

<b>TITLE</b>	<b>JSNA Key Messages</b>
<b>FOR CONSIDERATION BY</b>	Wokingham Borough Wellbeing Board on Thursday, 11 April 2019
<b>WARD</b>	None Specific;
<b>DIRECTOR/ KEY OFFICER</b>	Graham Ebers, Director of Corporate Services and Rhosyn Harris, Acting Consultant Public Health

Health and Wellbeing Strategy priority/priorities most progressed through the report	This report supports all three of the strategic priorities: Priority 1 – Creating physically active communities Priority 2 – Reducing social isolation and loneliness Priority 3 – Narrowing the health inequalities gap
Key outcomes achieved against the Strategy priority/priorities	Update the Board on the Key Messages of the Joint Strategic Needs Assessment (JSNA) 2018 products previously presented to the board and the new infographic summary.

Reason for consideration by Wokingham Borough Wellbeing Board	For the Board's information
What (if any) public engagement has been carried out?	None at present.
State the financial implications of the decision	None at present.

<p><b>RECOMMENDATION</b></p> <p>That the Board notes the update on Wokingham's Joint Strategic Needs Assessment (JSNA) 2018.</p>
<p><b>SUMMARY OF REPORT</b></p> <p>Wokingham continues to have among the highest life expectancy and highest healthy life expectancy in England. Compared with national and regional figures Wokingham ranks well according to a number of health and wellbeing indicators and indicators of wider determinants of health.</p> <p>Areas that require improvement, however, include; high traffic volume and poor air quality, mental and emotional wellbeing (and related to this unhealthy lifestyles including physical activity and alcohol as well as social isolation and loneliness), as well as the gap in life chances between more deprived and less deprived groups in the Borough.</p>

The JSNA 2018 products has been presented to the Wellbeing Board.

## **JSNA 2018 Key Messages**

### Population

Wokingham is an affluent and healthy Borough. With a population of about 165,000 it is the least deprived borough in England<sup>1</sup> and its residents enjoy among the highest life expectancy<sup>2</sup> and years lived in full health<sup>3</sup> in the country.

Compared with the national picture, there are fewer young adults in their 20s and 30s living in Wokingham than there are older adults in their 40s and 50s.<sup>4</sup> While new developments in the area are a mixture of smaller flats and “family sized” homes, expected to attract more young couples and families a significant change in the demographics is yet to be seen.

### Place

Wokingham has an abundance of public green space<sup>5</sup> and sits among beautiful countryside as well as having excellent transport links. While good rail links to London and Reading exist in Wokingham town and good bus links in the western border of the borough on the outskirts of Reading, there is a limited public transport service for those in rural parts of the Borough.

Car ownership in Wokingham is among the top 10% in the country<sup>6</sup> and with new housing and highways developments in the borough car usage is likely to increase. Three air quality management areas (AQMA) have been declared in the borough due levels of nitrogen dioxide (NO<sub>2</sub>) exceeding target levels. These are located in Wokingham Town Centre, Twyford Crossroads and along the M4.<sup>7</sup> It is estimated that 5.7% of deaths in Wokingham can be attributed to poor air quality<sup>8</sup>.

Residents have access to high quality education<sup>9</sup> and employment<sup>10</sup> opportunities both within Wokingham and in neighbouring boroughs, however, gaps in school attainment and employment rates remain for groups that are vulnerable or marginalised.

Around new 10,000 homes are expected to be built by 2026<sup>11</sup>. Many will be affordable homes though it is important to note that Wokingham is 3<sup>rd</sup> least affordable local authority to live in across the South East Region<sup>12</sup>. During 2015/16, 97 households in Wokingham were identified as statutorily homeless<sup>13</sup>. In winter, heating costs are also a significant burden for the 4,446 of households that are classified as fuel poor<sup>14</sup>.

### Starting Well

There is a general good level of health in pregnant mothers and babies in Wokingham. With continued low rates of smoking during pregnancy (among the lowest decile in England)<sup>15</sup>.

Perinatal mental health is crucial factor in health and wellbeing of both mother and infant, estimates suggest that around 325 women each year in Wokingham experience post-natal depression (around 20% of births)<sup>16</sup>. Evidence suggests that post-natal depression is associated with and can be exacerbated by social isolation<sup>17</sup>

While pre-school children in Wokingham generally develop well there is a gap in good level of development at age 5 for those eligible for free school meals (FSM)<sup>18</sup>.

Childhood immunisation coverage is improving with MMR uptake slowly increasing<sup>19</sup> but nationally 2018 saw a steep rise in cases of measles due to historic low MMR uptake<sup>20</sup>.

