

Health and wellbeing in Brighton & Hove

Joint Strategic Needs Assessment (JSNA) Executive Summary June 2022



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Health and wellbeing in Brighton & Hove

JSNA Executive Summary

The Brighton & Hove Health and Wellbeing Board is required to produce a Joint Strategic Needs Assessment (JSNA). The JSNA provides a description of the current and future health, social care and wellbeing needs of the local population, and does so by collating a variety of evidence, including information from existing in-depth needs assessments; health and social care data and local views and experiences.

The JSNA is used to identify local health and wellbeing issues and inform the commissioning and delivery of local services. This summary gives a snapshot of health and wellbeing in the city. It will be updated every three months in line with Public Health Outcomes Framework updates. See the full set of JSNA resources <http://www.bhconnected.org.uk/content/needs-assessments>

For the latest information on Covid please visit :

[Covid-19 key statistics for Brighton & Hove \(brighton-hove.gov.uk\)](http://www.brighton-hove.gov.uk)

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Key to the summary

Throughout the summary (with the exception of the population page) the colours within charts and icons are based upon whether Brighton & Hove is statistically significantly lower / higher or better / worse than England (where this judgement can be made):

-  Significantly lower than England
-  Not significantly different to England
-  Significantly higher than England
-  Significantly better than England
-  Not significantly different to England
-  Significantly worse than England
-  Significance cannot be calculated

Where trend data is available, clicking on the icons in the summary links directly to this information.

KEY ISSUES FOR BRIGHTON & HOVE

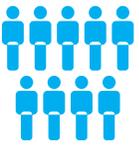
A range of evidence has been collated for the JSNA to inform the key issues for the city presented here, including information gained from in-depth needs assessments, data from public health, NHS and social care outcomes frameworks.

Issues highlighted are those where we are significantly worse than England (or comparator local authorities), where large numbers or people are impacted, or where we have significant inequalities:

	All ages	Starting well	Living well	Ageing well	Dying well
Wider determinants	Housing Homelessness and rough sleeping Tobacco control Road safety Active travel Crime and safety	Child poverty Education Adverse Childhood Events (ACEs)	Unemployment Good employment and healthy workplaces	Fuel poverty Income deprivation	
Lifestyles / prevention	Domestic and sexual violence Physical activity, healthy weight Food poverty and good nutrition Emotional wellbeing	Risk taking behaviours and the clustering of these behaviours: Smoking Drugs Alcohol Sexual health Emotional wellbeing	Smoking Alcohol and drugs misuse Sexual health (STIs and HIV/AIDS) Suicide prevention and self-harm	Social isolation / loneliness	
Services / support	Mental health Physical disability and impairment Learning disabilities	Children in care Emotional wellbeing and mental ill health support Immunisation	Multiple long-term physical and mental health conditions Cancer (and cancer screening) Heart disease and stroke Musculoskeletal conditions Mental health	Dementia Multiple long-term conditions Immunisation	Support for dying in place of preference

PEOPLE

Population



291,700

residents (2020)

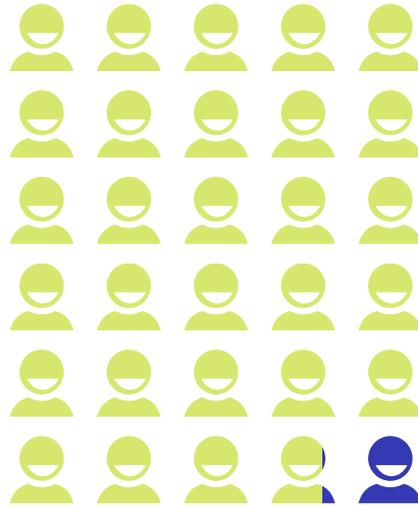
20% Under 20 (24% Eng)

62% 20-59 (52% Eng)

12% 60-74 (16% Eng)

6% 75+ (9% Eng)

Projections



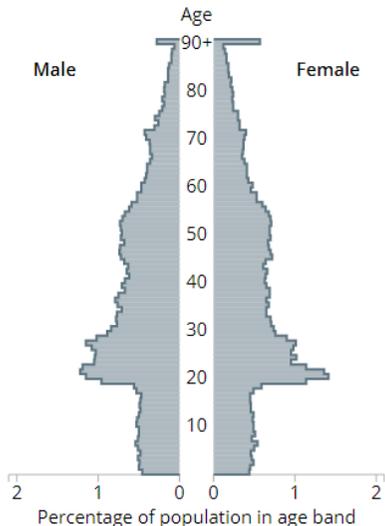
There are projected to be 11,300 more people living in the city by 2030 (compared with 2020, an 4% increase to 303,000 people).

