

South Tyneside

A Picture of Health

An overview of the health and wellbeing of the South Tyneside population



South Tyneside's population size has increased

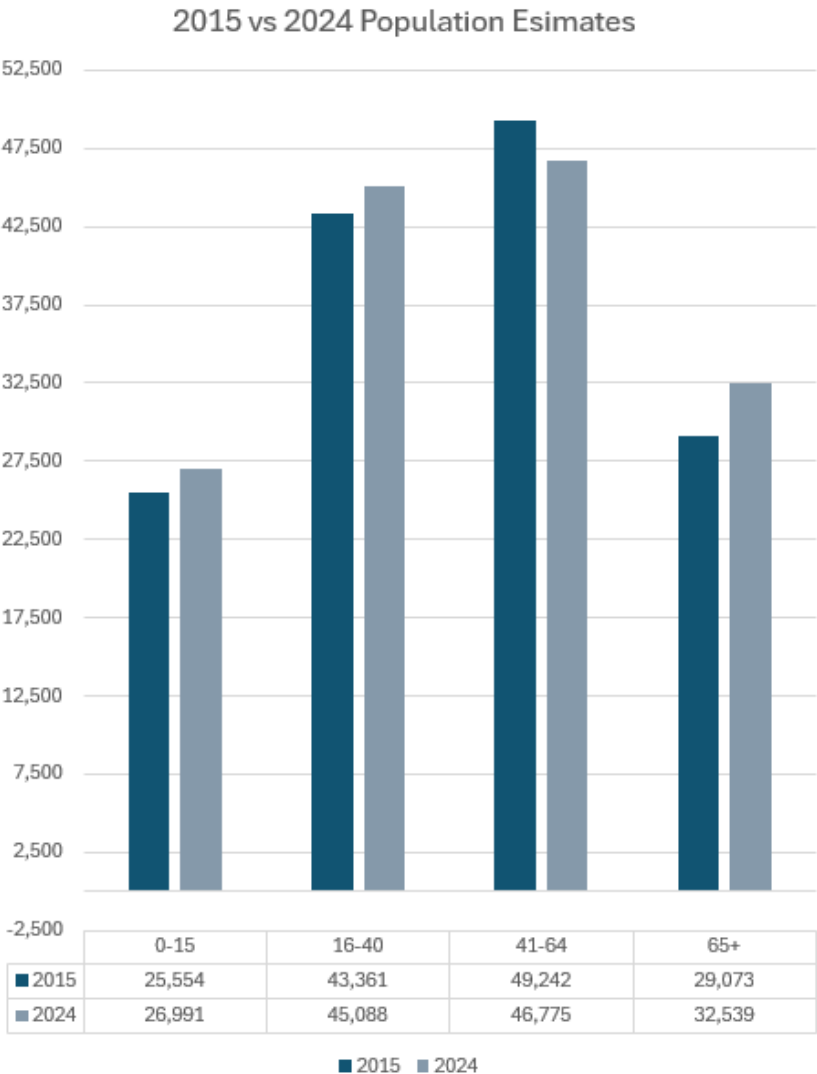
In South Tyneside there was a percentage increase of 0.8% (150,124 to 151,393) in population from mid-year 2023 to mid-year 2024.

South Tyneside in 2024:

<p>Population estimate</p> <p>151,393</p> <p>people</p> <p>up from 150,124 in 2023.</p>	<p>Change since 2023</p> <p>+0.8%</p> <p>compared to +1.2% across England and Wales.</p>
<p>Net international migration</p> <p>1,432</p> <p>people</p> <p>the main contributor to population change.</p>	<p>Median age</p> <p>42.9 years</p> <p>down from 43.1 years in 2023.</p>

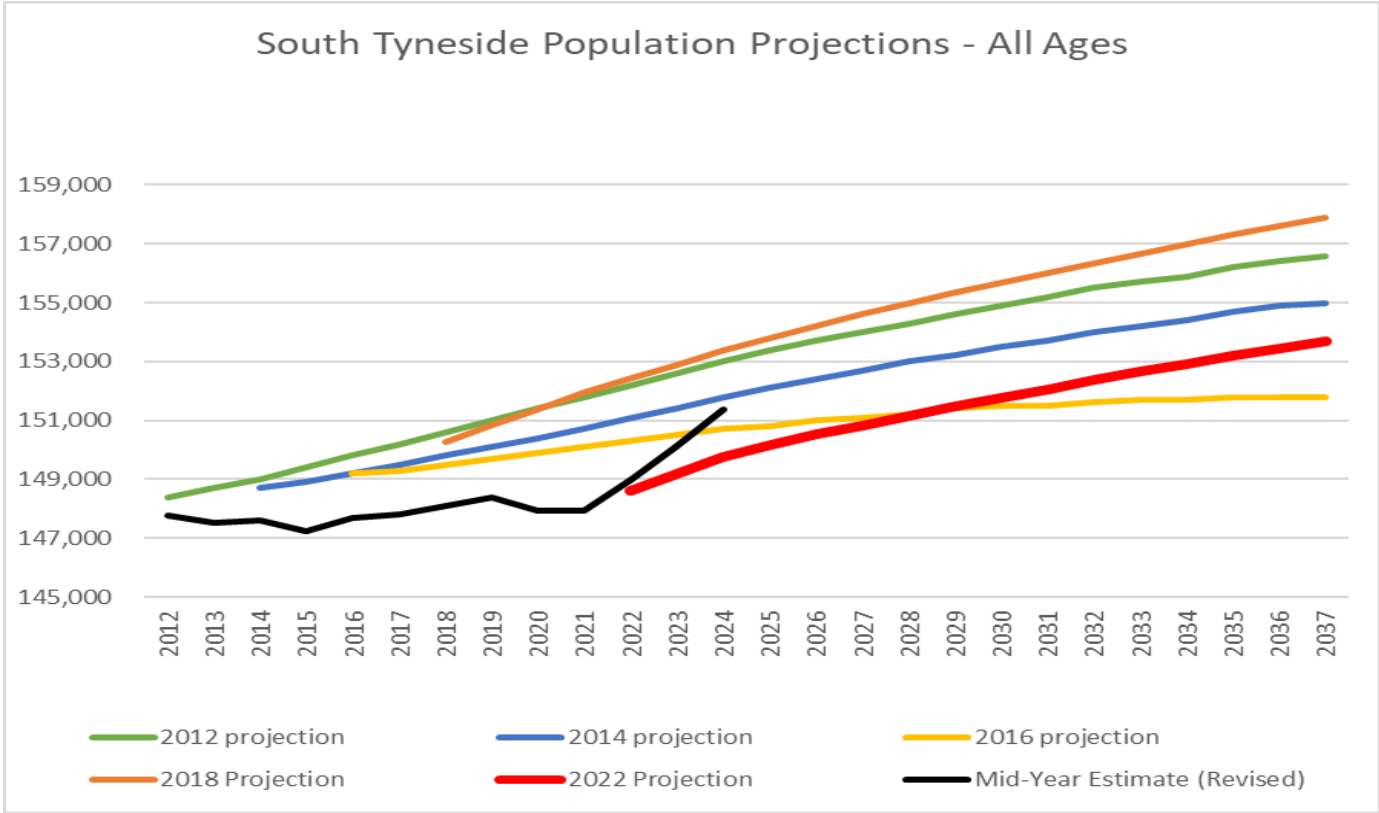


South Tyneside has an ageing population



In 2024 the estimated people aged 65+ made up 21.5% of the South Tyneside population, compared to 2015 when it was 19.7% of the population.

