

Winchester City Council health priorities briefing

Health and Environment Policy Committee

19 September 2024



Purpose of the health priorities briefing

Objectives

1. To provide context as to the key agencies, institutions and stakeholders involved in supporting health and wellbeing outcomes.
2. To share high level health data to understand how well (or not) the Winchester district is performing in terms of healthy people, lives and places.
3. To identify our health priorities and test against, and align with, existing plans.
4. To map the council's work to our health priorities, building on what is already happening and recognising the wider health benefits to be gained.

Outcomes

- Clear health priorities for Winchester district.
- Clear role the council can play to support, enable and facilitate activities to sustain or improve these priorities.

Policy Committee is asked:

- Support using the priorities to target and focus our approach to achieving the best health outcomes?
- Support the “business as usual” approach of delivering health outcomes from the council's work ?

1. Agencies and institutions contributing to good health and positive wellbeing in Hampshire



Hampshire & IOW Integrated Care Strategy (December 2022)

1. The council's contribution to good health and positive wellbeing across the district

Influencing the planning and provision of health infrastructure and services through:

- Local Plan and development management
- Integrated Care Board
- Hampshire Health & Wellbeing Partnership
- Winchester District Partnership & Community Forum
- Community & Voluntary Sector grants – e.g. CAB

Delivering and investing in services and projects, e.g.

- Sports facilities – leisure centres, pitches, pavilions
- Access to nature
- Open space and play areas
- Housing and homelessness
- Arts and culture
- Employment & skills

2. Joint Strategic Needs Assessment (JSNA) – high level data

Hampshire's JSNA looks at the current and future health and wellbeing needs and inequalities within the Hampshire population.

It provides a rich data source for assessing and comparing Winchester district's population health across a range of determinants.

Data are collated around three dimensions, each of which focusses on a series of related factors:

- Healthy people
 - *Who are the specific groups of people that need additional support?*
- Healthy lives
 - *What are the factors and circumstances that affect health?*
- Healthy places
 - *How can we create an environment that promotes positive health?*

JSNA dimensions and associated factors

Healthy Lives

Risk Factors

- Alcohol, Drugs, Smoking,
- Weight & Diet
- Physical activity
- Sexual health

Maternity

- Birth weight
- Smoking status at delivery

Risk factors for Children

- Children in needs, in protection, looked after
- School attainment, exclusions, absences
- NEET - not in education, employment or training
- Child poverty and youth justice system

Risk factors for Adults

- Employment, low income, zero contracts
- Cost of living
- Violence and domestic abuse

Healthy People

Multimorbidity

- Multiple conditions

Mental Health & Wellbeing

- Common mental health disorders
- Serious mental health illness
- Health service referrals

Population groups

- Carers
- Learning disabilities
- Special education needs and disability (SEND)

Older adults

- Hospital admissions, hip fractures
- Dementia

Healthy Places

Physical environment

- Coastal communities
- Green spaces
- Access to leisure facilities

Home environment

- Food security, food banks
- Housing affordability, tenure, homelessness

Social & economic environment

- Social isolation
- Digital access, quality
- Household income, benefit claims, occupation

Community safety

- Crime, road safety and accidents, licenced premises - gambling and alcohol

Environment

- Traffic emission
- Transport - car ownership, active travel
- Energy consumption, renewable electricity, recycling
- Air quality
- Weather - heat & cold, flooding, storms

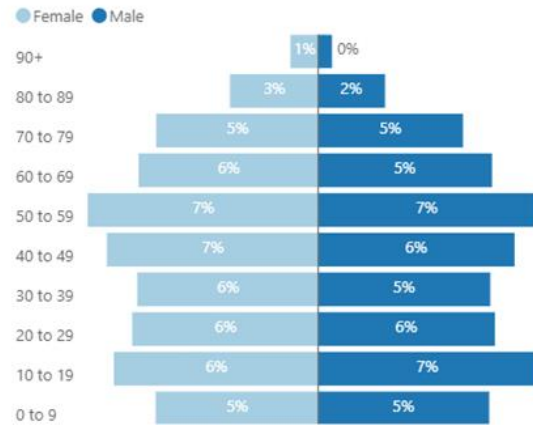
Winchester people and place summary

This page provides background information for consideration whilst looking through the rest of the report: population structure, population density and deprivation. Anchor institutions are public sector organisations which have an important presence in place as they are large employers.

