

Purbeck Locality profile narrative 2020 template

Public Health Dorset
January 2020

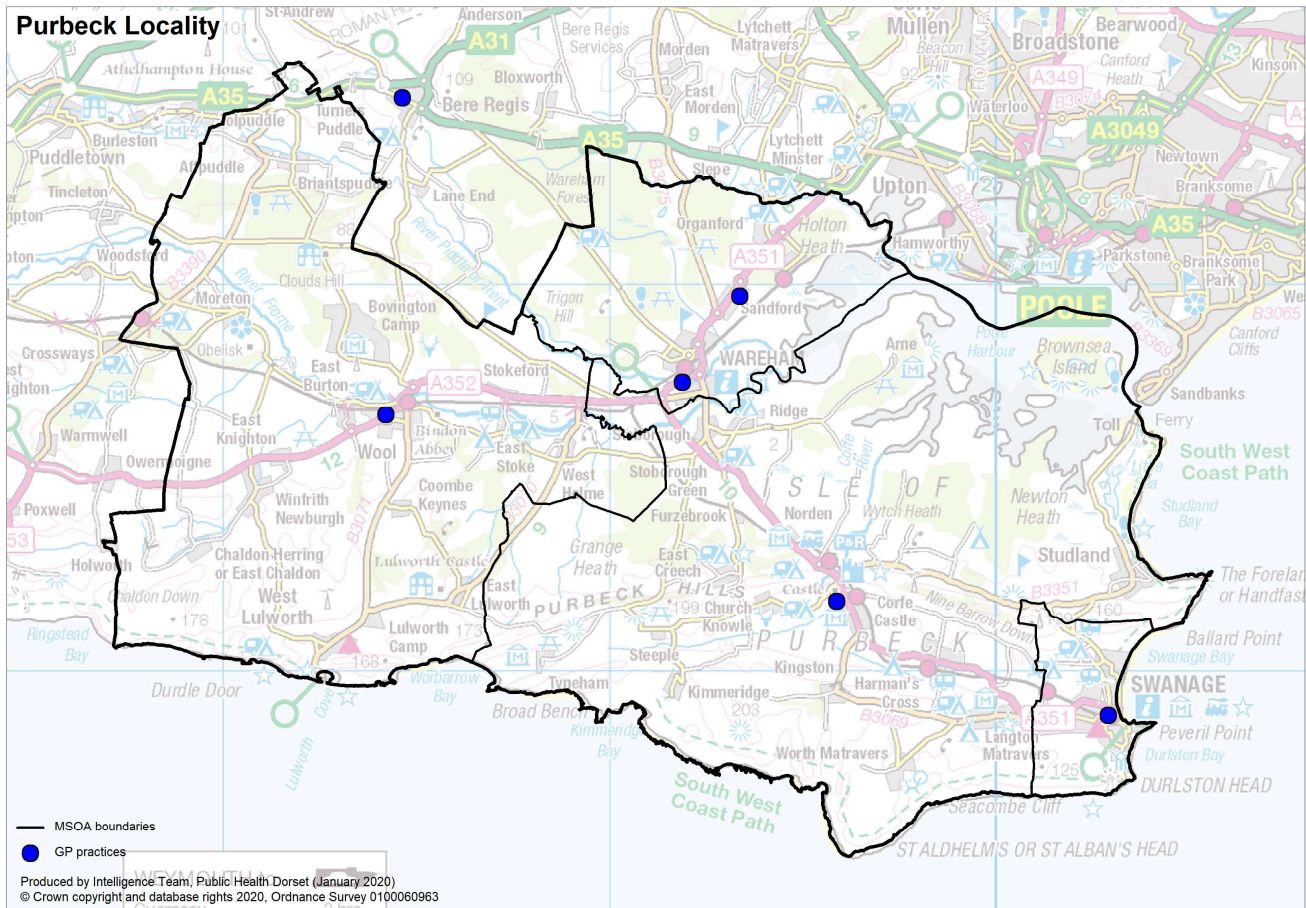


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1. Introduction

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, 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;

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 Purbeck is approximately 32,500 (ONS 2017 Mid-Year Estimates), this being the smallest population of the 13 Dorset Localities
- 2.2 The Purbeck Locality is made up of four areas (MSOAs). The Locality is coterminous with the area covered by the Purbeck Primary Care Network (PCN), this is shown in the map on the rear page of this document.
- 2.3 Purbeck has an older population than that of Dorset overall, which is older than that for England.
- 2.4 The age-sex structure of Purbeck is characterised by:
 - Fewer (lower proportion of total) males and females in all five year age bands up to and including 45-49 years;
 - More males and females (higher proportion of total) from the 55 – 59 years age group and at all age bands older than this; and
 - Compared with other Dorset Localities, Purbeck has one of the highest proportions of the total population (for both males and females) from the 65-69 (8%) and 70-74 (8%) years age bands³.
- 2.5 The areas that make up the Locality range in population from 5,105 in Castle Creech Barrow and Langton (the smallest) to 9,734 in Swanage⁴.

3

<https://public.tableau.com/profile/public.health.dorset#!/vizhome/JSNALocalityPopulationPyramid/MYEPopulationestimatesforLocalities> last accessed 23/01/2020

⁴ <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 23/01/2020

3. Wider determinants of wellbeing

Key findings



Purbeck is better than the England average for **A&E attendances in under 5s** but the rate in **Swanage is higher than England** and amongst **the highest 10% of areas** across Dorset



Purbeck is significantly **worse** than England average for **emergency hospital admissions in the under 5s** and **admissions for injuries** in children and young people

The percentage of the **working age claiming out of work benefits** is better for Purbeck than England and **joint lowest** across the 13 Localities in Dorset



