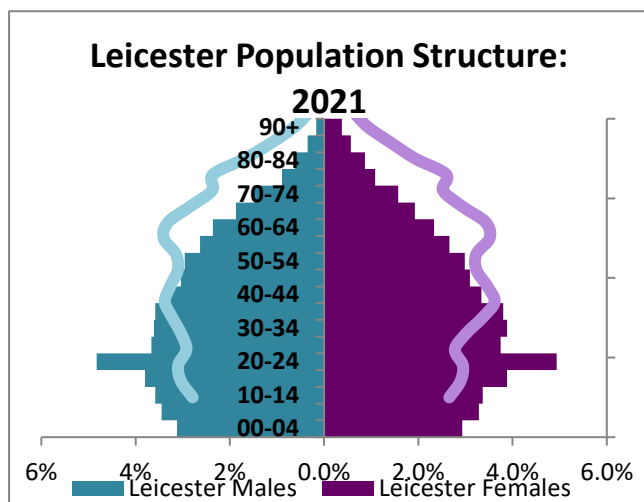


# Overview of Health and Wellbeing in LLR

## Key facts: Population<sup>1</sup>

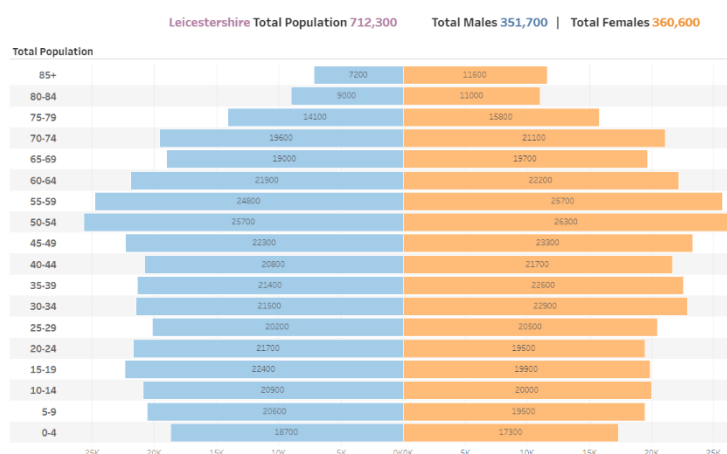
### Leicester



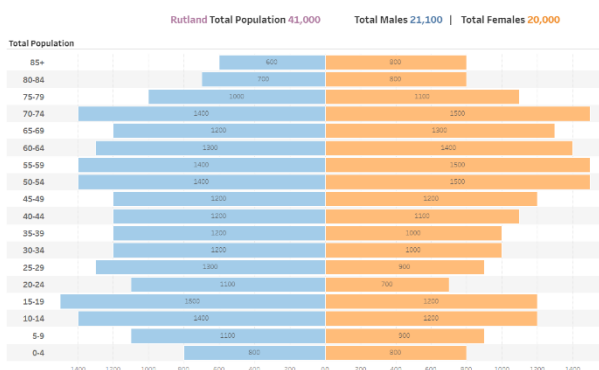
- Leicester has a population of around 368,000 and is the most densely populated local authority area in the East Midlands, with over 5,000 residents per square kilometre.
- Smaller proportion of residents aged over 65 compared with England
  - 43,500 aged over 65 years: (11.8%, England 18.4%)
- Larger proportion of residents aged under 25 compared with England
  - 137,000 aged 0-24 years: (37.2%, England 29.2%)

- Leicestershire has a population of around 712,300
- Larger proportion of residents aged over 65 compared with England with 148,100 aged over 65 years: (20.8%, England 18.4%)
- Smaller proportion of residents aged under 25 compared with England with 200,400 aged 0-24 years: (28.1%, England 29.2%)

