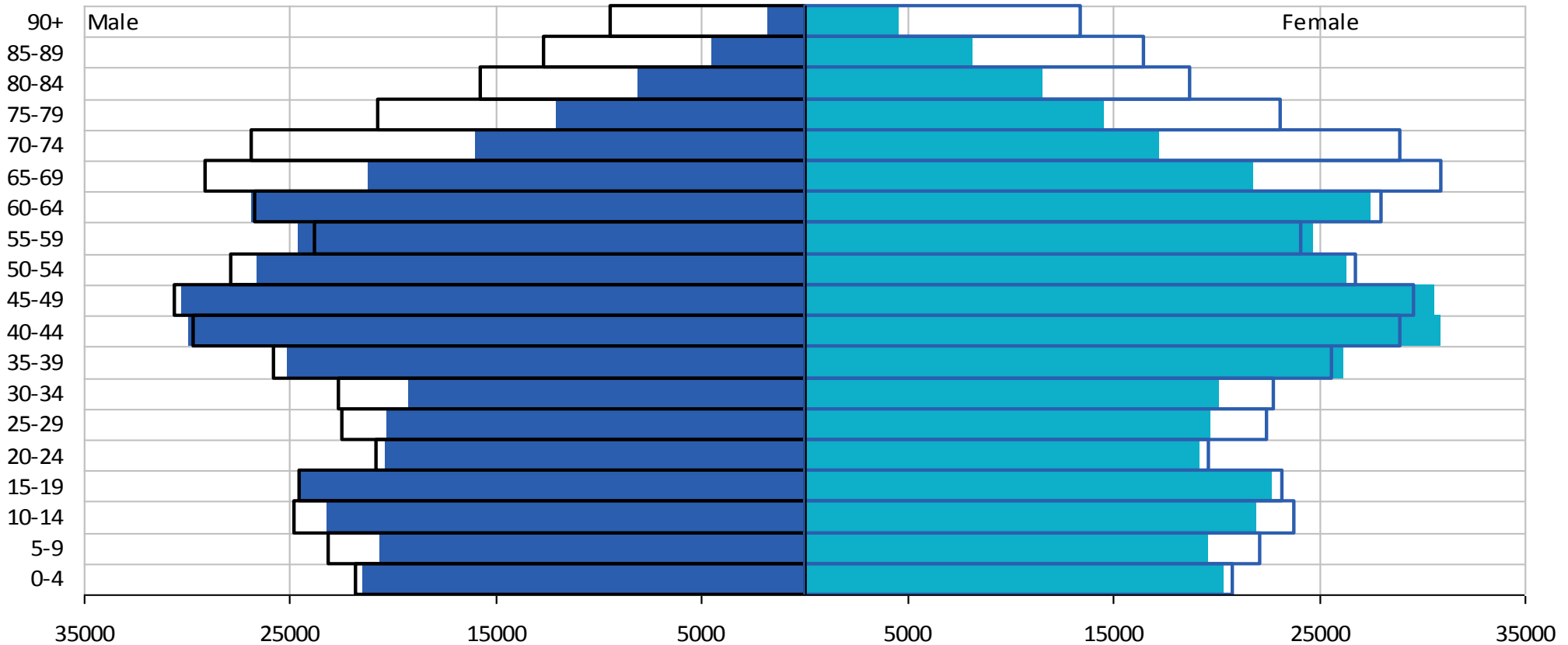


Priority 2: Healthy lifestyles

Promote healthy lifestyles by developing services to prevent and reduce harmful alcohol consumption, substance misuse, obesity, physical inactivity, smoking and sexual ill-health

Focus on preventing and reducing alcohol misuse, obesity and physical inactivity

Derbyshire Population Size Pyramid (2010-2035)



Source: 2010-Based Population Projections, Office for National Statistics (ONS), March 2012

■ Male 2010

■ Female 2010

□ Male 2035

□ Female 2035

- For both men and women, there are more people in the 45-49 and 40-44 brackets than any other age band

- Over the next twenty-five years, it is expected that almost all age groups will have higher numbers than they do now

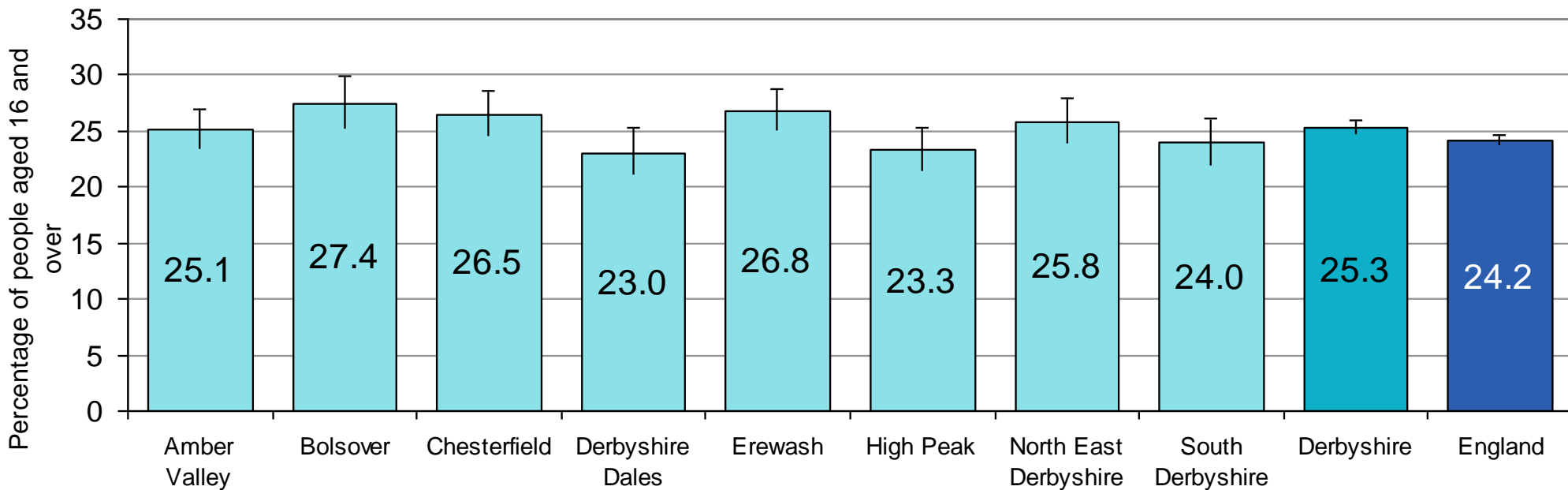
- The population increase will be particularly pronounced among the older age groups, with substantial increase for every age group over 65

