

Boston Profile for Physical Activity



Aiden Vaughan
Public Health Analyst

Philip Garner
Strategic Programme Manager

Contents

- Demographics
- Health related
- Physical Activity
- Mosaic segmentation

Population Demographics

- Boston has more female residents than male.
- 20.9% of residents are aged 65 and over. This is lower than Lincolnshire (23.2% aged 65+).
- By 2032 the population aged 65 and over will increase by 21.7% in Boston.

Estimated resident population, Mid-2017

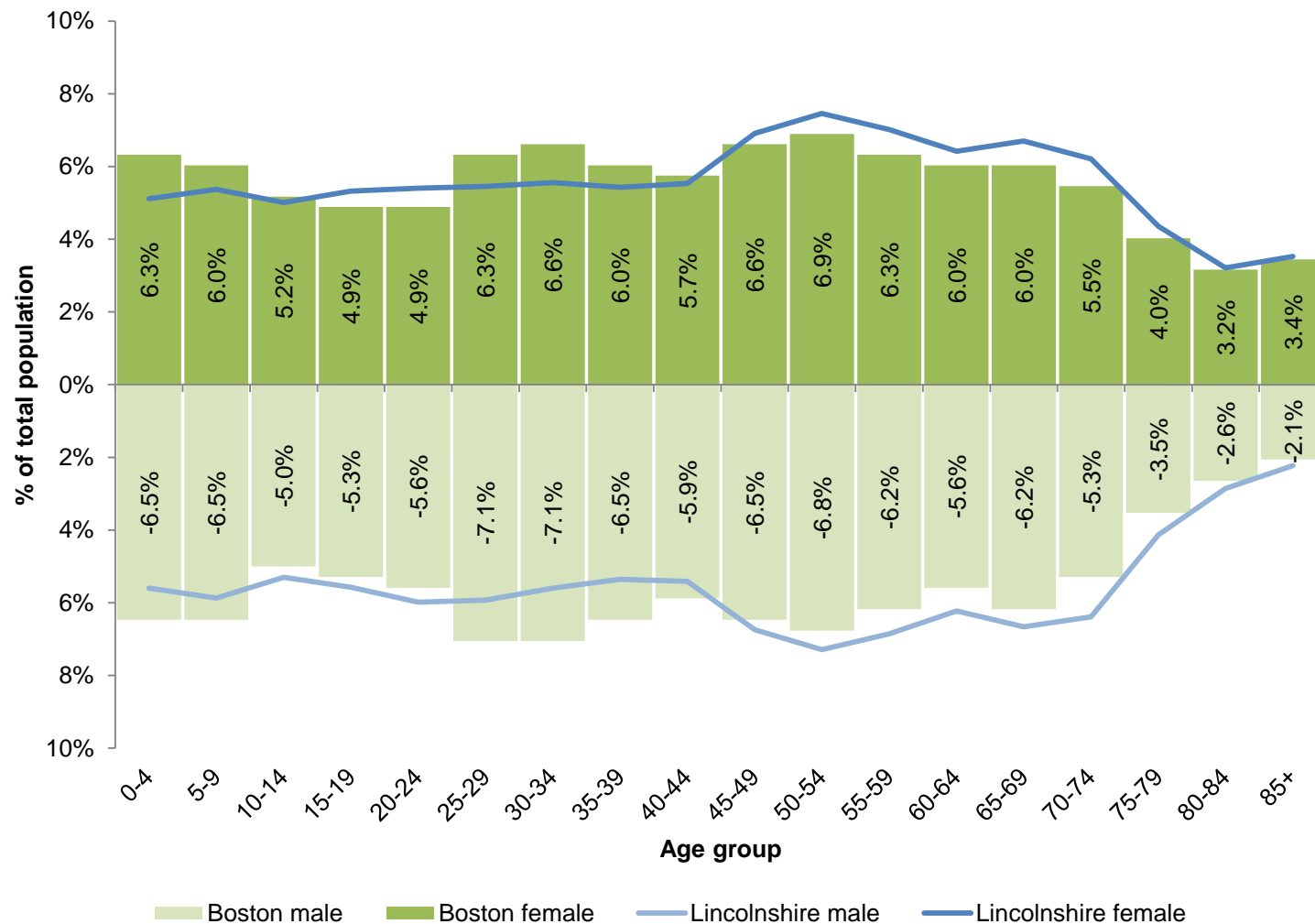
Area	Male	Female	Total
Boston	34,000	34,500	68,500
Lincolnshire	367,800	383,300	751,200

Projected resident population, 2017 - 2032

Age group	Boston					Lincolnshire				
	2017	2022	2027	2032	Change 2017-2032	2017	2022	2027	2032	Change 2017-2032
Age 0-15	12,800	13,400	13,200	12,600	-1.6%	128,600	134,700	134,200	130,600	1.6%
Aged 16-64	41,300	41,500	41,800	41,900	1.5%	448,600	447,300	447,900	444,700	-0.9%
Aged 65+	14,300	15,100	16,100	17,400	21.7%	174,000	188,500	207,500	229,400	31.8%
All ages	68,400	70,000	71,100	71,900	5.1%	751,200	770,400	789,600	804,700	7.1%

Population Pyramid

Estimated resident population, Mid-2017



Source: ONS mid-year population estimates via NOMIS

Deprivation

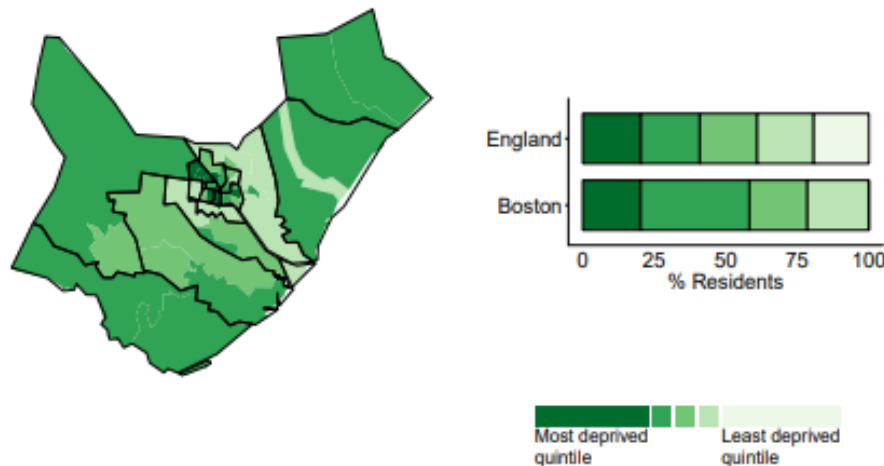
Deprivation

The level of deprivation in an area can be used to identify those communities who may be in the greatest need of services. These maps and charts show the Index of Multiple Deprivation 2015 (IMD 2015).

National

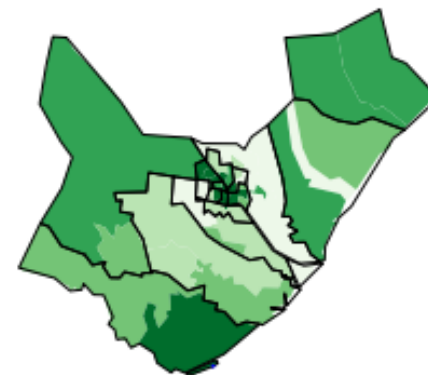
The first of the two maps shows differences in deprivation in this area based on national comparisons, using national quintiles (fifths) of IMD 2015, shown by lower super output area. The darkest coloured areas are some of the most deprived neighbourhoods in England.

The chart shows the percentage of the population who live in areas at each level of deprivation.



Local

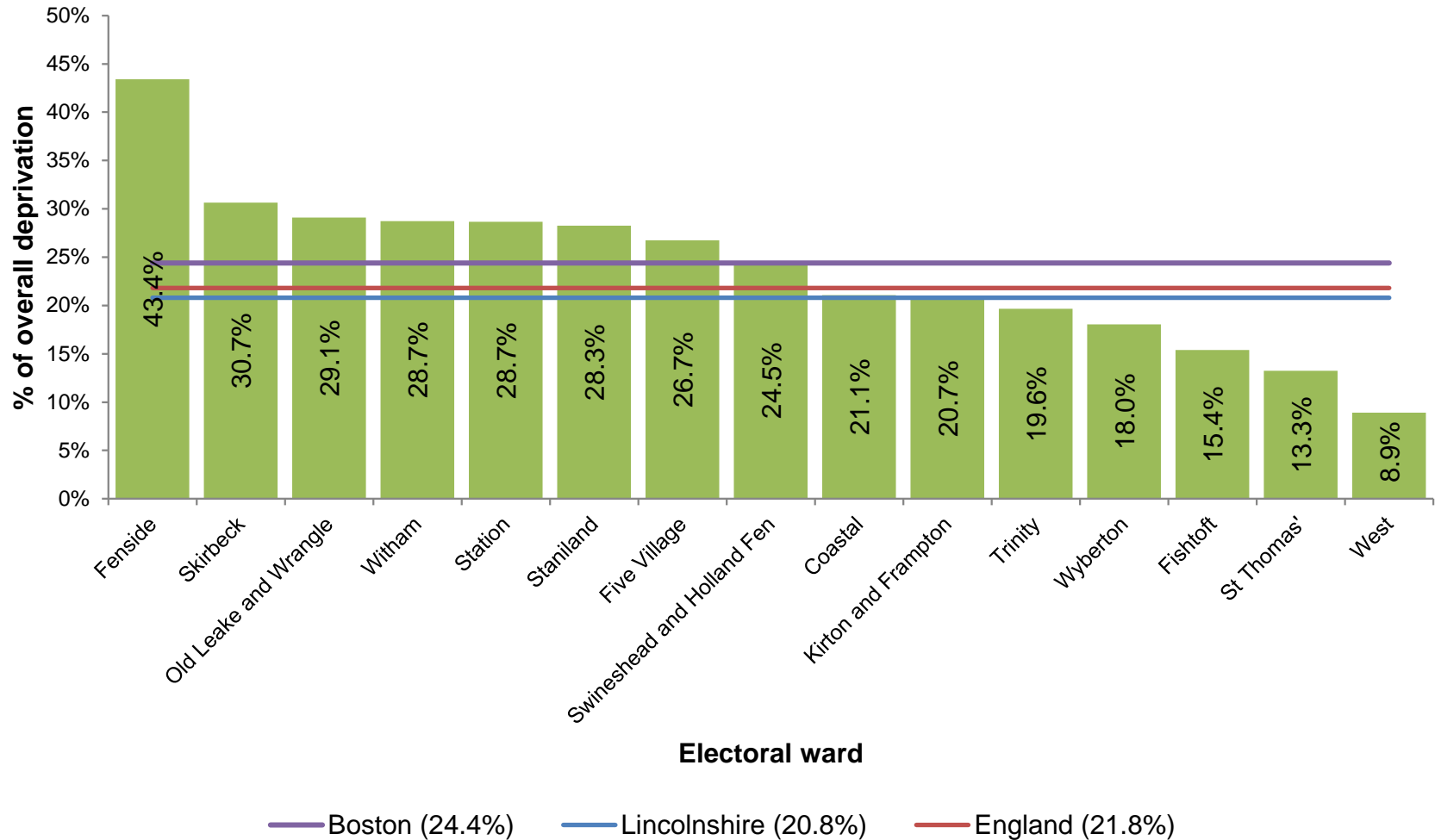
The second map shows the differences in deprivation based on local quintiles (fifths) of IMD 2015 for this area.



Lines represent electoral wards (2017). Quintiles shown for 2011 based lower super output areas (LSOAs). Contains OS data © Crown copyright and database rights 2018. Contains public sector information licensed under the Open Government Licence v3.0

Deprivation

Proportion of overall deprivation, 2015

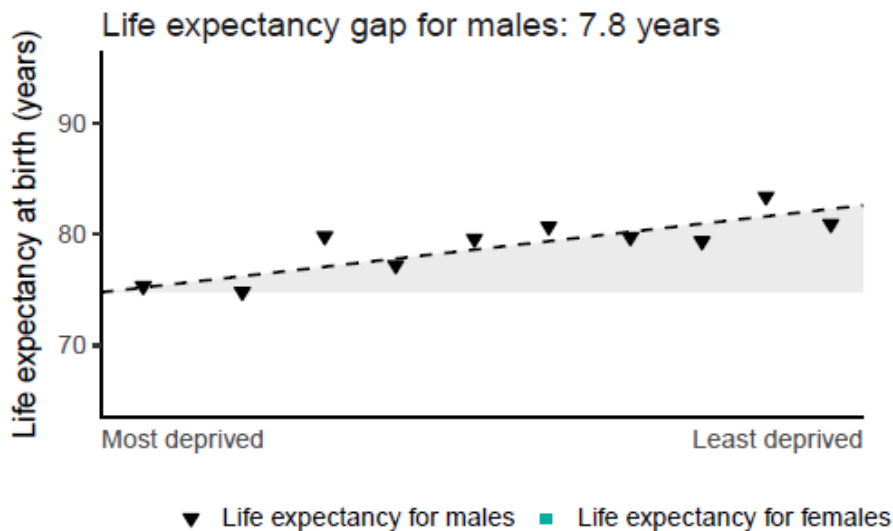


Healthcare

- Between 2015 and 2017, premature mortality rates (under 75) from cardiovascular disease are **significantly worse** than the regional and national averages.
- **41.9% (176 out of 420)** of all early deaths from cardiovascular disease are considered preventable.
- Premature mortality rates from cardiovascular disease are **higher for men** (130.6 per 100,000) than for women (56.7 per 100,000).
- Premature mortality rates from cardiovascular disease have **reduced by 37.7%** since 2001/03.
- In 2017/18, emergency hospital admissions due to falls for people over 65 were **significantly better** than the national average.
- In 2017/18, the rate of emergency admissions for hip fractures in people aged 65-79 in Boston was **significantly worse** than the national average.
- In 2018, screening coverage for breast, cervical and bowel cancers were **significantly worse** than the national average.

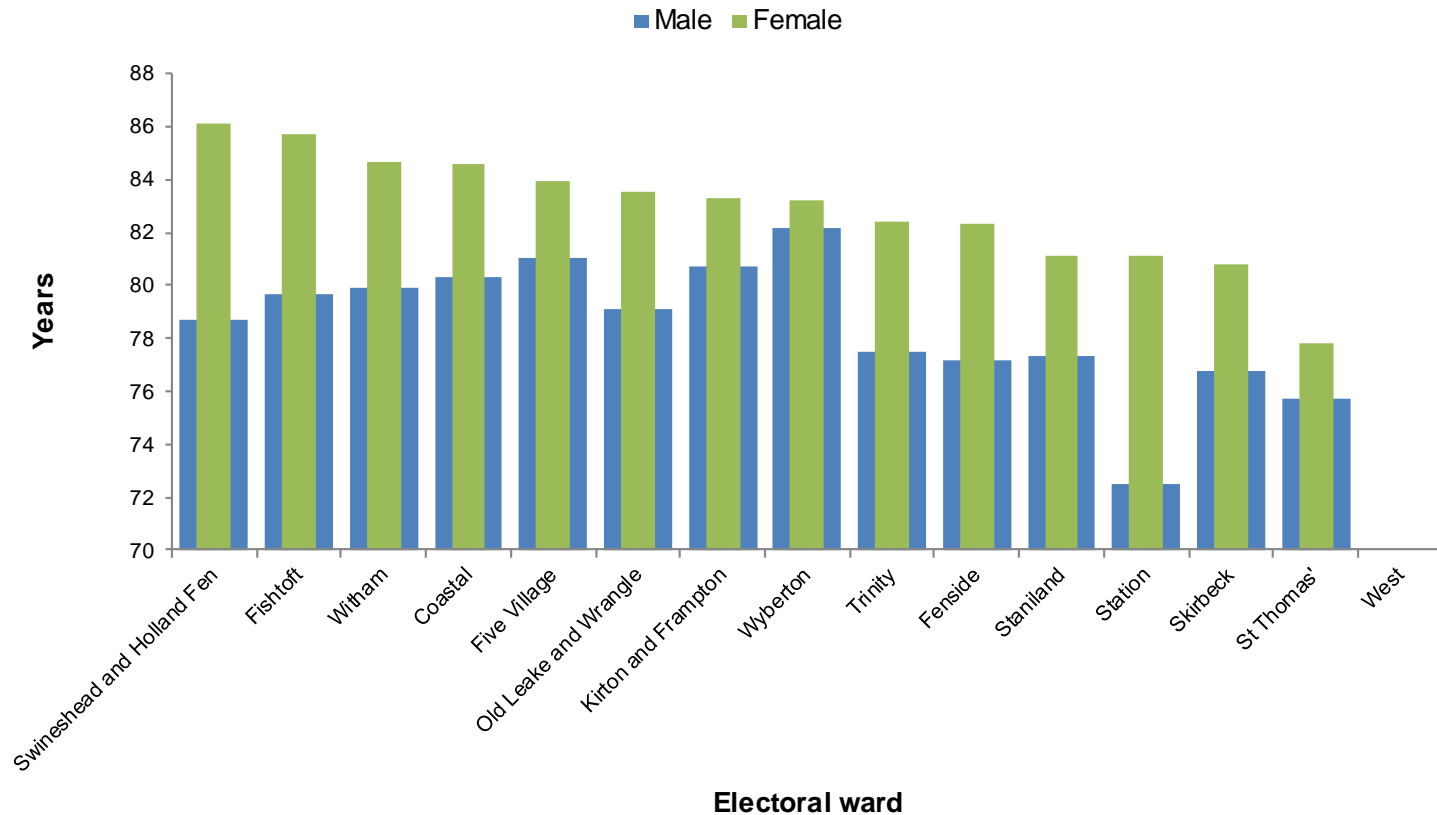
Health Inequalities

- Life expectancy is 7.8 years lower for men and 3.2 years lower for women in the most deprived areas of Boston compared to the least deprived.
- Average life expectancy in Boston is 78.6 years for men and 82.5 years for women.
- Average female life expectancy in Boston is comparable to the national average of 83.1 years, while average male life expectancy is significantly worse than the national average of 79.5 years.



