

Health and wellbeing priorities



Children and families

What are the issues?



poverty

1 in 4 under 16s in Halton live in poverty.

The majority of families living in poverty are in employment.

Poverty has a big impact on health and achievement in education.



child development

Early development is important for what we achieve as adults.

Just over half of children locally achieve a good level of development at the end of Reception, aged 5.

This is significantly lower than the national and regional averages.



accidents

Hospital admission rates for accidents in children and young people under 25 are significantly higher than the national average.



parenting

Children who bond with their parents and have a supportive home life are more likely to grow into healthy and happy adults.

Halton's child development indicator shows we need to achieve more in terms of parenting programmes.

Health and wellbeing priorities



Children and families

What is important to you?

- Help to improve health and wellbeing in Halton ●

The Halton Health and Wellbeing Board has to set out how it will improve the health and wellbeing of people living in Halton. This will be the "Halton Health and Wellbeing Strategy".

We need and value your views on what we should focus on. We would be grateful if you could complete the following short survey to let us know what we should be doing to help children and families in Halton.

The Board will use your feedback to develop the new Halton Health and Wellbeing Strategy.

Please tick all that are important to you

1

Enhancing school readiness programme

2

Additions to the prevention of child accidents programme

3

Enhancing parenting programmes

Or is there something else? Please tell us here:



Health and wellbeing priorities



Generally well What are the issues?



infant feeding

Fewer mums in Halton breastfeed than in the rest of the North West and England.

Babies starting solid foods too early are more likely to grow into overweight toddlers.



weight

Just over 1 in 10 of 4-5 year olds in Halton are obese. This is higher than the England and the North West averages.

1 in 4 adults are obese, which is higher than other areas in Merseyside.



fruit & veg

Less than half of all adults and even fewer teenagers in Halton eat 5 or more portions of fruit and vegetables per day.

This is lower than the rest of the North West and England.



exercise

In Halton, more men achieve recommended levels of exercise than women, and more younger people than older people.

Less than half of the adults in Halton are active, which is lower than the national average.

Health and wellbeing priorities



Generally well

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1

A conversation with the public about their access to fresh food

2

Enhancing the infant feeding programme

3

Introduction of a women's exercise programme

Or is there something else? Please tell us here:



Health and wellbeing priorities



Older people

What are the issues?



loneliness

Loneliness has an effect on health.

There are an estimated 6,000 people in Halton aged 65 and over experiencing some level of loneliness.

Research shows that many people worry about becoming lonely in the future.



living alone

The older the person, the more likely they are to live alone.

People aged 85 and over are most likely to live alone, over 8 out of 10 in Halton.

The level of falls amongst older people in Halton is higher than the national average.



transport

Good transport systems are essential.

3 in 10 over 65s in Halton have no access to a private car.

Community transport is available in Halton.

However research shows that older people find it harder to travel to local facilities such as health centres.



information

Good information systems are really important.

Many older people do not have enough information on what's happening in the local area.

Health and wellbeing priorities



Older people

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Please tick all that are important to you

1

Marketing campaign on preventing loneliness

2

Develop an older people's transport group

3

Develop a directory of services for older people

Or is there something else? Please tell us here:



Health and wellbeing priorities



Long term conditions

What are the issues?



living with
a disease

high blood pressure

Over 19,000 people registered at GPs in Halton have been diagnosed with high blood pressure.

4 in 10 of these people never attend to be checked.

If we find and treat high blood pressure, we can prevent heart disease and stroke.



atrial fibrillation

1 in 10 emergency admissions to hospital during 2014/15 had atrial fibrillation (irregular heartbeat).

If we find and manage atrial fibrillation, we will reduce the number of people suffering strokes, which can lead to disability.



heart disease

Cardiovascular disease is the biggest cause of preventable death in England. It was responsible for 1 in 4 deaths in Halton in 2014.

If people understand their health condition, they are better able to recognise and manage if their condition changes.



prevention

The number of people who smoke has generally been falling. The proportion is higher in those in routine and manual jobs.

Halton has one of the highest levels of adult obesity in England. Levels of child obesity are also high.

Less than half of adults eat 5 portions of fruit and vegetables per day and even less young people do. Less than half of adults take enough exercise.



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Please tick all that are important to you

1

Screening in the community for atrial fibrillation (irregular heartbeat)

2

Enhancing early diagnosis of heart disease and self care programmes

3

Increasing screening for hypertension (high blood pressure) in the community

Or is there something else? Please tell us here:



Health and wellbeing priorities



Mental health

What are the issues?



common issue

At least 1 in 4 people will experience a mental health problem at some point in their life.

Mental ill health is the largest single cause of disability in Halton.

More people in Halton have been diagnosed with depression than the national average.



happiness

When asked "how happy did you feel yesterday?", just over 1 in 10 Halton residents reported a low level of happiness.



self harm

Halton had the 15th highest rate of hospital stays due to self harm of all 152 Local Authorities in England during 2014/15.



dementia

During 2015, there were over 1,000 people in Halton aged over 65 who were diagnosed with dementia.

This is predicted to almost double by 2030.

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Please tick all that are important to you

1

Review the current Child & Adolescent Mental Health Services (CAMHS)

2

Enhancing services for adults with personality disorders

3

Redesigning adult mental health services

Or is there something else? Please tell us here:



Health and wellbeing priorities



Cancer

What are the issues?



biggest killer

Cancer is Halton's most common cause of death.

Of all cancer deaths, lung cancer is the biggest killer.

Halton's rates of cancer deaths under the age of 75 are amongst the highest in England.



prevention

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early detection

We need to help people recognise early signs and symptoms of cancer.

Halton's screening rates are low, particularly for bowel cancer,

Catching cancer early can reduce the risk of dying from the disease.



waiting times

Times to treatment need to improve.

This will help improve the chance of survival.

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Please tick all that are important to you

1

Enhancing the early detection programme

2

Developing and actioning a tobacco control strategy

3

Enhancing support for bowel screening to improve uptake

Or is there something else? Please tell us here:

