

**NORTH LINCOLNSHIRE COUNCIL**

**HEALTH & WELLBEING BOARD**

**LIFE EXPECTANCY JSNA INSIGHTS PACK**

**1. OBJECT AND KEY POINTS IN THIS REPORT**

1.1 The objective of this report is to:

- Inform Health and Wellbeing Board (HWB) members that a joint strategic needs assessment (JSNA) insights pack on life expectancy has been published.
- To identify key issues relating to life expectancy.
- To seek board members' views on how the insights pack can be used to improve health outcomes.

**2.0 BACKGROUND INFORMATION**

2.1 The purpose of the JSNA insights pack is to provide an evidence base to help understand the epidemiology surrounding life expectancy in respect of:

- Notable variations in life expectancy across different groups of people and geographies.
- The main risk factors associated with premature mortality .
- The most common diseases, which cause premature mortality.

2.2 The JSNA insights pack is published on the [council's website](#) and has already been discussed at various fora, including North Lincolnshire's Population Health and Prevention Partnership and iSPACE.

2.3 Life expectancy at birth is the average number of years that would be lived by babies born in a given time period if mortality levels at each age remain constant. Life expectancy indicators are used at a national and local level, to monitor trends in health and wellbeing over time and between different population groups. This indicator is point based – and only refers to the conditions in the years calculated. In reality, mortality rates will likely change over time as societal factors and conditions change.

2.4 The insights pack also considered disability free life expectancy, which is based upon a self-rated assessment of how health conditions and illnesses limit an individual's ability to carry out day to day activities.

### 3.0 KEY FINDINGS FROM THE INSIGHTS PACK

The key findings from the insights pack are presented below:

#### 3.1 Social Inequalities in Life Expectancy

- Life expectancy has a strong deprivation gradient, with groups living in higher levels of deprivation experiencing much lower life expectancy overall than those in the least deprived areas.
- The pattern and distribution of life expectancy at birth across North Lincolnshire reflects the distribution of deprivation in the local area, with the lowest male and female life expectancy observed in the most deprived wards and neighbourhoods of North Lincolnshire. For example, on average, a female living in Bottesford ward is expected to live 8.2 years longer than a female living in Town ward. Similarly a male living in Bottesford ward, on average, will live 8.6 years longer than a male living in Crosby and Park ward.

#### 3.2 Causes of premature mortality

- The biggest contributors to the gap between the most and least deprived areas amongst males is circulatory diseases, such as heart disease or stroke. This is followed by digestive diseases, and cancers.
- For females the biggest contributor to the gap in life expectancy by percentage is mental and behavioural causes which includes dementia, followed by circulatory diseases and cancers.
- Life expectancy is affected by many factors, for example: behavioural risks to health such as smoking, inactivity and a poor diet; access to and use of good quality health care at the right time; and more broadly the wider socio-economic determinants such as income, education, housing and employment. Many of the factors contributing to inequality in life expectancy are preventable.

#### 3.3 Disability-free life expectancy

- Disability free life expectancy for males has declined from 61.4 years in 2014-16 to 57.2 in 2018-20. In England disability free life expectancy has changed to a lesser degree, from 62.8 years in 2014-16, to 62.4 years in 2018-20.
- For females, disability free life expectancy has declined both in England overall, and locally. Although locally the decline was especially large in the most recent 3-year period, 2018-20. Disability free life expectancy in females has fallen from 61 years in 2014-16 to 51.9 in 2018-20 in North Lincolnshire.
- Current figures suggest a female in North Lincolnshire could live over 30% of her life in poor health, and a male just over a quarter

### **3.4 Mortality rates**

- Deaths from cancer and cardiovascular disease make the largest contribution to years of life lost and therefore have the biggest impact on life expectancy
- Tobacco is the risk factor making the largest contribution to years of life lost for both sexes followed by high body mass index (BMI), high cholesterol and high blood pressure

## **4.0 OPTIONS FOR CONSIDERATION**

- 4.1 **Option 1:** To note the content of the JSNA Insight Pack and to seek board members' views on how the evidence can be used to improve health outcomes.

## **5.0 ANALYSIS OF OPTION**

- 5.1 Collating all the relevant information and knowledge together into the insights pack helps provide consistent information which agencies can use to develop evidence-based approaches to improving health outcomes.
- 5.2 To increase the reach and impact of the document, board members' views on how the insights pack can be used to improve outcomes for our residents would be welcomed.

## **6.0 FINANCIAL AND OTHER RESOURCE IMPLICATIONS (e.g. LEGAL, HR, PROPERTY, IT, COMMUNICATIONS etc.)**

- 6.1 None

## **7.0 OTHER RELEVANT IMPLICATIONS (e.g. CRIME AND DISORDER, EQUALITIES, COUNCIL PLAN, ENVIRONMENTAL, RISK etc.)**

- 7.1 None

## **8.0 OUTCOMES OF INTEGRATED IMPACT ASSESSMENT (IF APPLICABLE)**

- 8.1 Not relevant for this report.

## **9.0 OUTCOMES OF CONSULTATION AND CONFLICTS OF INTERESTS DECLARED**

9.1 Not relevant for this report.

## **10 RECOMMENDATIONS**

10.1 That the HWB approve option 1 .

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