



Cumbria County Council

**Barrow Obesity
Profile**

February 2014

Barrow Obesity Profile

Introduction

The following profile is a report containing some of the latest available data relating to overweight/obesity. It contains data, statistics, intelligence and charts that are considered to be useful to persons working within the district working within the overweight/obesity arena.

Population estimates and projection

In Mid-2012 Barrow-in-Furness's population was estimated to be 68,400. When compared to England & Wales, Barrow-in-Furness has lower proportions of residents in the three youngest age groups (0-44 years) and higher proportions of residents in the four oldest age groups (aged 45+).

Since Mid-2002, the population of Barrow-in-Furness has decreased by 2,900 people (-4.1%). The greatest percentage increase occurred in the 60-74 age group (+17.9%) and the greatest percentage decrease occurred in the 30-44 age group (-21.2%).

Since Mid-2002, the numbers of deaths in Barrow-in-Furness have equalled the numbers of births. Therefore, this 'natural change' has not contributed to the district's decrease in population. Instead, during the same time, 2,900 more people have migrated out of Barrow-in-Furness (to other parts of the UK and overseas) than have migrated into Barrow-in-Furness.

Source: CIO Recent Population Trends

Table 1: Population Change 2011-2021

	No. Persons 2011	2021	No. Change 2011-2021	% Change
England	53,107,200	57,687,800	4,580,600	8.6
Cumbria	499,800	507,700	7,800	1.6
Allerdale	96,400	97,700	1,300	1.3
Barrow-in-Furness	69,100	69,900	800	1.2
Carlisle	107,500	109,900	2,400	2.3
Copeland	70,600	71,600	1,000	1.4
Eden	52,500	53,700	1,200	2.3
South Lakeland	103,700	104,800	1,100	1.1

Source: Interim 2011-Based SNPPs, Office for National Statistics

Table 2: Ethnicity

	No. Persons	% Persons					
	All people	White: British	White: Other	Mixed / Multiple Ethnic Group	Asian / Asian British	Black / African / Caribbean / Black British	Other Ethnic Group
England & Wales	56,075,912	80.5	5.5	2.2	7.5	3.3	1.0
Cumbria	499,858	96.5	2.0	0.5	0.8	0.1	0.1
Allerdale	96,422	97.6	1.3	0.4	0.5	0.1	0.1
Barrow-in-Furness	69,087	97.1	1.3	0.5	0.9	0.1	0.1
Carlisle	107,524	95.0	3.1	0.5	1.2	0.1	0.1
Copeland	70,603	97.3	1.2	0.5	0.9	0.1	0.1
Eden	52,564	97.0	1.9	0.4	0.6	0.0	0.1
South Lakeland	103,658	95.6	2.8	0.6	0.8	0.2	0.1

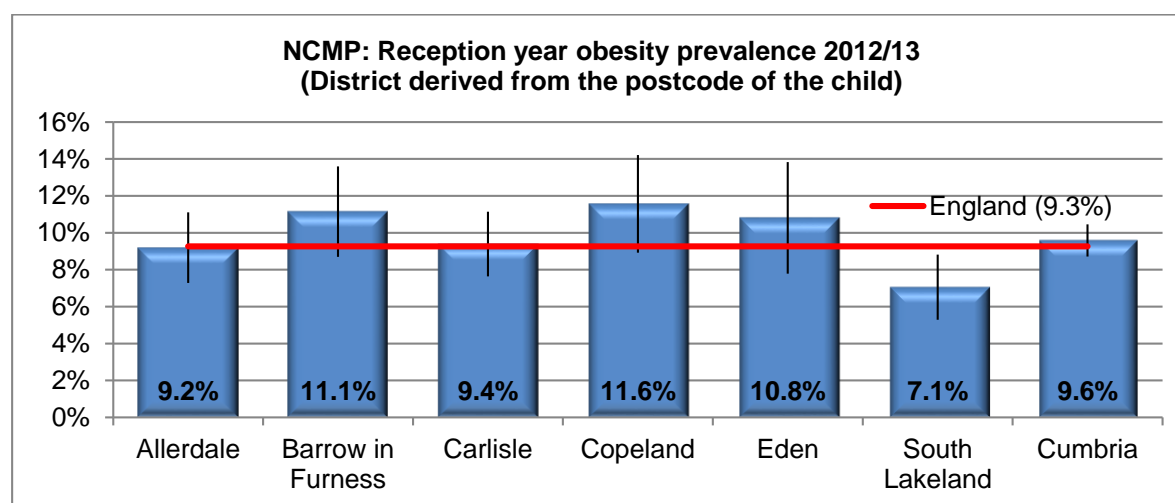
Source: 2011 Census, Office for National Statistics

Deprivation

Barrow is the most deprived district in Cumbria and one of the 10% most deprived districts in England. The district is the 32nd most deprived in England overall, the 5th most deprived for housing quality and the 3^d most deprived nationally for health.

