

For feedback, please contact Helen.Reeve@Leicester.gov.uk Last updated 20-Dec-19 Review date 17/12/2020

Background to Leicester

Contents

1	Population Mix.....	3
1.1	Introducing Leicester	3
1.2	Population.....	3
1.2.1	Population and households	3
1.2.2	Population projections.....	4
1.3	Diversity	5
1.3.1	Migration (2011 census)	5
1.3.2	BME community (2011 census)	5
1.3.3	Faith community (2011 census).....	7
1.3.4	Lesbian, Gay, Bisexual and Transgender (LGBT) people.....	7
1.3.5	People with a disability	7
2	Economy.....	9
2.1	2.1 Jobs & skills	9
2.1.1	Work.....	9
2.1.2	2.1.2 Skills.....	10
2.1.3	Unemployment & those not in education, employment or training (NEET)	10
2.2	2.2 Deprivation.....	11
2.3	Poverty	12
2.3.1	Health and Welfare Reforms	12
3	Environment.....	13
3.1	Housing	13
3.1.1	The Distribution of Communities in Leicester (segmentation of the City)	13
3.1.2	The supply of housing in the City.....	14
3.1.3	The quality of housing stock in the City	14
3.1.4	Overcrowding.....	15
3.1.5	Fuel poverty	15
3.2	Transport'	15

3.3	Green spaces	16
3.4	Air quality	16
4	Community.....	16
4.1	Education	16
4.2	4.2 Healthcare and social care	16
4.2.1	Healthcare services	16
4.2.2	Social Care services	17
5	Health and wellbeing	17
5.1	Life expectancy.....	17
5.1.1	Life expectancy at birth.....	17
5.1.2	Healthy Life expectancy	19
5.2	Main causes of death	21
5.3	Overview of Health in Leicester	22
5.3.1	Smoking.....	22
5.3.2	Alcohol	23
5.3.3	Physical Activity.....	24
5.3.4	Obesity	25
5.3.5	Mental Health and wellbeing.....	25
5.4	Social capital and assets.....	26
5.4.1	Leicester has a vibrant and diverse community	26
5.4.2	The Voluntary sector in Leicester	27
6	References	28

1 POPULATION MIX

1.1 INTRODUCING LEICESTER

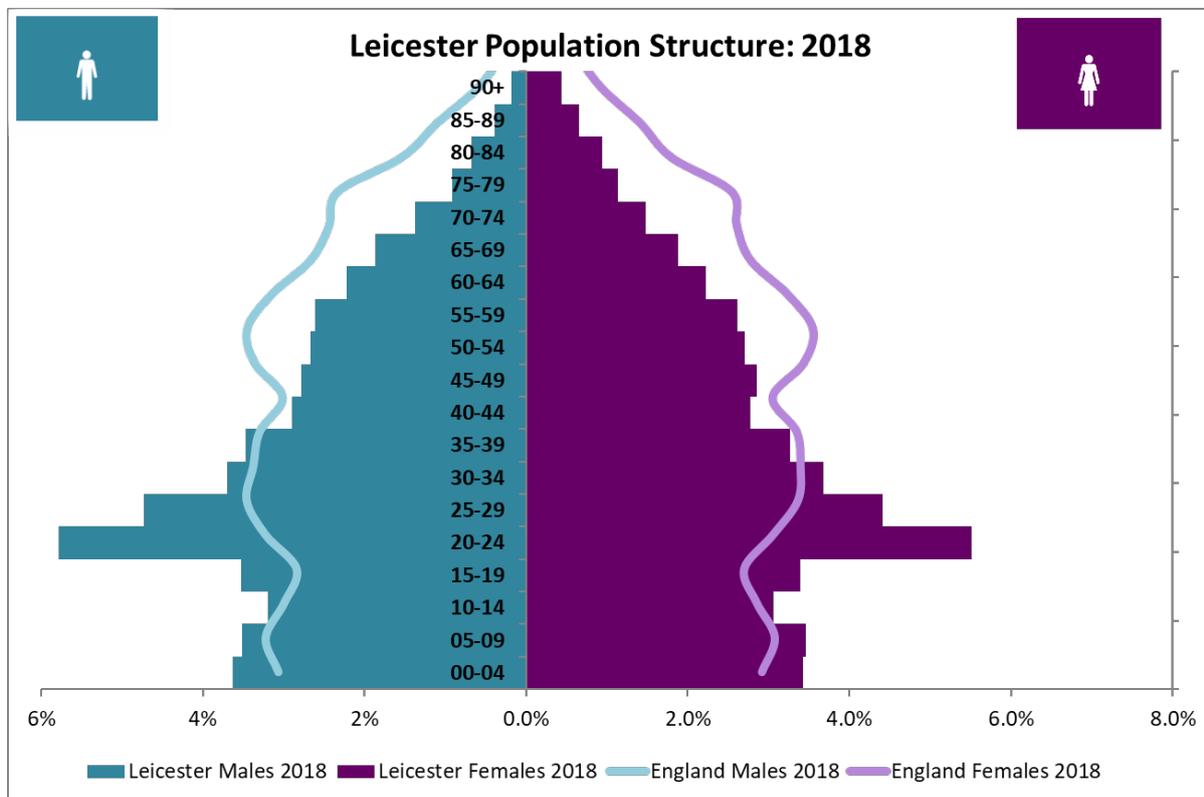
With around 355,200 residents, Leicester is the ninth largest city in England and the most populous urban centre in the East Midlands.¹ The usual resident population has increased by around 25,600 since the 2011 census. It has an area of 7,335 hectares and occupies the centre of a wider, urban area at the heart of Leicestershire.

1.2 POPULATION

1.2.1 POPULATION AND HOUSEHOLDS

The 2018 population estimate for Leicester is 355,218, of which 50% are female and 50% male. Leicester’s population is relatively young compared with England; a third of all city households include dependent children, 20% of Leicester’s population (72,600) are aged 20-29 years old (13% in England) and 12% of the population (42,300) are aged over 65 (18% in England).¹ The large proportion of younger people in Leicester reflects the student population attending Leicester’s two universities and inward migration to the city.

Figure 1: Population structure in Leicester and England by age and sex – 2018

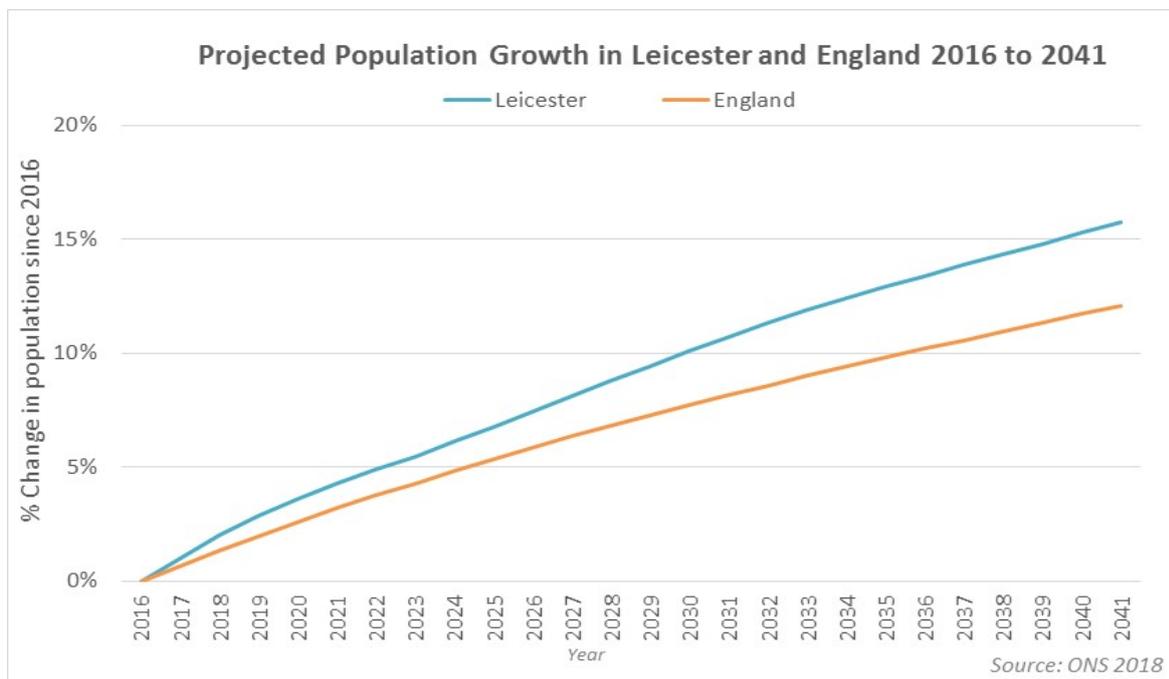


Source: ONS mid-2018 population estimates

1.2.2 POPULATION PROJECTIONS

Figure 2 shows the projected population growth in Leicester compared to England. We anticipate a year on year population increase in Leicester over the next 25 years. We estimate a 7.5% increase between 2016 and 2026. In the longer term we estimate a 16% increase by 2041 this rate is higher than that expected for England (12%) over the same period.

