

Diss, Long Stratton, Loddon Waveney Valley

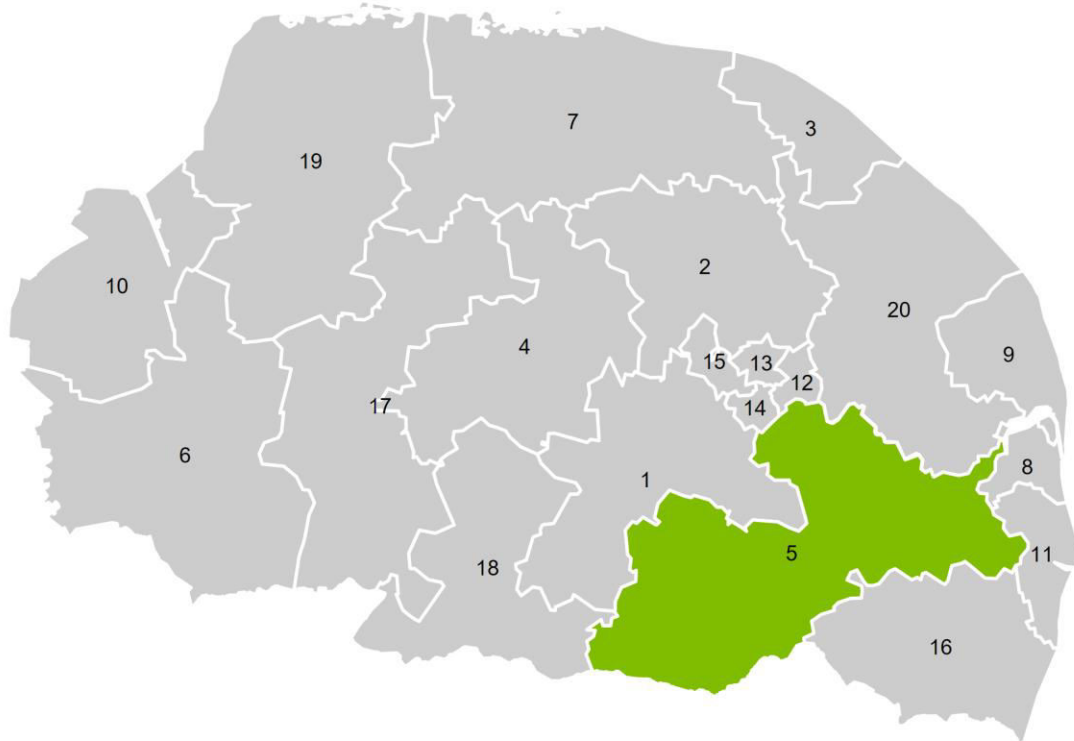
I&A Public Health Intelligence

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Contents

- **Introduction and defining neighbourhoods**
- **Population and deprivation**
- **Economy, employment and housing**
- **Life expectancy and mortality**
- **Behavioural determinants of health**
- **Disease and poor health**
- **Local strategy measures**
- **Services and access**
- **Summary**

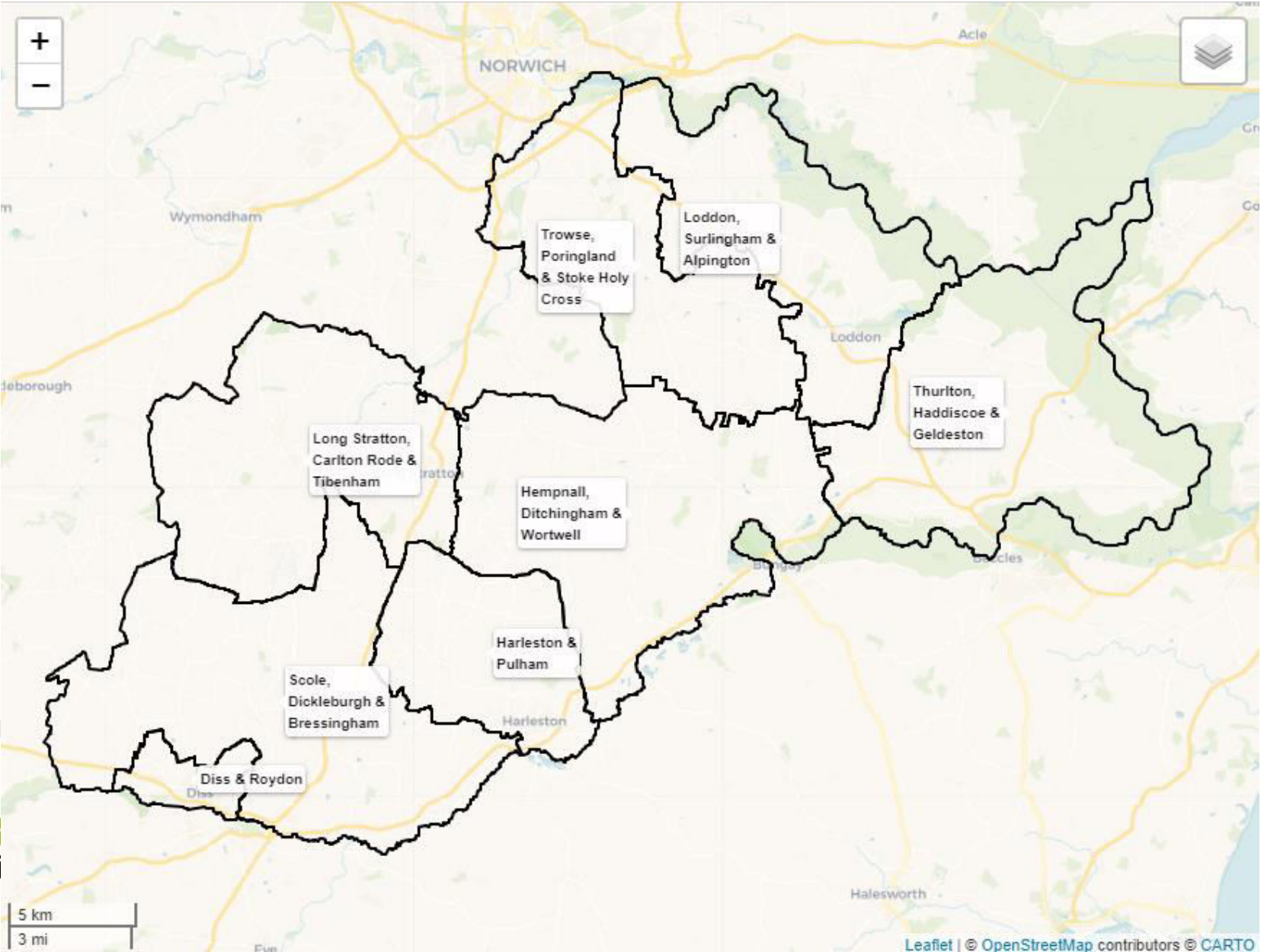
Neighbourhood areas



| Nr | Name | Resident Population ¹ |
|--------------|---|----------------------------------|
| 1 | A11 Attleborough and Wymondham | 75,007 |
| 2 | Aylsham, Coltishall and Reepham | 43,737 |
| 3 | Cromer and North Walsham | 34,257 |
| 4 | Dereham | 50,190 |
| 5 | Diss, Long Stratton, Loddon Waveney Valley | 74,657 |
| 6 | Downham Market and Villages | 47,112 |
| 7 | Fakenham, The Raynhams, Holt and Sheringham | 45,873 |
| 8 | Gorleston | 44,337 |
| 9 | Great Yarmouth and Northern Villages | 56,192 |
| 10 | King's Lynn and Marshland North | 72,760 |
| 11 | Lowestoft | 78,700 |
| 12 | Norwich East | 54,275 |
| 13 | Norwich North | 53,717 |
| 14 | Norwich South | 64,785 |
| 15 | Norwich West | 52,943 |
| 16 | South Waveney | 37,456 |
| 17 | Swaffham and Villages | 26,241 |
| 18 | Thetford and Watton | 52,313 |
| 19 | West Norfolk Coastal | 34,604 |
| 20 | Wroxham, Stalham and the Broads | 55,629 |
| Total | | 1,054,785 |

¹2024 mid-year-estimates for small areas (ONS)

Local areas (MSOAs)



Neighbourhood Profiles

What they are:

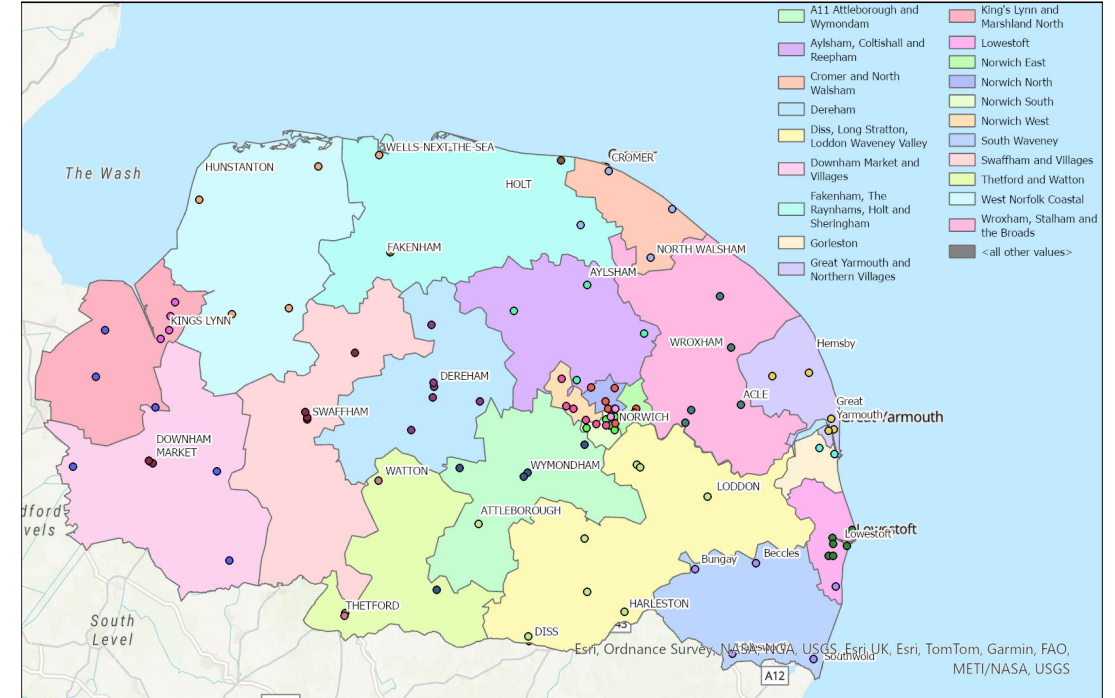
- Place-based summaries of health, wellbeing, and wider determinants in each neighbourhood
- Draw on local data, insights, and community context
- Highlight key challenges and opportunities for improving population health

Why they matter:

- Provide a shared evidence base for health, care, and community partners
- Support integrated planning and decision-making at neighbourhood level
- Help identify inequalities and target resources where they're most needed
- Research shows neighbourhood characteristics significantly influence health and wellbeing outcomes and advocates for 'natural' neighbourhood that reflect local perceptions and activity

How they'll be used:

- Inform health and social care, Integrated Neighbourhood Teams (INTs) and wider system partners to guide service design, prevention initiatives, and community engagement and enable monitoring of progress over time

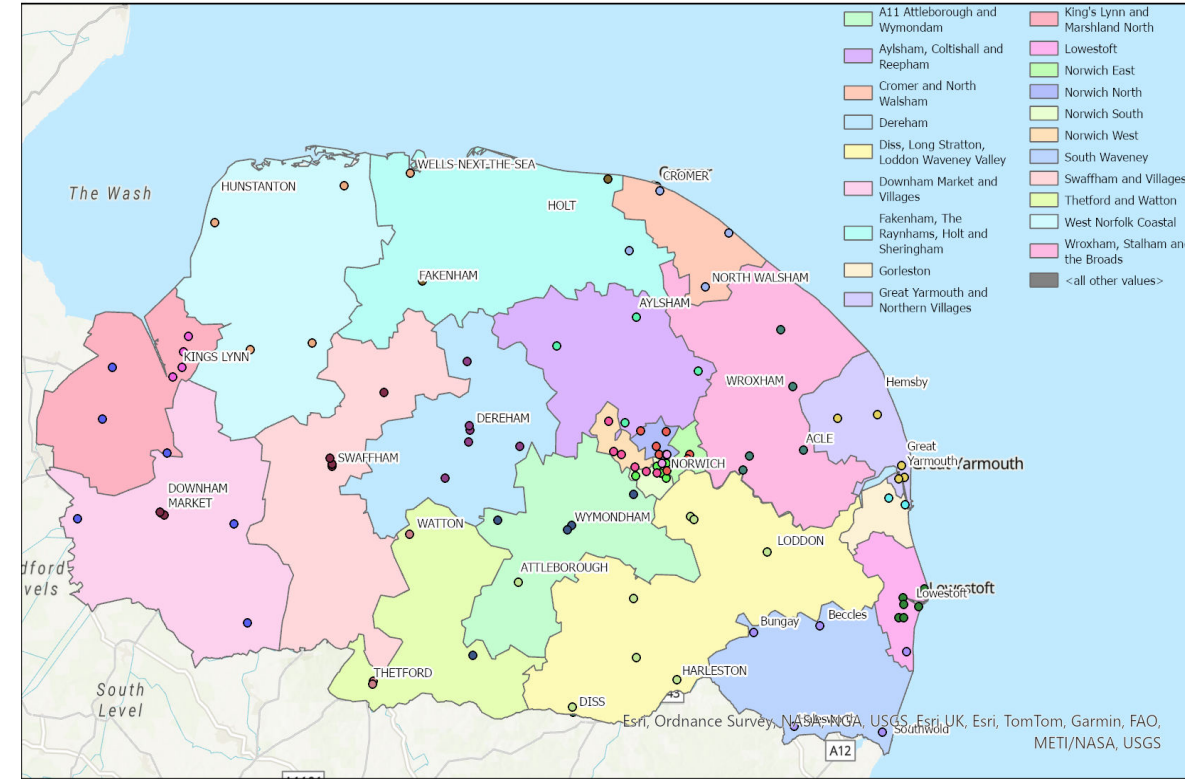


How do we define neighbourhoods?

There is no single definition of a neighbourhood in the NHS and local authority planning context. Neighbourhoods can be understood in several ways:

- Administrative or statistical boundaries such as wards, parishes, or Middle Layer Super Output Areas (MSOAs), which provide stable geographies for data analysis.
- Natural communities or economic centres like market towns or main urban areas, reflecting where people live, work, and access services.
- Functional service areas, for example, GP practice or NHS trust catchments, which align with how health and care services are delivered.
- Collaborative structures such as Primary Care Networks (PCNs) or integrated care partnerships, which represent groups of organisations working together to serve a defined population.

These neighbourhood profiles draw on recorded data for these areas — whether by GP practice population, PCN, or statistical geography — to provide a shared evidence base for planning, resource allocation, and addressing health inequalities.



Methods

Most of the data used in this profile is based on information available at local (MSOA) level and thus calculated for the neighbourhood or local areas within the neighbourhood.

There are several exceptions:

- Slide 27: Life expectancy inequality is based on difference between the most and least deprived small areas (LSOAs). Because neighbourhood areas are relatively small, life expectancy inequality at the **Partnership (lower tier local authority)** or **Place (formerly CCG)** level that best matches the neighbourhood area was used ([Population - JSNA - Norfolk Insight](#)).
- Slide 34: The contribution of behavioural risk factors to mortality and morbidity is calculated by the Institute for Health Metrics and Evaluation and is available at no smaller than **county** level ([VizHub - GBD Compare](#)).
- Slides 38 and 46: Behavioural risk factors were estimated for **Partnership (lower tier local authority)** level for Norfolk's Health and Wellbeing Profiles ([Health & wellbeing profiles - JSNA - Norfolk Insight](#)).
- Slides 41 & 42: Estimates of long-term conditions are estimated based on GP NHS Quality Outcomes Framework records. Here, we show estimates for the **Primary Care Network** encompassing the largest number of GP practices at which Neighbourhood residents are registered.



Population and deprivation

- This section introduces demographic and deprivation data for Diss, Long Stratton, Loddon Waveney Valley, highlighting population structure and socioeconomic challenges.

Population and deprivation summary

Diss, Long Stratton, Loddon Waveney Valley encompasses the full spectrum of urban to rural areas. There are no areas of high deprivation.

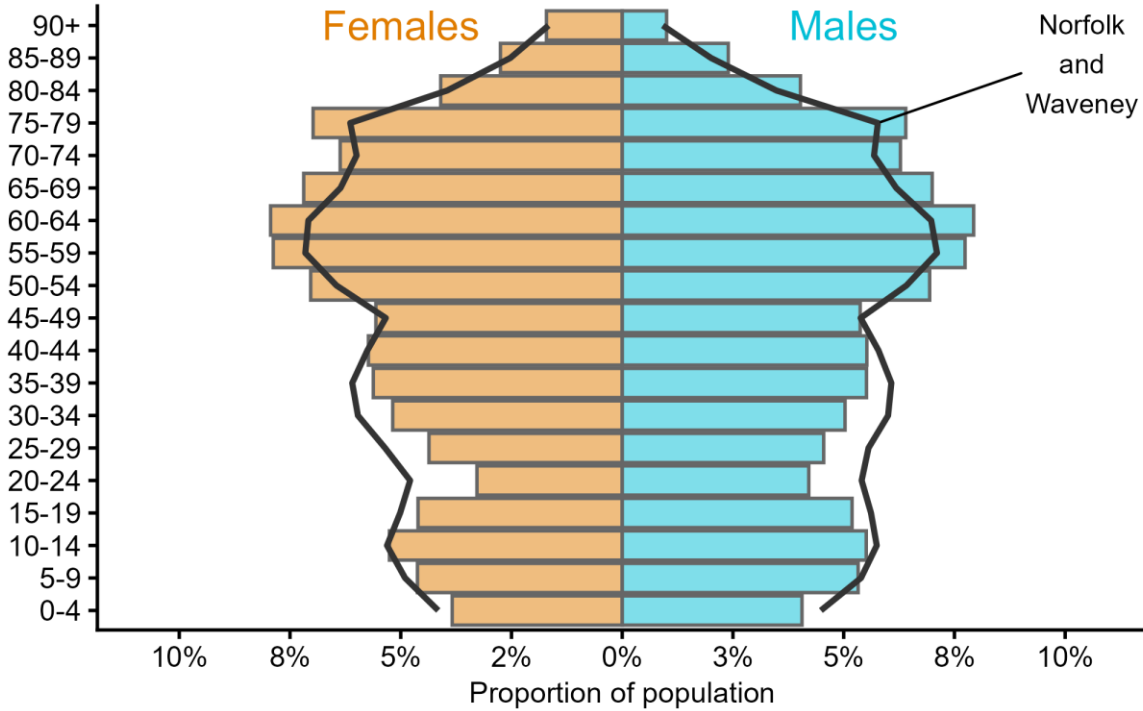
The area's population is older than the Norfolk & Waveney average, with fewer children and young adults. There is moderate variation in the age profile between small areas.

| | Period | England | Diss & Roydon | Harleston & Pulham | Hempnall, Ditchingham & Wortwell | Loddon, Surlingham & Alpington | Long Stratton, Carlton Rode & Tibenham | Scole, Dickleburgh & Bressingham | Thuriton, Haddiscoe & Geldeston | Trowse, Poringland & Stoke Holy Cross |
|--|---------|---------|---------------|--------------------|----------------------------------|--------------------------------|--|----------------------------------|---------------------------------|---------------------------------------|
| Resident population (aged 0 to 15) | 2022 | 18.5 | 15.5 | 16.3 | 14 | 15.6 | 17 | 13.6 | 13.7 | 17.5 |
| Resident population (aged 65 and over) | 2022 | 18.6 | 26.7 | 29.6 | 29.7 | 27.9 | 24.3 | 29.1 | 27.9 | 25.7 |
| Resident population (aged 85 and over) | 2022 | 2.5 | 4.61 | 4.47 | 4.21 | 3.72 | 2.75 | 3.68 | 2.99 | 3.61 |
| Population density: people per square kilometre | 2022 | 438 | 1040 | 163 | 69.2 | 117 | 130 | 68.2 | 53.9 | 174 |
| Poverty: Index of Multiple Deprivation | 2019 | 21.7 | 16 | 14.6 | 17.9 | 13.1 | 14.7 | 18.8 | 19.9 | 8.21 |
| Poverty: English Indices of Deprivation | 2019 | 12.9 | 10.2 | 9.8 | 8.98 | 8.29 | 7.82 | 7.85 | 8 | 5.8 |
| Children in poverty: Income Deprivation Affecting Children Index (IDACI) (aged 0 to 15) | 2019 | 17.1 | 12.3 | 13.6 | 11.9 | 10.7 | 11 | 10.3 | 9.13 | 6.8 |
| Older people in poverty: Income Deprivation Affecting Older People Index (IDAOPI) (aged 60 and over) | 2019 | 14.2 | 11.4 | 10.4 | 9.17 | 8.61 | 8.7 | 8.86 | 8.47 | 7.42 |
| Fuel poverty (low income, low energy efficiency methodology) | 2023 | 11.4 | 9.36 | 12.9 | 14.5 | 12.7 | 11.5 | 13.8 | 14.6 | 11 |
| Unemployment: people claiming out of work benefit (aged 16 to 64) | 2024/25 | 4.07 | 3.11 | 2.61 | 2.18 | 2.77 | 1.99 | 1.73 | 2.27 | 1.82 |
| Long-term unemployment: people claiming out of work benefit for over 12 months (aged 16 to 64) | 2024/25 | 0.51 | 0 | 0.9 | 0 | 0 | 0 | 0 | 0 | 0.11 |

Indicators are based on the Local Health summary (OHID Fingertips)

Demography in Diss, Long Stratton, Loddon Waveney Valley

Diss, Long Stratton, Loddon Waveney Valley population compared to Norfolk and Waveney 2024



Source: ONS 2024 mid-year estimates

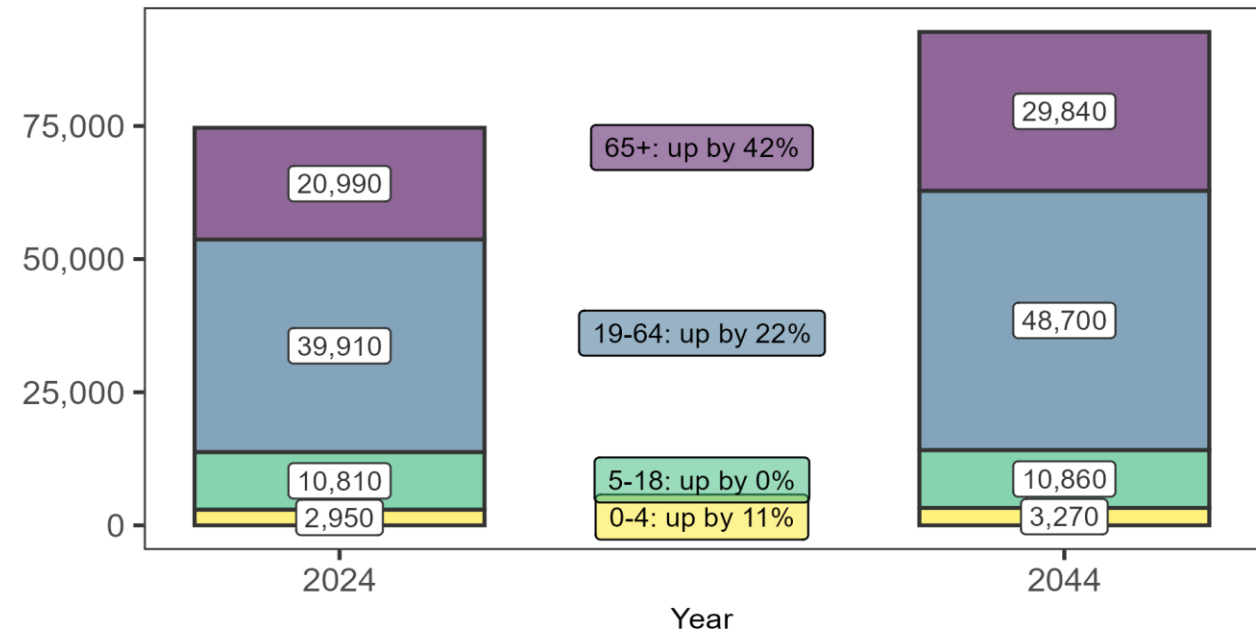
The area's population is older than the Norfolk & Waveney average, with fewer children and young adults. There is moderate variation in the age profile between small areas.

