

The Local Picture: Population, demographics and health of those living in Luton and Bedfordshire



East London
NHS Foundation Trust



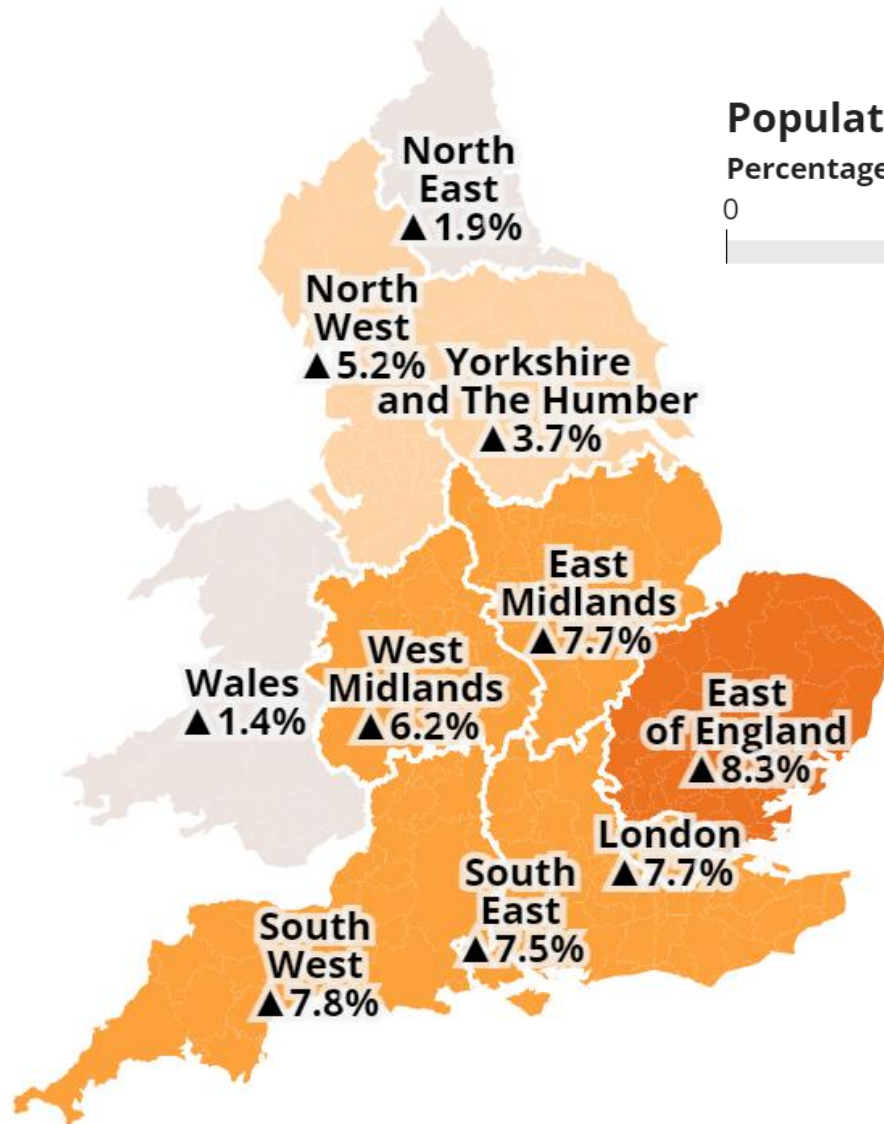
- Demographics and deprivation
- Mental health in Luton and Bedfordshire
- Social determinants of health
- Marmot Trust



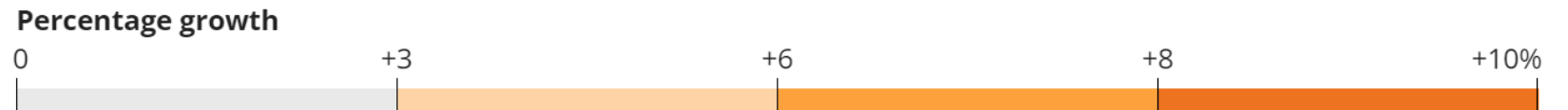
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Demographics and Deprivation

2021 Census Population change



Population change (%) in English regions and Wales between 2011 and 2021

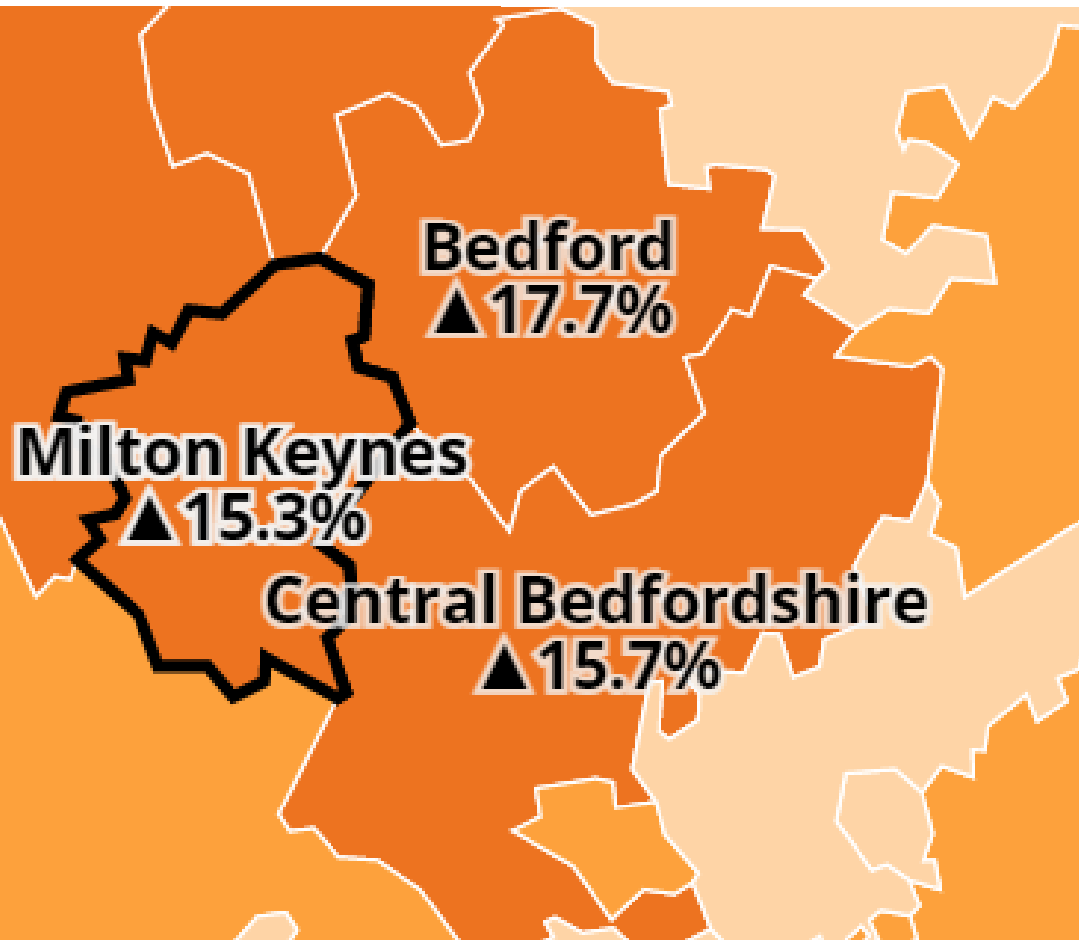
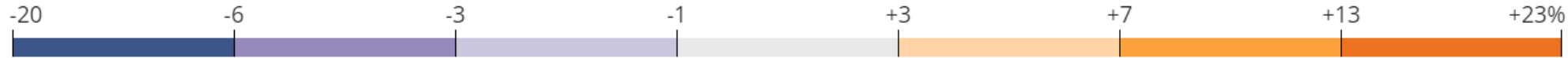


There were 59,597,300 people living in England and Wales on 21 March 2021, the day of the latest census. This is over 3.5 million more (6.3%) than in 2011 and is the largest census population ever recorded.

