

Adult Social Care Population Profile

Countywide profile

Developed by Public Health Intelligence Team

Version 2.3 March 2026

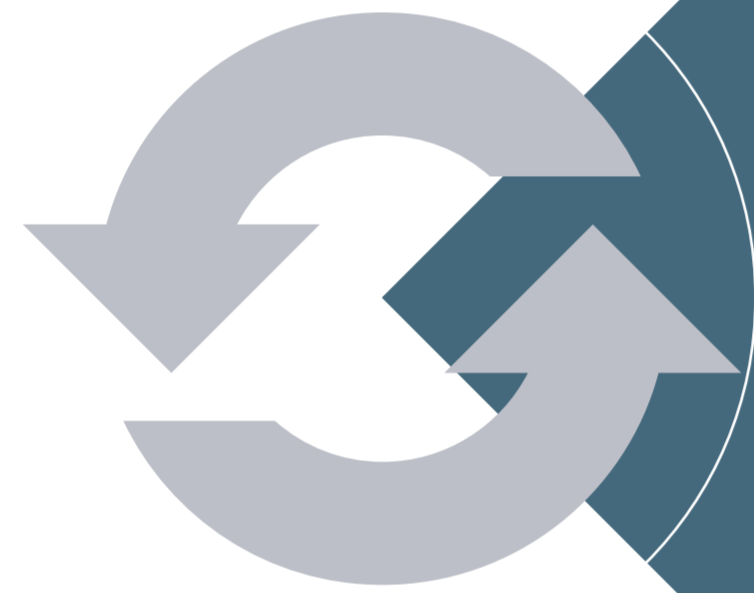
Countywide profile



Introduction



This profile has been produced by the Public Health Intelligence team.



A lot of the data has been sourced from the 2021 Census, which is updated every ten years, but other more recent data will be refreshed in this pack more frequently.



You can find more information about populations in East Sussex from [East Sussex in Figures](#) which has data, profiles and reports that go into more detail on many of the topics contained in this profile.

Key findings

- 1) Bexhill has the oldest population profile and Hastings and the Havens have the youngest
- 2) Older age groups are projected to increase at a faster rate than younger age groups across the county
- 3) Whilst East Sussex is generally not as diverse as England overall, it has higher % of older people, disabled people, veterans and unpaid carers
- 4) Eastbourne is the most ethnically diverse area followed by Hastings
- 5) Just under 500 people aged 65+ cannot speak English well or at all across the county, with the highest rates in Eastbourne
- 6) Polish was the most common foreign language spoken in 2021 followed by Romanian and Portuguese

Key findings continued

- 7) 1 in 5 people are disabled, with highest rates in Bexhill and Hastings
- 8) 51,000 unpaid carers in East Sussex with similar rates across all areas apart from Lewes and North Wealden where rates are lowest
- 9) 21,000 veterans living in East Sussex with highest rates in Bexhill and South Wealden
- 10) 41,000 older people live alone in the county with highest rates in Bexhill
- 11) 43% of residents in Hastings live in areas defined as being amongst the most deprived 20% of areas in the country
- 12) 11% of older people in East Sussex are living in income deprivation with highest rates in Hastings (20%)
- 13) Ethnic Diversity 88.3% - white: English, Welsh, Scottish, Northern Irish or British. 4.8% White: Gypsy, Irish Traveller, Roma or other white. 2.3% - Mixed or Multiple ethnic groups.

Contents

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- Future population
- Rurality
- Key equalities demographics
- Ethnic diversity
- Language
- Disability
- Unpaid carers
- Veterans
- People living alone
- Areas of deprivation

Populations

Mid-2022 resident population estimates by age band, ONS

ASC Team	ASC sub-area	0-19		20-64		65-84		85+		All ages
		Number	%	Number	%	Number	%	Number	%	
East	Bexhill	7,695	17%	21,747	48%	12,951	29%	2,647	5.9%	45,040
	Hastings	19,941	22%	51,919	57%	16,385	18%	2,376	2.6%	90,621
	Rural Rother	9,566	19%	24,496	50%	13,118	27%	2,001	4.1%	49,181
East Total		37,202	20%	98,162	53%	42,454	23%	7,024	3.8%	184,842
North	Havens	7,949	22%	19,784	55%	7,180	20%	1,091	3.0%	36,004
	Lewes and North Wealden	28,558	21%	72,001	53%	30,042	22%	4,839	3.6%	135,440
North Total		36,507	21%	91,785	54%	37,222	22%	5,930	3.5%	171,444
West	Eastbourne	21,595	21%	55,445	54%	21,125	21%	4,199	4.1%	102,364
	South Wealden	17,985	19%	46,884	51%	23,242	25%	4,246	4.6%	92,357
West Total		39,580	20%	102,329	53%	44,367	23%	8,445	4.3%	194,721
East Sussex Total		113,289	21%	292,276	53%	124,043	23%	21,399	3.9%	551,007

In East Sussex:

21% are aged 0-19

53% are aged 20-64

23% are aged 65-84

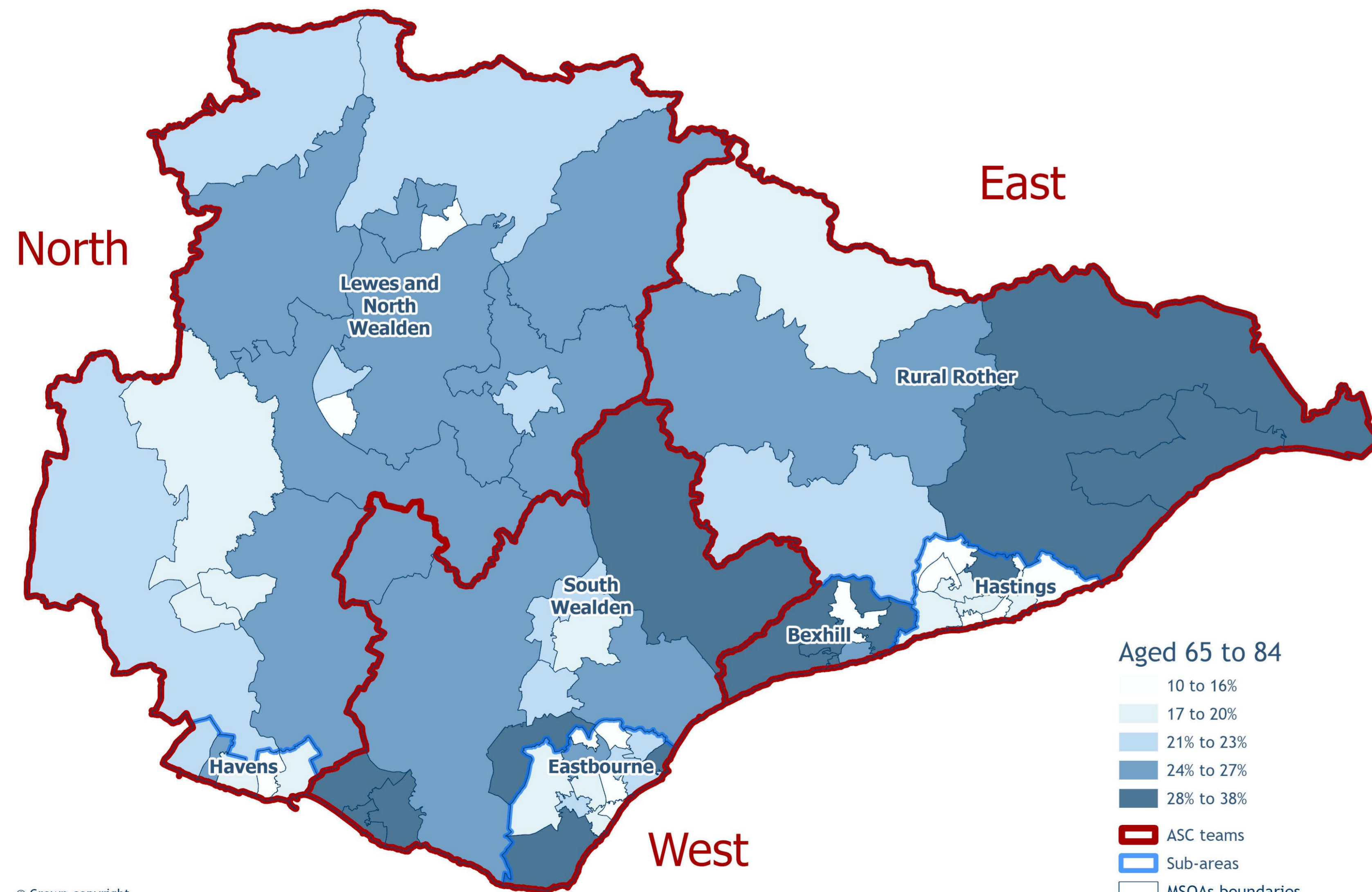
3.9% are aged 85+

Older age

Mid-2022 resident population estimates by age band, ONS

Bexhill has the oldest population profile and Hastings and the Havens have the youngest.

