

## Dewsbury

Dewsbury had an increasingly young population and a growing proportion of south Asian origin. Infant death also remains a problem, though it has reduced since 2004. The number of children, adults and pensioners in poverty was high and there were high rates of most diseases and some of the poorest health behaviours. Smoking rates remained high, and this was reflected in high levels of long-term health conditions. Obesity was also high. Social capital and perceived community cohesion were low amongst adults. There were lower numbers of adults with higher level qualifications in Dewsbury, and worklessness was higher than average. Educational attainment has improved dramatically, and fewer young people aged 14 years old report loneliness or isolation. Teenage conceptions have reduced since 2005 and Dewsbury also had low levels of reported alcohol drinking at age 14.

Even though things are improving in many areas Dewsbury continues to experience the worst range of health challenges in Kirklees.

## Headlines

- Half of those aged under 18 are of south Asian origin.
- Life expectancy was the lowest in Kirklees but had improved since 2010.
- The birth rate locally was higher than anywhere else in Kirklees.
- The number of children dying before their first birthday had improved but was still higher than the average.
- Breastfeeding initiation rates were the lowest in Kirklees.
- 1 in 3 of all adults had a limiting long-term condition.
- 1 in 4 adults had some form of depression, anxiety or nervous illness.
- Stroke, heart disease and respiratory illnesses were the worst in Kirklees.
- Obesity and being overweight was the norm – 58% of adults were at least overweight.
- Smoking levels in young people were high, and half of young people lived with someone who smoked.
- Smoking in pregnancy rates were the highest in Kirklees – almost 1 in 3 in non-south Asian women.

- Physical activity levels across Dewsbury were the worst in Kirklees, with more people doing no physical activity at all than anywhere else.
- Poverty levels were amongst the highest in Kirklees for all ages.
- A third of people felt their home was inadequate for their needs.
- Social capital and feelings of cohesion were low, crime rates were high.
- Educational attainment was low.
- Worklessness amongst adults was high, with nearly 1 in 4 adults out of work. There were also high levels of young people who were not in employment, education or training (NEET).
- There were a larger proportion of carers – both young and adult carers than Kirklees.
- There were larger numbers of disabled children than anywhere else in Kirklees; many of these are living into adulthood.

## Population

There were 60,843 people living in Dewsbury. Of these 27% (16,505) were under 18, the highest in Kirklees. Half of those aged under 19 and 1 in 3 (30%) of those aged over 18 were of south Asian origin, the highest in Kirklees after Batley. Dewsbury had the highest birth rate in Kirklees, 1,028 live births in 2011 of which 54% were to south Asian women. Men and women in Dewsbury had amongst the lowest life expectancy at birth of all areas in Kirklees. For men it was 76.2 years, which was 3.9 years less than the highest, and for women 80.1 years, which was 3.6 years less than the highest.

Infant mortality remains a concern in Dewsbury. It reduced from 13.4 per 1,000 live births from 2002-04 to 6.7 in 2009-11. It remains higher than 5.3% for Kirklees and 4.2 nationally. It is strongly linked to low birth weight, smoking and congenital abnormality, especially parental genetic closeness.

At 74% the proportion of mothers who initiated breastfeeding, a significant contributor to infant health, in Dewsbury between 2010-13, was the lowest in Kirklees (82%). 1 in 3 (35%) mothers were still breastfeeding at 6-8 weeks from birth compared to nearly half (43%) in Kirklees overall.

## Conditions

Cancer deaths are falling to reflect both national and Kirklees averages. Deaths from all cancers occur in 1.07 per 1,000 adults under 75 years compared to 1.09 per 1,000 in Kirklees overall and 1.07 per 1,000 nationally.

1 in 3 (32%) people in Dewsbury suffer from a limiting long-term condition similar to 30% in Kirklees overall.

