

Joint Local Health and Wellbeing Strategy



HARTLEPOOL
BOROUGH COUNCIL

Joint Health and Wellbeing Strategy on a page



Our Vision: We will address health inequalities by working together to ensure everyone in Hartlepool has the opportunity to thrive and achieve their potential



Principles

Tackling inequalities

Empowering local communities

Shared responsibility

Integrated approaches

Building health



The Board will develop an action plan which measures identified priority areas against the principles and priority themes.

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Welcome from the Chair



Our new Joint Health and Wellbeing Strategy presents a real opportunity to make a difference to the health and wellbeing of everyone in Hartlepool together with partners and communities.

The Strategy has been produced in collaboration with Health and Wellbeing Board partners and feedback from the 'Big Conversation' consultation. Much has happened since the last Strategy was implemented in 2018; the impact of the Covid-19 pandemic combined with rising living costs and significant pressures in the health and care systems and the public sector are continuing to impact on people's lives.

We have set out high level ambitions for the next five years. This Strategy sets out our commitments and vision for improving health and wellbeing for the people of Hartlepool. Members of the Joint Health and Wellbeing Board will play a key role in delivering the Strategy locally. We will make sure that action plans have been tailored to meet local needs and build on the strengths of our communities.

Councillor Brenda Harrison

Leader of Hartlepool Borough Council

What makes us healthy

Most people associate the word 'health' with hospitals and doctors. When considering 'good health' they tend to think simply of an absence of illness but this strategy looks at health in its broadest sense: a person's level of good physical and mental health, and the extent to which individuals in a society are enabled to live healthy and flourishing lives.



Links to local/national plans



The Joint Health and Wellbeing Strategy for Hartlepool links to wider strategies aimed at addressing the health and wellbeing needs including:



Hartlepool Borough Council Plan



NHS Long Term Plan v1.2 August 2019 ([england.nhs.uk](https://www.england.nhs.uk/longterm/))



North East and North Cumbria Joint Forward Plan 2023-2028



North East and North Cumbria Health & Care Partnership 'Better Health and Wellbeing for All'

What we know - Health in Hartlepool

Starting Well - Why is this important?

The early years of life from conception to entering adulthood are critical for wellbeing.

During pregnancy there are opportunities to ensure and promote healthy behaviours. Good support in the early years is vital in helping parents access support for their child's needs, but also for employment opportunities and housing which help to reduce child and family poverty. Schools are also vitally important in improving the health behaviours of children and young people and ensuring high levels of achievement and ambition to help chances throughout life.

In Hartlepool we know:

Starting Well

The National Child Measurement Programme (NCMP) 2022-23

Overweight Reception

25.90%



Obese Reception

12.70%



Overweight Y6

42.10%



Obese Y6

27.50%



Low income households

Children in relative low income families

26.80%



Children in absolute low income families

21.70%



Department for Work and Pensions HM Revenue and Customs

School readiness

Percentage of children achieving a good level of development at the end of Reception

64.50%



Percentage of children achieving the expected level in the phonics screening check in Year 1

79.20%



Department for Education (DfE), EYFS Profile

SATOD/Breastfeeding

Breastfeeding prevalence at 6-8 weeks

26%



Living Well – Why is this important?

Unemployment, wages and employment are all factors which influence people's health. Similarly, our local communities, and the regeneration that takes place, provide opportunities to improve health and wellbeing and build resilient, sustainability communities and tackle the wider determinants of health. We must work together to provide support to people.

In Hartlepool we know:

Starting Well

Fuel Poverty

Households in fuel poverty

14.30%



Department for Business, Energy and Industrial Strategy

Unemployed

Percentage of the working age population claiming out of work benefit

14.30%



NOMIS, Official Census and Labour Market Statistics

Physically active adults

Percentage of physically active adults

59.50%



Percentage of physically inactive adults

28.60%



Active Lives Adult Survey, Sport England

Depression

Depression prevalence 18+

14.80%



QOF

Smoking

Current smokers 15+

18.80%



Current smokers 18+

17%



Ageing Well – Why is this important?

