

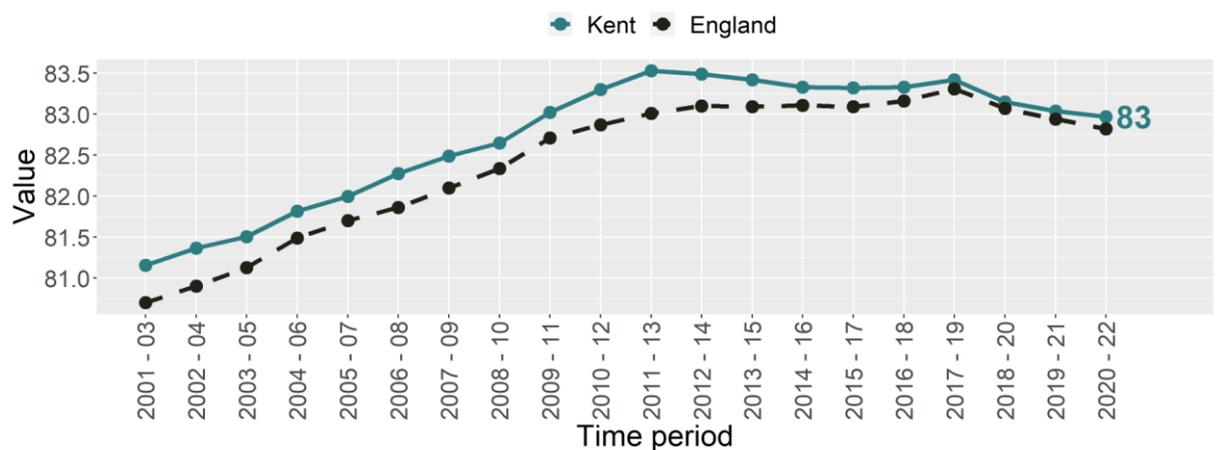
Appendix B - Overview of the Health of Kent's Population

1. Life expectancy is falling:

While historically the people of Kent have enjoyed increasing life expectancy year on year as well as a significantly higher life expectancy than the England average, this is no longer the case. Life expectancy has indeed fallen slightly over the last ten years or so and in recent years, the England average has been catching up to the level in Kent such that Kent life expectancy is no longer significantly higher than the England average.

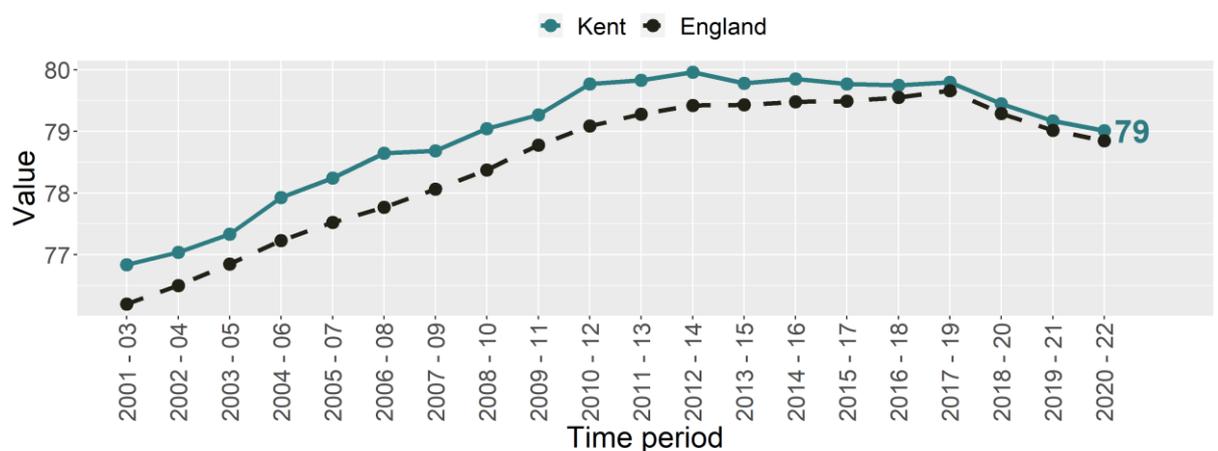
The biggest killers in Kent remain cancer and cardiovascular diseases.

Please note that the low life expectancy observed over recent years is due to the COVID-19 pandemic. Considered as individual years (rather than three-year averages) there has been a marginal improvement for both males and females in 2021 and 2022 which is not reflected in the graphs below.



