



Health and wellbeing



**key issues for
the people of Kirklees**

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Spen Valley

Overall health and wellbeing in Spen Valley is very similar to that of Kirklees. Since the last report several issues have improved. Fewer 14 year olds were smoking or drinking regularly and fewer were sexually active. Educational attainment also continued to improve at all ages.

However, Spen Valley had the highest levels of obesity amongst children and too many adults smoking, especially women. It is not surprising therefore that more adults have high blood pressure, heart disease, asthma and diabetes, women have high rates of lung cancer and premature, and avoidable, death rates linked to these factors are high.

This section highlights the issues which¹:

- are more or less of a concern in the locality compared to Kirklees overall; and/or
- have changed significantly since the last report.



Key issues in this locality are:

Highest rates of obesity amongst children and adults, including women of childbearing age.

The number of adults smoking, especially women of childbearing age and smoking in pregnancy is above average.

Highest rate of new cases of lung cancer in women.

High rates of people with high blood pressure, heart disease, asthma and diabetes.

Death rates in those aged under 75 from cancers and circulatory diseases, including heart disease and stroke, are also high.

The proportion of people who perceive that people from different backgrounds get on well together were amongst the lowest in Kirklees.

The main report highlights a number of issues that are important across Kirklees. So whilst these issues may not be significantly better or worse in a locality they should still be a focus of concern and action.

- **Smoking** - 1 in 5 (20%) of all adults in Kirklees still smoked, same as Spen. So there were over 8,400 smokers aged over 18 in Spen Valley, and 1 in 14 (7%) 14 year olds² smoking weekly or more.
- **Alcohol** - 1 in 5 (20%) 14 year olds drank weekly or more and 1 in 3 (36%) men and 1 in 4 (26%) women drank above sensible limits across Kirklees. Spen Valley is similar.
- **Obesity** - 1 in 6 (16%) 11 year olds and 1 in 5 (18%) adults in Kirklees were obese. Spen Valley had the highest rates of obesity amongst 4-5 year olds (11%), 10-11 year olds (20%) and adults (21%) in Kirklees.
- **Long term conditions** - the lives of 1 in 4 (26%) of all adults in Spen Valley were affected by a long term limiting illness, i.e. over 10,800 people. Adults under 65 in Spen Valley had high rates of asthma, diabetes, high blood pressure (especially women) and heart disease in men.
- **Cancers** - were the main cause of death in those aged under 75 in every locality, with breast, lung, prostate and colon being the most common cancers. Spen Valley was similar to Kirklees, except for lung cancer in women which was the highest rate in Kirklees.
- **Mental health** - around 1 in 5 (21%) of adults in Kirklees were living with a mental health issue, including depression or anxiety, so more than 8,400 adults in Spen Valley had a mental health issue. In Spen Valley 1 in 5 (22%) 14 year olds reported feeling miserable weekly or more in the last year, and 1 in 5 (19%) did not have someone to talk to about their problems.
- **Older people and carers** - 1 in 6 (15%) of the population of Kirklees was aged 65 and over. This is projected to grow by 50% by 2030 and especially in those aged over 85. The number of people aged over 65 will increase from the current over 8,100 to over 12,100. One in 8 (12%) of all adults in Kirklees had some caring responsibilities, which is around 4,750 adults in Spen Valley. This will rise as the population becomes older.
- **Low income** - whilst there were concentrations of deprivation in some localities there were significant numbers of people who were income deprived in each locality. In Spen Valley 1 in 5 (19%) aged 0-15 years and 1 in 5 (20%) people aged over 60 lived in income deprived households – a combined total of over 4,000 people. More than a quarter (29%) of all households had an annual income of below £20,000.

Health and wellbeing indicators for children and young people in Spen Valley 2010

