

# Living longer healthier lives

Director of Public Health  
Wiltshire Council

Annual Report  
2016 – 17



## Acknowledgements

This annual report has been written by Tracy Daszkiewicz and John Goodall with contributions from:

Kate Blackburn

John Carter

Katie Davies

Mary Devers

Sarah Hartley

Debbie Haynes

Sarah Heathcote

Simon Hodsdon

Sally Johnson

Stephen Jones

Vicki Lofts

Steve Maddern

Karen Spence

Ceri Williams

Design: Carri Dark,  
Communications, Wiltshire Council

For further information and data about Wiltshire's public health visit the Wiltshire Intelligence Network website: [www.intelligencenetwork.org.uk](http://www.intelligencenetwork.org.uk)

For information about Wiltshire's public health services visit: [www.wiltshire.gov.uk/public-health](http://www.wiltshire.gov.uk/public-health)

For other enquiries contact:

Public Health,  
Wiltshire Council, County Hall,  
Bythesea Road, Trowbridge  
Wiltshire, BA14 8JN

Tel: **0300 0034566**

Email: [PublicHealth@wiltshire.gov.uk](mailto:PublicHealth@wiltshire.gov.uk)

Visit: [www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)

# Contents

Foreword	4
General population challenges	5
Starting Well	8
Living Well	10
Ageing Well	18
Health Protection	20
Safeguarding and Public Protection	22
Health in all policies	24
Tables and Charts	25

Public health is the science and art of promoting and protecting health and well-being, preventing ill-health and prolonging life through the organised efforts of society.

Faculty of Public Health, Royal Colleges of Physicians of the UK 2010

## Foreword

I am delighted to present my annual report on the health of the population of Wiltshire. This report draws on the Joint Strategic Needs Assessment (JSNA) and adds to our understanding of health and well-being in Wiltshire. In times of reducing resources and increasing demand, Public Health's role becomes all the more central in highlighting the importance of prevention and in providing evidence to decision-makers.

We are fortunate to live in a place and at a time where the threat from communicable disease is greatly reduced thanks to the efforts of medicine and our comprehensive national public health immunisations and vaccination programmes. Those programmes, together with national screening services, and wider legislation associated with health and safety, food standards, licensing and a range of other regulations, mean we are protected from a range of threats to our health.

The biggest dangers to our health today are from non-communicable diseases often linked to behaviours and lifestyle. To reflect this the focus of this year's report is on health improvement associated with lifestyle and other factors. However, we need to remain vigilant of the need to protect against communicable diseases; pandemic flu for example remains an ever-present threat to population health. We also need to be able to respond effectively to disasters and weather-related events, as well as enforce protective legislation through our trading standards, environmental health, health and safety, food and animal safety teams, while continuing to safeguard the vulnerable in Wiltshire.

Although average life expectancy has risen consistently in recent years, this has not been the same for all groups in society. While the physical and mental health of people in Wiltshire is generally better than the England average, there is a growing gap in health inequality between the most and least deprived. We need therefore to ensure that health and wellbeing is considered in all policies and that the wider determinants of health and their consequences are addressed.

This latter aspect is especially pertinent in Wiltshire with an ageing population and increased demands this places on families, the NHS, and social care. Services need to evolve to ensure needs are met through greater flexibility in the system and understanding what services are needed and when.

My thanks to the Public Health, Public Protection, Occupational Health and Safety, and Leisure teams for their efforts to protect and improve the health of our Wiltshire population. They cannot do this work

alone however, and we are fortunate to benefit from working closely with our colleagues across Wiltshire Council, the NHS, Wiltshire Police, Fire and Rescue and our other partners in Wiltshire, together with regional and national agencies. Our collaboration means we are able to work effectively to reduce risks and improve the health and wellbeing of the population. In doing so we can help everyone to live longer, happier and healthier lives.

**Tracy Daszkiewicz**, Director of Public Health.

Public health practice made huge strides during the 20th century, transforming the living standards of millions and saving countless lives in the process. Yet real threats still linger and new ones emerge. Dealing with the avoidable mortality caused by, smoking, obesity, harmful level of alcohol consumption as conclusively as cholera and typhoid were dealt with requires different ways of thinking and acting.

The health of Wiltshire's population is generally good and across many areas of health there is continuing improvement. People are living longer and there is a commitment across the communities and organisations in Wiltshire to improve health and well-being.

However, good health is not enjoyed by all and we face a challenge to reduce the gap to ensure people enjoy not only longer but also healthier lives. Embedding prevention and early intervention in all policy and practice will enable the focus on reducing the number of people living with preventable chronic conditions; premature deaths, work limiting illness, disability, and acute morbidities; all contribute to persistent inequalities. We recognise the effect that remaining healthy has on happiness.

This report shows the importance of using public health data and the expertise of the public health team working collaboratively both within the Council and with other partners to ensure we adopt a preventative approach to protect and improve the health of our population. It's only by promoting the benefits of good health and addressing the social determinants of health by including prevention of ill health in all our policies that we will reduce the escalating demands on adult social care and the NHS, reduce inequalities and improve the overall health and wellbeing of local communities.

**Councillor Jerry Wickham**, Cabinet Member for Adult Social Care, Public Health and Public Protection.

# Introduction

This report by the Director of Public Health covers a range of topics associated with the health of the population of Wiltshire. Each section considers the challenges and what we are doing to prevent or respond to those needs. This report therefore reflects not only the work of Wiltshire Council's Public Health and Public Protection and Leisure team, but also the work of Wiltshire's Health and Wellbeing Board and its strategy to improve the health of the population, together with the efforts of Wiltshire's thematic partnerships that pursue the aims of Wiltshire having strong healthy communities, and protecting the most vulnerable.

The first section of this report describes the overall population and life expectancy for Wiltshire and is followed by a life course approach, which includes starting, living and ageing well. Subsequent sections cover health protection, safeguarding, and health in all policies. At the end of the report are data tables and charts.

This report does not replace the Joint Strategic Needs Assessment (JSNA) produced by Wiltshire Council to inform evidence-based service development.

Wiltshire Council's Public Health JSNA programme provides a number of products ranging from an overview JSNA for Wiltshire, down to more detailed topic specific JSNAs that give a set of agreed facts and figures to be used by the council, our partners and organisations within Wiltshire.

Wiltshire's JSNA's are available on the Wiltshire Intelligence Network website, [www.intelligencenetwork.org.uk](http://www.intelligencenetwork.org.uk).

The 2017 Health and Wellbeing JSNA will be published in December 2017.

## General population challenges

The population of Wiltshire is growing and is ageing. The overall population is projected to increase to 516,000 persons by 2026 from 488,400 in 2016.

The under 15 years of age population is projected to decrease slightly from 87,500 to 87,000 persons, whilst the working age population, aged 15 to 64, is projected to remain around 299,500 persons.

Wiltshire's projected 5.6% total population increase over the next 10 years is therefore accounted for by increases in the retirement age population. This poses Wiltshire with a significant 'ageing population' challenge.

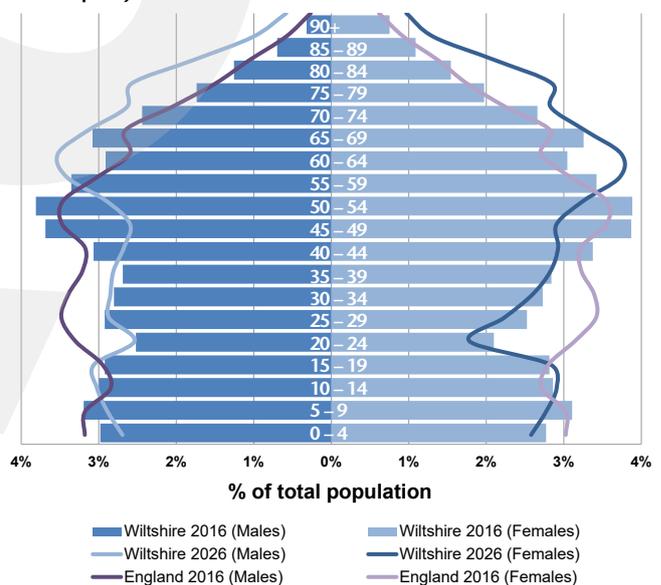
See page 24 for the population data table.