Older age can and should be an opportunity for an active, independent and thriving time of life however the likelihood of having one or more long-term conditions does increase with age. In particular the older population has particular health needs, which may include falls and dementia. The local health system including primary, hospital and community care is essential to health.

In Hartlepool we know:

Age Well

Healthy life expectancy

Healthy life expectancy at birth - Male
The average number of years a person would expect to live in good health

57.60 years



Healthy life expectancy at birth - Female
The average number of years a person would expect to live in good health

58.8 years



Healthy life expectancy at 65 - Male

9.1 years



Healthy life expectancy at 65 - Female

10.5 years



Dementia

Estimated prevalence of dementia 65+

6.40%

Estimated dementia diagnosis rate - The percentage of people 65 and over who are estimated to have dementia and who have a formal diagnosis.

77.40%

NHS

Isolation

Percentage of adult carers 65+ who have as much social contact as they would like

39.50%

ASCOF

Reablement support

Percentage of people aged 65 and over who were still at home 91 days after discharge from hospital into reablement services

80.10%

Our Principles

Tackling inequalities

Health inequalities are unfair and avoidable differences in health across the population, and between different groups within society. These include how long people are likely to live, the health conditions they may experience and the care that is available to them.

The conditions in which we are born, grow, live, work and age can impact our health and wellbeing. These are sometimes referred to as wider determinants of health.

Empowering local communities – The voice of local communities is at the centre of our decision-making

Communities, both place-based and where people share a common identity, have a vital contribution to make to health and wellbeing. Community life, social connections and having a voice in local decisions are all factors that underpin good health, however inequalities persist and too many people experience the effects of social exclusion or lack social support.

Shared responsibility

The Joint Health and Wellbeing Board will ensure a shared responsibility with partners to collectively deliver a range of functions and services that protect, promote and improve the public's health. With a growing number of challenges facing the health and care system, it is more important than ever in order to improve health outcomes and reduce health inequalities.

Integrated approaches

The Joint Health and Wellbeing Board will work with partners as integrated care is essential to improving outcomes for people who use health and social care services – with a focus on prevention, better outcomes and reducing health inequalities.

Building health

Where we live can shape our health, including how long we can expect to live, but inequalities between local areas restrict people's opportunities to live a healthy life. By improving things like access to good-quality jobs, homes and making healthy food more accessible we can make a difference to our communities.

What people said

We held a Big Conversation to find out people's thoughts and ideas about the type of place they wanted Hartlepool to be in the future. In the context of health and wellbeing, this is what they told us:

The Big Conversation ran for 12 weeks from 22nd November 2023 until 14th February 2024 and we had over 1,600 engagements with residents, our employees and partners from the public, private, voluntary, community and social enterprise (VCSE) sectors. This was through online and in person events.

Summary of responses included:



What do you think is going well in Hartlepool?

Having easy access to the outdoors, nature and green spaces is a big benefit of living in Hartlepool, although some felt we don't make enough of these. People also liked that there is a strong VCSE sector in Hartlepool with a support group or charity to help with every need. They also felt that there is a really strong, friendly community who support each other in adversity. Though some felt community cohesion was declining.

What would make Hartlepool a better place to live?

People were very concerned about the impact of drugs both from a health perspective and also in terms of associated crime and anti-social behaviour, which many people said made them feel unsafe and reduced their enjoyment of outdoor spaces. A stronger stance on drugs in Hartlepool would be welcomed. Additionally, people felt that they could make more use of our outdoor spaces for exercise and wellbeing if they were safer, cleaner, better maintained and had more facilities. Difficulties in accessing local healthcare, particularly GPs, dentists and hospital services, was also an area of major concern.





How can we work together to make a difference?

