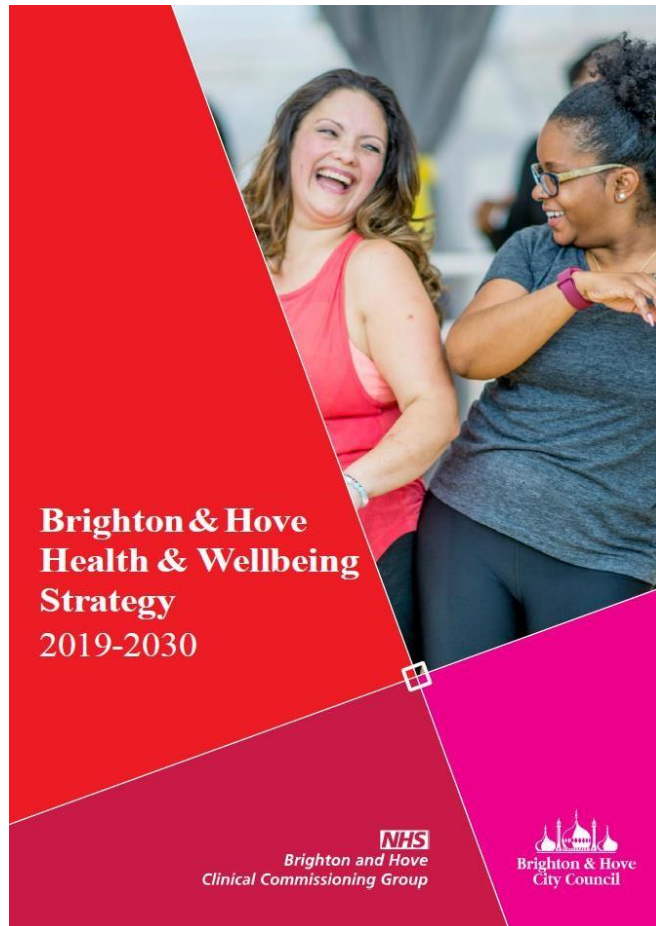


# A Reminder of the adopted Joint Health and Wellbeing Strategy

Health and Wellbeing Board

26<sup>th</sup> January 2021



## Our vision for improving the health and wellbeing of local people and reducing health inequalities

- Everyone in Brighton & Hove will have the best opportunity to live a healthy, happy and fulfilling life

## Our ambitions

- People will live more years in good health
- The gap in healthy life expectancy between people living in the most and least disadvantaged areas of the city will be reduced.

Brighton & Hove will be a place which helps people to be healthy.

- Through
- Inclusive **economic growth**.
- **Planning** of major developments and transport schemes.
- More people **travelling actively**,
- Improved **air quality**
- Safe, warm and healthy **homes** and prevention of **homelessness**.
- A whole city approach to **food and wellbeing**
- **Green & open spaces, sports & leisure facilities, libraries and community spaces**.
- **Arts and culture**, • Supporting **carers**.
- Challenging normalisation of **substance misuse and excessive alcohol consumption**

# Our city

Our health and wellbeing is influenced by social, economic and environmental factors:

102nd most deprived local authority (of 326) (2015)



64 rough sleepers (street count 2018)



5.8% of adult mortality is attributable to particulate air pollution (2017)



Those on the lowest 25% of earnings need **12 times their earnings** to afford the lowest 25% of house prices (2017)



