

An aerial photograph of Sunderland, showing the city built on a peninsula and along the banks of the River Tyne. The harbor is visible in the foreground, with several large industrial buildings and a ship docked. The city extends inland, showing a mix of residential and commercial buildings. The surrounding landscape is green and hilly.

Sunderland Joint Strategic Needs Assessment Summary (JSNA)

2023/2024

Population change

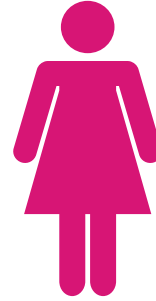
- Sunderland has a population of 274,200 (Census 2021)
- The latest Census reported that the population had decreased by 0.5% since 2011.
- Recent GP registered population data shows an increase from 284,126 to 290,549 between 2019 to 2021.
- Compared to England, the population of Sunderland has a higher proportion of older people
- 20.5% of the population are aged 65 and over, higher than England at 18.4%
- It is projected that the population aged 65 and over will grow to 24.7% of the Sunderland population by 2043



Life expectancy



- Life expectancy at birth for males in Sunderland is 76.6 for 2018-20
- This compares to 77.6 for the North East and 79.4 for England
- Healthy life expectancy is 56.1 years, lower than England's 63.1 years



- Life expectancy at birth for females in Sunderland is 80.9 for 2018-20
- This compares to 81.5 for the North East and 83.1 for England
- Healthy life expectancy is 56.9 years, lower than England's 63.9 years

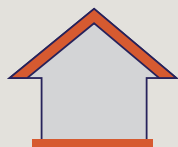
Social determinants of health and health inequalities



Digital connectivity



Our surroundings



Feeling safe



Access to travel



Education and skills



Good work



Good housing



Access to good food



Money and resources



Mental health and wellbeing

Early experiences



Family, friends and communities

Social determinants of health



A healthy, low carbon and resilient environment

- Quality of the built and natural environment also affects health.
- Sunderland City Council has set out ambitious targets to be a carbon neutral local authority by 2030 and is working with partners across Sunderland for the city to be carbon neutral by 2040.
- **The Sunderland approach** focuses on tackling the social determinants of poor health throughout the life course – Starting well, Living well, Ageing well - bridging inequalities for key vulnerable populations
- 2022/23 saw 2,087 people make a Homeless Reduction Act (HRA) application to the Sunderland Housing Options team, which is a 13.06% increase from the 1,846 applications from the previous year. More information is available at: [Homelessness HNA](#)

Commercial determinants of health

- The commercial determinants of health are the conditions, actions and omissions by corporate bodies that affect our health – both positively and negatively
- Unhealthy commodity industries (UCIs) are for-profit and commercial enterprises that deliver commercial products that lead to significant associated negative health consequences.
- Commercial determinants of health drive inequalities; not all harmful products are consumed equally and some groups and populations are more vulnerable to the negative impacts. People in the most deprived areas are more likely to die from non-communicable diseases than those in the least deprived areas – they are also more likely to be targeted as consumers through advertising and retail units.
- Further information on commercial determinants can be found at :
[DirectorOfPublicHealthAnnualReport2022-2023.pdf \(sunderland.gov.uk\)](#)

Best Start in Life



- Smoking during pregnancy remains high, but is on a downward trend at 14% of pregnant women compared to the England average of 9.1% - the lowest percentage in Sunderland for the last 11 years.



- Although breastfeeding rates are showing improvement, latest data shows 27.6% of Sunderland mothers were breastfeeding at 6-8 weeks (prevalence) during 2021/22, significantly lower than the North East average (35.7%) and England average (49.2%). However, four Sunderland wards were higher than the NE average, and one above the England average



- Uptake of childhood immunisation remains strong; 97.7% of Sunderland's 2 year old children had an MMR vaccination during 2020/21, significantly higher than the England average (90.3%)

The full JSNA for can be read at: [Best Start in Life JSNA](#)

Starting well



- During 2021/22, 63.7% of children achieved a good level of development at the end of Reception. This is lower than the North East (64.1%) and England (65.2%) averages



- During 2021/22, around 1 in 4 children (25.3%) in Reception (aged 4-5 years) were living with overweight or obesity



- During 2021, teenage conception rates at 26.4 per 1,000 were significantly higher than the North East (19.8) and England (13.1) averages



- During 2021/22, around 1 in 2 children (45%) in Year 6 (aged 10-11 years) were living with overweight or obesity

Starting well



- 2019-2021, the infant mortality rate in Sunderland was 2.3 per 1,000. This is lower than the North East average of 3.5 and significantly lower than the England average of 3.9



- During 2021/22, the attendance of Sunderland's 0-4 year olds at A&E was the 5th highest in England and the 3rd highest in the region. Falls are the leading cause of injury related hospital admissions in the under-fives.



