



Draft Health & Wellbeing Strategy

Tendring District Council



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Introduction

This Strategy will highlight how the Council can work with its partners to deliver a preventative and wider determinants approach, which will be based on data and insight to ensure the approach is targeted.

As part of this, maintaining a flexible approach to adapting to changing circumstances will be crucial to success



Why we need a strategy

Tendring has increasing numbers of those living with long term conditions, some of which are preventable

Tendring is in the bottom 10% of most deprived Lower Tier Local Authorities. Evidence shows that those living in the most deprived areas of England face the worst health inequalities and experience the worst social determinants such as poor housing, employment opportunity or access to transport and have the worst health outcomes.

Tendring has the highest percentage of residents aged 65 and over, at over 30.3%, compared to Essex at 29.5%. and a national figure of 18%. This is expected to continue to rise to 32% over the next 10 years



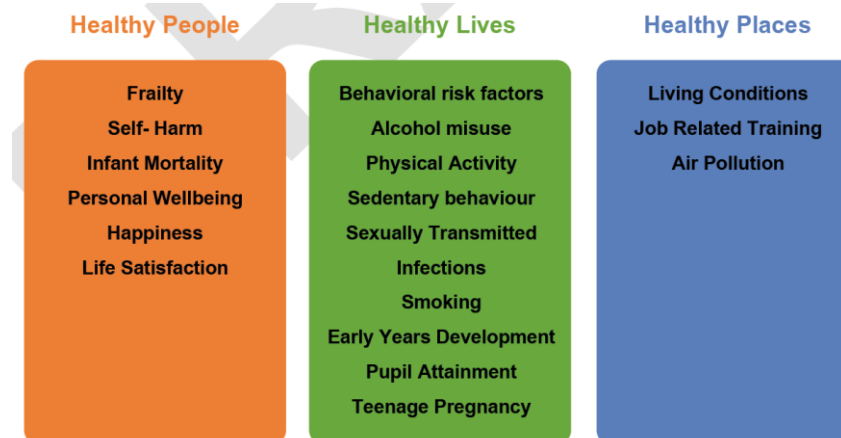
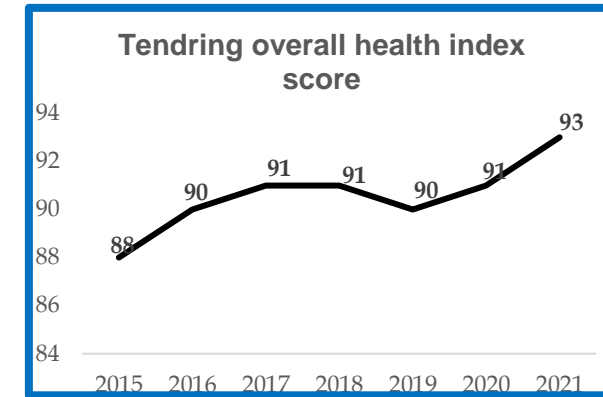
Health Index Improvements

Although there are many challenges, the Health Index score for Tendring shows continued improvement.

The Health Index provides a single value for health that can show how health changes over time. A score of over 100 indicates better performance when compared to the England 2015 position. A score below 100 indicates a worse performance.

The 2021 Health Index Score for Tendring is **92.9** this shows a good improvement when compared to the 2015 score of 88, and the figure is improving yearly.

Most notably, the key areas of improvement, which contributed to the increase in the overall score in Tendring are broken down as follows



Tendring Population Health

The latest figures for 2018-2022 show that the healthy life expectancy for males in Tendring is 61.9 and for females is 63. These figures are below the England average and also the Essex average of 65.1 (male) and 65.8 (female)

The latest suicide figures have shown a recent increase from 11.3 (2020-22) to 14.9 (2021-23) and are currently the highest rate across the districts in Essex.

The rates of overweight/obesity are reduced in year six children. However, the rate in reception age children has increased and is now the highest in Essex.



Our Vision

“

Vision

To support residents to live healthier, fulfilled and independent lives for longer.

”

Partnership Working

By working with partners, some fantastic initiatives have been developed across the District including:

Essex Pedal Power & The Active Outdoor Gym- Helping to get people active

Sailship- *Helping adults to improve and support their mental health, self-esteem and help build confidence through a range of activities including gardening*

Wellbeing Hubs in Schools- 33 Wellbeing Hubs in primary schools across North Essex to help children and families build emotional resilience and wellbeing.



Our Priorities

1. The Wider Determinants of Health

Work with Partners to address the ongoing impacts of the increased cost of living, reduce barriers to healthcare and increase opportunity for employment.

2. Improve Wellbeing & Resilience

Work with partners across the system to encourage improved mental health to build resilience, seek to influence partners to bring investment into the area and continue to support Wellbeing Hubs in schools.

3) Encouraging a healthier lifestyle

Work with colleagues to Improve physical activity across all ages and encourage a healthy diet. Work with the community to enable residents to try new activities and encourage those with long term conditions to stay well and live independent lives.

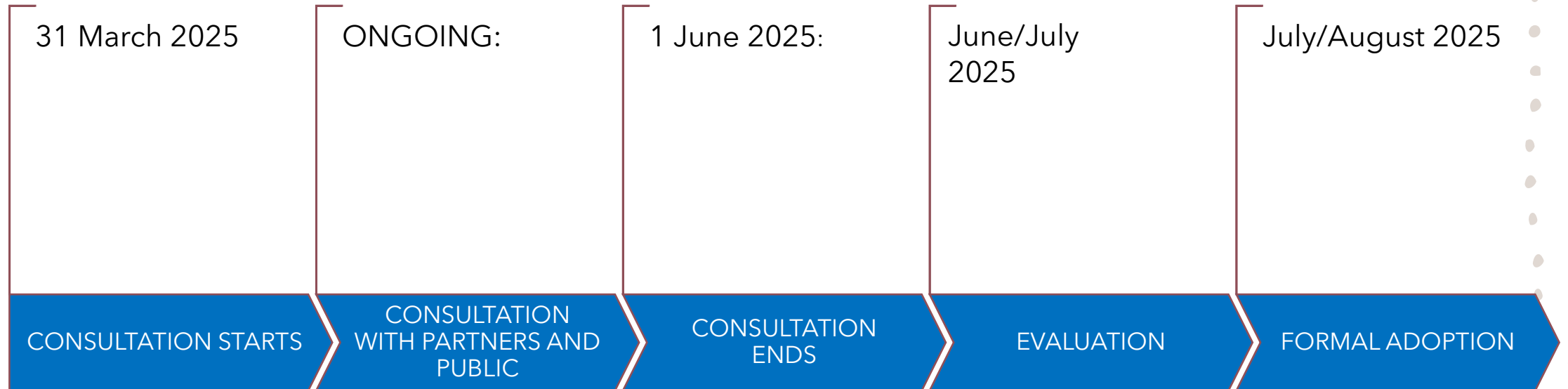
4. Improve Long Term Condition Prevention and Management

Work with health partners to help those with existing long-term conditions maintain an independent and fulfilling life, and to create initiatives to help prevent certain long-term conditions

5. Suicide Prevention

Work with partners to understand the issues around suicide locally, and to determine proactive action to deliver effective interventions

Timeline



Questions-

1. Do you feel that the strategy identifies the issues for Tendring Residents?
2. Do you feel that the priorities will help to address those issues?
3. How well do the priorities link with your organisation?
4. Is there anything else you would like to see added to the priorities or delivery plan?
5. Do you have any additional comments or suggestions

Thank you



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