

Chapter Two: Forward trends in population growth and demographics of Greater Lincolnshire and Rutland

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Disclaimer:

This report has been produced for Active Lincolnshire and their partners by the Lincolnshire Open Research and Innovation Centre. The purpose of this market report is to support Active Lincolnshire and their partners with service development decisions, investment decisions, and funding applications.

The findings in this report are advisory only, and represent the researcher's interpretation of available data. The reader is not obligated to take on any of the recommendations laid out in this report, in part or in full, and is responsible for doing their own due diligence before implementing the findings in any way, shape, or form.

Summary

Populations projections show that the Greater Lincolnshire LEP area and Lincolnshire are projected to experience a steady increase in population over the next 20 years.

Lincolnshire data¹ show that the district of Lincoln has the largest proportion of women and girls who are of working age, whilst the lowest proportion is in East Lindsey. Rutland data² show that 55.9% of women and girls are of working age. Data on North and North East Lincolnshire³ show that both areas have 59.2% of their women and girls who are of working age.

There is growing number of people of pensionable ages, and a reducing number of children in the UK.

The average life expectancy by 2045 is anticipated to be 82.2 years for men and 85.3 years for women.

Overall, 93.29% of the population describe themselves as being “White: English/ Welsh/ Scottish/ Northern Irish/ British”.

North Lincolnshire is the area with the most residents describing their ethnicity as “Asian/ Asian British”, at 3% of the area’s total population. The second highest numbers are reported by North East Lincolnshire, at 2,129 individuals, however translates to just 1% of the area’s population.

Data on the 2019 IMD for the Greater Lincolnshire and Rutland taken from www.gov.uk⁴ shows that there are more LSOAs in the most deprived 10% in England in North East Lincolnshire than in any other area of Greater Lincolnshire and Rutland.

Outside of North East Lincolnshire, the areas of East Lindsey, Lincoln and North Lincolnshire have the most areas within the most deprived 10% in England.

The areas of North Kesteven, South Kesteven, and Rutland are relatively less deprived according to the 2019 IMD.

Recommendations include:

- Direct engagement with stakeholder groups, particularly ethnic and religious minorities, to better understand what they need from the Sport, Physical Activity, and Leisure sector.
- Direct engagement with women and girls from different demographic groups to better understand the barriers to access they face.
- The introduction of dedicated programs for people of different groups, as informed by direct stakeholder engagement.
- Resources, training, and support for providers to better engage with people living with mental health difficulties.
- Funding and support for widening participation programs.
- Support for programs aimed at over-65s.

For more detailed recommendations, please see the end of this document.

¹ https://www.nomisweb.co.uk/reports/imp/la/1946157150/subreports/wapop_compared/report.aspx?allInGB=&pivot=female&&sort=1&ascending=

² https://www.nomisweb.co.uk/reports/imp/la/1946157150/subreports/wapop_compared/report.aspx?allInGB=&pivot=female&&sort=1&ascending=

³ https://www.nomisweb.co.uk/reports/imp/la/1946157111/subreports/wapop_compared/report.aspx?

⁴ <https://www.gov.uk/government/statistics/english-indices-of-deprivation-2019>

General Demographic Information

Data on the 2021 population of Greater Lincolnshire and Rutland taken from the 2021 Census⁵ show a total of 1,136,000 residents across Greater Lincolnshire and Rutland. This figure has risen by 57,916 according to 2011 Census figures, with increased populations across all of the wider area except in North East Lincolnshire which actually saw a 1.7% drop in population. The largest recorded increase in population by local authority area was seen in Lincoln at 11.1%, and the lowest increase was seen in North Lincolnshire, at just 1.3%.

Census Population Data 2011 and 2021

Area	Usual resident population, 2011	Usual resident population, 2021	Percentage change
Lincolnshire	713,653	768,400	N/A
<i>Boston</i>	64,637	70,500	9.1
<i>East Lindsey</i>	136,401	142,300	4.3
<i>Lincoln</i>	93,541	103,900	11.1
<i>North Kesteven</i>	107,766	118,000	9.5
<i>South Holland</i>	88,270	95,100	7.7
<i>South Kesteven</i>	133,788	143,400	7.2
<i>West Lindsey</i>	89,250	95,200	6.7
Rutland	37,369	41,000	9.7
North East Lincolnshire	159,616	156,900	-1.7
North Lincolnshire	167,446	169,700	1.3
Greater Lincolnshire and Rutland Total	1,078,084	1,136,000	N/A

Within the county of Lincolnshire, the districts of East Lindsey and South Kesteven are the most populous, whilst Boston has the smallest number of residents, as shown below.

⁵<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/bulletins/populationandhouseholdestimatesenglandandwales/census2021>

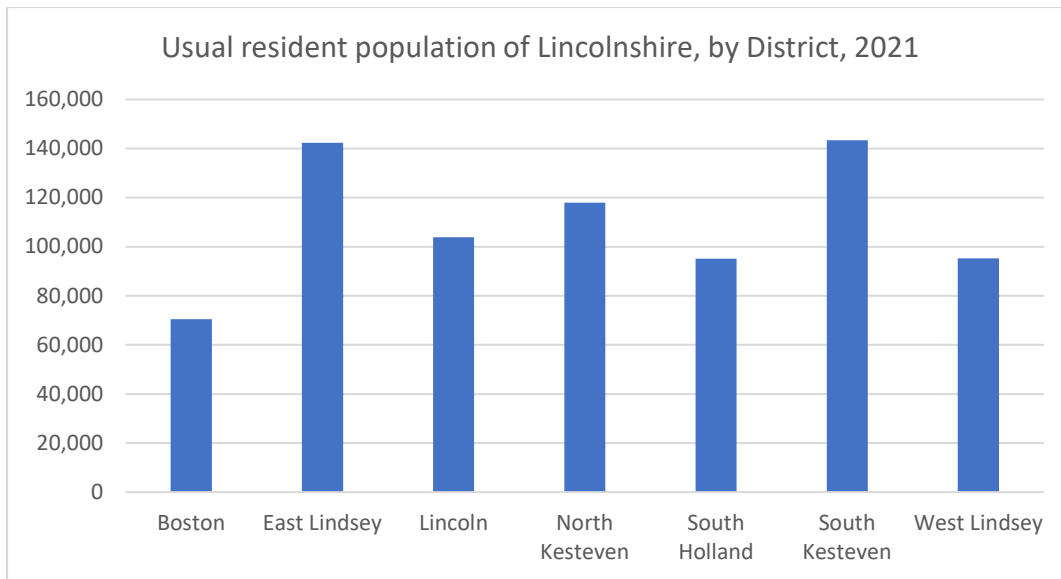


Figure 1: Population of Lincolnshire by District – 2021

Population Estimate data by sex and by age group from the *Office for National Statistics, National Records of Scotland, Northern Ireland Statistics and Research Agency* for 2019 in Lincolnshire, Rutland, North East Lincolnshire, and North Lincolnshire are shown below as population pyramids⁶. These show that, with the exception of Lincolnshire, areas have similar age demographic profiles, with dips in population for those in their early 20s (potentially as a result of those in this age group moving away from home to access Higher Education).

The dip amongst young people in this age range appears particularly pronounced in Rutland, and likely appears so due to the relatively smaller overall population size there. In contrast to this, there are a greater number of young adults in Lincolnshire. Across all four authority areas there are slightly lower numbers of adults in their early 40s, as well as reduced numbers of very young children. All areas have high numbers of older people born in the post-World War II “baby boom”, and large numbers of those who are over the age of 90.

⁶<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/articles/ukpopulationpyramidinteractive/2020-01-08>

2019 Population Estimation Pyramids, by Geography



Population Projections

Population projections available via the Lincolnshire Research Observatory⁷, North East Lincolnshire Data Observatory⁸, the North Lincolnshire Local Plan⁹, and key statistical data on the Rutland County Council website¹⁰ show that the Greater Lincolnshire LEP area and the county of Lincolnshire are projected to experience a steady increase in population over the next 20 years, as shown below. Small increases are projected over a shorter period of time in North Lincolnshire and Rutland, and the population of North East Lincolnshire is expected to drop very slightly over the next 20 years, which is supported by the current Census return figures compared to 2011 Census data.

Table: Population Projection for Greater Lincolnshire and Rutland

Area	Year 2023	Year 2028	Year 2033	Year 2038	Year 2043
Greater Lincolnshire LEP	1117000	1140000	1157300	1171800	1186700
Lincolnshire	782500	804800	821900	835800	849600
Boston	73500	76400	78700	80700	82600
East Lindsey	146500	151400	155300	158700	161700
Lincoln	99500	101100	102300	102300	102500
North Kesteven	121500	125800	128700	131200	133700
South Holland	98500	102100	105100	107700	110300
South Kesteven	145600	148800	151200	153400	155800
West Lindsey	97300	99200	100600	101800	102900
Rutland*	39000	40000	-	-	-
North East Lincolnshire**	159948	159,494	158,898	158,698	158,811
North Lincolnshire***	173700	175300	175900	176400	-

* Projected figures are rounded to the nearest thousand. No projection available beyond 2028. ** No projection available for 2023, therefore 2024 projection is given. *** No projection available for 2038, therefore 2036 projection is given. No projection available for 2043.

Within the county of Lincolnshire, district level projections are available via the Lincolnshire Research Observatory¹¹. These show that increases in population are forecast across all seven districts, with the greatest increase in population forecast in East Lindsey, and the smallest increase forecast in the district of Lincoln (see Figure 12). Overall, the data suggests that there will be an increasing need for physical activities based upon an increasing number of residents across Lincolnshire and Rutland over the next few years, with the greatest increase in need experienced in East Lindsey.

