

Public Health in UTTLESFORD

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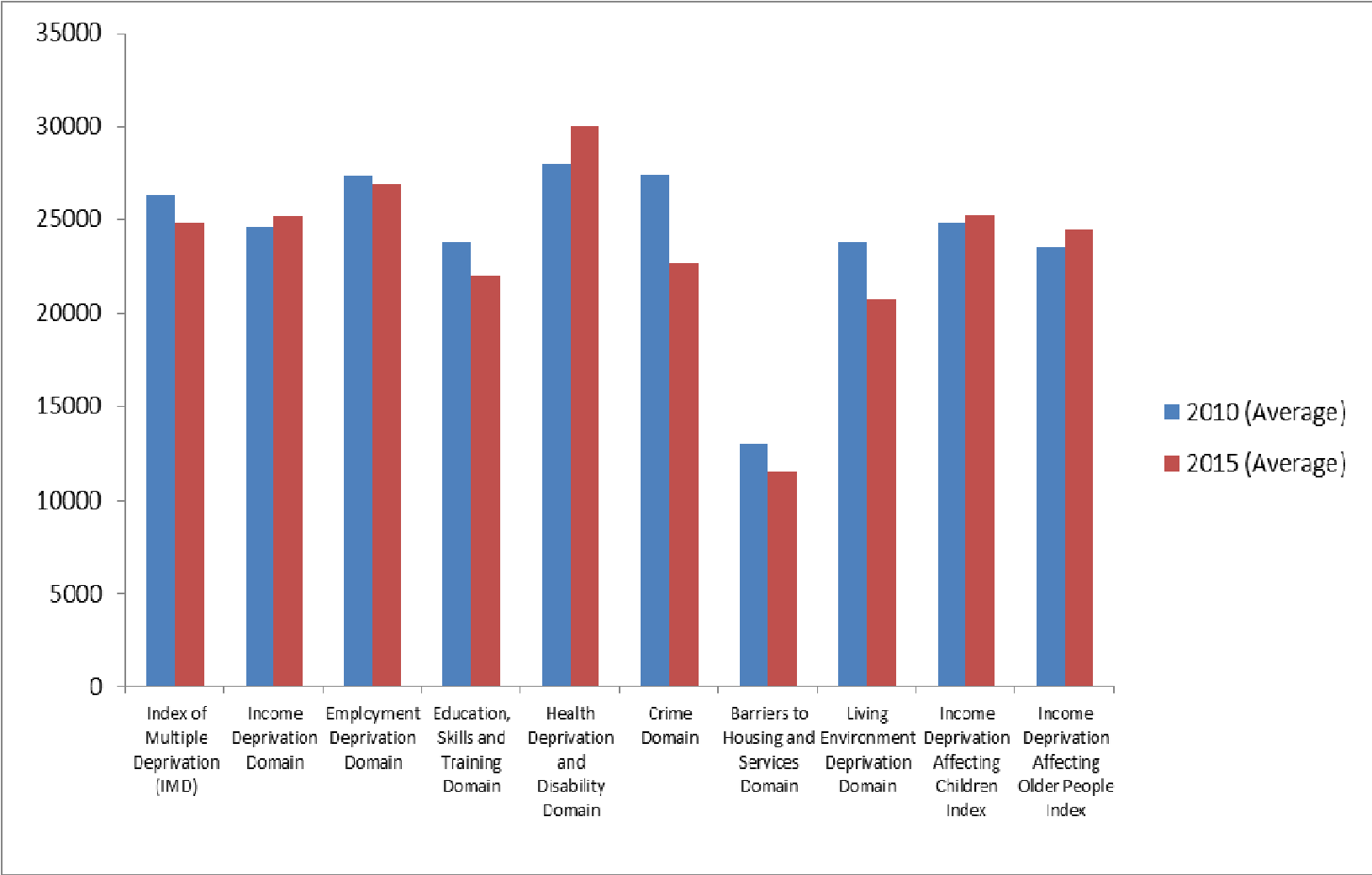


Essex County Council

Summary of Health and Wellbeing

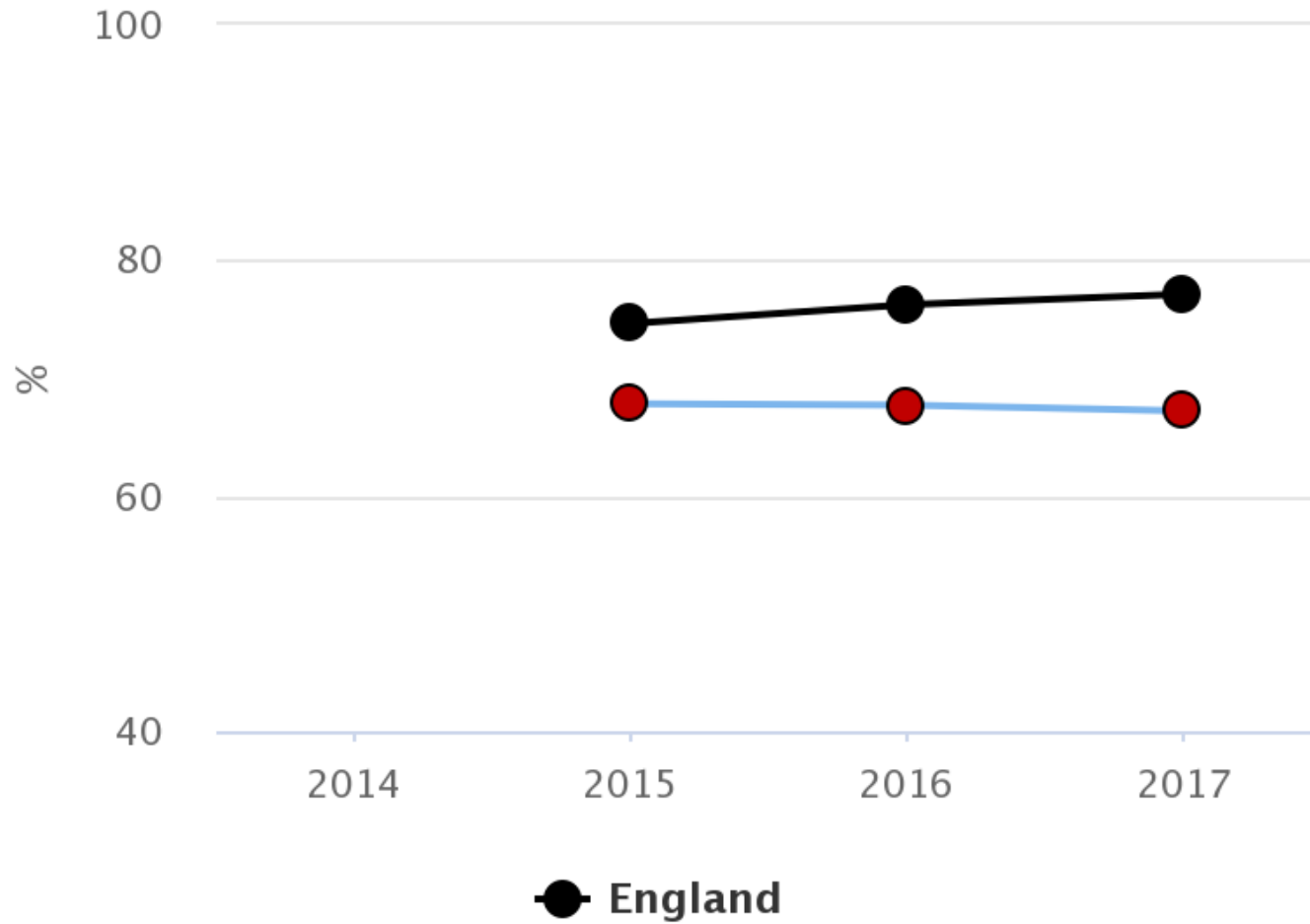
- Uttlesford is one of the 20% least deprived districts/unitary authorities in England. All the District areas are in upper 3 quintiles nationally.
- However 7% (1,000) of children live in low income families.
- Life expectancy for both men and women is higher than the England average.
- Life expectancy is not significantly different for people in the most deprived areas of Uttlesford than in the least deprived areas. 2.1 years & 0.6 years for males and females respectively.
- Uttlesford performs well in all IMD domains except barriers to services and housing
- Overall IMD score has slightly worsened since 2010
- This is driven by increases in crime and deterioration in Living Environment score
- Health and income scores relatively improved but education declined.

