

Exeter City Council



District Public Health Plan 2014-15

The Exeter City health plan is a mechanism for monitoring and prioritising health and wellbeing issues across Exeter City.

Public Health Annual Report 2013-14 Executive Summary

The priorities for improving the health and wellbeing of the Devon population are:

1. Continuing to reduce health inequality across Devon, ensuring that the needs of our most vulnerable or unhealthy populations are being met.
2. Improving levels of physical activity and the proportion of people at a healthy weight.
3. Reducing excessive, harmful alcohol consumption.
4. Reducing the proportion of people in Devon who still smoke, particularly pregnant women, and preventing young people from starting smoking.
5. Ensuring all children have the best possible start in life.
6. Improving mental health and emotional wellbeing, particularly in children and young people.
7. Working to prevent domestic and sexual violence and abuse.
8. Detecting and preventing the onset of chronic (long term) health conditions.
9. Increasing the early detection and treatment of cancer.
10. Increasing social connectivity in communities to reduce social isolation and loneliness, and increasing the opportunities we have to improve our own health and wellbeing.

Exeter City Priorities


























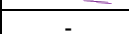

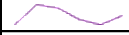




























The focus for improving the health and wellbeing of the Exeter City population as laid out in the [Exeter Joint Health and Wellbeing Strategy](#):

- Priority One - Increasing Physical Activity
- Priority Two - Reducing Alcohol misuse
- Priority Three - Reducing Falls and Cold Homes
- Priority Four - Health of the Most Disadvantaged

Indicators from National Public Health Outcomes Report

EXETER PUBLIC HEALTH OUTCOMES REPORT

Indicator List (follow links for detailed indicator reports)

RAG	Indicator	Value	England	Trend	Ex/Dev/Eng
G	0.01 Life Expectancy Male	79.4	78.9		
G	0.01 Life Expectancy Female	83.5	82.9		
G	0.02 Gap in Life Expectancy Male	4.1	9.2		
G	0.02 Gap in Life Expectancy Female	4.1	6.8		
A	1.01 Children in Poverty	16.2%	20.6%		
G	1.10 Killed or Seriously Injured on Roads	26.5	39.7		
A	1.11 Domestic Violence	17.9	18.8		
A	1.17 Fuel Poverty	10.7%	10.4%		
A	1.18 Social Contentedness	45.5%	44.2%		
G	2.03 Smoking at Time of Delivery	8.0%	12.7%	-	
A	2.04 Under 18 Conception Rate	32.7	27.7		
A	2.06 Excess Weight in Four / Five Year Olds	26.2%	22.2%		
A	2.06 Excess Weight in 10 / 11 Year Olds	31.8%	33.3%		
G	2.07 Hospital Admissions for Injury, 0 to 14	101.9	103.8		
-	2.08 Emotional difficulties in looked after children	-	-	-	-
-	2.09 Smoking at Age 15	-	-	-	-
R	2.10 Hospital Admissions Self-Harm, 10 to 24	472.7	346.3		
-	2.11 Diet	-	-	-	-
G	2.12 Excess Weight Adults	52.8%	63.8%	-	
G	2.13 Proportion of Physically Active Adults	56.1%	55.6%		
G	2.14 Adult Smoking Prevalence	12.4%	19.5%		
-	2.15 Drug Treatment Completion, Opiates	-	-	-	-
-	2.15 Drug Treatment Completion, Non-Opiates	-	-	-	-
A	2.18 Alcohol-Related Admissions	722.4	633.8		
G	2.19 Cancer Diagnosed at Stage 1 or 2	45.4%	41.6%	-	
A	2.22 Percentage Offered an NHS Health Check	21.3%	23.3%		
R	2.22 Percentage Receiving an NHS Health Check	6.0%	11.2%		
-	2.23 Self-Reported Wellbeing (% low happiness)	-	-	-	-
G	2.24 Injuries Due to Falls	1804.7	2011.0		
G	3.02 Chlamydia Diagnosis Rate	3502.9	2015.6		
G	3.03 Population Vaccination (MMR Aged 5)	91.2%	88.4%		
A	4.03 Mortality Rate from Preventable Causes	182.1	187.8		
G	4.04 Under 75 Mortality Rate Circulatory Disease	65.9	81.1		
A	4.05 Under 75 Mortality Rate All Cancers	150.4	146.5		
A	4.10 Suicide Rate	9.3	8.5		
-	4.12 Preventable Sight Loss (Registrations)	-	-	-	-
-	4.13 Health-Related Quality of Life	-	-	-	-
R	4.16 Dementia Diagnosis Rate	39.5%	48.1%		

RAG Ratings

R	RED: Major cause for concern locally, benchmarking poor / off-target
A	AMBER: Possible cause for concern locally, benchmarking average / target at risk
G	GREEN: No major cause for concern in locally, benchmarking good / on-target






















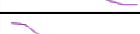



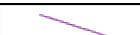

















Indicator Types (Devon): Core = core measure significant impact/cost, Improve = poor outcomes or trend

www.devonhealthandwellbeing.org.uk/jsna/performance/phof/devon-reports

Indicators from Local Health and Wellbeing Outcomes Report

EXETER HEALTH AND WELLBEING OUTCOMES REPORT

Indicator List (follow links for detailed indicator reports)

RAG	Indicator	Value	England	Trend	Ex/Dev/Eng
Priority 1: A Focus on Families					
A	Children in Poverty	16.2%	20.6%		
G	Early Years Foundation Score (social/emotional)	63.1%	52.0%		
G	Smoking at Time of Delivery	8.0%	12.7%	-	
A	Teenage Conception Rate	32.7	27.7		
-	Child/Adolescent Mental Health Access Measure	-	-	-	-
R	Hospital Admissions for Self-Harm, Aged 10 to 24	472.7	346.3		
Priority 2: Healthy Lifestyle Choices					
G	Proportion of Physically Active Adults	56.1%	55.6%		
A	Excess Weight in Four / Five Year Olds	26.2%	22.2%		
A	Excess Weight in 10 / 11 Year Olds	31.8%	33.3%		
A	Alcohol-Related Admissions	722.4	633.8		
G	Adult Smoking Prevalence	12.4%	19.5%		
G	Under 75 Mortality Rate - Circulatory Diseases	65.9	81.1		
A	Under 75 Mortality Rate - All Cancers	150.4	146.5		
Priority 3: Good Health and Wellbeing in Older Age					
-	Incidence of Clostridium Difficile	-	-	-	-
G	Injuries Due to Falls	1804.7	2011.0		
R	Dementia Diagnosis Rate	39.5%	48.1%		
G	Feel Supported to Manage Own Condition	66.1%	63.9%		
G	Re-ablement Services (Effectiveness)	96.9%	81.9%		
-	Re-ablement Services (Coverage)	-	-	-	-
A	Readmissions to Hospital Within 30 Days	11.7	11.8		
Priority 4: Strong and Supportive Communities					
A	Suicide Rate	9.3	8.5		
G	Male Life Expectancy Gap	4.1	9.2		
G	Female Life Expectancy Gap	4.1	6.8		
-	Self-Reported Wellbeing (low happiness score %)	-	-	-	-
A	Social Contentedness	45.5%	44.2%		
-	Carer Reported Quality of Life	-	-	-	-
A	Stable/Appropriate Accommodation (Learn. Dis.)	79.3%	73.3%		
-	Stable/Appropriate Accommodation (Mental Hlth)	-	-	-	-

RAG Ratings

R	RED: Major cause for concern locally, benchmarking poor / off-target
A	AMBER: Possible cause for concern locally, benchmarking average / target at risk
G	GREEN: No major cause for concern in locally, benchmarking good / on-target

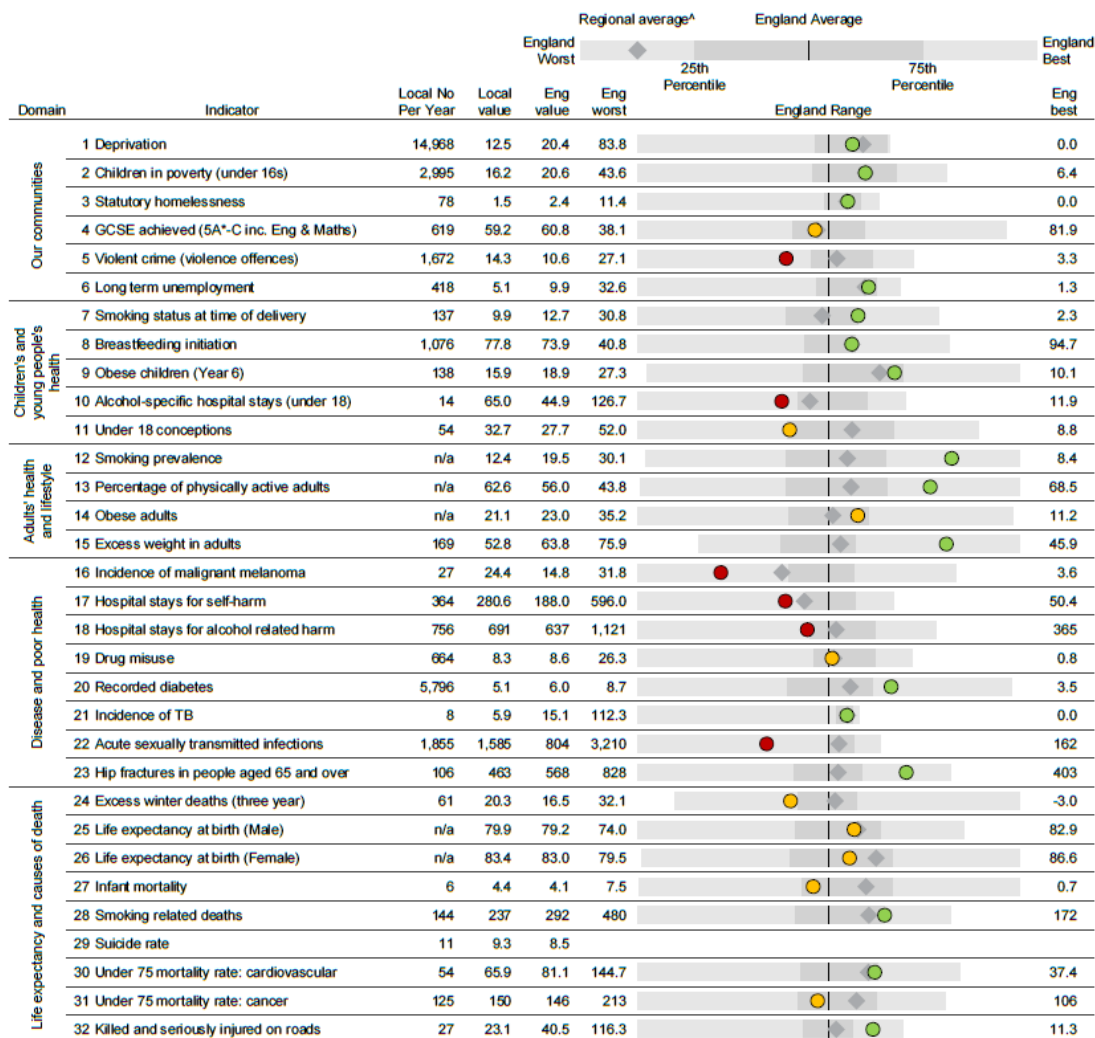
Indicator Types (Devon): Chall = Devon Board role is to challenge lead organisations on poor outcomes, Improve = Joint working required to improve outcomes, Watch = outcomes good, monitoring role for board

www.devonhealthandwellbeing.org.uk/jsna/health-and-wellbeing-outcomes-report/

The Public Health England Health Profile for Exeter 2014 highlights skin cancer (malignant melanoma), hospital stays for self-harm, alcohol-specific hospital stays (in under 18s), hospital stays for alcoholic related harm, violent crime (violence offences) and acute sexually transmitted infections, where the area is significantly worse than the England rate. Link: [Health Profiles](#). The Devon Health and Wellbeing pages provide further information in the Joint Strategic Needs Assessments (JSNA) for the Exeter City Council Areas and Devon towns as well as GP practice profiles. Link: [Devon Health and Wellbeing Pages -JSNA](#)

Health Summary for Exeter

The chart below shows how the health of people in this area compares with the rest of England. This area's result for each indicator is shown as a circle. The average rate for England is shown by the black line, which is always at the centre of the chart. The range of results for all local areas in England is shown as a grey bar. A red circle means that this area is significantly worse than England for that indicator; however, a green circle may still indicate an important public health problem.



Indicator Notes

1 % people in this area living in 20% most deprived areas in England, 2010 2 % children (under 16) in families receiving means-tested benefits & low income, 2011 3 Crude rate per 1,000 households, 2012/13 4 % key stage 4, 2012/13 5 Recorded violence against the person crimes, crude rate per 1,000 population, 2012/13 6 Crude rate per 1,000 population aged 16-64, 2013 7 % of women who smoke at time of delivery, 2012/13 8 % of all mothers who breastfeed their babies in the first 48hrs after delivery, 2012/13 9 % school children in Year 6 (age 10-11), 2012/13 10 Persons under 18 admitted to hospital due to alcohol-specific conditions, crude rate per 100,000 population, 2010/11 to 2012/13 (pooled) 11 Under-18 conception rate per 1,000 females aged 15-17 (crude rate) 2012 12 % adults aged 18 and over, 2012 13 % adults achieving at least 150 mins physical activity per week, 2012 14 % adults classified as obese, Active People Survey 2012 15 % adults classified as overweight or obese, Active People Survey 2012 16 Directly age standardised rate per 100,000 population, aged under 75, 2009-2011 17 Directly age sex standardised rate per 100,000 population, 2012/13 18 The number of admissions involving an alcohol-related primary diagnosis or an alcohol-related external cause, directly age standardised rate per 100,000 population, 2012/13 19 Estimated users of opiate and/or crack cocaine aged 15-64, crude rate per 1,000 population, 2010/11 20 % people on GP registers with a recorded diagnosis of diabetes 2012/13 21 Crude rate per 100,000 population, 2010-2012 22 Crude rate per 100,000 population, 2012 (chlamydia screening coverage may influence rate) 23 Directly age and sex standardised rate of emergency admissions, per 100,000 population aged 65 and over, 2012/13 24 Ratio of excess winter deaths (observed winter deaths minus expected deaths based on non-winter deaths) to average non-winter deaths 1.08.09-31.07.12 25 At birth, 2010-2012 26 At birth, 2010-2012 27 Rate per 1,000 live births, 2010-2012 28 Directly age standardised rate per 100,000 population aged 35 and over, 2010-2012 29 Directly age standardised mortality rate from suicide and injury of undetermined intent per 100,000 population, 2010-2012 30 Directly age standardised rate per 100,000 population aged under 75, 2010-2012 31 Directly age standardised rate per 100,000 population aged under 75, 2010-2012 32 Rate per 100,000 population, 2010-2012 ^ "Regional" refers to the former government regions.