Population change

Population change in local authority areas near Milton Keynes between 2011 and 2021

Percentage change



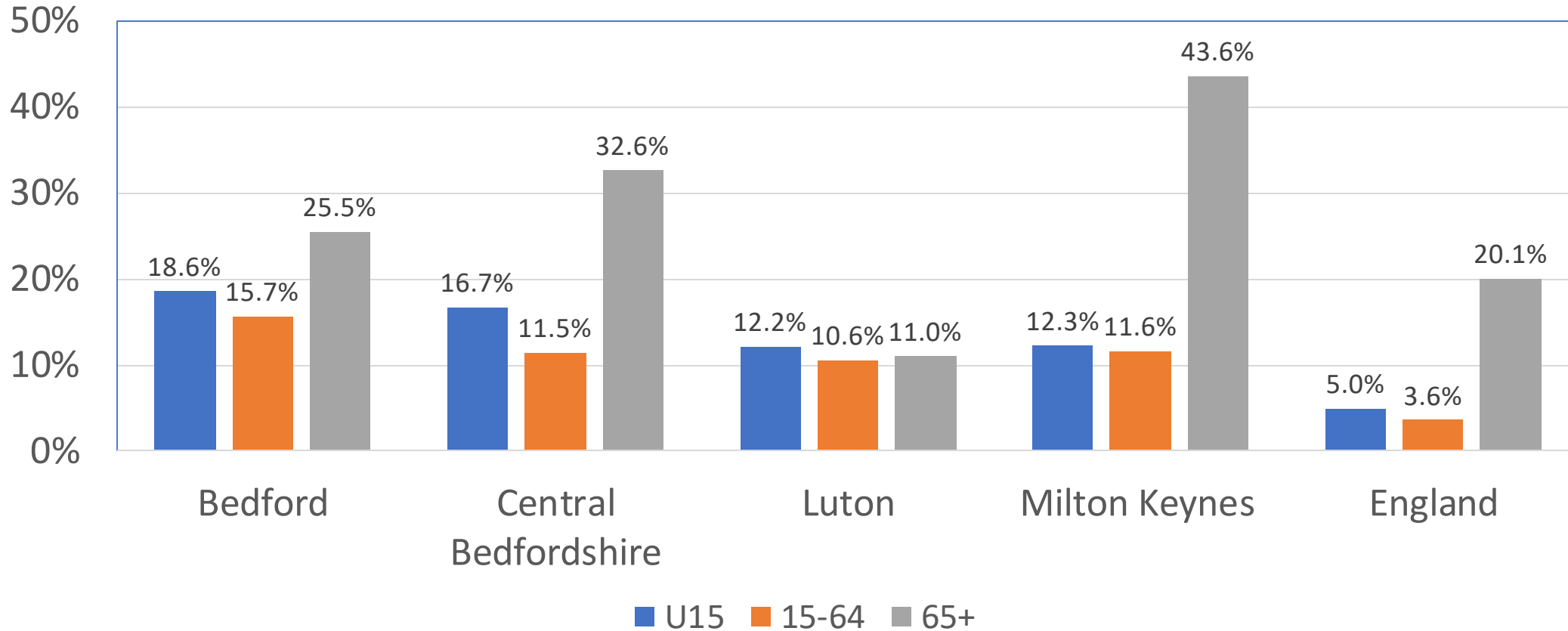
All BLMK areas have larger % population increases than England as a whole, with the populations of Bedford, Central Bedfordshire, Luton and Milton Keynes increasing by 17.7%, 15.7%, 10.9% and 15.3% respectively.

Local authority area	Usual resident population, 2011	Usual resident population, 2021	Number change	Percentage change
Bedford	157,479	185,300	27,821	+17.7
Central Bedfordshire	254,381	294,200	39,819	+15.7
Luton	203,201	225,300	22,099	+10.9
Milton Keynes	248,821	287,000	38,179	+15.3
LONDON				+7.7
EAST OF ENGLAND				+8.3
ENGLAND				+6.6



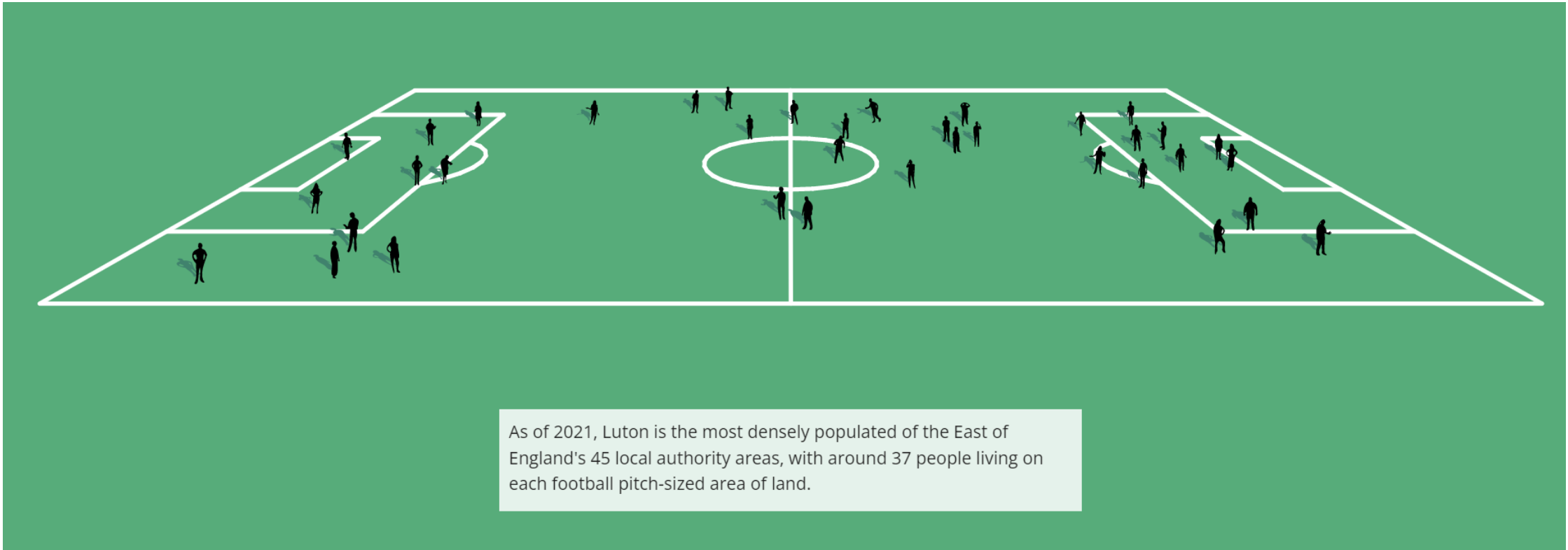
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% Population increase by age group - BLMK



