

Using data to build a picture of our active local communities

Older people

December 2023



Our population is **growing**, **ageing** and becoming **more diverse**

960,000



7%
increase*

350,000



18%
increase

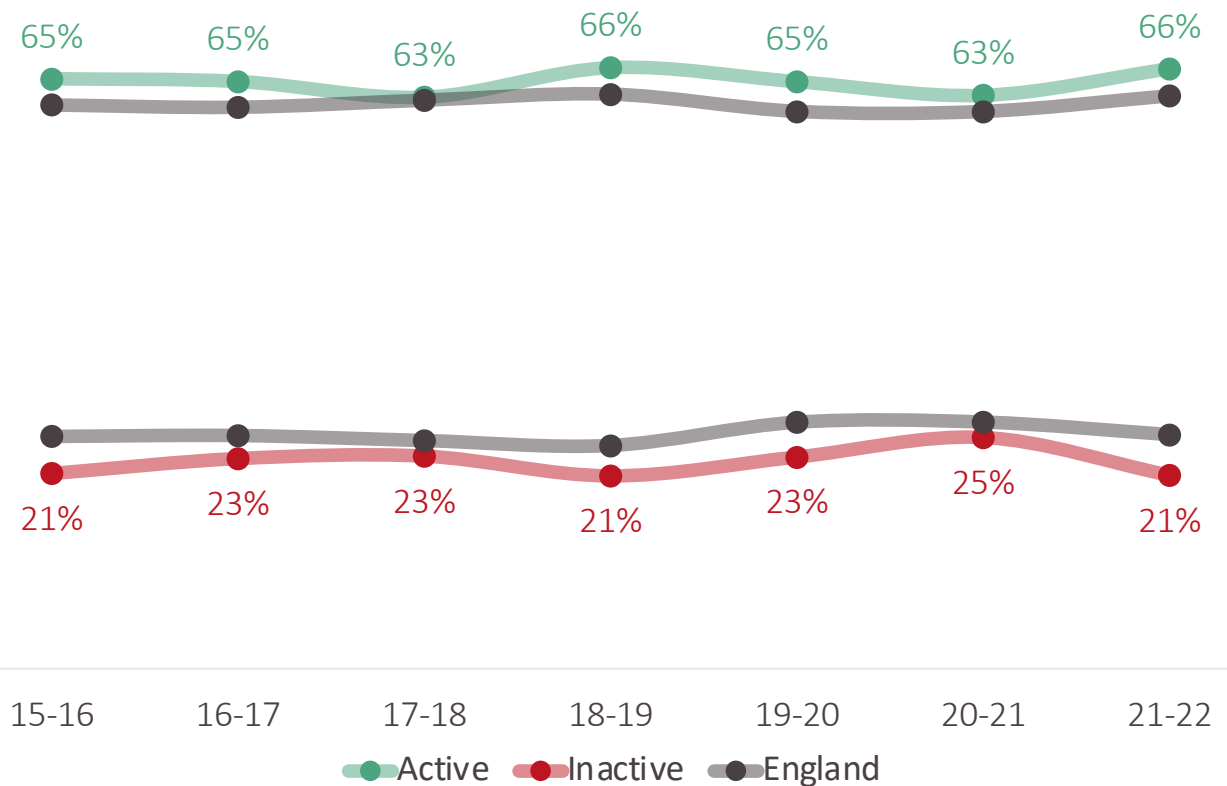
260,000



58%
increase



Inactivity within our community is **recovering** from pandemic highs

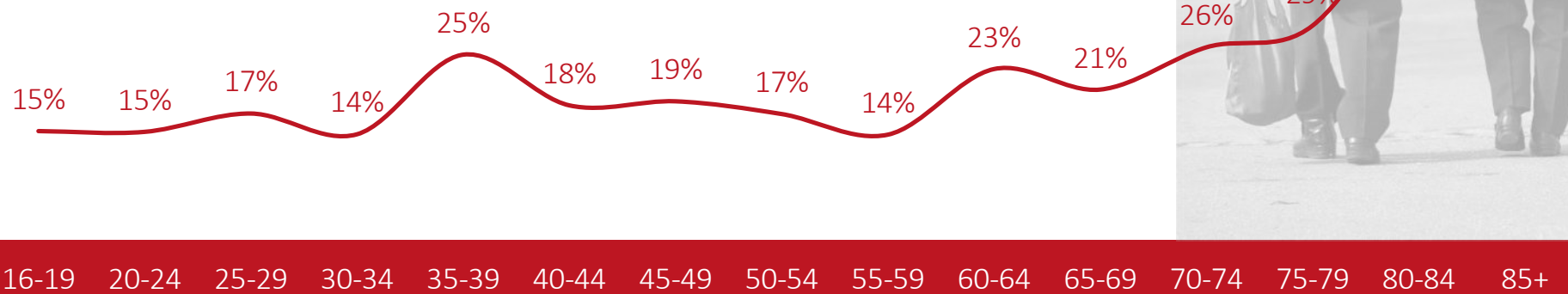


Data is for: Hertfordshire

Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)
Measure: Physical activity levels (excluding gardening)

Inactivity fluctuates throughout our lives

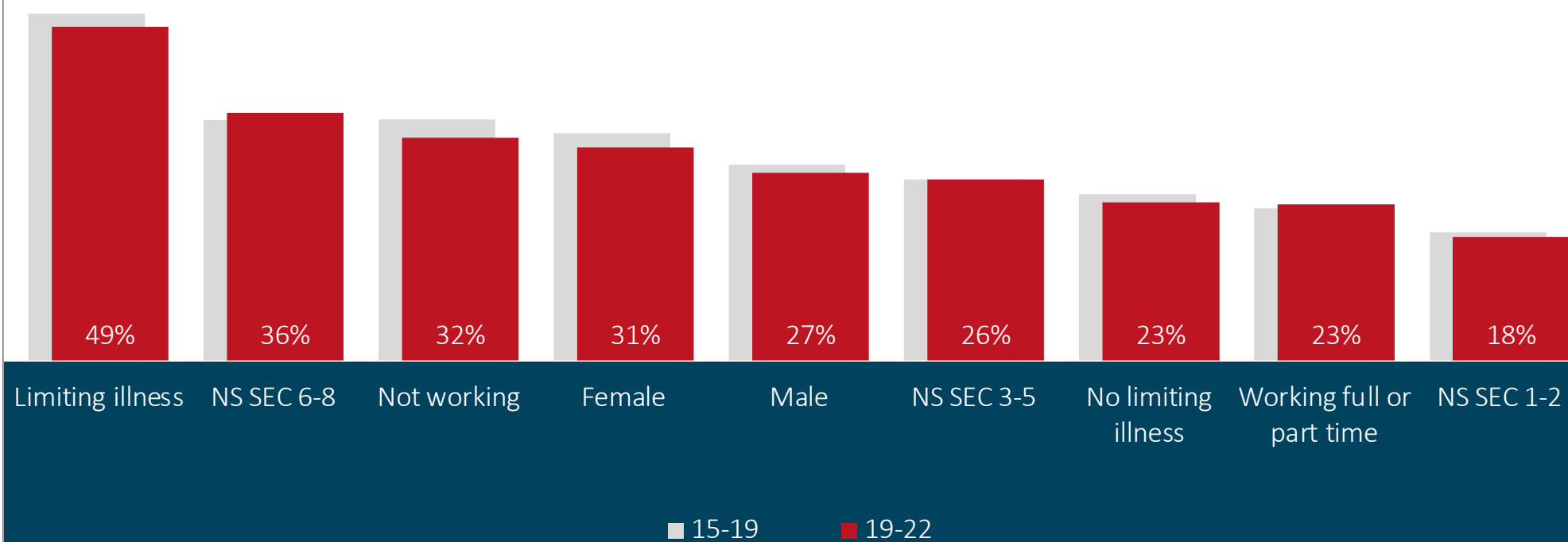
From age 55, women are more likely to experience inactivity than men



