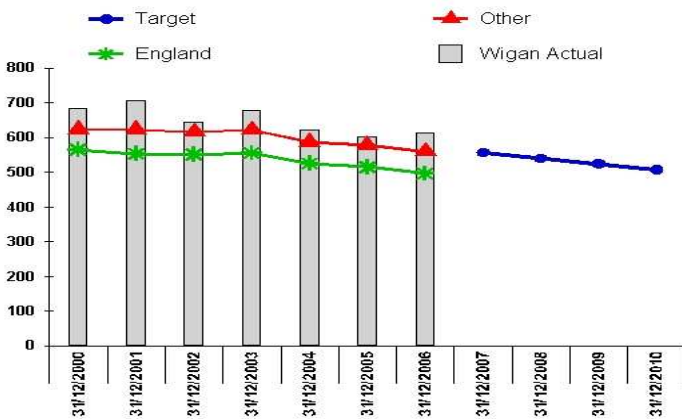


# Outcome Based Accountability Factsheet 4. Extending length of life by affecting healthy lifestyle

## Mortality and Life Expectancy

NI 120: All-age all cause mortality rate - females

Mortality rate per 100,000 female population from all causes at all ages

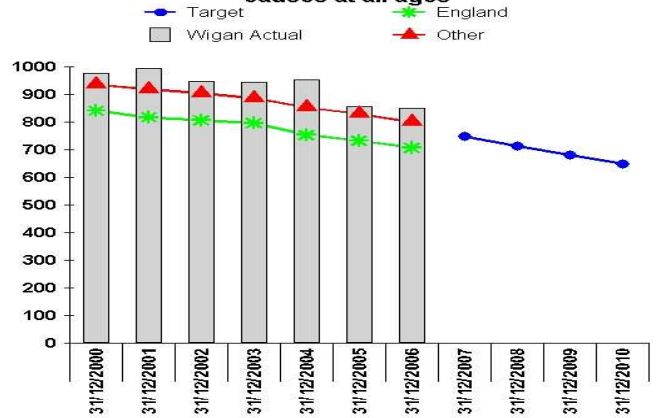


Wigan's female all-age all cause mortality rate was 613.42 in 2006 compared with the North West rate of 559.46 and England rate of 496.30. Our proposed LAA target is to reduce this to 508 by the end of 2010.

Note 1: "All age all cause mortality" is quicker to calculate and less prone to errors than "life expectancy". To calculate life expectancy one has to apply current the current mortality rates projected on to the cohort of people alive today. It requires using a life table and is quite complex, compared to simply counting the number of deaths and dividing by the total population.

