



**BRENTWOOD
BOROUGH COUNCIL**

Brentwood's Health & Wellbeing Board update

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7th July 2023

What is covered

- H&W board & strategy
- Snapshot of population and health of Brentwood
- Pandemic and Cost of Living Impacts
- Strategy refresh – overarching themes
- Project funding for 23/24
- Timeline

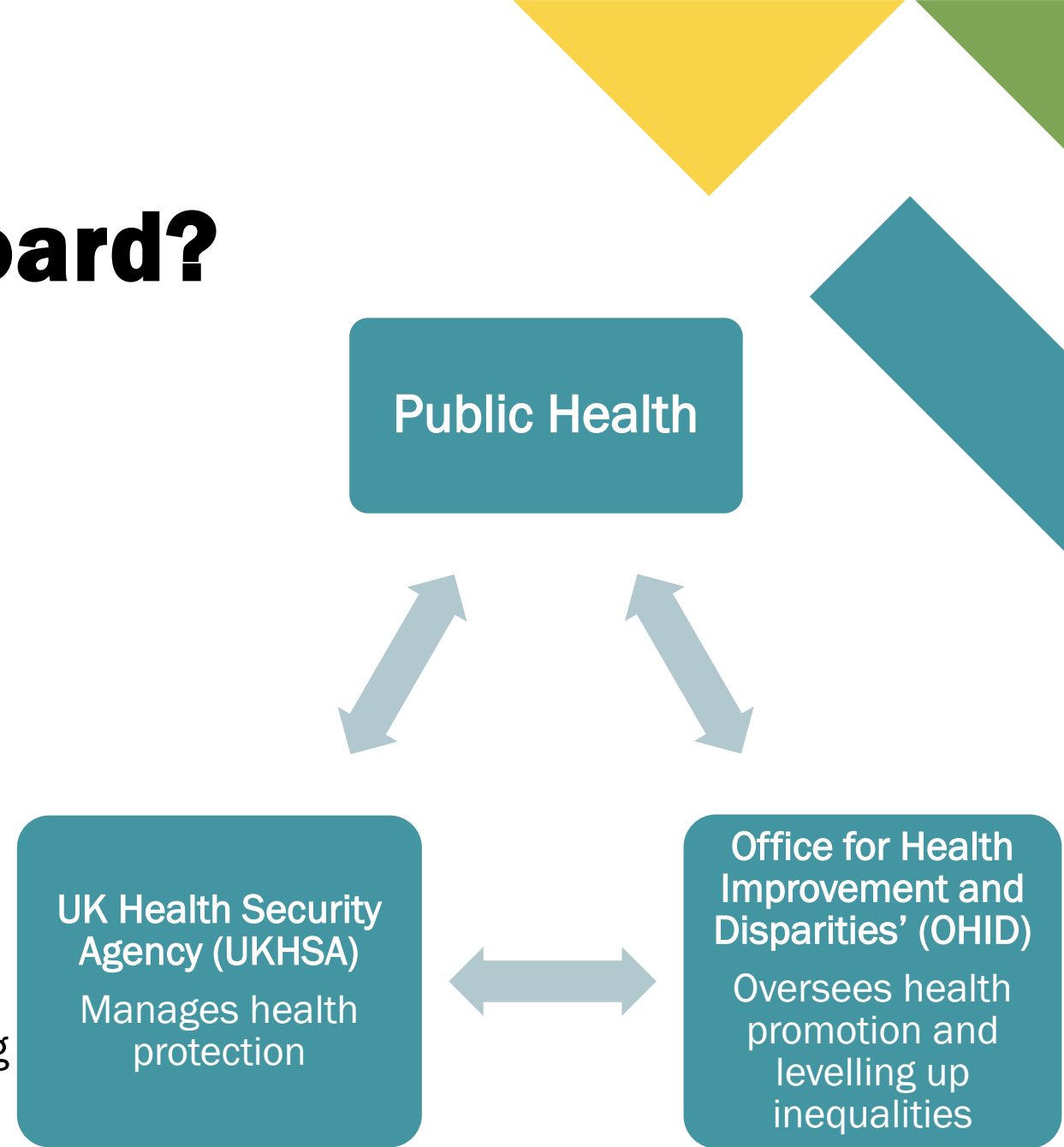


What is the H&W board?

Board is comprised of:

- Members
- Officers
- Representatives from the NHS, Essex County Council and Essex Child and Family Wellbeing Service
- Community, faith and voluntary sector organisations

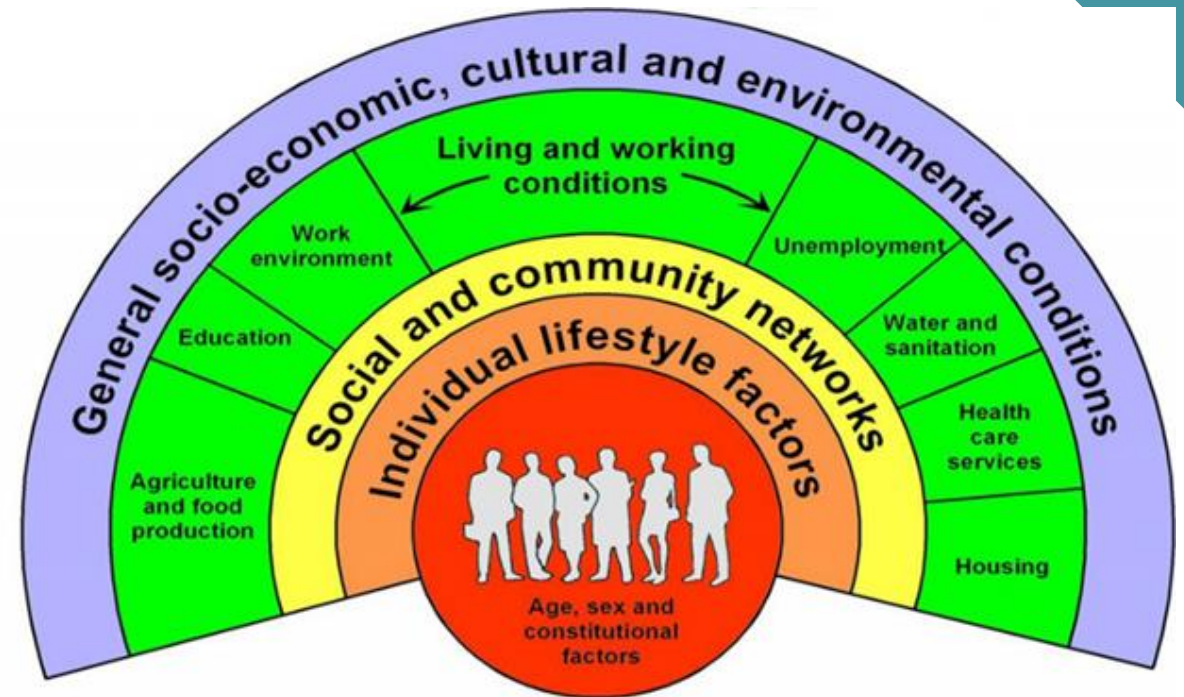
The Board is non-statutory; its purpose is to work together to address the health and wellbeing needs of residents, to foster ongoing and effective partnership working, whilst ensuring that its work complements that of the Essex Health and Wellbeing Board and priorities are aligned to the Essex Joint Health and Wellbeing Strategy.



