Snapshots: Health and Wellbeing in Leicester

Infographic slide set to accompany the JSNA online briefings.

www.leicester.gov.uk/JSNA
The population is forecast to rise at a faster rate than England, reaching 404,000 by 2038.

The proportion of people aged over 65 is forecast to increase.
Ethnicity of Leicester and England

- **White British**
- **Asian Indian**
- **Other Asian**
- **Black British**
- **White Other**
- **Mixed Ethnicity**
- **Other Ethnicity**

Leicester: [Bar Graph]
England: [Bar Graph]

People whose main language is not English

- **Leicester**: 28%
- **England**: 8%

- One in four households include someone with a disability or longterm illness
- Leicester’s LGBT community is estimated at 4%
3 out of 4 residents live in the 40% most deprived areas nationally.
Women have a longer ‘years lived with disability’ life expectancy, compared to men.

Life expectancy is improving, but not as fast as nationally.
An assessment of Public Health Outcome indicators identified the following priority areas for Leicester:

- Children and Young People
- Healthy lifestyles
- Long term conditions
- Mental wellbeing
- Wider determinants
- Health protection
Children and young people under 20 years old make up a quarter of Leicester’s population.

<table>
<thead>
<tr>
<th>What’s going well?</th>
<th>What needs improving?</th>
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<tbody>
<tr>
<td>Higher rates of childhood immunisations</td>
<td>Infant mortality and low birthweight</td>
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<tr>
<td>Higher rates of breastfeeding</td>
<td>Obesity amongst primary school children</td>
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<tr>
<td>Lower hospital admissions for injury, mental health and self-harm</td>
<td>School readiness of children at end of reception</td>
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</tbody>
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When compared with England

Over two thirds of Leicester’s school children are from minority ethnic backgrounds.

The Children and Young People’s JSNA will be released later in 2016.
Tobacco use is the single greatest cause of preventable deaths

Leicester has an estimated 400 deaths per year from smoking.

Smoking is higher amongst:
- Men
- White ethnic groups
- Routine & manual workers

Smoking prevalence is higher than the national rate, but the rate has fallen over the last few years.

- Leicester: 21.5%
- England: 19%

The Stop Smoking Service has a higher quit rate than nationally.
Obesity is a high risk factor for type 2 diabetes, stroke, heart disease and cancer.

Leicester has a better rate for excess weight but a worse rate for fruit and veg consumption.

The population achieving at least 150 minutes physical activity is worse but improving.

Obesity is higher among:

- Women
- Black British
- 35-64 age group

*Excess weight refers to those overweight or obese
Alcohol misuse is the third biggest lifestyle risk factor after smoking and obesity.

On average, half of Leicester’s adult population drink less alcohol than nationally.

Harm is significantly higher than nationally, demonstrated by alcohol related hospital admissions, mortality and crime.

<table>
<thead>
<tr>
<th>% of Leicester adult drinking population drinking above the recommended units (as a % of all Leicester adults)</th>
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<tbody>
<tr>
<td>Overall</td>
</tr>
<tr>
<td>Men</td>
</tr>
<tr>
<td>Women</td>
</tr>
<tr>
<td>White</td>
</tr>
<tr>
<td>Asian</td>
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<tr>
<td>Black</td>
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<tr>
<td>Mixed</td>
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</table>

There has been a reduction in hospital admission rates related to alcohol since 2010/11.
Includes contraception, and testing and treatment of sexually transmitted infections.

The two most common sexually transmitted infections are chlamydia and genital warts.

Those at highest risk of poor sexual health include:
- Men who have sex with men
- Sex workers
- Victims of domestic violence

Higher rate of newly diagnosed HIV cases than England (per 10,000 aged 15-59).

<table>
<thead>
<tr>
<th>Country</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leicester</td>
<td>36</td>
</tr>
<tr>
<td>England</td>
<td>24</td>
</tr>
</tbody>
</table>

Over half of HIV diagnoses in Leicester are late, but this is improving.

