West Sussex Joint Strategic Needs Assessment

Public Health Data Profile 2024/25
Arun

west sussex county council | JSNA
Public Health & Social Research Unit

Profile background, purpose & context

What causes ill health and premature mortality in West Sussex?

Population Demographics

Life stages Outcomes

Links - Priorities, programmes and contacts

Background, purpose & context

- This is a data profile of the health and wellbeing of the population of West Sussex.
- It forms part of the West Sussex Joint Strategic Needs Assessment
- It also details the causes of premature mortality and ill health using information from the Global Burden of Disease study and sets out some of the key challenges and priorities arising from the information available.
- This is a summary profile. It includes information from a range of sources, but as a summary it does not include all issues, or health conditions. It brings together data in the public domain, we have focused on quantitative data that can be benchmarked).
- Profiles have been drafted for West Sussex overall and for the District and Borough areas, not all data are available at all levels

- Given the frequency of data released and refreshed, it is a live document, meaning the information will be updated and reviewed. This version was produced in September 2024 by the West Sussex Public Health and Social Research Unit

What causes ill health and premature mortality in West Sussex?

Using the **Global Burden of Disease Study**

The Global Burden of Disease (GBD) study aims to explore both the burden of mortality and morbidity on the population. While mortality statistics are regularly published by national and local bodies (e.g. the Office for National Statistics) the scale of morbidity often goes unreported. The project brings together data on premature death and disability for many diseases and injuries worldwide. This allows for meaningful comparisons to be made between countries and can be explored from 1990 to the present. Within the UK, county level analyses were made available for the first time in 2016. Information in this profile relates to the 2021 study.

Four measures are used to describe the burden of disease.

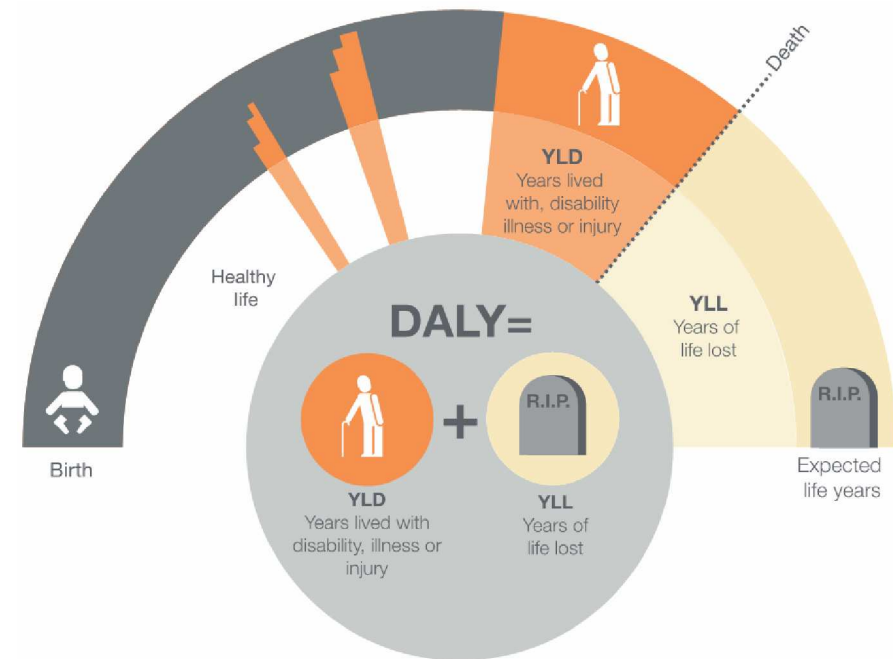### Deaths

Years of Life Lost (YLL)
YLL is a measure of premature mortality within a group of people. YLLs are calculated by starting with the life expectancy of a given age group in a given year, then subtracting the age at which a person in that age group dies. Greater emphasis is placed on deaths of younger people.

Years Lived With Disability (YLD)
YLD is a measure of the amount of time lived with a disability. This is calculated by multiplying the severity of a disability by its duration. Severe, short-term illness can therefore have the same number of YLDs as a chronic but mild health condition.

