INTRODUCTION

This briefing has been developed to support decisions to prioritise areas of work for the Healthy Weight Partnership (HWP). The HWP Plan currently has four key objectives:

- Environment
- Quality services
- Communications
- Workforce development

This purpose of this briefing is to outline key nationally available data to help set the context for local needs and inequalities relating specifically to physical activity and healthy eating. It collates analysis at an East Sussex level for a range of publically available data and, where possible, this information has been benchmarked nationally. Where local data on health inequalities is not available, the national evidence of inequalities is presented. Data are drawn from many sources and vary by time period, population and presentation of values. For this reason care should be taken with interpretation – the data is meant as guidance to complement local knowledge and expertise.

Where possible the relationships to national or local benchmarks are marked by coloured points within the line graph using the following key:

- Orange: similar
- Green: better
- Red: worse

The colour coding shows whether the measure for that indicator is statistically better or worse than nationally (95% confidence). If the indicator is coloured blue it means that no statistical comparison was possible. Where trend data is available is has been presented in this briefing.

Author: Miranda Scamblor
Public Health Intelligence Team
April 2018
CONTENTS

INTRODUCTION .................................................................................................................................................. 1

CONTENTS ......................................................................................................................................................... 2

EAST SUSSEX DEMOGRAPHY ............................................................................................................................ 3

PHYSICAL ACTIVITY .......................................................................................................................................... 4

East Sussex ......................................................................................................................................................... 4

  Physical Activity – Adults (19+), 2015/16 to 2016/17 .................................................................................. 4
  Physical Activity – 15 year olds 2014/15 ......................................................................................................... 4
  Use of outdoor space for health/exercise – 16+ year olds, 2015/16.............................................................. 4
  Use of parks/open spaces and sports clubs – 18+ year olds, 2015 and 2017 ................................................. 5

England ............................................................................................................................................................. 5

  Physically Active – Adults (19+), 2016/17 ...................................................................................................... 5
  Physical Activity levels by activity category – Adults (16+), 2015/16 and 2016/17 ................................. 6
  Engagement with outdoor space and sports activities – 8-15 year olds, 2014/15 ........................................ 6
  National Travel Survey (NTS) – Average number of trips by mode, age and gender ............................. 7
  National Travel Survey (NTS) – Bicycle use ................................................................................................. 7
  National Travel Survey (NTS) – Transport to school for 5-16 year olds .................................................... 8

HEALTHY EATING ............................................................................................................................................. 9

East Sussex ......................................................................................................................................................... 9

  Proportion of adults meeting the recommended ‘5-a-day’ on a ‘usual’ day, 2015/16 ................................. 9
  Proportion of 15 year olds meeting the recommended ‘5-a-day’ on a ‘usual’ day, 2014/15 .................... 9

England ............................................................................................................................................................ 9

Proportion of 15 year olds meeting the recommended ‘5-a-day’ on a ‘usual’ day, 2015/16 ....................... 9

FOOD OUTLETs ................................................................................................................................................... 10

Type of food outlets in East Sussex – percentage of total ............................................................................. 10

Type of food outlets in East Sussex – rate per 1,000 residents .................................................................. 10

OBESITY ............................................................................................................................................................ 11

East Sussex ....................................................................................................................................................... 11

  Overweight and obesity – Adults (18+), 2015/16 ...................................................................................... 11
  QOF Prevalence of overweight and obese adults (18+), 2016/17 ............................................................. 11
  Admissions directly attributed to obesity per 100,000 population- 2013/14 to 2016/17 ......................... 11
  Obesity admissions for bariatric surgery per 100,000 population - 2013/14 to 2016/17 ...................... 11
  2.06ii/ii – Child excess weight in 4-5 and 10-11 year olds - 2016/17 ......................................................... 12
  2.06ii/iiv – Child obesity in 4-5 and 10-11 year olds - 2016/17 ................................................................. 12

England ............................................................................................................................................................ 12

