

Draft
Stockton-on-Tees
Health and Wellbeing Strategy
2019-2023

VERSION 4

DRAFT

Foreword

We are pleased to introduce the Joint Health and Wellbeing Strategy for Stockton-on-Tees 2019 – 2023.

The document provides an update of the Health and Wellbeing Board's strategic priorities and provides an overarching framework underpinned by a set of principles to inform future collaborative working and local joint commissioning plans for the NHS, social care, public health and other services such as voluntary agencies.

Stockton-on-Tees has many assets. This strategy highlights the importance of taking an approach that maximises the strengths that already exist in our communities, helping people to help themselves and through working with our communities to design and deliver interventions, services and places that are valued by and are effective in improving the health of our residents.

As a Board we recognise the importance of and are committed to working in partnership on shared outcomes to make Stockton-on-Tees a healthier and more equitable place to live and grow up well.

Chair – Cllr Jim Beall

Vice Chair – Cllr Ann McCoy

Introduction

This is the second joint health and wellbeing strategy of the Stockton-on-Tees Health and Wellbeing Board. The strategy for 2019-23 has been produced collaboratively by Health and Wellbeing Board (H&WB) members and builds on learning from the previous strategy. The H&WB is a statutory sub-committee of Stockton-on-Tees Borough Council. Locally, it acts as a strategic forum to facilitate coordinated commissioning and integrated delivery across the NHS, social care, public health and the voluntary and community sector directly related to health and wellbeing.

The long-term priorities of the previous strategy 'give children the best start in life' and 'prevent and reduce ill-health' are reflected in this new strategy.

This strategy aims to provide a framework for the Health and Wellbeing Board (H&WB) on how to work together to identify and address the key issues which cannot be resolved by individual organisations. The intention is to enable the H&WB to focus on the areas where collective efforts will make the biggest impact on the health and wellbeing outcomes of local residents across the Stockton-on-Tees. The key issues as highlighted in the Joint Strategic Needs Assessment (JSNA) are:

- Not all communities in Stockton are as healthy as we would like them to be with big inequalities in life expectancy and health outcomes between areas of Stockton-on-Tees.
- Residents are living longer but those extra years of life are not always spent in good health. Individuals are more likely to live with multiple long term chronic conditions (many of which are largely preventable) or live into old age with frailty or dementia.
- There are more demands on the money available to the health and social care system so there is a need to plan carefully about how to spend public money to ensure maximum health gain.

In writing this strategy we have tried to create a framework that will enable and empower the various partners of the Health and Wellbeing Board to make the most effective choices. The three key

priorities are in the areas we believe need addressing most urgently and have the most potential to make a difference in improving the health and wellbeing of the people in Stockton-on-Tees. These are:

1. All children and families get the best start in life
2. All people in Stockton-on-Tees live well and live longer
3. All people in Stockton-on-Tees live in healthy places and sustainable communities

Importantly we have identified key principles which will underpin delivery of this strategy which are; utilise and unlock community assets; take a whole system approach; reduce inequality; and focus on prevention and early intervention rather than cure.

The H&WB with other key partners will work collectively to identify and deliver projects, plans and initiatives to address the priorities within clear governance arrangements.

