

## Lancashire Health and Wellbeing Board

Meeting to be held on 5 June 2015

### Health Behaviours Joint Strategic Needs Assessment (JSNA) - final report

Contact for further information:

Mike Walker, Lancashire County Council, 01772 533445, [mike.walker@lancashire.gov.uk](mailto:mike.walker@lancashire.gov.uk)

Mike Leaf, Lancashire County Council, 01772 534393, [mike.leaf@lancashire.gov.uk](mailto:mike.leaf@lancashire.gov.uk)

#### Executive summary

This work formed part of the JSNA bespoke analysis work programme 2013/14, agreed by the health and wellbeing board in October 2013. The input of the JOG into work programme has been instrumental in the production of this JSNA.

Following input from the HWB the health behaviours JSNA was undertaken to identify the prevalence of multiple health-enabling and health-compromising behaviours of Lancashire's residents. It has also provided an understanding of the relationship between these behaviours and their impact on the health of people in Lancashire.

Following extensive analysis (including the survey findings) and engagement with partners a final report has been produced. This full final report can be found using the following link [Health Behaviours JSNA Final Report](#)

#### Recommendations

The Health and Wellbeing Board is asked to:

1. review and approve the priorities from the JSNA report, which include:
  - Increase people's health-enabling behaviours and health literacy levels to reduce health-compromising behaviours.
  - Reduce harmful drinking among identified high-risk groups and promoting sensible drinking.
  - Enforcement, advocacy and legislative work around alcohol sales and minimum unit pricing.
  - Promote harm reduction and recovery services for substance users.
  - Support and develop work around substance misuse, dual diagnosis, and collaborative working between partner organisations.
  - Address and reduce levels of obesity in adults and children.
  - Increase knowledge, skills and abilities around healthy eating and nutrition.
  - Challenge societal attitudes towards mental health, develop opportunities for social inclusion, social capital and mentally healthier communities.
  - Increase physical activity levels among children, young people and adults by making physical activity more available/accessible.
  - Improve sexual health through increasing testing and screening rates and reduce rates of under-18 conceptions and abortions.
  - Reduce smoking rates in the adult population whilst preventing children and young people from smoking (including e-cigarette use).
2. Ensure that this JSNA informs future priorities and planning for the Health and Wellbeing Board and the plans of the individual organisations represented.

## Background

Whether a person is healthy or not is a combination of many factors including the wider determinants of health and the availability of health enabling resources across the region. A deeper understanding of health behaviours has allowed us to identify the health behaviours across population groups, and the characteristics of people with different health behaviours. It has also allowed us to see emerging issues.

The JSNA has produced a number of evidence-based strategic recommendations which can be used by the HWB and other partners to underpin direction for action. This intelligence also links into the six shifts JSNA, which has enormous potential for moving to new ways of working across Lancashire, particularly where ever-limiting resources can be most effectively be deployed. Work is planned to develop integrated services to support healthy behaviours and the JSNA analysis on health behaviours will be able to influence the priorities for this work.

The project group for the health behaviours JSNA was incorporated from a wide range of partners from all sectors across Lancashire. They have worked together to produce detailed analysis, intelligence and recommendations around this work. The wider reference group met in February 2015 to discuss and prioritise the recommendations. Further input was sought and received from other stakeholders and relevant professionals. This was incorporated into the final set of recommendations (appendix one).

Alongside the final health behaviours report there is a full complement of literature review documents, the survey findings and a secondary data analysis report. All supporting documentation is available on the [health behaviours](#) JSNA webpage.