

JSNA

Joint Strategic Needs Assessment

LIVE WELL

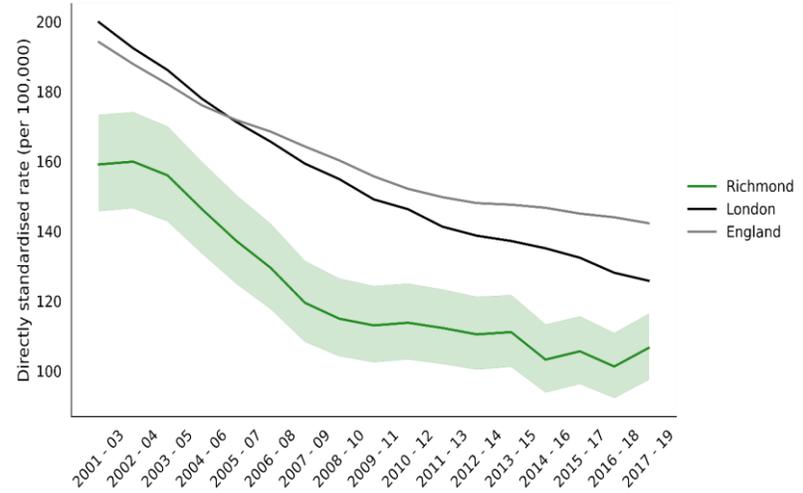
Authored by: JSNA COLLABORATORS
2021

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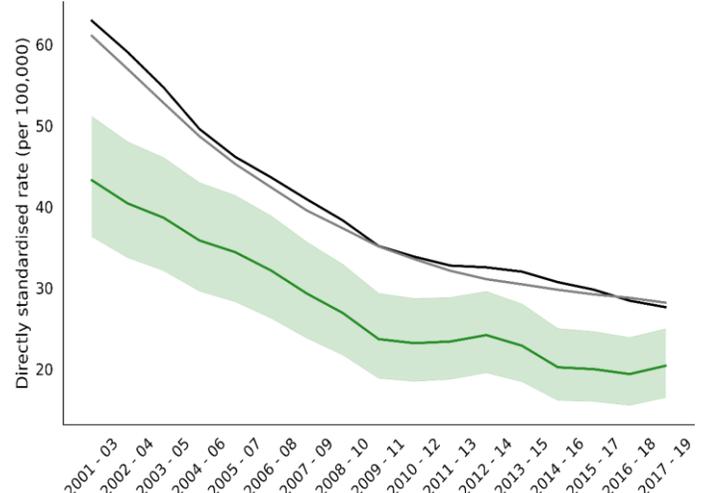
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Live Well: Preventable Mortality

Mortality rate from causes considered preventable (2019 definition)

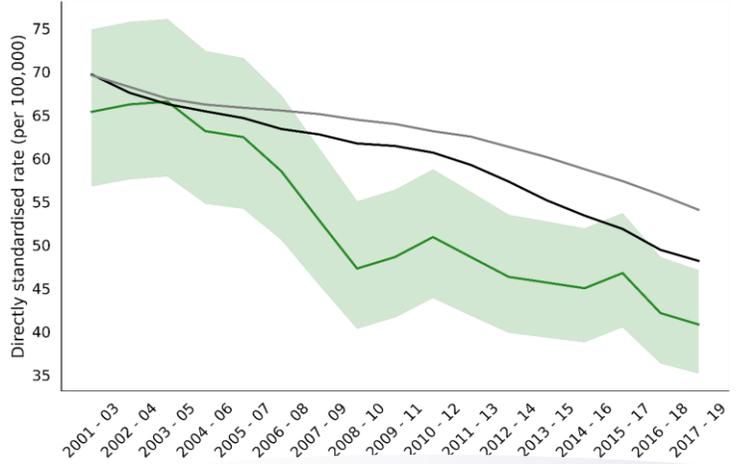


Under 75 mortality rate from cardiovascular diseases considered preventable (2019 definition)

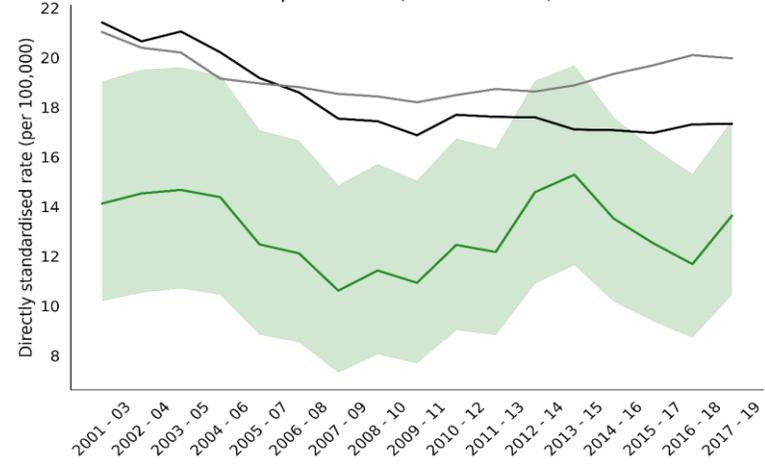


- Preventable mortality rates have stagnated in the last four years for cardiovascular and deaths from all causes.
- The rates for preventable liver disease have been increasing for two years in a row.
- Cancer preventable mortality continues to decrease.
- Respiratory disease preventable mortality appears to be more-or-less static throughout the last 20 years.