⁷ <https://www.research-lincs.org.uk/Population.aspx>

⁸ https://www.nelincsdata.net/population/#/view-report/20a1ac6746bc4e62bd666ae95f0f2749/_iaFirstFeature

⁹ <https://localplan.northlincs.gov.uk/stages/3/2-north-lincolnshire-facts>

¹⁰ <https://www.rutland.gov.uk/>

¹¹ <https://www.research-lincs.org.uk/LROPresentationTools/UI/Pages/MappingTool.aspx?dataInstanceID=8225>

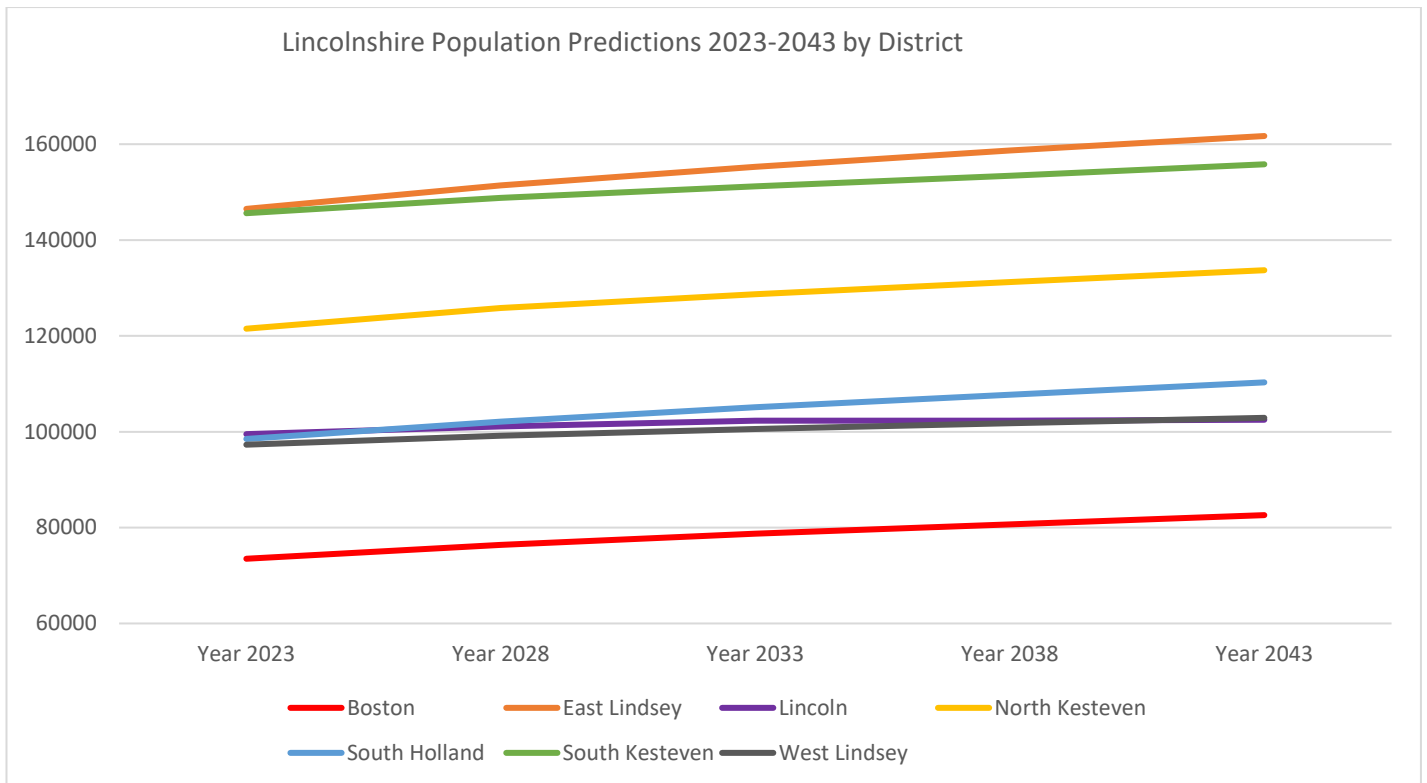


Figure 2: Population Projection Trajectories for Lincolnshire Districts to 2043

Gender

Population estimates for 2019 across Greater Lincolnshire and Rutland¹² show that roughly half of the population of each area is made up of men, and half is made up of women.

Estimated Population Figures for 2019, by Gender

Area	Men	Women	Men %	Women %
Lincolnshire	373,152	388,072	49	51
Rutland	20,340	19,587	50.9	49.1
North East Lincolnshire	78,256	81,307	49	51
North Lincolnshire	85,242	87,050	49.5	50.5

Of the population of women and girls, women aged 16-64, (i.e., of working age, based on 2020 mid-year estimates). Lincolnshire data¹³ show that the district of Lincoln has the largest proportion of women and girls who are of working age, whilst the lowest proportion is in East Lindsey. Rutland data¹⁴ show that 55.9% of women and girls are of working age, whilst North and North East Lincolnshire figures¹⁵ show that both areas have 59.2% of their women and girls who are of working age.

¹² <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/articles/ukpopulationpyramidinteractive/2020-01-08>

¹³ https://www.nomisweb.co.uk/reports/lmp/la/1946157150/subreports/wapop_compared/report.aspx?allInGB=&pivot=female&&sort=1&ascending=

¹⁴ https://www.nomisweb.co.uk/reports/lmp/la/1946157150/subreports/wapop_compared/report.aspx?allInGB=&pivot=female&&sort=1&ascending=

¹⁵ https://www.nomisweb.co.uk/reports/lmp/la/1946157111/subreports/wapop_compared/report.aspx?

Number of Women of Working Age, and Percentage of All Women and Girls who are of working age, by Area

District	Number of Women of Working Age	% of all Women and Girls Who are of Working Age
Lincolnshire	229,700	58.8
<i>Boston</i>	<i>20,900</i>	<i>58.9</i>
<i>East Lindsey</i>	<i>39,700</i>	<i>54.6</i>
<i>Lincoln</i>	<i>33,700</i>	<i>67.4</i>
<i>North Kesteven</i>	<i>35,500</i>	<i>58.7</i>
<i>South Holland</i>	<i>28,200</i>	<i>57.7</i>
<i>South Kesteven</i>	<i>43,100</i>	<i>58.2</i>
<i>West Lindsey</i>	<i>28,500</i>	<i>58.1</i>
Rutland	11,000	55.9
North East Lincolnshire	48,000	59.2
North Lincolnshire	51,700	59.2

Implications of these data include the anticipated need for activities attractive to women and girls of working age in Greater Lincolnshire and Rutland is high, particularly in the district of Lincoln. Many women in this bracket will work traditional office hours, it is important to provide activities which are available outside of these hours to enable more women to engage. As many women in this age bracket will also have childcare responsibilities, this needs to be taken into consideration, for example through the provision of suitable childcare options to enable mothers/carers to engage; the provision of activities that women can take their children to; or access to whole-family activities. As women are also more likely to be in unpaid caring roles than men, it would be useful to explore how this may impact upon women’s ability and motivation to engage in physical activity, for example the provision of respite support for regular activities, or ad hoc/ non-bookable access to physical activity that allows for maximum flexibility.

Maternity

Using Live Births data for 2020 from NOMIS¹⁶, as shown in the table below, the number of women who were either pregnant or up to one-year post-natal in 2020/21 (not taking into account mothers with multiple births or stillbirths) can be estimated to be around 10,000. This can provide information on the approximate number of women who may have been accessing maternity leave during this time and for whom suitable post-natal exercise would be relevant. This data can also indicate the number of pregnant women who may be interested in ante-natal fitness in a one-year period. Further implications include that new mothers are likely to require access to some form of childcare, or may want to access activities where they can bring their babies along.

In Lincolnshire, the number of live births was 6,600, with the highest number in South Kesteven, and the lowest number in Boston. Unsurprisingly due to its size, Rutland has the lowest number of births, whilst the highest birth rates were in North Lincolnshire and North East Lincolnshire. This suggests

¹⁶ <https://www.nomisweb.co.uk/query/construct/summary.asp?menuopt=200&subcomp=>

that the areas in most need of ante-natal/maternity related provision in Greater Lincolnshire are North Lincolnshire, North East Lincolnshire, and South Kesteven.

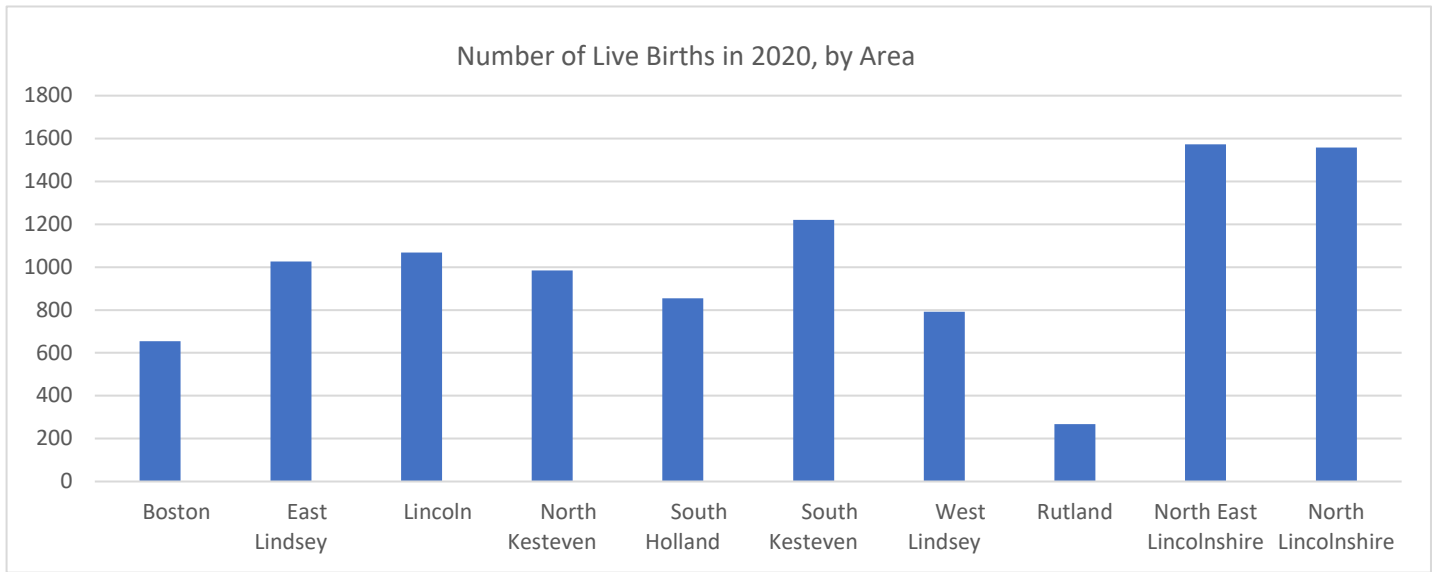
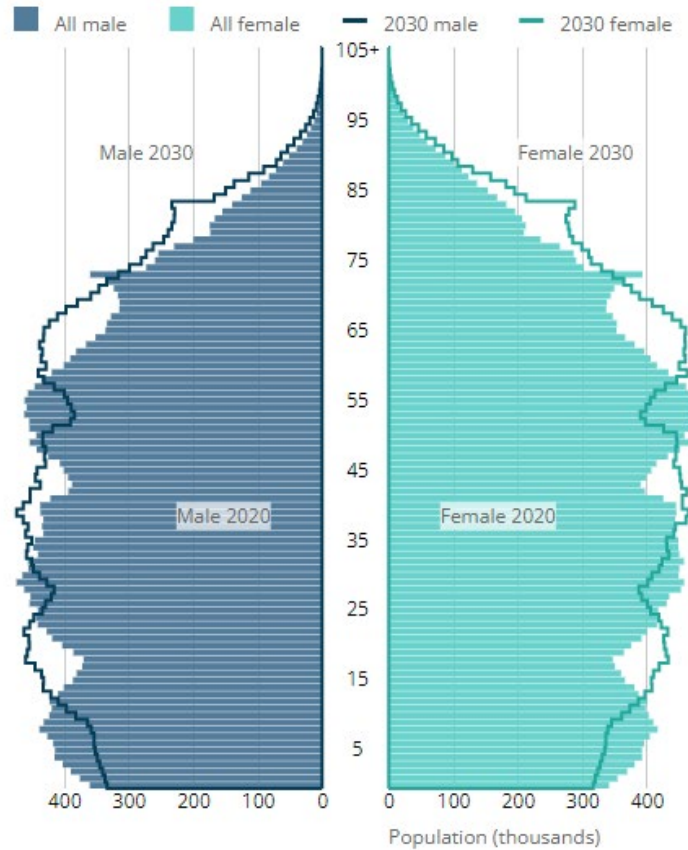


