



DEMOGRAPHICS AND LIFE EXPECTANCY

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Herefordshire Council Strategic Intelligence Team

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SUMMARY - KEY MESSAGES

Demography

- Herefordshire is a predominantly rural county, with the 4th lowest population density in England, although the population has risen 7.5 per cent since the 2001 census from 174,900 to 188,100 in 2015.
- Individuals aged 65 and over account for 23 per cent of the population and the numbers are projected to grow at a similar rate as during the last decade, although the number aged 85+ will rise even more rapidly.
- Numbers of children had been declining in Herefordshire throughout the whole of the last decade, levelling out over the last five years. However, the number of under-fives and births has been rising for the best part of the last decade and the next 10 years are expected to yield a gradual increase in the numbers of children.
- Since 1991 the annual numbers of deaths in Herefordshire has remained fairly constant at around 1,900 to 2,000 a year.
- In 2015 the directly standardised all age, all-cause mortality rate in Herefordshire was 870 per 100,000 population which represents a fall of 33 per cent since 2005.
- The Herefordshire age standardised mortality rates for male, female and total population were all significantly lower than those reported nationally, regionally and in the comparator group.
- Since 2002 births in Herefordshire have risen by 22 per cent from a low of 1,570 to 1,900 in 2010.
- Inter-annual variations in Herefordshire's population size are dependent on numbers of births each year.
- In 2014 the birth rate in Herefordshire was 57 births per 1,000 women with the highest proportion of children being born to mothers aged between 25 and 34 which represents 58 per cent of all births.
- In 2015 the stillbirth rate in Herefordshire was 2.3 per 1,000 total births which is approximately 50 per cent lower than national, regional and comparator group rates.

Life Expectancy

- For those born in Herefordshire in 2012-14 the average **life expectancy** is 80.7 years for males, while for females the 2012-14 value of 84.2 years with both figures rising steadily since 1991-93 and are higher than the national figures.
- In 2012-14 the Herefordshire male life expectancy was ranked as 29th out of 150 upper tier local authorities, while female life expectancy was ranked 31st.
- Individuals born in the most deprived areas of Herefordshire have a shorter (4-5 years) life expectancy than those living in the least deprived areas.
- In 2012-15 the **healthy life expectancy** in Herefordshire was 67.1 years for males and 66.8 years for females which are both higher than the national figures.
- In 2012-15 the Herefordshire male healthy life expectancy was ranked as 20th out of 150 upper tier local authorities, while female healthy life expectancy was ranked 26th.
- Individuals born in the most deprived areas of Herefordshire have a shorter healthy life expectancy than those living in the least deprived areas.
- In 2012-14 the Herefordshire **life expectancy at 65** was 19.5 years for males and 22.0 years for females, with both figures rising steadily since 1991-93 and are higher than those recorded nationally.
- In 2012-14 the Herefordshire male life expectancy at 65 was ranked as 24th out of 150 upper tier local authorities, while female life expectancy at 65 was ranked 30th.

- In 2012-15 the Herefordshire **healthy life expectancy at 65** was 12.0 years for males and 13.2 years for females, with both being higher than those recorded nationally.
- In 2012-15 the Herefordshire male healthy life expectancy at 65 was ranked as 32nd out of 150 upper tier local authorities, while female healthy life expectancy at 65 was ranked 29th.

INTRODUCTION

This report presents data describing the demographics and life expectancy in Herefordshire. The data relates primarily to the most up to date information available, although some temporal trend data describing annual patterns since 1990s are also discussed. Comparisons with national, regional and comparative areas are also included.

DEMOGRAPHICS

POPULATION SIZE

The Office for National Statistics (ONS) publishes mid-year population estimates for local authorities each summer; the 2015 figures were released in June 2016.

Herefordshire is a predominantly rural county, with the 4th lowest population density in England. Since 2001 the Herefordshire population had grown from 174,900 to 188,100¹ in 2015 which represents a 7.5 per cent increase compared to population growth of 11 per cent observed in England and Wales over the same period – see Table 1. If recent (last five years) demographic trends were to continue and nationally determined assumptions about future fertility, mortality and migration were to be realised, the total population of Herefordshire is likely to increase by 2 per cent from 188,100 in 2015 to 192,300 in 2019, and to 205,600 people by 2034, an increase of 9 per cent. This growth rate would be equivalent to an average annual increase of 0.5 per cent over this 20-year period, although this is lower than the projected annual rate of growth for England as a whole of 0.7 per cent².

Table 1: Estimated headline population figures for Herefordshire, mid-2001 to mid-2015.

	2001	2015	Change (per cent)
All Persons	174,900	188,100	7.0
Males	85,400	93,100	8.3
Females	89,500	95,000	5.7
Young people (0-19)	41,600	39,900	-4.1
Older people (65+)	33,700	43,900	30.3
90+	1,300	2,100	61.5

Source: ONS

A comprehensive overview will be able to predict the structure and characteristics of the Herefordshire population and determine how changes are likely to impact upon specific population groups. Some of the key headlines of the population demographics include:

- In 2015 the county's over 65s account for 23 per cent of the population (43,900 persons), compared to 18 per cent nationally. This includes, 5,900 residents aged 85 and over.
- By 2034 the proportion of 0-15 year olds in the Herefordshire population is predicted to fall from 19.4 per cent in 2015 to 16.1 per cent in 2034.

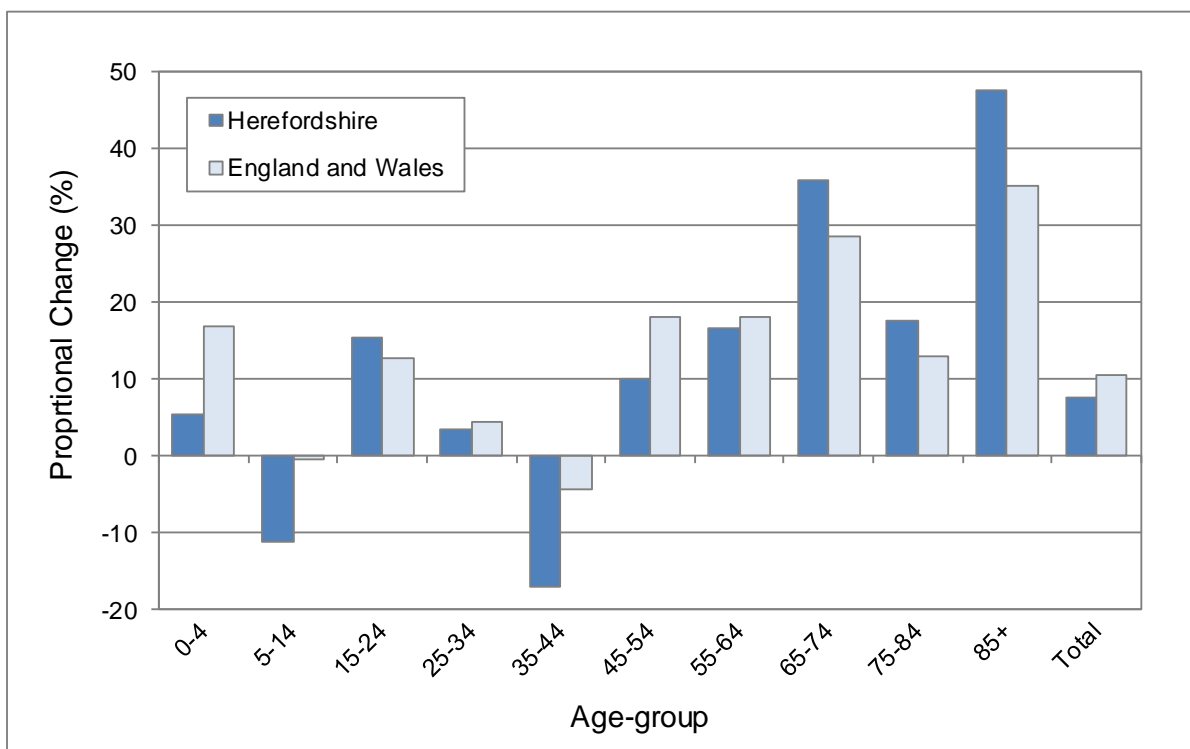
¹ Annual 2015 Mid-Year Population Estimates for the UK, Office for National Statistics © Crown Copyright.

² *The Population of Herefordshire, 2016*. Strategic Intelligence Team, Herefordshire Council.

- In contrast, over the same period, the proportion of 65-84 years olds is expected to increase from 17.0 per cent to 24.7 per cent.

Between 2001 and 2015 Herefordshire’s total population grew by 7.5 per cent which was lower than the rate for England and Wales of 10.6 per cent (Figure 1). However, when considering individual age-groups appreciable differences are evident between the local and national changes. While both local and national changes in all age groups have been in the same direction the magnitude in the majority of age groups (Figure 1). This is particularly evident for children and older people. For children the numbers aged 0 - 4 years in Herefordshire increased by 5.3 per cent, which was less than a third of the national rate of 16.8 per cent. For 5 to 14 year olds the Herefordshire population fell by 11.2 per cent which was appreciably greater than the national decline of 0.6 per cent. For those aged 65 and over the Herefordshire population increased by 30.5 per cent while nationally the numbers in this age group increased by 23.9 per cent.

