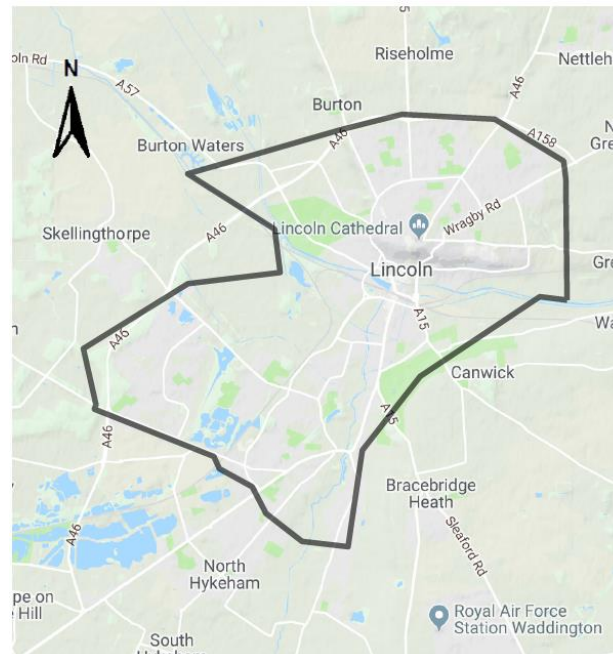


Lincoln Profile For Physical Activity



Aiden Vaughan
Public Health Analyst

Philip Garner
Strategic Programme Manager

Contents

- Demographics
- Health related
- Activity
- Mosaic segmentation

Population Demographics

- Lincoln has slightly more female residents than male.
- 15% 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 30.2% in Lincoln.

Estimated resident population, Mid-2017

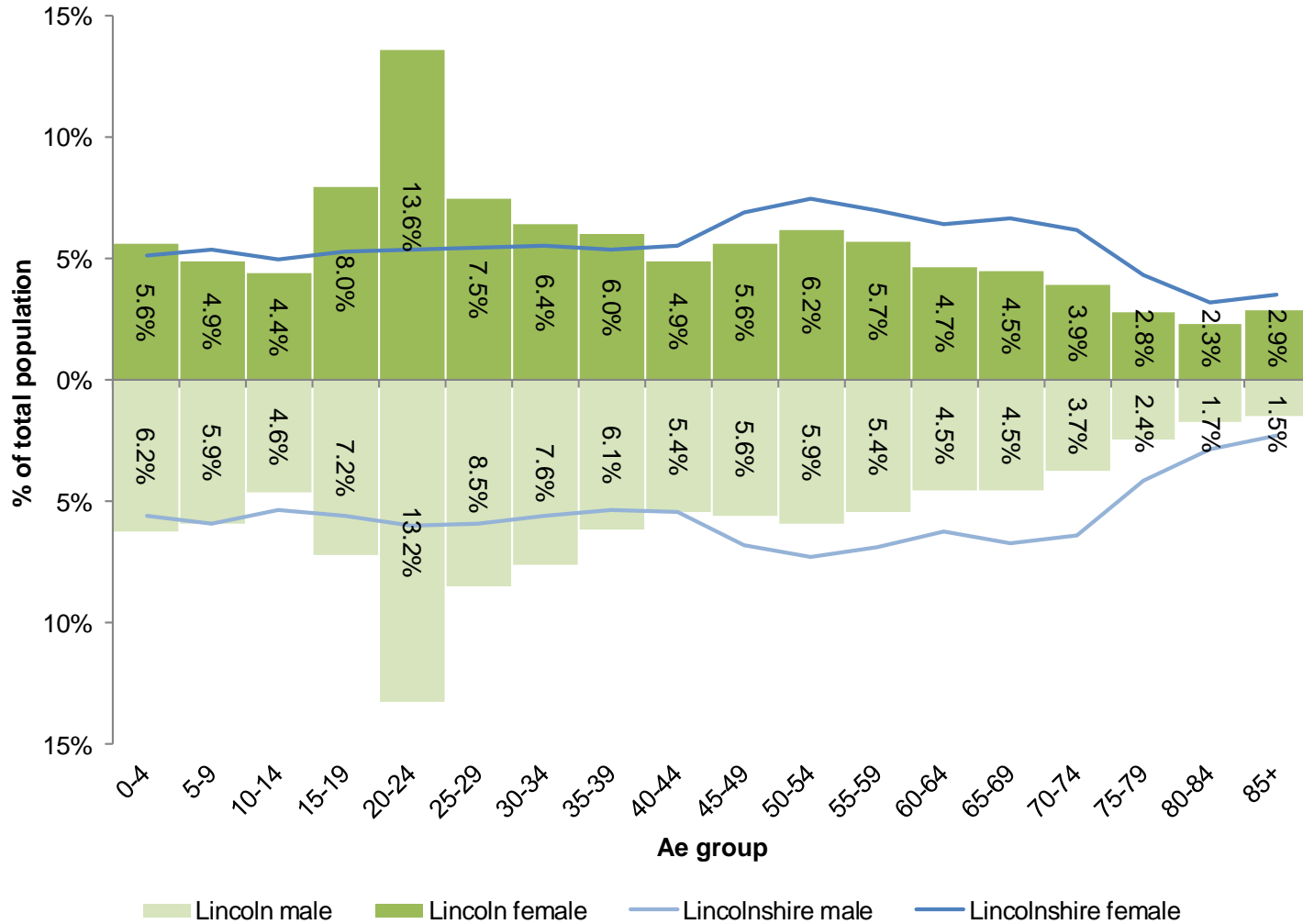
Area	Male	Female	Total
Lincoln	49,000	49,400	98,400
Lincolnshire	367,800	383,300	751,200

Projected resident population, 2017 - 2032

Age group	Lincoln					Lincolnshire				
	2017	2022	2027	2032	% change 2017-2032	2017	2022	2027	2032	% change 2017-2032
Age 0-15	16,400	17,100	16,800	16,200	-1.2%	128,600	134,700	134,200	130,600	1.6%
Aged 16-64	67,200	65,700	66,400	67,000	-0.3%	448,600	447,300	447,900	444,700	-0.9%
Aged 65+	14,900	15,900	17,500	19,400	30.2%	174,000	188,500	207,500	229,400	31.8%
All ages	98,500	98,700	100,700	102,600	4.2%	751,200	770,400	789,600	804,700	7.1%

Population Pyramid

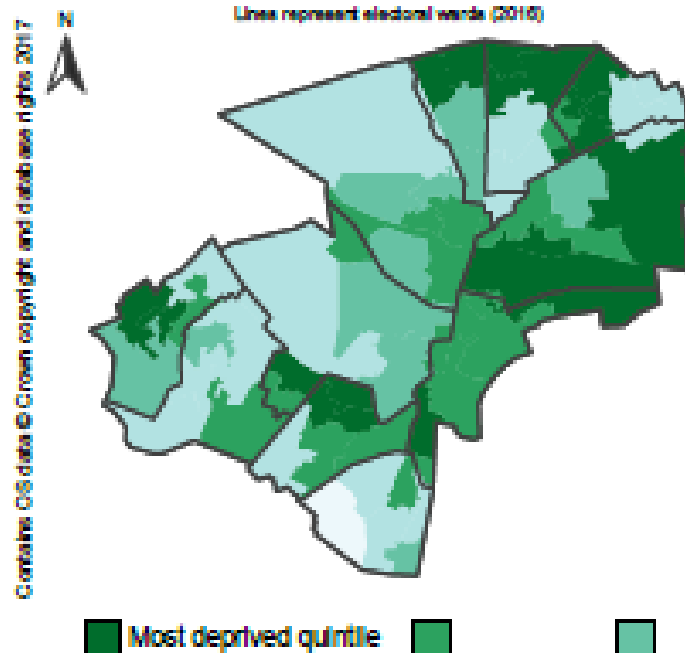
Estimated resident population, Mid-2017



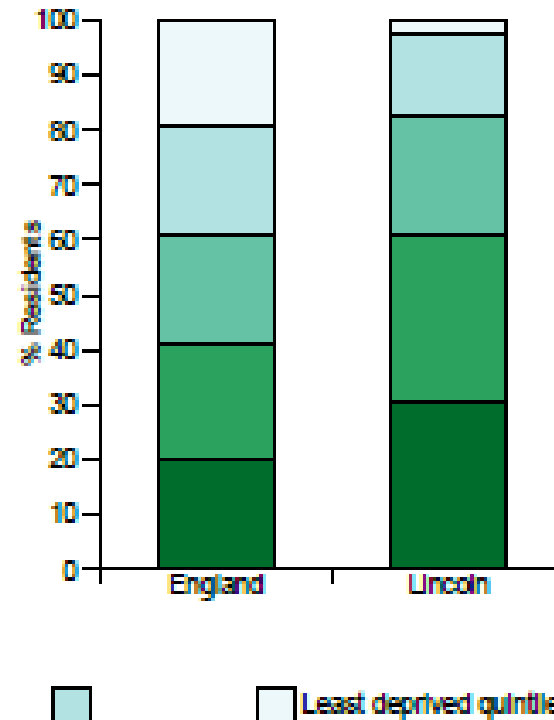
Source: ONS mid-year population estimates via NOMIS

Deprivation

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

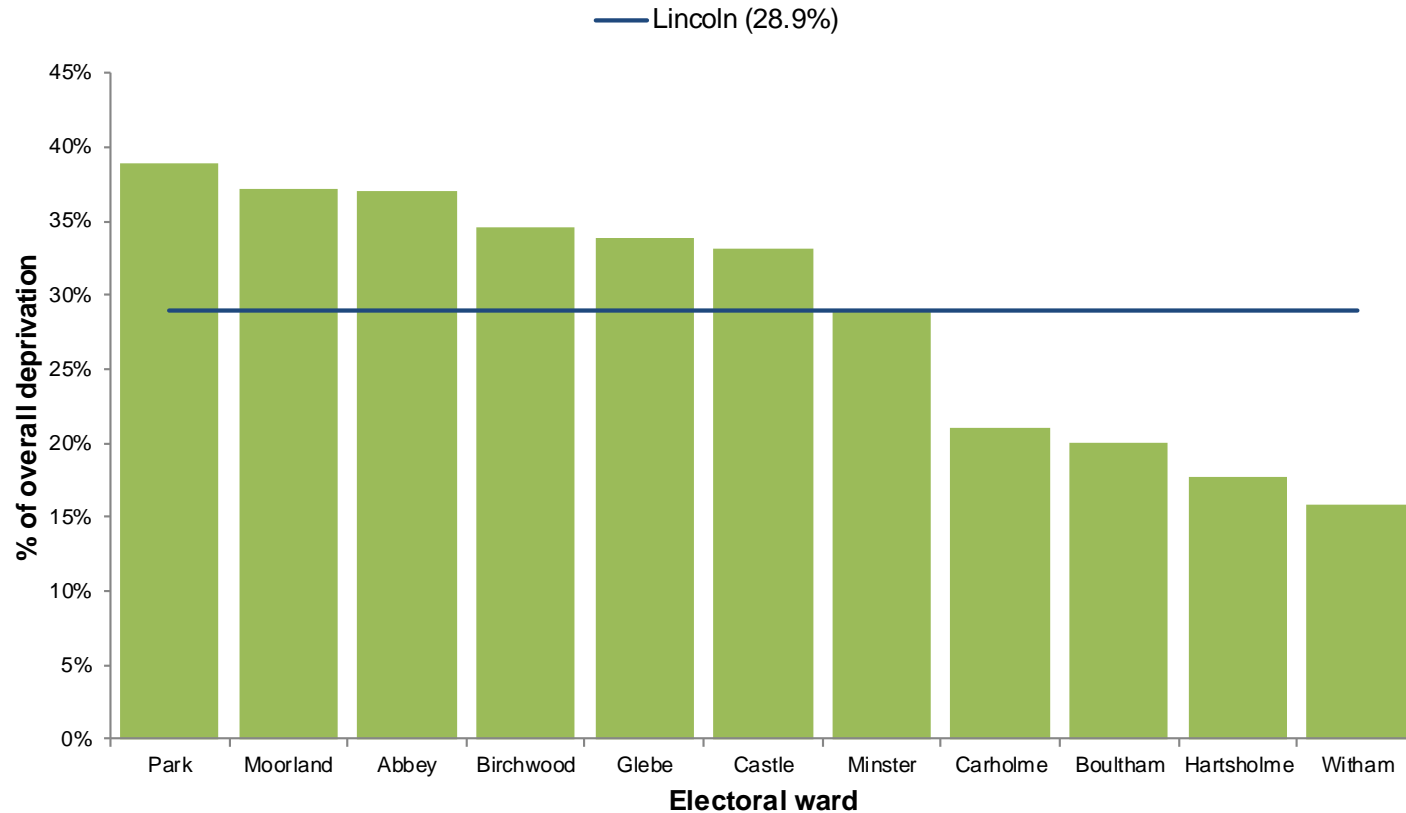


This chart shows the percentage of the population who live in areas at each level of deprivation.



Deprivation

Proportion of overall deprivation, 2015



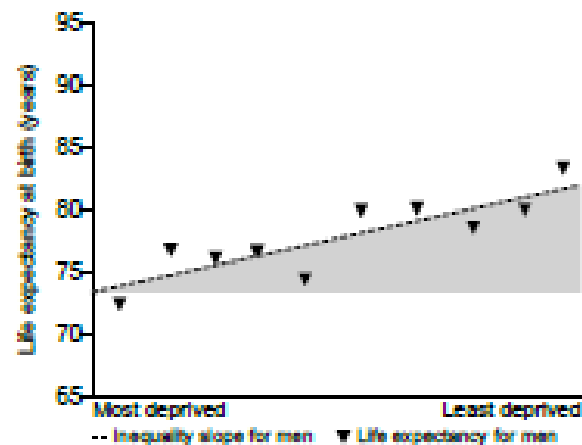
Healthcare

- Between 2015 and 2017, premature mortality rates (under 75) from cardiovascular disease are **significantly worse** than the regional and national averages.
- **61.6% (143 out of 232)** of all early deaths from cardiovascular disease are considered preventable.
- Premature mortality rates from cardiovascular disease are **higher for men** (153.2 per 100,000) than for women (69.3 per 100,000).
- Premature mortality rates from cardiovascular disease have **reduced by 9.4%** since 2001/03.
- In 2017/18, emergency hospital admissions due to falls for people over 65 were **similar** to the national average.
- In 2017/18, the rate of emergency admissions for hip fractures in people aged 65-79 in Lincoln was **similar** to the national average.
- In 2018, screening coverage for breast, cervical and bowel cancers were **significantly worse** than the national average.

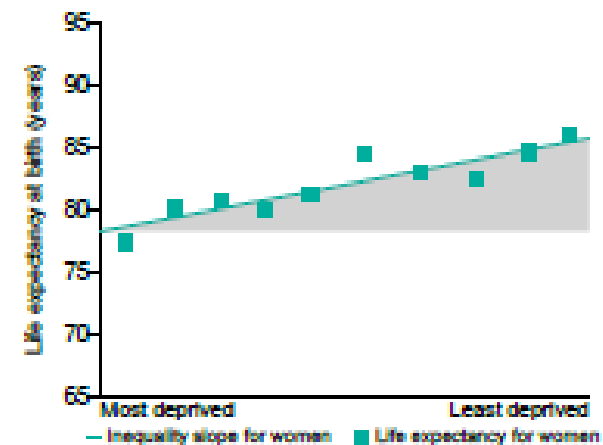
Health Inequalities

- Life expectancy is 8.6 years lower for men and 7.5 years lower for women in the most deprived areas of Lincoln compared to the least deprived.
- Average life expectancy in Lincoln is 77.3 years for men and 80.9 years for women.
- Average female life expectancy in Lincoln is significantly worse to the national average of 83.1 years, while average male life expectancy is significantly worse than the national average of 79.5 years.

Life expectancy gap for men: 8.6 years

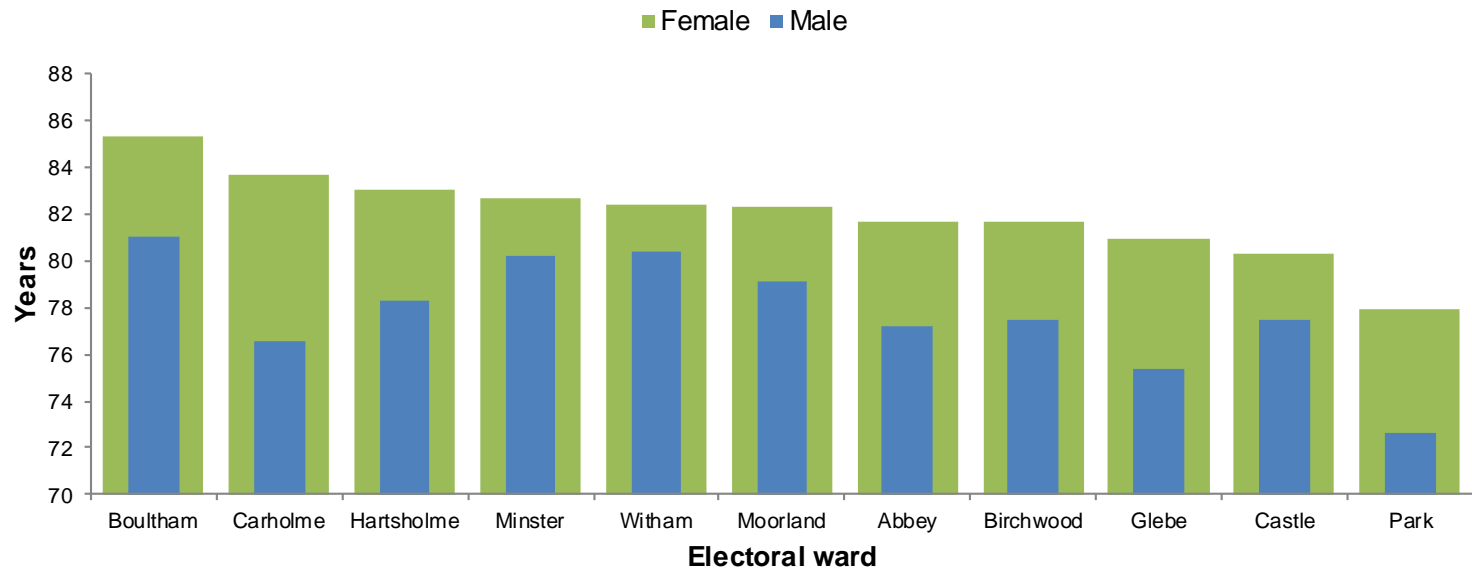


Life expectancy gap for women: 7.5 years



Health Inequalities

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



Child Health

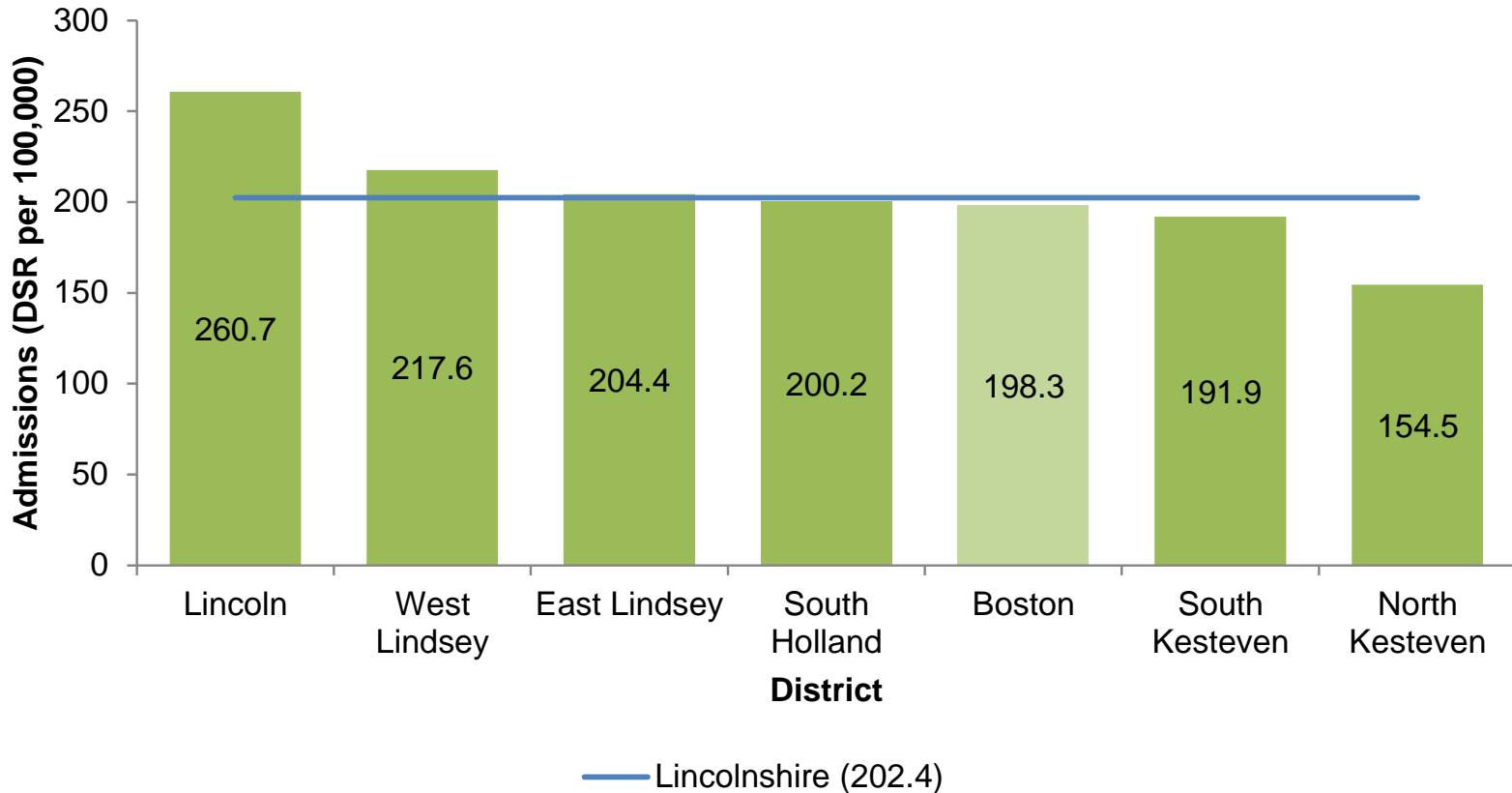
- 13.3% of children (under 16s) live in low income families.
- 16.3% of mothers are known to smoke at the time of delivery.
- 55.8% of mothers breastfeed their babies in the first 48 hours after delivery. This is worse than the national average of 74.5%.
- 80.7% of children under 5 are free from dental decay, which is worse than the national average of 76.7%.
- Under-18 conceptions in Lincoln (26.7 per 1,000 females aged 15-17) are similar to the national rate of 18.8 per 1,000.
- The rate of hospital admissions caused by unintentional and deliberate injuries is significantly worse than the national rate.
- 45.8% of pupils achieved a standard pass (9-4) in GCSE English and Maths in 2017
- Pupil absence rates in Lincoln are worse than the national average.

