

A photograph of two women jogging on a paved path in a park. The woman on the left is wearing a white t-shirt and grey leggings, while the woman on the right is wearing a blue sleeveless top and white shorts. They are both smiling and looking towards each other. The background features large trees and a bright, sunny sky.

# Health & Wellbeing Strategy 2016-2025

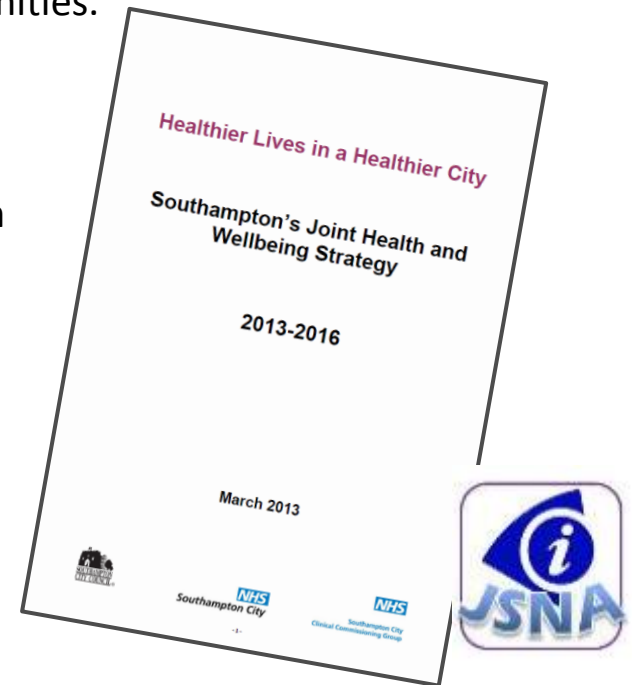
*People in Southampton live safe, healthy, independent lives and children in the city get a good start in life*

A city of opportunity where everyone thrives

# Setting the scene

Health and wellbeing is important to everyone in Southampton, whether they live, work or learn in the city. It is about much more than the absence of illness or disease. It is about being able to lead fulfilling lives, actively engaged in jobs, families and communities.

- The Health and Wellbeing Strategy sets out the strategic vision for improving the health and wellbeing of Southampton's residents, and reducing health inequalities in the city.
- The current Health and Wellbeing Strategy was adopted in 2013 and expires this year. It can be viewed on the [Southampton City Council website](#).
- A new draft Health and Wellbeing Strategy has been developed, and we want to hear views to help inform the final version.



# Links to other strategies and plans

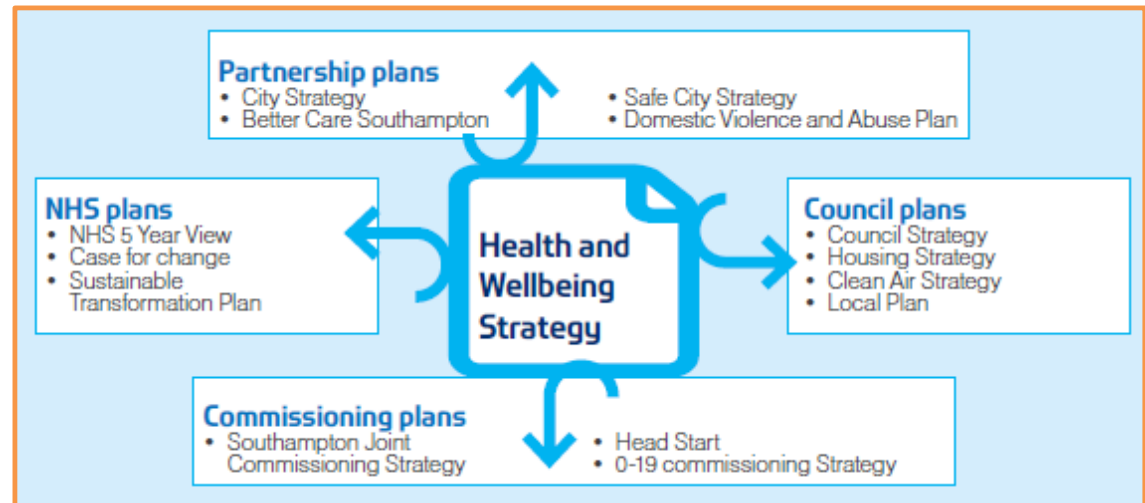


## Our Strategic Approach

The Health and Wellbeing Strategy sits within a framework of strategies and plans from a number of key organisations. This is an overarching strategy which provides the future strategic direction for health and care in the city, setting out our priorities and how we will work.

The Health and Wellbeing Strategy will be supported by a detailed action plan, setting how we will meet our objectives and monitor outcomes. Progress against the action plan will be reported to the Southampton Health and Wellbeing Board on a regular basis.