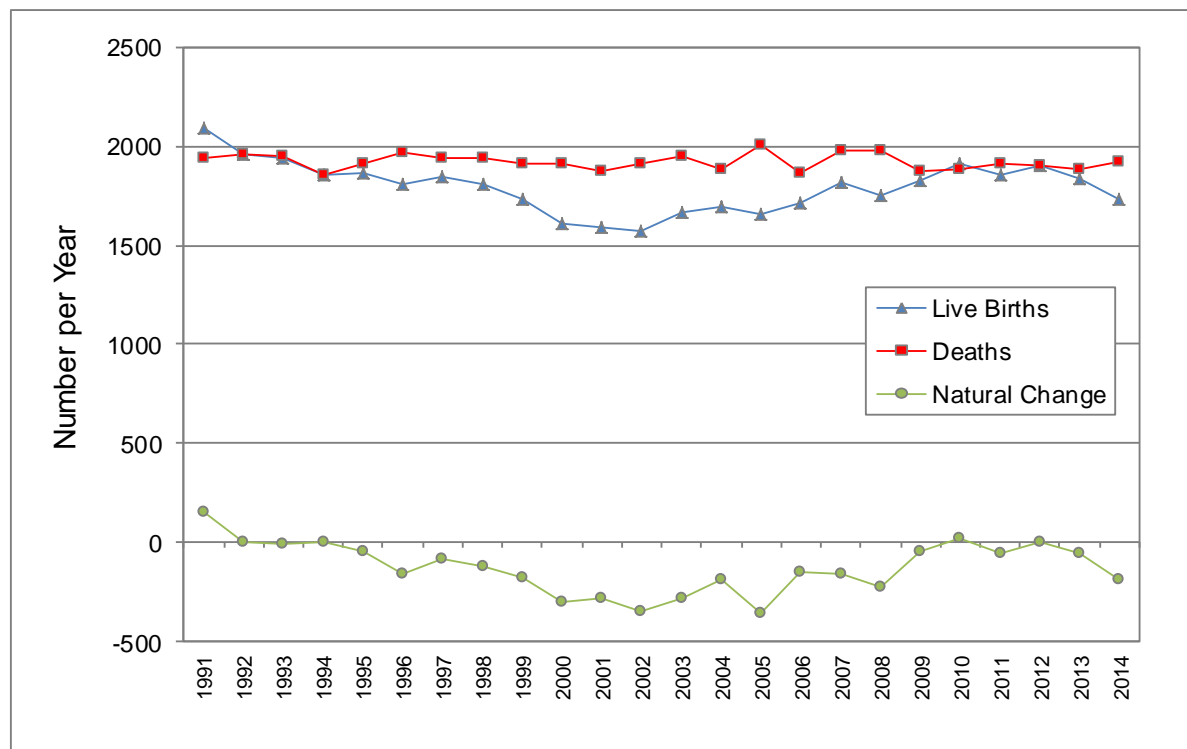
Figure 1: Proportional population change by age-group in Herefordshire and England and Wales between 2001 and 2015.



Source: ONS

Since 1991 the annual numbers of deaths in Herefordshire has remained fairly constant at around 1,900 to 2,000 a year (Figure 2). Consequently, any inter-annual variations in ‘natural change’ (i.e. births minus deaths) are dependent on numbers of births each year and there is a close correlation between the number of births and natural change ($r = 0.95$).

Figure 2: Births, deaths and natural change in Herefordshire's population, 1991 to 2014.



Source: ONS

BIRTHS

Births in Herefordshire fell throughout the 1990s (by 25 per cent between 1991 and 2002), mirroring the national trend of declining fertility rates which was at least partly attributed to a generation of women putting off having children until later in life (Figure 2). The birth rate started rising after 2002, partly as this generation started having children but also because women then in their twenties were not waiting as long as previously to start a family³. The most recent increase was driven by a rise in the number of women of child-bearing age living in the county, particularly the growing numbers of babies being born to Polish and Lithuanian mothers. Births rose by 22 per cent from a low of 1,570 in 2002 to 1,900 in 2010 and have plateaued around 1,800 to 1,900 since.

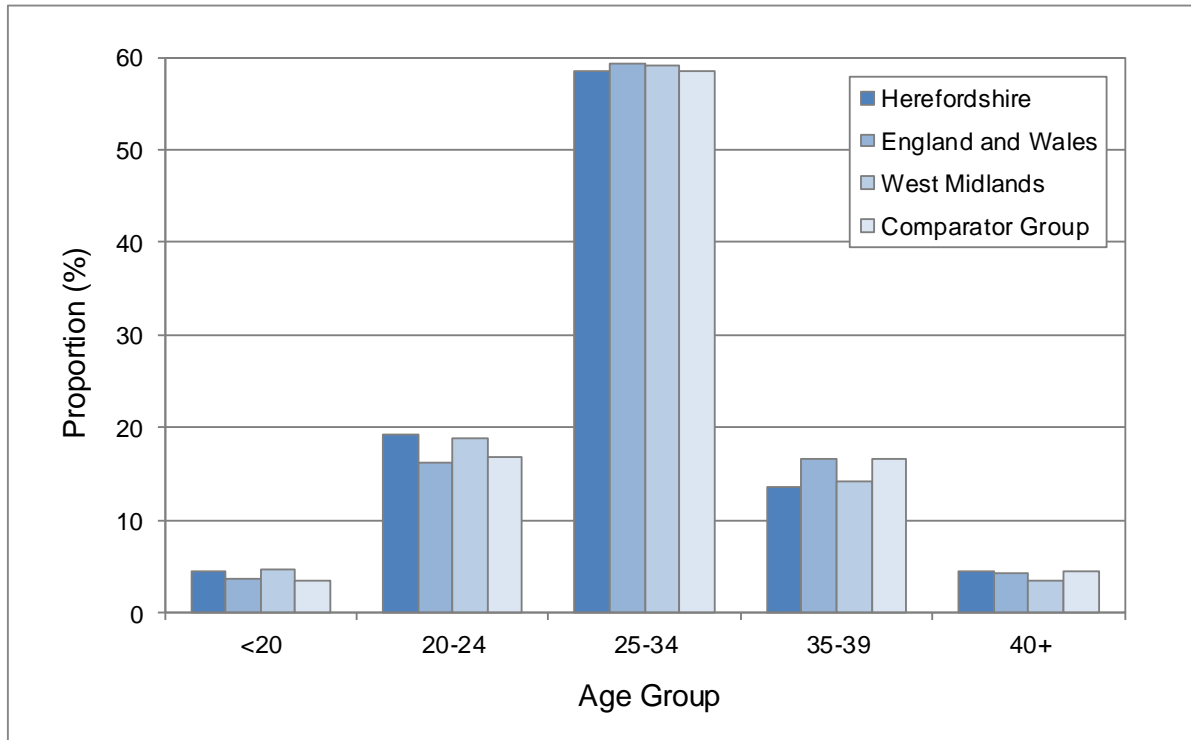
In relation to maternal age in 2014 in Herefordshire the highest proportion of children were born to mothers aged between 25 and 34 with 58 per cent of all births being within that age group; similar patterns were observed both regionally and nationally. When considering the 2014 birth rate in Herefordshire the overall rate was 57 births per 1,000 women, a figure lower than those recorded for England and Wales (62 per 1,000), the West Midlands (64 per 1,000) and also the comparator group⁴ (59 per 1,000) - Figure 3. For Herefordshire mothers aged between 25 and 29 the rate was 101 per 1,000 women, which, while being the same as the national rate, was appreciably lower than both the regional and comparator rates. For the 30 to 34 age group the local rate was 102 per 1,000 women

³ Jefferies, J. *Fertility assumptions for the 2006-based national population projections*. In the spring 2008 edition of the ONS' Population Trends

⁴ The comparator group is comprised the five most similar Unitary Authorities (UA) in England based on the most recent ONS Area classification ; the UAs considered in decreasing level of similarity are Shropshire, East Riding of Yorkshire, Wiltshire, Cheshire East and Rutland.

which is lower than the other rates considered, a pattern also evident for mothers aged between 35 and 39. The only age group where the Herefordshire birth rate was higher than all others was mothers aged 20 to 24.

Figure 3: Number of live births per 1,000 women by age-group in Herefordshire and England and Wales, West Midlands and comparator group, 2014.



Source: NHS Digital Indicator Portal

A number of birth statistics are given in Table 2. It is evident that in 2015 the stillbirth rate in Herefordshire was lower than national, regional and comparator group rates with the local figure being on average 51 per cent of the other rates considered. The proportion of all full term babies being underweight in Herefordshire in 2015 was higher than in the national and comparator group figures and lower than the regional figure, although the differences were not significantly significant. The Herefordshire fertility rate for 2015 was lower than other comparators considered.

Table 2: Birth statistics for Herefordshire, England, West Midlands and comparator group.

