



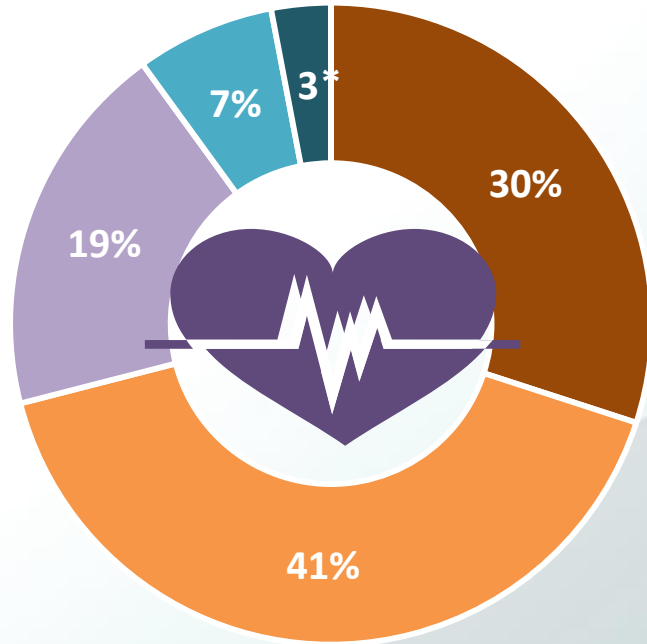
A Picture of Health in Leicester City

Division of Public Health, May 2016



How is your health in general? Would you say it is...?

Very good Good Fair Bad Very bad Don't know



| | 2015 | 2010 |
|------|------|------|
| Good | 71% | 72% |
| Bad | 10% | 7% |

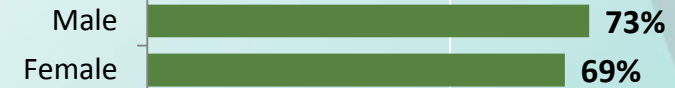
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Age

% Good



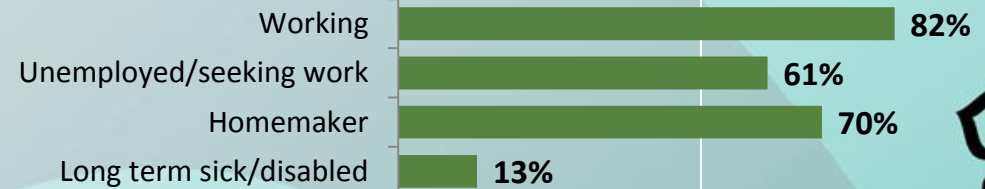
Gender



Ethnicity



Employment status



Leicester City Council
Source: Ipsos MORI

Young people

38% of Leicester's population are aged under 25. Here's how we compare...

