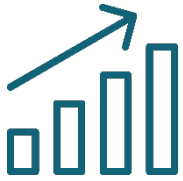


# Joint Strategic Needs Assessment: Living in Leicester summary

**Population:** Leicester is young and diverse, and is growing at a faster rate than England.



Leicester has a population of 355,218. The city is relatively young compared to England, with student populations and inward migration contributing factors.



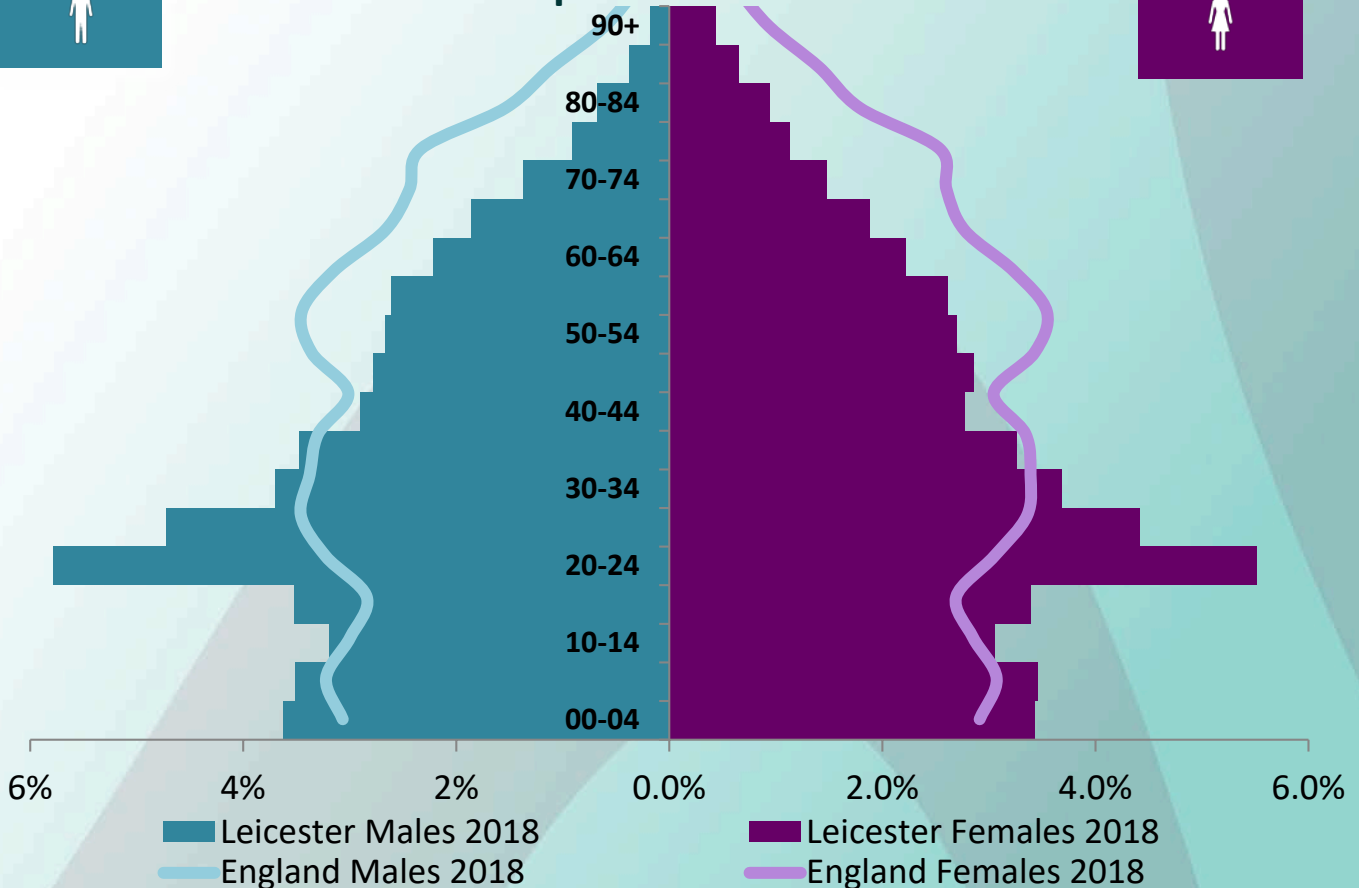
The under 20 population and over 65 population will increase and this means those regularly accessing education, health services, and social care is likely to increase at a faster rate than those in employment.



Leicester is home to many communities, including different ethnicities, faiths and sexualities. Over half (55%) are from non White British backgrounds, three quarters express a faith, and 4% are LGBT.

