

East of England

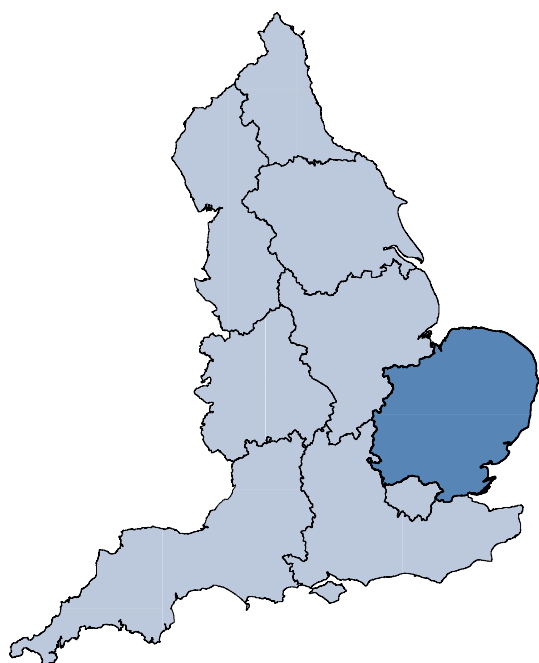
This profile gives a picture of health in this area. It is designed to help local government and health services improve people's health and reduce health inequalities.

Health Profiles are produced every year by the Association of Public Health Observatories.

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POPULATION 5,728,700

Mid-2008 population estimate

Source: National Statistics website: www.statistics.gov.uk



East of England at a glance

- The health of people in the East of England is generally better than the average for England. However, the region has a higher than average rate of road injuries and deaths.
- There are inequalities in health within the region and these are closely related to deprivation. The health of people in many local authorities in the East of England is better than the average for England. However, the health of people in a small number of local authorities in the region, for example Peterborough and Luton, is generally worse than average.
- GCSE attainment across the East of England is higher than the average for England. However, there are local authorities in the region where the rate of attainment is amongst the worst in England.
- Death rates from all causes for men and women have reduced substantially in the region and remain lower than England overall.
- Although the rate of alcohol related admissions is lower than the England average it has continued to rise.
- The proportion of adults participating in recommended levels of physical activity has fallen in the region.
- While death rates from smoking in the East of England remain lower than the England average, preventing ill health by addressing smoking continues to be a priority for the region.
- The regional strategy to improve the health of people living in the East of England, 'Improving Lives; Saving Lives', is available from www.eoe.nhs.uk



Since last year we have developed a strong programme to support the regional health strategy *Improving Lives; Saving Lives* around five main themes: health in the workplace, supporting healthy choices and behaviour change, tobacco control, reducing health inequalities and sustainable development.

I am pleased with progress in a number of areas. Health outcomes continue to improve – death rates from heart disease, stroke and cancer show steady declines and we remain a healthy population compared to England.

Last year I noted our major initiatives to tackle smoking in the East of England. Since then much has happened. We have developed a major lifestyle improvement programme for the National Health Service – NHS prevention – to supplement NHS health checks. This is being piloted in this region. It is based on strong evidence that tackling four aspects of lifestyle – diet, tobacco consumption, increasing physical activity and drinking within sensible limits can lead to dramatic improvements in health and wellbeing.

There is much for this approach to do – alcohol-related hospitalisations continue to rise, adult levels of physical activity show no dramatic improvements, and our smoking programme will take time for full effect.

Tackling health inequalities remains a major priority for us. There is considerable variation in health status and outcomes across the region. Of particular concern is the variation in educational achievement. Health and education are closely linked - educational performance varies dramatically across our region as measured by achievement of 5 A*-C grades at GCSE. It is lowest in the more deprived parts of the region, but also in some of the more rural areas.