	Herefordshire	England and Wales	West Midlands	Comparator Group
Number of Live Births 2015	1,733	664,399	69,806	2,987 (mean)
Stillbirth Rate 2015 (Per 1,000 total births)	2.3	4.5	4.7	4.4
per cent of Births under 2.5 kg 2014 95% CI (LL – UL)	2.95 (2.23 – 3.91)	2.86 (2.82 – 2.91)	3.40 (3.27 – 3.55)	2.28 (2.06 – 2.53)
Fertility Rate 2015 (per 1,000 women aged 14 – 44)	57.7	62.3	63.9	60.5

Source: ONS; PHE – Child Health Profiles / Infant Mortality and Stillbirth Profiles

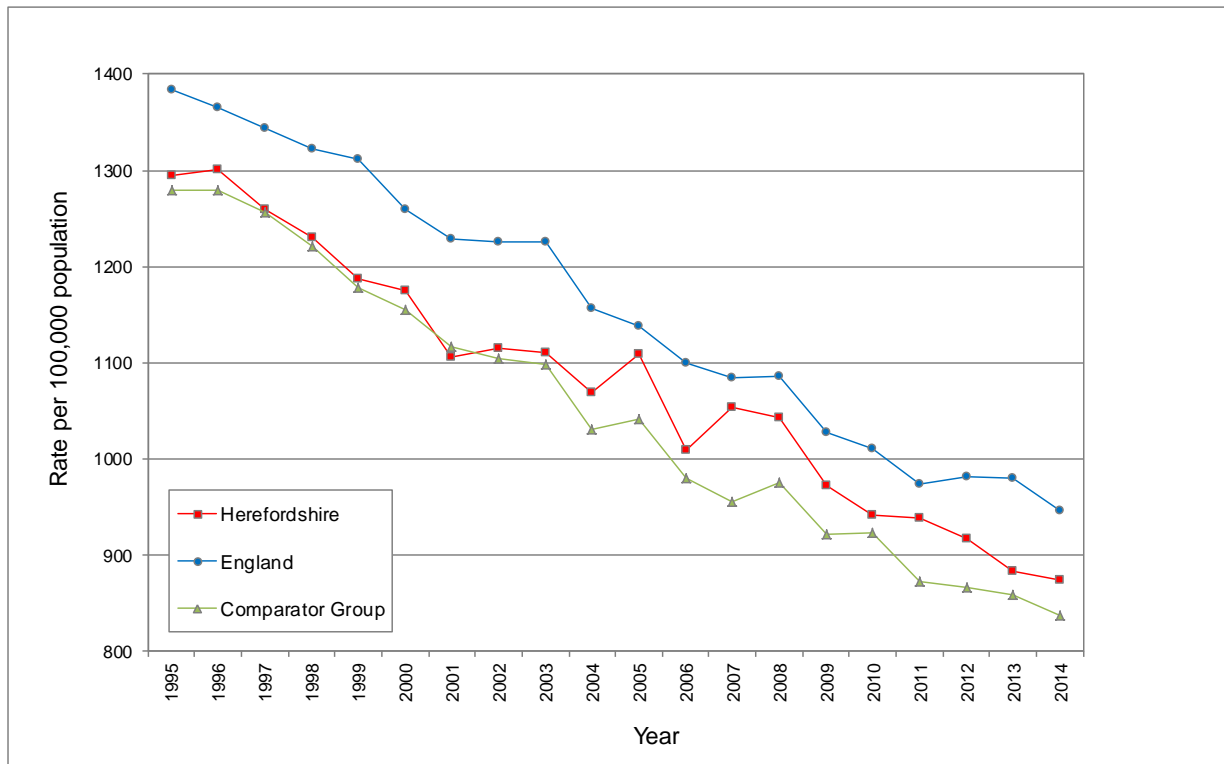
ALL AGE MORTALITY

As stated above, since 1995 the number of deaths recorded annually in Herefordshire has remained relatively constant since 1995 with numbers ranging between 1,900 and 2,000 per year (Figure 2). As the county population has increased from 165,800 to 186,100 over this 20 year period the county mortality rate has fallen with the directly standardised all age and all-cause mortality rate, showing a steady downward trend falling from 1,300 to 870 per 100,000 population over this period (Figure 4) representing a fall of 33 per cent. Similar downward trends are evident in both the national rate and the mean rate for the comparator group of counties which showed proportional decreases over the same period of 32 and 35 per cent respectively. The Herefordshire mortality rate was consistently lower than the national level by on average of 6.7 per cent, although, with the exception of 2000 where the local rate was higher than the comparator group mean rate by an average of 3.3 per cent. In 2014 the overall Herefordshire rate was 7.7 per cent lower than the national rate and 3.4 per cent higher than the comparator group rate.

Similar patterns are again observed when looking at mortality for the genders. The rates for both males and females show relatively consistent patterns between 1995 and 2014 falling by 37 per cent and 30 per cent respectively (Figure 5). Elsewhere the national rate for males fell by 36 per cent and in the comparator group the rate fell by 37 per cent, while for females the falls were 29 per cent nationally and 34 per cent in the comparator group. Throughout this period the male mortality rate for Herefordshire was consistently higher than that for females by 31 per cent on average (Figure 5); similar patterns were evident both nationally and in the comparator group with the average difference for both being 29 per cent.

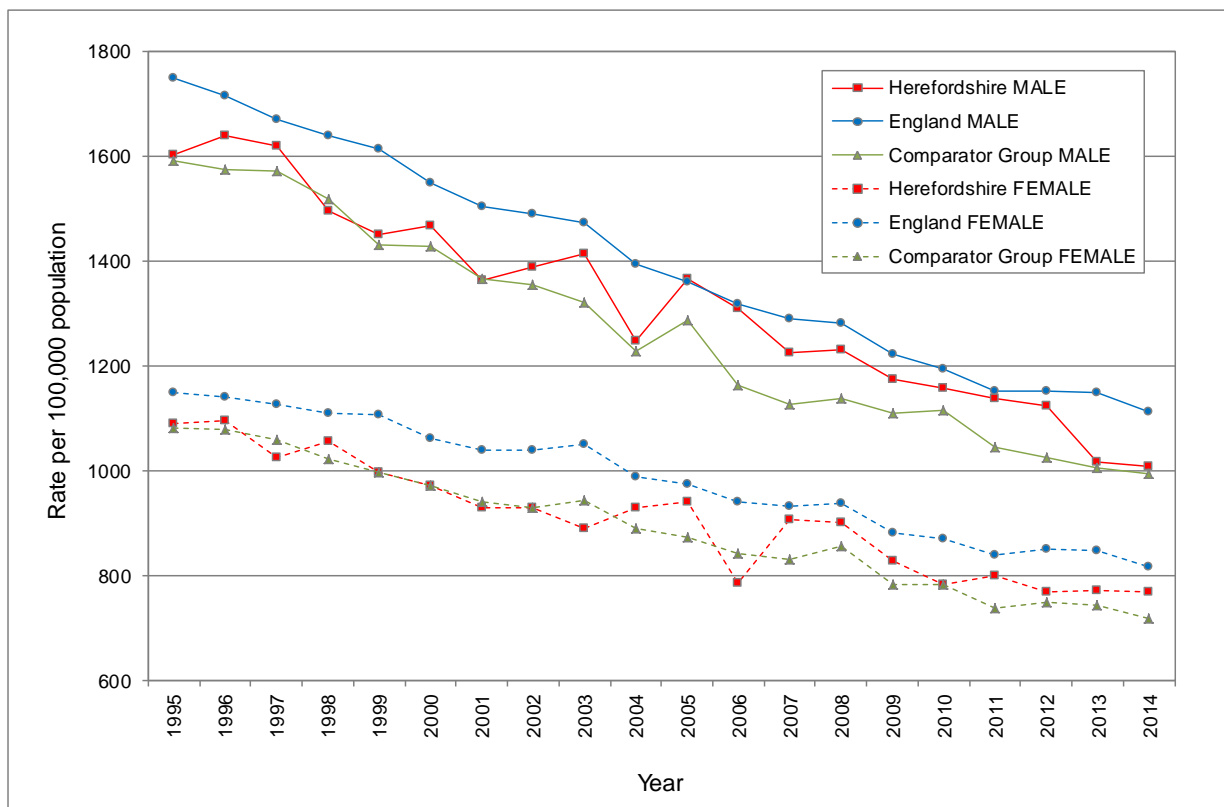
The patterns described above are also reflected in the most recent mortality data (2012-14) with data adjusted to take account of the age structure of different populations and permit meaningful comparison of rates in different areas (Table 3). Over this period the Herefordshire male, female and population age standardised mortality rates were all significantly lower than those reported nationally, regionally and in the comparator group.

Figure 4: All cause directly age-standardised mortality rates for Herefordshire, comparator group and England, 1995 - 2014.



Source: NHS Digital Indicator Portal

Figure 5: Male and female all age directly age-standardised mortality rates for Herefordshire, comparator group and England, 1995 - 2014.



