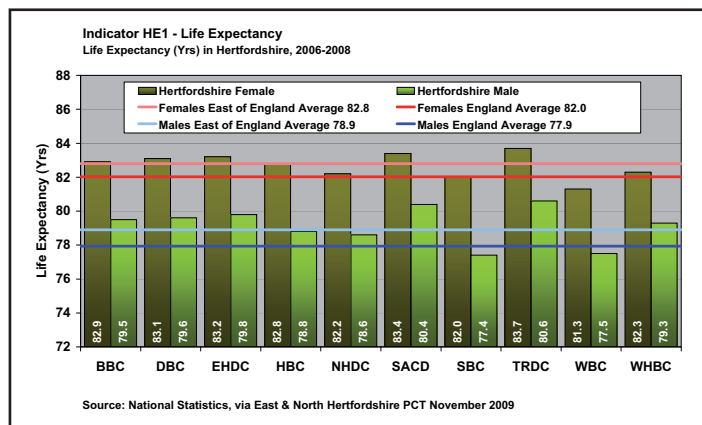


Lifestyle factors targeted to balance Hertfordshire's health inequalities

Although Hertfordshire is often thought of as an affluent county, this masks the fact that there is considerable variation between smaller areas within it. New targets are being set across the county to reduce the health inequalities between the most deprived areas and the rest of Hertfordshire, particularly focussing on lifestyle factors such as smoking, and uptake of physical activity.

Indicator HE1 - Life Expectancy at Birth

Life Expectancy at birth¹: is an important indicator of health. Female life expectancy in Watford stands at 81.3 years, which is significantly lower than female life expectancy in the East of England region (82.8 years). Three Rivers is the highest at 83.7 years. Among males, Stevenage and Watford also have one of the lowest life expectancy at 77.4 and 77.5 years respectively; these are significantly lower than regional or national averages. The highest male life expectancy is 80.6 years, again in Three Rivers; this is statistically higher than male regional (78.9 years) and national (77.53 years) averages.

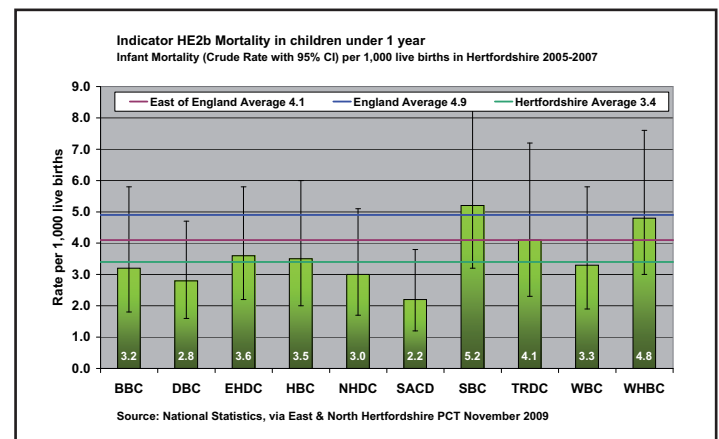
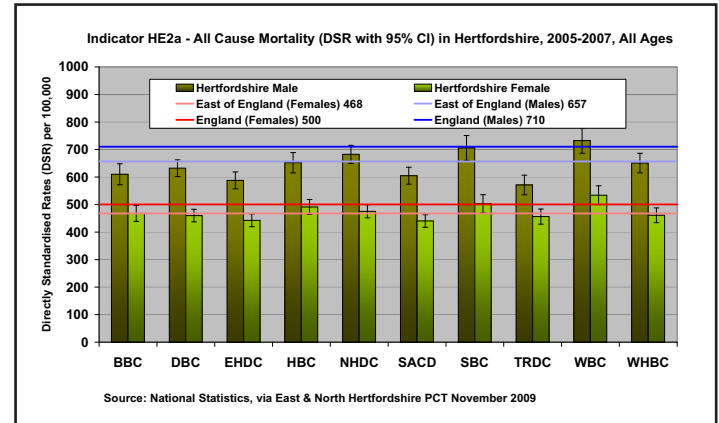


