

# Health Index 2021 – Lancashire's findings

**Business Intelligence, Lancashire County Council**

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## Summary

- The Health Index for Lancashire declined in 2021 compared with 2020 and remained below 2019 levels. The Health Index has three domains, covering different areas of health: Healthy People, Health Lives, and Healthy Places.
  - Healthy People declined in 2021 (by 0.8 points) and remains well below scores seen before the coronavirus (COVID-19) pandemic.
  - There was a smaller decline in the Healthy People domain score in 2021 compared with 2020 which can be attributed to improvements in Difficulties in daily life (+1.5) and Mortality (+2.3) subdomains, though these were offset by worsening scores in Mental Health, Personal well-being and Physical health conditions (-1.5, -2.5 and -2.3 respectively).
  - Healthy Lives declined in 2021 (down 1.5 points); it had improved between 2015 and 2019, but these latest declines almost return scores to 2015 levels.
  - The decline in Healthy Lives in 2021 was mostly because of a decline in the subdomain Protective measures (-6.8), coming from a reduction in cancer screening attendance, which saw the largest decline in score of any indicator (-15.6 points). There was some improvement for Behaviour risk factors (+0.8) and Physiological risk factors (+1.2)
  - Healthy Places improved slightly in 2021 (up 0.2 points) and much smaller increase than observed in 2020. The Living conditions subdomain increased (up 1 point); the main contribution to this was improved Household overcrowding and Air pollution.
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- At district level, 8 out of 12 saw an overall decline in the Index Score, this was greatest in Preston (-5.9 points), of the 4 that saw an increase in score Pendle increased most (+4 points).
  - Healthy people declined most in Preston (-11.8) and improved most in Pendle (+13.4), Pendle saw a significant increase in Personal Wellbeing (+50.2) whilst Preston saw a significant decline for this sub-domain (-35).
  - Healthy Lives improved most in Burnley (+3.2) and declined most in Fylde (-6.4), only 4 districts saw an improvement in 2021, they were all in the East of the county. Burnley saw improved score for Behavioural risk factors and Protective subdomains whilst Fylde saw a decline.
  - 5 of 12 districts saw a decline in their Healthy places domain score, the greatest being in Rossendale (-1.3) the greatest increase was in Ribble Valley (+1.4 points) – Ribble Valley saw an increase in the Living conditions subdomain score whilst Rossendale saw a decline.

## Background

The [Health Index](#)<sup>1</sup> provides a single value for health in England and local authorities each year that can be broken down into different areas of health. This allows to understand any changes over time or differences between areas.

The Index uses a broad definition that aligns with the [World Health Organization's definition of health](#): “health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity”.

The Index is split into the following three domains (each domain contains subdomains and indicators):

1. Healthy People focusing on health outcomes (Pe)
2. Healthy Lives focusing on health-related behaviours and personal circumstances (L)

### 3. Healthy Places focusing on wider determinants of health, environmental factors (PI)

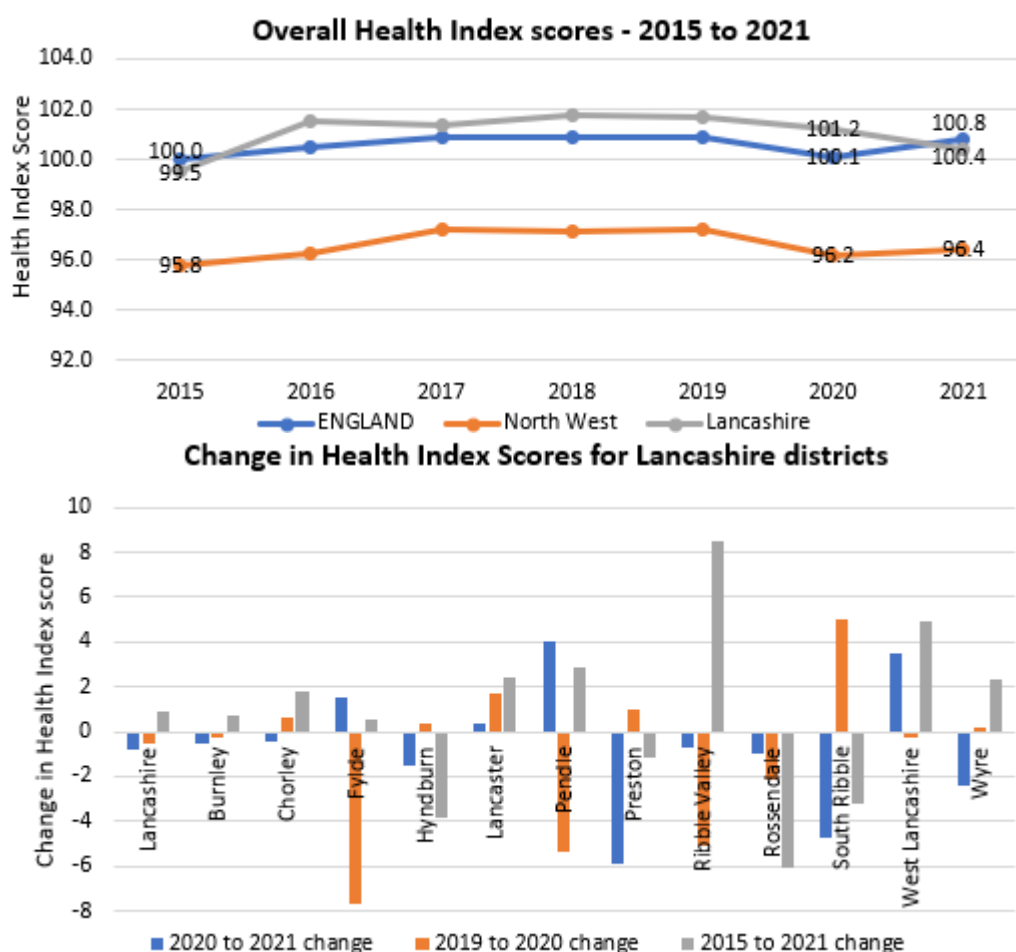
The subdomains represent overarching topics related to their respective domain and are made up of indicators. The Health Index is, therefore, comprised of 56 indicators (appendix 1), summarised into 14 subdomains, 3 domains and then an overall score for each geographical area.

