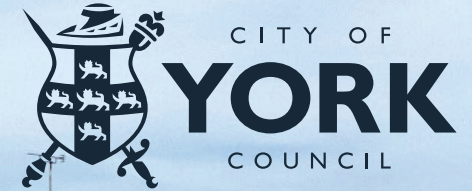


# Our City Health Narrative



A summary of the York Joint Strategic Needs Assessment (JSNA) in 2025

# Our City Health Narrative

## York has a reputation for being a city in **good health**.

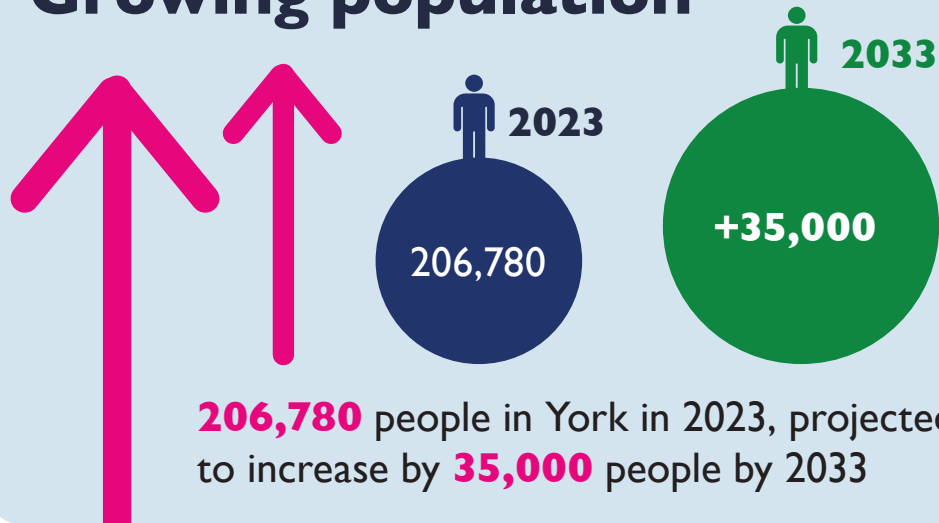
With a growing economy, high skills and a strong community fabric, we have many assets and things which keep people healthy.

However our health outcomes are not as good as you would expect...with declining life expectancy, similar levels of preventable disease as other areas, large health gaps between our richer and poorer communities, and some key areas of health need identified by the Joint Strategic Needs Assessment.

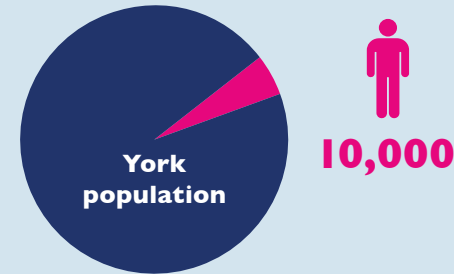
That's why we've set a clear vision in our Health and Wellbeing Strategy to become a **health generating city**, and to reduce the gap in healthy life expectancy over the next ten years by tackling the chief causes of ill health in poorer communities.



