

Our City Health Narrative

Summary of York Joint Strategic
Needs Assessment (JSNA) 2026/27



One City, for all
york.gov.uk/CouncilPlan



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 healthy 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.



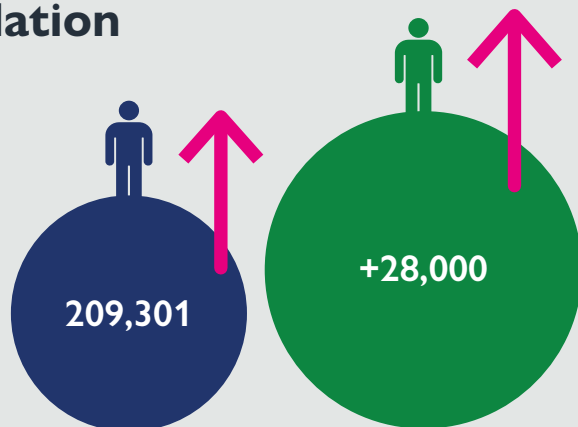
Our demographics

Our health baseline



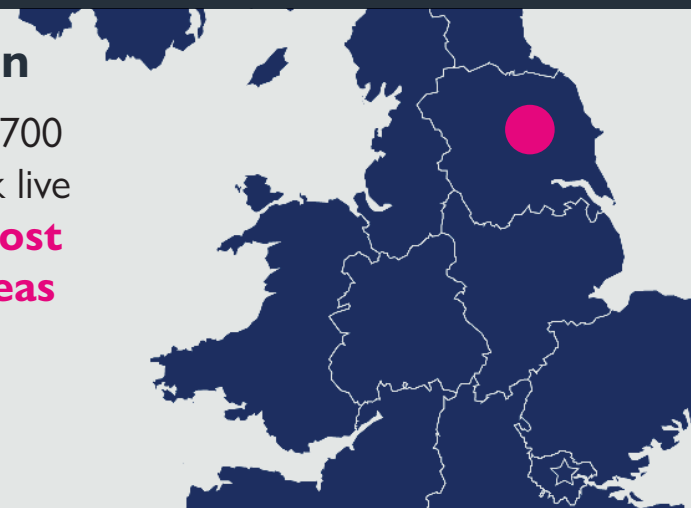
Growing population

209,301 people live in York, with housing growth this is expected to increase by up to **28,000** people.

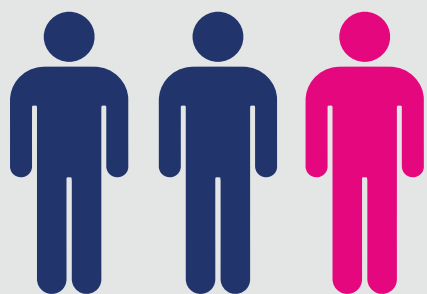


Deprivation

More than 12,700 people in York live in the **20% most deprived areas in England**.



Ageing population



A projected **50% increase** in the over 85 population by 2040

Distinctive demographics

2nd lowest



fertility rate in the country

1 in 6



residents are students

16th



most transient population in England

9 million



tourists per year



Life expectancy

Life expectancy for both males and females has **remained static** over the last decade, similar to the national average.

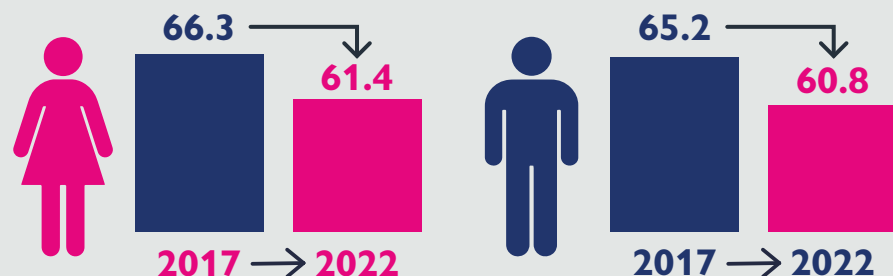


Gap in life expectancy



Gap in life expectancy between small local areas in York is **over 10 years for males and 8 years for females.**

Healthy life expectancy



Between 2017 and 2022, females lost **4.9 years** of healthy life, and males lost **4.4 years**.