In Wiltshire **45%** is the projected increase in the number of over 80s by 2026.

Between 2016 and 2026, **27%** is the projected increase in Wiltshire of people aged over 65.

## Age profile

ONS mid-year population estimates 2016 and 2026 projections



**488,000** people live in Wiltshire.

In 2026, **1/4** of Wiltshire's population will be aged over 65.

# Life expectancy

Life Expectancy 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 in future. This is an important measure, providing information on overall trends in population health.

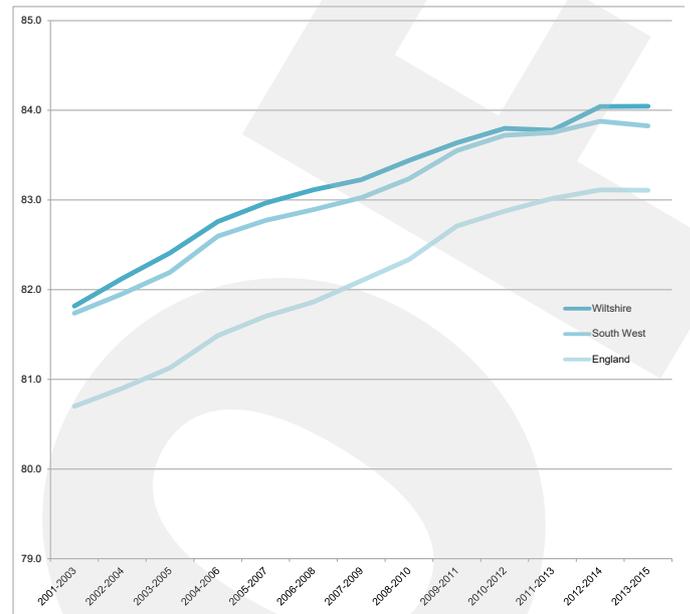
Average life expectancy has increased steadily in Wiltshire in recent decades. Less than a century ago, deaths from infectious diseases were common. Today, chronic non-communicable diseases are the leading causes of death, with long periods of moderate and severe ill health often preceding death.

The health of the Wiltshire population is generally better than the England average. Life expectancy for both men and women is higher than the England average at 80.8 and 84.0 years for males and females respectively.

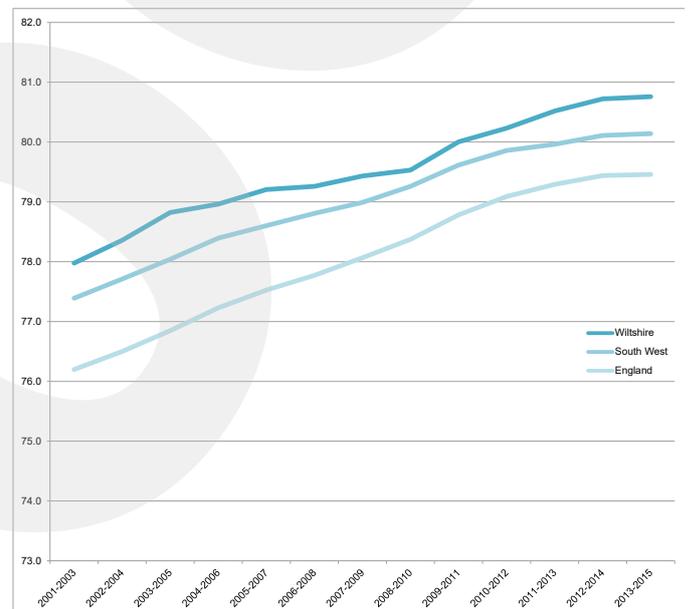
However, healthy life expectancy are 64.8 and 66.8 years for males and females which means many people in Wiltshire can expect around 16 years of ill-health or disability during their life.

In Wiltshire, over 1,250 people die each year before reaching the age of 75. It is important therefore to start well in life and then improve one's health by good choices: not smoking, eating healthily and drinking alcohol sensibly, being active and maintaining good mental health.

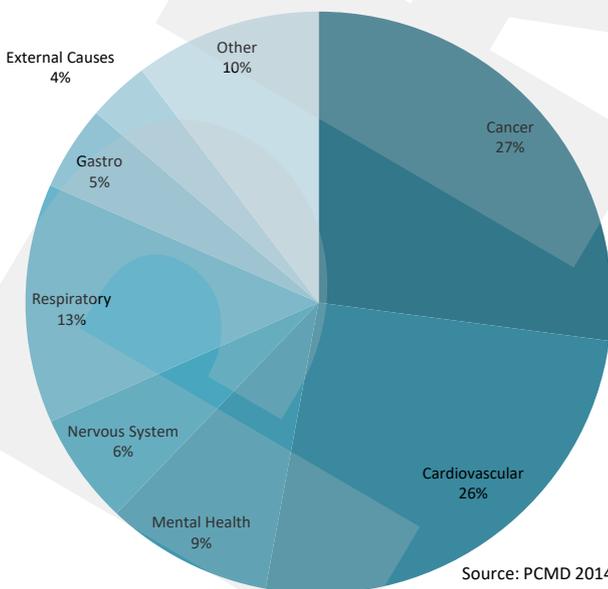
## Life expectancy in years for males at birth



## Life expectancy in years for females at birth

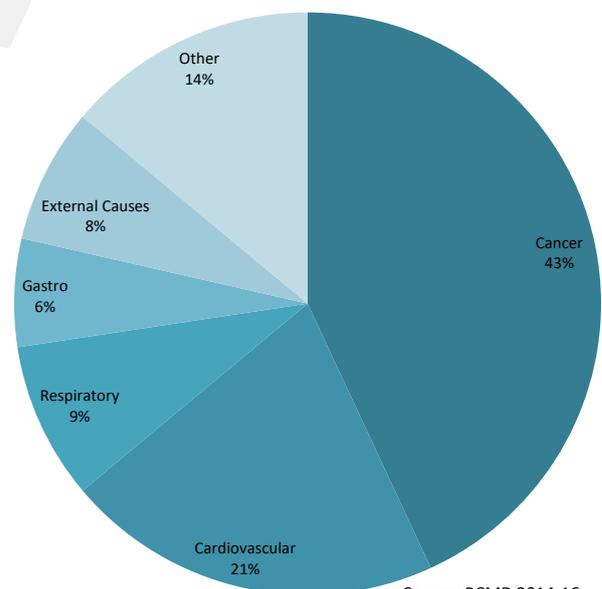


## Cause of death: all ages in Wiltshire



Source: PCMD 2014-16

## Cause of death: under 75 years in Wiltshire



Source: PCMD 2014-16

# Health inequalities

This map shows differences in the areas of deprivation in Wiltshire using national quintiles (fifths) of the Index of Multiple Deprivation 2015 (IMD), shown by lower super output area. The darkest coloured areas are some of the most deprived areas in England. The chart below shows the percentages of the population who live in areas at each level of deprivation.

Wiltshire's overall IMD score places the unitary authority area in the top third least deprived local authorities in England. However, whilst Wiltshire as a whole is not deprived, 12 of the 285 lower super output areas in Wiltshire are in the 20% nationally most deprived group. This represents 4.3% of the Wiltshire population. Additionally there are rural areas where relative affluence is found alongside relative poverty.

There is a social gradient in life expectancy. People living in the most deprived areas in Wiltshire have on average the lowest life expectancy.