## Growing population

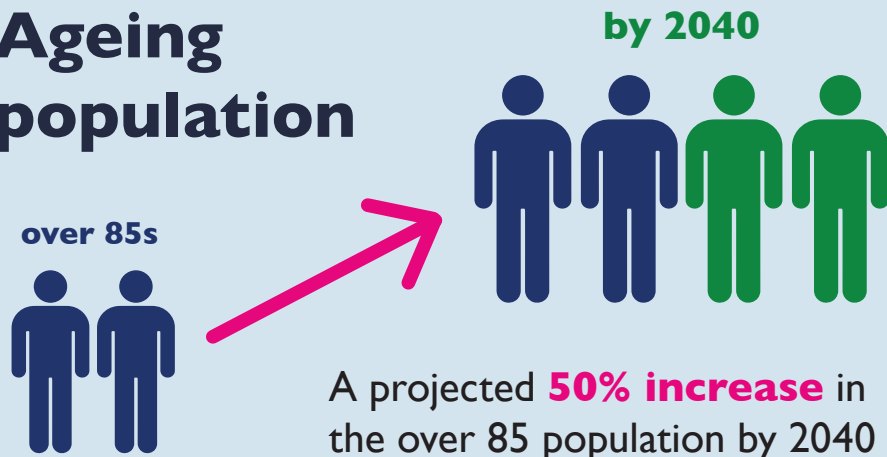


## Deprivation

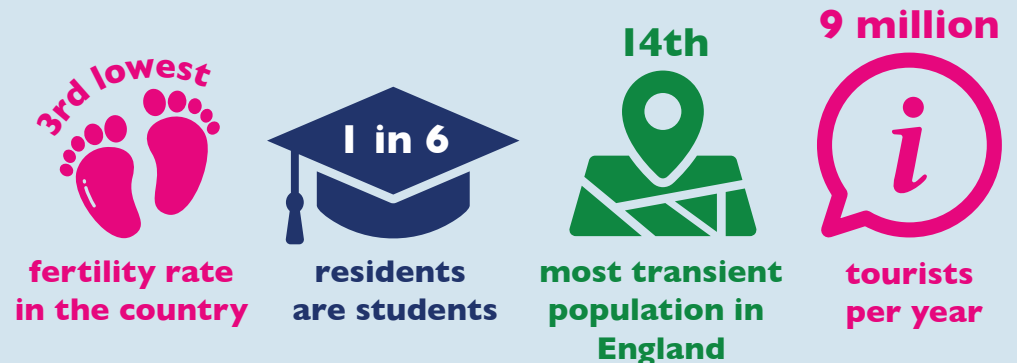


Nearly 10,000 people in York live in the **20% most deprived areas in England**

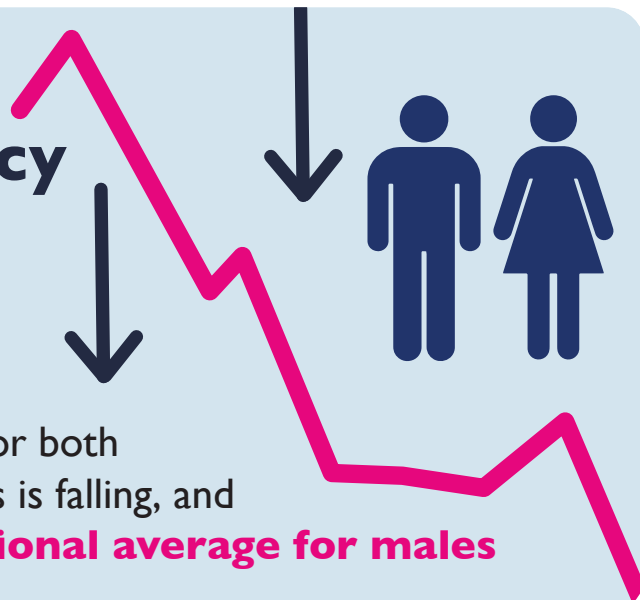
## Ageing population



## Distinctive demographics



## Life expectancy



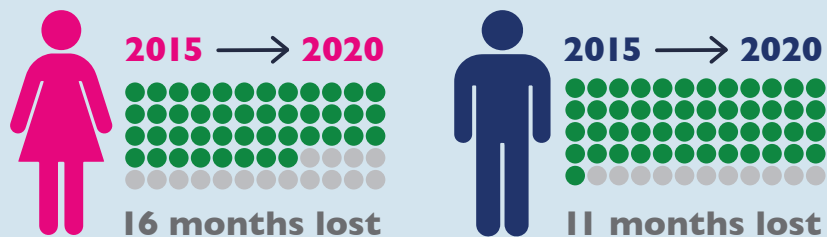
Life expectancy for both males and females is falling, and now **below national average for males**

## Gap in life expectancy



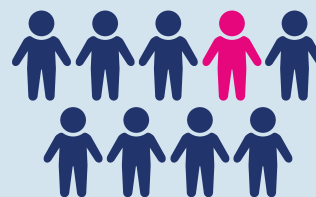
Gap in life expectancy between wards of **over 10 years** for both males and females

