



HEALTH & WELLBEING BOARD

Subject Heading:

BHR JSNA 2023 – Demographics and Starting Well Chapters

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The subject matter of this report deals with the following themes of the Health and Wellbeing Strategy

<input checked="" type="checkbox"/>	The wider determinants of health <ul style="list-style-type: none">• Increase employment of people with health problems or disabilities• Develop the Council and NHS Trusts as anchor institutions that consciously seek to maximise the health and wellbeing benefit to residents of everything they do.• Prevent homelessness and minimise the harm caused to those affected, particularly rough sleepers and consequent impacts on the health and social care system.
<input checked="" type="checkbox"/>	Lifestyles and behaviours <ul style="list-style-type: none">• The prevention of obesity• Further reduce the prevalence of smoking across the borough and particularly in disadvantaged communities and by vulnerable groups• Strengthen early years providers, schools and colleges as health improving settings
<input checked="" type="checkbox"/>	The communities and places we live in <ul style="list-style-type: none">• Realising the benefits of regeneration for the health of local residents and the health and social care services available to them• Targeted multidisciplinary working with people who, because of their life experiences, currently make frequent contact with a range of statutory services that are unable to fully resolve their underlying problem.
<input checked="" type="checkbox"/>	Local health and social care services <ul style="list-style-type: none">• Development of integrated health, housing and social care services at locality level.

SUMMARY

This report provides a summary of the first two chapters of Havering's Joint Strategic Needs Assessment (JSNA) 2023-2024 – Demographics and Starting Well. These chapters reflect how the Local Authority and Place Based Partnership organises its work to support local residents, focusing on getting the best outcomes for people over their lifetimes. Subsequent chapters will be released for Living Well, Ageing Well and Dying Well. Together, these JSNAs reflect the work we are doing collaboratively across the integrated Health and Social Care system to meet these identified needs and address inequalities.

The data presented in these first two chapters is complemented by an online tool to facilitate both the interrogation and further exploration of useful data, reports, and maps by interested stakeholders ([Local Insight \(communityinsight.org\)](https://communityinsight.org)).

The work to date on the Demographics chapter has been carried out by the public health intelligence team and overseen by the Director of Public Health. The Starting Well chapter has been overseen by the Babies, Children and Young People sub-group of the Borough Partnership. As a strategic needs assessment, the indicators chosen and informed by the BCYP Group represent the local intelligence drawn from the wide range of partners, both statutory and voluntary sector who form the membership of this group. Their valuable contribution has offered a unique perspective on what the data means in practice for service providers, allowing us to highlight the assets we have as a borough, but also identifying where the gaps are.

The HWB is requested to note the contents of and recommendations in both the Demographics and Starting Well chapters and approve their publication.

RECOMMENDATIONS

The HWB approve the first two JSNA chapters 2023-2024 and consider how the key recommendations may inform future publication of the board's Health and Wellbeing Strategy.

REPORT DETAIL

1. Statutory Responsibilities for Producing JSNAs

The Health and Social Care Act 2012 supported the principle of local clinical leadership and democratically elected leaders working together to deliver the best health and care services based on the best evidence of local needs. Joint Strategic Needs Assessment (JSNAs) and Joint Health & Wellbeing Strategies (JHWSs) are an important, locally owned process through which to achieve this.

The purpose of JSNAs and JHWSs is to improve the health and wellbeing of the local community and reduce inequalities for all ages. They are not an end in themselves, but a continuous process of strategic assessment and planning. The core aim is to develop local evidence-based priorities for commissioning which will improve the public's health and reduce inequalities. Their outputs, in the form of evidence and the analysis of needs, and agreed priorities, are used to help to determine what actions local authorities, the local NHS and other statutory and voluntary sector partners need to take to meet health and social care needs, and to address the wider determinants that impact on health and wellbeing.



There has been significant change in the past year with the development of Integrated Care Boards (ICBs) and Place Based Partnerships. Alongside radical reforms in the Local Authority in the implementation of the new Target Operating Model, the Council now also aligns its work in the People Directorate under the themes of Starting Well, Living Well, Ageing Well and Dying Well and mirrors the same themes of work in the NHS.

2. Havering's Changing Demography

The Havering demographic profile is the first chapter of the local Joint Strategic Needs Assessment (JSNA). It provides a snapshot of key geographic, demographic and socio-economic facts and figures for the London Borough of Havering, with the intention that this will be the "one version of the truth" or reference document for all local stakeholders. The following are the main topics covered in this chapter:

- Geographic profile
- Population density
- Resident & GP populations
- Deprivation
- Protected characteristics
- Health Outcomes
- Household and economic profiles

The chapter also includes an executive summary consisting of key findings and recommendations that will be vital for decision making around commissioning of services and addressing of highlighted needs and inequalities by partners.