A detailed Action Plan will be developed and published once the final version of the Health and Wellbeing Strategy is adopted in July 2016.



# How will the new strategy be structured?

## 1. What outcomes do we want to achieve by 2025?



People in Southampton  
live safe, healthy,  
independent lives



Health inequalities in  
Southampton are  
reduced

People in  
Southampton have  
improved  
experiences as a  
result of high quality,  
integrated services

People in  
Southampton live  
active, safe and  
independent lives

Southampton has  
healthy and resilient  
communities,  
neighbourhoods and  
localities

## 2. What are we going to do to achieve these outcomes?

## 3. Measuring success: how will we know if we've been successful?

# Some facts about Southampton



people live in Southampton, and this is expected to grow by nearly 5% by 2022, to 259,615



There are around 98,000 households in the city – with 51% owner occupiers and 25% living in privately rented homes



people aged 65+ live in the city, and this is expected to increase by 12% by 2022, to 38,711



children and young people (aged 0-17) live in the city, and this is expected to increase by 5.4% by 2022, to 52,450



Life expectancy in the city is and 83.1 years for women 78.2 years for men – lower than the national average for men



The main causes of mortality in Southampton are cancer and circulatory disease (including heart disease and stroke)



As people are living longer, many are living with multiple long term conditions – by 65, about a third of people have at least 3 chronic conditions



Southampton City Council supports around 3,000 adults with care needs. Demand for services is expected to increase in line with population growth

**£300 million**

Local NHS organisations spend around £300 million per year on health and care services in the city



Around 55% of Southampton residents exercise regularly, doing at least 150 minutes of physical activity per week

Implemented Better Care Southampton, pooling £60 million of health and care budgets

Potential years of life lost due to premature mortality has fallen from 496.8 to 484.6 (2012-14)

Recommissioned school nursing to provide a Healthy Ambition Service and developed a breast feeding action plan

Significantly reduced the rates of teenage conceptions from 70.2 per 1,000 teenagers (aged 15-17) in 2006 to 29.0 in 2014

Improved diagnosis for dementia, with patients supported by self-management goals and personal programmes

Delivered a Fuel Poverty action plan and delivered energy efficiency improvements to over 2,000 Council-owned homes

## Achievements since 2013

Undertaken a review of mental health services to provide a more preventative approach

Delivered a city-wide campaign to reduce mental health stigma

Southampton performs better than the national average in testing for and preventing of blood borne diseases

Raised awareness across the city for end of life care planning and extended care for people with non-cancer diagnosis

Established six GP clusters across the city, bringing together health, social care, housing and voluntary staff and integrated commissioning to provide person-centred services in the community.

This in turn will...

...make best use of health and social care resources across the city

Men in the least deprived areas live 6.7 years longer than in the most deprived; for women the difference is 3.2 years

There is a significant funding gap for local health and social care services

22.7% of children under 16 in Southampton live in poverty – higher than the England average of 18.6%

86,000 residents have a long term condition; half of these having multiple conditions.

Children in the city have high levels of obesity, tooth decay and admission to hospital for preventable injuries

Southampton has the 2<sup>nd</sup> highest rate of excess winter deaths compared to our statistical neighbours.

## Challenges

Over 1 in 4 adults in Southampton are overweight or obese

Southampton children and young people are more likely to be admitted to hospital for mental health conditions than the national average.

The older population (aged 65+) is expected to increase more rapidly than the overall population in the next five years

21.5% of people smoke in Southampton, (18.4% in England).

Air pollution is a significant health issue for Southampton, with 6.2% of deaths attributable to air pollution in 2010.

Police recorded drug offences in the city are higher than England average


Alcohol specific hospital admissions have increased significantly since 2010


Nearly 10,000 households are estimated to experience fuel poverty.


Impact of social isolation on mortality is greater than smoking, alcohol use, weight, exercise and air quality


# What do our residents say?


Recent engagement was undertaken with residents and other stakeholders, results show:-

 The majority of residents (70%) self-assessed their health as being good or very good, 22% neutral and only 7% negative

 Mobility problems, cancer, mood/contentment and money were their greatest health concerns for the future

 Residents are already doing things to be healthier such as not smoking, eating healthily and limiting alcohol consumption

 Residents told us that they were less likely to make use of helplines and website, talk to friends and family about their concerns or attend health checks / screenings

 Some of the things residents said they could do to be more healthy include:

Having a better work life balance and going to more social venues

De-stressing regularly and getting better sleep


Increasing volunteering


Being able to exercise more

## City Survey 2016 health highlights

 **75%** of residents felt they were in good health

 **40%** felt lonely or somewhat lonely

 **39%** felt people in their neighbourhood pull together to improve things

 **21%** of people had few or no friends or relatives they could rely on



# Outcome: Health inequalities in Southampton are reduced

**Why it's important:** Health and wellbeing outcomes are very different for men, women and different communities or groups in Southampton, and there are significant health inequalities in our city. We want to improve the health and wellbeing of all residents and reduce inequalities so that everyone, and especially vulnerable children and adults, has a better quality of life.

