





Sunderland Local Overview

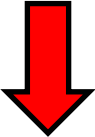
Access of Health Services


Those registered with a GP			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
100%		83.79%	90%


Used a Dentist in the last 6 months			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
38%		35%	32%


Those registered with a Dentist			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
81%		61%	-

Have you used A&E in the last 6 months			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
31%		35%	35%

Used a GP in the last 6 months			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
69%		85%	90%

Admitted to hospital in the last 6 months			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
44%		20%	26%

Homeless Project Provided Health Advice			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
75%			59%

Was the advice you received useful?			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
92%			66%

The majority of participants were registered with a GP, more so than across the region, but slightly less than the national picture. However, it does represent a high number of respondents being able to access primary health services.


Registration with a Dentist is reasonably high this doesn't translate through to the use of services as is seen with GP's. In line with the regional picture the cost to access these services, even though minimal to many, this could be very


prohibitive. Trust is high of GP's, and most often the first contact point for individuals with health issues, nearly all participants had recently been in contact with their local GP.

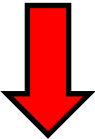
The number of people using A&E is below the regional and national picture. Respondents reported reasons for using A&E included being involved in a violent incident, relating to drug use, or alcohol use as the most reported. In all 14 people needed to stay in hospital, this was on average for 7 nights.


Homeless Projects was seen as very good in providing health advice (access to posters and pamphlets) with a high number of those surveyed receiving advice for services which was very well received.


Physical Health


Do you smoke			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
50%		75%	77%

Do you have dental problems			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
19%		30%	15%

Do you want to stop			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
0%		33%	41%

Do you have chest problems			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
25%		33%	15%

Do you eat two meals a day			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
81%		64%	35%

Do you have joint aches or problems with bones			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
45%		46%	22%

Half of those surveyed are smokers, although lower compared to the rest of the region; lower than the national survey.

There isn't a noted desire to stop either with those wanting to stop being significantly lower, all those surveyed had been offered to help stop but they didn't want to take this up.


Regionally a high number of people reported eating two meals a day. When asked how much fruit and veg they consumed though this limited to 1 – 2 pieces a day with all of respondents stating they had any regular fruit and veg. So although the number of those eating two meals a day is encouraging, little is known about the quality and the nutritional benefit.


Three prominent health problems came out of the regional picture;


- Chest Pain/Breathing Problems
- Joint Aches/Problems with bones and muscles
- Dental


While those suffering with joint problems were comparable with the regional picture, those reporting dental health and chest problems were notably lower. Across all areas the use of dentists wasn't high and no doubt explains why this features as a common problem for many.


Mental Health


Do you often feel stressed			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
63%			69%

Do you often feel anxious			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
50%			63%

Do you feel depressed			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
63%			66%

Respondents with a formal diagnosis			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
56%			48%

Formal diagnosis for depression			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
100%			82%


Received a dual diagnosis			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
50%			30%


Participants were asked about their own mental health and how they feel, what issues do they experience in their everyday life, or what issues do they feel they have. Respondents in the Sunderland area showed comparable mental health issues through self-diagnosis as highlighted across the region.

But there was a higher level of formal diagnosis by a health professional with 56% of individuals receiving a formal diagnosis, in line with the regional picture this was predominately for depression. Nearly all of those with a formal diagnosis were receiving some form of supported.


Overall 31% of people stated they self-medicate to help them with their mental health problems (this includes those not formally diagnosed). A number of individuals had a dual diagnosis, with half of those receiving a formal diagnosis for mental health problems also had a drink or drug problem.


Drugs and Alcohol


Do you take drugs (or recovering from a drug problem)			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
31%		44%	33%

Percentage of drug users getting support			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
100%		62%	44%

Number of people taking legal highs			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
2		14	-

Percentage of people who are weekly drinkers			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
25%		13%	35%

Percentage of cannabis users			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
19%		27%	64%


Percentage of those drinking more than 10 units			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
71%		32%	36%

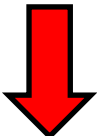
Drug use among respondents was notably lower than the rest of the region. Cannabis use was lower but prescription drugs and Benzos was being used by a quarter of those surveyed. Although Heroin use was noted 3 people were currently being prescribed methadone.