What is the Health and Wellbeing strategy?

Brentwood H&W Strategy is focused on three priority issues for Brentwood:

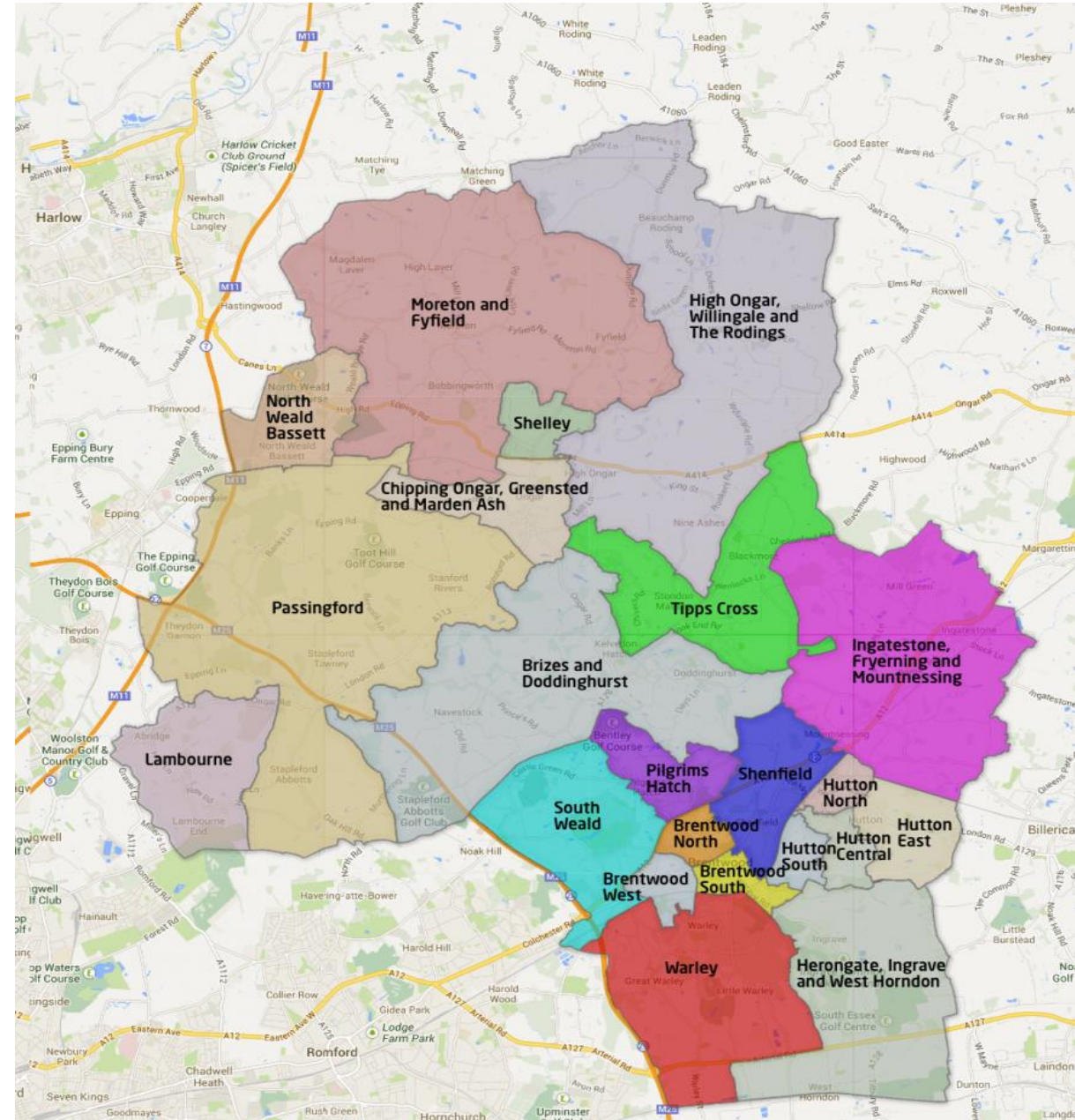
1. Ageing Well
2. Tackling Obesity and Improving Physical Health
3. Start Well



Source: Dahlgren and Whitehead, 1991

Snapshot of the population

- Population in East of England: 6.3 million
- Population of Brentwood: Over 77,000
 - Male - 37,510
 - Female - 39,732
- Significant retired population - an ageing population trend projected to continue
- An increase of 10.3% in people aged 65 years and over (ONS,2022)





Health

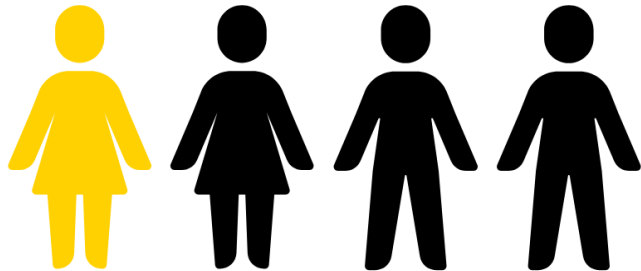
Life expectancy

➤ By 2050, one in four people in the UK will be aged 65 years or over.