Figure 3: Number of Live Births in 2020, by Area

Age

The demography of the UK is changing as people are living longer¹⁷. Figure 14 (taken from the ONS' National population projections: 2020-based interim¹⁸), shows that there is an aging population in the UK and a dropping birth rate.

Age structure of the UK population, mid-2020 and mid-2030



Source: Office for National Statistics – National population projections

Figure 4: Age Structure of the UK Population- Mid 2020 and mid 2030

This means that there are a growing number of people of pensionable ages, and a reducing number of children in the UK. In addition, the average life expectancy by 2045 is anticipated to be 82.2 years for men and 85.3 years for women, as shown below. This demonstrates that the need for physical activities suitable for people over the age of 65 will increase significantly over the next 10-20 years across the UK.

¹⁷<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationprojections/bulletins/nationalpopulationprojections/2020basedinterim#changing-age-structure> <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/articles/ukpopulationpyramidinteractive/2020-01-08>

¹⁸

UK population by life stage, mid-2020, mid-2030 and mid-2045

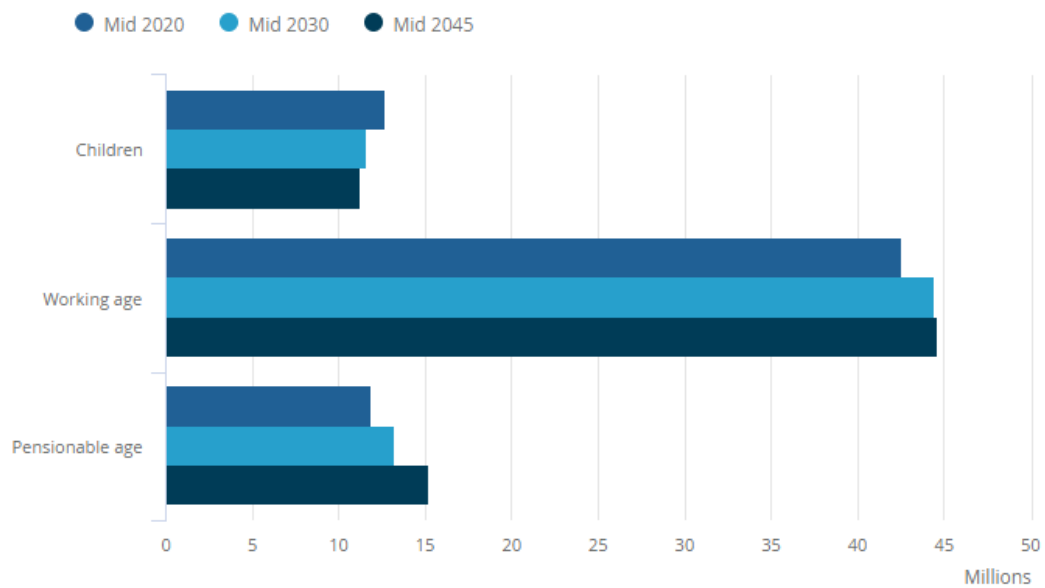


Figure 5: UK Population Projections by Life Stage

Office for National Statistics – National population projections

	2018-based	2020-based
Net annual long-term international migration (year ending mid 2025 onwards)	190,000	205,000
Long-term average number of children per woman	1.78	1.59
Life expectancy at birth, males, 2045 (years)	82.8	82.2
Life expectancy at birth, females, 2045 (years)	85.7	85.3

Notes

1. Life expectancies are period expectations of life for the start of 2045. They do not account for future improvements in mortality projected after that point.

Figure 6: ONS National Population Projections

Mid-2020 population estimates for Greater Lincolnshire^{19,20,21} and Rutland show the proportion of residents, by area, who are aged 65 and over, as well as the England and East Midlands proportions for comparison. This shows that at 23%, Greater Lincolnshire has a higher proportion of 65+ residents than both the England (18.5%), and regional average (19.6%). The only area with a lower percentage

¹⁹ <https://www.research-lincs.org.uk/LROPresentationTools/UI/Pages/MappingTool.aspx>

²⁰ <https://www.nelincsdata.net/ons-mid-year-population-estimates-summary/#/view-report/fd478b813fa84b68b7ee90c24db484fc/E0600012>

²¹ https://www.northlincs.gov.uk/wp-content/uploads/2022/04/NL_Population_profile_final_v1-a.pdf

than the England and East Midlands average is Lincoln, at 15.3%. Other areas have similar, but higher than average rates, at between 20.9% and 25.2%. The area with by far the greatest proportion of residents aged 65 and over is East Lindsey, with just under 1/3 of the population being of pensionable age.

Table: Percentage of 2020 Population aged 65+, by Area

Area	Percentage of Population aged 65 and Over (%)
England	18.5
East Midlands	19.6
Greater Lincolnshire LEP	23
Lincolnshire	23.8
<i>Boston</i>	<i>21</i>
<i>East Lindsey</i>	<i>30.4</i>
<i>Lincoln</i>	<i>15.3</i>
<i>North Kesteven</i>	<i>23.6</i>
<i>South Holland</i>	<i>24.3</i>
<i>South Kesteven</i>	<i>23.4</i>
<i>West Lindsey</i>	<i>25.2</i>
Rutland *	24.7
North East Lincolnshire	20.9
North Lincolnshire	22
* Calculated using the estimated number of residents in total according 2020-mid Year estimates, and the number of residents 65+, taken from two different sources.	

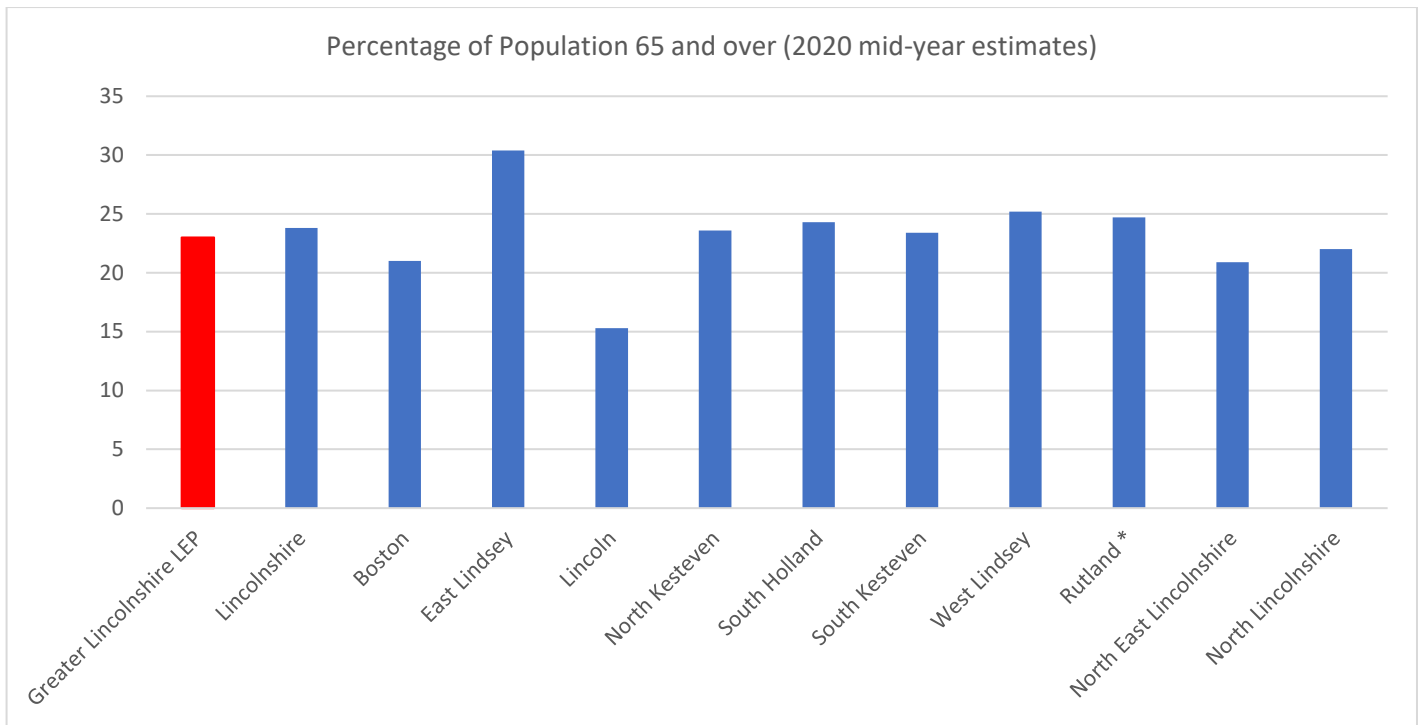


Figure 7: Percentage of Population Aged 65 and Over

The data shows that there is likely to be a significant demand of physical activities which appeal to, and are accessible to, over 65s across the GLLEP area. As per UK-wide population predications, this demand will continue to rise over the next 10-20 years. The area currently most in need of access physical activities which meet the needs of the over 65s based on the proportion of over 65s is East Lindsey. This matches the area most challenged by rurality, therefore accessibility of activities from a travel and transport perspective, as well as a physical needs perspective is important.

