

# Brighton & Hove: Healthy places summary

This summary is the first of three key summaries being developed as part of the Joint Strategic Needs Assessment (JSNA) programme, which cover:



## Healthy places

Community assets and the social and environmental building blocks of health.



## Healthy lives

Risk and protective factors for health and wellbeing.



## Healthy people

Physical and mental health conditions, learning disability and neurodiversity.

In addition there is the [JSNA executive summary](#), and [summaries on the city's population and population groups](#).

This summary has been produced by the Brighton & Hove Public Health Intelligence team.

For more information, or feedback, please contact [publichealthintelligence@brighton-hove.gov.uk](mailto:publichealthintelligence@brighton-hove.gov.uk)

## Joint Strategic Needs Assessment (JSNA)

Our Joint Strategic Needs Assessment (JSNA) helps us identify the current and future health and wellbeing needs of people living in Brighton & Hove. These web pages have replaced the BH Connected website

<https://www.brighton-hove.gov.uk/joint-strategic-needs-assessment-jsna>



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight](#)



# Introduction

When we don't have the things we need, like warm homes and healthy food, and are constantly worrying about making ends meet, it puts a strain on our physical and mental health. This results in poorer physical and mental health, earlier onset of conditions and earlier death.

In parts of Brighton & Hove, people are dying years earlier than they should – for some people eight to nine years earlier.

## In Brighton & Hove:



A woman in the most deprived area will live around 7.7 years less than a woman in the least deprived area and have around 12.5 fewer years in good health



A man in the most deprived area will live around 9.1 years less than a man in the least deprived area and have around 14 fewer years in good health



[Brighton & Hove life expectancy summary](#)

Almost every aspect of our lives impacts our health and ultimately how long we will live – our jobs and homes, access to nature, education and public transport, whether we experience poverty or discrimination and our connections to friends, family and community.

These are the building blocks of health. To create a city where everybody can thrive, we need all of the right building blocks in place:



[Health Foundation: What makes us healthy](#)



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Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight<sup>†</sup>

# What makes us healthy?

Both the built and natural environment make up part of the building blocks of health and influence people's physical and mental health. The quality of the environment can influence many aspects of people's lives, for example social connections within a neighbourhood, quality, cost and availability of housing and food, exposure to air and noise pollution, safe affordable transport including opportunities for active travel.

The planning and sustainable management of places can help promote good health, improve access to services and reduce health inequalities. Whole systems thinking around health in local areas such as around food, alcohol or gambling can improve health and reduce inequalities.

This summary gives an overview of why each of these building blocks is so important, along with a summary of key data showing how well these building blocks are in place for Brighton & Hove. **Data in this summary are correct as at May 2024.**

The summary uses images provided for free use from the Health Foundation, available at [What builds good health?](#)

You can view the Health Foundation short video on what makes a healthy place below:

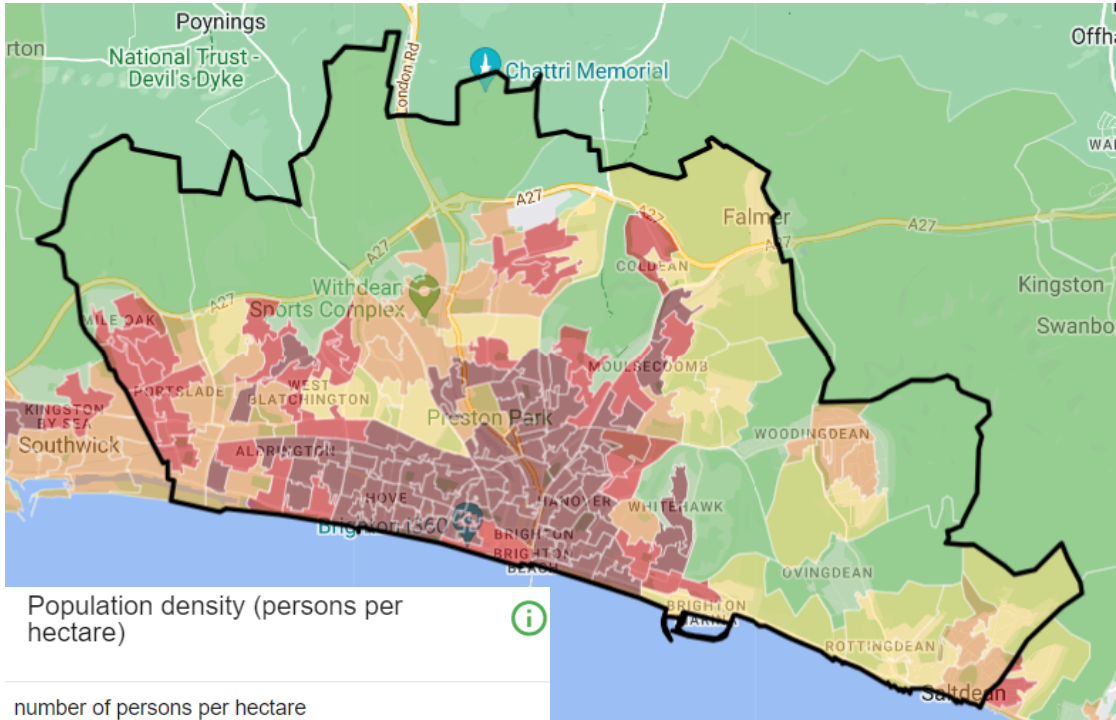



[Health Foundation: What makes us healthy.](#)






# Population and population density

Brighton & Hove is a city with a population of around 278,000 people (2022 Mid Year Estimate).

The city contains some of the most densely populated neighbourhoods in England, with seven neighbourhoods in the 1% most densely populated areas in England.



 Current Level: **Super Output Areas, Lower Layer**

-  0.02 - 8.46
-  8.46 - 26.93
-  26.93 - 44.45
-  44.45 - 66.63
-  66.63 - 1,170.43



[Brighton & Hove population summary](#)



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# Climate change

Climate change is increasing the risk that extreme events, such as heatwaves and flooding, will occur. These events can result in increased deaths, and worse health, especially in more vulnerable groups such as the elderly. Other population groups will also experience impacts such as negative mental health consequences, for example from difficulties sleeping and physical discomfort. Heatwaves may also result in increased pollution levels, although locally we are seeing improving pollution trends - see [Air quality section](#).



[Health effects of climate change - UK Health Security Agency](#)



[Heat and health - World Health Organisation](#)

Climate risk affects all the building blocks of health and all communities. So it is reflected across this summary. In this section, we focus on vulnerability to heat and flood. Climate Just have developed a heat vulnerability index at small area level. This shows areas where people are most at risk of poor outcomes from high temperatures during heat waves. This included indicators relating to:



Age



Income



Health and mobility



Tenure



Physical environment



Social networks



Physical geography



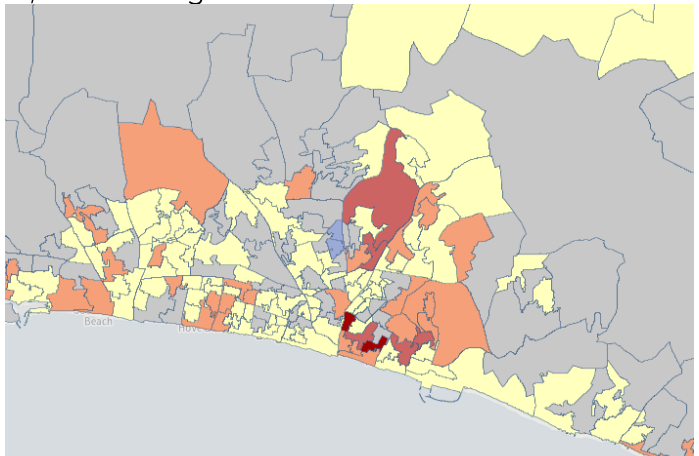
Access to services (eg

GP)

There are areas in Brighton & Hove with acute or extremely high heat vulnerability around Whitehawk, Kemp Town, Central Brighton and Moulsecoomb.

Heat England 2022 - New

Socio Spatial Heat Vulnerability Index



[Climate Just](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight†](#)



# Urban heat islands

In Brighton & Hove, research was carried out using Arup's UHEAT service, to accurately map the hottest areas of the city, with data covering:

- building heights
- surface albedos (reflectiveness)
- the amount of green and blue infrastructure
- impervious surfaces
- population density and
- the urban climate.

This is a broader range of physical environment factors than considered in the heat vulnerability work by Climate Just. The aim of this analysis was to provide an understanding of the variation in exposure to heat across the city, and an indication of 'hotspots' where the likelihood of overheating during heatwave events is particularly pronounced.

Brighton & Hove has a weak urban heat island effect compared with other global cities. This is due to its location on the coast, with cooling sea breezes, as well as the significant presence of greenspace in the outskirts of the city. The urban centre is also relatively small compared with other cities.

However, there is a clear trend in warmer temperatures in the city centre. The average summer surface temperature uplift is 7.7°C at the worst-impacted area. This follows expected patterns of urban heat where the city centre, with more dark paved/building surfaces gets much hotter than rural areas where greenery and lighter surfaces reflect more solar radiation and maintain lower temperatures.

**Surface temperatures across Brighton aggregated over summer 2022 period presented at Lower Layer Super Output Area (LSOA)**



[Brighton & Hove Climate Risk & Vulnerability Assessment & Adaptation Action Plan](#)



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Climate change is increasing the risk that storms, heavy rain and flooding will occur. These events can result in increased death, especially in more vulnerable groups such as the elderly. Other population groups will also experience impacts such as negative mental health consequences as a result of damage to homes and livelihoods. The Flood Vulnerability Index measures social vulnerability and flood risk, combining five characteristics of vulnerability.



### Susceptibility

Likelihood to experience loss of well-being when exposed to a flood



### Ability to prepare

Actions taken by an individual in the absence of a forecast or actual flood likely to reduce the harm they suffer when a future flood occurs.



### Ability to respond

An individual's ability to respond is influenced by income, capacity to access and use information, local knowledge and physical mobility.



### Ability to recover

The degree to which an individual can aid their own recovery is influenced by income, capacity to use information, and physical mobility.