Dr Anne McConville

Acting Regional Director of Public Health






Map 1

Index of Multiple Deprivation 2007 by Lower Super Output Area in the East of England Region

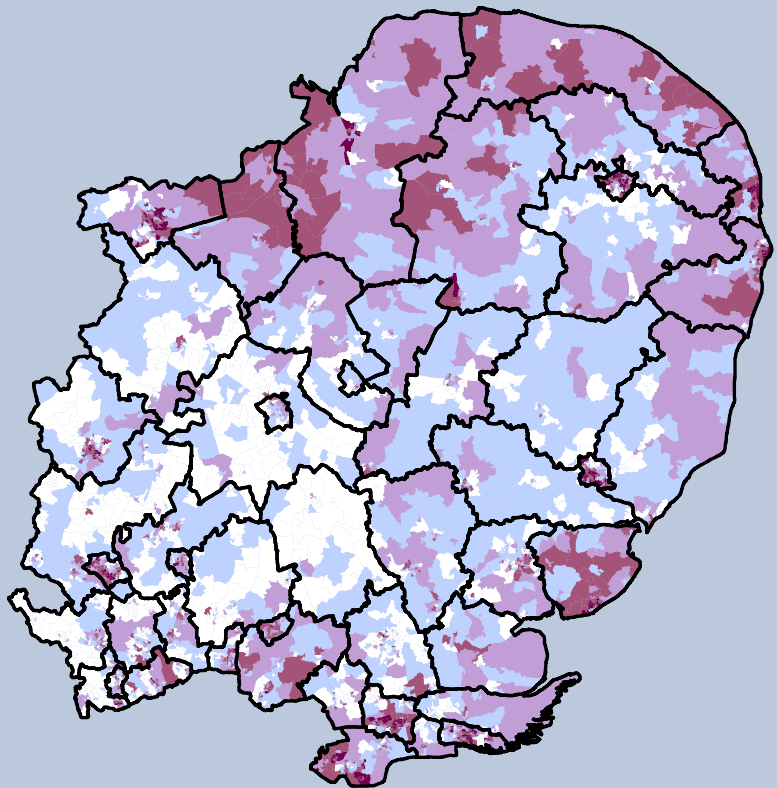
Legend

 Local authority area

National deprivation quintiles

-  Quintile 1 (least deprived)
-  Quintile 2
-  Quintile 3
-  Quintile 4
-  Quintile 5 (most deprived)


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Map 2

GCSE achievement (5 A*- C including English and Maths) by Local Authority Area in the East of England Region

