

# Business Intelligence Hub

## 2017-2022 Joint Health and Wellbeing Strategy

### Living and Working Well Indicators

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## **ANNEX A**

### **Summary of Key Points**

#### Uptake of Screening Programmes

- York has higher screening uptake rates for Abdominal Aortic Aneurysm (AAA) and for breast, bowel, and cervical cancer. Trends in the uptake of cervical and breast screening are falling in York in line with national trends.

#### Workplace Wellbeing

- 29 employers engaged with the pilot workplace Yorwellbeing service and 1,183 employees received a mini health check. A workplace wellbeing strategy is currently being developed.

#### Excess Weight

- 60.4% of York adults are estimated to have excess weight. Local health check data shows that more men (69.7%) have excess weight than women (55.7%). A Healthy Weight Strategy for York is currently being developed.

#### Admissions to hospital for alcohol related conditions

- Rates of alcohol related admissions in York are above national and regional averages and rates are increasing for both genders.
- In 2018, 497 people received treatment in York for alcohol dependence.
- Alcohol IBA (Identification and Brief Advice) training is being delivered to primary care services, 3<sup>rd</sup> sector organisations and relevant CYC teams.

#### Inequality in Life Expectancy

- The inequality in life expectancy between more deprived and less deprived areas of York is lower than national averages but the gap for males is increasing over time.
- Circulatory conditions and Cancer account for 60% of the gap for males.

#### NHS Health Checks

- NHS Health Checks provide screening for Cardiovascular disease (CVD) risk factors and offer appropriate advice re: healthier lifestyle choices. An increasing number are being carried out each month.

#### Employment for people with learning disabilities / mental health.

- There is an improving trend in the % of people in York with a learning disability or mental health problem who are in paid employment.

#### Self Reported Wellbeing

- York has a higher % of people who report high levels of anxiety.

# ANNEX A

## Introduction

In the Living and Working Well Section of the Health and Wellbeing Strategy we agreed to monitor our progress on the following areas:

- improving uptake of all screening programmes;
- the number of major employers signed up to the Workplace Wellbeing Charter;
- reducing the number of adults classed as overweight or obese;
- sustaining a reduction in the rate of admissions involving an alcohol-related primary diagnosis or an alcohol-related external cause;
- York being nationally recognised as a more equal city, with a measurable reduction in the gap in outcomes between different wards;
- increasing the number of people with a learning disability or mental health condition in employment;
- more people, particularly from vulnerable groups, telling us they are happy with their health and wellbeing.





## Uptake of Screening Programmes

York has higher uptake rates for Abdominal Aortic Aneurysm screening and for breast, bowel, and cervical cancer screening.

\* a note is attached to the value, hover over to see more details

Compared with benchmark: ● Better ● Similar ● Worse ○ Not compared

[Export table as image](#)

Indicator	Period	York		Region England		England		
		Count	Value	Value	Value	Worst	Range	Best
2.20i - Cancer screening coverage - breast cancer (Female, 53-70 yrs)	2018	16,894	78.9%	75.0%*	74.9%*	56.3%		81.5%
2.20iii - Cancer screening coverage - bowel cancer (Persons, 60-74 yrs)	2018	17,721	61.7%	60.3%*	59.0%*	41.0%		68.4%
2.20iv - Abdominal Aortic Aneurysm Screening - Coverage (Male, 65)	2017/18	834	85.3%	83.3%*	80.8%*	35.8%		100%
2.20ii - Cancer screening coverage - cervical cancer (Female, 25-64 yrs)	2018	37,640	71.7%	74.2%*	71.4%*	51.6%		79.2%

Trends in the uptake of cervical and breast screening are falling in York in line with national trends.

Further information will be provided in the Annual Health Protection Report which will be presented to the Board at a subsequent meeting.

