

# PETERBOROUGH: A HEALTHY CITY?

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# Introduction

The annual Director of Public Health Report is an independent document focused on the health of the people of Peterborough. This year's report updates the health statistics used in the 2015 report and has a new section on health inequalities.

The Report provides information about several public health challenges in Peterborough. The plans to address these challenges are outlined in the Peterborough Health and Wellbeing Strategy, available on <https://www.peterborough.gov.uk/healthcare/public-health/health-and-wellbeing-strategy/>

I'd like to thank all the people I've worked with over my first year as Director of Public Health in Peterborough for their enthusiasm, energy and practical support, and their commitment to improving outcomes for local residents.

**Dr Liz Robin**

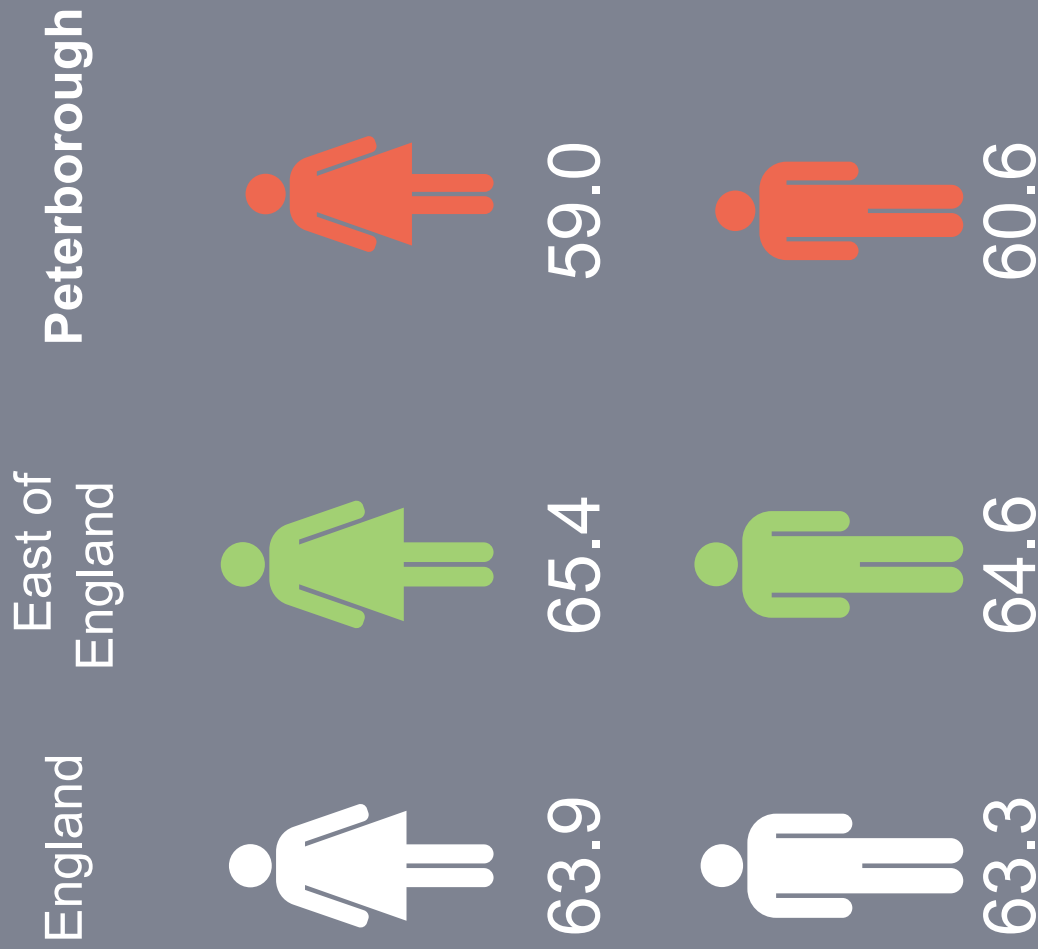