Childhood obesity

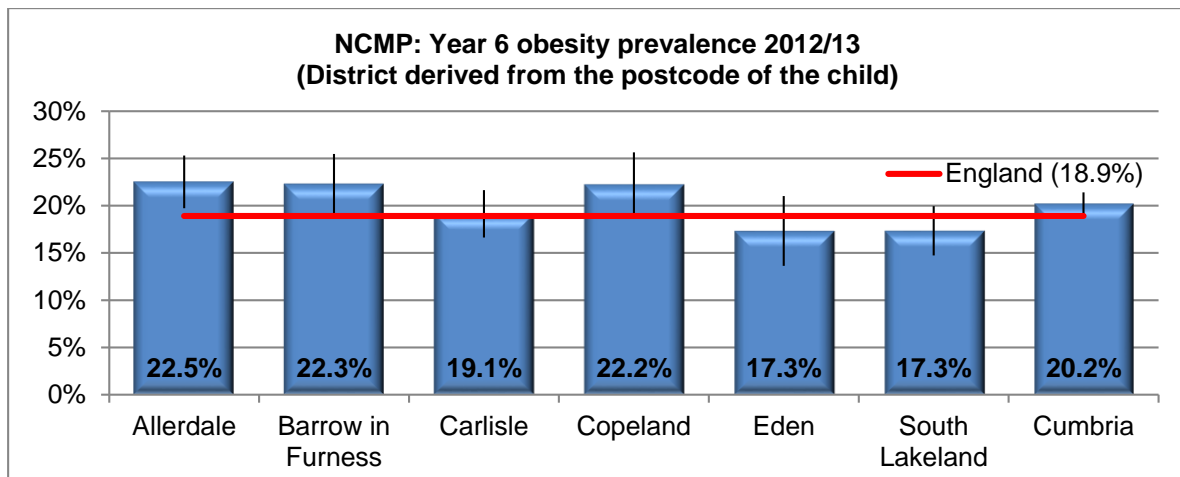
Research has shown that children living in poorer areas are more likely to be overweight or obese compared to those living in more affluent areas.

Figure 1: Obesity Prevalence - Reception Age Pupils

Source: National Obesity Observatory

At reception age Barrow district has the highest percentage of children obese.

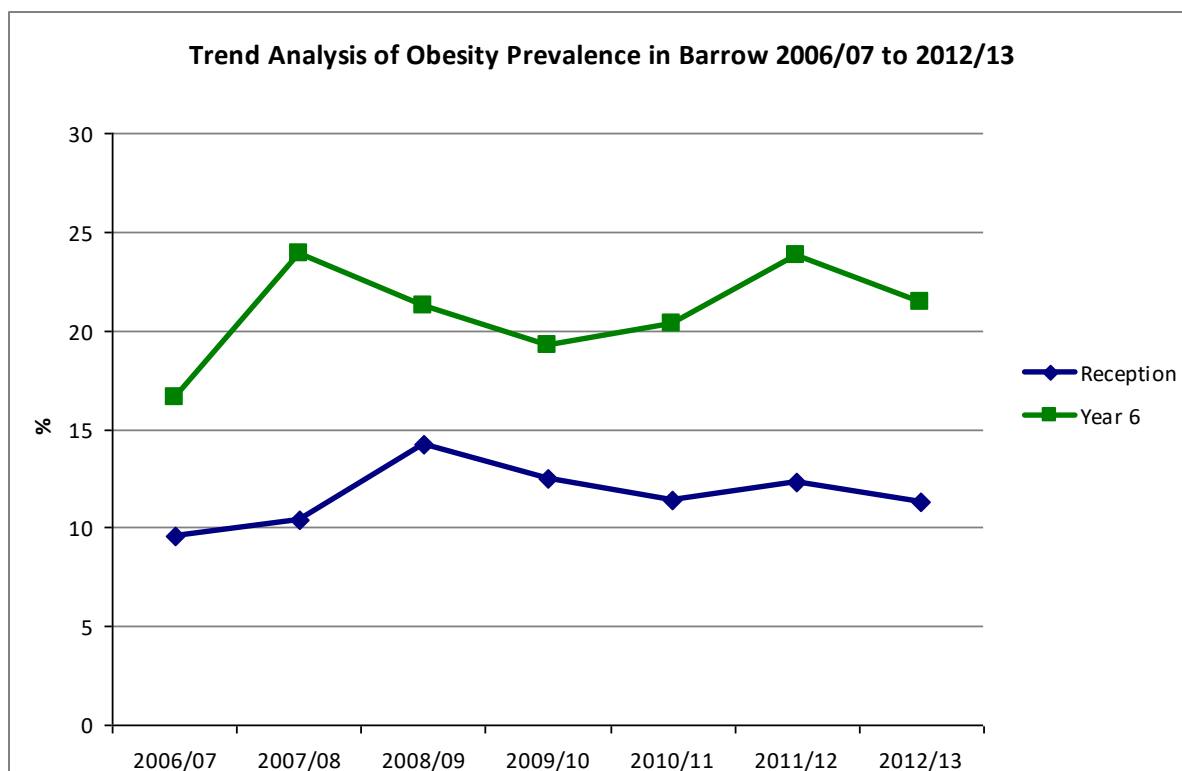
Figure 2: Obesity Prevalence – Year 6 Pupils



Source: National Obesity Observatory

As can be seen in **Figure 2**, in year 6 the percentage of children measured as obese in Barrow is higher than the national figure and it is the second highest in Cumbria. **Figure 3** gives an overview of the trends in child obesity in Barrow.

