Overview of Health Issues in the North Locality
July 2012

Outcomes from this meeting

- Have an understanding of what the DoBH is and the structure of the health promotion team
- Understanding of the health priorities on the North locality and the range of existing health services
- understanding the work of NHS Nottingham City's Health Development Mangers and the key strategies they are working on

This document aims to provide an overview of the health issues relating to the North Locality of Nottingham city. It has drawn from the following reports and documents:

- Breastfeeding Strategy for Nottingham City
- Public Health Annual Report 2010
- Transforming Sexual Health Services – Sexual Health Needs Assessment
- Nottingham City Citizens Survey 2011/ 12

Much of this data has been carried out on a city wide level therefore the summary points listed below have focused on particular health issues that feature higher in any of the wards within the North Locality.

All data referred to has been attached to this document and has been copied from the original reports. The full documents can be requested and any queries relating to the data can be passed to the appropriate lead at NHS Nottingham City.

Health Issues in Nottingham City

Compared to the national average, Nottingham City has high rates of the following:

- CVD - Stroke, Diabetes and Heart Attacks
- Cancer – most commonly, bowel, breast, lung and prostate cancer
- Smoking
- Mental Health
- Hospital admissions due to alcohol
- Child and adult obesity

This can be attributed to some of the following factors:

- Low National Screening rates for breast and bowel cancer compared to the national average
- Low rates of physical activity
- Low rates of people eating 5 a day
- Health inequalities between areas in Nottingham City relating to deprivation

Although these health issues are reflected across Nottingham City, some health issues are more prevalent in particular areas and localities.

Nottingham Needs To Target

- Smoke 5 million fewer cigarettes a week
- Have 1,000 fewer hospital visits due to alcohol
- Loose 500,000 (lbs) by 2020
- 28,000 people in Nottingham need to do more exercise
- People of Nottingham need to feel good, be positive and be happy

Decade of Better Health

The Decade of Better Health Programme is Nottingham City's flagship health improvement programme that aims to encourage city residents to lead healthier lives by addressing the 5 key areas of health:

1. Physical Activity
2. Smoking
3. Healthy Weight
4. Health and Wellbeing (Mental Health)
5. Alcohol

By addressing these lifestyle risk factors, the DOBH aims to reduce the rates of CVD and Cancer in the City.

As part of the Decade of Better Health programme, NHS Nottingham City currently commissions a range of services to ensure city residents has the correct support in order to achieve a healthier lifestyle. These services include:

- Healthy Change Service (telephone support service)
- Slimming World on Referral
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- Be Fit Scheme (free gym access to certain gyms for people on benefits)
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- Smoke Free Homes
- Motivate (men's weight loss programme)
- Cook Well Eat Well (nutrition and dietetics team)

As part of the CVD Local Enhanced Service (LES) all GP's in Nottingham City refer to the Healthy Change Service for people who are at risk of CVD, this is the single point of referral for people to access the services listed above.

City residents can also access these services directly or by making a health pledge. Pledges are based on the concept of New Year Resolutions and encourage people to take small realistic steps in improving their health. All

pledges made are followed up by The Healthy Change Service who arrange for a health trainer to contact individuals to provide information on local service provision.

Change Makers

The Change Maker programme is the community engagement arm of the Decade of Better Health. Change Makers are local people trained in the following areas as part of the Decade of Better Health:

- The signs and symptoms of stroke, diabetes and heart attack
- The signs and symptoms of bowel, breast, lung and prostate cancer
- Lifestyle risk factors – smoking awareness, alcohol awareness, national guidelines for physical activity, nutrition and mental health and wellbeing awareness.

Due to Change Makers being local people, their aim is to raise awareness of the signs and symptoms of CVD and cancer in their community. As a result there are teams of Change Maker volunteers that meet on a monthly basis in the following areas:

- Bulwell
- Bestwood
- Aspley
- Sneinton
- Radford
- Sherwood
- Clifton

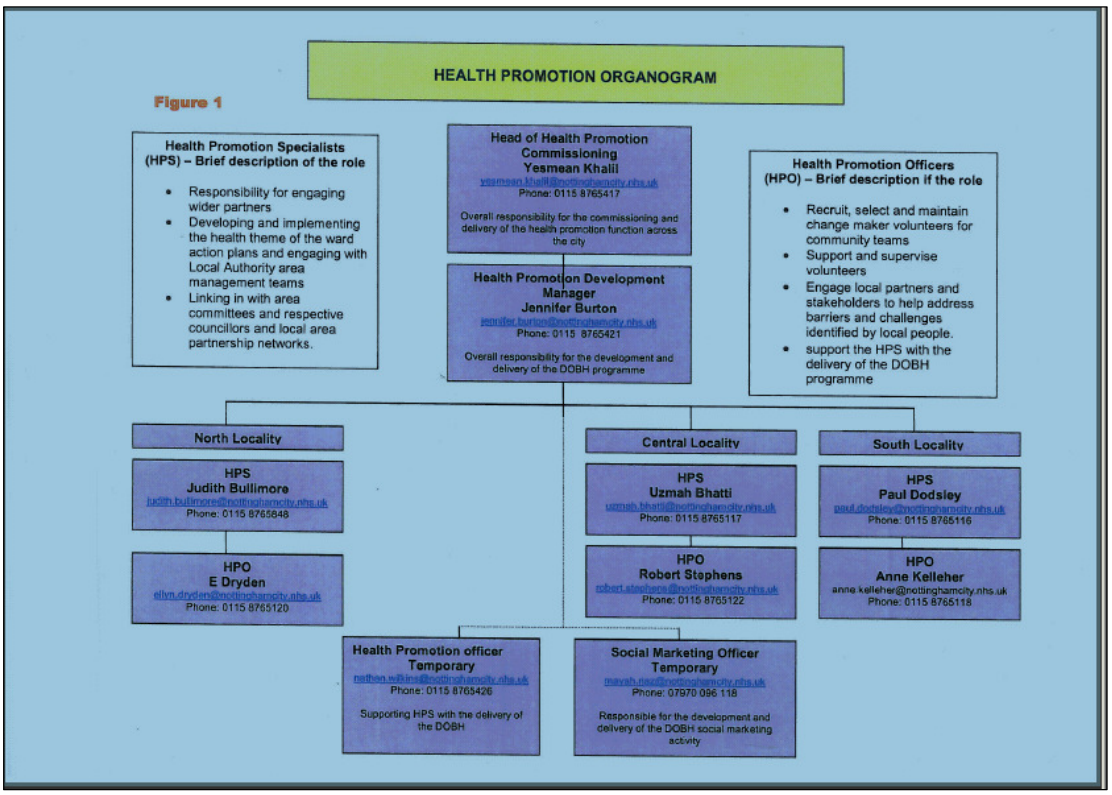
Team Structure and New Ways of Working

The health promotion team is aligned to the new neighborhood structure to enable us to work together to address the wider determinants of health. See Figure 1 overleaf.

A key objective for the DOBH is to build the capacity of partners and front line workers to enable them to deliver health promotion interventions through making every contact count. Front line workers will be trained in brief intervention techniques and effective communication. This approach will increase the reach of the DOBH programme and as a result help to address health inequalities on a larger scale.

The Change Maker programme is a volunteer lead programme and is the community element of the DOBH. Change makers is city wide and their volunteers represent the voice and health views of local people and the work that they do feed in to ward plans and inform the future direction of the DOBH

Figure 1: Health Promotion Organogram



Summary of the Health Issues in the North Locality

Mental Health and Wellbeing
View presentation slides from Jane Bethea – Specialist registrar in Mental Health, NHS Nottingham City

Life Expectancy
See Figure 2 overleaf

As you can see there is a 10 year life expectancy gap with some areas of the city having a higher mortality rate than others.

