

# CARED FOR, SAFEGUARDED AND HEALTHY

## Health Needs of Adults - Lifestyle



### Smoking

Smoking remains the single greatest cause of ill health and preventable death in the Borough. It has a major influence on cardiovascular disease, COPD and Cancer.

Although rates of smoking have fallen, nevertheless, around **1 in 5** adults in the Borough still smoke. (**18.6%**) In the most deprived parts of the Borough, this is more like **1 in 3** adults.

Smoking rates remain higher than in the rest of England.



### Pre Diabetes

Type 2 Diabetes is partially preventable and there is a clear link between lifestyle factors such as obesity, exercise and diet. Early detection followed by good management and treatment can have a major influence on reducing diabetic complications, including kidney, foot and eye diseases.

As well as the **6.8%** of the population diagnosed with Diabetes, it is estimated that a further **11.6%** of the population have pre diabetes. A further **20,870** people with raised blood glucose but not yet in the diabetic range.



### Obesity

Excess weight is a major cause of preventable ill health and premature mortality. Just over two thirds of adults are overweight or obese (**67.4%**).

It is predicted that there are over 10,000 people 65yrs+ who are obese, expected to rise by **16.8%** by 2030.

**1 in 4** men and women are obese, but for women this has particular implications for pregnancy and the health of their children. Reducing obesity in women has the potential to reduce the possibility of their children being obese.



### Alcohol

Excessive use of alcohol remains a problem within North Tyneside. Not only in terms of the more visible impact on health services, but its wider influence on issues such as crime and anti social behaviour. There is also its wider social impact on issues such as domestic violence and safe guarding.

Just over **1000** people per year are admitted to hospital for specific alcohol reasons. This is an improving trend, but remains statistically worse than England as a whole. The rate of such admissions is almost twice as high for men as women.

Alcohol is also a contributing factor to a wider set of health conditions which manifests itself in a broader set of hospital admissions. The Borough is also an outlier on these.

Latest survey data suggests that **1 in 5** people in the Borough are non drinkers, **1 in 5** low risk drinkers and nearly **3 in 5** increasing and high risk drinkers.



### Exercise

Maintaining a physically active lifestyle can have a major impact on preventing ill health. Over half of adults are getting the required physical activity of 150 mins per week (**56.8%**).

But nearly one third are physically inactive (**31.5%**) doing less than 30 minutes per week.

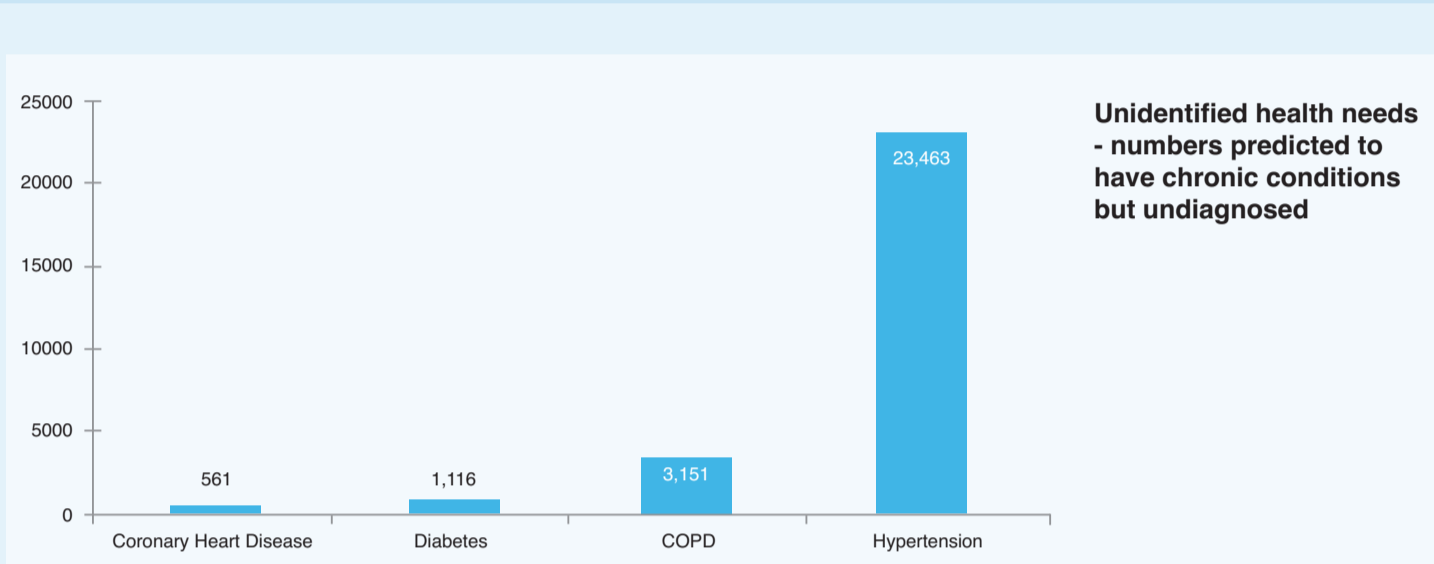
## People with undiagnosed health conditions

