St.Helens Council

NHS
Halton and St Helens

Joint Strategic Needs Assessment for Health and Wellbeing

Adult Social Care and Health Overview and Scrutiny Committee

Monday 22nd February 2010

Introduction

- Joint Strategic Needs Assessment (JSNA) - identifies health and wellbeing needs over the next three to five years.
- Statutory duty for Councils and PCTs
- The original St. Helens JSNA produced in 2008 by St.Helens Council and NHS Halton
- Refreshed in 2009
- The JSNA links into commissioning cycle

Headlines for St.Helens

- **An Ageing Population -** By 2015, 1 in 6 people will be aged 65 or over
- **Life Expectancy is getting better -** 75 years for men and 80 years for women.

  Gap between St Helens & England average
- **Health and Wealth -** St Helens is the 47th most deprived local authority in England

The Local Context

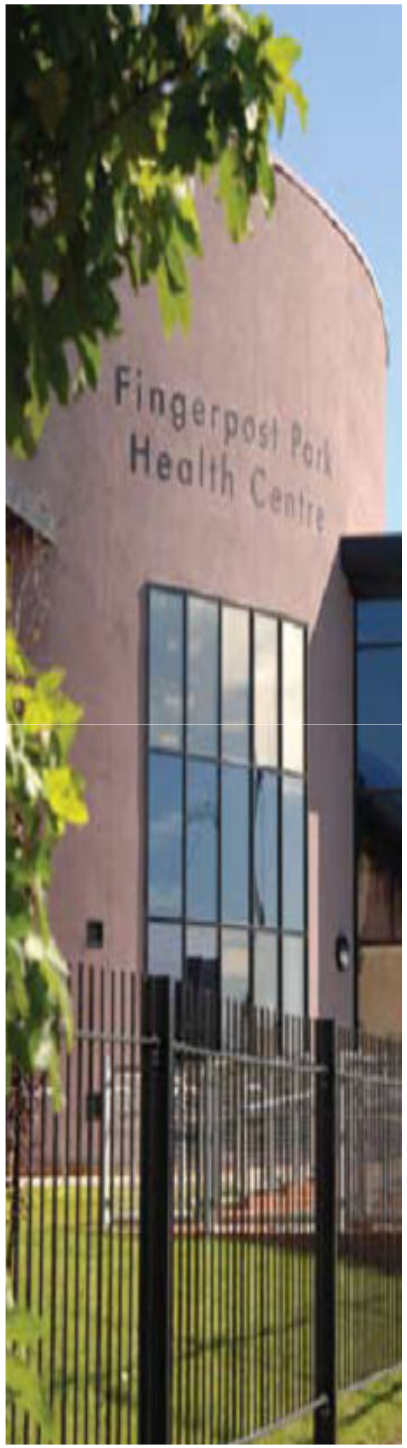
- **Housing is getting better -** 'Unfit' housing now just 3%
- **Employment -** Worklessness remains a challenge. Higher than average Incapacity Benefit Claimant Rate
- **Educational attainment has improved significantly**. However 19% of working age adults still have no qualifications.
- **Isolation and social networks -** Isolation increases the risk of a range of health issues such as depression.

Target Populations

- Pregnant Women & Newborns
- Children & Young People
- People with learning disabilities
- People with disabilities or a limiting long term illness (LLTI)
- Older people
- Carers

Lifestyle and Risk Factors

- **Smoking** – good take up of cessation services, higher rates of smoking than average
- **Alcohol** – higher proportion of people binge drink
- **Eating Habits** – 21% residents eat 5-A-Day
- **Physical Activity** – more Children are active than the national rate



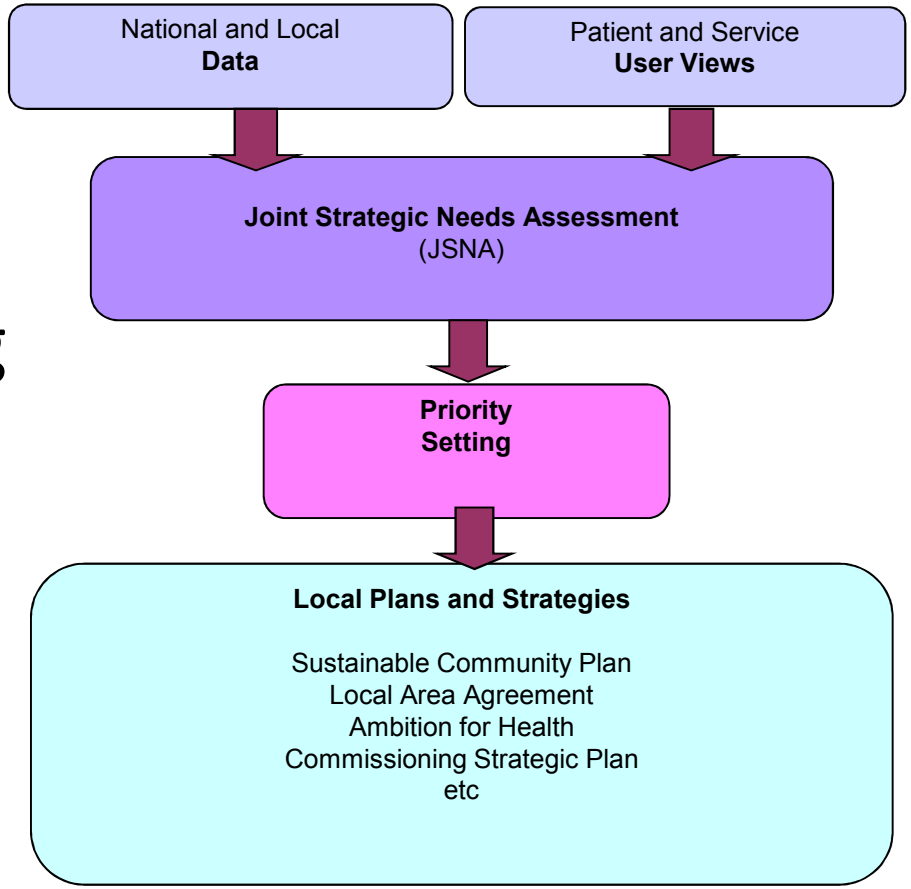
Conditions

- **Mental health and well-being –** 1 in 4 people likely to experience mental health problem. High level of mental health related Incapacity Benefit
- **Dementia –** One of the main causes of disability in later life. Forecast to rise by 50% over next 15 years
- **Obesity -** threat to the long-term health of the population
  - 13% of children in Reception year and almost 22% of children in Year 6 are already obese
  - 25% adults are estimated to be obese

- **Cancer -** accounts for 30% deaths for men & 25% of deaths for women. Over half of cancers can be prevented through lifestyle
- **Heart disease and stroke -** higher than average rates of heart disease

  Stroke - significant cause of death and adult disability.

  17,000 people in St Helens are at risk of high blood pressure, it is predicted that by 2015 that number could increase to over 46,000.
- **Diabetes -** prevalence of diabetes is increasing, it is projected that by 2020, approximately 12,000 people in St Helens will be diabetic.

Using the JSNA

Information about the health needs of the borough is a major influence in establishing priorities, planning services and targeting funding.