



THRIVING ADULTS METHODOLOGY

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CONTEXT

In September 2024, the Health and Wellbeing board agreed a new Joint Strategic Needs Assessment (JSNA) programme, setting in motion the production of three life course JSNA dashboards:

- Empowering Futures JSNA: focusing on the health needs of children and young people aged 0-18.
- Thriving Adults JSNA: focusing on the health needs of adults aged 18-64.
- Healthy Ageing JSNA: focusing on the health needs of older adults aged 65+.

The three dashboards will create an evidence base spanning the whole population. They are all developed around the same three principles:

- They are live: the data will be updated with new releases ensuring they reflect the most recent picture.
- They are iterative: they will be continually updated and developed, meaning there is opportunity to add and change content depending on local priorities.
- They are editorial: data and insight are selected to reflect specific key messages, instead of including everything that is available on a topic.

METHOD

An Agile project management approach was used to develop these three dashboards, as it aligned well with the dashboard's principles listed above. This is an iterative and flexible approach to managing projects, emphasising collaboration, user feedback, and small, frequent releases of work.

In April 2025, the core JSNA team carried out a rapid review of other local authorities' life course JSNA dashboards. The team made note of each local authorities' approach to structuring their dashboards, and considered frameworks already in use in Warwickshire, such as Core 20 Plus 5 and the King's Fund model. The team also considered other local activities, including the review of existing Warwickshire County Council (WCC) dashboards, and the development of the new Health and Wellbeing Strategy. It was decided that the Thriving Adults JSNA would be set up in a way that helped to address gaps in the dashboards and could contribute to monitoring outcomes from the Health and Wellbeing Strategy.

At the same time, the core JSNA team held a series of workshops with WCC's Public Health and Commissioning colleagues to introduce them to the Agile approach, and to understand upcoming decision-making opportunities where they might benefit from the evidence gathered by the JSNA.

A list of potential JSNA topics were gathered, and the core JSNA team underwent a prioritisation exercise to decide which topics to focus on first. Factors affecting prioritisation included timeline of upcoming decision-making activities, availability of data, availability of stakeholders, availability of analysts, and alignment with national, regional, and local priorities.

Instead of following a rigid, linear plan, the Agile approach breaks down the project into manageable units called "sprints". For the Thriving Adults JSNA, each of the prioritised topic was assigned to a sprint. A sprint was roughly six weeks of commitment, where stakeholders and analysts were brought together every week to:

- Gather readily available data from national, regional, and local sources (where possible, data is for people aged 18-64, but limitations on the availability of data may mean using the closest approximate);
- Critically appraise the strengths and weaknesses of various data sources;
- Analyse the data and highlight notable areas for attention;
- Write a narrative to provide context for interpreting the data;
- Agree on key messages for a professional audience;
- Agree on the dashboard's layout and navigation; and
- Identify topic areas that would benefit from exploration in future iterations.

Key stakeholders include:

- NHS Coventry and Warwickshire Integrated Care Board (ICB);
- WCC teams;
- Commissioned services; and
- System-level partners.

A detailed list of stakeholders involved in each sprint is listed under each section's heading.

At the end of each sprint, the relevant chapter or section is considered live and ready to use for internal stakeholders. A one-hour “retrospective” meeting wraps up the sprint, providing the opportunity for the sprint’s stakeholders and analysts to reflect on the past six weeks, and identify lessons learnt, so the core JSNA team could improve their processes for the next sprint.

Six sprints took place between May 2025 and December 2025, resulting in the first iteration of the Thriving Adults JSNA. On 8th December 2025, 24 stakeholders and JSNA users attended “user testing”, providing valuable feedback on the first iteration of the dashboard.

This iteration is brought to the Health and Wellbeing Board meeting in January 2026 for approval.

VITAL SIGNS

Stakeholders in this sprint include: ICB Inequalities team, ICB Population Health Management team, WCC Public Health Prevention team, WCC Commissioning team.

This section covers a range of indicators relating to physical conditions. Those under 'long term conditions' were chosen because many of them are main contributors to ill health and mortality in Warwickshire. They also aligned with the NHS Coventry and Warwickshire Integrated Care Board's priorities.

MORTALITY

Data on this page covers mortality by age and sex as well as mortality by cause.

ITEM/INDICATOR	SOURCE
Number of deaths by age and sex	Nomis Mortality statistics – underlying cause, sex and age
Under 75 all cause mortality rate by district/borough 3 year	Fingertips
Leading causes of death	Nomis Mortality statistics – underlying cause, sex and age
<i>Text: "Lifestyle factors such as weight management, exercise, diet, alcohol use, and smoking are common risk factors for many of the leading causes of death. Other common risk factors include mental health issues, chronic illness, social isolation, and genetics/family history."</i>	Addressing the leading risk factors for ill health Physical health and mental health Mental Health Foundation Rising ill-health and economic inactivity because of long-term sickness, UK - Office for National Statistics Investigating factors associated with loneliness in adults in England - GOV.UK Family history of heart and circulatory diseases - BHF

OBESITY

Data on obesity prevalence in England by age and sex is presented and then applied to Warwickshire's population using ONS Mid year estimates.

