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 18 years in poorer health, and women could spend 19 years in poorer health towards the end of their lives.

In 2018 the top three causes of death in Suffolk were cancers, circulatory diseases and respiratory diseases:

1. Neoplasms (Cancers) 2,317
2. Diseases of the circulatory system 1,887
3. Diseases of the respiratory system 1,077

7,188 people registered with a Suffolk GP in 2017/18 that have been diagnosed with schizophrenia, bipolar affective disorder and other psychoses

4.4 years difference in life expectancy of a girl born in the most deprived parts of Suffolk compared to the least deprived

7.0 years difference in life expectancy of a boy born in the most deprived parts of Suffolk compared to the least deprived

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

The prevalence of depression has increased in the last 5 years.

The latest personal wellbeing surveys (2018/19) found that for those aged 16+ in Suffolk:

1 in 17 report low happiness (6.0%)
1 in 6 report high anxiety
1 in 28 report low life satisfaction

Approximate number affected in Suffolk:
- Low happiness: 47,200
- High anxiety: 105,700
- Low life satisfaction: 27,300

Depression prevalence:

<table>
<thead>
<tr>
<th>Year</th>
<th>Suffolk</th>
<th>England</th>
<th>% Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013/14</td>
<td>6.0%</td>
<td>5.0%</td>
<td>-</td>
</tr>
<tr>
<td>2014/15</td>
<td>6.5%</td>
<td>5.5%</td>
<td>5.5%</td>
</tr>
<tr>
<td>2015/16</td>
<td>7.0%</td>
<td>6.0%</td>
<td>10.5%</td>
</tr>
<tr>
<td>2016/17</td>
<td>7.5%</td>
<td>6.5%</td>
<td>10.5%</td>
</tr>
<tr>
<td>2017/18</td>
<td>8.0%</td>
<td>7.0%</td>
<td>10.5%</td>
</tr>
</tbody>
</table>

Proportion of adults in Suffolk meet the recommended 7 portions of fruit and veg on a "usual day": (54.8% for England)

- Low birth weight babies: 2.4% Suffolk, 2.8% England - Better
- Breastfeeding at birth: 77.0% Suffolk, 76.5% England - Better
- Breastfeeding at 6-8 weeks post birth: 48.5% Suffolk, 46.2% England - Not available

Under 18 conception rate per 1,000 females (age 15-17): 16.3 Suffolk, 17.8 England - Same

Approximate number affected in Suffolk:
- Low happiness: 47,200
- High anxiety: 105,700
- Low life satisfaction: 27,300

Current Smokers 2018 (% adults):

<table>
<thead>
<tr>
<th>Borough</th>
<th>Adults</th>
<th>% Relevant Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babergh</td>
<td>13.6%</td>
<td></td>
</tr>
<tr>
<td>East Suffolk</td>
<td>15.1%</td>
<td></td>
</tr>
<tr>
<td>Ipswich</td>
<td>13.6%</td>
<td></td>
</tr>
<tr>
<td>Mid Suffolk</td>
<td>14.7%</td>
<td></td>
</tr>
<tr>
<td>West Suffolk</td>
<td>22.1%</td>
<td></td>
</tr>
<tr>
<td>Suffolk</td>
<td>27.5%</td>
<td></td>
</tr>
</tbody>
</table>

% Physically active adults (2017/18):

<table>
<thead>
<tr>
<th>Borough</th>
<th>% Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babergh</td>
<td>62.7%</td>
</tr>
<tr>
<td>East Suffolk</td>
<td>65.2%</td>
</tr>
<tr>
<td>Ipswich</td>
<td>67.5%</td>
</tr>
<tr>
<td>Mid Suffolk</td>
<td>66.2%</td>
</tr>
<tr>
<td>West Suffolk</td>
<td>63.3%</td>
</tr>
<tr>
<td>Suffolk</td>
<td></td>
</tr>
<tr>
<td>England</td>
<td>66.3%</td>
</tr>
</tbody>
</table>

Excess weight 2017/18:

<table>
<thead>
<tr>
<th>Borough</th>
<th>% of adults aged over 19 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babergh</td>
<td></td>
</tr>
<tr>
<td>East Suffolk</td>
<td></td>
</tr>
<tr>
<td>Ipswich</td>
<td></td>
</tr>
<tr>
<td>Mid Suffolk</td>
<td></td>
</tr>
<tr>
<td>West Suffolk</td>
<td></td>
</tr>
<tr>
<td>Suffolk</td>
<td></td>
</tr>
<tr>
<td>England</td>
<td>64.5%</td>
</tr>
</tbody>
</table>

In 2018 Suffolk recorded dementia prevalence for people aged 65 and over (4.3% England)
### Life Expectancy:
- **Year:** 2015-2017
- **Source:** Public Health Outcomes Framework
- **Date Accessed:** 10 September 2019
- **Website:** [https://fingertips.phe.org.uk/profile/public-health-outcomes-framework](https://fingertips.phe.org.uk/profile/public-health-outcomes-framework)
- **Any other comments:** Life expectancy at birth: the average number of years a person would expect to live based on contemporary mortality rates.