- Bolsover had the highest obesity rate, at 27.4% of the adult population. Derbyshire Dales had the lowest rate at 23.0%

- Derbyshire's adult obesity rate was 25.3%, which is 1.1 percentage points higher than the national average (24.2%)

Percentage of the adult population with obesity

2006-2008



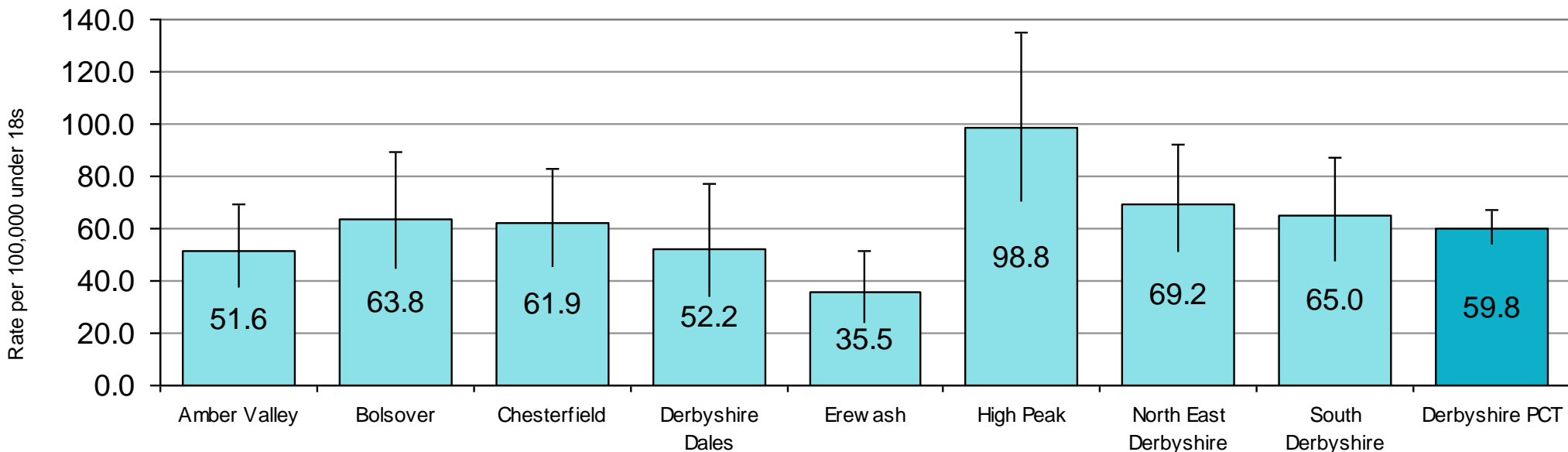
Source: 2006-2008, Association of Public Health Observatories - Estimates of Adults' Health and Lifestyles (Modelled data)

- Erewash has a significantly lower rate of hospital admissions amongst under 18s than Derbyshire

- High Peak has the highest rate at 98.8 per 100,000 under 18s, which is 39.0 per 100,000 higher than the Derbyshire average