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### **Workplace Wellbeing**

- It was originally intended that we would monitor the number of major employers signed up to the Workplace Wellbeing Charter however this was amended to monitoring the number of employers in York who have engaged with the pilot workplace health element of the Yorwellbeing service.
- 29 employers participated and 1,183 employees in these organisations received a mini health check and a number went on to do online and face to face NHS health checks.
- Anonymous and aggregated feedback on the results of the mini health checks was provided to the employers so they could better understand the health profile of their workforce.
- A workplace wellbeing strategy is currently being developed.

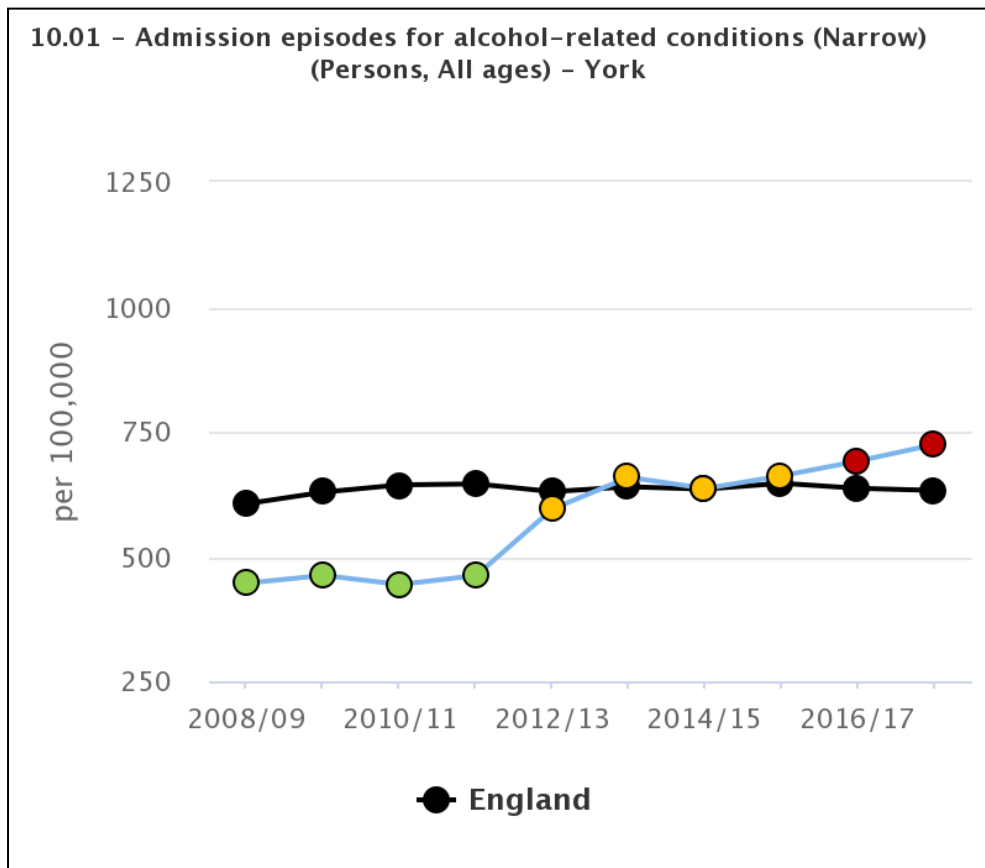
### **Excess Weight in Adults**

- 60.4% of the adult population in York were estimated to be overweight or obese based on a 2016/17 survey of 423 residents.
- This represents a slight increase from 59.4% in 2015/16
- The England average is 61.3% and the Regional average is 65.3%.
- Another source of data on excess weight in adults is the NHS Health Check Programme, delivered by the YorWellbeing Team. A total of 1,156 adults aged 40-74 have had their BMI measured as part of a health check in York.
- 61.7% were overweight or obese (69.7% of males and 55.7% of females).
- A Healthy Weight Strategy for York is currently being developed.

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### Alcohol Related Admissions

- In 2017/18 there were 1,422 admissions to hospital for alcohol related conditions a rate of 724 per 100,000 of population, higher than national (632) and regional (697) averages.
- Rates are higher for males (928) than for females (545).
- Rates have been rising in York for both genders for the last few years.



