

Improving Health.

A place-based analysis of health outcomes in Sussex

FEBRUARY 2026





Introduction.



Health and wellbeing are fundamental to our quality of life. Yet too many people across Sussex don't get the support they need. Our Improving Health funding priority addresses this gap by supporting local organisations that improve people's physical and mental wellbeing across the county.

Sussex Community Foundation works to make Sussex a fairer and more equal place. As one of the largest independent grant makers in Sussex, we connect people who care with causes that matter. Our approach is data-led, focusing our impact on four funding priorities where we believe we can make the biggest difference: Tackling poverty, Improving health, Reaching potential, and Acting on climate.

This third edition of the Sussex Uncovered series focuses on Improving Health. The report provides detailed, evidence-based data on health challenges across Sussex at a local level.

Sussex Community Foundation commissioned Oxford Consultants for Social Inclusion (OCSI) to produce the Improving Health report. Using their expertise in neighbourhood-level datasets and large-scale analysis, OCSI examined health-related indicators across Sussex to identify patterns and geographical variation at neighbourhood and local authority level. This analysis provides an evidence base to support understanding of health across the county.

The findings are stark, and they may surprise those who see our county as wealthy and privileged. It reveals significant pressures on both mental and physical health services, which are struggling to meet the high level of local need.

Behind these statistics are real people, families and communities. Local charities play a vital role in providing support, connection, and hope – from counselling and community cooking projects to wellbeing sessions. This Improving Health summary report highlights four key findings from our research, identifying the communities most affected and showing how the Foundation can respond by directing funding where it is needed most:

1. Multiple health problems in our coastal communities.
2. High levels of disability and poor health among working-age adults.
3. High and rising adult mental health needs.
4. Overlapping health challenges for young people in disadvantaged areas.

These issues are deep-rooted and interconnected, particularly in coastal and deprived urban areas. Addressing these complex problems requires a targeted, place-based approach that recognises the link between disadvantage and health. The Foundation will use these insights to inform our grant making and donor advice, ensuring resources are directed to where they can make the biggest difference.

We hope this report serves as a valuable resource for local community groups, helps philanthropists decide where their charitable giving can have the greatest impact, and provides a clear baseline for future action. By working together and focusing funding where it's needed most, we have a real opportunity to improve health outcomes and help people across Sussex live longer, healthier, more connected lives.



You can read more data and analysis in the full Improving Health report on our website.

1 Key finding one: Multiple health problems in coastal communities.

Across Sussex, 48 neighbourhoods are in the top 10% most deprived in England on the Index of Multiple Deprivation (IMD) 2025, an increase from 42 on the IMD 2019. Around 80,000 Sussex residents live in these areas. These same neighbourhoods show some of the worst health outcomes in the region, consistently ranking among the poorest across multiple indicators. Many of these areas are also within the top 5% or even top 1% most health deprived areas in England.

The data illustrates the strong interplay between socioeconomic deprivation and

health, showing how coastal deprivation hotspots are also the areas with the most prominent and multifaceted health inequalities. These neighbourhoods are mostly located in Brighton & Hove, Hastings, Eastbourne, Arun (Bognor Regis and Littlehampton) and Rother (Bexhill).

**Around 80,000 people in
Sussex live in the most deprived
10% of areas nationally**



Photo: Dementia Singing Experience, Sussex



In parts of Sussex – particularly Hastings, Eastbourne and Brighton & Hove – many individuals are experiencing premature deaths linked to largely preventable conditions.

The areas with the highest preventable mortality rates under 75 include Pier in Eastbourne, Whitehawk and St James's Street & Queen's Park in Brighton & Hove, and Central St Leonards in Hastings, all with rates more than double the England baseline.

Men in Hastings live, on average, two years less than the national average

Many of these same communities also experience lower life expectancy, with males in Hastings living on average two years less

than the England average. Brighton & Hove recorded the lowest healthy life expectancy in Sussex, with men and women expected to live in good health for 60.6 and 61.5 years, respectively.

Alongside high premature mortality, emergency hospital admissions are sharply elevated in the most deprived neighbourhoods such as Whitehawk, Hollington, St Leonards, Sidley, and Broomgrove – where admission rates can be up to 60% higher than the national average.

These overlapping patterns of high preventable death rates, poor life expectancy and acute care demand, highlight deeply entrenched and persistent unmet health needs across Sussex, particularly in those communities that are often already deprived on other measures.

