



Healthy Places

Isle of Wight

March 2022

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Healthy places – Isle of Wight

Introduction

The Healthy Places chapter of the JSNA focuses on place, areas assets and the social and commercial drivers and health. The aim of this report is to look at the areas within the Isle of Wight and understand how the wider determinants of health impact on different communities. It accompanies the power bi report for this chapter which allows the reader a chance to look at the data themselves ([here](#)). The report is an overview of all the areas covered in healthy places, more detailed reports will become available for some topics, such as crime and road traffic accidents. More detailed reports are already available for some topics and there are links included.

Some of the data is available at very small local geographies - LSOAs (population of around 1,500 people or 650 households) - which allows for interrogating the data within districts, however, other data are only available at local authority level. Some of the data will be from pre-pandemic and different patterns may be emerging (for example commuting data) however this provides a baseline to build from when the new census data becomes available. Links to all data sources are provided in the power bi report.

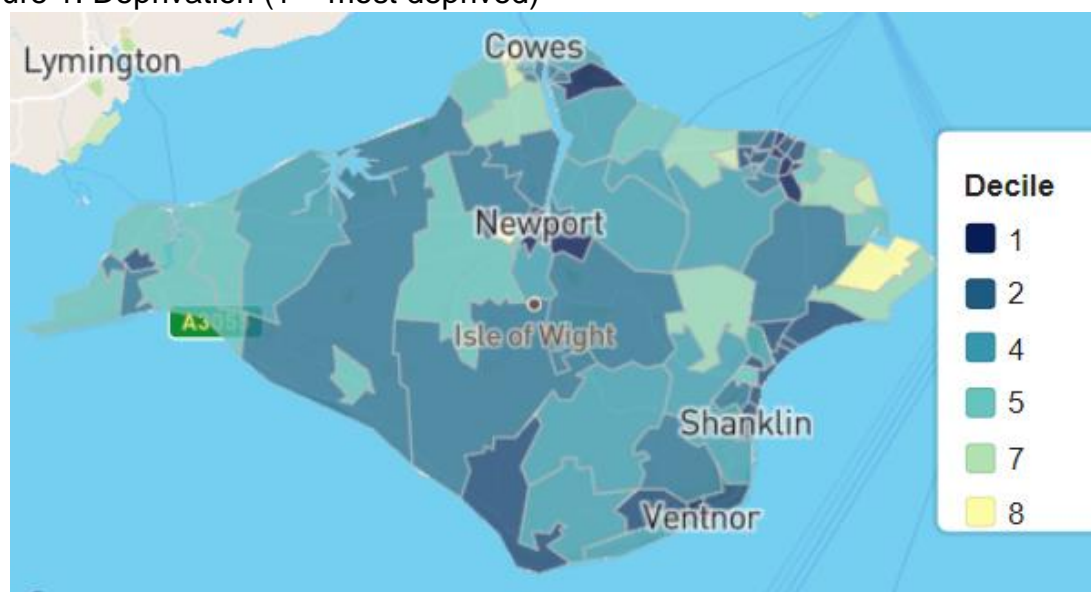
The report has 5 sections: Physical environment, Home environment, Social and economic environment, Community safety, and Climate.

Background

The Isle of Wight ('the Island') has a population of around 142,300, of which 28.7% are aged 65 and over. This is older than the England average which has around 18.5% of the population aged 65 and over. The population density is 374.3 people per square kilometre. The Isle of Wight is mainly rural with areas classified as urban around Cowes, Ryde, Newport, Shanklin and Sandown. These areas hold 69% of the district population. A further 21% of the population live in rural town and fringe area, whilst the remaining 10% are in rural villages.

The Isle of Wight has high levels of deprivation with 12 areas in the top 20% most deprived in England. The areas of higher deprivation on the Island include urban areas in Cowes, Newport, Ryde and Ventnor. Just over half the population of the Island live in areas which are in the three deciles of highest deprivation.

Figure 1: Deprivation (1 = most deprived)



Source: IMD 2019

Anchor institutions are public sector organisations which have an important presence in place as they are large employers. The anchor institutions on the Isle of Wight are all based in Newport and include St Mary's hospital, Isle of Wight College and Isle of Wight Council.

Physical environment

Green space

Green space, such as parks, woodland, fields and allotments as well as natural elements including green walls, are recognised as important assets for supporting health and wellbeing. Evidence shows that living in a greener environment can promote and protect good health, aid in recovery from illness and help with managing poor health. Greener environments are also associated with better mental health and wellbeing outcomes including reduced levels of depression, anxiety, and fatigue, and enhanced quality of life for both children and adults.

However, measuring the availability of green space can be challenging. Many measures only include access to parks in built up environments and therefore don't include measures of how accessible more rural green space is for the general public. The map shows access to green (active and passive) and blue space from the Access to Healthy Assets and Hazards. It provides an indication of access to these spaces in built up areas only.

Mapping urban green space is challenging for the Isle of Wight as so much of the area is rural or on the coast. Areas in Cowes and Newport have the lowest levels of access to urban green space, however many of these areas border countryside.

Figure 2: Access to green and blue space (1 = worst access)



Source: Access to Healthy Assets and Hazards

Leisure facilities and community access

Residents of the Isle of Wight rate the community they live in as safe (81% compared with 59% in England overall), however, 41% don't feel that there is a sense of community where they live (compared with 43% in England) and 39% wish there were more community activities in their area (41% in England).

Access to leisure facilities can be limited on the Isle of Wight. Whilst there is good access in Ryde, other areas experience lower access to these facilities, including those in more urban areas of Cowes, Newport and Shanklin.