### Community support

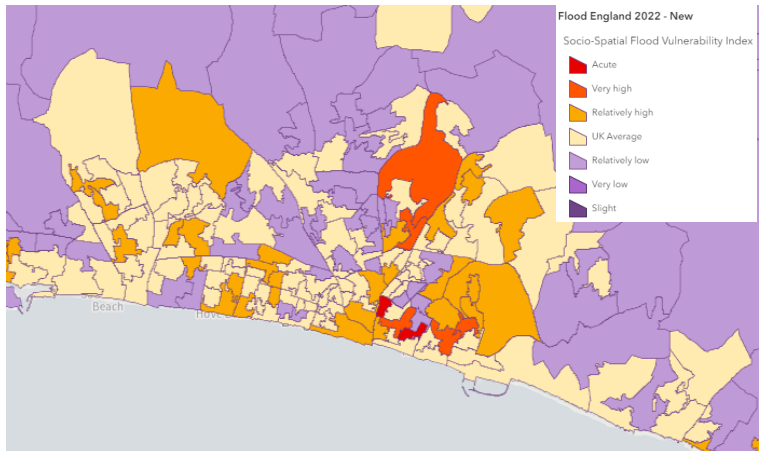
How the availability and quality of services; housing; experience of past floods; and social networks influence the severity of harm caused by a flood.



### Enhanced exposure

The physical environment, such as the availability of green space or housing characteristics, which tend to accentuate or offset the severity of flood events.

There are areas in Brighton & Hove with acute and very relatively high vulnerability risk in Whitehawk, Kemptown, Central Brighton and Moulsecoomb.



[Climate Just](#)

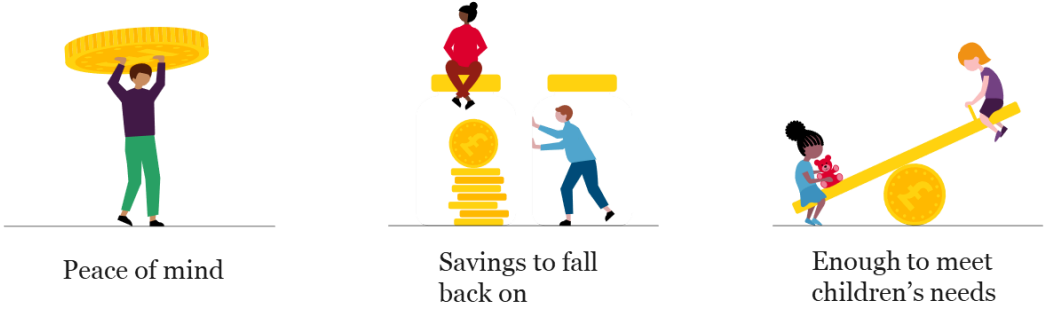


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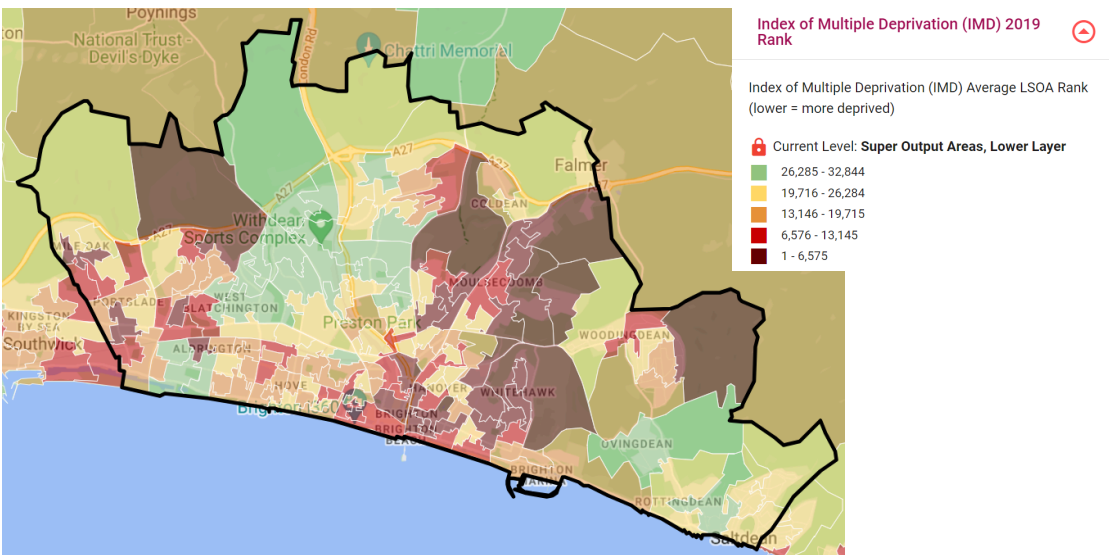
# Money and resources

Money and resources are essential for good health as they unlock access to other building blocks of health, such as good-quality housing and participation in society.

Not having enough money and resources can cause poor health by making it hard to save, feel in control of our circumstances and keep healthy. Having enough money and resources means we're able to have:



The city is one of the most deprived local authorities in the South East of England. Some areas are more affected by deprivation than others. The highest concentration of deprivation is in Whitehawk, Moulsecomb, and Hollingdean. Along the coast, to the west of the city and in Woodingdean there are also pockets of deprivation. All these areas are in the 20% most deprived areas in England. This are the Core20 areas of the city within the [NHS Core20PLUS5 approach to reducing inequalities](#).



[Brighton & Hove Index of Multiple Deprivation briefing](#)



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# Child and older person poverty

Whilst rates of relative child poverty are lower than for England, there are large numbers of children in the city in relative poverty.



6,250 children living in poverty in the city BEFORE housing costs

That is 1 in every 6 children, but in the highest area of the city is 2 in 3 children



12,750 children living in poverty in the city AFTER housing costs

That is 1 in every 4 children

Relatively more older people in the city live in poverty than for England.

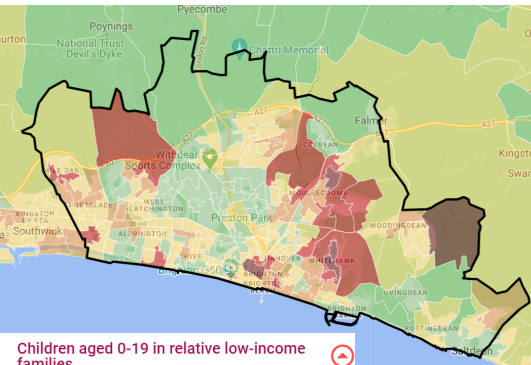


9,500 people aged 60 years or over are living in poverty in the city

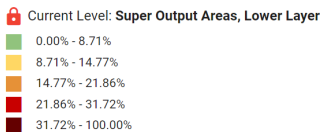
That is 1 in every 5 people aged 60 years of over in the city - for England this is lower at 1 in 7 people.

This figure is 50% of older people in some areas of the city.

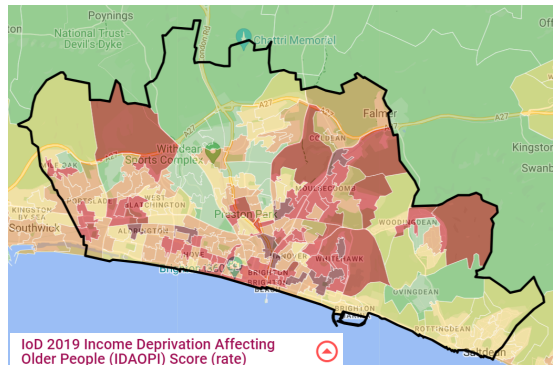
## Children aged 0-19 in relative low income families



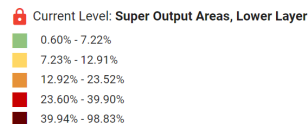
% of children aged 0-19 in relative low-income families



## Income deprivation affecting older people



IoD 2019 Income Deprivation Affecting Older People (IDAOP) Score (rate) (higher = more deprived)



[Brighton & Hove child poverty summary.](#)



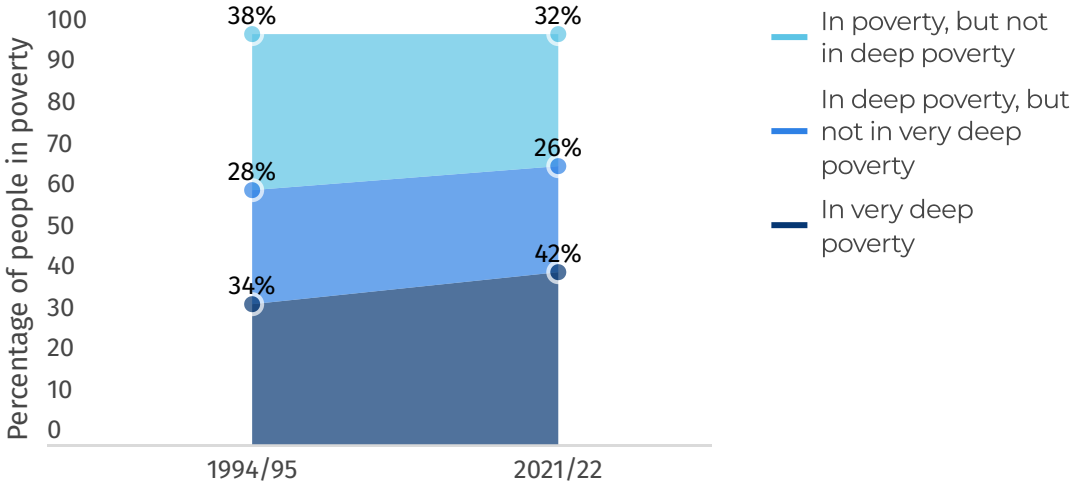
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# Deep poverty and destitution

A [2024 Joseph Rowntree report](#) showed that in the UK, the overall poverty level has changed little since 2010.

However, the depth of poverty has increased since the mid 1990s. In 1994/95 34% of those in poverty were in very deep poverty. By 2021/22 this rose to 42%



 [Download data](#)

Note: Very deep poverty includes people whose equivalised household income after housing costs (AHC) is less than 40% of median AHC income. Deep poverty, but not very deep poverty, is an equivalised AHC household income less than 50% but more than 40% of median AHC income. Poverty, but not deep poverty, is an equivalised AHC household income less than 60% but more than 50% of median AHC income.

Whilst these figures are not available below regional level, a separate analysis on destitution, again by the [Joseph Rowntree Foundation](#), produced estimates at Local Authority level. People are considered destitute if they have not been able to meet their most basic physical needs to stay warm, dry, clean and fed.

