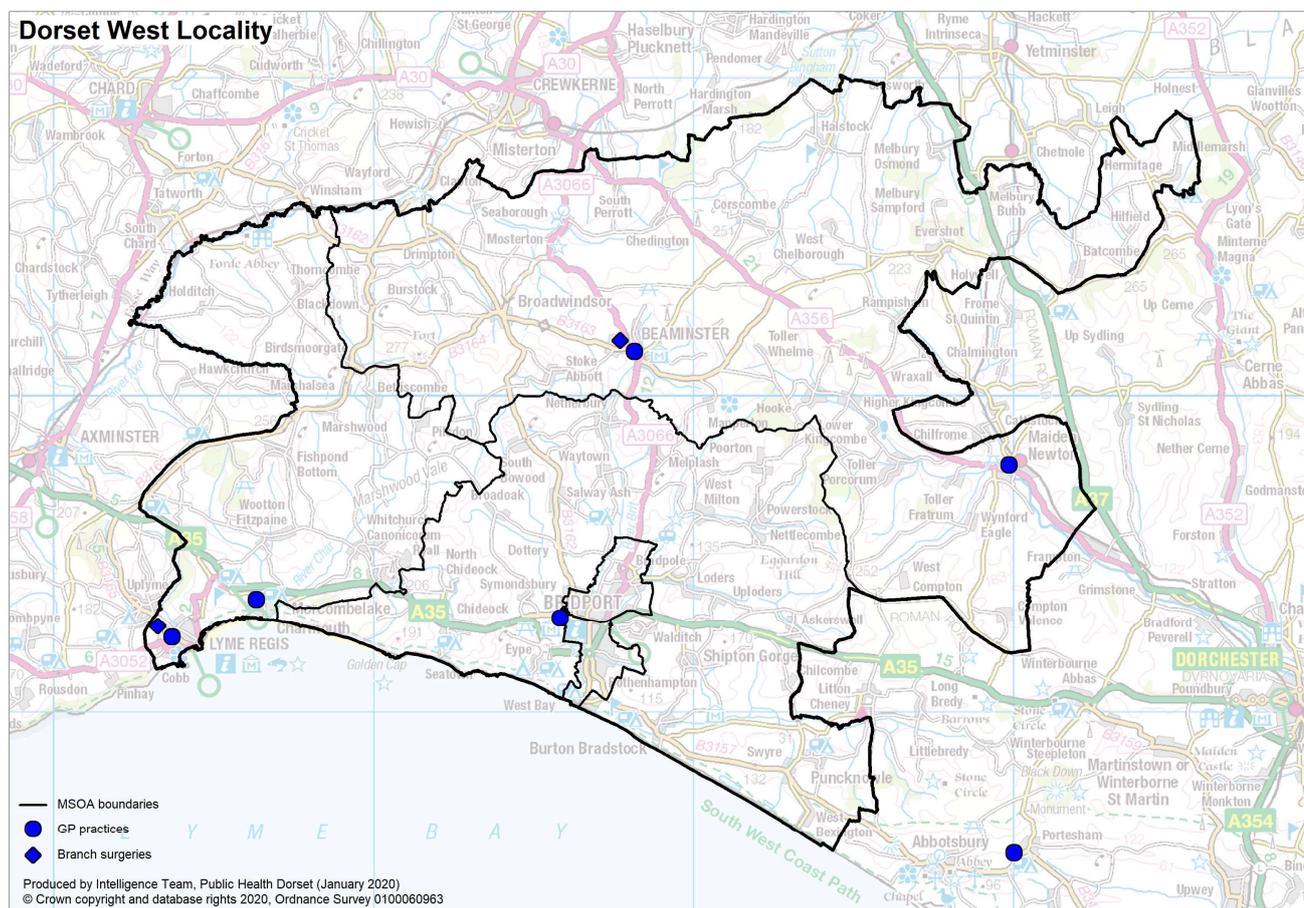


# Dorset West Locality profile narrative 2020 template

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)<sup>1</sup> 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 people<sup>2</sup>.
- 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, in time, provide up-to-date 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;

<sup>1</sup> 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.

<sup>2</sup> 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 Dorset West is approximately 36,500 (ONS 2017 Mid-Year Estimates), this being the second smallest population of the 13 Dorset Localities.
- 2.2 The Dorset West Locality is made up of five areas (MSOAs). The Locality is coterminous with the area covered by the Dorset West Primary Care Network (PCN), this is shown in the map on the rear page of this document.
- 2.3 Dorset West has a considerably older population than that of Dorset overall, which itself is older than that of England.
- 2.4 The age-sex structure of Dorset West is characterised by:
  - Fewer (lower proportion of total) males and females than the Dorset average in all five year age bands up to and including 45-49 years;
  - More males and females (higher proportion of total) than the Dorset average from the 50 – 54 years age group and at all age bands older than this; and
  - Compared with other Dorset Localities, Dorset West has one of the highest proportions of the total population (for both males and females) for the 65-69 (9%), 70-74 (9%) and 80 and over (8% for males, 10% for females) years age bands<sup>3</sup>.
- 2.5 The areas that make up the Locality range in population from 5,649 in Bridport South Bothenhampton & West Bay (the smallest) to 9,916 in Beaminster, Environs Halstock & Maiden Newton<sup>4</sup>.

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

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

### 3. Wider determinants of wellbeing

#### Key findings



Dorset West has the **2<sup>nd</sup> highest rate of A&E attendances in under 5s** across 13 Dorset Localities **with Bridport North & Bradpole, and Bridport Environs** both being significantly higher



**Admissions for injuries in children and young people (up to 24 years)** is highest in

- Bridport South Bothenhampton & West, and
- Beaminster, Environs Halstock & Maiden Newton



**E m e r g e n c y admissions in under 5s** is highest within the Locality in **Beaminster, Environs Halstock & Maiden Newton**

