

CORE20 Plus Groups

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GEOGRAPHY



CORE20 Plus Groups

Coastal Areas

Situation in Norfolk & Waveney

Over 100 miles

of coastline in Norfolk & Waveney

Whilst much of the coast is seen as 'idyllic' and a holiday destination by many, life can be a **daily struggle** for those that live in the most deprived areas.

171,000 people live in the higher deprivation coastal towns of **Caister-on-Sea, Cromer, Gorleston, Great Yarmouth, Hemsby, Hunstanton and Lowestoft***.

Key national recommendations from the Chief Medical Officer's report (2021) on Coastal Communities

There is less access to primary and secondary healthcare in coastal communities, despite their greater need. Evidence of a significant health service deficit in terms of recorded service standards, cancer indicators and emergency admissions. Key recommendations from the Chief Medical Officer's (CMO's) report were:

1. Develop a national **cross-government strategy** on health and wellbeing of coastal communities.
2. Address the current mismatch between **health and social care worker deployment** and disease prevalence in coastal areas
3. Improve **data and research** into coastal communities

Attracting NHS and social care staff to peripheral areas is difficult, catchment areas for health services are artificially foreshortened and transport is often limited, in turn limiting job opportunities

National Health Need

Coastal communities, have some of the worst health outcomes in England, with low life expectancy and high rates of many major diseases. Reasons for poor health in coastal communities include:



Poor **educational achievement**



High levels of **deprivation** 2nd home ownership and **Houses of Multiple Occupation**



Seasonal employment and **reduction in industry**



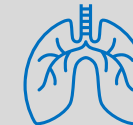
Older populations with worsening health

Some conditions have a higher prevalence in coastal areas. The highest **coastal effect** among these conditions is for **COPD** and **mental health** where coastal communities have:



11%

Higher **mental ill health** prevalence



11%

Higher **COPD** prevalence



9%

Higher prevalence of **Chronic Kidney Disease**



8%

Higher prevalence of **Smoking**



6%

Higher prevalence of **Heart Disease**



6%

Higher prevalence of **Learning Disabilities**



5%

Higher prevalence of **Dementia**



3%

Higher prevalence of **Cancer**

Chief Medical Officer's Annual Report 2021 - Health in Coastal Communities – Summary and recommendations (publishing.service.gov.uk). (*)



PROTECTED CHARACTERISTICS



CORE20 Plus Groups

Learning Disabilities


Situation in Norfolk & Waveney

20,836

People (15+) in Norfolk & Waveney are estimated to have a Learning Disability (LD).

4,219

of these are estimated to have a moderate/ severe LD

5,192 or **33%** of all children in Norfolk receive **SEN support** due to a **Learning Difficulty** *. This is 34% nationally. (b) 

1,097 or **25%** of children and young people in Norfolk with special educational needs have a **statement** or **EHC plan** due to a **Learning Difficulty** *. This is 26% nationally. (b)

7,628 of registered patients in Norfolk & Waveney have a recorded learning disability.

National Health Care Barriers and Considerations

People with a LD are under served in access to healthcare. Most avoidable deaths in people with a LD were because timely and effective treatment was not given.

Too many people with a learning disability are **prescribed medication inappropriately** or are **kept in long-term hospital care** against their best interests.

Between **30,000 to 35,000** adults with a LD in England are taking psychotropic medicines without a relevant diagnosis.

NICE advise that when staying in hospital, as soon as the person is admitted, the hospital and community LD team should work together with the person to develop a **discharge plan**.

Healthcare professionals have a **legal duty** to provide **reasonable adjustments** for disabled people. This can include providing easy-read information, avoiding medical jargon or longer appointment times.

(NHS Digital, 2022 and NICE, 2021)

Health and Social Care Need

Many people with a LD have considerable, and often multiple, physical and mental health conditions. They're at **increased risk of developing chronic conditions** from both **genetic** and **lifestyle factors**. Common associated health conditions for people with a LD include **mental health problems, epilepsy, and underweight or overweight**.