Data is for: Hertfordshire

Source: Sport England Active Lives Survey 21-22 (16+)
Measure: Physical activity levels (excluding gardening)

Inactivity within the Over 55s



Data is for: Hertfordshire

Source: Sport England Active Lives Survey 2015-19 to 19-22 **combined** (16+)
Measure: Physical activity levels (excluding gardening)

Table conversation

- What would it help you to know to make more informed decisions about how to enable older people to move more in the communities you work?
- 10 minutes
- Capture on flipchart



The building blocks of health and wellbeing

Helping us to think and talk about all the factors that influence health inequalities (including physical activity)

How we work

Having stable employment has been shown to boost health and wellbeing

Our environment

When we have access to nature, green spaces and healthy waterways our health is improved

Our community

In order to thrive, people need a safe supportive and accessible community

The money in our pockets

The higher our income, the better chance we have to access all the building blocks of health and wellbeing

Where we live

Affordable, warm and safe housing is a cornerstone of good health

How we learn and grow

Our education and experiences early in life shape the opportunities available to us later in life

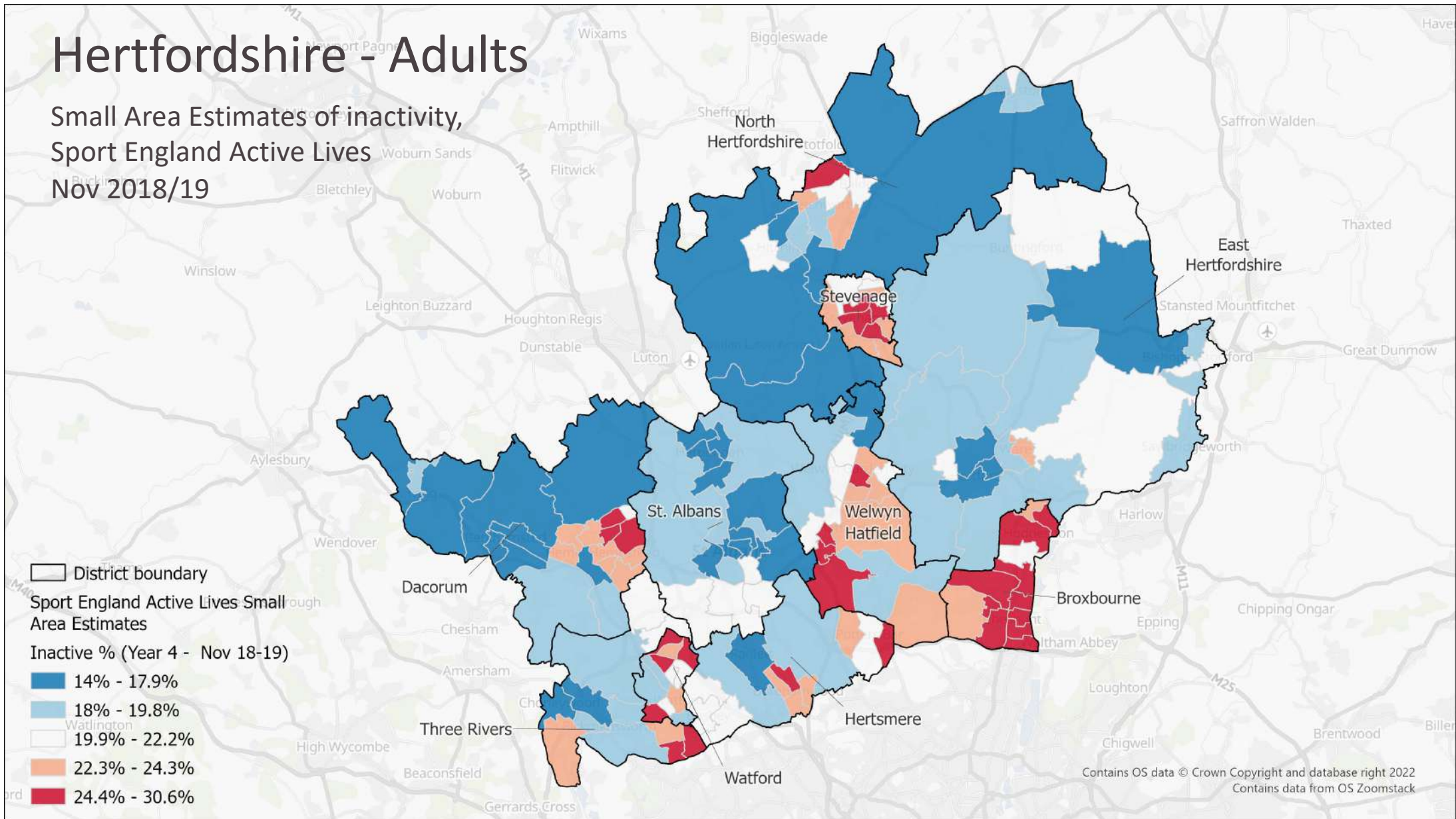
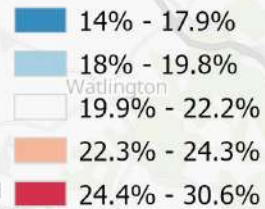
Hertfordshire - Adults

Small Area Estimates of inactivity,
Sport England Active Lives
Nov 2018/19

□ District boundary

Sport England Active Lives Small
Area Estimates

Inactive % (Year 4 - Nov 18-19)



Overview of Hertfordshire

scroll down to find out more

Introduction

Our physical activity behaviour is influenced by many aspects of our lives and a significant factor is where, and in what conditions, we live.