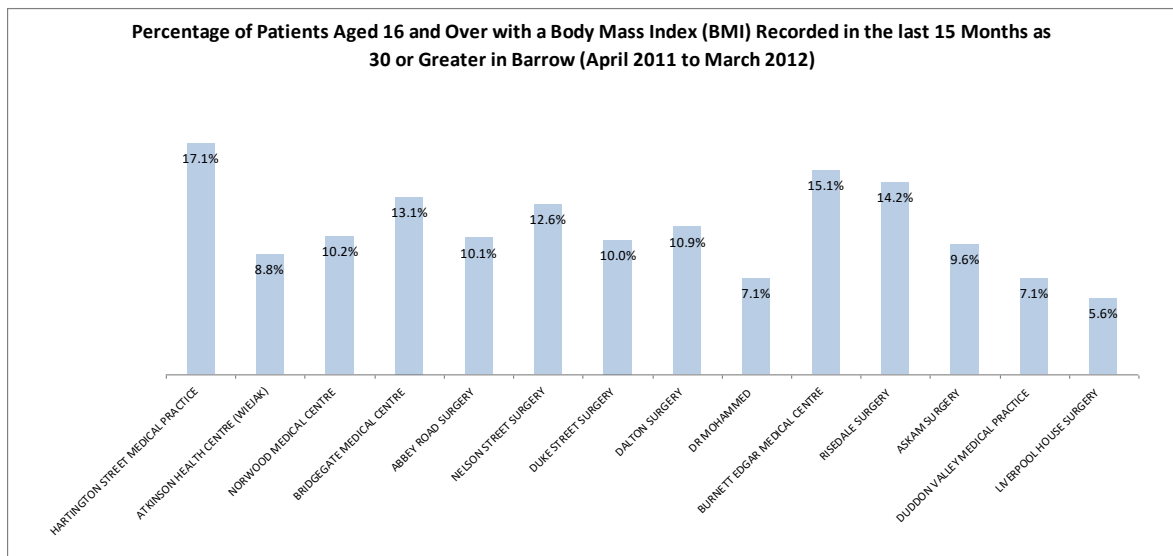
Figure 3: Trend Analysis of Obesity Prevalence in Barrow



Source: NCMP Local Authority Profile

Adult Obesity

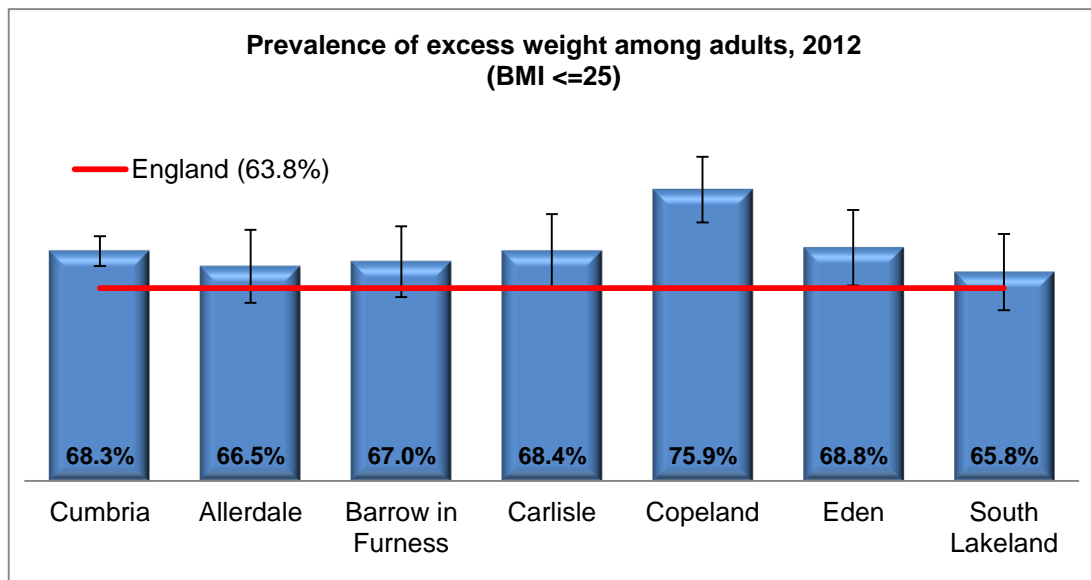
Figure 4: Adult Obesity Prevalence



Source: PRIMIS, Cumbria Partnership NHS Foundation Trust

Across Barrow there is a wide variation in the percentage of patients recorded as obese ranging from 5.6% and 17.1% of GP registered patients aged 16 or over.

Figure 5: Adult Excess Weight Prevalence



Source: National Obesity Observatory

Excess weight is a term used for overweight including obesity; it is defined in adults as a BMI greater than or equal to 25kg/m². This is a new indicator introduced in February 2014. Data was collected by Sports England via the Active People Survey (APS). The APS is a large telephone survey of sport and active recreation among adults (age 16 and over) in England. As shown in **Figure 5** Barrow has higher levels of overweight people when compared with the national average.

