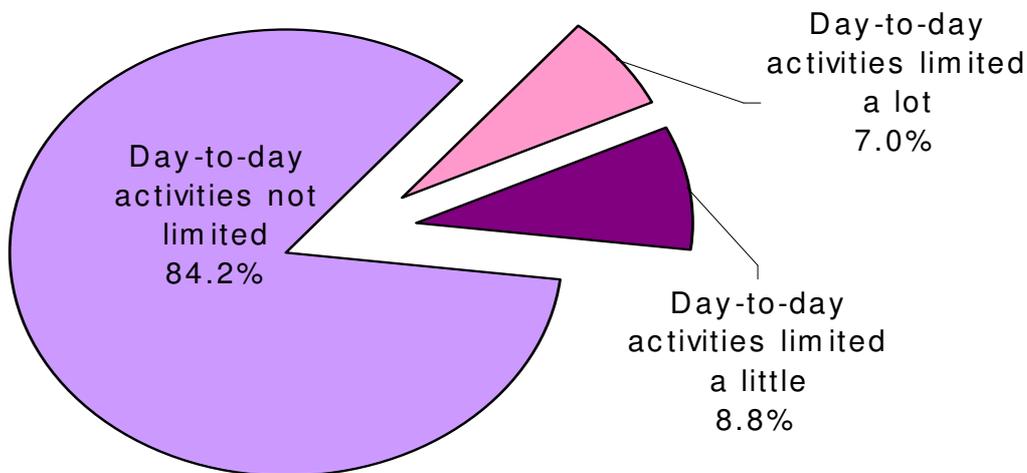


Information about the health of residents in Colchester ensures policy decisions are well-informed and directed towards the specific needs of our borough. Data collected through Census 2011 is a key source of this information.

Figure 1: Impact of health on day-to-day activities on Colchester residents.



There are over **16,500** people in Colchester providing unpaid care for other people.

23.7% of households in Colchester have at least one person with a long-term health problem or disability.

9.6% of residents in Colchester provide unpaid care for other people. This is the lowest in Essex.



Figure 2: Self-assessed general health of residents, by Essex local authorities with Essex and England comparators.

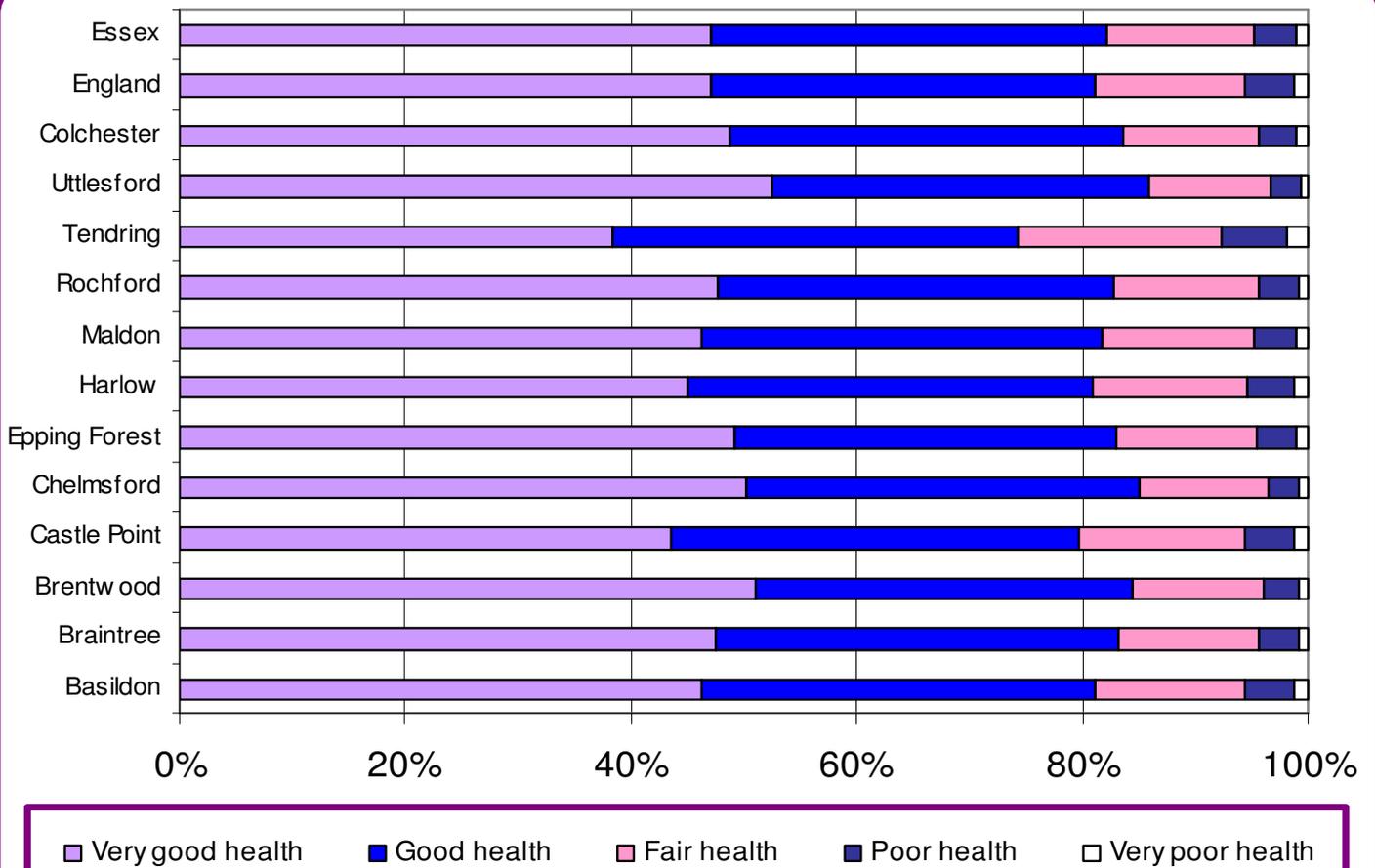
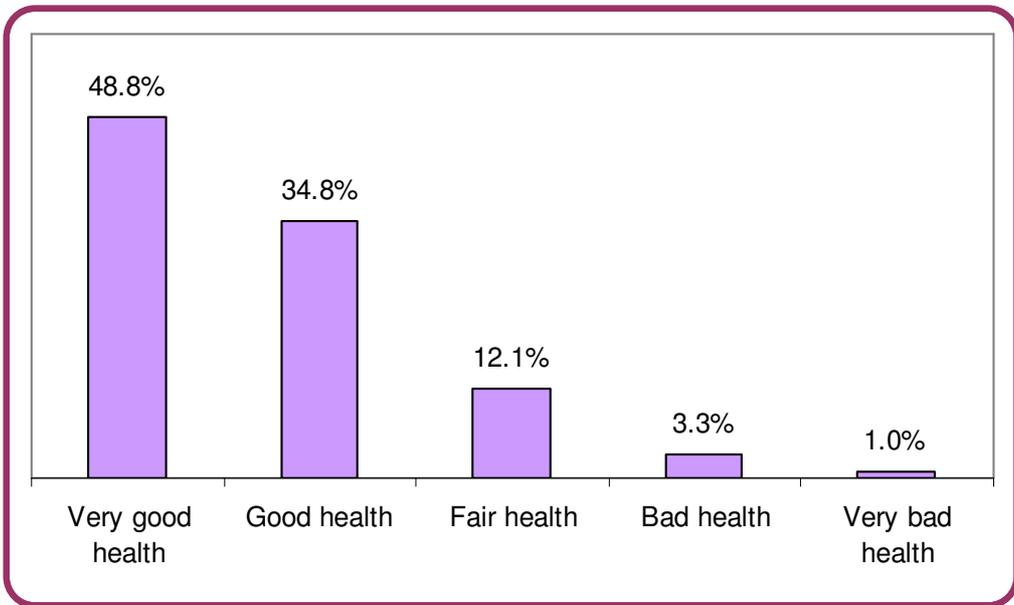


