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HEALTH COUNTS 2024



Health Counts 2024 is funded by Brighton & Hove
City Council Public Health Department

West Area ICT Partnership Meeting January 2025



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- ❖ Health Counts is a health and wellbeing survey conducted around once every decade in Brighton and Hove to inform policy.
- ❖ It provides important evidence of inequalities in parts of the city and faced by particular groups.
- ❖ This evidence feeds into the Joint Strategic Needs Assessment (JSNA) and local Public Health, Council and NHS strategies to improve health and wellbeing and reduce inequalities.
- ❖ The University of Brighton, with Brighton & Sussex Medical School, led the research in 2024.
- ❖ In 2024 the main route of invitation was through text message invite from GP practices for those aged 18+ without a national data opt out - **Every GP practice in the city participated.**
- ❖ There were also community activities throughout the time the survey was open (March – April 2024) including supported completion for groups less likely to be registered with a GP, or to complete an online survey and wide promotion across the city.
- ❖ 16,729 people completed the survey – 7.2% of all residents.

Huge thank you to everyone who supported, and completed, the survey

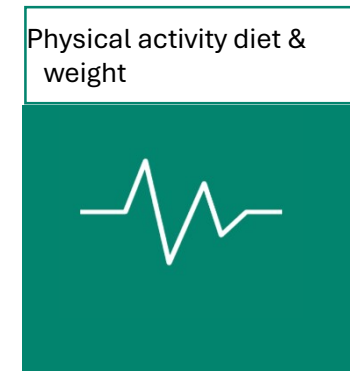
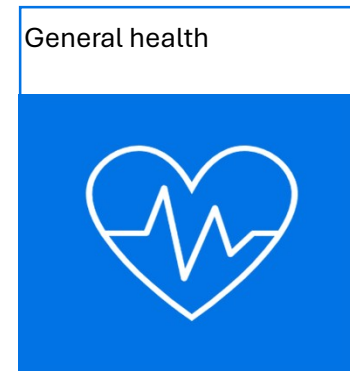
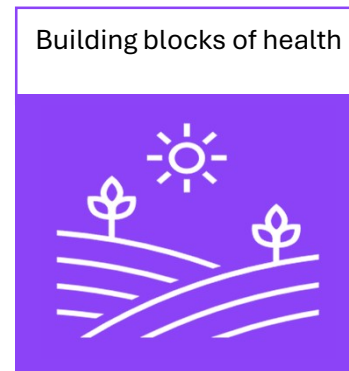
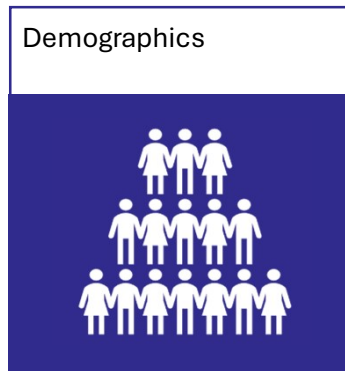


Health Counts 2024 is funded by Brighton & Hove City Council Public Health Department

The survey covered the following themes:



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Today, we are showing you just some examples of the key findings, with more to follow in the upcoming reports.

Local area and belonging

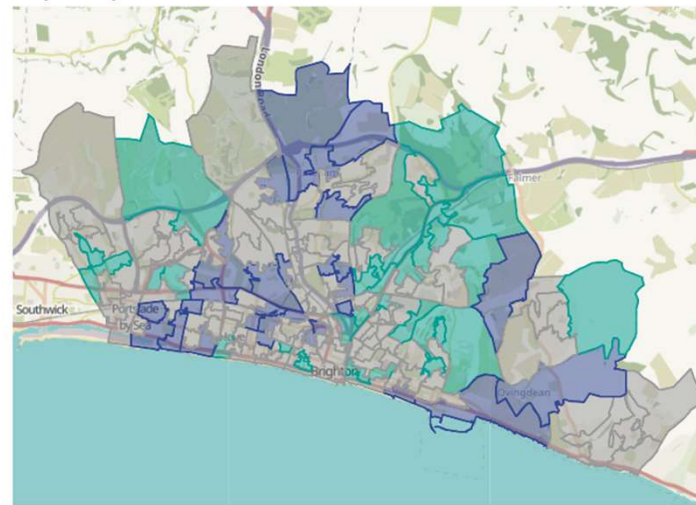
- ❖ 81% of respondents across the city were very or fairly satisfied with their local area as a place to live - a fall from 88% in 2012
- ❖ 53% felt that they belonged to their immediate neighbourhood very/fairly strongly – a fall from 58% in 2012
- ❖ There are areas in the West of the city which have both significantly higher, and lower, levels of satisfaction with their local area and sense of belonging than the city level



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Satisfaction with local area and belonging by LSOA

Very or fairly satisfied

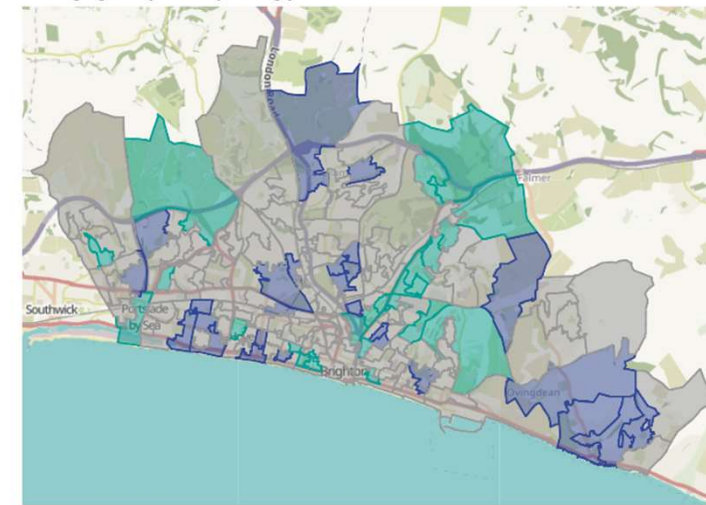


● NS ● Higher ● Lower

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Belonging - very or fairly strongly



