

Healthy Place Shaping Indicators Wellbeing Outcomes

Joint Strategic Needs Assessment 2023

Oxfordshire



JSNA

Contents

This pack provides data and links for local indicators related to Healthy Place Shaping in Oxfordshire under the heading of **Wellbeing Outcomes**.

- Wellbeing: people with a high anxiety score
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- Physically active children and young people
- Physically inactive adults Oxfordshire trend
- Adults walking for travel at least 3 days per week
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- Adults (aged 16 plus) meeting the '5-a-day' fruit and vegetable consumption recommendations
- Overweight children - reception (aged 4-5) prevalence of overweight (including obesity)
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- Overweight adults - percentage of adults (aged 18 plus) classified as overweight or obese

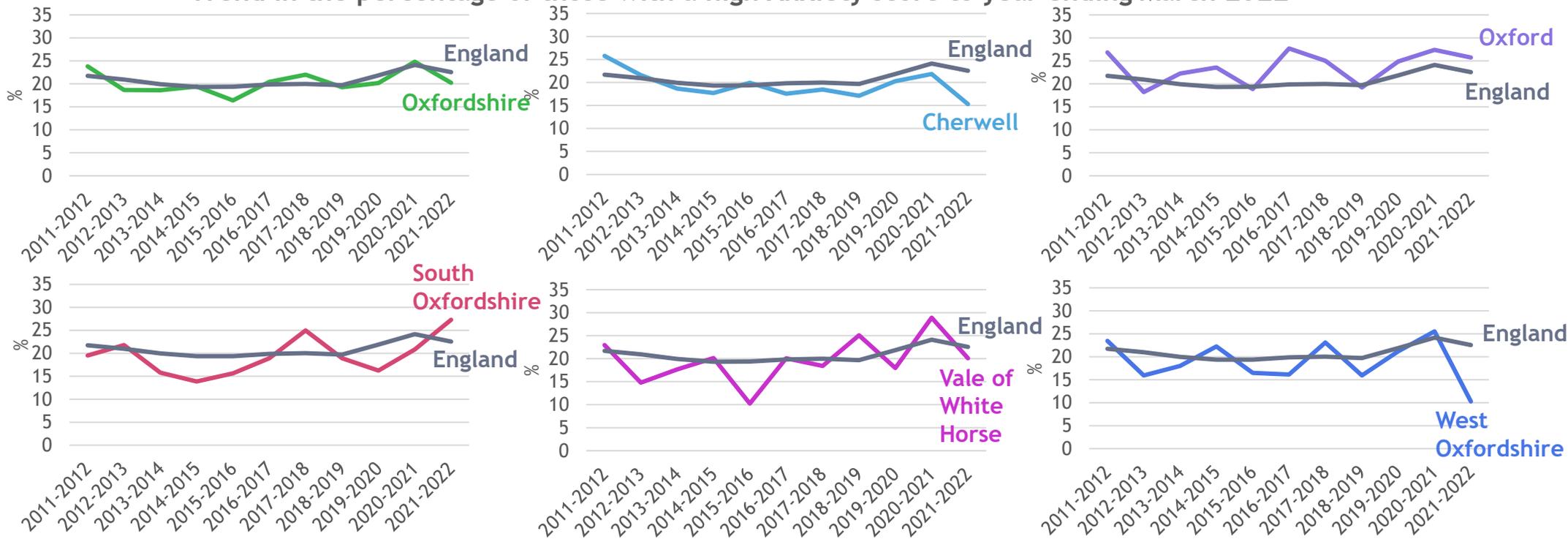
Further Healthy Place Shaping reports and data can be found on [Oxfordshire Insight](#).



Wellbeing - People with a high anxiety score Oxfordshire and district trend

- The latest data for 2021/22 shows the percentage of people in Oxfordshire reporting a high anxiety score has fallen slightly since the previous year.
- South Oxfordshire had the highest percentage of people with a high anxiety score (27.3%)

Trend in the percentage of those with a high Anxiety score to year ending March 2022



- Enabling connection to nature through easy access to green spaces with calm sensory places and spaces for social connections is important in reducing anxiety.

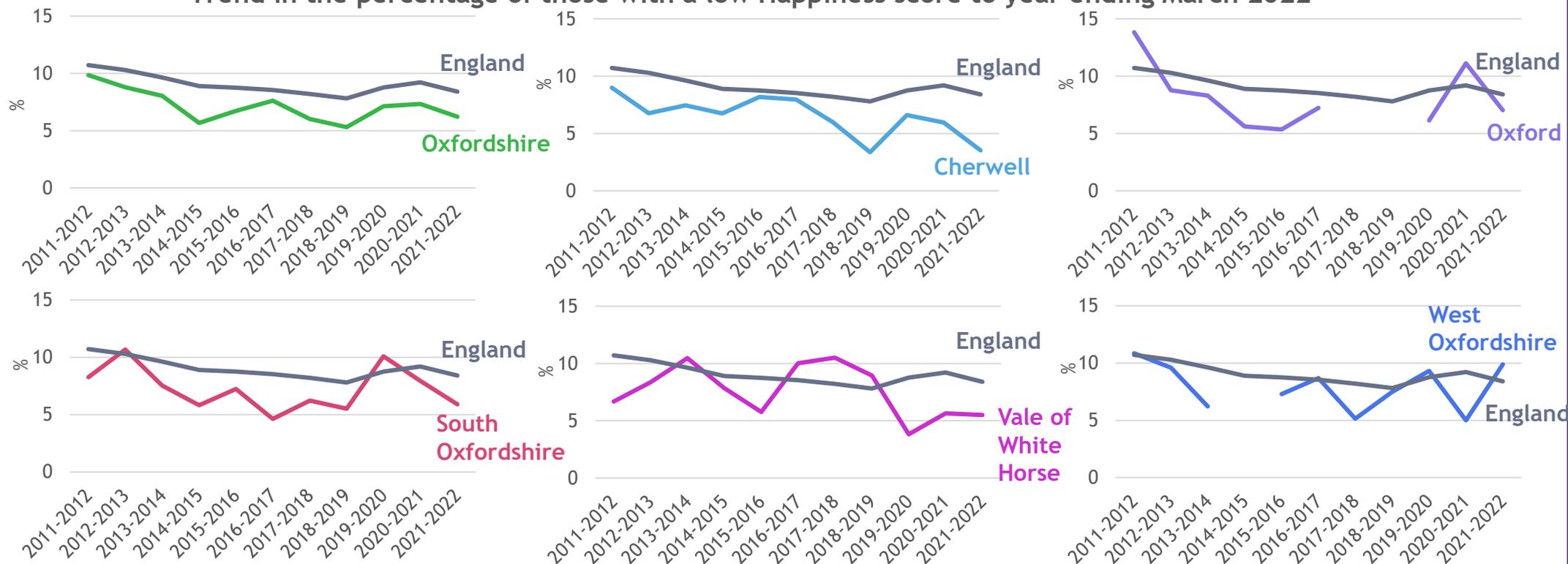
[ONS Personal wellbeing in the UK](#) Anxiety is assessed on a scale from 0-10 in which a high anxiety score is 6-10
 Note that the lowest level this data is available to is Local Authority District level



Wellbeing - People with a low happiness score Oxfordshire and district trend

- Since 2011/12 the percentage of people reporting a low happiness score in Oxfordshire has remained below (better than) the England average .
- In the year 2021/22, West Oxfordshire had the highest percentage of residents reporting a low happiness score (9.9%).

