

East Bournemouth Locality profile narrative 2020 template

Public Health Dorset
January 2020

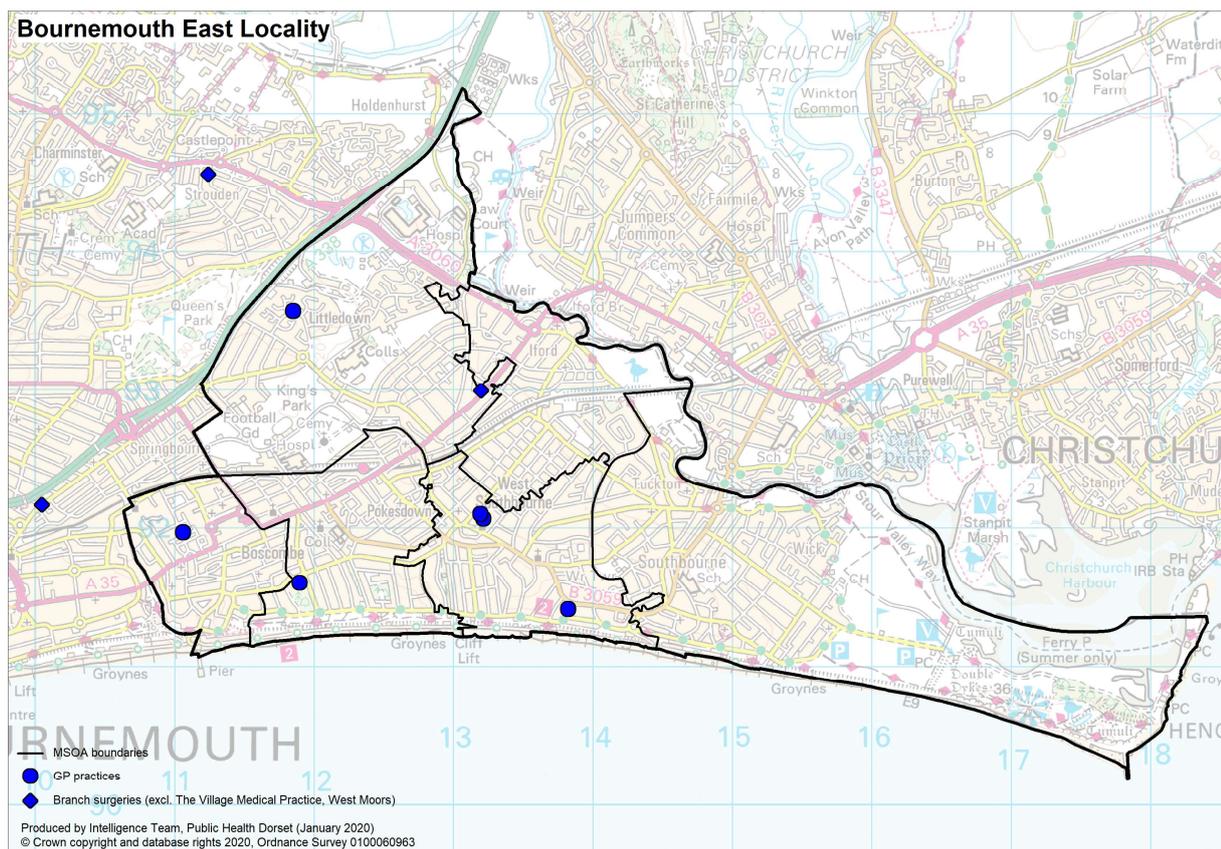


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1. Introduction

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 East Bournemouth is approximately 51,800 (ONS 2017 Mid-Year Estimates) making it the 7th largest of the 13 Dorset Localities.
- 2.2 The East Bournemouth Locality is made up of 6 areas (MSOAs). The Locality is shown alongside the GP practices that comprise the East Bournemouth Primary Care Network (PCN) in the map on the rear page of this document.
- 2.3 East Bournemouth Locality has younger population profile than that of Dorset as a whole.
- 2.4 The age-sex structure of East Bournemouth shows:
 - More (higher proportion of total) males and females than the Dorset average amongst younger children (under 5 and 5 - 9 years) especially amongst females
 - Fewer (lower proportion of total) males and females than the Dorset average between 10 and 24 years
 - Considerably more (higher proportion of total) males and females than the Dorset average amongst adults aged between 25 and 54 years, in particular amongst the 30 – 34 years and 35 – 39 years age bands
 - Fewer (lower proportion of total) males and females in the older age groups than the Dorset average (for all 5 year age bands from 55 - 59 years and above)³.
- 2.5 The areas that make up the Locality range in population from 6,761 in Littledown (the smallest) to 10,859 in Boscombe West⁴.

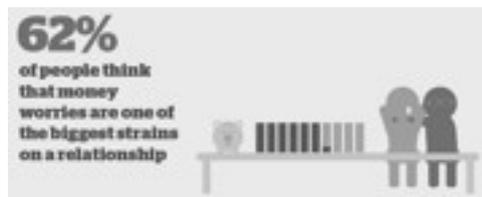
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<https://public.tableau.com/profile/public.health.dorset#!/vizhome/JSNALocalityPopulationPyramid/MYEPopulationestimatesforLocalities> last accessed 26/01/2020

⁴ <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 26/01/2020

3. Wider determinants of wellbeing

Key findings



Whilst **income deprivation** in East Bournemouth is lower than England, the Locality has the 2nd highest level of the 13 Dorset Localities. The highest levels within the Locality are found in the **Boscombe West and Boscombe East**.



Emergency hospital admissions for hip fracture in persons 65 years and over in East Bournemouth are higher than England with the Locality rate highest of the 13 Dorset Localities. The highest levels are in **Boscombe West and West Southbourne**

Out of work benefits claims is lower than England but the Locality is highest of 13 Dorset Localities; unemployment is highest in **Boscombe West and Boscombe East**

East Bournemouth has a higher level of **older people in deprivation** than England and the 3rd highest of the 13 Dorset Localities. The highest levels are in **Boscombe West and Boscombe East**



Starting well – child and adolescent year indicators

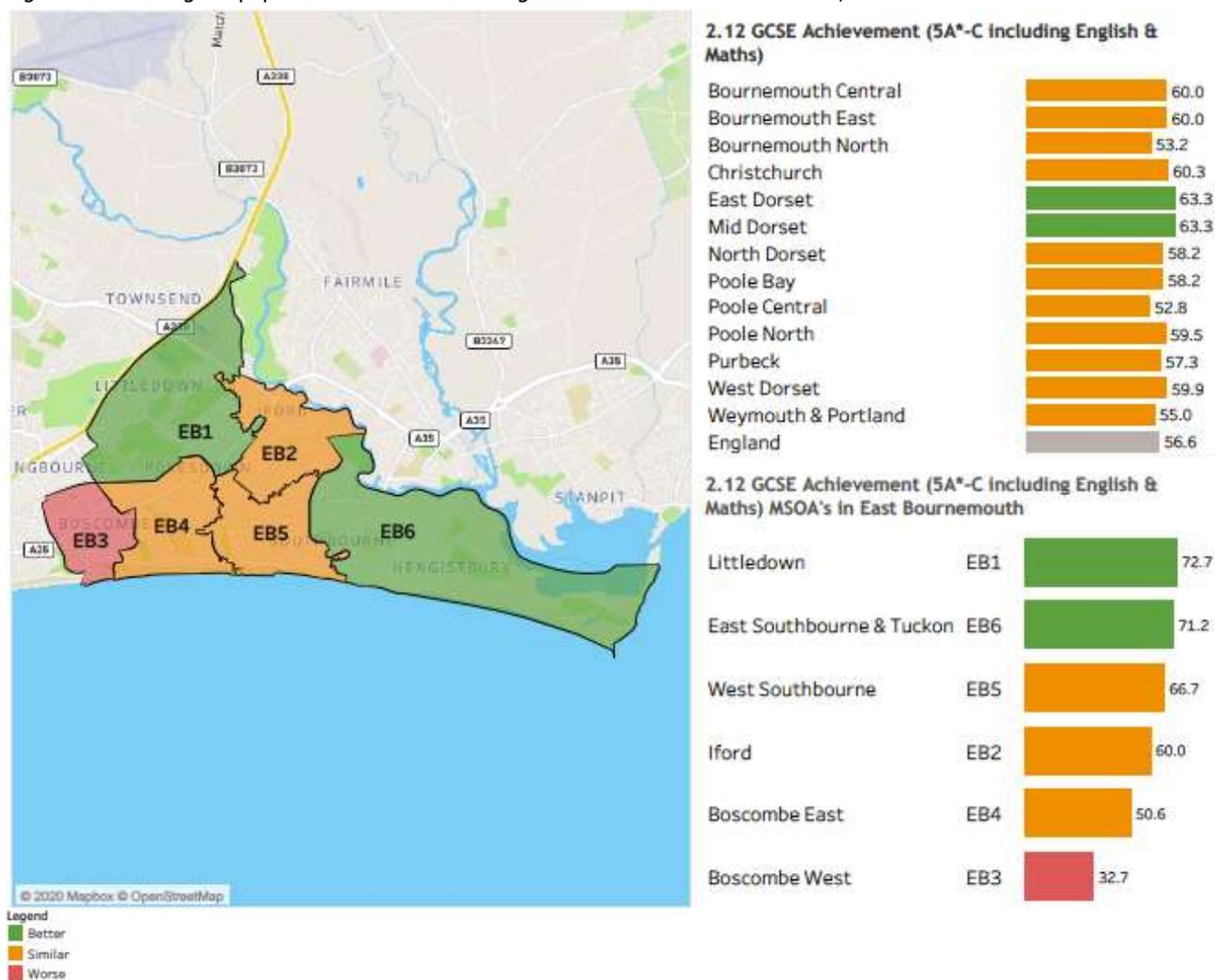
3.1 At the Locality level, East Bournemouth is similar to England averages for:

- Low birthweight babies
- GCSE Achievement
- Admissions for injuries in the following age groups
 - Under 5s
 - Under 15s.

