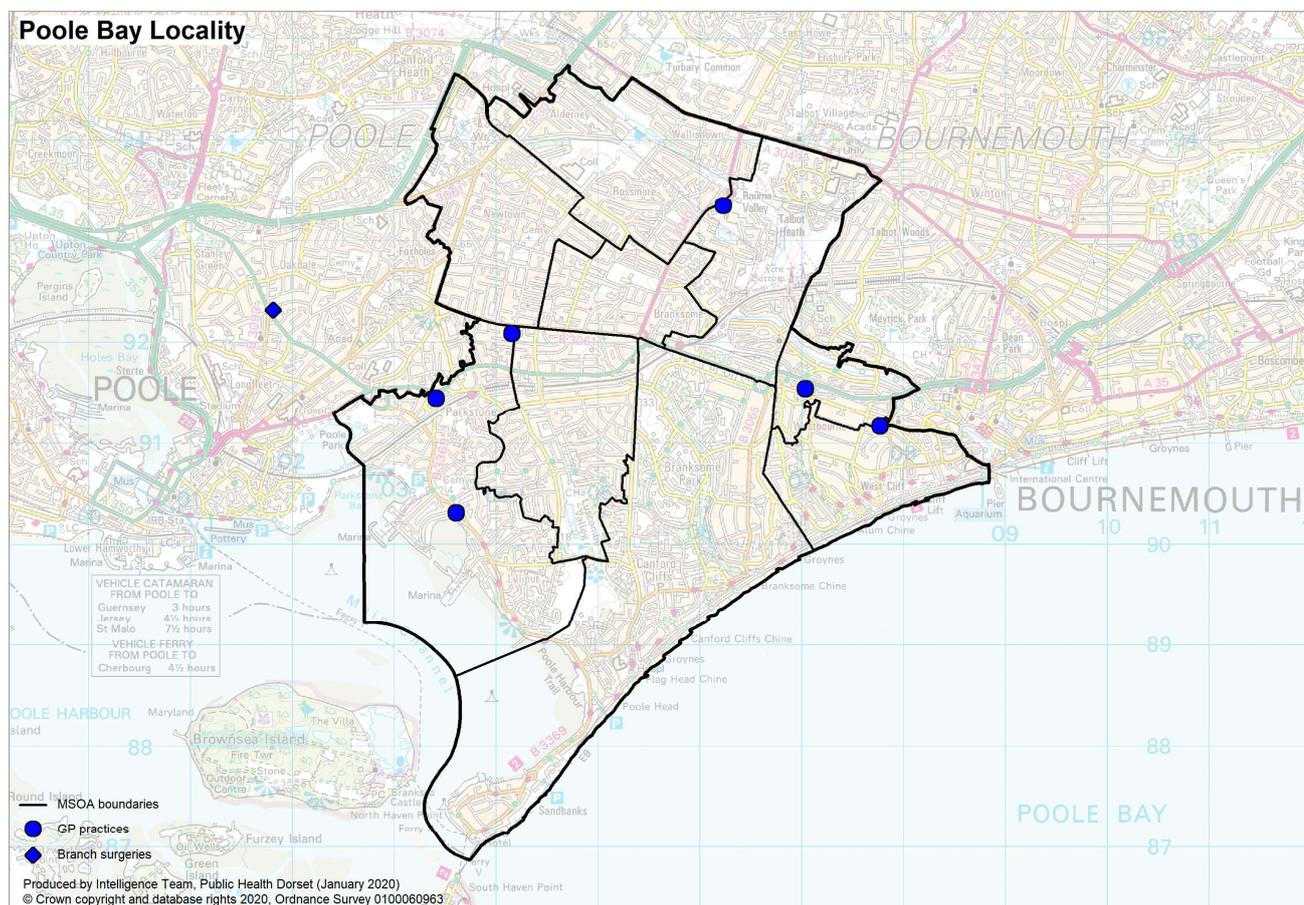


# Poole Bay Locality profile narrative 2020 template

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;

<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.

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

## 2. Locality basics – geography and demography

- 2.1 The population of Poole Bay is approximately 77,200 (ONS 2017 Mid-Year Estimates), this being 4<sup>th</sup> largest of the 13 Dorset Localities.
- 2.2 The Poole Bay Locality is made up of nine areas (MSOAs). The Locality is coterminous with the area covered by the Poole Bay Primary Care Network (PCN), this is shown in the map on the rear page of this document.
- 2.3 Poole Bay population profile is marginally younger than Dorset overall, which is older than that for England.
- 2.4 The age-sex structure of Poole Bay is characterised by:
- Fewer (smaller proportion of total) males and females than the Dorset average amongst children and young people (10 – 14 years, 15 – 19 years and to a lesser extent 20 – 24 years);
  - More males and females (greater proportion of total) than the Dorset average amongst younger adults and the middle aged (from 25 through to 44 years) and for males in the 45 – 49 years age band; and
  - Fewer (smaller proportion of total) of males and females than the Dorset average in the older population (50 years through to 75 – 79 years age group)
  - Slightly more females aged 80 and above than the Dorset average<sup>3</sup>.
- 2.5 The areas that make up the Locality range in population from 6,016 in Westbourne (the smallest) to 10,839 in Newtown<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



Whilst **child poverty** in Poole Bay is lower than the England average, the Locality is 5<sup>th</sup> highest of the 13 localities across Dorset, and significantly **higher levels are found in Alderney and Newtown**.



**Emergency admissions in under 5s** rate is 2<sup>nd</sup> highest across the 13 Dorset Localities, with **7 out of the 9 areas** within the Locality being significantly higher than England. **Alderney** is amongst the highest 10% of areas across Dorset

Poole Bay is higher than England **for people aged 65 and over living alone** and is the 2<sup>nd</sup> highest of 13 Dorset Localities. Highest levels are in: Newtown, Parkstone, West Cliff and Branksome East.

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

- **Newtown;**
- **Westbourne; and**
- **Alderney**



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

3.1 At the Locality level, Poole Bay is similar to England averages for:

- Low birthweight babies;
- Child Development at 5 years; and
- GCSE Achievement.

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

- The *percentage of births that are of low weight is significantly higher in Westbourne* than the England average and both Westbourne and Canford Cliffs are in the top 10% of areas across Dorset
- *Poole Bay is the 4<sup>th</sup> third lowest of the 13 Dorset Localities for child development at age 5 and within the Locality Alderney is within the bottom (worse) 10% of areas across Dorset.*

3.3 Poole Bay has the 5<sup>th</sup> lowest GCSE achievement of the 13 Dorset Localities (see Figure 1 over-page). Within the Locality achievement ranges from:

- A low of 44% in Alderney (significantly worse than England average and amongst the worse 10% of areas in Dorset); to
- 80% in West Cliff (significantly better than England average and amongst the top 10% of areas in Dorset).