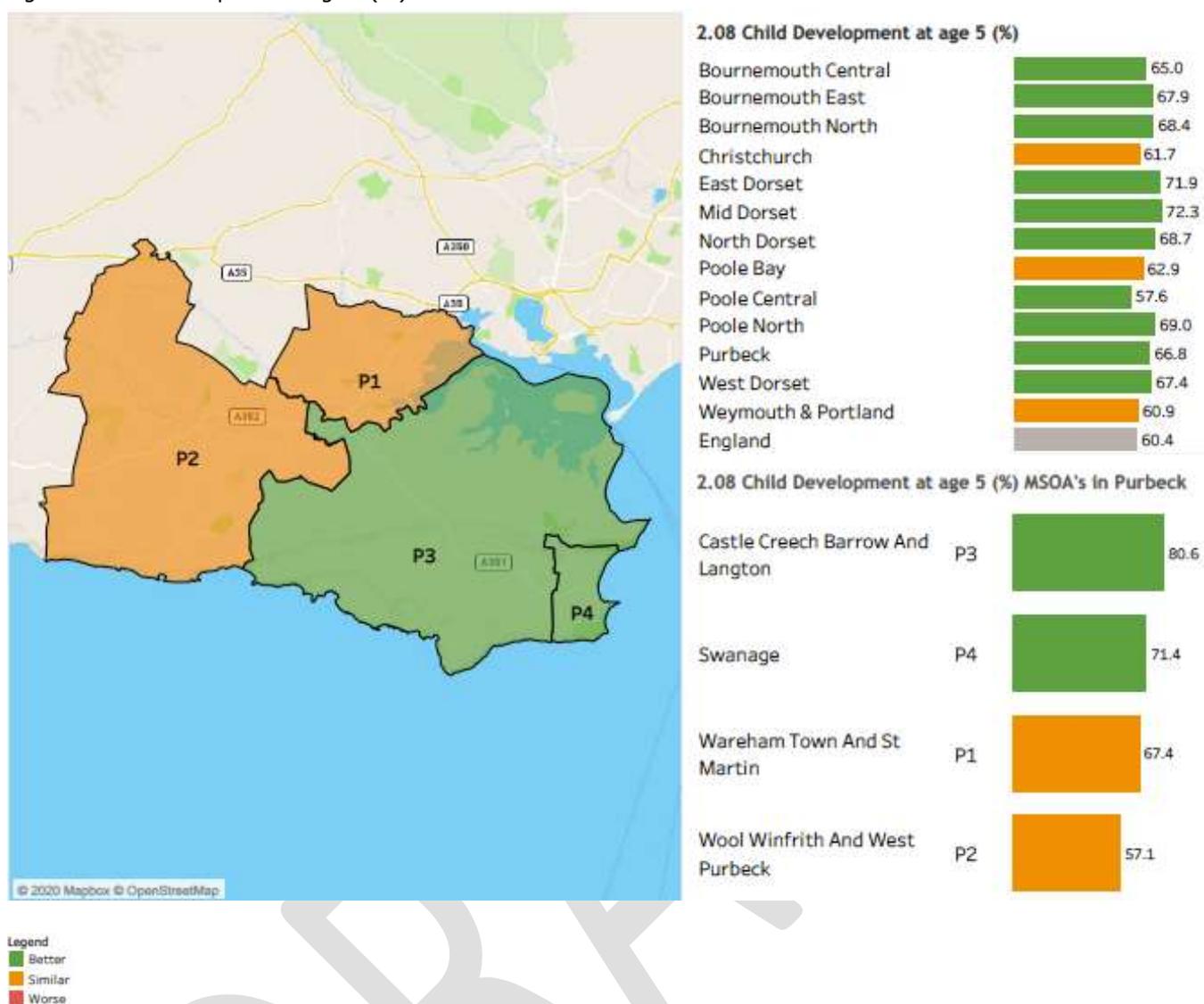
The proportion of **people providing at least an hour of unpaid care per week** is significantly **higher than the England average in Bridport North & Bradpole**



#### **Starting well – child and adolescent year indicators**

- 3.1 At the Locality level, Dorset West is similar to England averages for:
  - Low birthweight babies (joint lowest of the 13 Dorset Localities)
  - A&E attendances in under 5s (Crude rate per 1000)
  - Emergency admissions in under 5s (Crude rate per 1000)
  - GCSE Achievement (6<sup>th</sup> highest of the 13 Dorset Localities).
- 3.2 Whilst Dorset West is similar to England average for *A&E attendances in under 5s* (crude rate per 1000) there is variation across the 5 areas within the Locality. As we see in Figure 1 (over-page):
  - Dorset West has the 2<sup>nd</sup> highest rate of the 13 Dorset Localities;
  - *Bridport North & Bradpole, and Bridport Environs both have significantly higher rates than the England average.*
- 3.3 Whilst *Emergency admissions in under 5s (Crude rate per 1000)* at the Locality level is similar to the England average and the Locality has the 3<sup>rd</sup> lowest rate of the 13 Dorset Localities, within the Locality *Beaminster, Environs Halstock & Maiden Newton is significantly higher than England.*
- 3.4 Child poverty in Dorset West is lower than the England average, with four areas of the five being significantly lower than the England average and Bridport South Bothenhampton & West Bay being similar and in the top 30% of areas across Dorset.
- 3.5 The percentage of '*children reaching a good level of development at 5 years*' is significantly better than the England average for Dorset West overall, with the Locality mid range amongst the 13 Dorset Localities (7<sup>th</sup> highest). Within the Locality, four of the five areas are similar to England with Beaminster, Environs Halstock & Maiden Newton significantly better than England and amongst the highest 30% of areas across Dorset, see Figure 1 over-page.

Figure 1: Child Development at age 5 (%) in Dorset West



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 03/02/2020

3.6 At the Locality level, Dorset West is significantly worse than the England average for a number of hospital admissions indicators:

- Admissions for injuries in under 5s (Crude rate/100,000 aged 0-4) (the Locality is 2<sup>nd</sup> highest amongst the 13 Dorset Localities with Bridport South Bothenhampton & West Bay (amongst the highest 10% of areas across Dorset), and Beaminster, Environs Halstock & Maiden Newton being significantly higher than England);
- Admissions for injuries in under 15s (Crude rate/100,000 aged 0-14), (the Locality is 3<sup>rd</sup> highest amongst the 13 Dorset Localities with Bridport South Bothenhampton & West Bay (amongst the highest 10% of areas across Dorset), and Beaminster, Environs Halstock & Maiden Newton (amongst the highest 20% of areas across Dorset) both being significantly higher than England);
- Admissions for injuries in 15 - 24 year olds (Crude rate per 10,000), (the Locality is 5<sup>th</sup> highest amongst the 13 Dorset Localities with Bridport South Bothenhampton & West Bay (amongst the highest 10% of areas across Dorset), and Beaminster, Environs Halstock & Maiden Newton (amongst the highest 50% of areas across Dorset) both being significantly higher than England).

3.7 Childhood Immunisation Rates for MMR Dose 2 (percentage of children immunised by 5 years old) in Dorset West are at or above the target level of 95% in five of the seven practices. The range in 2018/19 was from a low of 92% in Charmouth Littlehurst Surgery to 100% in Barton

House Medical Practice, Lyme Bay Medical Practice and Lyme Regis Medical Centre. All seven practices recorded considerable increases in 2018/19 from the previous year<sup>5</sup>.

### ***Living well – the adult and working years indicators***

- 3.8 The *percentage of the working age claiming out of work benefits* is significantly better for Dorset West Locality (and the five areas that comprise the Locality) than England and joint 2<sup>nd</sup> lowest across the 13 Localities in Dorset.
- 3.9 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.
- 3.10 THIS SECTION IS A WORK IN PROGRESS AND WILL BE UPDATED

### **[P11] *Ageing well - the later working and retirement years indicators***

- 3.11 At the Locality level, Dorset West has a significantly better (lower) score for older people in deprivation (indicator 4.1) than England. This is reflected in significantly lower levels in each of the five areas that make up the Locality.
- 3.12 At the Locality level, Dorset West is significantly lower than the England average for the percentage of people aged 65 and over living alone and is joint 5<sup>th</sup> lowest amongst the 13 Dorset Localities. Two of the five areas within the Locality are similar to the England overall percentage with 3 being significantly better. The percentage ranges from 26.4% in Bridport Environs to 33.3% in Bridport North & Bradpole.
- 3.13 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.
- 3.14 At the locality level, Emergency hospital admissions for hip fracture in persons 65 years and over (indicator 4.3) in Dorset West is significantly lower than the England average with the Locality ranking 2<sup>nd</sup> lowest of the 13 Dorset Localities.
- 3.15 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.