The age group with the largest projected population growth by 2044 in Diss, Long Stratton, Loddon Waveney Valley is people aged 65+.

Locally, the MSOA with the largest estimated overall population growth is Harleston & Pulham with a 25.1% population increase by 2044.

Population projections by age groups for Diss, Long Stratton, Loddon Waveney Valley

Residents



Source: ONS population projections (2025); Age-specific LTLA projections applied to MSOA SYOA mid-2024 populations

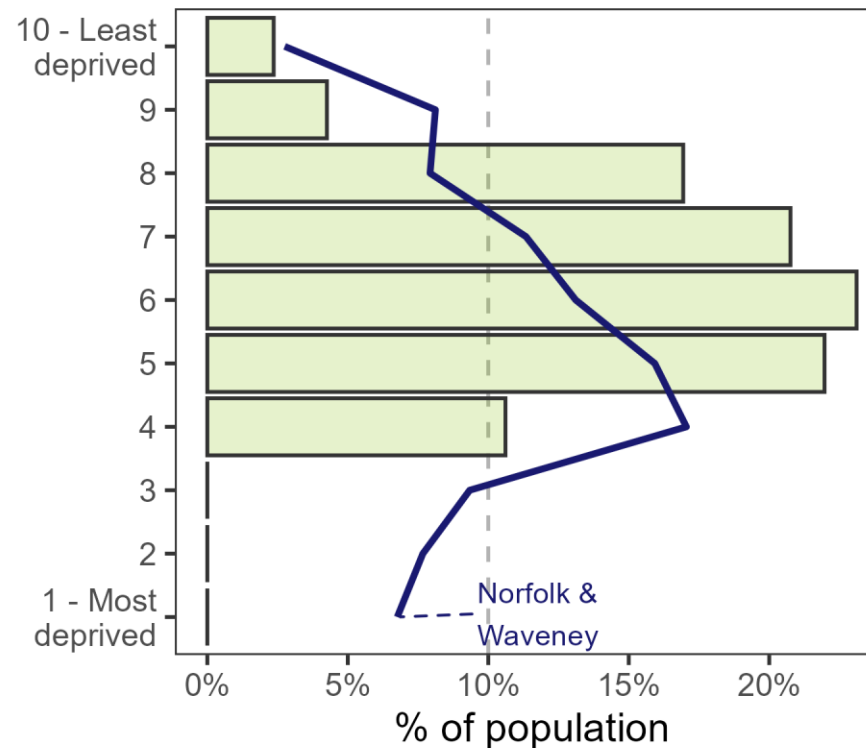
Deprivation in Diss, Long Stratton, Loddon Waveney Valley

No Core20 LSOAs in Diss, Long Stratton, Loddon Waveney Valley



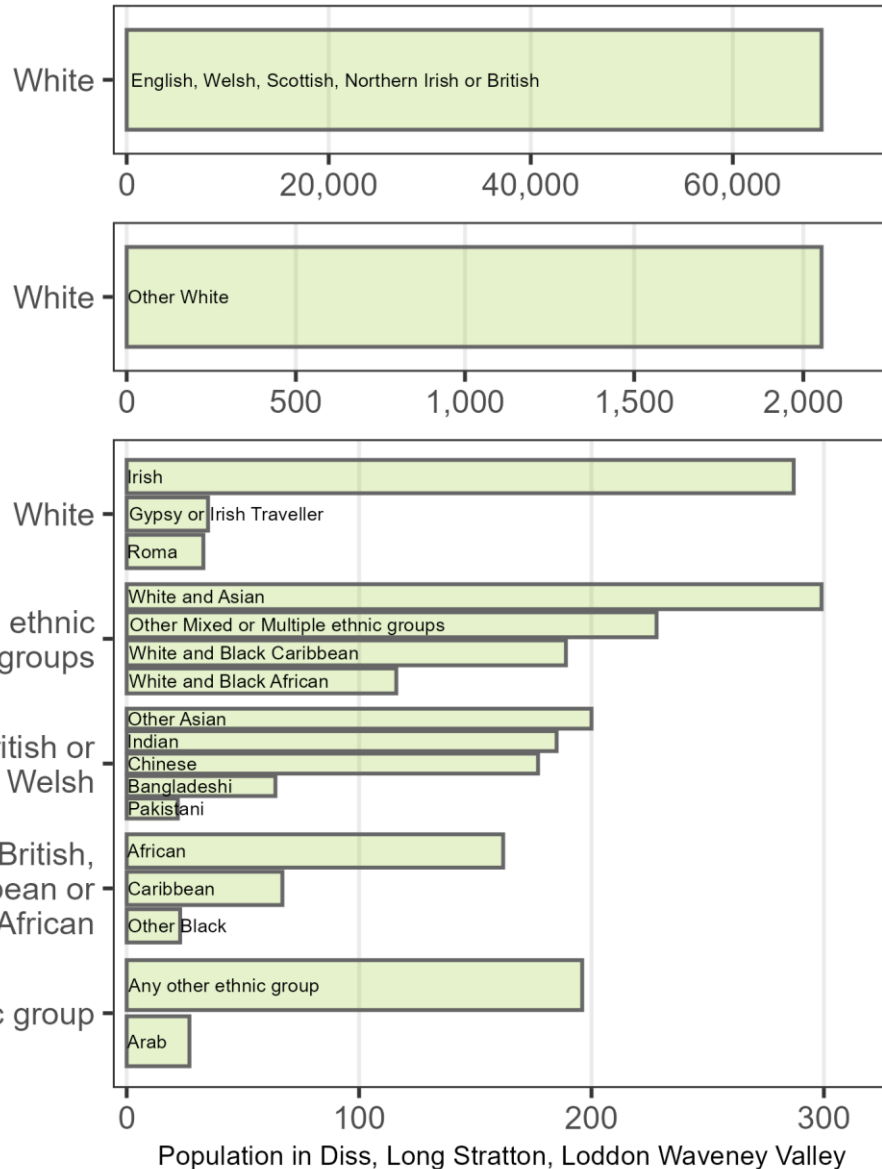
Diss, Long Stratton, Loddon Waveney Valley is less deprived than the national and Norfolk & Waveney average. None of the population live in small areas that are among the 20% most deprived areas in England (Core20 areas). Across Norfolk and Waveney, 14.4% live in Core20 areas.

IMD 2025 Decile



Index of Multiple Deprivation 2025, Department for Levelling Up, Housing and Communities

Ethnicity in Diss, Long Stratton, Loddon Waveney Valley



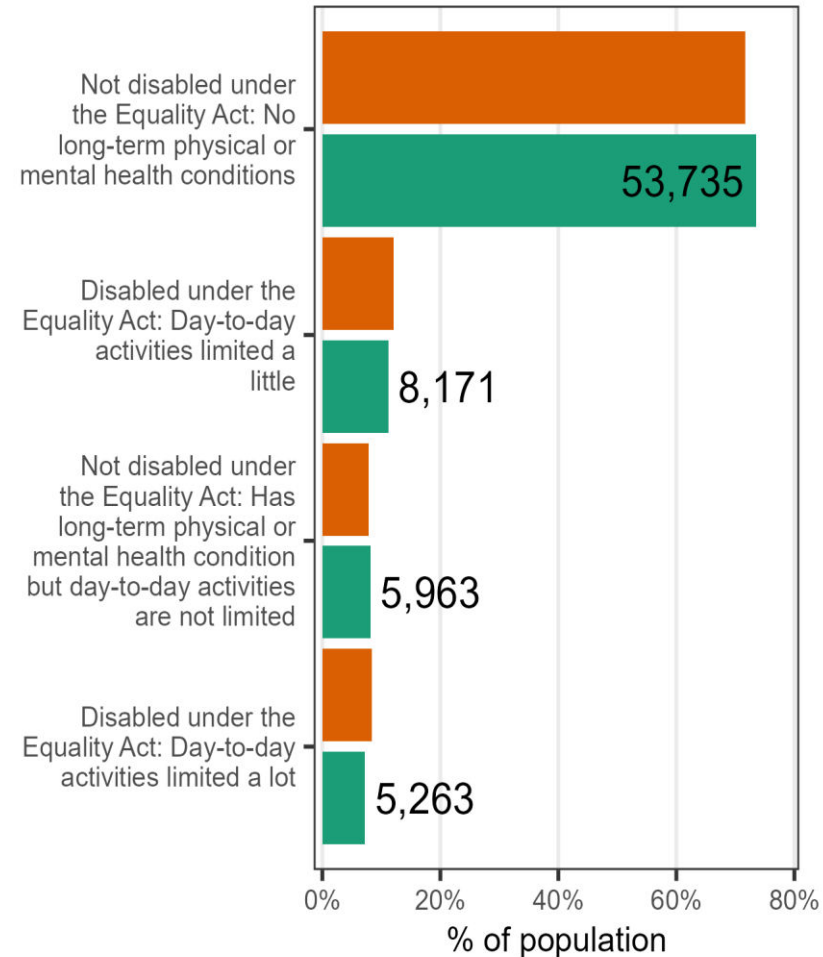
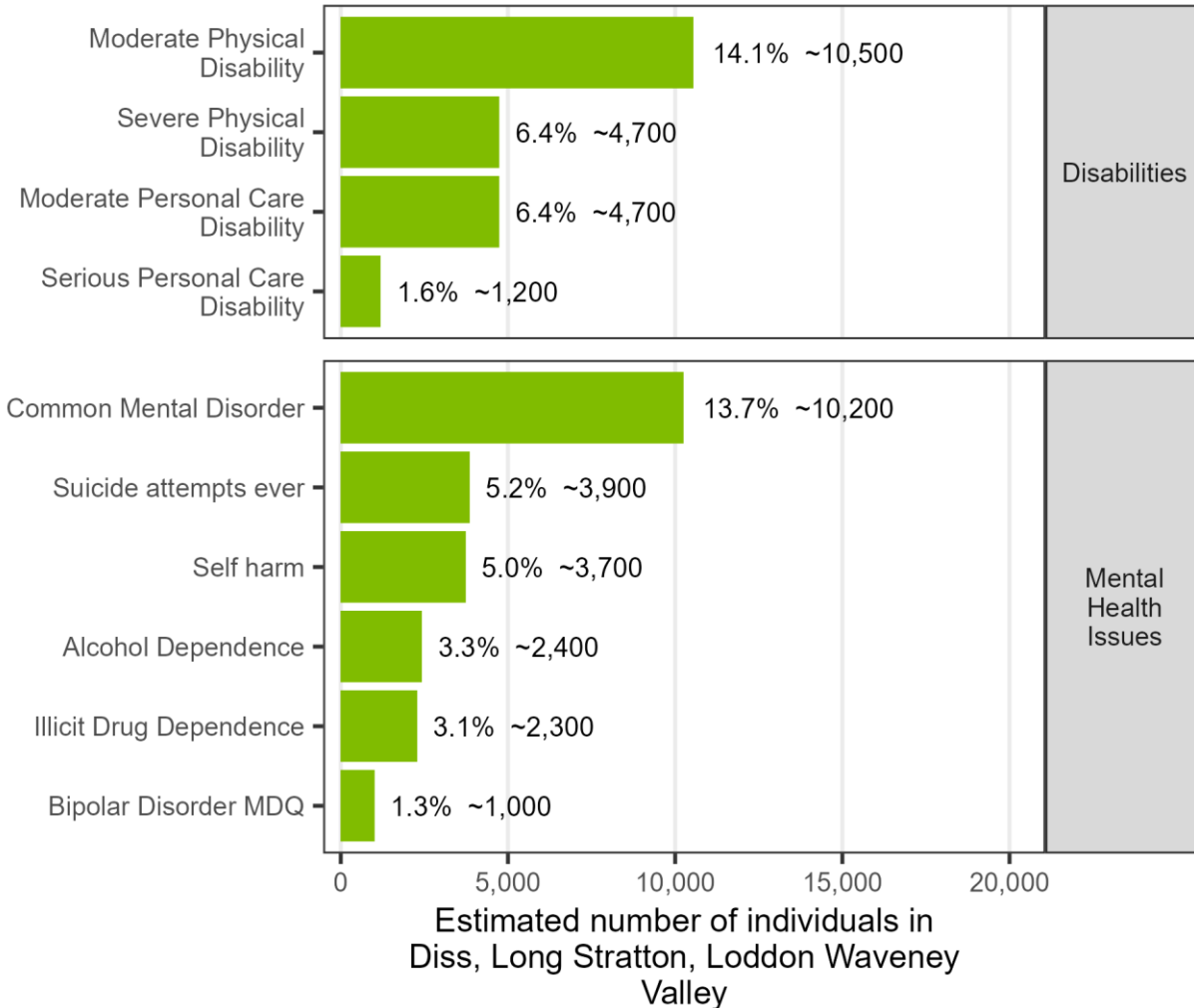
Source: Census 2021 (obtained through NOMIS)

| Ethnicity group | Population | Proportion |
|--|------------|------------|
| White | 71,195 | 97.3% |
| Mixed Or Multiple Ethnic Groups | 832 | 1.1% |
| Asian Asian British Or Asian Welsh | 648 | 0.9% |
| Black Black British Black Welsh Caribbean Or African | 252 | 0.3% |
| Other Ethnic Group | 223 | 0.3% |

Source: Census 2021 (obtained through NOMIS)

Neighbourhoods (MSOAs) with the highest proportions of non-White residents in Diss, Long Stratton, Loddon Waveney Valley include Diss & Roydon (4.4%) and Trowse, Poringland & Stoke Holy Cross (3.7%).

People with disabilities and vulnerable populations

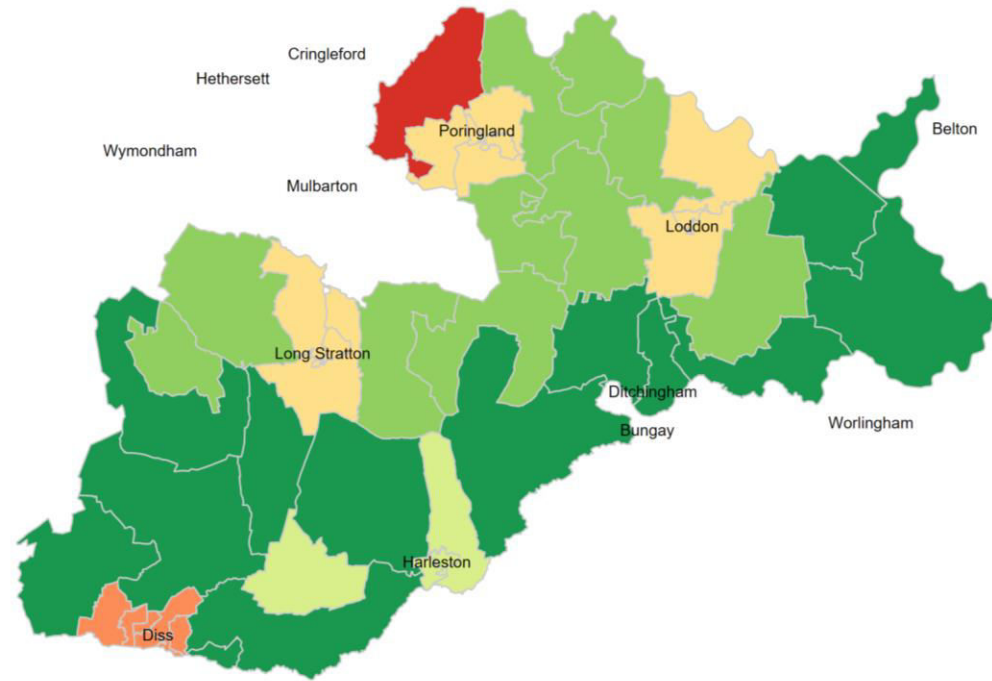


Source: 2021 Census (ONS)

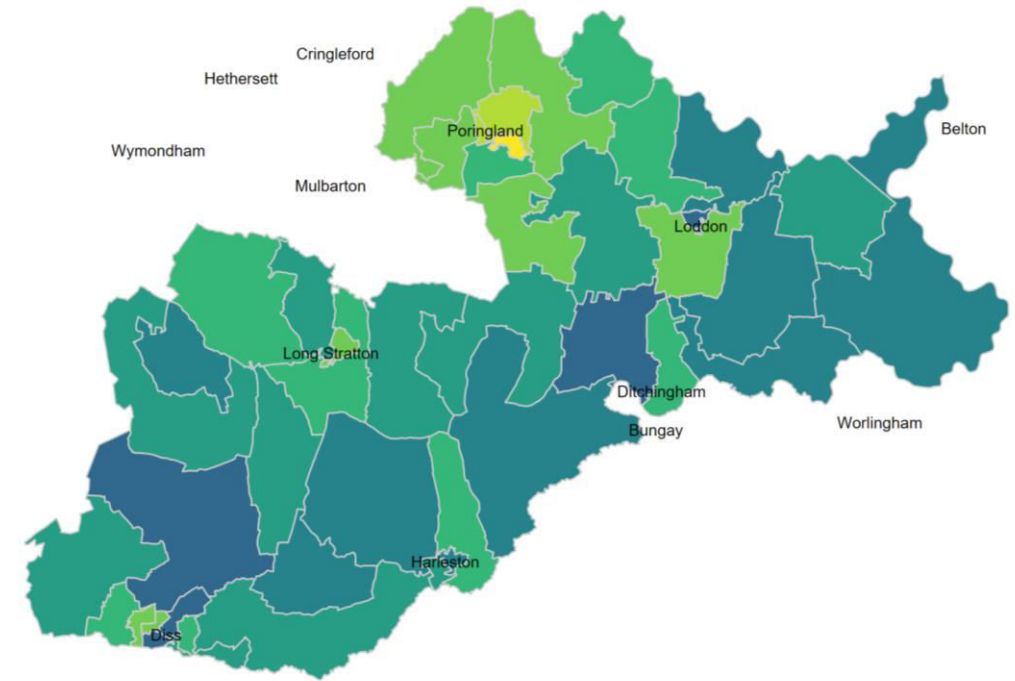
Sources:
 PANSI/POPPI, Psychiatric Morbidity Survey
 ONS 2024 mid-year population estimates

Rurality and Deprivation in Diss, Long Stratton, Loddon Waveney Valley

ONS Rural Urban Classification



Index of Multiple Deprivation deciles



- Urban: Nearer to a major town or city
- Urban: Further from a major town or city
- Larger rural: Nearer to a major town or city
- Larger rural: Further from a major town or city
- Smaller rural: Nearer to a major town or city
- Smaller rural: Further from a major town or city

- 1 - Most deprived
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 - Least deprived

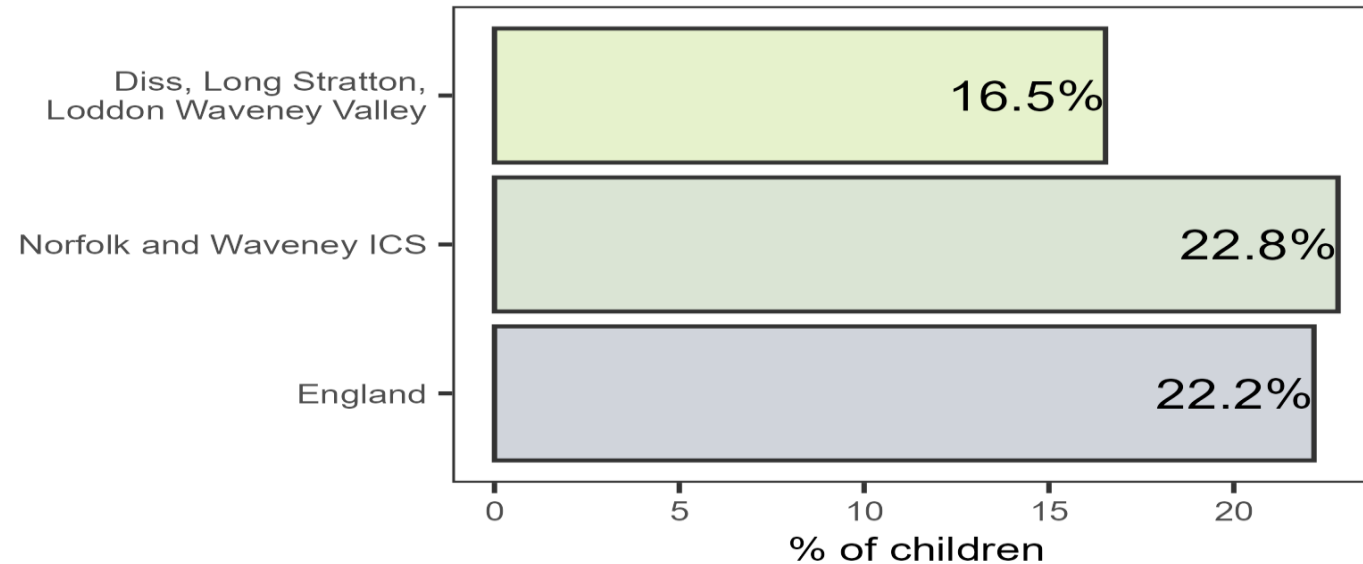
Children in Poverty

In Diss, Long Stratton, Loddon Waveney Valley, 16.5% of children aged 0-19 live in low-income families, compared to 22.8% across Norfolk and Waveney and 22.2% across England.