**Director of Public Health**

# Our Population

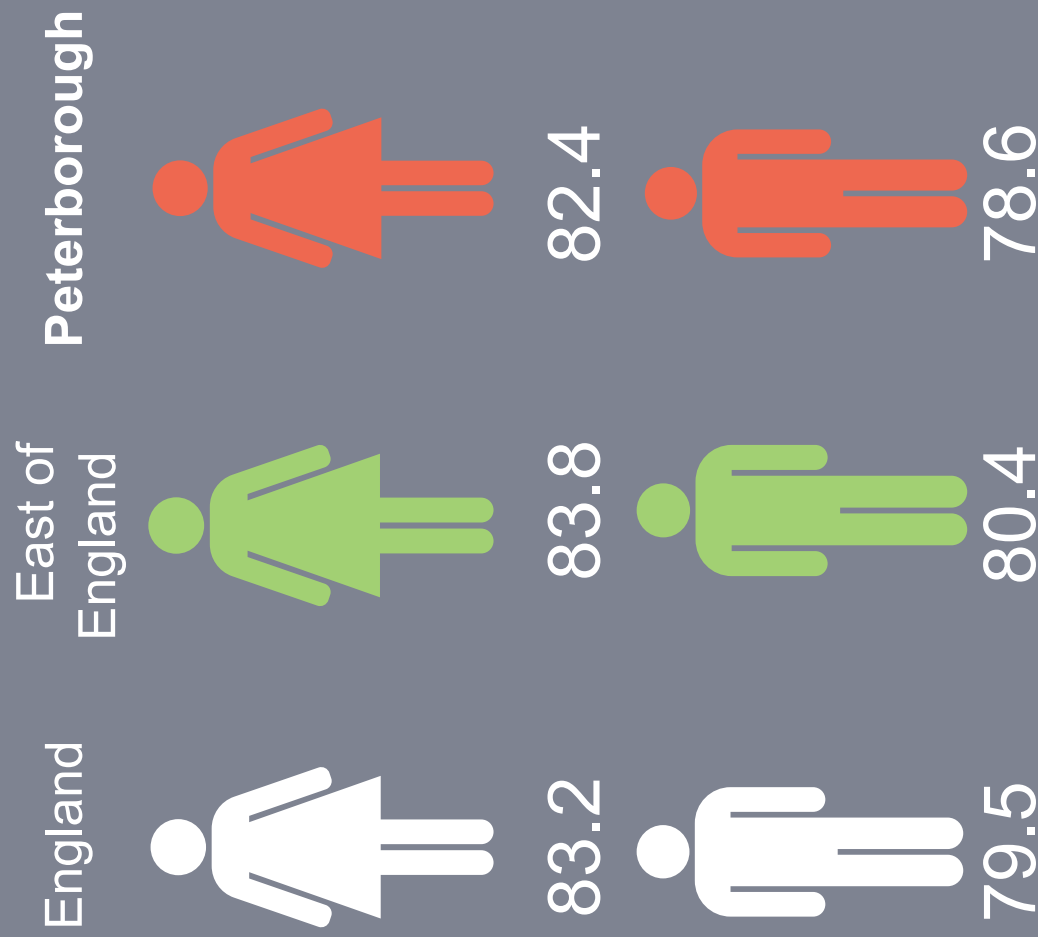
# Peterborough

Although life expectancy has been improving over recent decades we are spending more years in poor health. A woman in Peterborough can expect to live to over 82 but will spend around 23 years in declining health. A man can expect to live to 79 having spent 18 years in poor health.

## Healthy life expectancy



## Life expectancy

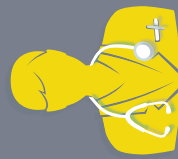


# Children and Young People

Peterborough is one of the fastest growing cities with an increasing younger population, yet some children in Peterborough continue to be disadvantaged in terms of health and factors that affect health and quality of life.

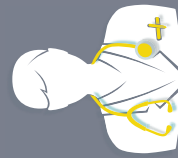


5 year old children receiving 2 doses of MMR is below the recommended 90% mark



465

Children (0-14) admitted to hospital in 2013/14 due to injuries.