Trend in the percentage of those with a low Happiness score to year ending March 2022



[ONS Personal wellbeing in the UK](#) Happiness is assessed on a scale from 0-10 in which a low happiness score is 0-4
 Note that the lowest level this data is available to is Local Authority District level



Physical activity in children

- In the academic year 2021-22, 46.6% of children and young people in Oxfordshire were achieving an average of 60 minutes of physical activity per day, similar to the national average of 47.2%.
- Applying this percentage to the population of school children aged 5-15 (ONS Census 2021) gives an estimated 49,300 children in Oxfordshire schools not doing enough physical activity.

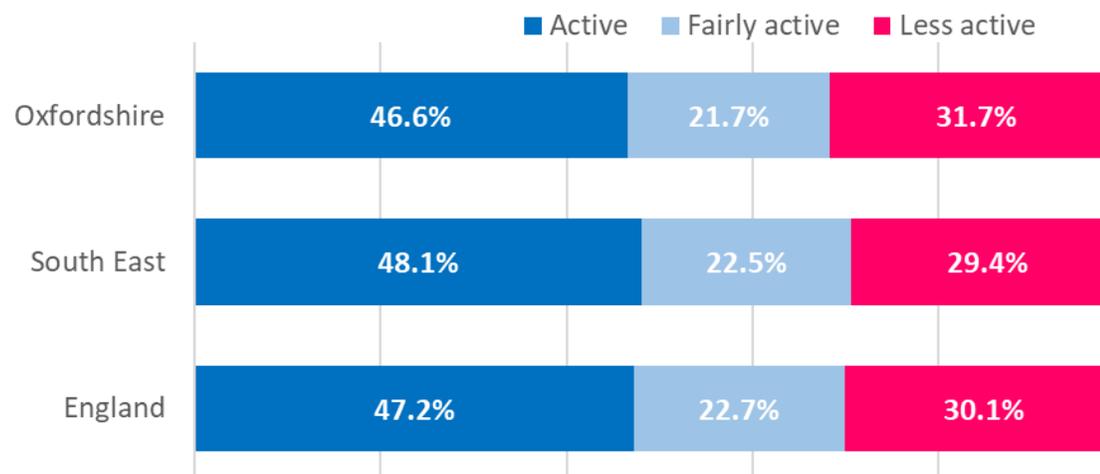
These estimates include the activities of walking, cycling, dance, fitness activities, sporting activities, riding a scooter, and active play and informal activities.

Active - Doing an average of 60 minutes or more a day across the week (420+ minutes pw).

Fairly active - Doing an average of 30-59 minutes a day across the week (210-419 minutes a week).

Less active - Doing less than an average of 30 minutes a day across the week (less than 210 minutes a week).

Sport and Physical Activity levels of Children and Young People in school years 1-11 (2021-22)



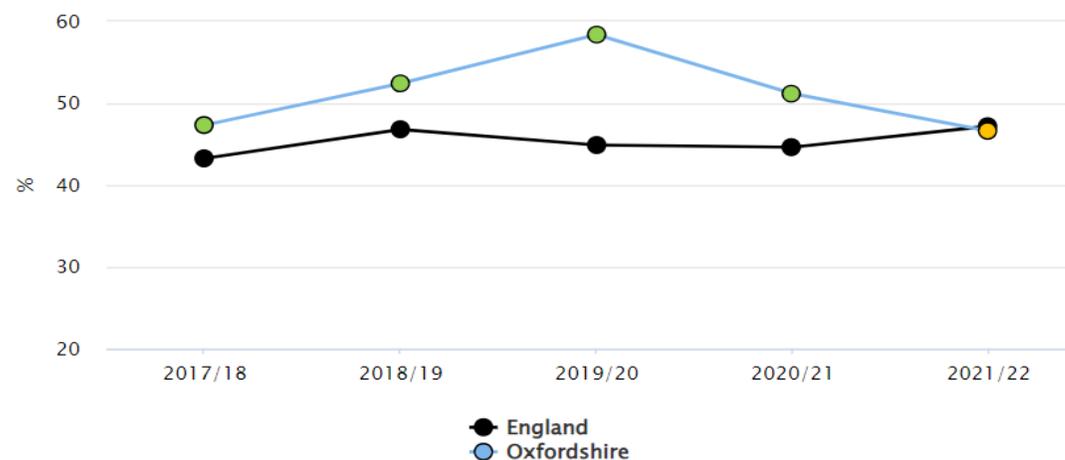
Sport England, [Active Lives | Results \(sportengland.org\)](https://www.sportengland.org/active-lives/results)

Note that the lowest level this data is available to is Local Authority District level

Physical activity in children - Oxfordshire trend

- Between 2017/2018 and 2020/21 the proportion of children and young people meeting physical activity recommendations in Oxfordshire remained above the England average. However most recent data suggests this percentage has dropped below England for the first time in recent years.

Percentage of children (aged 5-16) meeting physical activity recommendations to 2021/22

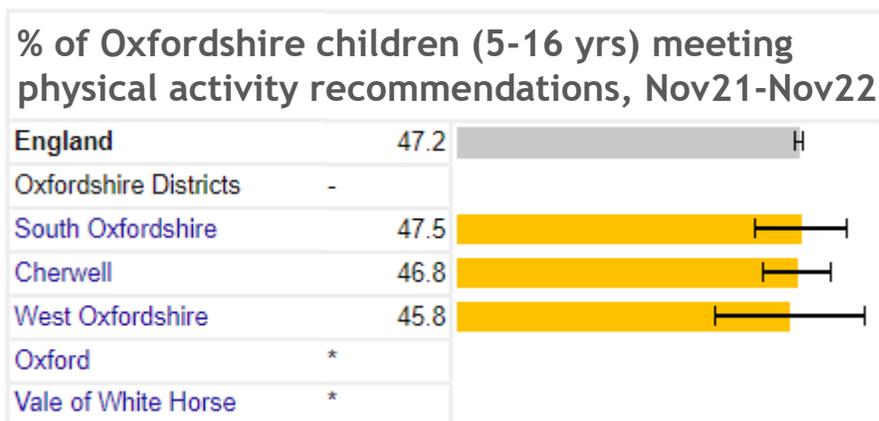


[Physical Activity - Data - OHID \(phe.org.uk\)](https://phe.org.uk) from Active Lives Survey, Sport England. Percentage of children aged 5 to 16 that meet the UK Chief Medical Officers' (CMOs') recommendations for physical activity (an average of at least 60 minutes moderate to vigorous intensity activity per day across the week)

Note that the lowest level this data is available to is Local Authority District level

Physical activity in children - Districts

- West Oxfordshire had the lowest percentage of children and young people meeting physical activity recommendations (45.8%), this was below the Oxfordshire and England averages (46.6% and 47.2% respectively).