3.2 The above Locality level averages 'mask' variation of note:.

- As we see in Figure 1 over- page there is considerable variation within East Bournemouth in terms of GCSE achievement. The highest achievement is in Littledown and East Southbourne & Tuckton, both being significantly higher than the England average and both areas being amongst the top 10% of areas across Dorset.
- *GCSE achievement in Boscombe West however is significantly worse than the England average and amongst the worst (lowest) 10% of areas across Dorset.*

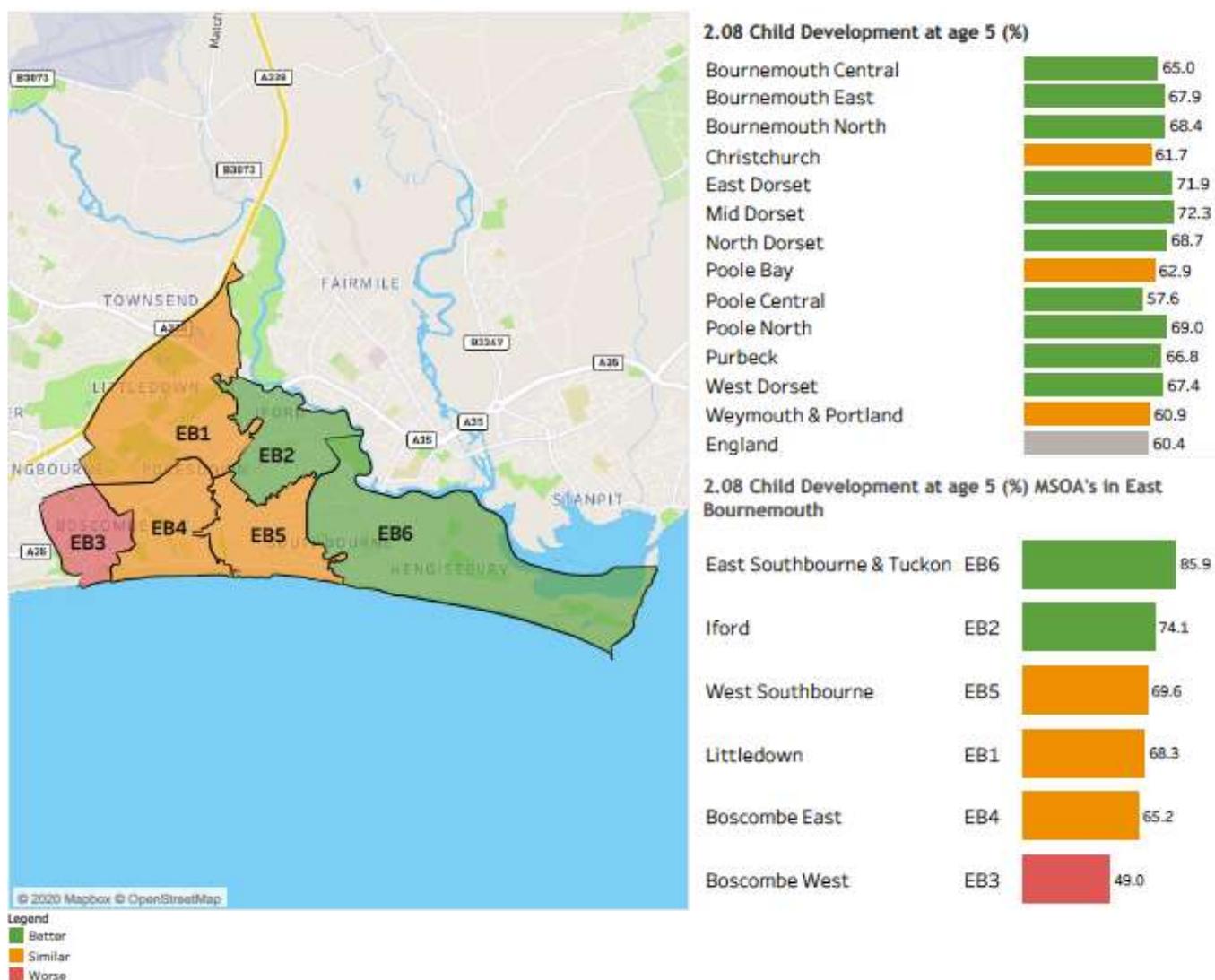
Figure 1: Percentage of pupils with 5 or more GCSEs grade A*-C in East Bournemouth,



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020

- 3.3 At the Locality level, Central Bournemouth is significantly better than the England average for *child poverty* but has the 6th highest percentage of the 13 Localities across Dorset. Within the Locality, *Boscombe West* has a significantly higher percentage of children living in income deprived families than the England average and is in the top 10% (worse) areas across Dorset.
- 3.4 East Bournemouth is significantly better than the England average for the percentage of births to teenage mothers and A&E attendances in under 5s (the Locality having the 3rd lowest of the 13 Dorset Localities).
- 3.5 East Bournemouth has significantly higher (better) *child development at 5 years* than the England average; the Locality being 6th highest of the 13 Dorset Localities. We see in Figure 2 over-page considerable variation across the areas within the Locality:
- East Southbourne & Tuckton is significantly better than the England average and amongst the top 10% of areas across Dorset;
 - The lowest level in the Locality being in *Boscombe West* which is significantly worse than the England average and amongst the lowest (worse) 10% of areas across Dorset.

Figure 2: Percentage of children achieving child development targets at age 5, East Bournemouth



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020

3.6 Admissions for injuries in 15 - 24 year olds (Crude rate per 10,000) for East Bournemouth is significantly higher than the England average, with the following areas within the locality being significantly higher than the England average:

- Boscombe West
- Iford
- East Southbourne & Tuckton.

3.7 East Bournemouth is one of ten of 13 Dorset Localities with a significantly higher rate of emergency admissions for under 5s than the England average.

3.8 Childhood Immunisation Rates for MMR Dose 2 (percentage of children immunised by 5 years old) in East Bournemouth is above the target level of 95% in one of the six practices. The rate ranged (in 2018/19) from a low of 84% in Providence Surgery to 96% in Marine & Oakridge Partnership. All six practices recorded considerable increases in 2018/19 from the previous year⁵.

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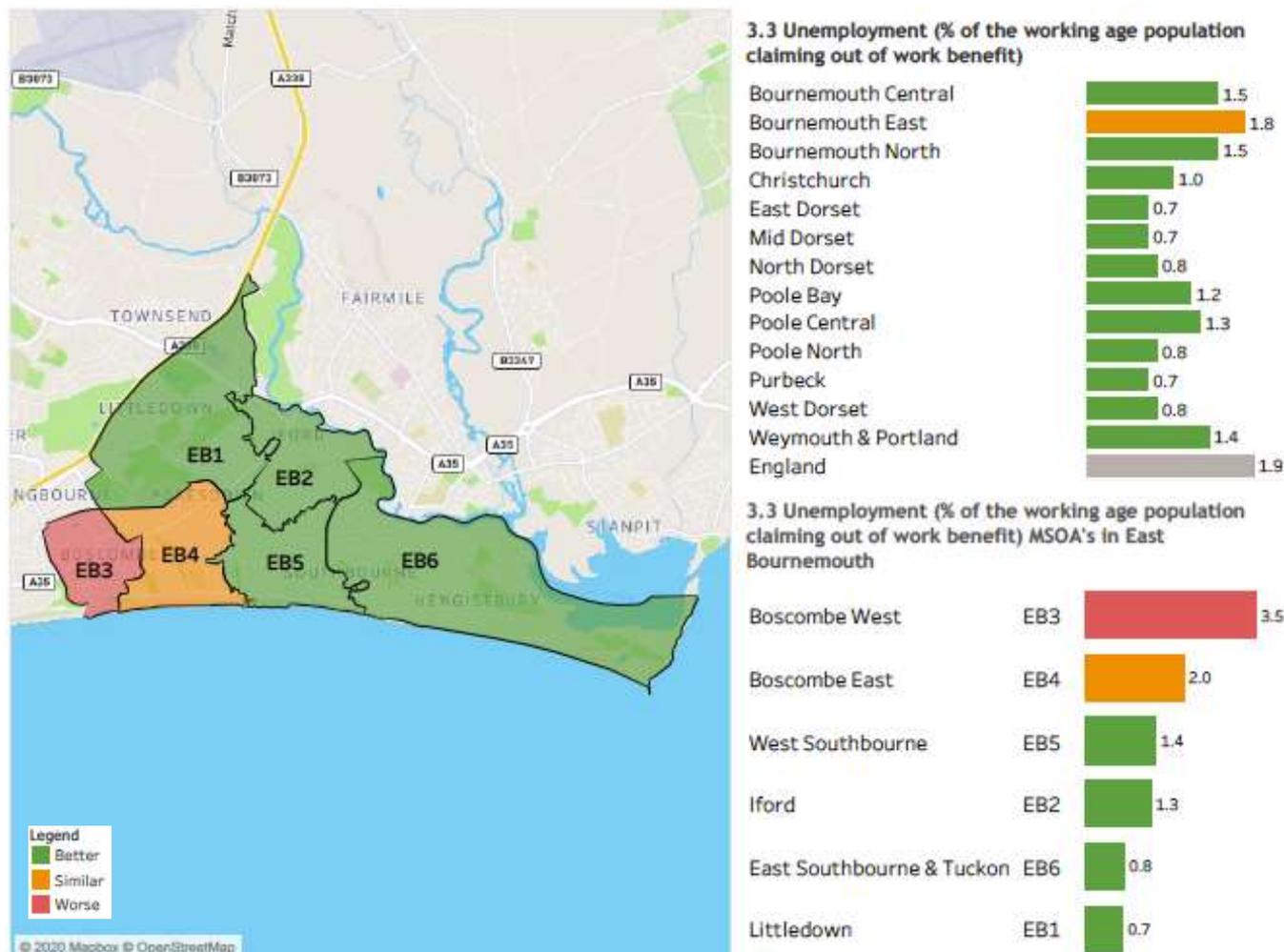
https://public.tableau.com/views/ChildImmunisationatPracticeLevel201819/TrendanalysisbyLocality?:display_count=y&origin=viz_share_link last accessed 29/01/2020

Living well – the adult and working years indicators

3.9 Whilst the percentage of the working age claiming out of work benefits in East Bournemouth is similar to the England average, the Locality has the highest level of the 13 Localities across Dorset. Notably, the percentage is significantly higher in Boscombe West than the England average, see Figure 3 below.