26%

Higher rates of hospital admissions for self-harm in 15-24 year olds than England



Similar rates of tooth decay in 5 year old children to England



72.9% of mothers breastfed in the first 48 hours after delivery but only 43.9% of mothers breastfeed after 6-8 weeks

Peterborough's young population is growing



24% more 5-9 year olds by 2031



and



27% more 10-14 year olds by 2031



21.9% of children in Peterborough in low income families

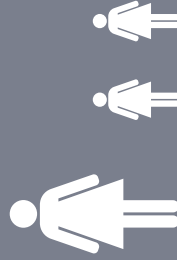


Over half of all children have achieved a good level of development at the end of reception

Lowest level of Year 1 pupils achieving the expected level in the phonics screening check in East of England

37.4%

Higher rate of teenage pregnancy in Peterborough compared with England



Children of teenage mothers are generally at increased risk of poverty, low educational attainment, poor housing, poor physical and mental health, and have lower rates of economic activity in adult life



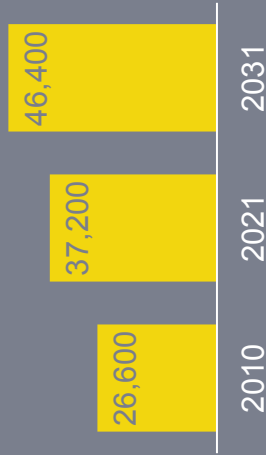
# Older People

Older age often presents health challenges. The number of people aged over 65 in Peterborough is increasing and will continue to increase over the next 20 years. This will put pressure on health and social services. However, some simple measures can be taken to help prevent illness and disability and enable older people to live healthier longer lives and to live independently.

## Our local challenges

# 74%

Increase in the number of people over the age of 65 by 2031 (compared with 2010)



# 2X

more people aged over 80 in 2031 than 2010



In Peterborough, 50 more people aged over 85 died during winter months in 2011-14 than would be expected based on mortality rates at other times of year

# 71%

of older people take up the offer of the flu immunisation



# 1 in 17

people aged over 65 are living with dementia, which is over

# 1,500

people in Peterborough



# 441

emergency hospital admissions for injuries from falls in persons aged 80 and over in Peterborough in 2014/15.

# 192

hip fractures in people aged over 65 in Peterborough in 2014/15



health and social care bill for hip fractures in Peterborough per year.



1 in 3 people who fracture their hip die within 12 months after the fracture

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# Our Lifestyle Choices

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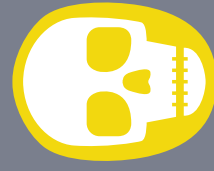


# Reducing Deaths from Cardiovascular Disease

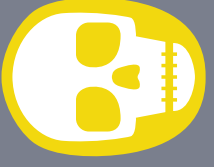
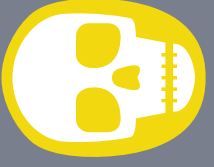
Cardiovascular disease includes stroke and heart disease: both involve damage to blood vessels and have common risk factors. Diabetes and chronic kidney disease are also included in the cardiovascular disease family as they have similar risk factors and increase the risk of cardiovascular disease. These risk factors include smoking, obesity, lack of physical activity, high blood lipids and high blood pressure.

Peterborough Health and Wellbeing Board has identified cardiovascular disease as a priority for action.

## The challenge in Peterborough



1 in 3



2 out of 3

352 deaths under the age of 75 in Peterborough between 2012-14 were caused by Cardiovascular Disease. 211 of these people died from heart disease and 50 from strokes.

Cardiovascular Disease deaths under the age 75 are preventable with current knowledge - but are the right people getting the care they need?

# 122nd out of 150

Peterborough ranked 122/150 local authorities for premature deaths from heart disease in 2012-14 (with 1 being the best ranking and 150 the worst).

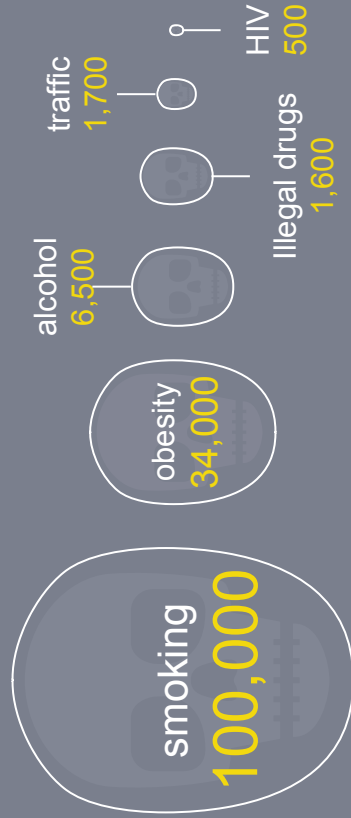
# 13th out of 15

Peterborough ranks 13/15 among local authorities with similar social and economic factors and similar deprivation levels for premature deaths from heart disease in 2012-14.