IMD trend 2010 to 2015

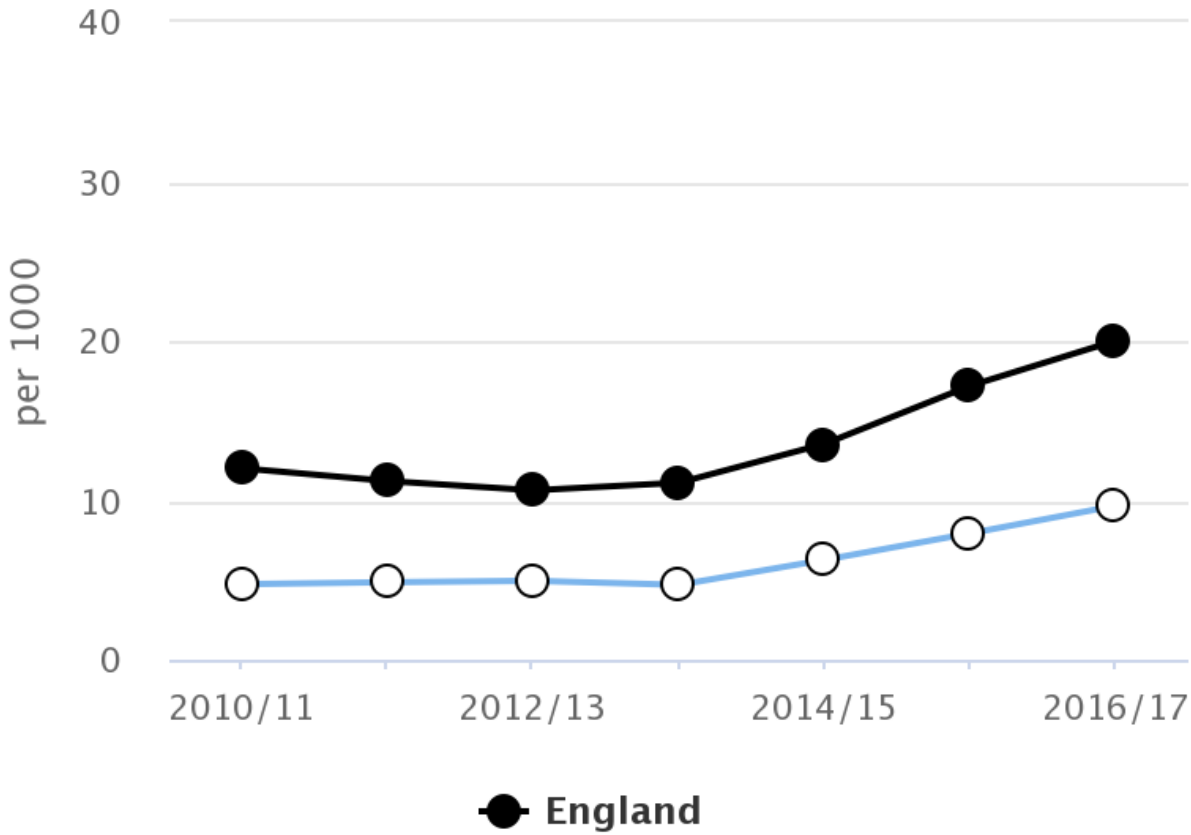


	Indicator names	Period	Local count	Local value	Eng value	Eng worst		Eng best
Life expectancy and causes of death	1 Life expectancy at birth (Male)	2014 – 16	n/a	81.7	79.5	74.2		83.7
	2 Life expectancy at birth (Female)	2014 – 16	n/a	84.2	83.1	79.4		86.8
	3 Under 75 mortality rate: all causes	2014 – 16	636	273.9	333.8	545.7		215.2
	4 Under 75 mortality rate: cardiovascular	2014 – 16	121	52.1	73.5	141.3		42.3
	5 Under 75 mortality rate: cancer	2014 – 16	305	131.5	136.8	195.3		99.1
	6 Suicide rate	2014 – 16	21	9.6	9.9	18.3		4.6
Injuries and ill health	7 Killed and seriously injured on roads	2014 – 16	141	55.2	39.7	110.4		13.5
	8 Hospital stays for self-harm	2016/17	103	127.9	185.3	578.9		50.6
	9 Hip fractures in older people (aged 65+)	2016/17	94	545.8	575.0	854.2		364.7
	10 Cancer diagnosed at early stage	2016	232	60.4	52.6	39.3		61.9
	11 Diabetes diagnoses (aged 17+)	2017	n/a	67.2	77.1	54.3		96.3
	12 Dementia diagnoses (aged 65+)	2017	671	62.7	67.9	45.1		90.8
Behavioural risk factors	13 Alcohol-specific hospital stays (under 18s)	2014/15 – 16/17	15	26.0	34.2	100.0		6.5
	14 Alcohol-related harm hospital stays	2016/17	468	548.1	636.4	1,151.1		388.2
	15 Smoking prevalence in adults (aged 18+)	2017	8,240	12.3	14.9	24.8		4.6
	16 Physically active adults (aged 19+)	2016/17	n/a	71.4	66.0	53.3		78.8
	17 Excess weight in adults (aged 18+)	2016/17	n/a	55.3	61.3	74.9		40.5
Child health	18 Under 18 conceptions	2016	12	7.6 ⁷⁵	18.8	36.7		3.3
	19 Smoking status at time of delivery	2016/17	64	8.6 ⁷⁵	10.7	28.1		2.3
	20 Breastfeeding initiation	2016/17	696	80.3	74.5	37.9		96.7
	21 Infant mortality rate	2014 – 16	10	3.7	3.9	7.9		0.0
	22 Obese children (aged 10–11)	2016/17	123	13.2	20.0	29.2		8.8
Inequalities	23 Deprivation score (IMD 2015)	2015	n/a	9.7	21.8	42.0		5.0
	24 Smoking prevalence: routine and manual occupations	2017	n/a	22.5	25.7	48.7		5.1
Wider determinants of health	25 Children in low income families (under 16s)	2015	1,005	6.7	16.8	30.5		5.7
	26 GCSEs achieved	2015/16	593	70.4	57.8	44.8		78.7
	27 Employment rate (aged 16–64)	2016/17	42,900	81.2	74.4	59.8		88.5
	28 Statutory homelessness	2016/17	**	**	0.8			0.0
	29 Violent crime (violence offences)	2016/17	822	9.7	20.0	42.2		5.7
Health protection	30 Excess winter deaths	Aug 2013 – Jul 2016	166	26.0	17.9	30.3		6.3
	31 New sexually transmitted infections	2017	246	459.9	793.8	3,215.3		266.6
	32 New cases of tuberculosis	2014 – 16	9	3.5	10.9	69.0		0.0

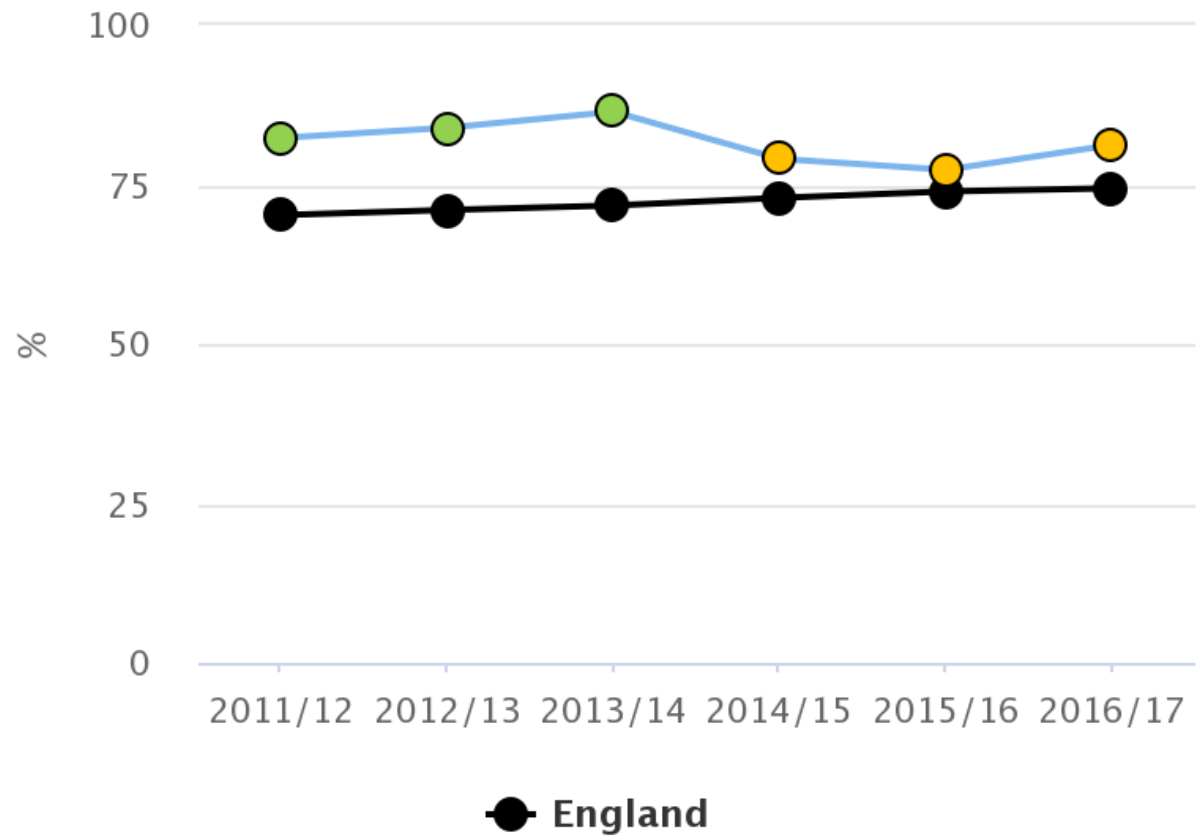
Diabetes diagnoses (aged 17+) - Uttlesford



