Lincolnshire JSNA:
Life Expectancy

What do we know?

Summary

Life expectancy at birth across Lincolnshire is 78.3 years for males and 82 years for females. Both are similar to the national averages of 78.13 years for males and 82.23 years for females.

Life Expectancy across Lincolnshire has continued to reflect the national picture.

However there are variations across the county - these differences are particularly noticeable at ward level.

Not only are there differences in life expectancy between the most deprived and least deprived areas but also people from less disadvantaged areas spend more years disability free.

Facts and figures

Comparator data and trends are include both of the following data sets (latest versions 2007-09):

- Age <75 years All Cause Mortalities by gender,
- Life Expectancy at Birth by gender

Disability-free Life Expectancy (DFLE) figures at Birth and at age 65 are Office of National Statistics (ONS) Experimental 1999-2003 values are provided at Middle Super Output Area (MSOA) level only, consequently as the numbers are small at MSOA level, these figures should be interpreted with caution.

DFLE at Birth figures are by gender, but DFLE at Age 65 figures are for “All Persons” only due to the low numbers. Please note that the date of future updates not yet known.

Life expectancy across Lincolnshire and nationally has continued to increase, with the latest data for 2007-09, showing that males are expected to live to 78.3 years and females 82.0 years. There is some evidence that the female life expectancy is not increasing in Lincolnshire at the same rate as nationally. In addition the gap between male and female life expectancy is also narrowing.

Life expectancy does vary across the county, based on the 2003 – 2007 data, the following life expectancy is:

- For males, the lowest life expectancy is in Boston at 76.6 years, whereas North Kesteven records a male life expectancy of 79.3 years.
- For females the lowest life expectancy is in Boston and Lincoln at 81.1 years, whereas the highest in North Kesteven of 83.3 years.

The gaps in life expectancy are even more apparent at ward level, for example:
• For males the lowest life expectancy is in Gainsborough South West, West Lindsey at 71.7 years and the highest in North Hykeham Moor, North Kesteven at 84.2 years

• For females in Park Ward Lincoln life expectancy is 74.6 years, compared to North Hykeham Forum North Kesteven 92.3 years, 17.7 years difference.

The National average for deaths amenable to healthcare stands at 101.8 per 100, the overall Lincolnshire figures are better than the national average at 97.36 per 100,000. Inequalities become more apparent as you drill down, for example Lincoln is worse than the national average at 118.8 per 100,000.

DFLE varies across the county, with a large difference shown within the City of Lincoln. The number of years people are expected to live disability-free beyond 65 years varies between 21.5 years in the northern edge of the city compared to 14.82 years in the area to the east of the city centre.

Place of death data shows that the highest number of people who die in their home or a care home, is in South Kesteven (46.86%) the Lincolnshire average being 40.6%. The lowest number dying in their home or a care home is in South Holland at 36.68%. In 2009 the Quarter 4 data for England showed that 38.9% of deaths were at home or in a care home, with the average for Lincolnshire being higher.

**Trends**

Life expectancy has increased for both males and females between 2004-2006 and 2007-2009, however the increase has been faster for males (from 77.4 years to 78.3 years) than females (from 81.6 years to 82.0 years).

Under 75 all cause mortality shows that there has been a decrease between 2004-2006 and 2007-2009, from 298.7 (rate per 100,000) to 275.04 (rate per 100,000).

The data relating to DFLE is for the period 1999-2003 only and has not since been updated therefore no trend can be established. However the data does highlight differences across the county for DLFE, a key element of the Marmot Review (highlighting that not only are people from more deprived backgrounds more likely to die younger than those from less deprived areas, but they are also more likely to have a disability affecting their quality of life for a longer period of time).

Within the City of Lincoln the data shows a range between 21.5 years DFLE beyond 65 years in a MSOA to the north of the city compared to 14.82 years for those living in the area to the east of the city centre.

**Targets**

There are no current national targets, Public Service Agreements (PSA) targets from the previous government were:

• To increase the average life expectancy at birth in England to 78.6 years for men and to 82.5 years for women by 2010 (this will be based on 2009-2011 data, this is not yet available).