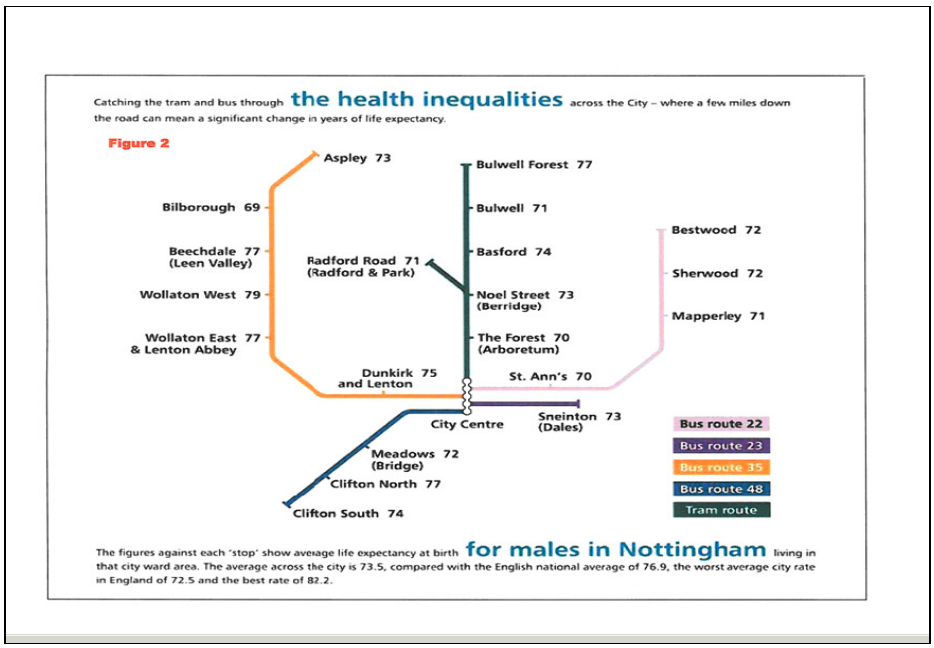
The life expectancy in the following areas of the North Locality is particularly low:

- Bilborough
- Bulwell
- Aspley

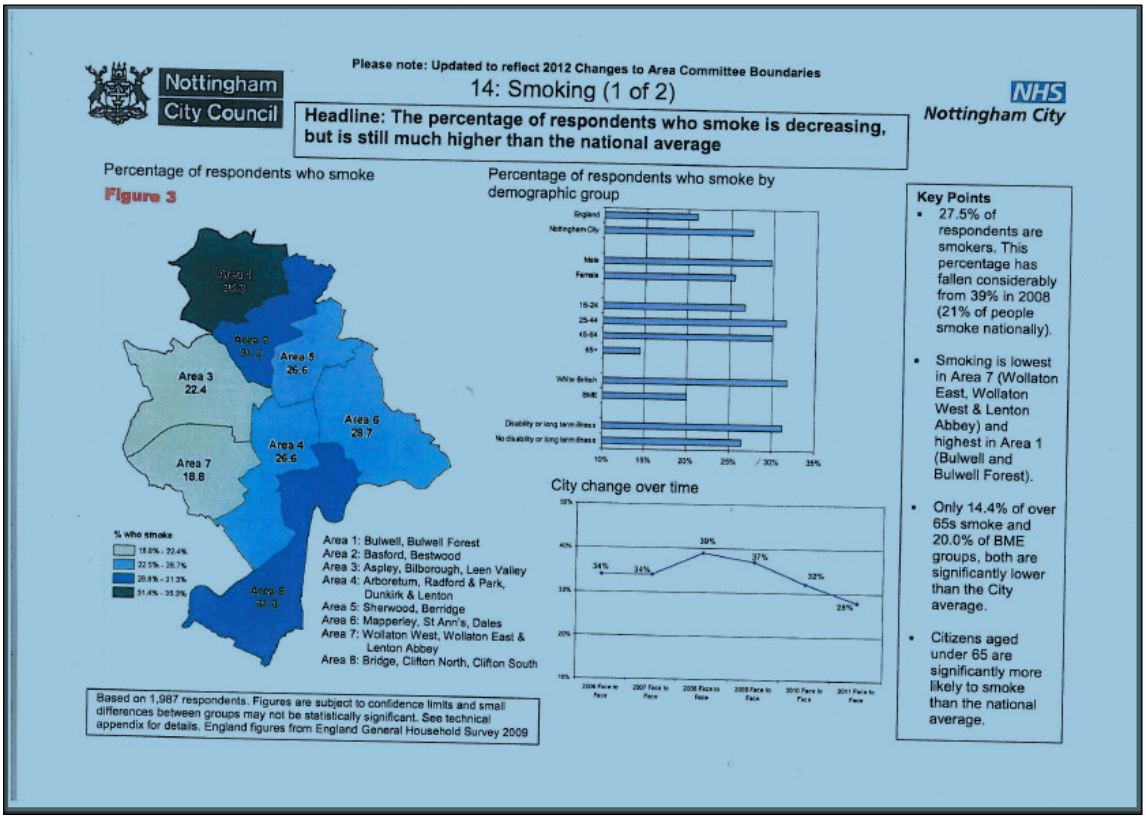
Smoking
Based on the Citizens Survey the following areas have the highest smoking rates:

- Bulwell and Bulwell Forest

Figure 2: The Health Inequalities Across Nottingham City



(There were difficulties in capturing ward level data, which is an issue in Aspley yet the survey doesn't reflect this) See **Figure 3** below



Alcohol

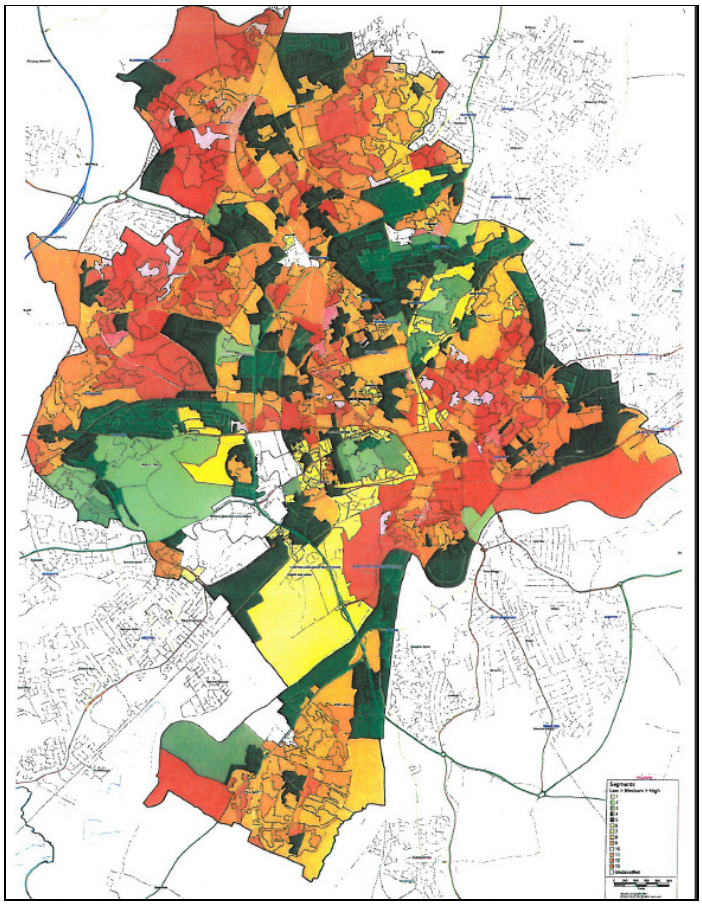
Figure 4 is a map of harmful drinking rates in Nottingham City. As you cans see the following areas have high harmful drinking rates:

- Bulwell
- Aspley
- Bilborough

Based on the citizens survey in summary:

- In Bulwell and Bulwell Forest: 54% drink alcohol with 9.1% drinking to levels that cause increased or high risks to their health
- In Basford and Bestwood : 58.8% drink alcohol with 6.3% drinking to increased/higher risk
- In Aspley, Bilborough and Leen Valley: 49.3% drink alcohol with 7% drinking to increased/higher risk