<table>
<thead>
<tr>
<th>Country</th>
<th>Late Diagnoses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leicester</td>
<td>56%</td>
</tr>
<tr>
<td>England</td>
<td>42%</td>
</tr>
</tbody>
</table>
Oral health is an integral part of overall health and wellbeing.

Adults in Leicester report significantly poorer oral health than England.

Oral health problems are largely preventable.

Risk factors for oral disease include:
- High frequency of sugar in diet
- Smoking or chewing tobacco
- Excessive consumption of alcohol
- Poor oral hygiene
- Irregular dental attendance

Oral health issues in the city include...

- Higher incidence of oral cancer
- Fewer adults going to dentist
- Lower satisfaction with dental services
- Affordability of NHS dental charges is an issue
Drug misuse is responsible for 1 in 7 deaths among people in 20s and 30s (2014)

Leicester has a higher rate than England of Opiate/Cocaine users and only half are in treatment.

Overall, drug use in the population is low and has reduced in the last 10 years.

Successful completion of treatment for both opiate and non opiate drug use is similar to national rates.

Groups more likely to misuse drugs:
- Men
- Younger people
- Mixed ethnicity
- Unemployed

Groups less likely to access treatment:
- Cannabis users
- Prescription drug users
- Younger people
- BME people
CVD include stroke and disorders of the heart, and accounts for a third of all deaths nationally.

Over one in four deaths (28%) are from CVD in Leicester.

About 10,000 people in Leicester have diagnosed coronary heart disease.

4,600 people are recorded as having had a stroke or transient ischaemic attacks (TIA).

CVD is a major contributor to the Leicester and England life expectancy gap.

Risk is higher for:
- Men
- Older people
- BME
- Family history
- Highly deprived

Modifiable risk factors include:
- Poor diet
- Physical inactivity
- Excess weight
- Smoking & alcohol
- Stress
Cancer is the second most common cause of death in Leicester. Every year over 1,100 people are diagnosed.

Top 3 cancers in Women: Breast, Lung & Bowel

Top 3 cancers in men: Prostate, Lung & Bowel

4,800 cancer patients on GP registers, 1.3% of the population.

Cancer accounts for 25% of all deaths in Leicester and a third of deaths for the under 75s.

Cancer issues in the city include:

- Low survival rates, but rising
- 50% of cancer diagnoses are late
- Uptake of screening is lower than national rates
- Breast and Bowel cancer survival is low

There has been a reduction in cancer mortality rates in under 75s.
1 in 7 in the UK are affected by a respiratory disease, such as chronic obstructive pulmonary disease (COPD) or asthma.

About one in seven deaths (13.7%) are attributed to respiratory diseases.

Asthma affects all ages.

COPD more likely to affect men and the over 40s.

There has been a reduction in the under 75 mortality rate from respiratory disease.
26,000 adults diagnosed with diabetes in Leicester, it is predicted that many more remain undiagnosed.

Nearly one in ten adults (9%) have diabetes, compared to 6% nationally.

Diabetes in Leicester is predicted to increase to 12% by 2025.

For South Asians diabetes develops earlier and is around four times the rate of the white population.

Groups at higher risk include:
- Excess weight
- Family history
- South Asian
- Older people
- Highly deprived

Prevalence of recorded diabetes has increased.
Dementia is caused by a number of diseases that affect the brain.

Dementia cases are set to rise in the future, a reflection of our ageing population.

Diagnosed and expected dementia cases in Leicester:

- 2015: 2200
- 2030: 4000

It is important to:

- Diagnose cases early
- Improve support for carers
- Personalise care plans

It is expected that there will be 800 new cases a year.

More people over 65 have dementia but younger people get dementia too.
Common mental health problems are set to increase by 10% over the next 10 years.

One in four working age adults and one in ten older people have a common mental health problem.

About 1 in 100 have a serious mental health illness.

Mental health issues in the city include:
- Under diagnosis of depression
- Higher rates of hospital admission for mental illness
- Worse than average outcomes
End of life care helps all those with advanced, progressive or incurable illness to live as well as possible until they die.

About three quarters of deaths in Leicester (1,725 - 2,050 people) will require palliative care.

An additional 400 deaths forecast each year, of which 250 may use palliative care services.