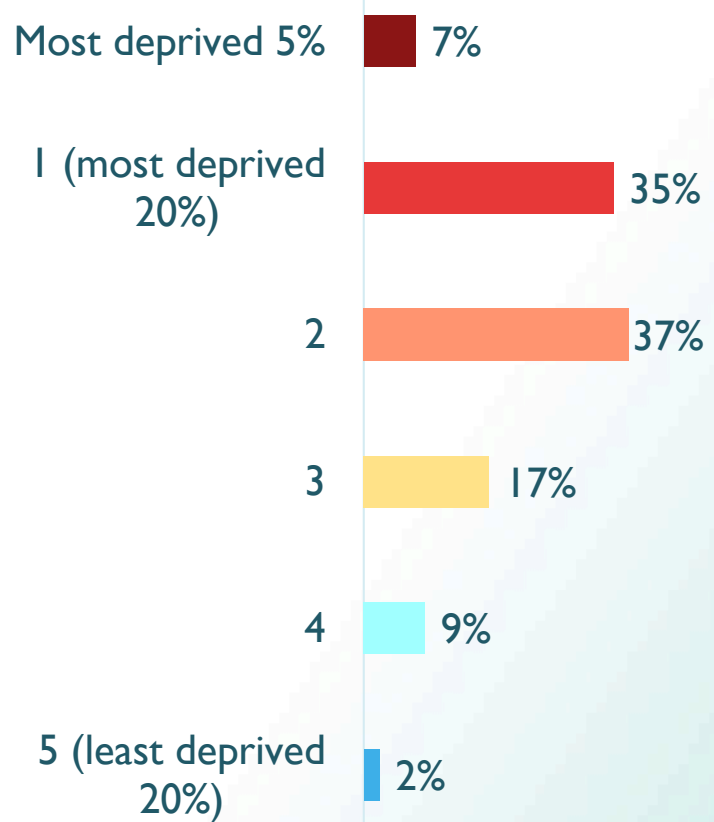


## Leicester Population Structure: 2018



# Deprivation: Many residents in the city experience deprivation and poverty.

## Leicester population by Deprivation quintile

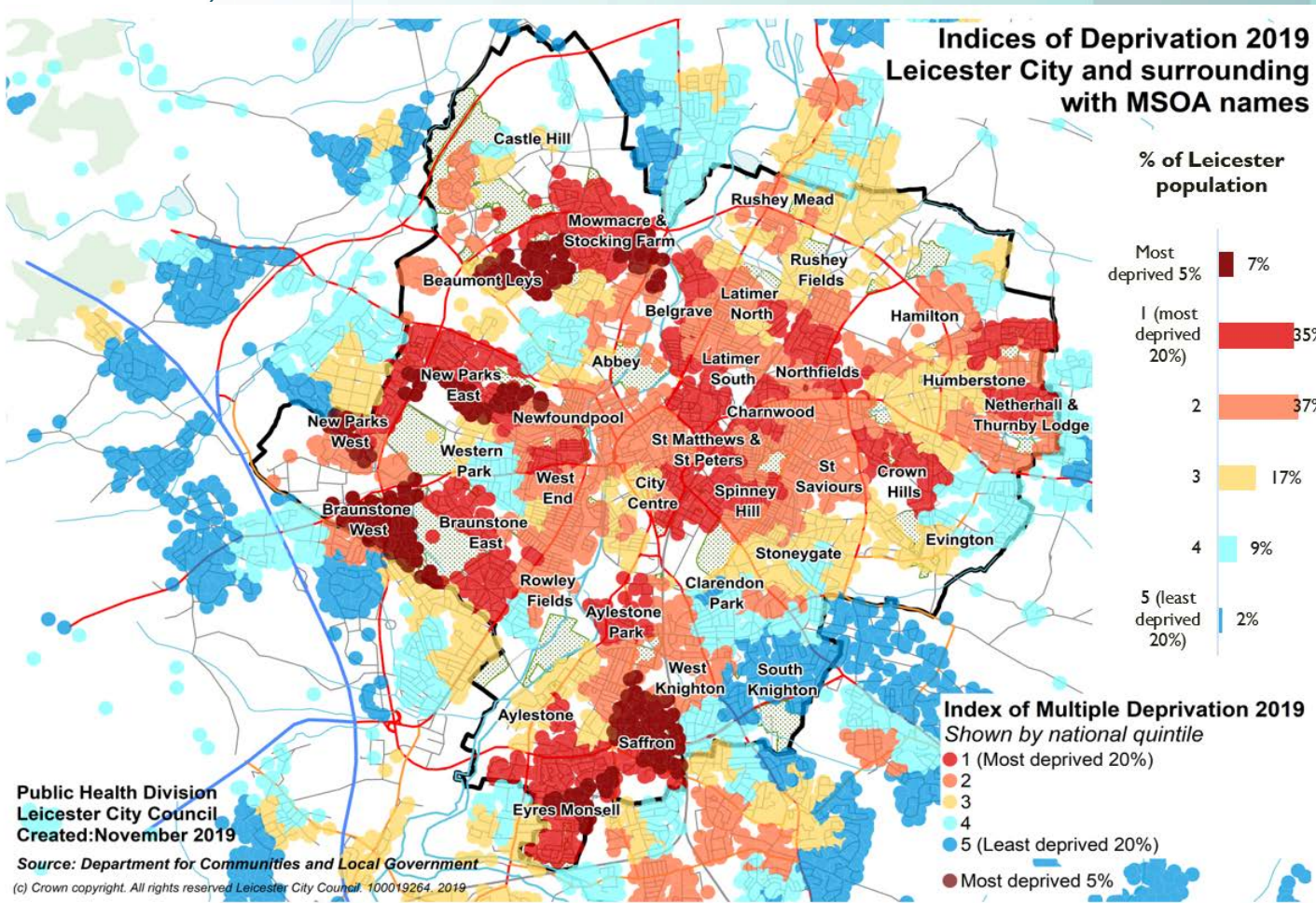


Leicester is the 32<sup>nd</sup> most deprived Local Authority in England.

Over two thirds of the Leicester population live in most deprived 40% of areas nationally.

Deprivation is linked with a range of poor health behaviours and outcomes such as smoking, obesity, and alcohol misuse.

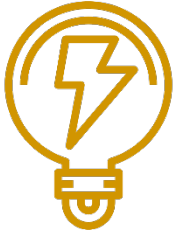
Those living in our most deprived areas have significantly lower life expectancies compared to those in our least deprived areas.



# Environment: Poor housing, fuel poverty and the local environment have a significant impact on health and wellbeing



Poor quality housing is particularly pertinent to privately owned housing, where two-fifths fail the decent home standards.