Error bars represent Lower and Upper 95% Confidence Intervals

[Physical Activity - Data - OHID \(phe.org.uk\)](https://phe.org.uk) from Active Lives Survey, Sport England. Percentage of children aged 5 to 16 that meet the UK Chief Medical Officers' (CMOs') recommendations for physical activity (an average of at least 60 minutes moderate to vigorous intensity activity per day across the week)

Data for Oxford and Vale of White Horse for 2021-22 was missing due to a small sample size. Chart shows 95% Confidence Intervals (CIs) which shows the range in which the estimate could fall

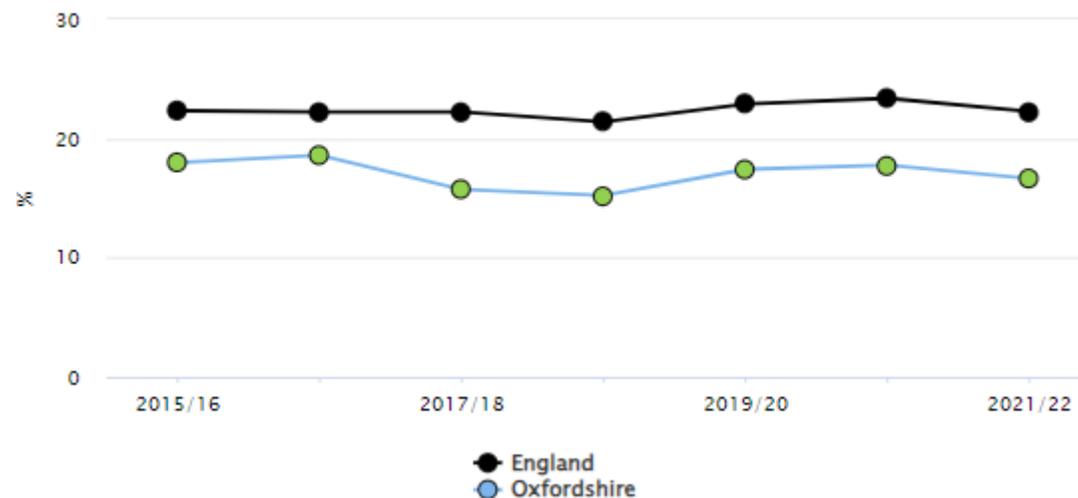
Note data is only available down to Local Authority District level



Physical inactivity in adults - Oxfordshire trend

- As of Nov21-Nov22, 16.7% of adults aged 19+ years were classified as physically inactive in Oxfordshire. This was below (better than) the England (22.3%) and South East (18.8%) averages.
- The proportion has remained similar since 2015-16.

Percentage of adults (aged 19+) classified as physically inactive, trend to 2021/22

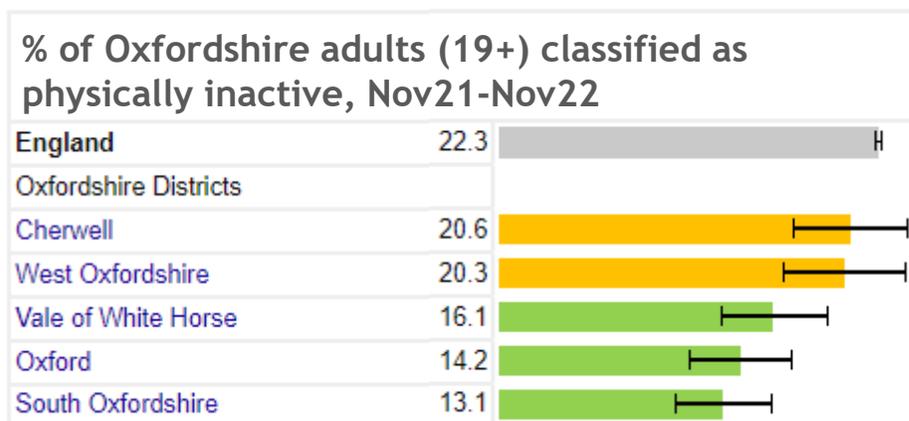


[Physical Activity - Data - OHID \(phe.org.uk\)](https://phe.org.uk) from Active Lives Survey, Sport England. The number of respondents aged 19 and over, with valid responses to questions on physical activity, engaging in less than 30 minutes of physical activity per week expressed as a percentage of the total number of respondents aged 19 and over.

Note that the lowest level this data is available to is Local Authority District level

Physical inactivity in adults - Districts

- The proportion of adults classified as physically inactive in all of Oxfordshire’s districts was below (better than) the national average in Nov21-Nov22
- Percentages in Vale of white Horse, Oxford and South Oxfordshire were all significantly lower.



[Physical Activity - Data - OHID \(phe.org.uk\)](https://phe.org.uk) from Active Lives Survey, Sport England. The number of respondents aged 19 and over, with valid responses to questions on physical activity, engaging in less than 30 minutes of physical activity per week expressed as a percentage of the total number of respondents aged 19 and over.