This table provides more detail on the specific neighbourhoods that are experiencing the most severe health challenges in Sussex. These communities, all located in coastal or urban parts of larger coastal towns and cities, also face the highest levels of deprivation (in the top 10% most deprived in England on the IMD).

Local Authority	Neighbourhood	Summary of Poor Health Outcomes
Brighton and Hove	Coldean & Moulsecoomb North	One LSOA (Lower-layer Super Output Area) in top 10% most deprived on IMD, >22% of under-65s claim disability benefits; high emergency admissions; high mental health needs, among top 20 for lowest GP provision in Sussex
	Hangleton	Two LSOAs in top 10% most deprived on IMD, >10% report bad/very bad health; carers allowance claimants above average
	Hollingdean & Moulsecoomb	One LSOA in top 10% most deprived on IMD, 22.2% of under-65s on disability benefits; 11% report bad health; very high mental health need
	Kemptown	One LSOA in top 10% most deprived on IMD, very high health-deprivation; very high bad health, high disability benefit claimants; high emergency and self-harm hospital admissions, high preventable premature mortality, acute mental health needs
	Whitehawk	Multiple LSOAs in top 10% deprived, >27% of under-65s claim disability benefits; >11% report bad health; in top 1% for health deprivation; among highest self-harm admission rates in Sussex
Hastings	Broomgrove	Two LSOAs in top 10% most deprived on IMD, 26.7% under-65s on disability benefits; 11.2% report bad health; high carers allowance claims; emergency admissions and self-harm rates well above average
	Central Hastings	Multiple LSOAs in top 10% most deprived on IMD, >11% report bad health; very high levels of self-harm admissions; long-term illness and depression prevalence
	Central St Leonards	Multiple LSOAs in top 10% deprived, >11.9% bad health, high emergency admissions; elevated mental health needs
	Hollington	Multiple LSOAs in top 10% deprived, >25% disability claims; 13.2% report bad/very bad health; high hospital admissions for emergency and mental health issues
	Ore	One LSOA in top 10% most deprived on IMD, >20% of working-age population claim disability benefits; 8.9% carers allowance
Eastbourne	Hampden Park	Multiple LSOAs in top 10% most deprived on IMD, high bad health; high disability benefits under 65 years; high rates of unpaid care, high emergency admissions; among lowest GP access scores
	Langney East	One LSOA in top 10% most deprived on IMD, 20% of under-65s on disability benefits; high depression prevalence
	Pier	Two LSOAs in top 10% most deprived on IMD, >22% disability claims in under-65s; high emergency hospital use
Arun	Bognor Regis Central	One LSOA in top 10% most deprived on IMD, >9.8% report bad health; high self-harm and emergency admissions; notably above England average in acute admissions
	South Bersted	One LSOA in top 10% most deprived on IMD, very high emergency admissions; >9.8% bad health; very high health deprivation
	Wick & Toddington	Two LSOAs in top 10% most deprived on IMD, high emergency admissions; high diabetes and obesity, high mental health needs
Rother	Bexhill	Two LSOAs in top 10% most deprived on IMD, among top 20 for poor health in Sussex; high rates of obesity, diabetes, hypertension; high premature mortality, high proportion of child carers and mental health needs

Case Studies

The following case studies highlight how community groups in Sussex's coastal communities are responding to multiple, overlapping health challenges and supporting people most affected.



Wishing Well Music for Health

Wishing Well Music for Health brings live, participatory music to hospital wards, supporting patients, families and staff. They received a grant to make music with children and young people in hospital, reducing anxiety, encouraging social interaction, and creating meaningful, uplifting experiences that improved wellbeing across the ward.

"We'd have you here every day. You create such important outcomes for our children that we simply can't do ourselves."

- Paediatrician, Royal Alexandra Children's Hospital



Wellbody Wellmind Wellbeing



Wellbody Wellmind Wellbeing delivers evidence-based wellbeing programmes for disadvantaged and under-represented communities across Sussex.

One older participant who lives in Eastbourne has mobility issues and use of only one hand. From the outset, it was clear that attending the wellbeing and healthy living sessions took real effort, yet she never missed a single one. Her quiet determination stood out, and over time, she began to open up more about how lonely she had felt.

It became clear just how much the experience meant to her. She found renewed confidence and made her first close friend in years. The shared wellbeing activities helped foster lasting physical, emotional, and social health.