Better than England

Improving but worse than England

Worse than England

Hospital admission rates for injuries, asthma, alcohol and substance misuse

Childhood immunisations

Children living in poverty

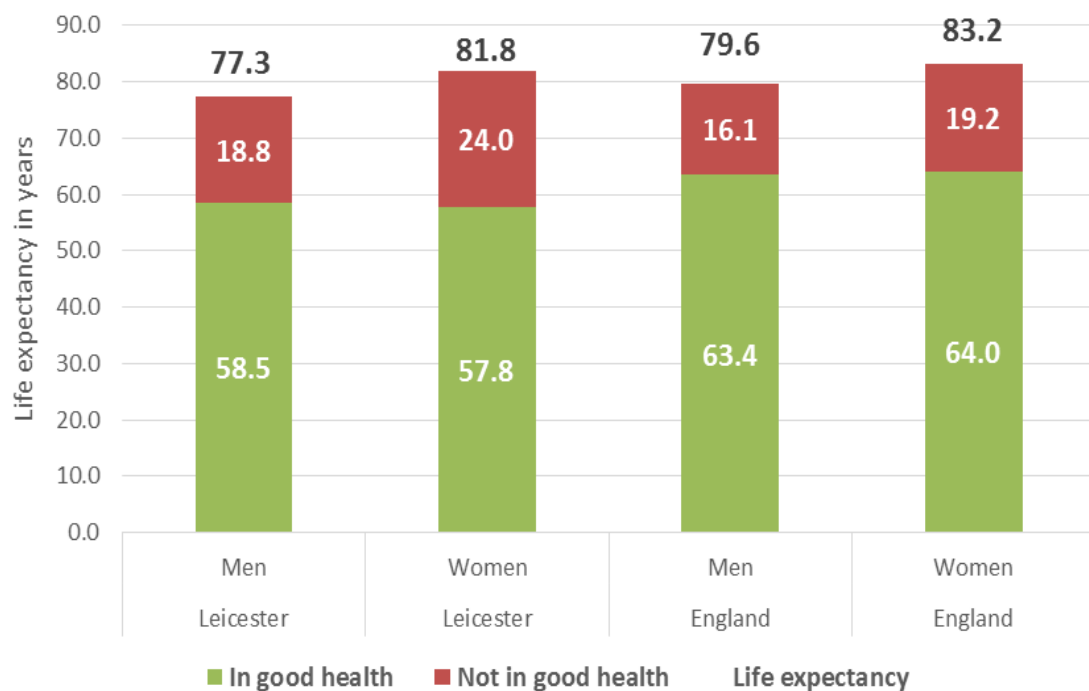
Infant mortality, breastfeeding initiation, smoking during pregnancy

Oral health

Obesity levels in primary school children

GCSE achievement

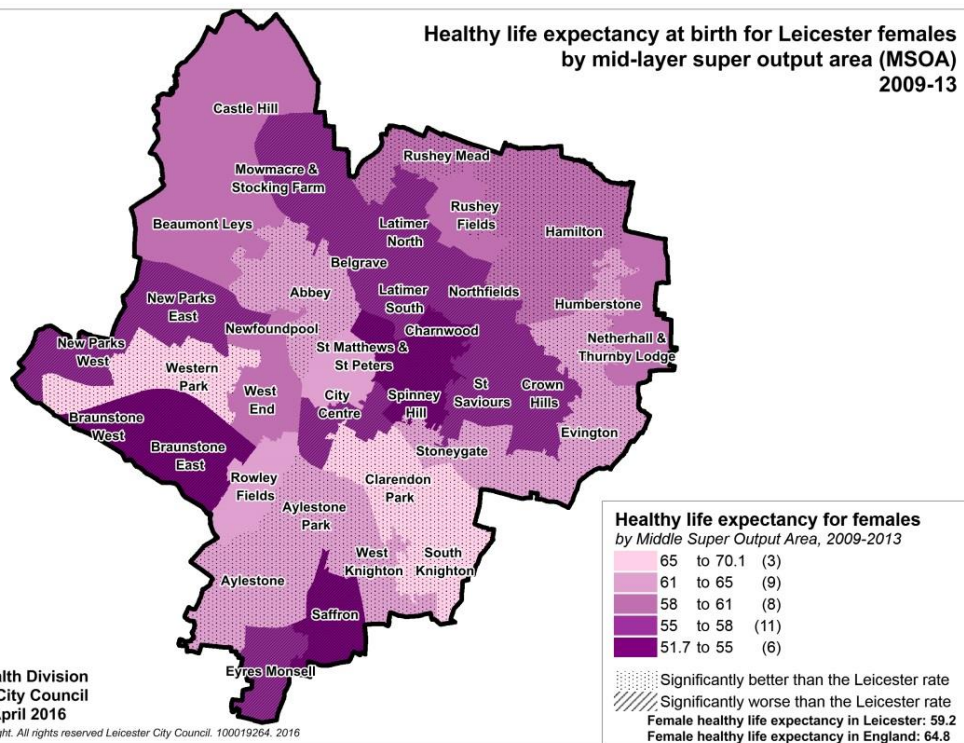
Life expectancy and Healthy life expectancy at birth, 2012-2014



- Life expectancy has shown a gradual improvement.
- On average men in Leicester can expect to live 77.3 years and women 81.8 years.
- On average, men in Leicester live 2.2 years less and women 1.4 years less than in England
- Men and women can expect around 58 years to be spent in 'good health', fewer years compared with England.
- Women in Leicester can expect to have a similar life expectancy in 'good health' as men, but a longer life expectancy 'not in good health'