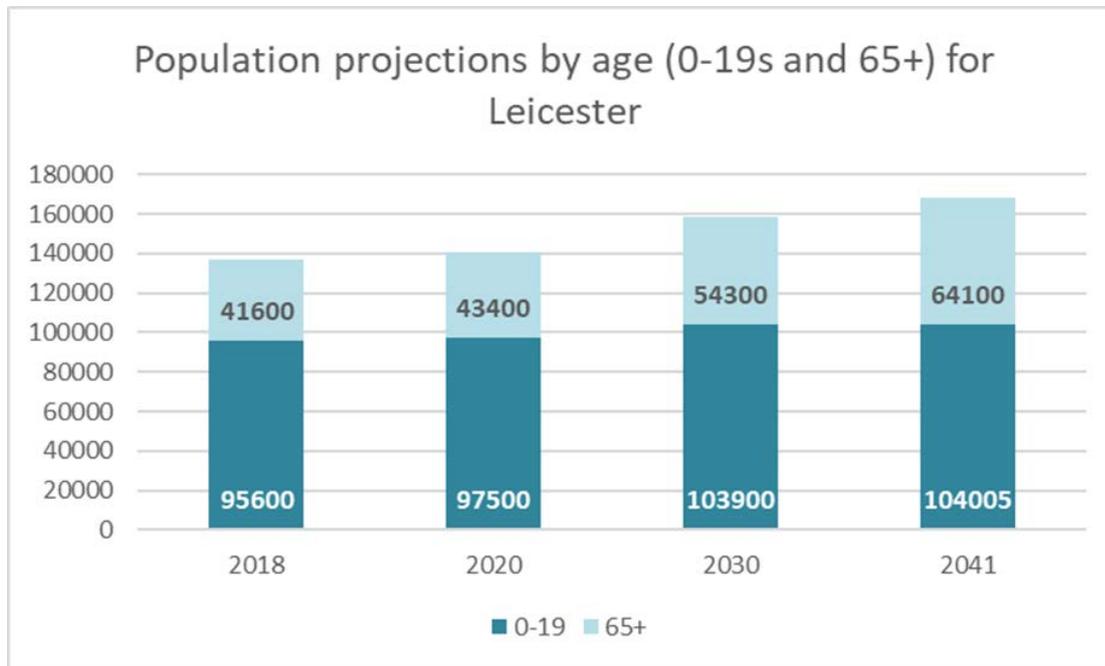
Figure 2: Projected Population Growth 2016 to 2041



Source: ONS, 2016-based population projections

Figure 3 shows projected population increases for Leicester for two age groups most likely to use services. Population projections estimate older persons will account for an increasingly large proportion of Leicester’s population. By 2041 over 65s will make up an estimated 15.9% of the population, compared to in 11.9% 2018, representing a net increase of 23,700. Over the same period, Leicester’s under 20s will increase by 9,200 and 20-64 year olds will increase by 19,200. This means the number of people regularly accessing services including education, health services, and social care, is likely to increase faster than those in employment.

Figure 3: Leicester’s projected population by age



Source: ONS, 2016-based population projections

1.3 DIVERSITY

1.3.1 MIGRATION (2011 CENSUS)

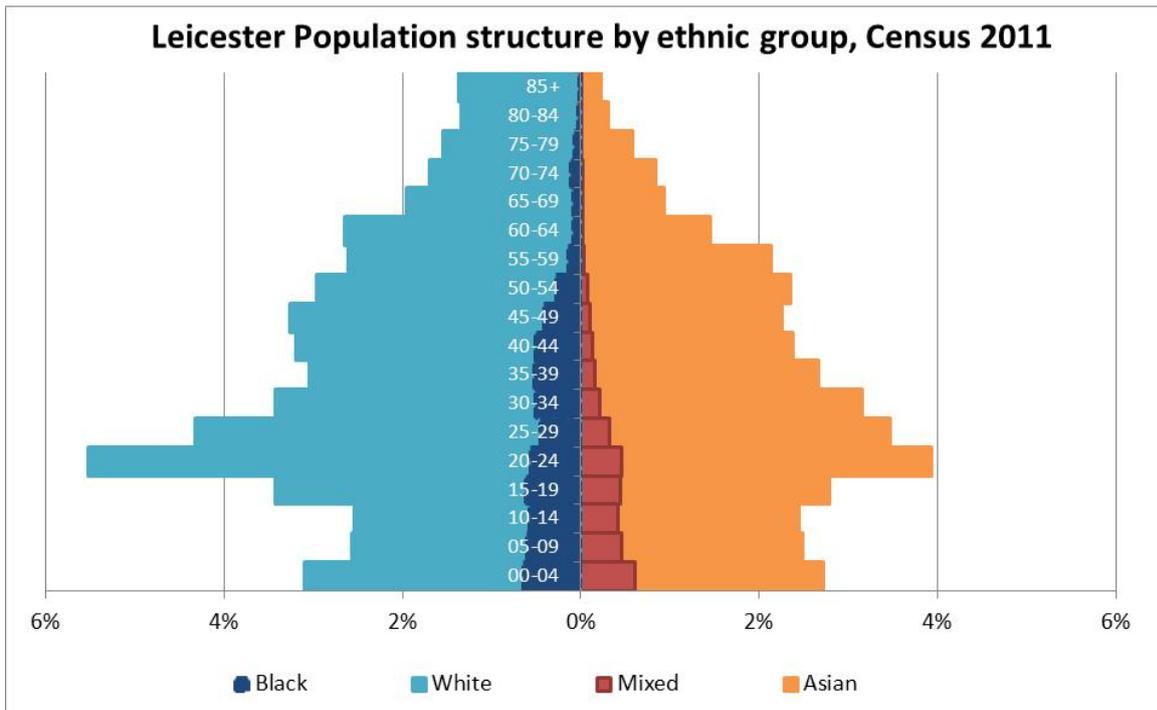
Leicester is home to a diverse range of faiths and communities. Leicester residents come from over 50 different countries. Around a third of Leicester residents were born outside of the UK and 34% of these (53,000) arrived in the UK between 2001 and 2011, principally from Eastern Europe. In addition to this, the arrival of third country nationals (this includes individuals who are in transit and/or applying for visas in countries that are not their country of origin or individuals who have come via the UK either as students or because of government recruitment to address labour shortages), accounts for some of this migration. Leicester is a National Asylum Seeker Service (NASS) designated dispersal city and is host to about 1,000 of the 2,500 asylum seekers resident in the East Midlands.

1.3.2 BME COMMUNITY (2011 CENSUS)

Almost half of Leicester’s residents classify themselves as belonging to an ethnic group that is not White. Leicester has one of the country’s largest Asian communities (37% of the population), with 28% of all residents defining themselves as of Indian heritage. At 3.8%, Leicester’s African community is a notably larger proportion of the population than that for England (1.8%).

Figure 4 shows Leicester’s population by ethnic groups and age. Leicester’s BME population is generally younger than the White population and there are fewer elderly people in black and minority ethnic groups

Figure 4: Age-structure of Leicester’s population by ethnic group

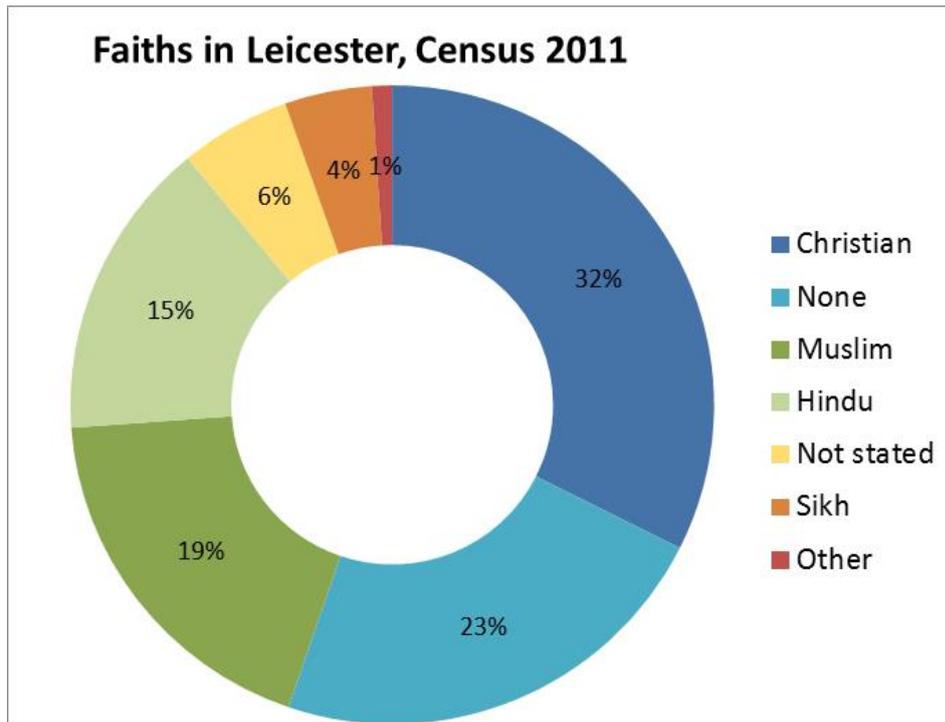


Source: Census 2011

1.3.3 FAITH COMMUNITY (2011 CENSUS)

Faith make-up of Leicester constitutes 32% Christian, 19% Muslim, 15% Hindu and 4% Sikh, with other faiths representing smaller proportions than the latter. Almost a quarter of people in Leicester reported having no faith.

Figure 5: Faiths in Leicester



Source: Census 2011

1.3.4 LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT) PEOPLE

The Office for National Statistics estimated that of the UK population 1% considered themselves gay or lesbian and 0.5% bisexual. This is equivalent to about three-quarters of a million UK adults.² However, other estimates vary. The Leicester Health and Wellbeing Survey 2018 showed that around 4% of respondents 16+ identified themselves as LGB, providing an estimated local population of around 13,200 people.³ Stonewall, the national LGBT charity, estimates that 6% of the UK population are of LGB sexual orientation.⁴ There are not enough data to make accurate estimates about the number of transgender people in Leicester although the best estimates suggest around 1% of the population identify as non-binary.⁵

1.3.5 PEOPLE WITH A DISABILITY

In 2011, over a quarter (32,447) of city households included a person with a long-term health problem or disability that limits the person's day-to-day activities, and has lasted, or is expected to last, at least 12 months.⁶ This includes problems that are related to old age. Table

1 shows that, compared to its local authority peer comparators, Leicester shares the second lowest proportion of those indicating their activities are limited, and has the second lowest proportion finding their day-to-day activities are ‘limited a lot’:

Table 1: Long-term health problem or disability

Local authority (district or unitary)	All usual residents	Day-to-day activities limited a lot	Day-to-day activities limited a little	% of residents with day-to-day activities limited a lot	% of residents with day-to-day activities limited a little	% of residents with day-to-day activities limited a little or a lot
Birmingham	1,073,045	98,181	99,720	9.1%	9.3%	18.4%
Nottingham	305,680	27,699	27,683	9.1%	9.1%	18.1%
Coventry	316,960	27,578	28,669	8.7%	9.0%	17.7%
Bradford	522,452	43,975	46,552	8.4%	8.9%	17.3%
Leicester	329,839	27,615	29,522	8.4%	9.0%	17.3%
Luton	203,201	14,073	16,514	6.9%	8.1%	15.1%

Source: Census 2011

A quarter of Leicester households in which at least one person has a long-term health problem or disability (7,909) also include dependent children. As expected, the incidence of disability in the City is highest in areas where the population is older (such as Thurncourt), and lower where the population is younger (for example, the city centre).

According to Leicester’s 2018 Health and Wellbeing Survey, ^{Error! Bookmark not defined.} almost three in ten residents (28%) have a long-standing illness or disability. Of these, two thirds (66%) say this limits their day to day activities in some way.