Caring for someone can be:

- Physically demanding
- Mentally challenging
- Highly stressful

Patients on the palliative care register with a care plan: 70%

Patients with a care plan who died in their preferred place: 88%
National estimates are that 20 in every 1,000 people have a mild to moderate learning disability with an additional 3-4 people in every 1,000 having severe learning disabilities.

In Leicester, nearly 2,000 people are registered with learning disabilities (LD) through their GP.

However, in 2015 it was estimated that the real figure is over 6,000.

Life expectancy is lower for people with learning disabilities, but increasing.

Prevalence is higher amongst:
- 15-19 year olds
- 40 – 59 year olds
- White ethnic groups

Support available for people with LD to live in their own home
Over 5,000 adults receive long term support provided by Leicester City Council

Services are personalised to support independence, and ability to live in own home where possible.

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<tr>
<td>White</td>
<td>62%</td>
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<tr>
<td>Asian</td>
<td>31%</td>
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<tr>
<td>Other</td>
<td>7%</td>
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Future challenges:
- A reducing budget
- Care Act requires support for carers
- Higher demand for social care support
- Increasing and ageing population

Primary support reasons include:

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<thead>
<tr>
<th>18-64</th>
<th>65+</th>
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<tbody>
<tr>
<td>Learning disabilities</td>
<td>Physical support</td>
</tr>
<tr>
<td>Physical support</td>
<td>Mental health</td>
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<td>Mental health</td>
<td>Memory/Cognition</td>
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New arrivals are a substantial mix of populations with differing health and social care needs.

Currently there are about 1,000 asylum seekers in Leicester, and this number is increasing.

The stressful circumstances by which asylum seekers arrive in the UK means that the prevalence of mental ill health is high.

% Born outside of the UK and arrived after 2000

- Leicester: 16.2%
- England: 6.9%

Being younger, healthier, with fewer children, economic migrants tend to be infrequent users of healthcare.

However, the use of emergency care is higher among this group.
<table>
<thead>
<tr>
<th>Source</th>
<th>Description</th>
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<tbody>
<tr>
<td>Leicester deprivation</td>
<td>Department for Communities and Local Government, IMD 2015.</td>
</tr>
<tr>
<td>Life expectancy and mortality</td>
<td>Office for National Statistics mortality data 2012-14, Life expectancy and Healthy Life expectancy at birth 2012-2014</td>
</tr>
<tr>
<td>Children and Young People</td>
<td>Children’s JSNA briefings 2016 (forthcoming)</td>
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<tr>
<td>Tobacco</td>
<td>Local Tobacco Control Profiles, Public Health England (PHE), 2015</td>
</tr>
<tr>
<td></td>
<td>Health and Social Care Information Centre: Statistics on Smoking, 2015</td>
</tr>
<tr>
<td>Obesity</td>
<td>Active People Survey, Sport England, 2015</td>
</tr>
<tr>
<td>Oral Health</td>
<td>Leicester Dental Survey 2015</td>
</tr>
<tr>
<td>Diabetes</td>
<td>NHS Quality Outcomes Framework data March 2015, Diabetes prevalence model, Yorkshire and Humber Public Health Observatory</td>
</tr>
<tr>
<td>Coronary Heart Disease</td>
<td>NHS Quality Outcomes Framework data March 2015, Public Health Outcomes Framework Indicators 2015</td>
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<tr>
<td>Cancer</td>
<td>NHS Quality Outcomes Framework data March 2015, Health and Social Care Information Centre, Office for National Statistics mortality data</td>
</tr>
<tr>
<td>Dementia</td>
<td>NHS Quality Outcomes Framework data March 2015, Dementia UK. The full report 2007</td>
</tr>
<tr>
<td>Adult Social Care</td>
<td>Leicester City Council, Service data.</td>
</tr>
<tr>
<td>New arrivals</td>
<td>ONS Census 2011, Future Vision Coalition, 2009</td>
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<tr>
<td>Infographics</td>
<td>Gurjeet Rajania, Public Health Analyst, Leicester City Council &amp; Noun Project</td>
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