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Ask about the #ELFTPromise

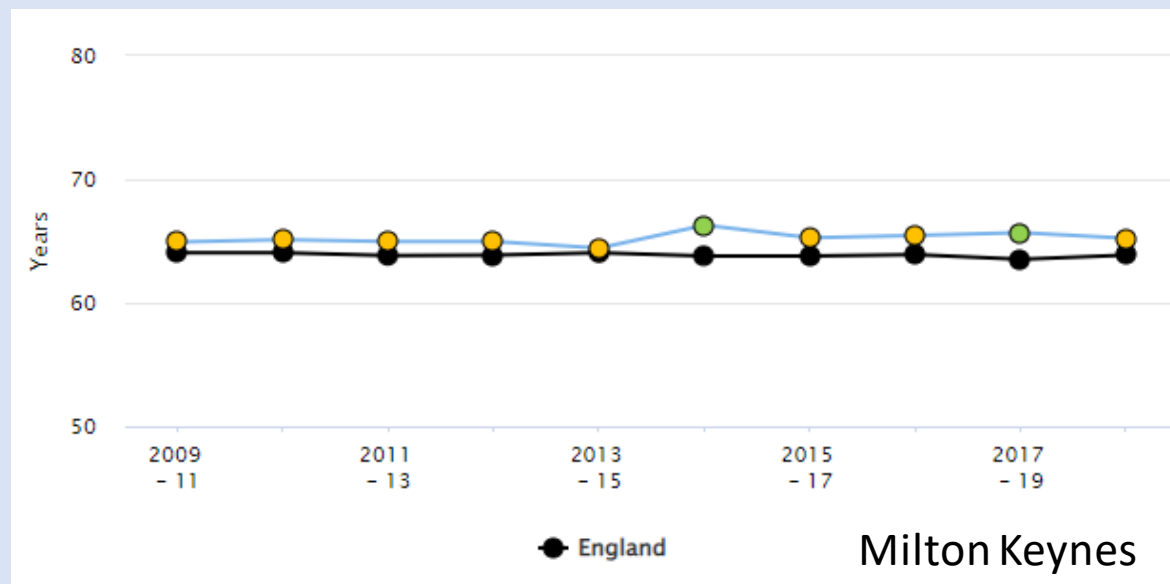
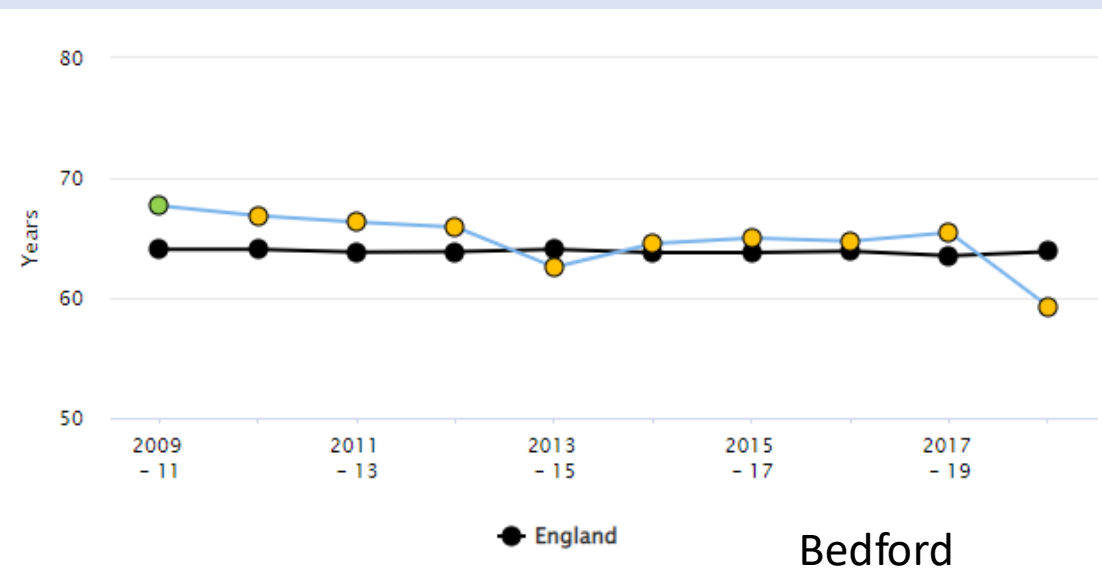
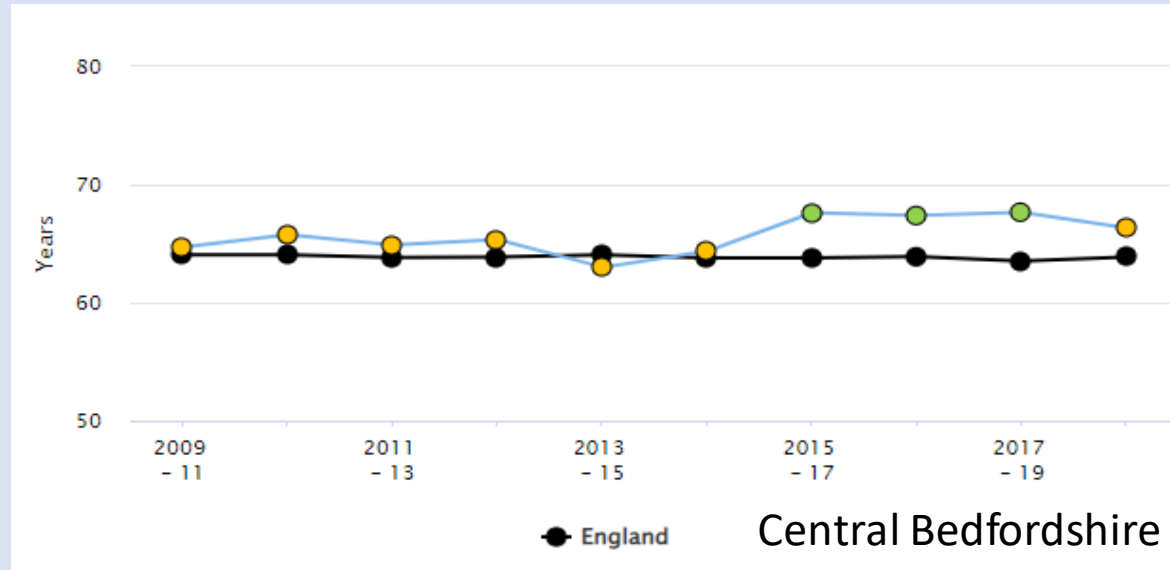
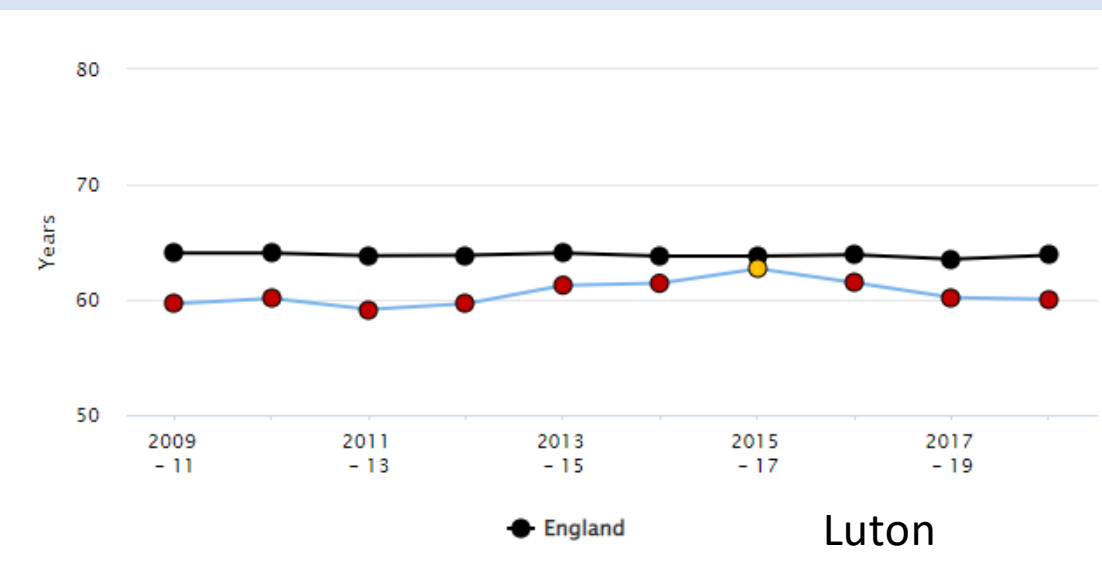