### Leicestershire



### Rutland



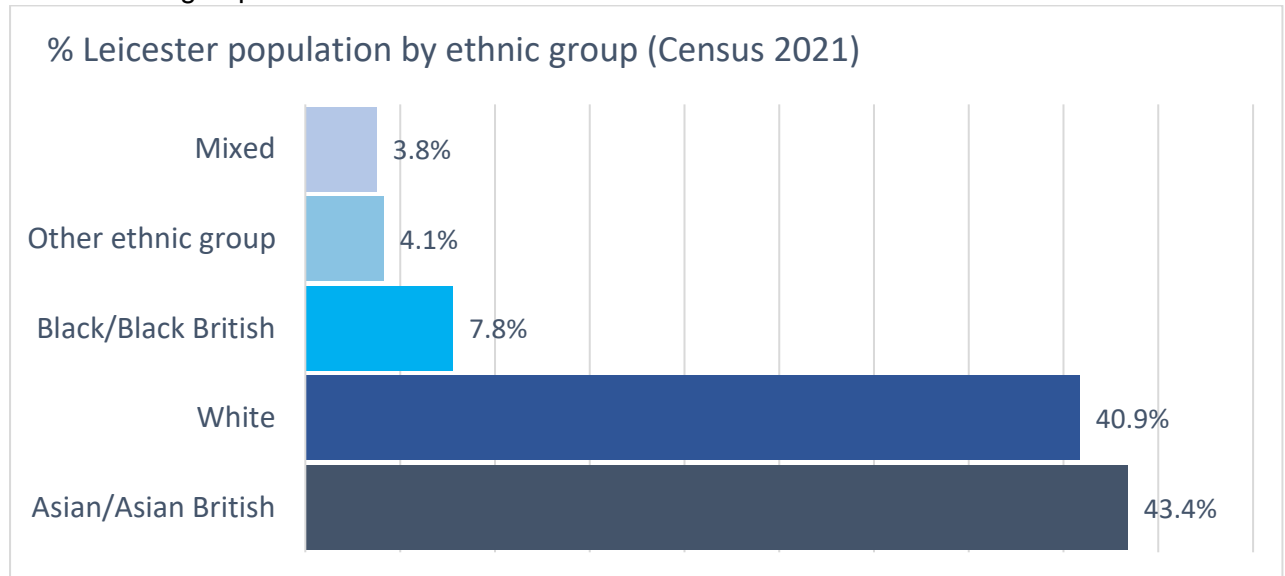
- Rutland has a population of around 41,000
- Larger proportion of residents aged over 65 compared with England with 10,300 aged over 65 years: (25.1%, England 18.4%)
- Smaller proportion of residents aged under 25 compared with England with 10,800 aged 0-24 years: (26.3%, England 29.2%)

<sup>1</sup> Census 2021

## Key facts: Population Diversity<sup>2</sup>

### Leicester

Around 43% of Leicester's population are from Asian/Asian British ethnicity and 41% from a White ethnic group.



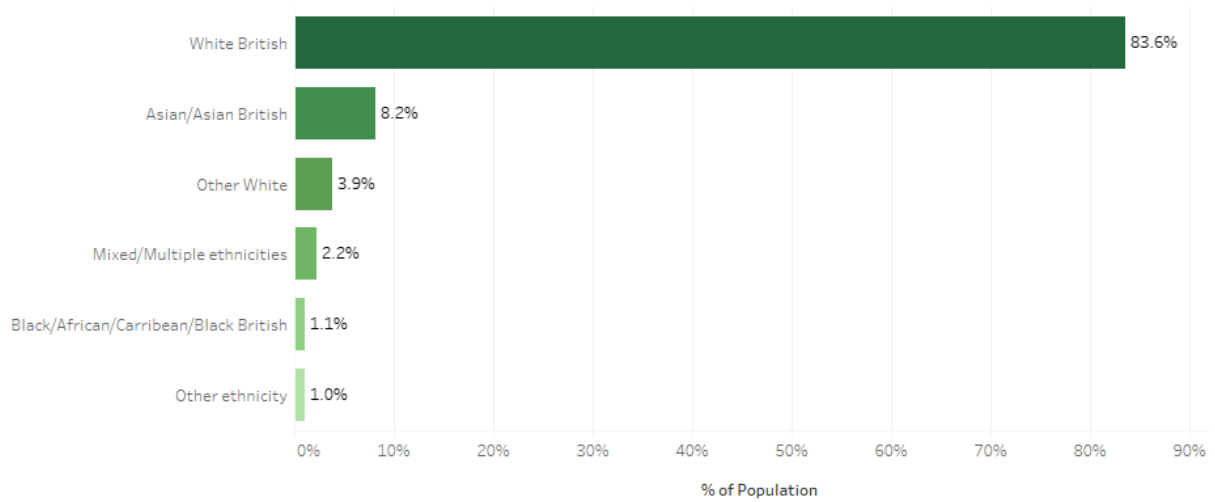
- The age profile of Black and minority ethnic groups is younger than White British communities
- In the last year, nearly 10% of Leicester's population are migrants from within the UK and 2% are migrants from outside the UK.
- Main faith groups include Christian 25%, Muslim 24%, no faith 23%, Hindu 18%, Sikh 5%
- Around 100 languages are spoken by residents (67% reported English as their main language, 12% Gujarati and 3% Punjabi)

### Leicestershire

- The majority of Leicestershire population are of White British ethnicity with just under 85% of the population.
- The next biggest ethnic group is the Asian/Asian British (8.2%), followed by Other White (3.9%) and Mixed (2.2%) ethnicities.