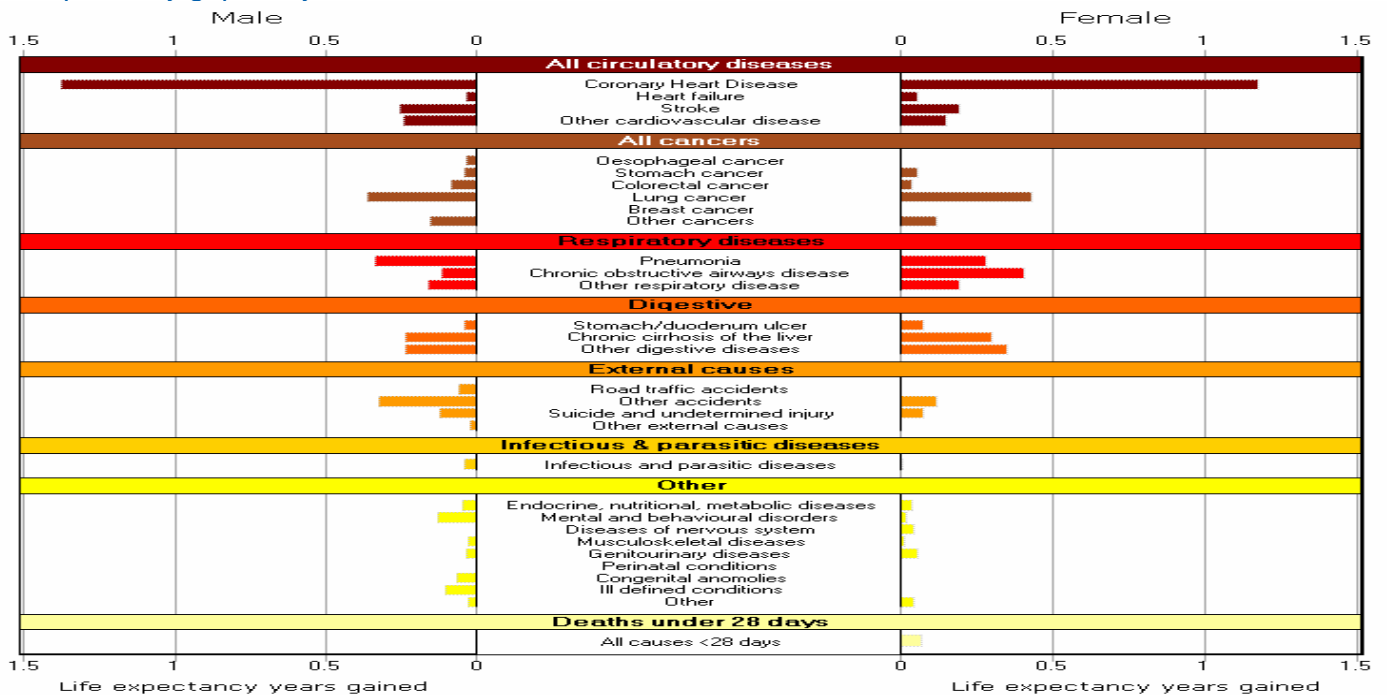
NI 120: All-age all cause mortality rate - males

Mortality rate per 100,000 male population from all causes at all ages



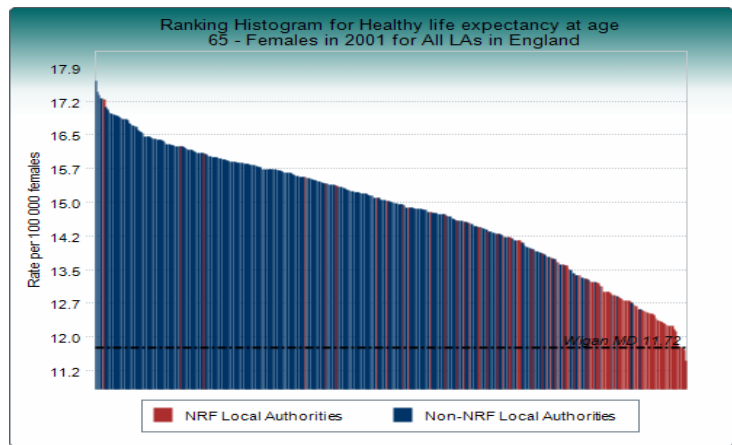
Wigan's male all-age all cause mortality rate was 849.54 in 2006 compared with the North West rate of 800.42 and England rate of 708.17. Our proposed LAA target is to reduce this to 650 by the end of 2010.

## Life expectancy gap analysis chart



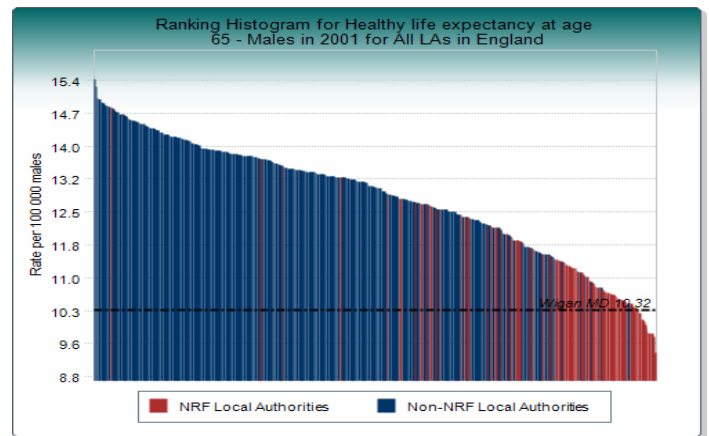
The chart shows that the biggest causes of shortened life expectancy in Wigan are coronary heart disease, digestive diseases (inc. cirrhosis), stroke, lung cancer and respiratory disease.