72% of people with LD took up their **annual health check**. This aims to identify unmet physical and mental health need. An important element of LD health checks is making sure routine healthcare such as **cancer screening** has taken place. National figures show:

3-4 x

more likely to die from an **avoidable cause** than general population

51%

of women aged 50-69 with LD received **breast cancer screening** (compared to 65% in those in general population)

35%

of people in a **mental health hospital** with a LD, autism, or both had been in hospital for **over 5 years**

(NHS Digital, 2022 and NICE, 2021)

People with a learning disability aged 4 and over are likely to die on average, **23 years** (men) or **27 years** (women) earlier than the general population

4 out of 5 adults with a LD who have long-term social care support receive this in a community setting in Norfolk.

2,850

service users in Norfolk have a **LD** (NCC data, 2023)

Of these accessing long-term social care in Norfolk:

700

in **supported living**

620

in **residential care**

530

receiving **home support**

1,400

attending **day opportunities**



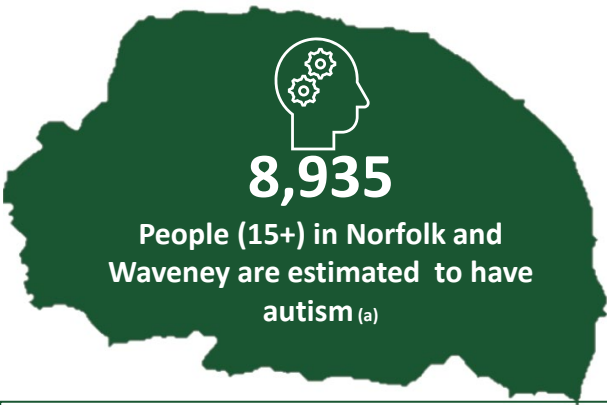
(NCC data, 2022/23)

For more detail please see our needs assessments on Norfolk Insight: [Children and young people with special educational needs and disabilities \(May-22\)](#), [Adults with learning disabilities \(May-18\)](#)



Neurodiversity - Autism

Situation in Norfolk & Waveney



children in Norfolk have autism as a primary special educational need. This means the figure is likely to be higher than this as others will have autism as a secondary need ^(2021/22).

Autism is a set of lifelong, neurodevelopmental conditions characterized by difficulties with social and communication, narrow areas of interest, and repetitive behaviours.

Health Care Barriers and Considerations

Autistic individuals have higher healthcare utilization, higher likelihood of hospitalization, prescription drugs claims, a greater number of emergency room, primary care, outpatient, inpatient, mental health, neurological, and speech therapy visits. Community and voluntary organisations play an important role in providing support for people with autism.

Autistic people have self-reported **poorer quality healthcare** than their peers. Healthcare adjustments are needed but infrequently available, such as:

- **Sensory environment adjustments**
- **Knowledge and communication of healthcare professional**
- **Flexibility of clinical service context** (e.g., offering online appointments, changing appointment length according to patient preference, etc.) ^(c)

Health Need



Males are **4 times more likely** than **females** to be diagnosed autistic

Autism affects all **ethnic** and **socioeconomic** groups but **minority groups** **tend to be diagnosed later** and less often. **Early intervention** affords the best opportunity to support healthy development across the lifespan.

It is likely that many of the adults in Norfolk with autism have **not been formally diagnosed**. In particular, it is thought females are less likely to receive a diagnosis, as autism may present differently.

Psychiatric conditions

Those with autism and a mental health problem may not **access services** as often as the general population with mental health problems, leading to **health inequalities**.



Research has also shown that **54% of people with autism are diagnosed with a psychiatric condition**.

Research has shown people with autism are ^(b):

14 x

more likely to have **OCD**

4 x

more likely to have **dementia**

6 x

more likely to have **bipolar**

5 x

more likely to have **attention deficit disorders**

3 x

more likely to have **depression**

5 x

more likely to attempt **suicide**

Chronic conditions

Many areas in Norfolk have identified **gaps in provision of preventative services**, to avoid the need for escalation to **specialist services***.