Adult Health

- 18.5% of the population are reported to have a limiting long term illness or disability and 5.3% report their general health to be 'bad or very bad'.
- 74.7% of working age adults are in employment, which is similar to the England average of 75.2%.
- The gap in employment rates between those with a long-term condition and the total population is significantly worse than the national gap.
- Smoking prevalence among adults in Lincoln (16.3%) is similar to the national average of 14.9%.
- Between 2015 and 2017 the rate of people killed or seriously injured on roads in Lincoln is similar to the national average.
- The rate of hospital admissions for alcohol related conditions is similar in Lincoln compared to the national average.
- Estimated diabetes diagnosis is similar to the national average.

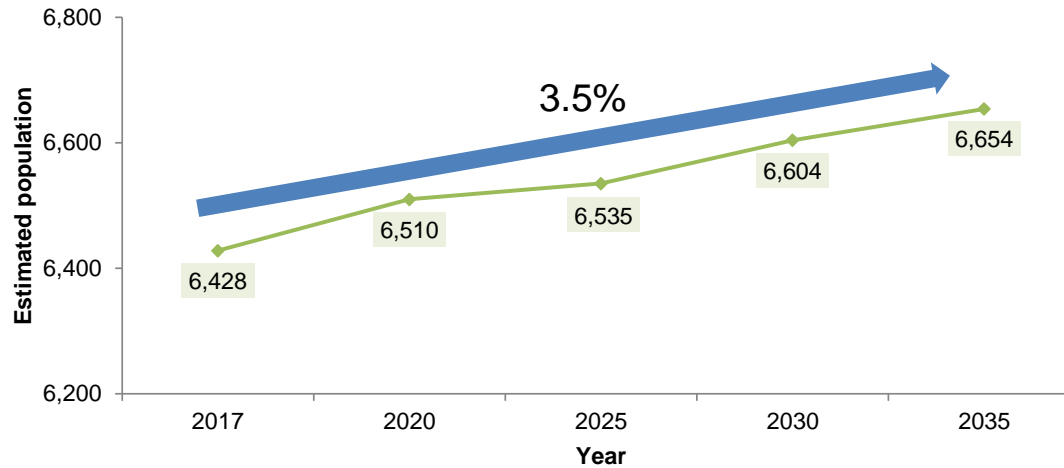
Mental Health

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

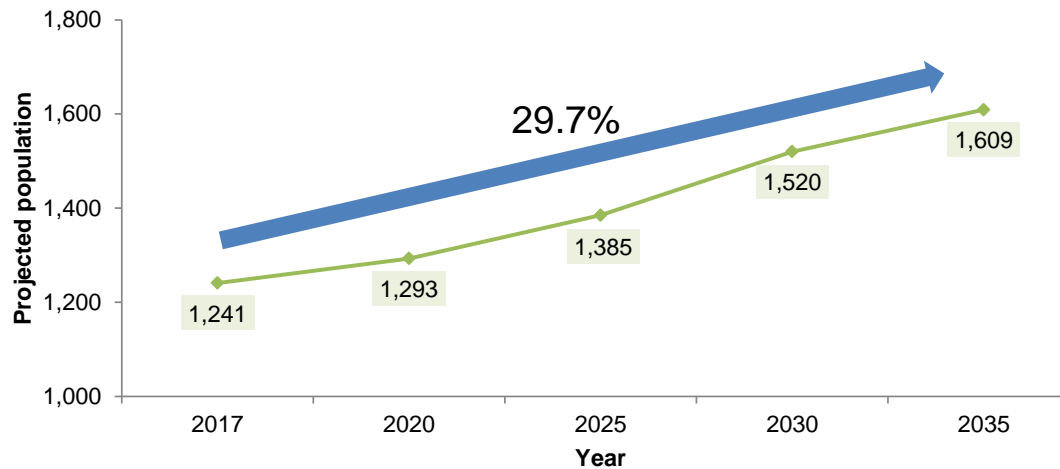


Mental Health

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

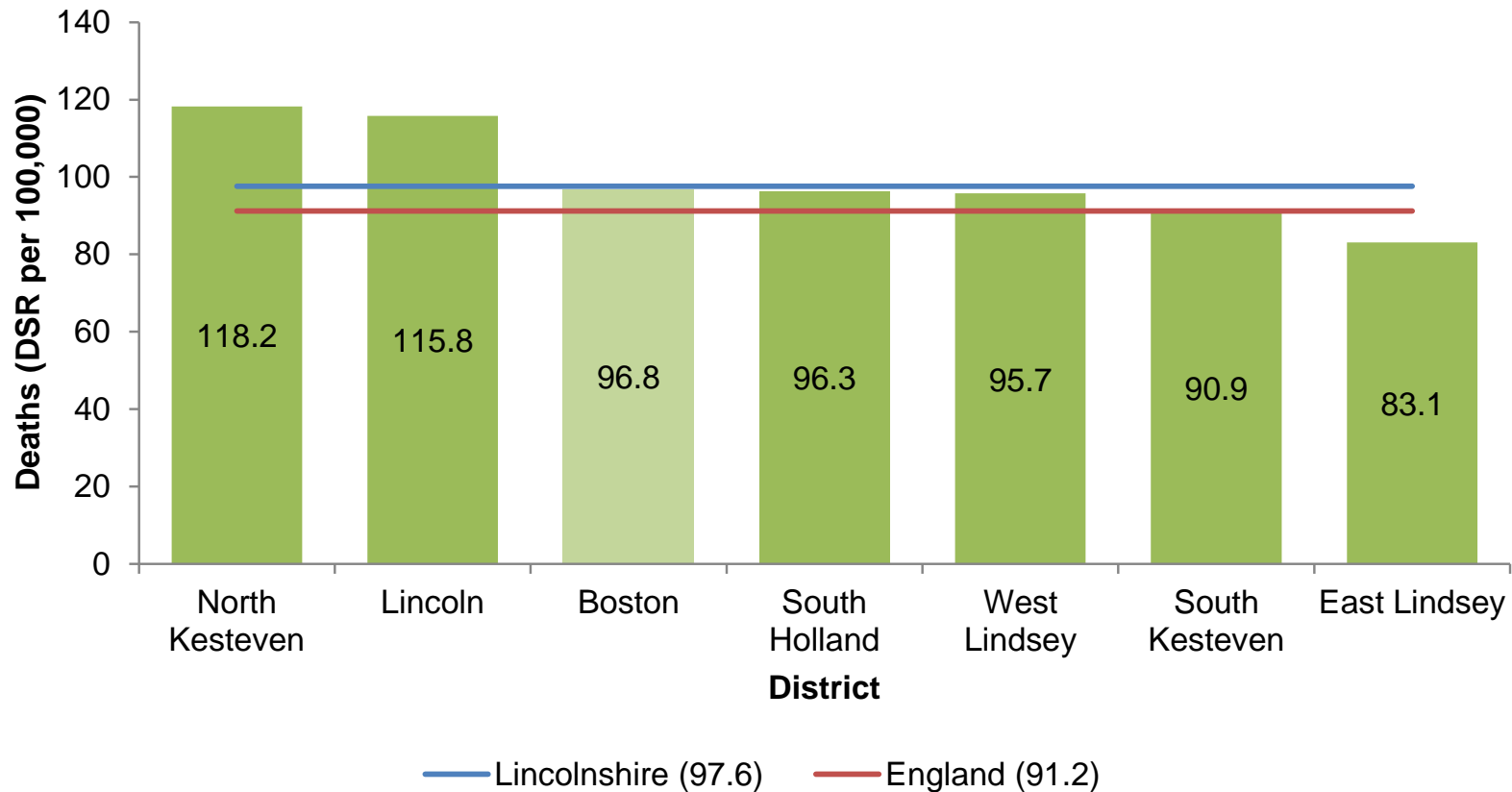


People aged 65+ predicted to have depression, 2017 - 2035



Mental Health

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



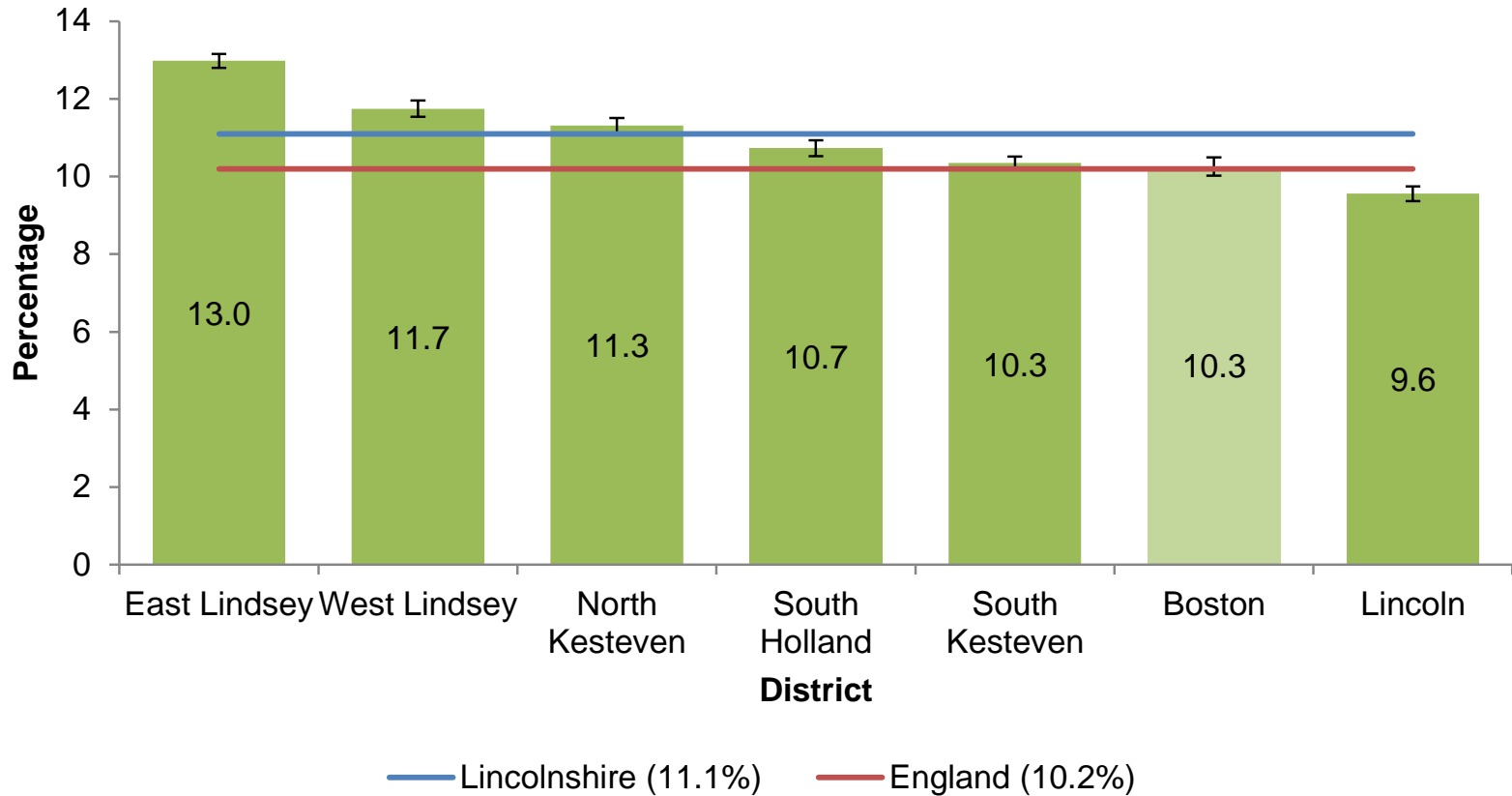
Source: ONS, Mortality Statistics via NOMIS

Carers

- 2011 Census data shows there are 2,447 unpaid carers providing substantial care (more than 50 hours a week) in Lincoln, which equates to 2.6% of the total population.
- At electoral ward level, provision of substantial unpaid care varies from 4.2% in Moorland to 1.7% in Carholme Ward.
- Lincoln has a population of 15.1% aged over 65