## NI 137: Healthy life expectancy at age 65 – Females



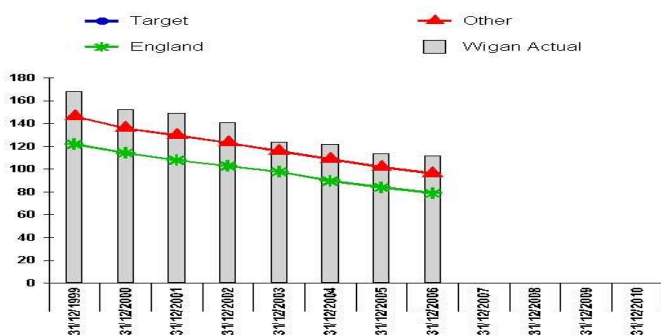
Wigan performed poorly on this indicator. However the data has been derived from the 2001 census data but more up to date data will come from the Place Based Survey.

## NI 137: Healthy life expectancy at age 65 – Males



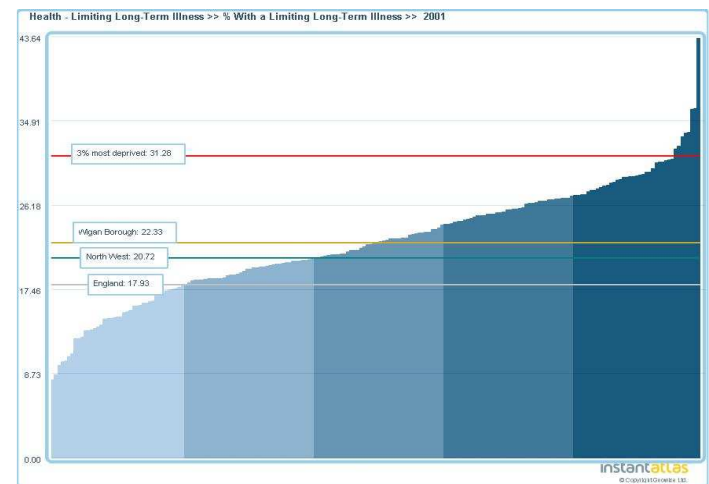
## NI 121: Mortality rate from all circulatory diseases at ages under 75

Mortality rate from all circulatory diseases in under 75's (per 100,000)



Wigan's directly age standardised mortality rate per 100,000 under 75s population for coronary heart disease and stroke and related conditions (circulatory disease) is 111.68 which is significantly higher than the North West 92.24 and England 79.00 but the gap has narrowed over the last 7 years. (2006, NCHOD).

## Limiting long term illness



Across the Wigan Borough 22.33% of local people have a limiting long term illness compared with 20.72% in the North West and 17.93% in England. In Wigan's 3% most deprived LSOAs the figure is 31.28% (2001 census).

Research shows that tackling the risk factors in the general population is up to 3 times more effective in preventing deaths than concentrating on people with established heart disease. This relates not just to smoking but also to small changes in average cholesterol levels and blood pressure which could result from tackling obesity and physical inactivity. The impact of these changes could be seen within 12-24 months (Jane Pilkington, ALWPCT)

Other factors which are likely to impact on life expectancy in the short term are improving the speed and accuracy of medical interventions for acute serious illness. We need to get people to recognise and call for help quicker (999) when they are experiencing chest pain (possible heart attack), or sudden paralysis of a limb, or speech difficulties (possible stroke). A new streamlined service for stroke is coming on-line in the next few months, which will route patients straight to Hope Hospital for initial assessment and treatment, with transfer back to Wigan when stable, or after 2 days.