3.10 Unemployment in Boscombe West and Boscombe East is amongst the highest (worse) 10% of areas in Dorset.

Figure 3: Percentage of working age population claiming out of work benefit, East Bournemouth



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020.

3.11 Modelled estimates of obese adults, healthy eating and binge drinking in adults all suggest that the areas within the Locality 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.

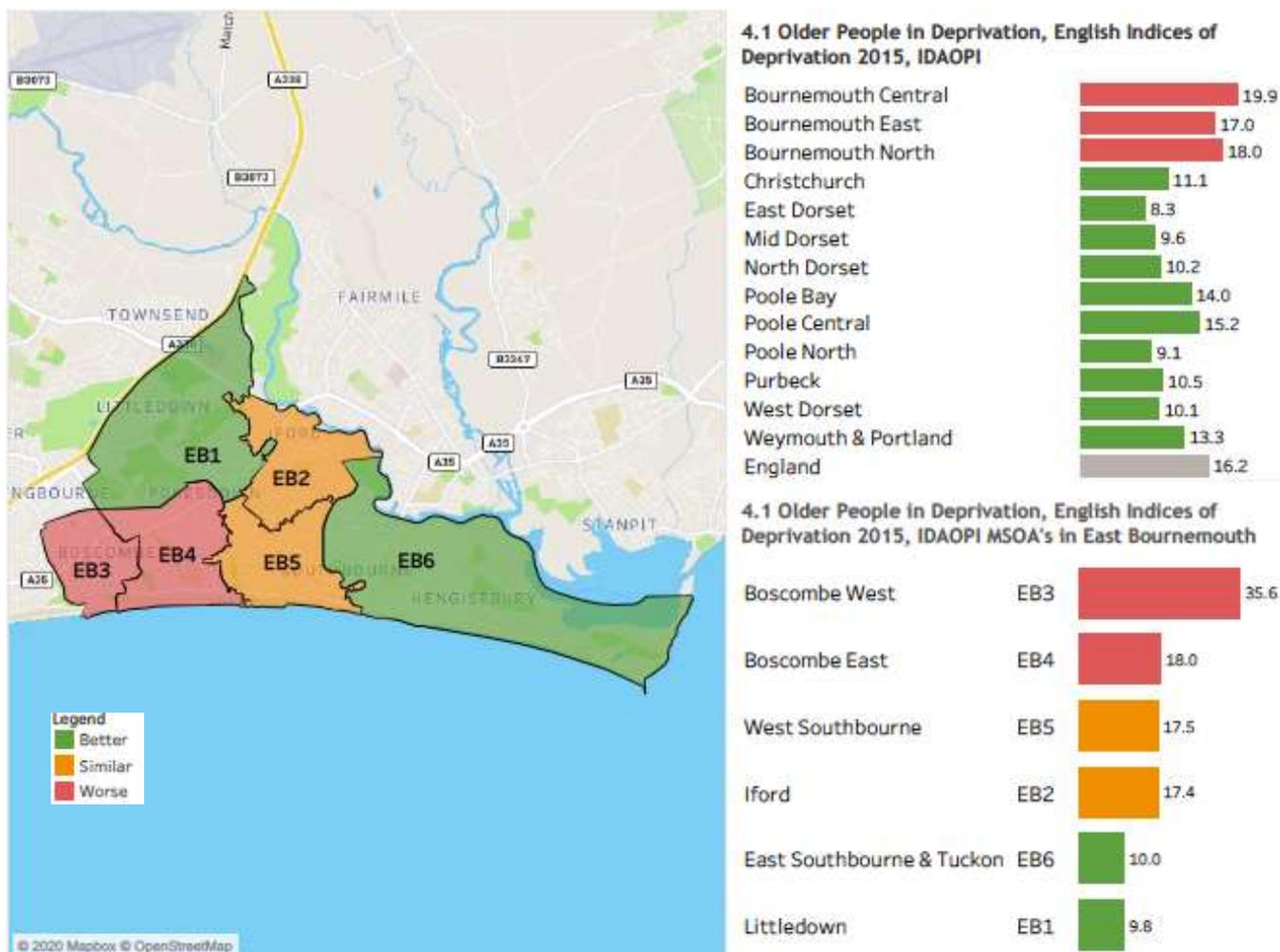
3.12 --- THIS SECTION IS A WORK IN PROGRESS AND WILL BE UPDATED ---

Ageing well - the later working and retirement years indicators

3.13 At the Locality level, East Bournemouth has a significantly worse (higher) score for older people in deprivation (indicator 4.1) than England. As shown in figure 4 below:

- East Bournemouth has the 3rd 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 two of the six (Boscombe West and Boscombe East)
- Boscombe West is amongst the highest (worse) 10% of areas in Dorset for this measure.

Figure 4: Percentage of older people living in deprivation, 2015 Income Deprivation Affecting Older People Index (IDAOPi)⁶



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020

3.14 At the Locality level, Central Bournemouth is significantly higher than the England average for the percentage of people aged 65 and over living alone and has the 3rd highest percentage of the 13 Dorset Localities. As shown in Figure 5 over-page:

- Within the Locality, there are significantly higher than the England average in two of the six areas, Boscombe West and West Southbourne
- Boscombe West is also amongst the top 10% of highest levels of older people in deprivation areas in Dorset.

Figure 5: Percentage of people aged 65 and over living alone, 2011 Census

⁶ 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)



4.2 Older people living alone, % of people aged 65 and over who are living alone

Bournemouth Central	37.8
Bournemouth East	32.8
Bournemouth North	29.1
Christchurch	30.8
East Dorset	25.8
Mid Dorset	28.5
North Dorset	29.7
Poole Bay	34.7
Poole Central	32.2
Poole North	26.9
Purbeck	29.6
West Dorset	29.6
Weymouth & Portland	30.2
England	31.5

4.2 Older people living alone, % of people aged 65 and over who are living alone MSOA's in East Bournemouth

Boscombe West	EB3	44.6
West Southbourne	EB5	33.9
Boscombe East	EB4	32.7
East Southbourne & Tuckon	EB6	31.4
Iford	EB2	29.4
Littledown	EB1	25.6

Legend
■ Better
■ Similar
■ Worse

Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020

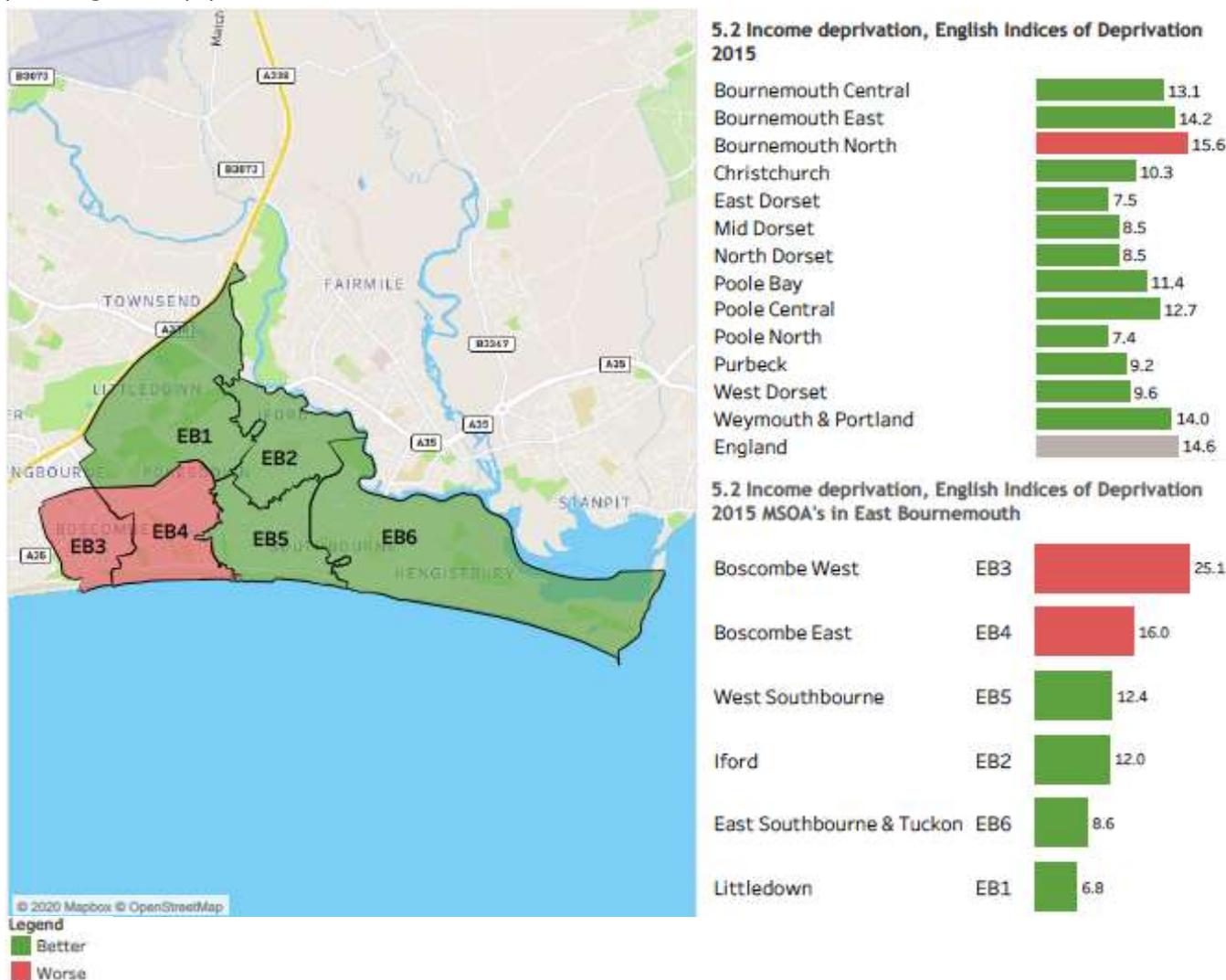
- 3.15 The percentage of people aged 65 and over living alone has been used as a crude indicator of areas where vulnerable older people may be living. Increasingly though as the population ages, many people will be living 'frailty free' until much older age.
- 3.16 At the locality level, *Emergency hospital admissions for hip fracture in persons 65 years and over* (indicator 4.3) in *East Bournemouth* are significantly higher than the *England* average with the Locality ranking 1st (highest) of the 13 Dorset Localities. Within the Locality, there are significantly higher than the *England* averages in *Boscombe West and West Southbourne*, both areas being amongst the top 10% (highest) levels of older people in deprivation areas in Dorset.
- 3.17 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