**This can be seen in the chart on page 25.**

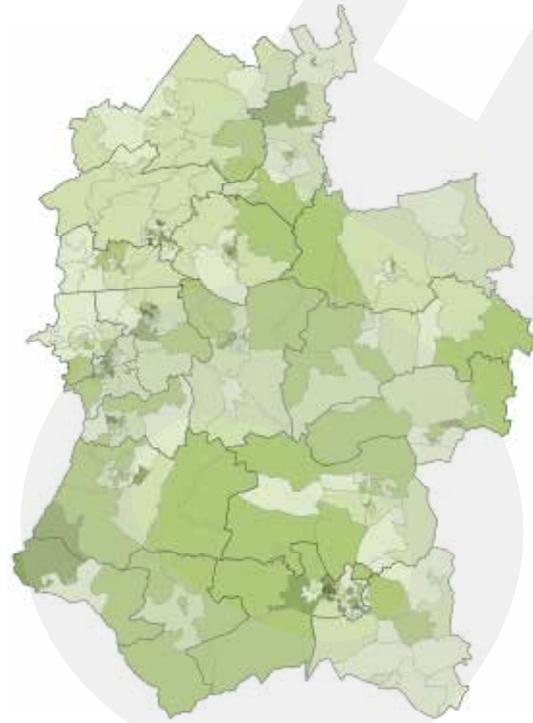
In addition to those geographical population considerations, there are also groups within the population of Wiltshire who may suffer health inequalities for different reasons. These include people with a disability, carers, military families, travelling showpeople, gypsy and traveller groups, boat dwellers, prisoners at HMP Erlestoke, and national or ethnic groups.

**Over 4,200 households in Wiltshire are in social rented accommodation.**

**Wiltshire has over 10,400 low income families.**

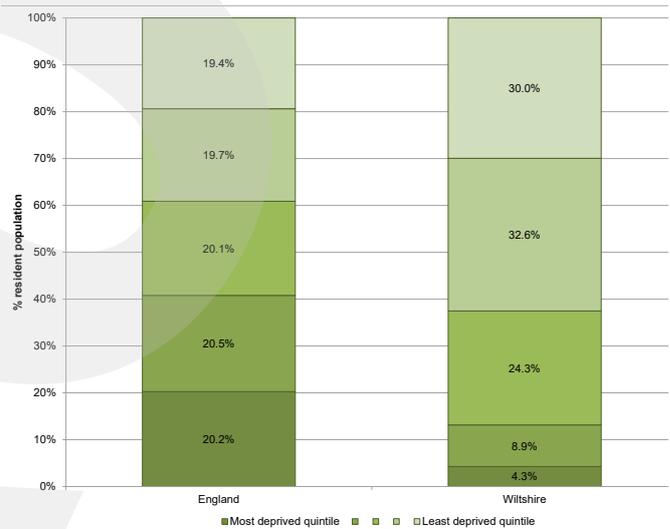
**1/3 of households receiving benefits are in the 10 most deprived wards in Wiltshire.**

Wiltshire IMD map



© Crown copyright and database rights 2017 Ordnance Survey 100049050

Percentage of the population who live at each level of deprivation.



**People living in the most deprived areas can spend nearly a third of their lives in poor health.**

**Over 4% of the Wiltshire population received Employment and Support Allowance.**

## Starting well

### Why this is important for Wiltshire

There is overwhelming evidence that the first five years have lifelong effects on health and wellbeing, educational achievement and economic status.

Pregnancy and the first two years lay the foundations for physical, intellectual and emotional development. Healthy neurological development and attachment are key and require a relationship with a primary carer who is sensitive and responsive to an infant's needs.

Giving every child the best start in life is vital to reducing health inequalities across the life course. Challenges include:

- Early identification of pregnant women with complex social needs and vulnerabilities
- Ensuring women have access to support programmes
- Reducing the rates of smoking in pregnancy to achieve the national target of 6% by 2022
- Supporting women with mild to moderate perinatal mental health concerns to access support available
- encouraging and supporting pregnant women and families with young children, to make healthy lifestyle choices

Good health in childhood and adolescence are vital for securing young people's future wellbeing in later life

Data at national and local level show that many of the trends in health behaviours and health outcomes for young people are going in a positive direction. However, there are indicators of concern in relation to levels of anxiety and poor emotional wellbeing, and a rise in the use of e-cigarettes.

Levels of excess weight among children appear to be levelling off – yet show no clear signs of declining.

The inequalities gap in terms of the difference in rates of excess weight between areas with highest and lowest deprivation is widening nationally and locally.

**9.7% pregnant mothers smoke in Wiltshire** compared with England's 10.8%.

**Smoking doubles** the risk of stillbirth.

Stillbirths in Wiltshire = **3.9%**,  
England = 4.6%.

**282** children in every 10,000 of 0-2 years old are supported by Childrens Social Care.

**Children who grow up in poverty** face a greater risk of having poor health, being exposed to crime, and failing to reach their full potential, creating a cycle of poverty for the future.

**66%** of young people were satisfied with their life compared with 71% in 2015.

**11.8%** of children are in low income families in Wiltshire (England 20%).

**1 in 3 children** end in Year 6 as overweight or obese.

**4.2%** of secondary school aged young people smoke cigarettes.

**Only 21.7%** Wiltshire children aged 5-15 meet national guidelines on physical activity (at least seven hours physical activity a week) – national average is 22%.

## Starting well

### What is being done in Wiltshire

Wiltshire Council's Public Health team commissions health visitor and school nurse services to help all children from pregnancy to 19 years of age.

The evidence-based Healthy Child Programme (0-5 years), led by health visitors, offers every child a schedule of health and development, screening tests, immunisations, health promotion guidance and support for parents tailored to their needs, with additional support when needed.

Other services include routine screening for perinatal and infant mental health problems; and breastfeeding peer support.

Specialist healthy lifestyle in pregnancy services are available to support women to stop smoking and for weight management.

Wiltshire's Maternal Healthy Me programme help mothers-to-be maintain a healthy weight in pregnancy.

Baby Steps is a targeted relationship based programme that supports expectant parents with additional needs to prepare for the transition to parenthood, focussing particularly on strengthening the relationship between parents and bonding with their baby.

Wiltshire's Child Health Improvement Strategy identifies the objectives needed to ensure that Children and Young People experience optimal health, both in childhood and throughout their lives.

On the whole, young people in Wiltshire have good health compared to the rest of England. Our aspirations for our young people are high, and we strive to improve in many areas, such as reducing levels of hospital admittance for childhood accidents among 15-24 year olds.

We are committed to understanding and reducing health inequalities within our county, and have highlighted where we know these exist across a range of health outcomes such as obesity, and childhood accidents. These inequalities are targeted in the Child Health Improvement Implementation plan.

The school nursing service delivers the Healthy Child Programme (5-19s) in schools.

**135** referrals to the free Healthy Me family-based healthy lifestyle programme aimed at overweight children 7-11 years old.

**74.2%** of Healthy Me children reduced their BMI by taking part.

**22** Healthy Me 'Bitesize' sessions delivered in primary school time – combining physical activity and healthy eating messages to children.

**Over 300** mothers took part in Maternal Healthy Me programme for healthy weight gain.

**Over 300** parents participated in the Baby Steps programme.

**Over 60** volunteers were trained as breastfeeding peer supporters.

**StreetGames** projects work with young people who do not participate in sport currently, are part of alternative sport subcultures or who live in areas of high deprivation.

Between 4 June and 29 July 2016  
**15,714** pupils at 47 schools took part in the Big Pledge 2016 activity challenge.

Wiltshire Council's **sports development teams** deliver community based sports activities, and volunteering opportunities for vulnerable and hard to reach young people aged 13-25 years.

## Living well

### Why this is important for Wiltshire

#### Reducing harm from tobacco and alcohol

Smoking is the primary cause of preventable illness and premature deaths in the UK. It is significantly associated with chronic obstructive pulmonary disease (COPD), various forms of cancer, coronary heart disease and stroke. Exposure to second-hand smoke increases the risk of these conditions and contributes to serious illnesses among children, such as asthma.

Smoking during pregnancy poses health risks to both mother and baby. Recent research has found that chemicals from tobacco smoke are present long after second hand smoke has dissipated. These toxic residues may harm babies, children and vulnerable adults. Smokers living with or working with babies and children should be aware that these toxins can be transferred from clothing, skin and hair, long after the cigarette has been extinguished.

Smoking is the biggest single cause of inequalities in death rates between the rich and poor. Smokers typically become ill more often, take longer to recover and have more complications than non-smokers.

85% of adults drink alcohol and fortunately most drink in a 'low-risk' way. But well over a fifth of the population regularly drinks more than what may be healthy for them and they are putting their future health at risk. This is perhaps unsurprising given we drink twice as much alcohol compared with the 1950s and 1960s.

The type of illnesses that can develop after 10 to 20 years of regularly drinking more than 14 units a week include: cancers of the mouth, throat and breast; stroke; heart disease; liver disease; brain damage; damage to the nervous system.