ITEM/INDICATOR	SOURCE
Obesity rates by age and sex, England 2022	Health survey for England, 2022, NHS Digital
Estimated volume of people in Warwickshire by weight status	Adult overweight and obesity - NHS England Digital ONS Mid year estimates
<i>Text: "Obesity increases the risk of various health conditions including type 2 diabetes, coronary heart disease, high blood pressure and cholesterol, some types of cancer, respiratory diseases, stroke, musculoskeletal</i>	https://www.england.nhs.uk/ourwork/prevention/obesity/

diseases, liver diseases, and can negatively impact on mental health.”	
Text: “There is a strong deprivation gradient associated with obesity, with the prevalence of people being obese or overweight being higher in more deprived areas.”	https://www.gov.uk/government/statistics/obesity-profile-may-2025-update/obesity-profile-short-statistical-commentary-may-2025
Text: “Healthy weight is predominately driven by healthy eating.”	https://www.nhs.uk/better-health/lose-weight/

DIABETES

All age diabetes QOF prevalence is used to compare districts and boroughs in Warwickshire to give an idea of difference across the county. The section also includes reference to diagnosed and undiagnosed national prevalence by age and sex. This was regarded as important to give an idea of the scale of diabetes in Warwickshire and which groups may be most impacted.

ITEM/INDICATOR	SOURCE
All age diabetes prevalence 2023/24 Warwickshire/districts/boroughs	Fingertips diabetes prevalence QOF
Diabetes prevalence by age and sex, England 2022	Health Survey for England, 2022
Distribution of diabetes registrations by PCN and age	National diabetes audit 2024/25
Text: “ <i>It is a leading cause of avoidable mortality and is associated with damage and failure of many organs especially the eyes, kidneys, nerves, heart, and blood vessels.</i> ”	https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2021-part-2/adult-health-diabetes
Text: “ <i>The likelihood of diabetes is increased by risk factors such as being overweight, inactivity, having a family history of diabetes or having a history of gestational diabetes. Additionally, people of Asian, Chinese, black African, and black Caribbean ethnicities are two to four times more likely to have diabetes, and develop it at lower weight thresholds, than white populations.</i> ”	https://www.diabetes.org.uk/about-diabetes/type-2-diabetes/causes

HYPERTENSION

This page explores mortality from hypertension over time and across the county. It also looks at prevalence at county and district/borough level. We are unable to get data at Warwickshire

level by age and sex so rely on national prevalence rates and assuming that Warwickshire will not deviate massively from the national picture in terms of hypertension prevalence. This approach also provides insight into undiagnosed hypertension prevalence where national prevalence rates can be assumed to apply broadly to Warwickshire. If required, those rates could be applied to Warwickshire's population to get an idea of the volume of people involved.

ITEM/INDICATOR	SOURCE
Mortality rates from hypertensive diseases at county and district/borough level. 2021/23	Fingertips hypertensive diseases
Hypertension rates all age 2023/24 at county and district/borough	Fingertips Department of Health and Social Care
National hypertension rates by age	Health Survey for England, 2022
Undiagnosed prevalence of hypertension by age and sex, 2022	Health Survey for England, 2022
Text: " <i>The World Health Organisation describes it as one of the most preventable and treatable causes of premature deaths.</i> "	https://www.who.int/news-room/fact-sheets/detail/hypertension

CHRONIC KIDNEY DISEASE

Key stakeholders highlighted the issue of CKD – Warwickshire routinely performs less well than comparators and the issue is relatively widespread and links to other conditions e.g. hypertension.

ITEM/INDICATOR	SOURCE
Prevalence of CKD QOF over time (county) and district/borough 2023/24	Fingertips CKD prevalence
Comparison with statistical neighbours	Fingertips CKD nearest neighbours
Text: " <i>There is a strong link between socioeconomic deprivation and CKD. People living in deprived areas are more likely to develop CKD, experience faster progression, and face poorer health outcomes. People from ethnic minority groups are also disproportionately affected by CKD, experiencing higher rates of kidney failure and a greater need for dialysis or kidney transplantation.</i> "	Social deprivation and development of CKD – Kidney Research UK

MUSCULOSKELETAL

MSK conditions are a leading cause of pain, disability, and sickness absence in England. They are a major contributor to economic inactivity. Addressing issues related to MSK may help improve workforce participation.

