

# Isle of Wight Health and Wellbeing Strategy

Produced by: IWC Public Health Intelligence Team

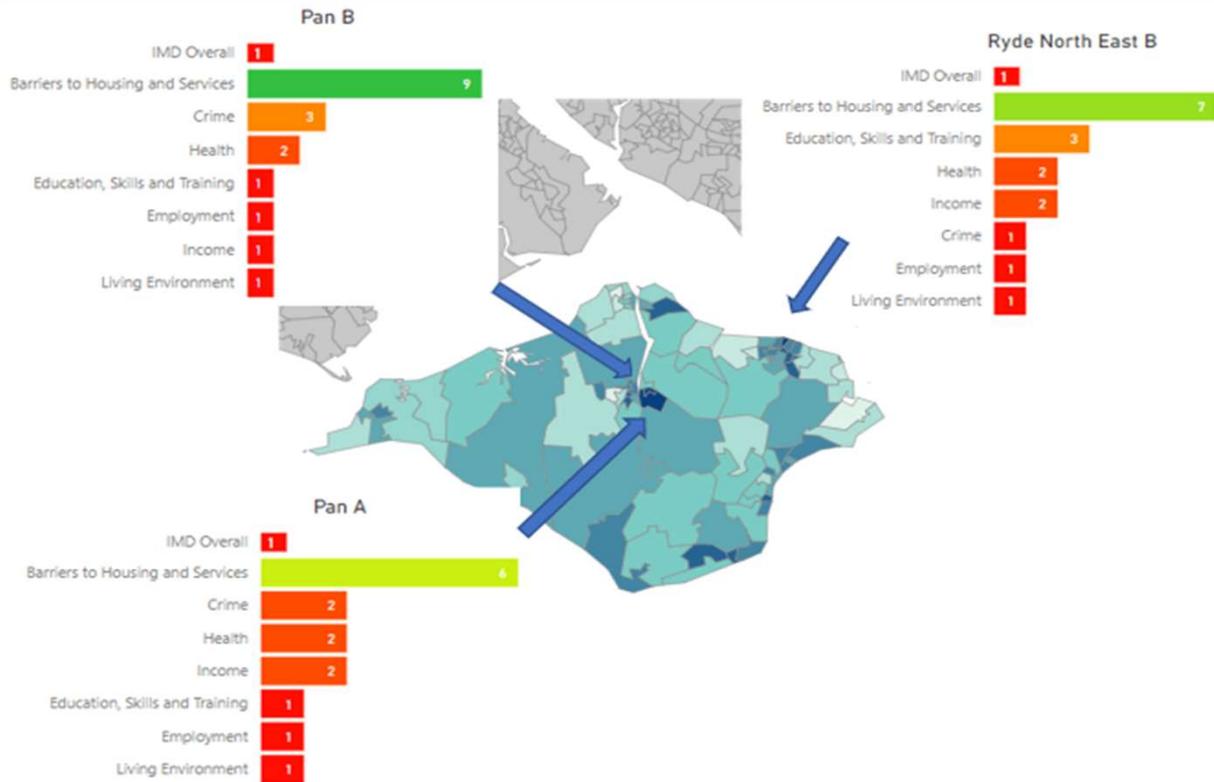
Simon Bryant – Director of Public Health

## Update

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- Health and Wellbeing Strategy needs to be refreshed for 2022
- Needs to link in with the IOW Council, NHS Trust and ICS plans
- The aim is to set out a shared vision in which people live healthy and independent lives, supported by thriving and connected communities with timely and easy access to high-quality and integrated public services when they need them.
- Following a workshop some key themes were identified for further development
- These are
  - Poverty, Inequalities and impact of deprivation and poverty
  - Children and Young People (in conjunction with the Children's Trust Board)
  - Long term impact of COVID
    - Community recovery
    - Long COVID
    - Mental health and Wellbeing
  - Getting people physical active
  - Housing and health