## In Brighton & Hove:



6.3% of households in the city are estimated to experience destitution at any point over a period of a year

With 119,000 households according to the 2021 Census, this is an estimated 7,500 households



Brighton & Hove is in the 30% of Local Authorities with the highest (worst) rates in the UK

Ranked 108th highest in the UK (of 360 Local Authorities)

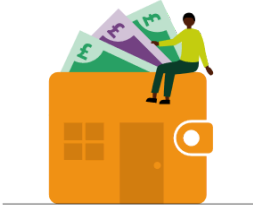


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# Housing

We all need somewhere to call home – not just walls and a roof but a secure, stable, safe place to grow up and live in. Our homes influence our health in many ways, both physically and mentally.

Good housing should be:



Affordable to all



Decent quality



Secure and stable

## Affordable housing

Housing affordability matters for our health. Difficulty paying the rent or mortgage can cause stress, affecting our mental health, while spending a high proportion of our income on housing leaves less for other essentials that influence health, such as food and social participation.

Housing in Brighton & Hove is less affordable than England and is continuing to become more expensive.



Those on the lowest 25% of earnings need 12 times their earnings to afford the lowest 25% of house prices (2022)

South East 10.4 times, England 7.3 times



Over the last decade, this has increased from 8.5 times

In Brighton & Hove and by 6.6 times for England



[Brighton & Hove JSNA Executive summary.](#)



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## Secure and stable housing

Housing stability and security relates to how much people have control over how long they live in their homes, and how secure they feel. Housing instability can cause stress, harming health, while frequent moves can undermine people's engagement with health and other local services, and weaken relationships in the local community.

The 2021 Census records 7.2% of homes in the city as unoccupied, which is a significant increase over the previous 2011 Census figure of 4.2%. However, the 2021 figures may have been affected by impacts of the COVID-19 pandemic.

The type of ownership and housing type are different in Brighton & Hove compared to surrounding areas and England, with greater private renting, which can lead to greater insecurity of housing, and more people living in flats, which might mean less access to outside spaces. The latest Census (2021), showed that:



More than 1 in 3 households in the city are privately rented (40,000)

Compared with around 1 in 5 across the South East and England, and is the highest proportion in England outside of London and the Isles of Scilly



This number increased by 10% between 2011 and 2021



Half of households in the city live in a flat (50%, 60,750 households)

More than double the South East and England (both 22%) and the highest proportion among upper tier local authorities outside of London



[Brighton & Hove 2021 Census briefing](#)



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# Housing quality

The quality or condition of a home is one of the more direct ways in which housing can affect health: a home could be cold or hard to heat, contain hazards such as fall risks or faulty wiring, or be damp and mouldy which can result in respiratory problems and other health issues.



17% of occupied homes in Brighton & Hove are estimated to be non decent under the Decent Homes Standard (20,500 households)

England 15%. In Brighton and Hove, 20% of private rented homes are non-decent, 14% of social rented homes and 15% of owner occupied homes.

Mental health has also been shown to be negatively affected by the financial stress brought on by cold homes and fuel poverty.

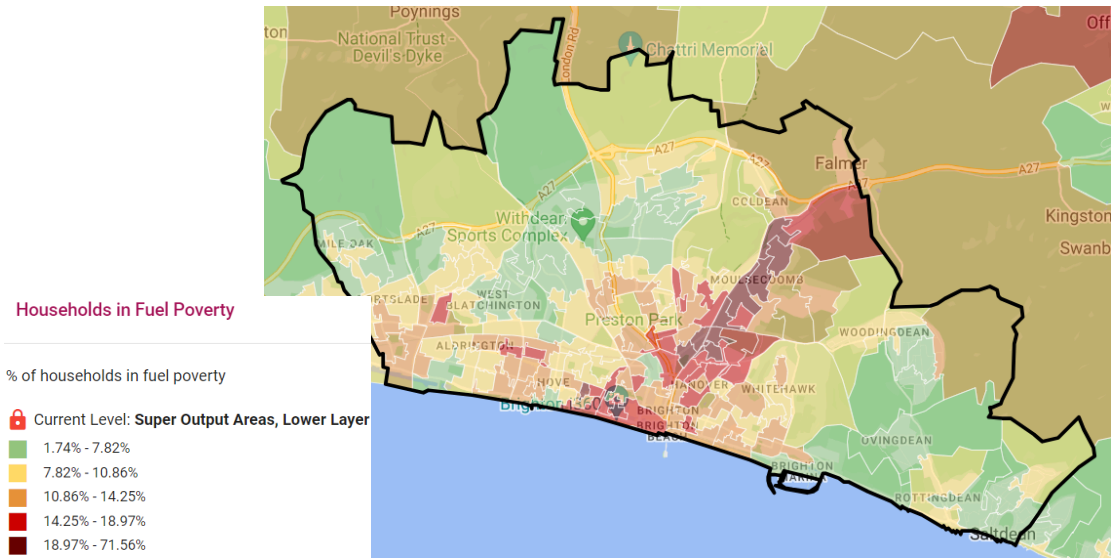
A household is considered to be fuel poor if they are living in a property with a fuel poverty energy efficiency rating of band D or below AND when they spend the required amount to heat their home, they are left with income below the official poverty line.



12% of households in Brighton & Hove are estimated to be in fuel poverty (14,400 households)

South East 8%, England 13%

The estimates of fuel poverty at small area level in the city, show higher estimates in city centre areas close to the seafront and areas surrounding the Lewes Road corridor:

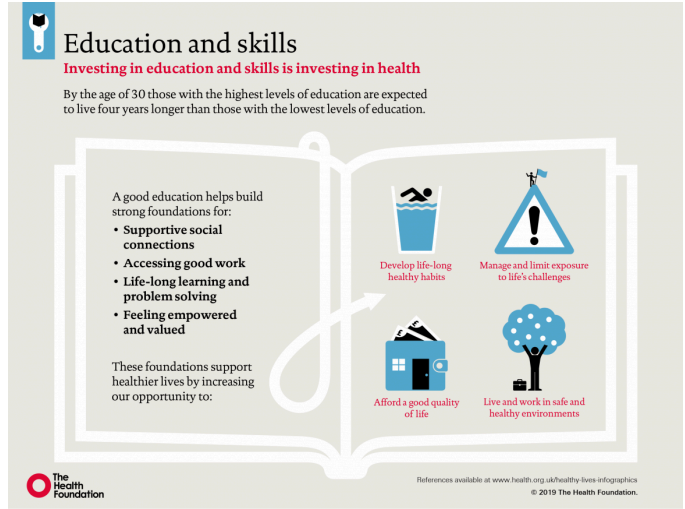


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# Education and skills

Education has direct consequences on people's long term health outcomes: whether through increasing someone's likelihood of being able to get a good job, afford a good quality life, or through better managing or being less exposed to life's challenges.



Teachers, and everyone who work in schools, colleges, further and higher education are part of the public health workforce. As well as through gaining qualifications, they are critical to:

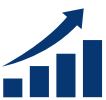
- developing supportive social connections
- accessing good work
- developing an aptitude for life-long learning and problem solving
- feeling empowered and valued.



By the age of 30 those with the highest level of education are expected to live 4 years longer

Than those with the lowest levels of education

Life-long learning and skills are important. Modelling suggests that increasing the proportion of people in a local area with a formal qualification is associated with an increase in the employment rate.



In the most deprived areas, a 1% decrease in the percentage of people without a formal qualification can mean a 0.33 percentage point increase in employment rates



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There are significant inequalities in development and education across all ages in the city:



For all pupils at the end of reception, 69% achieve a good level of development

Higher than England (67%)



For those with free school meals status, 52% meet this level

England 52%



At age 16, Average Attainment 8 score is above England for all pupils in Brighton & Hove, but again those with free school meals status have average lower outcomes

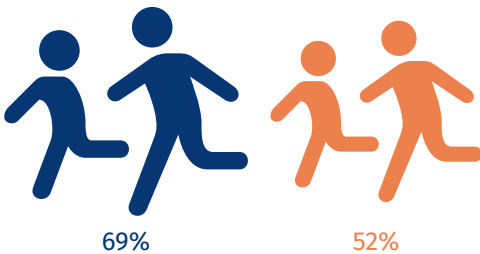
meaning there are wider inequalities in Brighton & Hove than for England



For children in care, the Average Attainment 8 is significantly below attainment of all children and those with free schools meals status

**% of pupils at the end of reception achieving good level of development**

- All pupils
- Pupils eligible for free school meals



**Average Attainment 8 score, by pupil characteristics, Brighton & Hove and England**

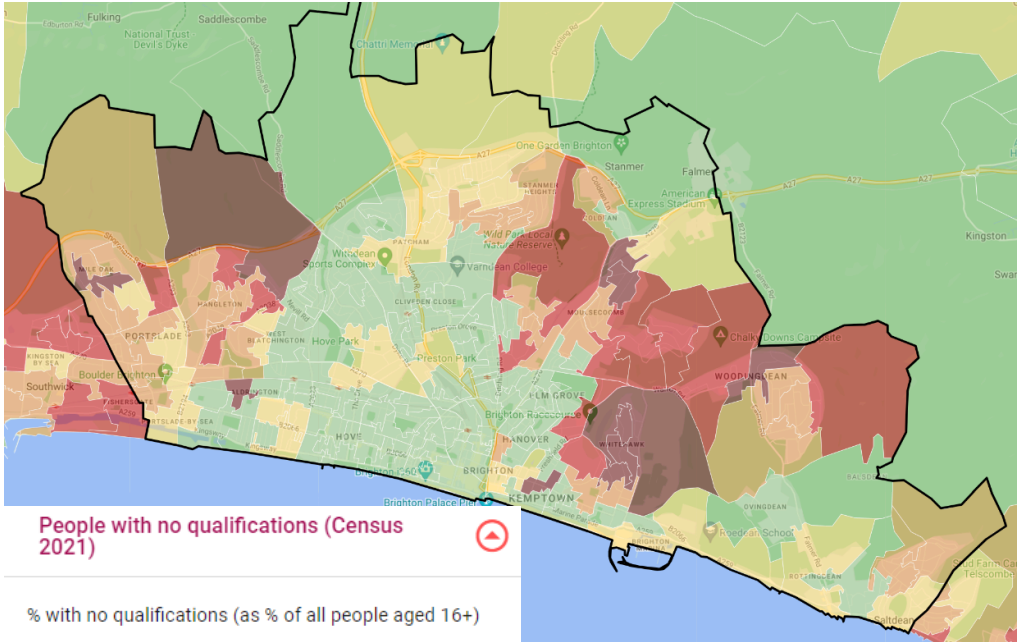
- All pupils
- Pupils eligible for free school meals
- Children in care



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For adults across England, 18% had no qualifications (2021 Census). In Brighton & Hove, this is lower at 12%.