The results presented in this report are the change in scores between 2020 and 2021.

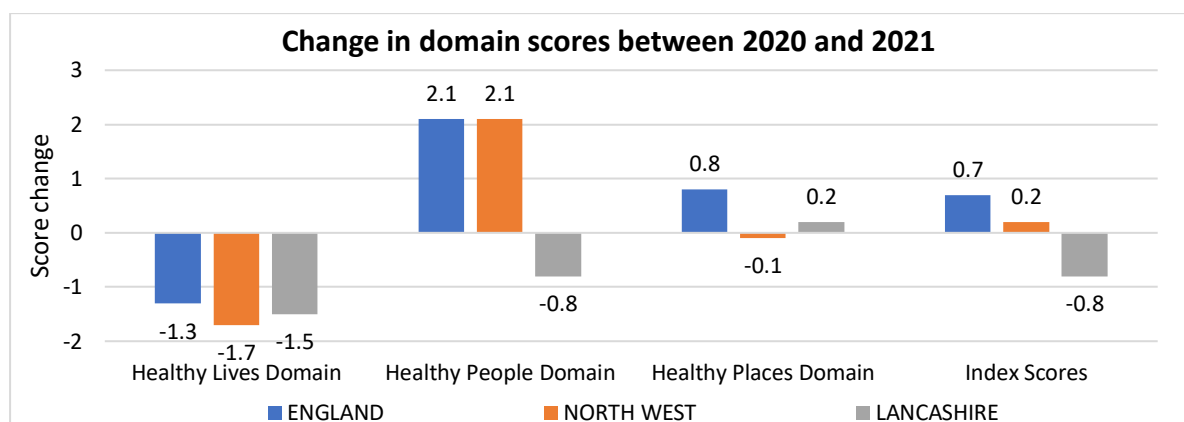
A score of 100 in the Health Index and its components represents health in England in 2015. **A higher number always means better health and a lower number means worse health.**

## The overall Health Index domain

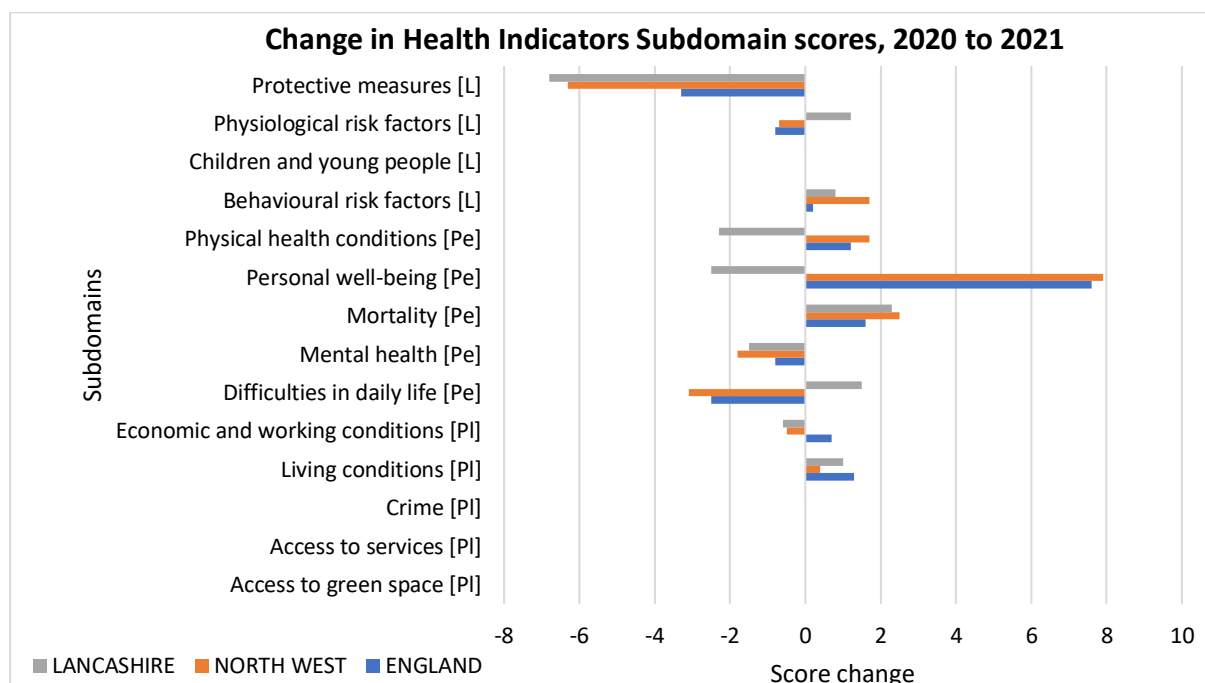
- The Health Index for Lancashire **declined** from 101.2 in 2019 to 100.4 in 2021, England and North West both saw an increase in 2021. Lancashire's score is now slightly below England's but remains higher than the score for the North West.
- Only 4 Lancashire districts saw an improvement in their Health Index score, the greatest improvements were in Pendle (+4) and West Lancashire (+3.5), out of the 8 districts to see a decline this was greatest in Preston (-5.9), South Ribble (-4.7) and Wyre (-2.4).
- Despite recent declines in the Health Index score there has been an overall improvement between 2015 and 2021 (+0.9 points), most districts have seen an improvement however 4 declined (Rossendale [-6.1], Hyndburn [-3.8], South Ribble [-3.2] and Preston [-1.2]).