More information is available at www.healthprofiles.info Please send any enquiries to healthprofiles@phe.gov.uk

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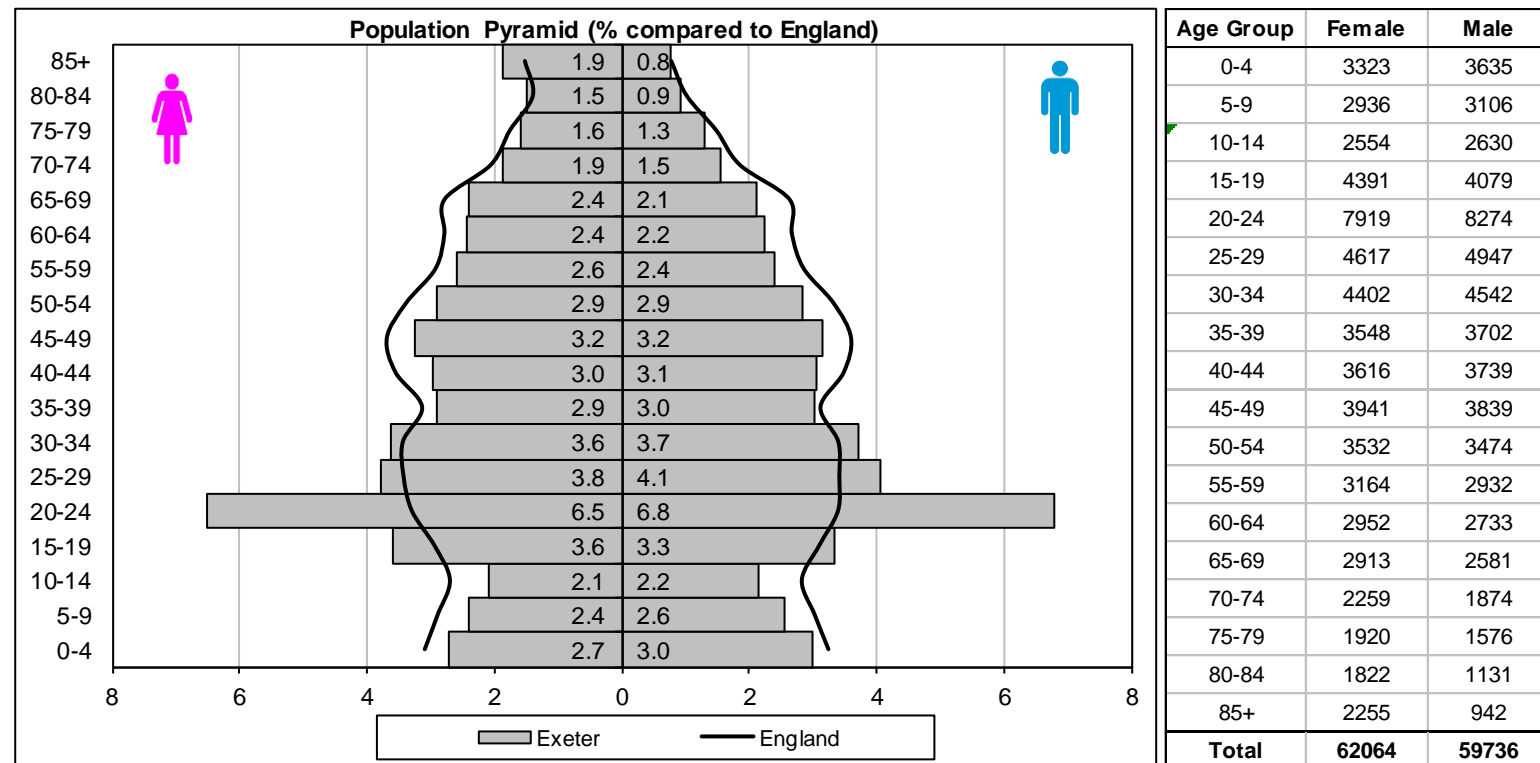
Population Estimates

Exeter City has a population of 121,800.

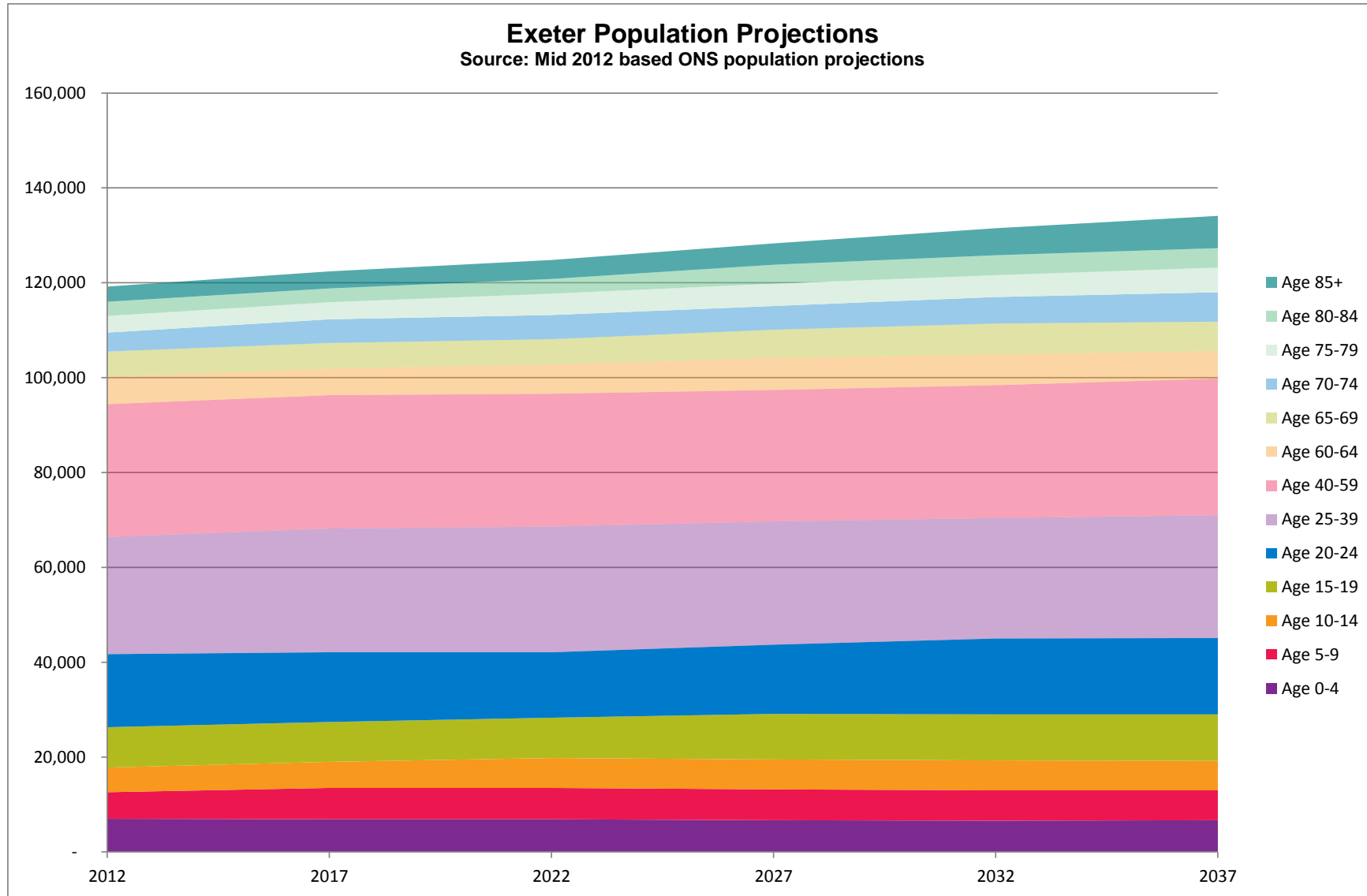
Figure 1: Exeter City population pyramid compared to England (June 2013) Data source: Patient and Practitioner Services Agency

Population Pyramid - Exeter Population - 2013

The table and population pyramid below show the population broken down by age and sex for the area against England. The age and gender of your population can have a significant impact on their health and social care needs.



Population Projections



The proportion of people 85 years or more in Exeter is 2.66% compared with the English average of 2.28%. Topsham has a proportion of 5.04% which is well above the Devon and national averages.