- Support and Treatment for those dependent on alcohol in York is provided by Changing Lives. A total of 497 people received treatment in York in 2018 for alcohol dependence (380 for alcohol use only and 117 for alcohol and non-opiate use). 155 of these people completed treatment successfully in 2018.
- We are continuing to offer Alcohol IBA (Identification and Brief Advice) training to primary care services, third sector organisations and relevant CYC teams. The aim of the training is to give staff the confidence to discuss a patient/customer's alcohol consumption, by identifying their current alcohol use, offering advice on the effects of alcohol and how to drink less, and to make a referral (if required) to community alcohol services. IBA training sessions are continuing to be offered across the city through 2019/20.

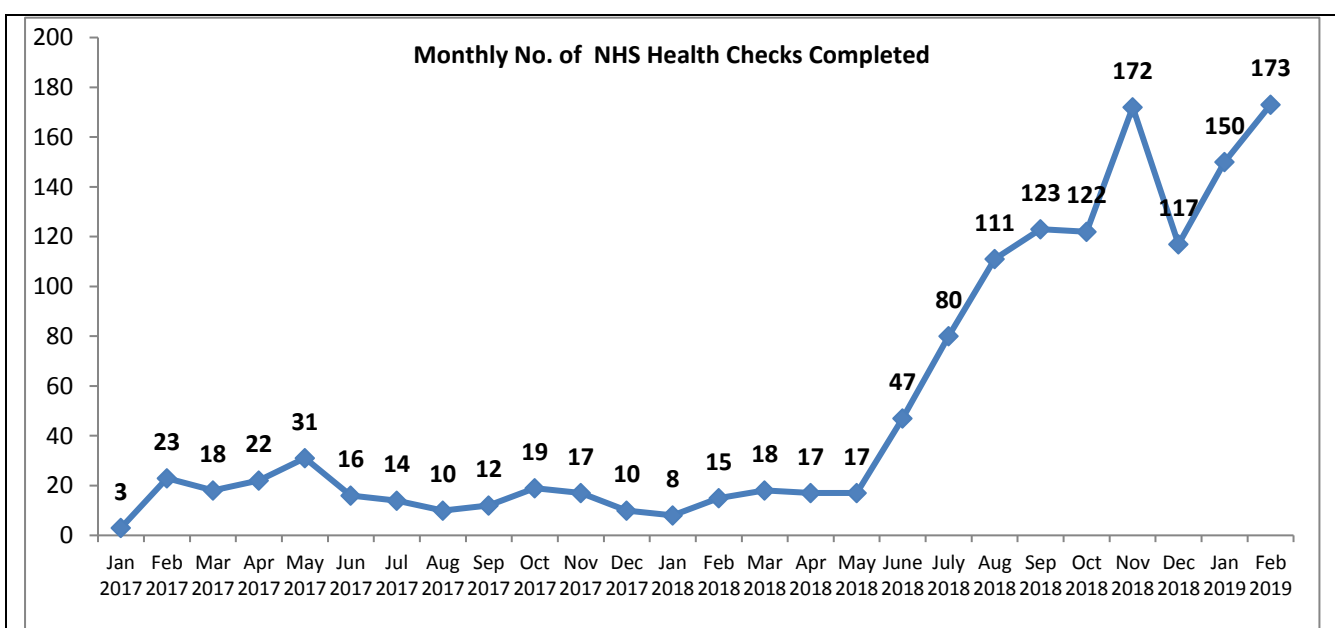
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### Inequality in Life Expectancy

- Inequality in life expectancy across the city is measured by the ‘slope index’. A higher figure means a greater disparity in life expectancy between more deprived and less deprived areas of the city.
- The index in York is 5.2 years for women and 8.9 years for men. The figures in York are lower (better) than the national averages (7.4 years and 9.4 years respectively).
- The inequality in life expectancy for males is increasing (worsening). In 2012-14 the value was 5.6 years, in 2015-17 it was 8.9 years
- Circulatory conditions (e.g. Coronary Heart Disease and Stroke) and Cancer account for around 60% of the difference in male life expectancy between the most and least deprived quintiles in York. For Women, respiratory conditions are the largest single factor (24.6%).
- The Yorwellbeing health check programme has a key role to play in tackling the key causes of the inequalities in life expectancy. The checks provide screening for cardiovascular risk factors (e.g. blood pressure, cholesterol, obesity) and appropriate advice is offered regarding healthier lifestyle choices. Smoking cessation support is also provided.