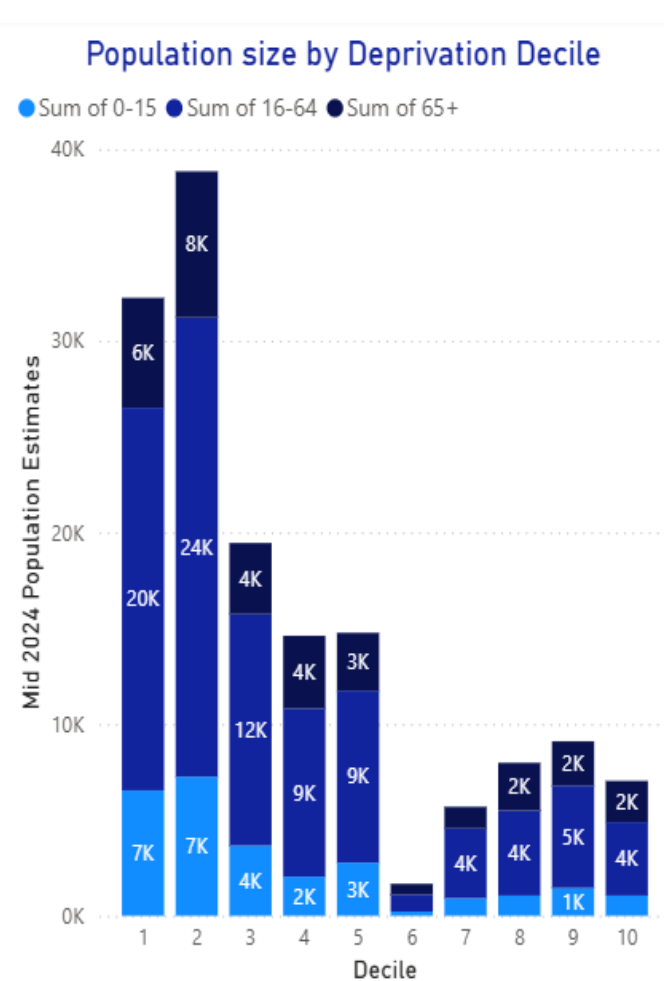
Comparing the five population projections released since the 2011 census shows a variation of over 6,000 in the potential total population in South Tyneside by 2037. The most recent projection suggests the population of South Tyneside will increase by 5,000 people between 2022 and 2037. Post 2022 population estimates are 1,600 people higher than the projection.



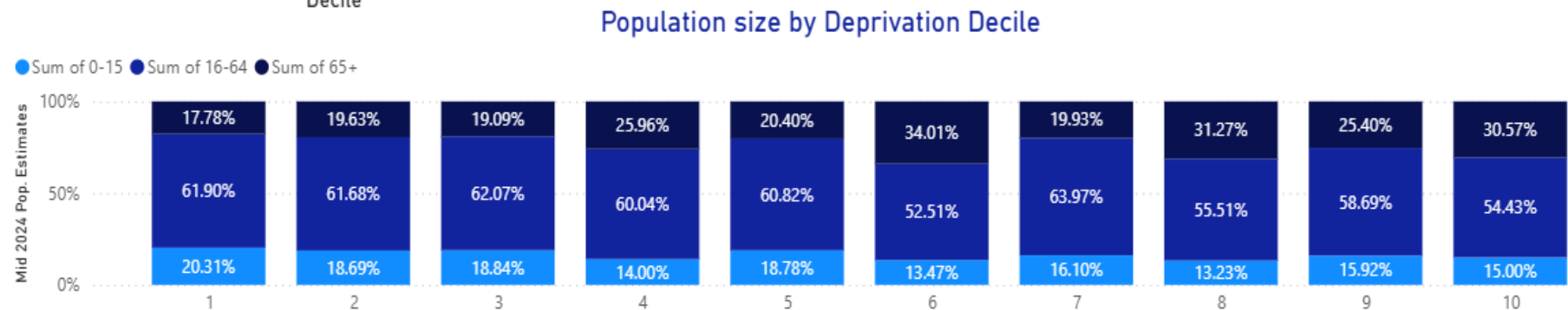
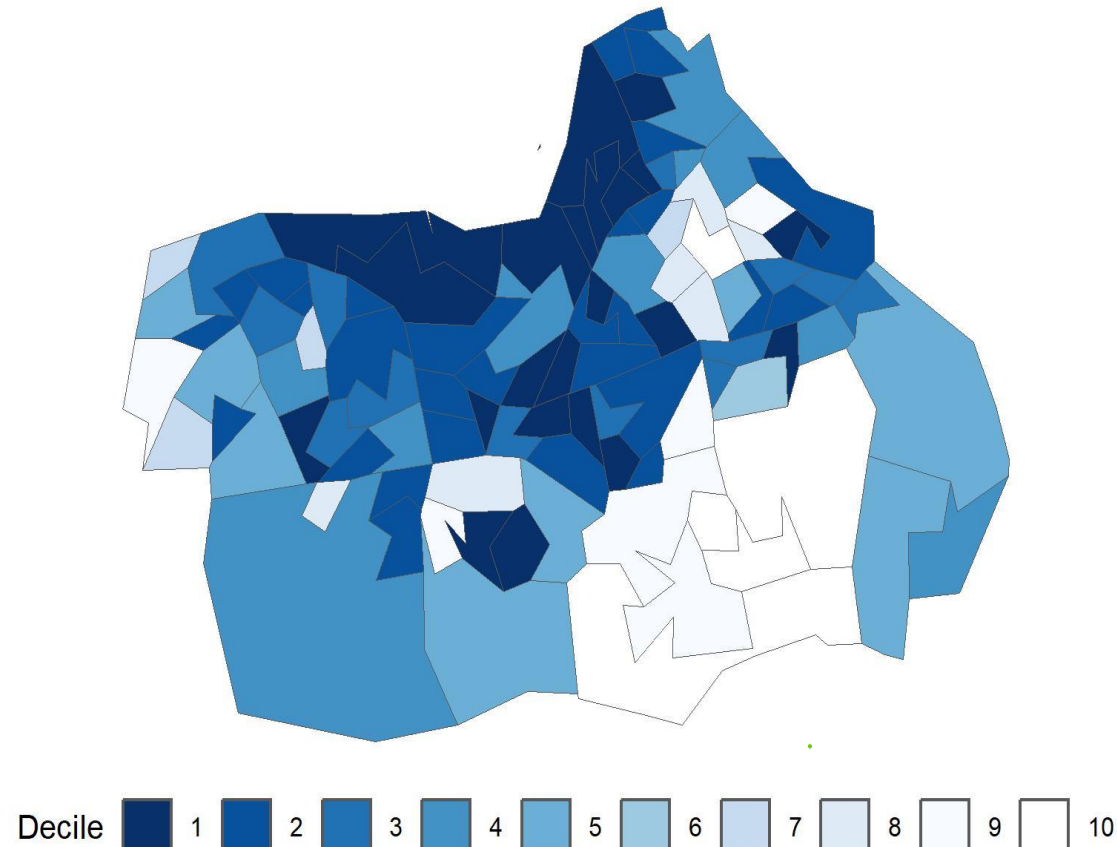
Sources: [Population and household estimates, England and Wales - Office for National Statistics \(ons.gov.uk\)](#);
[Subnational population projections for England - Office for National Statistics](#)

Nearly half of the South Tyneside population live in the 20% most deprived areas in England

The more deprived areas tend to have higher proportion of people aged under 16 years old and lower proportion of people aged 65 plus.