Healthy life expectancy across Leicester

Healthy life expectancy at birth for Leicester females by mid-layer super output area (MSOA) 2009-13

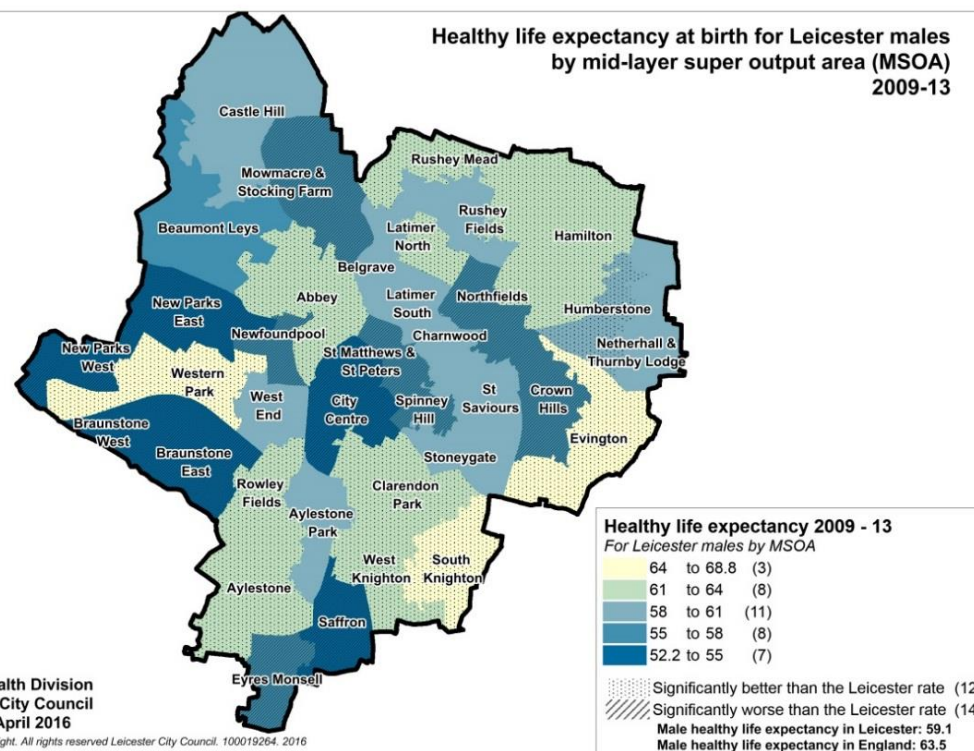


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- Across Leicester, men live between 52 and 68 years in good health
- Worst in Braunstone, City Centre, New Parks
- Best in Western Park, Evington, South Knighton

Healthy life expectancy at birth for Leicester males by mid-layer super output area (MSOA) 2009-13



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- Across Leicester, women live between 51 and 70 years in good health
- Worst in St Matthews/St Peters, Saffron and Spinney Hills
- Best in Western Park, Clarendon Park, South Knighton

What people die of...

- The top 3 causes of all deaths in Leicester are cardiovascular diseases, cancers and respiratory diseases.
- These account for two out of every three deaths in Leicester.
- For deaths in under 75 years olds (premature deaths), the top 3 causes are:
 - cancers 35%
 - cardiovascular diseases 25%
 - respiratory diseases 10%

Cardiovascular diseases (CVD)



CVD: diseases of the heart and blood vessels: includes coronary heart disease, stroke and hypertension.