2 Key finding two:

High levels of disability and poor health among working-age adults.

Long-term health conditions and disability among working-age adults present a significant and growing challenge across Sussex, particularly in coastal and deprived areas. These conditions limit people's ability to work, access services and maintain independence – with wider impacts on economic participation and health inequalities across the region.

The need is most pronounced in a number of specific neighbourhoods, where disability benefit claims among under-65s reach more than three times the national average of 8%.

Disability benefit claims are highest in Hastings, Eastbourne, and Brighton & Hove

As the table on the right shows, Kemptown in Brighton & Hove stands out as the most affected, with nearly one in three under 65 years (31.7%) claiming disability benefits. Other parts of Brighton and Hove also face severe challenges – particularly Whitehawk, Hollingdean & Moulsecoomb West, Bevendean, and Hangleton South – all with 20–28% of under-65s on disability benefits.

Lower-layer Super Output Areas (LSOA)	Local Authority	% under 65 years claiming disability benefits
Kemptown - Brighton & Hove 031C	Brighton & Hove	31.73%
Whitehawk - Brighton & Hove 025E	Brighton & Hove	27.85%
Hollington - Hastings 003E	Hastings	26.65%
Broomgrove - Hastings 005A	Hastings	26.27%
Whitehawk - Brighton & Hove 025B	Brighton & Hove	26.19%
Hollington - Hastings 003C	Hastings	25.34%
Hampden Park South - Eastbourne 004A	Eastbourne	23.49%
Broomgrove - Hastings 005D	Hastings	23.47%
Lewes West - Lewes 005B	Lewes	23.28%
Bexhill North & Sidley - Rother 007E	Rother	23.19%
Whitehawk - Brighton & Hove 025C	Brighton & Hove	22.99%
Hollington - Hastings 003A	Hastings	22.95%
Pier - Eastbourne 010C	Eastbourne	22.40%
Hollingdean & Moulsecoomb West - Brighton & Hove 008A	Brighton & Hove	22.17%
Bexhill North & Sidley - Rother 007D	Rother	20.87%

Source: Consumer Data Research Centre (CDRC), 2024

Hastings is similarly affected, with multiple neighbourhoods in Hollington, Broomgrove, and Ore showing claimant rates of 20–27%. Eastbourne follows closely, with high levels of disability in Hampden Park, Pier, and Langney East. Outside of these urban centres, neighbourhoods in Sidley (Rother), Peacehaven (Lewes) and Littlehampton and Bognor Regis (Arun) also appear prominently, showing elevated rates of disability benefit claims and long-term sickness.

Poor health outcomes are more prevalent across East Sussex than the regional and national averages for the majority of health conditions

The data highlights clear clusters of concentrated need across Sussex. In the most affected communities, poor health and disability are not only more common but deeply entrenched – contributing to cycles of disadvantage and widening health inequalities between places.

This table shows the estimated prevalence of a number of different health conditions, ordered by the highest incidence across England. Cells shaded green show the area with the highest prevalence of each health condition.

These geographic patterns reflect deeper inequalities in long-term health. East Sussex consistently shows higher prevalence of serious chronic conditions such as high blood pressure, chronic kidney disease, cancer, COPD and heart disease – all of which are closely linked to disability in middle age.

West Sussex fares better overall, but still includes neighbourhoods with notable health challenges, particularly in coastal areas such as Worthing, Arun, and Adur.

Indicator	East Sussex	West Sussex	South East	England
High Blood Pressure prevalence	17.43%	16.32%	14.69%	14.63%
Obesity prevalence	10.47%	10.48%	10.31%	11.55%
Diabetes prevalence	7.48%	7.58%	6.92%	7.54%
Pre-Diabetes prevalence	7.65%	9.23%	6.51%	7.18%
Asthma prevalence	7.06%	7.26%	6.46%	6.60%
Chronic Kidney Disease prevalence	6.19%	4.84%	4.10%	4.27%
Cancer prevalence (diagnosis since 2003)	4.93%	4.44%	4.00%	3.56%
Coronary Heart Disease prevalence	3.64%	3.51%	2.83%	3.04%
Atrial Fibrillation prevalence	3.40%	2.85%	2.40%	2.18%
COPD prevalence	2.29%	1.77%	1.66%	1.88%
Stroke and Transient Ischaemic Attack prevalence	2.53%	2.20%	1.86%	1.88%
Heart Failure prevalence	1.18%	1.01%	0.96%	1.01%
Osteoporosis prevalence	1.42%	1.14%	1.22%	0.94%
Epilepsy prevalence	0.88%	0.78%	0.78%	0.82%
Rheumatoid Arthritis prevalence	0.88%	0.85%	0.77%	0.78%
Dementia prevalence	1.10%	1.00%	0.80%	0.76%
Peripheral Arterial Disease prevalence	0.73%	0.57%	0.52%	0.58%
Learning Disabilities prevalence	0.64%	0.57%	0.53%	0.56%