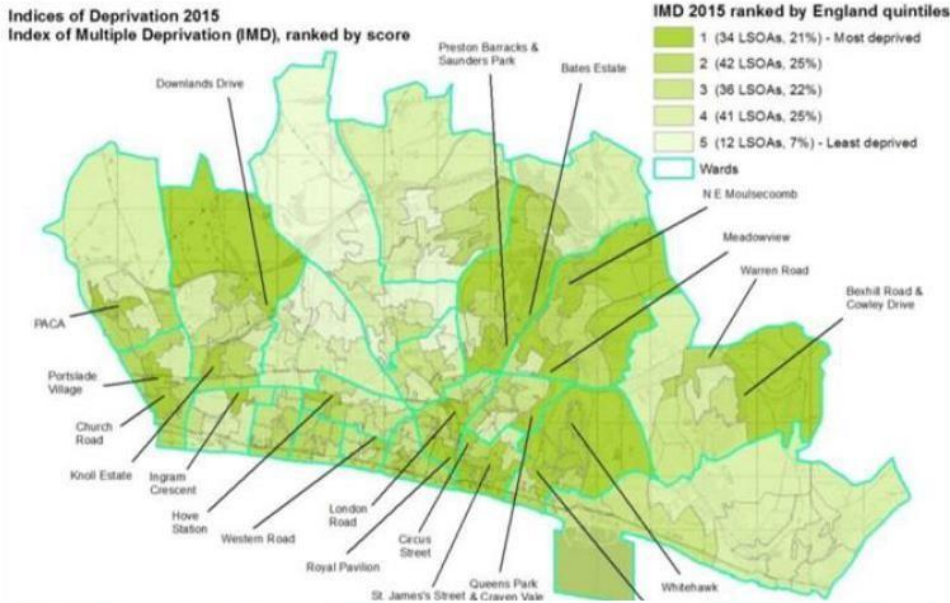
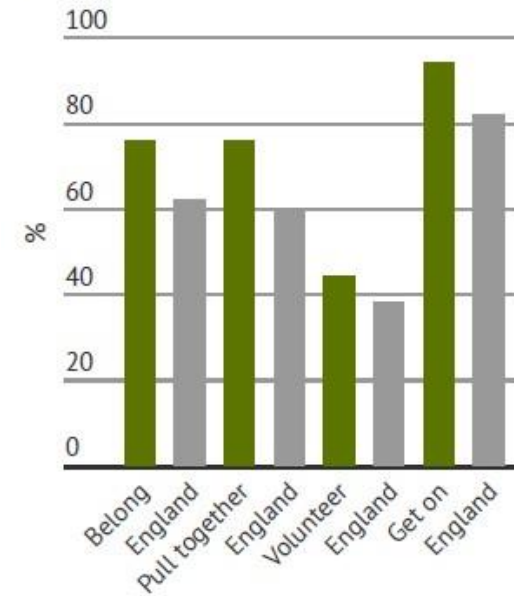
11% (14,600 people) are estimated to be in fuel poverty (2016)



4.8% (7,700 people) in the city are unemployed (2017).

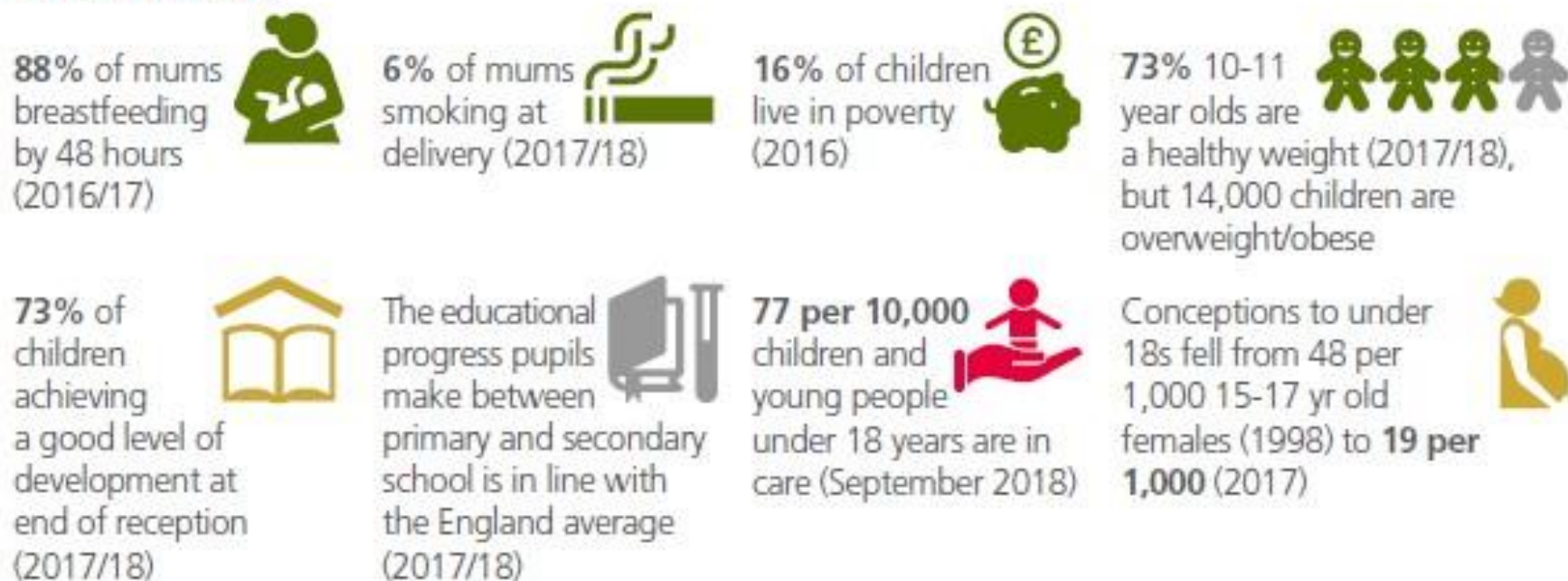


Brighton & Hove has a strong community with higher rates of belonging, pulling together, formal volunteering and feeling that people from different backgrounds get on to England (City Tracker survey results 2018):