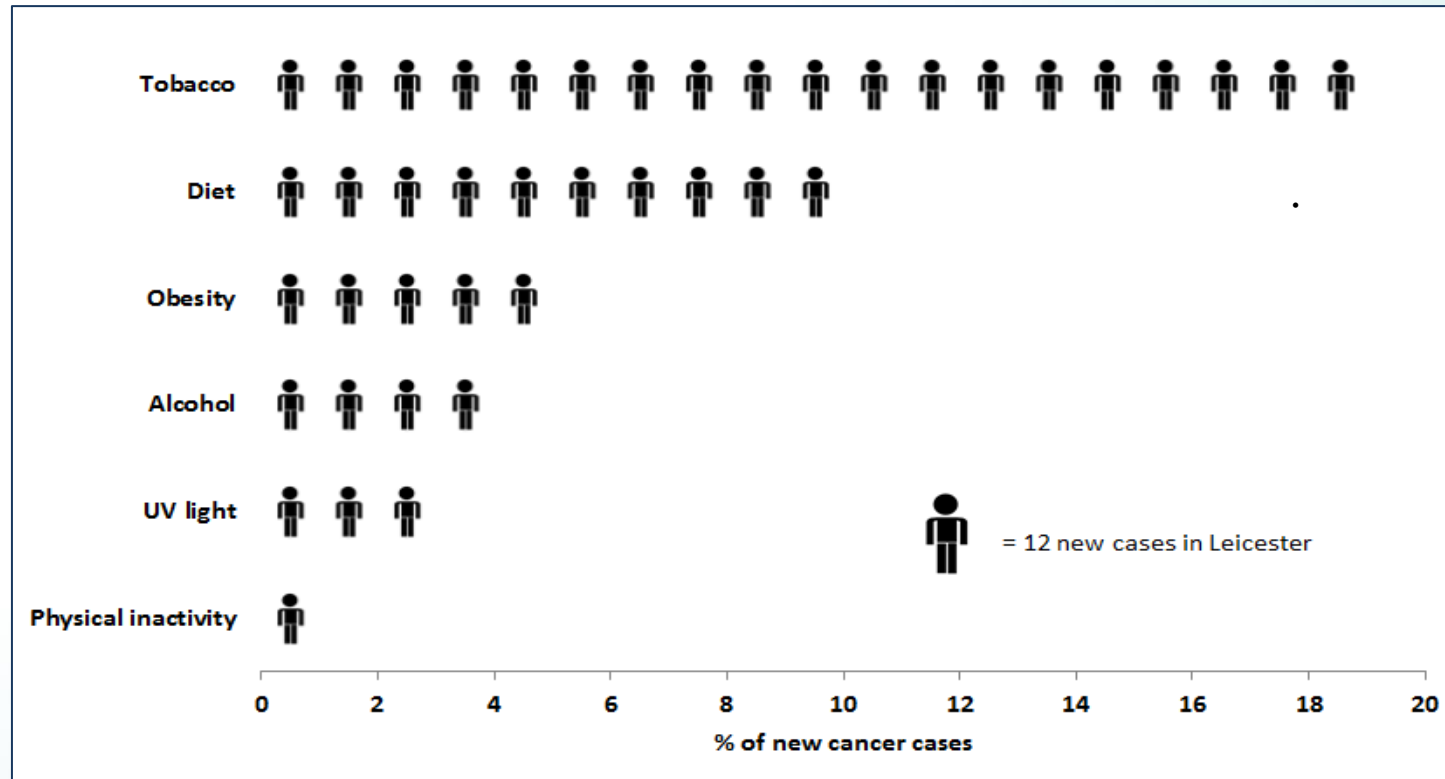


Risk factors: overweight and obesity, unhealthy diet, physical inactivity, tobacco use, high alcohol consumption, stress.