Source: NHS Digital via House of Commons Library, 2022/2023

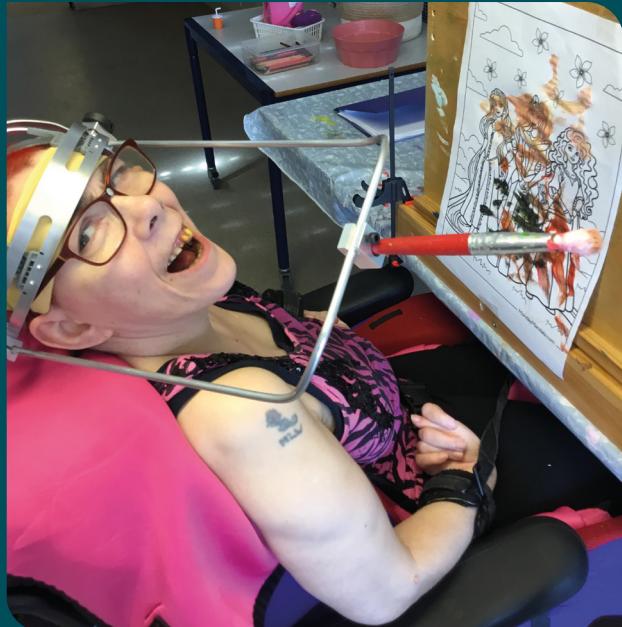
Case Studies

Across Sussex, community organisations are providing support for working-age adults with long-term health conditions and disabilities. The following case studies show examples of some of this work in action.



Remap Brighton

Remap Brighton creates bespoke equipment to help people with disabilities live more independently. For one client with multiple sclerosis, engineers adapted her bed controls with larger levers and designed aids to help her drink and use her tablet. These personalised solutions improved her comfort, confidence, and quality of life – reducing reliance on carers and enhancing wellbeing for her and her family.



Stay Up Late

Stay Up Late supports people with learning disabilities and autistic people to lead full, active social lives. They run volunteer befriending projects, including Gig Buddies and Sports Buddies, and work to influence social care practice.

"When I'm at a gig, I don't feel disabled, I just feel like me. Music makes us all equal, we're all just the same really and at a gig we're there for the same reason, for the music. We're just people who love music."



3 Key finding three: Adult mental health needs are higher than average - and getting worse.

Mental health continues to be one of the biggest public health challenges facing Sussex, with strong links to social isolation, deprivation, economic hardship and poor physical health.

New diagnoses of depression have risen since 2022/23, particularly in East Sussex.

This table summarises mental health indicators across Sussex, using clinical, prescribing and benefits data to highlight local levels of need. Green shading identifies the communities facing the greatest challenges, where scores are highest.

Hastings ranks highest in Sussex on nearly every mental health indicator measured. It also has the highest rate of serious mental illness (1.5%) and schizophrenia/psychoses prevalence (1.66%).

Eastbourne also fares poorly, with a Small Area Mental Health Index (SAMHI)* score of 1.42, depression prevalence at 17.46%, and high rates of self-harm hospital admissions.

*To learn more about these indicators, see page 35 of the full Improving Health report, found on our website.