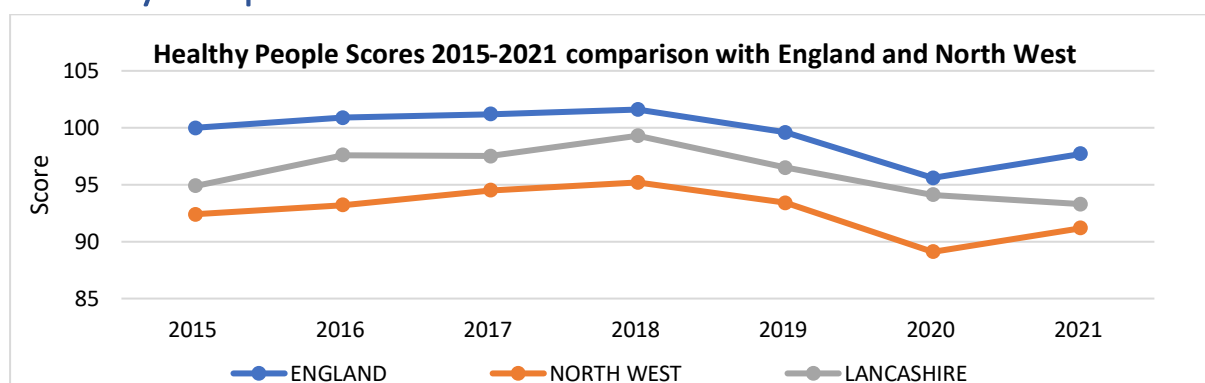
- For Lancashire, Healthy Lives saw the greatest overall decline (-1.5 points), Health People also declined (-0.8), Healthy Places saw a small increase (+0.2).
- Both England and North West saw an improved Health People score, Lancashire's change was not in line with these.



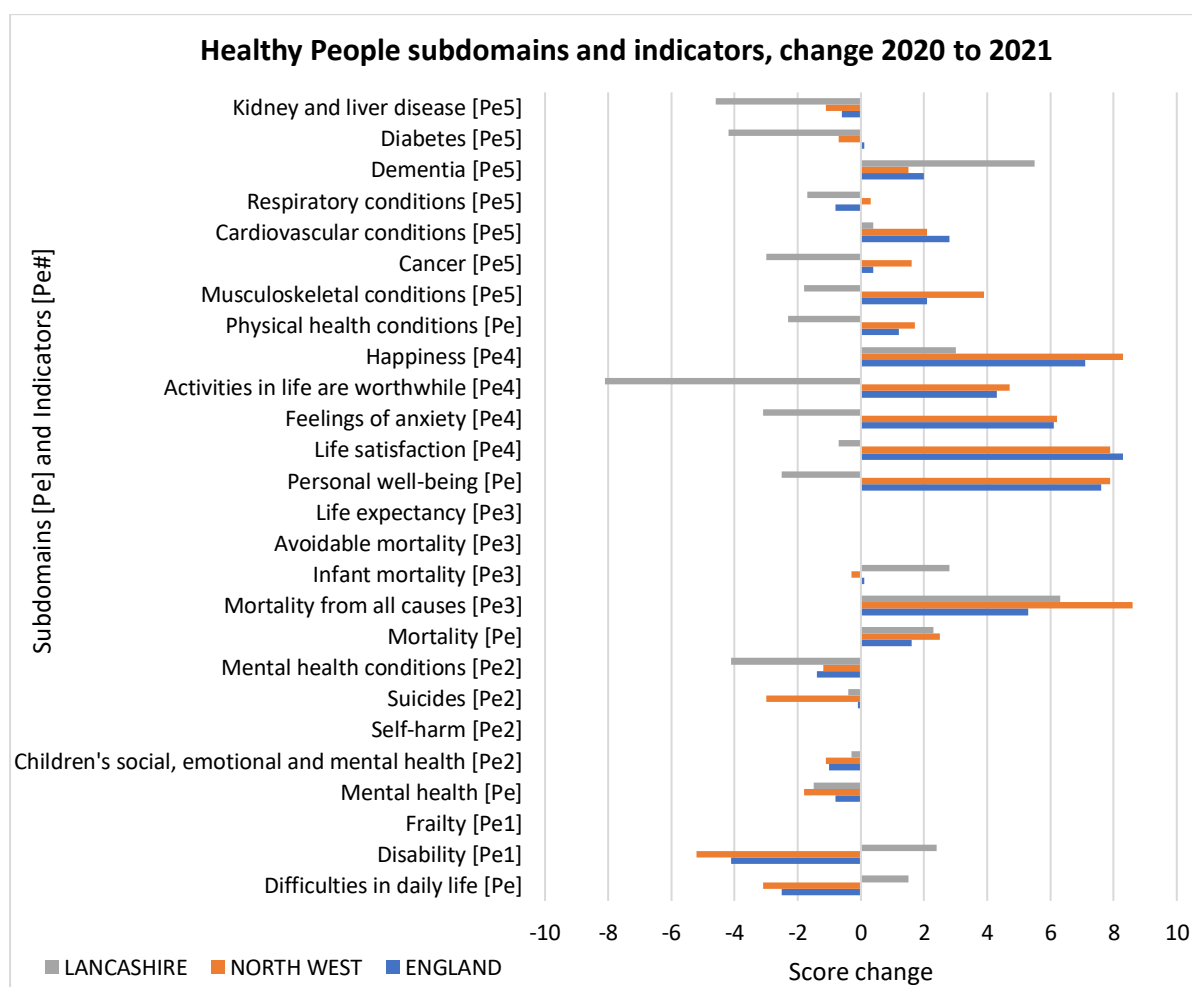
- In terms of subdomains, Lancashire saw a larger decline than England for Protective measures [L] though this was similar to the North West.
- Lancashire saw a decline in both Physical health conditions [Pe] and Personal wellbeing [Pe] scores whilst both North West and England saw increases.
- Difficulties in daily life [Pe] & Physiological risk factors [L] saw an increase in score whilst North West and England declined.
- There was a decline for Economic and working conditions [PI] as was seen for North West, however England saw an increase.