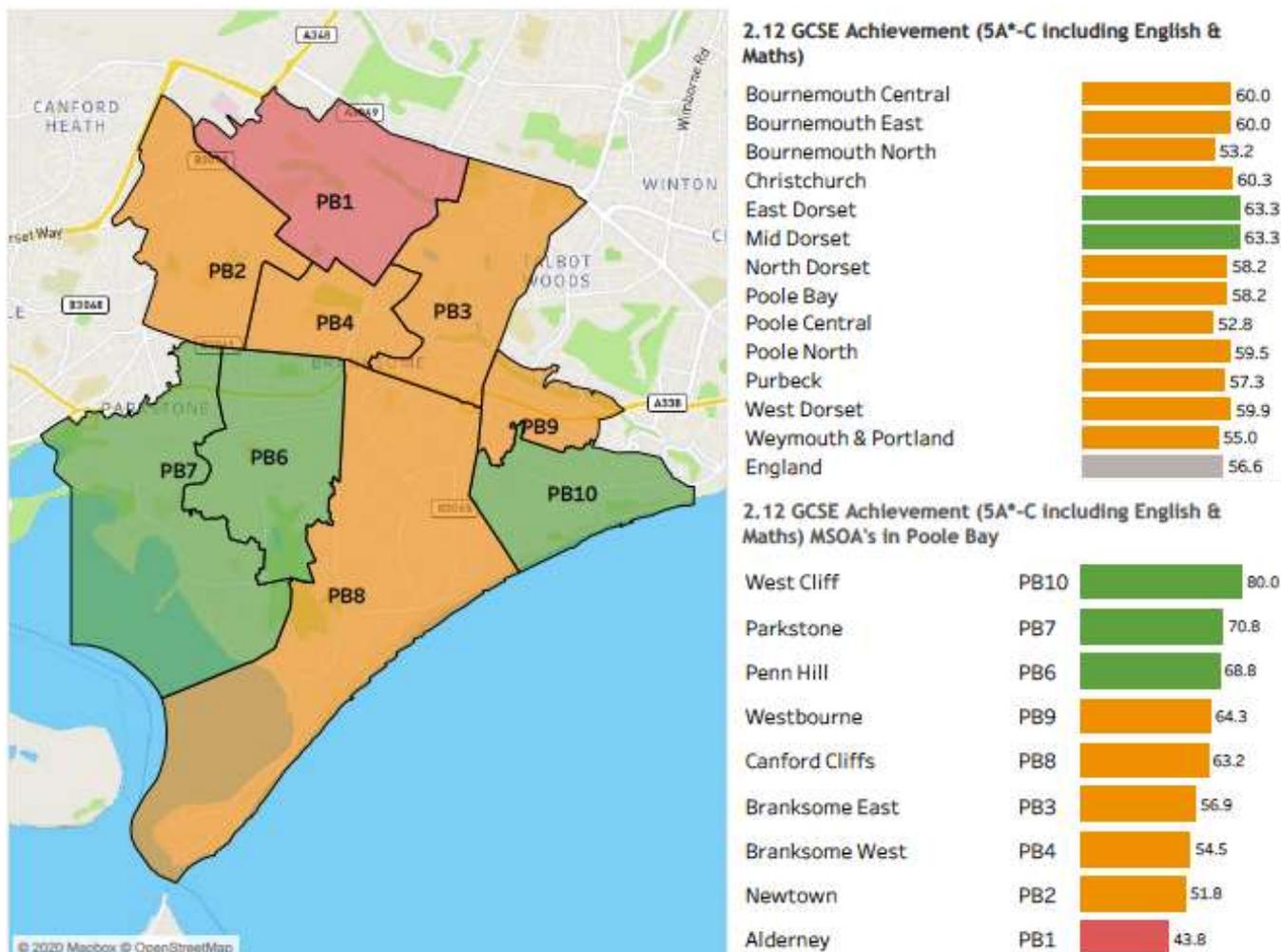


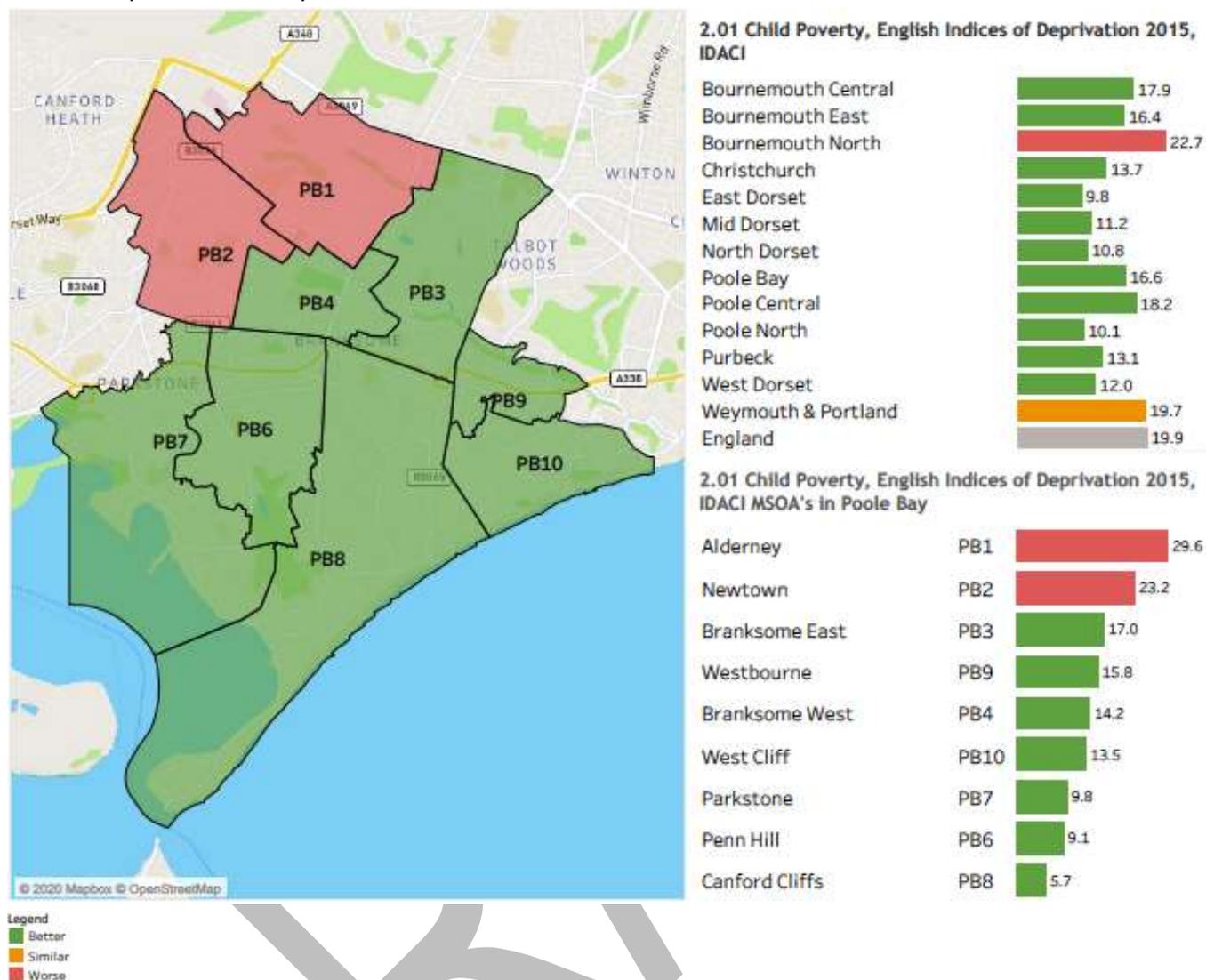
Figure 1: GCSE Achievement (5 A\*-C including English and Maths), Poole Bay

Legend  
■ Better  
■ Similar  
■ Worse

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

- 3.4 Whilst child poverty in Poole Bay is lower than the England average, the Locality is 5<sup>th</sup> highest of the 13 localities across Dorset.
- 3.5 As shown in Figure 2 over-page, *the percentage of children living in income deprived families is significantly higher than the England average in:*
- Alderney (amongst the top 10% of areas across Dorset); and
  - Newtown.

Figure 2: Child Poverty in Poole Bay, 2015 English Indices of Deprivation IDACI (percentage of children aged 0–15 years living in income deprived households)



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

- 3.6 At the Locality level, whilst Poole Bay is significantly better (lower) than the England average for A&E attendances in under 5s (Crude rate per 1000).
- 3.7 At the Locality level, *Poole Bay is significantly worse than the England average for a number of hospital admissions indicators:*
- *Emergency admissions in under 5s (Crude rate per 1000) (2<sup>nd</sup> highest across the 13 Dorset Localities, with 7 out of the 9 areas within the Locality being significantly higher than England and Alderney being amongst the highest 10% of areas across Dorset)*
  - *Admissions for injuries in under 5s (Crude rate/100,000 aged 0-4) (Poole Bay being the 5<sup>th</sup> highest across the 13 Dorset Localities, with Alderney and Penn Hill being significantly higher than England and Alderney being amongst the highest 10% of areas across Dorset)*
  - *Admissions for injuries in under 15s (Crude rate/100,000 aged 0-14), (Poole Bay being 4<sup>th</sup> highest across the 13 Dorset Localities, with Alderney and Branksome East being significantly higher than England and both amongst the highest 10% of areas across Dorset)*
  - *Admissions for injuries in 15 - 24 year olds (Crude rate per 10,000), (Poole Bay being 2<sup>nd</sup> highest across the 13 Dorset Localities, with 6 out of the 9 areas within the Locality being significantly higher than England and Alderney, Newtown and West Cliff being amongst the highest 10% of areas across Dorset).*

- 3.8 Childhood Immunisation Rates for MMR Dose 2 (percentage of children immunised by 5 years old) in Poole Bay are near or at the target level of 95% in five of the six practices, ranging in 2018/19 from a low of 75% in Poole Road Medical Centre to 95% in Heatherview Medical Centre. All six practices recorded considerable increases in 2018/19 from the previous year<sup>5</sup>.

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

- 3.9 The *percentage of the working age claiming out of work benefits* is significantly better for Poole Bay with the Locality being 6<sup>th</sup> highest of the 13 Localities in Dorset. The areas range from a low of 0.5% in Canford Cliff to 1.7% in Westbourne.
- 3.10 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.
- 3.11 --- THIS SECTION IS A WORK IN PROGRESS AND WILL BE UPDATED ---

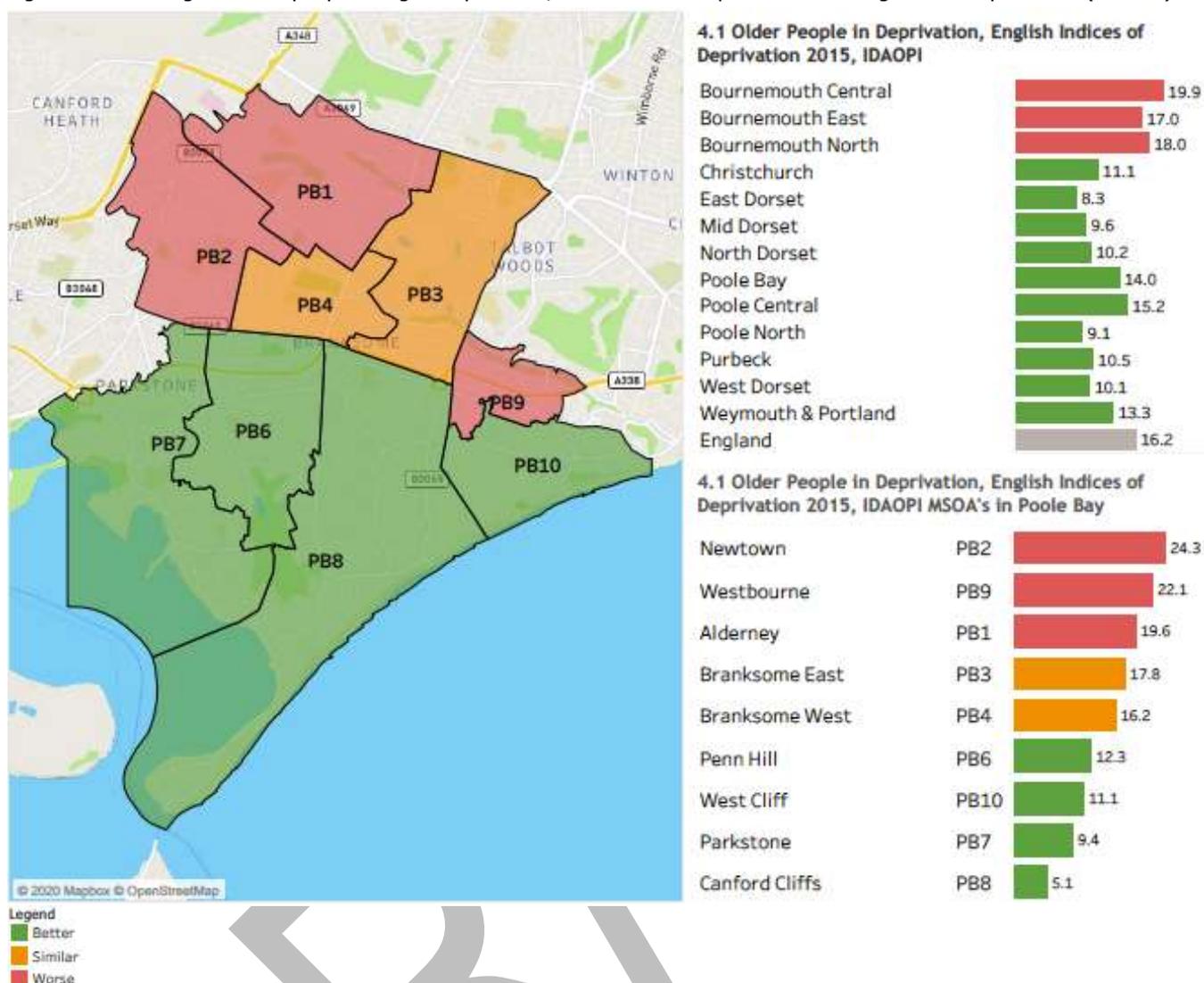
### ***Ageing well - the later working and retirement years indicators***