Our local health profile

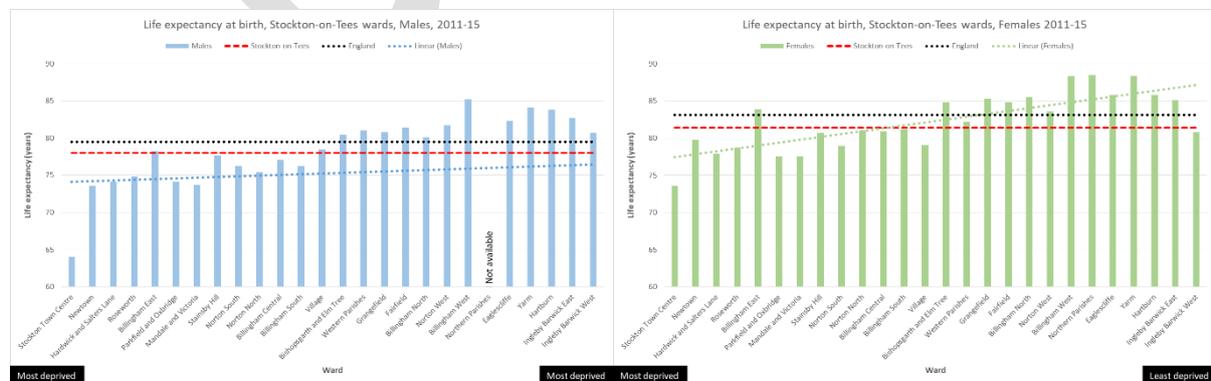
Stockton-on-Tees is home to over 195,000 people and comprises of 7 townships (Stockton, Billingham, Thornaby, Yarm, Eaglescliffe, Ingleby Barwick and Norton). Each township has their own distinct characteristics influenced by industrial & historical legacies, the built & natural environment and the diversity of the communities that reside within them.

There is a strong sense of community in Stockton-on-Tees and there are many valuable assets within the Borough, including community leaders and organisations who know their area well and understand its strengths and challenges.

Stockton-on-Tees has areas of great affluence existing alongside some of the most deprived areas in England. The most recent health profile for Stockton-on-Tees highlights that many children do not get the best start in life and many adults experience more ill-health and admissions to hospital compared to the national average.

Life expectancy for people living in Stockton-on-Tees is below the national average with big difference in life expectancy between the poorest and wealthiest areas in the Borough. As figures 1 & 2 show residents of Billingham West ward (males=85yrs, females=88yrs) are estimated to live up to 21 years longer than residents of Stockton Town Centre ward (males=64yrs, females=74yrs).

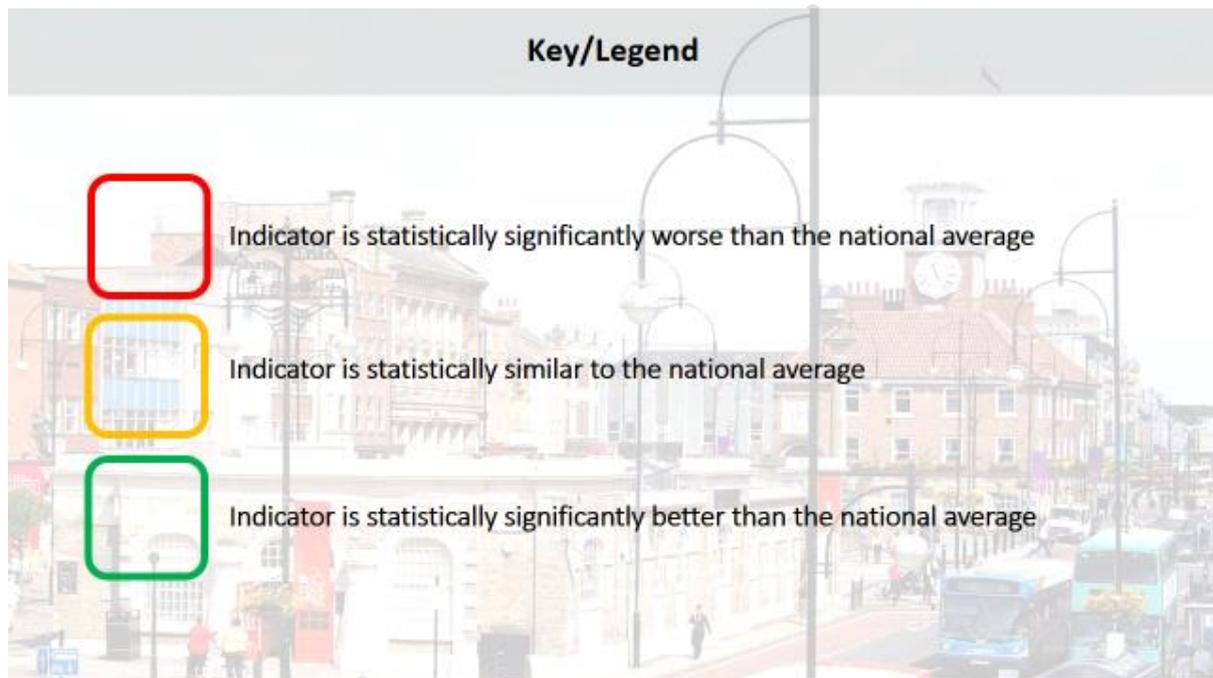
Figure 1 & 2. Stockton-on-Tees ward level data on life expectancy at birth