Office for Health Improvement & Disparities. Public Health Profiles. [Date accessed: 06 Mar 2024]
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Figure 1: Life expectancy at birth among females in years



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Figure 2: Life expectancy at birth among males in years

2. Mental health and wellbeing is worsening

Additionally, people in Kent are suffering from poorer mental health, with a decline at a rate exceeding that seen nationally. This can be evidenced both in an increase in levels of depression recorded by GPs in Kent compared with nationally and an increase in the rate of suicide in Kent and nationally.

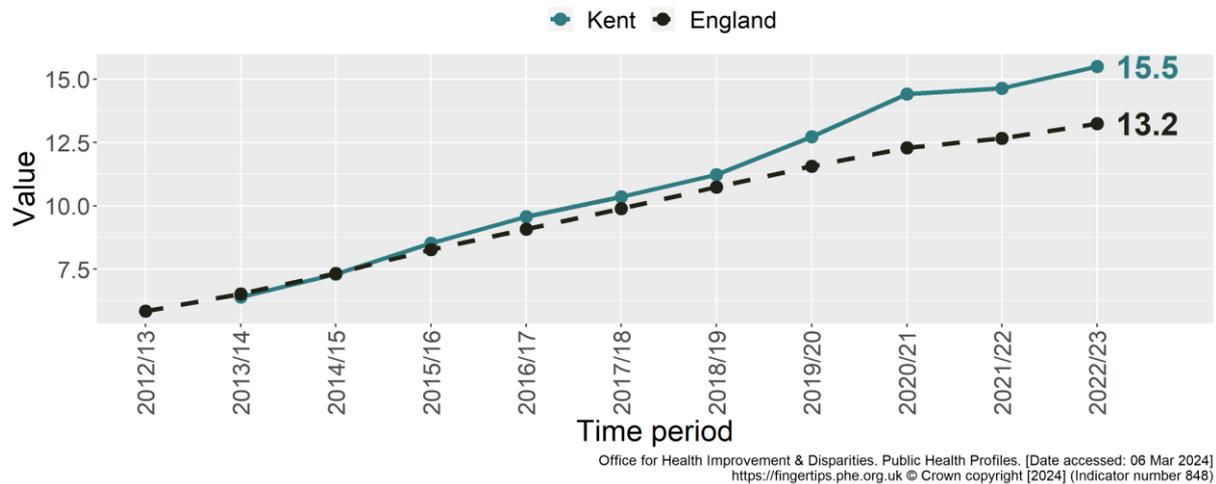


Figure 3: Prevalence of GP-recorded depression in people aged 18 years and over. (higher is worse)

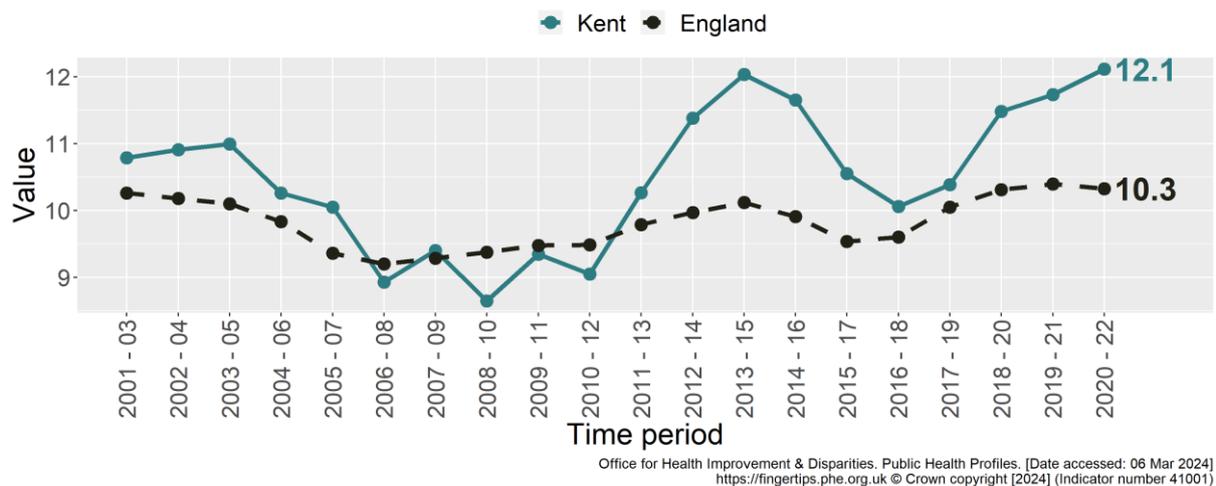


Figure 4: Suicide rate among persons (age-standardised per 100,000).

