

# LIVING IN LEICESTER

## ADULTS: JOINT STRATEGIC NEEDS ASSESSMENT

A Joint Strategic Needs Assessment (JSNA) is a statutory process by which local authorities and commissioning groups assess the current and future health, care and wellbeing needs of the local community to inform decision making.

The JSNA:

Is concerned with wider social factors that have an impact on people's health and wellbeing such as poverty and employment.

Looks at the health of the population with a focus on behaviours which affect health, such as smoking, diet and exercise.

Provides a view of health and care needs in the local community

Identifies health inequalities

Indicates current service provision

Identifies gaps in health and care services, documenting unmet needs



## Background to Leicester

### CONTENTS

1	Population.....	5
1.1	Population size.....	5
1.1.1	Age structure.....	5
1.1.2	Population projections.....	6
1.2	Identity.....	8
1.2.1	Country of birth.....	8
1.2.2	ETHNIC DIVERSITY.....	8
1.2.3	Main Language spoken.....	12
1.2.4	LANGUAGE PROFICIENCY.....	13
1.2.5	Religion / Faith.....	15
1.2.6	Gender identity.....	17
1.2.7	Sexual orientation.....	18
2	Economy.....	19
2.1	Employment.....	19
2.1.1	Economic activity.....	19
2.1.2	Hours worked.....	21
2.1.3	EMPLOYMENT HISTORY.....	21
2.1.4	Qualifications.....	22
2.1.5	Unemployment & those not in education, employment or training (NEET).....	24
2.1.6	SOCIO-ECONOMIC STATUS (sec).....	26
2.2	Deprivation.....	27
2.2.1	Index of multiple deprivation.....	28
2.2.2	Census 2021 Deprivation measure.....	28
2.3	Poverty.....	29
2.3.1	LOW INCOME.....	29
2.3.2	Fuel poverty.....	30

3	Environment.....	31
3.1	Housing .....	31
3.1.1	The Distribution of Communities in Leicester (segmentation of the City) .....	31
3.1.2	The supply of housing in the City.....	31
3.1.3	The quality of housing stock in the City .....	33
3.1.4	Household size .....	34
3.1.5	Overcrowding.....	36
3.1.6	Household composition .....	37
3.1.7	Housing type .....	38
3.1.8	Housing tenure.....	39
3.2	Transport.....	40
3.2.1	Leicester transport plan .....	40
3.2.2	Car and van availability .....	41
3.2.2	TRAVEL TO WORK .....	42
3.2.3	Distance travelled to work.....	43
3.3	Green spaces.....	43
3.4	Air quality .....	45
4	Health and wellbeing .....	46
4.1	Health and disability .....	46
4.1.1	General health.....	46
4.1.2	People with a disability .....	47
4.1.3	Unpaid care .....	49
4.1.4	Healthcare services .....	51
4.1.5	Social Care services .....	51
4.2	Life expectancy.....	52
4.2.1	Life expectancy at birth.....	52
4.2.2	Healthy Life expectancy .....	54
4.3	Main causes of death .....	55
4.4	Overview of Health in Leicester .....	57
4.4.1	Smoking.....	57
4.4.2	Alcohol .....	57
4.4.3	Physical Activity.....	58
4.4.4	Obesity .....	59
4.4.5	Mental Health and wellbeing.....	60

5	LEISURE AND CULTURE .....	61
6	The Voluntary sector in Leicester .....	62
7	USEFUL LINKS .....	62
	References .....	63

# 1 POPULATION

## 1.1 POPULATION SIZE

With around 368,600 residents, Leicester is the **ninth** largest city in England and the most populous urban centre in the East Midlands.<sup>1</sup> It has an area of 7,335 hectares and occupies the centre of a wider, urban area at the heart of Leicestershire.

Population density in Leicester is 5,026 (residents per square kilometre) compared with 434 in England and 312 in East Midlands. Nottingham is the second most densely population area in the East Midlands at 4,338.

The usual resident population has increased by around 38,700 since the 2011 census (11.7%). This is a greater increase than England (6.6%) and around twice the rate of Nottingham and Derby.

---

### 1.1.1 AGE STRUCTURE

The Census 2021 population estimate for Leicester is 368,600, of which 50% are female and 50% male. Leicester's population is relatively young compared with England; 17% of Leicester's population (63,300) are aged 20-29 years old (13% in England) and 12% of the population (43,500) are aged over 65 (18% in England).<sup>1</sup>

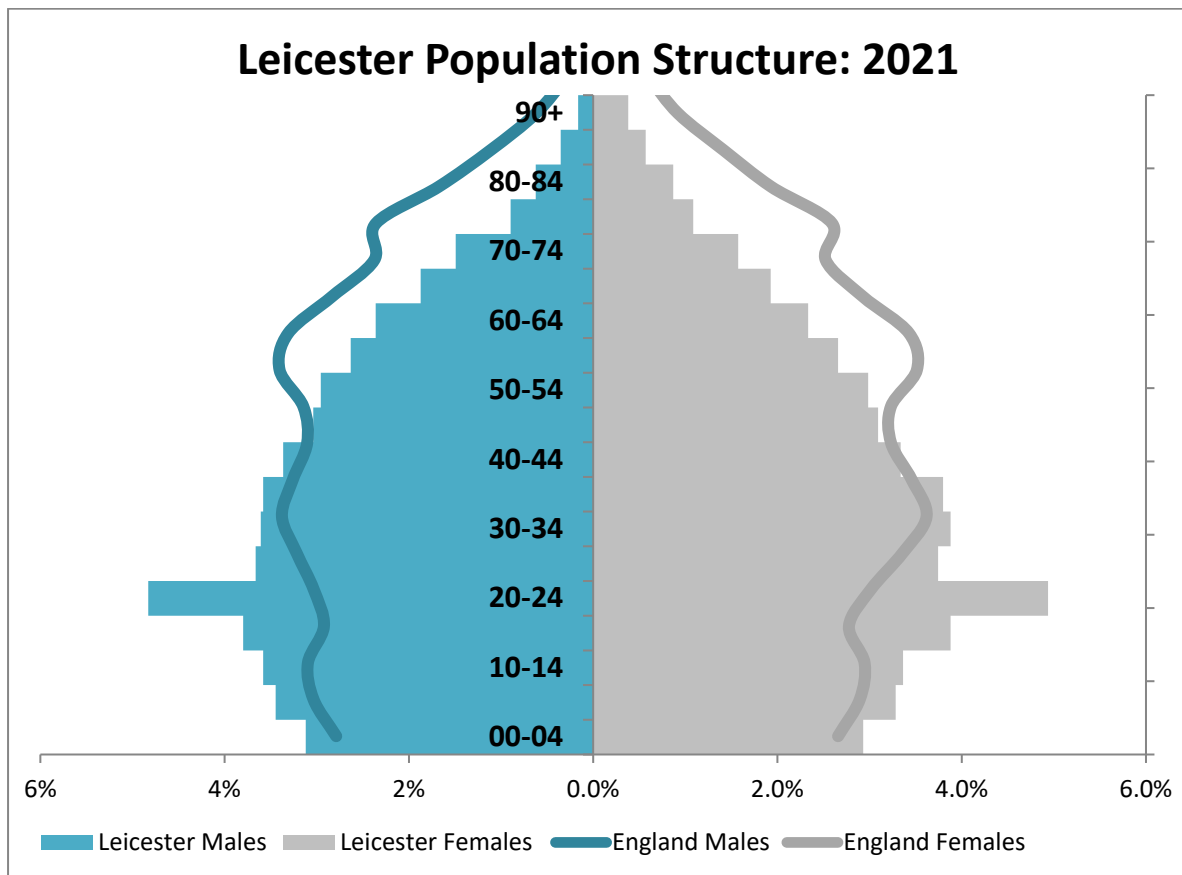
Between the last two censuses, the average (median) age of Leicester increased by two years, from 31 to 33 years of age.

This area had the joint second-lowest average (median) age in the East Midlands (alongside Lincoln and behind Nottingham) and a lower average (median) age than England (40 years).

The number of people aged 35 to 49 years rose by around 11,300 (an increase of 18.0%), while the number of residents aged 4 years and under fell by around 2,000 (8.2% decrease).

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

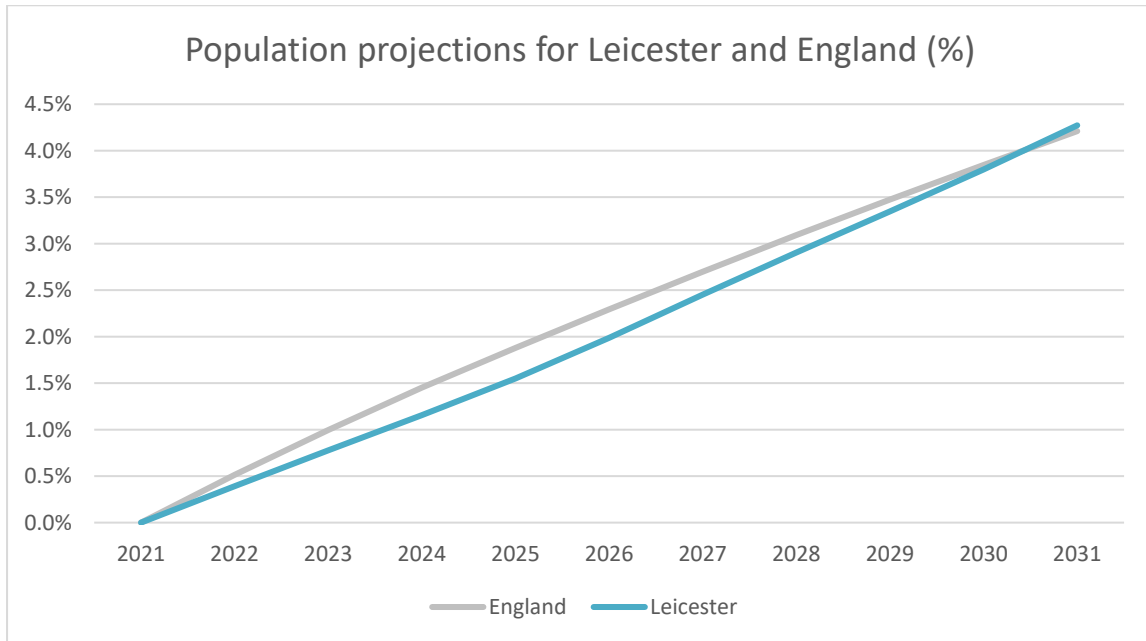


Source: ONS Census 2021

### 1.1.2 POPULATION PROJECTIONS

Figure 2 shows the projected population growth in Leicester compared to England. A year-on-year population increase in Leicester is anticipated over the next 10 years. A 2% increase is projected between 2021 and 2026 with a 4% increase by 2031. This rate is similar for England (4.2%) over the same period.

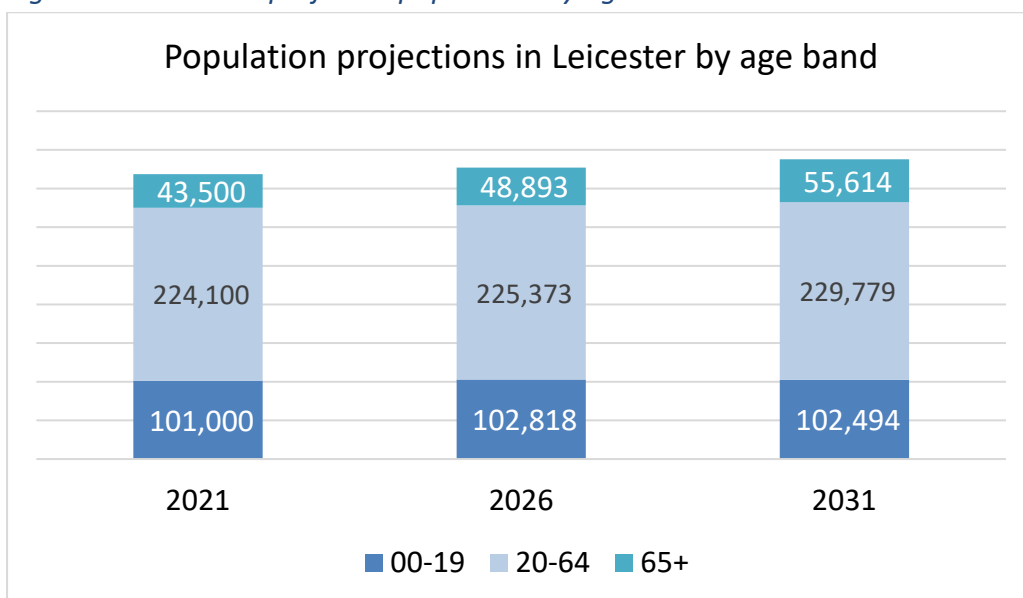
Figure 2: Projected Population Growth 2021 to 2031



Source: ONS, 2018-based population projections

Figure 3 shows projected population increases for Leicester by broad age groups. Population projections estimate older persons will account for an increasingly large proportion of Leicester’s population. By 2031 over 65s will make up an estimated 15% of the population, compared to in 12% 2021, representing a net increase of nearly 12,100. Over the same period, Leicester’s under 20s will increase by around 1,500 while 20-64 year olds will increase by 5,700. 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, 2018-based population projections applied to Census 2021

## 1.2 IDENTITY

### 1.2.1 COUNTRY OF BIRTH

Leicester is home to a diverse range of faiths and communities. Leicester residents come from over 50 different countries (Census 2021). Just over 40% of Leicester residents were born outside of the UK, with 22% from Asia and the Middle East, 10% from Europe (excluding the UK) and 9% from Africa.

Leicester was host to about 1,600 asylum seekers in June 2023. There were around 7,100 Asylum Seekers in the East Midlands overall. Leicester has a rate of 43 asylum seekers per 10,000 population. This compares to 15 per 10,000 population for the East Midlands overall and is slightly lower than the other large East Midlands Cities, Nottingham and Derby, which both have rates of 49.

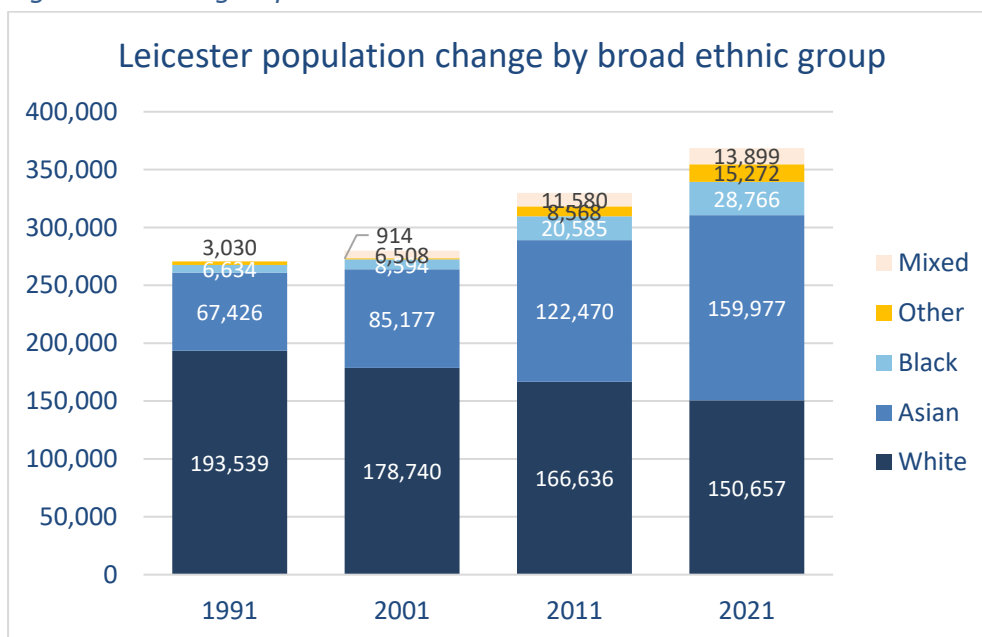
The number of asylum seekers in Leicester has risen sharply since June 2022, when there were 935 asylum seekers living in the city. This represents a 70% increase. For the UK overall, supported asylum seekers numbers have increased by 84%.

Further information on Country of birth can be found [here](#)

### 1.2.2 ETHNIC DIVERSITY

Over the last three decades, ethnic diversity has grown. The percentage of Leicester residents reporting as White has reduced from 64% in Census 2001, to 51% in 2011 to 41% in 2021. Residents reporting as Asian have increased from 30% in 2001 to 37% in 2011 to 43% in 2021. Other minority ethnic groups have also experienced an increase over the last 30 years.

Figure 4: Ethnic groups in Leicester over the last 3 decades

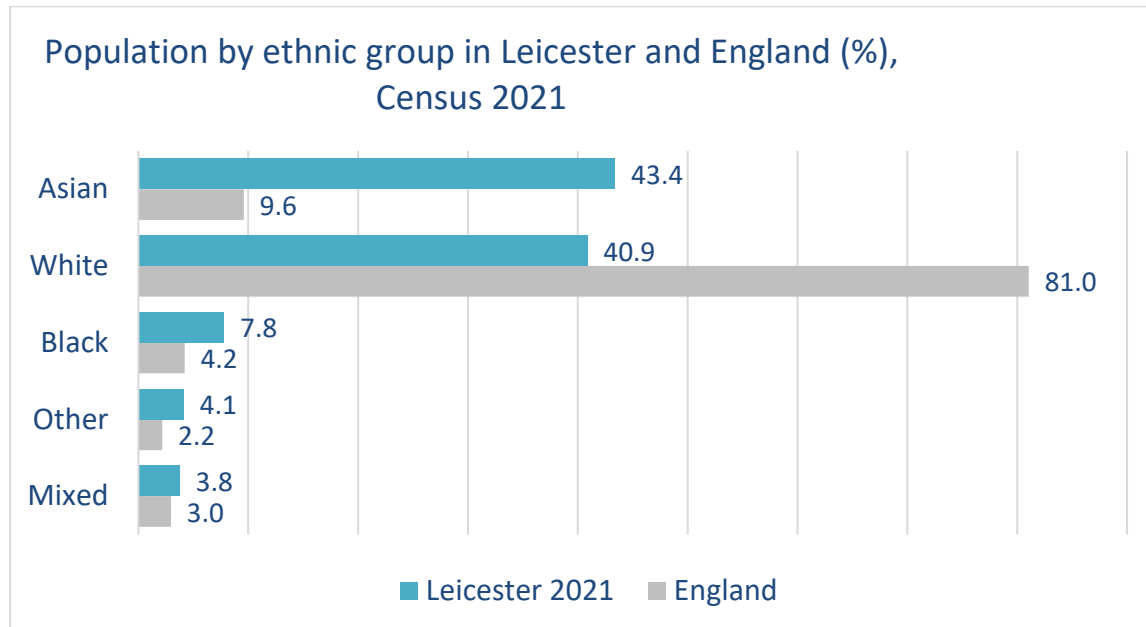


Source: Census 1991, 2001, 2011, 2021



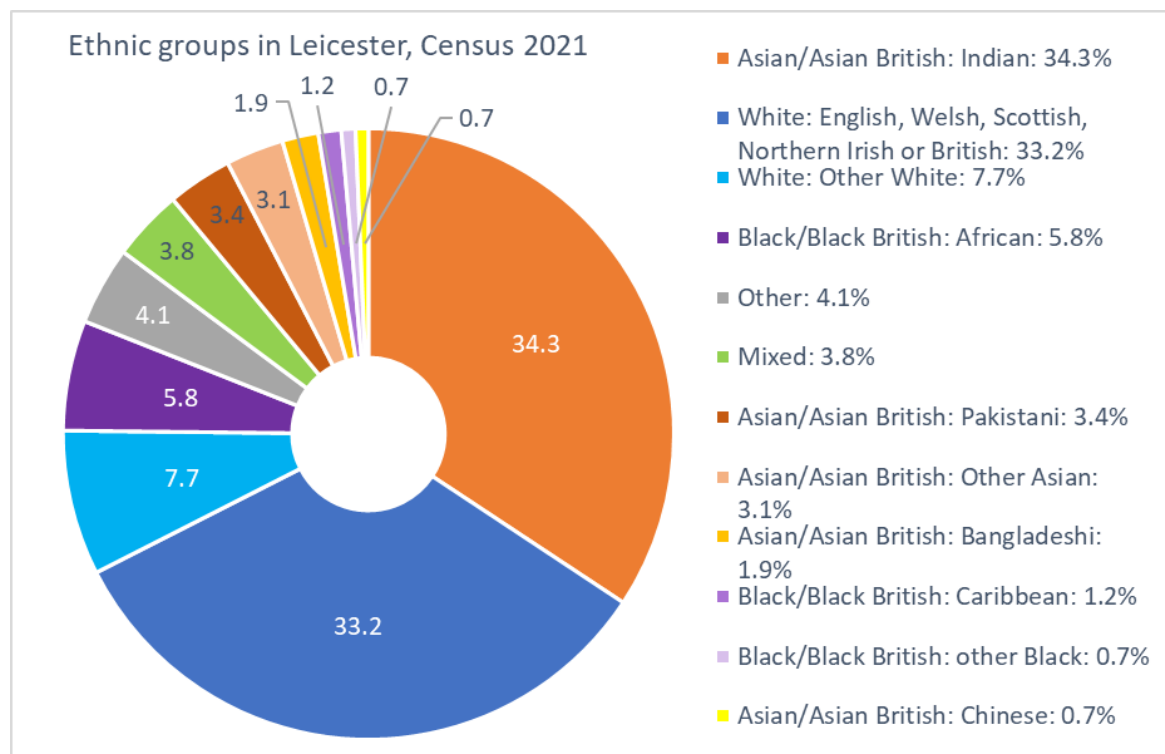
In the 2021 Census, Leicester has become one of the first cities to have “minority majorities” with 43% of Leicester’s residents identifying with Asian ethnicity, of which 34% have Indian heritage. Around 40% of Leicester’s residents classify themselves as belonging to a White ethnic group (33% White British and 7% other white ethnic groups). Black or Black British are the next largest group identified by 8% of Leicester’s residents.

Figure 5: Ethnic groups in Leicester and England



Source: Census 2021

Figure 6: Detailed Ethnic groups in Leicester



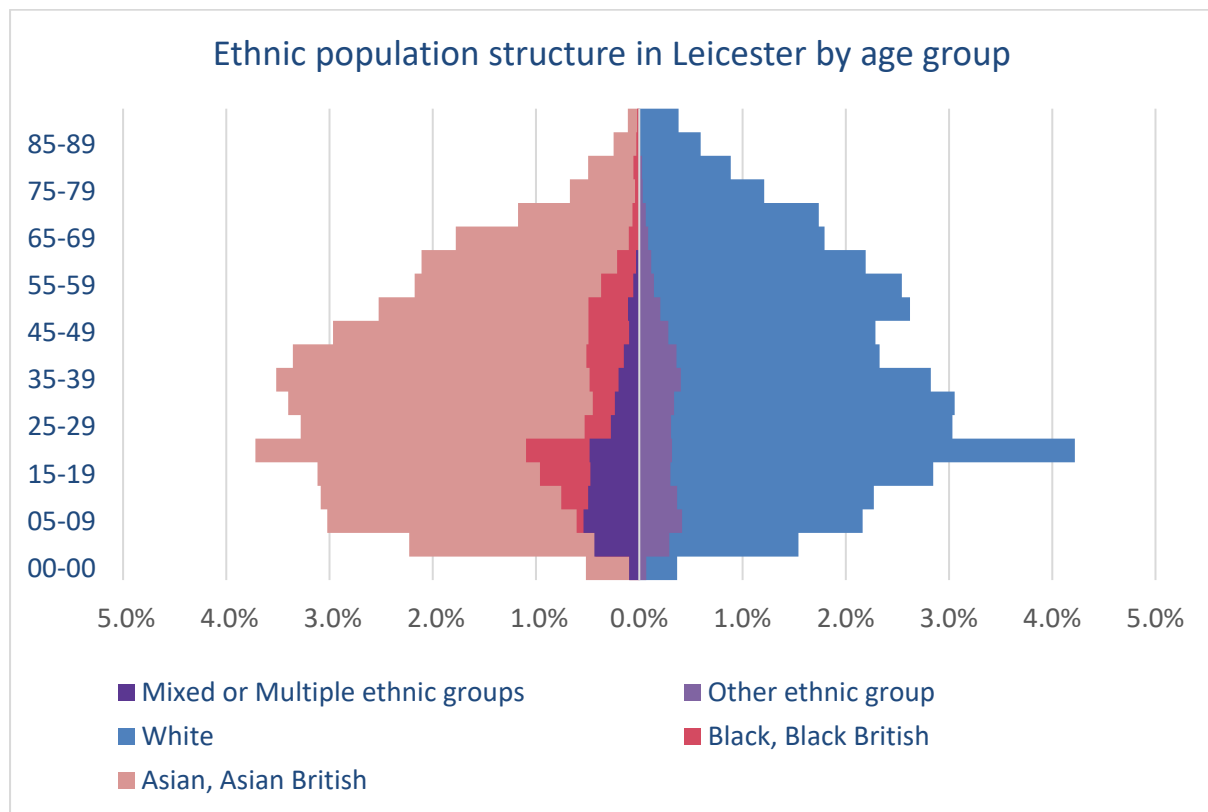
Source: Census 2021

The largest ethnic groups reported in Leicester in 2021 are Indian (34%), White British (33%), Other White (8%) and Black African (6%)

There are different age structures between different ethnic groups in Leicester, with generally higher proportions of younger people in Black and Minority Ethnic groups, and lower proportions of elderly compared with White residents.

