

Draft Population Health Outcomes Monitor – proposed indicators

York Local Health and Wellbeing Strategy 2022-2032	
Population Health Outcomes Monitor – proposed indicators	
Ten Big Goals	Suggested Indicators
1. OVERARCHING GOAL: Reduce the gap in healthy life expectancy between the richest and poorest communities in York	Slope index of inequality in life expectancy at birth - Female - (Three year period)
	Slope index of inequality in life expectancy at birth - Male - (Three year period)
2. Support more people to live with good mental health, reducing anxiety scores and increasing happiness scores by 5%	% of people with a self-reported low happiness score
	% of people with a self-reported high anxiety score
3. Bring smoking rates down below 5% for all population groups	Smoking Prevalence in adults (18+) - current smokers (APS) (2020 definition)
	Smoking prevalence among adults aged 18-64 in routine and manual occupations (APS) (2020 definition)
	% of women who smoke at the time of delivery - CYC
	Odds of current smoking (self-reported) among adults aged 18-64 with a routine and manual occupation (APS) (2020 definition)

4. Reduce from over 20% to 15% the proportion of York residents drinking above the Chief Medical Officer's alcohol guidelines (no more than 14 units a week)	Percentage of adults drinking over 14 units of alcohol a week
5. Reverse the rise in the number of children and adults living with an unhealthy weight	% of adults (aged 18+) classified as overweight or obese (new definition)
	% of reception year children recorded as being overweight (incl. obese) (single year)
	% of children in Year 6 recorded as being overweight (incl. obese) (single year)
	Absolute gap in % of Year 6 recorded obesity between highest and lowest York ward (3 year aggregated)
6. Reduce health inequalities in specific groups: people with a severe mental illness, a learning disability, those from an ethnic minority or a marginalised group, and gender inequalities in health	Excess under 75 mortality rate in adults with serious mental illness (New Definition Aug 2021)
	Gap in employment rate for mental health clients and the overall employment rate
	Gap in employment rate for those with learning disabilities and the overall employment rate
7. Reduce both the suicide rate and the self-harm rate in the city by 20%	Suicide rate - Female (per 100,000 population)
	Suicide rate - Male (per 100,000 population)
	Hospital stays for self harm, per 100,000 population
8. Improve diagnosis gaps in dementia, diabetes and high blood pressure to above the	Estimated dementia diagnosis rate (%) for people aged 65+ as recorded on practice disease registers
	Estimated diabetes diagnosis rate

national average, and detect cancer at an earlier stage	Estimated hypertension diagnosis rate (Vale of York)
9. Reduce sedentary behaviour, so that 4 in every 5 adults in York are physically active	Percentage of cancers diagnosed at stages 1 and 2
	% of adults (aged 16+) that are physically active (150+ moderate intensity equivalent minutes per week, excl. gardening)
	% of adults (aged 19+) that meet CMO recommendations for physical activity (150+ moderate intensity equivalent minutes per week)
10. Reduce the proportion of adults who report feeling lonely from 25% to 20% of our population	Loneliness: Percentage of adults who feel lonely often / always or some of the time