Emotional health and wellbeing in 14-year olds was similar to Kirklees overall although in Dewsbury they were the least likely to have felt lonely (6%) or miserable (17%). Whilst fewer 14-year olds in Dewsbury were ever bullied (1 in 3 – 36%), those that were bullied were most likely to be bullied weekly or more (1 in 4 – 27%). Dewsbury also had the highest number of pupils having ever been a bully: 1 in 4 (29%). 14-year olds were most likely to feel sometimes or never happy at school, 1 in 6 (15%).

1 in 4 (22%) of those aged under 65, and 1 in 5 (18%) of those aged over 65 had depression, anxiety or a nervous illness. This is slightly higher than the Kirklees average at 21%.

Dewsbury had the highest deaths from stroke in those aged under 75 years – 0.20 per 1,000 – than Kirklees – 0.14 per 1,000. Dewsbury also had the highest death rates in those aged under 75 years from cardiovascular disease, 0.96 per 1,000 compared to 0.71 per 1,000 in Kirklees and 0.62 nationally. Dewsbury had the highest rates of diabetes, especially in those aged under 65 (8%), younger diabetics are more likely than older to be obese, 1 in 3 (33%).

High blood pressure affected 1 in 4 (24%) of all adults compared to 1 in 5 (20%) in Kirklees.

1 in 6 (16%) suffered long-term pain similar to Kirklees overall. More than half of all those aged 65 and over were suffering from long-term pain (including arthritis). 1 in 6 (16%) suffered back pain, the same as Kirklees overall (16%), more than 1 in 3 of that age group were suffering from back pain, the highest in Kirklees.

Dewsbury had the highest rates of self-reported asthma, affecting 1 in 8 (13%) compared to a Kirklees average of 11% and a national average of 4%. Key factors are smoking and compared to 0.12 per 1,000 nationally. Chronic obstructive pulmonary disease (COPD) is linked to smoking in 4 out of 5 cases.

Obesity is higher than the Kirklees average – 1 in 5 (20%) 10-11 year olds were obese in Kirklees compared to 1 in 4 (23%) in Dewsbury, 14% were at least overweight compared

to 13% in Kirklees overall. 1 in 5 (20%) adults were obese in Kirklees compared to 22% in Dewsbury, 58% were at least overweight compared to 54% in Kirklees overall.

1 in 5 (22%) adults were obese (19% Kirklees). Being overweight or obese was the norm in Dewsbury with 58% of adults affected compared to 54% in Kirklees. Similarly, 1 in 5 (21%) women of childbearing age were obese, the highest in Kirklees (17%), 41% are at least overweight similar to Kirklees overall (40%). This is linked to infant health and low birth weight babies.

## Behaviours

There had been a drop in the teenage conception rate in Dewsbury from 49.8 (per 1,000 girls aged 15-17 years old) in 2009 to 42.4 in 2012. This has moved from the highest in Kirklees in 2009 to below the Kirklees average, 48 per 1,000.

1 in 10 (11%) 14-year old girls reported having had sexual intercourse, lower than the Kirklees average at 13%. Of 14-year olds who had sex 1 in 5 (20%) reported not using a condom or other protection.

Dewsbury has problems with both young people and adults smoking. More 14-year olds smoked weekly or more in Dewsbury – 1 in 7 (13%) – than Kirklees (11%). Half (51%) of all 14-year olds in Dewsbury lived with adult(s) who smoked – the highest in Kirklees. 1 in 4 (26%) started smoking aged 10 and were still smoking. Over 1 in 4 (28%) women of childbearing age smoked in Dewsbury – also the highest level across Kirklees (21%). 1 in 3 (32%) non-south Asian women smoked in pregnancy, well above the Kirklees average (17%).

In 2012, as in 2008, Dewsbury had the highest levels of adults smoking at 1 in 4 (24%) compared to 1 in 5 (19%) in Kirklees. Smoking is linked to a number of conditions such as asthma, COPD and cardiovascular disease.

