

Bournemouth North Locality profile narrative 2020 template

Public Health Dorset
January 2020

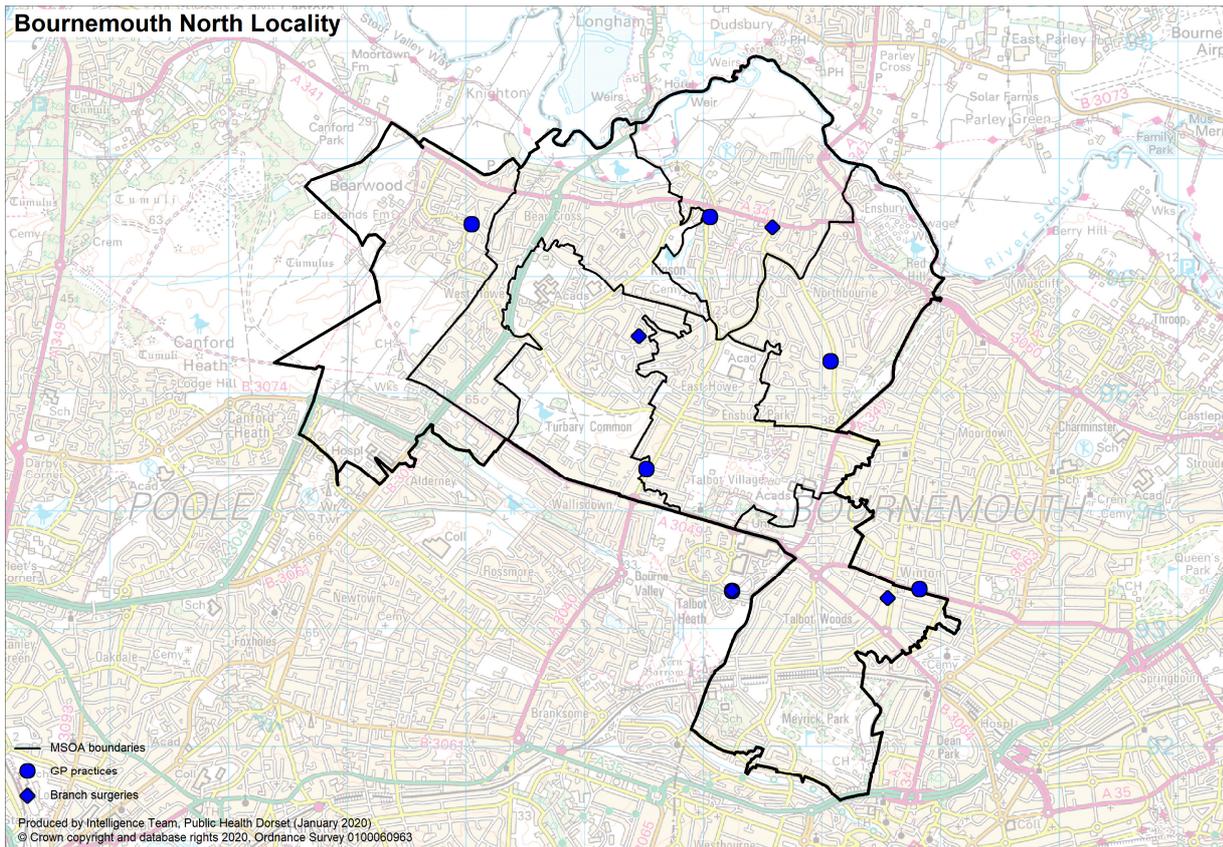


Table of contents

1. Introduction	2
2. Locality basics – geography and demography.....	3
3. Wider determinants of wellbeing	4
4. Global burden of disease	11

1. Introduction

Background

- 1.1 During the summer of 2019 a review of Locality Profile narratives was carried out with key stakeholders across the health and care system in Dorset and Bournemouth, Christchurch and Poole (BCP). A summary of findings from the engagement can be found [here](#).
- 1.2 Informed by stakeholder feedback, this edition of the Locality profile narratives:
- Provides commentary on a wider range of indicators (from [Local Health](#)), presenting these by life course to increase the emphasis on wider determinants of health and wellbeing
 - Uses global burden of disease (GBD)¹ as a means of exploring in more detail specific areas of Local Health and general practice based data.
- 1.3 As with the previous versions of the narratives, these updates are based on data from two key sources: [Local Health](#) and General practice based data from <https://fingertips.phe.org.uk/profile/general-practice>.
- 1.4 In keeping with previous versions of the Locality narratives, localities across Dorset are defined as groupings of middle super output areas (MSOAs). These areas (MSOAs) are a census reporting unit of approximately 5,000 people².
- 1.5 *The aim of the Locality Profiles is to support those working in localities to identify what is working well and to highlight issues to be addressed in the Locality.*
- 1.6 Alongside the narratives for the Localities a wider range of data is being made available through Tableau public dashboards to aid you in identifying issues and opportunities in your Locality. The [Locality profiles](#) web pages contain:
- Locality narratives (this document)
 - Dashboards with a wide range of supporting data
 - An overview of the data sources and metadata.
- 1.7 The local health system is actively developing information tools for the Integrated Care System. The emergent suite of Population Health Management (PHM) tools will, increasingly, provide timely data for Dorset. We anticipate future versions of the narratives will align more closely with the Dorset PHM tools as these become established.

Structure of narrative

- 1.8 The narrative contains the following sections:
- Locality basics – geography and demography
 - Wider determinants of wellbeing
 - Starting well – child and adolescent year indicators
 - Living well – the adult and working years indicators
 - Ageing well - the later working and retirement years indicators
 - Healthy places – presenting a range of indicators that impact across the life course
 - A focus on the major causes of population disability adjusted life years – the Global Burden of Disease (GBD):
 - Cancer and non-cancerous tumours;
 - Cardiovascular diseases;
 - Musculoskeletal disorders;

¹ Disease burden is the impact of a health problem on a given population. Measuring this allows the burden of disease to be compared between different areas and helps with predicting future health care needs. Probably the most well-known assessment of disease burden is the Global Burden of Disease (GBD) Study carried out by the World Health Organisation.

² Middle super output areas (MSOAs) are a census reporting unit of approximately 5,000 people. The 13 Localities across Dorset are each defined as aggregations of MSOAs. More detail on MSOAs and census output areas can be found here

<https://www.ons.gov.uk/methodology/geography/ukgeographies/censusgeography#super-output-area-soa>

Last accessed 8/10/2019.

- Neurological disorders;
- Mental Health; and
- Chronic Respiratory diseases.

2. Locality basics – geography and demography

- 2.1 The population of Bournemouth North is approximately 49,700 (ONS 2017 Mid-Year Estimates).
- 2.2 The Bournemouth North Locality is made up of 7 areas (MSOAs). The Locality is shown alongside the GP practices that comprise the Bournemouth North Primary Care Network (PCN) in the map on the rear page of this document.
- 2.3 Bournemouth North Locality has a younger population profile than that of Dorset as a whole.
- 2.4 The age-sex structure of Bournemouth North shows:
 - Considerably more (higher proportion of total) males and females than the Dorset average in the following age groups
 - 20-24 years;
 - 5 – 9 years; and
 - Under 5s
 - Fewer (lower proportion of total) males and females in the older age groups than the Dorset average (for all 5 year age bands above 60-64 years).
- 2.5 The areas that make up the Locality range in population from 5,640 in Bearwood and Alderney (the smallest) to 8,677 in Wallisdown & Winton West.

3. Wider determinants of wellbeing

Key findings



Bournemouth North areas of highest income deprivation are:

- West Howe
- Kinson North
- Kinson South



Admissions for injuries for Children are significantly higher across Bournemouth North

Unemployment is highest in West Howe



The percentage of older people living in deprivation is highest in:

- West Howe
- Wallisdown and Winton West
- Kinson North.



Starting well – child and adolescent year indicators

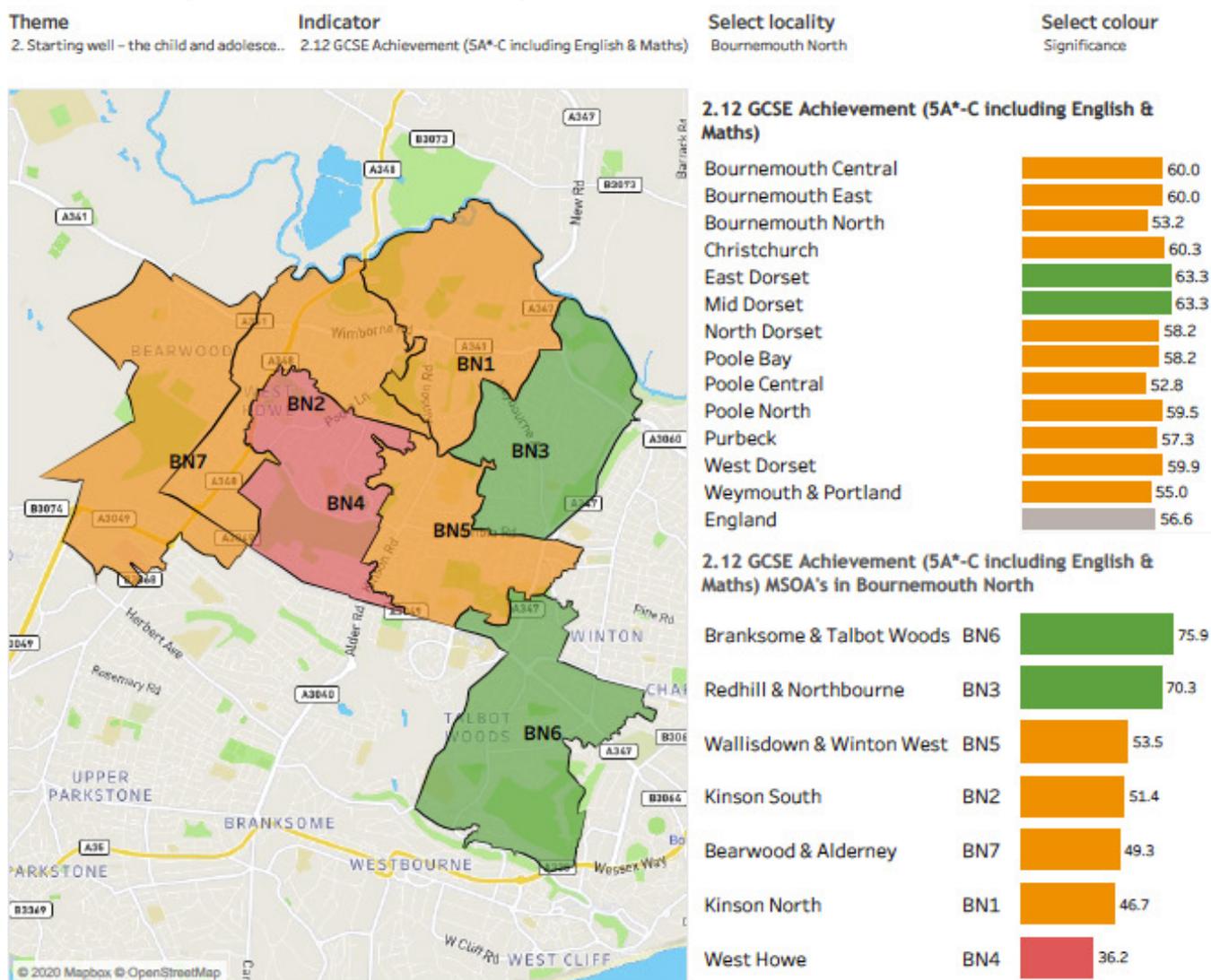
3.1 At the Locality level, Bournemouth North is similar to England averages for:

- Low birthweight babies
- GCSE Achievement
- Deliveries to teenage mothers.

