

HEALTH AND HOUSING SCRUTINY COMMITTEE

19 AUGUST 2026

Performance Indicators - Qtr 4 2025/26

Appendix 2

Percentage of the adult population physically inactive (doing less than 30 minutes moderate activity per week)

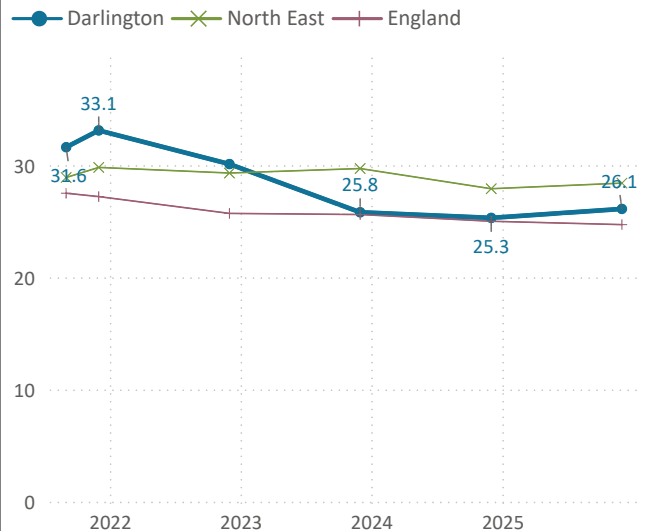
The 2024-25 Active Lives survey results show that there has been a slight increase from the 2023-24 results, from 25.3% to 26.1%, which is below the North East average (28.4%) but above the national average (24.7%).

The Sport England Place Expansion Development Award is now underway in Darlington, supporting a collaborative, test and learn approach to increasing physical activity, reducing inactivity, and addressing health inequalities.

The work focuses on young people aged 13–18, disabled people with a learning disability, and active environments, with delivery led by YMCA Tees Valley, Darlington Association on Disability, and Groundwork NE and Cumbria. Activity is concentrated in Red Hall, Albert Hill, Skerne Park, and Northgate, funding pilots, local insight gathering, capacity building, and enhanced Active Lives surveys to strengthen evidence, develop a shared Theory of Change, and inform long term system change. Potential test and learn projects are currently being submitted.

CUL 008a

Percentage of the adult population physically inactive (doing less than 30 minutes moderate activity per week)



Lead Officer: Lisa Soderman: Head of Leisure

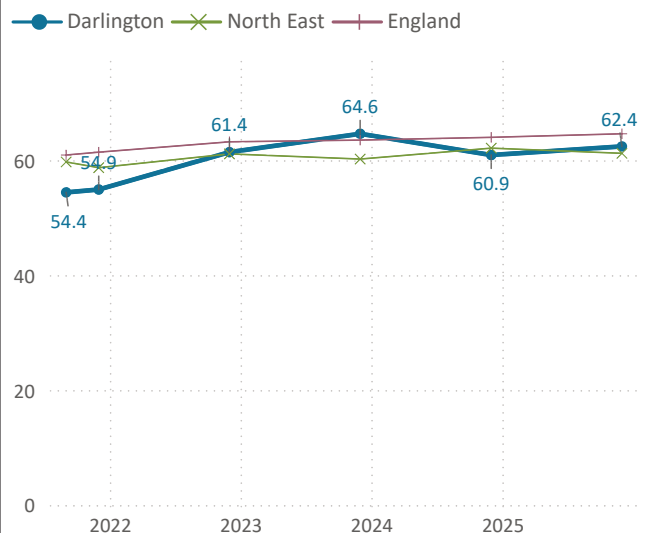
Service Area: Leisure

Percentage of the adult population physically active (doing 150 minutes moderate activity per week)

The 2024-25 Active Lives survey results show that there has been a small increase in the amount of adults completing more than 150 minutes of physical activity in Darlington (60.9% 2023-24 to 62.4% 2024-25) which is a positive sign. The results are also above the North East average of 61.2%. This increase is in line with an overall national trend that people are doing more physical activity consistently.

CUL 009a

Percentage of the adult population physically active (doing 150 minutes moderate activity per week)



Lead Officer: Lisa Soderman: Head of Leisure

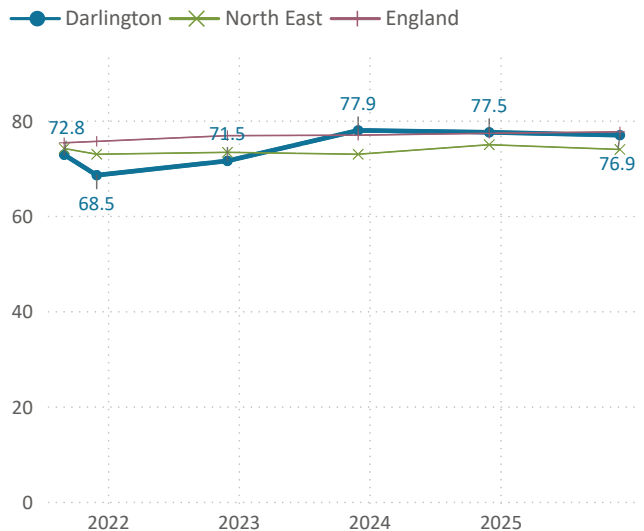
Service Area: Leisure

Percentage of the adult population taking part in sport and physical activity at least twice in the last month

The 2024-25 Active Lives Survey results show there has been an very small decrease in adults taking part in sport and physical activity at least twice a month in Darlington (77.5% 2023/24 to 76.9% 24/25). This is a good trend as it shows we are maintaining this activity at a satisfactory level with Darlington still being above both the North East average of 73.9% and close to the national England average of 77.6%.

CUL 010a

Percentage of the adult population taking part in sport and physical activity at least twice in the last month



Lead Officer: Lisa Soderman: Head of Leisure

Service Area: Leisure

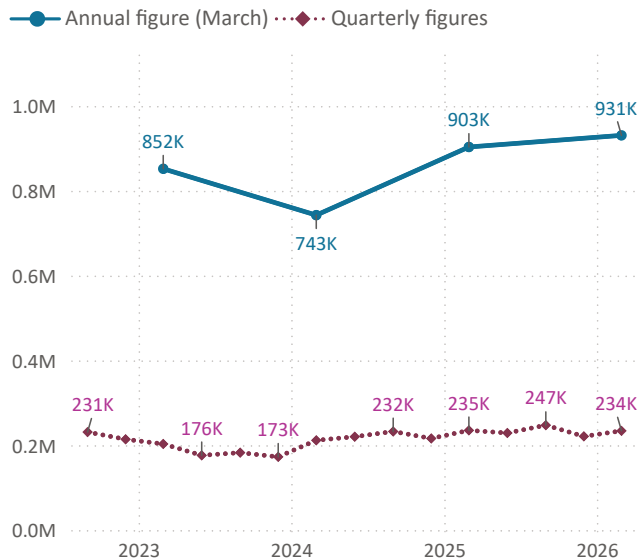
Total number of visits to the Dolphin Centre (all areas)

The centre has continued to attract high footfall despite areas such as the Bistro and Fitness Studio closing in February 2026 to facilitate the major project work. The introduction of the temporary pop-up café has proven a big success maintaining a good proportion of the footfall from the Bistro and reducing lost income whilst retaining regular customers.

Footfall has dropped slightly in quarter 4 following the closure of business areas however overall footfall in 2025-2026 has demonstrated that the centre remains valued by customers with 27,000 more visitors to the facilities in comparison to 2024-25.

