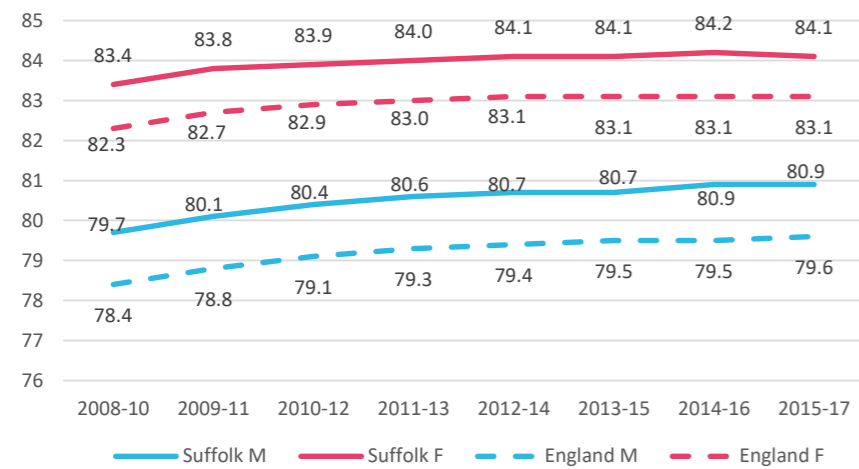


Suffolk: Health Summary 2019

Life expectancy at birth



65.1
Healthy life expectancy for females (2015-17)



63.2
Healthy life expectancy for males (2015-17)

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.



4.4 years

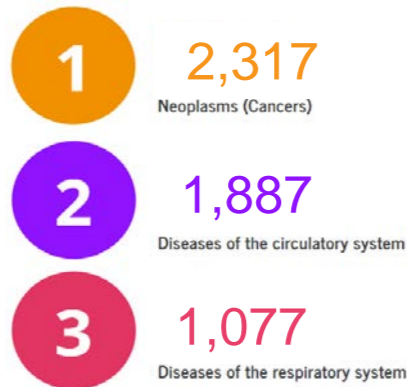
difference in life expectancy of a girl born in the most deprived parts of Suffolk compared to the least deprived



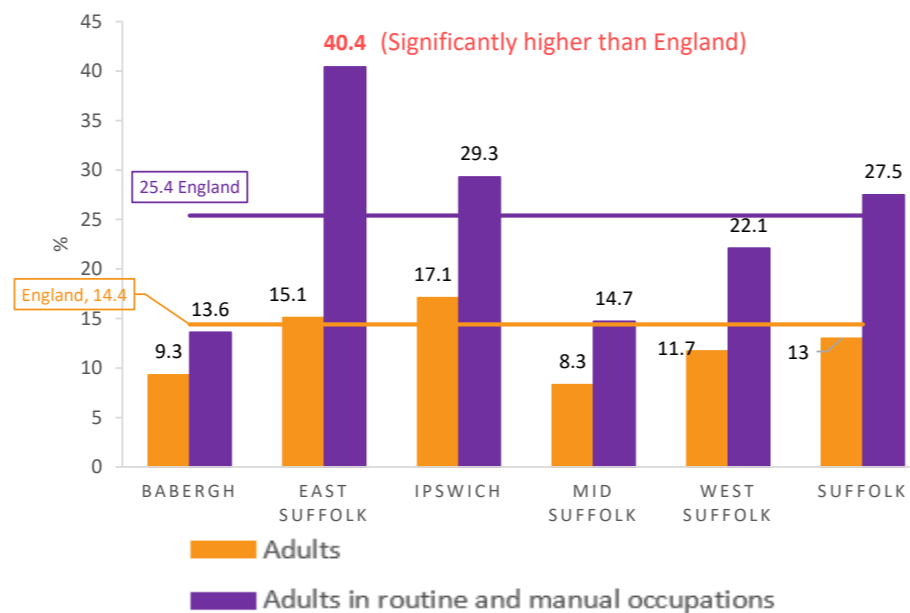
7.0 years

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

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



CURRENT SMOKERS 2018 (% ADULTS)