- Decayed, missing or filled teeth (dmft) in 5 year olds during 2018/19 shows Sunderland children had on average 1.10 dmft. This is higher than both the North East average at 0.82 and the England average at 0.80
- An Oral Health JSNA is in progress to gain more insights

Child poverty (IDACI: 2019)

- The Income deprivation affecting children index shows the proportion of children aged 0-15 living in income deprived families, excluding housing costs.
- 16 of Sunderland's 25 wards are significantly worse than the England average
- Only 4 wards are significantly better than the England average
- Children born to teenage mothers have a 63% higher risk of living in poverty

Area	Recent Trend	Count	Value
England	-	1,777,642	17.1
Sunderland	-	11,666	24.2
Hendon	-	807	41.7
Redhill	-	862	38.4
Southwick	-	689	35.3
Pallion	-	668	32.6
St Anne's	-	564	31.6
Washington North	-	686	31.3
Sandhill	-	659	29.9
Copt Hill	-	566	28.2
Silksworth	-	482	27.6
Castle	-	600	26.8
Hetton	-	537	26.2
Millfield	-	572	25.9
St Chad's	-	369	25.6
Shiney Row	-	455	21.0
Ryhope	-	434	20.3
Washington East	-	442	18.9
Washington Central	-	317	18.0
Houghton	-	371	17.9
Washington West	-	377	17.5
Washington South	-	290	16.9
Barnes	-	279	16.0
Doxford	-	212	12.6
St Peter's	-	191	11.8
St Michael's	-	140	10.8
Fulwell	-	97	7.2

Starting well summary



Children and young people face significant health challenges and inequalities across the social gradient of health in Sunderland, including the following:

- More than half of Sunderland's wards have significantly higher levels of child poverty than the England average
- Higher levels of smoking during pregnancy but this is on a downward trend
- Breastfeeding rates are starting to improve, although the rate is significantly lower than North East and national averages
- Higher rates of teenage pregnancy
- Infant mortality rate has reduced and is lower than the North East and England averages
- Uptake of childhood immunisation remains strong
- Around half of Year 6 children are living with overweight and obesity

Poverty and financial wellbeing



- 26.8% of children are living in low income families (relative measure) compared to 20.1% nationally



- 14.6% of households were in fuel poverty (Low Income Low Energy Efficiency) during 2020, this is approximately 18,513 households. This is higher than the England average of 13.2% of households



- 21.7% of older people were living in poverty during 2019, this is approximately 14,833 people. This is significantly higher than the England average of 14.2%. Sunderland is ranked 4th highest in the North East for older people living in poverty



- Average weekly earnings in Sunderland during 2022 were £536.60, lower than the North East average of £580.3, and significantly lower than the England average of £645.80

Living well



Standard of living

- Around 40% of residents live in the most disadvantaged quintile¹ of all the areas in England
- In 2021, 44% of Sunderland residents were living in an area at highest risk of food insecurity, the 4th highest local authority in the North East area
- Guidance from Citizen's Advice has shifted from support with rent arrears in 2019/20 to energy debts in 2022/23 with an increasing number of people facing threatened homelessness

¹

One of five values that divide a range of data into five equal parts, each being one fifth (20 percent) of the range

Employment and Education



- The percentage of people in employment in Sunderland has increased from 61.9% in 2011 to 68.8% in 2022, but remains significantly less than the national average in 2022 (75.4%)
- Not in Education, Employment or Training (NEET) – During 2022, 5.4% of those aged 16-17 years were not in education, employment or training, compared to 5.4% for the North East and 4.7% for England
- NVQ Level 4 and above – During 2021, 24.7% of those aged 16-64 were qualified to NVQ level 4 or above. The North East figure was 34.4% and the England figure 43.1%
- During 2022, 38% of Sunderland's economically inactive residents was due to long term sickness. The North East figure was 32% and the England figure 24.6%

Crime and Domestic Abuse



- Total recorded crime in Sunderland was 105 per 1000 in 2022, above the North East (97) and England (97)
- 8,178 domestic abuse incidents were reported to the police in 2022/23, and over 40% involved children. There were 4,832 victims (40% repeat victims). 72.1% of victims in Sunderland were female. There was a significant rise between 2021/22 and 2022/23 in domestic abuse related mental health incidents. Housing data also shows mental health and domestic abuse are the top presenting figures.