The Isle of Wight is split between coastal and non-coastal areas although the non-coastal areas are those more sparsely populated (see definition and analysis from University of Plymouth¹). However, small numbers means that analysis has not been conducted at Isle of Wight level, however nationally coastal areas have an older and more deprived population. Average life expectancy is significantly lower in coastal areas for both males and females.

¹ Definition from University of Plymouth analysis used in the CMO 2021 Annual report: "Coastal" LSOAs have been defined as those which include or overlap built-up areas which lie within 500m of the "Mean High Water Mark" (excluding tidal rivers). The categorisation of LSOAs was undertaken using QGIS16 and ONS boundary data. Therefore rural LSOAs adjacent to the coast, but which have no built-up coastal presence, are categorised as "non-coastal".

Home environment

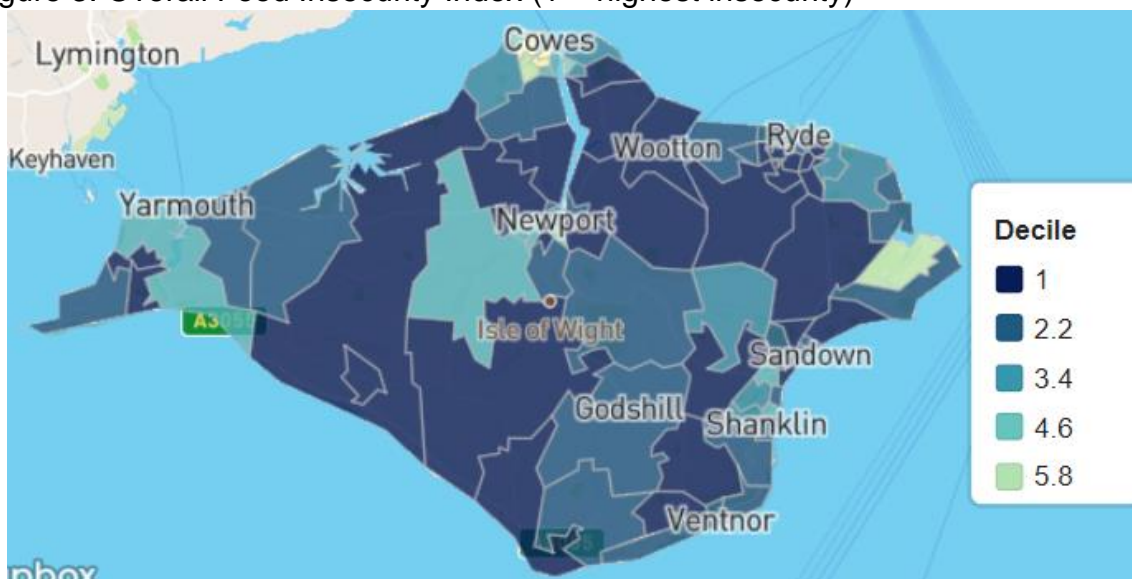
Food insecurity

Good nutrition is vital for living a healthy life. Food insecurity can occur through a number of ways - through economic factors and through factors impacting on access to buying groceries. The University of Southampton has developed an overall food insecurity risk index (Smith et al, 2021²) which includes sub-indices which measure the risk of economic, mental health and structural factors.

- Compositional index - includes benefit claimants, low income, mental health and educational attainment
- Structural index - includes bus stops, distances to employment / food stores and internet speeds

There are large amounts of food insecurity on the Isle of Wight. Large parts of the Island are in the two deciles most at risk of food insecurity. Structural food insecurity on the Island is high, with large areas in the decile of highest risk with poor access to shops, and additionally the high levels of deprivation in urban areas mean that in areas where structural insecurity is low, compositional insecurity is high.

Figure 3: Overall Food Insecurity Index (1 = highest insecurity)

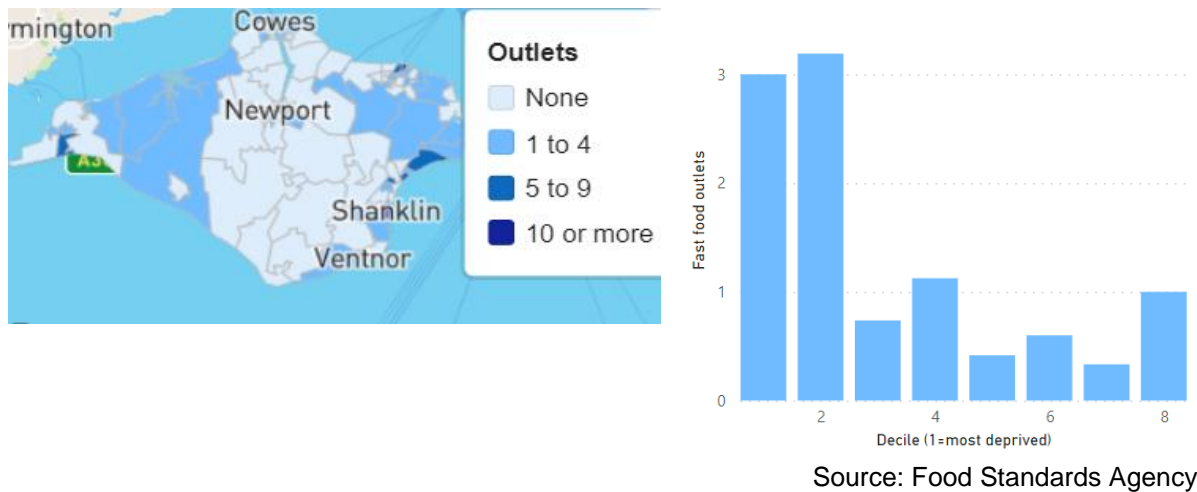


Source: University of Southampton Food Insecurity Index

Fast food outlets have been identified using data from the Food Standards Agency and mapped across the Isle of Wight. This has shown a higher concentration of takeaways and fast food outlets in the more deprived areas. The Isle of Wight also shows a greater number of fast food outlets in more deprived areas. Central Shanklin and Newport are the areas with the highest concentrations of fast food outlets.