Source: NHS Digital Indicator Portal

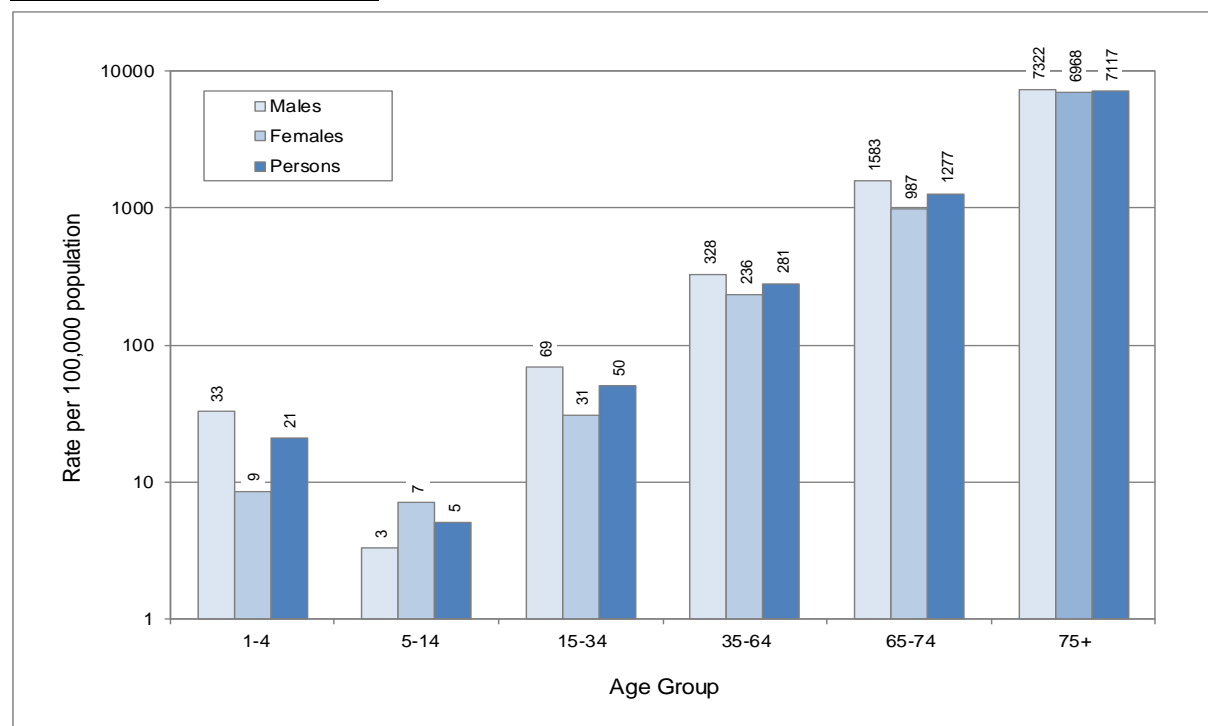
When the population is broken down into specific age groups it is evident that the mortality rate between 2012 and 2014 varies between ages (Figure 6). The lowest mortality rates for males, females and persons was recorded in the 5-14 age group, being slightly lower for males, females and persons compared to the 1-4 age group. In age groups older than the 5-14 group the mortality rates for males, females and persons increase approximately exponentially to maxima of 7,322 per 100,000 for males, 6,988 per 100,000 for females and 7,117 per 100,000 for persons in those aged 75+.

Table 3: Directly age-standardised mortality rates (per 100,000 population) and observed number of deaths from all causes, 2012-2014 (pooled data).

		Herefordshire	Comparator Group	West Midlands	England
Male	Rate (DSR) 95% CI (LL – UL)	1,049 1,009 – 1,091	1,008 -	1,185 1,177 – 1,194	1,138 1,135 – 1,141
	Number of Deaths	2,737	2,444	76,218	682,867
Female	Rate (DSR) 95% CI (LL – UL)	770 742 – 798	737 -	853 847 – 859	838 836 – 840
	Number of Deaths	2,975	2,588	78,646	726,339
Persons	Rate (DSR) 95% CI (LL – UL)	891 867 – 914	853 -	997 993 – 1,002	969 967 – 970
	Number of Deaths	5,712	5,031	154,864	1,409,206

Source: NHS Digital Indicator Portal

Figure 6: Male, female and persons age specific death rates for Herefordshire, 2012-2014 (pooled data displayed on a log scale).



Source: NHS Digital Indicator Portal

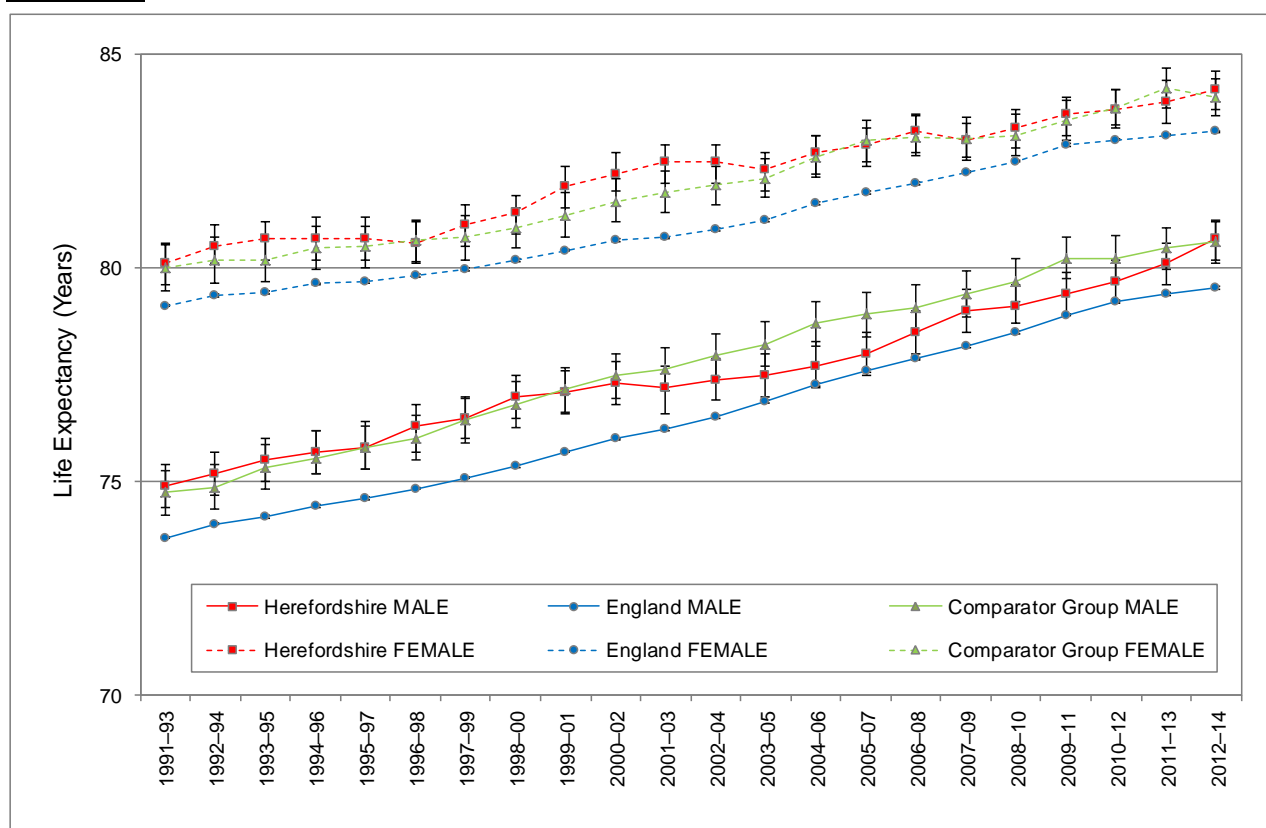
LIFE EXPECTANCY

LIFE EXPECTANCY AT BIRTH

Life expectancy at birth for an area in a given time period is an estimate of the average number of years a new-born baby would survive if he or she experienced a particular area's age-specific mortality rates for that time period throughout his or her life. The figure reflects mortality among those living in the area in each time period, rather than mortality among those born in each area. It is not therefore the number of years a baby born in the area could actually expect to live, both because the death rates of the area are likely to change in the future and because many born in the area will live elsewhere for at least some part of their lives. Period life expectancies (as presented here) are a useful measure of mortality rates actually experienced over a given period and, for past years, provide an objective means of comparison of the trends in mortality over time and between areas of a country.

Since 1991-93 the life expectancy in males and females in Herefordshire have shown a steady increase (Figure 7). For those born in Herefordshire in 2012-14 the average life expectancy is 80.7 years for males which is 7.7 per cent higher than in 1991-93, while for females the 2012-14 value of 84.2 years is 5.1 per cent higher than in 1991-93. Similar patterns were also evident for England and the comparator group, although throughout this period, while broadly similar to the comparator group, the local values for both males and females were higher than the national figures. In 2012-14 the Herefordshire male life expectancy was ranked as 29th out of 150 upper tier local authorities, while female life expectancy was ranked 31st.

