

# Measuring the health & wellbeing of our population

## APPENDIX A: Proposed content for Strategic Objective 1 dashboard



### Population Health Status of Swansea Bay

Introduction

Our Vision

System indicators

[Marmot explanation]  
[Purpose of this dashboard]  
[\[link to PHS\]](#)

[SBUHB vision]  
[\[links to other Strategic Objectives\]](#)

[\[links to system indicators for Strategic Objective 1 – to be developed in future\]](#)

#### Every child has the best start in life

##### Why does child poverty matter?

Poverty affects children's current and future physical and mental health. Ranging from a family's ability to access food and heating to be unable to take part in sports clubs or school trips.

##### Health inequalities

We know that child poverty rates are higher in:

- Minority ethnic groups
- Households where someone is disabled
- Households with younger children
- Larger families
- Households with an informal carer
- Households in social rented and private rented accommodation

**20% of children in Swansea Bay are living in poverty**

##### Why does low birth weight matter?

Low birth weight is associated with infant mortality, life expectancy, disability, low educational achievement, and later development of health conditions such as diabetes and CVD.

**6% of babies born in Swansea Bay have a low birth weight**

##### Health inequalities

We know that the likelihood of a low birth weight is higher in babies born to:

- Minority ethnic groups
- Women living in the most deprived areas
- Mothers who smoke
- Teenage mothers
- Mothers with alcohol misuse during pregnancy

[time trend graph to be included in future – data reporting only started in 2024]

##### Why does mental wellbeing during pregnancy matter?

If left untreated, mental ill-health can have lasting effects on the woman, the child, and the wider family. It can also be a key opportunity to break the cycle of intergenerational ACEs

##### Health inequalities

We know that rates of perinatal mental health conditions are higher in:


- Younger mother
- Women from non-white ethnic groups
- Those living in rural areas

There are also inequalities in which women are asked about their mental health antenatally and postnatally by ethnic group.

**40% of women reported a mental health condition at their initial assessment in Swansea Bay**

**6% of babies born in Swansea Bay have a low birth weight**

[Figure: Percentage of women reporting a mental health condition at initial assessment, in SBUHB and in Wales, by year]



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#### All children young people and adults are enabled to maximise their capabilities and have control over their lives

##### Why does NEET matter?

Young people who spend more time not in education, employment or training (NEET) are at greater risk of poor physical and mental health, and of unemployment and low income later in life.

##### Health inequalities

Young people are more at risk of being NEET if they:

- Have less education
- Have a history of unemployment or low wage
- Lack previous job experience
- Have care obligations
- Have poor physical or mental health
- Have a disability
- Are living in poverty or a deprived area
- Are teenage mothers

**14% of young people aged 16-24 in Wales are not in education, employment or training**

[time trend graph to be included showing rate for NPT and Swansea LAs once data source obtained]

##### Why does mental well-being matter?

Those with poor mental well-being are at greater risk of poor physical ill-health and outcomes. It also affects their ability to lead healthy lives.

##### Health inequalities

People are more at risk of poor mental well-being if:

- Have a family history of poor mental well-being
- Have undergone, or are undergoing, a stressful life experience
- Have a chronic condition
- Are disabled
- There are also inequalities by deprivation

[Figure: Mental well-being among adults, age-standardised average scores, Wales by Ethnicity 2016-2020]





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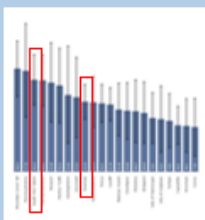
### System indicators

[links to system indicators for Strategic Objective 1 – to be developed in future]

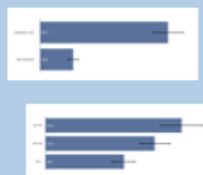
### Healthy and sustainable places are created through placemaking

#### Why does social isolation matter?

Social isolation increases the risk of poor physical and mental health, such as heart disease, depression, obesity, cognitive decline, and health-damaging behaviours.