However, there are significant inequalities in the city - this figure ranges from 4% to 31%. Areas in Hangleton, Mile Oak, Moulsecoomb, Whitehawk, Kemptown and Woodingdean in the 20% of areas in England with the highest rates.



**Current Level: Super Output Areas, Lower Layer**

- 0.85% - 11.86%
- 11.86% - 15.71%
- 15.71% - 19.68%
- 19.68% - 24.73%
- 24.74% - 51.65%



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# Good work

Access to good-quality jobs is one of the building blocks of a healthy society. It's not just about being paid enough and having enough money to meet basic needs – a good-quality job benefits our health in other ways too.

Good work should provide:



Reliable employment



Job satisfaction



Fair pay



Work-life balance

Evidence shows that good work, including a good working environment, has a positive effect on the health of an individual and their whole family. When we have insecure or irregular work, or poor pay, it is harder to afford decent housing, healthy food or to heat our homes, leading to poor physical and mental health. 'The Marmot report: Fair Society, Healthy Lives' describes good work as:



A living wage and job security



Flexible working hours



Control over your work and job satisfaction



Protection from adverse and dangerous working conditions



In-work development and learning



Support to facilitate return to work for those who have been ill



Supervisor and peer support



Workplace ill health prevention & stress management strategies



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## In Brighton & Hove:



75% of people of working age are in employment (155,900 people)

Similar to the South East (78%) and England (76%) (2022/23).

This has increased from 71% in 2012/13



There is a 66 % point gap in the employment rate for those with a learning disability and the overall employment rate

Lower than the South East (71) and England (71 percentage points) (2022/23).

This gap has grown from 47 % points in 2012/13



There is a 9 % point gap in the employment rate for those with a physical or mental long term health condition and the overall employment rate

Lower than the South East (9) and England (10 % points) (2022/23)



The median gross weekly full time income is £688

Lower than the South East (£724) but similar to England (£683) (2023)

## Workplace wellbeing

The Public Health Team offer support to any workplace or charity in Brighton & Hove to improve workplace wellbeing:



[Brighton & Hove Public Health workplace wellbeing offer](#)

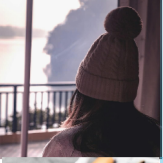


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# Unemployment

When we have insecure or irregular work, or poor pay, it is harder to afford decent housing, healthy food or to heat our homes, leading to poor physical and mental health.

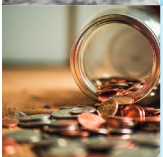
Research has often focused on the role of unemployment as a hazard for people's health. Unemployment harms health in many ways, and these effects become greater as the time in unemployment increases:



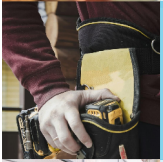
It is a source of stress and can harm mental health



It can result in unhealthy coping behaviours, such as smoking and drinking (although it also reduces the resources available to spend on these)



It can cause poverty, which is in itself damaging to health



A spell of unemployment can affect future employment prospects



People also experience a loss of the health-promoting aspects that good work can offer, such as social connections or a sense of structure and purpose.

## Brighton & Hove has:



73% of residents are aged 16-66 years

Much higher than the South East (64%) and England (65%) (2022)



3.8% of 16-17 year olds are not in education, employment or training

Lower than the South East (6.9%) and England (5.2%) (2022/23)



4.7% (7,700 people) are unemployed

Higher than the South East (3.3%) and England (3.7%) (Year ending Sept 2023)



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# Families, friends and communities

Family, friends and communities are the cornerstone of our everyday lives and play an important role in shaping our health and wellbeing.

The nature of our social networks – the quality of our relationships, the support we have, whether we feel we belong where we live, loneliness – can influence our health and wellbeing in a range of ways. We all need:



Connection and companionship



Good relationships

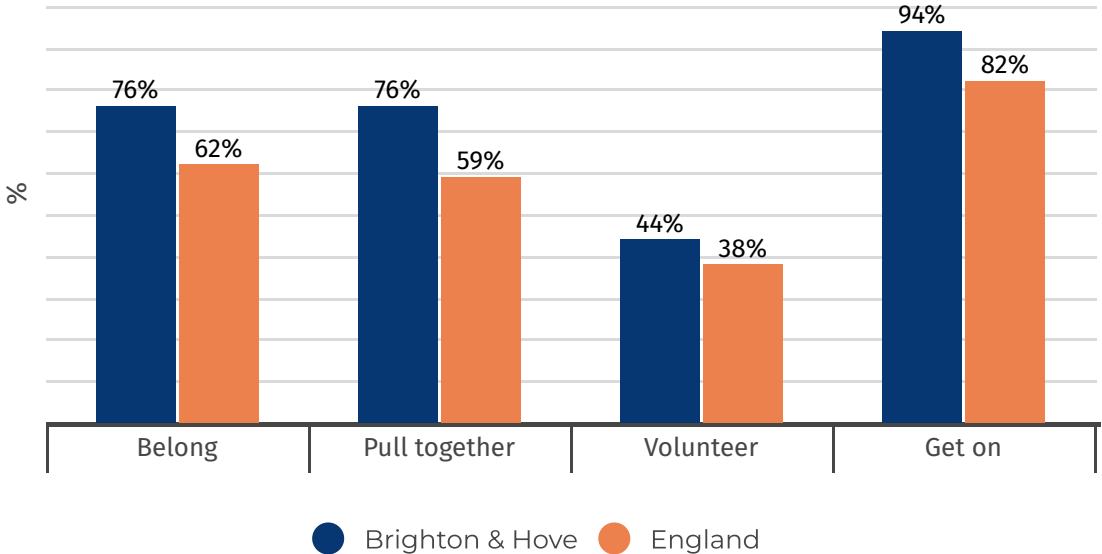


A sense of belonging

There are many assets within communities that can be used to promote health and wellbeing, including leisure centres and social activities, the community and voluntary sector, community groups, but also skills, knowledge and support.

Brighton & Hove has a strong community with higher rates of belonging, pulling together, formal volunteering and feeling that people from different backgrounds get on to England ([City Tracker survey results 2018](#)).

**Percentage of residents who agree/strongly agree that they: belong in their local area; people in their local area pull together; they regularly volunteer, that people in their local area get on:**



[Brighton & Hove 2018 City Tracker Survey](#)



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# Community needs index

The Community Needs Index was developed to identify areas experiencing poor community and civic infrastructure, relative isolation and low levels of participation in community life.

The dimensions included in the index are:



## Civic assets

**Presence of key community, civic, educational and cultural assets in and in close proximity to the area.** These include libraries, pubs, green space, community centres, swimming pools – facilities that provide things to do often, at no or little cost, which are important to how positive a community feels about its area.



## Connectedness

**Connectivity to key services, digital infrastructure, isolation and strength of the local jobs market.** It looks at whether residents have access to key services, such as health services, within a reasonable travel distance. It considers how good public transport and digital infrastructure are and how strong the local job market is.



## Active and engaged community

**Levels of third sector civic and community activity and barriers to participation and engagement.** It shows whether charities are active in the area, and whether people appear to be engaged in the broader civic life of their community.

These are combined into an overall index. A higher score on this measure indicates that an area has higher levels of community need.



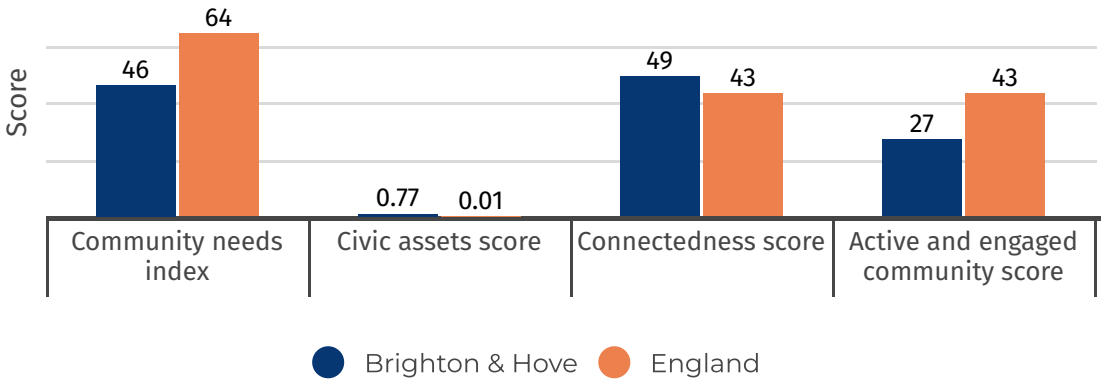
[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight](#)

This index suggests Brighton & Hove has lower community needs overall than England.

This is mainly driven by better scores on an active and engaged community score. Meaning that charities and third sector organisations are active in the area, and people are more engaged in the broader civic life of their community.

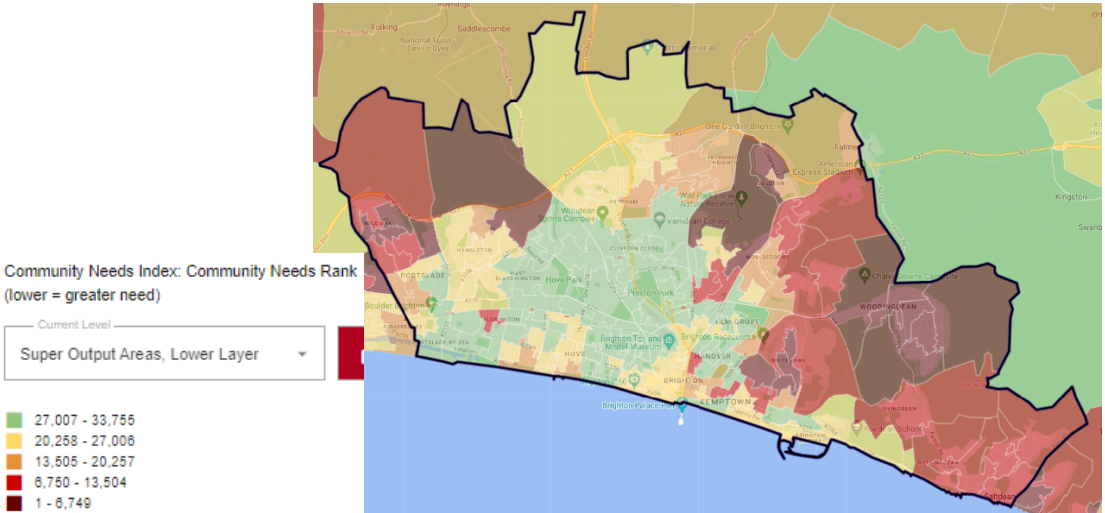
However, Brighton & Hove has greater need, than England, for the civic assets and connectedness domains.