Generally there are relatively low rates of hospital attendance and admissions for childhood illnesses in Wokingham. Wokingham hospital admission rates for respiratory infections in the under 5s, however, are similar to national rates<sup>21</sup> as are A&E attendances in the under 1s – a significant increase in recent years<sup>22</sup>.

### Developing Well

Levels of obesity in children aged 10-11 in Wokingham have not increased in the past two years<sup>23</sup> but we know that societally there are groups that face greater barriers to being physically active than others, for example children with disabilities<sup>24</sup> and child carers.

Poor mental health is both a risk factor for and an outcome of social isolation in children and young people. Supporting the mental and emotional wellbeing of young people is a priority nationally as well as locally where we have seen an increase over recent years in young people seeking support for mental health problems<sup>25</sup>.

Young people in Wokingham are less likely to regularly drink alcohol or use drugs than young people on average in England<sup>26</sup>. The rates of alcohol-related hospital admissions in young people are lower in Wokingham than nationally though not reducing at the same rate as seen nationally<sup>27</sup>. Measures of good sexual and reproductive health including rates of teenage conceptions, STI diagnoses and late diagnosis of HIV are also encouraging in Wokingham<sup>28</sup>.

School attainment is good locally but gap between those receiving free school meals than their peers. At Key stage 4 children not eligible for school meals achieve a higher average score than their peers nationally, whereas those receiving free school meals achieve a lower average score than their peers nationally<sup>29</sup>.

### Living and working well

Adults in Wokingham have amongst the highest rates in the South East of regular alcohol drinking<sup>30</sup>. While rates of dependent drinkers and alcohol-related deaths are significantly lower in Wokingham than in England<sup>31</sup>, alcohol-related hospital stays are increasing particularly for women aged under 40<sup>32</sup>.

Wokingham continues to have the lowest smoking prevalence in the country, however, there remains a large gap for routine and manual workers who are twice as likely to smoke as the rest of the population<sup>33</sup>.

Rates of adult obesity and physical inactivity are increasing<sup>34</sup> as are rates of reported symptoms and diagnoses of anxiety and depression<sup>35</sup>. While generally Wokingham residents report high levels of wellbeing, suicide rates locally are similar to the national average<sup>36</sup>.

Cancers is the most common cause of death in Wokingham. Cancer screening rates locally are significantly better than England but for breast and cervical screening the nationally trend in reducing screening coverage is being mirrored locally<sup>37</sup>.

### Ageing well

Generally over 65s in Wokingham live longer and healthier lives than the England average<sup>38</sup>. Permanent admissions to care homes continue to reduce with more care provided at home<sup>39</sup>, however, hospital admissions due to falls and hip fractures continue to have a significant impact<sup>40</sup>.

Evidence suggests that loneliness and isolation are significant contributors to ill health<sup>41</sup>. In older age risk factors for isolation such as living alone and/or having limited access to transport are more prevalent. There are over 10,000 older people estimated to live alone in the borough<sup>42</sup>.

People who receive support from adult social care as well as adult carers care givers are also at increased risk of becoming lonely or isolated and many report not having as much social interaction as they would like<sup>43</sup>.

Supporting wellbeing over winter is important in preventing excess winter deaths and as well as promoting messages around keeping warm, flu vaccination is a key intervention. Uptake of flu vaccinations in the over 65s, since dip a few years ago, as has been increasing locally<sup>44</sup>.

### **Summary**

While Wokingham remains a Borough with generally high levels of health and wellbeing more focus is needed on prevention. Access to high quality medical care means we are increasingly successful at preventing deaths though less successfully preventing ill health.

Our population is ageing and likely to develop increasing needs for support in future years. New developments and housing growth may alter the population structure somewhat though it is difficult to predict the effects of this precisely.

The Borough is affluent, though there are pockets of deprivation as well as groups of who are harder to reach and may need greater support in accessing community or public services.

Reflecting the key themes emerging from Wokingham's JSNA across the life course the priorities for the Wokingham Wellbeing Board therefore are:

- To reduce social isolation and loneliness (particularly in older people, people with mental illness and carers) in order to improve their mental and physical wellbeing.
- To get people of all ages and abilities more physically active by: getting more people out and using green and blue space, promoting more active travel and encouraging more children to get at least one hour of physical activity every day.
- To close the gap between what a child who is born today in the most deprived areas and those in the least deprived areas will experience over their life time.