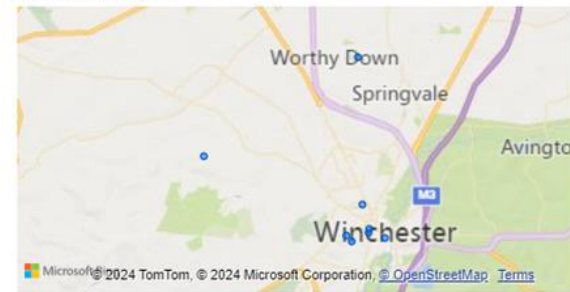
Select area:
Winchester

127,448 Population, 2021
20.9% Proportion 65+
192.8 Population density

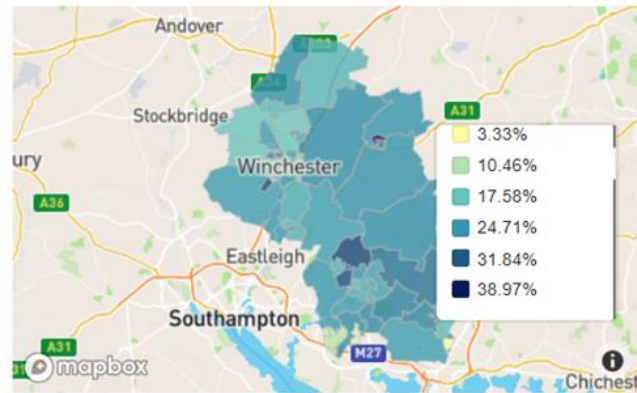
Population by age, Census 2021



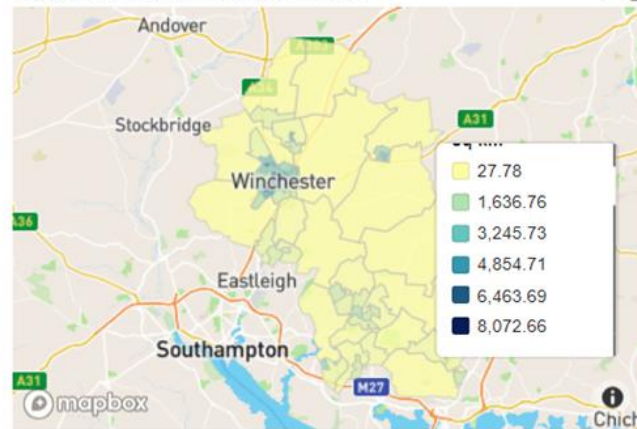
Anchor institutions



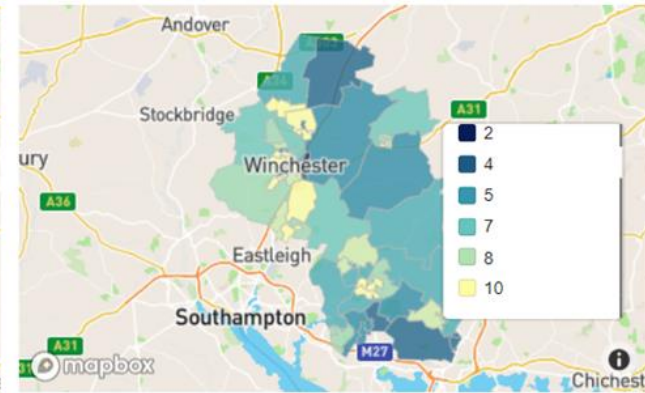
Proportion of the population aged 65 and over, Census 2021



Population density (per sq km), Census 2021



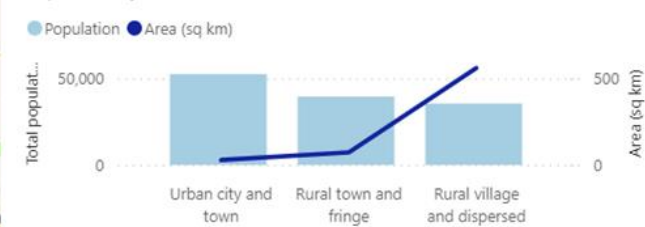
Deprivation (IMD 2019, 1=most deprived)



Total population by deprivation decile (1=most deprived), 2021



Population by urban rural classification, Census 2021



HEALTHY PEOPLE

Life expectancy

- Healthy life expectancy

Multimorbidity

- Multiple long-term conditions

Mental Health & Wellbeing

- Impact of COVID-19
- Common mental health disorders
- Serious mental illness (SMI)
- Self-harm & suicide

COVID-19

- Post COVID and long COVID

Population groups

- Carers
- Learning disabilities
- Special education needs and disability (SEND)
- Inclusion Health Groups
- Older adults

Performs well

Multimorbidity

12.3% of population in the district with 2 or more conditions is lower than Hampshire as a whole (13.6%) – best performing is Hart at 6.6%

Life expectancy for males (82 years) and females (85.5yrs) is better than in Hampshire and England

Population groups

Winchester district has a lower percentage (7.4% of pop) of unpaid carers than Hampshire (8%) and fourth lowest of all the county's districts.

The prevalence of learning disabilities in Winchester district is below that of Hampshire and England.

