

How healthy are we as a region?

People are living longer...

Female life expectancy increased from **81 years** in 2001 - 03 to **84 years** in 2013 - 15



Male life expectancy increased from **77 years** in 2001 - 03 to **80 years** in 2013 - 15



How many years can we expect to live in a healthy state?

Female healthy life expectancy in 2013 - 15 was **66 years**



Male healthy life expectancy in 2013 - 15 was **65 years**



This means that on average **females** can expect to live **18 years** in **ill health** and **males 16 years** in **ill health**



1 in 4 deaths in the **East of England** were **under the age of 75**

Early death and **ill health** are most likely to affect our most **deprived communities**

Deprivation is a cause of inequality in life expectancy

Gap in life expectancy from the **most** to least **deprived females** in East of England is **5.3 years**



Gap in life expectancy from the **most** to least **deprived males** in East of England is **7.2 years**



Eligible for free school meals

All other Children

Reducing health inequalities begins in early years

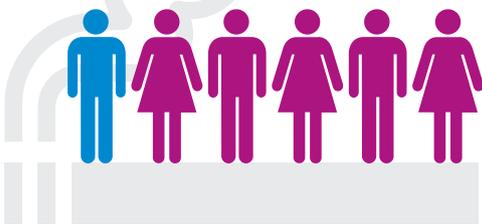
In the East of England **54%** of **children eligible for free school meals** achieve a **good level of development** in early years compared to **72%** of **all other children**

Future demand for health and care services

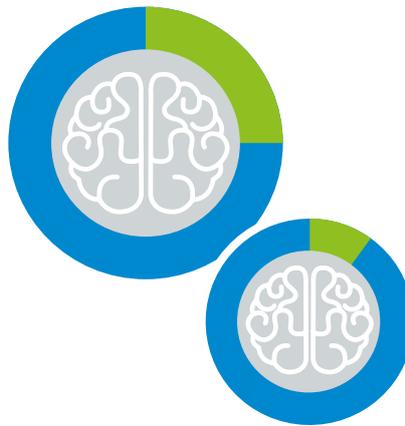
By **2037** the number of people aged **80 years or over** will have almost **doubled**



One in six adults **smoke** – rising to **2 in 5** in some communities



One in four adults experience at least one **diagnosable mental health problem** in any given year



One in ten children aged **5-16 years** have a **diagnosable mental health problem**.

Children from **low income** families are at highest risk.

Two in every three adults are **overweight or obese**

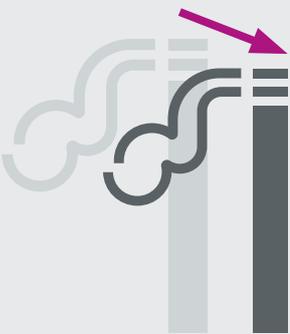


Just over **a quarter** of adults are **physically inactive**



The last 20 years have seen health gains:

Smoking among adults **fell** by over **10%**



Teenage conceptions have more than **halved**



The proportion of **11-15 year olds** who have had an **alcoholic drink** fell from **3 in 5** to **2 in 5**



Serious or fatal **traffic injuries** fell by **half**

