

Rutland

Locality Profile



LET'S GET MOVING



Contents

Local information.....	4
Ward areas in Rutland.....	4
MSOA (Middle Super Output Areas) in Rutland.....	4
Population	5
Gender.....	5
Age	5
Ethnicity.....	5
Religion.....	5
Country of birth	6
Household language.....	6
Occupation.....	7
Economic activity	7
Employment.....	7
Hours worked	7
Health and Wellbeing.....	8
Hospital Admissions.....	8
Long-term Health Conditions	8
Mental Health and Wellbeing	9
Life expectancy at birth.....	10
Mortality rate.....	10
Vulnerable groups	10
Health Inequalities	11
Housing.....	13
Overcrowding.....	13
Income Deprivation Affecting Children Index (IDACI)	13
Homelessness	13
Economy	13
Economic Inactivity Rate	13
Employment and Long Term Health Conditions	14
Income Inequality.....	14
Health Protection.....	14
STI Diagnosis.....	14
STI Testing Rate	15

HIV Diagnosis.....	15
Communities and Environment	15
Access to Healthy Assets.....	15
Loneliness	16
Physical Activity	17
Adult data – Sport England Active Lives	17
Adult data – Public Health Fingertips	18
Inactive Residents’ Data	19
Reflections and highlights	20

Local information

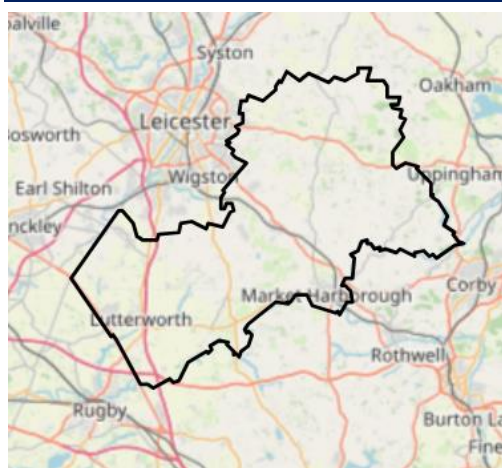
Ward areas in Rutland

- Barleythorpe
- Braunston & Martinthorpe
- Cottesmore
- Exton
- Greetham
- Ketton
- Langham
- Lyddington
- Normanton
- Oakham North East
- Oakham North West
- Oakham South
- Ryhall and Casterton
- Uppingham
- Whissedine

MSOA (Middle Super Output Areas) in Rutland

- Market Overton, Cottesmore & Empingham
- Oakham West, Langham & Whissendine
- Oakham East
- Ketton, Ryhall & Luffenham
- Uppingham, Lyddington & Braunston

Population



The population of Rutland district at the time of the 2021 Census is **41,049**.

Gender

	Count	%
All residents	41,059	100
Female	19,977	48.7
Male	21,072	51.3

Age

	Count	%
All usual residents	41,059	100
Aged 4 years and under	1,644	4.0
Aged 5 to 9 years	1,972	4.8
Aged 10 to 15 years	3,136	7.6
Aged 16 to 19 years	2,165	5.3
Aged 20 to 24 years	1,849	4.5
Aged 25 to 34 years	4,320	10.5
Aged 35 to 49 years	7,009	17.1
Aged 50 to 64 years	8,569	20.9
Aged 65 to 74 years	5,331	13.0
Aged 75 to 84 years	3,599	8.8
Aged 85+	1,456	3.5

Ethnicity

The ethnic group that the person completing the census feels they belong to. This could be based on their culture, family background, identity or physical appearance.

	Count	%
All usual residents	41,059	100
Asian, Asian British or Asian Welsh	634	1.5
Black, Black British, Black Welsh, Caribbean or African	552	1.3
Mixed or multiple ethnic groups	744	1.8
White	38,909	94.8
Other ethnic group	211	0.5

Religion

The religion people connect or identify with (their religious affiliation), whether or not they practise or have belief in it.