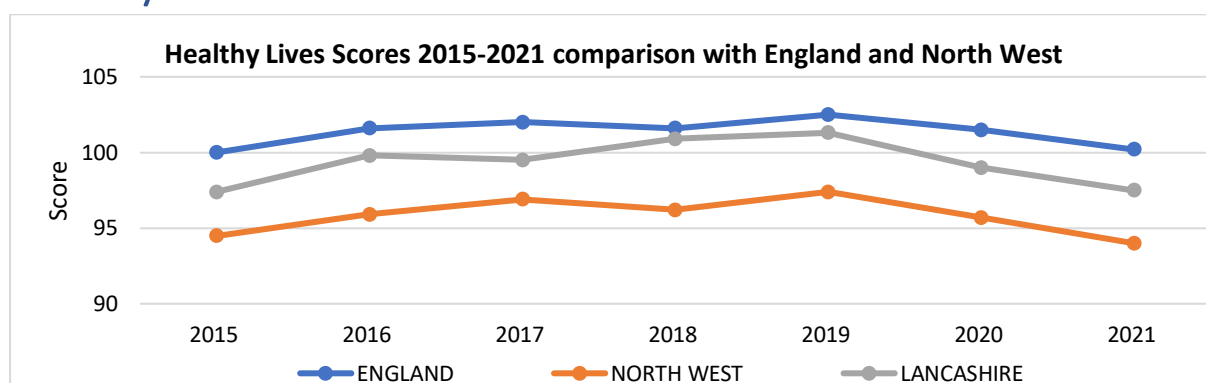
## Healthy People



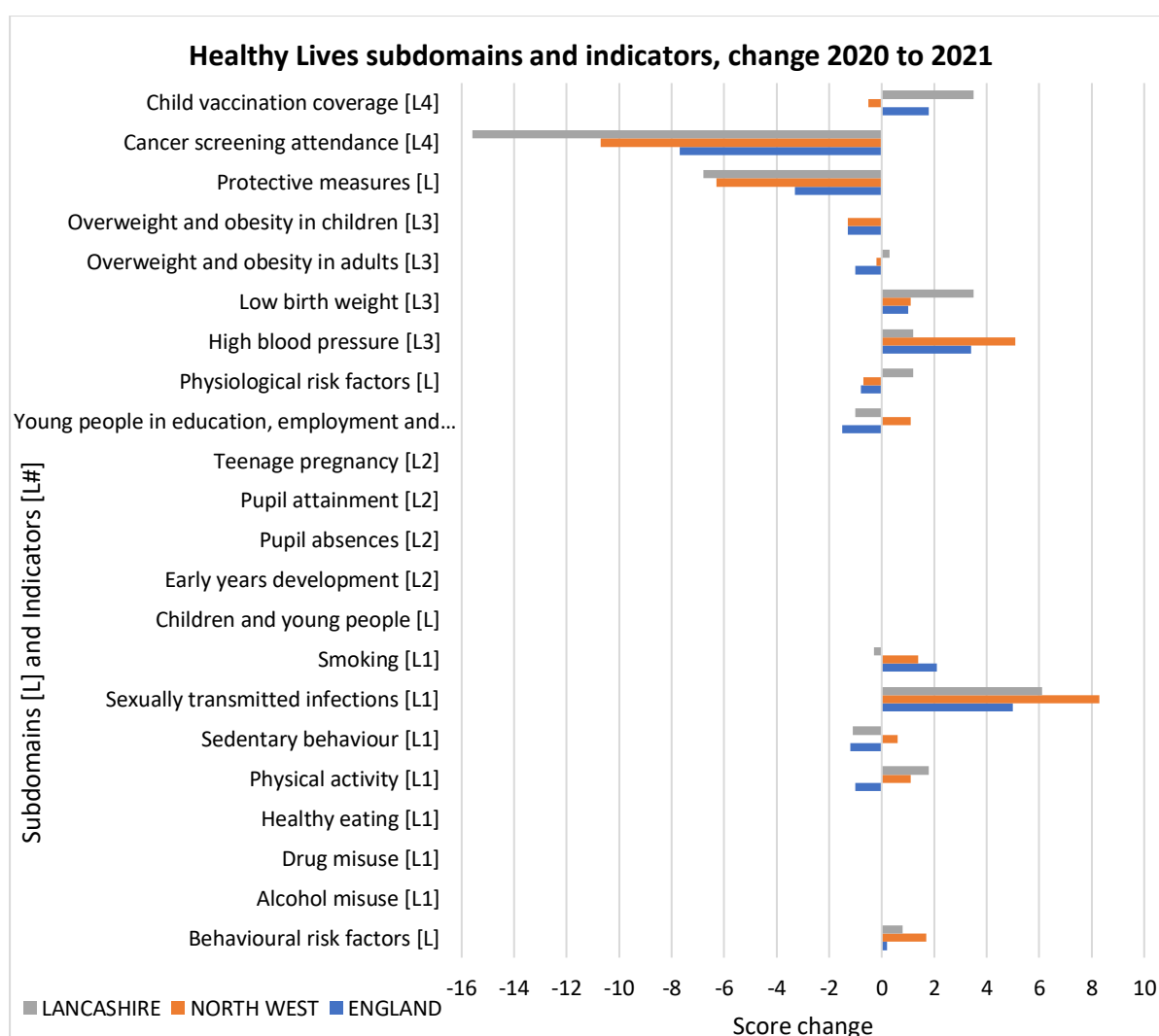
- Between 2020 and 2021 Healthy People subdomains Mental health, Personal Wellbeing and Physical health conditions all saw a decline in score. Mortality and Difficulties in daily life both improved.
- Activities in life are worthwhile (Pe4) saw the most significant decline of the Healthy People indicators, down by 8.1 points, by contrast both the North West and England saw an increase for this indicator.
- Feelings of anxiety (Pe4), Life satisfaction, Musculoskeletal conditions [Pe5], and Cancer [Pe5] also saw a decline in Lancashire but improved for the North West and England.
- Only Disability (Pe1) improved in Lancashire but declined for both England and North West.