  Overweight and obesity – Adults (18+), 2015/16 .................................................................................... 12
  Child excess weight in 4-5 and 10-11 year olds - 2016/17 .................................................................. 13
  Child obesity in 4-5 and 10-11 year olds - 2016/17 .............................................................................. 13
EAST SUSSEX DEMOGRAPHY

Compared to nationally, East Sussex has a larger and faster growing older population with a quarter of the population over 65 compared to 18% nationally. Over half the population (53%) is over 45 years compared to 43% nationally and this cohort is also growing faster. Conversely, the 0-15 population is shrinking twice as fast as nationally. East Sussex has more females over 65 years (27%) than nationally (19%) and is 96% White British compared to 85% White British for England overall. East Sussex ranks 99th most deprived Local Authority (where 1 is most deprived and 152 least deprived), and has 5.8% LSOAs in the most deprived 10% nationally. 30% LSOAs in Hastings are in the most deprived 10% nationally.

East Sussex: Population distribution by age and gender

![East Sussex age profile, 2016 Total population 547,797]

Source: ONS, MYE

East Sussex: % of the population of each Ethnic Group by Age Band

<table>
<thead>
<tr>
<th>Ethnic Group</th>
<th>0-17</th>
<th>18-64</th>
<th>65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>96%</td>
<td>78.5%</td>
<td>95.7%</td>
</tr>
<tr>
<td>Mixed/multiple ethnic group</td>
<td>2%</td>
<td>2.1%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Asian/Asian British</td>
<td>8%</td>
<td>10.0%</td>
<td>8.4%</td>
</tr>
<tr>
<td>Black/African/Caribbean/Black British</td>
<td>3%</td>
<td>3.5%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Other ethnic group</td>
<td>1%</td>
<td>0.7%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

Source: ONS, Population characteristics

East Sussex: Index of Multiple Deprivation (IMD) 2015, national quintiles

The IMD measures relative levels of deprivation in Lower Super Output Areas (approximately 1,500 residents). These measures are based on:

- Income
- Employment
- Education
- Health
- Crime
- Barriers to health and wellbeing

Source: Department for Communities and Local Government
PHYSICAL ACTIVITY

East Sussex

Physical Activity – Adults (19+), 2015/16 to 2016/17

The following data is reported in the Public Health Outcomes Framework (PHOF) which reports evidence from the Active Lives Survey by Sports England and categorises adults as aged 19+. There is limited trend data due to the change in data source to Active Lives survey. Overall, East Sussex has a similar proportion of the adult population that is active (67%), and a similar proportion that is inactive (22%) than nationally. This is a change from 2015/16 where East Sussex was significantly better for both indicators than nationally. However, while the levels of inactivity in Eastbourne remain significantly higher than nationally, the levels of activity in Eastbourne have improved and are now similar to England levels. Lewes has significantly better activity levels than England, and Wealden has significantly lower inactivity levels.

Source: Active Lives Survey, Sports England

Physical Activity – 15 year olds 2014/15

The following data shows that East Sussex has a similar proportion of self-reported physically active 15 year olds than nationally, and a similar proportion with a mean sedentary time of over 7 hours a day over the last week. The South East region performs significantly better on both measures than England.

Source: What about YOUth (WAY) survey, 2014/15

Use of outdoor space for health/exercise – 16+ year olds, 2015/16

A similar proportion of 16 year olds in East Sussex use outdoor space for health/exercise reasons than nationally. However, between 2014/15 and 2015/16 this significantly decreased from 32% to 16%, so while East Sussex is now similar statistically to levels of outdoor space use in England, between 2011-12 and 2014-15 East Sussex had higher proportion of adults (16+) using outdoor spaces. The MENE survey which collates this data interviews 45,000 adults in England each year and there is no data reason shown for the local decrease.

Source: Natural England: Monitor of Engagement with the Natural Environment (MENE) survey
Use of parks/open spaces and sports clubs – 18+ year olds, 2015 and 2017
Public Health commissioned the East Sussex Community Survey which is being undertaken in 2015, 2017 and 2019. The survey is sent to circa 45,000 households to be completed by an adult over 18 years olds, with approximately 15,000 questionnaires returned for the 2017 survey. Initial topline analysis indicates that, of those surveyed, 62% used a park/open space in the last month and 21% used a sports club.