Health Inequalities

Male and female life expectancy at birth, by electoral ward, 2011-2015



Child Health

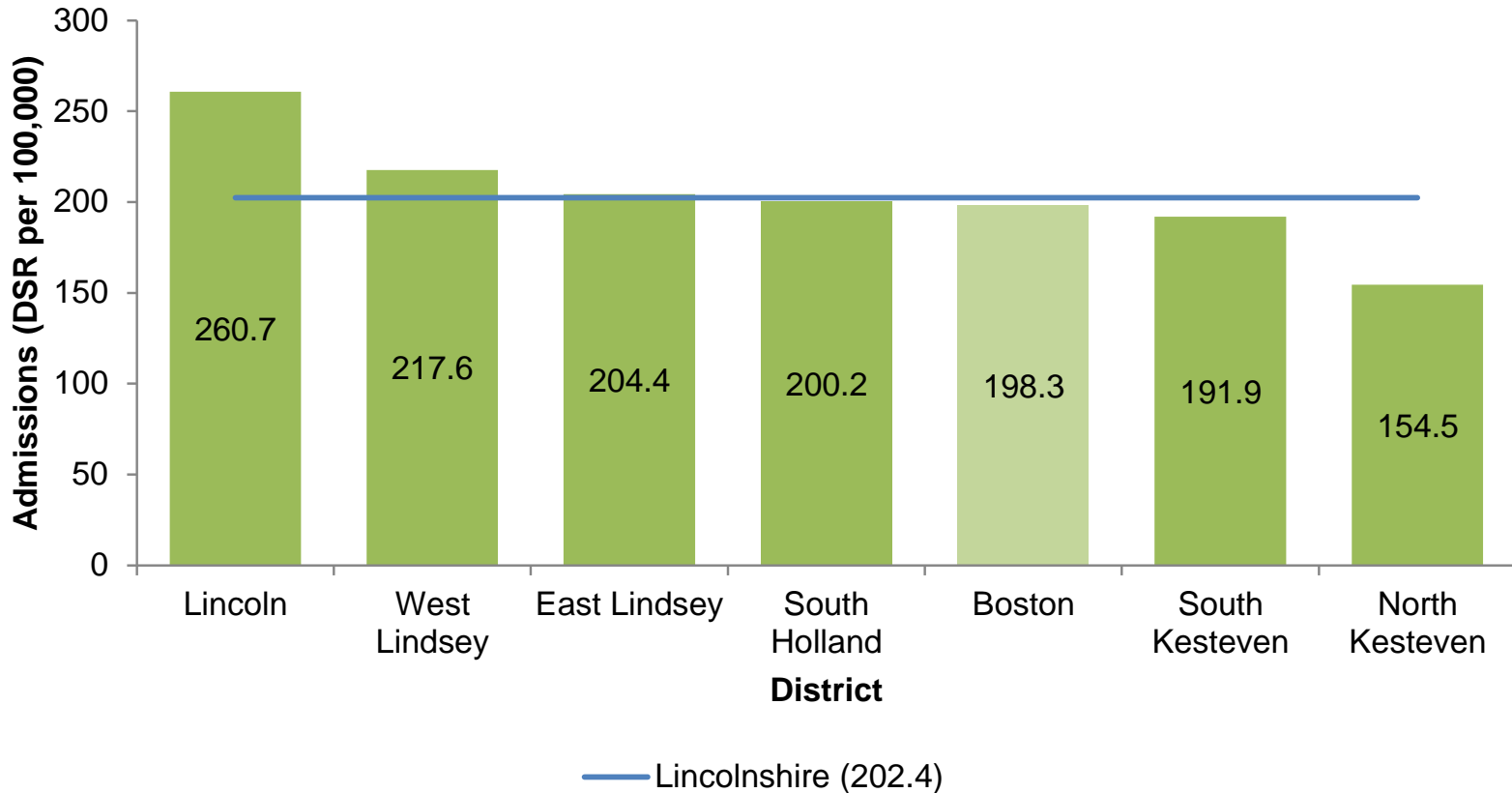
- 14.5% of children (under 16s) live in low income families.
- 19.2% of mothers are known to smoke at the time of delivery.
- 48.9% of mothers breastfeed their babies in the first 48 hours after delivery. This is worse than the national average of 74.5%.
- 59% of children under 5 are free from dental decay, which is worse than the national average of 76.7%.
- Under-18 conceptions in Boston (29.8 per 1,000 females aged 15-17) are significantly worse than the national rate of 18.8 per 1,000.
- The rate of hospital admissions caused by unintentional and deliberate injuries is significantly better than the national rate.
- 49% of pupils achieved a standard pass (9-4) in GCSE English and Maths in 2017 and 31% achieved a strong pass (9-5).
- Pupil absence rates in Boston are worse than the national average.

Adult Health

- 20.2% of the population are reported to have a limiting long term illness or disability and 6% report their general health to be 'bad or very bad'.
- 29.8% of pensioners live alone, which is lower (better) than the national average of 31.5%.
- 80.8% of working age adults are in employment, which is better to the England average of 75.2%.
- The gap in employment rates between those with a long-term condition and the total population is comparable to the national gap.
- Smoking prevalence among adults in Boston (20.5%) is similar to the national average of 14.9%.
- Between 2015 and 2017 the rate of people killed or seriously injured on roads in Boston is worse than the national average.
- The rate of hospital admissions for alcohol related conditions is significantly worse in Boston compared to the national average.
- Estimated diabetes diagnosis is better than the national average.

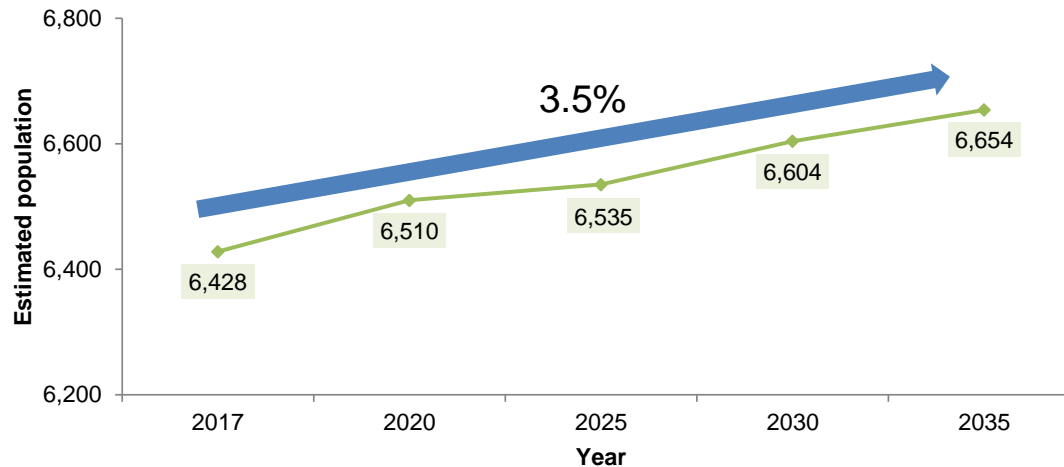
Mental Health

Hospital inpatient admissions for mental health disorders (all ages), 2016/17

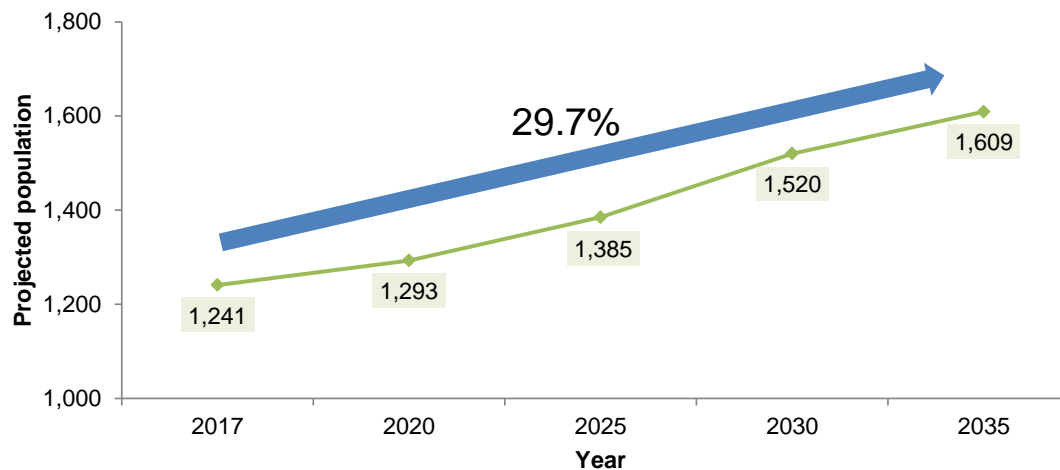


Mental Health

People aged 18-64 predicted to have a mental health problem, 2017 - 2035

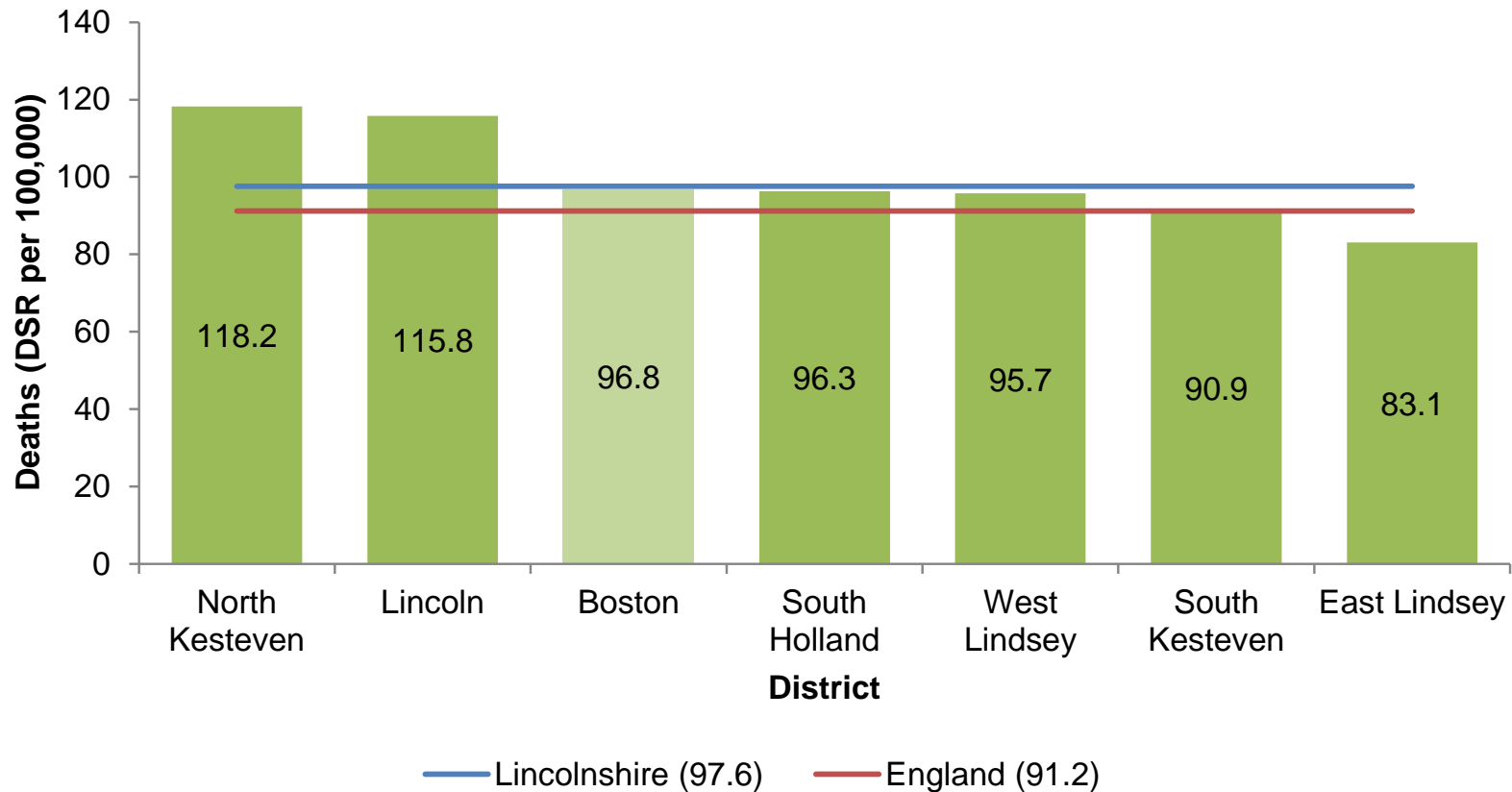


People aged 65+ predicted to have depression, 2017 - 2035



Mental Health

Mortality rate due to mental health disorders (all ages), 2017



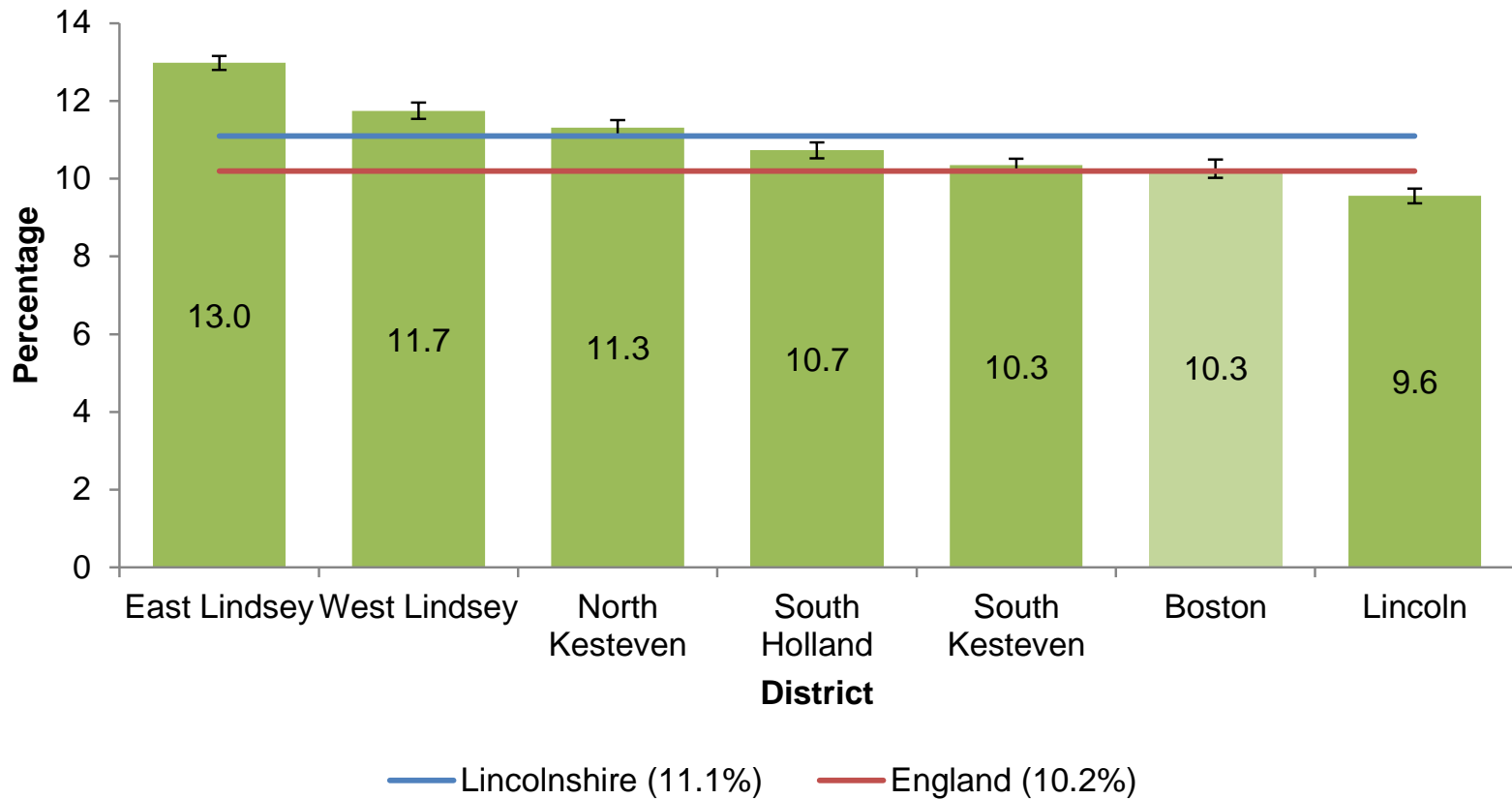
Source: ONS, Mortality Statistics via NOMIS

Carers

- 2011 Census data shows there are 1,767 unpaid carers providing substantial care (more than 50 hours a week) in Boston, which equates to 2.7% of the total population.
- At electoral ward level, provision of substantial unpaid care varies from 4.2% in Old Leake and Wrangle and Five Village Wards to 1.5% in Station Ward.
- In Boston, 5% of young people (aged 16-24) provide unpaid care, with 1.5% providing 20 hours or more per week.
- As of 2011, 1.58% of children aged under 15 were providing unpaid care in Boston, which is higher (worse) than the national average of 1.11%.
- Boston has over a fifth of residents (20.9%) aged over 65 in the UK.