❑ Male Life expectancy – 80 (England 79)

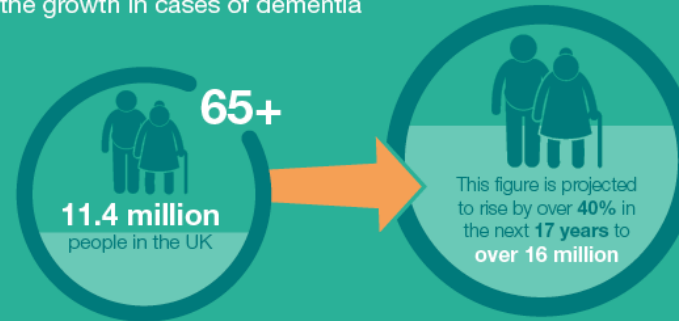
❑ Female Life expectancy – 84 (England 83)

➤ Average age in Brentwood: 42 years (ONS,2022)



Age is the biggest risk factor for dementia

The ageing population is fuelling the growth in cases of dementia



By 2040

nearly 1 in 4 people in the UK (24.2%) will be aged 65 or over



1 in 688 people under 65 have dementia



1 in 14 people over 65 have dementia, and this rises to 1 in 6 for people over 80

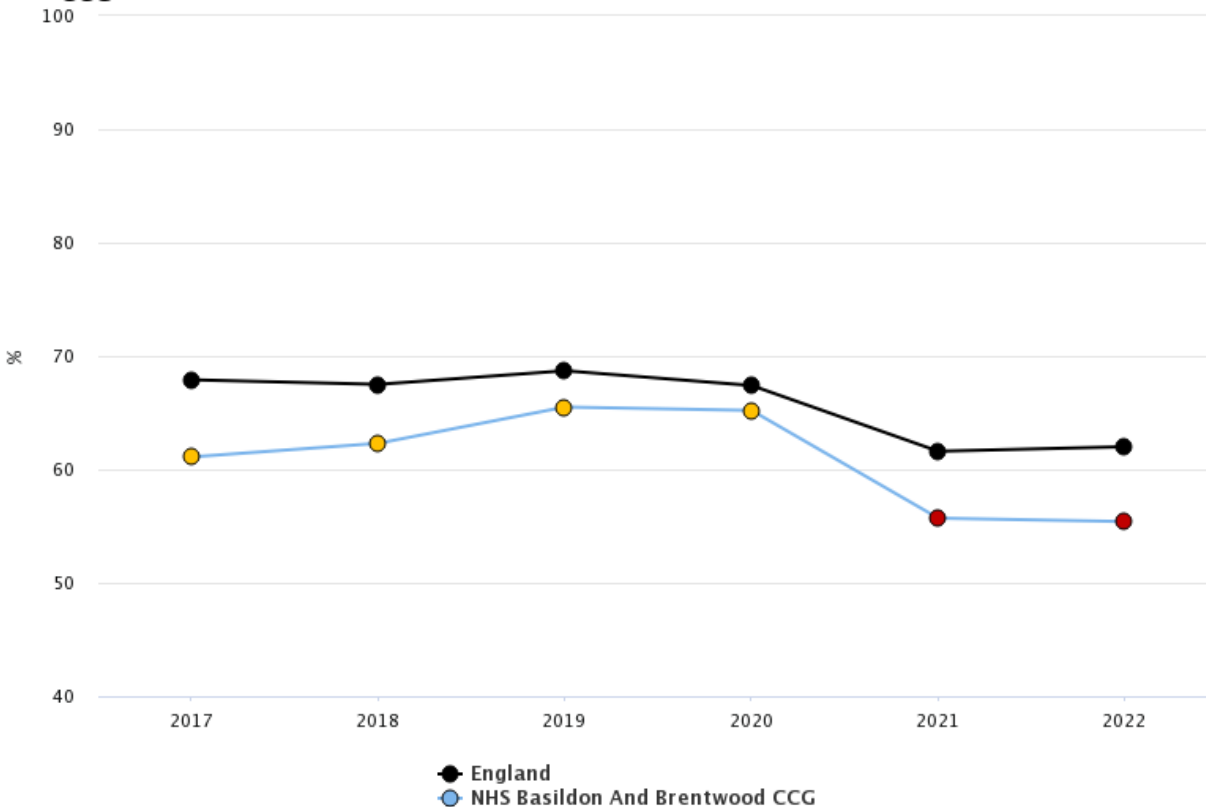


Dementia

Benchmarking against goal:

> 66.7% (significantly) similar to 66.7% < 66.7% (significantly)

Estimated dementia diagnosis rate (aged 65 and over) for NHS Basildon And Brentwood CCG



➤ In Brentwood 65.3% of aged 65+ are diagnosed with dementia (OHID, 2022)

Dementia diagnosis rate:

☐ England: 62.0%

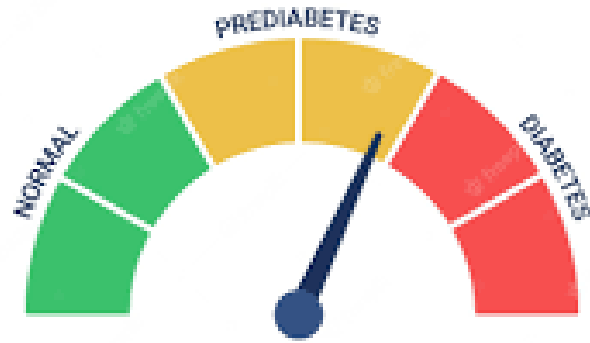
☐ Brentwood and Basildon: 55.4%

➤ The Quality Outcomes Framework (QOF) prevalence of Dementia in England was estimated to be 0.70% but prevalence of dementia in Brentwood was 0.9% (4th highest in Essex)

➤ Referrals to a Memory Clinic increased by 38.8% from 2018 to 2022 (OHID, 2022)

Diabetes

- England diabetes diagnosis rate 78%
- Brentwood diabetes diagnosis rate 68.6%
- This means there are fewer residents in Brentwood being diagnosed and subsequently treated than current projections of estimated prevalence for the condition (OHID, 2019).