ITEM/INDICATOR	SOURCE
% reporting a long term MSK problems 2024 County and District/borough	Fingertips – Musculoskeletal health profile
Years lost to disability MSK	Global Burden of disease
<i>Text: “57% of people living with arthritis report experiencing pain every day. MSK conditions are more likely to affect women, older adults, people of certain ethnic groups, and people living in deprived areas. MSK is largely preventable. Strong development of muscles, bones and joints in the womb can contribute to good MSK health. Being physical active, not smoking, and maintaining a healthy weight can help to prevent MSK.”</i>	Musculoskeletal health: 5 year prevention strategic framework - GOV.UK

RESPIRATORY DISEASE

Respiratory disease is a significant cause of death in those under 75 and considered by the NHS to be largely preventable.

ITEM/INDICATOR	SOURCE
Under 75 mortality rates from respiratory disease Persons, 3 years District/borough	Fingertips Department of Health and Social Care
Under 75 mortality rates (3 years, persons) Warwickshire compared to nearest neighbours	Fingertips Department of Health and Social Care
<i>Text: “Whilst respiratory diseases are largely preventable, they are the third biggest cause of death in England, and a significant cause of death in people under 75.”</i>	NHS England » Respiratory disease
<i>Text: “For those aged under 75, people living in the most socioeconomically deprived areas in England are nearly 3 times more likely to die from preventable respiratory disease than those in the least deprived areas. This</i>	Briefing: health inequalities and lung disease – British Lung Foundation https://www.england.nhs.uk/ourwork/clinical-policy/respiratory-disease/ Respiratory disease: applying All Our Health – Public Health England

<p><i>is due to being more likely to be exposed to risk factors, such as poor housing, air pollution, occupational hazards, and smoking. People who are homeless, people with severe mental illness, and people with learning disabilities are also at higher risk of respiratory illness.”</i></p>	
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CARDIOVASCULAR DISEASE

NHS advise that cardiovascular disease is largely preventable. CVD is a leading cause of death in those under 75 and therefore a topic for inclusion in the report.

ITEM/INDICATOR	SOURCE
Under 75 mortality rate for cardiovascular disease – County and district/borough. 2022-2024	Fingertips Department of Health and Social Care
Inequalities – Under 75 mortality rate by deprivation decile, England	Fingertips Department of Health and Social Care
<p><i>Text: “The risk of developing CVD increases as people get older. Men are more likely than women to develop CVD at an earlier age. People of South Asian ethnic background or Black African or African Caribbean ethnic background are also at higher risk of developing CVD. For people aged under 75, those living in the most deprived areas are more likely to die from CVD than those who live in the least deprived areas.</i></p> <p><i>There are risk factors that increase the risk of CVD, including high blood pressure, high cholesterol (i.e fatty substance in the blood), diabetes, chronic kidney disease, being overweight or obese, smoking, lack of regular exercise, poor diet, and excessive alcohol consumption. The more risk factors a person has, the greater their chance of developing CVD.”</i></p>	https://www.nhs.uk/conditions/cardiovascular-disease/

LIVER DISEASE

Liver disease mortality in Warwickshire has seen an upward trend in recent years and so has become an area of interest for Public health Warwickshire.

HES data on hospital admissions with a primary coding of liver disease was used and patients allocated to an IMD decile based on postcode. Counts are presented in the report but it is noted that Warwickshire has a higher number of people living in less deprived areas which may explain their over-representation in the higher deciles for hospital admissions for liver disease. Hospital admission data for England shows in general admission rates are highest in people living in more deprived areas.

ITEM/INDICATOR	SOURCE
Under 75 mortality from Liver disease	Fingertips Department of Health and Social Care
Hospital admissions for liver disease DSR per 100,000 for England	Fingertips Department of Health and Social Care
Hospital admissions for liver disease (counts) for Warwickshire	Hospital Episode Statistics – Population Health Intelligence team registered access.
<i>Text: "These causes include regularly drinking too much alcohol, being obese which leads to fat build up in the liver, and catching a viral hepatitis infection (hepatitis C may be spread by injecting drug use).</i>	Liver disease NHS inform
<i>Text: "Alcohol contributes to 50% of liver disease."</i>	https://britishlivertrust.org.uk/information-and-support/liver-conditions/alcohol-related-liver-disease/

CANCER

Cancer is included because it is the leading cause of death for working aged people in Warwickshire. Although rates have declined over time, data indicates rates in Warwickshire are slower to decline than in England as a whole. Mortality data is presented alongside screening programme data.