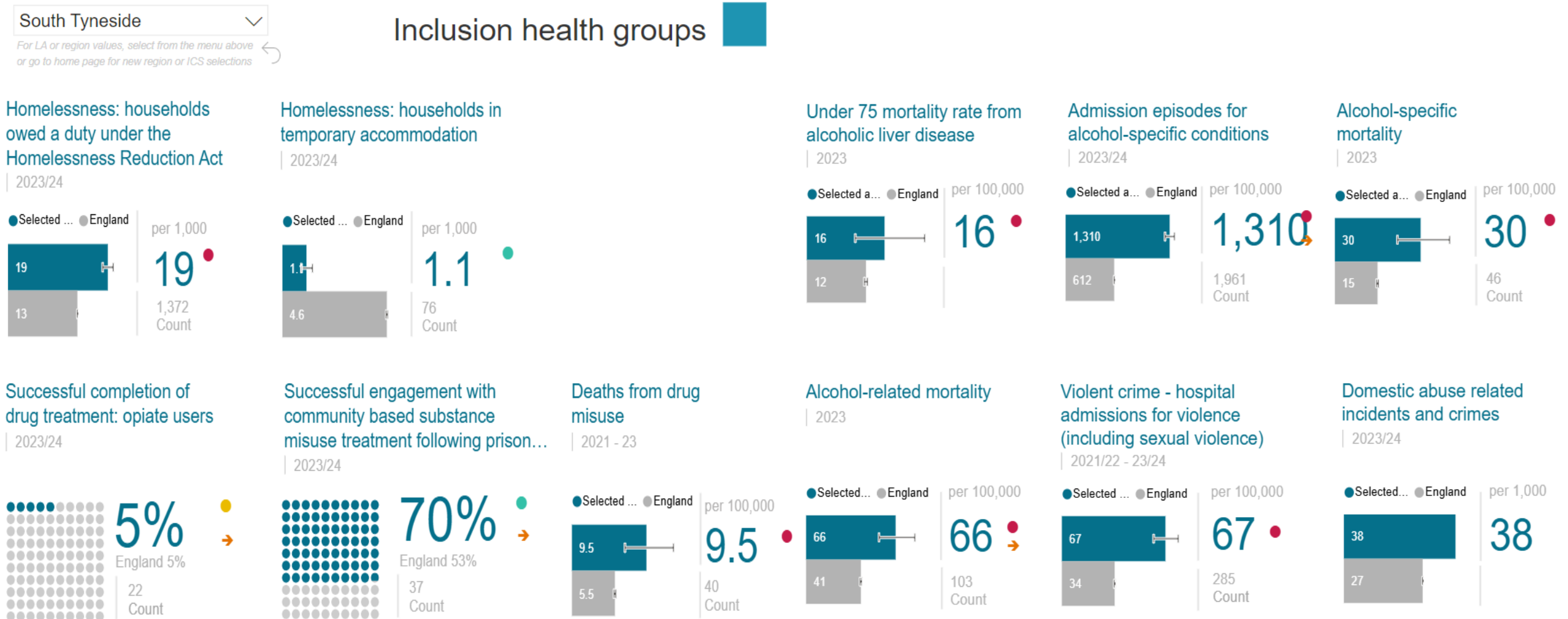
Index of multiple deprivation 2025 by LSOA2021



South Tyneside has relatively high proportions of population groups with complex needs

South Tyneside has significantly higher rates of violent crime related hospital admissions, deaths from drug misuse and alcohol related hospital admissions compared to England.

The rate of homelessness: households in temporary accommodation is significantly lower than the national average.

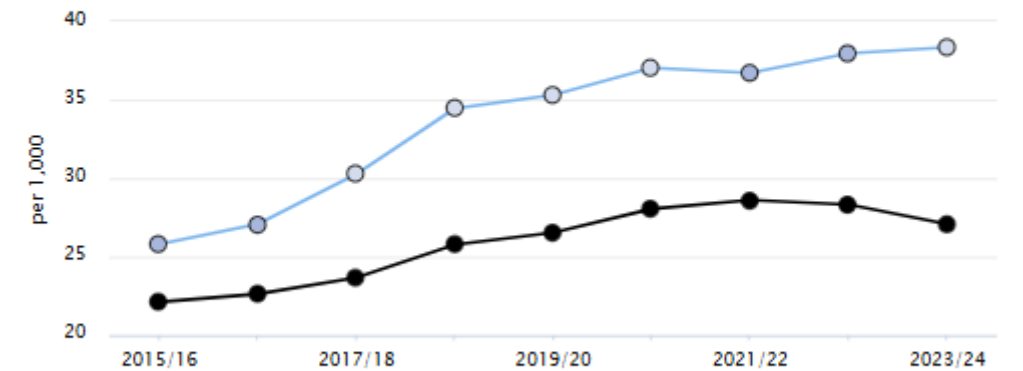


Sources: [Office for Health Improvement and Disparities 'A picture of health: Health intelligence pack for health improvement'](#)

