

Health and Wellbeing

Single Equality Scheme Priorities (Green: Achieved; Amber: In Progress; Red : Not Achieved)

Increase proportion of people who use social care who have control over their daily life.
Continue to operate mental health drop-ins.
Reduce smoking amongst young people, pregnant women and routine and manual occupational groups.
Reduce reliance on drug and alcohol especially in the Gypsy and Traveller Community, offenders, young parents, young people living in care and people with mental health problems.
Offer a specific family and carer support service delivered alongside generic provision for substance misuse.
Reduce the number of teenage pregnancies.
Work with York St John University to develop accredited training package for foster carers around the impact of attachment and trauma.
Involve Young People and Looked after Children in the You're Welcome health initiative to make health provision more accessible and user friendly to these groups
Develop Health Passports for Care Leavers.
Through the Pathways Team provide effective emotional and mental health support to Care Leavers aged 18 and above.
Improve support for people with mental health issues living in deprived wards and meet the health needs of 'looked after' children and young people leaving care.
Work with schools and partners to target 'Shine' funding to provide activities for children and young people from low income families.
Improve the health outcomes for BAME and Gypsy and Traveller people.
Undertake bespoke publicity campaigns with the Gypsy and Traveller Community promoting drug and alcohol treatments.
Increase the number of carers receiving a needs assessment or review.
Review Financial Assistance for Carers, target those most in need and develop a consistent assessment process.

Achievements - Adults Health and Wellbeing

Area of Focus- Adults Health and Wellbeing

<p>Life expectancy in York for both men and women is higher than the national average at 79.6 years for men (England 78.3) and 83.2 years for women (England 82.3).</p>	<p>Health is substantially worse in York's deprived area men will die on average 9.9 years earlier than their least deprived counterparts. Similarly, women in the most deprived communities in York will die on average 3.6 years earlier than those in the least deprived communities.</p>
<p>In the last year the Health and Wellbeing Board has been established and the Health and Wellbeing Strategy is being implemented.</p>	<p>Increase the % of people with a long term disability in sport</p>

City of York Council's HEAL (Health, Activity, Exercise and Lifestyle) Programme has recently been expanded to enable more people with medical conditions to live a more active lifestyle.	Reduce smoking by manual workers
The exercise referral scheme has been extended to a further venue. A cancer specific exercise class has also been introduced and a fully trained instructor with specialist cancer qualifications gives patients who are having, or who have had, cancer treatment a personal screening assessment. Based on this a personal exercise programme is developed which includes aerobic, functional and resistance exercises. The classes aim to reduce the side effects of treatment, improve recovery and help minimise symptoms of the condition such as fatigue. Referrals to this class are made from the Cancer Care Centre in York, through specialist clinical nurses as well as from the majority of GP Practices in York.	Reduce the percentage of adults (over 18) drinking at increasing and at risk levels
The number of people with a long term limiting disability taking part in sport and active leisure declined to 9.3% from 15.4%. The Council successfully secured £252,705 of National Lottery funding from Sport England's Inclusive Sport fund to maintain targeted sport and health provision for disabled people in York. The funding will help maintain a three-year programme to extend sport and exercise activities across the city for residents with a medical condition and for those with a physical, sensory and/or learning disability.	
The council and city partners have commissioned a national charity to launch England's first Recovery College to support people overcoming alcohol and substance misuse. Modelled on a successful community project in Glasgow, the Wired into Recovery charity trains people who are successfully recovering from addiction to support others going through the recovery process	

Green Status : York Performs Better

Red Status: York Performs Worse

	09/10	10/11	11/12	12/13	13/14	Target	Trend	GB	Yorkshire & Humber
Life Expectancy at Birth Male	79.60	79.80			Awaiting Information			78.58	77.70
Life Expectancy at Birth Female	83.20	83.00			Awaiting Information			82.57	81.80
Over 50 in sport (3 x 30 mins a week)	13.6% (2008/10)			16.8% (2010/12)	Awaiting Information		Increase		
People with a long term disability in sport (3x30 mins a week)	15.4% (2008/10)			9.3% (2010/12)	Awaiting Information		Decrease		

2.13i - Percentage of physically active and inactive adults - active adults				61.5%	Awaiting Information			56.03%	54.53%
2.13ii - Percentage of active and inactive adults - inactive adults				23.7%	Awaiting Information			28.51%	30.42%
2.14 - Smoking prevalence - routine & manual			24.0%	26.2%	Awaiting Information			29.70%	33.31%
Reduce the % of Over 18's drinking at increasing and at risk levels.				29.7%	Awaiting Information			22.30%	24.50%

Mental Health - Achievements	Area of Focus Mental Health
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To meet the forecast predications for the increase in the number of people who are/will be suffering from dementia a steering group has been established to oversee and promote York's aspiration to become a ' Dementia Friendly' community working with businesses, shops and services to support them to become more 'dementia friendly' and accessible. The Council has launched itself as a local action alliance. York has registered as an early adopter for the national recognition process and has made links with colleagues in Bruges who are also working to become a Dementia Friendly City.