• To reduce the relative gap – i.e. percentage difference - in life expectancy at birth between the areas with the worst health and deprivation indicators (the Spearhead
These PSA targets were set in the Department of Health published as part of the Government Spending Review 2004. All age all cause mortality rates are used as an approximate measure for life expectancy, and are monitored as part of the PSA Delivery Agreement 18, published in 2007.

Targets based on All Age All Cause Mortality (AAACM) were previously recorded as part of World Class Commissioning, and are feature within NHS Lincolnshire’s Public Health plans for 2011-2012.

**Performance**

Life expectancy in Lincolnshire is currently 78.3 years for males and 82.0 years for females (2007-2009) below the national target for both males (78.6 years) and females (82.5 years).

The lowest life expectancy for males is in Boston at 76.6 years, compared to the highest in North Kesteven at 79.3 years. In comparison the lowest life expectancy for females is in Boston and Lincoln at 81.1 years, compared to the highest in North Kesteven at 83.1 years.

The City of Lincoln was classified as a **Spearhead area** and had a life expectancy in the period 2007-2009 of 77.0 years for males (compared to the England average of 78.0 years) and females 81.1 years (compared to the England average of 82.1 years).

The data submitted for the AAACM targets show that for both males and female life expectancy has been increasing across Lincolnshire. In the period 2002-2004:

- Males had a life expectancy of 76.7 years (above the national average of 76.5 years),
- Females had a life expectancy of 80.9 years (equal to the national average)

Life expectancy in Lincolnshire for the period 2006-2008:

- Male life expectancy had increased to 78.0 years (above the national average of 77.9 years)
- Female life expectancy had increased to 81.7 years (below the national average of 82.0 years)
What is this telling us?

Summary

We need to focus on the recommendations from the Health Inequalities National Support Team (HINST) to improve life expectancy and target conditions amenable to healthcare.

In order to address inequalities in life expectancy we will need to consider interventions that take into account wider determinants of health, such as those highlighted within Marmot and the Public Health White Paper.

Local views

Shaping Health for Lincolnshire ran between May and August 2007 and was a large-scale consultation on the future of health and health services in Lincolnshire.

There does not appear to be any direct consultation with communities on life expectancy however disease related consultation such as Coronary Heart Disease health inequalities would be linked.

National and local strategies

These include:

A Healthy Lincolnshire

Public Health White Paper 2010:

Current activity and services

A visit by the Health Inequalities National Support Team (HINST), part of the Department of Health, in October 2010 highlighted a number of key health inequalities across Lincolnshire. They made a number of recommendations will be taken forward to help improve life expectancy across the county, focusing on improving the health of those with poorest health and will be based around clinical targeting of conditions amenable to healthcare.

Key inequalities

Addressing the variation in life expectancy across the county is a key health inequality issue. As well as providing programmes and services to improve life expectancy overall, they will narrow the gap between the most and least deprived areas of Lincolnshire. We also want to increase the number of years people live free of disability. Currently health inequalities indicate that not only do people from more deprived areas die earlier but they also spend more years suffering from a disability.

In order to address inequalities in life expectancy we will need to consider interventions that take into account wider determinants of health, such as those highlighted within Marmot and the Public Health White Paper.
Key gaps in knowledge and services

The information on the LRO site does not take into account the Indices of Multiple Deprivation linked to life expectancy or provide information at Lower Super Output Area. Further investigation is needed into female life expectancy.

Risks of not doing something

The gap between the most and least deprived will grow leading to greater health inequalities.

There is a danger we will not continue to get a year-on-year improvement in life expectancy, so fall behind the rest of England.

Healthcare and social care costs continue to rise if we do not continue to work systematically to address long term conditions in order to increase the number of years people live disability-free.

What is coming on the horizon?

Public Health White Paper and associated strategies such as tobacco control.

What should we be doing next?

Develop a greater understanding of health inequalities across the county in order to inform future action.