

# Colchester

## Health Profile 2007



**This profile gives a snapshot of health in your area. With other local information, this Health Profile has been designed to support action by local government and primary care trusts to tackle health inequalities and improve people's health.**

**Health Profiles are funded by the Department of Health and produced annually by the Association of Public Health Observatories.**

**To view Health Profiles for other local authorities and to find out how they were produced, visit [www.communityhealthprofiles.info](http://www.communityhealthprofiles.info)**



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### Colchester at a glance

- Colchester is a largely rural area of 161,000 people in North Essex. Population growth is average for the East of England.
- Levels of income deprivation are relatively low for England. However, 1 in 7 children still live in poverty.
- Reported violent crime rates are low. Levels of statutorily homeless households are above average.
- Teenage pregnancy rates remain low. Although smoking in pregnancy and breastfeeding are important indicators of child health, there is a lack of robust data available at local level.
- Estimated smoking rates are low but still exceed 1 in 5 adults. Estimated binge drinking rates are below average, as is the level of obesity (nearly 1 in 5 adults).
- Both men and women can expect to live longer than average. The rate of early death from smoking, circulatory disease and cancer is below average. Nevertheless 1 in 6 of all deaths is due to smoking.
- Men in the most deprived fifth of areas of Colchester can expect to live 2.3 years less than those in the most affluent fifth.
- Road injury and death rates are higher than average.
- There are low rates of benefit claimants for severe mental illness, and low hospital admission rates for alcohol. Rates of recorded diabetes are below average.
- Hip fracture rates are low.
- There is a local focus on improving general lifestyle, especially diet, smoking, and alcohol consumption.
- An additional priority is accident prevention, particularly amongst young people.

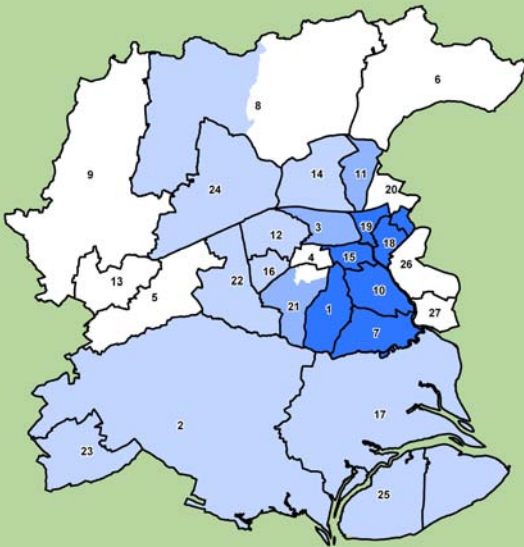
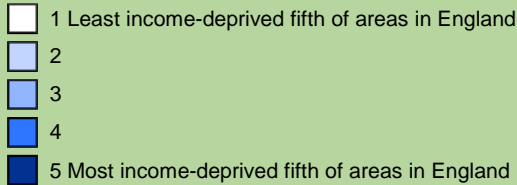
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## Income inequalities: a national perspective

This map shows variation in the percentage of people on low income, between small areas in this local authority *in relation to the whole of England* (2003).

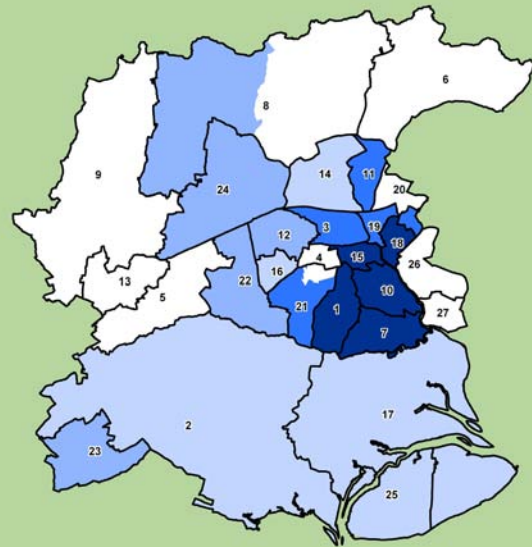
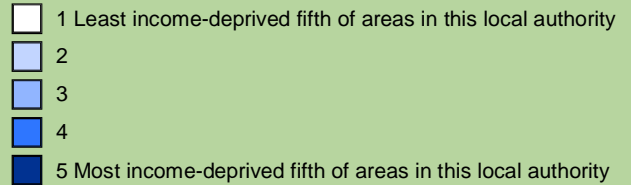
### National income groups



## Income inequalities: a local perspective

This map shows variation in the percentage of people on low income, between small areas *within this local authority* (2003).