CUL 030

Total number of visits to the Dolphin Centre (all areas)



Lead Officer: Lisa Soderman: Head of Leisure

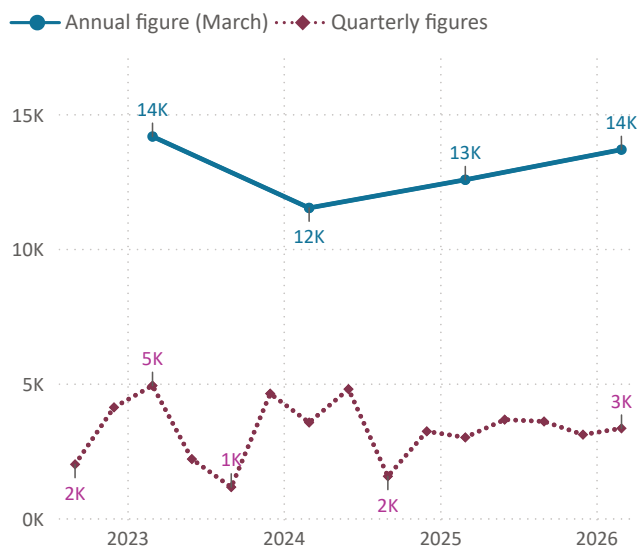
Service Area: Leisure

Number of school pupils participating in the sports development programme

A full School Games programme has been delivered this year with a slight increase in participation from the year 2024/25 following additional events added to the calendar. The new events have included T1 Rugby, Tees Valley Basketball, Primary and Secondary Panathlon, Secondary Aqua splash, Secondary Basketball, Mental Health Awareness Day, Army Outreach, Year 5/6 Tennis and Primary and Secondary golf festivals. We have delivered extra key stage 1 multi skills events every half term. Developing Young Leaders is still a key target area and we are offering lunchtime supervisor training to support the active play time offer. A full programme will be delivered in 2026/27.

CUL 063

Number of school pupils participating in the sports development programme



Lead Officer: Lisa Soderman: Head of Leisure

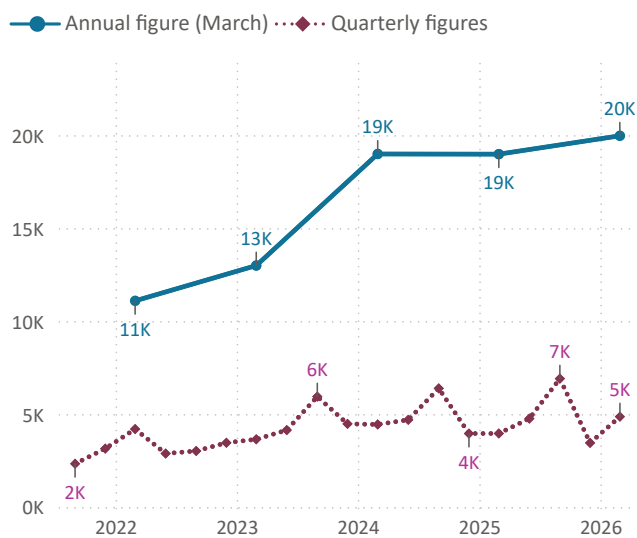
Service Area: Leisure

Number of individuals participating in the community sports development programme

The Darlington Move More Team continue to offer weekly activities and programmes throughout the community of Darlington for residents at Eastbourne Sports Complex and a variety of outdoor and indoor venues across the borough. Projects include Health in Haughton, Sheltered Housing, Holiday Activity and the Community Move Move More programme. Activities include Nordic Walking, Health Walks, Chair Based Exercise, Tai Chi, Bat and Chat, Walking Football, GEM Keep Fit, Exercise After Stroke, Adult Day Centre classes, Children's Multi Activity sessions and a Dementia Friendly Physical Activity Session. Figures remain consistent with a slight increase from 2024/25.

CUL 064

Number of individuals participating in the community sports development programme



Lead Officer: Lisa Soderman: Head of Leisure

Service Area: Leisure

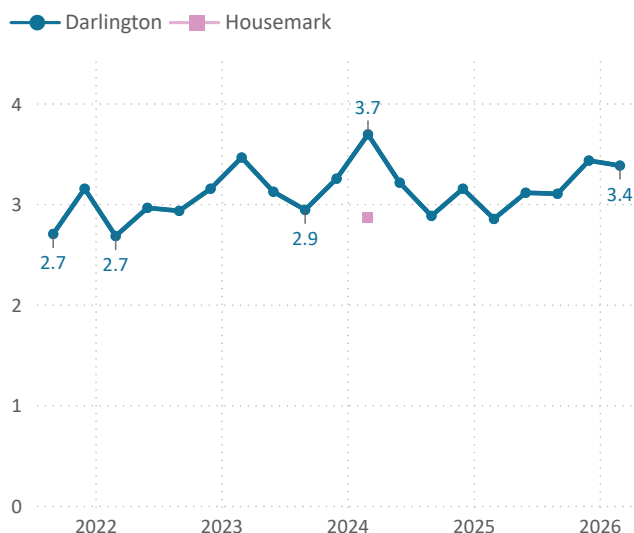
Rent arrears of current tenants in the financial year as a percentage of rent debit

The Income team have met the target for Q4 2025-26 for collecting rent and service charges, by maintaining the arrears under 3.4%. The year ended on 3.38% and the team collected £30,215.385.97 in rent and service charges. This has been an excellent result given that managed migration from legacy benefits onto Universal Credit has continued throughout the year. Tenants receive their benefits in arrears making rent collection more difficult.

Managed migration is in the final phases and at end 2025-26, there were 2964 tenants on Universal Credit, this means that 56.2% of tenants were in receipt of some element of UC, 22.3% in receipt of Housing Benefits and 21.5% receive no benefits.

HBS 013

Rent arrears of current tenants in the financial year as a percentage of rent debit



Lead Officer: Anthony Sandys: Assistant Director - Housing & Revenues

Service Area: Revenue & Benefits

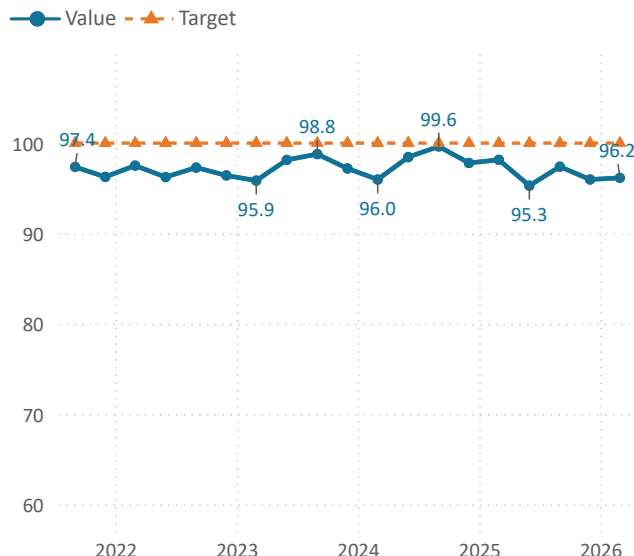
Rent collected as a proportion of rents owed on HRA dwellings

Collection rates have increased from 95.9% in Q3 2025-26 to 96.2% in Q4. However, in comparison to Q4 2024-25, the collection rate has slightly decreased from 98.15% to 96.15% in Q4 2025-26. During that period over 500 tenants have migrated onto Universal Credit (UC) from legacy benefits, which is paid 5 weeks in arrears so this has had an impact on the collection of rent. At end of Q4, 2964 tenants received some element of UC which equates to over 56% of Council tenants.

The Income team continues to promote help and guidance and making affordable repayment plans with customers throughout their tenancy, only taking court and enforcement action where all reasonable steps have been taken.

HBS 016

Rent collected as a proportion of rents owed on HRA dwellings



Lead Officer: Anthony Sandys: Assistant Director - Housing & Revenues

Service Area: Revenue & Benefits

Number of days spent in "Bed and Breakfast"

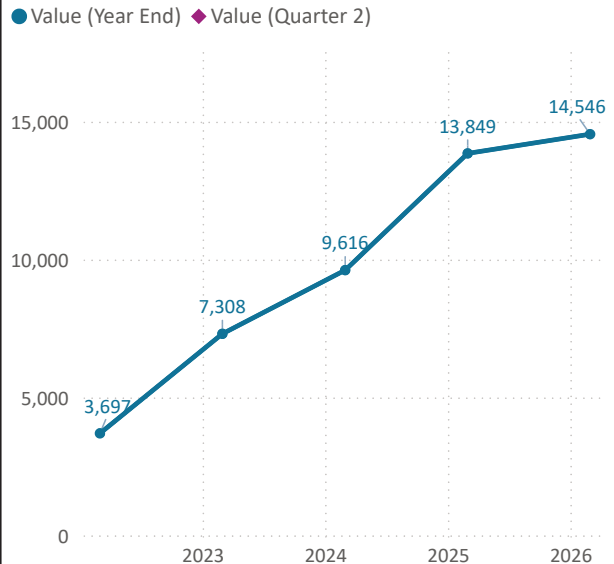
Number of days spent in Bed and Breakfast/Temporary accommodation increased by 5.03% from Q4 2024/2025.