We also need to ensure that those with the worst health, i.e. the homeless, economic migrants, asylum seekers, get good quality primary and preventive care, and don't "slip through the net". (Julie Hotchkiss, ALWPCT)

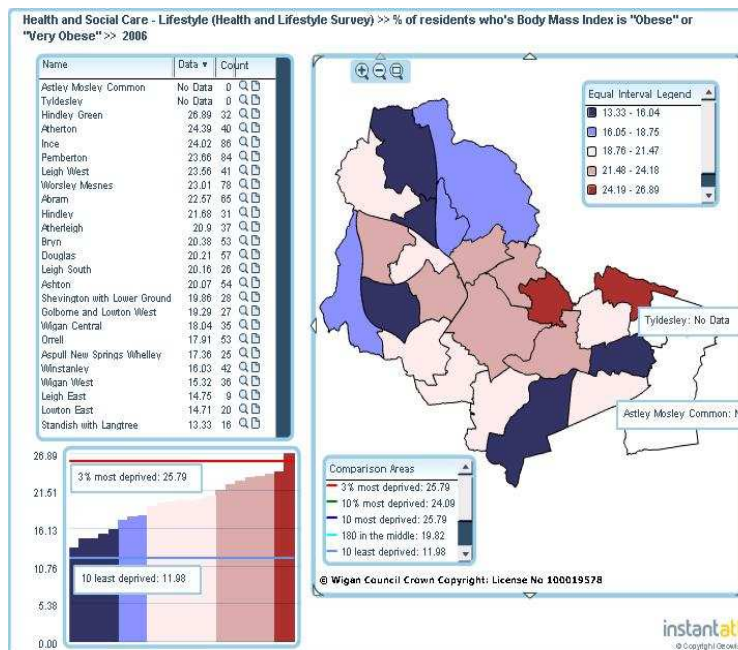
## Body Weight

Body Mass Index					
BMI	Classification	Wigan		England	
		Male	Female	Male	Female
17	Underweight	1	2	2	2
18-25	Normal	33	46	34	41
26-30	Overweight	46	32	43	33
31-39	Obese	19	18	21	22
40 and over	Very obese	1	3	1	3
Mean BMI		27	26	27	27

Source: Wigan Borough Health & Lifestyle Survey

The table above shows that Wigan residents' BMI is in line with the national average, for both men and women. However, in comparison with 2001, residents' BMI has increased, with one in five now being obese or very obese (20%), compared 15% in 2001.

### % of residents who's Body Mass Index is "Obese" or "Very Obese"



Residents living in Hindley Green tend to have a higher than average BMI, with 26.89% being obese or very obese. In general, residents living in the 10% most deprived LSOAs tend to have a slightly higher than average BMI, a result of a higher proportion of residents being obese (24.09% compared with 20%).

### NI 55: Obesity among primary school age children in Reception Year

Childhood Obesity 2007	Wigan	NW Rank (1 is best, 43 is worst)	North West average
Reception males	10.12%	14	11.00%
Reception females	10.53%	34	9.5%

Source: NWPFO

### NI 56: Obesity among primary school age children in Year 6

Childhood Obesity 2007	Wigan	NW Rank (1 is best, 43 is worst)	North West average
Year 6 males	17.51%	20	18.9%
Year 6 females	16.91%	32	15.6%

Source: NWPFO

With regards to childhood obesity, Wigan is performing better than the North West average for males but worse than the North West average for females (NWPFO).