3.2 The above Locality level averages 'mask' some areas of concern:

- Whilst the *percentage of babies with low birth weight* is similar in North Bournemouth to other Dorset Localities the percentage in *Kinson South* is significantly higher than the England average and in the top 10% of areas in Dorset.
- Bournemouth North as Locality has the second lowest percentage across the 13 Dorset Localities for *pupils with 5 or more A*-C grades at GCSE*. As we see in Figure 1 over-page there is considerable variation within Bournemouth North with Branksome & Talbot Woods and Redhill & Northbourne significantly higher than the England average and *West Howe* being significantly worse than England and in the worst 10% of areas across Dorset.

Figure 1: Percentage of pupils with 5 or more GCSEs grade A*-C in Bournemouth North,



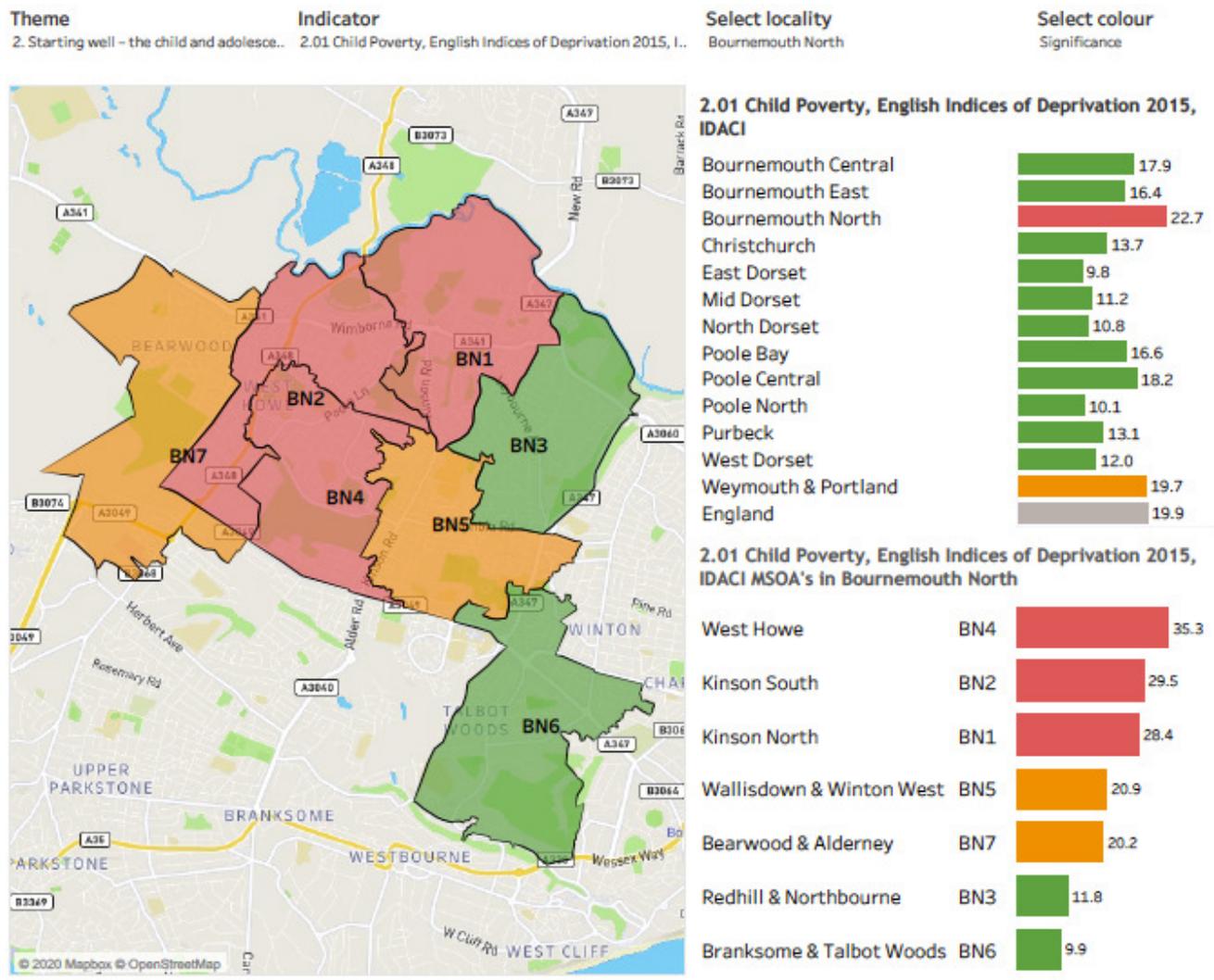
Legend
■ Better
■ Similar
■ Worse

Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 21/01/2020

- 3.3 Whilst the *percentage of deliveries to teenage mothers* for Bournemouth North is similar to the England average, the percentage in *West Howe* is significantly higher than England and is one of the worse 20% of areas across Dorset.
- 3.4 At the Locality level, whilst Bournemouth North is significantly better than the England average for the following indicators:
- A&E attendances in under 5s (Crude rate per 1000)
 - Child development at 5 years (2 of the 7 areas within Bournemouth North being significantly better than the England average, the others similar).
- 3.5 At the Locality level, *Bournemouth North* is significantly worse than the England average for a number of hospital admissions indicators:
- *Child poverty*
 - *Emergency admissions in under 5s (Crude rate per 1000)*
 - *Admissions for injuries in under 5s (Crude rate per 10,000)*
 - *Admissions for injuries in under 15s (Crude rate/100,000 aged 0-17)*
 - *Admissions for injuries in 15 - 24 year olds (Crude rate per 10,000).*

3.6 *Bournemouth North Locality has the highest percentage of children living in income deprived families across the 13 Dorset Localities; the percentages in West Howe and Kinson South are in the highest (worse) 10% of all areas across Dorset (see Figure 2 below).*

Figure 2: Percentage of children living in income deprived families in Bournemouth North, Child Poverty, English Indices of Deprivation 2015, IDACI



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 21/01/2020

3.7 Childhood Immunisation Rates for MMR Dose 2 (percentage of children immunised by 5 years old) in Bournemouth North are at or above the target level of 95% in three of the six practices, ranging in 2017/18 from a low of 86% in Kinson Road Surgery to a high in the Locality of 98% in Leybourne Surgery³.

Living well – the adult and working years indicators

3.8 Whilst the percentage of the working age claiming out of work benefits is significantly better for Bournemouth North Locality than England, the Locality is (jointly) the second highest of the

³ Link to Imms and Vac Tableau, currently at <https://public.tableau.com/profile/public.health.dorset#!/vizhome/ChildImmunisationatPracticeLevel201718/TrendanalysisbyLocality>

13 Localities in Dorset. Notably, the percentage *is significantly higher in West Howe, this being amongst the highest 10% of areas in Dorset.*

3.9 *West Howe* also has one of the highest levels of long-term unemployment across Dorset (one of the highest 10% of areas across Dorset).

3.10 Modelled estimates of obese adults, healthy eating and binge drinking in adults all suggest that the Locality as a whole and the areas within it are all similar to England as a whole. This is of particular concern as we are faced with a national obesity epidemic and unhealthy eating and inactivity are at health damaging levels both locally and nationally. The estimates highlight the following areas of particular concern within the Locality:

- *West Howe and Bearwood & Alderney in the top (worst) 10% of areas across Dorset for obese adults*
- *West Howe, Kinson South, Kinson North and Wallisdown & Winton West in the lowest (worst) 10% of Dorset areas for adult healthy eating.*

3.11 --- THIS SECTION IS A WORK IN PROGRESS AND WILL BE UPDATED ---

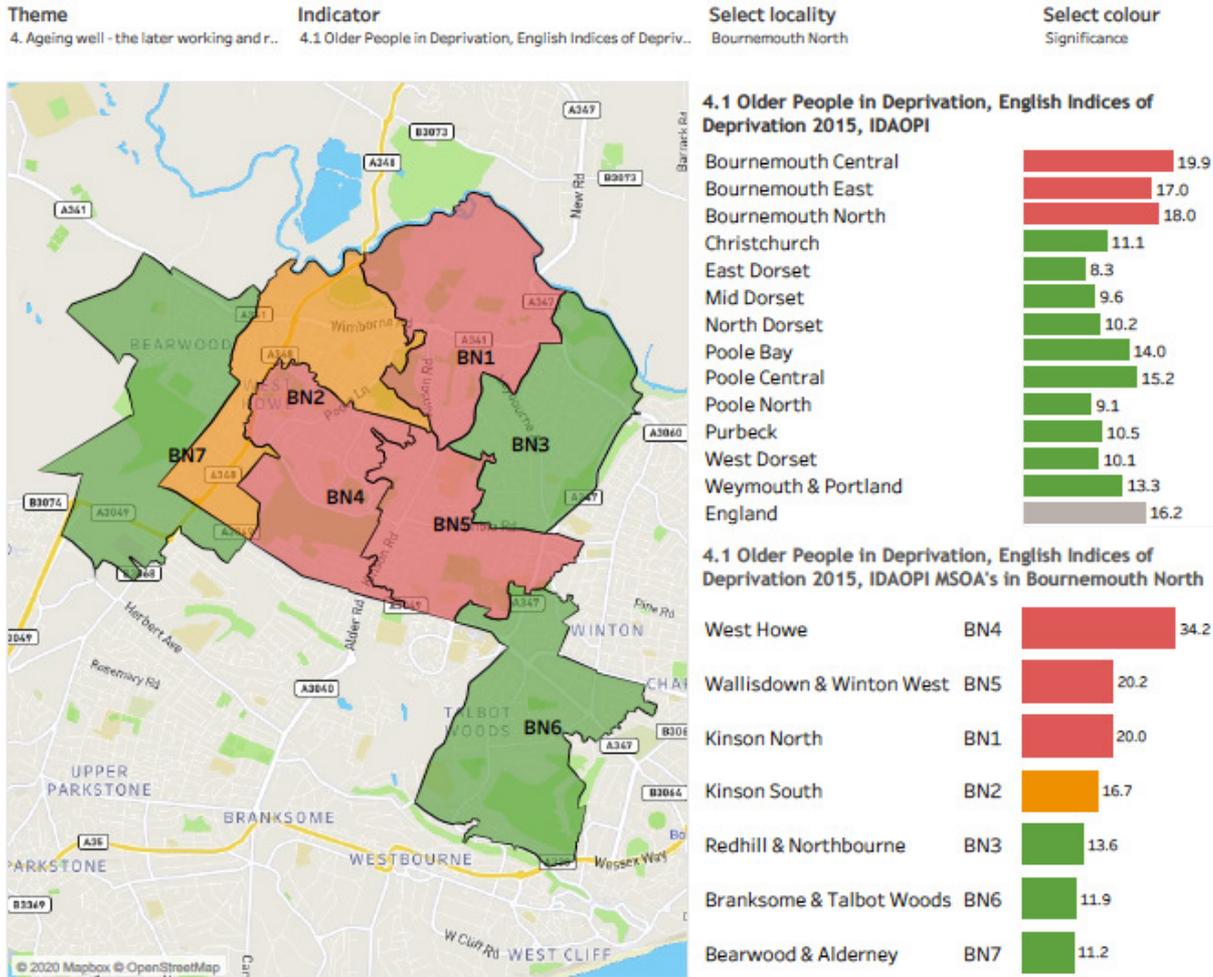
Ageing well - the later working and retirement years indicators