In 2011, 9% of usual city residents were providing unpaid care (30,965). ^{Error! Bookmark not defined.} Of this group, over two-fifths (43%) were giving 20 or more hours care a week (13,462). Some of these people are young carers. The level of unpaid caregiving in the city is lower than that in the East Midlands region (11%) and England (10%). This is due, in part, to the relatively youthful age profile of Leicester, for example, 6% fewer older people households than regional and national averages. The Leicester Health and Wellbeing Survey 2018 showed that 13% of residents look after a family member, partner or friend who needs help because of their illness, frailty or disability.

2 ECONOMY

2.1 2.1 JOBS & SKILLS

2.1.1 WORK

At the time of the Census, 58% of Leicester's population aged 16 and over was economically active, 35% economically inactive (retired, students, looking after home/family or long-term sick) and 6% unemployed. A lower proportion of Leicester's population are economically active compared with England (66%).^{Error! Bookmark not defined.}

Over half (53.9%) of those aged 16 and over who work in Leicester also live in Leicester, and just under half (46.1%) who work in Leicester live outside of the city (see Table 2). Leicester is toward the upper end of its comparators in this latter respect.

Table 2: Location of usual residence and place of work, Leicester and ONS local authority peer comparators

LOCAL AUTHORITY (district or unitary)	% that work in and live in	% that work in but live outside
Bradford	72.0	28.0
Coventry	60.9	39.1
Birmingham	60.7	39.3
Luton	54.5	45.5
Leicester	53.9	46.1
Nottingham	42.8	57.2

Source: Census 2011

Fifty-four percent of Leicester's population live and work in Leicester. Leicestershire County residents also work in Leicester, the largest number travelling in from Charnwood and Blaby, as shown below in Table 3.

Table 3: Residence of people working in Leicester - by Leicestershire District Local Authority

LOCAL AUTHORITY	Number working in Leicester
Charnwood	15,359
Blaby	13,849
Oadby and Wigston	9,930
Harborough	6,397

Hinckley and Bosworth	6,251
North West Leicestershire	2,318
Melton	1,802

Source: Census 2011

2.1.2 2.1.2 SKILLS

Table 4 below shows that over a quarter (28.6%) of Leicester’s population have no qualifications. Leicester ranks worst of its local authority peer comparators on this issue and also in terms of the percentage (21.2%) who have achieved qualifications at level 4 and above.*

Table 4: Qualifications: Leicester compared with ONS peer comparators

LOCAL AUTHORITY (district or unitary)	% No qualifications	% Level 4 and above qualifications
Leicester	28.6	21.2
Birmingham	28.2	23.0
Bradford	27.7	21.8
Nottingham	25.6	21.9
Coventry	23.9	23.0
Luton	23.6	22.3

Source: Census 2011

**Note: Level 4 and above qualification includes, Degree, Higher Degree, NVQ Level 4-5, HNC, HND, RSA Higher Diploma, BTEC Higher level and Professional Qualifications.*

2.1.3 UNEMPLOYMENT & THOSE NOT IN EDUCATION, EMPLOYMENT OR TRAINING (NEET)

One way of assessing unemployment is by the Claimant Count, which is a measure of the number or proportion of people claiming benefit principally for the reason of being unemployed. This is a combination of the number of people claiming jobseekers allowance and national insurance credits with the number of people receiving universal credit for the reason of being unemployed.

In January 2019, there were 5615 people of working age in Leicester claiming out of work benefits. This equates to 2.4% of the working age (16-64) population for Leicester claiming out of work benefits, compared to 2% in the East Midlands and 2.4% in the UK.⁷

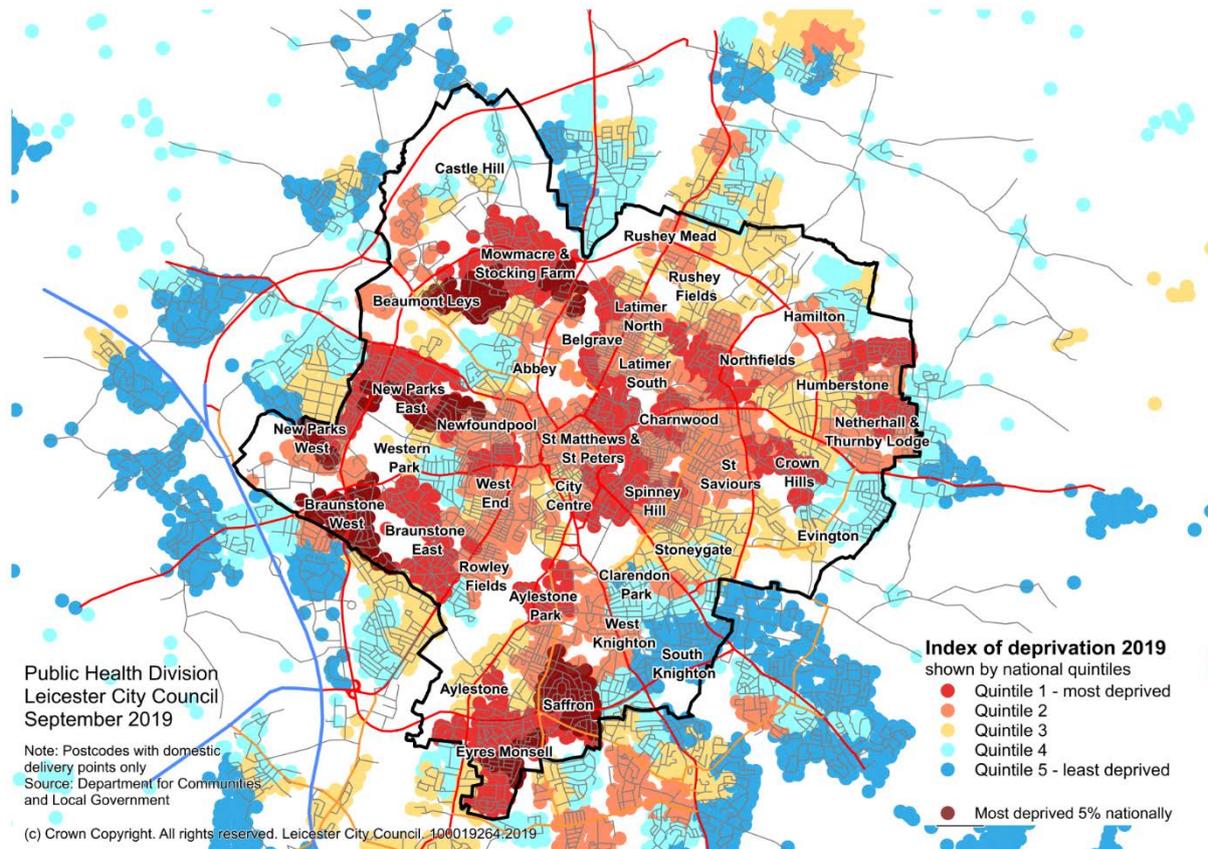
In 2019, the estimated number of 16- and 17-year olds not in education, employment or training (NEET), or whose activity Leicester City Council was not aware of was 510 (6%). This is higher than the England overall (5.5%) but has declined in recent years, due in part to higher participation in education among 16- and 17- year olds.⁸

2.2 2.2 DEPRIVATION

Areas of high deprivation usually have relatively low income, few good employment opportunities, and a high prevalence of poor health and disability compared to less deprived places. Deprivation is associated with a range of poor health behaviours and outcomes such as high smoking rates, high obesity rates, and experience of dental decay in children. In England, men in the most deprived areas can expect to live in good health for almost 20 years fewer than those who live in the least deprived areas.⁹

Leicester has a high level of deprivation compared to England and is ranked 32nd out of 317 local authority areas in England, on the 2019 national Index of Deprivation (where 1 is worst). In Leicester, 39 lower super output areas are in the 10% most deprived in the country. 35% of Leicester's population live in the most deprived 20% of areas in England and a further 37% live in the 20-40% most deprived areas. Only 2% of the Leicester population live in the 20% least deprived areas.

Figure 6: Index of Multiple Deprivation in Leicester, by national quintiles



Source: Index of Deprivation, 2019

2.3 POVERTY

2.3.1 HEALTH AND WELFARE REFORMS

Recent research indicates that many households in Leicester, including those with adults in paid work, are struggling to achieve an acceptable standard of living.¹⁰ Those most at risk include households with children, especially those with a single parent, and those not containing a working adult, including those who are unable to work as a result of longterm sickness or disability.

Between 2016 and 2019, the city's housing benefit caseload has decreased by around 2,600 households. This decrease is likely a result of moderate economic improvement (whilst unemployment has remained relatively static at between 3.9% and 4.8%, average earnings increased from £494 to £525 over the period), the transfer of new claimants to Universal Credit for housing costs, and significant welfare reforms that have limited the benefit awards available through the freezing of rates and the introduction of a Benefit Income Cap.¹¹

Those on housing benefit face increased pressure on household budgets as weekly income has stagnated at 2.2% per annum¹² whilst inflation¹³ has hovered between 1.9% and 3% over recent months, effectively reducing household income over time.

Since April 2013, there have been several changes to the benefits eligibility for working-age people on low incomes. These include having to contribute to council tax bills, 'the bedroom tax', a household benefit cap lowered from 2016, abolition of community care grants and crisis loans, benefit rates freeze from 2016 to 2020, and increases in the amount of free childcare offered whilst requiring those with children over 3 to be available for work (previously only once children were 5 years old). In addition, the roll out of Universal Credit is expected to continue to have significant, wide reaching impacts on all those who claim benefits, both in terms of accessibility to make and maintain a claim and in benefit entitlement.

Reviews of budgetary welfare reforms suggests these revisions are having a disproportionately adverse impact on the lowest income bands, minority ethnic groups, women, young people and potentially for people with a disability.¹⁴

3 ENVIRONMENT

3.1 HOUSING

3.1.1 THE DISTRIBUTION OF COMMUNITIES IN LEICESTER (SEGMENTATION OF THE CITY)

Housing has a significant impact on health and wellbeing. Cold homes, for example are linked to respiratory and circulatory problems among adults, as well as range of poor long-term health outcomes for children who grow up in them.¹⁵ Leicester faces serious challenges in relation to adequate and appropriate accommodation for its population. Some 40% of Leicester's private sector housing fails to meet the national Decent Homes Standard according to The Leicester 2010 Private Sector Stock Survey. The City also experiences high levels of fuel poverty and there is a growing need for housing to meet the needs of an ageing population.

