohol-related hospital admissions has been provided for 2019/20. This gives a lower rate than the previous calculations used, so is not currently comparable with earlier data points. It does, however, remain higher than the wider North East and England.
- The proportion of adults who are overweight or obese has increased during 2019/20.
- Prevalence of smoking in adults has decreased to 16% in 2019. The proportion of people in routine and manual occupations who smoke has decreased to 25.7%.
- The overall employment rate in Sunderland decreased during the earlier period of the Covid-19 pandemic, though those claiming benefits has been decreasing in recent months.
- Sunderland residents reporting feelings of high anxiety reduced during 2019/20.
- 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 increased during 2020.

- 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 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 risen following a number of years of decreases.
- 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 previously.
- 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 the contents of the report; and
- Agree 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> 	82.4	70	2019/20	<p>The rate of alcohol related hospital admissions amongst under 18s for the 3 year period from 2017-2020 is 82.4 per 100,000 in Sunderland. This represents a reduction from 85.8 in the previous reporting period (2016/17- 2018/19).</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> 	24.2%		Q4 2019/20	<p>There is currently no data available for the quarterly periods in 2020/21, though the next data update is expected during December 2021.</p> <p>Most recent experimental statistics show that the percentage of infants being breastfed at 6-8 weeks in Sunderland was 24.2% for quarter 4 of 2019-20. This is a 0.4% percentage point decrease from the same quarter in the previous year. The North East figure for the same period was 30.5% whilst across England it was 47.9%, demonstrating a significant disparity in Sunderland.</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).</p>






Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
				Sunderland's prevalence is however still higher than the NE average of 37.5% and the England average of 35.2%.
Prevalence of overweight (including obese) among children in Reception 	22.1%		2019/20	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.
Teenage pregnancy (under 18 conceptions rate per 1,000) rolling year 	18.2	24.6	Q1 2020/21	<p>The rolling annual rate of conceptions published 20th September 2021 for quarter 1 2020/2021 (to June) was 18.2 per 1,000 population. This represents an ongoing downward trend. However, it should be noted that the local intelligence has indicated an increase in teenage conceptions which will not yet be seen in published data.</p> <p>For the same period the rate in England was 14.0 per 1,000 and across the North East was 19.4 per 1,000.</p> <p>Since 1998 Sunderland has seen a 61% decline (the NE region saw a 60% decline) in its annual under 18 conception rate with the gap with England decreasing in the last quarter of 2019. The Teenage Pregnancy Action Group continues to meet regularly and has scheduled a refresh of its action plan early 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"> • 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. • 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"> • Theme 1 Staying Safe and Personal Development • Theme 2 Mental Health and Wellbeing • Theme 3 Drugs, Alcohol and Smoking • Theme 4 Maintaining a Healthy Weight • Outreach (Brook) – Healthy Relationships



Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
				<ul style="list-style-type: none"> Reinstating the enhanced offer for young people within Sexual Health Services
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) 	164.1		2019/20	The rate of hospital admissions for mental health conditions amongst under 18-year-olds per 100,000 population is 164.1 for Sunderland (2019/20). During the same period the rate for the North East is 101.5 and for England it is 89.5. Though the Sunderland rate represents a slight decrease compared to 2018/19, most recent years have seen increases.
Percentage of school pupils with social, emotional & mental health needs 	3.18%		2019/20	The percentage of school pupils with social, emotional and mental health needs was reported as 3.18% for the 2019/20 period. This compares to 3.03% for the North East and 2.7% for England. This has remained stable over the last 2 reporting periods.

Appendix 2 – Living Well Indicators



Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Healthy Life Expectancy at Birth - Female 	57.3		2019/20	Most recent data released in January 2021 relates to the 2017-2019 period. This shows that the healthy life expectancy for females in Sunderland was calculated at 57.3 years. This is lower than both the North-East value of 59.0 years and the England value of 63.5 years. Compared to the previous period, this represented an increase 0.8 years. The North East decreased by 0.7 years compared to the previous period, whilst England as a whole also decreased (by 0.4 years).
Healthy Life Expectancy at Birth – Male 	57.5		2019/20	Most recent data released in January 2021 relates to the 2017-2019 period. This shows that the healthy life expectancy for males in Sunderland was calculated at 57.5 years. This is lower than both the North-East value of 59.4 years and the England value of 63.2 years. Compared to the previous period, this represented a decrease of 0.4 years. The North East remained at the same value as the previous period, whilst England as a whole also decreased (by 0.2 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		2018/19	Latest data released in February 2021 for the period 2017-19 shows the inequality in life expectancy that may be experienced by males in the most deprived areas of Sunderland is 11 years. This measure has remained at or slightly above 11 years for the last 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 9.4 years and a North East wide average of 12.2 years.
Inequality in life expectancy at birth (female) 	8.7		2018/19	Latest data released in February 2021 for the period 2017-19 shows the inequality in life expectancy that may be experienced by females in the most deprived areas of Sunderland as 8.7 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 7.6 years and a North East wide average of 9.7 years.





Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Admission episodes for alcohol-related conditions (Broad) (Persons)	2,602	2,850	2019/20	<p>The most recently published rate of alcohol related hospital admissions in Sunderland was 2,602 per 100,000 people during 2019/20). This is higher than both the North East (2,288) and England (1,815).</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 	73.5%	66%	2019/20	<p>Latest data for 2019/20 reports 73.5% adults in Sunderland who are overweight or obese, this is higher than the previous figure of 66%, and above the North East (67.6%) and England (62.8%) 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. The Healthy Weight Declaration will be formally signed in February 2022.</p>
Smoking prevalence 	16%	15.5%	2018/19	<p>Prevalence of smoking amongst adults has decreased from 20.2% in 2018 to 16.0% in 2019. This is based on the latest estimates which were published in July 2020. Prevalence in Sunderland continues to be higher than the North East (15.3%) and England average (13.9%). Estimates are published by the Office for Health Improvement and Disparities using data from the Annual Population Survey.</p>
Overall employment rate 	66.1%	71.5%	Q1 2021/22	<p>The latest figures released in October 2021 and relating to the period between July 2020 and Jun 2021 show that Sunderland's employment rate decreased to 66.1%. This compares to 71.8% for the same period in the previous year. The Sunderland rate also falls short of the North East average of 70.5%.</p> <p>The current employment rate for the UK is 74.4% - a slight decrease on the 74.8% recorded between April 2020 and March 2021.</p>
Claimant Count 	6.1%	7.2%	October 2021	<p>Data released in November 2021 shows the claimant count in October 2021 decreased to 6.1% (down from 6.3% in September) and compares to a rate of 8.1% for the same period in the previous year.</p>

Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Self-reported wellbeing - people with a high anxiety score 	23%		2019/20	Latest data released in February 2021 shows that 23% of respondents reported scoring between 6-10 in relation to the question of 'Overall, how anxious did you feel yesterday?'. This compares to 21.9% across England and 23.6% across the North East and represents a reduction of 3% compared to 2018/19.
Smoking prevalence in adults in routine and manual occupations (18-64) current smokers 	25.7%		2019/20	Latest data for the calendar year 2019 shows the prevalence of smoking amongst adults (18-64) in routine and manual occupations at 25.7%. This is significantly higher than the prevalence amongst adults as a whole (16%). It compares to prevalence rates across the North East of 24.3% and across England of 23.2%. Data for Sunderland for 2019 represents a decrease of in prevalence of smoking amongst this group of 2.2%.
Gap in the employment rate between those with a long-term health condition and the overall employment rate 	25.7		2019/20	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. The current position in Sunderland compares to a gap of 10.6% across England and 14.2% across the North East.
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%).
Gap in the employment rate between those with a learning disability and the overall employment rate 	66.7		2019/20	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. 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%).
The % of households in Sunderland considered to be fuel poor	15.3%		2019/20	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

Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
				<p>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 	29%		2020/21	<p>Data released in April 2021 relates to calendar year 2020. The data for Sunderland shows that the proportion of residents qualified to at least NVQ Level 4 is 29% (approximately 50,000 in number). This is an increase on the previous year's figure 2019 of 27.4%. The city figure remains below the regional and national levels and which now stand at 34.5% and 43.1% 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 	2,628		2019/20	<p>Latest data for the period 2019/20 shows that the rate of emergency hospital admissions due to falls in people aged 65 and over was 2,628 per 100,000. This was higher than the wider North East (2,412) and England as a whole (2,222). It also represented an increase against the previous reporting period (2018/19), when the rate was 2,403.</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>

Performance Indicator	Latest data	Latest data Target	Latest data period	Narrative
Mortality rate from causes considered preventable (2016 definition) per 100,000 population 	232.6		2017/18	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.
Hip fractures in people aged 65 and over (per 100,000 population) 	664		2019/20	Data covering the period 2019/20 provides a rate of 664 hip fractures in people aged 65 and over (per 100,000) in Sunderland. This compares to a rate of 635 for the wider North East and 572 for England as a whole. It represents an increase compared to the 2018/19 period when the rate was 639. Prior to 2019/20, the rate had been decreasing over successive years since 2015/16.
Estimated dementia diagnosis rate (aged 65 and over) 	61.5%		2020/21	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.
Excess winter deaths index (age 85+) 	19.3%		2019/20	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.