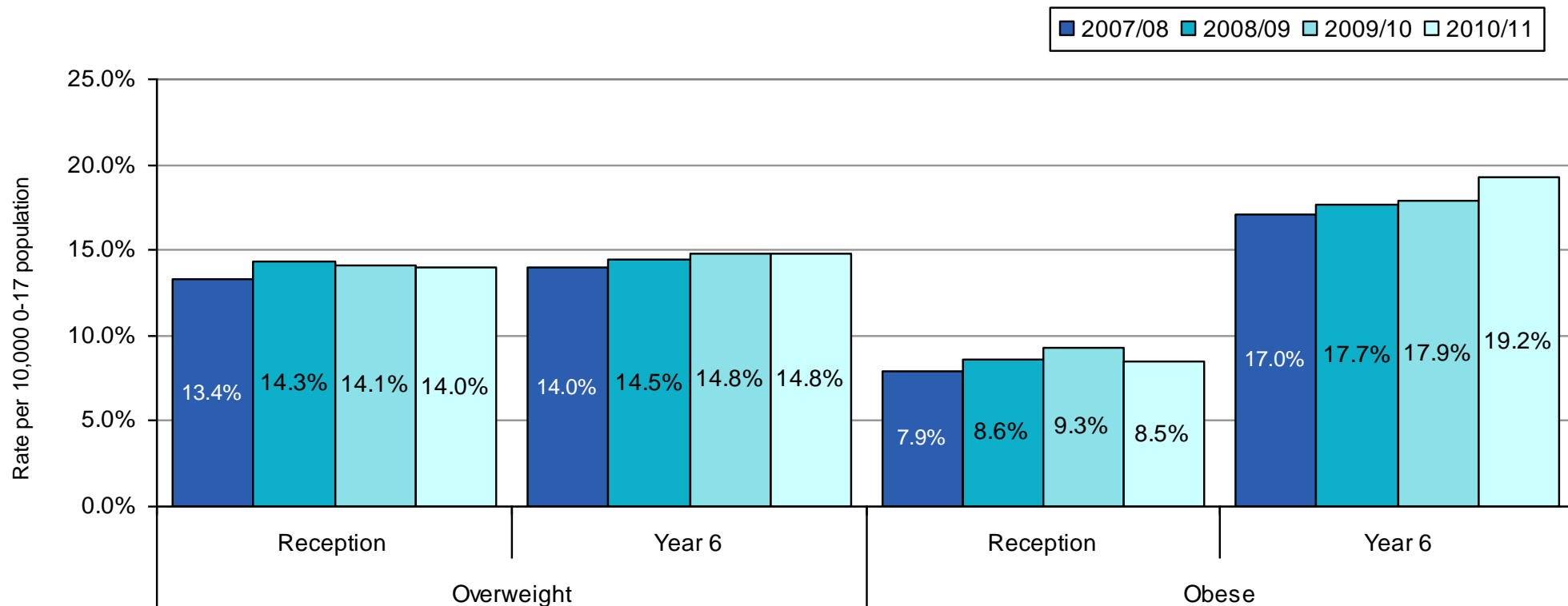
Hospital Admissions due to Alcohol Specific Conditions per 100,000 under 18s population

2008/09 - 2010/11



Source: 2008/09 - 2010/11, Secondary Uses Service (SUS) and Children & Younger Adults Information Service, Derbyshire County Council, March 2012

Overweight & Obese Primary School Age Children in Reception and Year 6 in Derbyshire 2007/08 to 2010/11



Source: 2010/11, Children & Younger Adults Information Service, Derbyshire County Council, March 2012

- Year 6 school children have seen an increase in both overweight and obese numbers over the four academic years. The largest increase has been in obese children of 2.1 percentage points

- There is a marked difference between Obese levels between Reception and Year 6

- Reception year pupils have seen a decrease in both Overweight and Obesity levels since 2009/10

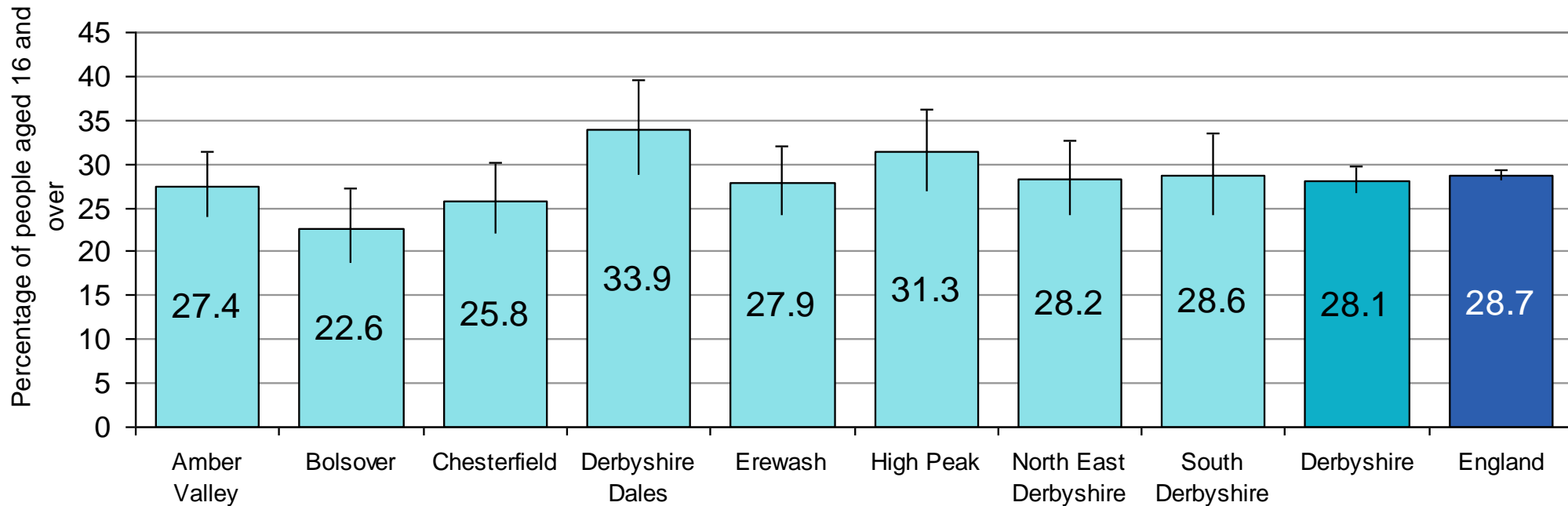
- The rate of healthy eating among adults is slightly lower than the national average (28.1% in Derbyshire and 28.7% nationally)

- In Derbyshire Dales, over a third (33.9%) of all people eat healthily. High Peak's rate of 31.3% is also higher than the national average

- Bolsover had the lowest rate of healthy eating, at only 22.6%. Chesterfield also had a comparatively low rate of healthy eating (25.8%)