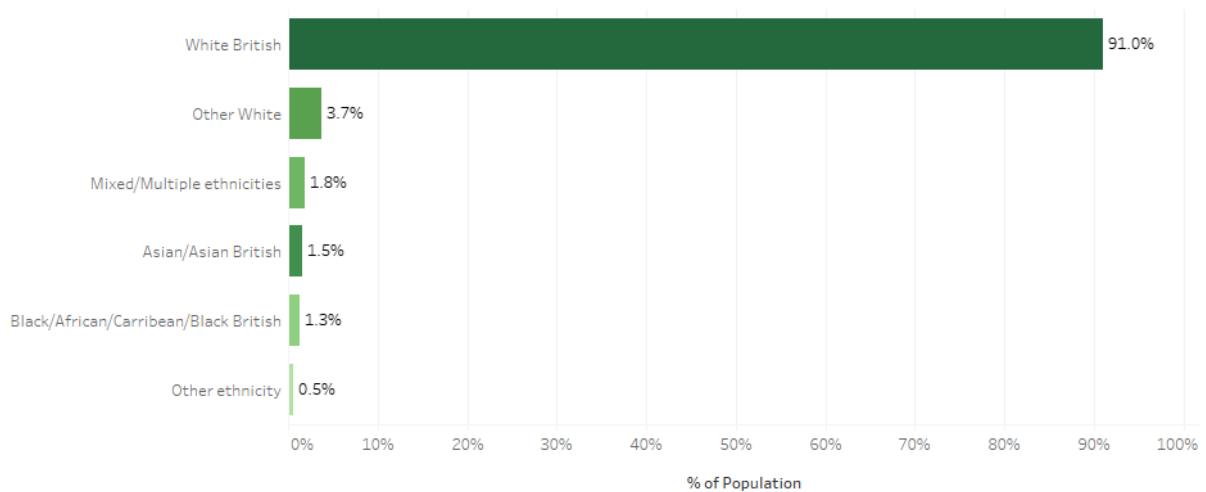
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<sup>2</sup> Census 2011



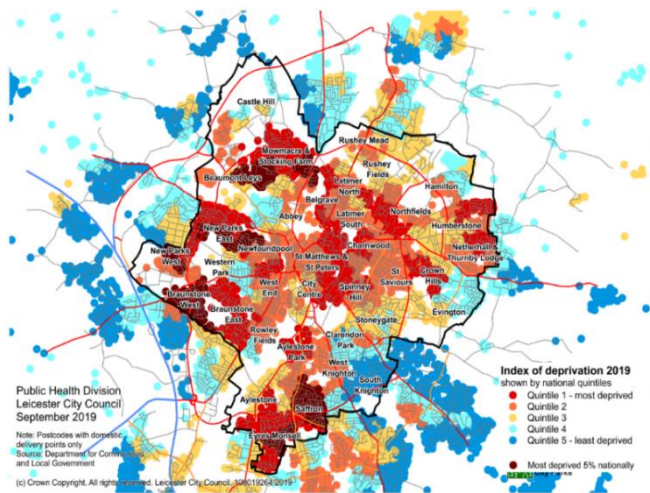
## Rutland

- The majority of Rutland population are of White British ethnicity with just over 90% of the population.
- The next biggest ethnic group is the Other White (3.7%) and Mixed/multiple ethnicities (1.8%) ethnicities.