ITEM/INDICATOR	SOURCE
Under 75 mortality rates for cancer, persons, DSR per 100,000.	Fingertips Department of Health and Social Care
Bowel cancer screening	Fingertips Department of Health and Social Care
Breast cancer screening	Fingertips Department of Health and Social Care
Cervical screening 25-49 years	Fingertips Department of Health and Social Care
Cervical screening 50-64 years	Fingertips Department of Health and Social Care
<i>Text: "Around 1 in 3 deaths from cancer are due to the following risk factors: being overweight or obese, not eating</i>	https://www.who.int/en/news-room/fact-sheets/detail/cancer

enough fruit and vegetables, lack of physical activity, smoking, drinking alcohol, and air pollution”	
Text: “ <i>Smoking is the biggest cause of cancer in the UK, causing 16 types of cancer and over 6 in 10 lung cancer cases. Being overweight or obese is the second biggest cause.</i> ”	https://news.cancerresearchuk.org/2025/02/21/cancer-death-rates-higher-for-most-deprived/
Text: “ <i>Cancer death rates are almost 60% higher for people living in the most deprived areas. This is in part due to people in deprived areas having a higher chance of late diagnosis, which makes treatment less effective and leads to worse outcomes. People who are of Global Ethnic Majority are also more likely to be diagnosed at a late cancer stage.</i> ”	https://news.cancerresearchuk.org/2025/02/21/cancer-death-rates-higher-for-most-deprived/

MULTIMORBIDITY

Living with two or more long-term conditions is increasingly common before retirement – as well as reducing quality of life it is strongly linked to early exit from the labour market for those of working age.

ITEM/INDICATOR	SOURCE
% reporting a long-term MSK problem (2024 version)	Fingertips Department of Health and Social Care
% reporting a long-term MSK condition and at least one other long-term condition	Fingertips Department of Health and Social Care
Text: “ <i>Multimorbidity means having two or more long-term conditions at the same time that can be a physical or mental ill health condition.</i> ”	https://cks.nice.org.uk/topics/multimorbidity/
Text: “ <i>Multimorbidity is associated with a drop in quality of life, lower life expectancy, increased use of health services, higher rates of adverse drug events (due to regularly using multiple medications at the same time), and issues with coordinating healthcare services. Their families and carers are also more likely to have poorer quality of life.</i> ”	https://cks.nice.org.uk/topics/multimorbidity/
Text: “ <i>People living in more deprived areas are more likely to acquire more</i>	https://www.kingsfund.org.uk/insight-and-analysis/long-reads/improving-clinical-coordination-multiple-long-term-conditions

long-term conditions, and at a younger age, than people living in less deprived areas."

MIND MATTERS

WELLBEING AND LONELINESS

Stakeholders in this sprint include: ICB Inequalities team, ICB Population Health Management team, WCC Public Health Mental Health and Harm Reduction team, WCC Commissioning team, service providers.

Stakeholders were keen that both measures of mental health and mental ill health were included in the report. Hence self-reported wellbeing measures are presented alongside more traditional measures of mental health which focus on mental health conditions etc. Stakeholders suggested the focus for the first version of this report should not include indicators for more severe mental illness and issues allied to this.

Warwickshire figures are available for key all-age wellbeing indicators.

ITEM/INDICATOR	SOURCE
Wellbeing indicators: Satisfaction, Worthwhile, Happiness and Anxiety	Fingertips Department of Health and Social Care
Loneliness all age Warwickshire	Fingertips Department of Health and Social Care
Loneliness by age	Loneliness and wellbeing - NHS England Digital
No. lonely in Warwickshire aged 16-64	Age specific national rates applied to population MYE https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2021-part-2/loneliness-and-wellbeing
<i>Text: "People with higher wellbeing generally have better physical and mental health."</i>	Personal well-being in the UK: April 2022 to March 2023 - ONS The relationship between wellbeing and health – Department of Health
<i>Text: "National insights from personal wellbeing data showed that self-reported health status (including physical and mental health) had a large contribution to average ratings of all personal wellbeing measures."</i>	Personal well-being in the UK: April 2022 to March 2023 - ONS
<i>Text: "Feeling lonely is often linked to early deaths."</i>	Loneliness annual report: The first year – HM Government
<i>Text: "Lonely people are more likely to be readmitted to hospital or have a longer stay and are more likely to visit their GP or Accident and Emergency."</i>	A connected society: A strategy for tackling loneliness – laying the foundations for change – HM Government

MENTAL HEALTH CHALLENGES

ITEM/INDICATOR	SOURCE
New people diagnosed with depression (18+) QOF incidence	Fingertips Department of Health and Social Care
Common mental health conditions by age and sex	Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England - NHS England Digital
Common mental health conditions by ethnic group	Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England - NHS England Digital
Common mental health conditions by deprivation	Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England - NHS England Digital
<i>Text: "Mental health challenges can cause people to experience difficulties in the way they think, feel or react."</i>	Mental health problems – an introduction - Mind
<i>Text: "Many factors are associated with higher rates of common mental health conditions."</i>	Fingertips Department of Health and Social Care
<i>Text: "Other factors also associated with higher rates of common mental health conditions include: Problems with debt; Limiting physical health conditions; Being unemployed or economically inactive."</i>	Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England - NHS England Digital

SUICIDE

Included as a key cause of death in working age groups especially for middle aged men.