Figure 4: Harmful Drinking Segments Nottingham City PCT

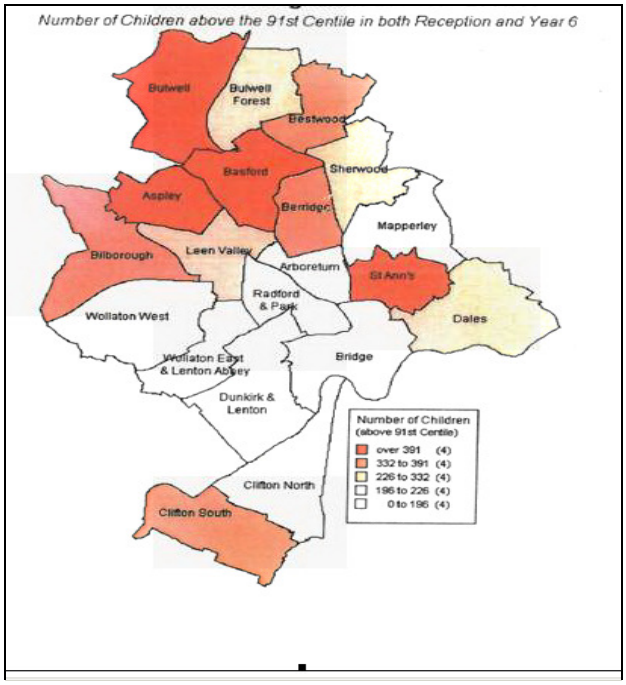


Childhood Obesity

The following areas have the highest rates of Childhood Obesity in Nottingham City - see figure 5:

- Bulwell
- Basford
- Aspley
- (St Ann's)

Figure 5: Childhood Obesity in Nottingham City 5 Year Data from NCMP Programme 2006/07 – 2010/11



Coronary Disease

See Figures 6 & 7 for the death rates of all coronary disease in Nottingham City. Coronary disease includes stroke, diabetes, heart attacks. In relation to the North Locality the following areas have high death rates:

- Bulwell
- Bestwood
- Bilborough

Figure 6: Death Rates from Coronary Heart Disease, All Ages, 2007-2009

Area	Rate per 1000	LCL	UCL	Number of deaths
Arboretum	4.16	2.55	5.77	27
Aspley	2.82	1.89	3.74	38
Basford	3.13	2.27	3.98	57
Berridge	3.82	2.80	4.85	65
Bestwood	4.32	3.34	5.31	85
Bilborough	3.80	3.00	4.61	121
Bridge	3.86	2.55	5.16	37
Bulwell	3.70	2.78	4.63	70
Bulwell Forest	2.05	1.40	2.70	41
Clifton North	3.24	2.43	4.05	82
Clifton South	2.85	2.06	3.63	69
Dales	2.72	1.94	3.49	51
Dunkirk and Lenton	2.62	1.25	3.99	16
Leen Valley	2.54	1.73	3.34	48
Mapperley	2.73	1.96	3.49	57
Radford and Park	2.69	1.77	3.61	35
Sherwood	3.30	2.45	4.15	69
St Ann's	4.47	3.37	5.56	68
Wollaton East and Lenton Abbey	3.16	1.82	4.50	27
Wollaton West	1.76	1.27	2.26	60
Nottingham City UA	3.14	2.94	3.3	1123

Notes: Rate – age/sex standardised death rate per 1000 population, 3 years pooled data with lower (LCL) and upper (UCL) 95% confidence limits

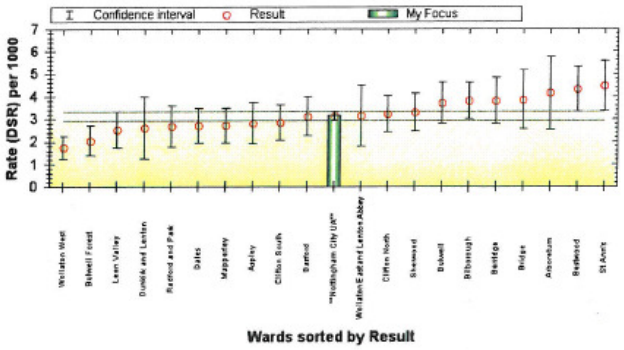
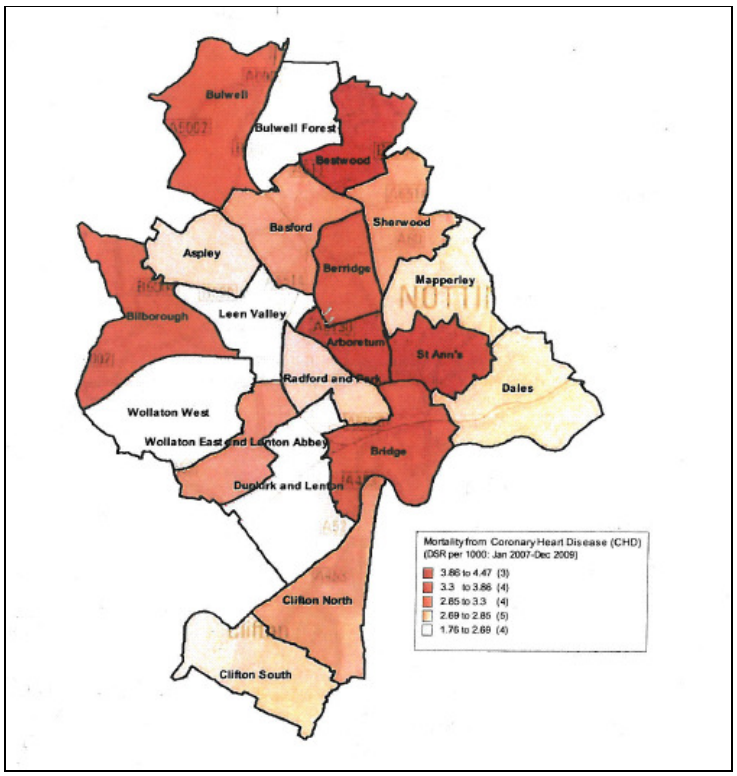


Figure 7: Rates of Death from Coronary Heart Disease, All Ages, 2007 - 2009



Cancer

In Nottingham bowel, breast, lung and prostate cancer account for half of all cancer deaths in Nottingham with lung cancer being the highest. Cancer in Nottingham is higher than the national average.

There are higher amounts of stroke in particularly areas of the City as shown in Figure 8. However, the following areas have the highest rates of mortality from all cancers:

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- Bilborough

In the North Locality death rates from lung cancer are highest in:

- Bulwell

Followed by,

- Bilborough

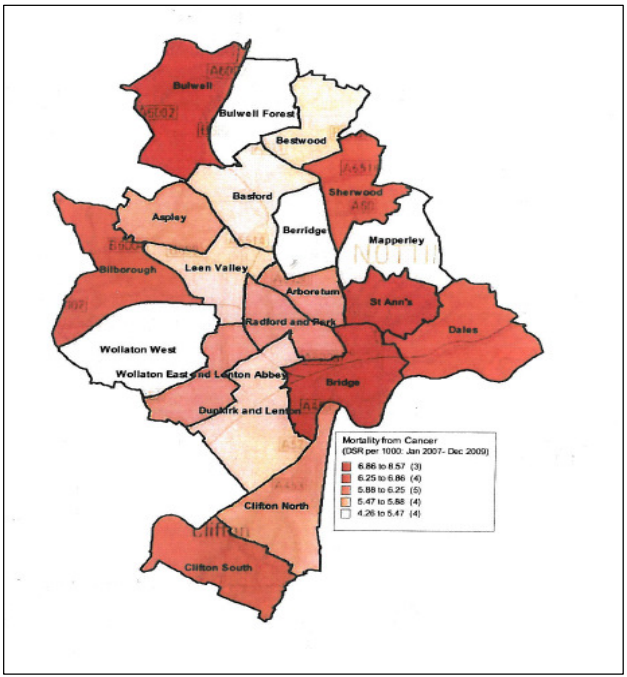


Figure 8: Map of Death Rates from All Cancers, All Ages, 2007 - 2009

Sexual Health

There are significant health inequalities in sexual health in England. In Great Britain the average (median) age at first heterosexual intercourse is estimated to be 16 for both men and women[i].

The most common sexually transmitted infection in young people is genital Chlamydia and part of the Health Protection Agency's health promotion strategy is the delivery of the National Chlamydia Screening Programme in England, which was established in 2003. The programme is targeted at young people under 25.

A Sexual Health Outreach Team (SHOT) is currently commissioned to work with high risk groups, including sex workers, in Nottingham City.