Aged 65-84

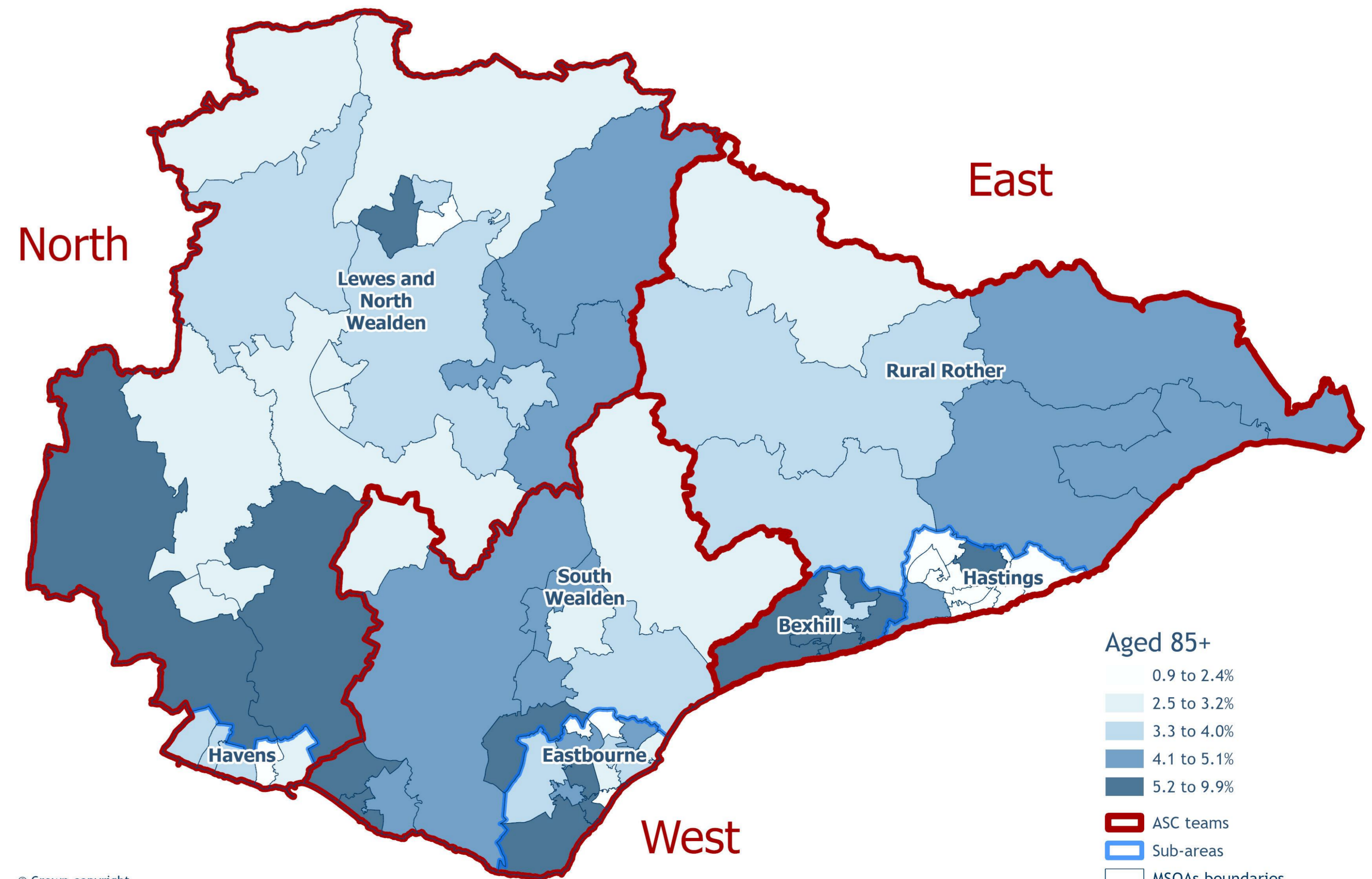


Aged 65 to 84

- 10 to 16%
- 17 to 20%
- 21 to 23%
- 24 to 27%
- 28 to 38%

ASC teams
Sub-areas
MSOAs boundaries

Aged 85+



Aged 85+

- 0.9 to 2.4%
- 2.5 to 3.2%
- 3.3 to 4.0%
- 4.1 to 5.1%
- 5.2 to 9.9%

ASC teams
Sub-areas
MSOAs boundaries

Future population

East Sussex Population projections, ESCC

Older age groups are projected to increase at a faster rate than younger age groups across the county.



Projected older population by age group, 2023-2038

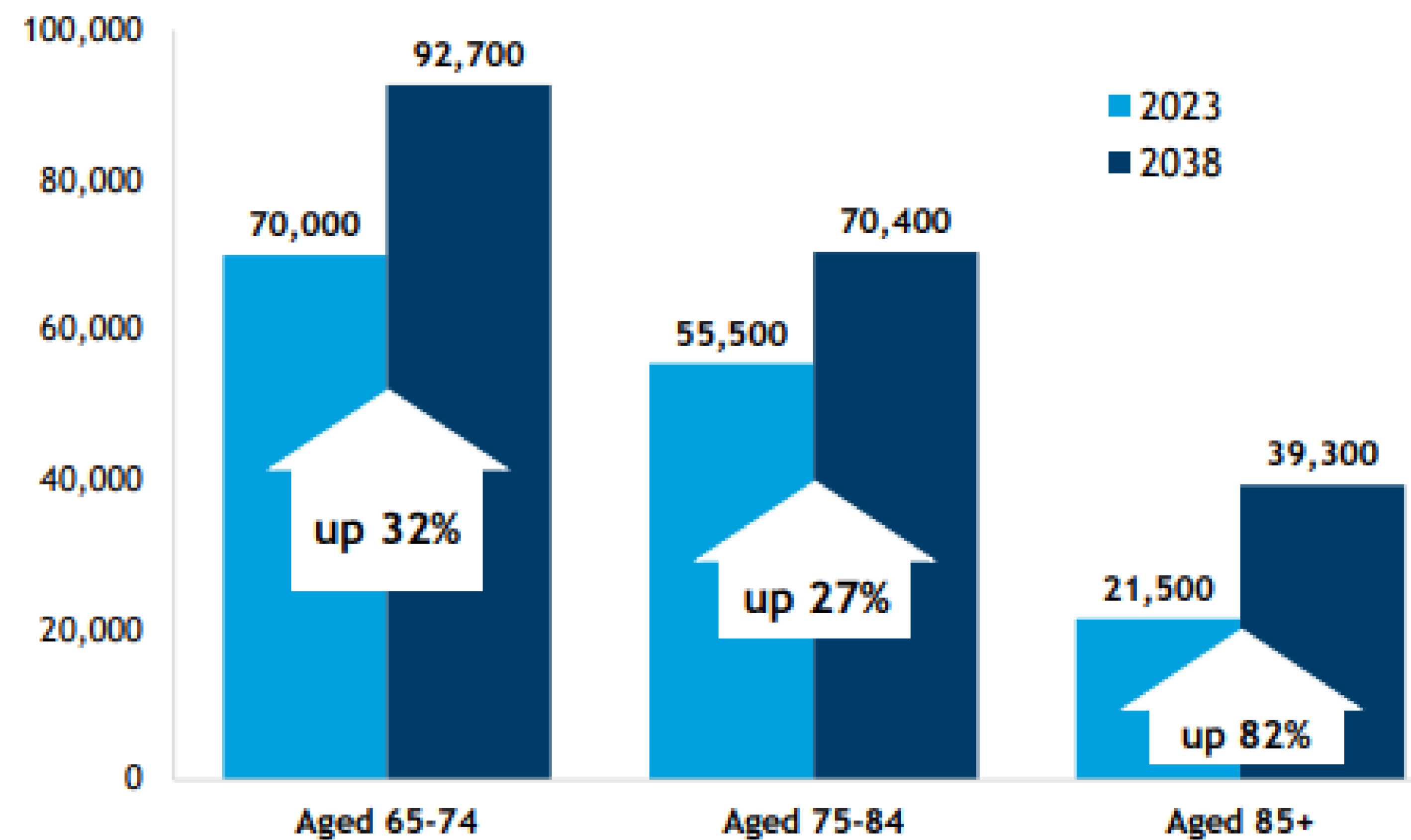
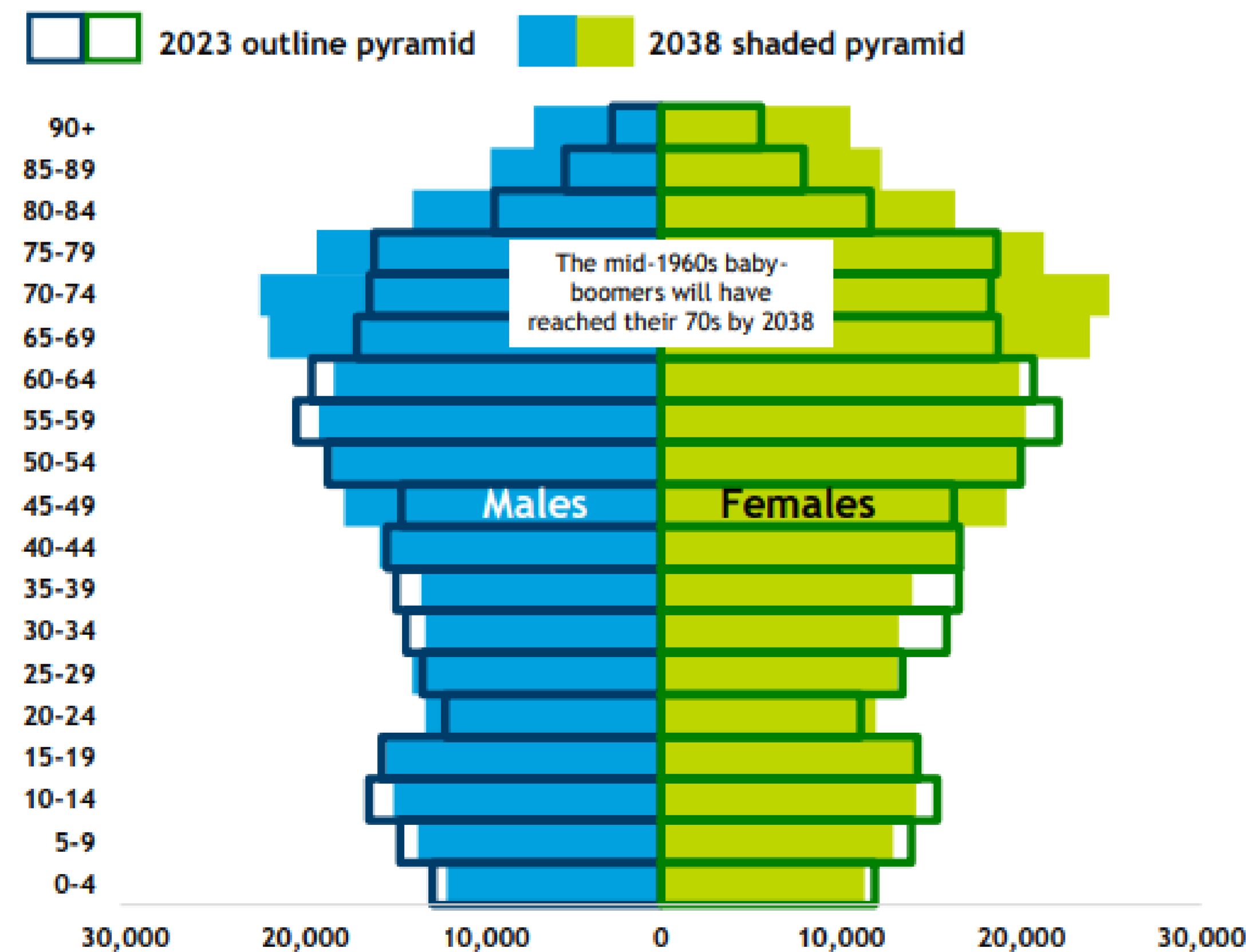