# Key facts: Deprivation<sup>3</sup>

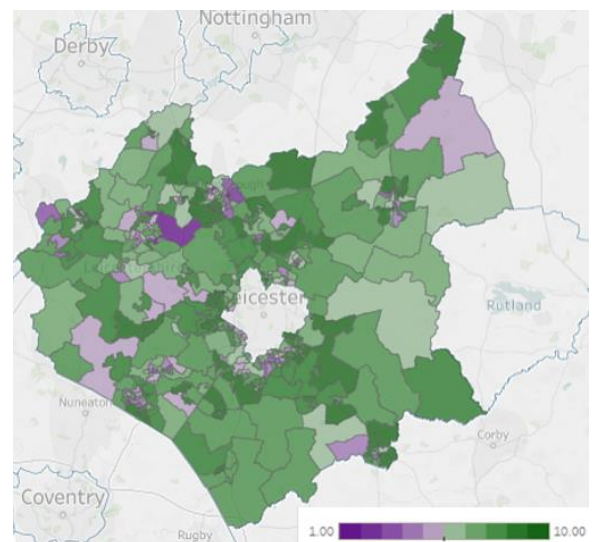
## Leicester



- Leicester is the 32<sup>nd</sup> most economically deprived local authority in England.
- 35% of Leicester’s residents live in the 20% most deprived areas in England, only 2% of Leicester’s residents live in the 20% least deprived areas in England

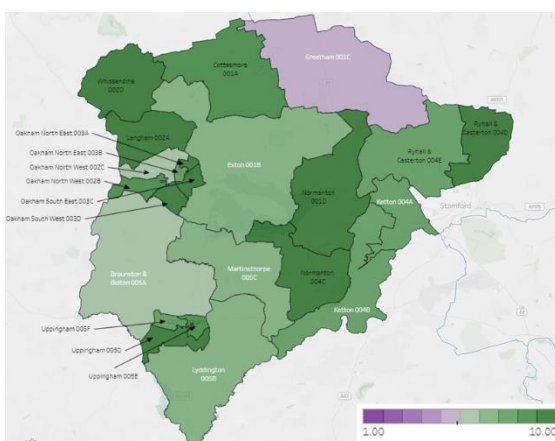
- Leicestershire has relatively low levels of deprivation overall and is ranked 137th out of 152 upper tier authorities in England for Multiple Deprivation.
- However, pockets of significant deprivation exist; four neighbourhoods in the county fall within the most deprived decile in England. These areas can be found in Loughborough (Loughborough Bell Foundry and Loughborough Warwick Way LSOAs) and two in the Greenhill area of Coalville.

## Leicestershire



- Rutland has relatively low levels of deprivation overall and is ranked 149th out of 152 upper tier authorities in England for Multiple Deprivation.
- Rutland has no areas in the 2 most deprived quintiles nationally. However, such statistical indices do not always capture all aspects of socio-economic disadvantage and there may be pockets of rural deprivation in some areas of Rutland.

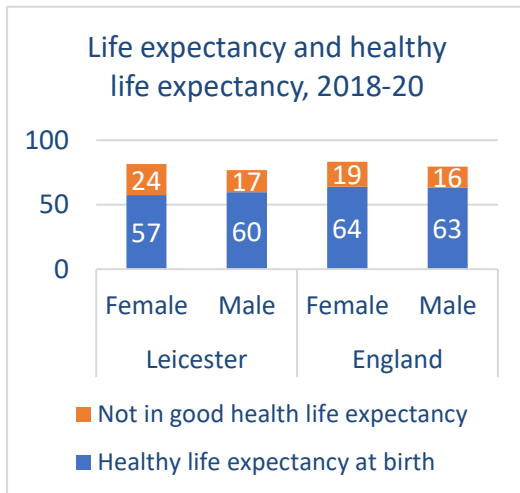
## Rutland



<sup>3</sup> Indices of multiple deprivation 2019: <https://www.gov.uk/government/statistics/english-indices-of-deprivation-2019>

# Key facts: Life Expectancy<sup>4</sup>

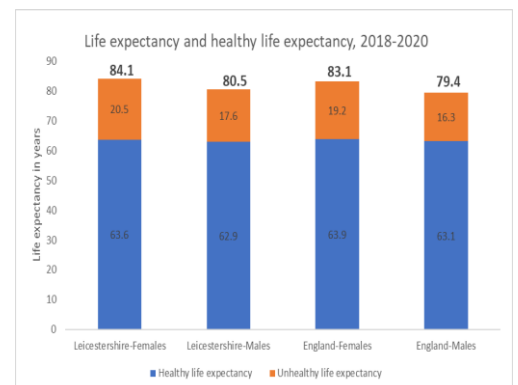
## Leicester



- Life expectancy for Leicester residents is significantly lower than nationally
- Leicester females can expect 57 years healthy life and a further 24 in ill health compared to 64 healthy years and 19 ill health years for national average
- Leicester males have 60 years healthy life expectancy and 17 years ill health life expectancy (63 healthy years and 16 ill health years nationally)
- There is also inequality across the city, with those in the least deprived areas of the city having longer life expectancies