Encouragingly over 60% of drug users were getting support to help them either use drugs more safely or eradicate the use of them altogether.


Sunderland appears to have a considerably larger number of regular weekly drinkers with a high amount consuming over 10 units. Over a half of respondents are receiving some form of help with their drink problem.


Vaccinations and Screening


Received a Hep A Vaccination			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
6%		26%	-


Sexual Health Check - Men			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
0%		25%	28%


Received a Hep B Vaccination			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
6%		32%	-


Sexual Health Check - Women			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
100%		46%	50%

Received a Flu Vaccination			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
13%		21%	-

Have you a had a breast examination			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
0%		10%	-

Have you had a cervical smear			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
0%		30%	-


Tested positive for Hep C			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
0%		3%	-

Tested positive for TB			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
0%		2%	-

Those receiving vaccinations for both Hep A and Hep B were notably higher as were those receiving flu vaccinations when compared to the wider region. No one tested positive for Hep C but this was relatively low for all areas with many not knowing whether they had been tested or not making it hard to get a true picture. .


The number of people receiving a sexual health check was below the rest of the region for both men and women. Nearly all those interviewed were knowledgeable where to get advice and support, including contraception, regarding their sexual health. Both GP's and Clinics were seen as the go to for this advice. This further cements the role of the GP as the entrusted health and medical advisor.

Respondent Profile


Number of respondents			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
16		49	-


Do you have a disability			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
50%		32%	-

Number of those left the armed services			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
1		1	-

Where are you currently staying - Hostel			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
100%		34%	-

Respondents who are prison leavers			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
6%		29%	-


Where are you currently staying – Rough Sleeping			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
0%		4%	-

Where are you currently staying – Supported Accom'			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
0%		26%	27%

Percentage of respondents from a BME background			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
13%		10%	-

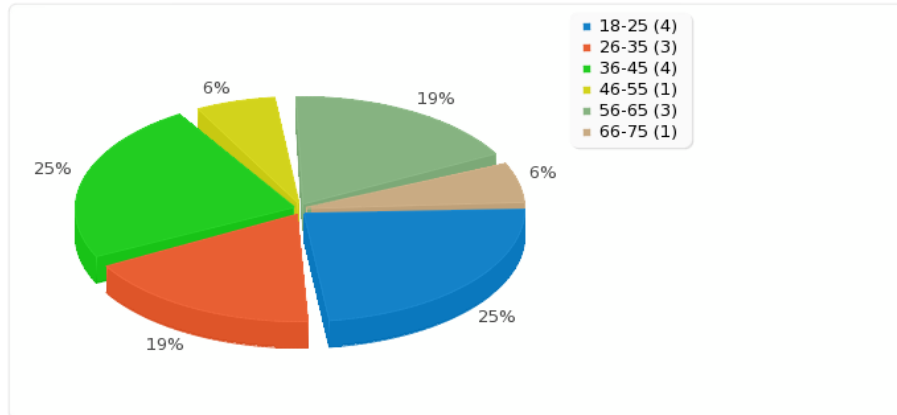
Are you in training or employment			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
0%		13%	-

Percentage of Male Respondents			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
94%		69%	-

Does your health stop you accessing employment			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
63%		45%	-

Percentage of Female Respondents			
<i>Sunderland</i>		<i>North East</i>	<i>National</i>
6%		30%	-

Age breakdown of respondents



- Swan Lodge
- Tatham Housing Hostel

Sunderland respondents when asked where they were currently staying reported fewer amounts of people staying in the main three reported in the regional audit;

- Hostel
- Rough Sleeping
- Supported Accommodation

It needs to be noted though all were in Hostels.

Most survey returns were provided by the following organisations;

