

Women's Health in Nottingham

KEY FINDINGS BY

Nottingham City Council

WHAT WE FOUND

On average, Women in Nottingham spend **5.1 years more** in poor health than the England average

Women's mental health **shifts across life stages shaped by** hormones, life events and social pressures

Access to reproductive and sexual health services is often **challenging and women feel overlooked**

56.3% of women live in deprived areas and are most likely to **visit hospitals**

13.3% of women identify as Black or from 'other ethnicities' - they have **higher rates for emergency hospital admissions**

Pregnancy & early motherhood can lead to poorer health & pregnancy related deaths, and are common in **Black & Asian women**

Women want to be heard and be involved in **shaping services**

13 - 18% of women are survivors of violence or abuse. But **front line services** in Nottingham are **very supportive**

OTHER FACTORS THAT ADD TO POORER HEALTH

- Drug & Substance abuse
- Insecure housing & homelessness
- Learning disabilities
- Race, ethnicity & migratory status
- Sexual orientation
- Trauma

WHAT WOMEN SAID

"Yes, I am a black woman, going beside another black woman and we are black women together, but we have different needs [...] It's a bit like judging 2 white women the same. **We all have different needs"**

"You can't ask for a **female GP** or it takes too long. There are no women's health clinics"

"I don't even try to make appointments for myself. I don't even go doctors... if I'm making an **appointment for one of my kids then I might... but not for me.** It just takes forever"

"....just to have my **own little place.** It doesn't matter what the place looks like, but just to say I've **got a key that's mine**.....that would be perfect"

HOW COULD WE IMPROVE WOMEN'S HEALTH IN NOTTINGHAM?

Creating Women-Centred Services

Set up a Women's Health Hub with faster access to gynaecology, menopause, and sexual health care.

Boosting Menopause Support

Facilitate dedicated community and workplace support so that women don't face menopause alone.

Prioritising Mental Health

Cut waiting times for support services, expand provision of trauma informed care and invest in community wellbeing spaces.

Strengthening Health Education

Improve awareness of reproductive health, cancer screening, and healthy ageing through tailored education.

Making Nottingham Safer for Women

Ensure safe public spaces so women can access services and stay active without fear.