The team continue to see an increase in emergency presentations, leading to more placements in temporary accommodation. Permanent move on options are limited with limited affordable private sector housing available. We have also seen a rise in those presenting as homeless as having complex needs which can make permanent move on options more difficult.

A key action within the Preventing Homelessness and Rough Sleeping Strategy is to increase the availability of temporary housing and move on accommodation and steps have been made to build relations with both social housing providers and private landlords. Some move on options are unaffordable as rents are above LHA rates making them unaffordable for those on low incomes.

HBS 025

Number of days spent in "Bed and Breakfast"



Lead Officer: Anthony Sandys: Assistant Director - Housing & Revenues

Service Area: Housing

Number of positive outcomes where homelessness has been prevented

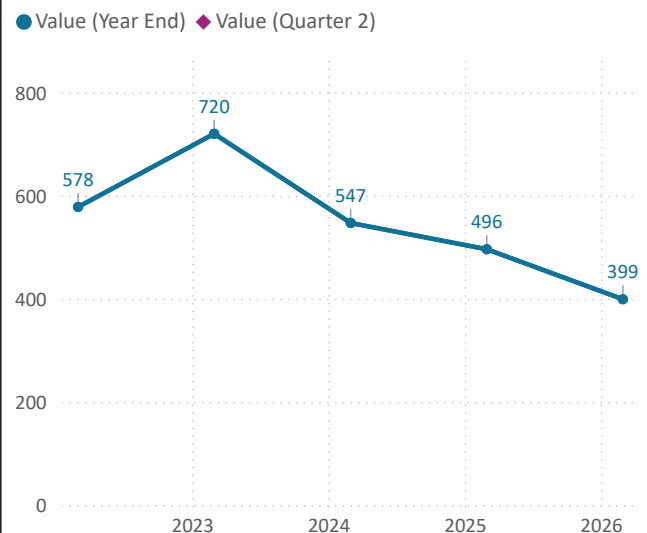
At end Q4 we have had 399 positive outcomes which is a decrease of 19.5% (496) from 2024/25.

This is due to the increased number of presentations and reduction of affordable, suitable move on options. Not all clients are eligible for social housing and many have complex needs making move on difficult., due to this clients are spending longer in temporary accommodation.

A key action in the Preventing Homelessness and Rough Sleeping Strategy is to increase temporary and move on accommodation and we continue to invest in increasing social housing stock through the new-build programme and acquisitions, other providers have also increased their housing, this will continue through 2026/27.

HBS 027i

Number of positive outcomes where homelessness has been prevented



Lead Officer: Anthony Sandys: Assistant Director - Housing & Revenues

Service Area: Housing

Average number of days to re-let dwellings

Nationally, staffing resource for tradespeople continues to be difficult, we continue to invest in apprenticeships to increase qualified tradespersons and build resilience, we also continue with active recruitment to trades.

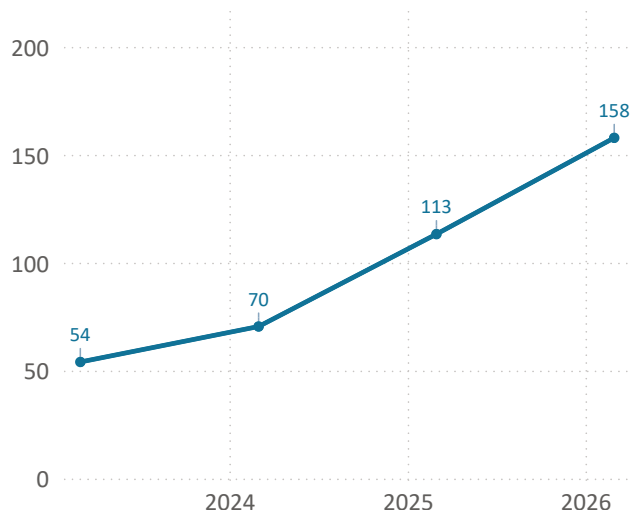
A working group of senior managers have looked at improvements and new void standards have been agreed and will be embedded across the teams. We expect improvements throughout 2026/27 once the backlog of older properties is cleared.

In addition, to improve management resources, a new Void Trade Manager has been recruited and will start in Q1 2026/27, the major works and relet void trade workers have merged into one team giving more resilience across the trades..

HBS 034b

Average number of days to re-let dwellings

● Value (Year End) ◆ Value (Quarter 2)



Lead Officer: Anthony Sandys: Assistant Director - Housing & Revenues

Service Area: Housing

Percentage of dwellings not with a gas service within 12 months of last service date

The percentage of Council dwellings without a gas service within 12 months of the last service date was 0.3% in quarter 4 of 2025-26. This is an improvement from the same quarter of 2024-25 at 0.5%.

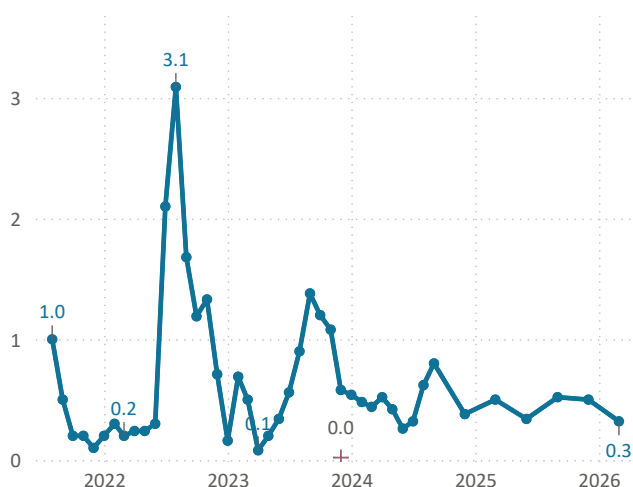
Performance is better than our target of 0.5% and all Council properties with gas appliances and due a gas safety check are being followed up with appropriate action, including court action, to ensure we meet our statutory duties and maintain safety for tenants in Council homes.

Improvements to processes and systems continue as we aim to continue to improve performance and ensure the safety of tenants in their homes.

HBS 072

Percentage of dwellings not with a gas service within 12 months of last service date

● Darlington — United Kingdom



Lead Officer: Anthony Sandys: Assistant Director - Housing & Revenues

Service Area: Housing

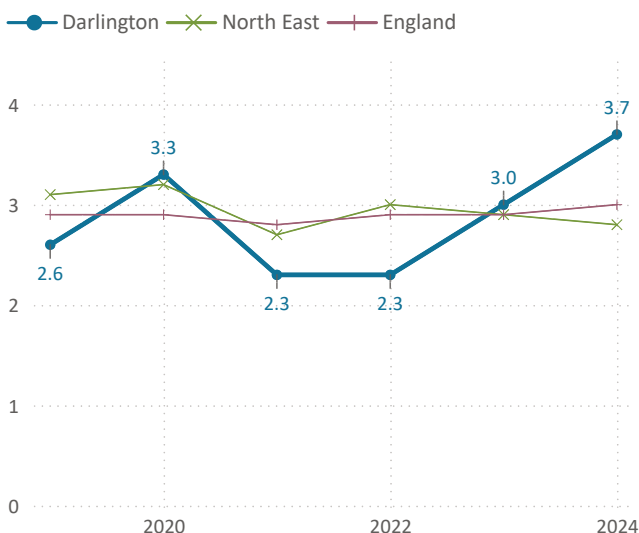
Percentage of live births (with a gestational age of at least 37 weeks) which have a low birth weight

In 2024, 3.7% of full-term births were recorded as low birth weight. Darlington is statistically similar to the North East and England, although ranked second highest in the North East region.

