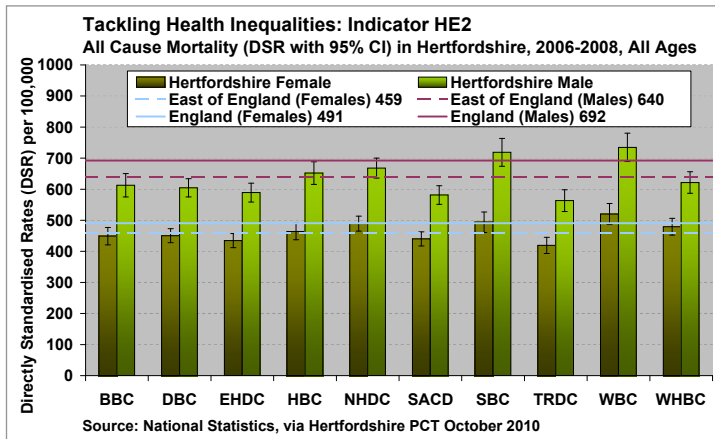


## Lifestyle factors targeted to balance Hertfordshire's health inequalities

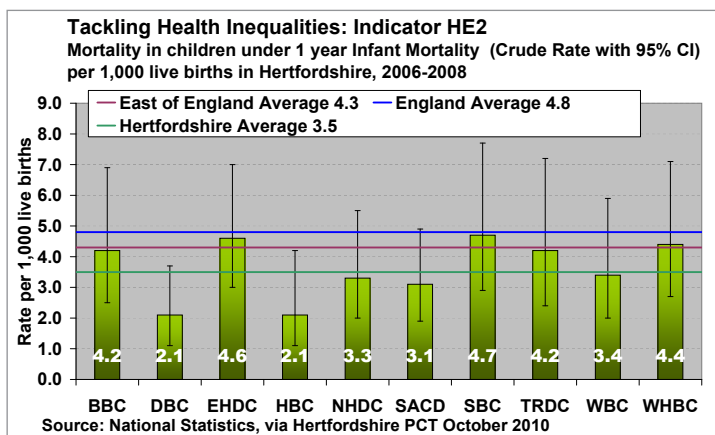
Despite its reputation for a good quality of life, Hertfordshire does contain areas of poor health, and relatively low life expectancy in comparison to regional and national averages. This section explores the similarities and differences between the districts of Hertfordshire and compares them to regional and national results.

### All cause mortality



Six of the districts (Bloxbourne, Dacorum, East Herts, St Albans, Three Rivers and Welwyn Hatfield) all have male all cause mortality rates lower than national and regional averages. Five of these six (all except Welwyn Hatfield) also have a lower than regional average for female all cause mortality. On the other hand, Stevenage and Watford both show no sign of improvement from last year and are both above regional and national averages for male and female all cause mortality.

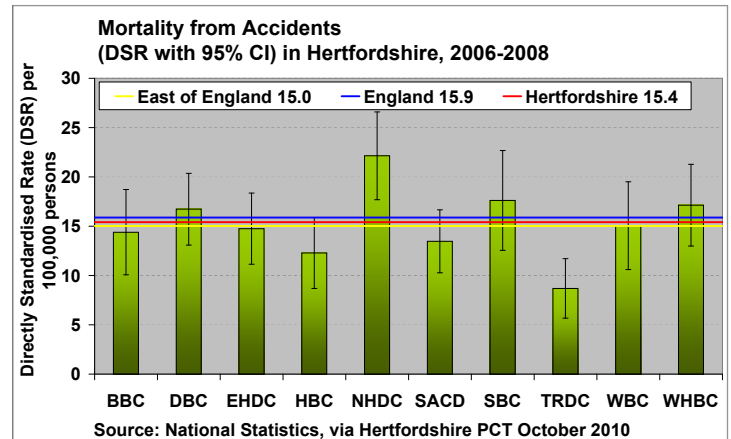
### Infant mortality



Every district in Hertfordshire is below the national average for infant mortality and this is an improvement

on last year, when Stevenage was above national average. However, some areas have seen a rise in infant mortality and the average for Hertfordshire has increased. East Herts and St Albans were two of the main contributors to the rise in county average, with 1.0 and 0.9 increases respectively, per 1,000 live births.