3.12 At the Locality level, *Bournemouth North* has a significantly worse (higher) score for older people in deprivation (indicator 4.1) than England. As shown in figure 3 over-page:

- *Bournemouth North* has the second highest percentage of older people living in deprivation of the 13 Dorset Localities.
- Within the Locality, there are *significantly higher than the England averages in West Howe, Wallisdown and Winton West, and Kinson North* areas.
- *West Howe* is in the top 10% of highest levels of older people in deprivation across areas in Dorset.

Figure 3: Percentage of older people living in deprivation, 2015 Income Deprivation Affecting Older People Index (IDAOPI)⁴

⁴ IDAOPI) is a subset of the English Indices of Deprivation using the Income Deprivation Domain (based on the percentage of the population aged 60 and over who receive income support, income based job seekers allowance, pension credit or child tax credit claimants aged 60 and over and their partners (if also aged 60 or over)



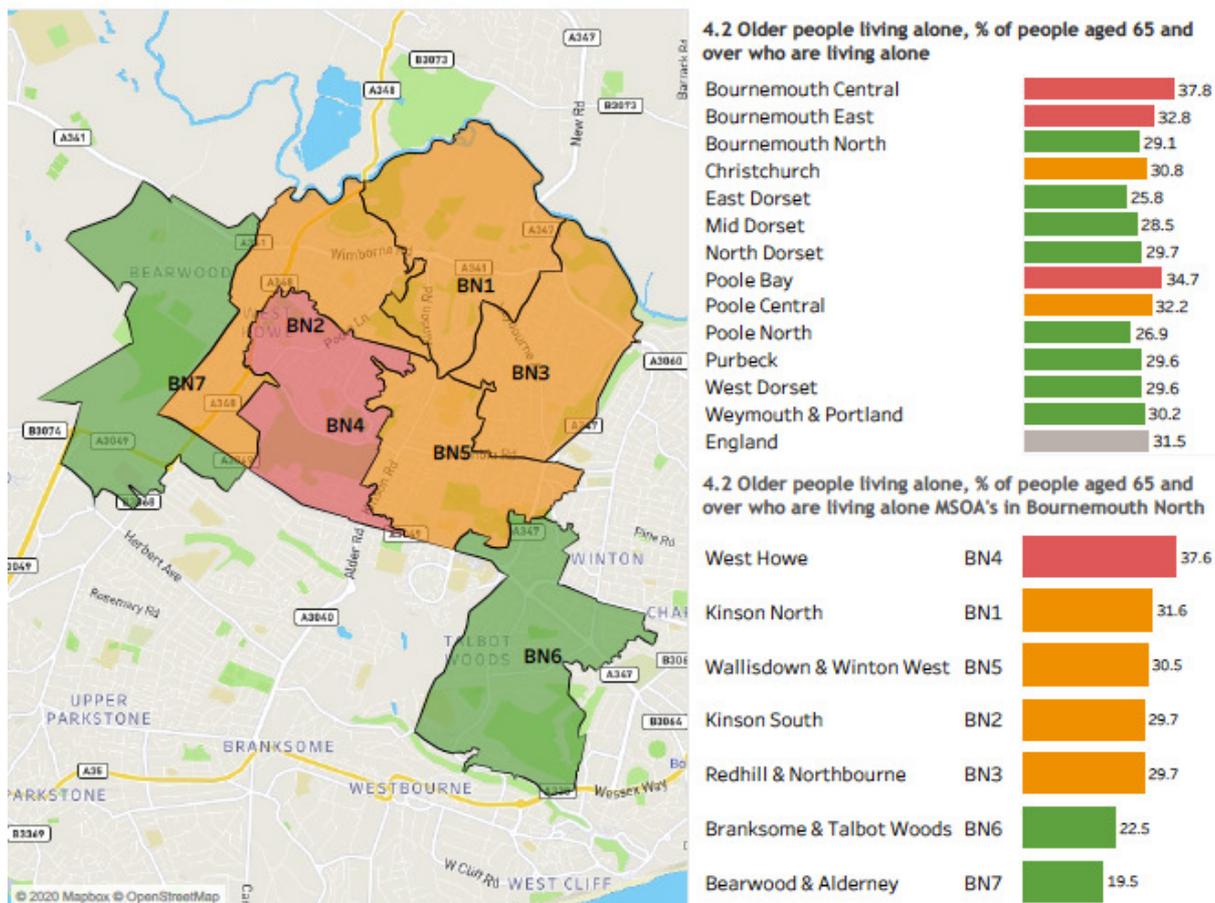
Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 21/01/2020

3.13 At the Locality level, Bournemouth North is significantly lower than the England average for the percentage of people aged 65 and over living alone and ranks middle order amongst the 13 Dorset Localities. However, as shown in Figure 4 over page, there is considerable variation across the 7 areas within Bournemouth North and the *percentage of older people living alone is significantly higher than England overall in West Howe.*

Figure 4: Percentage of people aged 65 and over living alone, 2011 Census

Theme 4. Ageing well - the later working and r...
 Indicator 4.2 Older people living alone, % of people aged 65 and ove...
 Select locality Bournemouth North

Select colour
 Significance



Legend
 Better
 Similar
 Worse

Source: <https://public.tableau.com/profile/public.health.dorset#/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 21/01/2020

- 3.14 The percentage of people aged 65 and over living alone has been used as a crude indicator of areas where vulnerable older people may be living. Increasingly though, as the population ages, many people will be living 'frailty free' until much older age.
- 3.15 At the locality level, *Emergency hospital admissions for hip fracture in persons 65 years and over* (indicator 4.3) in *Bournemouth North* are significantly higher than the England average with the Locality ranking 2nd highest of the 13 Dorset Localities. Within the locality significantly higher than England average levels are found in:
- *Wallisdown and Winton West* (in highest 10% of areas across Dorset); and
 - *Branksome and Talbot Woods* (in highest 20% of areas across Dorset).
- 3.16 Emergency admissions for hip fracture are linked with falls and osteoporosis. Maintaining good levels of physical activity is important at all stages in life; exercising regularly reduces the rate of bone loss and conserves bone tissue, lowering the risk of fractures. Physical activity also helps reduce the risk of falling.

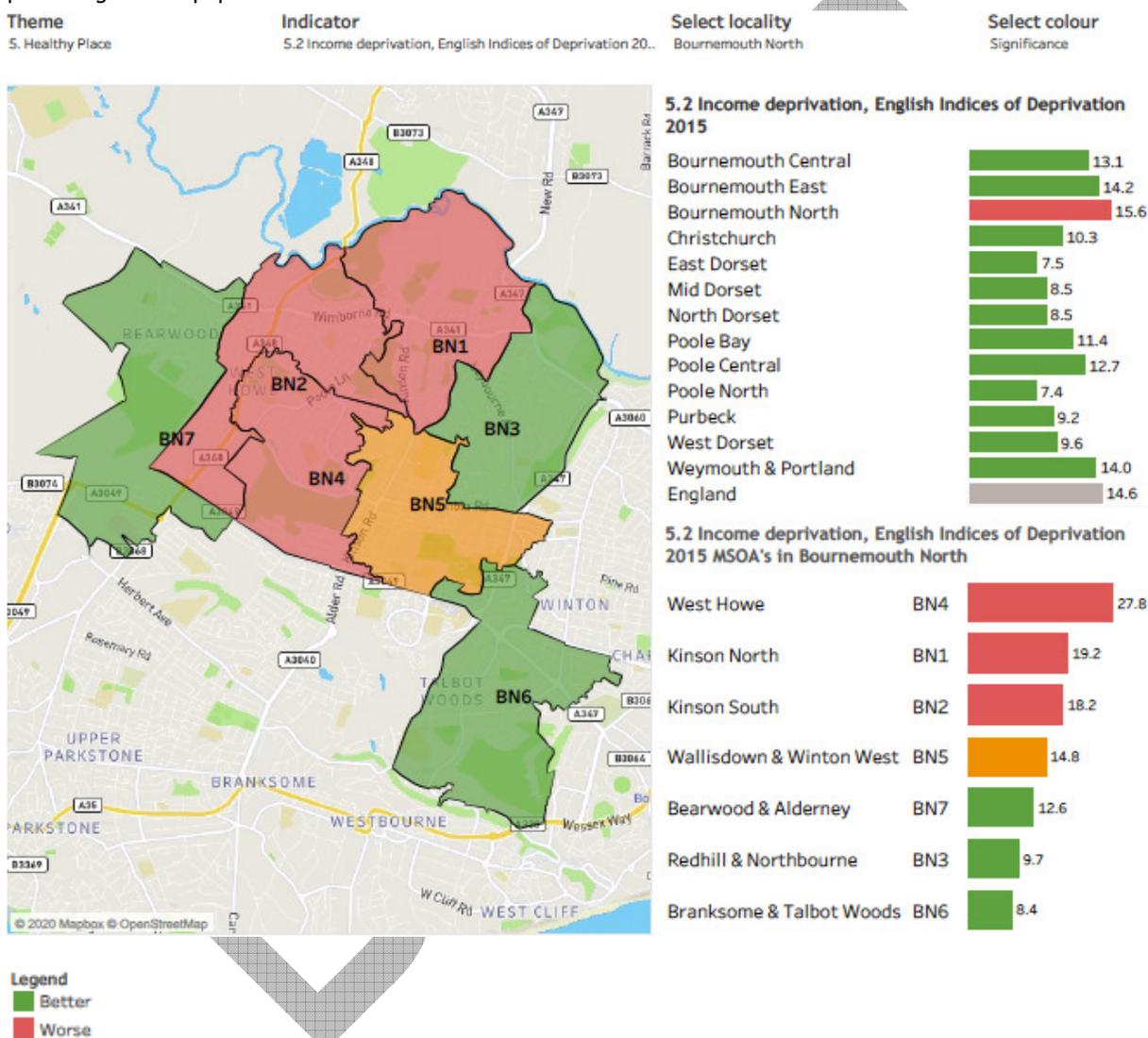
Healthy places

3.17 Income deprivation (indicator 5.2) in Bournemouth North is significantly higher (worse) than the England average, with the Locality having the highest percentage of people living in income-deprived households of the 13 Dorset Localities. As we see in the following figure, within the Locality income deprivation is significantly worse (higher) than the England average in the following areas:

- West Howe
- Kinson North
- Kinson South

3.18 All three of the above are in the top ten most income deprived areas across Dorset. .

Figure 5: Income deprivation, English Indices of Deprivation 2015, People living in income-deprived households as a percentage of the population



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 21/01/2020

3.19 There is a significantly higher proportion of people in Bournemouth North providing at least an hour of unpaid care per week, than the England average and the locality ranks jointly second highest of the 13 Dorset localities. Three of the 7 areas within the locality have significantly higher levels of people providing at least an hour of unpaid care per week than the England average (Kinson North, Kinson South and West Howe).

3.20 People providing unpaid care to family and /or friends may find that their opportunities for paid work are limited. Lack of support to carers coupled with isolation of the carer may also have negative impacts on the carers' health and wellbeing.

Themes to consider for locality initiatives:

1. Bournemouth North areas of high income deprivation are:
 - West Howe
 - Kinson North
 - Kinson South
2. Admissions for injuries for Children are significantly higher across Bournemouth North
3. There is high unemployment in West Howe
4. There are high percentages of older people living in deprivation
 - West Howe;
 - Wallisdown and Winton West: and
 - Kinson North.

4. Global burden of disease

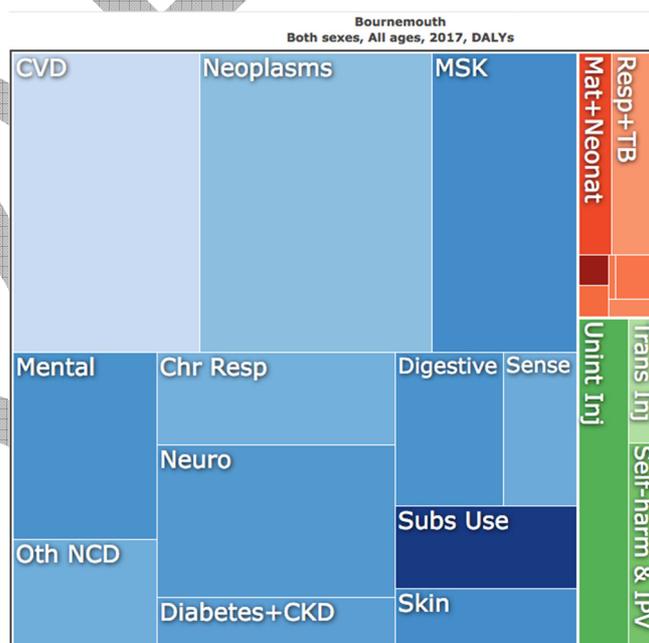
Introduction

4.1 Disease burden is the impact of a health problem on a given population. Measuring this allows the burden of disease to be compared between different areas and helps with predicting future health care needs.

4.2 Probably the most well-known assessment of disease burden is the Global Burden of Disease (GBD) Study carried out by the World Health Organisation. GBD researchers first devised the concept of Disability-Adjusted Life-Years (DALYs). DALYs combine years of life lost from premature death and years of life lived in less than full health⁵. These disabilities can be physical or mental. One DALY can be thought of as one lost year of 'healthy' life.

4.3 The 'GBD compare' tool enables international down to England Local Authority level comparison of disease burden. The top causes of total disability adjusted life years (lost) (DALYs) in Bournemouth (2017) are as follows:

- Cancers & benign tumours (18%);
- Cardiovascular diseases (CVD) (15%);
- Musculoskeletal disorders (MSK) (11%);
- Neurological disorders (9%);
- Mental Health (7%); and
- Chronic respiratory disease (6%)⁶.

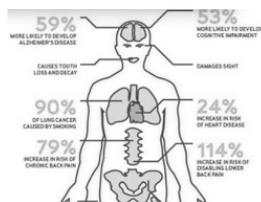


⁵ https://www.who.int/healthinfo/global_burden_disease/about/en/ last accessed 3rd December 2019

⁶ Source: <https://vizhub.healthdata.org/gbd-compare/> last accessed 5th December 2019, figures for each cause are the percentage of total disability adjusted life years (lost) (DALYs) in Dorset County Council area (2017)

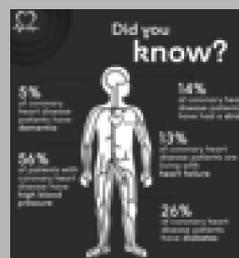
4.4 In this section we consider the above GBD causes using a combination of the Local Health indicators and GP practice profile data. The GP practice profiles data from PHE fingertips relates to periods during which there were 6 practices in the Bournemouth North Locality.

Key findings

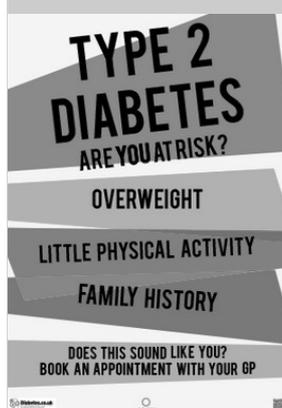


Smoking prevalence is consistently and significantly higher in the following Bournemouth North practices:

- Kinson Road Surgery
- The Alma Partnersip



Emergency admissions for **CHD** are significantly high, with the Locality being **3rd highest** of the 13 Dorset Localities, and admissions significantly higher in five of the seven areas within Bournemouth North.



Amongst **diabetics** in Bournemouth North, **blood pressure an sugar control** is significantly **below England levels in 4 of the 6 practices**

The level of **COPD** is **2nd highest** of the 13 Dorset Localities and **lung cancer in West Howe and Wallisdown & Winton West** amongst the highest 10% of areas in Dorset



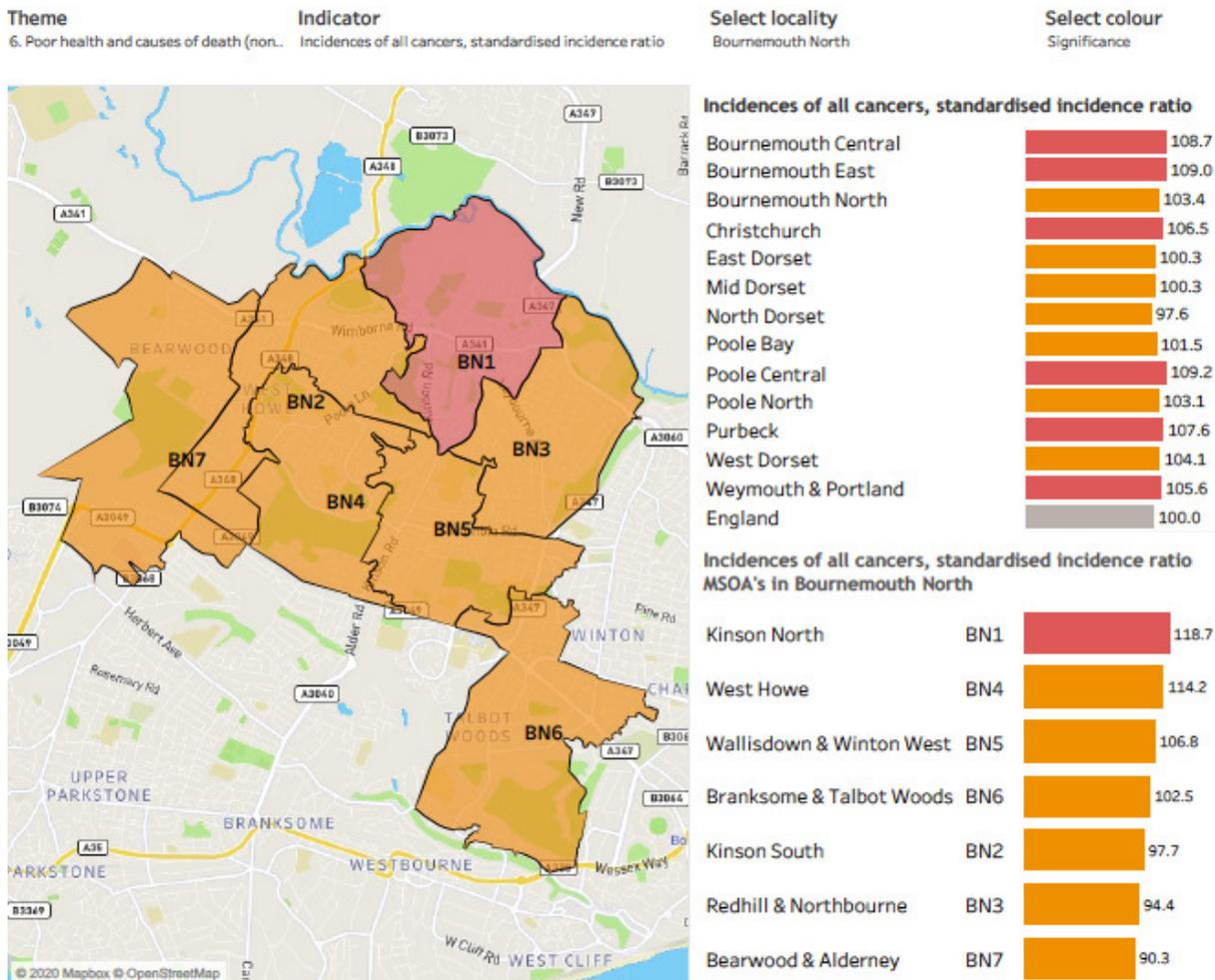
Cancers and benign tumours

- 4.5 When cells divide and grow excessively; they can be benign (not cancerous) or malignant (cancerous).
- 4.6 Figure 6 shows Bournemouth North Locality overall to have approximately the expected *number of new cancer cases*; within the Locality, *significantly higher than expected⁷ levels of new cancers are found in Kinson North*.

