



Director for Public Health's annual report 2017/18

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This booklet is produced alongside the Director for Public Health report video. To view the video please visit www.healthyork.org

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Welcome

It is a real pleasure to introduce the Director for Public Health's annual report, covering 2017/18. This year we have placed an emphasis on encouraging people to talk about health, including what is needed to help people live healthier lives and some inspiring stories of how people's lives have changed after accessing support.

We were really keen to hear from people what good health meant to them so we decided to produce a short film highlighting the state of the health of the population in York, and what is being done to improve this. The film focuses on the issues of alcohol, childhood obesity, physical activity and mental health. We know that these present challenges for our residents, but I hope that the video provides encouragement about how some of our residents are taking their health into their



own hands and tackling these issues.

I would like to thank all those involved, especially the residents who spoke so openly and honestly about their health journeys and spared the time to contribute to this video.

We hope you find it informative and interesting, if you have any thoughts we would love to hear from you - see page 11 to find out how you can do this.

Sharon Stoltz,
Director of Public Health



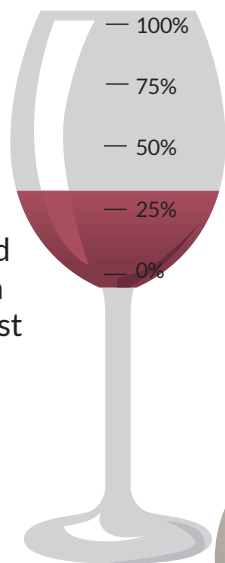
Alcohol

In York 30% of adults drink over the recommended 14 units of alcohol per week.

Increased alcohol intake can lead to increased incidence of certain cancers, such as throat and breast cancer, as well as heart disease and liver disease.

The Local Alcohol Profile for England¹ indicates that in York hospital admissions for alcohol related conditions are higher than the England average.

Admissions are over represented for alcoholic liver disease and for episodes of mental and behavioural disorders. Under 18 females are also over represented in admission figures.



“Alcohol became a prominent part of my life. I referred myself and got some support.”

Sally

¹(<https://fingertips.phe.org.uk/profile/local-alcohol-profiles>)

Childhood obesity

In York 1 in 5 reception class aged children are overweight, with 8% of these being classified as obese.



By the time children reach year 6, that figure has risen to 1 in 3, with 16% classed as obese.

The National Child Measurement Programme Data² shows that our obesity levels are comparable to the England average.

However, our analysis of the data at ward levels shows that there is a clear link between obesity and socioeconomic status, with our most deprived wards having the highest levels of obesity.

Children that are obese are more likely to go on to be obese adults, and are then more at risk of developing conditions such as type II diabetes. Children that are above a healthy weight are more likely to experience bullying and low self esteem, and the onset of conditions such as diabetes has become more prevalent in children.



“I’ve started eating healthily and I just love gardening.”

Jasmine

²<https://fingertips.phe.org.uk/profile/national-child-measurement-programme>

Physical activity

York, in comparison to the rest of England has high levels of physical activity, with 72% of our population meeting the Chief Medical Officer's recommended amount of physical activity per week³.

Being physically active can help to guard against conditions such as diabetes, heart disease and stroke, reducing our risk of these by up to 50%.

Whilst the picture is positive, this still means that we have almost a third of our population not doing enough physical activity.



"There's a popular saying that if physical activity were a pill it would be the wonder drug."

Fiona

Given the benefits of physical activity and how cheap and easy it can be for people to engage in it, it is a priority for us to increase the number of people that meet physical activity guidelines, but particularly concentrating on those that are the most inactive.



"It benefits them through getting exercise but also through seeing people which is good for your health as well as your mental health."

Rosie

³ <https://fingertips.phe.org.uk/profile/physical-activity>

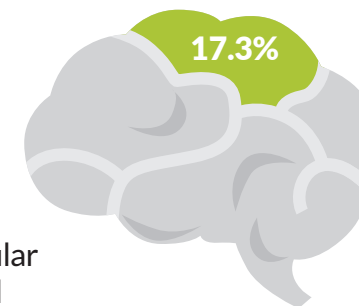


"My advice to anyone with mental health problems is simply to talk about it. The more we can get people talking about it the better."

Ian

Mental wellbeing

In York it is estimated that 17.3% of adults have depression and anxiety, higher than the England rate⁴.



We know that in York there are particular areas of concern for us around hospital admissions for self harm in young people, and our suicide rate.