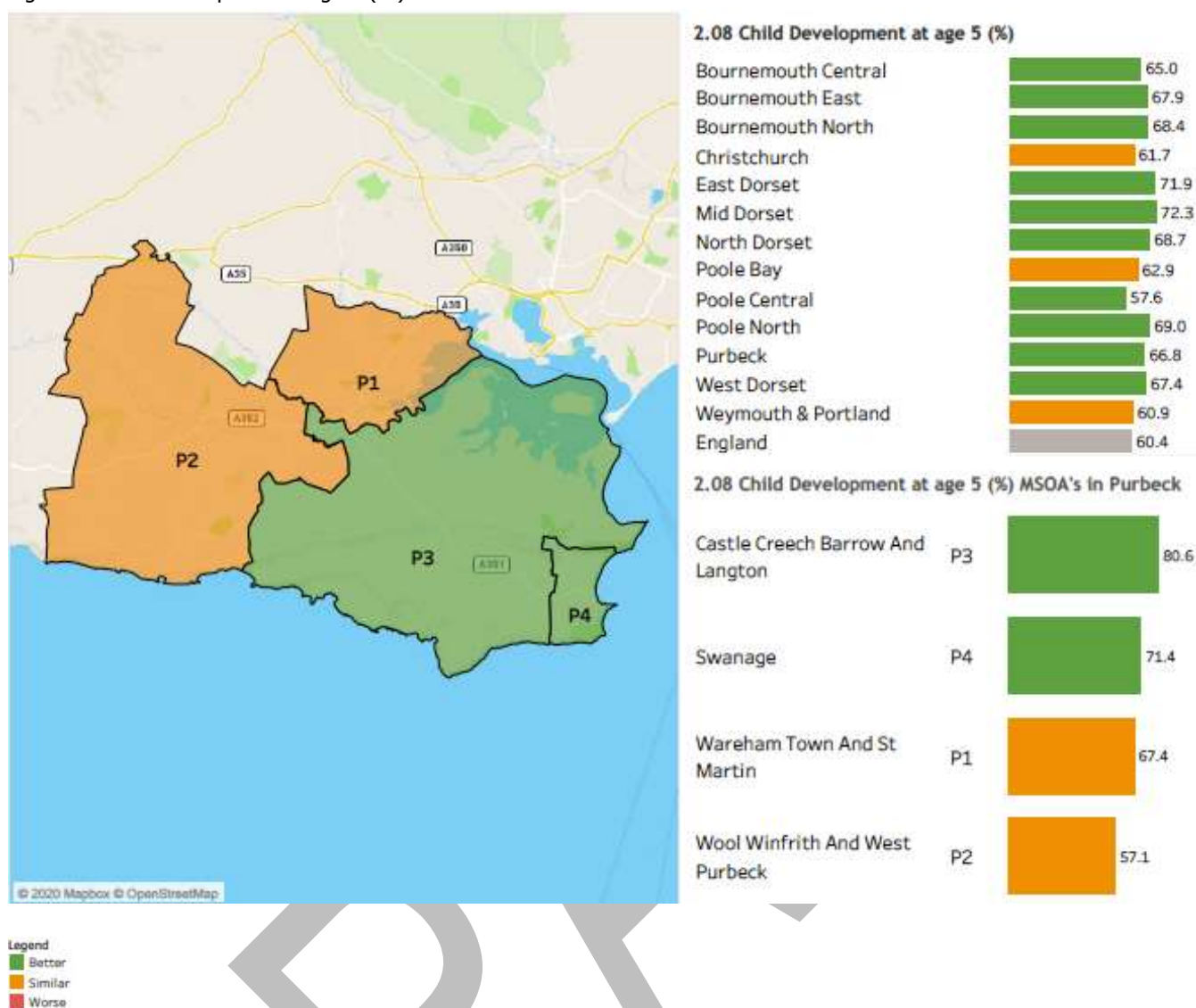
Whilst the proportion of **people in Purbeck providing at least an hour of unpaid care per week** is similar to the England average the level is **significantly higher in Swanage**



Starting well – child and adolescent year indicators

- 3.1 At the Locality level, Purbeck is similar to England averages for:
- Deliveries to teenage mothers
 - Low birthweight babies
 - GCSE Achievement.
- 3.2 Child poverty in Purbeck is lower than the England average, with all four areas being significantly lower than the England average. Swanage has the highest level of Child Poverty in the Locality (15%), this being mid-range across all Dorset areas (50th percentile).
- 3.3 The percentage of '*children reaching a good level of development at 5 years*' is significantly better than the England average for Purbeck overall, however the Locality level hides some variation across the four areas (see Figure 1 over-page) with the following differences:
- Significantly higher (better) in Castle Creech Barrow and Langton, and Swanage
 - Similar level (to England) found in Wareham Town and St Martin and Wool Winfrith and West Purbeck
 - The percentage ranging from a high of 81% in Castle Creech Barrow and Langton (amongst the top 10% of all areas in Dorset) to 57% in Wool Winfrith and West Purbeck (90th percentile of all Dorset areas).

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



Source: <https://public.tableau.com/profile/public.health.dorset#/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 23/01/2020

3.4 At the Locality level, whilst Purbeck is significantly better (lower) than the England average for A&E attendances in under 5s (Crude rate per 1000) the level in Swanage is significantly higher than the England average and amongst the highest 10% of areas across Dorset.

3.5 At the Locality level, *Purbeck is significantly worse than the England average for a number of hospital admissions indicators:*

- *Emergency admissions in under 5s (Crude rate per 1000) (this being driven by Swanage being in the top 20% of areas across Dorset)*
- *Admissions for injuries in under 5s (Crude rate/100,000 aged 0-4), (this being driven by Swanage being in the top 30% of areas across Dorset)*
- *Admissions for injuries in under 15s (Crude rate/100,000 aged 0-14), (this being driven by Castle Creech Barrow and Langton being in the top 10% of areas across Dorset)*
- *Admissions for injuries in 15 - 24 year olds (Crude rate per 10,000), (this being driven by Swanage being in the top 30% of areas across Dorset).*

3.6 Childhood Immunisation Rates for MMR Dose 2 (percentage of children immunised by 5 years old) in Purbeck are at or above the target level of 95% in four of the six practices, ranging in 2018/19 from a low of 92% in Swanage Medical Centre to 100% in Sandford Surgery and

Wellbridge Practice. All six practices recorded considerable increases in 2018/19 from the previous year⁵.

Living well – the adult and working years indicators

- 3.7 The *percentage of the working age claiming out of work benefits* is significantly better for Purbeck Locality (and the four areas that comprise the Locality) than England and joint lowest across the 13 Localities in Dorset.
- 3.8 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.
- 3.9 Data collated by Dorset Public Health Intelligence team can provide insights into the use of Substance misuse services by residents in the Locality. Analysis of this shows the number of residents from Purbeck in treatment for alcohol dependency to have increased over the last five years, in line with figures for Dorset as a whole. The rate for Purbeck is –AWAITING DATA– - highest across the 13 Dorset Localities (latest data, 2017/18). Within the Locality (Will complete with data from Hayley).
- 3.10 --- THIS SECTION IS A WORK IN PROGRESS AND WILL BE UPDATED ---

Ageing well - the later working and retirement years indicators

- 3.11 At the Locality level, Purbeck 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 four areas that make up the Locality.
- 3.12 At the Locality level, Purbeck is significantly lower than the England average for the percentage of people aged 65 and over living alone and ranks middle order amongst the 13 Dorset Localities. However, as shown in Figure 2 over-page, there is some variation across the Locality from a low of 24% in Castle Creech Barrow and Langton to 32% in Swanage.
- 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.