The city's population is predicted to get older, with the greatest projected increases by broad age band in the 60-69 years (34%, 7,700 extra people) and 80-84 years (34%, 1,800 extra people).

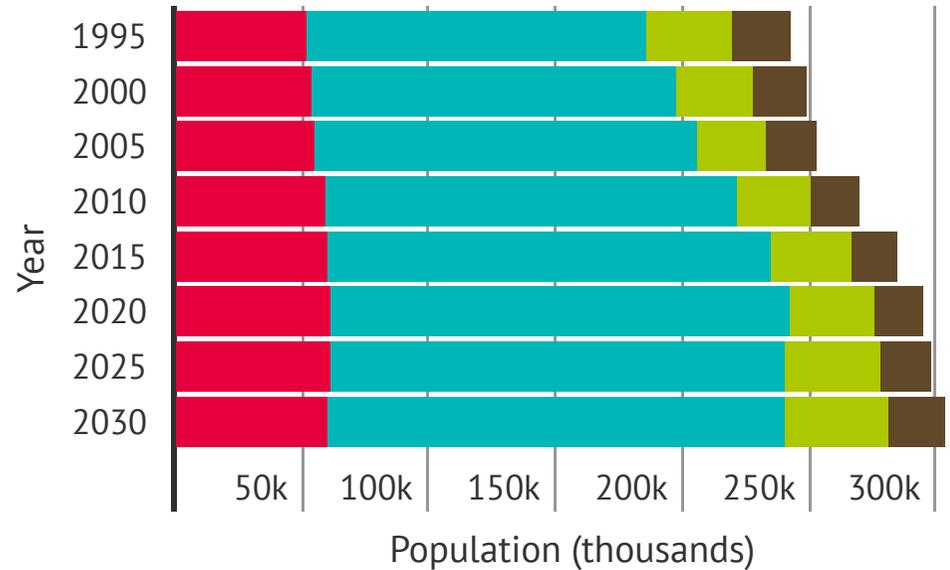
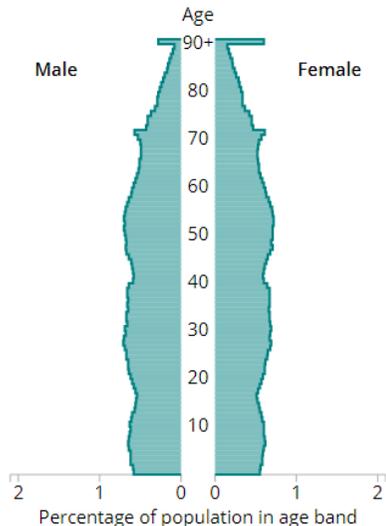
Of note, there are projected to be 400 (11%) more 85-89 year olds and 300 (12%) more 90+ year olds.

Our population profile is younger than England

Brighton & Hove



England



● 0-19 ● 20-59 ● 60-74 ● 75+

[Download data](#)

PEOPLE

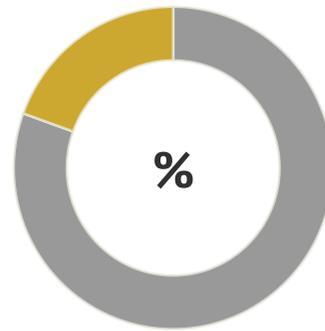
Population groups

Our city consists of different population groups living in a range of geographical communities.

The large student and lesbian, gay, bisexual and trans (LGBT) communities are key characteristics of the city's population profile.

The most up to date data and our best estimates show:

One in five people (19.5%) are from a Black or Minority Ethnic Group (14.5% South East, 20.2% England)



Between **1,500 (0.6%)** and **2,500 (1%)**

trans adults live in Brighton & Hove, with many more who visit to socialise, study and/or work



Our best estimate of lesbian, gay and bisexual residents is

11% (27,200 people) to **15%** (39,500 people) of the population aged 16+



59,000 residents were born outside of the UK

20% of the city's population in the year ending June 2021. Significantly higher than the South East (14%) but similar England (16%)



49% of residents have a religion, lower than the South East (65%) and England (68%)

