

Joint Strategic Needs Assessment

Brief overview of health, well-being and risk factors in the city of Hull

One page summary (excluding references)

It is estimated that 257,710 people lived in Hull. Overall, there were 61,884 people aged 0-19 years, 45,336 aged 20-29 years, 67,929 aged 30-49 years, 44,506 aged 50-64 years, and 38,055 people aged 65+ years¹. It is estimated that 293,019 patients are registered with General Practices in Hull². Nine in ten (89.7%) of Hull residents were White British with 0.2% White Irish and 0.1% White Gypsy or Irish Traveller and 4.1% White Other (94.1% White overall), 1.3% were from Mixed Black and Minority Ethnic (BME) groups, 2.4% were Asian or Asian British (including 0.8% Chinese), 1.2% were Black or Black British, 0.4% were Arabs and 0.4% were from other BME groups³.

It is estimated that Hull's population will increase to 261,900 by 2025 (an increase of 2.5%) and to 271,000 by 2035 (an increase of 4.9%)⁴. Relatively small changes are projected to occur among residents aged under 65 years, but increases of around 20% (to 45,700) by 2025 and around 50% (to 54,800) by 2035 among those aged 65+ years.

Just over one quarter (27.7%) of adults in Hull reported having only fair or poor health⁵, and 10% of people in Hull reported that their day to day activities were limited a lot by a long-term illness or disability⁶. More people in Hull compared to England had a poor score in relation to satisfaction with their life (7.9% versus 4.8%), feeling that the things they do in their life were worthwhile (5.4% versus 3.8%) and feeling happy yesterday (13.9% versus 9.0%), and had a high score in relation to feeling anxious yesterday (21.4% versus 19.4%)⁷, although these percentages were even higher in the local survey at 11.2%, 9.2%, 14.0% and 27.3% respectively⁸.

Life expectancy at birth in Hull is 76.6 years for men and 80.5 years for women (79.5 years for men and 83.2 years for women for England)⁹.

Hull is ranked as the third most deprived local authority out of 326, with 17 of Hull's 23 wards amongst the most deprived 20% nationally (fifth)¹⁰.

The prevalence of smoking among adults at 30.7% in Hull¹¹ is among the highest of all local authorities¹². One in ten (10.1%) 4-5 year olds and 22.3% of 10-11 year olds in Hull were obese with a further 14.5% and 13.6% respectively overweight¹³. Almost two-thirds of adults in Hull are overweight (37.1%) or obese (26.5%)¹⁴. A similar percentage of adults in Hull were physically active compared to England (57.4% versus 57.0%) but a higher percentage of adults in Hull were physically inactive (31.6% versus 27.7%)¹⁵. Fewer than one in five (19.2%) people in Hull ate five or more portions of fruit and vegetables per day¹⁶. Whilst 24% adults never drink alcohol in Hull, 30% had exceeded the national weekly alcohol limits the week before and/or usually undertook binge drinking weekly¹⁷. It is estimated that there are 3,229 problematic drug users in Hull (18.4 per 1,000 population aged 15-64 years)¹⁸. Other factors such as poor educational attainment, high unemployment and benefit claimant rates, lack of employment opportunities, low incomes, high levels of personal debt, crime levels, and potentially low levels of resilience and motivation all impact on the health of Hull's population.

Further more detailed information is available at www.hullpublichealth.org

Data sources and notes for one page summary

¹ Office for National Statistics, mid-year resident population estimates 2014.

² GP registration file, January 2016.

³ Census, 2011.

⁴ Office for National Statistics, population projections (2012-based).

⁵ National and local estimates of wellbeing are available from the Public Health Outcomes Framework, but additionally the local adult Prevalence Survey (mini Health and Lifestyle Survey) conducted during 2014 included these wellbeing questions. The four questions were on a scale of 0 to 10 with 0 denoting low levels of the measure and 10 denoting high levels of the measure. A poor score for satisfaction with life, feeling their life was worthwhile and happiness was defined as having a score 0-4, whereas a poor score for the anxiety measure was defined as having a score of 6-10.

⁶ Census, 2011.

⁷ Public Health Outcomes Framework dataset, February 2016.

⁸ Local adult Prevalence Survey (mini Health and Lifestyle Survey) 2014.

⁹ Information Centre, 2012-2014.

¹⁰ Index of Multiple Deprivation, 2015.

¹¹ Local adult Prevalence Survey (mini Health and Lifestyle Survey) conducted during 2014.

¹² Public Health Outcomes Framework dataset, February 2016.

¹³ National Child Measurement Programme, 2014/15 school year.

¹⁴ Local adult Prevalence Survey (mini Health and Lifestyle Survey) conducted during 2014.

¹⁵ Active People Survey 2014. Physically active (fulfilling national physical activity guidelines) means undertaking 2.5 hours of moderate physical activity weekly, and physically inactive means undertaking fewer than 30 minutes of moderate physical activity weekly.

¹⁶ Local adult Prevalence Survey (mini Health and Lifestyle Survey) conducted during 2014.

¹⁷ Local adult Prevalence Survey (mini Health and Lifestyle Survey) conducted during 2014. It is recommended the men and women (2016 guidelines) do not drink in excess of 14 units of alcohol during the week. It is further recommended that men and women do not drink more than 3-4 units and 2-3 units respectively in a single day. Regular binge drinking is defined in the local survey as usually drinking more than double the daily limits at least once a week (≥ 8 units for men and ≥ 6 units for women).

¹⁸ Estimates from National Treatment Agency for Substance Misuse (April 2011 to March 2012).