● NS ● Higher ● Lower

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NS = Not significantly different

Neighbours and support

- ❖ 56% of respondents see or speak to their neighbours at least once or twice a week.
 - ❖ A large decrease from 2012 (68%) and from 2003 (80%)
- ❖ 70%, if ill in bed and needed help, could ask someone for help.
 - ❖ A fall from 76% in 2012, but is similar to in 2003 (69%)
 - ❖ 13% of respondents felt they did not have anyone they could ask for help
- ❖ There are many areas in the West of the city which have significantly higher levels of respondents seeing or speaking to neighbours
- ❖ And areas with both significantly higher and lower levels of support if needed than the city level



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Neighbours and support by LSOA

See or speak to neighbours at least once or twice a week

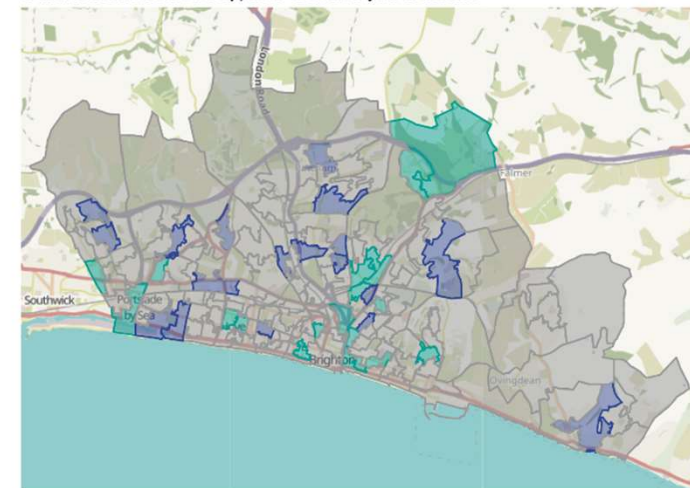


● NS ● Lower ● Higher

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If ill in bed and needed help, have someone you could ask



● NS ● Higher ● Lower

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Based on if significantly different compared to Brighton & Hove
NS = Not significantly different

General health

- ❖ In 1992, 82% of people perceived themselves to be in good, very good or excellent health, in 2024 this had fallen to 69%
- ❖ The percentage of respondents in poor health has increased from 3% in 1992 to 10% in 2024
- ❖ Some areas in the West of the city have significantly lower levels of good or better health than the city level

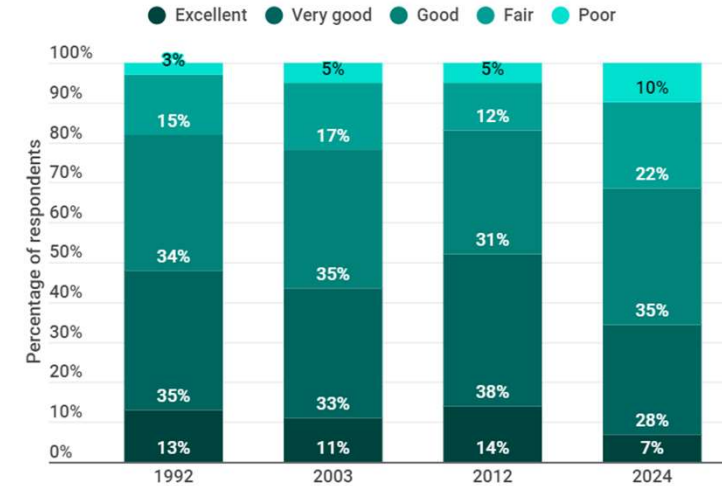
In addition, the following groups of respondents were all significantly less likely, compared to Brighton & Hove, to be in good or better health:

- Aged 75 years or over
- Trans, Non-binary or Intersex People (TNBI)
- Lesbian, Gay, Bisexual, Queer or other non-heterosexual term used (LGBQ+)
- Living in more deprived areas – and the inequality gap between the least and most deprived has grown since 2003
- Living in temporary/ emergency accommodation
- Experience of the care system
- With a disability
- With Autism or learning difference; learning disabilities; physical or mental health conditions; sensory impairments



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In general, would you say your health is....



General health is good / very good / excellent by LSOA



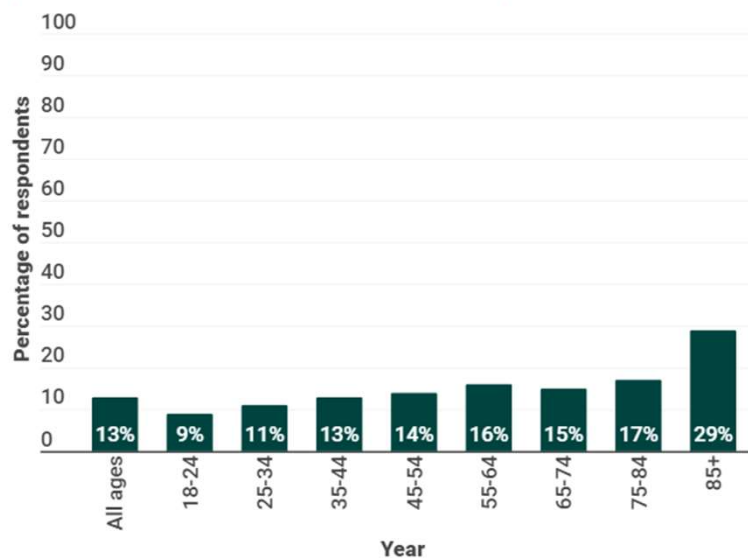
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Based on if significantly different compared to Brighton & Hove
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Pain