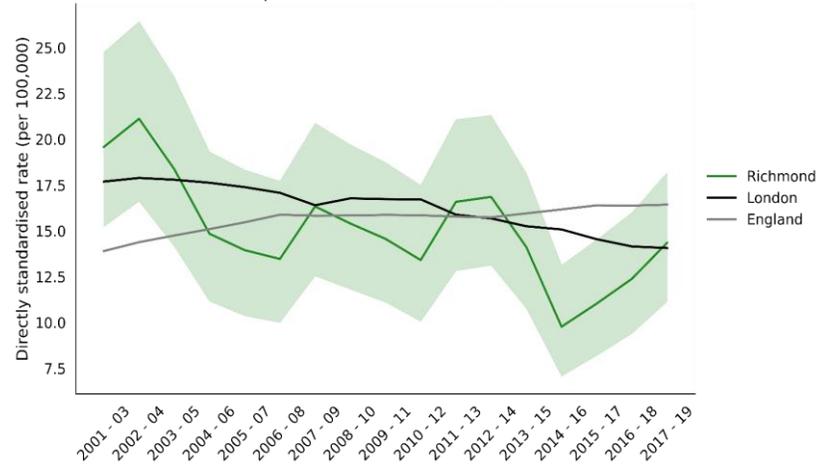
Under 75 mortality rate from cancer considered preventable (2019 definition)



Under 75 mortality rate from respiratory disease considered preventable (2019 definition)

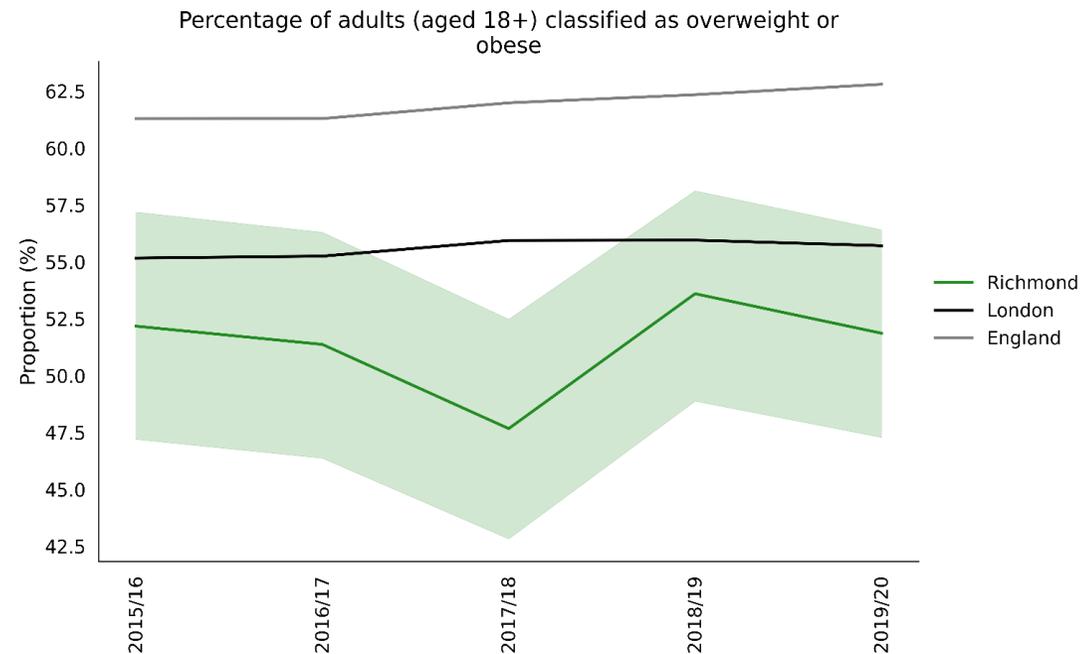
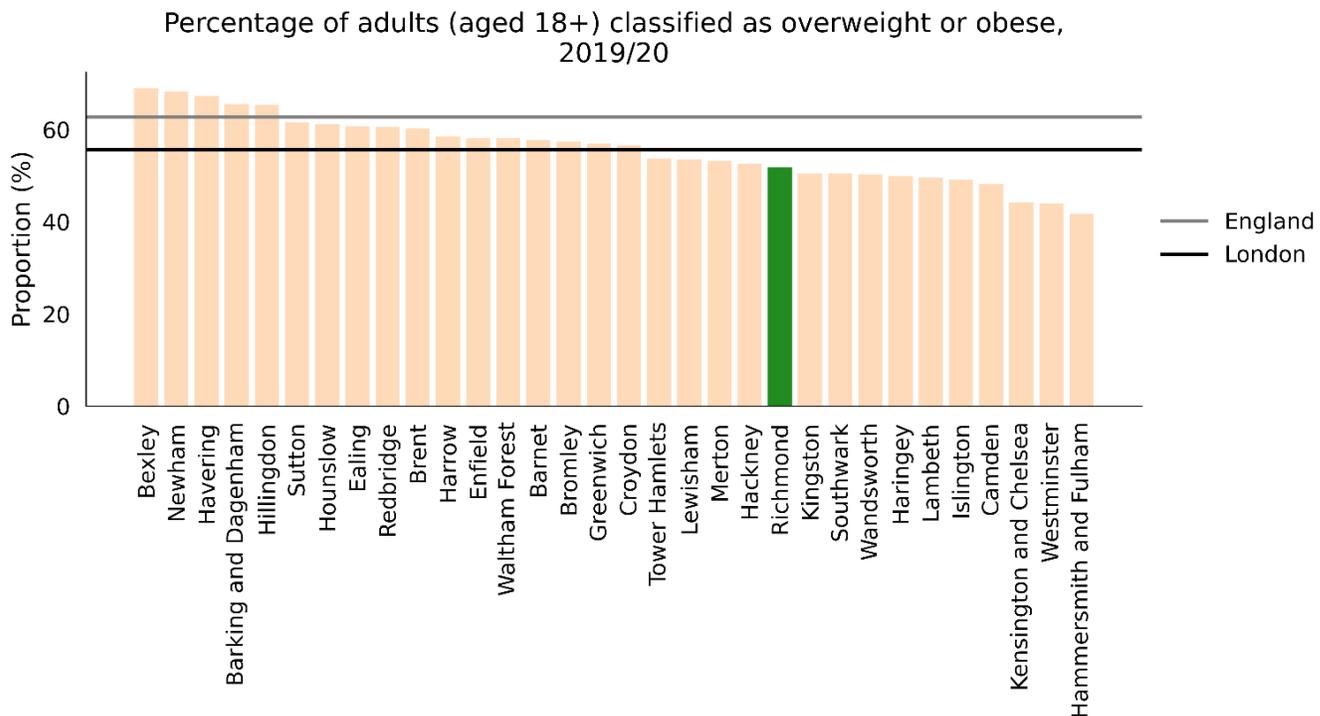