ITEM/INDICATOR	SOURCE
Suicide rate and count Count/district/borough where available	Fingertips Department of Health and Social Care
Suicide attempt or self harm and other stated survey figures	Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England - NHS England Digital
<i>Text: "Suicidal thoughts and attempts, and non-suicidal self-harm can be experienced by people with and without mental health conditions. Difficult life events, such as relationship breakdown, financial worries or bereavement can increase a person's suicide risk."</i>	Suicide and risk – Zero Suicide Alliance
<i>Text: "A suicide can affect around 135 people (including family, friends, and communities)."</i>	The economic cost of suicide - Samaritans

Text: "People bereaved by suicide are at higher risk of dying by suicide."	Bereavement by suicide – Zero Suicide Alliance
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RESPONSES TO MENTAL HEALTH

There was a desire to include in the report reference to some of the options available to support mental health.

ITEM/INDICATOR	SOURCE
Prescription items – antidepressant prescribing by Warwickshire GPs	Analyse OpenPrescribing
NHS talking therapies data	Data supplied by Coventry and Warwickshire ICB
Wellbeing for Warwickshire	Information supplied by Public Health Warwickshire commissioned services
5 Ways to wellbeing model	5 steps to mental wellbeing - NHS
Dahlgren and Whitehead model	Image from A vision for population health: towards a healthier future - The King's Fund
Text: "Just over 1 in 5 working age adults in England will experience a mental health condition."	New research shows increasing numbers of people in England with a common mental health condition – National Centre for Social Research
Text: "Self-help materials at libraries"	Self-help books – Warwickshire County Council Libraries
Text: "Once mental health challenges start to develop, early support is crucial to prevent escalation."	The Big Mental Health Report 2025 - Mind

WORKING WELL

Stakeholders in this sprint include: WCC Public Health Wellbeing and Workforce team, WCC Employability and Skills team, WCC Business Skills Support Service, Warwickshire Supported Employment Service.

The Working Well section of this report provides an overview of key employment related data that has implications for our population's health and wellbeing. This includes the employment rate, levels of and reasons for economic inactivity, financial support, and employment related support in Warwickshire.

EMPLOYMENT RATES AND DEPRIVATION

Identifying Warwickshire's position relative to the national picture. Included focussing on specific groups and seeking insight on small areas that experience poorer access to employment.

ITEM/INDICATOR	SOURCE
Overall employment rate county/district/borough	Nomis – APS query Nomis - Query Tool - annual population survey
Male/Female employment rates	Nomis - Query Tool - annual population survey
Employment rates – disability and population with physical or mental health long term condition.	Fingertips Department of Health and Social Care
Disability employment rates	ONS Labour Market Status of Disabled People
Employment deprivation IMD 2025	
English indices of deprivation – Domains of deprivation including employment	English indices of deprivation 2025 - GOV.UK Domains of deprivation
NEET data for local authorities (16 to 17 year olds)	NEET and participation: local authority figures - GOV.UK
NEET 18-24 figures	ONS NEETs 18-24 year olds
Text: "Being in 'good work', defined as safe, secure, and supportive employment, can improve and protect physical and mental health, enhance quality of life, and protect against social exclusion."	Economic activity and health inequalities: how labour market experiences sustain health inequalities - Citizens Advice
Text: "The Government has reinforced the importance of this in the Get Britain Working white paper, which aims to help more people find and stay in work by improving support for health, skills, and job opportunities."	Get Britain Working White Paper – Department for Work & Pensions, HM Treasury, and Department for Education

Text: "Research shows a clear correlation between higher employment rates and higher life expectancy."	Relationship between employment and health – The Health Foundation
Text: "In contrast, people who are unemployed are nearly six times more likely to have poor health, than those who are employed."	How employment status affects our health – The Health Foundation
Text: "There are specific groups and areas where the employment rate is lower than the Warwickshire rate of 80%."	Nomis – APS query Nomis - Query Tool - annual population survey
Text: "Nationally, people who are disabled, younger people (aged 16-24), and some minority ethnic groups have lower employment rates."	The following reports provided these national insights: The employment of disabled people 2025 - GOV.UK Employment - GOV.UK Ethnicity facts and figures Impetus New Impetus study reveals the deep inequalities holding...