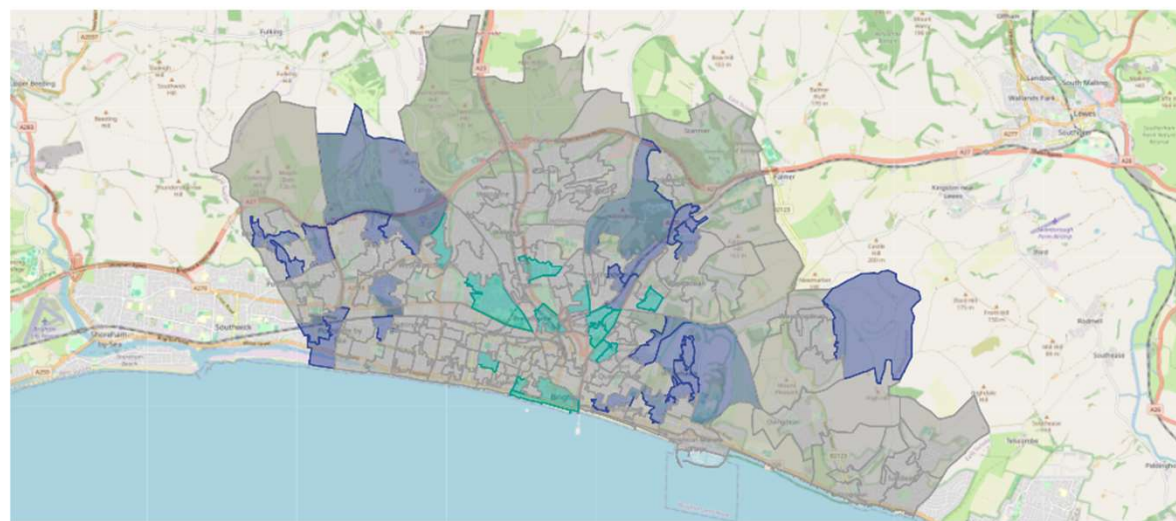
- ❖ For more than one in eight respondents (13%), pain interfered with their normal work (including both work outside the home and housework)
- ❖ From 9% of 18-24 year olds to 29% of those aged 85+ years
- ❖ In some areas in the West of the city, significantly more people have pain than the city level

During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)? Extremely or quite a bit



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Pain (extremely or quite a bit) % of respondents by LSOA



● NS ● Lower ● Higher

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NS = Not significantly different

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Happiness and anxiety



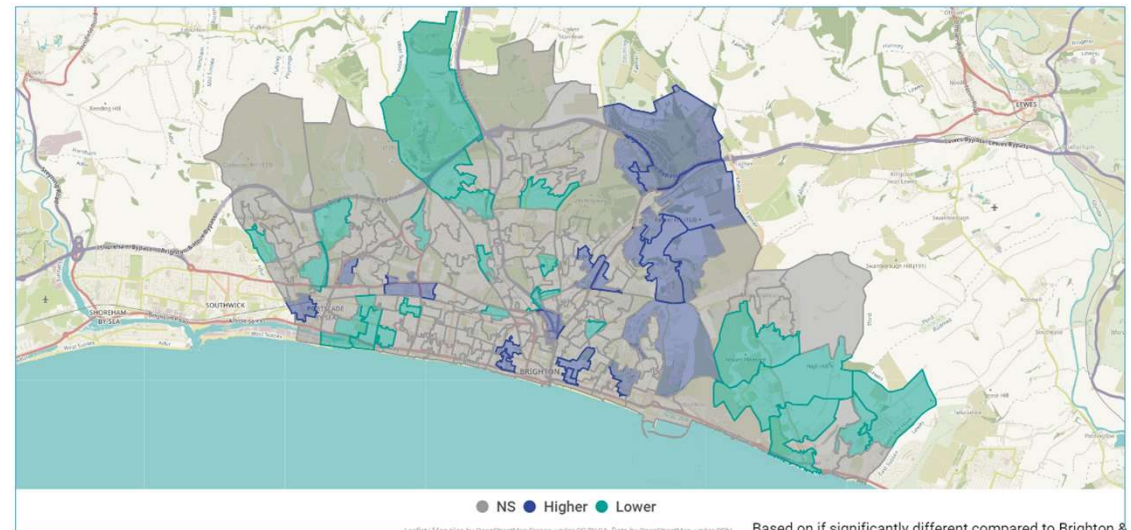
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- ❖ People were asked to rate their happiness and anxiety yesterday on a scale of 0-10
- ❖ Low happiness (score 0-4) in 2012 was 11%, in 2024 rose to 24%
- ❖ High anxiety (score 6-10) in 2012 was 25%, in 2024 rose to 38%
- ❖ Some areas in the West of the city have significantly higher levels of anxiety than the city level

The following were significantly more likely to have low happiness scores:

- Aged 18-34 years
- Adults from Mixed / Multiple ethnic groups, Arab or Gypsy, Roma or Irish Traveller
- TNBI
- LGBTQ+
- Living in more deprived areas – and this inequality gap has widened since 2012
- Living in temporary/emergency accommodation
- Experience of the care system
- Unpaid carer
- With a disability
- With Autism or learning difference; learning disabilities; physical or mental health conditions; sensory impairments or a visible difference

High anxiety score by LSOA



[Download data](#)

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Based on if significantly different compared to Brighton & Hove
NS = Not significantly different

Self harm

- ❖ Almost one in ten respondents (9%) said that they had self harmed in the last 12 months.
- ❖ Whilst areas in the West of the city do not have significantly higher levels of self harm than the city level, as a city we know that we have higher levels of self-harm than elsewhere.