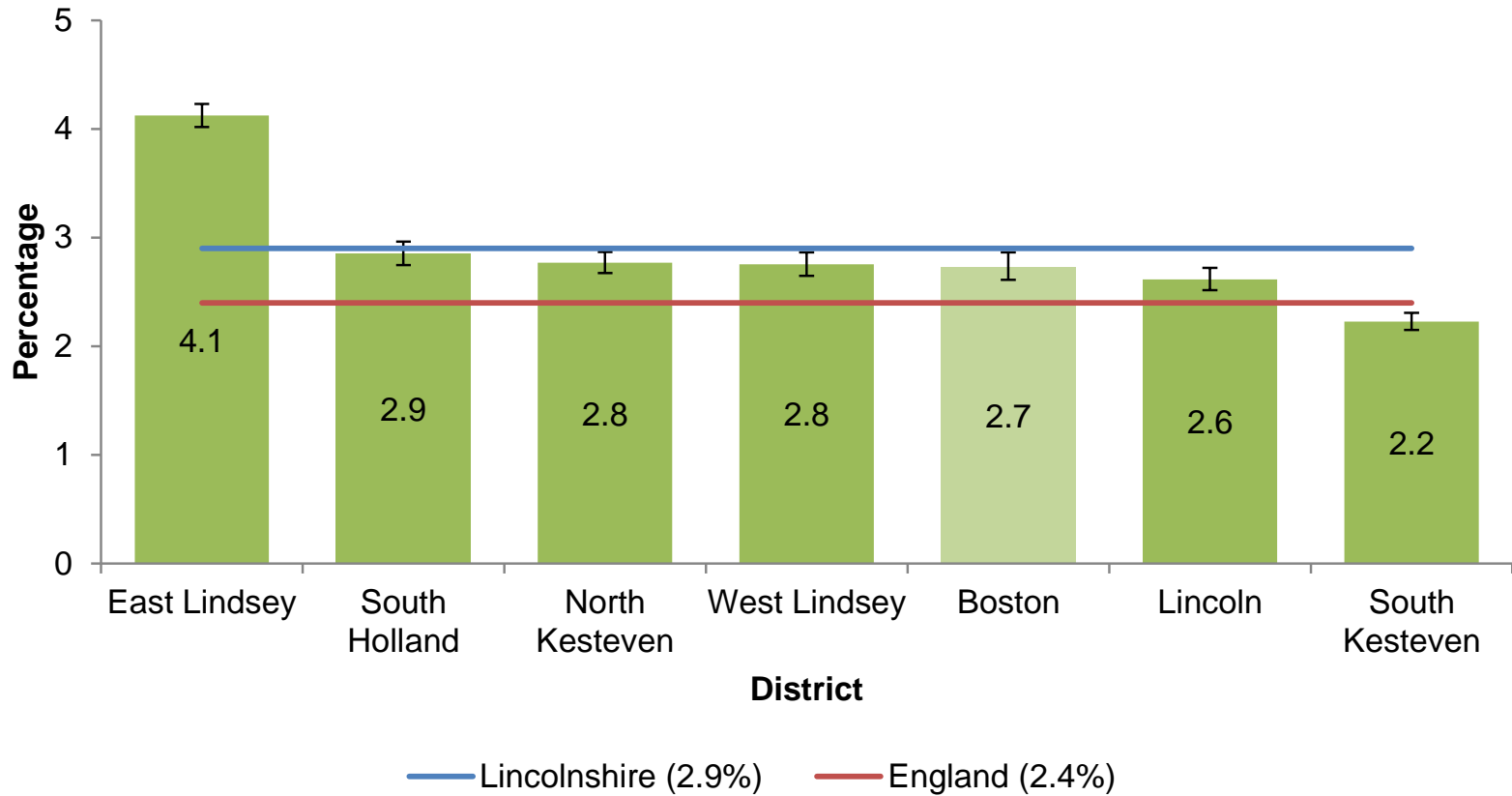
Carers

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



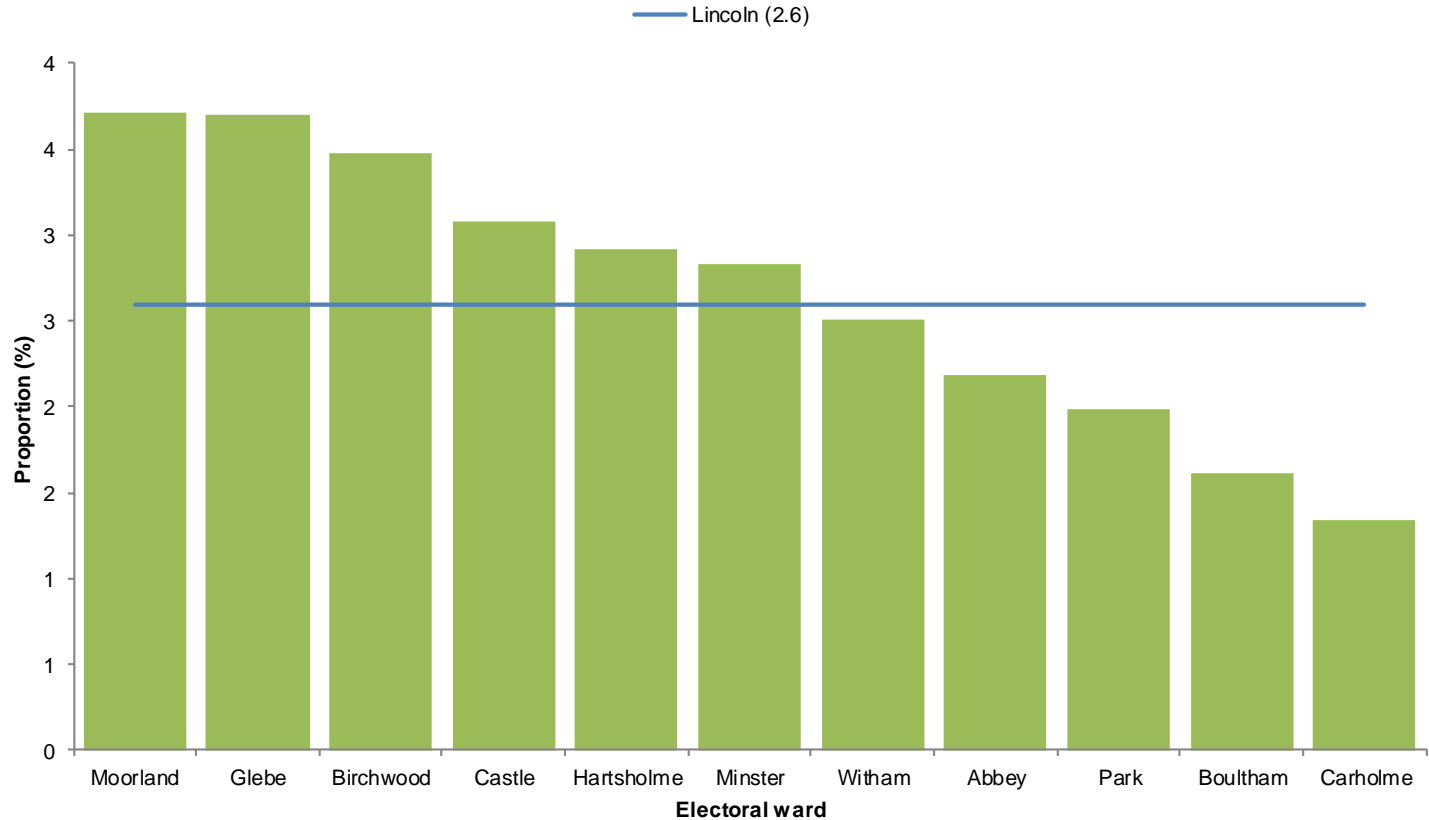
Carers

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

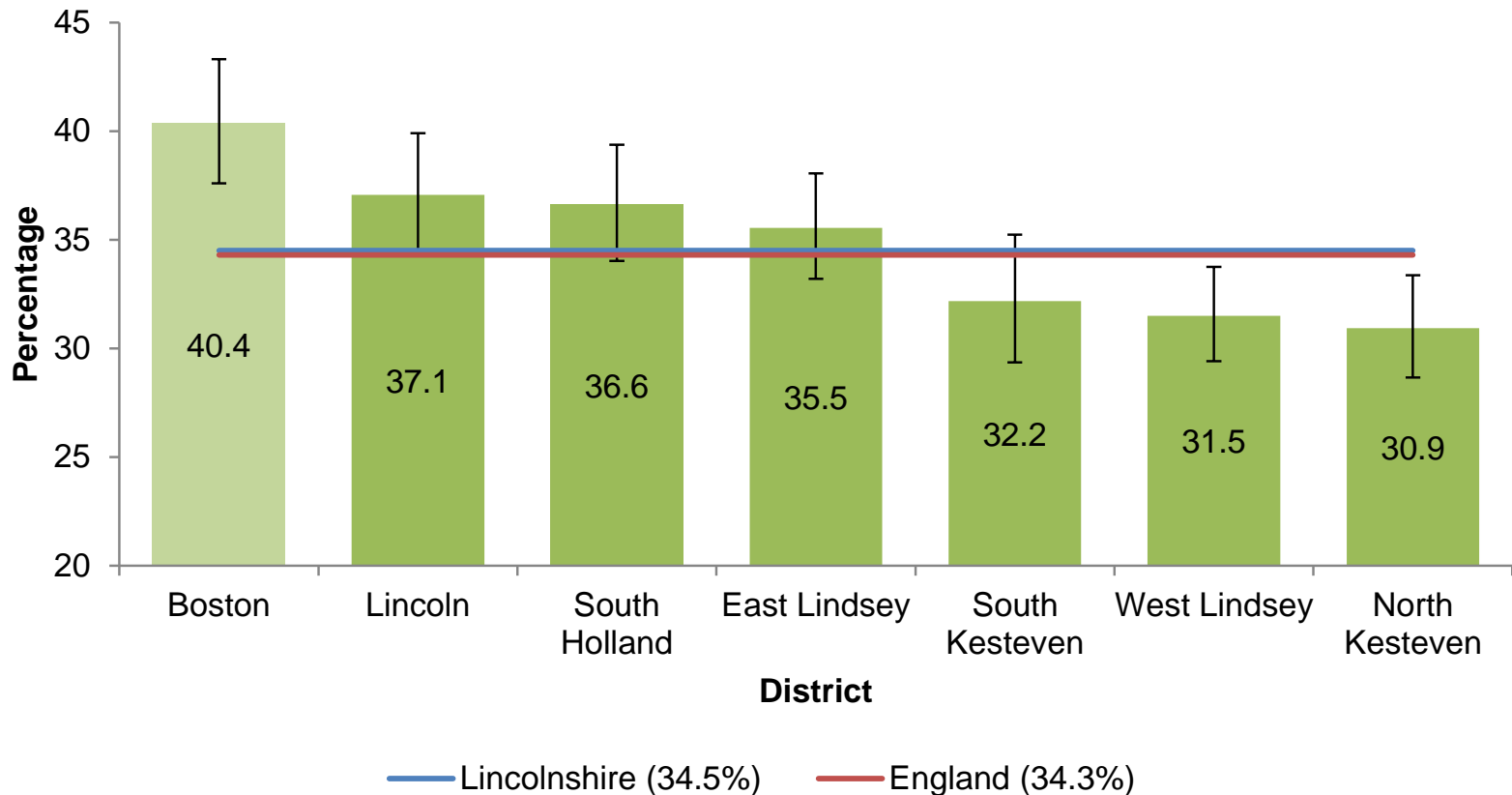


Obesity

- In 2017/18, **25.6%** of Reception Year children were overweight or obese. This is **worse** than the national average.
- Excess weight in Reception year children saw an increase between 2015/16 and 2017/18
- By Year 6, **37.1%** of children are overweight or obese. This is the **similar to** the national average.
- Excess weight in Year 6 children has **increased** from **35.5%** in 2015/16.
- In 2016/17, **60.7%** of adults aged over 18 in Lincoln were overweight or obese, which is **similar** than the national average.
- In 2016/17, **55.3%** of adults were meeting the recommended '5-a-day' on a usual day, which is **similar** to the national average.

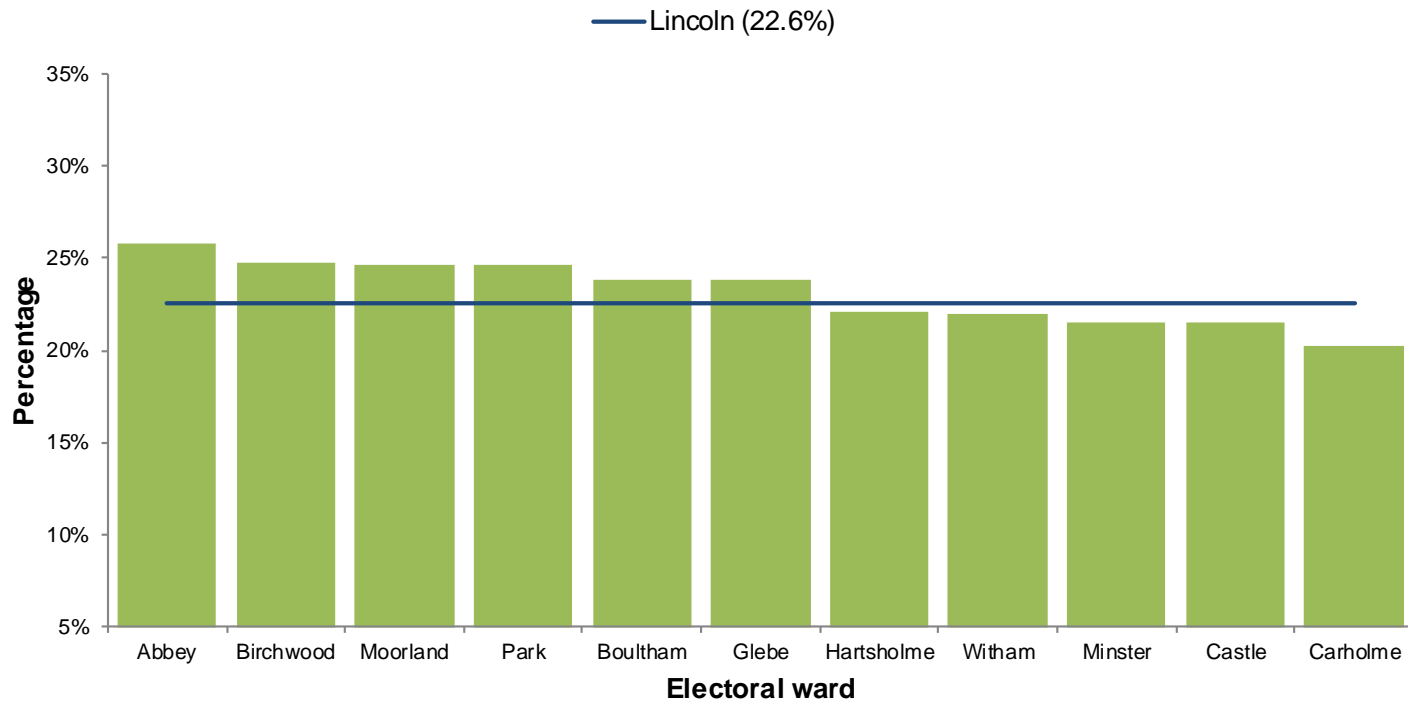
Obesity

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



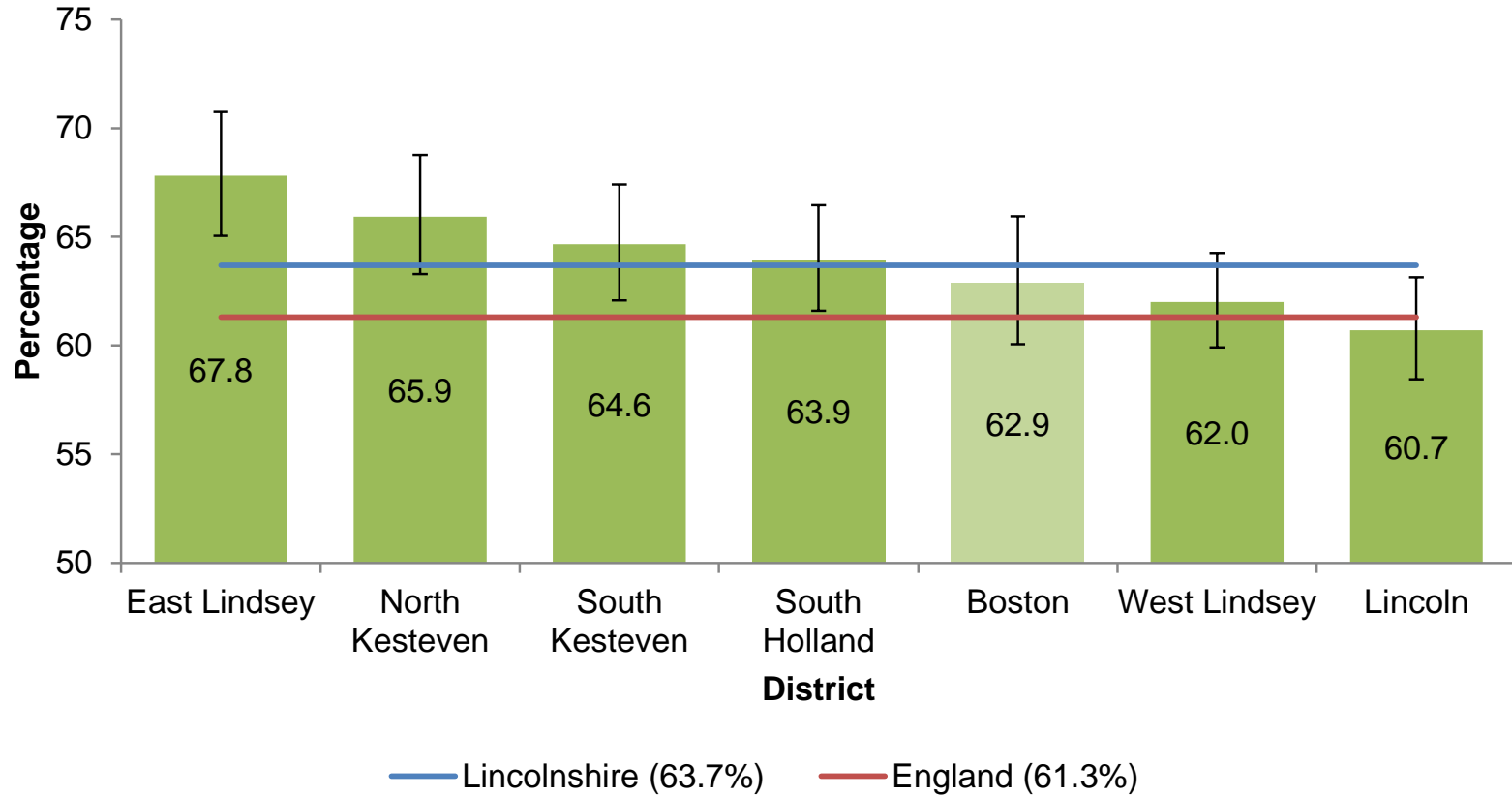
Obesity

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



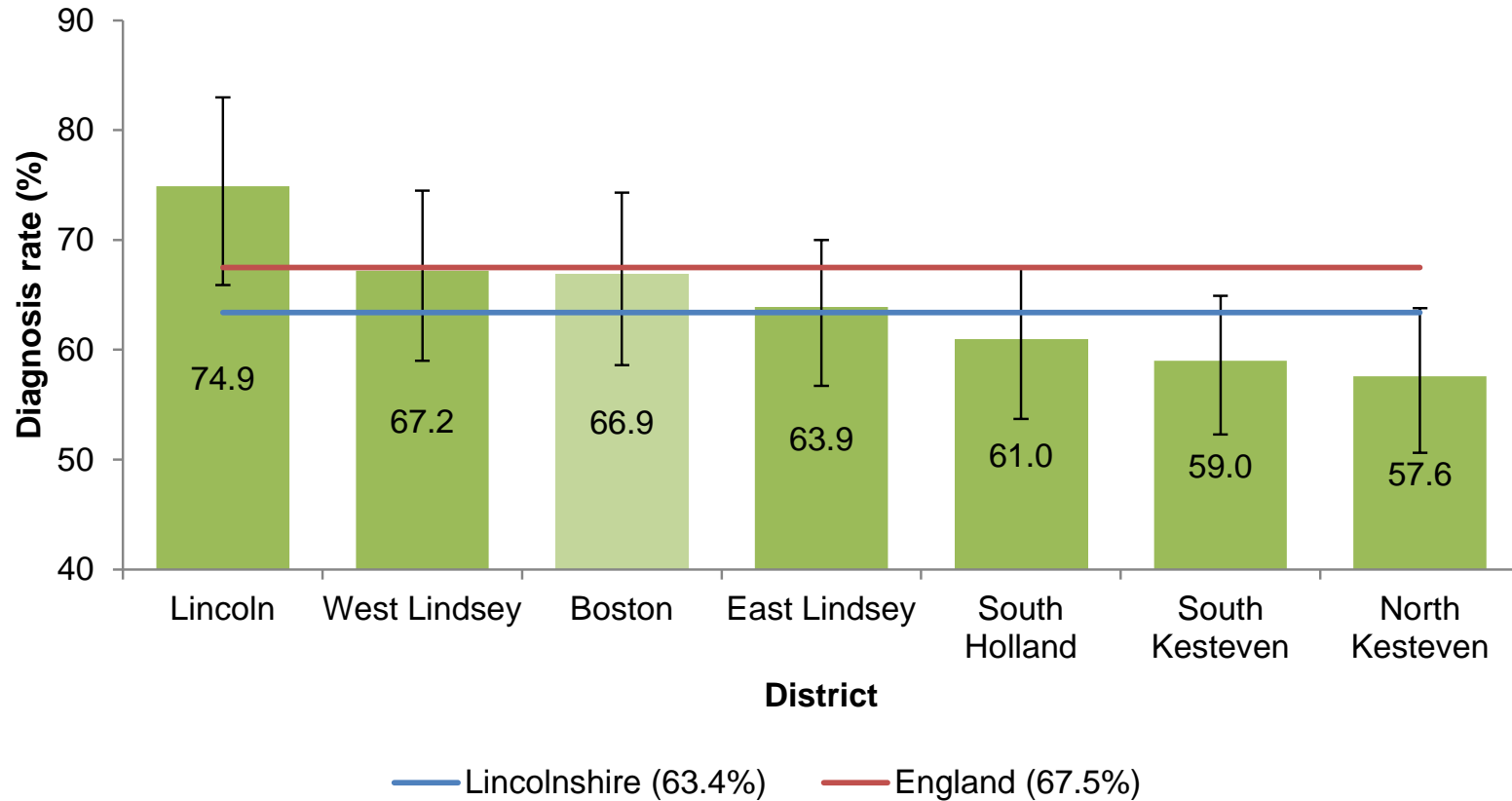
Obesity

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



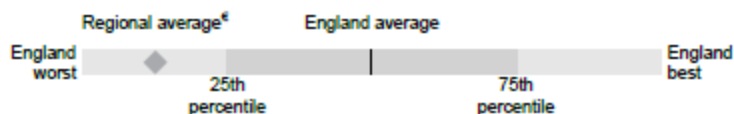
Dementia

Dementia diagnosis rate (age 65+), 2018



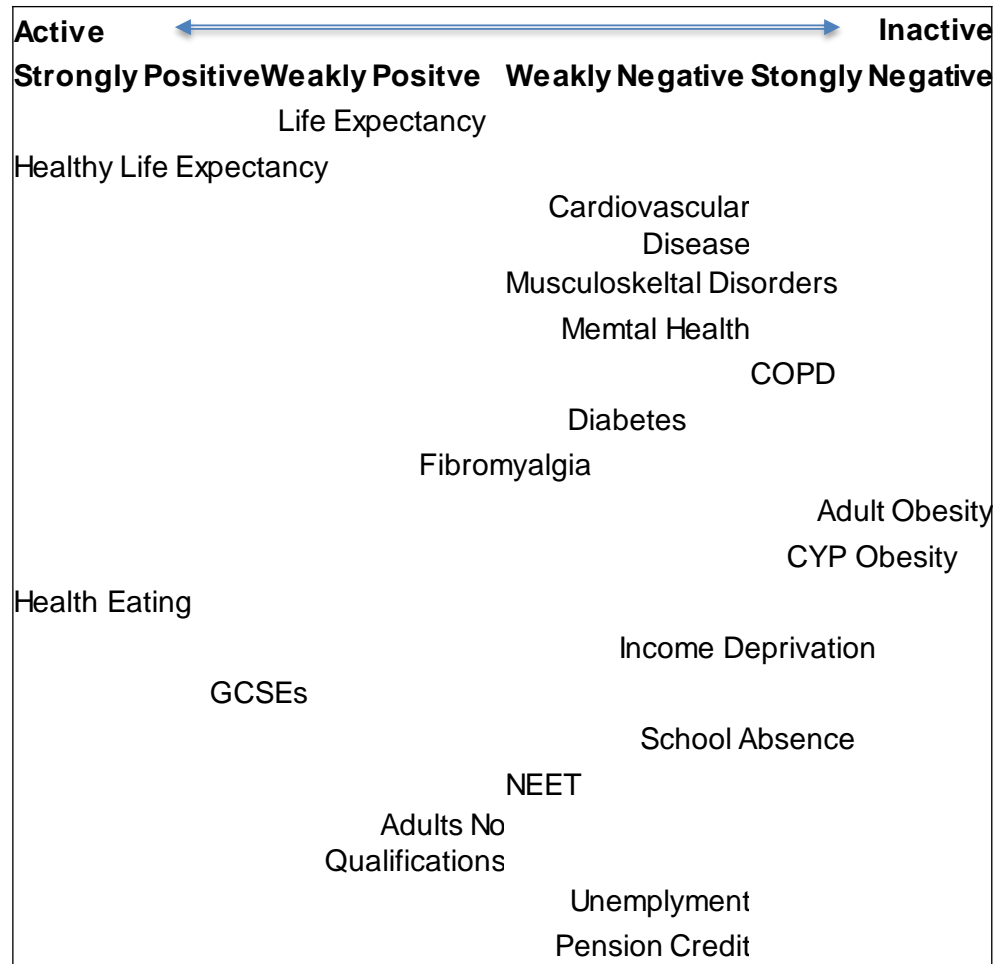
- Dementia diagnosis in older people (aged 65 and over) in Lincoln is **similar** to the national rate.