	Count	%
All usual residents	41,059	100
No religion	15,239	37.1
Christian	22,728	55.4
Buddhist	150	0.4
Hindu	125	0.3
Jewish	53	0.1
Muslim	258	0.6
Sikh	67	0.2
Other religion	201	0.5
Not answered	2,231	5.4

Country of birth

	Count	%
All usual residents	41,059	100
Europe: United Kingdom	37,658	91.7
Europe: Other Europe: EU Countries: Member countries in Mar 2001: Ireland	189	0.5
Europe: Other Europe (Excluding Ireland)	1,333	3.2
Africa	625	1.5
Middle East and Asia	610	1.5
The Americas and the Caribbean	412	1.0
Antarctica and Oceania	227	0.6
Other	0	0.0

Household language

	Count	%
All households	16,694	100
All adults in household have English in England, or English or Welsh in Wales as a main language	16,313	97.7
At least one but not all adults in household have English in England, or English or Welsh in Wales as a main language	230	1.2
No adults in household, but at least one person aged 3 to 15 years, has English in England or English or Welsh in Wales as a main language	60	0.4
No people in household have English in England, or English or Welsh in Wales as a main language	118	0.7

Occupation

Economic activity

People aged 16 years and over are economically active if, between 15 March and 21 March 2021, they were:

- in employment (an employee or self-employed)
- unemployed, but looking for work and could start within two weeks
- unemployed, but waiting to start a job that had been offered and accepted

	Count	%
All usual residents aged 16+	34,297	100
Economically active: In employment	18,418	53.7
Economically active: Unemployed	567	1.7
Economically active and a full-time student: In employment	365	1.1
Economically active and a full-time student: Unemployed	75	0.2
Economically inactive: Retired	9,733	28.4
Economically inactive: Student	1,639	4.8
Economically inactive: Looking after home or family	1,112	3.2
Economically inactive: Long term sick or disabled	718	2.1
Other	1,670	4.9

Employment

	Rutland	East Midlands	England
Percentage of people in employment	77.1%	75.1%	75.7%

Source:

<https://fingertips.phe.org.uk/search/percentage%20of%20people%20in%20employment#page/1/gid/1/pat/6/ati/501/are/E07000129/iid/92313/age/204/sex/4/cat/-1/ctp/-1/yrr/1/cid/4/tbm/1>

Hours worked

The number of hours worked per week before the census includes paid and unpaid overtime. This covers the main job of anyone aged 16 years and over.

	Count	%
All usual residents aged 16 years and over in employment the week before the census	18,783	100
Part-time	5,725	30.5

Full-time	13,058	69.5
-----------	--------	------

Health and Wellbeing

Source: Fingertips | Public health data

Hospital Admissions

Health and Wellbeing	Period	Rutland	Leicestershire	England
Emergency Hospital Admissions	2016/17 - 20/21	67.2 per 100	89.8 per 100	No data
Emergency hospital admissions due to falls in people ages 65 and over	2022/23	1,342 per 100,00	1,867 per 100,000	1,933 per 100,000
Hospital admissions due to coronary heart disease	2022/23	No data	299.1 per 100,000	387.1 per 100,00
Hospital admissions due to hear failure	2022/23	No data	149.9 per 100,000	170.4 per 100,000
Hospital admissions due to stroke	2022/23	No data	159.8 per 100,000	168.4 per 100,000
Emergency hospital admissions for COPD (35+)	2019/20	230 per 100,000	390 per 100,000	415 per 100,000

Long-term Health Conditions

Health and Wellbeing	Period	Rutland	Leicestershire	England
CHD: QOF prevalence (all ages)	2022/23	3.4%	2.9%	30.%

Stroke: QOF prevalence (all ages)	2022/23	2.3%	1.9%	1.8%
COPD: QOF prevalence (all ages)	2022/32	1.9%	1.7%	1.8%
Hip fractures in people 65 and over	2022/23	484 per 100,000	566 per 100,000	558 per 100,000
Access to health assets and hazard (AHAH index)	2022	0%	9.9%	22.6%
Mortality rate from Cancer, all ages	2022	211.8 per 100,000	257.6 per 100,000	250.7 per 100,000
Average health related quality of life score for adults who reported having a long term MSK problem	2026/27	0.626	0.585	0.577