Violent crime (violence offences) - Uttlesford



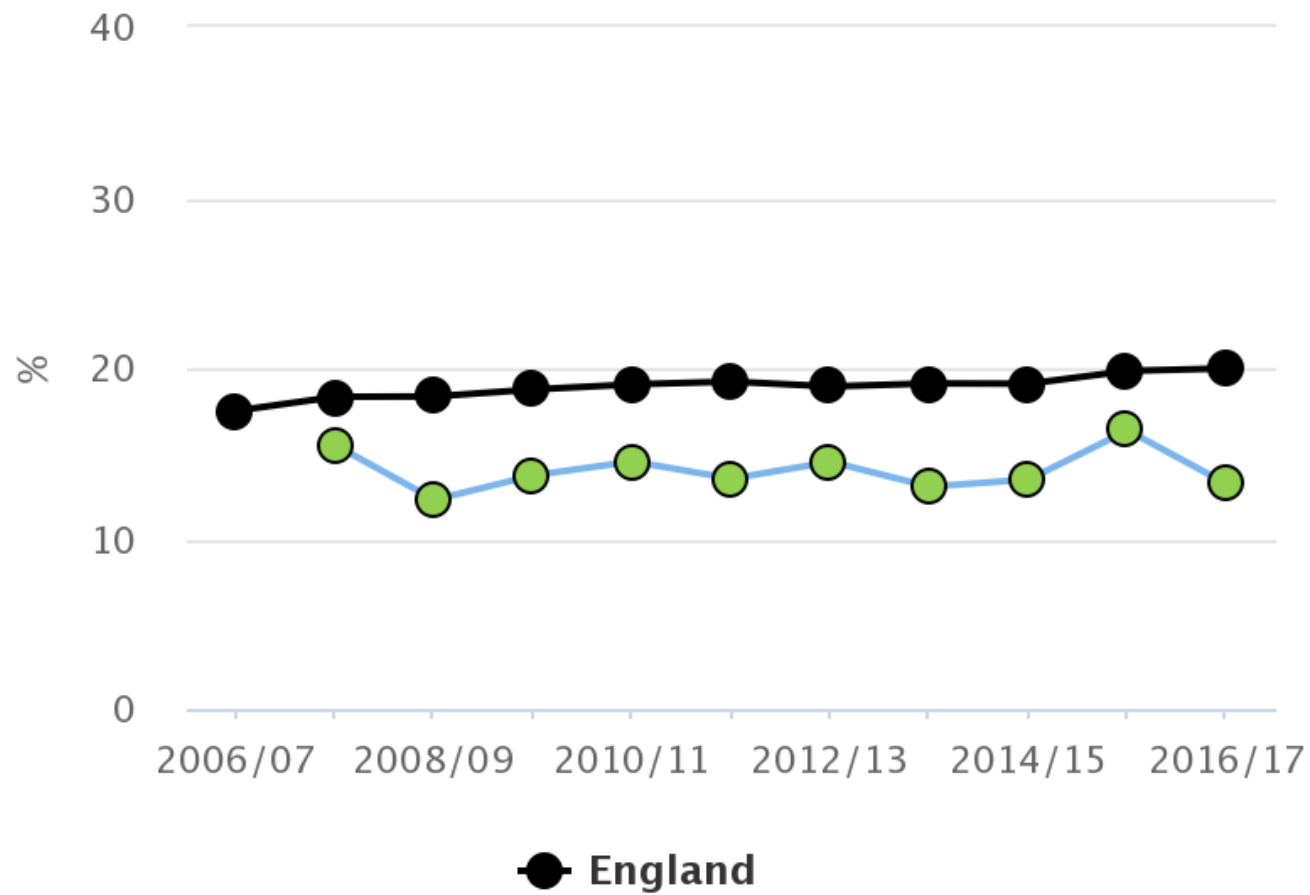
Employment rate (aged 16-64) - Uttlesford



Areas to Explore

- Obesity and overweight in children and adults
- Cancer Deaths Under 75 years of age
- Excess Winter Deaths
- Killed and Seriously Injured on Roads
- Excess Winter Deaths
- Hip Fractures
- Alcohol Admissions in Young People
- Drug issues
- Air Pollution