22.8% of children aged 0 to 15 in Diss, Long Stratton, Loddon Waveney Valley are estimated to live in poverty according to the Income Deprivation Affecting Children Index (IDACI). In England overall, this is 36.25%.

In Diss, Long Stratton, Loddon Waveney Valley, 18.0% of pupils from Reception to Year 13 are eligible for free school meals. This is significantly lower than across all schools in Norfolk, where 24.2% of pupils are eligible.

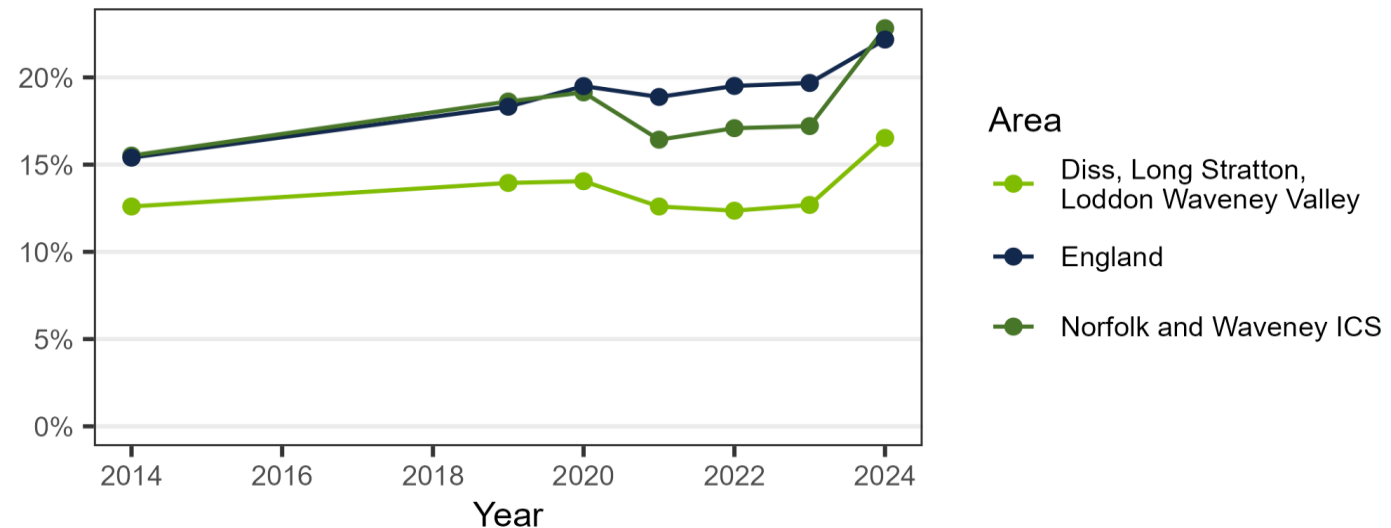
Children aged 0-19 in relative low-income families



Source: Local Insight (OCSI)

Children aged 0-19 in relative low-income families

% of children



Source: Local Insight (OCSI)

Economy, employment and housing

Economy and Employment

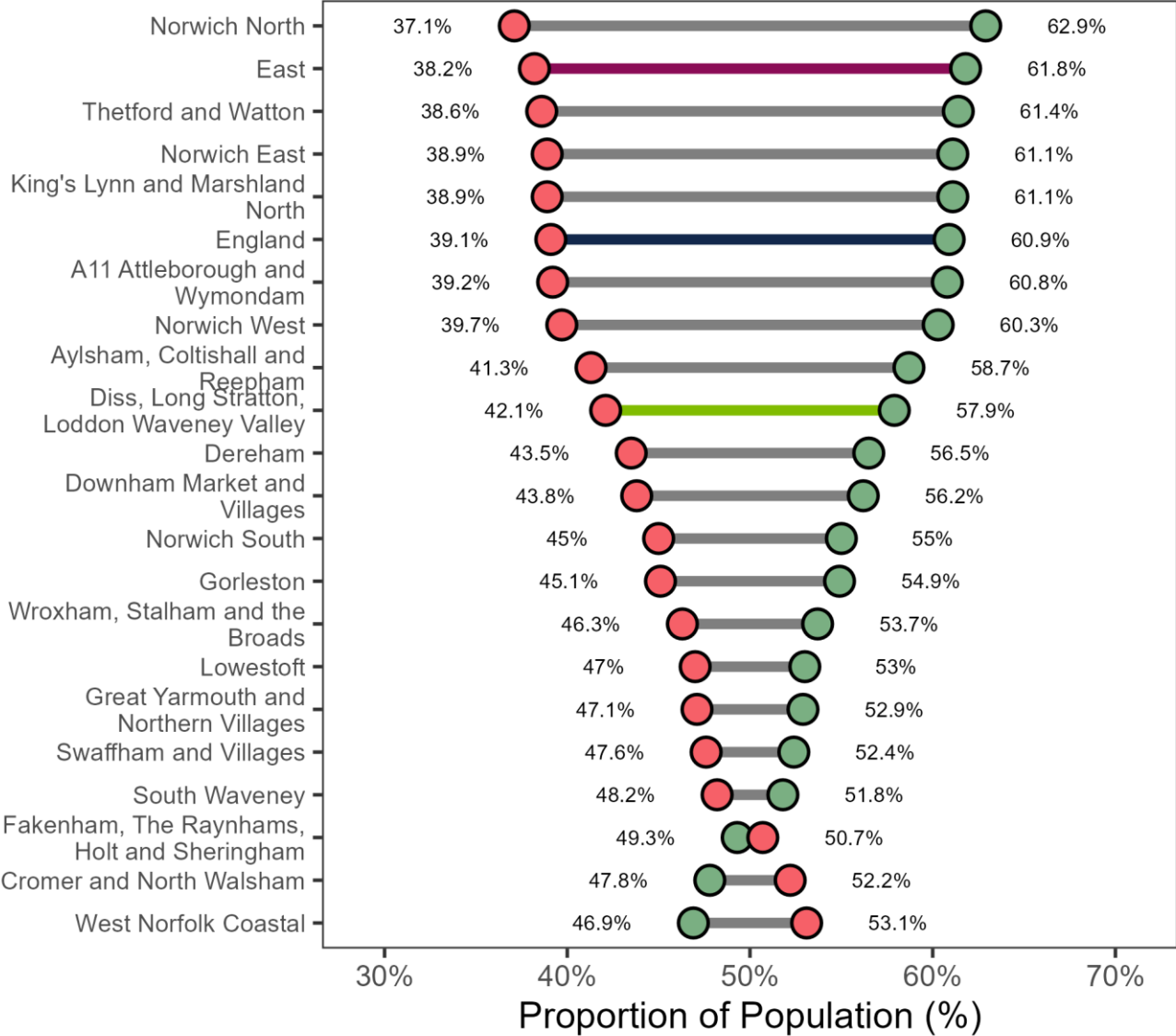
Economic Activity Across Areas (Census 2021)

Economically Active Definition: Aged between 16-64 and either in employment, unemployed but looking for work and could start within two weeks of an offer, or unemployed but waiting to start a job that had been offered and accepted.

During the 2021 Census, the proportion of residents (aged 16-64) who were economically active within the Norfolk and Waveney neighbourhoods was generally lower than both the East of England (61.8% economically active) and England average (60.9% economically active).

Within the Diss, Long Stratton, and Loddon Waveney Valley neighbourhood, 57.9% of working-age residents were classified as economically active, while 42.1% were economically inactive. These proportions position the area within the mid-range of economic activity when compared to other neighbourhoods, but still lower than the regional and national averages.

Economic Activity ● Inactive ● Active



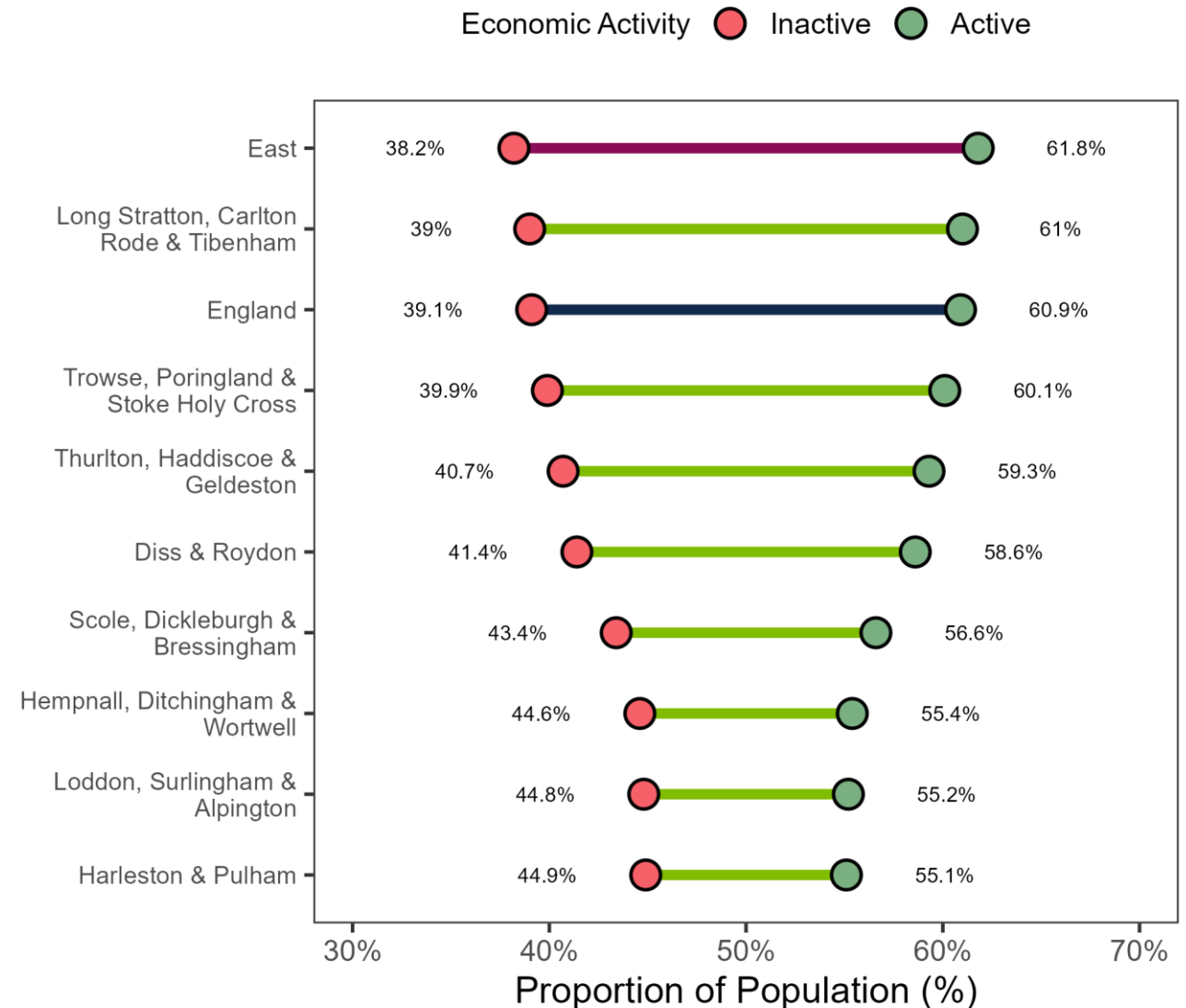
Economy and Employment

Levels of economic activity reported across MSOAs within the Diss, Long Stratton, and Loddon Waveney Valley neighbourhood in the 2021 Census were consistently below the East of England average (61.8% active) and generally below the England average (60.9% active).

Within the neighbourhood, Harleston and Pulham recorded the lowest proportion of economically active residents aged 16–64 at 55.1%, indicating high levels of economic inactivity among the working-age population.

In contrast, Long Stratton, Carlton Rode and Tibenham recorded the highest proportion of economically active residents (61%) among MSOAs within the neighbourhood, aligning with the national average for England, but slightly below the regional average.

Economic Activity Across Areas (Census 2021)



Economy and Employment

Occupation, as recorded in the 2021 Census, is derived from an individual's main job title and the activities associated with that role. Values are based on the proportion of usual residents aged 16 and over in employment.

In the Diss, Long Stratton, and Loddon Waveney Valley neighbourhood, professional occupations represented the largest occupational group, with 18.4% of usual residents aged 16 years and over in employment engaged in these roles. This mirrors patterns observed across Norfolk and England. In addition, the proportion of residents employed in managerial and skilled trade roles exceeded the averages for Norfolk and England, indicating a comparatively high presence of leadership and technical expertise roles within the local labour market.

In contrast, employment in caring, sales, process, and elementary occupations was consistently below the Norfolk average and at, or below, the England average. This suggests a relatively low concentration of individuals engaged in routine and manual forms of work within the neighbourhood, compared to county and national averages.

| Occupational Profile | | | | | | |
|--|--|-------|---------|-------|-----------|-------|
| Occupation | Diss, Long Stratton, Loddon Waveney Valley | | Norfolk | | England | |
| | Count | Rate | Count | Rate | Count | Rate |
| Managers, Directors & Senior Officials | 4,976 | 14.4% | 49,365 | 11.9% | 3,403,916 | 12.9% |
| Professional | 6,350 | 18.4% | 68,653 | 16.6% | 5,356,649 | 20.3% |
| Associate Professional & Technical | 4,189 | 12.2% | 48,630 | 11.8% | 3,499,749 | 13.3% |
| Administrative & Secretarial | 3,235 | 9.4% | 37,330 | 9.0% | 2,446,565 | 9.3% |
| Skilled Trades | 4,718 | 13.7% | 52,732 | 12.8% | 2,683,139 | 10.2% |
| Caring, Leisure & Other Service | 3,214 | 9.3% | 43,994 | 10.6% | 2,447,148 | 9.3% |
| Sales & Customer Service | 2,285 | 6.6% | 33,402 | 8.1% | 1,972,553 | 7.5% |
| Process, Plant & Machine Operatives | 2,413 | 7.0% | 33,235 | 8.0% | 1,832,666 | 6.9% |
| Elementary | 3,070 | 8.9% | 46,376 | 11.2% | 2,762,829 | 10.5% |

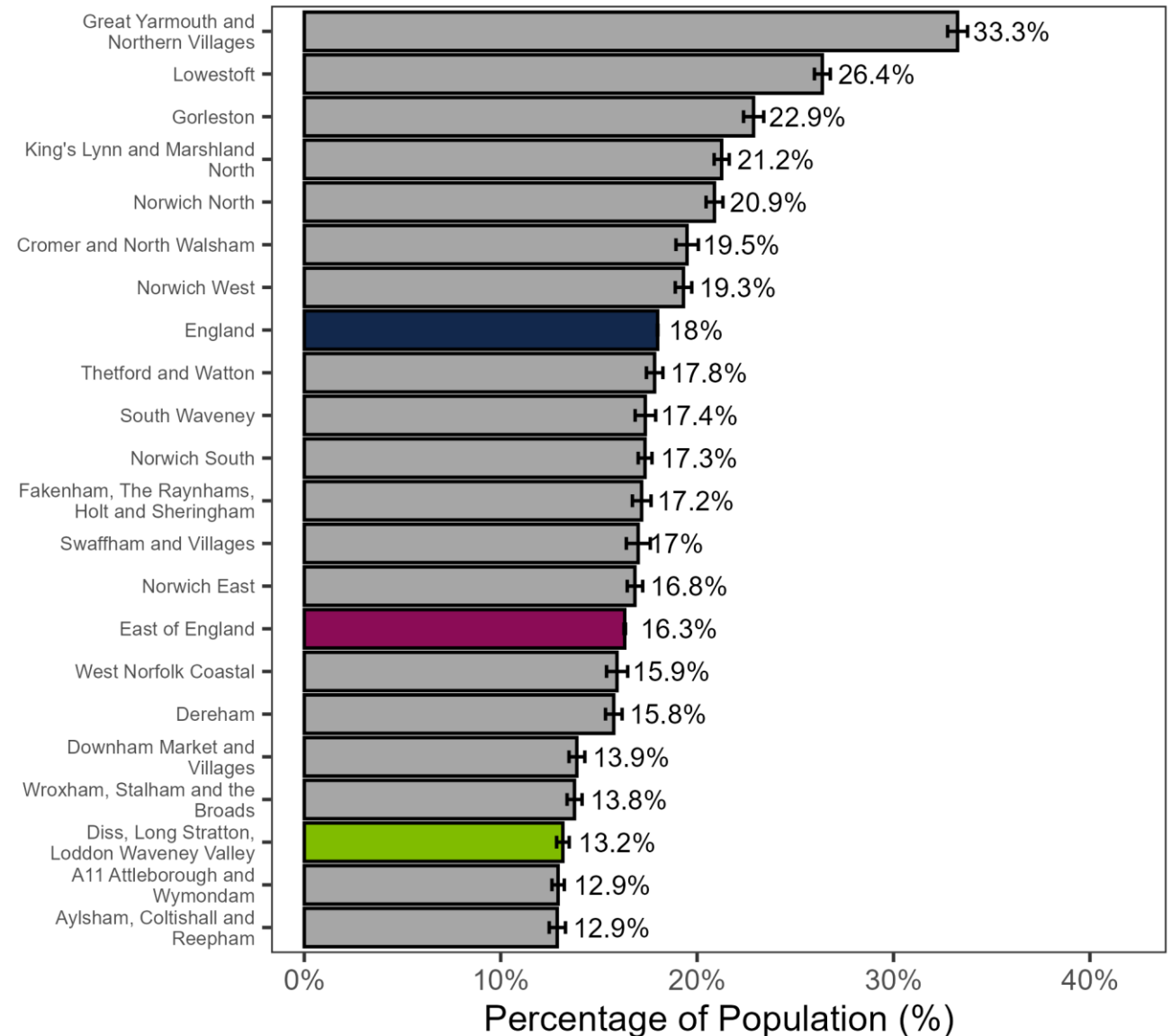
Economy and Employment

Universal Credit is a monthly payment from the government to help with living costs for individuals on a low income or out of work. Eligible individuals must be between 18 and 66 years of age and have less than £16,000 in money, saving and investments.

The graph shows the proportion of residents (aged 18 to 66) claiming Universal Credit across neighbourhoods in August 2025, alongside regional and national benchmarks.

The proportion of residents claiming Universal Credit varies significantly across neighbourhoods. The Diss, Long Stratton, and Loddon Waveney Valley neighbourhood reported one of the lowest claimant rates during this period (13.2%), significantly below 15 of the 19 other neighbourhoods. The proportion of claimants in the Diss, Long Stratton, and Loddon Waveney Valley neighbourhood was also lower than both the East of England (16.3%) and England (18%) averages.

Percentage of Population Claiming Universal Credit by Area (Aug 2025)



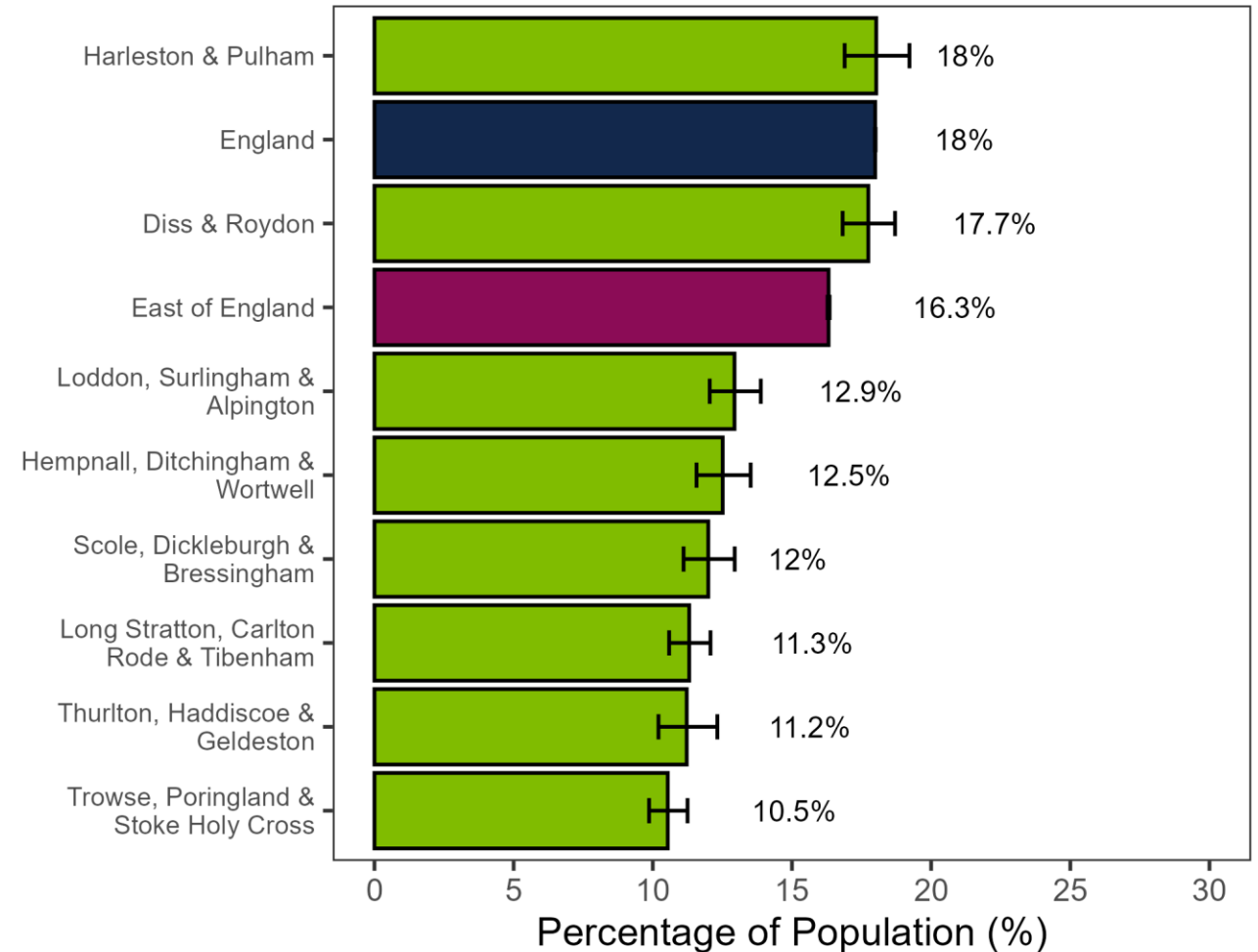
Economy and Employment

In August 2025, the proportion of residents aged 18 to 66 claiming Universal Credit varied significantly between MSOA areas within the Diss, Long Stratton and Loddon Waveney Valley neighbourhood (ranging from 10.5%-18%)

Harleston & Pulham recorded the highest proportion of claimants at 18%, closely followed by Diss & Roydon at 17.7%. Both areas had significantly higher claimant rates than all other MSOAs in the neighbourhood and the East of England average (16.3%), but were similar to the England average (18%). This suggests that these areas may experience comparatively greater levels of economic inactivity within the neighbourhood, aligning more closely with national patterns than regional ones.