3. Lifestyle choices are increasing the likelihood of poor health outcomes

Declines in health are likely driven in the main by a range of socio-economic and lifestyle risk factors that are declining. These would include determinants such as the level of overweight or obese adults in Kent, which is increasing faster than the national rates (figure 5).

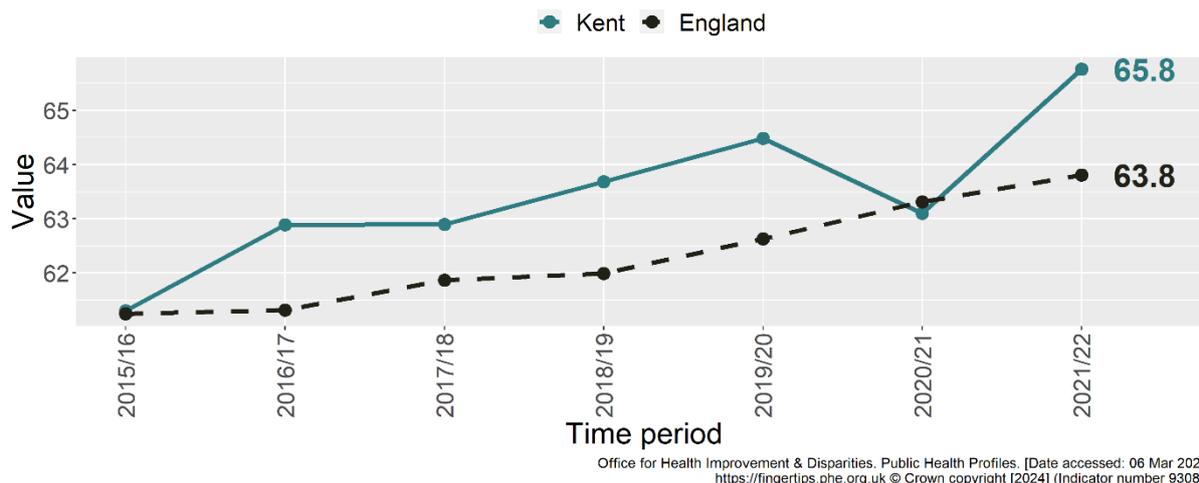


Figure 5: Percentage of adults classified as overweight or obese

4. Health Inequality will continue to drive poorer outcomes

We are also seeing increase in measures that relate to inequality within the people of Kent. These factors directly influence health and health outcomes. As an example, while historically the gap in employment rates between people who have a physical or mental health long term condition and the wider population in Kent has been significantly less than that seen nationally, the local situation has worsened such that in the most recent data Kent has a higher gap than that seen nationally.

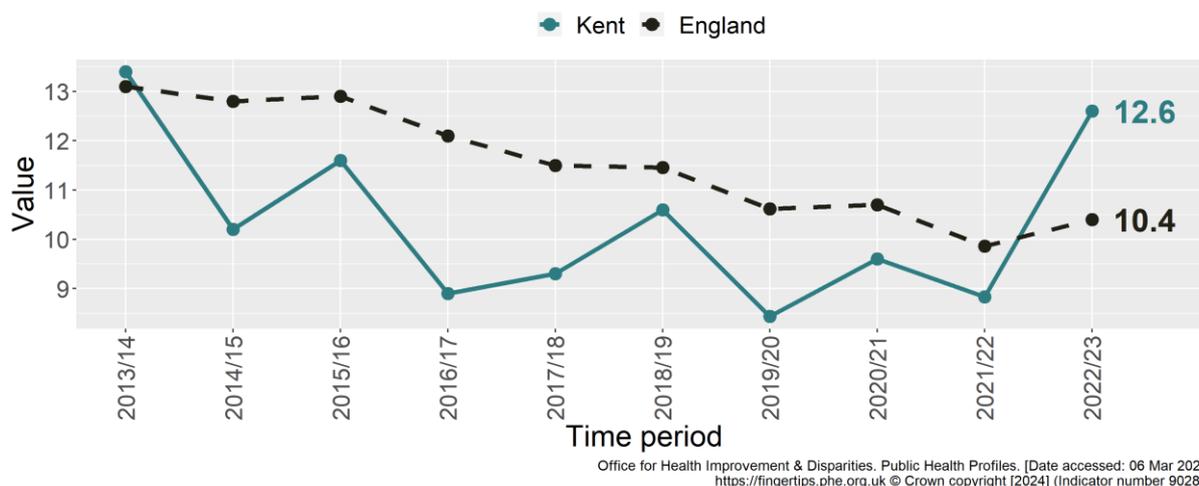


Figure 6: Gap in the employment rate between those with a physical or mental long term health condition (aged 16 to 64) and the overall employment rate (higher is worse)

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