Obese children (aged 10-11) - Uttlesford

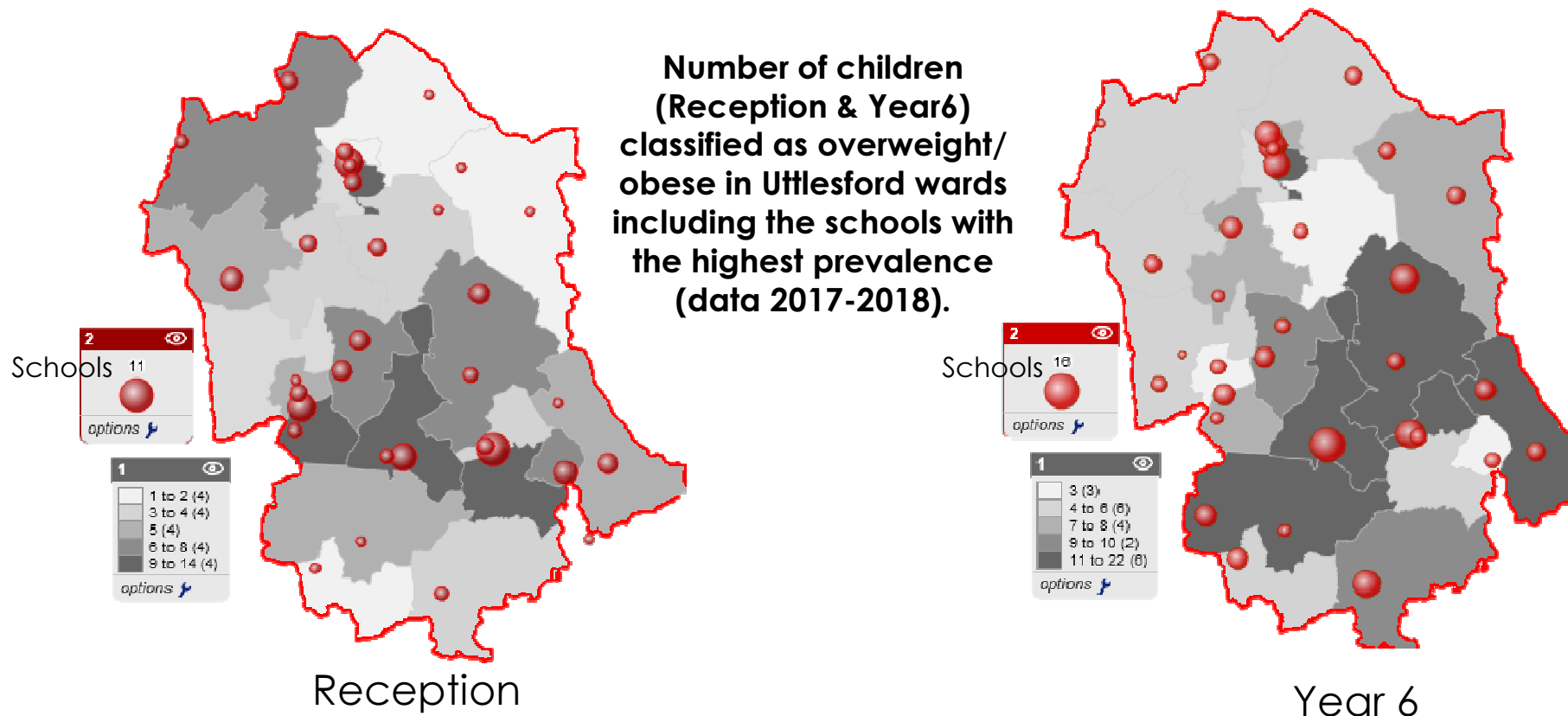


NCMP Childhood obesity

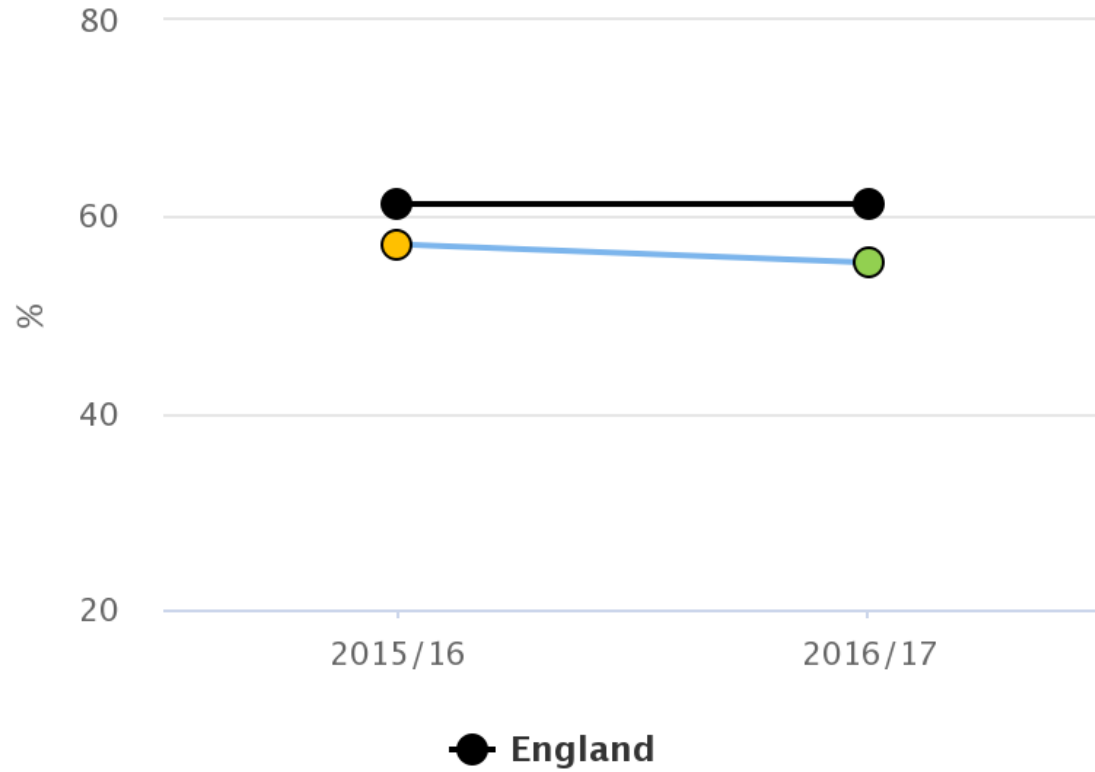
Number of children (Reception & Year6) classified as overweight/obese in Uttlesford 2016/17 - 2017-18).

Reception			
year	Overweight	Overweight/ Obese	Underweight
16/17	71	108	6
17/18	82	112	10

Year 6			
year	Overweight	Overweight/ Obese	underweight
16/17	120	182	9
17/18	84	172	15



Excess weight in adults (aged 18+) - Uttlesford



Recent trend: -

Period		Count	Value	Lower CI	Upper CI	East of England	England
2015/16	●	-	57.2	52.4	62.3	61.7	61.3
2016/17	●	-	55.3	50.3	60.7	61.9	61.3

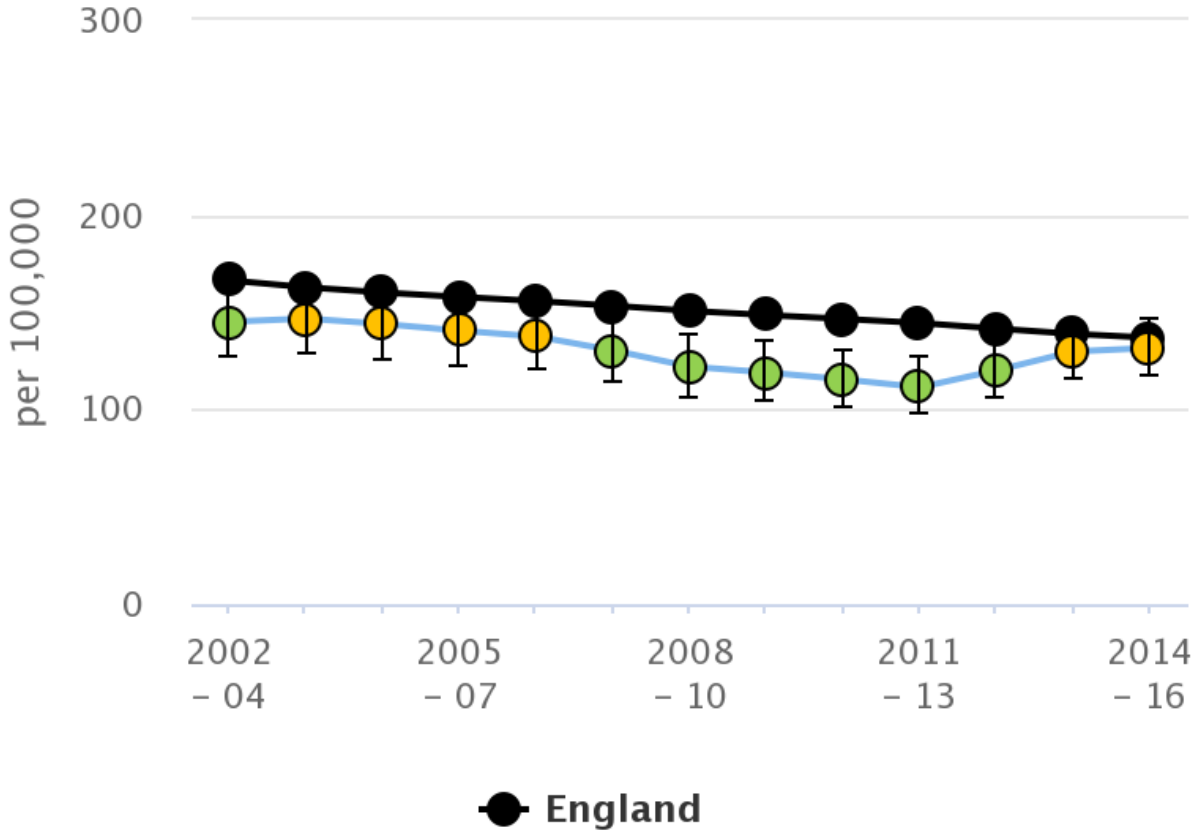
Source: Public Health England (based on Active Lives survey, Sport England)

Action to tackle Obesity

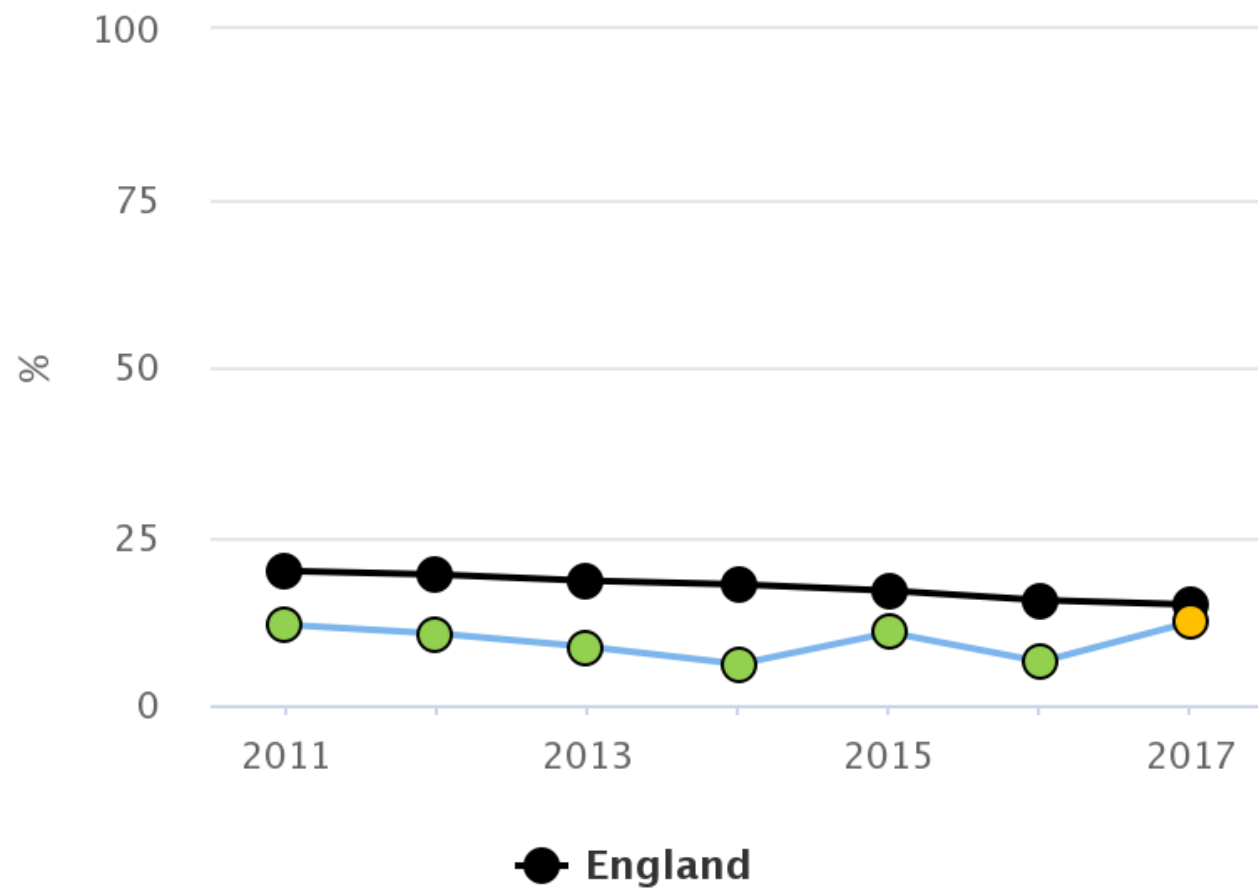
- Working with Active Essex and further partners to introduce new opportunities for people to be active in their communities via the Active Uttlesford Network – funded projects are listed on Uttlesford H&W Board's delivery plan and infographic.
- A local food partnership to focus on healthy eating and sustainability – scoping work underway. Currently focusing on resources to manage this project going forward.
- Shift to community led weight management opportunities – weekly weigh-ins offered at UDC offices, Uttlesford Community Hub, 1Life Leisure centres
- Encouraging Daily Mile in local schools
- Sport England Local delivery pilot opportunity