<b>Partner Implications</b>
Production of the Joint Strategic Needs Assessment (JSNA) is a shared responsibility of partners of the Wokingham Borough Wellbeing Board

<b>Reasons for considering the report in Part 2</b>
N/A

<b>List of Background Papers</b>
JSNA Infographics Focused JSNA Borough Profile

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<sup>1</sup> Deprivation Score IMD 2015 5.7 – rank 1 of 152

<sup>2</sup> Male Life expectancy at birth (2015-17) 81.5 years – rank 11 of 152

Female Life expectancy at birth (2015-17) 85.6 years – rank 7 of 152

<https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>

<sup>3</sup> Male Healthy life expectancy at birth (2015-17) 69.8 years – rank 2 of 152

Female Healthy life expectancy at birth (2015-17) 71.6 years – rank 1 of 152

<https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>

<sup>4</sup> 2016-based Subnational Population Projections, mid-2016 to mid-2041

<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationprojections/bulletins/subnationalpopulationprojectionsforengland/2016based>

<sup>5</sup> Dinton Pastures is one of 14 country parks in Wokingham and covers approximately 450 acres

<http://www.wokingham.gov.uk/countryside-parks-and-conservation/country-parks/map-of-country-parks/>

<sup>6</sup> Car ownership rates per local authority in England and Wales 2011 Census

[https://www.racfoundation.org/assets/rac\\_foundation/content/downloadables/car%20ownership%20rates%20by%20local%20authority%20-%20december%202012.pdf](https://www.racfoundation.org/assets/rac_foundation/content/downloadables/car%20ownership%20rates%20by%20local%20authority%20-%20december%202012.pdf)

<sup>7</sup> Wokingham Borough Council 2018 Air Quality Annual Status Report (ASR)

<https://publicprotectionpartnership.org.uk/media/1283/wokbcasr-2018.pdf>

<sup>8</sup> Fraction of mortality attributable to particulate air pollution (2017) 5.7% - rank 45 of 152

<sup>9</sup> 8 “outstanding” and 30 “good” primary schools and 5 “good” secondary schools - Department for Education

<https://get-information->

[schools.service.gov.uk/Establishments/Search?SelectedTab=Establishments&SearchType=ByLocalAuthority&LocalAuthorityToAdd=&d=114&OpenOnly=true&b=1&b=4](https://schools.service.gov.uk/Establishments/Search?SelectedTab=Establishments&SearchType=ByLocalAuthority&LocalAuthorityToAdd=&d=114&OpenOnly=true&b=1&b=4)

<sup>10</sup> Percentage of people aged 16-64 in employment (2017-18) 79.5% - rank 21 of 152

<http://www.wokingham.gov.uk/major-developments/overview-of-major-developments/>

<sup>12</sup> Affordability of home ownership - Ratio of median house price to median gross annual residence-based earnings (2017) 11.5 – rank 3 of 19

<sup>13</sup>

<sup>14</sup> Fuel Poverty (2015) 7.1% of households – a total of 4,446 <https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>

<sup>15</sup> Smoking at the time of delivery (2016/17) 3.8% <https://fingertips.phe.org.uk/profile/child-health-profiles>

<sup>16</sup> <https://fingertips.phe.org.uk/profile-group/mental-health/profile/perinatal-mental-health/data#page/0/gid/1938132960/pat/6/par/E12000008/ati/102/are/E06000041>

<sup>17</sup> [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/461120/3a\\_Social\\_isolation-Full-revised.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/461120/3a_Social_isolation-Full-revised.pdf)

<sup>18</sup> Percentage of children achieving a “good level of development” (2016/17) All Reception 76% rank 19

Percentage of children achieving a “good level of development” (2016/17) FSM children 52% - rank 114

Percentage of children achieving a “good level of development” (2016/17) non-FSM eligible 77% - rank 11

<sup>19</sup> Population vaccination coverage – MMR for one dose at 5 years old (2017/18) 96.4%

Population vaccination coverage – MMR for two doses at 5 years old (2017/18) 89.3%

<sup>20</sup> <https://www.gov.uk/government/news/measles-outbreaks-across-england>