Indicator	Spen		Change*	Diff**	Kirklees 2010
	2009	2010			
Resident Population characteristics of those aged under 19					
Population count aged under 19 years	12186	12223	NA	NA	101505
Aged under 19 years	233	231	NA	NA	237
South Asian aged under 19 years (Kirklees total = 27107)	154	160	NA	NA	267
Non-south Asian aged under 19 years (Kirklees total = 74398)	846	840	NA	NA	733
Number of live births	647	670	NA	NA	5666
Live birth rate	62	64			65
Proportion of live births that were to South Asian women (percentage)	Nav	21	Nav	▼	31
Being healthy					
Babies born with a low birth weight, i.e. under 2500 gm	81	82			88
Deaths in infants aged under 1 year	7.7	5.7			6.0
Still births	◆	◆			5.4
Breastfed on initiation	611	611		▼	712
Breastfed at 6-6 weeks from birth	Nav	254		▼	407
Obesity 4-5 year olds (reception class)	128	112			92
Obesity 10-11 year olds (school year 6)	215	196			164
Self-reported health and health problems of 14 year olds (school Year 9)					
Overall health good to excellent	895	885			893
Everyday life affected by health problem and/or disability	103	108			118
Health behaviours					
Food and nutrition (14 year olds)					
Never/hardly ever eat something before school starts	210	222			220
Smoking (14 year olds)					
Smoking weekly or more (of all 14 year olds)	162	68	▼		95
Alcohol (14 year olds)					
Have ever drunk alcohol	800	716	▼	▲	656
and drink alcohol weekly or more	513	213	▼		208
and have been 'really drunk' weekly or more	91	42			65
and drink alone	150	105			119
Illegal drugs (14 year olds)					
Ever taken illegal drugs	177	86	▼		121
Sexual Health (14 year olds unless otherwise stated)					
Teenage conceptions (aged 15-17 years)	43.4	47.5			44.8
Have had sexual intercourse	188	110	▼		129
Of those who have had sexual intercourse no contraception/protection used	219	204			182
Physical activity (14 year olds)					
30+ mins average per day physical activity in last 7 days	891	892	Nav		874
Recommended (60 mins+) average daily physical activity levels	Nav	686	Nav		657
Sedentary (under 30 mins average physical activity per day)	109	108	Nav		126
Psychological & emotional health & wellbeing (14 year olds)					
NOT happy with the way they look	394	360			335
Problems getting to sleep (weekly or more) due to being anxious or worried	113	172			171
Weekly or more (in the last school year) had sudden changes of mood	243	199			208
felt miserable	217	223			208
felt angry	339	247	▼		289
felt lonely	130	112			109
Relationships for 14 year olds					
Sometimes or never happy with his/her self as a person	274	307			264
Do NOT have someone to talk to about their problems	205	192			205

Indicator	Spent		Change*	Diff**	Kirklees 2010
	2009	2010			
Bullying in 14 year olds					
Year 9 pupils who have ever been bullied	489	428			397
Bullied weekly or more in past 2 months (of those who have been bullied)	124	202			204
Ever been a bully	282	193			216
Bully others weekly or more in past 2 months (of those who have been bullies)	66	82			102
Staying/feeling Safe					
Children aged under 18 years with a Child Protection Plan (CPP)	Nav	1.4	Nav	▼	2.9
14 year olds who feel very/quite safe in local area	Nav	803	Nav		801
14 year olds worried about violence at home monthly or more	33	40	Nav		45
Economic well being					
Primary school pupils (years R to 6 incl.) eligible for free school meals	Nav	159	Nav	▼	184
Secondary school pupils aged 11-16 years (years 7 to 11 incl.) eligible for free school meals	Nav	122	Nav	▼	157
Children aged 0-15 years living in income deprived households (percentage)	Nav	19	Nav	▼	24
School leavers known not to be in employment, education or training (NEET)	77	106	Nav		97
Housing					
Households with dependent children whose home is perceived as NOT adequate for household's needs	299	Nav	NA		298
Education					
Pupils with Statement of Educational Needs	31	30			27
Achievement at Early Years Foundation Stage	510	606	▲		619
Attainment of 5+ GCSEs A*-C [including English and Maths]	Males	429	473		481
	Females	467	528		577
Asian Pakistani heritage students attaining 5 A*-C including English and Maths	417	436			470
Community & community cohesion (14 year olds)					
Agree that people from different backgrounds get on well together in local area	Nav	452	Nav		514
Agree that people of different ages get on well together in local area	Nav	859	Nav		845
Families (14 year olds)					
Sometimes or never get on well with family	215	159			139
Caring for a parent/sibling/other relative with a disability/illness	128	137			141
Never/hardly ever sit down for a family meal	Nav	198	Nav		197
Live with adult(s) who smoke	479	407			415
Those who drink who usually get their alcohol from family/relatives living at home	Nav	467	Nav		511
Think that family/close friends drink too much	324	304			250

Key:

 Comparable with adults data obtained from CLIK 2008 survey.

 Comparable with adults data obtained from Place Survey 2009.

 Data suppressed as denominator <=5 (or <=3 for deaths).

 Not applicable.

 Not available.