### Mortality from accidents



North Herts has reduced its number of mortalities from accidents but still remains the highest in Hertfordshire and well above national and regional averages. Stevenage has seen an increase in mortality from accidents and is now above regional and national averages. Three Rivers remains the lowest reading for Hertfordshire in terms of mortality from accidents and has reduced its ratio further since last year. Hertsmere has reduced its mortalities from accidents and St Albans has increased, but both remain below regional and national averages.

### Circulatory disease mortality

Watford and Stevenage have the highest rates of all circulatory disease mortality and are both higher than the national average for males. Stevenage is also higher than the national average for females, whereas Watford dips below both regional and national averages. Three Rivers and East Herts districts have the lowest rates of all circulatory disease mortality and are significantly lower than regional and national averages.

### Coronary heart disease mortality

Stevenage and Watford have the highest rates of deaths due to coronary heart disease in males. Stevenage also has the highest rate of deaths due to coronary heart disease in females. East Herts and Three Rivers have a mortality rate in females which is significantly lower than regional and national averages.

## Mortality from cancer

Stevenage and Watford are above the national average for male cancer mortality rates. Stevenage also has the highest rate of mortality among females and is above the national average, along with Dacorum, North Herts, Watford and Welwyn Hatfield. The all cancer mortality rate has worsened for both men and women across Hertfordshire since last year.

### West Herts NHS: Bowel Cancer Screening Programme



In a bid to raise awareness about bowel cancer, the Bowel Cancer Screening Programme (BCSP) team set up stalls at the three West Herts NHS Trust sites in early 2010 (pictured above).

Leaflets detailing information were available. In addition, there was the chance to discuss concerns and learn more about the risks of bowel cancer, with a nurse specialist.

This is just one example of ways in which health promotions/campaigns are used in Hertfordshire, to encourage people to make their health a priority.

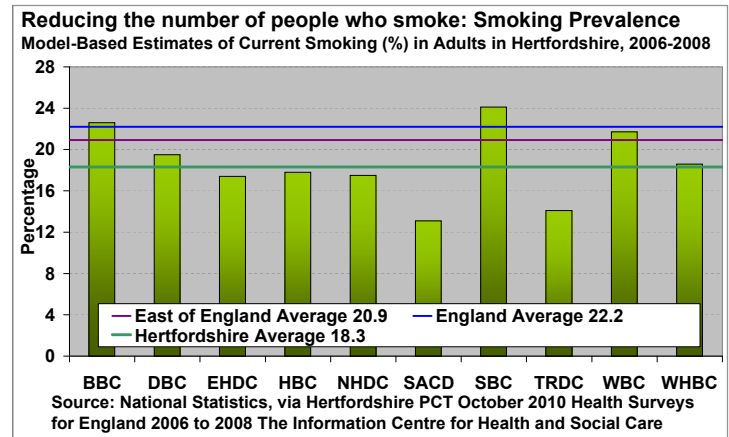
For more information on NHS BCSP please see the national website:  
[www.cancerscreening.nhs.uk/bowel/index.html](http://www.cancerscreening.nhs.uk/bowel/index.html)

## Smoking attributable mortality

Stevenage has the highest rate of smoking attributable mortality, and is joined by Watford above the national average. East Herts and Three Rivers have low rates of smoking attributable mortality, but St Albans has the lowest rate with almost half of Stevenage's rate. This highlights the diversity that is present across the districts of Hertfordshire.