Exeter: Over 85 Population, 2012

EXWICK ENGLAND EXETER DEVON TOPSHAM



0.99%

2.28%

2.66%

3.52%

5.04%

Like
England
in

1981

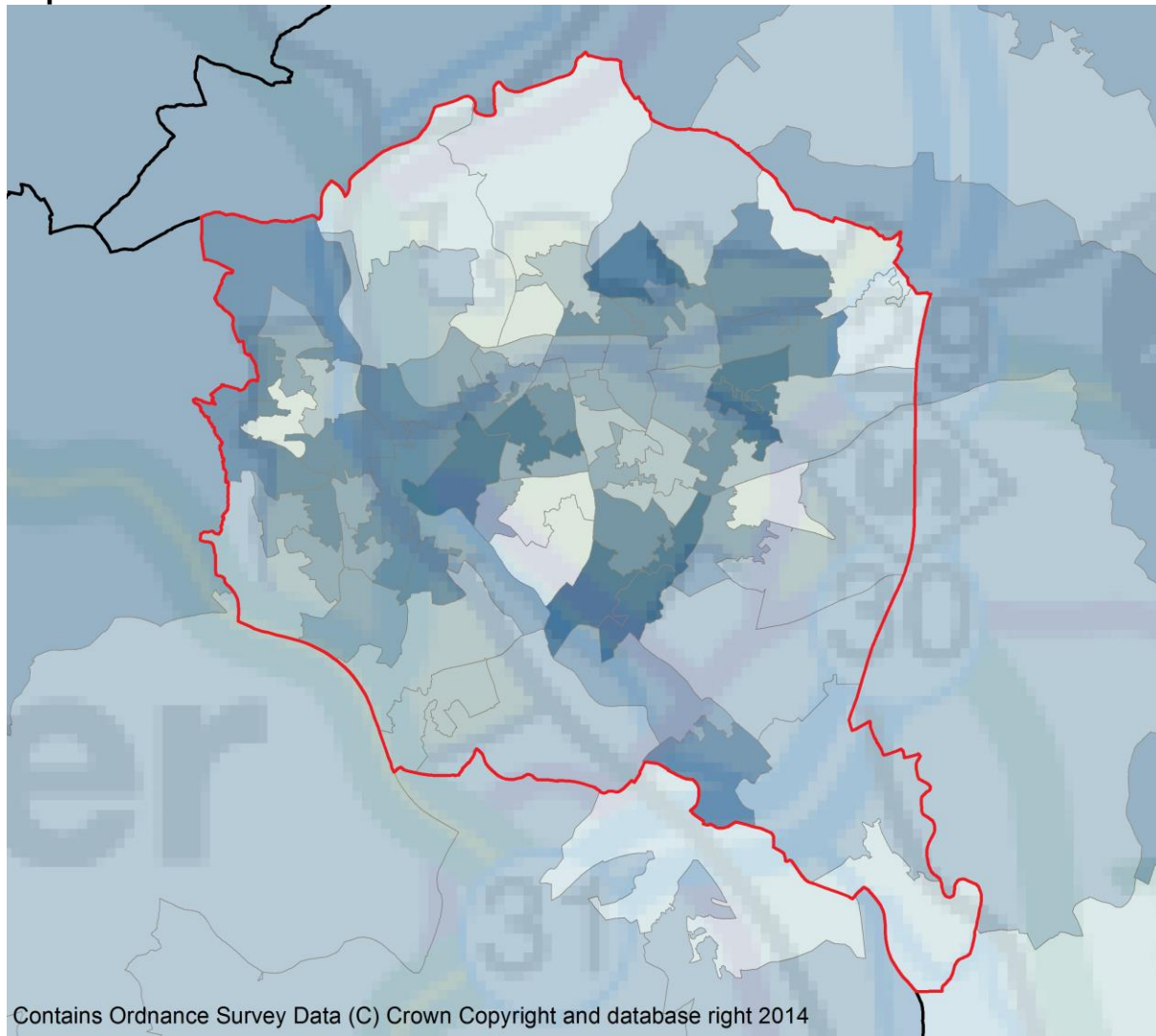
2012

2018

2028

2037

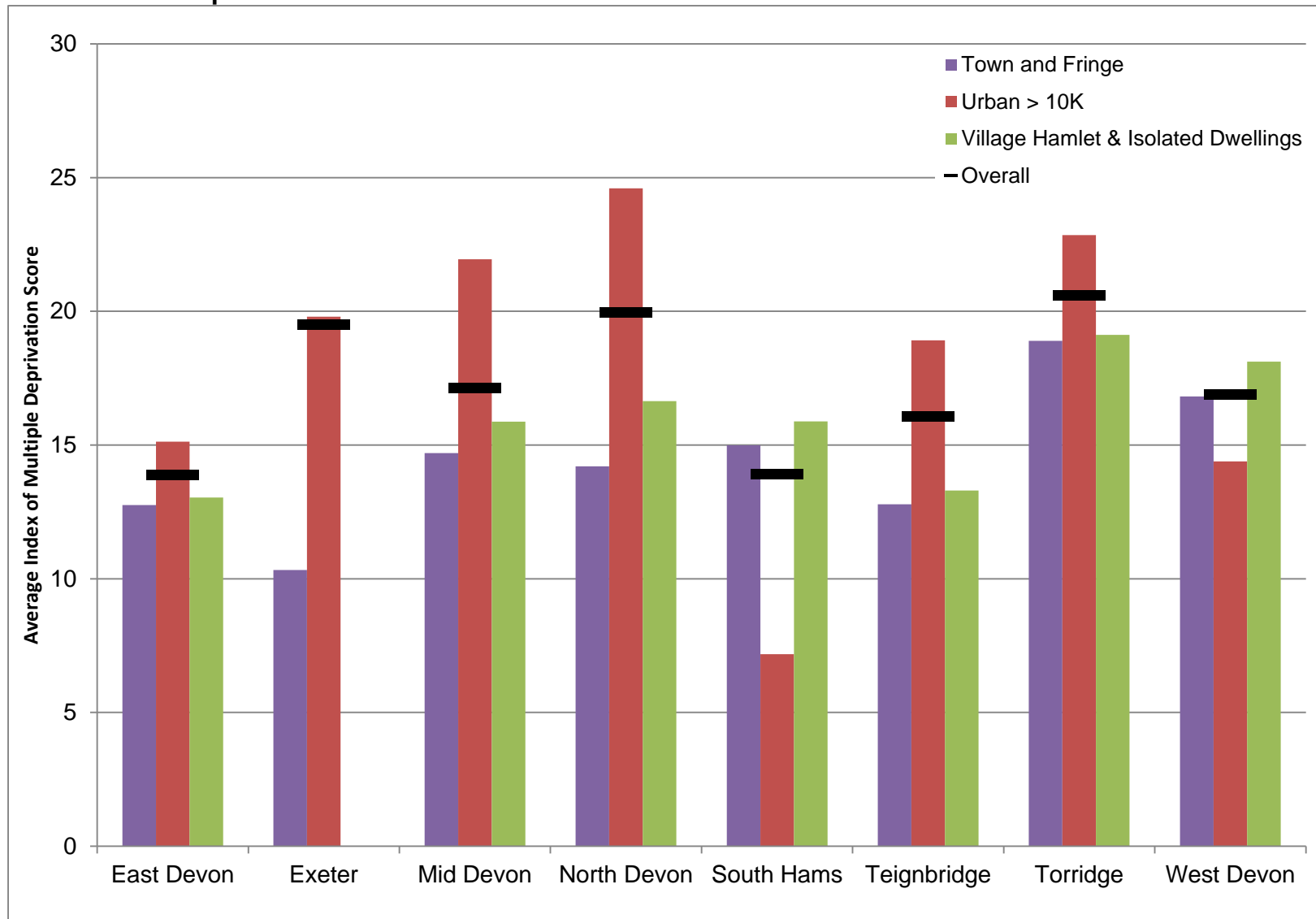
Deprivation



Contains Ordnance Survey Data (C) Crown Copyright and database right 2014

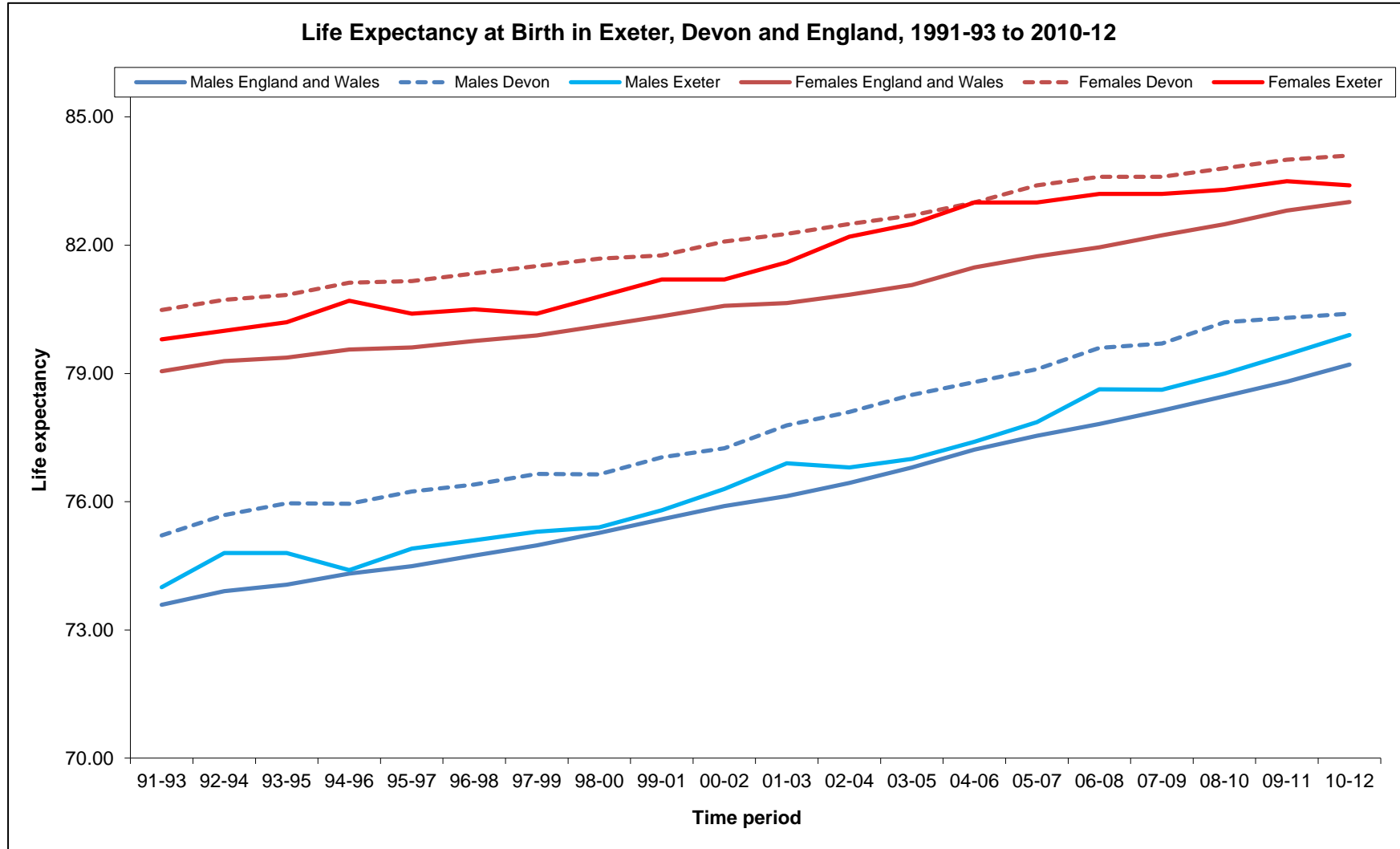


Urban / Rural Deprivation Charts

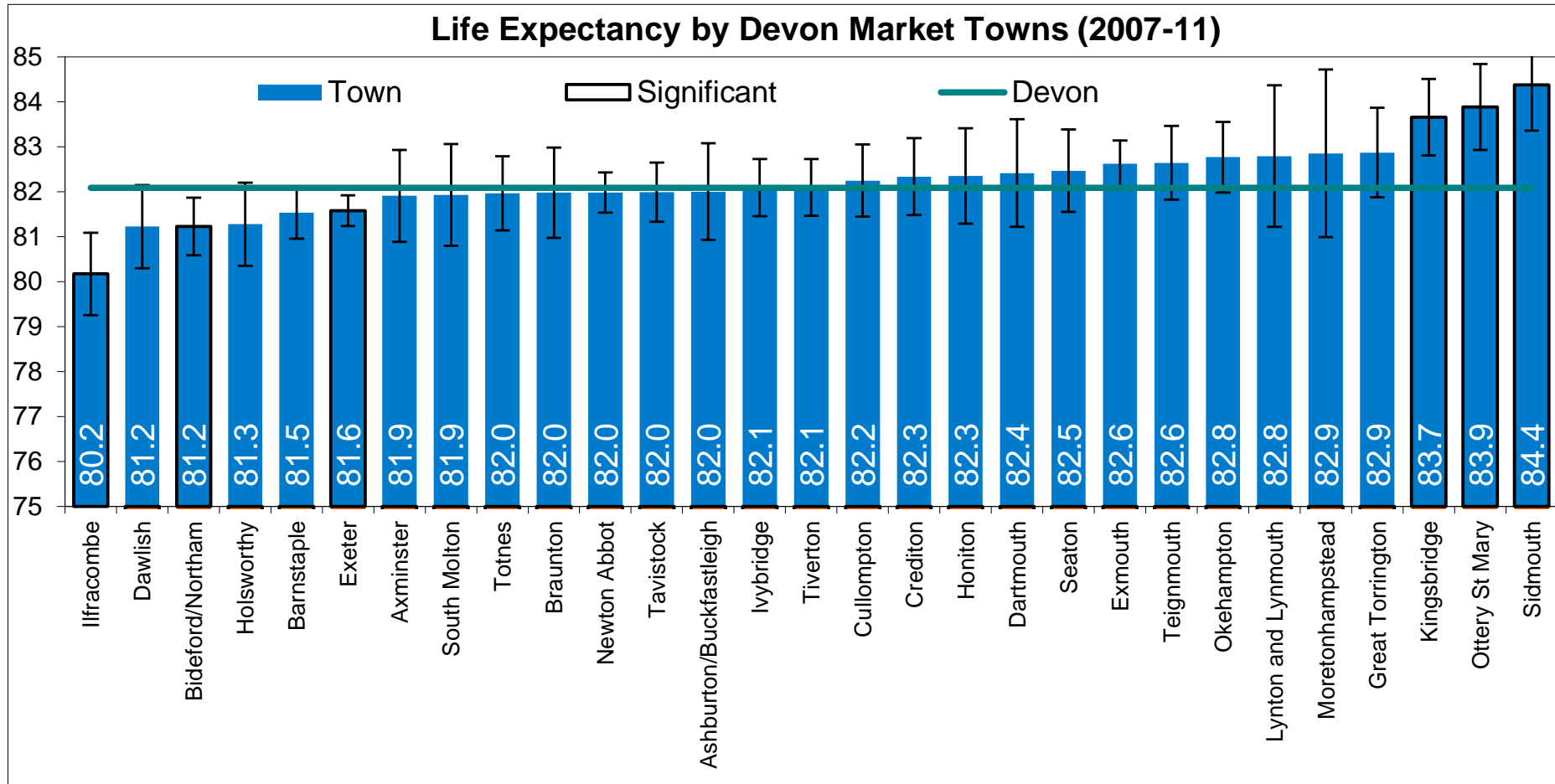


Life Expectancy

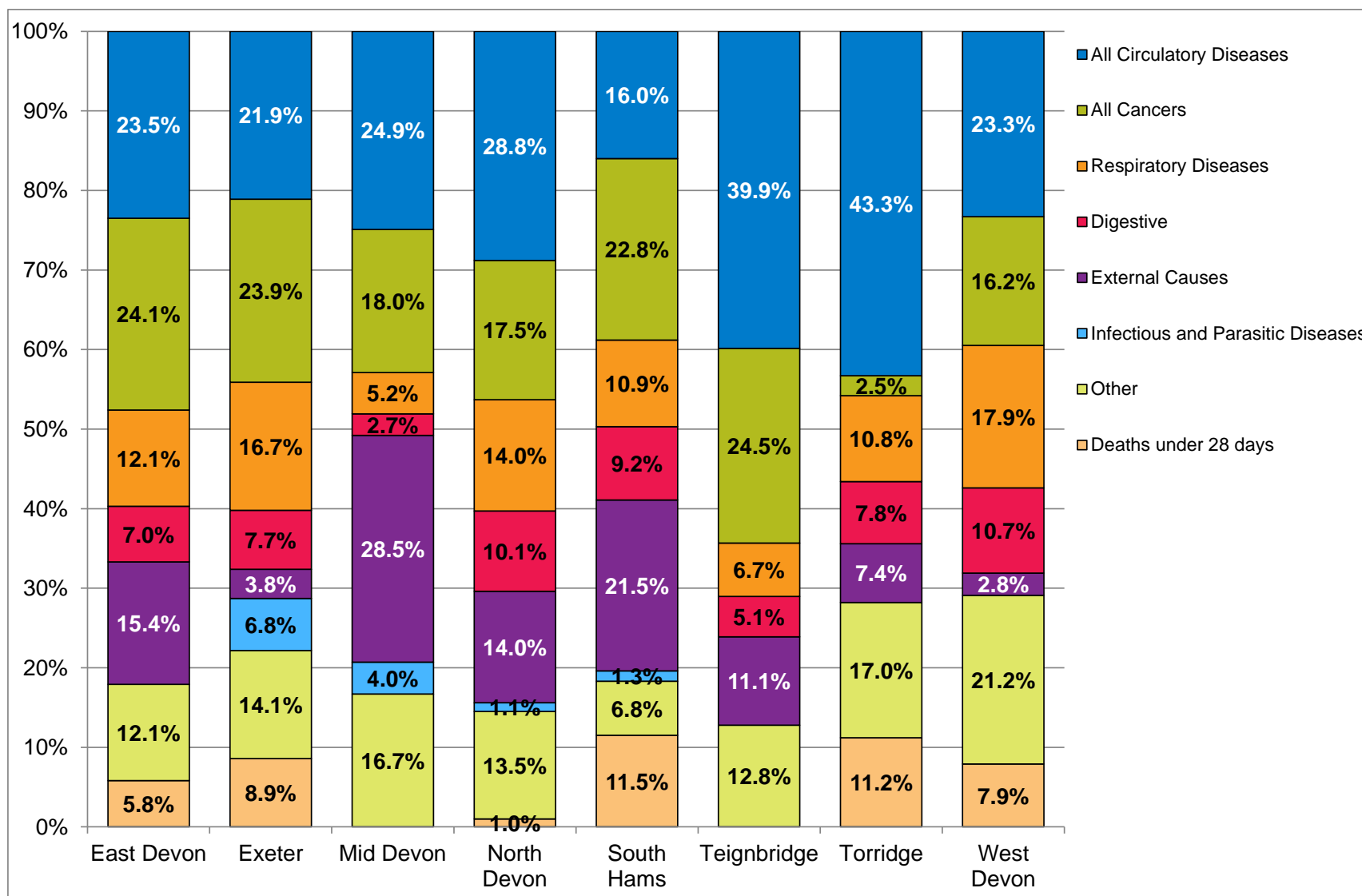
The average life expectancy for the female population of the Exeter Locality is 83.4 years and 79.9 for the male population. This is slightly below the Devon average of 84.1 years for females and 80.4 for males and slightly above the national average of 83.0 for females and 79.2 for males.



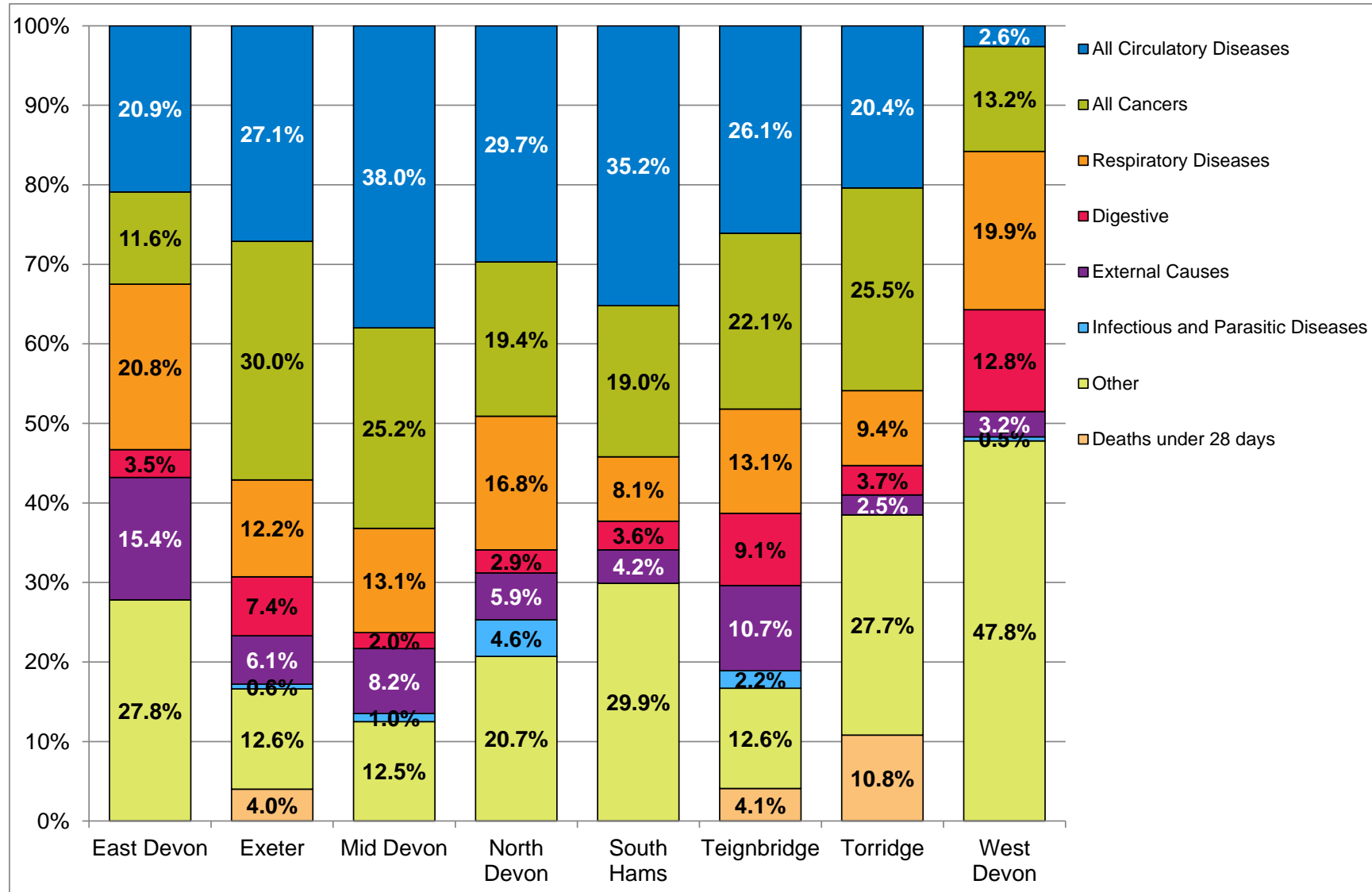
Life expectancy in Exeter town area is statistically significantly lower than the Devon average.