Percentage of the adult population that eat healthily

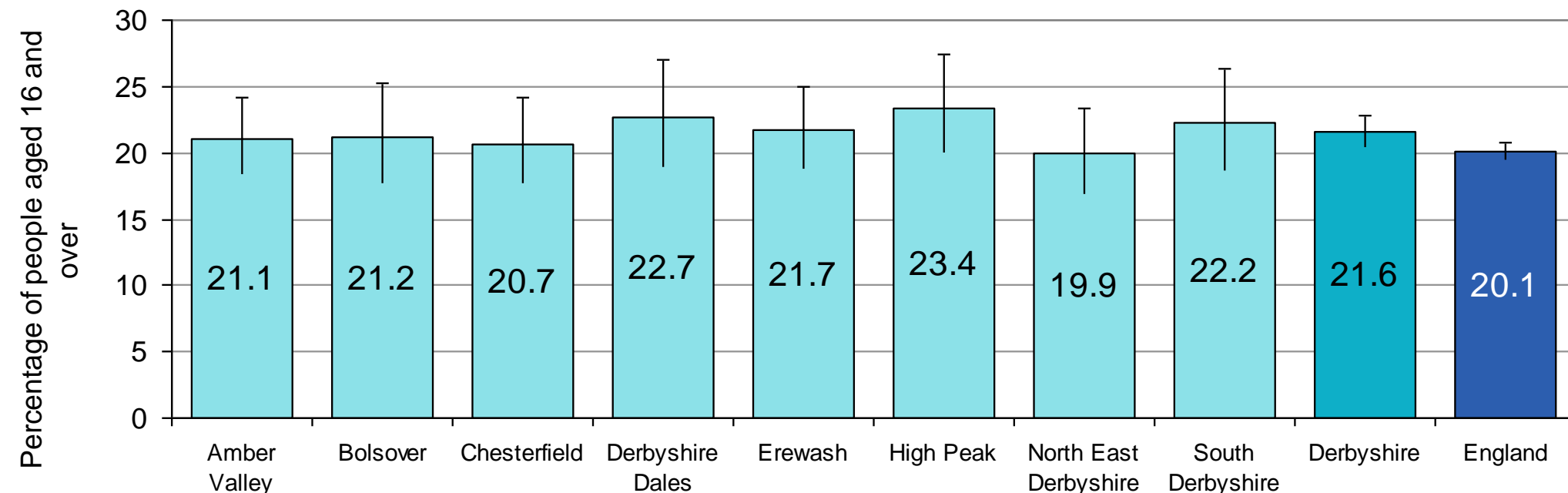
2006-2008



Source: 2006-2008, Association of Public Health Observatories - Estimates of Adults' Health and Lifestyles (Modelled data)

Percentage of the adult population that binge drink

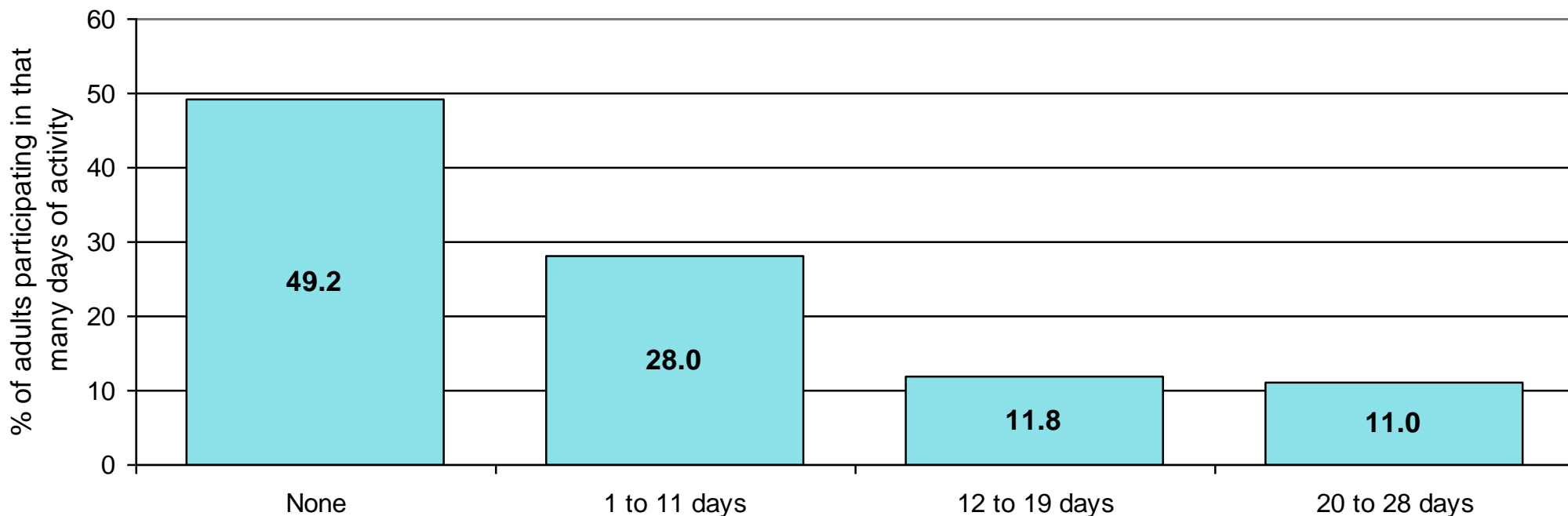
2007-2008



Source - 2007-2008, Association of Public Health Observatories - Estimates of Adults' Health and Lifestyles (Modelled data)

- The highest rates of binge drinking among adults in Derbyshire are found in High Peak (23.4%) and Derbyshire Dales (22.7%)
- Binge Drinking was less prevalent in the north east of the county, in North East Derbyshire (19.9%) and Chesterfield (20.7%)
- On average, Derbyshire has a higher rate of binge drinking than nationally (21.6% compared to 20.1%)