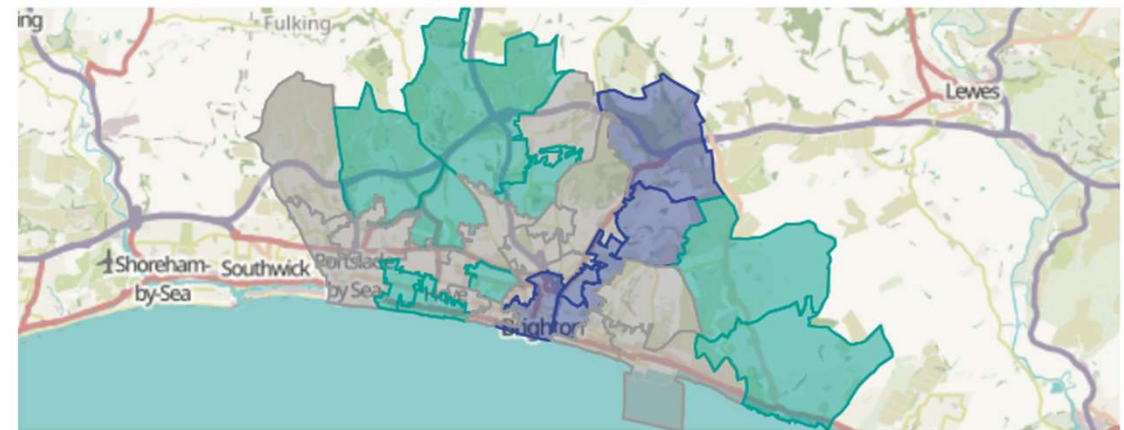
The following were significantly more likely to self-harmed in the last 12 months:

- Aged 18-34 years
- Adults from Mixed / Multiple ethnic groups, or Gypsy, Roma or Irish Traveller
- TNBI adults
- LGBTQ+ adults
- Living in more deprived areas
- Living in temporary/emergency accommodation
- Experience of the care system
- With a disability
- With Autism or learning difference; learning disabilities; mental health conditions; speech and language condition, visible difference, developmental condition, or physical difference



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% of respondents who have deliberately harmed themselves in the last 12 months, but not with the intention of killing themselves by MSOA



● NS ● Higher ● Lower

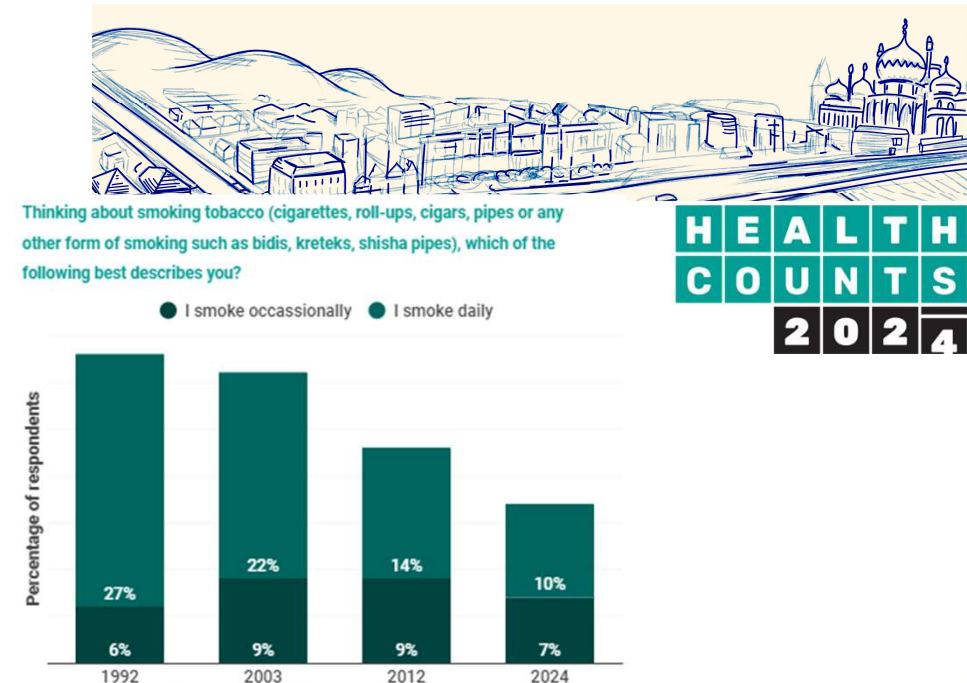
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Smoking and vaping

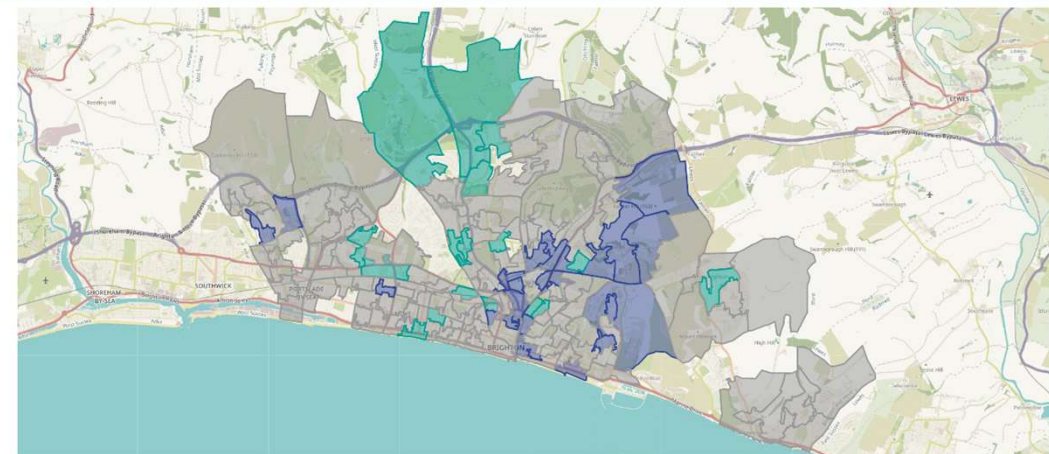
- ❖ The percentage of current smokers has almost halved from 33% in 1992 to 17% in 2024
- ❖ 41% of smokers have tried to give up smoking in the last year
- ❖ 13% currently vape, either occasionally or daily
- ❖ Some areas in the West have significantly higher levels of smoking
- ❖ Portslade North ward has the joint highest rate of vaping, along with Moulsecoomb and Bevendean ward

