

**TOGETHER**  
A HEALTHIER FUTURE

# CASE FOR CHANGE

## VERSION 3





## LET'S WORK TOGETHER

Dear resident,

Like us, we are sure you are very proud of this area. It is a great place to live and work. But we can always make the area a better place.

One aspect we need to improve on is our health. The fact is we are not as healthy as we should be. This is shown by some stark national statistics.

There has been a lot of excellent work over the years to make us healthier and many people have experienced good health and social care.

But we can, and we must, do more. As this document shows, there is a clear case for change to the way we do things.

That is why the NHS and Councils in this area are working together to have a look at how we can change the health and social care system to meet these challenges.

Of course, we also have to be realistic. There is not an unlimited pot of money to achieve this aim. We have to be efficient as well as effective and we all have to do things differently.

Now is a golden opportunity to start a conversation about the future of our health and social care system. This document gives you the facts about our area, our health and well being, and our health and social system.

We want to use this conversation as a starting point because we need your help, your support and your ideas on how to transform the health service and people's health and well being so we can make the changes needed.

Everyone can play a part in helping create a new system which meets the challenges we face today and the challenges we face in the future.

And if everyone works together - residents, community groups, businesses, public sector, charities, patients and carers - we can achieve our vision of people as fit and healthy as they can be, supported by health and social care services which are responsive to our needs when needed.



## THE LOCAL AREA

Pennine Lancashire is made up of Blackburn with Darwen, Rossendale, Burnley, Pendle, Ribble Valley and Hyndburn. It has a population of over 531,000.

Pennine Lancashire has a young population with more than one in five residents aged under 16. One of the boroughs, Blackburn with Darwen, has one of the youngest populations in England, with half of its school-age children belonging to Black or Minority Ethnic communities.

The area also has a large older population. In 2014 an estimated 17.1% of people were aged over 65 years. The number of very elderly residents (aged 85 years plus) is set to double by 2035.

Pennine Lancashire is a diverse community with more than 17% of residents are from Black or Minority Ethnic Groups.

The total number of informal carers who provide care to a friend or relative is more than 57,000.

Pennine Lancashire is one of the more deprived areas of the UK. Poverty affects one in five older people (19.9%).

Levels of child poverty vary across the patch - Burnley and Blackburn with Darwen both have at least 24% of children in poverty, while Ribble Valley has only 5.7% (the lowest equal proportion in England).

## HEALTH AND CARE SYSTEM

Spending on health and social care for the people of Pennine Lancashire was £1.18billion in 2014/15.

In 2014/15 in Pennine Lancashire there were 197,000 attendances at A&E, 56,900 planned operations performed and 64,100 emergencies that required hospitalisation.

There are, on average, 589 babies born each month in Pennine Lancashire, that's about 7,000 babies born each year.

 **197,000**  
ATTENDANCES  
AT A&E

**56,900**  
PLANNED  
OPERATIONS  
PERFORMED 

 **589**  
BABIES BORN EACH  
MONTH IN PENNINE  
LANCASHIRE



## THE NEEDS OF OUR LOCAL PEOPLE

- > People in Pennine Lancashire have some of the worst health in the country and on average, we die earlier than people living elsewhere in the country.
- > Rates of heart failure, asthma, depression and severe mental illness are higher than the national average.
- > The number of people with diabetes and cancer is expected to double over the next 5-7 years.

We are also in the worst 20% in the country for:

- > Death from cancer and coronary heart diseases in people aged under 75
- > Rate of chronic obstructive pulmonary disease admission to hospital
- > Rate of asthma emergency admissions in people aged 19+
- > Quality of stroke care
- > Hospital admissions for dental care age 0-4
- > Child emergency admissions for asthma
- > Child admissions for mental health problems.

Five out of the six Pennine Lancashire districts (ie all except Ribble Valley) are in the worst category for:

- > Percentage of people aged 16+ who are physically inactive
- > Hospital admissions for alcohol-related causes.

### PREVENTION

Many diseases and health conditions, such as heart disease and diabetes, are closely linked to lifestyle behaviours such as smoking, poor diet or lack of exercise. As such, people can do their bit to keep healthier by making healthier choices.

Ribble Valley has the lowest rate of preventable death in the North West, but each of the other five local authority areas in Pennine Lancashire is significantly worse than the England average.



**THE NUMBER OF PEOPLE WITH DIABETES AND CANCER IS EXPECTED TO DOUBLE OVER THE NEXT 5-7 YEARS**



**THE NUMBER OF CHILDREN AND YOUNG PEOPLE WITH LEARNING DISABILITIES IS SET TO RISE**

**AN ESTIMATED 7,600** CHILDREN AND YOUNG PEOPLE AGED BETWEEN 5 AND 16 IN PENNINE LANCASHIRE EXPERIENCE A MENTAL ILLNESS

### LIVING LONGER BUT WITH MORE COMPLEX NEEDS

That people now live for longer than they have ever done before is a cause for celebration. But it is still a challenge because older people are more likely to develop long term health conditions such as diabetes, heart disease and breathing difficulties, and are more at risk of strokes, cancer and other health problems. Together this means people tend to need more care and more treatment.

There are differences in the experiences of men and women. In Pennine Lancashire, men don't live as long as women.