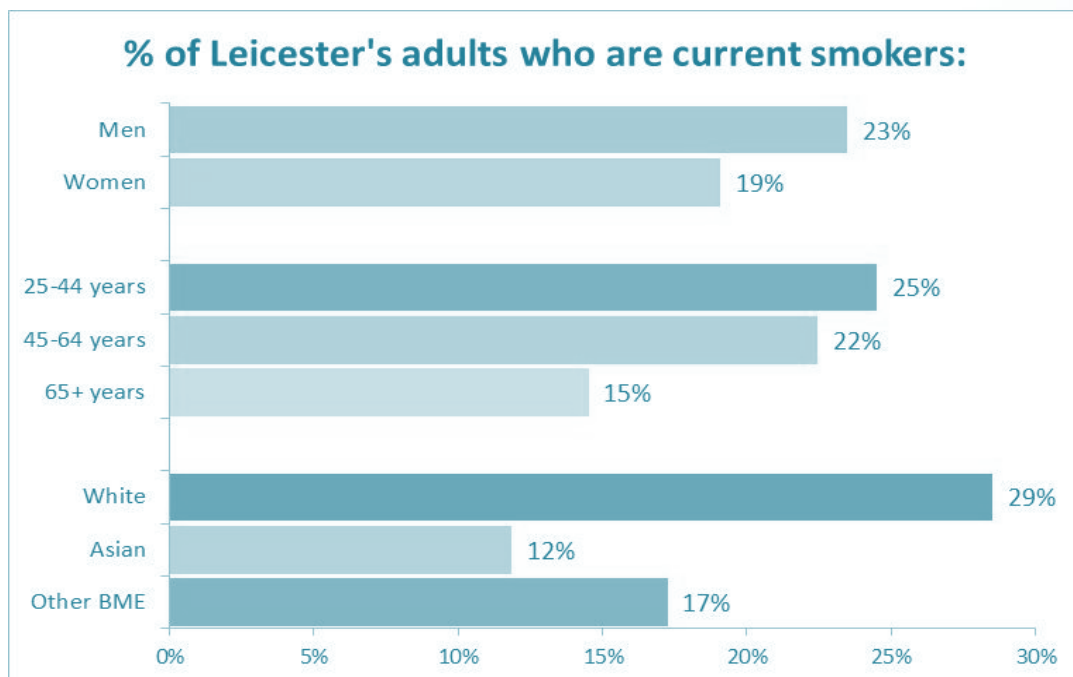
Emergency hospital admission rates are higher in men, older ages and Asian ethnic groups

Death rates have improved over the last 10 years but.. they are higher for men and women in Leicester than in England.



- Death rates from Cancer in Leicester are similar to national rates.
- In 2014, over 600 deaths from cancer in Leicester.
- Lifestyle factors are a major contributor to cancer.

Lifestyle factors: Smoking and Alcohol



- Smoking is the largest cause of premature death.
- Average number of smoking related deaths in the city is 372 per year (Lung cancer: 135 COPD: 119)
- 74% of smokers have tried to quit

Alcohol misuse damages health: heart disease, stroke, high blood pressure, liver cirrhosis, depression and anxiety, cancer of the mouth/throat, breast cancer, pancreatitis.

- 45% of Leicester adults have never drunk alcohol
- 10% drink over the recommended maximum limits

Links to Deprivation

- Smoking is higher in more deprived areas.
- Alcohol consumption is not as closely linked to deprivation.

Lifestyle factors: Obesity and Physical Activity

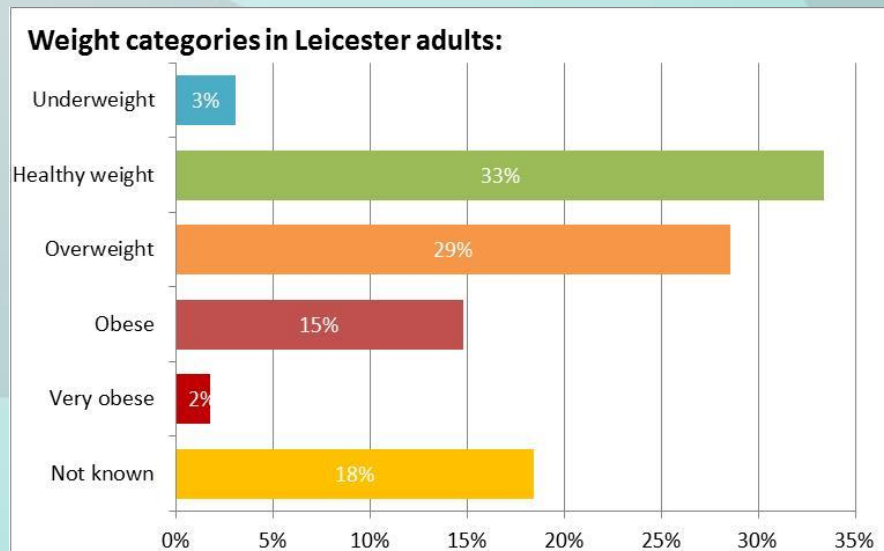


- 64% of men and 54% of women complete the recommended 150 minutes of physical activity per week.
- High levels of inactivity (less than 150 minutes per week) is more common in older age groups, Asian and Black ethnic groups

Obesity is linked with type 2 diabetes, cardiovascular disease and cancer.