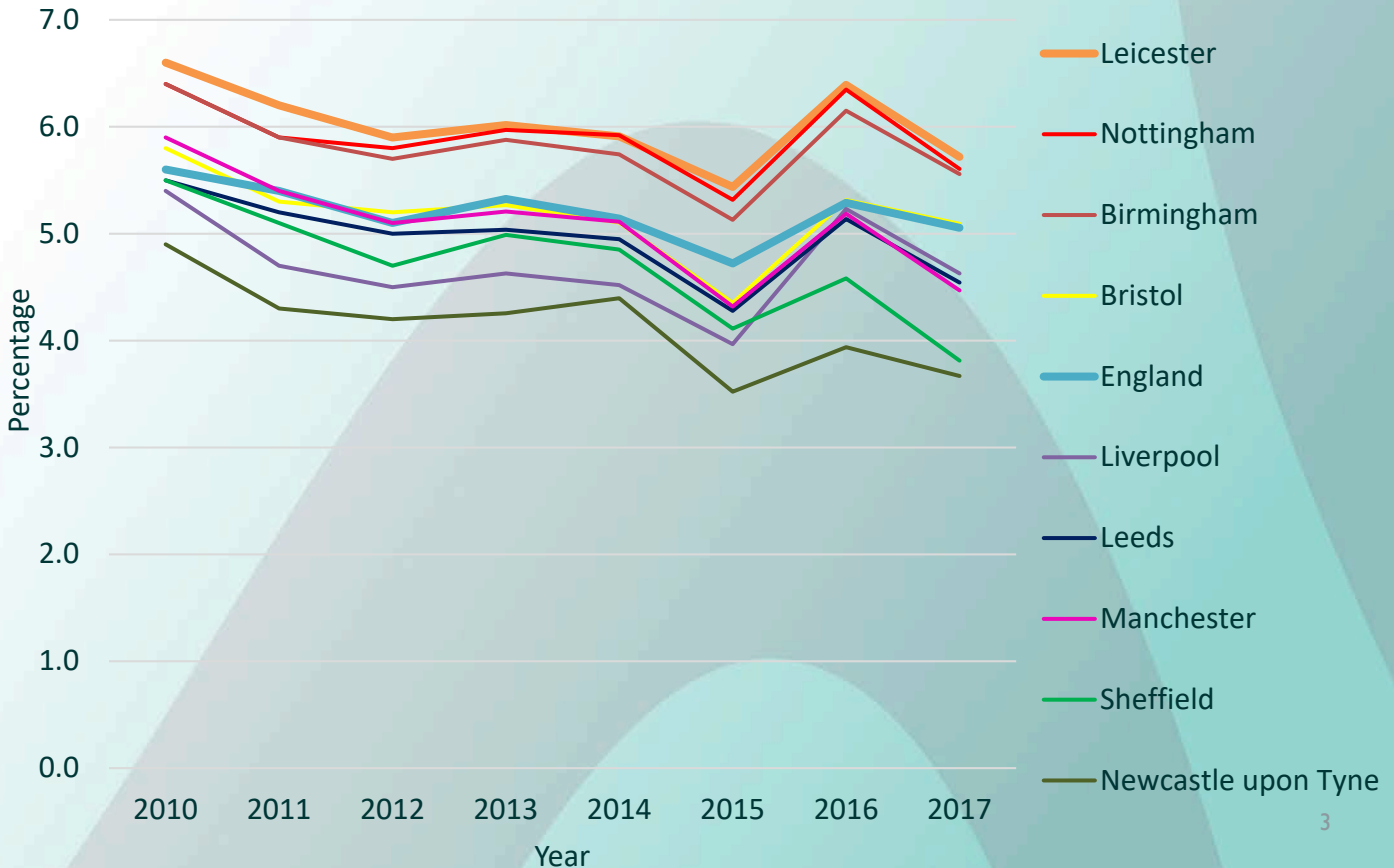


Fuel poor and cold homes are linked to respiratory and circulatory problems among adults, as well as range of poor long-term health outcomes for children who grow up in them.