People suffering from dementia is increasing

York's library service is working with Dementia Forward on awareness raising, dementia related reading lists and appropriate books for the library. York's libraries are launching a scheme to help residents tackle mental health issues. Books on Prescription is an innovative, mental health self-help initiative being run in partnership with GPs.

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Sport and Active Leisure have continued to recognise and respond to the needs of those with Dementia in their programme of leisure activities and have worked with Sports UK to develop a Dementia Awareness course for coaches, instructors and providers of sports clubs across the city. A project has also been undertaken.

Mental Health	09/10	10/11	11/12	12/13	13/14	Target	Trend	GB	Yorkshire & Humber	
York population aged 65 and over predicted to have dementia (POPPI)	35,100	36,900	38,100	39,400	40,600		Increased			
	2012	2014	2016	2018	2020					
1.18i - Social Isolation: % of adult social care users who have as much social contact as they would like			45.8%	42.7%	43.1%		Increased	43.20%	45.03%	
2.23iii - Self-reported well-being - people with a low happiness score			11.1%	8.4%	Awaiting Information		Awaiting Information	10.36%	11.15%	
2.23iv - Self-reported well-being - people with a high anxiety score			22.6%	20.8%	Awaiting Information		Awaiting Information			
4.10 - Suicide rate		9.6%	8.3%	7.8%	Awaiting Information		Awaiting Information	8.49%	8.59%	
Achievements - Children and Young People Health and Wellbeing							Area of Focus- Children and Young People Health and Wellbeing			
Progress on the Healthy schools programme has been undertaken. York has 100% of Schools with Healthy Schools Status and two schools with Enhanced status.							Results from the national child measurement programme for childhood obesity shows the percentage of reception children recorded as being obese has increased marginally to 8.53% from 7.5%. The percentage of children in year 6 recorded as being obese has also increased to 16.13% from 14.7%. New initiatives are currently being considered to assess what further options families have to help reduce the number of overweight children in York.			

The Council joined forces with national charity Relate to give additional support to parents of teenagers in York. The move follows an increase in requests for information to the Council's Family Information Service from parents with issues relating specifically around teenagers.

The Romance Academy a new project was launched in Clifton earlier this year. The Academy gives young people a chance to talk openly about relationships and sex, and consider questions like 'what is love.'

Workshops on preventative measures to reduce teenage pregnancy were undertaken at the 'No wrong door' conference. This is a conference for the children and young people's workforce from partners across York.

Youth Support Services were awarded one of twelve Youth Innovation Zone Grants to establish a new Youth Sector Partnership in the city to improve the local offer for young people. Learning from this will be shared with others.

The Youth Offending Team received a good design award from the Youth Justice Board for its Child and Adolescent Mental Health service model outlining how they and partners can assess and support high risk young people with complex mental health needs.

Young people presenting with autism has been increasing. York's Autism Strategy was launched in February 2013 at a highly successful conference attended by 250 delegates.

Work has been undertaken to support the increased numbers of children and young people with autism in mainstream schools. Specialist teaching assistance work with children and young people and their families and schools to promote increased understanding and skill in supporting children with autism.

Work to support the number of people presenting with Autism will continue and proposals for developing a hub for Autism/complex need day activity facility are being explored.

	09/10	10/11	11/12	12/13	13/14	Target	Trend	GB	Yorkshire & Humber
% of reception year children recorded as being obese	5.5%	7.5%	8.5%	8.0%	Awaiting Information	5.5%		9.27%	8.94%
% of children in year 6 recorded as being obese	14.0%	14.7%	16.1%	16.4%	Awaiting Information	15.1%		18.92%	19.01%
2.02i - Breastfeeding - Breastfeeding initiation		73.7%	73.4%	74.0%	Awaiting Information			73.86%	66.93%
2.03 - Smoking status at time of delivery		13.7%	13.9%	13.7%	Awaiting Information			12.69%	17.37%

2.04 - Under 18 conceptions: conceptions in those aged under 16	6.5%	7.3%	3.4%		Awaiting Information			6.08%	7.12%
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Achievements - Health and Wellbeing Looked After Children	Area of Focus - Health and Wellbeing Looked After Children
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<p>The Council's Keeping Families Together initiative is continuing to deliver an overall reduction in the number of children in public care. This initiative seeks to safely support more children at home in the care of their parents or extended family members. It also helps those children who are already looked after to move more quickly on to alternative permanent care. To support these arrangements, the Council has developed a 'new deal' for local foster carers to ensure that there is a sufficient supply of high quality local placements available for those children who do need to become looked after. A separate Adoption and Fostering Service has been created.</p> <p>A Looked After Children's Support Service has been implemented. These arrangements have delivered a sustained month on month reduction in the overall number of children who are looked after. Between 2011 and 2013 York achieved adoption of 19% of children in care compared with a national average of 13%, which ranks York 16th out of 152 local authorities in England</p> <p>The Council launched its Springboard Project to recruit volunteer mentors to support young people aged 16 and over who are leaving or have left care. Springboard helps young people with a range of issues such as raising self esteem, employability and independent living. Recent figures show that 20 mentors have signed up to this project and 16 young people have been linked up with a mentor.</p> <p>Targeting of bespoke work for substance misuse to care leavers and the development of care packages to ensure safe transition to adult services is now been overseen by a transitions worker situated in Atlas the young peoples service.</p>	To continue to reduce the number of Looked After Children
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Looked after children	09/10	10/11	11/12	12/13	13/14	Target	Trend	GB	Yorkshire & Humber
Number of Looked after children		237	256	243	220		Decreased		
Children Looked after rate per 10,000	58	64	66	72	68		Decreased	60	66
2.08 - Emotional well-being of looked after children		13.5%	14.2%		Awaiting Information			13.80%	12.33%