The highest proportions of residents in White, Asian/Asian British and Black/Black British residents are seen within the 20-24 year age group, relating to students and young migrants. There are higher proportions of Asian/Asian British residents aged under 70, and higher proportions of White residents over 70. There are also fewer older residents in Black/Black British, mixed ethnic groups and other ethnic groups.

Figure 7: Population structure in Leicester by ethnic group and age

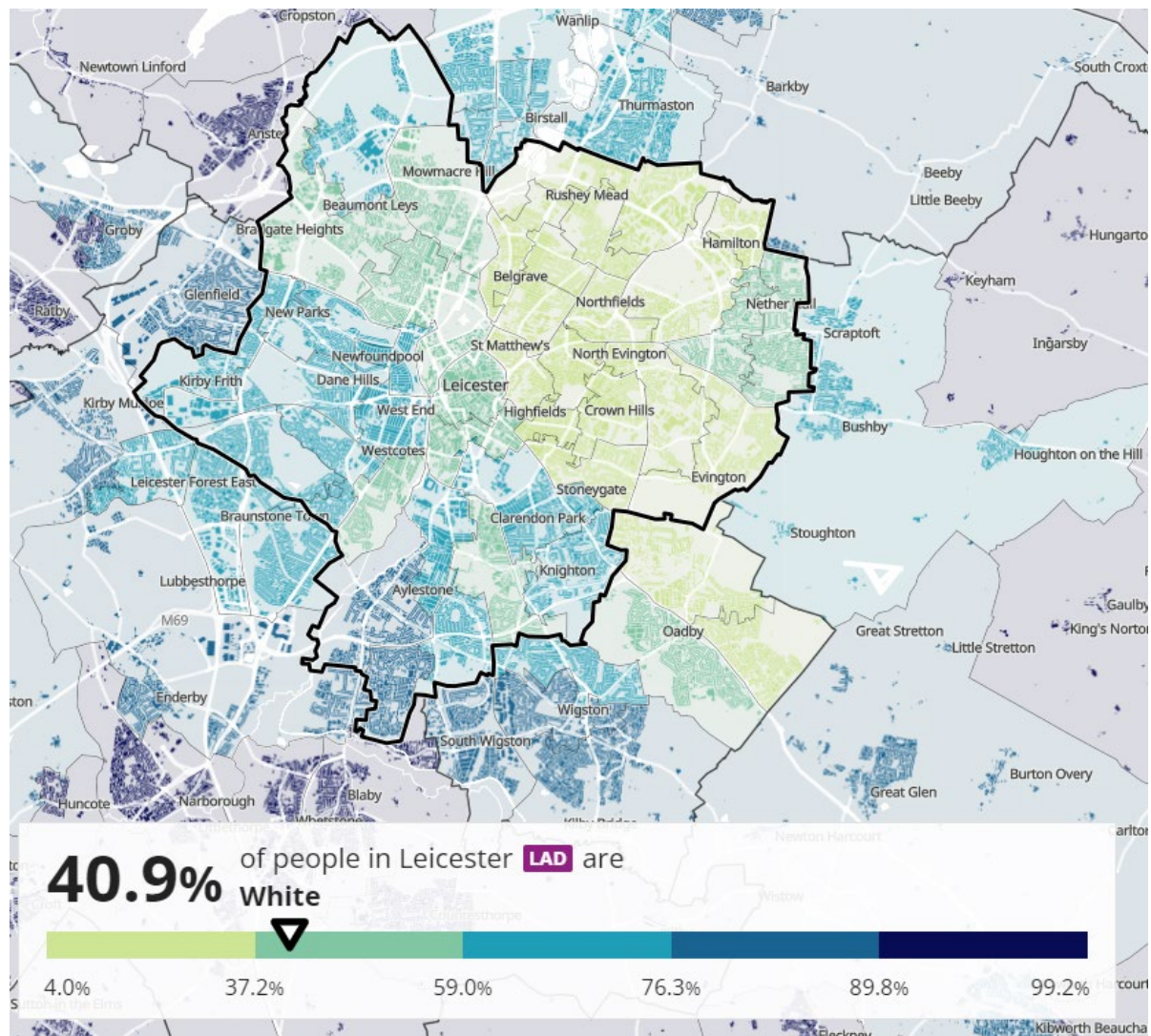


Source: Census 2021

Higher proportions of some ethnic groups are found in some areas of the city; more Asian residents live in the east of Leicester and more White residents live in the west and south of the city.



Figure 9: Percentage of White residents in Leicester by middle super output area



Source: Census 2021

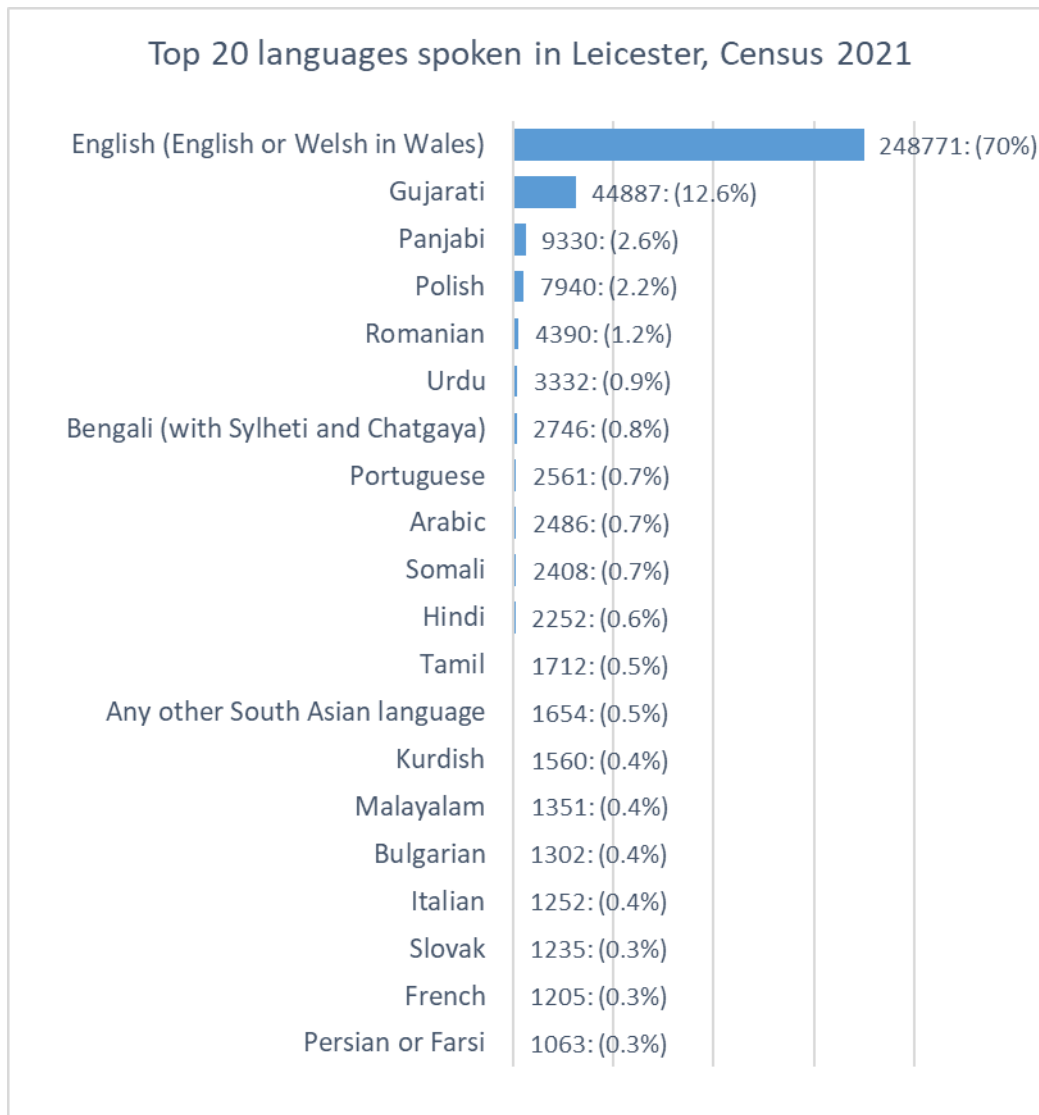
Maps showing broad and more detailed ethnic groups across Leicester can be found [here](#):

### 1.2.3 MAIN LANGUAGE SPOKEN

English was reported in the 2021 Census as the main language spoken by Leicester residents (70%), followed by the South Asian languages of Gujarati (12%) and Panjabi (3%) and European languages of Polish (2%) and Romanian (1%). The percentage of residents speaking English has fallen since the 2011 Census (72.5%). Increases have been seen in South Asian languages of Gujarati, Bengali and Hindi and in European languages, Polish, Romanian, Bulgarian, Italian, and in Portuguese and Malayalam.



Figure 10: Main Languages spoken in Leicester (for residents aged 3 and over)

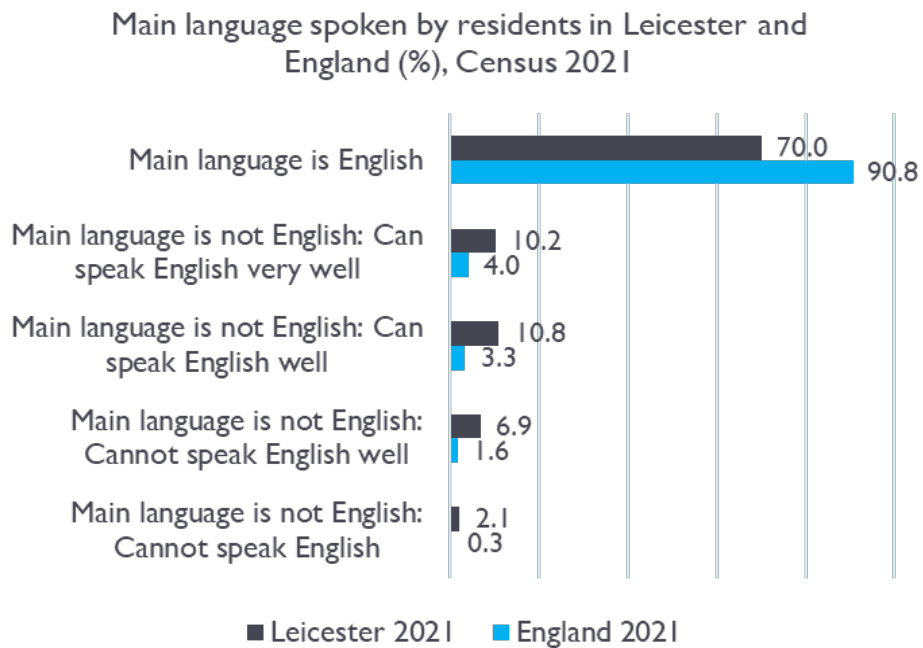


Source: Census 2021

#### 1.2.4 LANGUAGE PROFICIENCY

English is the main language reported for 70% of Leicester’s residents in the 2021 Census. For residents whose main language is not English, 21% can speak English well or very well, 9% cannot speak English well or at all.

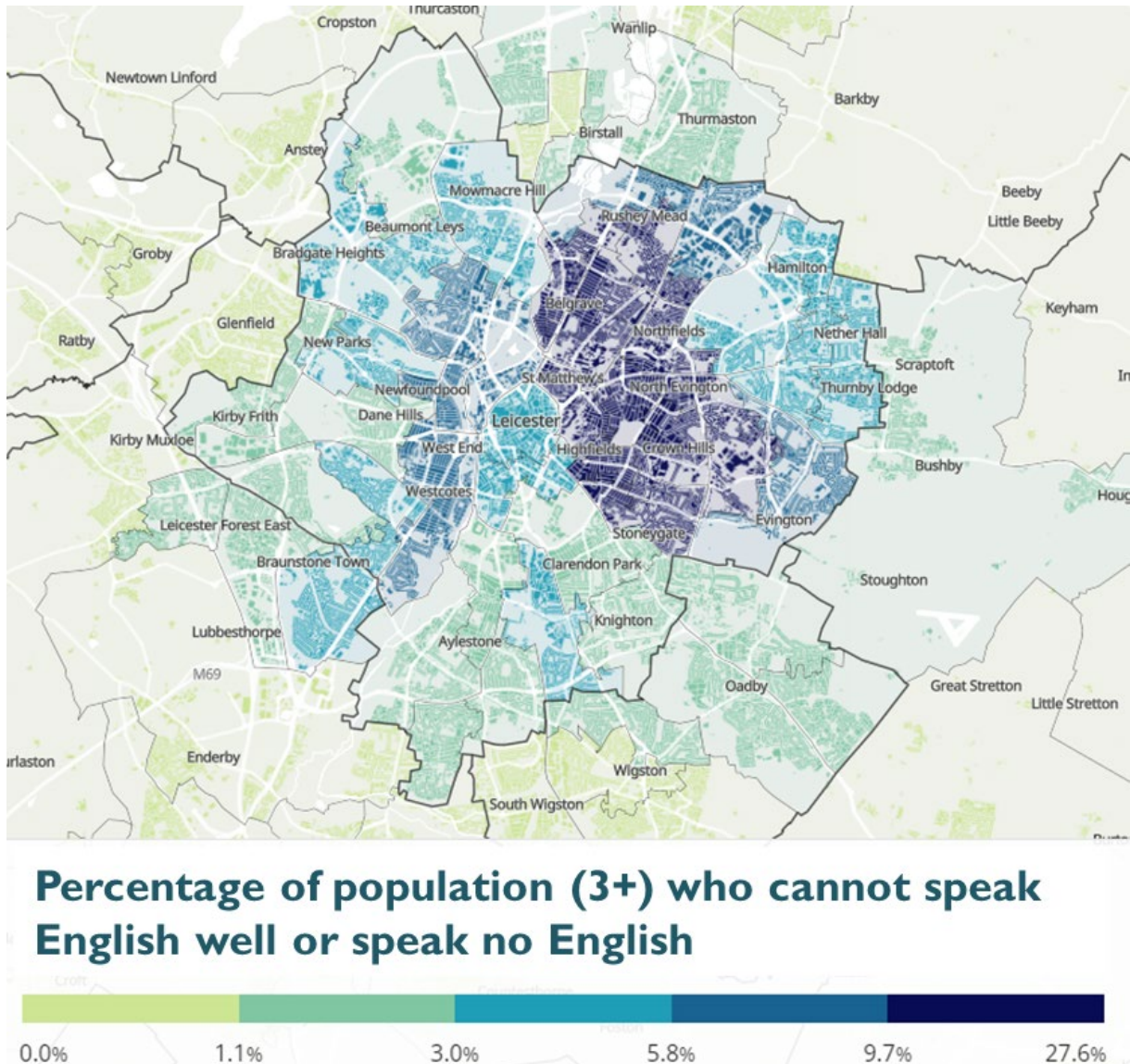
Figure 11: Proficiency in speaking English



Source: Census 2011, 2021

In some areas in the east of the city, over a fifth of residents cannot speak English well or speak no English at all. These areas correspond to areas in the east of the city where there are high numbers of Asian residents. Other areas with higher percentages of poor English include the West End and Westcotes areas where there are higher numbers of Eastern European residents.

Figure 12: English proficiency across Leicester: those who cannot speak English well or speak no English



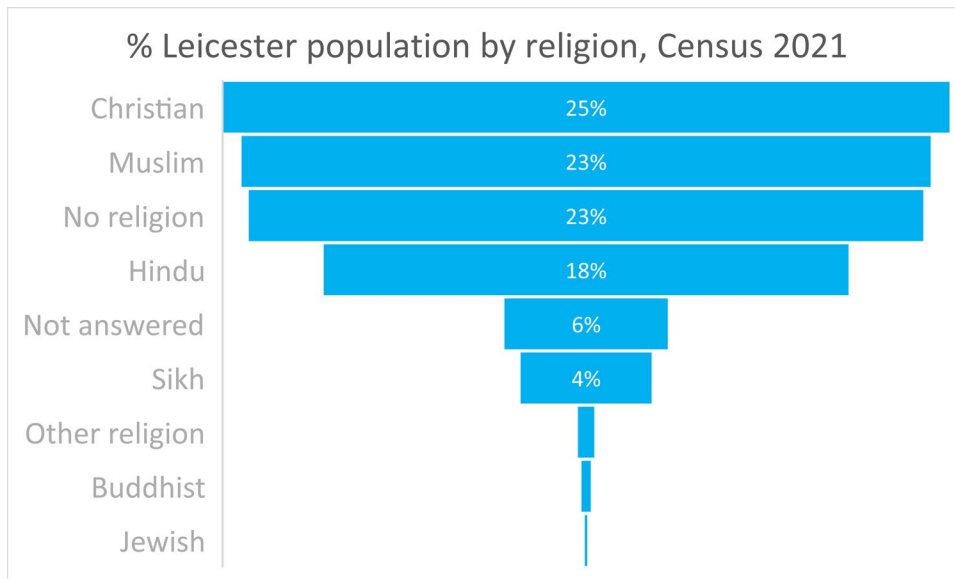
Source: Census 2021

### 1.2.5 RELIGION / FAITH

Leicester residents reported their faith in the 2021 Census as 25% Christian, 24% Muslim, 18% Hindu and 4% Sikh, with other faiths representing smaller proportions than the latter. Almost a quarter of people in Leicester reported having no faith.

In England 46% are Christian and 37% have no religion. Less than 10% are Muslim (7%), Hindu (1.8%) or Sikh (0.9%).

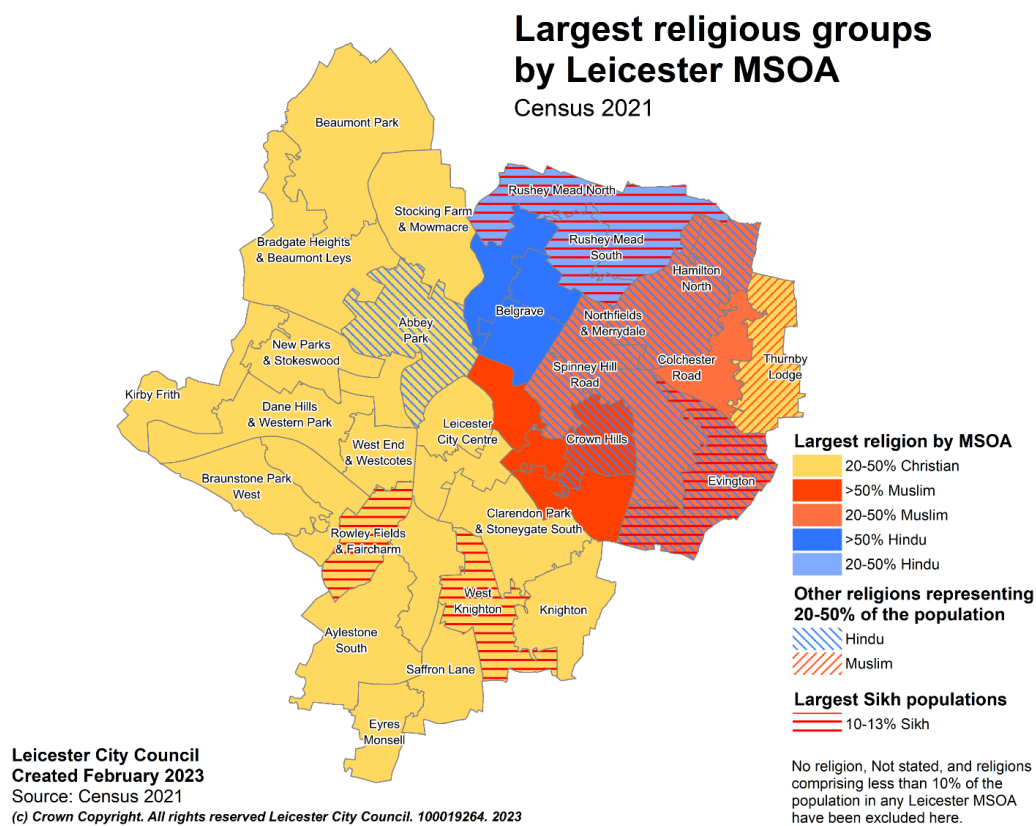
Figure 13: Faiths in Leicester



Source: Census 2021

Members of each religion are present across all areas of Leicester. Areas with significant religions communities are shown on the map below.

Figure 14: Faiths in Leicester by middle super output area



Source: Census 2021



Maps showing faith groups across Leicester can be found [here](#):

### 1.2.6 GENDER IDENTITY

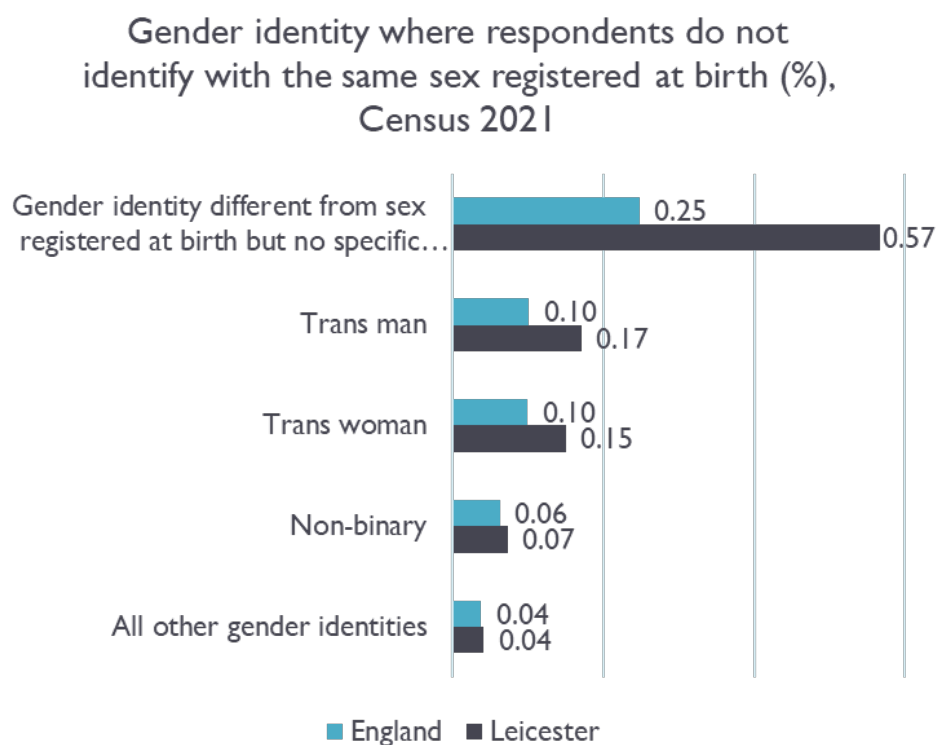
Gender identity refers to a person's sense of their own gender as male, female or another category. This may or may not be the same as their sex registered at birth. This was included in Census 2021 as a new voluntary question for those aged over 16.