Figure 6: New cases of cancers, standardised incidence ratio 2012-16⁸

⁷ Comparing actuals to the number that would be expected if the area had the same age-sex specific rates as England overall

⁸ For more detail see <https://fingertips.phe.org.uk/profile/local-health/data#page/6/gid/1938133184/pat/101/par/E07000223/ati/8/are/E05007562/iid/93234/age/1/sex/4>



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes>

4.7 The category of cancers comprises a wide range of cancers with the largest three across Bournemouth being:

- Lung cancer (3.3% of Bournemouth total all cause DALYs)
- Colon and rectum cancer (2%)
- Breast cancer (1.8%).

4.8 Smoking is a key risk factor in many cancers. It causes at least 15 different types of cancer and around 7 in 10 lung cancer cases in the UK⁹.

4.9 *Smoking prevalence in the six practices* in Bournemouth North ranges from a low of 14.5% of adults in Leybourne Surgery to a high of 25.7% in Kinson Road Surgery. Smoking in Bournemouth North has declined in line with national trends in recent years but prevalence is *consistently significantly higher than the England average for the Alma Partnership and Kinson Road Surgery*, see figure 7 over-page.

Figure 7: Percentage of general practice registered patients 15 years and over recorded as current smokers

⁹ <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/how-does-smoking-cause-cancer> last accessed 5th December 2019

Smoking Prevalance (15+) Trends in Bournemouth North



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPracticeSmokingprevalence201718/SmokingPrevalance15>

- 4.10 The number of years spent smoking affects cancer risk; smoking one pack a day for 40 years is even more dangerous than smoking two packs a day for 20 years.
- 4.11 It's never too late to stop. Smokers should be encouraged to speak to their GP or pharmacist, or visit NHS Smokefree for free support to help stop. The more cigarettes smoked a day, the higher the risk of cancer, so reducing the number of cigarettes you smoke a day can be a good first step.
- 4.12 Stop smoking advice is provided locally by LiveWell Dorset (<https://www.livewelldorset.co.uk/stop-smoking/>).

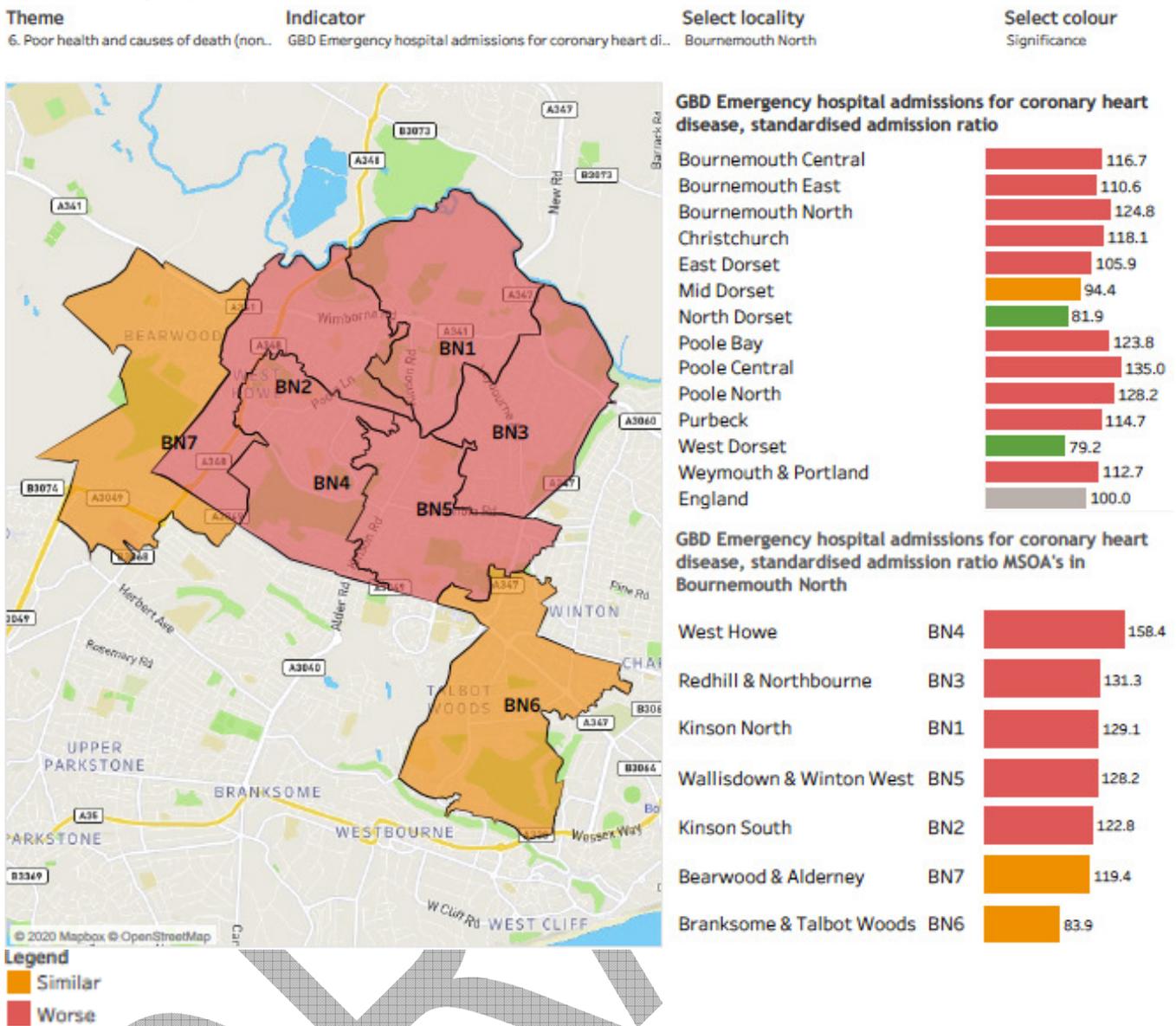
Cardiovascular diseases

- 4.13 Two thirds of the DALYs relating to cardiovascular diseases in Bournemouth are attributable to coronary heart disease (6.4% of the Bournemouth total all cause DALYs) and stroke (4%).

Coronary heart disease

- 4.14 Nationally, 1 in 6 men and 1 in 10 women die from coronary heart disease.
- 4.15 Emergency admissions for Coronary Heart Disease (CHD) can give an indication as to how well the condition is being managed.
- 4.16 *At the Bournemouth North Locality level, Emergency admissions for CHD are significantly higher than expected compared with the England average, with the Locality being 3rd highest of the 13 Dorset Localities.*
- 4.17 *As we see from the following figure, admissions are significantly higher in five of the seven areas within the Locality.*

Figure 8: Emergency admissions for CHD, 2013/14 – 2017/18¹⁰



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 21/01/2020

Stroke

1 in 6 men
1 in 5 women
will have a stroke by the age of 75

Stroke is one of the largest causes of disability – half of all stroke survivors have a disability.

4.18 Emergency admissions for Stroke can give an indication as to how well cerebrovascular diseases

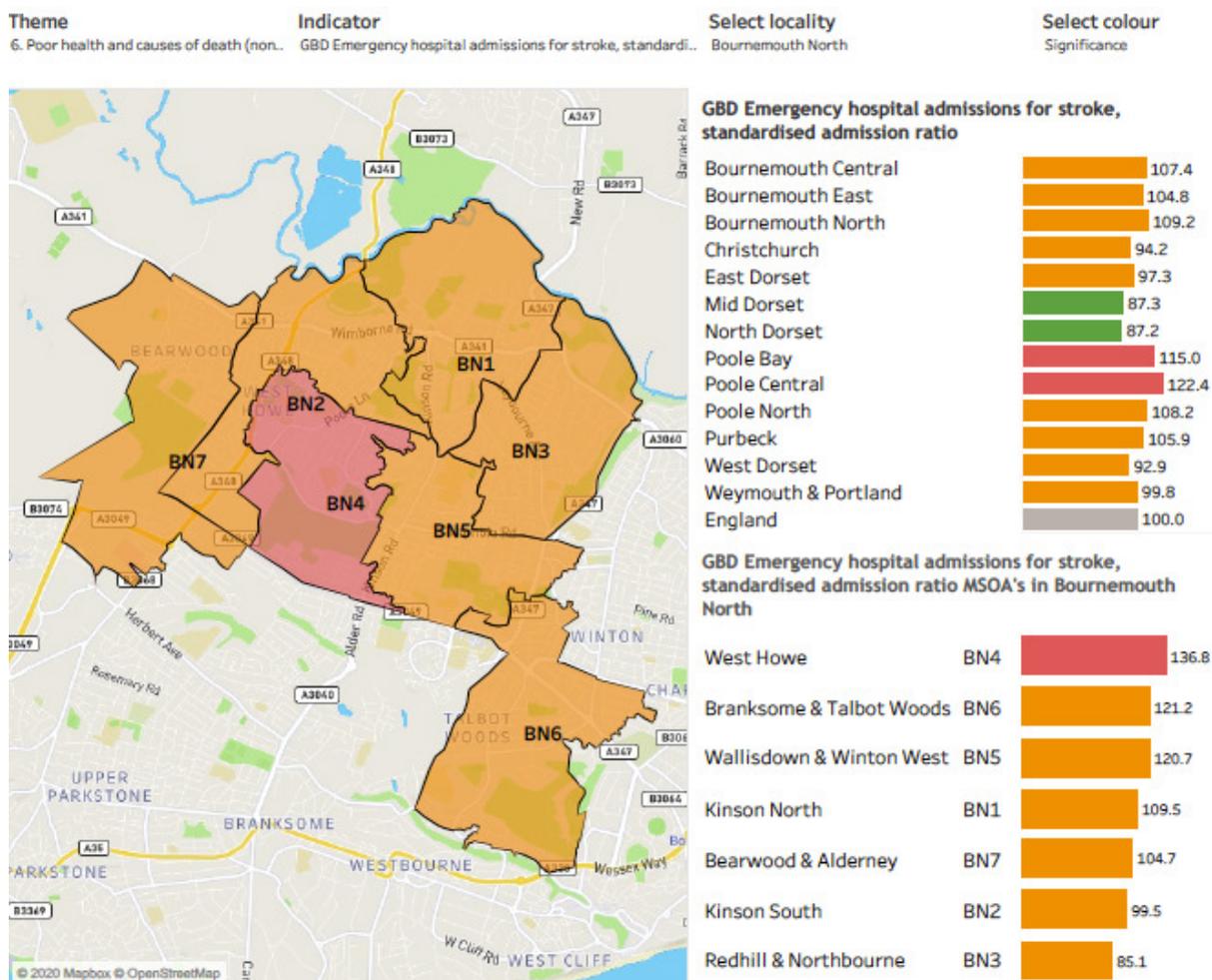
(CVD) such as stroke are being managed.

