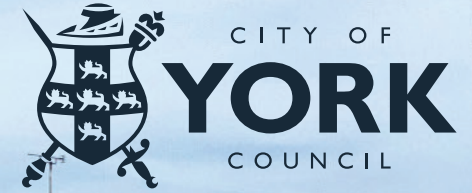


Our City Health Narrative



A summary of the York Joint Strategic Needs Assessment (JSNA) in 2025

www.york.gov.uk/CouncilPlan

One City, for all

Our City Health Narrative

York has a reputation for being a city in **good health**.

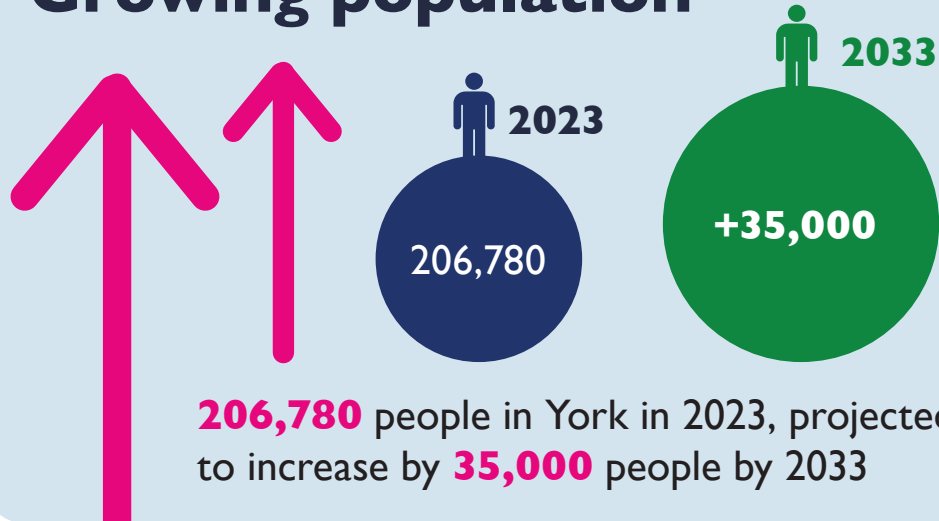
With a growing economy, high skills and a strong community fabric, we have many assets and things which keep people healthy.

However our health outcomes are not as good as you would expect...with declining life expectancy, similar levels of preventable disease as other areas, large health gaps between our richer and poorer communities, and some key areas of health need identified by the Joint Strategic Needs Assessment.

That's why we've set a clear vision in our Health and Wellbeing Strategy to become a **health generating city**, and to reduce the gap in healthy life expectancy over the next ten years by tackling the chief causes of ill health in poorer communities.