The rate of educational health plans per 1,000 population is one of the lowest in Hampshire.

Population groups

Inclusion health groups

Winchester district has the highest percentage of population identified as Gypsy, Roma or Irish Traveller (0.4%) and highest proportion of Roma or Irish Traveller population aged 24 or younger (45%)

Winchester is the district where veterans are more likely to report that their life is limited 'a lot' by their disability than those in the general population, at 43%

Older people

Ageing population, predicted population growth largest in the 85+ cohort.

Estimated prevalence of dementia is 7.5% of population aged 65+ - fourth highest in Hampshire.

Mental health & wellbeing

29% of people reported high anxiety – higher than Hampshire (26.3%) and third highest of all the county's districts

12.5% of people self-reported a low happiness score – higher than Hampshire (9.5%) and fourth highest of the districts.

10.6% of people registered with depression in Winchester district

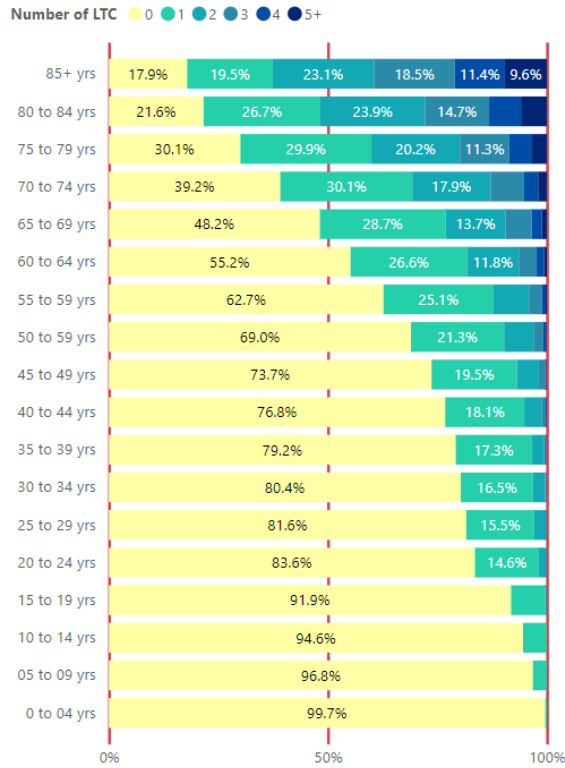
Potential areas of focus

Multiple conditions data

Select an area:

- Basingstoke and Deane
- East Hampshire
- Eastleigh
- Fareham
- Gosport
- Hampshire
- Hart
- Havant
- Isle of Wight
- New Forest
- Rushmoor
- Test Valley
- Winchester**

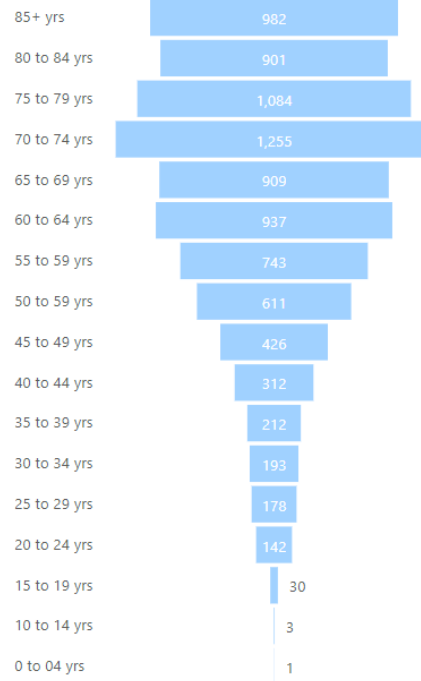
Percentage of patients by age group and the number of conditions



Select number of conditions:

- 0
- 1
- 2**
- 3
- 4
- 5+

Number of patients by age group



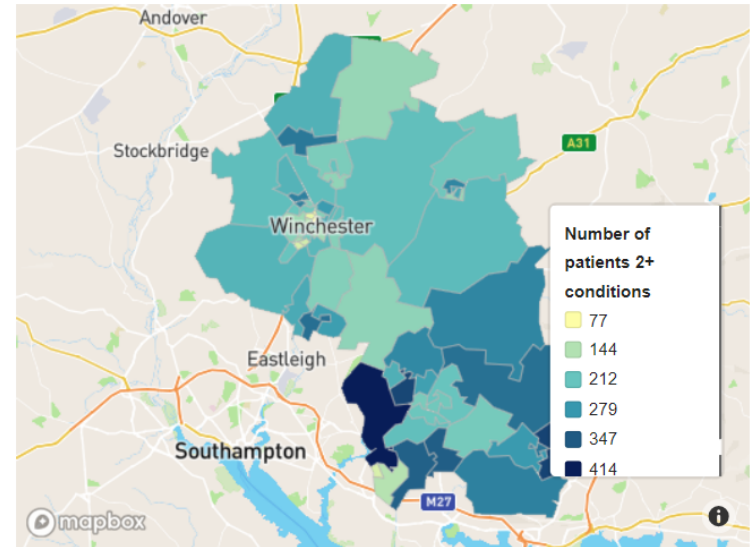
Number of people with 2 or more conditions in Winchester