14% of people in Swansea Bay report feeling lonely

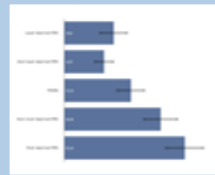


#### Health inequalities

There are inequalities in who is likely to experience social isolation in Wales:

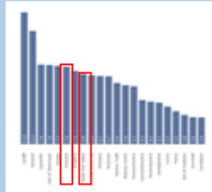
- Those with a disability
- Those in older age groups
- Those living in deprivation

Prolonged social isolation during key development periods during childhood and young adulthood also widens other health inequalities later in life.



#### Why does the air we breathe matter?

Air pollution can affect lung development and is implicated in many respiratory diseases and other conditions such as low birth weight, coronary heart disease, diabetes and dementia.



#### Health inequalities

Air pollution does not affect everyone equally. Some groups are more susceptible to the health impacts, while some groups have greater exposure. For example:

- Those living in areas of high deprivation are often living in more heavily polluted areas and are more likely to have pre-existing health conditions earlier in life.
- Children are particularly susceptible to air pollution.
- Pregnant women and their babies can be particularly affected.



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### The role and impact of ill-health prevention is strengthened

#### Why does preventable mortality matter?

These are deaths that could have been mainly avoided through effective public health and primary prevention interventions. Preventable ill-health is estimated to account for 70% of inpatient bed days and 66% of outpatient appointments.

2 people in every 1,000 in Swansea Bay died from something that could have been prevented in 2022

Figure: Rate of preventable deaths per 100,000 population, 2022  
Wales: 178 (95% CI 173 - 183)  
Swansea Bay UHB: 202 (95% CI 187 - 216)

#### Health inequalities

There are inequalities in who is likely to experience social isolation in Wales:

- Those with a disability
- Those in older age groups
- Those living in deprivation

Prolonged social isolation during key development periods during childhood and young adulthood also widens other health inequalities later in life.

Figure: Rate of preventable deaths per 100,000 population in SBUHB, 2022  
Males: 260 (95% CI 236 - 285)  
Females: 146 (95% CI 128 - 164)

#### Why does the gap in healthy life expectancy matter?

This is a measure of the difference between how many years in good health you can expect to live if you live in the most deprived fifth of the population compared to the least deprived fifth. It is a key measure of health inequalities in the population and of the future need for healthcare.

Men in the most deprived fifth of the population of Swansea Bay can expect to live 20 years less in good health compared to the least deprived. For women it is 15 years less.

Figure: gap in healthy life expectancy in each local authority, for males and females  
[Swansea Bay is ranked 2<sup>nd</sup> highest in 2018-20; NPT is ranked 11<sup>th</sup> highest]

#### Health inequalities

Differences in prevalence of chronic health conditions and multi-morbidity are key drivers of healthy life expectancy. These are more likely to be experienced by those living in deprivation. Deaths from cancer and cardiovascular disease have a big impact on years of life lost, these are more common in those living in deprived conditions. Tobacco and being overweight or obese also have a big impact on years of life lost, and are more common in those living in deprived conditions.

Figure: gap in healthy life expectancy in each health board, for males  
[Swansea Bay is ranked highest in 2018-20 (excluding Powys Teaching)]

Figure: gap in healthy life expectancy in each health board, for females  
[Swansea Bay is ranked one of the highest in 2018-20]

