North Kesteven Profile for Physical Activity

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Population Demographics

- North Kesteven has more resident women than men.
- 23.4% of residents are aged 65 and over. This is higher than across Lincolnshire (23.2% aged 65+).
- By 2032 the population aged 65 and over will increase by a quarter in North Kesteven.
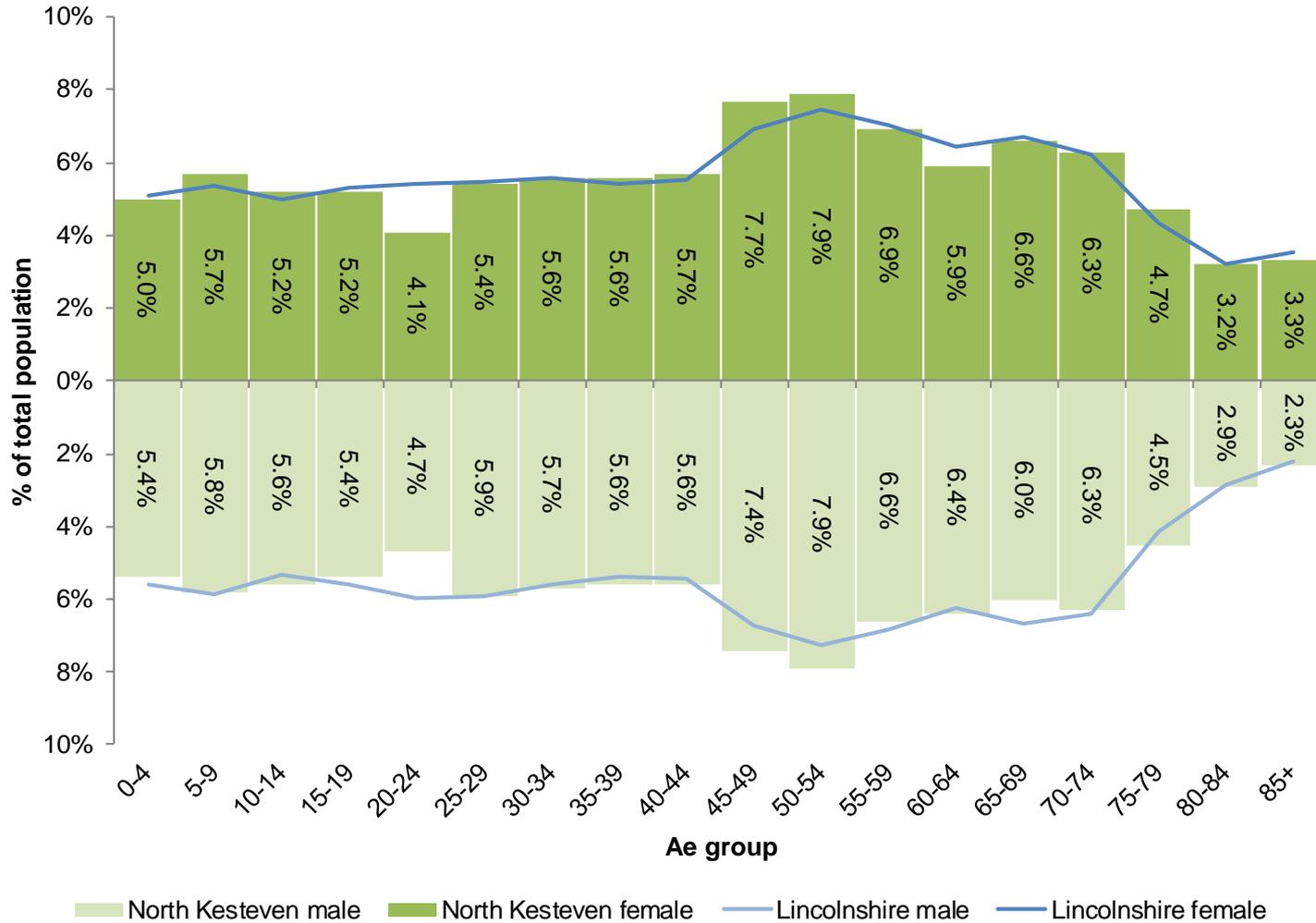
Estimated resident population, Mid-2017

Area	Male	Female	Total
North Kesteven	56,300	58,900	**115,200**
Lincolnshire	367,800	383,300	**751,200**

Projected resident population, 2017 - 2032

Age group	North Kesteven					Lincolnshire				
	2017	2022	2027	2032	% change 2017-2032	2017	2022	2027	2032	% change 2017-2032
Age 0-15	19,796	20,815	21,022	20,725	4.7%	128,600	134,700	134,200	130,600	1.6%
Aged 16-64	67,797	68,254	68,283	67,307	-0.7%	448,600	447,300	447,900	444,700	-0.9%
Aged 65+	26,763	29,064	32,002	35,548	32.8%	174,000	188,500	207,500	229,400	31.8%
All ages	**114,361**	**118,133**	**121,309**	**123,582**	**8.1%**	**751,200**	**770,400**	**789,600**	**804,700**	**7.1%**

Source: ONS mid-year population estimates via NOMIS

Population Pyramid

Estimated resident population, Mid-2017

Age group	North Kesteven female	North Kesteven male
0-4	5.0%	5.4%
5-9	5.7%	5.8%
10-14	5.2%	5.6%
15-19	5.2%	5.4%
20-24	4.1%	4.7%
25-29	5.4%	5.9%
30-34	5.6%	5.7%
35-39	5.6%	5.6%
40-44	5.7%	5.6%
45-49	7.7%	7.4%
50-54	7.9%	7.9%
55-59	6.9%	6.6%
60-64	5.9%	6.4%
65-69	6.6%	6.0%
70-74	6.3%	6.3%
75-79	4.7%	4.5%
80-84	3.2%	2.9%
85+	3.3%	2.3%

Legend: North Kesteven male, North Kesteven female, Lincolnshire male, Lincolnshire female

Source: ONS mid-year population estimates via NOMIS

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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).
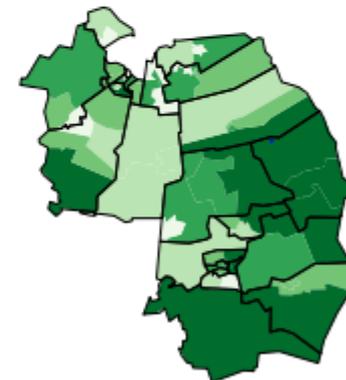
National

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.

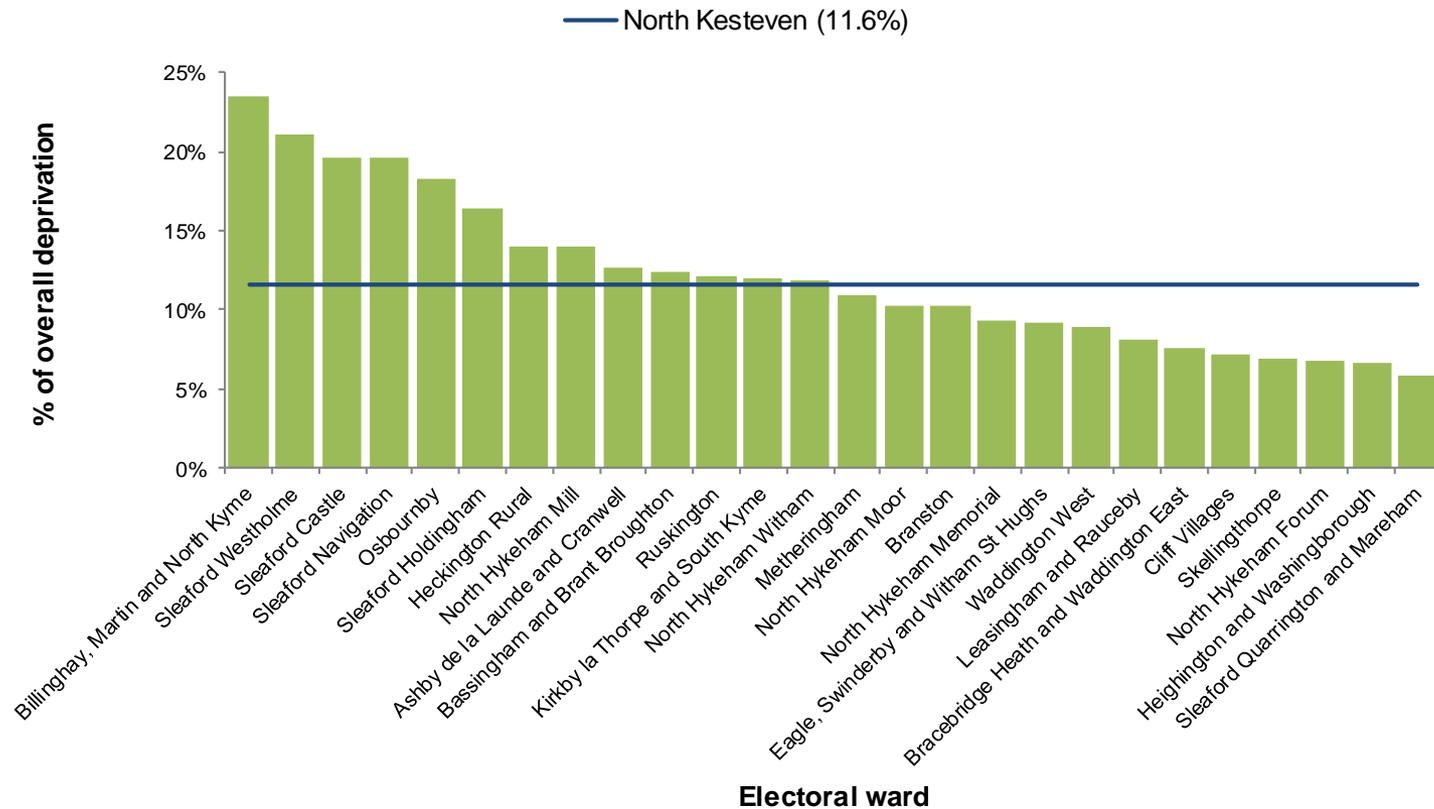The chart shows the percentage of the population who live in areas at each level of deprivation.
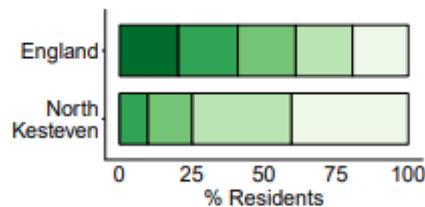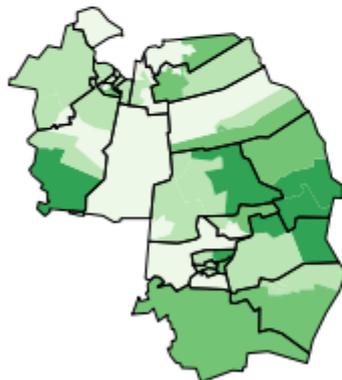
Local

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

England

North Kesteven

0   25   50   75   100
% Residents

Most deprived quintile   Least deprived quintile

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

Source: PHE, Local Health tool; DCLG, English Index of Deprivation 2015

# Healthcare

- Premature mortality rates (under 75) from cardiovascular disease are significantly better than the regional and national averages.

- 64% of all early deaths from cardiovascular disease are considered preventable.

- Premature mortality rates from cardiovascular are higher for men (80.2 per 100,000) than for women (41.7 per 100,000).

- Premature mortality rates from cardiovascular disease have reduced by 32% since 2001.

- All age mortality rates from preventable causes are significantly better or similar to the regional and national averages.

- Emergency readmission rates within 30 days of discharge from hospital are significantly better than seen regionally and nationally.
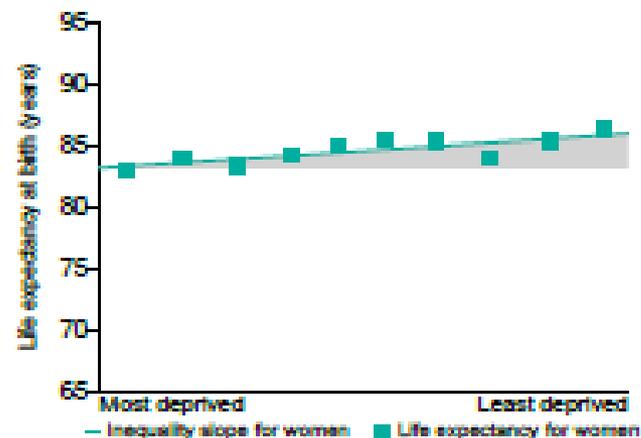
Health Inequalities

- Life expectancy is 4.0 years lower for men and 2.8 years lower for women in the most deprived areas of North Kesteven compared to the least deprived.

- Average life expectancy in North Kesteven is 81.0 years for men and 84.3 years for women.