# Reducing the harm caused by tobacco

Smoking kills half of all long term users. It is the main cause of preventable illness and premature death in the United Kingdom. It accounts for more preventable deaths than the following five preventable causes, combined.

Major annual causes of death in the United Kingdom



1 out of 10



young people in Peterborough are regular smokers by the age of 15 years old

29%

of routine and manual workers in Peterborough smoke

4 out of 10



people with mental health issues smoke

2 out of 3



smokers began smoking before they were 18

## Our challenges

# 30,000

smokers in Peterborough

**H** cost of smoking due to ill health and care in later life



# over 2,000

people in Peterborough are admitted to hospital due to smoking every year



# over 250

people in Peterborough die due to smoking every year



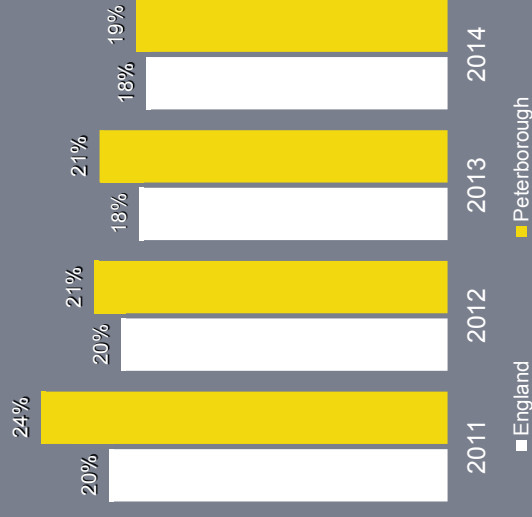
# over 45

people in Peterborough die from lung cancer every year

**£46 million**  
Total annual cost of tobacco in Peterborough

**£10 million**

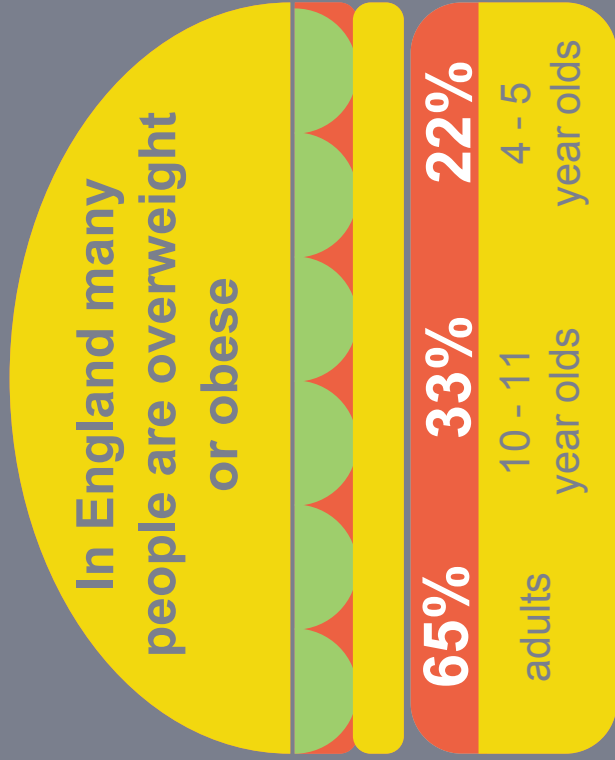
### Smoking prevalence among adults



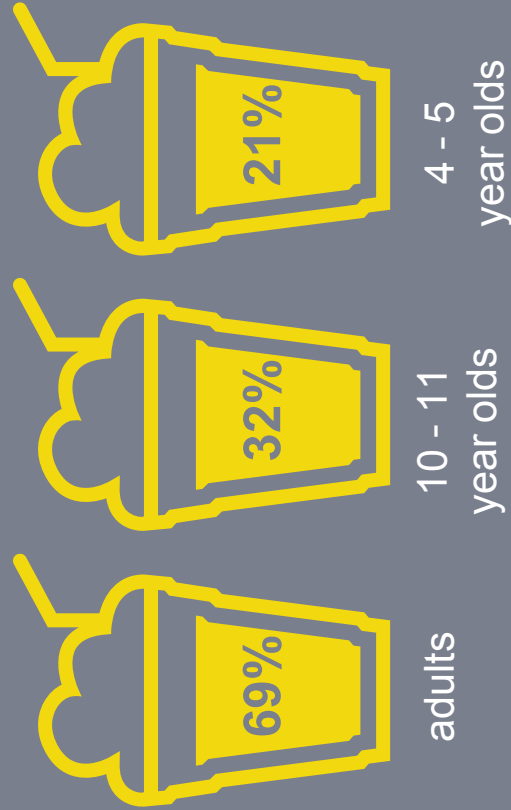
**5** tonnes of cigarette waste produced every year

# Unhealthy weight

a widespread threat to health and wellbeing



## In Peterborough



Obesity develops when energy intake from food and drink is greater than the energy we use through exercise and to keep our body working. Obesity increases the risk of heart disease and some cancers.

### Our approach

- Bringing together a coalition of partners
- Harnessing the reach of local government
- Comprehensive support and intervention
- Addressing attitudes, beliefs and behaviours towards diet

**Action is needed at all stages of life**, - from pre-conception through pregnancy, early years, childhood, and adolescence through to adulthood and preparing for older age - and in a variety of settings (school, workplace, community) to **encourage and support people to maintain a healthy weight.**

### Local challenges



↓ 10 years

reduction in life expectancy for severely obese individuals



94th out of 150

local authorities for cancer deaths



122nd out of 150

local authorities for heart disease deaths

# Alcohol and drugs

Drinking too much alcohol damages health and costs the NHS around £60 each day for each adult in Peterborough. About 16% of drinkers in Peterborough 'binge drink' - defined as drinking 8 or more units for a man and 6 or more units for a woman - in a session.



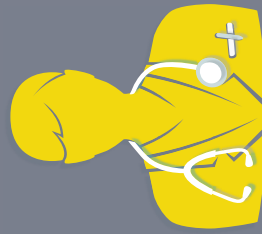
7,500

people in Peterborough drink heavily at levels which have, or risk, damaging their health