Under 75 mortality rate from liver disease considered preventable (2019 definition)

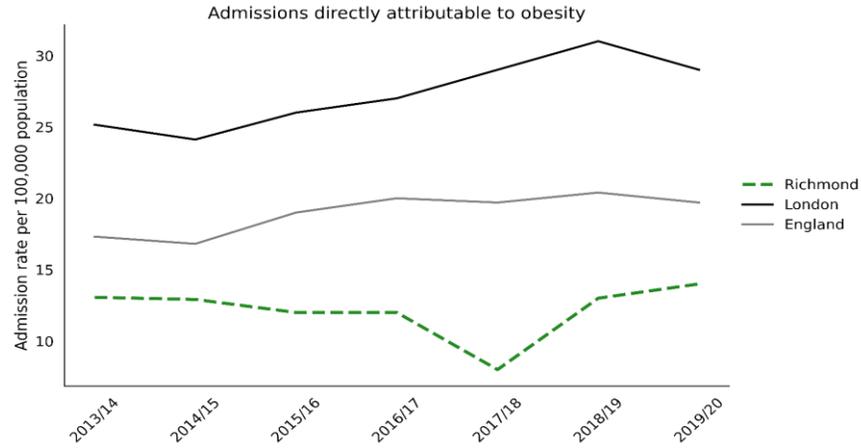
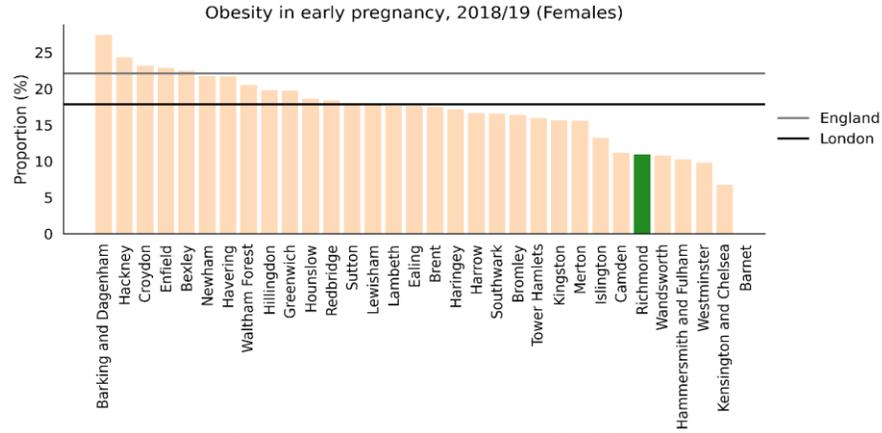