Area Name	Indices of Deprivation (IoD) 2025 Mental Health Indicator (Score)	Small Area Mental Health Index (Score)	Loneliness Index (Score)	PIP mental health claimants	IB/ESA mental health claimants
Adur	0.12	1.22	0.72	3.26%	1.69%
Arun	0.25	1.25	0.7	3.62%	1.77%
Brighton	0.34	0.44	1.52	3.89%	2.18%
Chichester	-0.11	0.8	1.39	2.74%	1.17%
Crawley	-0.23	0.56	-0.29	2.91%	1.30%
Eastbourne	0.71	1.42	1.1	4.76%	2.32%
Hastings	0.84	1.71	2.76	5.52%	2.66%
Horsham	-0.49	0.21	1.24	2.12%	0.96%
Lewes	0.34	0.65	1.02	3.92%	1.77%
Mid Sussex	-0.45	0.19	0.86	2.17%	1.02%
Rother	0.38	1.15	1.93	4.23%	1.83%
Wealden	-0.16	0.66	1.61	2.56%	1.09%
Worthing	0.40	1.28	1.11	3.44%	1.99%
East Sussex	0.35	1.06	1.66	4.01%	1.84%
West Sussex	-0.10	0.74	0.84	2.84%	1.37%
South East	-0.21	0.57	0.88	2.91%	1.30%
England	-0.02	0.67	0.07	3.62%	1.70%

Source: IoD (MHCLG, 2025); SMHI (Place-Based Longitudinal Data Resource (PLDR), 2022); Loneliness Index (ONS Data Science Campus /NHS /Red Cross, 2019); PIP (DWP Jan-25); IB/ESA (DWP, May-24)

There are stark patterns of suicide and self-harm in specific parts of Sussex

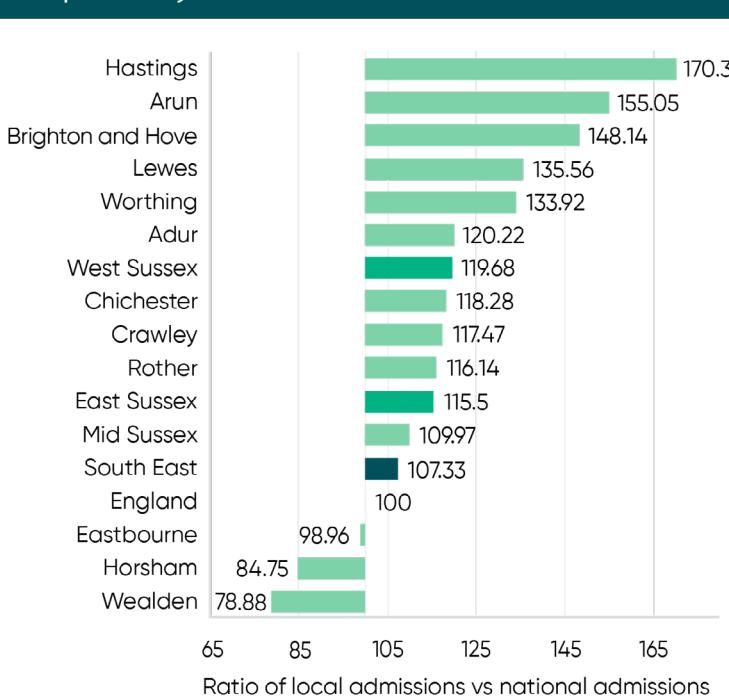
Brighton and Hove stands out for its high suicide rates and hospital admissions for self-harm. The city has the highest suicide mortality rate in Sussex, with 79 per 100,000, notably above the national average (48 per 100,000). Neighbourhoods like St James's Street, Queen's Park and Whitehawk also have among the highest self-harm admission rates (over 330 per 100,000). It is particularly concerning that after gradually declining in the mid 2000's, the rates are rising steeply again.

Suicide rates in Eastbourne are also above the national average and substantially higher than other areas in Sussex.

Rates of emergency hospital admissions relating to self-harm also show a stark pattern. Hastings has a rate 70% higher than the national average, Brighton & Hove and Arun district are 50% above average and Lewes and Worthing districts are close behind.

Suicide rates are higher among males than females across the county, reflecting a national trend. In East & West Sussex, male rates are more than three times higher; however in Brighton & Hove the overall rate of suicide is higher but the disparity between males and females is less.

Hospital stays for intentional self harm



Source: Office for Health Improvements and Disparities (OHID), 2016 to 2021

Coastal and deprived neighbourhoods show consistently high mental health needs. In addition to Hastings, Eastbourne and Brighton, communities in Worthing (Heene, Worthing Central), Rother (Bexhill), Lewes (Newhaven, Peacehaven) and Arun (Littlehampton, Bognor Regis) face high rates of depression, self-harm and benefit claims for mental illness. These patterns highlight a clear geographic concentration of need, with particular intensity in coastal and deprived areas.

Case Studies

The case studies that follow highlight how local groups are responding to rising adult mental health needs, providing support and early intervention.