Figure 9 is an analysis of all acute STI infection rates geographically. The following areas have the highest rates:

- Bilborough
- Clifton (South Locality)

Figure 9: Map by Lower Super Output Area Showing Number of Acute STIs Diagnosed by GUM Services in 2010

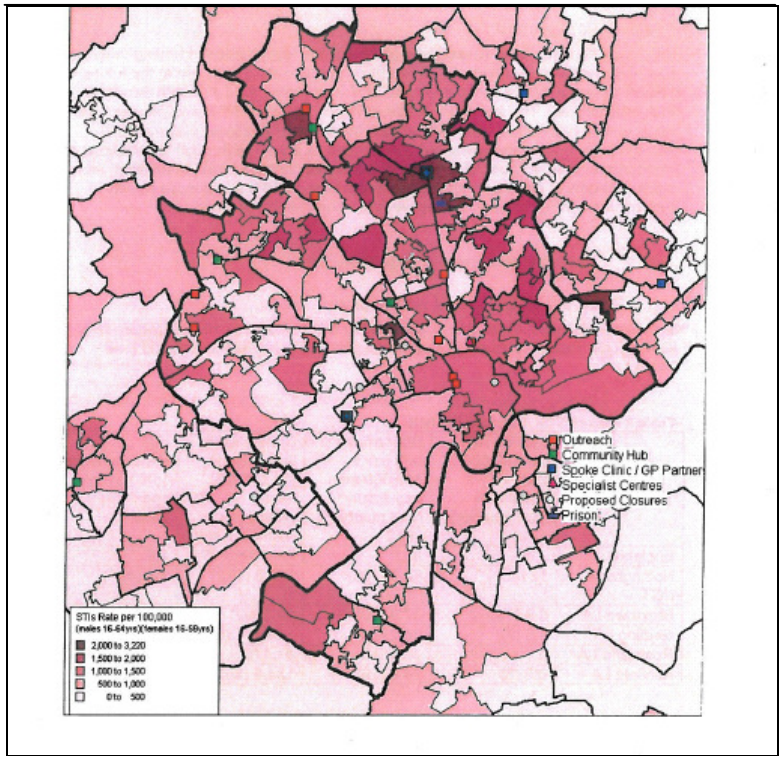


Figure 10: Rates of Syphylis/100,000 people aged

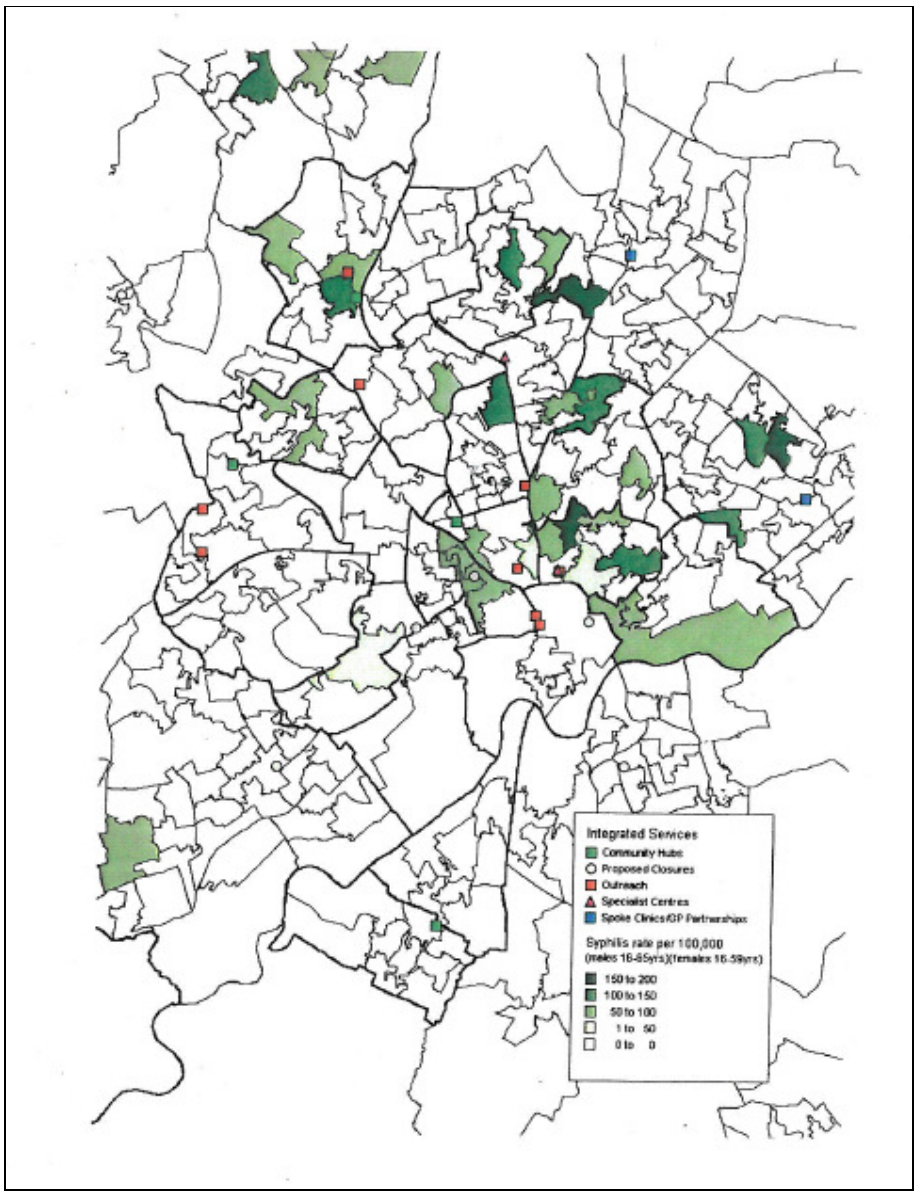


Figure 10 above shows that :

Outside of St Ann's the following areas in the North Locality have high rates of syphilis:

- Aspley
- Bulwell

Figure 11: Chlamydia screening in young people aged 15-24

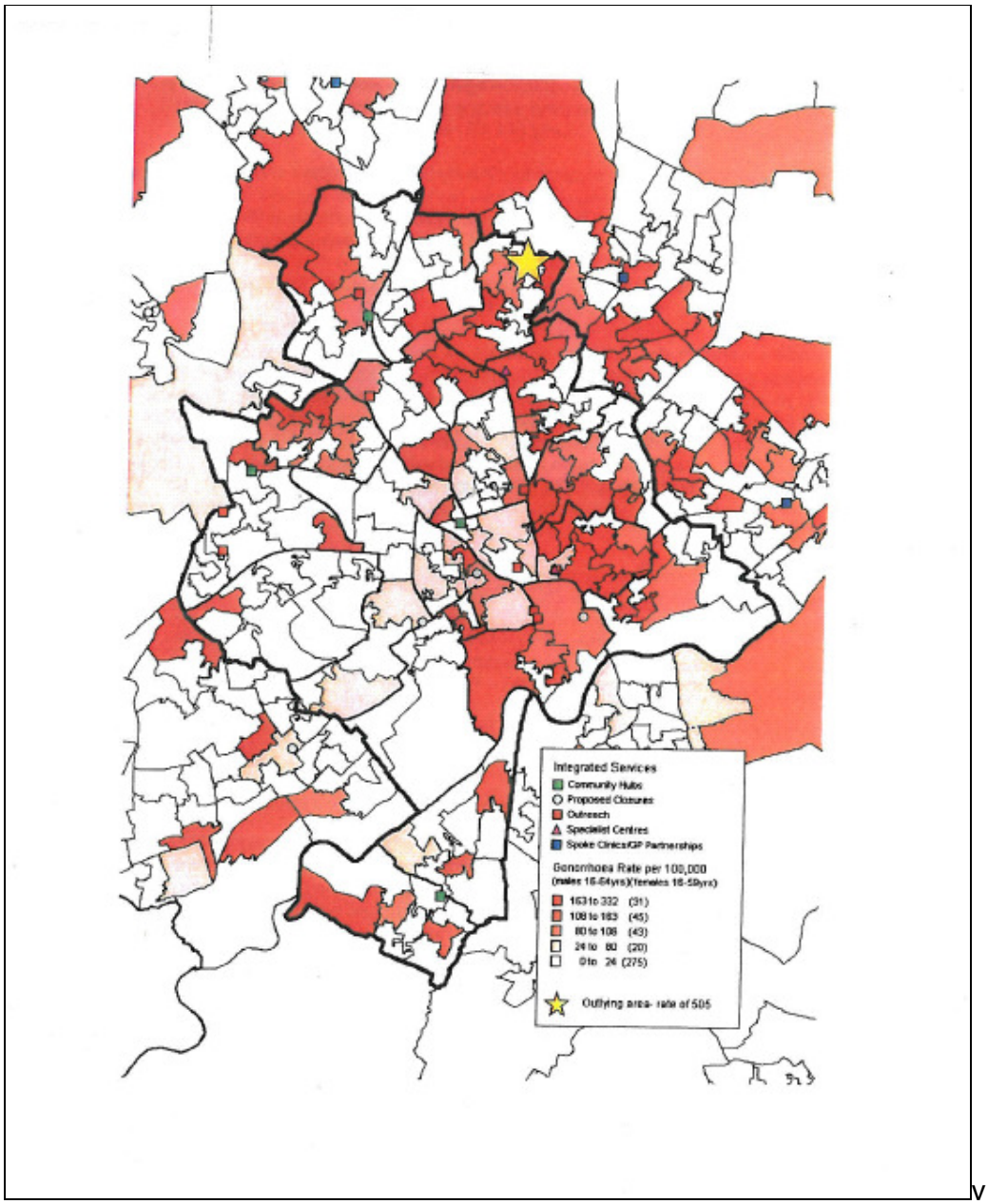


Figure 11: Also shows the highest rates of Gonorrhoea are in:

- Bestwood

Followed by,

- Basford

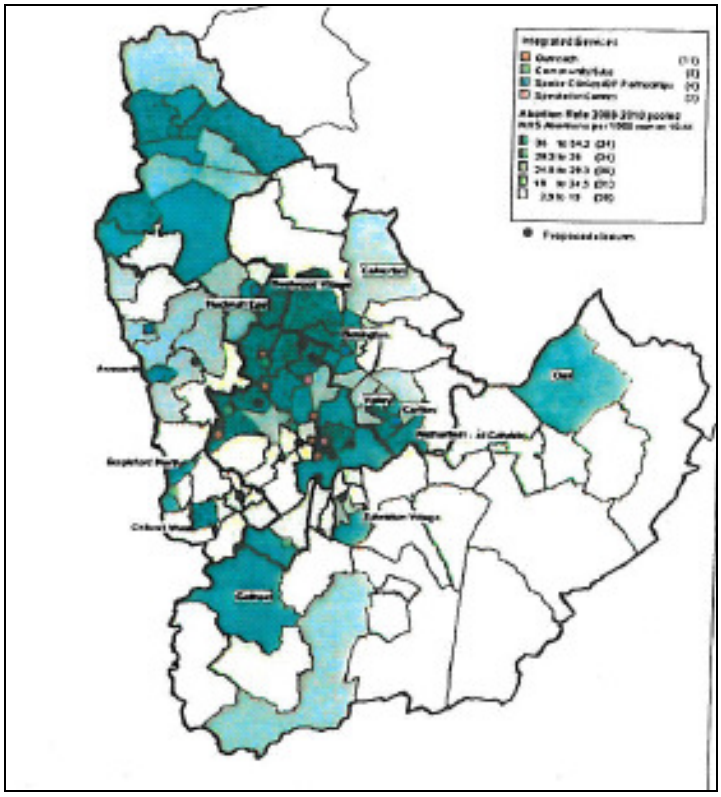
Terminations and Pregnancy

The North Locality has a high teenage pregnancy rates, these are ranked in order from highest to lowest per area:

- Aspley
- Bulwell
- Bestwood
- Basford

- Bilborough
- St Ann's

Figure 12: Termination of pregnancy rates



Aspley ward has the highest termination rate in Nottingham City as shown in Figure 12 above.

The percentage of pregnancies that end in termination is highest in Basford

Figure 13: Total contraceptive spend by GP practices, background rates of termination of pregnancies

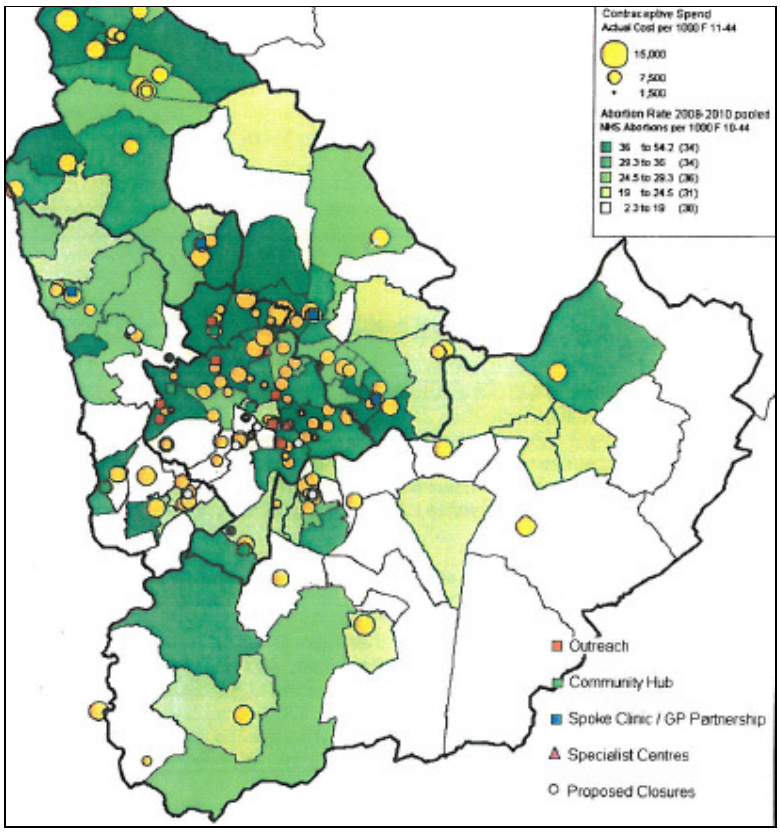


Figure 13 details how the following wards have high rates of terminations and low GP spend on contraception

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Breast Feeding
The Breastfeeding Strategy for Nottingham City aims to:

- Improve health outcomes and reduce health inequalities by inc
- Support and empower mothers in their choices by removing barriers to breastfeeding, particularly in groups where there is a low uptake of breastfeeding.

Generally breastfeeding rates are strongly tied to social factors and Nottingham has areas of high deprivation.

Figure 14: Map of breastfeeding rate by ward at 6 – 8 weeks post

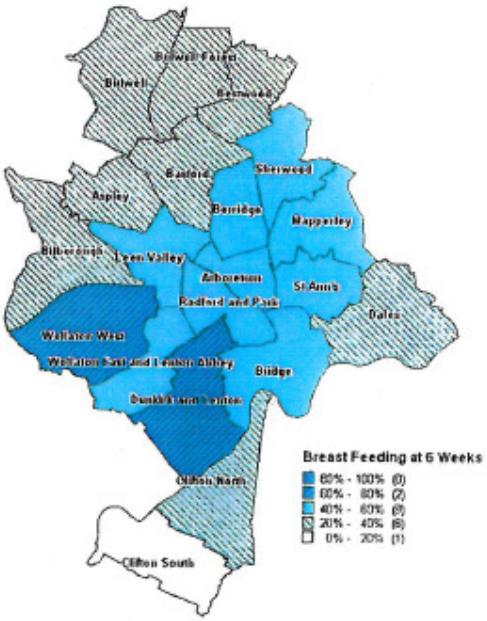
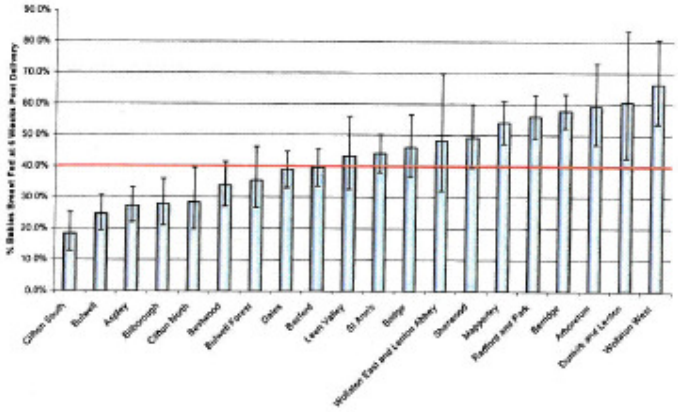


Figure 3: Graph of breastfeeding rate by ward at 6-8 weeks post partum 2008/9



Source: NHS Nottingham City Information Team: Breastfeeding data 2008/09

Figure 14 demonstrates that five wards have rates which are significantly lower than the national average, these are:

- Clifton and the majority of the North Locality

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- Now that you have an understanding of the health issues, the health promotion team and the Decade of Better Health programme, how do you feel we can work in partnership to address the health issues?