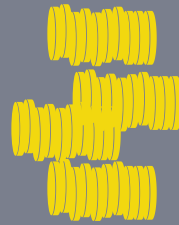
1 in 5

people in Peterborough (23,000 people) drink above the recommended levels



1,169

alcohol-related hospital admissions in Peterborough in 2014-15, the second-highest in the East of England



The cost to the local NHS system is £1.8 million a year or £244 per person for the 7,500 people in Peterborough who drink heavily



1,300

estimated opiate/cocaine users in Peterborough, though this probably underestimates the number of users



9,500

people in Peterborough estimated to have taken 'any drug' in the last year (the majority using cannabis)

20%



of 16-24 year olds nationally are estimated to have taken 'any drug'



Crimes related to drugs cost the UK £13.3 billion every year

## Families suffer



1 in 3 cases of domestic abuse is linked to alcohol



1 in 5 of all children live with a parent who drinks hazardously

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# Building A Healthy City

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# Healthy Places

There is a clear relationship between health and where we live. A number of published studies have provided evidence that our local environments can have a positive affect on individual health and wellbeing as well enabling stronger communities.



**Living room temperature in winter**

- Under 16 C** - Resistance to respiratory disease may be diminished
- 9 C - 12 C** - exposure for more than two hours increases risk of cardiovascular disease
- 5 C** - significant increase in the risk of hypothermia

**4 out of 5**  
people that believe open space improves wellbeing

**10X**  
more likely to live in the greenest areas if you are not deprived

**60**  
minutes of physical activity everyday recommended for children aged 5 - 18 years old

**150**  
minutes of physical activity every week recommended for adults

Increasing access to **leisure facilities** is a cost-effective way of improving health

**21%**

lower obesity rates identified in areas with easy access to healthy food

**24%**

of the public think that drunk or rowdy behaviour is a problem in their local area

# Celebrating

# Healthy Schools



74%

of schools achieved Healthy School status as part the national programme that operated until 2011

Schools play a vital role in nurturing the health and wellbeing of children and young people. Providing support and recognition of their role in enhancing emotional and physical health to improve long term health, increase social inclusion and raise achievement for all through a Healthy Schools, Peterborough programme is therefore be a local priority for implementation.