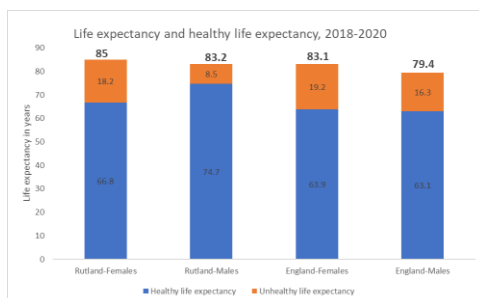
- Leicester males in the least deprived areas have an additional 8 years and Leicester females have an additional 6 years of life expectancy
- Rates of premature (deaths under 75 years) in Leicester are significantly worse than nationally for heart disease and stroke, cancer, respiratory diseases and liver disease.

## Leicestershire



- Life expectancy for Leicestershire residents is significantly higher than nationally
- Leicestershire females can expect 64 years healthy life and a further 21 in ill health compared to 64 healthy years and 19.2 ill health years for national average
- Leicestershire males have 63 years healthy life expectancy and 18 years ill health life expectancy (63 healthy years and 16 ill health years nationally)
- There is also inequality across the county, with those in the least deprived areas having longer life expectancies.
- Leicestershire males in the least deprived areas have an additional 7 years and Leicestershire females have an additional 5 years of life expectancy
- Rates of premature (deaths under 75 years) in Leicestershire are significantly better than national for heart disease and stroke, cancer, respiratory diseases and liver disease.

## Rutland



- Life expectancy for Rutland residents is significantly higher than nationally
- Rutland females can expect 67 years healthy life and a further 18 in ill health compared to 64 healthy years and 19 ill health years for national average
- Rutland males have 75 years healthy life expectancy
- Rates of premature (deaths under 75 years) in Rutland are significantly better than national for heart disease and respiratory diseases.

<sup>4</sup> ONS Life Expectancy data 2018-2020

## **Key facts: Infant mortality<sup>5</sup>**

### **Leicester**

Infant mortality in Leicester is significantly worse than nationally with 5.8 deaths in children under 12 months old per 1,000 live births (3.9 in England, 2018-2020). This is equivalent to around 27 infant deaths a year.

### **Leicestershire**

The rate of Infant mortality in Leicestershire is similar to the national with 3.3 deaths in children under 12 months old per 1,000 live births (3.9 in England, 2018-2020). This is equivalent to around 22 infant deaths a year.

### **Rutland**

The rate of Infant mortality in Rutland is similar to nationally with 3.4 deaths in children under 12 months old per 1,000 live births (3.9 in England, 2018-2020). This is equivalent to around 1 infant deaths a year.

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<sup>5</sup> Office for Health Improvement and Disparities Public Health Profiles: <https://fingertips.phe.org.uk/>

## Key facts: Children Error! Bookmark not defined.

### Leicester

Over a fifth (22%) of children in Leicester (16,700) live in low-income families (England 12%)

#### Giving children the best start in life

The first 1001 days of a child's life, from conception to age 2, is a time of rapid growth and brain development and has an important influence on a child's future. Risk factors in pregnancy include smoking, drinking alcohol and obesity. Breastfeeding is encouraged to help protect babies from infections and disease and the childhood vaccination programme offers a series of vaccinations against life-threatening diseases.

Compared to nationally:

- Levels of smoking and obesity in early pregnancy are significantly worse in Leicester
- Low birthweight babies and infant mortality rates are worse
- Breastfeeding prevalence (6-8 weeks) is better in Leicester
- Vaccination uptake in Leicester children has been declining in recent years; uptake is now below 95%, with many vaccinations falling below 90%
- Child development within the first 2 years is poorer in Leicester; a similar percentage of children achieving the expected level in communication skills but fewer achieving the expected personal-social skills

#### Early Years

Many outcomes for children in Leicester in early years are worse than nationally, including:

- Dental decay - nearly 1 in 4 children showing visually obvious dental decay
- School readiness - around two thirds of children achieving a good level of development at the end of reception year.
- Obesity levels in reception year children are lower than nationally (around 1 in 10), however by year 6, 1 in 4 children are obese.