PLACE

Deprivation



131st

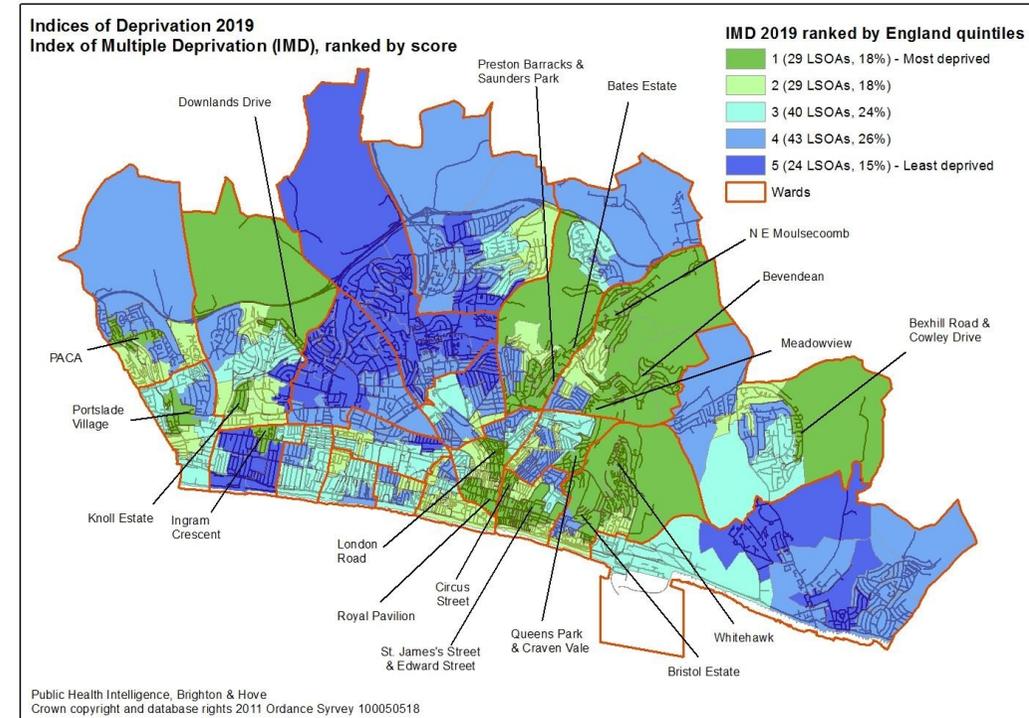
most deprived local authority in England (of 317) according to the 2019 Index of Multiple Deprivation (IMD)

In 2019, 17% of the population of the city lived in one of the 20% most deprived areas in England and 13% lived in one of the 20% least deprived areas in England.

Brighton & Hove



England



Some areas are more affected by deprivation than others. The highest concentration of deprivation is in the Whitehawk, Moulsecomb, and Hollingbury areas. Along the coast, to the west of the city and in Woodingdean there are also pockets of deprivation. All these areas are in the 20% most deprived areas in England.

PLACE

Our health and wellbeing is influenced by a wide range of social, economic and environmental factors:

Housing and homelessness



12.0% (15,800 households) estimated in 2020 to be in fuel poverty (South East - 8.6%, England - 13.2%)

Those on the lowest 25% of earnings need **12.75 times their earning** to afford the lowest 25% of house prices (2021)



37 rough sleepers (Street count 2021)

Air pollution



6.0% of adult mortality (30+) is attributable to particulate air pollution (2020) (6.0% South East, 5.6% England)

Road safety



211 people killed or seriously injured per billion vehicle miles (2020) (England - 86 per billion vehicle miles)