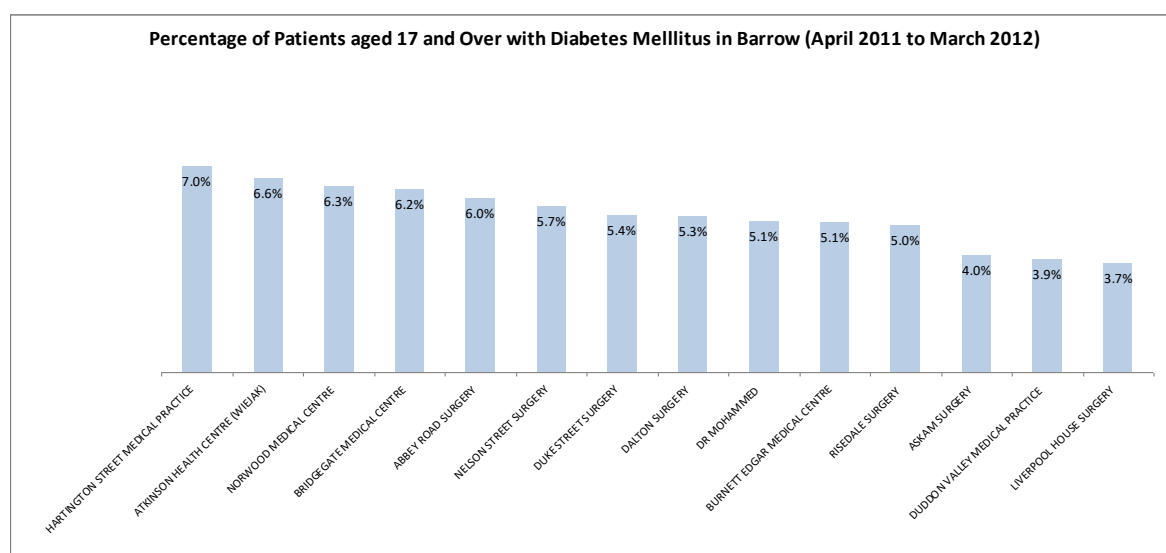
Table 3: Ward level obesity

District	Ward name	Children (%)		Adults (%)
		2009/10 to 2011/12		2006-08
		Reception	Year 6	16+
Barrow	Barrow Island	11.9	24.7	27.0
Barrow	Central	16.0	24.9	27.8
Barrow	Dalton North	9.2	21.3	26.3
Barrow	Dalton South	10.3	23.3	26.4
Barrow	Hawcoat	13.5	11.4	22.4
Barrow	Hindpool	15.5	26.6	27.6
Barrow	Newbarns	11.7	15.0	24.5
Barrow	Ormsgill	11.2	23.8	26.3
Barrow	Parkside	9.4	20.0	24.7
Barrow	Risedale	11.2	18.1	27.1
Barrow	Rosecote	9.3	16.2	26.2
Barrow	Walney North	11.4	26.1	26.7
Barrow	Walney South	11.7	25.1	26.9

Source: Local Health Profiles (PHE)

Table 3 shows the level of obesity at ward level. Where five or fewer children have been measured the data has been suppressed.

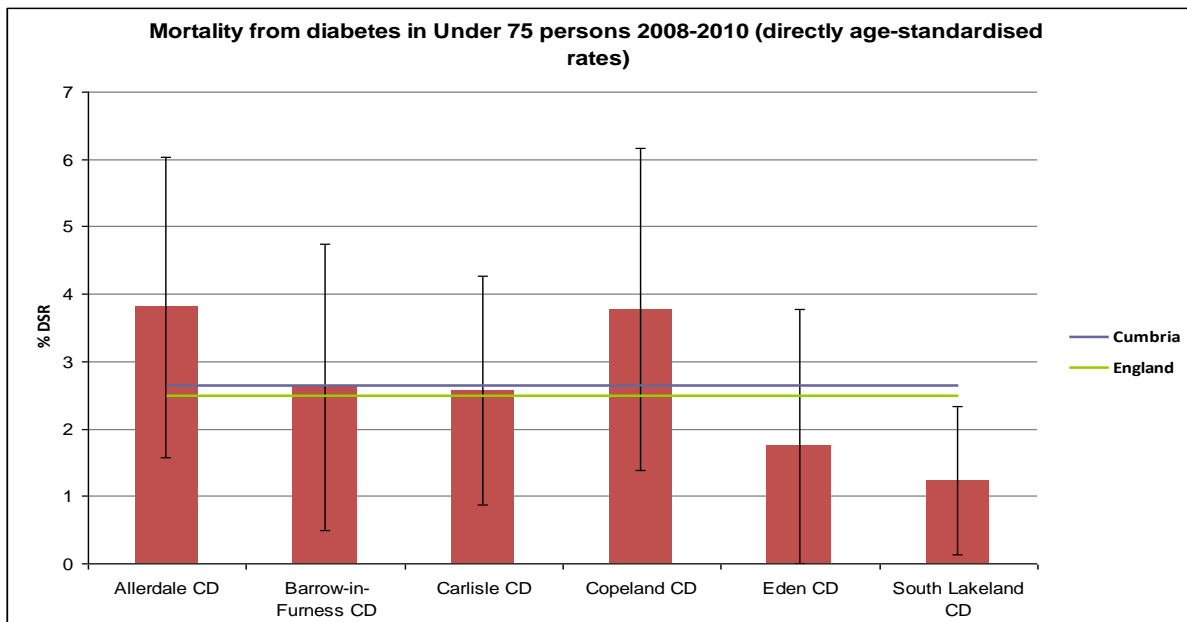
Diabetes

Figure 6: Diabetes Prevalence

Source: NHS Information Centre

Generally the practice with highest percentage of obese patients also has the highest prevalence of patients with diabetes. The range in percentage of patients is from 3.7% to 7.0%.