Cancer Deaths Under 75 years of age

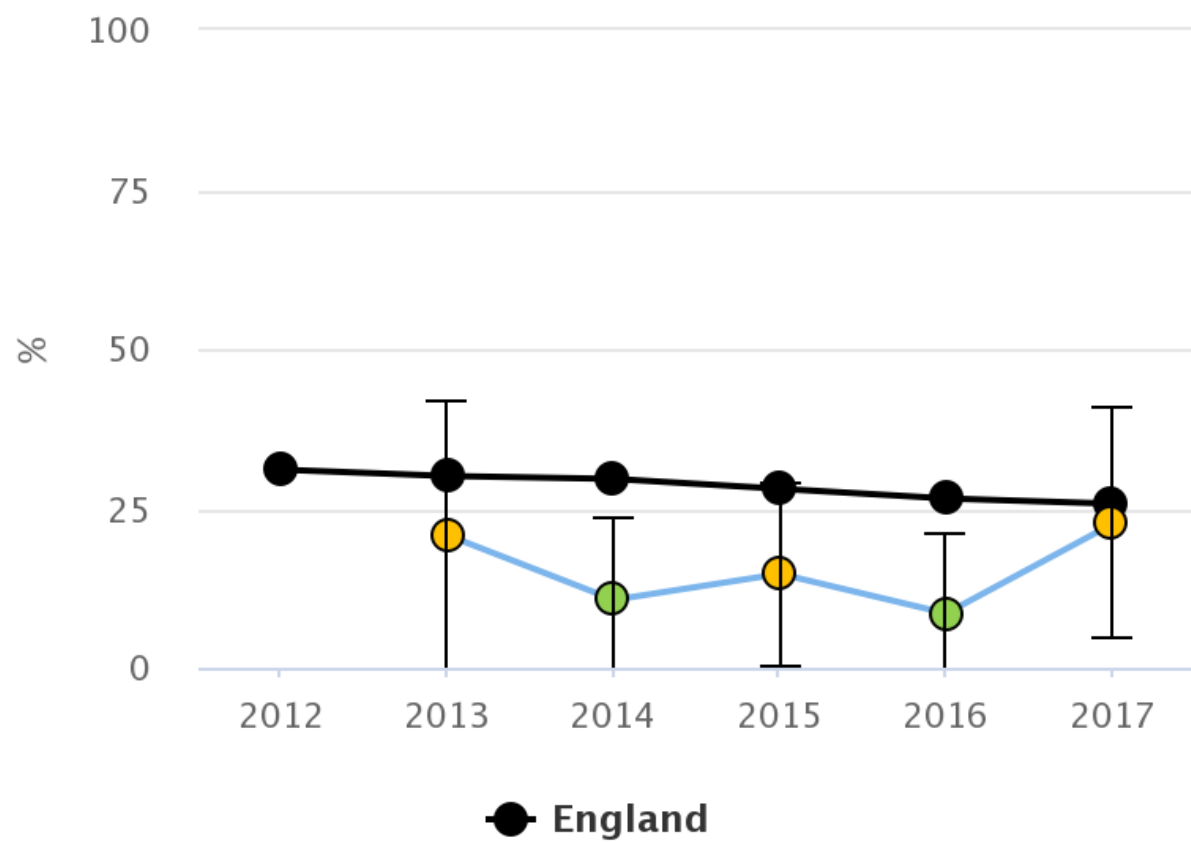
Under 75 mortality rate: cancer - Uttlesford



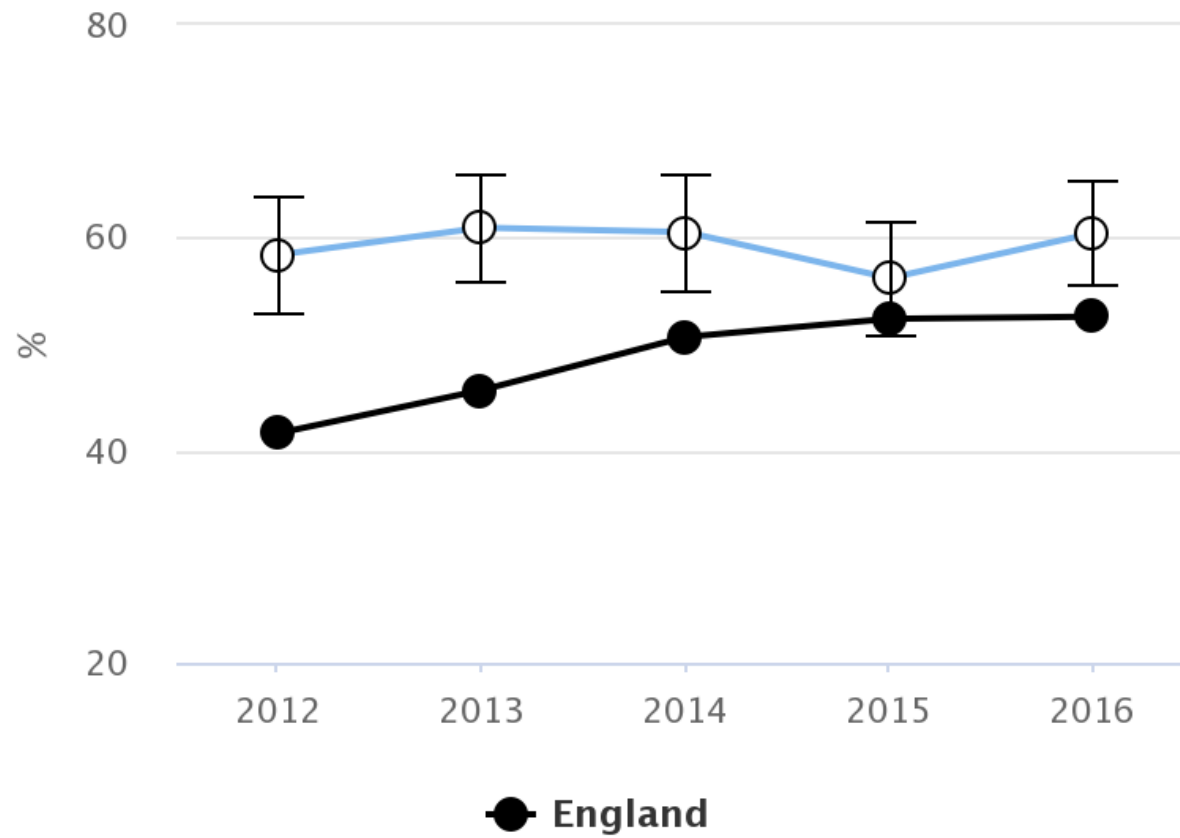
Smoking prevalence in adults (aged 18+) - Uttlesford



Smoking prevalence: routine and manual occupations - Uttlesford



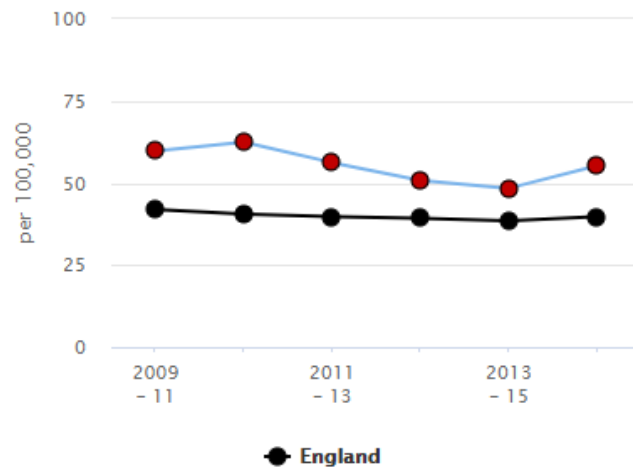
Cancer diagnosed at early stage - Uttlesford



Cancer Deaths Under 75 years of age

- Uttlesford does not have a problem compared to other areas but can none the less take action to improve health further. The action is heightening of the things we are doing~, addressing smoking, weight management, inactivity and alcohol consumption.
- Emphasis on including women and those in areas of deprivation in this prevention work. Alongside this continued public awareness of warning signs of early cancer and good primary and secondary care services are needed to maintain or improve cancer detection and management at an early stage.

