

North Tyneside Joint Strategic Needs Assessment 2017

Summary

Introduction

North Tyneside's Joint Strategic Needs Assessment (JSNA) summarises some of the key population health and wellbeing issues in the Borough. The 2017 JSNA refresh has used simple info graphics which you can look at on the web pages below. The format of the JSNA is in keeping with the context Our North Tyneside Plan focussing on Our People, Our Place and Our Economy.

Background

North Tyneside is one of the least deprived boroughs in the region and there is generally an improving picture of health and wellbeing.

Life expectancy has been increasing at all ages across the borough and this is really good news. The reasons are changes in infant mortality, improvements in medical treatments, improved standards of living such as good nutrition, cleaner air, fewer people smoking and generally better public health. However life expectancy at birth for men has plateaued over the last 5 years and for women there has been a very slight increase.

Healthy life expectancy has not increased at the same rate as life expectancy, leaving large numbers of people living the later stages of their lives in poor health, often with multiple long term conditions.

A woman can expect to live 62.3 years in good health at birth in North Tyneside. This is lower than the England average (64 years), but higher than the North East average (60 years).

A man can expect to live 60.9 years in good health at birth in North Tyneside. This is lower than the England average (63 years) but higher than the North East average (60 years).

This means that a significant proportion of men may not be economically active in North Tyneside due to poor health. For women the corresponding figure is three years below the state pension age, again potentially limiting the ability to be economically active.

While relative deprivation in the Borough is improving, there are wide inequalities across the borough, with persistent pockets of deprivation particularly in the wards of Riverside and Chirton.

The gap in life expectancy between the most and least deprived areas within the borough is 10 years and this gap has remained static during the last decade. Men in our most deprived wards live on average 11 years less than those residing in our least deprived wards and for women the corresponding figure is 9 years less.

There are stark variations for healthy life expectancy too: within North Tyneside men and women in our least deprived areas can expect to live 15 years and 14 years more in good health than those living in our most deprived areas.

Premature mortality

- Cancer, cardiovascular (heart disease) and respiratory disease are the leading causes of premature death in North Tyneside
- People are also dying from liver disease at a younger age compared with England.
- Social factors, lifestyle choices and late presentation, diagnosis and treatment contribute to the premature mortality
- Much of this premature mortality is preventable

Lifestyle and behaviour

- Major risk factors for poor health include unhealthy diets, smoking, drinking too much alcohol and physical inactivity
- 70% of adults in North Tyneside are overweight or obese
- There are increasing numbers of people who have type 2 diabetes
- The numbers of adults smoking in North Tyneside has significantly declined over the last decade to an all-time low of 16.4%. However there is variation in North Tyneside; 30% of adults in the most deprived areas of North Tyneside smoke compared to only 8% in our least deprived areas.
- Alcohol related admissions to hospital are higher in North Tyneside compared to England
- 23.5% of the population is drinking at levels that risk damaging health
- 19% of adults are doing less than 30 minutes of exercise per week

Children and young people

- 19% of children are living in poverty which increases to 46% in the most deprived parts of the borough
- 44 children aged 0 to 4 years and 290 aged 5- 17 were Looked After
- The rate of obese children doubles between Reception and Year 6. One in 10 children are obese in Reception, and 1 in 5 by Year 6

- There is a clear relationship between deprivation and obesity
- There is a persistent gap in educational attainment between disadvantaged children and other children in the borough

An ageing population

- North Tyneside's population is getting older
- There are growing numbers of people with multiple long term conditions and frailty
- More than 1 in 10 of the adult population has a caring responsibility
- An estimated 14% of people over 65yrs+ are caring for someone
- There are just under 15,000 older people over the age of 65 who live alone
- The number of people aged over 75 living alone is predicted to rise by 41.9% by 2030