- 3.12 At the Locality level, Poole Bay has a significantly better (lower) score for *older people in deprivation* (indicator 4.1) than England. The Locality ranks 5<sup>th</sup> highest of the 13 Dorset Localities and there is considerable variation within the Locality, see Figure 3 over-page.
- 3.13 The percentage of older people living in deprivation is significantly higher than the England average in:
- Newtown (amongst the highest 10% of areas in Dorset);
  - Westbourne (amongst the highest 10% of areas in Dorset); and
  - Alderney (amongst the highest 20% of areas in Dorset).

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Figure 3: Percentage of older people living in deprivation, 2015 Income Deprivation Affecting Older People Index (IDAOP1)<sup>6</sup>

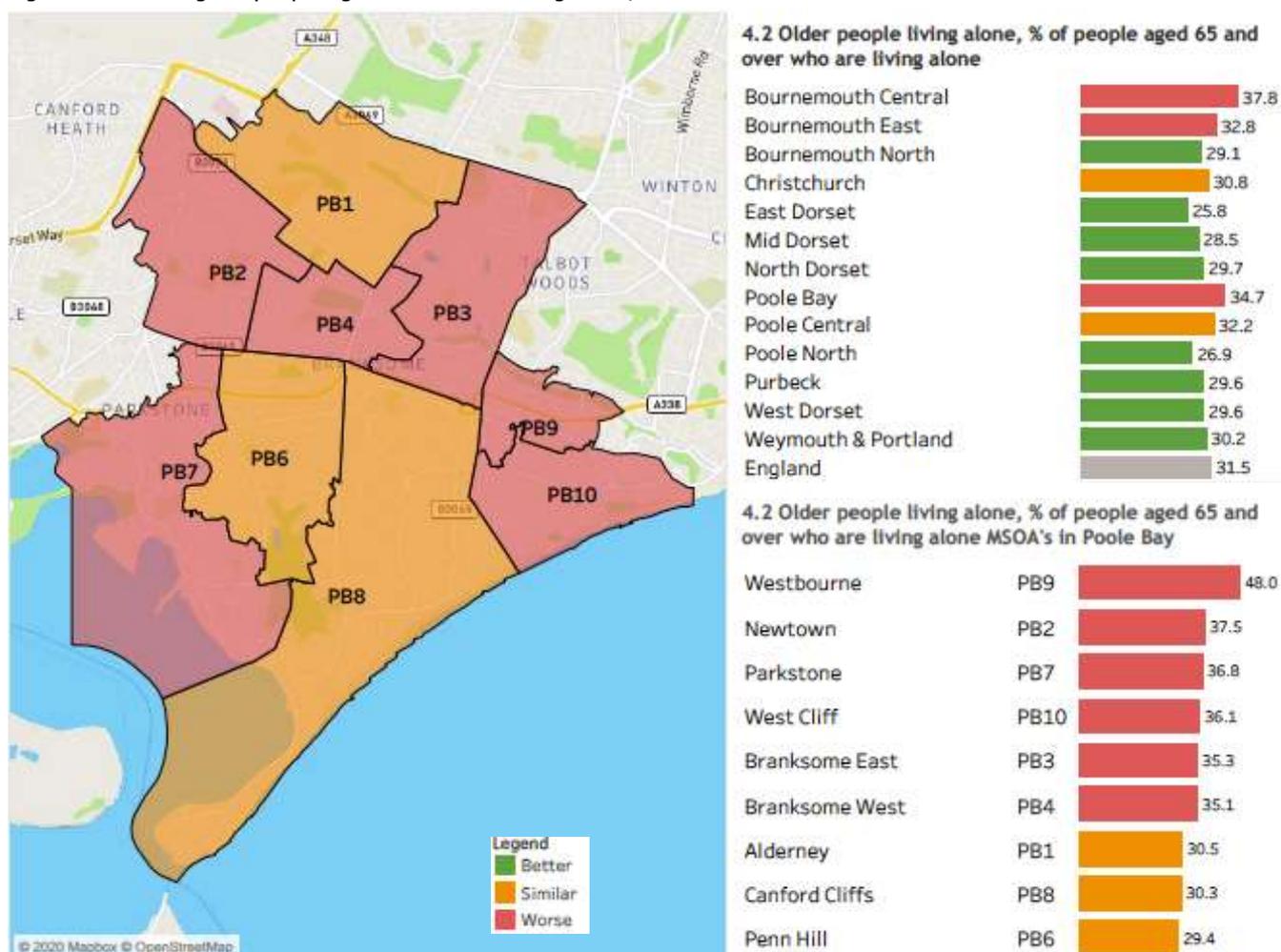


Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020

- 3.14 At the Locality level, *Poole Bay is significantly higher (worse) than the England average for the percentage of people aged 65 and over living alone and is the 2<sup>nd</sup> highest amongst the 13 Dorset Localities.*
- 3.15 *As shown in Figure 4 over-page, 6 of the 9 areas in the Locality are significantly higher than the England average with Westbourne being in the top 10% (highest) areas across Dorset and Newtown, Parkstone, West Cliff and Branksome East being in the top 20% of Dorset areas.*
- 3.16 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.

<sup>6</sup> IDAOP1 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)

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



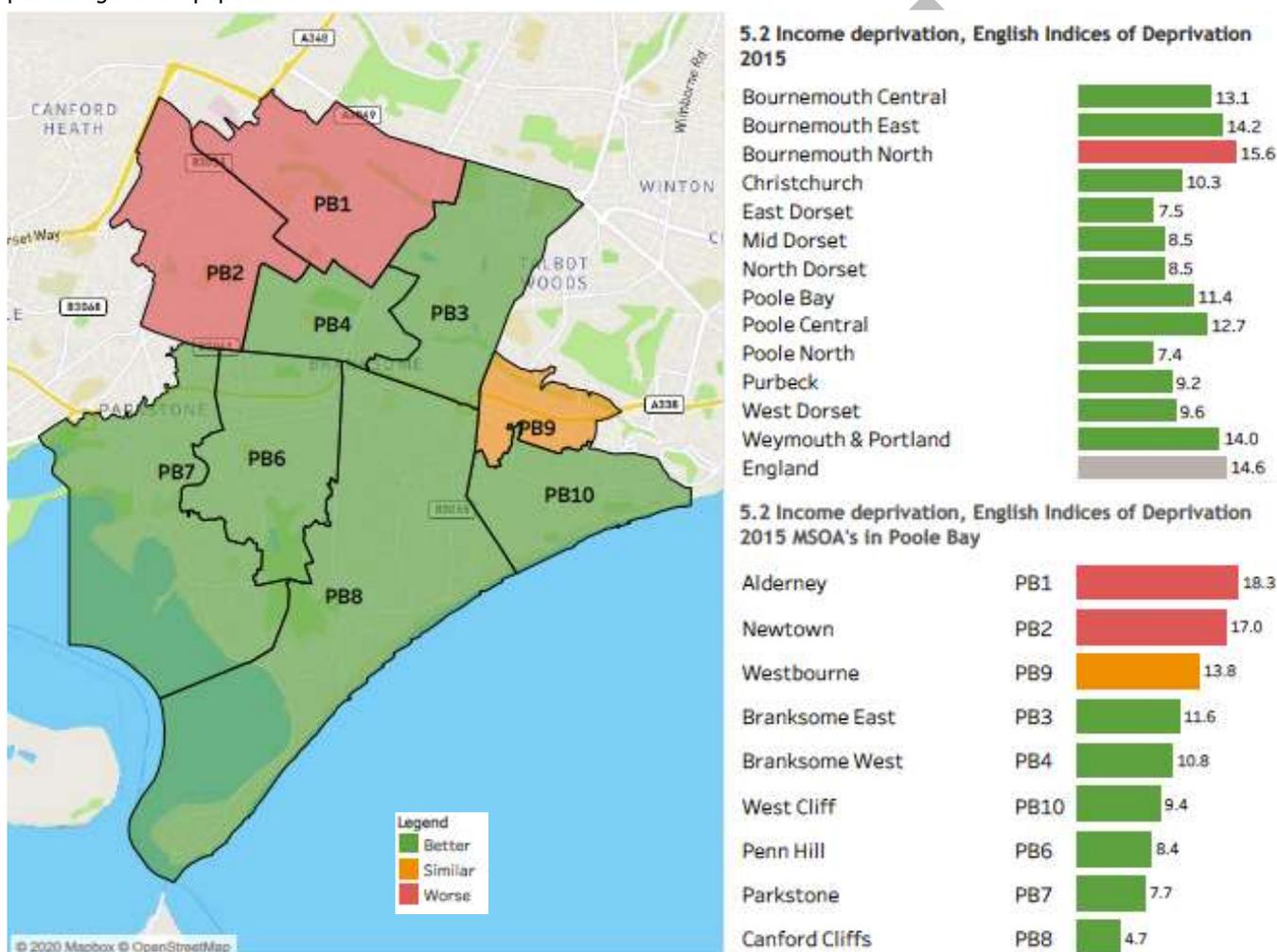
Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020