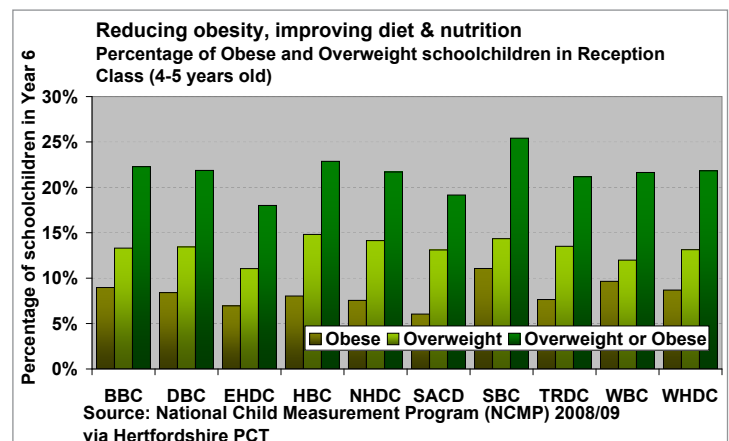
## Prevalence of smoking

Stevenage and Broxbourne remain the highest for number of people smoking in the area and both stay above average, despite showing a decline in number of smokers. These two aside, the other districts remain under the national average. Watford is the only other area that is above regional averages for number of adult smokers.



## Obesity in reception class (ages 4-5)

Stevenage has the highest levels of overweight or obese children (25.4%) caused mainly by the number of obese 4-5 year olds. Hertsmere has more overweight 4-5 year olds than Stevenage, yet significantly less obese children in this category. East Herts has the lowest levels of combined overweight and obese children (18.0%). However, St Albans has the lowest number of obese 4-5 year olds.

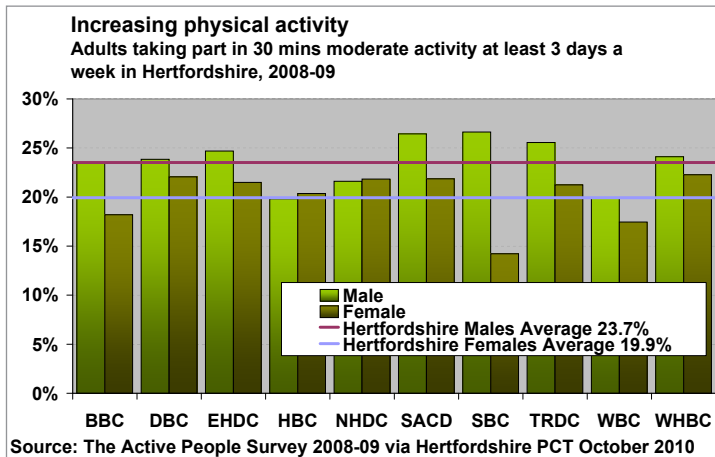


## Obesity in Year 6 (ages 10-11)

Broxbourne has the highest levels of overweight or obese children (33.9%), aged 10-11, taking over from Stevenage (aged 4-5). St Albans has the lowest levels of overweight and obese children, giving the area the lowest combined total (24.2%).

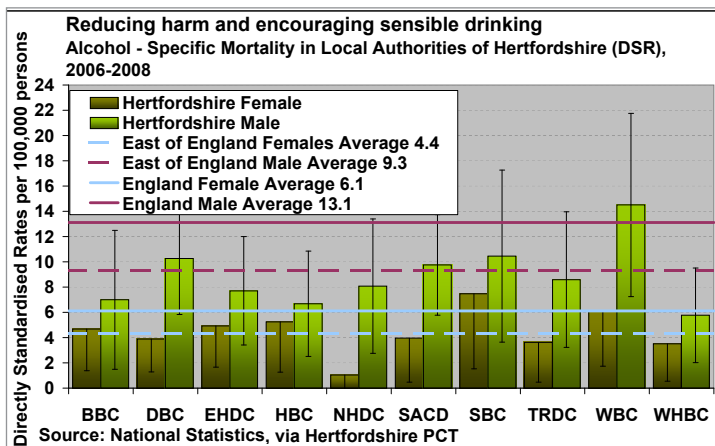
## Increasing physical activity

The male average remains the same for physical activity in Hertfordshire, with both Three Rivers and Welwyn Hatfield areas now above the county average. The average for female exercise has seen a marginal decrease of 0.2%, with most areas reporting similar percentages to last year.



