**Suffolk: Health Summary 2018**

**Healthy life expectancy for females (2014-16)**
England = 63.9

**Healthy life expectancy for males (2014-16)**
England = 63.3

Both men and women can expect to live for approximately 64 years in good health, in line with the national average.

However, when this is compared with overall life expectancy, men could spend 17 years in poorer health, and women could spend 19 years in poorer health towards the end of their lives.

**Depression prevalence:**

The prevalence of depression is significantly higher in Suffolk compared to England.

The prevalence of depression has increased in the last 4 years.

**Excess weight 2016/17**

(Green text - significantly better than England)

**Under 18 conception rate per 1,000 females (age 15-17)**

- Suffolk: 16
- England: 18.8

Better

**Compared to England we are significantly:**

- Low birth weight babies: 7.3% vs. 7.3%
- Same
- Breastfeeding at birth: 77.3% vs. 74.5%
- Better
- Breastfeeding at 6-8 weeks post birth: 46.0% vs. 44.4%
- Not compared

**Healthy life expectancy for males (2014-16)**

England = 61.3

**Healthy life expectancy for females (2014-16)**

England = 65.4

**Admissions to hospital for alcohol-related conditions in Suffolk**

109,966

**In 2016 the top three causes of death in Suffolk were cancers, circulatory diseases and respiratory diseases:**

1. Neoplasms (Cancers) 2,207
2. Diseases of the circulatory system 1,943
3. Diseases of the respiratory system 909

**In 2016/17 that have been diagnosed with schizophrenia, bipolar or other psychoses:**

6,685

**4.0%**

Suffolk recorded dementia prevalence for people aged 65+ (4.3% England)

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Top 3 challenges:
1. The increasingly elderly population of Suffolk will significantly increase demand on health and social care services.
2. Improving lifestyles e.g. physical activity. Making physical activity and healthy lifestyle choices part of daily life, and reducing excess weight in both adults and children.
3. Supporting people effectively throughout the lifecourse in a holistic way.