This profile supports The Buckinghamshire Physical Activity Strategy 2018-2023 and provides information about levels of physical activity and summarises indicators of health and wellbeing in Bucks and the four district council areas.

- Higher levels of physical activity offer multiple benefits to health and wellbeing as well as offering benefits to the economy and education.
- Two thirds of early deaths are preventable by addressing four simple risk factors: overweight, smoking, excess alcohol consumption and high blood pressure.
- Bucks has pockets of higher deprivation, which is a risk factor for health.
- Healthy life expectancy at birth in Bucks is: 69.4 years (males) and 70.3 years (females) (2014-16).

If an additional 10% of Bucks population were physically active, then...

**Mortality**

163 deaths avoided over 5 years

**Diabetes**

59 cases prevented over 5 years

If 71.0% (currently 64.5%) of adults did 150+ minutes of physical activity a week

Source: Revised Health Impact of Physical Inactivity model.
## Health indicators

<table>
<thead>
<tr>
<th>Indicator</th>
<th>England</th>
<th>Bucks</th>
<th>Aylesbury Vale</th>
<th>Chiltern</th>
<th>South Bucks</th>
<th>Wycombe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Index of Multiple Deprivation, 2015</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recorded diabetes, 17+ years (%)</td>
<td>21.8</td>
<td>9.8</td>
<td>11.2</td>
<td>6.7</td>
<td>9.3</td>
<td>10.1</td>
</tr>
<tr>
<td>Proportion of all people with a diagnosis of stroke (%)</td>
<td>6.4</td>
<td>5.9</td>
<td>5.8</td>
<td>5.4</td>
<td>5.6</td>
<td>6.2</td>
</tr>
<tr>
<td>Breast cancer rate, &lt;75 years, female (per 100,000)</td>
<td>1.7</td>
<td>1.6</td>
<td>1.4</td>
<td>1.7</td>
<td>1.9</td>
<td>1.6</td>
</tr>
<tr>
<td>Colorectal cancer rate, &lt;75 years (per 100,000)</td>
<td>20.9</td>
<td>21.6</td>
<td>20.7</td>
<td>21.2</td>
<td>24.4</td>
<td>21.7</td>
</tr>
<tr>
<td>Recorded hypertension, all ages (%)</td>
<td>11.9</td>
<td>10.4</td>
<td>9.6</td>
<td>13.5</td>
<td>11.7</td>
<td>8.6</td>
</tr>
<tr>
<td>Estimated dementia diagnosis rate, 65+ years (%)</td>
<td>13.8</td>
<td>13.5</td>
<td>13.1</td>
<td>13.1</td>
<td>13.9</td>
<td>13.6</td>
</tr>
<tr>
<td>Mortality rate from all cardiovascular diseases, &lt;75 years (per 100,000)</td>
<td>67.9</td>
<td>67.4</td>
<td>72.5</td>
<td>66.3</td>
<td>67.3</td>
<td>63.6</td>
</tr>
<tr>
<td>People with limiting long-term illness/disability all ages (%)</td>
<td>73.5</td>
<td>52.3</td>
<td>58.1</td>
<td>44.0</td>
<td>54.3</td>
<td>50.6</td>
</tr>
<tr>
<td>GCSEs achieved 5A*-C including English and maths (%)</td>
<td>17.2</td>
<td>13.0</td>
<td>13.1</td>
<td>12.8</td>
<td>13.3</td>
<td>12.8</td>
</tr>
<tr>
<td>Sick absence - employees who had at least one day off in previous week, 16+ years (%)</td>
<td>57.8</td>
<td>67.2</td>
<td>61.7</td>
<td>78.7</td>
<td>73.7</td>
<td>64.3</td>
</tr>
</tbody>
</table>

Compared with England where applicable: Lower; Better; Similar; Worse.