² <https://www.mylocalmap.org.uk/iaahealth/>

Figure 4: Fast food outlets, and average number of fast food outlets by deprivation

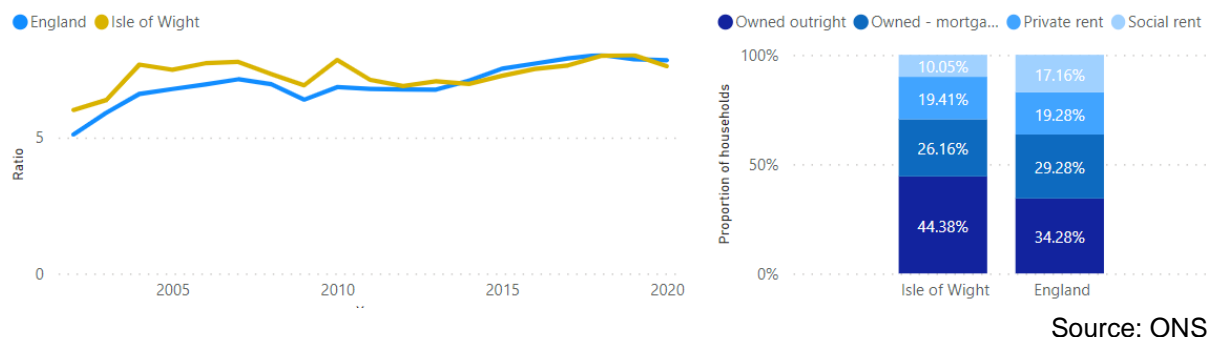


Healthy homes

Housing is a key determinant of health. Poor quality or unsuitable homes directly affect physical and mental wellbeing, creating or exacerbating health issues. Cold homes and fuel poverty are directly linked to excess winter deaths.

The housing affordability ratio shows how affordable housing is compared with median gross earnings - the higher the ratio the less affordable housing has become. Since 2002 the affordability ratio for the Isle of Wight has increased from 6.0 to 7.6 in 2020, a smaller increase than England (5.1 to 7.8). The Isle of Wight is more affordable than England as a whole, but has a smaller proportion of homes available for social renting and a higher proportion of homes owned outright.

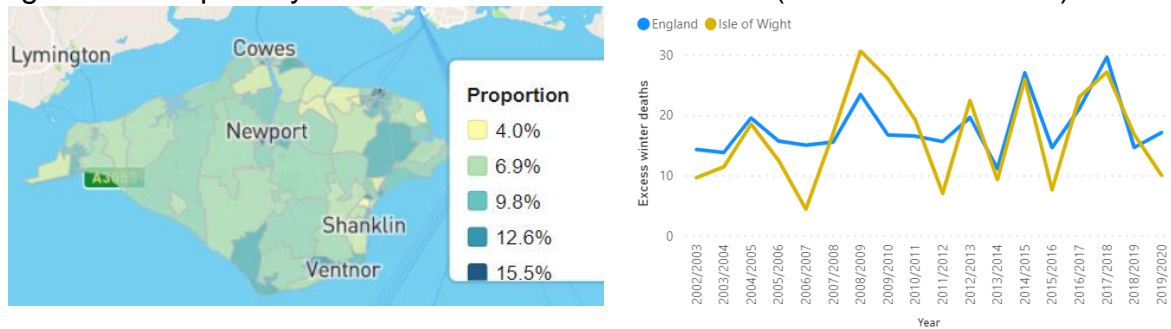
Figure 5: Housing affordability and tenure



The Isle of Wight has a lower rate of overcrowded homes England overall (5.8% compared with 8.7%). The rate of homeless households per 1,000 households is also lower on the Island (5.4) than England (6.3).

Poor quality housing or fuel poverty leads to people living in cold homes during the winter which increases the number of excess winter deaths. On the Isle of Wight there are small areas where a higher proportion of households are living in fuel poverty, especially within Newport and Ryde. As a whole the Isle of Wight has a lower proportion of people living in fuel poverty than England (8.9% compared with 13.4%). The index for excess winter deaths for the Isle of Wight shows figures comparable to England (small numbers so year to year index may fluctuate).

Figure 6: Fuel poverty and Excess winter deaths index (2002/03 to 2019/20)



Source: BEIS and ONS

Social and economic environment

Business vulnerability index

To help understand how the indirect impacts of the COVID-19 pandemic have affected our communities, a business vulnerability index was developed.³ This compiled datasets from a range of sources identified from statistics and literature published during the first and second waves of COVID-19 in 2020. It provides an assessment of the relative impacts during the pandemic across the area. The indicators aim to capture the employee and business aspects of the impacts which arose from the COVID-19 pandemic restrictions. The sector, size, mobility of customer and location of a business were found to determine the vulnerability of a business, with the impacts of the pandemic disproportionately affecting physical and small businesses, with online and larger firms being more likely to survive.

Businesses on the Isle of Wight were impacted by the COVID-19 pandemic than the average across the South East with a higher uptake of furlough and a larger increase in unemployment claimants. There were a large number of businesses in the most impacted sectors including accommodation and food sector, and the arts, entertainment, and recreation sector.

Gross value added

Gross value added (GVA) is the measure of the value of goods and services produced in an area, industry or sector of an economy. It includes turnover for all VAT registered businesses by postcode (businesses with multiple sites the turnover is split by the proportion of employees at each site), employment figures were used

³ Add link to Business Vulnerability Index

for public sector industries, dwelling stock was used for imputed rental of owner-occupied dwellings, and population estimates for households with employees.