Counselling Plus Community

Counselling Plus Community provides confidential therapy to people aged 16+ in Hastings and Rother, ensuring cost is never a barrier.

One client accessed therapy after leaving an abusive relationship and confronting past trauma, including the removal of her children. With support, she rebuilt confidence, navigated her daughter moving in, and accessed practical help.

“I do not know how I would have coped if I hadn’t been having counselling at this time. So many changes but my counsellor helped me through it all.”



Project Rewild

Project Rewild helps people in Hastings and St Leonards reconnect with the natural world through accessible outdoor activities. Its Men’s Health Group runs monthly woodland days, bushcraft, sea fishing, walking, cold-water swimming, and fire circle support sessions, promoting wellbeing, social connection, and physical and mental health.

“Take Action Man has had a profound impact on me. It has highlighted that we are not alone as Men.” – Participant



4 Key finding four: Overlapping health challenges for young people in disadvantaged areas.

Children and young people in some of Sussex's most deprived areas face disproportionately high levels of caring responsibility, disability and mental health need. Bexhill Central and areas of Wealden (Pevensy) and Brighton (Hollingdean and Moulsecoomb) stand out with the highest proportion of child carers in the region – reaching over 5%, compared to just 1.1% nationally.

The table below shows the 12 neighbourhoods (LSOAs) within Sussex which have the highest proportion of child carers (aged 5-15 years) in the population.

LSOA	Local Authority	Child Carers
Bexhill Central - Rother 011E	Rother	6.19%
Stone Cross, Westham & Pevensy Bay - Wealden 020F	Wealden	6.10%
Hollingdean & Moulsecoomb West - Brighton & Hove 008D	Brighton & Hove	5.83%
Mayfield & Wadhurst - Wealden 005A	Wealden	5.32%
Bevendean & Moulsecoomb East - Brighton & Hove 009D	Brighton & Hove	5.29%
East Blatchington - Lewes 011D	Lewes	5.08%
Goldsmid West - Brighton & Hove 019A	Brighton & Hove	5.06%
Langney West - Eastbourne 001B	Eastbourne	5.02%
Hollington - Hastings 003C	Hastings	5.00%
North Laine & the Lanes - Brighton & Hove 027F	Brighton & Hove	4.92%
Haywards Heath South & Cuckfield - Mid Sussex 011H	Mid Sussex	4.82%
Yapton & Climping - Arun 006A	Arun	4.58%
Source: Census 2021		



There is a higher proportion of child carers in Hastings, Eastbourne and Worthing, notably above England

Many of these areas show a clear overlap between high levels of young carers and childhood disability. Bevendean & Moulsecoomb East, Hollingdean & Moulsecoomb West, Bexhill North & Sidley, Polegate and parts of Langney and Hollington also show above average rates of Disability Living Allowance (DLA) claims for under-16s, highlighting the multiple pressures on children and families in many of these most vulnerable communities.

Overall, Brighton and Hove has the highest concentration of neighbourhoods with elevated child Disability Living Allowance (DLA) claimants, particularly in areas like Whitehawk, Moulsecoomb, Bevendean, and