# Poverty, Inequalities and impact of deprivation and poverty – Index of Multiple Deprivation 2019

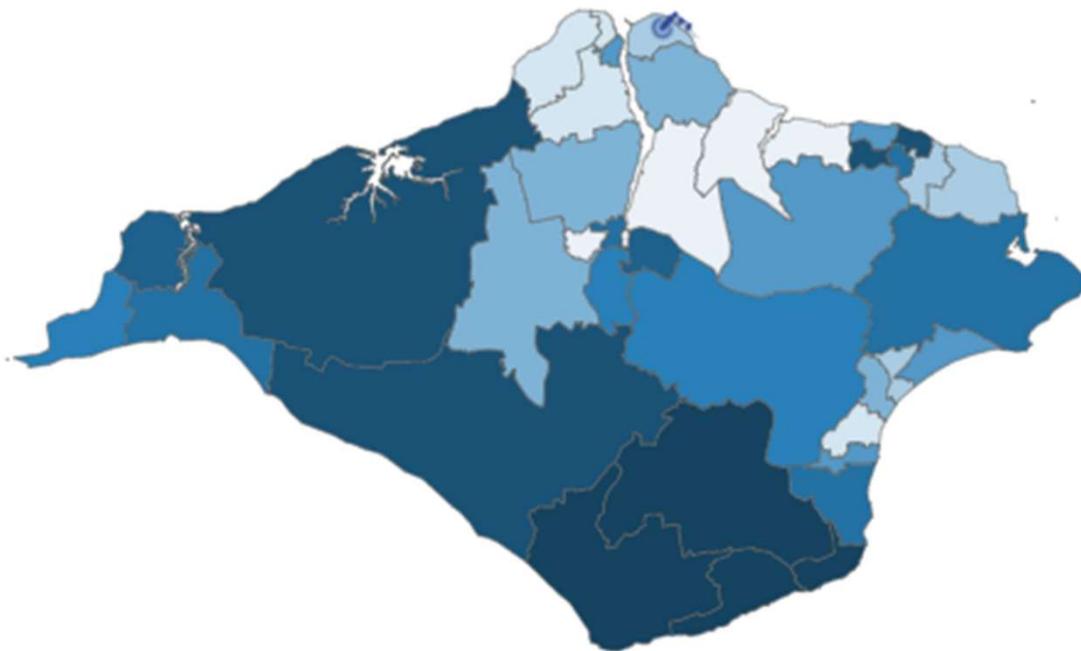


The three most deprived LSOAs as measured by the overall Index of Multiple Deprivation 2019 are  
**Pan A**  
**Pan B**  
**Ryde North East B**

The [Institute for Fiscal Studies reports](#) that the Isle of Wight is highly vulnerable to both the health and economic impacts of the COVID-19 pandemic. This reflects the elderly population of the Island, its reliance on tourism and hospitality, and pockets of pre-existing socio-economic disadvantage which may be exacerbated.

Source: English Indices of Deprivation 2019

# Poverty, Inequalities and impact of deprivation and poverty – Fuel poverty



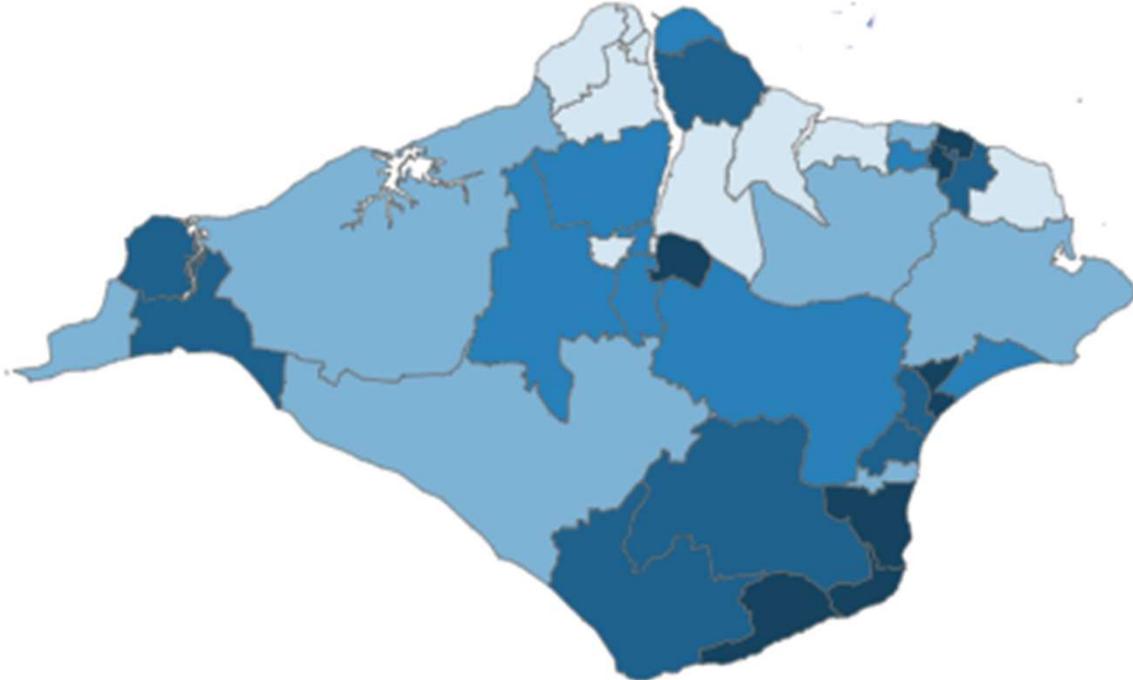
This map shows fuel poor households as a percentage of all households in the area. A household is said to be fuel poor if it needs to spend more than 10 per cent of its income to maintain an adequate standard of warmth.