There are large numbers of people with undiagnosed health conditions. It is estimated that there are:

- Over five hundred people with undiagnosed Coronary Heart Disease (**561**)
- Over a thousand people with undiagnosed Diabetes (**1,116**)
- Over three thousand people with undiagnosed COPD (**3,151**)

- Over twenty three thousand people with undiagnosed Hypertension (**23,463**)

For these individuals, their conditions are not being managed in the best possible way and they are therefore particularly vulnerable to the effects of these conditions.



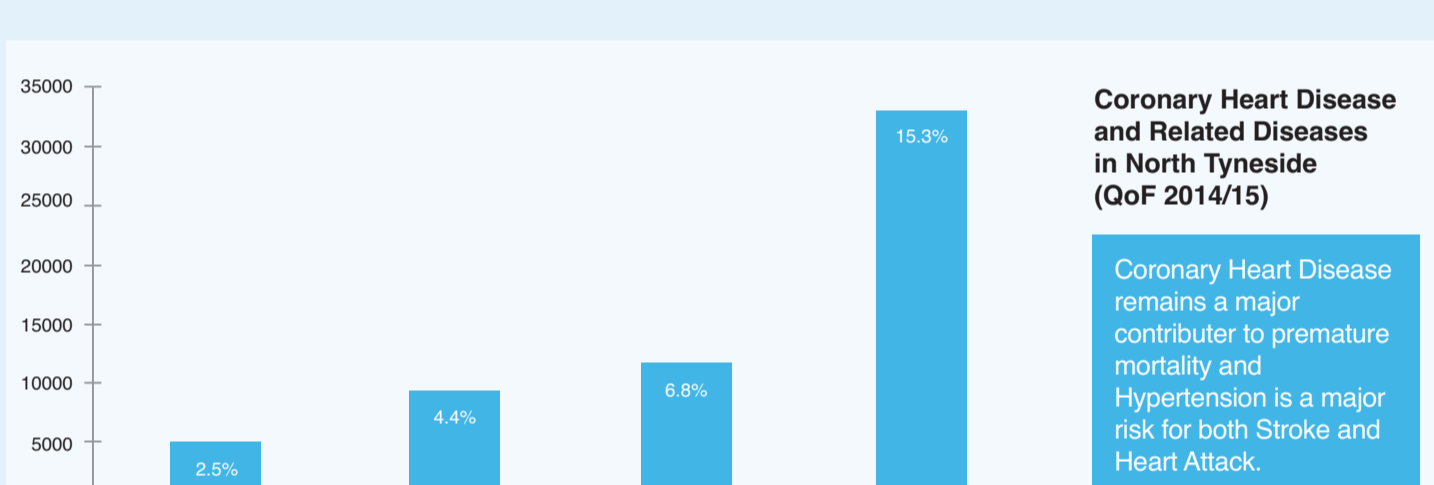
**Unidentified health needs - numbers predicted to have chronic conditions but undiagnosed**

## People with diagnosed health conditions

### Coronary Heart Disease, stroke and related diseases:

- In North Tyneside, on GP registers there are:
- Nearly ten thousand people with Coronary Heart Disease (**9,399**)
- Over five thousand people who have survived a Stroke (**5,317**)

- Over twelve thousand people diagnosed with Diabetes (**12,024**)
- Over thirty three thousand people diagnosed with Hypertension – raised blood pressure (**33,085**)



**Coronary Heart Disease and Related Diseases in North Tyneside (QoF 2014/15)**

Coronary Heart Disease remains a major contributor to premature mortality and Hypertension is a major risk for both Stroke and Heart Attack.