- 3.17 At the locality level, *Emergency hospital admissions for hip fracture in persons 65 years and over* (indicator 4.3) in *Poole Bay* is significantly higher than the England average with the Locality ranking 5<sup>th</sup> highest of the 13 Dorset Localities.
- 3.18 Within the locality level, *Emergency hospital admissions for hip fracture in persons 65 years and over* (indicator 4.3) is significantly higher than the England average in:
- *Branksome East* (amongst the highest 10% of areas in Dorset);
  - *Westbourne*; and
  - *Parkstone*.
- 3.19 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

- 3.20 Whilst the income deprivation (indicator 5.2) in Poole Bay is better (lower) than the England average, the Locality has the 6<sup>th</sup> highest percentage of people living in income-deprived households of the 13 Dorset Localities.
- 3.21 As shown in Figure 5 below, 2 of the 9 areas in the Locality are significantly higher than the England average with Alderney being in the top 10% (most income deprived) areas across Dorset and Newtown being in the top 20% (most income deprived) of Dorset areas.

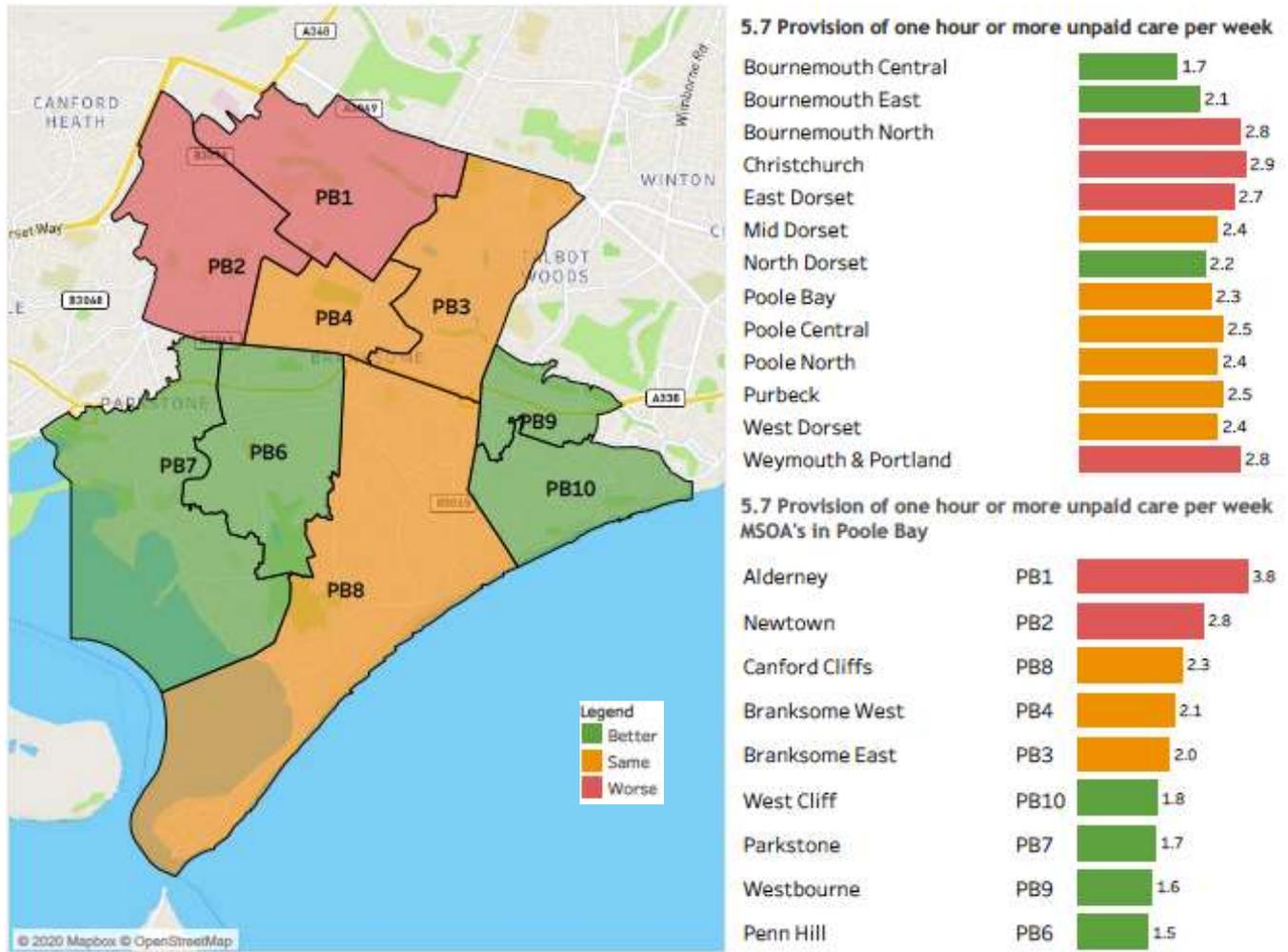
Figure 5: Income deprivation, English Indices of Deprivation 2015, People living in income-deprived households as a percentage of the population



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

- 3.22 Whilst the proportion of people in Poole Bay providing at least an hour of unpaid care per week is similar to the England average there is considerable variation within the Locality (see Figure 6 over-page). Alderney and Newtown have significantly higher levels than the England average.
- 3.23 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 6: Proportion of people in Poole Bay providing at least an hour a week of unpaid care



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

**Themes to consider for locality initiatives:**

1. Poole Bay is the 4<sup>th</sup> lowest of the 13 Dorset Localities for child development at age 5 and within the Locality Alderney is within the bottom (worse) 10% of areas across Dorset
2. Whilst child poverty in Poole Bay is lower than the England average, the Locality is 5<sup>th</sup> highest of the 13 localities across Dorset, and significantly higher levels are found in Alderney and Newtown.
3. Emergency admissions in under 5s rate is 2<sup>nd</sup> highest across the 13 Dorset Localities, with 7 out of the 9 areas within the Locality being significantly higher than England. Alderney is amongst the highest 10% of areas across Dorset
4. The percentage of older people living in deprivation is significantly higher than the England average in:
  - Newtown;
  - Westbourne; and
  - Alderney
5. Poole Bay is higher than England for people aged 65 and over living alone and is the 2<sup>nd</sup> highest amongst the 13 Dorset Localities. Six of the 9 areas in the Locality are significantly higher than England: Newtown, Parkstone, West Cliff and Branksome East and Branksome West.

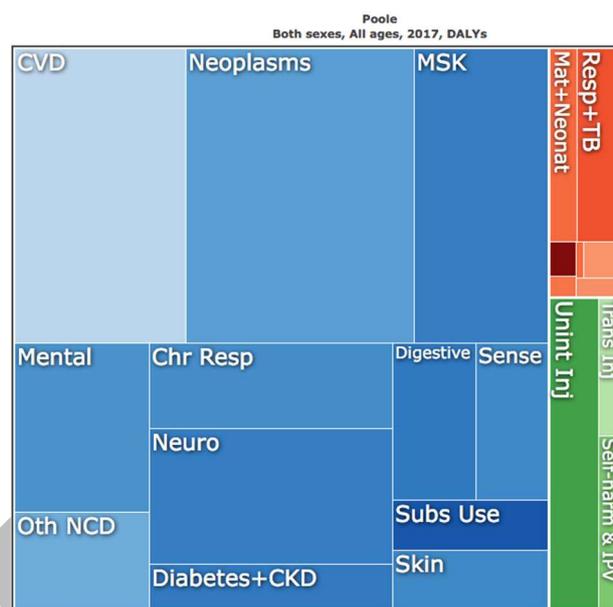
**Getting started - some resources for planning actions:**

- > [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 health<sup>7</sup>. These disabilities can be physical or mental. One DALY can be thought of as one lost year of 'healthy' life.



7

[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

- 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 Poole Council area (2017) are as follows:
- Cancers & benign tumours (20%);
  - Cardiovascular diseases (CVD) (15%);
  - Musculoskeletal disorders (MSK) (12%);
  - Neurological disorders (10%);
  - Mental Health (7%); and
  - Chronic respiratory disease (6%)<sup>8</sup>.
- 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 Poole Bay Locality.