Mental Health and Wellbeing

Mental health and Wellbeing	Period	Rutland	Leicestershire	England
Emergency hospital admissions intentional self- harm	2022/23	83.2 per 100,000	146.2 per 100,000	126.3 per 100,000
Estimated prevalence of common mental disorders: % population ages 16 and over	2017	11.9%	13.7%	16.9%
Depression: QOF	2022/23	11.7%	15.1%	13.2%

prevalence (18+ yrs.)				
% reporting a long term MSK problem who also report depression or anxiety	2016/17	17.8%	20.2%	24.1%
Estimated dementia diagnosis rate (65 and over)	2023	48.5 per 100	59.3 per 100* confidence interval could not be calculated.	63.0 per 100
Excess under 75 mortality rates in adults with severe mental illness (SMI)	2020-22	No data	423.3%	385.9%

Life expectancy at birth

2022	Rutland	East Midlands	England
Male	80.3	78.9	79.3
Female	83.4	82.7	83.2

Mortality rate

Condition	Age	Rate	Compared to England
Cancer	Under 75	88.8 per 100,000	122.4 per 100,000
Circulatory diseases	Under 75	75.0 per 100,000	77.8 per 100,000
Suicide	10+	Cannot be calculate	10.3 per 100,000

Vulnerable groups

Working age benefit claimants

Graph showing the count of Universal credit and job seeker allowance claimants over time



Health Inequalities

At risk groups:

- Sexual orientation
- Gender identity
- Disability
- Carers

Date	2021	
Geography	Rutland	
Measures	Value	Percent %
Sexual orientation		
Total: All usual residents aged 16 years and over	34,296	100.0
Straight or Heterosexual	31,470	91.8
Gay or Lesbian	381	1.1
Bisexual	292	0.9
Pansexual	25	0.1
Asexual	16	0.0
Queer	4	0.0
All other sexual orientations	25	0.1
Not answered	2,083	6.1

Date	2021	
Geography	Rutland	
Measures	Value	Percent %
Gender identity		
Total: All usual residents aged 16 years and over	34,297	100.0
Gender identity the same as sex registered at birth	32,573	95.0
Gender identity different from sex registered at birth but no specific identity given	30	0.1
Trans woman	16	0.0
Trans man	20	0.1
Non-binary	8	0.0
All other gender identities	6	0.0
Not answered	1,644	4.8

Date	2021	
Geography	Rutland	
Measures	Value	Percent %
Disability		
Total: All usual residents	41,050	100.0
Day-to-day activities limited a lot	2,236	5.4
Day-to-day activities limited a little	4,287	10.4
Has long term physical or mental health condition but day-to-day activities are not limited	3,523	8.6
No long term physical or mental health conditions	31,004	75.5

Date	2021	
Geography	Rutland	
Measures	Value	Percent %
Carers: Provision of unpaid care		
Total: All usual residents aged 5 and over	39,405	100.0
Provides no unpaid care	36,234	92.0
Provides 19 hours or less unpaid care a week	1,817	4.6
Provides 20 to 49 hours unpaid care a week	476	1.2
Provides 50 or more hours unpaid care a week	878	2.2

Housing

Overcrowding

Source: Census Data, 2021

Definition: Whether a household's accommodation is overcrowded, ideally occupied or under-occupied. This is calculated by comparing the number of rooms the household requires to the number of available rooms. An occupancy rating of: * -1 or less implies that a household's accommodation has fewer rooms than required (overcrowded)

1.2% of households in Rutland have an occupancy rating of –1 rooms.

Further information: [Occupancy rating for rooms - Census Maps, ONS](#)

Income Deprivation Affecting Children Index (IDACI)

Source: LG Inform, 2019

Definition: Score (%). High scores have greater deprivation. Scores are compared to the Mean score for all English Unitary Authorities (17.2%).

Rutland IDACI score is 7.2% compared to all English Unitary Authorities at 17.2%.

Further information: [IMD - Income Deprivation Affecting Children Index \(IDACI\) - score \(%\) in Rutland | LG Inform \(local.gov.uk\)](#)

Homelessness

Source: Fingertips, Office for Health Improvement and Disparities, 2022/23

Definition: Households owed a prevention or relief duty under the Homelessness Reduction Act, crude rate per 1,000 estimated total households. Sources are compared to the England average which is 12.4%

7.6% of households in Rutland are owed a prevention or relief duty under the Homelessness Reduction Act.