Figure 2: Percentage of people aged 65 and over living alone, 2011 Census

⁵

<https://public.tableau.com/profile/public.health.dorset#!/vizhome/ChildImmunisationatPracticeLevel201819/TrendanalysisbyLocality> last accessed 23/01/2020

Theme

4. Ageing well - the later working and r...

Indicator

4.2 Older people living alone, % of people aged 65 and ove..

Select locality

Purbeck

Select colour

Significance



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



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



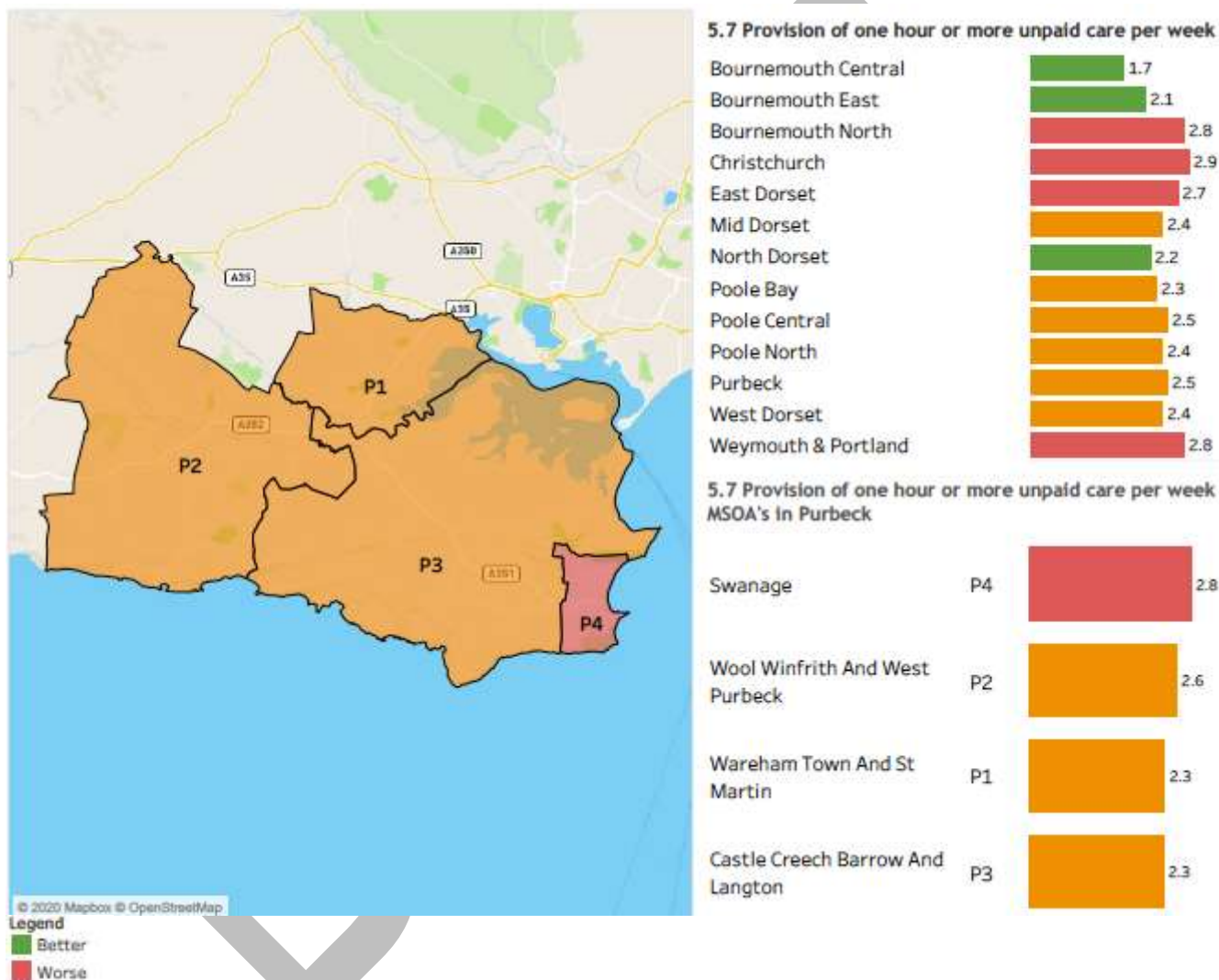
Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 23/01/2020

- 3.14 At the locality level, *Emergency hospital admissions for hip fracture in persons 65 years and over* (indicator 4.3) in Purbeck is significantly lower than the England average with the Locality ranking 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.

Healthy places

- 3.16 The income deprivation (indicator 5.2) in Purbeck is better (lower) than the England average, the Locality has the fifth lowest percentage of people living in income-deprived households of the 13 Dorset Localities. All four areas within the Locality are significantly lower than the England average.
- 3.17 Whilst the *proportion of people in Purbeck providing at least an hour of unpaid care per week* is similar to the England average and the level is *significantly higher than the England average in Swanage* (see Figure 3 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 3: Proportion of people in Purbeck providing at least an hour a week of unaid care



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 23/01/2020

Themes to consider for locality initiatives:

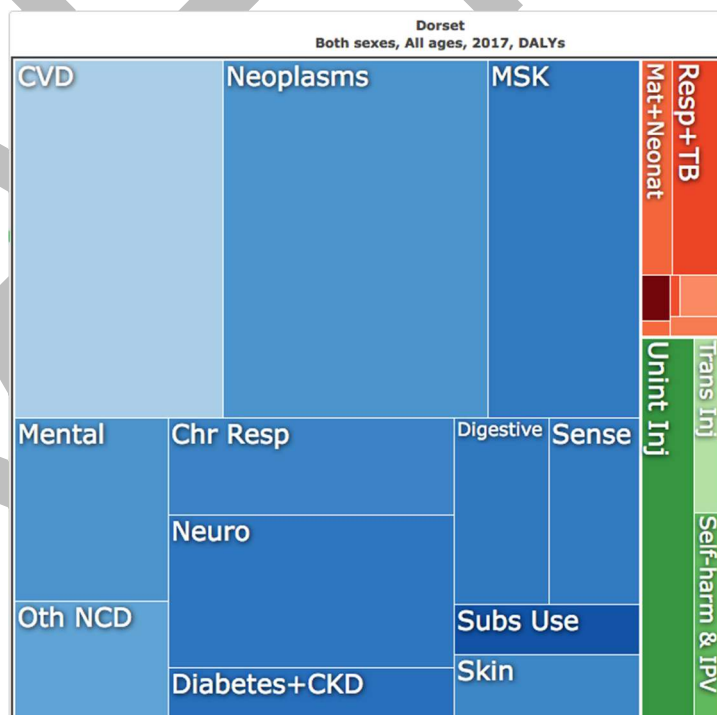
1. Purbeck is significantly better (lower) than the England average for A&E attendances in under 5s (Crude rate per 1000) but the rate in Swanage is significantly higher than England and amongst the highest 10% of areas across Dorset
2. Purbeck is significantly worse than England average for emergency hospital admissions in the under 5s and admissions for injuries in children and young people
3. The percentage of the working age claiming out of work benefits is significantly better for Purbeck (and the four areas that comprise the Locality) than England and joint lowest across the 13 Localities in Dorset
4. Whilst the proportion of people in Purbeck providing at least an hour of unpaid care per week is similar to the England average the level is significantly higher in Swanage.