Indicator HE2 - Tackling health inequalities

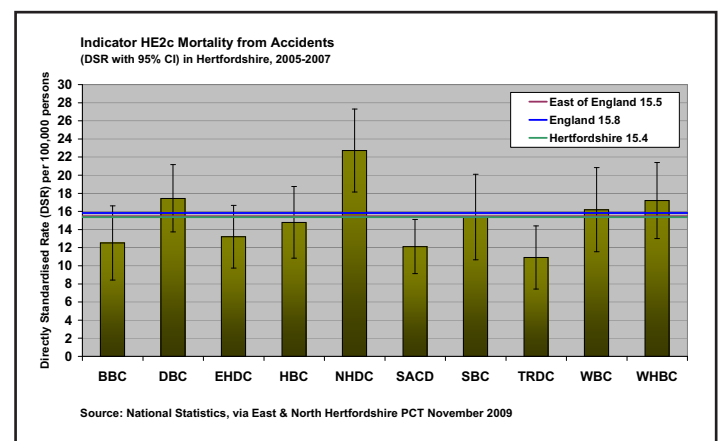
All cause mortality²: Four of the districts (Three Rivers, East Herts, St. Albans and Broxbourne) had male all cause mortality rates significantly lower than regional and national averages. Similarly two of the districts (East Herts and St. Albans) had female all cause mortality rates significantly lower than regional and national averages.

Infant mortality: in St. Albans is significantly lower than the national average. Stevenage and Welwyn Hatfield had the highest infant mortality rates – 5.2

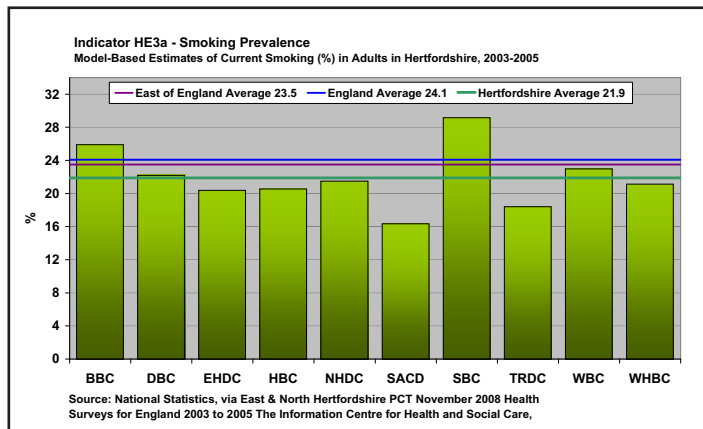
and 4.8 infant deaths respectively per 1,000 live births (compared to 2.2 deaths in St. Albans).



Mortality from accidents: North Herts has the highest rate of mortality from accidents, and this was statistically higher than national, regional and county averages. Three Rivers and St. Albans had the lowest rates; similarly, these were statistically lower than national, regional and county averages.



Indicator HE3 - Reducing number who smoke



Prevalence of smoking: Model-based estimates report that Stevenage has the highest smoking prevalence (29.2%), this is statistically higher than national, regional and county averages. This is followed by Broxbourne, at 25.9%. High smoking prevalence is known to be linked to deprivation, and smoking is a major determinant of poor health: smokers are more likely to suffer from circulatory diseases and certain types of cancers than non-smokers. To find out about all of the free NHS services available to support you as you go smoke free visit the website www.smokefree.nhs.uk.

