

## Holme Valley

People that lived in the Holme Valley were the healthiest in Kirklees and lived longer and were in better health than people in Kirklees overall. Educational attainment was higher at all levels, and people were more affluent. There were greater numbers of those aged over 65 than elsewhere in Kirklees and social capital was strong.

Whilst smoking levels were lower than other parts of Kirklees most smokers will suffer from smoking related conditions if they fail to stop early enough. Alcohol consumption was an issue. People had a healthy diet but, like all areas in Kirklees, over 50% of people were overweight or obese. Almost 1 in 3 people suffered from a limiting long-term condition.

### Headlines

- There was a higher proportion of older people in Holme Valley; they also had longer life expectancy at 65.
- Almost 1 in 3 (30%) adults had a long-term limiting condition. Almost 9 in 10 (86%) of these were confident in their ability to manage their condition.
- There were high levels of social capital, cohesion and feelings of being safe.
- Breastfeeding initiation levels were high but continuation reflected the Kirklees average.
- Smoking in young people aged 14 years old was similar to the Kirklees average. More 14-year olds had tried alcohol than elsewhere in Kirklees.
- Smoking in adults (16%) was lower than in Kirklees but still too high.
- Binge drinking levels were similar to Kirklees as a whole but 3 in 4 (75%) adults were drinking at increasing risk levels and 4 in 5 (79%) 14-year olds had drunk alcohol, higher than elsewhere in Kirklees.
- Over 2 in 5 (42%) adults in the Holme Valley met recommended levels of physical activity, the highest in Kirklees.
- Over 7 out of 10 (73%) ate their 5 a day, the highest in Kirklees.
- Whilst half of adults were overweight or obese, this was the lowest level in Kirklees.
- Bullying levels were the highest in Kirklees; nearly half of 14-year olds had been bullied.
- The number of people volunteering at least once a month was the highest in Kirklees.

- The number of people reporting they felt lonely or isolated most of the time was the lowest in Kirklees.
- Levels of **crime**, anti-social behaviour and fear of crime were better than average for Kirklees.

## Population

Holme Valley includes the wards of Holme Valley North and Holme Valley South. There were 36,042 people living in Holme Valley. Of these 1 in 5 (21%) (7,464) were under 18 and almost 1 in 5 (18%) (6,585) were aged over 65 years. The population is less diverse than the Kirklees average with the 2011 census describing more than 9 out of 10 (98%) residents as being white.

There were 14,847 **households** in Holme Valley.

There were 329 births locally and life expectancy at birth was 79.9 years for men and 83.2 years for women, the second highest in Kirklees. People in the Holme Valley can expect to live 3.6 (male) and 4.9 years (female) longer than people in Dewsbury.

Holme Valley had fewer deaths from all causes aged under 75 (2.26 per 1,000) than Kirklees (2.93) and fewer deaths from all cancers and circulatory diseases, though these were the major causes of premature mortality.

## Conditions

Almost 1 in 3 (30%) adults had a long-term limiting illness, the same as Kirklees. 9 in 10 (86%) people with a long-term condition were confident in their ability to manage these conditions themselves, the highest in Kirklees.

The rates of adults aged under 65 suffering from **high blood pressure, asthma and diabetes** had increased since 2005, but remained below Kirklees averages. The rates of those aged over 65 suffering from heart disease, stroke and asthma had decreased and were at or below Kirklees averages.

**Emotional wellbeing** in 14-year olds was generally good – lower numbers reported not getting on well with their family and school staff than the Kirklees average and lower numbers reported that they never or sometimes felt happy in school. However, nearly 1 in 4 (23%) reported not having someone to talk to about their problems, higher than the Kirklees rate of 1 in 5 (21%), and 1 in 5 (21%) had sleep problems because of anxiety or

worry. Nearly half (46%) of all 14-year olds also reported having ever been bullied – the highest in Kirklees. Of those who were bullied, 18% were bullied weekly or more in the last two months compared to 20% for Kirklees.

1 in 5 (23%) adults in Holme Valley suffered from **depression, anxiety or other nervous illness**, similar to Kirklees.

In addition to the 1 in 7 (15%) adults who were **obese**, 1 in 3 (36%) were overweight. Half (51%) were therefore overweight or obese, the lowest in Kirklees and lower than the national average (nearly 2 in 3, 62%).

## Behaviours

**Breastfeeding** initiation rates across the whole locality were 9 in 10 (85%), amongst the highest in Kirklees; at 6-8 weeks however the rate dropped to the Kirklees average of just over 2 in 5 (43%).

**Smoking** amongst 14-year olds had stayed the same (1 in 10) and was the same as Kirklees. 1 in 10 boys smoked, higher than the Kirklees average of 1 in 12 (8%), with girls lower at 1 in 11 (9%) compared to Kirklees (10%).

Smoking in adults was stable at 16% though 19% of women of childbearing age smoked and 10% smoked during pregnancy.

4 out of 5 (79%) 14-year olds in the Holme Valley had ever drunk **alcohol** compared to 2 in 3 (66%) in Kirklees. Almost 2 in 3 (59%) reported getting alcohol from their family compared to half (51%) in Kirklees overall.

2 in 5 (44%) men and 1 in 3 (31%) women in the Holme Valley binge drank **alcohol** – similar to Kirklees.

Levels of **physical activity** were amongst the highest in Kirklees. Nearly 3 in 4 (74%) 14-year olds did more intensive physical activity (60 minutes per day) and only 1 in 11 (9%) reported doing less than the recommended amounts. Over 2 in 5 (42%) adults in the Holme Valley met recommended levels of physical activity, the highest in Kirklees. Over 7 out of 10 (73%) ate five items of fruit and/or vegetables a day, the highest in Kirklees.

## Wider factors affecting health

1 in 9 (11%) children in Holme Valley lived in poverty, almost half the Kirklees rate of 1 in 5 (21%); this still equates to over 800 children.

1 in 11 (9%) working-age people (18-64 years) lived in poverty, lower than the Kirklees rate of 1 in 7 (16%).

In the Holme Valley 1 in 5 (18%) older people lived in poverty, lower than the Kirklees rate of almost 1 in 3 (30%).

4 in 5 (80%) working-age people were qualified to at least level 2, higher than the Kirklees average of nearly 3 in 4 (72%). 1 in 5 (22%) adults were in routine and manual employment, similar to Kirklees.

Overall **educational attainment** across the locality was high. At Foundation Stage 4 in 5 (79%) children achieved the expected level. Attainment was amongst the highest in Kirklees at all stages, and by Key Stage 4, 2 in 3 (66%) achieved 5+ GCSEs at grade A\*-C including English and maths, the same as in 2010.

There was strong **community capacity** across the Holme Valley. The number of people volunteering at least once a month was the highest in Kirklees at more than 1 in 4 (29%).

Most adults (9 in 10) had someone to rely on in a crisis or to comfort them when upset.

Compared to the rest of Kirklees, residents liked Holme Valley **as a place to live**: 9 in 10 (91%) people were satisfied with it as a place to live and 3 in 4 (77%) believed that people from different backgrounds got on well with each other locally.

More than 4 in 5 (83%) 14-year olds in the locality reported **feeling very/quite safe** in the local area, going to/from (90%) and at (90%) school, amongst the most likely to feel safe in these settings across the whole of Kirklees.

## Date this section was last reviewed

09/07/2013 (PL)