



**Northumberland**  
County Council

## **The Causes Of The Causes**

A look at some of the wider determinants of health in Northumberland

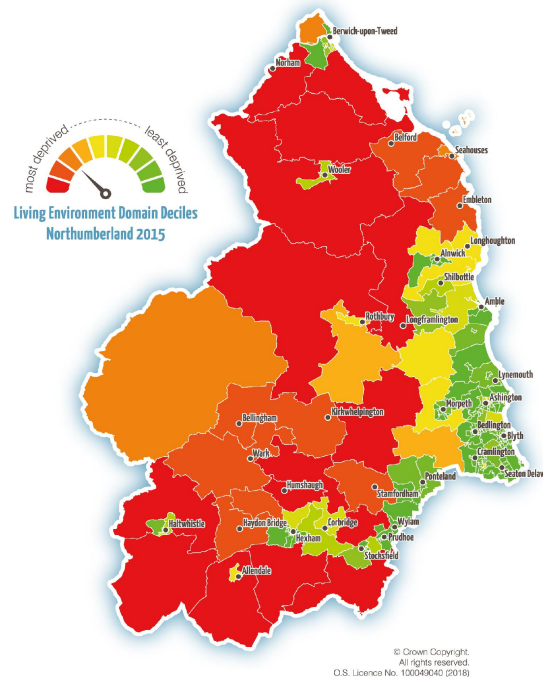
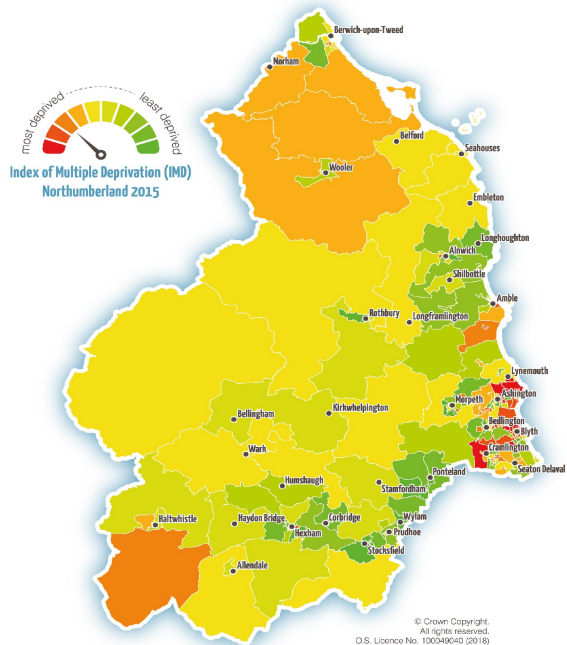
Director of Public Health Annual Report 2017  
Liz Morgan - Director of Public Health

Health and Wellbeing Board OSC 5 June 18

[www.northumberland.gov.uk](http://www.northumberland.gov.uk)



# The social determinants, rurality and measuring need



# Education and skills

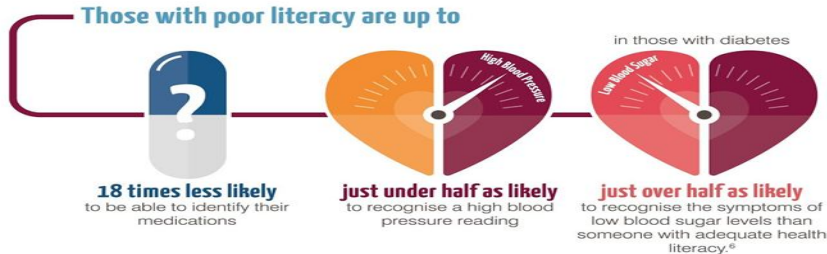
## The link to health

Clearest indicator of life outcomes – engine of social mobility

Starts at birth – early years development;

Some evidence that educational attainment linked to:

- Increased uptake of screening
- Increased smoking quit rates
- ↓ risk of depression



## Education and skills in Northumberland

What's good:

School readiness

16-17 yr olds NEET

Achievement at Key Stage 1 and 2

Apprenticeships

What's less good:

GCSE attainment

GCSE attainment in most disadvantaged pupils

Rural challenges:

More unqualified teachers; partnerships with 'outstanding schools'; cost of/access to transport; viability.

# Education and skills – improving the picture

## What are we doing?

### Identified priorities for action:

GCSE attainment; focusing on most disadvantaged children and those with SEND; building partnerships

Linking education into the Joint Health and Wellbeing Strategy

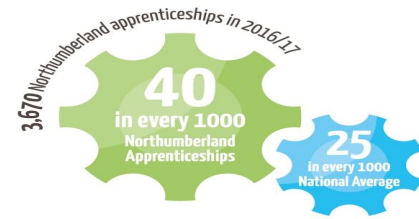
Developing a Children and Young People Plan – with young people and through the CYP Strategic Partnership

Continuing commitment to apprenticeships

### Public Health contribution:

Facilitating better communication between partner agencies to support children with additional needs;

Working with young people to support emotional wellbeing and resilience



# How employment/unemployment affects health

## Unemployment



## Employment

It's good for you (mostly).

Improved resilience;  
Better mental health (through developing and using skills);

Health warning:

Some work isn't good for you (e.g. job insecurity; workplace stress; poor H&S procedures; low levels of control)

# Employment in Northumberland

## The Northumberland picture

Employment historically quite good  
Professional/management < unskilled/elementary  
Higher proportion of economically inactive

### Rurality:

More home working/self employed  
Seasonal employment  
Higher proportion of SMEs limit opportunities  
Progression from low skilled/paid  
is challenging

## What are we doing about it

Focusing on bringing those excluded from the workforce closer to employment e.g. Bridge project; CAN employment hubs; DWP Work and Health programme

### NHS contribution:

Employment to improve health and wellbeing;  
'More than medicine';  
Improving integration of employment support.