Nearly all chronic medical conditions are significantly more common in adults with autism.

Research has shown people with autism are ^(b):

2 x

more likely to have **dyslipidaemia**

16 x

more likely to have **epilepsy**



3 x

more likely to have **hypertension**

more likely to have **nutrition conditions**

*For more detail please see our needs assessments on Norfolk Insight: [Adults and children with autism in Norfolk \(Mar-19\)](#)

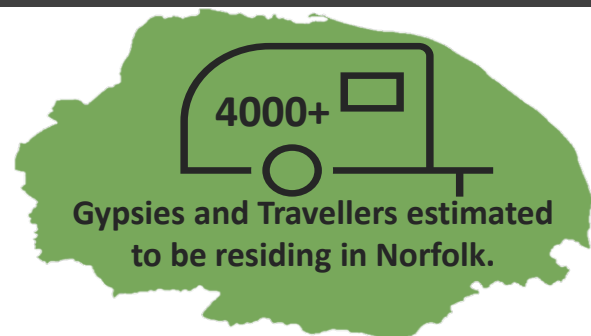


INCLUSION HEALTH GROUPS



CORE20 Plus Groups

Gypsy, Roma Traveller Health Inequalities



This number varies seasonally and is hard to record. For example in the latest census **828** Gypsy, Roma and travellers were recorded in **Norfolk and East Suffolk**

The term **Gypsy, Roma and Traveller communities** encompasses those identifying as **Gypsy, Roma, Traveller, Boater and Show people**.

Health Outcomes

Nationally, gypsies and travellers experience some of the worst outcomes of any group including **poor health** and **significant health inequalities**. Gypsies and Travellers compared to non-travellers:

Low Life Expectancy



Live **10-25 years** fewer^{1,2,3**}

High Child Mortality



20x more likely to experience child death^{3**}

Poor Mental Health



6x more likely to die by suicide^{4,5***}

High Prevalence of Chronic Disease



24% more likely to be affected by a long-term condition^{4,5***}

Spend longer in Poor Health



Live **6 less years** in good health^{1,2,3**}

Barriers to Service Provision

Barriers can be categorised into two groups



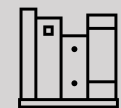
Poor Communication & Understanding



Poor Health Literacy



Cultural Norms



Literacy Levels



Taboos regarding prenatal, maternity & mental health



Fear & Mistrust of the System



Limited Cultural Competency



(e.g. missed invites to health checks, immunisations and appointments)

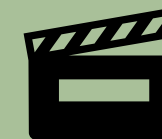
Service Provider Factors*

Community Factors*

Core Principles

The **good relationship** between existing Gypsy Roma Traveller services and the community should serve as the foundation for future work.

This should aim to better **understand the needs** and **challenges** faced by the community and identify the right **interventions to improve health outcomes** and **tackle disparities** in Norfolk*.



Infographic produced by **Insight & Analytics** - May 2022. Data taken from 'Gypsy Roma Traveller Health Needs Assessment'. Data is national unless otherwise stated.

References: 1) EHRC (2017) 'Gypsies and Travellers: simple solutions for living together': <https://www.equalityhumanrights.com/en/gypsies-and-travellers-simple-solutions-living-together>. 2) Leeds Gate (2015) 'Baseline Census': <https://www.kirklees.gov.uk/beta/planning-policy/pdf/supportingDocuments/homes/Baseline-Census-Gypsy-Traveller-Communities.pdf>. 3) Parry et al (2007) 'Health status of Gypsies and Travellers in England'. J Epidemiol Community Health. 2007 Mar; 61(3): 198-204. 4) Parry et al (2007) Ibid. 5) University College Dublin (2010) 'All Ireland Traveller Health Study: Our Geels'. https://www.ucd.ie/t4cms/AITHS_SUMMARY.pdf. * Covers Gypsy, Roma, Traveller and Boater communities (not show people). ** Covers Gypsy, Roma and Traveller (not boaters or show people). *** Covers Irish travellers.



