

Appendix B: Lifestyle and Health Behaviours in Cambridgeshire

Trend in lifestyles - December 2015

	Significantly worse than England
	Not significantly different to England
	Significantly better than England

Lifestyle indicator	Ref	Year	Cambridge shire	Districts					England	Deprivation	
				Cambridge City	East Cambridge shire	Fenland	Huntingdon shire	South Cambridge shire		20% most deprived	80% rest of county
Childhood obesity - Reception	1	2012/13	7.5%	7.4%	8.3%	9.4%	7.1%	6.4%	9.3%	10.8%	6.5%
	1	2013/14	8.1%	8.0%	8.9%	9.0%	8.8%	6.2%	9.5%	10.6%	7.3%
	2	2014/15	7.3%	6.1%	7.0%	9.6%	7.9%	6.2%	9.1%	9.6%	6.6%
Childhood obesity - Year 6	1	2012/13	15.8%	16.6%	15.6%	18.9%	17.1%	12.0%	18.9%	19.4%	14.8%
	1	2013/14	16.2%	16.1%	17.1%	20.2%	15.3%	14.3%	19.1%	19.9%	15.2%
	2	2014/15	15.0%	14.2%	14.6%	18.8%	15.4%	12.9%	19.1%	18.8%	13.7%
Excess weight in adults	1	2012/14	63.6%	48.3%	68.0%	73.1%	67.3%	63.6%	64.6%	-	-
Adult obesity	1	2012/14	22.4%	14.7%	23.7%	31.5%	24.9%	19.4%	24.0%	-	-
Healthy eating ('5-a-day')	1	2014	58.6%	61.4%	59.4%	47.7%	57.7%	64.0%	53.5%	-	-
Physically active adults	1	2012	60.3%	64.7%	56.5%	50.5%	62.2%	62.7%	56.0%	-	-
		2013	60.2%	66.9%	57.6%	51.1%	60.1%	61.7%	56.0%	-	-
		2014	64.5%	76.8%	58.0%	52.1%	62.8%	67.3%	57.0%	-	-
Physically inactive adults	1	2012	22.8%	17.0%	29.2%	30.6%	21.6%	20.3%	28.5%	-	-
		2013	24.6%	17.9%	26.9%	33.0%	24.4%	23.9%	28.3%	-	-
		2014	19.9%	12.6%	24.1%	32.2%	17.4%	18.8%	27.7%	-	-
Smoking prevalence	1	2012	17.9%	11.5%	17.3%	29.5%	18.2%	15.9%	19.5%	-	-
		2013	13.5%	9.5%	18.1%	21.9%	11.6%	11.4%	18.4%	-	-
		2014	15.5%	17.6%	14.9%	21.2%	14.4%	11.7%	18.0%	-	-
Alcohol-related hospital admissions* (age-standardised rate per 100,000)	1	2012/13	595	664	591	599	590	572	653	-	-
		2013/14	589	684	515	641	620	518	637	-	-
		2014/15	620	725	577	677	604	568	645	-	-

* Alcohol-related hospital admission episodes (narrow definition)

Source

1. Public Health Outcomes Framework, Fingertips, PHE
2. National Child Measurement Programme, HSCIC