Disability-adjusted life years (DALY)
DALY is a measure of overall disease burden. This aims to quantify premature mortality (YLL) and years lived in less than full health (YLD) to produce a metric of years lost due to ill-health, disability or premature death. Ranking the causes of DALYs in a population helps to identify health problems that have the biggest negative impact on society.

The Top Tens - West Sussex

Rank	Deaths	Years of Life Lost (YLLs)	Years Lived with a Disability (YLDs)	Disability-adjusted life years lost (DALYs)
1	Neoplasms (2,892)	Neoplasms (50,765)	Musculoskeletal disorders (27,454)	Neoplasms (53,800)
2	Cardiovascular diseases (2,427)	Cardiovascular diseases (33,791)	Mental disorders (21,766)	Cardiovascular diseases (38,756)
3	Respiratory infections and tuberculosis (1,866)	Respiratory infections and tuberculosis (24,871)	Neurological disorders (11,032)	Musculoskeletal disorders (28,297)
4	Neurological disorders (909)	Neurological disorders (11,846)	Other non-communicable diseases (9,819)	Respiratory infections and tuberculosis (26,648)
5	Chronic respiratory diseases (670)	Chronic respiratory diseases (9,660)	Sense organ diseases (9,145)	Neurological disorders (22,878)
6	Digestive diseases (451)	Digestive diseases (7,855)	Diabetes and kidney diseases (8,398)	Mental disorders (21,772)
7	Diabetes and kidney diseases (216)	Other non-communicable diseases (3,226)	Unintentional injuries (7,954)	Chronic respiratory diseases (15,602)
8	Unintentional injuries (186)	Self-harm and interpersonal violence (3,172)	Chronic respiratory diseases (5,942)	Other non-communicable diseases (13,045)
9	Other non-communicable diseases (165)	Diabetes and kidney diseases (2,905)	Cardiovascular diseases (4,964)	Diabetes and kidney diseases (11,303)
10	Self-harm and interpersonal violence (79)	Unintentional injuries (2,874)	Skin and subcutaneous diseases (4,789)	Unintentional injuries (10,828)

Source: Global Burden of Disease 2021, University of Washington 2024

west sussex county council | JSNA
Public Health & Social Research Unit

Risk Factors...What Drives Ill Health & Mortality?

A risk factor is defined as an attribute, behaviour, or exposure, causally associated with an increased (or decreased) probability of a disease or injury. Risk factors can overlap. Some risk factors are modifiable at the level of the individual (e.g. smoking, dietary intake). Others are modifiable at wider environmental levels (e.g. air pollution). We don't know all risk factors, but we need to use the best available evidence to inform actions.

If we want to improve population health we need to understand what the risk factors are for the West Sussex population and whether, and how, we can modify them.

Rank	WEST SUSSEX	SOUTH EAST
1	Tobacco	Tobacco
2	High body-mass index	High body-mass index
3	Dietary risks	Dietary risks
4	High fasting plasma glucose	High fasting plasma glucose
5	High systolic blood pressure	High systolic blood pressure
6	Alcohol use	Alcohol use
7	Occupational risks	Occupational risks
8	High LDL cholesterol	High LDL cholesterol
9	Kidney dysfunction	Kidney dysfunction
10	Air pollution	Drug use

west sussex county council JSNA
Public Health & Social Research Unit

Summary

To improve life expectancy and extend healthy life expectancy, to reduce health inequalities, reduce health care demand and sustain economic activity rates in the future....

For Life Expectancy, Health Life Expectancy, Inequalities in LE and HLE
- Tackle major behavioural risks – tobacco, diet, exercise, alcohol
- Diabetes is a rising concern
- CVD Reduction – including controlling blood pressure key and has considerable population impact
- Cancer major cause ill health, importance of behaviours and screening,

For Healthy Life Expectancy, Inequalities in HLE tackle
- MSK – (and pain management)
- Mental Health
- Sensory impairment

Research also identifies specific groups who have far lower life and healthy life expectancies (such as people with learning disability, people with mental health problems, people who are homeless or have insecure housing).

This does not include the causes of the causes – wider determinants of health (education, employment, housing, social capital etc).