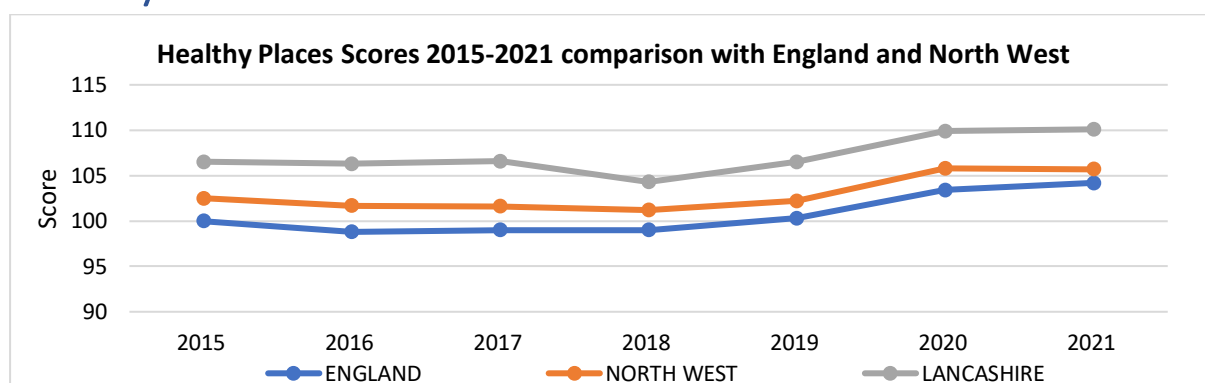
## Healthy Lives



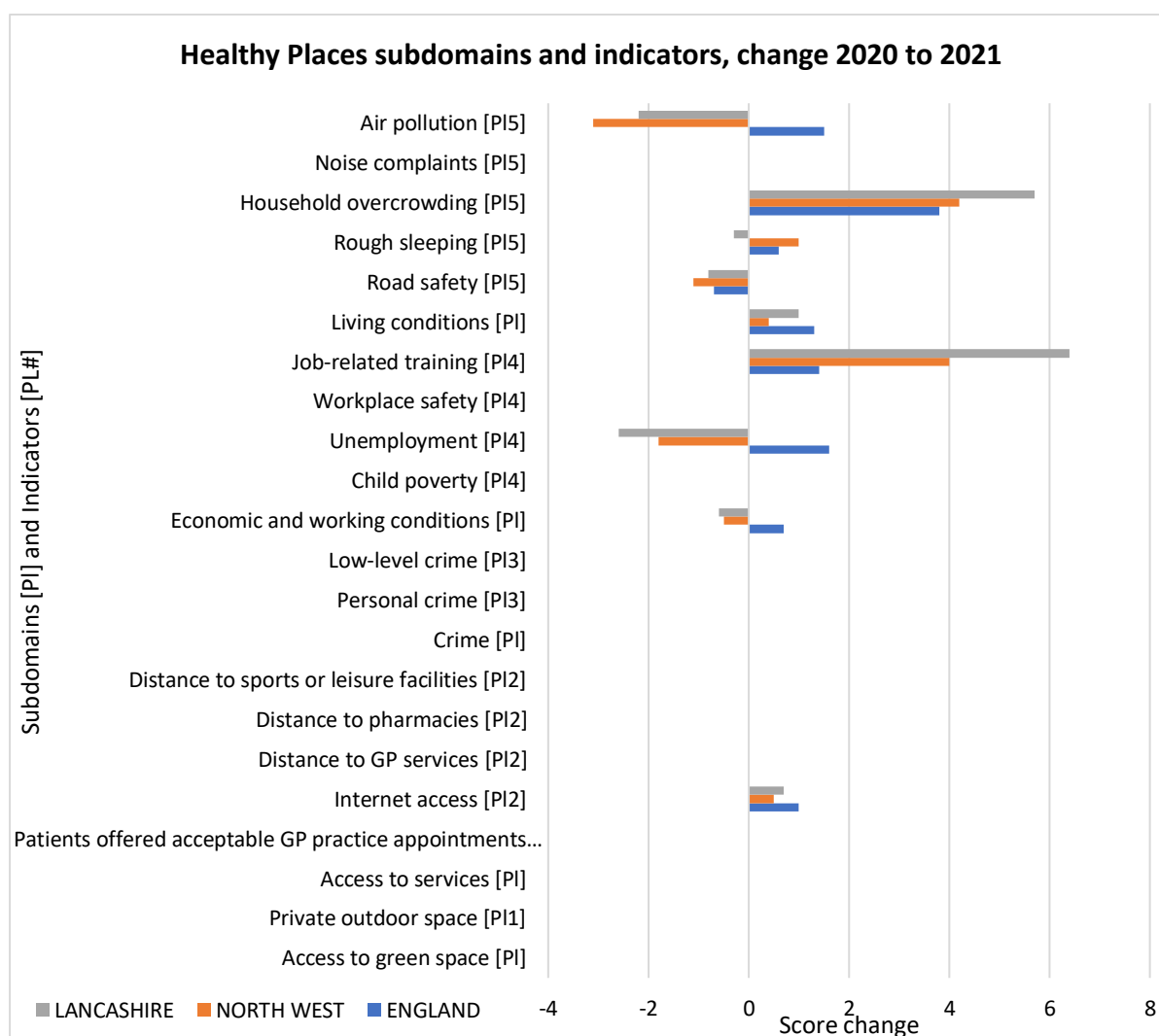
- The decline in Healthy Lives was predominantly seen in Cancer screening attendance (-15.6) – England and North West both saw a decline for this indicator but this was greater in Lancashire.
- Smoking (L1) saw a decline in Lancashire (-0.3) but improved for the North West (+1.4) and England (+2.1) whilst Overweight and obesity in adults (L3) improved for Lancashire (+0.3) but declined for England and North West (-1 and -0.2)