Trowse, Poringland and Stoke Holy Cross recorded the lowest proportion of claimants at 10.5%, significantly below four of the other seven MSOAs within the neighbourhood as well as the regional and national averages. This suggests that economic inactivity in this area is less pronounced compared to both local, regional and national benchmarks.

Universal Credit Claimants by MSOA in Diss, Long Stratton, Loddon Waveney Valley (Aug 2025)



Source: Stat-Xplore, ONS 2024 mid-year population estimates

Economy and Employment

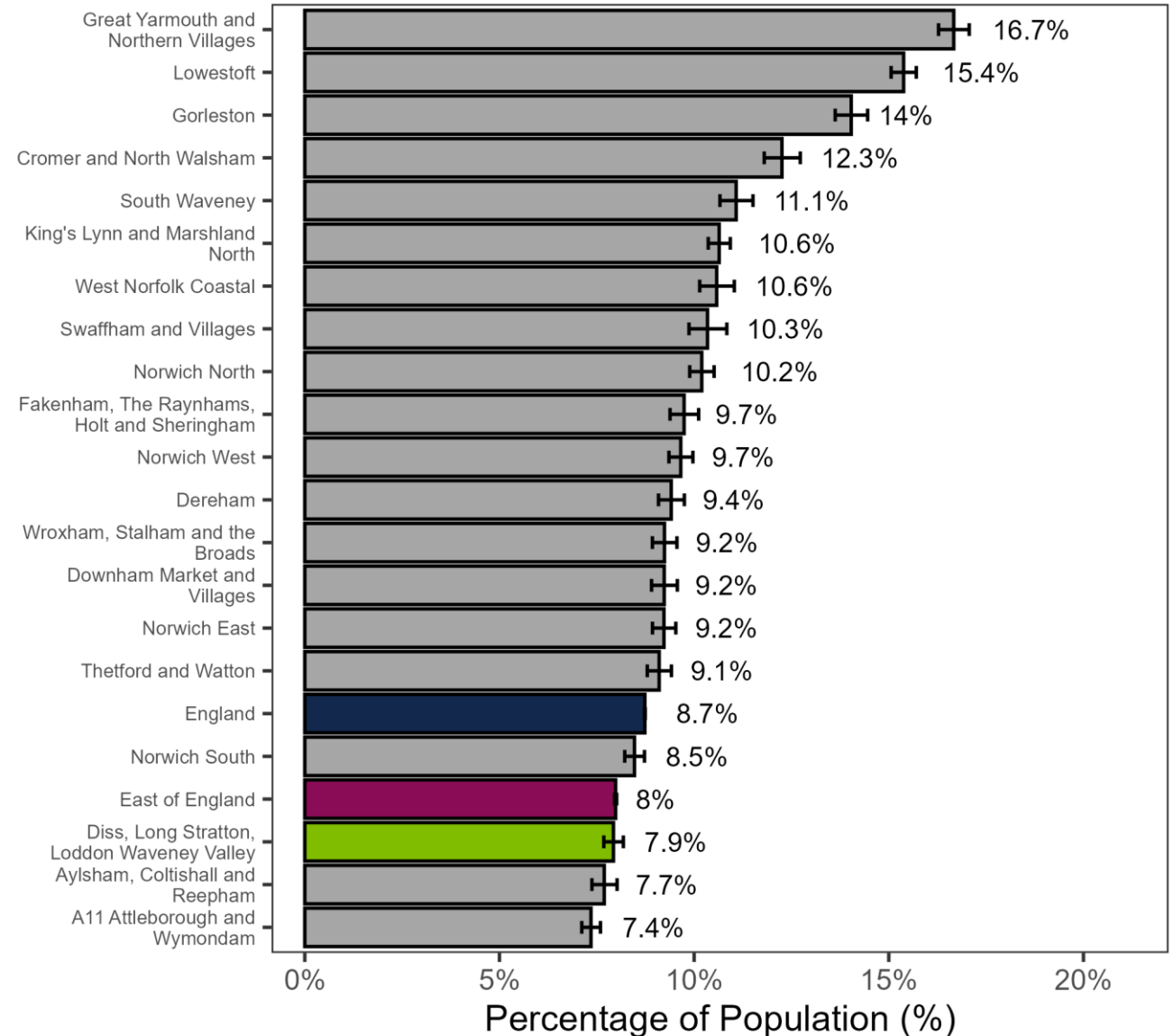
Personal Independence Payments (PIP) entitlement statistics covers individuals currently receiving PIP and those whose payments are temporarily suspended (e.g., during a hospital stay).

To be eligible for PIP an individual needs to be between 16-66 and have a long-term condition which makes everyday tasks or mobility difficult. PIP provides support through two components: daily living (help with everyday activities) and mobility (help with getting around).

The graph shows the proportion of individuals (aged 16-66) entitled to PIP across neighbourhoods during June 2025, alongside regional and national benchmarks.

Diss, Long Stratton and Loddon Waveney Valley had one of the lowest proportions of individuals entitled to PIP (7.9%) across neighbourhoods, significantly below 17 of the 19 other neighbourhoods. Entitlement was also below the England average (8.7%) but similar to the East of England average (8%). This indicates the prevalence of long-term health conditions or disabilities requiring support may be comparatively lower in this area than nationally, though broadly aligned with regional patterns.

Percentage of Population Entitled to PIP by Area (June 2025)



Source: Stat-Xplore, ONS 2024 mid-year population estimates

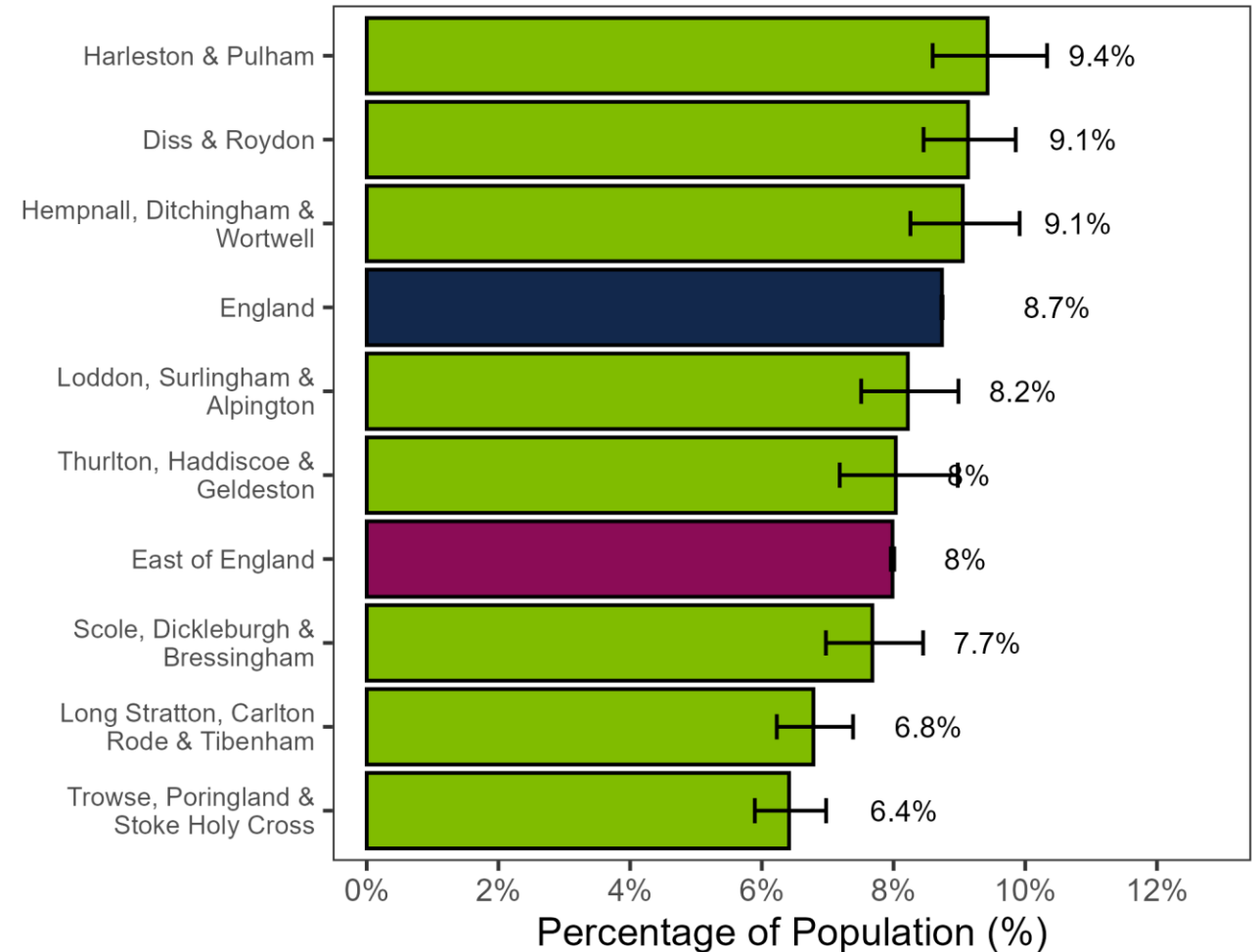
Economy and Employment

In June 2025, the proportion of residents aged 16 to 66 entitled to Personal Independence Payment (PIP) varied significantly across MSOA areas within the Diss, Long Stratton and Loddon Waveney Valley neighbourhood (ranging from 6.4%-9.4%).

Harleston & Pulham recorded the highest proportion of residents entitled to PIP) within the neighbourhood, at 9.4%. This rate was significantly higher than three of the other eight MSOAs in the neighbourhood, indicating a comparatively greater prevalence of health-related support needs in this area.

Trowse, Poringland and Stoke Holy Cross recorded the lowest at 6.4%. This difference was statistically significant, with entitlement in Trowse, Poringland and Stoke Holy Cross significantly lower than five of the other eight MSOAs. This indicates that Trowse, Poringland and Stoke Holy Cross may have a comparatively lower prevalence of long-term health conditions or disabilities that require support

Population Entitled to PIP by MSOA in Diss, Long Stratton, Loddon Waveney Valley (June 2025)



Source: Stat-Xplore, ONS 2024 mid-year population estimates

Housing

The table shows the percentage breakdown of housing tenure types across neighbourhoods compared to England, as reported in the 2021 Census.

Compared to England, the Diss, Long Stratton, Loddon Waveney Valley neighbourhood had a higher proportion of homes owned outright (44.5% vs 32.5%) but a similar proportion with a mortgage (28.3% vs 28.8%). Its combined social renting rate (council and housing association) was 11.8%, which was lower than the national average of 17.1%. Private renting rate (Landlord/rent free/other) at 14.4% was higher than the England average of 20.6%.

Compared to other neighbourhoods, the Diss, Long Stratton, Loddon Waveney Valley neighbourhood has a higher proportion of homes owned outright or with a mortgage, a lower proportion of homes privately rented and a lower social renting rate.

| Area | Owned outright | Owned with mortgage or loan | Private rented with landlord | Rented from housing association | Rented from council | Private rented other | Shared ownership | Non owner occupied housing rent free |
|---|----------------|-----------------------------|------------------------------|---------------------------------|---------------------|----------------------|------------------|--------------------------------------|
| England | 32.5% | 28.8% | 18.2% | 8.8% | 8.3% | 2.2% | 1.0% | 0.1% |
| Diss, Long Stratton, Loddon Waveney Valley | 44.5% | 28.3% | 12.1% | 9.2% | 2.5% | 2.3% | 1.0% | <0.1% |
| A11 Attleborough and Wymondham | 40.1% | 32.9% | 12.4% | 9.0% | 2.0% | 2.2% | 1.4% | <0.1% |
| Aylsham, Coltishall and Reepham | 44.8% | 29.3% | 12.2% | 9.3% | 1.2% | 2.3% | 0.8% | 0.0% |
| Cromer and North Walsham | 48.4% | 19.9% | 15.4% | 11.2% | 1.9% | 2.4% | 0.7% | <0.1% |
| Dereham | 43.1% | 27.1% | 13.1% | 10.4% | 2.5% | 3.2% | 0.5% | <0.1% |
| Downham Market and Villages | 43.9% | 26.8% | 14.4% | 7.9% | 2.0% | 4.6% | 0.4% | <0.1% |
| Fakenham, The Raynhams, Holt and Sheringham | 48.6% | 18.9% | 14.6% | 11.6% | 2.2% | 3.2% | 0.8% | <0.1% |
| Gorleston | 39.5% | 27.6% | 13.6% | 3.7% | 12.7% | 2.3% | 0.3% | 0.3% |
| Great Yarmouth and Northern Villages | 37.1% | 20.6% | 23.3% | 4.1% | 11.9% | 2.5% | 0.3% | 0.2% |
| King's Lynn and Marshland North | 34.9% | 27.9% | 17.0% | 12.5% | 4.7% | 2.3% | 0.6% | 0.1% |
| Lowestoft | 40.0% | 24.8% | 18.4% | 7.1% | 7.3% | 2.0% | 0.3% | <0.1% |
| Norwich East | 33.9% | 26.8% | 18.3% | 8.7% | 9.6% | 1.9% | 0.7% | <0.1% |
| Norwich North | 30.2% | 26.9% | 17.3% | 6.9% | 15.9% | 2.2% | 0.5% | 0.1% |
| Norwich South | 25.7% | 18.5% | 25.6% | 7.8% | 19.5% | 2.2% | 0.5% | 0.2% |
| Norwich West | 28.4% | 27.7% | 16.8% | 9.9% | 14.3% | 1.7% | 1.0% | 0.1% |
| South Waveney | 47.0% | 21.8% | 14.2% | 5.5% | 8.6% | 2.3% | 0.6% | <0.1% |
| Swaffham and Villages | 45.3% | 24.0% | 12.8% | 12.1% | 2.4% | 2.8% | 0.6% | 0.0% |
| Thetford and Watton | 34.5% | 27.2% | 18.4% | 12.8% | 3.6% | 2.7% | 0.8% | <0.1% |
| West Norfolk Coastal | 50.9% | 19.2% | 14.2% | 9.7% | 2.0% | 3.4% | 0.4% | <0.1% |
| Wroxham, Stalham and the Broads | 47.4% | 27.3% | 11.3% | 9.3% | 1.4% | 2.2% | 0.9% | <0.1% |

Source: Census 2021 Housing Tenure Data

Life expectancy and mortality

- This section focuses on life expectancy and mortality trends, key indicators of overall health and inequality

Life expectancy and mortality

Life expectancy in Diss, Long Stratton, Loddon Waveney Valley is higher than the England average and broadly consistent with Norfolk & Waveney.

Premature and preventable mortality is lower than average in the area, however there are more early deaths from cancer than expected in Diss & Roydon compared to the England average.

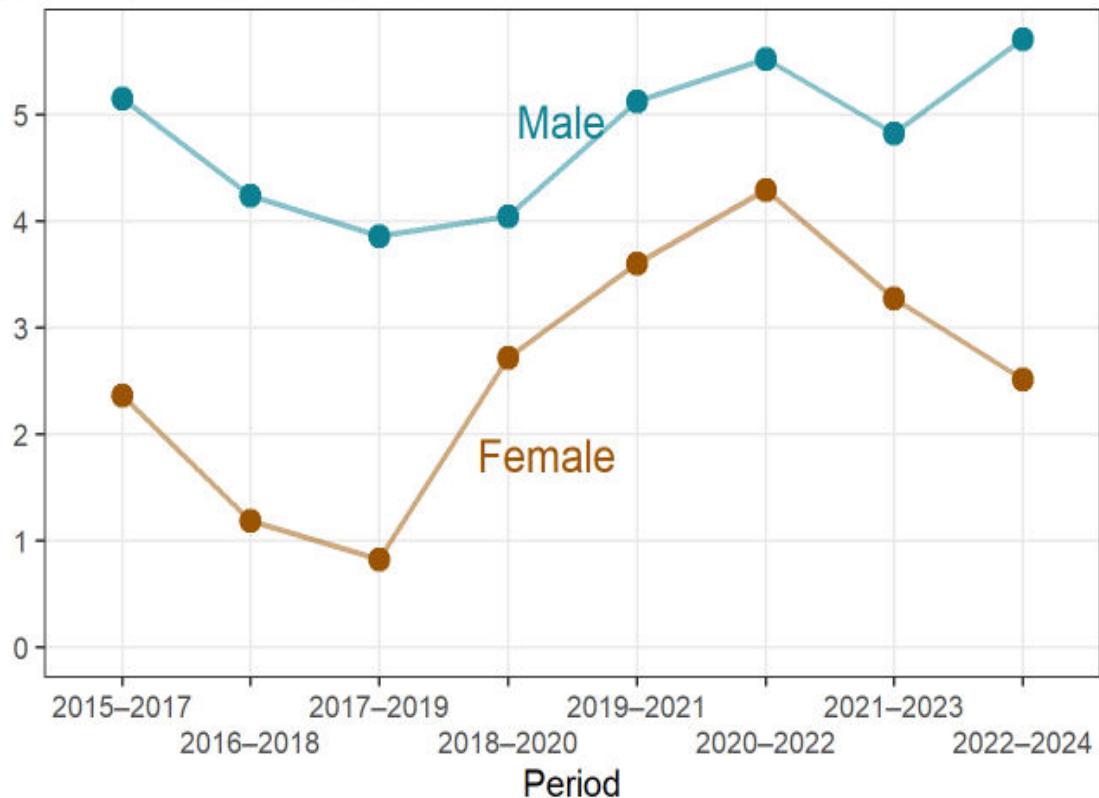
| | Period | England | Diss & Roydon | Harleston & Pulham | Hempnall, Ditchingham & Wortwell | Loddon, Surlingham & Alpington | Long Stratton, Carlton Rode & Tibenham | Scole, Dickleburgh & Bressingham | Thuriton, Haddiscoe & Geldeston | Trowse, Poringland & Stoke Holy Cross |
|--|-----------|---------|---------------|--------------------|----------------------------------|--------------------------------|--|----------------------------------|---------------------------------|---------------------------------------|
| Life expectancy at birth - Female | 2019 - 23 | 83 | 83.1 | 84.8 | 84.6 | 84.2 | 85.8 | 83.4 | 82.5 | 85.8 |
| Life expectancy at birth - Male | 2019 - 23 | 79.1 | 79.3 | 79.7 | 80.6 | 80.9 | 82.1 | 80.9 | 81.5 | 82.1 |
| Mortality from all causes | 2019 - 23 | 100 | 94.2 | 82.3 | 90 | 83.4 | 85.3 | 91.8 | 80.7 | 78 |
| Mortality from all causes (aged under 75) | 2019 - 23 | 100 | 101 | 95.9 | 74.4 | 75.6 | 66.3 | 79.9 | 88.7 | 61.9 |
| Mortality from cancer | 2019 - 23 | 100 | 103 | 88.4 | 93.5 | 95 | 83 | 94.8 | 87.1 | 81.7 |
| Mortality from cancer (aged under 75) | 2019 - 23 | 100 | 125 | 90 | 79.9 | 95.7 | 79.3 | 85.9 | 86 | 79.1 |
| Mortality from cardiovascular disease | 2019 - 23 | 100 | 105 | 87.1 | 83.5 | 89.4 | 87.4 | 86.7 | 98.6 | 84.6 |
| Mortality from cardiovascular disease (aged under 75) | 2019 - 23 | 100 | 78.2 | 96.7 | 79.2 | 65.7 | 57.2 | 93.6 | 94 | 53.6 |
| Mortality from coronary heart disease | 2019 - 23 | 100 | 90.8 | 83.6 | 68.8 | 77.8 | 76.3 | 93.7 | 103 | 74.4 |
| Mortality from stroke | 2019 - 23 | 100 | 112 | 77.7 | 92.4 | 74.3 | 105 | 91.7 | 108 | 91.5 |
| Mortality from respiratory diseases | 2019 - 23 | 100 | 78.1 | 84.8 | 76.2 | 66.7 | 79.9 | 97.2 | 65.8 | 63.1 |
| Mortality from causes considered preventable (aged under 75) | 2019 - 23 | 100 | 87.7 | 86.1 | 66.2 | 68.8 | 56.9 | 79 | 63.2 | 53.3 |

Life expectancy inequalities in South Norfolk

The gap in life expectancy in South Norfolk is relatively small, as there is relatively little variation in deprivation between small areas. Nevertheless, inequalities persist. The leading causes of premature death - circulatory disease, respiratory conditions and cancer - are more prevalent in more deprived areas. Targeted prevention and improved access to care are essential to further reduce the life expectancy gap.