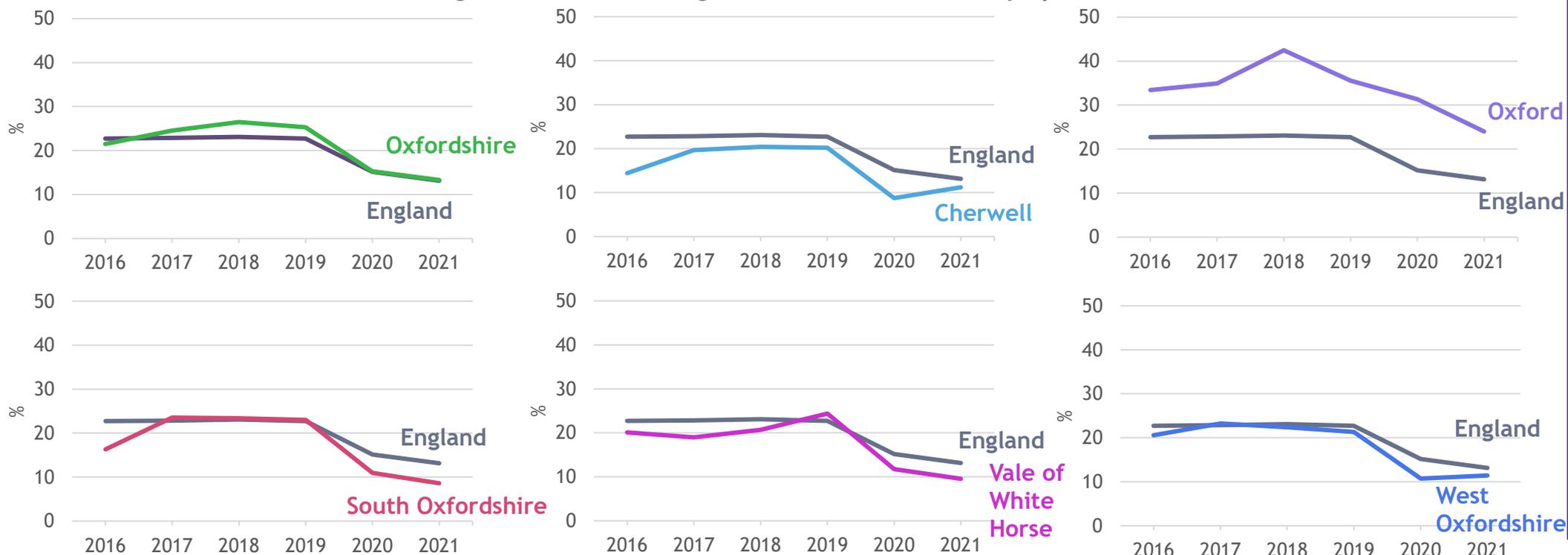
*Chart shows 95% Confidence Intervals (CIs) which shows the range in which the estimate could fall
 Note that the lowest level this data is available to is Local Authority District level*



Active travel in Oxfordshire - walking

- There has been a declining trend in the proportion of adults walking for travel at least 3 days per week for Oxfordshire and England. This is likely to be as a result of more people working from home since the start of the COVID-19 pandemic in 2020.
- In 2021 Oxford had the highest proportion of adults walking as active travel (24.0%) and South Oxfordshire had the lowest proportion (9.5%)

Percentage of adults walking for travel at least 3 days per week



Walking and cycling statistics (CW) - GOV.UK (www.gov.uk)

Note that the lowest level this data is available to is Local Authority District level

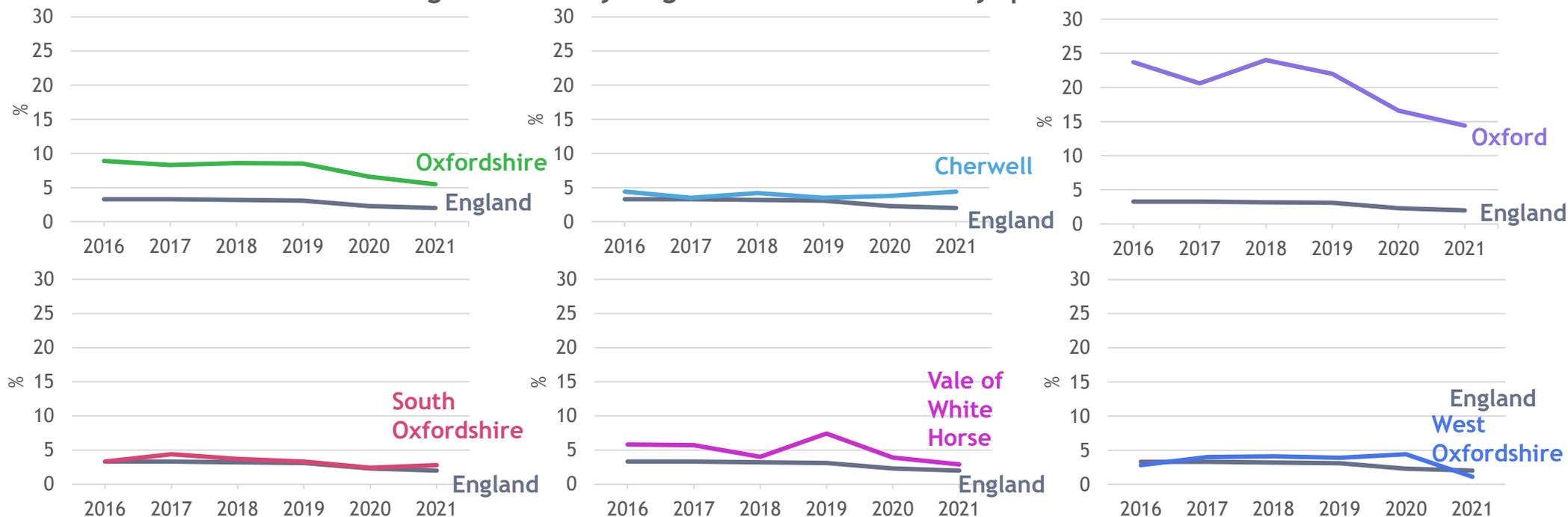


Active travel in Oxfordshire - cycling

Easy access to adequate and secure cycle storage, so that choosing to cycle is the natural choice, should be designed into housing developments so that they encourage use of active travel modes.

- There has been a declining trend in the proportion of adults cycling for travel at least 3 days per week for both Oxfordshire and England.
- In 2021 Oxford had the highest proportion of adults cycling as active travel (14.4%). West Oxfordshire (1.1%) was the only district below the national average (2%).

Percentage of adults cycling for travel at least 3 days per week



Walking and cycling statistics (CW) - GOV.UK (www.gov.uk)

Note that the lowest level this data is available to is Local Authority District level



Diet: 5-a-day

Provision of community growing spaces throughout a development, rather than limiting such spaces to community orchards or allotments will promote easy access to healthier food options.

- According to the Sport England Active Lives survey, in 2019-20 Oxfordshire was above average on the proportion of the population meeting (self reported) the recommended 5 or more portions of fruit or vegetables per day (60.2% compared with 55.4%).
- Cherwell district was significantly below average (50.9%).

From Active Lives Adult Survey, Sport England [Public health profiles - OHID \(phe.org.uk\)](#) (last updated May 2022)

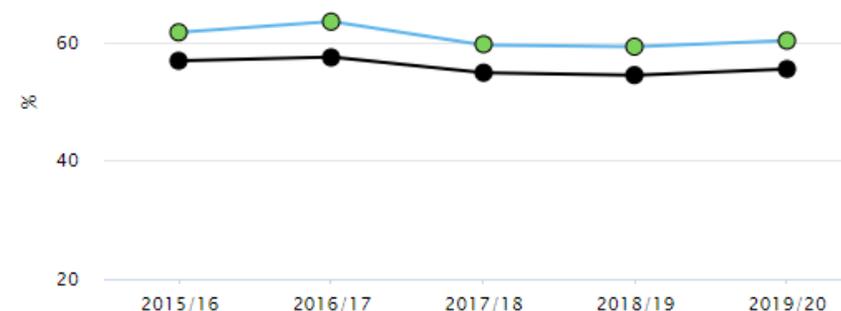
Respondents were asked:

- How many portions of fruit did you eat yesterday? Please include all fruit, including fresh, frozen, dried or tinned fruit, stewed fruit or fruit juices and smoothies.