People wanted agencies to work together more closely, share information more and to see action being taken. They also felt that agencies should involve residents and young people more in decision-making. In terms of actions; people wanted to see more availability of better quality housing, particularly in the social and private rental sectors. They also wanted actions to reduce inequalities (particularly in relation to poverty, warm homes, healthy diets and healthy lifestyles). Disabled respondents said they wanted Hartlepool to be more disabled-friendly, especially in terms of accessible/adapted housing, transport and access to services.

What would help to improve your health and wellbeing?

The two key areas that people highlighted were that they wanted a greater range of leisure activities (including more affordable activities and more availability in the evenings and at weekends – note “leisure” does not just mean sport and many different activities were mentioned). They said that this would improve their health and fitness as well as allow them to make and maintain social connections and stay independent. The second area was they wanted better and easier access to health services, particularly increased availability of GP appointments and NHS dentists. Easier access to mental health services was also mentioned.



Our priorities

Starting Well – All Children and young people living in Hartlepool have the best start in life.

We Will:

- Work together to improve the mental health outcomes of the children and young people of Hartlepool
- Ensure every child has the 'Best Start' in life
- All children, whatever age, are supported in order to prepare them to start school and are ready to learn
- Work together to tackle childhood poverty
- Ensure Hartlepool is a safe place for children and families to grow and thrive
- Ensure that all services are person centred and family focused
- A focus on prevention and shifting to a social determinants of health approach
- Increase the uptake of childhood vaccinations

Live well – People live healthier and more independent lives, for longer

We Will:

- Reduce the numbers of people taking up and continuing to smoke
- Reduce the numbers of people using substances and work to reduce the number of substance-related deaths
- Promote access to good nutrition and access to physical activity opportunities including green spaces in order to reduce levels of obesity
- Work with partners to address levels of anti-social behaviour and violent crimes
- Grow the numbers of businesses engaged in addressing workplace health
- Promote mental and physical health, and prevent ill health
- Work together so more families will be living in decent homes with good opportunities for work
- Develop a coordinated approach to community resilience
- Work to address the health impacts of poverty

Age well – People live healthier and more independent lives, for longer

We Will:

- Support people with a long-term health condition to manage their condition
- Fewer older people will feel socially isolated, and more will be actively participating in community life
- Provide early prevention and detection, and coordinated care in older age
- Reduce the numbers of people who experience falls, and those who do will be enabled to feel confident and remain independent
- Support people to remain independent and able to make decisions about the health and social care services they receive
- Increase the opportunities for older people to participate in physical activity
- Include and support people in their end-of-life care choices

Cross Cutting

Resilient, sustainability communities

Healthy and sustainable places and communities – we will ensure that our communities and places have the right building blocks for health in place to build stronger, more resilient communities to ensure we support those conditions necessary for people to be healthy adopting a culture of health which encompasses a broader vision of what it means to be healthy, extending beyond health care to include work, family, and community life.

Life Course Approach

The life course approach is an approach to understand people's life's over time and across generations and helps us to understand and explain health and disease patterns and the impact of early life and life transitions on health outcomes from birth to death and is critical in improving health and health equity.

Wider determinants of health approach

The wider determinants of health are a diverse range of social, economic and environmental factors which influence people's mental and physical health. Variation in these factors is an important driver of the health inequalities.

Measure of Success - Delivering the Strategy and Monitoring Impact

The Joint Health and Wellbeing Strategy will inform an action plan which will involve partners and stakeholders.

This will be monitored by the Joint Health and Wellbeing Board which meets quarterly. The board will also produce an annual report demonstrating progress against priority areas.

A local outcomes frame work will be used to monitor impact and change.

References

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ⁱⁱ https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/768979/A_guide_to_community-centred_approaches_for_health_and_wellbeing_full_report_.pdf#:~:text=There%20is%20extensive%20evidence%20that%20connected%20and%20empowered,a%20positive%20impact%20on%20people%E2%80%99s%20health%20and%20wellbeing.

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^{iv} <https://www.health.org.uk/infographic-what-makes-us-healthy>

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