Healthy Life Expectancy

Healthy Life Expectancy at Birth (HLE) figures for the UK provided by ONS²² show that the UK average HLE is 62.2 years for males, and 63.6 years for females. HLE figures for the East Midlands (including Lincolnshire and Rutland) are slightly lower at 62.0 years for males and 61.8 years for females, a reduction of 0.8 years for men and 0.3 years for women on 2015-2017 figures.

HLE figures for men in Yorkshire and the Humber (including North and North East Lincolnshire) are slightly lower than both the East Midlands and the UK average for men, with a HLE of 61.1 years (down 0.6 years from 2015-2017 figures). At 62.1 years for women, the HLE in Yorkshire and the Humber is slightly higher than for women in the East Midlands (61.8), but still less than the UK average of 63.6. Interestingly, whilst the HLE for women has dropped in the East Midlands for 2017 compared to 2015, and remained the same across the UK, the HLE for women in Yorkshire and the Humber has risen very slightly (by 0.5 years).

²²<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/healthstatelifeexpectanciesuk/2018to2020>

Healthy life expectancy (HLE) at birth estimates, UK, constituent countries and English regions, 2018 to 2020

Healthy life expectancy (HLE) at birth estimates, UK, constituent countries and English regions, 2018 to 2020						
	Males			Females		
	HLE at birth in 2018 to 2020 (years)	Change since 2015 to 2017		HLE at birth in 2018 to 2020 (years)	Change since 2015 to 2017	
		Years	Months		Years	Months
UK	62.8	-0.3	-3.6	63.6	0.0	0.0
England	63.1	-0.2	-2.4	63.9	0.1	1.2
North East	59.1	-0.4	-4.8	59.7	-0.7	-8.4
North West	61.5	0.3	3.6	62.4	0.2	2.4
Yorkshire and the Humber	61.1	-0.6	-7.2	62.1	0.5	6.0
East Midlands	62.0	-0.8	-9.6	61.8	-0.3	-3.6
West Midlands	61.9	-0.2	-2.4	62.6	-0.2	-2.4
East of England	64.6	0.5	6.0	65.0	0.4	4.8
London	63.8	-0.1	-1.2	65.0	0.4	4.8
South East	65.5	-0.6	-7.2	65.9	-0.2	-2.4
South West	64.7	0	0.0	65.5	0.4	4.8
Wales	61.5	0	0.0	62.4	0.3	3.6
Scotland	60.9*	-1.4	-16.8	61.8	-0.9	-10.8
Northern Ireland	61.5	0.3	3.6	62.7	-0.1	-1.2

Source:
Office for National Statistics

Notes

- * denotes countries where HLE has changed significantly either positively or negatively from 2015 to 2017 based on non-overlapping confidence intervals.
- Change in HLE in months was calculated by multiplying the change in HLE at birth between 2015 to 2017 and 2018 to 2020 by 12.

Ethnicity

Ethnicity data from the 2011 census (shown in full in Appendix B) shows that the vast majority of the population of Greater Lincolnshire report their ethnic group to be one of the available categories reported under “White”. Overall, 93.29% of the population describe themselves as being “White: English/Welsh/Scottish/Northern Irish/British”, as shown in Figure 18.

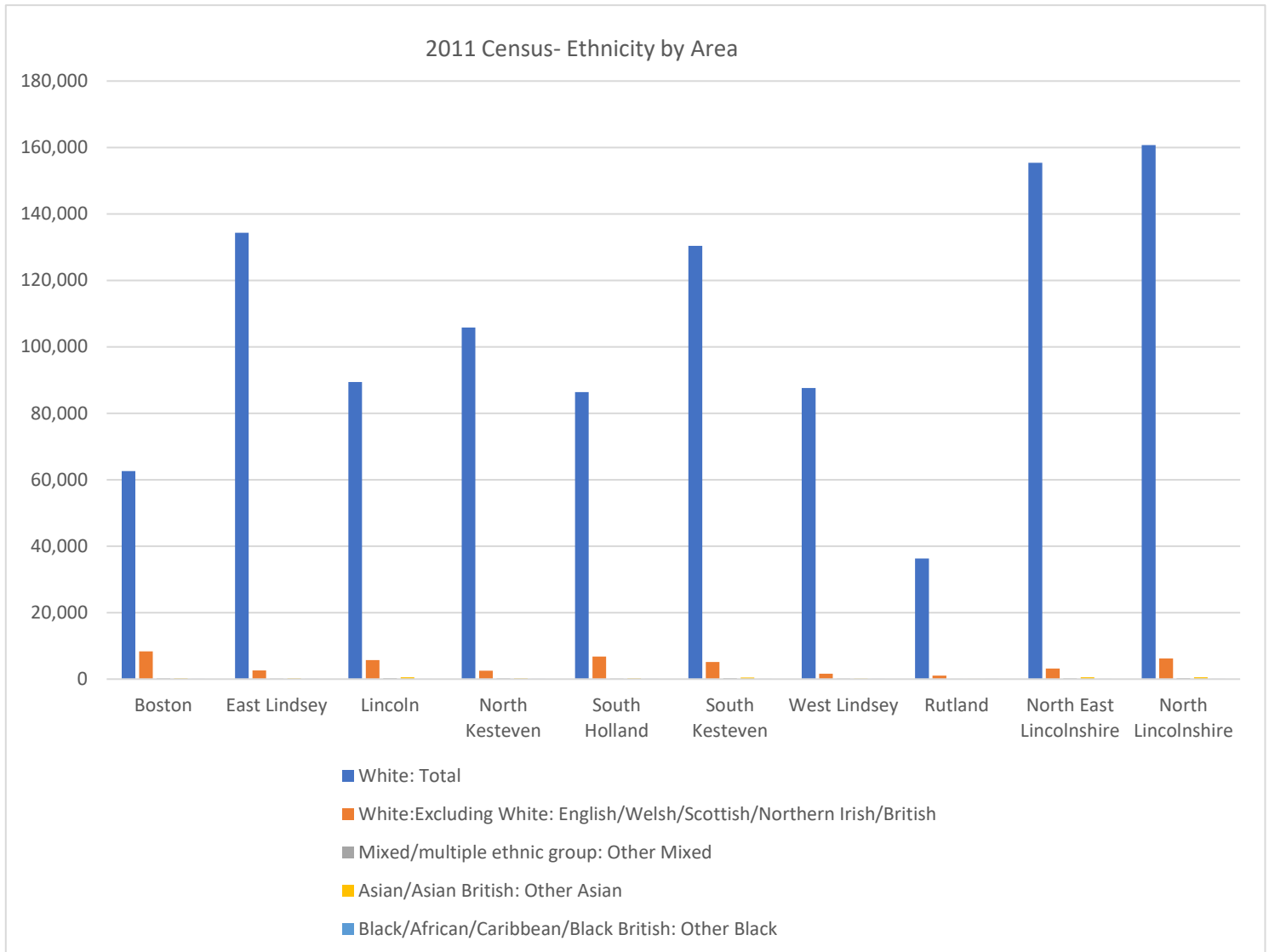


Figure 8: 2011 Census – Ethnicity by Area

Other White Backgrounds

By isolating the “White: English/Welsh/Scottish/Northern Irish/British” figures, the population data shows that the next largest group in Greater Lincolnshire is made up of residents who report their ethnicity as being “White”, but not “English/Welsh/Scottish/Northern Irish/British”, a group which makes up 4% of the overall population, and is largest in Boston, South Holland and North East Lincolnshire, with between 6,000 and 8,000 residents in each of these three areas.

Further breakdown of the figures for “White” to include only nationalities with over 100 individuals residing in Greater Lincolnshire shows that the majority of non-UK/British White residents live in Boston, South Holland, Lincoln and North Lincolnshire, and the fewest live in West Lindsey and in Rutland. Of the nationalities recorded, the two largest populations groups are those from Poland and the Baltic States, with the latter being particularly represented in Boston and South Holland. It is not clear what the implications of that are, however. More consultation with the populations should be carried out in order to identify activities that would be the most attractive.