### Community needs index, and domains scores, Brighton & Hove & England, 2023



Download data

For the overall community needs rank, areas of Hangleton and Knoll, Mile Oak, Moulsecomb, Whitehawk and Woodingdean are in the 20% of areas in England with the highest needs.



[Brighton & Hove Local Insight](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight†](#)

# Active and engaged community

As noted above, Brighton & Hove has better scores on an active and engaged community score. Meaning that charities and third sector organisations are active in the area, and people are more engaged in the broader civic life of their community.

There are greater levels of community involvement in terms of higher voter turnout in local elections, third sector organisations and community owned assets when compared to England:



58% voter turnout

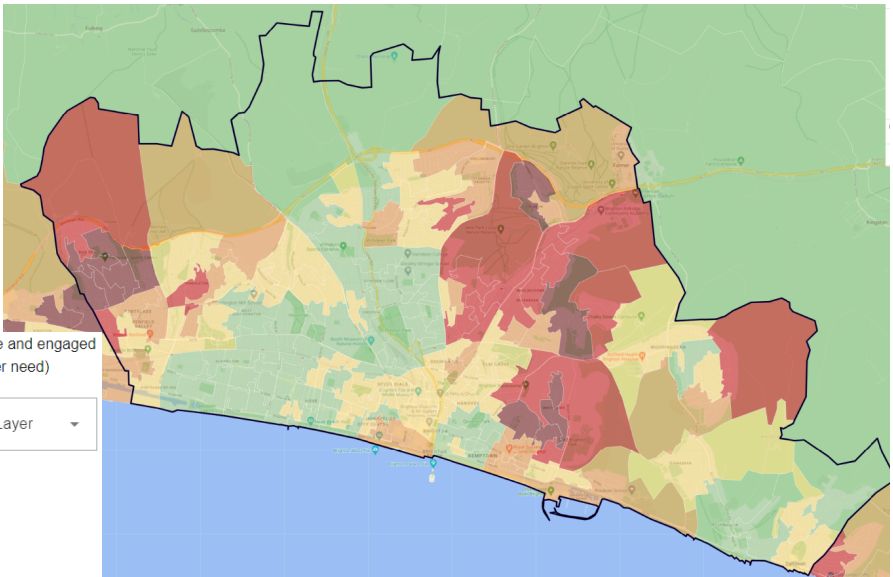
Much higher than England (47%) (2022)



630 third sector organisations per 100,000 people

Higher than England (446) (2023-24)

For the active and engaged community domain, areas of Mile Oak, North Portslade, Moulsecoomb and Bevendean, Coldean and Whitehawk are in the 20% of areas in England with the highest needs for this domain.



[Brighton & Hove Local Insight](#)



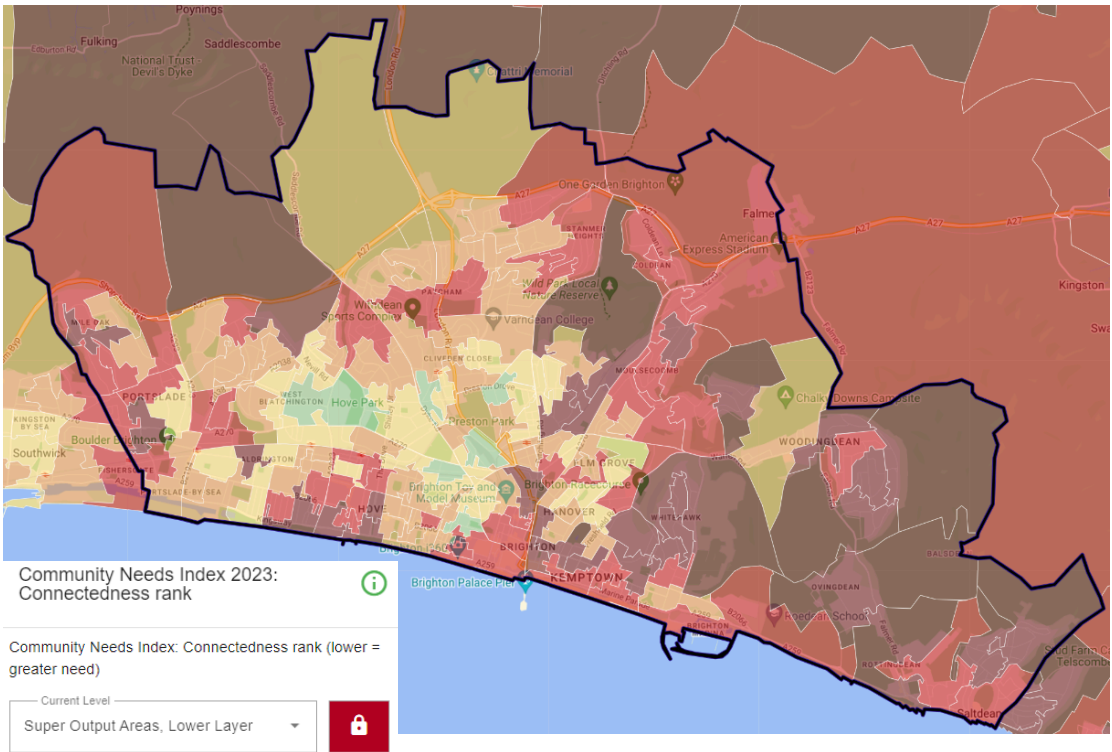
[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight†](#)

# Connectedness

Brighton & Hove has worse scores on connectedness domain. This measures the connectivity to key services, digital infrastructure, isolation and strength of the local jobs market. It looks at whether residents have access to key services, such as health services, within a reasonable travel distance. It considers how good public transport and digital infrastructure are and how strong the local job market is.

For the connectedness domain rank, areas of Mile Oak, North Portslade, Hangleton, Hove seafront, Moulsecomb and Bevendean, Whitehawk, Woodingdean, Rottingdean and Saltdean are in the 20% of areas in England with the highest needs for this domain.

Digital exclusion and isolation are key areas within this domain where there are significant needs in the city, and these are explored further on the next pages.



[Brighton & Hove Local Insight](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight<sup>49</sup>](#)

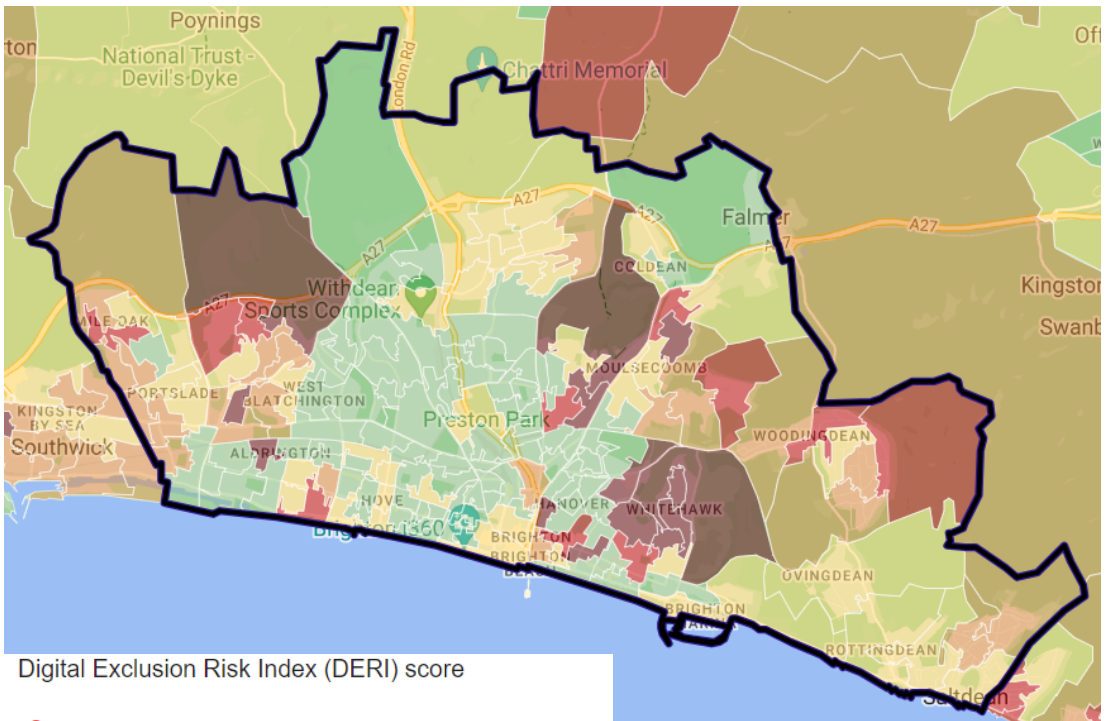


# Digital exclusion


The extent to which people use the internet can impact on a number of life aspects such as social connections, access to services such as groceries, banking, employment, and access to health services.






The Digital Exclusion Risk Index (DERI) shows the risk of digital exclusion based on three components: age; broadband access, and deprivation. The higher the score, the higher the level of digital exclusion risk. Overall for Brighton & Hove, the digital exclusion risk index is lower than for England (2.6 compared to 3 respectively).

But there are areas in Brighton & Hove in the 20% of areas across England with the greatest risk of digital exclusion. These are in Whitehawk, Kempdown, Hollingdean, Moulsecoomb and Bevendean, and Hangleton.



Digital Exclusion Risk Index (DERI) score

 Current Level: **Super Output Areas, Lower Layer**

-  1.30 - 2.49
-  2.49 - 2.82
-  2.82 - 3.13
-  3.13 - 3.54
-  3.54 - 5.62



[Brighton & Hove Local Insight](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight†](#)

# Social isolation and loneliness

Social isolation and loneliness, especially when they are long-lasting, have negative impacts on our health. Social isolation is a term used to describe a lack of social contacts, community involvement, or access to services. Loneliness is an unwelcome feeling or lack or loss of companionship.

## Three key ways that loneliness impact health are:



less healthy behaviours are more likely in people who are lonely, such as smoking and physical inactivity



lower self-esteem, and greater stress responses are more likely in people who are lonely



loneliness impacts on our immunity against infections and blood pressure among other physical health impacts

Poor mental health can lead to loneliness, but loneliness can also negatively impact mental health. This can be through things like having more time alone to think about worries and negative thoughts, losing confidence in your ability to socialise, feeling overwhelmed in social settings, and not talking about how you feel, which can lead to feeling even more overwhelmed.