Fruit juice only counts as one portion no matter how much you drink.

- How many portions of vegetables did you eat yesterday? Please include fresh, frozen, raw or tinned vegetables, but do not include any potatoes you ate. Beans and pulses only count as one portion no matter how much of them you eat.

Proportion of the population meeting the recommended '5-a-day' on a 'usual day' (adults)



Proportion of the population meeting the recommended '5-a-day' on a 'usual day' (adults) 2019-20

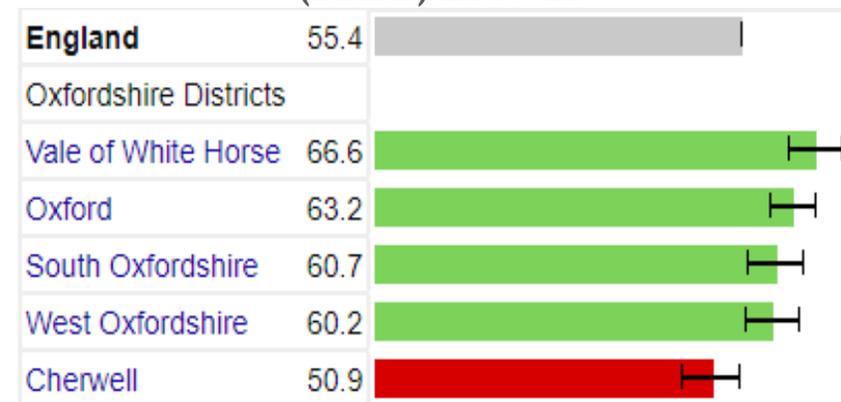


Chart shows 95% Confidence Intervals (CIs) which shows the range in which the estimate could fall
 Note that the lowest level this data is available to is Local Authority District level





Excess weight in children

Obesity is associated with poor psychological and emotional health. Obese children are more likely to become obese adults with a higher risk of morbidity, disability and premature mortality in adulthood.

- The majority of measured children in Oxfordshire are a healthy weight (79% Reception children; 65% Year 6 children).
- In 2021/22, around 20% of Reception year children, aged 4 or 5, in Oxfordshire were overweight or obese. This included 6.3% of all children who were obese, and 2.2% who were severely obese.
- By the time children reach age 10 or 11 (year 6), the proportion who are overweight has increased.
- In Year 6, aged 10 or 11, 33.6% of children were overweight or obese. This included 15% of all children who were obese, and 4.5% of children who were severely obese.
- Prevalence of underweight is also higher by Year 6: 0.9% in Reception compared to 1.5% in Year 6.

[Obesity Profile - Data - OHID \(phe.org.uk\)](#)

Explore [Healthy Weight Story Maps \(arcgis.com\)](#)

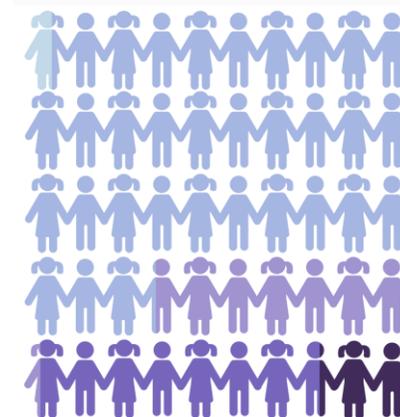
See [2022-23 Director of Public Health annual report | Oxfordshire County Council](#)

Reception, aged 4 or 5
(2021/22)



● Underweight ● Healthy weight
● Overweight ● Obese
● Severely obese

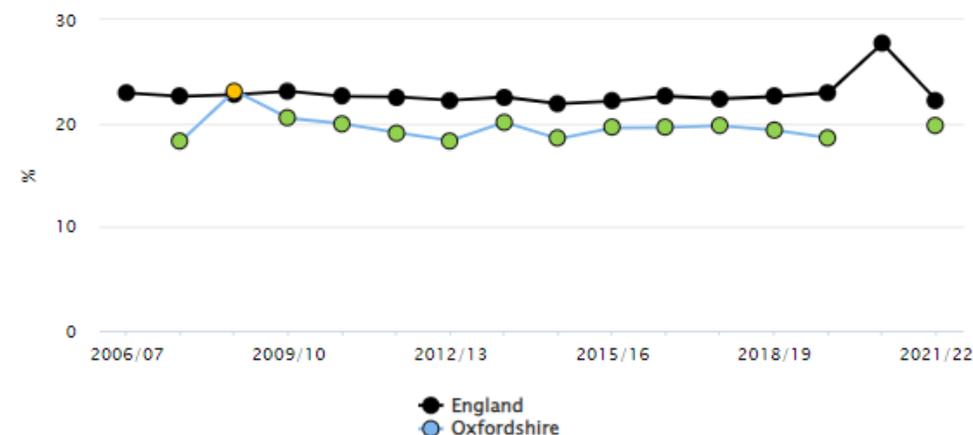
Year 6, aged 10 or 11
(2021/22)



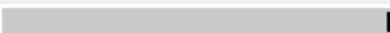
Childhood obesity Oxfordshire trend and district comparison - Reception

- The percentage of reception children aged 4-5 years old who were classified as overweight (including obesity) in Oxfordshire has remained below (better than) the English average.
- In 2021/22 West Oxfordshire had the highest proportion classified as overweight (including obesity).