*** Change**

Significantly worse (higher or lower) than this locality in 2009



Significantly better (higher or lower) than this locality in 2009



Significant change from 2009 but labels of better or worse not appropriate

**** Difference**

Significantly worse (higher or lower) in this locality than Kirklees overall



Significantly better (higher or lower) in this locality than Kirklees overall



Significantly different to Kirklees but labels of better or worse not appropriate

Significant differences/ changes were identified by comparing the 95% confidence intervals of the two rates. Where these do not overlap, we can be confident that the difference is not due to chance.

The place and its people, population, births and deaths

Spen Valley locality includes the three wards of Cleckheaton, Heckmondwike and Liversedge and Gomersal, with a population of 52,800. The age and ethnicity profile of Spen Valley reflected Kirklees with 1 in 4 (23%) people aged under 19 and 1 in 6 (15%) aged over 65. Spen Valley had significantly fewer young people of south Asian origin compared with Kirklees. Even so, nearly 1 in 6 were of south Asian origin, compared with less than 1 in 20 in neighbouring Mirfield and Birstall & Birkenshaw.

There were 670 **live births** in 2008, at an average rate for Kirklees. One in 7 of these were of south Asian origin.

Life expectancy at birth (76.6 for men and 80.2 for women) and at age 65 (81.8 and 84.1) in the locality was just below Kirklees and nationally. The gap between men and women for life expectancy at birth was 3.6 years, the same as Kirklees. Spen Valley had amongst the highest death rates (0.92 per 1,000) from circulatory disease including heart disease and stroke, in those aged under 75.

Health and wellbeing inequalities for children and young people

The rate of **babies dying in their first year** of life (5.7 per 1,000) was lower than Kirklees overall (6.0 per 1,000) but still above the national rate of 4.8. The rate of low birth weight babies was the same as Kirklees, 1 in 12 (8%).

Spen Valley had the highest rates of **obesity** in children, with nearly 1 in 9 (11%) children aged 4-5 years and 1 in 5 (20%) children aged 10-11 years being obese. Parental obesity significantly affects childhood obesity levels and in Spen Valley more than 1 in 5 (21%) of all adults, and nearly 1 in 5 (17%) women of childbearing age, were obese – the highest in Kirklees.

The **teenage conception** rate (48 per 1,000 girls aged 15-17) had remained fairly stable since 2008, slightly higher than Kirklees.

Fewer 14 year olds were sexually active (11%) now amongst the lowest in Kirklees. Of all those 14 year olds having sex 1 in 5 (20%) reported not using a condom or other protection.

Spen Valley had above average levels of **decayed, missing and filled** teeth in five year olds, 2.2 compared to 1.5 nationally, a proxy for poor early diet. **Breastfeeding** initiation rates (61%) had not changed and remained significantly below the Kirklees rate (71%).

Whilst Spen Valley had higher rates than average of 14 year olds ever having drunk **alcohol** (72%), the rate had fallen since the last report. Regular alcohol use in those 14 year olds who did drink was the same as Kirklees (21%). This is an improvement on previous reports as the locality did have one of the highest rates of 14 year olds drinking weekly or more, 51% in 2008.

Only 1 in 14 (7%) of 14 year olds **smoked** weekly or more, a significant drop from previous reports. The largest drop was in girls smoking, so the rates for girls and boys became similar. However, those who did smoke were amongst the most likely to be happy to continue (1 in 3, 33%).

Levels of **drug misuse** (under 3%) by 14 year olds in the locality had improved to below the Kirklees average (under 4%).

Emotional wellbeing in 14 year olds was similar to Kirklees, with 1 in 5 (22%) feeling miserable weekly or more in the last year, and 1 in 5 (19%) did not have someone to talk to about their problems.

In Spen Valley 1 in 5 (19%) children aged under 16 lived in **income deprived** households, lower than the Kirklees average.

Children achieving at Foundation Stage (61%) had increased and was the same as Kirklees (62%) and above the national (56%) average. **Attainment** at GCSE level (5+ A*-C GCSEs including English and Maths, 45%) had continued to improve, for both boys (from 43% in 2009 to 47%), and girls (from 47% in 2009 to 53%) but was still slightly below Kirklees (57%) for girls. Attainment of Asian Pakistani origin pupils had continued to improve (from 42% in 2009 to 44%) but remained below the Kirklees average (47%) as other areas had seen larger improvements. School leavers not in education, employment or training (NEET) rose from 8% to 11% and was slightly above the rate for Kirklees as a whole (10%).