## APPENDIX B: Long-list of proposed system indicators for Strategic Objective 1

<b>Marmot Objective 1:</b>	
Every child has the best start in life	
Strategic Indicators identified	
<ol style="list-style-type: none"> <li>1. Level of child poverty locally (measured as the proportion of children living in poverty before housing costs are taken into account)</li> <li>2. Low birth weight (measured as the proportion of babies born with a low birth weight)</li> </ol>	
Potential System Indicators identified to date	
Mental wellbeing of women who are pregnant Healthy behaviours of those aged 11-16 years e.g. number smoking weekly, smoking regularly and tried e-cigarettes Wellbeing and emotional health of those aged 11-16 years e.g. life satisfaction Breastfeeding at 10 days Uptake of childhood immunisations Compliance with Healthy Child Wales Programme Access to speech and language therapies Infant mortality rate Pupils receiving pupil premium Children aged 4-5 who are obese Maternal smoking rates Maternal weight School readiness Levels of active play	Proportion of children living in relative income poverty Proportion of children in material deprivation Proportion of secondary school children who eat breakfast every weekday Mean emotional difficulties score for primary school pupils Proportion of parents reporting that their child takes part in regular organised activity once a week outside school, such as sport or a youth group Proportion of primary school children who report exercising at least four times a week Proportion of secondary school children who are physically active for at least 60 minutes per day Proportion of people satisfied with outdoor and indoor places for children to play in their local area Proportion of primary school children who agree that teachers accept them as they are Cyber bullying rates

<b>Marmot Objective 2:</b>	
All children, young people and adults are enabled to maximise their capabilities and have control over their lives	
Strategic Indicators identified	
<ol style="list-style-type: none"> <li>1. Level of economic inactivity among young people (measured as the proportion not in education, employment or training)</li> <li>2. Mental well-being among adults (average Warwick-Edinburgh Mental Well-being Scale score)</li> </ol>	
Potential System Indicators identified to date	
Proportion of people who feel able to influence decisions affecting their local area Proportion of adults of working age with qualifications Mean mental wellbeing and life satisfaction of those aged 11-16 years Adult mental wellbeing indicators e.g. feeling worthwhile, life satisfaction Proportion of pupils qualified to NQF level 2 (GCSEs A*-C) and above Proportion of pupils achieving 5 GCSEs A*-C including English or Welsh, and Mathematics Absent school sessions in maintained schools	Total spending on youth service Further education numbers Learners in apprenticeships (all levels) Learners in foundation apprenticeships (Level 2) Learners in apprenticeships (Level 3) Persons aged 16 and over with no qualifications Number of children cautioned or sentenced Under 18s conception rate Healthy behaviours, including: physical activity, healthy eating, screen time, active travel

<b>Marmot Objective 3:</b>	
Good work and fair employment is created for all	
Strategic Indicators identified	
<ol style="list-style-type: none"> <li>Level of unemployment (measured as unemployment rate for the population)</li> <li>Ability to live on the income from employment alone (measured as the proportion of those in employment who are claiming benefits)</li> </ol>	
Potential System Indicators identified to date	
Proportion of all employees earning below the real living wage	Change in type of employment indexed to 2010
Proportion of residents claiming benefits	Proportion of those in employment who mainly work from home
Proportion who are economically inactive long-term sick	Participation in pre-work programmes
Proportion who are economically inactive long-term sick with key chronic conditions	Proportion of those participating in pre-work programmes who are from local and/or target populations
Proportion of population who are economically inactive who want a job	Proportion of people recruited into employment in the trust out of those participating in pre-work programmes
Type of employment	Proportion of staff paid the real living wage
Proportion of the apprenticeship levy spent	Leaver rate
Proportion of the apprenticeship levy spent on local and/or target populations	Sickness absence rate
Pay gap	Staff health and wellbeing score

<b>Marmot Objective 4:</b>	
A healthy standard of living is ensured for all	
Strategic Indicators identified	
<ol style="list-style-type: none"> <li>The ability to afford everyday goods (measured as proportion of people surveyed who report this)</li> </ol>	
Potential System Indicators identified to date	
Disposable income available	Proportion of people living in households in material deprivation
Households eligible for homelessness assistance and in priority need	Children living in poverty
Quality of housing	Children in absolute low-income families before housing costs
Affordable homes as a proportion of all new homes developed	Children in absolute low-income families
Proportion of children living in relative low-income families	Households which are deprived in three deprivation dimensions
Number of food parcels handed out to children and adults	Proportion of income spent on food