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(Difficulties in capturing ward level data, we know it is an issue in Aspley yet the survey doesn't reflect this) See figure 3

Alcohol
See Figure 4 for a map of harmful drinking rates in Nottingham City. As you cans see the following areas have high harmful drinking rates:

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- Clifton (South Locality)

Syphilis – See Figure 10

Outside of St Ann's the following areas in the North Locality have high rates of syphilis:

- Aspley
- Bulwell

Gonorrhoea – See Figure 11

The highest rates of Gonorrhoea are in:

- Bestwood

Followed by,

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Terminations and Pregnancy

The North Locality has a high teenage pregnancy rates, these are ranked in order from highest to lowest per area:

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- Bestwood
- Basford
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- St Ann's

Aspley ward has the highest termination rate in Nottingham City –
See Figure 12

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APPENDICES

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Figure 2: Bus Routes – Health Inequalities

Figure 3: Smoking

Figure 4: Harmful Drinking Segments: Nottingham City PCT

Figure 5: Childhood Obesity in Nottingham

Figure 6: Death Rates from Coronary Heart Disease

Figure 7: Maps of Death Rates from Coronary Heart Disease, All Ages, 2007 - 2009

Figure 8: Map of Death Rates from All Cancers, All Ages, 2007 – 2009

Figure 9: Map showing number of acute STI's diagnosed by GUM Services in 2010

Figure 10: The rates of syphilis per geographical area

Figure 11: The rates of gonorrhoea per geographical area

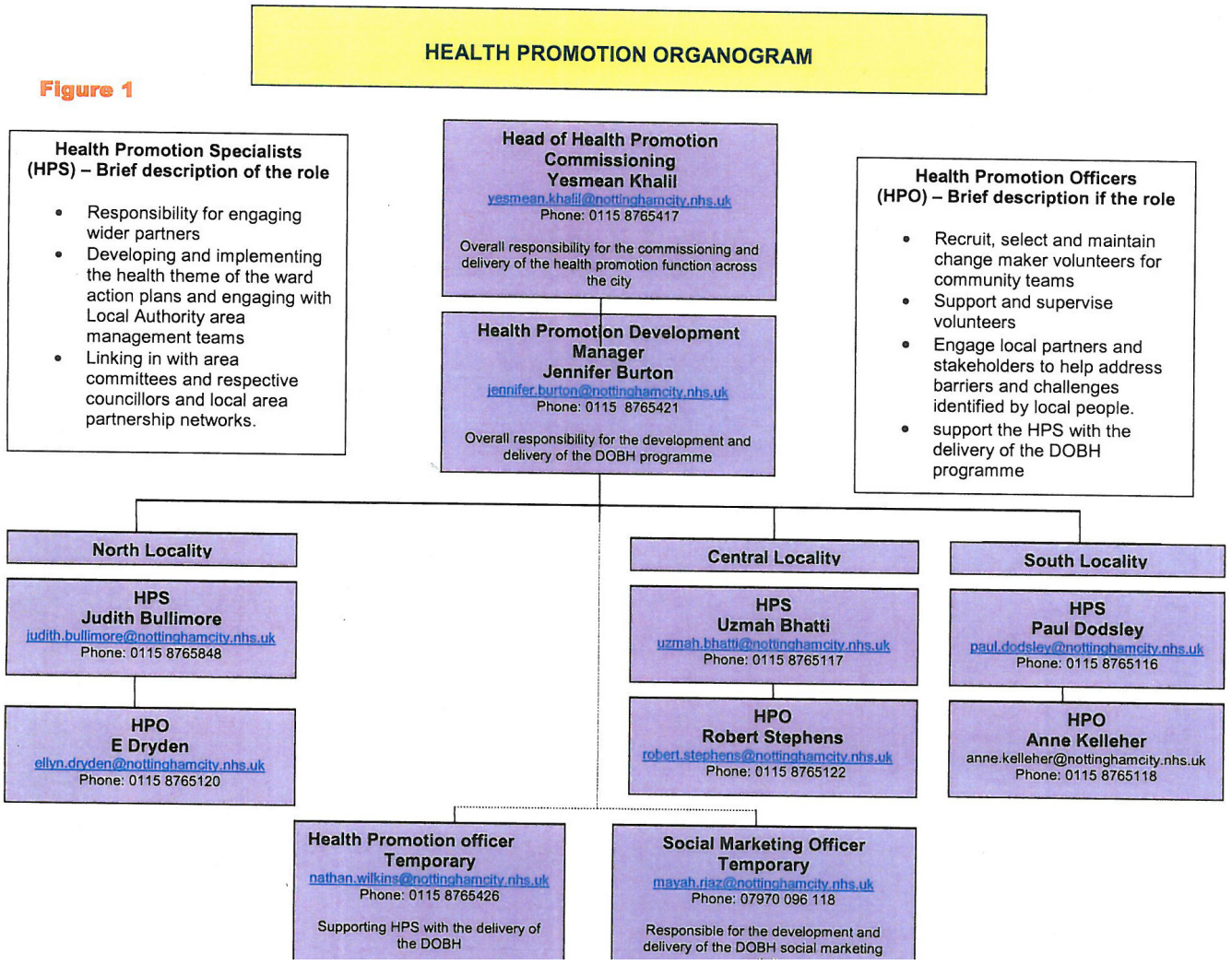
Figure 12: Rates of termination of pregnancy of females 10 – 44

Figure 13: GP spend on contraception

Figure 14: Five wards demonstrating less than national average breastfeeding rates

HEALTH PROMOTION ORGANOGRAM

Figure 1



Please note: Updated to reflect 2012 Changes to Area Committee Boundaries

14: Smoking (1 of 2)

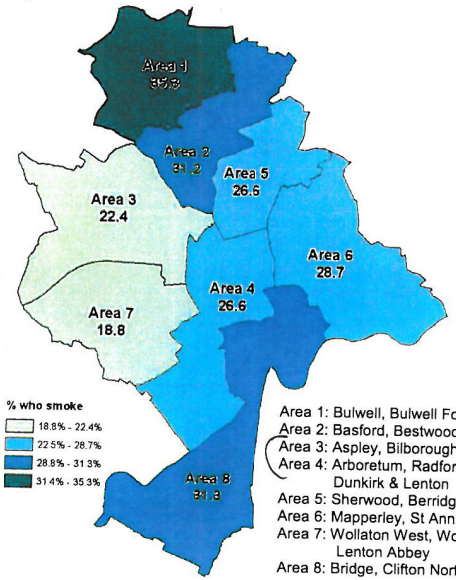
Nottingham City Council

NHS Nottingham City

Headline: The percentage of respondents who smoke is decreasing, but is still much higher than the national average

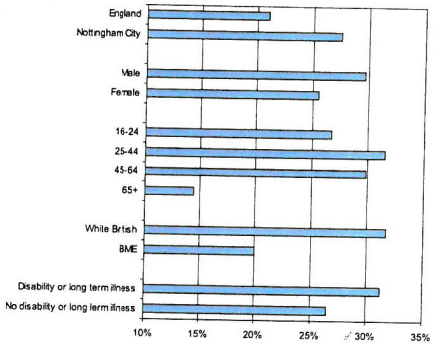
Percentage of respondents who smoke

Figure 3

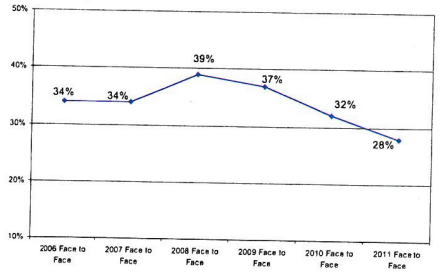


Area 1: Bulwell, Bulwell Forest
Area 2: Basford, Bestwood
Area 3: Aspley, Bilborough, Leen Valley
Area 4: Arboretum, Radford & Park, Dunkirk & Lenton
Area 5: Sherwood, Berridge
Area 6: Mapperley, St Ann's, Dales
Area 7: Wollaton West, Wollaton East & Lenton Abbey
Area 8: Bridge, Clifton North, Clifton South

Percentage of respondents who smoke by demographic group



City change over time



Based on 1,987 respondents. Figures are subject to confidence limits and small differences between groups may not be statistically significant. See technical appendix for details. England figures from England General Household Survey 2009

Key Points

- 27.5% of respondents are smokers. This percentage has fallen considerably from 39% in 2008 (21% of people smoke nationally).
- Smoking is lowest in Area 7 (Wollaton East, Wollaton West & Lenton Abbey) and highest in Area 1 (Bulwell and Bulwell Forest).
- Only 14.4% of over 65s smoke and 20.0% of BME groups, both are significantly lower than the City average.
- Citizens aged under 65 are significantly more likely to smoke than the national average.