Of all families in Spen Valley with dependent children 1 in 3 (30%) felt their **homes** were inadequate for their needs.

Less than half (45%) of 14 year olds in Spen Valley felt that people from different backgrounds got on well together in the **local area** - the lowest in Kirklees.

Health and wellbeing inequalities for adults in Spen Valley

Health status

The overall health status of adults aged over 65 across Spen Valley was similar to Kirklees, but was slightly better than average for those aged under 65.

One in 4 (26%) adults in Spen Valley had **long term limiting illness**, compared with 28% across Kirklees.

One in 3 (34%) people aged 65 and over needed **help with daily living tasks** and it was estimated that 1,290 had a high or very high social care need.

Behaviours

Smoking rates had not changed since 2005 as 1 in 5 (20%) adults still smoked, 1 in 4 (23%) women aged 18-44 still smoked and 1 in 4 (23%) of non south Asian mothers still smoked in pregnancy, one of the worst rates in Kirklees. It was no surprise that high blood pressure, heart disease, asthma and diabetes were so common in Spen Valley, especially as lung cancer rates in women were above both the Kirklees and national rates.

The numbers of people drinking **alcohol** over sensible limits dropped since 2005 and was similar to Kirklees, but still 1 in 3 (35%) men and 1 in 4 (24%) women drank too much. Nearly half (42%) of men and over 1 in 3 (36%) women binged in the last week. This was one of the highest rates for men in Kirklees, but there was an improvement for women. The numbers of women of childbearing age drinking over sensible limits (27%) and bingeing (43%) reduced from 2005 to the average for Kirklees.

Conditions

Spen Valley had the highest rate of adult **obesity** in Kirklees, 1 in 5 (21%), more than in 2005. Women of childbearing age had the highest rate of obesity in Kirklees (17%).

Spen Valley had higher rates than average of **heart disease** for men of all ages. Admissions to hospital after a heart attack had reduced. **High blood pressure** occurred in 2 in 5 (43%) people aged over 65 and nearly 1 in 5 (18%) aged under 65. Spen Valley (along with Batley, Birstall & Birkenshaw and the Colne Valley) had the highest death rate from **stroke**.

New cases of lung **cancer** in women (0.61 per 1,000) were the highest in Kirklees and significantly above the national rate (0.37 per 1,000). The rate of skin cancer in men was one of the highest in Kirklees (0.20 per 1,000). Death rates in those aged under 75 years from all cancers had fallen sharply between 2003 and 2005, but there was no improvement over the period from 2005 to 2007.

Asthma and **diabetes** rates amongst those under 65 were both higher than Kirklees.

Living and working conditions

Although the levels of **benefit claimants** reflected the Kirklees average, the number of people claiming rose in Spen Valley. The increase was most marked in Council Tax Benefit which had risen from 19% to 23%. 1 in 6 (16%) of all working age adults claimed Job Seekers Allowance, and 1 in 16 (6%) of all working age adults claimed Incapacity Benefit or Employment and Support Allowance. So 1 in 4 of all working age adults claimed an out of work benefit.

Out of the more than 22,000 households in Spen Valley, 1 in 4 (25%) felt that their **house** was inadequate for their needs. This rose to 30% for households with dependent children.

Residents of Spen Valley felt there was a poor level of community cohesion in their locality. Just over half (57%) of adults believed that people from different backgrounds **got on well** together in the local area, one of the lowest rates in Kirklees. A sense of belonging to their immediate neighbourhood was lacking – just over half (54%) of adults felt that they belonged to their neighbourhood.

The locality had the lowest rate of participation in regular **volunteering** with 1 in 5 (22%) adults participating, compared to 26% across Kirklees.

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- 1 All data are from the Kirklees Indicator Tables 2010 or relevant section of the Kirklees JSNA, 2010 and are available on the website.
 - 2 All data specifically relating to '14 year olds' are from Young People's (YPS) Survey, 2009.

