

March
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State of Dorset Health and Wellbeing



Dorset residents are generally healthy, have a high life satisfaction rating and feel that the things they do in their lives are worthwhile. The growing number of older people will increase demand for health and social care services so it is important to use local evidence to anticipate need and target service provision as effectively as possible.

Health and wellbeing influences - and can be influenced by - most aspects of our lives including how and where we live, our behaviours, our work and our leisure activities. Health behaviours impact on both physical and mental health - and many people may be affected by more than one health behaviour. Healthy populations live longer, are more productive and save more thus making a contribution to economic progress as well as maintaining personal wellbeing.

Big Numbers Box

11,400 people aged 65+ living with dementia by 2025

28% Dorset year 6 children overweight

2,092 domestic abuse incidents in Dorset last year

Over 1 in 2 Dorset adults overweight

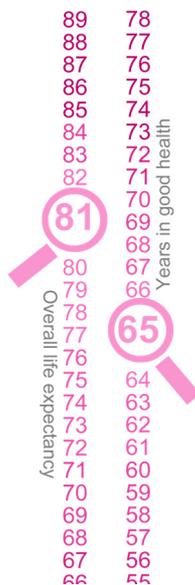
Every **£1** invested in drug treatment returns **£2.50** in health & crime savings

16-18 years difference between healthy and overall life expectancy

smoking related deaths in Dorset per 100,000 **203**

Box 1: Health

Male life expectancy in Dorset

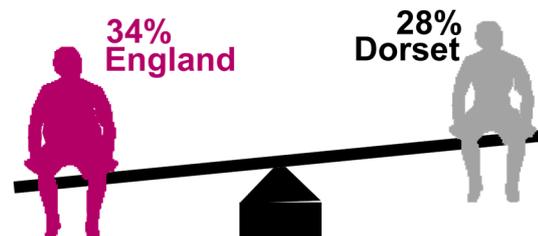


- Healthy life expectancy is the number of years a person would be expected to live in good health. In Dorset, there is a difference of 16 years between healthy life expectancy and overall life expectancy for men, and 18 years for women¹.

- 59% of adults in Dorset are classified as overweight or obese; better than the national average but still a great concern due to the life-threatening conditions it can lead to².

% year six children who are overweight or obese

- 28% of year six children and 21% of children in reception are overweight or obese, but these are better than the national average².



- Incidence of 'skin cancer' in those under 75 is above the average in Dorset at 34.1 incidences per 100,000 people compared with 18.9 in England³.

- Smoking attributable deaths per 100,000 population in Dorset fell to 203 - the lowest rate on record, and significantly below the rate for England at 272².
- The rate of people killed and seriously injured on the roads continues to be above average, possibly due to Dorset's high proportion of rural roads⁴. Nationally more than half of all fatal collisions occur on rural roads⁵.

Sources

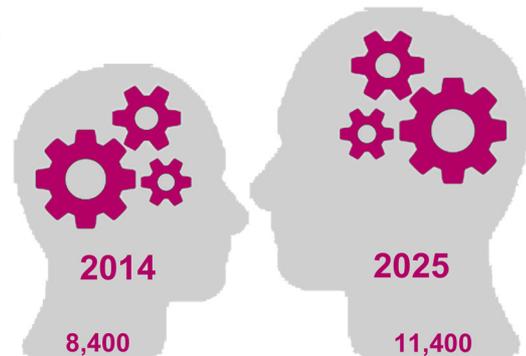
1 Health state life expectancy at birth and at age 65 by local areas, UK, 2015-2016, ONS
2 PHOutcomes, Health Profile 2014-16
3 <http://www.ncin.org.uk/skin/laua/atlas.html> [Accessed 03/01/18]

4 PHOutcomes, Health Profile 2013-15
5 <https://www.rospa.com/road-safety/advice/road-users/rural/> [Accessed 23/01/18]

Box 2: Mental health

- By 2025, we expect to see more than 11,000 people aged 65 or over living with dementia locally, with the greatest increase among those aged 75+ in line with population growth⁶. It is likely that an additional 3,000 carers will be needed to cope with this increase⁷.
- Nationally, one in ten children and young people need support or treatment for mental health problems⁸.
- 75% of mental health problems in adult life (excluding dementia) start by the age of 18⁸.
- During the course of a year, almost one in four of us will suffer from some form of mental health condition⁹.

People aged 65+ with dementia



Box 3: Substance abuse

The Toxic Trio Substance abuse



- In Dorset, admission rates for alcohol related harm continues to rise year on year¹⁰.
- The number of young people taking illicit substances continues to drop although patterns of use are continually developing¹¹.
- In Dorset, for every £1 invested in adult drug treatment services, savings of £2.50 in health and crime costs are generated¹².
- Domestic abuse, mental ill-health and substance misuse have been termed a 'Toxic Trio' commonly found in families where harm to children has occurred. 2,092 domestic abuse incidents were reported in Dorset last year¹³.

What are we doing about it?

Public Health Dorset aims to improve and protect the health and wellbeing of the population across Bournemouth, Dorset and Poole with an emphasis on reducing inequalities in the health of those living and working in our local communities.

Working as part of Dorset councils we want to help as many people as possible stay healthier for longer. This involves coordinated action across the whole health and care system. In taking a strategic approach to our work we support Dorset Health and Wellbeing Board, Bournemouth and Poole Health and Wellbeing Board and the Accountable Care System for Dorset.

The county council works to support people in making healthy lifestyle choices and leading active lives. The Live Well Dorset service, funded by Dorset's councils, is just one of the ways in which this support is provided¹⁴.

Sources

6 POPPI Projecting Older People Information

7 <https://www.dementiastatistics.org/statistics-about-dementia/human-and-financial-impact/>

8 Pan Dorset Local Transformation Plan: Children and Young People's Mental Health and Wellbeing, 31/10/17

9 Government's response to the five year forward view for mental health, 9 January 2017

10 PHOutcomes, Health Profile 2015-16

11 Alcohol and Drugs Strategy 2016-2020, Public Health Dorset

12 Alcohol and drugs prevention, treatment and recovery: why invest?, Public Health England, 2014

13 Dorset Police: <https://www.dorset.police.uk/>

14 <https://www.livewelldorset.co.uk/>