Census 2021 showed that in Leicester, 89.4% of over 16's identified as the same sex as registered at birth and 1% (2,910 residents) identified with other gender identities and 9.6% did not answer. In England 93.5% identified with the same sex as registered at birth, 0.5% with other gender identities and 6% did not answer. The 1% of the population identifying with other gender identities is equivalent to around 2,900 residents:

- Gender identity different from birth: 1,650
- Trans man: 500
- Trans woman: 450
- Non-binary: 200
- Other gender identities: 120

Many Trans people face abuse and inequality and are subjects of hate crime<sup>2</sup>

*Figure 15: Gender identity of respondents not identifying with the same sex as registered at birth*



**Source:** Census 2021

### 1.2.7 SEXUAL ORIENTATION

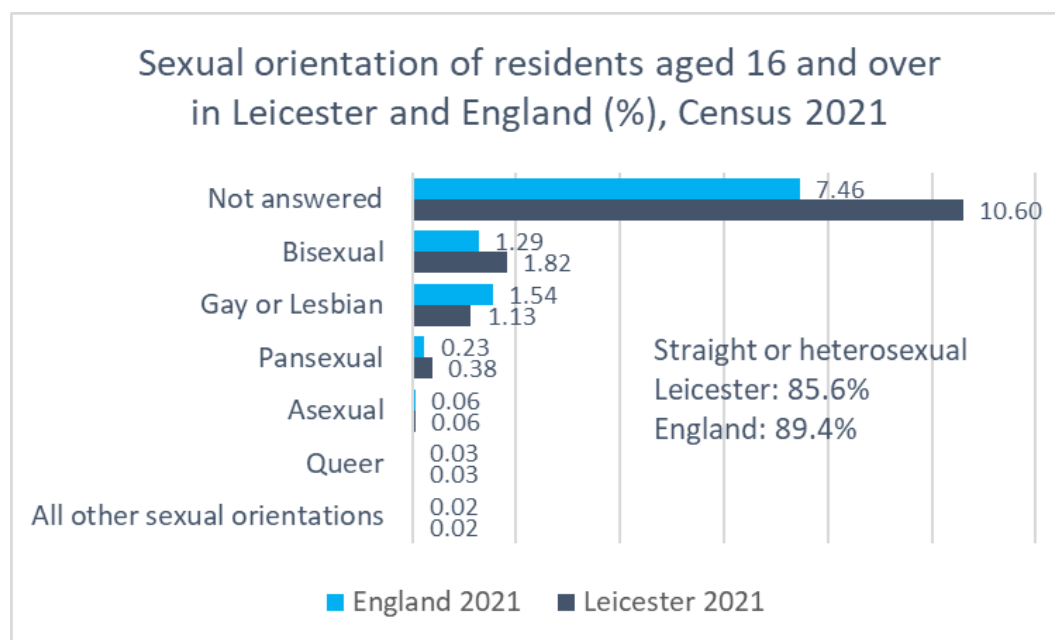
The Census 2021 included a new voluntary question on sexual orientation for those aged 16 and over.

Census 2021 estimates show that of the England population over 16 years, 86% identified as straight or heterosexual, 1.5% reported themselves gay or lesbian, 1.3% bisexual and 7.6% did not answer. Those reporting as lesbian, gay or bisexual is equivalent to about 1.3 million adults.

The Census 2021 results for Leicester showed that 86% of over 16s reported as straight or heterosexual, 10.6% did not answer, 1.8% identified themselves as Bisexual, 1.1% Gay or Lesbian and 0.4% Pansexual, equivalent to around 10,000 people.

Stonewall, the national LGBT charity<sup>3</sup>, reports that there has been an increase in both the acceptance of lesbian, gay and bisexual relationships and in the number of younger people identifying with their sexual orientation.

Figure 16: Sexual orientation of residents aged 16 and over



Source: Census 2021

## 2 ECONOMY

### 2.1 EMPLOYMENT

#### 2.1.1 ECONOMIC ACTIVITY

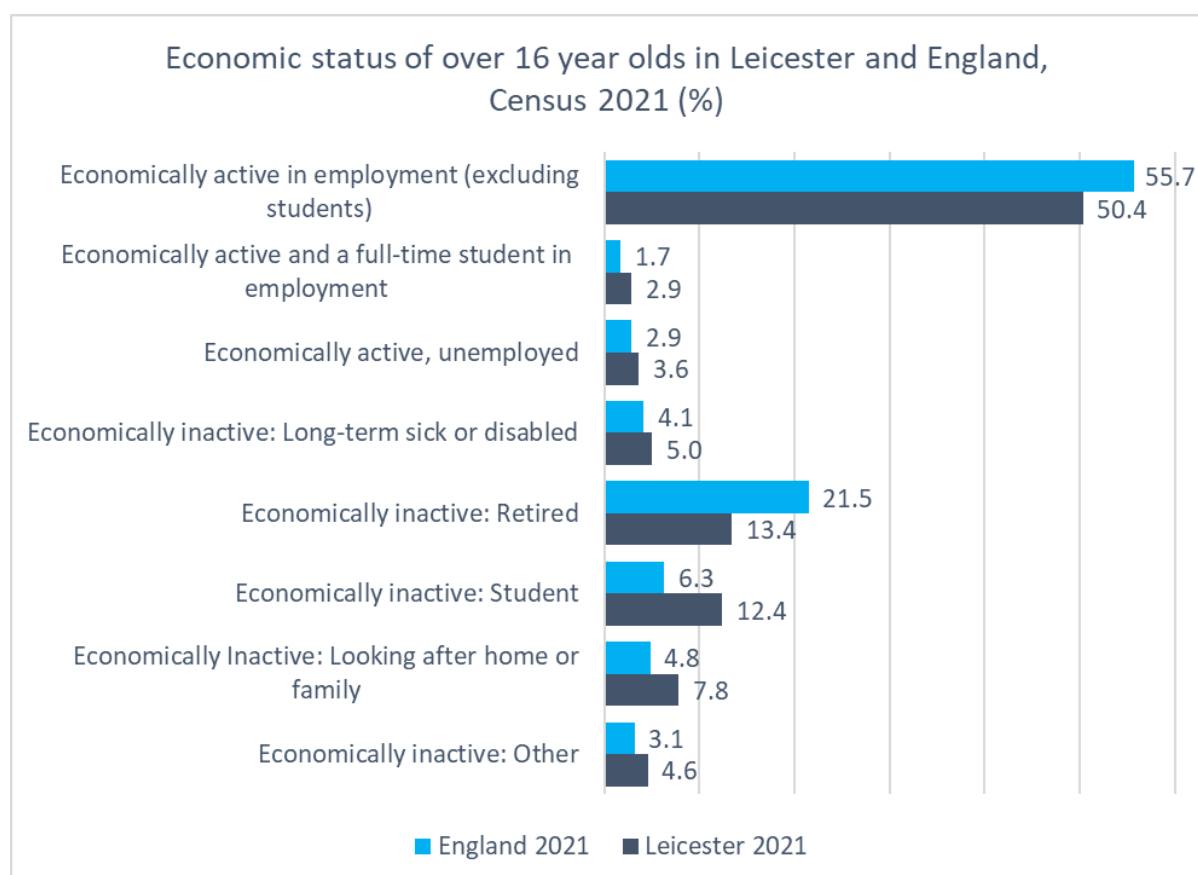
In the week before Census 2021, 53% of Leicester's population aged 16 and over was economically active and in employment (including students), 43% economically inactive (retired, students, looking after home/family or long-term sick) and 4% unemployed. A lower proportion of Leicester's population are economically active and in employment compared with England (57%).<sup>1</sup>

People aged 16 years and over were economically inactive if, in the week before the Census 2021 they were not in employment and were not looking for work or they were looking for work but not able to start within the next two weeks.

The reasons for inactive were recorded as retired, studying, looking after home of family, long-term sick or disabled, or another reason.

Leicester has a lower proportion of residents who are retired, and a higher proportion of students and those looking after the home or family.

Figure 17: Economic status of Leicester residents aged over 16



Source: Census 2021

Higher levels of economic activity are seen in the west of Leicester and in Hamilton on the east. The city centre has the highest level of economically inactive residents.

Figure 18: Economic activity in Leicester residents (16+ years)

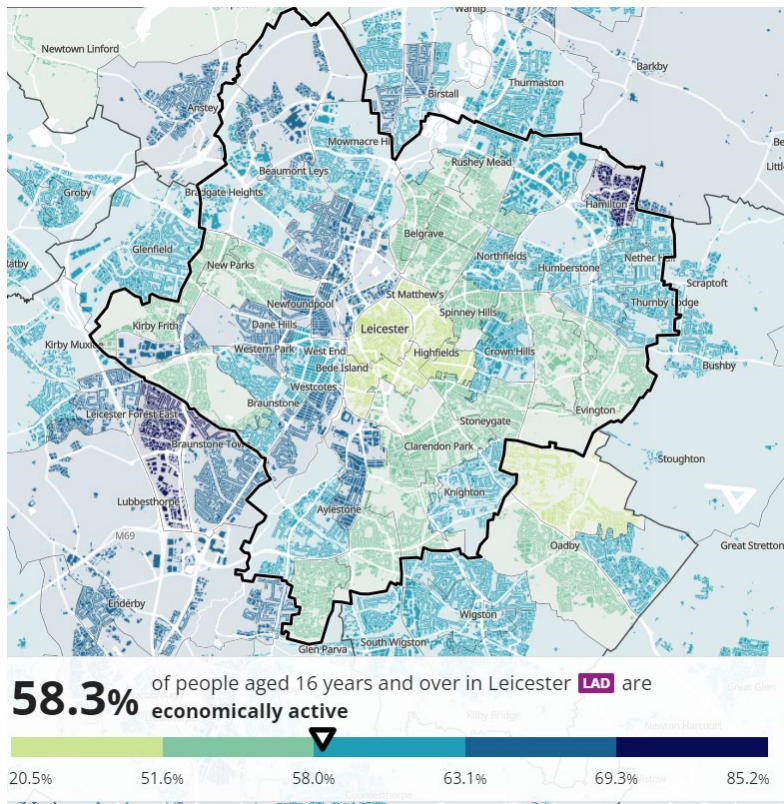
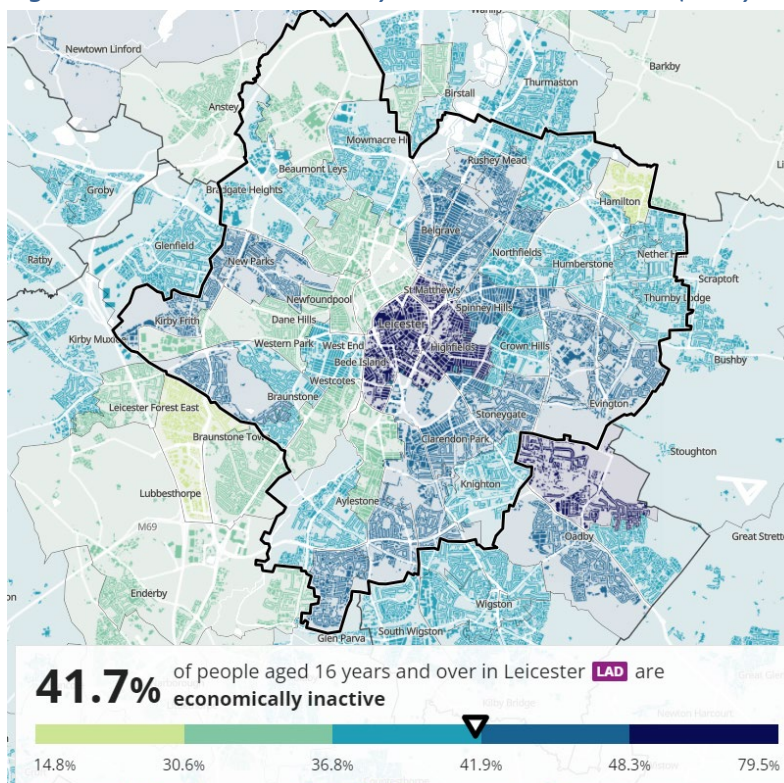


Figure 19: Economic inactivity in Leicester residents (16+ years)



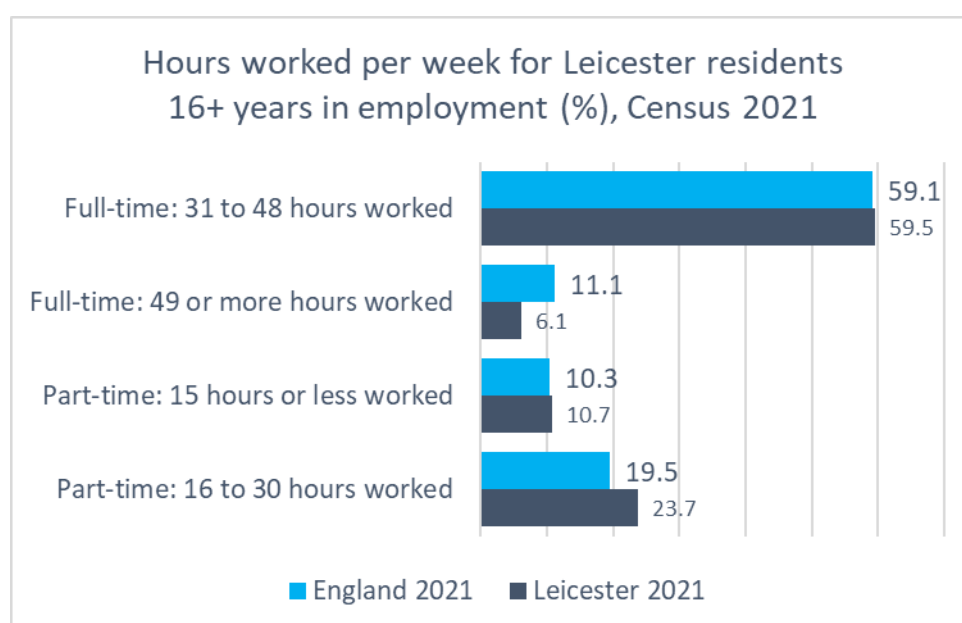
Source: Census 2021

Because of the impact of the Coronavirus pandemic, in some areas the estimated number of people who were economically inactive might be higher than anticipated where people on furlough have identified as economically inactive instead of temporarily away from work.

### 2.1.2 HOURS WORKED

Of those people in Leicester who were in employment, 59.5% were working fulltime (31-48 hours) and 6% were working more than 49 hours (11% in England). 11% were working part-time for 15 hours or less (10% in England) and a further 24% worked part-time between 16 and 30 hours (19% in England).

Figure 20: Hours worked per week in Leicester



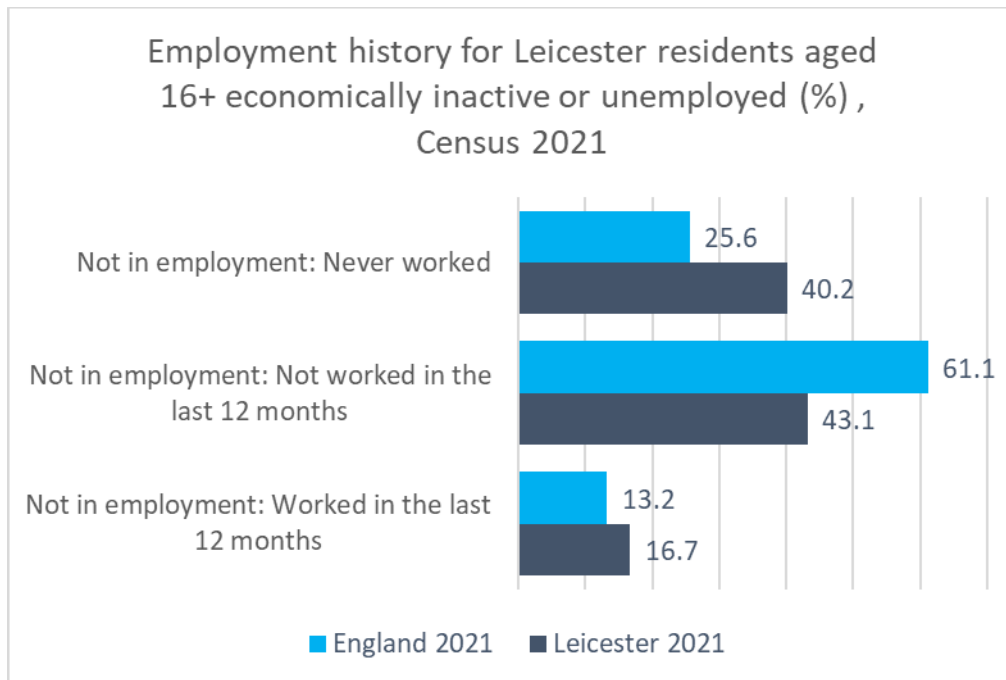
Source: Census 2021

### 2.1.3 EMPLOYMENT HISTORY

All usual residents aged 16 years and over who were either economically inactive or economically active and unemployed were asked whether they had ever done any paid work.

In Leicester, 125,700 over 16 were economically inactive and 10,400 unemployed. Of these 136,000, a larger percentage of over 16 year olds not in employment had never worked (40%) than in England (26%). The percentage who last did paid work more than 12 months ago was lower in Leicester (43%) than in England (61%).

Figure 21: Employment history for Leicester residents 16+ who are economically inactive or unemployed



Source: Census 2021

#### 2.1.4 QUALIFICATIONS

Census 2021 asked residents aged 16 years and over to provide their highest level of qualification.

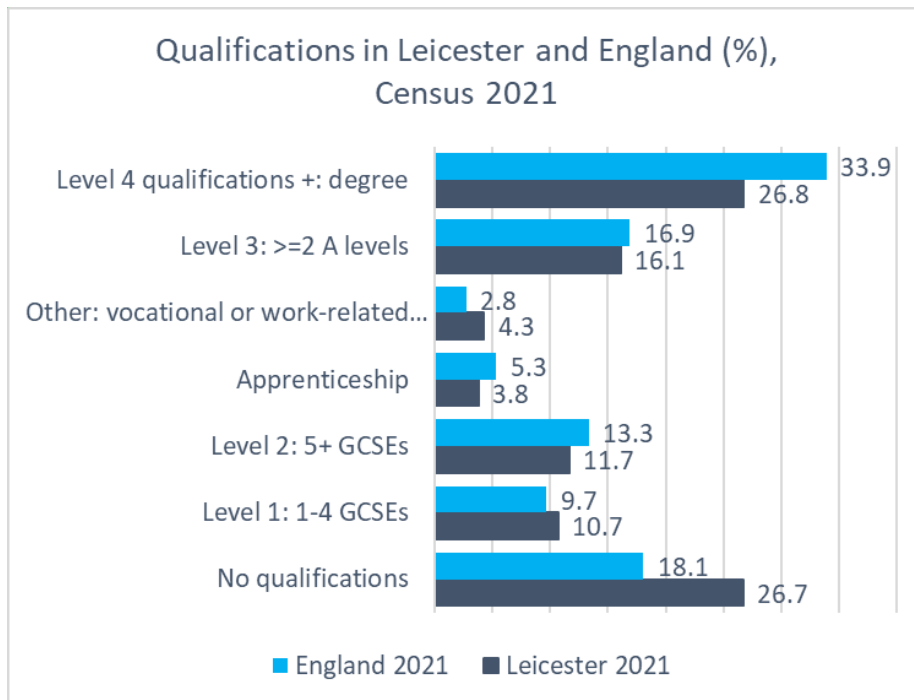
Over a quarter (27%) of Leicester residents aged over 16s have no qualifications (18% in England). Over a quarter (27%) have Level 4\* qualifications (34% in England).

*\*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.*

Between 2011 and 2021, Leicester has seen an increase in level 4 qualifications 21% in 2021 to 27% in 2021 and an increase in level 3 qualifications from 13% to 16%. Those with no qualifications has decreased from 29% to 27% and vocational/work-related qualifications have decreased from 10% to 4%.



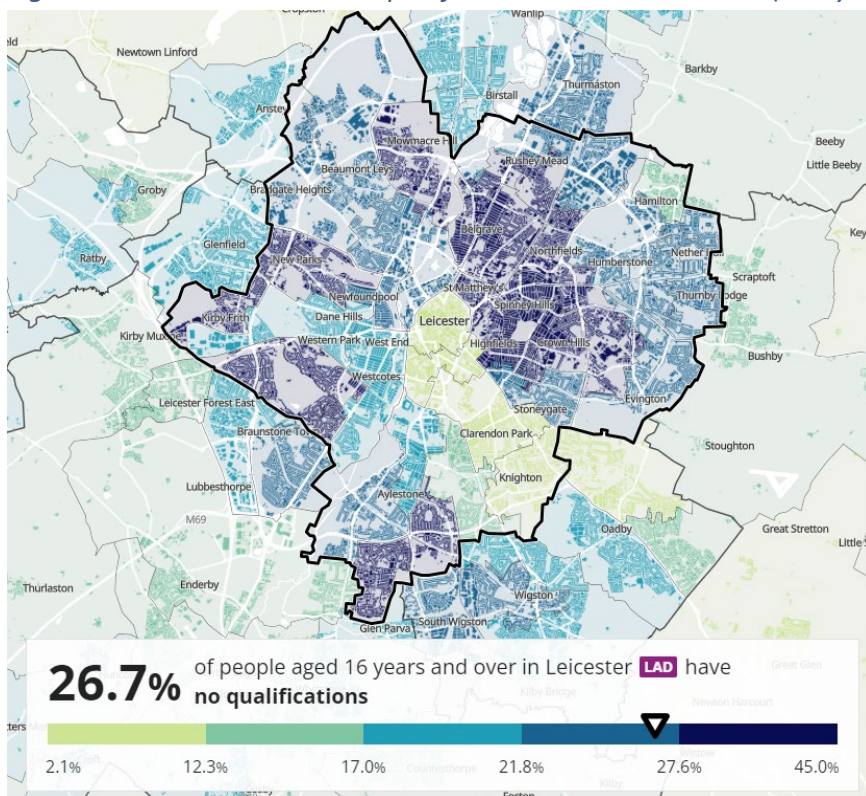
Figure 22: Highest qualification for Leicester residents aged 16+



Source: Census 2021

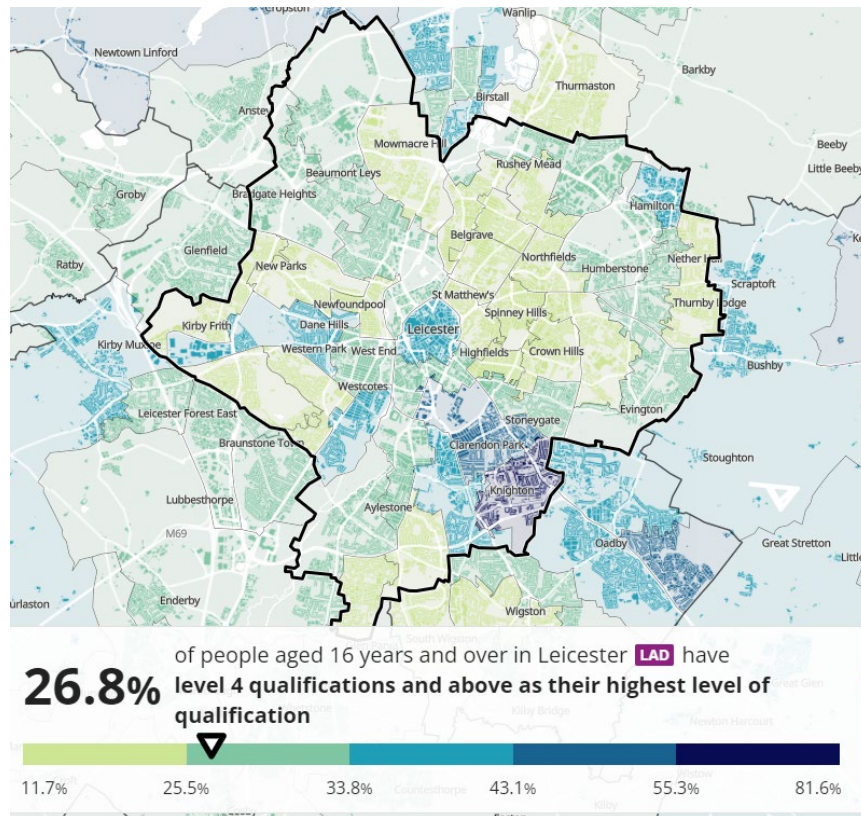
Levels of qualification vary across the city; areas with highest percentages of no qualifications are seen in the east and across areas in the west and south of Leicester. Areas with level 4 qualification are in the Knighton area of the city.

Figure 23: Residents with no qualifications across Leicester (16+ years)



Source: Census 2021

Figure 24: Residents with level 4 qualifications across Leicester (16+ years)



Source: Census 2021

Further maps showing highest level of qualifications can be found [here](#):

### 2.1.5 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 jobseeker's allowance and national insurance credits with the number of people receiving universal credit for the reason of being unemployed.