Multiple, interconnected factors, including smoking in pregnancy, nutrition, mental health, lifestyle, and access to care, shape pregnancy outcomes. Maternity services and the 0-19 service carry out CO monitoring and referrals into maternal stop smoking services, promotion of the healthy start programme as well as signposting advice and guidance to ensure the best possible support for every family.

PBH 009

Percentage of live births (with a gestational age of at least 37 weeks) which have a low birth weight



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

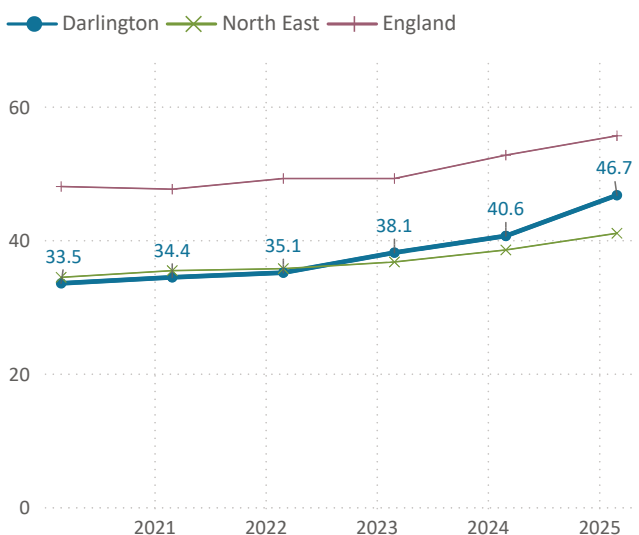
Percentage of infants that are totally or partially breastfed at age 6-8 weeks

The latest data from 2024/25, shows that 46.7% of infants in Darlington are totally or partially breastfed at 6-8 weeks after birth. This is now statistically higher than the North East, although statistically lower than the England average.

Breastfeeding support from midwives and health visitors ensures continuity of care, ongoing community support and the development of breastfeeding-friendly venues to increase the number of babies breastfed for longer in Darlington. The Health Visiting Service was successful in revalidation as a UNICEF Gold Baby Friendly accredited service in October 2025, being highly commended for the work.

PBH 013c

Percentage of infants that are totally or partially breastfed at age 6-8 weeks



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

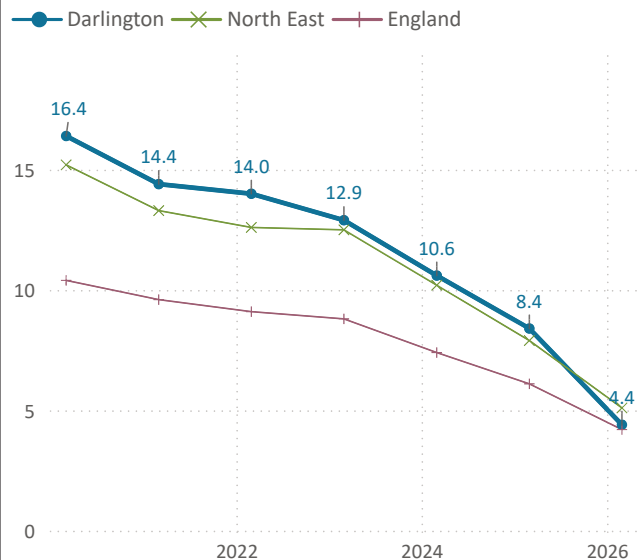
Percentage of women who smoke at time of delivery

In 2025/26, 4.4% of mothers are known to be smokers at the time of delivery. This has reduced steadily since 2020. Darlington is now lower than the North East Average and similar to England. The gap between Darlington and England has continued to narrow.

The Trust's Tobacco Dependency in Pregnancy service provides specialist support throughout pregnancy to promote smoking reduction and cessation. They offer both pharmacological treatment and behavioural support, including nicotine replacement therapy (NRT) and regulated vaping products. The trust also delivers the National Maternity Incentive Scheme, which provides financial incentives linked to validated carbon monoxide (CO) readings.

PBH 014

Percentage of women who smoke at time of delivery



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

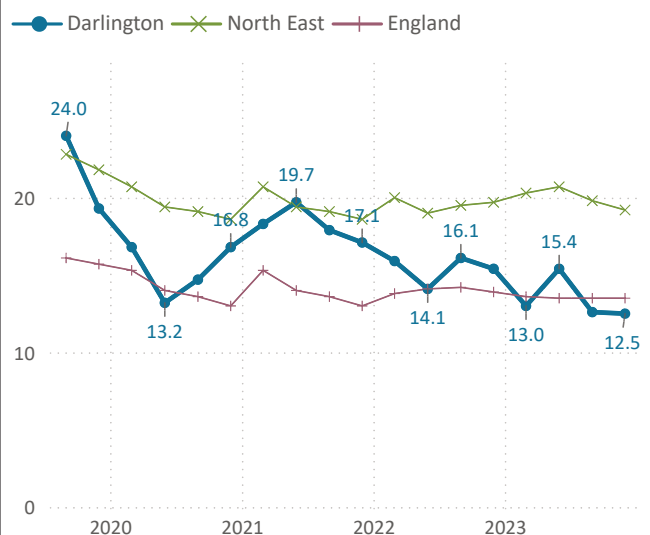
Conceptions in women aged under 18, per 1,000 females aged 15-17

Data for 2022 shows that there is a continued decrease in the trend for the under-18s conception rate, now at 12.5 per 1,000 females aged 15-17. Darlington is lower than the North East and statistically similar to England averages.

The issue with up to date data not being received has been highlighted at a national level and will hopefully be resolved in the very near future, there are concerns nationally that progress to further reduce teenage conceptions has halted. Locally we have launched a new Sexual and Reproductive Health Partnership, where teenage Pregnancy will be a key focus in the workplan, ensuring prevention of conceptions is key and access to services is easy and well communicated.

PBH 016

Conceptions in women aged under 18, per 1,000 females aged 15-17



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

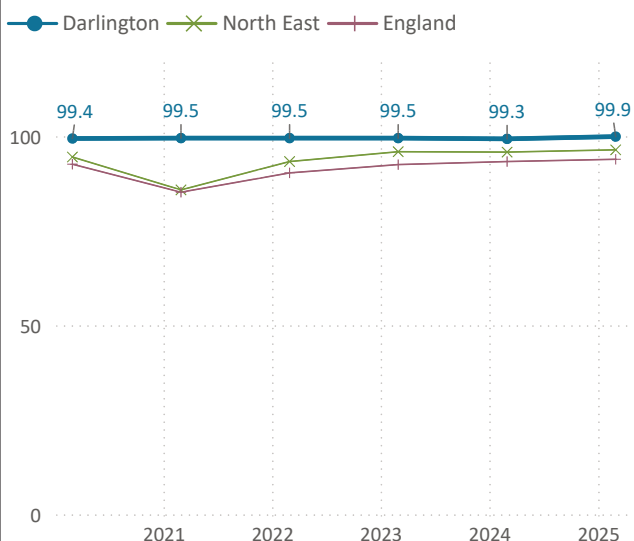
Percentage of children aged 2-2½yrs offered ASQ-3 as part of the Healthy Child Programme or integrated review

The latest data from 2024/25 shows that 99.9% of children aged 2-2.5 years were offered an ASQ-3 test as part of the mandated Healthy Child programme contacts (or an integrated assessment). Darlington is statistically better than the North East and England.