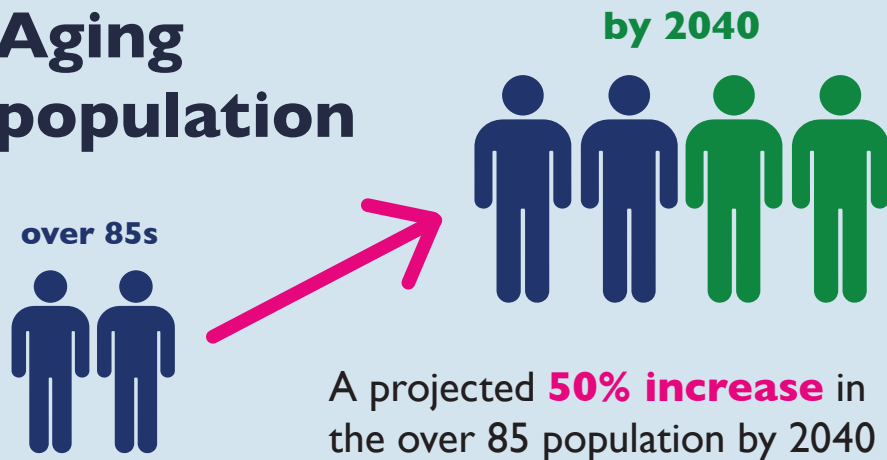
Growing population



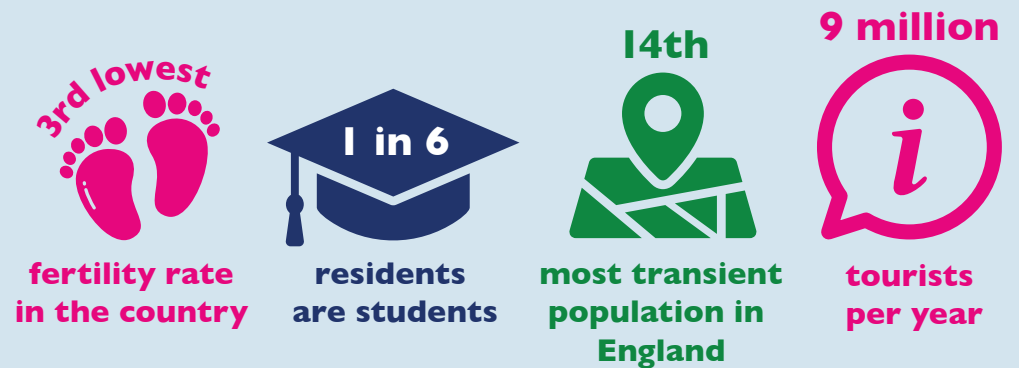
Deprivation



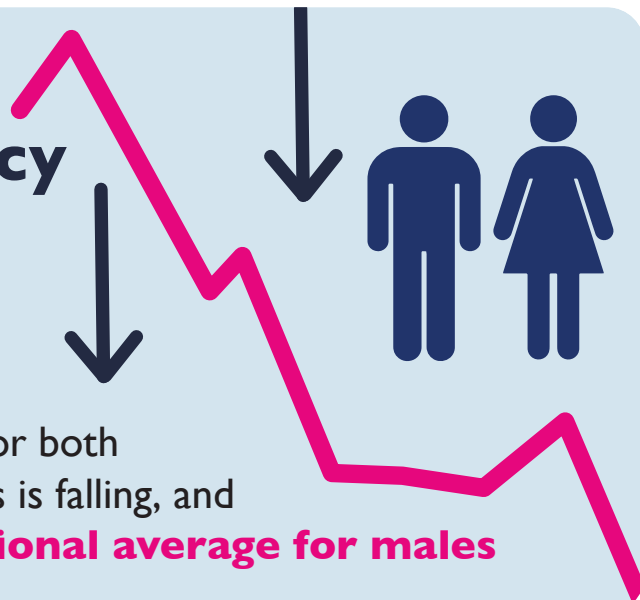
Aging population



Distinctive demographics



Life expectancy



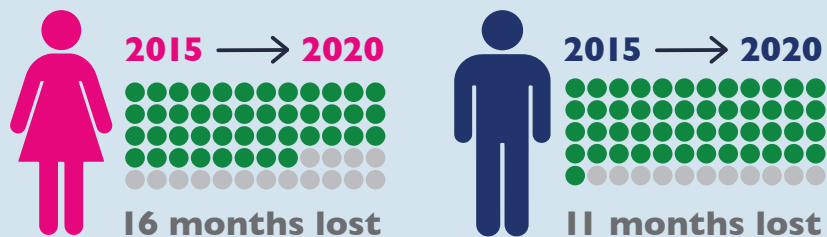
Life expectancy for both males and females is falling, and now **below national average for males**

Gap in life expectancy



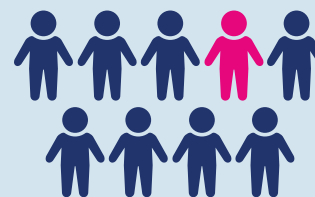
Gap in life expectancy between wards of **over 10 years** for both males and females

Healthy life expectancy



Between 2015-2020 females lost 16 months of healthy life, and males 11 month

Poverty



1 in 9

children live in poverty

More than **1 in 8** residents live in fuel poverty



Our Strengths

Our Health Baseline

Community



A strong voluntary and community sector with **over 350 charities**



Economy



A **growing and resilient** economy and strong local employment profile



Green space

Closer than average access to green space



Education and skills

York has the most **highly educated** population in the region



Diversity

York is an **increasingly diverse** city with more residents from a minoritised ethnic background



Weight



Increasing number of children living with an unhealthy weight at reception and year 6

School readiness

Inequalities in speech and language and school readiness



Breast feeding

2x variance between wards in feeding at 6-8 weeks



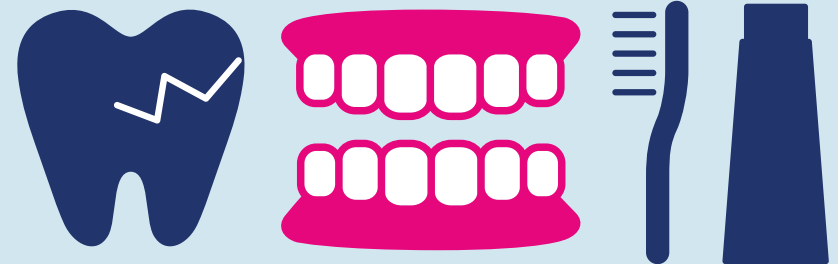
Vaccinations

Good vaccination coverage



Oral health

Poor oral health and access to dentistry



SEND

Increase in number of children with SEND

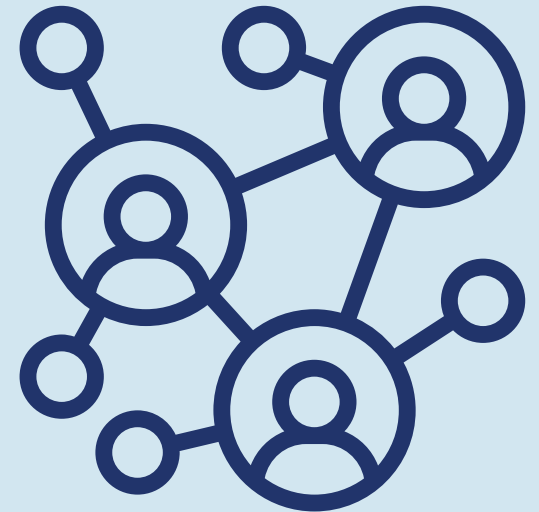


York SEND
Local Offer



Relationships

Concerning trends around young people's experiences of relationships



Vaping

A **large rise** in vaping (1 in 4 teenagers have used an e-cigarette)