15,765

Proportion of the Winchester population with 2 or more conditions

12.3%

Number of patients with 2 or more long term conditions, Winchester



To note CHIE data will not provide a complete picture of multi-morbidity as not all GP practices are represented in CHIE however the data can be used as a proxy to highlight patterns and potential areas for focus. Number of patients in Rushmoor and Hart may be especially undercounted as some residents will be registered with practices in Surrey which CHIE did not cover.

Healthy Lives

Lifestyle Risk Factors

- Alcohol, Drugs, Smoking,
- Weight & Diet
- Physical activity
- Sexual health

Maternity

- Birth weight
- Smoking status at delivery

Risk factors for Children

- Children in needs, in protection, looked after
- School attainment, exclusions, absences
- NEET - not in education, employment or training
- Child poverty and youth justice system

Risk factors for Adults

- Employment, low income, zero contracts
- Cost of living
- Violence and domestic abuse

Performs well

Lifestyle risk factors

Winchester district has a:

- higher percentage of physically active adults and children than Hampshire.
- higher rate of people eating the recommended 5 per day than Hampshire or England.

Winchester district compares better than England for:

- children's weight.
- smoking rates.
- rate of alcohol-related mortality.

Maternity

6.2% of all live births are low in weight in Winchester district - England 6.4% and the South- East 5.6%.

Child mortality in Winchester district is lower than Hampshire and England.

Risk factors for children

Second lowest proportion (9%) of children living in low- income households.

Second lowest rate (0.6%) in Hampshire of unauthorised absences from school.

Risk factors for adults

Winchester district is the second-best performing district for percentage of jobs paying lower than minimum wage at 8.2%

Lifestyle risk factors

Sexual health:

- STI diagnosis per 100,000 in the district is 510.49 – the second highest in Hampshire.
- Chlamydia detection rate per 100,000 aged 15-24 is 1333 – the third highest in Hampshire.

Risk factors for children

There are higher rates of emergency admissions to hospital for injuries for children and young people than national.

Higher rates are shown in the in the north of Winchester district for both children under 15 and young people aged 15-24

Risk factors for adults

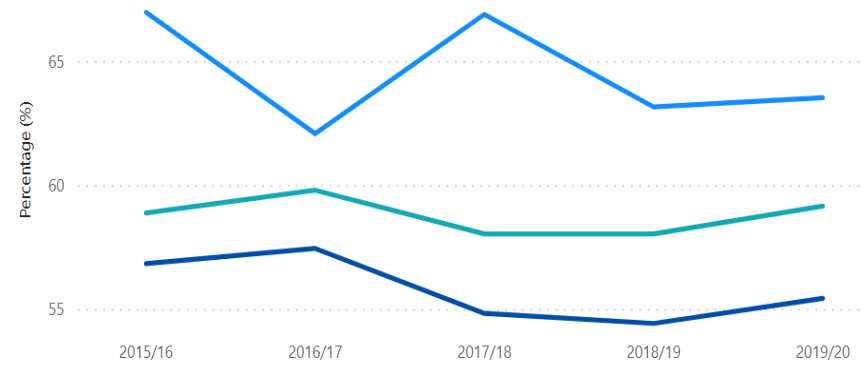
Most serious violence offences per 10,000 for the district is 4.11 – fourth highest in Hampshire.

Potential areas of focus

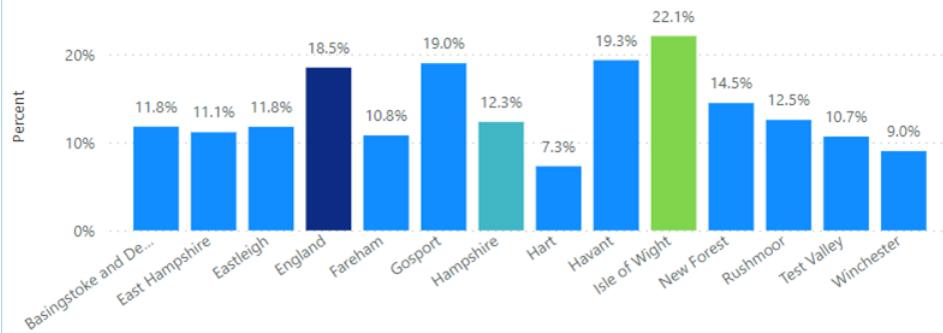
Healthy Lives - data

Proportion of the population meeting the recommended '5 a day' on a 'usual day'