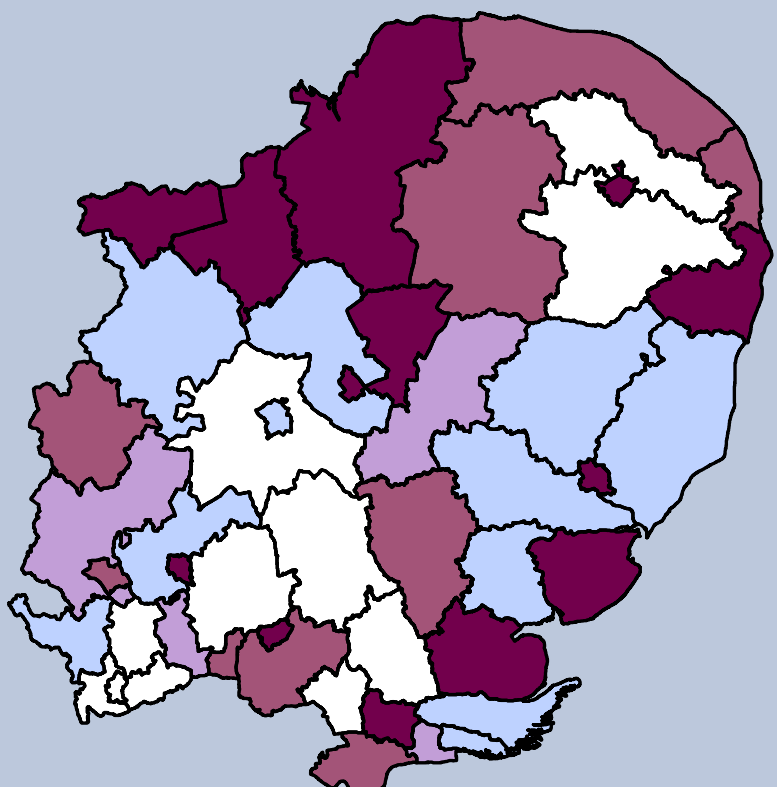
Legend

 Local authority area

Percentage of pupils at Key Stage 4, 2008/09, by national quintiles

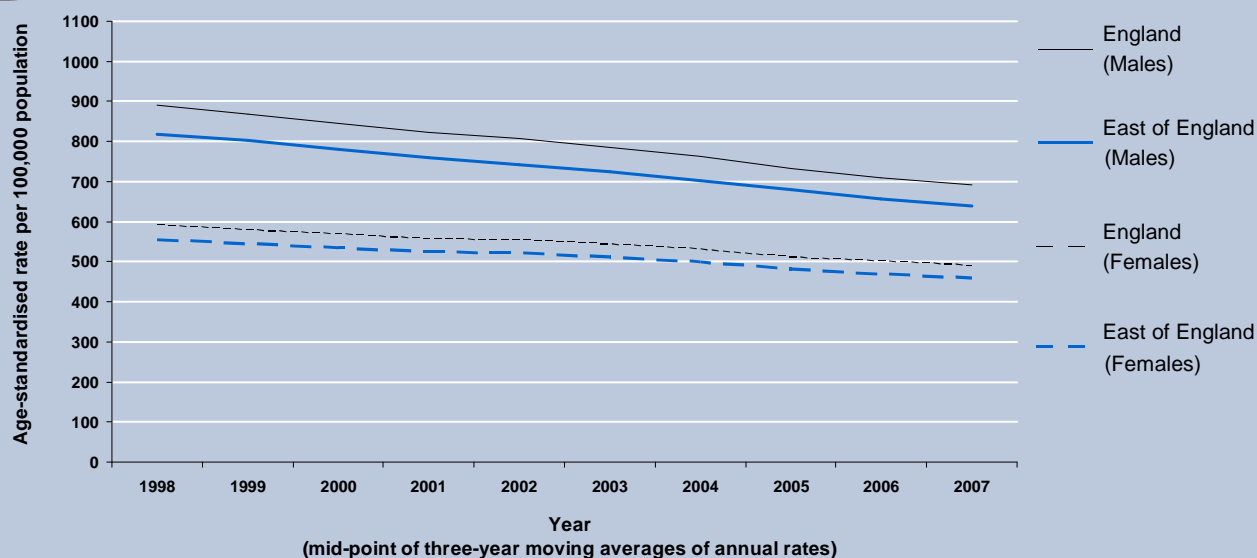
-  58.49 to 76.11 (best quintile)