Urban areas, where businesses are located, are the highest GVA areas. Overall, the GVA on the Isle of Wight increased by 111% between 1998 and 2019. Areas in Newport had the highest GVA for the Island.

Mental wellbeing vulnerability index

To help understand how other indirect impacts of the COVID-19 pandemic have impacted on the community, a mental wellbeing index was developed.⁴ This also compiled datasets from a range of sources identified through statistics and literature published throughout the first and second wave of COVID-19 in 2020. The population groups who were affected most by the non-pharmaceutical interventions during the early stages of COVID-19 may not have had any mental health challenges before COVID-19. They may not live in areas typically associated with poor mental health (such as areas with high levels of socio-economic deprivation). Regardless, there is evidence that aspects of the restrictions could have taken a toll on their mental health. The Index includes measures on:

- Demographics: young people aged 16-24 (most likely to be furloughed, and reported greater levels of loneliness), ethnic minority groups (most likely to experience anxiety around contracting COVID-19 due to employment sector, disproportionately high rates of poor health outcomes from COVID, more likely to live in overcrowded or multigenerational housing, and less likely to have access to green space)
- Health: people with 2 or more long term health conditions (most likely to feel anxiety about contracting COVID and more likely to be shielding)
- Economic: low earners (more likely to be furloughed, increased financial stress), people employed in either health care or industries most impacted by furlough (accommodation, food service, arts, entertainment and recreation), people who are self-employed (may not have received financial support if criteria not met)
- Living situation: lone parent households with dependent children (balancing home working and schooling, financial stress), renters (more likely to be lower earners, younger and experience loneliness), single member households aged 65+ (loneliness), people living in institutions or communal establishments (such as prisons, care homes or hospitals)

For the Isle of Wight, the areas where the populations most likely to have vulnerable mental wellbeing as a result of COVID-19 restrictions live are Parkhurst, Newport, Ryde and Cowes Castle East. However, the types of characteristics which make people vulnerable to poor mental wellbeing in rural and urban areas differ on the Isle of Wight. Those in urban areas tend to be vulnerable to poor mental wellbeing due to

⁴ [Add link to Mental Wellbeing Vulnerability Index](#)

their demographics; being young, ethnic minorities and also working in industries most affected by furlough. Those in rural areas tend to be vulnerable to poor mental wellbeing due to factors relating to their employment and health, particularly in the northeast of the Island.

Figure 7: Mental wellbeing vulnerability index (1 = most vulnerable)



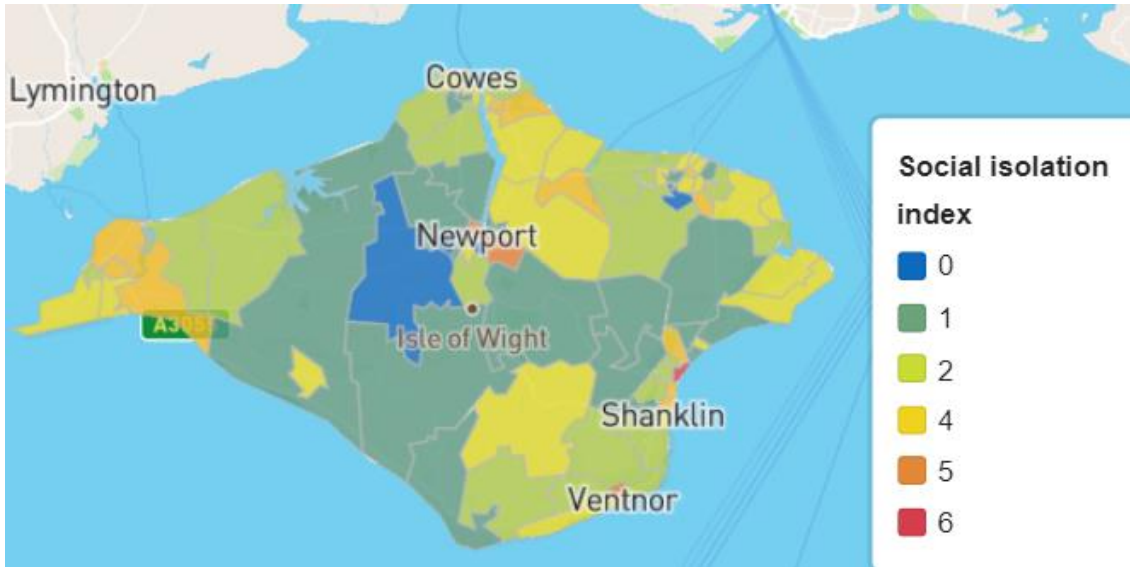
Source: Hampshire and Isle of Wight Public Health

Social isolation

Social isolation is the objective term used to describe an absence of social contacts or community involvement, or a lack of access to services. Loneliness is an unwelcome feeling or lack or loss of companionship. Social isolation and loneliness both have negative impacts on health outcomes. Hampshire County Council Public Health developed a social isolation index focusing on older people who are most likely to be socially isolated⁵, see map below. The Isle of Wight has a number of areas where people are at increased risk of social isolation including Shanklin, Newport and Ventnor.