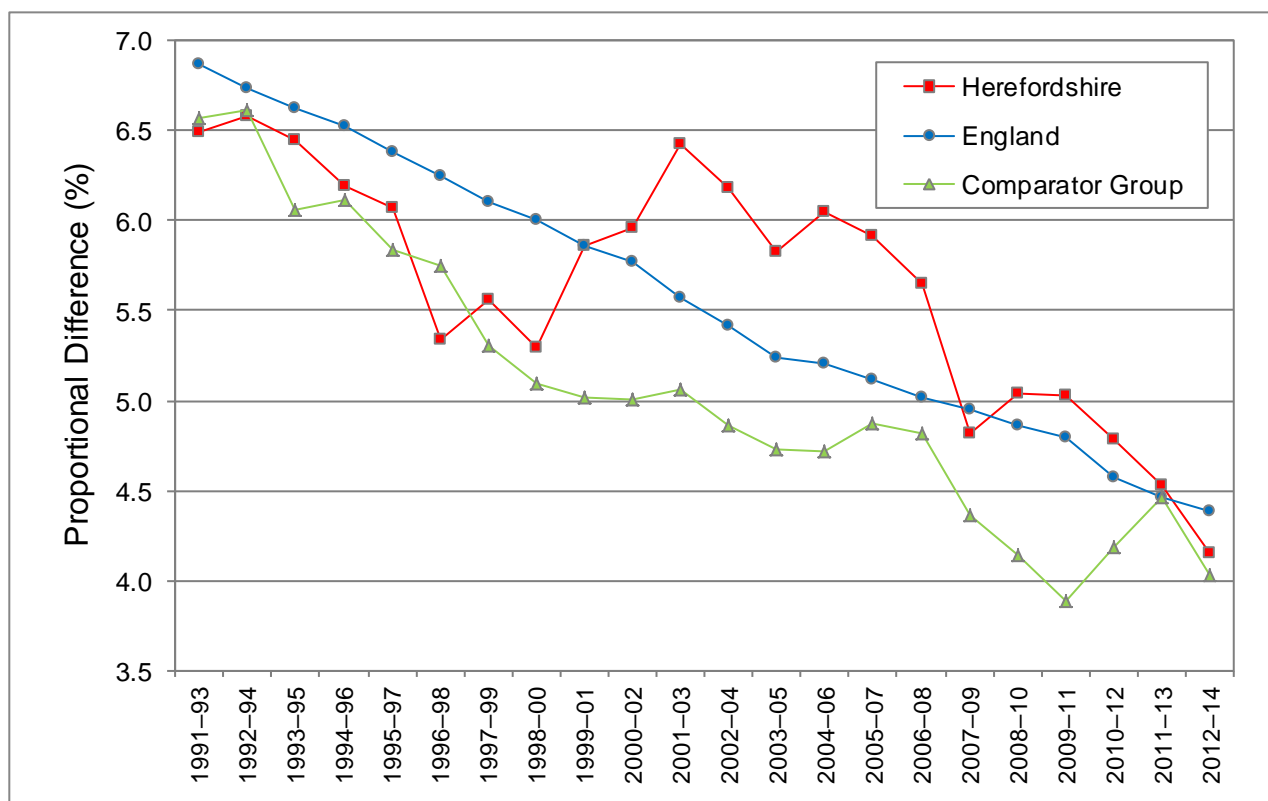
Figure 7: Male and female life expectancy in Herefordshire, England and comparator group, 1991-93 to 2012-14.



Source: ONS

Between 1991-93 and 2012-14 when considering the proportional difference between male and female life expectancies in Herefordshire there has been some variability, although a general downward trend is evident. The highest proportional difference was recorded in 1992-95 when the male figure was 6.58 per cent lower than the female while the lowest value of 4.16 per cent was recorded in 1992-94 (Figure 8). Similarly, the difference between male and female life expectancy in the comparator group showed some variation, although a general downward trend is evident. A downward trend in the proportional differences between male and female life expectancy were also observed for England with the greatest difference recorded in 1991-1993 and the lowest in 2012-14.

Figure 8: Proportional difference between male and female Life expectancy in Herefordshire, England and the comparator group, 1991-93 to 2012-14.



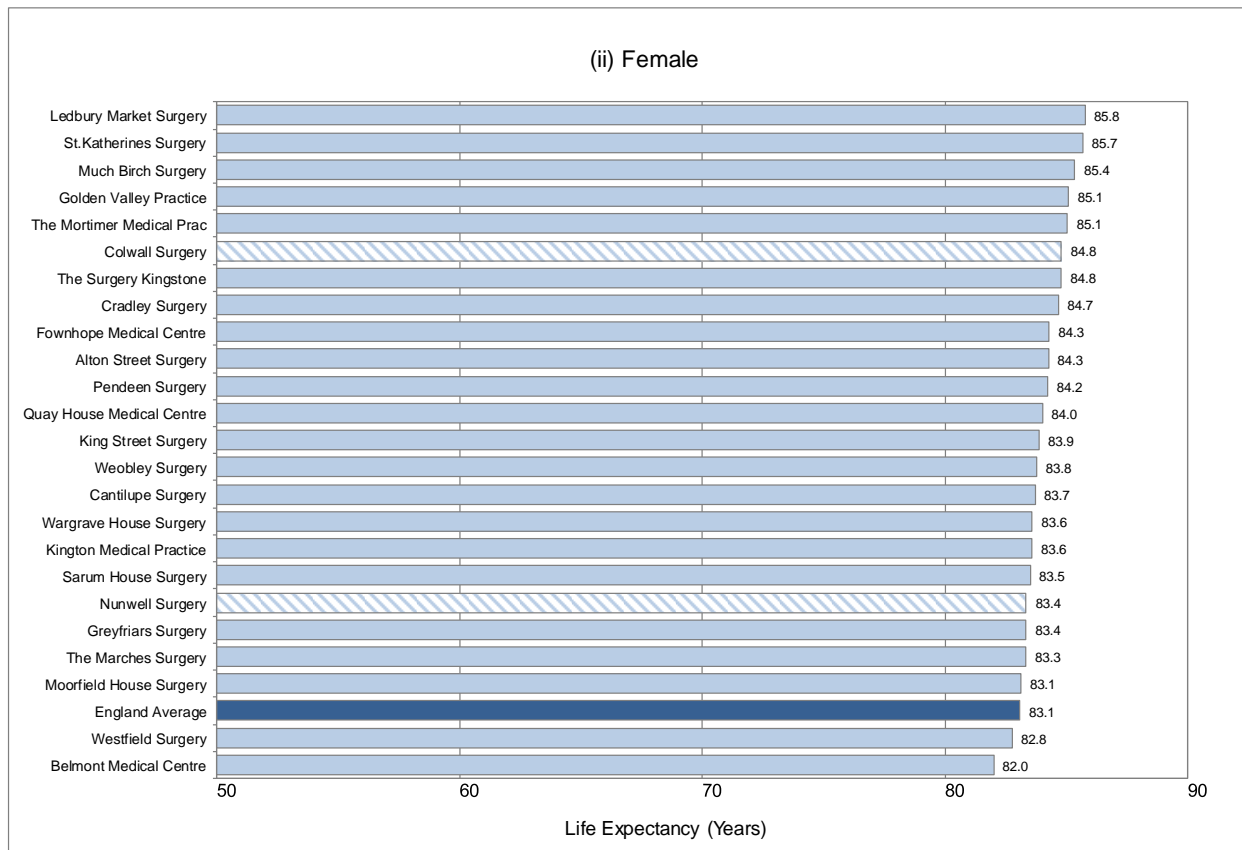
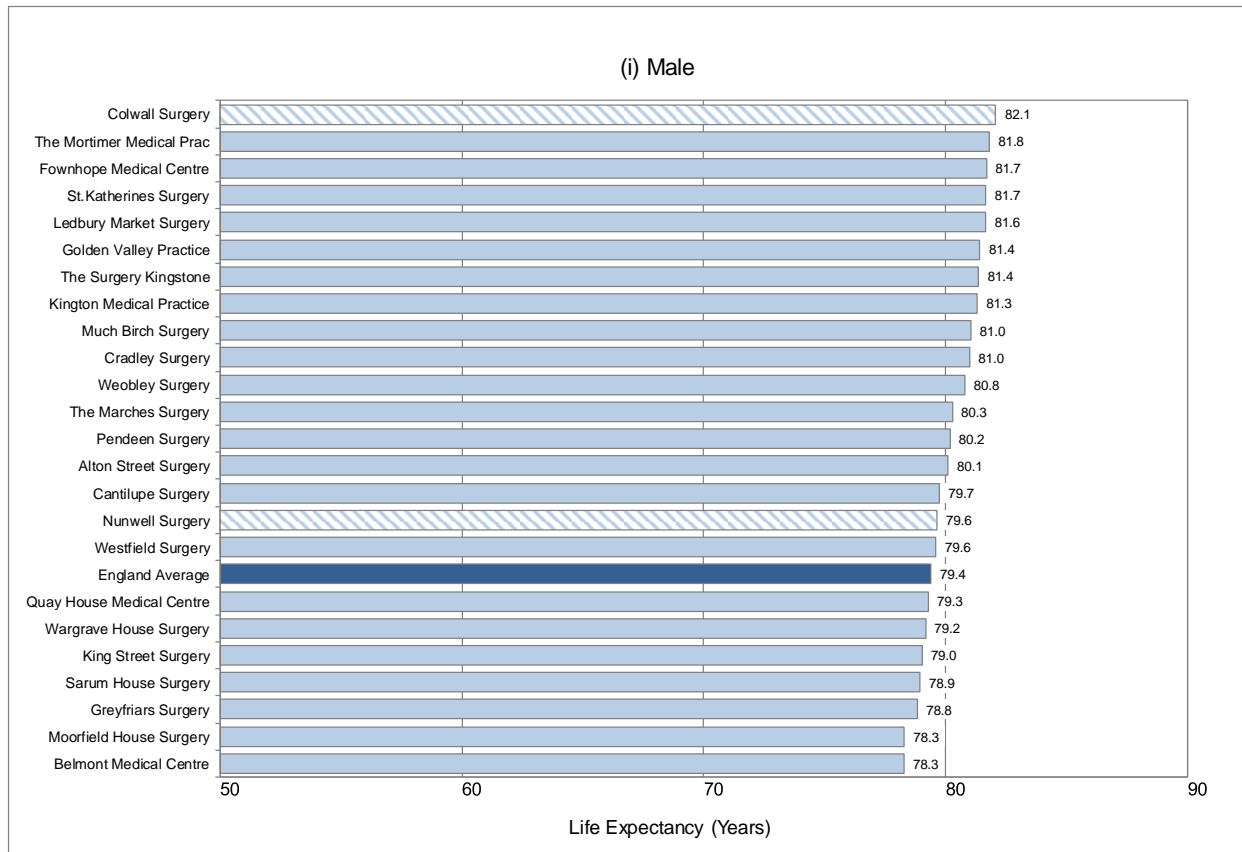
Source: Strategic Intelligence Team, Herefordshire Council