### Key findings

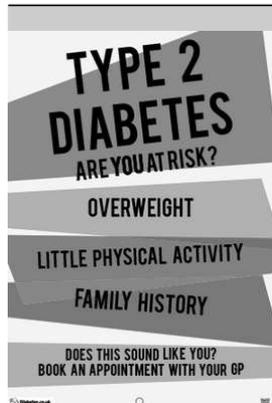


One in five people (19%) in Poole Bay reported have a **limiting long term illness or disability**, higher than the England average. LTLI is highest in Canford Cliffs, Westbourne, Alderney, Newtown and West Cliff



**Smoking prevalence** is highest in:

- Poole Road Medical Centre
- Parkstone Tower Practice
- Heatherview Medical Centre



**Blood pressure control** for Poole Bay Diabetics is significantly lower in

- Parkstone Tower Practice and
- Westbourne Medial Centre

**Emergency admissions for Stroke** are significantly higher the England average, and **2<sup>nd</sup> highest** amongst the 13 Dorset Localities. The highest levels are in Newtown and Alderney

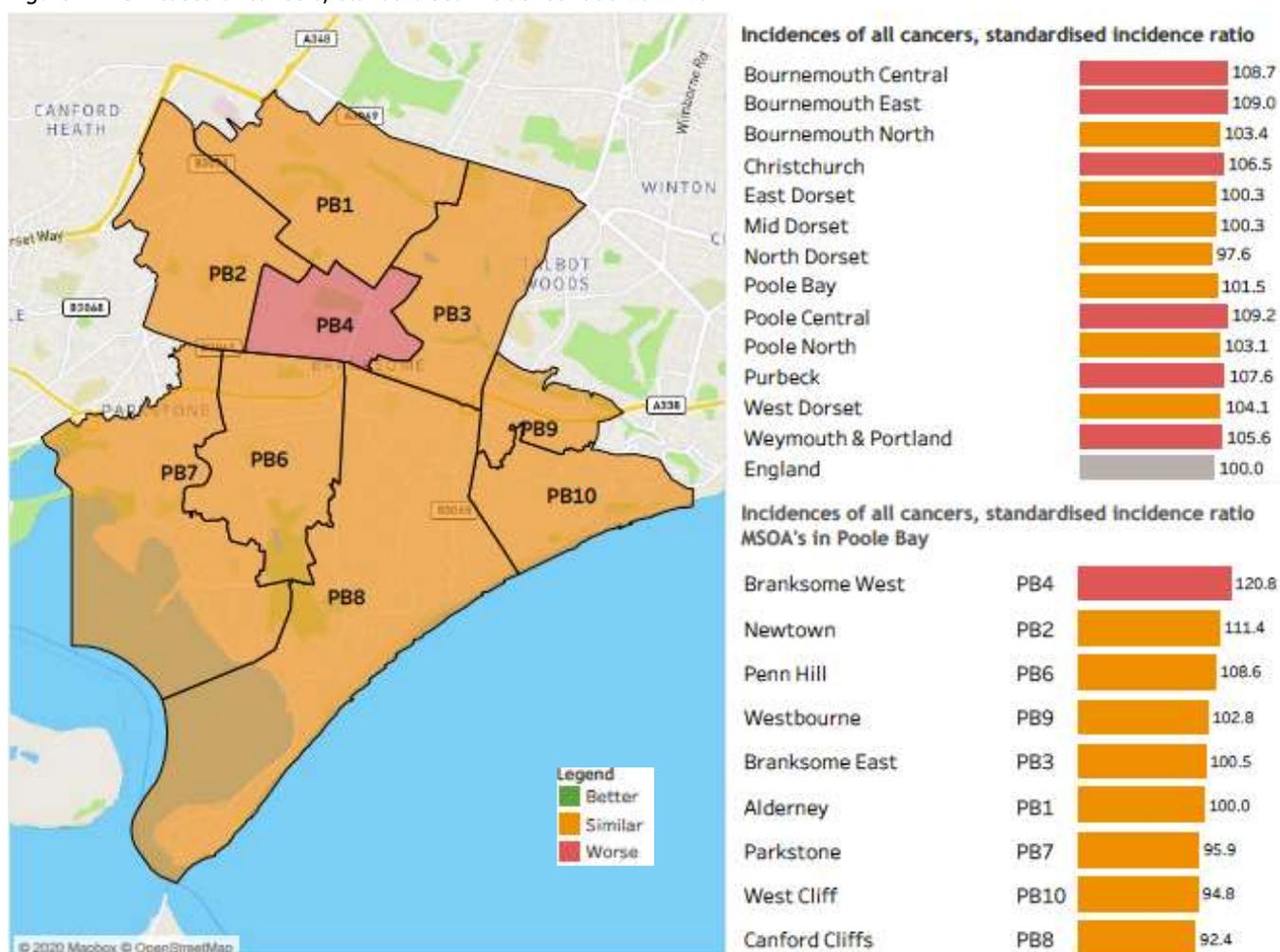


### Cancers and benign tumours

- 4.5 When cells divide and grow excessively; they can be benign (not cancerous) or malignant (cancerous).
- 4.6 Figure 7 (over-page) shows *expected new cancer cases* for the Poole Bay Locality to be similar to the England average though within the Locality, there are significantly higher than expected<sup>9</sup> levels of new cancers in *Branksome West*.

<sup>8</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)

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

Figure 7: New cases of cancers, standardised incidence ratio 2012-16<sup>10</sup>

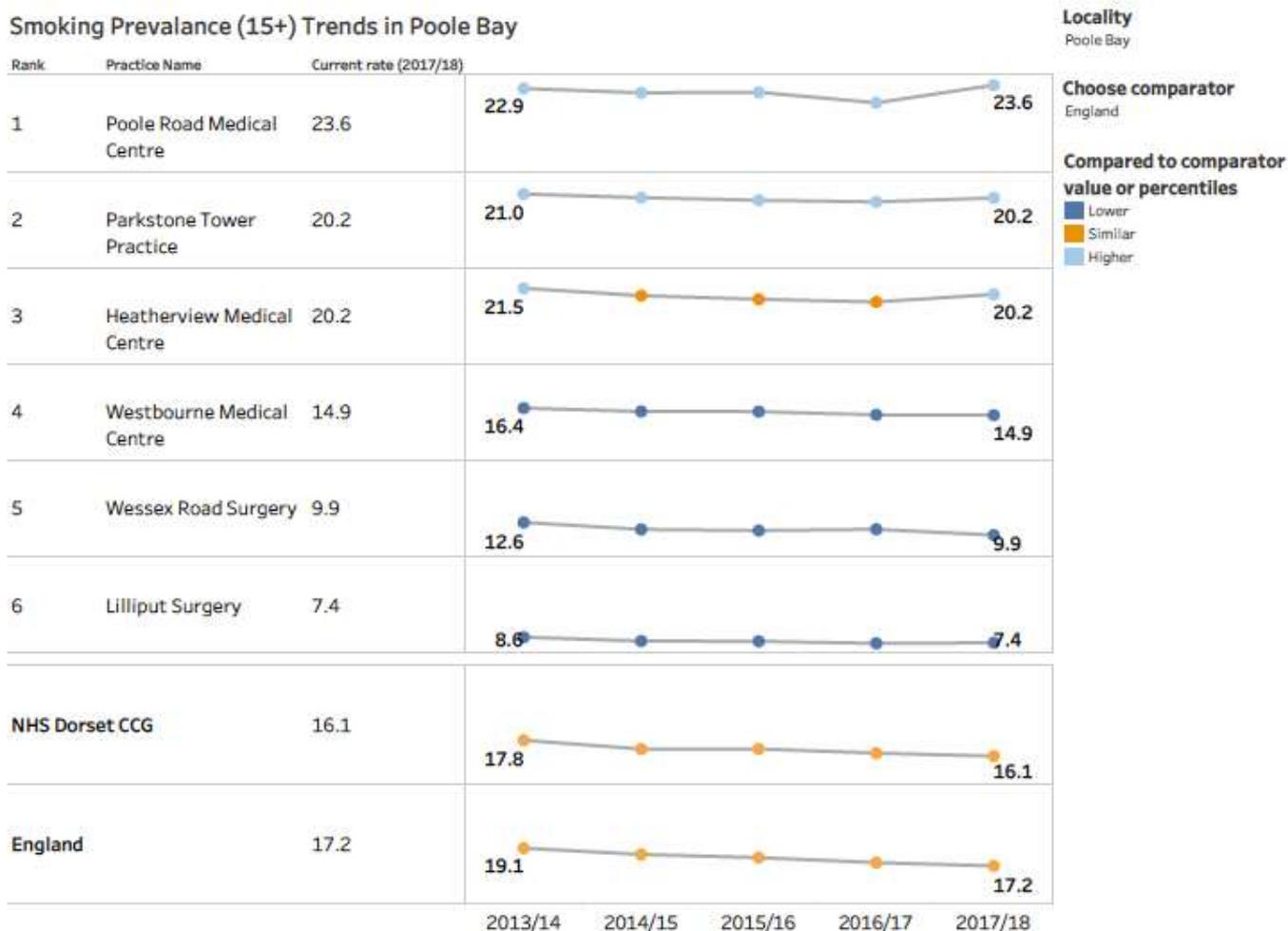
Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 29/01/2020

- 4.7 The category of cancers comprises a wide range of cancers with the largest three being:
- Lung cancer (3.5% of Poole 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>11</sup>.
- 4.9 *Smoking prevalence in half of the six practices in Poole Bay is significantly higher than the England average.*
- 4.10 Prevalence varies from a low of 7.4% for the Lilliput Surgery (significantly lower than the England and Dorset average) to 23.6% for Poole Road Medical Centre (significantly higher than the England and Dorset averages).
- 4.11 Smoking prevalence has in general been in the decline in recent years. Poole Road Medical Centre was the local exception to this trend recording an increase from 22.9% in 2013/14 to 23.6% in 2017/18. See Figure 8 over-page.