Arun - **Population**
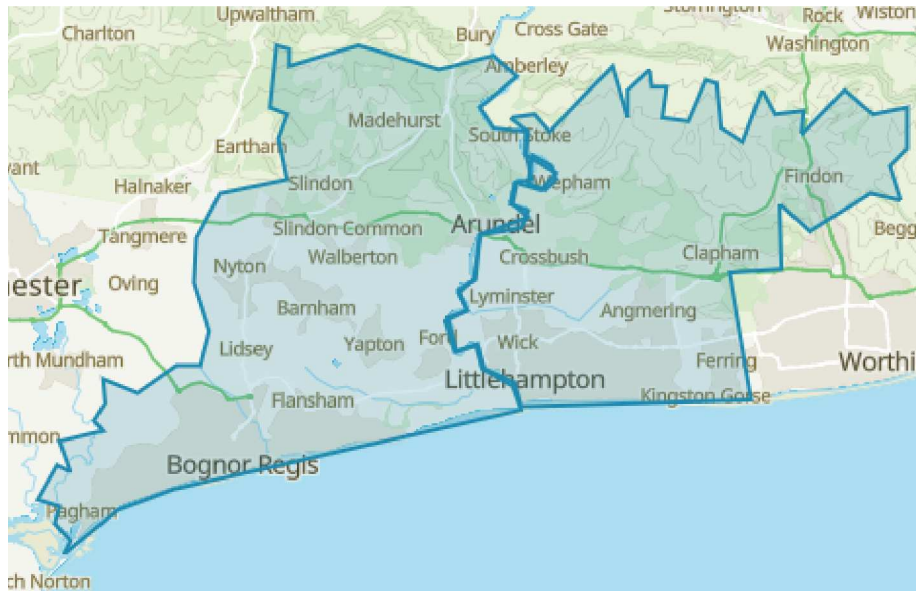
Population (2023)
168,000

Change from 2013

⬆ **9.1% overall**

⬆ 5.8% under 15 years

⬆ 7.4% 16-64 years

⬆ 14.7% 65 years or over

Births (2023)
1,230

Fertility rate of 1.39

Deaths (2023)
2,318

of which 578 deaths of people aged under 75

Population Age Structure (2023)

% of Population in Different Age Groups

	0-15 years	16-64 years	65 years or over
Arun	15.2	56	28.8
England	18.5	62.9	18.7
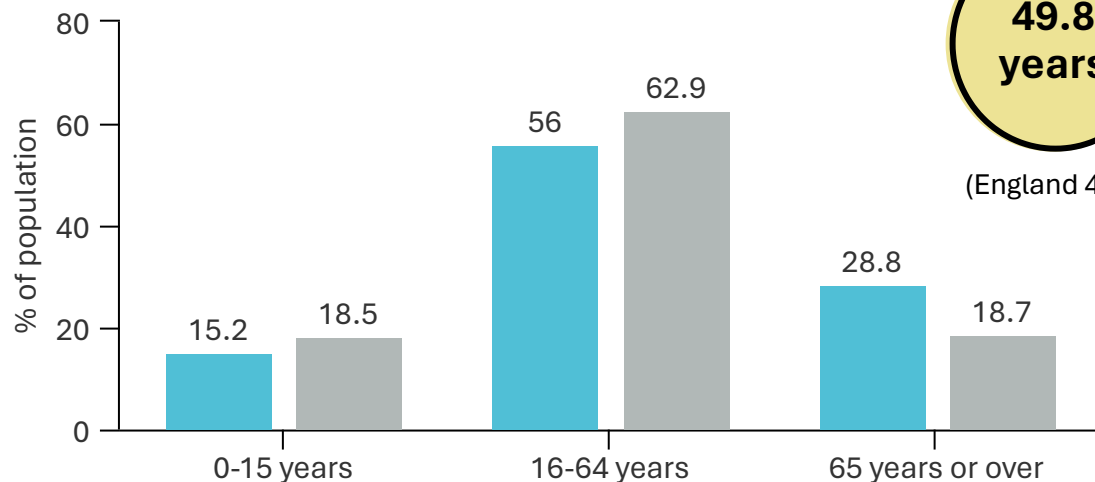
● **Arun** ● England

Median Age

49.8 years

(England 40.4)

Households (Census 2021)

72,650

households with at least one resident in West Sussex

- **22,750** people live alone including including 13,330 people aged 66 years or over
- **3,880** lone parent households (with dependent children)

3,460

people live in communal establishments

Arun - **Protected Characteristics***

Age

Arun has a far older age profile compared with England. In Arun there are over 48,400 people aged 65 years or over (over 7,400 people aged 85+) 25,600 aged under 16 years.

