

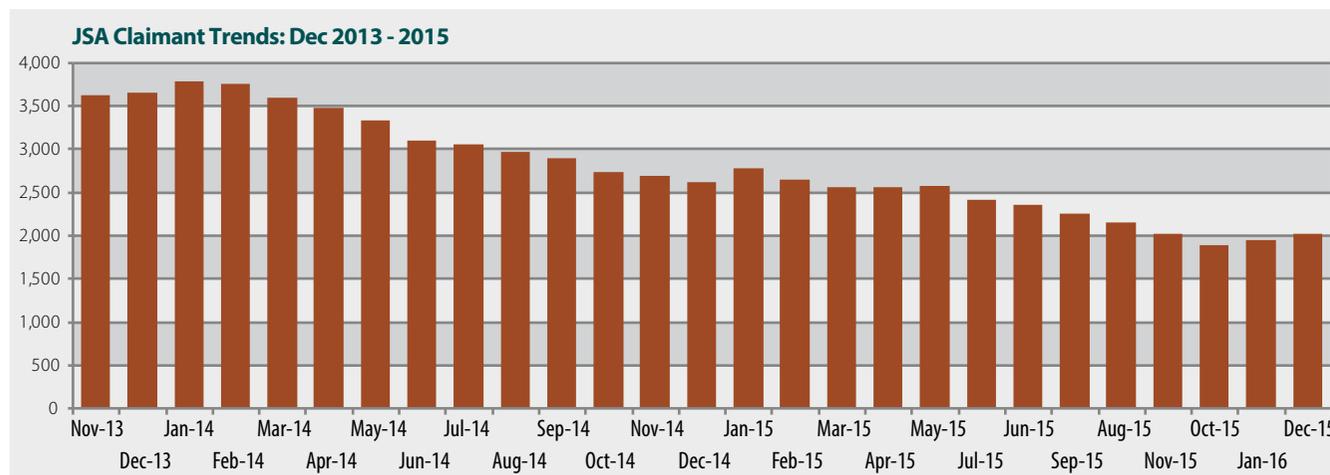
Living and Working Well

Positive trends

- North Lincolnshire remains an affordable and attractive place to live.
- 73.5% of working age people in North Lincolnshire are in employment, compared with an England average of 71.7%.
- Average weekly earnings remain above the national average, whilst average house prices remain below the national average.
- Perceptions of life satisfaction, and overall happiness are similar to or above the national average, whilst levels of anxiety are lower.
- There has been a 12.6% reduction in alcohol related violence against the person since 2013/14.
- Whilst the prevalence of mental illness is below national rates, detection and management with primary care are above national levels, with better than average recording of people with depression on GP registers, and better than average access to talking therapies.
- Adults in contact with secondary mental health services are more likely to be living independently than the England average 67.7% (59.7% England), and to be in employment 7.4% (6.8% England).
- The employment rate for people with a learning disability in North Lincolnshire is similar to the England rate - 5.2% compared to 6% for England. Those with a learning disability are more likely to be in stable accommodation locally – 77.3% compared to 73.3% nationally.
- Diagnoses of sexually transmitted infections (STI) in North Lincolnshire, (with the exclusion of Chlamydia diagnoses amongst the under 25s), have not risen in the last 3 years, and remain below the national average. The number of people infected and receiving treatment for HIV, gonorrhoea and

Key points

- Lifestyle issues, such as smoking, drug and alcohol use, obesity and physical inactivity, are having a negative impact on the health of the working age population of North Lincolnshire. Interventions that support people to change behaviours, targeted at areas most in need, is key.
- Uptake of existing programmes such as Health Checks and public health screening programmes need to be promoted widely to ensure that they are delivering benefits in this area.
- Employment is relatively high in North Lincolnshire, but there is a significant proportion of people who can be described as the 'working poor'. Targeted interventions to support this group need to be provided.
- Mental illness remains the largest single cause of disability and sickness absence in North Lincolnshire.
- Mental health promotion is everyone's business, requiring universal as well as targeted intervention
- People with serious mental illness have a life expectancy which is 10-20 years lower than average. There is a strong link between mental and physical ill health.
- The health needs of these and other vulnerable groups need to be better targeted and monitored.



syphilis remains relatively small and has not changed significantly in the last 3 years.

- Jobseeker's Allowance claimant rates fell over the past twelve months. 2,167 people were claiming Jobseeker's Allowance in September 2015 compared to 2,910 in the same period last year, a fall of 25.5%.

Challenging trends

- The biggest threats to the health and well-being of the working age population in North Lincolnshire are mental ill health, and lifestyle issues, particularly smoking, drug and alcohol use, obesity, and physical inactivity.
- These issues are related and contribute to significant inequalities in public health and well-being.