Before we look more closely at physical activity behaviour elsewhere in this tool, we provide an overview of Hertfordshire - its geography, local government structure, demographic make-up and how this is changing over time. This will help us to better understand our communities and the systems that serve them.

About Hertfordshire

Our county is full of contrasts: thriving garden cities and post-war new towns have developed alongside historic market towns and picturesque villages.

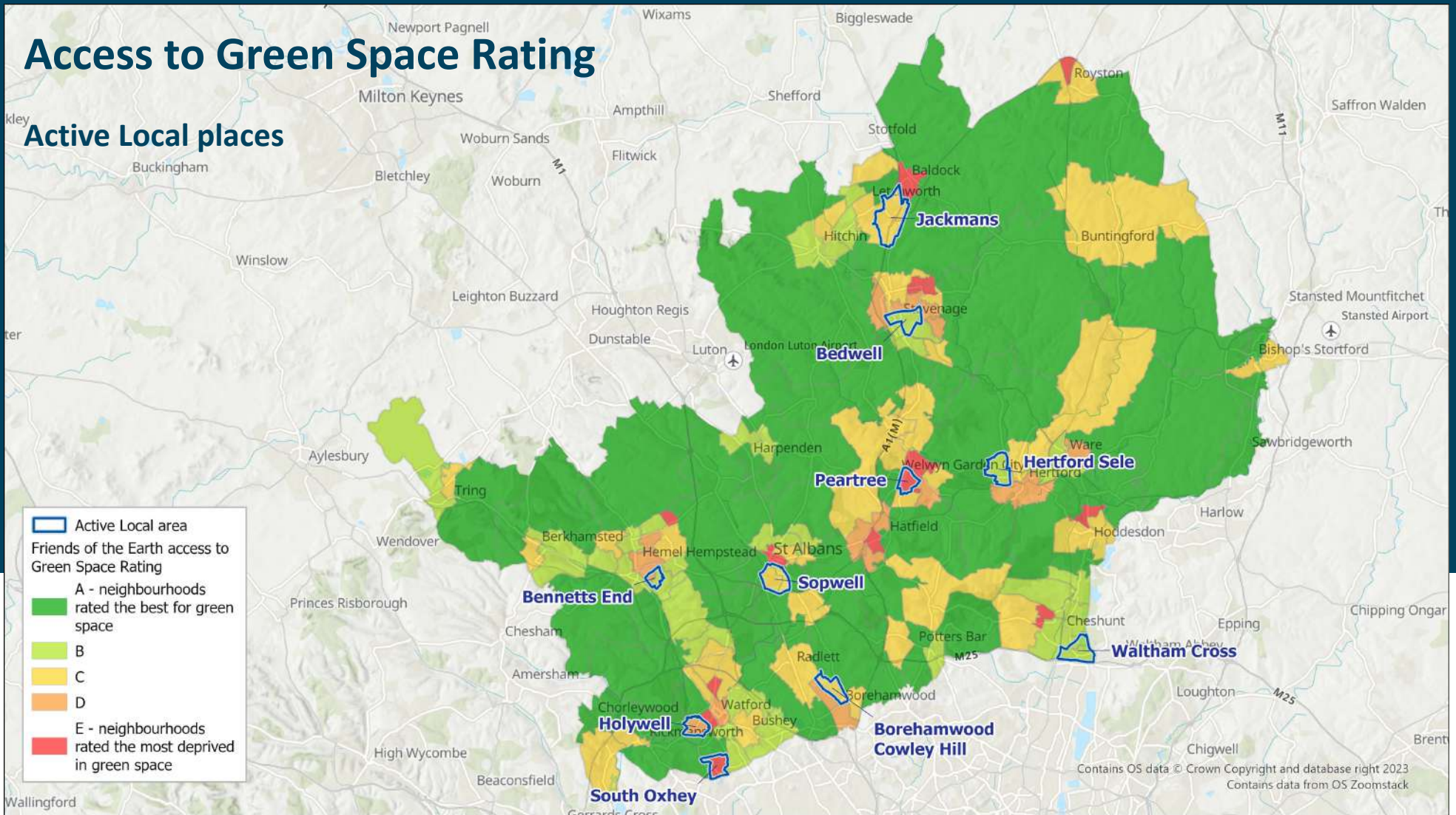
Urban areas make up around a third of Hertfordshire by area and **account for around 89% of the population**. The county has an array of small and medium sized towns alongside large settlements such as Watford, Stevenage, St Albans and Hemel



Source:
<https://storymaps.arcgis.com/collections/4dca87403df64d288b68230308c0a642>