In June 2023, around 12,800 people were claiming employment and support allowance, equivalent to 5.2% of 16-64 year olds<sup>4</sup>. In June 2019, just under 7,000 people were claiming employment and support allowance. This rose by 2.4 fold to 16,575 in June 2020. The current rate of 5.2% is 1.9 times higher than pre-pandemic June 2019, and higher than East Midlands and Great Britain.

The highest proportions of people claiming are aged 25-49 (5.9%) and over 50 years (5.2%).



Figure 25: Claimant count

Month/Year	Leicester number	Leicester %	East Midlands %	Great Britain %
Jun-19	6845	2.9	2.3	2.7
Jun-20	16575	7.1	5.5	6.2
Jun-21	16305	6.7	4.7	5.5
Jun-22	11760	4.8	3.2	3.7
Jun-23	12790	5.2	3.3	3.7

Source: ONS Claimant count: <https://www.nomisweb.co.uk>

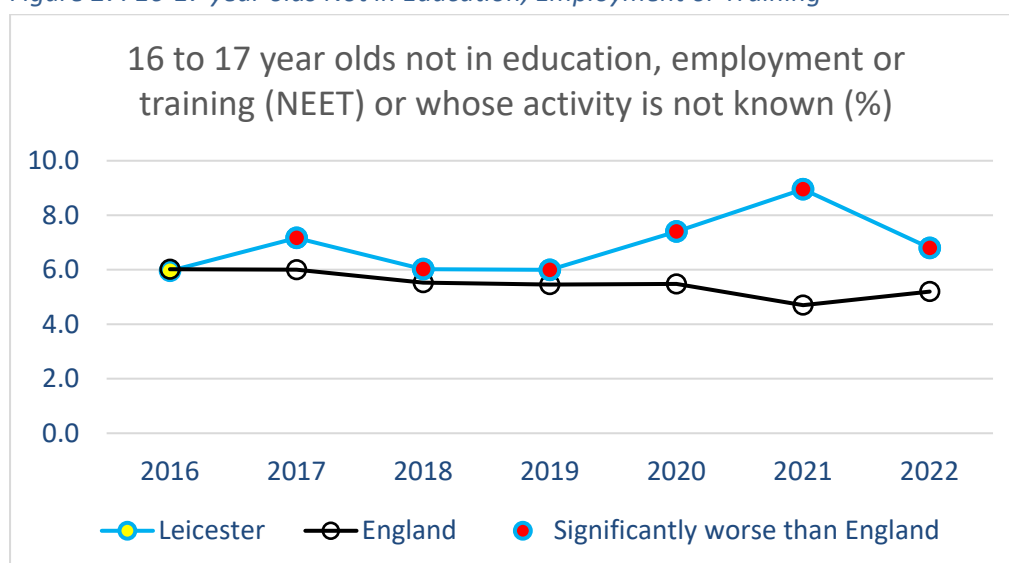
Figure 26: Claimant count by age - not seasonally adjusted (June 2023)

	Leicester Number	Leicester (%)	East Midlands (%)	Great Britain (%)
Aged 16+	12,790	5.2	3.3	3.7
Aged 16 To 17	20	0.2	0.1	0.2
Aged 18 To 24	2,165	4.5	4.3	4.8
Aged 18 To 21	1,215	4.2	4.2	4.9
Aged 25 To 49	7,560	5.9	3.9	4.2
Aged 50+	3,045	5.2	2.4	2.7

Source: ONS Claimant count: <https://www.nomisweb.co.uk>

The percentage of 16 and 17 year olds who were not in education, employment or training (NEET) is significantly higher in Leicester than England overall.<sup>5</sup> Levels of NEET rose sharply in 2020 and 2021 during the Covid-19 pandemic to a high of 9.0% and have now fallen to 6.8%. This is significantly higher than the national rate of 5.2%.

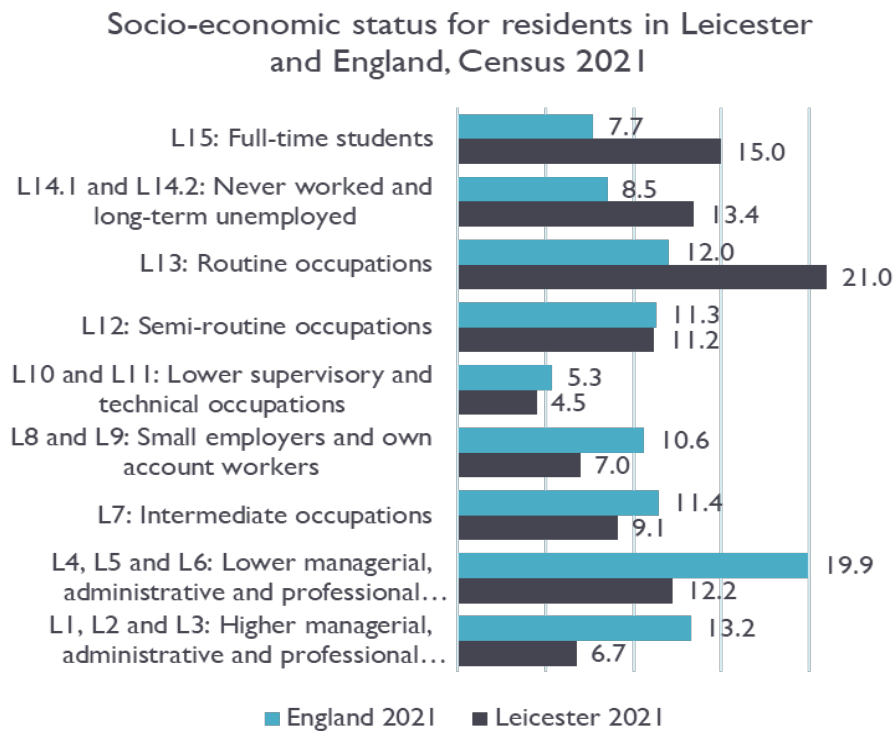
Figure 27: 16-17 year olds Not in Education, Employment or Training



Source: Department for Education <https://www.gov.uk/government/publications/neet-and-participation-local-authority-figures>



Figure 29: Socio-economic status for residents in Leicester



**Source:** Census 2021

The largest SEC category for Leicester residents is Routine Occupations at 21%; (12% in England).

The second largest SEC group in Leicester is Students (15%) followed by Lower Managerial and Professional Occupations.

In England the largest SEC group is for lower managerial and professional occupations.

## 2.2 DEPRIVATION

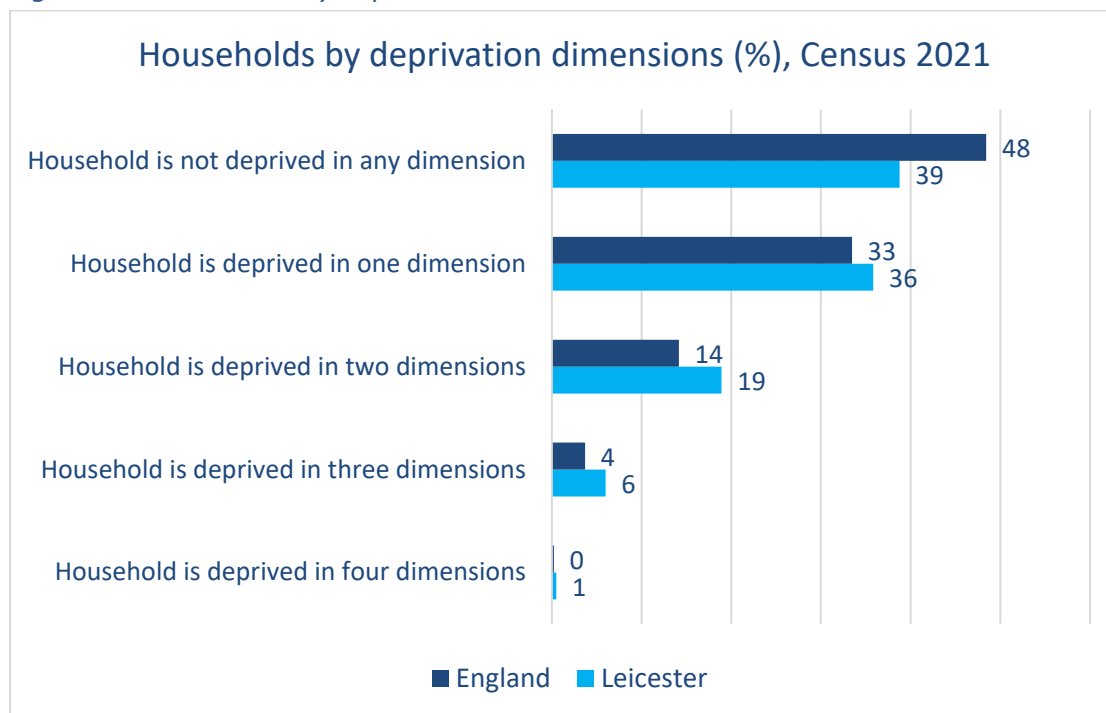
Deprivation refers to a general lack of resources and opportunities.

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.<sup>6</sup>



A lower proportion of households in Leicester (39%) are classified as having no deprivation in any of the four dimensions compared with England (48%). Over a third (36%) of households are deprived in one dimension and a quarter of households are deprived in 2 or more dimensions.

Figure 31: Households by deprivation dimensions



Source: Census 2021

## 2.3 POVERTY

### 2.3.1 LOW INCOME

Poverty is defined as a state of lacking the financial resources and essentials for an acceptable minimum standard of living. Poverty can be measured in terms of income:

- **Relative low income:** people living in households with income below 60% of the median household income in that year.

Department for Work and Pensions (DWP) data shows that around one in six people in the UK (11 million) were in relative low income before housing costs in 2021/22. This rises to just over one in 5 people (14.4 million) once housing costs are accounted for. *[Data is not available for households below average income for Local authority areas]*

Many households in Leicester, including those with adults in paid work, are struggling to achieve an acceptable standard of living. 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 long-term sickness or disability.

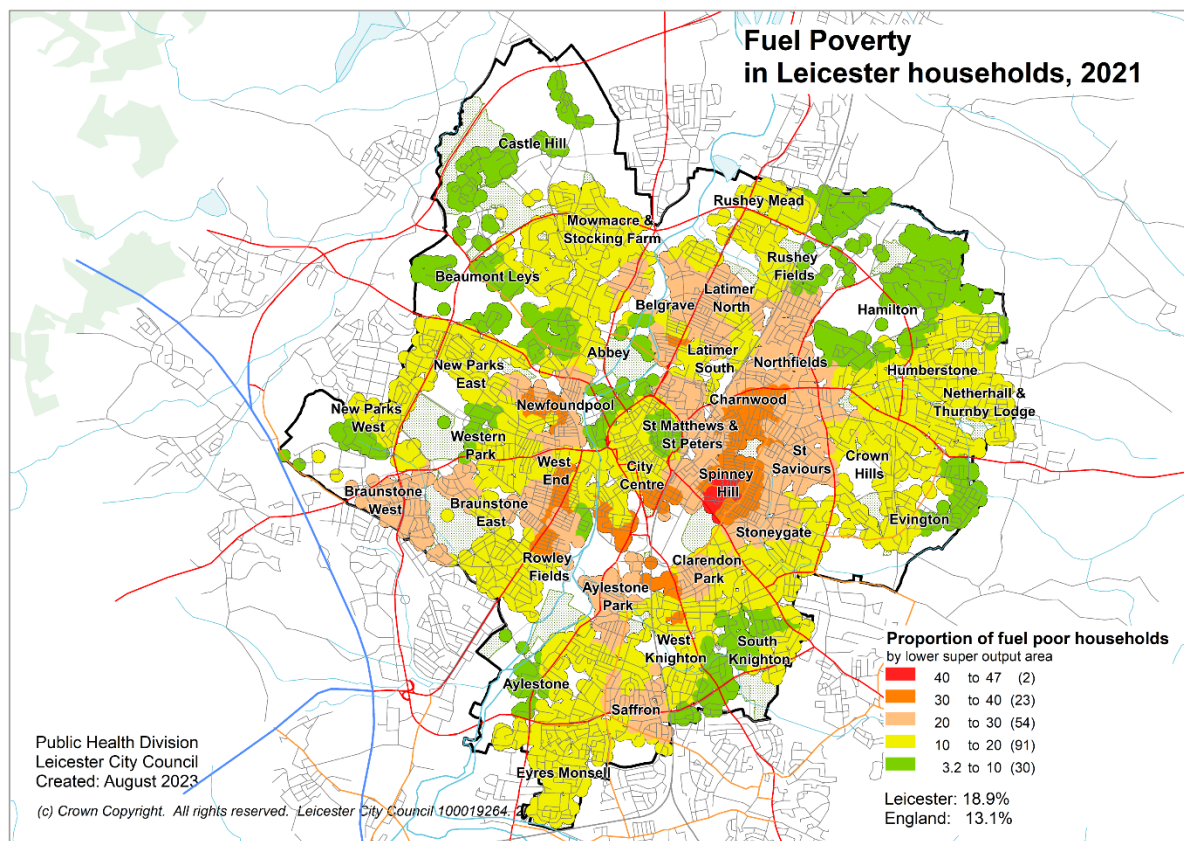
Children in low-income families is another indicator used to measure poverty.<sup>7</sup> Leicester has higher levels of children living in relative low-income families than the UK, East Midlands but is similar to comparator areas.

### 2.3.2 FUEL POVERTY

Difficulties relating to housing in Leicester are compounded by the economic situation. As of 2021, the fuel poverty rate in Leicester remains still among the highest in England. 19% of households in Leicester are fuel poor (compared to 13.6% in the East Midlands and 13.1% in England. The West Midlands and Yorkshire and Humber commonly have higher rates of fuel poverty than the rest of England).<sup>8</sup> One in ten people in Leicester reported not being able to pay fuel and energy bills in the Health and Wellbeing Survey 2018.<sup>9</sup>

Fuel poverty varies across Leicester with areas in the east reporting highest levels of fuel poverty. An area of Spinney Hill has the highest proportion of fuel poor households (47%) and surrounding areas of Spinney Hill and Charnwood, areas within Newfoundpool, West End and Aylestone have 30-40% of fuel poor households. Households showing lowest levels of fuel poverty are generally located on the outskirts of Leicester in Beaumont Leys, Rushey Fields, Hamilton, Evington and South Knighton.

Figure 32: Proportion of fuel poor households in Leicester by lower super output area



Data: Department for Energy Security and Net Zero: <https://www.gov.uk/government/statistics/fuel-poverty-detailed-tables-2023-2022-data>

Leicester's Anti-poverty Strategy can be found [here](#):

## 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.<sup>10</sup> Leicester faces serious challenges in relation to adequate and appropriate accommodation for its population.

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.

Household types in Leicester can be broadly categorised 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

Compared with the regional average Leicester's private stock has higher rates of fall hazards, disrepair hazards and fuel poverty (Low Income High Cost definition).

It is estimated that 6% of social housing in the city have category 1 hazards, owner occupied properties 15% and the private rented sector 17%.<sup>11</sup>

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 produce a Local Housing Need Assessment (LHNA) for their local area to assess the size type and tenure of housing needed for different groups in the community.

The total affordable housing need in Leicester between 2020-2036 is 17,871 units of accommodation.<sup>12</sup> This is equivalent to an annual need of 1,117 units.

The city's average annual new supply of affordable homes has been less than a third of this need over the past 10 years. Some of the issues affecting the ability to provide new affordable housing include

- A lack of available sites for residential development
- A decrease in securing planning gain for affordable housing
- Changes to Right to Buy Receipts (capping the proportion of acquisitions funded)
- Significant increases in actual and projected costs and inflation associated with housing development as a result of Covid-19 pandemic, Brexit and the Energy Crisis have resulted in a shortage of construction labour and skills, shortage of materials, increased costs and financial uncertainties

The 2021 Local Housing Needs Assessment identified a particular need for accommodation for

- Households where a limiting long-term illness or disability affects their housing need, including adapted and wheelchair adapted accommodation
- Housing for older people in sheltered and extra care housing.

The demand for affordable housing is increasing, particularly as a result of the cost of living crisis. On April 1<sup>st</sup> 2023, there were 4,144 families on the Housing Register and 1, 864 single people and childless couples.

Information from the Housing Registers shows:

- The highest need is for 2-bedroom accommodation, accounting for the need of 33% of households on the Housing Register
- The demand for adapted properties outstrips the supply. The Council carries out work at properties across all tenures through Disabled Facilities Grant funding to provide adaptations so people can remain in their own home, where this is possible. The Council is also developing an Adaptations Strategy to co-ordinate work in this area of housing need.
- Evidence suggests that those currently living in these areas prefer to remain there if possible, and will wait longer on the register in order to do so.
- Housing need is highest in Troon Ward and Eyres Monsell Ward where the highest proportion of people on the housing register are awarded the highest priority (Band 1).
- Supply (lets) of social housing across the city is disparate, with the north-west seeing high numbers of lettings, as well as pockets in the south and south-west.



With the exception of Evington, lets in the east of the city are much lower, with the lowest being seen in the Rushey Mead ward. Supply in various wards can be affected by a number of factors but is primarily driven by the level of Council stock in the area, and the frequency with which tenants leave accommodation

Demand for affordable accommodation in all areas of the City is high. However, demand for housing in Belgrave, North Evington, Wycliffe and Stoneygate wards is highest, despite housing need in these areas being relatively low in severity.

During 2022 a review of Homelessness in the City took place. Findings from this review include:

- The top three reasons for homelessness are:
  - Eviction from private rented sector
  - Asked to leave by family or friends
  - Domestic abuse
- Around half of single people presenting to homelessness services have support needs. Of these a quarter have mental health support needs and over 1/5th have complex support needs (2 or more support issues)
- Affordability is a barrier for people to access home ownership and to rent in the private sector. It is increasingly difficult for people receiving benefits to access private rented accommodation.
- Prevention options are becoming more limited due to the lack of available options including affordable housing.
- Since 2021/22 there has been an increasing number of families that have needed to go into temporary accommodation. External pressures, such as cost of living pressures may lead to more family homelessness.
- Increasing numbers of singles and couples seeking assistance

Most individuals who rough sleep have complex support needs, not just housing need

---

### 3.1.3 THE QUALITY OF HOUSING STOCK IN THE CITY

Capital investment continues to be allocated to ensure improvements to Council owned homes take place to meet the requirements of the Decent Homes Standard. The Government is currently reviewing the Decent Homes Standards with the likelihood that new requirements will be introduced. Additional resource pressures are being felt to fund the new requirements resulting from the new Building Safety Act.

As a result of the Climate Change Emergency challenges are being felt across all tenure types to meet the Net Zero target. New build projects can plan for these requirements within the design stage. However, the biggest challenge is decisions around retro fitting our

existing council stock and supporting change within the private sector and amongst owner occupiers.

The quality of housing still remains a particular issue within the private rented sector.

The Housing Health and Safety Rating System (HHSRS) is a risk-based evaluation tool to help local authorities identify and protect against potential risks and hazards to health and safety from any deficiencies identified in dwellings. In 2020 the Buildings Research Establishment (BRE)<sup>11</sup> established that 8,541 dwellings in the private rented sector have category 1 (the most serious) HHSRS hazards. This equated to 17% of properties in the private rented sector. The highest concentrations of all HHSRS hazards in the private sector are found in the wards of Westcotes, Spinney Hills and Belgrave. It was estimated that it would cost £24.3m to mitigate these risks.

The energy efficiency of private sector homes is also an issue. It is estimated that 2,378 private rented dwellings in Leicester have an EPC rating below band E.

The underlying reasons for housing quality issues in the 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 Council has implemented a Private Rented Sector Strategy to drive up standards in the private sector and to provide additional support to private rented tenants and landlords. This has included the introduction of a selective Licencing Scheme for parts of the city where there are high concentrations of private sector accommodation.

On the 1<sup>st</sup> April 2023 there were 3,630 households on the Housing Register who needed alternative housing due to being overcrowded in their current home. This makes up 60% of all households on the Housing Register.

In 2022/23 changes to the Council's Allocation Policy were made to enable households in the most critical overcrowded situation to be awarded the highest priority for re-housing.

The Council has also implemented an Overcrowding Strategy that has actions to support the reduction of overcrowding in the city. This has included the introduction of the Easy Move scheme that provides incentives for those whose home is too big for them to downsize, to free up their larger properties for households facing overcrowding on the Housing Register.

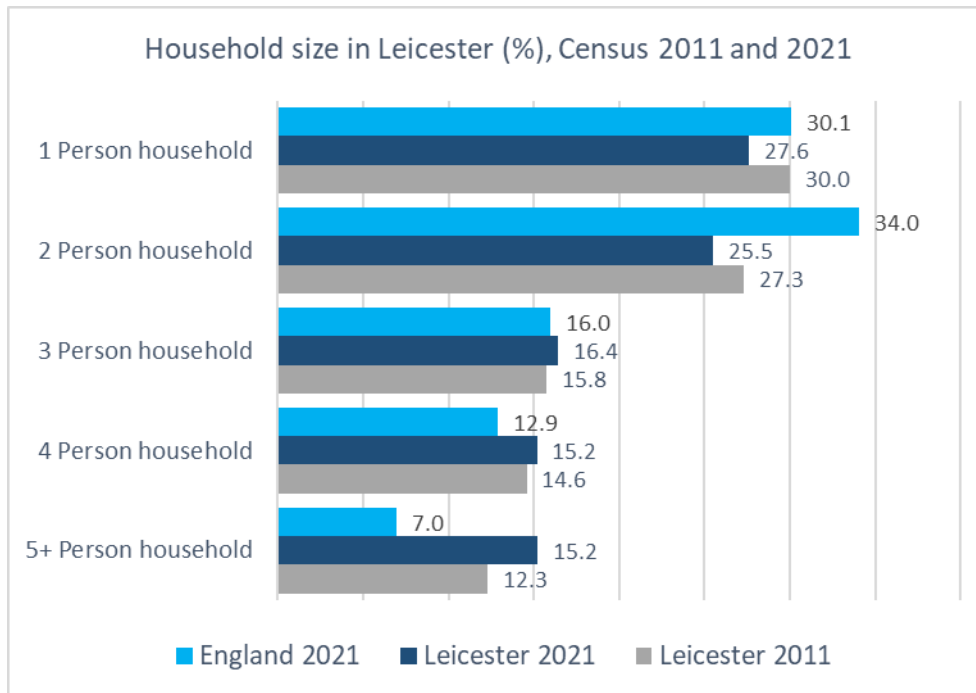
---

#### 3.1.4 HOUSEHOLD SIZE

The household size in Leicester is higher than average with 2.9 persons per household compared with 2.4 in England (Census 2021). Leicester has a smaller percentage of 1 and 2 person households (54%) than England (64%) and higher percentage with 3 or more

persons. Fifteen percent of households have over 5 persons which is over double that in England (7%).

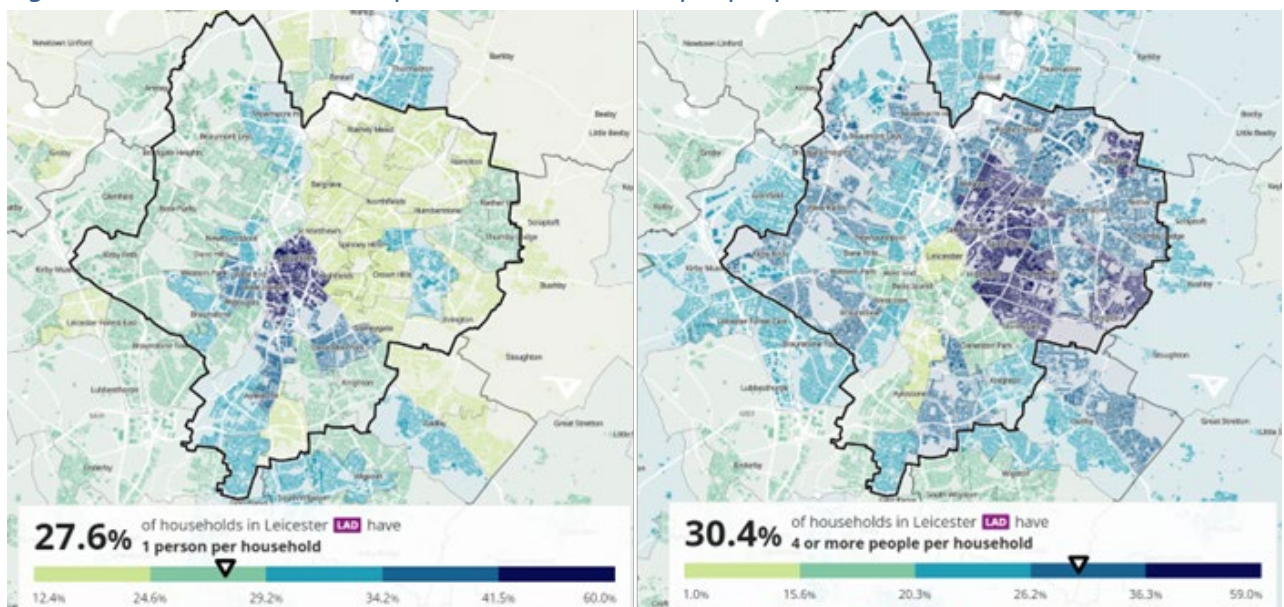
Figure 33: Household size



Source: Census 2021

Household size varies across the city with higher percentages of households with 1 person in the City centre, likely to be single working residents. Areas with larger households of 4 or more residents are found in the central-eastern areas of Leicester.