In addition, the following were significantly more likely to smoke:

- 18-34 year olds
- Adults from Mixed/multiple ethnic groups and Gypsy, Roma or Irish Traveller adults
- Males
- TNBI adults
- LGBTQ+ adults
- With a disability
- With Autism or learning difference; learning disabilities; physical or mental health conditions
- Living in more deprived areas – this inequality gap has narrowed
- Living in temporary/ emergency accommodation
- With experience of the care system



Current smoker % of respondents by LSOA



[Download data](#)

Based on if significantly different compared to Brighton & Hove
NS = Not significantly different

Alcohol

- ❖ 44% of adults drink at increasing risk (28%), higher risk (14%) or possible dependence (2%) levels
- ❖ Some areas in the West have significantly higher levels of alcohol use at increasing, higher or possible dependence levels

In addition, the following were significantly more likely to drink at increasing risk, higher risk or possible dependence levels:

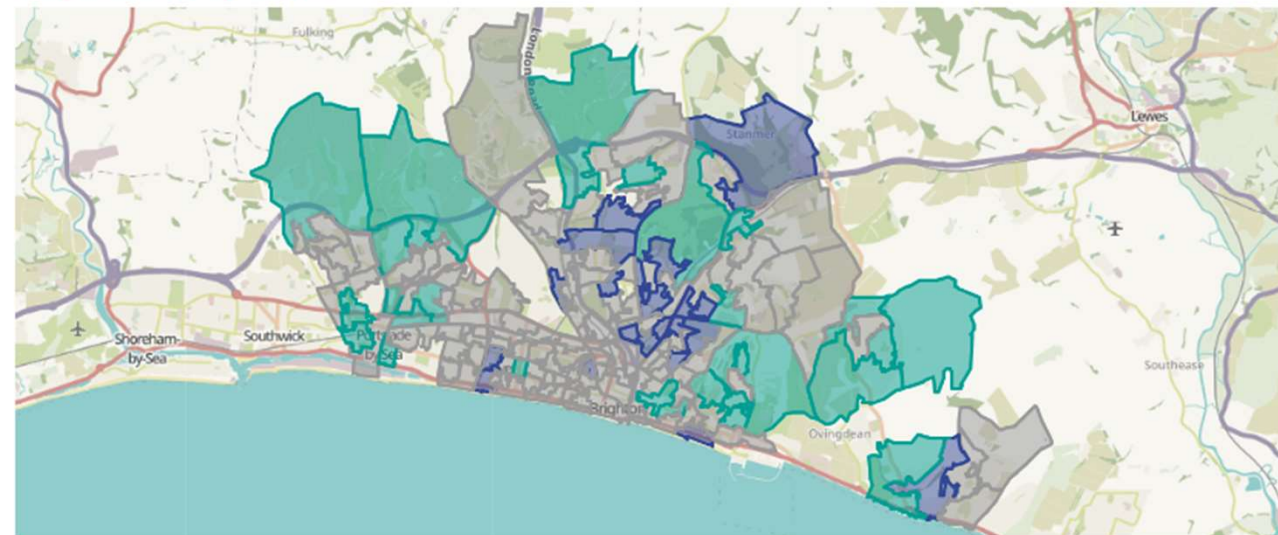
- 18-34 year olds
- Adults from Mixed/multiple ethnic groups and Gypsy, Roma or Irish Traveller adults
- White British adults
- Males
- LGBTQ+ adults
- Without a disability
- Living in LESS deprived areas

Still to do analysis on binge drinking which may show a different picture



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% of respondents who drink at increasing or higher risk levels, or possible dependence by LSOA



● NS ● Lower ● Higher

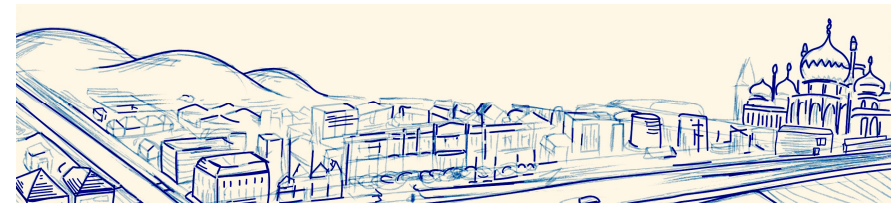
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Drugs

- ❖ One in five respondents have taken drugs not prescribed for them or not available at a chemist or pharmacy in the last 12 months (20%). Another 3% of respondents preferred not to say.
- ❖ The question was slightly different in the 2012 Health Counts survey, but 17% of respondents had taken these drugs in the last 12 months.
- ❖ Some areas in the West have significantly higher levels drug use