Substance misuse and alcohol



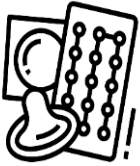
- Alcohol-related mortality in Sunderland in 2021 was 64.4 per 100,000, highest in the North-East and significantly above the England average (38.5)
- The rate of *opiate* users (aged 15-64) in Sunderland is 8.3 per 1,000 population or around 1,493 people, compared to an England rate of 7.4
- The rate of crack users (aged 15-64) in Sunderland is 4.0 per 1,000 population or around 712 people, compared to an England rate of 5.1
- Around 1285 Sunderland adults are currently engaged in drug treatment
- Sunderland had an estimated opiate and/or crack users (OCU) prevalence of 12.9 per 1000 population in 2019/20
- Prevalence estimates of alcohol dependency in 2018-19 suggest that there were 24.8 per 1,000 population in Sunderland requiring specialist alcohol treatment with a North East average of 18.9 per 1,000 population and an England average of 13.7
- OCUs with an unmet need is estimated at 59.8% compared to an England average of 57.9% and North East average of 52.8%.
- Alcohol users have an estimated unmet need of 83.4% compared to 80.1% England average and 77.7% North East
- The full substance misuse JSNA can be read at: [Substance Misuse JSNA](#))

Smoking



- The proportion of adults that smoke in Sunderland during 2022 was estimated at 13.2%, down from 15.2% the previous year. This has been on a downward trend and is now only slightly higher than the North East (13.1%) and England average (12.7%)
- The proportion of adult smokers who had a long term mental health condition during 2021/22 was estimated at 23.9%. This is higher than the North East (23.5%) but lower than the England average at 25.2%
- The full Tobacco JSNA can be read at: [Tobacco JSNA](#)

Sexual health



- The number of new sexually transmitted infection diagnoses in Sunderland was 460.7 per 100,000, lower than the national rate (551.0). The rate of gonorrhoea diagnoses was 42.1 per 100,000, lower than the national average of 90.3



- Among specialist sexual health service patients from Sunderland eligible for HIV testing, 51.2% were tested in 2021, which was better than the national rate (45.8%). Late-stage diagnoses were comparable to national figures
- Long Acting Reversible Contraception prescription rates were higher in Sunderland at 57.1 per 1000 compared to 41.8 per 1000 nationally
- Abortion rates were slightly lower in Sunderland at 18.0 per 1000, compared to national figures of 19.2 per 1000

Healthy weight



- In the UK, living with obesity is the second most common preventable cause of death after smoking
- During 2021/22, 13.5% of Sunderland's adult residents were living with obesity. This is significantly higher than the England average at 9.7%
- 73.9% of Sunderland adult residents were classed as either living with overweight **or** obesity



The full JSNA can be read at: [Healthy Weight JSNA](#)

Physical Activity

Children & Young People

- 56.5% of children and young people in Sunderland were active during the academic year 2021/22, which was higher than the national average of 47.2%.
- In 2021/22 Sunderland had the highest rates of active children and young people compared to all other local authority areas in Tyne & Wear and Northumberland.
- During the 2021/22 academic year, Sunderland had fewer inactive children and young people (26.9%), compared to the national average (30.1%)

Adults 16+

- 66.4% of adults in Sunderland were physically active in 2021/22, similar to the North East average (65.4%) and England average at 67.3% (gardening included)
- In 2021/22, Sunderland had 24.5% physically inactive adults, which was better than the North East average (25.0%), but slightly worse than the national average (22.3%)

Gambling

The full JSNA and accompanying slideset can be read at:

[Gambling slideset](#) and [Gambling HNA](#)



- Key harms relate to: mental health, finances, relationships, reduced performance at work and, in some cases, criminal behaviour. Around 5% of suicides in this country are thought to be linked to gambling – that is over 400 people per year
- Sunderland-level data is not available for gambling prevalence; however, data provided nationally can be used to calculate estimates. In the North East, it is estimated that 4.9% of the population (aged 16+) are at risk from gambling. Nationally it is estimated to be 0.5%.
- Nationally, 7% of the population of Great Britain (adults and children) were found to be negatively affected by someone else's gambling

Type	Estimated number of individuals - Sunderland
'Problem' gamblers	1,130 (aged 16+) around 0.5%
At risk from gambling	11,083 (aged 16+) around 5%
Affected others	19,194 (all ages) around 8%

Cancers



- Death rates from all cancers have decreased significantly over the last two decades due to a combination of early detection and improved treatment. However, within Sunderland, cancer remains a significant cause of premature death and health inequalities
- Under 75 mortality from cancer considered preventable in 2021 in Sunderland is 73.7 per 100,000, higher than the North East (62.3) and England (50.1). The Sunderland rate is significantly higher than the England average but not significantly different from the regional average
- Under 75 mortality rates from lung cancer (2021) are significantly higher in Sunderland than the North East and England average at 47.1 per 100,000, compared to 35.9 for the Region and 26.0 for England
- Collectively, cancers account for 21.8% of the gap between Sunderland and England for male life expectancy and 21.5% of the gap between Sunderland and England for female life expectancy