### Local income groups



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## Ward legend

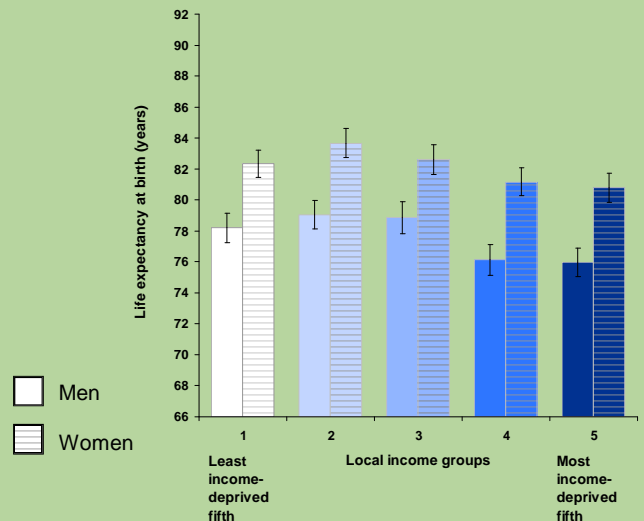
- 1 Berechurch
- 2 Birch and Winstree
- 3 Castle
- 4 Christ Church
- 5 Copford and West Stanway
- 6 Dedham and Langham
- 7 East Donyland
- 8 Fordham and Stour
- 9 Great Tey
- 10 Harbour
- 11 Highwoods
- 12 Lexden
- 13 Marks Tey
- 14 Mile End
- 15 New Town
- 16 Prettygate
- 17 Pyefleet
- 18 St Andrew's
- 19 St Anne's
- 20 St John's
- 21 Shrub End
- 22 Stanway
- 23 Tiptree
- 24 West Bergholt and Eight Ash Green
- 25 West Mersea
- 26 Wivenhoe Cross
- 27 Wivenhoe Quay

Ward boundaries 2005 superimposed upon MSAO (Middle Super Output Area) boundaries. Numbers correspond to ward legend. Ward boundaries may have changed.



## Health inequalities: a local perspective

This chart shows inequalities in life expectancy (2001-05) at birth for men and women for the five local income groups presented in the map directly above.



95% confidence interval. These indicate the level of uncertainty about each value on the graph. Longer/wider intervals mean more uncertainty. When two intervals do not overlap it is reasonably certain that the two groups are truly different.



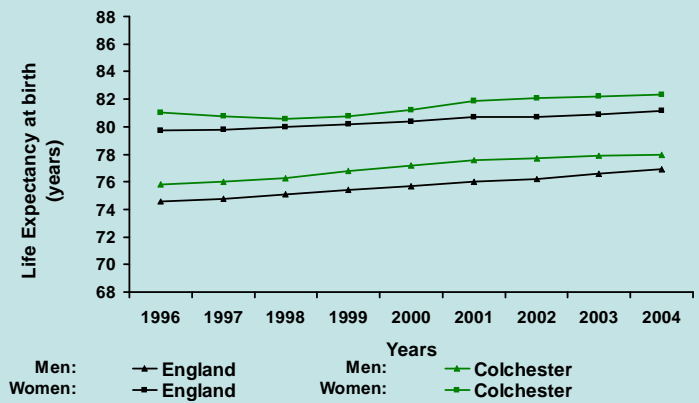
## Health inequalities: changes over time

Trend 1 compares the trend in life expectancy at birth for men and women in this local authority with that for England.