The effects of harmful drinking are felt by all of us. Its impact on individuals, their families and communities is wide-ranging. Alcohol consumption is a contributing factor to many hospital admissions and deaths from a diverse range of conditions for people of all ages.

**Cigarettes** are the only consumer product that **kills** when used as intended.

Cigarette smokers die **10 years** younger than non-smokers.

**10.3%** of expectant mothers in Wiltshire smoke.

Smoking materials are a **major cause** of accidental house fires

Children who live with smokers are more likely to develop bronchitis, pneumonia or other breathing problems.

Smoking is **15% spend** for lowest income households.

**1 in 4** routine and manual workers smoke in Wiltshire

**Regularly drinking** more than **14 units a week** risks damaging your health.

**106,000** adults in Wiltshire drink at risky levels.

**672** Wiltshire people were in alcohol treatment in 2016.

Alcohol misuse is a factor in **almost 1/2** of violent assaults.

**2,670** alcohol related hospital admissions in Wiltshire in 2016.

## Living well

### What is being done in Wiltshire

#### Reducing harm from tobacco and alcohol

Wiltshire's Public Health team supports local businesses to create a smokefree culture in the workplace.

One of the strongest influences on a child beginning to smoke is modelling the behaviour of older children and adults. In 2016 Wiltshire Public Health supported 39 town and parish councils to erect smokefree signage in children's play parks with the aim of sending a clear message that smoking around children is unacceptable behaviour.

Nationally around 80% of prisoners smoke. HMP Erlestoke became smokefree in May 2016. Wiltshire Council's Public Health team has supported the smokefree implementation plans for the prison and continues to support the prison's healthcare team and health trainers.

Wiltshire's free stop smoking service is available county-wide via GP practices and pharmacies.

The five yearly free NHS Health Check for everyone aged 40 to 74 years gives a cardiovascular disease risk assessment and lifestyle advice. Where appropriate, individuals are referred to health improvement services such as the stop smoking service, or health trainers.

Wiltshire's Substance Misuse Service attended WOMAD, Fieldtrip and Westbury Street festivals and other events, promoting positive alcohol messages.

In 2016, e-learning modules were launched, enabling improved access to alcohol support across entire Wiltshire.

Wiltshire's Substance Misuse Service works collaboratively with Combat Stress to support military veterans.

**86%** of adults in Wiltshire do not smoke.

**25% reduction** over 10 years in heart disease and stroke mortality through reduction in smoking.

**1,806** smokers in Wiltshire accessed support to quit smoking.

**52%** of smokers setting a quit date were successful.

**911** pregnant women were supported to stop smoking.

Wiltshire's **Health Trainers** help people to stop smoking and drink sensibly.

Over **28,000** people were invited for their NHS Health Check in 2016.

Since 2011, over **76,000** people have had their 5 yearly NHS Health Check in Wiltshire.

Over **3,000** young people were engaged in discussions and education about sensible alcohol consumption.

## Living well

### Why this is important for Wiltshire

#### Being more active and eating healthily

Being physically active is associated with a range of health benefits. These include: improved mental wellbeing; reduced social isolation; reduced risk of heart disease, stroke, diabetes and some cancers; improved bone strength; and reduced risk of falling by older people.

The challenge in Wiltshire is to make physical activity the preferred choice. For example, providing opportunities for active travel and ready access to affordable leisure and sports opportunities for everyone.

England's Chief Medical Officer recommends adults should engage in 150 minutes of physical activity a week. Wiltshire is one of the most active areas in the country with 73% of adults active for more than 150 minutes per week. However 14.7% of adults are active for less than 30 minutes a week.

A healthy balanced diet is important for everyone at any age. It provides the body with the right amount of nutrients for essential bodily functions and helps protect us against many non-communicable diseases. Consuming a diet high in calories, high in saturated fat, salt and sugar increases the risk of obesity and associated diseases such as diabetes and can have negative effects on an individual's mental wellbeing.

Fruit and vegetables are part of a healthy, balanced diet so it is important that we eat enough of them. Evidence shows there are significant health benefits to getting at least five 80g portions of a variety of fruit and vegetables every day.

In Wiltshire, 65.8% of adults are overweight or obese. This has associated costs of ill health; increased hospital admissions, increased sick days from work, and an increased number of people living with non-communicable diseases and disability. About half of all workers in UK are office based and will typically spend up to 80% of each day sitting down. Sitting has been linked with cardiovascular disease, diabetes, and certain cancers.

**"If sport and physical activity was a drug, it would be regarded as a miracle cure."**

Up to **80%** of cardiovascular disease is caused by poor lifestyle.

Inactivity is responsible for **1 in 6** deaths.

Over **80%** of adults with learning disabilities are inactive.

**58,000** adults in Wiltshire are active for less than 30 minutes a week.

Over **73,000** people in Wiltshire have high blood pressure.

**65.8%** of Wiltshire adults have a BMI of 25 or more.

Over **9,000** people in Wiltshire have a BMI of 40 or more.

A waist over **37** inches for men or **31.5** inches for women increases risk of type 2 diabetes.

Over **23,000** people in Wiltshire have diabetes.

**90%** of diabetes is Type 2 for which obesity and inactivity are key risk factors.

Only **59%** adults in Wiltshire eat their 5 a day portions of fruit and vegetables.

People who are physically active have up to **83% lower risk** of osteoarthritis.

## Living well

### What is being done in Wiltshire

#### Being more active and eating healthily

Our integrated public health and leisure management team gives us a unique opportunity to deliver innovative local services that improve health and wellbeing and promote active lifestyles. Our programmes provide opportunities for people of all ages and abilities to benefit from being active.

In 2016/17 there were over 3.3 million visits to Wiltshire Council's leisure and sports centres and increased attendance in the community sports and physical activity programmes. Council leisure centres offer affordable gym memberships, including discounted membership for children and young people.

In 2016/17 the Wiltshire Playing Pitch Strategy was adopted. This underpins the Core Strategy providing robust evidence for sports governing bodies and Sport England.

Wiltshire's annual Big Pledge activity challenge had a Road to Rio Olympics theme with over 18,100 participants.

In 2016 Wiltshire Council and NHS Wiltshire CCG launched the joint Wiltshire Obesity Strategy. The strategy adopted a life course approach to tackling obesity. The first year of implementing the strategy has seen a number of successes:

- 8.9% increase in adults aged 40-74 years having their NHS Health Check
- Childhood obesity rates have stayed steady
- New Tier 2 weight management services for children and pregnant women were commissioned
- Wiltshire Council developed a healthy weight 4 life e-toolkit which has been published on the Wiltshire Council web page
- We have developed a 'Raising the Issue of Weight' training package for professionals in Wiltshire
- Now in its third year, Wiltshire's Eat Out Eat Well scheme promotes caterers who make it easier for customers to eat healthily.

Wiltshire Council has introduced workplace initiatives to encourage regular movement and activity throughout the day and during breaks. These include pop-up on-screen reminders, standing or walking meetings, and provision of suitable eating areas away from desks.

**73%** of adults in Wiltshire are physically active.

**47** schools participated in the Big Pledge activity challenge.

Active Health physical activity service had over **3,300** referrals.

**70%** of Active Health clients lost weight .

**2,450** people were supported to lose weight by our Slimming on Referral services.

**50%** of clients supported by Health Trainers lost weight.

**18.5 to 24.9** is a healthy BMI for adults.

Wiltshire's Playing Pitch Strategy assessed over 600 sports pitches used by over **900** teams playing football, rugby, cricket and hockey.

Get Wiltshire Walking has **2,400** registered walkers and 157 trained volunteer walk leaders.

Our Health Trainers supported over **800** clients, an increase of 40% compared with 2015.

Over **500** companies have received nutritional advice from the food standards team.

**216** businesses have the Eat Out Eat Well award.

See page 27 for table of weight management interventions

## Living well

### Why this is important for Wiltshire Mental health and wellbeing

Mental health and wellbeing is 'everyone's business'.

Poor mental health can have a devastating impact on the quality of life for individuals, their families, and carers, as well as a significant impact on the economy. It has links to poverty and exclusion, unemployment, crime, chronic illness and anti social behaviour. People with a mental health issue are more likely to die prematurely and to develop physical health problems.