Figure 3: Self-assessed general health of residents in Colchester



Proportionally there are more people in Colchester describing themselves as in **very good health** and fewer describing themselves as in **very bad health** compared to England as a whole.

Across England and Wales **5.6%** of people described themselves as being in **bad health** or **very bad health** compared to just **4.3%** in Colchester.



General health

General health is a self-assessment of a person's general state of health. People were asked to assess whether their health was very good, good, fair, bad or very bad. This assessment is not based on a person's health over any specified period of time.

Long-term health problem or disability

A long-term health problem or disability that limits a person's day-to-day activities, and has lasted, or is expected to last, at least 12 months. This includes problems that are related to old age. People were asked to assess whether their daily activities were limited a lot or a little by such a health problem, or whether their daily activities were not limited at all.

Provision of unpaid work

A person is a provider of unpaid care if they look after or give help or support to family members, friends, neighbours or others because of long-term physical or mental ill health or disability, or problems related to old age. This does not include any activities as part of paid employment.

No distinction is made about whether any care that a person provides is within their own household or outside of the household, so no explicit link can be made about whether the care provided is for a person within the household who has poor general health or a long-term health problem or disability.

Household

A household is defined as one person living alone, or a group of people (not necessarily related) living at the same address who share cooking facilities and share a living room or sitting room or dining area

A household must contain at least one person whose place of usual residence is at the address. A group of short-term residents living together is not classified as a household, and neither is a group of people at an address where only visitors are staying.

KEY INFORMATION

- The Office for National Statistics (ONS) has been responsible for conducting a census in England and Wales every ten years. The most recent census of England and Wales took place on 27 March 2011.
- The second release of 2011 Census information was published on 11 December 2012. It is the second of four data releases. Further releases of data will become available up until autumn 2013.
- Census population and household estimates help the government, local authorities, businesses and community organisations identify community needs and plan future service provision.

For the latest FAQs about the 2011 Census:

<http://www.ons.gov.uk/ons/guide-method/census/2011/census-data/faq/index.html>

ABOUT THIS REPORT

- This release is based on the data published within the second release from 11 December 2012.
- This report is part of the Key Statistics for local authorities in England and Wales, the first release of the key statistics that add detail to the population estimates from the 2011 Census of Population for England and Wales that were published in July 2012.
- Supporting information such as definitions for data and geography, methodology papers and quality assurance packs which explain the quality assurance process
- This report looks at data for Colchester as a local authority, based on the information above.
- The information in this report was, as far as is known, correct at the date of publication. Colchester Borough Council cannot accept responsibility for any error or omission.
- **Contains National Statistics data © Crown copyright and database right 2012.**