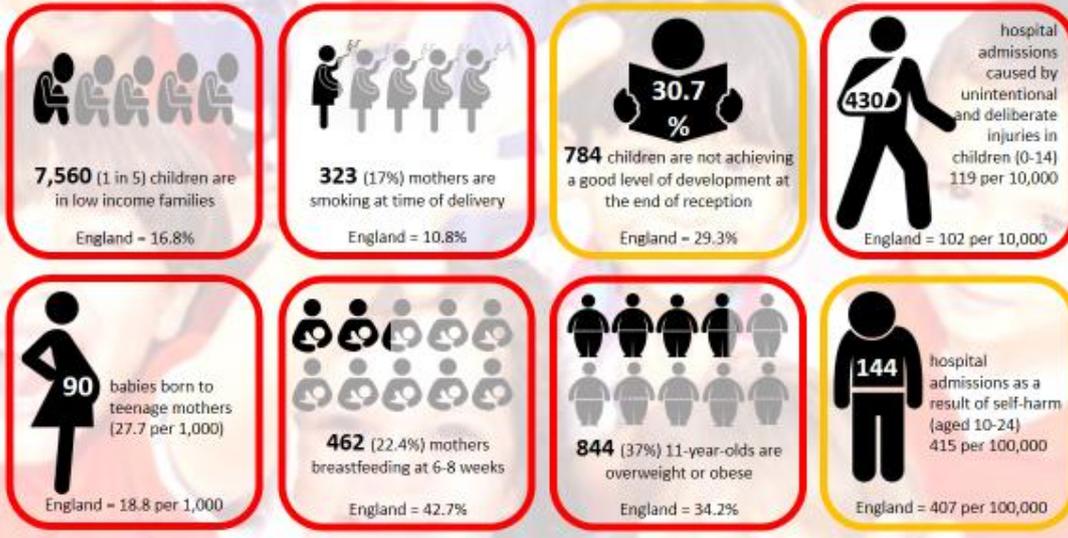
Healthy life expectancy for people living in Stockton-on-Tees is also below the national average and residents of the least deprived areas of Stockton-on-Tees are expected to be healthier for up to 20

years longer than those from the most deprived areas. This means that people living in more deprived areas live shorter lives and are becoming ill at a much younger age than their more affluent neighbours.

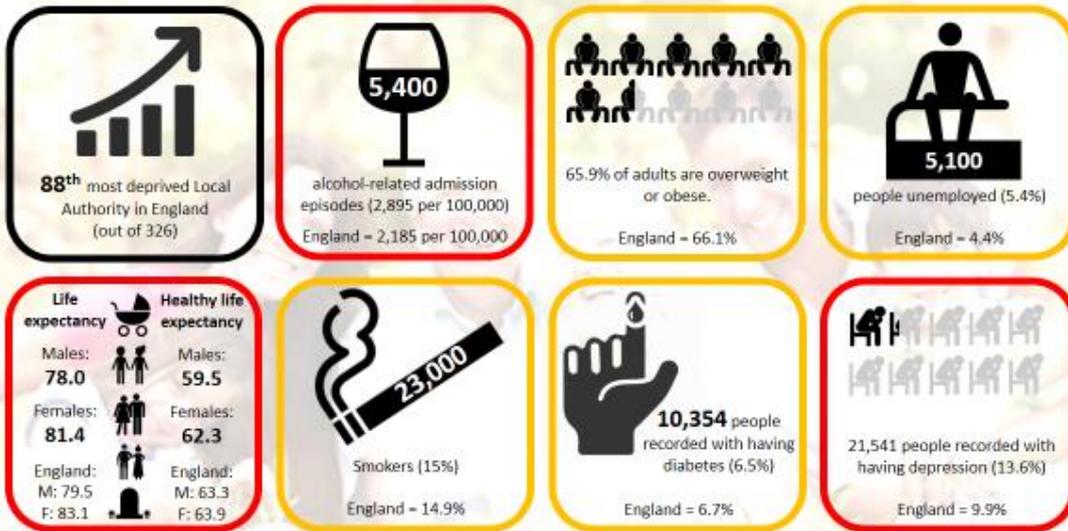
The following infographics illustrate the key health and wellbeing issues highlighted in the JSNA <http://www.teesjsna.org.uk/stockton/> within each of three priority areas:



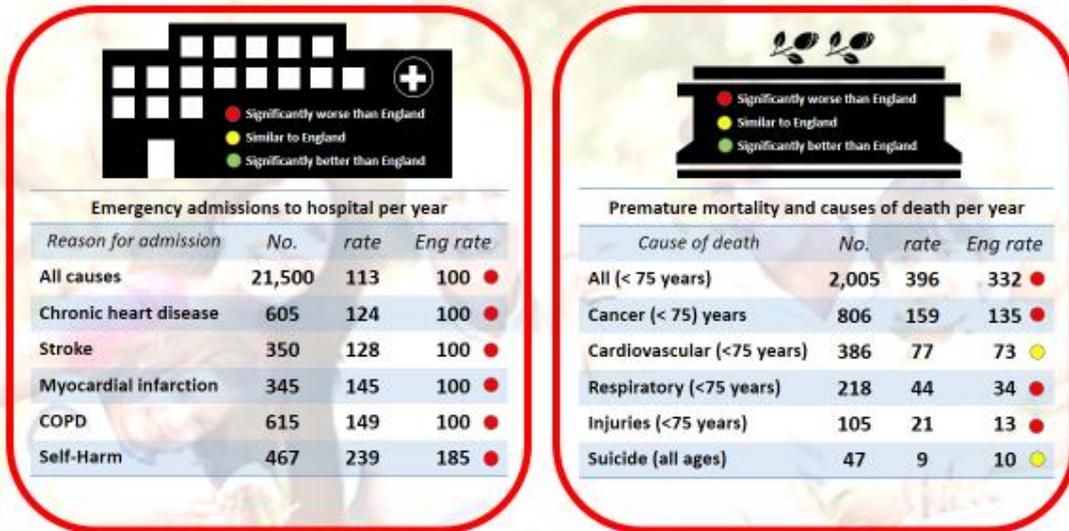
Children and families have a good start



People in Stockton-on-Tees live well for longer



People in Stockton-on-Tees live well for longer



Healthy places and stronger communities



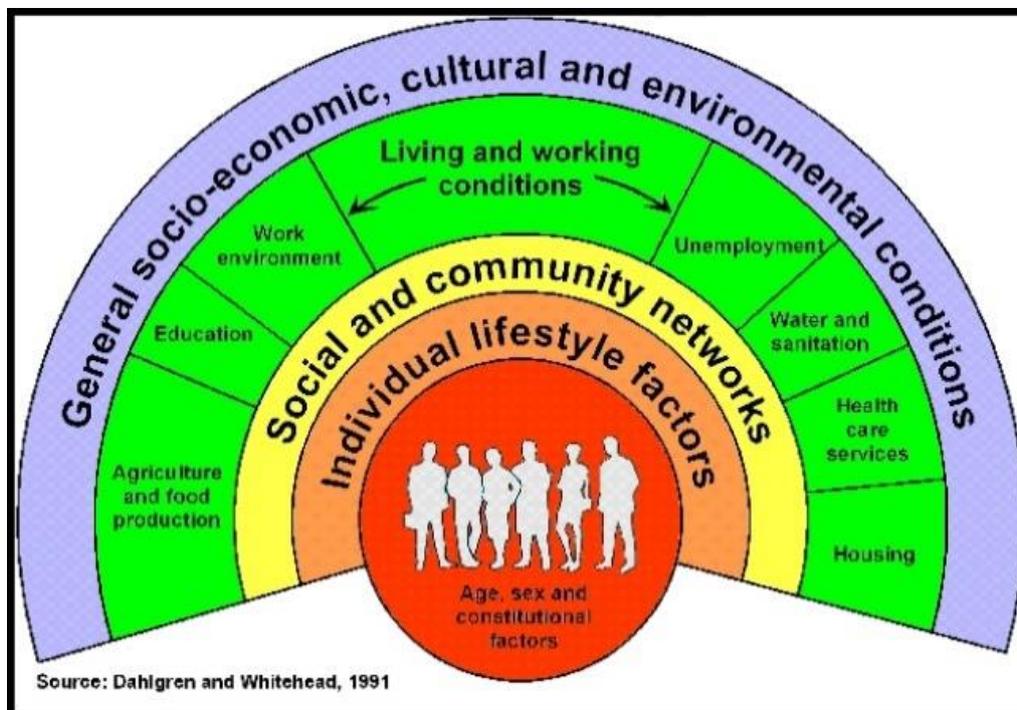
Our vision and approach

Our vision is to reduce health inequalities and improve the health and wellbeing for all our Stockton-on-Tees residents through our collaborative efforts.

Health and wellbeing outcomes are determined by a wide range of individual, lifestyle, cultural and socio-economic factors. The Dahlgren and Whitehead (1993) well known framework (Figure 3) remains helpful in showing how our physiological characteristics, health behaviours and lifestyles affect our health. It also shows that our health is influenced directly and indirectly by the social and community networks and physical, social and economic contexts in which we live. At an individual

level we have limited control over some of these factors. We recognise that a whole systems approach supported by all partners of the Health and Wellbeing Board is needed to tackle complex issues and to achieve the change that is needed to improve the health and wellbeing through the life course.

Figure 3: What affects our health?



The Health and Wellbeing Board provides joint strategic oversight of the health, wellbeing and care system through leading the change and creating the conditions for a more integrated and sustainable health and social care system. Partners are committed to collaborating in the development of care and support that is centred around people and are making sure that services will be more joined up, consistent and accessible and signed up to a preventative approach. Partners recognise that prevention and early intervention are the cornerstones of achieving sustainable and long term health gains.

The Health and Wellbeing Board share a commitment and ambition to develop locally determined, community-centred approaches which maximise community strengths, build social capital and improve community wellbeing so people have the knowledge and skills to help them to live healthier and happier lives.