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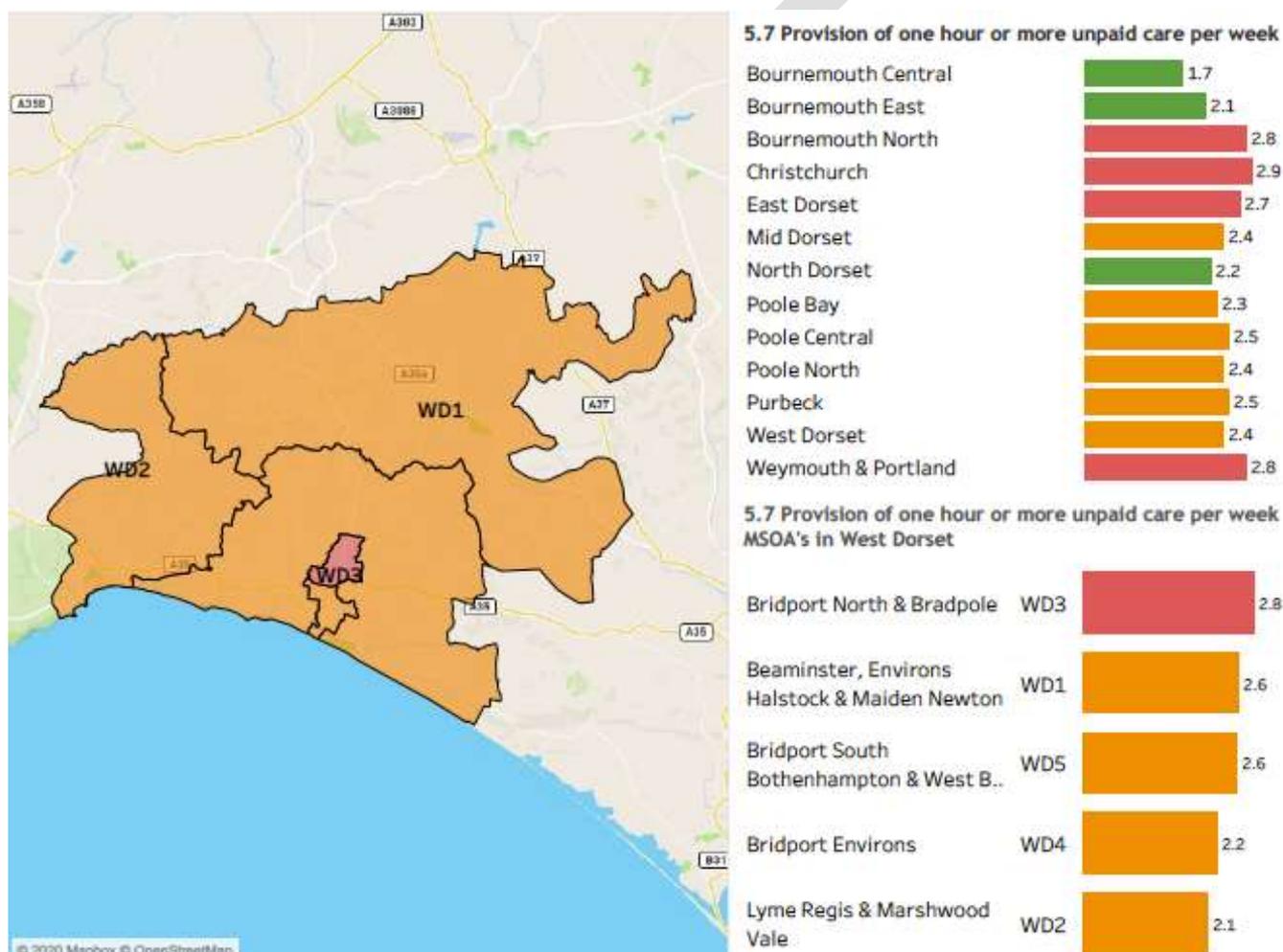
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<https://public.tableau.com/profile/public.health.dorset#!/vizhome/ChildImmunisationatPracticeLevel201819/TrendanalysisbyLocality> last accessed 03/02/2020

### Healthy places

- 3.16 The income deprivation (indicator 5.2) in Dorset West is better (lower) than the England average, the Locality has the sixth lowest percentage of people living in income-deprived households of the 13 Dorset Localities. All five areas within the Locality are significantly lower than the England average.
- 3.17 The proportion of people in Dorset West providing at least an hour of unpaid care per week is similar to the England average with the Locality jointly 5<sup>th</sup> lowest of the 13 Dorset Localities. Within the Locality, this percentage is significantly higher than the England average in Bridport North & Bradpole (see Figure 2 below).
- 3.18 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.

Figure 2: Prpoption of people in Dorset West providing at least an hour a week of unaid care



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 03/02/2020

**Themes to consider for locality initiatives:**

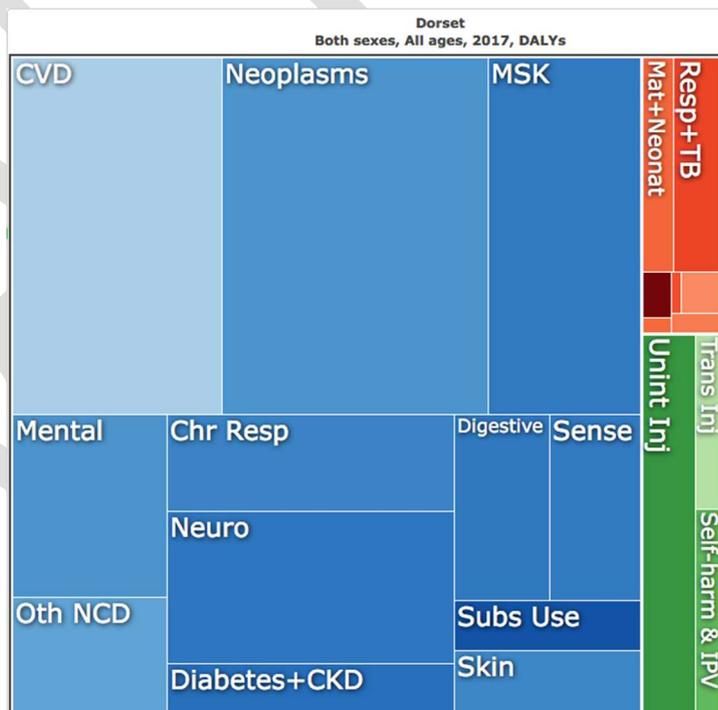
1. Dorset West has the 2<sup>nd</sup> highest rate of A&E attendances in under 5s (crude rate per 1000) across the 13 Dorset Localities with Bridport North & Bradpole, and Bridport Environs both having significantly higher rates than England
2. Emergency admissions in under 5s (Crude rate per 1000) is highest within the Locality in Beaminster, Environs Halstock & Maiden Newton
3. Admissions for injuries in children and young people (up to 24 years) is significantly higher than England for the Locality, with Bridport South Bothenhampton & West, and Beaminster, Environs Halstock & Maiden Newton being the highest areas
4. The proportion of people in Dorset West providing at least an hour of unpaid care per week is significantly higher than the England average in Bridport North & Bradpole.