Fig. 1: East Sussex population in 2023 and 2038, by age and sex

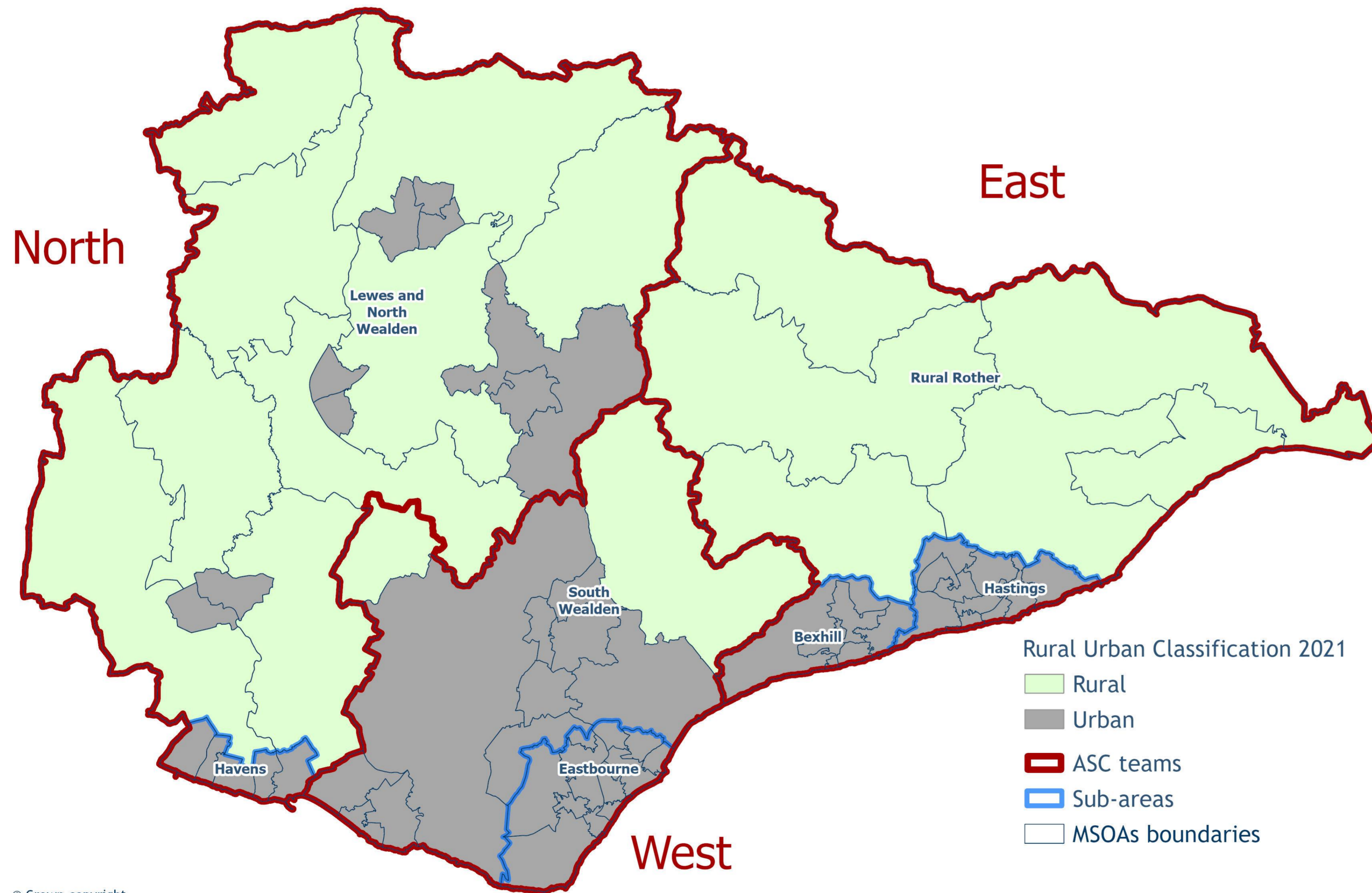


[Further info:](#)
[Demographic projections briefing Feb24](#)

Rurality

Rural / Urban classifications from 2021 Census, ONS

Rural Rother and Lewes and North Wealden are the largest rural areas.
 Eastbourne and Hastings are the most populous urban areas.



ASC Team	ASC sub-area	Rural areas Population	%	Urban areas Population	%
East	Bexhill		0%	45,040	100%
	Hastings		0%	90,621	100%
	Rural Rother	49,181	100%		0%
East Total		49,181	27%	135,661	73%
North	Havens		0%	36,004	100%
	Lewes and North Wealden	65,826	49%	69,614	51%
North Total		65,826	38%	105,618	62%
West	Eastbourne		0%	102,364	100%
	South Wealden	6,550	7%	85,807	93%
West Total		6,550	3%	188,171	97%

Further info:

[East Sussex in Figures – Rural Urban Classification briefing](#)

Key Equalities Demographics

2021 Census data unless otherwise stated

		England	East Sussex	East	North	West
Age (2022)	0-19	23%	21%	20%	21%	20%
	20-64	58%	53%	53%	54%	53%
	65+	19%	26%	27%	25%	27%
Ethnicity	Ethnically minoritised	27%	12%	12%	10%	13%
	Asian or Asian British	10%	2%	2%	2%	3%
	Black or Black British	4%	1%	1%	1%	1%
	Mixed or multiple ethnic group	3%	2%	2%	2%	2%
	Arab or any other group	1%	1%	1%	1%	1%
	White Irish or White other	8%	6%	5%	5%	6%
Religion	No religion or belief	37%	45%	46%	44%	44%
	Christian	46%	46%	44%	47%	47%
	Muslim	6.7%	1.1%	1.2%	0.7%	1.5%
	Jewish	0.5%	0.2%	0.2%	0.3%	0.2%
	Buddhist	0.5%	0.5%	0.5%	0.4%	0.5%
	Hindu	1.8%	0.3%	0.4%	0.3%	0.4%
	Sikh	0.9%	0.0%	0.0%	0.0%	0.0%
	Other religion	0.6%	0.8%	0.7%	0.9%	0.7%
Pregnancy & maternity (2024)	Live births		4,252	1,389	1,300	1,563
Sex (2022)	Female	51.0%	52.0%	52.0%	51.6%	52.3%
	Male	49.0%	48.0%	48.0%	48.4%	47.7%
Gender identity	Trans*	0.4%	0.3%	n/a	n/a	n/a
Sexual orientation	LGB+	3.2%	3.3%	n/a	n/a	n/a
Language	English is not main language	9.2%	3.7%	3.6%	2.6%	4.8%
	Do not speak English well	1.6%	0.5%	0.5%	0.3%	0.7%
Disability	Disabled	17%	20%	22%	17%	21%
Veterans	Veterans	3.8%	4.6%	4.6%	4.2%	5.0%
Marriage / civil partnership	Marriage / civil partnership	45%	47%	44%	51%	46%
	Never married/civil partnership	38%	32%	34%	30%	32%
	Separated	2%	2%	3%	2%	2%
	Divorced/civil partnership dissolved	9%	11%	12%	10%	11%
	Widowed / surviving civil partnership partner	6%	8%	8%	7%	8%
Carers	Unpaid carer	9.0%	9.9%	10.3%	9.3%	10.0%

Whilst East Sussex is generally not as diverse as England overall, it has higher % of older people, disabled people, veterans and unpaid carers

Further info:

[East Sussex in Figures – Equalities summary and reports](#)

Ethnic diversity

2021 Census, ONS

88.3% - white:
English, Welsh,
Scottish, Northern
Irish or British.

4.8% White: Gypsy,
Irish Traveller, Roma
or other white.

2.3% – Mixed or
Multiple ethnic
groups.

eastsussex.gov.uk

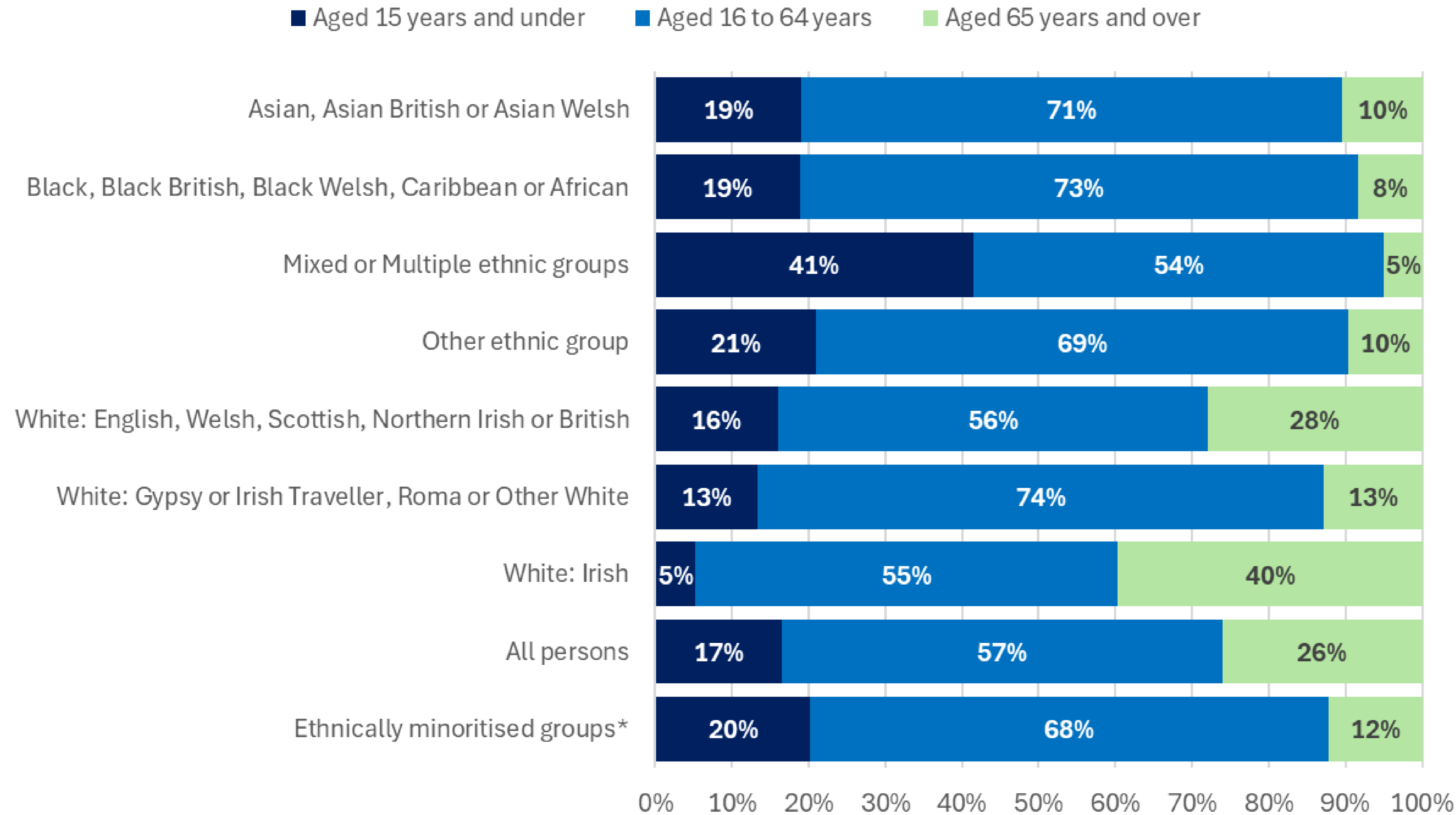
Ethnic group	East			East Total	North	Lewes & North	North Total	West		West Total	East Sussex Total
	Bexhill	Hastings	Rural Rother		Havens	Wealden		Eastbourne	South Wealden		
White: English, Welsh, Scottish, Northern Irish or British	40,246	77,418	45,117	162,781	30,803	120,921	151,724	83,466	84,080	167,546	482,051
White: Gypsy or Irish Traveller, Roma or Other White	1,304	4,995	1,545	7,844	1,820	5,692	7,512	7,918	2,698	10,616	25,972
Asian, Asian British or Asian Welsh	958	2,534	430	3,922	943	1,857	2,800	3,551	1,343	4,894	11,616
Mixed or Multiple ethnic groups	966	2,639	737	4,342	975	2,777	3,752	2,802	1,415	4,217	12,311
Other ethnic group	306	1,370	158	1,834	362	688	1,050	1,680	406	2,086	4,970
Black, Black British, Black Welsh, Caribbean or African	365	1,271	197	1,833	385	638	1,023	1,311	345	1,656	4,512
White: Irish	429	781	351	1,561	231	1,046	1,277	961	634	1,595	4,433
All persons	44,574	91,008	48,535	184,117	35,519	133,619	169,138	101,689	90,921	192,610	545,865
Ethnically minoritised groups*	4,328	13,590	3,418	21,336	4,716	12,698	17,414	18,223	6,841	25,064	63,814