The Texture of Leicester (a household profiling tool based on the 2001 ONS Output Area Classification), groups household types broadly into younger households, poorer households in social housing, households in BME communities, managerial and professional households and households employed in skilled and non-manual trades. Poorer households in social housing are predominantly located around the periphery of the City where the city's major housing estates have been built; The City centre is characterised by a high proportion of younger, professional households in privately rented accommodation. A significant proportion of Leicester's BME community lives within areas surrounding the east of the city centre and out towards the north-east of the city. Established managerial and professional households (many in owner occupied accommodation) characterise some of the peripheral

wards on the east of the City. Households employed in skilled and non-manual trades (mainly in owner occupied housing) are distributed quite widely across the city.

3.1.2 THE SUPPLY OF HOUSING IN THE CITY

The Government announced changes and updates to the National Planning Policy Framework (NPPF) and the Planning Practice Guidance (PPG) in 2019. Local authorities are now required to calculate housing need based on the standard methodology formula updated as part of the changes in the NPPF and the PPG. Leicester's housing need has been identified to be 1,712 dwellings per annum based on the standard methodology calculations (29,104 dwellings) over a period of 2019-36. This is yet to be adopted. The standard method supersedes the housing need identified through HEDNA or through any previous studies. A new Local Plan is under development. When it is adopted, this figure will be used as the housing target.

The reason for the significant increase in overall housing need in Leicester is that the Office for National Statistics demographic projections indicate higher levels of international migration than previous estimates, together with a strong resident population growth in the City.

A council's housing register is one of the means to assess local demand for affordable housing, although they are generally considered an underestimate as not everyone in housing need will apply to the council. In 2016 the Council carried out a review of its Allocations Policy with the resulting changes giving greater preference to people with the most housing need who do not have the resources to explore other housing options. This included reconfiguring the bedroom sharing rules to identify those households who are living in overcrowding accommodation. There are now fewer households on the Housing Register, although this does not mean that there has been a reduction in housing need in the City. At the beginning of April 2019, there were 5809 households on the Register, almost half the number at the same time in 2016 (11149). Of these, 70% were families with children.

3.1.3 THE QUALITY OF HOUSING STOCK IN THE CITY

In recent years, there has been significant modernisation of Leicester Council-owned housing stock to meet the requirements of the Decent Homes Standard. The issue of quality is particularly pertinent to privately owned housing. The Leicester 2010 Private Sector Stock Survey found that just over two-fifths (41.7%) of private sector homes fail the Decent Homes Standard – some 34,000 households in total which is greater than the England average of 35.8%.

The underlying reasons for the high level of failure of the Decent Home Standard in private sector housing in Leicester, include an older than average private sector housing stock, and a

higher level of deprivation, resulting in insufficient resources to maintain homes adequately. The government has abolished the private sector renewal budget. To help address the lack of assistance for those in need, repayable Home Repairs grants are now available for vulnerable homeowners whose property fails to meet the decent homes standard.

3.1.4 OVERCROWDING

Based on the Census 'room standard', 15.2% of all households in Leicester are overcrowded, compared with just 8.7% in England. This issue is increasing in severity – there has been an increase of 59% in the number of overcrowded households in the City between 2001 and 2011. This trend appears to be continuing. Responses to a similar question comparing number of occupants with the number of rooms in each house in the Leicester Health and Wellbeing Survey 2018 indicate that 20% of Leicester adults are living in overcrowded households across the city.

This problem is reflected in the Council's Housing Register, where overcrowding remains the primary reason cited for joining the housing register. As of April 2019, overcrowding accounted for 60% of the register, up from 40% in 2017. The persistence of overcrowding on the register, even while the total housing register was diminished, demonstrates the importance of the problem in Leicester.

3.1.5 FUEL POVERTY

These difficulties relating to housing in Leicester are compounded by the economic situation. The fuel poverty rate in Leicester is among the highest in England. 14% of households in Leicester are fuel poor (compared to 9% in the East Midlands and 11% in England. The Midlands and the North commonly have higher rates of fuel poverty than the rest of England).¹⁶ One in ten people in Leicester reported not being able to pay fuel and energy bills in the Health and Wellbeing Survey 2018.

3.2 TRANSPORT^{17, 18}

The current mixed-use car, bus and freight transport system is based on a classic city centre hub and spoke (radials) arrangement. There is an inner ring road (mainly dual carriageway) and an outer ring road (mainly single carriageway), incomplete in the south east. As part of its Transport Strategy, Leicester City Council is planning for 'people not cars', encouraging more walking, cycling and use of public transport to reduce carbon emissions and improve air quality and the provision of a transport system that facilitates for a safer and healthier way of life. There are now more than 100 miles of signed cycle routes across the city.¹⁹

3.3 GREEN SPACES

A 2014 Public Health England report found “access to good quality green space is associated with a range of positive health outcomes including better self-rated health; lower body mass index scores, overweight and obesity levels; improved mental health and wellbeing and increased longevity in older people.”²⁰ Leicester’s green space network consists of a variety of spaces of differing size, quality and function, comprising almost 25% of the City area. The total quantity and quality of open space provision exceeds recommended open space, sport and recreation requirements in the City, however the provision is not distributed evenly across the City.^{21,22}

3.4 AIR QUALITY

Air quality is of increasing concern, given its capacity to increase risk of serious health conditions.²³ Leicester, like many UK cities, exceeds the EU advised limits for nitrogen dioxide and while it is anticipated that the advised limit may be achieved by 2025, this could mean a significant number of people dying and suffering adverse effects of air pollution each year. Air pollution is associated with stroke, heart disease and lung cancer, along with breathing and circulatory problems. About 6% of all deaths in adults in Leicester is attributed to air pollution²⁴ and deprived populations are more adversely impacted, as are those already in poor health²⁵.

4 COMMUNITY

4.1 EDUCATION

There is a well-established relationship between good academic attainment and good health and wellbeing among children.²⁶ There is a range of early years care providers, schools, post-16 schools and 6th form colleges, along with further and higher educational settings within Leicester.^{27,28}

For the academic year 2017/18, Leicester’s average Key Stage 4 Attainment 8 score was 42.8, which is significantly lower than England (46.7).²⁹ Leicester’s low average attainment is likely attributable to high levels of deprivation. Nationally, children from low income backgrounds who go to school in areas of high deprivation do worse at school than their less deprived peers.³⁰

The Children and Young People’s JSNA sections also contain some information about education.³¹

4.2 HEALTHCARE AND SOCIAL CARE

4.2.1 HEALTHCARE SERVICES

The City is served by approximately 60 General Practices (including branch surgeries), 85 Community Pharmacies and 60 Dental Practices. More detailed information can be found on <https://www.leicestercityccg.nhs.uk/find-a-service-search-results>

Leicester has one of the biggest and busiest NHS trusts in the country, incorporating the Leicester General, Glenfield and Royal Infirmary hospitals.³² It also has a mental health, learning disabilities and community health services-focused trust.³³

4.2.2 SOCIAL CARE SERVICES

A range of social care services are used by the people of Leicester. A proportion of these services are commissioned by the Adult Social Care Service, within Leicester City Council, while some are bought directly by recipients without the involvement of the Council.

Further information on care and support services can be found on the [Mychoice website](#).