Long term conditions



- Data from 2021/22 shows higher recorded prevalence of long-term conditions in Sunderland compared to England of coronary heart disease, stroke, hypertension, atrial fibrillation, diabetes, chronic kidney disease and chronic obstructive pulmonary disease

Disabilities



- 23.5% of people have a long term health condition or disability (Census 2021)
- Learning disabilities recorded prevalence is 0.9% in Sunderland compared to a prevalence of 0.5% in England

Mental health and wellbeing



- Depression is the main reason that otherwise healthy people first seek health care support in Sunderland
- Depression prevalence in those aged 18 years + during 2021/22 in Sunderland at 14.2%, which is the same as the North East average, but significantly higher than the England average at 12.7%
- The suicide rate in Sunderland (2019 – 21) is 14.2 per 100,000, significantly worse than the England average of 10.4 and worse than the regional average of 13.0

The full JSNA can be read at: [Adult Public Mental Health and Wellbeing JSNA](#)

Living well summary



Good quality housing and employment, strong communities and access to support when we need it are all key components to living well. When people experience inequalities in these areas, it can affect their health and wellbeing – both in the short and long term.

- Sunderland has high levels of deprivation; we can see the impact of this when we look at healthy life expectancy for our city.
- People in the city have poor mental wellbeing, this also impacts on peoples physical health
- The wider impacts of climate change and levels of carbon in our atmosphere impact significantly on the local environment and on mental and physical health
- Poverty levels within the city continue to have an impact
- The cost of living crisis is hitting the poorest residents most significantly

Ageing Well

The full JSNA can be read at:
[JSNA Ageing Well](#)



- Emergency admissions due to falls reduced slightly to 2,710 per 100,000 amongst the over 65s during 2021/22. This is however, still higher than the average North East figure (2,531) and significantly higher than the England figure at 2,100
- Sunderland is 6th worst for falls in the North East



- The percentage of adult social care users (aged 18+) in Sunderland who have as much social contact as they would like fell from 55.1% in 2019/20 down to 44.2% in 2021/22. This is higher than the North East average figure (41.6%) and higher than the England figure (40.6%).

Ageing well summary



- More people in the city are living with, and prematurely dying from, serious diseases than elsewhere in the country
- The gap in healthy life expectancy between Sunderland and England has widened for both males and females between 2017-2019 and 2018-20 from 5.7 years for males up to 7 years and for females from 6.2 years to 7 years, so people in Sunderland are spending more of their lives in poor health
- The ageing population in the city has a significant effect on local services
- Reducing falls and levels of social isolation remain priority areas for ageing well in Sunderland. Welcoming Spaces are helping to address social isolation

Key health challenges identified through JSNA (1 of 2)



Poverty levels within the city continue to have an impact



People in the city have poor mental wellbeing and this also impacts on physical health



Children and young people in the city face significant challenges and inequalities across the social gradient of health



More people in the city are living with, and prematurely dying from, serious diseases than elsewhere in the country



Smoking, diet, alcohol, substance misuse and physical inactivity lead to poor health outcomes for the city



The ageing population in the city has a significant effect on local services

Key health challenges identified through JSNA (2 of 2)



Sunderland has higher levels of health risk than England as a whole. This is directly linked to a range of social, economic, commercial and environmental factors



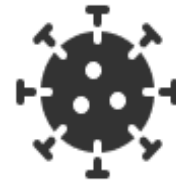
Inequalities in the city have a significant impact on health



Covid-19 has directly and indirectly impacted on life expectancy and is expected to have a significant impact on premature mortality



The cost of living crisis is hitting the poorest residents most significantly



Responding to health protection (infectious diseases) threats requires prevention work, rapid identification and a swift response to complex cases in high risk places, locations and communities



The wider impacts of climate change and levels of carbon in our atmosphere impact significantly on the local environment and on mental and physical health

Community assets

- Sunderland is building on our assets within our communities and working with our communities to support improvements in health outcomes, reduce health inequalities and strengthen community resilience, as set out in the Sunderland Healthy City Plan 2020-2030

<https://www.sunderland.gov.uk/healthycityplan>



Where to find out more:



Sunderland Healthy City Plan 2020 – 2030

(Published March 2021)



Key sources of data and links to find more information:

- [Sunderland Healthy City Plan 2020-2030 \(sunderland.gov.uk\)](https://www.sunderland.gov.uk)
- [Sunderland Joint Strategic Needs Assessment - Sunderland City Council](#)
- [Sunderland Data Observatory](#)
- [Public health profiles - OHID \(phe.org.uk\)](https://phe.org.uk)
- [NHS Digital](#)
- [Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk)
- [Census 2021](#)