## In Brighton & Hove:



19% of adults feel lonely (always/often/some of the time)

Similar to the South East (21%) and England (22%) (2019/20)



32% of adult carers have as much social contact as they would like

Higher than England (28%) (2021/22)



Over a third of older people live alone (38%, 13,900 people aged 66+)

Much higher than the South East (30%) and England (31%) (2021)

The 2024 Health Counts Survey will give us more up to date information on communities and connections across the city. Data will be added to this briefing when available in 2024/25



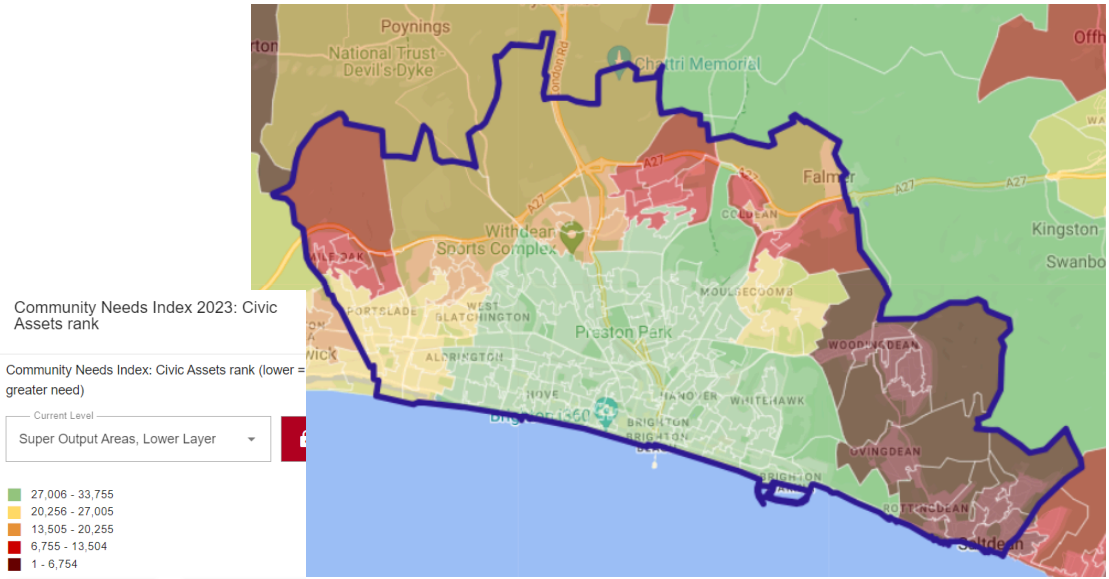
[Brighton & Hove 2024 Health Counts Survey](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight<sup>†</sup>](#)

# Civic assets

As noted above, Brighton & Hove has worse scores on the civic assets domain. Areas of Mile Oak, Woodingdean, Rottingdean and Saltdean are in the 20% of areas in England with the highest needs for this domain.



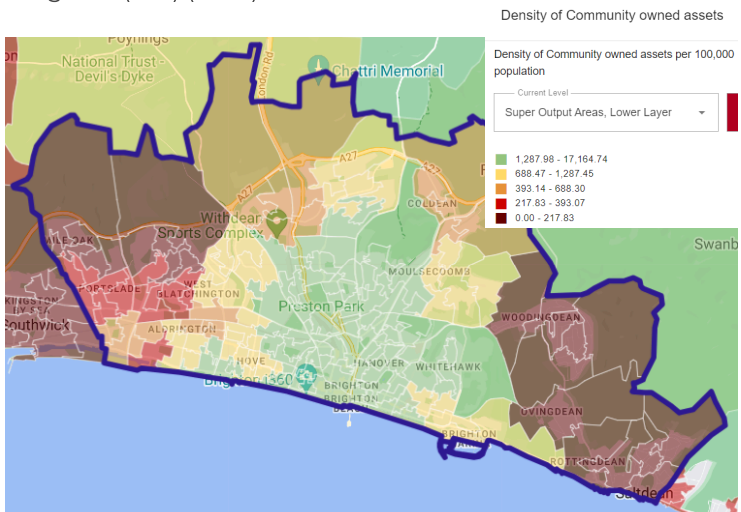
In some areas, the city does better, for example there are greater levels of community owned assets when compared to England.



1,285 community owned assets per 100,000 people

Much higher than England (756) (2023)

Areas of Mile Oak, Hangleton, Woodingdean, Rottingdean and Saltdean are in the 20% of areas in England with lowest levels of community owned assets, with central areas of the city in the 20% of areas with the highest levels in England.



[Brighton & Hove Local Insight](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight†](#)

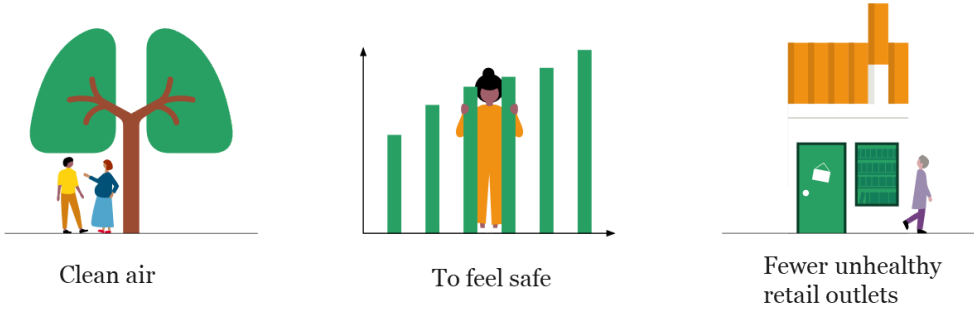


# Surroundings

Where we live can shape our future health, including how long we can expect to live.

But inequalities between local areas restrict people's opportunities to live a healthy life, from the air people breathe to the goods available to buy locally.

For good health, a neighbourhood needs:



The [Chief Medical Officer's 2021 Annual report](#) focused on health inequalities in coastal areas. It showed that these areas have low life expectancy and high rates of many diseases, compared with non-coastal areas meaning that far shorter lives are spent in far poorer health.

However, coastal communities are not all the same, and each is shaped by its own history and culture. The population of Brighton and Hove is characterised by a relatively large proportion of young working-age people. Many health and quality of life issues today reflect these characteristics.

Brighton & Hove now has similar life expectancy to England, but has higher deaths from cancer, suicide and drugs and significant issues around mental health, sexual health, drugs and alcohol, and homelessness.

We need to design health into the urban environment, enabling residents to become active, connect with their neighbours, and access nature in the green spaces around them.

Whilst Brighton & Hove is a relatively small city, access across the city in relation to transport and to the hills in areas of the city, impact accessibility for residents.



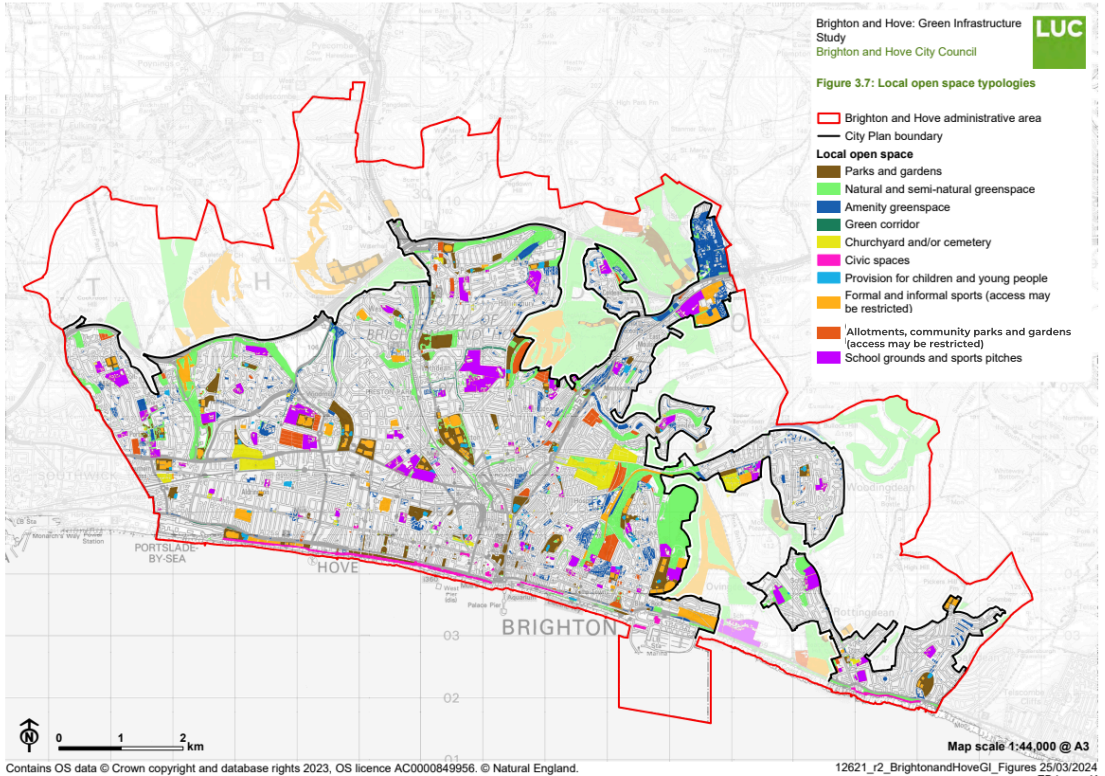
[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight<sup>†</sup>](#)

# Green spaces

A green infrastructure study of the city was published in 2024. Green infrastructure refers to the network of green and blue spaces that surround and run through the city.

It helps connect people, wildlife and nature and supports the life-sustaining environmental processes which underpin healthy places.

It is not limited to traditional green spaces such as parks. Local open space assets are mapped below:



[Brighton & Hove Green infrastructure study 2024](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight](#)

# Green and open spaces

Green and open space, such as parks, the beach, the South Downs National Park, woodland, fields and allotments as well as natural elements including green walls, are an important asset for supporting health and wellbeing.

## In Brighton & Hove:



87% of households are estimated to have a private outdoor space

This includes private gardens, private outdoor spaces (including balcony, yard or patio area) and private communal gardens.

Similar to the South East (89%) and England (88%) (2020)



98% of those living in houses

South East (96%), England (97%)



77% of those living in flats

South East (67%), England (65%)



Estimates range from 63% to 99% across the city

At middle super output area level

Across Brighton & Hove, the average distance to the nearest park, public garden or playing field is 308 metres, similar to England (382m). This ranges from 181 metres in South Portslade ward to 678 metres in Whitehawk and Marina ward, one of the city's most deprived areas.