In 2009, almost half (47%) of 14-year olds had drunk alcohol, amongst the lowest in Kirklees (66%). In adults of those who drank alcohol, over 2 in 5 (41%) men and 1 in 3 (29%) women binged in the past week, similar to Kirklees overall. 1 in 3 (33%) women of childbearing age binged, similar to Kirklees overall (35%), however, 84% were not concerned about their drinking.

Almost 1 in 2 14-year olds in Batley (49%) and Dewsbury (48%) reported eating five or more portions of fruit and vegetables a day with over 1 in 3 doing so in the Holme Valley (69%). Dewsbury also had the lowest number of adults reporting 5 a day (57%) with Holme Valley reporting the highest at almost 3 in 4 (73%). 1 in 10 (10%) adults living in

Dewsbury never cook a meal from basic ingredients and 1 in 5 (19%) adults do not feel confident preparing a meal from basic ingredients.

The large number of hot food takeaways established in Kirklees can further influence unhealthy food choices. Overall 1 in 5 (19%) adults in Kirklees consume fast food or takeaways at least once a week. In Dewsbury and Spen this increases to 1 in 4 (23%) adults.

In Dewsbury 1 in 7 (14%) 14-year olds were physically inactive i.e. did less than 30 minutes physical activity each day similar to the Kirklees average, 13%.

Physical activity in adults was around the Kirklees average with 1 in 3 (37%) meeting recommended levels. 1 in 3 (36%) women of childbearing age met recommended levels – this was above the Kirklees average, 34%.

### ***Vulnerable groups***

1 in 6 (17%) 14-year olds were young carers, caring for a parent/sibling/other relative with a disability or illness, higher than the 1 in 7 (14%) across Kirklees.

## **Wider factors affecting health**

There were around 21,012 households in Dewsbury. Nearly 1 in 6 (17%) households believed their home was inadequate for their needs.

Poverty exists across every area of Kirklees. In Dewsbury 1 in 5 working age adults live in poverty, 1 in 4 for children (27%) (equating to 4,500 children) compared to 20% in Kirklees overall and 2 in 5 (45%) pensioners compared to 30% in Kirklees overall.

Working-age poverty is linked to out of work and disability benefits. In Dewsbury 1 in 14 people were in receipt of job seekers' benefits, and 1 in 6 received disability related benefit (incapacity benefit, employment support allowance, disability living allowance).

Employment is a key component of wellbeing and the best route out of poverty. 1 in 3 (33%) adults in Dewsbury were unemployed compared to a Kirklees average of 1 in 4 (26%). 1 in 4 (25%) were in routine and manual work, second only to Batley (29%) and higher than the Kirklees average (23%). Half of adults (55%) in Dewsbury were satisfied with the area as a place to live. 2 in 5 (40%) felt people from different backgrounds got on well together and 2 out of 3 adults felt people of different ages got on well together but this rose to 85% of 14-year olds. All these measures of adult perceptions were the lowest in Kirklees.

Most 14-year olds in Dewsbury reported feeling very/quite safe in the local area (77%), on public transport (70%), going to/from (84%) and at (87%) school, although still the lowest in Kirklees.

Dewsbury had amongst the highest level of reported crime, with violent crime (excluding robbery) being a particular issue. Rates of other crimes reflected the Kirklees picture. Domestic abuse as a reported crime was high with particular concentrations in Dewsbury West and Dewsbury South.

In 2012, 53% of all pupils in Dewsbury achieved five or more GCSEs grades A\*-C including English and maths, a spectacular improvement since 2005, 38%. Only 46% of Asian Pakistani pupils achieved five or more A\*-C GCSEs including English and maths compared with 57% in Huddersfield North. Dewsbury had the highest level of children with a special educational need (3.2% compared to 2.8% across Kirklees).

The number of people with learning disabilities known to services continued to rise. In Dewsbury and Mirfield there were 361 people known to services (18% of Kirklees total) compared to 335 (16%) in 2009.

## Date this section was last reviewed

09/07/2013 (PL)