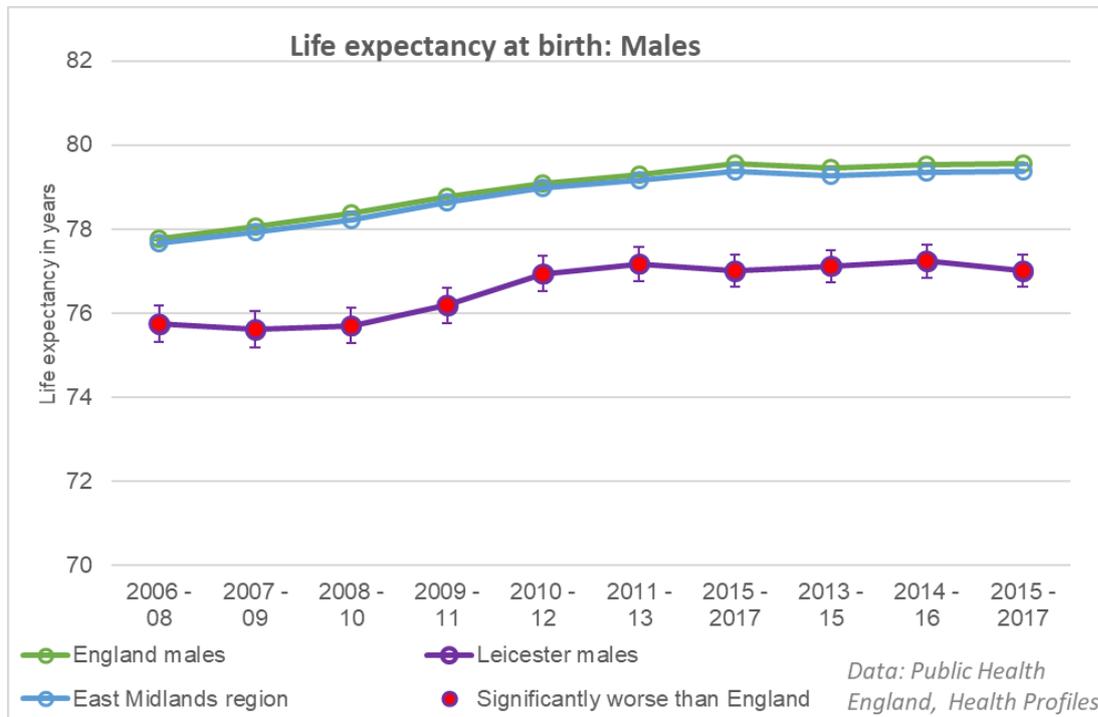
5 HEALTH AND WELLBEING

5.1 LIFE EXPECTANCY

5.1.1 LIFE EXPECTANCY AT BIRTH

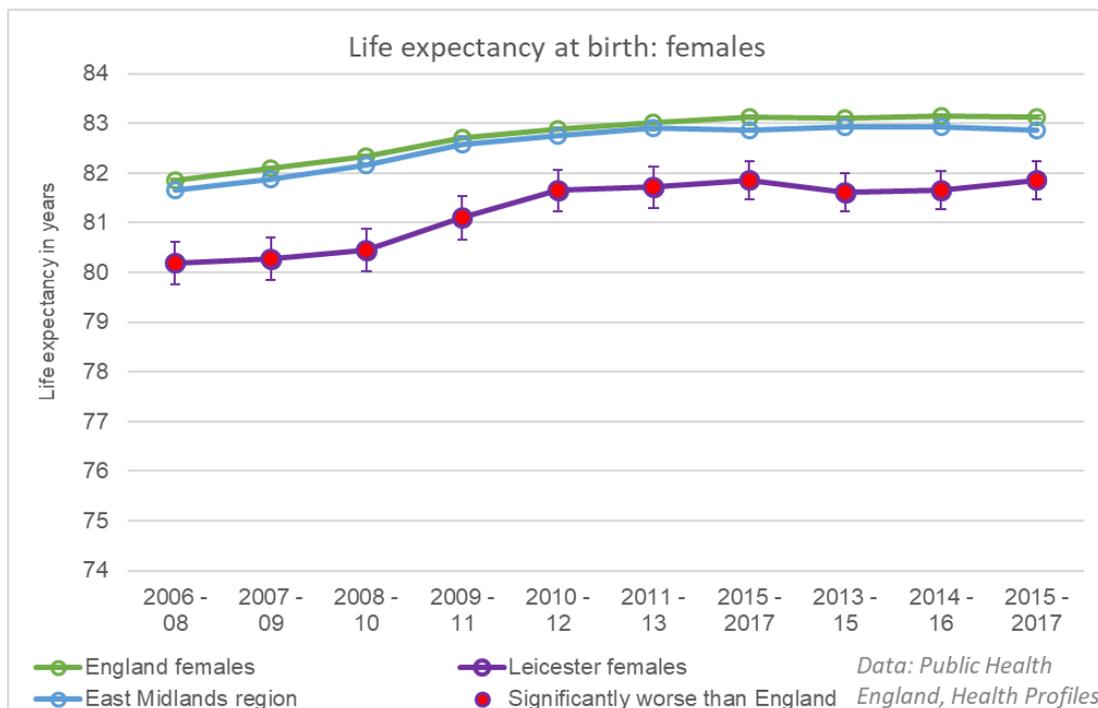
Life expectancy in Leicester is significantly lower than the England average and although it has continued to improve over the past decade, it has shown a slower improvement than England overall.³⁴ As shown in Figures 7 and 8, in the period 2006-08 to 2015-17, life expectancy in Leicester increased by 1.3 years; for men this is an increase from 75.7 to 77, and for women from 80.2 to 81.9. However, in England life expectancy increased by 1.8 years for men to 79.6 and 1.3 years for women to 83.1. Overall, the gap between Leicester and England has been widening, reaching a peak in 2008-10, however this has shown a small improvement in subsequent years.³⁵

Figure 7: Average life expectancy at birth for Men in England and Leicester



Source: Office for National Statistics, 2017

Figure 8: Average life expectancy at birth for Women in England and Leicester



Source: Office for National Statistics, 2017

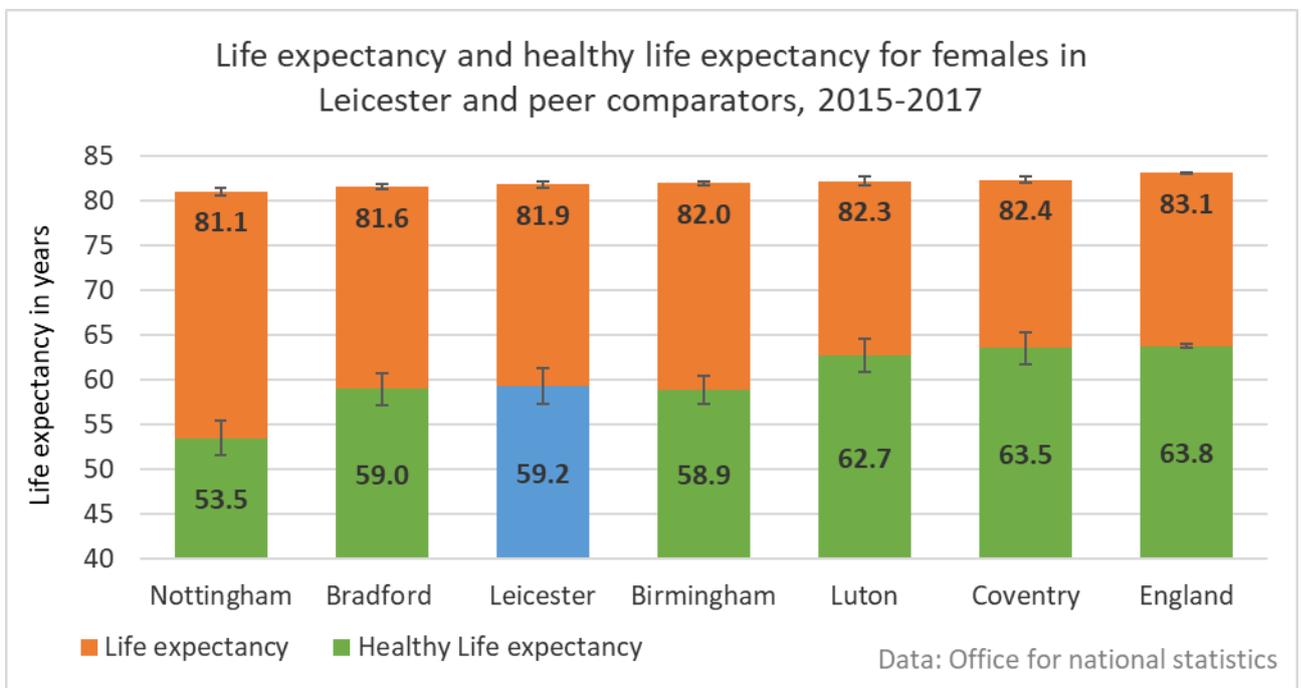
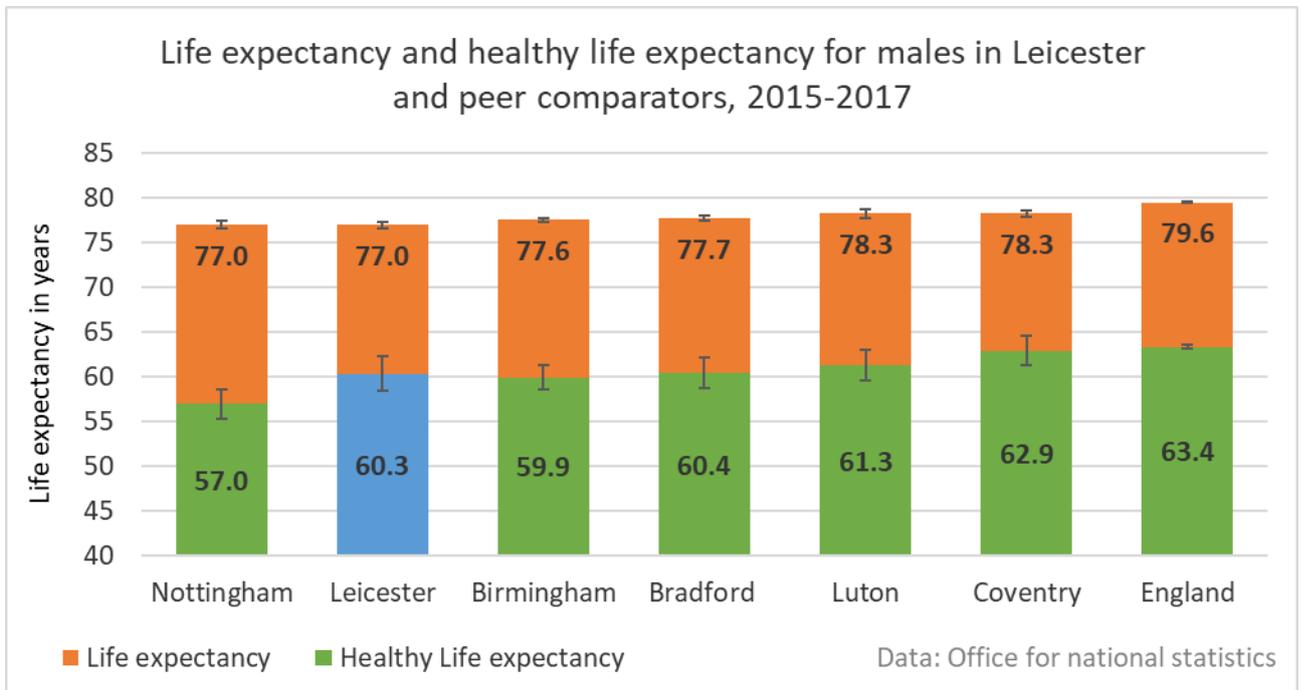
5.1.2 HEALTHY LIFE EXPECTANCY

Although life expectancy is increasing, many do not experience long and healthy lives. Healthy life expectancy is defined as a measure of the average number of years a person would expect to live in good health based on contemporary mortality rates and prevalence of self-reported good health.

Figures 9 and 10 shows life expectancy and healthy life expectancy for men and women in Leicester. Healthy life expectancy in Leicester is around 60 years for men and 59 years for women in 2015 to 2017. This means men have on average 17 years and women have 22 years of their overall life expectancy where their health is not good. Compared with peer areas, Leicester men and women have the 3rd and 4th lowest rate of healthy life expectancy.