3.18 Whilst income deprivation (indicator 5.2) in East Bournemouth is significantly lower (better) than the England average, the Locality has the 2nd 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 Boscombe West and Boscombe East*.

3.19 *Boscombe West is in the top 10% of areas across Dorset for this measure.*

Figure 6: 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 29/01/2020

3.20 There is a significantly lower proportion of people in East Bournemouth providing at least an hour of unpaid care per week than the England average and the locality ranks 2nd lowest of the 13 Dorset localities.

3.21 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. The Locality has the highest percentage of the working age claiming out of work benefits of the 13 Localities across Dorset: the percentage is highest in Boscombe West with Boscombe West and Boscombe East amongst the highest (worse) 10% of areas in Dorset.
2. East Bournemouth has a higher level of older people in deprivation than England and the 3rd highest of the 13 Dorset Localities. The highest levels are in Boscombe West and Boscombe East, both amongst the worse 10% of areas in Dorset.
3. East Bournemouth is higher than England for the percentage of people aged 65 and over living alone. The highest levels are in Boscombe West and West Southbourne
4. Emergency hospital admissions for hip fracture in persons 65 years and over in East Bournemouth are higher than England with the Locality rate highest of the 13 Dorset Localities. The highest levels are in Boscombe West and West Southbourne, both areas being amongst the top 10% of areas in Dorset.
5. Whilst income deprivation in East Bournemouth is lower (better) than England, the Locality has the 2nd highest level of the 13 Dorset Localities. The highest levels are found in the Boscombe West and Boscombe East. Boscombe West is in the top 10% of areas across Dorset for this measure.

Getting started - some resources for planning actions:

- > [Local action on health inequalities: research evidence supporting action to reduce health inequalities](#)
- >> [Combating loneliness A guide for local authorities](#)
- >>> The Dorset Locality Profiles website provides [interactive dashboard](#) with more detailed data
- >>>> Your Dorset Public Health Link worker will support local actions, please contact xxxxx

4. Global burden of disease

Introduction

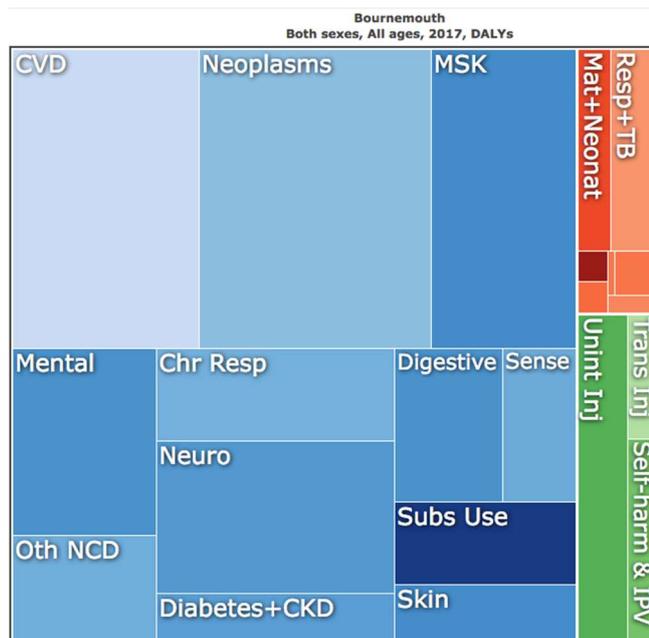
4.1 Disease burden is the impact of a health problem on a given population. Measuring this allows the burden of disease to be compared between different areas and helps with predicting future health care needs.

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 health⁷. 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%)⁸.

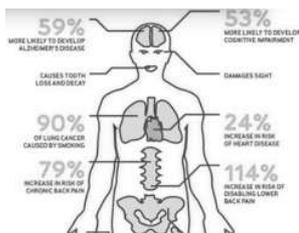
4.4 In this section we consider the above GBD causes using a combination of the Local Health indicators and GP practice profile data. The GP practice profiles data from PHE fingertips relates to periods during which there were 6 practices in the East Bournemouth Locality.



⁷ https://www.who.int/healthinfo/global_burden_disease/about/en/ last accessed 3rd December 2019

⁸ 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)

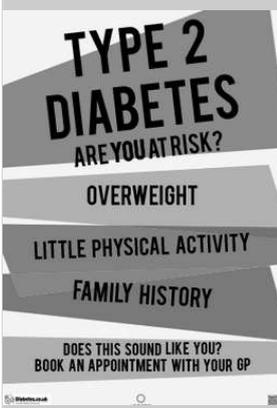
Key findings



Smoking prevalence in the six practices in ranges from a low of 9% in Littledown Surgery to a high of 33% in the **Providence Surgery**. It is consistently higher for **Providence Surgery and Shelley Manor**



One in five (19.7%) in East Bournemouth reported having a **limiting long term illness** or disability, higher than the England average. LTLI is highest in **Boscombe West, West Southbourne, and East Southbourne and Tuckton**



Diabetic patients with effective blood pressure control is lowest in:

- Southbourne Surgery,
- Littledown Surgery,
- Shelley Manor and
- Providence Surgery

Emergency admissions for **COPD** are 3rd highest of the 13 Dorset Localities. The highest levels are in:

- Boscombe West,
- West Southbourne, and
- East Southbourne and Tuckton



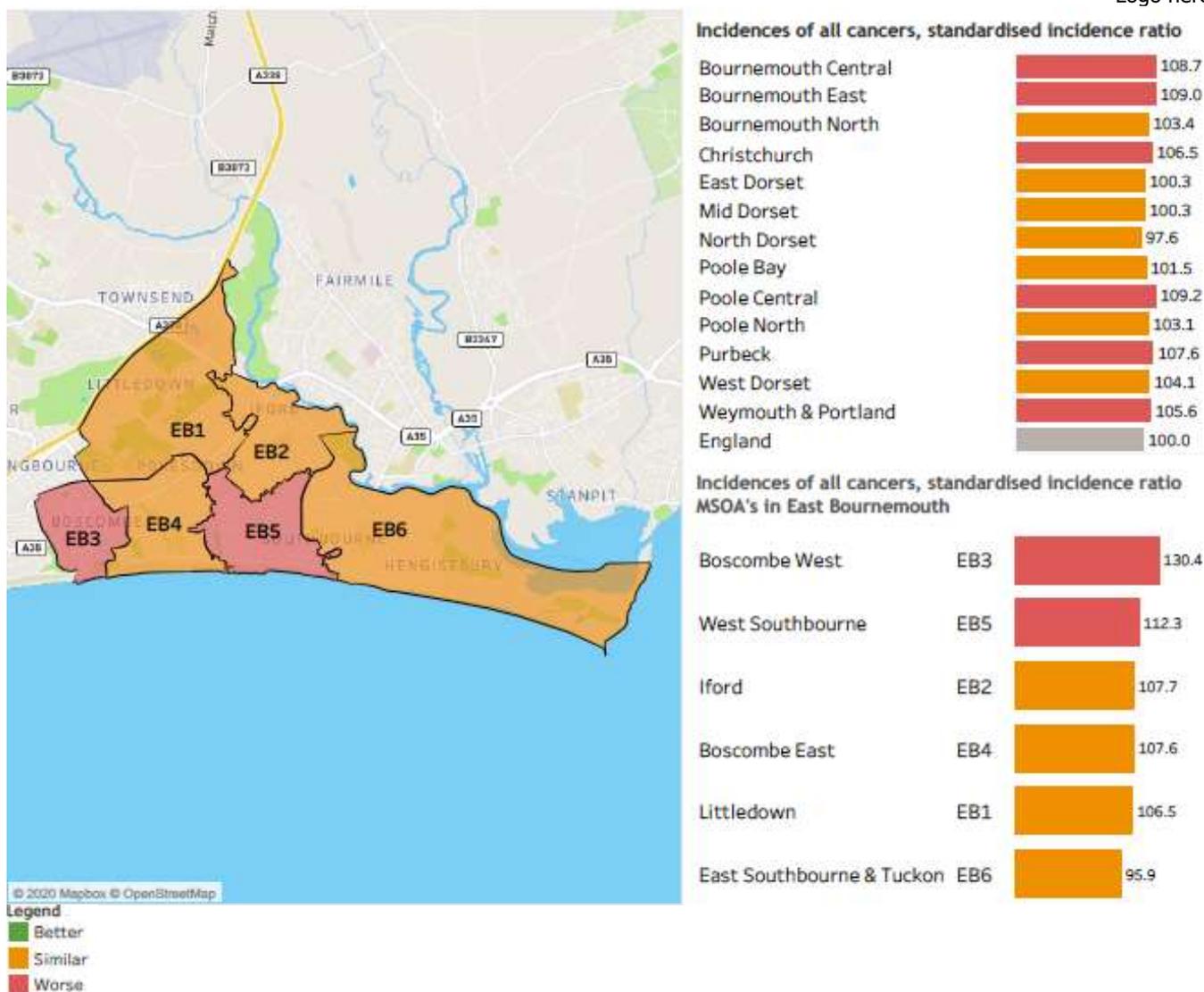
Cancers and benign tumours

- 4.5 When cells divide and grow excessively; they can be benign (not cancerous) or malignant (cancerous).
- 4.6 Figure 7 (over-page) shows *significantly higher than expected new cancer cases* for the *East Bournemouth* Locality compared with England, with the Locality having the 2nd highest ratio across the 13 Dorset Localities. Within the locality, significantly higher than expected⁹ levels of new cancers are found in:
 - *Boscombe West; and*
 - *West Southbourne.*

Figure 7: New cases of cancers, standardised incidence ratio 2012-16¹⁰

⁹ Comparing actuals to the number that would be expected if the area had the same age-sex specific rates as England overall

¹⁰ 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>

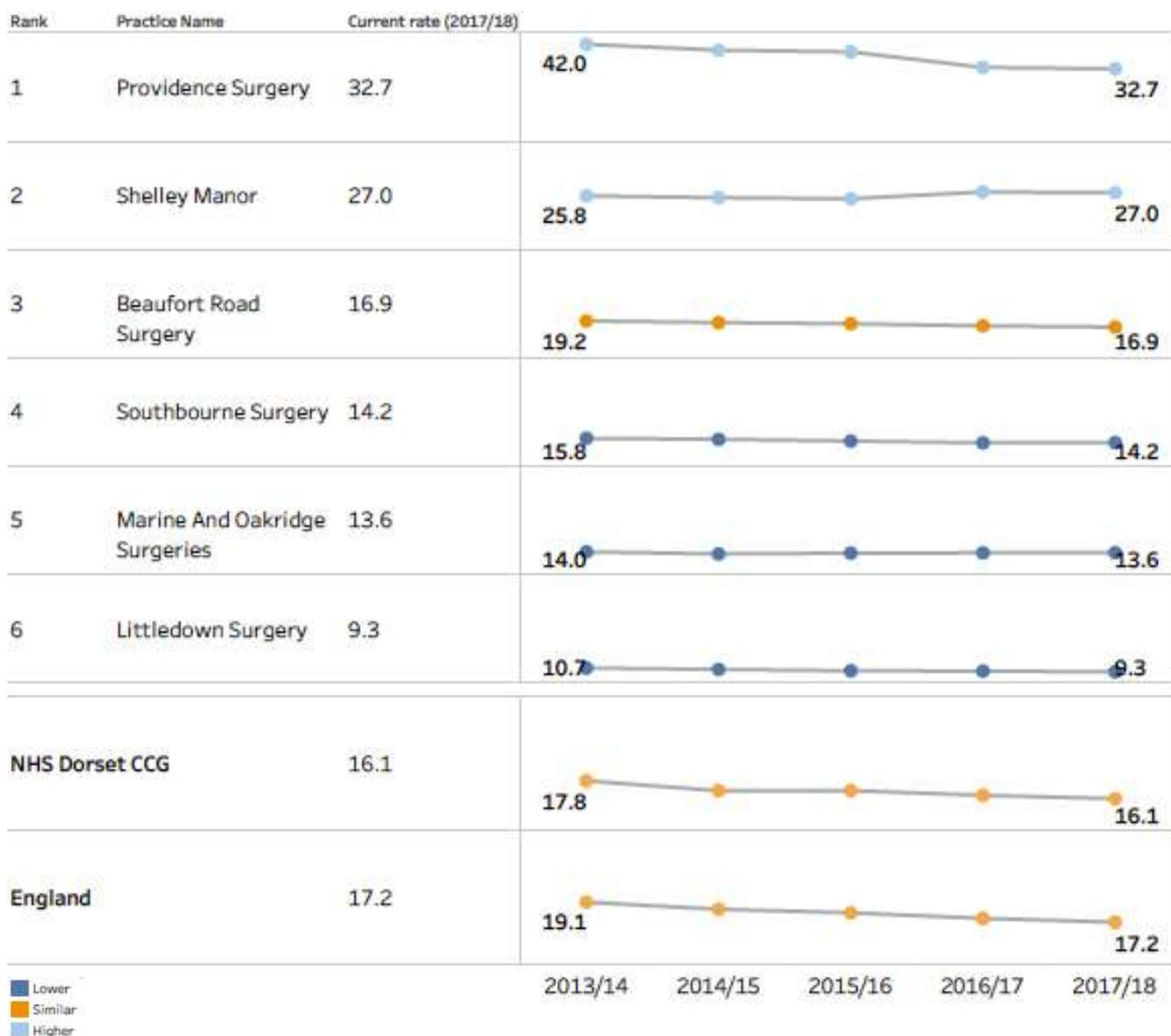


Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020

- 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 UK¹¹.
- 4.9 *Smoking prevalence in the six practices* in East Bournemouth ranges from a low of 9.3% of adults in Littledown Surgery (to a high of 32.7% in the Providence Surgery. Smoking in East Bournemouth has declined in line with national trends in recent years (see Figure 8 below). Smoking prevalence is *consistently significantly higher than the England average for Providence Surgery and Shelley Manor*.
- 4.10 *Over the five year period shown, the smoking prevalence for Providence Surgery has declined considerably but is still just over double the Dorset average prevalence and over three times the prevalence for the Littledown Surgery.*

¹¹ <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/how-does-smoking-cause-cancer> last accessed 5th December 2019

Figure 8: Percentage of general practice registered patients 15 years and over recorded as current smokers, East Bournemouth



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPracticeSmokingprevalence201718/SmokingPrevalance15> last accessed 29/01/2020

- 4.11 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.
- 4.12 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.
- 4.13 Stop smoking advice is provided locally by LiveWell Dorset (<https://www.livewelldorset.co.uk/stop-smoking/>).

Cardiovascular diseases

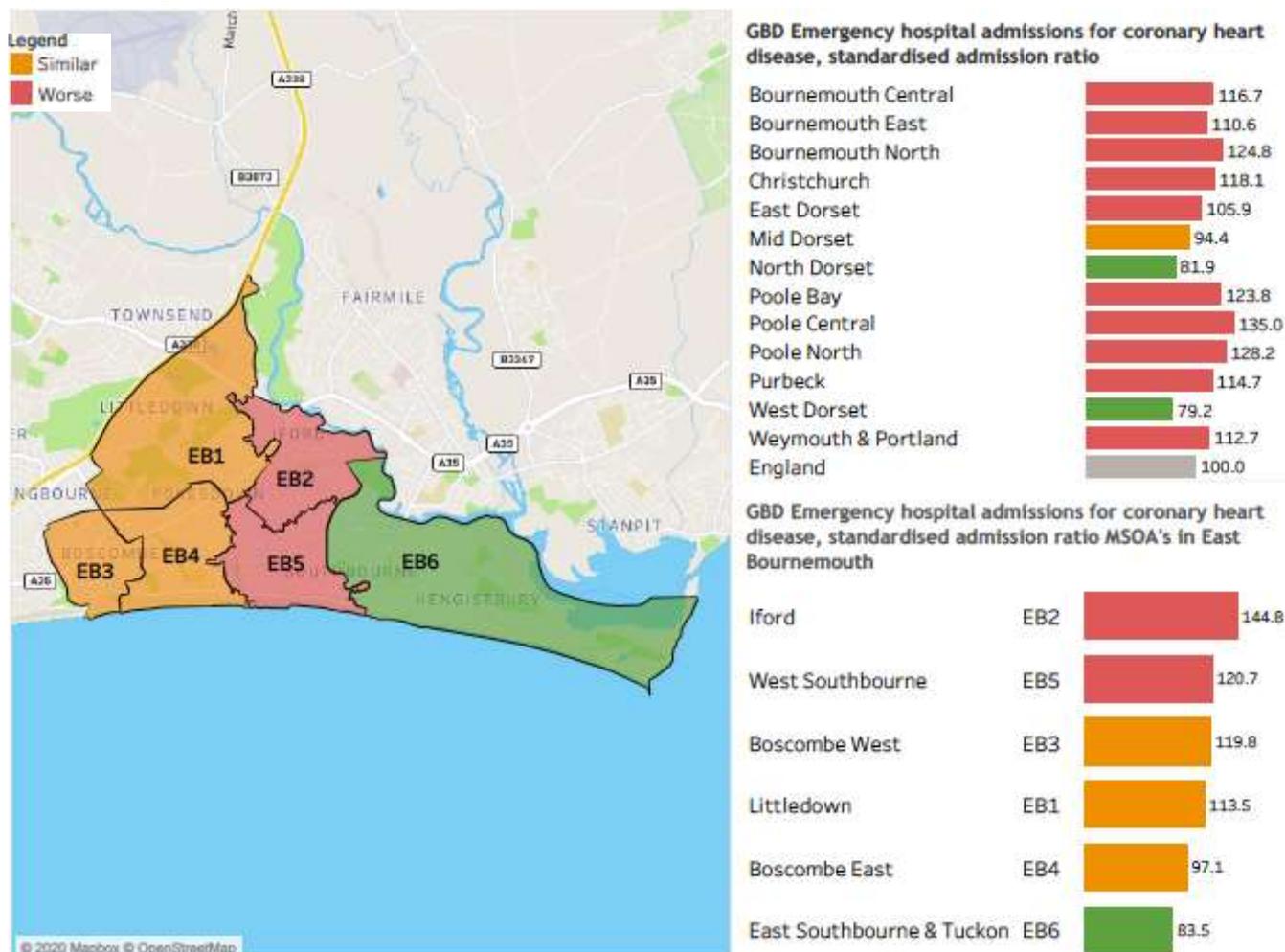
- 4.14 Two thirds of the DALYs relating to cardiovascular diseases in Bournemouth are attributable to coronary heart disease (6.4% of the Bournemouth total all cause DALYs) and stroke (4%).

