

A photograph of a family walking away from the camera on a dirt path in a forest. The path is shaded with dappled sunlight. There are several trees, including a large tree trunk on the left and a birch tree on the right. The family consists of two adults and three children. One child is pushing a red bicycle.

Epping Forest Health & Wellbeing Strategy 2022-26

Baseline data dashboard
2022/23

We will improve mental health and wellbeing of residents.



<u>Indicator</u>	<u>Measure</u>	<u>Trend</u>	<u>Source/Year</u>
Estimated prevalence of common mental health disorders – ages 16+	14.8%	—	Essex JSNA/2017
Estimated prevalence of common mental health disorders – ages 65+	9.3%	—	Essex JSNA/2017
Depression QOF incidence (18+) new diagnosis (% of patients 18+ recorded with depression for first time on practice registers)	2.2%	↑	Essex JSNA/2022
Mental health QOF prevalence (% of patients with psychoses as recorded on practice registers)	1.68%	→	Essex JSNA/2022
ESA claimants for mental health and behavioural disorders (per 1,000 working age population)	16.8	→	Essex JSNA/2018
Suicide rate (per 100,000)	8.7	↑	Essex JSNA/2022
Overall how satisfied are you with your life nowadays?	Low 8% Very high 17%	—	Essex Residents Survey/2022

We will reduce loneliness & social isolation.



<u>Indicator</u>	<u>Measure</u>	<u>Trend</u>	<u>Source/Year</u>
Combined loneliness score	Lest lonely 52% Most lonely 4%	—	Essex residents survey/2022
Strong sense of community in your local area	Agree 56% Disagree 18%	—	Essex residents survey/2022
How often in the last year have you given unpaid help to any groups/clubs or organisations?	Not given help 65% At least 1 a week 15%	—	Essex residents survey/2022
How safe or unsafe do you feel outside in your local area during the day?	Safe 93% Unsafe 1%	—	Essex Residents Survey/2022
How safe or unsafe do you feel outside in your local area at night?	Safe 66% Unsafe 1%	—	Essex Residents Survey/2022
All recorded crime (excluding action (NFIB) fraud)	10,394	↓	Essex Police/2023
All recorded Sexual offences	252	↓	Essex Police/2023
All recorded domestic abuse	1804	↓	Essex Police/2023

We will support residents in relation to the rising cost of living.



<u>Indicator</u>	<u>Measure</u>	<u>Trend</u>	<u>Source/Year</u>
Economically Active: Proportion of working age (16-64) residents who are economically active	79.9%	➔	Essex JSNA/2022
Unemployed: Number & Proportion of working age residents who are unemployed	3.0%	➔	Essex JSNA/2022
Older people living in poverty	11.2%	—	Office for Health Improvement & Disparities/2019
Children in relative low-income families	12%	➔	Essex JSNA/2021
Average attainment eight score	52.4	⬆	Office for Health Improvement & Disparities/2021
Model estimates % households in fuel poverty	11.1%	—	Office for Health Improvement & Disparities/2020

We will support residents to increase their physical activity levels.

<u>Indicator</u>	<u>Measure</u>	<u>Trend</u>	<u>Source/Year</u>
% Adults who are physically active	67.8%	➔	Essex JSNA/2022
% Children & young people who are physically Active	55.3%	⬆	Essex JSNA/2022
% Adults who are physically inactive	21.0%	⬆	Essex JSNA/2022
% overweight and obese adults	57.5%	⬇	Essex JSNA/2022
% overweight and obese children	Reception 20.8% Year 6 34.6%	➔	Office for Health Improvement & Disparities/2022
% adults who eat recommended 5 a day	61.7%	⬆	Essex JSNA/2022





We will tackle alcohol and substance misuse issues.

<u>Indicator</u>	<u>Measure</u>	<u>Trend</u>	<u>Source/Year</u>
State based crime (trafficking of drugs/possession of drugs)	308	↓	Essex Police 2022
Admission episodes for alcohol specific conditions	325.8	—	Essex JSNA/2022
Admission episodes for alcohol specific conditions under 18	17.9	↓	Essex JSNA/2022
Deaths from drug misuse	2.85	—	Essex JSNA/2022