## Alcohol-specific mortality

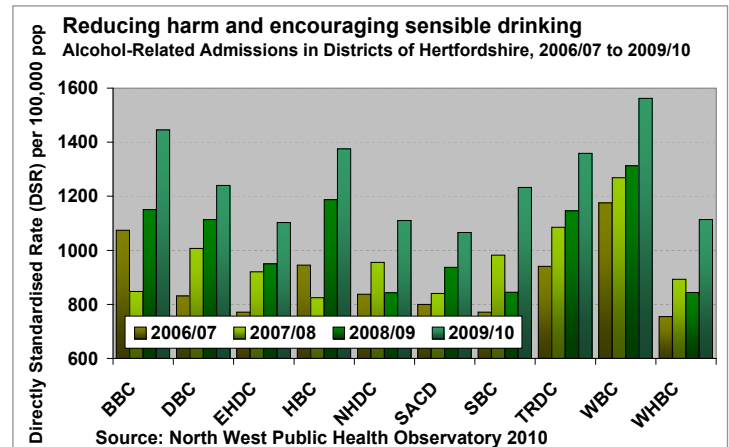
Watford has the highest male alcohol-specific mortality and is the only area of Hertfordshire above the national average. Stevenage has the highest female alcohol-specific mortality in the county. Welwyn Hatfield has the lowest male alcohol-specific mortality, significantly lower than the national average. North Herts has an impressively low rate of female mortality related to alcohol, substantially lower than any other area of Hertfordshire.



## Alcohol-related admissions

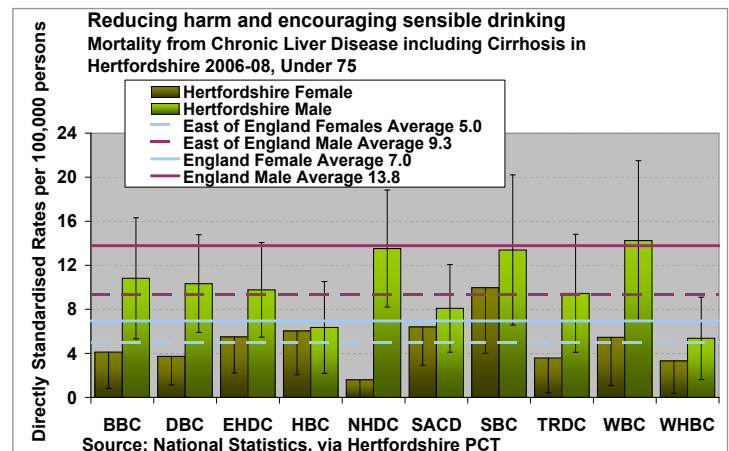
All districts in Hertfordshire have seen an increasing trend for the rate of alcohol-related hospital admissions between 2006/07 and 2009/10. More recently, all areas

have increased significantly between 2008/09 and 2009/10, suggesting the problem is getting worse. The highest level of alcohol-related admissions can be seen in Watford in 2009/10, and the second highest is now Broxbourne. St Albans has the lowest level of alcohol-related admissions in 2009/10, taking over from Stevenage which had the lowest for 2008/09.



## Mortality from chronic liver disease

Watford is the only area of Hertfordshire exceeding the national average for males, albeit marginally. On the other hand, Stevenage and North Herts are narrowly under the national average and these three areas have the highest male mortality from chronic liver disease. Stevenage also has the highest rate of mortality from chronic liver disease among females and is the only district above the national average for females. North Herts has the lowest rate of female mortality from chronic liver disease, substantially less than the national average.



## Hertfordshire Drug Education Forum

For a list of useful links to information on help with drug and alcohol abuse please visit the following website: [www.hertsdef.org/links.htm](http://www.hertsdef.org/links.htm)