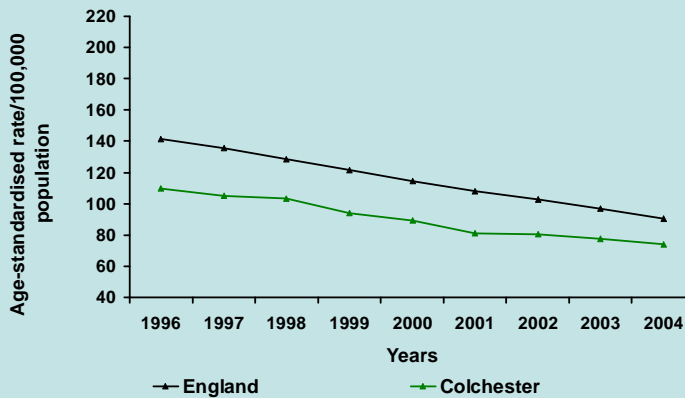
Trend 2 compares the trend in early death rates (all persons under 75 years) from heart disease and stroke in this local authority with that for England.

Trend 3 compares the trend in early death rates (all persons under 75 years) from cancer in this local authority with that for England.

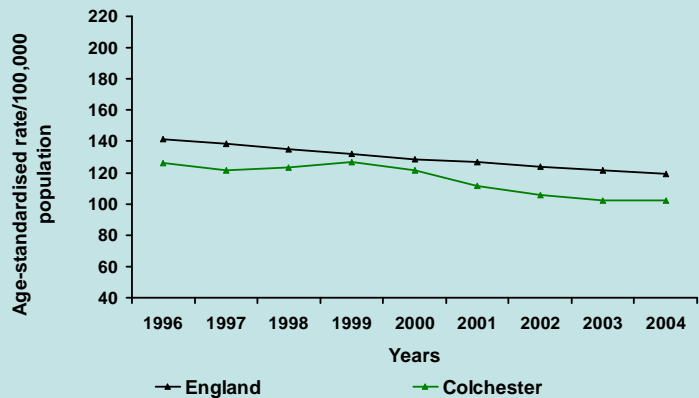
**Trend 1:**  
Life expectancy at birth



**Trend 2:**  
Early death rates from heart disease and stroke



**Trend 3:**  
Early death rates from cancer



## Health inequalities: ethnicity

This chart compares the percentage of the population of each ethnic group in the local authority who are in routine and manual occupations. People in these occupations have poorer health than those in professional

occupations, and are more likely to be smokers. The infant death rate is higher than average among babies born into this group. There are national targets to address these health inequalities.

**Percentage and number of people aged 16-74 in routine and manual occupations**

Ethnic Group	Percentage	Number
White British	28	28861
White Irish	22	204
White Other	15	444
Mixed	20	197
Indian	12	53
Pakistani	22	<5
Bangladeshi	25	36
Asian Other	18	101
Black Caribbean	22	61
Black African	12	38
Black Other	25	23
Chinese	15	106
Other	12	91

Note: This chart is based on the 2001 Census. Where the total population in an ethnic group in the local authority is less than 30, no data have been presented and the number column shows n/a. Where the number is less than 5, no percentage is shown.

Confidence intervals are shown for local data

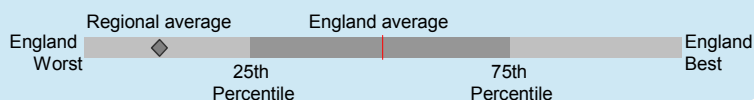
England - average

Colchester

The chart below shows a number of indicators of people's health in this local authority. It shows the local value for each indicator compared to the England worst, England best, England average and Regional average. The circle indicating the local value is shown as amber if it is significantly better or red if it is significantly worse than the England average. An amber circle may still indicate an important public health burden. A white circle is not significantly different from the England average. For technical information about each indicator, see [www.communityhealthprofiles.info](http://www.communityhealthprofiles.info)