Change in life expectancy gap (3 year average) between most and least deprived deciles within South Norfolk

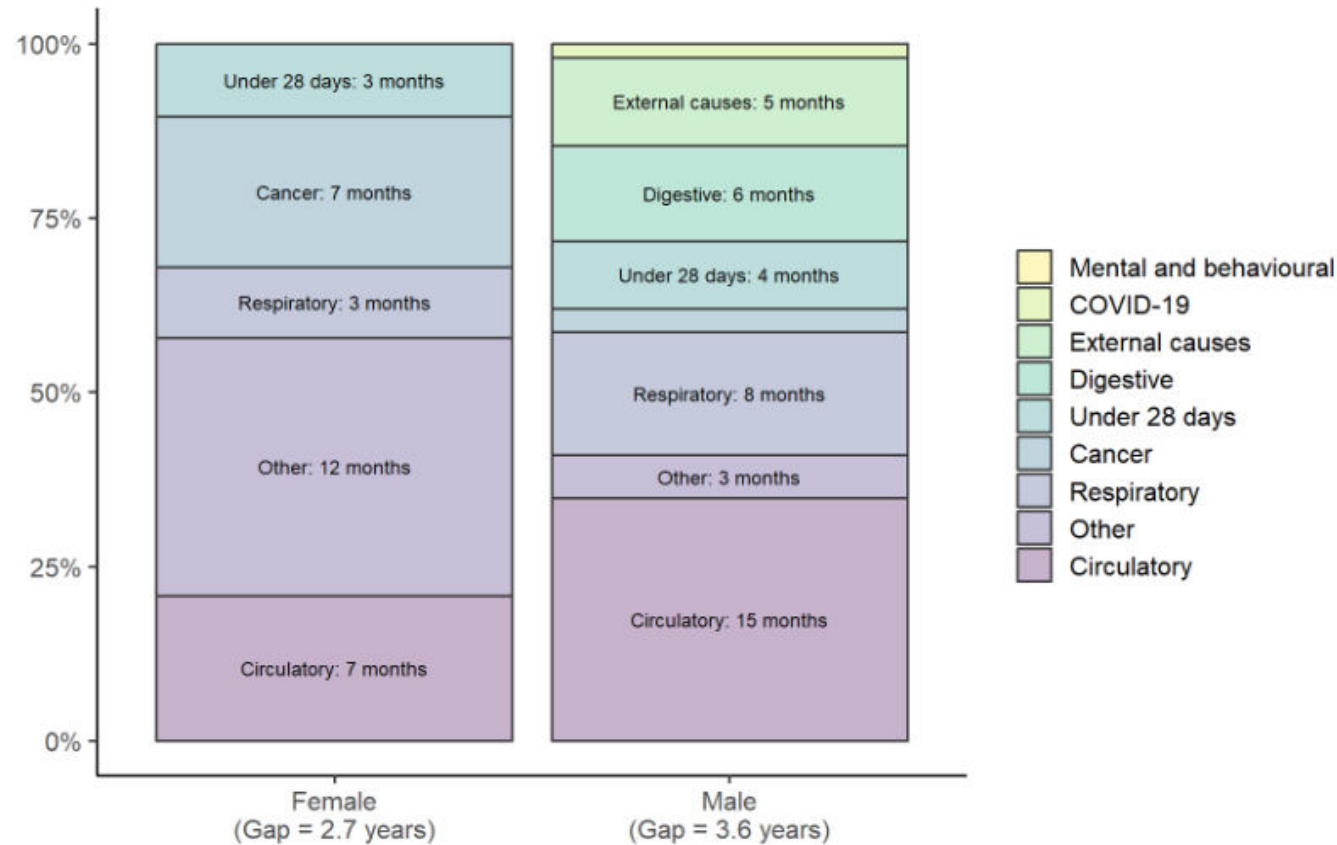
Gap in life expectancy at birth (years)



Sources: CRD (NHS Digital) and ONS mid-year estimates
NB: Small area deprivation scores based on IMD 2025

Contributors to life expectancy gap between most and least deprived quintiles within South Norfolk in 2022-2024

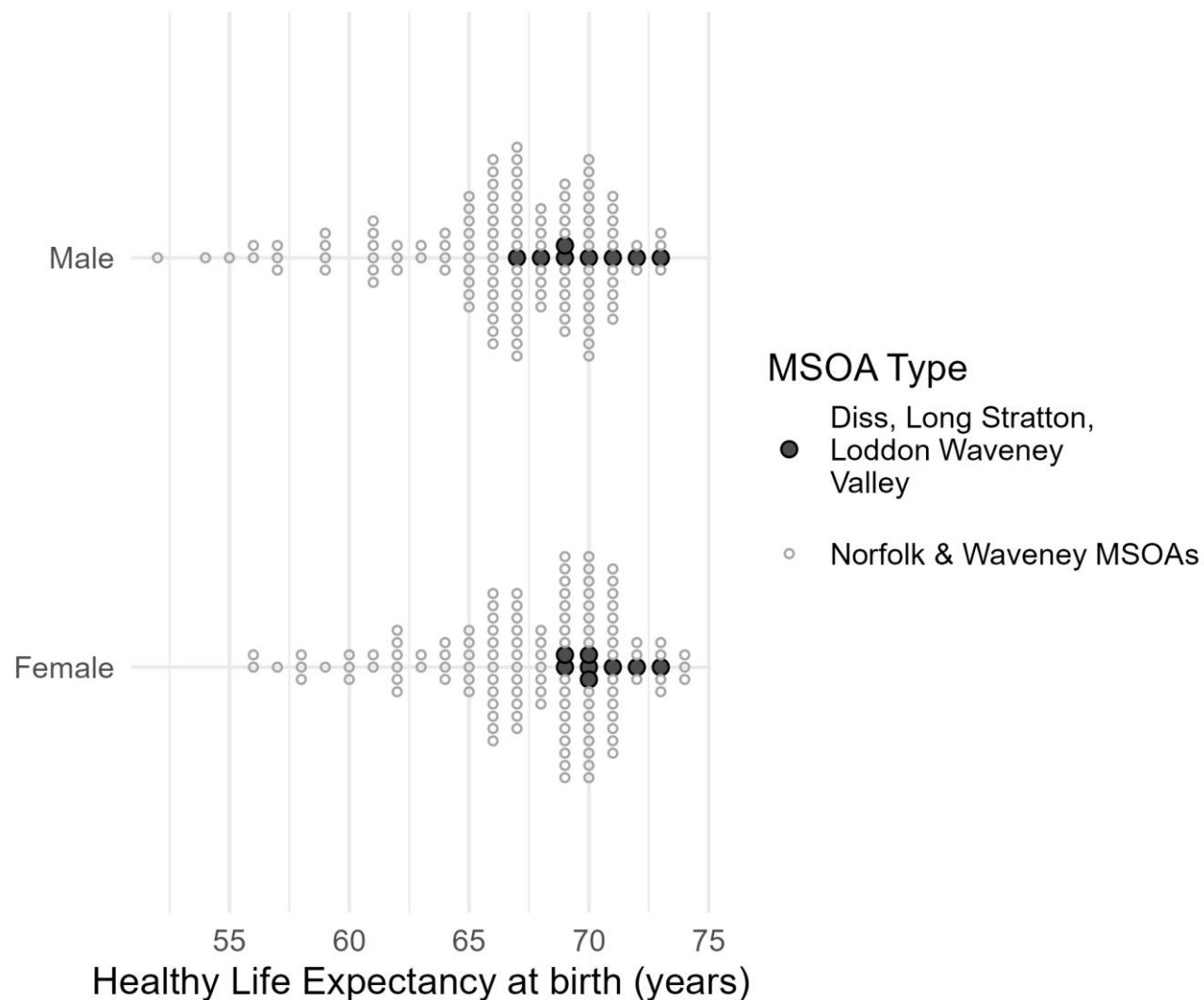
Percentage contribution



Sources: CRD (NHS Digital) and ONS mid-year estimates
NB: Small area deprivation scores based on IMD 2025

Healthy Life Expectancy

Healthy life expectancy in Diss, Long Stratton, Loddon Waveney Valley areas is among the highest in the Norfolk and Waveney area. Both females and males tend to enjoy longer-than-average lives in good health, although there is some variation between local areas within the neighbourhood.

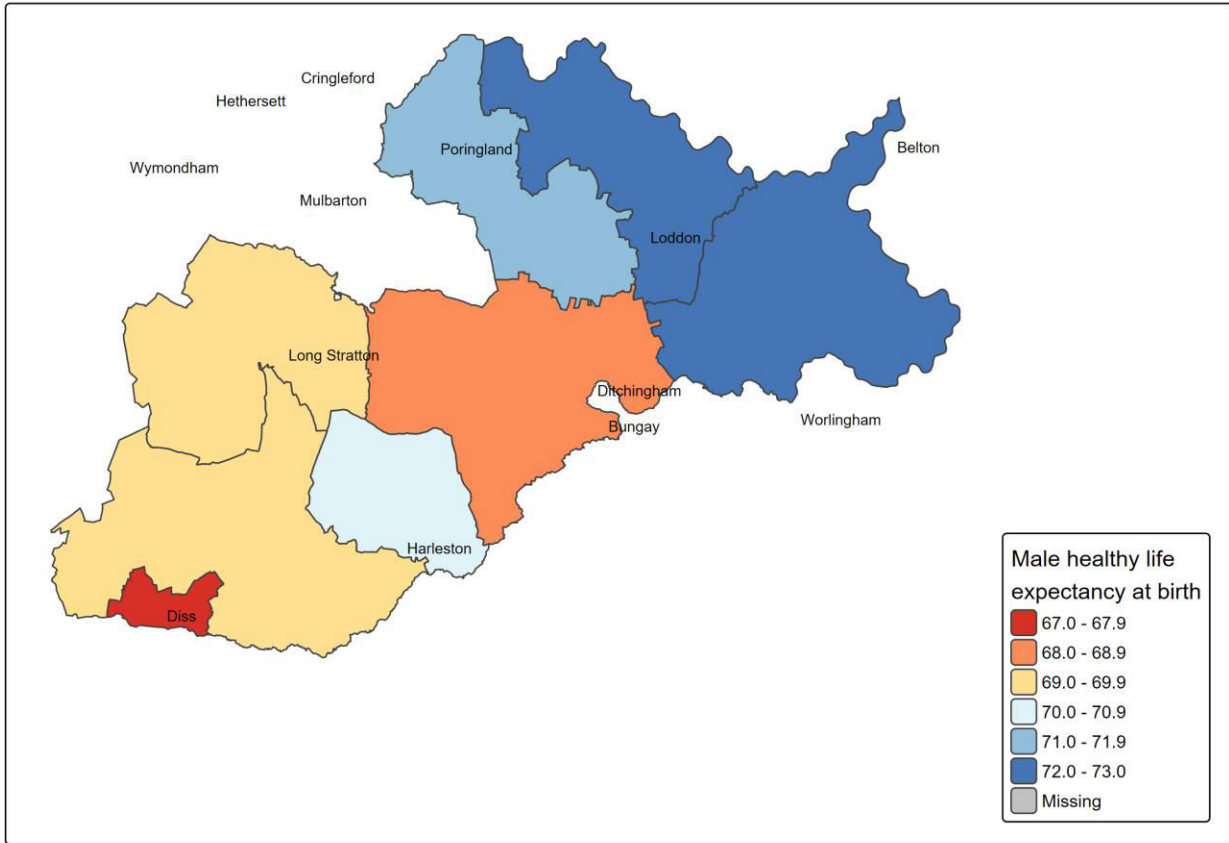
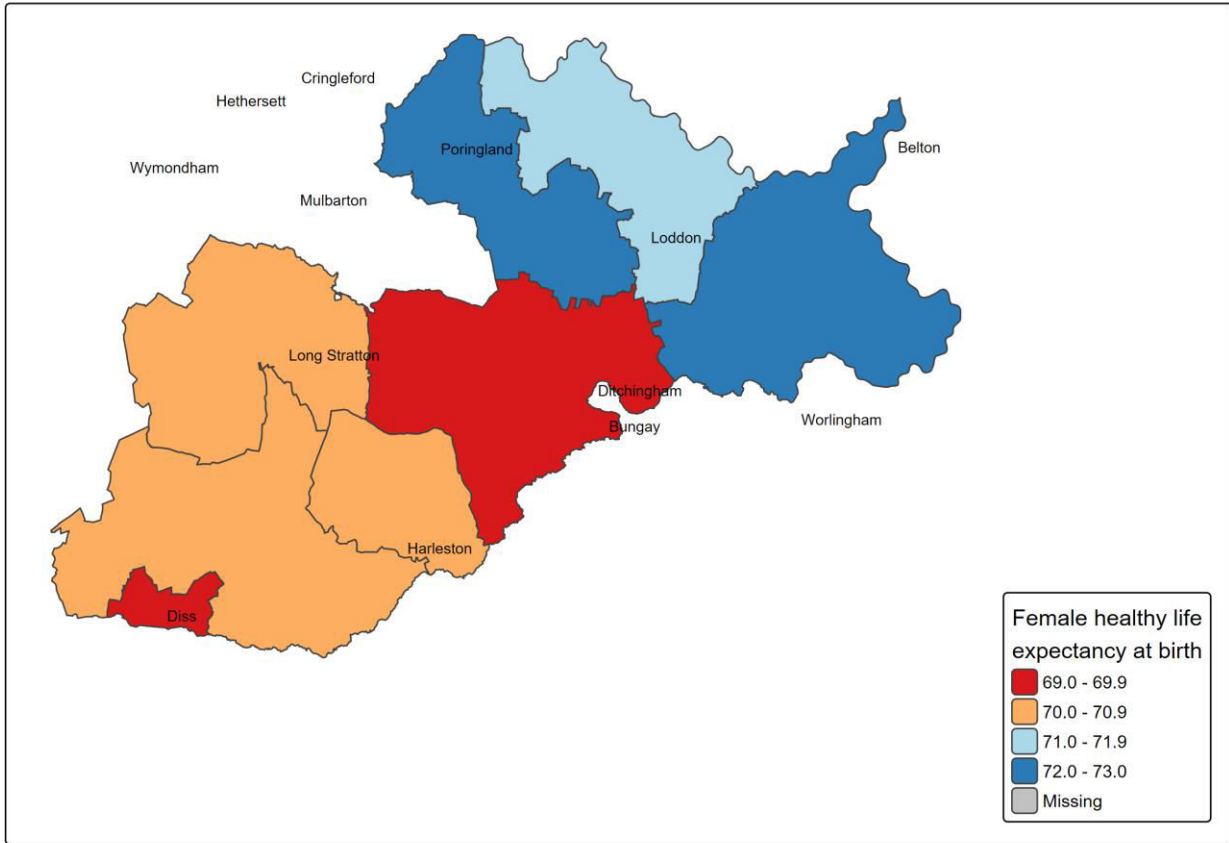


Source: HDIG report 1. Healthy life expectancy and prevention opportunities (2023)

Healthy Life Expectancy in Diss, Long Stratton, Loddon Waveney Valley

Within the Diss, Long Stratton, Loddon Waveney Valley neighbourhood area, female healthy life expectancy was lowest in Diss & Roydon and Hempnall, Ditchingham & Wortwell and highest in Trowse, Poringland & Stoke Holy Cross in 2021.

Male healthy life expectancy was lowest in Diss & Roydon and highest in Thurlton, Haddiscoe & Geldeston in 2021.



Deaths

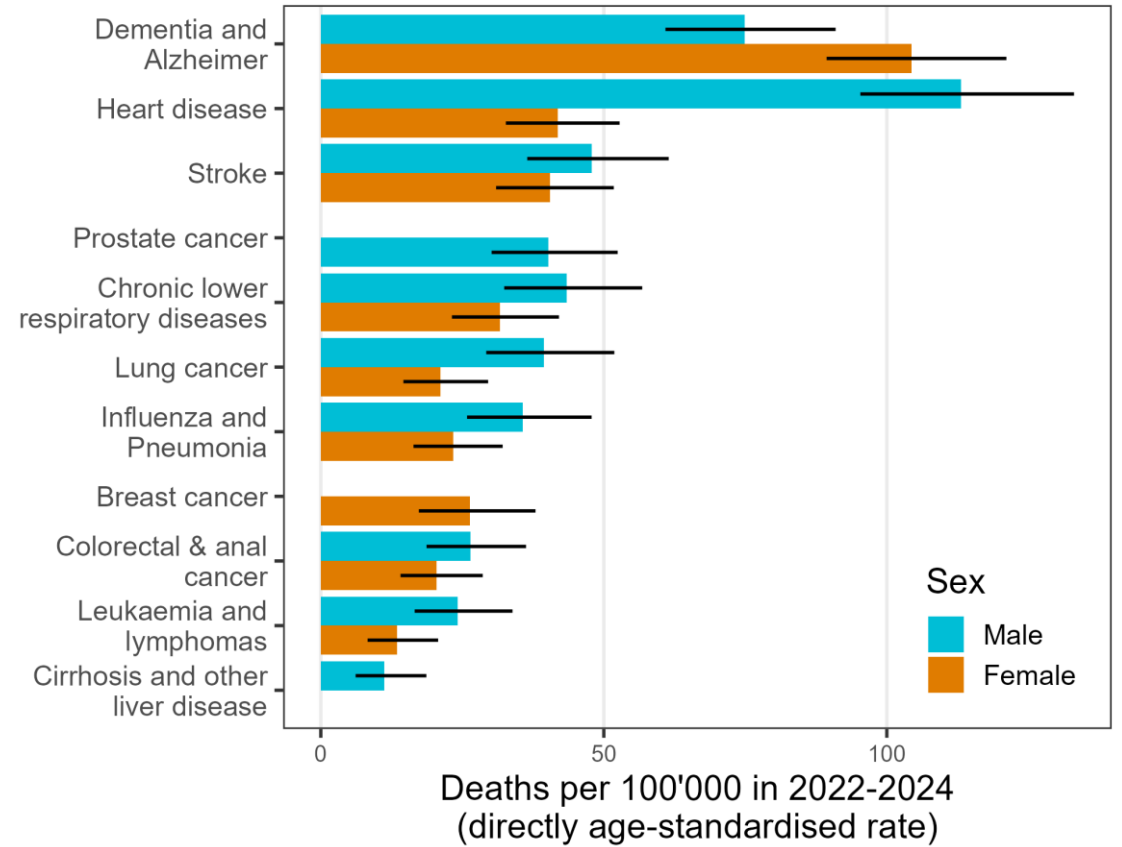
Deaths in Diss, Long Stratton, Loddon Waveney Valley



Source: NOMIS

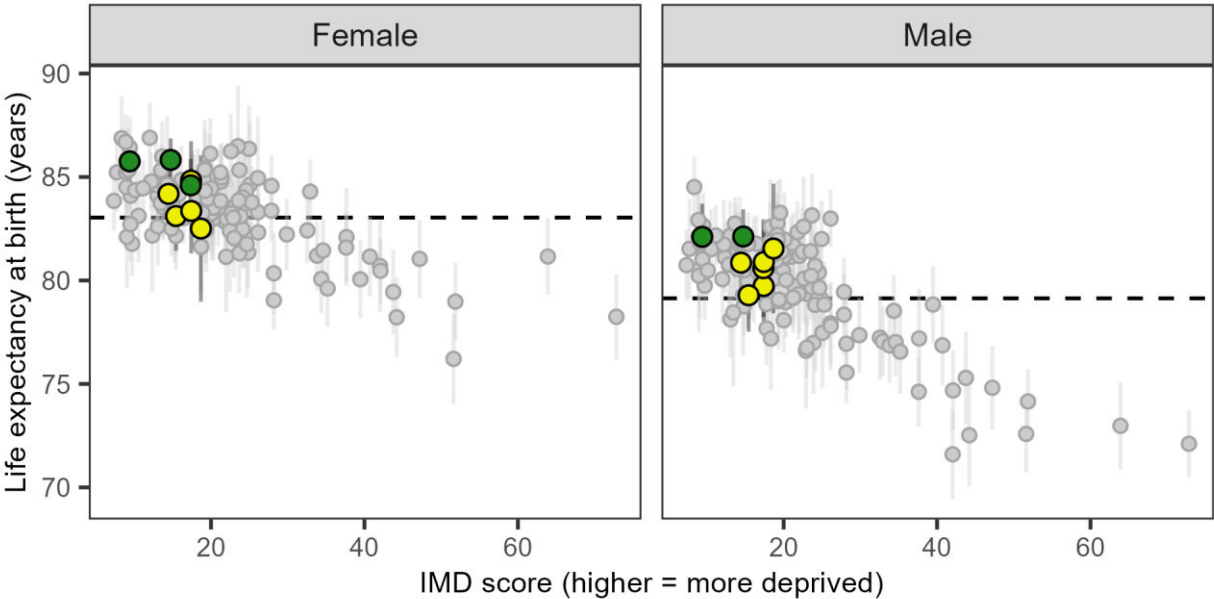
Leading causes of death in Diss, Long Stratton, Loddon Waveney Valley

Leading cause of death



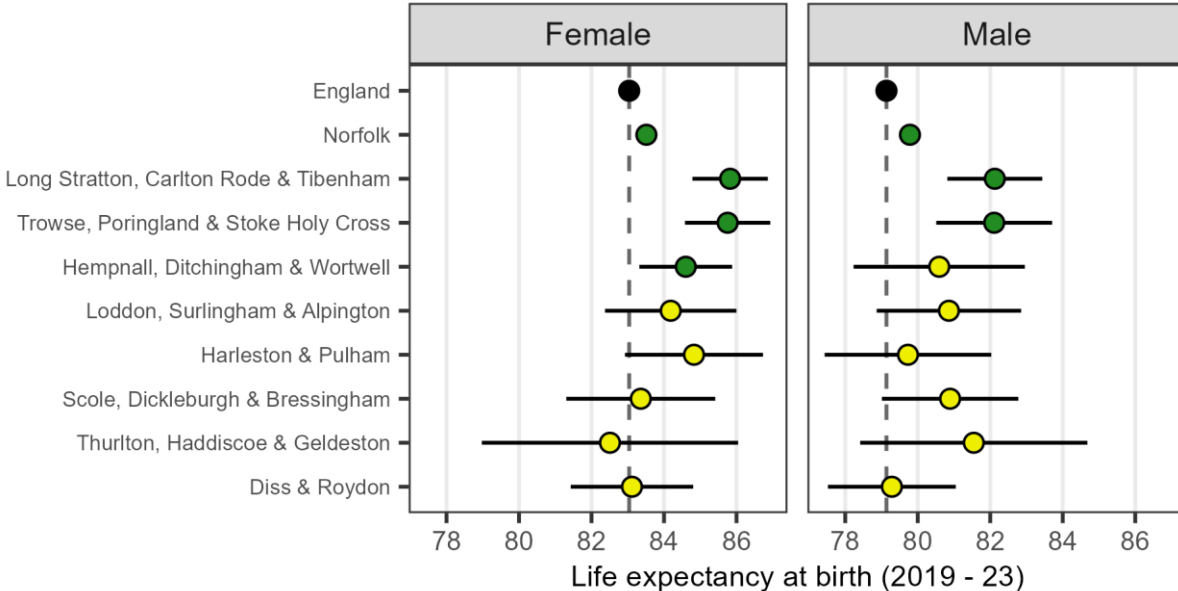
Source: CRD (NHS Digital) and ONS mid-year population estimates

Life expectancy in Diss, Long Stratton, Loddon Waveney Valley



Life expectancy in Diss, Long Stratton, Loddon Waveney Valley is higher than the England average and broadly consistent with Norfolk & Waveney.