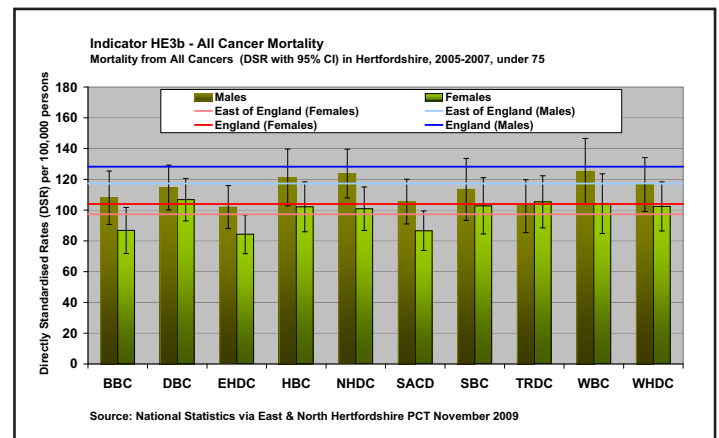


Smoking prevalence remains high in two Hertfordshire districts

Circulatory disease mortality: Watford has the highest rate of all circulatory disease mortality, at more than 193.6 per 100,000 standard population. Three Rivers (155.95), Dacorum (166.45), St. Albans (161.45), Hertsmere (160.25) and East Herts (167.81) have lower rates of all circulatory disease mortality; these were statistically lower than national (193.25) and regional (180.29) averages.

Coronary heart disease: Stevenage and Watford have the highest rates of deaths (70.09 and 69.35 per 100,000 standard population respectively) due to coronary heart disease among males. St Albans' rate is statistically lower than national and regional averages (69.70 and 59.39 per 100,000 standard population respectively).

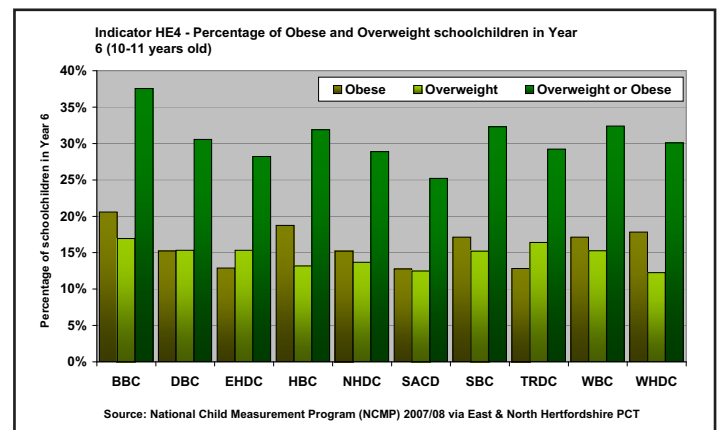
For females, Watford, Broxbourne and North Herts have the highest rates (22.65, 23.99 and 22.05 per 100,000 standard population respectively).



Cancer mortality: Watford, Hertsmere and North Herts have the highest rates of mortality from all cancers among males, whilst among females, Dacorum has the highest rates.

Indicator HE4 - Reducing obesity, improving diet

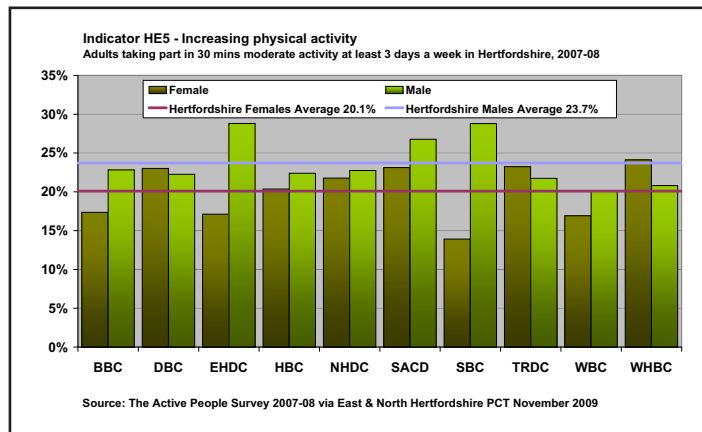
Children Reception Class (ages 4-5): Stevenage has the highest levels of Childhood Overweight & Obesity in Reception Class (ages 4-5) (28.2%). North Herts has the lowest level of obese Children Reception Class (ages 4-5) (5.6%).