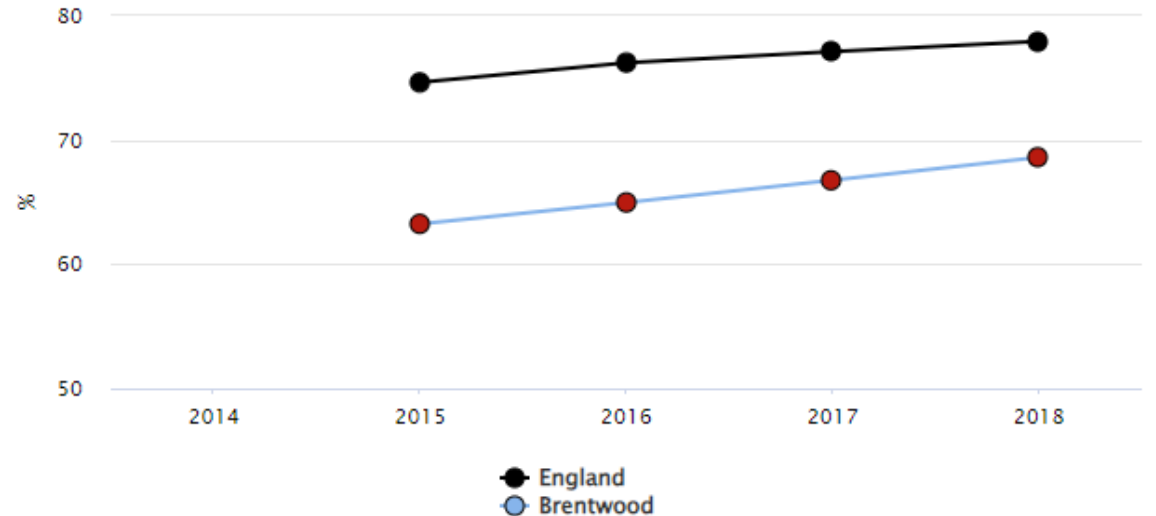


GLUCOSE LEVELS CHART

Estimated diabetes diagnosis rate

[Show confidence intervals](#)

[Show 99.8% CI values](#)

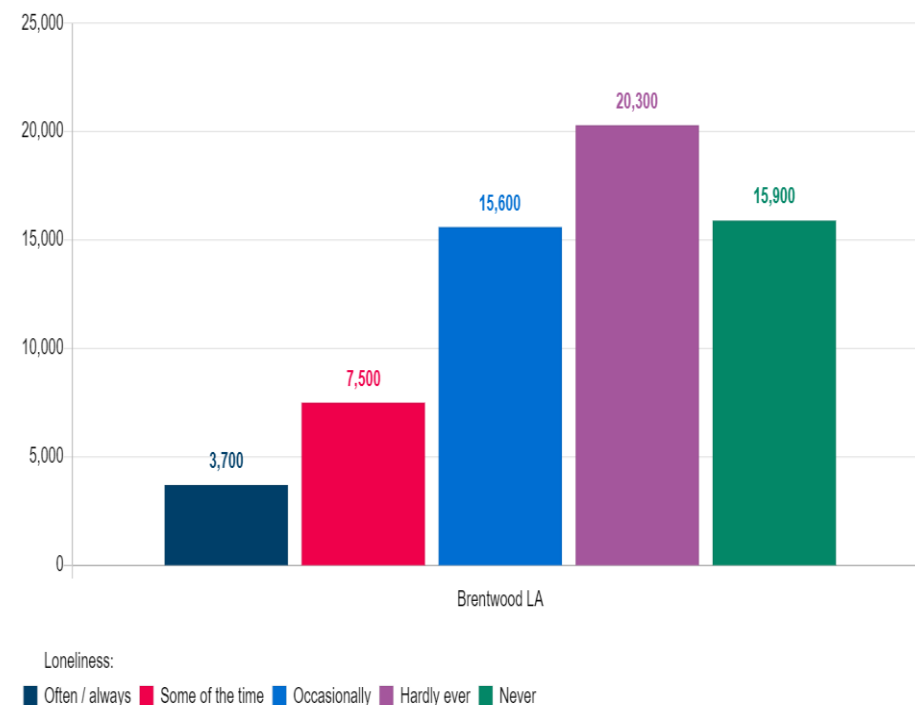


Loneliness and Social Isolation

- Loneliness can increase the risk of early mortality by 26%
- Loneliness can put people at greater risk of poorer mental health, including depression

Loneliness is higher for people who:

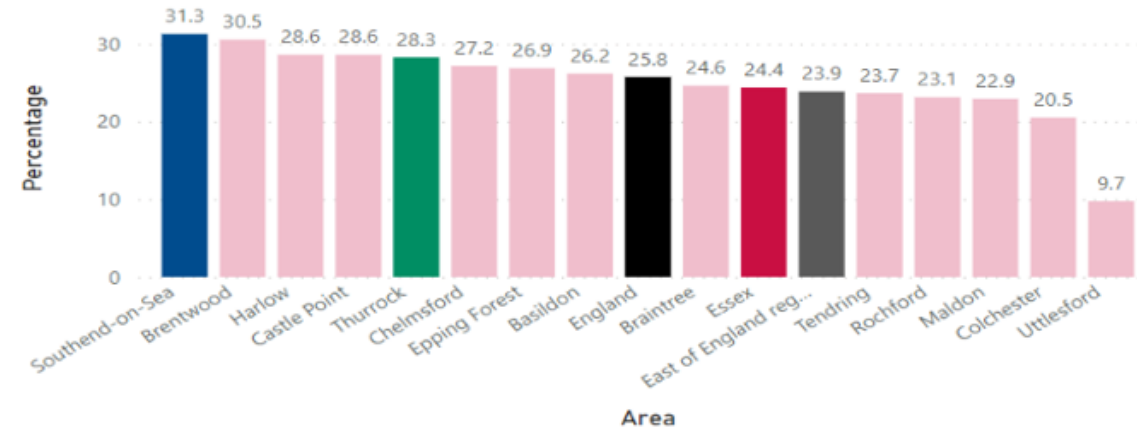
- are 16-24 years old
 - are female
 - are single or widowed
 - live with a limiting mental health condition
- In Brentwood, 'Occasionally lonely' has increased from 20% (2021) to 25% in (2022) (Sport England, 2022)