Further information: [Public health profiles - OHID \(phe.org.uk\)](#)

Economy

Economic Inactivity Rate

Source: Data is from the Annual Population Survey (data produced by Office for National Statistics), accessed via nomis (www.nomisweb.co.uk).

Definition: The percentage of the population aged 16-64 years who are economically inactive (i.e. neither in employment nor unemployed according to the ILO definition [not employed, available to start work within two weeks, and actively sought employment within past four weeks]). Sources are compared to the England average which is 21.4%.

22.1% of Rutland's population is classified as economically inactive.

Further information: [Public health profiles - OHID \(phe.org.uk\)](https://publichealthprofiles.org.uk/)

Employment and Long Term Health Conditions

Source: Office for Health Improvement and Disparities, using the Office for National Statistics Annual Population Survey

Definition: The percentage of the population with a physical or mental long term health condition in employment (aged 16 to 64). Sources are compared to the England average which is 65.3%.

73.8% of Rutland's population live with a physical or mental LTCH in employment.

Further information: [Public health profiles - OHID \(phe.org.uk\)](https://publichealthprofiles.org.uk/)

Income Inequality

Source: Office for National Statistics

Definition: Income deprivation is based on the proportion of people in an area who are out of work or on low earnings.

In Rutland%, **5.6%** of the population was income-deprived in 2019. Of the 316 local authorities in England (excluding the Isles of Scilly), Rutland is ranked **302nd most income-deprived**.

Of the 23 neighbourhoods in Rutland, 0 are ranked in the top 20 Most Income Deprived in England. 10 neighbourhoods were ranked in the top 20 Least Income Deprived areas.

Further Information: [Exploring local income deprivation \(ons.gov.uk\)](https://ons.gov.uk/deprivation)

Health Protection

STI Diagnosis

Source: UK Health Security Agency (UKHSA)

Definition: All new STI diagnoses among people accessing sexual health services in England. Sources are compared to the England value for 2023 which is 704 cases.

There were 377 new STI cases in Rutland in 2023.

Further information: [Public health profiles - OHID \(phe.org.uk\)](https://publichealthprofiles.org.uk/)

STI Testing Rate

Source: UK Health Security Agency (UKHSA)

Definition: STI testing rate (exclude chlamydia aged under 25) per 100,000. Tests for syphilis, HIV, gonorrhoea and chlamydia (aged over 25) among people accessing sexual health services* in England. Sources are compared to the 2023 England value which is 4110.7.

There were 2398.5 tests in Rutland in 2023.

Further information: [Public health profiles - OHID \(phe.org.uk\)](https://publichealthprofiles.org.uk/)

HIV Diagnosis

Source: HIV and AIDS Reporting System (HARS)

Definition: All new HIV diagnoses among people in the UK, expressed as a rate per 100,000 population. sources are compared to the England value for 2022 of 6.7.

There were 4.8 new HIV diagnosis cases in Rutland in 2022.

Further information: [Public health profiles - OHID \(phe.org.uk\)](https://publichealthprofiles.org.uk/)

Communities and Environment

Access to Healthy Assets

Source: AHAH index data is provided by Consumer Data Research Centre (CDRC: <https://data.cdrc.ac.uk/dataset/ahah2>) and created by the Geographic Data Science Lab (GDSDL: <https://geographicdatascience.com/project/access-to-healthy-assets-and-hazards/>).

Definition: Score shows the percentage of the population living in LSOAs which score in the poorest performing 20% on the Access to Healthy Assets & Hazards (AHAH) index.

The index is designed to allow policy/decision makers to understand which areas have poor environments for health, and to help move away from treating features of the environment in isolation.

The AHAH index is comprised of four domains: access to retail services (fast food outlets, gambling outlets, pubs/bars/nightclubs, off licences, tobacconists), access to health services (GP surgeries, A&E hospitals, pharmacies, dentists and leisure centres), the physical environment (access to green spaces, and three air pollutants: NO2 level, PM10 level, SO2 level) and air pollution (NO2 level, PM10 level, SO2 level).

Sources are compared to the England average value for 2022 which is 22.6%.

0% of Rutland's population score in the poorest performing 20% on the Access to Healthy Assets & Hazards (AHAH) index.

