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healthier**

**County Durham Health
and Wellbeing Board**

County Durham

Joint Strategic Needs Assessment

Key Messages 2015



**North Durham
Clinical Commissioning Group**



**Durham Dales, Easington and Sedgefield
Clinical Commissioning Group**



Introduction

The JSNA Key Messages for 2015 have been developed and were presented at the Health and Wellbeing Board's Big Tent engagement event in November 2015 to provide an overview of the health and wellbeing needs of the local population.

This data provides the evidence base for the development of the Joint Health and Wellbeing Strategy 2016/19, the Children, Young People and Families Plan 2016/19 and Clinical Commissioning Group Commissioning Intentions.

Further information related to the Public Health Outcomes Framework can be accessed [here](#).

(Further information on statistics for County Durham can be found on the Durham County Council website www.durham.gov.uk/stats).

Key Messages from the Joint Strategic Needs Assessment

The following key messages are based on the 2014 ONS mid-year population estimates and the ONS 2012 population projections.

Demographics

- In County Durham the total population has increased to 517,800 in 2014, an increase of 1,800 people from 2013.
- Projections indicate a further increase of 2.8% by 2021 (to 532,200 from a 2014 base year), rising to 548,500 people by 2030 (5.9% increase from 2014).
- Between 2001 and 2014, due to the increase in birth rate, the 0-4 age group in County Durham increased by 10.5%. As a result of the increase in the birth rate, it is expected that there will be approximately 1,700 more primary aged pupils by 2024/25 than there were in 2014/15.
- Between 2001 and 2014, the 0-17 population in County Durham has fallen by 5.9% which is a smaller fall than the North East region of 7.5%, while the national trend is reversed and saw an increase in the 0-17 population of 3.5% over the same period. By 2030, the number of children and young people aged 0-17 is projected to increase by 4.7% (from 2014), reversing some of the declining trends seen prior to 2011.
- Between 2001 and 2014, the 18 to 64 age group increased by 3.5%, an increase of 10,700 people. However this group is predicted to decrease to 311,200 by 2021 (a fall of 1.5%) and continue to fall by a further 2.1% by 2030 (a fall of an additional 6,600 people).
- The 65+ age group is projected to increase from almost one in five people in 2014 (19.6%) to one in four people (25.3%) by 2030, which equates to an increase of 36.8% from 101,500 to 138,800 people.
- The proportion of the county's population aged 85+ is predicted to almost double (+93.9%) by 2030.
- According to latest available data, the level of child poverty is worse than the England average (18.6%), with 22.5% of children under 16 years living in poverty (2012).
- In 2014/15, the percentage of children achieving a good level of development at early years foundation stage was 63.6%, an increase from 2013/14 (56.7%) and above the average North East rate (63%) but below the national average (66%).
- In 2014/15, 6.7% of 16 to 18 year olds were not in employment, education or training (NEET). This was better in County Durham than the North East as a whole (7%) but was higher than the national average of 4.7%.
- In 2015, 71.1% of pupils in Durham achieved at least three A levels (A-E) compared to 79.3% nationally.

- 40.9% of students taking vocational subjects achieved three substantial qualifications compared to 47.4% nationally.
- In County Durham, estimates suggest that around 22,000 people aged 18-64 are socially isolated (7%).
- The number of first time entrants to the youth justice system continues to fall. In the period April to December 2015 the number fell to 106, from 157 in the same period in 2014.
- Durham City's student population, as enrolled at the Durham campus, is 15,129 (2015/16) and tourism trips to the city in 2013 totalled 3.8 million visitors.

Health in County Durham

- Life expectancy has improved for males (78.0) but reduced slightly for females (81.3) - both are still behind the England average (79.4 for males and 83.1 for females).
- In County Durham, men born in the most affluent areas will live 7 years longer than those born in the most deprived areas; women born in the most affluent areas will live 7.5 years longer than those born in the most deprived areas.
- In 2013/14, the percentage of women who start to breastfeed (57.4%) continues to rise but remains lower than the England average (73.9%).
- Children's tooth decay at age five in County Durham in 2011/12 (0.93%) was not significantly different to England (0.94%) but was lower than the North East (1.02%), however too many of our children still experience preventable dental disease.
- In 2014/15, 23% of children aged 4-5 years are classified as overweight and obese compared to the England average of 21.9%.
- In 2014/15, 36.6% of children aged 10-11 years are classed as overweight and obese compared to the England average of 33.2%.
- During October 2013 to September 2014, teenage conception rates (30.5 per 1,000) were greater than the England average (23.3), and the North East region (30.2). There has been a sustained downward trend since monitoring commenced in 1998.
- In 2013/14, alcohol-related hospital admission rates for under 18s (69.9 per 100,000) are higher than the regional (65.8) and national (40.1) rates.
- Hospital admissions for 15-24 year olds due to substance misuse are worse in the county (94.7 per 100,000) than the England average of 81.3 (2011/12 – 2013/14).
- The number of emergency hospital admissions due to drowning or submersion injuries per 100,000 population is 0.8 for County Durham, compared to an England average of 0.9.