- Significantly worse than England average
- Not significantly different from England average
- Significantly better than England average
- Not compared



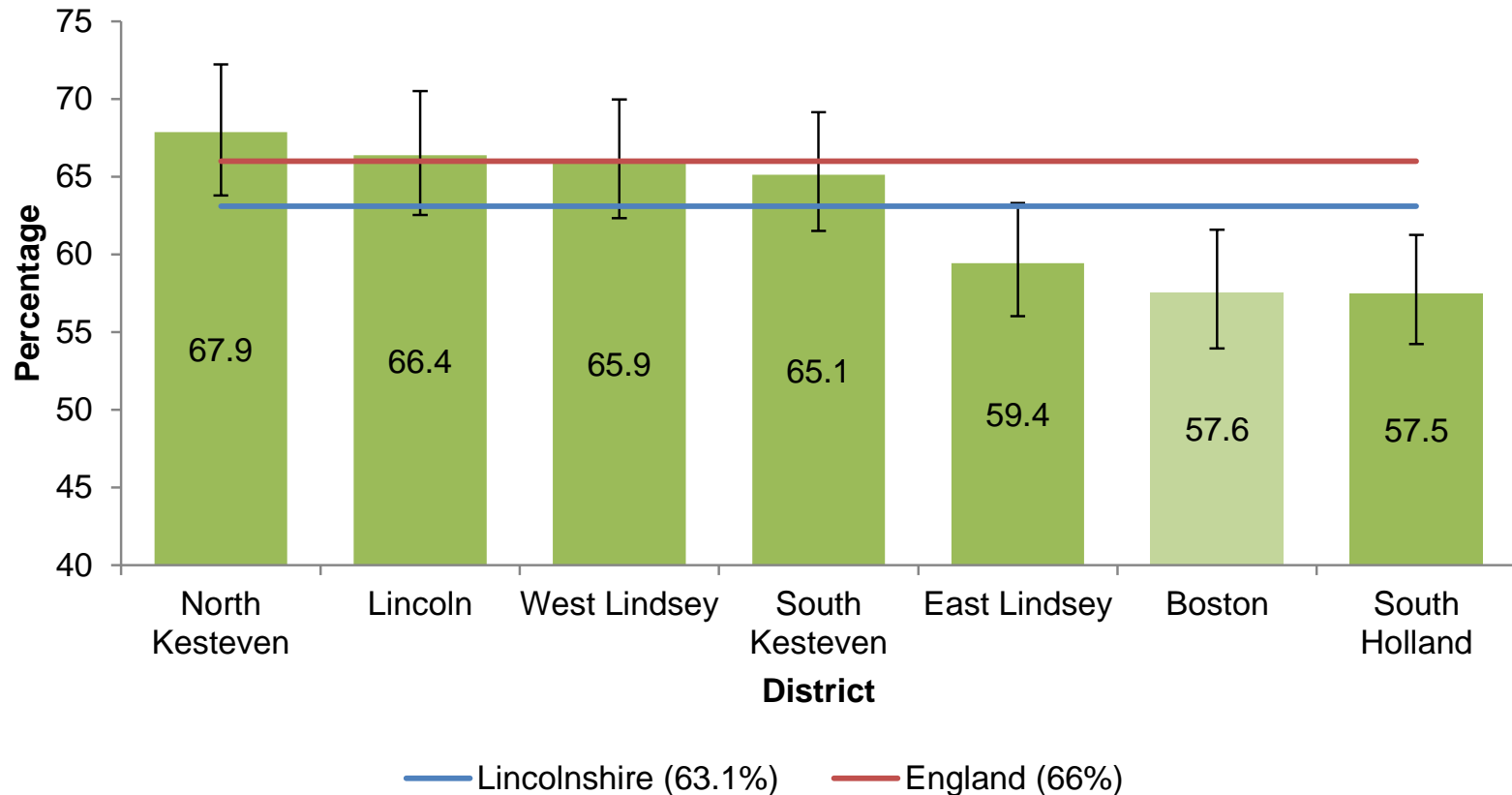
Domain	Indicator	Period	Local count	Local value	Eng value	Eng worst	England range	Eng best
Our communities	1 Deprivation score (IMD 2015)	2015	n/a	28.9	21.8	42.0	○	5.0
	2 Children in low income families (under 16s)	2014	3,025	23.3	20.1	39.2	●	6.6
	3 Statutory homelessness	2015/16	11	0.3	0.9			
	4 GCSEs achieved	2015/16	384	45.8	57.8	44.8	●	78.7
	5 Violent crime (violence offences)	2015/16	1,766	18.4	17.2	36.7	●	4.5
	6 Long term unemployment	2016	463	7.0 ^{^20}	3.7 ^{^20}	13.8	●	0.4
Children's and young people's health	7 Smoking status at time of delivery	2015/16	x ¹	x ¹	10.6 ^{\$1}	26.0	◇	1.8
	8 Breastfeeding initiation	2014/15	760	x ¹	74.3	47.2	◇	92.9
	9 Obese children (Year 6)	2015/16	204	22.8	19.8	28.5	●	9.4
	10 Admission episodes for alcohol-specific conditions (under 18s)†	2013/14 - 15/16	10	18.5	37.4	121.3	●	10.5
	11 Under 18 conceptions	2015	34	24.1	20.8	43.8	●	5.4
Adults' health and lifestyle	12 Smoking prevalence in adults	2016	n/a	21.0	15.5	25.7	●	4.9
	13 Percentage of physically active adults	2015	n/a	54.0	57.0	44.8	●	69.8
	14 Excess weight in adults	2013 - 15	n/a	66.1	64.8	76.2	●	46.5
	15 Cancer diagnosed at early stage	2015	146	45.1	52.4	39.0	○	63.1
Disease and poor health	16 Hospital stays for self-harm†	2015/16	254	237.1	196.5	635.3	●	55.7
	17 Hospital stays for alcohol-related harm†	2015/16	546	630.0	647	1,163	●	374
	18 Recorded diabetes	2014/15	4,938	6.4	6.4	9.2	●	3.3
	19 Incidence of TB	2013 - 15	12	4.2	12.0	85.6	●	0.0
	20 New sexually transmitted infections (STI)	2016	492	731.4	795	3,288	●	223
	21 Hip fractures in people aged 65 and over†	2015/16	90	592.6	589	820	●	312
Life expectancy and causes of death	22 Life expectancy at birth (Male)	2013 - 15	n/a	77.6	79.5	74.3	●	83.4
	23 Life expectancy at birth (Female)	2013 - 15	n/a	81.9	83.1	79.4	●	86.7
	24 Infant mortality	2013 - 15	8	2.1	3.9	8.2	●	0.8
	25 Killed and seriously injured on roads	2013 - 15	100	34.6	38.5	103.7	●	10.4
	26 Suicide rate	2013 - 15	35	13.7	10.1	17.4	●	5.6
	27 Smoking related deaths	2013 - 15	n/a	n/a	283.5			
	28 Under 75 mortality rate: cardiovascular	2013 - 15	213	105.6	74.6	137.6	●	43.1
	29 Under 75 mortality rate: cancer	2013 - 15	328	161.0	138.8	194.8	●	98.6
	30 Excess winter deaths	Aug 2012 - Jul 2015	274	36.0	19.6	36.0	●	6.9

Health & Physical Activity Correlations



Physical Activity

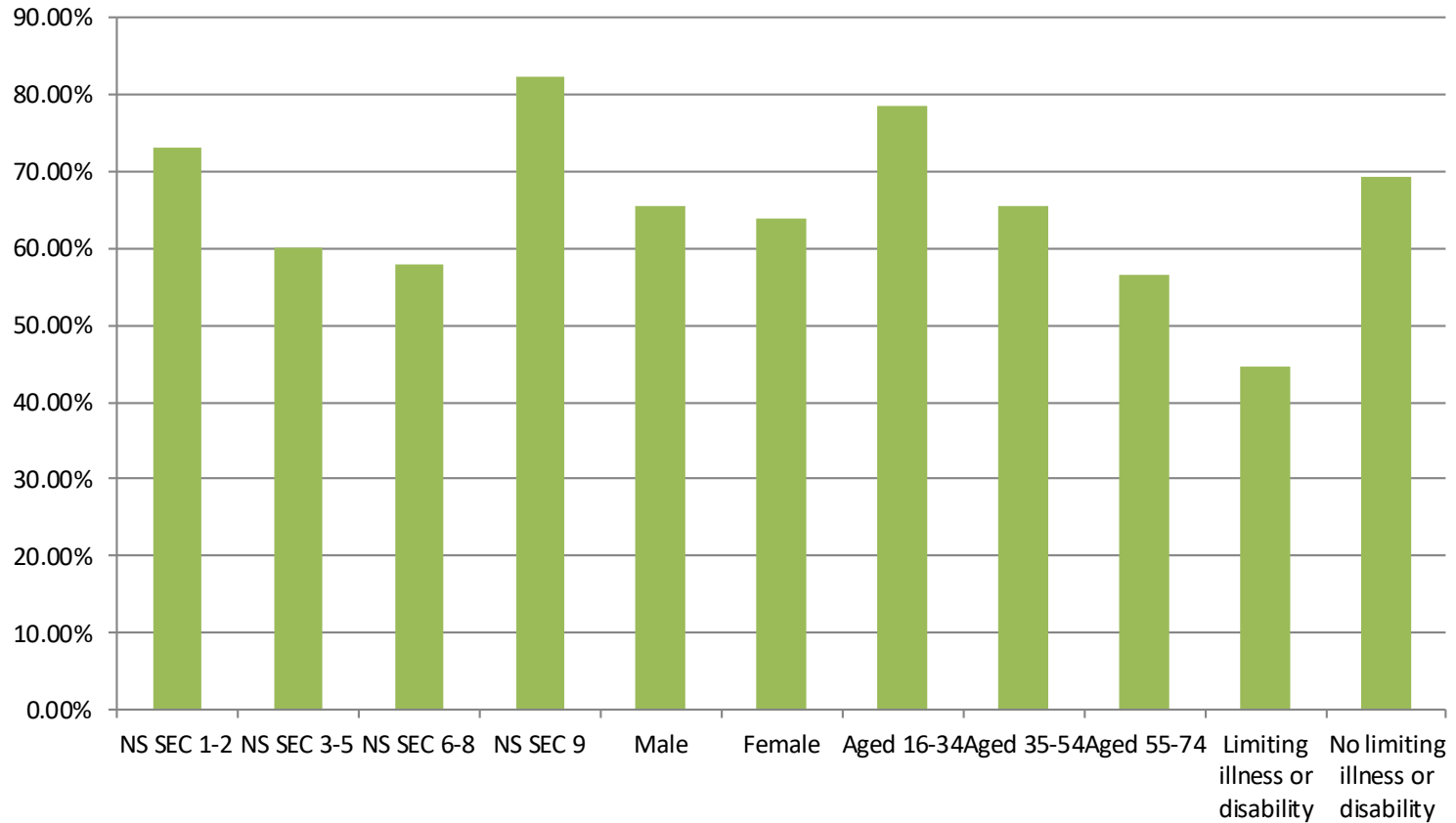
Physically active adults, 2016/17



- **66.4%** of adults meet the recommended physical activity guidelines of at least 150 minutes of moderate intensity activity per week.
- **21.3%** of adults are physically inactive in Lincoln (less than 30 minutes a week)

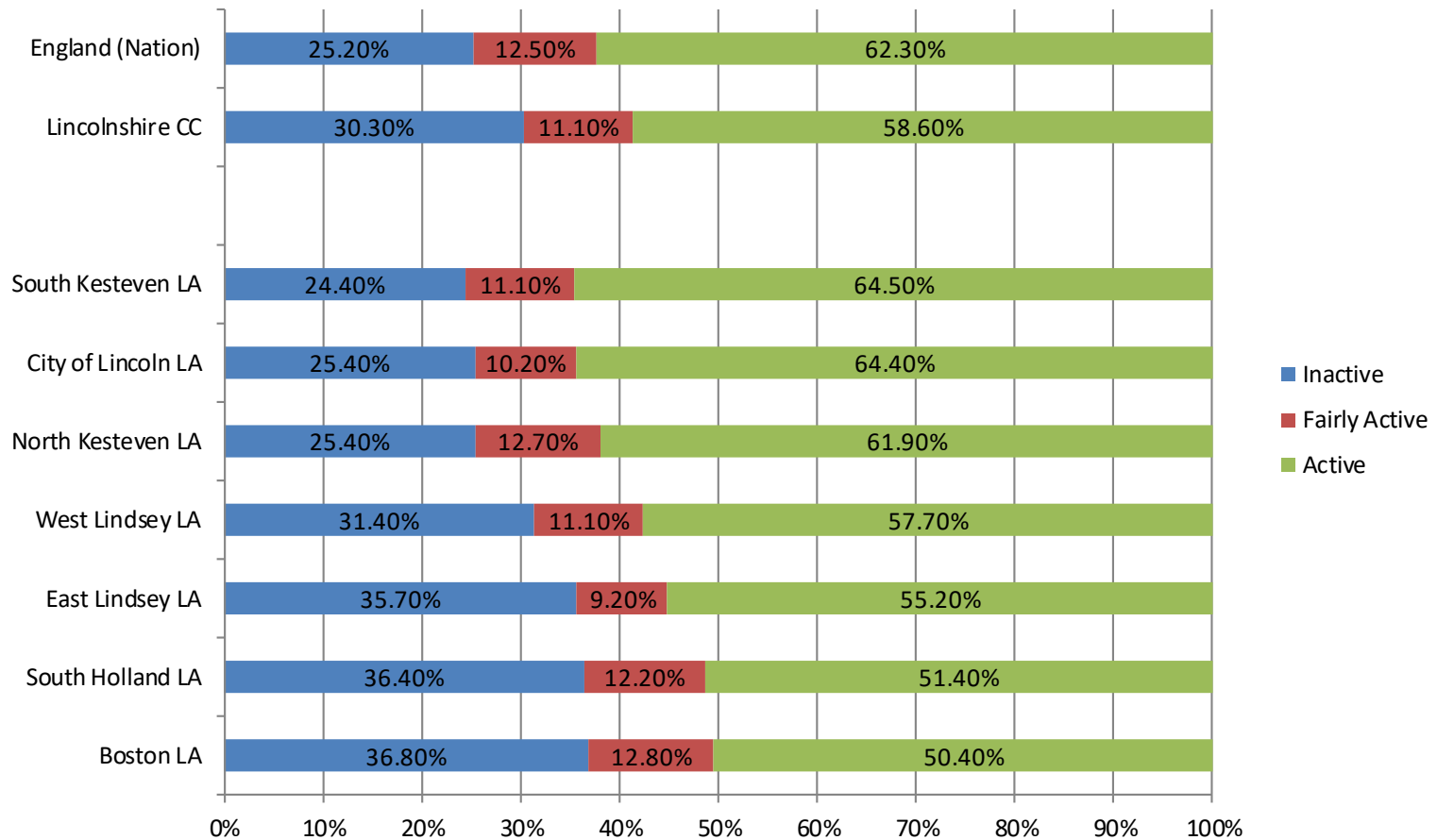
Physical Activity

Physically active populations in Lincoln



Physical Activity

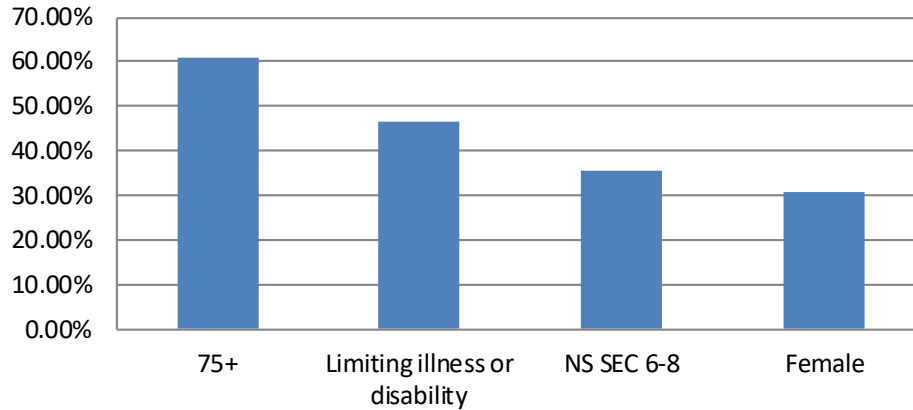
Active Lives Survey (December 2018)



Physical Activity

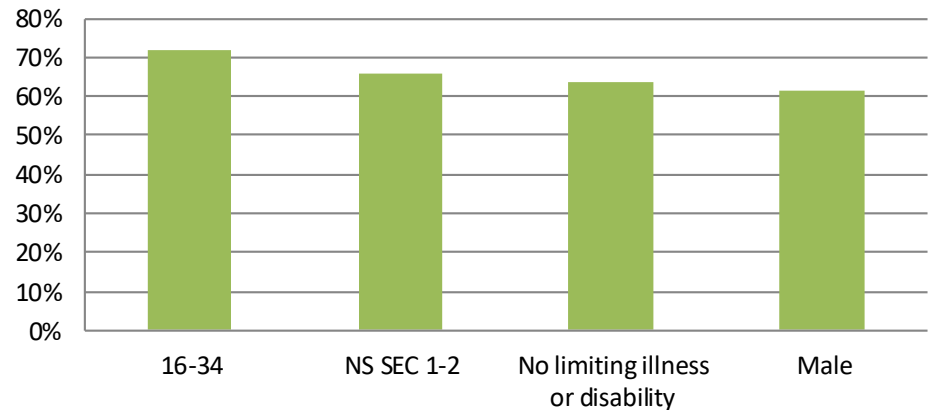
Highest levels of inactivity in Lincolnshire population

(Active Lives Survey - May 18)

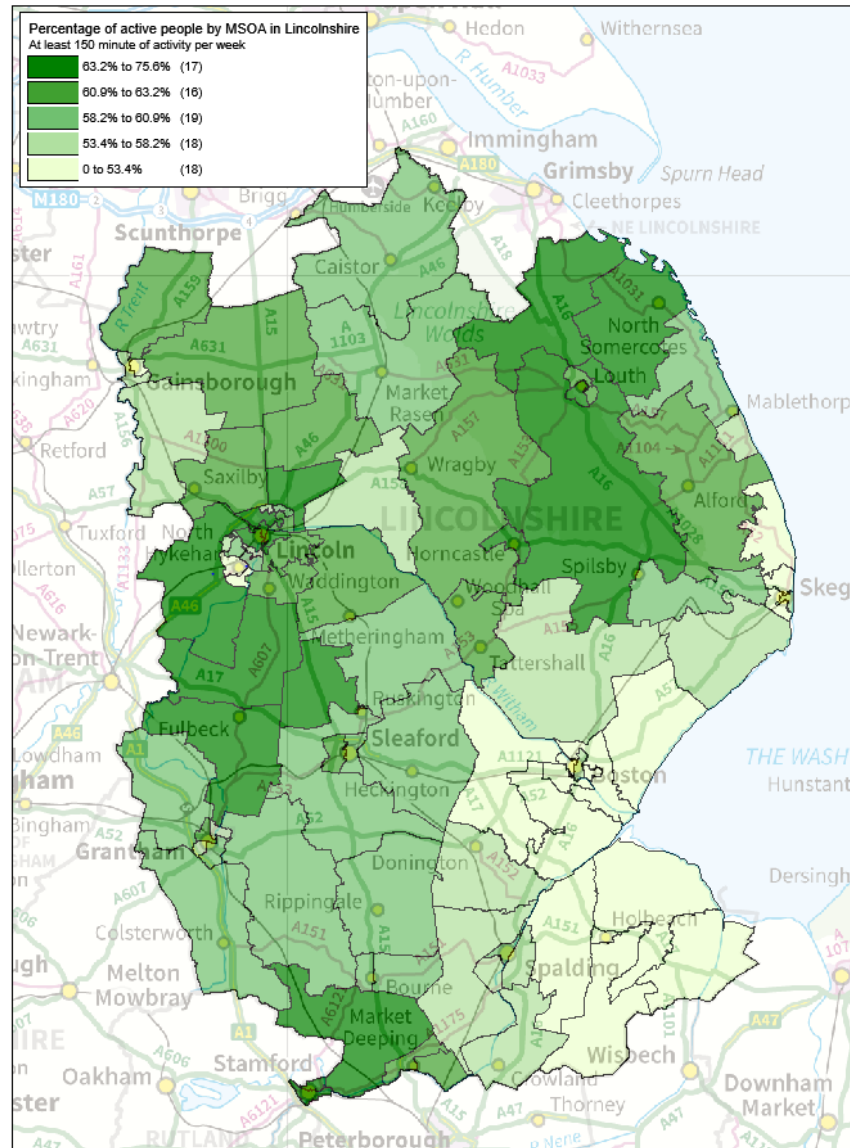


Highest levels of activity in Lincolnshire population

(Active Lives Survey - May 18)