Health and wellbeing indicators for adults in Spen Valley 2010

Indicator		Spen	Spen vs Kirklees	vs 2009 report
Resident population characteristics		%		
By age groups	aged 18-44 years	37	lower	N/A
	aged 45-64 years	26	higher	=
	aged 65-74 years	8	=	N/A
	aged 75 years and over	7	=	N/A
South Asian	aged 18 years and over	8	lower	higher
Non-south Asian	aged 18 years and over	92	higher	lower
Health Status: mean score (out of 100)		Score		
Role - Physical	mean aged 18 years and over	76	✓	NND
	mean aged under 65 years	82	X	NND
	mean aged 65 years and over	50	X	NND
Role - Emotional	mean aged 18 years and over	79	✓	NND
	mean aged under 65 years	81	✓	NND
	mean aged 65 years and over	71	=	NND
Social functioning	mean aged 18 years and over	80	✓	NND
	mean aged under 65 years	83	✓	NND
	mean aged 65 years and over	72	=	NND
Mental health	mean aged 18 years and over	72	✓	NND
	mean aged under 65 years	71	✓	NND
	mean aged 65 years and over	74	=	NND
Physical functioning	mean aged 18 years and over	77	✓	NND
	mean aged under 65 years	82	✓	NND
	mean aged 65 years and over	56	=	NND
Bodily pain	mean aged 18 years and over	69	=	NND
	mean aged under 65 years	72	=	NND
	mean aged 65 years and over	58	=	NND
Life Expectancy (years)				
	at birth (male)	76.6	X	=
	at birth (female)	80.2	X	=
Deaths (rate per 1000)				
All cancers*	aged under 75 years	1.15	X	X
All circulatory diseases*	aged under 75 years	0.92	X	✓
Coronary heart disease*	aged under 75 years	0.48	X	✓
Stroke*	aged under 75 years	0.19	X	✓
Bronchitis, emphysema & other COPD*	aged under 75 years	0.12	✓	✓
Biological Factors		%		
Heart disease	aged under 65 years	3	=	NND
	aged 65 years and over	16	=	NND
High blood pressure	aged under 65 years	17	X	NND
	aged 65 years and over	42	X	NND
Stroke	aged under 65 years	<1	=	NND
	aged 65 years and over	2	✓	NND
Asthma	aged under 65 years	13	X	NND
	aged 65 years and over	13	✓	NND
Diabetes	aged under 65 years	6	X	NND
	aged 65 years and over	13	✓	NND
Incontinence of urine	aged under 65 years	5	=	NND
	aged 65 years and over	13	✓	NND

Indicator		Spent	Spent vs Kirklees	vs 2009 report	
Pain problems including arthritis	aged under 65 years (male)	33	X	NND	
	aged under 65 years (female)	23	✓	NND	
	aged 65 years and over (male)	43	✓	NND	
	aged 65 years and over (female)	57	=	NND	
Back pain	aged under 65 years	24	=	NND	
	aged 65 years and over	31	=	NND	
Depression, anxiety or other nervous illness		aged 18 years and over	21	=	NND
Obesity	Obese - Body Mass Index 30+	aged 18 years and over	21	X	NND
	Either obese or overweight	aged 18 years and over	57	X	NND
Women of child bearing age	Either obese or overweight	aged 18-44 years	42	=	NND
Health Behaviours		%			
Smoking	At least 1 daily	aged 18 years and over	20	=	NND
Physical activity	Moderate activity at least 30 mins 5 times weekly	aged 18 years and over	28	=	NND
Alcohol	Over sensible limits	aged 18 years and over (male)	35	✓	NND
		aged 18 years and over (female)	24	✓	NND
	Binge drinking	aged 18 years and over (male)	42	X	NND
		aged 18 years and over (female)	36	=	NND
Women of child bearing age					
Smoking	Smoking at least 1 daily	aged 18-44 years	23	=	NND
	Smoking at birth	all deliveries (excl. South Asian)	23	X	✓
Alcohol	Over sensible limits	aged 18-44 years	27	✓	NND
	Binge drinking	aged 18-44 years	43	X	NND
Physical activity	Moderate activity at least 30 mins 5 times weekly	aged 18-44 years	34	✓	NND
Economic wellbeing and community		%			
Income support claimants		aged 16-64 years	4.3	✓	X
Council Tax Benefit claimants		aged 16 years and over	23	✓	X
Household income average gross £000s			34.3	✓	✓
Disability Living Allowance claimants		all ages	5.2	✓	=
Claimants of Severe Disability Allowance or Incapacity Benefit or Employment Support Allowance		aged 16-64 years	6.3	=	N/A
People who believe people from different backgrounds get on well together in local area		aged 18 years and over	57	X	NND
Home perceived as NOT adequate for household's needs (all household types)		households	25	✓	NND
Home perceived as NOT adequate for needs of pensioner households		pensioner households	25	✓	NND
Older people living in income deprived households		aged 60 years and over	20	✓	N/A

Key:

✓ Better X Worse = Same NND No New Data N/A Not Available * Small numbers ◆ Suppressed