### Excess weight in Year 6 children (aged 10-11 years) by ward, 2016/17

#### Reception (4-5 year olds)
- Girls: 17.8%
- Boys: 18.2%
- All: 18.0%

#### Year 6 (10-11 year olds)
- Girls: 24.7%
- Boys: 29.1%
- All: 27.2%

### Excess weight in children by gender, 2016/17

### Excess weight in children by ethnicity and school year, 2016/17

- **White:**
  - Year R: 18.0%
  - Year 6: 27.2%
- **Mixed:**
  - Year R: 22.6%
  - Year 6: 34.2%
- **Asian:**
  - Year R: 15.0%
  - Year 6: 26.2%
- **Black:**
  - Year R: 20.0%
  - Year 6: 30.0%
- **Other:**
  - Year R: 23.0%
  - Year 6: 31.0%

Reception, 79.6% and Year 6, 98.0% complete coding for ethnicity.
Aylesbury Vale

Population, 2016

- 193,100 people live in Aylesbury Vale with 43,900 living in the most-deprived quintile.
- 12,400 people are aged 0-4 years (6.4% compared to 6.2% in Bucks), 34,300 are aged 5-18 years (17.7% compared to 17.9% in Bucks) and 31,900 are aged 65+ years (16.5% compared to 18.3% in Bucks).
- 10.4% of people are from a BME group (13.6% in Bucks).

Life expectancy at birth (years)

- More than a third of the Bucks population live in Aylesbury Vale District. The percentage of people aged over 65 years is lower than the Bucks average.
- The life expectancy for both males and females are lower than the Bucks average.
- A fifth of adults are physically inactive which is similar to the Bucks average.
- Around half of adults walk at least 10 minutes a day 5 or more times a week.
- Almost two thirds of adults are overweight or obese which is higher than the Bucks average.
- One in six reception children and more than a quarter of Year 6 children are overweight or obese.
- Three fifths of adults eat 5 or more portions of fruit and vegetables a day.
- One in ten adults are smokers and one in six adults binge drink.

Lifestyles

- Physically inactive, 21.3%
  less than 30 min a week, 16+ years
  Bucks 20.7%, England 25.6%, 2016/17

- Fairly active, 12.9%
  30 - 149 min a week, 16+ years
  Bucks 14.8%, England 13.8%, 2016/17

- Active, 65.8%
  150+ min a week, 16+ years
  Bucks 64.5%, England 60.6%, 2016/17

- Adult excess weight, 64.0%
  BMI of 25+, 16+ years
  Bucks 60.2%, England 61.3%, 2015/16

- Excess weight in children
  BMI 85th+ centile
  4-5 years  17.2%
  Bucks 18.0%, England 22.6%, 2016/17
  10-11 years  28.8%
  Bucks 27.2%, England 34.2%, 2016/17

- Walking, 51.1%
  At least 5 times a week, 16+ years
  Bucks 49.1%, England 50.6%, 2014/15

- Cycling, 3.8%
  At least 3 times a week, 16+ years
  Bucks 3.1%, England 4.4%, 2014/15

- Healthy eating, 60.6%
  5+ portions of fruit and vegetables per day, 16+ years
  Bucks 60.5%, England 57.4%, 2016/17

- Smoking, 11.4%
  18+ years
  Bucks 11.2%, England 15.5%, 2016

- Binge drinking, 17.9%
  Men, 8 or more units of alcohol on the heaviest drinking day in the last 7 days; Women, 6 or more units, 16+ years
  Bucks 17.2%, England 20.0%, 2006-08
Chiltern

Population, 2016

- 95,100 people live in Chiltern with 8,400 living in the most-deprived quintile.
- 5,200 people are aged 0-4 years (5.5% compared to 6.2% in Bucks), 18,000 are aged 5-18 years (18.9% compared to 17.9% in Bucks) and 20,300 are aged 65+ years (21.3% compared to 18.3% in Bucks).
- 8.5% of people are from a BME group (13.6% in Bucks).