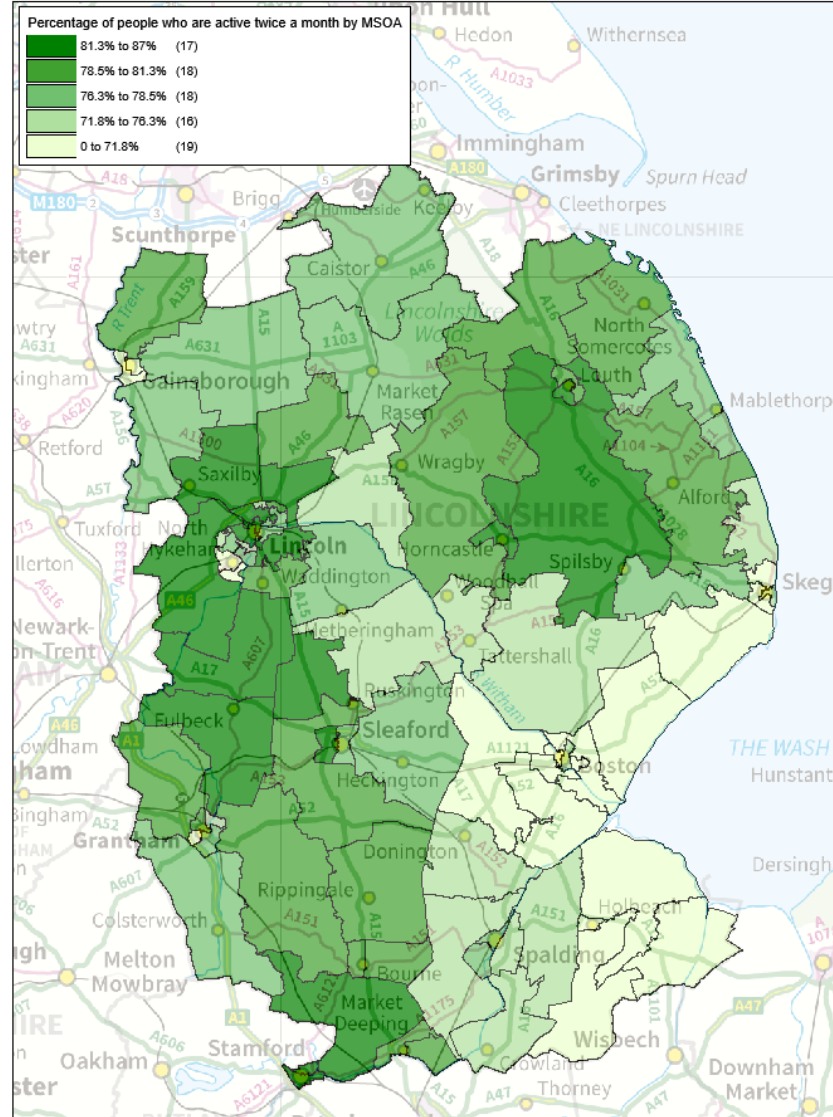


Physical Activity



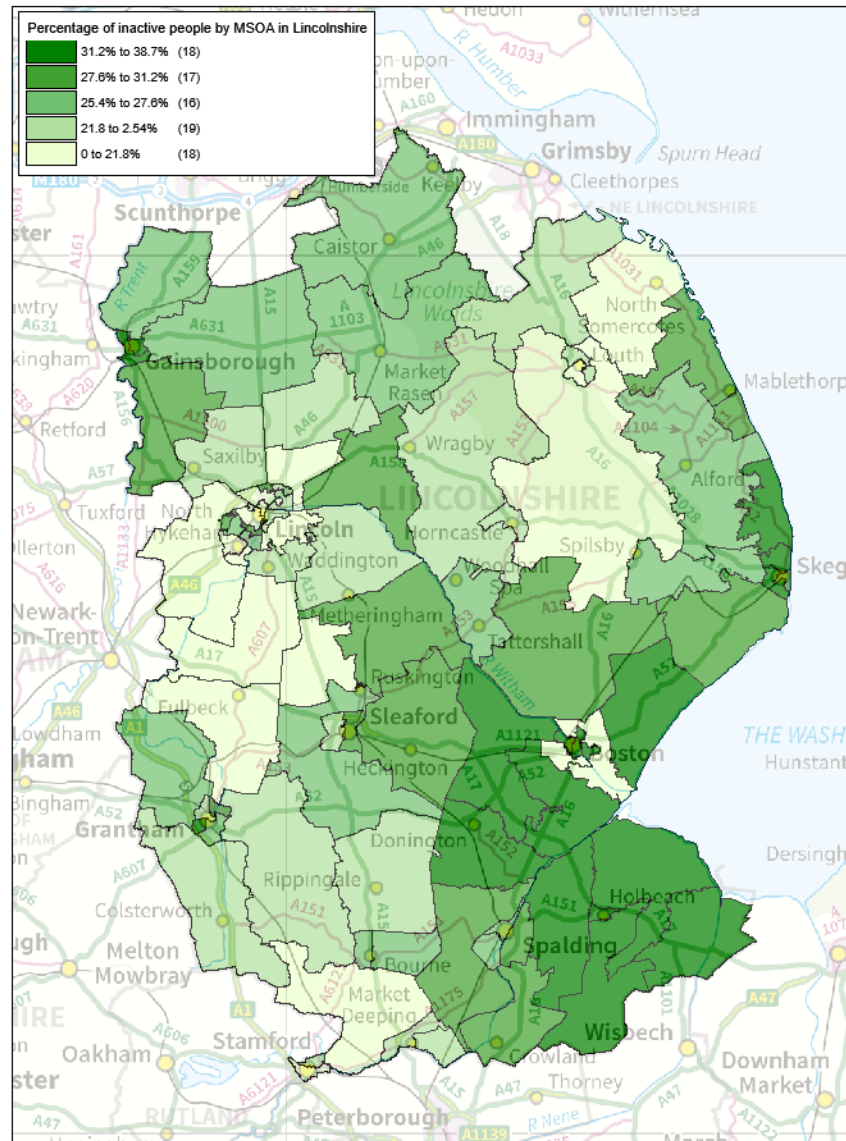
Source: Active Lives Survey

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



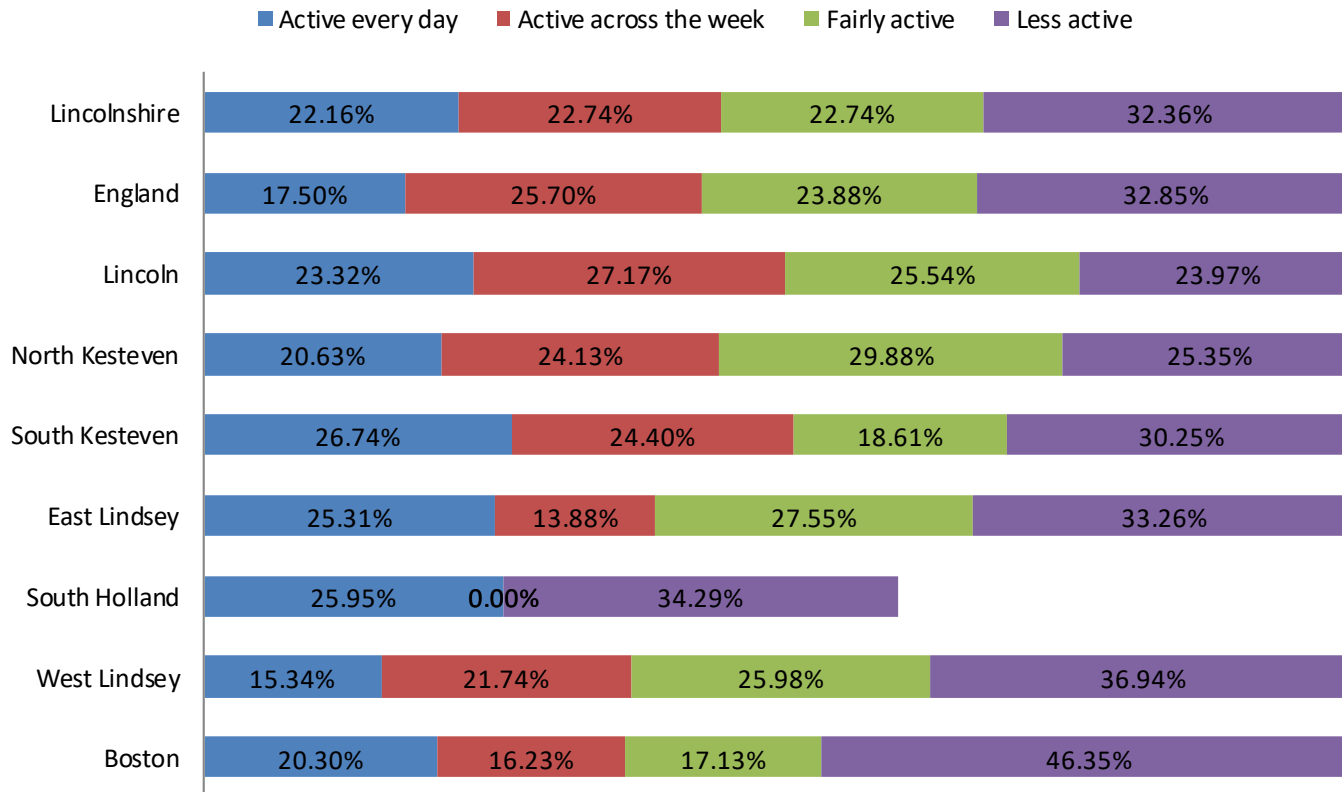
[Export table as CSV file](#)

Indicator	Period	Lincoln		Region England		England		
		Count	Value	Value	Value	Worst	Range	Best
Percentage of physically active adults - current method	2016/17	-	66.4%	65.0%	66.0%	53.3%		78.8%
Percentage of physically inactive adults - current method	2016/17	-	21.3%	23.1%	22.2%	33.3%		12.4%
Percentage of adults walking for travel at least three days per week	2016/17	-	30.3%	18.8%	22.9%	10.0%		43.6%
Percentage of adults cycling for travel at least three days per week	2016/17	-	4.7%	2.6%	3.3%	0.3%		31.8%
Percentage of physically active adults - historical method	2015	-	54.0%	56.8%	57.0%	44.8%		69.8%
Percentage of physically inactive adults - historical method	2015	-	30.5%	28.7%	28.7%	43.7%		14.7%
Percentage of adults doing 30-149 minutes physical activity per week - historical method	2015	-	15.4%	14.5%	14.3%	9.4%		20.7%
Percentage of adults who do any walking, at least five times per week	2014/15	-	48.1%	49.1%	50.6%	37.7%		68.1%
Percentage of adults who do any walking, at least once per week	2014/15	-	78.5	79.5	80.6	70.4		91.3
Percentage of adults who do any cycling, at least three times per week.	2014/15	-	7.8%	3.8%	4.4%	0.2%		39.0%
Percentage of adults who do any cycling, at least once per month	2014/15	-	20.6%	14.7%	14.7%	5.0%		58.0%

Physical Activity

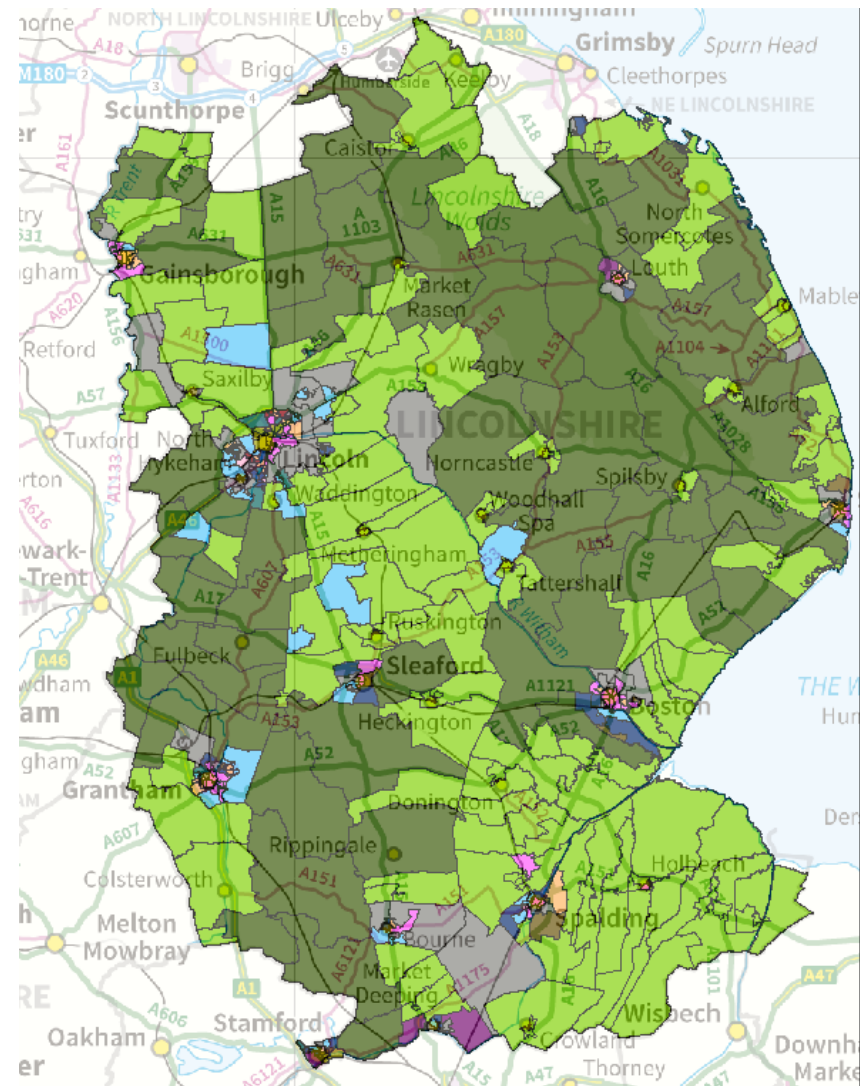
Children and young people activity levels by district

(Active Lives - December 2018)



Mosaic Segmentation

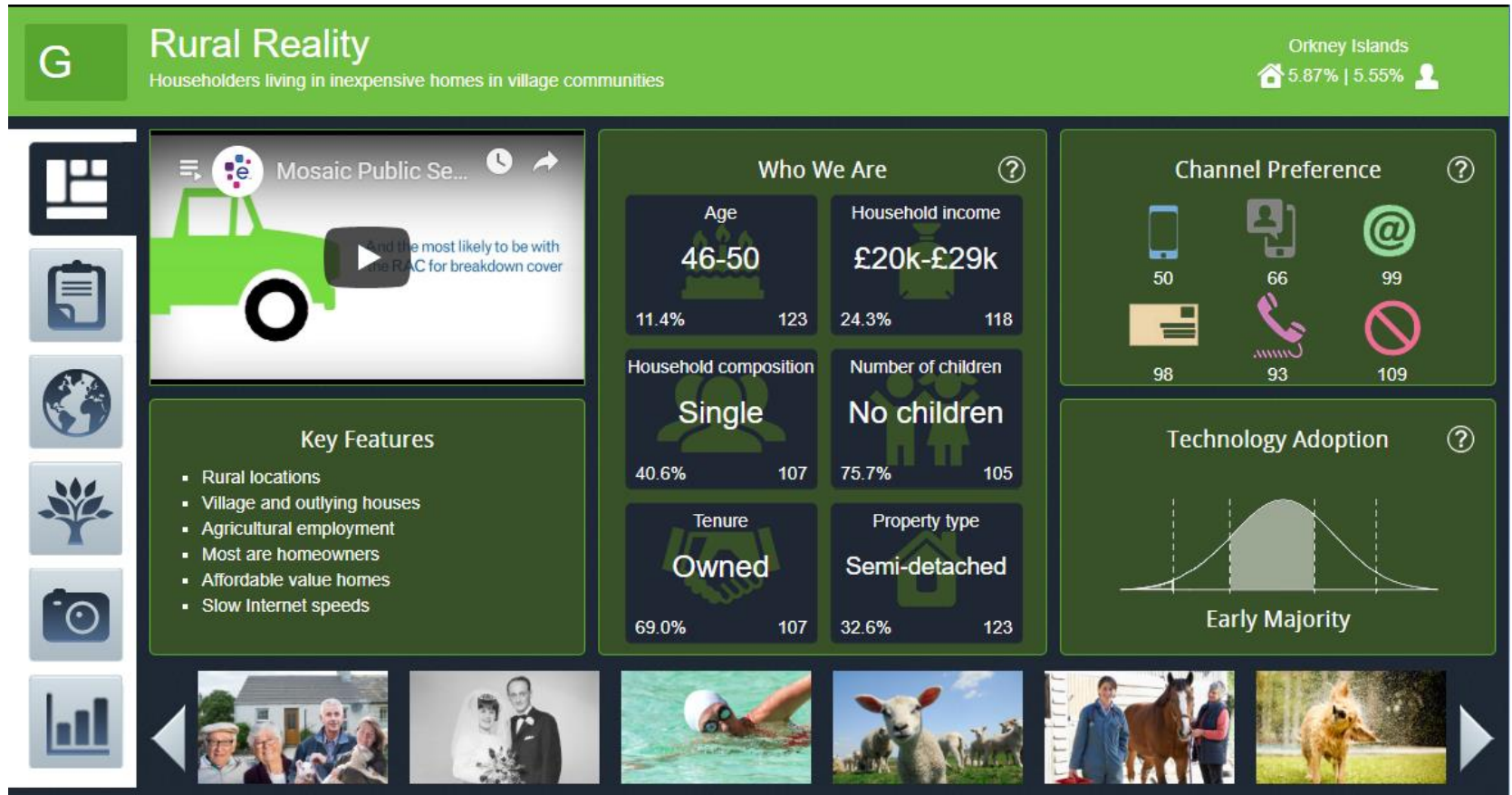
A	Country Living
B	Prestige Positions
C	City Prosperity
D	Domestic Success
E	Suburban Stability
F	Senior Security
G	Rural Reality
H	Aspiring Homemakers
I	Urban Cohesion
J	Rental Hubs
K	Modest Traditions
L	Transient Renters
M	Family Basics
N	Vintage Value
O	Municipal Challenge



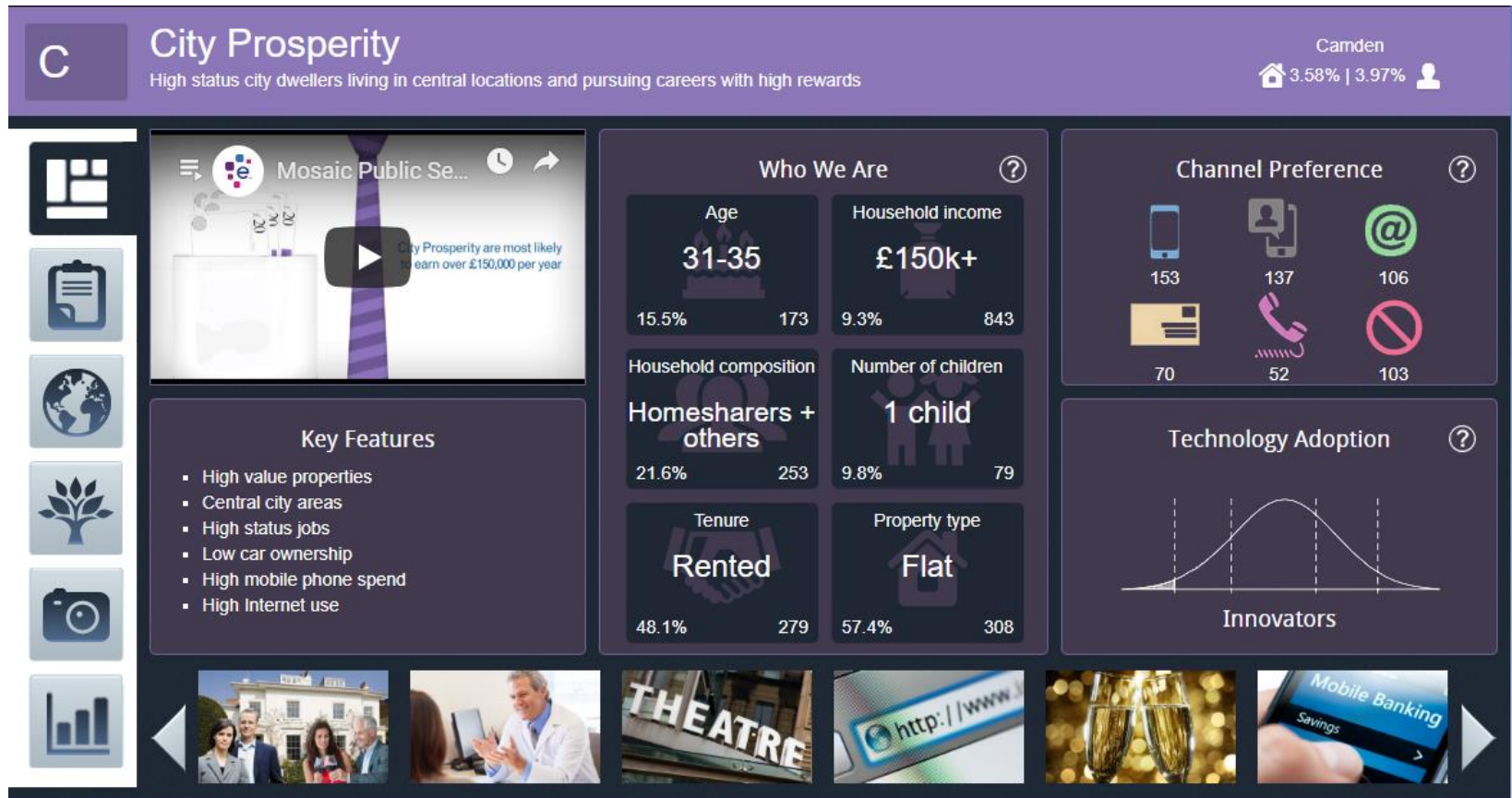
Mosaic Segmentation

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	Did something to maintain / improve	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	50134	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	8672	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	254	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	13560	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	23406	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	34219	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	80190	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	30436	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	1111	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	9535	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	13759	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	32476	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	15392	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 Value	17499	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 Challenge	8359	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