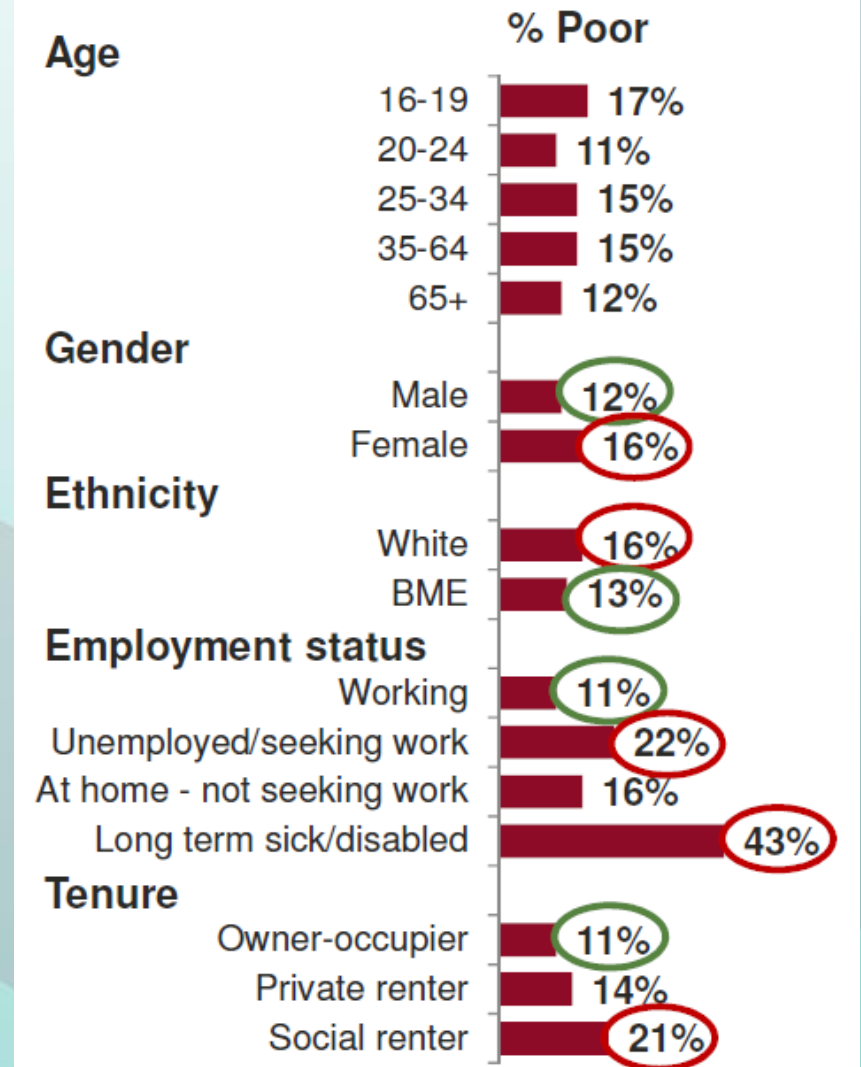
Levels of overweight/obesity are higher in:

- Men
- Older ages
- People with bad health



Mental health and wellbeing

- 14% of Leicester's 16+ population report a poor mental health and wellbeing score.
- The unemployed, long term sick/disabled and social renters are all more likely to report poor mental health.
- There is a link between those who report poor mental health and wellbeing and feeling socially isolated.



Conclusions

- A young population
- High deprivation
- Significant challenges for younger people
- Reducing premature mortality
- Improving mental health
- Importance of prevention