ASQ-3 is an assessment of a child's early development, including motor, problem-solving solving and personal development. The Health Visiting team work with parents and Early Years settings to ensure those identified with additional needs are offered an integrated assessment to identify any developmental needs as early as possible so that the child and family can receive appropriate support

PBH 018

Percentage of children aged 2-2½yrs offered ASQ-3 as part of the Healthy Child Programme or integrated review



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

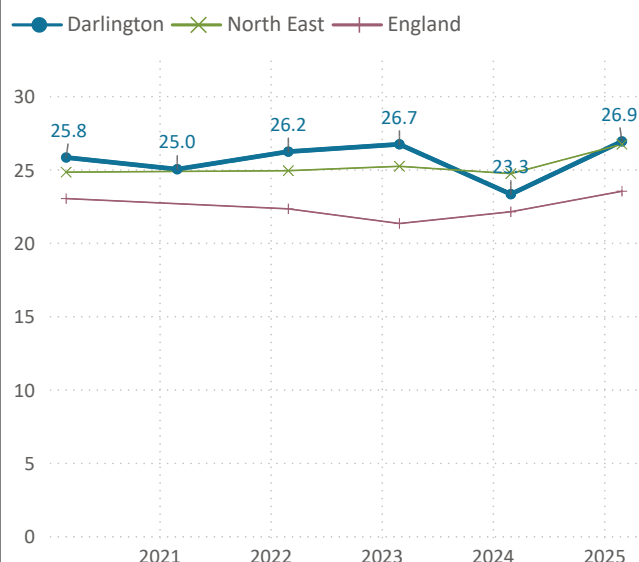
Excess weight among Reception pupils (%)

The latest data from 2024/25 shows an increase in the proportion of reception children aged 4-5 years who were found to be overweight or obese when measured, which is now at 26.9%. Darlington is now statistically similar to the North East but higher than the England average.

The Darlington Childhood Healthy Weight Plan identified evidence-based interventions delivered with partners to address the underlying causes of obesity in children and young people. Work includes activity with schools and local commercial food premises to develop a healthy catering standard for a healthy food offer.

PBH 020

Excess weight among Reception pupils (%)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

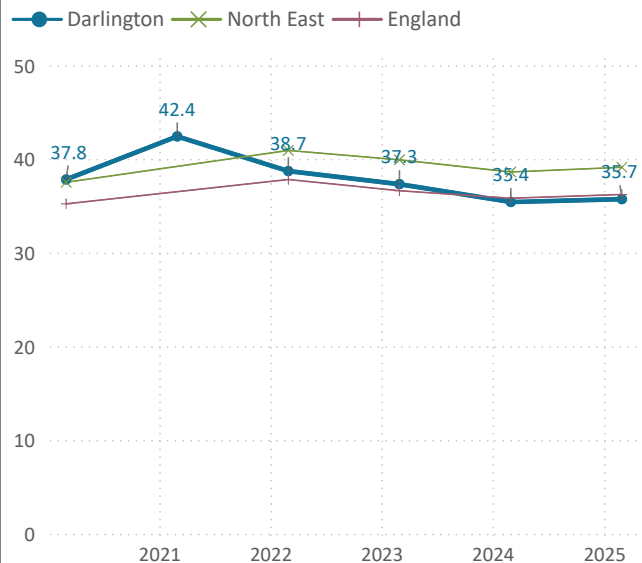
Excess weight among Year 6 pupils (%)

The latest data from 2024/25 shows that 35.7% of Year 6 children aged 10-11 years who were measured were found to be overweight or obese. There has been a reduction each year since 2021, with Darlington now being statistically lower than the North East and statistically similar to England.

The Darlington Childhood Healthy Weight Plan identified evidence-based interventions delivered with partners to address the underlying causes of obesity in children and young people. Work includes activity with schools and local commercial food premises to develop a healthy catering standard for a healthy food offer.

PBH 021

Excess weight among Year 6 pupils (%)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

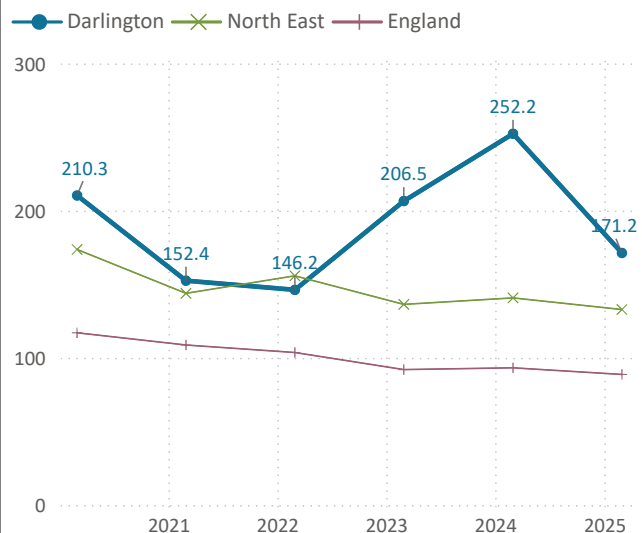
Hospital admissions caused by unintentional and deliberate injuries in children aged under 5 years (per 10,000 0-5 population)

Emergency admissions for children aged 0-4 fell to 171.2 per 10,000 in 2024/25, Darlington is statistically worse than England and the North East.

An audit identified key causes, leading to a multi-agency partnership across County Durham and Darlington. The group sets priorities, reviews evidence, and coordinates action on injury prevention. A joint campaign (DBC, DCC, CDDFT and partners) is in development using audit data to target key groups. A training offer delivered by the Child Accident Prevention Trust has been commissioned for the next 12 months. We have introduced an injury prevention tile to the Making Every Contact Count (MECC) gateway for information and support services.

PBH 024

Hospital admissions caused by unintentional and deliberate injuries in children aged under 5 years (per 10,000 0-5 population)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

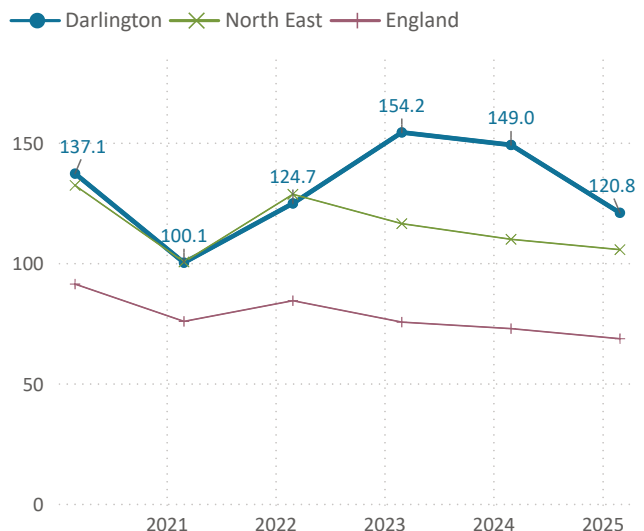
Hospital admissions caused by unintentional and deliberate injuries in children aged under 15 years (per 10,000 0-15 population)

The latest data from 2024/25 shows that the rate for Darlington is 120.8 per 10,000 population for emergency admissions for those aged 0-14 years. There is a slight reduction from last year, but Darlington remains statistically worse than England.

Following an audit to understand the key reasons for hospital admissions a multi-agency partnership group has been established across County Durham and Darlington. The group agree priorities, identifies the evidence base and agree a joint approach to reduce unintentional injuries. The group has worked with the Making Every Contact Count (MECC) gateway to include an injury prevention tile to signpost to information and support services.

PBH 026

Hospital admissions caused by unintentional and deliberate injuries in children aged under 15 years (per 10,000 0-15 population)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

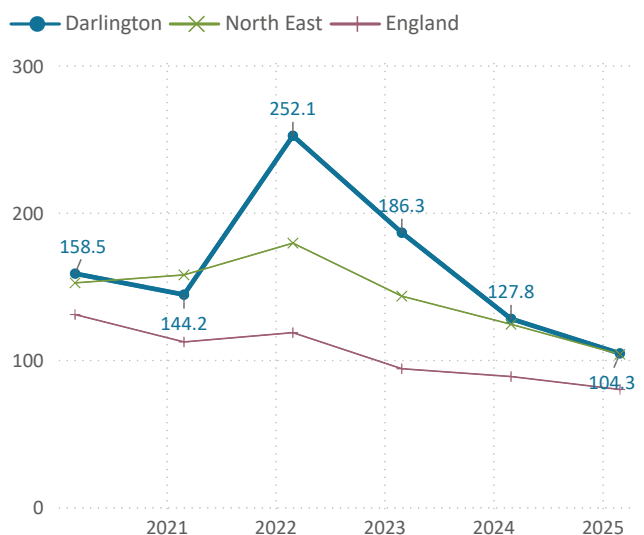
Hospital admissions caused by unintentional and deliberate injuries in young people aged 15-24 years (per 10,000 15-24 population)

The latest data (2024/25), shows that the rate of emergency hospital admissions is 104.3 per 10,000 population amongst 15-24 year olds, and continues to reduce from a peak in 2022. This is statistically worse than England, but similar to the North East.