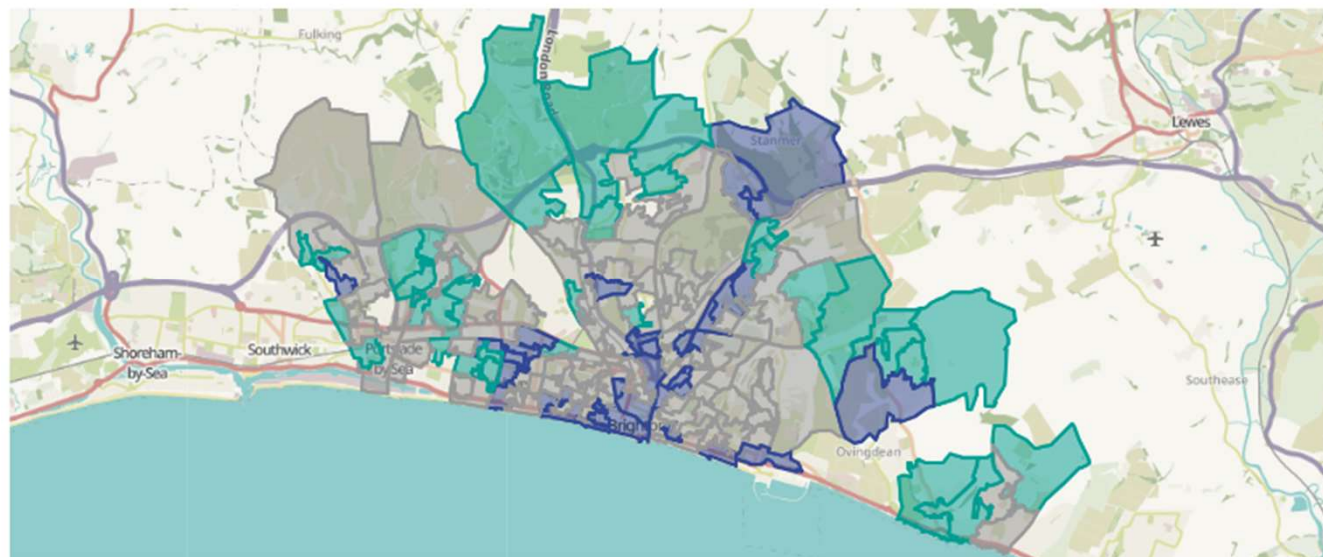
In addition, the following were significantly more likely to have taken drugs in the last 12 months:

- 18-34 year olds
- Adults from Mixed/multiple ethnic groups and Gypsy, Roma or Irish Traveller adults
- Males
- TNBI adults
- LGBTQ+ adults
- Living in more deprived areas
- With a disability
- Adults with a developmental condition; learning difference; Autism; mental health condition; visible difference
- Living in temporary/ emergency accommodation
- With experience of the care system



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% of respondents who have you taken drugs that were not prescribed for you and were not available at a chemist/pharmacy in the last year by LSOA



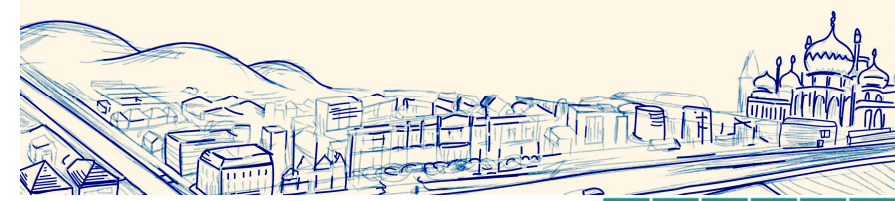
● Higher ● NS ● Lower

Healthy weight

- ❖ 37% of respondents are a healthy weight, with 36% overweight and 25% obese
- ❖ Some areas in the West of the city have significantly lower levels of healthy weight – and therefore higher levels of overweight or obesity

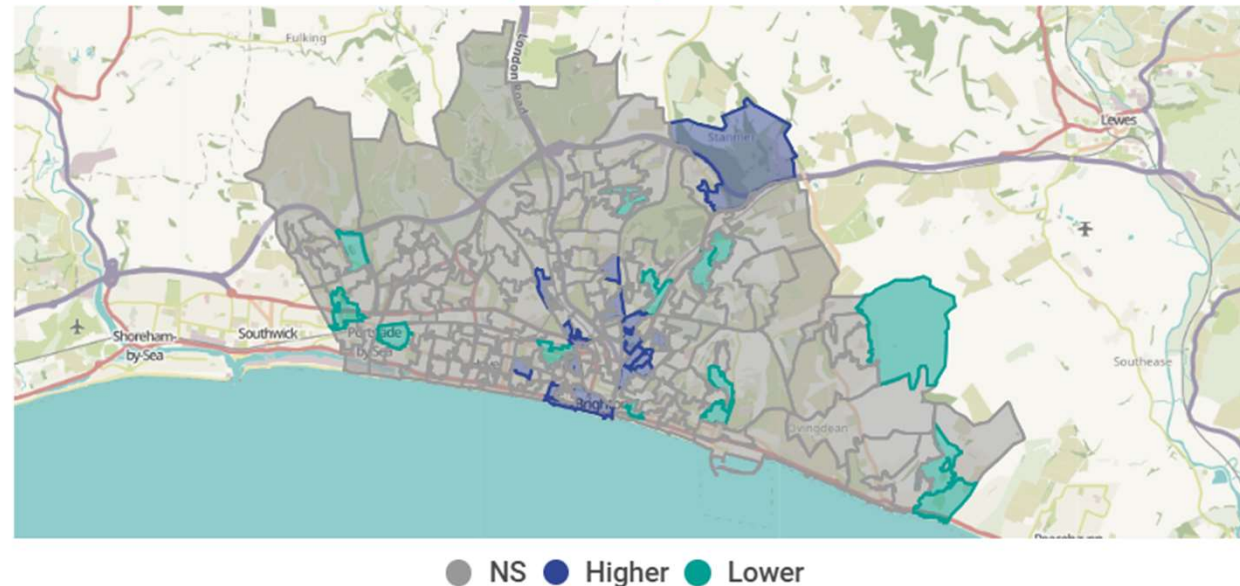
In addition, the following were significantly less likely to be a healthy weight:

- Aged 45-84 years
- Black, Black British, Caribbean or African
- Males
- Living in more deprived areas
- With a disability
- Unpaid carers
- With Autism or a learning difference; learning disabilities; physical or mental health conditions; sensory impairments or a visible difference



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% of respondents who are a healthy weight by LSOA