Figure 9 and 10: Life expectancy and Healthy Life expectancy, 2015-2017

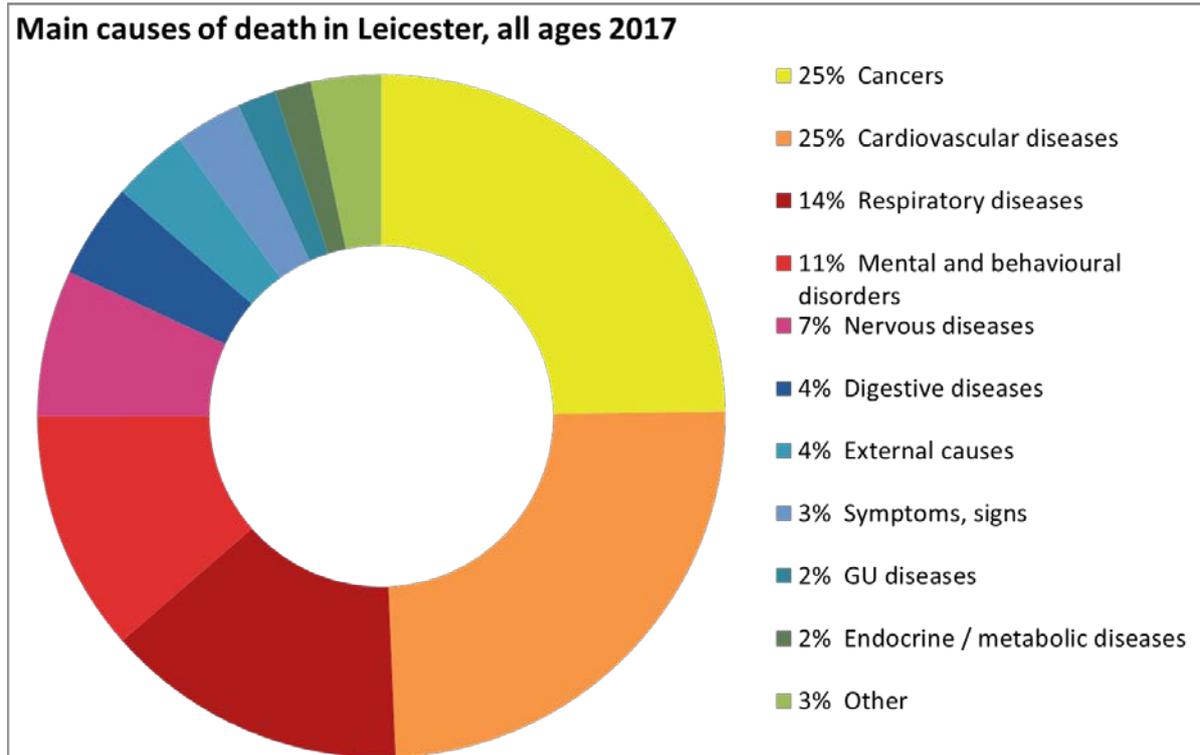


Source: Office for National Statistics, 2017

6.1 MAIN CAUSES OF DEATH

Figure 11 shows that the main causes of death in Leicester are cancers, heart disease and stroke and respiratory diseases. Together these account for nearly two thirds of all deaths.

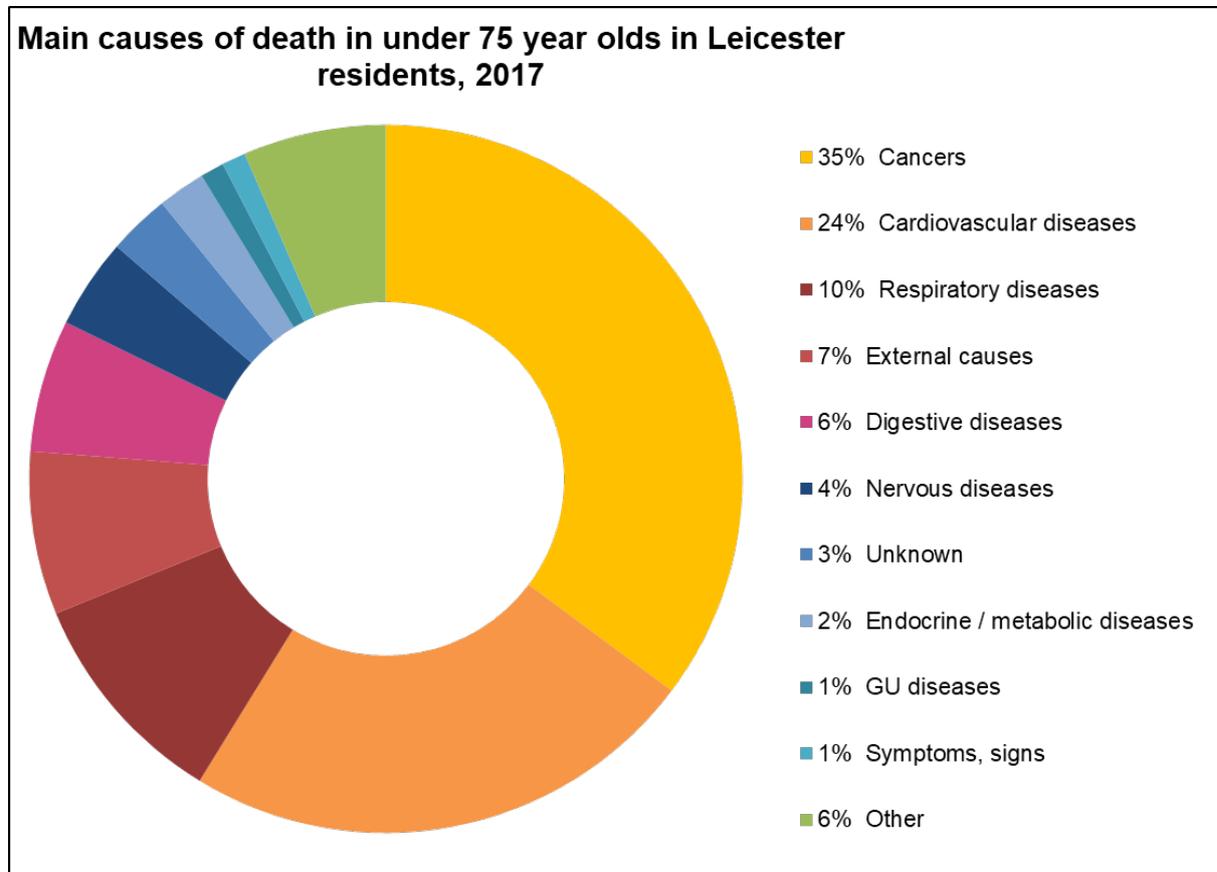
Figure 11: Main causes of death in Leicester, all ages, 2017



Source: Office for National Statistics mortality data

Figure 12 shows that cancers are the main cause of premature deaths (in the under 75s), accounting for over a third of early deaths, followed by heart disease and respiratory diseases. The proportion of deaths from heart disease and stroke in Leicester are slightly higher than nationally in all ages and in under 75 year olds, whilst the proportion of deaths from cancers is slightly lower in Leicester. However, Leicester residents are, on the whole, dying at a younger age and have a lower life expectancy than average.

Figure 12: Main causes of death in Leicester, under 75s, 2017



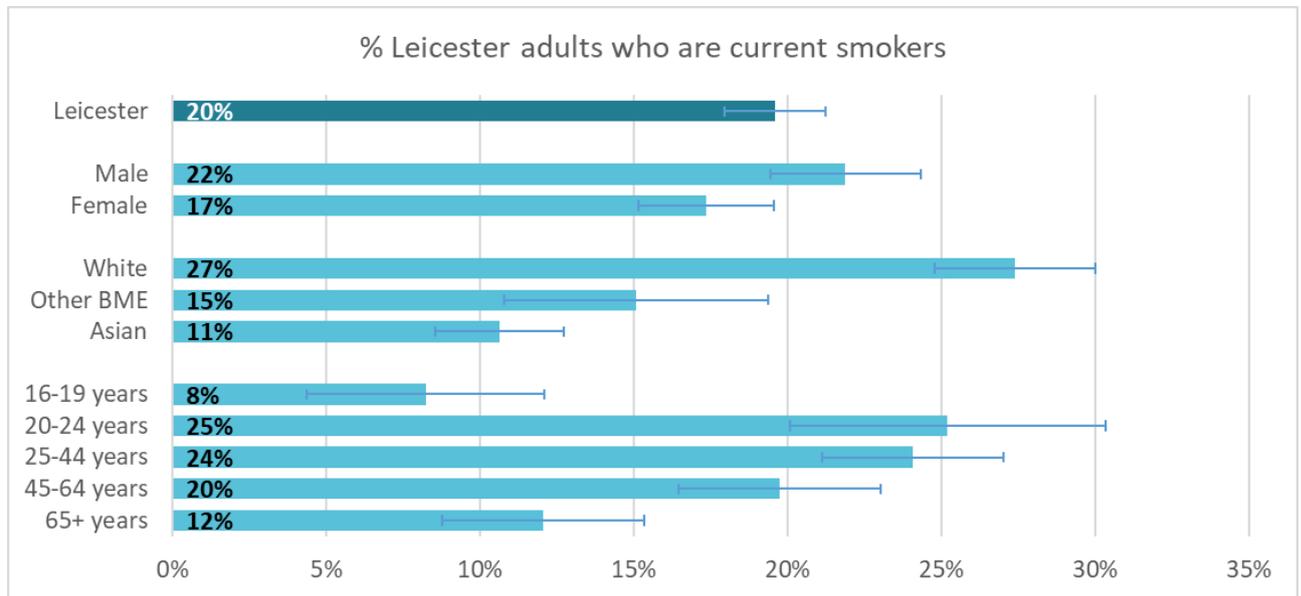
Source: Office for National Statistics mortality data

6.2 OVERVIEW OF HEALTH IN LEICESTER

6.2.1 SMOKING

Smoking is the greatest single cause of preventable death. The average number of smoking related deaths in Leicester City is 306 (2015-2017)³⁶ Smoking prevalence rates are higher in more deprived areas and areas to the west of the city. Figure 13 shows the percentage of adults who are current smokers by gender, age and ethnicity. Smoking prevalence is significantly higher amongst those of white ethnicity and significantly lower in under 19s, over 65s and Asian ethnic groups.

Figure 13: Smoking Prevalence in Leicester

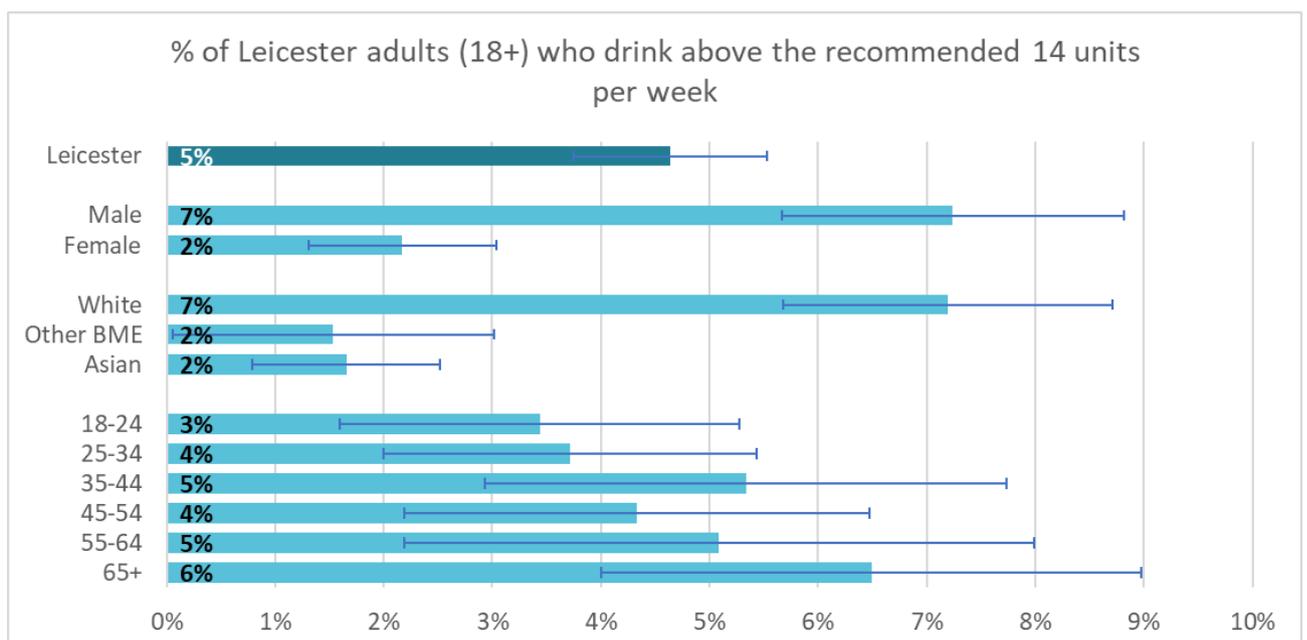


Source: Leicester Health and wellbeing Survey 2018.