Those with a local park/open space or sports club within 15 to 20 minutes walk from home who are least likely to use them at least once a month are those who:

<table>
<thead>
<tr>
<th>PARK/OPEN SPACE (13,000)</th>
<th>SPORTS CLUB (11,000)</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Wealden (60%)</td>
<td>In Hastings (19%)</td>
</tr>
<tr>
<td>Aged 65+ (51%)</td>
<td>Aged 65+ (15%)</td>
</tr>
<tr>
<td>Men (60%)</td>
<td>Women (20%)</td>
</tr>
<tr>
<td>Retired (54%) or workless (55%), Social tenants (49%)</td>
<td>Retired (16%) or workless (14%), Social tenants (11%)</td>
</tr>
<tr>
<td>Have no or low qualifications (50%), Have a disability (48%), Self reported poor health (45%), Single person households (53%)</td>
<td>Have no or low qualifications (14%), Have a disability (12%), Self reported poor health (9%), Single person households (15%), Households with children (18%)</td>
</tr>
<tr>
<td>Households with no children (56%)</td>
<td></td>
</tr>
</tbody>
</table>

Source: East Sussex community survey, 2015/16 and 2017/18

England
Physically Active –Adults (19+), 2016/17
According to the Active Lives survey, nationally, those significantly less likely to be active (150+minutes of activity a week) are: unemployed, have a disability, female, of Asian, Black, Chinese or Other ethnicity, aged 65 years or over and in the four most deprived deciles. The groups that are less likely to be active are also those significantly more likely to be inactive (<30 minutes of activity a week).

Source: Active Lives Survey, Sports England
Physical Activity and Health Eating

Data overview

This 2016/17 data from Sports England reports on ages 16+, comparing local level data to last year. Significantly changes are indicated by green arrows (significantly better), and red arrows (significantly worse). Most activity for males is through sport activities, and for females is walking. Compared to last year, a lower proportion of females are cycling for leisure in East Sussex while a higher proportion of males are walking for travel reasons.

Source: Active Lives Survey, Sports England

Engagement with outdoor space and sports activities in England - 8-15 year olds, 2014/15

The latest data shows that 8 to 15 year olds in the UK spent over an hour (68 minutes) of their leisure time on average per day taking part in an outdoor activity, sports activity or travelling on foot or by bicycle in 2014/15. 8-15 year olds spent three times as long on sport (33 minutes) than entertainment/culture (11 minutes). Boys spent on average 40 minutes a day on sport compared to 25 minutes for girls. 8-10 year olds are most likely to engage in activities (51%), but 11-13 year olds spend the longest average time a day being active (73 minutes).

Source: UK Harmonised European Time Use Survey (UK HETUS; Gershuny and Sullivan, 2017)
National Travel Survey (NTS) – Average number of trips by mode, age and gender

The NTS shows that the average number of walking trips of over 1 mile has fallen by 12 trips per person per year since 2002. The most common mode of transport for all ages is as a car driver (41%). Walking decreases by age group between 0-59 years (from 35% to 20%), while car driving increases from 22% of 17-20 year olds to 58% of 40-59 year olds. On average, males make fewer trips by foot per year than females and make more trips as a car passenger than driver than women. Males are most likely to use other forms of transport than car or foot, whereas women are most likely to travel as a car driver.

Source: National Transport Survey 2016, Department for Transport

National Travel Survey (NTS) – Bicycle use

Of those surveyed in the NTS between 2014/16 (sample 45,000 people), 42% owned a bicycle. Bicycle ownership was least common amongst 21-29 year olds (93%) and those over 60 (22%). Use of a bicycle (not ownership) was most prevalent amongst 17-20 year olds (3%) while over half of those in all age groups over 17 years have no use of a bicycle (peaking at 78% of those over 60). Males in all age groups make at least twice the number of bicycle trips per year than women, with males aged 11-20 making over four times the average number of bicycle trips than females of the same age. Bicycle use increased for both males and females aged 11-16 and between 40 and 59 between 2013/15 and 2014/16, but declined amongst males aged 17-20 and 30-39, and amongst females aged 21-29.