- Average life expectancy in North Kesteven is higher than the national average of 79.5 years for men and 83.1 years for women.
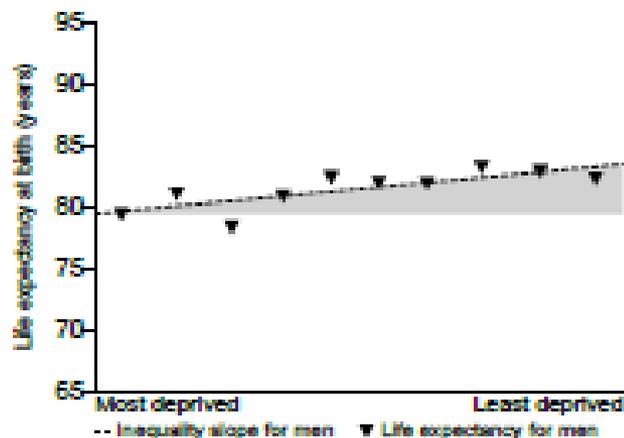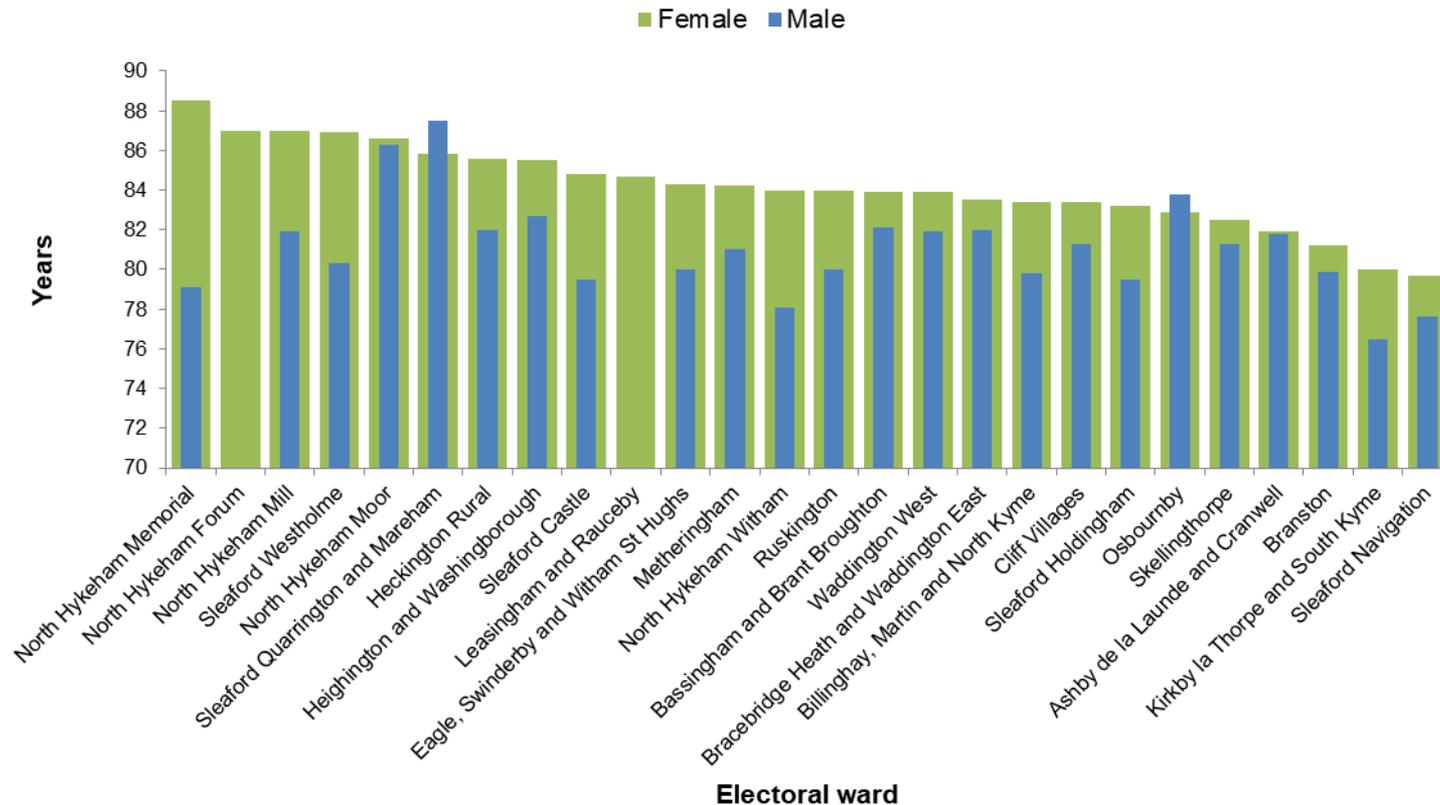

Source: PHE, Health Profiles

Health Inequalities

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

Child Health

- 10.5% of children (under 16s) live in low income families.

- Under-18 conceptions are lower (better) than the national average.

- 16.3% of mothers are known to smoke at the time of delivery.

- 58.3% of mothers breastfeed their babies in the first 48 hours after delivery. This is worse than the national average of 74.5%.

- 89.9% of children under 5 are free from dental decay, which is significantly better to the national average of 76.7%.

- The rate of hospital admissions caused by unintentional and deliberate injuries is similar than the national rate.

- 63.4% of pupils achieved a standard pass (9-4) in GCSE English and Maths in 2017

- Pupil absence is similar than the national average.

Source: PHE, Health Profiles, Public Health Outcomes Framework

Adult Health

- 19.1% of the population are reported to have a limiting long term illness or disability and 5% report their general health to be 'bad or very bad'.

- 26.9% of pensioners live alone, which is lower (better) than the national average of 31.5%.

- 80.6% of working age adults are in employment, which is similar to the England average of 74.4%.

- The gap in employment rates between those with a long-term condition and the total population is similar than the national gap.

- 15.7% (n=14,518) of adults are known to be regular smokers.

- The rate of emergency admissions for hip fractures in people aged 65+ is worse than the national rate.

- Estimated diabetes diagnosis is better than the national average.

- The rate of emergency admissions due to falls in people aged 65+ is better than the national rate.

Mental Health

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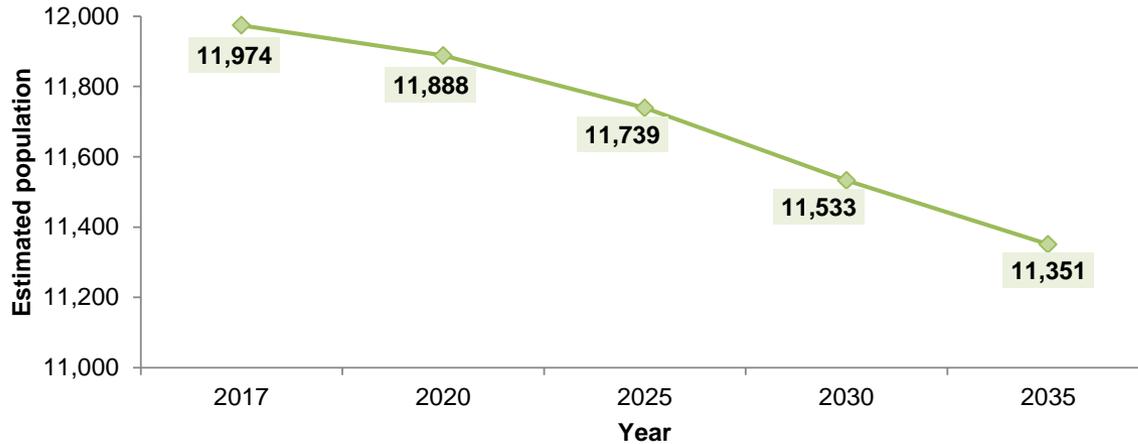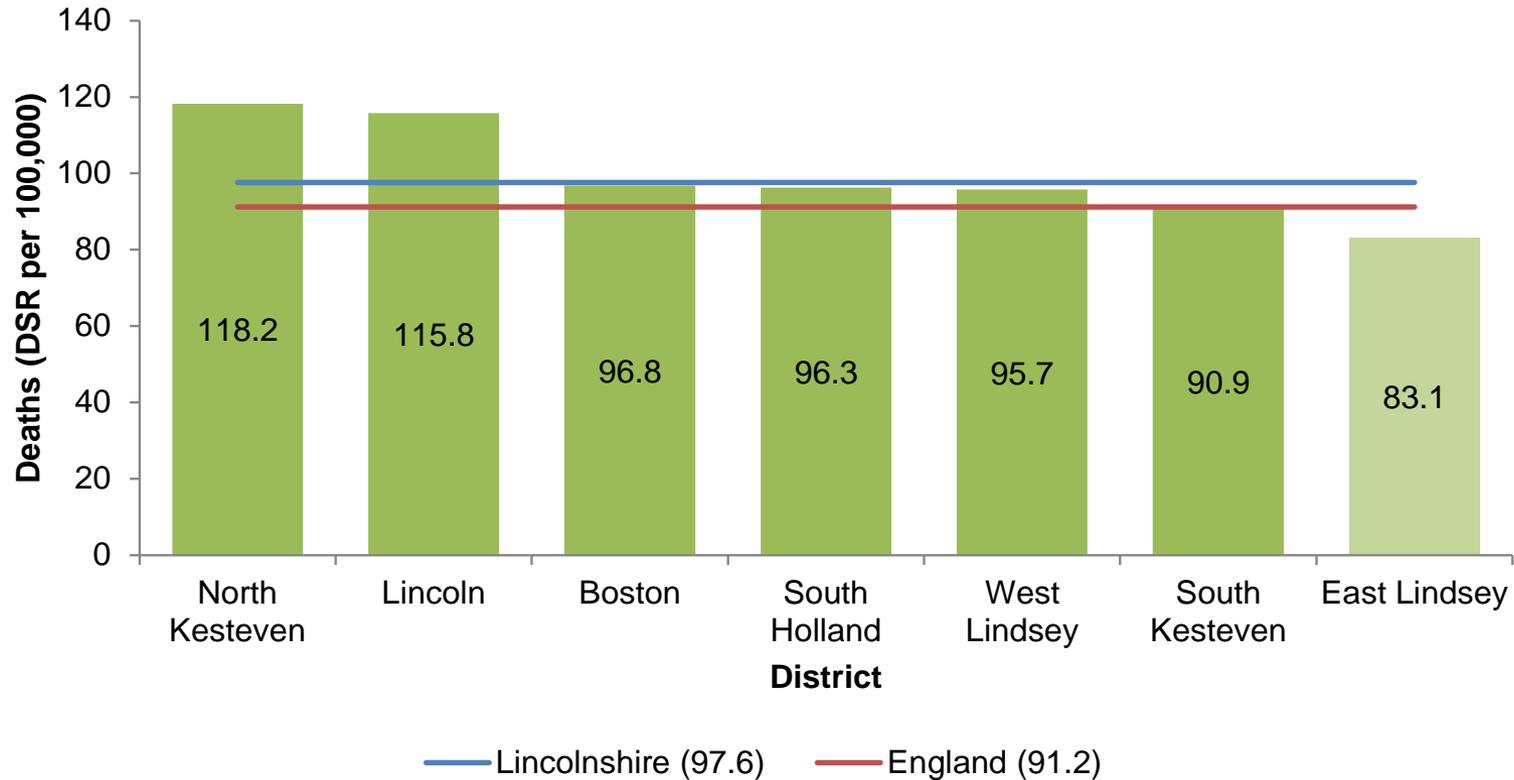

People aged 65+ predicted to have depression, 2017 - 2035

Source: PANSI, POPPI
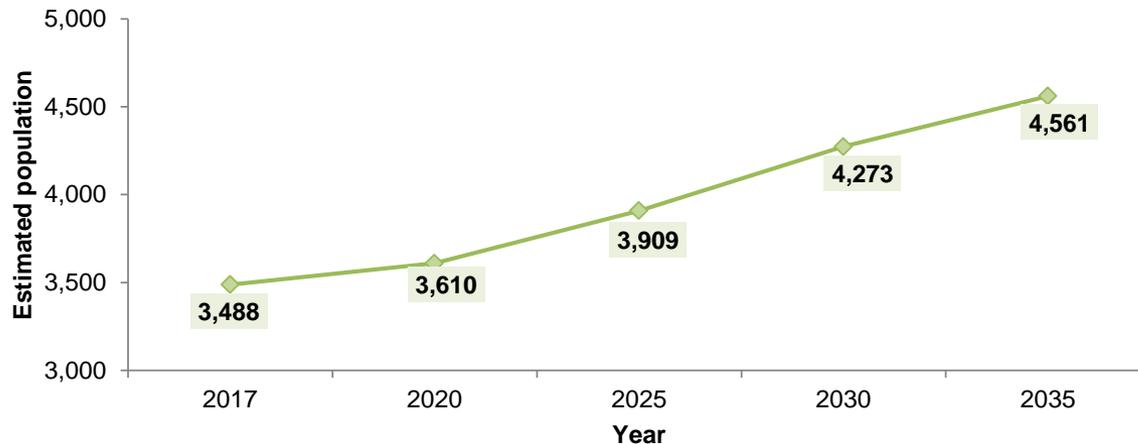
Mental Health

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

Source: ONS, Mortality Statistics via NOMIS

Mental Health

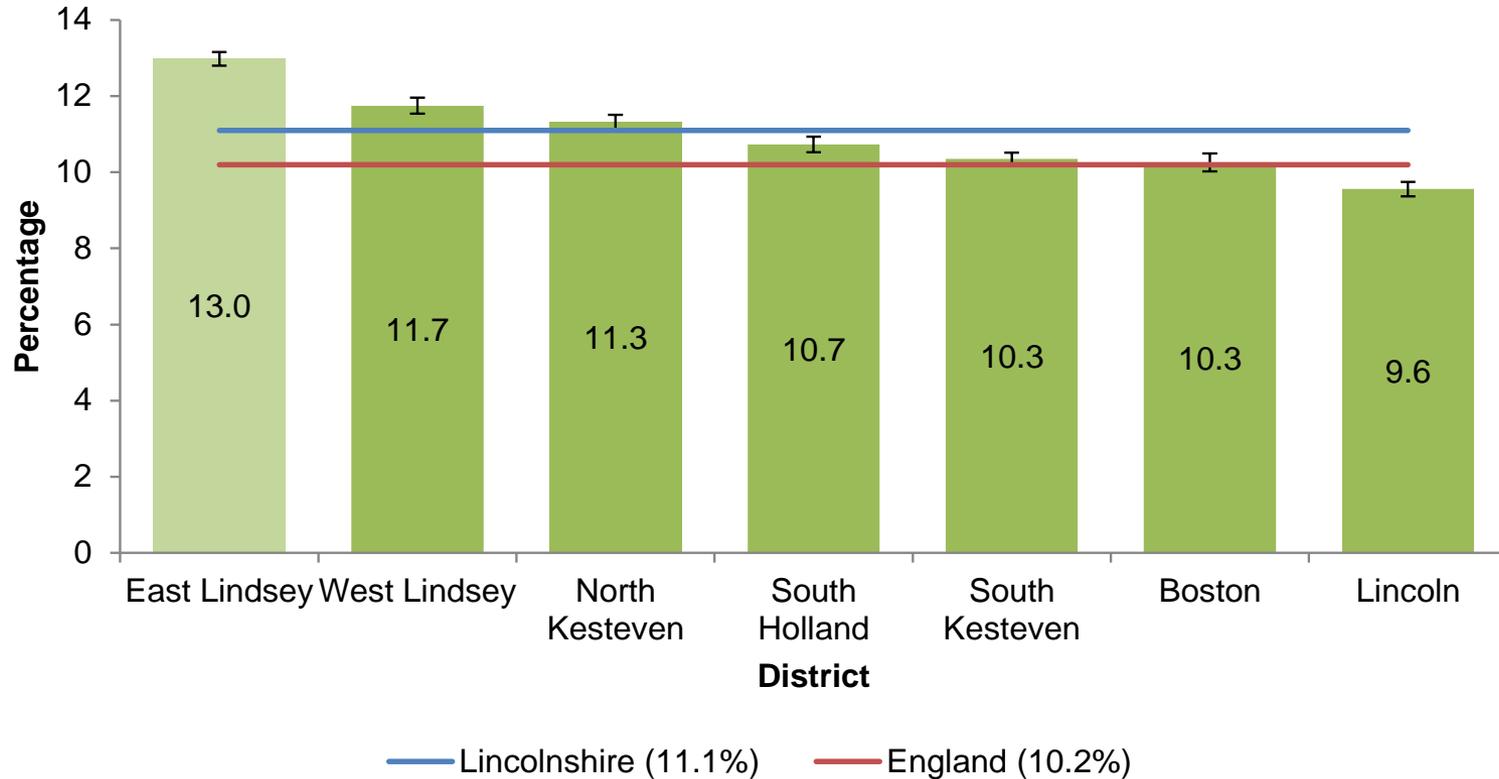**Inpatient admissions for mental health disorders (all ages), 2016/17**

Carers

- 2011 Census data shows there are 2,983 unpaid carers in North Kesteven, which equates to 2.77% of the total population.