ECONOMIC INACTIVITY

ITEM/INDICATOR	SOURCE
Economic inactivity rates County and national	Nomis – APS Nomis - Query Tool - annual population survey
No. economically inactive who want a job and total no. economically inactive	Nomis – APS Nomis - Query Tool - annual population survey
Reason for inactivity	Nomis download at date stated on chart Nomis - Query Tool - annual population survey
Volume people economically inactive due to long-term sickness	Nomis download at date stated on chart Nomis - Query Tool - annual population survey
Text: "Economic inactivity can impact health and wellbeing as both a cause and consequence of poor health."	Understanding the impact of economic inactivity interventions for people with poor health and disability and the nature of interventions for older workers: a rapid evidence review – EPPI Centre Evidence for Policy and Practice
Text: "Absence from the labour market reduces access to income, social networks, and purpose, which can worsen physical and mental health problems."	Employment, economic inactivity and incapacity: past lessons and implications for future policy – The Health Foundation Get Britain Working: Labour Market Insights October 2025 - GOV.UK Economic activity and health inequalities: how labour market experiences sustain health inequalities - Citizens Advice
Text: "Economic inactivity is associated with several physical and mental health conditions. Mental health conditions include depression, anxiety, and other common mental disorders (CMDs) and physical health conditions include musculoskeletal disorders,	Rising ill-health and economic inactivity because of long-term sickness, UK: 2019 to 2023 - ONS

cardiovascular disease, and chronic pain.”	
Text: “Long-term sick is the largest proportion of economic inactivity. However, the proportion of people who are temporary sick has doubled between 2019/20 and 2024/25.”	Nomis download at date stated on chart Nomis - Query Tool - annual population survey

FINANCIAL SUPPORT

ITEM/INDICATOR	SOURCE
PIP Total - Warwickshire	Stat-Xplore Download from site
PIP Rate per 1,000	Stat-Xplore Download from site
PIP Top 10 wards	Stat-Xplore Download from site
PIP Disability	Stat-Xplore Download from site
PIP Latest month by age	Stat-Xplore Download from site
PIP Age over time	Stat-Xplore Download from site
Universal credit claimants Warwickshire	Stat-Xplore Download from site
Text: “Personal Independence Payments (PIP) is available to those both in, and out of employment, so it is not an indicator of inability to work.”	Personal Independence Payment – Gov.uk
Text: “There are three main barriers to claiming support: awareness, complexity, and stigma.”	Applicants' Journeys to Claiming PIP – Department for Work & Pensions, Government Social Research

EMPLOYMENT SUPPORT

ITEM/INDICATOR	SOURCE
Information on Employment support	Provided links from Economy and Skills team, Warwickshire County Council
Text: “Employment support schemes are crucial in unlocking the full potential of a workforce by helping to reduce absenteeism, improve retention, and create a healthier, more inclusive workplace.”	Get Warwickshire Working – Warwickshire County Council, Warwickshire Skills Hub, Department for Work & Pensions
Text: “For employees, employment support can help break down barriers that prevent people from accessing meaningful work.”	Get Warwickshire Working – Warwickshire County Council, Warwickshire Skills Hub, Department for Work & Pensions
Text: “For employers, these programmes provide access to a wider pool of employees, foster more	Get Warwickshire Working – Warwickshire County Council, Warwickshire Skills Hub, Department for Work & Pensions

inclusive workplaces, and build workforces that reflect local communities.”

REDUCING RISK

This section focuses on the impacts on our health and wellbeing of eating well, moving more, smoking and vaping, alcohol and drugs.

SMOKING

Stakeholders in this sprint include: WCC Public Health Smokefree Generation Delivery team, WCC Commissioning team

ITEM/INDICATOR	SOURCE
Smoking prevalence among adults aged 18+ (Warwickshire and England)	Fingertips Department of Health and Social Care
Smoking prevalence among adults aged 18+ (Districts/Boroughs)	Fingertips Department of Health and Social Care
Women known to be smokers at time of delivery	Statistics on Women's Smoking Status at Time of Delivery: England, NHS England – source data is provided per quarter and converted to a rolling 12 month count and percentage for the purpose of this indicator
Number of smokers registered with Warwickshire GPs with and without a LTC	Quality and Outcomes Framework, Lifestyle Group, NHS England
<i>Text: "Smoking is the leading cause of premature, preventable death globally. Tobacco kills up to half of its users, this equates to 8 million deaths a year globally. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke. Around 80% of the world's 1.3 billion smokers live in low- and middle-income countries."</i>	https://ash.org.uk/media-centre/news/press-releases/government-achieves-smoking-in-pregnancy-reduction-target-but-progress-threatened-by-nhs-cuts https://www.nhs.uk/pregnancy/keeping-well/stop-smoking/ https://ash.org.uk/uploads/HIRP-Long-term-conditions.pdf
Information on smoking and pregnant women	https://www.nhs.uk/pregnancy/keeping-well/stop-smoking/
Information on smoking and those with long term conditions	https://ash.org.uk/uploads/HIRP-Long-term-conditions.pdf
Information on smoking and ethnic minority groups	https://ash.org.uk/uploads/Tobacco-and-Ethnic-Minorities-Fact-Sheet-v3.pdf?v=1712223258
Information on smoking and individuals with a learning disability	https://www.ncsct.co.uk/library/view/pdf/Competency-Framework-Learning-Disability.pdf https://www.warwickshire.gov.uk/directory-record/8076/adults-with-a-learning-disability-jsna-2025-
Information on smoking and people experiencing homelessness	https://ash.org.uk/uploads/HIRP-People-experiencing-homelessness-1.pdf