Percentage of reception children (4-5 yrs) classified as overweight (including obesity), 2006/07-2021/22



Percentage of reception children (4-5 yrs) classified as overweight (including obesity), 2021/22

England	22.3	
Oxfordshire Districts		
West Oxfordshire	20.8	
Cherwell	20.0	
Vale of White Horse	19.8	
South Oxfordshire	19.7	
Oxford	18.7	

[Obesity Profile - Data - OHID \(phe.org.uk\)](https://phe.org.uk)

Explore [Healthy Weight Story Maps \(arcgis.com\)](https://arcgis.com)

See [2022-23 Director of Public Health annual report | Oxfordshire County Council](#)

Chart shows 95% Confidence Intervals (CIs) which shows the range in which the estimate could fall

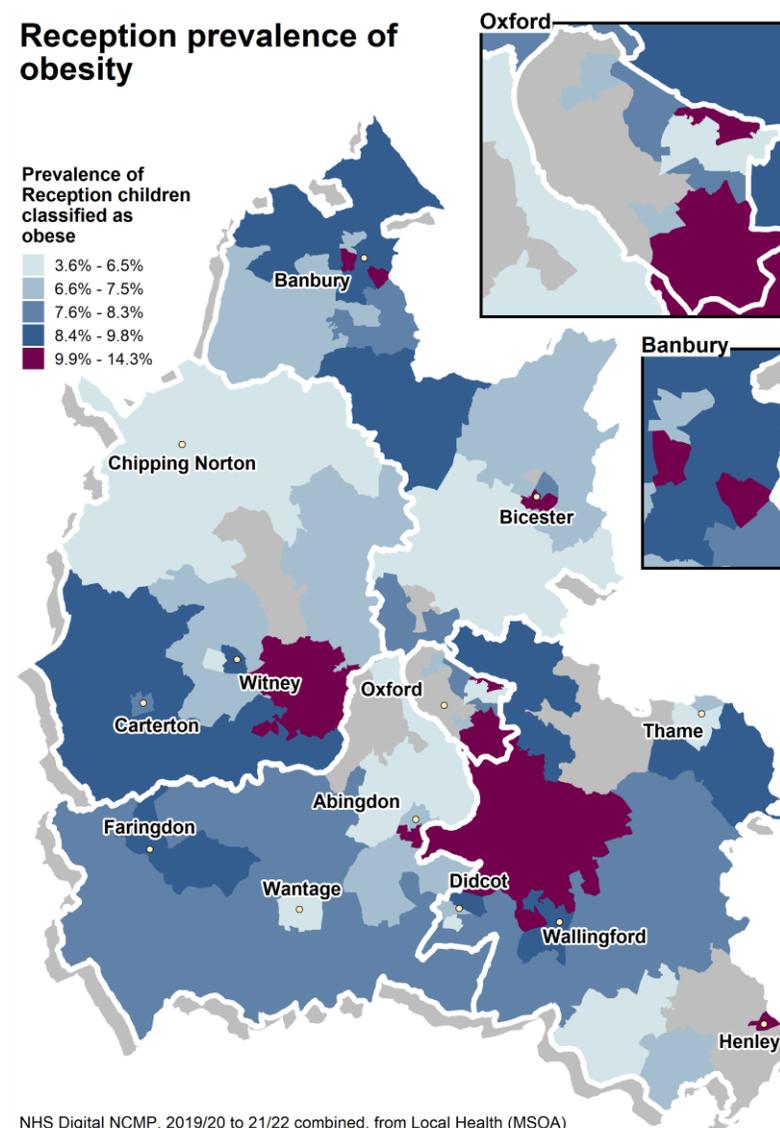
Childhood obesity map - Reception

- Combined 3 year data for 2019/20 to 2021/22 for Reception (aged 4 or 5) shows obesity prevalence ranged from 3.6% in Botley and Kennington to 14.3% in Chalgrove Stadhampton & Dorchester.
- Areas (MSOAs) with the highest prevalence of obesity for Reception children were:
 - Chalgrove, Stadhampton & Dorchester, South Oxfordshire (14.3%)
 - Blackbird Leys, Oxford (12.5%)
 - Cowley North, Oxford (12.1%)
 - Henley South, South Oxfordshire (12%)
 - Eynsham and Stanton Harcourt, West Oxfordshire (12%)

The 2019/20 NCMP data collection stopped in March 2020 when schools were closed due to the coronavirus COVID-19 pandemic. Data from the 2020/21 NCMP collection year has not been included in the 3-year combined indicators. To ensure that large enough numbers are available for analysis, an additional year of NCMP data is included instead of 2020/21; data for 2019/20-21/22 uses 2018/19 data instead of 2020/21.

[Childhood obesity and excess weight: small area level data](#)
Explore [Healthy Weight Story Maps \(arcgis.com\)](https://arcgis.com)

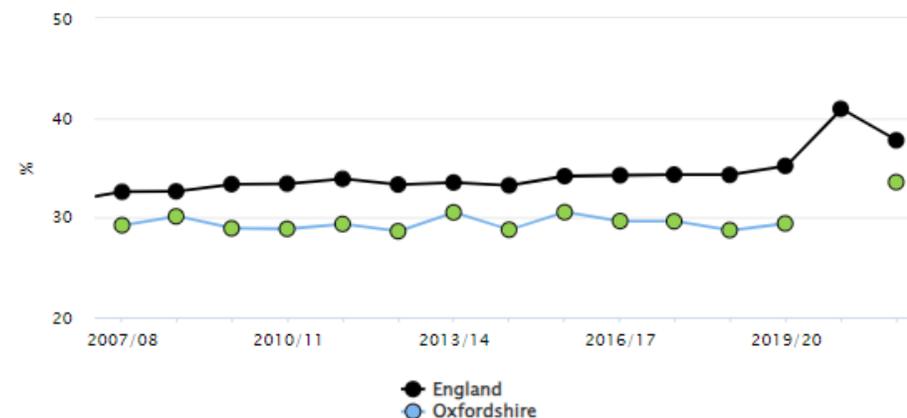
Reception prevalence of obesity



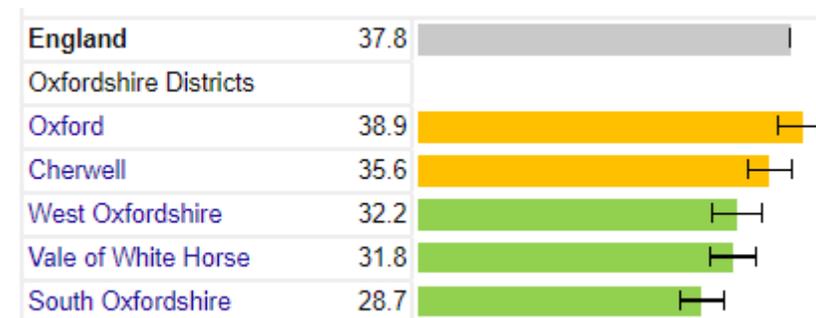
Childhood obesity Oxfordshire trend and district comparison - Year 6

- Since 2007/08 the proportion of year 6 children (aged 10-11 years) in Oxfordshire classified as overweight (including obesity) has increased slightly from 29.2% to 33.6% in 2021/22 but remained below (better than) the England average.
- Out of Oxfordshire's districts, Oxford City had the highest proportion of year 6 children overweight (and obesity) (38.9%).

