

HEALTH AND WELLBEING IN SOUTHEND

The Joint Strategic Needs Assessment (JSNA) for Southend-on-Sea reports on the health and wellbeing needs of local people today and for the future. It contains a wealth of data on the life experiences of people living in Southend. It compares our communities with others across the country on measures of education, income, and lifestyle that affect our ability to lead a long and healthy life.

This document is only a summary of the JSNA. It picks out key facts and figures and highlights some of the areas where health and wellbeing in Southend is markedly different from the UK as a whole. These differences, and the imbalances within Southend itself, will help us explore what actions can be taken to improve people's lives.

The changing face of Southend-on-Sea

With a **population** close to **178,000**, Southend is one of the largest conurbations in the East of England. Our town is changing. **We are gradually becoming more ethnically diverse** and the **number of older people is increasing**.

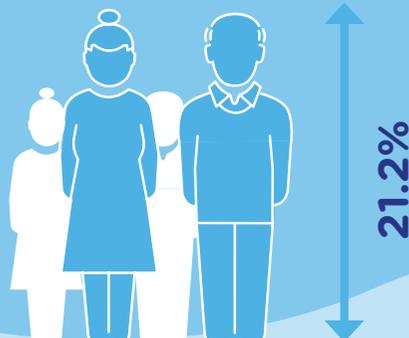
Comparative Percentage of BAME population 2001 and 2011:

 **4.2% in 2001**

 **8.9% in 2011**

8.9% came from a Black, Asian and minority ethnic (BAME) group in 2011 compared to 4.2% in 2001. The pupil annual census for 2013 highlights an **even greater diversity in school aged children**, with **20.5%** coming from a BAME group

Population aged 65+ projected to increase:



Proportion of 65+s is 18.9% (33,600 People); national average 17.5%; 65+ age group is set to increase to 21.2% (40,700 people) by 2025

How Southend Compares

Let's meet a family in Southend, and look at one household member in each of three generations: **a child** in school, **an adult** of working age and **an older person** in retirement. We will consider the challenges they may encounter, and compare their chances against the average experience of people their age in England.



Early life

Like many of her classmates, she is likely to **perform well in school** and achieve expected levels of early learning in **mathematics** and **literacy** and **physical** and **emotional** development.



Levels of child poverty:



The majority (79.4%) of Southend's children have a good standard of living that promotes their long term wellbeing, but more needs to be done to improve the life chances of those living in poverty. The level of child poverty in Southend-on-Sea (20.6%) is worse than the England average (18.6%) and the regional average (15.4%)

Chloe is the youngest member of the Southend household, and of school age.



In Southend 68.5% of children achieved a good level of development across all early learning goals at the end of Reception in 2013-14, compared to 66.3% for England.



But unlike her average peer in England, Chloe is more likely to come from a poor family. Although most families are comfortable, poverty in childhood is comparatively high in Southend on Sea and has a profound impact on health and wellbeing throughout the lives of those it affects. And if Chloe has a parent who suffers from a mental health condition, she is likely to face a mental health challenge too.

Deprivation in Southend is higher than the England average and the regional average. In 2015, 25.8% (45,840 people) of Southend residents lived within areas classified as being in the 20% most deprived in England.



People aged 20 and below make up...

23.8%



of the population in Southend, which is similar to the East of England and to England as a whole



Working Age

The father in the Southend household, James, is of working age. Although work is readily available for most people, he is more likely to struggle to find employment and rely on out of work benefits than an adult in the average family in England.



James is **slightly more likely to smoke and to eat a poor diet** than the average person of working age in England.

Convenience foods often have **lower nutritional value** than healthier options.