**...For comparison the England average is three people
for every football pitch-sized piece of land**

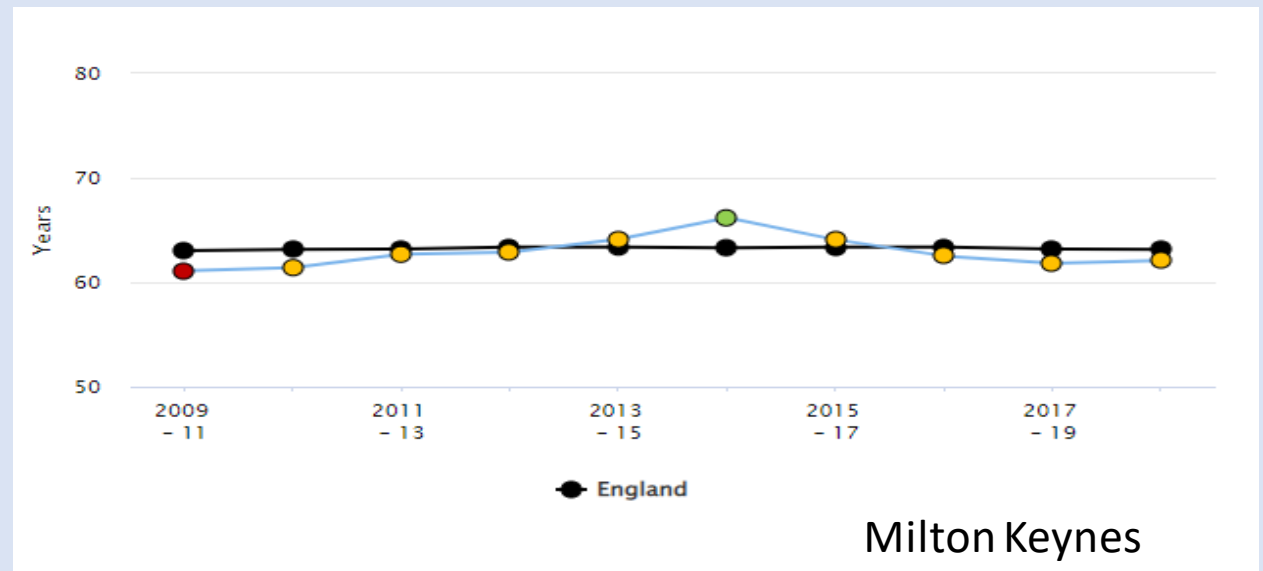
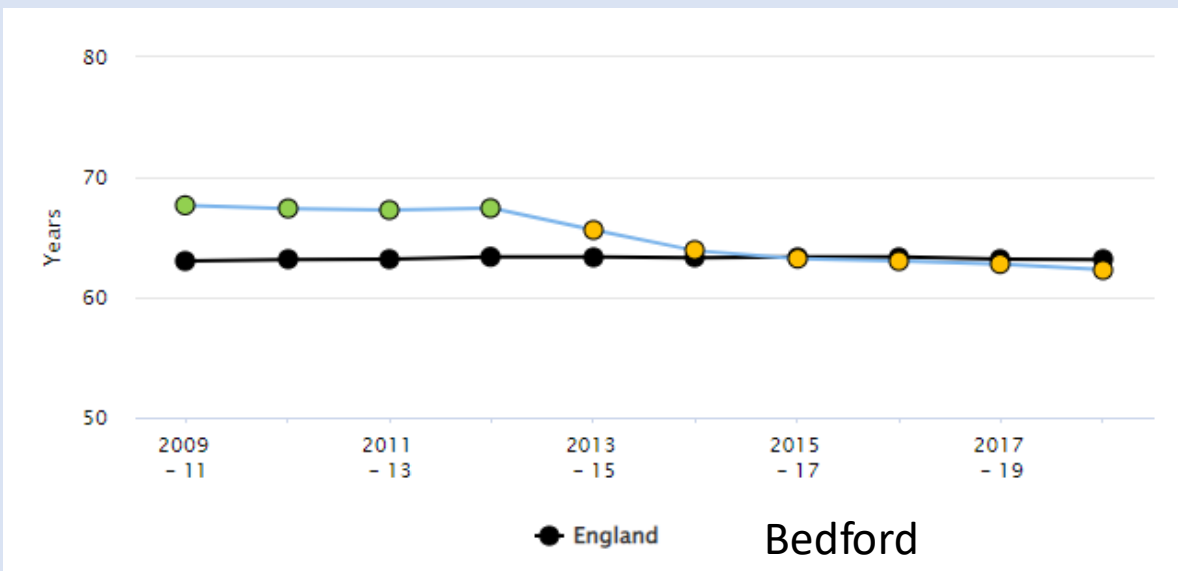
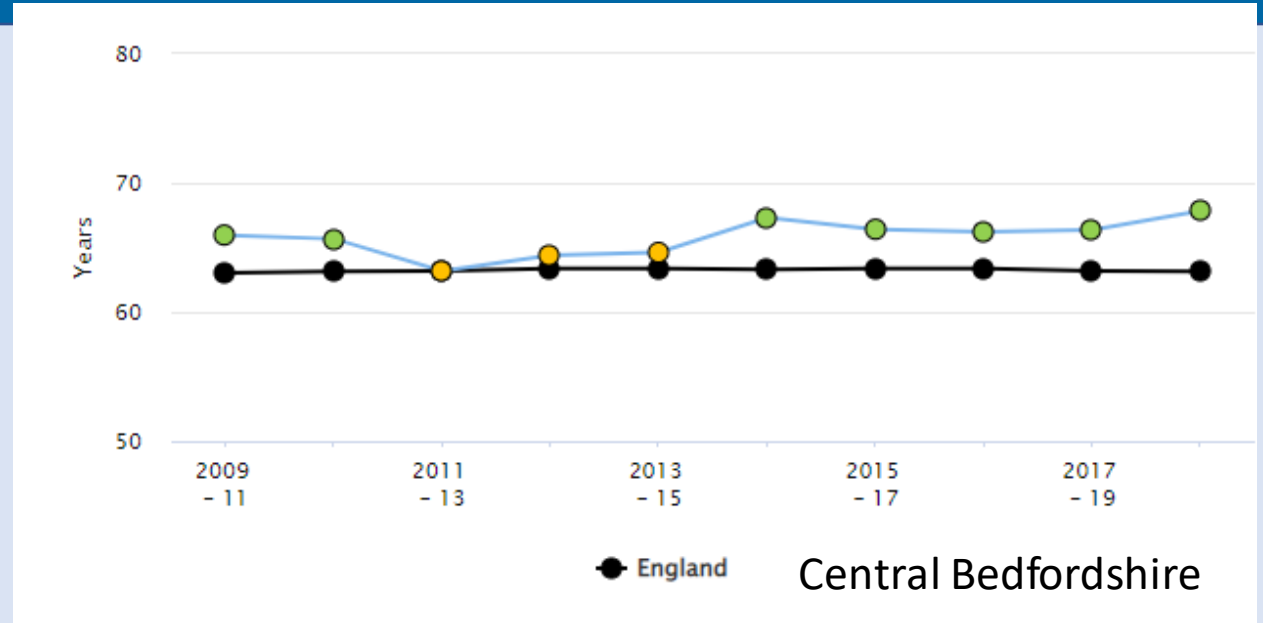
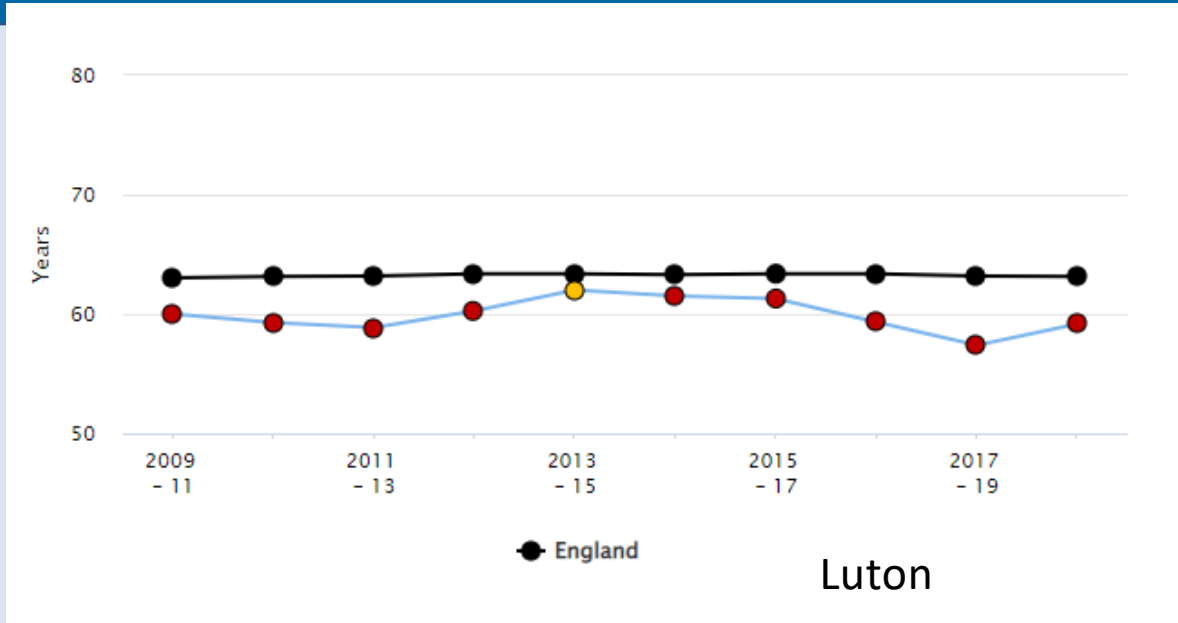