The rate of domestic abuse related incidents and crimes have increased

Domestic abuse related incidents and crimes

Show confidence intervals Show 99.8% CI values



Recent trend: Could not be calculated

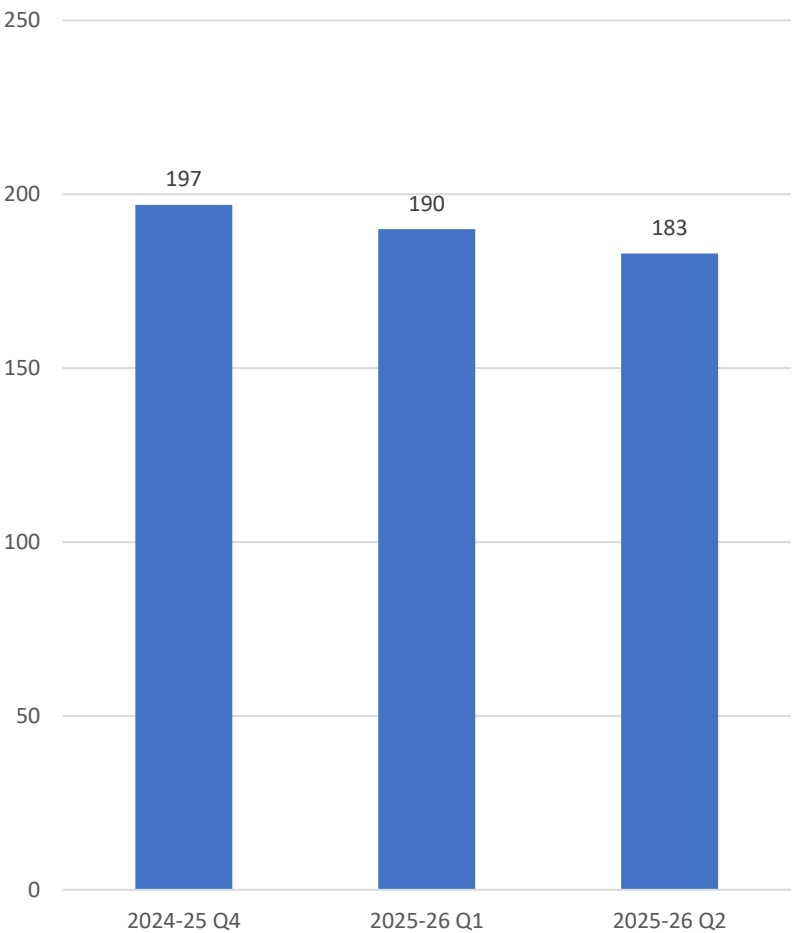
Period	South Tyneside					North East	England
		Count	Value	95% Lower CI	95% Upper CI		
2015/16		-	25.8*	-	-	30.5	22.1
2016/17		-	27.1*	-	-	32.8	22.6
2017/18		-	30.3*	-	-	37.4	23.7
2018/19		-	34.5*	-	-	42.7	25.8
2019/20		-	35.3*	-	-	42.7	26.5
2020/21		-	37.0*	-	-	43.7	28.1
2021/22		-	36.7*	-	-	38.3	28.6
2022/23		-	38.0*	-	-	39.1	28.3
2023/24		-	38.4*	-	-	39.6	27.1

Sources: [Fingertips – Public Health Profiles \(https://fingertips.phe.org.uk/\)](https://fingertips.phe.org.uk/) & Internal data

In South Tyneside, the rate of domestic abuse related incidents and crimes for 2023/24 was 38.4 per 1,000.


Since Q4 2024/25 the count of referrals to the South Tyneside Restart integrated domestic abuse service have been decreasing every quarter.

Count of victim referrals to South Tyneside Restart integrated domestic abuse service



South Tyneside has significantly higher rates of children in relative low-income families

South Tyneside also has significantly higher rates of obesity in early pregnancy, smoking status at time of delivery and hospital admissions caused by unintentional or deliberate injuries in children aged 0 to 14.

South Tyneside 
For LA or region values, select from the menu above
or go to home page for new region or ICS selections

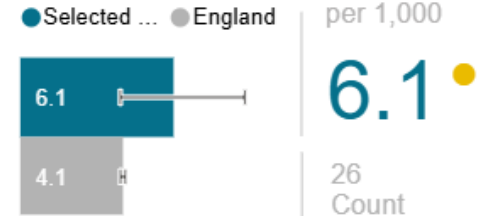
Best start in life



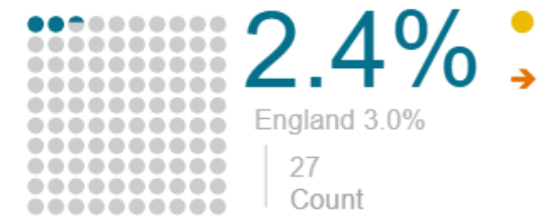
Children in relative low income families (under 16s)
| 2023/24



Infant mortality rate
| 2021 - 23



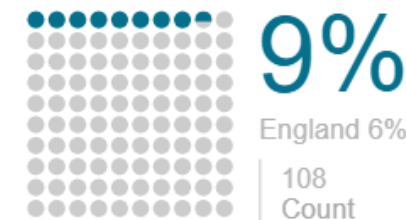
Low birth weight of term babies
| 2024



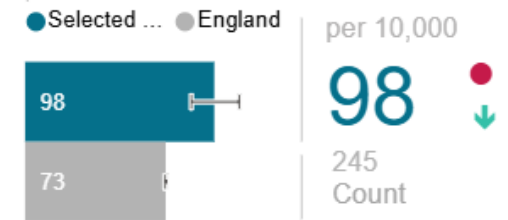
Obesity in early pregnancy
| 2023/24



Smoking status at time of delivery
| 2024/25





Emergency hospital admissions for injuries in children, ages under 15
| 2023/24



Compared to the England average South Tyneside has a significantly higher rate of infants receiving a 6–8-week review

South Tyneside has a significantly higher rate of Children in care & Pupils with special educational needs.

South Tyneside has a significantly lower proportion of children achieving a good level of development at 2-2.5 years.

South Tyneside 
*For LA or region values, select from the menu above
or go to home page for new region or ICS selections* 

Best start in life

Screening and development

Proportion of infants receiving a
6 to 8 week review
| 2023/24



Children achieving a good level
of development at 2-2.5 years
| 2023/24



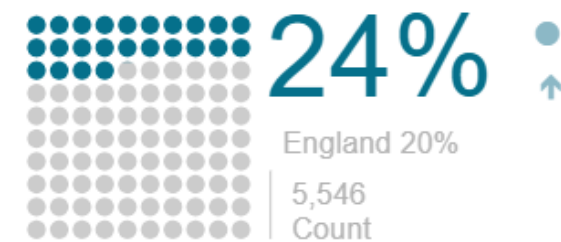
Children achieving a good level
of development at 5 years
| 2023/24



Children on free school meals
achieving a good level of
development at 5 years
| 2023/24



