

# Prevention Report 2024/25



University Hospitals  
of Leicester  
NHS Trust

Health inequalities continue to grow across England, with a nearly 20-year gap in healthy life expectancy between the most and least deprived areas of the country. These differences are driven by factors such as income, housing, environment and education, as well as health-related behaviours including smoking, alcohol use, diet and access to healthcare.

The current government has set out a health mission built around three transformational shifts:

1. Hospital to community
2. Analogue to digital
3. Sickness to prevention

At University Hospitals of Leicester NHS Trust (UHL), we recognise that prevention is

important to reducing health inequalities, and to reducing long-term demand on our services. We are proud to publish our third annual prevention report, which demonstrates our ongoing commitment to prevention in collaboration with system partners including the Leicester, Leicestershire and Rutland (LLR) Integrated Care Board, primary care providers, local authorities and the voluntary sector.

The 2024/25 UHL prevention priorities presented in this report are:

1. Tobacco
2. Alcohol
3. Obesity, including childhood obesity
4. Tuberculosis
5. Blood-borne viruses
6. Workforce wellbeing

## Local context

UHL serves a diverse population of 1.1 million people across LLR. This year's report focuses on UHL services, however, we acknowledge the merging of UHL with the University Hospitals of Northamptonshire NHS Group to form the UHL-UHN Group, which widens our reach to around 1.9

million residents.

Leicester is ranked the 12th most deprived local authority in England, and there are stark inequalities in outcomes and service use across LLR. These inequalities influence how people access and use services, with lower uptake of preventative care such as

screening, vaccination and chronic disease management, and a heavier reliance on urgent and emergency pathways. By embedding prevention into every patient contact, UHL aims to reduce avoidable ill health, and support healthier lives across our communities.

## Prevention in numbers



297,323

Admissions across UHL  
this year



1,848

engaged in a  
smoking quit attempt



Around 30% fewer annual  
ED admissions on average  
for frequent attenders following  
an Alcohol Care Team intervention



64% increase  
in TB testing  
since 2022/23 for  
migrant screening



118 new blood-borne virus  
patients (Hepatitis B, C & HIV)  
identified through Emergency  
Department opt-out screening



223 children and  
young people  
supported to lose weight

## Plans for 2026/27

1 Increase digital integration between healthcare providers in LLR, to improve access to prevention

2 Increase collaboration between system healthcare partners, to provide better prevention services

3 Measure and improve prevention services in our community