It is important locally and nationally to adopt the principle that mental health is given equal priority with physical health.

Most mental illnesses begin during childhood, adolescence, or in early adult life. By investing in promotion, prevention and early intervention it is possible to improve educational attainment, employment opportunities and physical health as well as reducing harmful behaviours such as substance misuse and self-harm and suicide.

Negative attitudes towards mental health, pre-judgements and prejudices can result in behaviour that makes it harder for individuals with mental health problems to live a normal life. Mental health stigma may be manifested in discrimination and lead to loss of self-esteem, aggravating existing mental and physical health problems and making it more difficult to access many things other people take for granted.

Education to improve personal skills and our understanding of how we can help someone who is living with mental ill health is key to creating a community environment that will support people to stay well.

There is an important role for protective factors in promoting positive mental health and wellbeing in the population.

Having a healthy workforce can reduce sickness absence, lower staff turnover and boost productivity. Work-related stress is the second most commonly reported cause of occupational ill health in the UK, accounting for 37% of all work-related ill-health cases, and 45% of all working days lost due to ill health.

**67,000 people** with Common Mental Disorders (adults) in Wiltshire.

**6,000 people** in Wiltshire with eating disorders.

estimated **2,100 cases** with a psychotic disorder.

**22,000 people** in Wiltshire with a personality disorder.

**7,700 people** in Wiltshire living with bipolar disorder.

Perinatal mental illness affects **up to 20%** of women.

Around **29,000 cases** of self-harm in Wiltshire a year.

**12,200** harmful drinkers in Wiltshire.

**12,100 people** with a drug dependence.

Education, altruism, employment, social engagement and exercise are some of the protective factors for mental health and wellbeing.

**9 out of 10** people with a mental health problem experience stigma and discrimination within the workplace.

## Living well

### What is being done in Wiltshire

#### Mental health and wellbeing

There is growing evidence about protective factors facilitating positive mental health and emotional wellbeing. The Five Ways to Wellbeing has emerged as a nationally recognised tool to support emotional wellbeing through use of those protective factors.

The five way to wellbeing comprises:

1. Connect
2. Be Active
3. Take Notice
4. Keep Learning
5. Give

In Wiltshire we are working to raise awareness of the Five Ways to Wellbeing in the general population and to those recovering from a diagnosed mental health condition.

A range of opportunities and interventions to prevent poor mental health developing are offered across Wiltshire. These include 'arts on prescription', community reading groups, wildlife and environment projects, peer support groups and men's groups. These schemes encourage prevention and early intervention and response to known triggers to poor mental health.

A perinatal mental health pathway has been developed to ensure that new and expectant mothers with mental ill health are identified and have better access to treatment options.

Interactive sessions to raise awareness about mental health were given to Wiltshire Council staff and councillors in 2016. The package has been offered to Area Boards and health and wellbeing groups across the county. We will also offer the Wiltshire Council e-learning package on mental health to partners and other employers across the county to enable them to raise awareness amongst their staff.

The Workplace Wellbeing Charter award gained by Wiltshire Council shows a commitment to create a workplace environment which supports good health and wellbeing. This award, coupled with the signing of the 'Time to Change' pledge to end mental health stigma and discrimination, provides a strategic steer to partner employers, commissioned services, contract suppliers and the wider community to follow suit.

Wiltshire Council provides managers with advice on how they can identify and supportively respond to mental health issues with a theme of early intervention and access to support services. Employees are encouraged to increase their own understanding of mental health and have access to a range of options to support self help and resilience.

**All 18 of Wiltshire's community area boards** selected mental health as one of their top three priorities.

Five GP practices piloted Arts on Prescription schemes – **reaching over 100 people.**

**100% of women** are routinely screened in pregnancy and during the first year of motherhood to ensure early identification of mental ill health.

**3,348 Wiltshire Council Staff** completed a mental health awareness e-learning package.

**Over 80%** of health visitors and midwives have attended perinatal and infant mental health training.

**85%** of people engaged with the Community Links service have demonstrated improved outcomes.

Wiltshire's Improving Access to Psychological Therapies Service exceeds the national recovery rate standard.

**23% reduction** in Section 136 detentions under the Mental Health Act in Wiltshire (crisis care emergency power for Police to detain).

Mental health staff in police control room supported police officers dealing with possible mental ill health incidents **3,810 times.**

**72 staff** received multi-agency Suicide Intervention Skills (ASIST) training.

## Living well

### Why this is important for Wiltshire

#### Sexual health and substance misuse

Throughout our lives, sexual health is a vital part of our health and wellbeing. From learning about our bodies as a child to becoming an adolescent when we need to learn how to make positive choices, to moving into adulthood when we consider sexual ill health and our contraception needs.

Sexual ill health does not affect people equally, with some groups having a higher burden of sexually transmitted infections (STIs) than others.

Chlamydia is the STI with the highest number of diagnoses: the majority are young people. Wiltshire does not meet the nationally set detection rate for Chlamydia although we are able to identify a large number of individuals living with this infection.

Despite our under 18 conception rates reducing substantially in recent years, this remains a challenge. Young mothers are 22% more likely to be in poverty at the age of 30 and children of teenage mothers have a 63% increased risk of experiencing child poverty.

Although the sexual health and wellbeing of the general population is a priority, there are certain sub groups: young people, Lesbian, Gay and Bisexual individuals, and those from black and ethnic minority groups - which are at higher risk of infection and/or exclusion from mainstream services due to stigma, service inequalities or social exclusion.

While the number of people with a serious drug problem in Wiltshire is relatively small, their dependency affects everyone around them. The most obvious effects of drug misuse are ill health, sickness and, ultimately, death. Particularly devastating to an abuser's health is the contraction of needle borne illnesses including hepatitis and HIV through injection drug use. Children of individuals who misuse drugs often are abused or neglected as a result of the individuals' preoccupation with drugs.

**43%** of all new STI diagnosis were in young people.

**43%** of people living with HIV in Wiltshire were men who have sex with men.

HIV prevalence rate: **0.72 per 1,000** residents.

All new STI diagnosis rate: **480 per 100,000** residents.

**5,669** young people aged 13-24 yrs tested for Chlamydia – 31.6% were male 68.4% female .

Average age of those tested for Chlamydia = **21 years.**

**489** were positive and signposted to treatment.

Deaths among heroin users are **10 times** the rate in the general population.

A typical heroin user spends around **£1,400 per month** on drugs.

**25** drug related deaths in Wiltshire annually.

## Living well

### What is being done in Wiltshire

#### Sexual health and substance misuse

The public health team works closely with a range of partner organisations in raising awareness of sexual health issues to as many people as possible. These include primary care venues and community pharmacies to provide access to sexual health testing and treatment services for infections such as chlamydia. We make it possible for residents to access HIV screening via an online service which helps identify those who may be living with the virus but who may not feel confident accessing a sexual health clinic.

Health promotion campaigns have increased the numbers of individuals accessing sexual health services. These included improving the uptake of Long Acting Reversible Contraception (LARC); a summer sexual health campaign; and National HIV Testing / World AIDS day.

We provide information and support to schools and school nurses for young people about sexual health and contraception to enable them to develop good relationships and make positive choices.

The No Worries sexual health service for 13-24 year olds is delivered in 18 GP practices, 21 community pharmacies and by School Health Nurses across Wiltshire. This service enables young people to get advice and help with sex and relationships or treatment should they require it from trained and experienced clinicians.

The Wiltshire Substance Misuse Service is delivered by Turning Point: a specialist community service providing support to people suffering from drug and alcohol problems.

Our community health trainers help people to drink less before their drinking becomes a problem for their health and those around them.

Wiltshire Substance Misuse Service offers online modules to enable service users to access treatment via the internet, thus improving access in rural areas.

Primary Care venues offering LARC  
contraception: **92%**.

we distributed **47,500 free**  
condoms.

**125 young women** under 18  
conceived compared with 250 conceptions  
5 years ago.

**71 young people** aged 13-17  
years obtained Emergency Hormonal  
Contraception from a community  
pharmacy.

Young people using sexual health services  
are screened for indicators that they may  
be being sexually exploited or abused.