- North Kesteven has a high proportion of residents aged over 65 in the UK.

- At electoral ward level, provision of substantial unpaid care varies from 5.2% in North Hykeham Witham to 2.5% in Cliff Villages
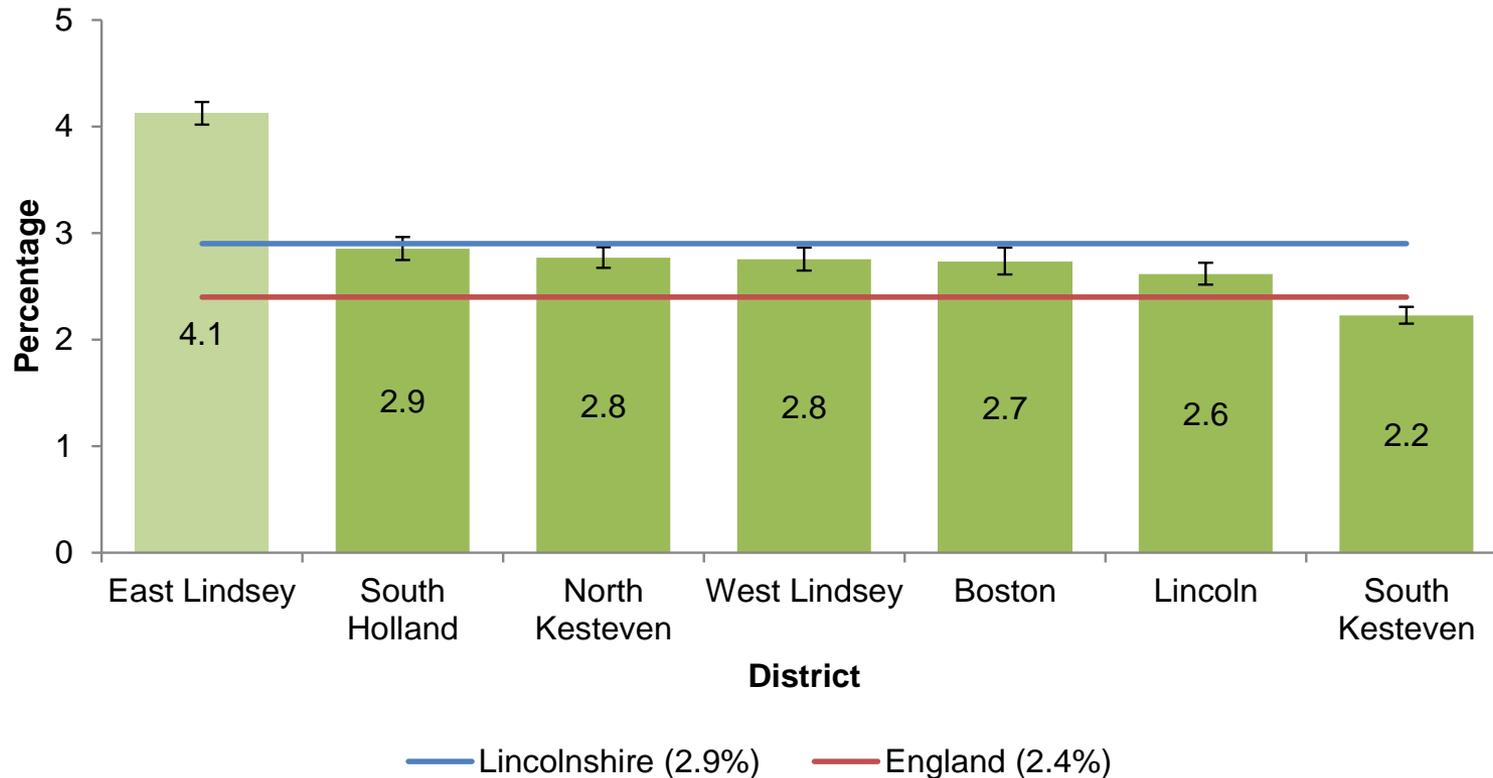
Carers

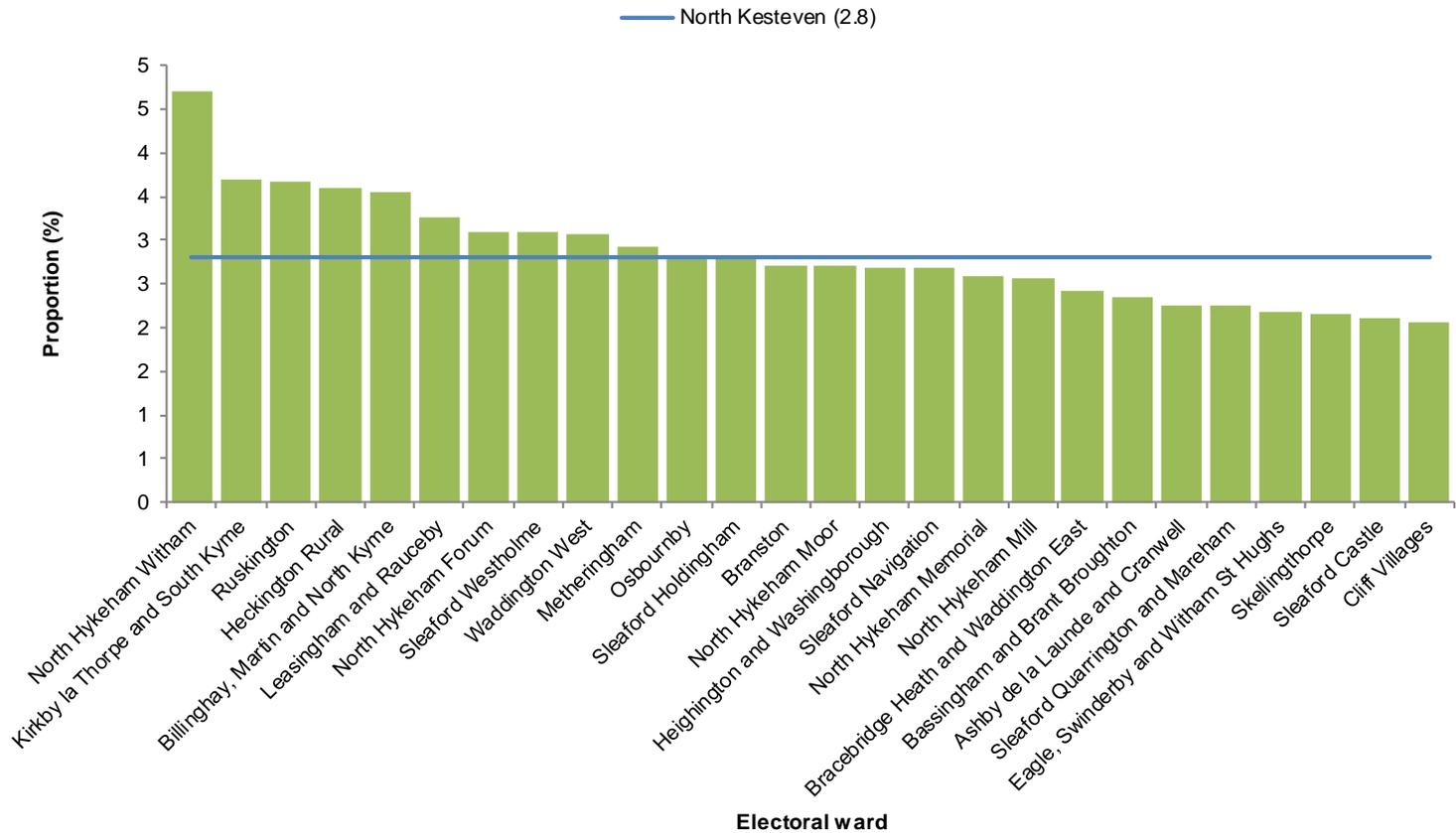## Provision of one hour or more of unpaid care per week, 2011

Legend: Lincolnshire (11.1%) — England (10.2%)

Carers

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

Source: PHE, Health Profiles, Public Health Outcomes Framework

Carers

Provision of 50 hours or more of unpaid care per week, by electoral ward, 2011
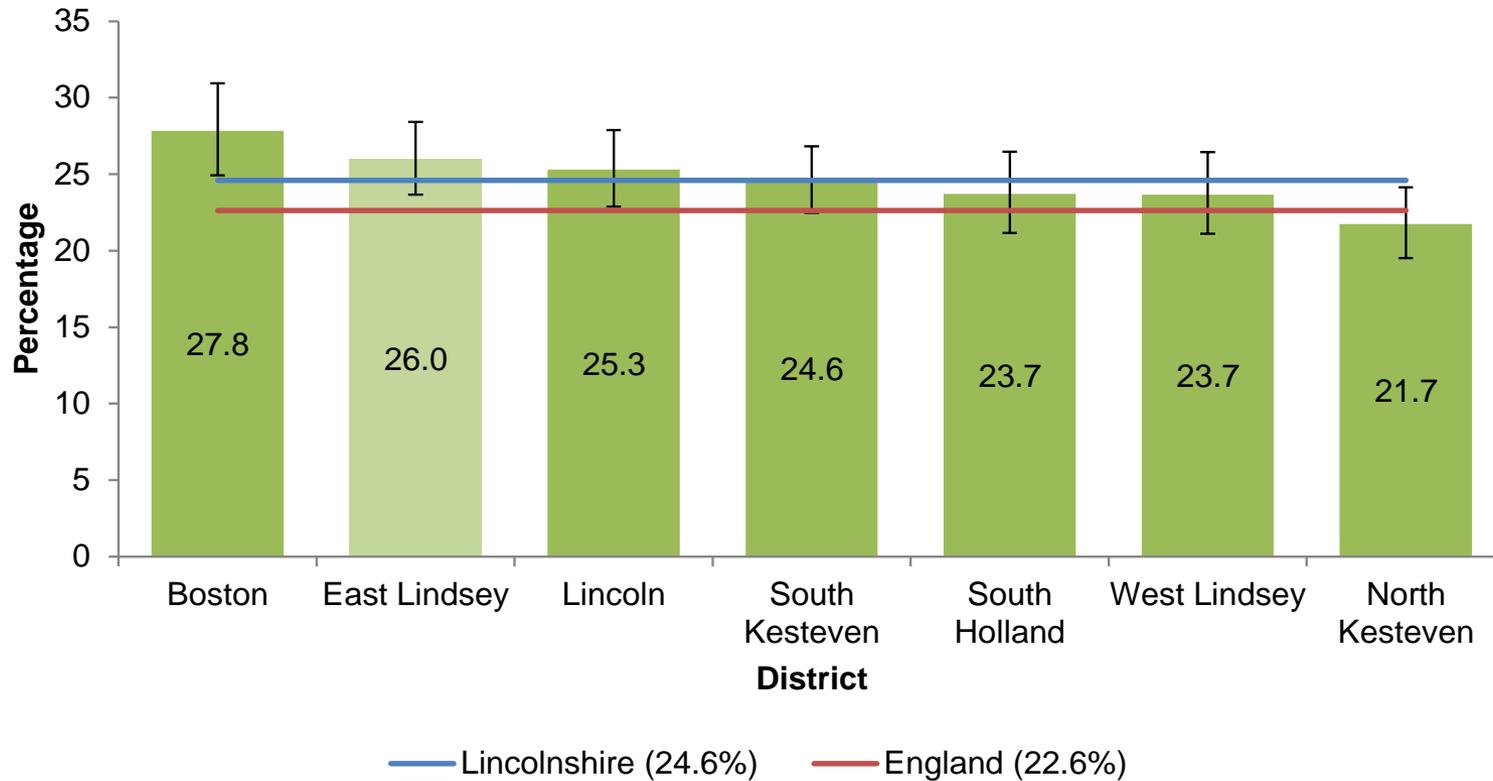
Source: PHE, Local Health tool

Obesity

- In Reception Year, 21.7% of children are overweight or obese. This is similar to the national average.

- Excess weight in Reception year children has decreased from 22.7% in 2010/11.

- By Year 6, 30.9% of children are overweight or obese. This is lower (better) than the national average.

- Excess weight in Year 6 children has decreased from 31.1% in 2010/11.

- North Kesteven has a proportion of 65.9% overweight or obese adults compared to Lincolnshire 67.8%. This is similar than the national average.