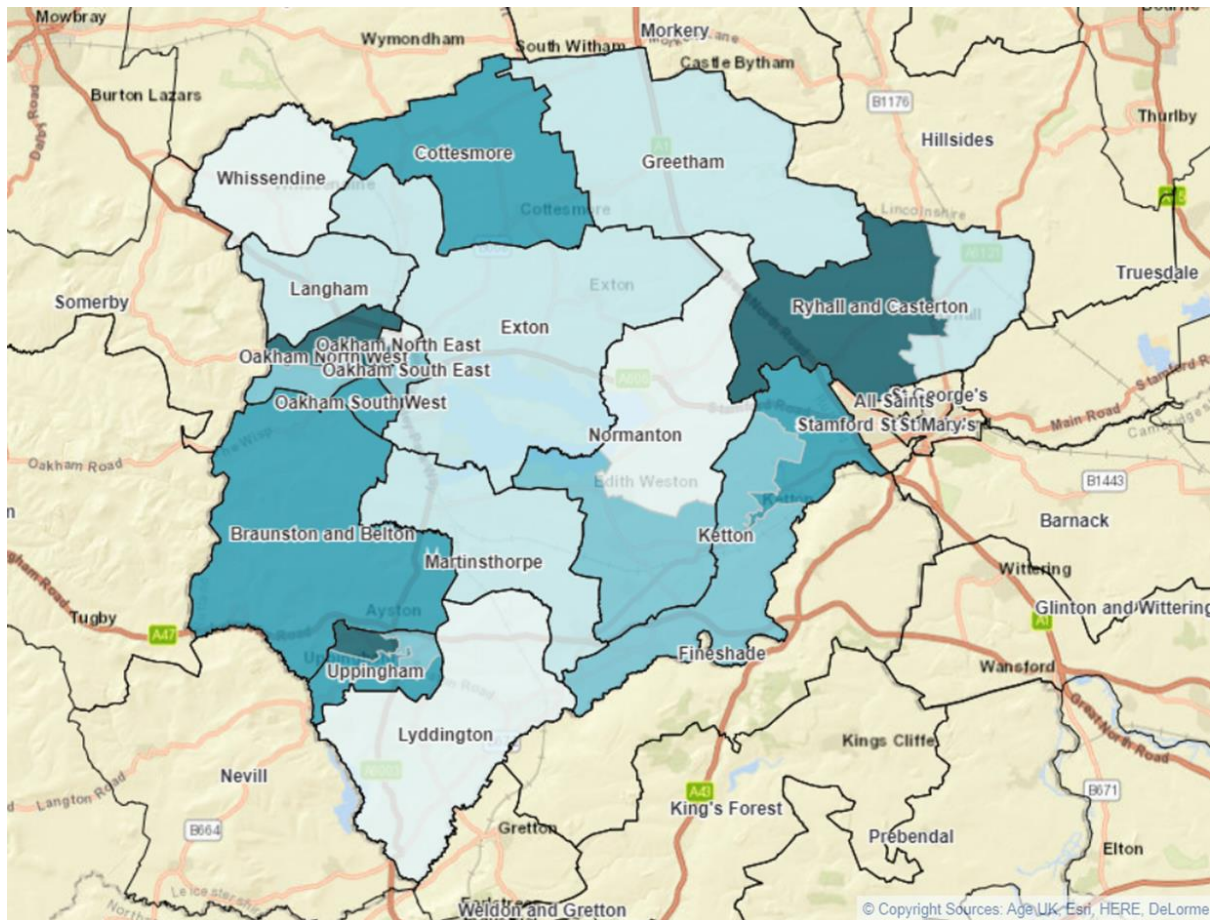
Further information: [Public health profiles - OHID \(phe.org.uk\)](https://publichealthprofiles.org.uk)

Loneliness

Source: Age UK InstantAtlas Report

Definition: Those at risk of loneliness age 65+ in 2016.