Disability

Arun (England)
- **Disabled** under the Equality Act **19.7%** (17.3%)
- **Not disabled** under the Equality Act **80.3%** (82.7%)

Ethnicity

Arun (England)
- **Asian, Asian British or Asian Welsh 1.6%** (9.6%)
- **Black, Black British, Black Welsh, Caribbean or African 0.5%** (4.2%)
- **Mixed or Multiple ethnic groups 1.5%** (3.0%)
- **White 95.8%** (81.0%)
- **Other ethnic group 0.6%** (2.2%)

Other Groups

Carers

14,560 people provide unpaid care, 4,540 for 50+ hours a week, and 335 aged under 18 years

English - 2nd Language

Of the **9,470 who have English as a second language,** 3,540 do not speak it well, and 3,685 do not speak it at all

Children Looked After

As at March 31 2023 there were **887 children looked after** in West Sussex, of these **88 were unaccompanied asylum-seeking children** (Data for West Sussex overall)
Source: DfE

Veterans

5,930 people stated on the 2021 Census that they had previously serviced in the armed forces.

Gender Reassignment

Arun
- **Same as sex registered at birth** - 131,448
- **Different from sex registered - no specific identity given** - 250
- **Trans woman** - 87
- **Trans man** - 92
- **Non-binary** - 54
- **All other gender identities** - 32
- **Not answered** - 7,594

Marriage/Civil Partnership

Arun (England)
- **Never married / civil partnership 30.6%** (37.9%)
- **Married / civil partnership 47.5%** (44.7%)
- **Separated 2.2%** (2.2%)
- **Divorced / civil partnership dissolved 11.3%** (9.1%)
- **Widowed / surviving civil partnership partner 8.4%** (6.1%)

Pregnancy and maternity

Arun (2021)
- **Births** - 1,375
- **U18 Conceptions** - 24

Religion

Arun (England)
- **No religion 39.9%** (36.7%)
- **Christian 52.1%** (46.3%)
- **Buddhist 0.3%** (0.5%)
- **Hindu 0.2%** (1.8%)
- **Jewish 0.2%** (0.5%)
- **Muslim 0.7%** (6.7%)
- **Sikh 0.0%** (0.9%)
- **Other religion 0.5%** (0.6%)
- **Not answered 6.0% (6.0%)**

Sex

Arun (England)
- **Female 51.8% (51.0%)**
- **Male 48.2% (49.0%)**

Arun has an older age structure. As women, on average, live longer a greater proportion of the population is female, and this increases in older age groups.

Sexual Orientation

Arun (England) - % of 16+
- **Straight/Heterosexual 90.3%** (89.4%)
- **Gay or Lesbian 1.4%** (1.5%)
- **Bisexual 1.0%** (1.3%)
- **All other sexual orientations 0.2%** (0.3%)
- **Not answered 7.1%** (7.5%)

*The Equality Act 2010 consolidated and replaced previous legislation in a Single Act. There are nine protected characteristics; it is against the law to discriminate against someone because of a protected characteristic.

Data source Census 2021 unless stated

Deprivation

Index of Deprivation 2019

The ID2019 measures relative deprivation, i.e. how deprived one area is compared with another; it doesn't measure absolute deprivation, i.e. how deprived an area is compared with how deprived it was a year ago.

In 2019, West Sussex was ranked as the 129th least deprived upper tier local authority (out of 151) in England, this puts it in the least deprived 20% of the country overall.

