

Portsmouth population health summary



2021
2022

Key points



Portsmouth is unique as a city in which the majority of the population live on Portsea Island. Residents in communities like Portsmouth gain from living close to the sea, but coastal communities often face stark inequalities.

The Public Health Annual Report 2021/22¹ summarises how those challenges are experienced by residents in Portsmouth.

We do not yet know the full impact of Covid-19 on our city. However what we do know, and what the last two years have highlighted further, is the

extent to which the circumstances of people's lives shape the health outcomes they experience.

The full report describes what we know about our population in more depth but some of the key points to highlight can be found in this document.

¹ <https://www.portsmouth.gov.uk/wp-content/uploads/2022/08/Public-Health-Annual-Report-2021-2022-final.pdf>

At a glance page with the infographics on

Life expectancy

Life expectancy in Portsmouth is shorter than England and there are significant inequalities within Portsmouth. A man born in Portsmouth's most deprived areas can, on average, expect to live nine years fewer than one born in the least deprived parts of the city. Men and women in the city can expect to live 62 years in good health, but

this varies by 15 years for men and 14 years for women between more and less deprived areas. The likelihood of dying prematurely (before 75) in Buckland, City Centre and Somerstown is twice as high as in England. This is driven by causes such as cardiovascular disease, stroke, heart disease, cancer, liver and respiratory disease.

Population

Portsmouth is a young city with a comparatively high proportion of people aged 20-24. It is also an ageing population, with most of the growth projected over the next 20 years being among those aged 65+.





Portsmouth
is ranked **59th of
326 local authorities
for deprivation**,
where 1 is the
most deprived.

Deprivation

Even before the cost of living crisis, nearly 8,000 children were in relative low-income families (before housing costs), including more than 1 in 3 children in Charles Dickens Ward. And over 6,500 people aged over 60 are estimated to live in income-deprivation. While employment rates are similar to England, the

proportion of economically active people claiming unemployment has increased due to the impact of Covid-19 and is significantly higher than in England or the South East. Particular communities such as Paulsgrove have been highlighted in recent reports as being extremely vulnerable to poor health outcomes.

Long term conditions

Many Portsmouth residents experience one or more long term health conditions that limit their daily activity, including hypertension, diabetes and chronic obstructive pulmonary disease (COPD). Prevalence increases with age.



In 2021, **13%**
of patients registered with
Portsmouth GPs reported
having a long-term mental
health problem, which
would equate to 23,000
residents aged 16+.

Risk factors and behaviours

Lifestyle factors and behaviours, including smoking, being overweight or obese, poor diet and lack of physical activity, are also closely linked to having a high co-morbidity of three or more health conditions.

Smoking is the most important cause of preventable ill health and premature mortality in the UK. Smoking is a major risk factor for many diseases, such as lung cancer, COPD and heart disease.



14%

of Portsmouth adults are estimated to be current smokers but this is significantly higher in council/social housing (41%), in routine and manual occupations (27%), and in those with a longer term mental health condition (37%), for example.



Wider determinants

People who have good quality and secure jobs and housing in the communities where they have families and social networks stay healthier, feel happier and live longer. In order for them to secure work, homes and relationships, they need a good start in life, support when

they have problems, and care when they need it. The city's **Health and Wellbeing Strategy**² sets out how we are aiming to achieve this. The context of wider determinants is important when considering the health challenges local people face.

2 <https://www.portsmouth.gov.uk/wp-content/uploads/2022/05/health-and-wellbeing-strategy-january-2022-accessible.pdf>



Covid-19 impact

Almost everyone in Portsmouth will know someone who recorded a positive Covid-19 test at some point during the pandemic, or did so themselves, while everyone has been impacted in different ways by the policies introduced in response. Significant numbers of people suffered severe health outcomes resulting in hospitalisations and, sadly, hundreds of deaths. We know

that older and more vulnerable populations were particularly affected, while those from ethnic minority backgrounds were disproportionately at risk. Younger people were most adversely affected by some of the policy responses to Covid-19, while again it was those in more deprived areas who experienced the greatest negative impact on outcomes.



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