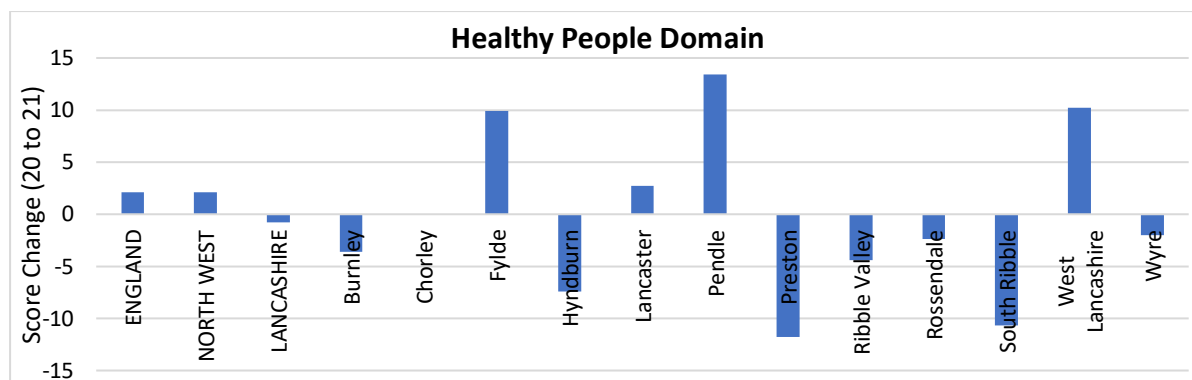
## Healthy Places



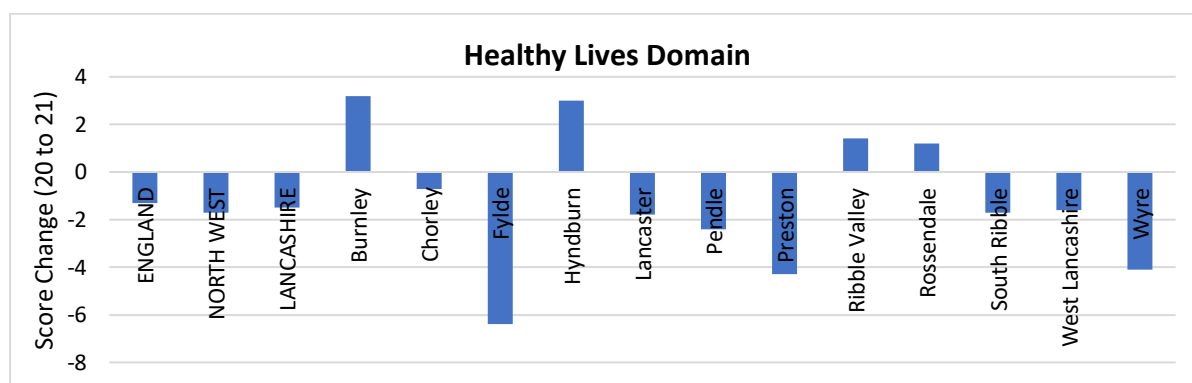
- There was a very small improvement to Lancashire's Healthy Places domain score
- Unemployment (PI4) and Air pollution (PI5) both saw declines (-2.6 and -2.2 respectively) however Job Related training (PI4) and Household overcrowding (PI5) both improved (6.4 and 5.7 points respectively).
- Only Rough sleeping [PI5] declined in Lancashire (-0.3) but improved for both the North West (+1) and England (+0.6), there were no indicators for which the opposite was true within the Healthy Places domain.