Table X: Comparison of outcomes in early years, Leicester and England

Indicator	Latest period	Leicester Value	England Value
Under 18s conception rate / 1,000	2020	11.4	13.0
Smoking status at time of delivery	2020/21	10.2	9.6
Low birth weight of term babies	2020	4.9	2.9
Proportion of New Birth Visits (NBVs) completed within 14 days	2020/21	87.6	88.0
Breastfeeding prevalence at 6-8 weeks after birth	2020/21	52.3	47.6
Child development: percentage of children achieving a good level of development at 2	2020/21	78.0	82.9
Child development: percentage of children achieving the expected level in communication skills at 2-2½ years	2020/21	85.6	86.8
Child development: percentage of children achieving the expected level in personal-social skills at 2-2.5 years	2020/21	85.0	90.2
Reception: Prevalence of overweight (including obesity)	2019/20	19.4	23.0
Year 6: Prevalence of overweight (including obesity)	2019/20	38.4	35.2
Percentage of physically active children and young people	2020/21	45.4	44.6
Hospital admissions caused by unintentional and deliberate injuries in children (aged 0-4 years)	2020/21	35.9	108.7

Better Similar Worse Higher Lower

## Leicestershire

Less than a tenth (9%) of children in Leicestershire (11,316) live in low-income families (England 15%)

### Giving children the best start in life

Compared to nationally:

- Levels of smoking and obesity in early pregnancy are similar to the national average
- Proportion of low birthweight babies are better than the national average.
- Vaccination uptake in Leicestershire children is generally good in recent years; uptake is mostly above 95%, The exceptions being flu vaccinations for primary school children, and HPV vaccines for both males and females.
- Child development within the first 2 years is poor in Leicestershire; with lower levels of children achieving expected skills for both personal-social skills and communication skills.

### Early Years

Whilst outcomes for children in Leicestershire in early years are generally better than nationally, recently indicators looking at health reviews are mostly worse including:

- The proportion of New Birth Visits completed within 14 days is worse than national
- Only three quarters of infants receive a 6-to-8-week review compared to 80% nationally
- Half the national proportion of Leicestershire children receive a 12-month review at 33% compared to 76% nationally.

Table X: Comparison of outcomes in early years, Leicestershire and England

Indicator	Latest period	Leicestershire Value	England Value
Under 18s conception rate / 1,000	2020	10.8	13.0
Smoking status at time of delivery	2020/21	10.5%	9.6%
Low birth weight of term babies	2020	2.2%	2.9%
Proportion of New Birth Visits (NBVs) completed within 14 days	2020/21	86.8%	88.0%
Proportion of infants receiving a 6-to-8-week review	2020/21	75.1%	80.2%
Proportion of children receiving a 12-month review	2020/21	32.7%	76.1%
Child development: percentage of children achieving a good level of development at 2-2.5 years	2020/21	70.3%	82.9%
Child development: percentage of children achieving the expected level in communication at 2-2.5 years	2020/21	78.3%	86.8%
Child development: percentage of children achieving the expected level in personal-social skills at 2-2.5 years	2020/21	78.8%	90.2%
Reception: Prevalence of overweight (including obesity)	2019/20	19.0%	23.0%
Year 6: Prevalence of overweight (including obesity)	2019/20	30.6%	35.2%
Percentage of physically active children and young people	2020/21	45.5%	44.6%
Hospital admissions caused by unintentional and deliberate injuries in children (aged 0-4 years) /10,000	2020/21	57.5	108.7

Better Similar Worse Higher Lower



## Rutland

Less than a tenth (7%) of children in Rutland (448) live in low-income families (England 15%)

### Giving children the best start in life

The first 1001 days of a child's life, from conception to age 2 is a time of rapid growth and brain development and has an important influence on a child's future. Risk factors in pregnancy include smoking, drinking alcohol and obesity. Breastfeeding is encouraged to help protect babies from infections and disease and the childhood vaccination programme offers a series of vaccinations against life-threatening diseases.

Compared to nationally:

- Levels of smoking, obesity in early pregnancy and proportion of low birthweight babies are similar to the national average
- Vaccination uptake in Rutland children is mostly not available as figures for Leicester and Rutland are combined.
- Child development within the first 2 years is similar to average in Rutland; with similar levels of children achieving expected skills for both personal-social skills and communication skills.

### Early Years

Whilst outcomes for children in Rutland in early years are generally similar to average this may be results of the small population:

- The proportion of New Birth Visits completed within 14 days is worse than national
- Half the national proportion of Rutland children receive a 12-month review at 37% compared to 76% nationally.