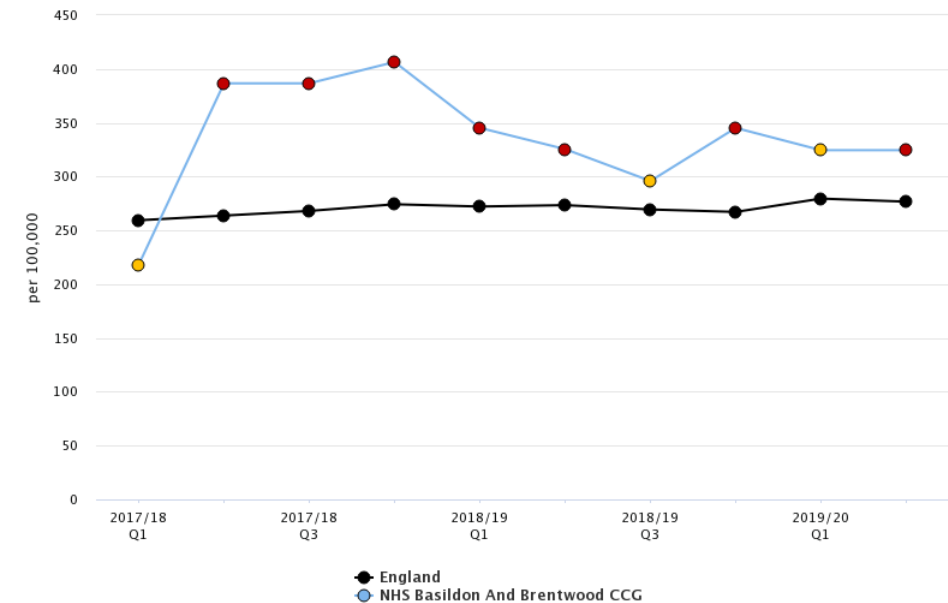
Mental health

- 1 in 4 people experience mental health issues each year
- Mental illness is the second-largest source of burden of disease in England.
- Smoking prevalence highest for patients with LT MH conditions in Brentwood
- Mental health admissions to hospital: rate per 100,000 population – higher than England average
- Dementia is a challenge to older people’s mental health. An estimated 20-40% of people living with dementia are depressed (OHID, 2023)

Smoking prevalence in adults with a long term mental health condition (18+) - current smokers (GPPS)



Mental health admissions to hospital: rate per 100,000 population (18+ yrs) for NHS Basildon And Brentwood CCG



Childhood Obesity

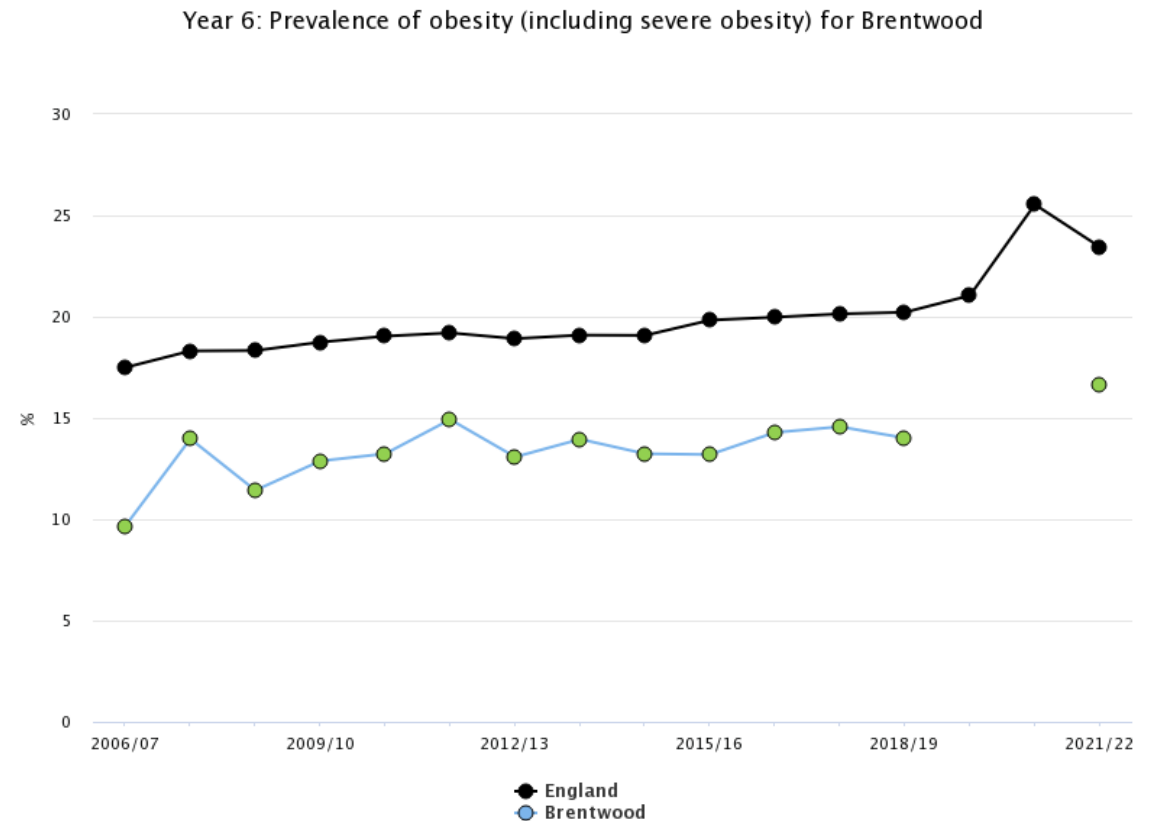
- Number of children in Year 6 (aged 10-11 years) with a valid height and weight measured by the NCMP with a BMI classified as living with obesity or severe obesity.