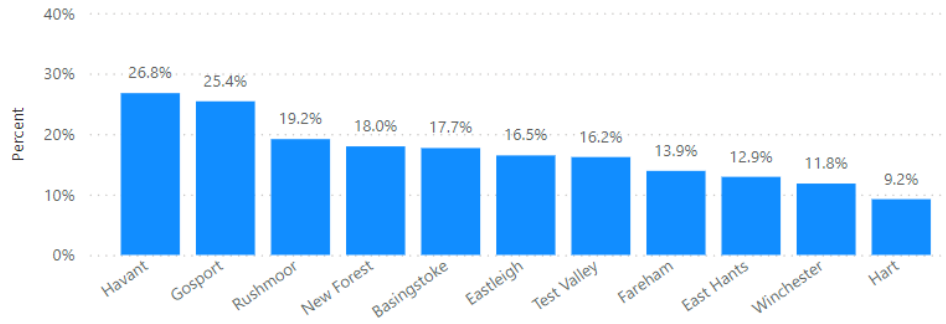
● England ● Hampshire ● Winchester



Proportion of children living in low income households, 2020/21

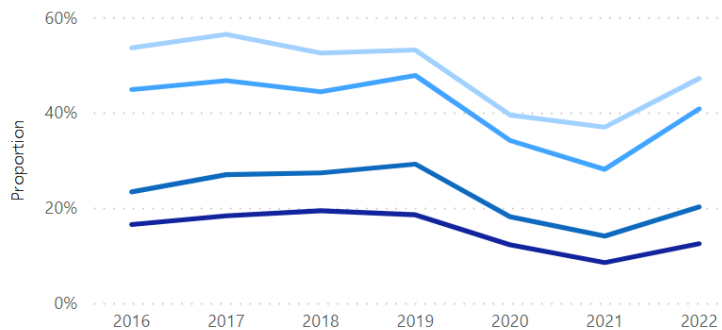


Pupils entitled to Free School Meals (FSM), Spring Term 2022

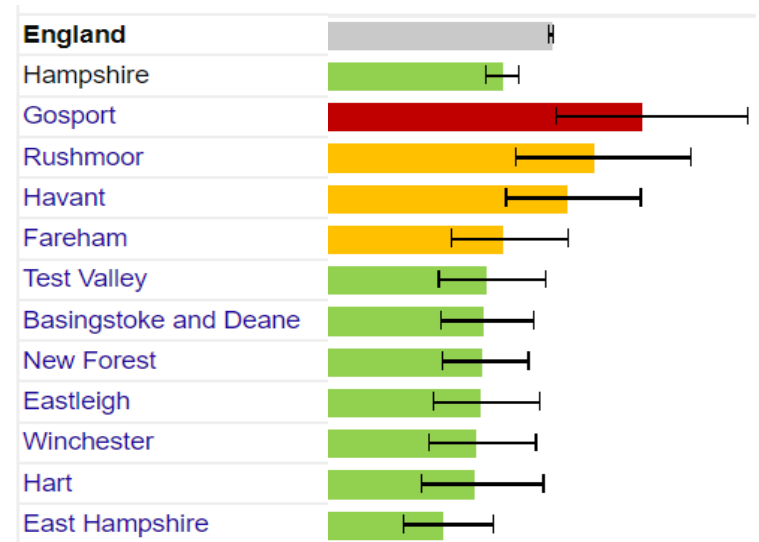


Proportion of adults walking or cycling for transport

● Five times per week ● Three times per week ● Once per week ● Once per month



Alcohol-related mortality, 2021



Source: [JSNA](#), Healthy Lives, and OHID [Fingertips](#)

Healthy Places

Physical environment

- Coastal communities
- Green spaces
- Access to leisure facilities

Home environment

- Food security, food banks
- Housing - affordability, tenure, homelessness

Social & economic environment

- Social isolation
- Digital access, quality
- Household income, benefit claims, occupation

Community safety

- Crime, road safety and accidents
- Licenced premises - gambling and alcohol

Environment

- Traffic emission
- Transport - car ownership, active travel
- Energy consumption, renewable electricity, recycling
- Air quality
- Weather - heat & cold, flooding, storms

Performs well

Physical environment

Coastal communities: No Winchester district communities classified as 'left behind'.

Highest rate in Hampshire of public sports facilities per 10,000 at 20.3 (England 13.2).

Home environment

Winchester district has a lower rate of overcrowded homes (by number of bedrooms) in than Hampshire, 1.6% compared with 2.2%, and England (4.4%).

In 2022/23 the rate of homeless households per 1,000 households was lower in Winchester district (2.6) than Hampshire (3.1) and England (6.6).

Social & economic environment

Areas with greater social isolation across Winchester district included Winnall and Stanmore, Alresford and Denmead.