Key recommendations from this chapter are:

- All partners should be encouraged to adopt a Health in All Policies approach that takes into consideration health and wellbeing impacts in decision-making, including on the social determinants of health to maximise the wellbeing of residents and the overall healthy life expectancy.
- The local authority, NHS and partners should consider the implications of the growing population of persons with disability in Havering in their policies and plans in order to meet specific health and wellbeing needs of these groups and protect them from experiencing inequalities related access and experience of essential support and services.
- Strengthen social prescribing as an effective alternative / adjunct to existing health and social care options. This should include action to identify and strengthen community capacity and self-help options as well as an effective signposting function and bring together NHS, council and CVS stakeholders.
- All partners within the integrated care system must give prevention and treatment equal priority if they are to succeed in improving health, narrow inequalities and provide high quality, affordable health and social care services.
- The local authority and partners need to prioritise addressing the issue of homelessness and overcrowding by including more affordable houses in their housing plans as well as identifying and utilising under-occupied homes.
- The local authority needs to engage with other local partners to address the issue of loneliness and social isolation as these are multi-faceted issues and effective responses should be delivered in cross authority partnerships including the voluntary and community sectors.

- Local authority and partners need to work collectively to improve overall educational attainment, address any inequalities in educational outcomes for young people, support them to develop leadership skills and pursue professional careers.

3. Starting Well JSNA

The experiences we have early in our lives, starting even before conception, through pregnancy and birth and into our early years, are vital in laying the foundations for our future health and well-being¹. Research consistently shows that even short-term improvements in physical, cognitive, behavioural, social and emotional development can lead to benefits throughout childhood and later life².

The experience of poverty in childhood has significant and long-lasting effects and is associated with poorer outcomes in all aspects of life including education, housing, employment and health³. Disadvantaged families, who spend a greater proportion of their income on food and heating, are likely to be most affected by the current cost of living crisis. They are also more likely to have Adverse Childhood Experiences (ACEs) – highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence in which a child is harmed directly, or lives in an adverse environment⁴. The Marmot Review, Fair Society, Healthy Lives, identified giving every child the best start as the highest priority in reducing the inequalities gap that exists between different groups of people⁵.

This JSNA chapter, Starting Well, describes both the assets that we have locally to promote and support the health and wellbeing of families, and the needs of communities, areas or groups of people where we need to target our limited resources.

The data and insight presented follows a life-course approach covering:

- Maternal and newborn health,
- Early years and families (0-4 years) and covering the first 1001 days
- School age children 4-18 years, including children and young people with special educational needs and disabilities (SEND) up to 25 years.
- Adolescents' health and transition to adulthood

The analyses take into account the social, economic and environmental factors, collectively known as the 'wider determinants of health and wellbeing' as indicators of how Havering as a place supports and enhances the wellbeing of our residents.

As a strategic needs assessment, the indicators chosen represent the local intelligence drawn from a range of partners, both statutory and voluntary sector. Their valuable contribution has offered a unique perspective on what the data means in practice for service providers, allowing us to highlight the assets we have as a borough, but also identifying where the gaps are. This work is overseen by the Babies, Children and Young People (BCYP) sub-group of the Havering Borough Partnership

The recommendations made in this Starting Well JSNA are evidence based and highlight inequalities. They are intended for use by both commissioners and local providers to ensure that both the causes and the consequences of poor health and wellbeing are addressed. Where possible, efforts should be made to intervene early to prevent poor health and wellbeing and/or stop it from worsening through collective activity. However,

¹ [The Best Start for Life - The Early Years Healthy Development Review Report \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/672211/The-Best-Start-for-Life-The-Early-Years-Healthy-Development-Review-Report.pdf)

² [Social and Emotional Skills in Childhood and their Long-term Effects on Adult Life: A review for the Early Intervention Foundation \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/672211/Social-and-Emotional-Skills-in-Childhood-and-their-Long-term-Effects-on-Adult-Life-A-review-for-the-Early-Intervention-Foundation.pdf)

³ [Child health inequalities driven by child poverty in the UK - position statement | RCPCH](https://www.rcpch.co.uk/resources/child-health-inequalities-driven-by-child-poverty-in-the-uk-position-statement)

⁴ [Adverse childhood experiences - what support do children need? \(nihr.ac.uk\)](https://www.nihr.ac.uk/about/news/2016/06/adverse-childhood-experiences-what-support-do-children-need/)

⁵ [Fair Society Healthy Lives \(The Marmot Review\) - IHE \(instituteofhealthequity.org\)](https://www.instituteofhealthequity.org/publications/fair-society-healthy-lives-the-marmot-review/)



these recommendations are made without expectation that the issues highlighted will be addressed immediately; all partners will need to take these recommendations into consideration when planning their own work programmes. Key recommendations should be fed into the Health and Wellbeing Board's refreshed Health and Wellbeing Strategy with appropriate timescales for delivery:

- To share data, intelligence and insight across all statutory and voluntary sector partners in Havering to build a better picture of where limited resources should be prioritised.
- Ensure priority services, particularly those who provide early help and support to prevent escalation of need, are adequately resourced at a capacity level to meet demand in our growing children's population.
- Wherever possible, co-locate and/or integrate services to support joint working and create efficiency in identification of need.
- Frontline services to triage people accessing that service, prioritise need and signpost or refer to the most relevant service.
- Ensure children and young people have a voice in what their needs are and how services are delivered, including a voice in the delivery of services for adults to facilitate transition of children to adult services.

IMPLICATIONS AND RISKS

JSNA is a statutory requirement and failing to deliver it would result in breaches in local Public Health authorities' duties, including the respective Health and Wellbeing boards.

BACKGROUND PAPERS

1. Demographics Chapter
2. Starting Well JSNA