## Physical Activity

### NI 8: Adult participation in sport

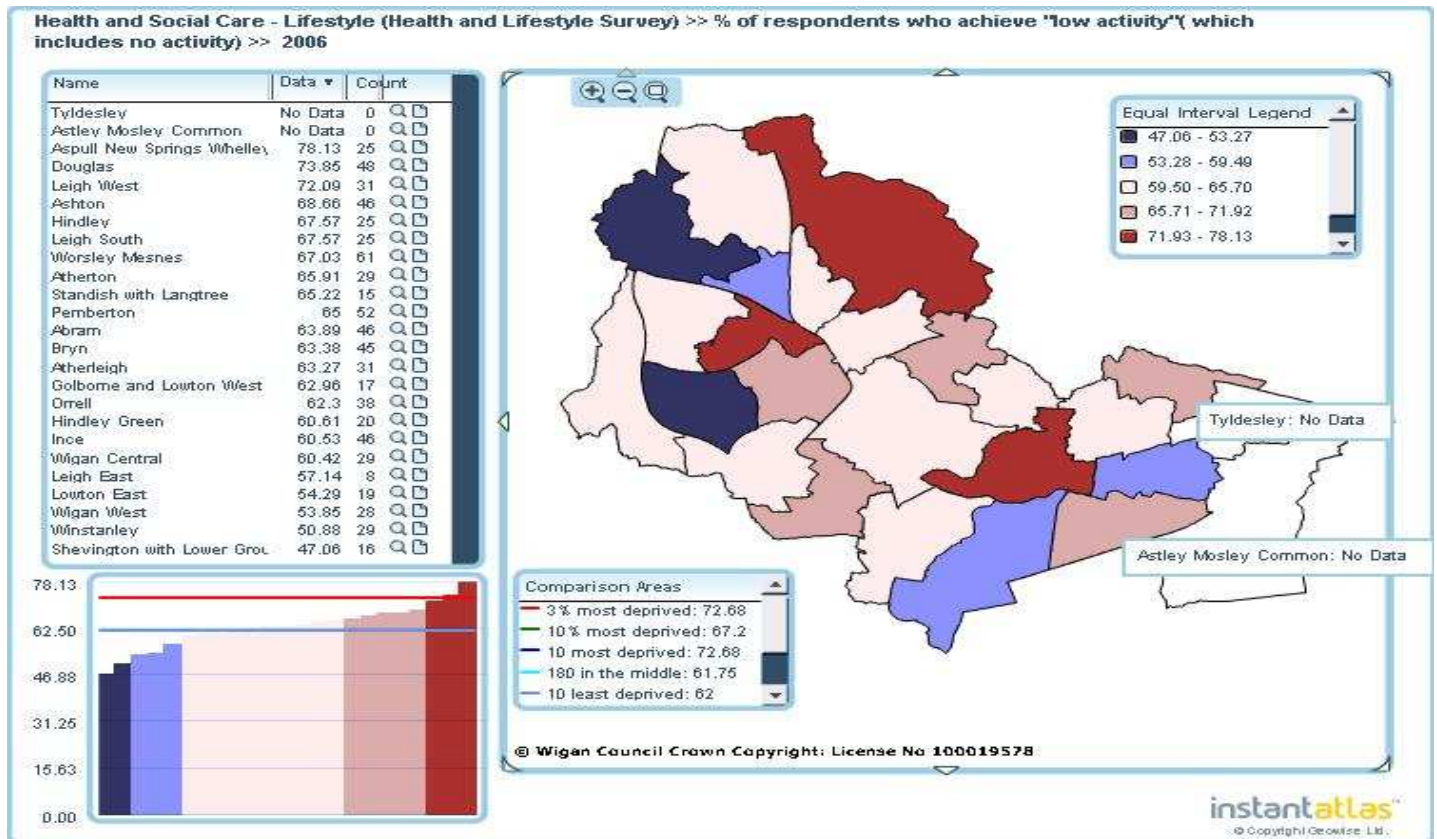
Local Authority	Regular participation (3 days a week 30 mins moderate intensity)	Volunteering to support sport (at least 1 hour a week)	Local Authority	Regular participation (3 days a week 30 mins moderate intensity)	Volunteering to support sport (at least 1 hour a week)
Macclesfield	29.3	6.9	Wyre	20.5	5.3
Chester	25.5	5.0	Eden	20.2	5.0
South Ribble	24.5	4.0	Barrow-in-Furness	19.8	6.6
Ribble Valley	24.3	5.9	Burnley	19.7	4.5
South Lakeland	23.9	7.1	Halton UA	19.6	5.7
Fylde	23.2	4.7	Knowsley	19.6	2.7
Trafford	22.9	5.0	St Helens	19.5	4.2
Warrington UA	22.8	4.1	Rochdale	19.5	3.5
Vale Royal	22.4	6.0	Wirral	19.5	6.0
Ellesmere Port & Neston	22.3	5.5	Hyndburn	19.1	3.7
Stockport	22.0	4.3	Crewe & Nantwich	19.0	4.8
Lancaster	21.8	4.3	Copeland	19.0	4.6
Sefton	21.7	5.6	Salford	18.3	3.9
Preston	21.6	4.5	Bolton	18.3	2.9
West Lancashire	21.5	4.8	Blackpool UA	18.2	3.0
Rossendale	21.4	4.4	Liverpool	18.0	3.7
Pendle	21.2	4.7	Tameside	17.5	4.6
Congleton	21.2	6.2	Oldham	17.2	5.4
Chorley	21.2	6.1	Blackburn with Darwen UA	16.3	5.2
Wigan	21.2	4.4			
Manchester	20.8	3.1			
Carlisle	20.8	4.7			
Bury	20.8	3.4			
Allerdale	20.5	5.6			