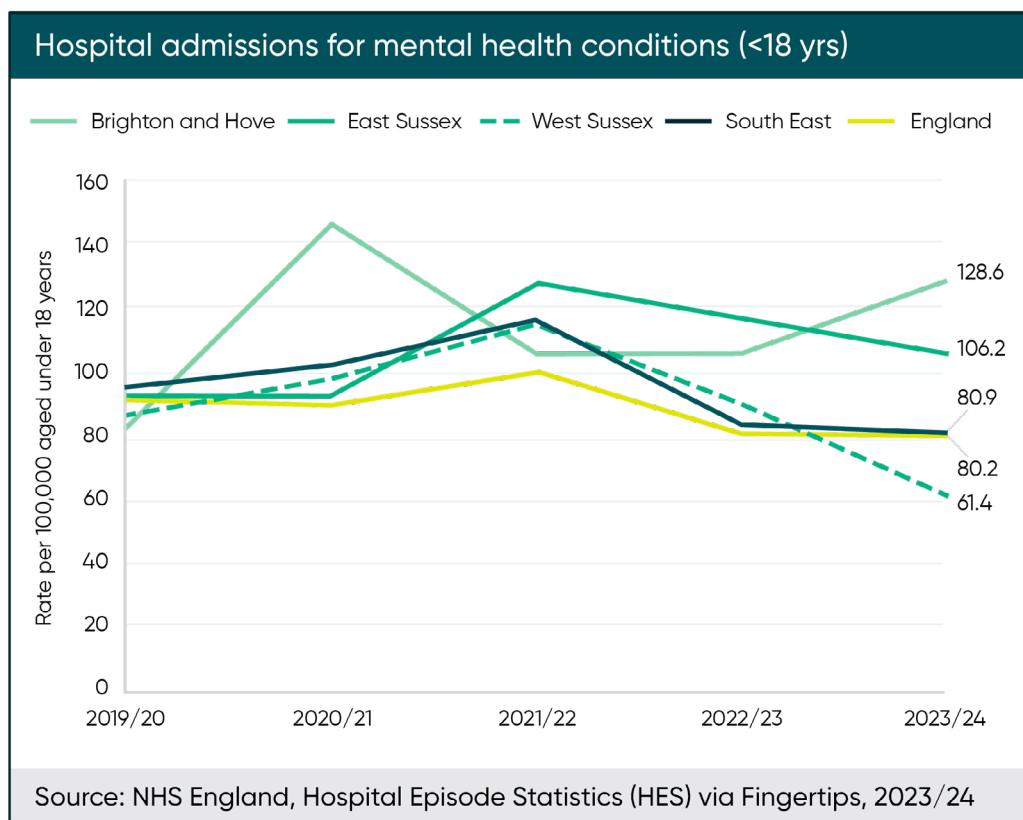
Hollingdean, with some rates exceeding 20%. Eastbourne also shows several hotspots, especially in Hampden Park and Langney, with rates around 17-18%. Lewes (Peacehaven West) and Hastings (Hollington) also feature prominently, alongside pockets in Rother, Chichester, Wealden, Worthing and Adur.

Compounding this, young people in these communities are often more likely to face mental health challenges. Trends across Child and Adolescent Mental Health Services (CAMHS) across Sussex show rising mental health needs in the region, with referrals increasing steeply in Brighton and Hove, East Sussex and West Sussex alike.

Referrals to Child and Adolescent Mental Health Services (CAMHS) continue to rise across Sussex

Rates of self-harm among people aged 10-24 are many times higher among females than males. In Brighton & Hove 107 males per 100,000 population are hospitalised due to self-harm, compared to 747 females. Rates of self-harm by females are substantially higher than the national average throughout Sussex. Rates in Brighton & Hove and East Sussex are 1.5 times national rates.

Child hospital admissions for mental health conditions are notably higher for females than males, particularly in Brighton & Hove



Together, these findings paint a concerning picture for children and adolescents in Sussex's most disadvantaged coastal areas, where the intersecting challenges of care, disability and mental ill health are notable challenges in many neighbourhoods. Targeted support in these communities is crucial to addressing long-term health inequalities and improving life chances for the next generation.

Case Studies

These case studies show how community groups are working with young people in disadvantaged areas to address overlapping health challenges and improve wellbeing.



The Carers Centre for Brighton and Hove



The Carers Centre for Brighton and Hove supports unpaid carers aged under 25 to reduce the impact of their caring role on their social, emotional and educational development. They provide one-to-one and group support work, as well as respite activities.

A 16-year-old carer struggling with anxiety found the mindfulness and ecotherapy sessions in green spaces transformative. Through taking part in upcycling and food-waste workshops, she developed valuable life skills – including how to save money – while also building confidence, independence and practical skills. As a result, her overall wellbeing significantly improved. She now encourages her friends to access The Carers Centre too.



AMAZE

Amaze supports families with disabled children and young people in Brighton & Hove and East Sussex. Through its Amazing Futures project, young people gain confidence, independence and friendships.