Access to Green Space Rating

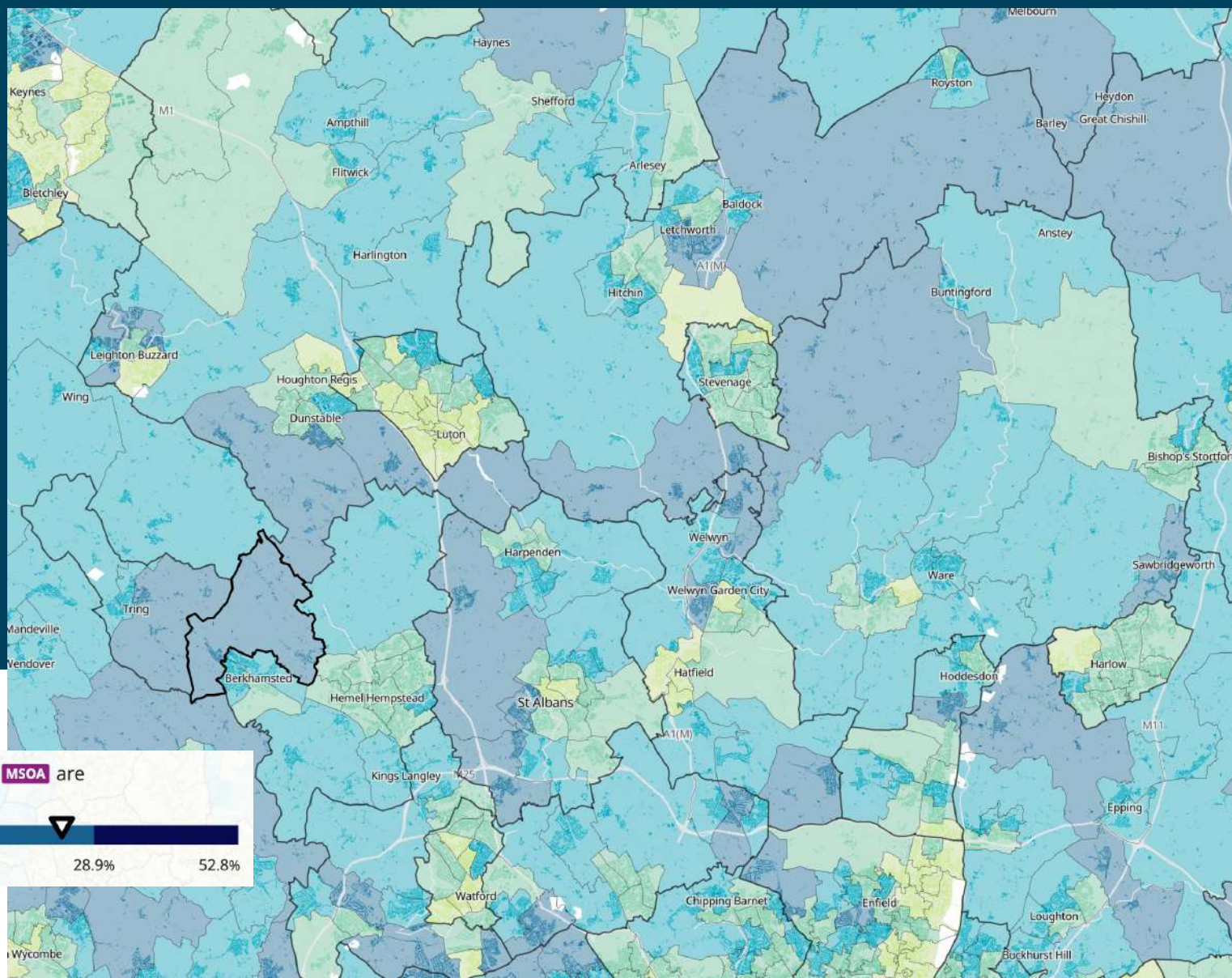
Active Local places



Source: Friends of the Earth Access to Green Space Rating

Hertfordshire Where people over 65 live

Over 1 in 4 people are over the age of 65 in some parts of Hertfordshire



27.5% of people in Northchurch & Potten End MSOA are aged 65 years and over

0.8% 11.7% 17.3% 22.6% 28.9% 52.8%

Source:

<https://www.ons.gov.uk/census/maps/>

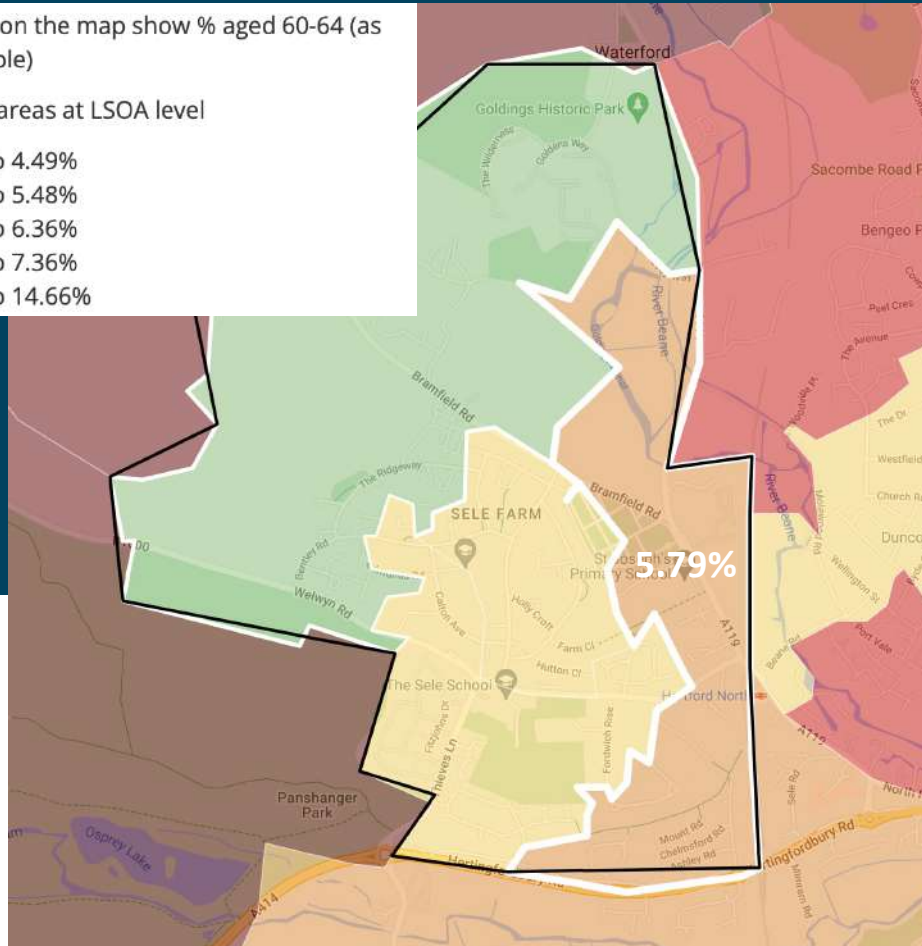
Sele Hertford People aged 60-64 (Census 2021)

LSOA: Hertford West - East Hertfordshire 015D (5.79%)

The colours on the map show % aged 60-64 (as % of all people)

Showing all areas at LSOA level

- 0.07% to 4.49%
- 4.49% to 5.48%
- 5.48% to 6.36%
- 6.36% to 7.36%
- 7.36% to 14.66%