The Board is committed to using these challenges as an opportunity to move away from the traditional thinking about 'deficits' and planning interventions and service delivery around this to a focus on maximising the strengths that exist in our communities, helping people to help themselves and co-producing interventions and services that are meaningful and valuable for residents. In Stockton-on-Tees we have a strong and vibrant voluntary and community sector with a committed and passionate workforce who make a real difference to the people that they reach and are helping to improve health and wellbeing in the borough. They are vital to the Health and Wellbeing Board's ambition to embed the principles of community-centred approaches across the health and wellbeing system.

Strategic priorities for 2019-2023

The strategy has three key priorities where the H&WB would like to see further improvements and, offer the greatest opportunities for collaborative working over the coming years.

1. All children and families get the best start in life
2. All people in Stockton live well and live longer
3. All people in Stockton live in healthy places and sustainable communities

All children and families get the best start in life

What we want to achieve

We want to improve the life chances of all children, young people and their families in Stockton-on-Tees through a good start in life. We want all children to:

- receive increased support during the antenatal and perinatal period to help them lay the foundations for a best start
- have a positive attachment to their parents/carers
- have good emotional health and wellbeing and be resilient and aspirational
- live healthy lifestyles and make positive health and wellbeing choices
- live safely and be protected from harm.

Why this is important

Having a focus on children, young people and families provides a significant opportunity to improve health and wellbeing across the borough. A good start in life provides important foundations for health and wellbeing being throughout the life-course.