Bottom 25 Percent
Middle 50 Percent
Top 25 Percent

Wigan's performance on this indicator is 21.2% which is in the middle 50 percent of North West authorities.

### % of health survey respondents who achieve low or no physical activity

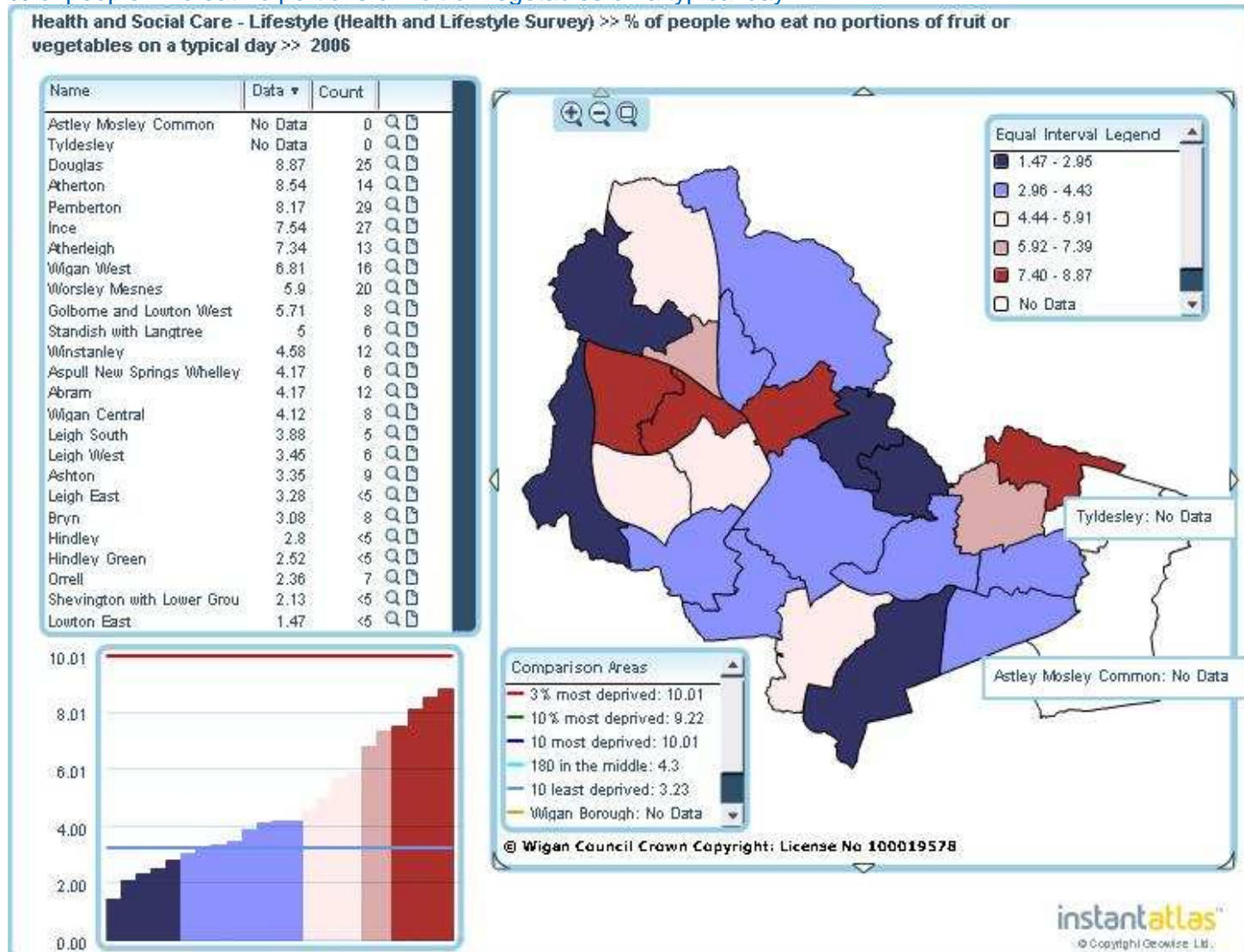


67% of those living in the 10% most deprived LSOAs are engaged in low or no physical activity compared with 60% for the Borough. The wards with the lowest physical activity are Aspull New Springs Whelley, Douglas and Leigh West. The ward with the most physical activity is Shevington with Lower Ground.

## Healthy and Unhealthy eating

Most lifestyle changes with the exception of quitting smoking take more than a few years to make an impact on life expectancy, in other words they are for the medium to long term.