The Island as a whole has 11.5% of households in fuel poverty.

Wards with highest levels of fuel poverty are Ventnor East (16.0%), Chale, Niton and Whitwell (15.0%), Ventnor West (14.8%) and Godshill and Wroxall (13.9%)

# Poverty, Inequalities and impact of deprivation and poverty

## Children in low income families (relative low income)



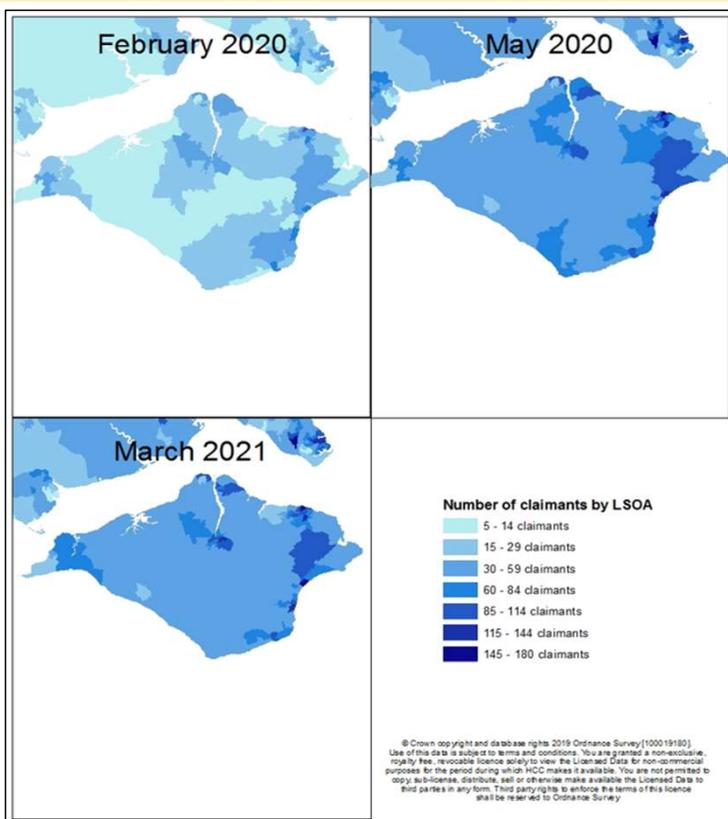
Prior to the impact of the COVID-19 pandemic, 19% of the Island’s children were living in low income families. This represents approximately 4,270 children aged under 16.

Eight wards had increasing percentages of children in low income families compared to the previous year: Shanklin South (26.9%), Ryde North East (26.3%), Freshwater South (21.7%), Arreton an Newchurch (20.3%), Parkhurst (20.0%), Carisbrooke (18.7%), Havenstreet, Ashey and Haylands (18.2%) and Cowes West and Gurnard (10.2%).