Figure 4

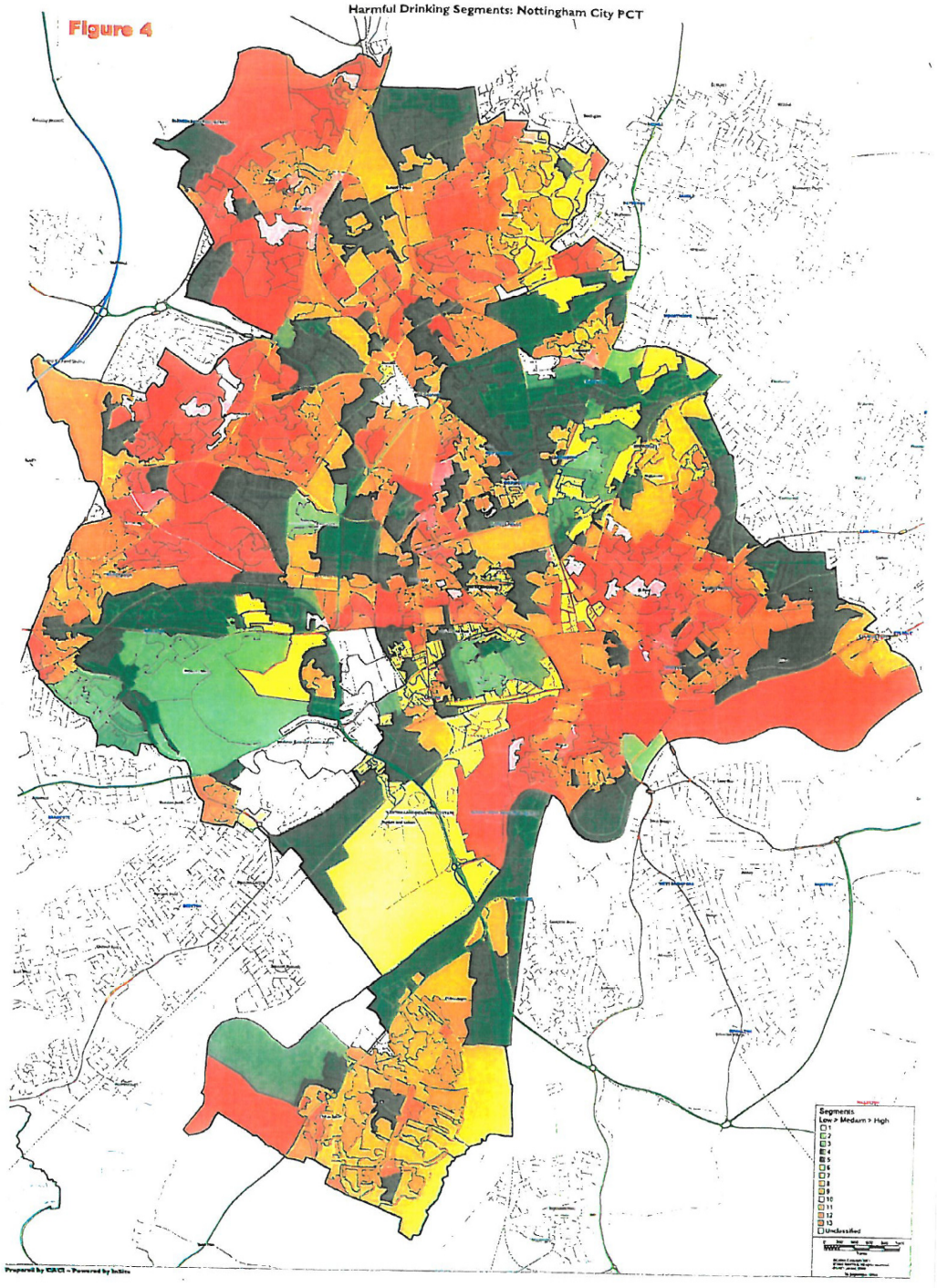

Harmful Drinking Segments: Nottingham City PCT
Segments
Low > Medium > High
1
2
3
4
5
6
7
8
9
10
11
12
13
Unclassified

Figure 5

Childhood Obesity in Nottingham City
5 Year Data from NCMP Programme 2006/07 - 2010/11

Number of Children above the 91st Centile in both Reception and Year 6

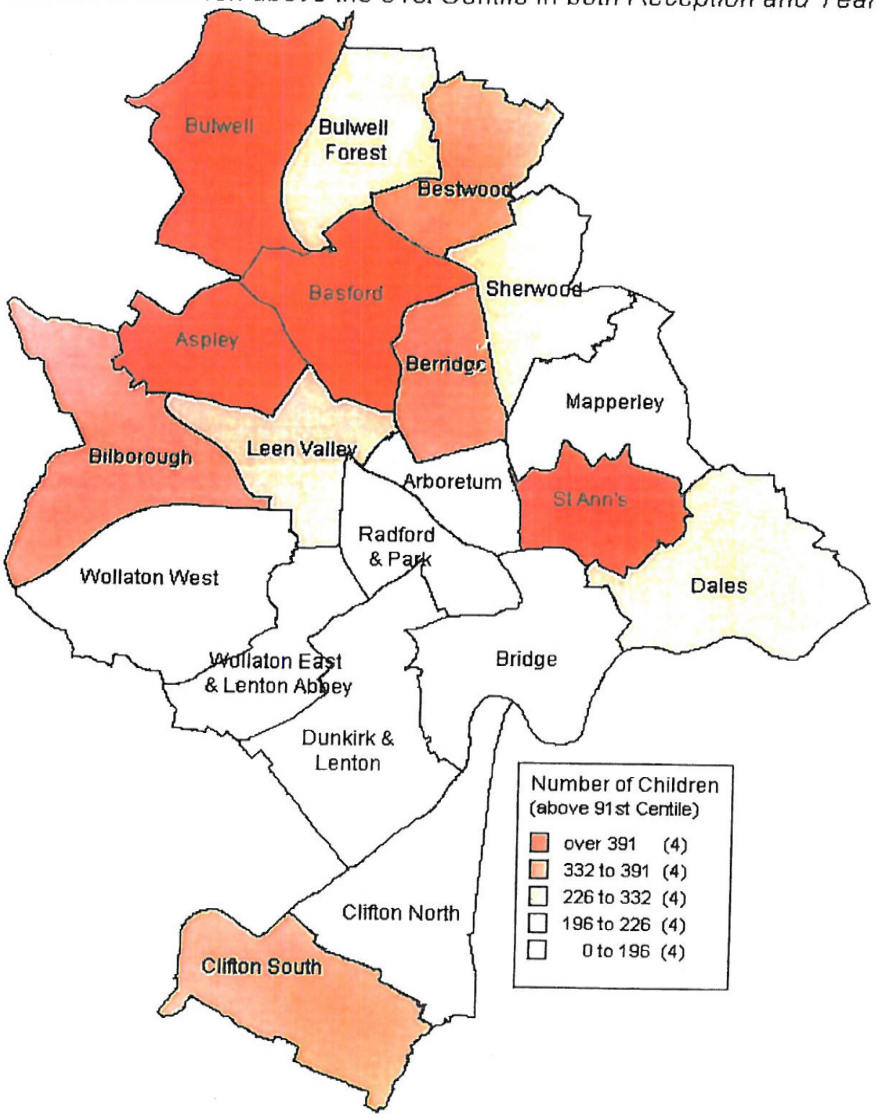
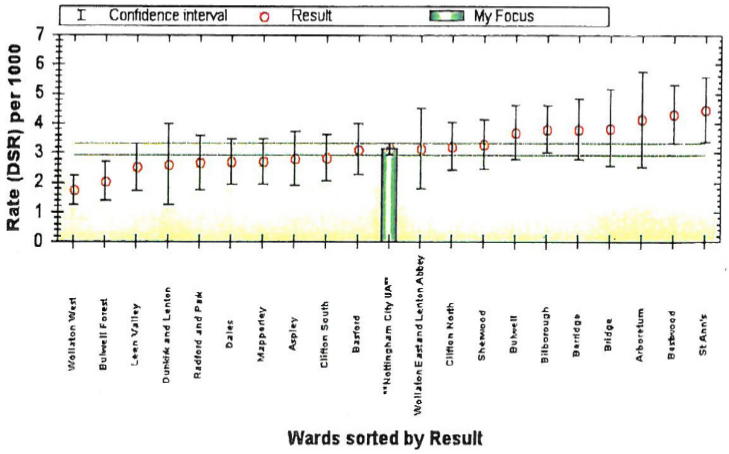