<sup>10</sup> For more detail see <https://fingertips.phe.org.uk/profile/local-health/data#page/6/qid/1938133184/pat/101/par/E07000223/ati/8/are/E05007562/iid/93234/age/1/sex/4>

<sup>11</sup> <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



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

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

### **Cardiovascular diseases**

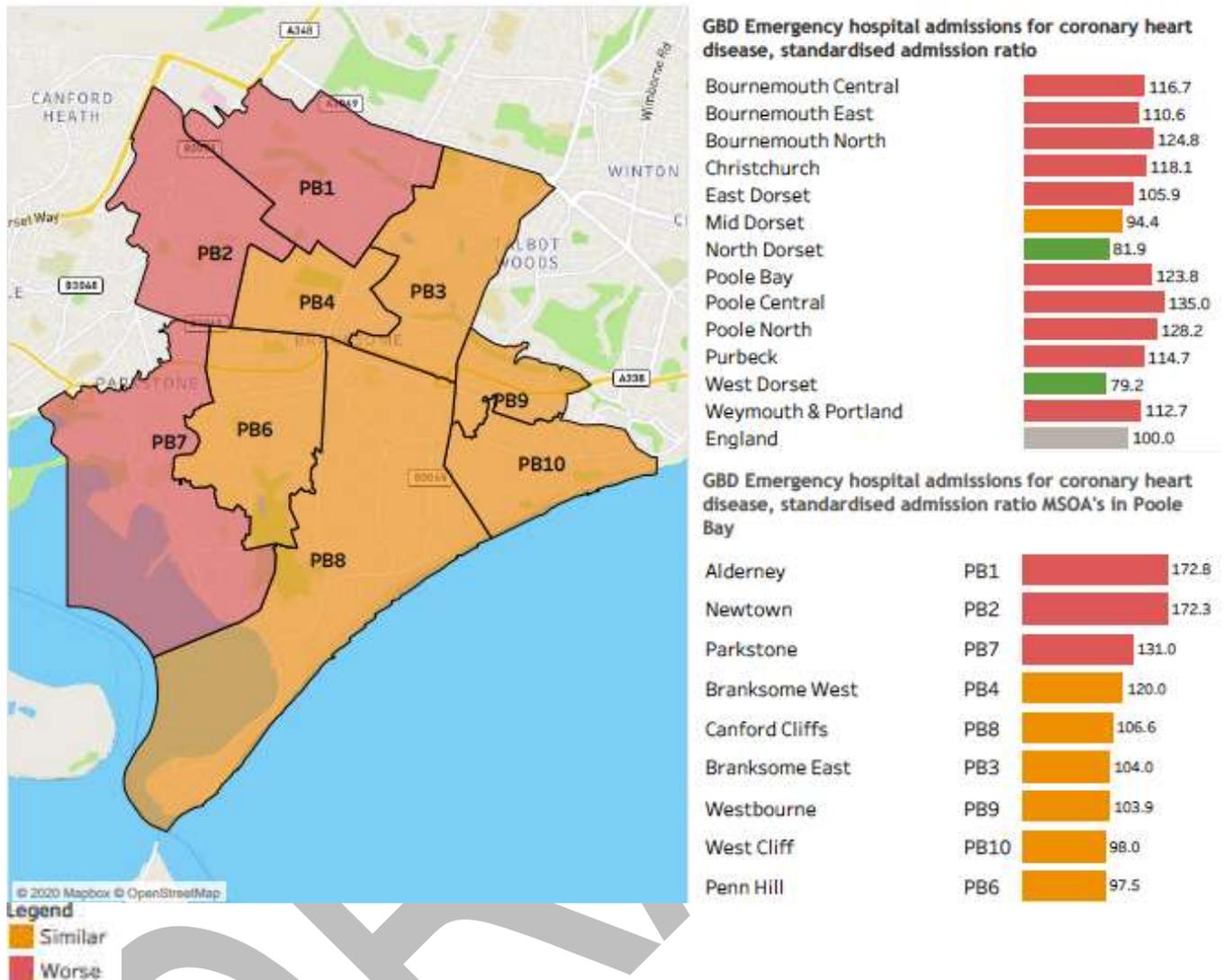
- 4.15 Two thirds of the DALYs relating to cardiovascular diseases in Poole are attributable to coronary heart disease (6.5% of the Poole total all cause DALYs) and stroke (4%).

#### *Coronary heart disease*

- 4.16 Nationally, 1 in 6 men and 1 in 10 women die from coronary heart disease.
- 4.17 Emergency admissions for Coronary Heart Disease (CHD) can give an indication as to how well the condition is being managed.
- 4.18 *At the Poole Bay Locality level, Emergency admissions for CHD are significantly higher than expected compared with the England average and the Locality has the 4<sup>th</sup> highest ratio of the 13 Dorset Localities.*

4.19 As we see from the following figure, admissions are significantly higher in Alderney, Newtown and Parkstone; Alderney and Newtown being amongst the highest 10% of areas across Dorset.

Figure 9: Emergency admissions for CHD, 2013/14 – 2017/18<sup>12</sup>



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

<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/93229/age/1/sex/4>

Stroke

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

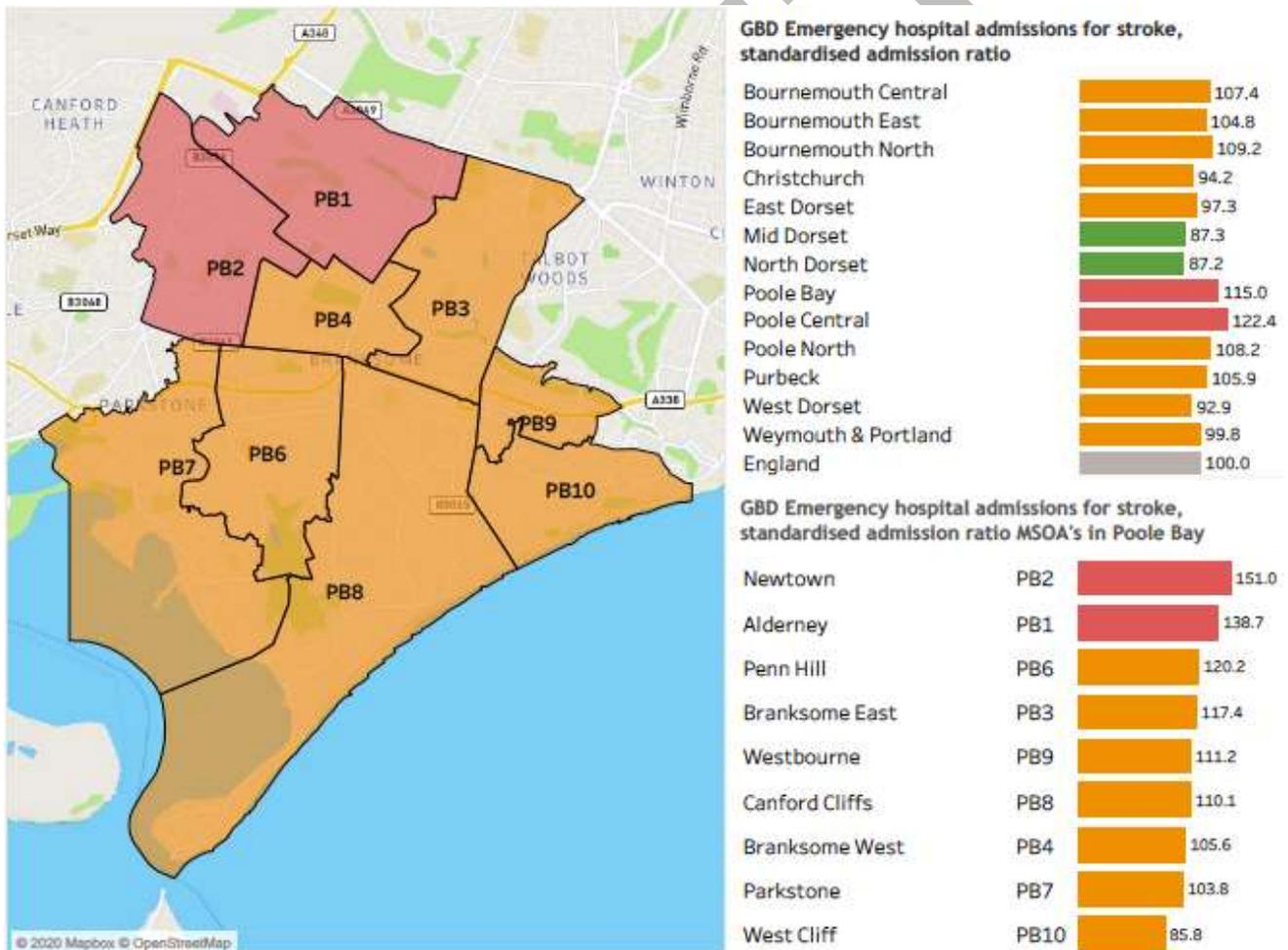
Stroke is one of the largest causes of disability – half of all stroke survivors have a disability.

(CVD) such as stroke are being managed.