A young person who volunteers for the project developed new skills and independence:

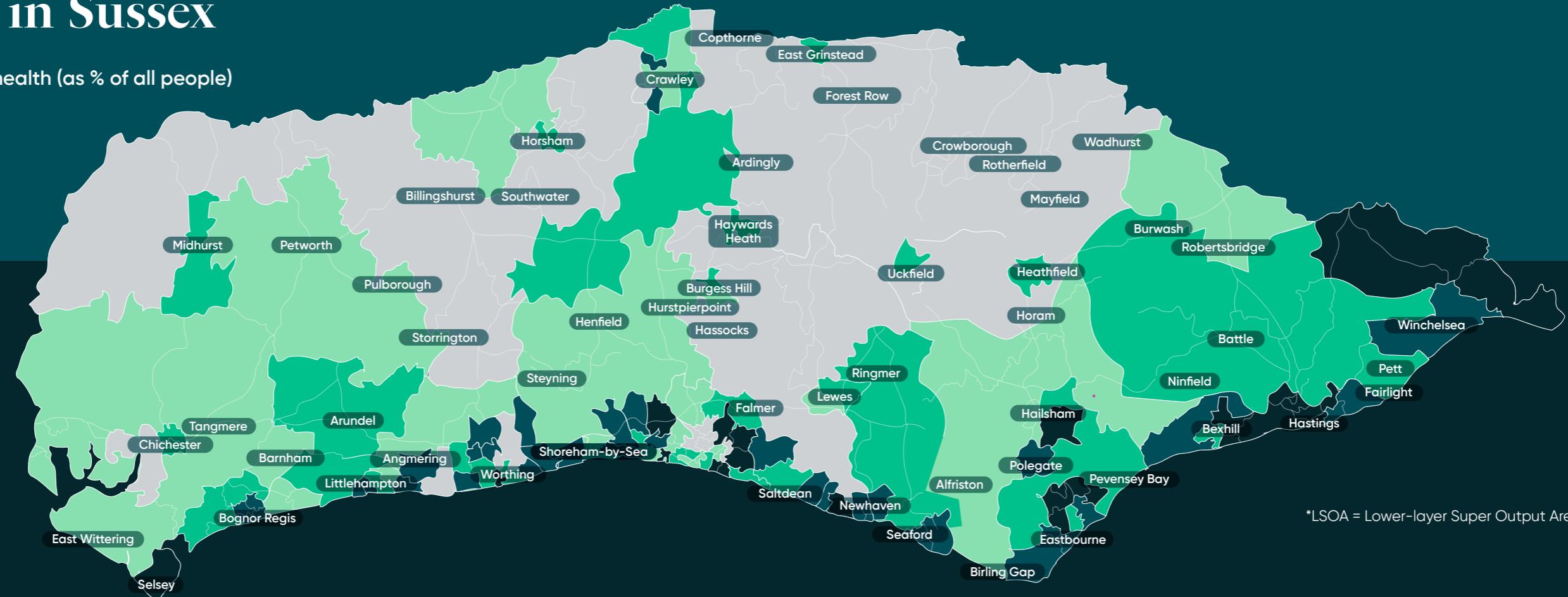
"I did a travel training course through Grace Eyre and Amaze, which helped me to learn how to travel independently. I also did a cooking course and made lots of different things like soups, cakes and stews. I learnt how to be helpful, funny, kind and how to work hard."



Health in Sussex

% with very bad health (as % of all people)
(Census 2021)

Showing all areas
at LSOA level*



*LSOA = Lower-layer Super Output Areas

The map highlights the overall picture of very bad health in Sussex, showing how general deprivation and poor health outcomes are concentrated in many of the same Sussex neighbourhoods, with coastal communities experiencing a particularly stark overlap of disadvantage.

We've highlighted key issues around geographical areas that are experiencing severe health challenges.

- 📍 Rural Sussex faces health access issues, while urban areas struggle with service availability
- 📍 Hastings and parts of Worthing, Arun and Chichester have the highest emergency hospital admissions in Sussex
- 📍 Kemptown in Brighton & Hove has nearly one in three people under 65 years (31.7%) claiming disability benefits
- 📍 Brighton & Hove and parts of West Sussex show the highest cancer incidence, exceeding the England average
- 📍 Depression is most common in Adur and Worthing
- 📍 Hastings and Eastbourne face particularly acute mental health challenges, with the highest prevalence of serious mental illness
- 📍 Neighbourhoods in Brighton & Hove – along with other coastal areas in Hastings, Arun and Lewes – have some of the highest self-harm hospitalisation rates in Sussex
- 📍 Brighton & Hove has the highest suicide mortality rate of all Local Authorities in Sussex, notably above the average for England
- 📍 Unpaid care is highest in Hastings, Eastbourne and Rother
- 📍 There is a higher proportion of child carers in Hastings, Eastbourne and Worthing, above the England average



Source: Census 2021

Improving Health.
Part of the **Sussex Uncovered Series.**



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