



Quarterly Newsletter/Christmas Edition

December 2019

Putting prevention at the heart of everything we do

I am delighted to introduce the first edition of the new quarterly West Sussex Health and Wellbeing Board newsletter. This will be a rolling publication, with each edition exploring the themes discussed at quarterly Board meetings, providing key facts and figures on the health and wellbeing of our local population in West Sussex as well as progress towards delivering the priorities identified within the recently refreshed West Sussex Joint Health and Wellbeing Strategy 2019-2024.

For the first edition, we focus on the role of the Health and Wellbeing Board (HWB), an overview of the West Sussex Joint Strategic Needs Assessment (JSNA), the key themes discussed at the Board's most recent meeting held on Thursday, 10th October 2019 in County Hall North, Horsham, hosted by Horsham District Council as part of the HWB's 'roadshow' around the county, and the launch of the new Collaborative Working Agreement (CWA) between the HWB, the West Sussex Safeguarding Children's Partnership, West Sussex Safeguarding Adults' Board and the Safer West Sussex Partnership.

We would welcome your feedback on this first edition; please send your comments to Alison Thomson, Public Health Lead for Partnerships at alison.thomson@westsussex.gov.uk.

We hope you find the update both helpful and enjoyable. I would also like to take this opportunity to wish you a wonderful Christmas and a happy and healthy New Year.

Best wishes

Amanda Jupp

Chair, West Sussex Health and Wellbeing Board



What is the Health and Wellbeing Board and what does it do?

The Health and Social Care Act 2012 introduced the requirement for health and wellbeing boards (HWBs) to be established as a forum for key leaders within local health and care systems to work in partnership to improve the health and wellbeing of their local population and reduce inequalities.

As a formal committee of the local authority, HWBs have a statutory duty (together with Clinical Commissioning Groups (CCGs)) to produce both a Joint Strategic Needs Assessment (JSNA) and Joint Health and Wellbeing Strategy (JHWS) for their local population. With limited formal powers, HWBs are very much a partnership forum, rather than an executive decision-making body.¹

The West Sussex Health and Wellbeing Board (HWB) brings together elected members and leaders from West Sussex's health and social care system. **Our vision** for the county puts **prevention at the heart of what we do** and outlines the key challenges at different stages of life:

'West Sussex is a great place in which to grow up, achieve, raise a family and grow old, in strong, safe and sustainable communities – it is a place where improved health and wellbeing is experienced by all our residents, and the health and wellbeing gap between communities is reducing.'

¹ Reference: [The King's Fund; Health and Wellbeing Board's \(HWBs\) explained](#)

In April 2019, the HWB launched its refreshed [Joint Health and Wellbeing Strategy for West Sussex \(2019-2024\)](#). The Strategy adopts a lifecourse approach, identifying the Board's priorities across three themes – **Starting Well, Living and Working Well and Ageing Well**. Progress on these themes will be reported to the Board at the end of Year 1 (April 2020).

| Starting Well | |
|---|--|
|  Improved mother and baby health and wellbeing, especially for those in most need |  Good mental health for all children |
|  Children growing in a safe & healthy home environment with supporting and nurturing parents and carers |  Children and young people leaving care are healthy and independent |
| Living and Working well | |
|  Individuals, families, friends and communities are connected |  People are able to look after their own health |
|  People have access to good quality homes providing a secure place to thrive and promote good health, wellbeing and independent living |  People live, work & play in environments that promote health and wellbeing |
| Ageing Well | |
|  Fewer older people feel lonely or socially isolated |  Older adults stay healthier, happier and independent for longer |
|  There is a reduction in the number of older people having falls |  People receive good quality end of life care and have a good death |

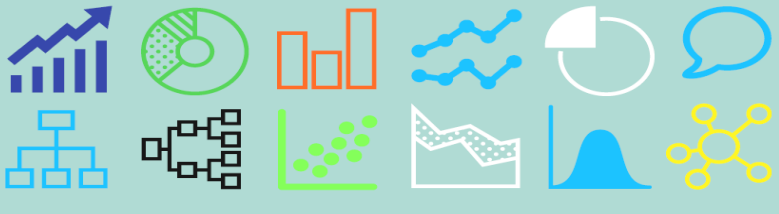
[Further information on the HWB can be found here.](#)

Welcome to the West Sussex JSNA

The West Sussex County Council Public Health and Social Research Unit is responsible for the West Sussex Joint Strategic Needs Assessment (JSNA), the evidence base that underpins strategic health and social care decision-making in West Sussex.