6.2.2 ALCOHOL

Alcohol misuse is a major or significant contributor to a wide range of health problems such as liver disease, heart disease and cancer.

Figure 14: alcohol consumption exceeding recommendations in Leicester



Source: Leicester Health and wellbeing Survey 2018.

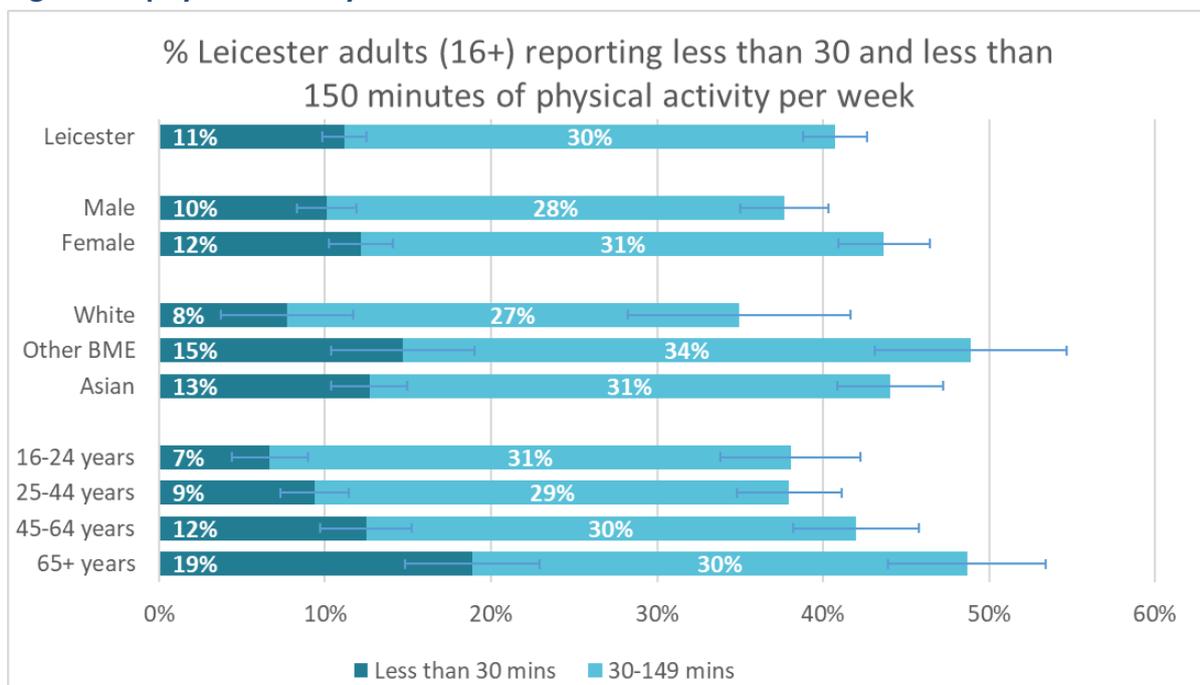
According to the Leicester Health and Wellbeing Survey 2018, half of Leicester adults do not drink and 4.5% drink above the recommended limits (14 units per week). Figure 14 shows Leicester adults consuming over the recommended weekly units. Of those who do drink, 9% consume over the recommended weekly units. Men and ethnically white residents are more likely to drink above the recommended limits.

Alcohol consumption is not as closely linked to deprivation. Leicester has a significantly higher rate of alcohol specific mortality in comparison to the national rate and a similar rate of alcohol related mortality to the national rate.³⁷

6.2.3 PHYSICAL ACTIVITY

Participating in regular physical activity has many benefits in keeping healthy and preventing long term conditions such as stroke, obesity, cancer, diabetes and mental health. According to the Leicester Health and Wellbeing Survey 2018, 62% of men and 56% of women complete the recommended 150 minutes of physical activity per week. High levels of inactivity (less than 150 minutes per week) are more common in older age groups and Black ethnic groups.

Figure 15: physical activity in Leicester

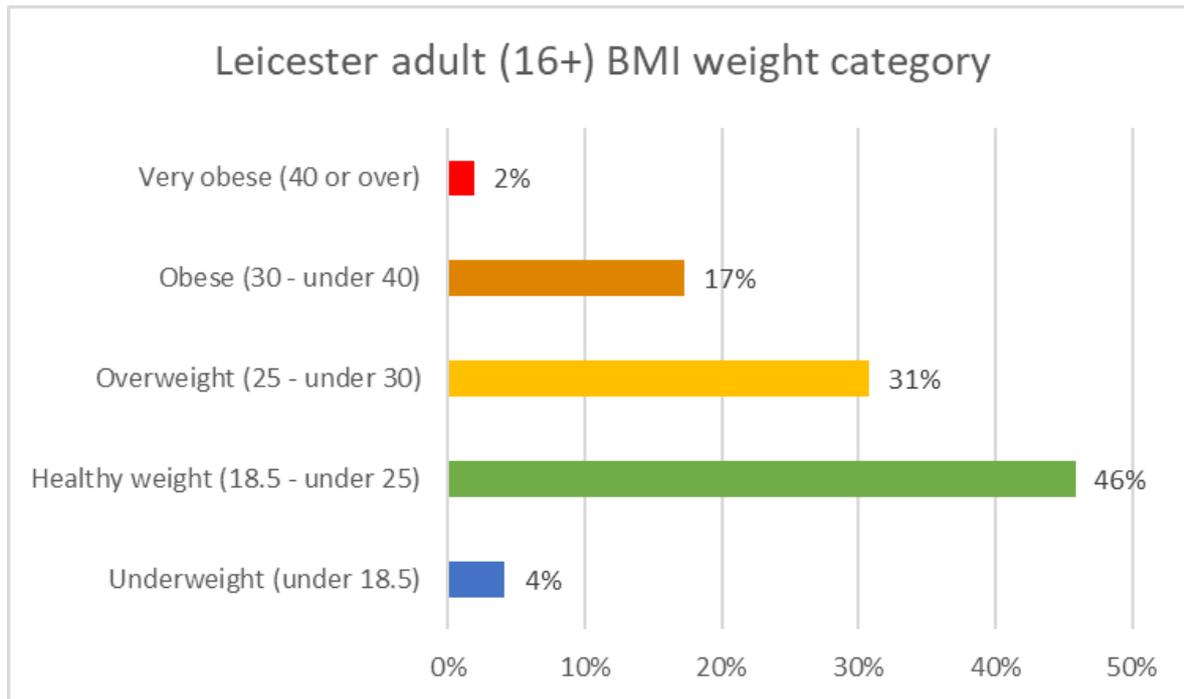


Source: Leicester Health and wellbeing Survey 2018.

6.2.4 OBESITY

Obesity is associated with a range of health problems including type 2 diabetes, cardiovascular disease and cancer. The Leicester Health and Wellbeing Survey 2018 reports that just under half (46%) of adults have a healthy weight, and half are overweight or obese.

Figure 16: Weight levels in Leicester



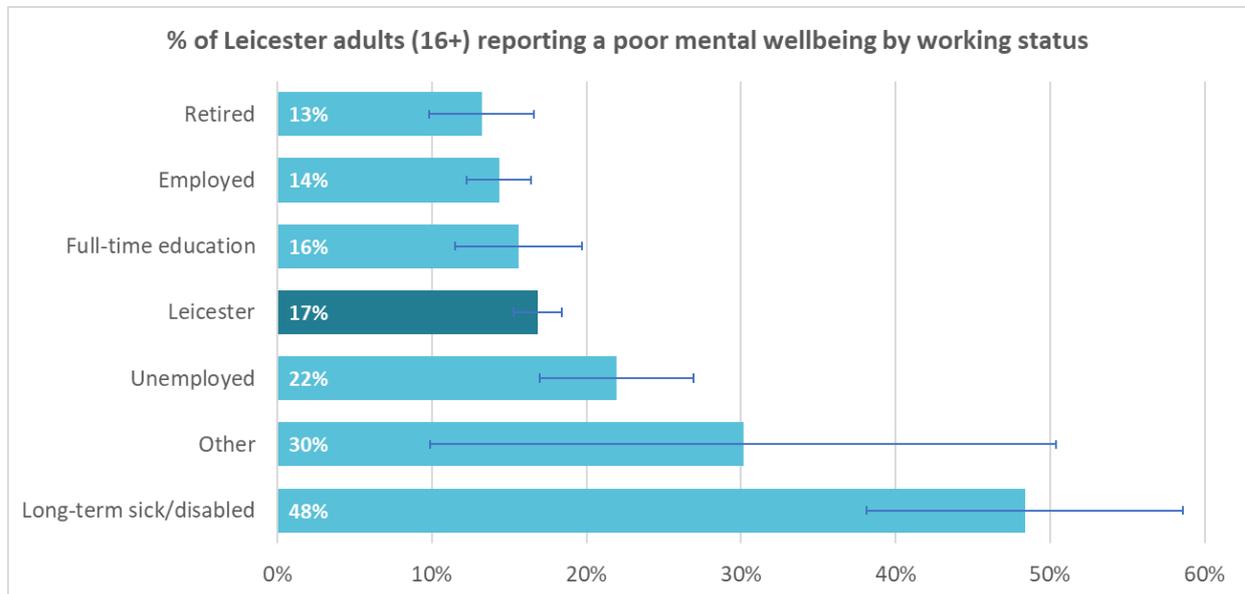
Source: Leicester Health and wellbeing Survey 2018.

