

May
2022

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 can be influenced by 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. Healthy populations live longer, and are more productive making a contribution to the economy as well as maintaining personal wellbeing.

Big Numbers Box

10,000 people aged 65+ living with dementia by 2029

31% Dorset year 6 children overweight or obese

3,225 domestic abuse incidents in Dorset last year

66% Dorset adults overweight or obese

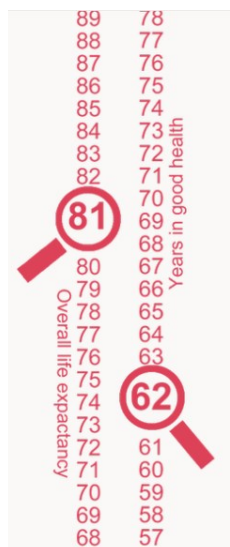
Every **£1** invested in adult drug treatment generates a social return of £4

19 years difference between male healthy and overall life expectancy

Smoking prevalence in Dorset **9%**

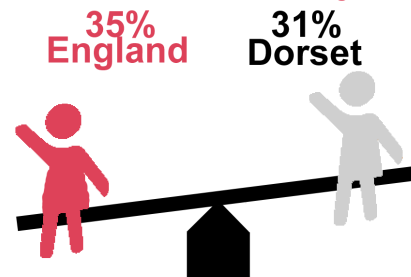
Box 1: Health

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 19 years between healthy life expectancy and overall life expectancy for males and females¹.

% year six children who are overweight or obese



- 66% of adults in Dorset are classified as overweight or obese; worse than the national average and a great concern due to the life-threatening conditions it can lead to².

- Residents in Dorset are more likely to be unpaid carers: 12% of residents compared to 10% in England¹³. There are now around 3,000 registered carers in Dorset¹⁴.

- Smoking prevalence continues to fall both nationally and locally. 9% of adults in Dorset currently smoke compared to 12% in England².

- 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 roads³.

Sources

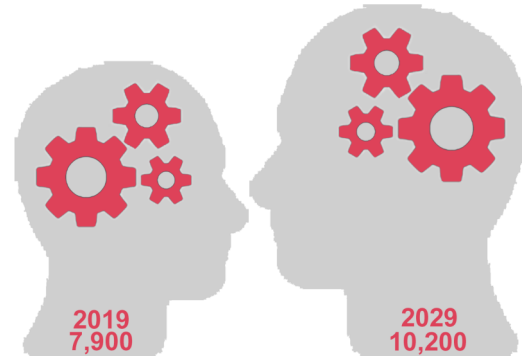
1 Health state life expectancy at birth by local areas, UK, 2019, ONS
2 PHE Public Health Outcomes Framework (PHOF) Indicators, 2020 data
3 <https://www.rospe.com/road-safety/advice/road-users/rural/> [Accessed 10/04/19]
4 PHE Public Health Outcomes (PHOF) Indicators, 2020 data

5 Dorset Council, 2019
6 <https://www.dementiastatistics.org/statistics-about-dementia/human-and-financial-impact/>

Box 2: Mental health

- By 2029, we expect to see more than 10,000 people aged 65+ living with dementia⁵. It is likely that an additional 1,900 informal carers will be needed to cope with this increase⁶.
- Nationally, one in eight children and young people need support or treatment for mental health problems⁷.
- Research suggests that the rate of those needing specialist mental health treatment was lower in the UK armed forces than that seen in the UK general population¹⁵.
- During the course of a year, almost one in four of us will suffer from some form of mental health condition⁸.

People aged 65+ with dementia



Box 3: Substance use



- In Dorset, admission rates for alcohol related harm is static⁹.
- In Dorset, £1 invested in adult drug treatment services, generates a social return of £4¹⁰.
- Domestic abuse, mental ill-health and substance use have been termed a 'Toxic Trio' commonly found in families where harm to children has occurred.
- 3,225 domestic abuse incidents were reported in Dorset last year¹¹.

Box 4: Improving outcomes

- Health is mostly determined by social, economic and environmental factors. Promoting natural greenspaces, outdoor activities and social prescribing can therefore, be more effective than traditional services for reducing local health inequalities¹⁶.
- Empowering people to have more say in their health and wellbeing is key to addressing inequalities, where those most needing services are least likely to access them.
- Since 2015, LiveWell Dorset has been supporting residents to improve their health and wellbeing through targeted activity, weight, alcohol and smoking support¹². 256 people were being supported in August 2021 in the Dorset Council area.
- 73% of pathways started in the same period were for weight and activity support, however, all support programmes saw lower uptake during 2020 and particularly during lockdown¹⁷.
- Weight and activity programmes show highest uptake in January-February each year, possibly reflecting New Year, New Start self-improvement plans. Alcohol programmes show lowest take-up (19%) following a positive assessment of need¹⁷.

Sources

- 7 HNA of the Wellbeing and Mental Health of Children Young People in Dorset, NHS Dorset CCG, 2021
- 8 Mind
- 9 PHE Public Health Outcomes Framework (PHOF) Indicators, 2020 data
- 10 Alcohol and drugs prevention, treatment and recovery: why invest?, Public Health England, 12/02/18
- 11 Community Safety Partnership Performance Statistics
- 12 <https://www.livewelldorset.co.uk/>
- 13 2011 Census, KS301
- 14 Adult and Community Services, Dorset Council, April 2019
- 15 UK armed forces mental health annual statistics: financial year 2020/21, Gov.UK
- 16 Social prescribing: applying All Our Health, Gov.UK, 2022
- 17 Joint Public Health Board LiveWell Dorset Performance Report, 2021