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 health⁶. 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%)⁷.

⁶ https://www.who.int/healthinfo/global_burden_disease/about/en/ last accessed 3rd December 2019

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

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

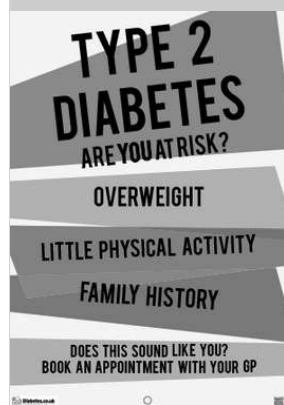
Key findings



One in five people in Purbeck reported have a **limiting long term illness or disability**, at 20.4% this is higher than the England average. LTLI is highest in **Swanage, Wareham Town & St Martin, and Castle Creech Barrow and Langton**



CHD Emergency admissions for are higher than expected compared with England for the Locality as a whole and in **Wareham Town and St Martin** which is one of the highest 10% of areas across Dorset



Diabetes in Purbeck has increased in line with national trends. Comparison with Dorset shows higher prevalence for **Wareham Surgery and Swanage Medical Centre**.

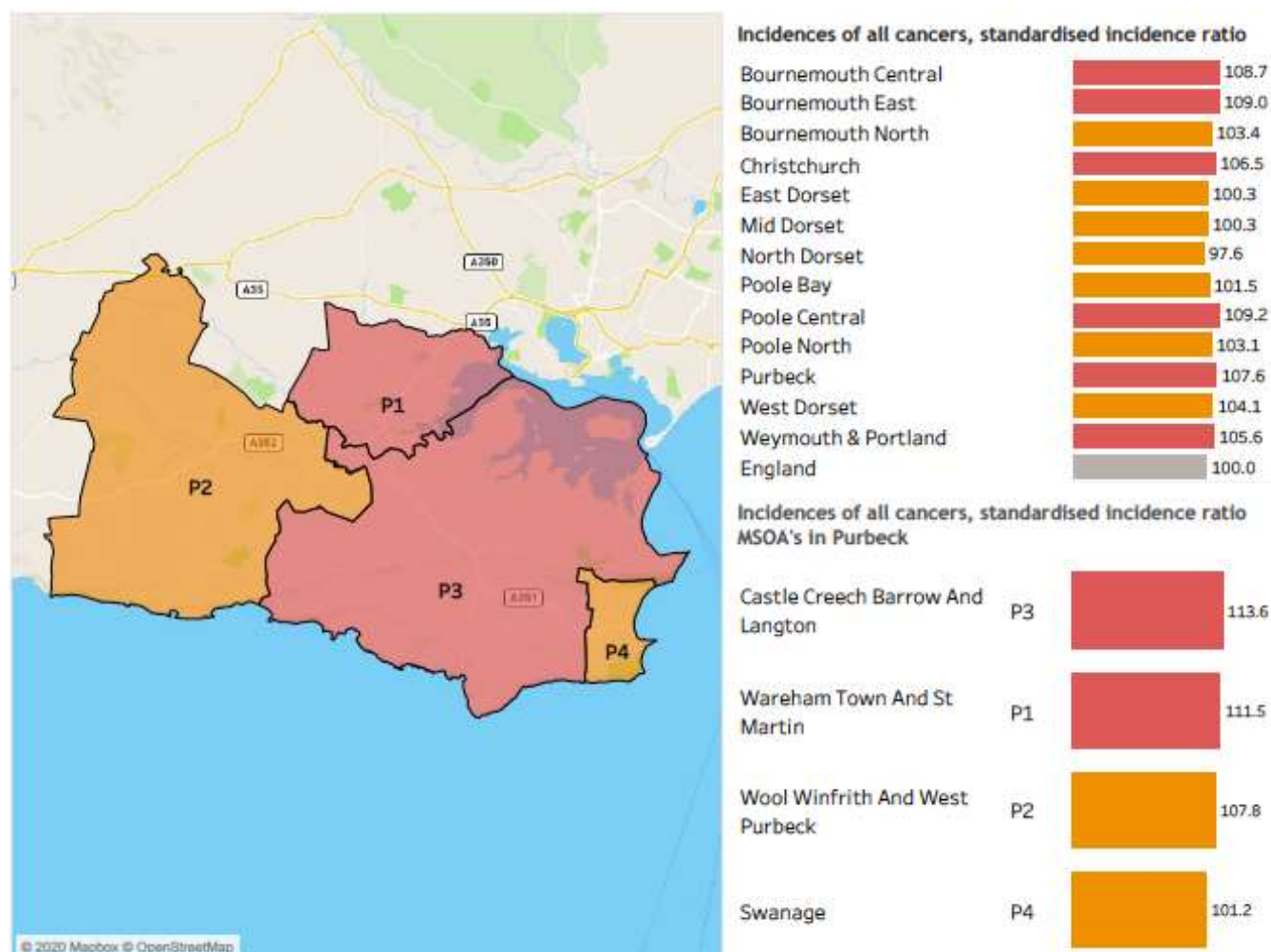
Swanage Medical Centre consistently records significantly **higher levels of dementia** than the England and Dorset averages



Cancers and benign tumours

- 4.5 When cells divide and grow excessively; they can be benign (not cancerous) or malignant (cancerous).
- 4.6 Figure 4 (over-page) shows *significantly higher than expected new cancer cases* for the Purbeck Locality and within the locality, significantly higher than expected⁸ levels of new cancers in:
- *Castle Creech Barrow and Langton; and*
 - *Wareham Town and St Martin.*

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

Figure 4: New cases of cancers, standardised incidence ratio 2012-16⁹

Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 23/01/2020

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 UK¹⁰.

4.9 Smoking prevalence in five of the six practices in Purbeck is significantly lower than the England average; the sixth being similar. See figure 5 over-page.