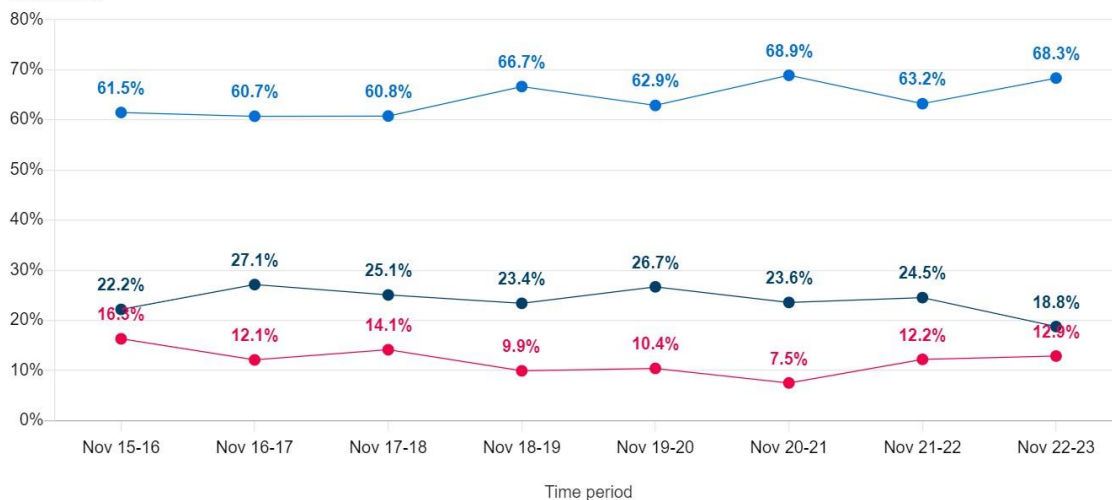
Further information: [InstantAtlas™ Report \(ageuk.org.uk\)](https://ageuk.org.uk/)

Physical Activity

Adult data – Sport England Active Lives

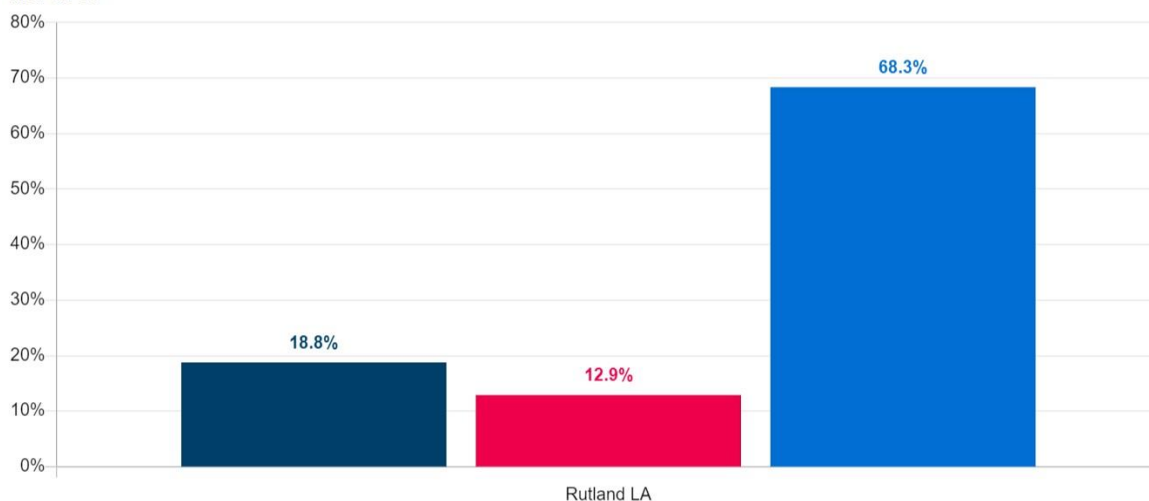
Source: <https://activelives.sportengland.org/>

Levels of activity (Main - 3 categories) – Local Authority and County Council
Rutland LA



% Levels of activity (Main - 3 categories):
■ Inactive: less than 30 minutes a week ■ Fairly active: 30-149 minutes per week ■ Active: at least 150 minutes a week

Levels of activity (Main - 3 categories)
Local Authority and County Council
Nov 22-23



% Levels of activity (Main - 3 categories):
■ Inactive: less than 30 minutes a week ■ Fairly active: 30-149 minutes per week ■ Active: at least 150 minutes a week