Pupils with special educational
needs (SEN)
| 2024/25



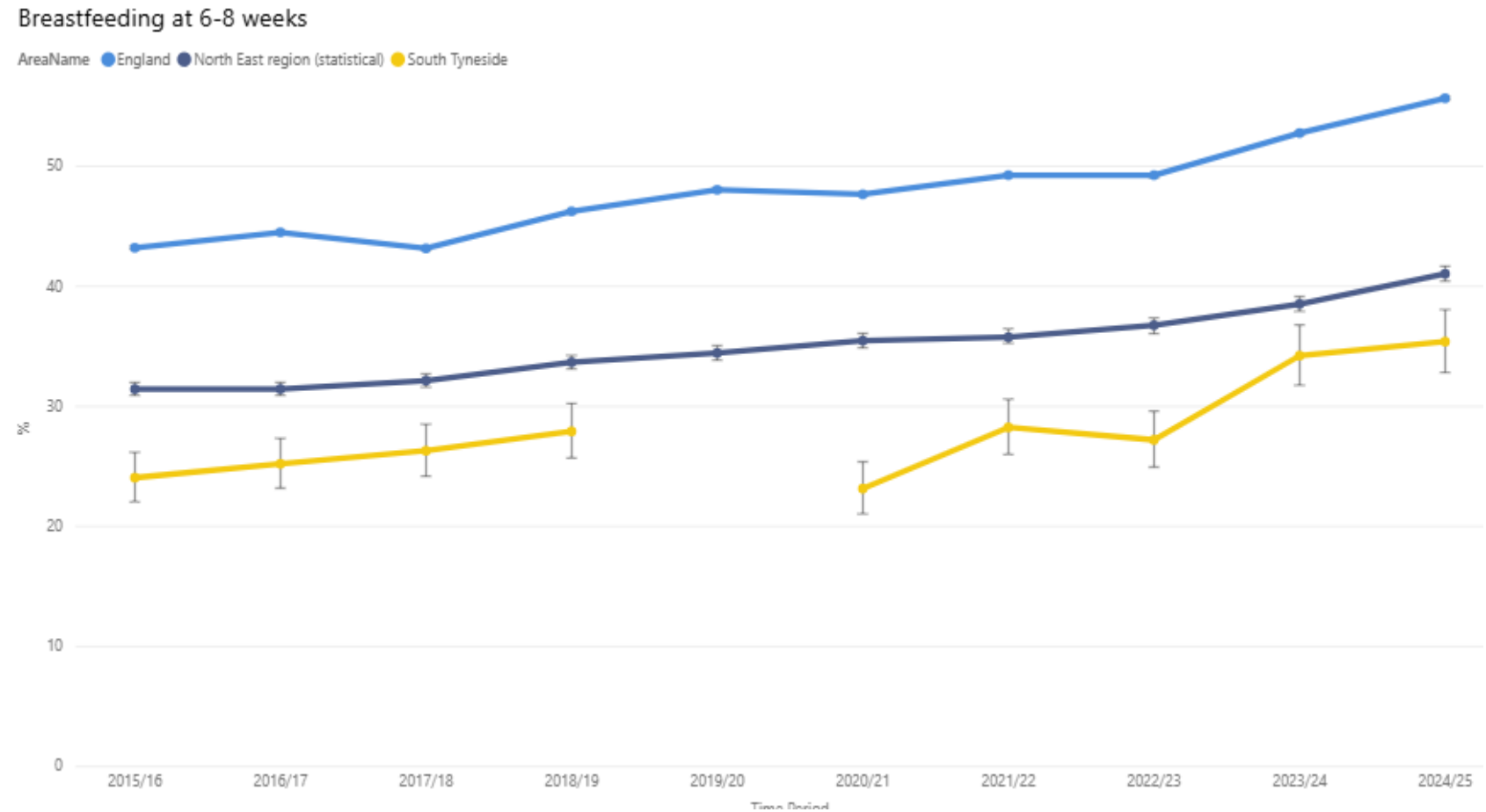
Reception prevalence of
overweight (including obesity)
| 2023/24



The prevalence of mothers breastfeeding at 6-8 weeks is the highest it has ever been in South Tyneside

The proportion of mothers breastfeeding at 6-8 weeks remains significantly lower than the Northeast and national prevalence for 2024/25.

Overall, the trend in South Tyneside is increasing and getting better based on the last 5 data points.



South Tyneside has a significantly higher rate of students with social, emotional and mental health needs than the England average

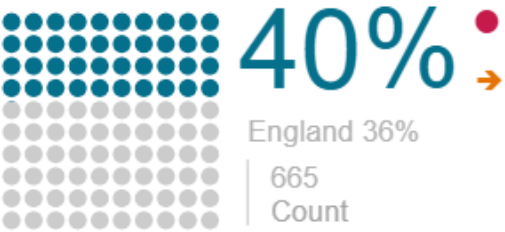
The prevalence of overweight (including obesity) in year 6 students in South Tyneside continues to be significantly worse than the England average.

South Tyneside has a higher proportion of persistent absentees in Secondary Schools.

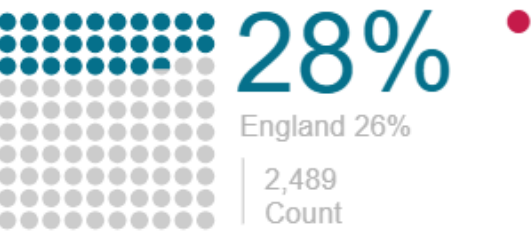
South Tyneside

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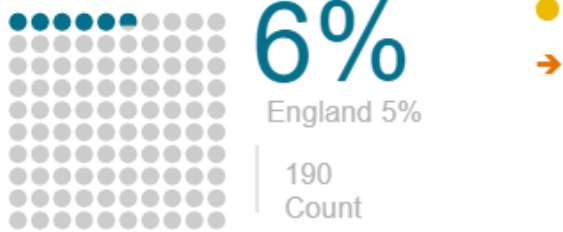
Year 6 prevalence of overweight (including obesity)
| 2023/24



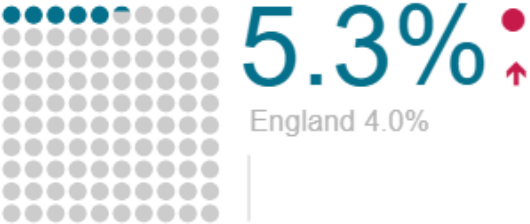
Persistent absentees - Secondary school
| 2023/24



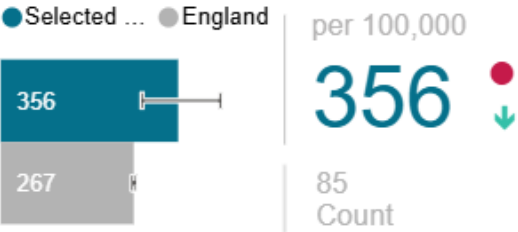
Young people not in education, employment or training
| 2023/24



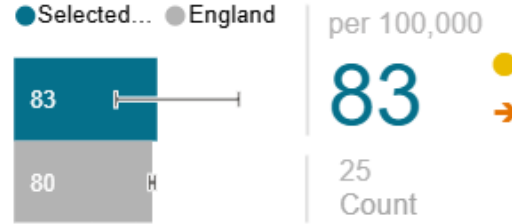
Proportion of school pupils with social, emotional and mental health needs
| 2024/25



Hospital admissions as a result of self-harm (10 to 24 years)
| 2023/24



Hospital admissions for mental health conditions (under 18 years)
| 2023/24



Developing well

Secondary school age to early adulthood

South Tyneside has significantly worse rates of key health-related behaviours

New data for 2023/24 indicates that the percentage of adults classified as overweight or obese remains significantly higher than the National average (70% compared to 64.5%)

South Tyneside has significantly higher rates of adults who are physically inactive as well as significantly lower rates of '5-a-day' consumption by adults.

South Tyneside

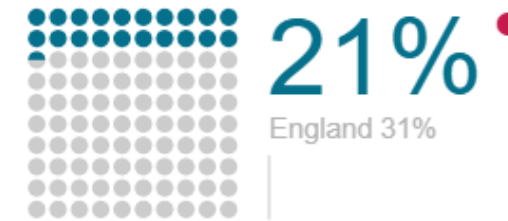
For LA or region values, select from the menu above or go to home page for new region or ICS selections

Health behaviours and disease prevention

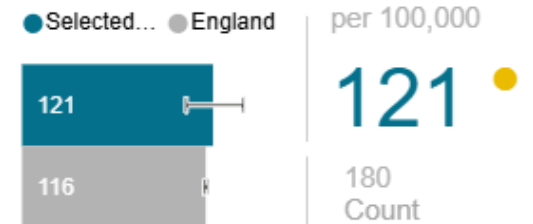
Overweight or obese adults
| 2023/24



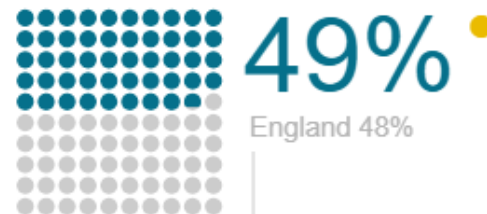
'5-a-day' consumption by adults
| 2023/24



Fast food outlets per 100,000 population
| 2024



Physically active children and young people
| 2023/24



Percentage of physically active adults
| 2023/24




Percentage of physically inactive adults
| 2023/24



South Tyneside has similar smoking prevalence in adults to the national average

The prevalence of smoking at time of delivery is significantly higher than the England average but isn't significantly different to the North East average.