Information on smoking and people in routine and manual occupations	https://fingertips.phe.org.uk/profile/tobacco-control/supporting-information/smokingandinequalities
Information on smoking and those living in a deprived area	https://ash.org.uk/uploads/HIRP-Low-income-households.pdf?v=1652365229
Information on smoking and those with long term mental health conditions	https://ash.org.uk/uploads/HIRP-LGBT-community.pdf?v=1652365376
Information on smoking and those with substance misuse disorders	https://www.gov.uk/government/statistics/substance-misuse-treatment-for-adults-statistics-2022-to-2023/adult-substance-misuse-treatment-statistics-2022-to-2023-report
Information on smoking and unemployed individuals	https://ash.org.uk/uploads/ASH-Briefing_Health-Inequalities.pdf

NICOTINE CONSUMPTION

Stakeholders in this sprint include: WCC Public Health Smokefree Generation Delivery team, WCC Commissioning team

ITEM/INDICATOR	SOURCE
Vaping prevalence among those aged 16+ and by age group	E-cigarette use in England, ONS
Text: <i>“Waterpipe tobacco smoking (commonly known as sheesha or hookah) is on the rise in the UK, with a 210% increase in waterpipe cafes reported over the past five years. Despite common misconceptions that it is a safer alternative to smoking, waterpipe tobacco smoke contains high levels of toxic substances, including known carcinogens. There is strong evidence linking waterpipe use to serious health harms, making it both an individual health risk and a wider public health concern.”</i>	https://www.ncsct.co.uk/library/view/pdf/waterpipe-briefing.pdf

MOVING MORE

Stakeholders in this sprint include: ICB Inequalities team, WCC Public Health Prevention team, WCC Commissioning team, System partner Think Active

ITEM/INDICATOR	SOURCE
Proportion meeting recommended physical activity levels	Fingertips Department of Health and Social Care

Proportion meeting recommended muscle strengthening activity	Active Lives Sport England
Physical inactivity by county/district/borough and age/sex/deprivation/education/disability/ethnic groups/employment	Fingertips Department of Health and Social Care
Estimated number of working age adults physically inactive.	Proportion from above source applied to MYE 2024 to calculate estimated number
<p><i>Text: "Regular physical activity contributes to good mental and physical health. It boosts mood and reduces stress, anxiety, depression, and improves sleep and can prevent and manage long-term conditions. For women, it promotes healthy pregnancy, and helps with managing menstrual and peri-menopausal symptoms. Muscle-strengthening activities build muscle and bone density, supporting mobility and independence as we age, while reducing frailty, falls, and fractures. Community-wise, physical activity can reduce social isolation and create savings for the health and care system."</i></p>	NHS Inform

EATING WELL

Stakeholders in this sprint include: ICB Inequalities team, WCC Public Health Prevention team, WCC Public Health Child Health and Long Term Conditions, System partner Think Active

ITEM/INDICATOR	SOURCE
Proportion meeting 'Five-a-day'	Fingertips Department of Health and Social Care
Five-a-day by IMD	Fingertips Department of Health and Social Care
Fast Food Outlets	Fingertips Department of Health and Social Care
Food Insights including those around out of home food consumption	National Diet and Nutrition Survey 2019 to 2023: report - GOV.UK POSTbrief (No.59) ' Health Impacts of ultra-processed foods ' July 2024
Support to Eat Well	Information on NHS 4 tiers supplied by ICB stakeholder
<p><i>Text: "Eating well has a large impact on our physical and mental health, with a healthy diet being the main driver of healthy weight and being linked to the risk of cardiovascular disease, type 2 diabetes, certain cancers, digestive disorders, mood regulation, depression, and anxiety."</i></p>	Healthy eating: applying All Our Health - GOV.UK
<p><i>Text: "The food people eat is impacted by a wide range of factors, including the affordability of and access to healthy</i></p>	United Kingdom Food Security Report 2024: Theme 4: Food Security at Household Level - GOV.UK