❑ England: 23.4%

❑ Brentwood: 16.7%

- Brentwood rate has increased by 2 percentage points in the last 2 years

(Source: OHID, using National Child Measurement Programme, NHS Digital)



Suicide Rate

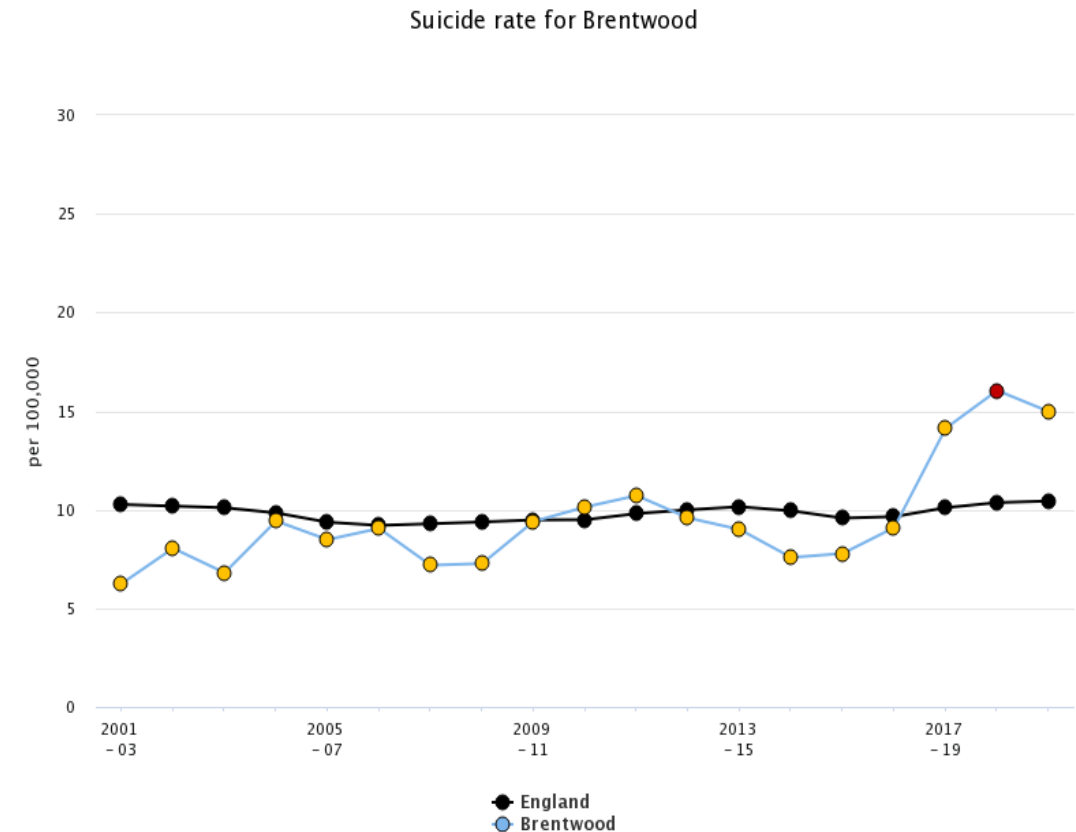
➤ Suicide rates are based on the number of people who have died by suicide per 100,000 population. (ONS, 2023)

☐ England: 10.4

☐ Brentwood: 15.0

➤ Male 74% (highest in 50–54 years)


➤ Female 26% (highest in 45–49 years)



Key Points: Health

- Healthy life expectancy at birth had started to decrease or level off in most regions before the pandemic. This represents an increasing number of years lived in poor health, resulting in a reduced ability to work, a reduced sense of wellbeing and an increased need to access services.
- More focus given to conditions with high rates





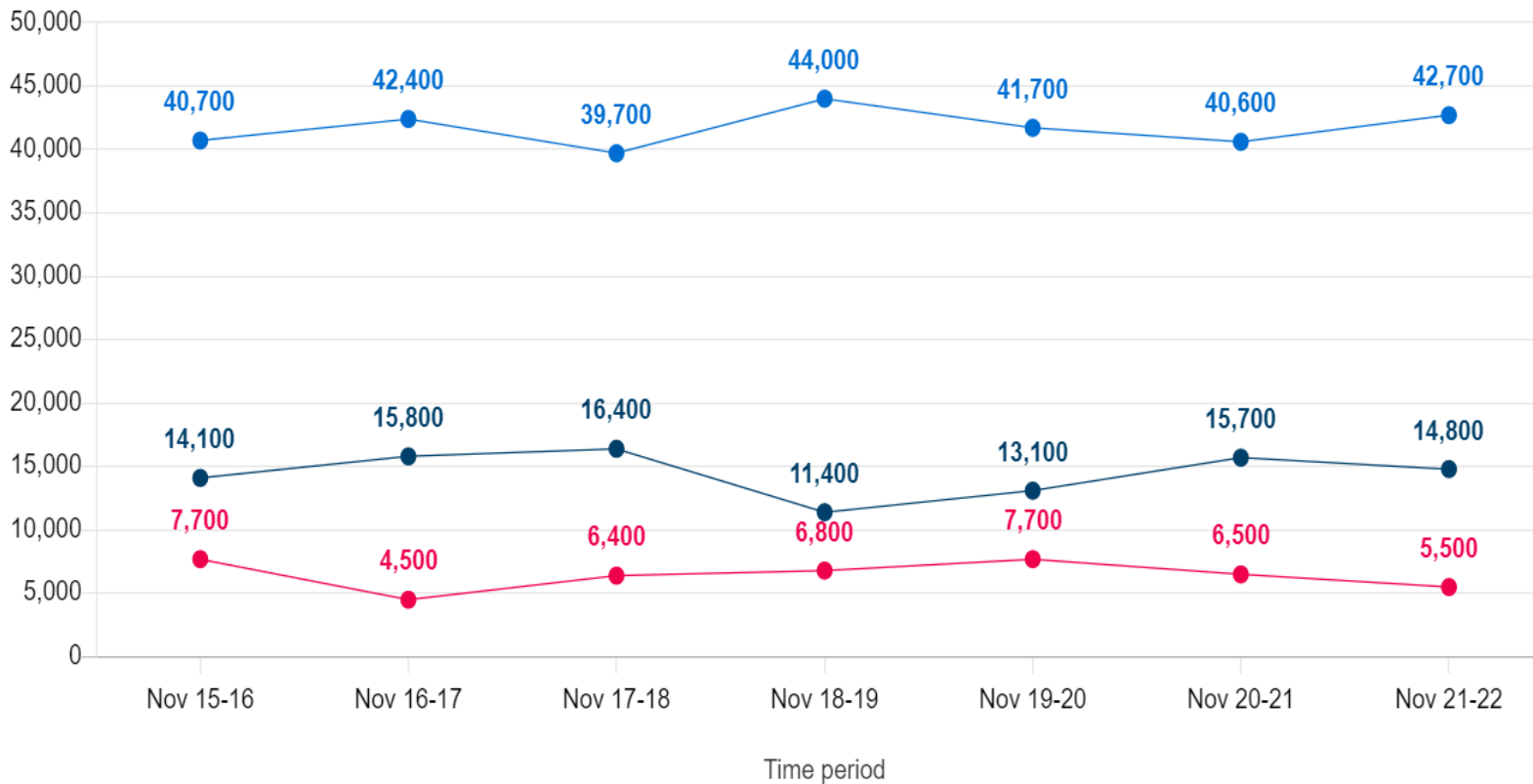
Physical Activity

Physical Activity Levels in Brentwood (2021 – 22)