**3,000 young people** saw a  
theatre production highlighting risks of  
New Psychoactive Substances.

**1,000** individuals received treatment at  
a specialist drug misuse service.

**692** individuals received treatment at a  
specialist alcohol misuse service.

Opiate (typically heroin) recovery levels  
in Wiltshire are **the best in the**  
**South West.**

**300 young people** given  
treatment support.

## Ageing well

### Why this is important for Wiltshire

In recent years there have been dramatic improvements in life expectancy with people across the UK enjoying longer lives. Between 2016 and 2026 it is expected that the number of people in Wiltshire aged over 65 will increase by 27% and the number over 80 will increase by 45%.

It is increasingly common for people in their 60s and even 70s to have living parents or older relatives.

An older population has more complex health and care needs than the general population. We know that prevention of ill health through appropriate support for older people is the best approach, ensuring that through awareness, choice, and control, people are able to maintain their independence and live well for longer.

Older people may be more vulnerable than others to feeling isolated. There are links between health and wellbeing, social inequality and loneliness which are unevenly distributed across the county. Around 2% of the Wiltshire population aged 65 and over live in the areas most at risk of social isolation.

**See the map of loneliness for Wiltshire on page 26.**

Falls and fall-related injuries are a common and serious problem for older people. People aged 65 and older have the highest risk of falling, with 30% of people older than 65 and 50% of people older than 80 falling at least once a year. The human cost of falling includes distress, pain, injury, loss of confidence, loss of independence and mortality. Falling also affects the family members and carers of people who fall.

**2,024** people aged 65 and over were admitted to hospital as a result of a fall in 2015/16.

**101,000 to 129,000:** the projected increase in the number of over-65s between 2016 and 2026.

**Around 2,200 people** over 65 are at highest risk of social isolation.

Older people account for **over 65%** of hospital inpatient admissions.

**Over 12,000** people aged over 65 are unpaid carers.

Hospital admissions due to falls in persons aged over 65 = 1,880 per 100,000.

It is estimated that **over 6,600** people in Wiltshire have dementia.

**Over 4,700** older people receive domiciliary or care home support from Wiltshire Council.

**£30,000 a year** average care home costs paid by Adult Social Care.

Between 2010 and 2014 an average of 259 people in every 100,000 died from cancer each year in Wiltshire. This is lower than England average of 287.

“ This year’s DPH annual report demonstrates the far reaching opportunities for the CCG to draw on the evidence produced by Public health, in terms of prevalence and the needs of our local population. We enjoy a close working relationship with Public health and consider them an intellectual strategic partner; informing service design and commissioning. ”

Richard Sandford-Hill  
GP and Chair of NHS Wiltshire Clinical  
Commissioning Group

## Ageing well

### What is being done in Wiltshire

Social Isolation and loneliness are a priority for the Wiltshire Older People's Collaborative (WOPC). This collaborative is chaired by public health and brings together representatives of the key organisations responsible for delivering activities and actions to support older people in Wiltshire to live well for longer.

The collaborative's work has focused on the triangulation of data from urgent care provision, fire and rescue service and local community areas with the Age UK map of loneliness to identify those areas at greatest risk of social isolation and the impact it is having on population health.

Wiltshire leads the way in reducing fuel poverty and protecting those with poor health over winter. The Warm & Safe project is delivered jointly by Wiltshire Council and Dorset & Wiltshire Fire and Rescue Service to provide help and advice about improving energy efficiency in homes.

The Wiltshire Falls and Bone Health steering group brings together the key organisations delivering care for older people to take action on falls. Its work has focused on: streamlining and standardising the provision of falls care across the county; setting up and evaluating a fracture liaison service in Salisbury NHS Foundation Trust; and the provision of training and education for primary care colleagues. Falls prevention training has been given to care home and domiciliary care staff, to unpaid carers in the county, and at community engagement events run with partners from community physiotherapy teams and Active Health instructors.

GPs refer patients to Wiltshire Council's Active Health classes for falls prevention and exercise after stroke to reduce falls risk and improve quality of life.

The NHS Health Check is a free 5 yearly assessment of an individual's cardiovascular disease risk for everyone aged 40 to 74. In Wiltshire this public health mandated service is provided by GP practices and so helps to prevent ill health and promote healthy lifestyles.

**20 stroke survivors** completed an Active Health Exercise After Stroke course.

**11,400** attendances at Active Health falls prevention classes in 2016/17.

**Over 14,000** people had their NHS Health Check in Wiltshire in 2016.

In 2016/17 Warm and Safe supported more than **1,300 households** through the cold homes referral process, helping them achieve more affordable warmth, an increase in income and benefit from free or subsidised energy efficiency improvements.

In 2016/17 Warm and Safe helped **59 households** claim the £200 Surviving Winter Fund to pay for electricity or gas bills.

Warm and Safe helped 508 households save **£52,943.77** in energy bills.

**344 vulnerable households** signed up to the Scottish and Southern Energy Priority Services Register.

## Health protection

### Why this is important for Wiltshire Protection from disease, environmental hazards and incidents

Health Protection can be described as activities which protect the population from external threats. These include:

- Ensuring the safety and quality of food, water, air and the general environment.
- Helping to preventing infections and the transmission of communicable disease
- Responding and managing outbreak or other types of incident that threaten the population of Wiltshire.

A wide range of issues can pose environmental risks and hazards. These include contaminated land, air and water quality and other nuisance behaviours such as noise, smells or smoke.

Air quality in Wiltshire is predominantly good. However in a small number of locations the combination of traffic, road layout and geography mean that recommended annual averages for nitrogen dioxide and fine particulates are exceeded. The resulting health risks include: lung irritation or inflammation, reduced resistance to respiratory infections and worsening of heart and lung conditions. Prevention programmes are fundamental in avoiding infections. Teaching and promoting basic skills such as good hand hygiene is vital to protect our health, particularly those most vulnerable in the work place, in closed settings such as schools or care homes, and at home.

In rural Wiltshire it is also important to recognise the risks from our natural surroundings such as ticks and their ability to transmit Lyme disease.

Antimicrobial resistance is the ability of microorganisms (e.g. bacteria) to stop antibiotic medications from working against it. As a result some standard treatments for infections are becoming ineffective.

Whilst major incidents and emergencies are thankfully rare occurrences, preparing, planning and training to respond to major incidents is a fundamental part of health protection.

Work programmes are prioritised against national and local risk assessments. Risks are assessed against their likelihood of occurrence and level of impact the incident would cause.

### Top five health protection risks in Wiltshire:

1. **Influenza type disease** (pandemic)
2. **Flooding**
3. **Loss of telecommunications**
4. **Disruption to fuel supply**
5. **Major reservoir dam failure/collapse**

The World Health Organisation estimates that **3.3%** of new TB cases are multi-drug resistant.

**only 49.3%** of those individuals aged under 65 at risk had their flu vaccination.

**72% of over 65s** had their flu vaccination.

## Health protection

### What is being done in Wiltshire

#### Protection from disease, environmental hazards and incidents

A new Annual Status Report was submitted to DEFRA on air quality in Wiltshire.

The Antibiotic Awareness Programme raises awareness amongst the public on why they should not expect antibiotics for illnesses such as common colds. We are also working with partners reduce antibiotic use in farming.

To spread the message about hand hygiene a competition was held with primary schools to design a badge. The 'Naughty Bugs' competition rewarded the best entries by presenting the schools with 'Glow Light Kits' which can be used in school to show how easy it is to spread germs by hand.

Our tick awareness programme continues on their habitat and what to do if bitten. Prior to a recent Duke of Edinburgh expedition, youths were given information about ticks and had to use their new knowledge to remove one that had attached itself to one of the participants.

We work closely with care homes in Wiltshire to provide advice, review working practices, and reduce the risk of residents developing infections. This includes visiting homes and sharing best practice.

Each year we work with the NHS to help promote uptake of Seasonal Flu Vaccinations and to encourage Council front line staff to protect themselves, their families and particularly the vulnerable members of the community. This year we made it easier to access vaccination sessions with longer clinics in a variety of locations. We also simplified our on line booking system.