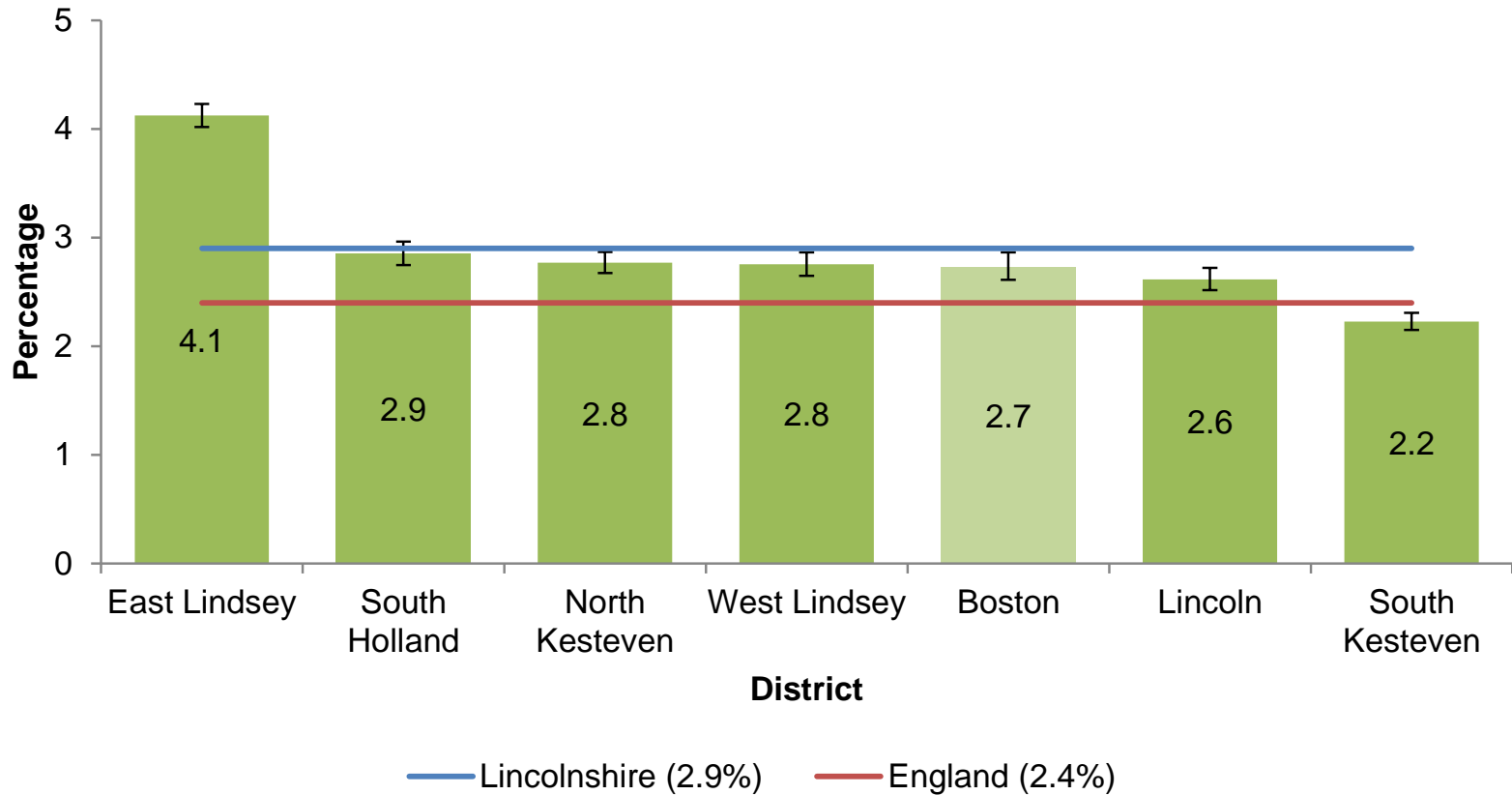
Carers

Provision of one hour or more of unpaid care per week, 2011



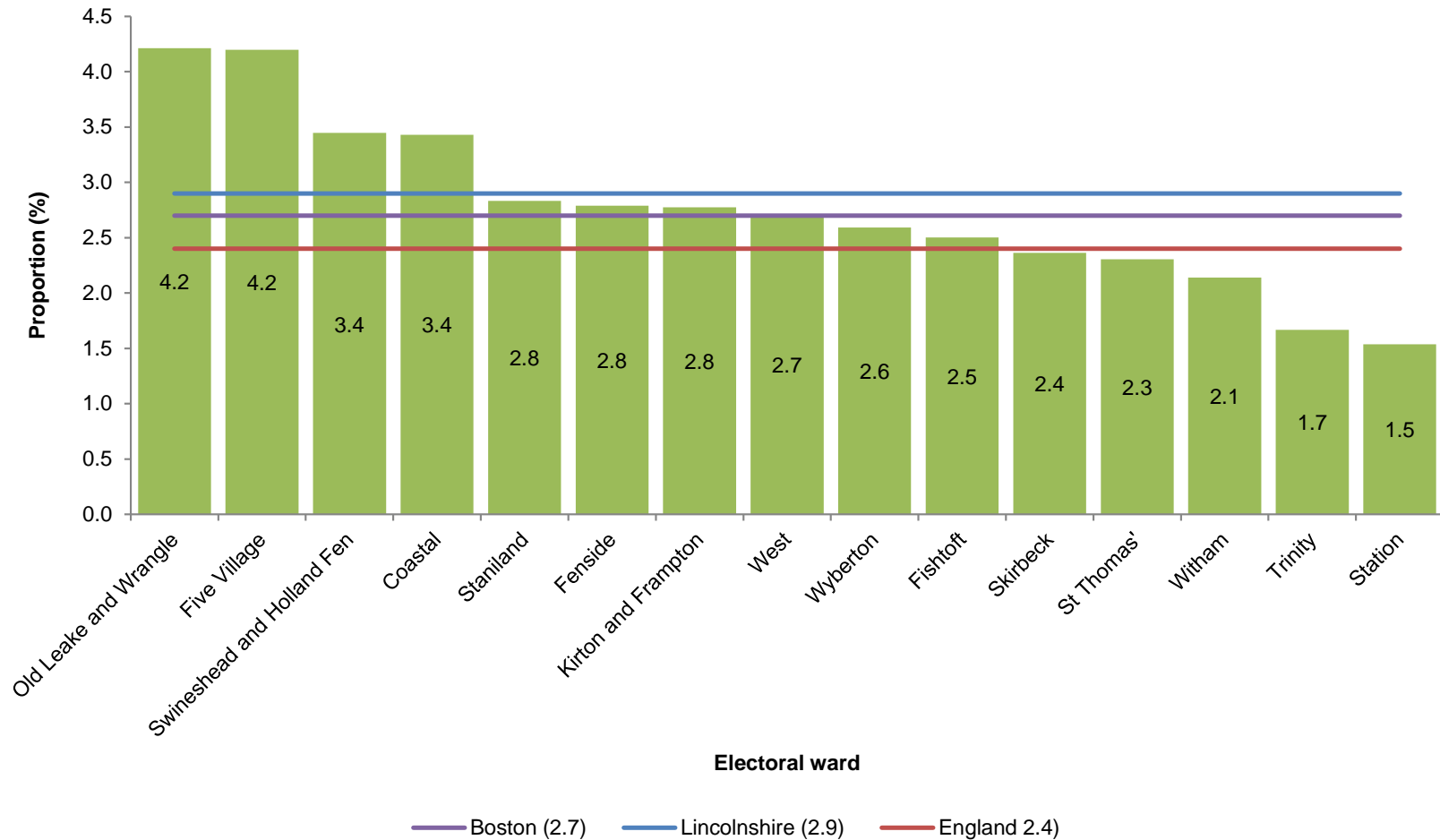
Carers

Provision of 50 hours or more of unpaid care per week, 2011



Carers

Provision of 50 hours or more of unpaid care per week, by electoral ward, 2011

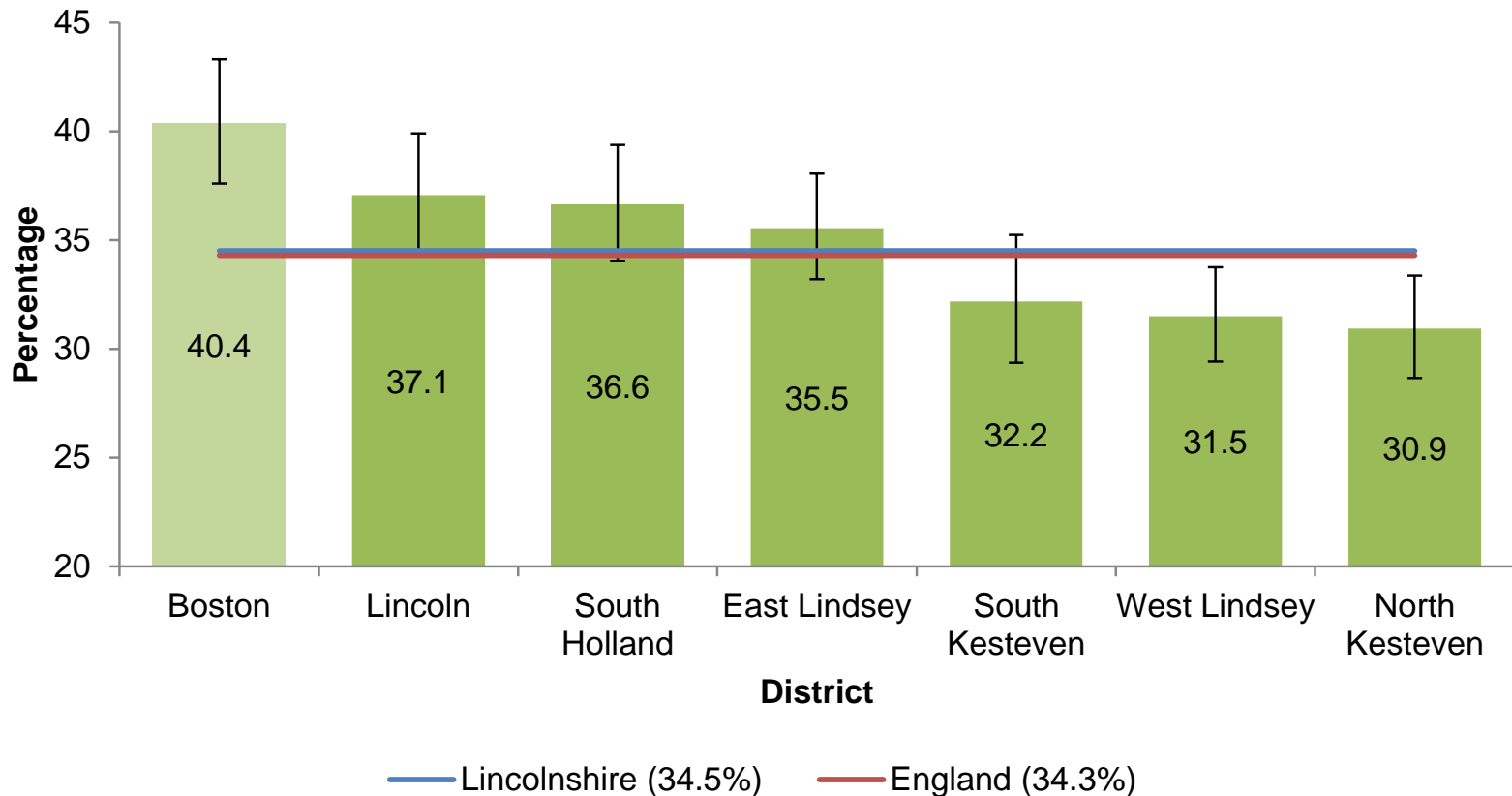


Obesity

- In 2017/18, **23.1%** of Reception Year children were overweight or obese. This is **similar** to the national average.
- Excess weight in Reception year children saw an increase between 2015/16 and 2016/17, however figures have **fallen** in 2017/18.
- By Year 6, **40.4%** of children are overweight or obese. This is the **highest in Lincolnshire and worse than** the national average.
- Excess weight in Year 6 children has **increased** from **35.3%** in 2015/16.
- In 2016/17, **62.9%** of adults aged over 18 in Boston were overweight or obese, which is **higher (worse)** than the national average.
- In 2016/17, **57.4%** of adults were meeting the recommended '5-a-day' on a usual day, which is **similar** to the national average.

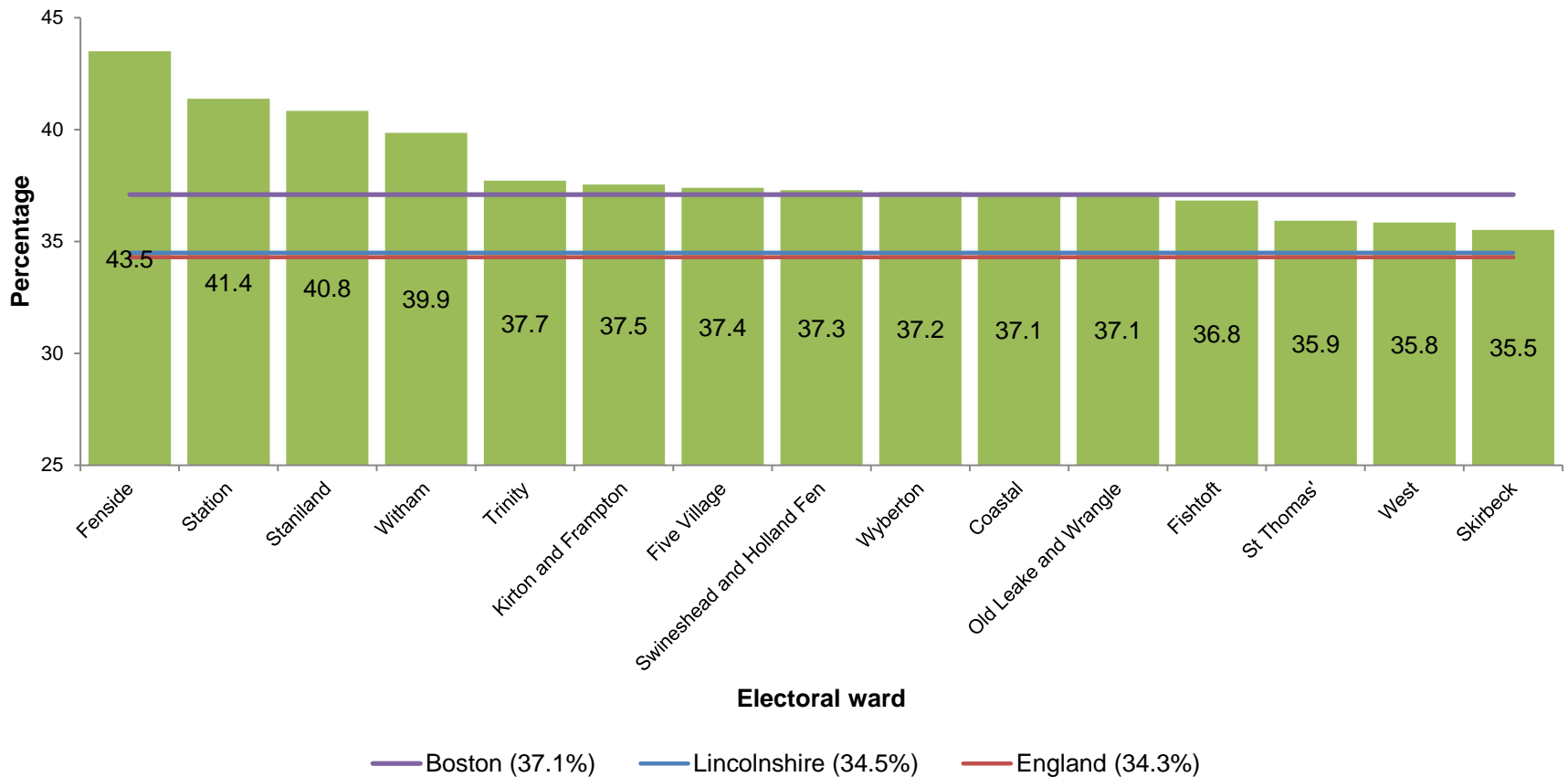
Obesity

Year 6 children (age 10/11) who are overweight or obese, 2017/18



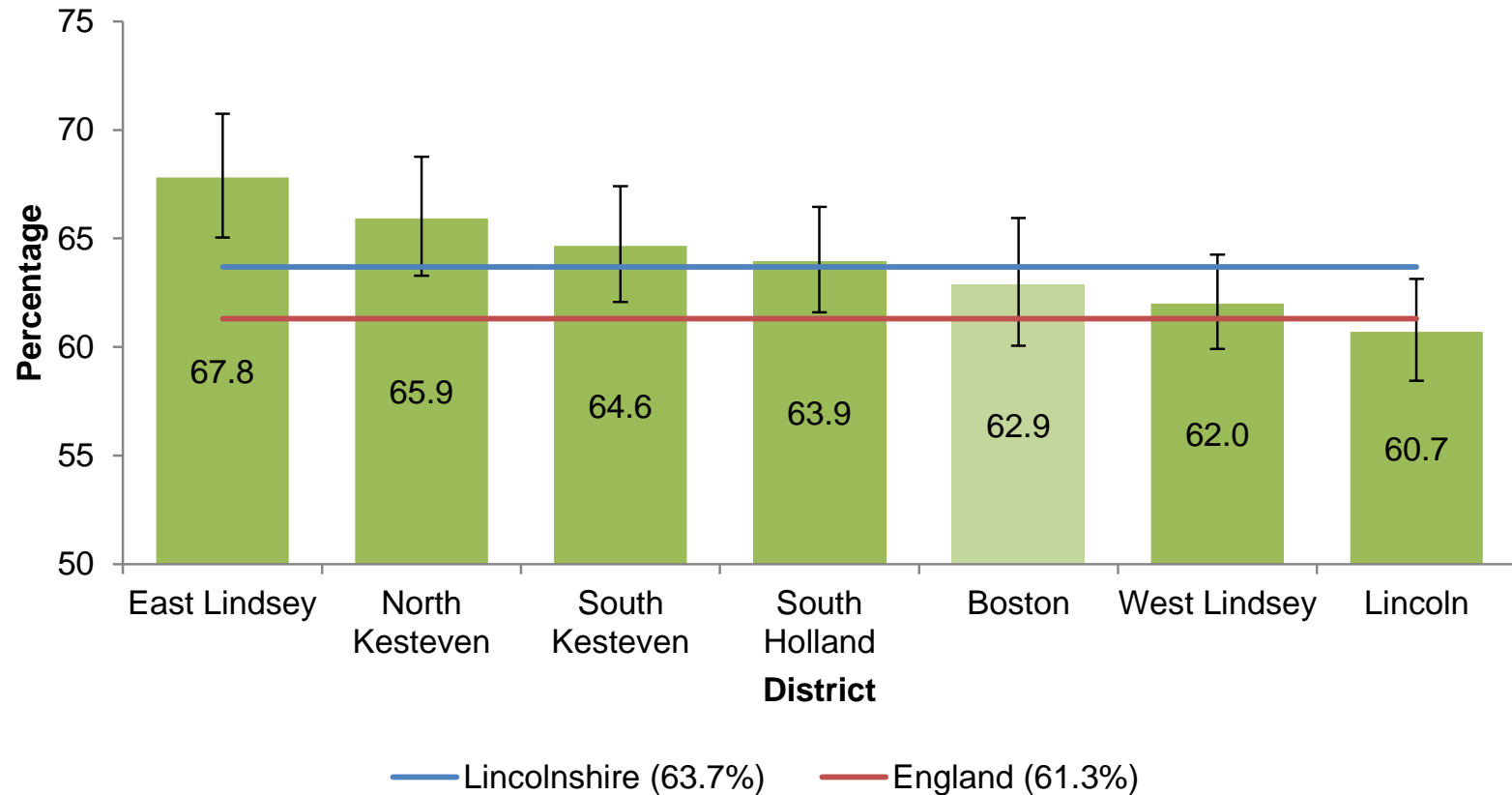
Obesity

Year 6 children (age 10/11) who are overweight or obese in Boston, by electoral ward, 2013/14 - 2015/16