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- <sup>21</sup> Respiratory tract infections admissions aged 1 year (2017/18) 104.3 per 10,000 (England 83.5)  
Respiratory tract infections admissions aged 2, 3 and 4 years (2017/18) 24.9 per 10,000 (England 21.4)  
<https://fingertips.phe.org.uk/profile/child-health-profiles/>
- <sup>22</sup> A&E Attendances (under 1 year) 863.3 per 1000 (2016/17) [compared with 391 per 1000 in 2011/12]  
<https://fingertips.phe.org.uk/profile/child-health-profiles/>
- <sup>23</sup> Obesity and overweight (Year 6) % of children in Year 6 who are obese and overweight (2017/18) 26.1%
- <sup>24</sup> <https://www.variety.org.uk/news/2017/07/level-playing-field>
- <sup>25</sup> Hospital admissions as a result of self harm (people aged 10-24 years) 483.9 per 100,000 (2017/18)  
[compared with 245 per 100,000 in 2012/13]  
<https://fingertips.phe.org.uk/profile/child-health-profiles>  
Inpatient admission rate for mental health disorders (per 100,000 population aged 0-17 years) 90.4 per 100,000 (2017/18) [compared with 36.1 in 2012/13] <https://fingertips.phe.org.uk/profile/child-health-profiles>
- <sup>26</sup> % of 15 year olds who have had an alcoholic drink at least once a week (WAY survey 2014-15) 4.4%  
[compared with England 6.2%]  
% of 15 year olds who took drinks in the last month (WAY survey 2014-15) Cannabis 2.9% other drugs 0.3% <https://fingertips.phe.org.uk/profile/child-health-profiles>
- <sup>27</sup> Hospital admissions for alcohol-specific conditions, under 18s, crude rate per 100,000 population  
<https://fingertips.phe.org.uk/profile/child-health-profiles>
- <sup>28</sup> Under 18 conceptions (2016) 8.3 per 1000 [compared with 18.8 per 1000 in England]  
<https://fingertips.phe.org.uk/profile/child-health-profiles>
- <sup>29</sup> Average attainment 8 score (2016/17) children receiving free school meals: 33 , all other children: 53  
[source: Department for Health]  
<https://fingertips.phe.org.uk/profile/child-health-profiles>
- <sup>30</sup> Percentage of adults drinking over 14 units of alcohol a week (2011-14) 32% [compared with 25.7% England]  
<https://fingertips.phe.org.uk/profile/local-alcohol-profiles>
- <sup>31</sup> Percentage of dependent drinkers (2014/15) 0.64% [compared with 1.39% England]  
Alcohol-specific mortality (2015-17) 6.2 per 100,000 [compared with 10.6 England]  
<https://fingertips.phe.org.uk/profile/local-alcohol-profiles>
- <sup>32</sup> Admission episodes for alcohol-related conditions (Narrow) - Under 40s (Female) 203 per 100,000 (2017/18) <https://fingertips.phe.org.uk/profile/local-alcohol-profiles>
- <sup>33</sup> Percentage smoking prevalence among persons aged 18+ (APS Survey 2017) 8.1% [compared with 14.9% England]  
<https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>
- <sup>34</sup> Percentage of adults (aged 18+) classified as overweight or obese (2016/17) 55% [compared with England 61%]  
<https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>
- <sup>35</sup> Percentage reporting anxiety or depression completing GP Patient Survey (2016/17) 9.1%
- <sup>36</sup> Age-standardised mortality rate from suicide (2015/17) 8.1 per 100,000 [compared with England 9.6]
- <sup>37</sup> Breast cancer screening – percentage of eligible women screened adequately within the previous 3 years (2017) 81.4% [compared with England 75.4%]
- <sup>38</sup> Health related quality of life for adults aged 65 and over (2016/17) 0.779 [compared with England 0.735]  
Life expectancy 65 (2015/17) Male 19.8 years; Female 22.8 years <https://fingertips.phe.org.uk/profile/older-people-health>
- <sup>39</sup> Permanent admissions to residential and nursing homes per 100,000 population aged 65+ (2013/14) 570 [compared with England 651] Source: local BCF data
- <sup>40</sup> Rate of emergency admissions for fractured neck of femur per 100,000 (2017/18) 589 [compared with England 578] <https://fingertips.phe.org.uk/profile/older-people-health>
- <sup>41</sup> [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/461120/3\\_a\\_Social\\_isolation-Full-revised.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/461120/3_a_Social_isolation-Full-revised.pdf)
- <sup>42</sup> Number of people aged 65+ who live alone. Source: POPPI estimates June 2018
- <sup>43</sup> Proportion of people who use services who reported that they had as much social contact as they would like (2016/17) 49% Proportion of adult carers who have as much social contact as they would like (2016/17) 35%  
<https://fingertips.phe.org.uk/profile/adultsocialcare>
- <sup>44</sup> Flu vaccination - % of eligible adults aged 65+ who have received the flu vaccine (2017/18) 73.3% [national target 75%]