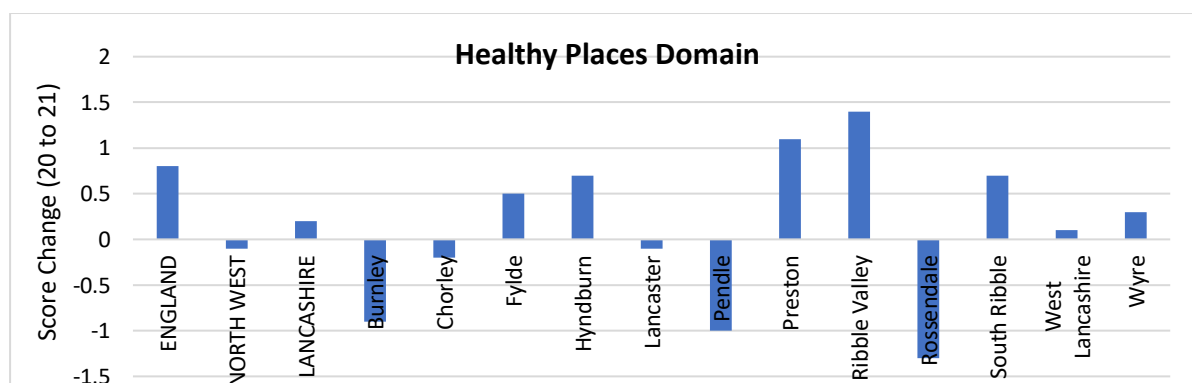
## District level change between 2020 and 2021



Within the Healthy People domain only Fylde, Lancaster, Pendle and West Lancashire had an improved score. Pendle improved the most (+13.4) whilst Preston declined the most (-11.8).



Within the Healthy Lives domain Burnley, Hyndburn, Ribble Valley, and Rossendale all improved (all in the geographic East of Lancashire). Burnley saw the greatest improvement (+3.2) whilst Fylde saw the greatest decline (-6.4).



5 districts saw a decline for the Healthy Places domain; Burnley, Chorley, Lancaster, Pendle and Rossendale. Rossendale saw the greatest decline (-1.3), the greatest improvement was in Ribble Valley (+1.4).



**Subdomains **worsening** by more than one point between 2020 and 2021, ranked by largest to smallest decline (Pe – Healthy People, PI – Healthy Lives, L- Healthy Lives)**

- Protective measures [L] saw a decline of more than one point in 9 districts with the greatest decline being in Fylde (-14.2). Mental health [Pe] also declined more than 1 point in 9 districts, this was greatest in Ribble Valley (-5.9).
- Difficulties in daily life [Pe] declined in 6 districts (with this being greatest in Rossendale, -27.5) as did Personal well-being [Pe] (greatest decline in Preston, -35), and Physical health conditions [Pe] (biggest decline in Hyndburn -12.9).
- Economic and working conditions [PI] decline in 4 districts by more than 1 point – this was greatest in Pendle (-3.1).
- 2 districts also saw a decline of more than 1 point in Physiological risk factors [L] (worst in Burnley -7.7), Living Conditions [PI] (worst in Rossendale -2.4), and Behavioural risk factors [L] (worst in Fylde (-12.1)

ENGLAND	North West	Lancashire	Burnley	Chorley	Fylde	Hyndburn	Lancaster	Pendle	Preston	Ribble Valley	Rossendale	South Ribble	West Lancashire	Wyre
Protective measures [L], -3.3	Protective measures [L], -6.3	Protective measures [L], -6.8	Personal well-being [Pe], -11.8	Personal well-being [Pe], -10.8	Protective measures [L], -14.2	Difficulties in daily life [Pe], -13.9	Protective measures [L], -12.6	Physiological risk factors [L], -6.3	Personal well-being [Pe], -35	Personal well-being [Pe], -11.5	Difficulties in daily life [Pe], -27.5	Personal well-being [Pe], -31	Protective measures [L], -10.1	Personal well-being [Pe], -13.2
Difficulties in daily life [Pe], -2.5	Difficulties in daily life [Pe], -3.1	Personal well-being [Pe], -2.5	Physiological risk factors [L], -7.7	Physical health conditions [Pe], -7.2	Behavioural risk factors [L], -12.1	Physical health conditions [Pe], -12.9	Physical health conditions [Pe], -7.7	Physical health conditions [Pe], -4.9	Protective measures [L], -7.9	Mental health [Pe], -5.9	Protective measures [L], -6	Protective measures [L], -9.9	Mental health [Pe], -3.8	Protective measures [L], -12.4
	Mental health [Pe], -1.8	Physical health conditions [Pe], -2.3	Mental health [Pe], -2.4	Protective measures [L], -7	Economic and working conditions [PI], -2.2	Mental health [Pe], -4	Mental health [Pe], -1.7	Protective measures [L], -3.5	Behavioural risk factors [L], -7.4	Economic and working conditions [PI], -2.7	Living conditions [PI], -2.4	Difficulties in daily life [Pe], -3.3		Difficulties in daily life [Pe], -3
		Mental health [Pe], -1.5	Physical health conditions [Pe], -2.4	Living conditions [PI], -1.3	Mental health [Pe], -1.9			Economic and working conditions [PI], -3.1	Physical health conditions [Pe], -4.5	Difficulties in daily life [Pe], -2.5	Mental health [Pe], -1.1	Mental health [Pe], -2.3		
			Economic and working conditions [PI], -1.4					Difficulties in daily life [Pe], -3	Mental health [Pe], -3.3					

## Indicators worsening the most between 2020 and 2021

- Out of the 56 indicators, the top five indicators which worsened the most in each district.
- 22 indicators appear in the top 5 declines for the Lancashire districts, Cancer Screening Attendance [L4] appears for 10/12 districts, Feelings of anxiety [Pe4] appears for 7/12.