Live Well: Obesity

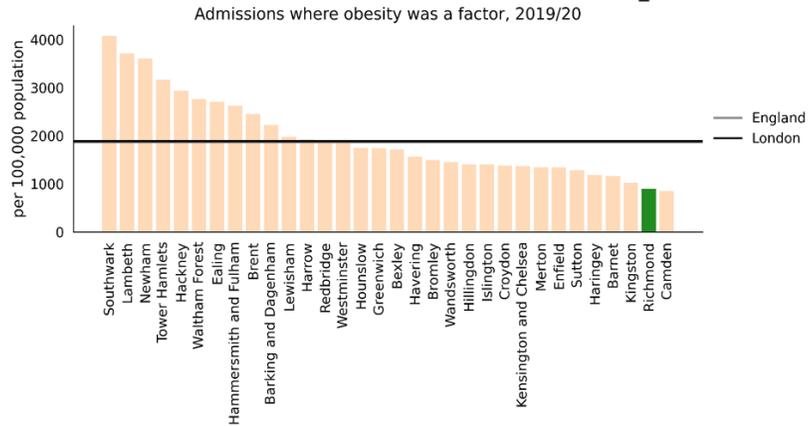
- In 2019/20, Richmond's percentage of adults (aged 18+) classified as overweight or obese was 52%, which is the 11th lowest rate in London, 17% lower than the England average and 7% lower than the London average. The latest Borough figure was also 1% lower than in 2015/16, in comparison with a 3% increase in England's rate in the equivalent time period.
- Whilst Richmond obesity levels are relatively low when compared with other areas on London, the obesity prevalence is still high with no clear trend in adult obesity prevalence for Richmond between the years 2015/16 and 2019/20 with figures oscillating around 52% of the adult population.



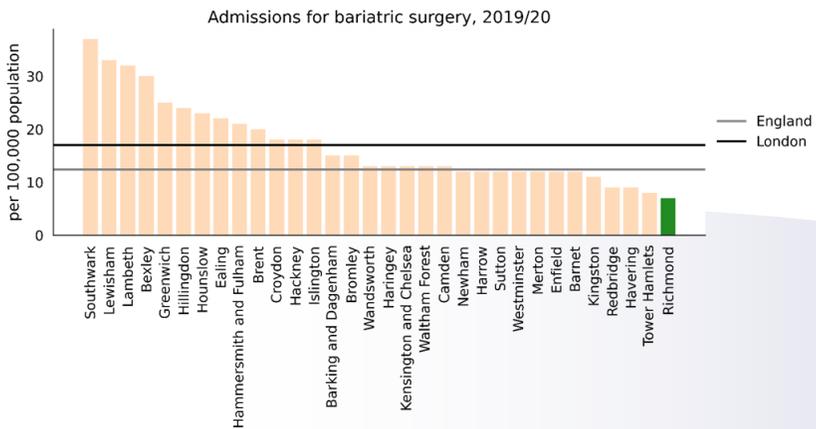
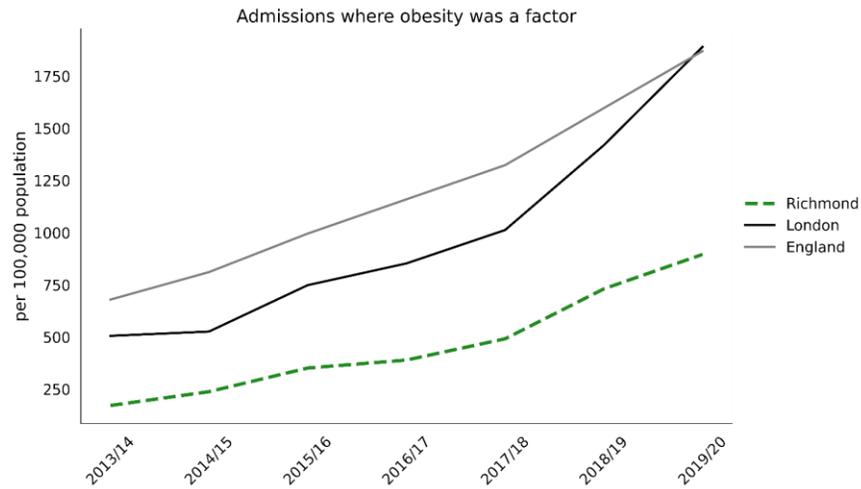
Live Well: Obesity



- In 2019/20, Richmond's rate hospital admissions directly attributable to obesity was 14.0 per 100,000 population, which is the lowest rate in London, 29% lower than the England average and 52% lower than the London average.

