

# Mid Sussex Partnership Health and Wellbeing Board Presentation

24.01.2019



# Outline

- Health data for Mid Sussex
- Challenges and key issues
- Mid Sussex Partnership (MSP)
- MSP thematic groups
- Health and Wellbeing Network
- Wellbeing Service
- Support from the Health and Wellbeing Board





# Mid Sussex People and Places

West Sussex JSNA 2018

## Residents (2017)

**148,300**

There has been a 10.6% increase in the last 10 years, due to natural growth (more births than deaths) & inward migration



**Births**  
**1,547**



**Deaths**  
**1,438**

## Age Structure

Mid Sussex has an older age structure compared with England, 20% of residents are aged 65+ yrs (England 18%)



## Life Expectancy



For men & women, Mid Sussex has high life expectancy, although in recent years male LE has stalled



## Best Quartile

Mid Sussex, overall, is a healthy place to live and grow! frequently in the best 25% of all areas on a range of childhood measures known to have an impact on longer term health and wellbeing, including...



One of the lowest child poverty rates in the country at 6.9% compared with a national rate of 16.8% and regional 12.5%.



Low rate of childhood obesity, 15th lowest (12.3%) of all LAs in the country in relation to 10/11 year olds.

## Great improvements



Teenage conceptions already low – have continued to fall to the point of there being only 15 conceptions in Mid Sussex in 2016.



Deaths (under 75 years) from cardiovascular disease (including heart disease and stroke) Have fallen over last 10 years but there was a slight rise in 2014-16, it remains well below England rate.



## Top Places to Live, Work & Retire

Towns in West Sussex are frequently featured in national surveys and rated as top places people choose to live, retire or work....and the county has some of the sunniest places in the UK!



*Greetings from...*

## Mid Sussex is rich in natural, cultural and historical assets

Beautiful countryside, gardens, parks, leisure facilities, vibrant towns and villages, theatres, cinemas, museums, historic houses, a wide range of employers, lots of groups, associations and organisations.....



## Mid Sussex Challenges.....

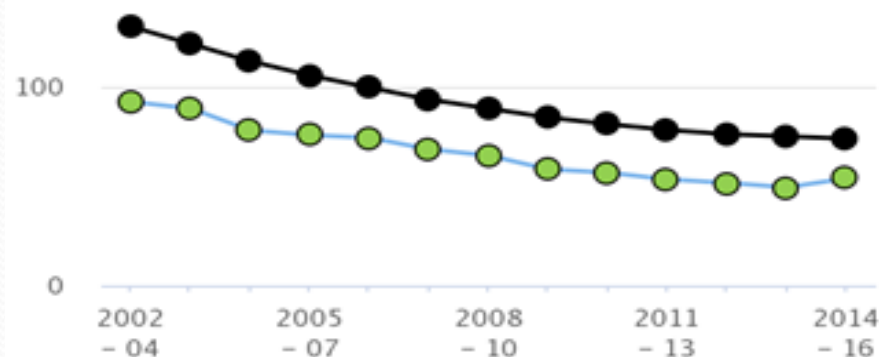
West Sussex JSNA 2018

### Ageing Population & ....Pressures on Working Age Group

30,000 people aged 65+ & rising ...additional 6,000+ projected in the next ten years

### Will next generation of 65+ population be as healthy??

U75 Mortality from CVD  
Mid Sussex and England



Increasing numbers of people with one (or more) long term health conditions and..



Over 14,000 carers...and over 3,500 aged 65+over



Large number of older people live alone (over 7,500 65+ in 2011)

### Mid Sussex relatively healthy, still.....

- Estimated 15,000 – 20,000 smokers
- Over 60% of adults overweight or obese
- Over 6,000 adults with diabetes
- 16.4% adults physically inactive\*

\*( $<30$  mins moderate exercise a week)

### Accidents and Violent crime

....consistently higher rates of people **Killed and Seriously Injured** compared with England (254 in 2014-2016)

**Violent crime (recorded offences)** risen since 2013/14. From 864 offence in 2013/14 to 1,737 in 2016/17. This increase mirror national pattern.



# Key Issues

- Mid-life health – need to ensure people enter older age healthy
- Older population and multi-morbidities
- Self-management of LTCs
- Tackling inequalities
- Pressures on wider determinants.
- Mental health and wellbeing in all life stages

# Mid Sussex Partnership (MSP)

- The Mid Sussex Partnership is a group of organisations from across Mid Sussex who work together to solve issues that affect the district.
- The partnership went through a recent refresh in 2018 to expand and focus its work areas.
- The partnership now has three thematic task and finish groups.