We know that there is a stigma attached to mental health and that often people don't feel they are able to talk about their mental health, which can lead to problems escalating and help not being accessed.

One of our priorities is to work to tackle the stigma around mental health, and ensure that people are equipped with the skills to look after their own mental health and seek help when necessary.

⁴ <https://fingertips.phe.org.uk/profile-group/mental-health>

Progress against our 2016 recommendations

We said... City of York Council and York Hospital Trust work together to address smoking at time of delivery, ensuring that women are given timely and appropriate support to stop smoking.

We did... The Yorwellbeing Service has been working with the midwifery team to ensure that there is a seamless referral pathway for pregnant women that are smoking to be referred into the support they need to help them stop. Whilst we have seen a small decrease in the prevalence of women that smoke at the time of delivery (from 12.3% to 11.1%) this has not been as sharp a decline in the prevalence of smoking in the general population (from 12.6% to 9%). We therefore acknowledge that more work needs to be done in this area.

We said... All partners, in particular Adult Social Care and primary care, should work together to increase the uptake of flu vaccination in those under 65 with long term conditions.

We did... Work has been done across the system to boost the uptake of the flu vaccine in all at risk groups. In 2016/17 the percentage of those under 65 with a long term condition that received a flu vaccine was 44.6%. In 2017/18 this rose to 46.1%. However, this is still below the national target of 55%, and more work needs to be done to target this group.

We said... Further work is done by City of York Council to understand the data around admissions to hospital in young people for mental health conditions. This analysis should underpin further work between the council, Tees, Esk and Wear Valley NHS Trust, York Hospital Trust, and Vale of York Clinical Commissioning Group to address areas of concern (through Yor-OK Board or Mental Health Partnership Board).

We did... The Joint Strategic Needs Assessment (JSNA) Group has been carrying out further analysis on areas of concern, or where inequalities exist. This work has included understanding the inequalities that exist around hospital admissions in young people for self harm. This has been discussed at the Yor-OK Board as well as the Health and Wellbeing Board. Details of this work is available on the JSNA website – www.healthyork.org

We said... The Vale of York Clinical Commissioning Group (CCG), City of York Council, and York Hospital Trust should work together to improve outcomes on cardiovascular disease. This should focus on identifying people at risk of cardiovascular disease and ensuring that they are receiving the optimum treatment.

We did... The CCG launched the Vale of York Healthy Hearts Scheme to reduce the number of people that die from cardiovascular disease. The scheme has involved working with partners in the hospital and in the council to ensure that every opportunity is taken to ensure that people are given the right advice to prevent heart disease, as well as ensuring those at risk are on the optimum treatment. www.valeofyorkhealthyhearts.org.uk

We said...

NHS England should lead a campaign to improve dental health in children. This should focus on awareness of fluoride varnish, the impact of sugar on dental health and supervised brushing for young children.

We did...

In the last year the City of York Council has established an Oral Health Information and Advice Group. This group consists of a range of partners, including NHS England. As part of this work, the council is conducting an Oral Health Needs Assessment to understand fully the state of oral health in children in York. Once the results of this work are available we will be able to determine what further work is needed to address any areas of concern.

Our recommendations

Following our discussions with residents and data analysis to help us understand how York compares with other areas we are proposing the below recommendations:

- 1** Develop a strategic approach, involving all partners, to tackling obesity and physical activity across the city.
- 2** Deliver training on alcohol awareness with primary care staff to enable them to deliver a brief intervention with residents drinking over recommended levels.
- 3** Recruit a number of Time to Change champions that will work to help tackle stigma around mental health.

How you can get involved/have your say on health in York

To view the Director for Public Health report please visit www.healthyork.org, where you can also see the York Health and Wellbeing Board's current and emerging health and wellbeing needs for people who live in York.



You can get in touch by emailing healthandwellbeing@york.gov.uk on social media by getting in touch with City of York Council on Facebook, Twitter and Instagram or writing to:

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If you would like this information in an accessible format
(for example in large print, in Braille, on CD or by email)
please call **(01904) 551550**

This information can be provided in your own language.

Informacje te mogą być przekazywane w języku ojczystym.

Polish

Bu bilgi kendi dilinizde almanız mümkündür.

Turkish

此信息可以在您自己的语言。

Chinese (Simplified)

此資訊可以提供您自己的語言。

Chinese (Traditional)

 **01904 551550**



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