Adults aged 16+

Levels of activity (Main - 3 categories) - Local Authority and County Council

Brentwood LA



% Levels of activity (Main - 3 categories):

■ Inactive: less than 30 minutes a week
 ■ Fairly active: 30-149 minutes per week
 ■ Active: at least 150 minutes a week

- Active: 67.77%
- Fairly active: 8.7%
- Inactive: 23.49%

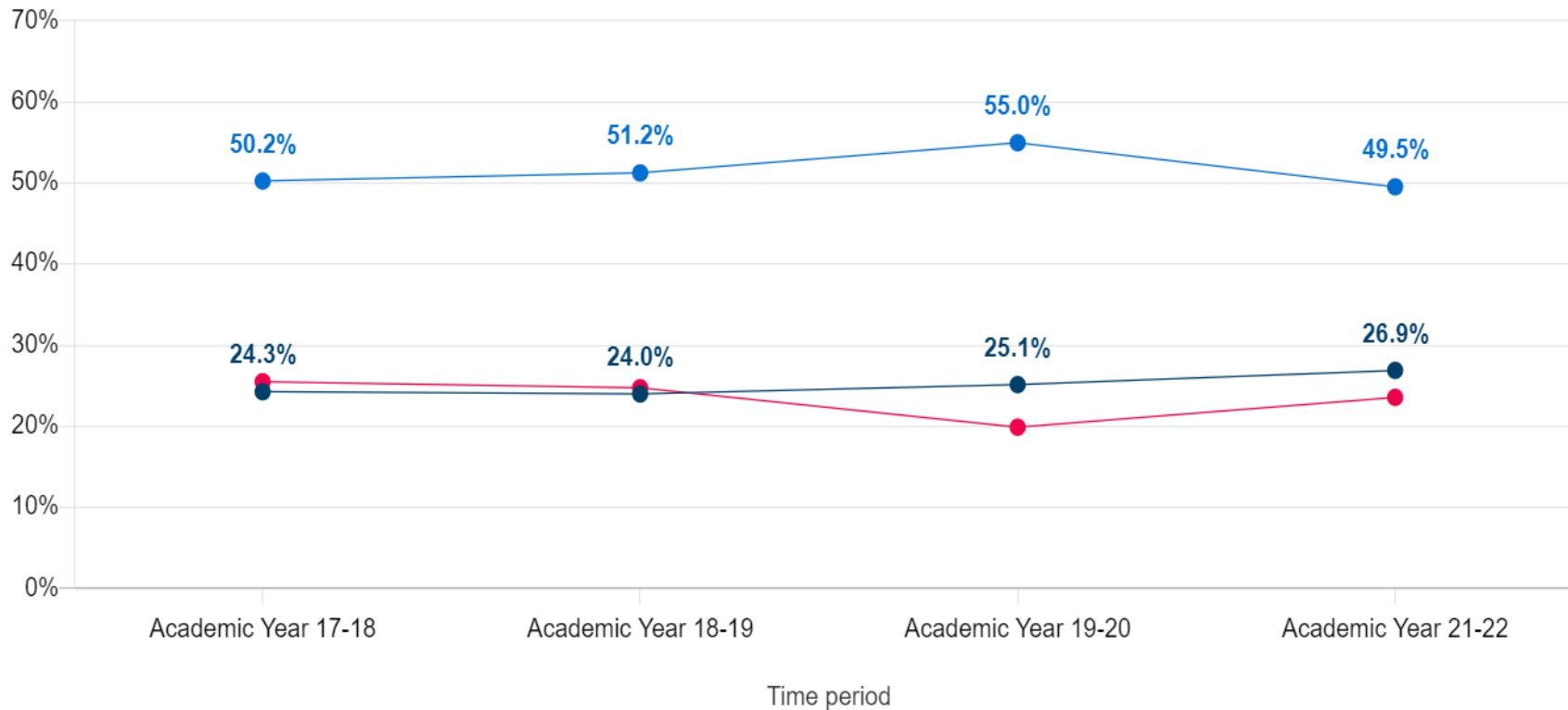
(Sport England, 2022)

Physical Activity Levels in Brentwood (2021 – 22)

Children and young people aged under 16

Levels of activity - Local Authority and County Council

Brentwood LA



% Levels of activity:

- Less active: less than an average of 30 minutes a day
- Fairly active: an average of 30-59 minutes a day
- Active: an average of 60+ minutes a day

- Levels of physical activity in children are decreasing
- 30% of year 3 to year 11 children are doing less than 30 minutes of exercise a day

(Sport England, 2022)

Level of inactivity increasing - Adults

Brentwood LA							
	Nov 15-16	Nov 16-17	Nov 17-18	Nov 18-19	Nov 19-20	Nov 20-21	Nov 21-22
Inactive: less than 30 minutes a week	22.50%	25.10%	26.20%	18.30%	21.00%	25.00%	23.50%
Fairly active: 30-149 minutes per week	12.30%	7.30%	10.20%	11.00%	12.30%	10.30%	8.70%
Active: at least 150 minutes a week	65.20%	67.60%	63.60%	70.70%	66.70%	64.70%	67.80%

Key Points: Physical Activity

- Breakdown by gender: Male and female are equally as active
- Activity levels decrease with age. The sharpest decrease is age 75+. 41% of adults 75+ are physically active
- Activity is less common for adults with a disability or long-term health condition (61%) than those without (70%) (Sport England, 2022)