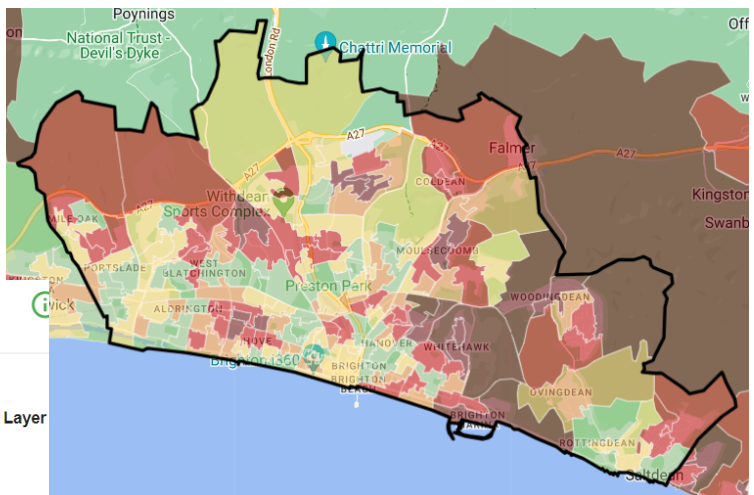
This reflects the distance, but the hills, roads and railways in some parts of the city might make these areas less accessible for some residents.

Average distance to nearest Park, Public Garden, or Playing Field (m)

Distance (m)

Current Level: Super Output Areas, Lower Layer

- 57.26m - 196.73m
- 196.75m - 265.44m
- 265.44m - 351.80m
- 351.81m - 497.88m
- 497.91m - 6,455.62m



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight<sup>55</sup>](#)



# Tree cover and blue spaces



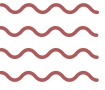
13% of Brighton & Hove has tree cover

Similar to England (14%) (2022)



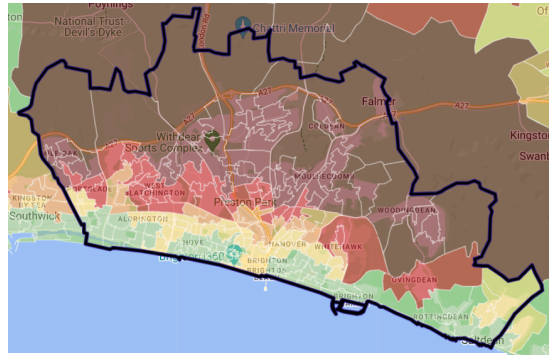
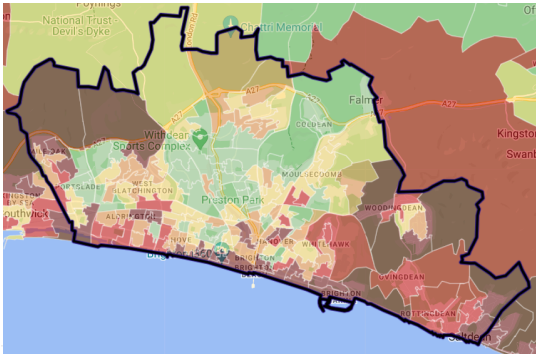
This is just 2% in some areas of Mile Oak, central Brighton, Kemptown and the Marina

And is highest in Coldean and Mouslecoomb North at 43%



The average driving time to the nearest blue space is 6 minutes

Similar to England (5 minutes) (2022). Highest in Coldean and Mouslecoomb North at 19 minutes. This indicator is not available for time by public transport which would be a more relevant measure for Brighton & Hove



% of tree cover

Driving time to nearest Blue space (minutes)

Current Level: **Super Output Areas, Lower Layer**

- 18.4% - 84.8%
- 13.0% - 18.4%
- 9.5% - 13.0%
- 6.5% - 9.5%
- 0.0% - 6.5%

Current Level: **Super Output Areas, Lower Layer**

- 0.00 - 2.37
- 2.37 - 3.94
- 3.94 - 5.63
- 5.64 - 8.11
- 8.11 - 34.61

The Safe and Well at School Survey in 2023 showed that:



91% of primary school pupils, and 81% of secondary school, regularly spend time in nature



[Safe and Well at School Survey](#)

The 2024 Health Counts Survey will give us more up to date information on access to green and open spaces and access to nature across the city. Data will be added to this briefing when available in 2024/25



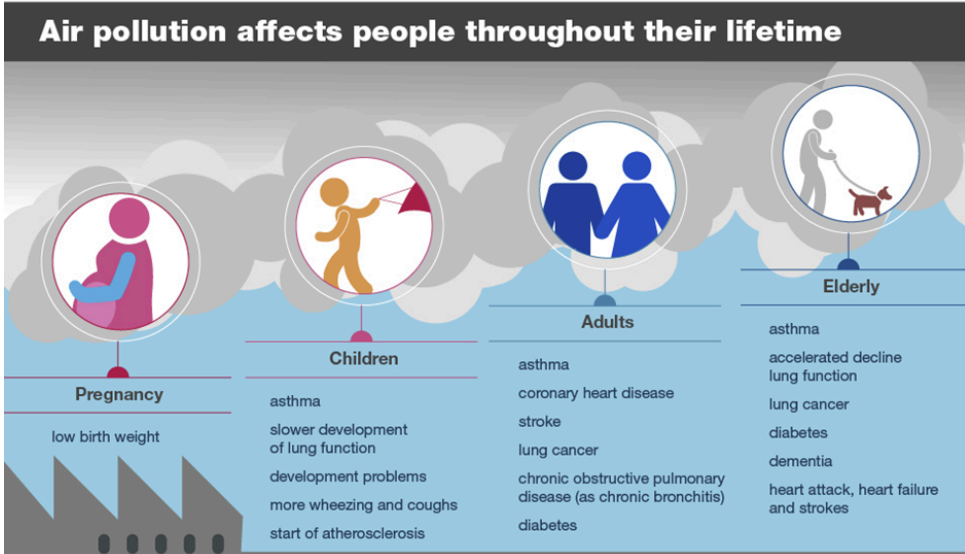
[Brighton & Hove 2024 Health Counts Survey](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight](#)

# 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 early death. In the short term, poor air quality can exacerbate asthma and cause coughs, wheezing and shortness of breath.



We know that air pollution impacts those who live in less affluent areas more greatly, widening health inequalities.



1 in 20 deaths in those aged 30 years or over in Brighton & Hove are estimated to be attributable to particulate air pollution (4.5%)

Similar to England (6%) (2022)



Concentrations of pollutants citywide are gradually improving. In 2023 monitoring suggests English air quality standards for particles and gases are met throughout the city.

By the 2030s, further decarbonisation of the grid and electrification of industry, buildings and transport is expected to deliver cleaner air and associated health benefits.

The City Council's Air Quality Action Plan sets out five priority areas and 58 measures to reduce emissions and make air indoors and outdoors more healthy.



[Deaths attributable to particulate air pollution](#)



[Air quality monitoring report](#)



[Brighton & Hove Air Quality Action Plan](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight<sup>†</sup>](#)

# Safety

The City Tracker survey engaged a representative sample of 1,000 Brighton & Hove adult residents (aged 18+) and asks how safe people feel in the day and after dark, both in their local area and in the city centre. Data from the 2018 survey show that:

## In their local area:



96% of residents feel safe during the day



80% of residents feel safe after dark

## In the city centre:



93% of residents feel safe during the day



64% of residents feel safe after dark

However, some groups within the local population feel less safe than others, and differences are more marked after dark and in the city centre:



Only 53% of females feel safe in the city centre after dark with 34% feeling unsafe

The figures for males are 75% and 15% respectively



In the city centre after dark, 50% of people with a long-term health problem or disability feel safe

Compared to 67% of those without



[Brighton & Hove 2018 City Tracker Survey](#)

The Safe and Well at School Survey in 2023 showed that:



79% of primary school pupils feel safe in their neighbourhood alone or with friends



87% of secondary school pupils feel safe in their neighbourhood alone or with friends



[Safe and Well at School Survey](#)

The 2024 Health Counts Survey will give us more up to date information on how safe people feel across the city, and for population groups. Data will be added to this briefing when available in 2024/25



[Brighton & Hove 2024 Health Counts Survey](#)



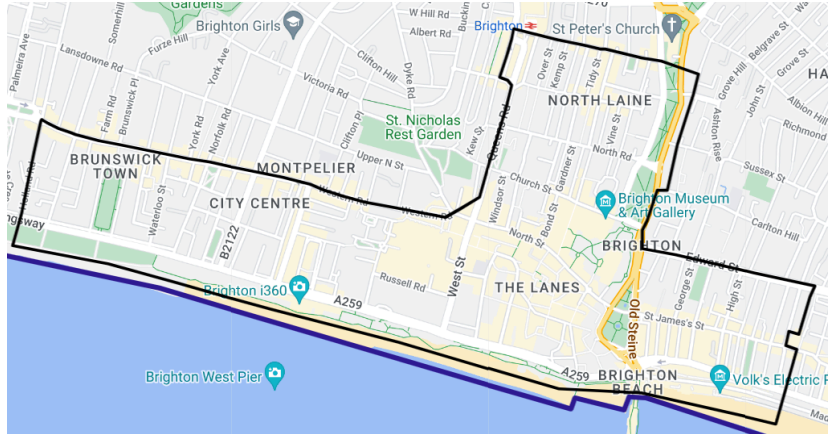
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# Gambling and alcohol consumption

Gambling and alcohol consumption can be fun recreational activities, however both have the potential to cause great harm to individuals, families and wider society.

Across Brighton & Hove there are higher rates of alcohol harm in city centre areas, and there is a cumulative impact zone (CIZ), which restricts new alcohol licensing, within much of the city centre and coastal areas from Lower Rock Gardens in Brighton to Holland Road in Hove, it also includes the North Laine area up to Trafalgar Street. Gambling premises are also most densely concentrated in city centre areas.

## Brighton & Hove alcohol Cumulative Impact Zone (CIZ):



There are 13.9 premises per square km in Brighton & Hove licensed to sell alcohol (2021/22)



Significantly higher than the South East (1.4) and England (1.3)

The 3rd highest upper tier local authority area in the South East behind Portsmouth and Southampton, and 27th highest in England (of 152 LAs)



Almost a quarter of secondary school pupils aged 11-16 in Brighton & Hove (23%) said they had recently spent money on at least one gambling related activity (2023)



[Safe and Well at School Survey](#)

The 2024 Health Counts Survey will give us information on gambling related harm across the city. Data will be added to this briefing in 2024/25



[Brighton & Hove 2024 Health Counts Survey](#)



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# Food

Nutritious food is vital for our health and wellbeing, and for children's development, but for too many of us it's not accessible or affordable.