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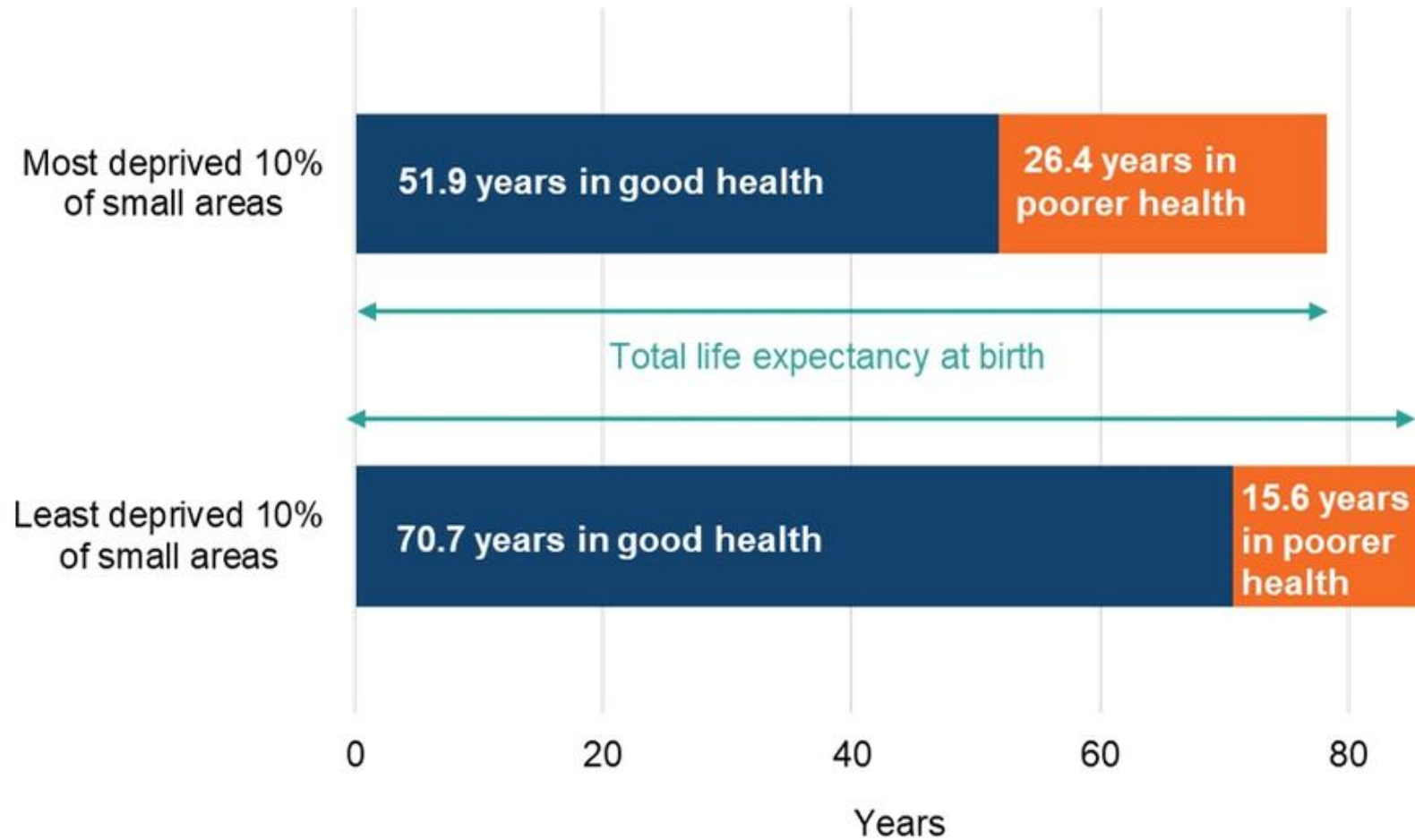
Healthy life expectancy at birth (Female, all ages)



Healthy life expectancy at birth (Male, all ages)



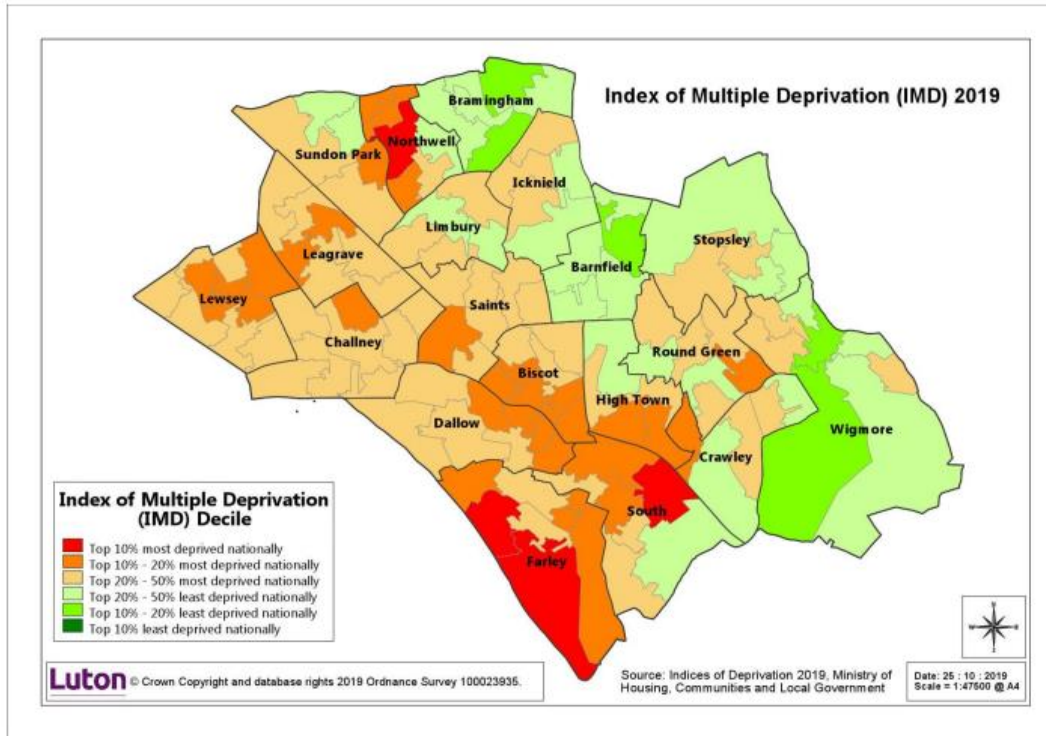
There are disparities between how long people live in good health in England.