Figure 7: Diabetes Mortality

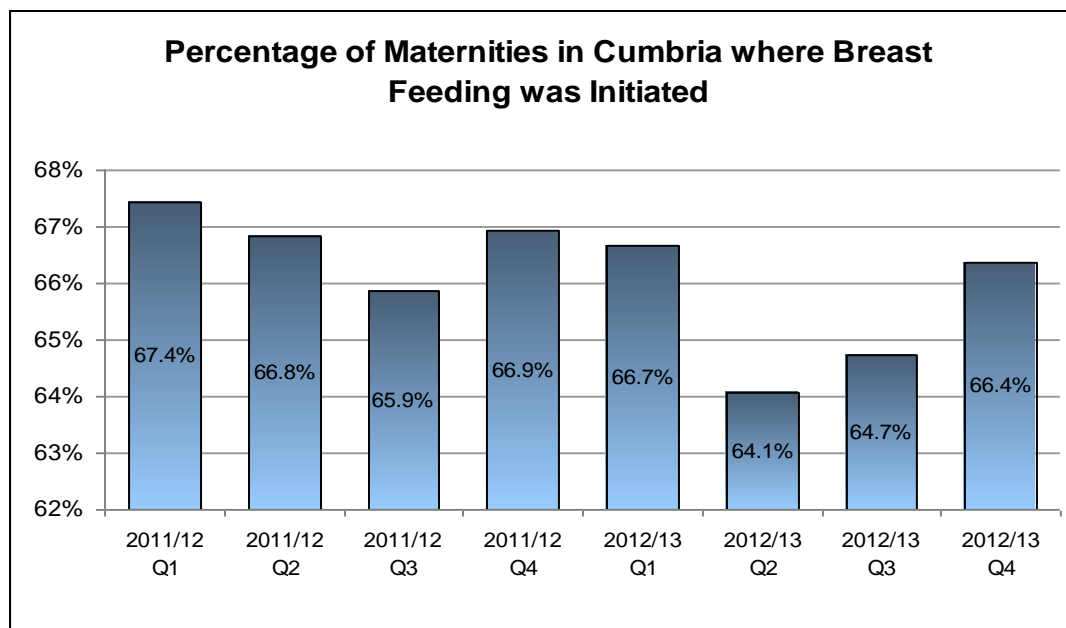


Source: Health & Social Care Information Centre

The data from 2008-2010 suggests Barrow does not have a premature mortality from diabetes significantly higher than the rest of Cumbria. However it is slightly higher than the England average.

Breast Feeding

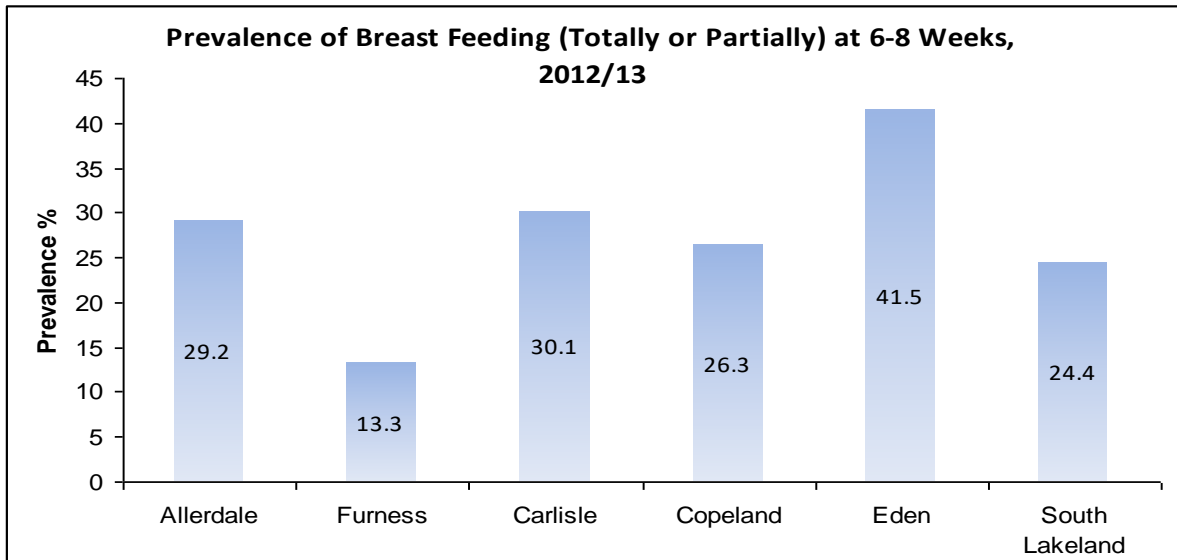
Figure 8: Breast Feeding Initiation



Source: Department of Health

The data for breast feeding initiation is only available for Cumbria and is lower than the 73.9% (2012/13) for England. There is no evidence to suggest Barrow would have a higher percentage initiation than Cumbria.