We know how parents and caregivers interact in the early stages of life is vital to the way in which children develop. Children thrive in environments that are predictable and responsive to their needs. Most parents and caregivers are able to provide this with enthusiasm and ability and are confident that they can meet their child's needs with support from their family, friends and resources available within their communities. However, some may benefit from additional support that is well-timed and sensitive to their needs and aspirations.

For the Health and Wellbeing system this means providing high quality maternal and perinatal care to help families build strong attachments and positive emotional health and wellbeing. It means ensuring that all of our services consider the family as a whole - their strengths and their needs - and work together to develop solutions.

All people in Stockton-on-Tees live well and live longer

What we want to achieve

We want people in Stockton-on-Tees to:

- live healthier and more independent lives
- feel enabled to self-care and to be a carer
- access information, early identification and early help services
- access a range of services and the care that meets their needs.

Why this is important

Concentrating our efforts on enabling people to live well for longer will significantly improve overall health and reduce health inequalities. Working with communities and providers across the system to develop our approach to recognise and respond to need sooner, will improve opportunities to extend the time in life when people are healthy, free from chronic conditions and maximise the assets within our communities.

Meeting information and support needs at the right time contributes to promoting self-care and reducing demand and dependence on services. Recognising that people with health conditions are often expert at managing their condition provides an opportunity to maximise this asset to the benefit of others. Working together with communities strengthens the system for health and care at a time when demand on services is increasing and set to rise in response to an aging population.

We know that socio-economic and environmental factors influence health-related behaviours. Therefore working with partners to shape the infrastructure across the borough which can impact on whether or not a healthy lifestyle is an easy and accessible choice is key. Making healthy behaviours the easier option will support people to take control of their health-related behaviours such as smoking, diet, physical activity and alcohol consumption can significantly increase their chances of staying healthy.

Early diagnosis of conditions such as high blood pressure, diabetes and heart disease provide an opportunity for early help and support to self-care and prevent the development of serious chronic conditions. We also know that good social support and networks generate and maintain good mental health and wellbeing and that whilst most people are confident and motivated to access services to improve and manage their health, some groups need further support and targeted services to achieve the same access and benefit.

For the local health and wellbeing system this means using the resources within our communities and providing integrated person and community centred support and services to improve and maintain the health and wellbeing of all people.

All people in Stockton live in healthy places and sustainable communities

What we want to achieve

We want all people in Stockton-on-Tees to:

- live in a healthy place
- be connected and live in friendly and supportive communities
- live safely and be protected from harm.

Why this is important

Health and wellbeing are influenced by the environment in which people grow up, live, work and spend their leisure time and by how safe people feel in their communities.

We know that a range of factors including; good housing, warm homes, access to green space and healthy food, opportunities for physical activity, good transport links, air quality, antisocial behaviour and crime are all linked to physical, mental health and wellbeing outcomes.

Planning policies and subsequent decisions can have a significant impact on health and wellbeing through the design of neighbourhoods, buildings and public space in the way they encourage people to be socially integrated, physically active or limit the growth of take-away and alcohol outlets.

Wherever we happen to live, the community around us can help to support and nurture our health. We want to support our local communities to thrive and develop networks and opportunities to improve the health and wellbeing in their area.

How we will deliver and monitor the strategy

Governance

The delivery of the strategy will be overseen through the Health and Wellbeing Board and partnership groups.

Monitoring and performance framework

A strategic action plan underpinned by measurable outcomes will be developed in cooperation with partners and communities. The H&WB will agree a reporting framework to monitor the impact of the work programme.

Further information

Joint Strategic Needs Assessment (<http://www.teesjsna.org.uk/stockton/>)

Members of the Health and Wellbeing Board

Stockton-on-Tees Borough Council

HAST Clinical Commissioning Group

Hartlepool and Stockton Health

Cleveland Police and Crime Commission

Tees Esk and Wear Valleys Mental Health Trust

North Tees and Hartlepool FoundationTrust

HealthWatch

Catalyst

NHS England