Ethnic group	East			East Total	North	Lewes & North	North Total	West		West Total	East Sussex Total
	Bexhill	Hastings	Rural Rother		Havens	Wealden		Eastbourne	South Wealden		
White: English, Welsh, Scottish, Northern Irish or British	90.3%	85.1%	93.0%	88.4%	86.7%	90.5%	89.7%	82.1%	92.5%	87.0%	88.3%
White: Gypsy or Irish Traveller, Roma or Other White	2.9%	5.5%	3.2%	4.3%	5.1%	4.3%	4.4%	7.8%	3.0%	5.5%	4.8%
Asian, Asian British or Asian Welsh	2.1%	2.8%	0.9%	2.1%	2.7%	1.4%	1.7%	3.5%	1.5%	2.5%	2.1%
Mixed or Multiple ethnic groups	2.2%	2.9%	1.5%	2.4%	2.7%	2.1%	2.2%	2.8%	1.6%	2.2%	2.3%
Other ethnic group	0.7%	1.5%	0.3%	1.0%	1.0%	0.5%	0.6%	1.7%	0.4%	1.1%	0.9%
Black, Black British, Black Welsh, Caribbean or African	0.8%	1.4%	0.4%	1.0%	1.1%	0.5%	0.6%	1.3%	0.4%	0.9%	0.8%
White: Irish	1.0%	0.9%	0.7%	0.8%	0.7%	0.8%	0.8%	0.9%	0.7%	0.8%	0.8%
All persons	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Ethnically minoritised groups*	9.7%	14.9%	7.0%	11.6%	13.3%	9.5%	10.3%	17.9%	7.5%	13.0%	11.7%

*Includes all groups other than White: English, Welsh, Scottish, Northern Irish or British

Ethnic diversity by age

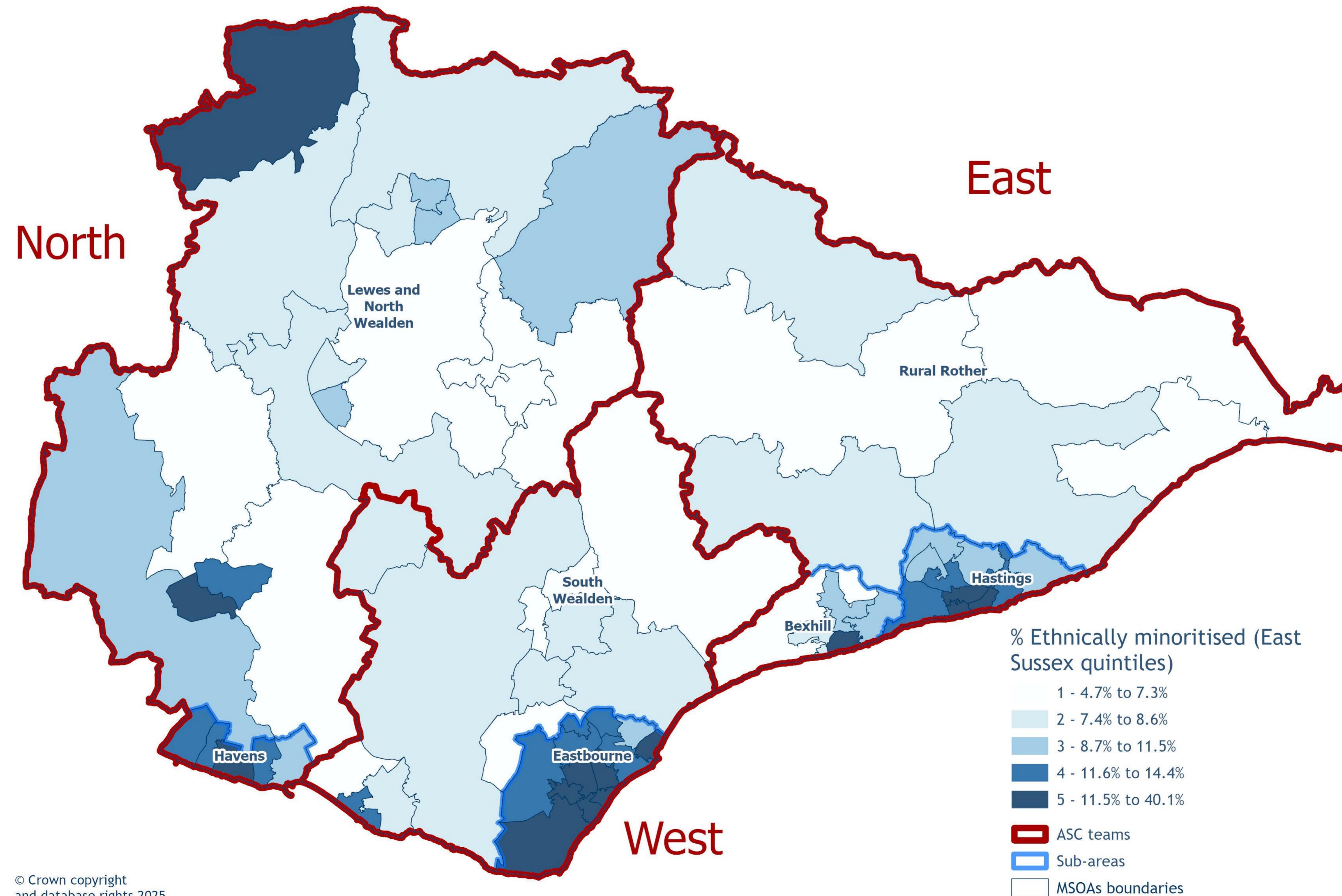
East Sussex data, 2021 Census, ONS



Ethnic diversity across the county

Ethnically minoritised population*, 2021 Census, ONS

Eastbourne is the most ethnically diverse area followed by Hastings.



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Language

2021 Census data, ONS

Just under 500 people aged 65+ cannot speak English well or at all across the county, with the highest rates in Eastbourne

English proficiency by age group

		Number who cannot speak English or cannot speak English well by age				% aged 3+ years who cannot speak English or cannot speak English well
ASC Team	ASC sub-area	Aged 3 to 15 years	Aged 16 to 64 years	Aged 65 years and over	All aged 3+	
East	Bexhill	15	92	38	145	0.3%
	Hastings	70	573	109	752	0.9%
	Rural Rother	11	58	15	84	0.2%
East Total		96	723	162	981	0.5%
North	Havens	17	156	30	203	0.6%
	Lewes and North	30	241	51	322	0.2%
North Total		47	397	81	525	0.3%
West	Eastbourne	99	847	210	1,156	1.2%
	South Wealden	14	139	25	178	0.2%
West Total		113	986	235	1,334	0.7%
East Sussex Total		256	2,106	478	2,840	0.5%

10 local areas with highest %

MSOA Name	ASC Team	ASC sub-area	Number	Pop aged 3+	%
Pier	West	Eastbourne	377	8,107	4.7%
Central Hastings	East	Hastings	156	6,667	2.3%
Central St Leonards	East	Hastings	174	7,953	2.2%
King Edward's Parade	West	Eastbourne	159	7,470	2.1%
Roselands	West	Eastbourne	112	8,557	1.3%
Upperton	West	Eastbourne	82	6,763	1.2%
Braybrooke & Bohemia	East	Hastings	86	8,132	1.1%
Bexhill Central	East	Bexhill	82	8,728	0.9%
Hampden Park North	West	Eastbourne	65	7,416	0.9%
Langney East	West	Eastbourne	65	7,798	0.8%