Percentage of Year 6 children (10-11 yrs) classified as overweight (including obesity), 2007/08-2021/22



Percentage of Year 6 children (10-11 yrs) classified as overweight (including obesity), 2021/22



[Obesity Profile - Data - OHID \(phe.org.uk\)](https://phe.org.uk)

Explore [Healthy Weight Story Maps \(arcgis.com\)](https://arcgis.com)

See [2022-23 Director of Public Health annual report | Oxfordshire County Council](#)

Chart shows 95% Confidence Intervals (CIs) which shows the range in which the estimate could fall

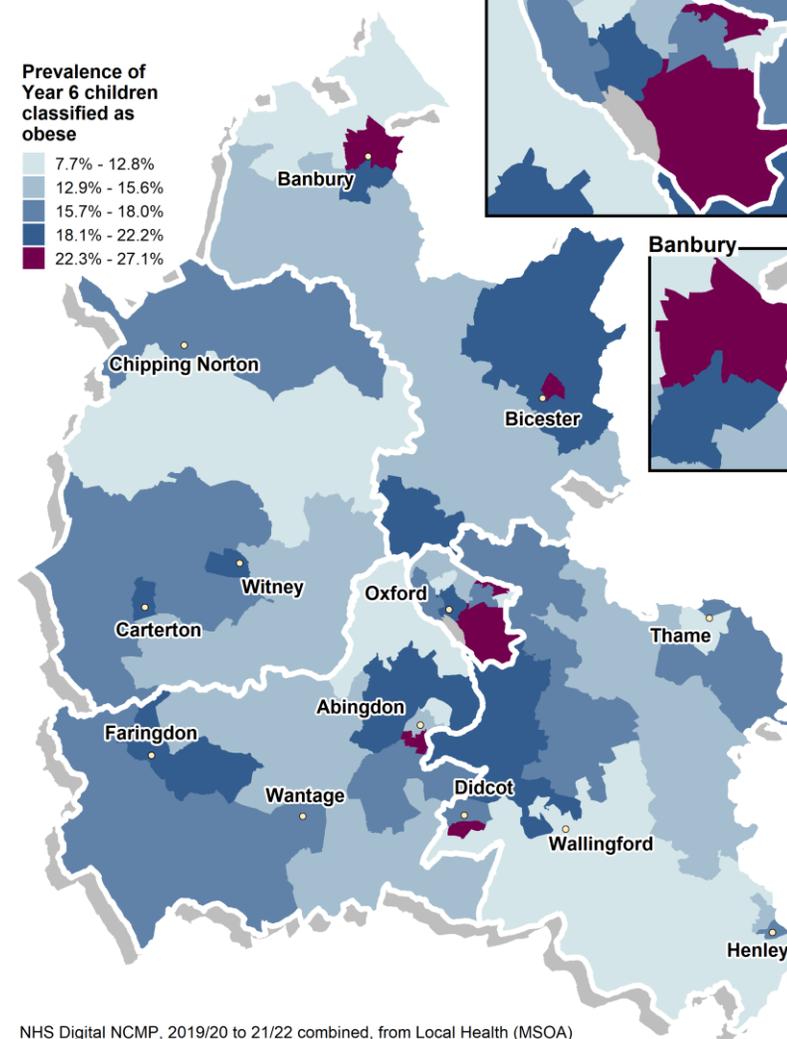
Childhood obesity map - Year 6

- Combined 3 year data for 2019/20 to 2021/22 for Year 6 (aged 10 or 11), shows obesity prevalence ranged from 7.7% in Shiplake & Binfield Heath (South Oxfordshire) to 27.1% in Banbury Neithrop (Cherwell).
- Areas (MSOAs) with the highest prevalence of obesity for Year 6 children were:
 - Banbury Neithrop, Cherwell (27.1%)
 - Churchill, Oxford (26.8%)
 - Banbury Ruscote, Cherwell (26.4%)
 - Blackbird Leys, Oxford (25%)
 - Barton, Oxford (24.6%)

The 2019/20 NCMP data collection stopped in March 2020 when schools were closed due to the coronavirus COVID-19 pandemic. Data from the 2020/21 NCMP collection year has not been included in the 3-year combined indicators. To ensure that large enough numbers are available for analysis, an additional year of NCMP data is included instead of 2020/21; data for 2019/20-21/22 uses 2018/19 data instead of 2020/21.

[Childhood obesity and excess weight: small area level data](#)
 Explore [Healthy Weight Story Maps \(arcgis.com\)](https://arcgis.com)

Year 6 prevalence of obesity



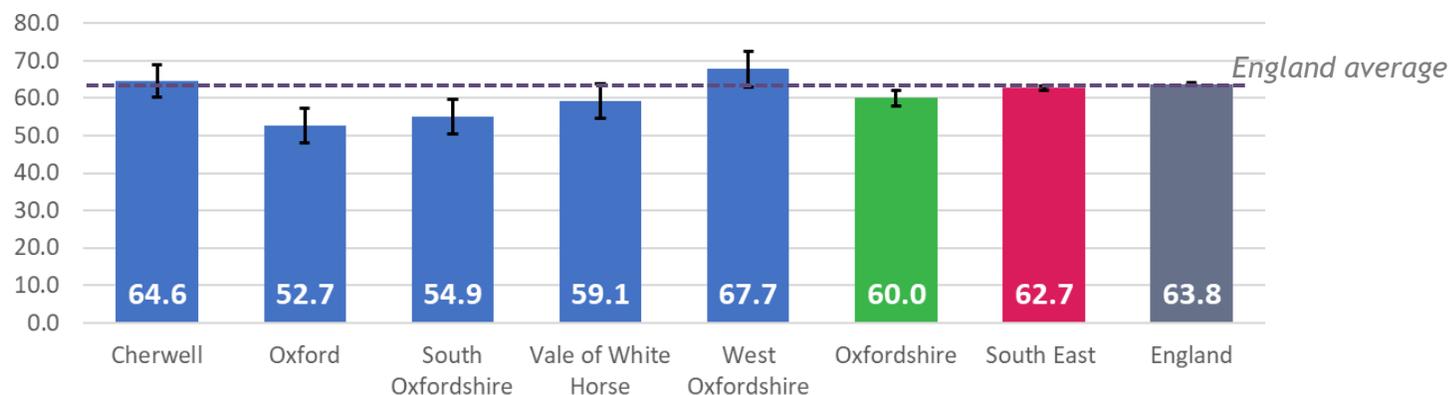
NHS Digital NCMP, 2019/20 to 21/22 combined, from Local Health (MSOA)

Adult overweight and obesity

Excess weight in adults is a complex problem with multiple causes and significant implications for health and wellbeing. It is recognised as a major determinant of premature mortality and avoidable ill health. Adults are defined as overweight (including obese) if their body mass index (BMI) is greater than or equal to 25kg/m². Obesity is defined as a BMI greater than or equal to 30.

- An estimated 60% of people aged 18 or over in Oxfordshire were classified as overweight or obese in 2021-22, lower than the average for England (63.8%) and the South East (62.7%).
- Oxford district had the lowest percentage of adults classified as overweight or obese (52.7%), while West Oxfordshire had the highest (67.7%). Oxford's low percentage of adults overweight/obese is likely to be linked to the younger age profile of the population in the city.