*Table X: Comparison of outcomes in early years, Rutland and England*

Indicator	Latest period	Rutland Value	England Value
Under 18s conception rate / 1,000	2020	5.7	13.0
Smoking status at time of delivery	2020/21	8.8%	9.6%
Low birth weight of term babies	2020	1.7%	2.9%
Proportion of New Birth Visits (NBVs) completed within 14 days	2020/21	82.5%	88.0%
Proportion of infants receiving a 6-to-8-week review	2020/21	76.4%	80.2%
Proportion of children receiving a 12-month review	2020/21	37.0%	76.1%
Child development: percentage of children achieving a good level of development at 2-2.5 years	2020/21	80.9%	82.9%
Child development: percentage of children achieving the expected level in communication at 2-2.5 years	2020/21	87.8%	86.8%
Child development: percentage of children achieving the expected level in personal-social skills at 2-2.5 years	2020/21	90.9%	90.2%
Reception: Prevalence of overweight (including obesity)	2019/20	23.1%	23.0%
Year 6: Prevalence of overweight (including obesity)	2019/20	26.6%	35.2%
Hospital admissions caused by unintentional and deliberate injuries in children (aged 0-4 years) /10,000	2020/21	84.5	108.7

Better Similar Worse Higher Lower

## Key facts: Healthy Lifestyles Error! Bookmark not defined.

### Leicester

Leicester overall, has a lower proportion of people who are physically active and meeting the recommended levels of '5-a-day'. Smoking prevalence overall is similar to the national rate but hospital admissions for alcohol-related conditions are higher. There is variation across the city and generally levels of smoking and alcohol use are higher in the west of the city.

Table X: Comparison of lifestyle indicators, Leicester and England

Indicator	Latest period	Leicester Value	England Value
Percentage of physically active adults	2020/21	55.4	65.9
Proportion of the adult population meeting the recommended '5-a-day' on a 'usual day'	2019/20	50.9	55.4
Percentage of adults (aged 18+) classified as overweight or obese	2020/21	60.2	63.5
Smoking Prevalence in adults (18+)	2020	12.2%	12.1%
Admission episodes for alcohol-related conditions: rate per 100,000	2020/21	527	456

### Leicestershire

Leicestershire overall has a lower proportion of people who smoke and lower levels of alcohol related hospital admissions when compared to the national average. But similar levels of physically active adults, Overweight adults and adults who meet the 5-a-day recommendation on a usual day.

Table X: Comparison of lifestyle indicators, Leicestershire and England

Indicator	Latest period	Leicestershire Value	England Value
Percentage of physically active adults	2020/21	66.6%	65.9%
Proportion of the adult population meeting the recommended '5-a-day' on a 'usual day'	2019/20	57.0%	55.4%
Percentage of adults (aged 18+) classified as overweight or obese	2020/21	64.9%	63.5%
Smoking Prevalence in adults (18+)	2020	9.3%	12.1%
Admission episodes for alcohol-related conditions: rate per 100,000	2020/21	404	456

### Rutland

Rutland overall has lower levels of alcohol related hospital admissions when compared to the national average and higher levels of physically active adults and adults eating 5-a-day. But similar levels of Overweight adults and adults who smoke.

Table 2: Comparison of lifestyle indicators, Rutland and England

Indicator	Latest period	Rutland Value	England Value
Percentage of physically active adults	2020/21	74.0%	65.9%
Proportion of the adult population meeting the recommended '5-a-day' on a 'usual day'	2019/20	64.9%	55.4%
Percentage of adults (aged 18+) classified as overweight or obese	2020/21	59.5%	63.5%
Smoking Prevalence in adults (18+)	2020	8.1%	12.1%
Admission episodes for alcohol-related conditions: rate per 100,000	2020/21	304	456

## Key facts: Mental Health Error! Bookmark not defined.

Mental health is a state of wellbeing in which individual potential can be realised. In contrast, mental illness refers to morbidity due to mental neurological and substance misuse disorders. Approximately 1 in 4 people in England will experience a mental health problem each year.

Factors affecting mental ill health include pregnancy, adverse childhood experiences, being a student, stresses of work/unemployment, social isolation, long-term health conditions, being a carer, being of an ethnic minority group, LGBT, offender, homeless, asylum seeker/ refugee or veteran status.