The Wards with the highest levels of children living in low income families are: Ventnor West (28.4%), Shanklin South (26.9%) and Ryde North East (26.3%), Sandown South (25.9%), Newport East (25.7%), Ventnor East (25.0%) and Ryde South (23.6%)

Source: LG Inform

## Long term impact of COVID-19 – Unemployment



- On Isle of Wight, the impacts of the COVID-19 pandemic on employment have been slightly higher than those experienced in England and the South East. The proportion of working aged adults claiming out of work benefits increased to 6.94% in March 2021 compared to 6.58% and 5.37% in England and the South East, respectively.
- The COVID-19 pandemic had a major impact on employment, with the number of adults claiming out of benefits doubling from 2,575 in February 2020 to 5,490 in March 2021.
- There was a large variation in the proportion of working aged adults claiming out of work benefits across Isle of Wight, with the towns of Newport, Ryde, Sandown and Shanklin having the largest proportion. Claimant count was higher and increased significantly more in the younger working age, 18-44 years, peaking at 9.7% in February 2021.

## Poverty, Inequalities and impact of deprivation and poverty

### Local work programmes

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Work on food insecurity.

Holiday Activity and Food Programme (HAFP) supporting families on FSM with food and activities through the summer.

Close working with community groups.

## *Children and young people and the Impact of Covid on children and young people - national findings*

- Nationally, research indicates that the impact of the pandemic on children especially their mental health has been profound. Childline has [reported](#) an increase in calls for support during the pandemic with nearly 90,000 counselling sessions delivered over the past year. Young people [report](#) having nightmares and trouble sleeping, anxiety around catching coronavirus as well as spreading it. They describe feeling 'trapped' at home due to lockdown and social distancing measures. Whilst not being able to attend school, see friends or engage in activities has had a negative impact on their mental health.
- Exposure to online harm has also been of increasing concern during the pandemic as we have all relied heavily on technology for remote learning, social interaction and access to services. The Government's white paper '[Online Harms](#)' indicates the level of concern. Even before the pandemic, according to research conducted by Ofcom and the Information Commissioner's Office, 23% of 12-15 year olds had experienced or seen bullying, abusive behaviour or threats on the internet in the last 12 months. But during the pandemic 47% of children and teens have seen content that they wished they hadn't seen during lockdown. In a month-long period during lockdown, the Internet Watch Foundation and its partners blocked at least 8.8 million attempts by UK internet users to access videos and images of children suffering sexual abuse.

## *Children and young people and the Impact of Covid on children and young people – IOW Children and Young People's Survey 2019*

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- The Children and Young People's Survey carried out in 2019 on the Island indicated that over half (55%) of the secondary pupils surveyed had been upset by something that had happened online.
- The Survey also indicated that for secondary pupils 44% of young people surveyed had a low measure of resilience (increasing from 28% in 2017) with over half the girls who responded in Year 8 (53%) and Year 10 (52%) scoring low. Only 8% had a high resilience score reducing from 11% in 2017.
- Nearly two fifths of young people had a medium to low self-esteem score with only 19% of girls in Year 8 and 21% of girls in Year 10 having a high self-esteem score. Nationally findings show that females in secondary school tend to have lower self-esteem scores than boys.

# Children and young people and the Impact of Covid on children and young people - Children's Commissioner

Indicator	Number in Isle of Wight	Rate in Isle of Wight	Benchmark: National Rate (Orange Line)	Benchmark: Regional Average Rate (Orange Line)	DfE Statistical Neighbours (Orange Bars)
Children aged 0-17 with mental health of parent/someone else in household identified as a factor at CIN assessment during the year (excluding looked after children)	388	15.68 (per 1000 0-17 yr olds)			
Children aged 0-1 with mental health of parent/someone else in household identified as a factor at CIN assessment during the year (excluding looked after children)	57	24.97 (per 1000 0-1 yr olds)			
Modelled prevalence of children aged 0-1 in households where parent suffering severe mental health problem	200	101.54 (per 1000 0-1 yr olds)			
Modelled prevalence of children aged 0-4 in households where parent suffering severe mental health problem	600	101.54 (per 1000 0-4 yr olds)			

The Children's Commissioner CHLDRN app indicates that the Island is above the national average for children 0-17 yrs where mental health of someone in the household has been identified as a factor on CIN assessment and especially so for children aged 0-1 years.

## *Children and young people and the Impact of Covid on children and young people— Local work programmes*

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Partnership for Education, Attainment and Children's Health (PEACH) is supporting mental health in schools.

Youth Trust mental health census.

Workforce development.

CAHMS developments and access in schools

## *Long Term Impact of COVID-19*

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Research on the impact of COVID-19 indicates that those with health-related vulnerabilities such as people aged 70 or older, and people with pre-existing health conditions (coronary disease, hypertension and diabetes) are at most risk.