Figure 8: Social Isolation Index (6 = most isolated)

⁵ <https://documents.hants.gov.uk/corprhantsweb/2017-07-04SocialisolationandLonelinessinHampshireHF000014384094.pdf>



Source: Hampshire County Council

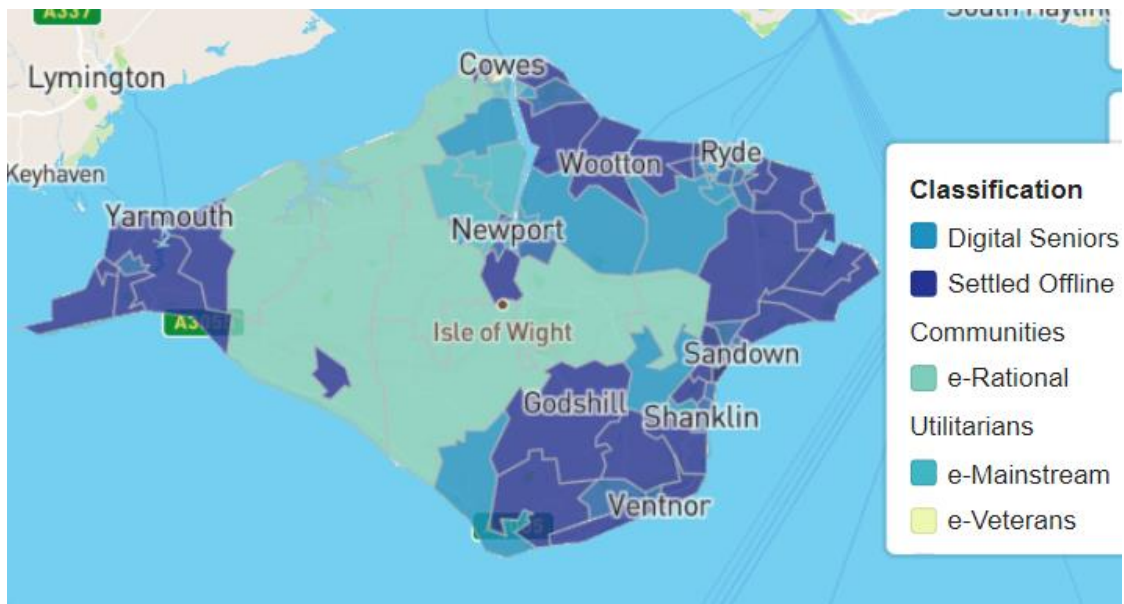
The ONS Opinion and Lifestyle survey reported that between October 2020 and February 2021 4.7% of people on the Isle of Wight felt always or often lonely, compared to 7.3% in England.

Digital exclusion

The extent to which people use the internet can impact on a number of life aspects such as social connections (especially during the social restrictions) but also access to services such as groceries, banking, employment, and information or access to health services. The Consumer Data Research Centre developed internet user classifications and provided mapped these according to the most frequent type within the LSOA, see below.

The most common classification on the Isle of Wight was Settled Offline Communities (Limited use, elderly, White British, semi-rural) followed by Passive and Uncommitted Users (Limited or no engagement, suburbs / semi rural, semi-skilled or blue collar occupations). There were very few areas where there was high engagement (only one within Cowes). The Isle of Wight also showed low rates of electronic returns for the census which suggests that alternative methods may be necessary for some communications.

Figure 9: Internet User Classifications



Source: Consumer Data Research Centre

Community Safety

Crime

Published crime data provides information at force level which for Hampshire and Isle of Wight Constabulary includes Portsmouth and Southampton. The constabulary has provided an extract of all crimes and incidents from October 2020 to September 2021 for the Isle of Wight allowing for more local analysis of the data.

On the Isle of Wight there was a rate of 78.8 per 1,000 people for all crime types, 35.6 for Violence against a person, 11.6 for Public Order offences and 10.3 for Theft offences. The majority of the Island had low rates of crime, however the town centre of Newport around the High Street had much higher rates (364.7 for all crime types) as did the town centre of Ryde (261.9 for all crime types). The majority of crimes in these areas were violence and public order offences.

Figure 10: Crime rate (per 1,000 population)

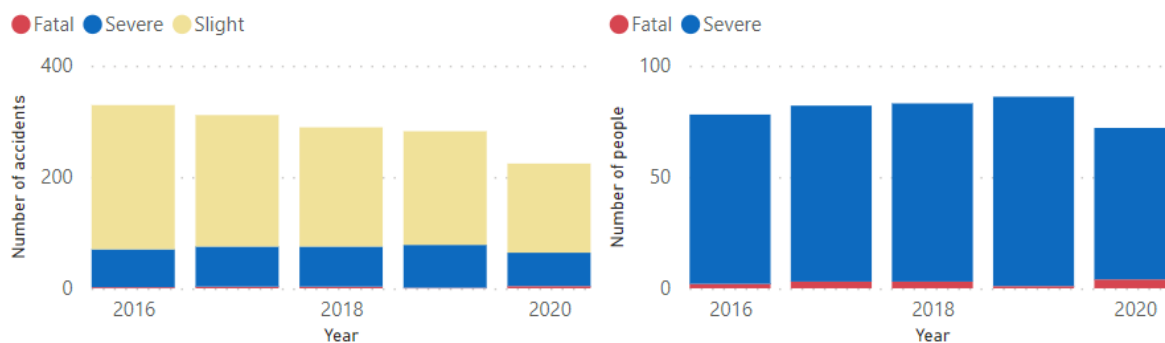


Source: Hampshire and Isle of Wight Constabulary

Road safety

The number of accidents and the number of people killed or seriously injured on the roads has been declining nationally and this trend is also shown on the Isle of Wight for accidents, however the same trend is not shown for the number of people killed or seriously injured (see charts).