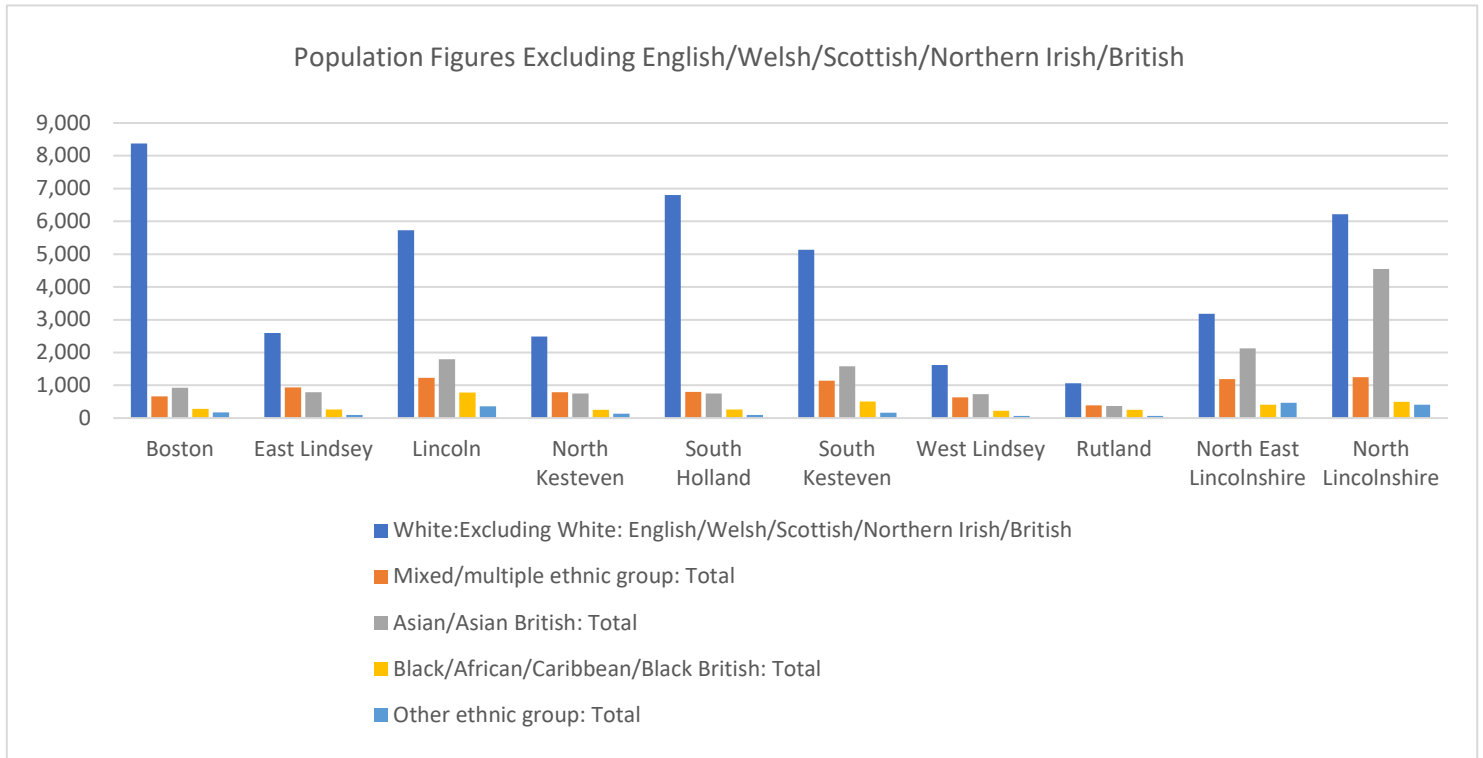


Figure 9: 2011 Population - Excluding the Majority Group of “English/Welsh/Scottish/Northern Irish/British”

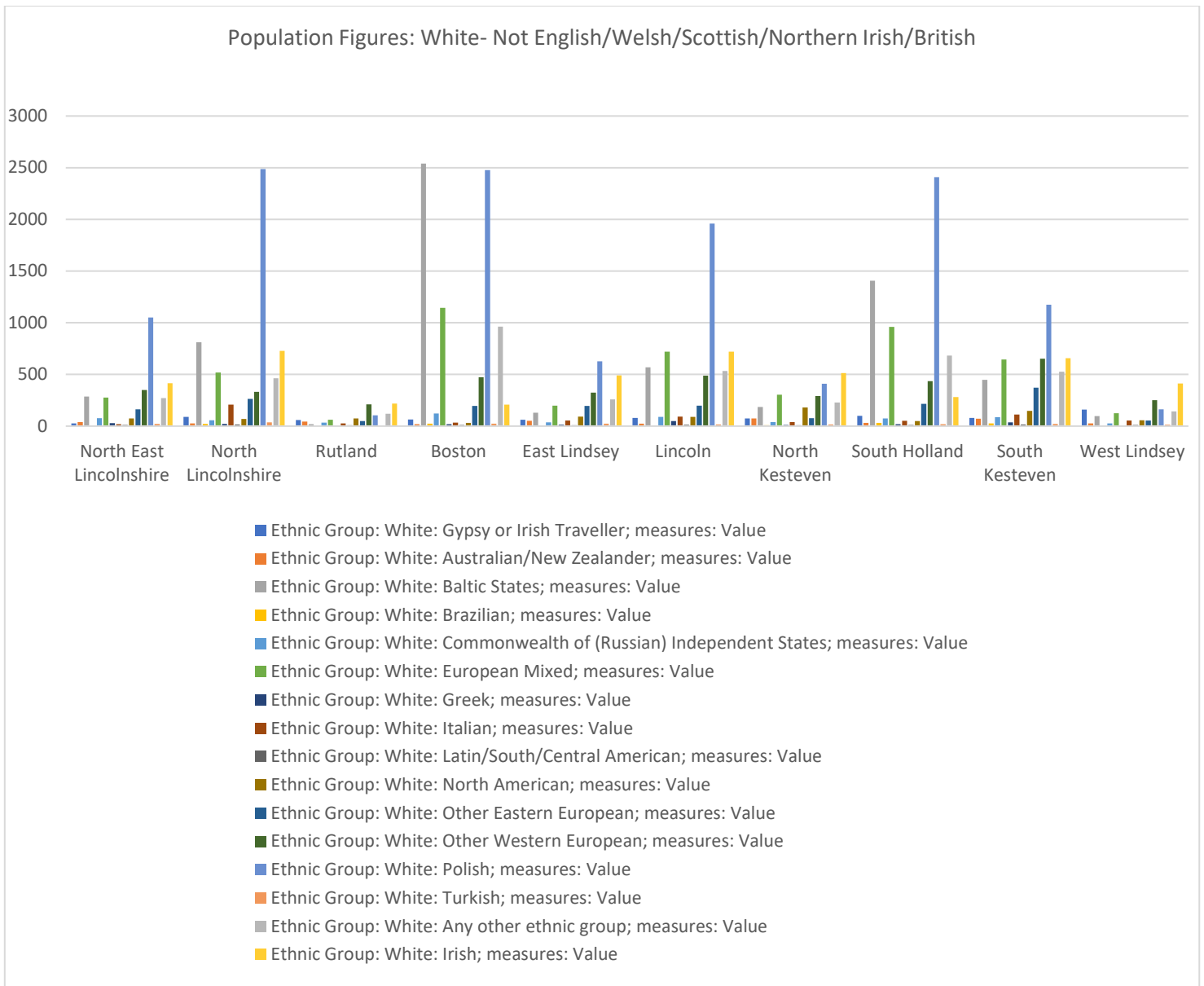


Figure 10: 2011 Population - “White” residents, (NOT English/Welsh/Scottish/Northern Irish/British) by nationality (where over 100 individuals of that nationality reside in Greater Lincolnshire)

Asian Backgrounds

Overall, 1.3% of the population of Greater Lincolnshire and Rutland reported that their ethnicity was Asian or British Asian in the 2011 Census (as shown in Appendix B). North Lincolnshire was the area with the most residents describing their ethnicity as “Asian/Asian British”, at 3% of the area’s total population (14,359 individuals). The second highest number of Asian/British Asian residents were recorded in North East Lincolnshire, at 2,129 individuals, which translates to 1% of the area’s population. A total of 1,794 Asian/Asian British individuals were recorded in the district of Lincoln, making up 2% of the district’s population.

Across the Greater Lincolnshire and Rutland area, the largest ethnic group within the category of “Asian/British Asian” was Indian (4,222 individuals), of whom around a quarter were resident in North Lincolnshire (see Figure 21). There were 2,214 Bangladeshi individuals across the whole of Greater Lincolnshire and Rutland in 2011, however, over half lived in North Lincolnshire, making them the largest Asian/British Asian subgroup within the area.

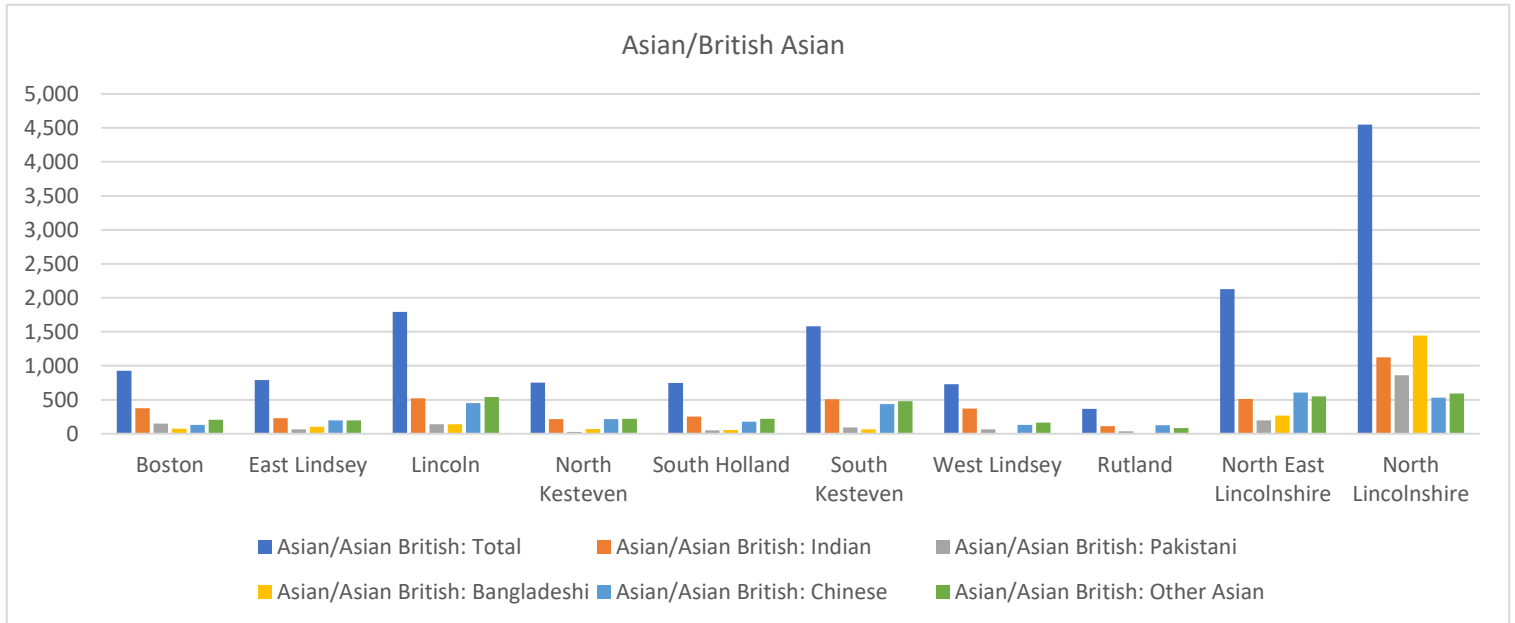


Figure 11: 2011 Population – Asian/British Asian

Black Backgrounds

In 2011, there were relatively few individuals who described their ethnicity as “Black/African/Caribbean/Black British” across Greater Lincolnshire and Rutland, with a total of just 3,717 residents, equating to 0.34% of the area’s population (see Appendix B). The greatest number of Black/African/Caribbean/Black British residents (778) lived in the district of Lincoln, where they comprised 0.83% of the population of the district. Across the Greater Lincolnshire and Rutland area as a whole, and in each individual area, the largest Black/African/Caribbean/Black British subgroup was African.