Role of Healthy Schools programme identified through the national evaluation



enabling changes to practice in schools

providing reasons to change for management teams

raising the profile of health and well being among staff



74%

of schools stated that the national programme had a positive impact on the emotional health and wellbeing of pupils



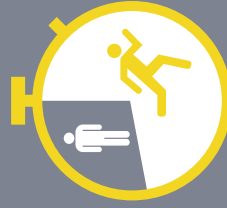
87%

of schools stated that the national programme had a positive impact on their schools' provision of PSHE (personal, social and health education)



impacts of healthy eating

improvement to pupil behaviour in school  
increased take-up of school lunches  
awareness of healthy food choices  
increased healthy eating outside of school



72%

of schools stated that the national programme had a positive impact on their schools' physical activity provision

# Healthy Workplaces

Reducing sickness absence, lowering staff turnover and increasing productivity are all outcomes of investing in a healthy workforce. The workplace provides an ideal place to promote healthy lifestyles to a large proportion of the local population. Improving the physical and mental wellbeing among our workforce will benefit individuals, organisations and Peterborough as a whole - after all 'health means wealth'.

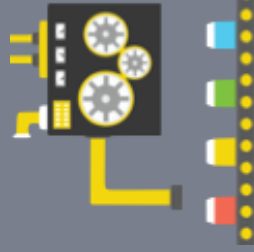
**80%**  
chance of being off work for 5 years among those who have been off sick for 6 months or longer



**Public Services**

**£889**

average sickness absence cost per employee per year



**Production and Manufacturing**

**£754**

average sickness absence cost per employee per year

**Call Centre**

**£940**

average sickness absence cost per employee per year



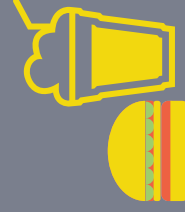
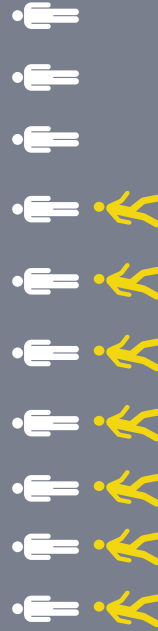
**Professional Services**

**£904**

average sickness absence cost per employee per year

**27%**

Fewer sick days taken by physically active workers



**4**

extra sick days, on average, taken by obese people each year



**33**

more hours off sick per year taken by a person who smokes than a non-smoker each year

**£835,355**

estimated annual cost of mental ill health to an organisation with 1,000 employees. Prevention and early identification of problems in the workplace should enable employers to save at least 30% of this cost