Labour market vulnerability indicates that a number of sectors – such as restaurants, hospitality and personal services have been greatly impacted.

Family vulnerability see schools as a vital part of the safety net for families with children, and school closure will affect not just children’s educational prospects but also the ability to identify vulnerable children and families.

The Island has an aging demographic, is heavily reliant on hospitality, tourism and personal services, has a higher than average rate of children in need and lower than average attainment for young people. All these factors indicate that the Isle of Wight is likely to be impacted heavily and for the long term by the COVID-19 pandemic.

## Community recovery

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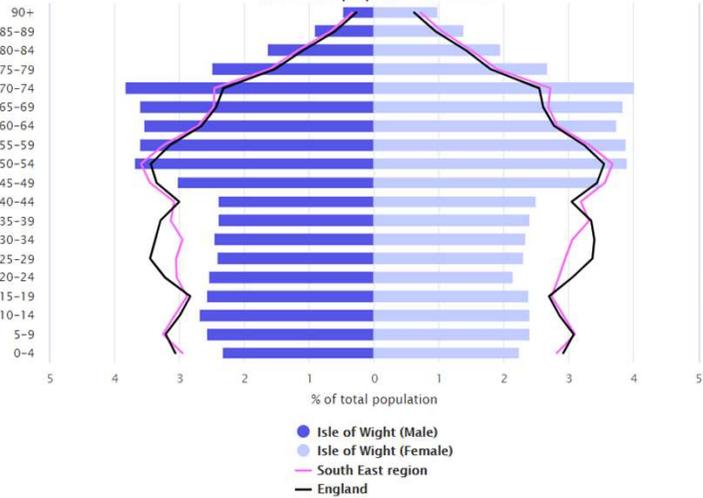
- On the Isle of Wight over the course of the pandemic approximately 7,000 people were shielding. Spending months with reduced activity is suggested to have an impact on the four aspects of physical fitness (strength, stamina, suppleness and skill) and also on cognitive function and emotional wellbeing. This will increase dependency and reduce life expectancy. This is supported from survey evidence which suggests that 25% of older people's ability to do everyday activities has worsened during the pandemic.

<https://blogs.bmj.com/bmj/2020/06/15/covid-19-will-be-followed-by-a-deconditioning-pandemic/>

<https://www.ageuk.org.uk/latest-press/articles/2021/new-analysis-finds-the-pandemic-has-significantly-increased-older-peoples-need-for-social-care/>

# Community recovery

Population age profile  
Resident population 2018



The Island has a higher than average over 65s population and higher prevalence of risk factors such as estimated prevalence of diabetes (10.3%), estimated smoking prevalence (17.5%), CHD (4.0%), stroke (2.7%) and a higher than average new cancer cases rate (791 per 100,000).

**Compared with England** ■■■ ● Lower ● Similar ● Higher ○ Not applicable    Quintiles: Low ● ● ● ● High ○ Not applicable

Recent trends: — Could not be calculated    ➡ No significant change    ⬆ Increasing    ⬇ Decreasing    \* a note is attached to the value, hover over to see more details

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Indicator	Period	Recent Trend	Count	IoW Value	Region England			England		
					Value	Value	Lowest	Range	Highest	
Diabetes: QOF prevalence (17+) (Persons, 17+ yrs)	2019/20	⬆	9,240	7.6%	6.4%	7.1%	2.9%		10.1%	
Estimated smoking prevalence (QOF) (Persons, 15+ yrs)	2019/20	—	21,767	17.5%	15.1%	16.5%	9.9%		25.1%	
CHD: QOF prevalence (all ages) (Persons, All ages)	2019/20	➡	5,736	4.0%	2.9%	3.1%	1.2%		4.8%	
Stroke: QOF prevalence (all ages) (Persons, All ages)	2019/20	⬆	3,893	2.7%	1.8%	1.8%	0.7%		2.8%	



## *Community recovery – Local work programmes*

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Strong communities.

Support through the newly established Mental Health Alliance and work with Age Friendly Island Steering Group to support those coming out of shielding.

The Out-and-About service matched worried residents with a local volunteer who would meet them to go on a short walk (maintaining social distance) to help them overcome their anxieties.

Strength and Balance classes delivered by Community Physiotherapists.

New Bus Service Improvement Plan proposed from October 2021.