Figure 34: Households with 1 person and 4 or more people per household



Source: Census 2021

### 3.1.5 OVERCROWDING

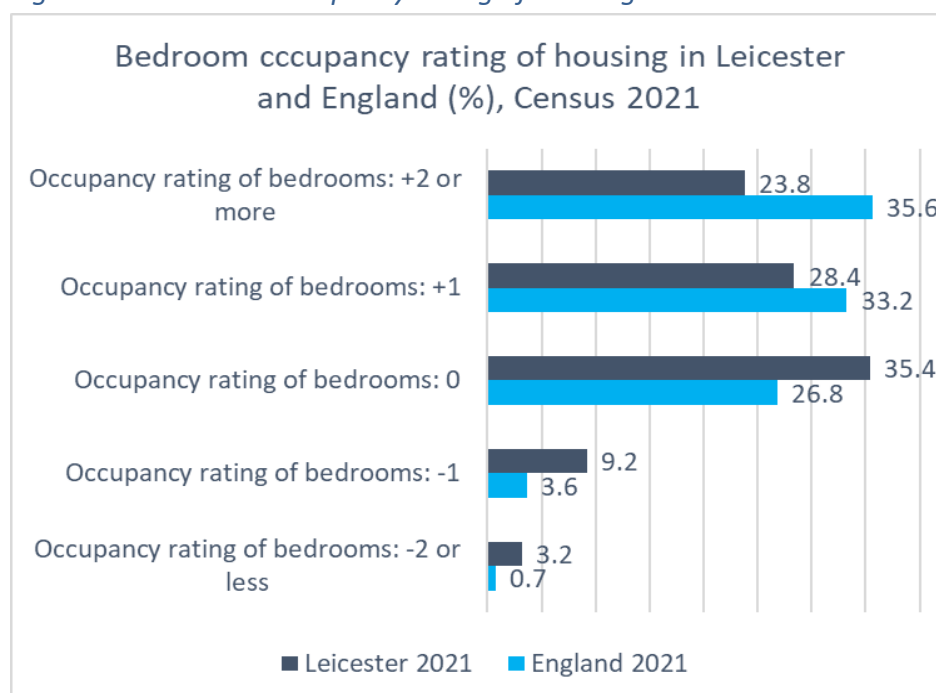
Census 2021 classifies households by a bedroom occupancy rating based on the number of bedrooms in the household compared with the number of bedrooms the household requires for the household occupants.

An occupancy rating of:

- -1 or less implies fewer bedrooms than required for the household (overcrowded)
- +1 or more implies more bedrooms than required (under-occupied)
- 0 suggested the ideal number of bedrooms

Census 2021 classified 12.4% of Leicester's households as overcrowded compared with 4.3% in England. The highest levels of overcrowding are seen in districts of London with Newham reporting 21% of households with fewer bedrooms than required. Leicester ranks 16/309 local authority areas for an occupancy rating of -1; this is one of the highest areas of overcrowding outside of London and higher than some areas of London.

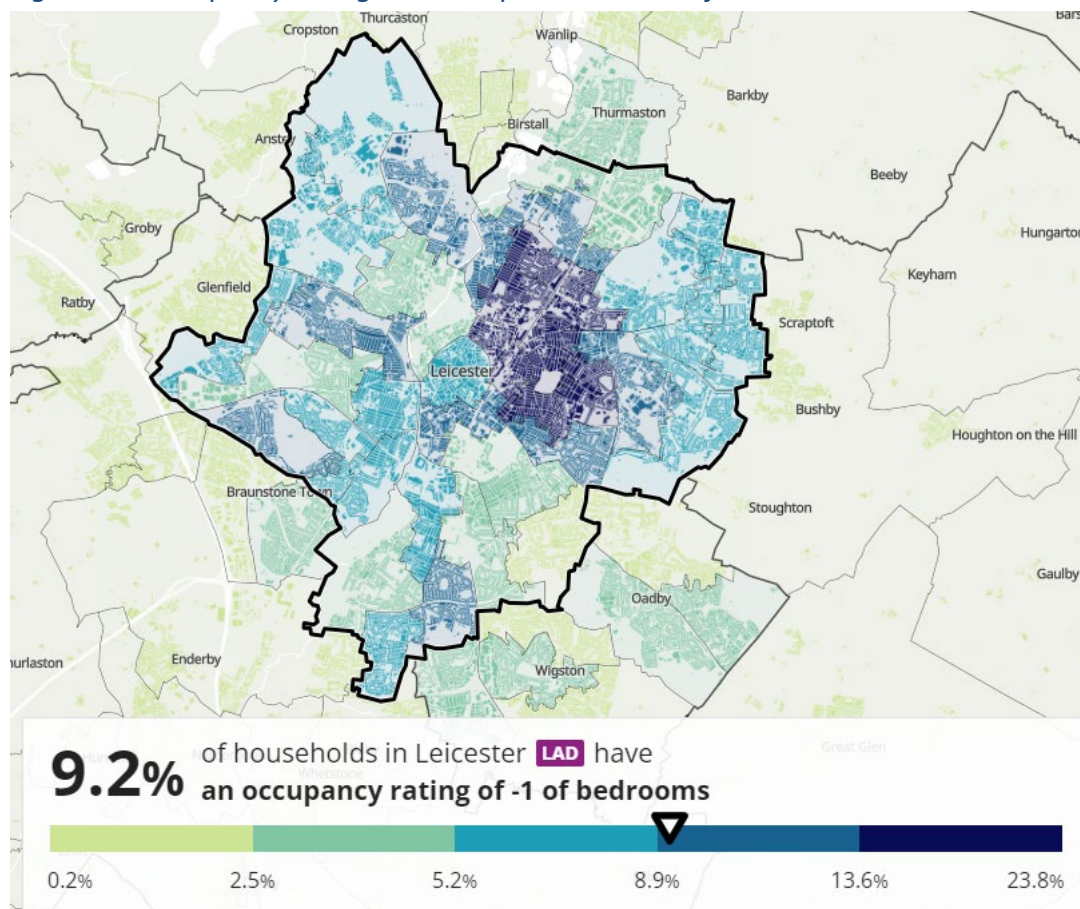
Figure 35: Bedroom occupancy rating of housing



Source: Census 2021

Overcrowding is highest in areas in the east of the City. Over a fifth of households in St Matthews, Belgrave, Northfields, Spinney Hills and Crown Hills have a negative bedroom occupancy rating with fewer bedrooms than required.

Figure 36: Occupancy rating below required number of bedrooms



Source: ONS Census 2021

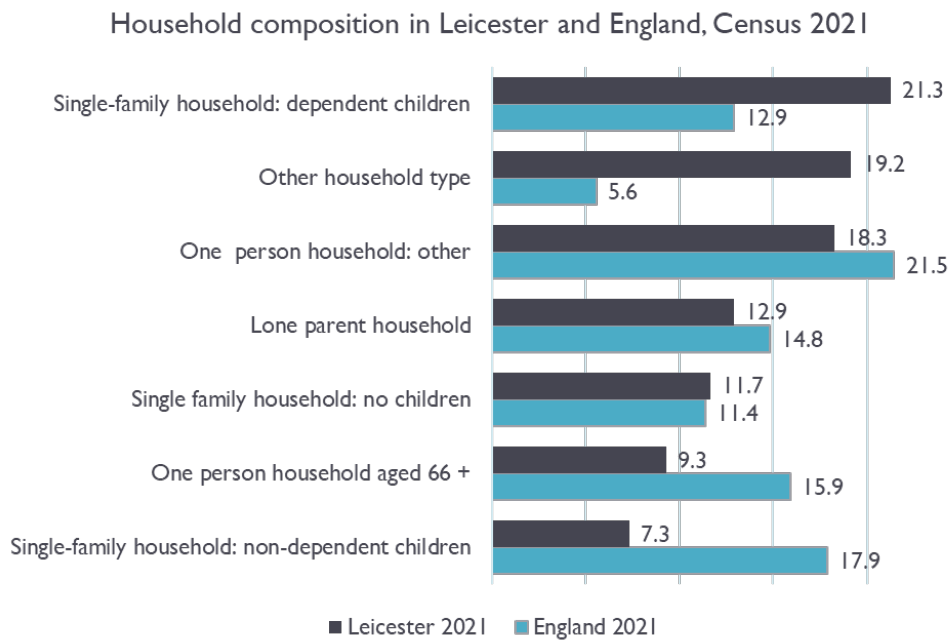
### 3.1.6 HOUSEHOLD COMPOSITION

Household composition in Leicester is different to England overall. The most common household type in Leicester is a 'Single-family with dependent children' (21%) which is higher than England (13%). 'Other household' types make up the second largest group (19%) and 'One person households: other' the third highest.

There are fewer one person households of type 'Other' and aged 66+ in Leicester than in England. 'Other' households include those with dependent children that are not in a single family households, all aged 66 years and over and other family compositions.

Compared with 2011, there has been an increase in the number of single-family households with dependent children (from 19.5% to 21.3%), a decrease of 2% in one person households (of other type) and 1% decrease in single family households with no children.

**Figure 37: Household composition**



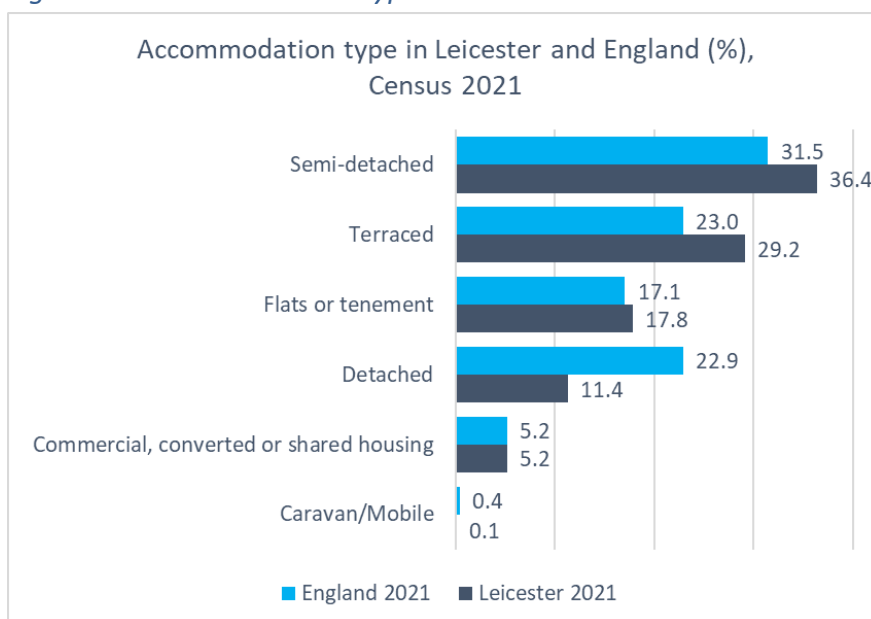
**Source:** ONS Census 2021

### 3.1.7 HOUSING TYPE

The majority (77%) of Leicester residents live in a house or bungalow (Census 2021), of which 36% live in semi-detached, 29% in terraced and 11% in detached housing. A further 18% live in flats and 5% in commercial, converted or shared housing.

More residents in Leicester live in semi-detached or terraced housing (66%) than England (54%) and fewer in detached housing (11%) than England (23%)

**Figure 38: Accommodation type**



**Source:** ONS Census 2021

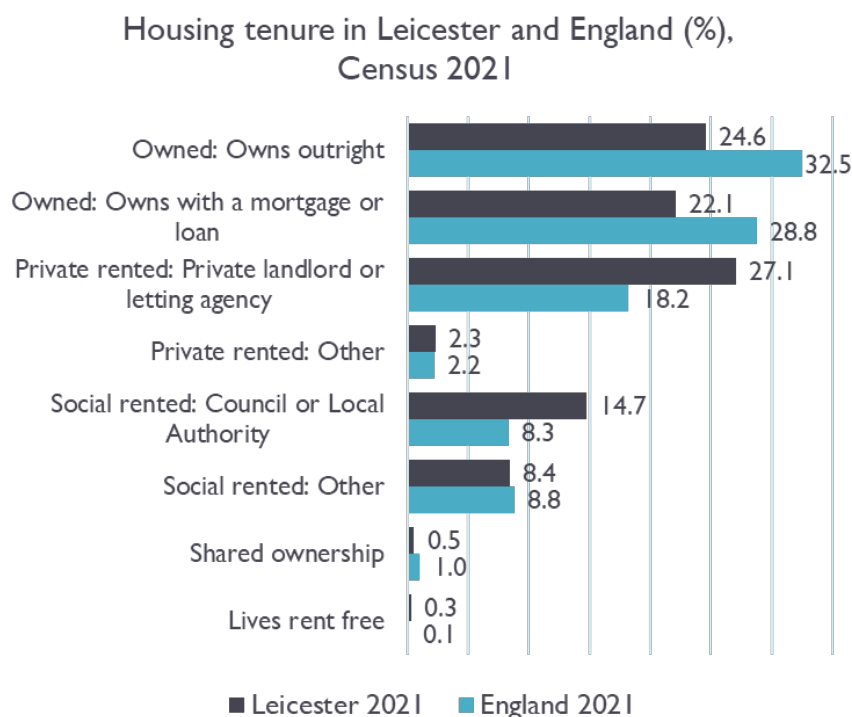


### 3.1.8 HOUSING TENURE

Almost half of Leicester residents own their own home; 25% own outright and 22% with a mortgage/loan. Just over half rent their homes; 30% privately rented and 23% socially rented.

More people in Leicester rent their homes compared with England (38%) and fewer own outright than England (61%).

Figure 39: Housing tenure



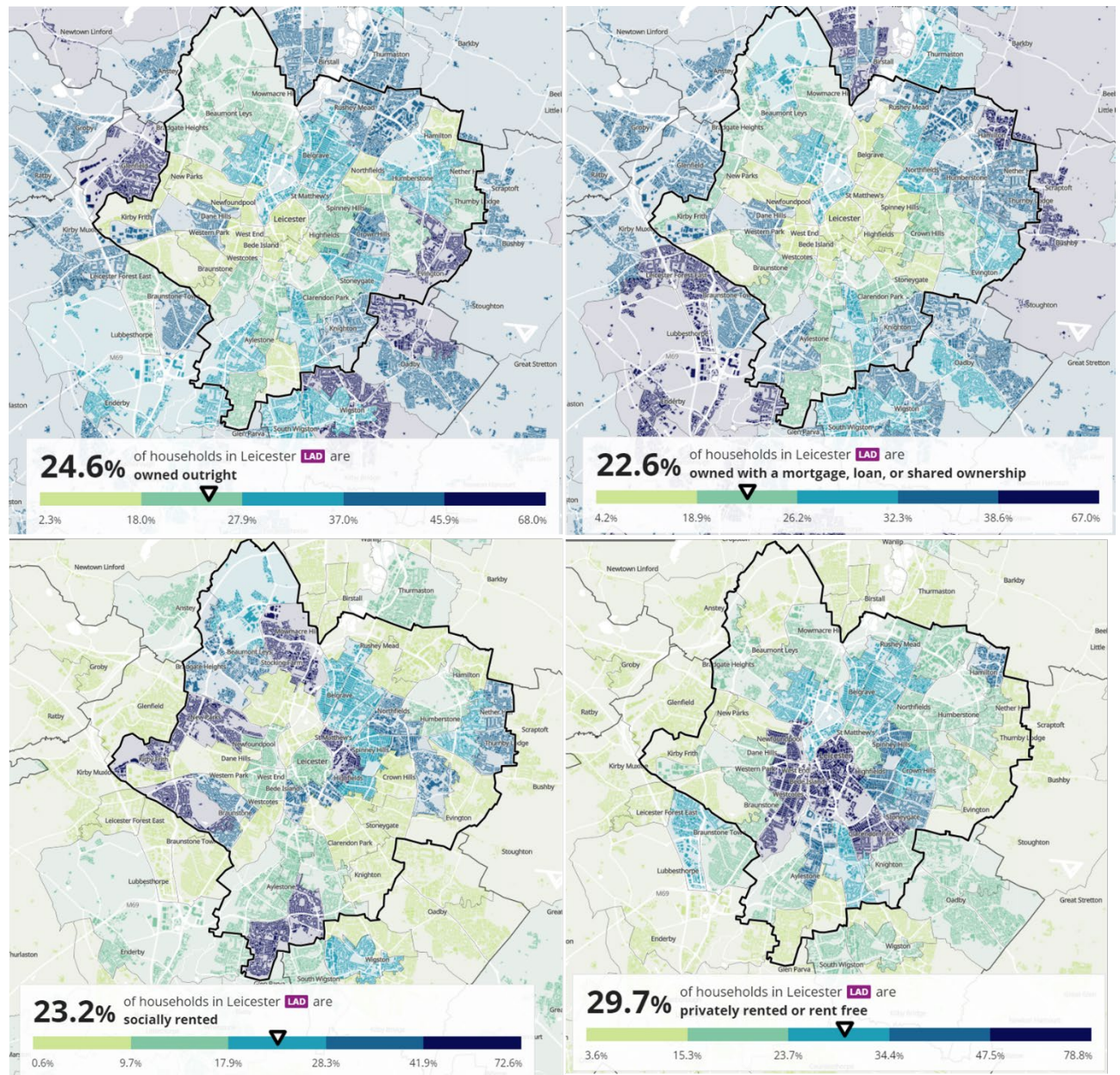
Source: ONS Census 2021

Since the last Census in 2011, there has been a

- 2% increase in housing owned outright
- 5% decrease in housing owned with a mortgage
- 7% increase in private rented housing
- 2% decrease in social rented housing

Housing tenure varies across Leicester with a higher proportion of housing owned outright in Rushey Mead, Crown Hills and Evington. More housing owned with a mortgage is seen along the outer areas in the north east of the city in Rushey Mead, Hamilton, Thurnby Lodge and in Knighton. Socially rented housing is highest in Mowmacre, New Parks, Braunstone, Eyres Monsell, St Matthews and Spinney Hills. Privately rented housing is highest in the city centre and areas to the south of the centre.

Figure 40: Housing tenure by middle super output area



Source: ONS Census 2021

## 3.2 TRANSPORT<sup>13</sup>

### 3.2.1 LEICESTER TRANSPORT PLAN

The Leicester Transport Plan sets out the council's transport vision, ambitions and priorities for the city up to 2036 to respond to issues facing the city including enabling economic and population growth, tackling climate emergency and air quality challenges, improving health and physical activity levels and recovery from the Covid-19 pandemic.



The plan focuses on 3 areas including:

- Developing connected main transport corridors and stations
- Improving transport within local neighbourhoods
- Managing demand for car use

The plan sets out transport ambitions to 2036:

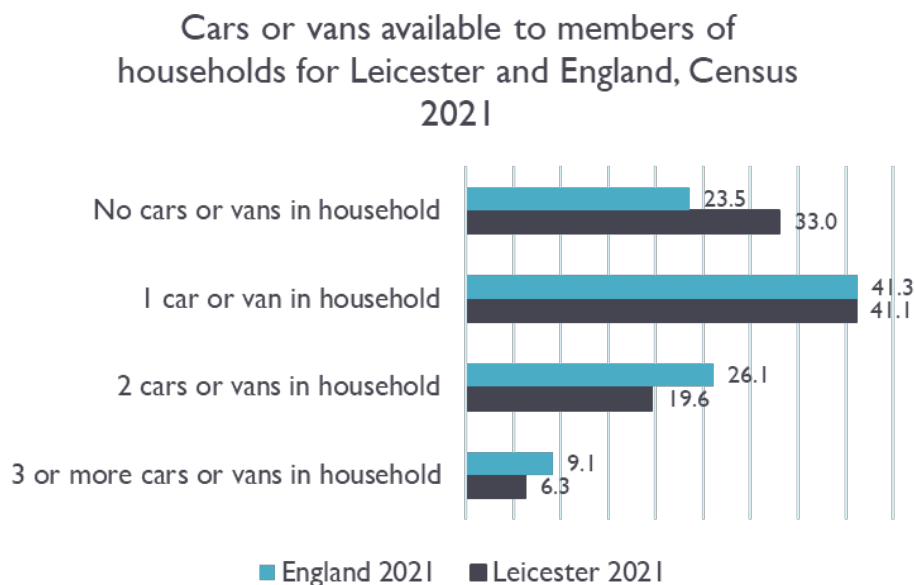
- 100% zero emission vehicles
- More people regularly working from home and more responsible use of cars for necessary trips only
- Public transport, Park & Ride, cycling or personal e-mobility as first transport choice for most people (longer journeys)
- Active transport, cycling and walking as first transport choice for most people (shorter journeys)
- A thriving, accessible city centre that is easy to move around in and which supports economic growth in the whole city
- Healthier neighbourhoods, aiming for all local services to be easily accessible by walking or cycling
- A rush-hour free city, gradually managing traffic to reduce peak hour demands

---

### 3.2.2 CAR AND VAN AVAILABILITY

Census 2021 reported that a third of households in Leicester have no car or van, a larger percentage than England (24%). There are fewer households with no access to a car or van in Leicester in 2021 compared with the Census in 2011 (37%).

*Figure 41: Car or van availability in Leicester*



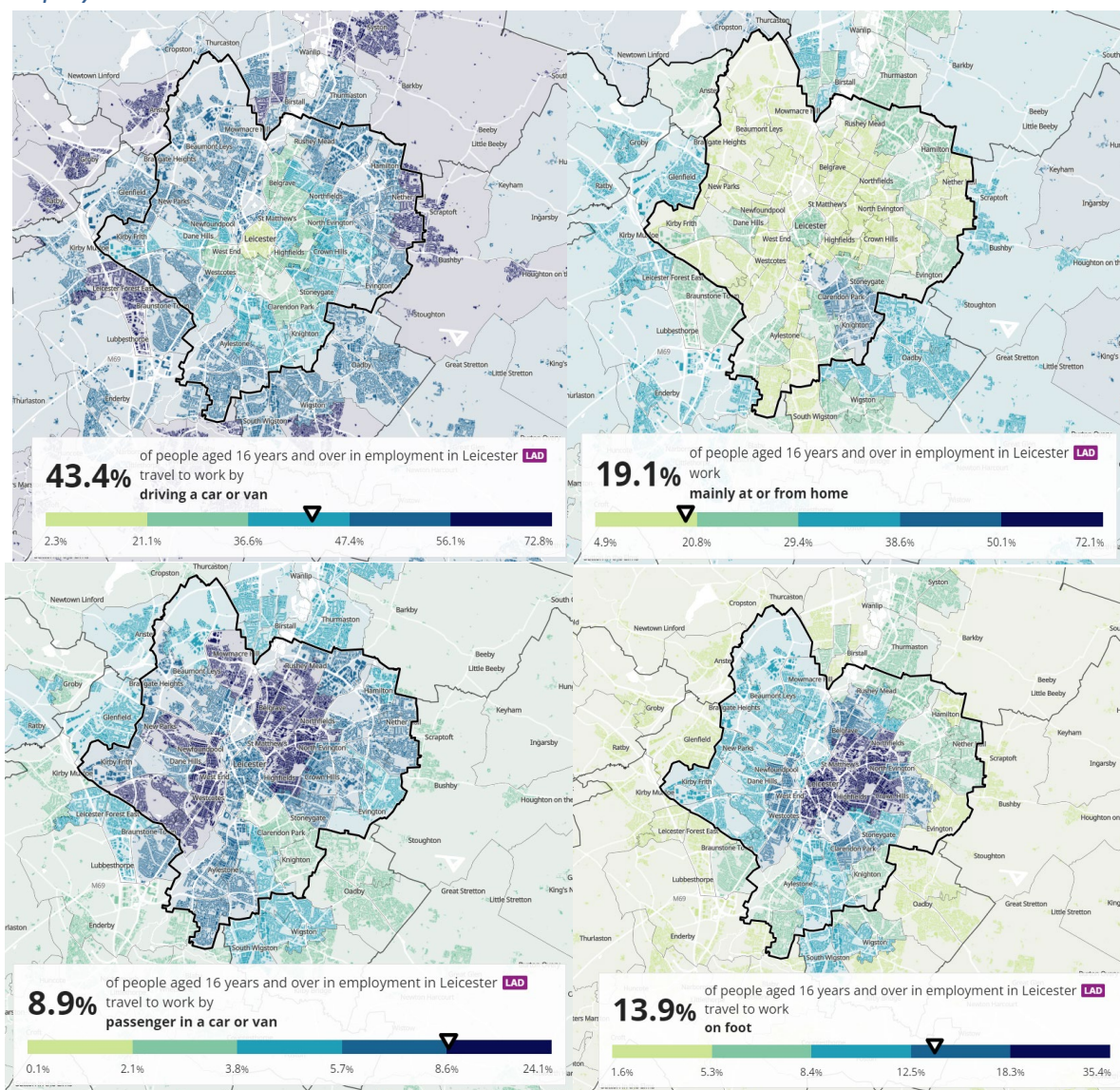
**Source:** ONS Census 2021

### 3.2.2 TRAVEL TO WORK

Census 2021 reported that 43% of residents in employment travel to work by car/van, 20% work mainly from home, 14% travel to work on foot and 9% as passengers in a car/van.