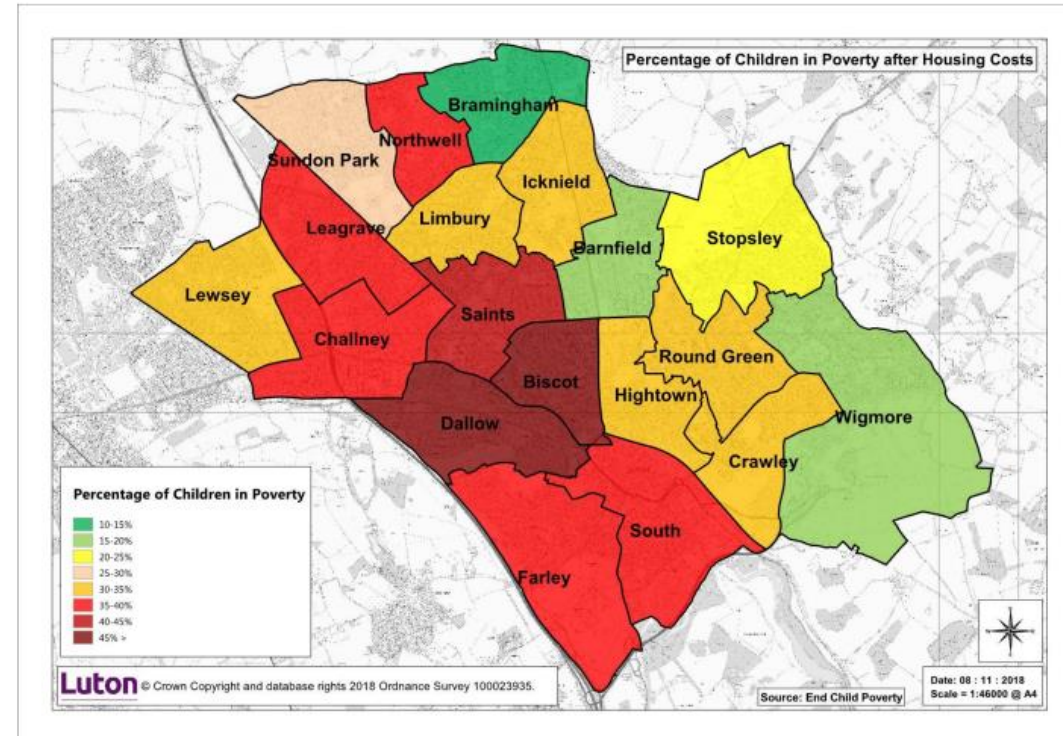
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Source: OHID, 2022

Map 4: Index of multiple deprivation, Luton 2019



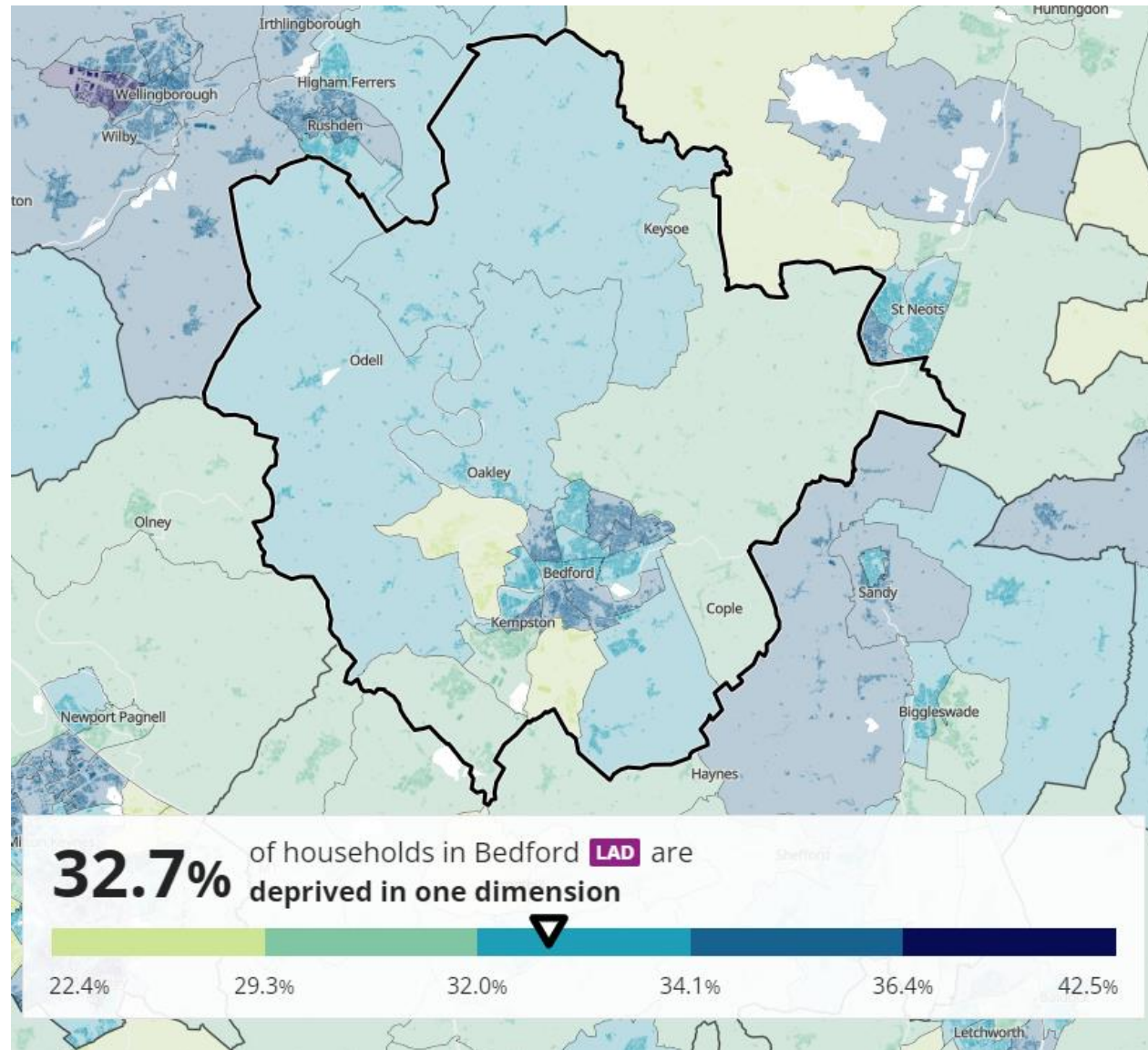
Map 5: Child poverty, Luton 2019



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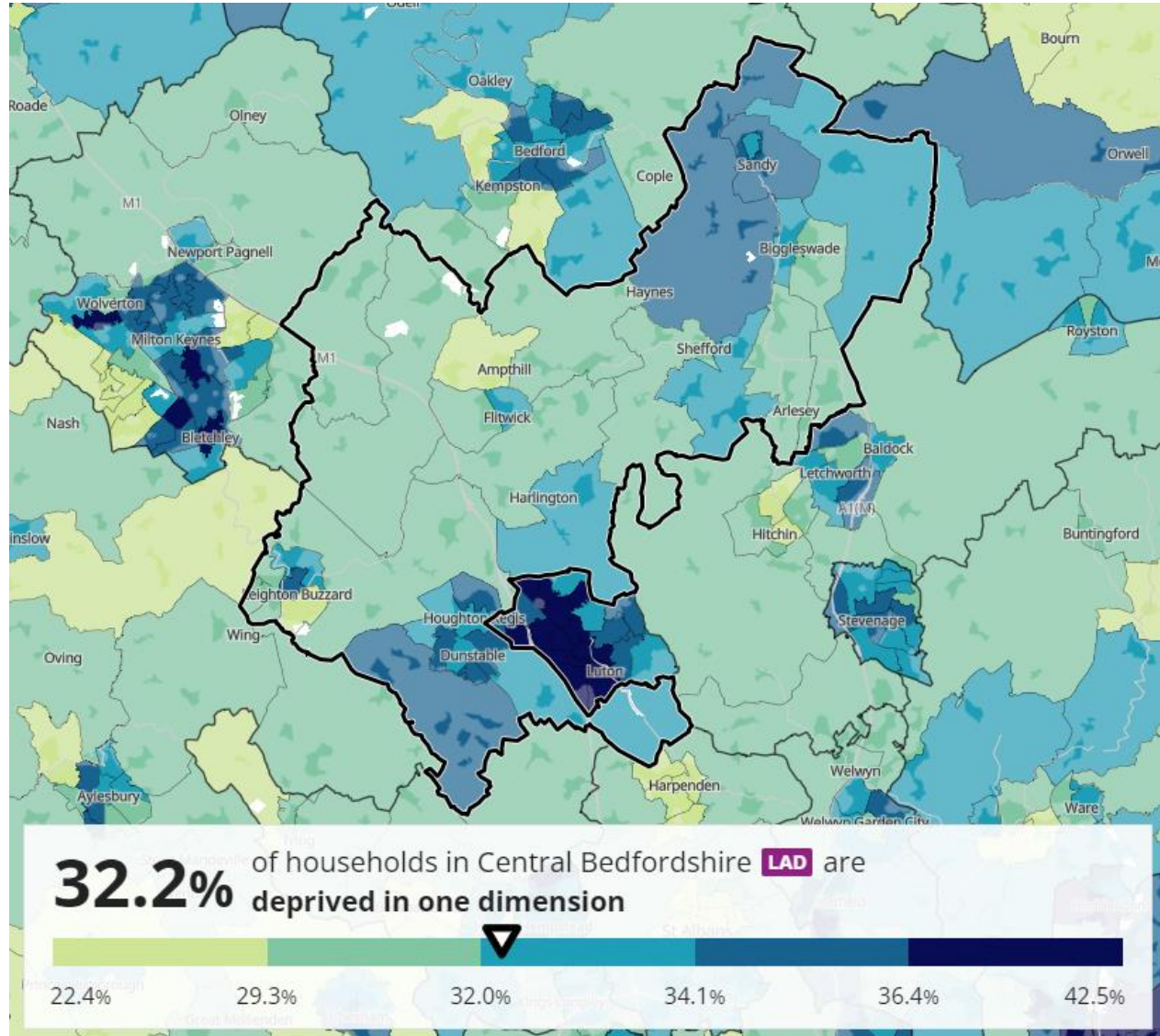
Source: [This is Luton 2021](#)