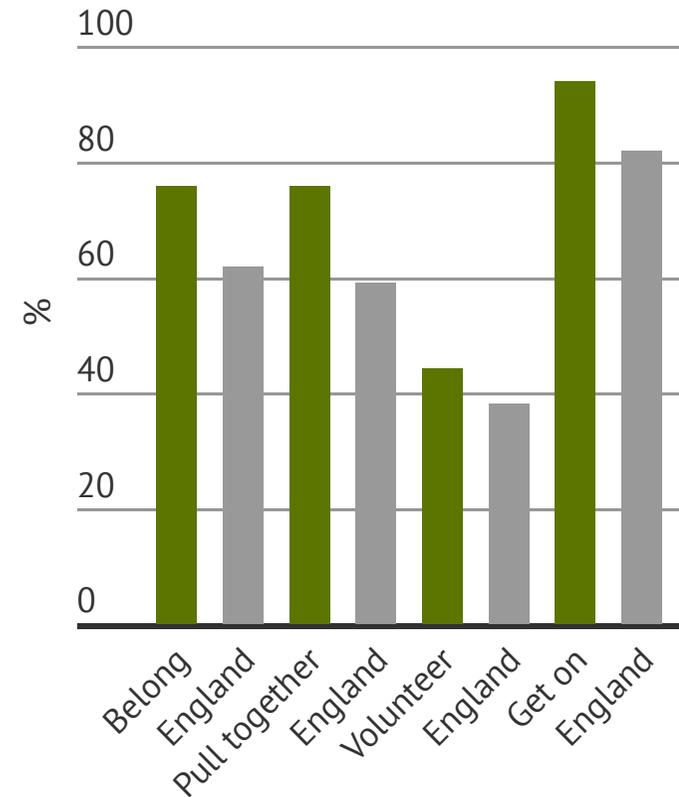
Community safety



37 per 100,000 people admitted to hospital due to violent crime (incl. sexual assault) (2018/19 to 2020/21) (42 per 100,000 England)

Community resilience

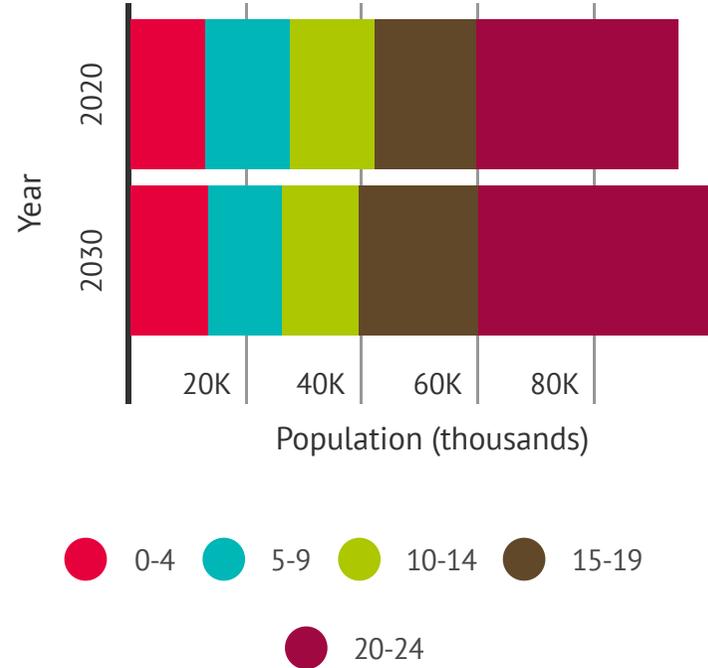
Brighton & Hove has a strong community with higher rates of belonging, pulling together, formal volunteering and feeling that people from different backgrounds get on to England (City Tracker survey results 2018):



STARTING WELL

Population

The number of 0-24 year olds is projected to increase by 6% (5,600) between 2020 and 2030, from 94,100 to 99,700 children and young people. The biggest % increase is expected in 15 to 24 year olds, (16%, 8,200 people)



[Download data](#)

Our children and young people's wellbeing is influenced by a wide range of social, economic and environmental factors:

Children in care
74 per 10,000 children and young people in care. 53 South East, 67 England (31 March 2021)



School readiness



72% achieving a good level of development at end of reception. (75% South East 72% England (2019))

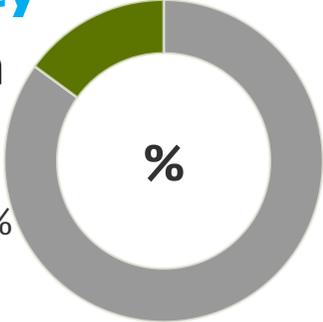
Education



Educational progress pupils make between primary and secondary schools is in line with the England average (2018/19)

Child poverty

16% of children live in poverty
 13% South East, 17% England (2016)



Youth unemployment

4.4% 16-17 year olds (220 people) not in education, employment or training
 5.5% England (2020)



Disabilities and sensory impairments



More than 4,500 children and young people with a disability on the local register (2019/20)

It is estimated that there up to **600** children and young people with Autistic Spectrum Conditions living in the city

STARTING WELL

We do well in many areas: fewer mothers smoke, more breastfeed and more children are a healthy weight