- In 2014 the adult smoking rate continued to fall and now stands at 17.9%. However, given our rates of smoking in the past, we still have a higher rate of deaths due to smoking. Our main area of concern is the proportion of women who smoke whilst pregnant, which in 2014/15 was 19.2% compared to 11.4% nationally.
- The proportion of adults who are overweight or obese is significantly above the national average at 69.6%, compared to 64.6% in England in 2012-14. This includes 33% who are obese.
- Alcohol related hospital Admissions continue to rise but we are below the regional rate and similar to the national rate.
- 1 in 3 adults are physically inactive in North Lincolnshire compared to 1 in 4 in England. Inactivity

is defined as doing less than 30 minutes of moderate intensity physical activity per week.

- Lifestyle behaviours that lead to poor health are more prevalent in our most deprived communities and amongst people with a serious mental illness, leading to greater inequalities in health outcomes and lower life expectancy.
- We have a higher rate of injecting drug users and opiate users in North Lincolnshire, than in England, although we have a higher rate of people accessing drug services.

Suicide - leading cause of death in young men

1 in 6 older people

40% ESA claims

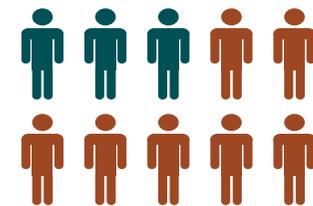
MENTAL ILL HEALTH

consumes 10% NHS budget

1 in 3 adults are inactive



3 in 10 adults are obese



Living and Working Well

North Lincolnshire **Strategic Assessment** 2016

Challenging trends continued

- Cervical screening coverage rates in North Lincolnshire have fallen year on year since 2010, although not as steeply as nationally. The local rate in 2015 was 77.2%, compared to 73.5% nationally. Amongst 25-49 year olds the rate was 76.4% compared to 71.2% nationally.
- Take up of breast cancer screening has improved in the last 3 years to 75.2%. This is in line with national rates, but remains below the 80% coverage achieved in 2010.

- The proportion of eligible 40-74 year olds offered and in receipt of health checks is improving year on year, but remains below the national average of 18.6% at 14.3%.
- Health inequalities for people with a serious mental illness remain stark, with premature death rates 4 times the average. This gap is wider than nationally, and is accounted for largely by higher rates of deaths from heart disease, lung cancer and liver disease.

[View the latest Public Health Outcomes indicators here](#)

People with **no qualifications** are **5x** more likely to engage in **smoking, physical inactivity, poor diet** and **excess alcohol consumption** than those with higher levels of education.

What's new in 2015

- A new adult weight management service was commissioned to provide support for people who are obese (BMI of over 30). The service will start seeing clients from 1 January 2016.
- A tier 3 weight management pilot commissioned by the CCG commenced in 2015. This service is provided for patients who require more intensive one to one support to manage their weight. The tier 3 service is still in its early phase, but initial results have shown that patient satisfaction is high and patients are benefitting from the holistic multi-disciplinary approach.
- The Humberside University Technical College opened in September 2015. It will ensure we have a workforce for the future with appropriate skills in areas such as engineering.
- The North Lincolnshire Action Station opened in Scunthorpe town centre to provide advice and support to people on any issues relating to employment and skills.

Looking Ahead

- North Lincolnshire's Health and Wellbeing Board will focus on some of the key lifestyle issues identified as having a significant impact on the health of our population. The Board will develop an action plan to ensure that all partners are working together to tackle some of the complex lifestyle behaviours in our population.
- North Lincolnshire Council are considering how prevention of ill health can be put at the centre of leisure and cultural services in order that they can deliver more of a leisure and wellbeing service to help tackle lifestyle issues.
- Our local stop smoking service will start delivering a new service for pregnant women who smoke. The Me Time Club will work with pregnant or new mothers who smoke to provide holistic support on smoking, managing stress, healthy eating and exercise, acknowledging that it can be a difficult time for women and support on a range of issues is often required.
- With new Tier 2 and Tier 3 weight management services now in place and fully operational the commissioning organisations will work together to ensure that the patient pathway is well understood and referral mechanisms between all tiers of the pathway are working well.
- The NHS Diabetes Prevention Programme is a joint commitment from NHS England, Public Health England and Diabetes UK, to deliver at scale, an evidence based behavioural programme to support people to reduce their risk of developing Type 2 diabetes. In North Lincolnshire it is estimated that approximately 12% of adults are pre-diabetic. Greater Lincolnshire has been selected to be a first wave implementer of the National Diabetes Prevention Programme.

Extending Healthy Life

State pensionable age for UK women will rise to 65 years by 2018 and to 66 years for both men and women by 2020, with further increases in the next 20-30 years.

The benefits of work on physical and mental health are well known. However, extending work life in those communities where healthy life expectancy is well below current state pensionable age (SPA) is likely to be a challenge.

Currently healthy life expectancy across North Lincolnshire is 4 years below SPA, and in some areas is between 8-10 years below this.

Healthy Life Expectancy for Men (2009-13)