# Healthy Homes

## Affordable, safe, secure:

.Stable housing supports social networks, sibling and peer relationships, promotes child development and educational outcomes.

## Good quality:

.Good air quality and hazard free houses reduce the risk of accidents and respiratory illness

.Overcrowding is linked to respiratory disease; and slow growth and poor psychological development in children

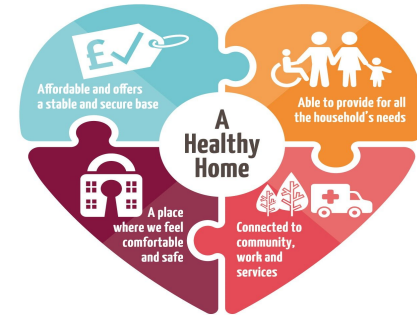
.Cold homes linked to mental ill health, eczema and excess winter deaths

## Housing and vulnerable groups:

.Health impacts of poor housing are greater

.People with mental health and substance misuse issues more likely to be homeless

.Homelessness is associated with premature death





# Housing in Northumberland

## Affordable, safe, secure:

Property price to earnings ratio fairly stable overall but mixed

Private sector tenures increasing; rents higher

## Housing quality:

Council's homes meet housing standard

But up to 62% of private rented fail to meet standard

High Xs winter deaths in (older) women

## Vulnerable groups:

Strategic challenges - supportive housing for older people and those with disabilities

Housing for those with high support needs

## Action to improve homes

Use of the planning process to generate affordable homes

Use of neighbourhood plans to promote the sustainability of communities

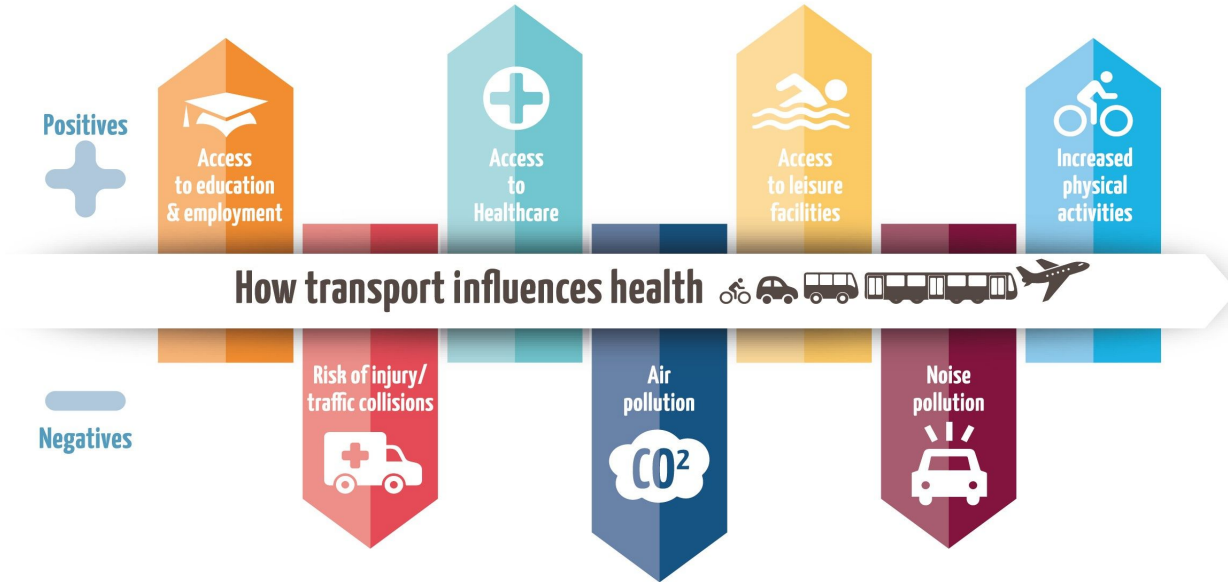
Energy efficiency initiatives

Ageing Well Allies

Key role of NHS and wider public sector staff in identifying and supporting people in cold homes



# How transport supports good health



# Transport in Northumberland

## Rurality presents inherent challenges:

Longer journey times; fewer people using public transport;  
greater reliance on cars

## Real opportunities to promote active transport

### Travelling safely

High rates car accidents – visitors, rural roads, more miles  
travelled.

## Action on transport

Use of the planning process to 'build in' active transport and promote  
physical activity

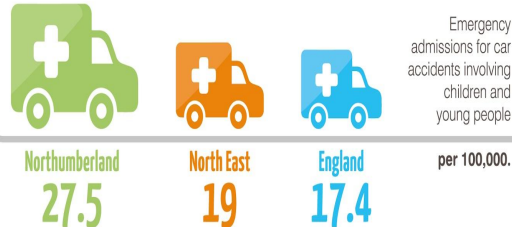
Variety of schemes to plug commercial gaps

Use of NECA funding to promote cycling connectivity in and around Morpeth

Continued focus on improving road safety

NHS role as advocates of active transport to promote physical activity.

## Travelling Safely



# Recommendations

- Take a Health in All Policies approach to Council policy and strategy development;
- Use the Making Every Contact Count approach to identify and support vulnerable individuals living in poor housing;
- Use the Better Health at Work Award as a vehicle to promote active transport;
- Consider a multi-agency review of patient/service user transport services for health and social care.
- Embed a 'more than medicine' approach within health providers to start addressing social determinants as part of the clinical consultation;
- Use the NICE Quality Standard for preventing excess winter deaths to improve health and social care commissioning and provision.