Figure 9: Prevalence of Breast Feeding at 6-8 Weeks, Locality

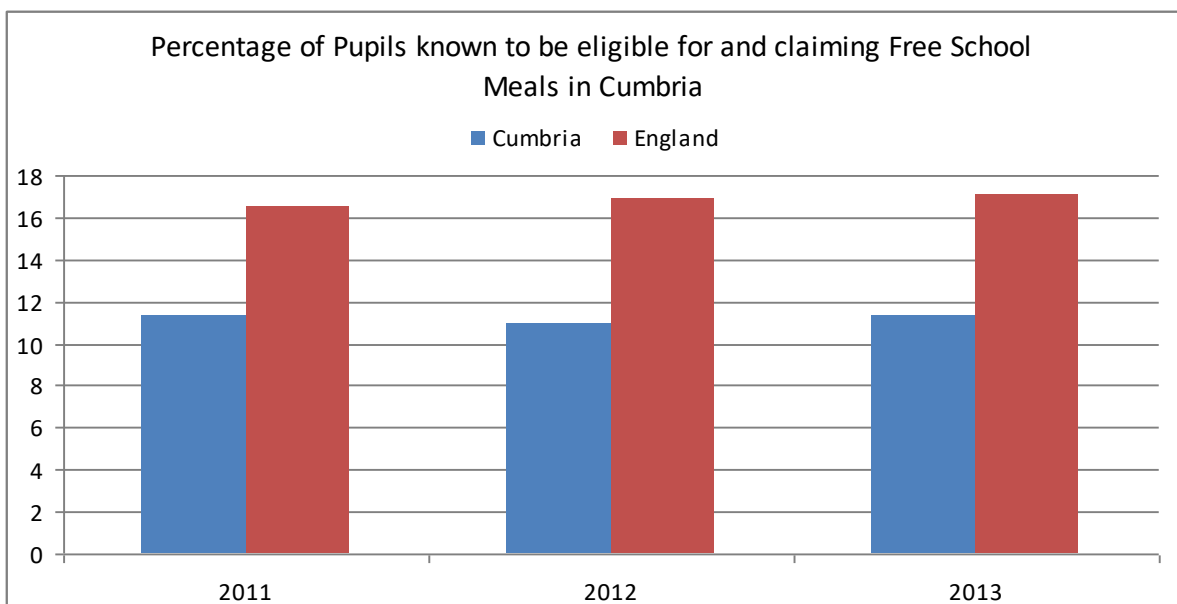


Source: ONS

Breast feeding (totally or partially) prevalence data at 6 to 8 weeks are shown in **Figure 9**. Latest figures (2012/13) show a prevalence of 13.3% in Furness. This is noticeably below the Cumbria average of 31%.

Nutrition

Figure 10: Free School Meal Take Up – Cumbria & England

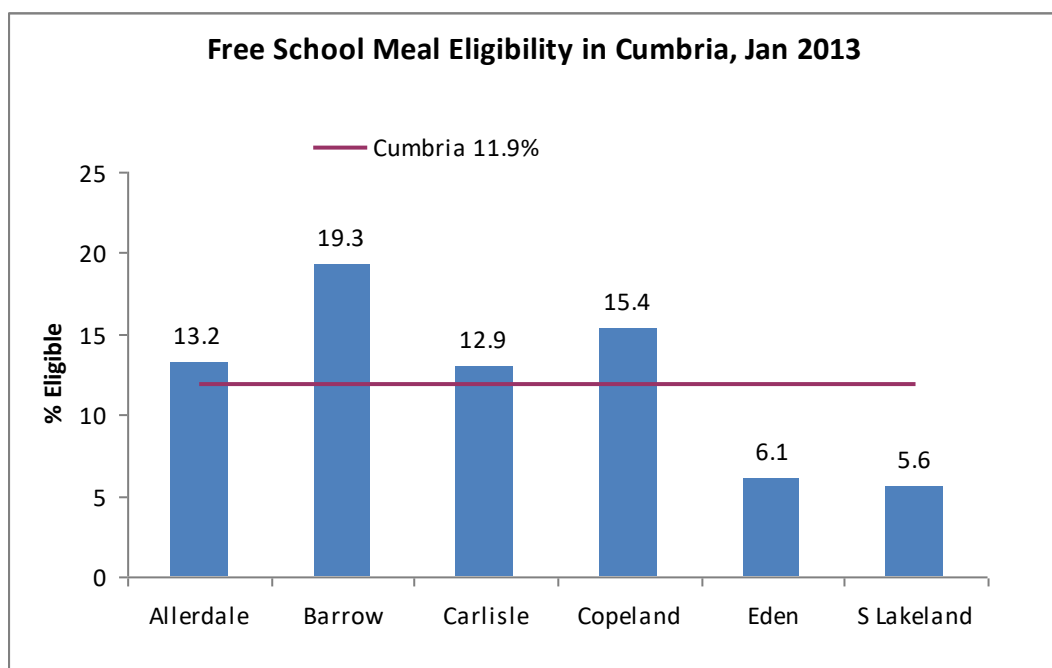


Source: Department for Education

In Cumbria there is a lower percentage than the national average of pupils eligible and receiving free school meals.

At district level the growth of academies has meant it has become more difficult to measure take-up of free school meals accurately. However as a guide the eligibility for free school meals for each of the six districts is shown in **Figure 11**. Barrow has the highest number of children eligible for free school meals.

Figure 11: Free School Meal Eligibility – Districts



Source: Children's Services (Pupil Census)

Take up of free school meals in primary schools can be obtained and is listed in **Table 4** for Barrow. In total 146 primary school children that were eligible for FSM did not take them up.

Table 4: Free School Meals – Barrow Primary Schools

	Barrow Primary Schools
Number Eligible (2013)	1,058
% Take Up (2013)	86.2
Change in % take up (2012 to 2013)	-1.2%

Data for FSM take up is not available for all secondary schools but for the 3 secondary schools in Barrow where it was available free school meal take up averaged 95.8%.

Table 5: Fast Food Outlets

LA Name	Number of fast food outlets	Crude rate per 100,000
Allerdale	63	67
Barrow-in-Furness	55	78
Carlisle	93	89
Copeland	43	62
Eden	28	54
South Lakeland	70	67

Source: 2010 NOO

Barrow has one of the highest rates of fast food outlets compared to the rest of Cumbria. As Barrow is the least rural area in the county, this may explain the higher rate.