Following an audit to understand the key reasons for hospital admissions, a multi-agency partnership group has been established across County Durham and Darlington. The group agrees priorities, identifies the evidence base and agree a joint approach to reduce unintentional injuries. The group has worked with the Making Every Contact Count (MECC) gateway to include an injury prevention tile to signpost to information and support services.

PBH 027

Hospital admissions caused by unintentional and deliberate injuries in young people aged 15-24 years (per 10,000 15-24 population)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

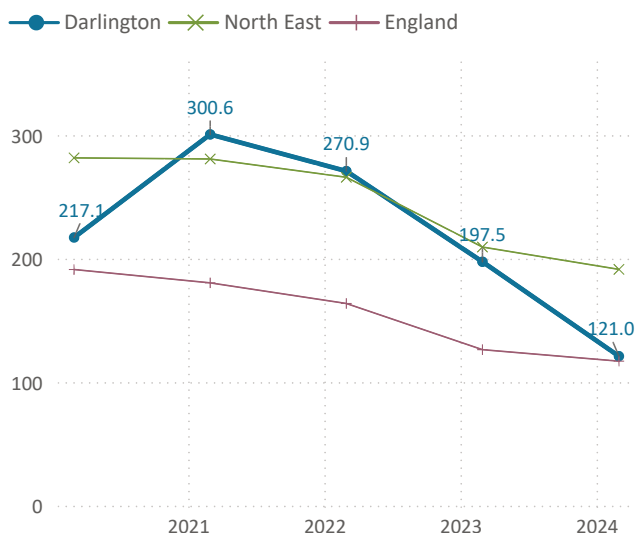
Emergency Hospital Admissions for Intentional Self-Harm (per 100,000 population)

In 2024/25, the rate of emergency hospital admissions for intentional self-harm was 121 per 100,000, which is similar to England and is statistically lower than the North East. This trend is decreasing.

Self-harm is complex and affects people in different ways, taking many forms and resulting from a range of factors. Serious self-harm episodes can increase the risk of further hospital admissions and future suicide, so early intervention and prevention are crucial in supporting those at risk. Work is underway with partners in mental health services to understand existing pathways for those who have self-harmed and explore opportunities for earlier intervention and risk reduction.

PBH 031

Emergency Hospital Admissions for Intentional Self-Harm (per 100,000 population)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

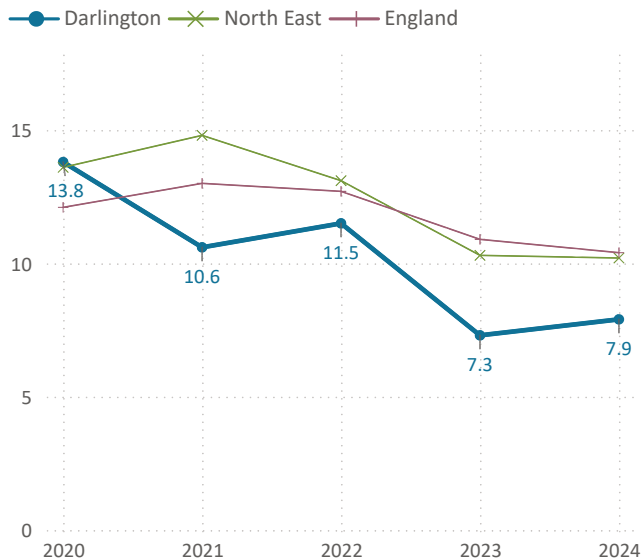
Prevalence of smoking among persons aged 18+ years

This latest data from the 2024 Annual Population Survey (APS) shows that 7.9% of those who responded aged 18+ self-reported themselves as smokers in Darlington. This is a slight increase from the previous year, but a decrease from a peak in 2022. Darlington is now statistically better than the North East and England.

The Stop Smoking Service work hard to reduce the number of people who smoke, by making the service more accessible through community venues, offering many ways to support a quit attempt. Those include one-to-one behavioural support, use of NRT products, pharmacotherapy, vapes and digital tools, and the smoke-free app.

PBH 033

Prevalence of smoking among persons aged 18+ years



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

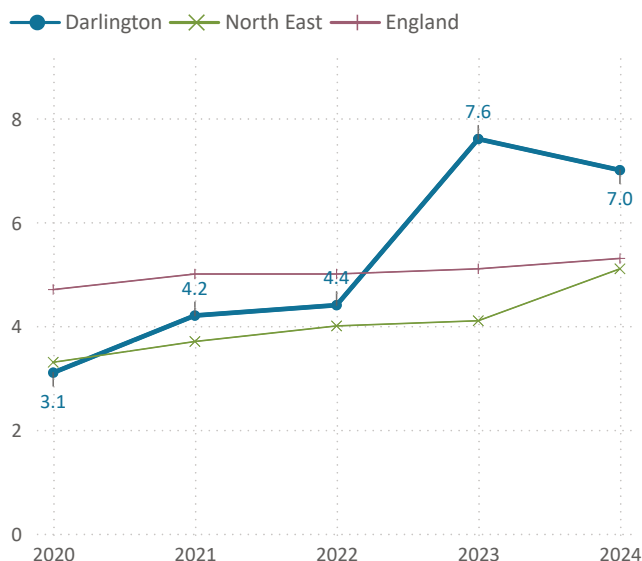
Percentage of opiate users successfully completing their treatment

In 2024, there was a slight decline in the proportion of opiate users successfully completing structured drug treatment. 7% in Darlington completed treatment successfully, a rate statistically higher than both the North East and England.

The Council ensures a broad, high-quality treatment offer to engage and retain individuals, including same-day Medication Assisted Treatment. This is delivered with evidence-based psychosocial interventions and underpinned by a strong Peer Recovery Support offer from our commissioned Lived Experience Recovery Organisation and development of community support structures, with options for community or inpatient detoxification and rehabilitation.

PBH 035i

Percentage of opiate users successfully completing their treatment



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

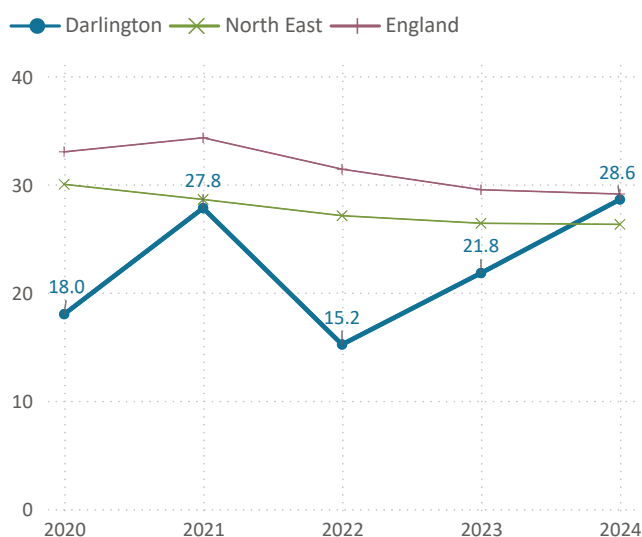
Percentage of users on non-opiates successfully completing their treatment

In 2024, there was a slight incline in the proportion of non-opiate users successfully completing treatment. 28.6% in Darlington successfully completed structured drug treatment, and is statistically similar to the North East and England.

The Council ensures there is a treatment offer to engage and retain individuals in high quality treatment, reducing barriers to access and provision of evidence-based psychosocial interventions. Underpinned by a strong Peer Recovery Support offer from our commissioned Lived Experience Recovery Organisation and development of community support structures, with options for community or inpatient detoxification and community or residential rehabilitation.