Conditions Contributing to the Life Expectancy Gap between Most Deprived and Least Deprived Communities: Males



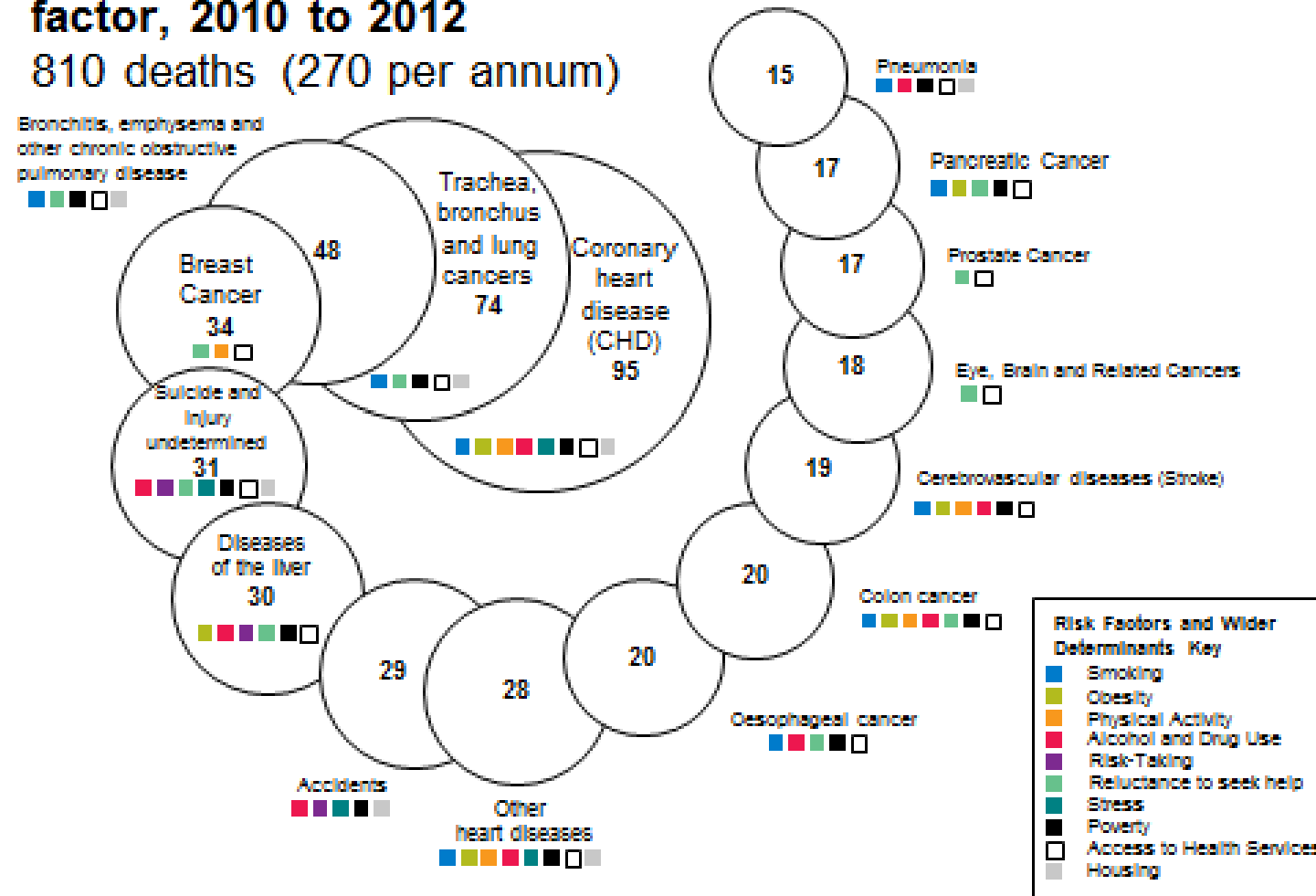
Conditions Contributing to the Life Expectancy Gap between Most Deprived and Least Deprived Communities: Females



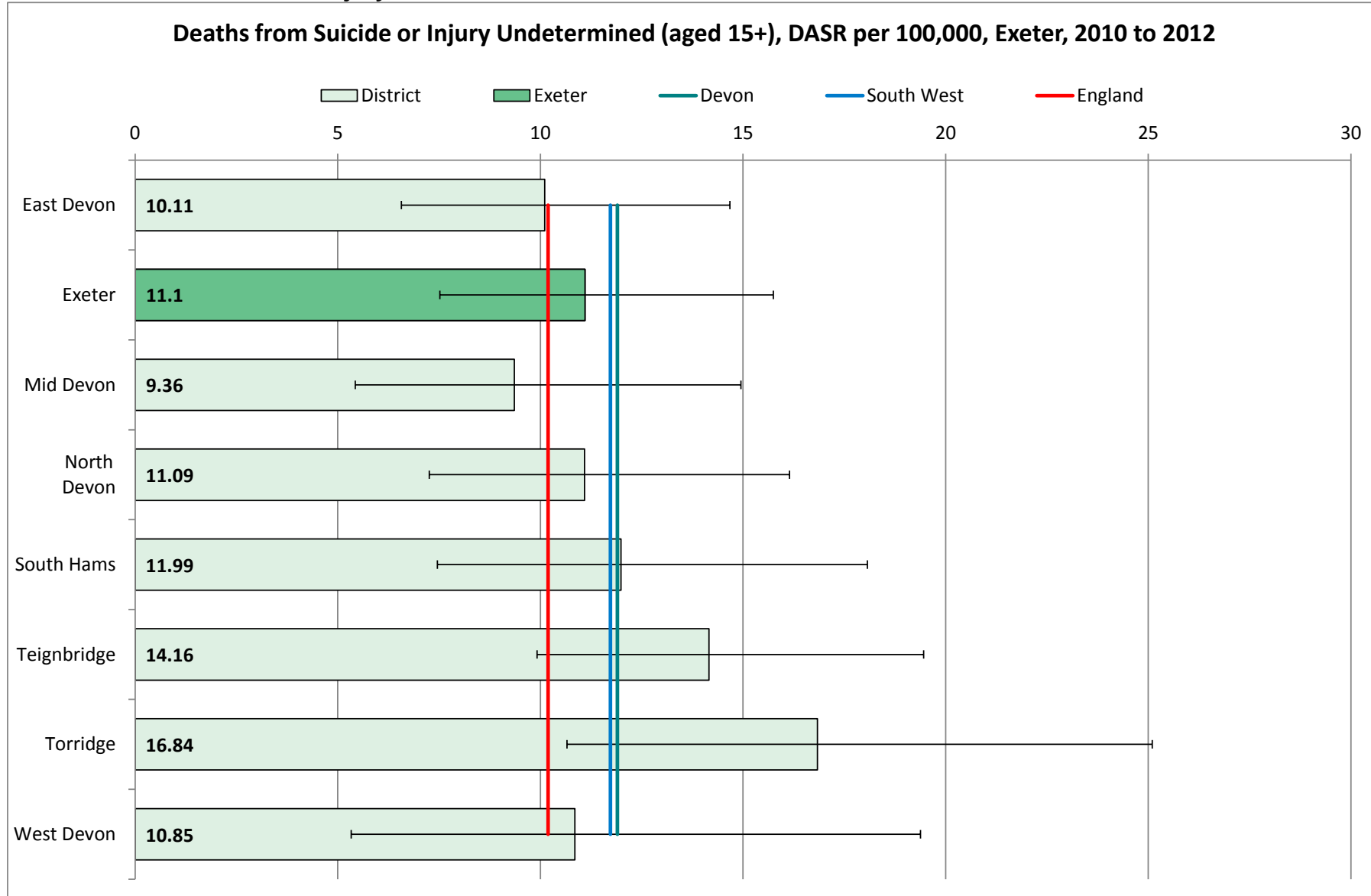
Mortality in Under 75s by main cause of death and risk factors

Deaths of under 75s in Exeter by main cause and risk factor, 2010 to 2012

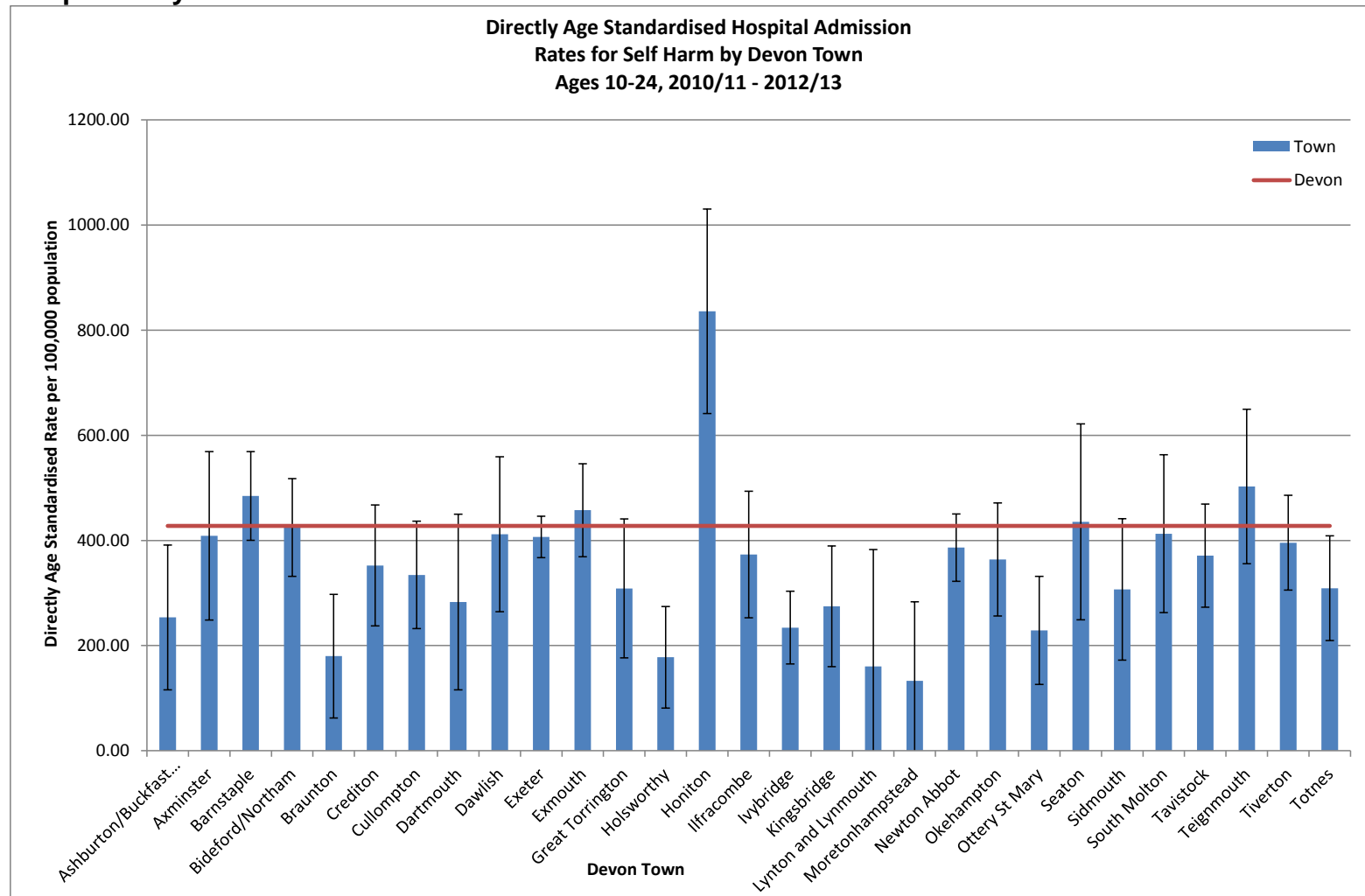
810 deaths (270 per annum)