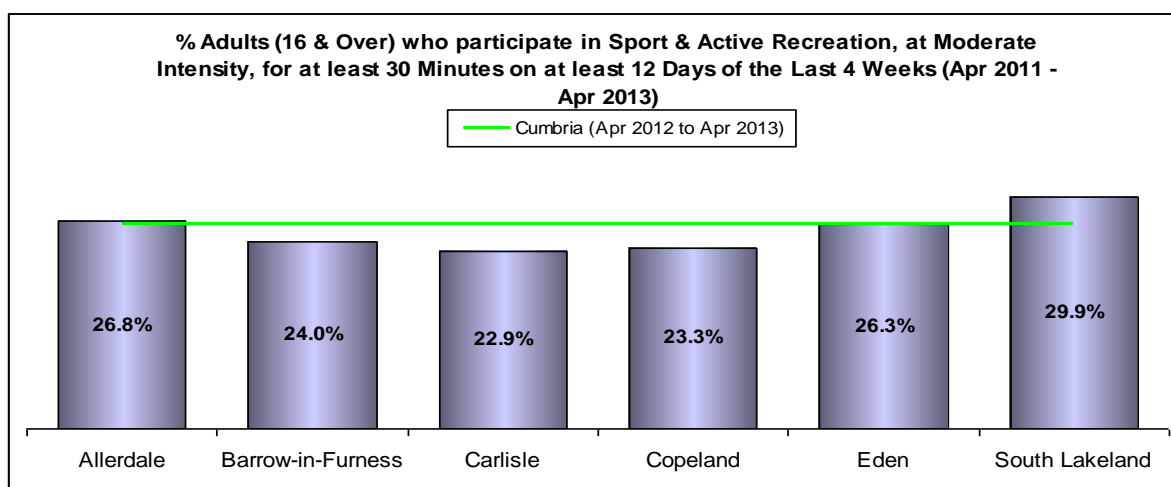
Physical Activity

Children and young people

Data for Cumbria suggests physical activity level significantly drops off in year 12-13.

Adult participation in sport and active recreation

Adults who are physically active have a 20-30% reduced risk of premature death (DoH, 2004). Physical activity has an effect on cardiovascular risk, it reduces the risk of some cancers such as colorectal cancer, and it reduces the incidence of falls and osteoporosis in the elderly, and has been shown to reduce depression, stress and anxiety (DoH, 2004).

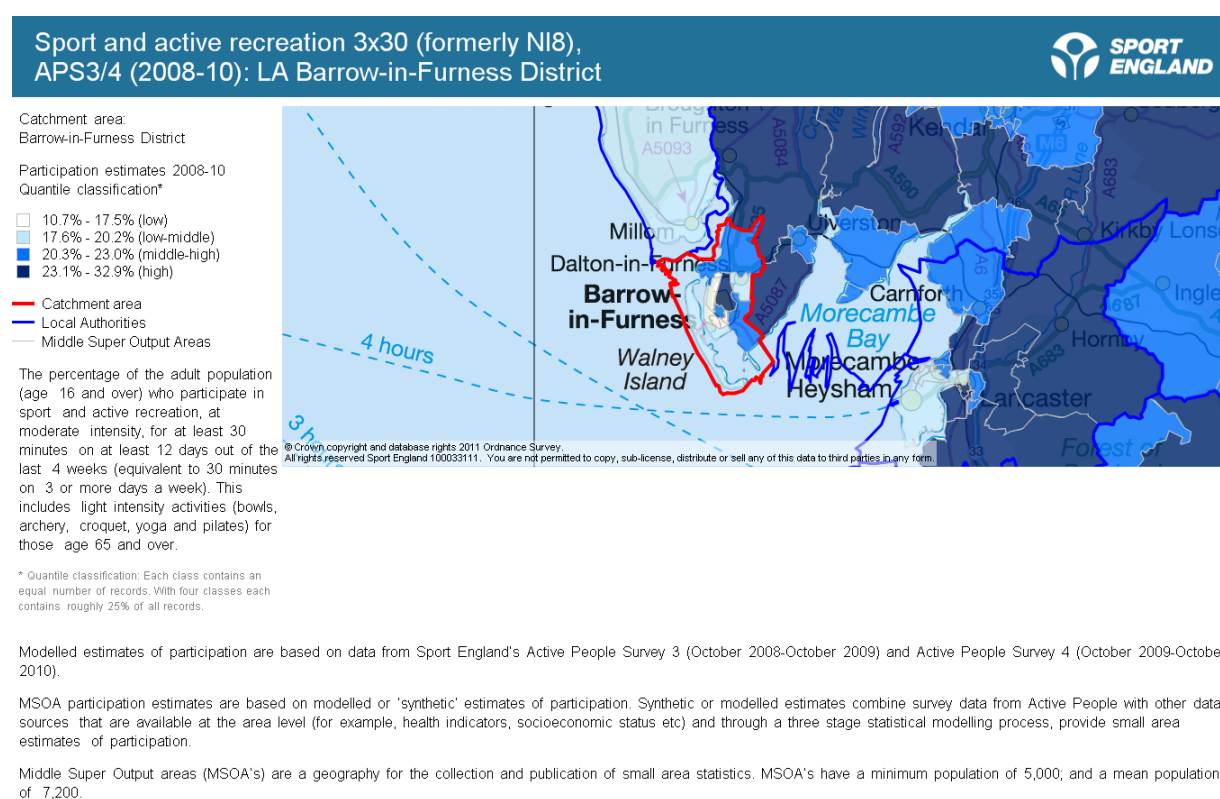
Figure 12: Adult Participation in Sport and Active Recreation

Source: Sport England

Sport England (formerly national indicator NI8) measures the percentage of the adult population (age 16 years and over) in a local area who participate in sport and active recreation, at moderate intensity, for at least 30 minutes on at least 12 days out of the last 4 weeks (equivalent to 30 minutes on 3 or more days a week). **Figure 12** shows that 24% of the adult population of Barrow participated in some form of physical activity. This is below the Cumbria average of 26.4%.