- In addition, 58% of adults are meeting the recommended '5-a-day' on a usual day, which is similar to the national average.
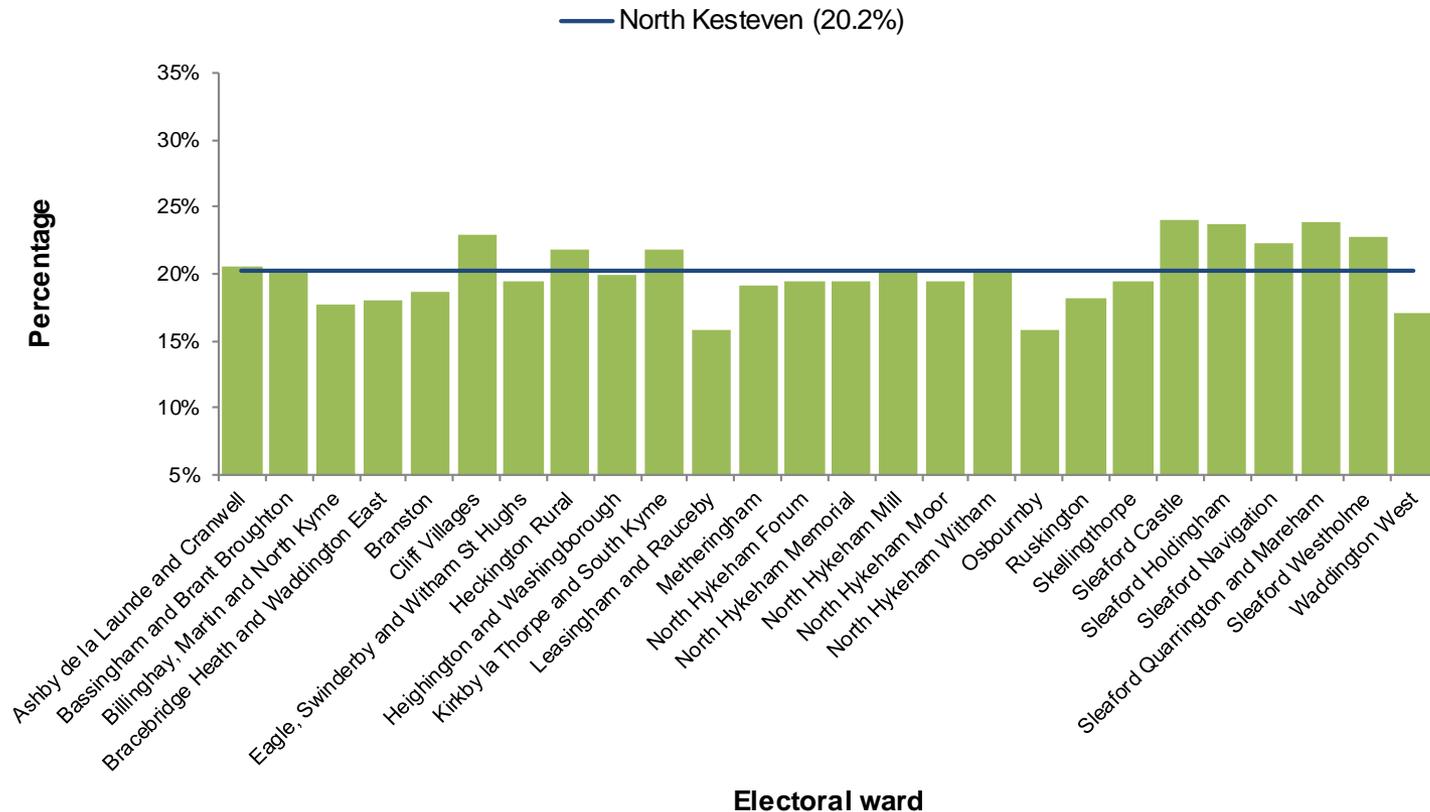
Obesity

Reception year children (age 4/5) who are overweight or obese, 2016/17

Bar chart showing percentage of reception year children who are overweight or obese by district:
- Boston: 27.8
- East Lindsey: 26.0
- Lincoln: 25.3
- South Kesteven: 24.6
- South Holland: 23.7
- West Lindsey: 23.7
- North Kesteven: 21.7

Reference lines: Lincolnshire (24.6%), England (22.6%)

Y-axis: Percentage (0–35)
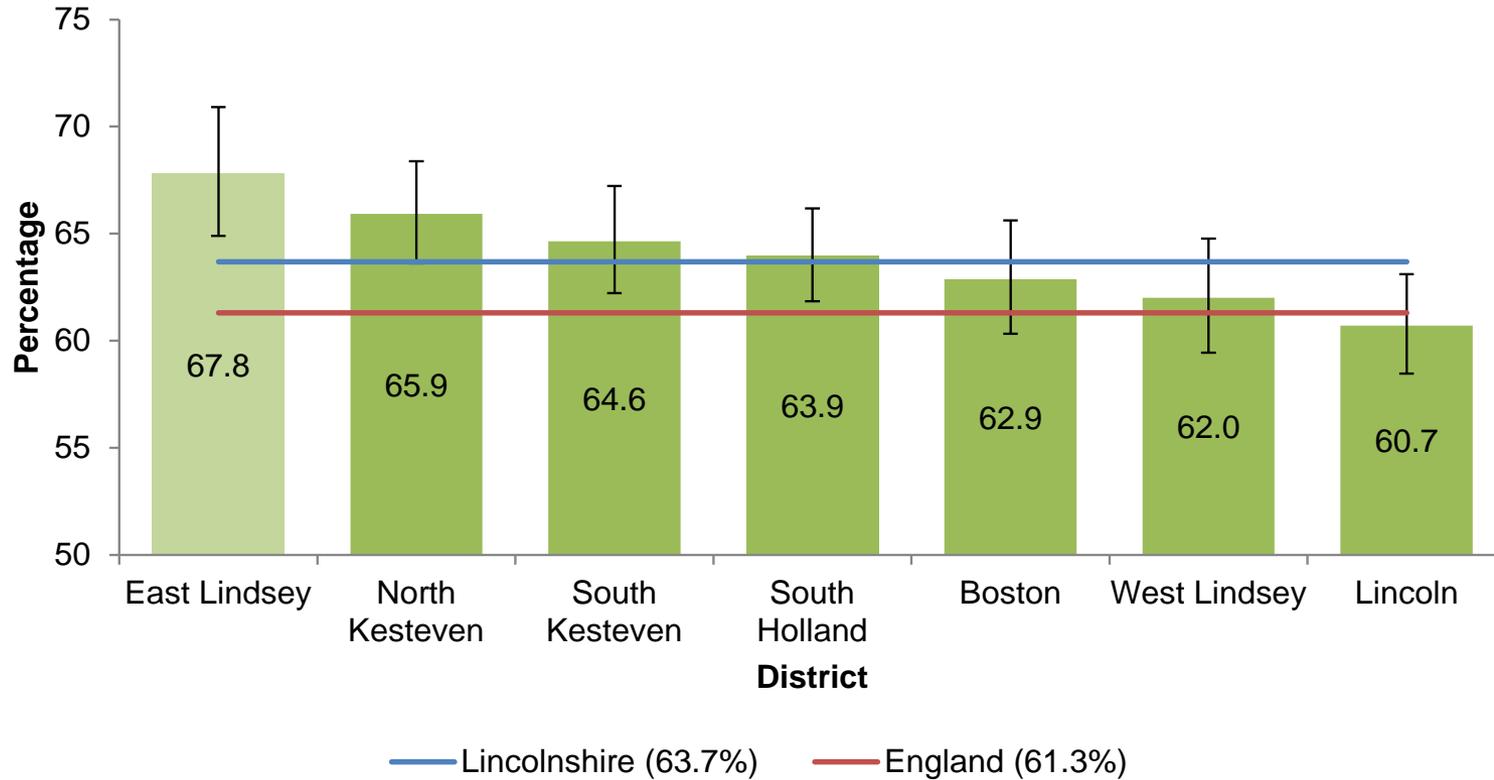X-axis: District

Source: PHE, NCMP

Obesity

Reception year children (age 4/5) who are overweight or obese in North Kesteven, by electoral ward, 2013/14 - 15/16

Obesity

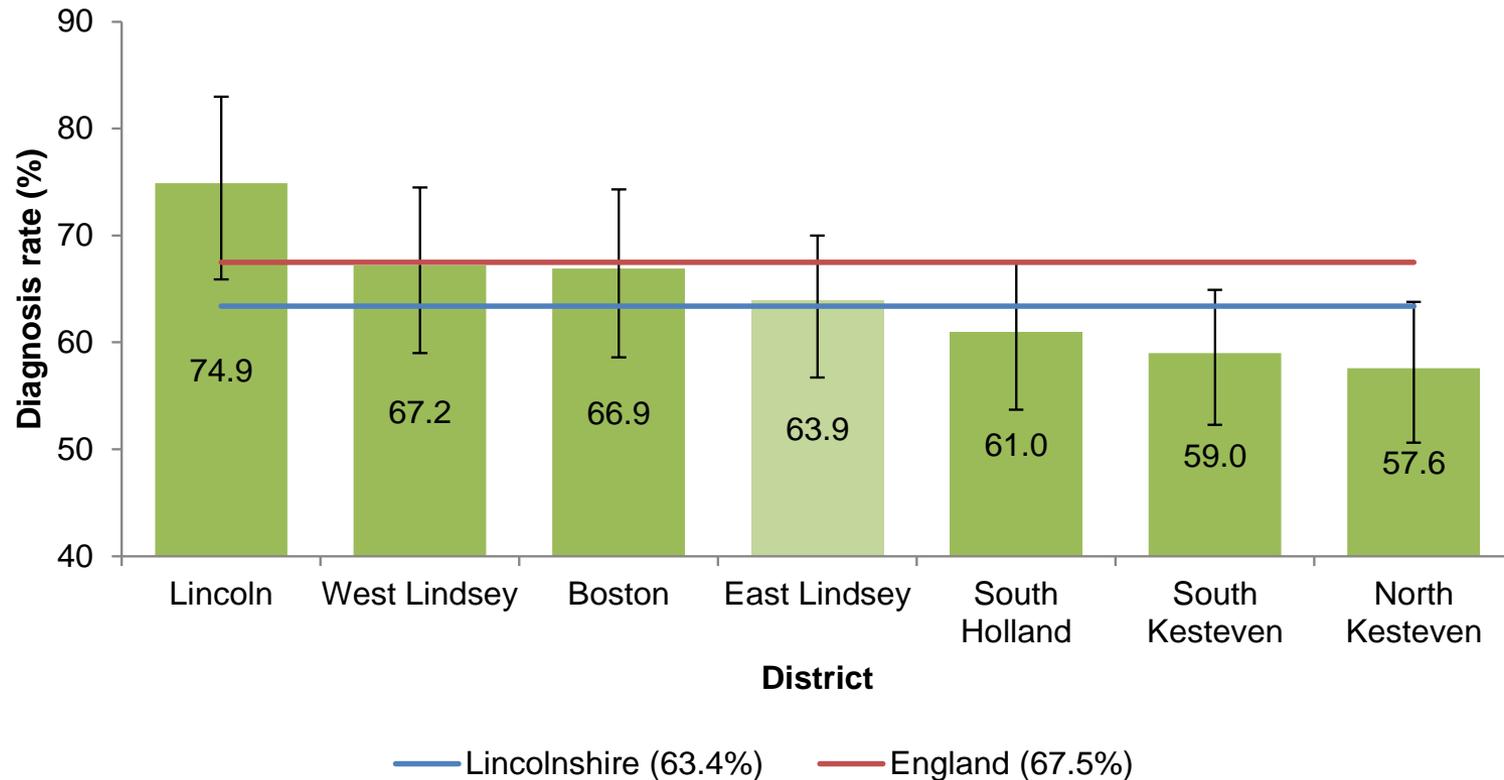## Adults (18+) who are overweight or obese, 2016/17

Source: PHE, Public Health Outcomes Framework

Dementia

Dementia diagnosis rate (age 65+), 2018

- Dementia diagnosis in older people (aged 65 and over) is significantly lower than the national rate.

Source: PHE, Health Profiles

Regional average[€]   England average

England worst — 25th percentile — 75th percentile — England best

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	11.6	21.8	42.0	○	5.0
	2 Children in low income families (under 16s)	2014	2,275	12.1	20.1	39.2	●	6.6
	3 Statutory homelessness	2015/16	15	0.3	0.9			
	4 GCSEs achieved	2015/16	807	63.4	57.8	44.8	●	78.7
	5 Violent crime (violence offences)	2015/16	494	4.5	17.2	36.7	●	4.5
	6 Long term unemployment	2016	135	2.0 [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	607	x[1]	74.3	47.2		92.9
	9 Obese children (Year 6)	2015/16	188	16.8	19.8	28.5	●	9.4
	10 Admission episodes for alcohol-specific conditions (under 18s)†	2013/14 - 15/16	11	16.6	37.4	121.3	●	10.5
	11 Under 18 conceptions	2015	26	13.1	20.8	43.8	●	5.4
Adults' health and lifestyle	12 Smoking prevalence in adults	2016	n/a	11.1	15.5	25.7	●	4.9
	13 Percentage of physically active adults	2015	n/a	58.0	57.0	44.8	○	69.8
	14 Excess weight in adults	2013 - 15	n/a	71.5	64.8	76.2	●	46.5
Disease and poor health	15 Cancer diagnosed at early stage	2015	289	54.8	52.4	39.0	○	63.1
	16 Hospital stays for self-harm†	2015/16	143	133.4	196.5	635.3	●	55.7
	17 Hospital stays for alcohol-related harm†	2015/16	566	480.5	647	1,163	●	374
	18 Recorded diabetes	2014/15	5,292	7.0	6.4	9.2	●	3.3
	19 Incidence of TB	2013 - 15	5	1.5	12.0	85.6	●	0.0
	20 New sexually transmitted infections (STI)	2016	265	389.4	795	3,288	●	223
	21 Hip fractures in people aged 65 and over†	2015/16	122	493.3	589	820	●	312
Life expectancy and causes of death	22 Life expectancy at birth (Male)	2013 - 15	n/a	81.5	79.5	74.3	●	83.4
	23 Life expectancy at birth (Female)	2013 - 15	n/a	84.3	83.1	79.4	●	86.7
	24 Infant mortality	2013 - 15	11	3.3	3.9	8.2	○	0.8
	25 Killed and seriously injured on roads	2013 - 15	146	43.8	38.5	103.7	○	10.4
	26 Suicide rate	2013 - 15	27	8.9	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	191	56.3	74.6	137.6	●	43.1
	29 Under 75 mortality rate: cancer	2013 - 15	386	114.3	138.8	194.8	●	98.6
	30 Excess winter deaths	Aug 2012 - Jul 2015	189	19.1	19.6	36.0	○	6.9

Health & Physical Activity Correlations

Active			Inactive
Strongly Positive	Weakly Positve	Weakly Negative	Stongly Negative

Life Expectancy

Healthy Life Expectancy

Cardiovascular Disease

Musculoskeltal Disorders

Memtal Health

COPD

Diabetes

Fibromyalgia

Adult Obesity

CYP Obesity

Health Eating

Income Deprivation

GCSEs

School Absence

NEET

Adults No Qualifications

Unemplyment

Pension Credit

The Wider Determinants of Health Inequality in Lincolnshire
http://www.research-lincs.org.uk/UI/Documents/The%20Wider%20Determinants%20of%20Health%20Inequality%20in%20Lincolnshire%20v2.pdf