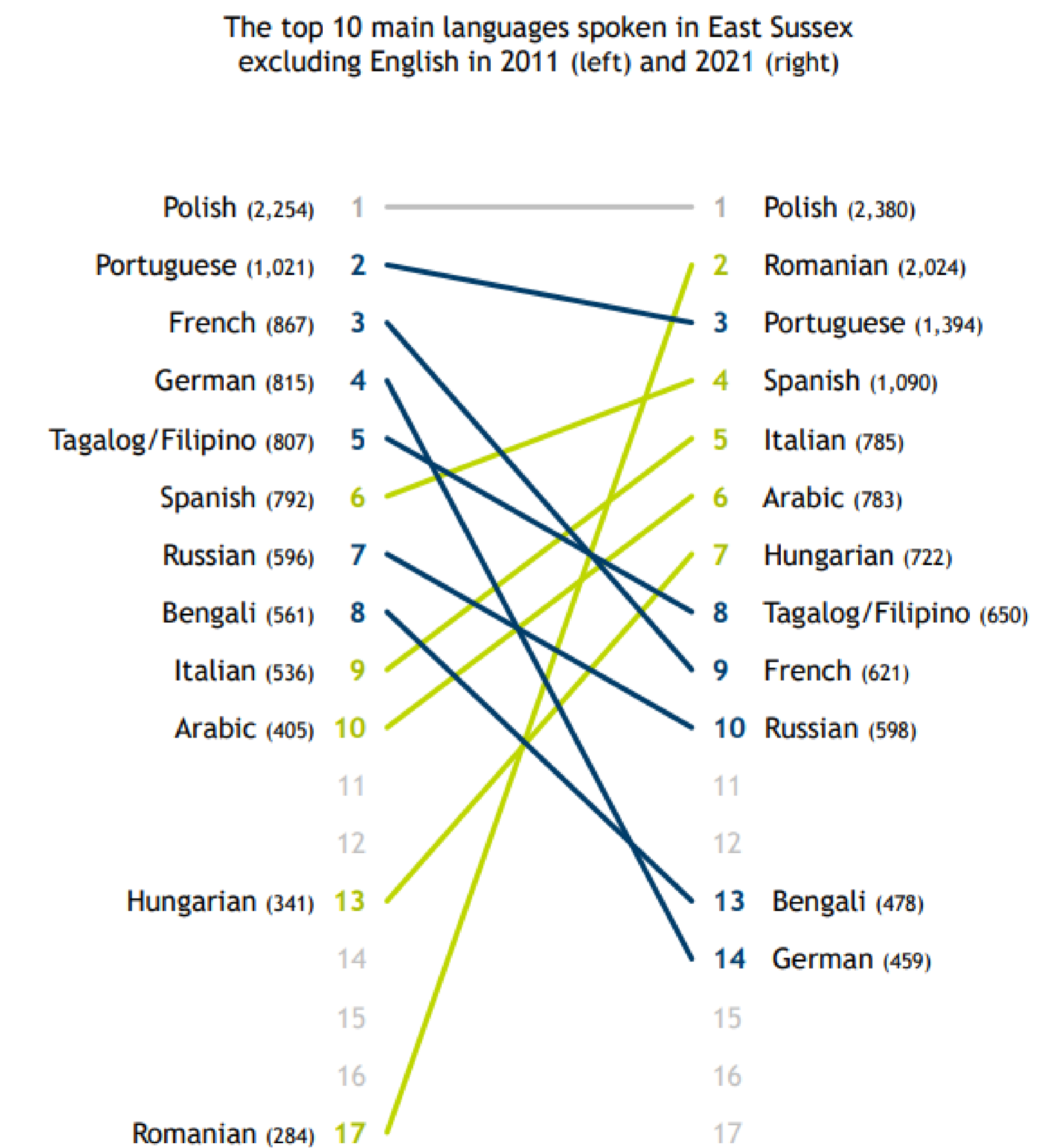
Language 2021 Census

Polish was the most common foreign language spoken in 2021 followed by Romanian and Portuguese

Main language, fewer categories available by ASC team

More detail at county level

Main language	East		North		West		East Sussex total	
	Number	%	Number	%	Number	%	Number	%
English (English or Welsh if in Wales)	172,674	96.4%	160,573	97.4%	178,514	95.2%	511,761	96.3%
Other European language (EU): Any other European languages	2,259	1.3%	1,582	1.0%	2,515	1.3%	6,356	1.2%
Other European language (EU): Polish	552	0.3%	500	0.3%	1,333	0.7%	2,385	0.4%
Portuguese	152	0.1%	227	0.1%	1,016	0.5%	1,395	0.3%
East Asian language: Any other East Asian languages	448	0.3%	283	0.2%	522	0.3%	1,253	0.2%
Spanish	224	0.1%	292	0.2%	564	0.3%	1,080	0.2%
South Asian language: Any other South Asian languages	330	0.2%	122	0.1%	421	0.2%	873	0.2%
West or Central Asian languages	413	0.2%	102	0.1%	295	0.2%	810	0.2%
East Asian language: Mandarin, Cantonese and other Chinese languages	276	0.2%	225	0.1%	299	0.2%	800	0.2%
Arabic	284	0.2%	158	0.1%	348	0.2%	790	0.1%
French	190	0.1%	225	0.1%	203	0.1%	618	0.1%
Russian	331	0.2%	89	0.1%	187	0.1%	607	0.1%
Other European languages (non-EU)	107	0.1%	88	0.1%	305	0.2%	500	0.1%
South Asian language: Bengali (with Sylheti and Chatgaya)	163	0.1%	91	0.1%	219	0.1%	473	0.1%
Turkish	170	0.1%	78	0.0%	196	0.1%	444	0.1%
African languages	142	0.1%	70	0.0%	147	0.1%	359	0.1%
South Asian language: Tamil	127	0.1%	70	0.0%	99	0.1%	296	0.1%
Any other languages (including sign and supported languages)	113	0.1%	54	0.0%	114	0.1%	281	0.1%
South Asian language: Gujarati	42	0.0%	23	0.0%	59	0.0%	124	0.0%
South Asian language: Urdu	30	0.0%	15	0.0%	61	0.0%	106	0.0%
South Asian language: Panjabi	20	0.0%	9	0.0%	16	0.0%	45	0.0%
Any other UK languages	17	0.0%	6	0.0%	8	0.0%	31	0.0%
Grand Total	179,064	100.0%	164,882	100.0%	187,441	100.0%	531,387	100.0%

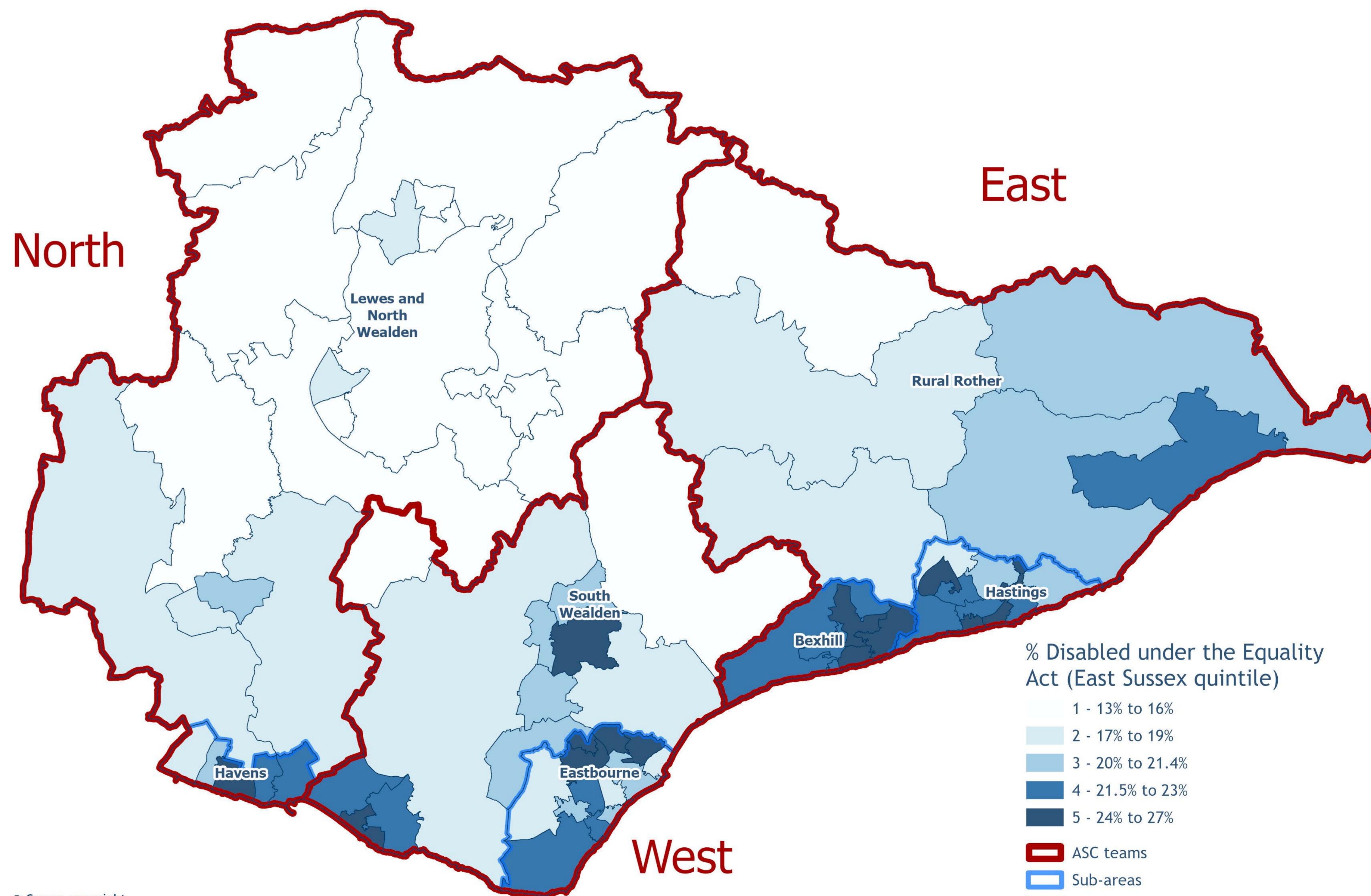


Disability

2021 Census data, ONS

1 in 5 people are disabled, with highest rates in Bexhill and Hastings.