## 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 health<sup>6</sup>. 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 Dorset County Council area (2017) are as follows:

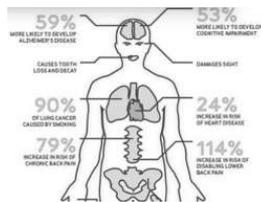
- Cancers & benign tumours (20%);
- Cardiovascular diseases (CVD) (16%);
- Musculoskeletal disorders (MSK) (12%);
- Neurological disorders (9%);
- Mental Health (6%); and
- Chronic respiratory disease (6%)<sup>7</sup>.

<sup>6</sup> [https://www.who.int/healthinfo/global\\_burden\\_disease/about/en/](https://www.who.int/healthinfo/global_burden_disease/about/en/) last accessed 3<sup>rd</sup> December 2019

<sup>7</sup> Source: <https://vizhub.healthdata.org/gbd-compare/> last accessed 5<sup>th</sup> December 2019, figures for each cause are the percentage of total disability adjusted life years (lost) (DALYs) in Dorset County Council area (2017)

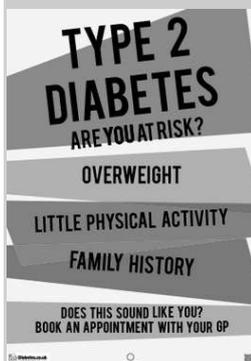
4.4 In this section we consider the above GBD causes using a combination of the Local Health indicators and GP practice profile data. The GP practice profiles data from PHE fingertips relates to periods during which there were 7 practices in the Dorset West Locality.

### Key findings



**Smoking prevalence** is relatively low in the Locality but varies from 8.5% in Charmouth Littlehurst Surgery to **16.3% in Bridport Medical Centre**

**1 in 5** reported having a **limiting long term illness or disability**, at 21.7% this is higher than England and the 2<sup>nd</sup> highest of the 13 Dorset Localities. **LTLI is significantly higher across all five areas in the Locality**



**Blood pressure control** is better than England and Dorset averages for The Tollerford Practice/Tunnel Road, **but lower in Portesham Surgery and Bridport Medical Centre**

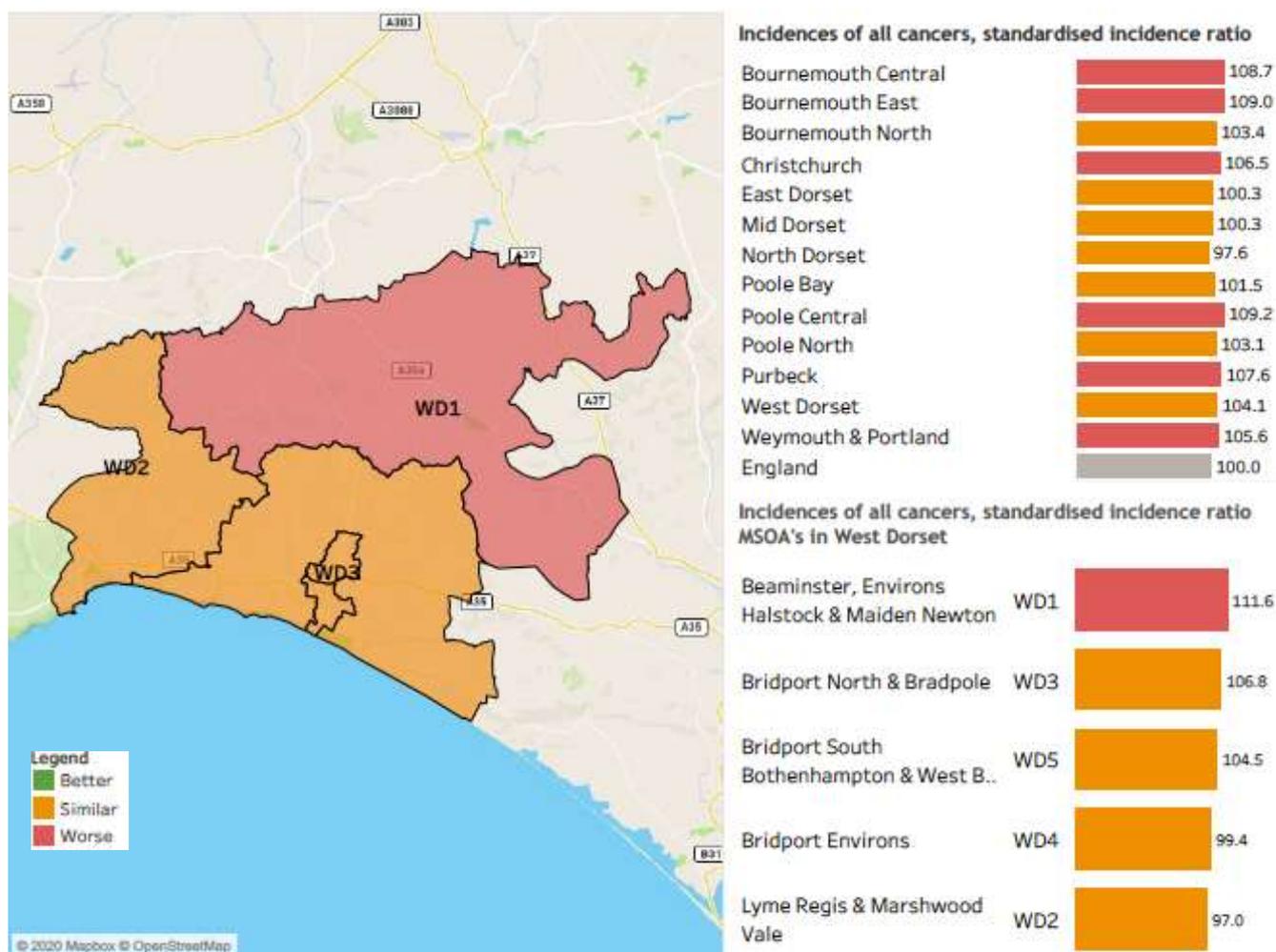
Dorset West Locality level **Emergency admissions for COPD** are significantly better (lower) than the England average; the Locality has the lowest level of the 13 Dorset Localities



### Cancers and benign tumours

- 4.5 When cells divide and grow excessively; they can be benign (not cancerous) or malignant (cancerous).
- 4.6 Figure 3 (over-page) shows similar to England levels of *expected new cancer cases* for the Dorset West Locality and within the locality, significantly higher than expected<sup>8</sup> levels of new cancers in *Beaminster, Environs Halstock & Maiden Newton*.