56.6%

111,600

estimated admissions to hospital for alcohol-related conditions in

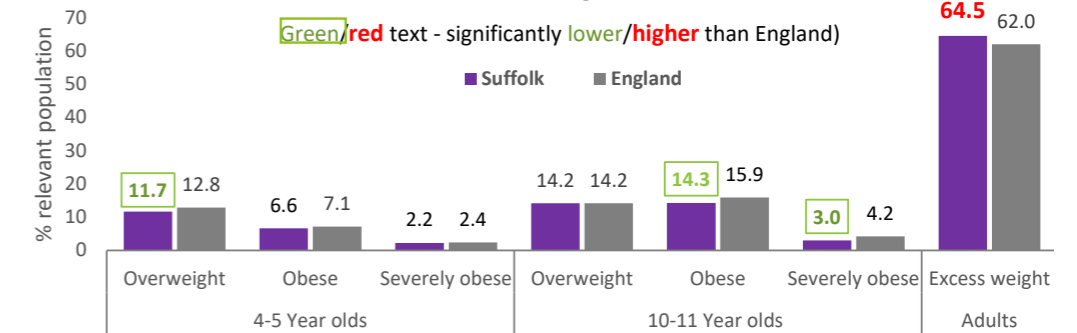
of adults in Suffolk meet the recommended "5-a-day" consumption of fruit and veg on a "usual day"

(54.8% for England)

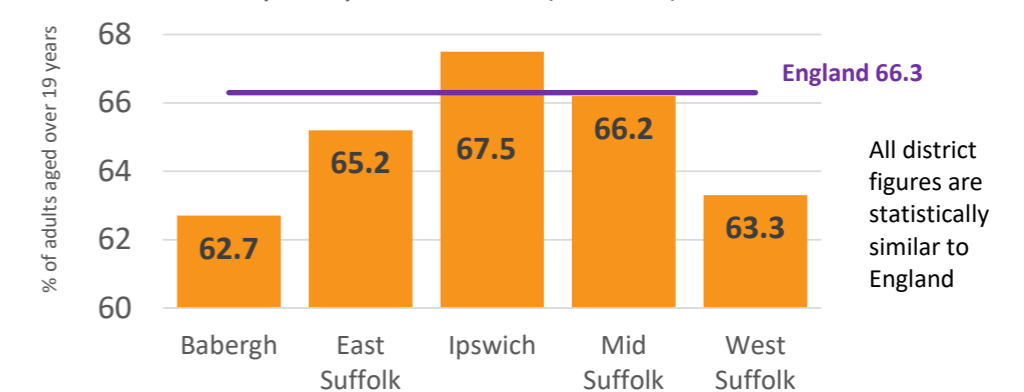


	Suffolk	England	Compared to England we are significantly:
Low birth weight babies	2.4%	2.8%	Better
Breastfeeding at birth	77.3%	74.5%	Better
Breastfeeding at 6-8 weeks post birth	48.9%	46.2%	Not available
Under 18 conception rate per 1,000 females (age 15-17)	16.3	17.8	Same

Excess weight 2017/18



% Physically active adults (2017/18)



All district figures are statistically similar to England

7,188

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

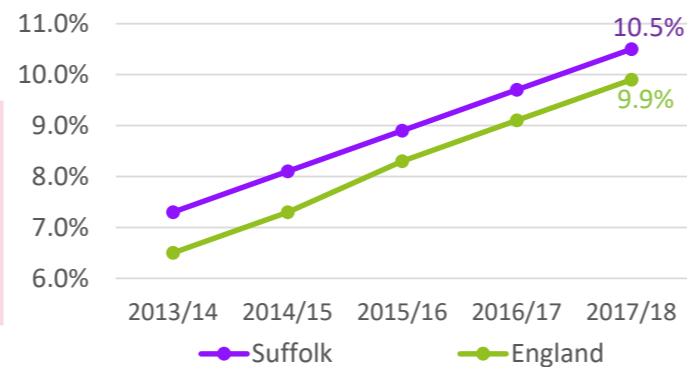
4.1%

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

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

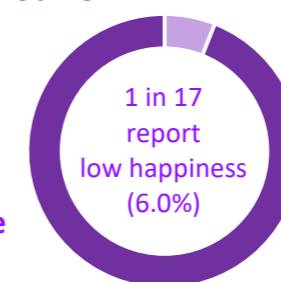
The prevalence of depression has increased in the last 5 years.