-  53.55 to 58.48
-  48.74 to 53.54
-  44.66 to 48.73
-  32.09 to 44.65 (worst quintile)

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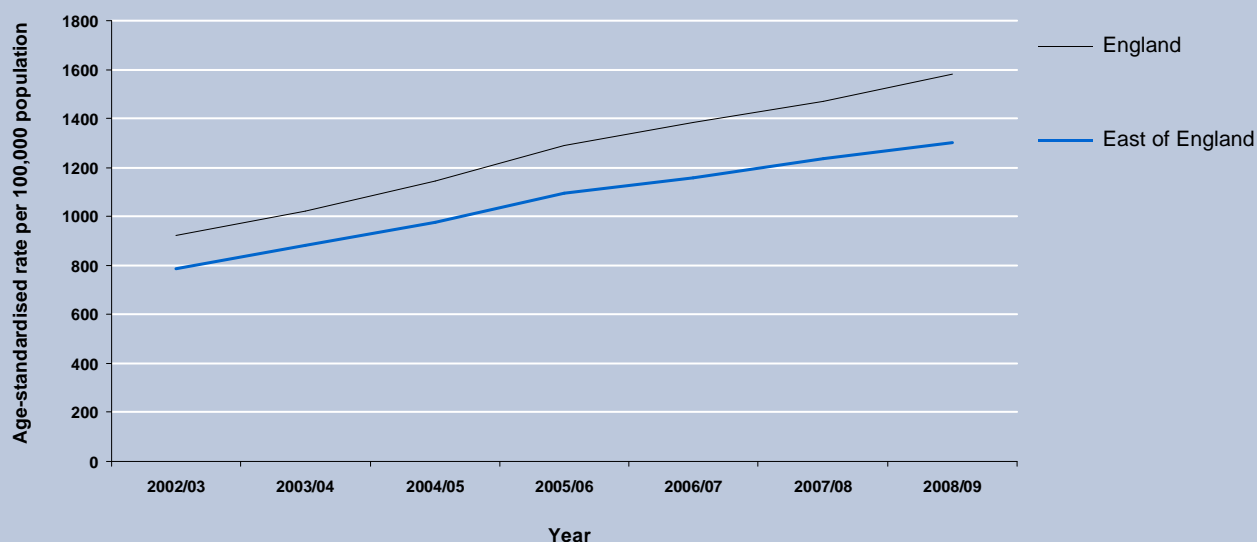
Trend 1

