

Brief overview of health and risk factors in the city of Hull

The city of Hull has a resident population of approximately 265,000 (based on GP registrations in June 2011). However, the population registered with Hull GP practices is approximately 290,000 (with the excess mainly living in East Riding of Yorkshire).

Hull is the 10th most deprived local authority in England based on the Index of Multiple Deprivation 2010. This has worsened by 1 place since 2007. Over half of Hull's lower layer super output areas (LLSOAs; which are geographical areas used in deprivation calculation with average of 1,500 residents) are in the most deprived 20% nationally, 19% are in the second most deprived quintile nationally, 20% in the middle deprivation quintile, 6% are on the second least deprived quintile and 3% are in the least deprived quintile.

In recent years to 2002, the birth rate had been falling (to a total period fertility rate of 1.56), but since 2002 the birth rate has been increasing with 2008 having the highest birth rate in the last eight years (total period fertility rate of 1.83). However, with a growth in the most elderly population, the demographic profile of the city has been changing. The population of Hull increased dramatically during the late 1800s and early 1900s but gradually decreased from the 1930s. However, Hull's population is projected to increase by 21% to 2033 with an increasing population aged 60 years or more. From the 2001 Census, the BME population was estimated to be 8,500 (3.3% of residents), estimated to be 6.2% from Hull's 2007 Health and Lifestyle survey and rising to 10.9% in government estimates for 2009, which gives an estimate of 28,700 people in Hull from BME groups.

LOCAL HEALTH NEEDS

The absolute gap between England and Hull for mortality from early circulatory disease is reducing, but the absolute gap between England and Hull is increasing for a number of indicators such as life expectancy at birth and all age all cause mortality rate. Hull is characterised by (2007-2009):

- lower than average life expectancy at birth (men: 75.2 years compared to England 78.3 years; women: 80.0 years compared to England 82.3 years)
- higher than national average all age all cause standardised mortality rates (Hull 718 compared to England 567 deaths per 100,000 persons)
- early deaths rates from cancer higher than the national average (under 75s standardised mortality ratios (SMRs): men 131; women 129, i.e. 31% higher and 29% higher than England based on what would be expected from age-gender population structure)
- early deaths rates from coronary heart disease higher than the national average particularly for women (under 75s SMRs: men 146; women 174, i.e. 46% and 74% higher than England)
- teenage pregnancy rates third highest in England (64.0 under 18 conceptions per 1,000 female population aged 15-17 years in 2009 compared to 38.2 for England)

- above average incidence of poor mental health (3.1% (range 1%-8% across wards) of working age population on Incapacity Benefit or Severe Disablement Allowance where the main reason for the claim was mental health, May 2006)
- high levels of ill health and disability (rates of limiting long-term illness 10-25% higher than England depending on age group, 2001 Census)

There are also significant differences in the health status across the city. The under 75s age standardised mortality ratio (SMR) from all causes for 2007-2009 ranges from 75 (25% lower than the national average) to 213 (113% higher than the national average) over the 23 wards in Hull.

Lifestyle factors impacting on the health of the population of Hull include:

- Smoking with a prevalence of 34.2% for men and 32.8% for women (Hull Prevalence Survey 2009 & Hull Social Capital survey 2009 combined) compared to England (22% and 20% respectively for men and women) reported by the General Household Survey 2009.
- Alcohol consumption with 23% of men and 13% of women drinking more than the recommended weekly limit (H&L 2009 and SC2009 combined) compared to 26% and 18% for England (General Household Survey 2009).
- Substance misuse with Hull having the seventh highest drug-related death rate per 100,000 population (January – June 2005) out of the 88 reporting Coroner areas in England (24 deaths) according to data provided by Hull Citysafe Partnership, Models of Care Coordinator and through National Programme on Substance Abuse Deaths data. Of the 24 drug related deaths in Hull in 2005, 47% were cause by heroin alone. This figure is 28% higher than the national average. Alcohol was detected in 54% of these 24 drug related deaths, and only 50% of the cases has ever been involved with a treatment service.
- Diet equivalent to national levels of fruit and vegetable consumption with 24% of men and 31% of women in Hull eating five or more portions daily (H&L2009 & SC2009 combined) compared to 25% and 28% in England (HSE 2009).
- Better than national levels of physical activity with 42% of men and 32% of women taking moderate or vigorous exercise for 30 minutes or more in duration on five or more occasions per week (H&L 2009 and SC2009 combined) compared to 39% of men and 29% of women in England (HSE 2008).
- Obesity which impacts on health, however, there is no suggestion that the problem of obesity in Hull is worse compared to England. Overall, 42% of men and 33% of women were defined as overweight (H&L 2009 & SC 2009 combined) compared to 44% and 33% for England (HSE 2009), and 26% of men and 26% of women in Hull were defined as obese compared to 22% and 24% for England.
- Lower than national rates of educational attainment with 42.3% of children achieving five or more grades A*-C inc. Maths and English) compared to 53.5% for England (Department for Education 2010). Overall, 20% of the working age population in Hull were qualified to

- NVQ4 level or above compared to 31% for Great Britain (NOMIS, 2011), and 17% had no qualifications compared to 11% for GB.
- Higher rates of economical inactivity and unemployment. Based on official labour market statistic (NOMIS), during the period January 2010 – December 2010, 72% of people in Hull were economically active (with 6% wanting a job and 22% not wanting a job) compared to 76% (with 6% wanting a job and 18% not wanting a job) for Great Britain with a model-based unemployment rate of 13.5% compared to 7.7% for GB.
 - Lack of employment opportunities with 9% employed as managers and senior officials compared to 15.7% for GB (NOMIS, January 2010 – December 2010), 10.2% employed in professional occupations compared to 14.0% for GB, 12.9% employed as associate professional and technical occupations compared to 14.7% for GB. Overall, 32.3% were employed in social class groups 1-3 in Hull compared to 44.6% for GB. There were fewer employed in administrative and secretarial posts (8.7% vs 10.8%), but more employed in skilled trades occupations (13.9% vs 10.2%), sales and customer service occupations (9.5% vs 7.4%), process plant and machine operatives (10.7% vs 6.6%) and elementary occupations (17% vs 11.1%).
 - Low incomes, with gross weekly pay for full-time workers was £428 for men and £345 for women in Hull compared to £542 and £440 for GB (NOMIS, 2011). The total working age out-of-work key benefit claimants rate as at August 2011 was 21.6% in Hull compared to 14.7% in GB.
 - With regard to social capital (SC 2009), the overwhelming majority of survey respondents felt very safe or fairly safe when walking alone in their area during the daytime – overall 1.6% felt very unsafe. Just over half of respondents (51.3%) felt very safe or fairly safe walking alone in their area after dark although this was made up of almost twice as many men than women (men 67.6% versus women 36.2%). 62.5% of respondents said they were well informed about things affecting their area, while around a third (35.4%) of respondents felt they could influence things that affect their area. 11.8% of respondents had been involved in a local organisation over the past 3 years. Overall 74.0% of men and 73.6% of women felt that neighbours looked out for each other.

A much more complete analysis of the health needs of the Hull Population can be found at: - www.hullpublichealth.org including full reports from the local surveys, and Hull's Health Atlas which provides survey, life expectancy and mortality information at ward level.