High proportions of people working as managers or directors and in professional occupations

Community safety

79% of residents rated the community they live in as safe; this ranks in the middle of the Hampshire districts, slightly higher than England and Wales (78%)

Environment

The rates of walking and cycling for transport are higher than England and Hampshire.

Physical environment

Proportion of homes with a private garden is lower than any other Hampshire district – 85.6% and lower than England - 88.4%

Home environment

Winchester district is the least affordable district in Hampshire, with fewer properties for social or private rent than England.

Slightly higher proportion of households living in fuel poverty (9.1%) than Hampshire (8.2%) and more in the rural areas.

There are areas of food insecurity in Winchester city (Winnall and Stanmore), also Springvale, Alresford, Wickham and Bishops Waltham

Community safety

Number of road accidents between 2018-22 in Winchester district – 1,449 (second highest in Hampshire) & 2,034 casualties (highest).

Environment

Winchester district has one of the highest domestic energy consumption rates in Hampshire (in 2021) at 63.9 (Kt oil equivalent).

Air pollution is worst in the south of the district, however, there are also be pockets or poor air quality within urban areas of Winchester city.

Potential areas of focus

Healthy Places – Summary

Winchester had a population of around 127,500 in 2021, of which 20.9% were aged 65 and over. This was slightly younger than the Hampshire average which had around 21.7% of the population aged 65 and over.

There were higher proportions of the population aged 65 and over in the more rural areas of the district, especially around Alresford (39%), Bishops Waltham (34%) and Olivers Battery (34%).

The population density was 192.8 people per square kilometre, which was lower than the overall population density of Hampshire (374.8). Winchester city is the main urban area which held nearly 41% of the district population. A further 31% of the population lived in rural town and fringe area, whilst the remaining 28% were in rural villages.

Overall, Winchester district has a high level of affluence, although there are pockets of deprivation within areas of Winchester city (Stanmore and Winnall).

Winchester at a glance:

Topic	Areas most at risk	Areas least at risk
Deprivation	Stanmore, Winnall	Teg Down, Fulflood, Oliver's Battery, rural areas around South Wonston, Twyford and Brambridge, Waltham Chase
Green space	Whiteley, South Wonston	Most other areas lower risk
Private gardens	Winchester town centre, Denmead and Southwick	Oliver's Battery and Hursley
Transiency	Stanmore	Waltham Chase
Sports	East Winchester	Weeke and Fulflood, Bishop's Waltham, Southwick
Food insecurity	Winnall, Stanmore, Springvale, Alresford, Wickham, Bishop's Waltham	Most other areas lower risk
Fast food outlets	Winchester town centre, Weeke	Rural areas lowest risk
Fuel poverty	Stanmore, rural areas around Bramdean and Meonstoke	Alresford
Social isolation	Alresford, Stanmore, Winchester town centre, Denmead	Rural areas around Bramdean, South Wonston, Newton, and towards Waterlooville
Digital	Wickham, Winnall	Fulflood, Badger Farm
Mental wellbeing	Stanmore, Winnall	Rural areas around Winchester city
Income / benefits	Winnall, Stanmore, Bishop's Waltham	Fulflood
Crime	Winchester town centre	Most other areas lower risk
Air quality	Whiteley	Sutton Scotney, Alresford
Heatwaves	Winnall and Highcliffe	Oliver's Battery and Hursley, Hambledon and West Meon
Flooding	Whiteley, Denmead, Hambledon	Most other areas lower risk