Of the West Sussex Districts and Boroughs, Crawley ranks as the most deprived (overall) in West Sussex, followed by Arun, Adur and Worthing. Mid Sussex remains the least deprived area in West Sussex.
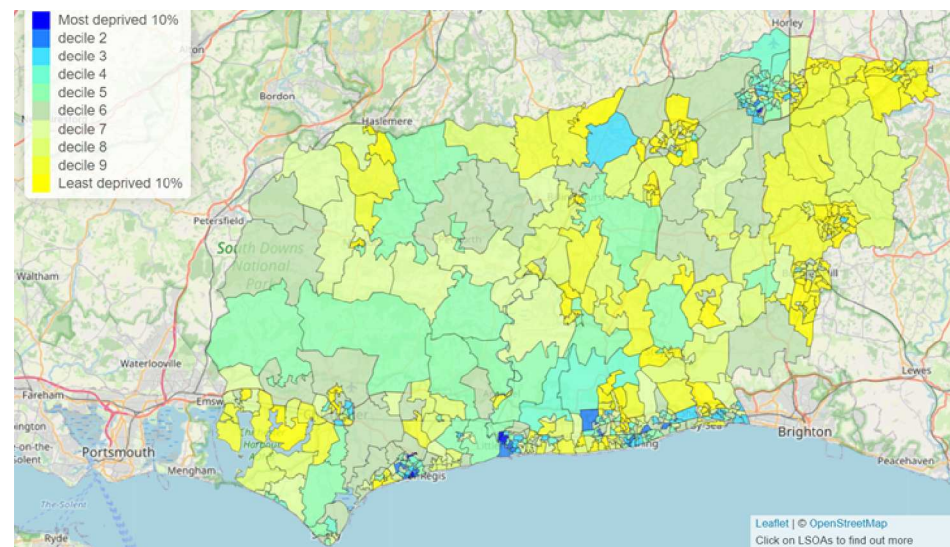
District Deprivation Profiling
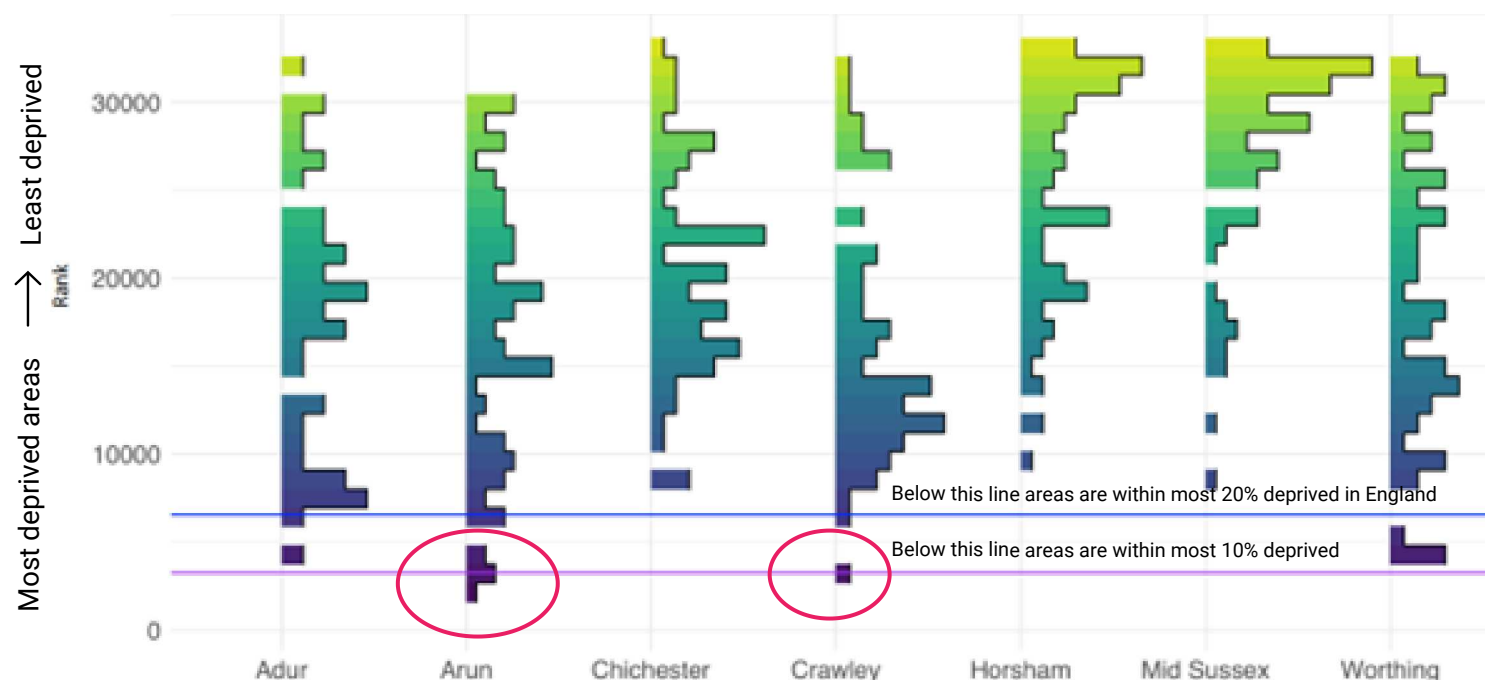
The histogram profiles each lower tier local authority. This helps understand the depth and spread of deprivation in each D&B.