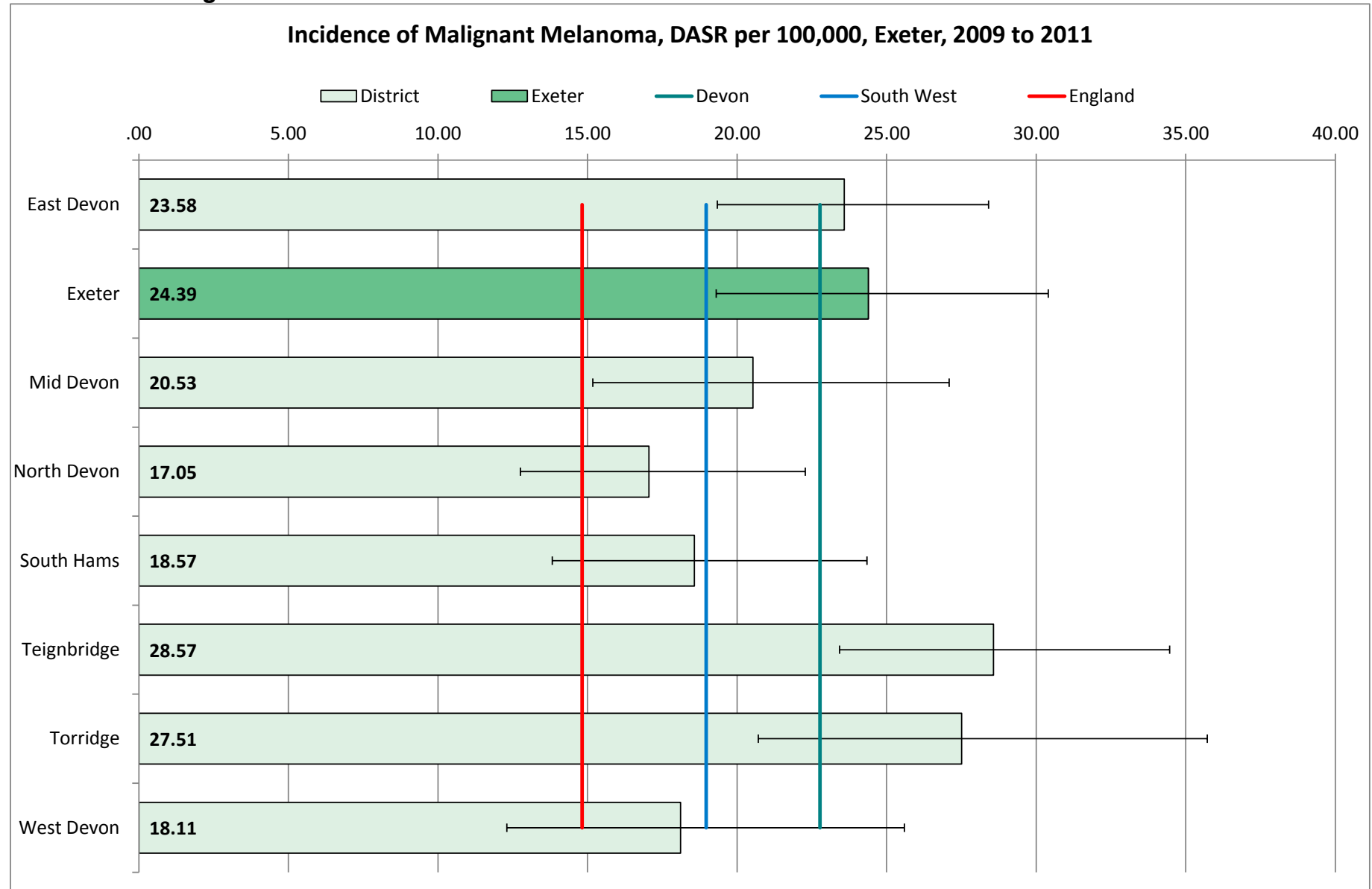
Suicide and Undetermined Injury



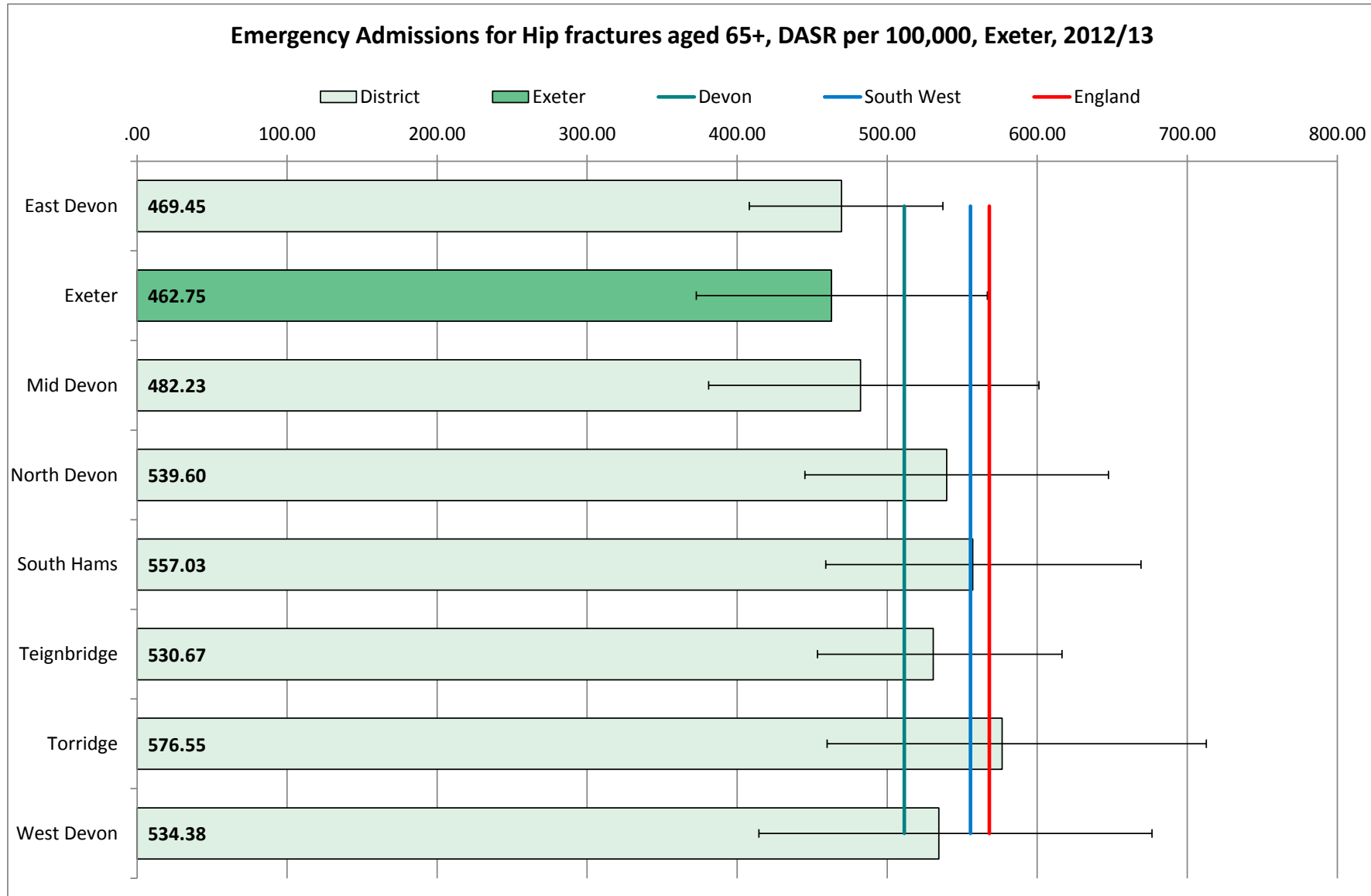
Hospital Stays for Self Harm



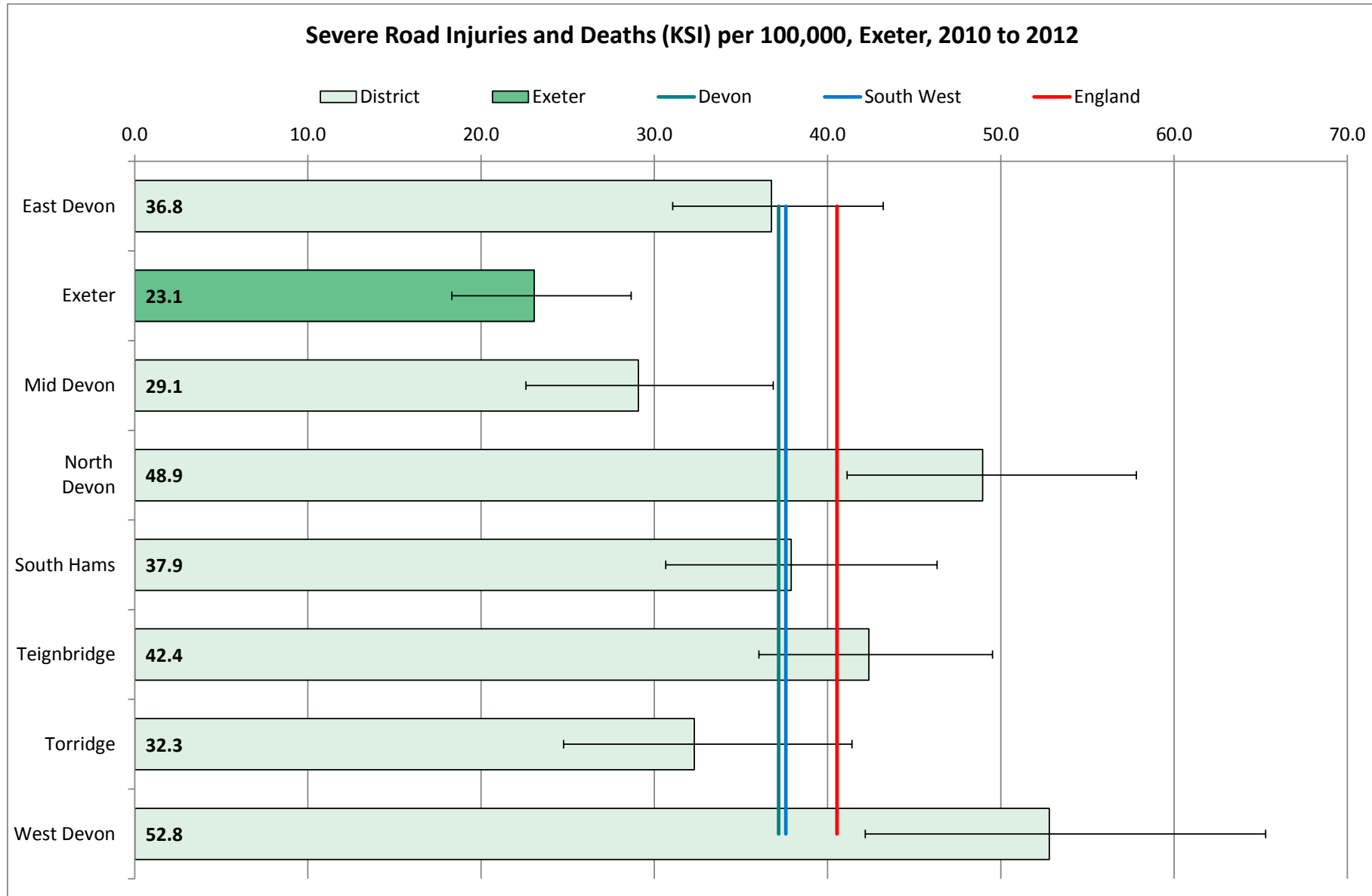
Incidence of Malignant Melanoma



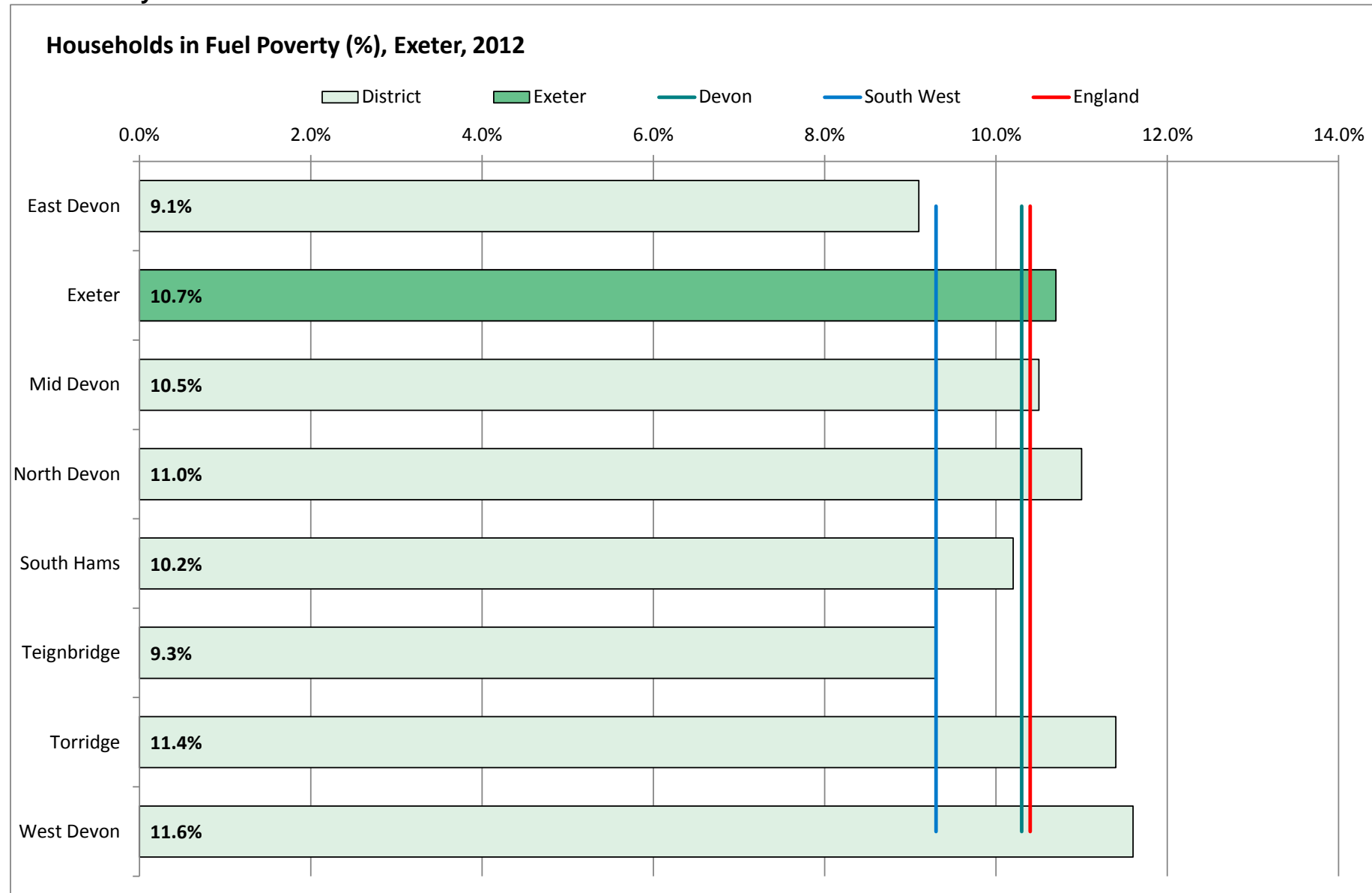
Falls



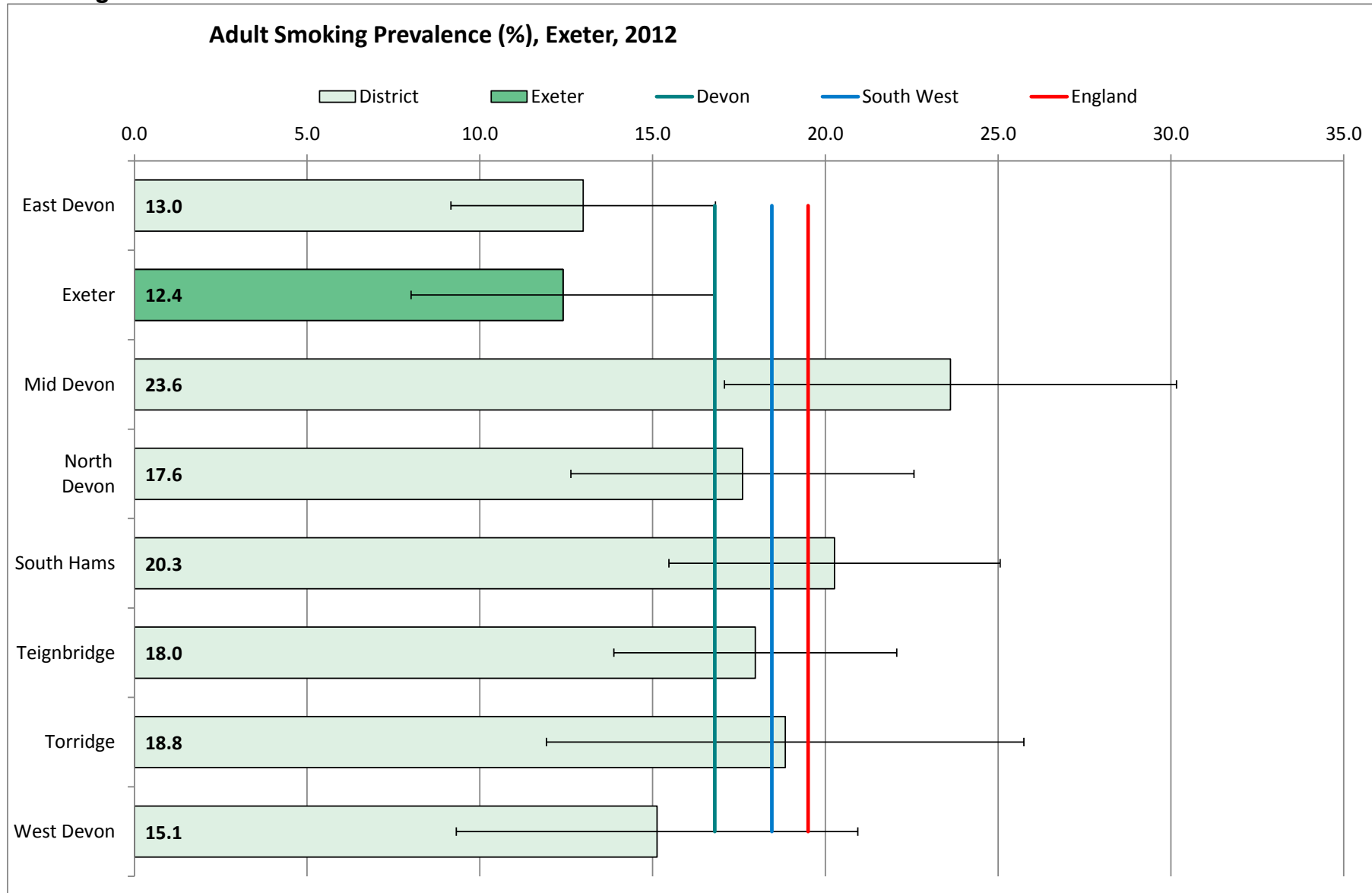
Road Traffic Accidents



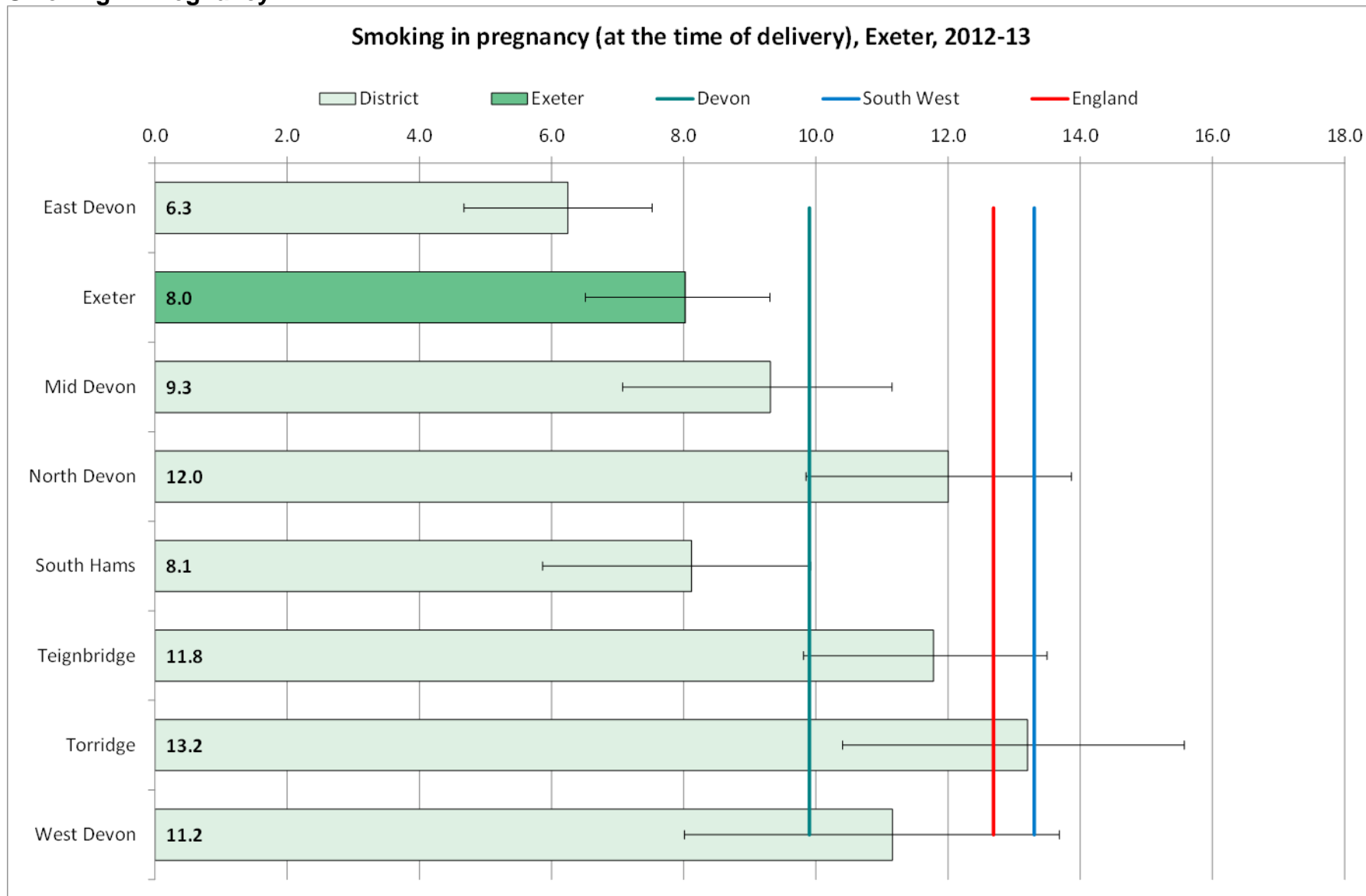
Fuel Poverty



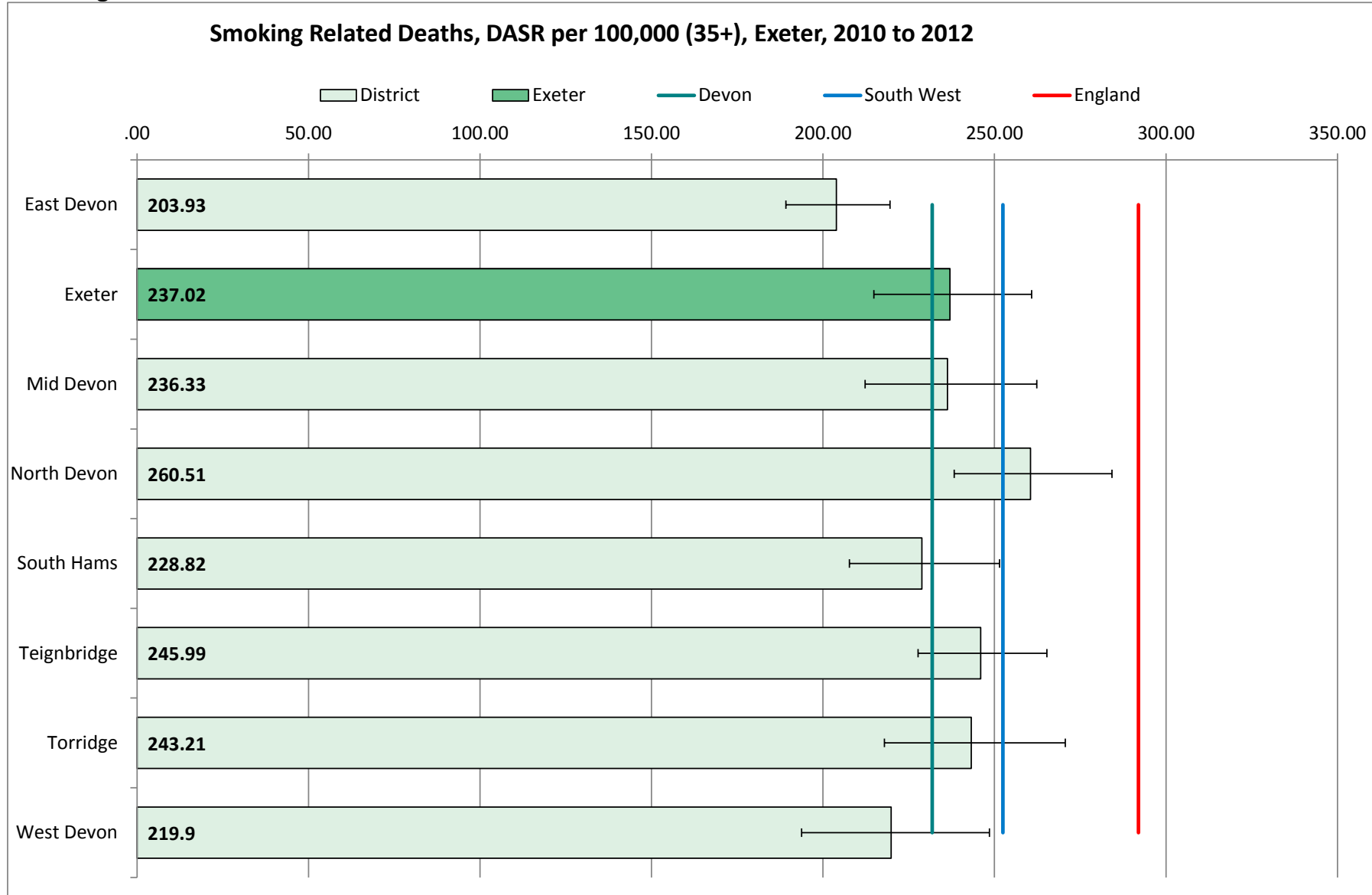
Smoking Prevalence



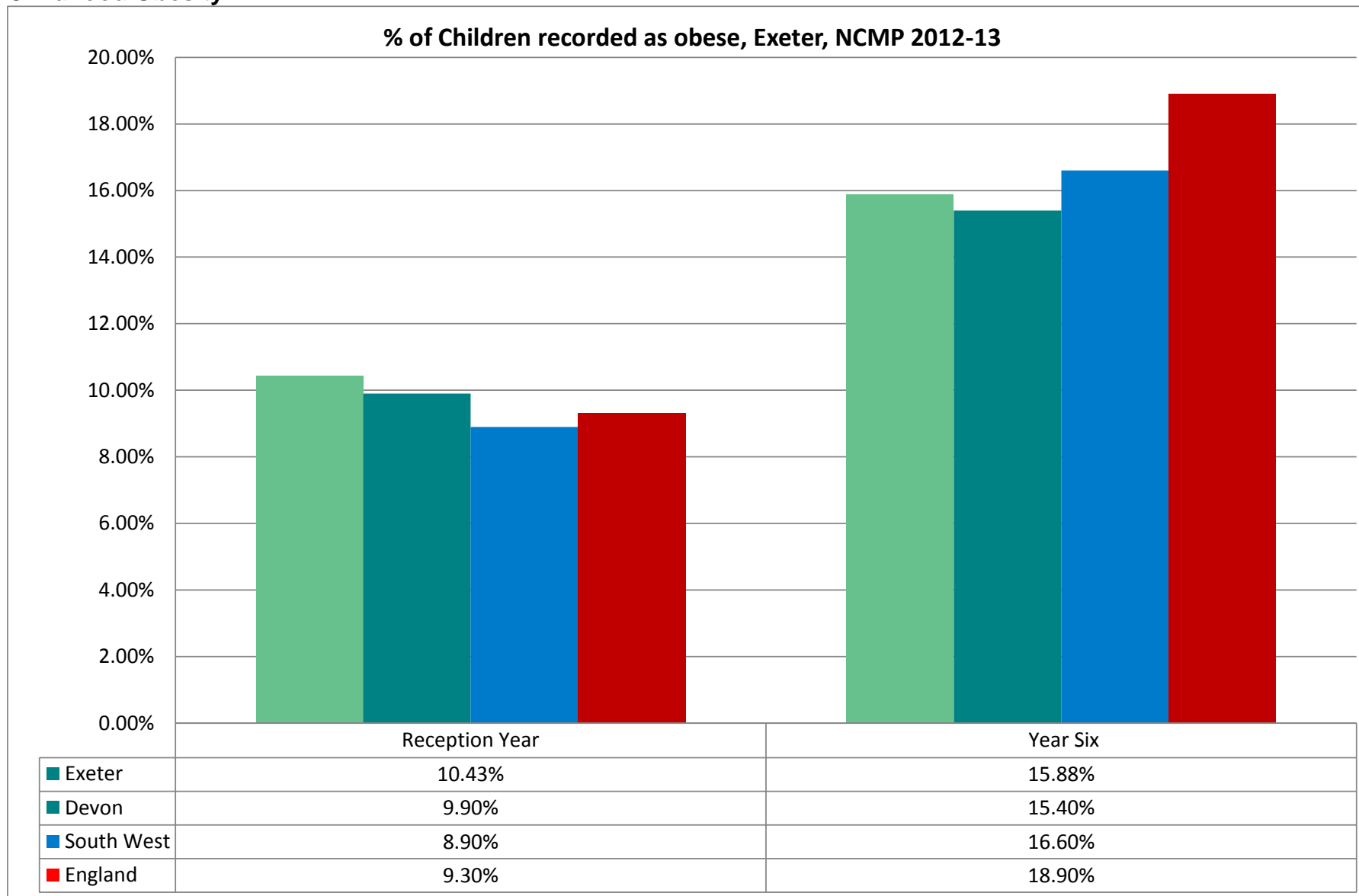
Smoking in Pregnancy



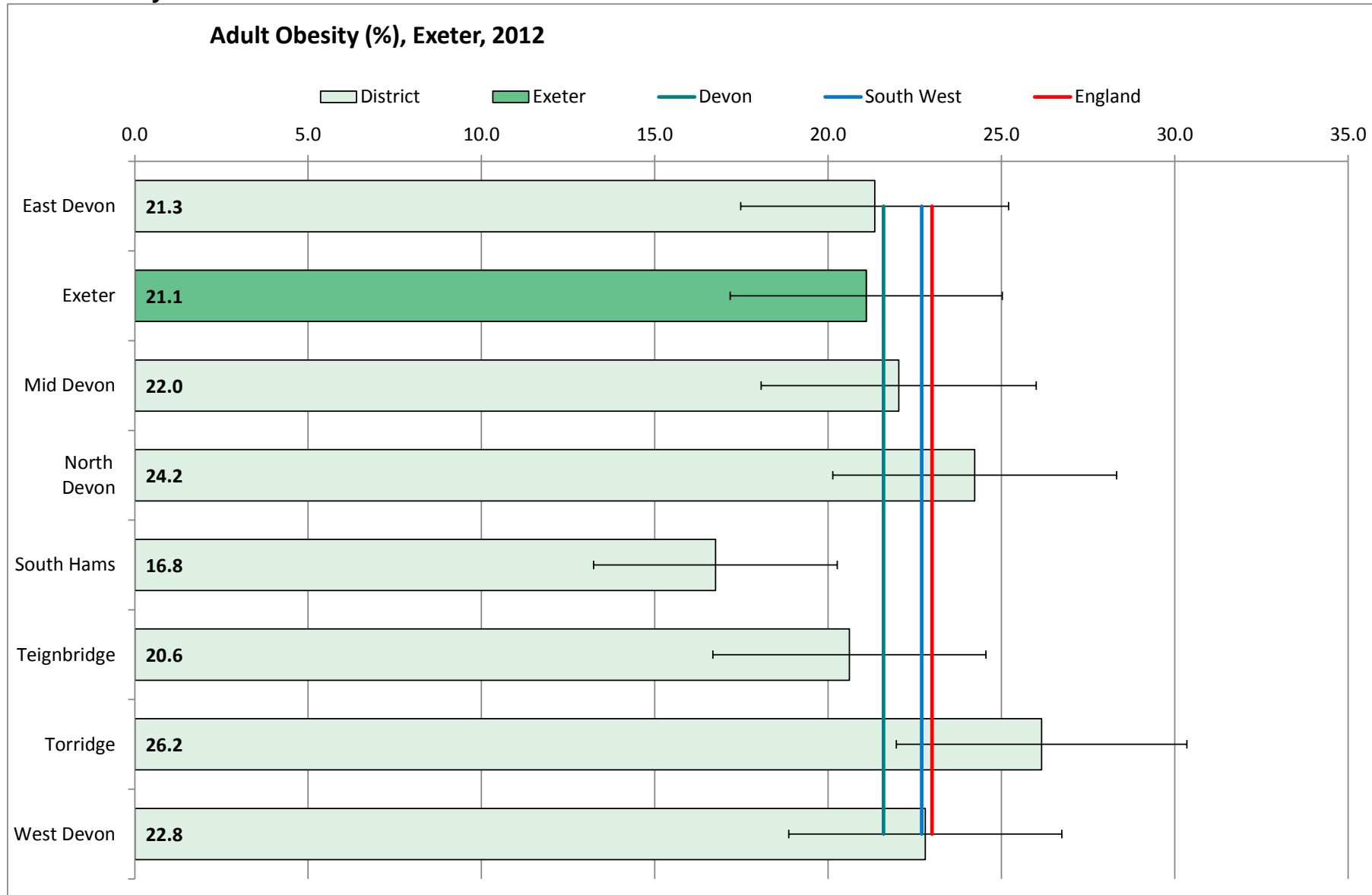
Smoking Related Deaths



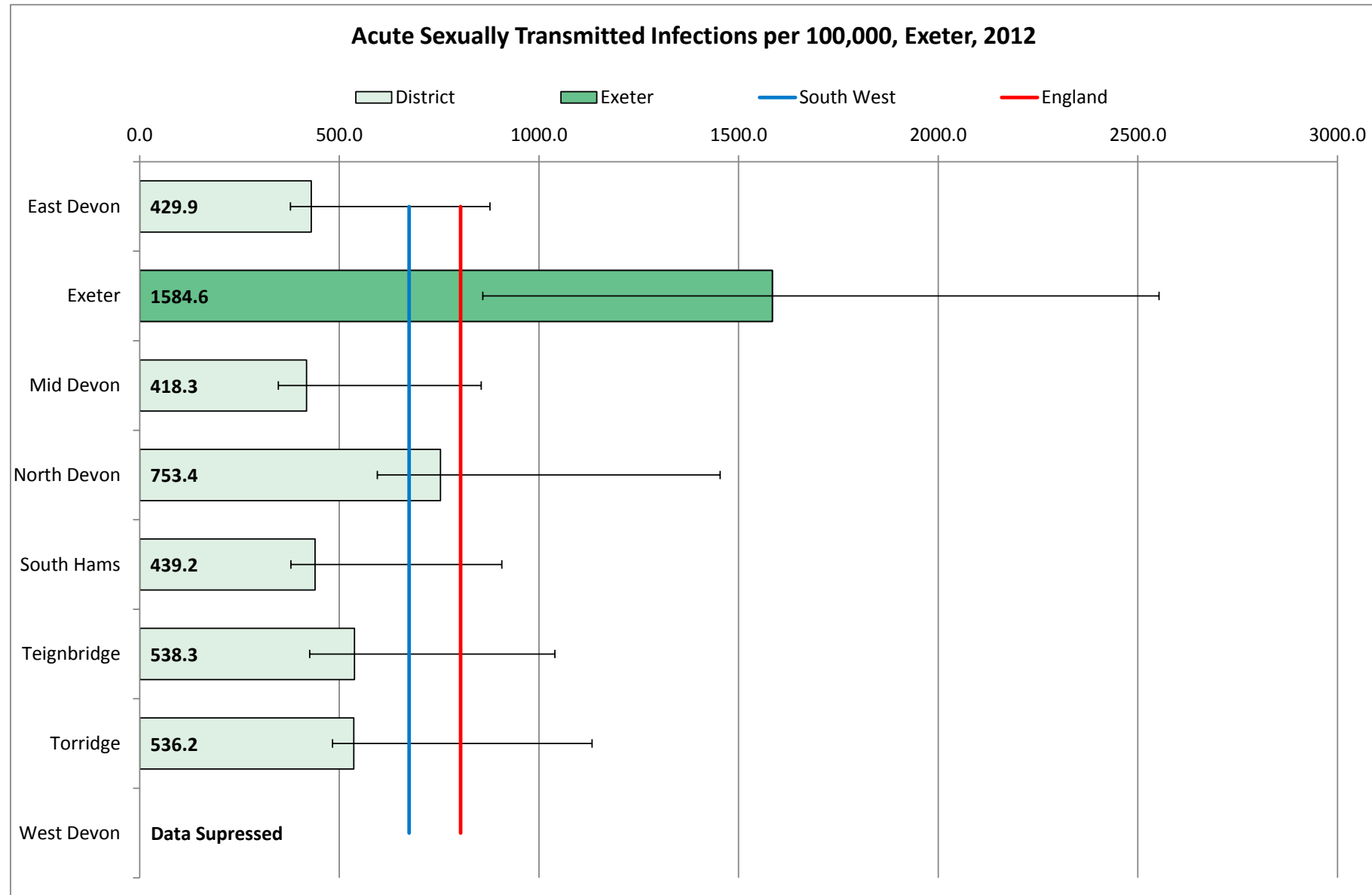
Childhood Obesity



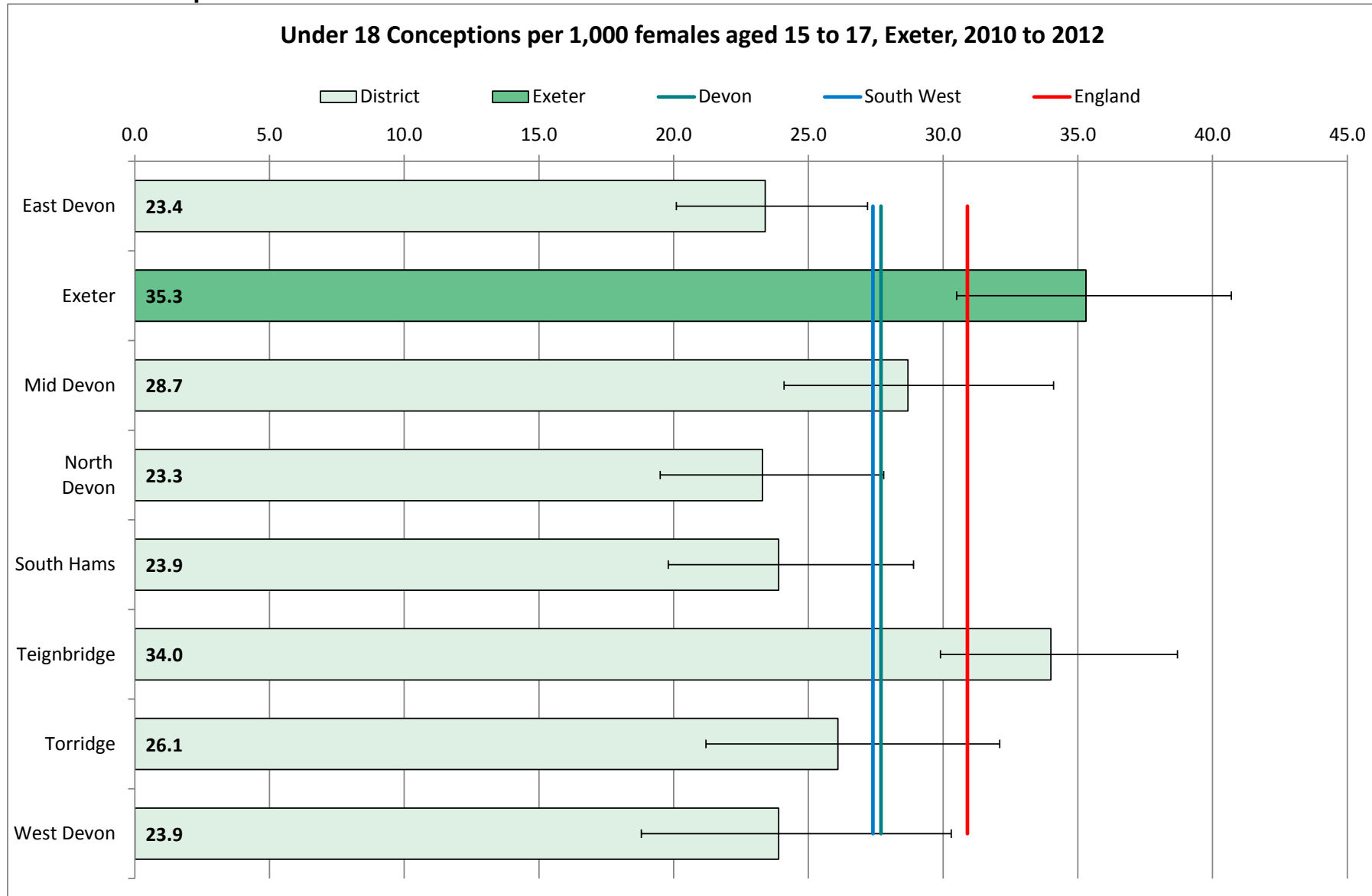
Adult Obesity





















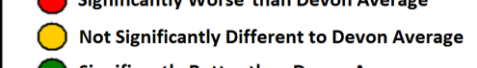
Sexual Health



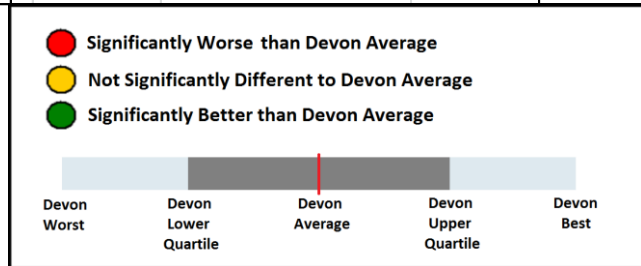
Under 18 Conceptions



Mortality by Cause

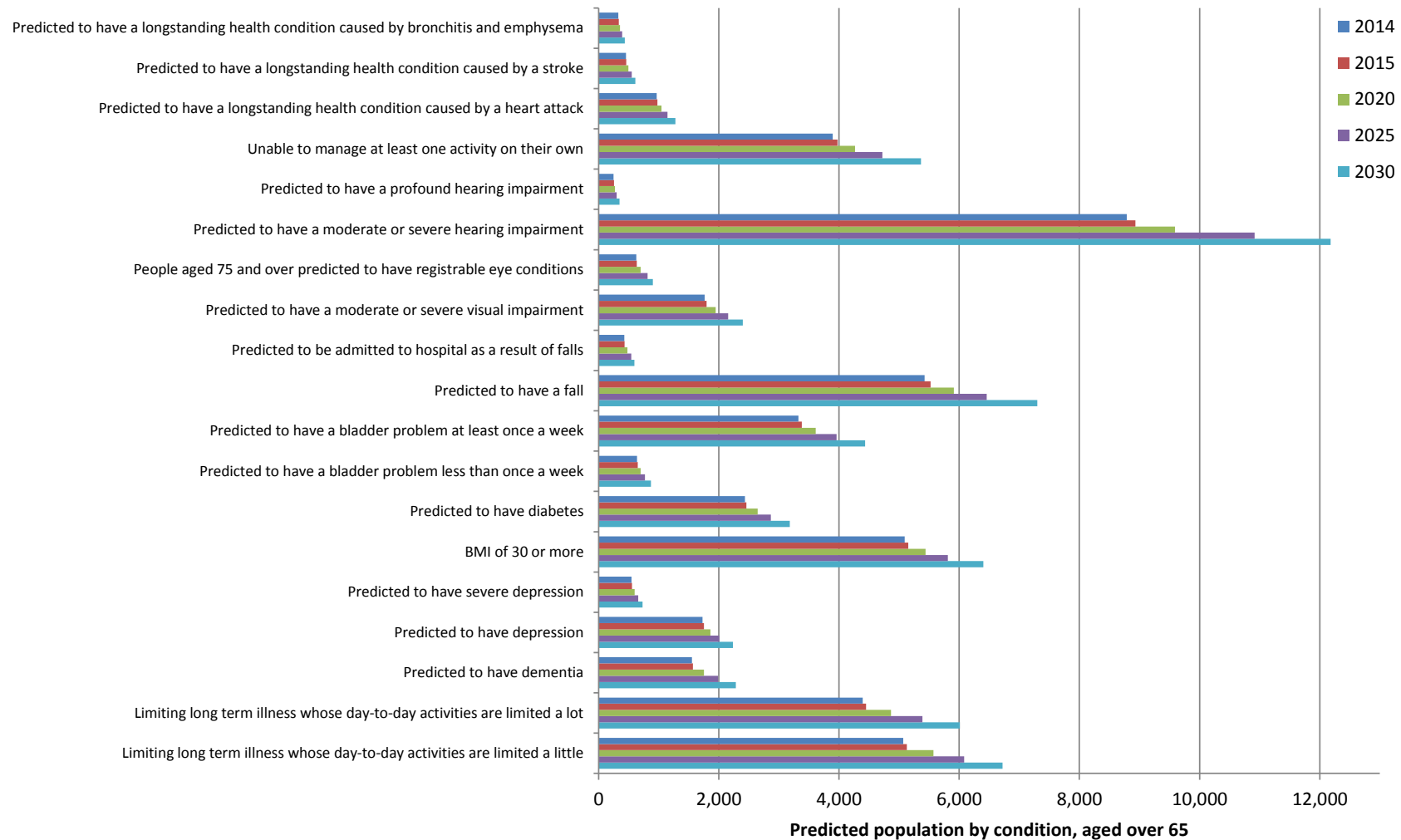
Mortality Data	Devon	District	Worst	Devon Range	Best
All	477.8	510.8	510.8		445.4
Male	559.2	595.2	605.0		511.5
Female	409.5	444.9	444.9		388.6
All (U75)	214.7	244.0	244.0		197.3
Male (U75)	260.1	291.7	297.2		234.0
Female (U75)	171.0	199.5	199.5		154.6
Cancer	153.9	163.7	163.7		144.4
Cancer (U75)	93.2	101.6	101.6		84.7
Circulatory Disease	148.3	156.0	160.2		132.3
Circulatory Disease (U75)	50.6	57.4	58.5		41.4
CHD	69.5	73.2	74.1		61.9
CHD (U75)	29.3	34.1	34.1		23.0
Stroke	40.6	42.1	48.6		36.5
