

# 1 Executive Summary

This section summarises key findings from the JSNA report. Sources are included in footnotes throughout the relevant sections of the report.

## Population and population groups (chapters 2 and 3)

- As of mid-2015, the estimated total population of Oxfordshire was 677,900.
- Over the ten year period, 2005 and 2015, there was an overall growth in the population of Oxfordshire of 50,200 people (+8%), similar to the increase across England (+8.3%).
- The five year age band with the greatest increase over this period was the newly retired age group 65 to 69 (+38%). There was a decline in the population aged 35 to 44.
- Oxfordshire County Council population forecasts, based on expected housing growth, predict an increase in the number of Oxfordshire residents of +183,900 people (+27%) between 2015 and 2030, taking the total population of the county from 677,900 to 864,200.
- This is more than double the growth of the previous 15 year period (2000 to 2015).
- Between 2015 and 2030, the number of people aged 85 and over is expected to increase by 92% in Oxfordshire overall and more than double in South Oxfordshire and Vale of White Horse.
- Between 2001-03 and 2013-15, the gap between male and female Life Expectancy in Oxfordshire decreased from 4.1 years to 3.1 years.
- Data for the combined years 2009 to 2013 shows that for males there was a 10 year gap in Disability Free Life Expectancy between the most and least deprived areas of Oxfordshire. For females the gap was just under 10 years.
- In 2015 Oxfordshire had a higher proportion of births to older mothers than the national average.

## Wider determinants of health (chapter 4)

- The working age population in Oxfordshire (and nationally) is ageing.
- Earnings remain relatively high for Oxfordshire residents and (for the first time in the past 15 years of data), median earnings for residents was statistically above the South East average.
- Poverty and deprivation remain an issue in Oxfordshire affecting 14,000 children and 13,500 older people.
- People claiming Employment Support Allowance made up the majority of working age benefits claimants in Oxfordshire in May 2016. The top health condition of ESA claimants was *Mental and Behavioural disorders*.
- House prices in Oxfordshire continue to increase at a higher rate than earnings and Centre for Cities ranks Oxford as the least affordable UK city for housing. In Oxford city, social rents in 2015 were 18% above the national average.
- Buying a family home now requires 2-3 times a median income (i.e. 2-3 earners per household) in each district in Oxfordshire.

- The proportion of pupils eligible for Free School Meals at the end of primary school and attaining at least the expected standard at Key Stage 2 in reading writing and mathematics in Oxfordshire was below the national average (26% compared with 36%).
- Nationally the proportion of trips to school made by walking has fallen over the last 40 years, especially for primary aged pupils. The falling trend is likely to reflect both increasing household car availability and increasing length of trips to school.
- Young children (aged 7-10) have become less likely to be allowed to cross roads alone.
- The number of people injured using cycles on roads in Oxfordshire has increased significantly since 2010. The increase has been above the national average.
- Public Health England analysis found 423 fast food outlets in Oxfordshire of which 56% were in Cherwell and Oxford.
- Oxfordshire continues to have 13 Air Quality Management Areas where the annual mean objective for nitrogen dioxide is being exceeded including the whole of Oxford city.
- It is likely that the weather patterns in Oxfordshire will change in coming decades with more heavy rainfall and more frequent heatwaves.
- As the elderly are more vulnerable to extreme heat and cold, the UK Health Protection Agency predicts that future health burdens from climate change are likely to be amplified by an ageing population.
- Isolation and loneliness have been found to be a significant health risk and a cause of increased use of health services. Areas rated as “high risk” for isolation and loneliness in Oxfordshire are mainly in urban centres.

## Health conditions and causes of death (chapter 5)

- Cancer was the leading cause of death in Oxfordshire. The proportion of GP-registered patients with a cancer diagnosis in Oxfordshire has remained above the national average.
- Between 2007 and 2015, the number of deaths of older people (aged 75 and over) from circulatory diseases in Oxfordshire declined by 15%, while deaths from dementia more than doubled.
- Oxfordshire continues to have a significantly higher rate of people killed or seriously injured on roads per head of population than average. The rate of people killed or seriously injured on roads as a proportion of vehicle miles was just below (better than) the national average.
- National survey data shows that, over the past 15 years, mental health disorders have been increasing in women and young women have emerged as a high risk group.
  - One adult in six had a common mental disorder (depression or anxiety), about one woman in five and one man in eight. Since 2000, the rate for women has steadily increased.
- The number and rate of people in Oxfordshire with depression or anxiety appears to have increased significantly.
- Trend data for Oxfordshire districts shows an increase in the percentage of patients with a recorded diagnosis of a severe and enduring mental health problem in the GP-registered population in Oxford city and Cherwell. The rate in Oxford city remains well above the average for NHS Oxfordshire CCG.

## Lifestyles (chapter 6)

- There is currently no standard measure of food security or food poverty.
- An estimated 60% of people aged 16 or over in Oxfordshire are classified as overweight or obese. This is below the national average. Data from the National Child Measurement Programme shows an increase in obesity of younger children (aged 4-5 years) in Oxfordshire and a slight decline in obesity of children aged 10-11.
- There has been a statistically significant increase in the proportion of people participating in sport in Oxfordshire as a whole and in Oxford and the Vale of White Horse districts between the active people survey of Oct12-Oct13 and Apr15-Mar16.
- In 2015 an estimated 15.5% of adults in Oxfordshire were smokers, statistically similar to the England average. Smoking prevalence in all of Oxfordshire's districts was either below or similar to national and regional averages.
- In Oxfordshire, there has been a significant increase in hospital admissions for alcohol-related conditions in the 40-64 age group. Admissions for older people, aged 65+ has also increased.

## Service use (chapter 7)

- Use of health services is increasing overall and per person.
  - Data from a sample of GP practices in Oxfordshire shows that the number of consultations per person aged 80+ doubled between 2009-10 and 2013-14.
  - Over the past 10 years, there has been a growth in the number of Hospital (consultant) episodes overall in the NHS Oxfordshire Clinical Commissioning Group area and a growth in the number of hospital episodes per person, particularly in the older age group.
- National data shows that people with mental health conditions are more likely to discuss their mental health with a GP and more likely to access treatment
- In the past year, there has been an increase in the number of people referred for treatment to Oxford Health mental health services, particularly children and young people.
  - Between 2011-12 and 2015-16, the number of patients referred to Oxford Health mental health services overall increased by 19%. The number of patient referrals aged 10-14 increased by 70% and aged 15-19 increased by 77%
- Older people are the primary users of short term and long term social care services.
- There has been an increase in the number and proportion of long term social care clients who are supported at home: from 58% of clients in 2012 to 71% in 2016. The greatest increase has been in the number of older social care clients supported at home.
- National data shows that a significantly lower proportion of disabled people used the internet to find information about goods and services (57% disabled compared with 80% not disabled).
- Areas of rural Oxfordshire classified as 2 miles or more from a GP surgery, cover almost a third of the younger population (aged 0-15, 32%) and a third of the older population (aged 65+, 34%) in rural districts.