Indicator	Most declined	2nd most declined	3rd most declined	4th most declined	5th most declined
<b>ENGLAND</b>	Cancer screening attendance [L4]	Disability [Pe1]	Young people in education, employment and apprenticeships [L2]	Mental health conditions [Pe2]	Overweight and obesity in children [L3]
<b>North West</b>	Cancer screening attendance [L4]	Disability [Pe1]	Air pollution [Pi5]	Suicides [Pe2]	Unemployment [Pi4]
<b>Lancashire</b>	Cancer screening attendance [L4]	Activities in life are worthwhile [Pe4]	Kidney and liver disease [Pe5]	Diabetes [Pe5]	Mental health conditions [Pe2]
Burnley	Activities in life are worthwhile [Pe4]	Kidney and liver disease [Pe5]	Low birth weight [L3]	Mental health conditions [Pe2]	Cancer screening attendance [L4]
Chorley	Diabetes [Pe5]	Happiness [Pe4]	Cardiovascular conditions [Pe5]	Cancer screening attendance [L4]	Rough sleeping [Pi5]
Fylde	Cancer screening attendance [L4]	Physical activity [L1]	Sedentary behaviour [L1]	Smoking [L1]	Air pollution [Pi5]
Hyndburn	Smoking [L1]	Disability [Pe1]	Respiratory conditions [Pe5]	Activities in life are worthwhile [Pe4]	Cancer [Pe5]
Lancaster	Cancer screening attendance [L4]	Cancer [Pe5]	Dementia [Pe5]	Kidney and liver disease [Pe5]	Feelings of anxiety [Pe4]
Pendle	Low birth weight [L3]	Cancer screening attendance [L4]	Diabetes [Pe5]	Respiratory conditions [Pe5]	Musculoskeletal conditions [Pe5]
Preston	Activities in life are worthwhile [Pe4]	Feelings of anxiety [Pe4]	Life satisfaction [Pe4]	Sedentary behaviour [L1]	Cancer screening attendance [L4]
Ribble Valley	Mental health conditions [Pe2]	Activities in life are worthwhile [Pe4]	Smoking [L1]	Feelings of anxiety [Pe4]	Young people in education, employment and apprenticeships [L2]
Rosendale	Disability [Pe1]	Rough sleeping [Pi5]	Job-related training [Pi4]	Cancer screening attendance [L4]	Feelings of anxiety [Pe4]
South Ribble	Activities in life are worthwhile [Pe4]	Feelings of anxiety [Pe4]	Life satisfaction [Pe4]	Cancer screening attendance [L4]	Happiness [Pe4]
West Lancashire	Cancer screening attendance [L4]	Feelings of anxiety [Pe4]	Sedentary behaviour [L1]	Cancer [Pe5]	Young people in education, employment and apprenticeships [L2]
Wyre	Feelings of anxiety [Pe4]	Cancer screening attendance [L4]	Happiness [Pe4]	Job-related training [Pi4]	Life satisfaction [Pe4]

## Data sources

<sup>i</sup> [Health in England - Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk)

### Appendix 1 - The Health Index is comprised of 56 indicators, summarised into 14 subdomains, 3 domains

Healthy People Domain	Healthy Lives Domain	Healthy Places Domain
<b>Difficulties in daily life [Pe]</b>	<b>Behavioural risk factors [L]</b>	<b>Access to green space [PI]</b>
Disability [Pe1]	Alcohol misuse [L1]	Private outdoor space [PI1]
Frailty [Pe1]	Drug misuse [L1]	<b>Access to services [PI]</b>
<b>Mental health [Pe]</b>	Healthy eating [L1]	Distance to GP services [PI2]
Children's social, emotional and mental health [Pe2]	Physical activity [L1]	Distance to pharmacies [PI2]
Mental health conditions [Pe2]	Sedentary behaviour [L1]	Distance to sports or leisure facilities [PI2]
Self-harm [Pe2]	Sexually transmitted infections [L1]	Internet access [PI2]
Suicides [Pe2]	Smoking [L1]	Patients offered acceptable GP practice appointments [PI2]
<b>Mortality [Pe]</b>	<b>Children and young people [L]</b>	<b>Crime [PI]</b>
Avoidable mortality [Pe3]	Early years development [L2]	Low-level crime [PI3]
Infant mortality [Pe3]	Pupil absences [L2]	Personal crime [PI3]
Life expectancy [Pe3]	Pupil attainment [L2]	<b>Economic and working conditions [PI]</b>
Mortality from all causes [Pe3]	Teenage pregnancy [L2]	Child poverty [PI4]
<b>Personal well-being [Pe]</b>	Young people in education, employment and apprenticeships [L2]	Job-related training [PI4]
Activities in life are worthwhile [Pe4]	<b>Physiological risk factors [L]</b>	Unemployment [PI4]
Feelings of anxiety [Pe4]	High blood pressure [L3]	Workplace safety [PI4]
Happiness [Pe4]	Low birth weight [L3]	<b>Living conditions [PI]</b>
Life satisfaction [Pe4]	Overweight and obesity in adults [L3]	Air pollution [PI5]
<b>Physical health conditions [Pe]</b>	Overweight and obesity in children [L3]	Household overcrowding [PI5]
Cancer [Pe5]	<b>Protective measures [L]</b>	Noise complaints [PI5]
Cardiovascular conditions [Pe5]	Cancer screening attendance [L4]	Road safety [PI5]
Dementia [Pe5]	Child vaccination coverage [L4]	Rough sleeping [PI5]
Diabetes [Pe5]		
Kidney and liver disease [Pe5]		
Musculoskeletal conditions [Pe5]		
Respiratory conditions [Pe5]		