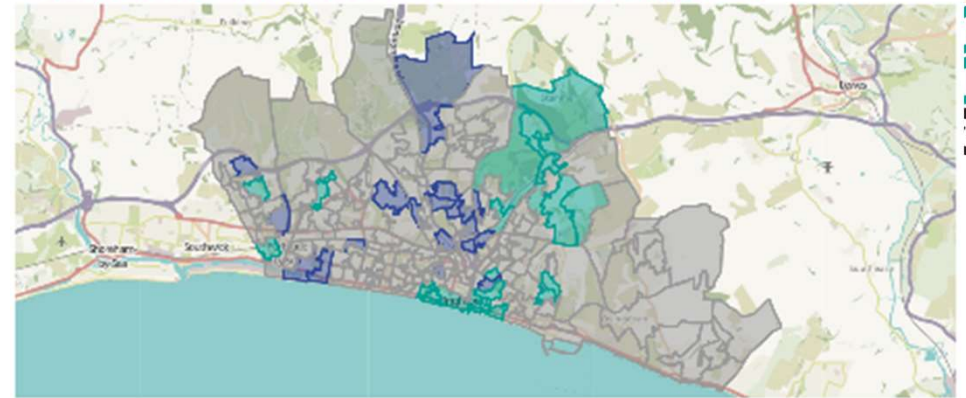
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Oral health

- ❖ 75% of respondents clean their teeth at least twice a day compared with 77% in the 2021 adult oral health survey for England.
- ❖ 64% visit the dentist at least every year, lower than the 2021 adult oral health survey for England (74%).
- ❖ Of those who never visit the dentist (10%), the most common reasons were:
 - ❖ Unable to register with an NHS dentist (49%)
 - ❖ Unable to afford to see a private dentist (37%)
 - ❖ Not felt I needed to see a dentist (30%)
 - ❖ Have fear / anxiety about seeing a dentist (28%)
- ❖ Some areas in the West of the city have significantly lower levels of brushing teeth at least twice a day and visiting the dentist at least once a year



% of respondents who brush their teeth at least twice a day by LSOA

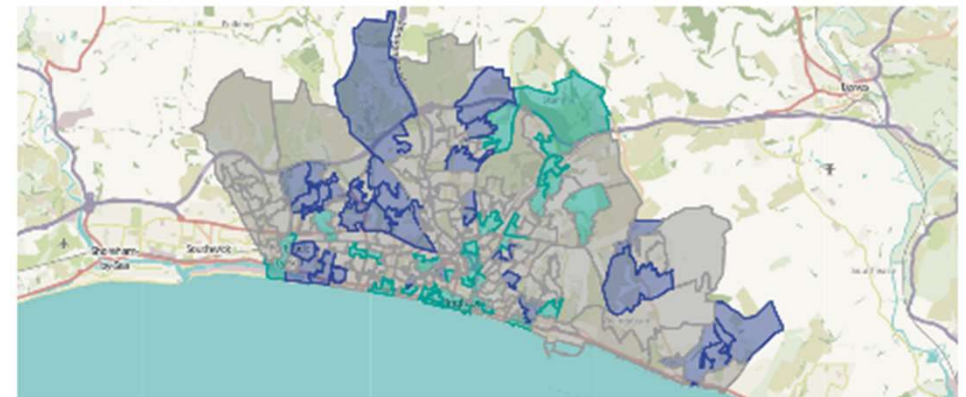


● NS ● Lower ● Higher

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% of respondents who visit the dentist at least once a year by LSOA



● NS ● Lower ● Higher

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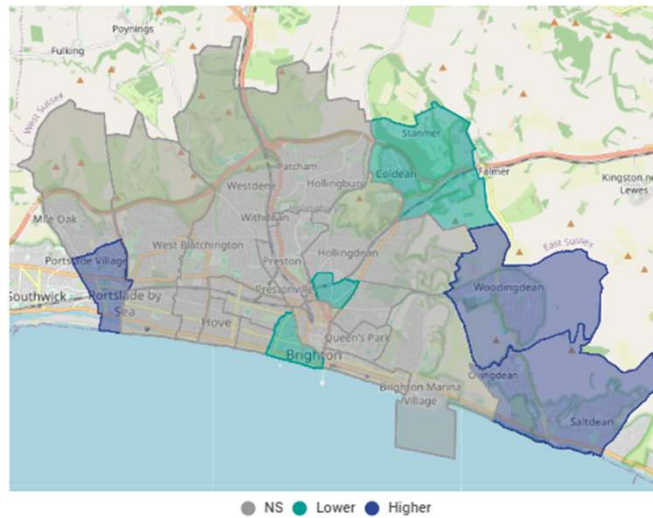
Gambling related harm

- ❖ This was the first time questions on gambling and its impact was included in the Health Counts survey
- ❖ More than one in five respondents say that they gamble (21%), even if only occasionally
- ❖ One in five of those who gamble, or have someone close to them who gambles, say they experience gambling related harm – the most common being reducing spending, isolation and conflict with family/friends
- ❖ South Portslade has significantly higher levels of gambling and gambling related harm than the city level*



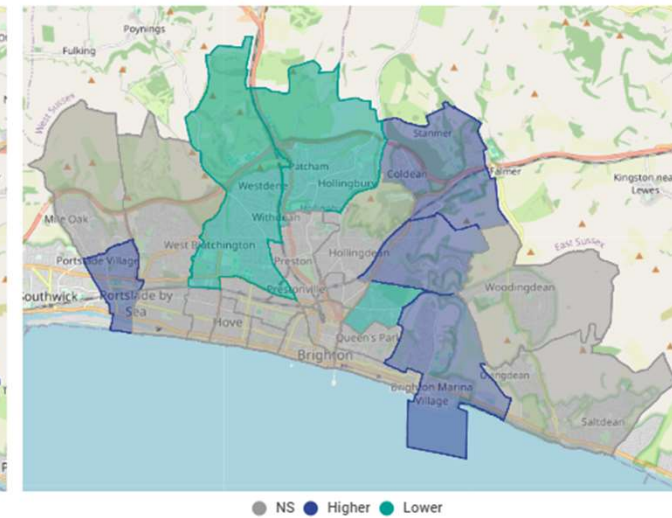
Gambling participation and gambling related harm by ward