Norfolk County Council

Homeless People

Situation in Norfolk & East Suffolk

3,873

Households are owed a duty under Homelessness Reduction Act in Norfolk and East Suffolk.

1,207 of these have dependent children (a)

Homelessness is a **social determinant of health** and is associated with **severe poverty**. It often results from a combination of events such as relationship breakdown, debt, adverse experiences in childhood and through ill health.

During the early stages of the COVID-19 pandemic, approx. **650 people** were **homeless or at risk of homelessness** and needed accommodation (b).

Norfolk Strategic Housing Partnership was formed to alleviate rough sleeping and end homelessness in Norfolk

National Health Need

Homelessness is associated with **poor health, education and social outcomes**, particularly for children. **Co-morbidity** amongst the longer-term homeless population is not unusual.

Up to **70%** of homeless young people have a **mental health problem** and up to **33%** self-harm



Homeless adults are **2 x** more likely to have **common mental health problems** and **15 x** more likely to have **psychosis**

Rough sleepers are **4 x** more likely to die from **unnatural causes** and **35 x** more likely to die from **suicide**

Nationally the average age of death of a homeless person is:



Alcohol and drug problems and the prevalence of **infectious diseases** e.g. TB, HIV and Hep C are very high amongst rough sleepers.



45 years

compared to 79 years for males in the general population



43 years

compared to 83 years for females in the general population

(b)

The Norfolk Homelessness Prevention Strategy (2022-2025)

The strategy has four priorities:

1. **Reduce homelessness** by focussing on homelessness prevention services.
2. **Improve access** to homelessness support services across Norfolk.
3. Continue to develop **person-centred services** with a focus on co-production.
4. Continue to build **partnership working** to improve collaboration and whole systems change.

National Health Care Barriers and Considerations

People who experience homelessness can struggle to access quality health and social care. For example, rough sleepers are **8 x** more likely to attend A&E than housed population and **1/3** are not registered with a GP. Key barriers to access include*:

1. **Staff education**, to improve knowledge and attitudes of staff
2. **Flexibility of systems**, including service location, appointments and GP registration
3. **Service coordination**, including poor discharge planning, fragmentation of services
4. **Patient preparedness**, including the awareness of need and desire to access healthcare
5. **Complex health needs**
6. **Holistic patient-centred care**, providing practical support alongside healthcare to fulfil basic needs such as hunger and shelter

(c)

For more detail please see our needs assessments on Norfolk Insight: [Homelessness \(Dec-19\)](#)

Infographic produced by Insight & Analytics - May 2023. (a) <https://www.gov.uk/government/statistics/statutory-homelessness-in-england-financial-year-2021-22>. (b) [Norfolk Strategic Housing Partnership – Hopestead](#). (b) [The impact of homelessness on health: a guide for local authorities | Local Government Association](#). (c) [McNeill, S et al. \(2022\)](#)

doi: 10.1186/s12913-022-08265-y



Norfolk County Council

Refugees and Asylum Seekers

670
Asylum seekers in Norfolk
 Most of these are young single men. This number frequently fluctuates.*





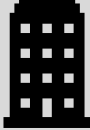


Main countries of origin of Asylum Seekers in Norfolk are:
 Afghanistan, Albania, Eritrea, Iran, Iraq, Pakistan, Sudan, Syria and Turkey.


In addition, as at the end of 2022, there were **9** asylum seekers in East Suffolk*.