South Tyneside 
For LA or region values, select from the menu above or go to home page for new region or ICS selections

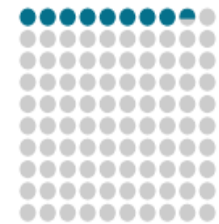
Tobacco control



Smoking prevalence in priority groups

Smoking status at time of delivery

| 2024/25



9%

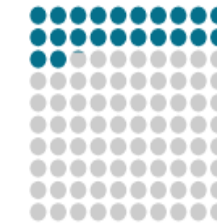
England 6%

108
Count



Smoking Prevalence in adults in routine and manual occupations

| 2023



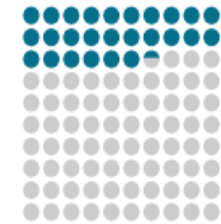
22%

England 20%



Smoking prevalence in adults with a long term mental health condition

| 2022/23



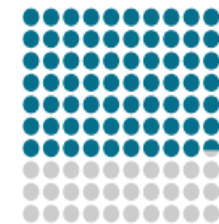
26%

England 25%



Smoking prevalence in adults admitted to treatment for substance misuse - all opiates

| 2019/20



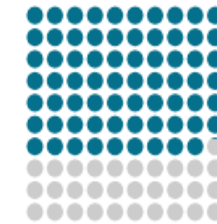
70%

England 70%

55
Count

Smoking prevalence in adults admitted to treatment for substance misuse - alcohol & non-opiates

| 2019/20




69%


England 65%

38
Count

South Tyneside has a significantly higher proportion of people who successfully quit smoking

In South Tyneside there are significantly higher rates of emergency hospital admissions for COPD, deaths from COPD and smoking attributable mortality.

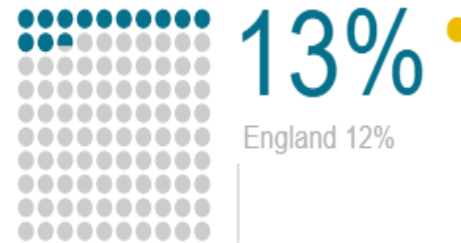
South Tyneside 

For LA or region values, select from the menu above
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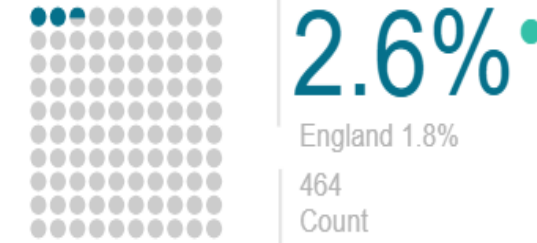
Tobacco control

Overall prevalence and health outcomes

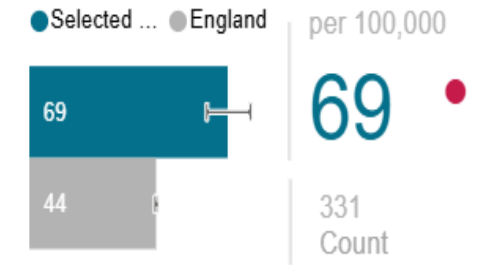
Smoking prevalence | 2023



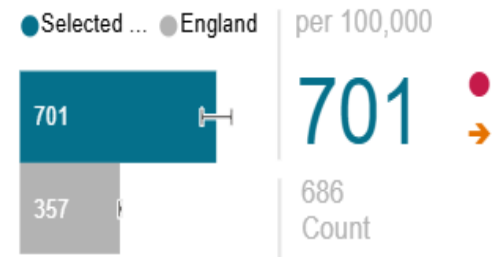
Proportion of local smoking population who successfully quit smoking | 2023/24



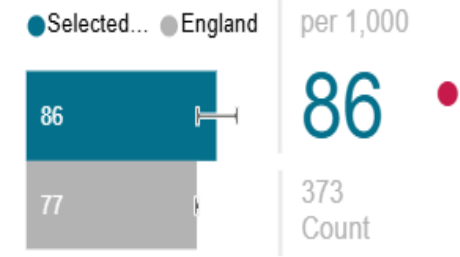
Deaths from chronic obstructive pulmonary disease | 2021 - 23



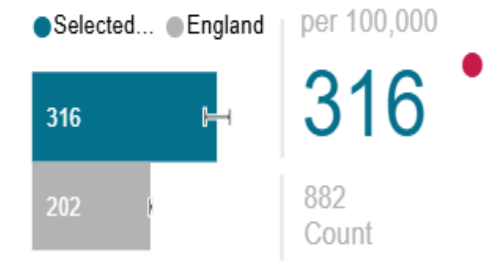
Emergency hospital admissions for COPD (aged 35 and over) | 2023/24



Premature births (less than 37 weeks gestation) | 2020 - 22




Smoking attributable mortality (new method) | 2017 - 19




South Tyneside has an increasing prevalence of school pupils with social, emotional and mental health needs

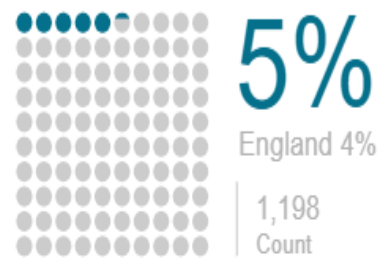
New data for 2024/25 estimates that 5% of school pupils have social, emotional and mental health needs.

The rate of emergency hospital admissions for intentional self-harm remained significantly worse for South Tyneside compared to England for 2023/24.

