

# Health and Wellbeing Strategy

## People in Southampton live safe, healthy, independent lives and children in the city get a good start in life

Health and wellbeing is important to everyone in Southampton, whether they live, work or learn in the city. It is about much more than the absence of illness or disease. It is about being able to lead fulfilling lives; actively engaged in jobs, families and communities. The Council, health services and partners are committed to working together with the people of Southampton to improve the health and wellbeing of residents with the leadership of the Health and Wellbeing Board. This Strategy sets out the outcomes we want to achieve for Southampton over the next ten years, supported by a number of more detailed strategies and action plans.

### What outcomes do we want to achieve?

#### Health inequalities in Southampton are reduced

Health and wellbeing outcomes are very different for men, women and different communities or groups in Southampton, and there are significant health inequalities in our city. We want to improve the health and wellbeing of all residents and reduce inequalities so that everyone, especially vulnerable children and adults, has a better quality of life.

#### People in Southampton have improved health experiences as a result of high quality, integrated services

We want to make sure people get high quality support when and where they need it. This means making sure services are designed around the needs of people, can be easily accessed, and are well coordinated so that people receive joined up, seamless care. Integrating services across health and social care also means that the Council, health services and partners can work more efficiently, so that resources are used where they are needed most.

#### People in Southampton live active, safe and independent lives

We want to support more people to choose healthy lifestyles. When people take responsibility for their own health and the health of their children through positive lifestyle changes, this improves their wellbeing, prevents ill health and helps them to stay independent in their own homes and communities for longer.

#### Southampton has healthy and resilient communities, neighbourhoods and localities

Being healthy and well for a lifetime includes much more than good health and social care services. Many different things impact on health and wellbeing, like having good quality housing, access to green spaces, leisure activities, and sport, and jobs and apprenticeships. We want to address these wider determinants of health for everyone in the city.

### Key facts about Southampton

**247,569** people live in Southampton, and this is expected to grow by nearly 5% by 2022, to 259,615

**98,000** households in the city – with 51% owner occupiers and 25% living in privately rented homes

**34,557** people aged 65+ live in the city, and this is expected to increase by 12% by 2022, to 38,711

**49,775** children and young people (aged 0-17) live in the city, and this is expected to increase by 5.4% by 2022, to 52,450

**55%** Around 55% of Southampton residents exercise regularly, doing at least 150 minutes of physical activity per week

**83.1** Life expectancy in the city is and 83.1 years for women 78.2 years for men – lower than the national average for men

The main causes of mortality in Southampton are cancer and circulatory disease (including heart disease and stroke)

**65+** 3 CHRONIC CONDITIONS As people are living longer, many are living with multiple long term conditions – by 65, about a third of people have at least 3 chronic conditions

**3,000** Southampton City Council supports around 3,000 adults with care needs. Demand for services is expected to increase in line with population growth

**£300 million** Local NHS organisations spend around £300 million per year on health and care services in the city

### Our achievements

Our Health and Wellbeing Strategy 2013-16 set out a number of commitments. Since 2013, we have:

- ✓ Implemented Better Care Southampton, pooling £60 million of health and care budgets to deliver key outcomes.
- ✓ Potential years of life lost due to premature mortality has fallen from 496.8 to 484.6 (2012-14)
- ✓ Recommissioned school nursing to provide a Healthy Ambition Service and developed a breast feeding action plan
- ✓ Significantly reduced the rates of teenage conceptions from 70.2 per 1,000 teenagers (aged 15-17) in 2006 to 29.0 in 2014
- ✓ Improved diagnosis for dementia, with patients supported by self-management goals and personal programmes
- ✓ Delivered a Fuel Poverty action plan and delivered energy efficiency improvements to over 2,000 Council-owned homes
- ✓ Undertaken a fundamental review of mental health services to redesign services to provide a more preventative approach
- ✓ Delivered a city-wide campaign to reduce mental health stigma.
- ✓ Southampton continues to perform better than the national average in testing for and preventing blood borne diseases
- ✓ Raised awareness across the city for end of life care planning and extended care for people with non-cancer diagnosis

- ✓ Established six GP clusters across the city, bringing together health, social care, housing and voluntary staff and integrated commissioning, across a number of Council and Clinical Commissioning Group health and care services, to provide person-centred services in the community and make best use of health and social care resources across the city

### Our challenges

- » Health inequalities are a big challenge in the city. Men in the least deprived areas live 6.7 years longer than in the most deprived; for women the difference is 3.2 years
- » There is a significant funding gap for local health and social care services of £70 million over the next five years
- » 22.7% of children under 16 in Southampton live in poverty – higher than the England average of 18.6% and this is linked to poor health outcomes
- » Southampton children and young people are more likely to be admitted to hospital for mental health conditions than the national average
- » Children in the city have high levels of obesity, tooth decay and admission to hospital for preventable injuries
- » The older population (aged 65+) is expected to increase more rapidly than the overall population in the next five years, increasing demand for health and social care