4.19 At the Bournemouth North Locality level, Emergency admissions for Stroke are similar to the England average, and similar to other Dorset localities.

4.20 *Emergency admissions for stroke are significantly higher in West Howe than England (see figure 9) which is in the top 10% of areas across Dorset).*

¹⁰ This standardised admission ratio allows the level of such admissions at a local level to be compared to those expected given the age structure of local populations. For more detail see: <https://fingertips.phe.org.uk/profile/local-health/data#page/6/gid/1938133184/pat/101/par/E07000223/ati/8/are/E05007562/iid/93229/age/1/sex/4>

Figure 9: Emergency admissions to hospital for stroke, 2013/14 – 2017/18¹¹



Legend
■ Better
■ Similar
■ Worse

Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 22/01/2020

4.21 The main risk factors for CVD¹² are:

- High blood pressure
- Smoking
- High cholesterol
- Diabetes and
- Inactivity.

4.22 Many people with [type 2 diabetes](#) are also overweight or obese, which is also a risk factor for CVD. Type 2 diabetes is largely preventable. Increasing levels of diabetes in the population place a growing burden on the health and care system.

4.23 In the next section we examine how well diabetes is being managed in the Locality.

¹¹ This standardised admission ratio allows the level of such admissions at a local level to be compared to those expected given the age structure of local populations. For more detail see: <https://fingertips.phe.org.uk/profile/local-health/data#page/6/gid/1938133184/pat/101/par/E07000223/ati/8/are/E05007562/iid/93231/age/1/sex/4>

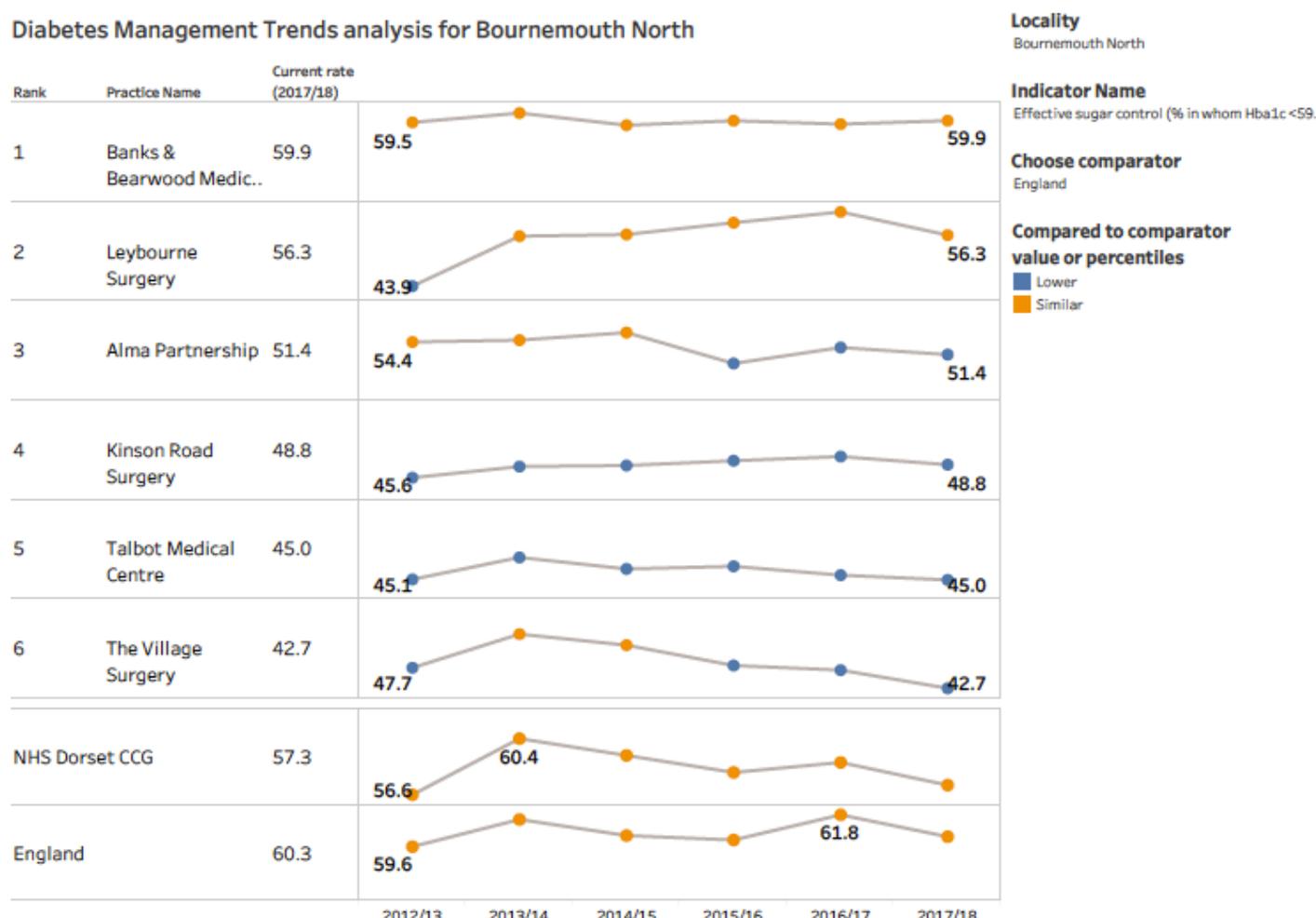
¹² <https://www.nhs.uk/conditions/cardiovascular-disease/> last accessed 17th December 2019

Diabetes management

- 4.24 Effective control and monitoring of diabetes can reduce mortality and morbidity. Type 2 diabetes is both preventable and can be controlled by lifestyle interventions (improved diet and increased physical activity). Much of the management and monitoring of diabetic patients, particularly patients with Type 2 diabetes is undertaken by the GP and members of the primary care team.
- 4.25 In keeping with Dorset overall and England as a whole, the recorded prevalence of diabetes amongst adults in the Locality has increased in recent years. Dorset overall this has increased from 5.3% in 2009/10 to 6.4% in 2017/18.
- 4.26 Over the last seven years to 2017/18, the *recorded prevalence of diabetes was significantly higher than the England average for Kinson Road Surgery.*
- 4.27 The prevalence of diabetes in the Village Surgery, Alma Partnership and Talbot Medical Centre is consistently and significantly below the England average.
- 4.28 Newly diagnosed patients with diabetes referred to an education programme within 9 months is a national indicator that provides an indication of how well patients are supported in primary care¹³. This measure shows three of the Bournemouth North practices with significantly higher percentages than the England average (The Village Surgery, Kinson Road Surgery and Talbot Medical Centre). The Alma Partnership (at 50%) is the only one the six Bournemouth North practices below the Dorset average.
- 4.29 Control of blood sugar levels is key to effective management of Diabetes. *Four of the six Bournemouth North practices have consistently recorded a significantly lower percentage of diabetic patients with effective sugar control than the England average.* See figure 10 over-page.

¹³ <https://fingertips.phe.org.uk/profile/general-practice/data#page/6/gid/2000002/pat/152/par/E38000045/ati/7/are/J81613/iid/91238/age/187/sex/4> last accessed 17th December 2019

Figure 10: Percentage of diabetic patients with effective sugar control, Bournemouth North



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 22/01/2020

- 4.30 Exception reporting was introduced into the Quality and Outcomes Framework to allow practices to pursue quality improvement and not be penalised when patients do not attend for review, or a medication cannot be prescribed due to a contraindication or side-effect¹⁴.
- 4.31 It has been suggested that patients noted as exceptions may not be receiving routine care and hence are more likely to have poorer outcomes¹⁵; alternative approaches should be used to engage those patients who do not attend medical check-ups.
- 4.32 *Five of the six Bournemouth North practices showed significantly higher diabetes indicators exception rates in 2017/18 than the England average.*
- 4.33 *Blood pressure control for Bournemouth North Diabetics is generally worse than England averages with four of the six practices achieving lower levels of blood pressure control¹⁶.*
- 4.34 People with diabetes and high blood pressure are more at risk of having a heart attack or stroke¹⁷. The *percentage of patients with established hypertension, as recorded on practice*

¹⁴ <https://fingertips.phe.org.uk/profile/general-practice/data#page/6/gid/2000003/pat/152/par/E38000045/ati/7/are/J81613/iid/248/age/1/sex/4> last accessed 10 October 2019

¹⁵ <https://www.hsj.co.uk/comment/time-to-scrap-gp-exception-reporting/5023669.article> last accessed 10 October 2019

¹⁶ <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 22nd January 2020

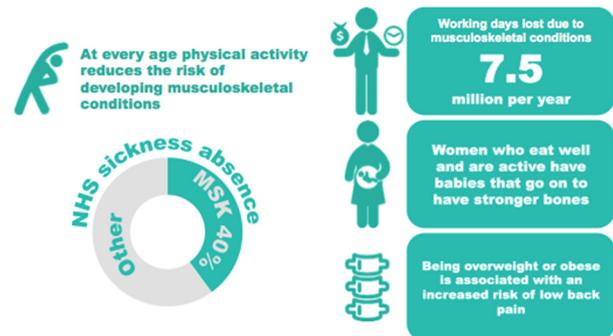
¹⁷ <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/blood-pressure> last accessed 12 October 2019

disease registers (proportion of total list size), is consistently higher in Leybourne Surgery, Banks & Bearwood Medical Centre and Kinson Road Surgery practices than the England average.

Musculoskeletal disorders

- 4.35 Low back pain (6% of total Bournemouth DALYs) and neck pain (2%) comprise ¾ of all musculoskeletal disorder DALYs.
- 4.36 40% of NHS sickness absence is due to musculoskeletal issues. Good musculoskeletal health can prevent (or reduce the impacts of) low back and neck pain.
- 4.37 The Limiting long-term illness or disability indicator from Local Health gives a proxy measure of the impact of low back and neck pain (and other conditions).
- 4.38 *One in five people in Bournemouth North reported have a limiting long term illness or disability, at 21% this is significantly higher than the England average.*
- 4.39 *LTLI in Kinson South and West Howe is in the top 10% (worse) of areas across Dorset.*

Musculoskeletal health: National picture



Effective interventions for MSK prevention

PHE's ROI tool shows that for every £1 invested in...