Coronary heart disease

- 4.15 Nationally, 1 in 6 men and 1 in 10 women die from coronary heart disease.

- 4.16 Emergency admissions for Coronary Heart Disease (CHD) can give an indication as to how well the condition is being managed.
- 4.17 *At the East Bournemouth Locality level, Emergency admissions for CHD are significantly higher than expected compared with the England average, with the Locality being 9th highest of the 13 Dorset Localities.*
- 4.18 As we see from the following figure, admissions are significantly higher in two of the six areas within the Locality (*Iford and West Southbourne*).

Figure 9: Emergency admissions for CHD, 2013/14 – 2017/18¹²



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020

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.

- 4.19 Emergency admissions for Stroke can give an indication as to how well cerebrovascular diseases (CVD) such as stroke are being managed.
- 4.20 At the East Bournemouth Locality level, *Emergency admissions for Stroke* are similar to the England average, and similar to other Dorset localities.

¹² 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>

- 4.21 Within the Locality, West Southbourne is significantly higher than the England average.
- 4.22 The main risk factors for CVD¹³ are:
- High blood pressure
 - Smoking
 - High cholesterol
 - Diabetes and
 - Inactivity.
- 4.23 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.
- 4.24 In the next section we examine how well diabetes is being managed in the Locality.

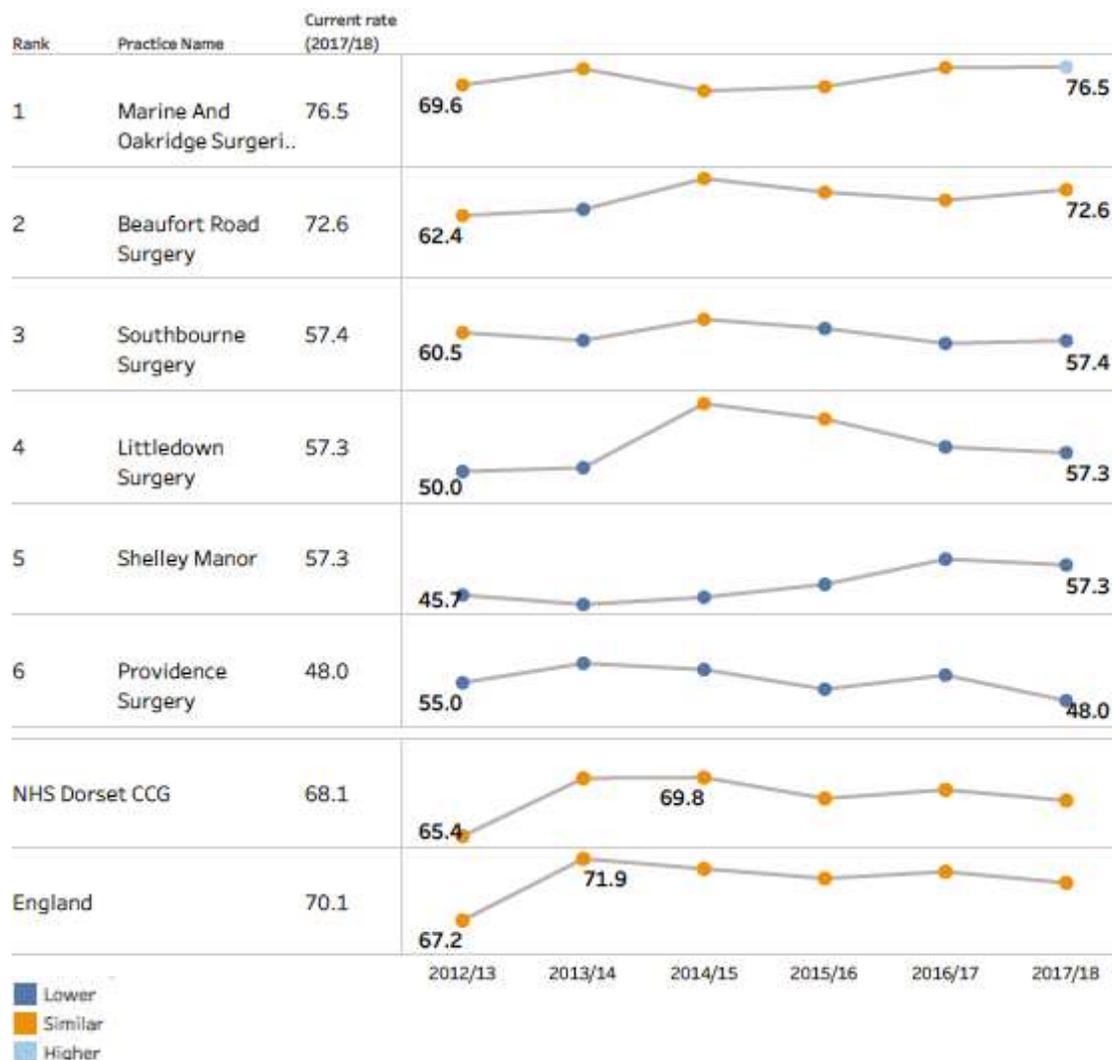
Diabetes management

- 4.25 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.
- 4.26 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.
- 4.27 Data for 2017/18 shows the recorded prevalence of diabetes was significantly lower than the England average for five of the six practices. The sixth, Marine and Oakridge Surgeries having the highest prevalence in the Locality. At 6.2% this is statistically similar to the England and Dorset averages.
- 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 care¹⁴. This measure shows the highest achievement in the Locality to be Beaufort Road Surgery (89.3%). The lowest level in the Locality is recorded by the Providence Surgery which achieved 22.8% in 2017/18 this being some way below the second lowest practice (Shelley manor, 74.5%).
- 4.29 *Four of the six Central Bournemouth practices have consistently recorded significantly lower percentage of diabetic patients with effective blood pressure control than the England average (see Figure 10 below).*

Figure 10: Percentage of diabetic patients with effective blood pressure control, East Bournemouth

¹³ <https://www.nhs.uk/conditions/cardiovascular-disease/> last accessed 17th December 2019

¹⁴ <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



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 29/01/2020

- 4.30 People with diabetes and high blood pressure are more at risk of having a heart attack or stroke¹⁵. The percentage of patients with established hypertension, as recorded on practice disease registers (proportion of total list size), is consistently significantly lower for five of the six practices than the Dorset average; the exception being Marine and Oakridge Surgeries which are consistently significantly higher than the Dorset average.
- 4.31 *Control of blood sugar levels* is key to effective management of Diabetes. Five of the six East Bournemouth practices consistently recorded a similar percentage of diabetic patients with effective sugar control to the Dorset average; the exception being *Shelley Manor which is consistently significantly below the Dorset average in 2017/18*¹⁶.
- 4.32 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-effect¹⁷.

¹⁵ <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/blood-pressure> last accessed 12 October 2019

¹⁶ <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 29/01/2020

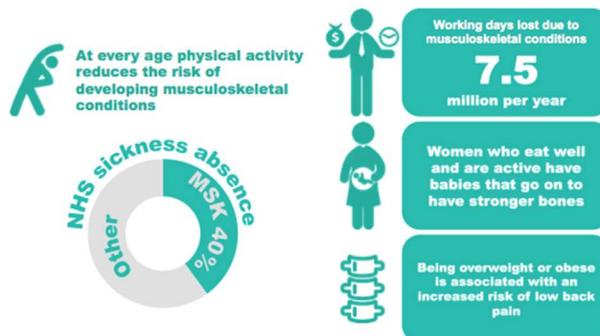
¹⁷ <https://fingertips.phe.org.uk/profile/general-practice/data#page/6/qid/2000003/pat/152/par/E38000045/ati/7/are/J81613/iid/248/age/1/sex/4> last accessed 10 October 2019

- 4.33 It has been suggested that patients noted as exceptions may not be receiving routine care and hence are more likely to have poorer outcomes¹⁸; alternative approaches should be used to engage those patients who do not attend medical check-ups.
- 4.34 *Three of the six East Bournemouth practices showed significantly higher diabetes indicators exception rates in 2017/18 than the England average (Shelley Manor, Beaufort Road Surgery and Providence Surgery).*

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 (19.7%) people in East Bournemouth reported having a limiting long term illness or disability, this being significantly higher than the England average.
- 4.39 *LTLI in Boscombe West is both significantly higher than the England average and is in the top 20% (worse) of areas across Dorset.*

Musculoskeletal health: National picture



<p>Effective interventions for MSK prevention</p> <p>PHE's ROI tool shows that for every £1 invested in...</p>	<p>STarT Back (Stratified Risk Assessment and Care), saves £226 in healthcare savings, quality of life year & productivity gains</p>	<p>Self-referral to physiotherapy, saves £99 in healthcare</p>
	<p>ESCAPE-pain, saves £5 in healthcare savings</p>	<p>PhysioDirect, saves £47 in healthcare savings & quality of life year gains</p>

- 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/>).