- In 2013/14, admission rates to hospital due to self-harm for 10-24 year olds (523.5 per 100,000) are higher than the England average (412.1 per 100,000).
- Around 10% of those aged 5-16 years have a classifiable mental health disorder, which is similar to the national and regional estimate.
- The number of referrals for Adult Mental Health Professional (AMHP) assessments for adults with mental health needs increased by 40% when comparing 2010/11 with 2014/15, and by 26.9% when comparing 2014/15 figures with 2015/16.
- In June 2015, the Children's Health (CHIMAT) profiles suggest that the rate for hospital admissions for a mental health condition (0-17) is similar in Durham (88.8 per 100,000) to the England average (87.2).
- There are over 4,600 people in County Durham registered with GP's with a diagnosis of mental illness. More than 50,000 have a common mental disorder, for example, anxiety and depression.
- Estimates suggest that 1 in 4 adults will experience mental health problems at any one time. For County Durham, this represents over 100,000 people aged 18+.
- The number of adults assessed with mental health needs increased by 19.2% between 2010/11 and 2014/15.
- Nationally, life expectancy is on average 10 years lower for people with mental health problems due to poor physical health. People with a severe mental illness are:
 - 5 times as likely to suffer from diabetes.
 - 4 times as likely to die from cardiovascular or respiratory disease.
 - 8 times as likely to suffer Hepatitis C.
 - 15 times as likely to be HIV positive.
- Older prisoners are at a greater risk of becoming isolated within the prison environment and are less likely to have social support, with a greater risk of developing mental health difficulties.
- There is an increased risk of suicide among recently released prisoners in England and Wales. The greatest risk is identified in those people aged 50+.
- The percentage of young people leaving drug and alcohol treatment in a planned way is below the national average.
- Successful completions as a percentage of total numbers in drug treatment are below target and below regional averages.
- The percentage of those in alcohol treatment who successfully complete treatment has declined and is significantly below the national average.
- In 2013/14, the rate (per 10,000) for emergency hospital admissions caused by unintentional and deliberate injuries in children (0-14 years) is worse in County Durham (168.4) than the England average (112.2).

- In 2013/14, the rate (per 10,000) for emergency hospital admissions caused by unintentional and deliberate injuries in young people (15-24 years) is worse in the county (201.7) than the average rate for England (136.7).
- In a Student Voice survey in 2015 across secondary schools in the county, over a third of young people stated that they do not participate in physical activity in and out of school, other than school PE.
- Prevalence of long term conditions (such as diabetes, coronary heart disease, and stroke) is significantly higher than the England average.
- The mortality rate for cancer (168.6 per 100,000 population aged under 75) has seen a small increase in 2012-14 and is higher than the England average (141.5).
- The mortality rate for cardiovascular disease (81.7 per 100,000 population aged under 75) is higher than England (75.7) but has been falling over time (2012-14).
- The mortality rate for respiratory disease (41.8 per 100,000 population aged under 75) is higher than the England average of 32.6 (2012-14).
- The mortality rate for liver disease (20.1 per 100,000 population aged under 75) is higher than the England average of 17.8 (2012-14).
- Smoking-related deaths in the county (381.3 per 100,000 population aged 35 and over) are worse than the England average of 288.7 (2011-13).
- Smoking prevalence in the county (22.7% in 2013) is worse than the England rate of 18.4%.
- There has been an overall downward trend in maternal smoking over time in County Durham, the North East and England. However, rates locally are still higher than the England average. In 2013/14, 19.9% of mothers in County Durham were smoking at the time of delivery compared to 18.8% regionally and 12.0% nationally.
- Children and young people are often exposed to second hand smoke. In a 2015 survey in secondary schools, over half of the students identified that they often find themselves near other people who are smoking.
- Levels of excess weight in adults are higher across the county (69% of adults) than the North East (68.6%) and significantly higher than England (64.6%).
- In 2013/14, the diabetes prevalence rate for County Durham of 6.9% is higher than both regional (6.5%) and national (6.2%) rates.
- The rate for alcohol-specific admissions to hospital for adults in 2013/14 at 788 per 100,000 population is worse than the England average of 645.
- Between 2012 and 2014, the suicide rate (13.3 per 100,000 population) is higher than the England average of 8.9.