Food that's high in fat, salt and sugar is often readily available and cheaper than healthier options, and eating this kind of food regularly can cause obesity and other health problems. Healthy food should be:



Cheaper



Better advertised



Easy to access

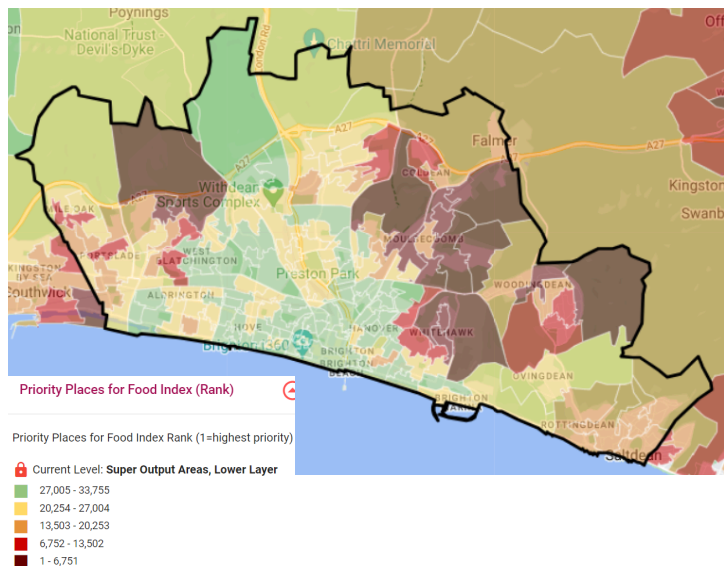


High in fruit and vegetables

People can tend to think of eating healthily as being an individual's choice, but food environments are a combination of the spaces in which people make decisions about food and the foods and drinks that are made available, accessible, affordable and desirable in those spaces. Creating sustainable food systems are important ways to enable people to be able to easily access affordable healthy food and eat well.

Where people are surrounded by foods high in fat, sugar or salt, can lead to these foods becoming the default choice. This tends to be disproportionately the case for lower socio-economic groups. For example, the density of fast-food outlets is greater in more deprived compared to less deprived areas in England.

The Priority Places for Food Index shows areas where poverty, poor public transport and a lack of big supermarkets severely limit access to affordable fresh fruit and vegetables. Parts of Whitehawk, Kempdown, Moulsecomb and Bevendean, Hollingdean, Queens Park and Woodingdean are areas in the top 20% in England with the greatest food desert characteristics.



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight\\*](#)



38% of adults in the city consume five or more portions of fruit and vegetables per day

Significantly higher than to the South East and England (both 33%) (2022/23). This has fallen from 43% in 2020/21

**The percentage of pupils eating the recommended 5 or more portions of fruit and vegetables falls with age from the last year of primary (Year 6, 10-11 year olds) to Year 11 (15-16 year olds):**



69%



53%

● Year 6  
● Year 11

 Download data

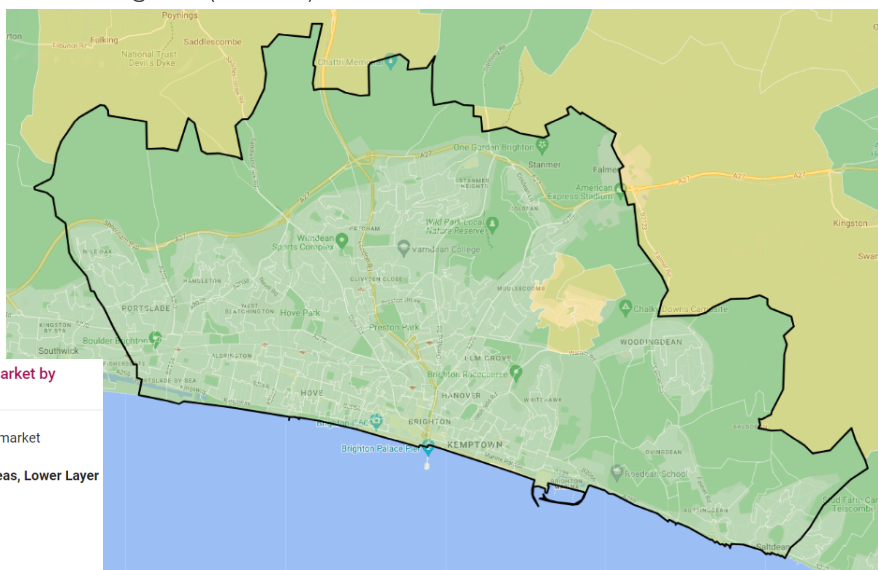
Most of Brighton & Hove is within the 20% of areas in England with the shortest travel time to the nearest supermarket by public transport / walking - on average 7 minutes for Brighton & Hove, the same as the England average.



The average travel time to the nearest supermarket by public transport / walking in Brighton & Hove is 7 minutes







The same as England (2022/23)

In the east of Moulsecomb and Bevendean travel time is slightly higher at 10-12 minutes.



Travel time to nearest supermarket by public transport/walk

Travel time (mins) to nearest supermarket

-  Current Level: Super Output Areas, Lower Layer
-  5.0 - 9.0
-  10.0 - 14.0
-  15.0 - 19.0
-  20.0 - 24.0
-  25.0 - 31.0



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# Transport and active travel

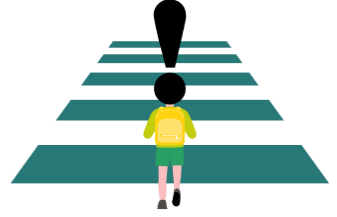
Available, reliable and affordable transport supports the other building blocks of good health, such as connecting us to work and public services. If we don't have access to good transport, it limits our options and opportunities for work, leisure and community participation, which can have a negative impact on our quality of life. **Good transport options and infrastructure can enable:**



Exercise



Employment



Road safety

Sustainable transport not only provides access to the building blocks of good health but also provides opportunities for physical activity and reduces the harms to health from motorised vehicles. These include pollution, road traffic collisions, community severance, climate change and community cohesion.

## Travel poverty

Not everyone has the same transport options. Transport poverty, the term used to describe the lack of transport options, has important health and social implications because it means not everyone has equal access to the building blocks of good health. [Public Health Scotland](#) identified **five aspects of the transport system that are important in understanding transport poverty:**



### Available

Connect people, at times & frequency needed, to services and opportunities



### Reliable

Sufficiently reliable so individuals feel confident they can reach destinations at the required time



### Affordable

The cost does not leave the household in financial hardship



### Accessible

Meet everybody's physical, sensory, mobility, cognitive and mental health needs



### Safe

Travel conditions are safe & healthy



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## Active travel

More people in Brighton & Hove travel actively when compared with the South East and England:



33% of adults walk for travel at least 3 days per week

Much higher than the South East (15%) and England (15%) (2019/20)



5.2% of adults cycle for travel at least 3 days per week

More than double the South East (2.4%) and England (2.3%) (2019/20)



58% of primary school and 53% of secondary school pupils actively travel to school (2023)



[Walking and cycling statistics](#)



[Travel to school statistics - Safe and Well at School Survey](#)

## Motor vehicle traffic and traffic emissions

The amount of traffic on the road has a direct impact on health through air and noise pollution and road safety.

Cars and taxis make up by far the highest number of motor vehicle miles in the city, followed by light commercial vehicles and then heavy goods vehicles.

### Motor vehicle traffic (vehicle miles) for Brighton & Hove, 2023:



Cars and taxis

589 million vehicle miles



Light commercial vehicles

135 million vehicle miles



Heavy goods vehicles

12 million vehicle miles



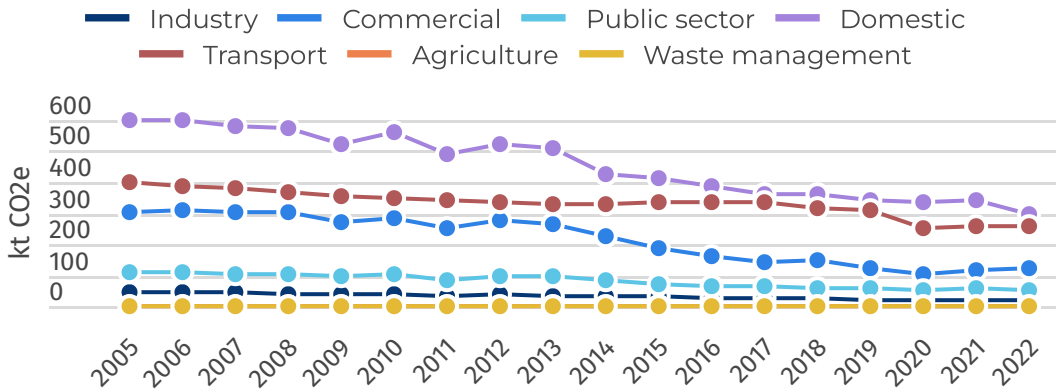
[Road traffic statistics - Department for Transport](#)



[Access to range of data on Brighton & Hove as a Healthy place, including local data at different geographical levels and maps is available locally on Brighton & Hove Community Insight<sup>†</sup>](#)

## CO2 emissions

CO2 emissions make up 80% of greenhouse gas emissions. Looking at CO2 emissions classed as within the scope of local authority control. Domestic accounts for the greatest proportion, followed by transport. Although domestic emissions have halved in the city between 2005 and 2022, and transport CO2 emissions have fallen by a third:



 [Download data](#)



[UK local authority and regional greenhouse gas emissions statistics, Department for Energy Security and Net Zero](#)

## Road safety

### In Brighton & Hove:



193 people were killed or seriously injured on Brighton & Hove roads in 2022

A rate of 252 per billion vehicle miles. Higher than Similar to the South East (95) and England (95) (2022). The city was the second highest in the South East and 15th highest in England (of 152 local authorities)



This has increased from 158 people in 2017

A rate of 191 per billion vehicle miles.



28 children were killed or seriously injured on roads in Brighton & Hove between 2020 and 2022

A rate of 22 per 100,000 compared to 15 in the South East and 17 in England

At traffic speeds of 30-40 mile per hour (mph), the risks of pedestrian fatalities are 3.5-5.5 times greater than at speeds of 20-30mph.



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