Life expectancy at birth (years)

- Around a sixth of the Bucks population live in Chiltern District. The percentage of people aged over 65 years is higher than the Bucks average.
- The life expectancy for both males and females are higher than the Bucks average.
- A fifth of adults are physically inactive which is similar to the Bucks average.
- Almost half of adults walk at least 10 minutes a day 5 or more times a week.
- Over half of adults are overweight or obese.
- One in six reception children and nearly a quarter of Year 6 children are overweight or obese.
- One in six adults binge drink.

Lifestyles

- **Physically inactive, 20.9%**
  - less than 30 min a week, 16+ years
  - Bucks 20.7%, England 25.6%, 2016/17

- **Fairly active, 15.7%**
  - 30 - 149 min a week, 16+ years
  - Bucks 14.8%, England 13.8%, 2016/17

- **Active, 63.3%**
  - 150+ min a week, 16+ years
  - Bucks 64.5%, England 60.6%, 2016/17

- **Adult excess weight, 52.1%**
  - BMI of 25+, 16+ years
  - Bucks 60.2%, England 61.3%, 2015/16

- **Excess weight in children**
  - BMI 85th+ centile
  - 4-5 years  **16.3%**
    - Bucks 18.0%, England 22.6%, 2016/17
  - 10-11 years **23.7%**
    - Bucks 27.2%, England 34.2%, 2016/17

- **Walking, 47.5%**
  - At least 5 times a week, 16+ years
  - Bucks 49.1%, England 50.6%, 2014/15

- **Cycling, 2.1%**
  - At least 3 times a week, 16+ years
  - Bucks 3.1%, England 4.4%, 2014/15

- **Healthy eating, 69.4%**
  - 5+ portions of fruit and vegetables per day, 16+ years
  - Bucks 60.5%, England 57.4%, 2016/17

- **Smoking, 7.4%**
  - 18+ years
  - Bucks 11.2%, England 15.5%, 2016

- **Binge drinking, 17.4%**
  - Men, 8 or more units of alcohol on the heaviest drinking day in the last 7 days; Women, 6 or more units, 16+ years
  - Bucks 17.2%, England 20.0%, 2006-08
South Bucks

### Population, 2016

- 69,600 people live in South Bucks with 12,100 living in the most-deprived quintile.
- 4,100 people are aged 0-4 years (5.9% compared to 6.2% in Bucks), 11,800 are aged 5-18 years (17.0% compared to 17.9% in Bucks) and 14,600 are aged 65+ years (21.0% compared to 18.3% in Bucks).
- 15.7% of people are from a BME group (13.6% in Bucks).

### Life expectancy at birth (years)

- Around an eighth of the Bucks population live in South Bucks District. The percentage of people aged over 65 years is higher than the Bucks average.
- The life expectancy for both males and females are similar to the Bucks average.
- A fifth of adults are physically inactive which is similar to the Bucks average.
- Two out of five adults walk at least 10 minutes a day 5 or more times a week.
- More than half of adults are overweight or obese.
- A fifth of reception children and more than a quarter of Year 6 children are overweight or obese.
- Around two thirds of adults eat 5 or more portions of fruit and vegetables a day.
- One in six adults binge drink.

### Lifestyles

#### Physically inactive, 20.0%
- less than 30 min a week, 16+ years
- Bucks 20.7%, England 25.6%, 2016/17

#### Fairly active, 16.1%
- 30 - 149 min a week, 16+ years
- Bucks 14.8%, England 13.8%, 2016/17

#### Active, 63.9%
- 150+ min a week, 16+ years
- Bucks 64.5%, England 60.6%, 2016/17

#### Adult excess weight, 54.7%
- BMI of 25+, 16+ years
- Bucks 60.2%, England 61.3%, 2015/16

#### Excess weight in children
- BMI 85th+ centile
- 4-5 years **19.6%**
  - Bucks 18.0%, England 22.6%, 2016/17
- 10-11 years **28.5%**
  - Bucks 27.2%, England 34.2%, 2016/17