School attendance

Higher levels of school **absence** post COVID



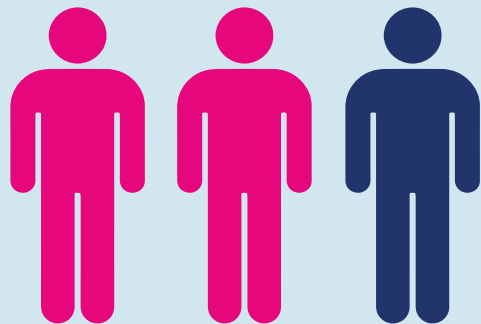
Emotional and mental health

Concerning trends in emotional and mental health, and generally lower levels of happiness and wellbeing



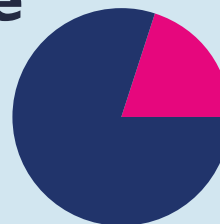
Weight

2 in 3 adults overweight or obese



Sedentary lifestyle

20%



are essentially sedentary; 'getting more active' came top in NHS survey

Alcohol

high consumption, hospital admissions and mortality



Cost of living

Cost of living pressures affecting health



Medical

Access to timely medical appointments



Housing affordability



The average house is 9.3x average earnings

Loneliness

Higher than average levels of loneliness



Mental Health

Demand rising in older populations



Transport

Transport issues **affecting health**



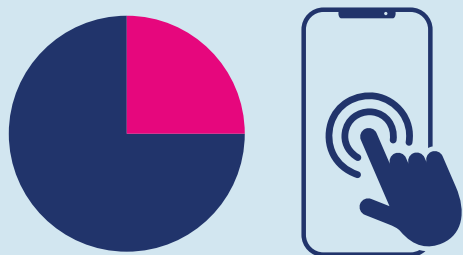
Climate Change

Vulnerable to the effects of climate change and extreme heat/cold



Digital exclusion

25% of over 65s



Cost of living

Cost of living pressures **affecting health**



Falls prevention

800 falls-related admissions per year



Adults with major illness



The proportion of adults with a major illness will grow by

38% by 2040

Population growth in York means:

GP appointments

An extra 60k GP appointments per year

+60k
per year



A&E

An additional 52 patients attending A&E each day

+52
per day



Social care

Social care demand rising by an extra 600 people per year

+600
per year



Mental Health Services

An extra 1235 patients per year seeking care in mental health services

+1235
per year



Our Population Health Goals

○ Where we are heading

The ten goals of our Health and Wellbeing Strategy (1-6)

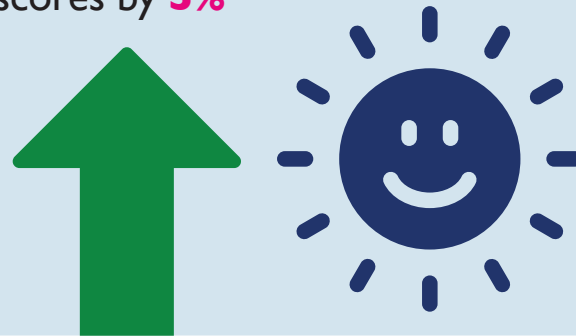
1. Life expectancy

Half the gap in healthy life expectancy between richest and poorest



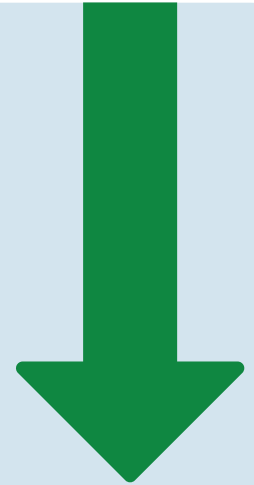
2. Happiness

Increase population happiness scores by **5%**



3. Smoking

Bring smoking rates **down** below **5%**



4. Alcohol

Reduce harmful drinking by **5%**



5. Weight

Reverse the rise in unhealthy weight



6. Health

Reduce inclusion health inequalities



Our Population Health Goals

 Where we are heading

The ten goals of our Health and Wellbeing Strategy (7-10)

7. Suicide and self-harm

Reduce suicide and self-harm rate by **20%**



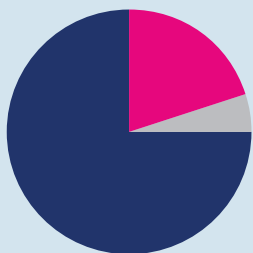
8. Exercise

Reduce sedentary behaviour by **5%**



9. Loneliness

Reduce loneliness from 25% to **20%**



10. Diagnosis

Improve diagnosis gaps





This document was produced by the Public Health Team in City of York Council using data from the ONS and Fingertips website.

www.york.gov.uk/CouncilPlan

If you would like this document in an alternative format, please call (01904) 551550 or email ycc@york.gov.uk



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