<p>food, the food education people receive to help make healthy choices, and having healthy sustainable choices available locally to them. All these factors impact on inequalities in being able to eat well and ultimately health outcomes.”</p>	
<p>Text: “Recently, there has been a growing concern about the high consumption of ultra-processed foods which can undermine healthy eating by displacing more nutritious, whole foods, and contributing to poor health outcomes. This is seen nationally in people not meeting their recommended fibre and vitamin D amounts, and overconsuming in other areas.”</p>	<p>National Diet and Nutrition Survey 2019 to 2023: report - GOV.UK POSTbrief (No.59) 'Health Impacts of ultra-processed foods' July 2024</p>

ALCOHOL

Stakeholders in this sprint include: WCC Public Health Mental Health and Harm Reduction team, WCC Commissioning team, Warwickshire's drugs and alcohol delivery service

ITEM/INDICATOR	SOURCE
Adult drinking habits – regular drinkers, drank in the last year, increasing risk drinkers	<p>Health Survey for England, NHS England Rates applied to Warwickshire population estimates, ONS</p>
Estimates of alcohol dependency	<p>Estimates of alcohol dependent adults in England, OHID Rates applied to Warwickshire population estimates, ONS</p>
Adults in substance misuse treatment for alcohol	<p>Adults in substance misuse treatment, NDTMS</p>
Alcohol specific deaths	<p>Fingertips Department of Health and Social Care</p>
Alcohol-specific hospital admissions	<p>Fingertips Department of Health and Social Care</p>
<p>Text: “Drinking alcohol is harmful to your health, and the more you drink the more you increase your risk of ill health. Regular drinking increases the risk of seven types of cancer (breast, bowel, mouth, throat, larynx, oesophagus, and liver), liver disease, and heart problems, even at moderate levels.”</p>	<p>New alcohol guidelines show increased risk of cancer - GOV.UK Will You Go Sober for October? – Prospect Medical Group</p>
<p>Text: “As well as being harmful to health, alcohol can impact people in a variety of ways:</p> <ul style="list-style-type: none"> - Finances. More people report drinking at home due to cost of 	<p>Are attitudes towards drinking alcohol shifting in the UK? Almost two thirds of UK workers drink alcohol for work-related reasons Alcohol Change UK Alcohol and the family - Institute of Alcohol Studies Alcohol and sleep Drinkaware</p>

<p>living pressures but this can increase intake unnoticed.</p> <ul style="list-style-type: none"> - Work. Stress and workplace culture remain strong drivers of midweek or post work drinking. - Social effects. Alcohol can strain relationships, increase risk of conflict, and impact family life. - Sleep. Alcohol disrupts rapid eye movement (REM) sleep, reducing rest quality and increasing fatigue.” 	
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DRUGS

Stakeholders in this sprint include: WCC Public Health Mental Health and Harm Reduction team, WCC Commissioning team, Warwickshire's drugs and alcohol delivery service

ITEM/INDICATOR	SOURCE
Adult drug use and frequent drug use	Drug misuse in England and Wales, ONS with data from the Crime Survey for England and Wales Rates applied to Warwickshire population estimates, ONS
Adults in substance misuse treatment for drugs	Adults in substance misuse treatment, NDTMS
Drugs used by those in substance misuse treatment	Substance use by adults in substance misuse treatment, NDTMS
Hospital admissions with drugs as a factor	Hospital Episode Statistics (HES) query by Warwickshire County Council Business Intelligence
Drug poisoning deaths	Deaths related to drug poisoning by local authority, ONS
Text: “ <i>Using illicit drugs can have negative impacts on your health and wellbeing. The effects can include physiological and psychological impacts which vary based on the type of drug taken and the person's circumstances.</i> ”	dh_129674.pdf
Text: “ <i>Frequent drug use is a significant risk factor for chronic health morbidities, mental ill health, reduced life expectancy, lower quality of life, and a range of social and economic issues, such as unemployment, homelessness, exposure to criminal activity, violence, and modern slavery. Parental drug misuse is involved in 38% of serious case reviews in children social care, which are conducted when a child dies,</i> ”	Substance misuse and mental health issues: September 2025 update - GOV.UK Health and wellbeing Homelessness Knowledge Hub Crisis UK Parents with substance use problems: learning from case reviews NSPCC Learning

<i>or is seriously harmed due to abuse or neglect.”</i>	
Text: “ <i>Drug use can also increase the risk of contracting infections, such as HIV and Hepatitis C (a serious liver condition) which can occur from sharing injection equipment.”</i>	<u>https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/</u>