Figure 6

Table 3.4 Death Rates from Coronary Heart Disease, All Ages, 2007-2009

Area	Rate per 1000	LCL	UCL	Number of deaths
Arboretum	4.16	2.55	5.77	27
Aspley	2.82	1.89	3.74	38
Basford	3.13	2.27	3.98	57
Berridge	3.82	2.80	4.85	65
Bestwood	4.32	3.34	5.31	85
Bilborough	3.80	3.00	4.61	121
Bridge	3.86	2.55	5.16	37
Bulwell	3.70	2.78	4.63	70
Bulwell Forest	2.05	1.40	2.70	41
Clifton North	3.24	2.43	4.05	82
Clifton South	2.85	2.06	3.63	69
Dales	2.72	1.94	3.49	51
Dunkirk and Lenton	2.62	1.25	3.99	16
Leen Valley	2.54	1.73	3.34	48
Mapperley	2.73	1.96	3.49	57
Radford and Park	2.69	1.77	3.61	35
Sherwood	3.30	2.45	4.15	69
St Ann's	4.47	3.37	5.56	68
Wollaton East and Lenton Abbey	3.16	1.82	4.50	27
Wollaton West	1.76	1.27	2.26	60
Nottingham City UA	3.14	2.94	3.3	1123

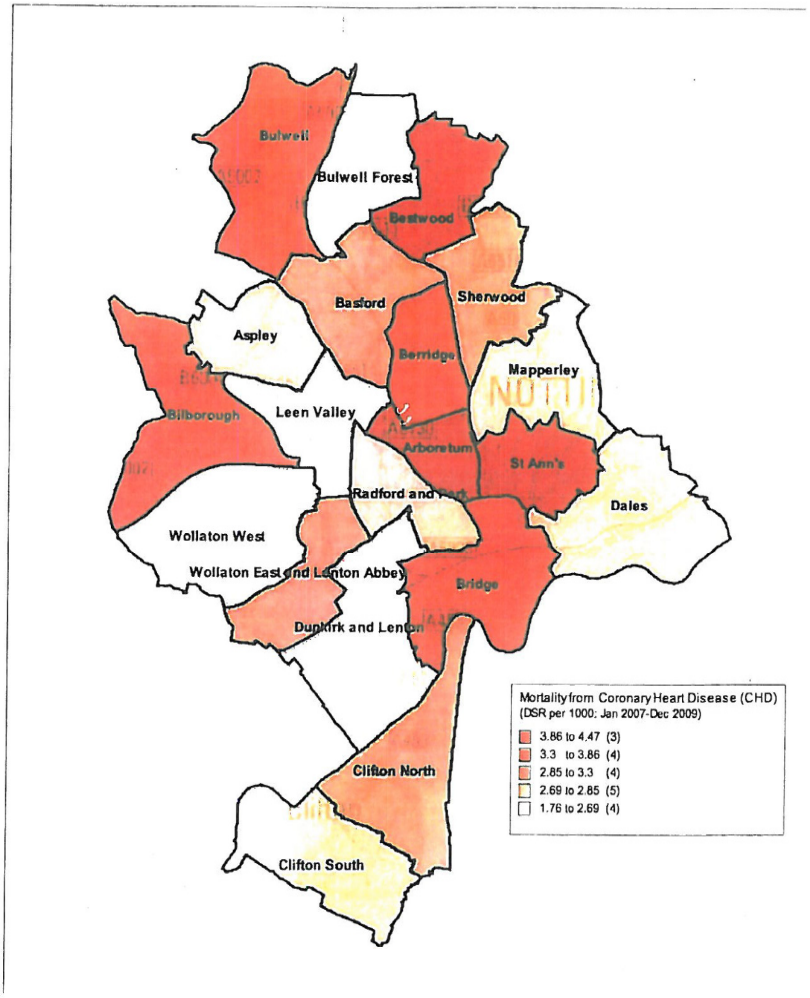
Notes: Rate – age/sex standardised death rate per 1000 population, 3 years pooled data with lower (LCL) and upper (UCL) 95% confidence limits



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Figure 7

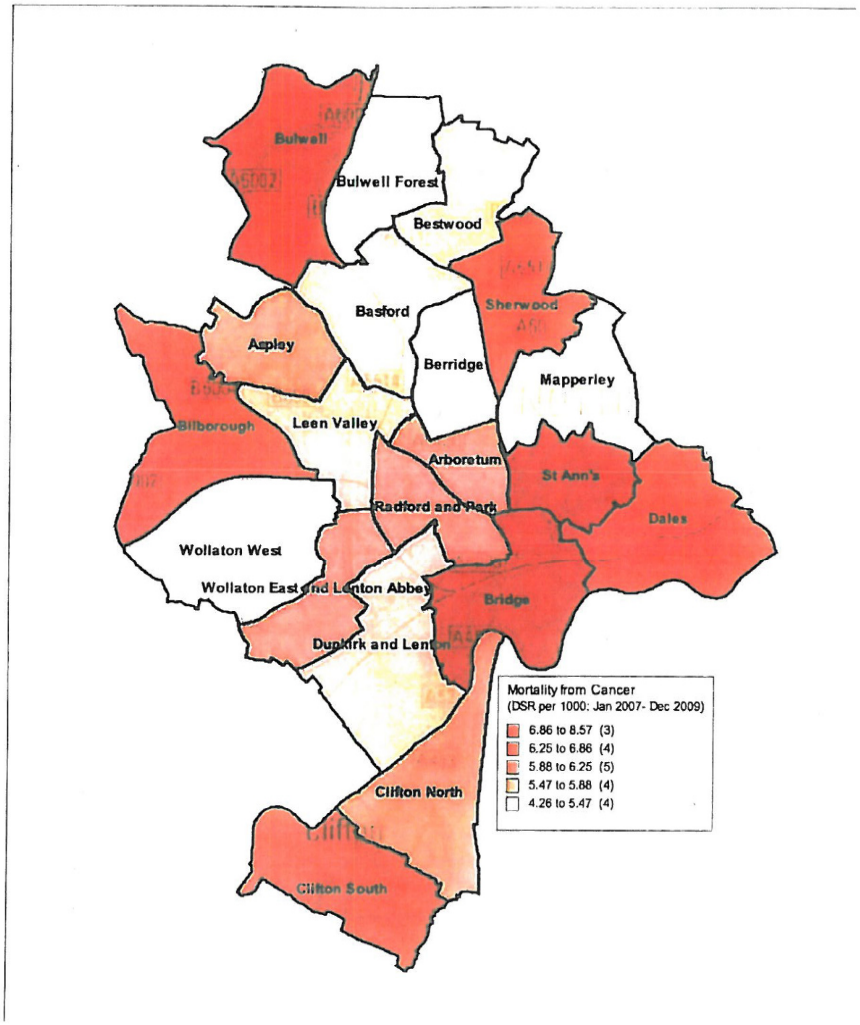
Map of Death Rates from Coronary Heart Disease, All Ages, 2007-2009



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Figure 8

Map of Death Rates from All Cancers, All Ages, 2007-2009



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