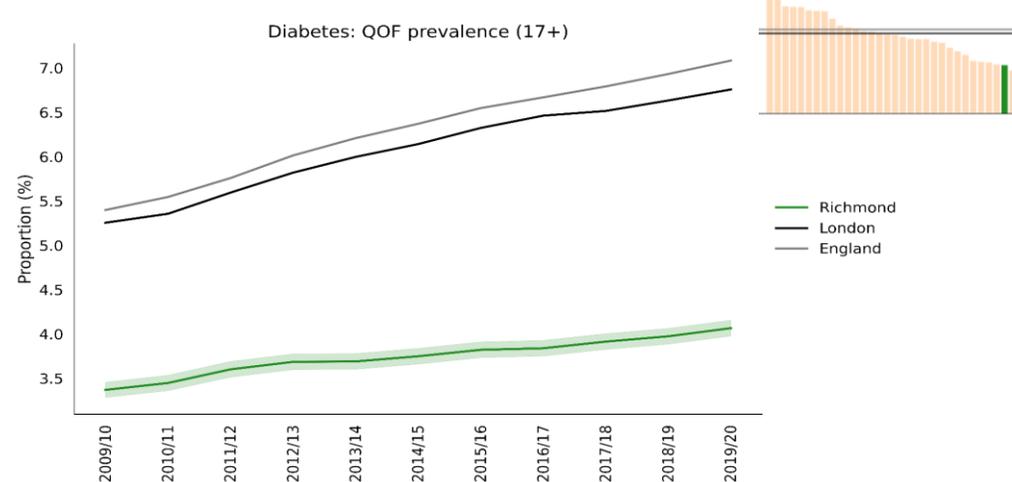
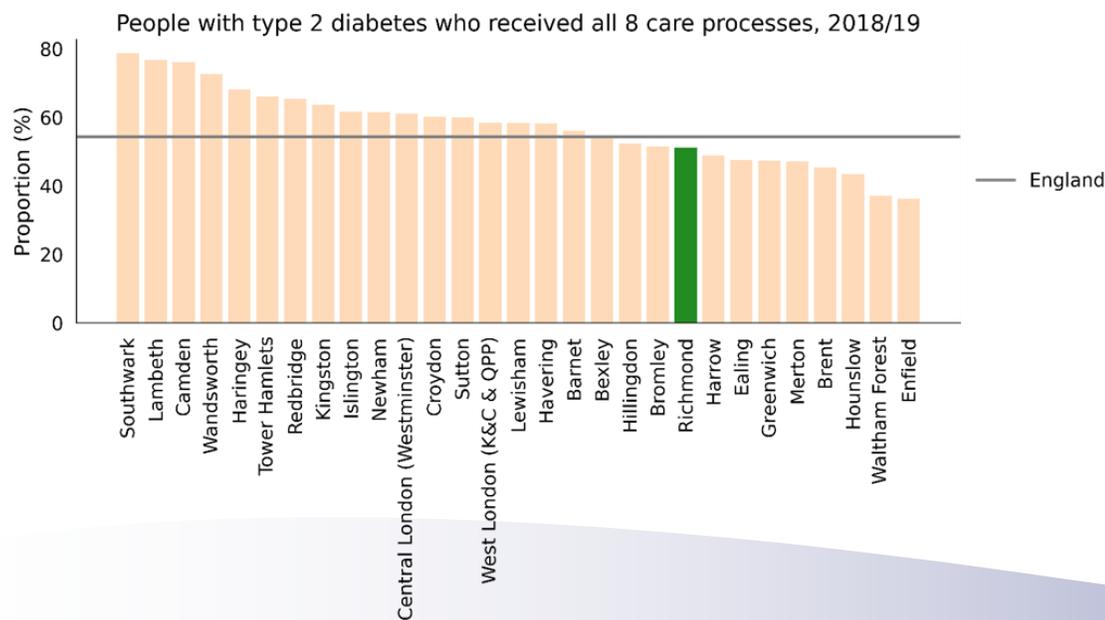


- The rate of admissions where obesity was recorded anywhere in the diagnostic fields was 895 per 100,000 population, which is the 2nd lowest rate in London, 52% lower than the England average and 53% lower than the London average. The latest Borough figure was also 422% higher than in 2013/14, in comparison with a 175% increase in England's rate in the equivalent time period.