Depression prevalence:

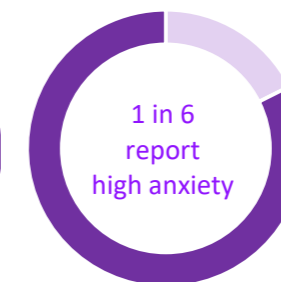


The latest personal wellbeing surveys (2018/19) found that for those aged 16+ in Suffolk:

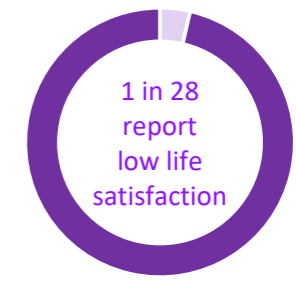
Approximate number affected in Suffolk:



47,200



105,700



27,300

Metadata / FAQs / Links

<p>On 1 April 2019: • West Suffolk Council replaced Forest Heath District Council and St Edmundsbury Borough Council • East Suffolk Council replaced Suffolk Coastal District Council and Waveney District Council Although this report was created after these changes, some data sources in the report use the pre-2019 council areas, so these geographies may still be used.</p>	
<p>Life Expectancy:</p> <ul style="list-style-type: none"> Year: 2015-2017 Source: Public Health Outcomes Framework Date Accessed: 10 September 2019 Website: 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. 	<p>Healthy Life Expectancy:</p> <ul style="list-style-type: none"> Year: 2015-2017 Source: Public Health Outcomes Framework Date Accessed: 10 September 2019 Website: 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 in good health based on contemporary mortality rates and prevalence of self-reported good health.
<p>Dementia Prevalence:</p> <ul style="list-style-type: none"> Year: December 2018 Source: Fingertips Dementia Profile Date Accessed: 10 September 2019 Website: https://fingertips.phe.org.uk/profile-group/mental-health/profile/dementia Any other comments: Original source is the Quality and Outcomes Framework 	<p>Children, birth, breastfeeding:</p> <ul style="list-style-type: none"> Year: mixed - see comments Source: Public Health Outcomes Framework Date Accessed: 10 September 2019 Website: https://fingertips.phe.org.uk/search/birth#page/3/gid/1/pat/6/par/E12000006/ati/202/are/E10000029 Any other comments: low birth weight babies (2017), Breastfeeding initiation (2016/7), breastfeeding at 6-8 weeks (2017/18), Under 18 conception rate per 1,000 females (aged 15-17) (2017)
<p>Cause of death:</p> <ul style="list-style-type: none"> Year: 2018 Source: Nomis Date Accessed: 10 September 2019 Website: https://www.nomisweb.co.uk Any other comments: Mortality statistics - underlying cause, sex and age from Office for National Statistics 	<p>Overweight and Obese:</p> <ul style="list-style-type: none"> 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 Any other comments: Uses the underlying Fingertips data, as the Profile does not show each category separately (obesity and severe obesity are not separated)
<p>Adult smoking prevalence:</p> <ul style="list-style-type: none"> Year: 2018 Source: Public Health Outcomes Framework Date Accessed: 10 September 2019 Website: 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) 	<p>Physical activity and fruit and veg consumption:</p> <ul style="list-style-type: none"> Year: 2017/18 Source: Public Health Outcomes Framework Date Accessed: 10 September 2019 Website: https://fingertips.phe.org.uk/profile/public-health-outcomes-framework Any other comments: Percentage of adults (over 19 years old) achieving at least 150 minutes of physical activity per week in accordance with UK Chief Medical Officer (CMO) recommended guidelines on physical activity. Proportion of the adult population meeting the recommended '5-a-day' on a 'usual day' (adults).
<p>Depression, Severe mental illness and wellbeing figures:</p> <ul style="list-style-type: none"> Year: 2017/18 Source: Fingertips Mental Health, Dementia Profiles Date Accessed: 10 September 2019 Website: https://fingertips.phe.org.uk/profile-group/mental-health Wellbeing: https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalandwellbeing SMI https://digital.nhs.uk/data-and-information/publications/statistical/quality-and-outcomes-framework- 	<p>Hospital admissions for alcohol-related conditions (Broad):</p> <ul style="list-style-type: none"> Year: 2017/18 Source: Fingertips Local alcohol profile Date Accessed: 10 September 2019 https://fingertips.phe.org.uk/search/admission#page/4/gid/1/pat/6/par/E12000006/ati/102/are/E10000029/iid/91409/age/1/sex/4 Any other comments: Hospital admissions for alcohol-related conditions (Broad), all ages, directly age standardised rate per 100,000 population. Rate applied to 2018 mid year estimate Suffolk population. Admissions to hospital where the primary diagnosis or any of the secondary diagnoses are an alcohol-attributable code

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.