- 4.21 At the *Poole Bay Locality* level, *Emergency admissions for Stroke are significantly higher the England average, and 2<sup>nd</sup> highest amongst the 13 Dorset Localities.*
- 4.22 *Emergency admissions for stroke are significantly higher than the England average in Newtown and Alderney (see Figure 10).*

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

Figure 10: Emergency admissions to hospital for stroke, 2013/14 – 2017/18<sup>13</sup>



Legend:  
■ Better  
■ Similar  
■ Worse

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

<sup>13</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>14</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 The recorded prevalence of diabetes amongst adults in England and Dorset has increased in recent years. Dorset overall this has increased from 5.3% in 2009/10 to 6.4% in 2017/18. Four of the six practices in Poole Bay follow this pattern; Westbourne Medical Centre and Lilliput Surgery show small decreases.
- 4.28 Recorded prevalence (% of practice population registered as diabetic) in Poole Bay varies from a low of 4.4% of Poole Road Medical Centre (significantly lower than England and Dorset averages) to 6.7% of Heatherview Medical Centre (similar to England and Dorset averages)<sup>15</sup>.
- 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>16</sup>. This measure shows decreases (Figure 11) in five of the six Poole Bay practices over the last 5 years.
- 4.30 The most recent data (2017/18) shows three of the six practices as having higher percentages of newly diagnosed diabetic patients referred to a structured educational programme within 9 months of entry onto the register, than England and Dorset averages. The other three practices achieved rates statistically similar to the England and Dorset averages.
- 4.31 Wessex Road Surgery (2017/18) achieved 100% of newly diagnosed diabetics being referred to a structured educational programme within 9 months of entry onto the register.

<sup>14</sup> <https://www.nhs.uk/conditions/cardiovascular-disease/> last accessed 17<sup>th</sup> December 2019

<sup>15</sup> <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 29/01/2020

<sup>16</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 11: 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 29/01/2020

- 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-effect<sup>17</sup>.
- 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 outcomes<sup>18</sup>; alternative approaches should be used to engage those patients who do not attend medical check-ups.
- 4.34 *Westbourne Medical Centre, Parkstone Tower Practice and Poole Road Medical Centre showed significantly higher diabetes exception rates in 2017/18 than the Dorset average.*
- 4.35 *Sugar control across the Poole Bay practices is generally similar to that for England and Dorset. The exception to this being Westbourne Medical Centre and Parkstone Tower Practice which have been significantly lower than the England average for the most recent two years.*
- 4.36 *Blood pressure control for Poole Bay Diabetics is similar to the England and Dorset averages for the Lilliput Surgery, Heatherview Medical Centre, Wessex Road Surgery and*

<sup>17</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>18</sup> <https://www.hsj.co.uk/comment/time-to-scrap-gp-exception-reporting/5023669.article> last accessed 10 October 2019

Poole Road Medical Centre, but significantly lower in Parkstone Tower Practice and Westbourne Medical Centre, see Figure 12 below)<sup>19</sup>.

Figure 12: Percentage of diabetic patients achieving blood pressure control in Poole Bay Locality



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

4.37 People with diabetes and high blood pressure are more at risk of having a heart attack or stroke<sup>20</sup>. The percentage of patients with established hypertension, as recorded on practice disease registers (proportion of total list size), is consistently significantly higher in three of the six Poole Bay practices than the England average.

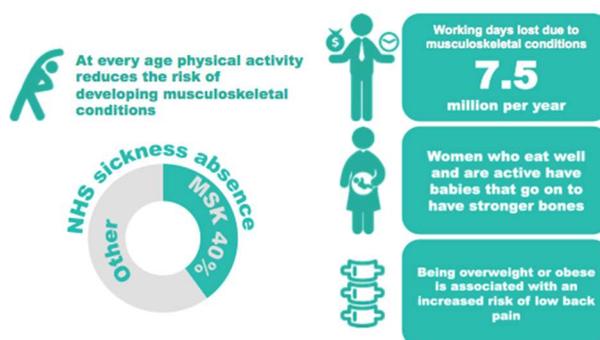
<sup>19</sup> <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 29/01/2020

<sup>20</sup> <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/blood-pressure> last accessed 12 October 2019

## Musculoskeletal disorders

- 4.38 Low back pain (6% of total Poole DALYs) and neck pain (2%) comprise ¾ of all musculoskeletal disorder DALYs.
- 4.39 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.
- 4.40 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).
- 4.41 *One in five people in Poole Bay reported have a limiting long term illness or disability, at 19% this is significantly higher than the England average.*
- 4.42 *LTLI is significantly worse 5 of the 9 areas in the Locality (Canford Cliffs, Westbourne, Alderney, Newtown and West Cliff).*

### Musculoskeletal health: National picture

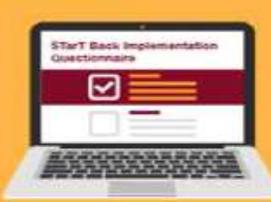


### Effective interventions for MSK prevention

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



- 4.43 Keeping fit and active, and avoiding long periods of sedentary behaviour are key to maintaining good musculoskeletal health.
- 4.44 Livewell Dorset provides help and advice on becoming more active (<https://www.livewelldorset.co.uk/get-active/>).
- 4.45 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

- 4.46 Almost half of the DALYs arising from neurological disorders in Poole are accounted for by Alzheimers and other dementias (5% of all cause DALYs in Poole).
- 4.47 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>21</sup>.

4.48 In keeping with national and Dorset wide trends, the prevalence of dementia recorded by 4 of the 6 Poole Bay practices has increased over recent years.

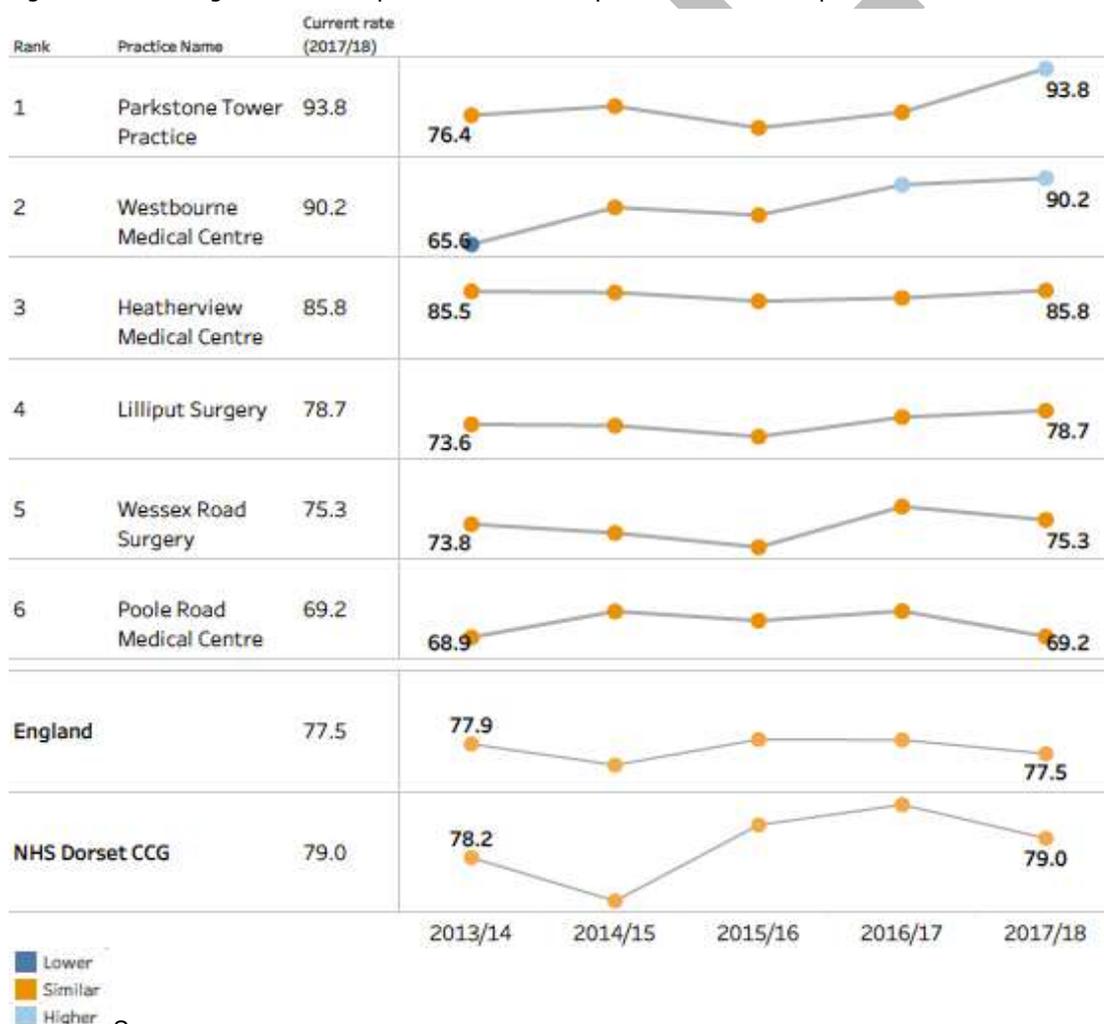
4.49 *Poole Road Medical Centre, Lilliput Surgery and Westbourne Medical Centre consistently record significantly higher levels of dementia than the England and Dorset averages<sup>22</sup>.*

4.50 There is variation across the Poole Bay practices in terms of the percentage of dementia patients with a care plan reviewed in the past 12 months.

4.51 In the following chart (Figure 13) we can see that:

- Proportions have increased in all 6 practices, to varying extents
- Parkstone Tower Practice and Westbourne Medical Centre achieve significantly higher levels than the England average.

