

13 Life Expectancy and Health



Life Expectancy



Healthy Living Initiatives

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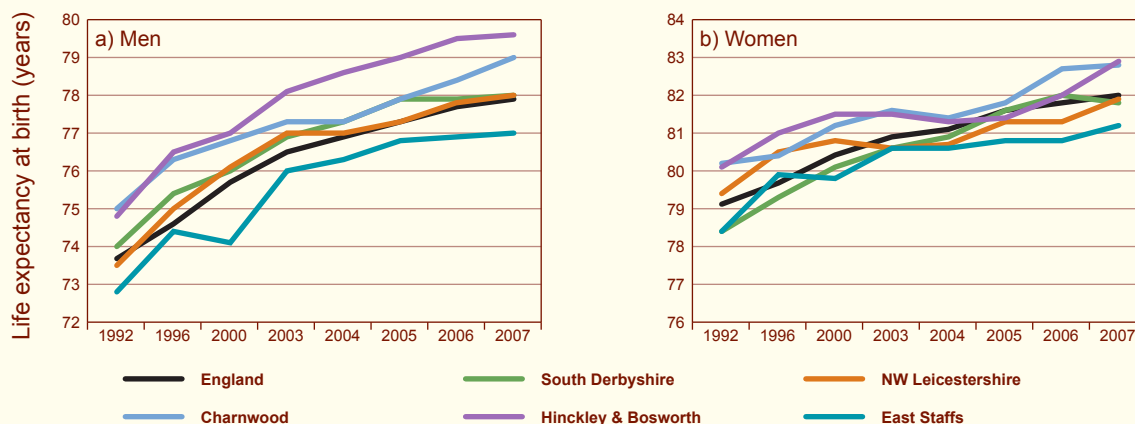
So

The National Forest is helping to create a healthier place for people to live in, work and spend their leisure time. The decline in coal mining, a vastly improved environment and an increase in healthy living initiatives are all contributing to this. This indicator includes changing life expectancy, healthy life expectancy and the role of healthy living initiatives developed by the National Forest Company and partner organizations.

LIFE EXPECTANCY

- Male life expectancy in the Forest Districts (2006-08) is around 78 years, a rise of between 1 and 2 years since 2002-4¹.
- Female life expectancy shows a similar rise over the same time period, with life expectancy being around 82 years¹.
- Both male and female life expectancy in the Forest is in line with regional and national trends^{1,2,3,4}.

Life Expectancy – Forest Districts and England



HEALTHY LIFE EXPECTANCY

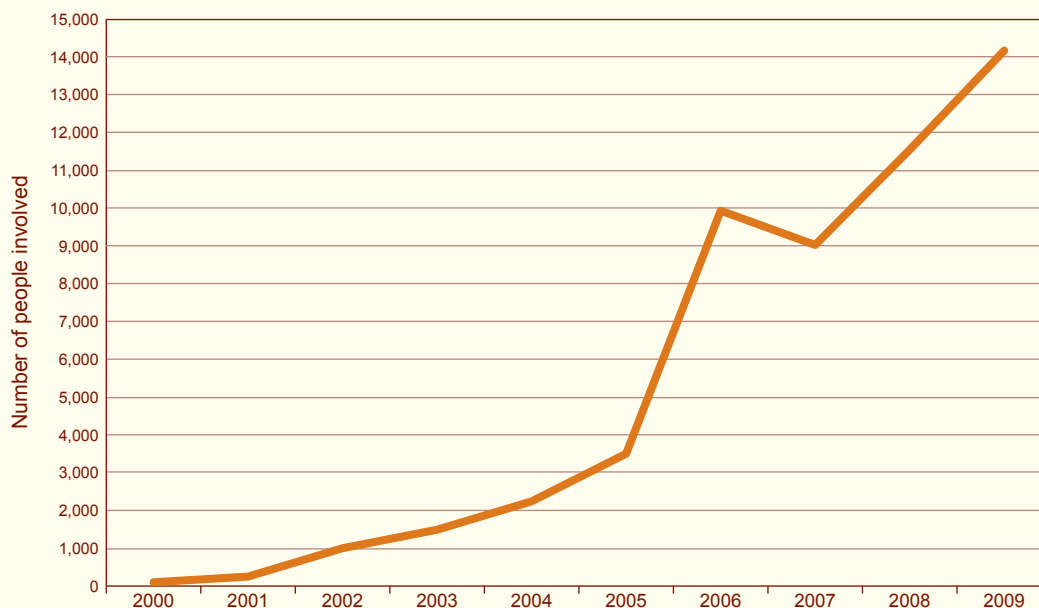
- Data for healthy life expectancy (HLE) has not changed since the last Sustainable Development report (2007). In 2001, HLE for men across the Forest area was similar to the England average, whilst for women it was significantly better. However, on average, women lived longer in poor health (8 years) compared to men (6.5 years)⁵.

HEALTHY LIVING

- Since 2001, 53,240 people have taken part in healthy living activities at Rosliston Forestry Centre. This represents an increase of 44,650 people since 2007⁶.
- Between 2007 and 2010, a further 1780 people were involved in healthy walking activities run by East Staffordshire Borough Council⁷.

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Healthy living initiatives at Rosliston Forestry Centre



- Around 2,500 people per year take part in practical conservation projects run by the British Trust for Conservation Volunteers (BTCV), local authorities and community groups - helping to increase physical activity, mental wellbeing and fitness⁶.
- In 2009 around 200 adults with mental health problems took part in visual art, photography and poetry projects inspired by The National Forest; and in 2010, 300 people participated in the first National Forest 10k run⁶.

* ACTION:

- 1) Maintain the current range of healthy living initiatives and seek to expand these activities through partner organisations.
- 2) Monitor activity annually.

DATA SOURCES:

- 1) Much More Than Trees 3: The socio-economic impact of The National Forest - DC Research [2010].
- 2) East Midlands Regional Factsheet: www.defra.gov.uk/sustainable/government/progress/regional/documents/east_midlands_factsheet.pdf
- 3) West Midlands Regional Factsheet: www.defra.gov.uk/sustainable/government/progress/regional/documents/west_midlands_factsheet.pdf
- 4) Life expectancy at birth and at age 65 by local areas in the United Kingdom, 2007–09. ONS Statistical Bulletin: www.statistics.gov.uk/pdfdir/liex1010.pdf
- 5) Life expectancy and healthy life expectancy at birth by local authority, England & Wales, 2001. Office for National Statistics [2010].
- 6) NFC annual monitoring [2010].
- 7) East Staffordshire Borough Council monitoring [2010].