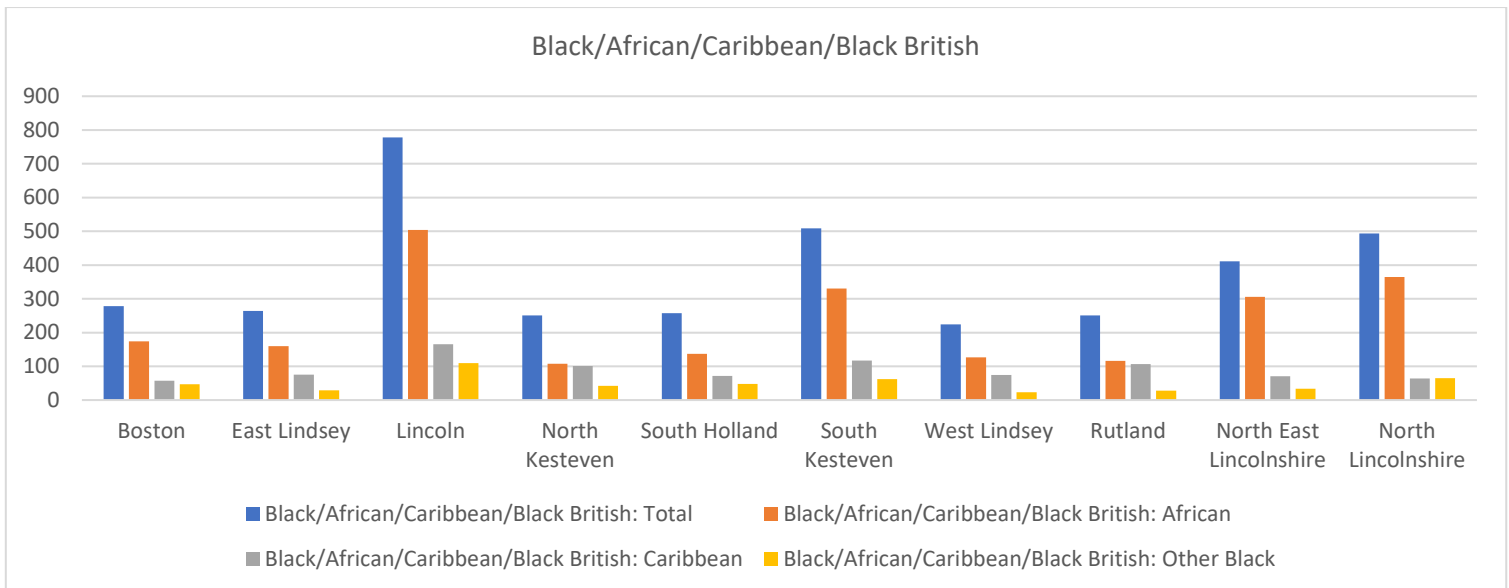


Figure 12: 2011 Population – Black/African/Caribbean/Black British

Mixed/Multiple Ethnic Backgrounds

Across Greater Lincolnshire and Rutland, in 2011, 9,009 individuals (0.84% of the total population) described their ethnic background as “Mixed/Multiple” (see Appendix B). The largest number of these residents lived in North Lincolnshire, where they comprised 0.74% of the population. Very slightly lower numbers, combined with a smaller overall population figure in the district of Lincoln provided the district with a total of 1.31% of residents who described that they were of mixed or multiple ethnic backgrounds. Within the category of Mixed/Multiple ethnic groups, there were relatively similar figures for individuals from “White and Black Caribbean”, “White and Asian”, and “Other Mixed” backgrounds, and slightly lower figures for “White and Black African” individuals. Due to the diverse nature of this group, it would be difficult to draw any particular conclusions regarding implications for sport and physical activity.

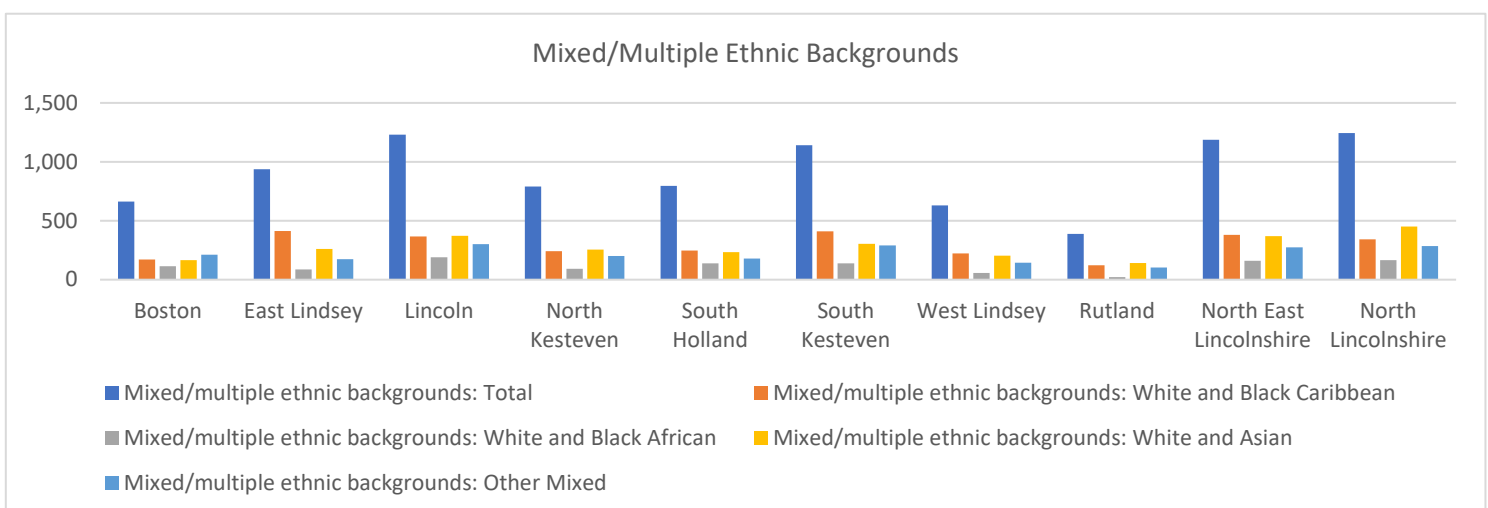


Figure 13: 2011 Population – Mixed/Multiple Ethnic Backgrounds

Other Ethnic Backgrounds

Individuals from “Other” ethnic backgrounds made up 1.22% of the population of Greater Lincolnshire and Rutland in 2011 (see Appendix B). This group includes Arab, of which there were 863 individuals across Greater Lincolnshire and Rutland who reported this as their ethnic group. Arab individuals made up 0.08% of the total population of the area, with the greatest numbers residing in North East Lincolnshire, Lincoln, and North Lincolnshire. In addition, other individuals who reported their ethnic background as “Other” made up 0.71% of the total population, with the highest number of these individuals residing in North Lincolnshire (238 individuals) (see Figure 24).

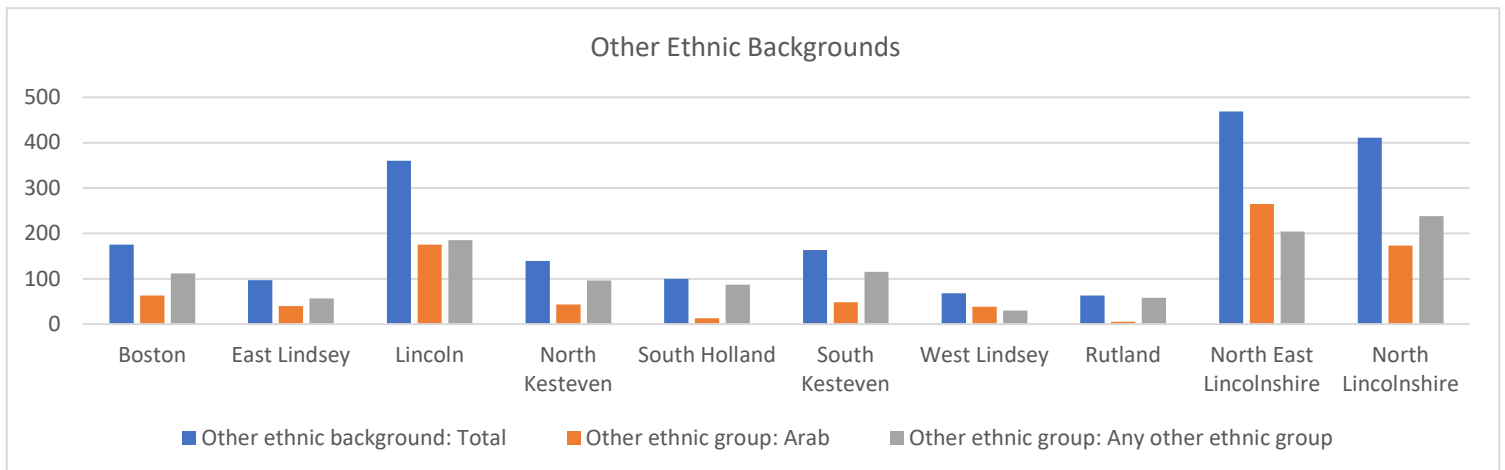


Figure 14: 2011 Population – “Other” Ethnic Backgrounds

Ethnicity and Sport

Governmental data on the physical activity levels of people with different ethnicities²³ shows that:

- “from November 2019 to November 2020, 61.4% of people in England aged 16 and over were ‘physically active’ – they did 150 minutes or more of moderate intensity physical activity a week
- people of Mixed ethnicity were the most likely out of all ethnic groups to be physically active – this has remained consistent for the last 5 years
- people from the Asian ethnic group were less likely than average to be physically active – this has remained consistent for the last 5 years
- in the Black, Asian and White British ethnic groups, men were more likely to be active than women
- although the figures show differences between men and women in other ethnic groups, sample sizes were too small to make reliable generalisations”.