Travel to work by car or van is highest around the outskirts of the city (around 50%) and travel to work as a car/van passenger is highest in eastern areas (St Matthews, Belgrave, Northfields, Crown Hills). Areas in central-eastern Leicester are highest for travel to work on foot, and residents in Knighton and Clarendon Park are highest for working mainly from home.

Figure 42: Travel to work type for residents in Leicester aged 16 years and over and in employment

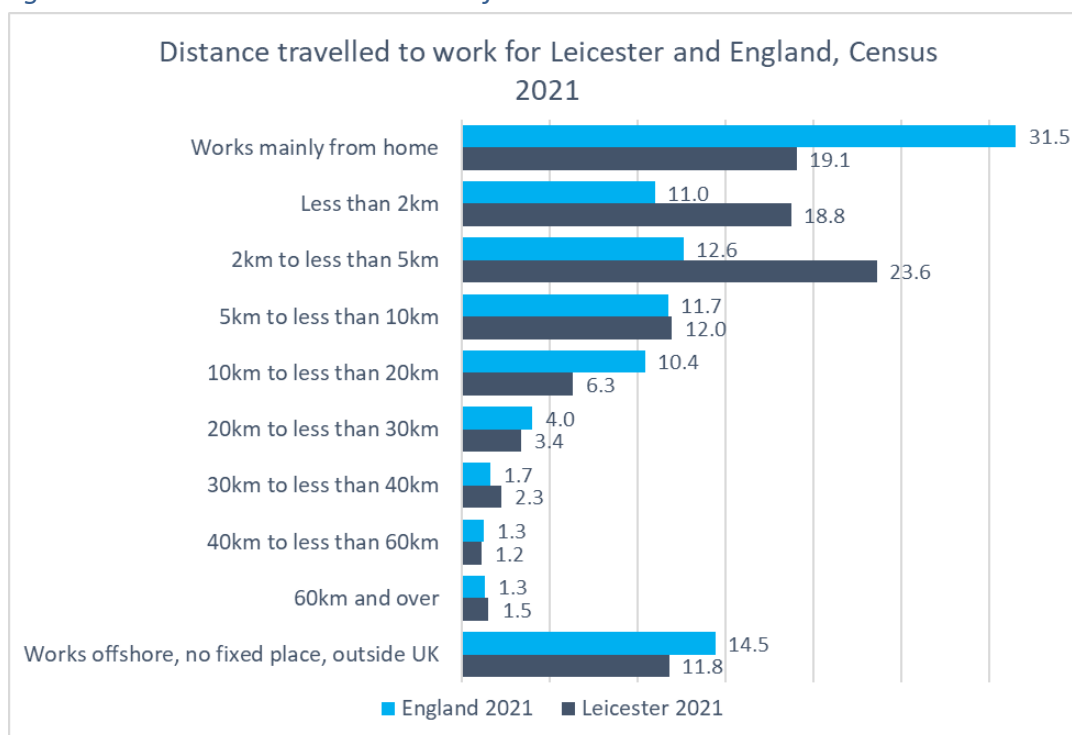


Source: ONS Census 2021

### 3.2.3 DISTANCE TRAVELLED TO WORK

Nearly a third of Leicester residents either work from home (32%) or travel a relatively short distance to work. Just under a fifth (19%) travel less than 2km to work and a quarter (24%) travel between 2-5km. A further 15% travel more than 10km and 12% have no fixed workplace or work outside the UK>

Figure 43: Distance travelled to work for Leicester residents



Source: ONS Census 2021

### 3.3 GREEN SPACES

There is increasing evidence showing that access to greenspaces really matters for mental and physical health. They are associated with reduced levels of depression, anxiety and fatigue and have health benefits relating to lower levels of cardiovascular disease and helping maintain a healthier weight<sup>14</sup>.

Pressures on green space within large cities such as Leicester are recognised. Increases in population numbers, planned new housing, provision for business and employment, grey infrastructure requirements of roads, bridges and pathways all put pressure on green infrastructure.

Leicester's green infrastructure strategy 2015-2025 describes actions required to deliver a Green Infrastructure Strategy in Leicester in terms of planning for a safe, healthy environment enjoyed by people in Leicester whilst supporting a sustainable network of green space

capable of providing multiple benefits where natural resources support key services to deliver economic growth and changing lifestyle.<sup>15</sup>

Priorities in Leicester include:

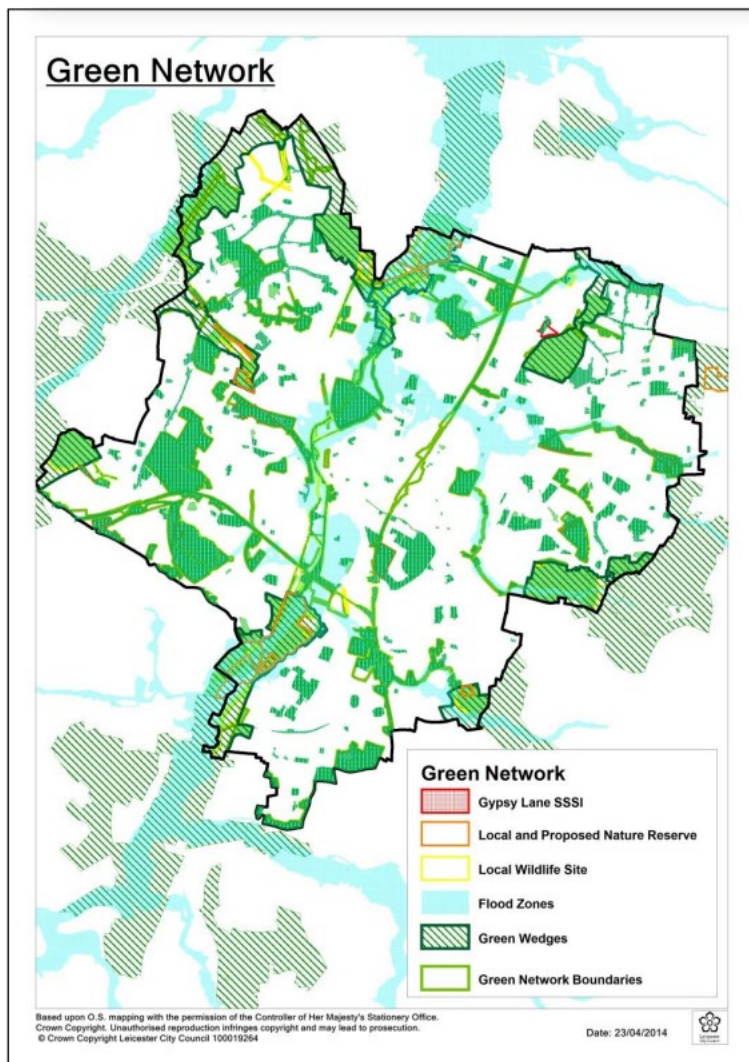
- 1. A Place to do Business and Get About**  
Linked to development of new housing, good employment opportunities, integrated transport and improvement of walking and cycling opportunities
- 2. A bio-diverse and beautiful city**  
Linked to conservation of the city's natural environment, provision of wildlife habitats and access to nature.
- 3. A Healthy and Active City**  
Linked to access, recreation, movement and leisure through Parks and Greenspaces, Public Open Space, Sports, Children's play areas, Public Rights of Way, encouragement of use of green transport and non-car routes
- 4. A naturally Sustainable City**  
Linked to areas of green space capable of providing flood attenuation, cooling and shade, improvements in water quality, water filtration and control of flow rates
- 5. Planning for Green Infrastructure**  
Support the planning process by identifying key priorities and issues and to develop recommendations to influence planning, environment and health sectors

Leicester is a green city with a total of 67% of the City classified as green infrastructure with the largest individual type of landuse as private or domestic gardens (25%). The gardens are not evenly distributed across the city; larger gardens are found in the suburbs of Stoneygate and Knighton compared with dense terraced housing of Tudor Road and Clarendon Park. Areas such as the city centre and other heavily industrialised areas have no gardens. Areas towards the periphery of the city such as Aylestone, Evington and Beaumont Leys are relatively well connected to the wider rural environment.

The city has some areas of high biodiversity with one Site of Special Scientific Interest (SSSI), 6 local nature reserves and over 40 wildlife sites designated as nature conservation sites. The figure below shows the green network in Leicester.



Figure 44 Green network in Leicester



Source: [leicesters-green-infrastructure-strategy-2015-2025.pdf](#)

### 3.4 AIR QUALITY

Air pollution occurs when the amount of certain pollutants exceed recommended levels. The main pollutants of concern are Nitrogen Dioxide (NO<sub>2</sub>) and fine particles (PM<sub>2.5</sub>). Leicester, like many UK cities, exceeds the EU advised limits for nitrogen dioxide in a number of areas. These are predominantly areas of high volume traffic, along major routes into the city and in the city centre.

Poor air quality affects people's health and damages the environment. 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 pollution<sup>16</sup> and deprived populations are more adversely impacted, as are those already in poor health.

Tackling air pollution is required by law and Leicester City Council operates a series of 5 automatic air quality monitoring stations located in areas of high traffic density which



measure nitrogen dioxide and particulate matter. Around 80% of Nitrogen Dioxide is caused by road traffic, 15% domestic and commercial and 5% industrial sources. Diesel cars account for the largest apportionment of nitrogen dioxide from vehicles.

Leicester's Air Quality Action Plan<sup>17</sup> aims to address air pollution by a range of interventions to reduce transport emissions and increase the number of people walking and cycling rather than driving. The plan sets out ambitions by 2026 to:

- Improve people's health and reduce premature deaths through improved air quality
- Introduce a Low Emission Zone for the most polluting vehicles in the city centre
- Extend pedestrianisation and reduce vehicles in the city centre
- Increase the number of people cycling daily
- Encourage bus, taxi and freight operators to use the cleanest, low emission vehicles
- Reduce emissions for the council's fleet operations
- Minimise the need for travel by polluting vehicles in land use planning decisions

## 4 HEALTH AND WELLBEING

### 4.1 HEALTH AND DISABILITY

#### 4.1.1 GENERAL HEALTH

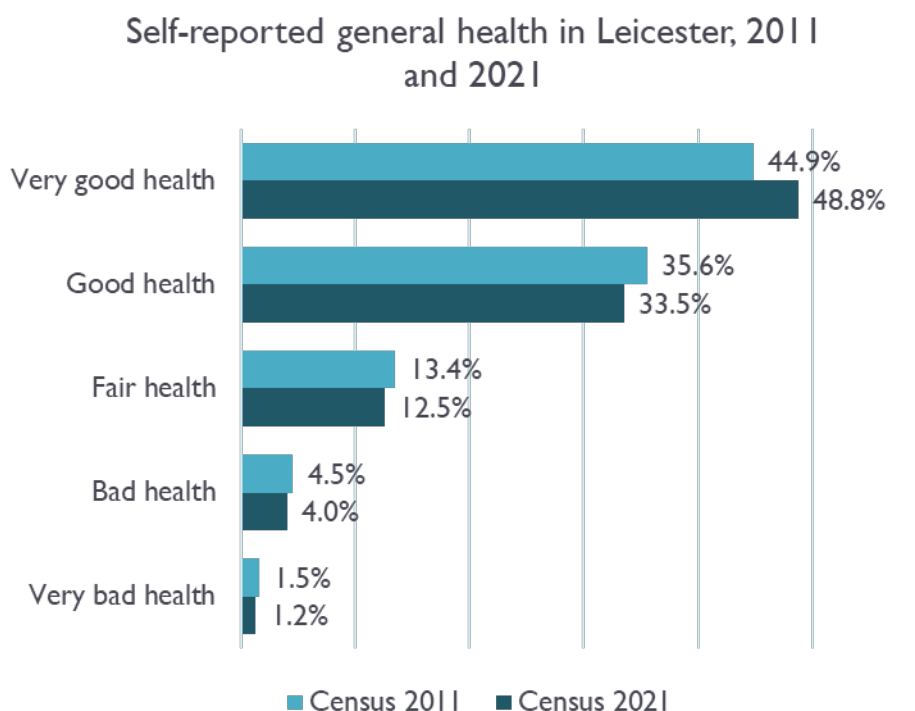
Census 2021 asked respondents to assess their general health on a five-point scale as Very good, Good, Fair, Bad or Very bad.

82% of Leicester residents described their general health as either 'Very good' (49%) or 'Good' (33%). 5% described their health as either 'Bad' (4%) or 'Very bad' (1%).

Levels of general health are similar for Leicester and England.

In the 2011 Census fewer people reported their health as 'Very good' (45%) and more reported 'Bad health' (6%). However, Census 2021 was carried out during the Covid-19 pandemic and this may have impacted the way people regarded their general health.

Figure 45: General Health of Leicester residents



Source: Census 2021

#### 4.1.2 PEOPLE WITH A DISABILITY

Census 2021 asked respondents whether they had any physical or mental health conditions expected to last 12 months or more and then a further question for those answering yes as to whether these conditions or illnesses reduced their ability to carry out day-to-day activities.

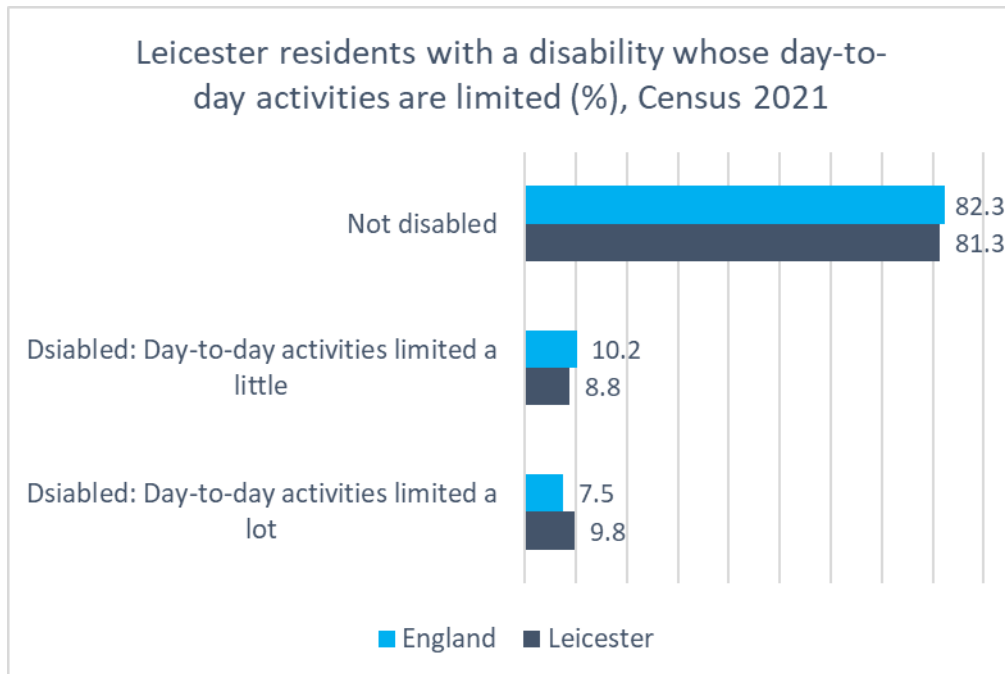
Eighty-one percent of Leicester residents did not have a disability. Over 57,000 residents in Leicester (16%) reported a disability under the Equality Act that limits the person's day-to-day activities. A further 17,000 reported a long term physical or mental health condition but day-to-day activities were not limited. In England, 17% reported a disability limiting day-to-day activities.

Age-standardised estimated are also reported which allow for comparisons between populations that may contain different proportions of ages. For example, Leicester has a younger population profile than England. Age-standardised proportions show 18.6% of Leicester residents have a disability limiting day-to-day activities compared with 17.7% in England.

Compared with 2011 fewer residents both in England and Leicester reported a disability affecting day-to-day activities. In Leicester 77% reported no disability in 2011 compared with 81% in 2021. In England 81% reported no disability in 2011, and 82% in 2021.

Note the question changed in 2021 to align with the definition of disability so this may have had an impact on the way people identify disability. In 2011 the question asked whether day-to-day activities were limited because of a health problem or disability which has lasted or expected to last at least 12 months.

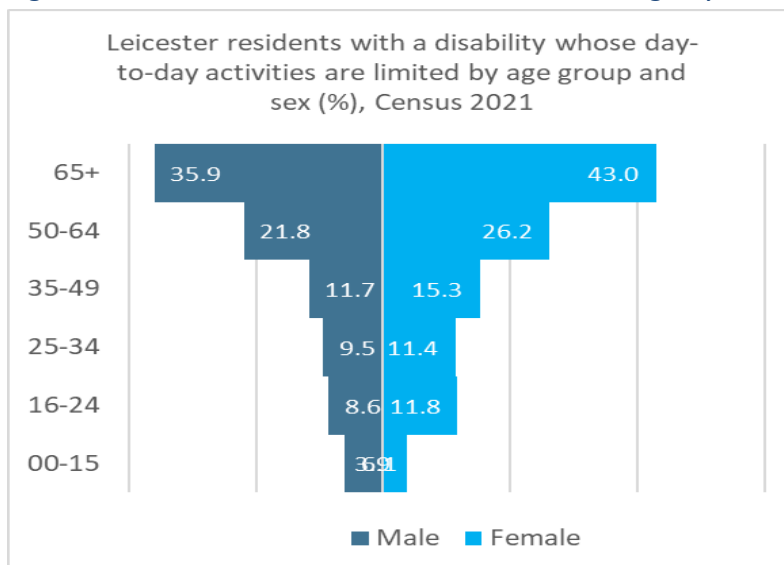
Figure 46: Residents in Leicester with a disability



Source: Census 2021

Disabilities vary with age and sex; 14% of men and 17% of women overall report limited day-to-day activities and this increases with age. Nearly a quarter (24%) of residents aged over 50 experience limited day-to-day activities, rising to almost 40% in over 65 year olds.

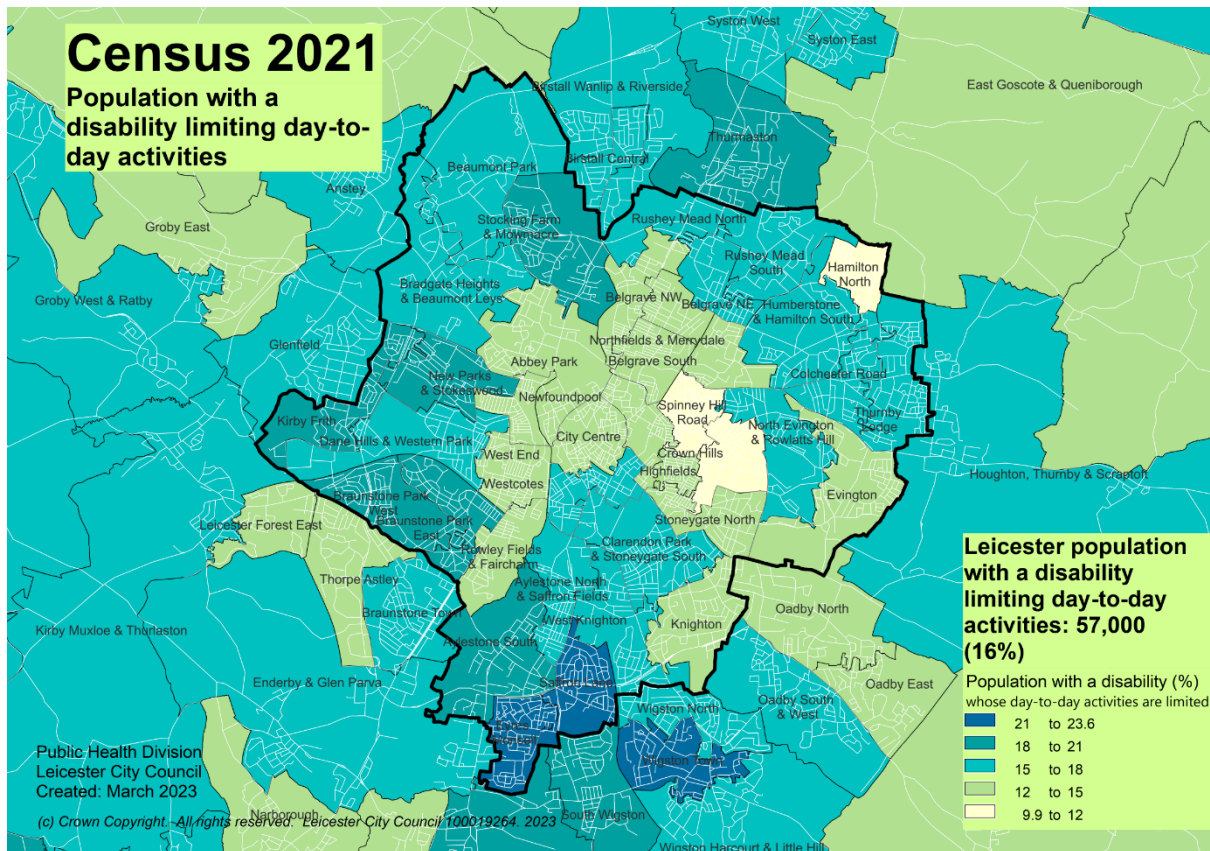
Figure 47: Disabilities in Leicester residents limiting day-to-day activities by age and sex



Source: Census 2021

A higher percentage of residents with a disability limiting their day-to-day activities are found in the outer areas of the City where there are more elderly residents and lower percentages of residents with a disability are seen in the city centre where the population is younger. The highest reported levels are in Eyres Monsell and Saffron where over a fifth of residents reported a limiting disability. In Kirby Frith, Braustone, New Parks and Stocking Farm/Mowmacre around just under a fifth (18-21%) reported a limiting disability.