Local authorities have a duty to monitor air quality within their areas having regard to national air quality objectives and standards and report this information to the Department for Environment, Food and Rural Affairs (DEFRA) on an annual basis. Air quality in Wiltshire is predominantly good with the majority of the county having clean, unpolluted air. There are however a small number of locations where the combination of traffic, road layout and geography has resulted in exceedences of the annual average for nitrogen dioxide (NO<sub>2</sub>) and fine particulates (PM<sub>10</sub>).

Information relating to air quality monitoring in Wiltshire can be found on our dedicated air quality website: [www.wiltshireairquality.org.uk](http://www.wiltshireairquality.org.uk)

**Public Health team works closely with NHS, police, fire, and other partners to ensure plans and preparations are in place should we need to respond to a major incident or public health emergency.**

**Eight** Areas in Wiltshire are routinely monitored for Air Quality.

During 2016/17, **7 care homes** were visited and supported.

**1,027** Wiltshire Council staff had their flu vaccination.

**96.3%** of children in Wiltshire have had their MMR vaccination.

**97.1%** of children in Wiltshire have had their Meningitis C vaccine.

**Wiltshire had 3.2 cases of TB per 100,000 people**



**Dorset & Wiltshire Fire and Rescue Service is embedded in the strategic planning work being undertaken to ensure and support a partnership approach to the safer communities agenda. The Director of Public Health's report outlines many areas of collaboration which demonstrate the cross-organisational work being carried out to improve outcomes. The Fire and Rescue Service collaborate on a number of key areas, including road safety, vulnerability, reducing harm associated with using drugs and alcohol and many more. The report highlights how collaboration is achieving a positive effect for people living and working in Wiltshire**

Gus Cuthbert  
Area Commander (Wiltshire)  
Dorset & Wiltshire Fire and Rescue Service

## Safeguarding and public protection

### Why this is important for Wiltshire

Safeguarding is the action taken to promote welfare and protect people from harm. Safeguarding means protecting people's health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect. It is fundamental to high-quality health and social care.

Safeguarding children and promoting their welfare includes:

- Protecting them from maltreatment or things that are bad for their health or development.
- Making sure they grow up in circumstances that allow safe and effective care.

Safeguarding adults includes:

- Protecting their rights to live in safety, free from abuse and neglect.
- People and organisations working together to prevent the risk of abuse or neglect, and to stop them from happening.
- Making sure people's wellbeing is promoted, taking their views, wishes, feelings and beliefs into account.

Anti-social behaviour (ASB) can affect individuals and whole communities. Where it is persistent, it adversely affects people's feelings of safety, the quality of their lives and also their perceptions about levels of crime.

Anti-social behaviour is 'Behaviour that caused or was likely to cause harassment alarm or distress to one or more persons not in the same household'

Long term and sustainable solutions to ASB require addressing its root causes, which can include alcohol and drug dependency, troubled families, domestic abuse, mental health needs and poverty.

Tackling ASB involves community members and groups to enable long term solutions to entrenched problems.

Taking a victim focused approach reduces the risk of harm to vulnerable victims and repeat victims through early identification, ensuring proactive approaches to reduce ASB and providing appropriate support.

**566 cases** in 16/17 were supported by the Multi Agency Risk Assessment Conference (MARAC).

**over 400** adults with learning disabilities supported by adult social care throughout the year.

Since the Anti-Social Behaviour, Crime and Policing Act 2014 came into force, Civil injunctions have replaced ASBO's.

**134 antisocial cases** were supported by the Anti-Social Behaviour Risk Assessment Conference (ASBRAC).

Domestic abuse is a challenging and multi-disciplinary issue affecting women, men and their children across all communities. The impacts on those living with its effects can be devastating and are likely to continue long after the abuse has ended. The national prevalence rates for domestic abuse indicate 9,374 women and 5,891 men experiencing domestic abuse in Wiltshire. The actual number of domestic abuse incidents reported to Wiltshire police in 2015/16 was 3,354, which is significantly lower than the projected volume and suggests a culture of non-reporting with a large unmet need. Wiltshire has recognised the response to tackling domestic abuse requires earlier identification and intervention to reduce the time families are living with and being exposed to its impacts. This means working holistically with the 'whole' family, to change behaviours to stay safely together that disrupt and challenge inter-generational abuse.

**The detailed collaborative work of Wiltshire Police and Wiltshire Council in addressing domestic abuse, modern slavery, reducing crime offending, and in restorative justice are seldom brought to the public's attention. This report includes insights into the scale of some of the areas of safeguarding and public protection and our successes in working together.**

Angus Macpherson Police and Crime Commissioner for Wiltshire and Swindon

# Safeguarding and public protection

## What is being done in Wiltshire

Wiltshire's Multi Agency Safeguarding Hub (MASH) provides a central point of contact for public and professionals for children's safeguarding concerns. The co-located team of professionals from the core agencies of children's social care, the police and community health services deliver an integrated service, including the provision of information, advice and signposting to appropriate services.

The Multi Agency Risk Assessment Conference (MARAC) focuses on ensuring the safety of high risk victims of domestic abuse. Each MARAC is attended by key agencies including Wiltshire Police, NHS Wiltshire, probation, housing agencies, Wiltshire Domestic Abuse Service and Wiltshire Council.

Anti-social behaviours vary from area to area. Working in partnership via the Anti-Social Behaviour Risk Assessment Conference (ASBRAC) we seek speedy resolutions. The ASBRAC is a partnership forum where cases are considered and actions decided. Actions include support for victims, interventions, or enforcement action against the perpetrators of Anti-Social Behaviour.

The Public Protection service includes: animal health and welfare, trading standards, underage sales, rogue traders, alcohol licensing, noise nuisance, environmental protection, air quality, private water supplies, pest control, food safety and food standards, infectious diseases, health and safety, events, emergency planning and Anti Social Behaviour.

The licensing team's responsibilities include the sale of alcohol, entertainment, animal boarding and breeding, pet shops, dangerous wild animals, zoos and gambling establishments.

Two Public Protection officers were nominated for national awards for environmental protection. One for improving noise control from the Great Western Rail modernisation project, and the other for innovative multi agency work to resolve persistent noise and anti social behaviour by a person with severe learning difficulties.

Wiltshire's MARAC has helped more than **4,000 victims**, or potential victims, of domestic abuse over the past 10 years.

**227** victims were protected.

In 2016, Wiltshire Council made its **first Public Space Protection Order** – banning the consumption of alcohol in public areas of Trowbridge.

There are **5,500** food premises in Wiltshire.

**Over 1,000** inspections were carried out for food hygiene and sampling.

**Over 600** private water supplies are routinely risk assessed and tested.

**Over 1,100** noise complaints received.

**5,500** licensing applications received.

Pest control team carried out **over 3,000** pest treatments.

## Health in all policies

### Preventing ill-health and reducing demands on other services

When considering the social determinants of health, rather than the medical cause of diseases, local government services are effectively health and wellbeing services. The role of local authorities is therefore paramount in protecting and improving the health and wellbeing of all sectors of society.

**See the diagram on page 26.**

In practical terms this is about the importance of policies that set the preconditions for good health, redress inequalities, provide healthy environments, make it easier to access facilities without having to drive, encourage physical activity such as walking and cycling to and from work and school; the creation of communities, reducing social isolation, and encouraging everyone to improve their mental health and wellbeing by living a healthy lifestyle.

Health in all policies includes collaborative working and the engagement and involvement of public health specialists with organisations and agencies to promote and pursue health protection and health improvement while addressing inequalities.

The Health and Wellbeing Board's Strategy includes active travel, residential and workplace travel plans, promoting walking and cycling, and school travel plans.

The Safe and Independent Living (SAIL) project implemented in partnership with Dorset & Wiltshire Fire and Rescue Service provides a multi-agency approach to signposting, support, and services. SAIL is particularly beneficial to older and vulnerable people

Public Health provided input to the 'Design Guide' around residential developments ensuring that the health needs of the population, particularly those who are most vulnerable, are considered.

Public Health is a standard heading included in all council policy papers in Wiltshire.

The Public Health team worked closely with every Community Area Board to provide 18 engagement events where local Joint Strategic Assessment data were used to inform local priorities for action plans.

Wiltshire's Health and Wellbeing Board meets six times a year.

Wiltshire Council's Health Select Committee meets six times a year.