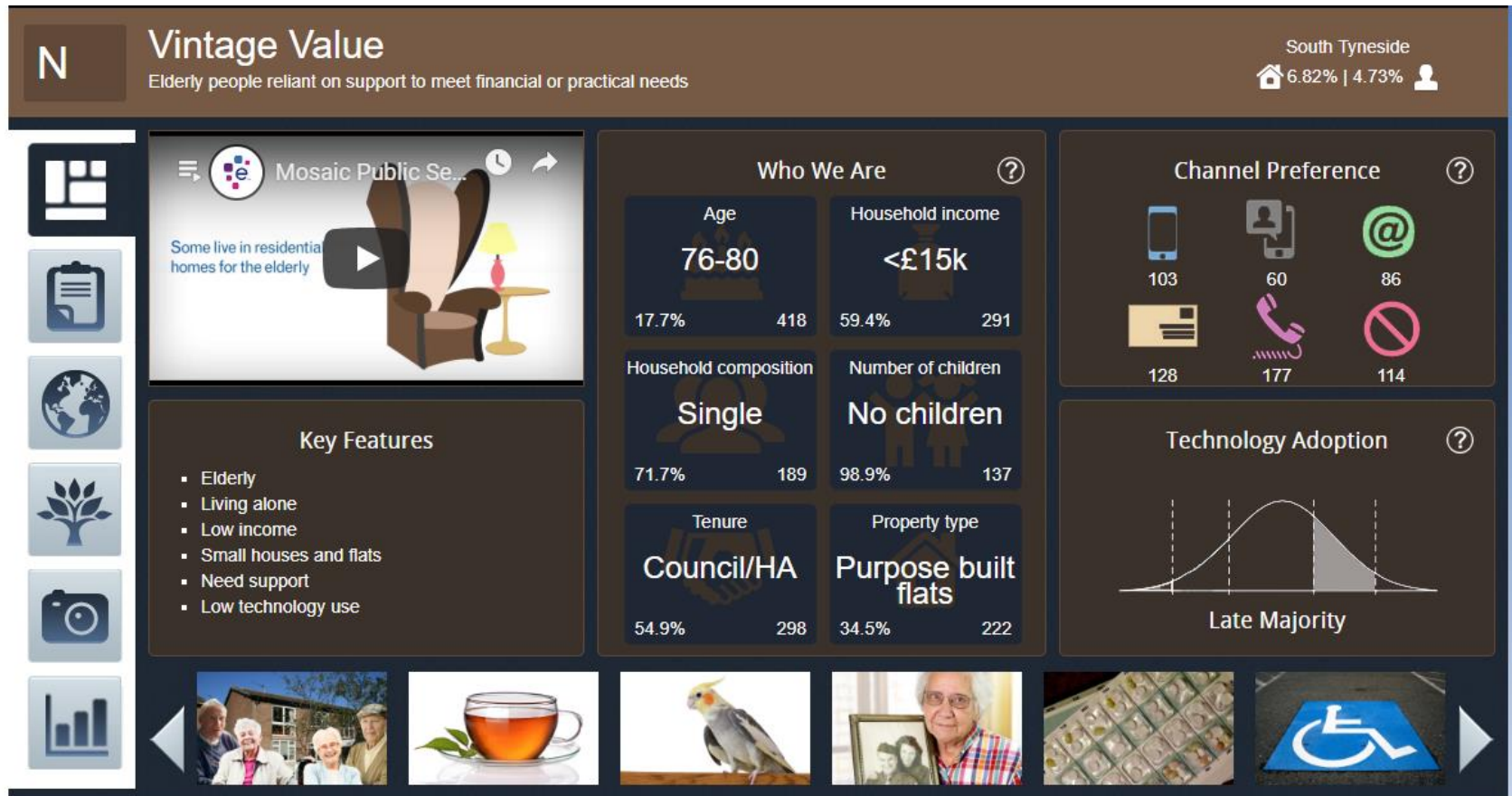
Mosaic Segmentation



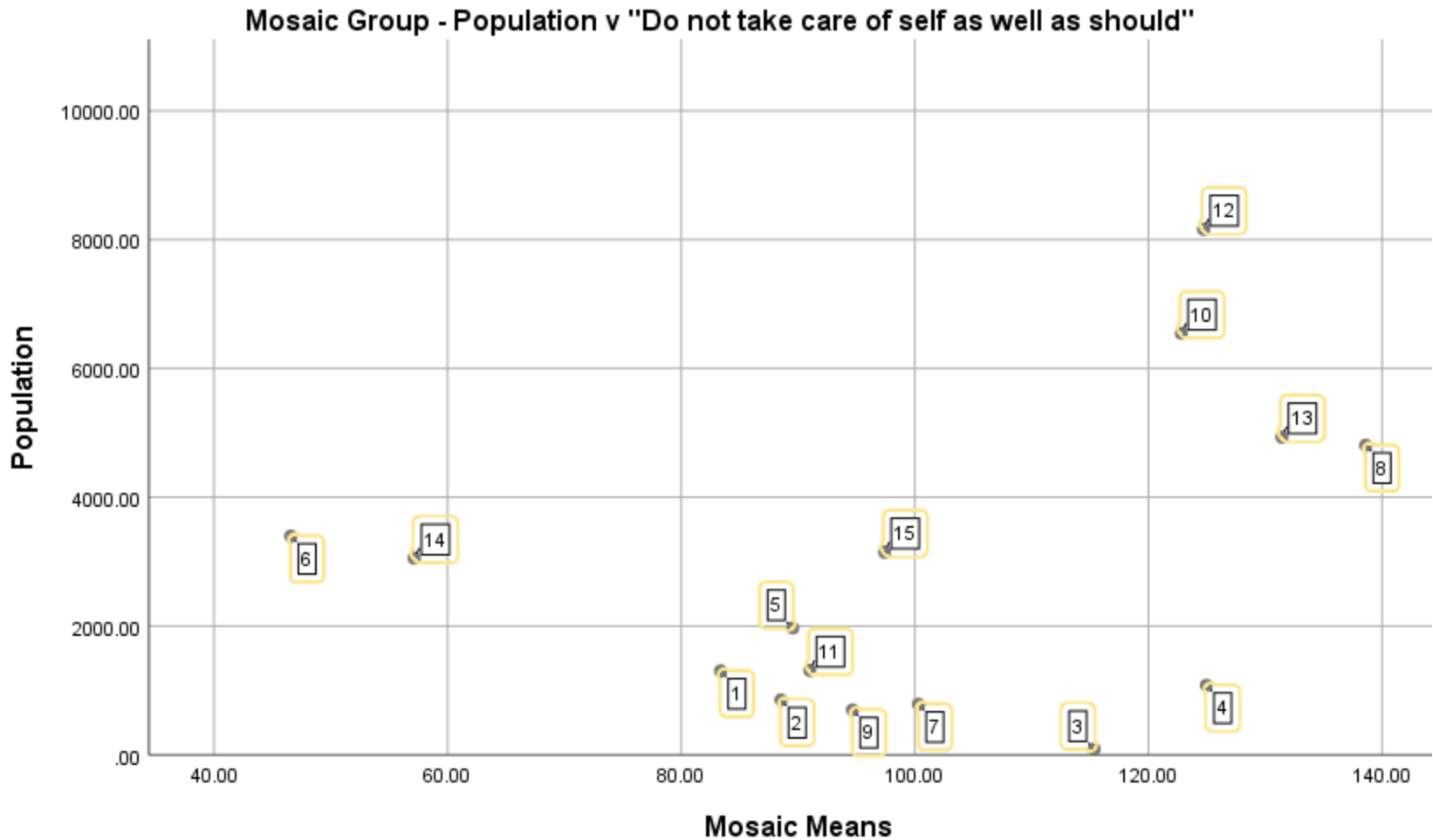
Mosaic Segmentation



Mosaic Segmentation

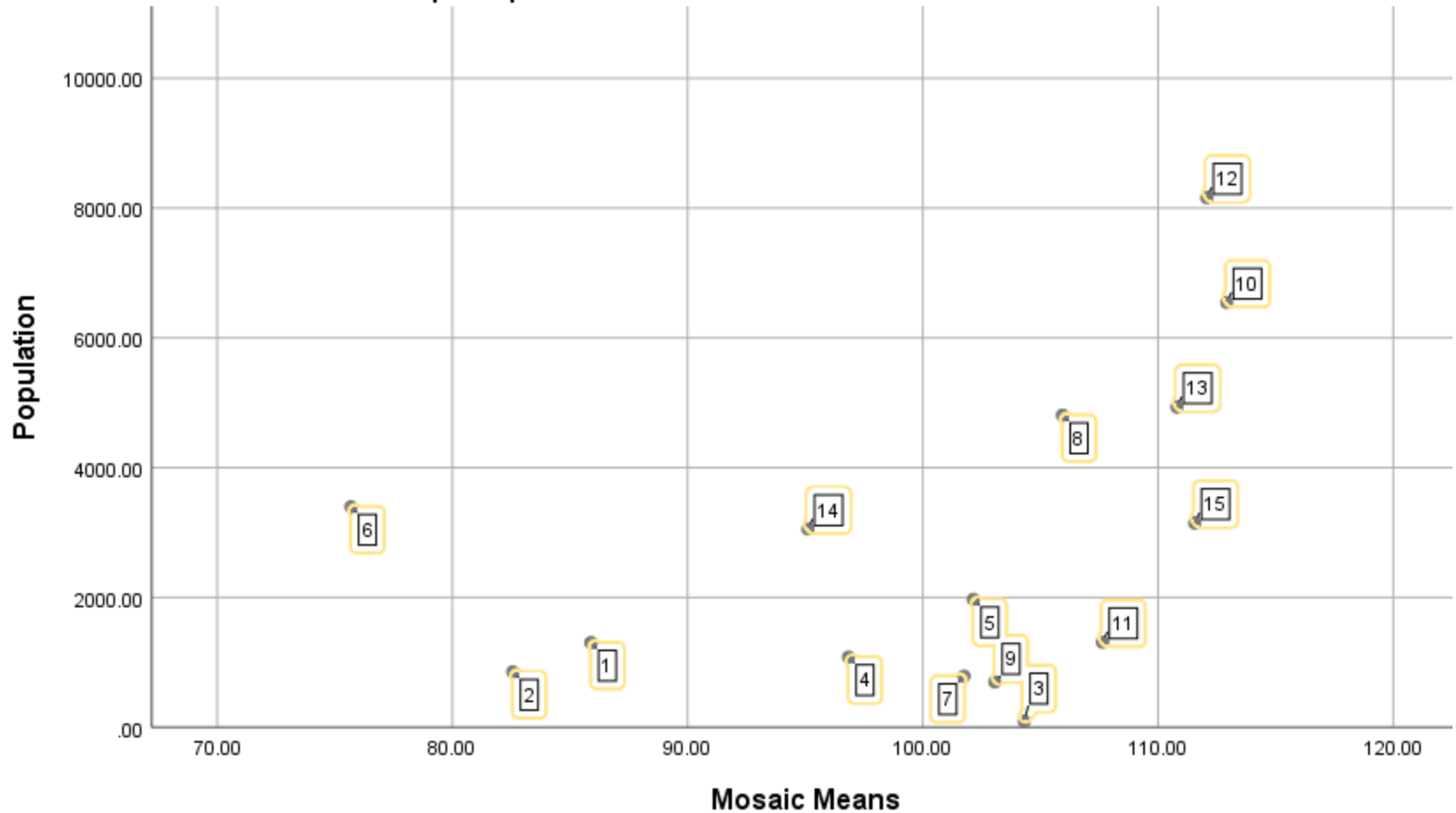


Mosaic Segmentation

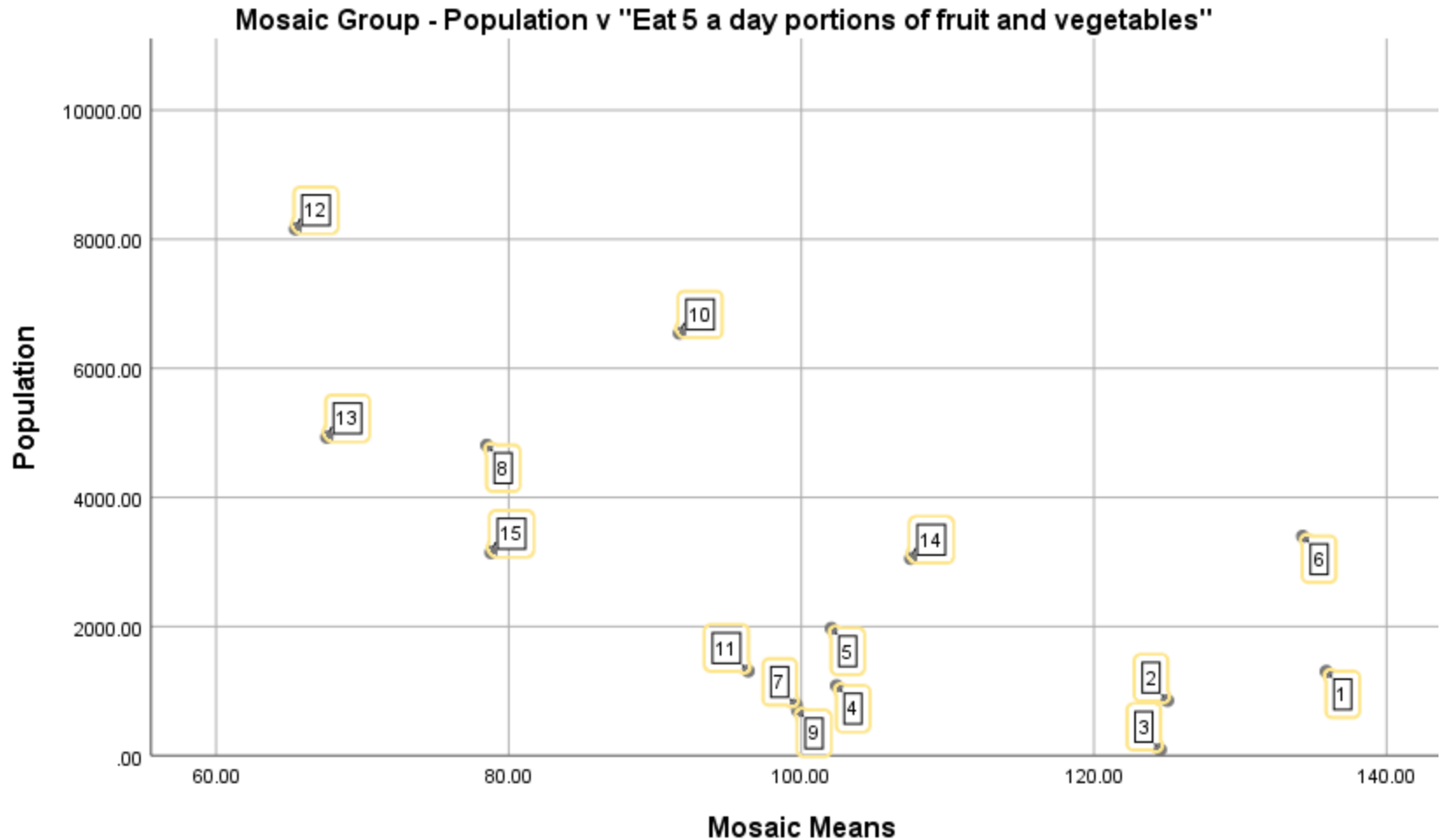


Mosaic Segmentation

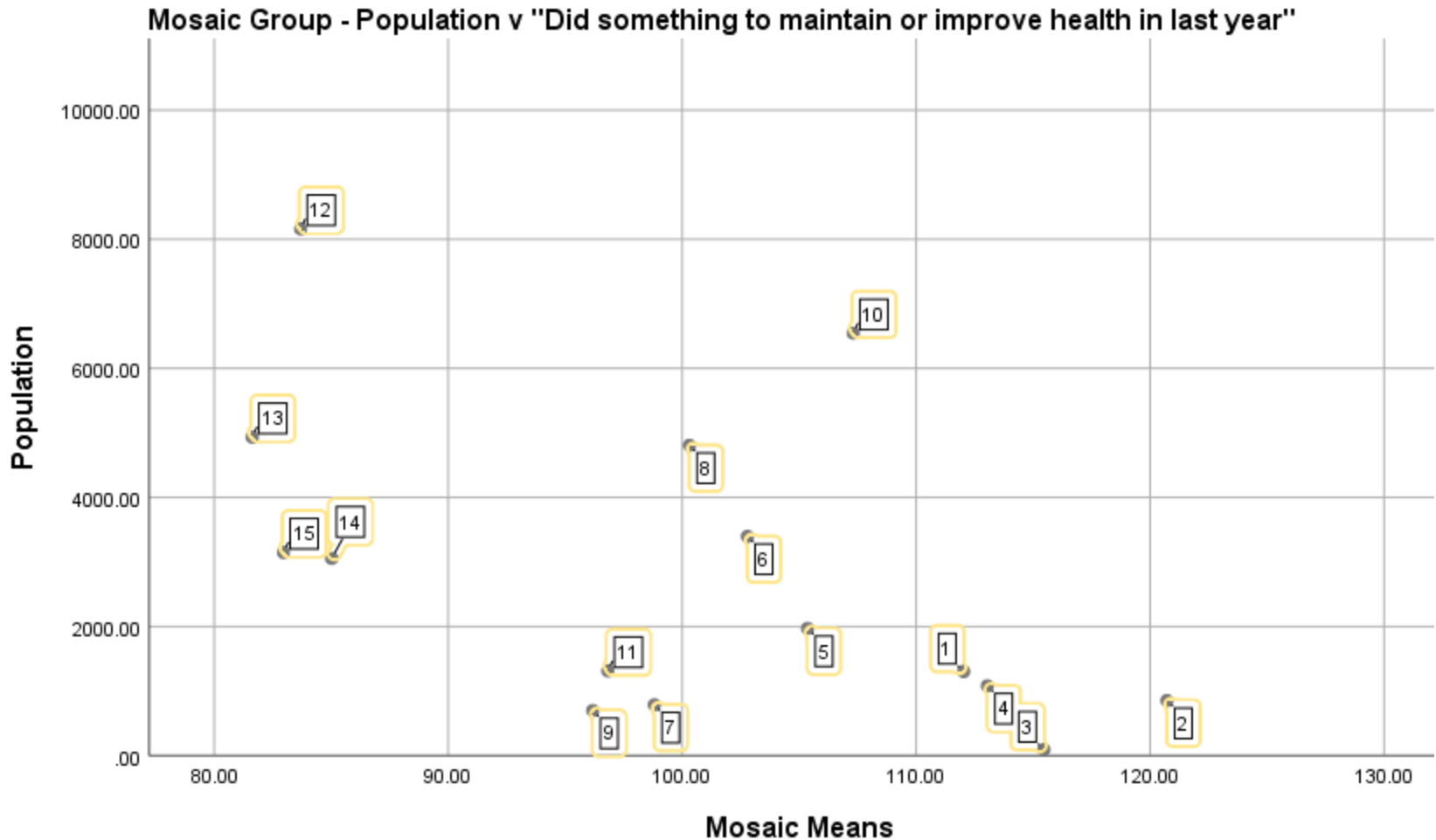
Mosaic Group - Population v "Should do a lot more about own health"