Physical Activity

Physically active adults, 2016/17

- **67.9%** of adults meet the recommended physical activity guidelines of at least 150 minutes of moderate intensity activity per week (inc gardening)
- In addition, **21.4%** of adults engage in less than 30 minutes of physical activity per week and are considered physically inactive.
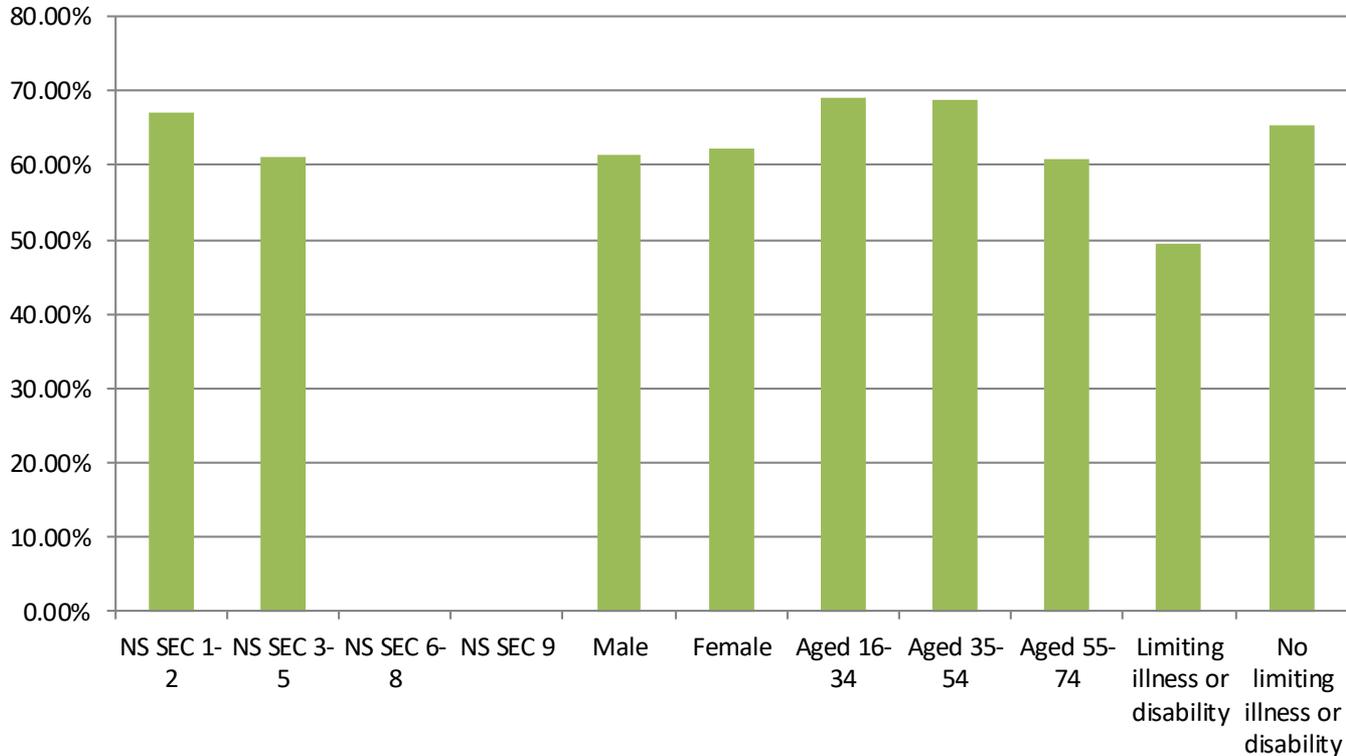
Physical Activity

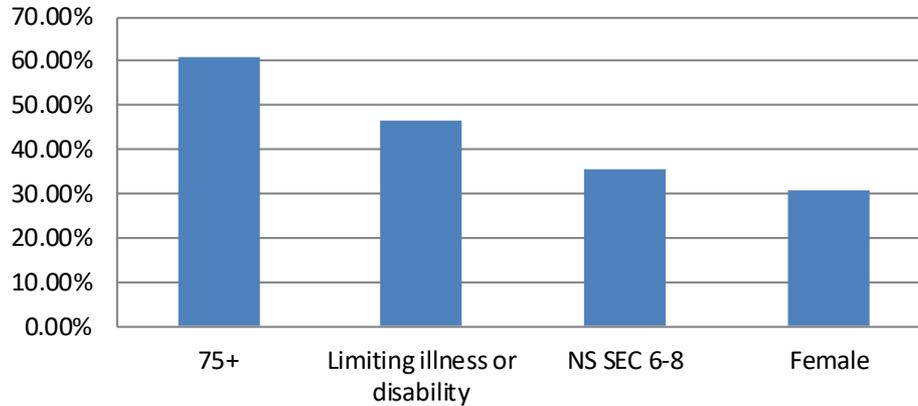
Active Lives Survey (December 2018)
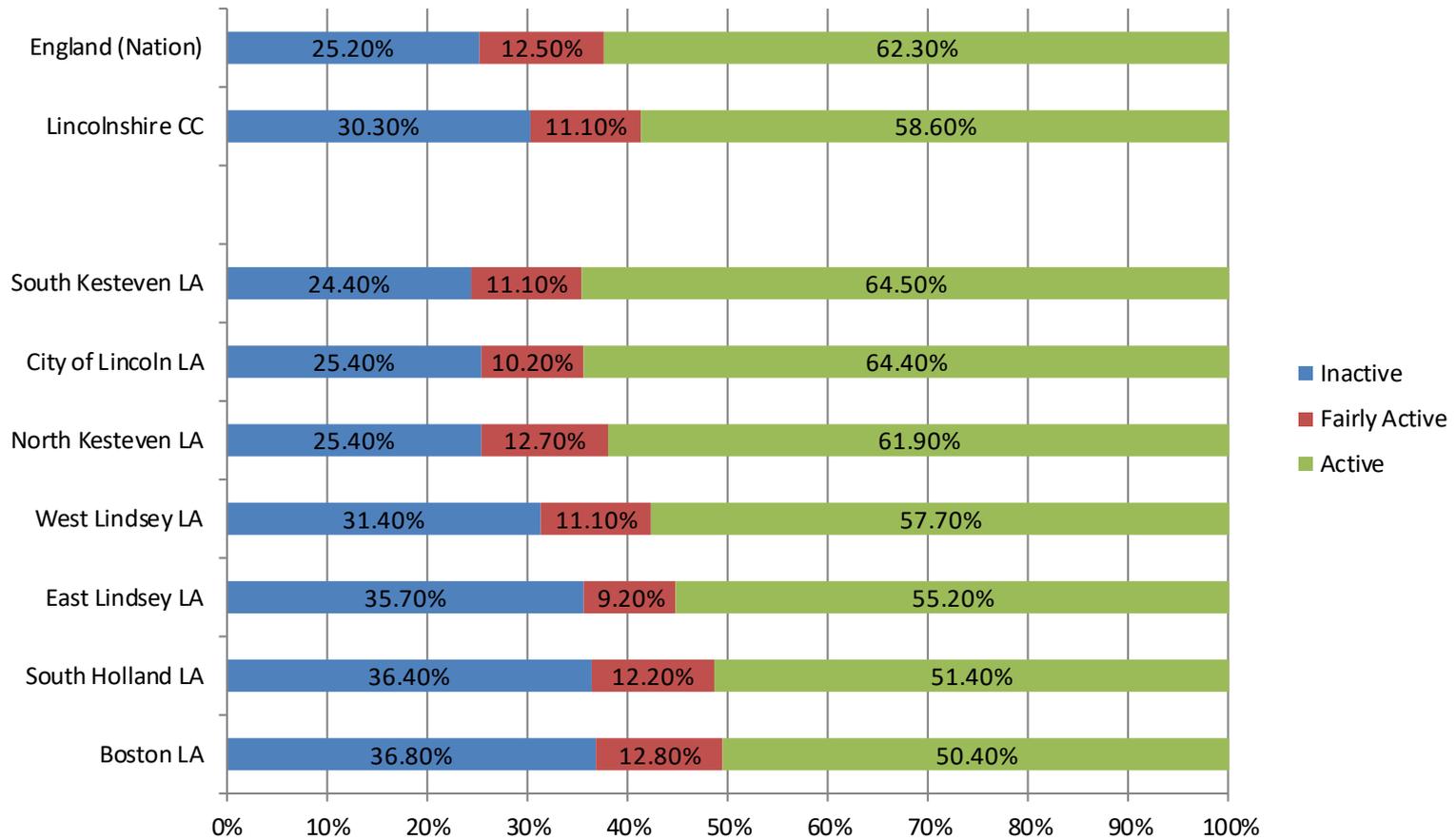
Physical Activity

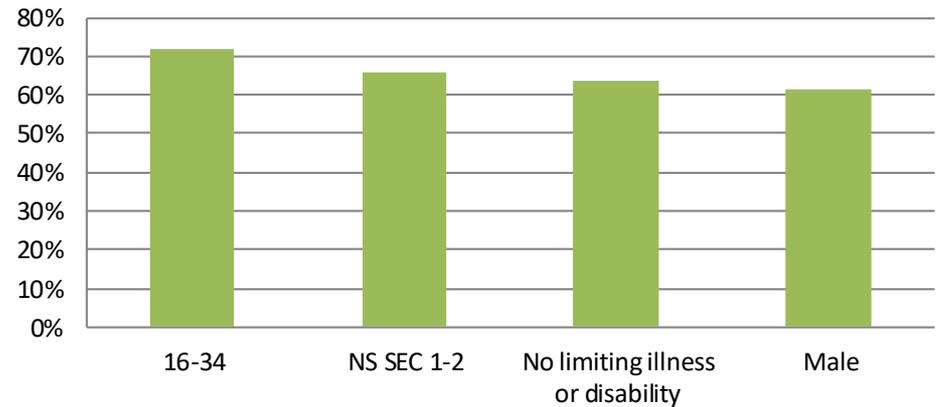**Physically active populations in North Kesteven**

Physical Activity

Highest levels of inactivity in Lincolnshire population
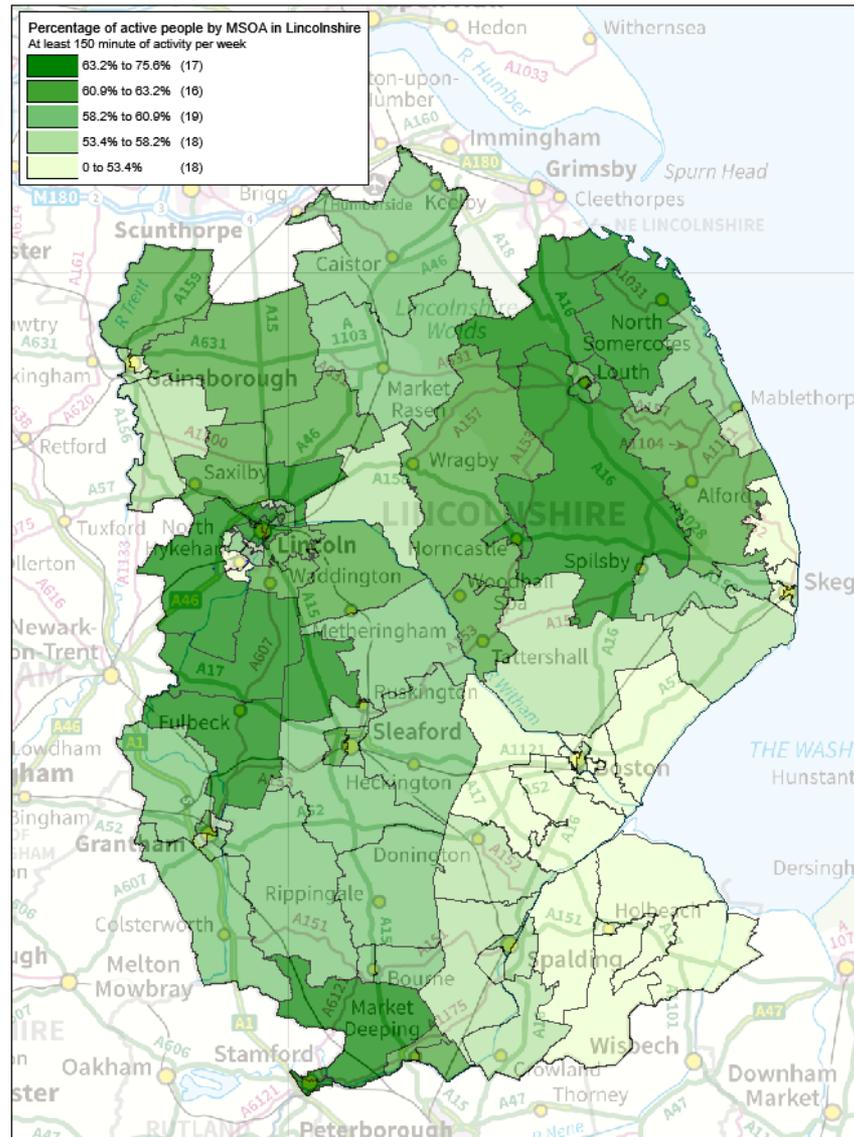### (Active Lives Survey - May 18)