There is moderate variation between local areas, alongside little variation in multiple deprivation.



- Better
- Similar
- Worse
- Not compared

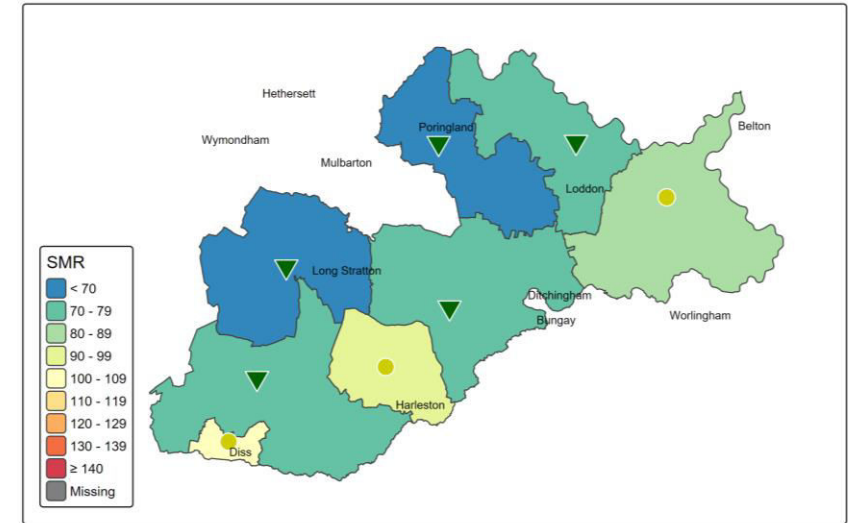
Source: OHID Fingertips

Premature mortality

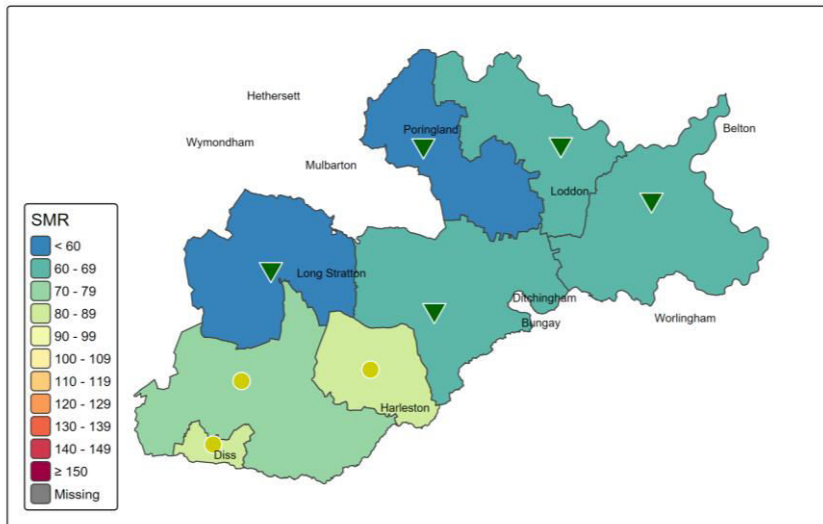
Mortality from all causes (aged under 75) in Diss, Long Stratton, Loddon Waveney Valley
(Standardised Mortality Ratio [England = 100], 2019-2023)

There were 1,099 deaths of people under the age of 75 in Diss, Long Stratton, Loddon Waveney Valley in 2019 - 23. Overall, the rate of premature mortality was 21% lower than the England average.

Locally, the highest rate of premature mortality was in Diss & Roydon (Standardised Mortality Ratio = 101.2). The lowest rate was in Trowse, Poringland & Stoke Holy Cross. Five local areas (MSOAs) had a significantly lower premature mortality rate than the England average (green triangles).



Mortality from causes considered preventable (aged under 75) in Diss, Long Stratton, Loddon Waveney Valley
(Standardised Mortality Ratio [England = 100], 2019-2023)



Preventable mortality

In 2019 - 23, 446 deaths of people under the age of 75 in Diss, Long Stratton, Loddon Waveney Valley were from causes considered preventable. Overall, there was a 31% lower rate of preventable mortality compared to the national average.

Locally, the highest rate of preventable mortality was in Diss & Roydon (Standardised Mortality Ratio = 87.7). The lowest rate was in Trowse, Poringland & Stoke Holy Cross. Five local areas (MSOAs) had a significantly lower preventable mortality rate than the England average (green triangles).

Behavioural determinants of health

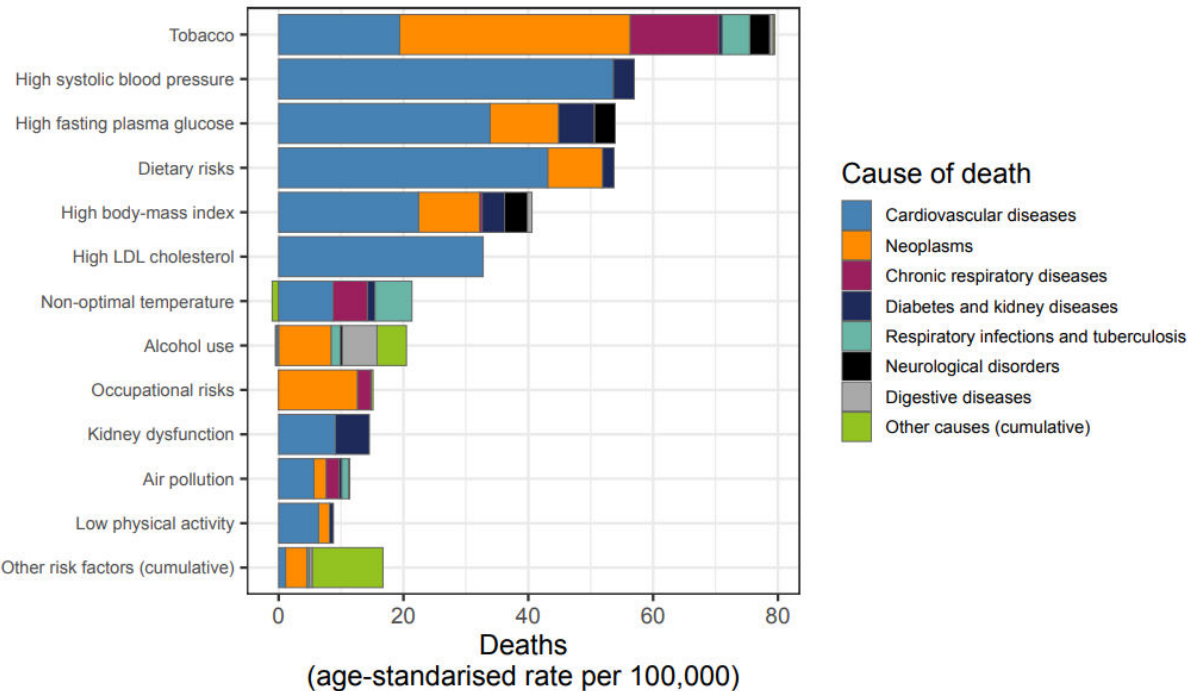
- This section examines lifestyle and behavioural risk factors such as smoking, diet, and physical activity, which contribute to preventable disease.

How can we improve health in Norfolk?

Preventable behavioural risk factors have an important impact on ill health and constitute a major challenge for health and social care. Of concern are our rates of smoking, poor diet and exercise, and alcohol consumption.

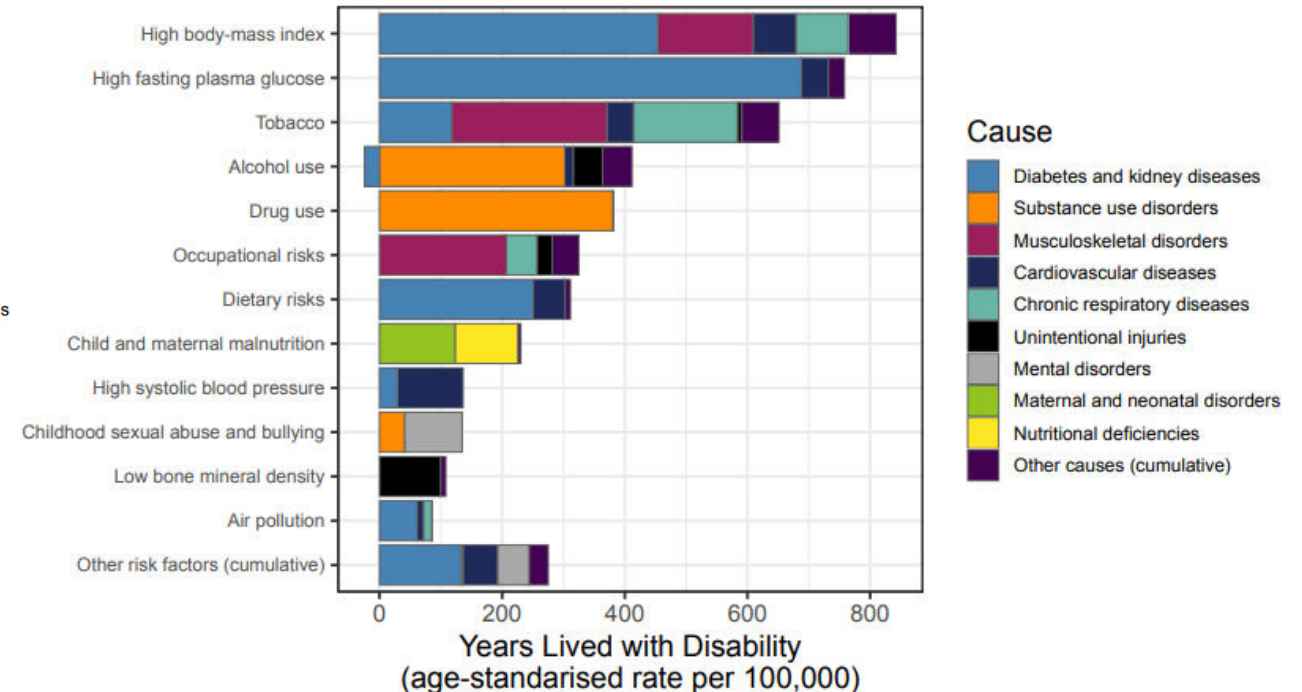
Deaths

Attribution of risk factors to cause of death in Norfolk



Years lived with disability

Attribution of risk factors to causes of years lived with disability in Norfolk



Behavioural risk factors

Smoking prevalence and alcohol-related harm in the district are lower than the Norfolk and England averages, reflecting relatively healthier behaviours. However, obesity and physical inactivity remain concerns, particularly among older adults.

Outcomes for children are broadly similar to or better than the England average.

| | Period | England | Diss & Roydon | Harleston & Pulham | Hempnall, Ditchingham & Wortwell | Loddon, Surlingham & Alington | Long Stratton, Carlton Rode & Tibenham | Scole, Dickleburgh & Bressingham | Thuriton, Haddiscoe & Geldeston | Trowse, Poringland & Stoke Holy Cross |
|---|-----------------|---------|---------------|--------------------|----------------------------------|-------------------------------|--|----------------------------------|---------------------------------|---------------------------------------|
| Reception prevalence of obesity (including severe obesity), 3 years data combined | 2021/22 - 23/24 | 9.64 | 8.47 | 11.1 | 6.45 | 6.25 | 9.52 | 9.38 | | 8.22 |
| Reception prevalence of overweight (including obesity), 3 years data combined | 2021/22 - 23/24 | 21.9 | 18.6 | 25 | 19.4 | 14.6 | 20.6 | 25 | 23.8 | 19.2 |
| Year 6 prevalence of obesity (including severe obesity), 3 years data combined | 2021/22 - 23/24 | 22.7 | 23.1 | 26.7 | 15.8 | 17.4 | 22.2 | 18.9 | 19.2 | 15.7 |
| Year 6 prevalence of overweight (including obesity), 3 years data combined | 2021/22 - 23/24 | 36.7 | 36.9 | 37.8 | 26.3 | 26.1 | 38.9 | 37.8 | 34.6 | 30 |
| General fertility rate (women aged 15 to 44) | 2018 - 22 | 54.6 | 58.2 | 54.1 | 44.4 | 62.1 | 50.4 | 50.3 | 42.6 | 58.7 |
| Low birth weight of live babies | 2018 - 22 | 6.84 | 5.05 | 6.42 | 4.69 | 6.33 | 5.82 | 7.36 | 2.82 | 6.31 |
| Emergency hospital admissions: all causes (aged under 5) | 2016/17 - 20/21 | 141 | 136 | 139 | 202 | 181 | 154 | 187 | 91.7 | 138 |
| Unintentional and deliberate injuries: emergency hospital admissions in children (aged under 5) | 2016/17 - 20/21 | 119 | 125 | 126 | 200 | 105 | 124 | 129 | | 117 |
| Unintentional and deliberate injuries: hospital admissions in children (aged under 15) | 2016/17 - 20/21 | 92 | 81.5 | 87.6 | 110 | 69.6 | 116 | 80.4 | 104 | 94.7 |
| Unintentional and deliberate injuries: hospital admissions in young people (aged 15 to 24) | 2016/17 - 20/21 | 128 | 85.4 | 94.4 | 116 | 118 | 96.9 | 57.4 | 127 | 110 |

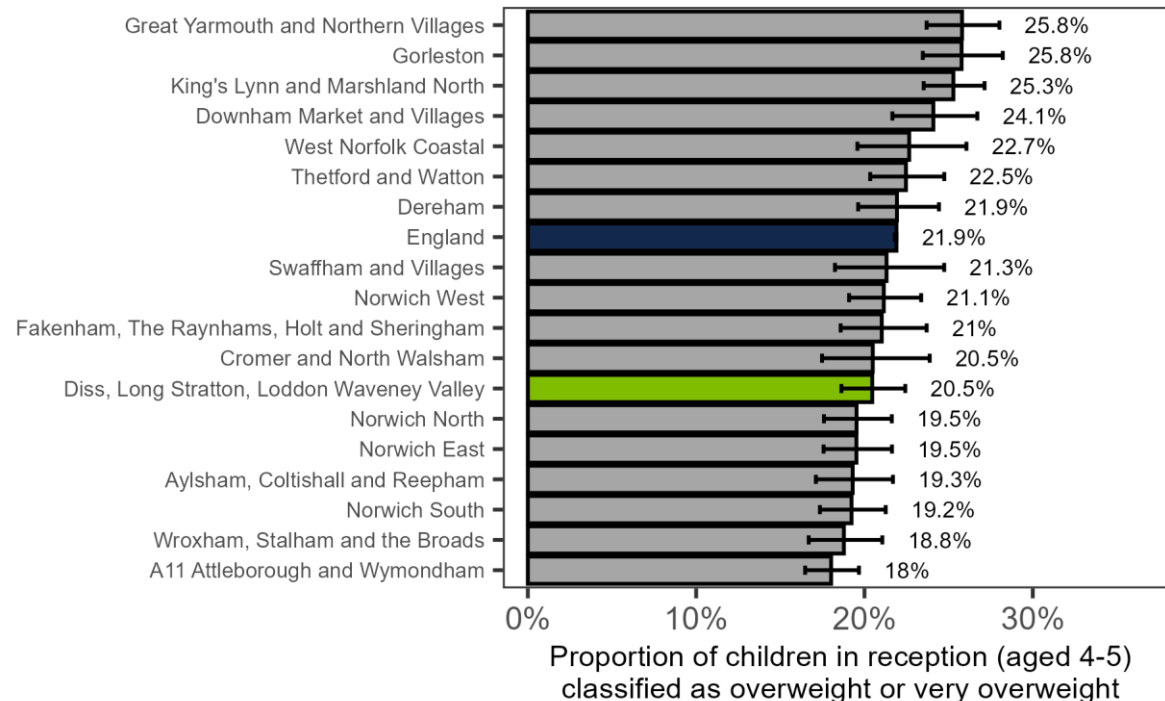
Behavioural risk factors - children

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and Year 6 (aged 10 to 11), to assess overweight and very overweight levels in children within primary schools.

Analysis of aggregated NCMP data from 2021/22 to 2023/24 reveals that the prevalence of overweight or very overweight children varies across neighbourhoods, with rates typically lower in Reception (ranging from 18% to 26%) and higher in Year 6 (ranging from 30% to 42%).

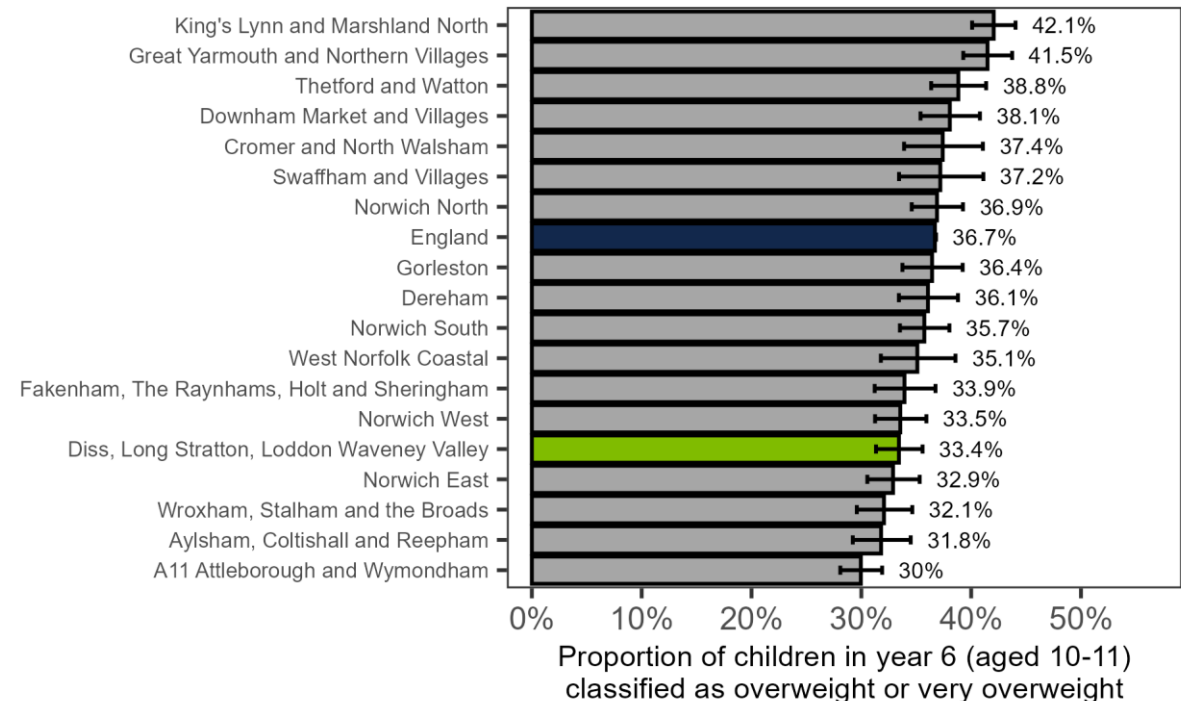
In the Diss, Long Stratton, and Loddon Waveney Valley neighbourhood, 20.5% of Reception children and 33.4% of Year 6 children were classified as overweight or very overweight. These proportions were among some of the lowest recorded across neighbourhoods and below the England averages. However, the differences compared with England were not statistically significant.

Reception: 3-Year Combined Prevalence of Overweight or Very Overweight Children by Area



Source: NCMP data, 2021/22-2023/24

Year 6: 3-Year Combined Prevalence of Overweight or Very Overweight Children by Area



Source: NCMP data, 2021/22-2023/24

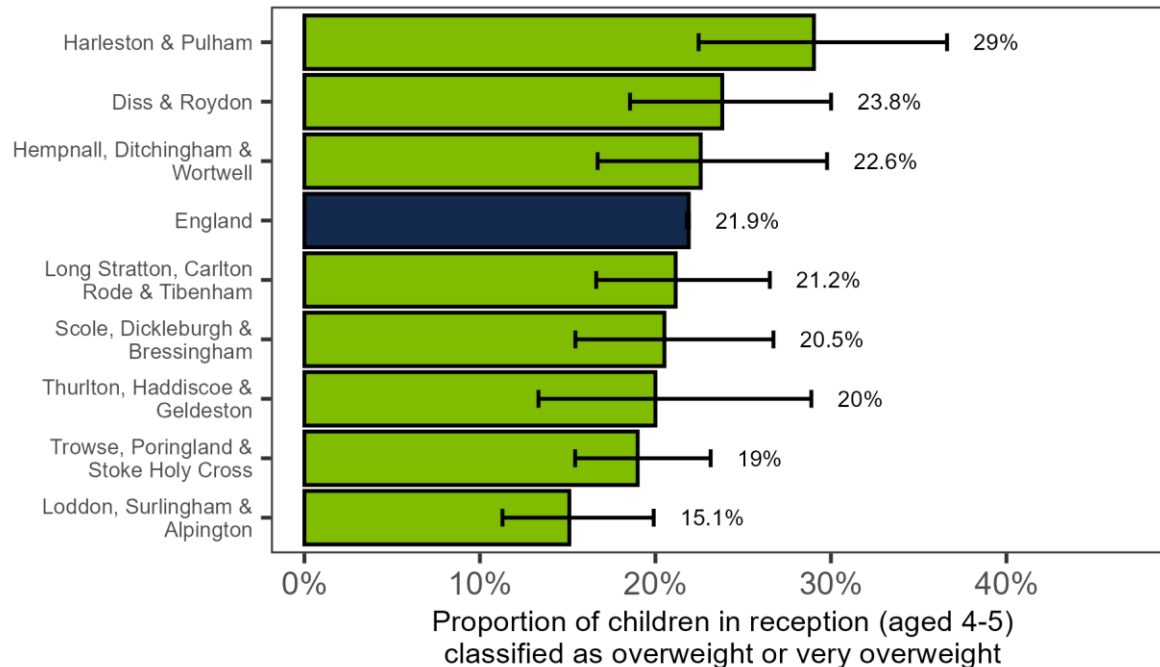
Behavioural risk factors - children

Within the Diss, Long Stratton, Loddon Waveney Valley neighbourhood, the proportion of Reception and Year 6 children classified as overweight or very overweight showed only marginal variation across MSOAs during the 21/22-23/24 period.