All-age all-cause mortality per 100,000 males and females for England and East of England Region



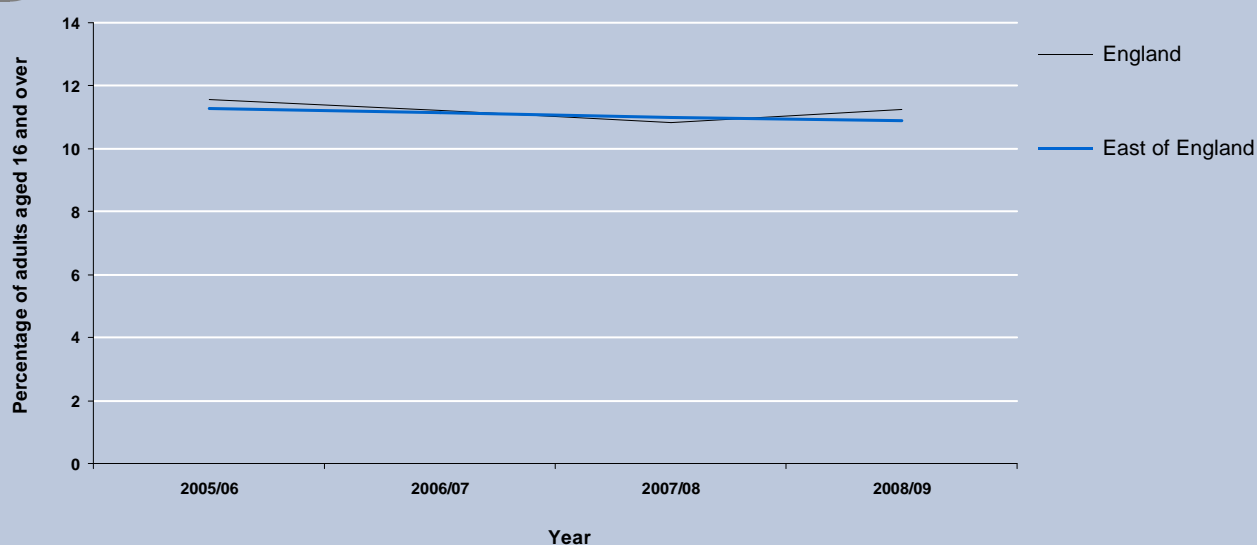
Trend 2

Hospital stays for alcohol-related harm per 100,000 persons, all ages for England and East of England Region



Trend 3

Percentage of adults aged 16 and over participating in recommended levels of physical activity for England and East of England Region



Local variations

Regional Context

This table shows how each local authority and county within this region compares to the regional average, for the range of indicators used in the local Health Profiles. Indicators and areas are sorted from top to bottom and from left to right so that the better overall results appear at the top left and worse overall results at the bottom right of the table. A green box may still indicate an important public health problem.

	Deprivation	New cases of tuberculosis	Statutory homelessness	Tooth decay in children aged 5 years	Children in poverty	Hospital stays for alcohol related harm	Incapacity benefits for mental illness	Adults who smoke	Breast feeding initiation	People diagnosed with diabetes	Teenage pregnancy (under 18)	Violent crime	Early deaths: cancer	Binge drinking adults	Deaths from smoking	Life expectancy - male	Road injuries and deaths	Obese children	Early deaths: heart disease & stroke	Hip fracture in over-65s	Excess winter deaths	Healthy eating adults	Life expectancy - female	Incidence of malignant melanoma	Infant deaths	Physically active adults	Obese adults	Physically active children	GCSE achieved (5A*-C inc. Eng & Maths)	Smoking in pregnancy	Carbon emissions	Drug misuse	
South Cambridgeshire CD																																	
East Hertfordshire CD																																	
Mid Suffolk CD																																	
Suffolk Coastal CD																																	
Uttlesford CD																																	
Three Rivers CD																																	
Babergh CD																																	
South Norfolk CD																																	
St Albans CD																																	
East Cambridgeshire CD																																	
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Dacorum CD																																	
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Broxbourne CD																																	
Forest Heath CD																																	
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Watford CD																																	
Waveney CD																																	
Tendring CD																																	
Harlow CD																																	
Fenland CD																																	
Ipswich CD																																	
Norwich CD																																	
Bedford UA																																	
Southend-on-Sea UA																																	
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Thurrock UA																																	
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■ Significantly worse than Regional average
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■ Not significantly different from Regional average
■ No significance can be calculated, or data unavailable or suppressed due to small numbers