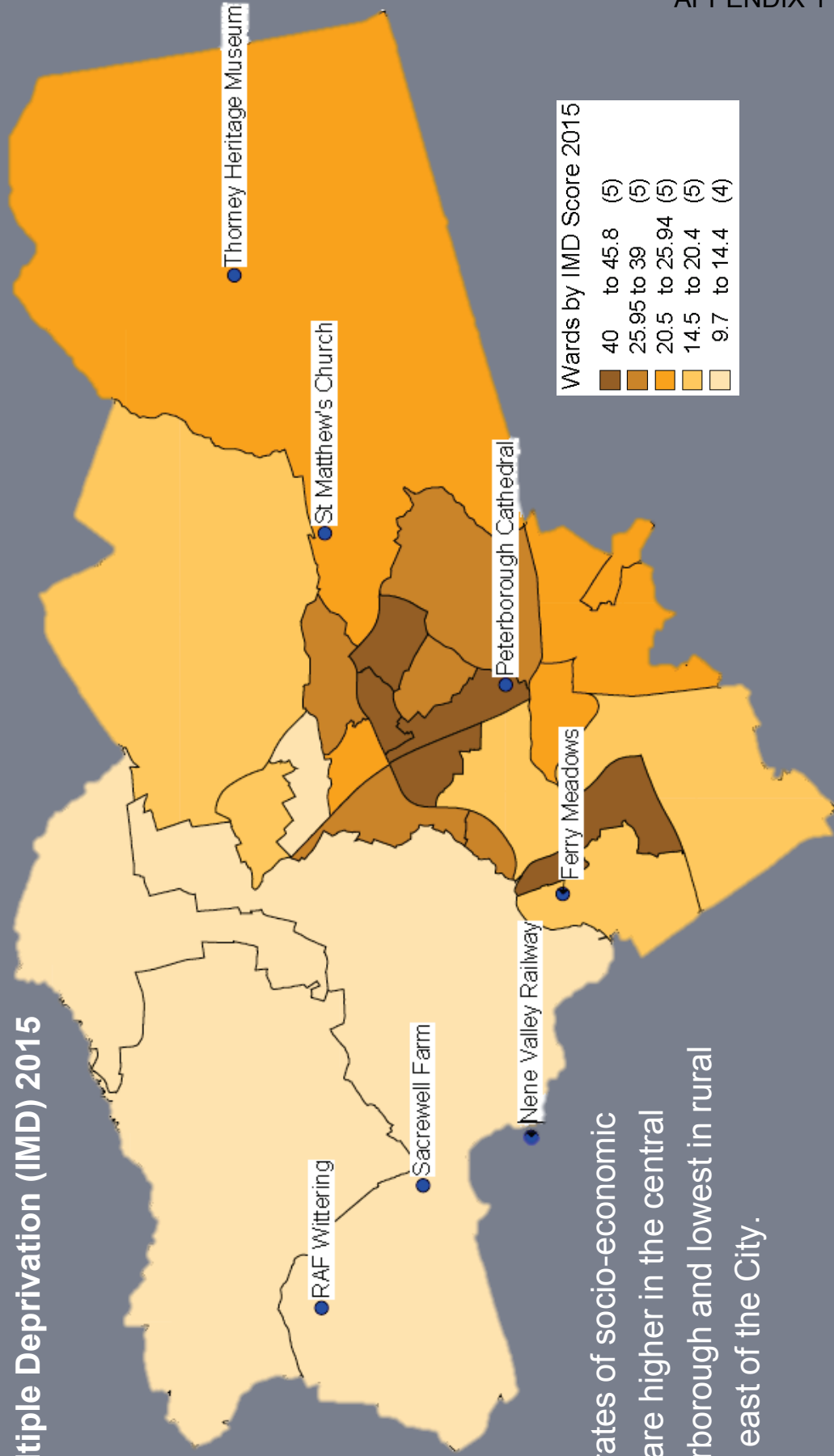
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# Health inequalities

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# Socio-economic deprivation varies across Peterborough

Index of Multiple Deprivation (IMD) 2015



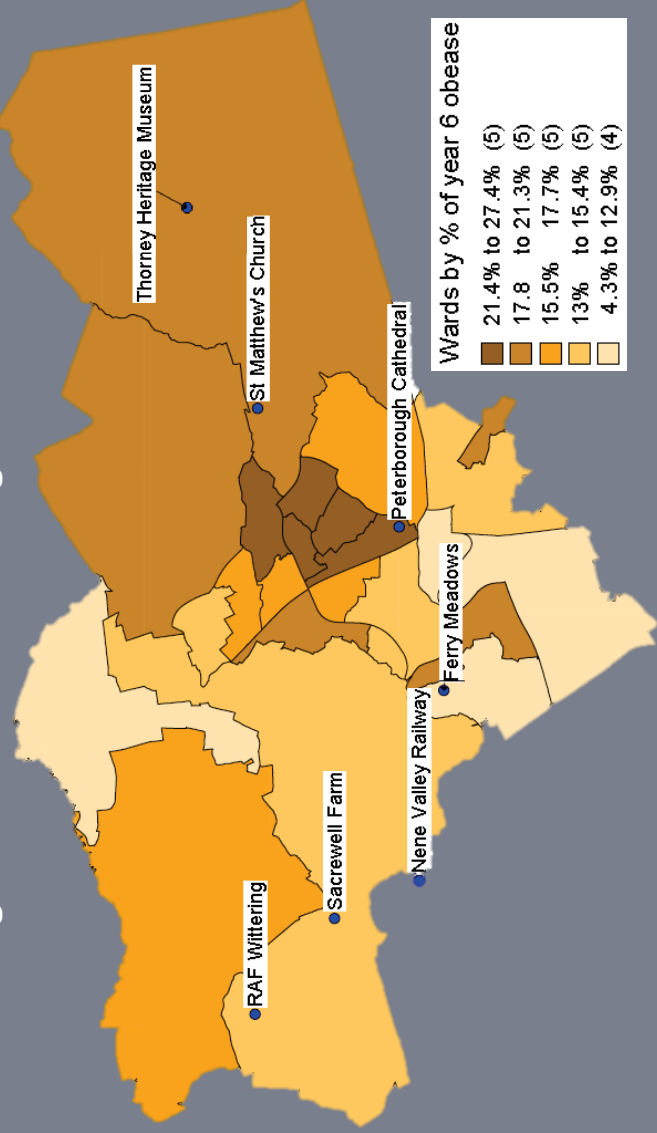
In general, rates of socio-economic deprivation are higher in the central part of Peterborough and lowest in rural areas to the east of the City.