- » Although life expectancy is increasing, more people are living with complex needs, with 86,000 residents having a long term condition; half of these having multiple conditions
- » 21.5% of people smoke in Southampton, (18.4% in England). The rate increases significantly in the most deprived areas
- » Over 1 in 4 adults in Southampton are overweight or obese
- » Police recorded drug offences in the city are higher than England average
- » Alcohol specific hospital admissions have increased significantly since 2010 and in 2013/14 there were 1,155 admissions
- » Nearly 10,000 households are estimated to experience fuel poverty
- » There is growing evidence that the impact of social isolation on mortality is greater than smoking, alcohol use, weight, exercise and air quality
- » The number of excess winter deaths has been steadily increasing in the last decade and Southampton has the 2<sup>nd</sup> highest rate compared to our statistical neighbours
- » Air pollution is a significant health issue for Southampton, with 6.2% of deaths attributable to air pollution in 2010. Long term exposure to air pollution increases the risk of deaths from cardiovascular and respiratory conditions



**Health inequalities in Southampton are reduced**

- Tackle inequality to reduce the gap in health outcomes between the least and most deprived areas of the city, and between men and women in the city
- Target services to those who are most at risk and in need to improve their health outcomes
- Ensure that health inequalities are taken into account in policy development, commissioning and service delivery, and that contracts with providers demonstrate what they will do to achieve equity of outcomes
- Ensure that adults and children have good access and navigation to advice, health and prevention services

**People in Southampton have improved health experiences as a result of high quality, integrated services**

- Improve health outcomes for residents, at a lower cost, through integration and joint working across all health services
- Embed a prevention and early intervention approach to health and wellbeing across the city
- Deliver a common approach to planning care tailored to the needs of the individual or family
- Deliver the right care, at the right time, in the right place by working as locally as possible and shifting the balance of care out of hospital to community providers



**People in Southampton live active, safe and independent lives**

- Encourage and promote healthier behaviour, independence and wellbeing
- Ensure that information and advice is coordinated and accessible, making best use of digital tools including telecare
- Promote healthy lifestyle choices and behaviours
- Prioritise and promote mental health and wellbeing as being equally important as physical health
- Make every contact count by ensuring all agencies are able to identify and respond when appropriate



**Southampton has healthy and resilient communities, neighbourhood and localities**

- Support and develop community networks, making best use of digital technology and assets
- Promote advice and support for parents and carers
- Improve housing standards and reduce illness and available deals linked to fuel poverty
- Improve the quality of homes to reduce fuel poverty
- Ensure the local plan, transport and the public realm support access to district centres, green spaces and healthy settings
- Deliver a cleaner environment through a clean air zone with vehicle access restrictions to the city
- Work with employers to improve workplace wellbeing e.g. through healthy workplaces and mindful employers

**What do residents say?** (Research undertaken 2016)

- 😊 The majority of residents (70%) self-assessed their health as being good or very good, 22% neutral and only 7% negative
- 😞 Residents told us that they were less likely to make use of helplines and website, talk to friends and family about their concerns or attend health checks / screenings
- 😞 Mobility problems, cancer, mood/contentment and money were their greatest health concerns for the future
- 😞 Some of the things residents said they could do to be more healthy include:
  - Having a better work life balance and going to more social venues
  - De-stressing regularly and getting better sleep
  - Increasing volunteering
  - Being able to exercise more
- 😊 Residents are already doing things to be healthier such as not smoking, eating healthily and limiting alcohol consumption

**City Survey 2016 health highlights**

- 🍏 **75% of residents felt they were in good health**
- 🌴 **40% felt lonely or somewhat lonely**
- 👏 **39% felt people in their neighbourhood pull together to improve things**
- 👤 **21% of people had few or no friends or relatives they could rely on**

**Our Strategic Approach**

The Health and Wellbeing Strategy sits within a framework of strategies and plans from a number of key organisations. This is an overarching strategy which provides the future strategic direction for health and care in the city, setting out our priorities and how we will work.

The Health and Wellbeing Strategy will be supported by a detailed action plan, setting out how we will meet our objectives and monitor outcomes. Progress against the action plan will be reported to the Southampton Health and Wellbeing Board on a regular basis.



**How will we measure success?**

We will use the following indicators to measure our progress

- Healthy life expectancy at birth (Average number of years male and female)
- Increased rate of breastfeeding
- Numbers of domestic abuse referrals from health professionals
- Hospital admissions from preventable causes – especially those from vulnerable groups
- Reduced delayed transfers of care (delayed days) from hospital per 100,000 population aged 18+
- Reduced numbers of permanent admissions to residential and nursing homes per 100,000 population aged 65+
- Increased % of older people (65+) who were still at home 91 days after discharge from hospital into reablement and rehabilitation services
- Reduced % of adults who smoke
- Reduced % of adults and children classified as overweight or obese
- Rate of preventable mortality in those aged below 75
- Increased % of adults who exercise regularly (at least 150 minutes of physical activity per week)
- Reduced hospital admissions for alcohol-related conditions
- Reduced drug-related hospital admissions (drugs poisoning and mental health / behaviour disorder)
- Numbers accessing primary mental health services – adults and children (available from 2017)
- Increased % of respondents who agree that people in their local area pull together to improve things (City Survey)
- Reduced % of households that experience fuel poverty
- Reduced excess winter mortality rates
- Reduced hospital admissions for respiratory conditions
- Number of employers and employees in the city signed up to employee wellbeing schemes.