Smoking is more prevalent in Southend than the England average:

18% in England

20.1% in Southend

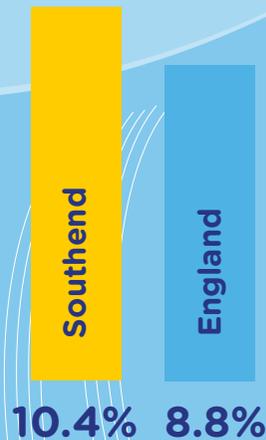
13.7% of working age adults in Southend claim out of work benefits; higher than the England average of **11.7%**

Percentage of benefit claimants:

13.7% in Southend



11.7% in England



10.4% have no qualifications – higher than the England average of **8.8%**.

29% in Southend have attained an **NVQ 4**, the England average is **35.7%**.



Most people in Southend, **89.6%**, have at least a **basic educational qualification** to carry them into employment, but **there is room for improvement**. James is more likely than the England average to have no formal qualifications, which could hold back his prospects and his health.



If Southend catches up with the England average and more people reach NVQ level 4, they will be better equipped to find professional occupations and an improved level of income security. This will allow them to take on a healthier lifestyle of more regular exercise and a balanced diet.

The estimated prevalence of mixed anxiety and depressive disorder among the adult population in **Southend-on-Sea (12.3%)** is higher than the England average. (**8.9%**)



England



Southend

James is more likely to suffer from **anxiety and depression** than the England average. This is likely to have an impact on his daughter, as the **children of sufferers of mental health conditions are more vulnerable to facing mental health conditions**.



The **proportion of people of excess weight** is higher in **Southend: (66.8%** against **64.6%)**, while **levels of physical activity (52.1%** against **57%)** are lower than the **England average**.



Older people

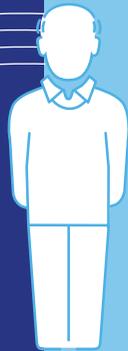
Tony is more likely to have struggled with employment than is average in England. He is also more likely to smoke, and to have had a poor diet, meaning he is more likely to suffer from multiple long-term health conditions (LTCs). As Tony gets older, he is also more likely to have been diagnosed with dementia.

Southend has a **higher share of people with 3 or more LTCs** than the England average:

12.9% **Southend**

10.5% **England**

The prevalence of **people over 65 diagnosed with dementia in Southend is 4.7%**, slightly higher than the England average of **4.3%**



Later Life

In Southend-on-Sea, the average life expectancy is close to the England average.



Southend life expectancy compared to England:



Men
79.5 years in England
79.6 years in Southend

Women
83.2 years in England
83.1 years in Southend



But the cumulative effect of lifestyle behaviours and socioeconomic background are apparent at the end of life. The difference in longevity is marked between those living in the most and least deprived areas in Southend.

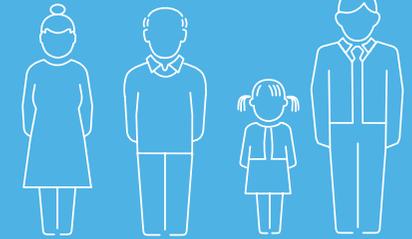
In the most deprived areas of Southend, life expectancy drops by:

11.1 years for men ↓ 10 years for women

For **men**, over **70% of the deaths which account for the difference in life expectancy** between most and least deprived wards in Southend **are lifestyle related deaths caused by cancers, and circulatory and respiratory diseases.**



For **women**, over **60% of the deaths which account for the difference in life expectancy** between most and least deprived wards in Southend **are also lifestyle related deaths caused by cancers, circulatory and chronic diseases.**



While the outlook for most families in Southend is good, the health and wellbeing of families from relatively deprived parts of Southend lags behind those from more affluent areas. The gap emerges for those in their school years, widens for those dealing with the realities of adult life, and is keenly felt by those in old age.

What does the future hold?

- Do the messages within this summary resonate with you? Is there anything missing that you would expect to see included?
- What is the single most important thing to tackle for the health and wellbeing of Southend?
- Are you taking the best care of yourself? Visit www.nhs.uk/oneyou

Share your responses by emailing: Health&Wellbeing@southend.gov.uk

For more information about the Joint Strategic Needs Assessment, visit www.southend.gov.uk/jsna