Bedford



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Central Bedfordshire



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Ask about the #ELFTPromise

Mental Health in Luton & Bedfordshire

- Nearly **1 in 5 adults** >16 in Luton were estimated to have a common mental health disorder ([PHE fingertips, 2017](#)).
- In 2021/22 **9%** of adults in Luton had a recorded diagnosis of depression, this is lower than England and east of England average ([OHID Common Mental Health Disorders, 2021/22](#)).
- Luton has a low percentage of people using IAPT compared to England and comparator areas ([Adult mental health and wellbeing JSNA, 2018](#)).
- **Over a third** of the people who committed suicide in Luton during 2014-2016 had previously attempted suicide and nationally this is known to be the greatest predictor of suicide ([Adult mental health and wellbeing JSNA, 2018](#)).
- Luton has **higher rates** of Psychosis and hospital admission for Schizophrenia compared with England and EOE comparators – although this data is from 2011/12 ([Adult mental health and wellbeing JSNA, 2018](#)).
- People with severe mental illness in Luton are **2.6 times** more likely to **die prematurely** than the rest of the Luton population- Luton already has a higher mortality rate than the England average ([Adult mental health and wellbeing JSNA, 2018](#)).
- **15%** of all women giving birth in Luton in 2014 had a mental health issue as a "cause for concern" [Adult mental health and wellbeing JSNA, Luton Borough Council, 2018](#)

Central Bedfordshire

- **13%** of Central Bedfordshire adults had a common mental health disorder in 2017, this is lower than England and EOE area averages ([OHID Fingertips](#)).
- In 2021/22 **12%** of adults in Bedfordshire had a recorded diagnosis of depression, this is higher than east of England average ([OHID Common Mental Health Disorders, 2021/22](#)).
- From 2018-20 Central Bedfordshire has a **471.5% higher excess under 75 mortality rate** in adults with **severe mental illness (SMI)**. This is higher than England and regional average ([OHID Fingertips](#)).

Area ▲▼	Recent Trend	Count ▲▼	Value ▲▼	95% Lower CI	95% Upper CI
England	-	-	389.9	386.7	393.1
East of England region	-	-	388.8	378.8	399.1
Cambridgeshire	-	-	494.4	456.8	534.5
Central Bedfordshire	-	-	471.5	416.3	532.6
Bedford	-	-	426.1	367.7	491.8
Suffolk	-	-	414.0	382.5	447.6
Hertfordshire	-	-	389.1	363.7	415.8
Norfolk	-	-	383.3	358.2	409.8
Essex	-	-	374.8	355.9	394.4
Southend-on-Sea	-	-	372.5	323.7	426.9
Peterborough	-	-	360.1	312.6	413.2
Luton	-	-	355.3	305.8	410.8
Thurrock	-	-	247.7	211.4	288.3

Source: NHS Digital Mental Health Services Data Set and its predecessors Office for National Statistics: Civil Registration of Deaths (via NHS Digital asset) Office for National Statistics mid-year population estimates



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Source: OHID Fingertips.

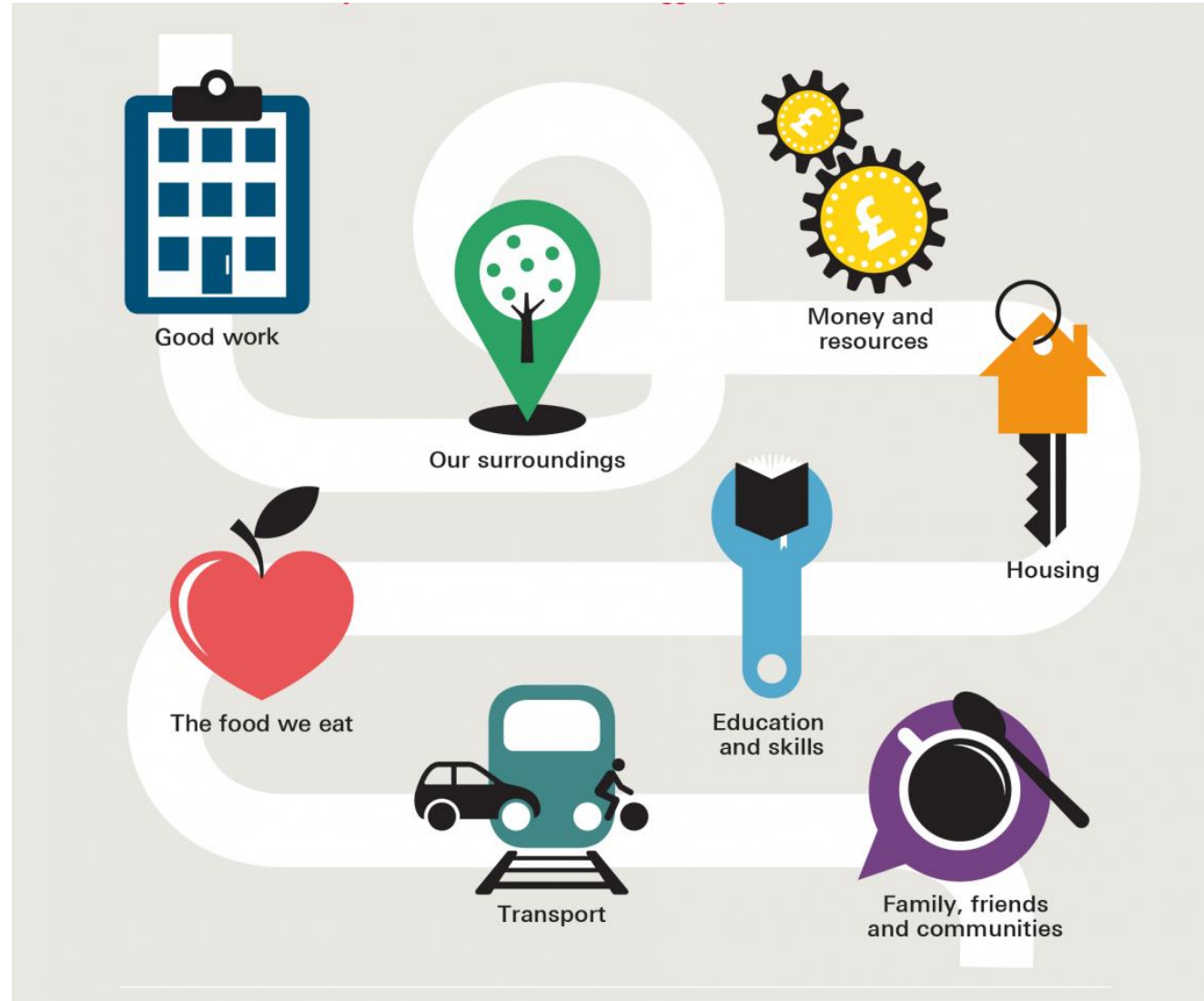
- **16%** of Central Bedfordshire adults had a common mental health disorder in 2017, this is lower than England averages ([OHID Fingertips](#)).
- In 2021/22 **12%** of adults in Bedfordshire had a recorded diagnosis of depression, this is higher than east of England average ([OHID Common Mental Health Disorders, 2021/22](#)).
- An estimated 2,667 people over the age of 65 had depression in 2019 ([Bedford country Council JSNA, 2019](#)).