Number of days participating in sport or active recreation over the last 28 days, Derbyshire



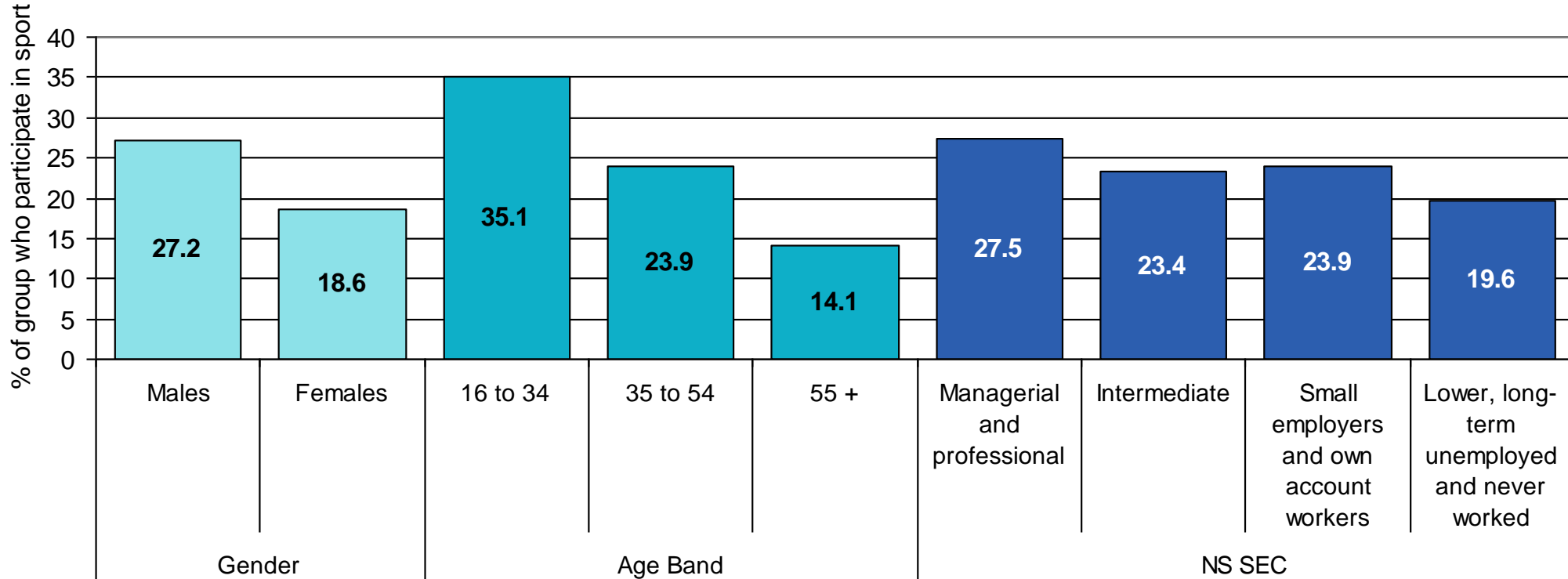
Active People Survey 5, October 2010 to October 2011

- Almost half (49.2%) of all adults had not taken part in any sport or active recreation in the last 28 days

- 22.8% of adults had taken part in in sport or active recreation on 12 or more days in the last 28

- 11.0% of adults had taken part every day or almost every day

Percentage of the adult population that regularly participate in sport or active recreation, Derbyshire



Former NI8, Active People Survey 5 October 2010 to October 2011

- Males were more likely (27.2%) to have participated in sport or active recreation than females (18.6%)

- Regular participation in sport fell with age, from more than a third (35.1%) of 16 to 34 year olds to only 14.1% of people aged 55 and over

- People in higher-level and professional occupations were most likely to take part, with people in lower occupations or out of work participating less

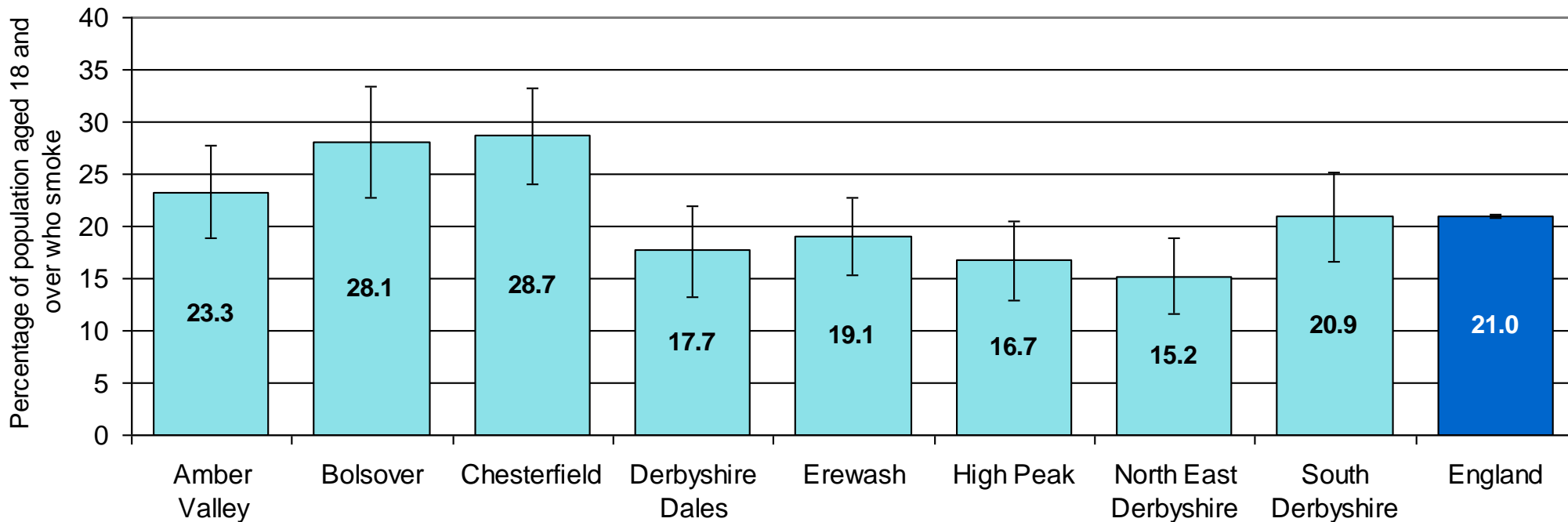
- Smoking is most common in Chesterfield (28.7%) and Bolsover (28.1%), where more than a quarter of the population smoke