<b>Marmot Objective 5:</b>	
Healthy and sustainable places are created through placemaking	
Strategic Indicators identified	
<ol style="list-style-type: none"> <li>1. Level of social isolation (measured as proportion of people feeling lonely)</li> <li>2. Quality of the air we breathe (measured as level of NO2)</li> </ol>	
Potential System Indicators identified to date	
Proportion of spend on procurement that is spent on Welsh suppliers	Proportion of people satisfied with their ability to get to/access the facilities and services they need
Proportion of spend on procurement that is spent on suppliers in the SBUHB footprint	Households eligible for homelessness assistance and in priority need
Proportion of spend on procurement that is spent on Welsh SMEs	Likelihood of poor quality housing
Proportion of households successfully prevented from becoming homeless for at least 6 months	Affordable homes delivered by all providers
Proportion of households in temporary accommodation	Excess winter mortality index
Proportion of people satisfied with local area as a place to live	Method of travel to the workplace
People who agree that there is good community cohesion in their local area	Average distance to nearest park, public garden, or playing field
Police recorded violent crime	Life satisfaction among older adults
Proportion of land that is green or biodiverse space that can be used by the local community	People who feel able to influence decisions affecting their local areas
Volunteering opportunities	Average social value weighting across all contracts in the last year
Air quality indicators e.g. PM10, PM2.5	Proportion of people feeling safe in their local area
Access to/engagement with arts and culture	Investment and referrals to social prescribing
Regeneration budget spend	Proportion of people agreeing that they belong to the area; that people from different backgrounds get on well together; and that people treat each other with respect
Density of out-of-home hot food outlets	

<b>Marmot Objective 6:</b>	
The role and impact of ill-health prevention is strengthened	
Strategic Indicators identified	
<ol style="list-style-type: none"> <li>1. Preventable mortality (measured as the proportion of deaths locally that could have been mainly avoided through effective public health and primary prevention interventions)</li> <li>2. The level of inequality in the ability to lead a long, healthy life in our population (measured as the gap in healthy life expectancy between those in the most deprived quintile and those in the least deprived)</li> </ol>	
Potential System Indicators identified to date	
Proportion of admissions that are attributable to smoking	Prevalence of high BMI, high cholesterol, and high blood pressure (as known largest contributors to years of life lost)
Proportion of deaths that are attributable to smoking	Uptake of influenza vaccination in healthcare workers
Proportion of smokers who make a quit attempt with HMQ	Uptake of childhood immunisations
Prevalence of self-reported good health	Compliance with Health Child Wales programme
Prevalence of chronic health conditions, in particular MSK, and multimorbidity (as known key drivers of self-reported poor health)	Inactivity rate (excluding students)
Prevalence of key behavioural and socioeconomic risk factors (as known key drivers of self-reported poor health), in particular physical activity, smoking status, education and household income	Proportion walking for 10 minutes every day or several times a week to get somewhere
Pupils who did no frequent sporting activity	Proportion of people who are lonely
Mortality rates due to cancer and cardiovascular disease (as known largest contributors to years of life lost)	Proportion of adults who are overweight or obese / proportion who are a healthy weight
Drug death rate	Adults who meet the physical activity guidelines
	Proportion drinking more than 14 units of alcohol in the usual week

<b>Marmot Cross Cutting Theme:</b>	
Racism, discrimination and their outcomes are tackled	
Strategic Indicators identified	
1. Level of hate crime (tbc)	
Potential System Indicators identified to date	
Analysis of strategic indicators by ethnic group	Implementation of the Equality Act and Socioeconomic Duty
Accurate recording of ethnicity by healthcare services	Pay gap
NHS Staff Survey outcomes by ethnic group and protected characteristics	Leaver rate by target group
	Relative likelihood of appointment from shortlisting for target populations

<b>Marmot Cross Cutting Theme:</b>	
Pursue environmental sustainability and health equity together	
Strategic Indicators identified	
1. Greenhouse gas emissions per capita (tbc) 2. Active travel (tbc)	
Potential System Indicators identified to date	
Total carbon equivalent emissions resulting from building energy use	Hospitals and healthcare settings at risk of flooding
Carbon savings from investment in energy efficiency schemes	Prescribing of inhalers with high GWP
Proportion of staff travelling to work using public or active transport	Number of EV chargers on-site; number of public EV chargers available
Biodiversity on sites	Action to enhance biodiversity on sites
	Flood risk