% of health needs assessments undertaken for LAC for more than 1 year		80%	84%	82%	79%	90.0%	Decreased	85%	80%
% of LAC Substance misuse	-	-	5.9%	4.0%	-		Increased	3.50%	1.90%
% of children adopted from care	-	-	19.0%	18.0%	19.0%		Increased	13.00%	-
Percentage of children in the same placement for at least 2 years or placed for adoption- NI63	64.2%	78.2%	70.7%	60.0%	61.0%		Increased	67.00%	-
Proportion of children leaving care over the age of 16 who remained looked after until their 18th birthday	27.0%	44.0%	56.0%	53.0%	46.0%		Increased	68.00%	69.00%
Care Leavers at 19- Suitable accommodation	100.0%	92.3%	100.0%	100.0%	100.0%	100.0%	Stable	88.00%	89.00%
Care Leavers at 19- Education, Employment or Training		50.0%	74.0%	71.0%	79.0%	80.0%	Increased	58.00%	58.00%

Achievements - Health and Wellbeing Disabled Children and Young People

Area of Focus - Disabled Children and Young People

The strategy to increase the access of disabled young people to positive activities and volunteering through extended services and in youth clubs is also progressing.

York's Family Information Service has been awarded the National Association of Families Information Services (NAFIS) Family First Award for quality. York Family Information Service is a key service for mums, dads and carers of 0-19 year olds (or up to 25 years for disabled children and young people). The award credits the quality of practice provided by the team.

Carers - Achievements

Carers Strategy has been developed and is being implemented

The city's Health and Wellbeing Board has also adopted the national Carers' Charter with a commitment to empower and support carers and has invited a number of carers to share their experiences with the Board.

The Council has helped develop a national toolkit to support health and social care professionals plan services for carers.

A specific family and carer service has also been commissioned from the generic carer's service provider

A BME Carers' survey has recently been completed and results are being analysed.

Following consultation with the Carers Strategy Group a new process has been established to ensure that Carers who are in receipt of means tested benefits will be given priority for the receipt of the Flexible Carers Grant. .

Areas of Focus - Carers

Increase the % of older people and carers who are receiving self directed support including the % of people via a direct payment.

	09/10	10/11	11/12	12/13	13/14	Target	Direction of Travel	GB	Yorkshire & Humber
Carer-reported quality of life score			#N/A	#N/A	Awaiting Information			8.10%	8.30%
Overall satisfaction of people who use services with their care and support, expressed as a percentage			64.00%	65.80%	67.40%	65%	Increased	64.10%	65.40%

Overall satisfaction of carers with social services, expressed as a percentage				54.50%	Awaiting Information			42.70%	45.40%
The proportion of carers who report that they have been included or consulted in discussion about the person they care for, expressed as a percentage				83.80%	Awaiting Information			72.90%	76.30%
The proportion of People who use services who have control over their daily life expressed as a %			78.20%	80.50%	80.31%	80.50%	Stable		
Number of adults and older people and carers receiving self directed support in the year to 31st Mary as a % of all clients receiving community based services and carers receiving carer specific services				31.50%	33.85%	30%	Increased		

<p>Number of adults and older people and carers receiving self directed support via a direct payment in the year to 31st Mary as a % of all clients receiving community based services and carers receiving carer specific services</p>			14.40%	12.40%	9.39%	20%	Decreased		
Achievements LGBT Health and Wellbeing							Areas of Focus - Health and Wellbeing LGBT		
<p>We work closely with the LGBT forum who are developing a Health and Wellbeing document. The strategy is based on a four year plan and outlines the needs of York's LGBT population and the actions considered necessary to lead to equality. The work will be led by sub-groups within the LGBT Forum.</p>							<p>Continue to work with the LGBT forum to improve equality outcomes</p>		
<p>Engagement with LGBT young people is through LGBT Youth York. This project is specifically for young people aged 15-21 who either identify as lesbian, gay, bisexual or transgender or are questioning their sexuality. It was established following representations from young people themselves. These young people are able to meet, relax, talk, listen to music and participate in games and organised social and educational activities in a safe and supportive environment.</p>									
Achievements Gypsy Roma Travellers Health and Wellbeing							Areas of Focus - Gypsy Roma Travellers Health and Wellbeing		
<p>A Health and Wellbeing Needs Assessment has been undertaken of the Gypsy and Traveller Community</p>							<p>Improve Health and Wellbeing of the Gypsy and Traveller Community</p>		