

# Health and social care in North Lincolnshire: Finding the future together

## Consultation on North Lincolnshire's Joint Strategic Needs Assessment

### Executive summary

This Joint Strategic Needs Assessment looks at how North Lincolnshire's population is changing and how this might affect health and social care services. Given what we already know about North Lincolnshire we have focused on long term conditions<sup>1</sup> and older people.

The most important findings are that:

- ▶ Our population is already slightly older and this trend looks set to continue. There will be around 1000 people aged 65+ added to our population per year between now and 2029.
- ▶ The proportion of our population from Black and Minority Ethnic (BME) groups is small (2.5% compared with 8% nationally in 2001) but is growing (3.5% in 2005). Those from BME groups are generally younger but have more health problems than the white population.
- ▶ Currently, an estimated 1 in 7 (4650) female workers and 1 in 9 (4240) male workers in North Lincolnshire are caring for someone with a health problem or disability. The requirement for such care will increase as our population ages.
- ▶ In spite of continuing improvements in health for all social groups, there are significant inequalities in health outcomes between men and women, between the least well off in North Lincolnshire and the population as a whole and between different ethnic groups. The commonest causes for these differences are coronary heart disease, lung cancer and chronic obstructive airways disease. These are all smoking related conditions.
- ▶ Smoking is the leading cause of preventable ill health and premature mortality in North Lincolnshire and contributes most to inequalities in early deaths, both here and elsewhere in the country. We estimate that about 165 men and 100 women die from smoking related diseases in North

---

<sup>1</sup> Long term conditions are those conditions that cannot, at present, be cured, but can be controlled by medication and other therapies. They include diabetes, asthma, and chronic obstructive pulmonary disease.

Lincolnshire each year, with more than 2000 people being treated in hospital for smoking related illnesses.

- ▶ The prevalence of adult obesity (and of healthy eating and physical activity) in North Lincolnshire is worse than nationally. With so many diseases being related to excess body weight we should expect both a rise in obesity related diseases in North Lincolnshire over the next decade and beyond, as well as increasing inequalities in the distribution of these diseases.
- ▶ Currently, older people account for more than half of all social housing tenants in North Lincolnshire, with an additional 1200 people aged 60+ currently on the housing waiting list. As our population ages the demand for home adaptations, aids and equipment is likely to grow.
- ▶ Currently an estimated 1 in 4 people aged 65-74 years of age engage in voluntary and community activity in North Lincolnshire, whilst almost 1 in 3 people aged 45-54 volunteer in their spare time.
- ▶ Across the country as a whole, it is estimated that more than three quarters of people aged 75 years and older have one or more long term conditions, with more than a quarter having three or more. People with Long Term Conditions are the most intensive users of health services, accounting for an estimated 80% of all GP consultations and about 37% of hospital bed days nationwide.
- ▶ As our population ages, the number of people living with more than one of these conditions will increase. Over the next 20 years amongst those aged 65+ the prevalence of coronary heart disease is expected to increase by 42%, moderate dementia by 43% and stroke by 46%.
- ▶ We expect to see an increasing number of adults with severe learning disabilities surviving into older age. Currently 2.5% of the adult population (an estimated 3220 adults in North Lincolnshire) has a moderate or severe learning disability and 0.1% (an estimated 130 adults) having very profound and complex needs.
- ▶ When asked what key factors are important to help them maintain their independence, older people have repeatedly highlighted things like well-maintained housing, a safe and friendly neighbourhood, good social activities and networks and opportunities to keep busy including the ability to get out and about and being able to exercise choice and control over their care.

## **Future priorities**

### **Priorities for next year (2009/10)**

- ▶ Most smokers say they want to quit and support of the highest quality needs to be accessible, especially in our most deprived areas.
- ▶ Other programmes need to be developed to help people stay physically active, eat healthily, achieve a healthy body weight and drink sensibly.
- ▶ To reduce the coronary heart disease mortality in North Lincolnshire's most deprived wards a systematic programme of 'heart health' needs to be developed targeted at people in their 50s and 60s.

### **Priorities for the next three years (2009/12)**

- ▶ Services for people living with long term conditions need to be further developed to enable them to be sustainable giving growing demand. Self care needs to be a major element. Programmes targeted at people living with chronic obstructive airways disease, heart failure and diabetes are likely to be important.
- ▶ People clearly want a say in how health and social care in North Lincolnshire are developed. Building on current successes such as the Fresh Start project, we need to find ways of systematically engaging local people in how these and other services are commissioned.

### **Priorities for the next five years (2009/14)**

- ▶ New and potentially more cost effective ways of supporting their needs at home, through initiatives like Supporting People, telecare or individualised budgets need to be developed.

## **What do you think?**

- ▶ For people living with long term conditions and for older people in North Lincolnshire, have we identified the major factors affecting the future provision of health and social care?
- ▶ Have we identified the right priorities for the coming years?
- ▶ Are there other priorities that the commissioners of health and social care should consider?

Please let us know what you think. You can do this either by email or post:

Email [Angie.Underwood@nlpct.nhs.uk](mailto:Angie.Underwood@nlpct.nhs.uk)

Post Dr Andrew Furber  
Director of Public Health  
North Lincolnshire Primary Care Trust  
Health Place  
Wrawby Road  
Brigg  
North Lincolnshire, DN20 8GS