## Healthy life expectancy



Between 2015-2020 females lost 16 months of healthy life, and males 11 month

## Poverty



**1 in 9**

children live in poverty

More than **1 in 8** residents live in fuel poverty



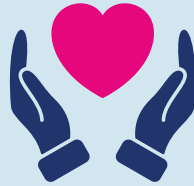
# Our Strengths

Our Health Baseline

## Community



A strong voluntary and community sector with **over 350 charities**



## Economy



A **growing and resilient** economy and strong local employment profile



## Green space

**Closer than average** access to green space



## Education and skills

York has the most **highly educated** population in the region



## Diversity

York is an **increasingly diverse** city with more residents from a minoritised ethnic background



## Weight



**Increasing number** of children living with an unhealthy weight at reception and year 6

## School readiness

**Inequalities** in speech and language and school readiness



## Breast feeding

**2x variance** between wards in feeding at 6-8 weeks



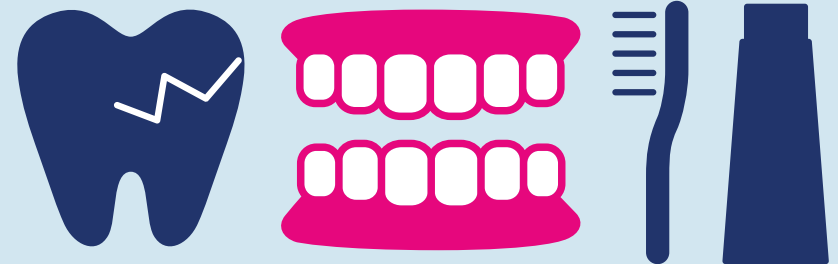
## Vaccinations

**Good** vaccination coverage



## Oral health

**Poor** oral health and access to dentistry



## SEND

**Increase** in number of children with SEND

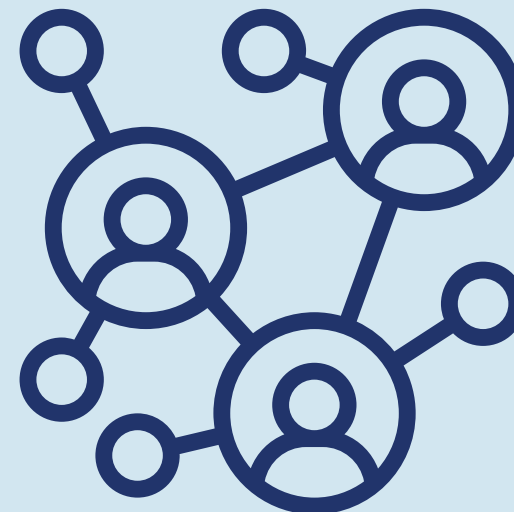


York SEND  
Local Offer



## Relationships

**Concerning trends** around young people's experiences of relationships



## Vaping

A **large rise** in vaping (1 in 4 teenagers have used an e-cigarette)