When considering life expectancy across Herefordshire GP practices for 2010-14 values for males range between 78.3 and 82.1⁵ years, with 17 of the 24 practices reporting life expectancy higher than the national figures (Figure 9); all seven practice reporting figures below the national figure are located within Hereford. For females life expectancies ranged between 82.0 and 85.8 years with all but two practices reporting figures higher than that reported nationally. Six out of the ten lowest female life expectancies were recorded at city practices.

There is clear correlation between life expectancy and the proportion of the patients at each practice within the most deprived quartile deprivation in both male ($r = -0.54$) and female ($r = -0.52$) patients. This finding is in line with those published by Public Health England which indicated that individuals born in the most deprived areas of Herefordshire have a shorter (4-5 years) life expectancy than those living in the least deprived areas.

⁵ For Colwall and Nunwell GP practices no data was available for 2010-14; data utilised here are from 2008-12 which are the most recent available

Figure 9: Life expectancy of male patients registered in Herefordshire localities and GP practices, 2010 - 2014. (shaded bars represent 2008-12 data - most recent data available)



Source: Quality of Outcomes Framework 2014/15

There is clear correlation between life expectancy and the proportion of the patients at each practice within the most deprived quartile deprivation in both male ($r = -0.54$) and female ($r = -0.52$) patients. This finding is in line with those published by Public Health England which indicated that individuals born in the most deprived areas of Herefordshire have a shorter (4-5 years) life expectancy than those living in the least deprived areas.

HEALTHY LIFE EXPECTANCY AT BIRTH

Health expectancy combines life expectancy, population data and data on the health of a population to give an index of the expected remaining years of healthy life. Healthy Life Expectancy (HLE) is calculated by the Office for National Statistics (ONS) and defines healthy life as years in good or fairly good self-perceived general health.

Between 2009-12 and 2012-15, HLE for males in Herefordshire has shown a small rise from 65.9 to 67.1 years, although these two figures are not statistically significantly different (Figure 10). Over the same period the national figure has also increased, although only marginally, while in the comparator group, a small rise from 65.5 to 66.5 years was also evident. Throughout this period the male HLE in Herefordshire was statistically higher than that reported nationally but was broadly similar to the comparator group figure. Between 2012 and 2014 the Herefordshire male HLE at birth ranked 20th out of 150 upper tier local authorities.

The HLE for females in Herefordshire fell between 2009-12 and 2012-15 from 68.2 to 66.8 years, although the figures are not statistically significantly different (Figure 10). Over the same period the national figure remained relatively consistent ranging between 63.9 and 64.2 years, while female HLE in the comparator group showed a small year on year fall from 67.7 to 67.2 years. Throughout this period the female HLE in Herefordshire was statistically higher than that reported nationally but was broadly similar to the comparator group figure. Between 2012 and 2014 the Herefordshire female HLE at birth was ranked 26th out of 150 upper tier local authorities.

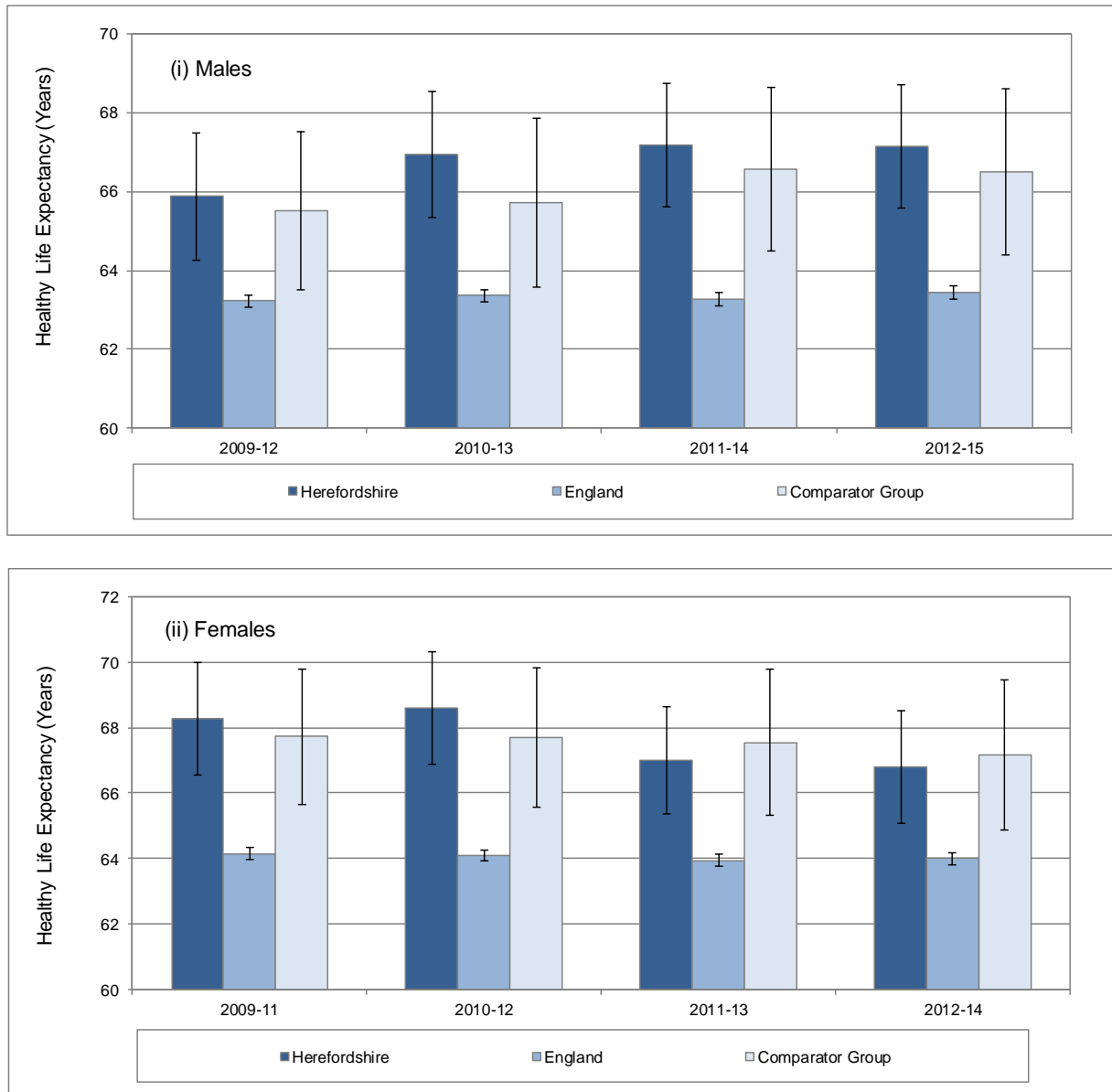
Office of National Statistics (ONS) have published HLE data for 2009-13 by Middle Super Output Area (MSOA)⁶ level. Over this period across Herefordshire the average HLE was 65.3 years for males which was significantly higher than the national figure of 63.5 years while being lower than the comparator rate of 66.6 years, although not significantly so. The highest HLE of 69.7 years was recorded at Marcle Ridge, although in 14 of the 23 MSOAs the HLE was over 65 years, all of which were significantly higher than the national figure while no Herefordshire figure was significantly higher than that for the comparator group (Figure 11). The only MSOAs to report HLEs below 60 years were City and South Wye West, both within Hereford; other low HLEs were recorded at South Wye East in Hereford and South Leominster. Between 2012 and 2014 the Herefordshire male healthy life expectancy was ranked 20th out of 150 upper tier local authorities.