*East Suffolk data from [Asylum statistics - House of Commons Library \(parliament.uk\)](#)
 Norfolk data from SERCO (nationally commissioned accommodation provider)

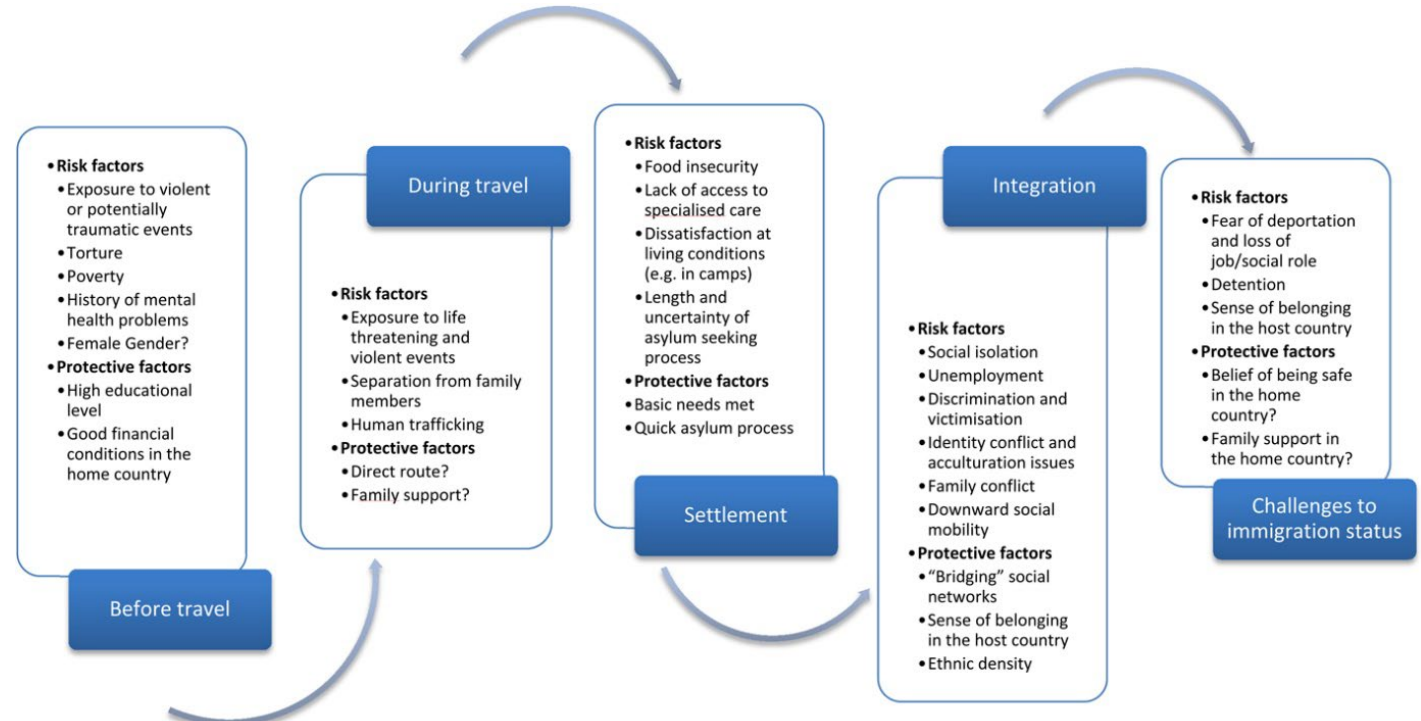
National Health & Wellbeing Risks

There is a **lack of data** of health needs of this cohort in Norfolk but main risk factors prior to and once living in the UK include:

High blood pressure 	Low Vaccine Coverage 	Physical Inactivity 	Smoking 	Crowded & Poor Quality Housing 	Poor nutrition 	Poor Travel Conditions 
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Mental Health

5x more likely to have MH need than host population
61% experience serious mental distress

Critical time points for mental health of refugees and asylum seekers (a)



National Health Care Barriers and Considerations

Refugees and asylum seekers experience multifaceted challenges and barriers that require a whole system approach. The three main challenges are:

	Continuity of Care Including ease of access to health information and health facilities. Also collaboration of institution to minimise loss of health care info.
	Communication Language can be a barrier, leading to misunderstandings
	Costs Associated travel costs to attend appointments, local activities or meet others
	Confidence Trust in healthcare providers/institutions and the ability to apply own beliefs in decisions

Infographic produced by Insight & Analytics - May 2023. Data taken from 'Norfolk Refugee and Asylum Seekers Needs Assessment'. Refugees are individuals residing in a country outside of their country of origin due to threat of serious harm, conflict, violence, persecution and/or other human rights violations. Their claim for asylum has been approved and they been granted protection and certain permissions in the country they have fled to. Asylum seekers are individuals who have entered the legal process of seeking international protection with their refugee status yet to be determined. (a) data from Giacco 2020

Young Carers

Situation in Norfolk & East Suffolk

2,635

children aged 5-17 have unpaid caring responsibilities.