We also have a number of adults with learning disabilities, which potentially means that their health conditions are not being identified, and they are not being supported early enough.

### OUR CHILDREN AND YOUNG PEOPLE ARE NOT GETTING THE BEST START IN LIFE

Our children and young people aged up to 24 have poor health too. Child Poverty is higher than the national average. We also have a high number of children killed or seriously injured in road traffic accidents, high number of hospital admissions due to substance misuse for 15-24 year olds and high number of hospital admissions due to injury and asthma.



**OVER 33,750** ADULTS IN PENNINE LANCASHIRE ARE RECORDED AS HAVING DEPRESSION

**48,000** PEOPLE IN PENNINE LANCASHIRE ARE LIKELY TO HAVE A LONG-TERM CONDITION & A MENTAL HEALTH PROBLEM



We also have many children and young people with learning disabilities and the number is set to rise.

### MENTAL ILLNESS IS COMMON IN PENNINE LANCASHIRE

According to GP registers more than 33,750 adults in Pennine Lancashire are recorded as having depression. It is estimated that there are almost 68,000 people across Pennine Lancashire aged 16-74 with some form of common mental health illness.

Having mental illness can lead to poor physical health. For example, having depression doubles the risk of developing coronary heart disease and people with depression have significantly worse survival rates from cancer and heart disease.

Around 48,000 people in Pennine Lancashire are likely to have both a long-term condition and a mental health condition, this means they are likely to spend longer in hospital, make a slower recovery and are less likely to be able to manage their own conditions.

An estimated 7,600 children and young people aged between 5 and 16 in Pennine Lancashire experience a mental illness of some kind.



## DEMENTIA

An ageing population also means an increase in the number of people with dementia. In February 2016 4,076 people registered with a GP in Pennine Lancashire had a diagnosis of dementia. More than 2 out of 5 people over the age of 70 admitted to hospital in an emergency have dementia.

## EMERGENCY ATTENDANCES

There are just over 500 attendances per day at Accident & Emergency across the - A & E and Urgent Care Centre at Blackburn, Urgent Care Centre at Burnley and the Minor Injuries Unit at Accrington. The largest number of attendances are people aged 20-29, following by under 10s and then teenagers.

The telephone number 111 is the biggest reason for Urgent Care Centre attendance and local analysis shows that around 30 per cent of visits could have been prevented.



**4,076**  
PEOPLE REGISTERED WITH A GP  
IN PENNINE LANCASHIRE HAD  
A DIAGNOSIS OF DEMENTIA IN  
FEBRUARY 2016



MORE THAN 2 OUT OF 5 PEOPLE  
OVER THE AGE OF 70 ADMITTED  
TO HOSPITAL IN AN EMERGENCY  
HAVE DEMENTIA

## ADULT SOCIAL CARE

Demand for adult social care services has continued to grow in recent years, in line with an ageing population, and an increase in younger people with disabilities surviving into adulthood.

The cost of care is increasing as people need more help to live at home and in residential and nursing homes.



**500+**  
ATTENDANCES  
PER DAY  
AT A&E



**30%**  
OF VISITS COULD  
HAVE BEEN  
PREVENTED

LARGEST NUMBER OF  
ATTENDANCES ARE PEOPLE  
AGED 20-29, UNDER 10s AND  
TEENAGERS

## OUR FINANCIAL CHALLENGE

- > We need to save £238M over the next five years. That is a lot – it represents 23 per cent of the budget.
- > We will be left with £1.07bn to spend on health and social care services. This sounds like a lot of money but demand for services is already costing more than the money we have and we will have lost 23 per cent of our budget.

Demand for service is out-stripping the money we have to pay for health and social care.

This is why radical change is needed, both in the way that services are provided but also in the way that we use those services.

The NHS organisations and Councils are working together on a plan called a Sustainability and Transformation Plan to transform health and social care to meet demand and close the financial gap.

If we do nothing

- > The cost will continue to rise
- > Demand for services will continue to rise
- > People's life chances will continue to be worse than elsewhere.

## WE WANT TO HEAR YOUR VIEWS ABOUT HEALTH AND CARE

There is a big financial challenge to face. After the savings have been made over the next five years, we need to decide how best to spend the £1.07bn in 2020 on health and social care in Pennine Lancashire. We will be setting up a series of events where you can come and talk to us, to tell us what matters to you and how we can best spend our budget in the future. You can also get involved through our website and through social media.



WE NEED TO SAVE  
**£238 MILLION**  
OVER THE NEXT FIVE YEARS

IN 2014/15:



**£128**  
MILLION  
ON ADULT  
SOCIAL CARE



**£100**  
MILLION  
ON GP  
PRESCRIPTIONS





## NEXT STEPS


We want to hear your views and we will be setting up some events where you can come and talk to us directly about the issues. There are a number of ways you can let us know your views:

**Write to us:** Pennine Lancashire Transformation Programme, Walshaw House, Regent Street, Nelson, BB9 8AS

**Email us:** [elccg.togetherahealthierfuture@nhs.net](mailto:elccg.togetherahealthierfuture@nhs.net)

**Call us:** (01282) 644738

**[www.togetherahealthierfuture.org.uk](http://www.togetherahealthierfuture.org.uk)**

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# **TOGETHER** A HEALTHIER FUTURE

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