The JSNA is not a single document or piece of analysis, but encompasses a huge range of work, including detailed needs assessments relating to specific subjects or communities, evaluations of new local programmes or activities, local surveys and a range of briefings and ad hoc analyses. To support the development of the refreshed Joint Health and Wellbeing Strategy and to provide a clear summary of population-level health, a set of smaller "bite-sized" products have been produced by the team. These include:

- West Sussex JSNA Summary
- Infographics at County, District and Borough level relating to needs and assets
- Community Voice and Engagement Summary



West Sussex Joint Strategic Needs Assessment
Summary 2018

All documents can be accessed at <https://jsna.westsussex.gov.uk/>

For further information contact:

Catherine Wells, Public Health Research Assistant at catherine.wells@westsussex.gov.uk

The Health and Wellbeing Board 'Roadshow' visits Horsham



The Health and Wellbeing Board's (HWB) most recent meeting took place on Thursday, 10th October 2019 at County Hall North, Horsham, hosted by Horsham District Council as part of the HWB's 'roadshow' around the county. [The agenda, papers, and draft minutes can be viewed here.](#)

Shining a light on health and wellbeing in district and borough areas, the Board's roadshows have also taken place in Arun, Crawley, Mid Sussex, Chichester and Worthing, hosted by District and Borough Wellbeing Partnerships. This approach has strengthened relationships, providing further opportunities to work together to meet the health and wellbeing needs of local populations throughout the county.

A packed agenda included an update to the Board on the development of the Children First Strategy, reinvigorating a strategic approach to healthy weight for children in West Sussex and mental health services for young people. Other items were the West Sussex Health Protection Group's Annual Report 2018/19, Healthwatch Annual Report 2018/19 and Work Plan for Making a Difference 2019/20, West Sussex Age Healthy Communications Campaign and the ICS/STP Place Based Plan.

The next meeting of the HWB will be hosted by Adur District Council on Thursday, 30th January 2020 at 10.30am at Southwick Community Centre. [The agenda will be published here](#) one week before the meeting.

Snapshots from the meeting:

Hello Horsham...



140,100 residents (2017)

22% of residents are aged 65+ years (England 18%)

Life expectancy has improved for men and women over the last 15 years...



...but the **gap between life expectancy** of the people in the most deprived areas compared with the least deprived **has increased:**

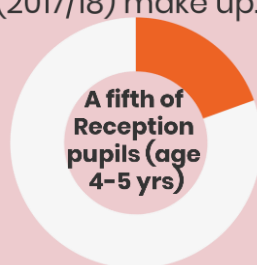


MALE = 7.6 years

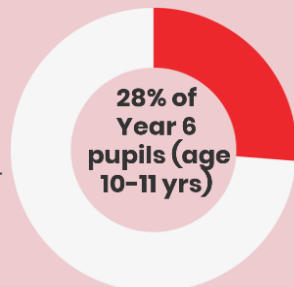


FEMALE = 6.6 years

Children overweight or obese in West Sussex (2017/18) make up...



...rising to...



The **Health and Happiness Survey of 10 to 11 year olds (Year 6) in West Sussex (2019)**^[1] found...



1 in 10 were physically active for at least 60 minutes every day (meeting the recommended level)



1 in 3 reported eating 5 or more portions of fruit and veg each day



Being overweight or obese is associated with low self-esteem and bullying

The **Age Well West Sussex** campaign

has been launched, supported by the HWB, aiming to celebrate and support our older residents. To find out more, click the link below and sign up to the newsletter.^[2]



192,900 people aged 65+ in West Sussex (2017) and rising

More than 72,500 of these people estimated to be living alone (2017)

Of those aged 65+...



9148 are on disease registers for **dementia** (August 2018)



31,700 estimated to have **physical and mental health co-morbidity** (2011)



4495 emergency hospital admissions for **falls** (2016/17)



1200 emergency hospital admissions for **hip fractures** (2017/18)

- [The Health and Happiness Survey of 10 to 11 year olds \(Year 6\) in West Sussex \(2019\)](#)
- [Age Well West Sussex campaign](#)

Collaborative Working Agreement launched to improve the health, wellbeing and safety of West Sussex residents

[A Collaborative Working Agreement](#) has been launched by the West Sussex Health and Wellbeing Board, the West Sussex Safeguarding Children's Partnership, West Sussex Safeguarding Adults' Board and the Safer West Sussex Partnership at a Partnership Conference on 24th October 2019.

The purpose of this new agreement is to outline the co-operative working relationship between the four boards and partnerships in order to improve the health, wellbeing and safety of all residents of West Sussex and to safeguard children, young people and adults, particularly those who are vulnerable to abuse and neglect.

The new 'partnership of partnerships' was developed as part of the refresh of the [West Sussex Joint Health and Wellbeing Strategy](#), as members of the four boards/partnerships were keen to strengthen relationships to harness their efforts to have greater impact for residents and communities.

Aspirations for the CWA in 2019/20 include providing a richer picture of the West Sussex story and narrative of scale and scope of issues, a culture of collaboration as well as sharing of intelligence.

Further Resources:

- West Sussex JSNA website: <https://jsna.westsussex.gov.uk/>
- West Sussex Health and Wellbeing Board website: <https://westsussex.moderngov.co.uk/mgCommitteeDetails.aspx?ID=185>

Key Contacts

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