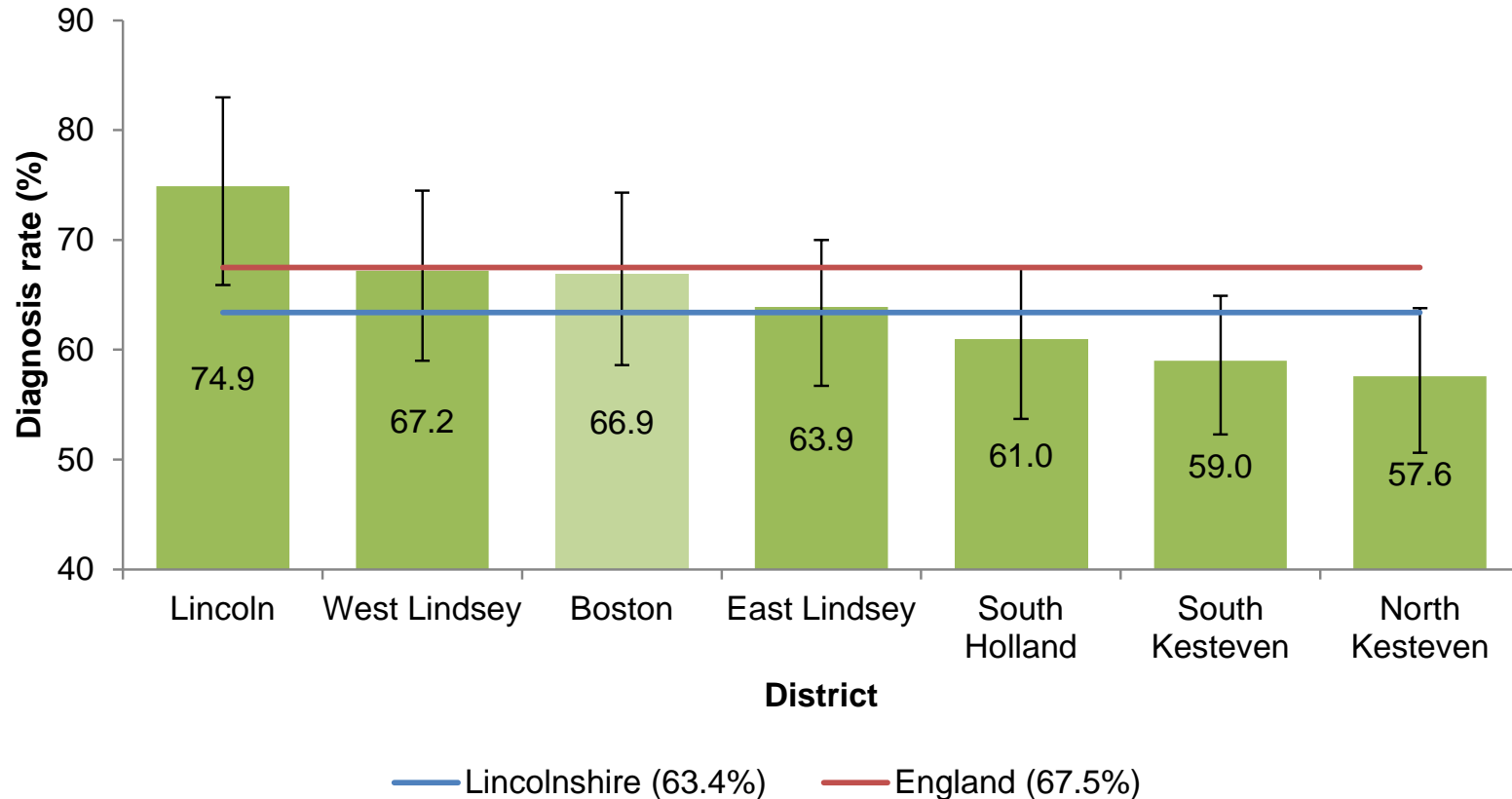
Obesity

Adults (18+) who are overweight or obese, 2016/17



Dementia

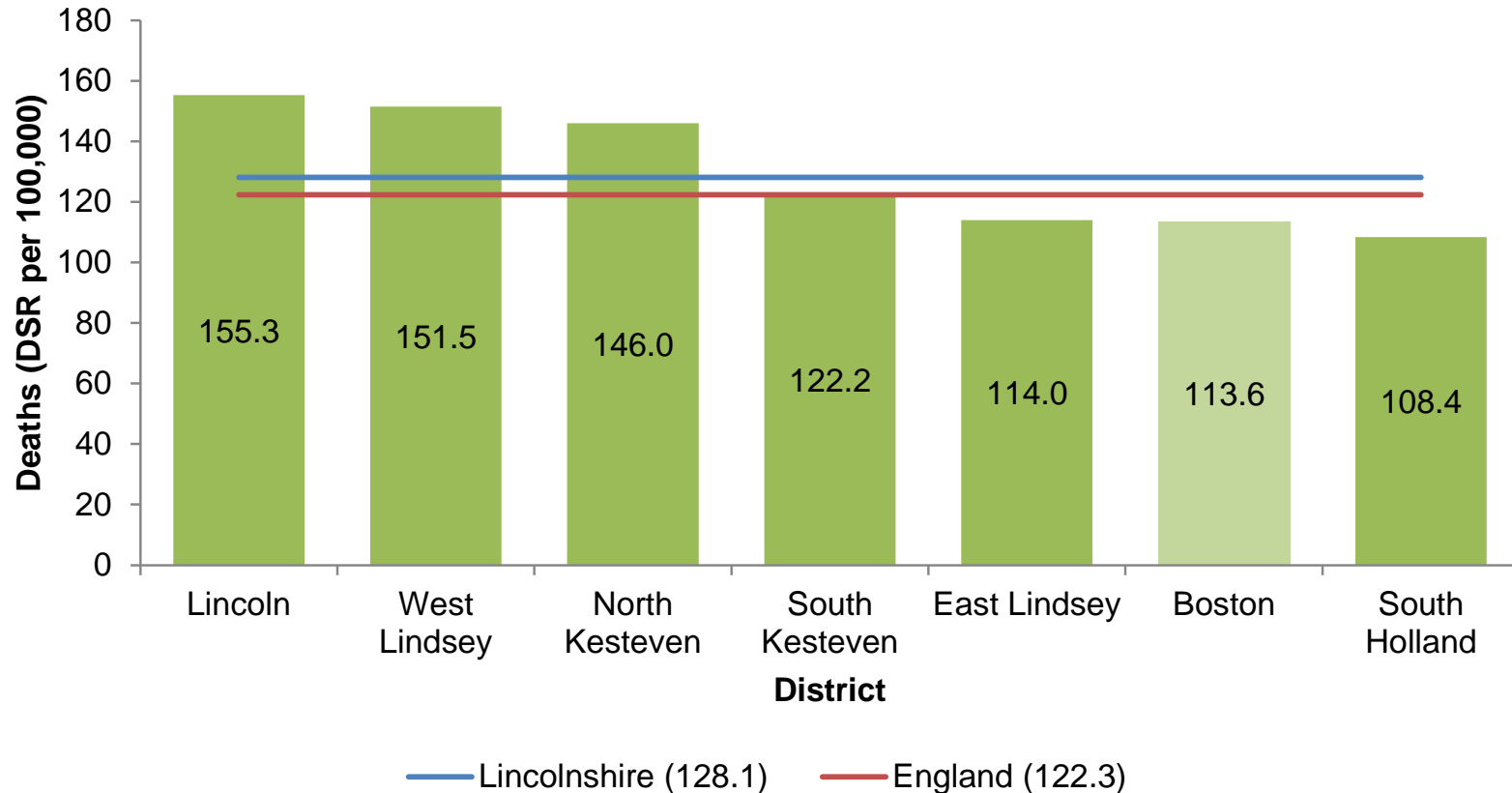
Dementia diagnosis rate (age 65+), 2018



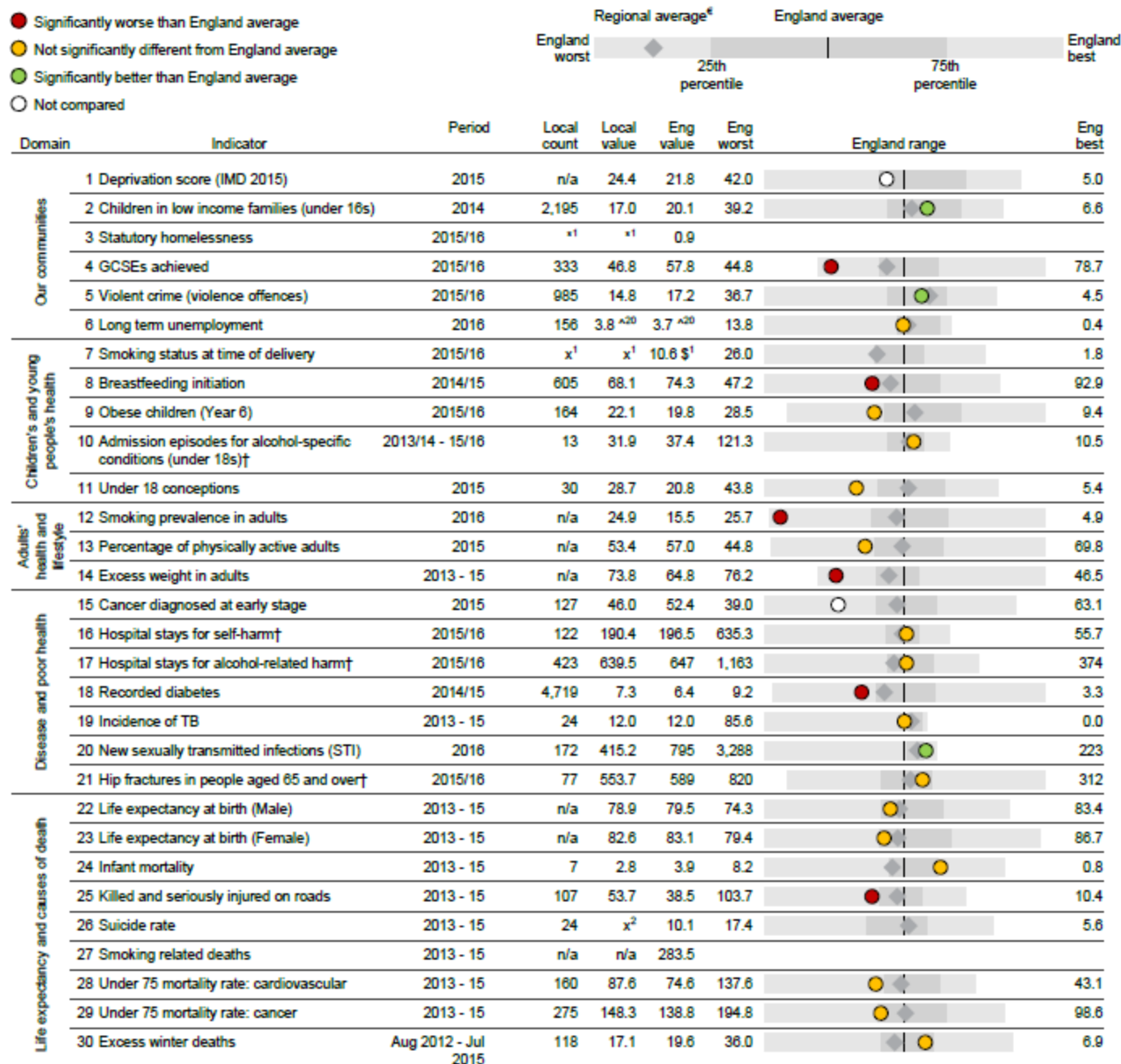
- Dementia diagnosis in older people (aged 65 and over) in Boston is **similar** to the national rate.

Dementia

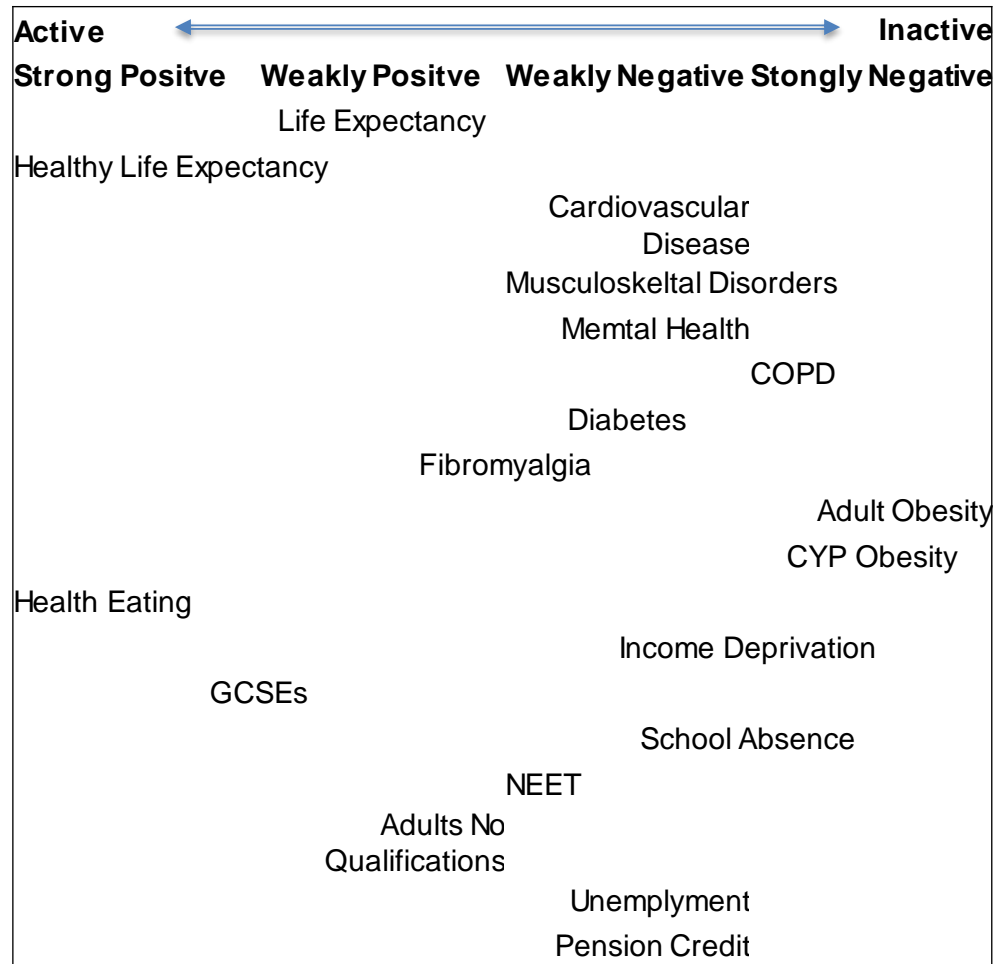
Mortality rate due to dementia and Alzheimer's, 2017



- Between January and December 2017, there were 113.6 deaths (per 100,000 residents) due to dementia and Alzheimer's. This is lower (better) than the national rate.

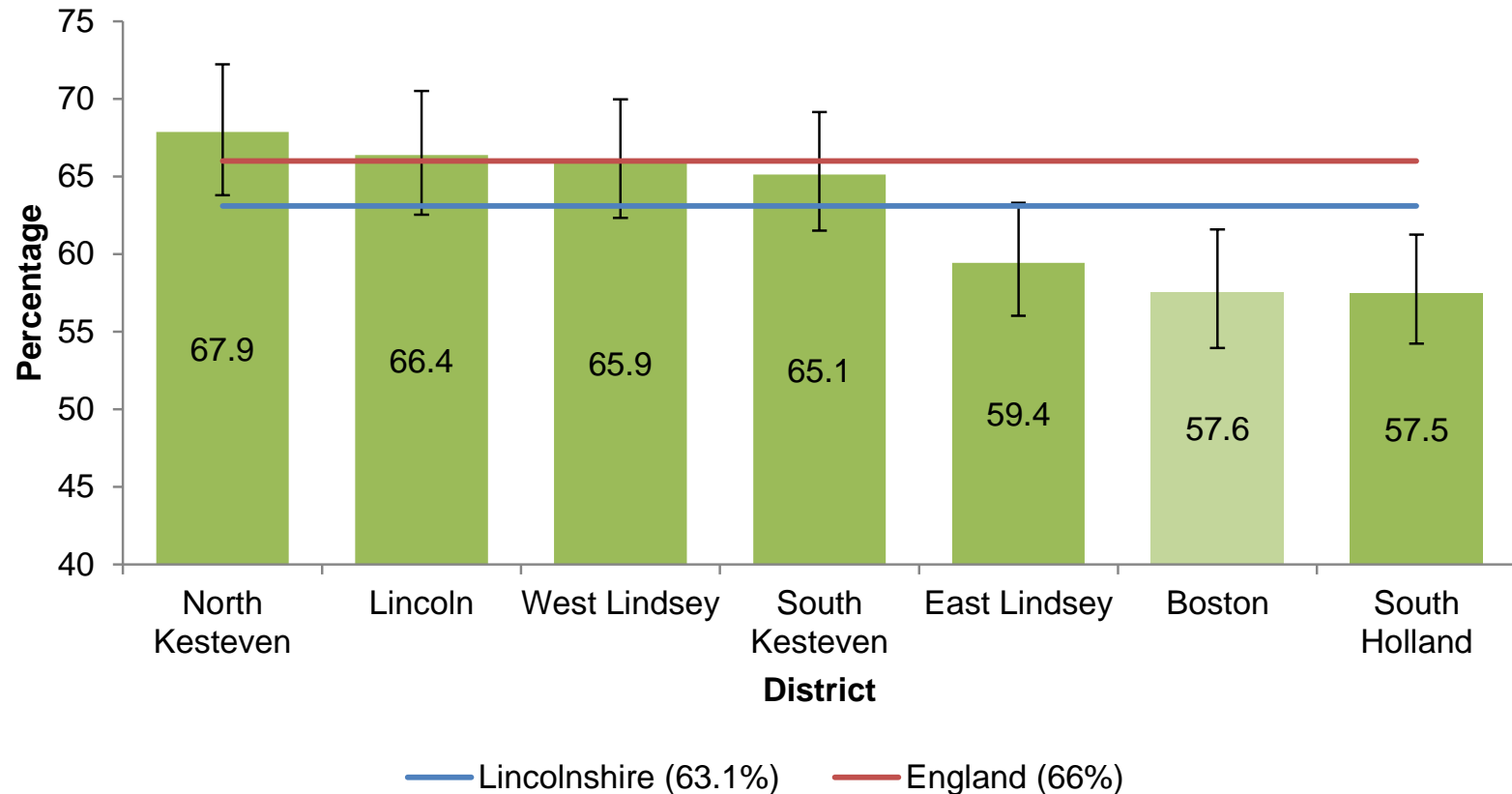


Health & Physical Activity Correlations



Physical Activity

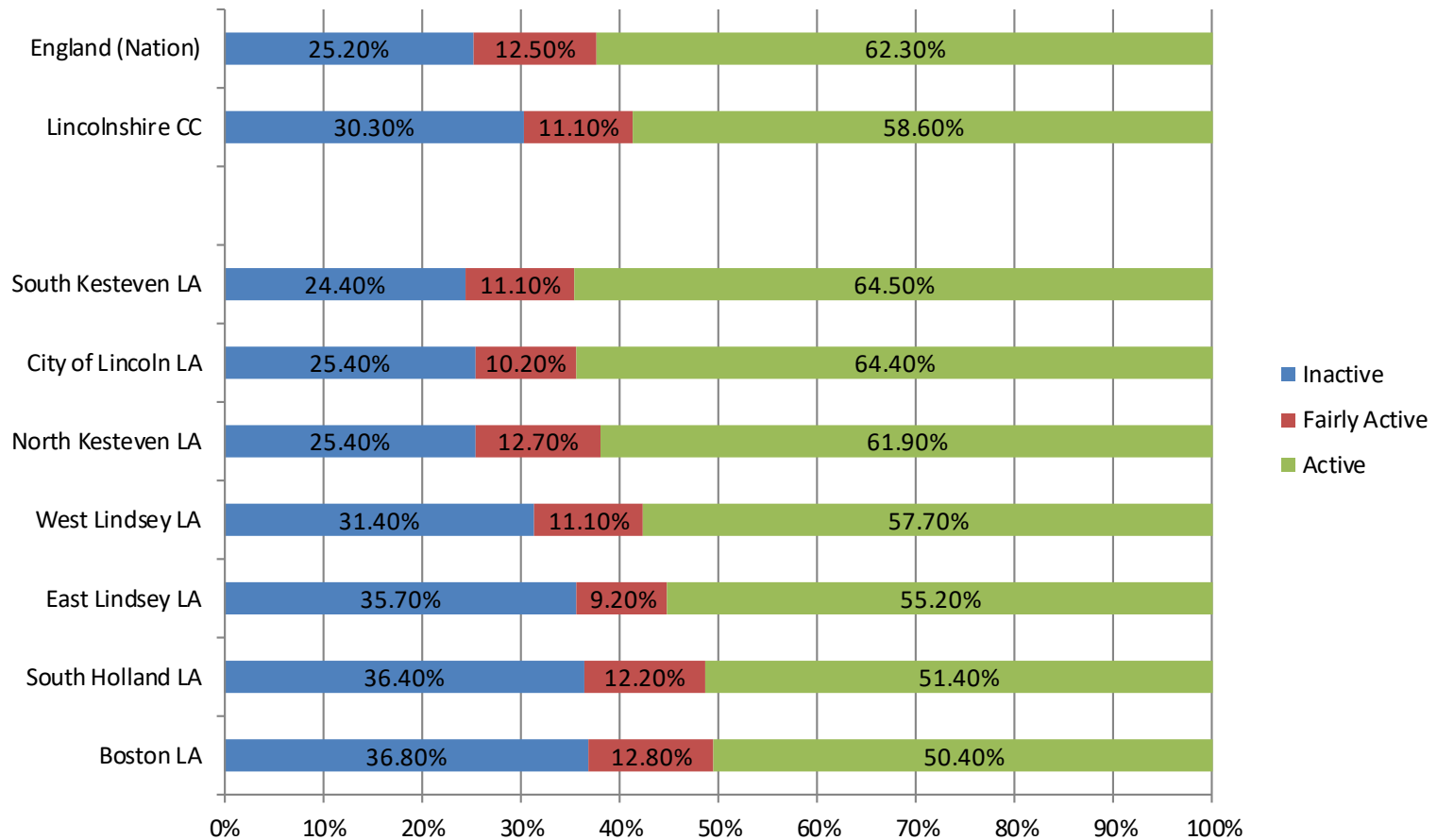
Physically active adults, 2016/17



- **57.6%** of adults meet the recommended physical activity guidelines of at least 150 minutes of moderate intensity activity per week (inc gardening)
- **28.2%** of adults are physically inactive in Boston (less than 30 minutes a week), which is **higher (worse)** than the national average.