However, we have worse rates of smoking, drinking and drugs use and poorer emotional wellbeing impacting young people's current & future wellbeing

Maternal & infant health



88% breastfeeding by 48 hours
75% England (2016/17)



6% (131 people) smoking at delivery.
9% South East, 10% England (2020/21)



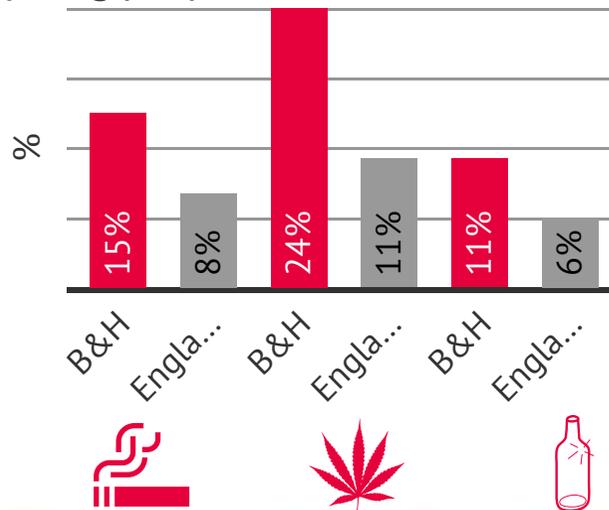
All childhood immunisations, including MMR at five years (2020/2), are **below the 95% required for population protection**



9 per 1,000 (51 people)
under 18 conceptions (2020)
(13 per 1,000 England)

Young people

We have the highest % of 15 yr olds who smoke, have tried cannabis and the 3rd highest drinking weekly in England (2014) and high Sexually Transmitted Infection (STI) rates in young people



Healthy weight



77% of 4-5 year olds are a healthy weight -2019/20 (England 76%)



71% of 10-11 year olds a healthy weight - 2019/20 (England 63%)

However, it is estimated that **14,000** children and young people in the city are **overweight or obese**

Emotional wellbeing



595 per 100,000 (405 people) 10-24 yr olds admitted to hospital for self-harm (2020/21)
(422 per 100,000 England)

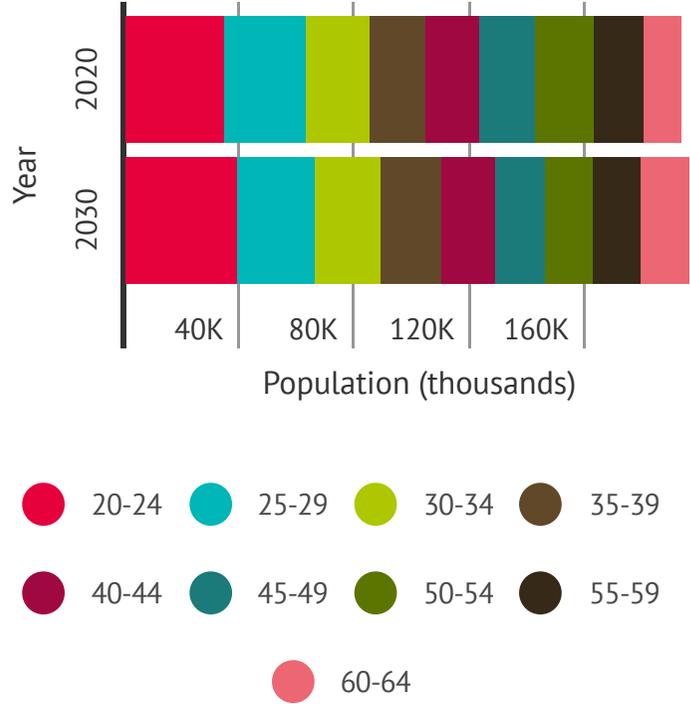


18% of 14-16 year olds say that they often / sometimes hurt or harm themselves (2021)

LIVING WELL

Population

The number of 20-64 year olds is projected to increase by 1.6% (3,200) 2020 to 2030 from 193,200 to 196,300 people. The biggest % increase is expected in 60-64 year olds (27%, 3,500 people), but falls in 45-59 year olds (10%, 5,700).