For females the HLE across Herefordshire as a whole over this period was 67.0 years which was significantly higher than the national figure of 64.8 while being similar to the comparator group expectancy of 67.5 years. The highest HLE of 70.5 years was recorded at Malvern Beacons and at Northern Borders, although 18 MSOAs reported HLEs over 65 years, all of which were significantly higher than the national figure (Figure 11). The only HLE below 60 years was recorded in South Wye (55.5 years), while other reported figures less than 65 years were from South Wye East and City in Hereford and also South Leominster and North Leominster. Between 2012 and 2014 the Herefordshire female healthy life expectancy was ranked 26th out of 150 upper tier local authorities.

⁶ MSOAs - are statistical geographic boundaries designed to improve the reporting of small area statistics in England and Wales; the minimum population is 5,000 and the mean is 7,200.

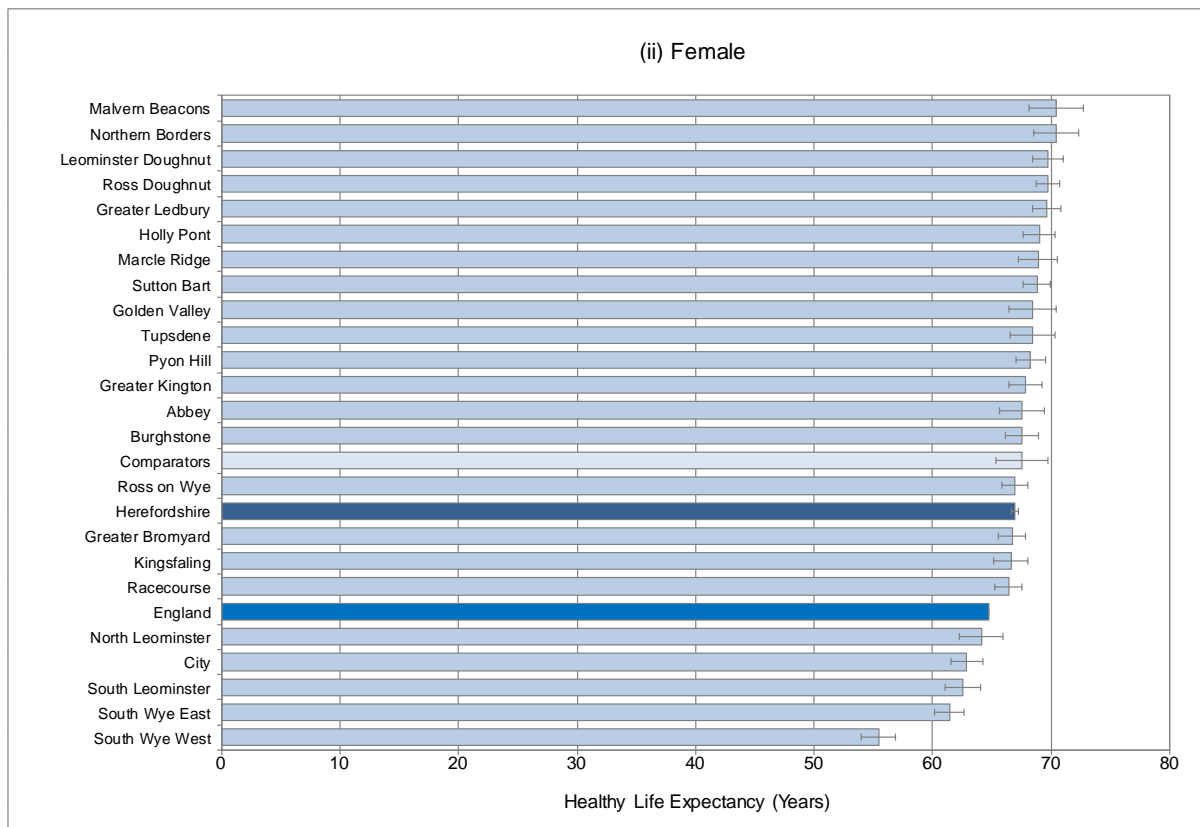
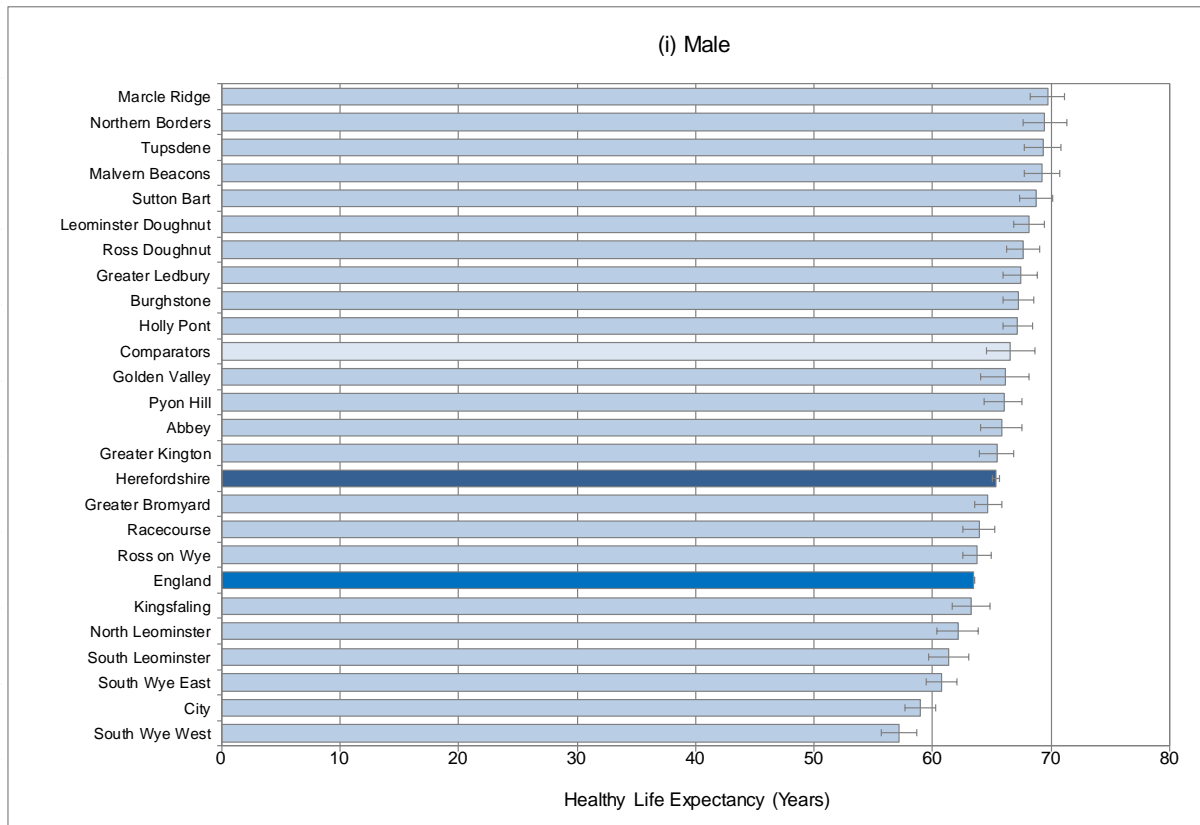
The male and female HLEs recorded in the each MSOA showed a very strong correlation ($r = 0.92$). When comparing the locality HLEs with the proportion of the population of each locality within the most deprived quartile there were moderately to strong negative correlations for both males ($r = -0.63$) and females ($r = -0.49$) indicating a possible negative impact of deprivation on healthy life expectancy and deprivation.

Figure 10. Male and female healthy life expectancy at birth in Herefordshire, England and comparator group, 2009-12 to 2012-15.



Source: ONS

Figure 11: Healthy life expectancy of male and female patients in Herefordshire MSOAs and England 2009 – 13.



Source: ONS

LIFE EXPECTANCY AT 65

Period life expectancy⁷ at birth (as presented above) is not a guide to the remaining expectation of life at any given age. For example, if female life expectancy at birth was 80 years for a particular area, the life expectancy of women aged 65 years in that area would exceed 15 years. This reflects the fact that survival from a particular age depends only on the mortality rates beyond that age, whereas survival from birth is based on mortality rates at every age. For instance period life expectancy at age 65 in 2000 would be worked out using the mortality rate for age 65 in 2000, for age 66 in 2000, for age 67 in 2000, and so on.

Since 2000-02 male life expectancy at 65 has increased from 17.0 years to 19.5 years in 2012-14 (Figure 12). A similar temporal pattern was observed in the comparator group with the no significant differences from the local figure evident throughout this period. However, while the national figure also showed a consistent increase with time the Herefordshire figure was consistently higher than that recorded across England as a whole. The increase in the Herefordshire figure between 2000-02 and 2012-14 represented a 14.7 per cent proportional increase compared to the national and comparator group figures of 16.3 and 15.3 per cent respectively. Between 2012 and 2014 the Herefordshire male healthy life expectancy at 65 was ranked 24th out of 150 upper tier local authorities.