Making Every Contact Count (MECC) is an example of our collaborative multi-agency approach as it uses every opportunity to make a difference to people's health and wellbeing. Training in MECC enables staff to initiate very brief healthy conversations around core elements of lifestyle behaviours such as stopping smoking, increasing physical activity, reducing alcohol consumption, maintaining a healthy weight and diet and promoting mental and emotional health and wellbeing.

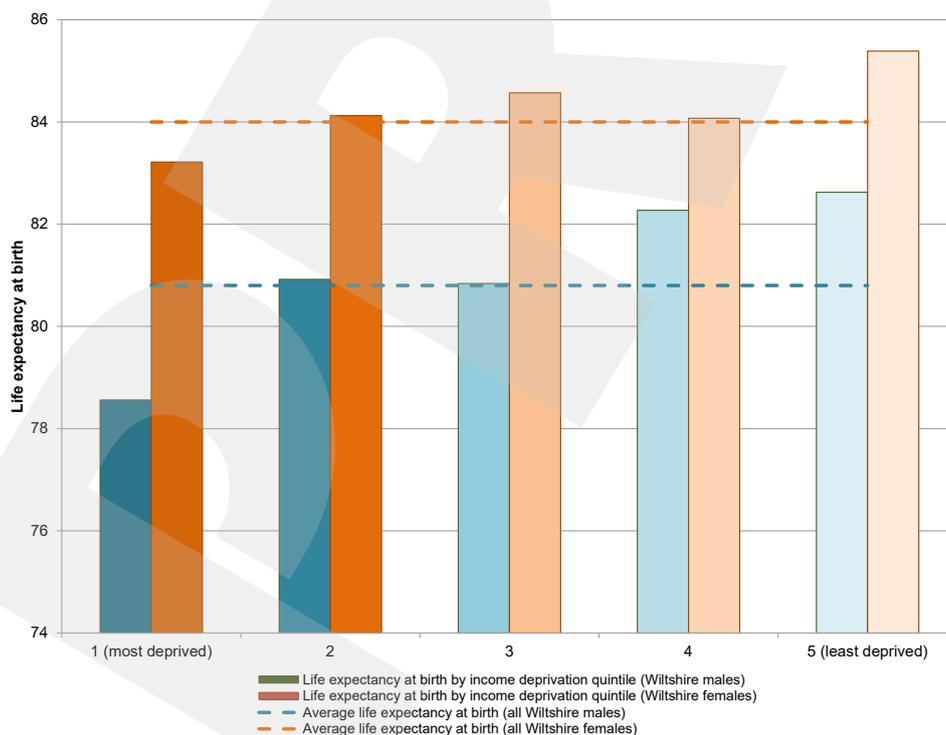
Warm and Safe collaborated with the Royal College of General Practitioners and local GP practices, contributing to a system wide, integrated approach to reducing fuel poverty and excess winter deaths in Wiltshire. Warm and Safe Wiltshire has a single point of contact to support people living in cold homes and with health conditions exacerbated by cold and damp conditions. The project supports residents across Wiltshire with in-depth advice and case work on heating and insulation improvements, switching energy providers, claiming the Warm Home Discount and other grants, and referrals to support services.

## Tables and charts

Table: Mid 2016 population estimates for Wiltshire resident population and forecast to 2026

Age	Wiltshire 2016						Wiltshire 2026					
	Males		Females		Persons		Males		Females		Persons	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
0-4	14.6	6.0	13.5	5.5	28.1	5.8	13.9	5.4	13.3	5.1	27.2	5.3
5-9	15.6	6.5	15.2	6.1	30.8	6.3	14.9	5.8	14.3	5.5	29.2	5.7
10-14	14.6	6.1	14.0	5.7	28.6	5.9	15.6	6.1	15	5.8	30.6	5.9
15-19	14.3	5.9	13.7	5.6	28.0	5.7	15.8	6.2	14.6	5.6	30.4	5.9
20-24	12.3	5.1	10.2	4.1	22.6	4.6	13.1	5.1	9.2	3.5	22.3	4.3
25-29	14.3	5.9	12.3	5.0	26.6	5.4	14.8	5.8	11.5	4.4	26.3	5.1
30-34	13.7	5.7	13.3	5.4	27.0	5.5	14.7	5.7	13.4	5.1	28.1	5.4
35-39	13.1	5.4	13.9	5.6	27.0	5.5	14.5	5.7	14.6	5.6	29.1	5.6
40-44	15.0	6.2	16.5	6.7	31.5	6.4	13.8	5.4	15.1	5.8	28.9	5.6
45-49	18.0	7.5	18.9	7.6	36.9	7.6	13.4	5.2	15	5.8	28.4	5.5
50-54	18.6	7.7	19.0	7.7	37.6	7.7	15.0	5.9	16.8	6.5	31.8	6.2
55-59	16.4	6.8	16.7	6.8	33.1	6.8	17.6	6.9	19.2	7.4	36.8	7.1
60-64	14.2	5.9	14.9	6.0	29.1	6.0	18.2	7.1	19.3	7.4	37.5	7.3
65-69	15.0	6.2	15.9	6.4	30.9	6.3	16.2	6.3	16.9	6.5	33.1	6.4
70-74	11.9	4.9	13.0	5.3	24.9	5.1	13.6	5.3	14.6	5.6	28.2	5.5
75-79	8.5	3.5	9.6	3.9	18.1	3.7	13.3	5.2	14.7	5.6	28.0	5.4
80-84	6.1	2.5	7.5	3.0	13.7	2.8	9.2	3.6	10.9	4.2	20.1	3.9
85-89	3.4	1.4	5.3	2.1	8.7	1.8	5.2	2.0	6.8	2.6	12.0	2.3
90+	1.6	0.6	3.7	1.5	5.2	1.1	3.0	1.2	5.0	1.9	8.0	1.6
<b>Total</b>	<b>241.2</b>	<b>100.0</b>	<b>247.2</b>	<b>100.0</b>	<b>488.4</b>	<b>100.0</b>	<b>255.8</b>	<b>100.0</b>	<b>260.2</b>	<b>100.0</b>	<b>516.0</b>	<b>100.0</b>

Source: Office for National Statistics licensed under the Open Government Licence  
ONS 2016 mid year estimates and 2014-based subnational population projections  
Population numbers presented in thousands



There is a social gradient in life expectancy. People living in the most deprived areas in Wiltshire have on average the lowest life expectancy.



## Tables and charts

### Weight Management Interventions in Wiltshire by Life Course

Level	Interventions	Early years	Children and young people	Adults	Older people	Wiltshire coverage
Universal	Active travel walking and cycling		✓			
	Cycling programmes e.g. SkyRide		✓	✓	✓	
	Active Wiltshire	✓	✓	✓	✓	✓
	Get walking			✓		
	Run England Beginners Groups			✓	✓	✓
	Community Sport and Leisure opportunities		✓	✓	✓	✓
	Healthy Child Programme	✓	✓			✓
	Baby Friendly Initiative	✓				✓
	Breastfeeding campaign	✓				
	Wiltshire Healthy Schools Programme		✓			
	School PE and Sport Programme		✓			✓
	School Travel Plans		✓			✓
	Oral Health Promotion Programme		✓			
	National Child Measurement Programme		✓			✓
	Health Information Services				✓	
	Social Marketing Campaigns		✓		✓	✓
	Make Every Contact Count				✓	
	Raising the Issue of Healthy Weight – training					
Mum2Mum breastfeeding peer support	✓					✓
Targeted	Baby Steps	✓				✓
	Weaning programme	✓				
	Healthy Start Scheme	✓	✓	pregnant women		✓
	Practical cooking and nutrition programme	✓	✓			
	Free Family Swimming		✓	✓		
	NHS Health Check Programme			✓	✓	
	Health Trainer Programme			✓	✓	✓
Wiltshire Wildlife		✓	✓	✓		
Specialist	Maternal Weight Management Programme – Healthy Me			pregnant women		
	Child Weight Management Programme – Healthy Me		✓			
	Weight Management on Referral		✓	✓	✓	✓
	Active Health (GP Physical Activity on Referral)			✓	✓	
	Dietetic clinics			✓		
	Drug therapy			✓	✓	✓
Bariatric surgery			✓	✓		

PROOF