[Download data](#)

Employment and work

Getting people into, and remaining in, good work is a priority for physical and mental health

 **4.8%** (8,300 people are unemployed (January 2021-December 2021)

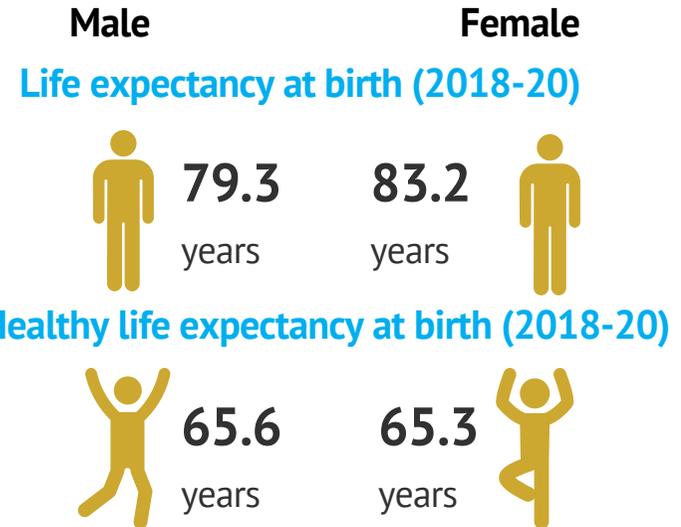
Employment rates are lower for those with: **long-term conditions**; **a learning disability**; and **those in contact with secondary mental health services** (2019/20).

 **13%** of households have no individuals aged 16 or over in employment (2020)

 **£497** the median gross weekly employee earnings in pounds (2021 Provisional)

Healthy life expectancy

Whilst life expectancy has been steady, healthy life expectancy has not in recent years. People are living longer in ill health. This, alongside the rising retirement age, means increasing numbers of people of working age are living in ill-health.



There are large differences in both life expectancy and healthy life expectancy across the city

LIVING WELL

Lifestyles

Some lifestyle behaviours can have a negative impact on our health. Smoking, alcohol & drug misuse, and sexual health are significant issues in the city

However, we have more physically active residents and fewer obese/overweight adults

557 per 100,000

(1,475 people) hospital admission episodes for a alcohol-specific condition in 2020/21 (England 587 per 100,000)



17.5% of adults (42,107 people) are current smokers (2019) (England 13.9%)



10.0 adults per 1,000 aged 15-64 (2,065 people) estimated to use opiates and /or crack cocaine in 2016/17. (England 8.9 per 1,000)



We have the **highest** rates of new STI diagnosis and HIV prevalence (2020) outside of London



59% of adults are overweight or obese (2019) (England 64%)



69% of adults are physically active and **22%** inactive (20/21) England 66% and 23% respectively.



16% of adults cycle **at least once a week**, for **leisure (8%)** and or **travel (8%)** (2019/20).
England 12%, 9% and 5% respectively.

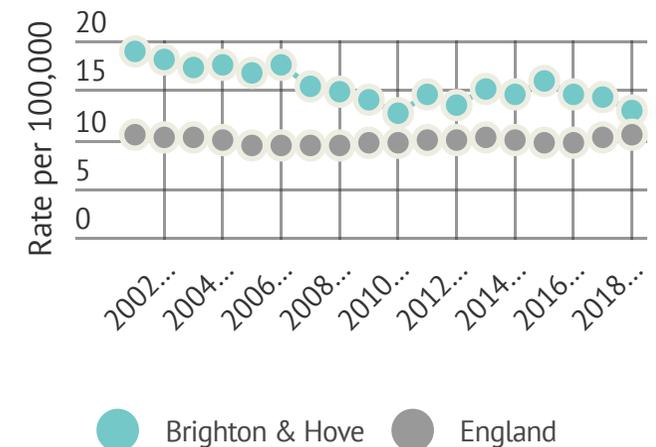
Emotional health

Brighton & Hove has above average levels of mental health issues and average levels of suicides



12.5% of adults (34,150 people) are on GP practice depression registers (2020/21) and 1.2% severe mental illness (2019/20)

13 per 100,000 (102 people) **suicide & undetermined injury deaths** in 2018-20. (England 10 per 100,000)



LIVING WELL

Long-term conditions

There are over **50,900 adults**



(22%) aged 20+ with two or more long-term physical or mental health conditions in the city - with a strong link with deprivation (54% with one or more condition)



18,500 (8% of adults) have mental **and** physical health conditions



Without scaling up prevention, there will be **over 10,500 more adults** with two or more conditions **by 2030**

Global burden of disease

Locally, conditions with the greatest burden (2017) are:



Cancers



Musculoskeletal conditions



Heart conditions



Neurological conditions (including dementia)



