

NEW

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Coming soon >>>

- Eye Health Needs Assessment
- Falls Prevention in Norfolk Needs Assessment
- Dementia Needs Assessment
- Offender Health summary of needs



NEW

Featured item >>>

Physical Activity
Needs Assessment[See page 2](#)

Joint Strategic Needs Assessment developments

Over the last few months there have been a number of key developments in the JSNA, which has been led by discussions in the JSNA Officer Working Group. The focus of the Group has been to review and refresh the presentation of information on the JSNA, to make it more accessible to those who need to use it. This includes work on a public-facing summary for the JSNA, due to be published in April. Here are some of the highlights since the last newsletter.

FUEL POVERTY REVIEW & REPORT: Fuel poverty is a measure that has been produced to measure the level at which the public suffer from the costs of heating their homes. Low income, high energy prices and an energy inefficient home is the worst combination but any one of the variables can push a household into fuel poverty. During 2013, the government changed the definition and measure of fuel poverty from one that focused on costs alone, into one that took into account incomes too, Low Income High Cost (LIHC) measure.

 [View Fuel Poverty in Norfolk summary report](#)

During 2013, an Overview and Scrutiny Panel of County Council Members investigated Fuel Poverty in Norfolk, and their final report gave recommendations for how a range of partners across the county could work to reduce levels and the impact of fuel poverty.

 [View the report of the Fuel Poverty Panel](#)

HOUSING ONLINE PAGES: A Housing Information Sub-group has met a couple of times now, with the aim of improving the information included in the JSNA for housing. The new housing pages will be going live later this spring, and will include:

- Key datasets including housing supply, housing costs, homelessness
- A short picture of housing facts and figures for each District
- Information on issues where housing provision and standards can affect health and wellbeing, including issues such as fuel poverty, excess winter deaths, house conditions and housing adaptations
- A section on specific housing needs and provision for particular groups, which will include gypsy / travellers, people with mental health problems, people with physical disabilities, people who are homeless or at risk of homelessness



Visit Norfolk's online JSNA @ www.norfolkinsight.org.uk/jsna

The Active People Survey 7

The Active People survey 7 has now been published in the JSNA. The survey has now included information on 'active recreation', which now includes cycling, walking and gardening. The new survey results shows that there has been little change in the key measure of at least three times of activity per week (14.1% of those surveyed) although this is still below the national figure of 17.4% and the regional figure of 16.5%.

- [Read more >>](#)

Excess weight in adults

The Active People survey 6 introduced a measure on height and weight of those surveyed and from that they have produced an 'excess weight in adults' measure. This is now incorporate in the Public Health Outcomes Framework as a key measure, and shows that in Norfolk, levels of adult obesity are above average for East of England and nationally.

- [Read more >>](#)



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The Physical Activity Needs Assessment aims to provide information to design services to raise, step-by-step, physical activity levels of the population of Norfolk from inactive to moderately active and active.

Regular physical activity improves cardiovascular fitness and all-cause mortality. Physical activity is associated with a reduction in overall risk of cancer. In addition, it is known that physical activity can alleviate anxiety and depression.

WHAT DOES THE DATA SHOW? Data from Public Health England showed that the overall level of physical activity in Norfolk (based on 30 minutes on 5 or more days per week) is declining from 11.4% in 2008 to 10.3% in 2012 (England average 11.2%), and slightly fewer children of all ages in Norfolk (50%) walked or cycled to school compared to other areas in the East of England (54%). This makes it more challenging to tackle the obesity epidemic of Norfolk because interventions to prevent obesity are more effective if they are collectively addressing healthy eating and physical activity.

NCMP data for 2011/12 indicated that child obesity/overweight is higher than the national and regional average. A physical activity provider workshop was held in June 2013 and it identified that specially trained delivery of physical activity in schools are needed as many teachers reported do not have this expertise. However the Active People's survey findings show that in Norfolk those aged 16 to 24 years are the most active age group.

Feedback >>>

Should you have any queries regarding the content of this newsletter, please contact Norfolk's JSNA Manager Judy Lomas on 01603 223442 or alternatively [Do it online >>](#)

Physical Activity Needs Assessment

Public Health has recently completed a Physical Activity Needs Assessment for Norfolk.

Norwich was awarded Healthy City status for its promotion of physical activity. We can build on these positive norms to enthuse other age groups and other geographical areas of Norfolk. Norfolk County Council (including Public Health) is supporting health walks, exercise referral scheme, community hubs, and the 'Let's get moving' programme.

HOW CAN WE WORK TO IMPROVE LEVELS OF PHYSICAL ACTIVITY? There is a range of types of activity that can help make physical activity become part of everyday life. Therefore it is important to provide relevant opportunities and remove the barriers for nearly 500,000 people in Norfolk who live in the rural areas. We can do this by improving facilities such as parks, footpaths, traffic-free routes and cycling routes. Age-appropriate targeted communication and mass communication is recommended by both our local stakeholder event and research evidence to change perceptions and for sustained effect. The Community Infrastructure Levy (CIL) and Section 106 of Town and Country Planning Act 1990 also allow local planners to promote public health, including active travel, in new developments.

The full report will be published in April and will be available to view or download at...

 norfolkinsight.org.uk/jsna/riskfactors

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