

SUNDERLAND HEALTHY CITY PLAN 2020-2030

Our vision: Everyone in Sunderland will have healthy, happy lives, with no one left behind

Ageing Well

Ensuring people have the opportunity to live a healthy old age

Our priorities

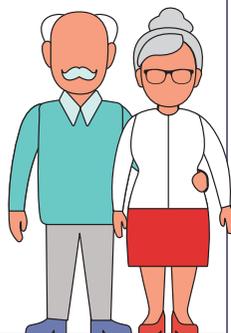
- Strengthen the role and impact of prevention for older people

We will have

- Tackled barriers to good health and wellbeing for older people and reduced the scale and impact of preventable disease, injury and dependence
- Overcome recruitment challenges in the health and social care sector
- Age friendly communities and age friendly services

Key outcome measures will include

- ↓ rates of social isolation
- ↑ emotional health and wellbeing across the life course
- ↓ emergency hospital admissions due to falls
- ↓ mortality rate from causes considered preventable



Our shared values and behaviours

- **Focusing on prevention** – helping people to stay healthy, happy and independent
- **Tackling health inequalities** – challenging and taking action to address inequalities and the social determinants of health
- **Equity** – ensuring fair access to services dependent on need
- **Building on community assets** – recognising individual and community strengths that can be built upon to support good health and independence
- **Working collaboratively** – everyone playing their part, sharing responsibility and working alongside communities and individuals
- **Being led by intelligence** – using data and intelligence to shape responses

PERFORMANCE INDICATOR DASHBOARD

INDICATOR	PERIOD	SUNDERLAND	REGION	ENGLAND
AGEING WELL				
Social Isolation: percentage of adult social care users who have as much social contact as they would like (18+ yrs)	2019/20	55.1	49.9	45.9
Emergency hospital admissions due to falls in people aged 65 and over	2019/20	2628	2412	2222
Mortality rate from causes considered preventable per 100k population	2016-18	232.6	223.9	180.8
Hip fractures in people aged 65 and over per 100k	2019/20	664	635	572
Estimated dementia diagnosis rate (aged 65 and over)	2020	69.2%	73.3%	67.4%
Excess winter deaths index (age 85+)	Aug 18 - Jul 19	16.3%	16.7%	18.2%