### Cancer

Cancer is the major cause of premature death in North Tyneside. There are over five thousand people diagnosed with cancer, (**5,562**) which is **2.6%** of the population.

### Cancer Screening Programmes

The cancer screening programmes offer the possibility of earlier detection and management of cancers. Improved coverage of the programmes would mean more cancers are detected in their more treatable early stages.

#### Breast Cancer Screening

– more than **3 out of 4** eligible women are screened (**78.1%**), but still **5,270** women are not screened in the required 3 year period.

#### Cervical Cancer Screening

– more than **3 out of 4** eligible women are screened (**77.6%**), but **12,013** women are not screened in the respective screening period.

#### Bowel Cancer Screening

Over half of those eligible are screened (**58.8%**), but **12,536** people are not screened in the 2.5 year period.



### Chronic Obstructive Pulmonary Disease (COPD)

There are over five thousand people diagnosed with COPD (**5,295**) - this is **2.5%** of the population. Smoking is a major contributor to COPD.



### Multiple Long Term Conditions

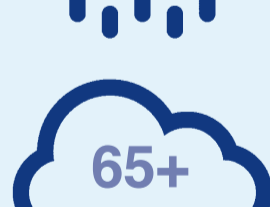
Around 54,000 people are recorded as having a Long Term Condition (diagnosed with either, CVD, diabetes, COPD, chronic kidney disease, hypertension, asthma or schizophrenia). This is **1 in 4** of the total population, but a much larger proportion of older age groups.



### Mental Health - Working Age Adults

Self reported levels of anxiety and depression are significantly higher than national levels and deprivation appears to be a contributing factor.

Attendances at A&E by people with psychiatric disorders and the numbers of bed days in secondary mental health care hospitals are both significantly higher in the Borough than in England.



### Mental Health - Older Adults

Rates of mental illness within residential or nursing care are significantly higher than England.

Early deaths in adults with serious mental illness are higher than England



### Dementia

There are estimated to be over two and half thousand people over 65yrs with dementia in the Borough (**2,575**), one third of these men and two thirds women.

However, General Practices record only **1,914** people, at a prevalence rate of **0.89%**. But this varies in practices between **1.44%** and **0.33%**.

Around **1 in 5** cases may be unrecorded by their GPs.

It is estimated that within the Borough **89%** of dementia cases are due to either Alzheimers or Vascular dementia .

Numbers of people with dementia:

- Increases with age
- Is higher in men than women
- But there are more women with dementia due to their greater life expectancy



### Serious Mental Illness

Over seventeen hundred people are diagnosed with a serious mental illness (**1,772**).

This includes schizophrenia, bipolar affective disorder or other psychoses and is **0.8%** of the population.

## Hospital Admissions and Falls



### Hospital admissions

The volume of emergency hospital admissions, particularly of the frail and elderly are having a major impact on health and care services.

Nearly **31,000** residents had an emergency admission to hospital in 2014/15. The over 75s accounted for around **6,404** such admissions, which is about **17** per day.

**Falls** - are the largest cause of emergency hospital admissions for older people and are a major cause of people having to leave their own homes and move into either residential or nursing care.



### Falls

There were **859** emergency admissions for a fall in 2013/14 in the over 65s, more than **2** per day.

The above those falls that result in an emergency admission. However, the predicted number of all Falls in the over 65s is more than ten thousand per year (**10,493** in 2015).

The number of falls in the over 65s is expected to rise by nearly **40%** (**39.6%**) by the year 2030.



### Hip Fractures

National data suggests that only **1 in 3** of those suffering a hip fracture returns to their previous level of independence and **1 in 3** will end up leaving their own home to move into long term care.

The average age of somebody experiencing a hip fracture is **83yrs** and **three in 4** hip fractures occur in women.

Rates of mortality are high with **1 in 10** having a hip fracture dying within one month and **1 in 3** within one year.

In North Tyneside, **272** people 65yrs+ were admitted for hip fracture in 2013/14. More than **70%** of these were in people over 80 yrs. The Borough has a significantly higher rate than England.