Income poverty



children live in low-income families

Fuel poverty



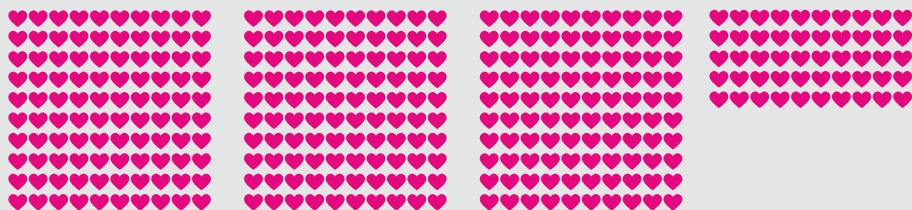
residents live in fuel poverty

Our strengths

Our health baseline



Community



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



Economy

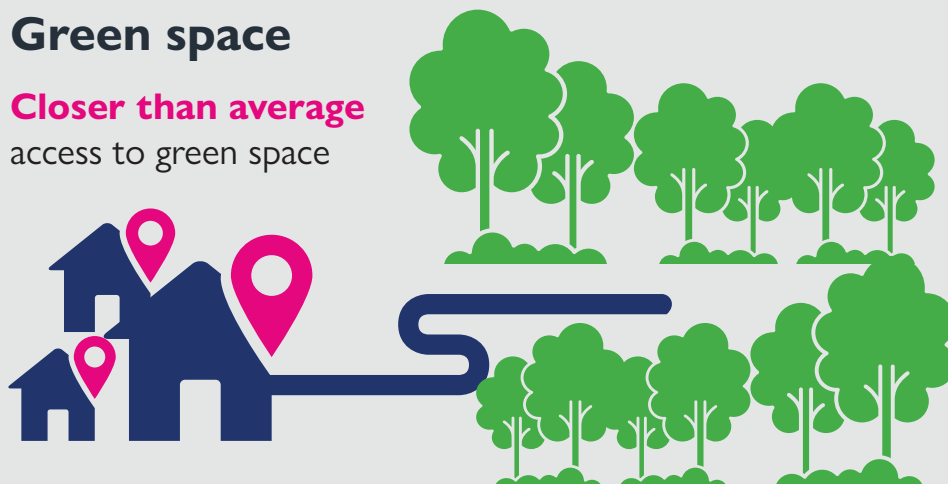


York has **good economic growth**, with a thriving high street, better housing and transport, and access to skills



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





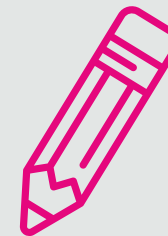
Weight



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



Ready to learn at school



Differences across York in speech, language, independence, confidence and social skills of children about to start school.

Breast feeding

The highest breast feeding rates are **8 out of 10** mothers in one area, which is **twice as high** as the area with the lowest breast feeding rates, **4 out of 10**.



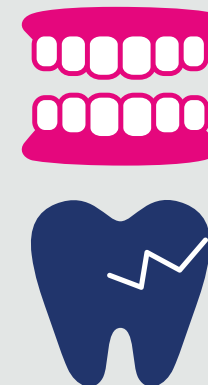
Vaccinations

Good vaccinations uptake but there is room for improvement so that the population is better protected.



Oral health

Oral health outcomes are **better than average**, but access to dentistry and inequalities remain.



Our young people (11-18)

Starting and growing well 

SEND

More children and young people are being assessed for, and diagnosed with, special educational needs and disabilities (SEND).



Relationships

9 in 10 young people have **healthy views** on relationships.