Killed and Seriously Injured on The Roads



- Rate is statistically significantly greater than that of England.
- Uttlesford ranks third relative to all districts in Essex.
- In 2017, 5 people were killed compared to 0 the 2016 and 24 more people were seriously injured on roads.
- In 2017, 5 children were KSI, the same number for both 2015/16 combined.

Recent trend: –

Period	Count	Value	Lower CI	Upper CI	East of England	England
2009 - 11	141	59.8	50.3	70.5	44.1	41.9
2010 - 12	150	62.5	52.9	73.3	42.2	40.5
2011 - 13	137	56.2	47.2	66.4	40.9	39.7
2012 - 14	126	50.8	42.3	60.5	40.5	39.3
2013 - 15	122	48.4	40.2	57.8	39.6	38.5
2014 - 16	141	55.2	46.5	65.1	42.3	39.7

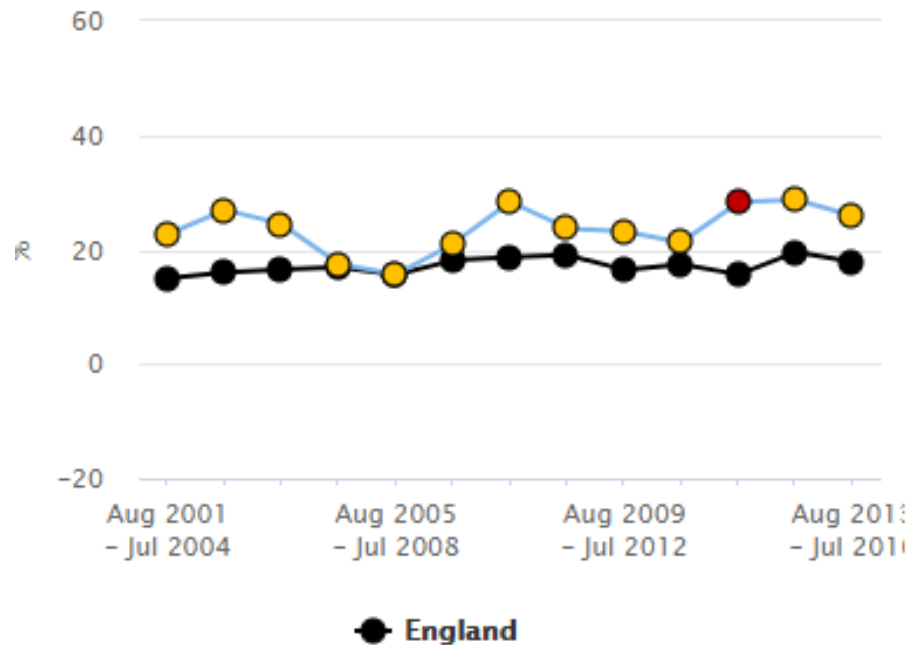
Source: Department for Transport

Area	Count	Value
England	65,254	39.7
Essex	2,089	48.3
Epping Forest	294	75.6
Maldon	109	57.9
Uttlesford	141	55.2
Brentwood	124	54.3
Braintree	232	51.4
Colchester	258	46.8
Tendring	195	46.0
Chelmsford	237	45.8
Rochford	101	39.5
Castle Point	105	39.2
Basildon	213	39.1
Harlow	80	31.2

Source: Department for Transport

- Denominator is local population
- Numerator is people in accidents in the area
- Trend has been down but not this year
- Rural areas and Motorway
- Speed watch
- Police enforcement
- Difficult

Excess winter deaths

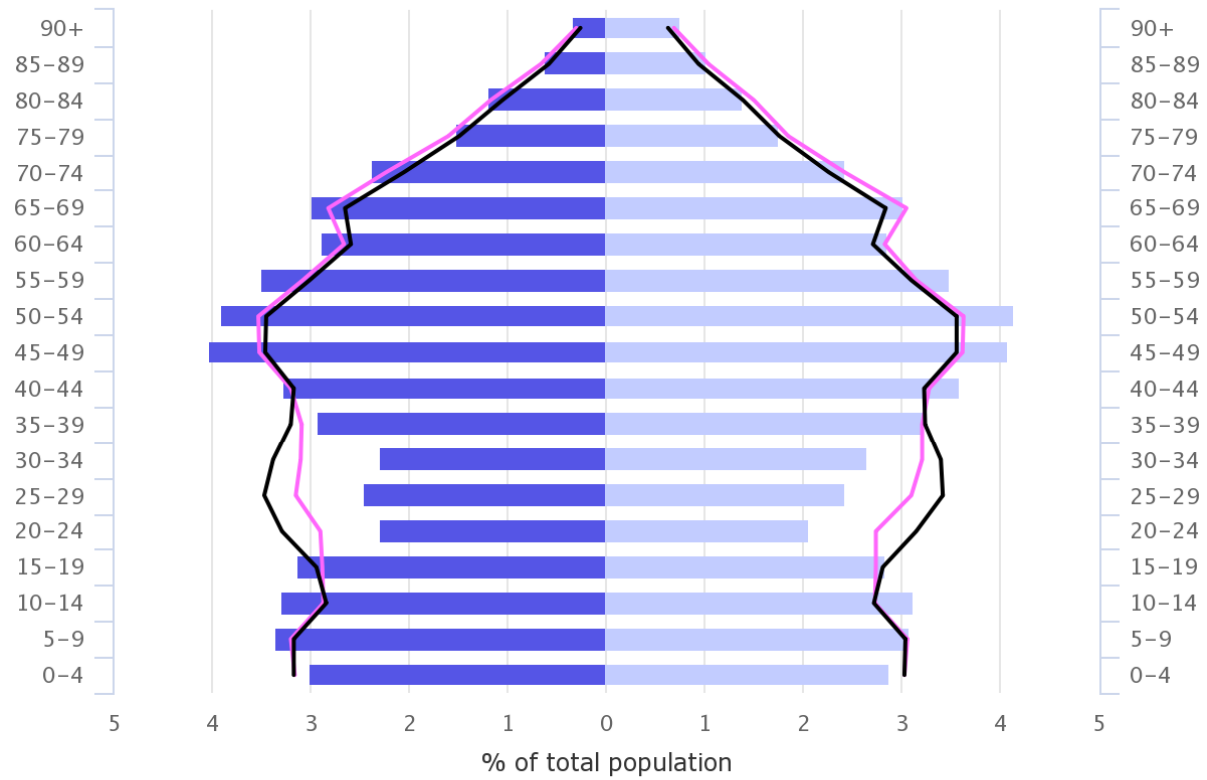


Area	Count	Value
England	80,698	17.9
Essex	2,252	17.2
Uttlesford	166	26.0
Braintree	287	21.8
Epping Forest	254	21.1
Tendring	392	20.0
Castle Point	180	18.8
Chelmsford	243	18.6
Colchester	258	17.7
Basildon	240	16.5
Maldon	71	11.4
Harlow	64	9.3
Brentwood	52	6.9
Rochford	48	6.3

Source: Office for National Statistics: Public Health England Annual Births and Mortality Extracts

Excess winter deaths has always been a concerning issue in Uttlesford. Deaths have always been higher than the national average. Recent years indicate an poor trend and a statistically similar index to Essex and national figures having been worse in between 2011-14. Uttlesford ranks in the top place of all districts in Essex EWD.