## School attendance

**Higher** levels of school **absence** post COVID



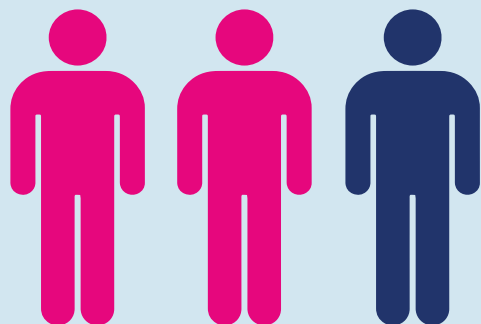
## Emotional and mental health

**Concerning trends** in emotional and mental health, and generally lower levels of happiness and wellbeing



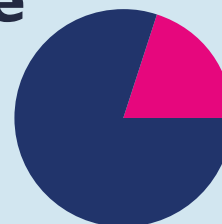
## Weight

2 in 3 adults overweight or obese



## Sedentary lifestyle

20%



are essentially sedentary; 'getting more active' came top in NHS survey

## Alcohol

high consumption, hospital admissions and mortality



## Cost of living

Cost of living pressures affecting health



## Medical

Access to timely medical appointments



## Housing affordability



The average house is 9.3x average earnings



## Loneliness

**Higher than average** levels of loneliness



## Mental Health

**Demand rising** in older populations



## Transport

Transport issues **affecting health**



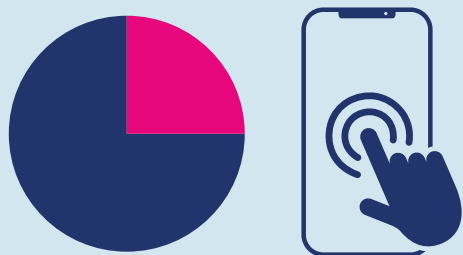
## Climate Change

**Vulnerable** to the effects of climate change and extreme heat/cold



## Digital exclusion

**25%** of over 65s



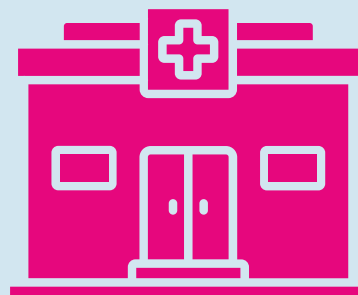
## Cost of living

Cost of living pressures **affecting health**



## Falls prevention

**800** falls-related admissions per year



## Adults with major illness



The proportion of adults with a major illness will grow by

**38% by 2040**

## Population growth in York means:

### GP appointments

An extra 60k GP appointments per year

**+60k**  
per year



### A&E

An additional 52 patients attending A&E each day

**+52**  
per day



### Social care

Social care demand rising by an extra 600 people per year

**+600**  
per year



### Mental Health Services

An extra 1235 patients per year seeking care in mental health services

**+1235**  
per year



# Our Population Health Goals

 Where we are heading

## The ten goals of our Health and Wellbeing Strategy (1-6)

### 1. Life expectancy

**Half the gap** in healthy life expectancy between richest and poorest



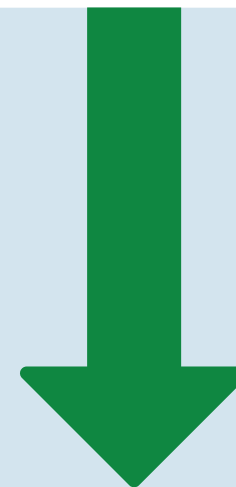
### 2. Happiness

**Increase** population happiness scores by **5%**



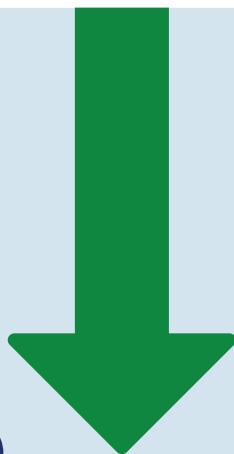
### 3. Smoking

Bring smoking rates **down** below **5%**



### 4. Alcohol

**Reduce** harmful drinking by **5%**



### 5. Weight

**Reverse the rise** in unhealthy weight



### 6. Health

**Reduce** inclusion health inequalities



# Our Population Health Goals

 Where we are heading

## The ten goals of our Health and Wellbeing Strategy (7-10)

### 7. Suicide and self-harm

**Reduce** suicide and self-harm rate by **20%**



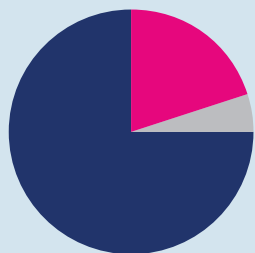
### 8. Exercise

**Reduce** sedentary behaviour by **5%**



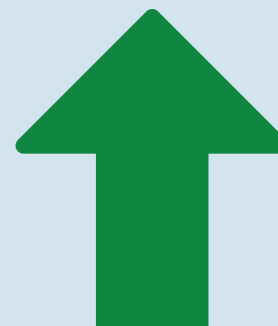
### 9. Loneliness

**Reduce** loneliness from 25% to **20%**



### 10. Diagnosis

**Improve** diagnosis gaps





This document was produced by the Public Health Team in City of York Council using data from the ONS and Fingertips website.

[www.york.gov.uk/CouncilPlan](http://www.york.gov.uk/CouncilPlan)

If you would like this document in an alternative format, please call (01904) 551550 or email [ycc@york.gov.uk](mailto:ycc@york.gov.uk)



CITY OF  
**YORK**  
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