

December  
2023

# 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

**11,800** people estimated to be living with dementia by 2035

**17%** Dorset year 6 children overweight or obese

**3,900** domestic abuse incidents in Dorset last year

**65%** Dorset adults overweight or obese

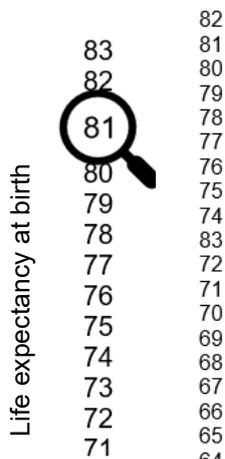
Every **£1** invested in Live Well Dorset, generated a public return of **£12**

**18 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 18 years between healthy life expectancy and overall life expectancy for males and 21 years for females<sup>1</sup>.

**% year six children who are overweight or obese**

- 65% 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 to<sup>2</sup>.



- Residents in Dorset are more likely to be unpaid carers: 10% of residents compared to 9% in England<sup>13</sup>. There are now around 35,500 unpaid carers in Dorset<sup>13</sup>.

- Smoking prevalence continues to fall both nationally and locally. 9%

- 199 people were killed or seriously injured on Dorset's roads in 2022, possibly due to Dorset's high proportion of rural roads<sup>4</sup>. Nationally more than half of all fatal collisions occur on rural roads<sup>3</sup>.

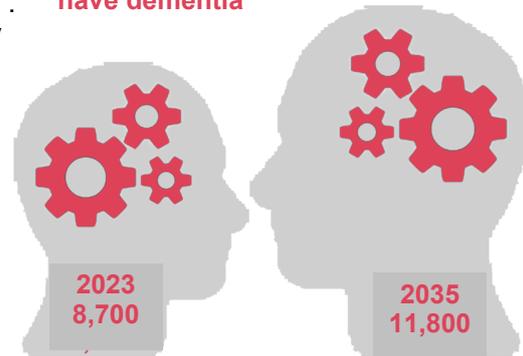
## Sources

- 1 Health state life expectancy at birth by local areas, Public Health Fingertips 2020
- 2 Year 6 prevalence of obesity (including severe obesity) Public Health Fingertips 2023
- 3 <https://www.rospa.com/road-safety/advice/road-users/rural/> [Accessed 10/04/19]
- 4 Road casualty statistics - Dorset Council, 2023
- 5 POPPI, 2023
- 6 State of Caring 2021, Alzheimer's Society

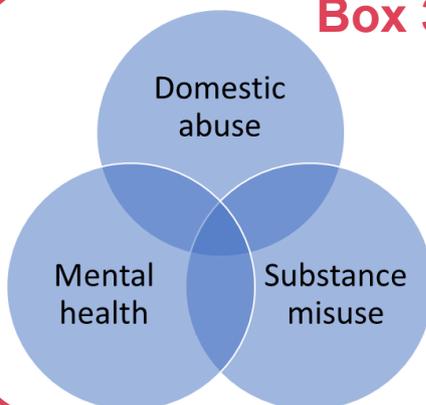
## Box 2: Mental health

- By 2035, we expect to see almost 12,000 people aged 65+ living with dementia in Dorset<sup>5</sup>. It is estimated 700,000 unpaid carers nationally provide care to people with dementia<sup>6</sup>.
- Nationally, 18% of children aged 7 to 16 years old had a probable mental health disorder<sup>7</sup>.
- Research suggests that the rate of those armed forces personnel seen in a military healthcare setting for mental health has risen to one in eight persons over the past year.<sup>14</sup>
- During the course of a year, almost one in four of us will suffer from some form of mental health condition<sup>8</sup>.

People aged 65+ predicted to have dementia



## Box 3: Substance use



- In Dorset, admission rates for alcohol related harm for under 18s were high 42 per 100,000<sup>9</sup>.
- Nationally £1 invested in adult drug treatment services, generates a social return of £4<sup>10</sup>.
- Domestic abuse, mental ill-health and substance are seen as cumulative risks of harm commonly found in families where harm to children has occurred.
- 3,900 domestic abuse incidents were reported in Dorset last year<sup>11</sup>.

## 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 inequalities<sup>15</sup>.
- 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 support<sup>12</sup>. For every £1 spent through the service, a public return of £12 was generated in prevented ill health.
- The campaign RUOK inspired by research from Dorset Youth to provide mental health signposting generated 1.5 million views and 13,500 click-throughs<sup>16</sup>.
- 40% of Live Well clients are from the most deprived areas of Dorset, including Bournemouth, Christchurch and Poole. 40% of clients achieved 5% weight loss in three months, while 3,500 clients have benefited from 13,000 coaching sessions<sup>16</sup>.

### Sources

- 7 Mental Health of Children and Young People in England 2022 - wave 3 follow up to the 2017 survey, NHS Digital
- 8 Mind
- 9 Hospital admissions episodes for alcohol specific conditions, under 18s, Public Health Fingertips, 2018-2021
- 10 Alcohol and drugs prevention, treatment and recovery: why invest?, Public Health England, 12/02/18
- 11 ONS, 2023
- 12 <https://www.livewelldorset.co.uk/>
- 13 2021 Census, TS039
- 14 UK armed forces mental health annual statistics: financial year 2022/23, Gov.UK
- 15 Social prescribing: applying All Our Health, Gov.UK, 2022
- 16 Annual Director of Public Health Report, Public Health Dorset, 2022/2023