⁹ 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>

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

Figure 5: 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 23/01/2020

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

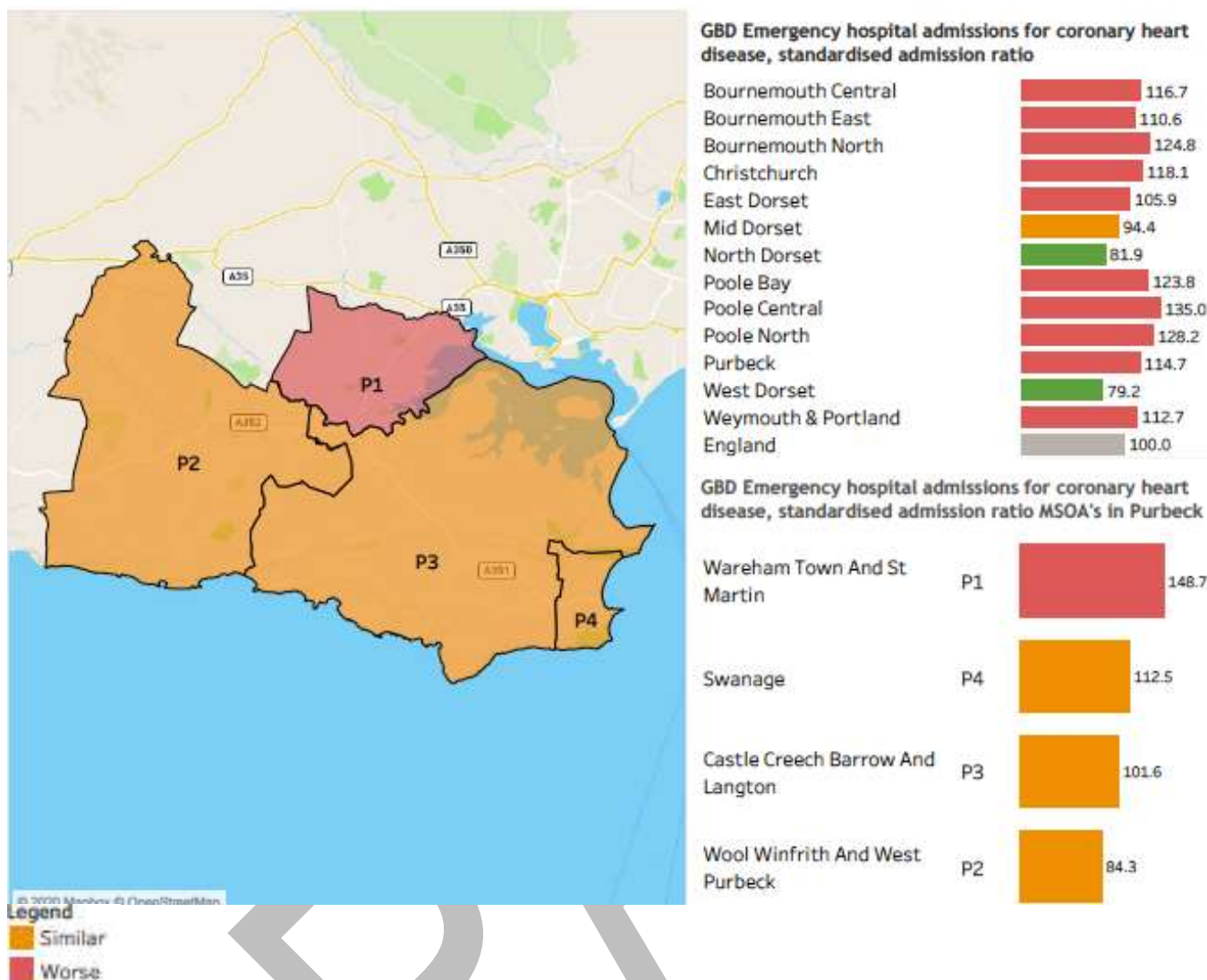
Cardiovascular diseases

- 4.13 Two thirds of the DALYs relating to cardiovascular diseases in Dorset are attributable to coronary heart disease (7% of the Dorset total all cause DALYs) and stroke (4%).

Coronary heart disease

- 4.14 Nationally, 1 in 6 men and 1 in 10 women die from coronary heart disease.
- 4.15 Emergency admissions for Coronary Heart Disease (CHD) can give an indication as to how well the condition is being managed.
- 4.16 *At the Purbeck Locality level, Emergency admissions for CHD are significantly higher than expected compared with the England average.*
- 4.17 As we see from the following figure, admissions are significantly higher in Wareham Town and St Martin which is one of the highest 10% of areas across Dorset.

Figure 6: Emergency admissions for CHD, 2013/14 – 2017/18¹¹



Source: <https://public.tableau.com/profile/public.health.dorset#!/vizhome/PrimaryCareLocalityProfile/Themes> last accessed 23/01/2020

Stroke

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

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

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

(CVD) such as stroke are being managed.

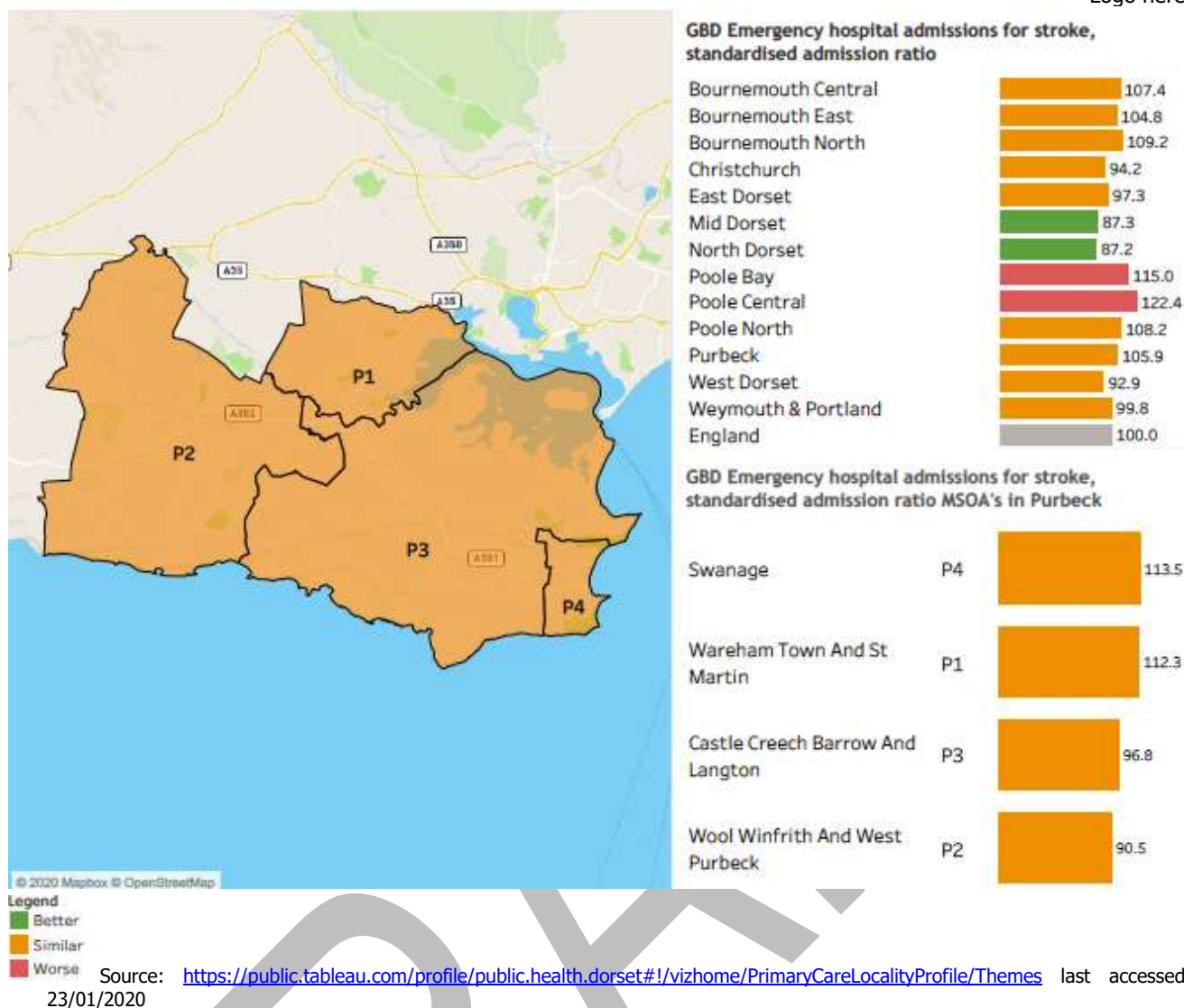
4.19 At the Purbeck Locality level, Emergency admissions for Stroke are similar to the England average, and similar to other Dorset localities.