Gambling participation



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Gambling related harm - % of those who gamble



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Based on if significantly different compared to Brighton & Hove
NS = Not significantly different

*only ward level analysis currently produced

Cost of living and housing concerns

- ❖ 86% of respondents were taking at least one action due to increases in the cost of living.
- ❖ The most common were:
 - ❖ Reducing leisure activities (45%)
 - ❖ Shopping around more (43%)
 - ❖ Spending less on food (40%)
 - ❖ Using less fuel at home (38%)
 - ❖ But also included using savings (33%) and using credit cards, loans or overdrafts more (20%)
- ❖ Around one in four respondents (7%) were fairly or very worried about their housing conditions eg damp, cold, leaks etc
- ❖ There are a few areas in the West, particularly in Portslade where respondents were more likely to be taking action due to the increases in cost of living
- ❖ There are areas in the West significantly more likely to be worried about housing conditions, for example in Hangleton and Knoll as well as some Central Hove and Brunswick and Adelaide areas



% of respondents who are taking at least one action due to the cost of living by LSOA

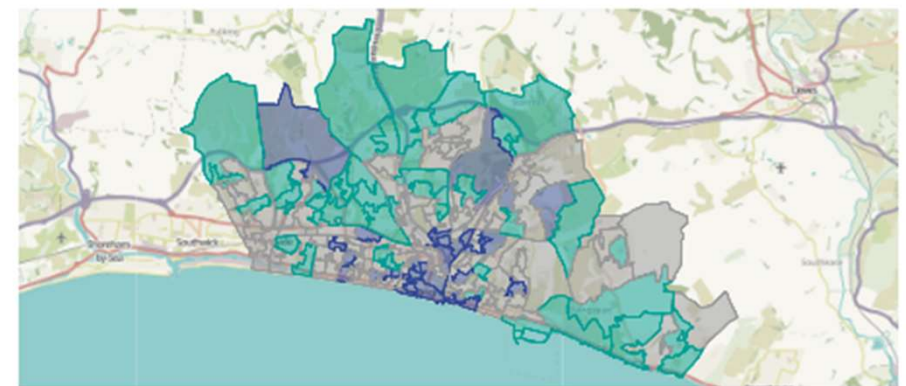


● NS ● Higher ● Lower

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% of respondents very or fairly worried about housing conditions by LSOA



● Higher ● NS ● Lower

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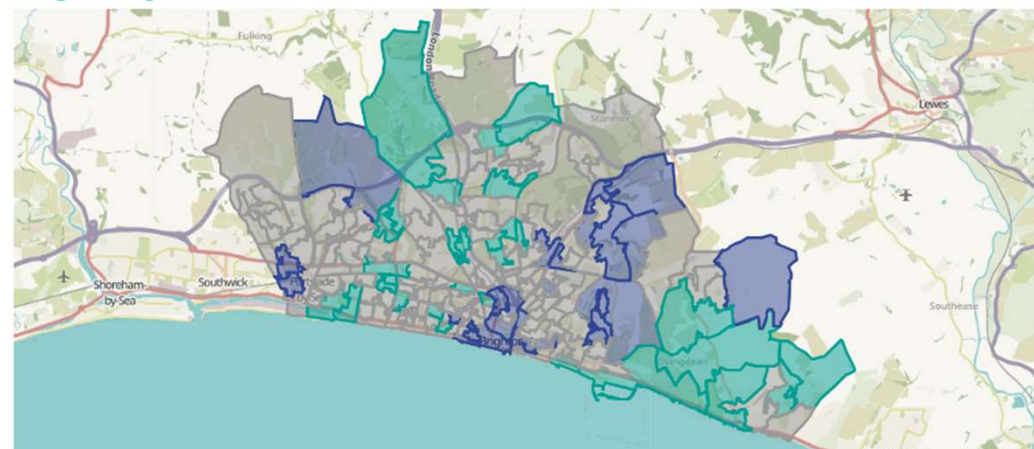
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Community safety

- ❖ Health Counts asked how safe respondents feel walking alone in their local area within approximately 15 minutes from their home, both during the day and at night
- ❖ During the day, 96% of respondents report feeling safe in their local area, with 4% reporting feeling unsafe.
- ❖ At night, this drops to 65% of respondents who report feeling safe walking alone in their local area, with 34% feeling unsafe.
- ❖ Feelings of safety during the daytime have changed little since 2018, but fewer respondents feel very safe at night in 2024 compared to 2018 (A fall from 36% to 21%) and more very unsafe (an increase from 3% to 8%).
- ❖ There are a few areas in the West of the city, particularly in Portslade and Hangleton and Knoll, where respondents were more likely to feel a bit or very unsafe at night compared to the overall city figure.



Feel very or a bit unsafe at night by LSOA



● NS ● Lower ● Higher

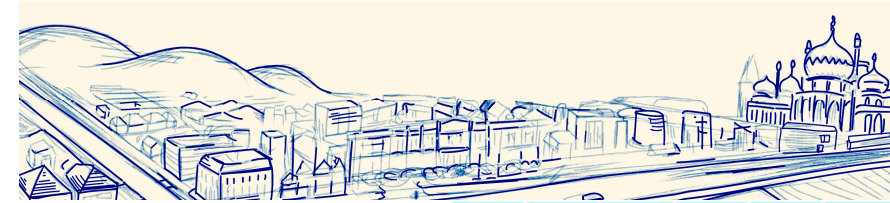
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Watch out for results coming soon:



Webpages [Health counts](#) & [Health Counts 2024](#)



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Share suggestions for groups / events to present findings and routes for dissemination to: publichealthintelligence@brighton-hove.gov.uk or healthcounts@brighton.ac.uk

Next steps

- Initial report being finalised and area profiles by end March 2025
- Population group profiles in 2025/26