## Long COVID

- Long COVID is currently defined as people who suffer with poor health for 12 weeks or more beyond the initial acute phase of infection.
- Those experiencing Long COVID will present ongoing challenges for health and social care systems with increased need for care. Of those who were working before being hospitalised for COVID-19 and contracting Long COVID almost 19% reported a health-related change to their occupational status.
- The ONS reported that in the four week period ending 6th March 2021 674,000 people across the UK self-reported that Long COVID symptoms were adversely affecting their day-to-day activities, with 196,000 people reporting that their ability to undertake day-to-day activities had been limited a lot.
- Applying these proportions to the local population suggests that over 1,500 people on the Isle of Wight were experiencing long COVID for 12 weeks or longer during the week ending 6th March 2021. Of these around 280 reported that these symptoms had impacted a lot on their day to day activity.

### Sources:

[Physical, cognitive and mental health impacts of COVID-19 following hospitalisation – a multi-centre prospective cohort study | medRxiv  
https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/prevalenceofongoingsymptomsfollowingcoronaviruscovid19infectionintheuk/1april2021](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/prevalenceofongoingsymptomsfollowingcoronaviruscovid19infectionintheuk/1april2021)

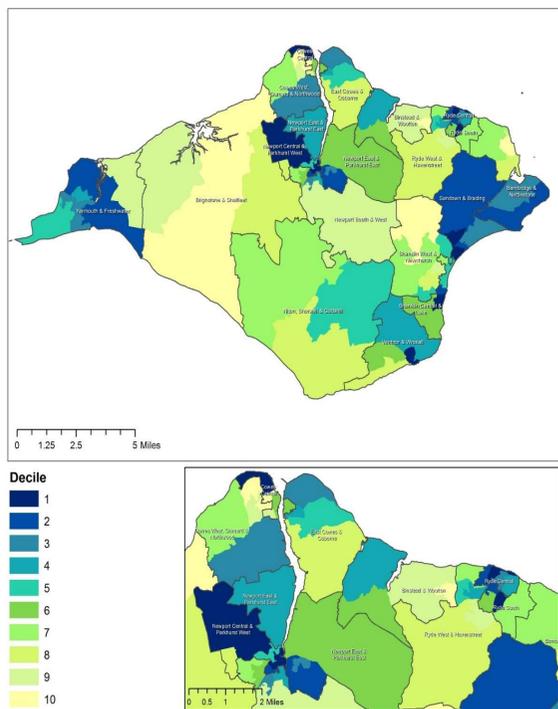


## *Long term impact of COVID-19 – Mental Health and Wellbeing Index*

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- COVID-19 and the associated restrictions have both had an impact on the population's mental health, with groups who in the past have had robust mental health being affected alongside those with pre-existing experience or diagnosis of mental health conditions.
- Using data from a range of sources, a wellbeing vulnerability index has been created to identify and map populations on the Isle of Wight who are more likely to have vulnerable mental health because of the restrictions put in place during COVID-19
- Vulnerable groups included in this index can be placed into four categories:  
Demographic (young people and ethnic minorities),  
Health (people with two or more long term conditions),  
Economic (low earners, people working in healthcare and sectors likely to be furloughed, self employed), and  
Living situation (lone parents, renters, older people living alone and people living in institutions).

## Long term impact of COVID-19 – Mental Health and Wellbeing Index



- On the Isle of Wight the urban populations are more likely than the rural populations to have mental wellbeing which is vulnerable as a result of COVID-19 restrictions. This is evident by the darker shading in Newport, Ryde, Cowes, Sandown and Shanklin and the pale shading in the more rural areas in the South and West of the Island. There is only 5.5km between those who are most and least likely to have vulnerable mental wellbeing due to COVID-19 restrictions. Those who are most likely live in Newport Central & Parkhurst West, in the LSOA 009E. The population which is least likely to have vulnerable mental wellbeing due to COVID-19 restrictions live in the LSOA 002A, in Cowes West, Gurnard & Northwood.