- The lowest prevalence of smoking in Derbyshire is in North East Derbyshire (15.2%), followed by High Peak (16.7%)

- Compared to the national average (21.0%), only Chesterfield, Bolsover and Amber Valley have a higher rate of smoking.

Prevalence of smoking among people aged 18 and over

October 2009 to September 2010



Source - Local tobacco control profiles, Oct 09 to Sept 10

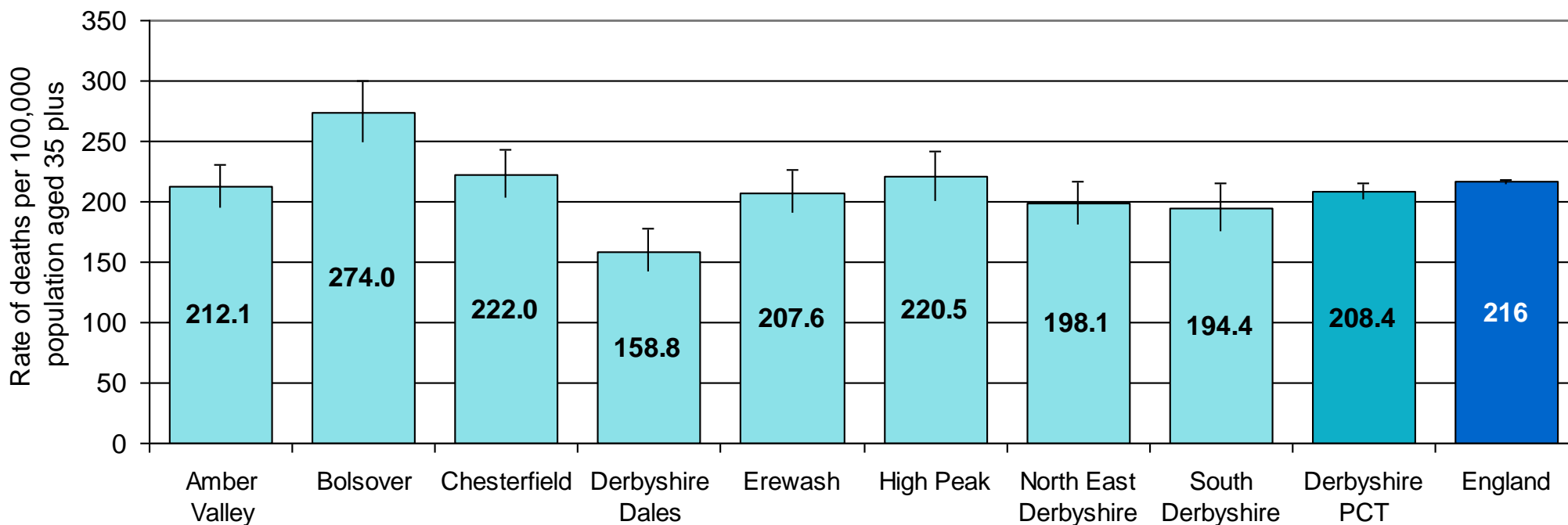
- The rate of smoking attributable deaths in Derbyshire (208.4) was less than the national average (432.0)

- The highest rates were in Bolsover (274.0), Chesterfield (222.0) and High Peak (220.5) which were all above the national average

- The lowest rates were in Derbyshire Dales (158.8) and South Derbyshire (194.4)

Smoking Attributable Deaths per 100,000 population aged 35 and over (Directly Age Standardised)