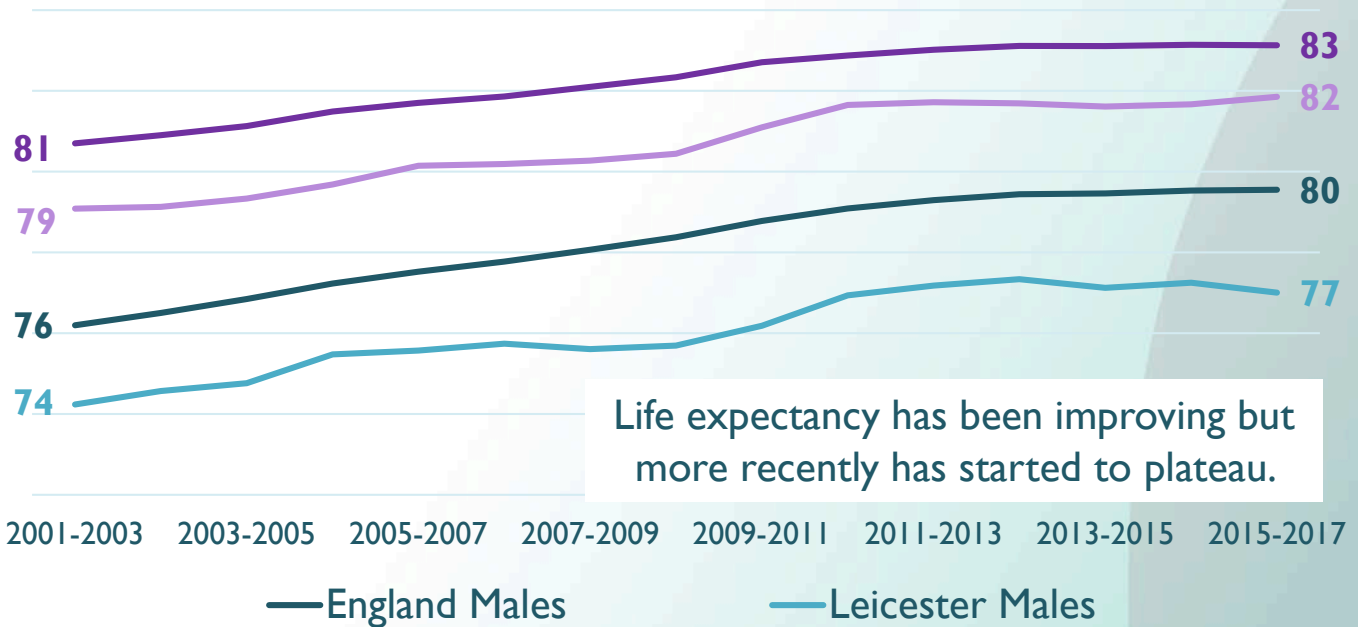
Poor air quality has been linked to cancer, asthma, stroke and heart disease, diabetes, obesity, and changes linked to dementia.