Figure 48: Population with a disability limiting day-to-day activities across Leicester (Middle super output areas)



Source: Census 2021

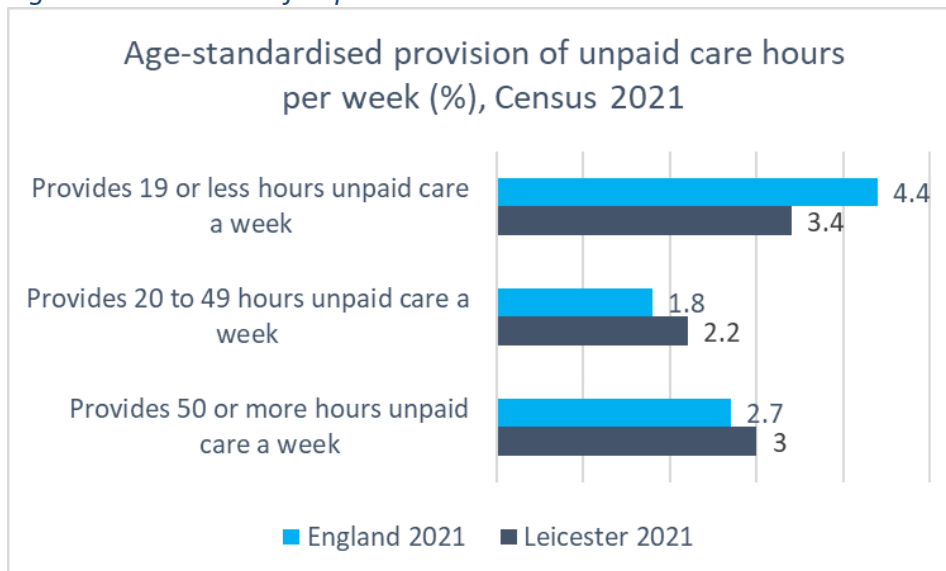
#### 4.1.3 UNPAID CARE

An unpaid carer may look after, give help or support to anyone who has a long-term physical or mental ill-health condition, illness or problem related to old age. It does not include any activities as part of paid employment and can be within or outside of the carer's household.

In Census 2021, 7.7% of Leicester's residents were providing unpaid care (26,500). Of these, 3.2% (11,000) were providing less than 20 hours per week, 2% (7,000) between 20 and 49 hours and 2.5% over 50 hours per week. This is less than the England average of 8.8% providing unpaid care.

Age-standardised estimated are also reported which allow for comparisons between populations that may contain different proportions of ages. For example, Leicester has a younger population profile than England. Age-standardised proportions show 8.6% of Leicester residents provide unpaid care compared with 8.9% in England.

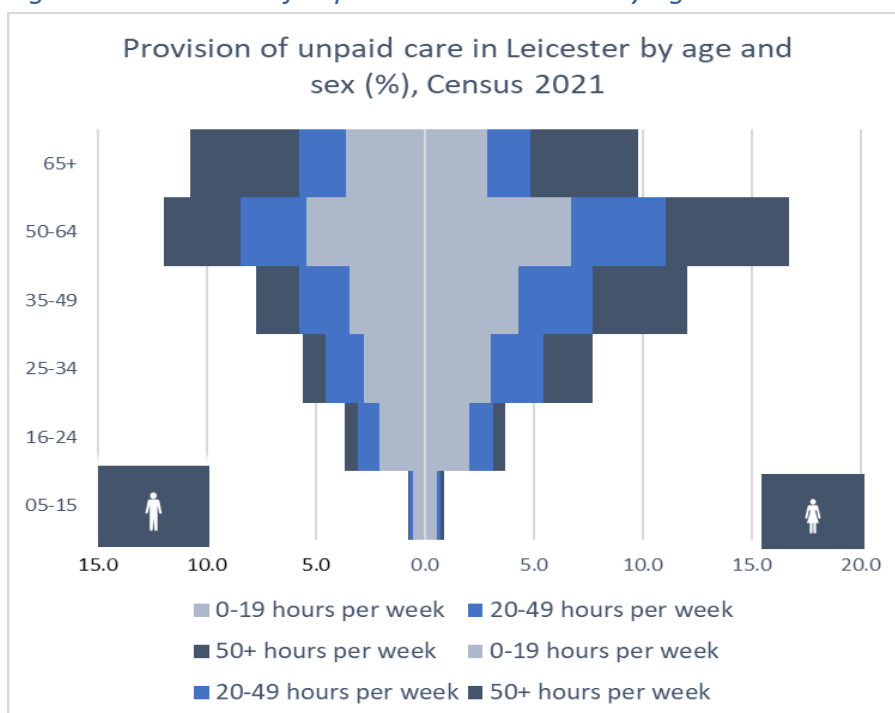
Figure 49: Provision of unpaid care



Source: Census 2021

A higher proportion of females in Leicester (8.7%) provide unpaid care than males (6.6%) and care provision increase with age. Highest levels of unpaid care are provided by 50-64 year olds.

Figure 50: Provision of unpaid care in Leicester by age and sex



Source: Census 2021



Compared with 2011, provision of unpaid care has decreased in 2021. In Leicester 9.4% were providing unpaid care in 2011, compared with 7.7% in 2021. In England, this was 10.3% in 2011 and 8.8% in 2021.

*Note the question changed in 2021 to “Do you look after, or give any help or support to, anyone because they have long-term physical or mental health conditions or illnesses, or problems related to old age?”. People were asked to exclude anything they did as part of their paid employment. This is different from the 2011 Census question, which began “Do you look after, or give any help or support to family members, friends, neighbours or others”.*

---

#### 4.1.4 HEALTHCARE SERVICES

The City is served by approximately 75 General Practices (including branch surgeries), 83 Community Pharmacies and 66 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.<sup>18</sup> It also has a mental health, learning disabilities and community health services-focused trust.<sup>19</sup>

---

#### 4.1.5 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.

Support available from Adult Social Care can be offered to any adult over 18 years who is assessed as having an eligible need. This includes:

- older people (65+)
- people with physical and/or sensory disabilities
- people with learning disabilities
- people with mental health difficulties
- people with HIV/AIDS
- people with drug or alcohol problems
- people with a long-term or terminal illness
- those caring for people who are in any of these groups

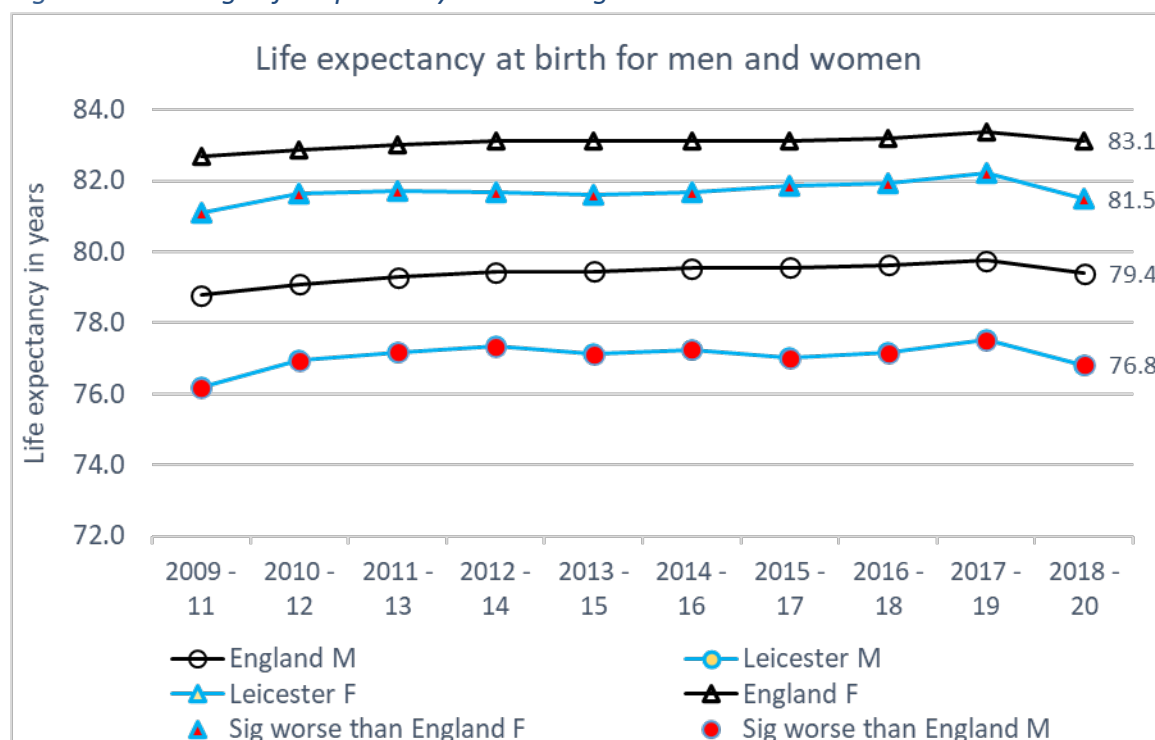
Further information on care and support services can be found on the [Mychoice website](#).

## 4.2 LIFE EXPECTANCY

### 4.2.1 LIFE EXPECTANCY AT BIRTH

Life expectancy in Leicester is significantly lower than for England overall despite improvements over the past decade.<sup>20</sup> As shown in Figure 33, in the period to 2018-20, there has been a small increase in life expectancy for both Leicester and England.<sup>21</sup> The fall in life expectancy in the latest period is a result of deaths caused by the Covid-19 pandemic. Life expectancy in Leicester is 2.6 years lower than England for men and 2.4 years lower for women.

Figure 51: Average life expectancy at birth England and Leicester

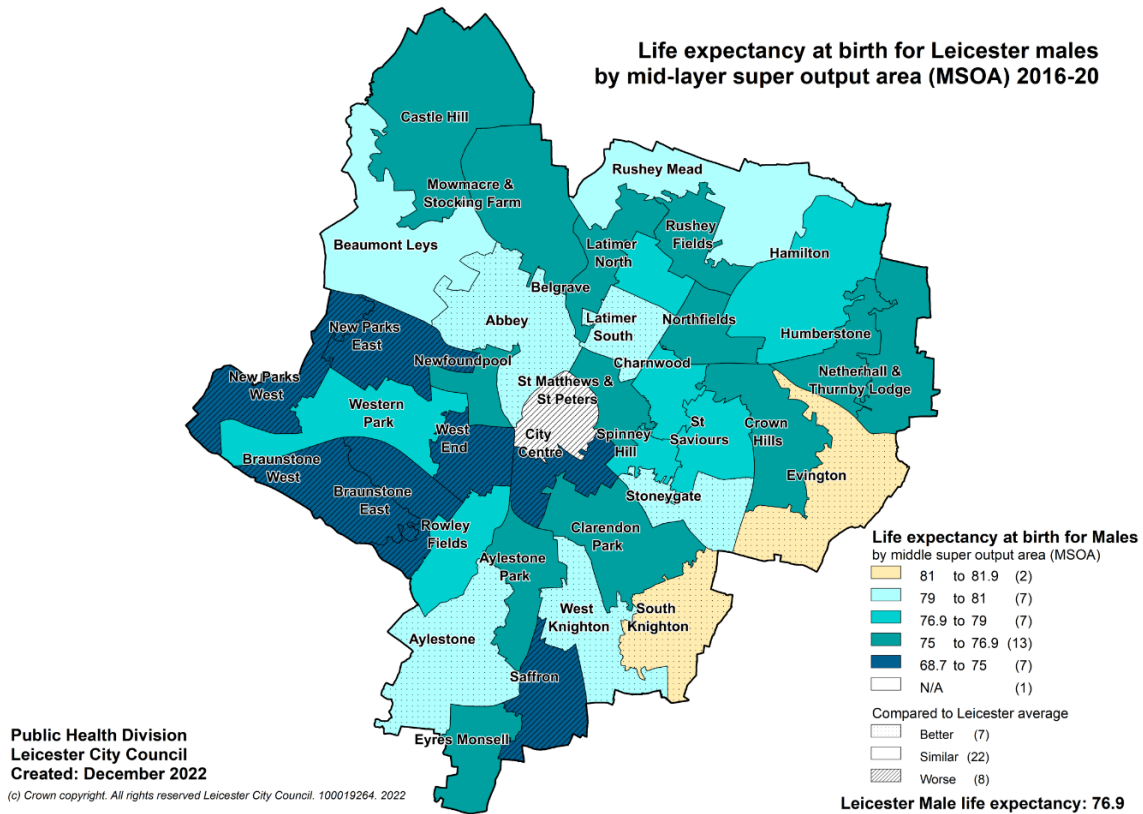


**Source:** Public Health Outcomes Framework Profile: <https://fingertips.phe.org.uk/profile/public-health-outcomes-framework/data#page/1/ati/102/are/E06000016>

Life expectancy varies across Leicester, and there is a gap of 13.2 years between areas with the highest (81.9 years) and lowest (68.7 years) life expectancies for men in Leicester. Areas with lowest life expectancy for men are on the west of Leicester in New Parks, Braunstone, West End and Saffron. Areas with higher life expectancies for men include Evington and South Knighton

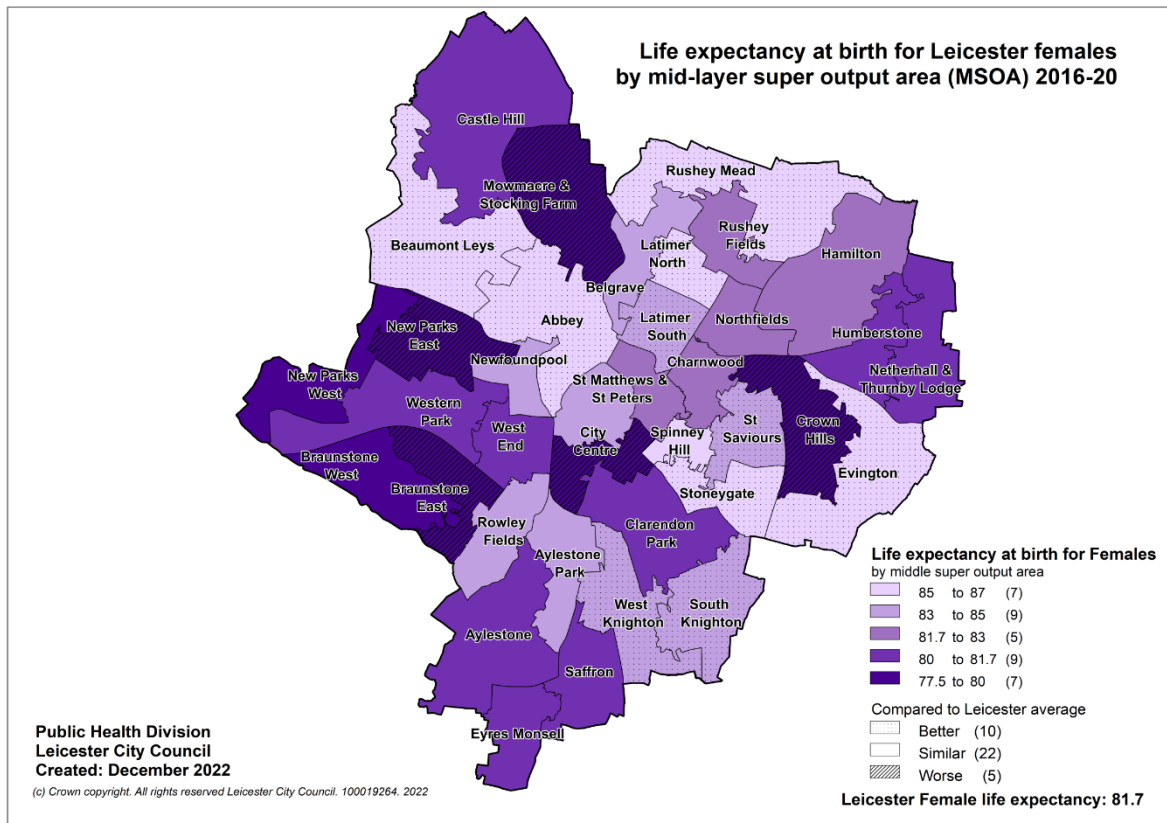
For women, there is a gap of 9.5 years between areas with the highest (87 years) and lowest (77.5 years) life expectancies. Areas with the lowest life expectancy of women include Mowmacre/Stocking Farm, New Parks, Braunstone, City Centre South/Southshields and Crown Hills. Areas with higher life expectancies for women include Beaumont Leys, Abbey, Rushey Mead, Latimer, Spinney Hill, Stoneygate, Evington and Knighton

Figure 52: Life expectancy at birth for Leicester men by middle super output area, 2016-2020



Source: PHE fingertips: <https://fingertips.phe.org.uk/profile/local-health>

Figure 53: Life expectancy at birth for Leicester women by middle super output area, 2016-2020



Source: PHE fingertips: <https://fingertips.phe.org.uk/profile/local-health>

#### 4.2.2 HEALTHY LIFE EXPECTANCY

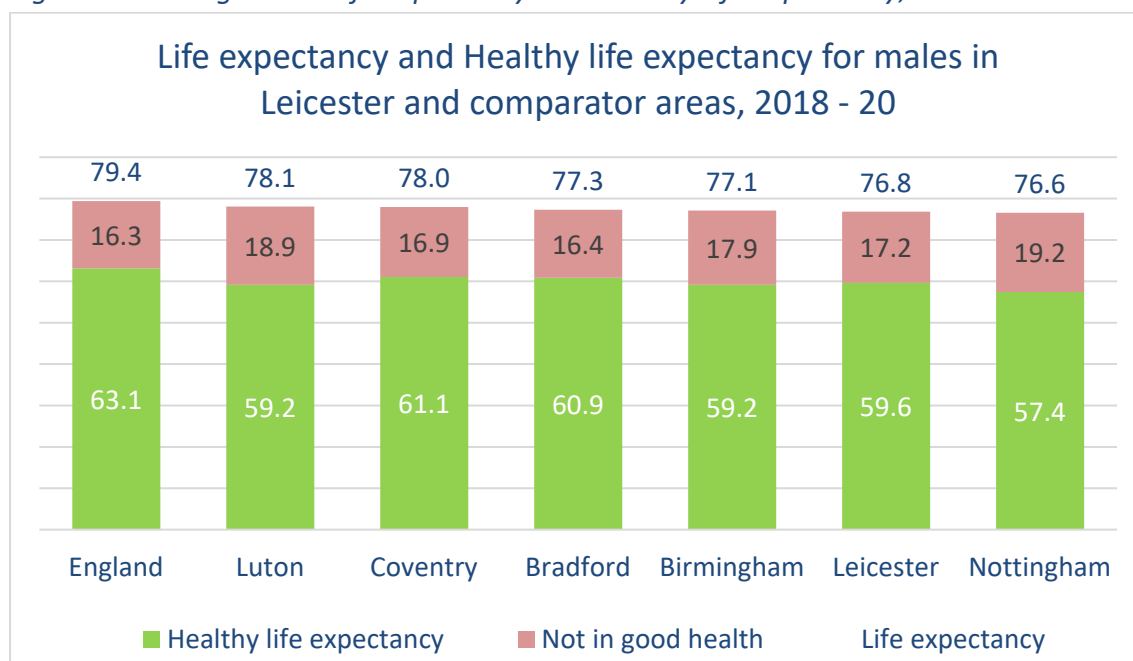
Although life expectancy is increasing, many do not experience ample years in good health, which subsequently reduces their quality of life. Healthy life expectancy is defined as a measure of the average number of years a person would expect to live in good health based on contemporary mortality rates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

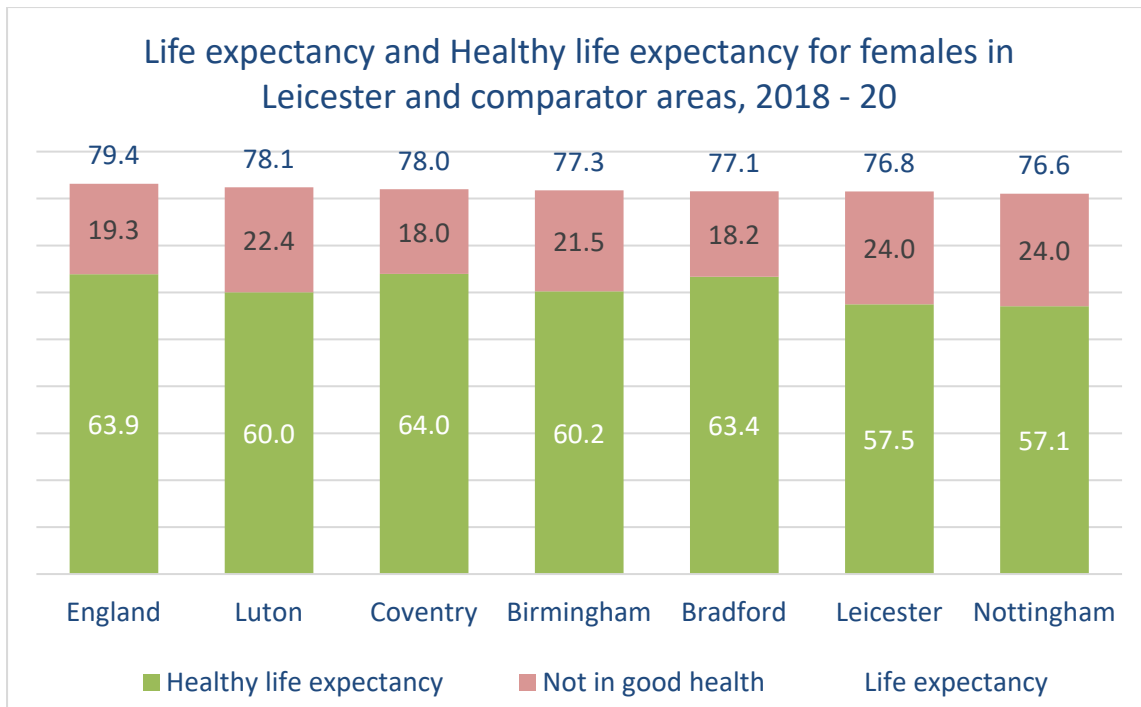
Figures 34 and 35 show life expectancy and healthy life expectancy for men and women in Leicester. Leicester has a significantly lower rate than nationally and all peer areas with the exception of Nottingham.

Men in Leicester have a life expectancy of around 76.8 years, with 59.6 years spent in good health and 17 years not in good health.

Women in Leicester have a life expectancy of 81.5 years, with 57.5 years in good health and 24 years not in good health.

*Figure 54 and Figure 55: Life expectancy and Healthy Life expectancy, 2018-2020*





**Source:** Office for National Statistics, 2020

### 4.3 MAIN CAUSES OF DEATH

Figure 56 shows that the main causes of death in Leicester are heart disease and stroke (circulatory disease) and stroke. During 2020-22 Covid-19 was recorded as the main cause of death in 12% of deaths. Prior to 2020, respiratory disease was the third highest cause of death.

Figure 57 shows that cancers are the main cause of premature deaths (in the under 75s), accounting for 30 percent of early deaths, followed by heart disease and respiratory diseases. Covid-19 was recorded as the main cause of death for 16-18% of all deaths in under 75s in 2020 and 2021, falling to 3% in 2022.