Stroke (U75)	8.6	8.7	10.2		7.1
Smoking	85.3	92.2	92.2		79.1
Suicide*	7.0	6.6	7.8		5.4
Accidental Injury	14.8	15.0	18.2		12.2
Alcohol	6.6	10.3	10.3		4.2
Drugs	4.7	5.4	6.2		3.2

Standardised mortality rates for Exeter compared to Devon (2007-11) Data source: MORTALITY DATASET



Projections of Health and Social Care Conditions

Projections of Predicted Exeter Population by Health and Social Care Related Conditions, Aged 65 and Above (Source: POPPI)

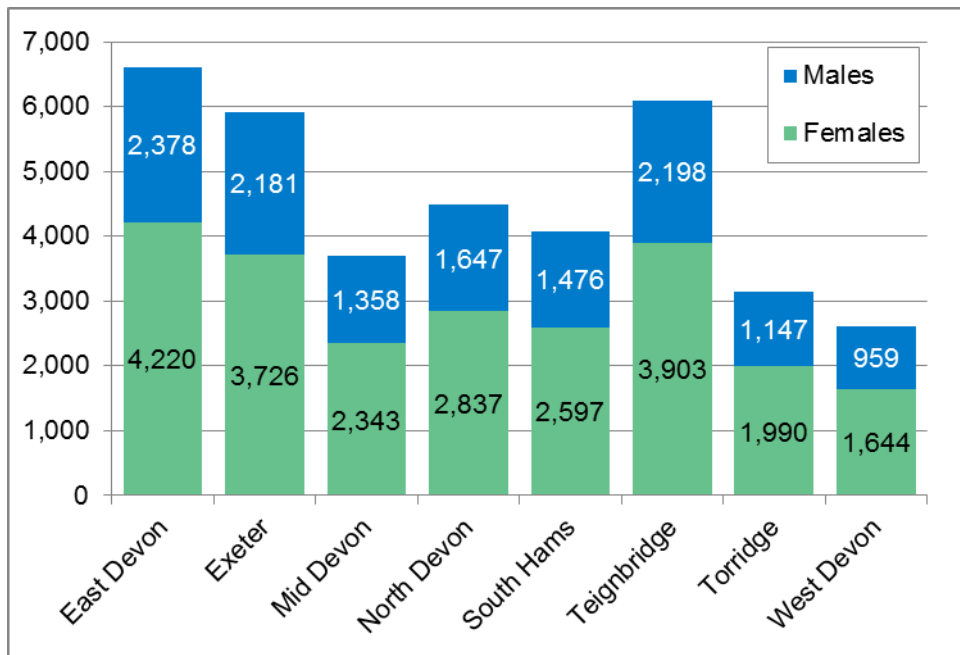


Domestic Abuse and Sexual Violence Factsheet

- An estimated 7.3% women and 5% of men have been a victim of domestic abuse past 12 months.
- An estimated 2% women and 0.5% of men experienced sexual assaults (including attempts) in the past 12 months.
- Domestic abuse and sexual violence can affect anyone, though those from certain groups including younger people (under 25), women, LGBT, those with physical disabilities and mental health needs, and people from BME groups are all at higher risk of experiencing violence and abuse.
- Perpetrators of abuse and violence come from all sectors and parts of society
- Patterns of abuse at home are often repeated in successive relationships and across generations.
- Over 90% of victims of sexual violence know the perpetrator. Locally 33% of rape crisis clients have ongoing contact with the perpetrator.