Physical Activity

Active Lives Survey (May 2018)



Physical Activity

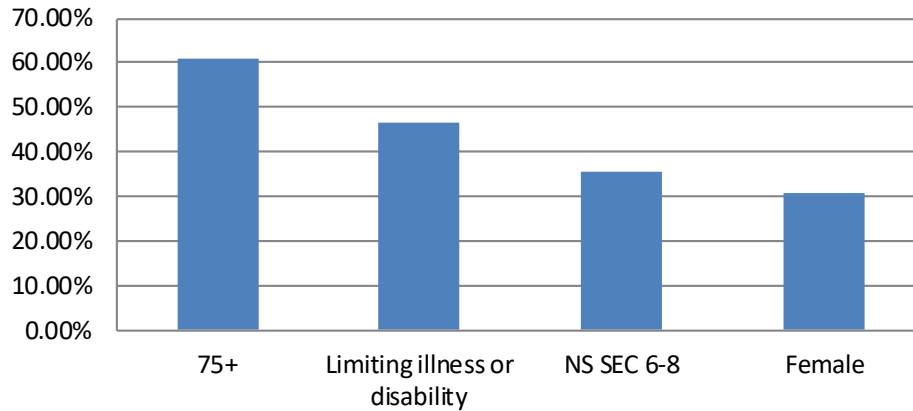
Physically active populations in Boston
(Active Lives December 2018)



Physical Activity

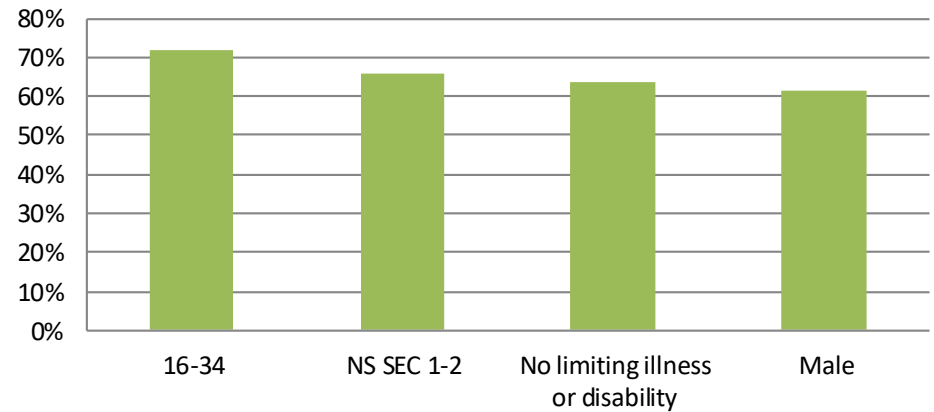
Highest levels of inactivity in Lincolnshire population

(Active Lives Survey - May 18)



Highest levels of activity in Lincolnshire population

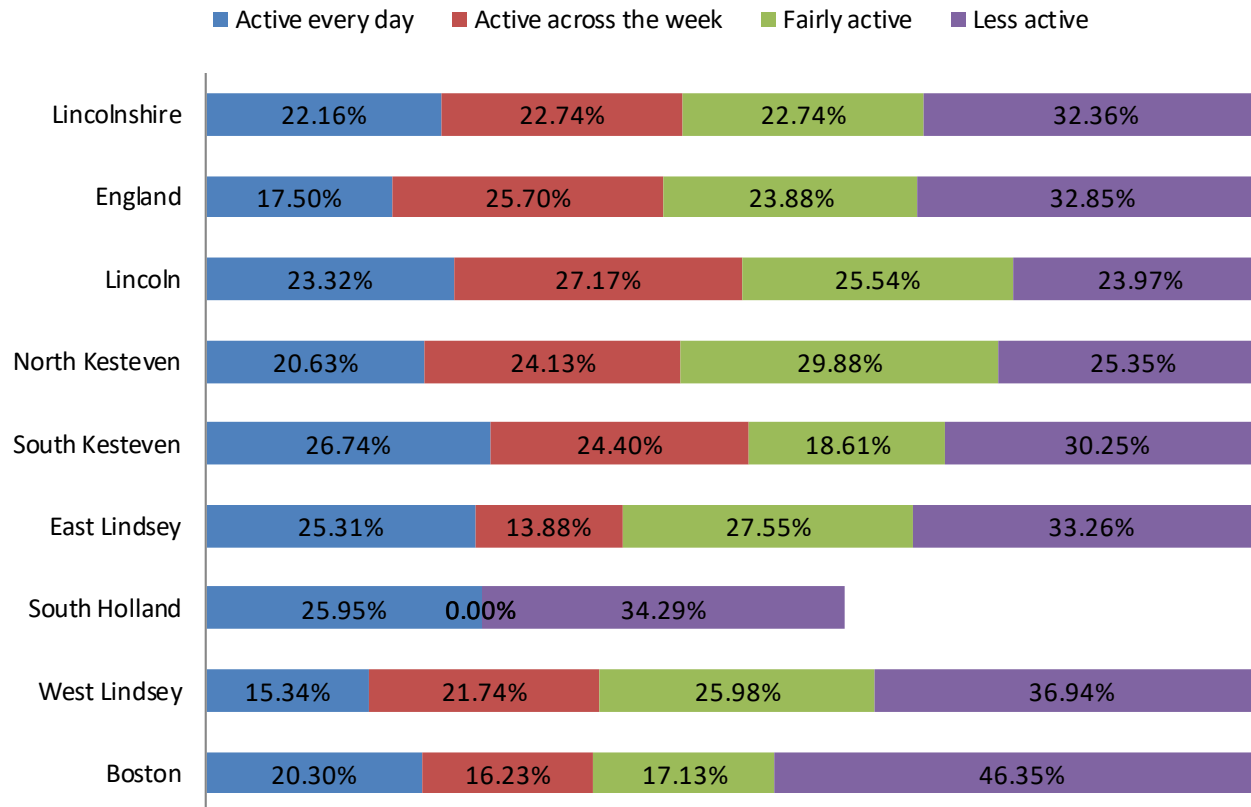
(Active Lives Survey - May 18)



Physical Activity

Children and young people activity levels by district

(Active Lives - December 2018)



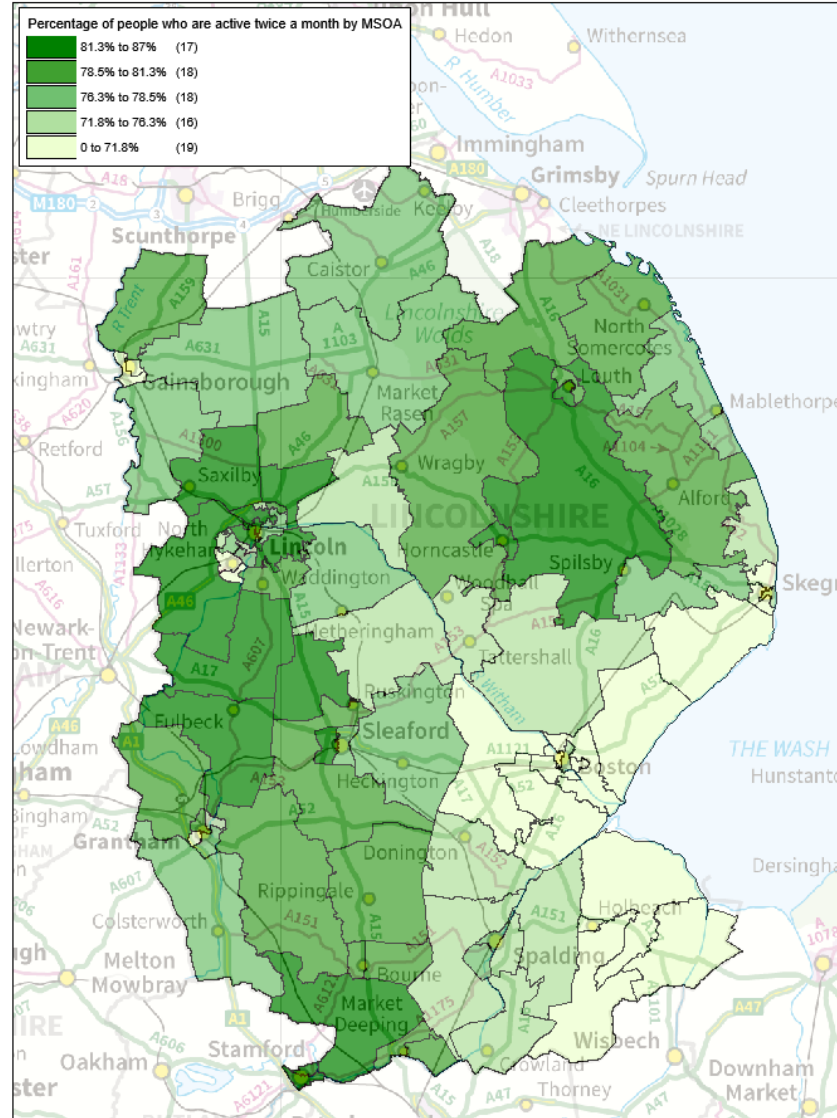
Percentage of active people by MSOA in Lincolnshire
At least 150 minutes of activity per week

83.2% to 75.0% (17)
80.0% to 83.2% (16)
58.2% to 80.0% (19)
53.4% to 58.2% (18)
0 to 53.4% (18)

The map shows Lincolnshire divided into numerous MSOAs, each labeled with a number. Major towns and cities are labeled, including Scunthorpe, Gainsborough, Lincoln, Louth, and Boston. The map also shows surrounding areas like North Yorkshire and Nottinghamshire, and the Humber and Great Ouse rivers.

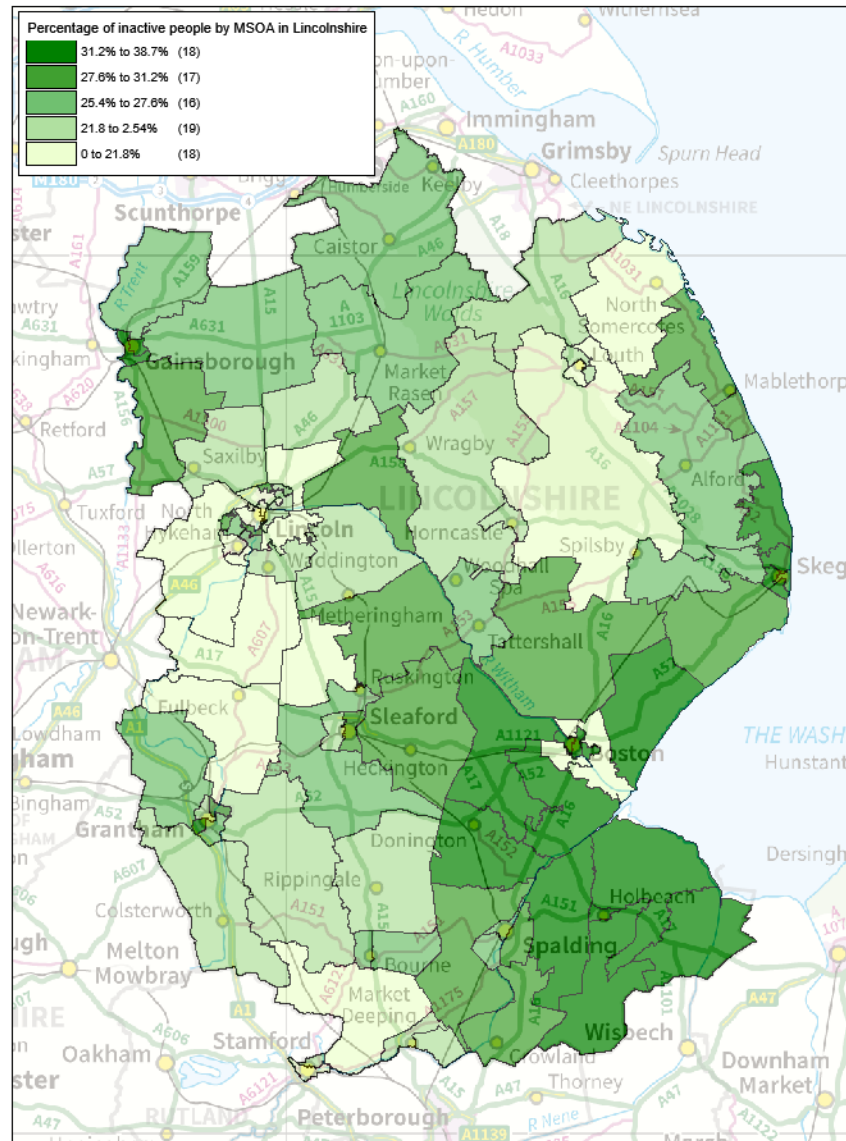
Source: Active Lives Survey

Physical Activity



Source: Active Lives Survey

Physical Activity



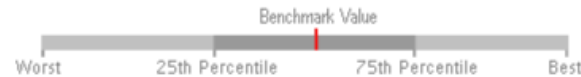
Source: Active Lives Survey

PHE: Physical Activity Profile

* a note is attached to the value, hover over to see more details

Compared with benchmark: ● Better ● Similar ● Worse ○ Not compared

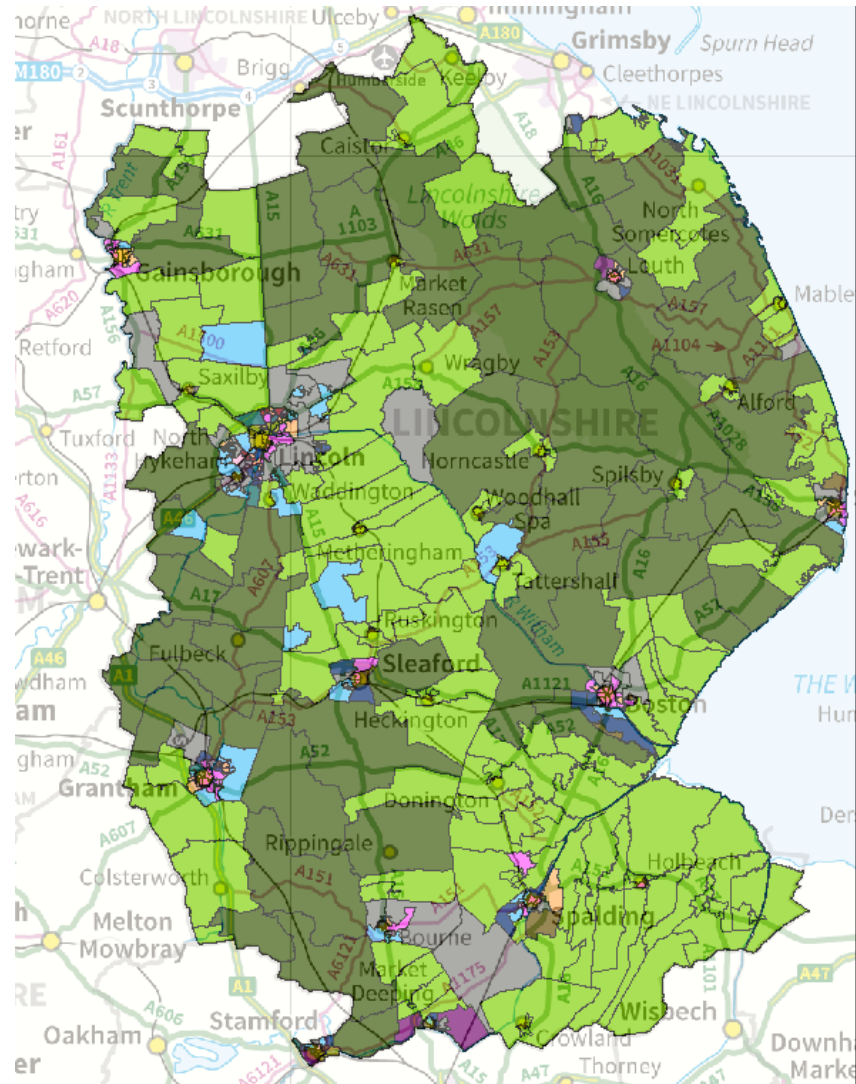
[Export table as CSV file](#)



Indicator	Period	Boston		Region England		England		
		Count	Value	Value	Value	Worst	Range	Best
Percentage of physically active adults - current method	2016/17	-	57.6%	65.0%	66.0%	53.3%		78.8%
Percentage of physically inactive adults - current method	2016/17	-	28.2%	23.1%	22.2%	33.3%		12.4%
Percentage of adults walking for travel at least three days per week	2016/17	-	13.6%	18.8%	22.9%	10.0%		43.6%
Percentage of adults cycling for travel at least three days per week	2016/17	-	4.1%	2.6%	3.3%	0.3%		31.8%
Percentage of physically active adults - historical method	2015	-	53.4%	56.8%	57.0%	44.8%		69.8%
Percentage of physically inactive adults - historical method	2015	-	31.5%	28.7%	28.7%	43.7%		14.7%
Percentage of adults doing 30-149 minutes physical activity per week - historical method	2015	-	15.0%	14.5%	14.3%	9.4%		20.7%
Percentage of adults who do any walking, at least five times per week	2014/15	-	48.3%	49.1%	50.6%	37.7%		68.1%
Percentage of adults who do any walking, at least once per week	2014/15	-	75.5	79.5	80.6	70.4		91.3
Percentage of adults who do any cycling, at least three times per week.	2014/15	-	5.9%	3.8%	4.4%	0.2%		39.0%
Percentage of adults who do any cycling, at least once per month	2014/15	-	15.9%	14.7%	14.7%	5.0%		58.0%

Mosaic Segmentation

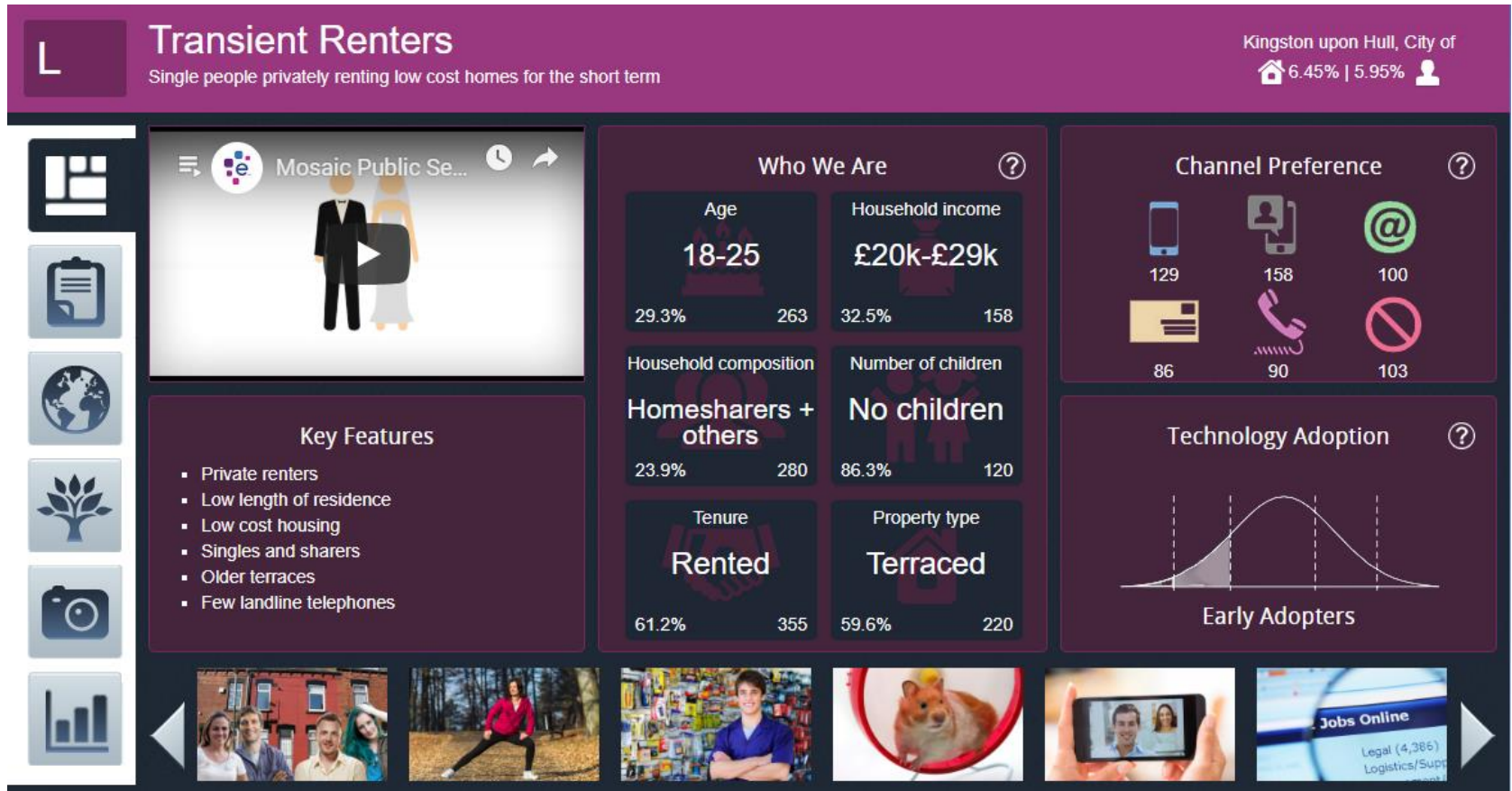
A	Country Living
B	Prestige Positions
C	City Prosperity
D	Domestic Success
E	Suburban Stability
F	Senior Security
G	Rural Reality
H	Aspiring Homemakers
I	Urban Cohesion
J	Rental Hubs
K	Modest Traditions
L	Transient Renters
M	Family Basics
N	Vintage Value
O	Municipal Challenge