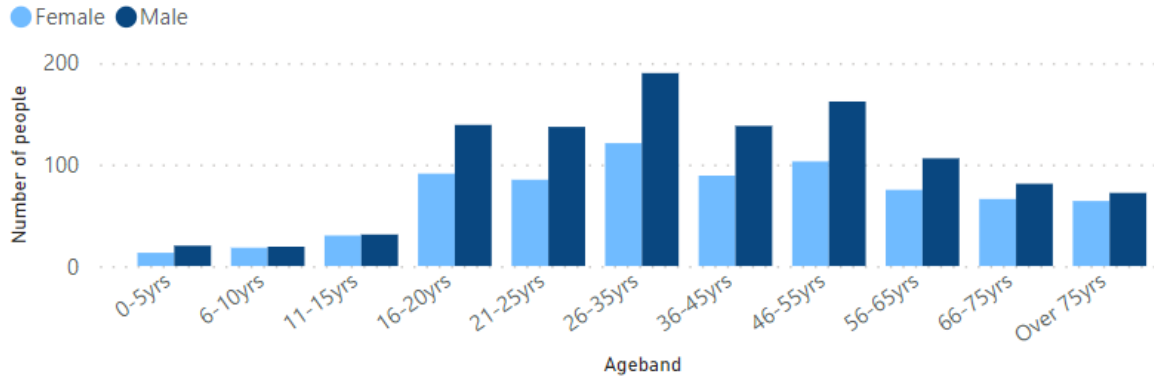
Figure 11: Number of accidents and number of people killed or seriously injured



Source: DfT

A higher proportion of casualties in fatal and severe accidents were males nationally, again this trend is also shown on the Isle of Wight. Accidents occurred most frequently during rush hour periods in the morning and evening, however, the frequency of accidents in which people were killed or seriously injured showed an increase between the hours of 11am and 1pm.

Figure 12: Breakdown of killed and seriously injured (2016-2020)



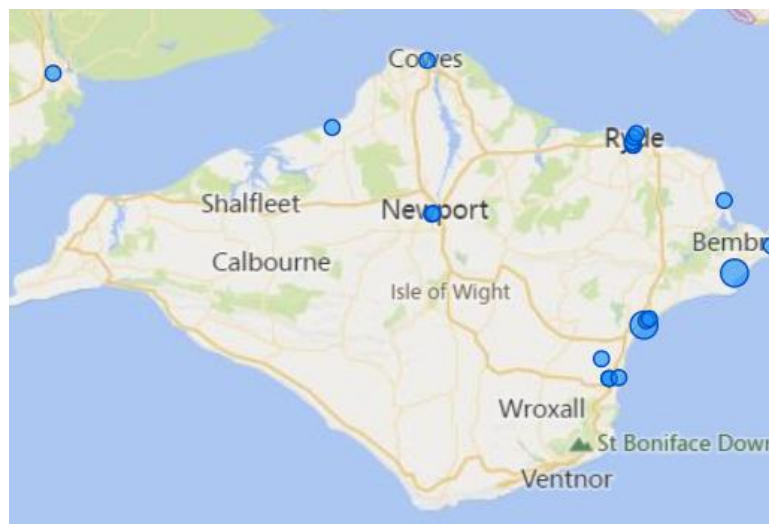
Source: DfT

Alcohol and gambling

Gambling participation can be a fun recreational activity, however it has the potential to cause great harm to individuals, families and wider society. The benefits and harms from gambling can vary between individuals. Those with good incomes playing occasionally will experience little harm, however someone with a low income who gambles to improve their financial situation and experiences losses will experience a great deal of harm. Studies have suggested that those in areas of greater deprivation experience the most harm. Since the Gambling Act in 2005, there has been a large increase in gambling advertising, and also an increase in online gambling. It is more difficult to map online gambling and therefore this data shows the locations of gambling premises, and suggests a greater number of premises in the areas of the Isle of Wight with greater deprivation.

On the Isle of Wight, the rate of gambling premises was 17.9 per 100,000 of the 18 and over population. The majority of these were located in the north and east of the Island in the more urban areas. There was a high rate of alcohol licences (59.6 per 10,000 of the 18 and over population) on the Island.

Figure 13: Locations of gambling premises



Source: Gambling Commission

Climate

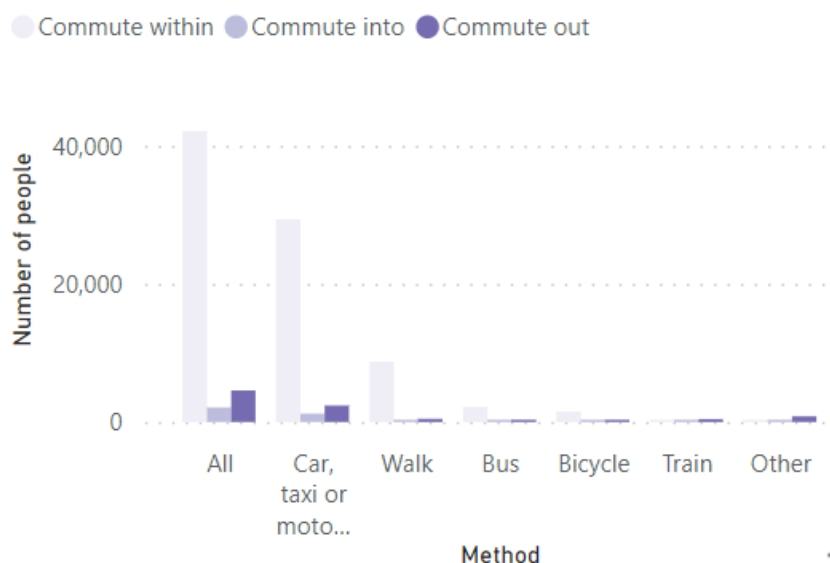
Traffic and transport

Quality of transport infrastructure and adequacy of transport services directly affect health, for example, by enabling active modes of travel that have health benefits or reducing road accidents and harmful emissions. There have been large changes to how we travel over the last 70 years. Nationally, there has been a huge increase in the distances travelled by car (over 1,000%) whilst bus journey distance has decreased by 65% and pedal cycle distance by 76%.