Each small area within a local authority is ranked, the lower the rank the more deprived.

In West Sussex, Worthing has fairly even spread. Horsham and Mid Sussex.

In Arun and in Crawley there are some areas within the most 10% deprived neighbourhoods in England (circled red).

Source: WSCC PHSRU, Local analysis of DCLG Data

Arun - **Poverty**

4,085 children under 16 live in low income households (16.0%, 2022/23)

3,445 people of working age on out of work benefits (3.7% of 16-64 year old population) (Sept 2024)

3,835 older people in receipt of Pension Credit (Feb 2024)

1,885 people are in receipt of Carer's Allowance (Feb 2024)

Over 6,025 households on pre-payment electricity meters (in 2017)

7,400 households (9.9% of households) in fuel poverty (2022)

849 households owed a duty under the Homelessness Reduction Act (2022/23)

168 households in temporary accommodation (2022/23)

1,012 households have no central heating (Census 2021)

£350,000 Median house price (year ending Sept 2023)

£1,053 Average monthly private sector rent for a 2 bedroom property (2022/23)

Sources:
- OHID Fingertips (child poverty, homelessness, fuel poverty)
- DWP Statexplore (Pension Credit, Carers Allowance)
- Department for Business, Energy & Industrial Strategy (Prepayment Meters)
- Census 2021 (Central heating)
- Nomisweb (working age long term sick)
- Land Registry (House Prices)
- LGA (Private Rental data)

west sussex county council | JSNA
Public Health & Social Research Unit

WEST SUSSEX PUBLIC HEALTH OUTCOMES (Data as of September 2024)

ARUN

Note: At Lower Tier Authority Level some outcomes are based on small numbers / sample sizes.

Some issues affect people of all ages, outcomes have been placed in the life stage where the impact may be greatest.

Data are shown for Adur and are compared with ENGLAND. For some measures (e.g. violent crime) difference may relate to recording/reporting so are not RAG rated

Better | **No diff.** | **Worse** | **Not applic.**

Pre-Birth to Early Years

Infant Mortality
2.8 per 1,000 births
Rate of deaths in infants aged under 1 year per 1,000 live births (2020-2022, Eng = 3.9 per 1,000)

26 (2.2%)
babies born in 2022 had a LOW BIRTHWEIGHT (< 2500g) (2022, Eng = 2.9%)

6.0%
mothers SMOKING at the time of delivery (2023/24, Eng = 7.4%)
Note: This is West Sussex level data

16.0%
of children under 16 live in LOW INCOME households (2022/23 Eng = 19.8%)

ABC
67.1%
of children assessed as having a GOOD LEVEL OF DEVELOPMENT at the end of reception (2022/23 Eng = 67.2%).

School Years

23.2%
of reception aged pupils (4/5 years) measured as overweight (including obese) (2023/24, Eng = 22.1%)

37.3%
of Year 6 pupils (10/11 years) measured as overweight (including obese) (2023/24 Eng = 35.8%)

KS2
36.9%
pupils known to be eligible for Free School Meals attaining the expected levels at KEY STAGE 2 for Reading, Writing and Maths (2022/23, Eng = 43.6%)

Suicide Rate
11.8 per 100,000
49 suicides (2021-2023, England rate = 10.7 per 100,000)

Temp
2.2 per 1,00 households
Homelessness: 168 households in temporary accommodation (2022/23, England rate = 4.2)