Domain	Indicator	Local No. Per Year	Local Value	Eng Avg	Eng Worst	England Range	Eng Best
Our communities	<b>1</b> Income deprivation	13905	8.8	12.9	31.1		3.3
	<b>2</b> Ecological footprint	n/a	5.542	5.470	6.430		4.904
	<b>3</b> Homelessness	342	16.9	7.8	35.8		0.0
	<b>4</b> Children in poverty	4609	14.9	21.3	58.8		5.2
	<b>5</b> GCSE achievement *	1196	60.1	57.5	33.6		81.9
	<b>6</b> Violent crime	2983	18.6	19.8	41.1		5.0
Giving children and young people a healthy start	<b>7</b> Smoking in pregnancy						
	<b>8</b> Breast feeding						
	<b>9</b> Obese children						
	<b>10</b> Physically active children *						
	<b>11</b> Teenage pregnancy (under 18) *	96	33.2	42.1	95.3		12.8
The way we live	<b>12</b> Adults who smoke *	n/a	24.0	26.0	37.3		15.5
	<b>13</b> Binge drinking adults	n/a	16.9	18.2	29.2		8.8
	<b>14</b> Healthy eating adults	n/a	23.0	23.8	11.4		38.1
	<b>15</b> Physically active adults	n/a	13.3	11.6	7.5		17.2
	<b>16</b> Obese adults	n/a	20.2	21.8	31.0		14.6
How long we live and what we die of	<b>17</b> Life expectancy - male *	n/a	78.0	76.9	72.5		82.2
	<b>18</b> Life expectancy - female *	n/a	82.3	81.1	78.1		86.2
	<b>19</b> Deaths from smoking	225	195.7	234.4	366.5		147.6
	<b>20</b> Early deaths: heart disease & stroke *	122	74.0	90.5	151.3		44.9
	<b>21</b> Early deaths: cancer *	167	102.1	119.0	168.0		81.6
	<b>22</b> Infant deaths *	8	4.6	5.1	9.9		1.2
	<b>23</b> Road injuries and deaths	129	80.1	59.9	214.1		20.2
Health and ill health in our community	<b>24</b> Feeling 'in poor health'	10669	6.3	7.8	15.4		4.2
	<b>25</b> Mental health	2440	23.5	27.4	72.0		8.5
	<b>26</b> Hospital stays due to alcohol	285	169.5	247.7	652.4		85.6
	<b>27</b> Drug misuse	467	4.3	9.9	34.9		1.3
	<b>28</b> People with diabetes	4891	3.0	3.7	5.9		2.1
	<b>29</b> Children's tooth decay	n/a	0.7	1.5	3.2		0.4
	<b>30</b> Sexually transmitted infections						
	<b>31</b> Older people: hip fracture	145	451.8	565.3	936.8		259.7

- Significantly better than England average
- Significantly worse than England average
- Not significantly different from England average
- \* PSA Target Measure 2005-2008



**Note** (numbers in bold refer to the above indicators)

**1** % of residents dependent on means-tested benefits. 2003. **2** Land (hectares per capita) required to support an average resident's lifestyle; no significance calculated. 2001. **3** % of households on local authority housing register who are statutorily homeless. 2004/05. **4** % in low-income households. 2001. **5** % achieving 5 A\*-C. 2005/06. **6** Crude rate/1,000 pop 2005/06. **7 8 9 10 30** No comparable local data currently available. **11** Crude rate/1,000 female pop. aged 15-17. 2002-04. **12 13 14 16** %. Modelled estimates from the Health Survey for England. **12 13 16** 2000-02. **14** 2001-02. **15** %. 2005/06. **17 18** Years. 2003-05. **19** Directly age standardised rate/100,000 pop. aged 35 or over. 2003-05. **20 21** Directly age standardised rate/100,000 pop. under 75. 2003-05. **22** Crude rate/1,000 live births. 2003-05. **23** Crude rate/100,000 pop. 2003-05. **24** Directly age standardised %. 2001. **25** Crude rate claimants of benefits/allowances for mental or behavioural disorders/1,000 working age pop. 2005. **26** Directly age sex standardised rate/100,000 pop. 2005/06. **27** Crude rate/1,000 pop. aged 15-64; no significance calculated for lower tier authorities. 2004/05. **28** %. 2005/06. **29** Average no. of decayed, missing and filled teeth in children aged 5; data incomplete or missing for some areas. 2005/06. **31** Directly age standardised rate/100,000 pop. aged 65 and over. 2005/06.

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