For female life expectancy at 65 has increased from 20.1 years to 22.0 years in 2011-13; in 2012-14 the figure was 21.9 years (Figure 12). A similar temporal pattern was observed in the comparator group with the no significant differences from the local figure evident throughout this period. However, while the national figure also showed a consistent increase with time the Herefordshire figure was consistently higher than that recorded across England as a whole. Between 2012 and 2014 the Herefordshire female healthy life expectancy at 65 was ranked 30th out of 150 upper tier local authorities.

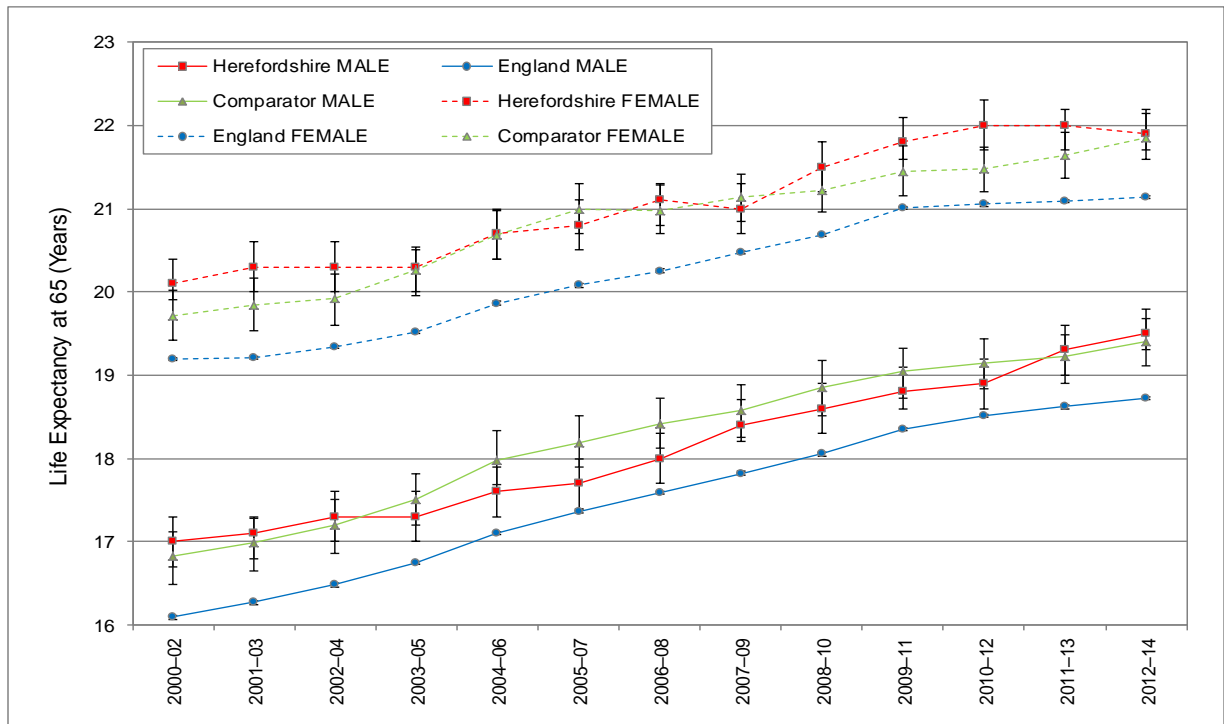
HEALTHY LIFE EXPECTANCY AT 65

Between 2009-12 and 2012-15 HLE at 65 for males in Herefordshire showed no consistent pattern ranging between 11.4 and 12.0 years (Figure 13). Over the same period the national figure rose marginally year on year from 10.3 to 10.6 years, while in the comparator group also showed small year on year rises from 10.8 to 11.6 years. Throughout this period the male HLE at 65 in Herefordshire was broadly similar to both the national comparator group figures. Between 2012 and 2014 the Herefordshire male HLE at 65 was ranked 32nd out of 150 upper tier local authorities.

Between 2009-12 and 2012-15 the HLE at 65 for females in Herefordshire varied between 12.0 and 13.2 years, although no consistent pattern was evident (Figure 13). Over the same period the national figure remained relatively consistent ranging between 11.3 and 11.5 years; a similar pattern was evident in the comparator group with values ranging between 12.0 and 12.1 years. Throughout this period the female HLE in Herefordshire was broadly similar to both the national comparator group figures. Between 2012 and 2014 the Herefordshire female HL at 65 ranked 29th out of 150 upper tier local authorities.

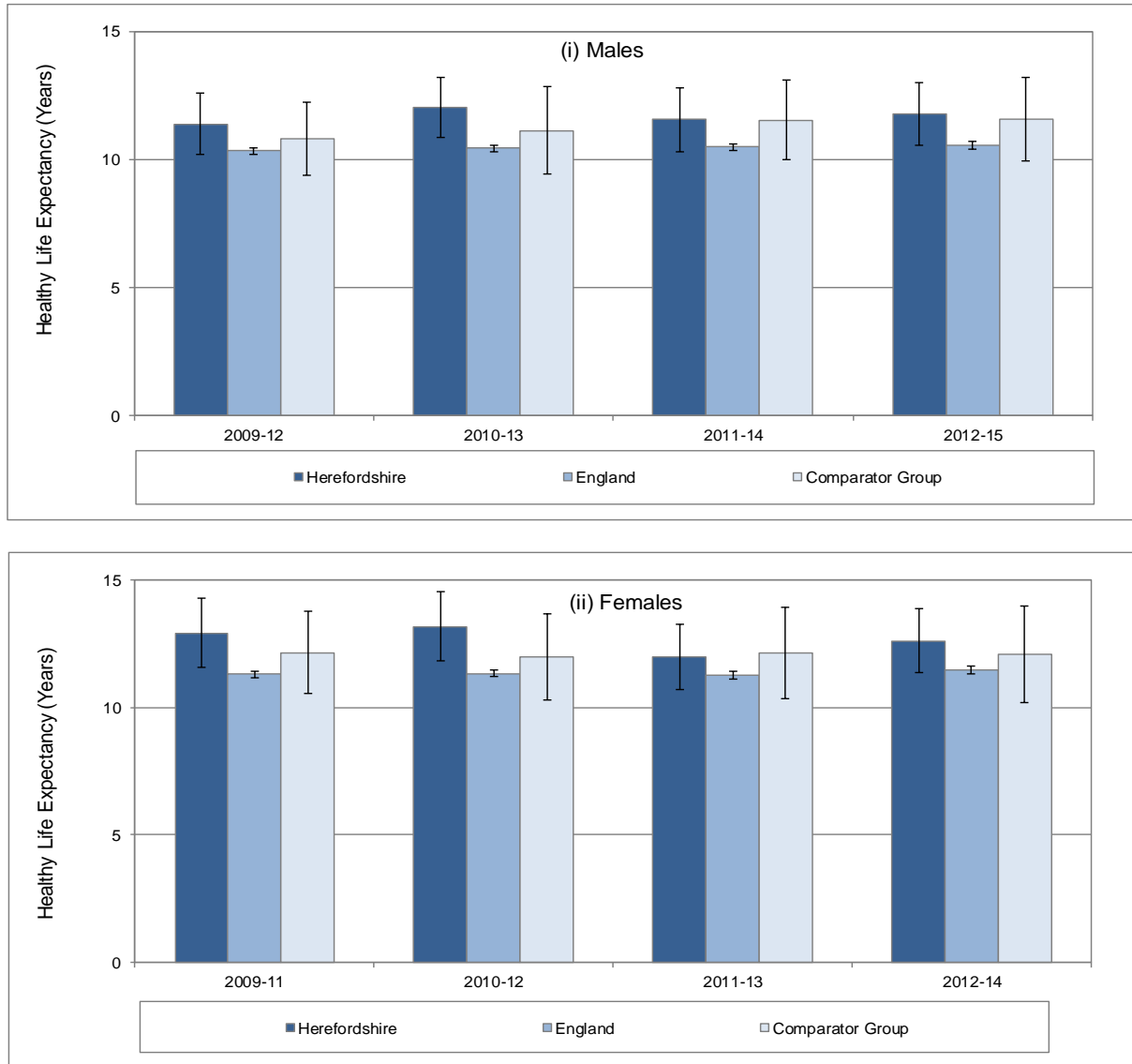
⁷ Period life expectancies use mortality rates from a single year (or group of years) and assume that those rates apply throughout the remainder of a person's life. This means that any future changes to mortality rates would not be taken into account.

Figure 12. Male and female life expectancy at 65 in Herefordshire, England and comparator group, 2000-02 to 2012-14.



Source: ONS

Figure 13. Male and female healthy life expectancy at 65 in Herefordshire, England and comparator group, 2009-12 to 2012-15.



Source: ONS