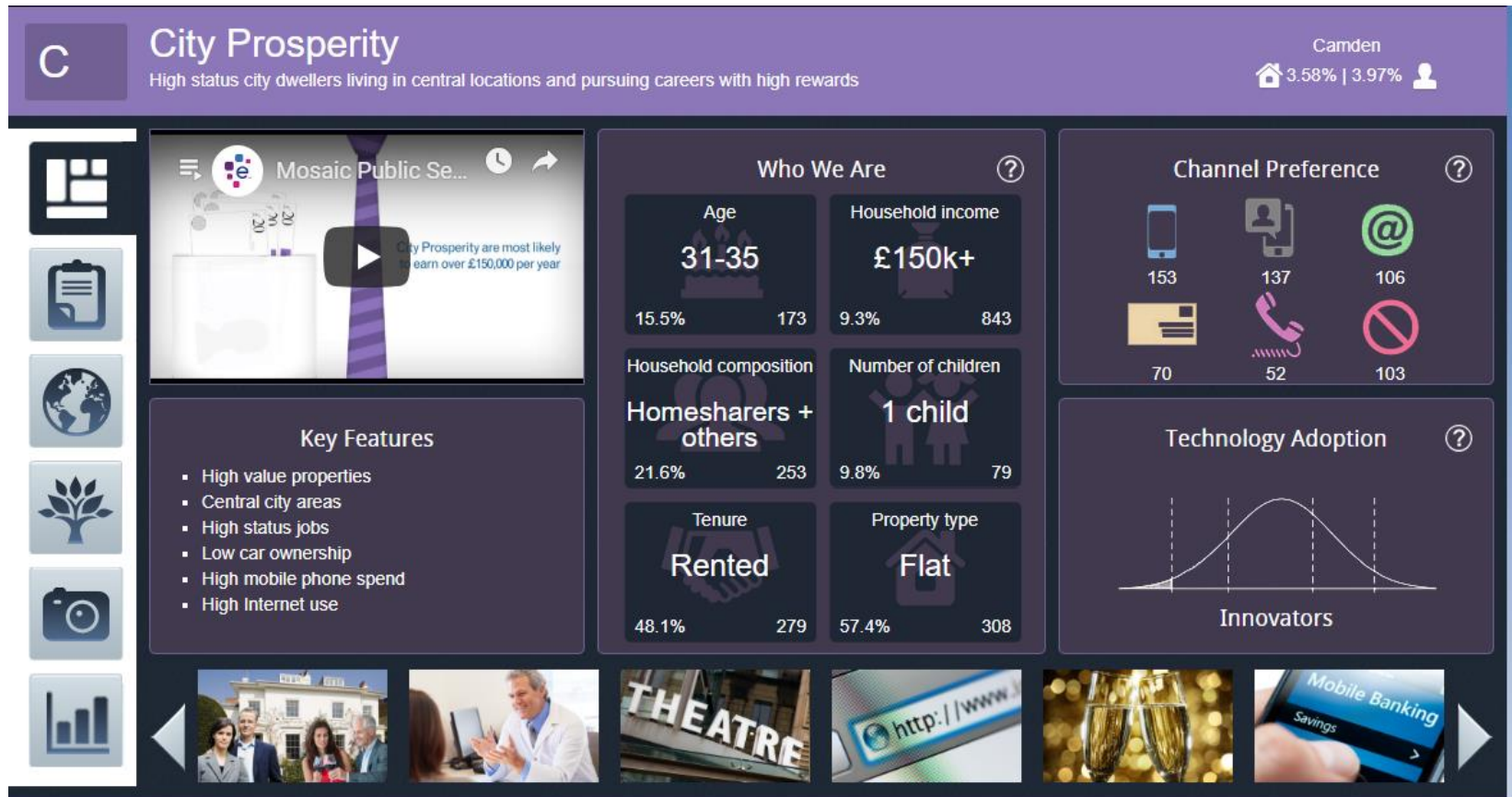
Mosaic Segmentation

Group	Population	Do not take care of self as well as should	Should do a lot more about own health	Eat '5 a day' portions of fruit and vegetables	Did something to maintain / improve health in last year	I do a lot to keep in shape	4+ hours a week	2-4 hours a week	1-2 hours a week	<1 hour a week	Do not take part in sport	4+ hours a week	2-4 hours a week	1-2 hours a week	<1 hour a week	Do not exercise
Country Living	3081	83.37	85.89	135.88	112.03	107.63	100.55	109.10	80.89	75.42	102.87	114.51	135.39	104.66	89.32	85.05
Prestige Positions	103	88.54	82.57	125.02	120.72	114.18	138.54	137.20	109.51	130.21	90.03	123.50	130.44	123.66	110.98	73.02
City Prosperity	0	115.36	104.31	124.53	115.46	122.21	157.34	136.55	125.50	93.01	90.10	133.92	125.93	140.58	83.07	70.30
Domestic Success	652	124.96	96.84	102.41	113.04	111.74	137.57	151.18	127.66	150.93	85.83	116.04	116.82	128.35	108.79	78.73
Suburban Stability	3291	89.55	102.15	102.05	105.36	93.18	102.68	94.40	93.03	85.97	101.92	107.60	107.44	106.80	104.25	92.07
Senior Security	2756	46.58	75.69	134.27	102.79	105.74	96.94	60.94	51.94	39.06	112.33	79.61	85.54	78.69	80.17	122.26
Rural Reality	6378	100.32	101.75	99.64	98.81	90.43	74.98	84.57	88.60	72.74	106.87	102.09	99.39	95.42	90.70	102.49
Aspiring Homemakers	3861	138.60	105.94	78.50	100.31	102.44	114.33	124.63	146.52	141.30	89.46	106.72	109.68	126.37	117.88	83.29
Urban Cohesion	0	94.67	103.06	99.75	96.18	110.04	92.84	87.12	130.11	132.77	96.49	92.57	71.24	91.07	117.22	110.39
Rental Hubs	255	122.82	112.92	91.67	107.31	120.32	120.31	138.97	154.20	126.38	88.41	109.11	124.00	100.40	115.72	86.65
Modest Traditions	1313	91.01	107.64	96.36	96.82	81.44	65.20	66.01	80.04	66.48	110.48	93.22	83.20	90.04	95.04	111.30
Transient Renters	7253	124.72	112.07	65.41	83.69	94.18	100.99	94.66	95.47	128.30	98.28	112.31	96.24	87.82	112.33	97.58
Family Basics	2436	131.42	110.80	67.57	81.62	82.15	91.23	94.37	94.03	112.51	100.71	89.55	94.10	90.49	113.35	106.12
Vintage Values	2853	57.14	95.11	107.47	85.02	87.02	45.60	42.94	43.94	46.24	118.80	60.25	58.71	62.06	52.22	147.67
Municipal Challenger	1389	97.41	111.56	78.78	82.96	85.42	68.44	83.18	90.21	96.89	105.44	72.48	60.78	81.20	100.00	127.45