Age Profile ONS Mid-year population estimates 2016



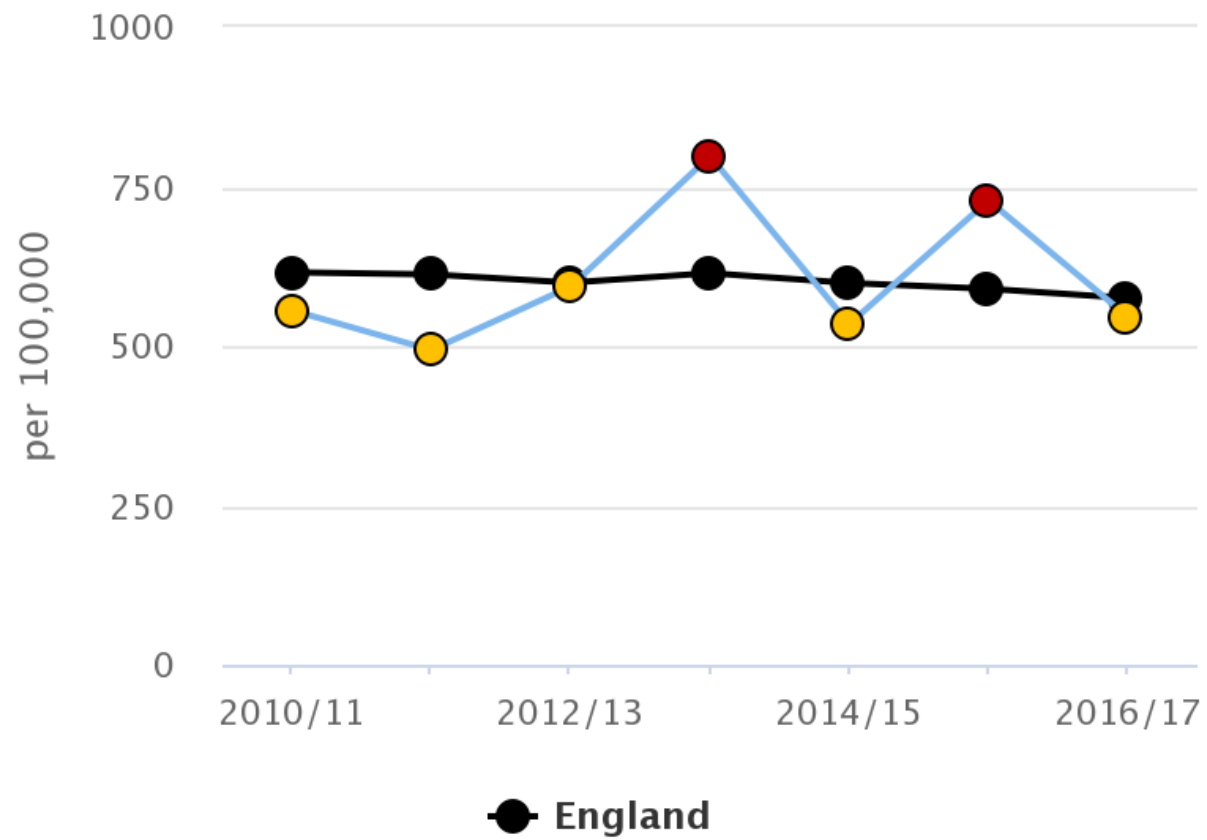
- Uttlesford (Male)
- Uttlesford (Female)
- East of England region
- England

Action to Address Winter Warmth Issues

Uttlesford CAB:

- Winter warmth advice and support via CAB and UDC Environmental Health Team.
- 'Snow Patrol' project with young sixth form student at SWCHS – starting a social media campaign to encourage young people to help with clearing paths etc. when/if it snows.
- Targeted letter mail-out to c.300 homes in October using BRE data to houses flagged with fuel poverty/excess cold hazards. Hotline and home-visit offered to advise people on the support that might be available to them (project funded by WE CCG)
- All projects are reported back to Uttlesford H&W Board.

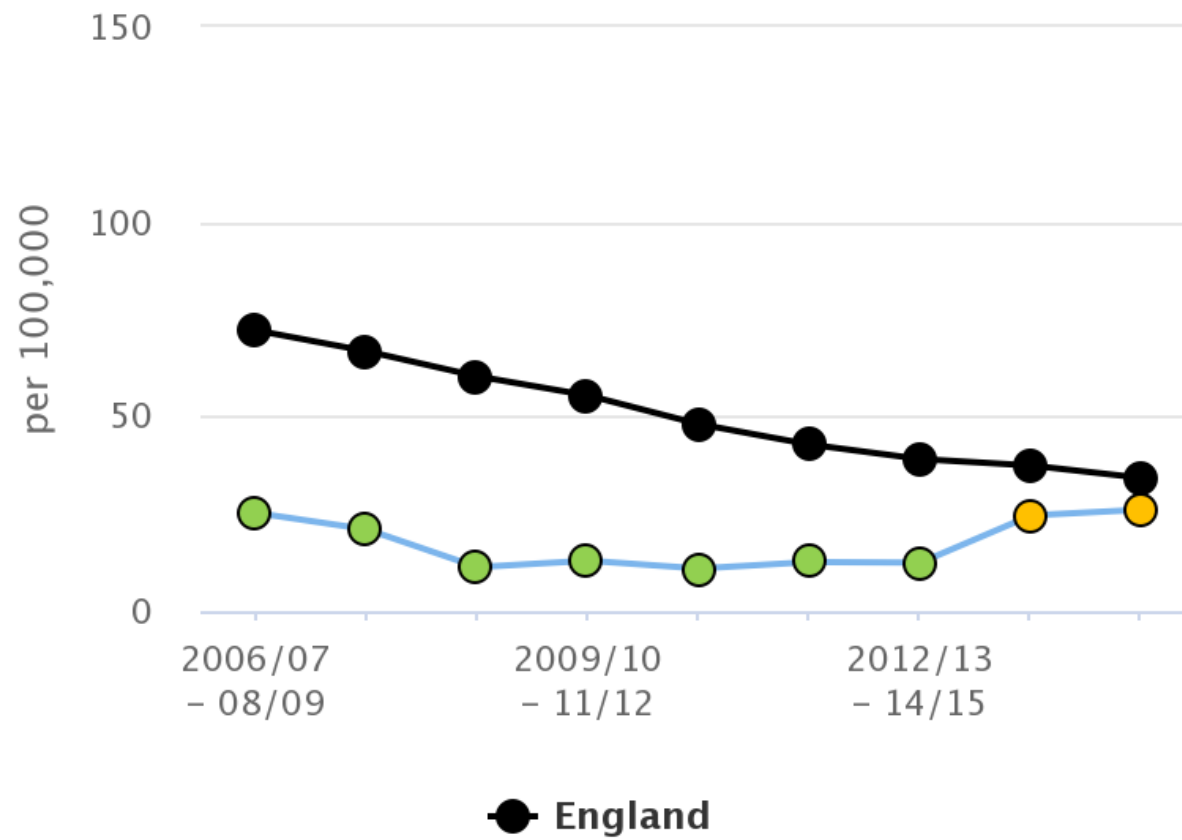
Hip fractures in older people (aged 65+) - Uttlesford



Action to Prevent Falls

- West Essex Falls Service – offer strength and balance at home and group sessions Thursday afternoons at SW Hospital, based on the Otago method.
- Seated chair exercises in sheltered schemes (delivered by sheltered housing officers) – 5 classes per week across the district's schemes.
- UDC Health Improvement Officer delivers a community seated exercise class within Thaxted every other Thursday. Looking into the potential to train a volunteer in the South of the district to deliver the same within other parts of the district.
- Exercise referral via 1Life including specialist classes.
- Promotion of volunteer-led walking for health schemes across Uttlesford (a Walking Guide provide information to the public). Also recently funded a walking activity for people with sensory loss, their families and carers.
- Handyman repairs service – hand rails etc. (via Environmental Health).
- CVSU Gardening project funded by Uttlesford H&W Board – reducing trip hazards in the garden.