Locally traffic data also shows that cars make up the highest proportion of vehicles on the roads, and replicates the national increase in car journeys, with a smaller increase in light commercial vehicles and heavy goods vehicle traffic remaining fairly constant. Compared with nearest neighbours the Isle of Wight has a lower number of vehicle miles travelled.

CO2 makes up 80% of greenhouse gas emissions and transport is the second largest source of CO2 emissions after domestic emissions on the Isle of Wight. The most common method for commuting around the Island is by car.

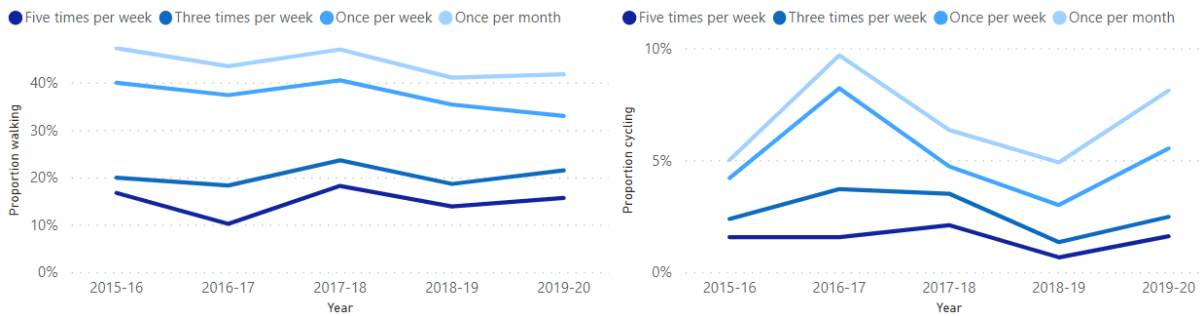
Figure 14: Commuting modes



Source: Census 2011

Walking and cycling are good for our physical and mental health. Switching more journeys to active travel will improve health, quality of life and the environment, and local productivity, while at the same time reducing costs to the public purse. These charts show the proportion of people using cycling or walking as a mode of transport (rather than for leisure) on the Isle of Wight. The proportions of people walking has remained fairly stable since 2015/16, and although cycling has declined there has been a slight increase in 2019/20.

Figure 15: Proportion of adults walking and cycling for transport

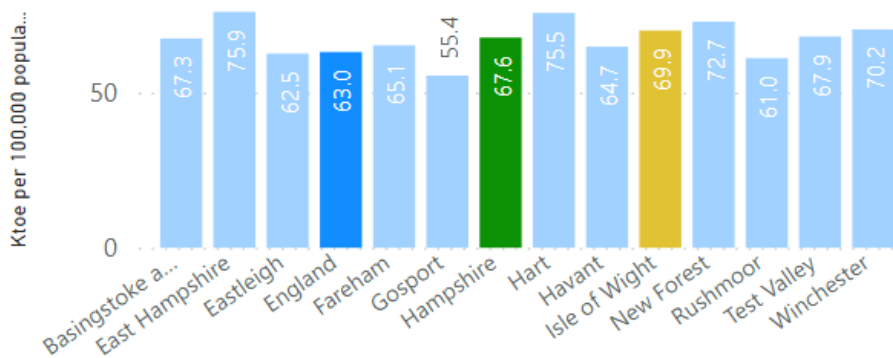


Source: DfT

Energy consumption

Nationally, energy consumption has been declining since 2005, however domestic energy consumption has shown a slower decline than other sectors. Domestic energy consumption per 100,000 of the population varies across Hampshire and the Isle of Wight. The Isle of Wight has above average domestic energy consumption rates than England (69.9 Ktoe, kilotonnes of oil equivalent, compared with 67.6).

Figure 16: Domestic energy consumption, 2019, (Ktoe per 100,000 population)

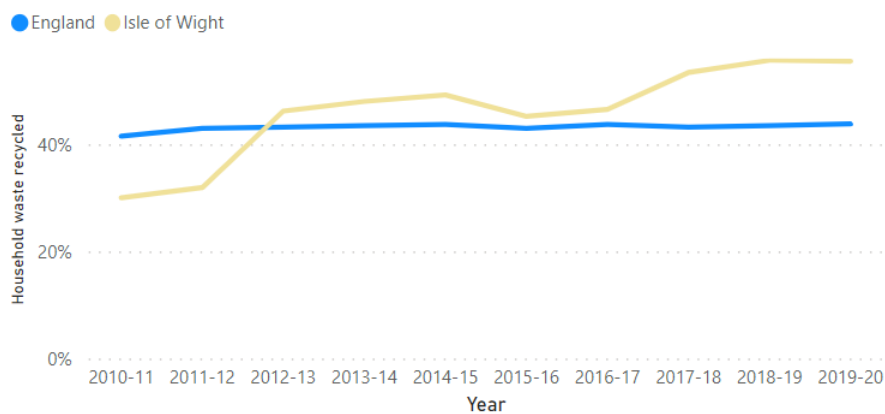


Source: BEIS

Gas is the largest source of domestic energy on the Isle of Wight (56.6 Ktoe in 2019), followed by electricity (22.5 Ktoe). From 2025 gas boilers will be banned from new homes in England. The amount of electricity from renewable sources is increasing in England. In 2020 the Isle of Wight generated 95,900 megawatts of solar powered electricity which is 22% of electricity used in 2020 on the Island.