PBH 035ii

Percentage of users on non-opiates successfully completing their treatment



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

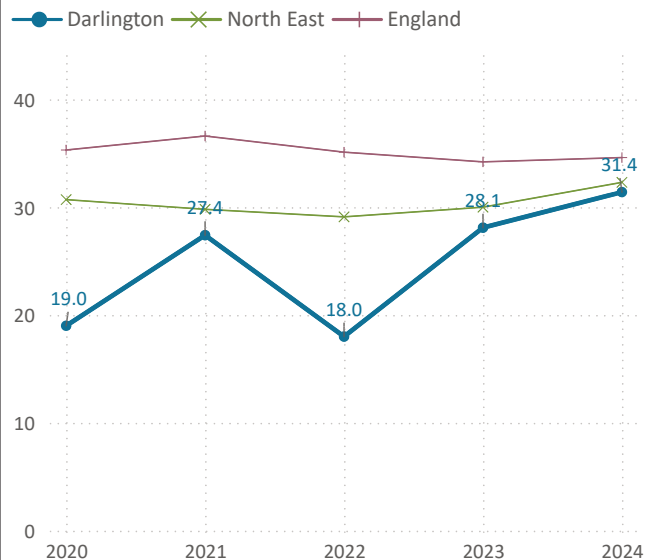
Percentage of alcohol users successfully completing their treatment

In 2024, 31.4% of alcohol users successfully completed structured treatment in Darlington. This is similar to the North East but remains lower than England.

The Council ensures that there is a treatment offer to engage and retain individuals in high quality treatment, reducing barriers to access and provision of same day access to Medication Assisted Treatment. This is delivered with evidence-based psychosocial interventions and underpinned by a strong Peer Recovery Support offer from our commissioned Lived Experience Recovery Organisation and development of community support structures, with options for community or inpatient detoxification and community or residential rehabilitation.

PBH 035iii

Percentage of alcohol users successfully completing their treatment



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

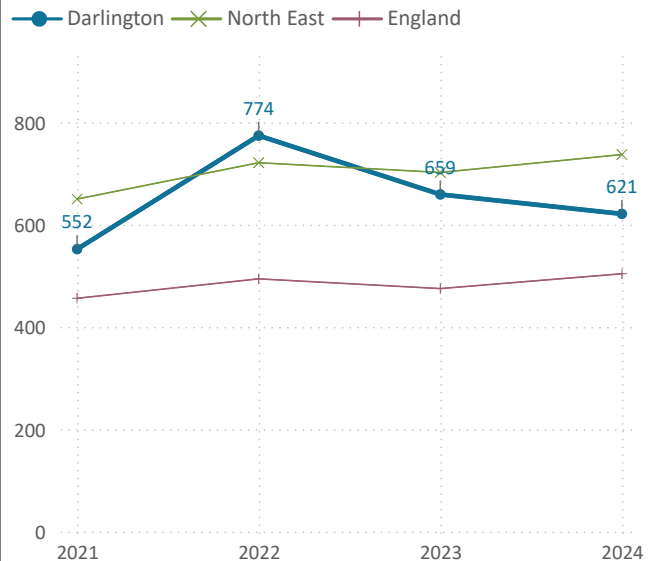
Alcohol related admissions to hospital (per 100,000 population)

The latest data for 2023/24 shows the rate of alcohol related admissions was 621 per 100,000 population. This has reduced from the previous year. Darlington is statistically better than the North East and statistically worse than England.

The Council is working with partners to increase early identification & prevention within both Primary Care & Community and developing integrated care pathways, particularly with our local hospital-based Alcohol Care Teams and Emergency Departments to identify and support individuals with repeated alcohol-related admissions.

PBH 044

Alcohol related admissions to hospital (per 100,000 population)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

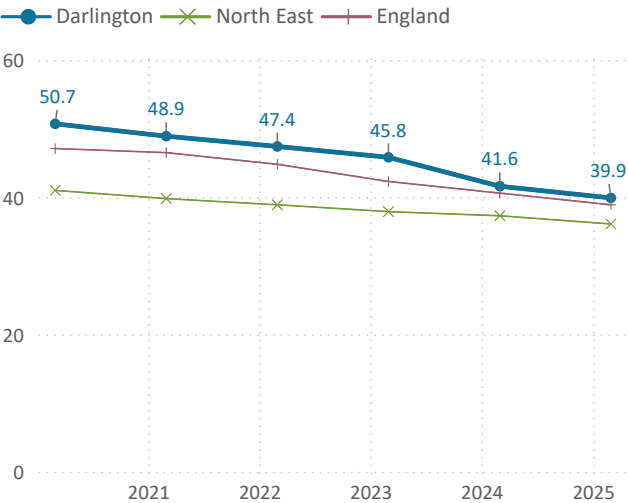
Cumulative % of eligible population aged 40-74 offered an NHS Health Check who received an NHS Health Check in the five year period

In 2024/25, 39.9% of eligible people in Darlington who were offered an NHS Health Check received one. This is statistically higher than England and the North East, though uptake is declining.

NHS Health Checks help identify people at greater risk of cardiovascular disease, diabetes and kidney disease. They are available every 5 years to residents aged 40-74 (excluding those with certain pre-existing conditions). Darlington Borough Council commissions the GP Federation to deliver and manage the programme, supporting individual practices to identify and invite eligible individuals. Increasing uptake can help more people reduce their risk and stay healthier for longer.

PBH 046

Cumulative % of eligible population aged 40-74 offered an NHS Health Check who received an NHS Health Check in the five year period



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

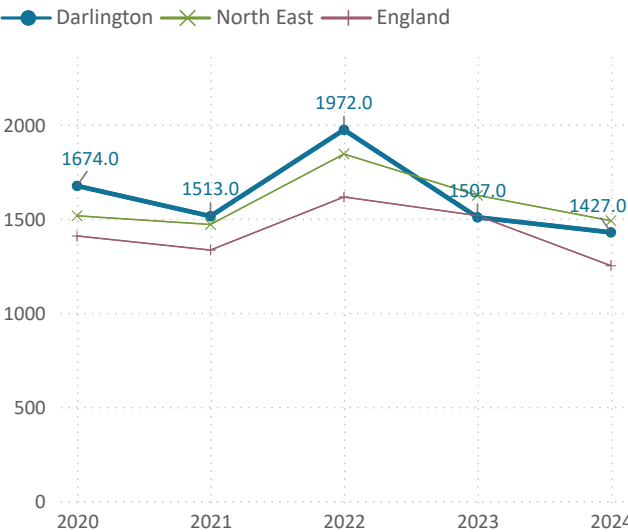
Chlamydia diagnoses in 15-24 year olds (per 100,000 15-24 population)

The latest data from 2024 shows a diagnosis rate of 1,427 per 100,000 population. This is statistically similar to the North East and England. An increased detection rate is indicative of increased control activity. It is not a measure of disease in the community.

Chlamydia is the most common sexually transmitted infection. The council commissions a specialist Sexual Health Service which has been working to improve uptake of screening. Testing is proactively offered to females in community settings and remains available for males and females in sexual health services, including access to online testing for over 16 years.

PBH 048

Chlamydia diagnoses in 15-24 year olds (per 100,000 15-24 population)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

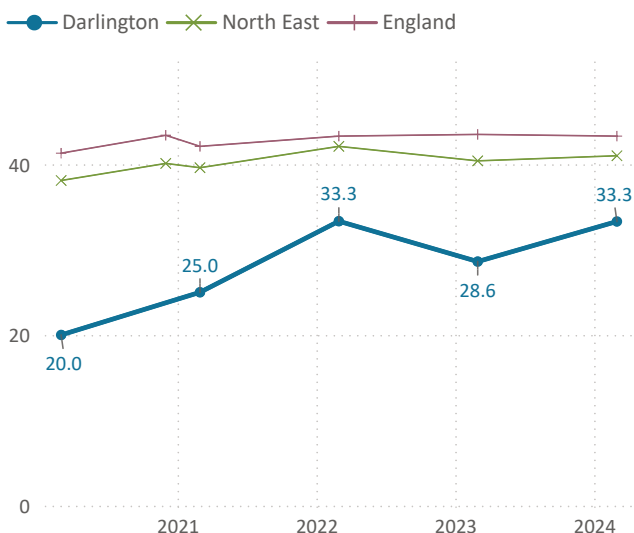
People presenting with HIV at a late stage of infection (percentage of all those presenting with HIV)

Due to the small number of people who are diagnosed with HIV, this data is cumulative from 2022-24. It shows that 33.3% of adults newly diagnosed with HIV were diagnosed at a late stage, which impacts treatment options and results in poorer outcomes. Darlington is statistically similar to the North East and England.