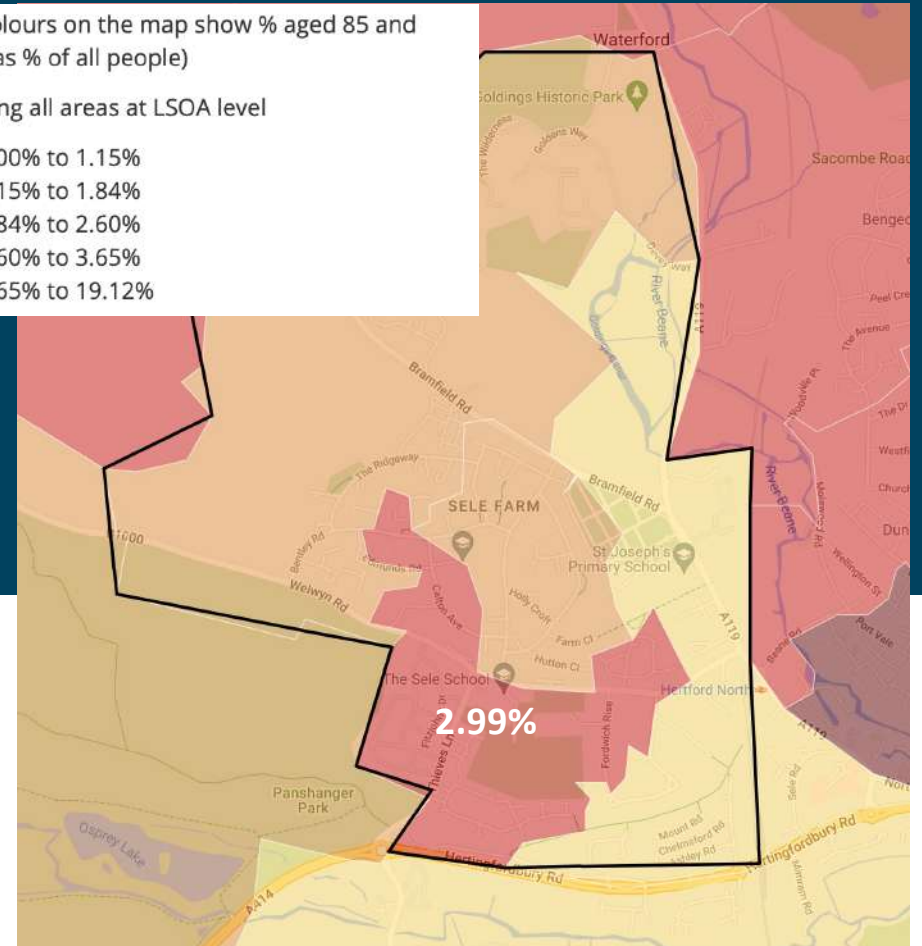
Sele Hertford People aged 85 and over (Census 2021)

LSOA: Hertford West - East Hertfordshire 015C (2.99%)

The colours on the map show % aged 85 and over (as % of all people)

Showing all areas at LSOA level

- 0.00% to 1.15%
- 1.15% to 1.84%
- 1.84% to 2.60%
- 2.60% to 3.65%
- 3.65% to 19.12%



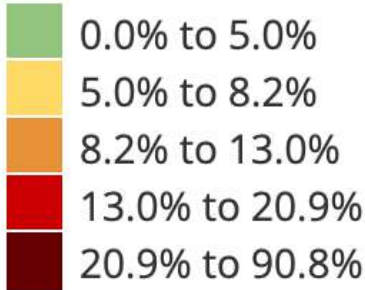
Source: Local Insight accessed through HSP

Sele Hertford Pensioners in poverty (Pension Credit)

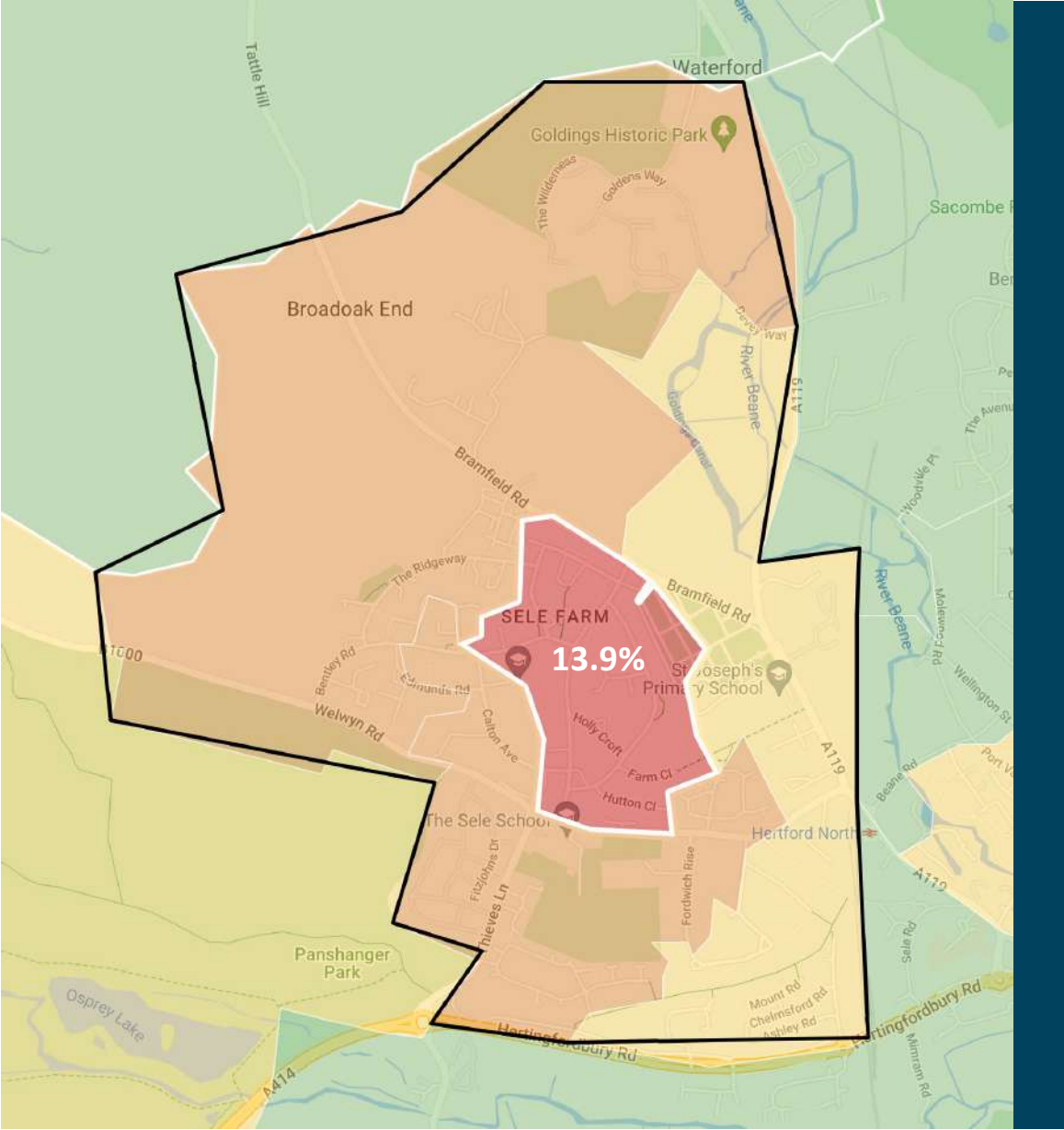
LSOA: Hertford West - East Hertfordshire 015A (13.9%)