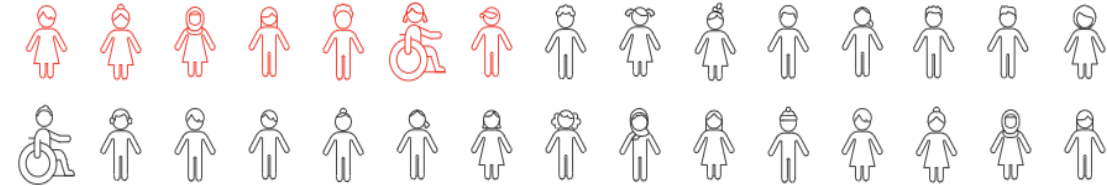


Cost of Living

That's 22.8% or 7 children in every classroom of 30
living in poverty in 2020/21

Child Poverty

- In Brentwood and Ongar 22.8% children were living in poverty in 2020/21 (Source: End Child Poverty)
- 18% of children are eligible for free school meals
- 4 in 10 school children on free school meals achieve 5 passes at GCSE (including Maths and English) compared to 7 in 10 children that are not on free school meals. (Joseph Rowntree Foundation, 2022)



In your constituency, the percentage of children in poverty **increased by 4.2 percentage points** between 2014/15 and 2020/21



Percentage of children on poverty in Brentwood and Ongar between 2014/15 and 2020/21:

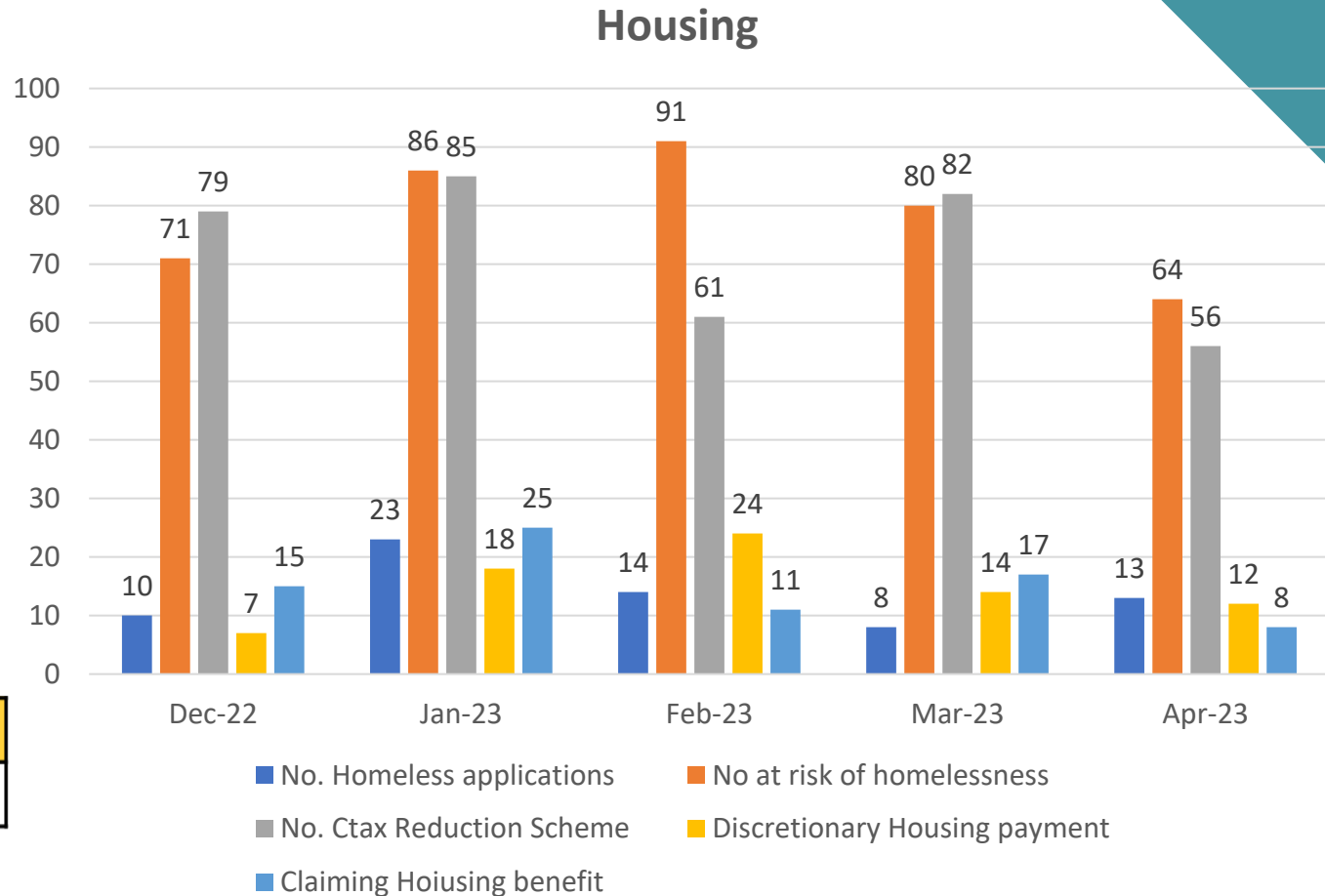
2014/15	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21
18.6%	19%	19.4%	19.8%	20%	19.5%	22.8%

Fuel Poverty & housing

- 12% of households are in fuel poverty
- 18% of children in Brentwood are living in households on Universal Credit. (BBC, 2023)
- Over 51% of children in Universal Credit households are also affected by a deduction. This means their benefits are reduced by up to 25% each month to repay a debt.
- Around 4 in 10 adults are finding it difficult to afford rent or mortgage payments

Food bank parcels distributed for children in your council area between 2014/15 and 2019/20

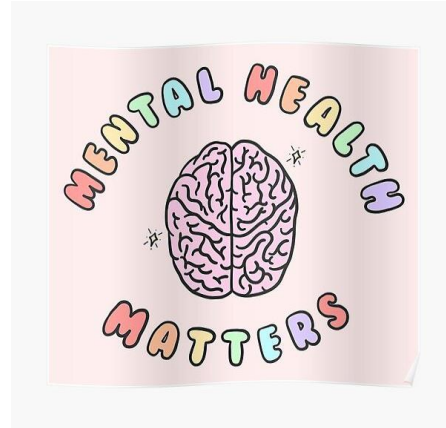
2014/15	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22
5,862	6,586	7,826	9,442	12,217	16,375	21,983	20,444



Overarching themes



Community Resilience



Mental Health support



Cost of Living Crisis



Active Environments



Timeline 2023

July – September

Draft refresh
completed by
September

Early December

Feedback and
amendments
finalised

October – November

Consultation with
Partners

End of December

Final draft
published

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