ASC Team	ASC sub-area	Disabled: Day-to-day activities limited a lot		Disabled: Day-to-day activities limited a little	
		Number	%	Number	%
East	Bexhill	4,628	10%	6,259	14%
	Hastings	8,975	10%	11,550	13%
	Rural Rother	3,674	8%	5,573	11%
East Total		17,277	9%	23,382	13%
North	Havens	3,219	9%	4,355	12%
	Lewes and North Wealden	8,020	6%	13,911	10%
North Total		11,239	7%	18,266	11%
West	Eastbourne	9,286	9%	12,626	12%
	South Wealden	7,387	8%	11,078	12%
West Total		16,673	9%	23,704	12%
All persons		45,189	8%	65,352	12%



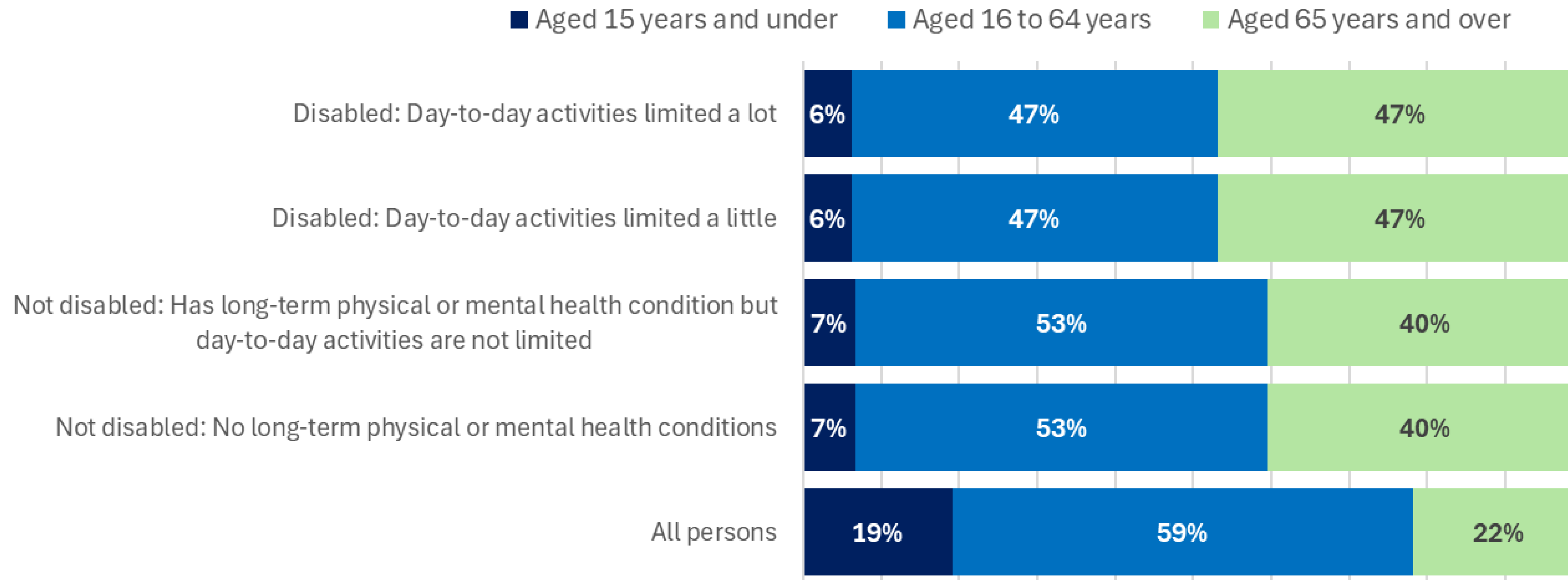
East Sussex 2021 Census Briefing: Disability

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Disability by age

2021 Census data, ONS



Unpaid carers

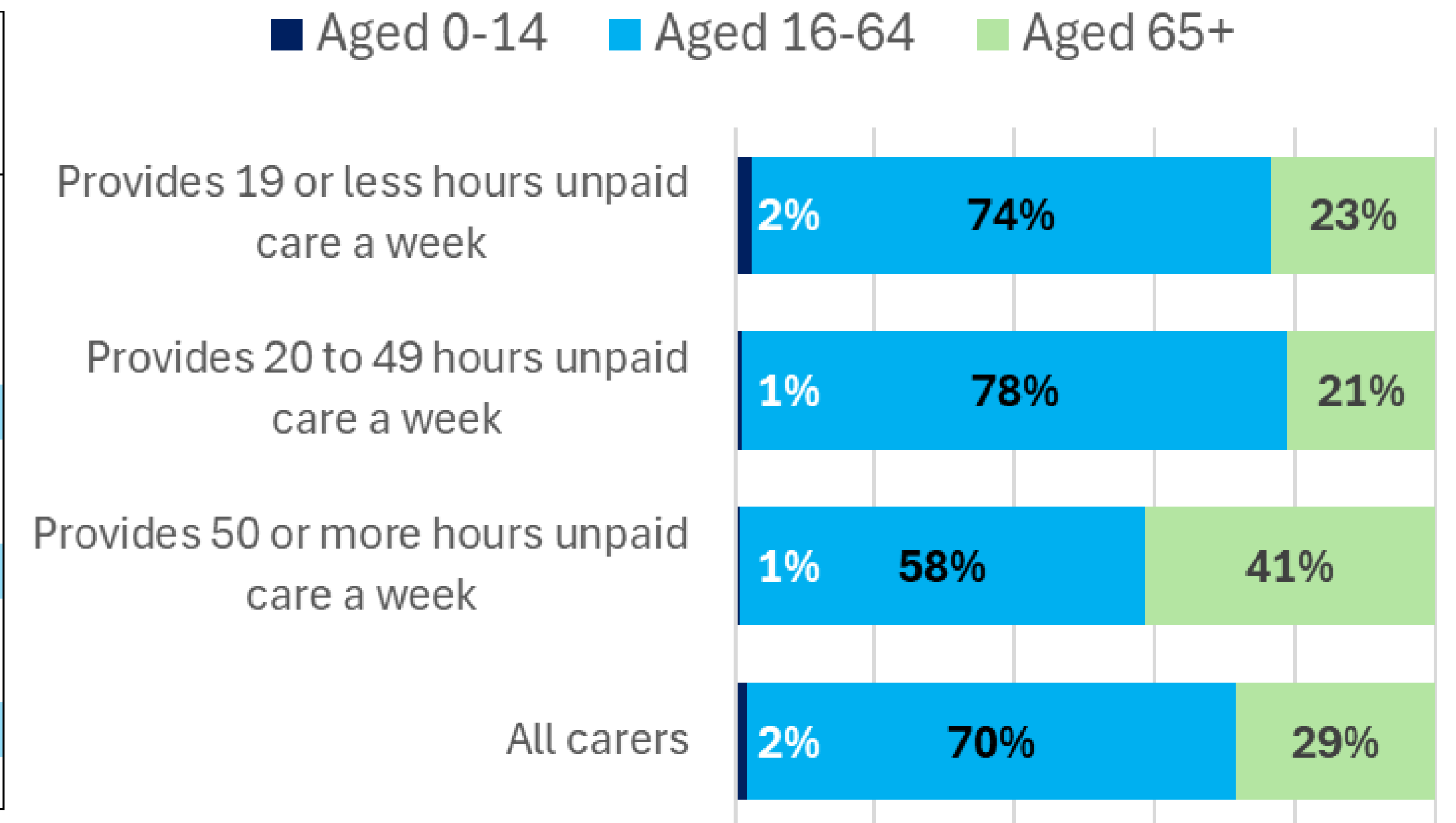
2021 Census data, ONS

51,000 unpaid carers in East Sussex with similar rates across all areas apart from Lewes and North Wealden where rates are lowest.

% of the population providing unpaid care

ASC Team	ASC sub-area	Provides 19 or less hours unpaid care a week		Provides 20 to 49 hours unpaid care a week		Provides 50 or more hours unpaid care a week	
		Number	%	Number	%	Number	%
East	Bexhill	2,135	5.0%	917	2.1%	1,548	3.6%
	Hastings	3,888	4.5%	1,942	2.3%	2,838	3.3%
	Rural Rother	2,509	5.4%	798	1.7%	1,426	3.1%
East Total		8,532	4.9%	3,657	2.1%	5,812	3.3%
North	Havens	1,661	4.9%	671	2.0%	1,196	3.6%
	Lewes and North Wealden	6,921	5.4%	1,757	1.4%	2,757	2.2%
North Total		8,582	5.3%	2,428	1.5%	3,953	2.4%
West	Eastbourne	4,344	4.5%	1,948	2.0%	3,124	3.2%
	South Wealden	4,670	5.4%	1,610	1.9%	2,749	3.2%
West Total		9,014	4.9%	3,558	1.9%	5,873	3.2%
East Sussex Total		26,128	5.0%	9,643	1.9%	15,638	3.0%