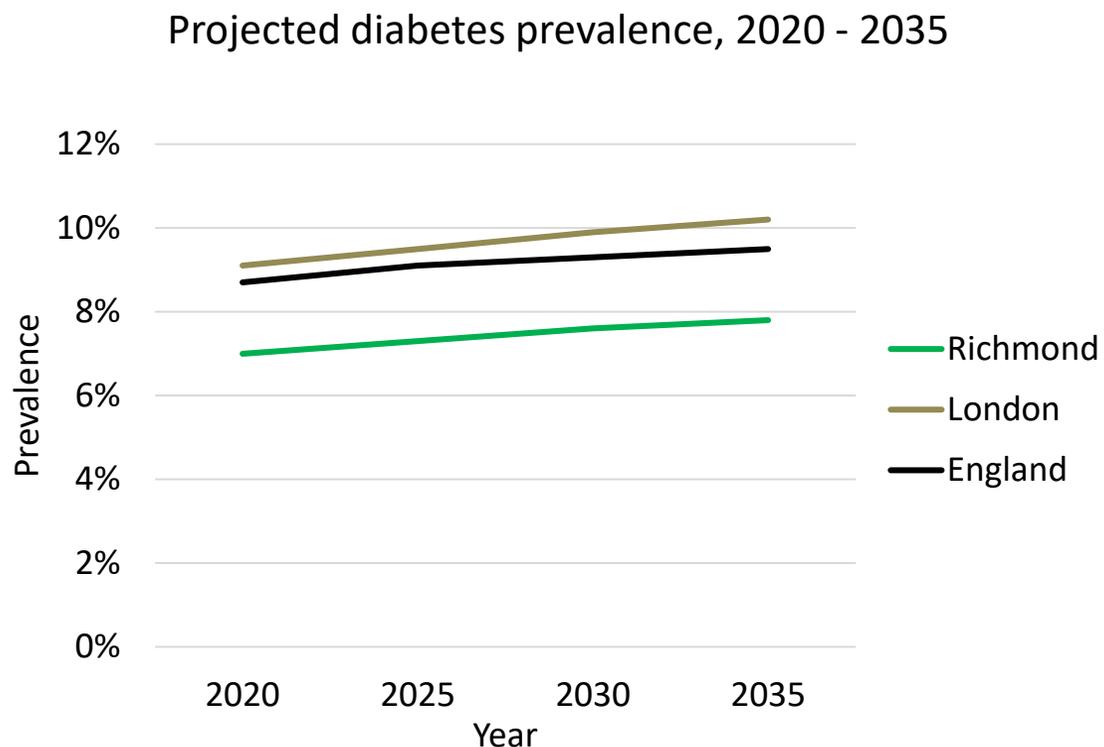


Live Well: Diagnosed Diabetes

- The trend in recorded diabetes prevalence for Richmond has been increasing but the recorded prevalence continues to be low and is the 2nd lowest in London.
- In 2018/19, Richmond's proportion of people with type 2 diabetes who received all 8 care processes was 51.1% (n=2950, the 9th lowest rate in London). Annual Diabetic Review (8 care processes recommended by NICE) – five of them relate to measuring diabetes risk factors (body mass index, blood pressure, smoking, glucose levels and cholesterol) and four tests for early complications (urine albumin creatinine ratio, serum creatinine, foot nerve and circulation examination). These important markers ensure diabetes is well controlled and are designed to prevent long-term complications.
- Considering the diagnosed prevalence for Type 1 and Type 2 and other diabetes, it's estimated that there are 5,649 people living with undiagnosed diabetes (45%) and not receiving treatment.
- In 2019, 68% of people with diabetes on GP registers had a record of retinal screening in the preceding 12 months. This is lower than London and England, 74% and 77% respectively.

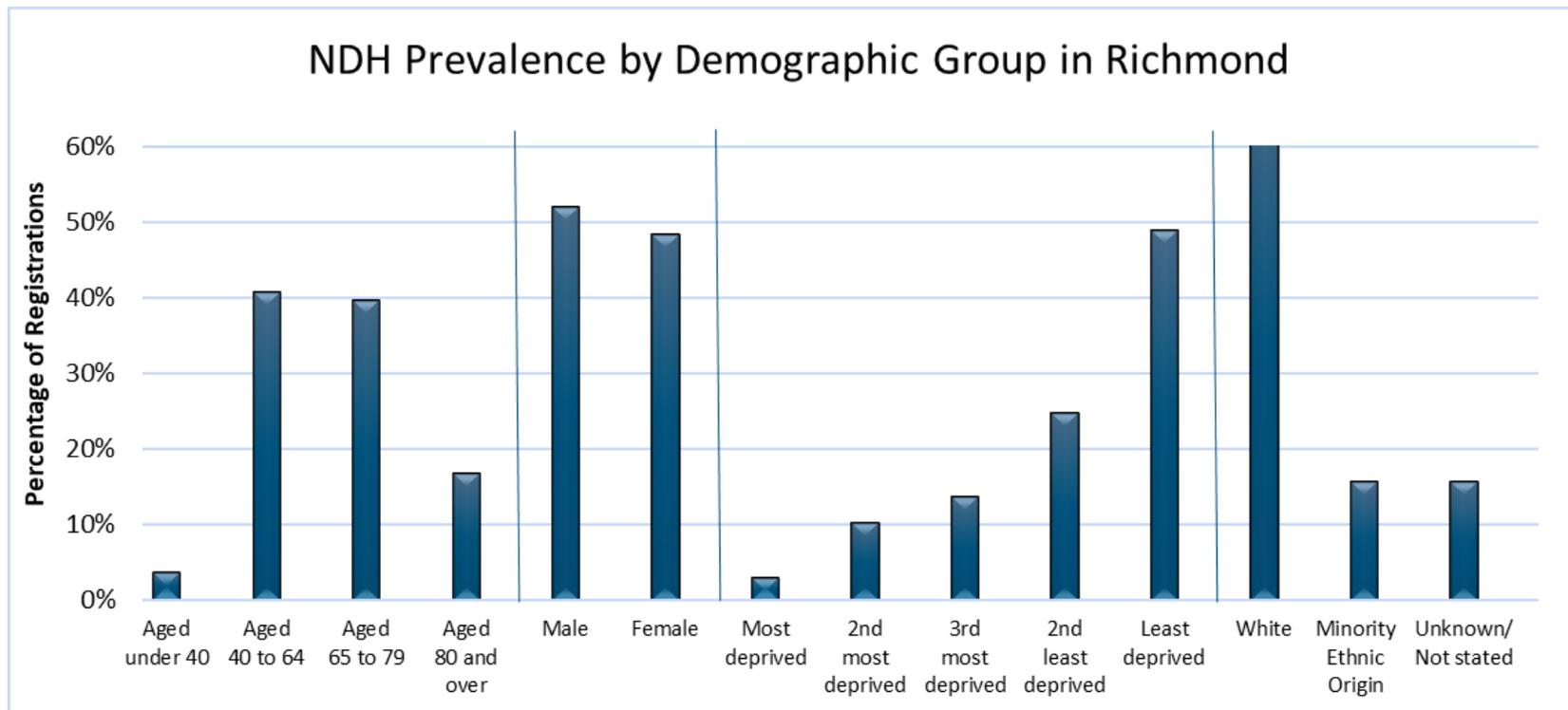


Live Well: Undiagnosed Diabetes



- It is estimated that 12,553 people in Richmond have diabetes (all types of diabetes). This includes people that have already been diagnosed by their GP and those who have diabetes but do not know it (undiagnosed).
- Around 55% of people living with diabetes are diagnosed. This is lower than the diagnosis rates for England and London, 78% and 71% respectively, and is the third lowest in London.
- Considering the diagnosed prevalence for Type 1 and Type 2 and other diabetes, it's estimated that there are 5,649 people living with undiagnosed diabetes (45%) that are not receiving treatment and are missing out on vital health checks.
- In 2019, 68% of people with diabetes on GP registers had a record of retinal screening in the preceding 12 months. This is lower than London and England, 74% and 77% respectively.