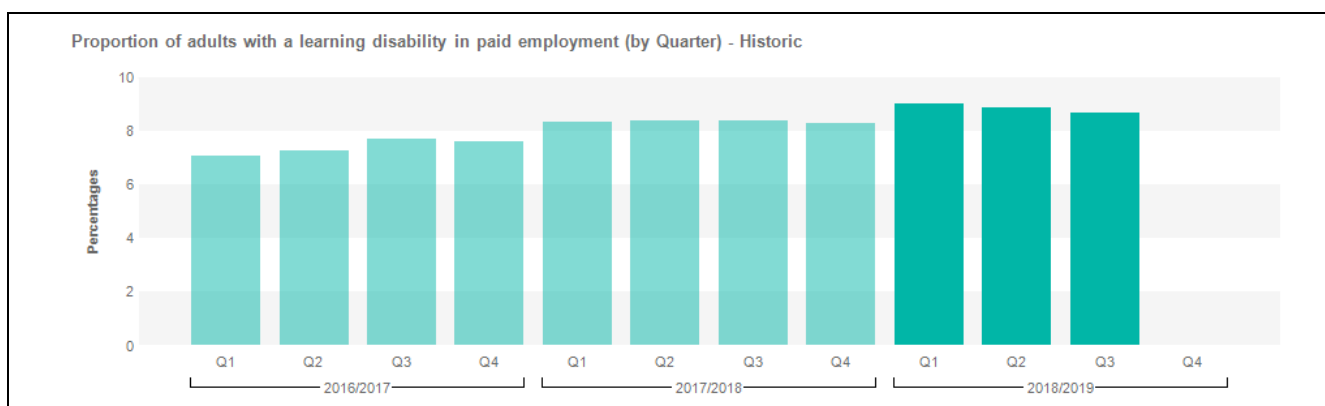
### NHS Health Check Programme

- The number of NHS health checks carried out each month is increasing. 1,129 checks have been delivered so far in 2018/19 with a further 100 already scheduled for March.



### Employment for people with learning disabilities / mental health.

- There is a strong link between employment and enhanced quality of life. Having a job reduces the risk of being lonely and isolated and has real benefits for a person’s health and wellbeing.
- In 2018-19 Q3 8.7% of adults with a learning disability were in paid employment compared with 8.4% in 2017-18 Q3.



- In 2018/19 Q2, 21% of adults in contact with secondary mental health services were in paid employment, compared with 10% in 2017/18 Q2.



- These figures are now taken from NHS Digital as they include people not known to CYC’s main provider of mental health services, TEWV.

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## Self Reported Wellbeing

- People with higher well-being have lower rates of illness, recover more quickly and for longer, and generally have better physical and mental health. ONS are currently measuring individual/subjective well-being based on questions included on the Integrated Household Survey for people aged 16 and over

1. Overall, how satisfied are you with your life nowadays?
2. Overall, how happy did you feel yesterday?
3. Overall, how anxious did you feel yesterday?

Compared with the national average York has:

- the same % of people who report low levels of satisfaction with their life (4.4%)
- a similar % of people who report low levels of happiness (9.5% v 8.2% in England)
- a higher % of people who report high levels of anxiety (24.2% v 20% in England)

### Summary Scorecard

- A Public Health England scorecard showing some of the key indicators relating to Living and Working Well is shown below. The red vertical line indicates the England average and a value to the right of this line is desirable across all the indicators.
- The scorecard shows ‘at a glance’ that alcohol related admissions are high and the % of health checks received are low compared with the national average. Health check performance should improve when the recent increase in checks is reported.