Carers by age group

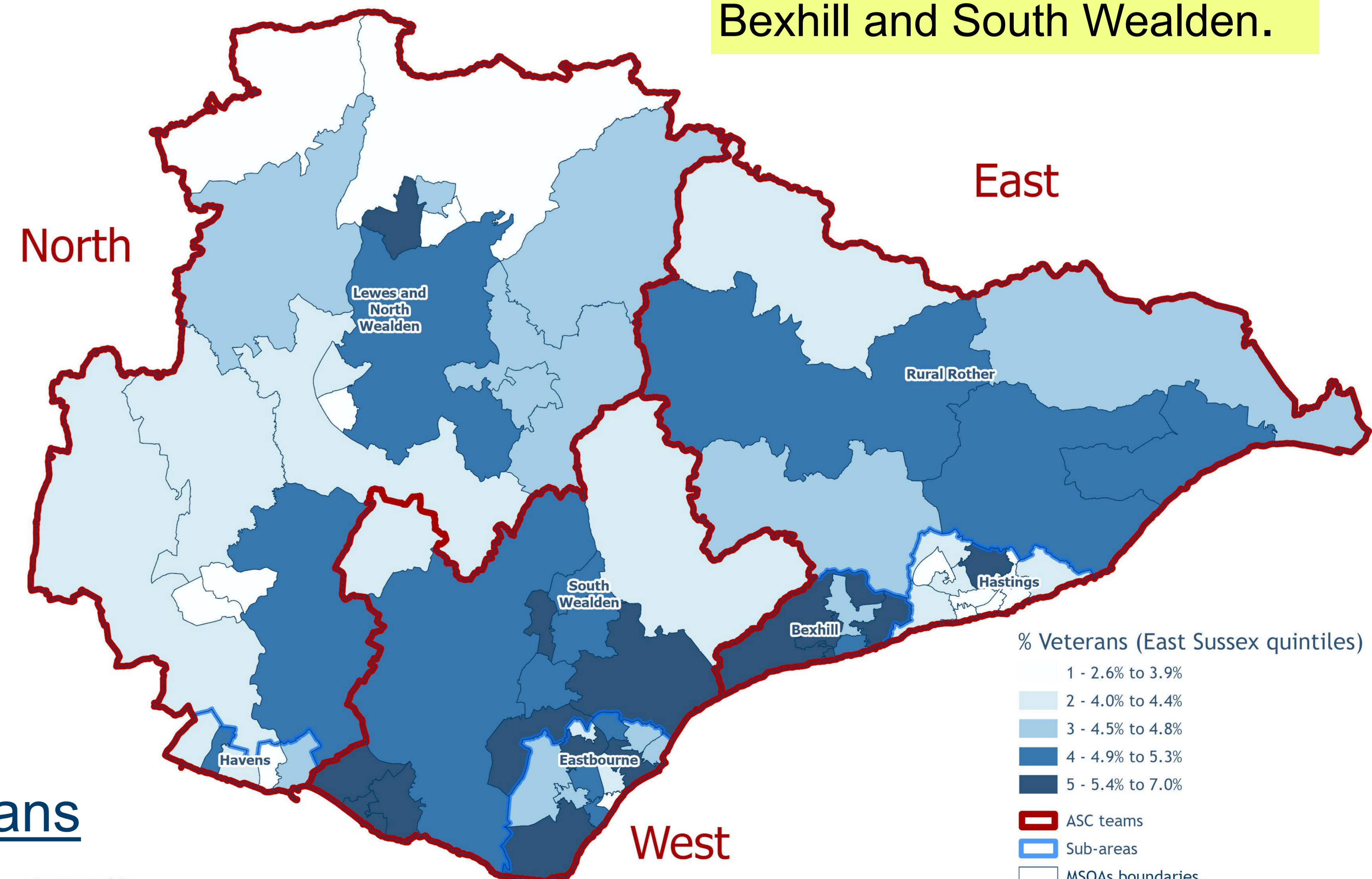


Veterans

Previously served in regular and/or reserve UK armed forces
2021 Census data, ONS

21,000 veterans living in East Sussex with highest rates in Bexhill and South Wealden.

ASC Team	ASC sub-area	Veterans	% of pop aged 16+
East	Bexhill	2,272	5.9%
	Hastings	2,917	3.9%
	Rural Rother	1,960	4.8%
East Total		7,149	4.6%
North	Havens	1,274	4.4%
	Lewes and North Wealden	4,685	4.2%
North Total		5,959	4.2%
West	Eastbourne	3,986	4.7%
	South Wealden	4,092	5.3%
West Total		8,078	5.0%
Grand Total		21,186	4.6%



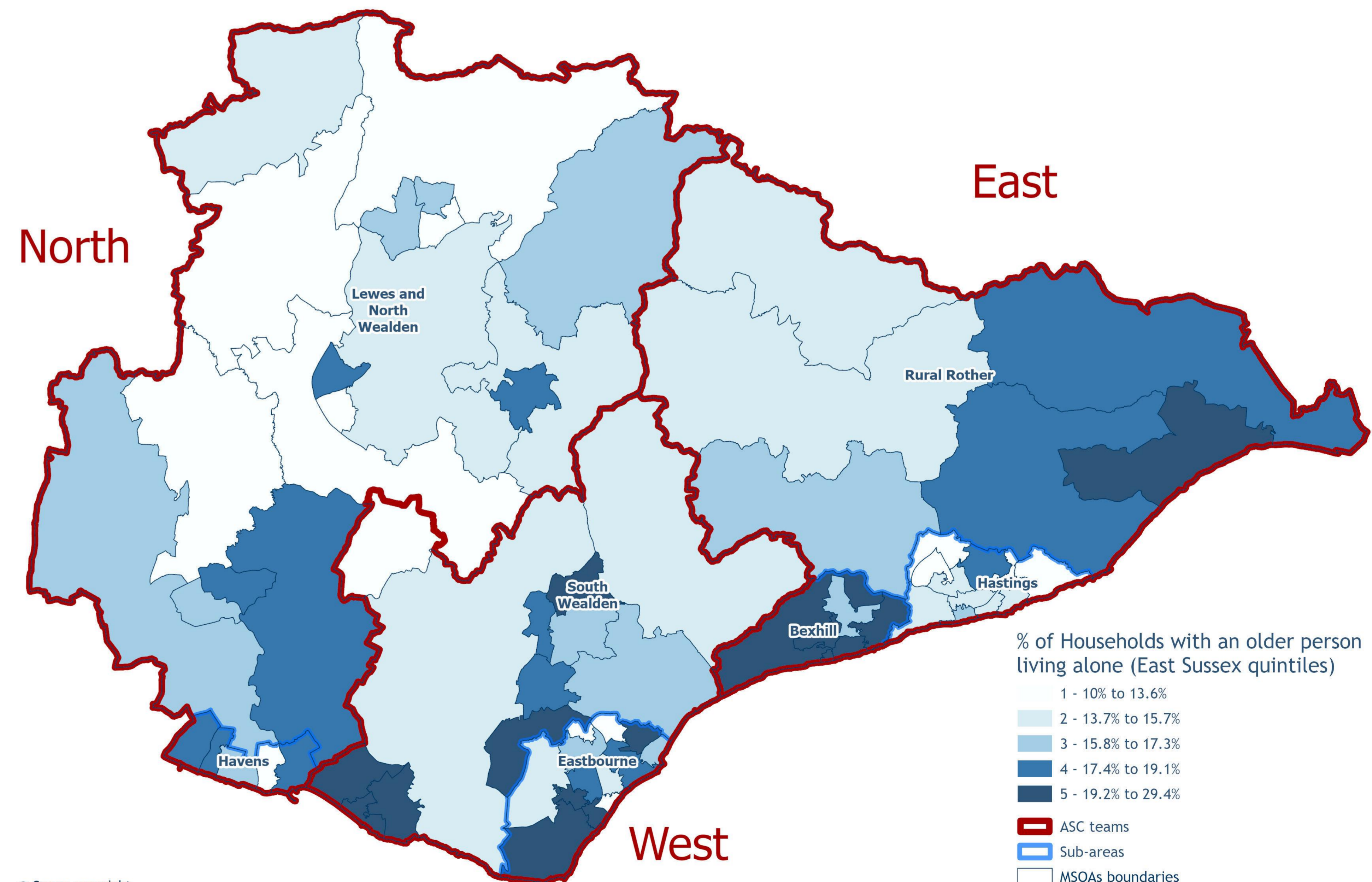
East Sussex 2021 Census Briefing: Veterans

People living alone

Older people living alone 2021 Census data, ONS

41,000 older people live alone in the county with highest rates in Bexhill.

		One-person household aged 65 and under		One-person household aged 66 and over		
ASC Team	ASC sub-area	All households	Number	%	Number	%
East	Bexhill	21,080	3,015	14%	4,714	22%
	Hastings	40,460	8,411	21%	6,030	15%
	Rural Rother	21,025	2,315	11%	3,670	17%
East Total		82,565	13,741	17%	14,414	17%
North	Havens	15,358	2,146	14%	2,558	17%
	Lewes and North Wealden	56,274	6,711	12%	8,738	16%
North Total		71,632	8,857	12%	11,296	16%
West	Eastbourne	45,600	8,078	18%	8,124	18%
	South Wealden	40,317	4,660	12%	7,466	19%
West Total		85,917	12,738	15%	15,590	18%
Grand Total		240,114	35,336	15%	41,300	17%



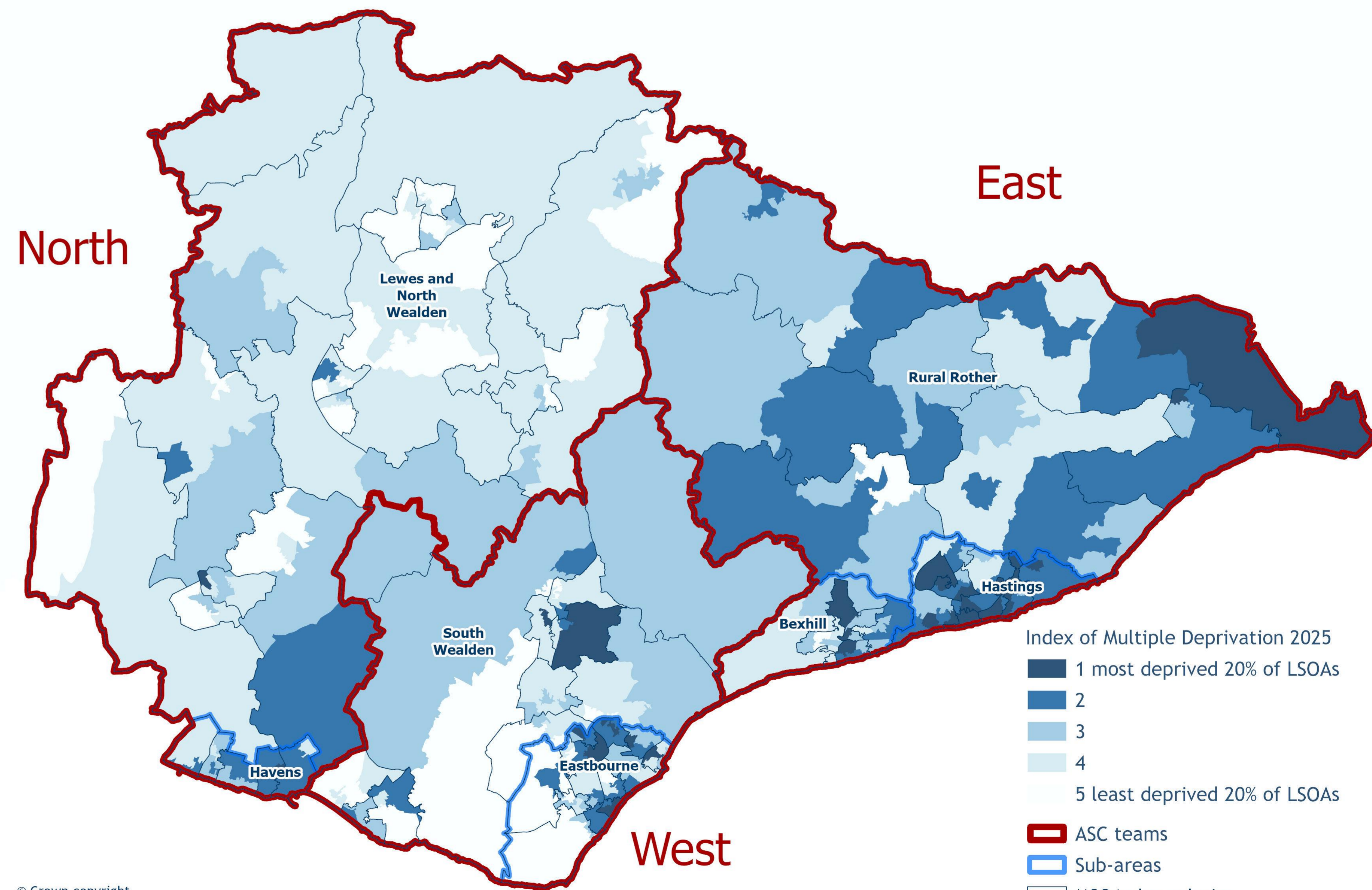
Areas of deprivation

Indices of deprivation 2025

49% of residents in Hastings live in areas defined as being amongst the most deprived 20% of areas in the country.