### Children, birth, breastfeeding:
- **Year:** Mixed - see comments
- **Source:** Public Health Outcomes Framework
- **Date Accessed:** 10 September 2019
- **Website:** [https://fingertips.phe.org.uk/search/childhealthpage/1/gid/1/pat/6/par/E12000006/ati/102/are/E10000029/iid/91409/](https://fingertips.phe.org.uk/search/childhealthpage/1/gid/1/pat/6/par/E12000006/ati/102/are/E10000029/iid/91409/)
- **Any other comments:** Low birth weight babies (2017), breastfeeding initiation (2016/17), breastfeeding at 6-8 weeks (2017/18), Under 18 conception rate per 1,000 females (aged 15-17) (2017)

### Cause of death:
- **Year:** 2018
- **Source:** Nomis
- **Date Accessed:** 10 September 2019
- **Website:** [https://www.nomisweb.co.uk](https://www.nomisweb.co.uk)
- **Any other comments:** Mortality statistics - underlying cause, sex and age from Office for National Statistics

### Dementia Prevalence:
- **Year:** December 2018
- **Source:** Fingertips Dementia Profile
- **Date Accessed:** 10 September 2019
- **Website:** [https://fingertips.phe.org.uk/profile-group/mental-health/profile/dementia](https://fingertips.phe.org.uk/profile-group/mental-health/profile/dementia)
- **Any other comments:** Original source is the Quality and Outcomes Framework

### Adult smoking prevalence:
- **Year:** 2018
- **Source:** Public Health Outcomes Framework
- **Date Accessed:** 10 September 2019
- **Website:** [https://fingertips.phe.org.uk/profile/public-health-outcomes-framework](https://fingertips.phe.org.uk/profile/public-health-outcomes-framework)
- **Any other comments:** Smoking Prevalence in adults - current smokers (APS), and those in routine and manual occupations (APS)

### Physical activity and fruit and veg consumption:
- **Year:** 2017-18
- **Source:** Fingertips NCMP & child obesity profile
- **Date Accessed:** 12 September 2019
- **Website:** [https://fingertips.phe.org.uk/profile/national-child-measurement-programme](https://fingertips.phe.org.uk/profile/national-child-measurement-programme)
- **Any other comments:** Uses the underlying Fingertips data, as the Profile does not show each category separately (obesity and severe obesity are not separated)

### Hospital admissions for alcohol-related conditions (Broad):
- **Year:** 2017/18
- **Source:** Fingertips Local alcohol profile
- **Date Accessed:** 10 September 2019
- **Website:** [https://fingertips.phe.org.uk/search/admissionpage/1/gid/1/pat/6/par/E12000006/ati/102/are/E10000029/iid/91409/](https://fingertips.phe.org.uk/search/admissionpage/1/gid/1/pat/6/par/E12000006/ati/102/are/E10000029/iid/91409/)
- **Any other comments:** Mortality statistics

### Healthy Life Expectancy:
- **Year:** 2015-2017
- **Source:** Public Health Outcomes Framework
- **Date Accessed:** 10 September 2019
- **Website:** [https://fingertips.phe.org.uk/profile/public-health-outcomes-framework](https://fingertips.phe.org.uk/profile/public-health-outcomes-framework)
- **Any other comments:** Healthy life expectancy at birth: the average number of years a person would expect to live based on contemporary mortality rates and prevalence of self-reported good health

### Depression, Severe mental illness and wellbeing figures:
- **Year:** 2017/18
- **Source:** Fingertips Mental Health, Dementia Profiles
- **Date Accessed:** 10 September 2019
- **Website:** [https://fingertips.phe.org.uk/profile-group/mental-health](https://fingertips.phe.org.uk/profile-group/mental-health)
- **Wellbeing:** [https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofperson](https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofperson)

### Summary
We know that, by choosing a healthy lifestyle, those living in Suffolk will improve their health and wellbeing. Suffolk residents are living longer, and both men and women can expect to live longer than the England average. However, as people get older they develop more long-term conditions e.g. dementia, osteoporosis, diabetes and COPD. The prevalence of depression is significantly higher in Suffolk compared to England and has increased in the last five years.

### 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.