- The costs of domestic violence and sexual abuse are extensive to the public purse. In Devon, Home Office research estimates that domestic violence costs the statutory agencies over £70 million¹.
- Domestic abuse can have a profound effect on the whole family. Children are present at 39% of incidents reported to the police. Of those children using Devon's domestic violence support services in 2012-13:
 - 96% were often in the house when abuse took place.
 - 37% had intervened to try and stop abuse
 - 18% having been physically injured as a result of abuse of a parent
 - 27% were exhibiting signs of abusive behaviour.The average age of these children was just 9 years old.
- Experiencing abuse causes or exacerbates a wide range of other vulnerabilities and needs. Of those using Devon's domestic violence services in 2012-13:
 - 34% reported Mental Health Issues
 - 20% reported Suicide Attempts and Self-harm
 - Substance Misuse (8% reported alcohol abuse and 4% drug abuse)
 - 26% experienced Financial Problems
 - Many experienced homelessness and housing issues
 - Parenting Problems were common (45% of their children were had social services involvement)

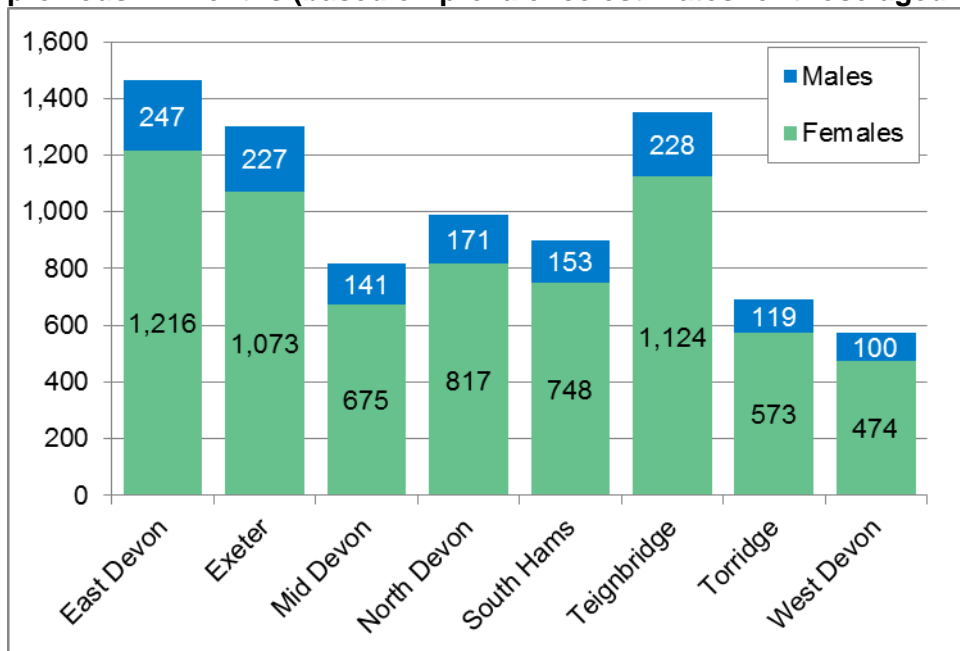
¹ Walby S. The cost of domestic violence; update 2009. Lancaster, Lancaster University;2009
http://www.lancs.ac.uk/fass/doc_library/sociology/Cost_of_domestic_violence_update.doc (accessed 03 August 2010) calculated for local authorities by Trust for London and the Henry Smith Charity