2007-09



Source - Local tobacco control profiles, 2007-09

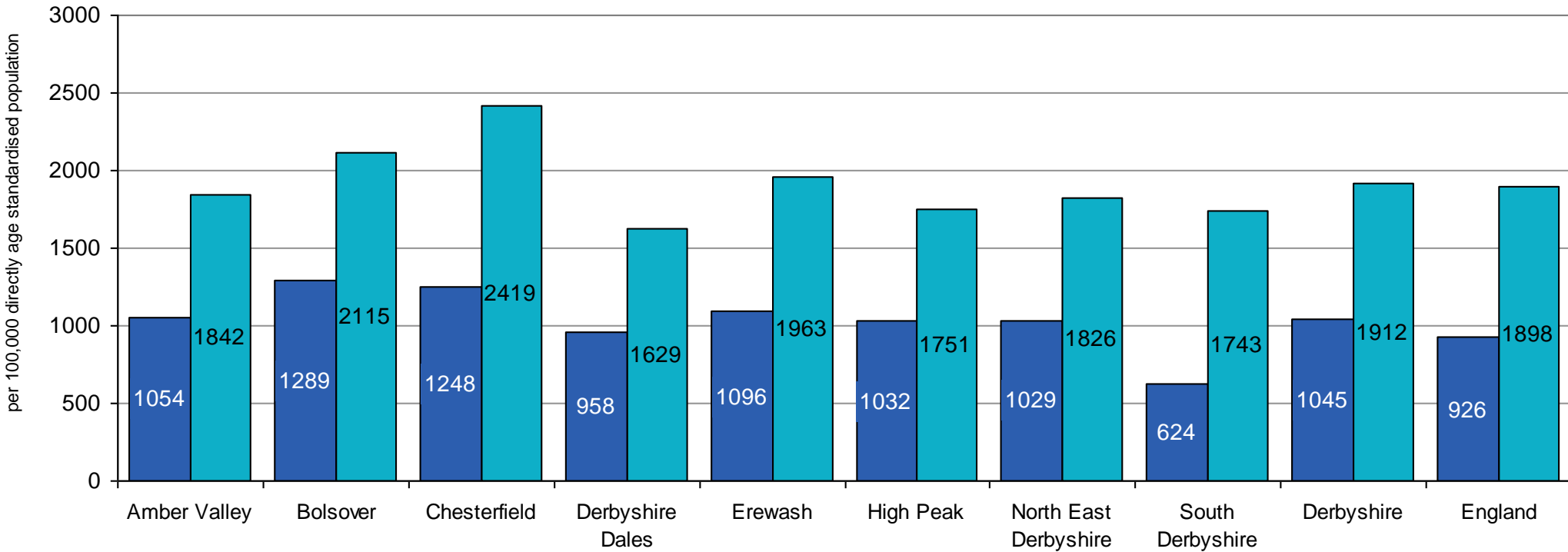
- Derbyshire has rates of alcohol related admissions per 100,000 population greater than that of England

- Chesterfield and Bolsover have the highest rates within the County, Chesterfield almost doubling its rate since 2002/03

- South Derbyshire has had the largest increase in Alcohol-related admissions since 2002/03, with 1,119 more admissions per 100,000 population

Rate of Alcohol-Related Admissions per 100,000 population (Directly Age Standardised Rate to European Standard Population)

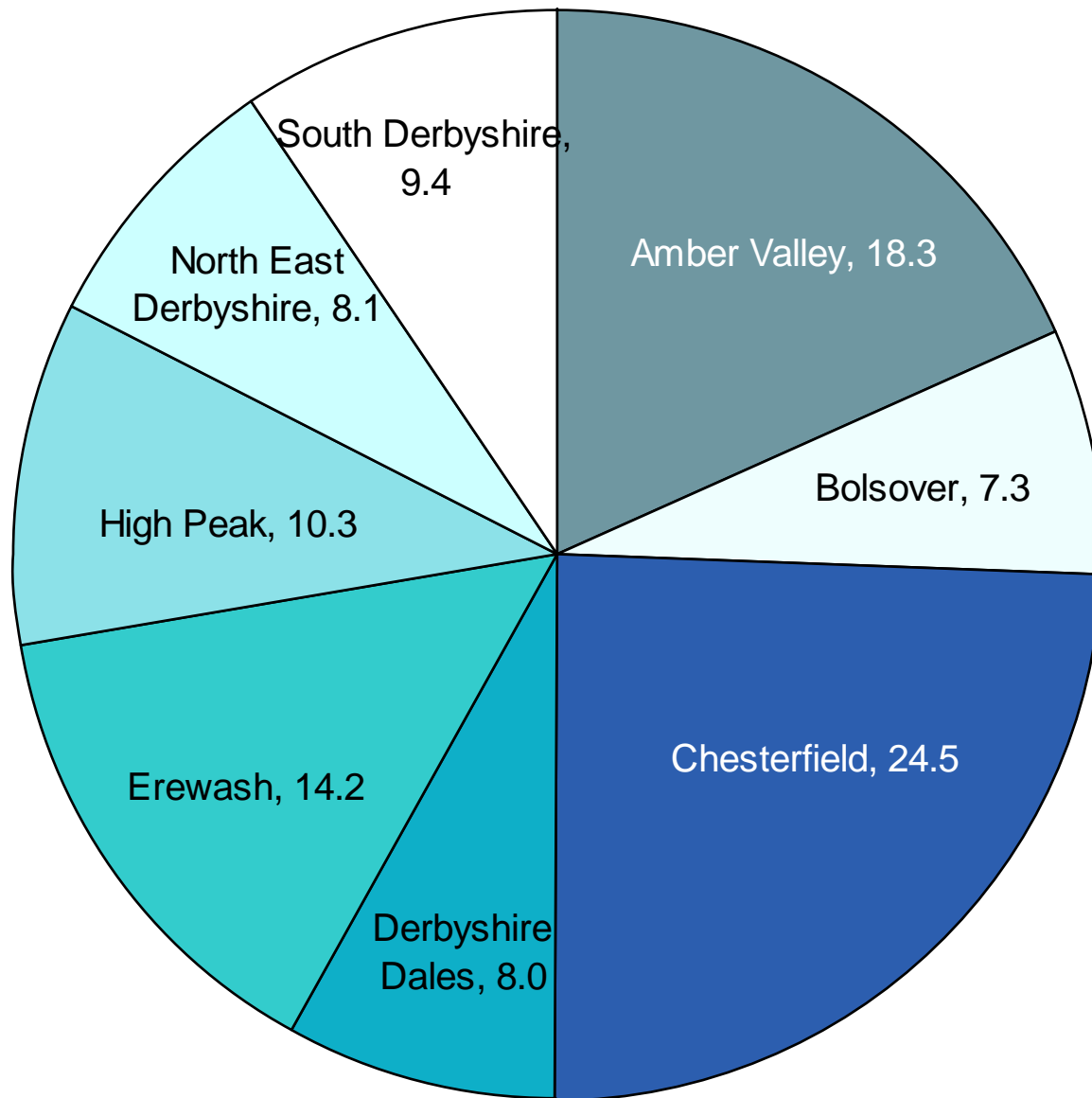
■ 2002/03 ■ 2010/11



Source: 2002/03 and 2010/11, Drug and Alcohol Action Team, Derbyshire County Council, March 2012