Year 6 (ages 10-11): Broxbourne has the highest levels of Childhood Overweight & Obesity. St. Albans has the lowest levels of Childhood Overweight & Obesity.

Indicator HE5 - Increasing physical activity

The area with the lowest percentage of its male residents taking part in at least 30 minutes of exercise 3 times a week is Watford. Stevenage female participation rates are the lowest in the county.



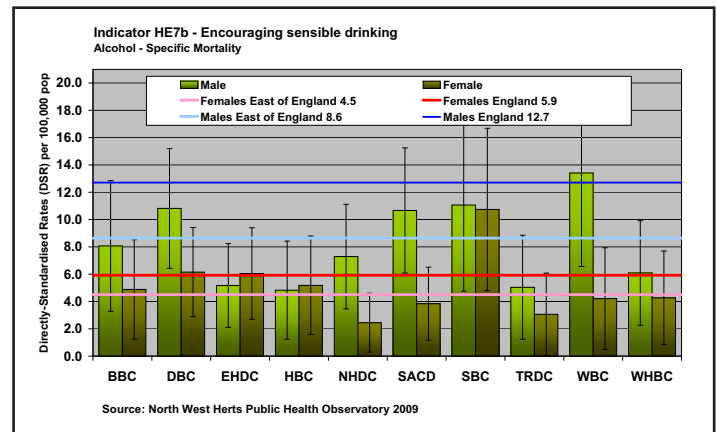
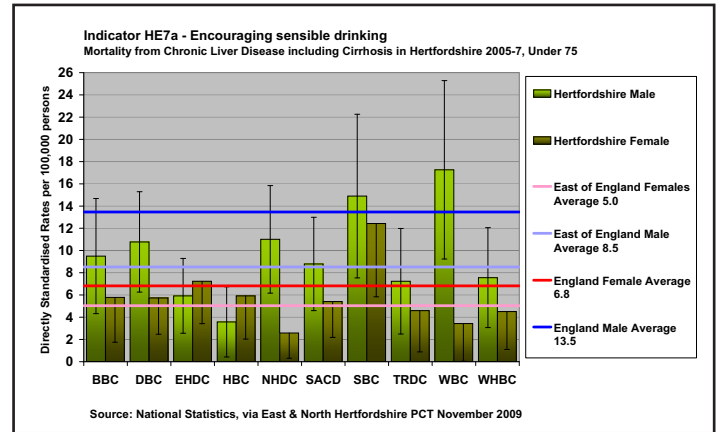
Regular physical activity is key to maintaining a healthy lifestyle

Indicator HE6 - Improving sexual health

There is a lack of data about sexual health; however the Human Papilloma Virus vaccine initiative (to prevent cervical cancer) is now being rolled out among 12 to 13 year old girls in Hertfordshire.

Indicator HE7 - Encouraging sensible drinking

Excessive consumption of alcohol can cause chronic liver disease.



Watford and Stevenage have the highest male mortality from chronic liver disease. Among females, Stevenage has the highest rates.

Watford has the highest male alcohol-specific mortality, while Stevenage has the highest female alcohol-specific mortality in the county. North Herts has the lowest female alcohol-specific mortality in the county (it is also statistically lower than the England Average).

North Herts and Three Rivers have had increasing trend levels of alcohol-related admissions each year from 2004/05 to 2007/08. Overall the highest level of alcohol-related admissions can be seen in Watford in 2007/08.

1 the probable number of years a person will live after a given age, as determined by the mortality rate in a specific geographic area

2 the annual number of deaths relative to the total population (expressed per 100,000)