Recycling is another key target set by government: 50% of household waste was to be recycled by 2020, increasing to 60% in 2030. This target has not yet been met nationally (43.8% in 2019-20), however, the Isle of Wight achieved this target (55.5%).

Figure 17: Household waste reused, recycled or composted



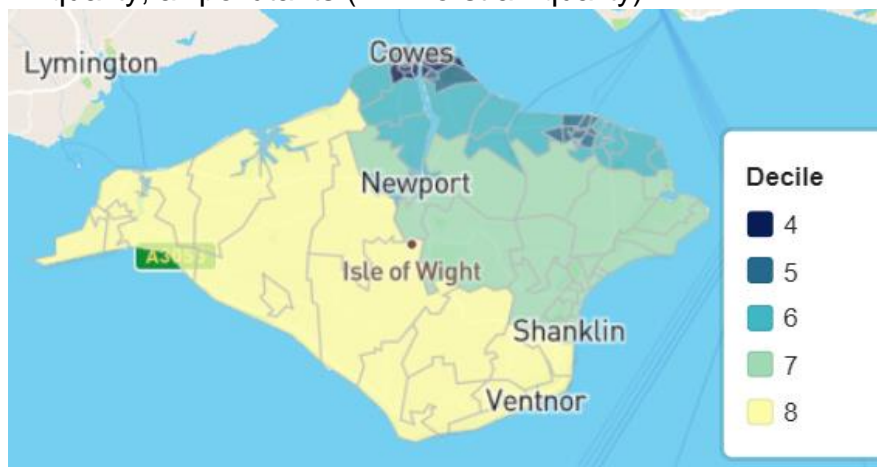
Source: Defra

Air quality

Poor air quality is the largest environmental risk to public health in the UK. Long-term exposure to air pollution can cause chronic conditions such as cardiovascular and respiratory diseases as well as lung cancer, leading to reduced life expectancy. In the short term, poor air quality can exacerbate asthma and cause coughs, wheezing and shortness of breath.

Air pollutants are emitted from a range of man-made and natural sources. Many everyday activities such as transport, industrial processes, farming, energy generation and domestic heating can have a detrimental effect on air quality. Particulate matter (PM) and nitrogen dioxide (NO₂) are both major components of urban air pollution. Currently, there is no clear evidence of a safe level of exposure below which there is no risk of adverse health effects. Other pollutants include: Sulphur dioxide, ammonia, ozone, and carbon monoxide. Groups that are more affected by air pollution include: older people, children, individuals with existing CVD or respiratory disease, pregnant women, communities in areas of higher pollution, such as close to busy roads, low-income communities.

Figure 18: Air quality, all pollutants (1 = worst air quality)



Source: Access to Healthy Assets and Hazards

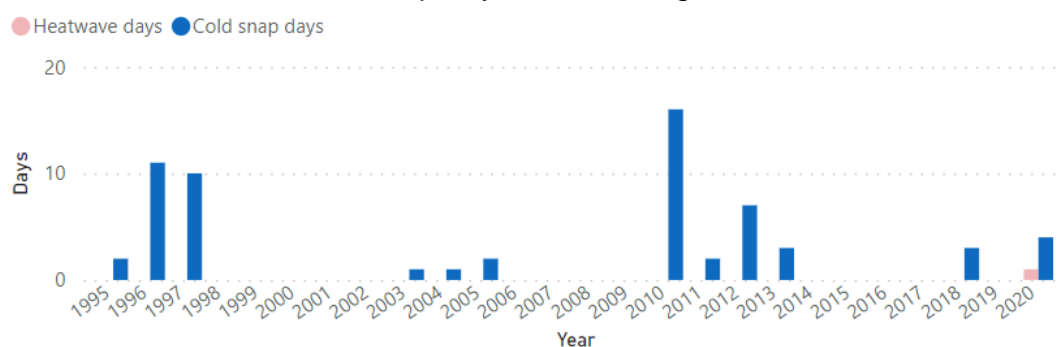
Air quality on the Isle of Wight is good, although lower towards the north and east of the Island.

Extreme events

Climate change is increasing the risk that extreme events, such as heatwaves and flooding, will occur. These events can result in increased mortality, especially in more vulnerable groups such as the elderly. Other populations groups will also experience impacts such as negative mental health consequences.

PHE has set out emergency plans for heatwaves and cold weather to attempt to mitigate the risks to health from extreme temperatures. Temperatures for the last 15 years and predictions for the future have suggested a pattern of warmer wetter winters and hotter summers. Data for the Island does not yet show this a clear pattern.

Figure 19: Heatwave and cold snap days,⁶ Isle of Wight



Source: CEDA

Flooding can take place from multiple sources including the sea, rivers, surface and ground water. The map below shows the proportion of properties at medium or high risk of flooding from the sea, rivers and surface water. On the Isle of Wight there are around 1,400 homes that fall into this category of risk. Areas of particular risk include Monktonmead in Ryde and the Pan Meadows area of Newport.

Figure 20: Proportion of properties at medium or high risk of flooding



Source: Environment Agency

⁶ Heatwave threshold temperatures are 31°C by day and 16°C overnight for the South East (varies across regions), whereas cold snaps are when the average temperature is 2°C or less for 48 hours.

Conclusion

The Isle of Wight is a largely rural area, with an older population than the England average and high levels of deprivation, especially within urban areas of Cowes, Newport, Ryde and Ventnor. Food insecurity on the Island is high due to high levels of deprivation and additionally reduced access to shops for large areas of the Island. There is also low access to leisure facilities, higher levels of social isolation and low internet engagement. Overall crime is low on the Island, however the town centres of Newport and Ryde had much higher rates. Air quality on the Island is good, and low access to urban green space is offset by access to countryside. There are areas with increased risk of flooding, including Ryde and Newport.