Mental health

Cancer screening



Screening rates for breast, cervical and bowel cancer are all lower than England (2021)

Healthy life expectancy

There are large differences in life expectancy across the city with people living in the most deprived areas dying younger: we can see that men in more deprived areas die 9.1 years younger than men in less deprived areas

Male

Female

Inequality in life expectancy at birth (2018-20)



9.1
years

7.7
years



Inequality in healthy life expectancy at birth (2009-13)



14.0
years

12.5
years

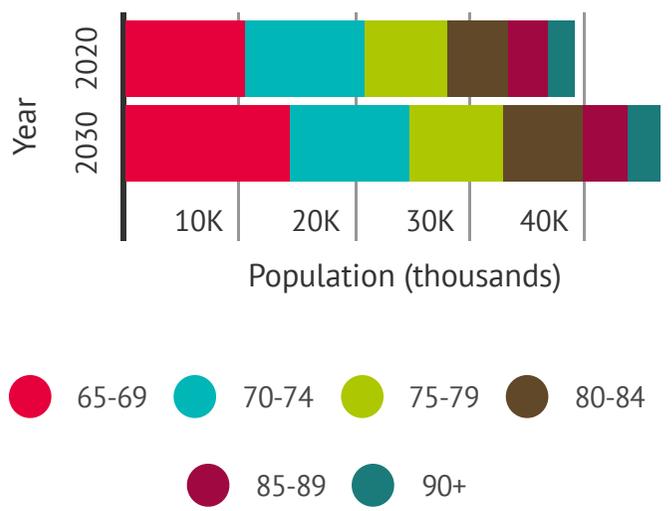


AGEING WELL

Population

The number of 65+ year olds is projected to increase by 19% (7,400) from 39,000 to 46,400 people between 2020 and 2030

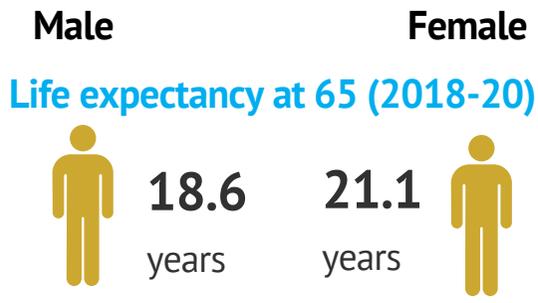
The biggest % increase is expected in 65-69 years (36%, 3,700 more people) and 80-84 (33%, 1,800 people). There are projected to be 500 (14%) more 85-89 year olds and 300 (13%) more 90+ year olds



Download data

Life expectancy at 65

Life expectancy and healthy life expectancy at 65 is similar to England (2017-19)



Healthy life expectancy at 65 (2018-20)



Social isolation

Brighton & Hove has a relatively large proportion of older people living alone and a higher percentage of older people who are income deprived

Social care



64% of those surveyed receiving adult social care had good quality of life (2019/20)



Similar carer quality of life to England (2019/20)



41% of people aged 65+ live alone according to the 2011 Census (England 31%)



One in five residents aged 60 years or over (**18.7%, 9,500 people**) are living in income deprivation (2019) (England 14.2%)

AGEING WELL

We have similar rates of age-related macular degeneration (preventable sight loss) and hip fractures but higher rates of diagnosed dementia in older people and falls. Immunisation for flu in those aged 65+ is also lower than England.



4.2% of 65+ yr olds have a record of dementia (2020)

(England 4.0%)

82 in every 100,000 65+ year olds (32 people) have age-related macular degeneration, preventable sight loss, (2020/21)

(England 82 per 100,000)



Flu immunisation



Flu immunisation uptake at **76.1%** in 65+ year olds (2020/21) is above the goal of 75% (England 80.9%)

Falls and hip fractures



2,382 per 100,000 (1,000 people) aged 65+ were admitted as an emergency to hospital due to a fall (2020/21)

(England 2,023 per 100,000)

494 per 100,000 (210 people) aged 65+ had a hip fracture (2020/21)

(England 529 per 100,000)



DYING WELL

Place of death

The majority of people would prefer to die at home. In **half of all deaths (51%)**, the place of death is the place of usual residence (2017)



This is above England (47%) and has increased from 40% in 2008

There were **19% more deaths** (50 people) of 85+ year olds in winter in the period August 2019 to July 2020 than would be expected if the rates were the same as non-winter months (England 21%)



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