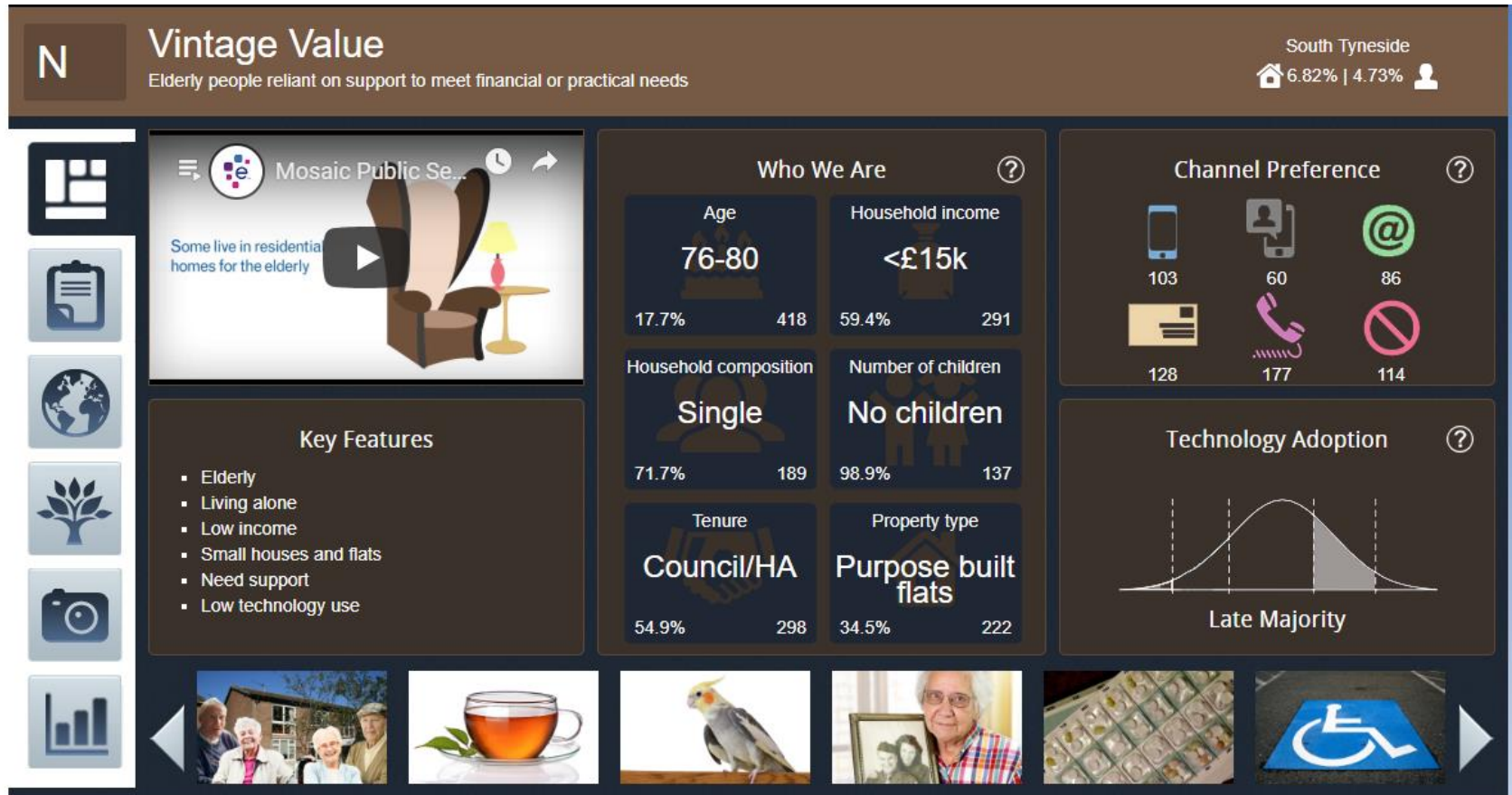
Mosaic Segmentation



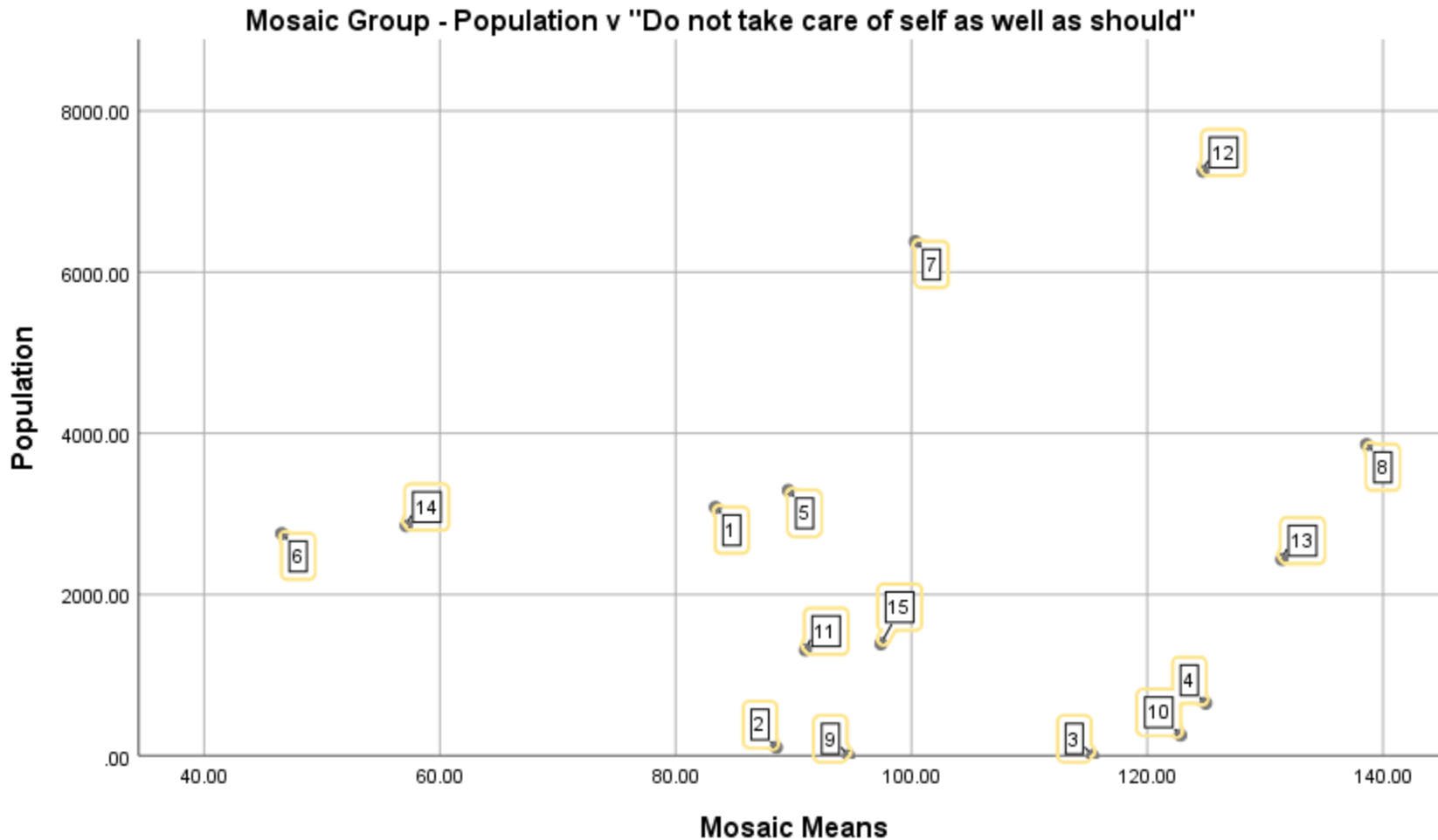
Mosaic Segmentation



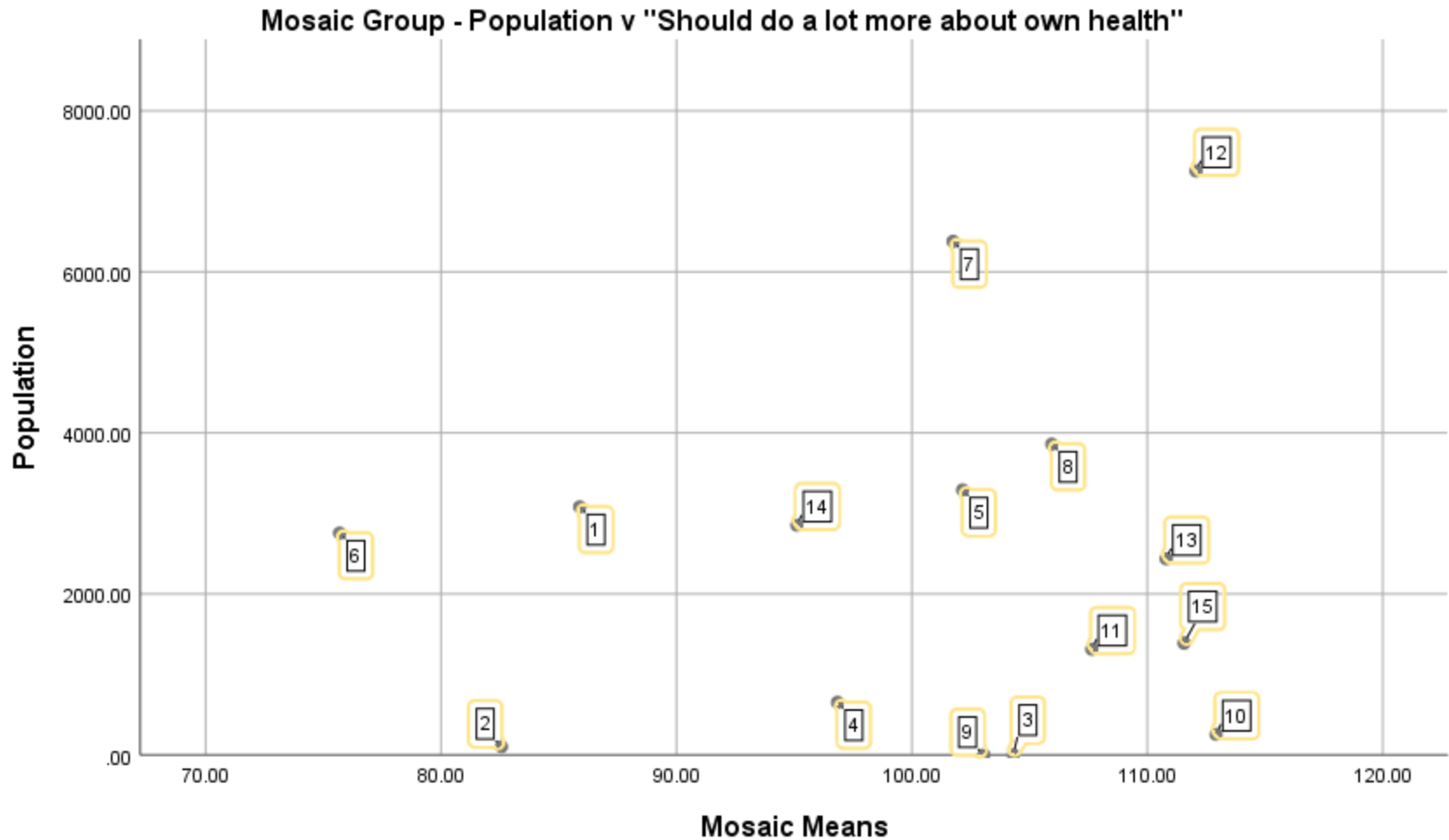
Mosaic Segmentation



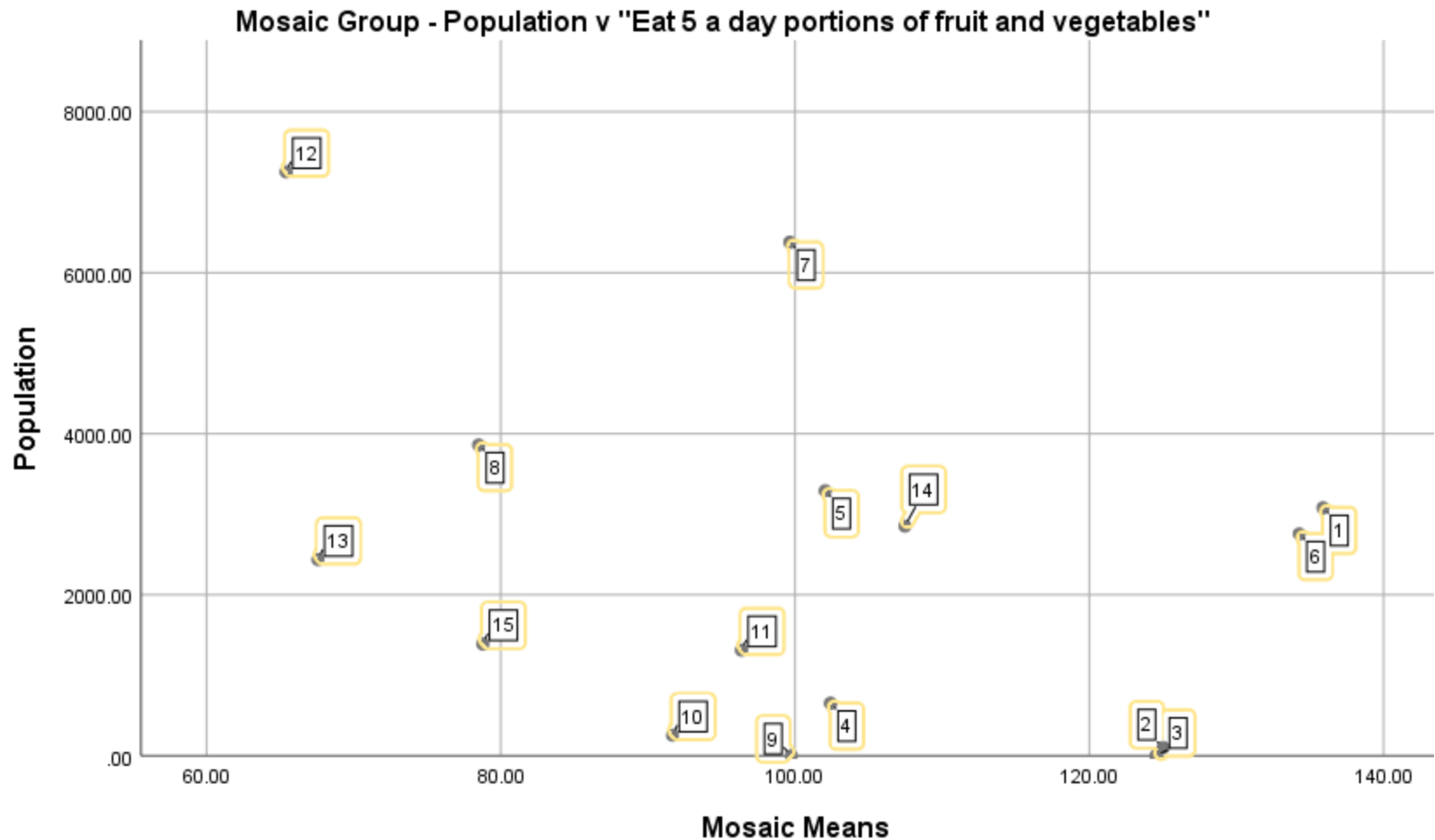
Mosaic Segmentation



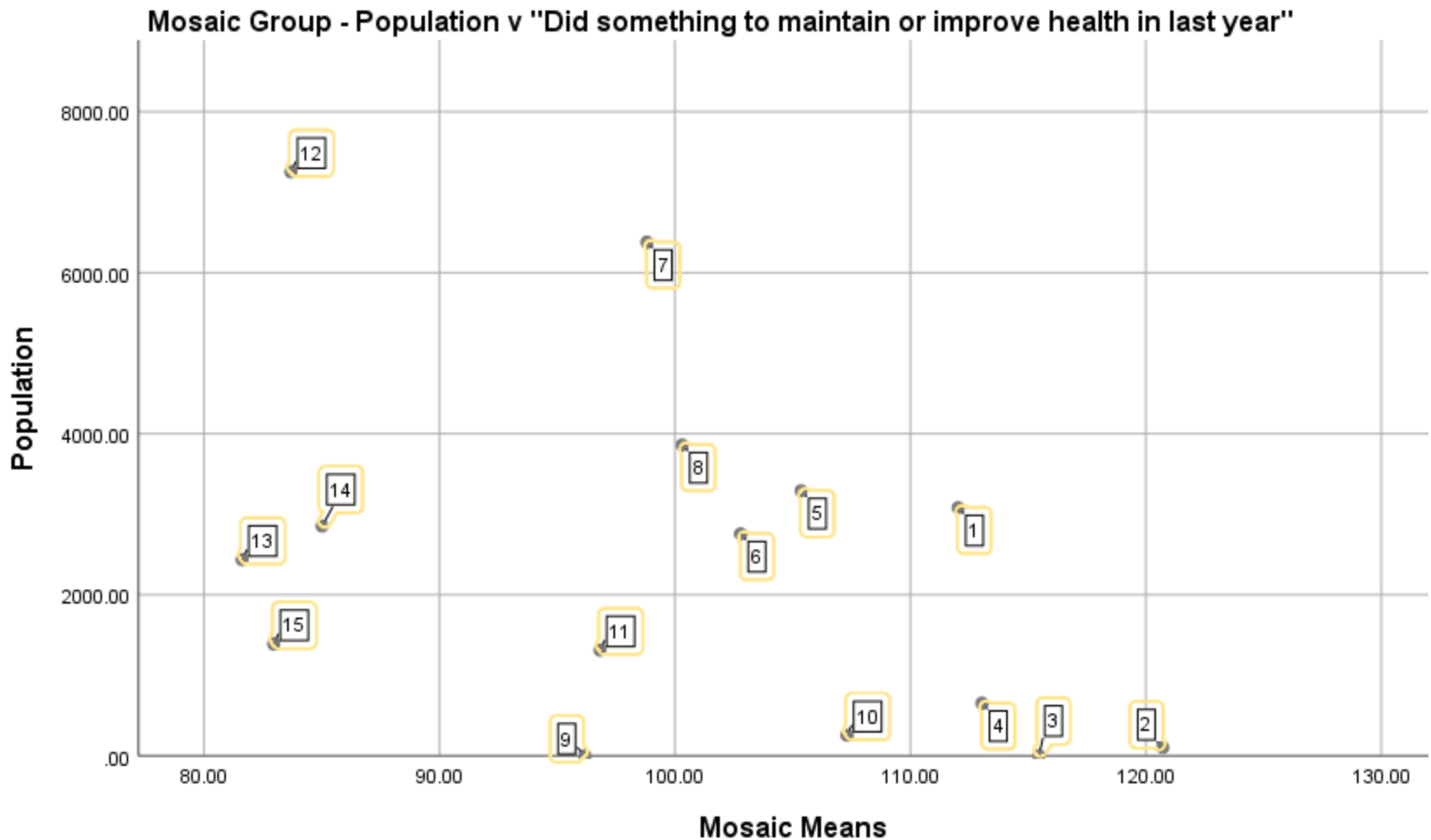
Mosaic Segmentation



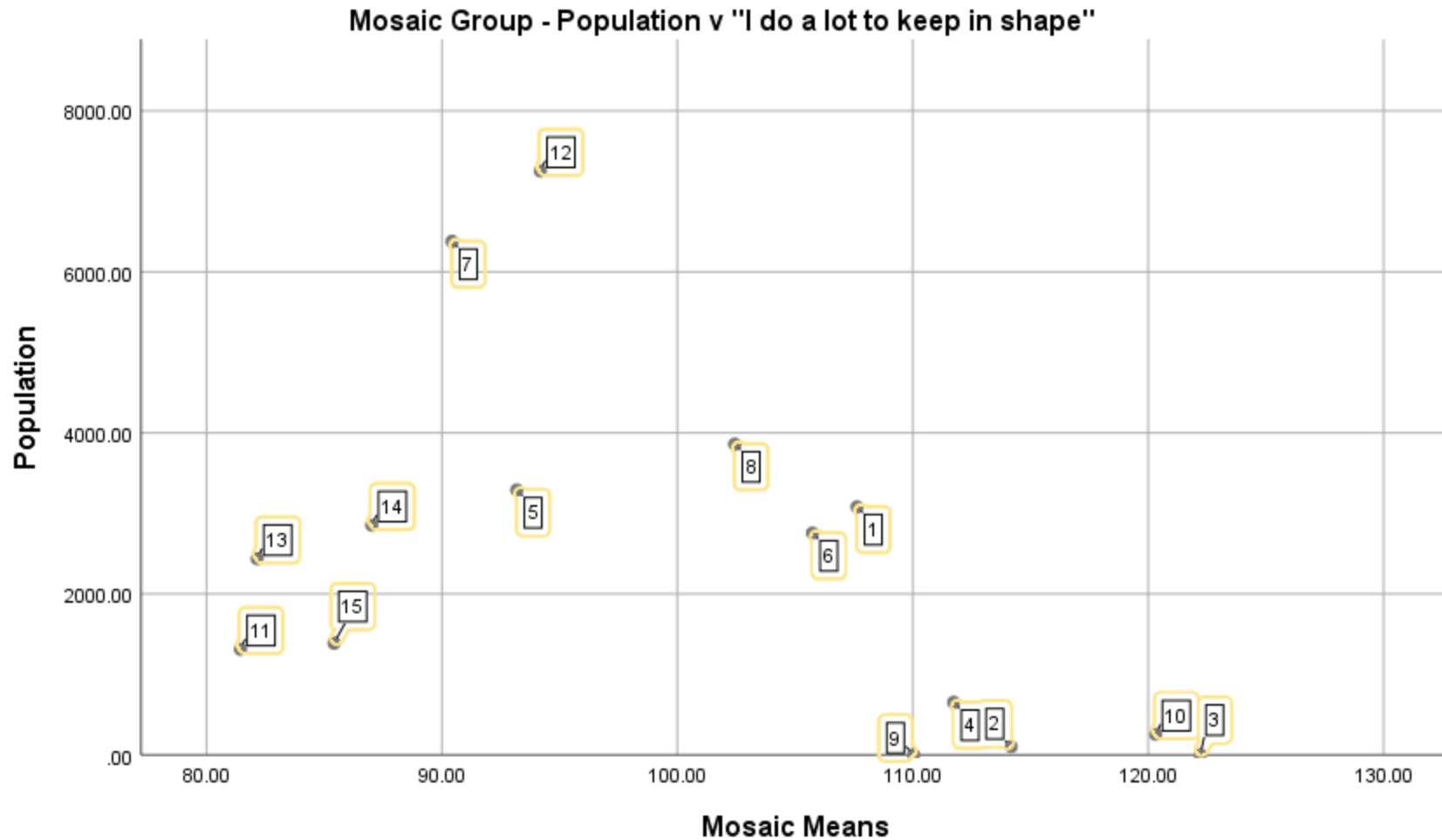
Mosaic Segmentation



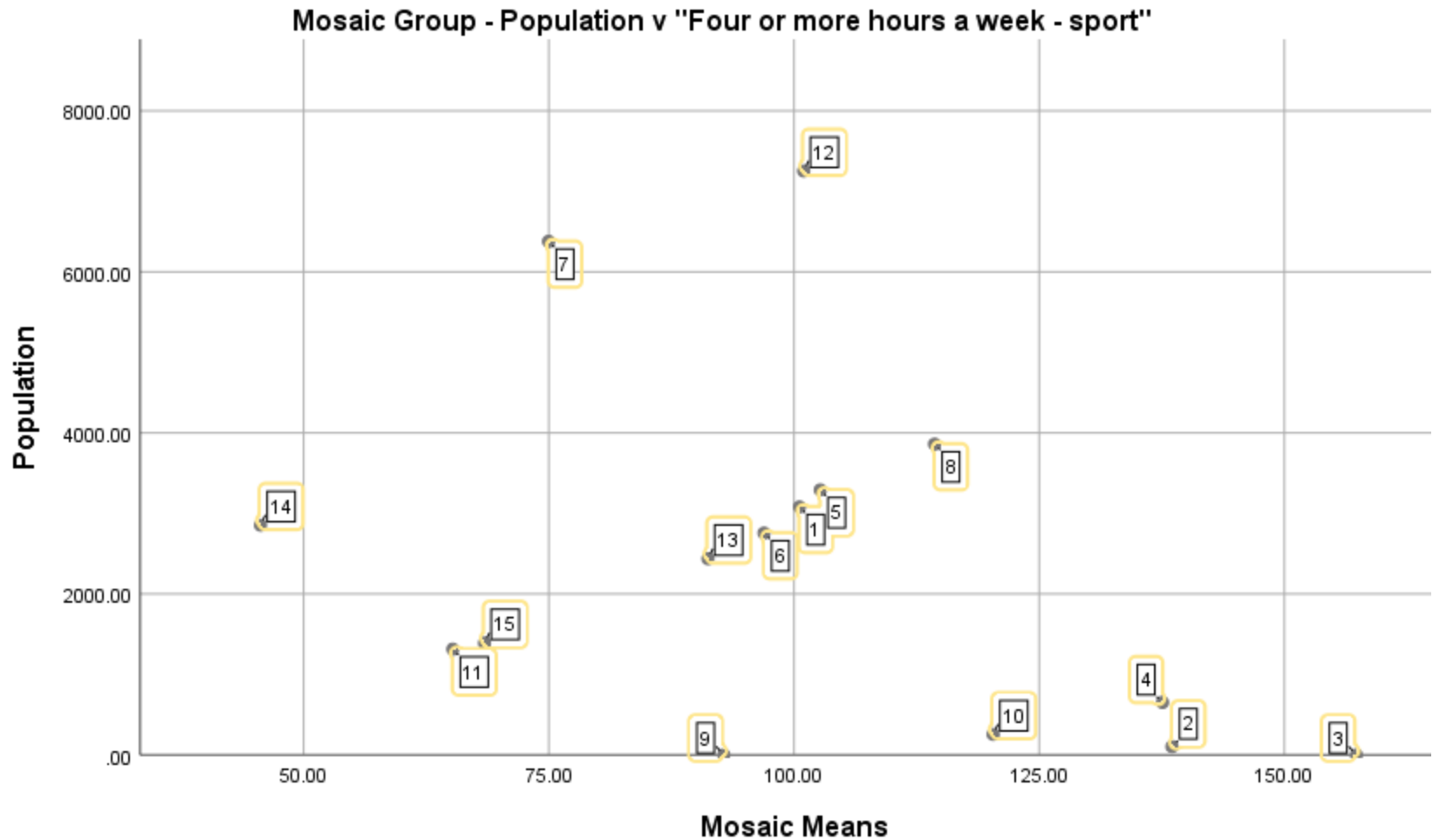
Mosaic Segmentation



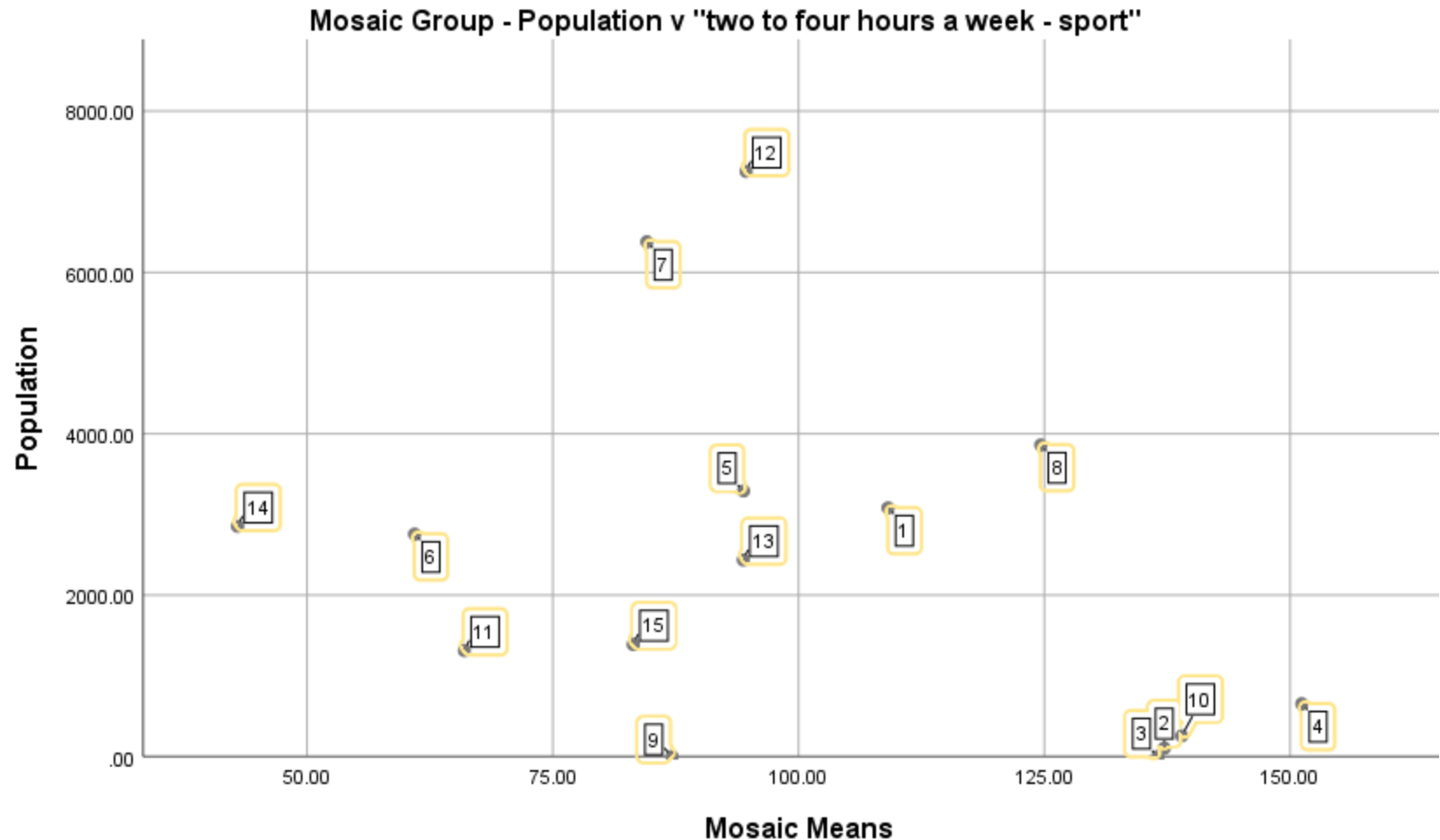
Mosaic Segmentation



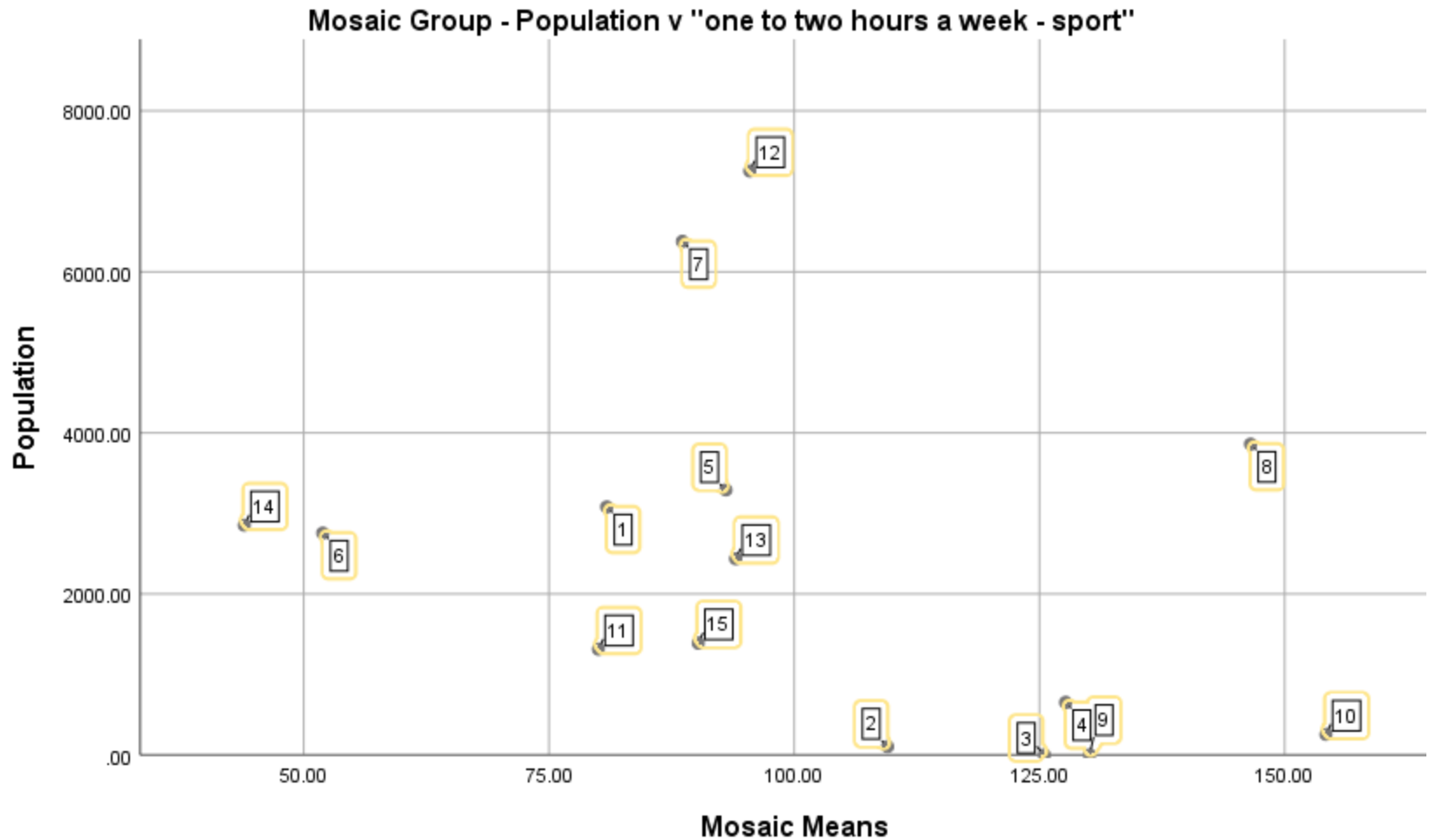
Mosaic Segmentation



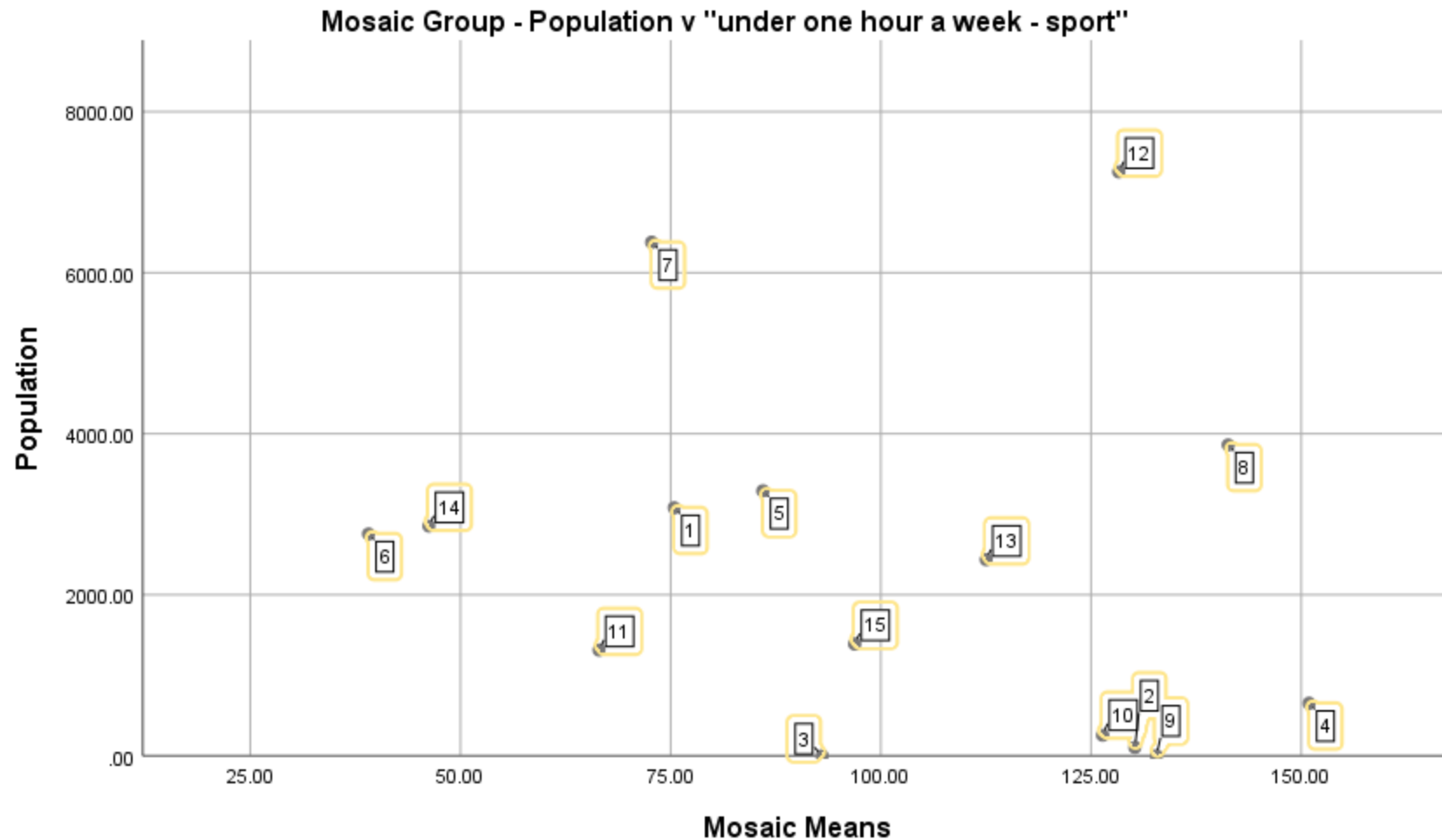
Mosaic Segmentation



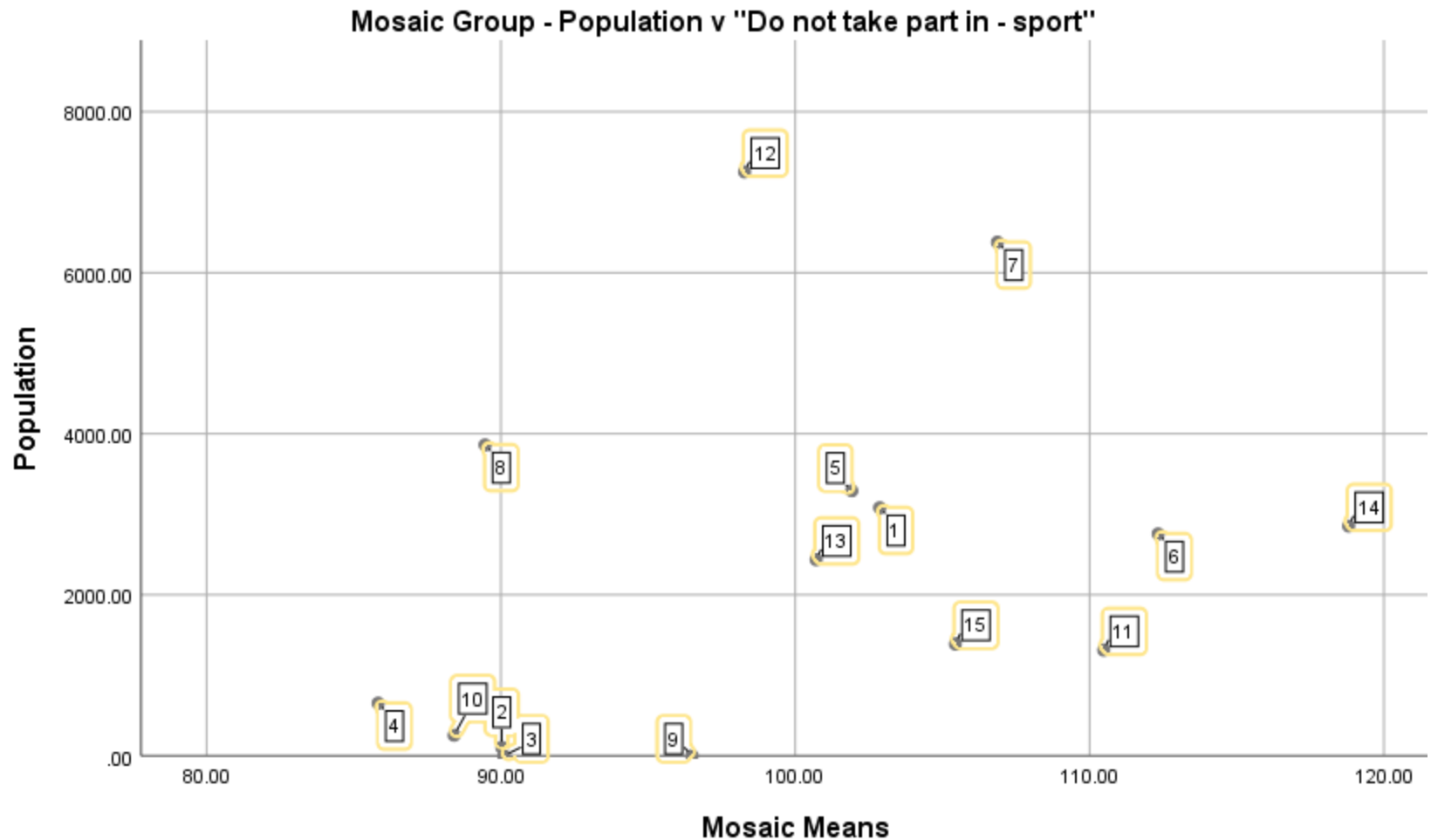
Mosaic Segmentation



Mosaic Segmentation



Mosaic Segmentation



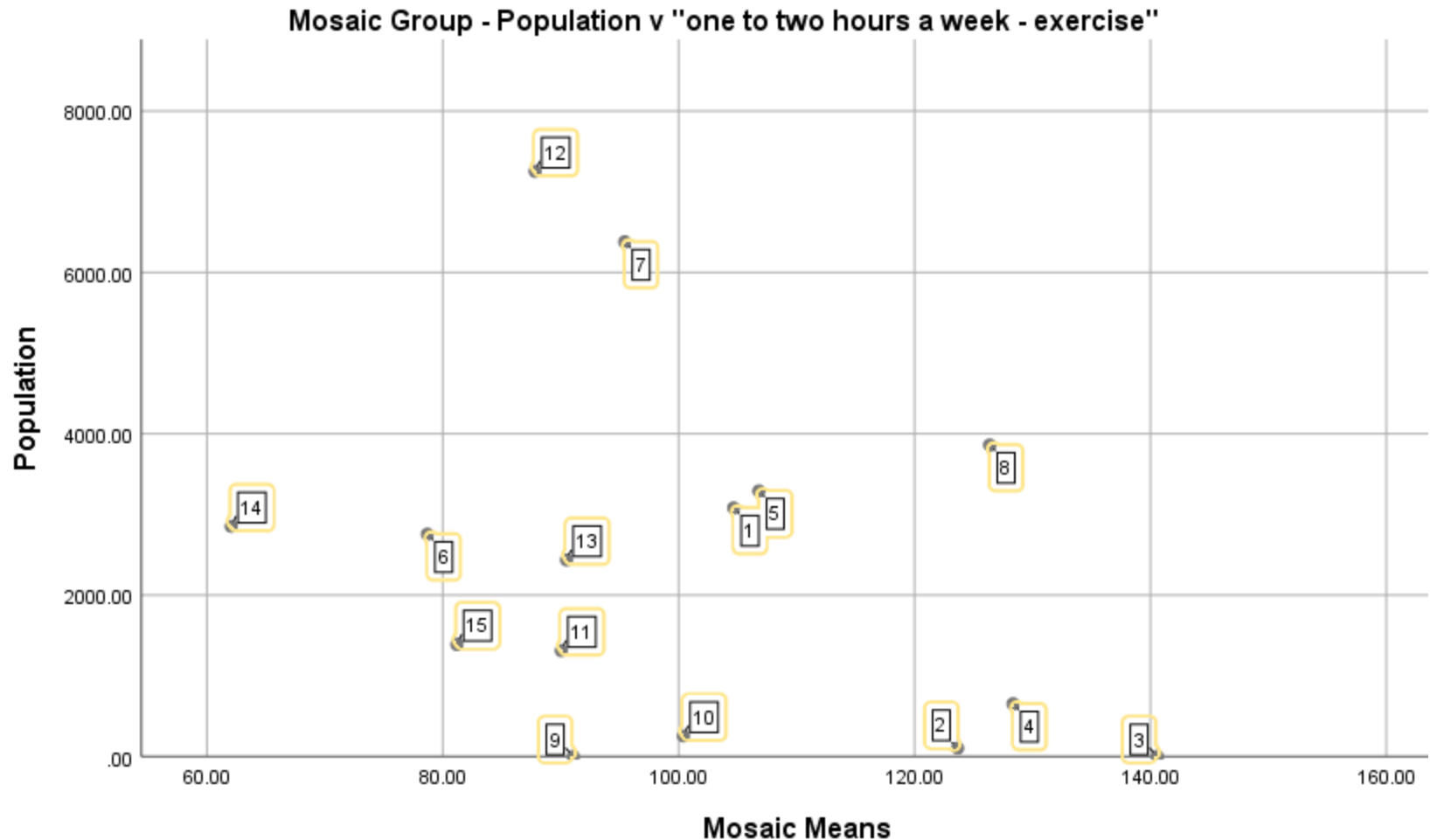
Mosaic Segmentation



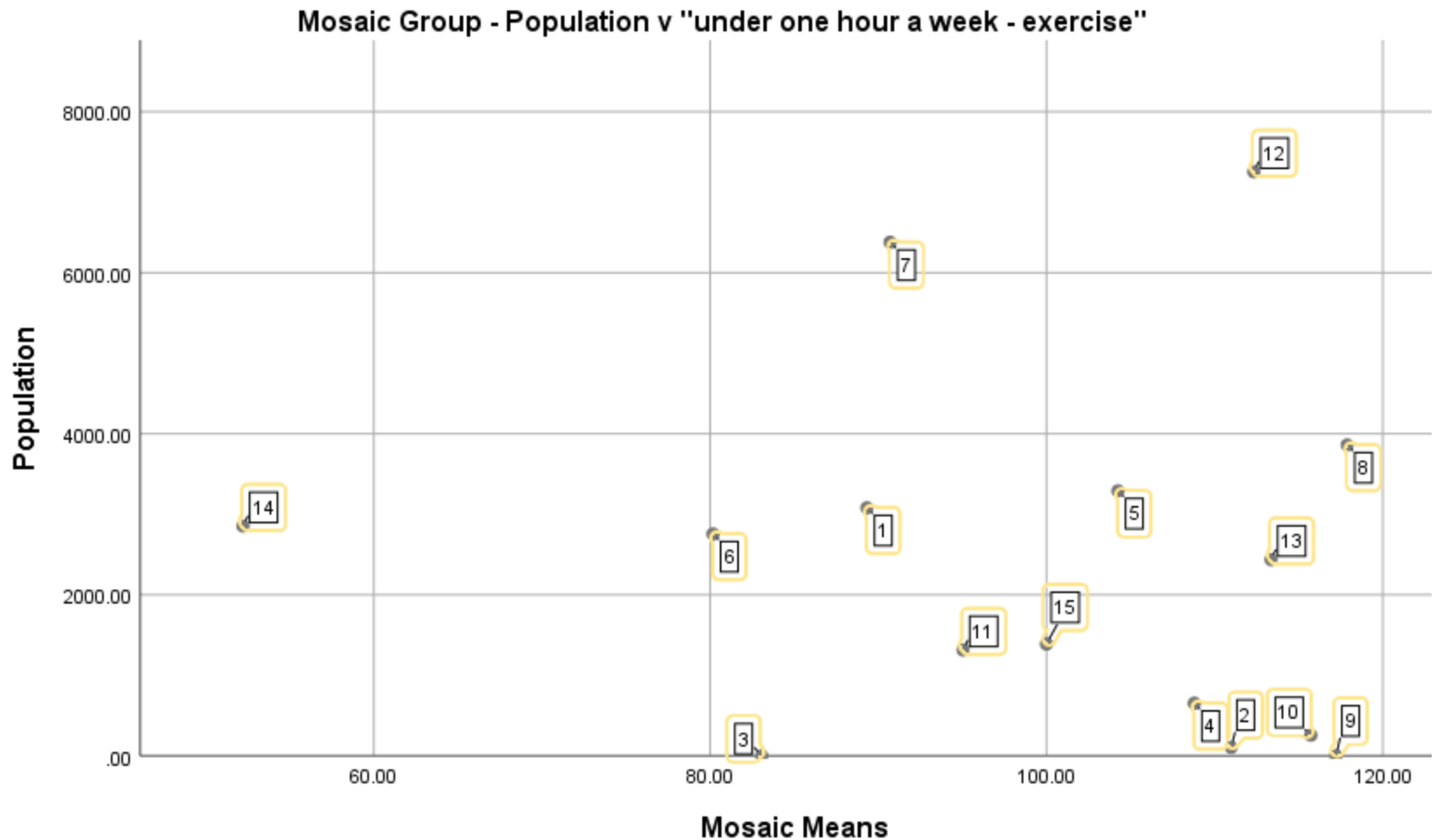
Mosaic Segmentation



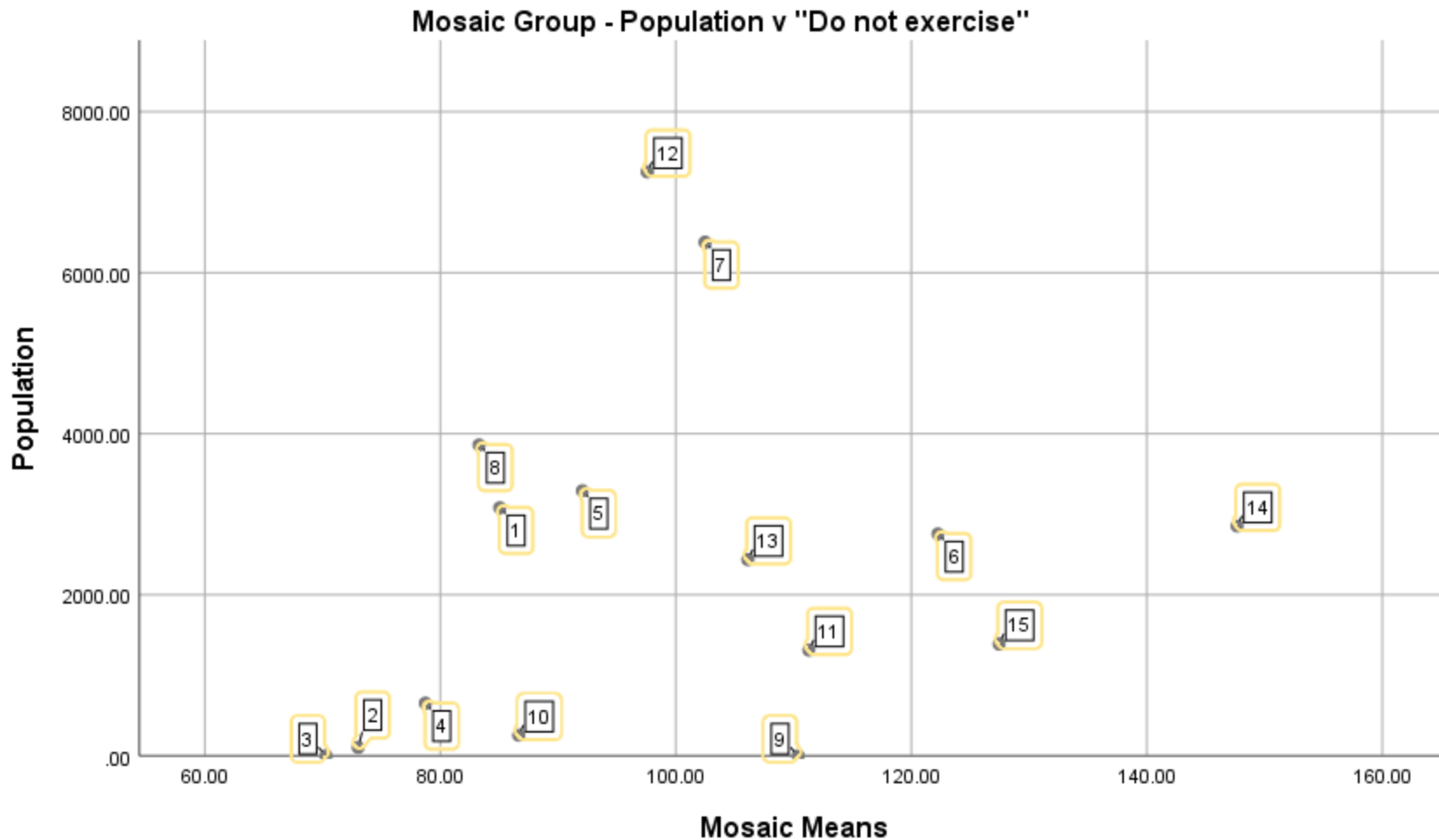
Mosaic Segmentation



Mosaic Segmentation



Mosaic Segmentation



Mosaic Segmentation Key

1	Country Living	Well-off owners in rural locations enjoying the benefits of country life
2	Prestige Positions	Established families in large detached homes living upmarket lifestyles
3	City Prosperity	High status city dwellers living in central locations and pursuing careers with high rewards
4	Domestic Success	Thriving families who are busy bringing up children and following careers
5	Suburban Stability	Mature suburban owners living settled lives in mid-range housing
6	Senior Security	Elderly people with assets who are enjoying a comfortable retirement
7	Rural Reality	Householders living in inexpensive homes in village communities
8	Aspiring Homemakers	Younger households settling down in housing priced within their means
9	Urban Cohesion	Residents of settled urban communities with a strong sense of identity
10	Rental Hubs	Educated young people privately renting in urban neighbourhoods
11	Modest Traditions	Mature homeowners of value homes enjoying stable lifestyles
12	Transient Renters	Single people privately renting low cost homes for the short term
13	Family Basics	Families with limited resources who have to budget to make ends meet
14	Vintage Value	Elderly people reliant on support to meet financial or practical needs
15	Municipal Challenge	Urban renters of social housing facing an array of challenges