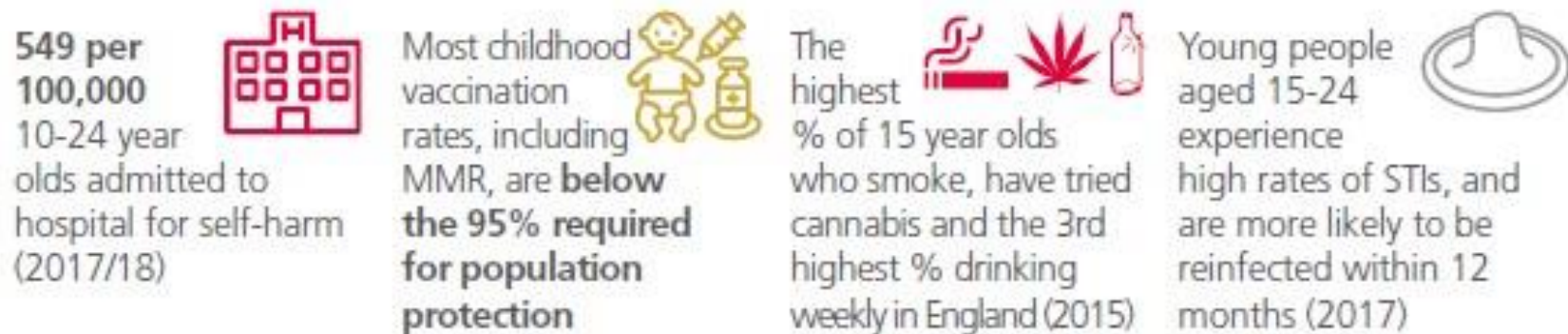


## Starting well

We do well in many areas. Fewer mothers smoke, more breastfeed and more children are a healthy weight:



However, we have worse rates of smoking, drinking and drugs use, sexually transmitted infections (STIs) and poorer emotional wellbeing:



# Starting well

The health and wellbeing of children and young people in Brighton & Hove will be improved.

- A focus on early years
- Promoting healthy lifestyles and resilience in all CYP
- Tackling risks to good emotional health and wellbeing
- Services will 'think family' and intervene early to prevent problems escalating.

## Living well

77% of adults are physically active (2017/18)



22% of adults aged 20+ have



2 or more long-term physical or mental health conditions, 8% have mental and physical conditions, with a strong link with deprivation (2017)

14% of adults cycle to work at least once a week (2017)



606 per 100,000 people had alcohol related hospital admissions (2016/17)



10% of adults are on GP practice depression registers (2017/18)



18% of adults are current smokers (2017)



We have the highest rates of new STI diagnosis and HIV prevalence outside of London (2017)



While life expectancy has been increasing, healthy life expectancy has fallen. People are therefore living longer in ill health.

This, alongside the rising retirement age, means increasing numbers of people of working age are living in ill health:

Male

Female

Life expectancy (2015-17)



79.1 years



83.0 years

Healthy life expectancy (2015-17)



62.2 years



65.3 years

There are large inequalities in both life expectancy and healthy life expectancy across the city.

Key - Based upon statistical significance

- Better than England
- Not different to England
- Worse than England
- Difference cannot be calculated
- Higher than England
- Lower than England

# Living well

The health and wellbeing of working age adults Brighton & Hove will be improved.

- Improve mental health and wellbeing
- Eat well, move more, drink less and stop smoking!
- Better sexual health
- Workplace wellbeing
- Support into work for disabled people, people with long term conditions, and the long term unemployed.



## Ageing well

A relatively high proportion of older people live alone and a higher proportion of older people are income deprived:

41% of people aged 65+ live alone (2011)



20.5% of older people are income deprived (2015)



The risk of loneliness for those 65+ in the city is in the top 20% in England (2011)



Carers have a similar quality of life to the rest of England (2016/17)



Flu immunisation uptake at 67.5% in 65+ year olds (2017/18) is below the goal of 75%



2,465 per 100,000 people aged 65+ were admitted as an emergency to hospital due to a fall (2017/18)



4.6% of 65+ year olds have a record of dementia (2018)



749 per 100,000 people aged 65+ were admitted to permanent residential or nursing care homes (2017/18)









## Dying well

Most people would like to die at home. In almost **half of all deaths (49%)**, people die in their usual residence (2017) This is a higher proportion than England and has increased from 40% in 2006



Key - Based upon statistical significance

-  Better than England
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-  Lower than England

# Ageing well

A place where people can age well

- The contribution of people of all ages will be nurtured and celebrated. Brighton & Hove as both an age friendly city and a dementia friendly city.
- Design of the physical environment and in planning housing developments.
- Reducing loneliness and social isolation
- Reducing risk of falls.

- Helping people to live independently by services that connect them with their communities.