- Between 2010 and 2013 there was a total of 944 additional deaths, an average of 315 additional deaths each winter than would be expected from the rate of death in the non-winter months. This was not significantly different to the England average.
- Over half (52%) of the ex-service community nationally report having a long-term illness or disability, compared with 35% in the general population.

Social Care in County Durham

- Census results for 2011 show that there are 4,201 young carers in County Durham between the ages of 0–24, which represents 3% of the 0–24 population. However in a school survey, of the survey cohort, 848 students (10.5%) identified themselves as a Young Carer which is significantly higher than the census data.
- The rate of children and young people aged 0-17 in receipt of Disability Living Allowance is higher in County Durham (41.8 per 1,000 population) than regionally (41.1) and nationally (33.9).
- Phase one of the Stronger Families programme ‘turned around’ 1,320 families against the national measure of poor school attendance, unemployment, youth crime and adult anti-social behaviour, alongside a wide range of local criteria such as health, housing and domestic abuse.
- The rate of children with a Child Protection Plan continues to decrease (34.7 as at 31st December 2015) and is much lower than the latest national (42.9) and regional (59.5) averages.
- Domestic abuse features in over a third of all initial child protection conferences and continues to be the most common factor across all localities.
- Data for December 2015 shows that 21.2% of children in need referrals occurred within 12 months of the previous referral. This is an improvement from last year and is lower than the 2014/15 national average of 24.0%.
- There are 3,745 children in need in the county (March 2015) and in 52% of cases, neglect / abuse is the most common identified primary need, which is above the national average of 49%.
- The percentage of Looked After Children (LAC) with three or more placements as at December 2015 is 5.6%, which is an improvement from 5.7% from September 2014 and is better than the national and regional averages.
- Over 81% of children looked after for 12 months or more (as at December 2015) had a dental check and the required number of health assessments.
- There has been an increase in the number of early help assessments completed by the One Point Service, with 3,964 completed in the period April-December 2015 compared to 2,304 in the same period the previous year.

- Neglect or acts of omission and physical abuse represent the most commonly reported forms of abuse for adult safeguarding investigations.
- The number of reported safeguarding incidents has increased – in the previous three years, activity levels had remained relatively static.
- In 2015, County Durham is above (77.8% & 77.6%) the regional (77.1% & 75.7%), and national average (75.4% & 73.5%) for breast and cervical screening rates respectively.
- In 2014/15, there were 259 adults with autism aged 18-64 years in County Durham, a 3.2% increase on 2012/13 (284) figures.
- In 2013/14, performance (46.7%) was above the national average (44.2%) for the percentage of people with learning disabilities who have had an annual health check.
- In 2013/14, 2,159 older people were admitted to hospital for falls or falls injuries, which is higher than the national average (2,064).
- The rate of emergency admissions for hip fractures in people aged 65+ (674) is worse than the regional rate (651) and the England rate (580) in 2013/14.
- Since November 2014, there has been a reduction in the number of people whose discharge from hospital is delayed - this is better than England and North East rates. Data for the period April – August 2015 show an average of 4.9 people delayed in Durham compared to a national rate of 11.1 and a regional rate of 7.4.
- There were 1,658 referrals to the reablement service in 2014/15. This service gives people over 18 years of age the opportunity, motivation and confidence to relearn / regain some of the skills they may have lost as a consequence of poor health, disability, impairment or accident and helps people to stay independent in their own homes for as long as possible. Of those referred, 64% completed the reablement period without the need for ongoing care, whilst 20% completed with a reduced care package. A total of 94% of people completing reablement achieved their goals.
- There has been an increase in the number of older carers aged 65+ who receive either a social care or information and advice service. In 2014/15, there were 2,516 carers aged 65+ who were offered support.
- The average age of people going into residential care has risen – people are going into care later in life and staying for a shorter period of time.
 - Average age in 2004/05 was 84.4 – in 2014/15 it was 87.1.
 - Average length of stay in 2007/08 was 637 – in 2014/15 it was 597.
- Estimates suggest that over 6,600 people in County Durham aged 65+ have dementia. Projections suggest that this number will almost double between 2011 and 2030. This will present a significant challenge to health and social care services.

- In the Department of Health's national adult care survey in 2014/15, social care users in County Durham reported higher levels of satisfaction, have more control and have a better quality of life than nationally.
- Around 5,300 people die each year from all causes and around two thirds of these are aged over 75 years (similar to the national experience).
- The 2012 National End of Life Care profile for County Durham states that for the period 2008-2010:
 - 54% of all deaths were in hospital.
 - 22% occurred at home.
 - 19% occurred in a care home.
 - 3% were in a hospice.
 - 3% were in other places.
- For the period 2013/14 in County Durham, 96% of people who stated their preferred place of death achieved it in the North Durham CCG area and 83% in the Durham Dales, Easington and Sedgefield CCG area.