Figure 56: Main causes of death in Leicester, 2020-2022

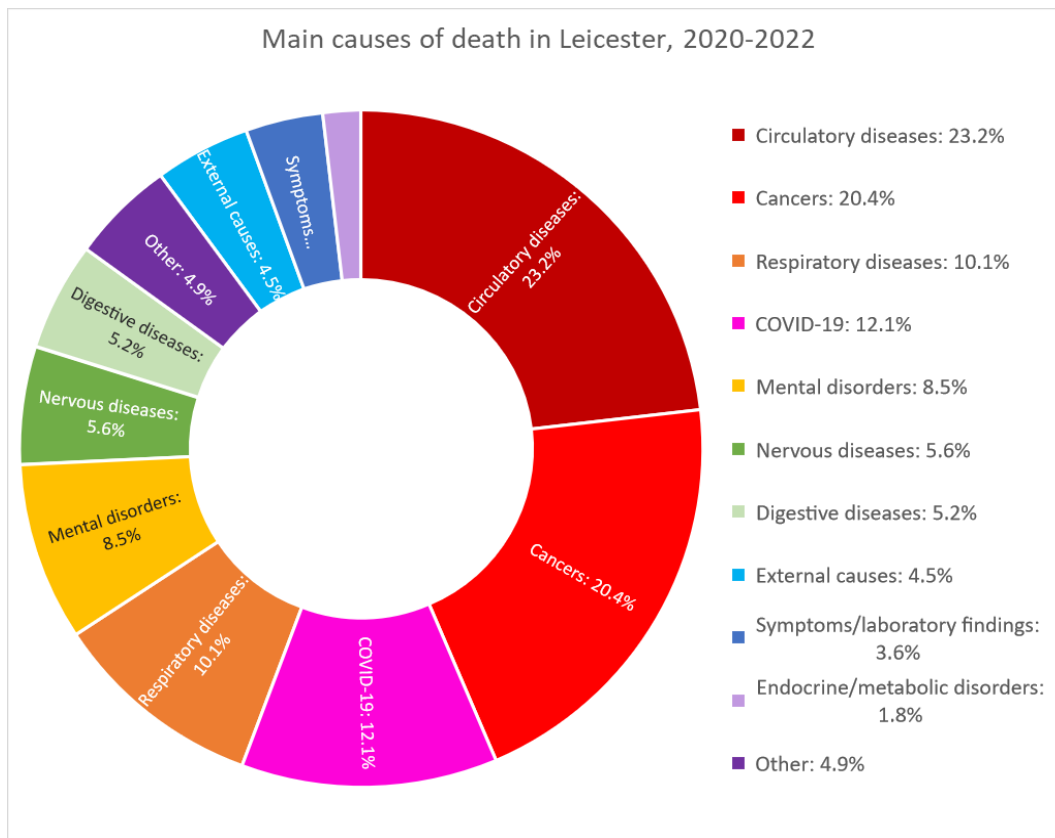
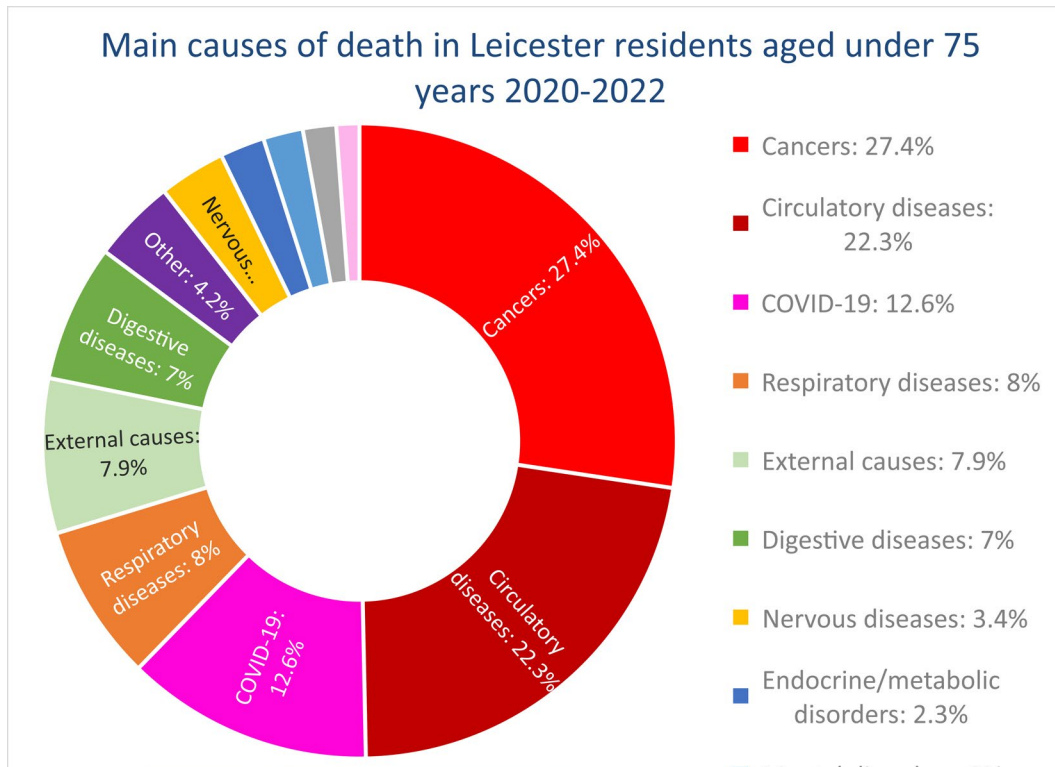


Figure 57: Main causes of death in Leicester, under 75s, 2022



Source: Office for National Statistics mortality data

## 4.4 OVERVIEW OF HEALTH IN LEICESTER

### 4.4.1 SMOKING

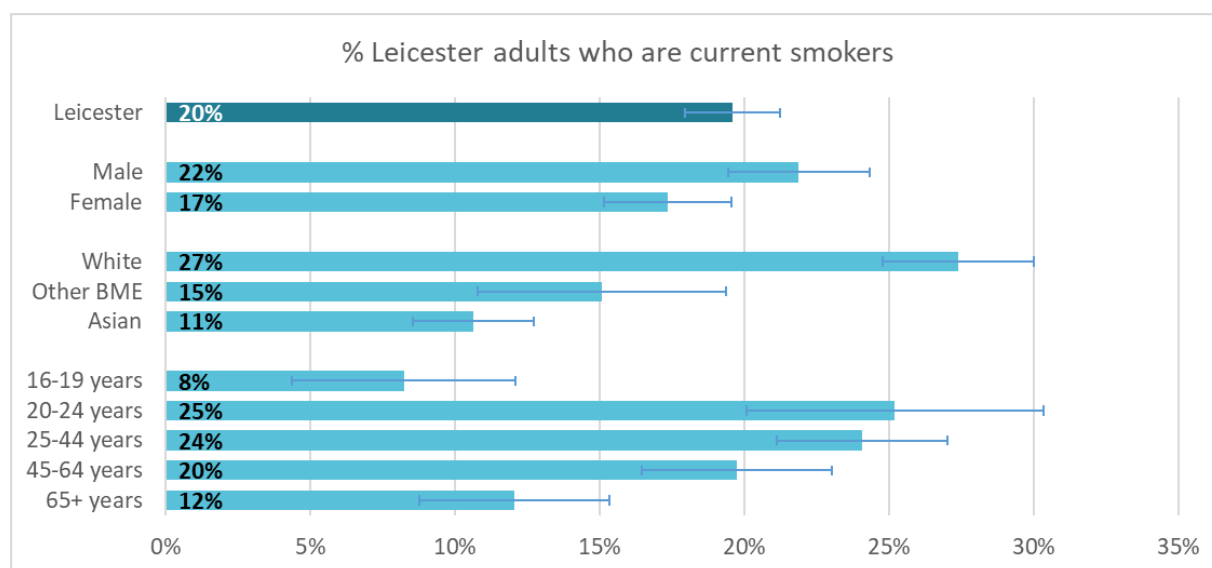
Smoking is the greatest single cause of preventable death. Deaths attributed to smoking is 254 per 100,000 of the population 297 (2017-2019).<sup>22</sup>

The Annual Population Survey estimates for self-reported smokers shows there has been a gradual reduction in smokers over the past decade. In 2021, an estimated 12.8% of over 18s were current smokers, similar to England (13%). Smoking prevalence is higher in adults with routine and manual occupations (22.6%).

The most recent Health and Wellbeing Survey in Leicester in 2018<sup>9</sup>, showed a higher percentage of smokers, with higher prevalence in men compared with women, White residents and younger age groups. Smoking prevalence reduces in older age groups.

Smoking prevalence rates are higher in more deprived areas and areas to the West of the city.

*Figure 58: Smoking Prevalence in Leicester*



**Source:** *Leicester Health and wellbeing Survey 2018.*

Further information on Smoking in Leicester can be found [here](#):

### 4.4.2 ALCOHOL

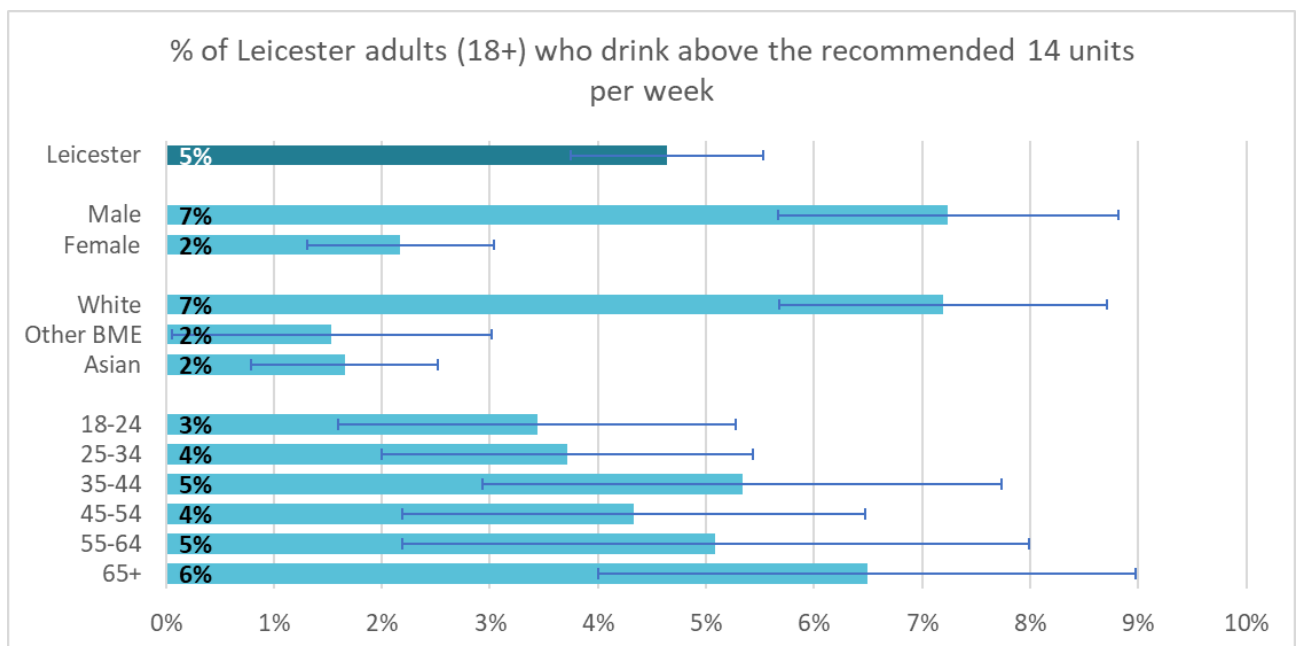
Alcohol misuse is a major or significant contributor to a wide range of health problems such as liver disease, heart disease and cancer.

According to the Leicester Health and Wellbeing Survey 2018<sup>9</sup>, half of Leicester adults do not drink and 4.5% drink above the recommended limits (14 units per week). Figure 39

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.<sup>23</sup>

Figure 59: alcohol consumption exceeding recommendations in Leicester



Source: Leicester Health and wellbeing Survey 2018.

Further information on Alcohol use in Leicester can be found [here](#):

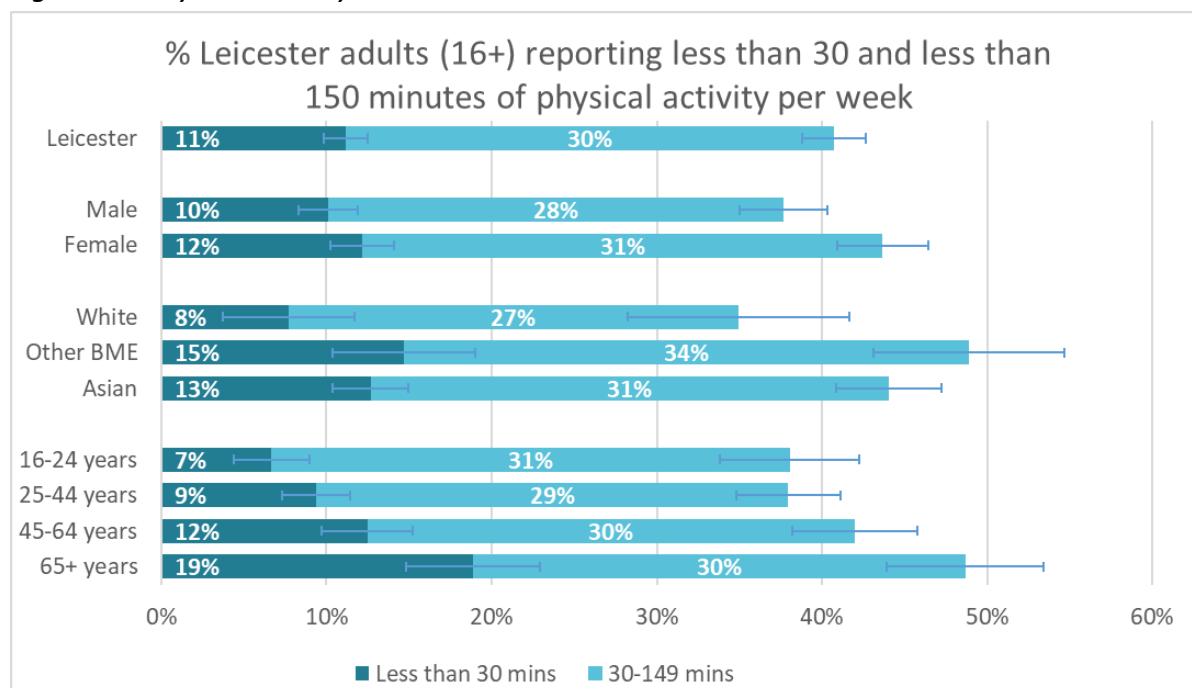
#### 4.4.3 PHYSICAL ACTIVITY

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.

The Active Lives survey carried out by Sport England in 2020/21, estimated 55% of adults 19 years and above in Leicester completed at least 150 minutes of moderately intensity physical activity, significantly lower than in England (65.9%).<sup>24</sup>

According to the Leicester Health and Wellbeing Survey 2018<sup>9</sup>, 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 60: Physical activity in Leicester



Source: Leicester Health and wellbeing Survey 2018.

Further information on Physical Activity in Leicester can be found [here](#):

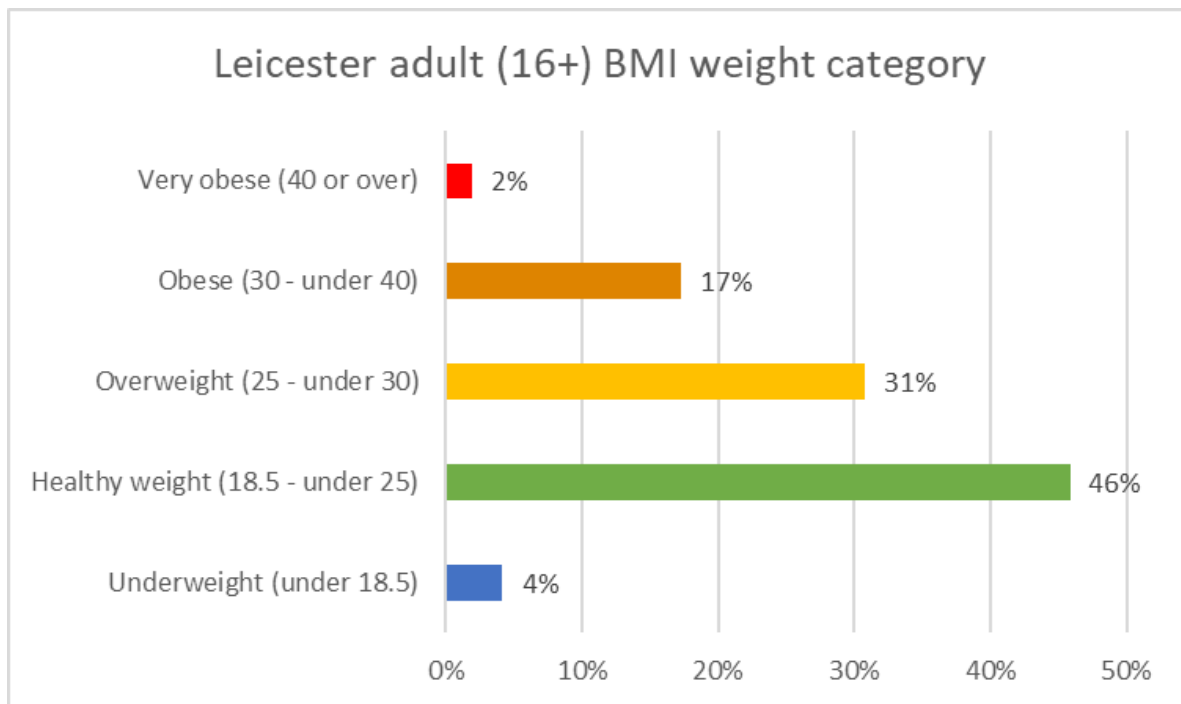
#### 4.4.4 OBESITY

Obesity is associated with a range of health problems including type 2 diabetes, cardiovascular disease and cancer and can also impact on mental health. The risk and severity of these diseases increases with a higher body mass index and can result in reduced life expectancy.

The Active Lives survey in 2020/21 estimated that 26.9% of adults aged 18 and over in Leicester were classified as obese, similar to England at 25.3%). Levels of obesity have seen a gradual increase over the past few years, with Leicester increasing at a faster rate than nationally.<sup>24</sup>

The Leicester Health and Wellbeing Survey 2018<sup>9</sup> reports that just under half (46%) of adults have a healthy weight, and half are overweight or obese.

Figure 61: Weight levels in Leicester



Source: Leicester Health and wellbeing Survey 2018.

The Leicester Health and Wellbeing Survey 2018<sup>9</sup> reports high levels of overweight/obesity in 45 to 64-year olds.

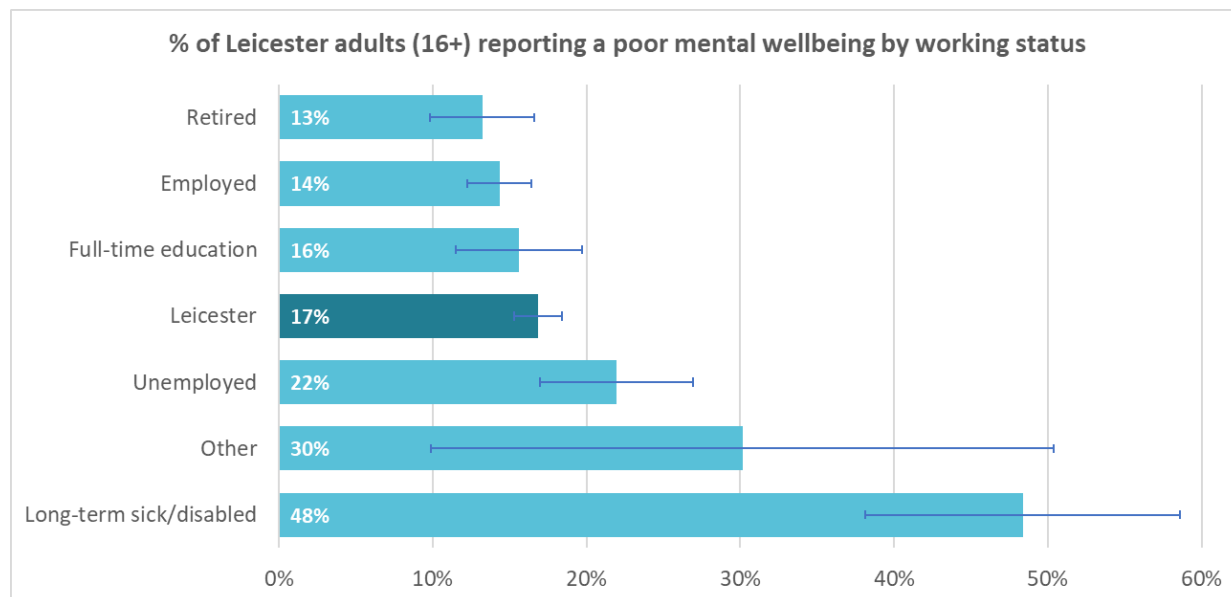
Further information on Healthy Weight in Leicester can be found [here](#):

---

#### 4.4.5 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<sup>9</sup>, 17% of Leicester's 16+ population reported 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 62: Poor mental wellbeing in Leicester



Source: Leicester Health and wellbeing Survey 2018.

The Leicester Health and Wellbeing Survey 2018<sup>9</sup> 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.

Further information on Mental Health in Leicester can be found [here](#):

## 5 LEISURE AND CULTURE

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: including libraries, community/neighbourhood service centres; Supporting Tenants and Residents (STAR) housing support offices, food banks, advice services, work clubs, and over 300 places of religious worship.

Further information on leisure and culture in Leicester can be found at: [Leisure and culture \(leicester.gov.uk\)](https://www.leicester.gov.uk/leisure-and-culture/)

## 6 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.

## 7 USEFUL LINKS

1. Census 2021: data and analysis: <https://www.ons.gov.uk/census>
2. Census 2021: How life has change in Leicester: <https://www.ons.gov.uk/visualisations/censusareachanges/E06000016/>
3. Census 2021 maps: <https://www.ons.gov.uk/visualisations/censusareachanges/E06000016/>
4. Census 2021: Leicester dashboard: [https://data.leicester.gov.uk/pages/census\\_leicester/](https://data.leicester.gov.uk/pages/census_leicester/)
5. Leicester Health and Wellbeing Surveys: <https://www.leicester.gov.uk/your-council/policies-plans-and-strategies/public-health/data-reports-and-strategies/leicester-health-and-wellbeing-surveys/>
6. Leicester Joint Strategic Needs Assessments: <https://www.leicester.gov.uk/your-council/policies-plans-and-strategies/public-health/data-reports-and-strategies/jsna/>
7. Index of Multiple Deprivation: Leicester Map Pack: <https://www.leicester.gov.uk/media/pkqb4zin/the-indices-of-deprivation-2019-map-pack.pdf>

## REFERENCES

- <sup>1</sup> Office for National Statistics, Census 2021
- <sup>2</sup> [The truth about trans \(stonewall.org.uk\)](https://www.stonewall.org.uk)
- <sup>3</sup> [https://www.stonewall.org.uk/system/files/rainbow\\_britain\\_report.pdf](https://www.stonewall.org.uk/system/files/rainbow_britain_report.pdf)
- <sup>4</sup> Nomis – Official Labour Market, Claimant Count. Available at: <https://www.nomisweb.co.uk>
- <sup>5</sup> Department for Education <https://www.gov.uk/government/publications/neet-and-participation-local-authority-figures>
- <sup>6</sup> English Indices of Deprivation: <https://www.gov.uk/government/statistics/english-indices-of-deprivation-2019>
- <sup>7</sup> Children in low-income families: : [Children in low income families: local area statistics 2014 to 2022 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/children-in-low-income-families-local-area-statistics-2014-to-2022-gov-uk)
- <sup>8</sup> Department for Business, Energy and Skills, Sub-regional fuel poverty data 2021. Available at: [Fuel poverty sub-regional statistics - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/fuel-poverty-sub-regional-statistics-gov-uk)
- <sup>9</sup> Leicester Health and Wellbeing Survey 2018: <https://www.leicester.gov.uk/media/185575/leicester-health-and-wellbeing-survey-2018.pdf>
- <sup>10</sup> Public Health England, Fuel poverty and cold home-related health problems, 2015
- <sup>11</sup> [BRE Dwelling Level Housing Stock Modelling and Database \(leicester.gov.uk\)](https://www.leicester.gov.uk/media/185575/bre-dwelling-level-housing-stock-modelling-and-database-leicester.gov.uk)
- <sup>12</sup> Leicester City Local Housing Needs Assessment update 2021: [Leicester City Local Housing Need Assessment](https://www.leicester.gov.uk/media/185575/leicester-city-local-housing-needs-assessment)
- <sup>13</sup> [Leicester Transport Plan 2021-2036 - Leicester City Council - Citizen Space](https://www.leicester.gov.uk/media/185575/leicester-transport-plan-2021-2036-leicester-city-council-citizen-space)
- <sup>14</sup> [Improving access to greenspace: 2020 review \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/431233/improving-access-to-greenspace-2020-review-publishing.service.gov.uk)
- <sup>15</sup> [leicesters-green-infrastructure-strategy-2015-2025.pdf](https://www.leicester.gov.uk/media/185575/leicesters-green-infrastructure-strategy-2015-2025.pdf)
- <sup>16</sup> Public Health England, Public Health Profiles, air pollution: [Public health profiles - OHID \(phe.org.uk\)](https://www.phe.org.uk/public-health-profiles-air-pollution)
- <sup>17</sup> [air-quality-action-plan.pdf \(leicester.gov.uk\)](https://www.leicester.gov.uk/media/185575/air-quality-action-plan.pdf)
- <sup>18</sup> Information about University Hospitals of Leicester can be found at: <https://www.leicestershospitals.nhs.uk/>
- <sup>19</sup> Information about Leicestershire Partnership NHS Trust can be found at: <http://www.leicspart.nhs.uk/>
- <sup>20</sup> 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.
- <sup>21</sup> Office for National Statistics Life expectancy: [National life tables – life expectancy in the UK - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandlife/lifeexpectancy/national-life-tables-life-expectancy-in-the-uk)

---

<sup>22</sup> Public Health England, Local Tobacco Control Profiles. Available at:  
<https://fingertips.phe.org.uk/profile/tobacco-control>

<sup>23</sup> Public Health England, Local Alcohol Profiles for England. Available at:  
<https://fingertips.phe.org.uk/profile/local-alcohol-profiles>

<sup>24</sup> [Active Lives | Sport England](#)