## Dying well

The experiences of those at the end of their life, whatever their age, will be improved.

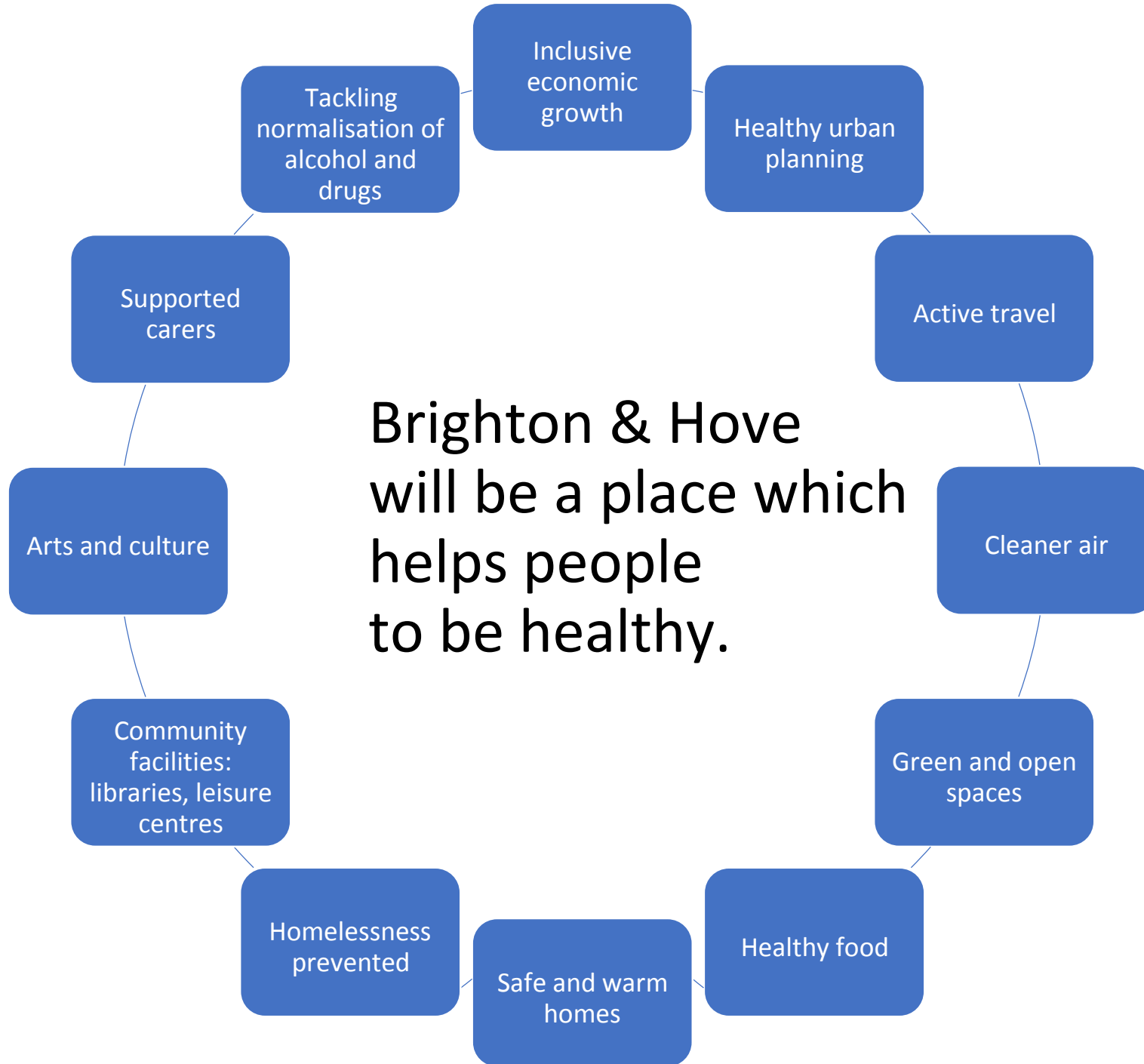
- A city wide approach will be developed to improve health and wellbeing at the end of life and to help communities to develop their own approaches to death, dying, loss and caring.
- More people will die at home or in the place that they choose.

- Support for families, carers and the bereaved will be enhanced.

# Our approach: a city where health and wellbeing is everyone's business



Brighton & Hove  
will be a place which  
helps people  
to be healthy.



# Delivering the Strategy – Our principles

- Partnership and Collaboration
- Health and wellbeing is everyone's business
- Health and Work
- Prevention and Empowerment
- Reducing Health Inequalities
- Right care/Right place/Right time
- Engagement and Involvement
- Keeping people safe

# Metric Development and looking beyond the pandemic

- JSNA Updates – January 2021
- Census data – expected January 2022
- Opportunities to optimise use of shared data sets



- Metric development for the 4 wells is active work in progress