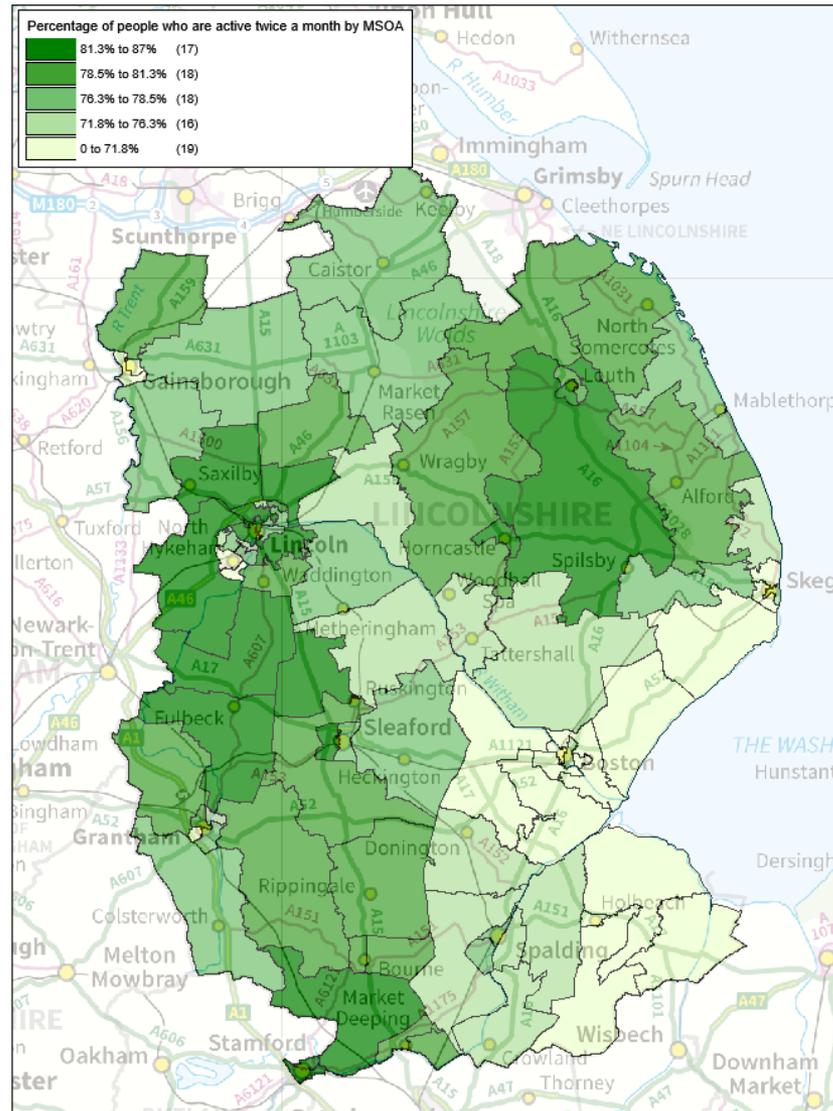## Highest levels of activity in Lincolnshire population
(Active Lives Survey - May 18)
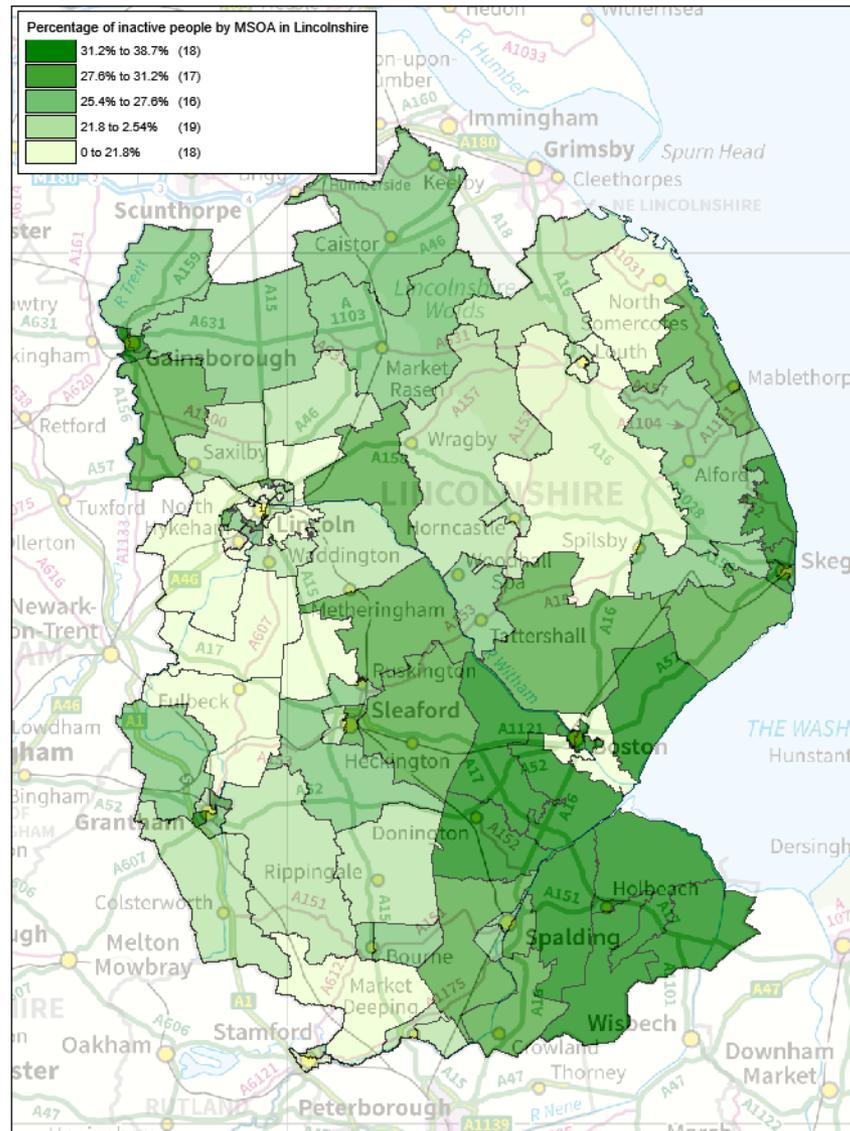
Physical Activity (Active)

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

63.2% to 75.6%	(17)
60.9% to 63.2%	(16)
58.2% to 60.9%	(19)
53.4% to 58.2%	(18)
0 to 53.4%	(18)

Source: Active Lives Survey

Physical Activity (Fairly Active)

Percentage of people who are active twice a month by MSOA

81.3% to 87%	(17)
78.5% to 81.3%	(18)
76.3% to 78.5%	(18)
71.8% to 76.3%	(16)
0 to 71.8%	(19)

Source: Active Lives Survey

Physical Activity (Inactive)

Percentage of inactive people by MSOA in Lincolnshire

31.2% to 38.7%	(18)
27.6% to 31.2%	(17)
25.4% to 27.6%	(16)
21.8 to 2.54%	(19)
0 to 21.8%	(18)

Source: Active Lives Survey

PHE: Physical Activity Profile

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

Benchmark Value

Worst | 25th Percentile | 75th Percentile | Best
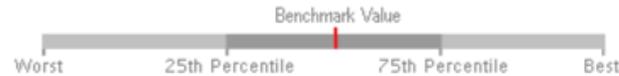
Export table as CSV file

| Indicator | Period | N Kesteven | | Region | England | England | | | |
		Count	Value	Value	Value	Worst	Range		Best
Percentage of physically active adults - current method	2016/17	-	67.9%	65.0%	66.0%	53.3%			78.8%
Percentage of physically inactive adults - current method	2016/17	-	21.4%	23.1%	22.2%	33.3%			12.4%
Percentage of adults walking for travel at least three days per week	2016/17	-	18.4%	18.8%	22.9%	10.0%			43.6%
Percentage of adults cycling for travel at least three days per week	2016/17	-	3.4%	2.6%	3.3%	0.3%			31.8%
Percentage of physically active adults - historical method	2015	-	58.0%	56.8%	57.0%	44.8%			69.8%
Percentage of physically inactive adults - historical method	2015	-	26.7%	28.7%	28.7%	43.7%			14.7%
Percentage of adults doing 30-149 minutes physical activity per week - historical method	2015	-	15.2%	14.5%	14.3%	9.4%			20.7%
Percentage of adults who do any walking, at least five times per week	2014/15	-	50.0%	49.1%	50.6%	37.7%			68.1%
Percentage of adults who do any walking, at least once per week	2014/15	-	80.5	79.5	80.6	70.4			91.3
Percentage of adults who do any cycling, at least three times per week.	2014/15	-	4.5%	3.8%	4.4%	0.2%			39.0%
Percentage of adults who do any cycling, at least once per month	2014/15	-	16.6%	14.7%	14.7%	5.0%			58.0%

Physical Activity

Children and young people activity levels by district
(Active Lives - December 2018)

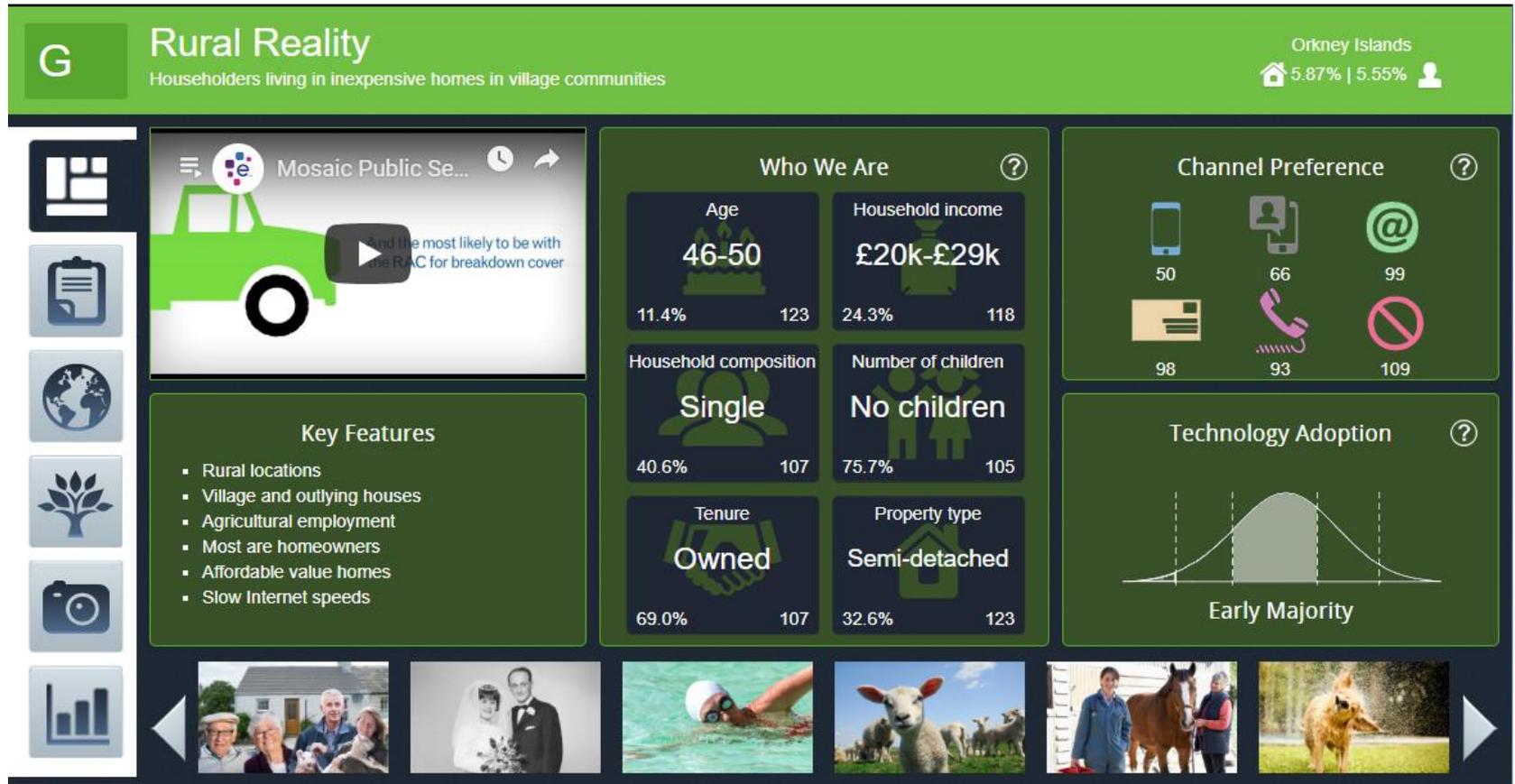■ Active every day ■ Active across the week ■ Fairly active ■ Less active

District	Active every day	Active across the week	Fairly active	Less active
Lincolnshire	22.16%	22.74%	22.74%	32.36%
England	17.50%	25.70%	23.88%	32.85%
Lincoln	23.32%	27.17%	25.54%	23.97%
North Kesteven	20.63%	24.13%	29.88%	25.35%
South Kesteven	26.74%	24.40%	18.61%	30.25%
East Lindsey	25.31%	13.88%	27.55%	33.26%
South Holland	25.95%	0.00%		34.29%
West Lindsey	15.34%	21.74%	25.98%	36.94%
Boston	20.30%	16.23%	17.13%	46.35%
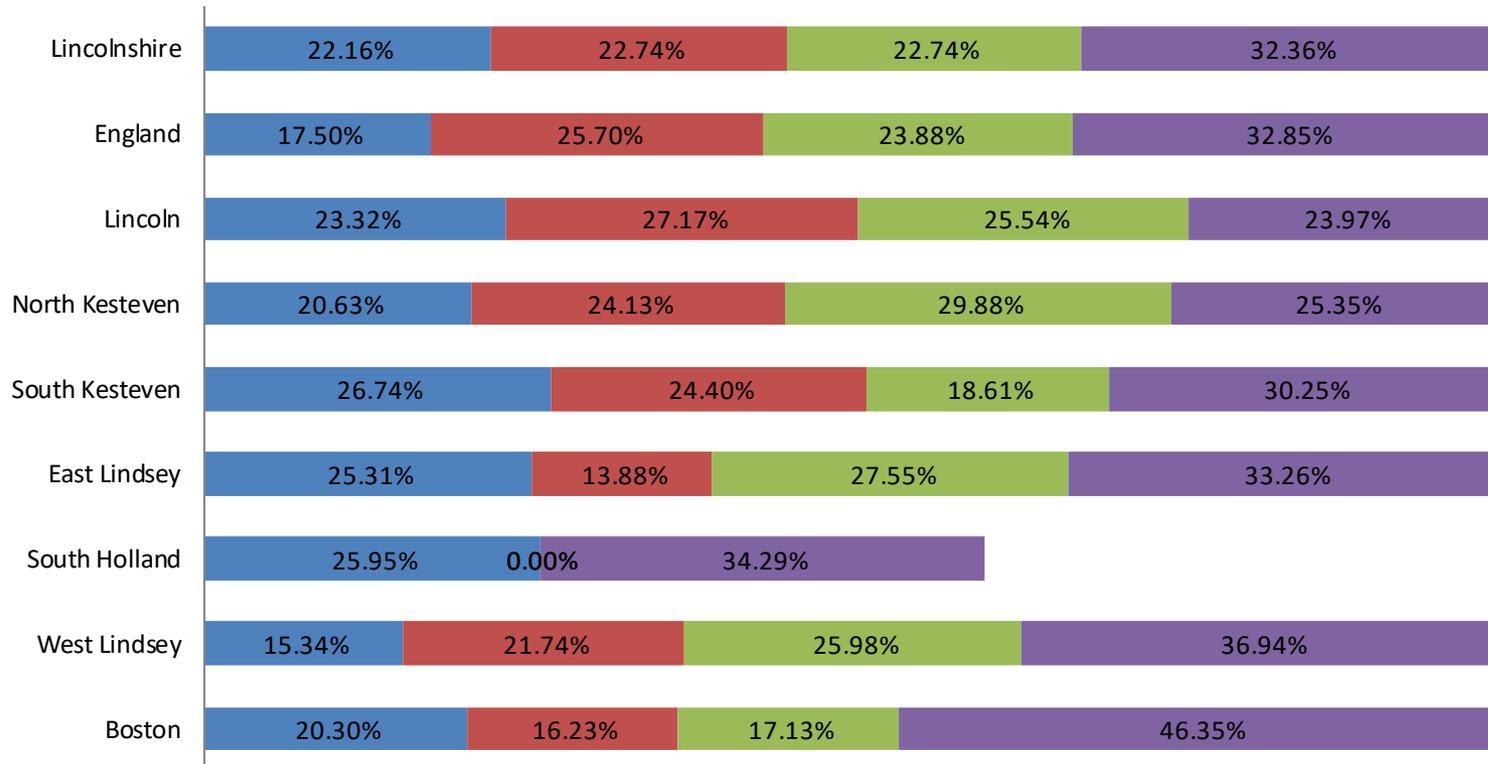
Mosaic Segmentation