Social Determinants of Health

People do not have the same opportunities to live a healthy life.

Good health, including mental health, is primarily shaped by factors outside of the influence of health care.



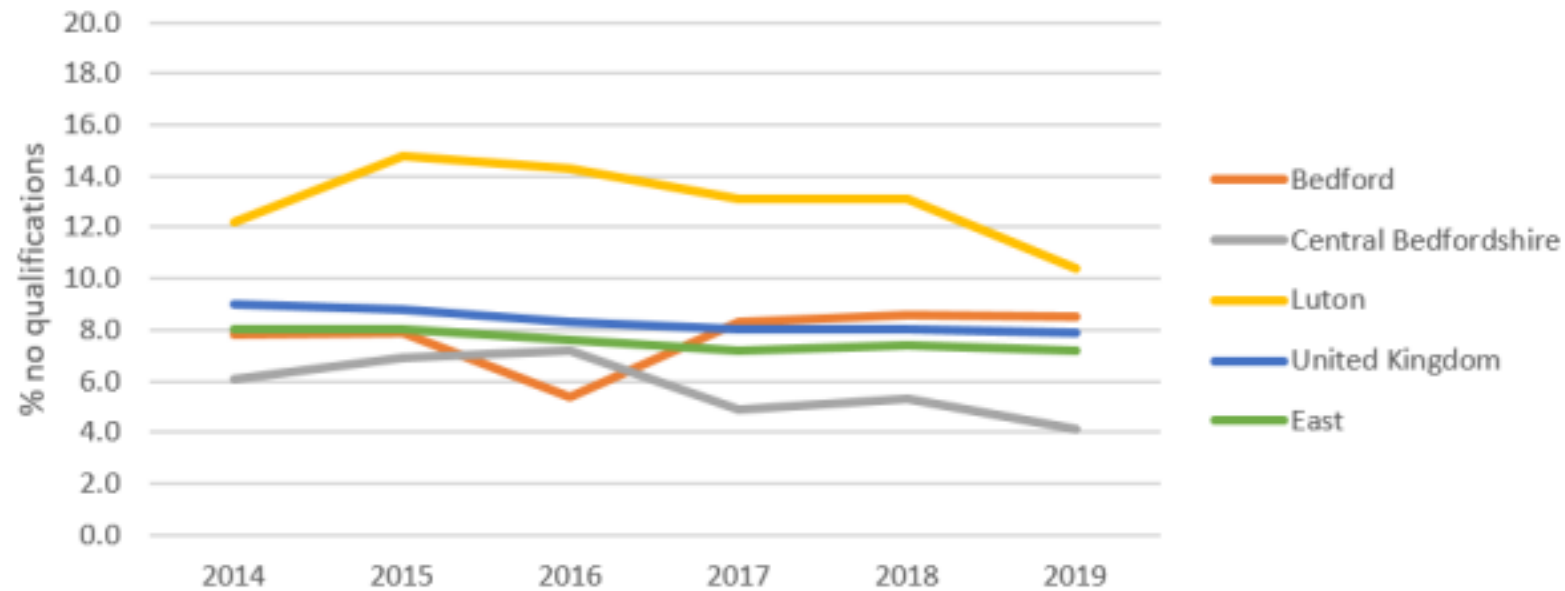
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Source: The Health Foundation, 2019

Education and Skills

Percentage of working age population with no qualifications 2014-2019

Source: Office for National Statistics



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Source: [This is Luton 2021](#)

Nationally:

- For people being supported by secondary mental health services, there is a **65% employment gap** compared with the general population^[1].
- People who have mental ill health are often overrepresented in insecure, low-pay and part-time work ^[1].

The **employment gap** between those in contact with secondary mental health services (aged 18-69) and on the Care Plan Approach and the overall employment rate is **62%** for Luton, **65%** for Central Bedfordshire and **75%** for Bedford (2020/21)^[3]

The **percentage** of the population who are in contact with **secondary mental health services** and on the Care Plan Approach that are in paid employment (aged 18 to 69) is **8%** in Luton, **9%** in Bedford and **15%** Central Bedfordshire^[2].



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[1] https://www.luton.gov.uk/Community_and_living/Lists/LutonDocuments/PDF/JSNA/9.2%20Adult%20mental%20health%20and%20wellbeing.pdf

[2] <https://fingertips.phe.org.uk/search/employment#page/3/gid/1938133042/pat/6/par/E12000006/ati/402/are/E06000032/iid/93886/age/208/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/car-do-0>

[3] <https://fingertips.phe.org.uk/search/employment#page/3/gid/1938133042/pat/6/par/E12000006/ati/402/are/E06000032/iid/90635/age/208/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/car-do-0>

- Concentration of **air pollution in Luton** (fine particulate matter) is higher than England and East of England average.
- Luton has an above average **crime deprivation score of 0.39** (an aggregate of crime indices). Bedford and Central Beds are below average.



Social Capital

- Social isolation is linked to a range of poor health outcomes [1]
- In **Luton**, **36%** of adult social care users (18+) have **as much social contact as they would like** (2019/20), compared with **46%** in England. For Bedford it is **42%** and Central Bedfordshire **35%**.
- **27%** of adults in Luton, 26% in Central Bedfordshire and 19% in Bedford **feel lonely** often/always or some of the time, compared with **23%** in England (2019/20).

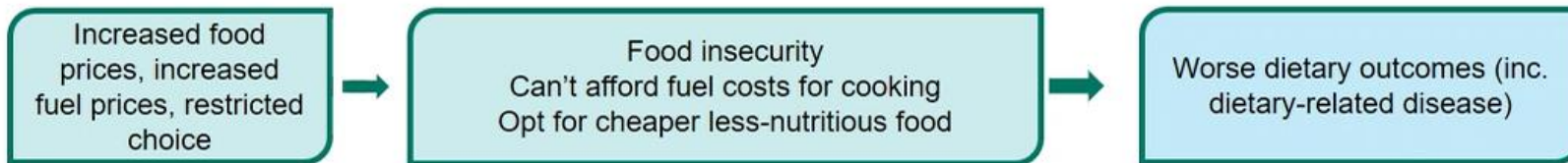


The cost of living crisis and winter will impact on health

1 Cold homes worsening health



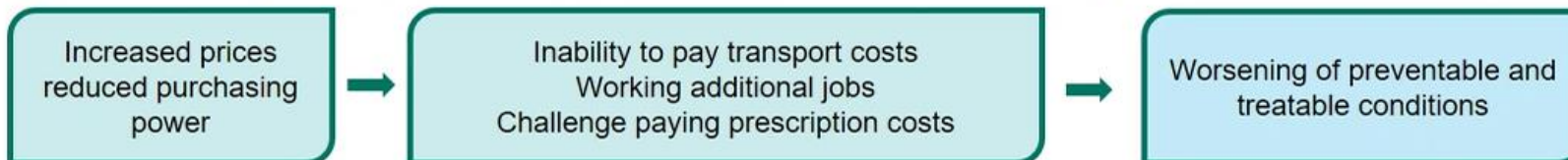
2 Worsening diets as a result of food insecurity



3 Worsening mental health from rising costs



4 Worsening of preventable and treatable ill health due to people not accessing services



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The **smoking prevalence** in adults (18+) with serious mental illness (SMI) was 40% in Bedfordshire, Luton and Milton Keynes (2016).

