

Derbyshire County



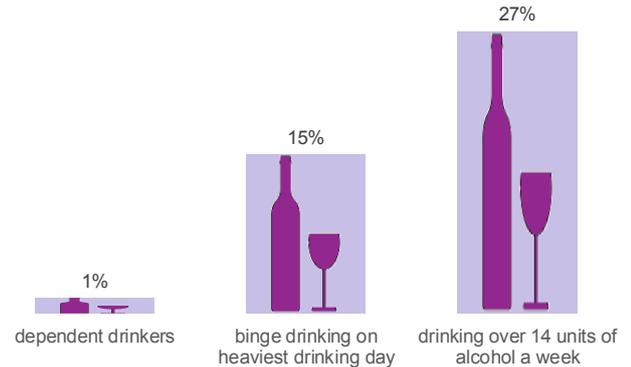
Alcohol:-

Alcohol consumption is a socially accepted and widespread behaviour in England; however, in many cases alcohol use has health and social consequences borne by individuals, their families, and the wider community.

Alcohol consumption is a contributing factor to hospital admissions and deaths from a wide range of conditions. Alcohol misuse is estimated to cost the NHS about £3.5 billion per year and society as a whole £21 billion annually.

In Derbyshire it is estimated that 27% of people drink more than the recommended limit each week and that 15% binge drink on their heaviest drinking day; 1% of adults in Derbyshire are thought to have an alcohol dependency problem. These figures are similar to those for England as a whole.

It is estimated that the equivalent of 5.2 litres of *pure* alcohol per person per year are sold through the off-trade. This is composed of 30% beer, 36% wine, 25% spirits and 10% other drinks.



Tobacco:-

Smoking is a major risk factor for many diseases, such as lung cancer, chronic obstructive pulmonary disease (COPD) and heart disease. It is also associated with cancers in other organs, including lip, mouth, throat, bladder, kidney, stomach, liver and cervix.

Smoking is a modifiable lifestyle risk factor; effective tobacco control measures can reduce the prevalence of smoking in the population.

Smoking in Pregnancy

Smoking in pregnancy has well known detrimental effects for the growth and development of the baby and health of the mother.

In Derbyshire, 14.1% of mothers are still smoking at the time of delivery - significantly more than in England.



Smoking at age 15

There is a large body of evidence showing that smoking behaviour in early adulthood affects health behaviours later in life.



In Derbyshire, 8.0% of 15 year olds identify as current smokers - 5.4% as regular and 2.7% as occasional (less than one cigarette per week) - similar to England. 25.2% say that they have tried e-cigarettes - significantly higher than for England - and 9.45 that they have tried other tobacco products - similar to England. 92.4% recognise that other people's smoking can harm the health of non-smokers.

Adult smoking

Smoking is the most important cause of preventable ill health and premature mortality in the UK.

In Derbyshire, 14.7% of adults are smokers, which is significantly lower than for England.

There is also a significantly higher percentage of ex-smokers (29.3%), but a similar proportion who have never smoked (56.0%).



Gambling:-



Gambling behaviours can create financial pressures, relationship pressures, family/household break-down etc, which can be a precursor to mental health crisis but also lower level mental ill health issues (i.e. depression and anxiety) which do not lead to crisis.

There are no estimates of gambling activity available at local authority level. However it is estimated that within the East Midlands region 68% of adults have gambled within the past year. Excluding the National Lottery draw, 45% are estimated to have gambled within the past year.



Physical Activity:-

Physical inactivity is the 4th leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health. In older adults physical activity is associated with increased functional capacities.

Adults

In Derbyshire, the percentage of adults completing 150+ minutes of moderate intensity physical exercise per week is 68.0% - significantly higher than for England (66%). The percentage completing less than 30 minutes is lower than for England, at 20.9%, compared to 22.2%.



15 year olds



Good physical activity habits established in childhood and adolescence are likely to be carried through into adulthood, while lower levels of activity are associated with obesity.

In Derbyshire, 15.7% of 15 year olds are physically active for at least one hour per day seven days a week, and 70.9% were sedentary for an average of 7 hours per day over a week. Both are similar to the England value.

▲ Percentage of adults who do any walking, at least five times per week
● Percentage of adults who do any walking, at least once per week



▲ Percentage of adults who do any cycling, at least three times per week
● Percentage of adults who do any cycling, at least once per month

Walking and cycling

Walking is the most likely way all adults can achieve the recommended levels of physical activity and walking for at least 10 minutes on at least five days a week suggests regular walking. Active travel can improve mental wellbeing in a number of areas such as concentration, the ability to make decisions and enjoy normal daily activities, and that it reduced the feeling of being constantly under strain. 80% of adults walk at least once a week, with 48% walking at least five times. 12% cycle at least once a month and 3% at least three times per week. These figures are significantly lower than for England (81%, 15% and 4%)

Outdoors

There is strong evidence to suggest that green spaces have a beneficial impact on physical and mental wellbeing and cognitive function through both physical access and usage. Woodlands provide spaces for community activities, social connectedness, volunteering as well as employment.

18.5% of adults use outdoor spaces for health and or exercise reasons, significantly more than for England (17.9%).

18.5% of Derbyshire residents have access to woodland, again significantly higher than for England (16.8%).



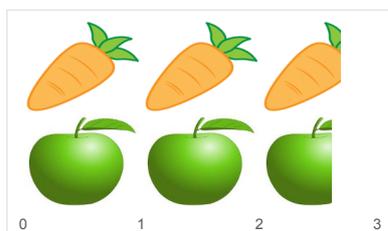
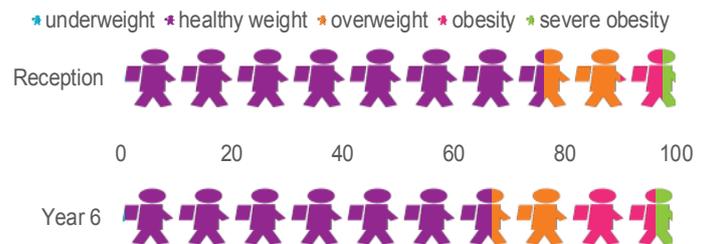
Healthy Weight:-

Excess weight in adults is recognised as a major determinant of premature mortality and avoidable ill health. The risk of obesity in adulthood and risk of future obesity-related ill health are greater as children get older. Studies tracking child obesity into adulthood have found that the probability of overweight and obese children becoming overweight or obese adults increases with age.

Adults: In Derbyshire, 63.8% of adults are overweight or obese, significantly more than in England as a whole, 61.3%.

Reception (Age 5): In Derbyshire 0.8% of pupils measured were underweight, 75.5% were a healthy weight, 13.7% are overweight, 7.7% obese and 2.3% seriously obese, meaning almost 1 in 4 children were carrying excess weight.

Year 6 (Age 11): 1% of pupils are underweight, only 66.2% were of healthy weight, 14.6% were overweight, 15% obese and 3.1% seriously obese, meaning almost a third of children were carrying excess weight. These figures are largely better than or similar to those for England as a whole.



Fruit and vegetables: Derbyshire residents consume on average 2.6 portions of fruit and 2.7 portions of vegetables per day, similar to England. 57.8% of people eat the recommended '5-a-day' on a 'usual' day, again similar to England.



Population Knowledge & Intelligence Team