Local variations

National Context

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	Deprivation	New cases of tuberculosis	Incapacity benefits for mental illness	Life expectancy - male	Children in poverty	Early deaths: heart disease & stroke	Violent crime	Hospital stays for alcohol related harm	Life expectancy - female	Teenage pregnancy (under 18)	Tooth decay in children aged 5 years	Deaths from smoking	People diagnosed with diabetes	Early deaths: cancer	Statutory homelessness	Binge drinking adults	Healthy eating adults	Adults who smoke	Obese children	Infant deaths	Hip fracture in over-65s	Incidence of malignant melanoma	Breast feeding initiation	GCSE achieved (5A*-C inc. Eng & Maths)	Obese adults	Physically active children	Excess winter deaths	Road injuries and deaths	Physically active adults	Smoking in pregnancy	Carbon emissions	Drug misuse		
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■ Significantly worse than England average
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Regional variations

National Context

This table shows how each region compares to the England average for the range of indicators used in the local Health Profiles. Areas are sorted by a summary score of red, amber and green indicators so that areas with more indicators which are better than the England average appear at the left and those which are worse appear at the right. A green box may still indicate an important public health problem.

Domain	Indicator	England	South West	East of England	South East	East Midlands	London	North West	North East	Yorkshire and the Humber	West Midlands
Our communities	1 Deprivation	19.9	9.2	6.2	5.9	16.6	28.5	31.8	33.7	27.2	27.4
	2 Children in poverty	22.4	16.9	16.9	15.4	19.5	33.9	25.0	26.0	23.0	24.8
	3 Statutory homelessness	2.48	1.65	2.13	1.37	1.98	4.02	1.87	2.83	2.87	3.88
	4 GCSE achieved (5A*-C inc. Eng & Maths)	50.9	51.8	51.9	53.8	49.9	53.9	49.9	48.1	47.3	48.5
	5 Violent crime	16.4	14.4	12.2	16.1	16.1	23.0	15.9	14.5	15.7	16.5
	6 Carbon emissions	6.8	6.9	7.0	6.6	7.3	5.9	6.8	7.9	7.3	6.8
Children's and young people's health	7 Smoking in pregnancy	14.6	14.8	14.9	12.8	16.0	7.5	19.0	22.8	18.4	15.3
	8 Breast feeding initiation	72.5	77.5	72.4	78.4	71.4	86.3	62.7	54.5	67.7	65.2
	9 Physically active children	49.6	52.4	50.1	47.6	50.2	49.3	51.6	51.1	47.6	48.4
	10 Obese children	9.6	8.9	8.7	8.7	9.1	11.2	9.6	10.2	9.6	10.1
	11 Tooth decay in children aged 5 years	1.1	1.0	0.8	0.9	1.0	1.3	1.5	1.5	1.5	1.0
	12 Teenage pregnancy (under 18)	40.9	34.6	32.6	33.0	39.9	45.3	45.7	50.3	47.2	46.2
Adults' health and lifestyle	13 Adults who smoke	22.2	21.4	20.9	19.8	24.0	20.8	23.6	27.9	24.0	21.6
	14 Binge drinking adults	20.1	20.7	18.2	18.1	20.1	14.3	23.3	30.1	24.5	18.8
	15 Healthy eating adults	28.7	29.6	30.3	29.2	28.6	36.4	26.2	21.5	24.5	25.7
	16 Physically active adults	11.2	12.7	10.9	11.9	11.8	10.2	10.8	11.3	12.1	10.1
	17 Obese adults	24.2	24.7	23.6	23.7	24.3	20.7	23.4	27.8	26.3	26.4
Disease and poor health	18 Incidence of malignant melanoma	12.6	17.7	12.1	15.2	12.2	7.3	12.7	10.7	13.6	11.2
	19 Incapacity benefits for mental illness	27.6	26.8	20.9	19.9	25.1	26.7	40.0	38.5	28.1	28.9
	20 Hospital stays for alcohol related harm	1580	1490	1300	1240	1560	1490	2080	2250	1520	1660
	21 Drug misuse										
	22 People diagnosed with diabetes	4.30	4.07	4.01	3.90	4.55	4.43	4.56	4.35	4.33	4.70
	23 New cases of tuberculosis	15	5	8	8	13	44	11	7	13	18
	24 Hip fracture in over-65s	479.2	465.7	467.5	473.0	484.2	436.6	498.8	530.6	485.5	499.3
Life expectancy and causes of death	25 Excess winter deaths	15.6	16.6	16.6	15.7	14.5	15.3	14.5	16.1	14.5	16.7
	26 Life expectancy - male	77.9	79.0	78.9	79.2	77.8	78.2	76.3	76.5	77.1	77.2
	27 Life expectancy - female	82.0	83.1	82.8	83.0	81.8	82.7	80.6	80.6	81.3	81.6
	28 Infant deaths	4.84	4.07	4.26	4.02	5.20	4.57	5.26	4.76	5.58	6.28
	29 Deaths from smoking	206.8	171.7	180.7	174.9	204.1	200.4	254.4	276.1	234.9	211.1
	30 Early deaths: heart disease & stroke	74.8	62.4	64.1	62.5	74.3	79.4	91.3	87.2	82.8	79.3
	31 Early deaths: cancer	114.0	104.7	105.9	106.3	113.4	109.8	127.1	134.0	120.2	116.8
	32 Road injuries and deaths	51.3	46.2	54.8	52.3	56.4	49.7	50.8	41.2	60.3	46.0