The Leicester Health and Wellbeing Survey 2018 reports high levels of overweight/obesity in 45 to 64-year olds.

6.2.5 MENTAL HEALTH AND WELLBEING

Poor mental health is the most common condition affecting people in the UK. According to the Leicester Health and Wellbeing Survey 2018, 17% 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 those who socially isolated.

Figure 17: Poor mental wellbeing in Leicester



Source: Leicester Health and wellbeing Survey 2018.

The Leicester Health and Wellbeing Survey 2018 found that 83% of residents were satisfied with their local area as a place to live. Residents in the North-west of the city were slightly less likely to be satisfied with their local area (76%). 77% of people with long-term limiting conditions and 73% of those who rate their health as bad or very bad were also dissatisfied with their local area. These groups were also more likely to feel safe in their local area only rarely or some of the time, suggesting a link between health and an ability to feel safe and happy in a neighbourhood.

6.3 SOCIAL CAPITAL AND ASSETS

6.3.1 LEICESTER HAS A VIBRANT AND DIVERSE COMMUNITY

Leicester City Council works with all its partners to develop culture and leisure facilities and opportunities which provide quality and choice, and which increase participation among all our diverse communities.

The principal aims are:

- Encouraging investment to improve the quality of the infrastructure for arts, sports, museums, parks, play provision, libraries, cemeteries and crematoria and leisure;
- Providing opportunities for the creative economy to prosper by developing creative clusters and appropriate workspaces for the creative sector;
- Creating or retaining cultural facilities such as places of worship, cemeteries and crematoria;

- Developing a rich cultural offer which attracts people to Leicester such as visitors, businesses looking for a new location, students, graduates and people applying for jobs;
- Using good place design, activities and events to inspire people to get more active, more often.

The city has significant resources which enable and support its many and varied communities: As at January 2019 there were 17 libraries, 18 community/neighbourhood service centres; six Supporting Tenants and Residents (STAR) housing support offices, 20 food banks, 27 advice services, nine work clubs, and over 300 places of religious worship.^{38,39,40}

6.3.2 THE VOLUNTARY SECTOR IN LEICESTER

Leicester continues to be home to innovative frontline voluntary services providing essential support to Leicester's most vulnerable residents, helping them to lead healthier, more fulfilling, prosperous lives. Voluntary Action LeicesterShire (VAL) helps people get involved in volunteering and provides support, so that Voluntary and Community Sector (VCS) groups can thrive.

In 2018/19, VAL supported a total of 485 VCS groups, distributing £1.4m of income for VCS service delivery across Leicester City between April and December 2018. VAL also hosts The Funding Toolkit⁴¹ which is the best performing funding portal in the country. During 2017 the toolkit helped local VCS Groups secure £2.1m of funding. VAL also provides training for the local VCS. Over 2018/2019, 321 individuals representing 165 local groups are expected to attend some form of training.⁴²

Over the course of the year VAL would expect to create approximately 350 new volunteer opportunities and talk to 700 local people keen to volunteer with 440 of these taking a volunteering opportunity. In the Leicester Health and Wellbeing Survey 2018, 27% of adults in Leicester reported volunteering for a group, club or organisation in the last year.

In addition to the community and voluntary work that takes place through formal networks, there's also a substantial amount of unrecorded community activity, which plays an important part in the city's social cohesion. Over a third of people (34%) say they have given unpaid help to someone who is not a relative in the last year³, and around 10% of the population (31,000 people) provide unpaid care.

7 REFERENCES

- ¹ Office of National Statistics – Mid-year Population Estimates 2018
- ² See <http://www.bbc.co.uk/news/uk-11398629>
- ³ Leicester Health and Wellbeing Survey 2018. Available at:
<https://www.leicester.gov.uk/media/185575/leicester-health-and-wellbeing-survey-2018.pdf>
- ⁴ Email from Ayaz Manji, Stonewall Policy Officer, to Gurjeet Rajania, Research and Intelligence Analyst, Leicester City Council, 6 August 2015, 17.31
- ⁵ Stonewall Website, checked 17/06/2019: <https://www.stonewall.org.uk/truth-about-trans#trans-people-britain>
- ⁶ Office for National Statistics, Census 2011.
- ⁷ Nomis – Official Labour Market, Claimant Count, 2017. Available at: <https://www.nomisweb.co.uk>
- ⁸ Department for Education, NEET and participation: local authority figures. 2019. Available at: <https://www.gov.uk/government/publications/neet-and-participation-local-authority-figures>
- ⁹ Public Health England, Public Health Profiles: Healthy life expectancy at birth: Male 2015-17. Available at:
<https://fingertips.phe.org.uk/search/healthy%20life%20expectancy#page/7/gid/1/pat/6/par/E12000004/ati/102/are/E06000016/iid/90362/age/1/sex/1>
- ¹⁰ Hirsch et al, 2014
- ¹¹ Trading Economics: <https://tradingeconomics.com/united-kingdom/gdp-growth>
- ¹² Trading Economics: <https://tradingeconomics.com/united-kingdom/wage-growth>
- ¹³ Office for National Statistics:
<https://www.ons.gov.uk/economy/inflationandpriceindices/bulletins/consumerpriceinflation/december2017>
- ¹⁴ Leicester City Council. 2015. *Executive Briefing: Summer Budget 2015: Welfare Reform Impacts*
- ¹⁵ Public Health England, Fuel poverty and cold home-related health problems, 2015
- ¹⁶ Department for Business, Energy and Skills, Sub-regional fuel poverty data 2019. Available at:
<https://www.gov.uk/government/statistics/sub-regional-fuel-poverty-data-2019>
<https://www.gov.uk/government/statistics/2013-sub-regional-fuel-poverty-data-low-income-high-costs-indicator>
- ¹⁷ Key transport documents, including the Local Transport Plan – 2011-2026, are available at:
<http://www.leicester.gov.uk/your-council/policies-plans-and-strategies/transport-and-streets/>
- ¹⁸ DFT Traffic Counts for Leicester, which offer annual trend data on traffic covering 2000 to 2014 inclusive, are available at: <http://www.dft.gov.uk/traffic-counts/area.php?region=East+Midlands&la=Leicester>
- ¹⁹ This figure includes all physically separated routes (on and off highway), on-road lanes and Pedestrian priority streets allowing cycling. The monitoring report ‘Bicycle Account’ is available at the link below – with mileage expressed as a linear metre per head of population to allow comparison between cities (convoluted but seems to make sense). <http://www.leicester.gov.uk/transport-and-streets/cycling-in-leicester/>

²⁰ Public Health England. 2014. *Local action on health inequalities: Improving access to green spaces*. Available at:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/355792/Briefing8_Green_spaces_health_inequalities.pdf.

²¹ More information can be found in the Greenspace Strategy, available at:

<http://www.leicester.gov.uk/leisure-and-culture/parks-and-open-spaces/using-our-parks/greenspace-strategy>

²² Information about local flooding risk can be found at: <http://www.leicester.gov.uk/your-environment/flooding-and-severe-weather/local-flood-risk-management-strategy>

²³ Leicester's Air Quality Action Plan, Consultation Draft, 2015—2025 is available at:

https://consultations.leicester.gov.uk/city-development-and-neighbourhoods/air_quality

²⁴ Public Health England, Public Health Profiles, air pollution:

<https://fingertips.phe.org.uk/search/air%20pollution#page/0/gid/1/pat/6/par/E12000004/ati/102/are/E06000016/iid/30101/age/230/sex/4>

²⁵ Healthier Air for Leicester: Leicester's Air Quality Action Plan (2015-2025). Available at:

http://consultations.leicester.gov.uk/city-development-and-neighbourhoods/air_quality/user_uploads/action-planfinal.pdf

²⁶ PHE, The link between pupil health and wellbeing and attainment: A briefing for head teachers, governors and staff in education 2014, available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/370686/HT_briefing_layoutvFINALvii.pdf

²⁷ Information about early years care and eligibility for free care can be found at:

<http://families.leicester.gov.uk/free-early-education/>

²⁸ General information about schools and learning can be found at:

<http://www.leicester.gov.uk/schools-and-learning/>. Statistics on education in Leicester can be found at:

<http://www.neighbourhood.statistics.gov.uk/dissemination/LeadDomainList.do?a=7&c=leicester&d=13&i=1001x1002&m=0&enc=1&areald=276827&OAAreald=394575>

²⁹ Public Health Outcomes Framework, Average Attainment 8 score 2017/18. Available at:

<https://fingertips.phe.org.uk/search/attainment%208#page/3/gid/1/pat/6/par/E12000004/ati/102/are/E06000016/iid/93378/age/175/sex/4>

³⁰ RAND Europe for the Department for Education, Factors associated with achievement: key stage 4, 2015. Available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/473673/RR407_-_Factors_associated_with_achievement_-_key_stage_4.pdf

³¹ Leicester City Council, Children and Young People's Joint Strategic Needs Assessment. Available at: <https://www.leicester.gov.uk/media/183461/cyp-jsna-april-2017.pdf> page 56 onwards.

³² Information about University Hospitals of Leicester can be found at:

<https://www.leicestershospitals.nhs.uk/>

³³ Information about Leicestershire Partnership NHS Trust can be found at:

<http://www.leicspart.nhs.uk/>

³⁴ Average life expectancy at birth is widely used as a proxy indicator for the overall health of the population; it estimates how long a newborn child would be expected to live if the current age-

specific mortality rates remain constant. However, it does not forecast how long babies born today will actually be expected to survive, as age-specific mortality rates are unlikely to remain constant for an extended length of time.

³⁵ Office for National Statistics Life expectancy: <http://www.ons.gov.uk/ons/publications>

³⁶ Public Health England, Local Tobacco Control Profiles. Available at:
<https://fingertips.phe.org.uk/profile/tobacco-control>

³⁷ Public Health England, Local Alcohol Profiles for England. Available at:
<https://fingertips.phe.org.uk/profile/local-alcohol-profiles>

³⁸ <https://www.leicester.gov.uk> Libraries and community centres, [Checked 30.01.2019]

³⁹ List of community assets provided by LCC Neighbourhood Services, January 2019, last updated January 2019

⁴⁰ List of food banks and advice services supplied by Action Homeless, January 2019, last updated June 2018

⁴¹ <https://www.valonline.org.uk/groups/advice-support/funding-income-generation>

⁴² <http://www.valonline.org.uk/groups/training>