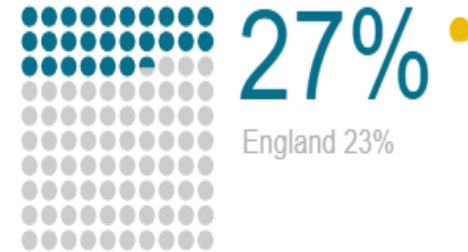
South Tyneside 

For LA or region values, select from the menu above or go to home page for new region or ICS selections 

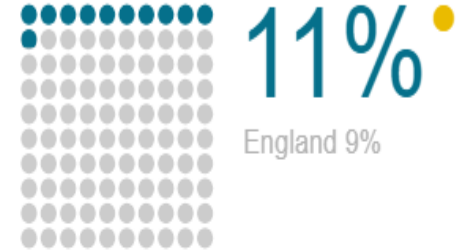
Proportion of school pupils with social, emotional and mental health needs
| 2024/25



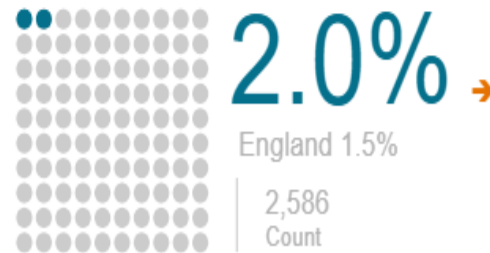
High anxiety prevalence
| 2022/23



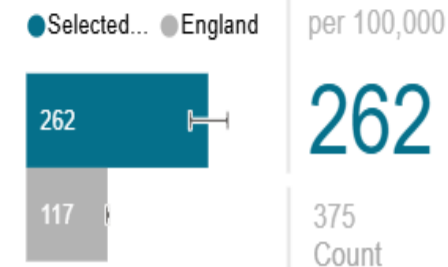
Low happiness prevalence
| 2022/23



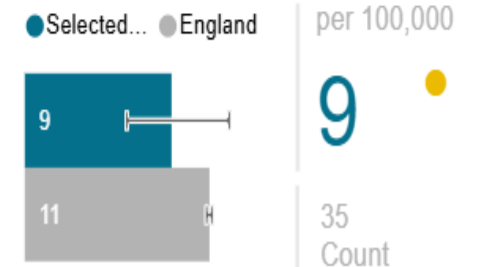
Depression: QOF incidence - new diagnosis
| 2023/24



Emergency Hospital Admissions for Intentional Self-Harm
| 2023/24



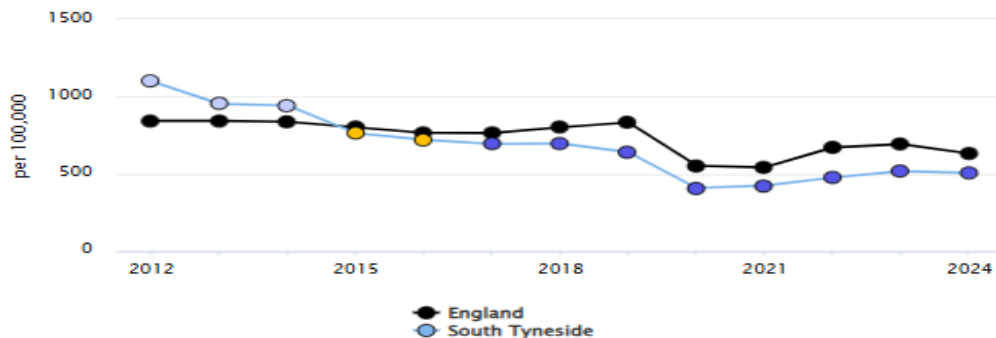
Suicide rate
| 2022 - 24



There has been a decrease in the rate of new STI diagnoses in South Tyneside for 2024

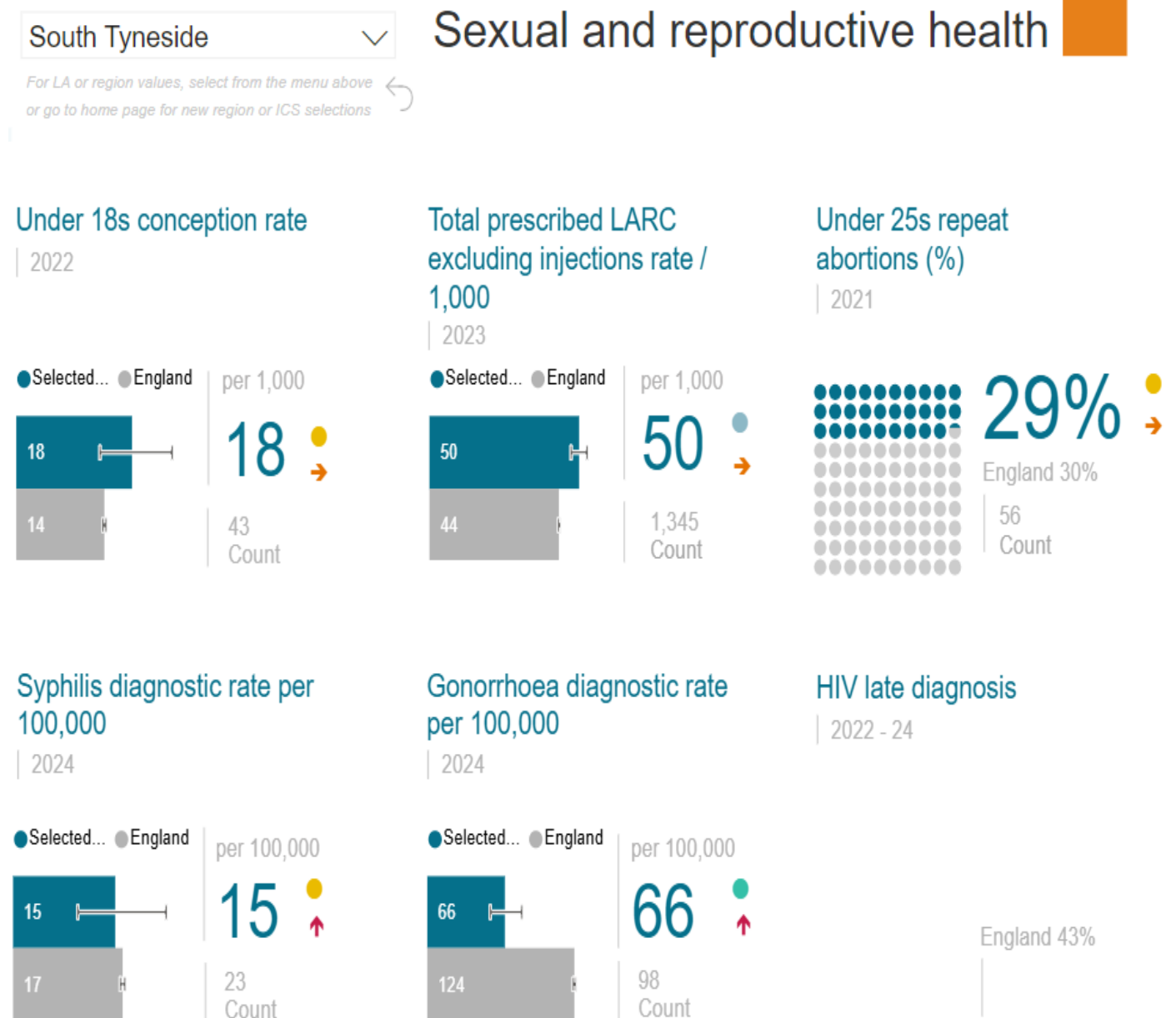
[All new STI diagnoses rate per 100,000](#)

[Show confidence intervals](#) [Show 99.8% CI values](#)



There is higher rates of total prescribed LARC compared to the England average.

South Tyneside has a significantly lower gonorrhoea diagnostic rate than England.



Healthy life expectancy at 65 for males & females in South Tyneside is significantly lower than the national average.