# Thematic Groups

- Community Safety Group – Statutory responsibility of the MSP
- Priority focus identification of and support for vulnerable victims



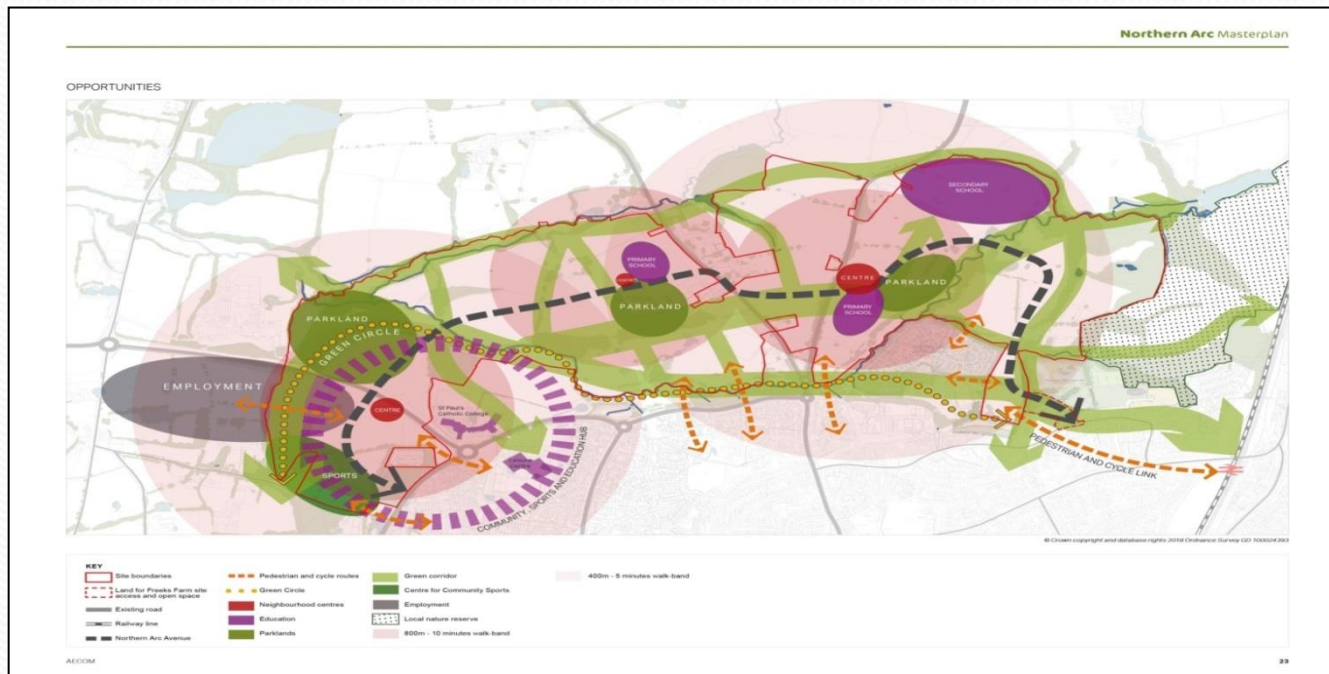
➤ Positive Placements

➤ Targeted Intervention Project



# Thematic Groups

- Communities Group – Focusing on the impact of new housing development on existing and new communities





# Thematic Groups

Health Group – key priorities focusing on:

- Mental health and resilience in young people
- Living well events – to be developed and expanded
- Workplace - key messages for working age people
- Targeting specific areas of need and ‘protected’ groups



# Health and Wellbeing Network

- The network takes place every quarter and focuses around different community and health issues. It has a mailing list of over 200 hundred members representing different groups, charities and statutory organisations involved in health.
- Topic from previous quarters include; housing support services, mental health & advocacy, affordable warmth and access to community funding





# Social Prescribing

- Alignment with VCSi commissioning
- Strategic fit with current assets such as wellbeing service and care co-ordinators



# Health and Wellbeing

- Lifestyle Behaviour Change
- Motivational Interviewing
- Practical Support
- Follow Up

**Is it time  
to make  
some changes?**



**Free local service to help  
you take the first steps  
towards a healthier you**

Contact the Wellbeing Team to talk with a  
trained advisor about what you want to achieve

**01444 477191**

[info@midsussexwellbeing.org.uk](mailto:info@midsussexwellbeing.org.uk)  
[www.midsussexwellbeing.org.uk](http://www.midsussexwellbeing.org.uk)

*mid sussex wellbeing*





# Wellbeing Services

Accessing the service

Weight Off Workshops

PreDiabetes Workshops

Wellbeing Coaches

Workplace Health

Wellbalanced Courses

GP Outreach

Signposting Support



# Service Numbers

**229** Attended WOW

**210** Half day Pre-diabetes course

**485** Workplace MOTs

**1870** Phone or face to face 1-2-1s

**1424** Signpost to community & statutory services

**139** Attended falls prevention

**33** Events & training delivered



# Support from the HWB

- Support continued funding and partnership working with WSCC Public Health.
- Facilitate joined up working with adult social care and the CCG to work collaboratively on Prevention and avoid duplication.
- Ensure there is direct and clear two-way communication between the MSP and West Sussex Health and Wellbeing Board.
- Provide support with sharing timely data and outcome knowledge relevant to Mid Sussex.

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