People with common mental health disorders are more likely to engage in behaviours that are detrimental to overall health. Mental health can increase the risk of

- Poor diet and risk of obesity
- Physical inactivity
- Heavy smoking: a significant cause of morbidity and health inequality
- Drug and alcohol misuse: associated with higher levels of neurosis and psychoses
- Suicide and self-harm: On average, 30 people a year take their own lives in Leicester. The rate of suicide is around 4 to 5 times higher among males than females

## Leicester

Table X: Comparison of poor mental health risk factors, Leicester and England

Indicators – Poor mental health risk factors	Time period	Leicester	England	
Children living in deprivation (IDACI): % in most deprived 20% areas nationally	2019	24.2%	17.10%	
Children in care: Children looked after as a rate per 10,000 under 18 year olds	2021	74	67	
Children on child protection plans: Rate per 10,000 children under 18	2020/21	46.6	41.4	
School pupils with social, emotional and mental health needs: % of pupils	2021	3.2%	2.8%	
First time entrants to the youth justice system: rate per 100,000 10-17 year olds	2021	188.2	146.9	
16-17 year olds not in education, employment or training	2020	7.4%	5.50%	
Living in 20% most deprived areas: % of population (2019)	2019	35%	20%	
Fuel poverty: % of households	2020	19.1%	13.2%	
Employment and support allowance claimants: % of 16-64 year olds	2021	5.2%	4.3%	
Admission episodes for alcohol-related conditions (broad): directly standardised rate per 100,000 population	2020/21	529	379	
Domestic abuse-related incidents and crimes; per 1,000 16+ population	2020/21	23.1	30.3	
Proportion of opiates and/or crack cocaine users not in treatment	2020/21	57.8%	52.1%	
Older people living in deprivation (IDAOP): % of population aged 60+	2019	29.8%	14.2%	
Premature mortality in adults with severe mental illness: rate per 100,000	2018-20	164.4	103.6	
Better	Similar	Worse	Higher	Lower

## Leicestershire

Leicestershire performs better than national for most indicators examining mental health risk factors.

*Table X: Comparison of poor mental health risk factors, Leicestershire and England*

Indicators-Poor mental health risk factors	Latest period	Leicestershire Value	England Value
Children living in deprivation (IDACI):% in most deprived 20% areas nationally	2019	10.6%	17.1%
Children in care: Children looked after as a rate per 10,000 under 18 year olds	2021	49	67
Children on child protection plans: Rate per 10,000 children under 18	2020/21	34.8	41.4
School pupils with social, emotional and mental health needs: % of pupils	2021	2.3%	2.8%
First time entrants to the youth justice system: rate per 100,000 10–17-year-olds	2021	106.7	146.9
16–17-year-olds not in education, employment or training	2020	4.7%	5.5%
Living in 20% most deprived areas: % of population (2019)	2014	1.8%	20%
Fuel poverty: % of households	2020	11.3%	13.2%
Admission episodes for alcohol-related conditions (broad): directly standardised rate per 100,000 population	2020/21	267	379
Domestic abuse-related incidents and crimes; per 1,000 16+ population	2020/21	23.1	30.3
Proportion of opiates and/or crack cocaine users not in treatment	2020/21	52.7%	52.1%
Older people living in deprivation (IDAOP): % of population aged 60+	2019	9.2%	14.2%
Premature mortality in adults with severe mental illness: rate per 100,000	2018-20	95.2	103.6

Better Similar Worse Higher Lower

## Rutland

Rutland performs better than national for most indicators examining mental health risk factors.

*Table X: Comparison of poor mental health risk factors, Rutland and England*

Indicators-Poor mental health risk factors	Latest period	Rutland Value	England Value
Children living in deprivation (IDACI): % in most deprived 20% areas nationally	2019	7.2%	17.1%
Children in care: Children looked after as a rate per 10,000 under 18 year olds	2021	43	67
Children on child protection plans: Rate per 10,000 children under 18	2020/21	10.2	41.4
School pupils with social, emotional and mental health needs: % of pupils	2021	2.4%	2.8%
16–17-year-olds not in education, employment or training	2020	1.9%	5.5%
Living in 20% most deprived areas: % of population (2019)	2019	0%	20%
Fuel poverty: % of households	2020	11.9%	13.2%
Admission episodes for alcohol-related conditions (broad): directly standardised rate per 100,000 population	2020/21	121	222
Domestic abuse-related incidents and crimes; per 1,000 16+ population	2020/21	23.1	30.3
Older people living in deprivation (IDAOP): % of population aged 60+	2019	6.4%	14.2%
Premature mortality in adults with severe mental illness: rate per 100,000	2018-20	55.9	103.6

Better Similar Worse Higher Lower