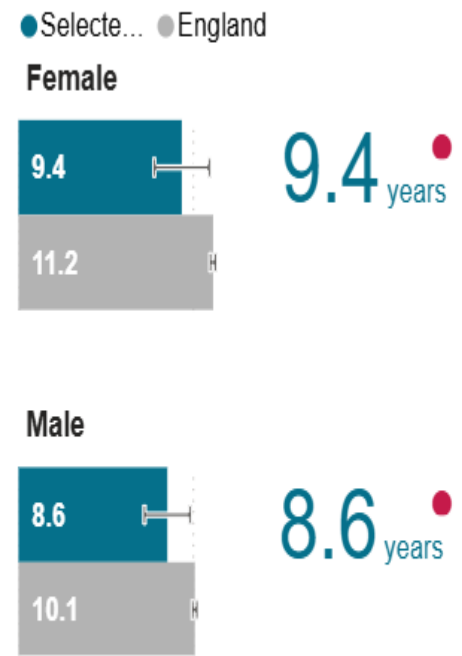
There is a similar rate of estimated dementia diagnosis in South Tyneside for people aged 65 and older.

South Tyneside has higher rates of estimated prevalence of common mental disorders & emergency hospital admissions due to falls in people aged 65+ than the national average.

South Tyneside

For LA or region values, select from the menu above or go to home page for new region or ICS selections

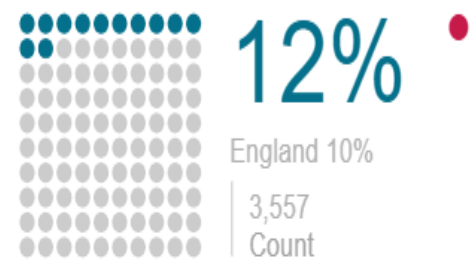
Healthy life expectancy at 65
| 2021 - 23



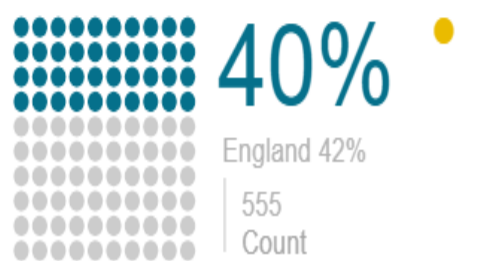
Estimated dementia diagnosis rate (aged 65 and older)
| 2025



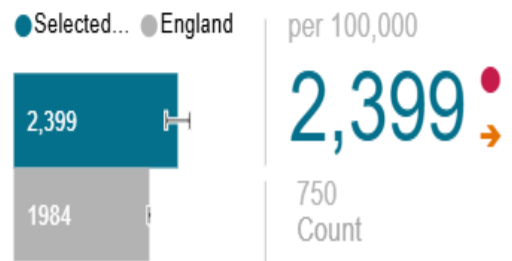
Estimated prevalence of common mental disorders: % of population aged 65 & over
| 2017



Percentage of social care users who have as much social contact as they would like aged 65+
| 2022/23



Emergency hospital admissions due to falls in people aged 65 and over
| 2023/24



Life expectancy for men has increased, and for women hasn't changed

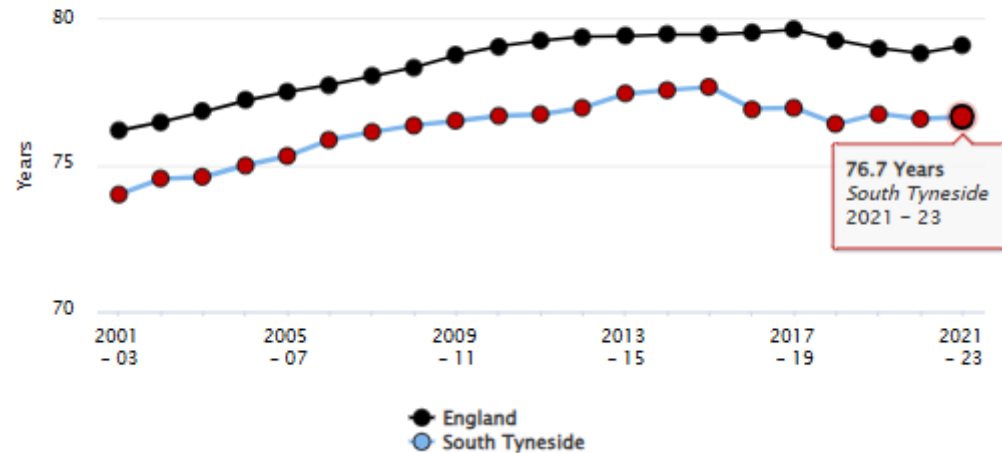
In South Tyneside, the average life expectancy in 2021-23 was 76.7 years for men and 80.8 years for women.

For men this was 2.4 years under the England average life expectancy, and for women this was 2.3 years under the England average life expectancy.

Life expectancy at birth (Male, 3 year range)

[Show confidence intervals](#)

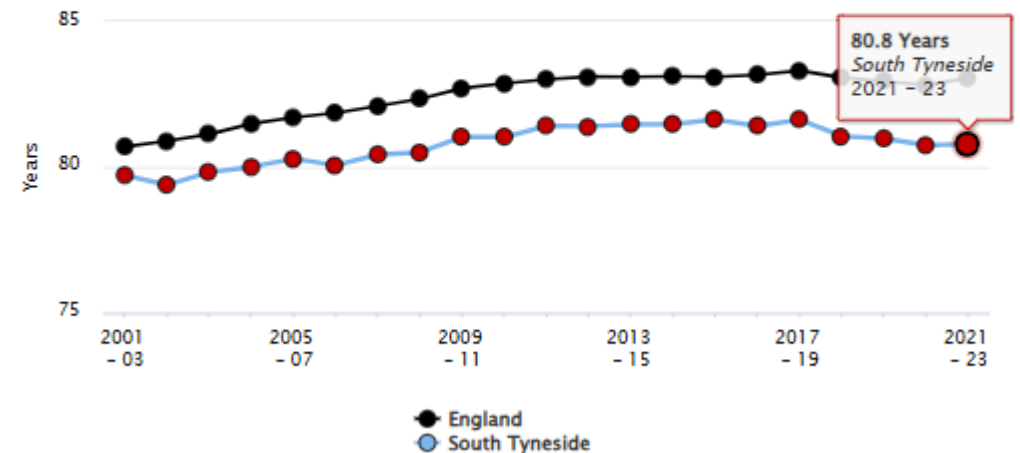
[Show 99.8% CI values](#)



Life expectancy at birth (Female, 3 year range)

[Show confidence intervals](#)

[Show 99.8% CI values](#)



Healthy life expectancy at birth has decreased for males and females

In South Tyneside, the average healthy life expectancy at birth in 2021-23 was 56.4 years for men and 57.0 years for women.

For men this was 5.1 years under the England average life expectancy, and for women this was 4.9 years under the England average life expectancy.

The gap in life expectancy in South Tyneside by deprivation is 8.7 years for females and 11.3 years for males.

Healthy life expectancy and years lived in poor health | 2021 - 23

● Healthy life expectancy ● Years lived in poor health



Life expectancy gap by deprivation* | 2021 - 23

Inequalities in life expectancy by deprivation within South Tyneside (Slope index of inequality).



Source: OHID. [Public health profiles: PHOF](#). 2025