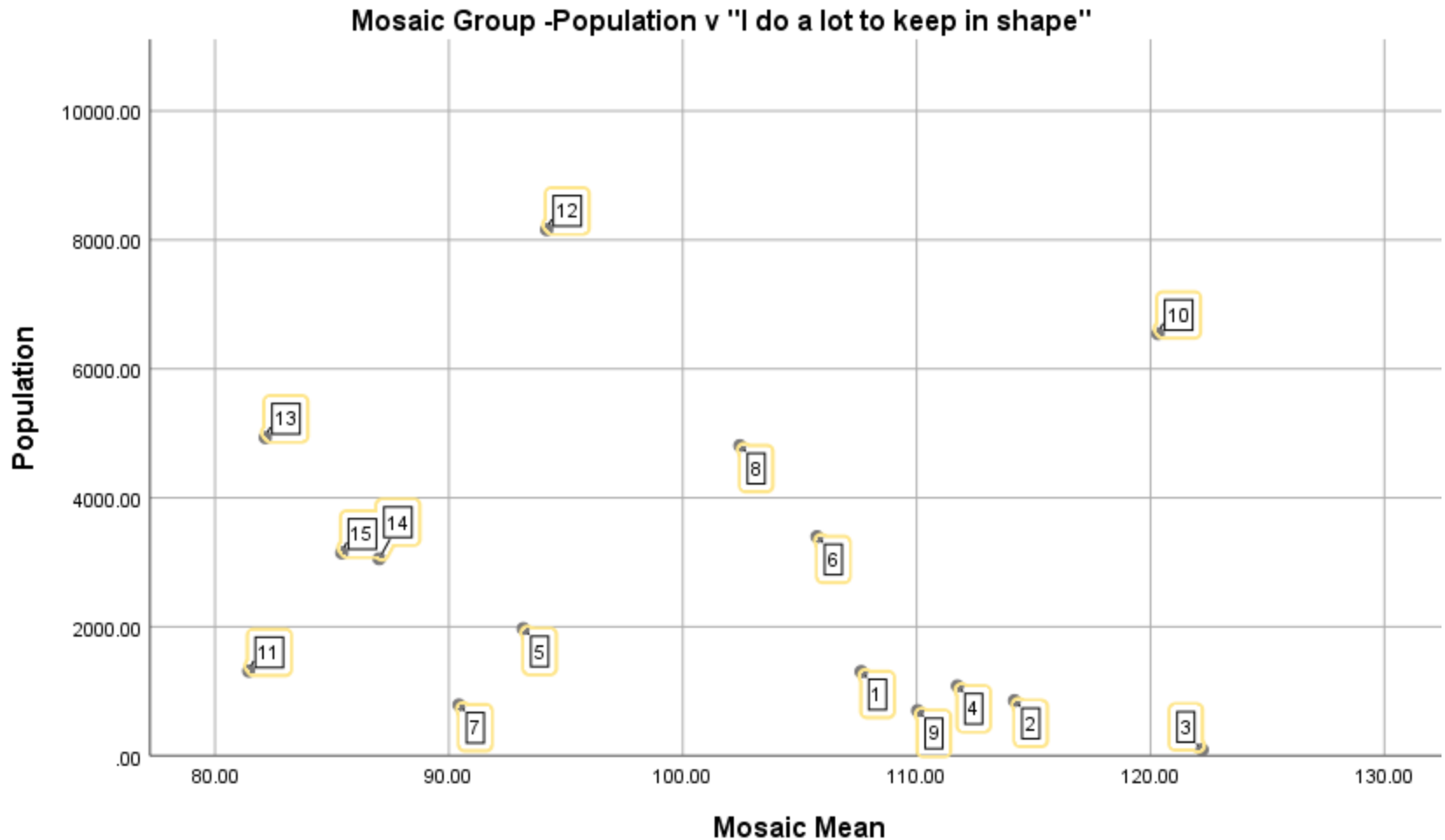
Mosaic Segmentation



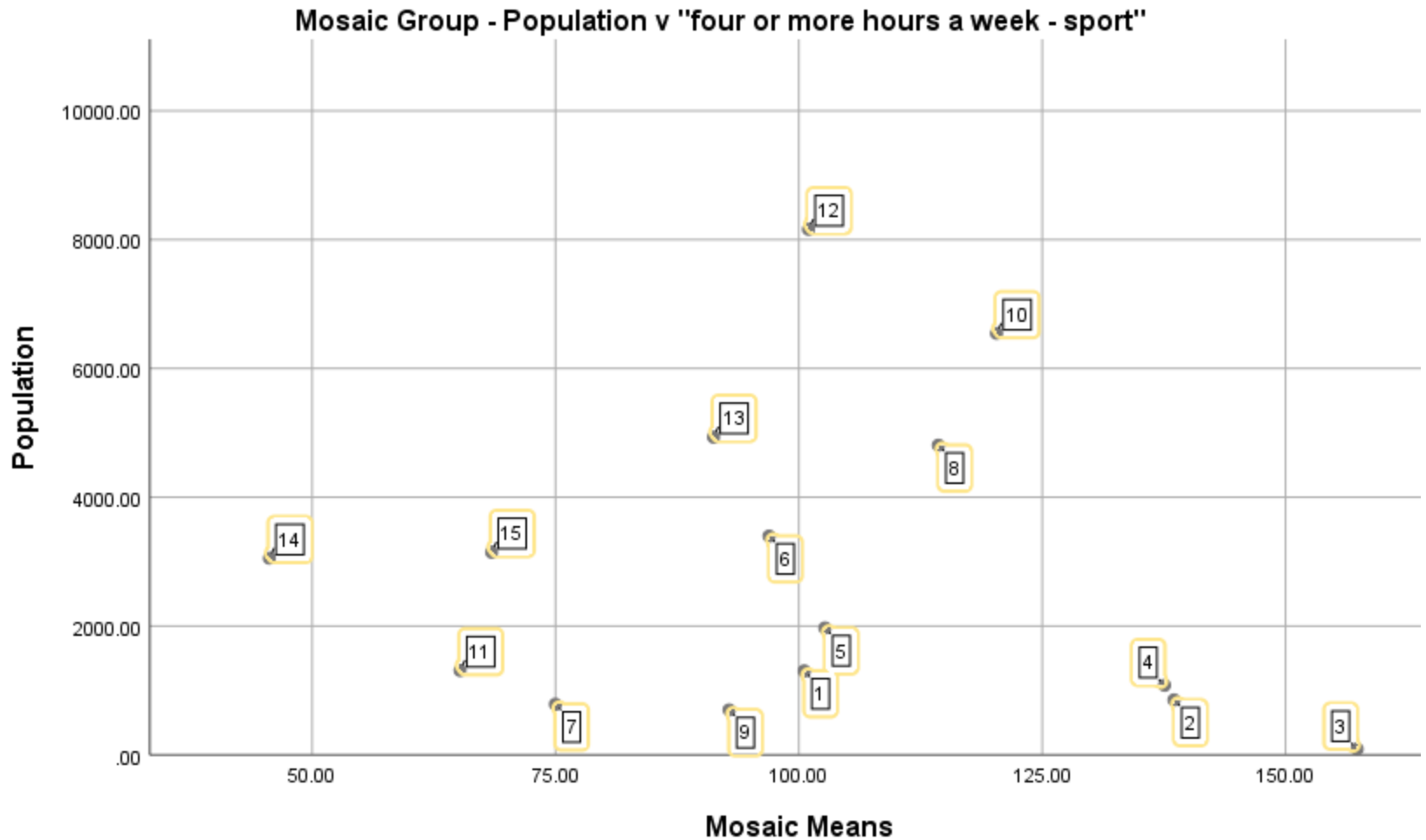
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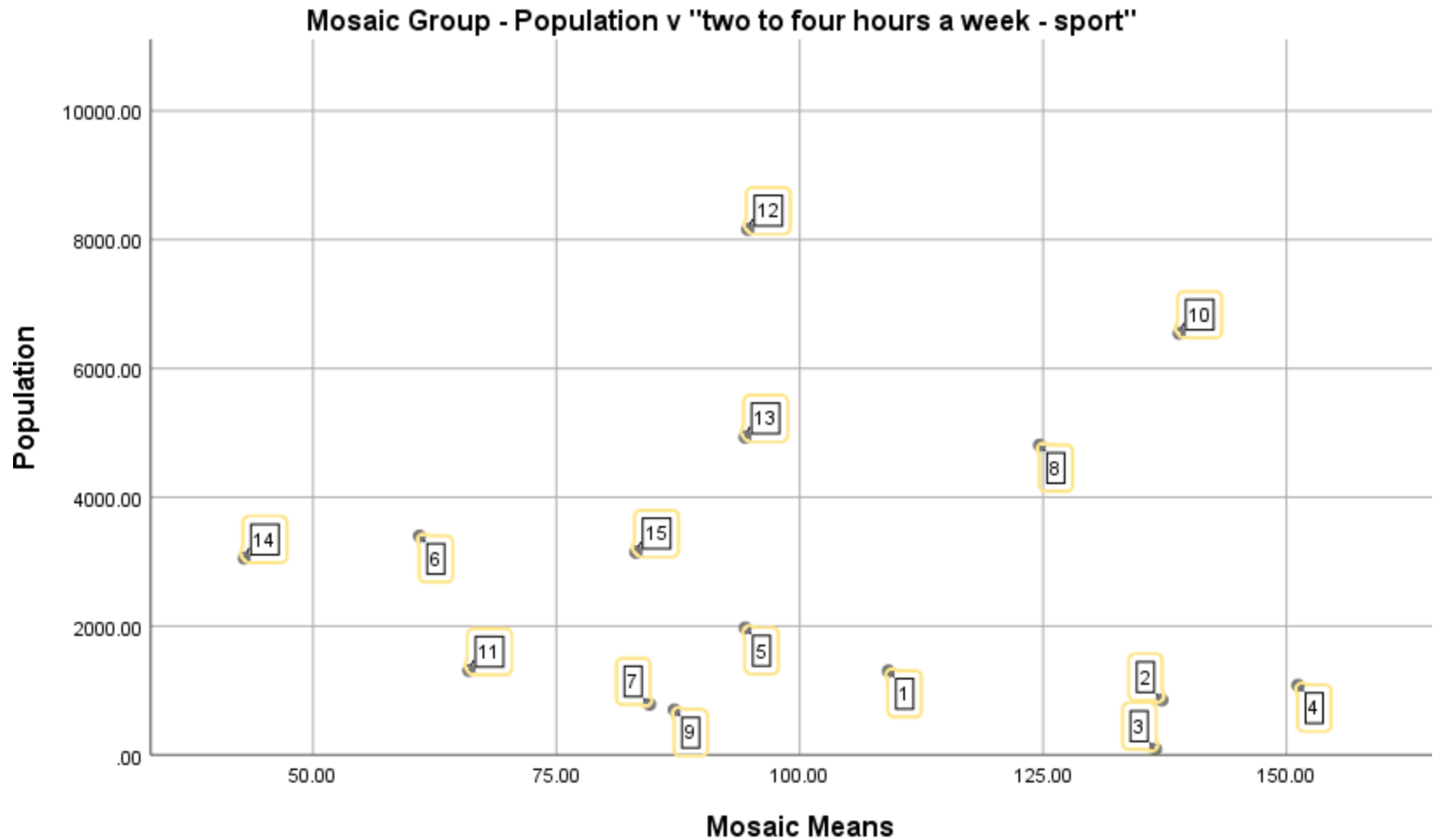
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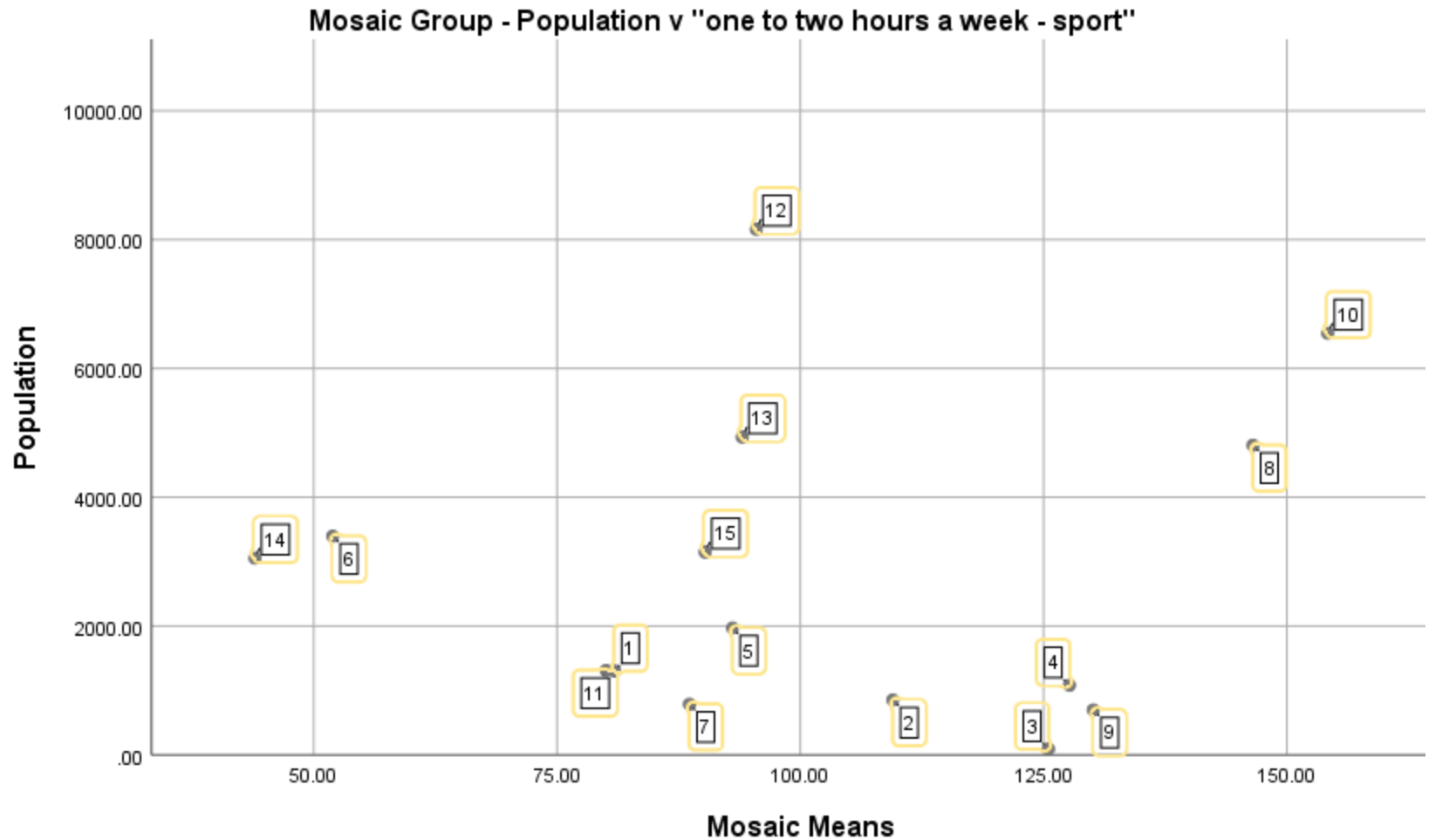
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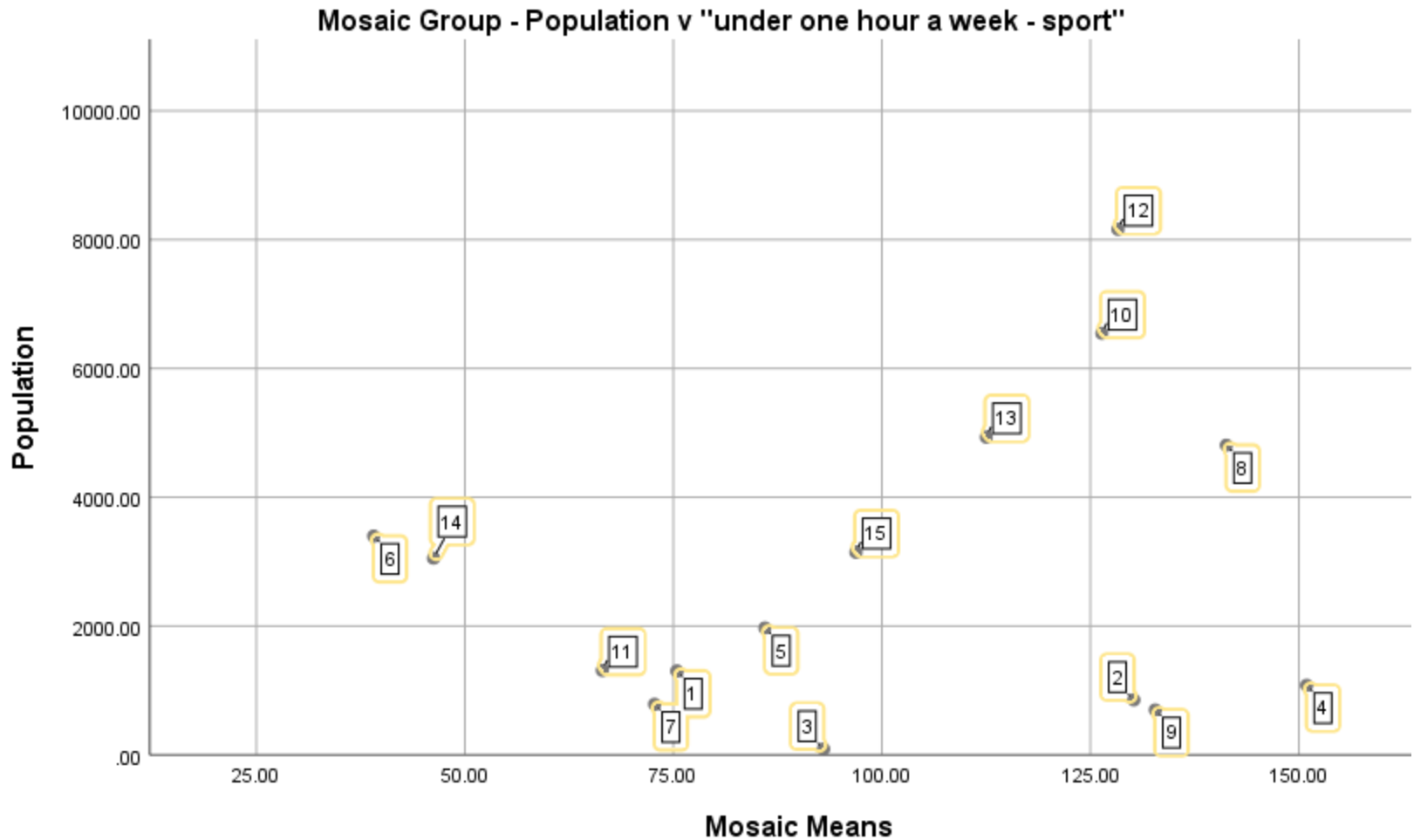
Mosaic Segmentation