Source: National Transport Survey 2016, Department for Transport

The South East has the second lowest average walking distance per person per year and the highest average distance for car/van drivers of all regions. It is also the second highest region for average distance per person by surface rail, and for overall miles travelled per person per year by any mode of transport.
National Travel Survey (NTS) – Transport to school for 5-16 year olds
Data from the NTS shows that between 2002 and 2016 the percentage of 5-16 year olds walking to school rose by 3% to 46%. Conversely, bus travel has declined by 2%. The rise in travel by foot can be seen amongst both 5-10 year olds and 11-16 year olds. While car travel has remained the same for 11-16 year olds (26%), there has been a decline in car travel for 5-10 year olds from 44% to 41%. 23% 11-16 year olds take the bus to school, compared to 3% 5-10 year olds, which is a likely reflection of increased independent travel.

Source: National Transport Survey 2016, Department for Transport
**HEALTHY EATING**

**East Sussex**

**Proportion of adults meeting the recommended ‘5-a-day’ on a ‘usual’ day, 2015/16**

The following data is reported in the Public Health Outcomes Framework (PHOF) which reports evidence from the Active Lives Survey by Sports England and categorises adults as aged 19+. There is no trend data due to the change in data source to Active Lives survey. Overall, East Sussex has a significantly higher proportion of adults meeting the recommended 5 a day portions of fruit and vegetables, and a significantly higher mean number of portions of both fruit and vegetables than England. Hastings has a similar mean number of portions to nationally.

Source: Active Lives Survey, Sports England

**Proportion of 15 year olds meeting the recommended ‘5-a-day’ on a ‘usual’ day, 2014/15**

The following data shows that East Sussex has a similar proportion of 15 year olds meeting the recommended ‘5-a-day’ than nationally, while the South East region performs significantly better for mean portions of vegetables than England.

Source: What About YOUth (WAY) survey, 2014/15

**England**

**Proportion of 15 year olds meeting the recommended ‘5-a-day’ on a ‘usual’ day, 2015/16**

According to the What About YOUth survey, nationally, those significantly less likely to be meeting the recommended 5-a-day are: in the five most deprived deciles, and of White or Black/African/Caribbean/Black British ethnicity. Males have significantly higher mean portions of vegetables a day than females.

Source: What About YOUth (WAY) survey, 2014/15
**PHI Physical Activity and Health Eating Data overview**

**FOOD OUTLETs**

**Type of food outlets in East Sussex – percentage of total**
The Food environment assessment tool (FEAT) maps the location of food outlets at local level. There are 2,100 food outlets in East Sussex (4 per 1,000 residents): Wealden (486); Hastings (453); Eastbourne (449); Rother (393) and Lewes (333). In East Sussex, the greatest proportions of food outlets are restaurants (32%) and takeaways (22%), and the lowest supermarkets (4%). This is consistent across the county with the exception of Rother which has a higher proportion of speciality outlets than takeaways. Between 2014 and 2017 cafes have increased 2.5%, convenience stores have decreased 1% and restaurants have decreased 3%. Takeaways and Speciality outlets have increased by 0.5%.

**Type of food outlets in East Sussex – rate per 1,000 residents**
The most prevalent food outlet is restaurants (1.28 per 1,000), and the least is supermarkets (0.17 per 1,000). Across all areas, the rate of cafes per 1,000 residents has increased since 2014, with the highest rate in Eastbourne (0.81 per 1,000). There is twice the rate of convenience stores in Hastings (0.89 per 1,000) than Wealden (0.41) or Lewes (0.42). The rate of restaurants, while highest of all food outlets, has declined across all areas, most significantly in Eastbourne (from 1.6 per 1,000 to 1.27 per 1,000 since 2014). The rate of speciality outlets in Rother (0.72 per 1,000), compares to approximately 0.5 per 1,000 in all other areas. Hastings has the highest rate of takeaways (1.26 per 1,000).