Live Well: Non-Diabetic Hyperglycaemia

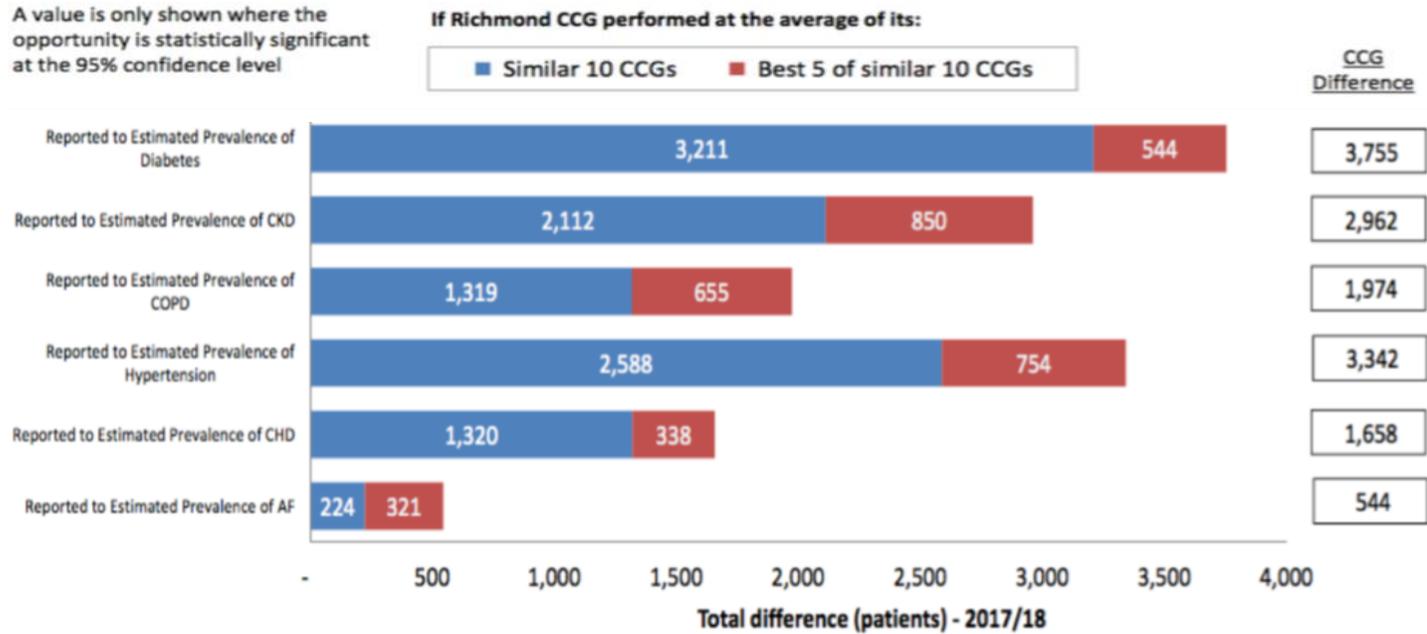


Prevalence trends of Non-Diabetic Hyperglycaemia (NDH):