### % of people who eat no portions of fruit or vegetables on a typical day



Across the Wigan Borough only 19% of adults eat the recommended five or more portions of fruit and vegetables on a typical day, although this is an improvement of five points since 2001 (12%). One in twenty adults (5%) typically have none, but the vast majority eat at least some.

In Douglas, Atherton ward and Pemberton wards over 8% of residents eat no portions of fruit or vegetables on a typical day compared with 5% across the Wigan Borough.

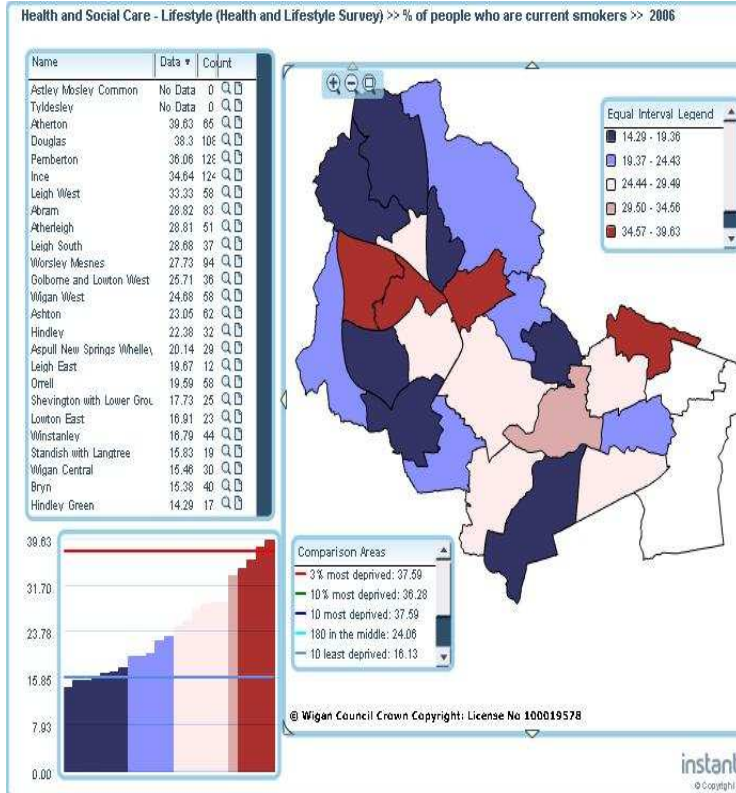
### % of people who usually eat wholemeal bread

29% of Wigan Borough residents usually eat wholemeal bread, an improvement since 2001 when 22% usually eat it. However, in the 3% most deprived LSOAs only 20.99% of residents usually eat wholemeal bread compared with 39.63% in the 10 least deprived LSOAs. The worst performing wards are Atherleigh, Douglas, Abram, Leigh West and Ince.