## APPENDIX C: Compatibility with PSB collaboration on future Well Being Assessment indicators initial draft

(Sub) topic	Indicator	Source - e.g. NI, TPW, CDS, other	Proposed SBUHB indicator?
Children and young people			
Cultural wellbeing	Percentage of young people 16 to 24 attending or participating in arts, culture or heritage activities at least three times a year	NI35	
Births	Teenage pregnancies	TP18	System indicator
	Percentage of live single births with a birth weight under 2,500g	NI01	Strategic indicator
Child health	Emotional and mental wellbeing of 11-16 year olds	SHRN	System indicator
	Proportion breast feeding at 10 days	PHOF	System indicator
	Child obesity rate	TP16	System indicator
	Percentage of children who have fewer than two healthy lifestyle behaviours	CDS	System indicator
	Percentage of Flying Start children reaching or exceeding their developmental milestones at 3 years		
	16-24 year olds participating in any sport or physical activity	National Survey for Wales	
Play	<i>tbc</i>		System indicator
Education	Average capped 9 points score of pupils, including the gap between those who are eligible or are not eligible for free school meals	NI07	
	Number of permanent exclusions from schools		
	<i>Measure for unauthorised absences (tbc)</i>		System indicator
Training	% of Year 13 school leavers that are NEET (known not to be in employment, full time education or work based training for young people)	CDS	Strategic indicator
Child poverty	Child poverty rate (before housing costs)	DWP/PHOF	Strategic indicator
	Percentage of children living in workless households	CDS	
?	Number of children in need of care and support	Children receiving care & support census	
Health and well-being			
Adult wellbeing - general	Percentage feeling things done in life are worthwhile	ONS/National Survey for Wales	
	Percentage felt anxious yesterday	ONS/National Survey for Wales	
	Percentage felt happy yesterday	ONS/National Survey for Wales	
Adult health - general	Healthy life expectancy at birth including the gap between the least and most deprived	NI02	Strategic indicator
Lifestyle	Percentage of adults with two or more healthy lifestyle behaviours	NI03	
	Percentage of adults reporting to be overweight or obese	CDS	System indicator
	Physical activity rates		System indicator
Mental health	Mean mental well-being score for people aged 16 or over	CDS	Strategic indicator
	Life satisfaction among working age adults	PHOF6	

	Mental health treatment		
Loneliness	Percentage of people who are lonely	NI30	Strategic indicator
Conditions / mortality	Percentage of working age adults free from limiting long term illness	PHOF/National Survey for Wales	System indicator
	Mortality rate per 100,000 in persons from cardiovascular diseases (age standardised)	CDS	System indicator
	Mortality rate per 100,000 in persons from cancer (age standardised)	CDS	System indicator
	Mortality rate per 100,000 in persons from diabetes (age standardised)	CDS	System indicator
	Number of suicide deaths registered		
<b>Employment and economy</b>			
Economic activity and employment	The percentage gap between the employment rate for those with a long term health condition and the overall age specific employment rate in persons aged 16-64 years	PHOF	System indicator
	% of working age people who are economically active / inactive	CDS	System indicator
	Percentage of people in employment	NI21	Strategic indicator
	Unemployment rate (survey-based)	TP30	
Income/pay and equality, e.g. gender gap	Average gross weekly earnings	CDS	
	Pounds difference in the average (median) fulltime weekly earnings between males and females	CDS	
Adult qualifications and skills	Adults with low level skills / Percentage of working age people with no qualifications	TP25	System indicator
	Percentage of working age adults with level 3 or above qualifications	CDS	
Economy (productivity, businesses, transport)	Gross disposable (household) income per head / GDHI	CDS	System indicator
	Productivity - Gross Value Added (GVA) per hour worked (relative to UK)	CDS	
	The number of active business enterprises per 10,000 working age population	CDS	
	Employment by sector		
<b>Poverty and Inequality</b>			
	Percentage of people who are able to afford everyday goods and activities	PHOF	Strategic indicator
	Percentage of people living in households in material deprivation	NI19	System indicator
	Percentage of workless households	CDS	
	Gap (in years) in life expectancy at birth of females (between the most and least deprived) as measured by the slope of index inequality (SII)	NI02	
	Gap (in years) in life expectancy at birth of males (between the most and least deprived) as measured by the slope of index inequality (SII)	NI02	
<b>Community safety and cohesion</b>			
Crime	Recorded offences / violence / ASB	Home Office? Breakdown by BCU/LA from SWP.	
	Hate crime – Number of occurrences reported to Victim Support Wales	CDS	Strategic indicator
	VAWDAVS / domestic violence		
Substance misuse	Number of substance misuse referrals	CDS	
Safety perceptions	Percentage of people feeling safe at home, walking in the local area, and when travelling	NI25	