■ Significantly worse than England average
■ Significantly better than England average

■ Not significantly different from England average
■ No significance can be calculated, or data unavailable

Health summary for East of England

The chart below shows how people's health in this region compares to the rest of England. The regional result for each indicator is shown as a diamond, against the range of results for local authorities in England which is shown as a bar. A green diamond may still indicate an important public health problem.

- ◆ Significantly worse than England average
- ◆ Not significantly different from England average
- ◆ Significantly better than England average
- ◇ No significance can be calculated



Domain	Indicator	Local No. Per Year	Local Value	Eng Avg	Eng Worst	England Range	Eng Best
Our communities	1 Deprivation	345363	6.2	19.9	89.2	[Bar with diamond]	0.0
	2 Children in poverty	181921	16.9	22.4	66.5	[Bar with diamond]	6.0
	3 Statutory homelessness	5050	2.13	2.48	9.84	[Bar with diamond]	0.00
	4 GCSE achieved (5A*-C inc. Eng & Maths)	33849	51.9	50.9	32.1	[Bar with diamond]	76.1
	5 Violent crime	69248	12.2	16.4	36.6	[Bar with diamond]	4.8
	6 Carbon emissions	39729	7.0	6.8	14.4	[Bar with diamond]	4.1
Children and young people's health	7 Smoking in pregnancy	7540	14.9	14.6	33.5	[Bar with diamond]	3.8
	8 Breast feeding initiation	49453	72.4	72.5	39.7	[Bar with diamond]	92.7
	9 Physically active children	375999	50.1	49.6	24.6	[Bar with diamond]	79.1
	10 Obese children	4834	8.7	9.6	14.7	[Bar with diamond]	4.7
	11 Tooth decay in children aged 5 years	n/a	0.8	1.1	2.5	[Bar with diamond]	0.2
	12 Teenage pregnancy (under 18)	3472	32.6	40.9	74.8	[Bar with diamond]	14.9
Adults' health and lifestyle	13 Adults who smoke	n/a	20.9	22.2	35.2	[Bar with diamond]	10.2
	14 Binge drinking adults	n/a	18.2	20.1	33.2	[Bar with diamond]	4.6
	15 Healthy eating adults	n/a	30.3	28.7	18.3	[Bar with diamond]	48.1
	16 Physically active adults	n/a	10.9	11.2	5.4	[Bar with diamond]	16.6
	17 Obese adults	n/a	23.6	24.2	32.8	[Bar with diamond]	13.2
Disease and poor health	18 Incidence of malignant melanoma	688	12.1	12.6	27.3	[Bar with diamond]	3.7
	19 Incapacity benefits for mental illness	72745	20.9	27.6	58.5	[Bar with diamond]	9.0
	20 Hospital stays for alcohol related harm	91625	1300	1580	2860	[Bar with diamond]	784
	21 Drug misuse						
	22 People diagnosed with diabetes	229918	4.01	4.30	6.72	[Bar with diamond]	2.69
	23 New cases of tuberculosis	433	8	15	110	[Bar with diamond]	0
	24 Hip fracture in over-65s	6075	467.5	479.2	643.5	[Bar with diamond]	273.6
Life expectancy and causes of death	25 Excess winter deaths	2709	16.6	15.6	26.3	[Bar with diamond]	2.3
	26 Life expectancy - male	n/a	78.9	77.9	73.6	[Bar with diamond]	84.3
	27 Life expectancy - female	n/a	82.8	82.0	78.8	[Bar with diamond]	88.9
	28 Infant deaths	295	4.26	4.84	8.67	[Bar with diamond]	1.08
	29 Deaths from smoking	8236	180.7	206.8	360.3	[Bar with diamond]	118.7
	30 Early deaths: heart disease & stroke	4078	64.1	74.8	125.0	[Bar with diamond]	40.1
	31 Early deaths: cancer	6644	105.9	114.0	164.3	[Bar with diamond]	70.5
	32 Road injuries and deaths	3103	54.8	51.3	167.0	[Bar with diamond]	14.6

Note (numbers in bold refer to the above indicators)

1 % of people in this area living in 20% most deprived areas of England 2007 **2** % of children living in families receiving means-tested benefits 2007 **3** Crude rate per 1,000 households 2008/09 **4** % at Key Stage 4 2008/09 **5** Recorded violence against the person crimes crude rate per 1,000 population 2008/09 **6** Total end user CO₂ emissions per capita (tonnes CO₂ per resident) 2007 **7** % of mothers smoking in pregnancy where status is known 2008/09 **8** % of mothers initiating breast feeding where status is known 2008/09 **9** % of year 1-13 pupils who spend at least 3 hours per week on high quality PE and school sport 2008/09 **10** % of school children in reception year 2008/09 **11** Weighted mean number of teeth per 5 yr old child sampled that were actively decayed, missing or filled 2007/08 **12** Under-18 conception rate per 1,000 females aged 15-17 (crude rate) 2006-2008 (provisional) **13** % adults, direct estimate using Health Survey for England 2006-2008 **14** % adults, direct estimate using Health Survey for England 2007-2008 **15** % adults, direct estimate using Health Survey for England 2006-2008 **16** % aged 16+ 2008/09 **17** % adults, direct estimate using Health Survey for England 2006-2008 **18** Directly age standardised rate per 100,000 population under 75 2004-2006 **19** Crude rate per 1,000 working age population 2008 **20** Directly age and sex standardised rate per 100,000 population 2008/09 (rounded) **21** New Problematic Drug User estimates were not available in time for inclusion **22** % of people on GP registers with a recorded diagnosis of diabetes 2008/09 **23** Crude rate per 100,000 population 2006-2008 **24** Directly age-standardised rate per 100,000 population for emergency admission 2008/09 **25** Ratio of excess winter deaths (observed winter deaths minus expected deaths based on non-winter deaths) to average non-winter deaths 1.08.05- 31.07.08 **26** At birth, 2006-2008 **27** At birth, 2006-2008 **28** Rate per 1,000 live births 2006-2008 **29** Per 100,000 population age 35+, directly age standardised rate 2006-2008 **30** Directly age standardised rate per 100,000 population under 75, 2006-2008 **31** Directly age standardised rate per 100,000 population under 75, 2006-2008 **32** Rate per 100,000 population 2006-2008

More indicator information is available in The Indicator Guide: www.healthprofiles.info For information on your area contact your regional PHO: www.apho.org.uk

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