## What we're going to do

- Tackle inequality to reduce the gap in health outcomes between the least and most deprived areas of the city, and between men and women in the city.
- Target services to those who are most at risk and in need to improve their health outcomes.
- Ensure that health inequalities are taken into account in policy development, commissioning and service delivery and that contracts with providers demonstrate what they will do to achieve equity of outcomes.
- Ensure that adults and children have good access and navigation to advice, health and prevention services.

# Outcome: People in Southampton have improved experiences as a result of high quality, integrated services

**Why it's important:** We want to make sure people get high quality support when and where they need it. This means making sure services are designed around the needs of people, can be easily accessed, and are well coordinated so that people receive joined up, seamless care. Integrating services across health and social care also means that the Council, health services and partners can work more efficiently, so that resources are used where they are needed most.

## What we're going to do

- Improve health outcomes for residents, at a lower cost, through integration and joint working across all health services.
- Embed a prevention and early intervention approach to health and wellbeing across the city.
- Deliver a common approach to planning care tailored to the needs of the individual or family.
- Deliver the right care, at the right time, in the right place by working as locally as possible and shifting the balance of care out of hospital to community providers.

# Outcome: People in Southampton live active, safe and independent lives

**Why it's important:** We want to support more people to choose healthy lifestyles. When people take responsibility for their own health including making positive lifestyle changes, this improves their wellbeing, prevents ill health and helps them to stay independent in their own homes and communities for longer.

## What we're going to do

- Encourage and promote healthier behaviour, independence and wellbeing.
- Ensure that information and advice is coordinated and accessible, making best use of digital tools.
- Promote healthy lifestyle choices and behaviours.
- Prioritise and promote mental health being equally important as physical health.
- Make every contact count by ensuring all agencies are able to identify and respond when appropriate.

# Outcome: Southampton has healthy and resilient communities, neighbourhoods and localities

**Why it's important:** Being healthy and well for a lifetime includes much more than good health and social care services. Many different things impact on health and wellbeing, like having good quality housing, access to green spaces, leisure activities, and sport, and jobs and apprenticeships. We want to address these wider determinants of health for everyone in the city.

## What we're going to do

- Support and develop community networks, making best use of digital technology and assets.
- Promote advice and support for parents and carers
- Improve housing standards and reduce illness and available deals linked to fuel poverty
- Improve the quality of homes to reduce fuel poverty.
- Ensure the local plan, transport and the public realm support access to district centres, green spaces and healthy settings.
- Deliver a cleaner environment through a clean air zone with vehicle access restrictions to the city.
- Work with employers to improve workplace wellbeing, through healthy workplaces and mindful employers.

# How will we know if we've been successful?

We will use the following indicators to measure our progress:

➤ Healthy life expectancy at birth (Average number of years male and female)	➤ Reduced % of adults and children classified as overweight or obese
➤ Increased rate of breastfeeding	➤ Rate of preventable mortality in those aged <75
➤ Numbers of domestic abuse referrals from health professional	➤ Increased % of adults who exercise regularly (at least 150 minutes of physical activity per week)
➤ Hospital admissions from preventable causes – especially those from vulnerable groups	➤ Reduced hospital admissions for alcohol-related conditions
➤ Reduced delayed transfers of care (delayed days) from hospital per 100,000 population aged 18+	➤ Reduced drug-related hospital admissions (drugs poisoning and mental health / behaviour disorder)
➤ Reduced numbers of permanent admissions to residential and nursing homes per 100,000 population aged 65+	➤ Numbers accessing primary mental health services – adults and children (available from 2017)
➤ Increased % of older people (65+) who were still at home 91 days after discharge into from hospital into reablement and rehabilitation services	➤ Increased % of respondents who agree that people in their local area pull together to improve things (City Survey)
➤ Reduced % of adults who smoke	➤ Reduced % of households that experience fuel poverty
➤ Reduced hospital admissions for respiratory conditions	➤ Number of employers in the city signed up to employee wellbeing schemes.
➤ Reduce excess winter mortality rates	

# It's important that you have your say



Now is your opportunity to give us your views on the strategy, its outcomes, challenges, successes and whether there are additional areas that should be included.



If you would like to be the first to find out about all of our council consultations please [sign up to our email alert service](#) Stay Connected and click on the topic 'Your City, Your Say'. Alternatively if you would like to help shape our decision making across the city please sign up to you [People's Panel](#)