- 75% of these provide 19 hours or less
- 15% provide 20-49 hours and
- 10% provide over 50 hours of care a week. (a)

3,920 Young people aged 18-24 also have unpaid caring responsibilities.

A **Young Carer** is someone under 18 who provides regular and ongoing care to a family member or friend who is physically or mentally ill, disabled or misuses substances.

This may involve support **cooking, shopping, cleaning, managing medicines or money, or looking after siblings.**

National Barriers to Service Provision

Little is known about barriers to healthcare access for young carers due to them remaining a largely 'hidden cohort'. Initiatives which may help include:

- Flagging of carers on health computer systems, providing local information packs and services
- **Raising awareness** of this cohort can weaken barriers and **open supportive channels.**
- **Acknowledgement, support, and signposting** can liberate this vulnerable population and provide necessary foundations for young carers to fulfil their full potential.(d)

Teachers and other school and college staff are also in a key position to identify and help young carers due to the frequent and regular contact they have with them and to observe the impact of caring on their learning and wellbeing. (c)

Health, Social and Wellbeing Need

By investing lots of time looking after a family member or friend, young carers may not find enough time for themselves. This risks impacting on their **emotional or physical well being** and **educational achievement.** In a 2017 survey of young carers in Norfolk found (b):



9%

had **poor mental wellbeing.**

Compared to 5% of all pupils in Norfolk.



56%

had been **bullied** in the last year.

This was 36% for all pupils in Norfolk.



24%

reported they had a **long-standing illness.**

This was 14% for all pupils in Norfolk.



41%

enjoy 'most' or 'all' of their lessons

This was 51% for all pupils in Norfolk.

Research shows that the demands of caring can have a knock-on effect on **later life opportunity** and manifest themselves at school in the following ways:

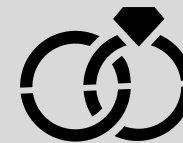
- **Absenteeism**
- **Arriving late, without the proper equipment**
- **Inability to concentrate and engage**
- **Isolated from their peers**
- **Struggling to complete homework**
- **Tired, stressed and anxious**



Many young carers also experience other **traumatic life changes** such as:



Loss of family income



Family break-up



Death of a loved one



Housing instability



Seeing effects of **illness or addiction** on the person they care for

Looked After Children

Situation in Norfolk and Waveney

In Norfolk...

70
Looked After Children (LAC)
per 10,000 of the overall
population (a)

1,089
Children looked after
as 31st March 2022 (b)

70%
are looked after due to
abuse and neglect
(this is 66% nationally) (b)

82
were **unaccompanied**
asylum-seeking
children (b)

10%
had **3 or more**
placements in a year
(this is 10% nationally) (b)

30%
of care leavers are **not in education,
training or employment** (17-21 yrs)
(compared to 35% nationally)

8% of 17-21 year olds leave care
into **accommodation deemed**
unsuitable (This is 5% nationally) (b)

In Waveney, 83 per 10,000 of the overall population are LAC. This is
187 children. 76% of these have a primary need of **abuse and neglect** (c)

Norfolk Health Need

LAC tend to have higher levels of health needs than their peers, and these are often met less successfully – leading to **poorer outcomes**. They have significantly more prevalent and more **serious emotional and mental health needs** (mainly because of the frequency with which these children enter care with problems arising from poverty, abuse, neglect, or trauma from other family circumstances) (e). In Norfolk, their health needs are:

81%
have had their **annual**
health assessment
(this is 89% nationally) (b)

82%
have had their **annual**
dental check
(this is 70% nationally) (b)

95%
have up-to-date
immunisations
(this is 85% nationally) (b)

100%
have up-to-date **development**
assessments (0-4 yrs)
(this is 89% nationally) (b)

44%
are affected by **poor emotional**
wellbeing
This is higher than England (37%)
and is the highest in the region. (b)

Statutory Guidance for Health Services

- Under section 22(3)(a) of the Children Act 1989, local authorities have a duty to promote the child's physical, emotional and mental health and act on any early signs of health issues. This includes arranging for them to have a health assessment and ensure they have an up-to-date health plan.
- LAC should never be refused a service, including for mental health, on the grounds of their placement being short-term or unplanned.
- Local authorities, CCGs and NHS England should ensure that plans are in place to enable children leaving care to continue to obtain the healthcare they need.
- LAC should be able to participate in decisions about their health care. (e)

National Health Care Barriers and Considerations

Common barriers and considerations are:

- Incomplete medical histories** are common due to broken placements and moving between GP's, meaning that common **physical and mental health problems can go unidentified or mismanaged**.
- Child may not have **advocates** (birth parents or stable foster parents) that can request assessment and treatment.
- Insufficient or timely access** to mental health services due to **placement instability** which can compound or create a circle of individuals with emotional and behavioural problems.
- Placement changes impact on the child's place on **waiting lists**. (d)



Armed Forces Community

Situation in Norfolk

40,094

People have previously served in the UK Armed Forces (a)

5.2 %

of the population are veterans
This is higher than England and Wales (3.8%)(a)

2,140

Serving personnel are stationed in Norfolk.

Of these:

- 1,360 are in the RAF
- 410 are in the Army
- 370 are in the Royal Navy/Marines (b)

The majority of Norfolk's Regular Forces personnel are stationed at RAF Marham, with **1,350** personnel. (b)



14.5 per 1,000 pupils on roll are eligible for the service child pupil premium.

This is equivalent to 1,602 students. This is significantly higher than England (10.4 per 1,000) (c)

Armed Forces Covenant

The **Armed Forces Act 2021** further enshrines the **Armed Forces Covenant into law** to help prevent service personnel, veterans and their families being disadvantaged when accessing essential services like healthcare, education and housing. This means that organisations such as Local Authorities and other public bodies have due regard to the principles of the Armed Forces Covenant and can provide support by:

- Mitigating the impacts of Service life on service users from the Armed Forces community through improved access to services and special provision to those who have sacrificed the most, such as the injured and bereaved.
- Employing members of the Armed Forces Community including service leavers, family members of someone serving, reservists and bereaved family members.



National Health and Wellbeing Risks

Serving personnel

In general, the health of the serving military population is good compared with the general population, due to the expected physical fitness required to join the armed forces, social support networks available, and access to health care and employment. However, there is increased:



Higher risk alcohol consumption



Musculoskeletal injury



Tobacco smoking

Mental ill health prevalence rates are the **same as the general population**, with slight increases in combat troops and reservists.



Veterans



Increased isolation/loneliness



High rates of gambling

Exit from the military and relocations are common causes of **isolation** and **loneliness** and may indicate why some veterans may wish to remain near social networks established during service.

Veterans are more than **10x** more likely than non-veterans to experience **gambling harms** and gamble as a way of **coping with distress**.

Service families



More frequent relocations



Separation from one or both parents



Interrupted Learning



Increased caring responsibilities

54% of service families have a **child of school age**.

Children of service personnel are:

- More likely to **relocate** meaning they may have to leave family and friends to **start again** in another area with a different education system.
- Likely to be **separated** from a family member for long periods of time whilst they are on deployment causing **anxiety** and **uncertainty**.
- Have **increased responsibilities** at home while their parent is on deployment, such as chores and support which can affect **wellbeing** and **learning** of children in the household

(d, e, f, g, h)