¹⁸ <https://www.hsj.co.uk/comment/time-to-scrap-gp-exception-reporting/5023669.article> last accessed 10 October 2019

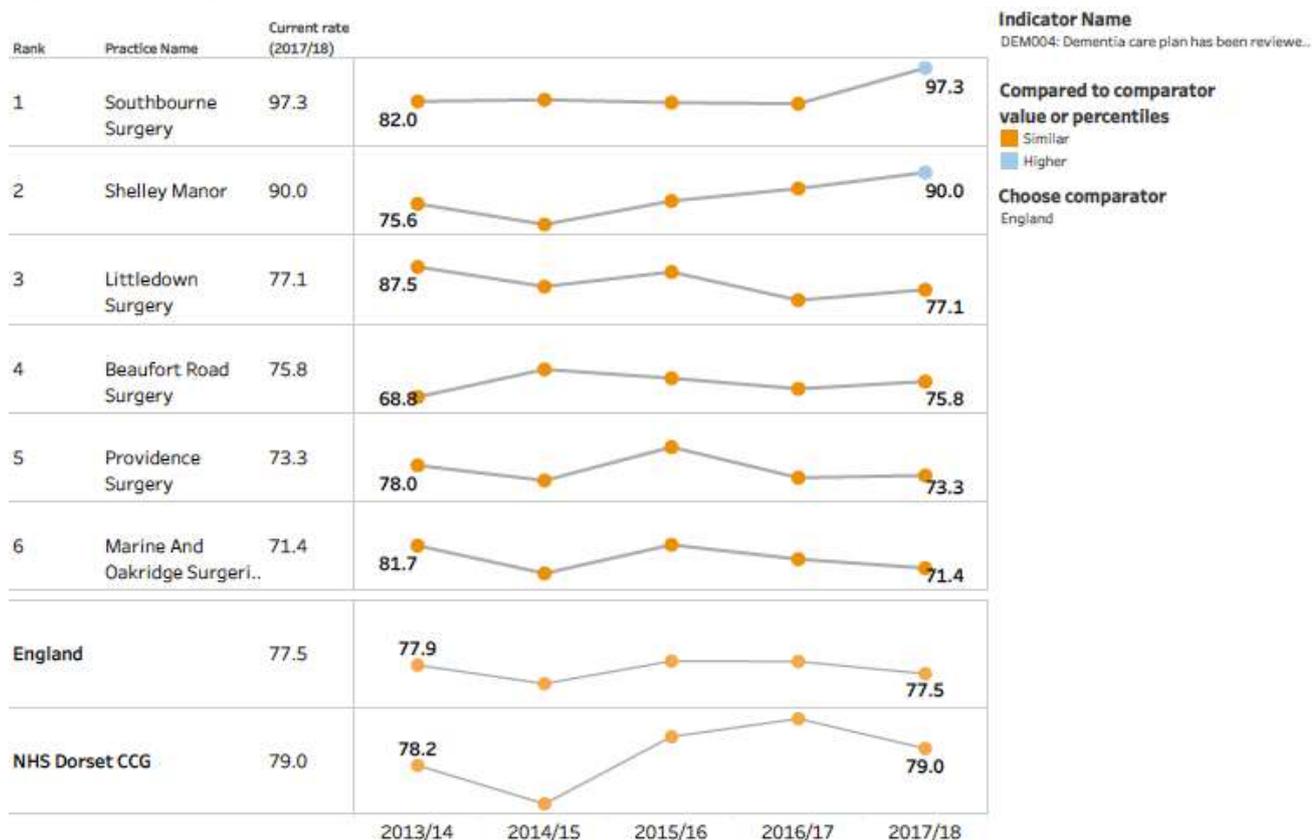
- 4.42 NHS employers are encouraging the workforce to become more active through workplace wellbeing initiatives. The STP / ICS is encouraged to reach out to support other employers in making the case for promoting workplace wellbeing.

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 level¹⁹.
- 4.45 In keeping with national and Dorset wide trends, the prevalence of dementia recorded by practices has increased over recent years in five of the six East Bournemouth practices; the exception being Shelley Manor. Practice prevalence ranges from a low of 0.7% for Littledown Surgery (similar to England) to 1.7% for Marine and Oakridge Surgeries (significantly higher than England average).
- 4.46 There is considerable variation across the East Bournemouth practices in terms of the percentage of dementia patients with a care plan reviewed in the past 12 months. In Figure 11 over-page we see the percentage in East Bournemouth ranges from 71% in Marine and Oakridge Surgeries to 97% in the Southbourne Surgery.

¹⁹ <https://www.nhs.uk/conditions/dementia/dementia-prevention/> last accessed 17th December 2019

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



Source:

<https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 29th January 2020

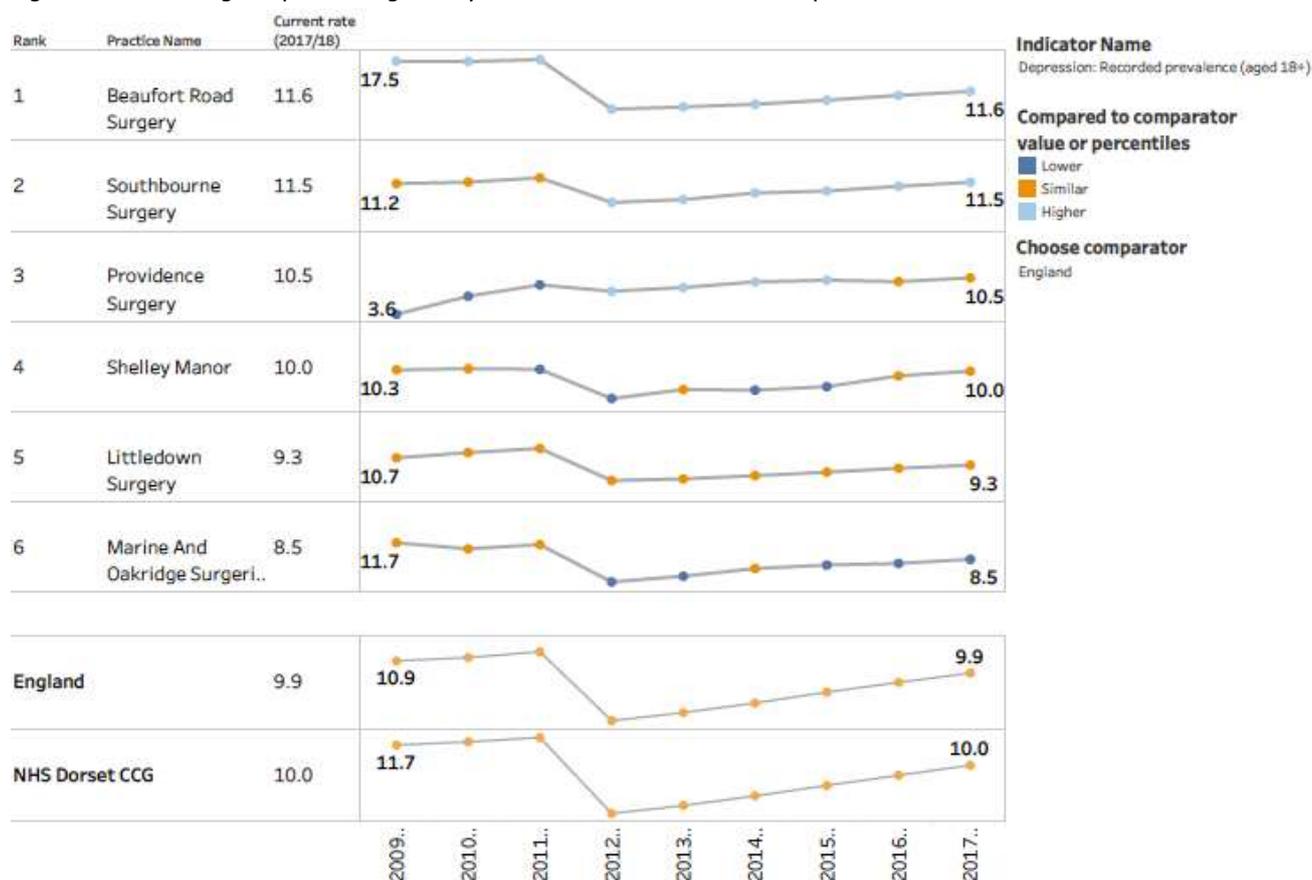
- 4.47 The percentage of dementia patients with a care plan reviewed in the past 12 months indicator includes those patients that the practice has identified as being ‘exceptions’²⁰.
- 4.48 Exception rates for dementia indicators in East Bournemouth practices are generally similar to the England average, ranging from a low of 4.5% for Shelley Manor (significantly lower than England average) to 20% for Providence Surgery (significantly higher than the England average)²¹
- 4.49 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 progression²².
- 4.50 Figure 12 over-page shows the *prevalence of adult depression* to vary considerably cross the six East Bournemouth practices, from 8.5% in Marine and Oakridge Surgeries (significantly lower than England average) to 11.6% in the *Beaufort Road Surgery* (significantly higher than the England average).