<sup>8</sup> Comparing actuals to the number that would be expected if the area had the same age-sex specific rates as England overall

Figure 3: New cases of cancers, standardised incidence ratio 2012-16<sup>9</sup>

Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 03/02/2020

- 4.7 The category of cancers comprises a wide range of cancers with the largest three being:
- Lung cancer (3.5% of Dorset total all cause DALYs)
  - Colon and rectum cancer (2%)
  - Breast cancer (2%).
- 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 UK<sup>10</sup>.
- 4.9 Smoking prevalence in six of the seven practices in Dorset West is consistently significantly lower than the England average; the sixth being similar. See figure 4 over-page.
- 4.10 The percentage varies from 8.5% in Charmouth Littlehurst Surgery to 16.3% in Bridport Medical Centre (2017/18 data).

<sup>9</sup> 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>

<sup>10</sup> <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/how-does-smoking-cause-cancer> last accessed 5th December 2019

Figure 4: Percentage of general practice registered patients 15 years and over recorded as current smokers

## Smoking Prevalance (15+) Trends in Dorset West



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPracticeSmokingprevalence201718/SmokingPrevalance15> last accessed 03/02/2020

- 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 Dorset are attributable to coronary heart disease (7% of the Dorset total all cause DALYs) and stroke (4%).

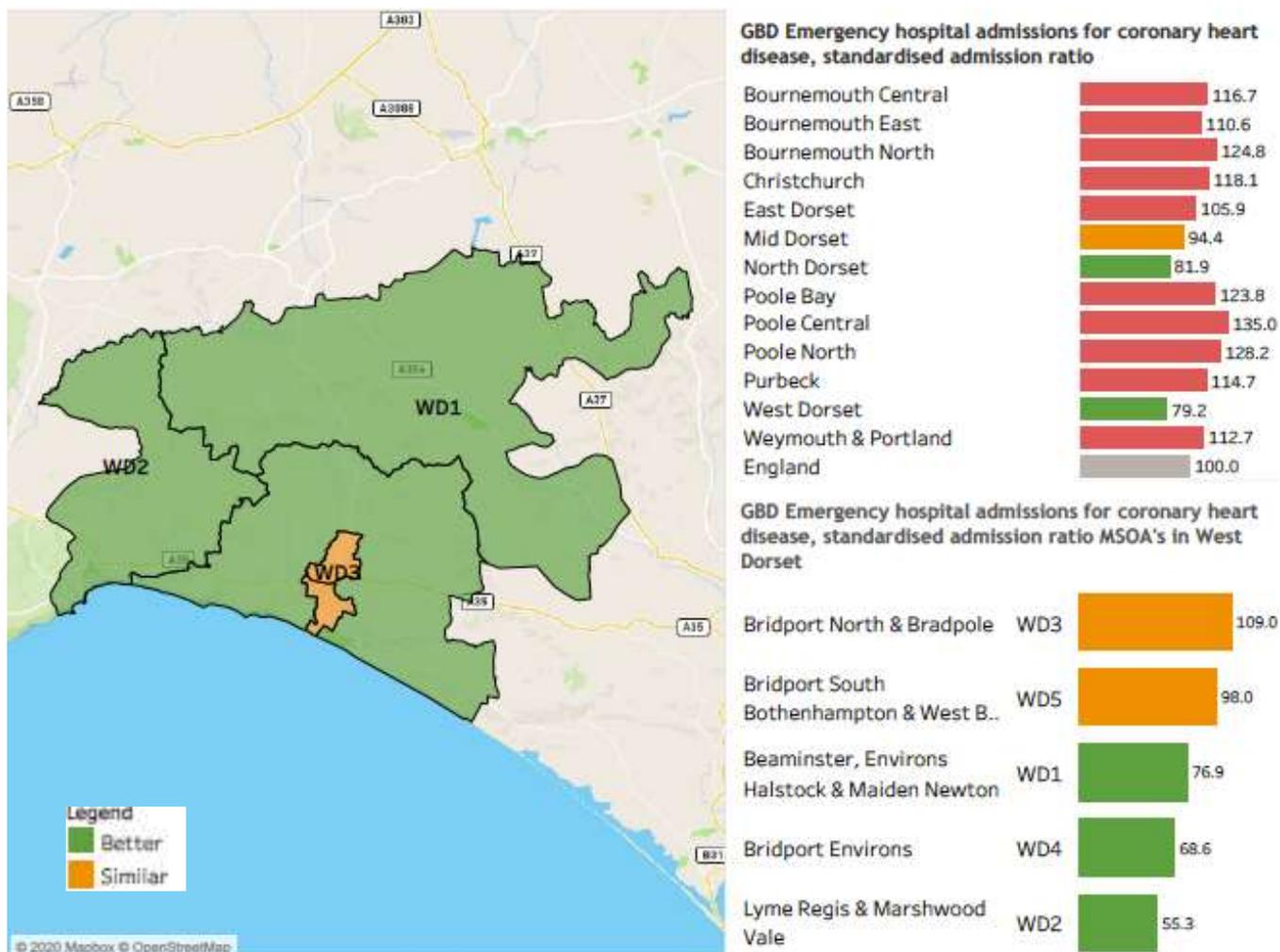
#### Coronary heart disease

- 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 Dorset West Locality level, Emergency admissions for CHD are significantly lower than expected compared with the England average with the Locality having the lowest ratio of the 13 Dorset Localities.
- 4.18 As we see from Figure 5 over-page, admissions are significantly lower in:

- Beaminster, Environs Halstock & Maiden Newton;
- Bridport Environs; and
- Lyme Regis & Marshwood Vale.

4.19 The ratios for the three areas above are in the lowest 10% of areas across Dorset.

Figure 5: Emergency admissions for CHD, 2013/14 – 2017/18<sup>11</sup>



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 03/02/2020

**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.**

well cerebrovascular diseases (CVD) such as stroke are being managed.

4.20 Emergency admissions for Stroke can give an indication as to how

4.21 At the Dorset West Locality level, Emergency admissions for Stroke are similar to the England average, with the Locality having the 3<sup>rd</sup> lowest ratio of the 13 Dorset Localities.