The colours on the map show % of Pension Credit claimants (% of all pensioners)

Showing all areas at LSOA level



Source: Local Insight accessed through HSP



Jackmans - North Herts Economically inactive (Census 2021)

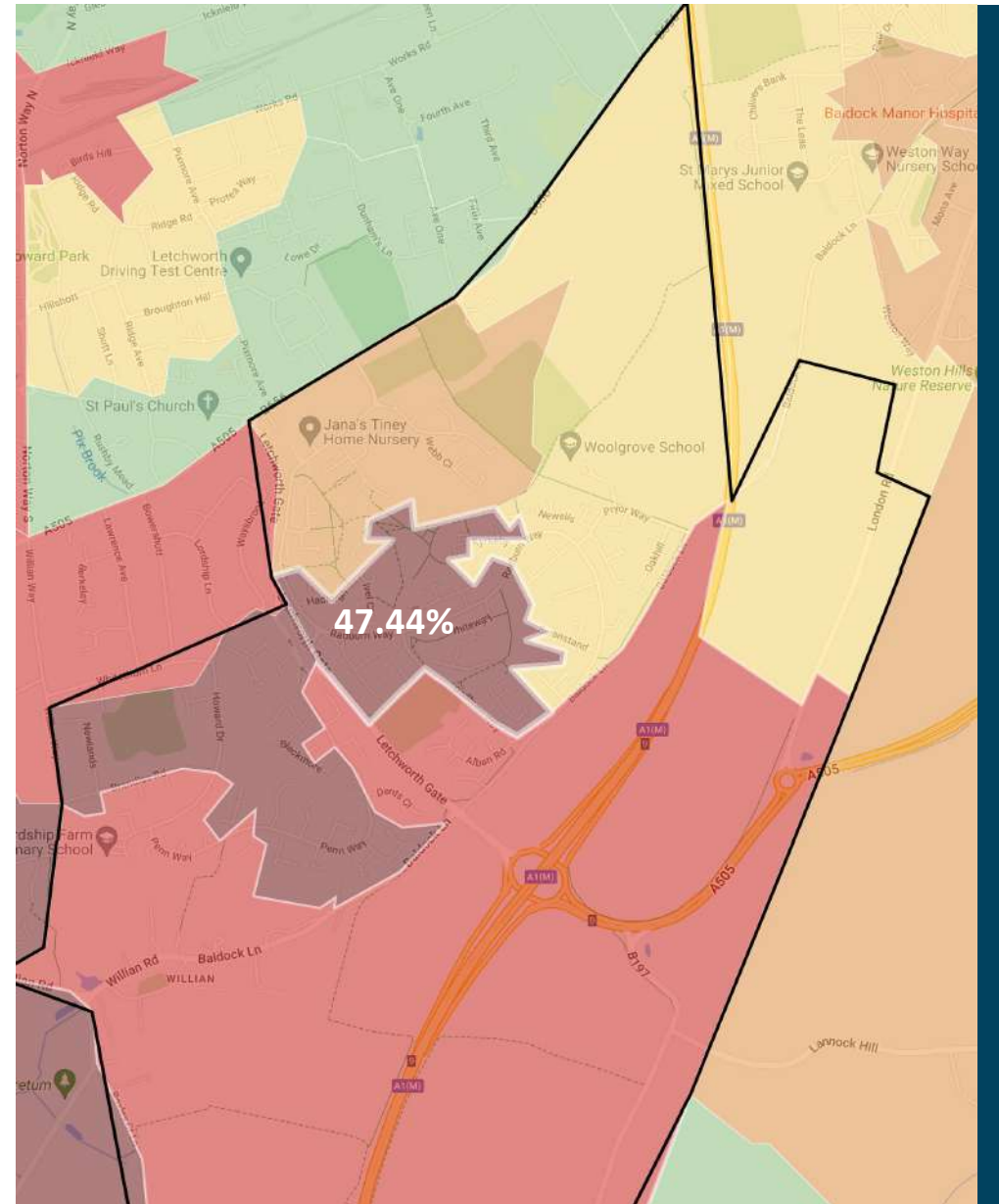
**LSOA: Letchworth South East - North Hertfordshire
009B (47.44%)**

The colours on the map show % economically
inactive (as % of all people aged 16+)

Showing all areas at LSOA level



Source: Local Insight accessed through HSP



Jackmans - North Herts Economically inactive: Retired (Census 2021)

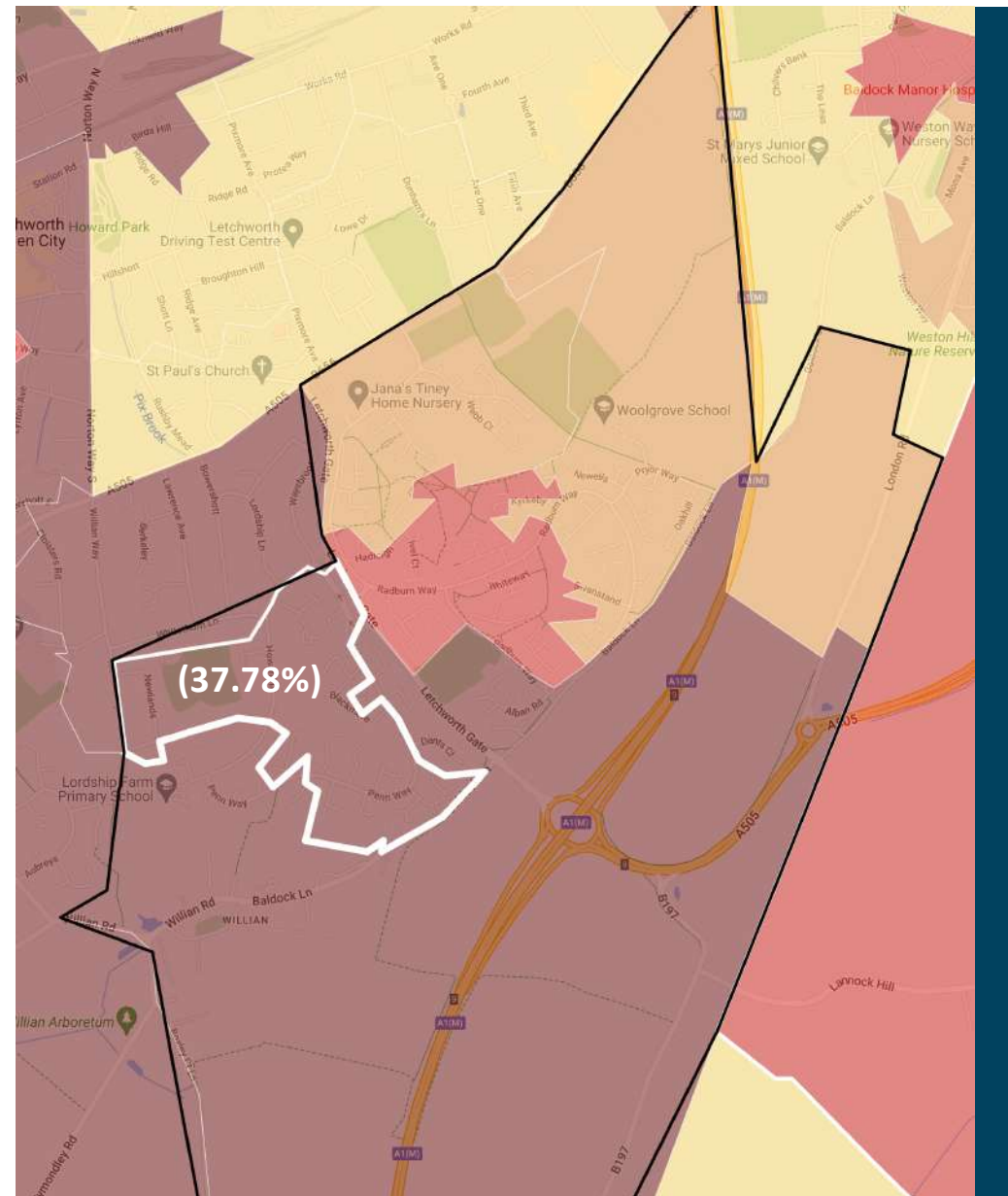
**LSOA: Letchworth South East - North Hertfordshire
009D (37.78%)**