Estimated number people who experienced domestic abuse in the previous 12 months (based on prevalence estimates for those aged 16-59)



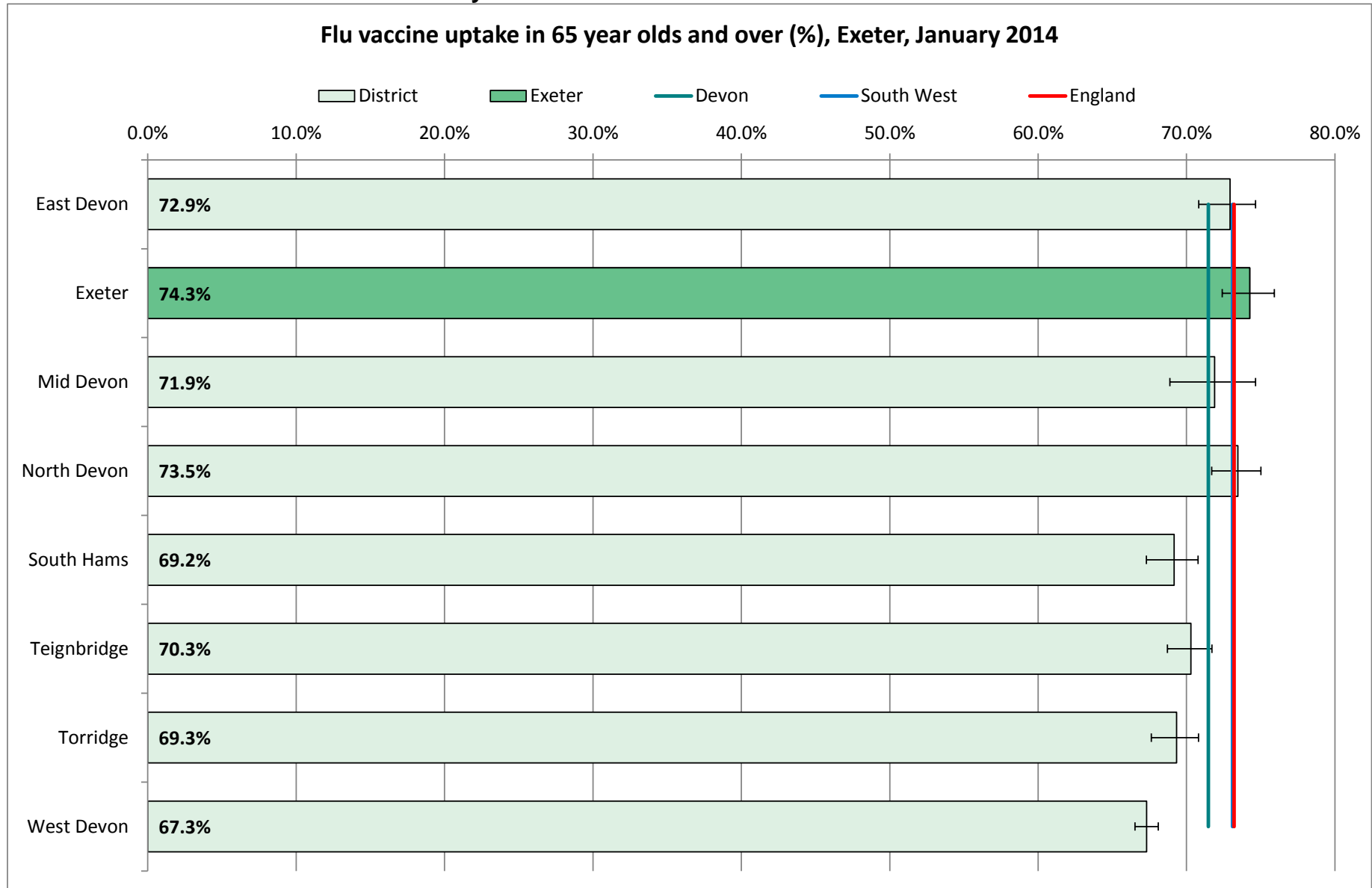
Source: Crime Survey for England and Wales 2012-13 and NOMIS Mid-Year population estimates 2013

Estimated number people who experienced sexual assault (including attempts) in the previous 12 months (based on prevalence estimates for those aged 16-59)

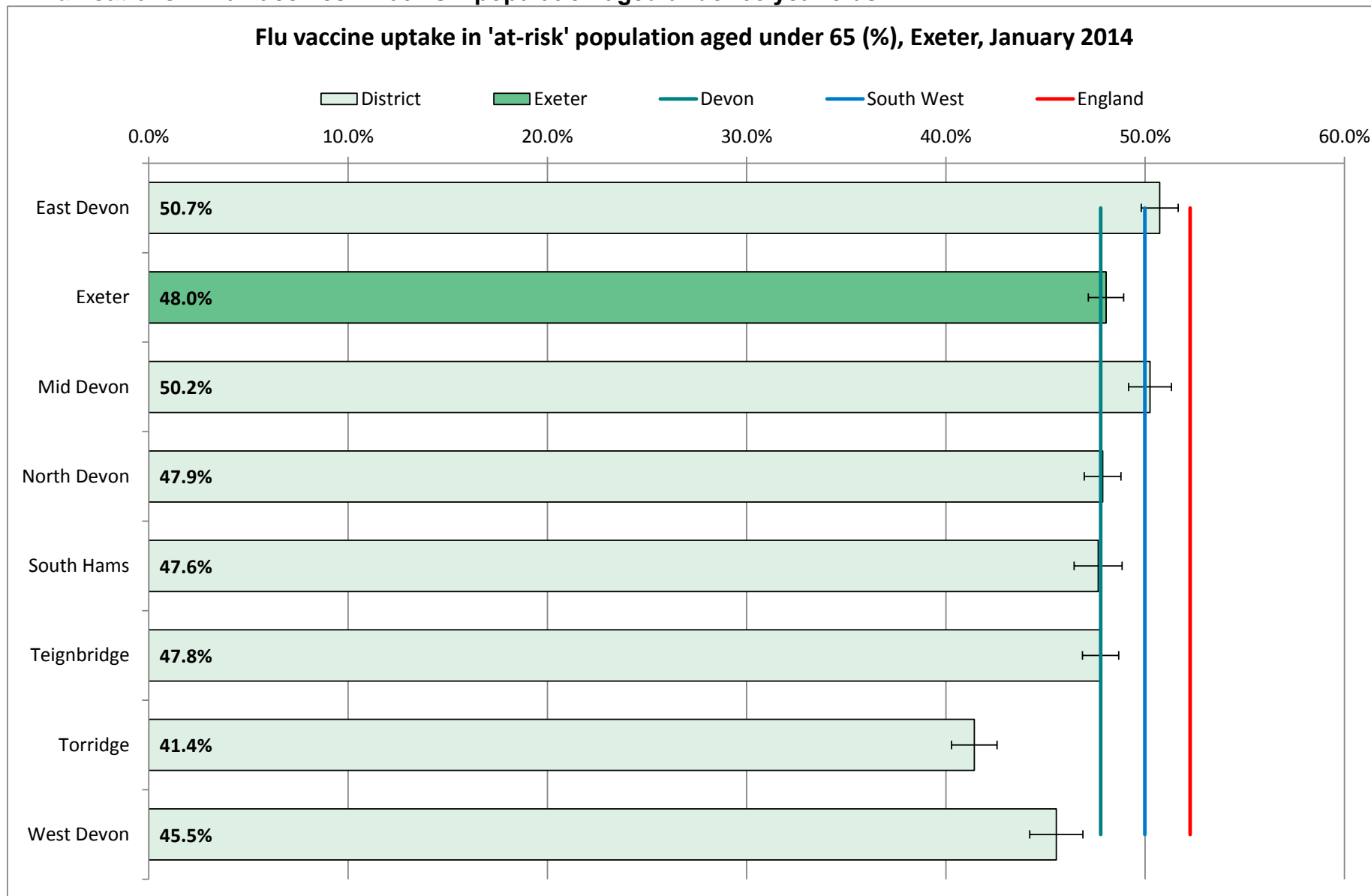


Source: Crime Survey for England and Wales 2012-13 and NOMIS Mid-Year population estimates 2013

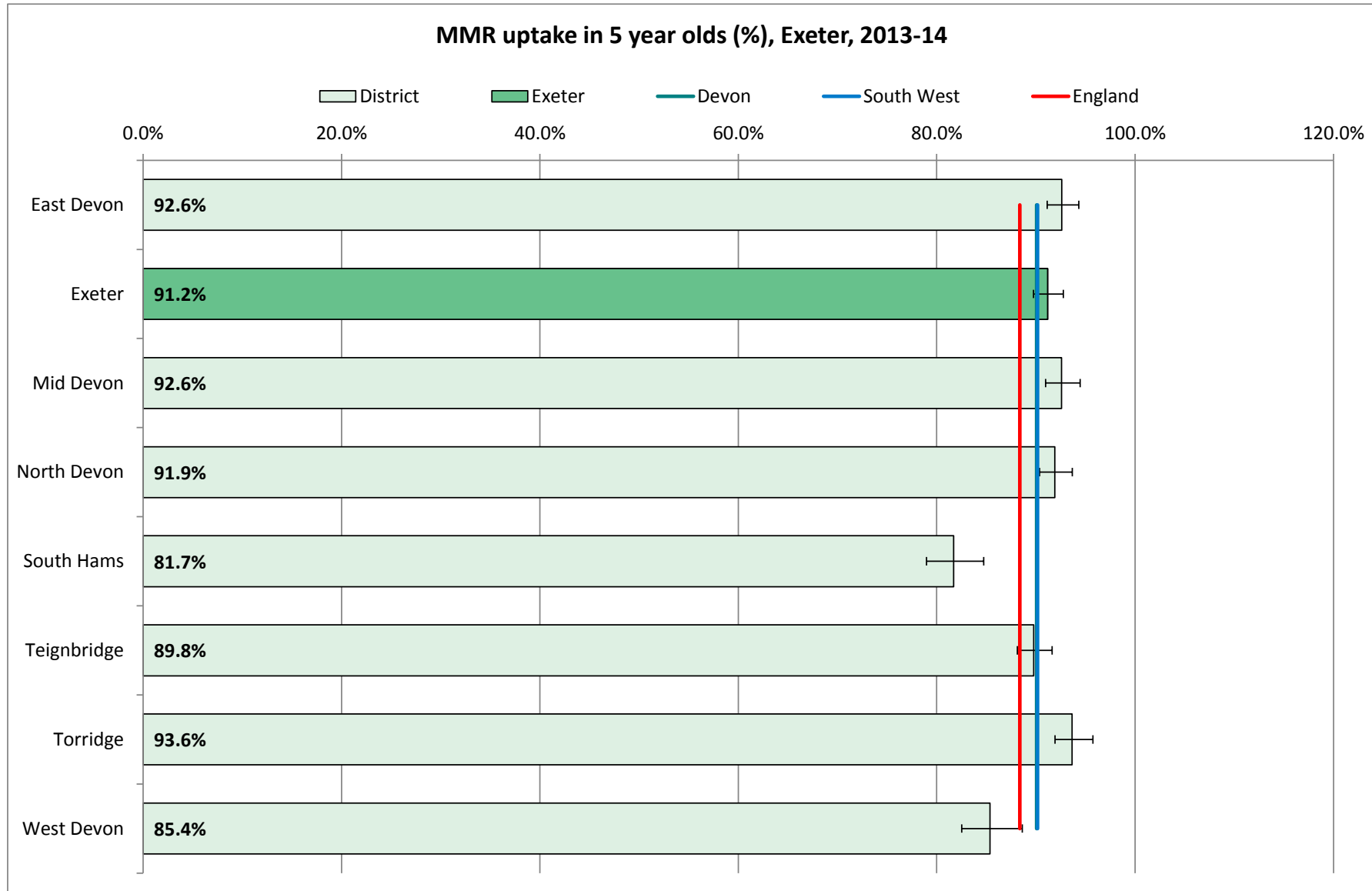
Immunisations – Flu vaccines in over 65 year olds



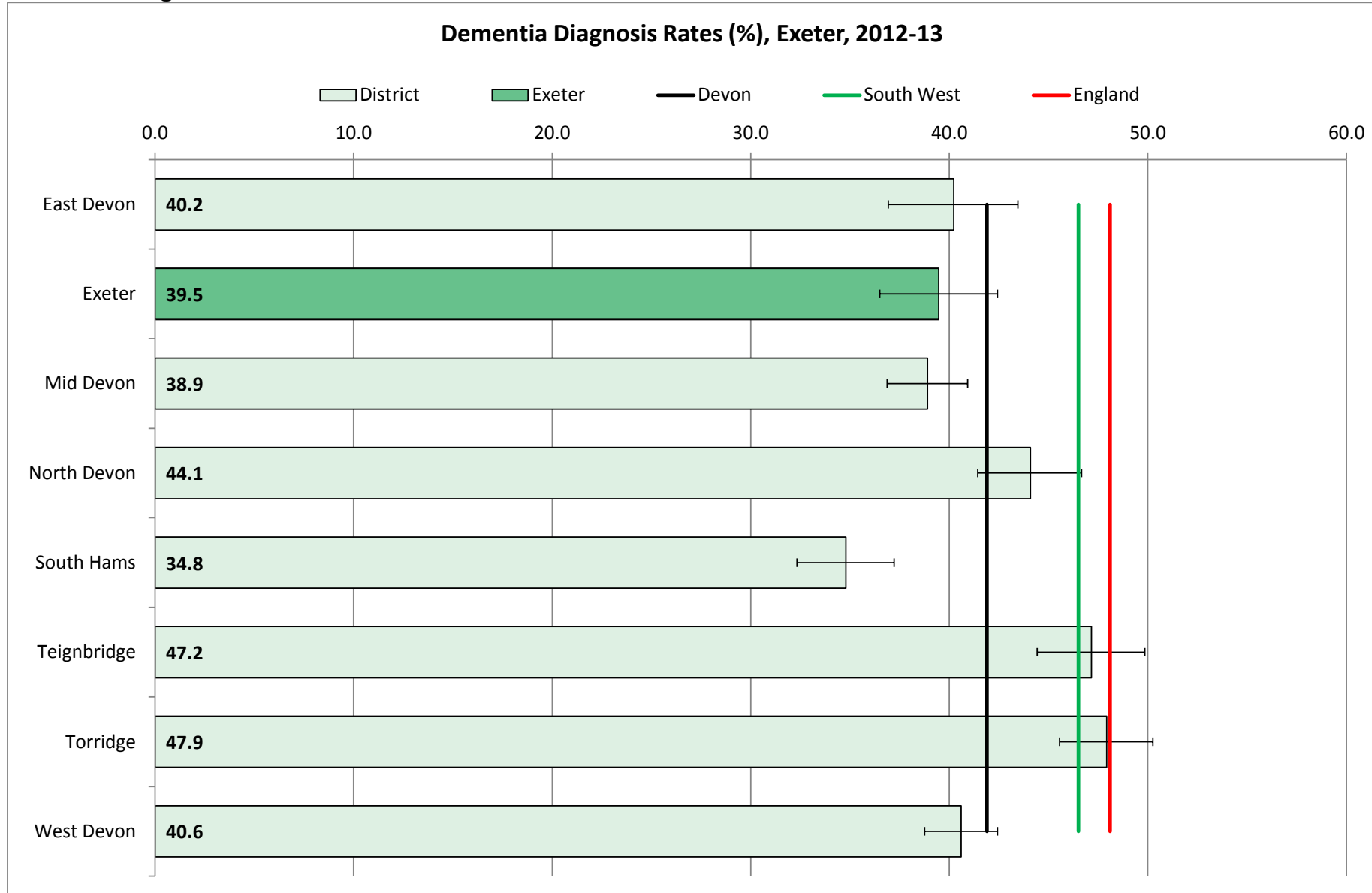
Immunisations – Flu vaccines in ‘at-risk’ population aged under 65 year olds



Immunisations – Childhood Vaccinations



Dementia Diagnosis Rates



Alcohol Related Hospital Admissions