## Smoking

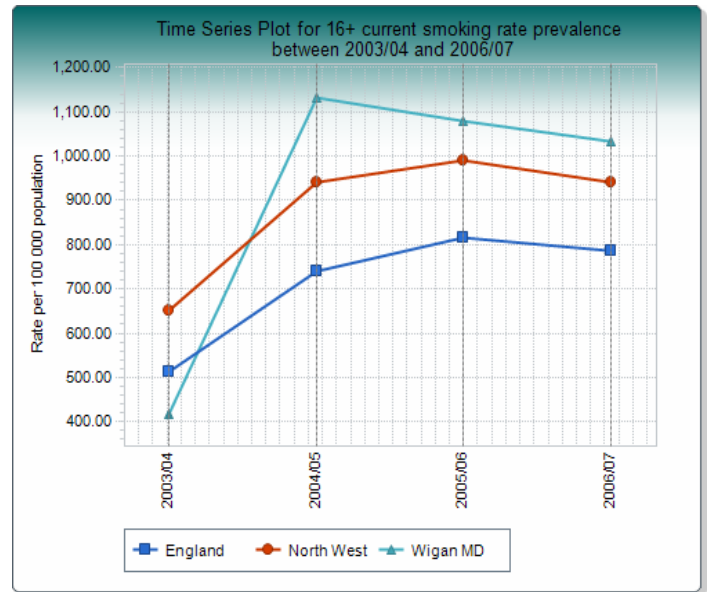
Quitting smoking, or not being exposed to a smoky atmosphere immediately reduces the risk of heart attack.

Smoking prevalence amongst the adult population has reduced from 30% in 2001 to 25% in 2006 which is encouraging but there is still some way to go. This is broadly in line with the proportion of people who currently smoke in Britain as whole (24%). (Source: Wigan Borough Health and Lifestyle Survey).



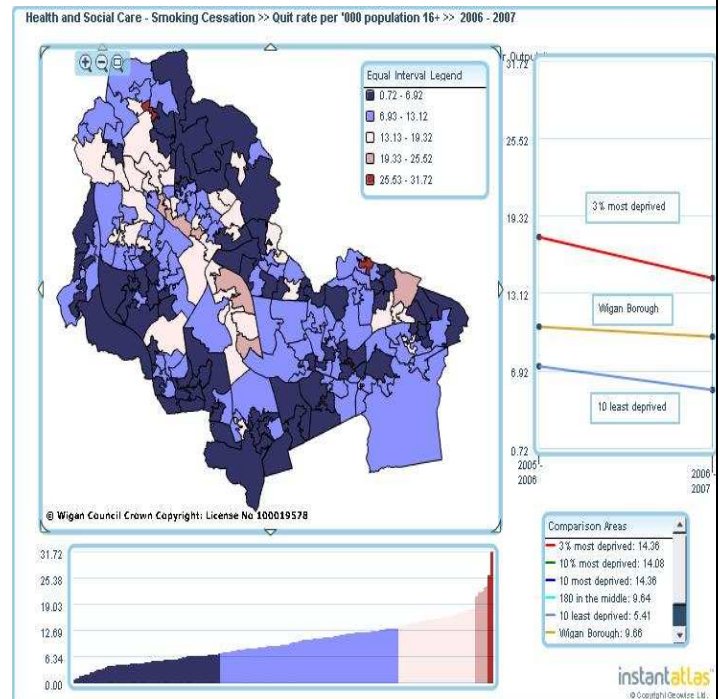
Residents living in the 3% most deprived LSOAs are particularly likely to be smokers (37.59% compared with 25% overall). The worst performing wards are Atherton, Douglas, Pemberton and Ince.

NI 123: Stopping smoking (proxy indicator is rate of self-reported 4-week smoking quitters per 100,000 population aged 16 or over)



In 2006/07 Wigan achieved 1032.11 smoking quitters per 100,000 population compared with 941.37 in the North West and 785.34 in England. Wigan's proposed LAA target is 1,405 smoking quitters per 100,000 population in 10/11.

Quit rate per '000 population 16+



The above dashboard shows that we are achieving a higher quit rate per 1,000 population in the 3% most deprived LSOAs (14.36%) where the need is greatest compared with 9.66% for Wigan Borough.