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## *Mental Health and Wellbeing*

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- As well as the physical effects of Covid-19, the mental health impact is far-reaching and will be with us for many years to come. Impacting people differently, the effects of lockdown policy such as shielding, closures and social isolation have been extensive.
- The ONS release [‘Coronavirus and depression in adults’](#) shows that as many as one in five adults have experienced some form of depression, over double that observed before the pandemic (10%).
- Younger adults and women were more likely to experience some form of depression with over 4 in 10 (43%) women aged 16 to 29 years experiencing symptoms of depression (compared to 26% of men the same age).
- The survey also found that people classed as clinically vulnerable, disabled, renting or from more deprived areas were more likely to experience depressive symptoms. This is particularly key for the Isle of Wight where many families rent, we have areas of deprivation and higher numbers of disabled, older and people with pre-existing conditions.

# Mental Health and Wellbeing

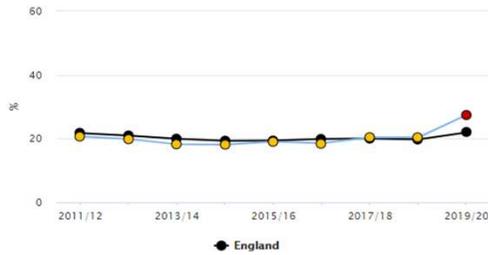
## Self-reported wellbeing - people with a high anxiety score

Proportion - %

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Export table as CSV file

Recent trend: Could not be calculated



Period	Count	Isle of Wight		South East	England
		Value	95% Upper CI		
2011/12	-	20.7%	23.3%	21.3%	21.7%
2012/13	-	19.9%	22.3%	20.8%	21.0%
2013/14	-	18.2%	20.7%	19.6%	20.0%
2014/15	-	18.1%	20.5%	18.8%	19.3%
2015/16	-	19.0%	21.5%	19.0%	19.4%
2016/17	-	18.5%	21.1%	19.5%	19.9%
2017/18	-	20.4%	23.2%	20.4%	20.0%
2018/19	-	20.4%	23.5%	19.7%	19.7%
2019/20	-	27.4%	31.0%	22.0%	21.9%

Source: Annual Population Survey (APS), Office for National Statistics (ONS).

The ONS Integrated Households Survey as shown on PHE Fingertips indicates that the Island has increasing levels of high anxiety (27.4%) compared to the national average (21.9%).

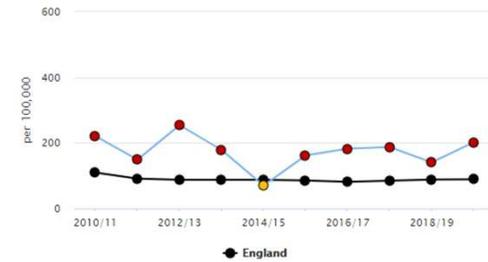
## Hospital admissions for mental health conditions

Crude rate - per 100,000

Export chart as image Show confidence intervals Show 99.8% CI values

Export table as CSV file

Recent trend: No significant change



Period	Count	Isle of Wight		South East	England
		Value	95% Upper CI		
2010/11	58	220.9	285.5	138.0	109.4
2011/12	39	149.0	203.7	119.1	91.3
2012/13	66	254.2	323.4	106.2	87.9
2013/14	46	178.9	238.6	96.1	87.4
2014/15	18	70.4	111.3	76.7	87.7
2015/16	41	161.8	219.5	81.1	85.9
2016/17	46	182.4	243.3	81.9	81.5
2017/18	47	187.6	249.5	85.7	84.7
2018/19	35	140.7	200.4	88.9*	88.3
2019/20	50	202.1	275.7	93.4	89.5

Source: Hospital Episode Statistics (HES) Copyright © 2020, Re-used with the permission of The Health and Social Care Information Centre. All rights reserved.

The Island also has higher than average admissions for mental health conditions

## *Mental Health and Wellbeing – Local work programmes*

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Strong communities.

Support through the newly established Mental Health Alliance and work with Age Friendly Island Steering Group to support those coming out of shielding.

The Out-and-About service matched worried residents with a local volunteer who would meet them to go on a short walk (maintaining social distance) to help them overcome their anxieties.

Training being delivered to volunteers around mental health first aid.

Mapping all support groups.

Consultation on mental health support / people's knowledge of mental health support and access

Comms campaign – 'It's OK to not be OK'.