#### Walking, 42.8%
- At least 5 times a week, 16+ years
- Bucks 49.1%, England 50.6%, 2014/15

#### Cycling, 2.9%
- At least 3 times a week, 16+ years
- Bucks 3.1%, England 4.4%, 2014/15

#### Healthy eating, 65.0%
- 5+ portions of fruit and vegetables per day, 16+ years
- Bucks 60.5%, England 57.4%, 2016/17

#### Smoking, 12.7%
- 18+ years
- Bucks 11.2%, England 15.5%, 2016

#### Binge drinking, 17.3%
- Men, 8 or more units of alcohol on the heaviest drinking day in the last 7 days; Women, 6 or more units, 16+ years
- Bucks 17.2%, England 20.0%, 2006-08
• A third of the Bucks population live in Wycombe District. The percentage of people aged over 65 years is lower than the Bucks average.
• The life expectancy for both males and females are higher than the Bucks average.
• A fifth of adults are physically inactive which is similar to the Bucks average.
• Half of adults walk at least 10 minutes a day 5 or more times a week.
• Three out of five adults are overweight or obese.
• A fifth of reception children and more than a quarter of Year 6 children are overweight or obese.
• Around a half of adults eat 5 or more portions of fruit and vegetables a day which is lower than the Bucks average.
• One in six adults binge drink.

176,900 people live in Wycombe with 43,800 living in the most-deprived quintile.
11,400 people are aged 0-4 years (6.4% compared to 6.2% in Bucks), 31,500 are aged 5-18 years (17.8% compared to 17.9% in Bucks) and 31,300 are aged 65+ years (17.7% compared to 18.3% in Bucks).
18.7% of people are from a BME group (13.6% in Bucks).
### Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>BME</td>
<td>Black and minority ethnicity.</td>
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<tr>
<td>BMI</td>
<td>Body mass index. A summary measure of an individual’s weight which accounts for their height. It is calculated by dividing a person’s weight in kilograms by the square of their height in metres.</td>
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<tr>
<td>Bucks</td>
<td>Buckinghamshire.</td>
</tr>
<tr>
<td>DQ</td>
<td>Deprivation quintile. Within Buckinghamshire there are 319 LSOAs which have been ranked and allocated into fifths based on population. The most deprived quintile is the most deprived 20% of the population.</td>
</tr>
<tr>
<td>IMD</td>
<td>Index of Multiple Deprivation. Combines information from seven domains (income; employment; education, skills and training; health and disability; crime; barriers to housing and services; and living environment) to measure deprivation in LSOAs.</td>
</tr>
<tr>
<td>LSOA</td>
<td>Lower-layer, super-output area. This level of geography has a population of 1,000-3,000 people (or 400-1,200 households).</td>
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<td>MIE</td>
<td>Moderate intensity equivalent.</td>
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<td>NCMP</td>
<td>National Child Measurement Programme. Measures the height and weight of children in Reception Year (aged 4-5 years) and Year 6 (aged 10-11 years) to assess overweight and obesity levels in children in primary schools.</td>
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<td>QOF</td>
<td>Quality Outcome Framework. Rewards GP practices for the provision of quality care.</td>
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</tbody>
</table>

### Definitions


**Active.** The number of respondents aged 16+ years, with valid responses to questions on physical activity, doing at least 150 MIE minutes physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of respondents aged 16+ years. Source: Sport England Active Lives Survey 2016/17.

**Adult excess weight in adults.** Percentage of adults aged 18+ years with a BMI classified as overweight (including obese). Adults are defined as overweight (including obese) if their BMI is greater than or equal to 25 kg/m². Source: Public Health England, Active Lives 2015/16.

**Binge drinking.** For men, 8 or more units of alcohol on the heaviest drinking day in the last 7 days, and for women, 6 or more units. Source: Local Health 2006-08.

**Black and minority ethnic.** Percentage of people stating their ethnicity as not White. Source: ONS Census 2011.

**Breast cancer.** Age-standardised rate of mortality from breast cancer in females less than 75 years of age per 100,000 population. Source: Public Health England 2014-16.