Among Reception-age children, Harleston & Pulham recorded the highest prevalence (29.0%), this was significantly higher than the rate in Loddon, Surlingham & Alpington (15.1%). In Year 6, Diss & Roydon reported the highest rate (39.2%), which was significantly higher than that of Hempnall, Ditchingham & Wortwell (26.3%).

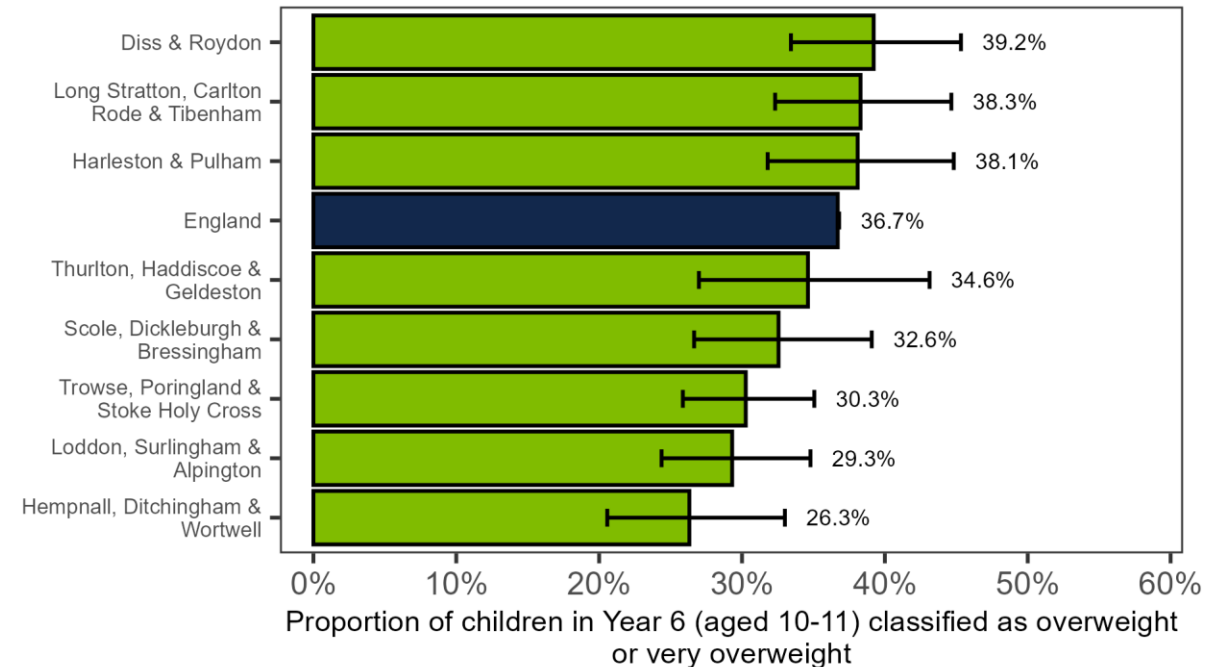
Across the remaining MSOAs, differences in prevalence were not statistically significant, indicating broadly similar levels of excess weight in children across the neighbourhood.

Reception: Prevalence of Overweight or Very Overweight Children Across MSOAs in Diss, Long Stratton, Loddon Waveney Valley Compared to National Average (3-Year Combined)



Source: NCMP data, 2021/22-2023/24

Year 6: Prevalence of Overweight or Very Overweight Children Across MSOAs in Diss, Long Stratton, Loddon Waveney Valley Compared to National Average (3-Year Combined)



Source: NCMP data, 2021/22-2023/24

Behavioural risk factors - adults

In South Norfolk, alcohol-specific hospital admissions are lower than the Norfolk and England average, whereas smoking prevalence in the area is slightly higher than both the Norfolk and England averages. The proportion of adults estimated to be obese is below the Norfolk and England averages, suggesting that weight-related health challenges are less pronounced in this area compared with wider regional and national patterns.

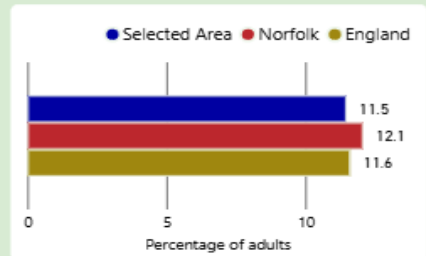
Norfolk Health and Wellbeing Profiles Adult Lifestyle

There are approximately 78,260 adults aged 20-64 living in this area, who make up 54% of the population (the Norfolk average is 55% of the population).

The central government's prevention plan says that making healthy choices is not always easy or clear. Local authorities and their partners have a role in creating an environment that makes healthy choices easier.

Smoking

Smoking increases the risk of diseases like lung cancer, chronic obstructive pulmonary disease (COPD), and heart disease. Smoking is a leading cause of early deaths.



There are approximately 13,330 people who are smokers in this area.



Select your district or Norfolk:

Select your electoral division or district or Norfolk:

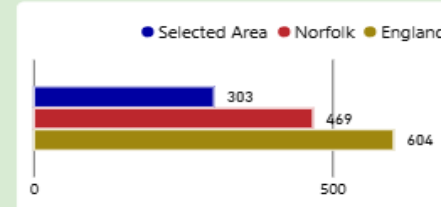


Alcohol

Alcohol is an increasing cause of early deaths in England. Drinking alcohol is linked to increased hospital admissions and deaths from different health conditions.

303

hospital admissions for alcohol specific conditions per 100,000 people



In the most recent 3-year period there were approximately 1,375 hospital admissions for alcohol specific conditions in this area.

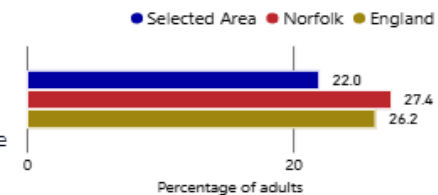
Healthy Weight

Excess weight in adults is recognised as a major cause of early death and avoidable ill health.



22%

of adults are predicted to be obese



In this area there are approximately 26,010 adults who are predicted to be obese and approximately 30,310 adults who are physically inactive.

Disease and poor health

- This section summarises the prevalence of long-term conditions and other health burdens in the neighbourhood.

Disease and poor health

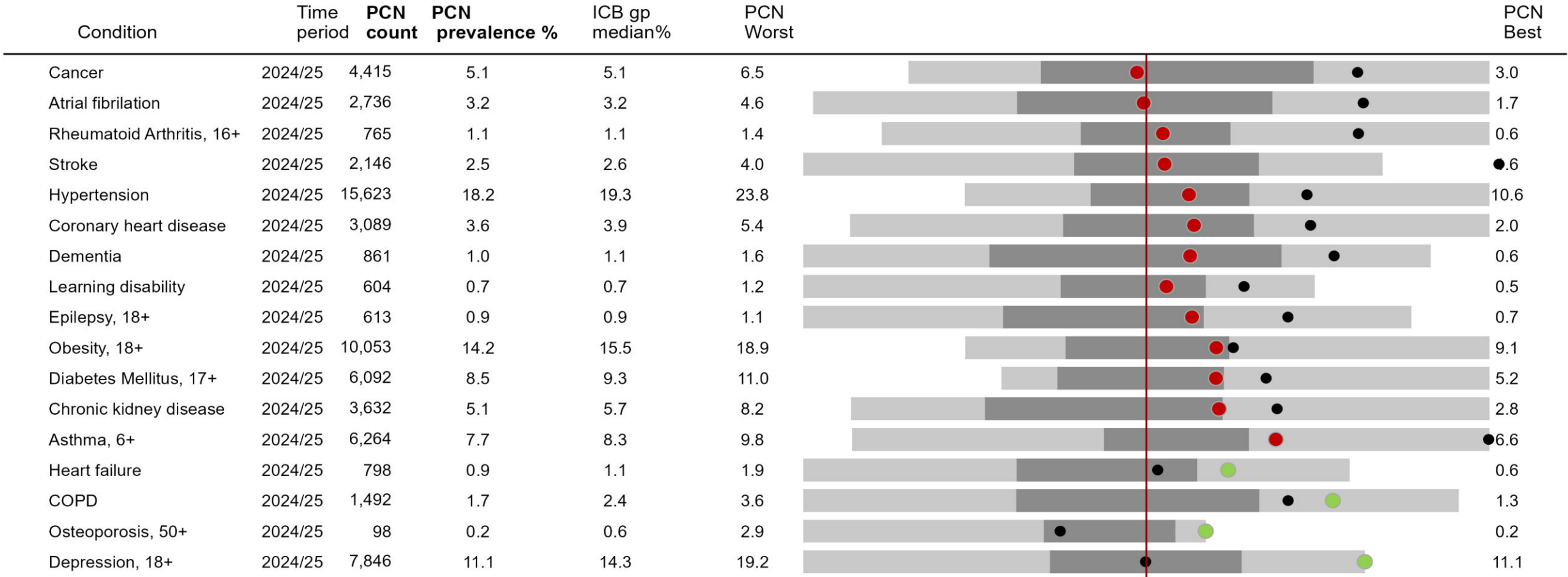
Rates of long-term conditions such as hypertension, diabetes, and COPD are slightly below Norfolk averages, but the ageing population will increase demand for chronic disease management.

| | Period | England | Diss & Roydon | Harleston & Pulham | Hempnall, Ditchingham & Wortwell | Loddon, Surlingham & Alpington | Long Stratton, Carlton Rode & Tibenham | Scole, Dickleburgh & Bressingham | Thuriton, Haddiscoe & Geldeston | Trowse, Poringland & Stoke Holy Cross |
|--|-----------------|---------|---------------|--------------------|----------------------------------|--------------------------------|--|----------------------------------|---------------------------------|---------------------------------------|
| Emergency hospital admissions: all causes | 2016/17 - 20/21 | 100 | 76 | 76.6 | 79.3 | 64.8 | 77.2 | 66.1 | 68.8 | 66.9 |
| Coronary heart disease: emergency hospital admissions | 2016/17 - 20/21 | 100 | 86.1 | 76.9 | 61.3 | 69.5 | 76.4 | 70.7 | 80.9 | 69.4 |
| Stroke: emergency hospital admissions | 2016/17 - 20/21 | 100 | 112 | 98.7 | 83.5 | 118 | 104 | 111 | 94.2 | 108 |
| Heart attack (myocardial infarction): emergency hospital admissions | 2016/17 - 20/21 | 100 | 114 | 118 | 78.5 | 96.2 | 110 | 95.5 | 87.3 | 87.2 |
| Chronic obstructive pulmonary disease (COPD): emergency hospital admissions | 2016/17 - 20/21 | 100 | 47.1 | 45.7 | 51.4 | 29.1 | 34.6 | 39.2 | 44.4 | 43.3 |
| Intentional self-harm: emergency hospital admissions | 2016/17 - 20/21 | 100 | 81.8 | 55.4 | 72.7 | 44.6 | 55.5 | 43.2 | 72.5 | 53 |
| Hip fracture: emergency hospital admissions (aged 65 and over) | 2016/17 - 20/21 | 100 | 85.7 | 104 | 81 | 103 | 91.5 | 92.2 | 82.8 | 78.7 |
| Alcohol-related conditions: admission episodes (all primary and secondary diagnoses) | 2016/17 - 20/21 | 100 | 85.6 | 80.1 | 80.3 | 69.6 | 73.4 | 77.3 | 62.2 | 72.6 |
| Hospital admissions for alcohol attributable conditions, narrow definition | 2016/17 - 20/21 | 100 | 99.2 | 89.9 | 88.7 | 77.9 | 88.2 | 86.7 | 61.7 | 79.1 |

Long-term conditions

This spine chart shows how South Norfolk Hip PCN compares with other PCNs in Norfolk and Waveney across a range of indicators. The median values for GP practices across all PCNs in Norfolk and Waveney are aligned to form one central line or 'spine' on the chart. The summary information for each measure is scaled and displayed on each 'vertebra' of the spine. The vertebrae show the range of values (light grey) and the 25th and 75th percentiles (dark grey). Values specific to South Norfolk Hip PCN are placed on top of these summaries, allowing the viewer to compare it with other areas for that measure. The symbol is RAG rated to represent the significance compared to the national value (black circle).

South Norfolk Hip PCN



Prevalence here is a crude proportion of registered patients in the PCN recorded with conditions out of total registered patients in PCN. This is aggregated from GP NHS Quality Outcomes Framework records. Where a threshold age (e.g. 16+) is absent, the proportions refer to patients of all ages for the respective condition. The statistics are not age standardised so where frequency of conditions are strongly associated with age, prevalence may reflect differences in age structures of the PCN's patients, rather than a comparatively greater risk compared to ICB median or the England average prevalence.

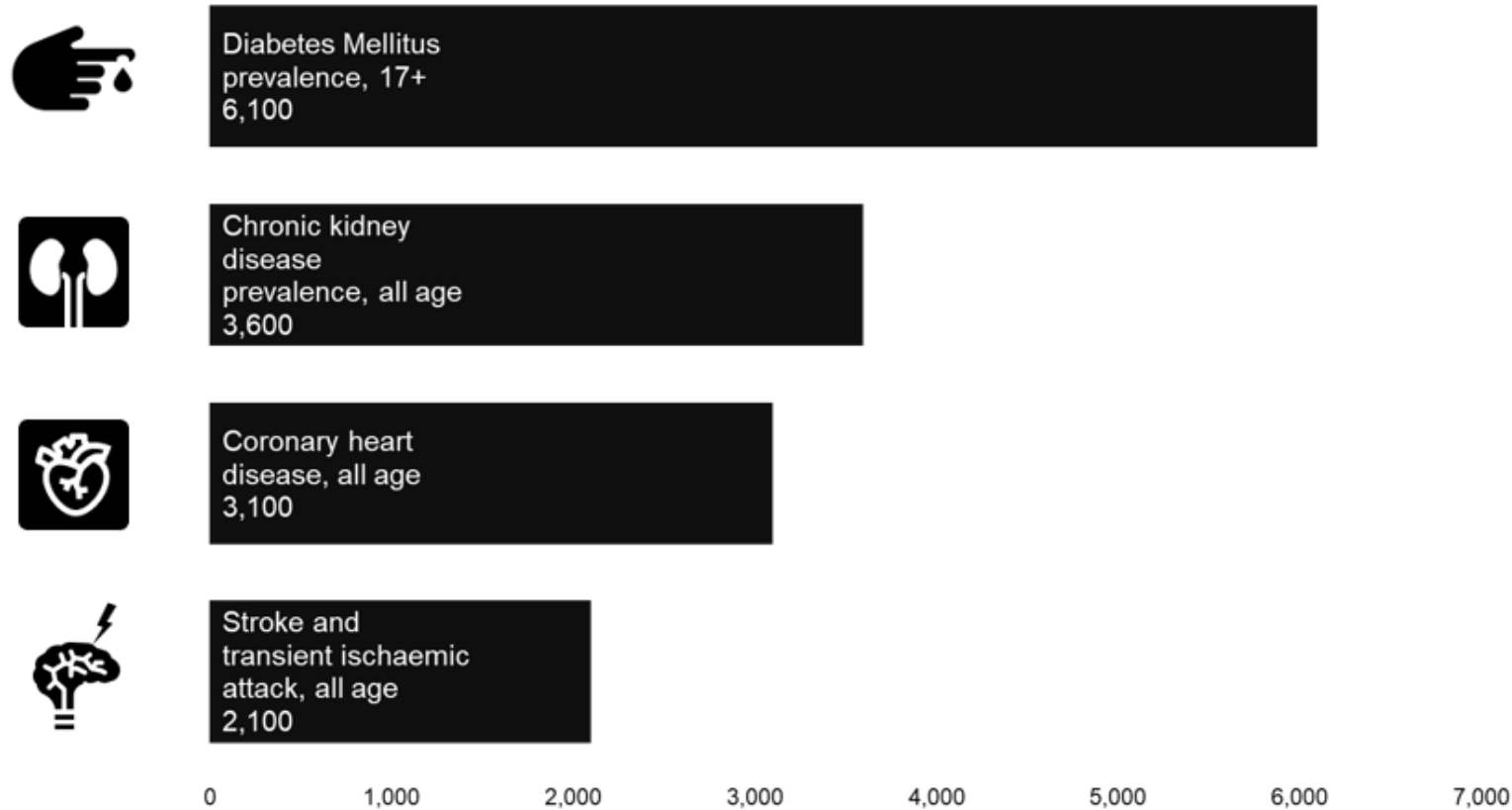
Prevalence of PCN (%) compared to England: ● Worse ● Same ● Better

● Black circle is prevalence across England's registered population in total

| Vertical red line is N&W ICB's median of all GP practices

Long-term conditions

South Norfolk Hip PCN



This chart shows the estimated number of patients with major long-term conditions within the South Norfolk Hip PCN.

Diabetes affects around 6,100 adults, and chronic kidney disease affects 3,600 people.

Stroke and transient ischaemic attack affect approximately 2,100 people.

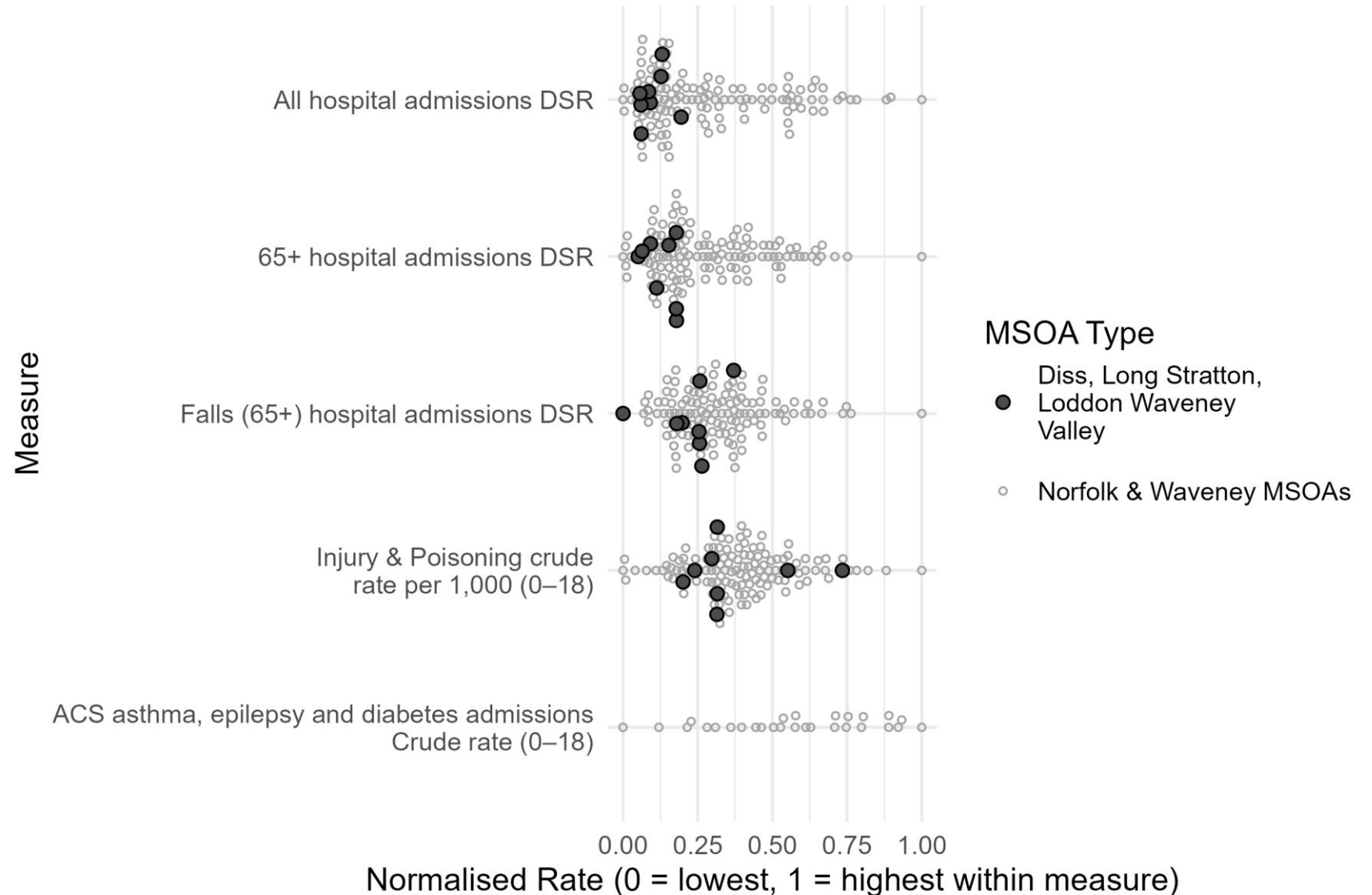
These figures highlight a significant burden of metabolic and cardiovascular disease, reinforcing the need for integrated prevention and management strategies.

Healthcare - unplanned hospital admissions

Neighbourhood MSOA emergency hospital admission rate comparison

Diss, Long Stratton, Loddon Waveney Valley MSOAs tend to cluster toward the lower end of the scale for most hospital admission measures, indicating similar or slightly better outcomes compared to other areas within Norfolk and Waveney.

The Thurlton, Haddiscoe & Geldeston MSOA has among the lowest admission rates for falls, injuries and poisonings in older people in Norfolk and Waveney but has among the highest admission rates for injury & poisoning in children.