Note: Darker colours indicate a high rate of deprivation

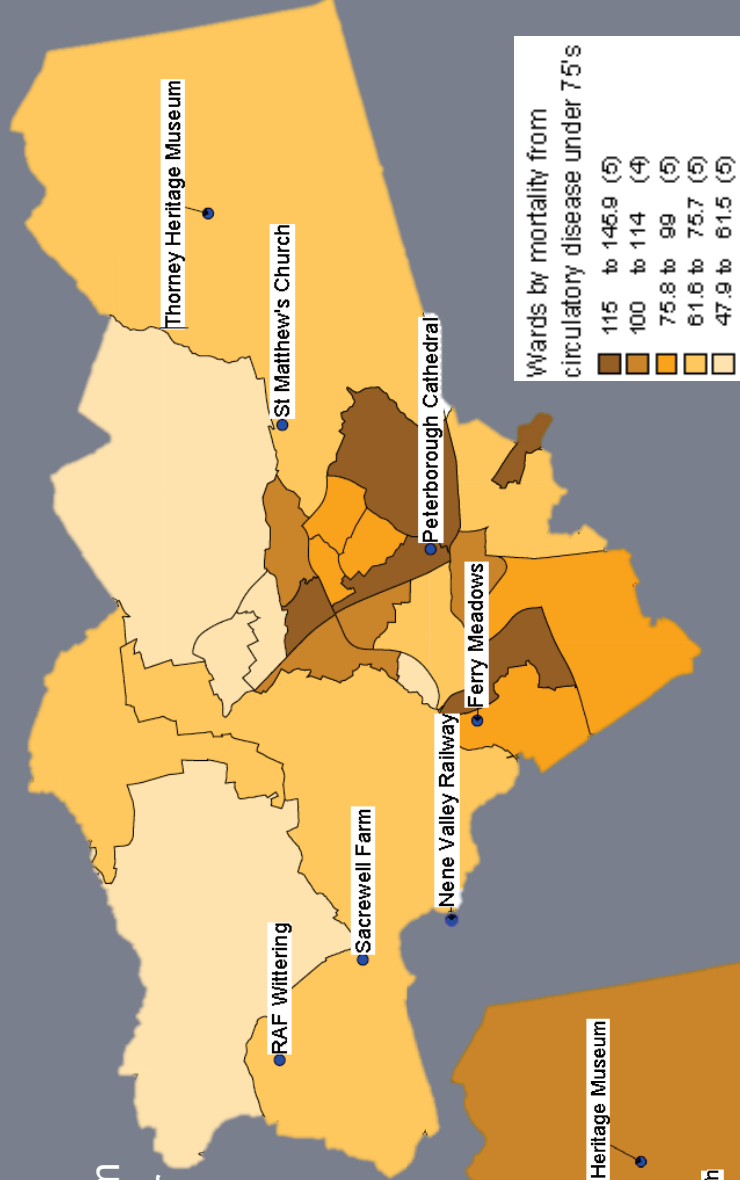
# Poorer health outcomes are linked to areas of socio-economic deprivation

When comparing these maps with the map of socio-economic deprivation on page 17, it's easy to see that rates of premature deaths from heart disease and childhood obesity are higher in more deprived areas. Addressing this will need targeted action, working closely with local communities.

## Percentage of obese children age 10-11



## Premature deaths from circulatory Disease under age 75



Note: Darker colours indicate a high rate of either childhood obesity or heart disease mortality rates.

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**Acknowledgements:**

Julian Base, Head of Health Strategy  
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