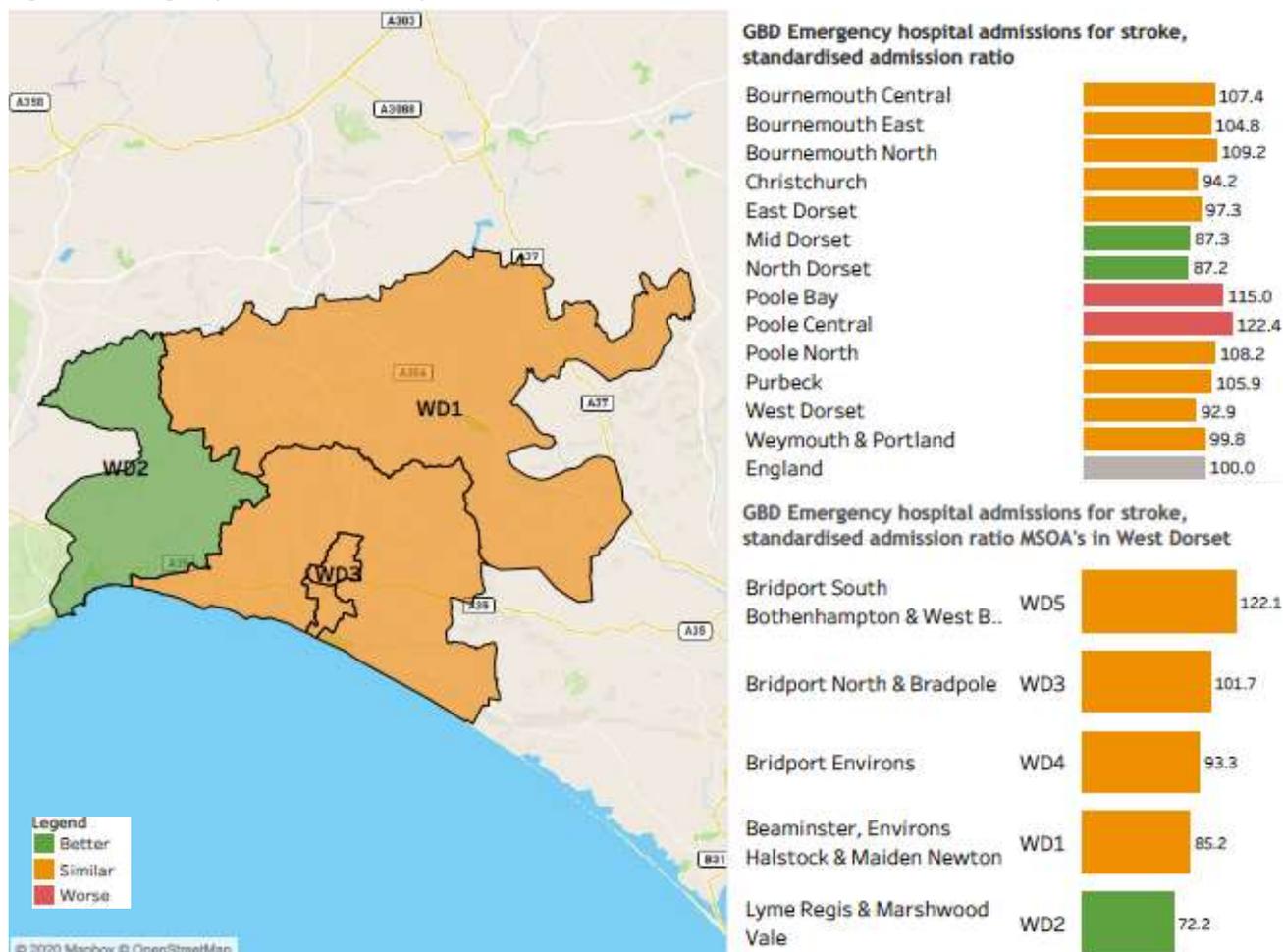
4.22 Emergency admissions for stroke are similar in the four of the five areas of the Locality to the England

<sup>11</sup> 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>

average, the fifth (Lyme Regis & Marshwood Vale being significantly better and amongst

the lowest 10% of areas across Dorset (see Figure 6). Logo here

Figure 6: Emergency admissions to hospital for stroke, 2013/14 – 2017/18<sup>12</sup>



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 03/02/2020

<sup>12</sup> 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>

- 4.23 The main risk factors for CVD<sup>13</sup> are:
- High blood pressure
  - Smoking
  - High cholesterol
  - Diabetes and
  - Inactivity.
- 4.24 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.
- 4.25 In the next section we examine how well diabetes is being managed in the Locality.

### ***Diabetes management***

- 4.26 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.
- 4.27 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.
- 4.28 In Dorset West Locality the prevalence of diabetes has increased in line with national trends. Levels across the 7 practices are similar to or significantly lower (Barton House Medical Practice and Lyme Regis Medical Centre) than those for England overall.
- 4.29 *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 care<sup>14</sup>. This measure shows *decreases (Figure 7) in three of the seven Dorset West practices over the last 5 years.*
- 4.30 The most recent data (2017/18) shows the percentages of newly diagnosed diabetic patients referred to a structured educational programme within 9 months of entry onto the register is:
- Similar to England and Dorset averages for four of the seven practices;
  - Significantly higher for two practices, both achieving 100%:
    - Charmouth Littlehurst Surgery; and
    - Portesham Surgery
  - *Significantly lower for the Lyme Regis Medical Centre.*

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

<sup>14</sup> <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 17<sup>th</sup> December 2019

Figure 7: Percentage of newly diagnosed diabetic patients referred to structured education programme within 9 months of entry onto diabetes register



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 03/02/2020

- 4.31 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-effect<sup>15</sup>.
- 4.32 It has been suggested that patients noted as exceptions may not be receiving routine care and hence are more likely to have poorer outcomes<sup>16</sup>; alternative approaches should be used to engage those patients who do not attend medical check-ups.
- 4.33 *Lyme Regis Medical Centre, Bridport Medical Centre and Lyme Bay Medical Centre have all recorded significantly diabetes exception rates than the England average over the last four years<sup>17</sup>.*
- 4.34 Sugar control across the Dorset West practices is generally similar to that for England and Dorset.

<sup>15</sup> <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

<sup>16</sup> <https://www.hsj.co.uk/comment/time-to-scrap-gp-exception-reporting/5023669.article> last accessed 10 October 2019

<sup>17</sup> <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 03/02/2020

4.35 *Blood pressure control for Dorset West Diabetics is significantly higher than England and Dorset averages for The Tollerford Practice/Tunnel Road, but significantly lower in Portesham Surgery and Bridport Medical Centre (2017/18 data), see Figure 8 below)*<sup>18</sup>.

Figure 8: Percentage of diabetic patients achieving blood pressure control in Dorset West Locality



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 03/02/2020

4.36 People with diabetes and high blood pressure are more at risk of having a heart attack or stroke<sup>19</sup>. The *percentage of patients with established hypertension, as recorded on practice disease registers (proportion of total list size), is consistently significantly higher in the Dorset West practices than the England average.*

<sup>18</sup> <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 23/01/2020

<sup>19</sup> <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/blood-pressure> last accessed 12 October 2019

## Musculoskeletal disorders

4.37 Low back pain (6% of total Dorset DALYs) and neck pain (2%) comprise  $\frac{3}{4}$  of all musculoskeletal disorder DALYs.

4.38 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.

4.39 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).

4.40 *One in five people in Dorset West reported have a limiting long term illness or disability, at 21.7% this is significantly higher than the England average and the 2<sup>nd</sup> highest level across the 13 Dorset Localities. LTLI is significantly higher across all five areas in the Locality.*

### Musculoskeletal health: National picture



4.41 Keeping fit and active, and avoiding long periods of sedentary behaviour are key to maintaining good musculoskeletal health.