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**
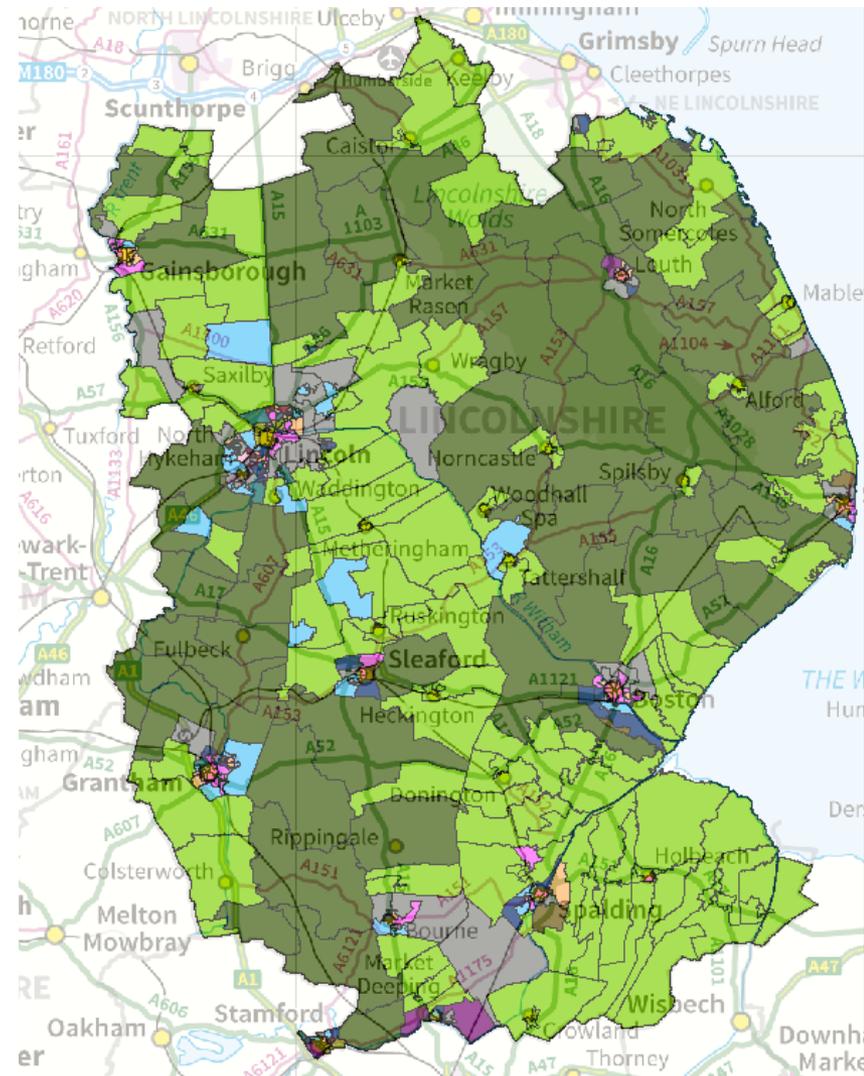
Mosaic Segmentation