Alcohol-specific hospital stays (under 18s) - Uttlesford

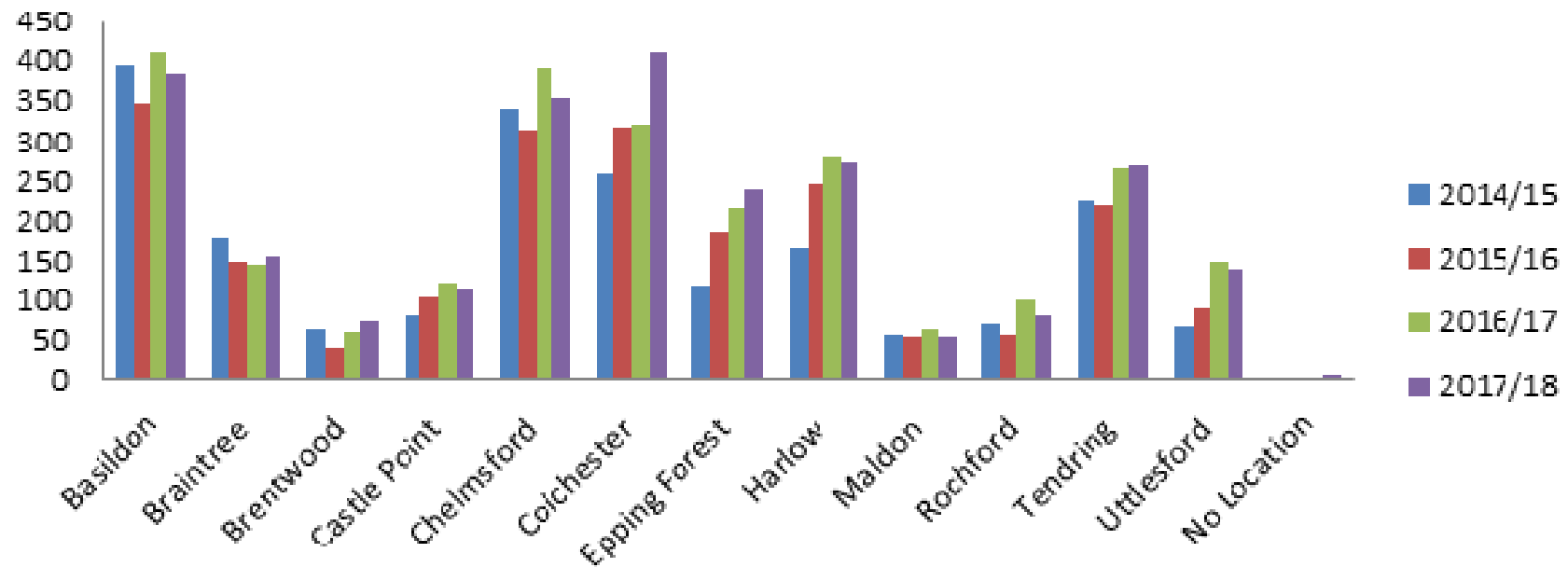


Alcohol Related Hospital Admissions (under 18s):

- We continue to push for the roll out of Risk Avert across schools which address risk taking behaviours including sensible and appropriate drinking and associated risks~ currently in
 - Joyce Frankland Academy, Newport
 - The Helena Romanes School and Sixth Form Centre
 - Forest Hall School
- We continue to commission an All Age substance misuse treatment and Recovery System
- We continue to fund the provision of Alcohol Liaison Nurse Service in all Essex Hospitals
- We continue to fund the provision of Alcohol A&E Liaison function in all Essex Hospitals
- We are currently preparing the re-procurement of the non-medical specialist Alcohol services across Essex

Drug Related Street Crime in Essex 2014/15 - 2017/18

Source: data.police.uk



Drug Related Crime

- Approximately 50% of the Uttlesford 'Drug offences' are within Stansted Airport (which you might have already presumed, given the high footfall and police presence), whereby many possession offences are usually discovered as people try to conceal small amounts of drugs for personal use departing or arriving on holiday during central search.
- 64% of all 'Drug offences' in Uttlesford are for possession of cannabis for personal use, similar to the average for Essex Police force area.
- Personal possession overall accounts for 89% of 'Drug offences' in Uttlesford, with powder cocaine being the most commonly discovered substance after cannabis.
- There are fewer than 10 opiate related 'Drug offences' within the police crime data for Uttlesford - that is not to say there is no opiate misuse and/or related offending in Uttlesford, just that this is not something that is well captured in this type of data.
- There has been an increase in recorded 'Drug offences' discovered by police at Stansted for consecutive years.
- But similarly, there has also been a rise in the number of passengers using the Airport, surpassing 27 million in the last 12-months

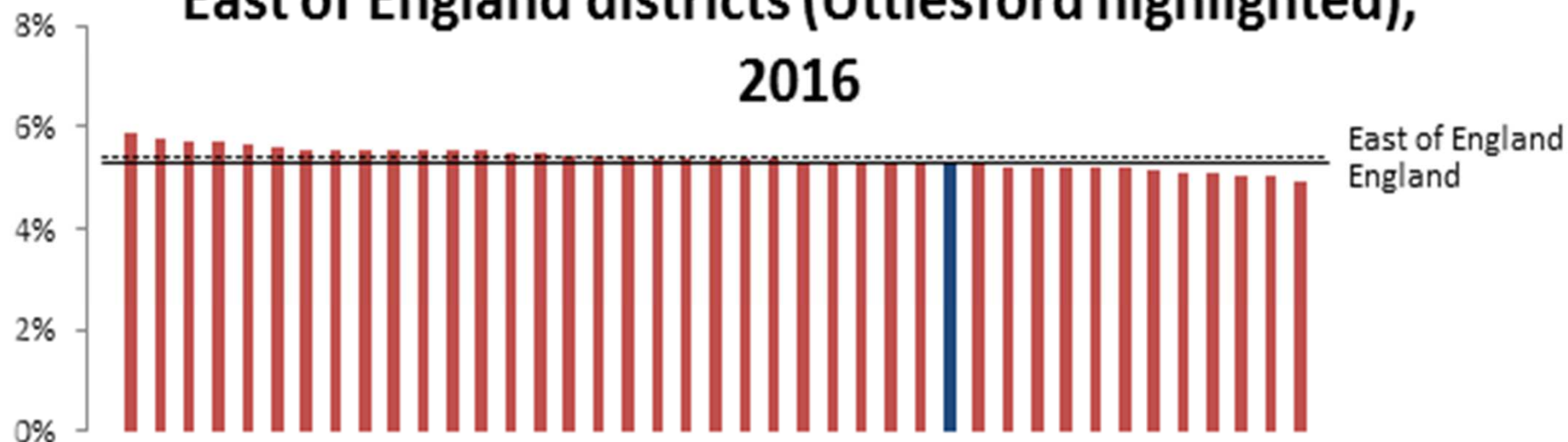
Drug Related Crime

- PH currently leading work with partners on the development and implementation of the Gangs, Violence and Vulnerability (GVV) Framework data project as part of the Essex Data Platform programme of work and will provide a tool that will enhance understanding of the local impact of gangs and exploitation on particular areas and vulnerable people in order to target enforcement and resources to tackle related issues.
- It will also provide a predictive capability to enable more targeted early intervention and prevention. The programme or work is nearing the point where a product will be available for localities to view and use.
- Public Health are working with The Office of the Police Fire and Crime Commissioner, Essex Police, Essex Community Rehabilitation Company, National Probation Service (Essex) and other key stakeholders to develop an approach to identifying and managing the most impactful offenders across Essex.
- Approach will seek to look at crime and associated social function issues which contribute to crime and disorder and develop a multi-agency approach to managing these offenders. Chelmsford Pilot managing the top 10 most difficult offenders where co-presenting issues have included substance misuse and homelessness has seen offending, homelessness and drug use reduce and overall quality of life improve for the identified individuals. The model will cover the whole of Essex

Drug Related Crime

- Public Health are leading the commissioning of an Integrated Health and Justice system of care and support for offenders and individuals at the edge of offending related crisis in Essex. This has seen:
 - Launch of the Offenders with Complex and Additional Needs Service operating across Essex (incl. inside HMP Chelmsford) and care managing individuals engaged with the criminal justice system into the appropriate healthcare and support
 - An Integrated Health and Justice Service (bringing together Street Triage, Police Custody Healthcare and Police Custody and Court based Liaison and Diversion Services into one service). This new integrated service aims to identify offenders and those at the edge of offending and where appropriate divert them into more effective interventions to prevent offending/re-offending.

Fraction of deaths attributable to air pollution, East of England districts (Uttlesford highlighted), 2016



Source: Public Health Outcomes

Air Pollution

- In the East of England as a whole 5.4% of deaths are attributable to human generated air pollution (Public Health Outcomes Framework, 2016 data). Uttlesford is a shade better at 5.2%
- In short air quality is a significant contributor to ill health in Uttlesford but a little less so than the East of England (and Essex) as a whole.
- The district council monitor pollutants throughout the district and generally air quality is good, however the centre of Saffron Walden is designated as an Air Quality Management Area largely due to traffic congestion in the narrow streets. An Action Plan has been developed to address exceedances of national objectives for nitrogen dioxide, including working with Essex Highways to improve junction capacity and ease the flow of traffic, measures to persuade people to travel by means other than single occupancy car trips, and increasing proportions of low emission vehicles in the town.
- Measures to improve air quality have to be balanced against the need for new development, and mitigation measures are sought to ensure there is no worsening of the air quality
- Expansion of Stansted Airport to its current permitted passenger throughput will add to traffic on major and local roads in the district, and the impact on air quality is a material consideration in the current planning application to expand the airport further