STarT Back (Stratified Risk Assessment and Care), saves £226 in healthcare savings, quality of life year & productivity gains

Self-referral to physiotherapy, saves £99 in healthcare

ESCAPE-pain, saves £5 in healthcare savings

PhysioDirect, saves £47 in healthcare savings & quality of life year gains

- 4.40 Keeping fit and active, and avoiding long periods of sedentary behaviour are key to maintaining good musculoskeletal health.
- 4.41 Livewell Dorset provides help and advice on becoming more active (<https://www.livewelldorset.co.uk/get-active/>).

4.42 NHS employers are encouraging the workforce to become more active through workplace wellbeing initiatives. The STP / ICS is encouraged to reach out to support other employers in making the case for promoting workplace wellbeing.

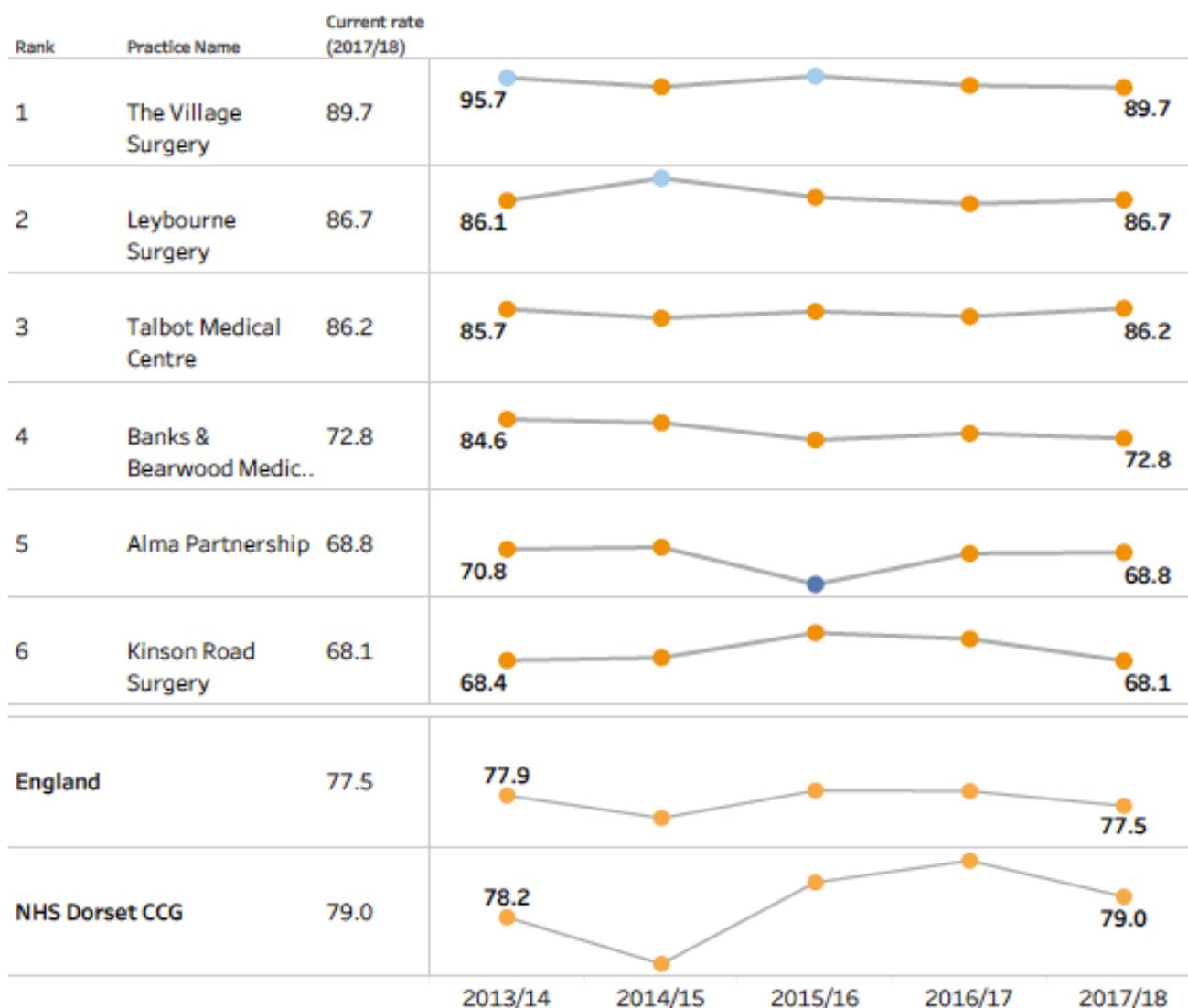
Neurological disorders

- 4.43 Almost half of the DALYs arising from neurological disorders in Bournemouth are accounted for by Alzheimers and other dementias (4% of all cause DALYs in Bournemouth).
- 4.44 The onset and progression of some dementias can be prevented through lifestyle interventions. The risk of dementia can be reduced by:
- eating a healthy, balanced diet
 - maintaining a healthy weight
 - exercising regularly
 - keeping alcohol to a minimum
 - stopping smoking
 - keeping blood pressure at a healthy level¹⁸.
- 4.45 In keeping with national and Dorset wide trends, the prevalence of dementia recorded by practices has increased over recent years.
- 4.46 Over the last 5 years the Bournemouth North practices have consistently recorded statistically similar or significantly lower levels of dementia than the England and Dorset averages.
- 4.47 There is considerable variation across the Bournemouth North practices in terms of the percentage of dementia patients with a care plan reviewed in the past 12 months.
- 4.48 In Figure 11 over-page we see the percentage in Bournemouth North ranges from 68% in Kinson Road Surgery to 90% in the Village Surgery.

Figure 11 Percentage of dementia patients with a care plan reviewed in the previous 12 months

¹⁸ <https://www.nhs.uk/conditions/dementia/dementia-prevention/> last accessed 17th December 2019

Mental Health Trends : DEM004: Dementia care plan has been reviewed last 12mths (den.incl.exc.) in Bournemouth North



Similar
Higher

Source:

<https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 22nd January 2020

- 4.49 The percentage of dementia patients with a care plan reviewed in the past 12 months indicator includes those patients that the practice has identified as being 'exceptions'¹⁹.
- 4.50 Exception rates for dementia indicators in Bournemouth North practices are consistently similar to, or lower than, the England average²⁰.
- 4.51 Loneliness and depression are noted by NICE as important risk factors for dementia. Reducing the number of people with depression is important as depression may reduce the resilience to dementia onset and progression²¹.
- 4.52 The following chart shows the *prevalence of adult depression* to have fallen between 2009/10 and 2012/13, and then risen through to 2017/18 in the six Bournemouth North

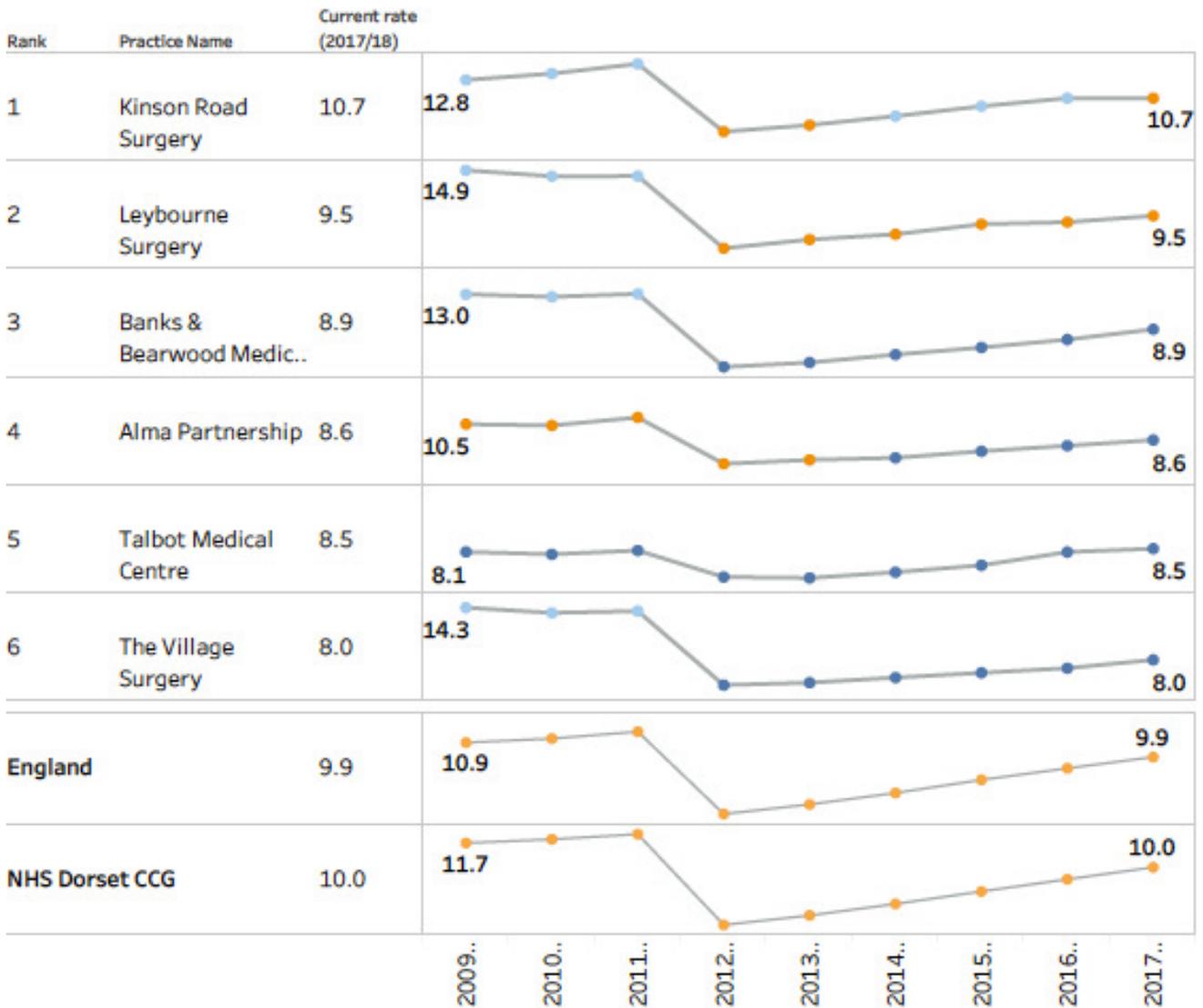
¹⁹ <https://fingertips.phe.org.uk/profile/general-practice/data#page/6/gid/2000003/pat/152/par/E38000045/ati/7/are/J81613/iid/248/age/1/sex/4> last accessed 10 October 2019

²⁰ <https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 5th December 2019

²¹ <https://www.nice.org.uk/guidance/ng16> last accessed 17th December 2019

practices. The Bournemouth North practices tend to have lower rates than the England average.