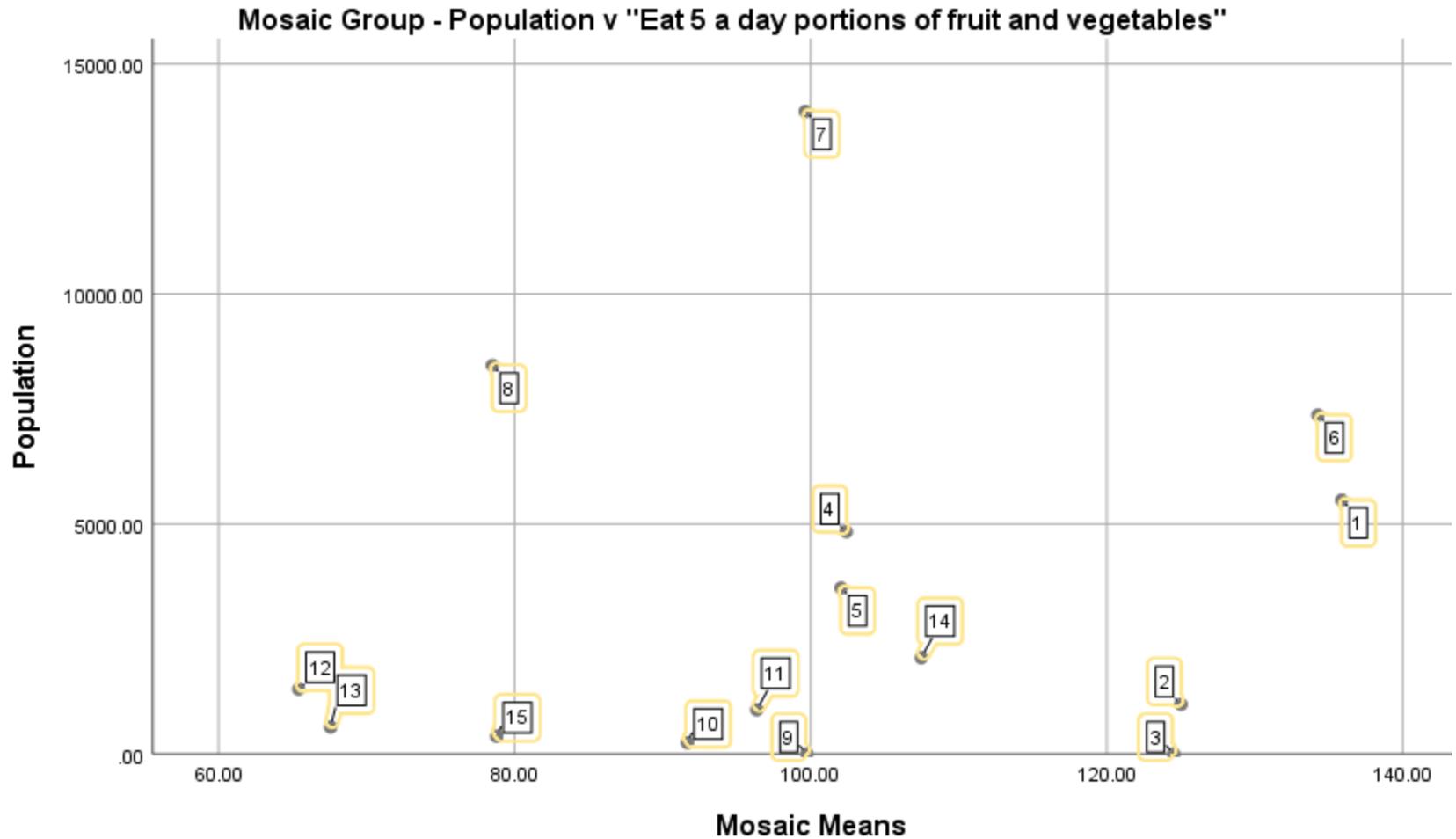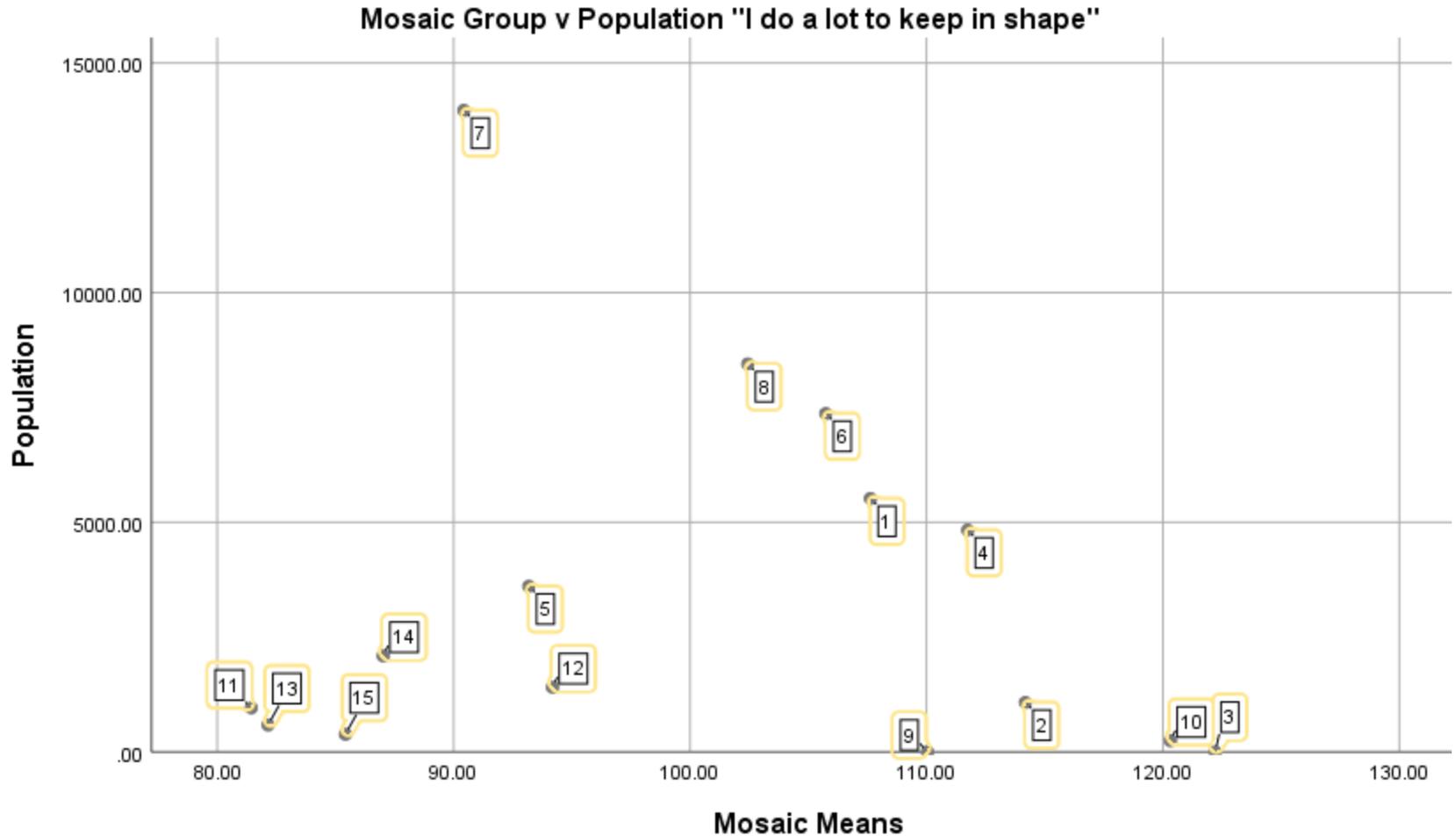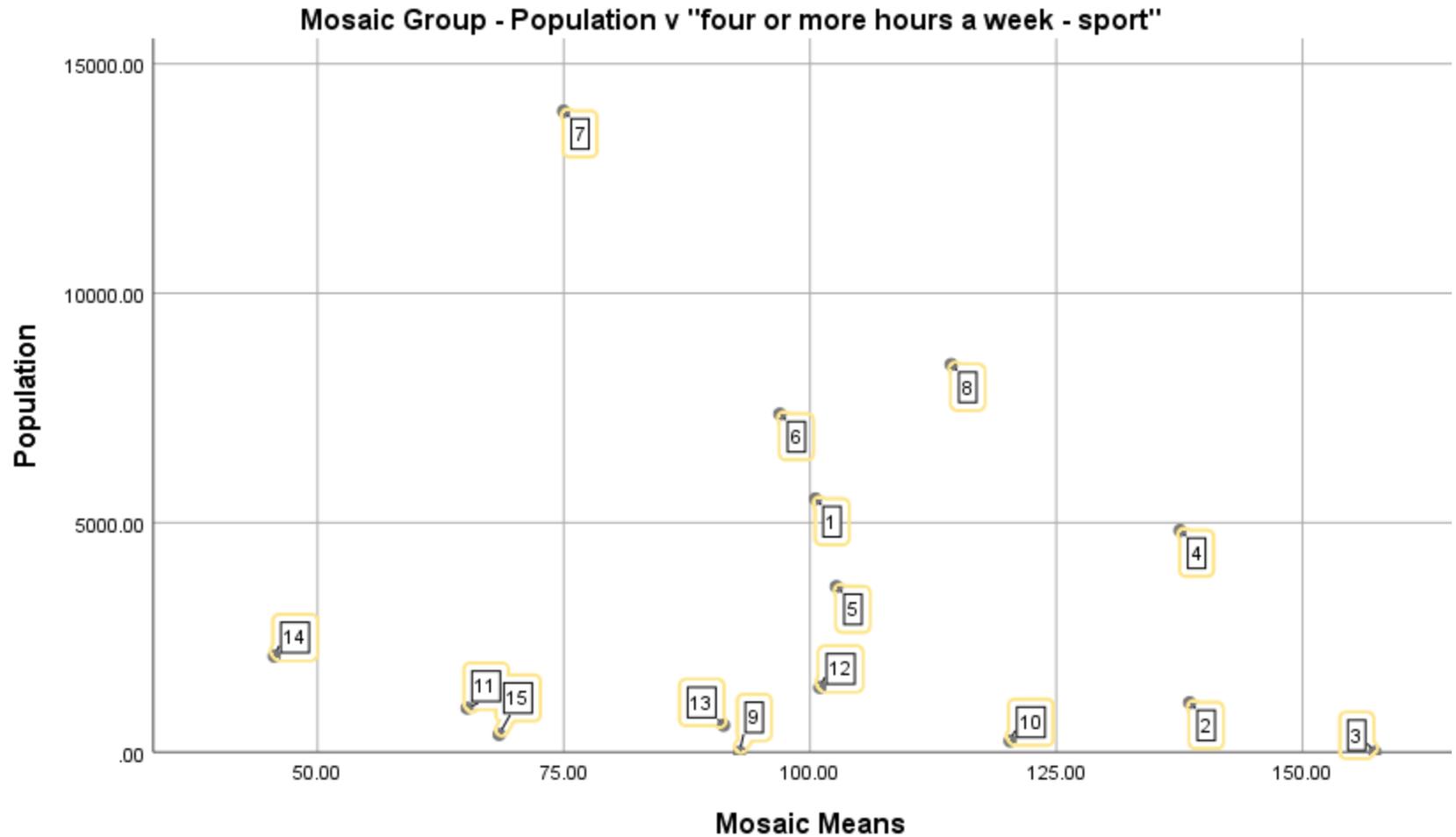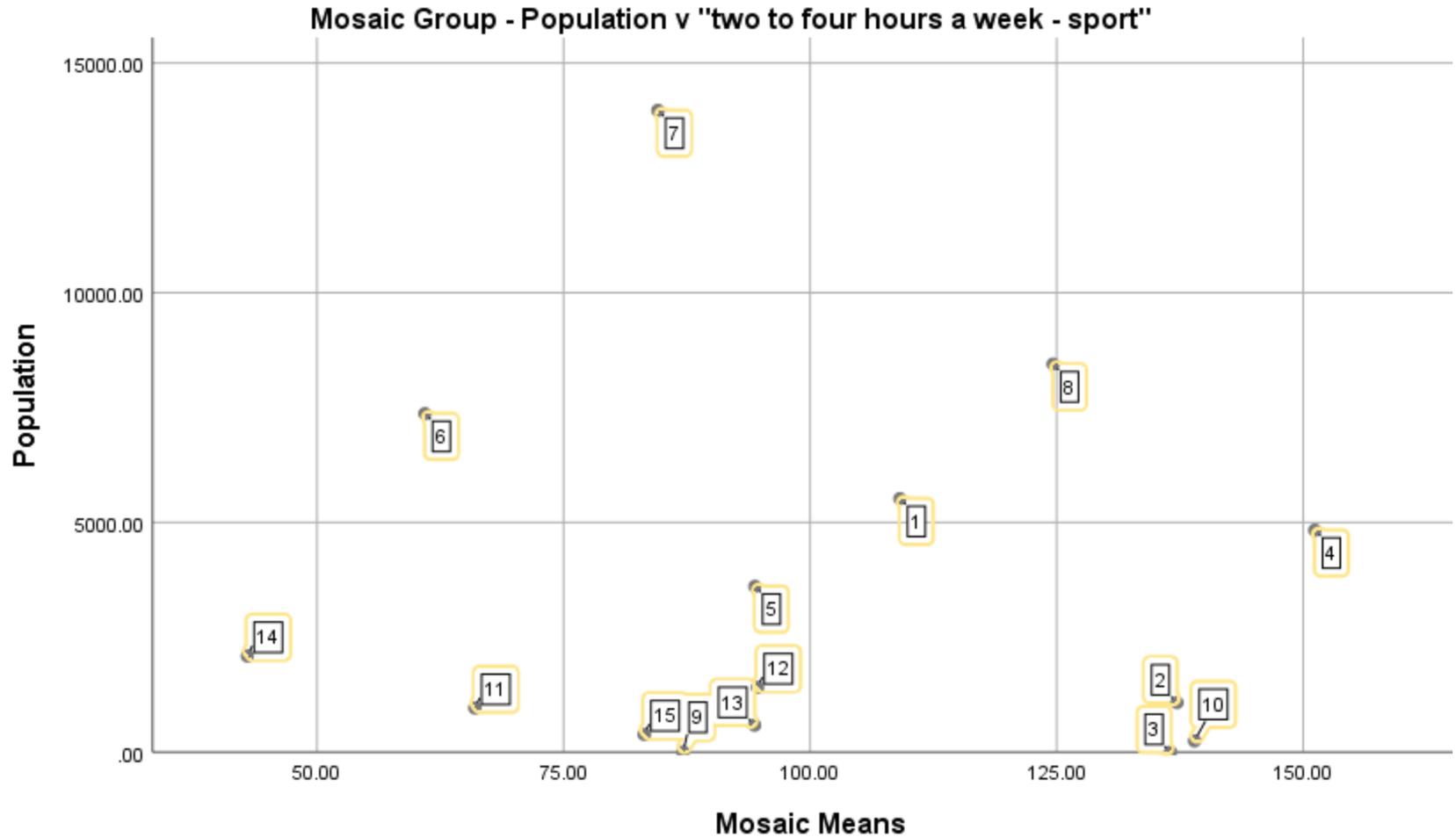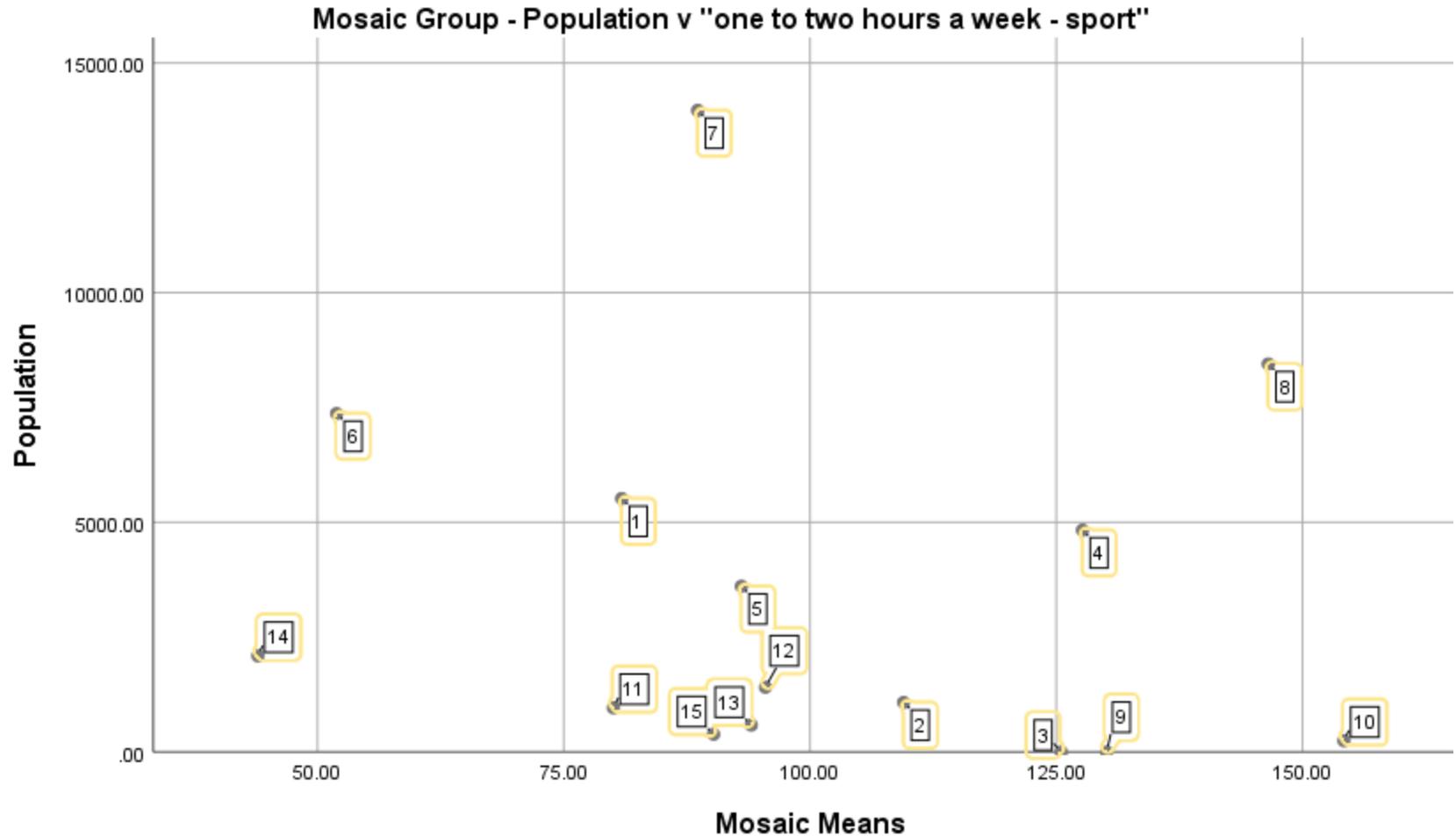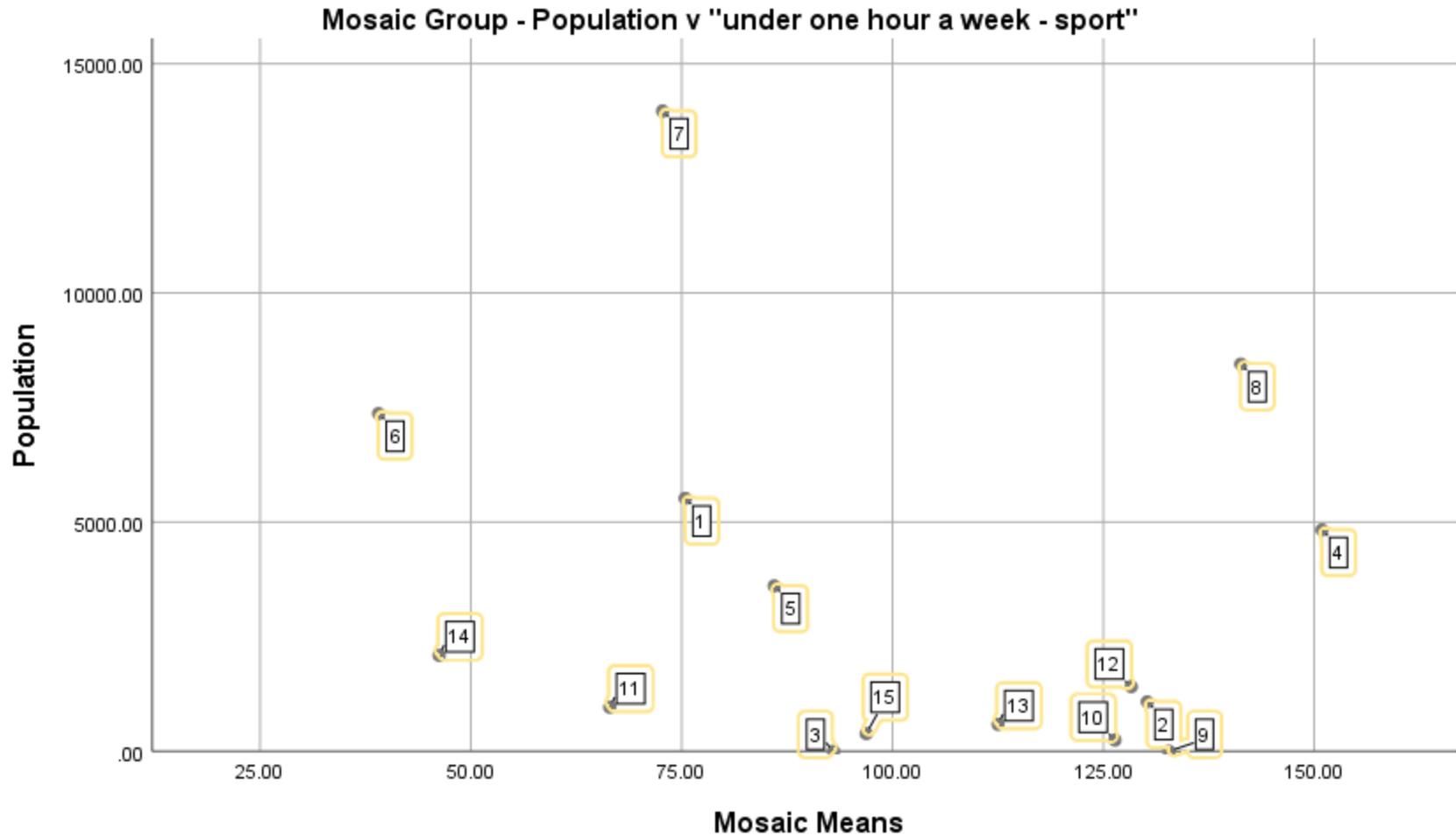| Group	Population	Do not take care of self as well as should	Should do a lot more about own health	Eat '5 a day' portions of fruit and vegetables	Did something to maintain / improve health in last year	I do a lot to keep in shape	4+ hours a week	2-4 hours a week	1-2 hours a week	<1 hour a week	Do not 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	5518	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	1078	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	4830	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	3608	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	7368	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	13968	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	8447	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	246	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	960	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	1408	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	587	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	2093	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	384	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 Group - Population v "Do not take care of self as well as should"

Mosaic Segmentation

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

Mosaic Segmentation

Mosaic Group - Population v "Eat 5 a day portions of fruit and vegetables"

Mosaic Segmentation

Mosaic Group v Population "I do a lot to keep in shape"

Mosaic Segmentation

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

Mosaic Segmentation

Mosaic Group - Population v "two to four hours a week - sport"

Mosaic Segmentation

Mosaic Group - Population v "one to two hours a week - sport"

Mosaic Segmentation

Mosaic Group - Population v "under one hour a week - sport"

Mosaic Segmentation

Mosaic Group - Population v "Do not take part in sport"

Mosaic Segmentation

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

Mosaic Segmentation

Mosaic Group - Population v "two to four hours a week - exercise"

Mosaic Segmentation

Mosaic Group - Population v "one to two hours a week - exercise"

Mosaic Segmentation

Mosaic Group - Population v "one to two hours a week - exercise"

Mosaic Segmentation

Mosaic Group - Population v "under one hour a week - exercise"

Mosaic Segmentation

Mosaic Group - Population v "Do not exercise"

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