²³ <https://www.ethnicity-facts-figures.service.gov.uk/health/diet-and-exercise/physical-activity/latest>

Socio-economic Factors

“The Index of Multiple Deprivation (IMD) 2019 is the official measure of relative deprivation for small areas (or neighbourhoods) in England. The IMD ranks every small area (Lower Super Output Area) in England from 1 (most deprived) to 32,844 (least deprived). For larger areas we can look at the proportion of LSOAs within the area that lie within each decile. Decile 1 represents the most deprived 10% of LSOAs in England while decile 10 shows the least deprived 10% of LSOAs.”²⁴

Data on the 2019 IMD for the Greater Lincolnshire and Rutland taken from www.gov.uk²⁵ show that there are more LSOAs in the most deprived 10% in England in North East Lincolnshire than in any other area of Greater Lincolnshire and Rutland. The figure is even higher in Lincolnshire as a whole. Within Lincolnshire, the district with the highest number of LSOAs in the most deprived 10% in England is East Lindsey. East Lindsey also has the highest number of LSOAs in decile 2, showing that overall, it is the most deprived area within the county of Lincolnshire. The least deprived areas overall are Rutland, North Kesteven and South Kesteven (see Figure 25).

Whilst East Lindsey is generally the most economically deprived district within Lincolnshire, some parts along the East coast are particularly deprived, including the Mablethorpe and Skegness areas. Other districts within Lincolnshire have pockets of deprivation, including Gainsborough in West Lindsey, Grantham in South Kesteven, Lincoln city and the area around Boston (as shown below).

Implications from this data include that those residents living in particularly deprived LSOAs may not have access to the funds to participate in sport and physical activity, therefore providing support to enable residents to participate for free, or at a reduced cost would be helpful.

²⁴ <https://www.nelincsdata.net/deprivation/#/view-report/c1dae065b3324fcd4b7531b4c5e3400/> iaFirstFeature

²⁵ <https://www.gov.uk/government/statistics/english-indices-of-deprivation-2019>

Indices of Multiple Deprivation - LSOA Deciles

Area	Decile 1	Decile 2	Decile 3	Decile 4	Decile 5	Decile 6	Decile 7	Decile 8	Decile 9	Decile 10	Grand Total
Lincolnshire	29	72	129	216	180	294	343	352	459	290	2364
Boston	1	6	30	28	10	30	21	32	9	0	167
East Lindsey	13	32	39	56	25	30	56	24	36	0	311
Lincoln	10	18	21	20	25	36	42	48	27	0	247
North Kesteven	0	0	9	20	25	30	49	104	144	100	481
South Holland	0	2	9	44	40	66	49	32	36	0	278
South Kesteven	1	4	12	28	20	60	84	80	135	160	584
West Lindsey	4	10	9	20	35	42	42	32	72	30	296
Rutland	0	0	0	0	5	12	21	40	27	90	195
North East Lincolnshire	32	16	39	32	30	30	91	56	99	30	455
North Lincolnshire	11	18	24	36	70	66	105	88	90	30	538
Grand Total	72	106	192	284	285	402	560	536	675	440	3552

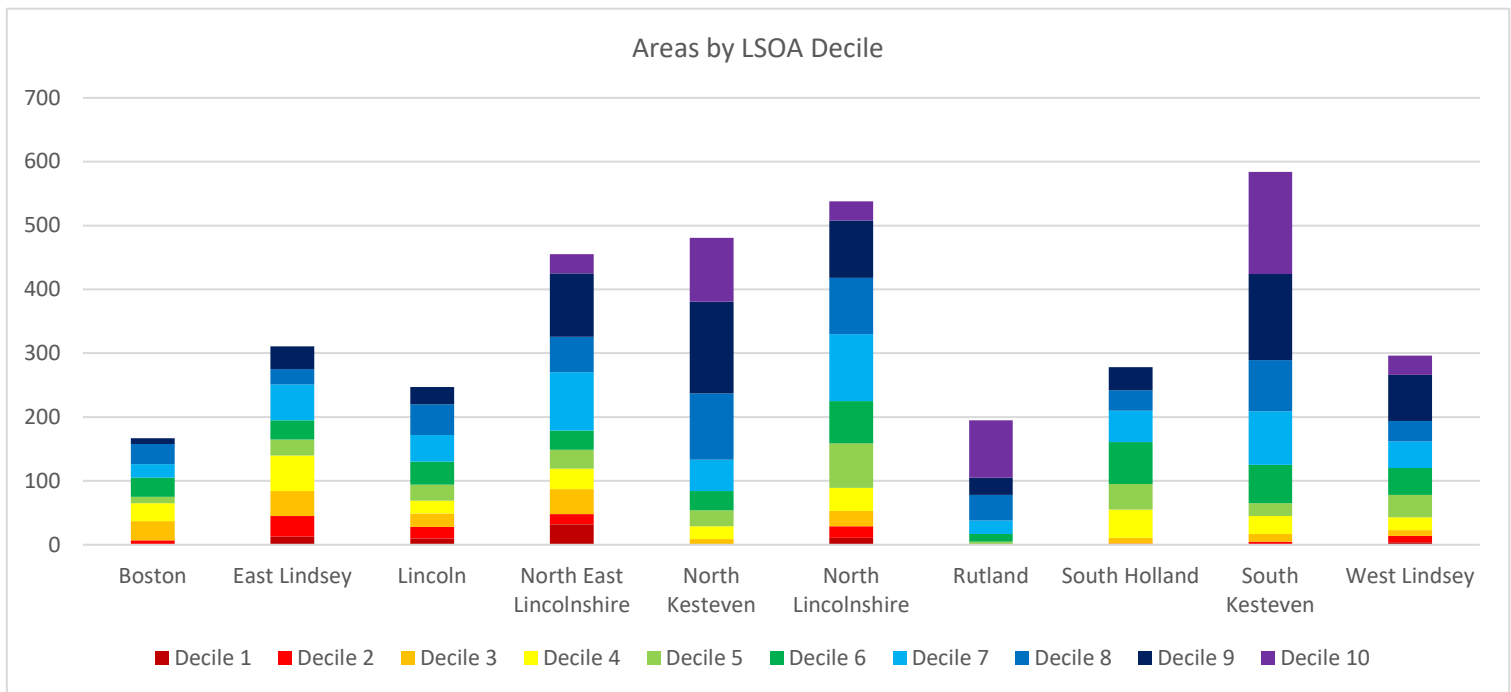


Figure 15: Indices of Multiple Deprivation - LSOA Deciles by Area

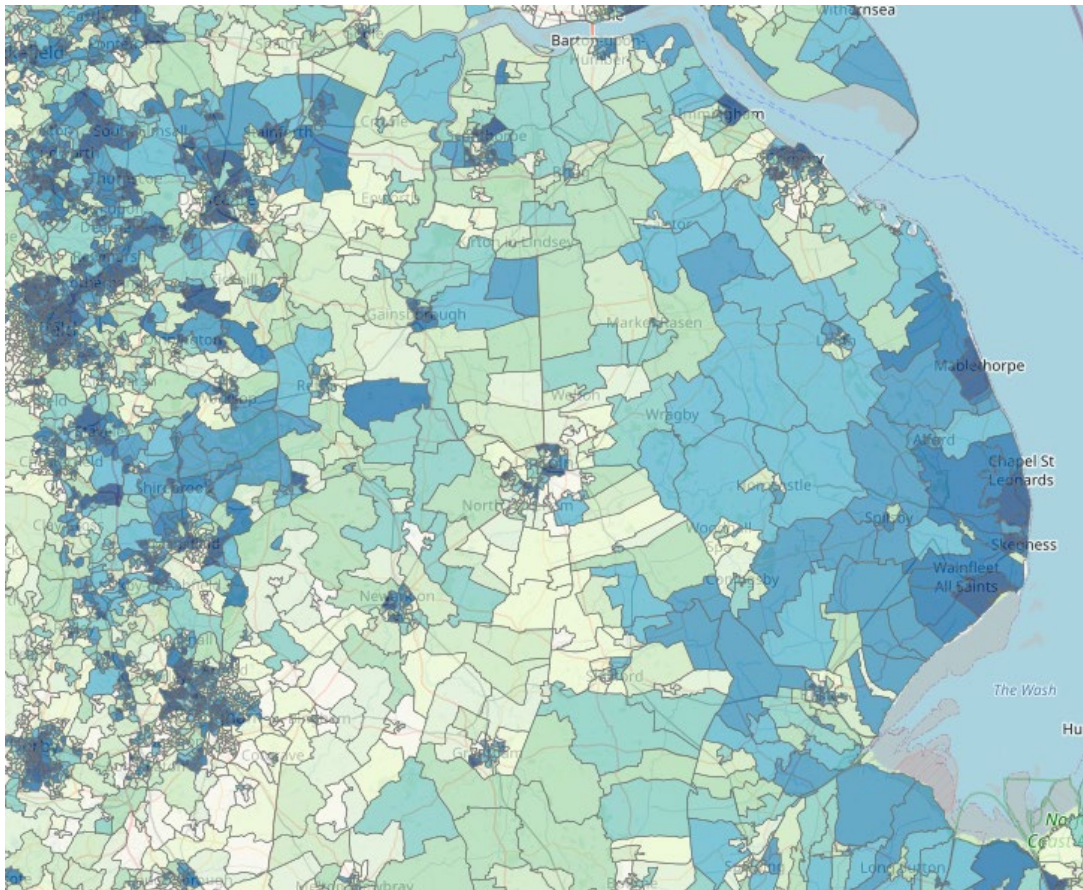


Figure 16: Map of IMD Rank LSOAs across Greater Lincolnshire and Rutland *

*The darker blue the area, the more deprived

People living with mental health difficulties

NHS Digital Quality and Outcomes Framework 2019-20 data²⁶ show the numbers of GP patients who are recorded as having Depression, Dementia or Other Mental health difficulties (see Appendix C). Overall, there were 141,156 cases of mental health difficulties across these three categories in Greater Lincolnshire and Rutland (N.B. some patients may be counted twice if they have more than one diagnosis).