4.20 Emergency admissions for stroke are similar in the four areas of the Locality to the England average (see Figure 7).

Figure 7: Emergency admissions to hospital for stroke, 2013/14 – 2017/18¹²

¹¹ This standardised admission ratio allows the level of such admissions at a local level to be compared to those expected given the age structure of local populations. For more detail see: <https://fingertips.phe.org.uk/profile/local-health/data#page/6/gid/1938133184/pat/101/par/E07000223/ati/8/are/E05007562/iid/93229/age/1/sex/4>

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:



4.21 The main risk factors for CVD¹³ are:

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

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

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

Diabetes management

4.24 Effective control and monitoring of diabetes can reduce mortality and morbidity. Type 2 diabetes is both preventable and can be controlled by lifestyle interventions (improved diet and increased physical activity). Much of the management and monitoring of diabetic patients, particularly patients with Type 2 diabetes is undertaken by the GP and members of the primary care team.

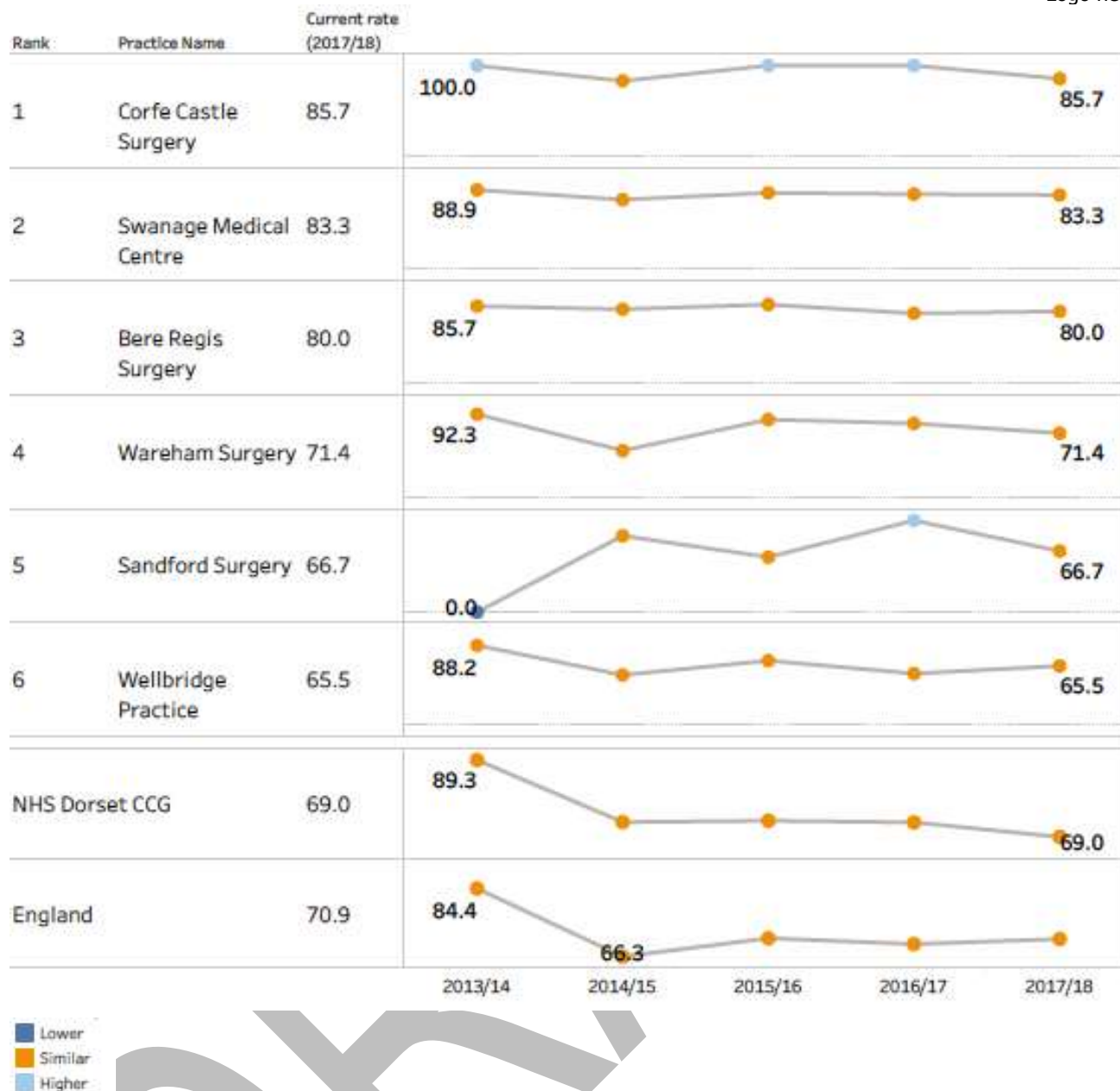
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¹³ <https://www.nhs.uk/conditions/cardiovascular-disease/> last accessed 17th December 2019

- 4.25 In keeping with Dorset overall and England as a whole, the recorded prevalence of diabetes amongst adults in the Locality has increased in recent years. Dorset overall this has increased from 5.3% in 2009/10 to 6.4% in 2017/18.
- 4.26 In Purbeck Locality the prevalence of diabetes has increased in line with national trends. Levels across the 6 practices are similar to those for England overall. Comparison with Dorset as a whole shows significantly higher prevalence (over a number of years) for Wareham Surgery and Swanage Medical Centre.
- 4.27 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 decreases (Figure 8) in five of the six Purbeck practices over the last 5 years.
- 4.28 The most recent data (2017/18) shows four 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. Sandford Surgery and Wellbridge Practice are below England and Dorset averages.