The colours on the map show % retired (as % of all people aged 16+)

Showing all areas at LSOA level



Source: Local Insight accessed through HSP

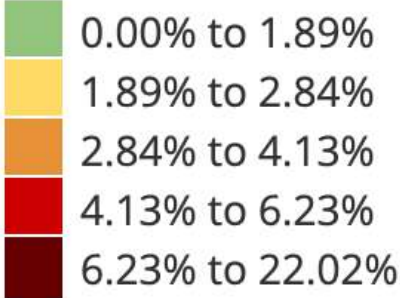


Jackmans - North Herts Economically inactive: Long-term sick or disabled (Census 2021)

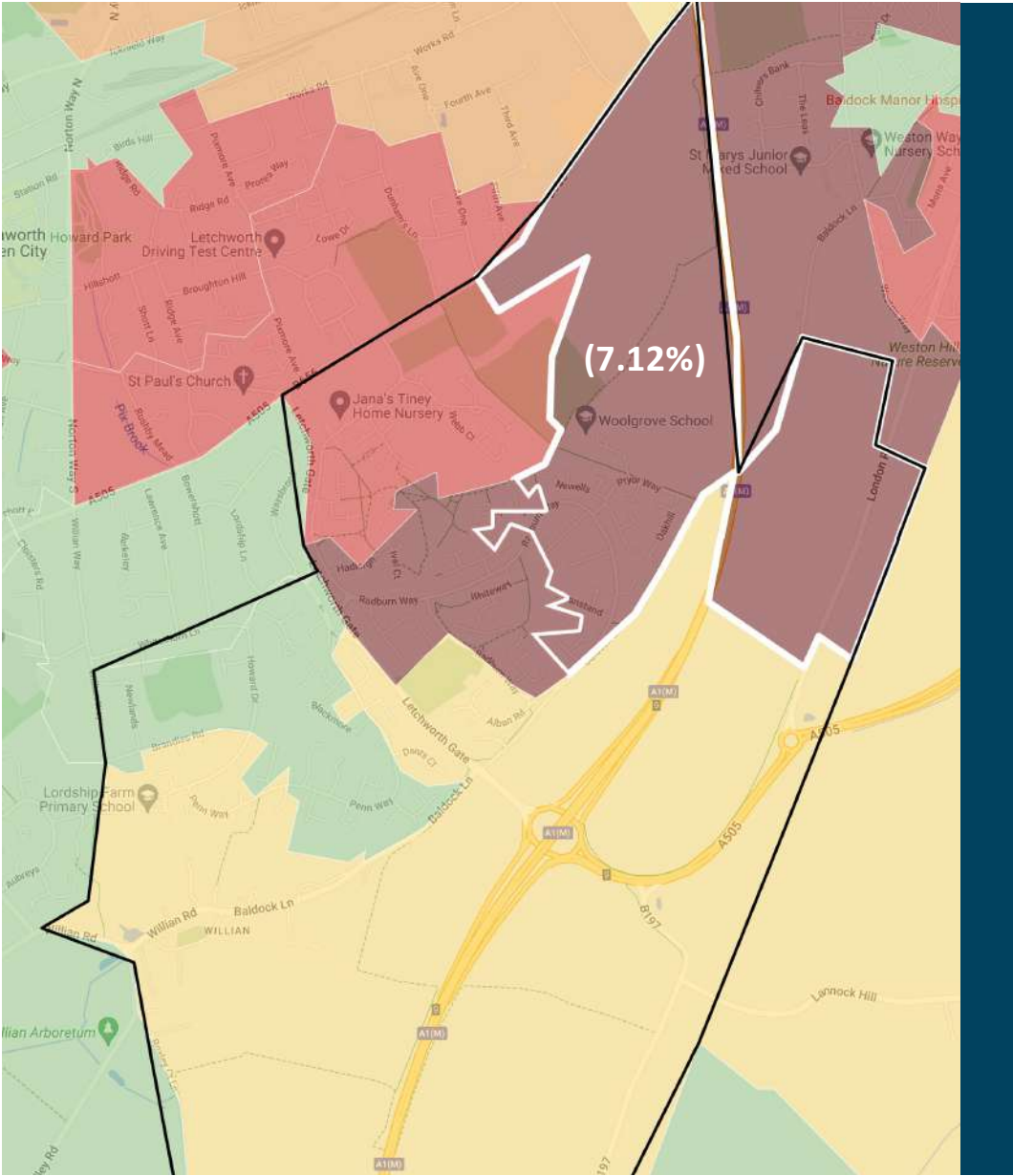
**LSOA: Letchworth South East - North Hertfordshire
009C (7.12%)**