4.42 Livewell Dorset provides help and advice on becoming more active (<https://www.livewelldorset.co.uk/get-active/>).

4.43 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

4.44 Almost half of the DALYs arising from neurological disorders in Dorset are accounted for by Alzheimers and other dementias (5% of all cause DALYs in Dorset).

4.45 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 level<sup>20</sup>.

4.46 In keeping with national and Dorset wide trends, the prevalence of dementia recorded by Dorset West practices has increased over recent years.

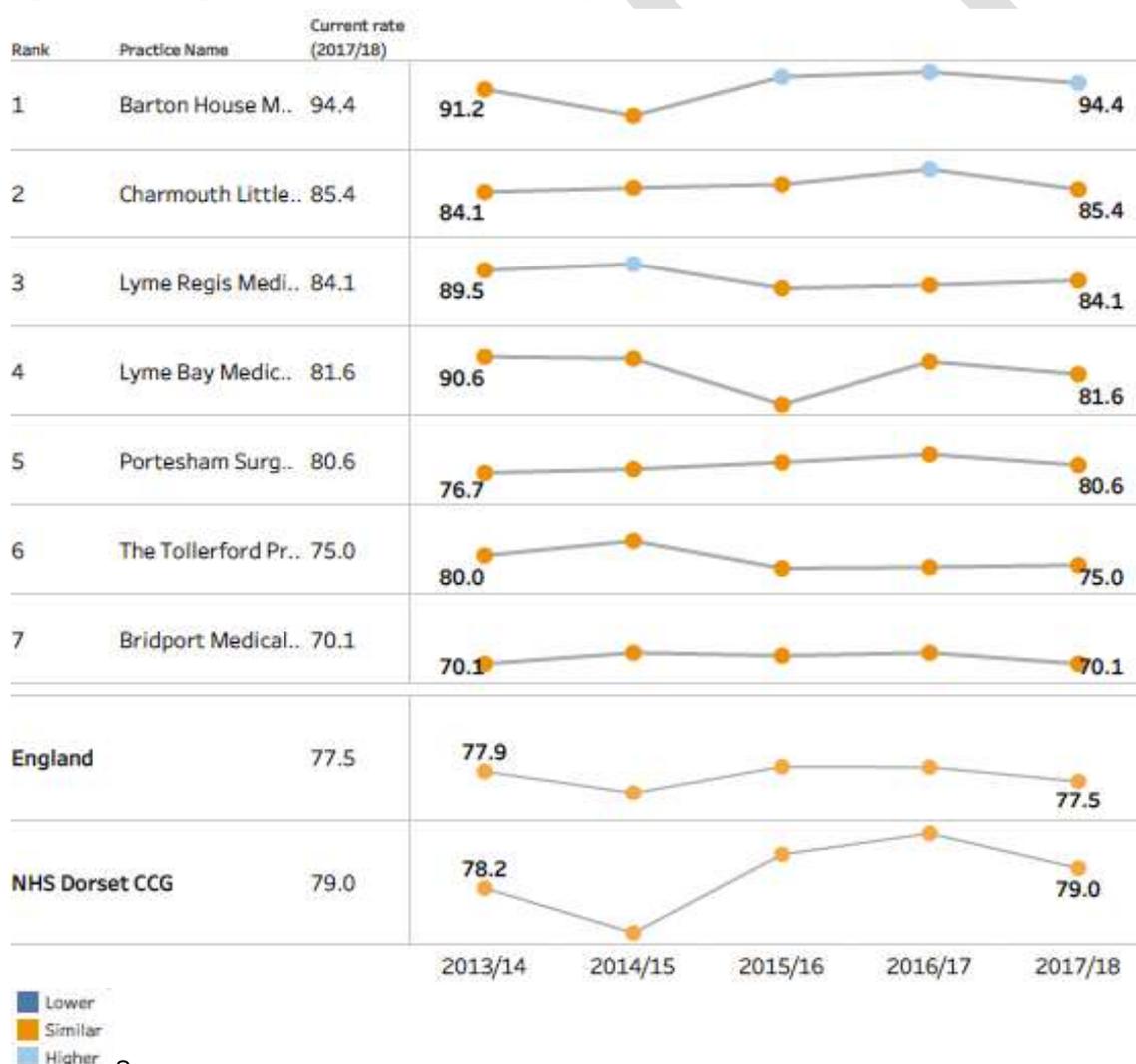
4.47 *Charmouth Littlehurst Surgery and Lyme Bay Medical Centre both have recorded significantly higher levels of dementia than the England and Dorset averages. For the former, for the last 5 years; the latter the last 3 years.*

4.48 There is variation across the Dorset West practices in terms of the percentage of dementia patients with a care plan reviewed in the past 12 months.

4.49 In the following chart (Figure 9) we can see that:

- Proportions have increased in 3 of the 7 practices
- The percentage varies from 70% in Bridport Medical Centre to 94% in Barton House Medical Practice.

Figure 9 Percentage of dementia patients with a care plan reviewed in the previous 12 months



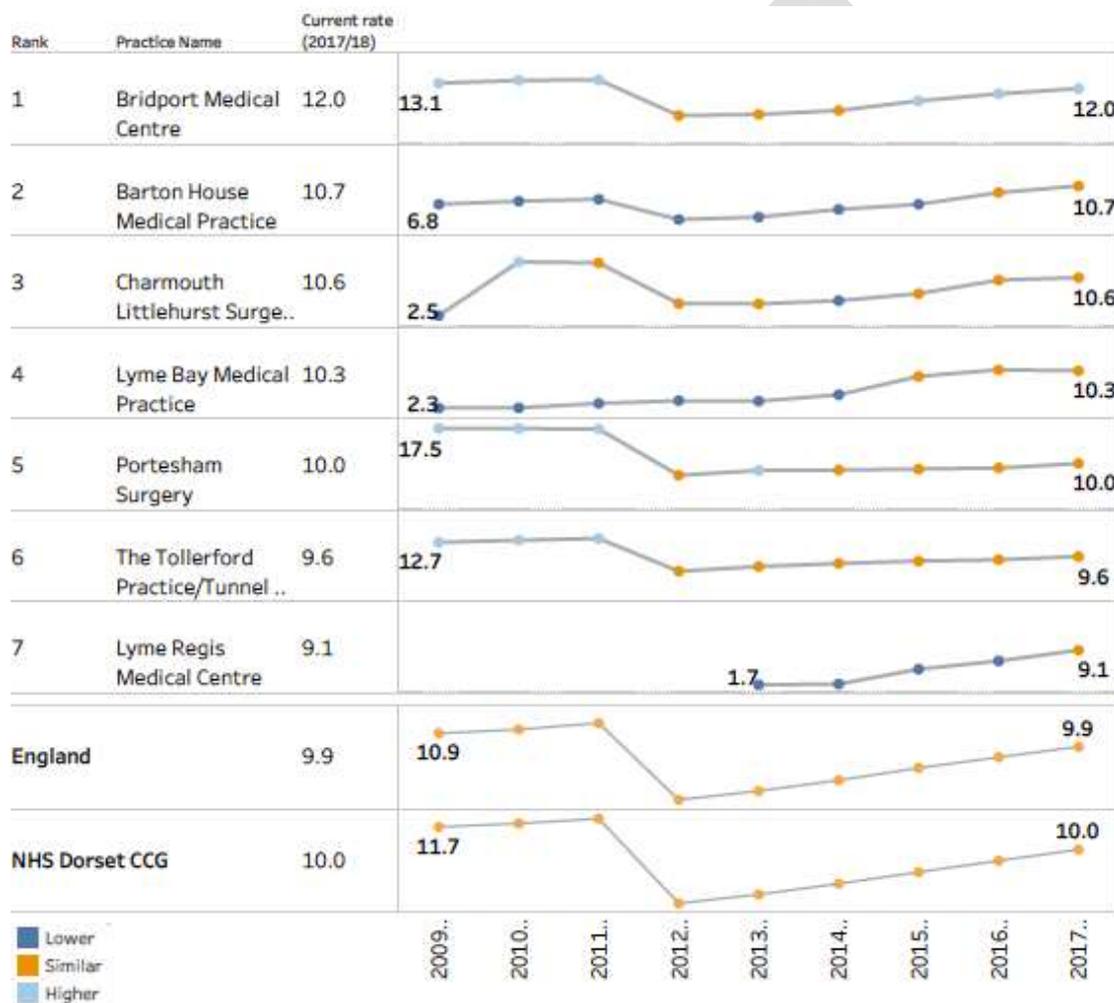
Source:

<https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 03/02/2020

<sup>20</sup> <https://www.nhs.uk/conditions/dementia/dementia-prevention/> last accessed 17<sup>th</sup> December 2019

- 4.50 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’<sup>21</sup>.
- 4.51 Exception rates in Dorset West practices are consistently similar to, or lower than, the England average. The rate varies in Dorset West from 0% in Lyme Bay Medical Practice to 15% in Bridport Medical Centre<sup>22</sup>.
- 4.52 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 progression<sup>23</sup>.
- 4.53 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 Dorset West practices, broadly in line with regional and national trends.
- 4.54 There is variation within the Locality, from 9% in Lyme Regis Medical Centre (similar to England) to 12% in *Bridport Medical Centre (significantly higher than England)*..

Figure 10: 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 03/02/2020

<sup>21</sup> <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

<sup>22</sup> <https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 5<sup>th</sup> December 2019

<sup>23</sup> <https://www.nice.org.uk/guidance/ng16> last accessed 17th December 2019

## ***Chronic respiratory diseases***

- 4.55 The largest disease in this category is chronic obstructive pulmonary disease (COPD) which accounts for 70% of chronic respiratory diseases (4.2% of all causes DALYs for Dorset).

### ***Chronic obstructive pulmonary disease (COPD)***

- 4.56 Nationally, 3,000,000 people are estimated to have COPD, of which only 1/3 are diagnosed.
- 4.57 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.
- 4.58 At the Dorset West Locality level, Emergency admissions for COPD are significantly better (lower) than the England average; the Locality is lowest of the 13 Dorset Localities.
- 4.59 Lung cancer is closely associated with COPD. The incidence of lung cancer is significantly better (lower) in Dorset West (compared with England) with no areas within the locality showing significantly higher rates than the England average<sup>24</sup>.
- 4.60 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 Dorset West.
- 4.61 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/>)

#### **Themes to consider for locality initiatives:**

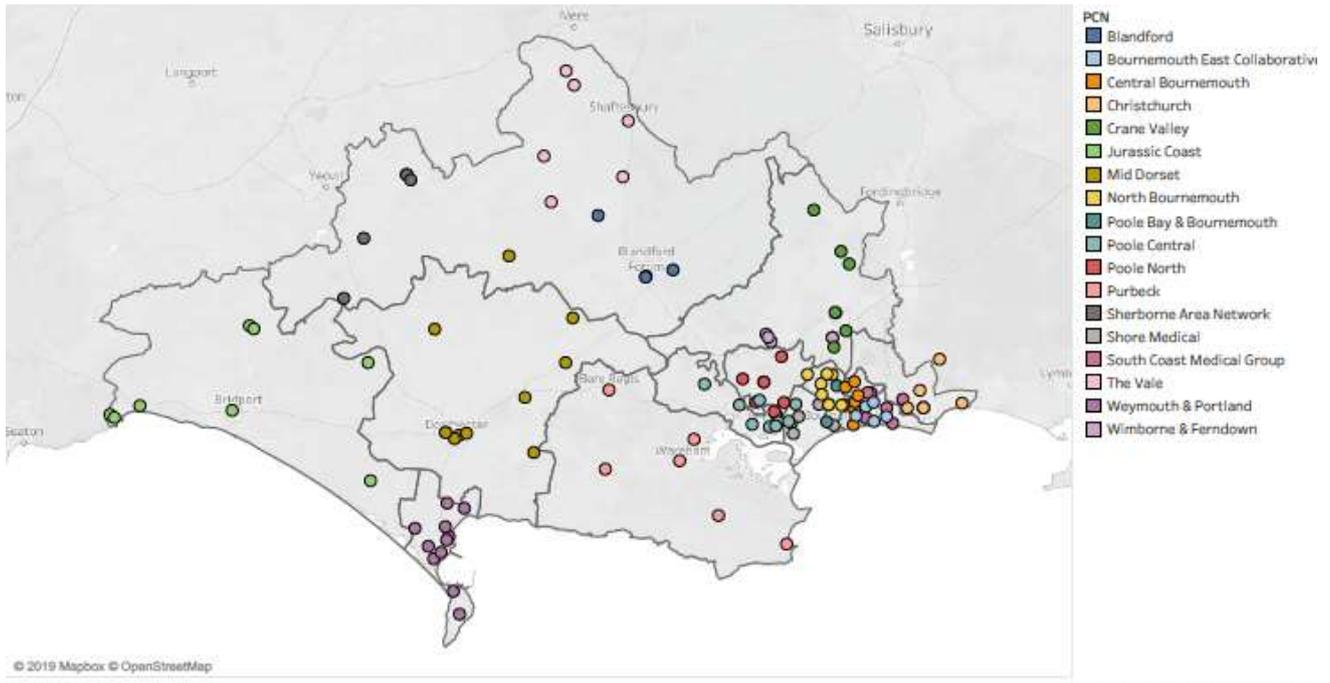
1. Smoking prevalence varies from 8.5% in Charmouth Littlehurst Surgery to 16.3% in Bridport Medical Centre (2017/18 data).
2. Blood pressure control is significantly higher than England and Dorset averages for The Tollerford Practice/Tunnel Road, but lower in Portesham Surgery and Bridport Medical Centre
3. One in five people in Dorset West reported have a limiting long term illness or disability, at 21.7% this is significantly higher than the England average and the 2<sup>nd</sup> highest level across the 13 Dorset Localities. LTLI is significantly higher across all five areas in the Locality
4. At the Dorset West Locality level, Emergency admissions for COPD are significantly better (lower) than the England average; the Locality has the lowest level of the 13 Dorset Localities

#### **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

<sup>24</sup> <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



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## CCG Locality Boundaries based on MSOAs