Figure 13 Percentage of dementia patients with a care plan reviewed in the previous 12 months



Source:

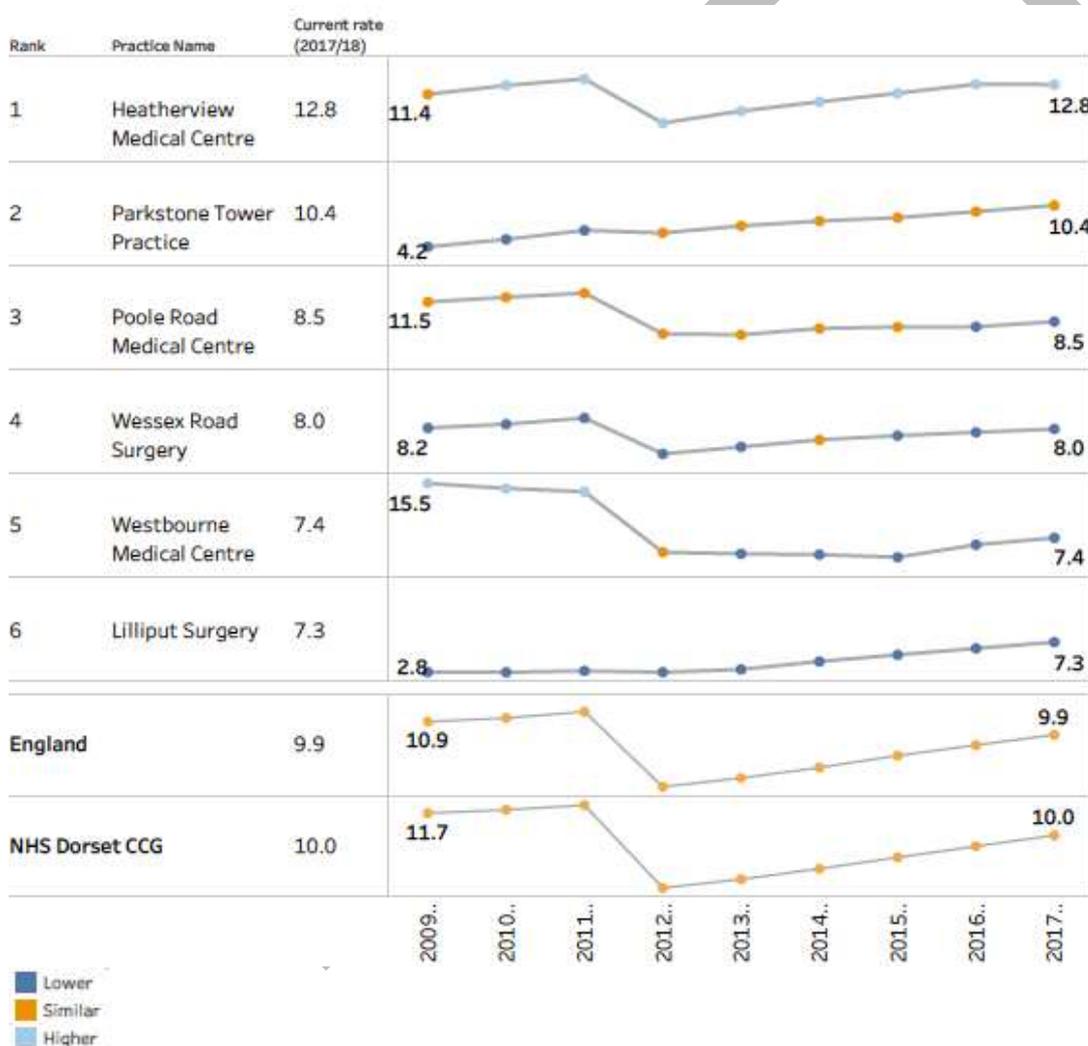
<https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 29/01/2020

<sup>21</sup> <https://www.nhs.uk/conditions/dementia/dementia-prevention/> last accessed 17<sup>th</sup> December 2019

<sup>22</sup> <https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 29/01/2020

- 4.52 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>23</sup>.
- 4.53 Exception rates in Poole Bay practices are consistently similar to, or lower than, the England average. In contrast with the increase in figures for England overall, exception rates for dementia indicators have declined over the last 7 years at Heatherview Medical Centre, Poole Road Medical Centre and Parkstone Tower Practice practices<sup>24</sup>.
- 4.54 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>25</sup>.
- 4.55 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 6 Poole Bay practices.
- 4.56 Compared with the England average there is variation across the 6 Poole Bay practices: *Heatherview Medical Centre is significantly higher than England* whilst Poole Road Medical Centre, Wessex Road Surgery, Westbourne Medical Centre and Lilliput Surgery are significantly lower.

Figure 14: 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 29/01/2020

<sup>23</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>24</sup> <https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 5<sup>th</sup> December 2019

<sup>25</sup> <https://www.nice.org.uk/guidance/ng16> last accessed 17th December 2019

## ***Chronic respiratory diseases***

- 4.57 The largest disease in this category is chronic obstructive pulmonary disease (COPD) which accounts for 70% of chronic respiratory diseases (4.3% of all causes DALYs for Poole).

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

- 4.58 Nationally, 3,000,000 people are estimated to have COPD, of which only one third are diagnosed.
- 4.59 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.
- 4.60 At the Poole Bay Locality level, Emergency admissions for COPD are significantly better (lower) than the England average; the Locality is ranked 6<sup>th</sup> highest of the 13 Dorset Localities. Within the Locality, Newtown and Alderney are significantly higher than the England average.
- 4.61 Lung cancer is closely associated with COPD. The incidence of lung cancer is significantly better (lower) in Poole Bay (compared with England) with no areas within the locality showing significantly higher rates than the England average<sup>26</sup>.
- 4.62 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 Poole Bay.
- 4.63 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.
- 4.64 Stop smoking advice is provided locally by LiveWell Dorset (<https://www.livewelldorset.co.uk/stop-smoking/>)

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<sup>26</sup> <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 5th December 2019

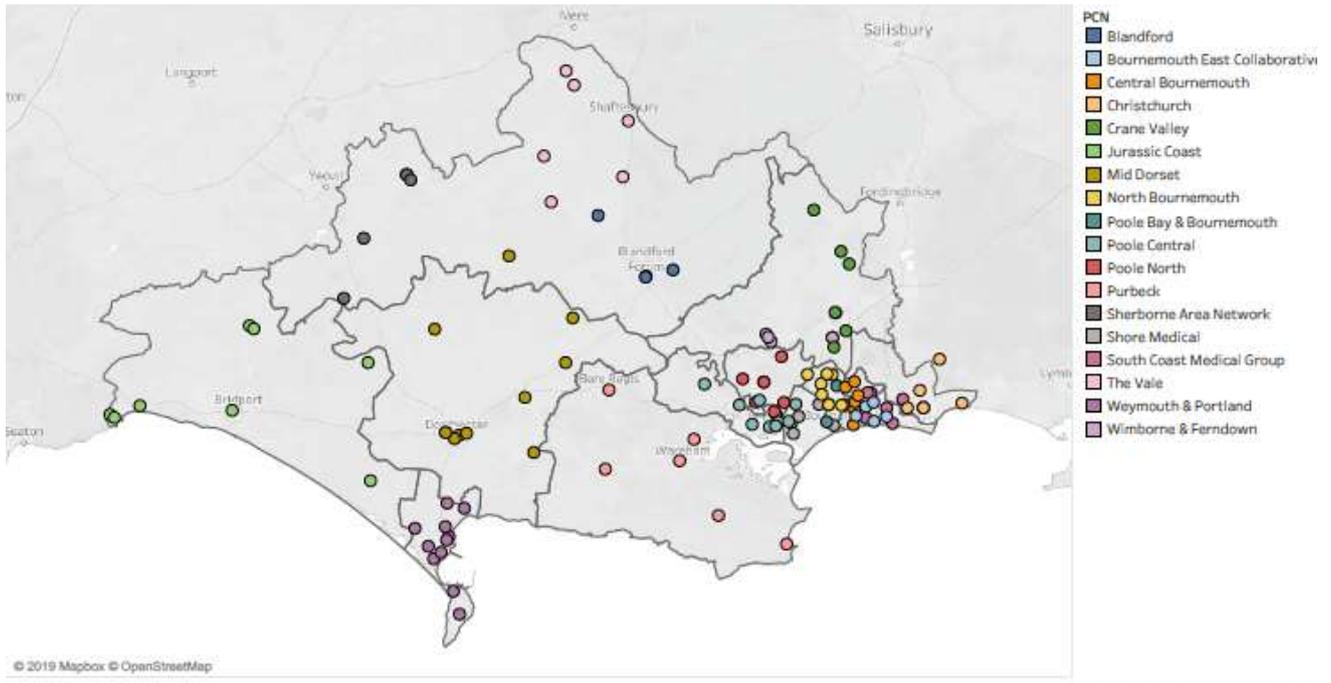
**Themes to consider for locality initiatives:**

1. Smoking prevalence in half of the six practices in Poole Bay is significantly higher than the England average. The highest levels are found in:
  - Poole Road Medical Centre
  - Parkstone Tower Practice
  - Heatherview Medical Centre
2. At the Poole Bay Locality level, Emergency admissions for CHD are significantly higher than expected compared with the England average and the Locality has the 4<sup>th</sup> highest ratio of the 13 Dorset Localities. Admissions are significantly higher in Alderney, Newtown and Parkstone; Alderney and Newtown being amongst the highest 10% of areas across Dorset.
3. Emergency admissions for Stroke are significantly higher the England average, and 2<sup>nd</sup> highest amongst the 13 Dorset Localities. The highest levels are in Newtown and Alderney
4. Blood pressure control for Poole Bay Diabetics is similar to the England and Dorset averages for the Lilliput Surgery, Heatherview Medical Centre, Wessex Road Surgery and Poole Road Medical Centre, but significantly lower in Parkstone Tower Practice and Westbourne Medial Centre,
5. One in five people in Poole Bay reported have a limiting long term illness or disability, at 19% this is significantly higher than the England average. LTLI is significantly worse 5 of the 9 areas in the Locality (Canford Cliffs, Westbourne, Alderney, Newtown and West Cliff

**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 ley lifestyle topics and sections directly addressing a number of he 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



[www.publichealthdorset.org.uk](http://www.publichealthdorset.org.uk)

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



## CCG Locality Boundaries based on MSOAs