The colours on the map show % economically inactive with long-term sickness or disability (as % of all people aged 16+)

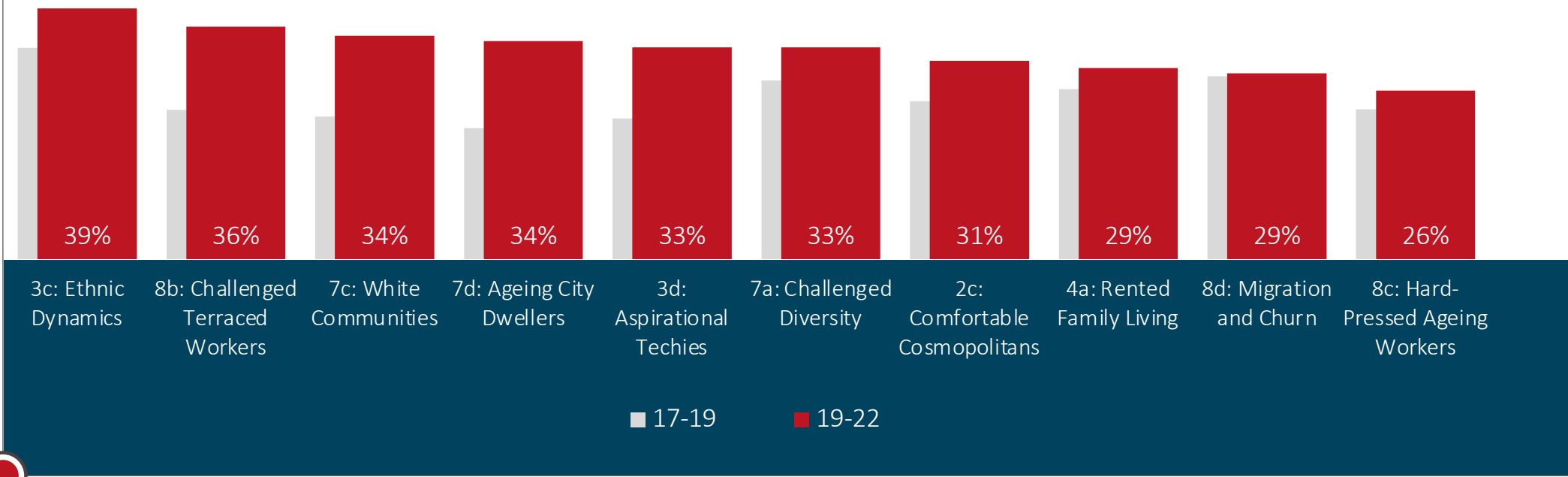
Showing all areas at LSOA level



Source: Local Insight accessed through HSP



Inactivity by ONS Groups



Data is for: Hertfordshire

Source: Sport England Active Lives Survey 2015-19 to 19-22 **combined** (16+)
Measure: Physical activity levels (excluding gardening)

Where can we find some of the groups that we know are more likely to be inactive?

We can follow the ONS groups down to Output Area level (up to 1,000 people) – Census 2011



Source: CDRC Mapmaker <https://mapmaker.cdrc.ac.uk/#/output-area-classification?h=1&lon=-0.0291&lat=51.686&zoom=15.05>

Pen portraits of the different groups

Part of Broxbourne E00118561

Supergroup	Ethnicity Central
3	The population of this group is predominately located in the denser central areas of London, with other inner urban areas across the UK having smaller concentrations. All non-white ethnic groups have a higher representation than the UK average especially people of mixed ethnicity or who are Black, with an above average number of residents born in other EU countries. Residents are more likely to be young adults with slightly higher rates of divorce or separation than the national average, with a lower proportion of households having no children or non-dependent children. Residents are more likely to live in flats and more likely to rent. A higher proportion of people use public transport to get to work, with lower car ownership, and higher unemployment. Those in employment are more likely to work in the accommodation, information and communication, financial, and administrative related industries.
Group	Ethnic Dynamics
3c	In this group non-White ethnic groups are not represented as highly as in the parent supergroup and there is a higher proportion of people born in the UK or Ireland. Households are more likely to live in a flat and to socially rent. There is a higher proportion of unemployed in the group but those in employment are more likely to work in the manufacturing industry, and to use private transport to travel to work.
Subgroup	Constrained Neighbourhoods
3c1	In comparison with the group, this subgroup has a higher proportion of people who have mixed ethnicity. Households are more likely to live in terraced properties. People in work are slightly more likely to work in manufacturing industries, and households more likely to own two or more cars.

Part of Broxbourne E00118566

Supergroup	Constrained City Dwellers
7	This supergroup has a lower proportion of people aged 5 to 14 and a higher level aged 65 and over than nationally. It is more densely populated than the UK average. People are more likely to be single or divorced. There is a lower representation of all the non-White ethnic groups and of people who were born in other EU countries. There is a lower proportion of households with no children. Households are more likely to live in flats and to live in social rented accommodation, and there is a higher prevalence of overcrowding. There is a higher proportion of people whose day-to-day activities are limited, and lower qualification levels than nationally. There is a higher level of unemployment in the supergroup. There are no particular industries in which workers are most likely to be employed, but some industries such as information and communication, and the education sector are underrepresented.
Group	Challenged Diversity
7a	The population of this group have a higher level of people aged 0 to 14 in comparison with the supergroup. All non-White ethnic groups have a higher representation than nationally, especially people who have mixed ethnicity. A higher proportion of households live in terraced properties, and are more likely to live in private rented accommodation when compared with the supergroup. Car ownership is generally higher than the supergroup, and people are more likely to be employed in information and communication related industries.
Subgroup	Multi-Ethnic Hardship
7a3	The age make-up of this subgroup is higher in the 5 to 14 age group when compared with the parent group. Whilst there are higher proportions of people of mixed or Black ethnicity, all ethnic groups are well represented, though a lower proportion of people were born in other EU countries. Households were more likely to live in semi-detached properties and were more likely to live in socially rented accommodation. Workers were more likely to be employed in transport or storage industries.

Sources

- **Mapping Census 2021 data:**
<https://www.ons.gov.uk/census/maps/>
- **CDRC Map Maker – Various data:**
<https://mapmaker.cdrc.ac.uk/#/output-area-classification-2011?h=0&lon=-2.5&lat=53.7&zoom=7>
- **Story Map:**
<https://storymaps.arcgis.com/collections/4dca87403df64d288b68230308c0a642>
- **Hertfordshire Insight:**
<https://www.hertfordshire.gov.uk/microsites/herts-insight/home.aspx>
- **Local Insight – Chat to Orla at HSP**