²⁰ <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

²¹ <https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 5th December 2019

²² <https://www.nice.org.uk/guidance/ng16> last accessed 17th December 2019

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



<https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes>
last accessed 29th January 2020

Chronic respiratory diseases

4.51 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)

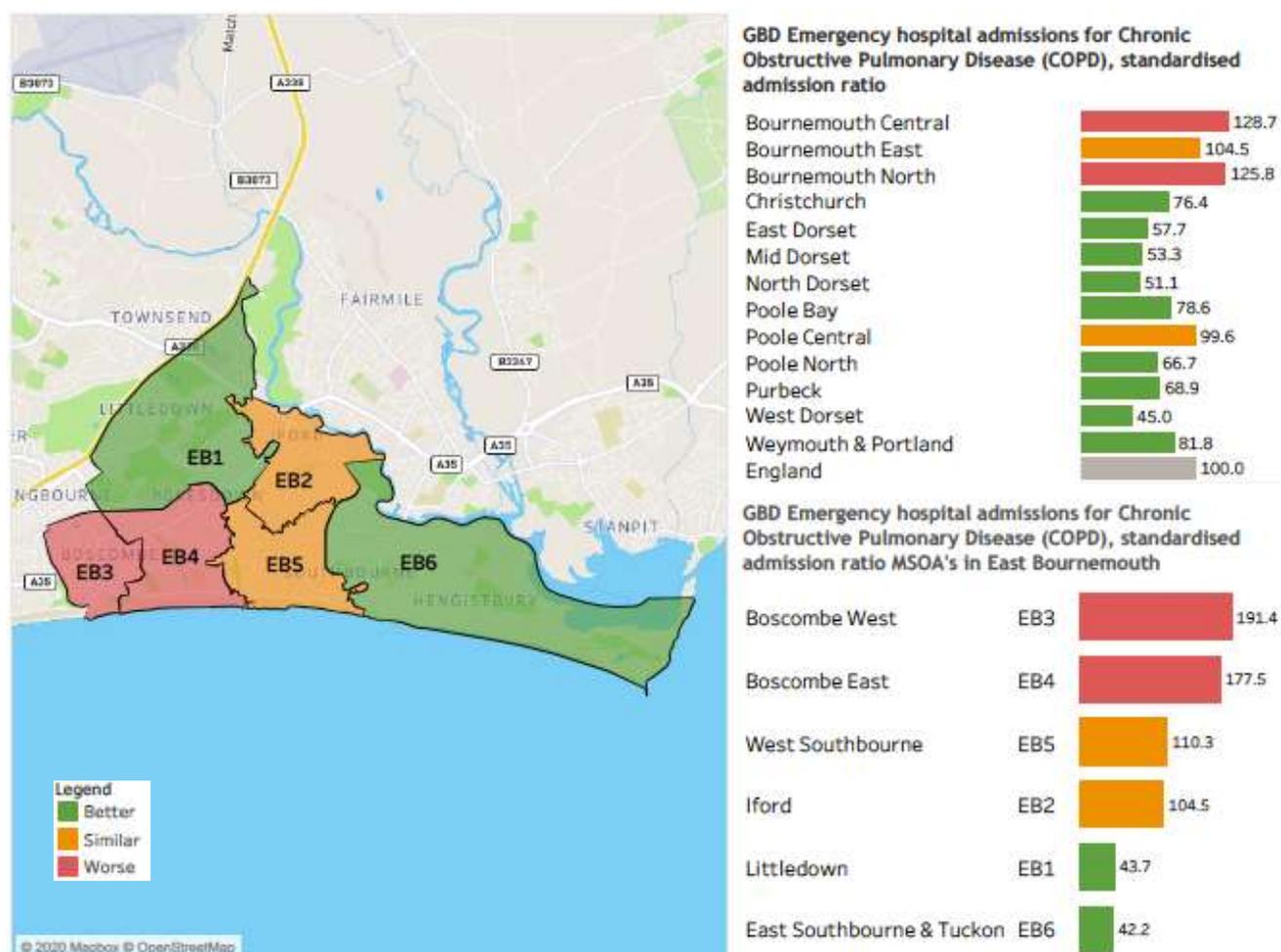
4.52 Nationally, 3,000,000 people are estimated to have COPD, of which only one third are diagnosed.

4.53 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.

4.54 At the East Bournemouth Locality level, *Emergency admissions for COPD* are similar (statistically) to the England average; the Locality is ranked 3rd (highest) of the 13 Dorset Localities.

4.55 We see from Figure 13 over-page that the ratio varies considerably across the Locality with the following *areas being significantly higher than the England ratio*:

- *Boscombe West (amongst the top 10% of areas across Dorset); and*
- *Boscombe East (amongst the top 10% of areas across Dorset).*

Figure 13 Emergency hospital admissions for COPD²³

Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29th January 2020.

- 4.56 Lung cancer is closely associated with COPD. The incidence of lung cancer is similar in East Bournemouth (compared with England) though *Boscombe West and West Southbourne are both in the top 10% (worse) of areas across Dorset*²⁴.
- 4.57 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 East Bournemouth.
- 4.58 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. Stop smoking advice is provided locally by LiveWell Dorset (<https://www.livewelldorset.co.uk/stop-smoking/>)

²³ 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.

²⁴ <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 5th December 2019

Themes to consider for locality initiatives:

1. East Bournemouth has higher than expected new cancer cases compared with England, with the Locality having the 2nd highest level of the 13 Dorset Localities. Within the locality, significantly higher than expected levels of new cancers are found in:
 - Boscombe West; and
 - West Southbourne.
2. Smoking prevalence in the six practices in East Bournemouth ranges from a low of 9.3% of adults in Littledown Surgery to a high of 32.7% in the Providence Surgery. Smoking has declined in line with national trends in recent years but is consistently higher than the England average for Providence Surgery and Shelley Manor.
3. Four of the six Central Bournemouth practices have consistently recorded lower percentages of diabetic patients with effective blood pressure control than the England average: Southbourne Surgery, Littledown Surgery, Shelley Manor and Providence Surgery.
4. One in five (19.7%) people in East Bournemouth reported having a limiting long term illness or disability, this being higher than the England average. LTLI is highest in Boscombe West, West Southbourne, and East Southbourne and Tuckton
5. Whilst East Bournemouth Emergency admissions for COPD are similar (statistically) to the England average; the Locality is 3rd highest of the 13 Dorset Localities. The following areas being significantly higher than the England ratio:
 - Boscombe West (amongst the top 10% of areas across Dorset); and
 - Boscombe East (amongst the top 10% of areas across Dorset).

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.

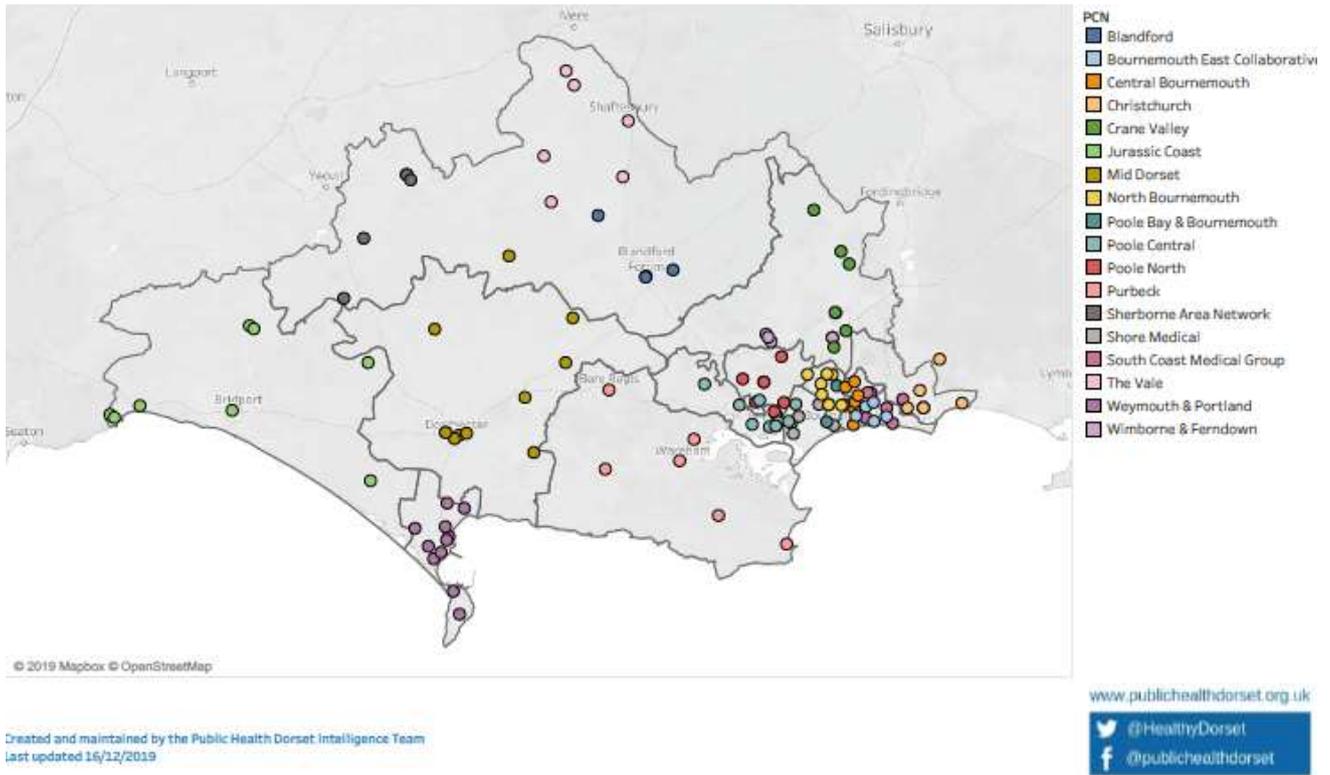
>> "[If You Could Do One Thing...](#)" details nine local actions to reduce health inequalities

>>> 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

GP practices and branch surgeries by Primary Care Network



CCG Locality Boundaries based on MSOAs