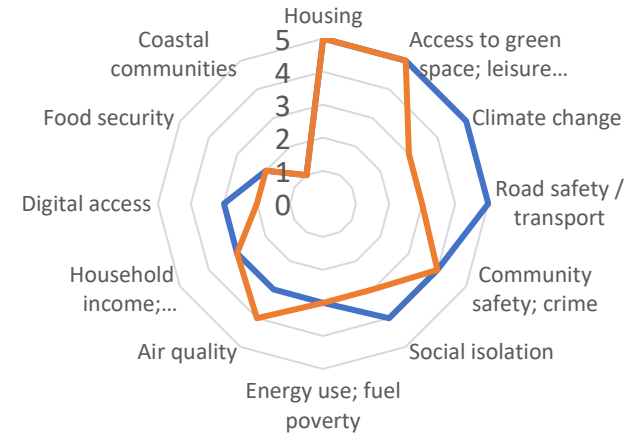
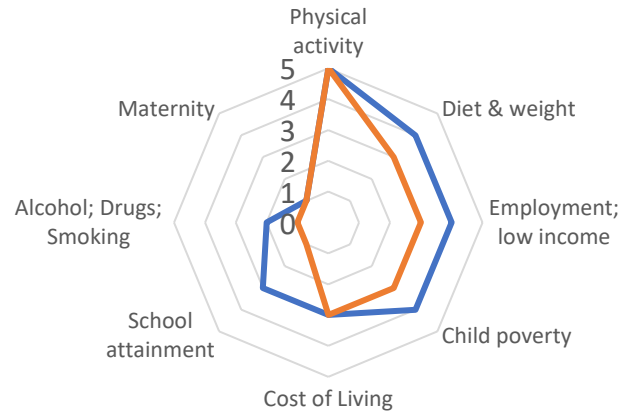
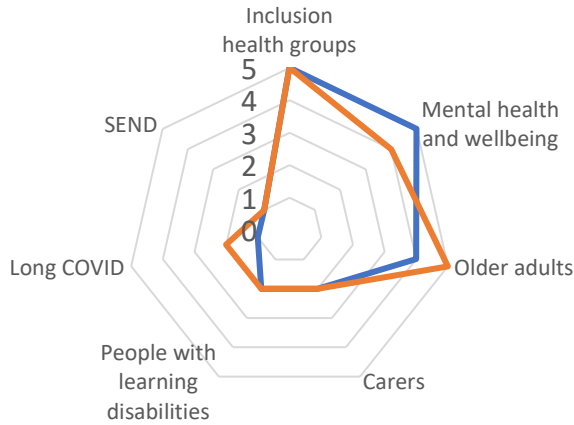
3. Our health priorities

It is important for us to:

- Consider all health-related factors reflected in the JSNA and the data-led relevance of each factor for Winchester district
- Identify priorities over which we have influence, and to which we can contribute meaningfully.
 - Cabinet member and officer's desk-based assessment and prioritisation of factors, based on:
 - Ability of WCC to influence or drive positive change (including through our enablement of third parties)
- Short list the health-related factors on which the council should focus its activity.

3 Our health priorities- assessment and prioritisation of factors

— Importance — Ability to influence



Healthy People

Inclusion health groups
Older people
Mental health & wellbeing

Healthy Lives

Physical activity
Healthy weight & diet
Well paid jobs and household income
Cost of living

Healthy Places

Housing
Access to green space
Climate / Air Quality
Road safety / transport
Community safety / Crime
Social isolation
Energy consumption & generation

3. Our health priorities - aims

We will aim to:

- Sustain our good performance and improve under performance to help reduce health inequalities between people and places.

To do this we will continue to:

1. Help people to remain healthy and live independently for longer. (Healthy People)
2. Help prevent ill health and long-term conditions. (Healthy Lives)

To support these aims we will continue to deliver or enable activity to:

Address and mitigate factors that contribute to ill health and poor wellbeing. (Healthy Places)

3. Alignment with existing and emerging policy

Hampshire & IOW Integrated Care Strategy



OUR STRATEGY ON A PAGE



OUR PRIORITIES AND KEY AREAS OF FOCUS:

POPULATION OF 1.9M:

- Varied demographics
- Areas of deprivation
- Variation in life expectancy
- Strong partnership working to seize opportunities

Area	Priority	Key Area of Focus
Children and young people	Focus on the "best start in life" for every child in the first 1000 days of their life	Work with schools and other key partners on prevention and early intervention
	Better connect people to avoid loneliness and social isolation	Continue and develop our trauma-informed approach
	Promote emotional wellbeing and prevent psychological harm	Co-locate services to enable a family-based approach
Mental wellbeing	Improve access and mental health outcomes for children and adolescent mental health services	Further develop a joint children's digital strategy
	Improve mental health and emotional resilience for children and young people	Address inequalities in access and services
Good health and proactive care	Improve social connectedness	Support the mental health and wellbeing of our staff.
	Provide support in community settings for healthy behaviour and mental wellbeing	Support healthy ageing and people living with the impact of ageing
Our people (workforce)	Ensure equal importance is given to mental wellbeing and physical health	Combine resources around groups of greatest need
	Evolve our workforce models and building capacity to meet demand	Ensure people who provide services are well supported and feel valued
Digital solutions, data and insights	Empower people to use digital solutions	Support our workforce
	Ensure the availability of the right skills and capabilities	Improve how we share information
	Minimise potential health and wellbeing impact of cost of living pressures	Continue to improve our digital solutions

3. Alignment with existing and emerging policy

Hampshire Public Health Strategy 2023-26

The strategy recognises that we can make the biggest impact on people's lives by addressing the building blocks of health by;

- Advocating for **health and wellbeing priorities to be reflected in all local policies**
- **Supporting communities to be strong and connected** to reduce loneliness and isolation
- **Ensuring neighbourhoods are well designed** to help people make healthy choices
- Advocating for more **affordable and well-designed housing** that can meet individuals' varying needs
- Supporting **sustainable, accessible transport and active travel**
- **Improving access to green spaces** (such as parks and other open spaces), **blue spaces** (such as canals, ponds, rivers and beaches) and other **leisure facilities**
- Improving **air quality**.