**Colorectal cancer.** Age-standardised rate of mortality from colorectal cancer in persons less than 75 years per 100,000 population. Source: Public Health England 2014-16.

**Cycling.** Percentage of adults (16+ years) who did any cycling on twelve days or more in the 28 day survey period. Source: Sport England Active People Survey 2014/15.

**Estimated dementia diagnosis rate, 65+ years.** The rate of persons aged 65+ years estimated to have dementia given the characteristics of the population and the age and sex specific prevalence rates of the Cognitive Function and Ageing Study II. Source: Public Health England 2017.

**Excess weight in children.** Proportion of children aged 4-5 years (Reception) and 10-11 years (Year 6) classified as overweight or obese. Children are classified as overweight (including obese) if their BMI is on or above the 85th centile of the British 1990 growth reference (UK90) according to age and sex expressed as a percentage, with 95% confidence intervals. Map is based on pupil residence. Infographics by gender and ethnicity are based on local authority of school. Source: Public Health England, NCMP 2016/17.
Fairly active. The number of respondents aged 16+ years, with valid responses to questions on physical activity, doing 30-149 MIE minutes physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of respondents aged 16+ years. Source: Sport England Active Lives Survey 2016/17.

Healthy eating. Proportion of the adult population aged 16+ years that consume 5 or more portions of fruit and vegetables on a usual day. Source: Sport England Active Lives Survey 2016/17.

Healthy life expectancy. The average number of years a person would expect to live in good health based on contemporary mortality rates and prevalence of self-reported good health. Source: Public Health England, ONS 2014-16.

Health Impact of Physical Inactivity model. Uses the relative risk (1.28) and updated incidence of all-age, all-cause mortality (786.46 per 100,000, ONS Mortality Statistics, Deaths Registered by Area of Usual Residence, 2016 Registrations). Also uses the relative risk (1.20) and new cases of type 2 diabetes (3.86 per 1,000). Estimates based on the current level of physical activity (64.5%, Active Lives Survey 2016/17 of adults 16+ years being active 150+ minutes a week) and the ONS mid-2016 population for Bucks aged 40-79 years (252,400). The number of deaths avoided and diabetes cases prevented are calculated over 5 years if an extra 10% (71.0%) of the population of Buckinghamshire were active. Source: Locally updated version of Public Health England model, 2013.

Life expectancy. Estimate of the average number of years a newborn baby would survive if they experienced the age-specific mortality rates for that area and time period throughout their life. Source: Public Health England, ONS 2014-16.

Mortality rate from all cardiovascular diseases. Age-standardised rate of mortality from all cardiovascular diseases (including heart disease and stroke) in persons less than 75 years per 100,000 population. Source: Public Health England, ONS 2014-16.

People with limiting long-term illness/disability. The number of people who say their day to day activities are limited a lot or limited a little because of a health problem or disability which has lasted, or expected to last, at least 12 months, including problems due to old age. Source: ONS Census 2011.

Physically inactive. The number of respondents aged 16+ years, with valid responses to questions on physical activity, doing less than 30 MIE minutes physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of respondents aged 16+ years. Source: Sport England Active Lives Survey 2016/17.


Recorded diabetes. The map shows the percentage of patients aged 17+ years with diabetes mellitus as recorded on GP practice disease registers mapped to LSOA using registered population. Source: Public Health England, QOF 2016/17. Indicator for county and districts shows the prevalence of QOF recorded diabetes in the population registered with GP practices aged 17+ years. Source: Public Health England, QOF 2014/15.


Sickness absence. Percentage of employees (aged 16+ years) who had at least one day off due to sickness absence in the previous working week. Source: Public Health England, Labour Force Survey ONS 2014-16.


Walking. Percentage of adults (aged 16+ years) who did at least 10 minutes walking on twenty days or more in the 28 day survey period. Source: Public Health England, Active People Survey, 2014/15.