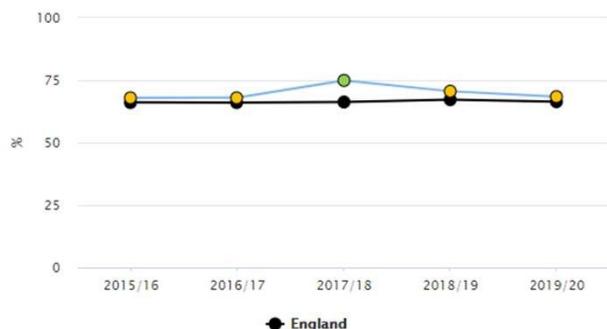
# Getting people more active

## Percentage of physically active adults

Proportion - %

Export chart as image Show confidence intervals Show 99.8% CI values

Export table as CSV file



Recent trend: Could not be calculated

Period	Count	Isle of Wight			South East	England
		Value	95% Lower CI	95% Upper CI		
2015/16	-	67.9%	63.6%	72.0%	68.7%	66.1%
2016/17	-	68.1%	63.8%	72.1%	68.9%	66.0%
2017/18	-	74.9%	70.6%	78.8%	69.8%	66.3%
2018/19	-	70.6%	66.3%	74.5%	70.2%	67.2%
2019/20	-	68.4%	64.1%	72.4%	69.5%	66.4%

Source: Public Health England (based on the Active Lives Adult Survey, Sport England)

Sport England's Active Life Survey 2019/20 indicates that locally 68.4% of adults were physically active (similar to national average of 66.4%).

Sport England's Active Life Survey for Young People indicates that 71.9% of 5 to 16 year olds in Hampshire and the Isle of Wight were either active or fairly active in 2019/20.

Nationally, [Sport England's Adults Active Lives Survey](#) 2019-20 showed that the initial lockdown had an impact on activity levels. While male activity levels dropped by a larger amount in the initial lockdown between mid-March to mid-May (-8.9% versus -5.4%) they recovered more quickly, while female activity levels remained consistently lower than 12 months earlier.

Not all groups or demographics were affected equally though, with women, young people aged 16-24, over 75s, disabled people and people with long-term health conditions, and those from Black, Asian, and other minority ethnic backgrounds most negatively impacted beyond the initial lockdown period.

For young people, fewer were active during the summer as compared to 2019 with notable drops in sporting activities but an increase in walking, cycling and fitness activities.

## *Getting people more active*

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- New Energise Me consultation just finished on new action plan for Hampshire and the Isle of Wight
- Walking for Health Groups up and running again
- Partnership for Education, Attainment and Children's Health (PEACH) supporting this agenda in school

## Housing

- In 2019/20 there were 1,642 approaches to the homelessness service, including those requiring general advice, an increase of 190 cases on the previous financial year. 704 of these approaches progressed to homeless applications and were owed homelessness prevention and/or homelessness relief duties. 376 applications had their homelessness prevented or relieved with assistance from the authority; an increase of 86 cases on the previous year. 59 applications were accepted as homeless; an increase of 1 on the previous year.
- Homelessness continues to be a major problem and is attributable to many factors, mainly the lack of affordable housing. Other factors such as changes to the welfare system, in particular the housing benefit and Universal Credit Housing Element levels not keeping pace with private sector rent levels, resulting in increasing difficulty for low income households to afford private rent as a housing option. This is not even factoring in the challenges that COVID-19 has introduced towards the end of 2019/20 and into this financial year.
- The number of households in temporary accommodation at year end was 167; a reduction of 113 from the previous 12 months.
- Collaborative and focused intervention saw a significant decrease in rough sleeping in 2019, with 11 individuals identified during a rough sleeper estimate, down from 24 individuals 12 months previously.
- CHLDRN app data indicates that IOW is above the national average for households with children threatened with homelessness.

## *Healthy homes*

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- **Building the right homes-** Nationally Described Space Standards, Energy efficient
- **Raise awareness-** Minimum Energy Efficiency Standards, Housing Health and Safety Rating System (HHSRS)
- **Workforce development-** sharing information on the above- what are they and how to access.
- **Working together-** GP surgeries and housing teams (damp and asthma)
- **Reducing Inequalities-** targeting interventions to those in fuel poverty, proactively identifying households for HHSRS
- **Asbestos-** deaths are more likely to be in those in roles regarding repair and maintenance of homes.
- **Carbon monoxide-** Deaths from this can be accidental or non- accidental. Poisonings are more likely in the winter months. 53 fatalities in England.
- **Second hand smoke-** impacts smoking and non-smoking householders e.g. respiratory conditions.