Adult data – Public Health Fingertips

Source: <https://fingertips.phe.org.uk/profile/physical-activity>

Indicator	Period	Rutland		East Midlands region (statistical)	England	England			
		Count	Value	Value	Value	Worst	Range	Best	
Percentage of physically active adults (19+ yrs)	2022/23	-	77.0%	66.5%	67.1%	51.4%		5%	
Percentage of physically inactive adults (19+ yrs)	2022/23	-	13.7%	22.8%	22.6%	38.4%		1.9%	
Percentage of physically active children and young people	2022/23	-	45.6%	49.0%	47.0%	25.3%		1%	
Percentage of adults walking for travel at least three days per week	2019/20	-	9.5%	13.2%	15.1%	6.5%			
Percentage of adults cycling for travel at least three days per week	2019/20	-	1.1%	2.0%	2.3%	0.0%			
Percentage physically active for at least one hour per day seven days a week at age 15	2014/15	-	8.6%	15.3%	13.9%	-	Insufficient number of values for a spine chart		
Percentage with a mean daily sedentary time in the last week over 7 hours per day at age 15	2014/15	-	68.7%	70.6%	70.1%	-	Insufficient number of values for a spine chart		
Utilisation of outdoor space for exercise or health reasons	Mar 2015 - Feb 2016	-	*	18.5%	17.9%	-	Insufficient number of values for a spine chart		

	Period	Rutland	Leicestershire	England
Percentage of physically active adults (19+) years	2022-23	77.0%	70.1	67.4%
Percentage of physically inactive adults (19+) years	2022-23	13.7%	18.9%	22.6%
Percentage of physically active CYP	2022-23	45.6%	50.7%	47.0%
Percentage of adults walking for travel at least 3 days per week	2019-20	9.5%	11.7%	15.1%
Percentage of adults cycling for travel at least 3 days per week	2019-20	1.1%	2.3%	2.3%

Inactive Residents' Data

Sport England Small Area Estimates MSOA 2021 – Inactive people – less than 30 minutes per week

MSOA name	Inactive overall	Aged 16-34	Aged 35-54	Aged 55-74	Aged 75+	Asian (excl. Chinese)	Black	Chinese	Mixed	Other ethnic group	White British	White Other	Disability	No disability	Female	Male
Oakham East	24.3%	17.4%	18.2%	19.1%	46.1%	29.4%	28.0%	25.7%	18.8%	32.7%	24.3%	23.9%	45.2%	20.0%	26.3%	22.1%
Oakham West, Langham & Whissendine	23.5%	17.7%	17.9%	18.1%	47.2%	29.6%	27.8%	26.7%	19.1%	30.7%	23.4%	23.4%	44.2%	19.4%	25.1%	21.7%
Ketton, Ryhall & Luffenham	23.1%	17.0%	17.1%	17.2%	45.8%	29.2%	27.1%	26.1%	18.7%	31.5%	23.0%	23.2%	44.6%	19.2%	24.5%	21.5%
Uppingham, Lyddington & Braunston	22.7%	15.8%	17.0%	18.1%	44.9%	28.3%	26.5%	23.5%	18.0%	30.8%	22.7%	22.8%	44.0%	18.8%	24.3%	21.1%
Market Overton, Cottesmore & Empingham	22.6%	19.3%	19.5%	19.7%	45.2%	31.3%	28.9%	26.7%	20.4%	34.0%	22.1%	23.6%	40.3%	19.4%	24.6%	21.4%

Reflections and highlights

This section represents the most significant information from all of the above data and insight specific to Rutland.

- The percentage of the population with a physical or mental long term health condition in employment (aged 16 to 64) in Rutland is 73.8% whereas the England average which is 65.3%.
- The rate of emergency hospital admission caused by all causes (all ages) for Rutland is significantly better than the Leicestershire value.
- Emergency hospital admissions due to falls in people ages 65 and over is 67,2 per 100,00, this is significantly better than the England value of 1,933 for 100,000.
- The estimated dementia diagnosis rate (aged 65 and older) in 2023 is 48.5 per 100, this is significantly worse than the England value of 63.0 per 100.
- The average health related quality of life score for adults who reported having a long term MSK problem for Rutland in 2016/17 is 0.626, this is significantly better than the England value of 0.577.
- Nationally, 25.7% of people are inactive. In Rutland, this figure is at 23.2%. The least active area in Rutland is Oakham East, at 24.3%.