To see a more localised view, the information is available at Middle Super Output Area (MSOA) level, which is shown in **Figure 13**.

Figure 13: Adult Participation in Sport and Active Recreation - MSOAs



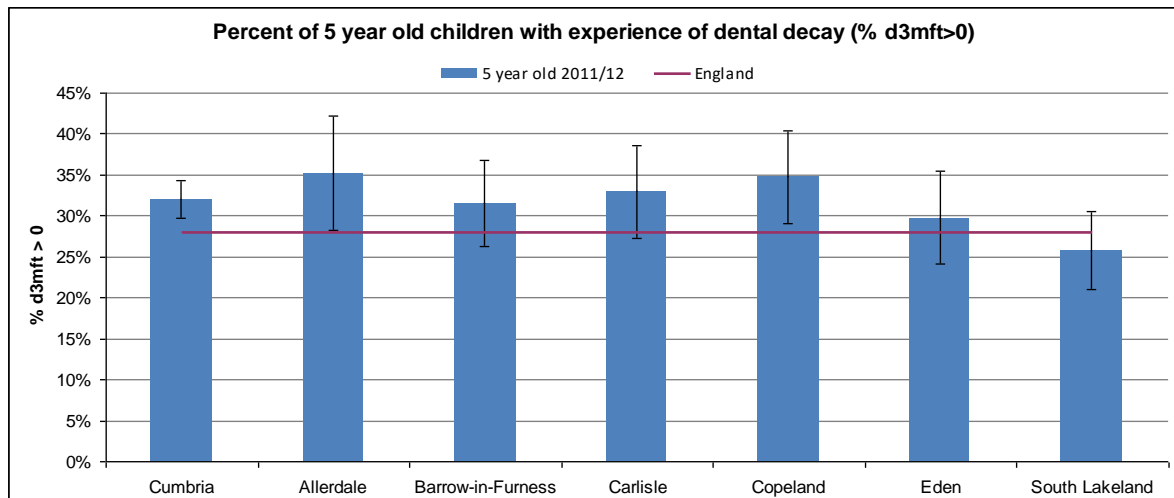
Source: Sport England

Access to Green Space

At 78 km² Barrow has by far the smallest geographical area of any district in Cumbria. It is also the most densely populated district in the county with a current population of 70,700. The district is predominantly urban with only 18.2% of the population living in rural areas, compared to 51.2% of Cumbria's population as a whole.

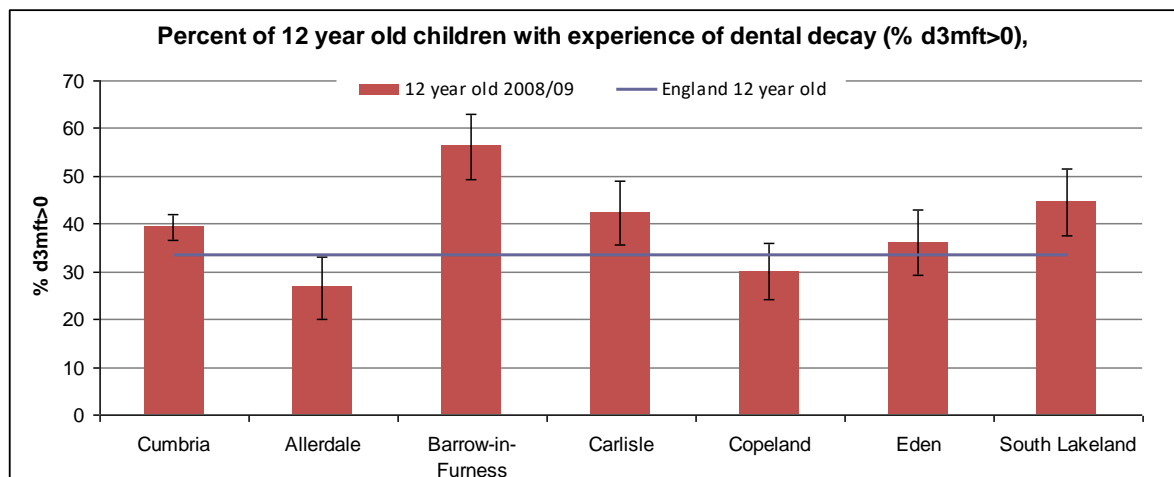
Dental Issues

Figure 14: 5 Year Olds Experiencing Dental Decay



Source: Health & Social Care Information Centre

Figure 15: 12 Year Olds Experiencing Dental Decay



Source: Health & Social Care Information Centre

Barrow shows the third lowest percentage of 5 year olds with decayed teeth, but is lower than the national figure. At age 12 the percentage in Barrow with decayed teeth is the highest in the county and again is higher than the England figure.