Figure 8: Percentage of newly diagnosed diabetic patients referred to structured education programme within 9 months of entry onto diabetes register

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 23/01/2020

- 4.29 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-effect¹⁵.
- 4.30 It has been suggested that patients noted as exceptions may not be receiving routine care and hence are more likely to have poorer outcomes¹⁶; alternative approaches should be used to engage those patients who do not attend medical check-ups.
- 4.31 *Swanage Medical Centre and Bere Regis Surgery showed significantly higher diabetes exception rates in 2017/18 than the England average.*
- 4.32 Sugar control across the Purbeck practices is generally similar to that for England and Dorset.

¹⁵ <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

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

4.33 Blood pressure control for Purbeck Diabetics is significantly higher than England and Dorset averages for Sandford Surgery, Corfe Castle Surgery and Wareham Surgery, but significantly lower in Swanage Medical Centre 2017/18 data, see Figure 9 below)¹⁷.

Figure 9: Percentage of diabetic patients achieving blood pressure control in Purbeck Locality



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

4.34 People with diabetes and high blood pressure are more at risk of having a heart attack or stroke¹⁸. The percentage of patients with established hypertension, as recorded on practice disease registers (proportion of total list size), is consistently significantly higher in five of the six Purbeck practices than the England average.

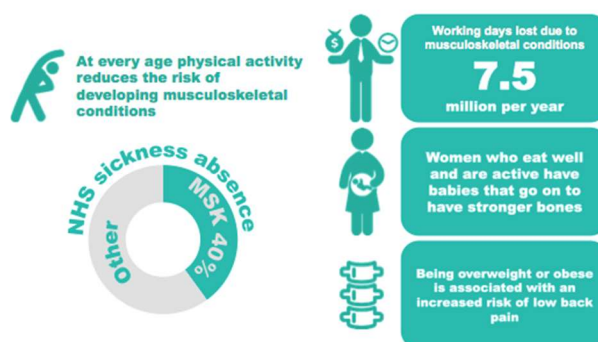
¹⁷ <https://public.tableau.com/profile/public.health.dorset#!/vizhome/Diabetesmanagement201718/DiabetesManagement> last accessed 23/01/2020

¹⁸ <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/blood-pressure> last accessed 12 October 2019

Musculoskeletal disorders

- 4.35 Low back pain (6% of total Dorset DALYs) and neck pain (2%) comprise ¾ of all musculoskeletal disorder DALYs.
- 4.36 40% of NHS sickness absence is due to musculoskeletal issues. Good musculoskeletal health can prevent (or reduce the impacts of) low back and neck pain.
- 4.37 The Limiting long-term illness or disability indicator from Local Health gives a proxy measure of the impact of low back and neck pain (and other conditions).
- 4.38 *One in five people in Purbeck reported have a limiting long term illness or disability, at 20.4% this is significantly higher than the England average.*
- 4.39 *LTLI is significantly higher in three of the four areas in the Locality (Swanage, Wareham Town & St Martin, and Castle Creech Barrow and Langton).*

Musculoskeletal health: National picture



Effective interventions for MSK prevention

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



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



Self-referral to physiotherapy, saves £99 in healthcare



ESCAPE-pain, saves £5 in healthcare savings



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



- 4.40 Keeping fit and active, and avoiding long periods of sedentary behaviour are key to maintaining good musculoskeletal health.
- 4.41 Livewell Dorset provides help and advice on becoming more active (<https://www.livewelldorset.co.uk/get-active/>).
- 4.42 NHS employers are encouraging the workforce to become more active through workplace wellbeing initiatives. The STP / ICS is encouraged to reach out to support other employers in making the case for promoting workplace wellbeing.

Neurological disorders

- 4.43 Almost half of the DALYs arising from neurological disorders in Dorset are accounted for by Alzheimers and other dementias (5% of all cause DALYs in Dorset).
- 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 Purbeck practices has increased over recent years.

4.46 *Swanage Medical Centre* consistently records *significantly higher levels of dementia than the England and Dorset averages*.

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

4.48 In the following chart (Figure 10) we can see that:

- Proportions have increased in 5 of the 6 practices
- Corfe Castle Surgery, Sandford Surgery and Wareham Surgery achieve higher levels than the average across Dorset.

Figure 10 Percentage of dementia patients with a care plan reviewed in the previous 12 months



- Lower
- Similar
- Higher

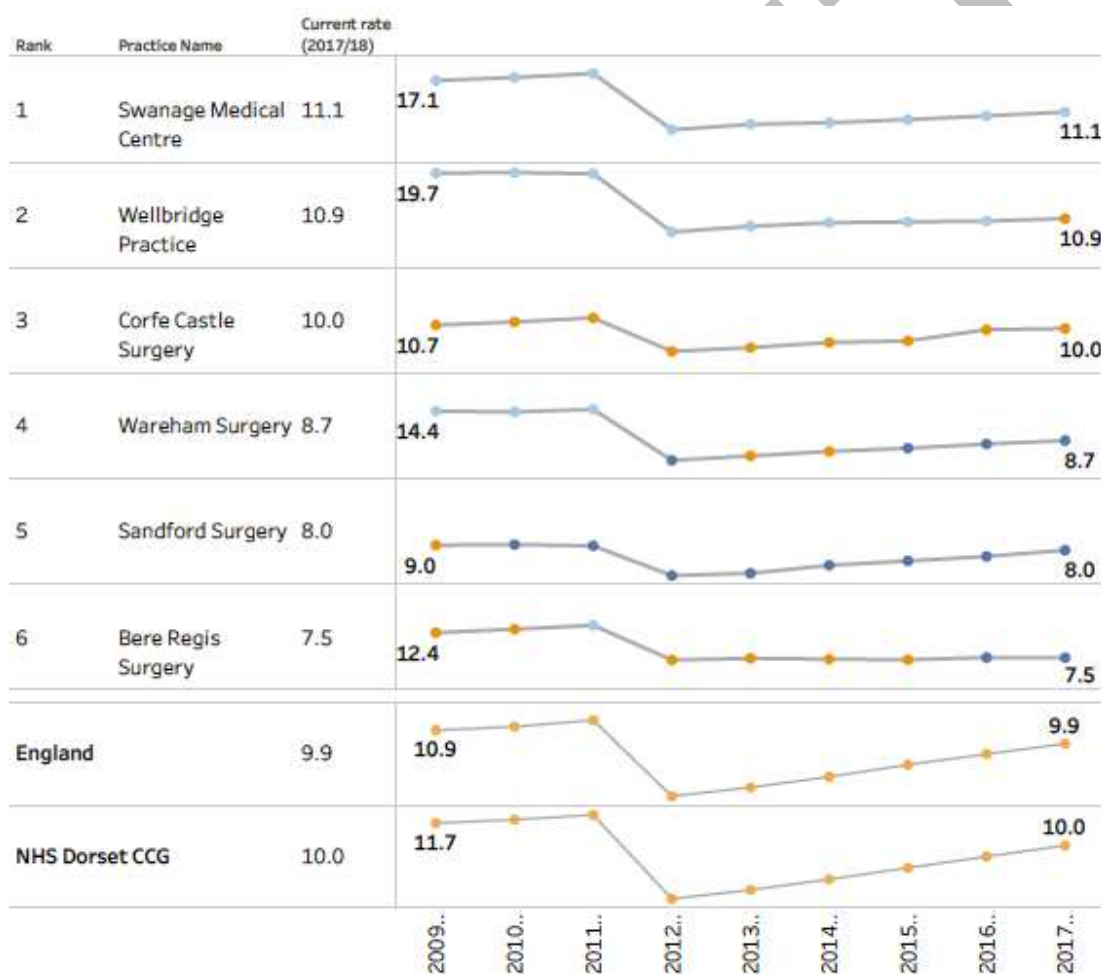
Source:

<https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 23/01/2020

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

- 4.49 The percentage of dementia patients with a care plan reviewed in the past 12 months indicator includes those patients that the practice has identified as being ‘exceptions’²⁰.
- 4.50 Exception rates in Purbeck 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 shown a decline over the last 7 years across the Purbeck practices*²¹.
- 4.51 Loneliness and depression are noted by NICE as important risk factors for dementia. Reducing the number of people with depression is important as depression may reduce the resilience to dementia onset and progression²².
- 4.52 The following chart shows the *prevalence of adult depression* to have fallen between 2009/10 and 2012/13, and then risen through to 2017/18 in the 6 Purbeck practices.
- 4.53 Compared with the England average there is variation across the 6 Purbeck practices: Swanage Medical Centre significantly higher than England whilst Wareham Surgery, Sandford Surgery and Bere Regis Surgery are significantly lower.

Figure 11: Percentage of patients aged 18 years and over with recorded depression



■ Lower
■ Similar
■ Higher

<https://public.tableau.com/profile/public.health.dorset#!/vizhome/GPPPracticeMentalHealthIndicators201718/MentalHealth?publish=yes> last accessed 23/01/2020

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

Chronic respiratory diseases

- 4.54 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)

- 4.55 Nationally, 3,000,000 people are estimated to have COPD, of which only one third are diagnosed.
- 4.56 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.
- 4.57 At the Purbeck Locality level, Emergency admissions for COPD are significantly better (lower) than the England average; the Locality is ranked 8th highest of the 13 Dorset Localities.
- 4.58 Lung cancer is closely associated with COPD. The incidence of lung cancer is significantly better (lower) in Purbeck (compared with England) with no areas within the locality showing significantly higher rates than the England average²³.
- 4.59 Smoking is an important risk factor in developing COPD and lung cancer. We see at point 4.9 that in line with England and Dorset as a whole, smoking prevalence has shown a small decrease over the last five years in Purbeck.
- 4.60 As the levels of smoking decrease we are left with 'harder to quit' smokers. For these people the standard smoking cessation support offer may not work and different approaches may be required.
- 4.61 Stop smoking advice is provided locally by LiveWell Dorset (<https://www.livewelldorset.co.uk/stop-smoking/>)

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

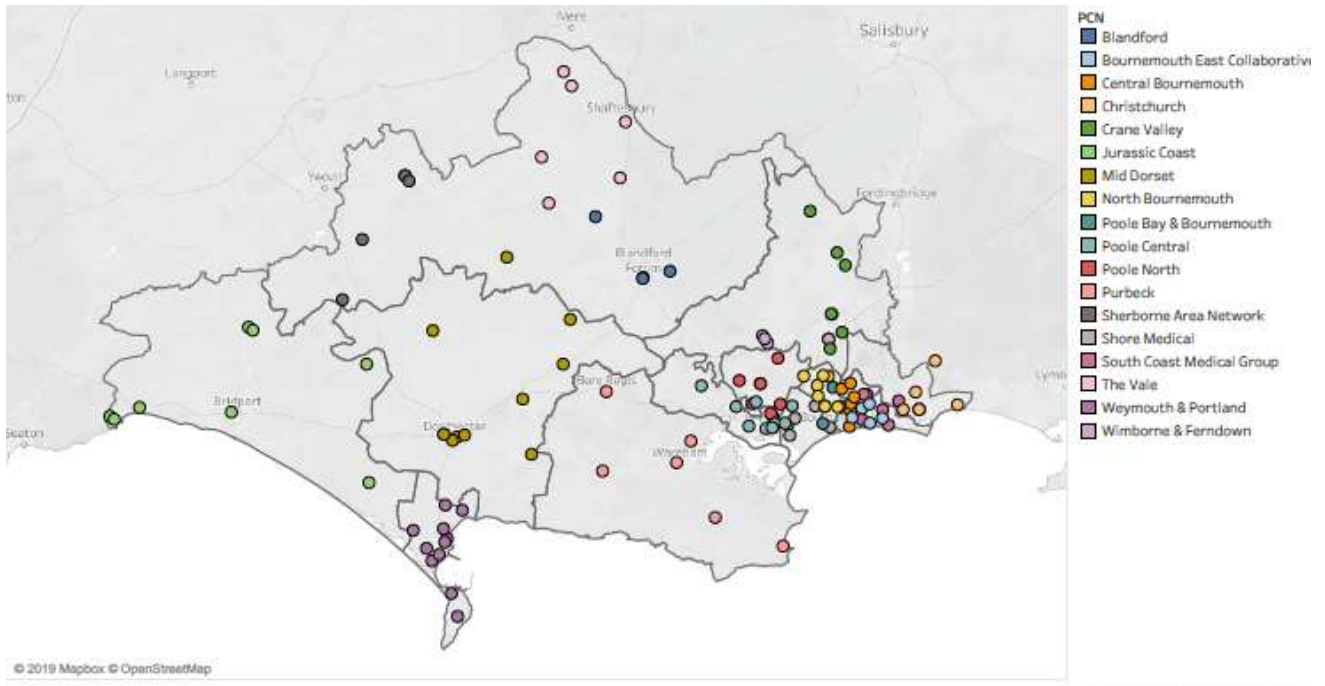
Themes to consider for locality initiatives:

1. There are significantly higher than expected new cancer cases for the Purbeck Locality and within the locality in:
 - Castle Creech Barrow and Langton; and
 - Wareham Town and St Martin.
 2. Emergency admissions for CHD are significantly higher than expected compared with the England average for the Locality as a whole and in Wareham Town and St Martin which is one of the highest 10% of areas across Dorset
 3. Prevalence of diabetes in Purbeck has increased in line with national trends. Comparison with Dorset as a whole shows significantly higher prevalence (over a number of years) for Wareham Surgery and Swanage Medical Centre.
 4. One in five people in Purbeck reported have a limiting long term illness or disability, at 20.4% this is significantly higher than the England average. LTLI is significantly higher in three of the four areas in the Locality (Swanage, Wareham Town & St Martin, and Castle Creech Barrow and Langton
1. Swanage Medical Centre consistently records significantly higher levels of dementia than the England and Dorset averages

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



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CCG Locality Boundaries based on MSOAs