Community cohesion	Percentage of people agreeing that they belong to the area; that people from different backgrounds get on well together; and that people treat each other with respect	NI27	
Community resilience			
Community involvement / services	Percentage of people satisfied with local area as a place to live	CDS	System indicator
	Percentage of people who volunteer	CDS	System indicator
	Percentage of adults aged 16 or over who feel satisfied with their ability to access the facilities and services they need	CDS	System indicator
	% people who feel they can influence decisions about their area	NI23	
Housing			
Quality and standards	Percentage of dwellings which are free from Housing Health and Safety rating system category 1 hazards (HHSRS)	CDS	System indicator
Affordability	Average house prices (all types)	CDS (ONS/LR)	
	Housing affordability	TP13	System indicator
Homelessness	Number of households successfully prevented from becoming homeless per 10,000 households	NI34, TP14	System indicator
	Total number of households decided to be eligible, unintentionally homeless and in priority need per 1,000 households	TP14?	System indicator
	Number of households ( <i>Census, until annual estimates resume</i> )	ONS/WG	
Climate change			
Energy	Capacity of renewable energy equipment installed (MW)	CDS	
	Household energy efficiency	TP42	
	CO2 emissions	TP48	System indicator
Air quality	Levels of nitrogen dioxide (NO2) pollution in the air	NI04	Strategic indicator
	Average micrograms (µg) of PM2.5 at residential dwelling locations per m3	CDS	System indicator
	Average micrograms (µg) of PM10 at residential dwelling locations per m3	CDS	System indicator
Water quality	Percentage of surface water bodies, and groundwater bodies, achieving good or high overall status	NI45	
Flood risk	Number of properties at combined high and medium flood risk from rivers and sea	CDS	System indicator
Natural resources			
Biodiversity and habitats	<i>tbc</i>		System indicator
Access to nature/green space	Number of areas with green flag accreditation		
	Proximity to Accessible, Natural Green Space – measuring the proportion of households within 300 metres of an accessible, natural green space	WIMD	System indicator
Waste	Amount of waste generated that is not recycled, per person	NI15	
	Percentage of municipal waste reused/recycled/composted	TP46	
	Flytipping – <i>Any suitable national measure?</i>		
Active travel	Annual traffic by vehicle type	ONS	

Culture and heritage			
Cultural estate	Percentage of museums and archives holding archival heritage collections that have been assessed as meeting the standard of the UK museum or archives accreditation	CDS	
Participation	Percentage of adults (aged 16+) attending or participating in arts culture or heritage activities at least 3 times a year	CDS (NSW)	
Welsh language	Number of people who can speak Welsh	NI37	
Sports participation	Adult participation in sporting activities three or more times a week	CDS	System indicator
Demographics			
Population	Total population	ONS annual	
	People aged 0-15	ONS annual	
	People aged 16-64	ONS annual	
	People aged 65+	ONS annual	
	Ethnicity (Broad groups or white/non-white)	ONS Census	
	Veterans	ONS Census	
	Number of households	ONS/WG	