Figure 12: Percentage of patients aged 18 years and over with recorded depression



- Lower
- Similar
- Higher

<https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes>
last accessed 22nd January 2020

Chronic respiratory diseases

4.53 The largest disease in this category is chronic obstructive pulmonary disease (COPD) which accounts for nearly 70% of chronic respiratory diseases (3.9% of all causes DALYs for Bournemouth).

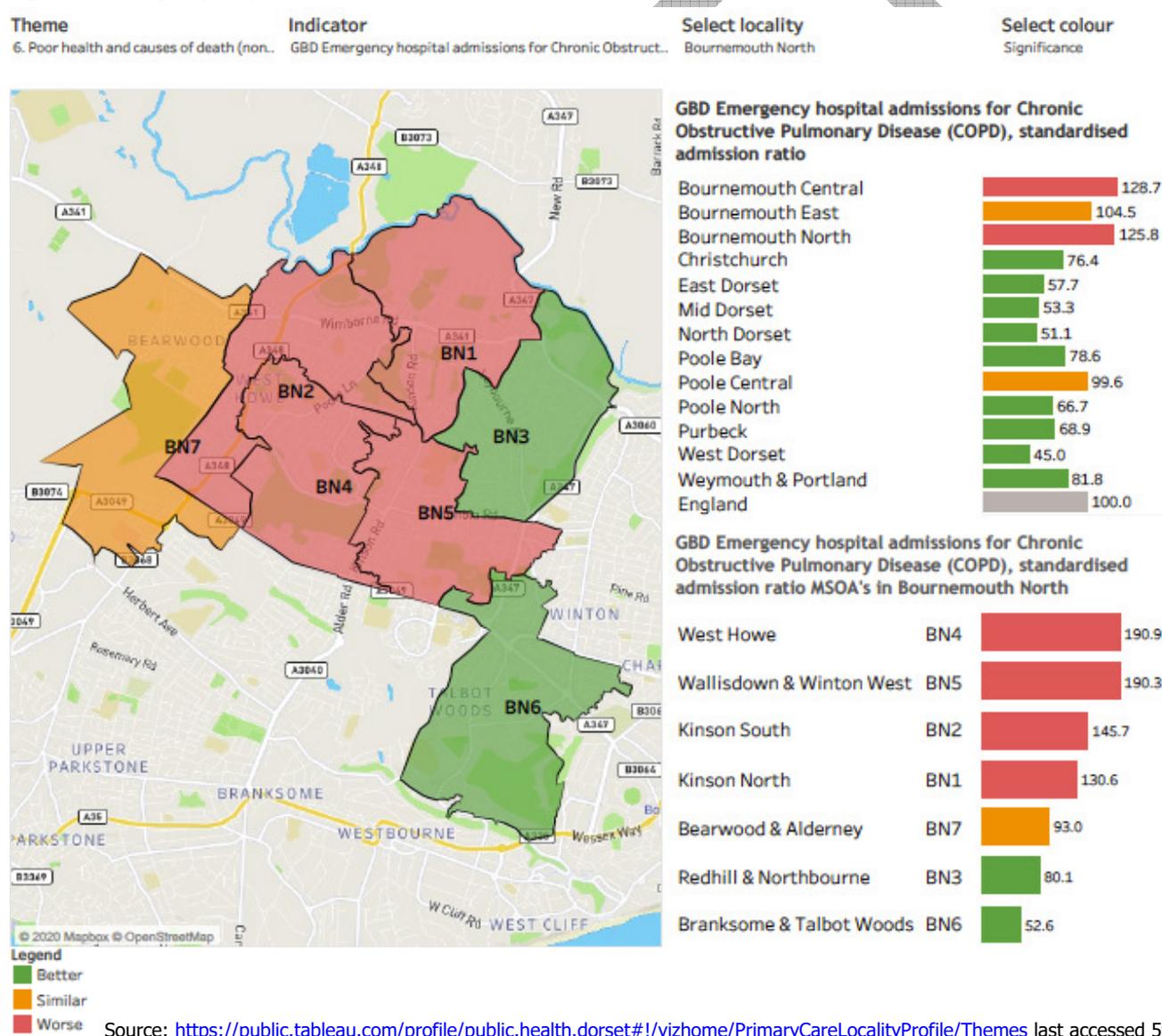
Chronic obstructive pulmonary disease (COPD)

4.54 Nationally, 3,000,000 people are estimated to have COPD, of which only one third are diagnosed.

4.55 Emergency admissions for COPD can give an indication as to how well the condition is being managed. Factors outside of the health service such as the availability of community support services will also impact on emergency admissions.

4.56 *At the Bournemouth North Locality level, Emergency admissions for COPD are significantly higher (worse) than the England average; the Locality is ranked 2th highest of the 13 Dorset Localities.*

Figure 13 Emergency hospital admissions for COPD²²



4.57 As we see from figure 13, that West Howe, Wallisdown & Winton West, Kinson South and Kinson North all have significantly higher (worse) levels of emergency COPD admissions

²² Standardised admissions ratio. This compares actual admissions to that which would be expected if the age-sex specific rates for England were applied to the local population.

compared with England. The ratio in *West Howe, Wallisdown & Winton West* is in the highest 10% of areas in Dorset.

- 4.58 Lung cancer is closely associated with COPD. The incidence of lung cancer is similar in Bournemouth North (compared with England) though West Howe has a significantly higher level than England and both *West Howe, Wallisdown & Winton West* are in the top 10% (worse) of areas across Dorset²³.
- 4.59 Smoking is an important risk factor in developing COPD and lung cancer. We see at point 4.9 that in line with England and Dorset as a whole, smoking prevalence has shown a small decrease over the last five years in Bournemouth North.
- 4.60 As the levels of smoking decrease we are left with 'harder to quit' smokers. For these people the standard smoking cessation support offer may not work and different approaches may be required.
- 4.61 Stop smoking advice is provided locally by LiveWell Dorset (<https://www.livewelldorset.co.uk/stop-smoking/>)

Themes to consider for locality initiatives:

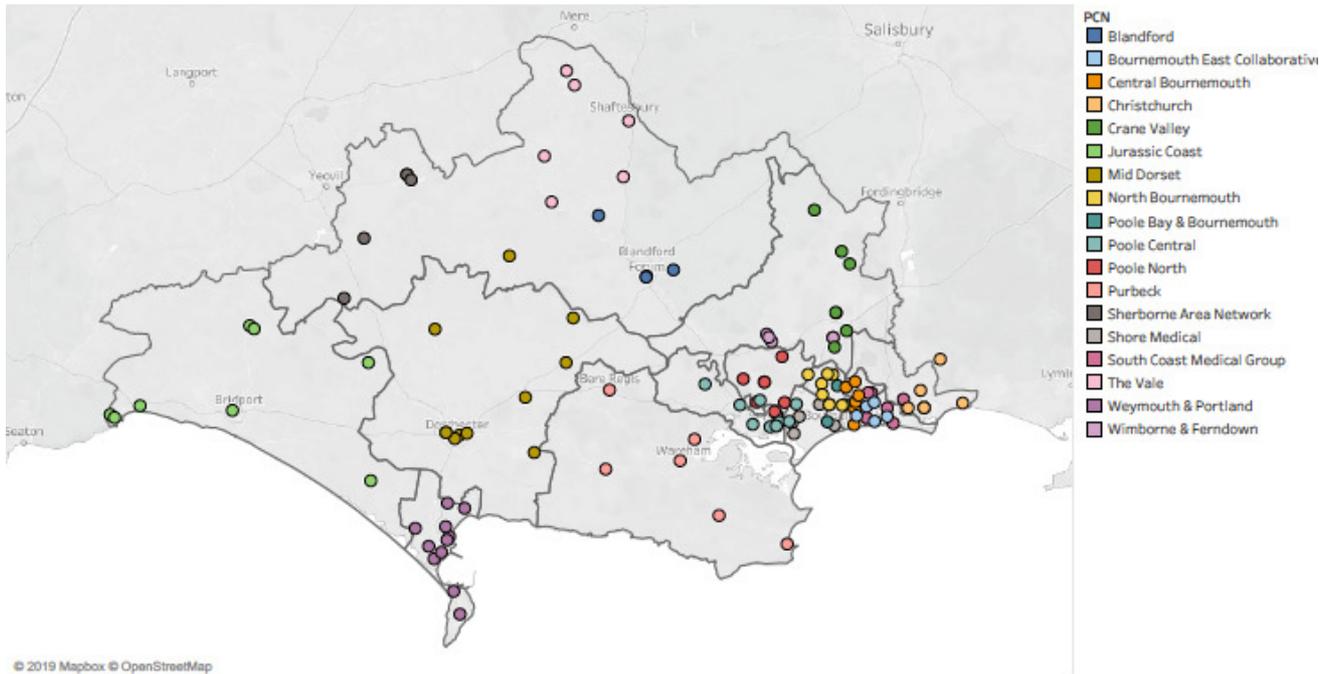
1. Long term limiting illness levels are high across Bournemouth North
2. Emergency admissions for CHD are significantly higher than expected compared with the England average, with the Locality being 3rd highest of the 13 Dorset Localities and admissions significantly higher in five of the seven areas within the Locality.
3. Smoking prevalence is consistently and significantly higher in the following Bournemouth North practices:
 - Kinson Road Surgery; and
 - Alma Partnership
4. Blood pressure control and sugar control in Bournemouth North diabetics is significantly below England levels in 4 of the 6 practices
5. Bournemouth North ranks 2nd highest of the 13 Dorset Localities for levels of COPD; with West Howe and Wallisdown & Winton West being amongst the top (10%) highest areas in Dorset for COPD and for new lung cancer cases.

Getting started - some resources for planning actions:

- > [Local Health and Care Planning: Menu of preventative interventions](#) provides evidence based interventions to improve health and deliver (NHS) savings within 5 years. This covers key lifestyle topics and sections directly addressing a number of the GBD topics.
- >> "[If You Could Do One Thing...](#)" details nine local actions to reduce health inequalities
- >>> WessexVoices contains [key reading](#) with resources on 'people powered health'
- >>>> The Dorset Locality Profile website provides an [interactive dashboard](#) with more detailed data
- >>>>> Your Dorset Public Health Link worker will support local actions, please contact xxxxx

²³ <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 5th December 2019

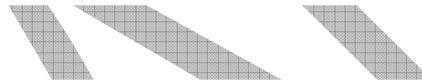
GP practices and branch surgeries by Primary Care Network



www.publichealthdorset.org.uk

@HealthyDorset
 @publichealthdorset

Created and maintained by the Public Health Dorset Intelligence Team
 Last updated 16/12/2019



CCG Locality Boundaries based on MSOAs