The County Council, district and borough councils and the community and voluntary sector are well placed to influence these factors



4. Map the council's work to our health priorities

Alignment with the current Council Plan

An ambition to...

“reduce health inequalities, tackling the environmental, financial and housing problems that most affect those with the biggest health challenges”

Intentions to...

“focus on the most disadvantaged areas, communities and groups, supporting a greater diversity of residents”

“partner with the new NHS local bodies to address the health and well-being needs of priority communities and priority populations”

4. Our health priorities – mapped to council work

Our health priority aim (PEOPLE)	Council Plan
1. Help people to remain healthy and live independently for longer	Focus on the most disadvantaged areas, communities and groups, supporting a greater diversity of residents
Our Health Priority	Our Activity
Inclusion health groups	<ul style="list-style-type: none"> ○ WSLP's GP referral scheme and 50+ club ○ Older Persons Partnership ○ Dementia Friendly Winchester
Older adults	<ul style="list-style-type: none"> ○ Walking groups ○ Cultural strategy ○ Live Longer Better project
Mental health and wellbeing	<ul style="list-style-type: none"> ○ Everyone Active contract ○ Community & voluntary sector grants – Youth Counselling

Our health priority aim (LIVES)	Council Plan
2. Help prevent ill health and long-term conditions	Partner with local bodies to address the health and well-being needs of priority communities and priority populations.
Our Health Priority	Our Activity
Physical activity	<ul style="list-style-type: none"> ○ Everyone Active contract ○ Schools coaching programme ○ Holiday sports coaching ○ Park yoga
Well paid jobs and household income	<ul style="list-style-type: none"> ○ Green Economic Development Strategy ○ First Foot Forward employment course for council tenants ○ Housing tenancy sustainment
Healthy weight & diet	<ul style="list-style-type: none"> ○ Food vouchers ○ Food banks and pantries
Cost of living	<ul style="list-style-type: none"> ○ Council and private rented tenants support with budget plans and money management ○ Council Tax Support Fund 2024 ○ Increase in the income banded thresholds of the Council Tax Reduction scheme

Supporting our health priority aims (PLACES)	Council Plan	
Address and mitigate factors that contribute to ill health and poor wellbeing	Reduce health inequalities, tackling the environmental, financial and housing problems that most affect those with the biggest health challenges	
Our Health Priority	Our Activity	
Housing	<ul style="list-style-type: none"> ○ Local Plan ○ Major development Areas 	<ul style="list-style-type: none"> ○ Housing Strategy ○ Affordable housing
Access to green space and sport facilities	<ul style="list-style-type: none"> ○ Open space assessment ○ New facilities in major development areas 	<ul style="list-style-type: none"> ○ Improving and up-grading existing facilities ○ Playing Pitch Strategy
Climate/ Air quality	<ul style="list-style-type: none"> ○ Carbon Neutrality Action Plan ○ Nature emergency and Local Nature Plan 	<ul style="list-style-type: none"> ○ Biodiversity Action Plan ○ Tree Strategy ○ Air Quality Strategy
Road safety / transport	<ul style="list-style-type: none"> ○ Winchester Movement Strategy ○ Carbon Neutrality Action Plan 	<ul style="list-style-type: none"> ○ Local Cycling and Walking Infrastructure Plan
Energy consumption & generation	<ul style="list-style-type: none"> ○ Housing Retrofit programme ○ Carbon Neutrality Action Plan 	<ul style="list-style-type: none"> ○ Low emission vehicles & EV charging points ○ Local Area Energy Plan
Community safety / Crime	<ul style="list-style-type: none"> ○ Community Safety Partnership ○ Domestic Abuse Housing Alliance (DAHA) improvement project ○ City of Sanctuary 	<ul style="list-style-type: none"> ○ Anti-Social Behaviour (ASB) Grip Funding for additional ASB patrols ○ Violence Against Women and Girls (VAWG) Strategy
Social isolation	<ul style="list-style-type: none"> ○ Social Inclusion Partnership ○ Cultural Strategy 	<ul style="list-style-type: none"> ○ Community & voluntary sector grants

How we will use the identified priorities

- Demonstrate the wider health benefits of our work
- Inform the targeting of our existing services, programmes and support
- Integrate within council grant eligibility criteria
- Supporting evidence for external funding bids
- Drive social media activity related to our wider health improvement initiatives
- Improve understanding across the council of the contribution being made to the wider health of the population

Next steps

- Test against responses to recent residents' survey
- Opportunity to contribute to and align with the Hampshire Health and Wellbeing Strategy review –
- Cabinet Member Decision Day to approve these as our suite of health priorities
- Inform the update of Council Plan in 2025

Questions



Winchester
City Council