The Sexual Health Service offers all new patients a HIV risk assessment and HIV testing, in person and via online tests, to make access easier. The new national HIV Action Plan for England (2025 to 2030) was published in December 25, identified priorities include preventing HIV transmission, scaling up testing and rapid access to HIV treatment.

PBH 050

People presenting with HIV at a late stage of infection (percentage of all those presenting with HIV)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

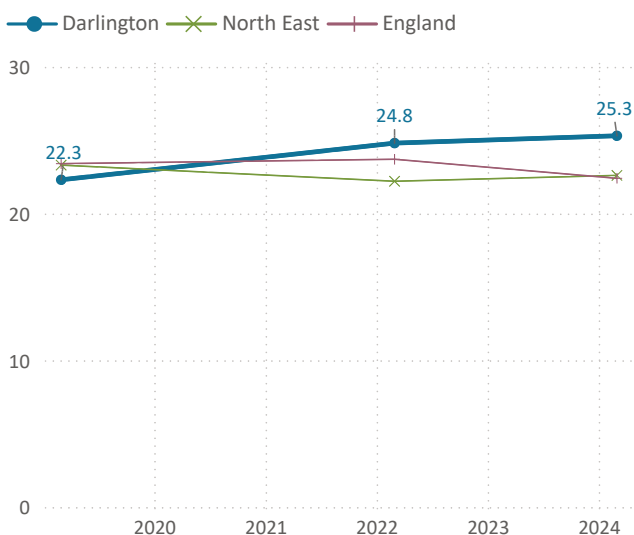
Percentage of 5 year olds with experience of visually obvious dental decay

The latest data shows that the percentage of Darlington 5-year-olds with experience of visually obvious dental decay has increased to 25.3%, in 2023/24. This is statistically similar to both England and the North East.

An Oral Health Promotion Strategy has been developed locally to drive forward the work to reduce decay in children and young people and support good oral health across the life stages. This plan includes a continued roll out and extension of the Supervised Toothbrushing Scheme, delivery of home packs for all 3 - 5 year olds, links with the Healthy Early Years Award and a Fluoride Varnish Scheme for 3 - 8 year olds in settings within our most deprived areas.

PBH 054

Percentage of 5 year olds with experience of visually obvious dental decay



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

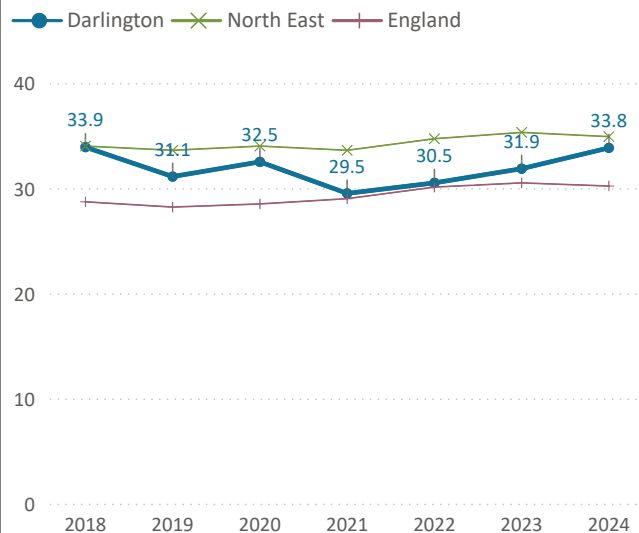
Under 75 mortality rate from cardiovascular diseases considered preventable (per 100,000 population)

The latest data from 2022-24 indicates that the under-75 mortality rate for preventable cardiovascular diseases in Darlington is 33.8 per 100,000 population. This is statistically similar to the England and North East averages. Darlington shows an upward trend.

Preventable mortality refers to deaths that could largely be avoided through effective public health measures and primary prevention strategies. Cardiovascular disease can be prevented through a combination of healthy lifestyle such as not smoking and maintaining a healthy weight, regular physical activity, a heart-healthy diet and medical management of conditions such as high blood pressure and cholesterol.

PBH 056

Under 75 mortality rate from cardiovascular diseases considered preventable (per 100,000 population)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

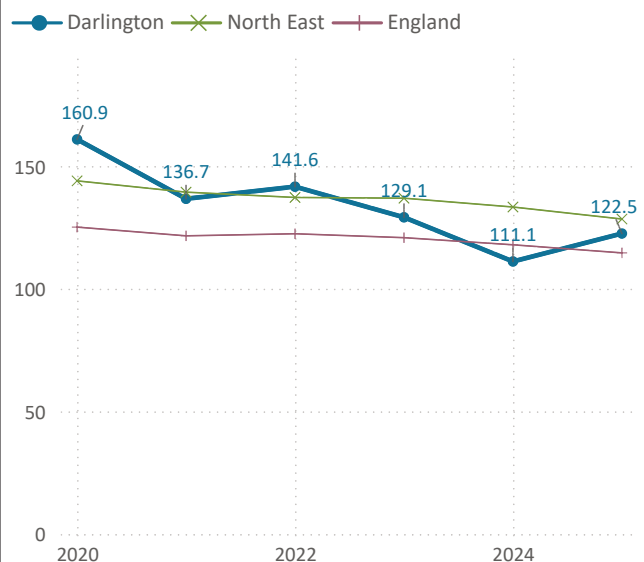
Under 75 mortality rate from cancer (per 100,000 population)

The latest data for 2025 shows that the rate of under-75 mortality from cancer in Darlington has increased to 122.5 per 100,000 population. Darlington is statistically similar to England and the North East.

Cancer is the leading cause of death in England in under 75s, and action should continue to focus on prevention and timely access to treatment. There are many different types of cancer, with different symptoms. Quitting smoking, cutting down on alcohol intake, maintaining a healthy weight can reduce risk and increasing uptake of screening programmes is important to support early detection and access to treatment.

PBH 058

Under 75 mortality rate from cancer (per 100,000 population)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health

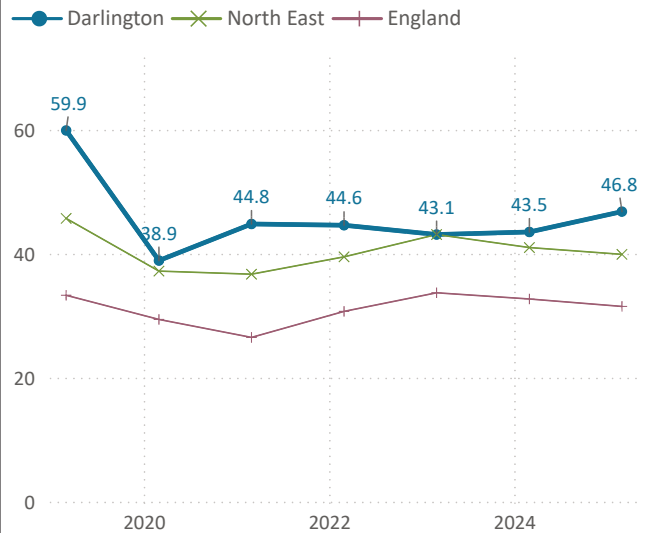
Under 75 mortality rate from respiratory disease (per 100,000 population)

The latest data (2025) shows that Darlington has a rate of 46.8 per 100,000 deaths from respiratory diseases in people aged under 75. This is statistically higher than England but similar to the North East.

Respiratory disease is a leading cause of death in under 75s in England, with chronic obstructive pulmonary disease (COPD) being one of the main respiratory diseases. Preventing smoking can reduce the the risk of respiratory disease, and supporting people who do smoke to stop is important. Environmental factors such as air pollution are also an important factor.

PBH 060

Under 75 mortality rate from respiratory disease (per 100,000 population)



Lead Officer: James Stroyan: Executive Director - People

Service Area: Public Health