

# Joint Strategic Needs Assessment (JSNA)

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# What is a JSNA?

The JSNA analyses the health needs of populations to inform and guide commissioning of health, well-being and social care services within an area

The JSNA:

- Provides the big picture of health and care needs for the local community
- Looks at the health of the population, with a focus on behaviours which affect health
- Is concerned with wider social factors that have an impact on people's health and wellbeing, such as education, poverty and employment
- Identifies health inequalities

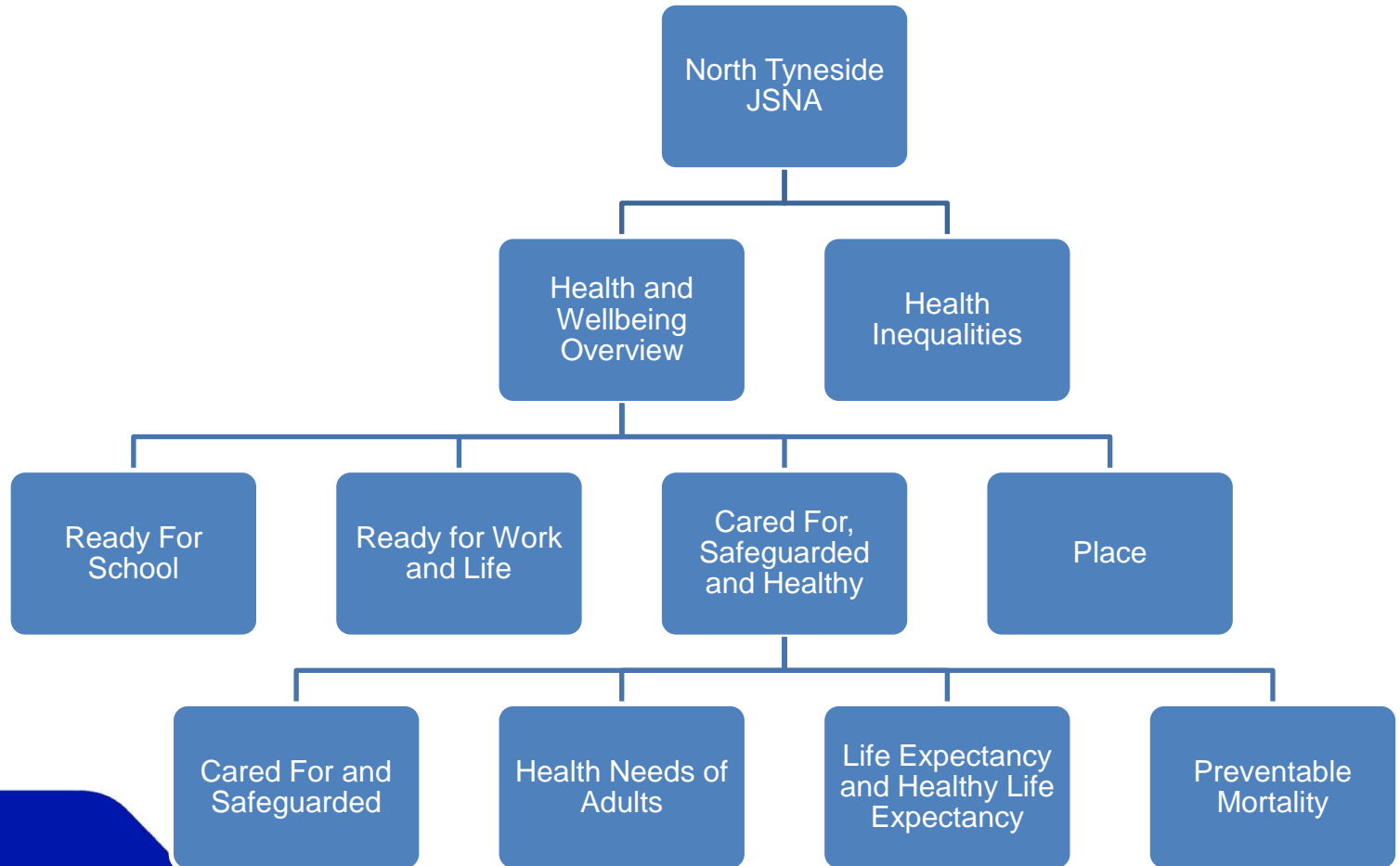


# Approach to the JSNA

- More visual summary and more sustainable approach
- Use of Infographics and web based
- High level summary including health inequalities
- Sub sections based on the life course
- Consultation



# Structure of the JSNA



# Summary

- 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 is increasing as premature deaths due to CVD and cancer have declined
- Healthy life expectancy is not increasing 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



- 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



# 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
- Alcohol related admissions to hospital are higher in North Tyneside compared to England
- 32% of the population is drinking at levels that risk damaging health
- 1/3 of adults in the most deprived areas of North Tyneside smoke
- 2/3 of adults in North Tyneside are overweight
- 1/3 of adults are doing less than 30 minutes of exercise per week
- There are increasing numbers of people who have type 2 diabetes





# Children and young people

- 20% of children are living in poverty which increases to 46% in the most deprived parts of the borough
- 52 children aged 0 to 4 years and **251** 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 over 14,000 older people over the age of 65 who live alone
- The number of people aged over 75 living alone is predicted to rise by 44.4% by 2030



*Increasing demands and public expectations coupled with financial austerity, require the development of new models of service provision including urgent and emergency care and increased efforts in prevention and self care.*