Percentage of adults (18+) classified as overweight or obese, 2021-21



[Physical Activity - OHID \(phe.org.uk\)](https://phe.org.uk)

Explore [Healthy Weight Story Maps \(arcgis.com\)](https://arcgis.com)

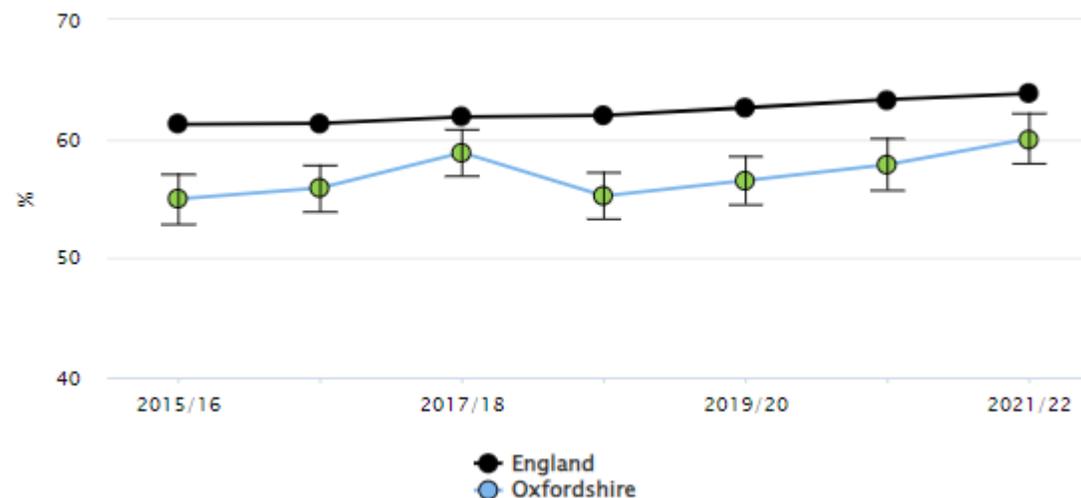
Note that the lowest level this data is available to is Local Authority District level

See [2022-23 Director of Public Health annual report | Oxfordshire County Council](#)

Adult overweight and obesity - Oxfordshire trend

- Between 2015/16 and 2021/22 the proportion of adults classified as overweight or obese in Oxfordshire increased from 55.0% to 60.0%, a **statistically significant change**. This has followed a similar pattern to England and the South East.

Percentage of adults (18+) classified as overweight or obese, 2015/2016-2021/21



[Public health profiles - OHID \(phe.org.uk\)](https://phe.org.uk)

Explore [Healthy Weight Story Maps \(arcgis.com\)](https://arcgis.com)

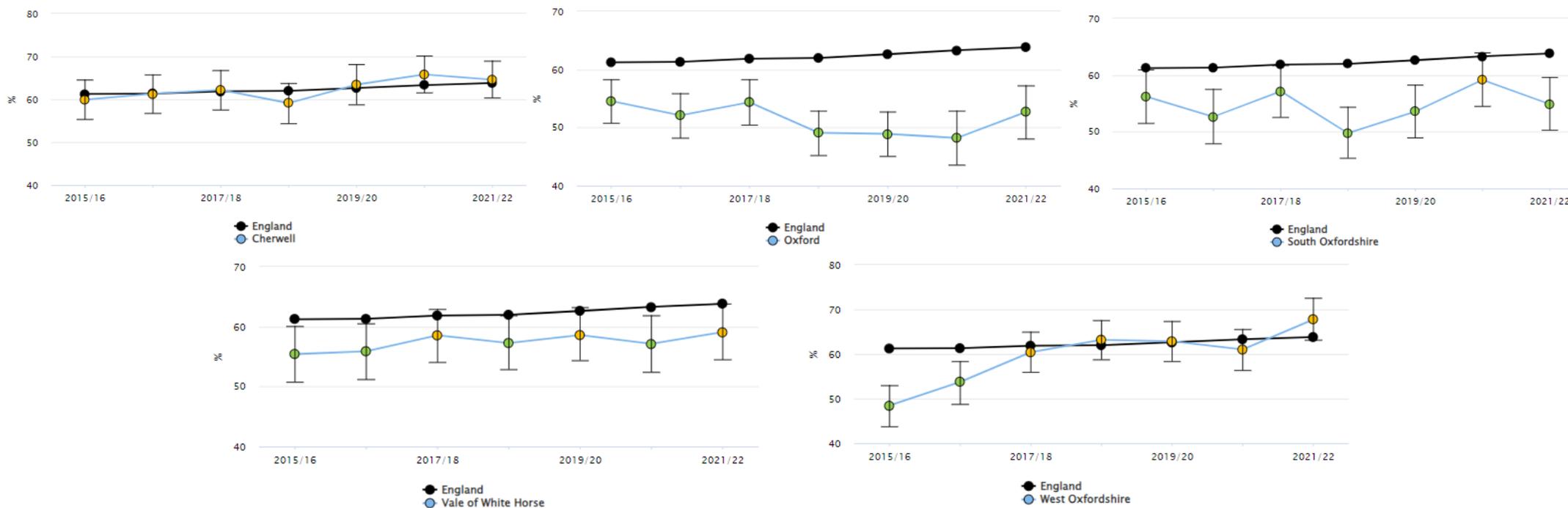
Note that the lowest level this data is available to is Local Authority District level

See [2022-23 Director of Public Health annual report | Oxfordshire County Council](#)

Adult overweight and obesity - District trend

- Between 2015/16 and 2021/22 the proportion of adults classified as overweight or obese appeared to increase in Cherwell, Vale of White Horse and West Oxfordshire.
- However this increase was only statistically significant in West Oxfordshire, where the proportion increased from 48.5% to 67.7%.

Percentage of adults (18+) classified as overweight or obese, 2015/2016-2021/21



[Public health profiles - OHID \(phe.org.uk\)](https://phe.org.uk)

Note that the lowest level this data is available to is Local Authority District level

See [2022-23 Director of Public Health annual report | Oxfordshire County Council](#)

Finding out more/further resources

- To find out more information about the concept of Healthy Place Shaping:
 - [Oxfordshire County Council - Healthy Place Shaping](#)
 - [Related news](#)
- More information and data on many of these topics is available from:
 - [Public health profiles - OHID \(phe.org.uk\)](#)
 - [Office for National Statistics](#)
 - [Sport England, Active Lives Survey](#)
- The [2023 Director of Public Health Annual report](#) has a focus on healthy weight, healthy communities and healthy lives.
- Explore obesity and related data with our [Health Weight Story maps](#).
- Relevant reports:
 - [Active travel survey report - travel and transport sounding board \(Oxfordshire County Council\)](#)