Derbyshire Alcohol Advice Service (DAAS) Referrals

Percentage of Referrals (%), 2011/12 Quarters 1-3



- 1,867 referrals have been made to DAAS Q1-3 2011/12, a high % of which were self referrals

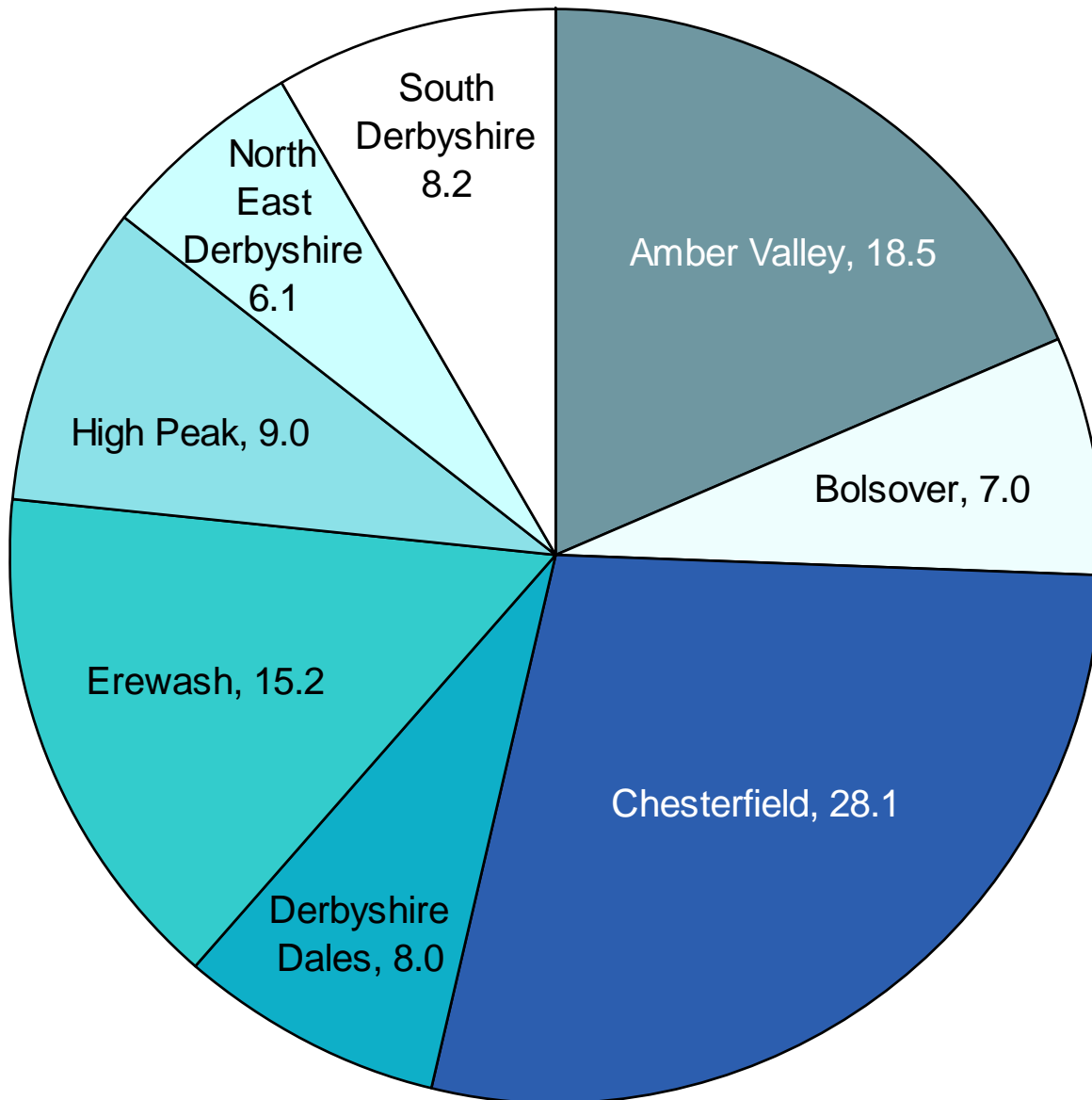
- The following age ranges accounted for approximately $\frac{3}{4}$ of all referrals; 30% are aged 35-44yrs, 25% 45-54yrs and 20% 25-34yrs

- Approximately 63% of referrals are male

- Just under a quarter of those referred are resident within Chesterfield

ADDACTION Referrals

Percentage of Referrals (%), 2011/12 Quarters 1-3



- 1,034 referrals were received by the service Q1-3 2011/12

- Approximately 31% of these were aged 35-44yrs, 26% 45-54yrs and 23% 25-34yrs

- Just under 70% of referrals to the service were male

- Approximately 636 clients have entered treatment Q1-3 2011/12