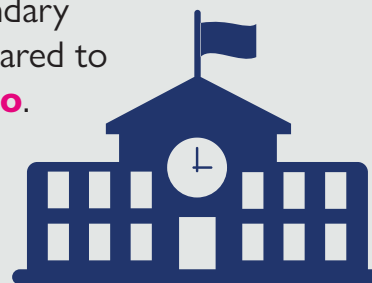
Vaping

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



School attendance

Twice as many young people are regularly missing secondary school, compared to **10 years ago**.



Emotional and mental health

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



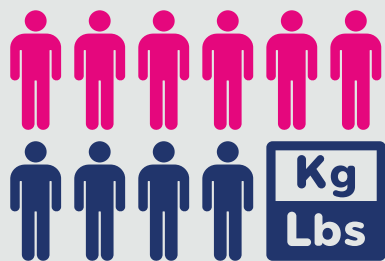
Our working age adults (18-64)

Living well



Weight

6 in 10 adults are overweight or obese.



Smoking

Tobacco smoking **continues to decrease.**



Physical activity

More than 4 in 5 residents are physically active, more than any other area in the region, but almost **20% are still inactive.**



Alcohol

More people admitted to hospital and dying early due to alcohol consumption



Cost of living

Cost of living pressures **affecting health.**



GP appointments

Many patients struggle to get a **timely appointment** with their GP.



Housing affordability



York has the highest average house prices in the Yorkshire and Humber region. The average house costs **7.5x average earnings.**



Loneliness

Lower than average levels of loneliness.



Mental health

Rising demand for dementia diagnoses in older populations.



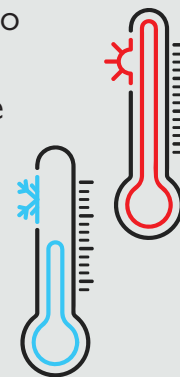
Transport

Transport issues **affecting health.**



Climate change

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



Digital exclusion

2 in 3 people aged 65+ lack IT skills to access the internet properly.



Cost of living

Cost of living pressures **affecting health.**



Falls prevention

925 falls-related admissions per year.



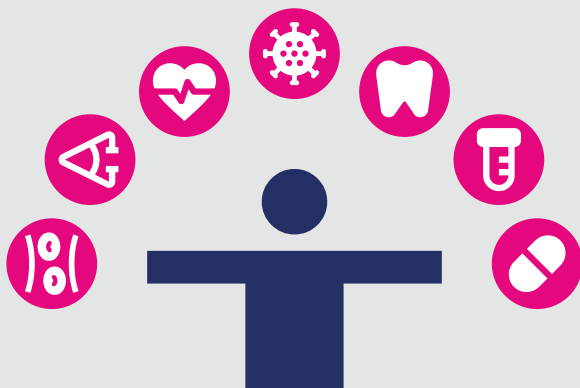


Adults with major illness

The proportion of adults with major physical and/or mental illness will grow by **37% by 2040**, with chronic pain and diabetes expected to increase the most.

More people are expected to be living with multiple long-term conditions.

For York residents aged 65+, severe hearing loss is expected to increase the most, by **26%**.



GP appointments

An extra

3,000

appointments needed
by 2029.



A&E

An additional 5 people attending A&E each day, by 2035.

+5
per day



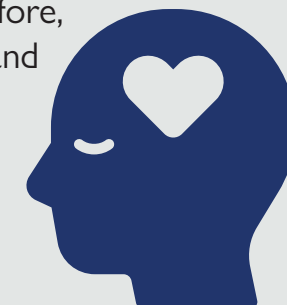
Social care

Increase in **14%** of care packages provided **by 2035.**



Mental Health Services

More people are asking for help with their mental health than ever before, especially children and young people.



Our population health goals

Where we are heading



The ten goals of our Health and Wellbeing Strategy

1. Healthy life expectancy

Halve 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



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



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We can also translate into the following languages:

我們也用您們的語言提供這個信息 (Cantonese)

এই তথ্য আপনার নিজের ভাষায় দেয়া যেতে পারে। (Bengali)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

یہ معلومات آپ کی اپنی زبان (ہولی) میں بھی میا کی جاسکتی ہیں۔ (Urdu)

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