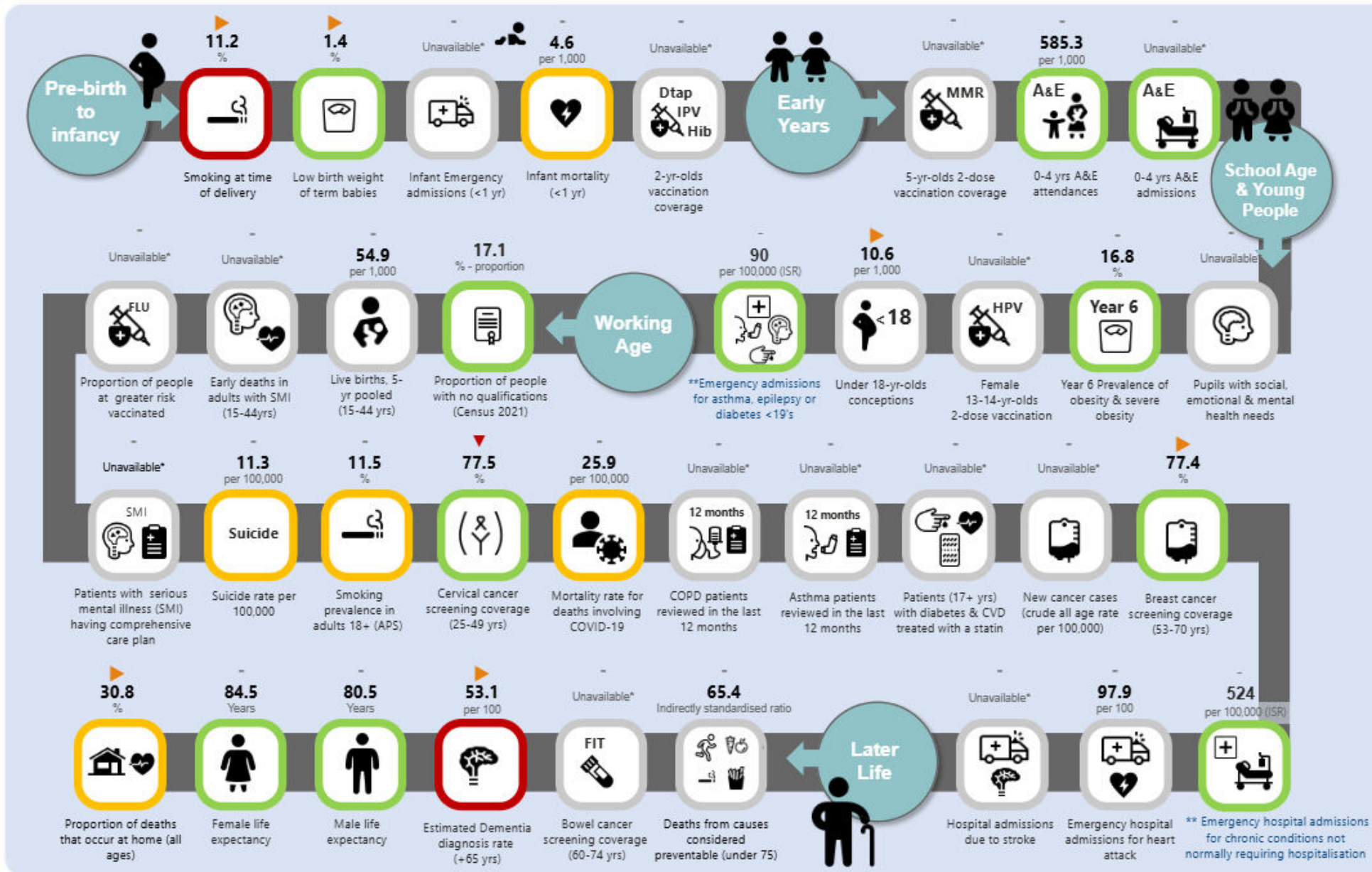
Healthcare - unplanned hospital admissions

| Measure | Thurlton, Haddiscoe & Geldeston | Hempnall, Ditchingham & Wortwell | Diss & Roydon | Long Stratton, Carlton Rode & Tibenham | Harleston & Pulham | Trowse, Poringland & Stoke Holy Cross | Scole, Dickleburgh & Bressingham | Loddon, Surlingham & Alpington |
|--|---------------------------------------|--|---------------|--|-----------------------|--|--|--------------------------------------|
| All hospital admissions DSR | 4,256 | 3,854 | 3,831 | 3,603 | 3,569 | 3,412 | 3,409 | 3,386 |
| 65+ hospital admissions DSR | 8,572 | 8,565 | 8,288 | 8,566 | 7,608 | 7,155 | 7,839 | 7,302 |
| Falls (65+) hospital admissions DSR | 898 | 1,349 | 1,741 | 1,481 | 1,477 | 1,499 | 1,483 | 1,308 |
| Injury & Poisoning crude rate per 1,000 (0–18) | 17.5 | 11.0 | 9.8 | 14.6 | 11.0 | 11.0 | 10.7 | 9.2 |
| ACS asthma, epilepsy and diabetes admissions Crude rate (0–18) | | | | | | | | |

Local strategy measures summary

- This section links local health outcomes to strategic priorities within Norfolk & Waveney's Integrated Care System.

Healthcare life-course measures – South Norfolk



These measures track health outcomes across different life stages, providing insight into where interventions may have the greatest impact.

*The indicator is not published or is unavailable for the area type selected.

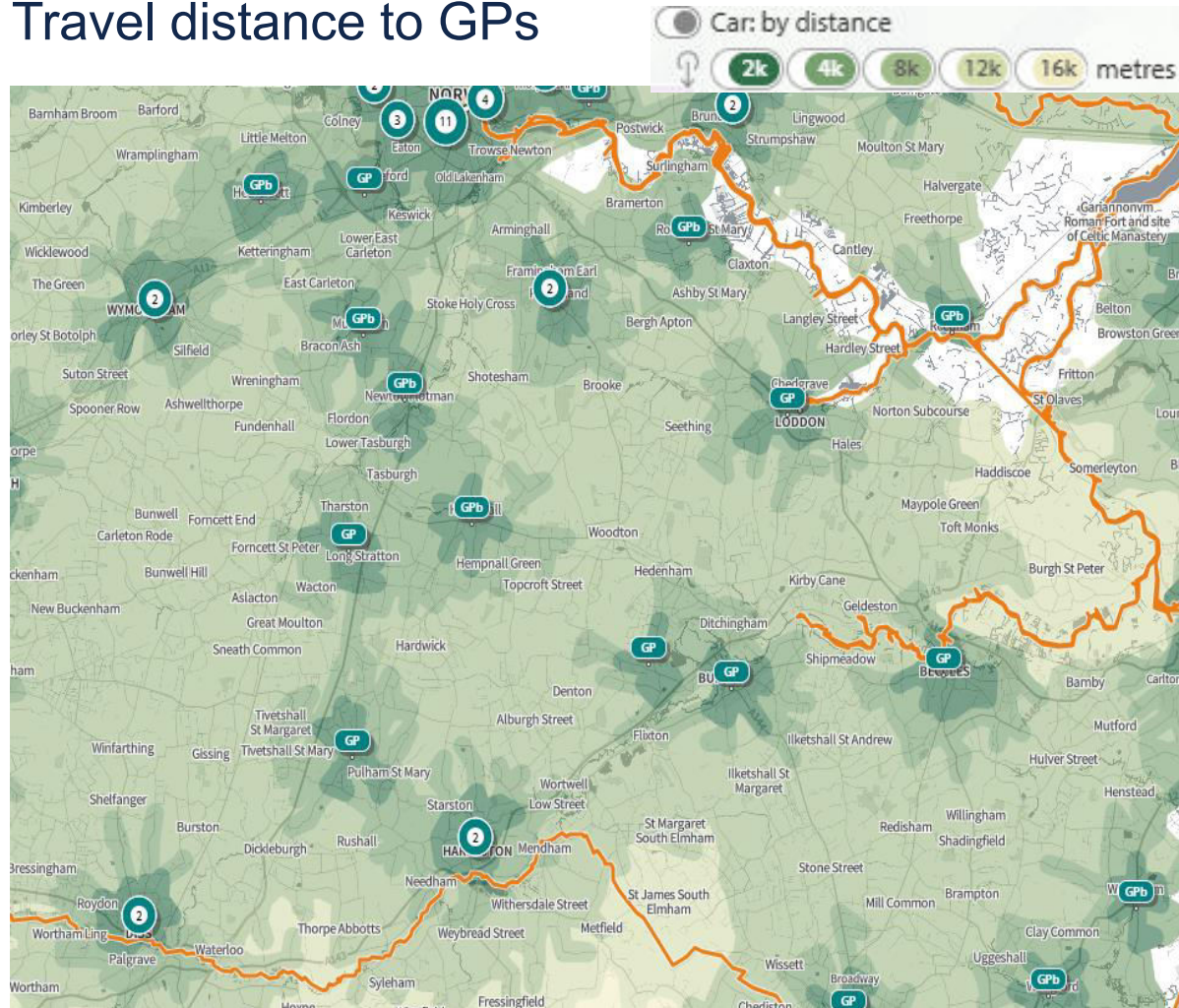
**There is an exception for NHS Outcome metrics marked with asterisks which compare to a 2012 England baseline.

Services and access

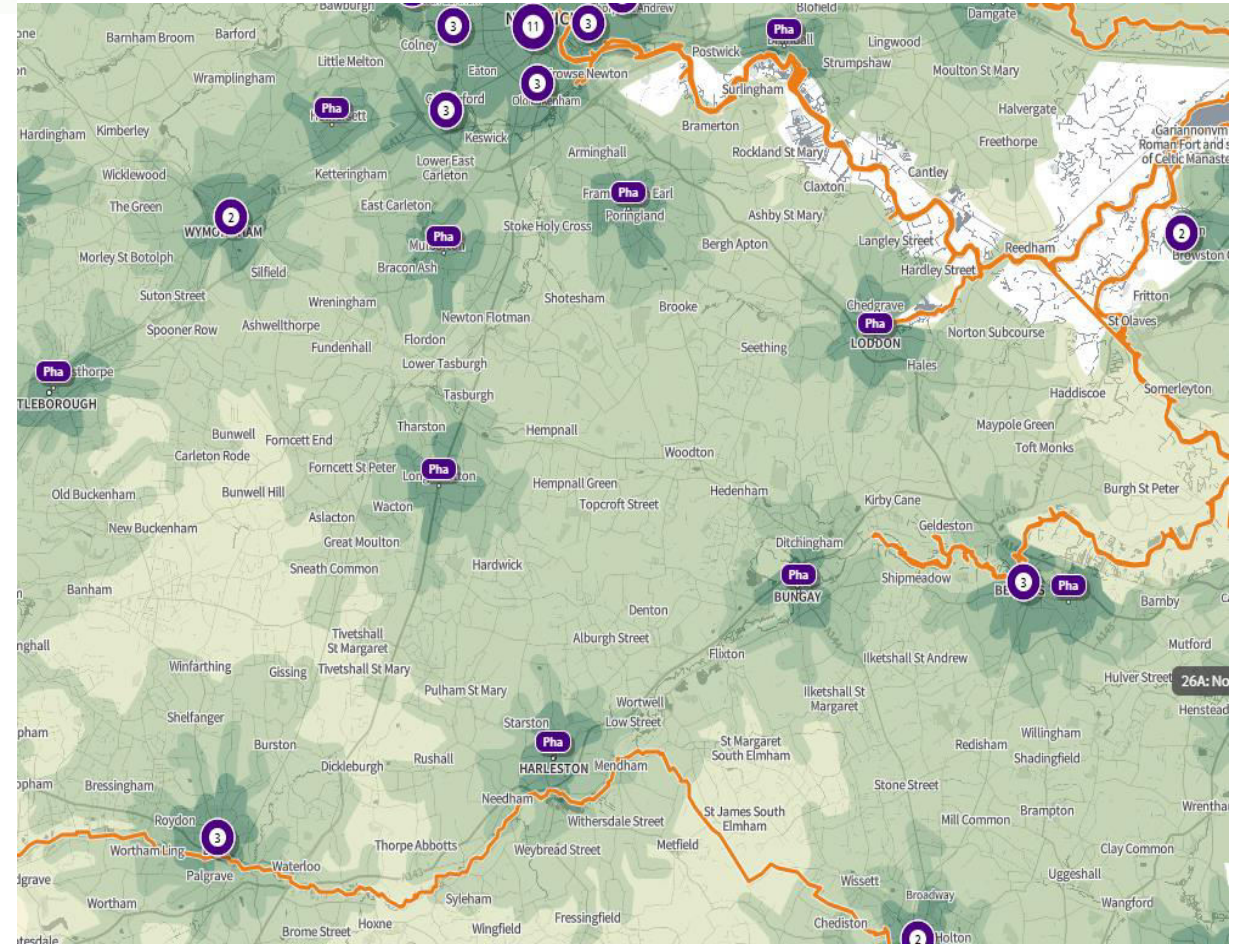
- This section looks at access to health and community services, which is critical for addressing inequalities.

Access to primary care and pharmacies

Travel distance to GPs

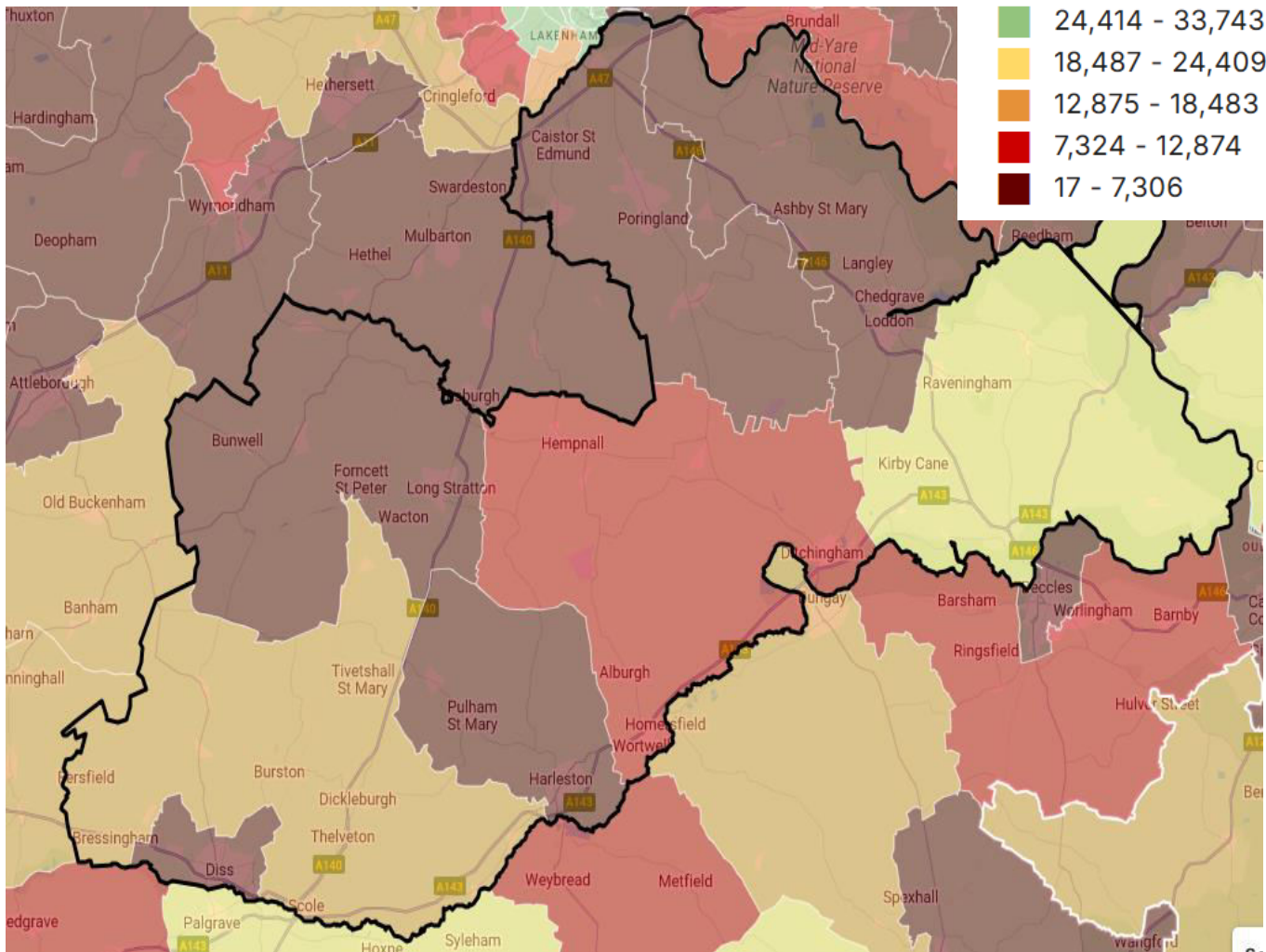


Travel distance to pharmacies



Civic Assets

Community Needs Index: Civic Assets rank (lower = greater need)



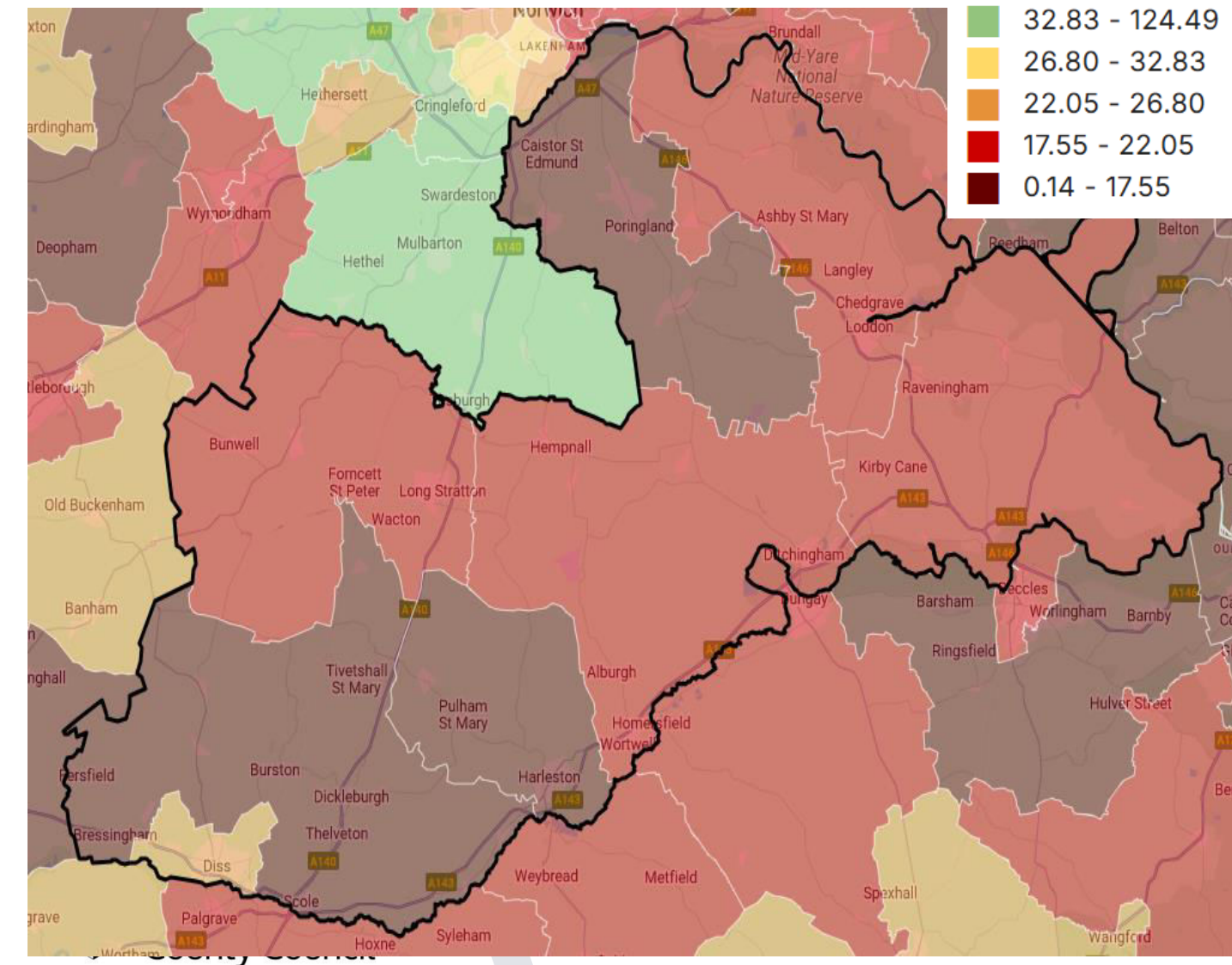
This map shows the Community Needs Index and civic assets ranking, which reflect the availability of community infrastructure and its role in wellbeing.

The Community Needs Civic Assets rank measures the presence of key community, civic, educational and cultural assets in a close proximity of the area. These include pubs, libraries, 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.

<https://norfolk.localinsight.org/#/map>

<https://localtrust.org.uk/wp-content/uploads/2023/05/Community-Needs-Index-2023-Technical-Methodology-Paper.pdf>

Accessible childcare



This indicator shows the availability of childcare places per 100 children aged 0–7, an important factor for family wellbeing and workforce participation.

<https://norfolk.localinsight.org/#/map>

Summary

Diss, Long Stratton, Loddon Waveney Valley – Key Headlines

Population & Deprivation:

- Population 74,240; predominantly White (97%). Low deprivation with no Core20 areas. Child poverty (22.8%) below national average.

Health Outcomes:

- Life expectancy above England average; premature mortality 21% lower than national rate. Preventable mortality also lower.

Behavioural Risks:

- Smoking and alcohol-related harm below Norfolk and England averages. Obesity and inactivity remain challenges.

Disease Burden:

- Lower prevalence of major LTCs compared to Norfolk overall, but ageing population will increase demand of care, especially for conditions such as dementia.

Wider Determinants:

- Good access to primary care and pharmacies. Rurality poses transport challenges. Civic assets and childcare provision support community wellbeing, but childcare accessibility is low compared to more urban areas.

Additional sources of health and wellbeing information for communities:

- **Norfolk's Joint Strategic Needs Assessment** – <https://www.norfolkinsight.org.uk/jsna> – A picture of the health and wellbeing of the people of our county and the issues which affect their needs, inequalities and services.
- **Health and Wellbeing Electoral Division Profiles** – <https://www.norfolkinsight.org.uk/jsna/health-and-wellbeing-profiles> – Information on health and wellbeing of populations at electoral division community level
- **ONS/Census – 2021 Census data** – <https://www.ons.gov.uk/census/maps/choropleth> – Census statistics help paint a picture of the nation and how we live. They provide a detailed snapshot of the population and its characteristics and underpin funding allocation to provide public services.
- **NOMIS – Official labour market statistics** – <https://www.nomisweb.co.uk> – Nomis is a service provided by the Office for National Statistics, ONS, to give you free access to the most detailed and up-to-date UK labour market statistics from official sources.
- **Local Insight – OCSI** – <https://norfolk.localinsight.org/#/map> – Data mapping platform that brings together small-area socio-economic data to help organisations make informed decisions for communities.
- **Fingertips – Public Health Profiles** – <https://fingertips.phe.org.uk> – These profiles are a rich source of indicators across a range of health and wellbeing themes that has been designed to support JSNA and commissioning to improve health and wellbeing and reduce inequalities.
- **NHS Digital** – <https://digital.nhs.uk> – The national information and technology partner to the health and care system. NHS Digital process and publish data and information from across the health and social care system in England. Search for publications and indicators.