Source: Food environment assessment tool, Centre for Diet and Activity Research, Cambridge University.
Obesity

East Sussex

Overweight and obesity –Adults (18+), 2015/16

This data is reported in the Public Health Outcomes Framework (PHOF) which reports evidence from the Active Lives Survey. There is no trend data due to the change in data source to Active Lives survey. Overall, East Sussex has a significantly lower proportion of the adult population that is overweight or obese than nationally. Eastbourne is the only district or borough with a significantly lower proportion of overweight or obese adults than nationally.

Source: Active Lives Survey, Sports England

QOF Prevalence of overweight and obese adults (18+), 2016/17

This Quality and Outcomes Framework (QOF) data shows the percentage of those aged 18+ recorded in the past 12 months on practice disease registers as having a BMI of 30+. There is no trend data as the previous measure included obesity and overweight. EHS CCG (8%) and HWLH CCG (6.5%) have a lower prevalence of obese adults, whereas HR CCG (9.4%) has a similar prevalence to nationally (9.7%).

Source: Quality Outcomes Framework, 2016/17

Admissions directly attributed to obesity per 100,000 population- 2013/14 to 2016/17

Hospital Episode Statistics (HES) data show that East Sussex has a higher rate of admissions attributed to primary or secondary diagnosis of obesity (24 per 100,000) than nationally (20 per 100,000) and this has been rising at a faster rate than nationally since 2014/15. Across England, the South East and East Sussex, approximately 2.5 times as many females are admitted for reasons related to obesity than men.

Source: Hospital episode statistics (HES), NHS digital

Obesity admissions for bariatric surgery per 100,000 population - 2013/14 to 2016/17

East Sussex has a higher rate of obese adults admitted for a main or secondary procedure of bariatric surgery (31 per 100,000) than nationally (19 per 100,000). This rate has been rising faster than nationally since 2014/15. Approximately 2.5 times as many females are admitted for obesity related bariatric surgery as males, compared to 3 times as many nationally. The rate of males admitted for obesity related bariatric surgery in East Sussex is twice the national rate, and the rate for females is significantly higher than nationally.

Source: Hospital episode statistics (HES), NHS digital
2.06i/ii - Child excess weight in 4-5and 10-11 year olds - 2016/17
The percentage of 4-5 year olds with excess weight in East Sussex (23%) is similar to nationally (23%) across all districts and boroughs, with an improvement since 2015/16 in Hastings when rates were significantly higher. Excess weight in 10-11 year olds in East Sussex (30%) is significantly better overall than nationally (34%), reflected by significantly lower proportions in Lewes (26%) and Wealden (27%).

Source: National Child Measurement Programme

2.06iii/iv - Child obesity in 4-5and 10-11 year olds - 2016/17
The percentage of obese 4-5 year olds in East Sussex overall (10%) is similar to nationally (10%), while Wealden has significantly lower proportions (8%). However, obesity in 10-11 year olds in East Sussex overall (17%) is significantly better than nationally (20%), with significantly lower obesity in Eastbourne (17%), Lewes (13%) and Wealden (16%). Since 2015/16 obesity in Eastbourne has changed from significantly worse than nationally (23%) to significantly better (17%)

Source: National Child Measurement Programme

England

Overweight and obesity –Adults (18+), 2015/16
According to the Active Lives survey, nationally, those significantly more likely to be overweight or obese (BMI greater than or equal to 25kg/m2) are: unemployed, have a disability, female, of White British or Black ethnicity, aged 45 years or over and in the four most deprived deciles.

Source: Active Lives Survey, Sports England
Child excess weight in 4-5 and 10-11 year olds - 2016/17

According to the Active Lives survey, nationally, children who are significantly more likely to have excess weight are: male, of White, Asian or Black ethnicity, and in the four most deprived deciles.

4-5 year olds

10-11 year olds

According to the Active Lives survey, nationally, children who are significantly more likely to be obese are: male, of White, Asian or Black ethnicity, and in the four most deprived deciles.

4-5 year olds

10-11 year olds

Source: National Child Measurement Programme