Depression

The number of patients with depression across the whole of Greater Lincolnshire and Rutland are 120,278, which is 11.88% of registered patients. The proportion of patients who have depression is the highest in North Lincolnshire at 14% of all GP registered patients. North Lincolnshire also had the greatest increase in the percentage of patients with depression based on 2018-19 and 2019-20 figures, at just over 1%. The proportion of patients with depression increased slightly in areas from 2018-19 to 2019-20.

²⁶ <https://view.officeapps.live.com/od/view.aspx?src=https%3A%2F%2Ffiles.digital.nhs.uk%2FA8%2FCB4126%2Fqof-1920-prev-ach-pca-neu-prac.xlsx&wdOrigin=BROWSELINK>

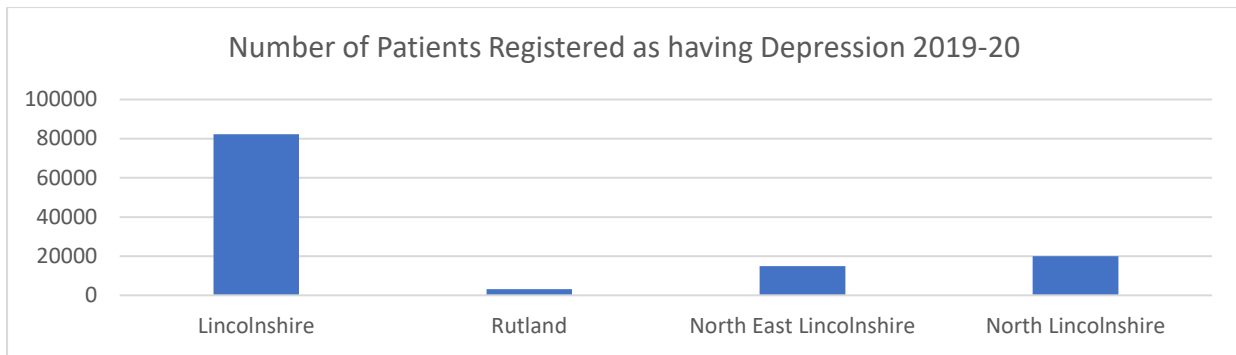


Figure 17: Number of Patients Registered as having Depression 2019-20

Dementia

The number of patients with dementia across the whole of Greater Lincolnshire and Rutland are 11,283 which is 0.84% of those registered. The proportion of patients who have dementia was the greatest in Lincolnshire at 0.94% of all GP registered patients (see Figure 28). Lincolnshire, North East Lincolnshire, and North Lincolnshire all had a slight increase in the proportion of patients with dementia, however there has been a very slight decrease in Rutland, which may be overly affected by the relatively low population figures in comparison to other areas.

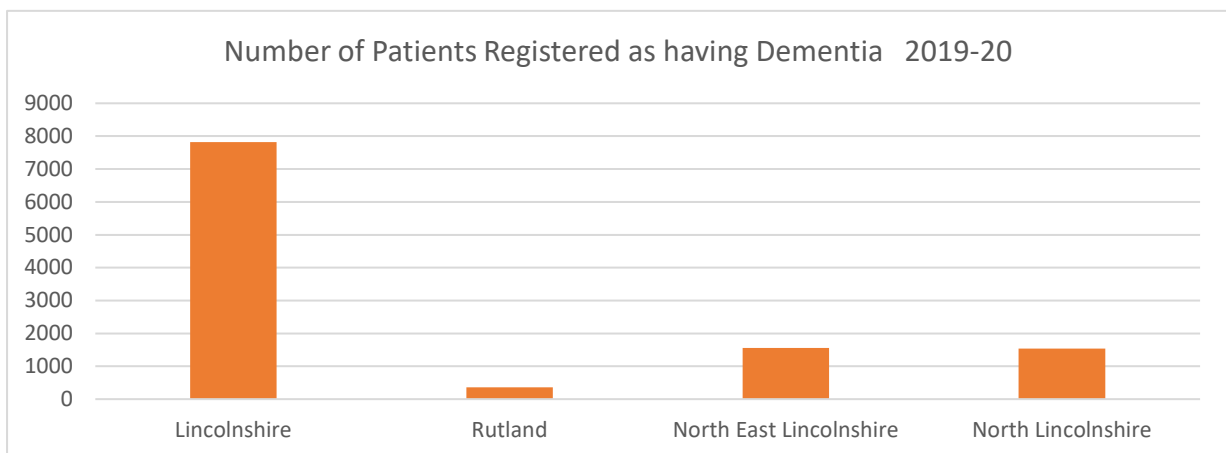


Figure 18: Number of Patients Registered as having Dementia 2019-20

Other Mental Health Difficulties

The number of patients with other mental health difficulties across the whole of Greater Lincolnshire and Rutland was 9,595 which is 0.81% of those registered (see Figure 29). The proportion of patients who have other mental health difficulties was the greatest in North East Lincolnshire at 1.02% of all GP registered patients. Overall, there was a slight decrease in the proportion of patients with other mental health difficulties registered between 2018-19 and 2019-20, however the proportion remained static in North Lincolnshire.

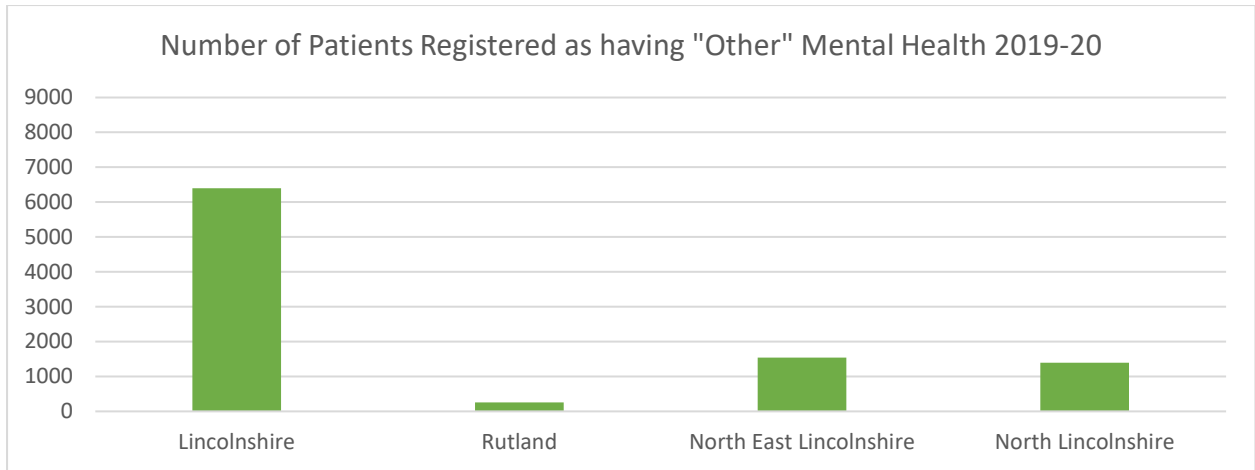


Figure 19: Number of Patients Registered as having Other Mental Health Issues 2019-20

Recommendations

As demonstrated by this chapter, the forward trends in population growth and demographics in Greater Lincolnshire and Rutland show a need for more dedicated programs that target women and girls, over-65s, members of various ethnic minorities, and people living with mental health difficulties. As such, the recommendations that are put forward are aimed at addressing these needs:

- Direct engagement with stakeholder groups, particularly ethnic and religious minorities, to better understand what they need from the Sport, Physical Activity, and Leisure sector. Examples include:
 - Engaging with local neighbourhood groups and dedicated charities.
 - Developing promotional materials in languages other than English.
 - Speaking to community leaders and asking their support in promoting various activities.
- Direct engagement with women and girls from different demographic groups to better understand the barriers to access they face. Examples include:
 - Engaging with local groups and charities.
 - Engaging with women in various spaces, such as food banks, hospitals, and schools.
 - Lobbying for programs aimed at supporting women and girls.
 - Lobbying for more programs aimed at freeing up women's time (such as childcare support, family carer support, etc.)
- The introduction of dedicated programs for people of different groups, as informed by direct stakeholder engagement. Examples include:
 - Clear communication strategies to reach selected stakeholder groups.
 - Developed formal and informal communication channels.
 - "You said, we did" – keeping stakeholders informed on how their feedback is being implemented.
 - Following up on promised changes or following up with progress updates.
- Resources, training, and support for providers to better engage with people living with mental health difficulties. Examples include:
 - Social prescribing.
 - Lobbying for more funding for dedicated training and skills development.
 - Lobbying for more evidence-based training to support people with different mental health difficulties.
- Funding and support for widening participation programs. Examples include:
 - Meal and exercise clubs, as pilot-tested by Lincolnshire County Council.
 - Warm spaces and meals being offered alongside sport, physical activity, and leisure.
 - Lobbying for funded spaces on sport, physical activity, and leisure activities for eligible households.
- Support for programs aimed at over-65s. Examples could include:
 - Access support – increasing the physical accessibility of sport, physical activity, and leisure providers.
 - Funding for skills and training programs aimed at developing the workforce to work with over-65s.
 - Taking activities on the road to local community centres and small villages.

The above list is advisory and non-exhaustive.