

## Colne Valley

People living in the Colne Valley, which covers the Golcar and Colne Valley wards, had similar health to Kirklees overall in most respects. Levels of social capital and feeling safe were high. Like the rest of Kirklees, there were high numbers of people overweight and obese. There were concerns with drinking, smoking and taking drugs in young people, as well as problems with bullying. Educational attainment was above the Kirklees average at 5 years old but lower at 16.

### Headlines

- Life expectancy at birth was similar to the Kirklees average.
- Levels of social capital, cohesion and feeling safe were high in Colne Valley with high levels of regular volunteering and satisfaction with the area as a place to live.
- Early years attainment levels were good at age 5, but dropped at GCSE to below the Kirklees average.
- Highest level in Kirklees of 14-year olds reporting having ever drunk alcohol or taken drugs.
- 1 in 5 women of childbearing age smoked.
- Smoking and binge drinking in adults were similar to the Kirklees average.
- Half of adults (52%) were overweight or obese, similar to the Kirklees average.
- Bullying levels were amongst the highest in Kirklees; nearly half (45%) of all young people had been bullied.
- There were good levels of healthy eating and physical exercise.
- Nearly 1 in 3 adults had a limiting long-term condition.
- 1 in 5 adults in Colne Valley suffered from depression, anxiety or other nervous illness. This was similar to Kirklees, but had increased since 2005.
- Colne Valley had the second highest rate of deaths from Chronic Obstructive Pulmonary Disease (COPD) in Kirklees.

## Population

There were 36,392 people living in Colne Valley, of whom 1 in 5 (21%) were under 18 and 1 in 7 (15%) were over 65 years. The population was less diverse than the Kirklees average with the 2011 Census describing more than 9 out of 10 (94%) residents as being white. There were 453 births locally and life expectancy at birth was 77.6 years for men and 81.9 years for women, similar to Kirklees.

There were 15,642 households, with only 2% of these living in overcrowded accommodation, the lowest in Kirklees.

Colne Valley had fewer deaths from all causes aged under 75 (2.64 per 1,000) than Kirklees (2.93) and fewer deaths from all cancers and heart disease, though these were still the major causes of premature mortality.

## Conditions

Nearly 1 in 3 adults (29%) suffered from a limiting long-term condition in Colne Valley, similar to Kirklees. 4 in 5 of those (83%) were confident in their ability to manage their conditions themselves, similar to Kirklees overall (78%).

The **emotional wellbeing** of 14-year olds in the Colne Valley was similar to Kirklees, with 1 in 5 (22%) 14-year olds reporting feeling miserable weekly or more in the last year, and 1 in 5 (20%) not having someone to talk to about their problems.

Nearly half (45%) of all 14-year olds in the Colne Valley reported having ever been bullied – the second highest in Kirklees (average 40%). Of those who were bullied 1 in 5 (22%) were bullied weekly or more in the last two months.

1 in 6 (17%) 14-year olds reported that their everyday life was affected by a health problem and/or a disability (the highest in Kirklees).

1 in 5 (21%) 14-year olds reported having asthma.

1 in 5 (21%) adults in both Valleys suffered from **depression, anxiety or other nervous illness**. This was similar to Kirklees, but had increased since 2005 (17%), as in all localities.

The rates of those aged under 65 suffering from **high blood pressure** (18%) and **diabetes** (6.3%) had increased since 2010, but remained below the Kirklees average.

## Behaviours

**Breastfeeding** initiation rates across the whole locality were 4 in 5 (80%), similar to the Kirklees average. Almost half (46%) were still breastfeeding at 6-8 weeks.

14-year olds in the Colne Valley were more likely to have had **sex** (1 in 7, 14%) than elsewhere in Kirklees, but also amongst the most likely to use **contraception** (82%).

**Smoking** in the Colne Valley amongst adults was 20%, similar to the Kirklees average (19%). 1 in 5 (21%) women of childbearing age smoked, the same figure as Kirklees. 1 in 10 women (10%) still smoked during pregnancy. Smoking in 14-year olds had stayed the same (10%) and was amongst the highest in Kirklees.

7 out of 10 (71%) adults were likely to be drinking **alcohol** at increasing risk levels, similar to Kirklees overall. 1 in 5 (21%) adults reported binge drinking in the Colne Valley, amongst those women were more likely (27%) than men (17%) and women across Kirklees (20%) to report being concerned about their drinking and plan to reduce it. 14-year olds in the Colne Valley were the most likely to have ever drunk **alcohol**, 9 out of 10 (88%) compared to 2 out of 3 for Kirklees (66%).

Colne Valley had the highest rate of 14-year olds who reported having ever taken **illegal drugs** (1 in 5 compared to 1 in 8 for Kirklees) and the highest rate of taking illegal drugs monthly or more (1 in 20, 5%).

Levels of **physical activity** in 14-year olds were amongst the highest in Kirklees. Most engaged in physical activity; 9 in 10 (91%) did an average of 30 minutes activity per day in the last seven days and almost 3 in 4 (71%) did 60 minutes per day. Only 1 in 10 (9%) were sedentary and did less than 30 minutes physical exercise per day. 1 in 3 (37%) adults did the recommended levels of physical activity, similar to Kirklees.

Relative to Kirklees as a whole, the Colne Valley had the best dental health in children aged 5 with an average of 0.4 decayed, missing or filled teeth compared to 1.1 for Kirklees.

## Wider factors affecting health

**Poverty** exists across every area of Kirklees. 1 in 6 (17%) children in Colne Valley lived in poverty compared to 1 in 5 (21%) in Kirklees overall. This equated to over 1,300 children. 1 in 7 (14%) people of working age (18-64) were in poverty, lower than the Kirklees rate (1 in 6, 16%).

In Colne Valley 1 in 6 (17%) older people lived in poverty, half the Kirklees rate of almost 1 in 3 (30%).

4 in 5 working-age people (80%) were qualified to at least level 2, higher than the Kirklees average of just under 3 in 4 (72%). 1 in 4 (25%) Colne Valley adults were employed in routine and manual employment, similar to Kirklees.

Almost 3 in 4 (72%) children in the Colne Valley achieved the expected level at Foundation Stage whereas by Key Stage 4 **attainment** was average with just over half (59%) of pupils achieving 5+ GCSEs at grade A\*-C including English and maths. Boys (56%) were less likely to achieve this standard than girls (63%).

Residents liked the Colne Valley **as a place to live**, with 9 in 10 (86%) adults satisfied with it as a place to live. Levels of regular **volunteering** were also above average with 1 in 4 (25%) adults participating in regular volunteering.

**Crime** rates were below the Kirklees average and perceptions of anti-social behaviour were also below the Kirklees average.

Young people also felt safer than the Kirklees average. More than 4 in 5 (82%) 14-year olds reported **feeling very/quite safe** in the local area, and 9 in 10 felt safe going to/from and at school.

1 in 12 (9%) 14-year olds reported having a **caring** responsibility for a parent, sibling or other relative, the lowest in Kirklees.

## Date this section was last reviewed

24/7/13 (PL)