11.3 per 1,00 households
Homelessness: 849 households owed a duty under the Homelessness Reduction Act (2022/23, England rate = 12.4)

Census 2021 Poor Health
2.7% (1,545 people)
of people aged 16-49 years who said their health was bad or very bad on Census 2021(Eng = 2.8%)

4.9% (515)
Young people (aged 18-24 year olds) on out-of-work benefits (GB = 5.2%, South East = 4.0% Data as of July 2024)

Early Working Life

42.0
Key Stage 4 - average ATTAINMENT 8 score per pupil (2022/23, England average score = 46.4)

10.7 per 1,000
24 young women under 18 became pregnant in 2021 (England rate = 13.1).

Emergency Admissions Self-harm
172.1 per 100,000
Emergency Hospital Admissions (255 admissions) for Intentional Self-Harm (2022/23, Eng = 126.3)

96.5 per 10,000
Hospital admissions (230 admissions) - unintentional and deliberate injuries in children (aged 0 to 14 years) (2022/23, Eng = 75.3

26.4 per 1,000
Violence against the person (recorded crime data) rate per 1,000 population - 4,356 offences (2022/23, Eng rate = 34.4)

432 per 100,000
Admission episodes for alcohol related admissions (narrow definition) - 787 admissions (2022/23, England rate = 475)

68.6%
Physically active adults - at least 150 minutes of physical activity per week (2022/23, Eng = 67.1%)

19.6%
Physically inactive adults - less than 30 "equivalent" mins least moderate physical activity per week (2022/23, Eng = 22.6%)

Mid working life to retirement

11.7%
Adult smoking prevalence (2022, England rate = 12.7%)

63.8%
Excess weight in adults (2022/23, England = 64.0%)

69.9%%
BREAST SCREENING % of eligible women screened within the previous 3 years (2023, England = 66.2%)

75.6%
% of people eligible for BOWEL SCREENING who were screened (2023, England = 72.0%)

68.0%
CERVICAL SCREENING - % of Cancer screening coverage - women aged 25 to 49 years old (2023, Eng = 65.8%)

RIP Male
79.2 years
MALE life expectancy (2020-2022, Eng = 79.8 yrs)

RIP Female
83.8 years
FEMALE life expectancy (2020-2022, Eng = 82.8 yrs)

Male
10.4 years
Inequality in life expectancy at birth (Slope Index of Inequality) (2018-2020, Eng = 9.7 yrs)

Female
8.3 years
Inequality in life expectancy at birth (Slope Index of Inequality) (2018-2020, Eng = 7.9 yrs)

524 per 100,000
HIP FRACTURES in those aged 65+ , 280 admissions (2022/23, England rate = 558)

9.9%
households experience fuel poverty (low income, low energy efficiency methodology, (2022, England = 13.1%))

Census 2021 Poor Health
10.7% (4,995 people)
of people aged 65+ years who said their health was bad or very bad on Census 2021(Eng = 12.6%)

Retirement to older age

131.1 per 100,000
U75 mortality from ALL CANCERS in (2023, Eng rate = 120.8)

57.1 per 100,000
U75 mortality all CARDIOVASCULAR DISEASES (incl heart disease & stroke) (2023, Eng rate = 77.4)

Census 2021 Poor Health
6.7% (2,295 people)
of people aged 50-64 years who said their health was bad or very bad on Census 2021(Eng = 7.9%)

LCN Priorities (date)

Horsham LCN

Crawley LCN

Chichester LCN

Mid Sussex LCN

Local Community Networks

Local Community Networks (LCNs) provide a forum to bring Local Government, Health, Voluntary and Community Sector (VCS) and Communities themselves to work together differently to tackle health inequalities, improve impact and outcomes utilising local knowledge, insight, and expertise. In West Sussex LCN area align with local authority boundaries

Contacts (as at September 2024)

Adur and Worthing

Arun

Chichester

Crawley

Horsham

Mid Sussex

County wide
Liz Carter, Senior Partnerships Manager, NHS Sussex
liz.carter12@nhs.net

Arun LCN

Adur & Worthing LCN

TO BE COMPLETED

Map reproduced from Shape Atlas (NHS)