% of population that live in the most deprived areas

		National deprivation quintiles				
		1 - Most deprived 20% in England	2	3	4	5 - Least deprived 20% in England
ASC Team	ASC sub-area					
East	Bexhill	23%	15%	28%	3%	31%
	Hastings	49%	31%	11%	0%	
	Rural Rother	5%	42%	39%	3%	10%
East Total		31%	30%	22%	2%	15%
North	Havens	4%	47%	24%	0%	
	Lewes and North Wealden	1%	3%	18%	30%	47%
North Total		2%	12%	20%	24%	42%
West	Eastbourne	18%	34%	17%	15%	16%
	South Wealden	5%	11%	33%	21%	30%
West Total		12%	23%	25%	18%	22%
East Sussex Total		15%	22%	22%	14%	26%

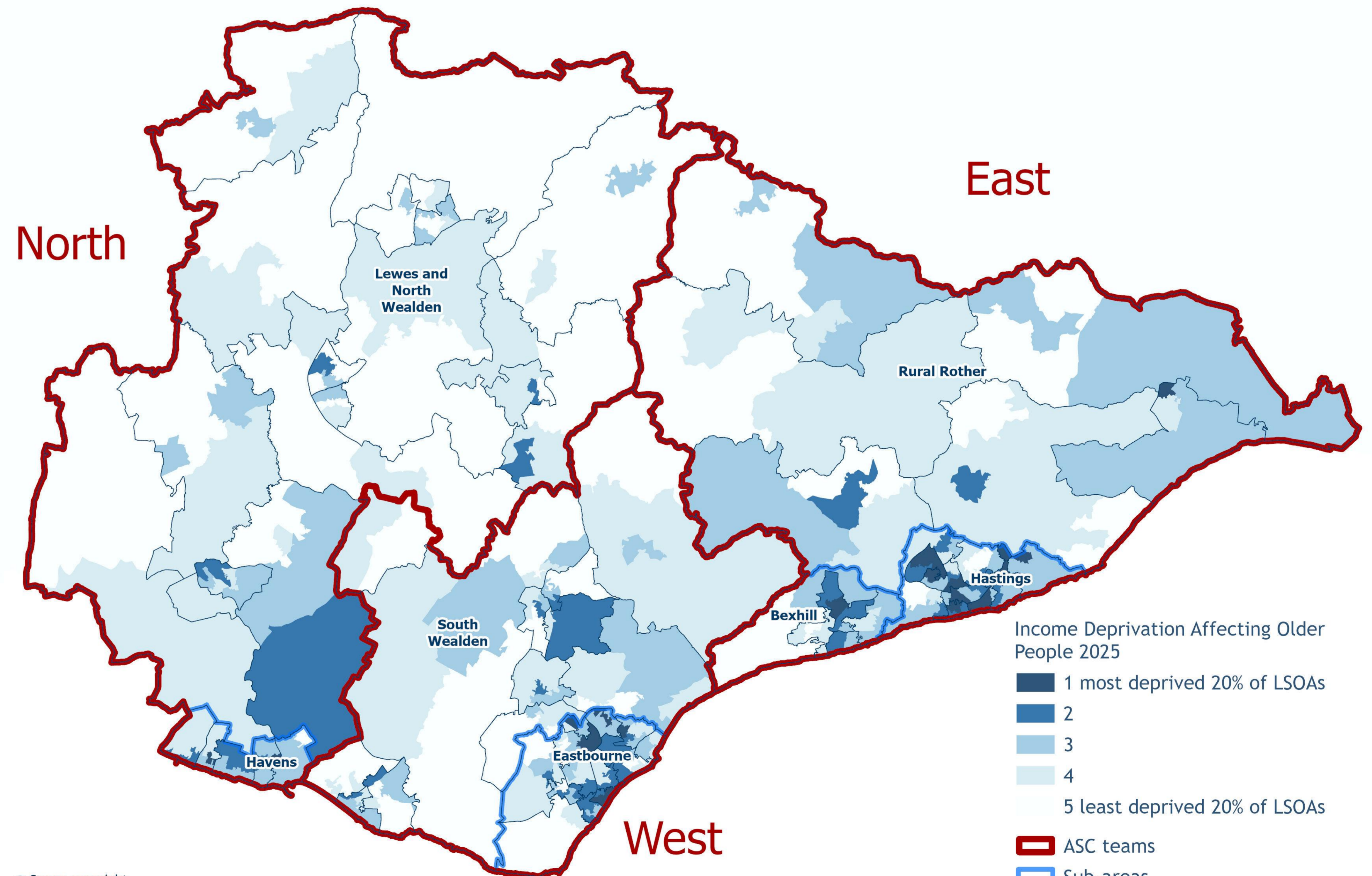


Income Deprivation Affecting Older People (IDAOP) 2025

Percentage of over 60s who are Income Deprived

11% of older people in East Sussex are living in income deprivation with highest rates in Hastings (20%).

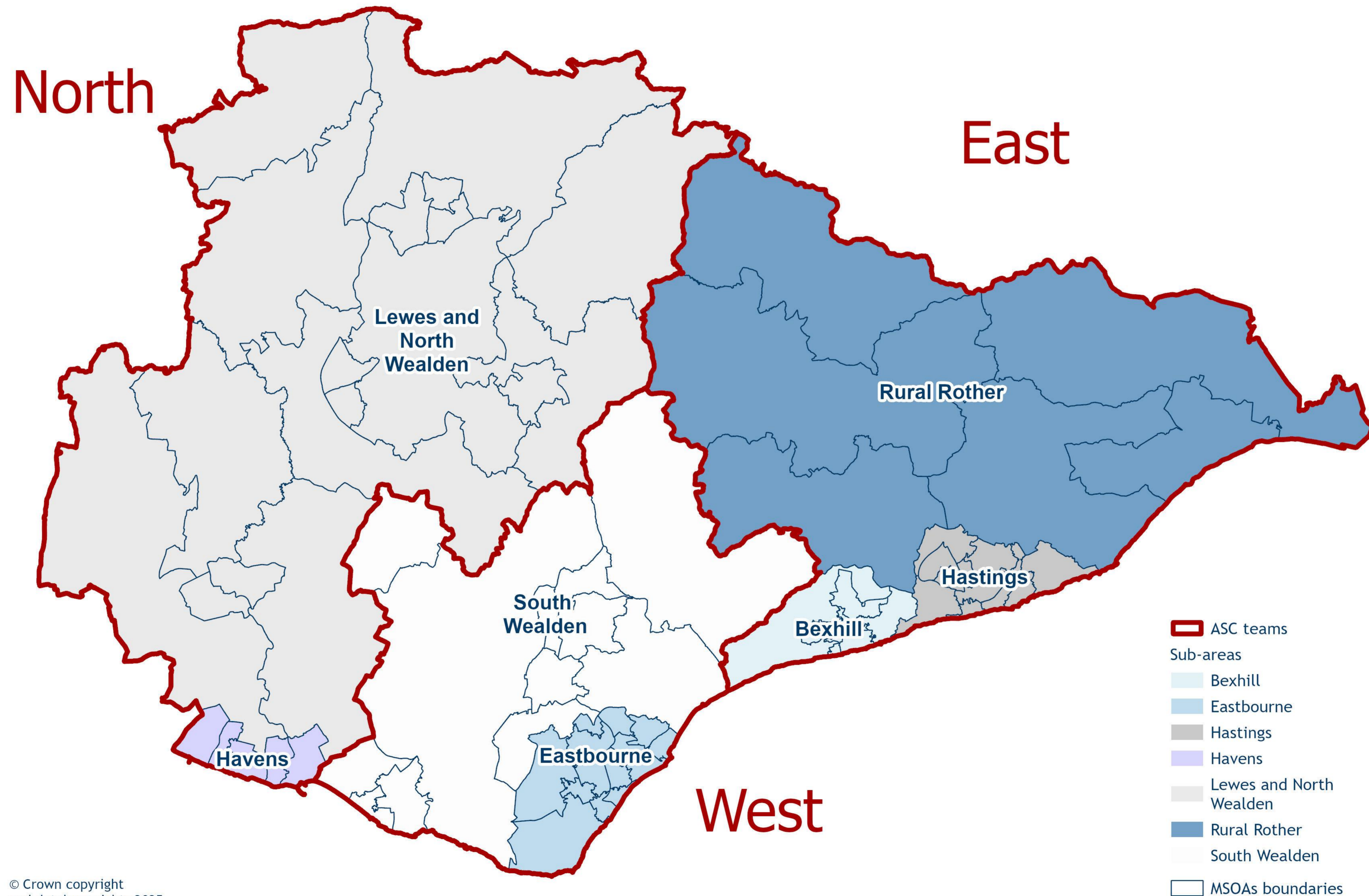
ASC Team	ASC sub-area	IDAOP Score
East	Bexhill	12.5%
	Hastings	23.4%
	Rural Rother	10.8%
East Total		16.3%
North	Havens	17.2%
	Lewes and North Wealden	8.2%
North Total		9.9%
West	Eastbourne	17.4%
	South Wealden	10.2%
West Total		13.7%
East Sussex Total		13.4%



Income Deprivation Affecting Older People 2025

- 1 most deprived 20% of LSOAs
- 2
- 3
- 4
- 5 least deprived 20% of LSOAs
- ASC teams
- Sub-areas
- MSOAs boundaries

Appendix 1



Appendix 2



Appendix

MSOAs

MSOA stands for Middle Layer Super Output Area, a geographic unit used in England and Wales for collecting and reporting statistical data. These areas are designed to have a minimum population of 5,000 people