### Fraction of mortality attributable to particulate air pollution

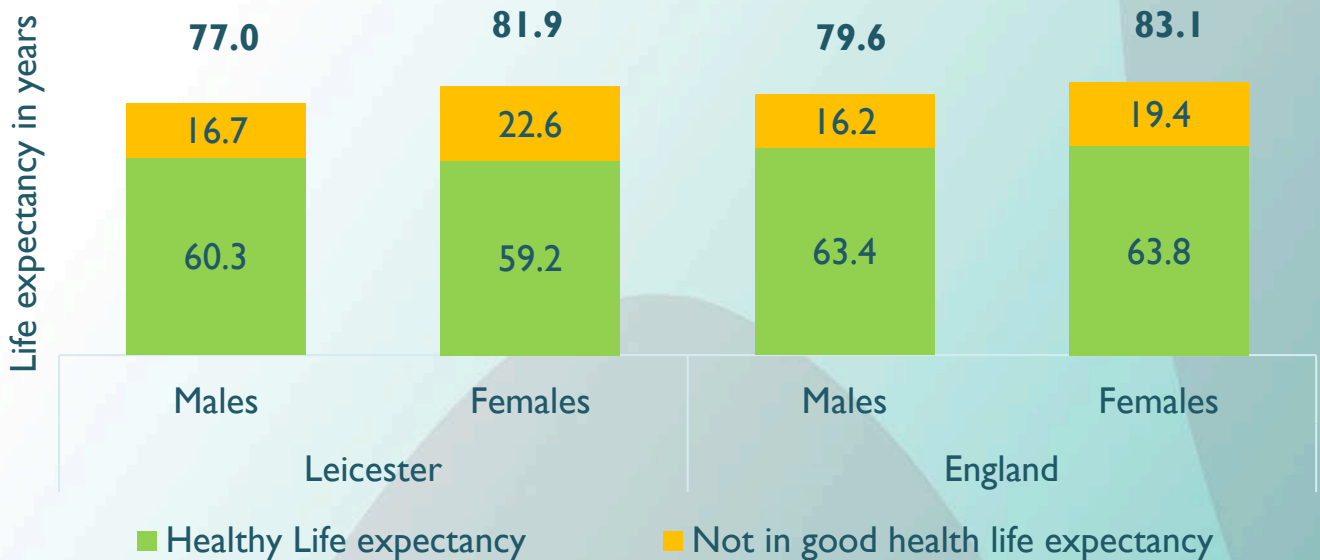


**Health and wellbeing:** Leicester residents on average have shorter lives and more time in ill health compared to national rates.

### Life Expectancy at birth - Leicester and England



### Life expectancy and healthy life expectancy, 2015-2017



Those living in poor health are likely to experience 2 or more chronic conditions. Having more than one condition increases with age.

The main causes of death have remained similar with cardiovascular disease, cancers, and respiratory diseases responsible for two thirds of deaths. These are all linked to poor lifestyle choices.

Over the last 10 years deaths from mental and behavioural disorders has increased significantly to 10% (dementia accounting for the majority of this)<sup>4</sup>

**Health overview:** Lifestyle choices are a major contributing factor to poorer health and wellbeing. .



**Smoking** is the greatest single cause of preventable death. Prevalence rates are higher in more deprived areas and areas to the west of the city.

Leicester has one of the highest abstaining from **alcohol** rates in the country. However the city has consistently reported higher levels of alcohol related hospital admissions and higher rates of alcohol specific mortality.



**Obesity** is associated with a range of health problems, in Leicester over half of the adult population are overweight or obese. Many of those who are overweight feel their weight is about right.

Participating in regular **physical activity** has many benefits in keeping healthy and preventing long term conditions. Local survey data reveals 62% of men and 56% of women complete the recommendations. Inactivity is more common in older age groups and BME groups.



Poor **mental health** is the most common condition affecting people in the UK. Local survey data shows 17% of Leicester's 16+ population report a poor mental wellbeing score. The unemployed, long term sick/disabled and social renters are all more likely to report poor mental health

## Further information

More detailed analysis can be found in the Adults Joint Strategic Needs Assessment Chapters.

Further information can be found at [www.Leicester.gov.uk/jsna](http://www.Leicester.gov.uk/jsna)

The latest health profiles data for Leicester can be found at: <https://fingertips.phe.org.uk/profile/health-profiles>