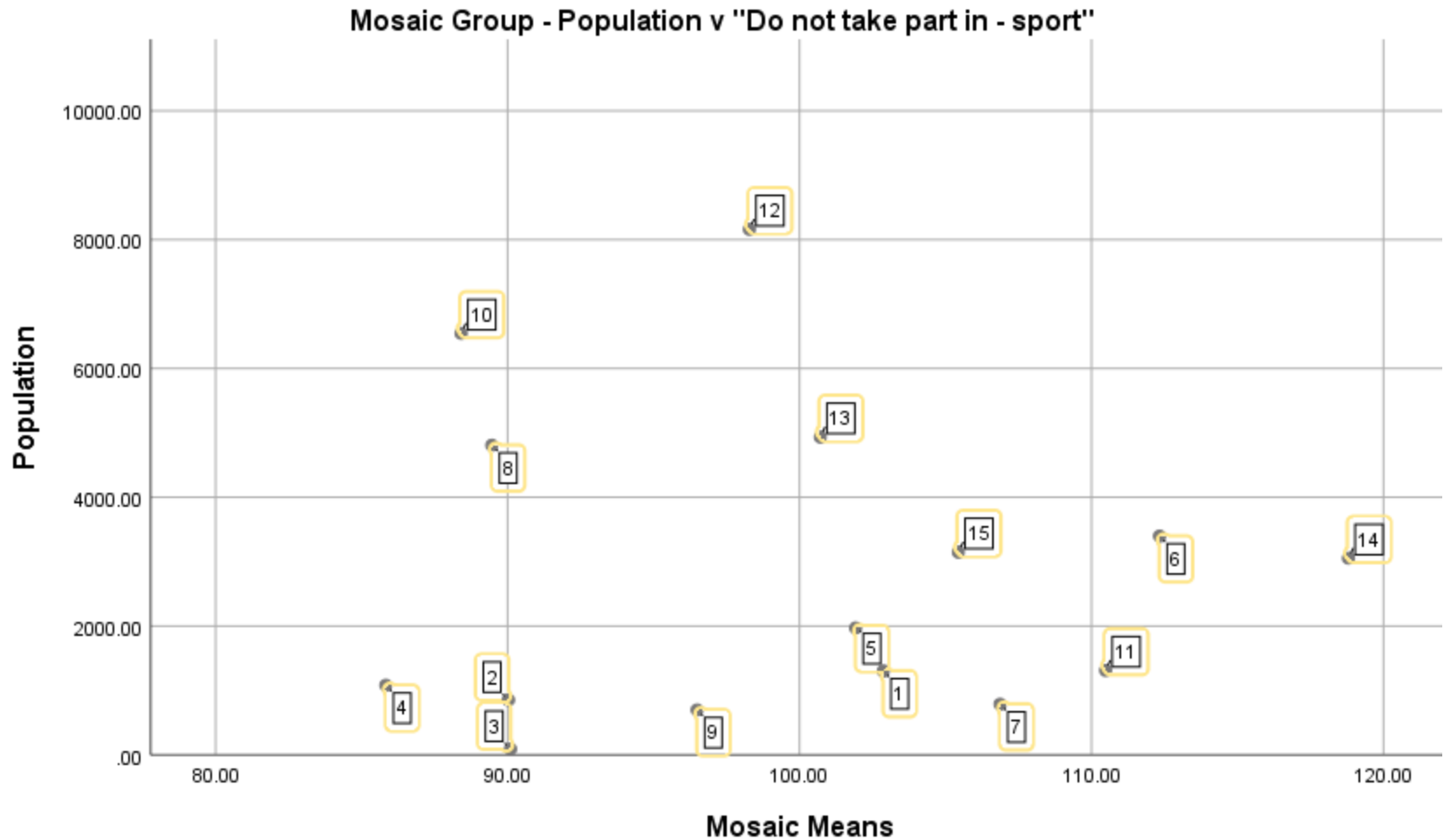
Mosaic Segmentation



Mosaic Segmentation

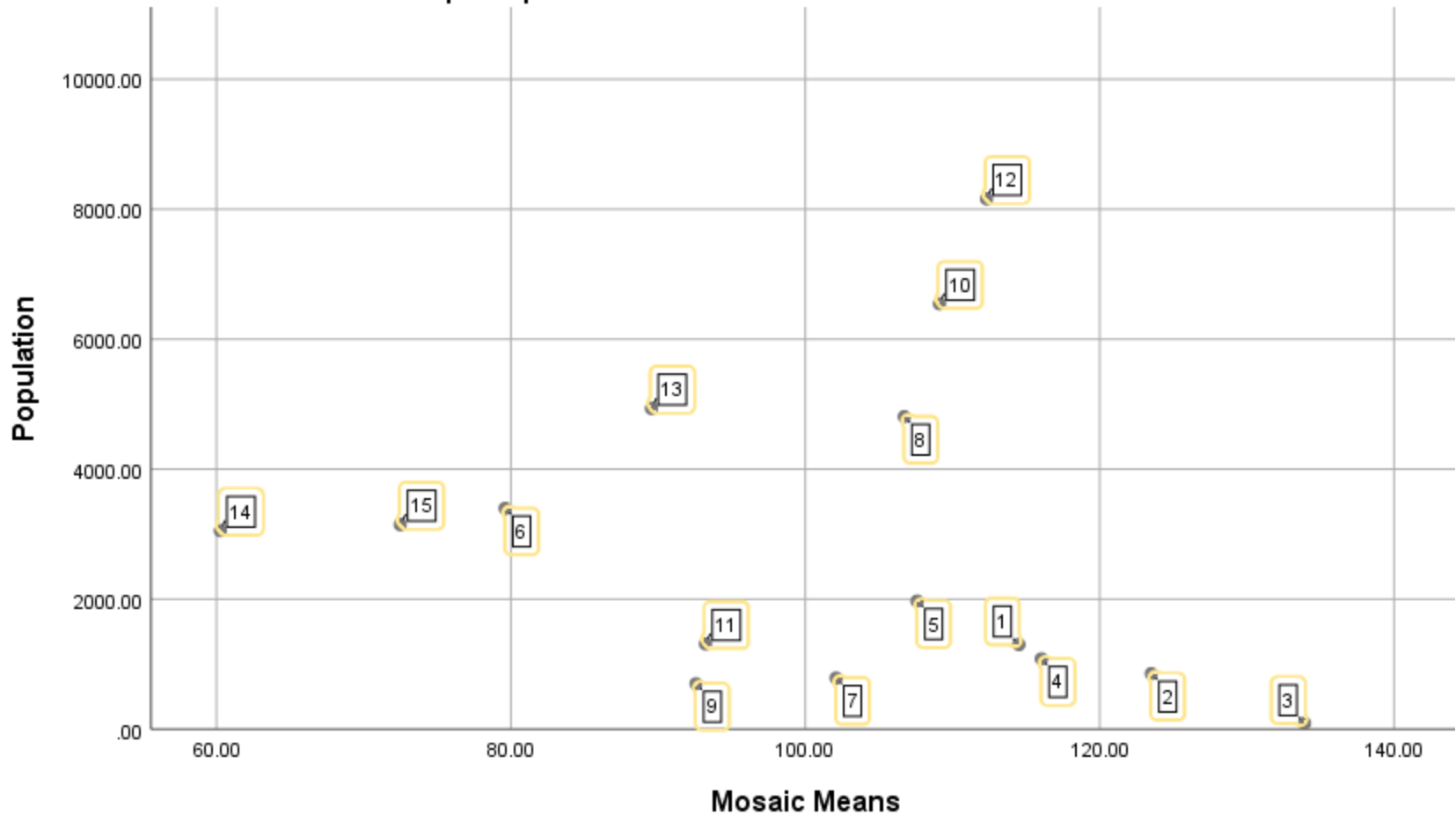


Mosaic Segmentation

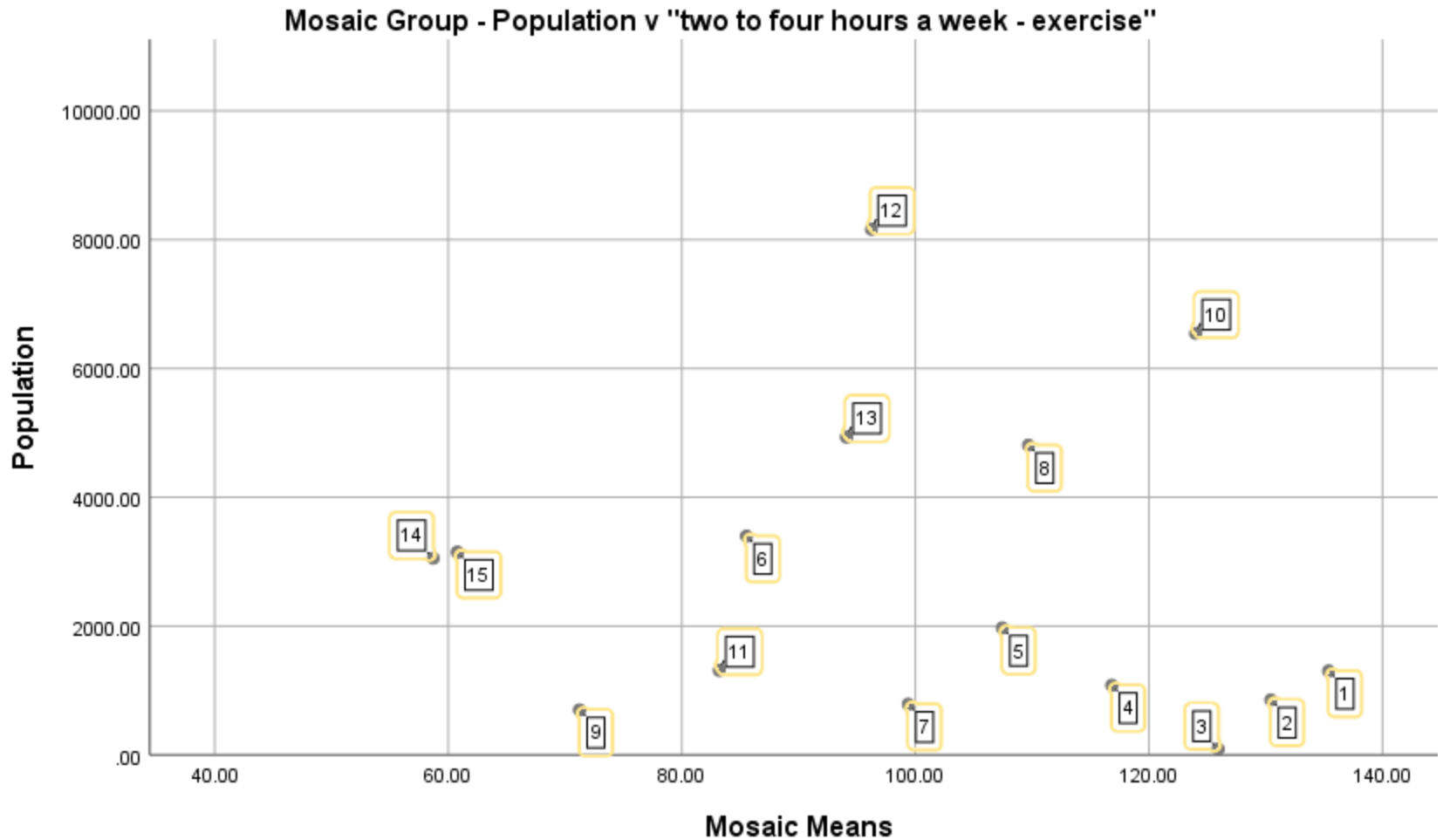


Mosaic Segmentation

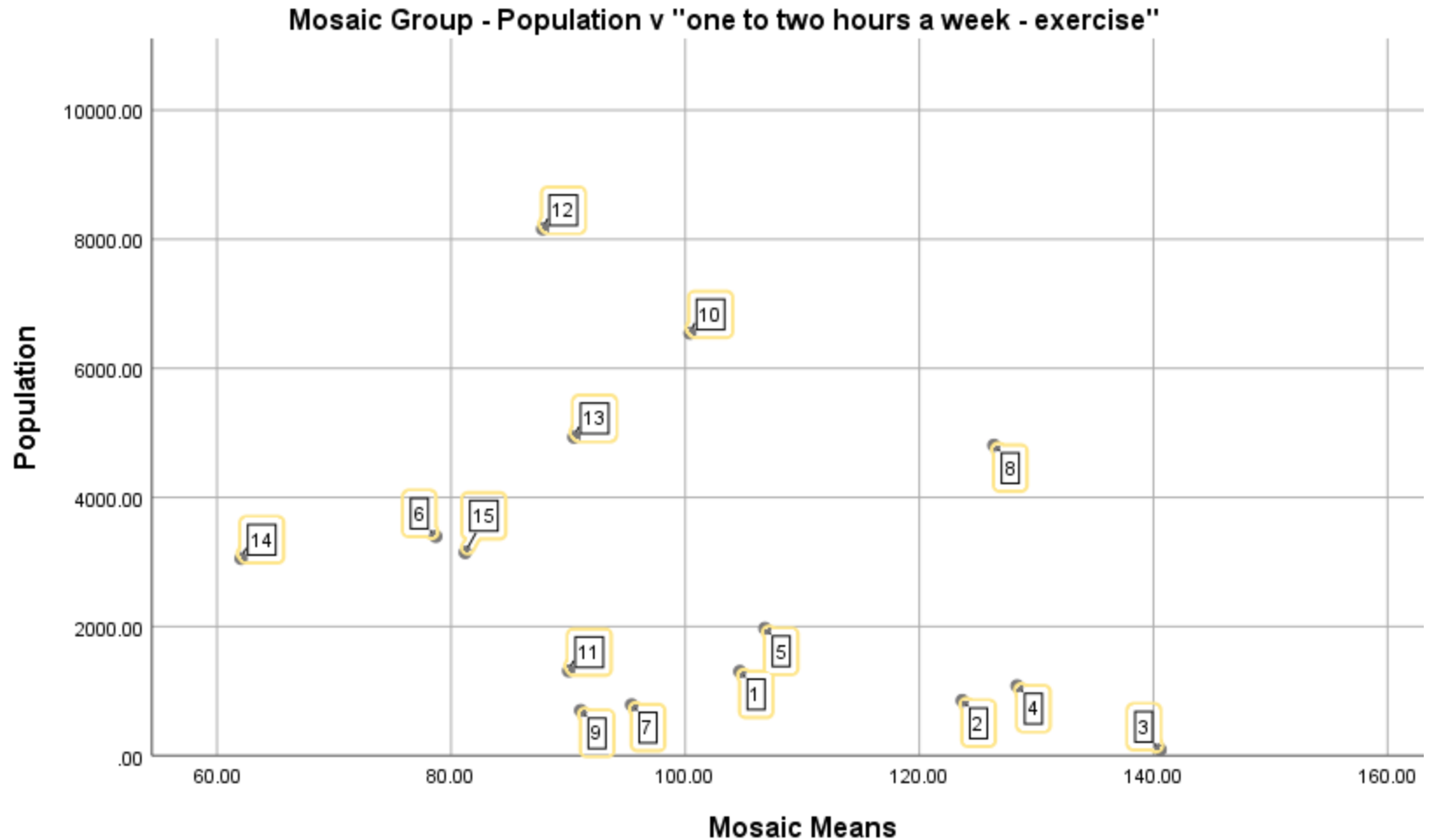
Mosaic Group - Population v "four or more hours a week - exercise"



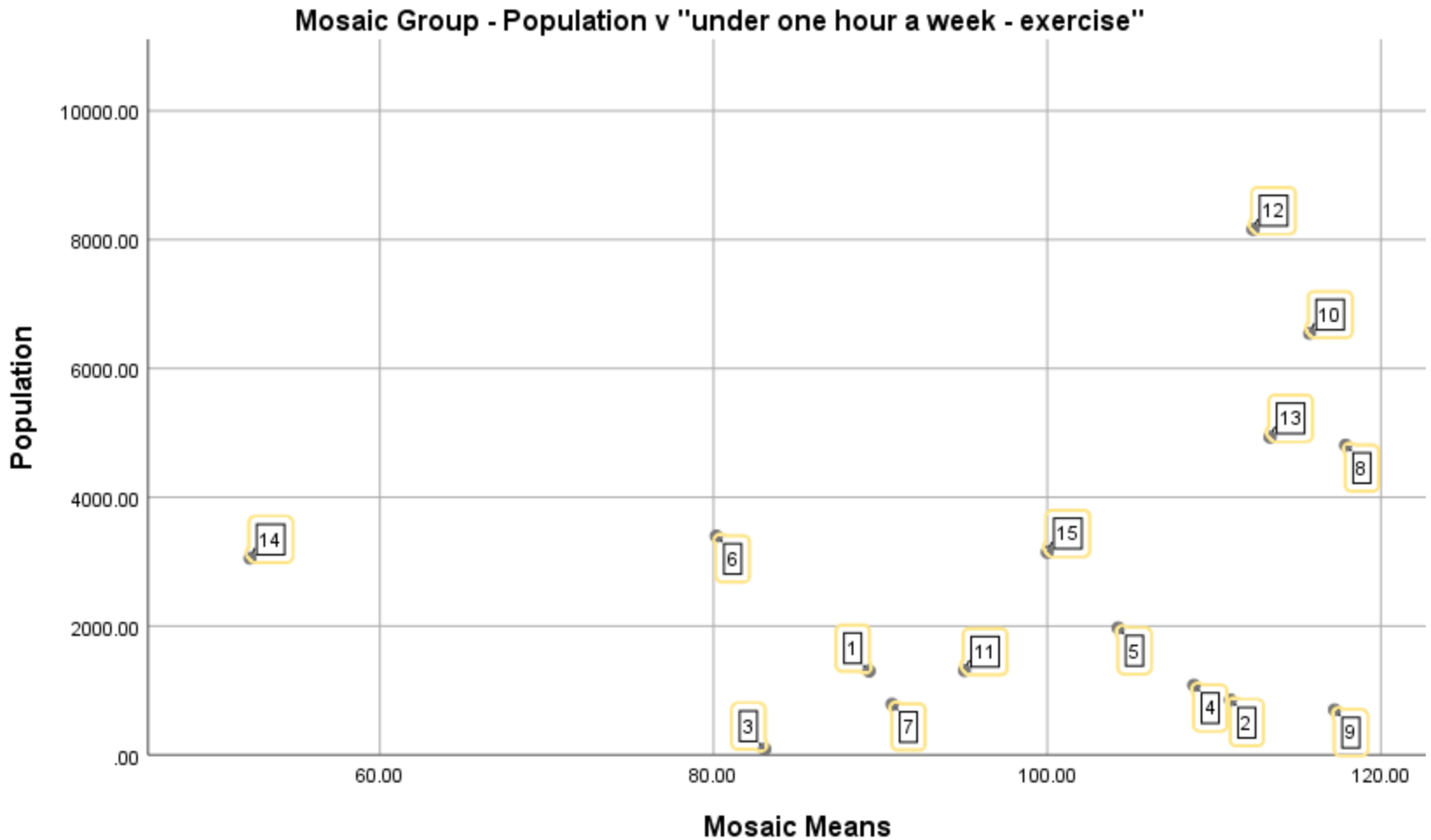
Mosaic Segmentation



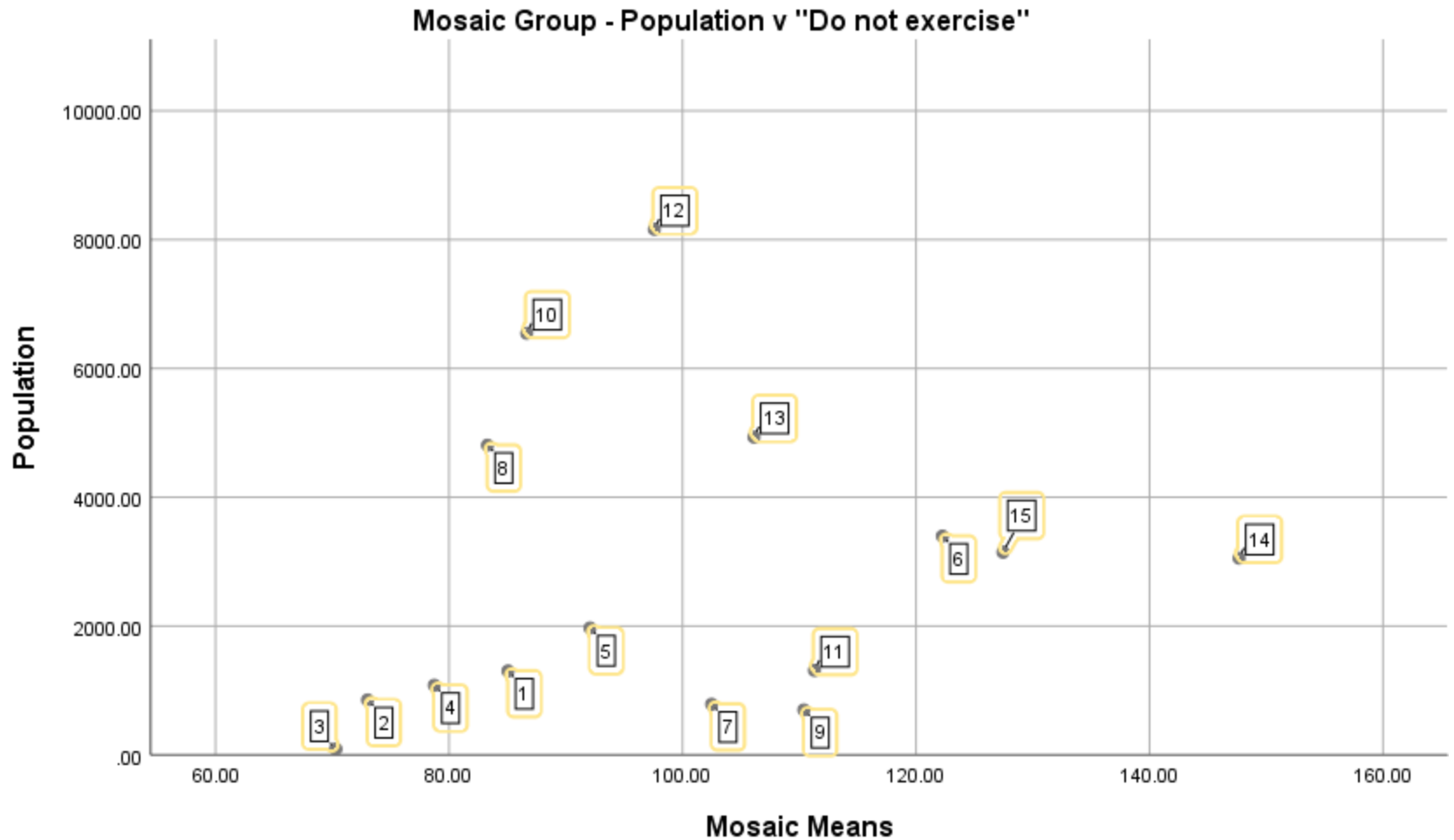
Mosaic Segmentation



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