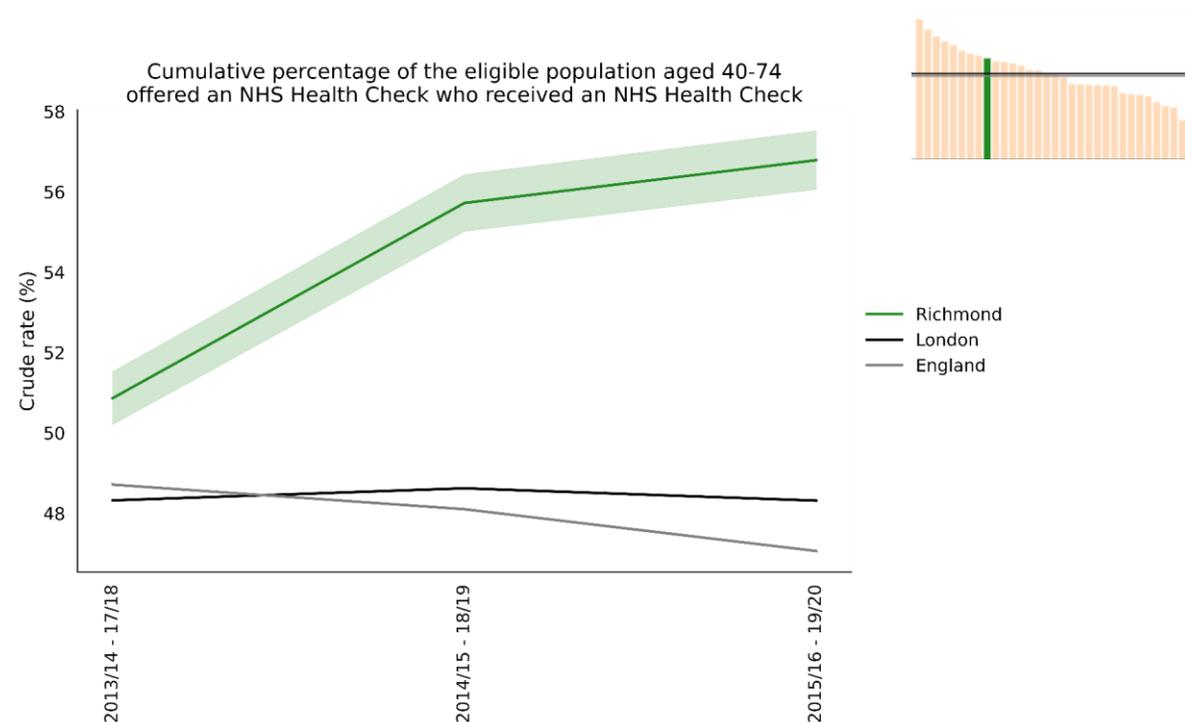
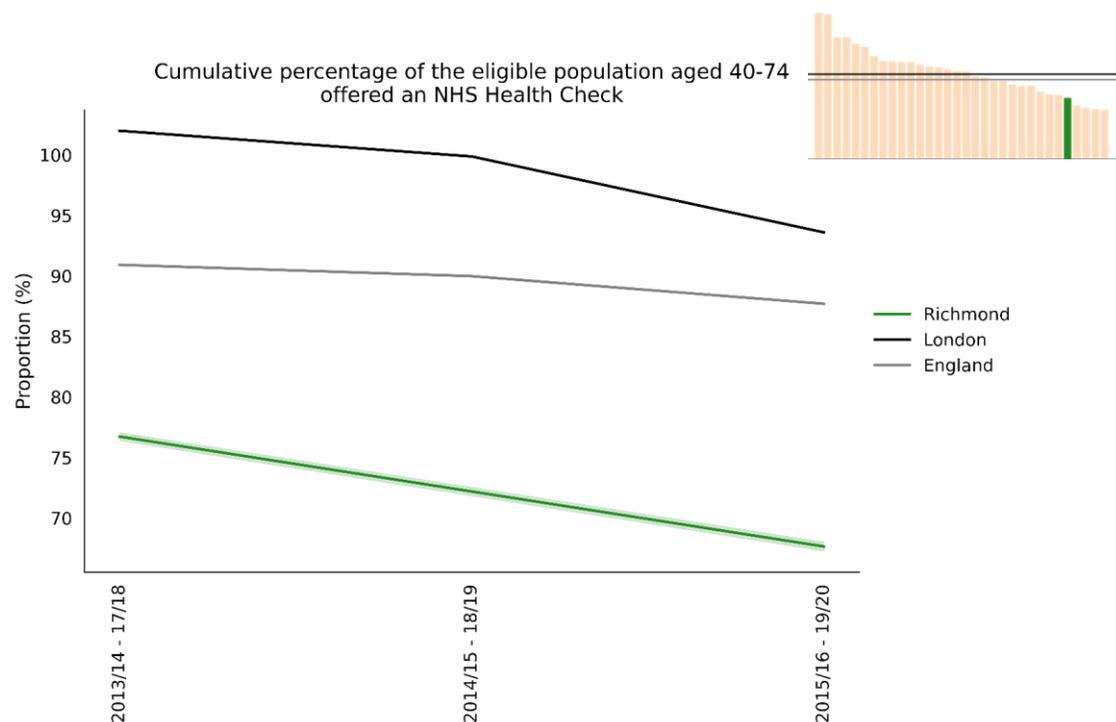
- males and females have a similar proportion
- the 40–64 years and 65–79 years age groups both have 80% of NDH prevalence
- nearly 50% from the least deprived quintile, and 13% from the two most deprived quintiles
- around 69% are White and 15% are of Minority Ethnic Origin
- it is estimated that many more people have NDH but are unaware of it.

Live Well: Long Term Conditions

- A significant number of people who are classified as fit with between 1 and 4 long term conditions are being admitted to acute care as an emergency presentation, with an observed growth in the under 65 year olds.
- There is a significant number of unidentified prevalence for hypertension (>5000 people).
- Other areas where identification needs to be improved include diabetes, coronary heart disease, atrial fibrillation and chronic obstructive pulmonary disease.
- When we compare Richmond to the 10 most similar CCGs in England, the figure below demonstrates the detection opportunity if Richmond were performing to the level of its peers.



Live Well: NHS Health Check



- In 2015/16–2019/20, Richmond's cumulative percentage of the eligible population aged 40–74 years offered an NHS Health Check was 68% (n=41174), which is the 5th lowest rate in London.
- In 2015/16–2019/20, Richmond's cumulative percentage of the eligible population aged 40–74 years offered an NHS Health Check who received an NHS Health Check was 57% (n=23380), which is the 9th highest rate in London.
- The proportion of eligible population offered NHS Health Checks has been steadily decreasing for two years in a row (which was also visible in London and England data), whilst the uptake for the offers has been increasing in the same time period (against the decreasing trend for England and unchanged uptake for London).

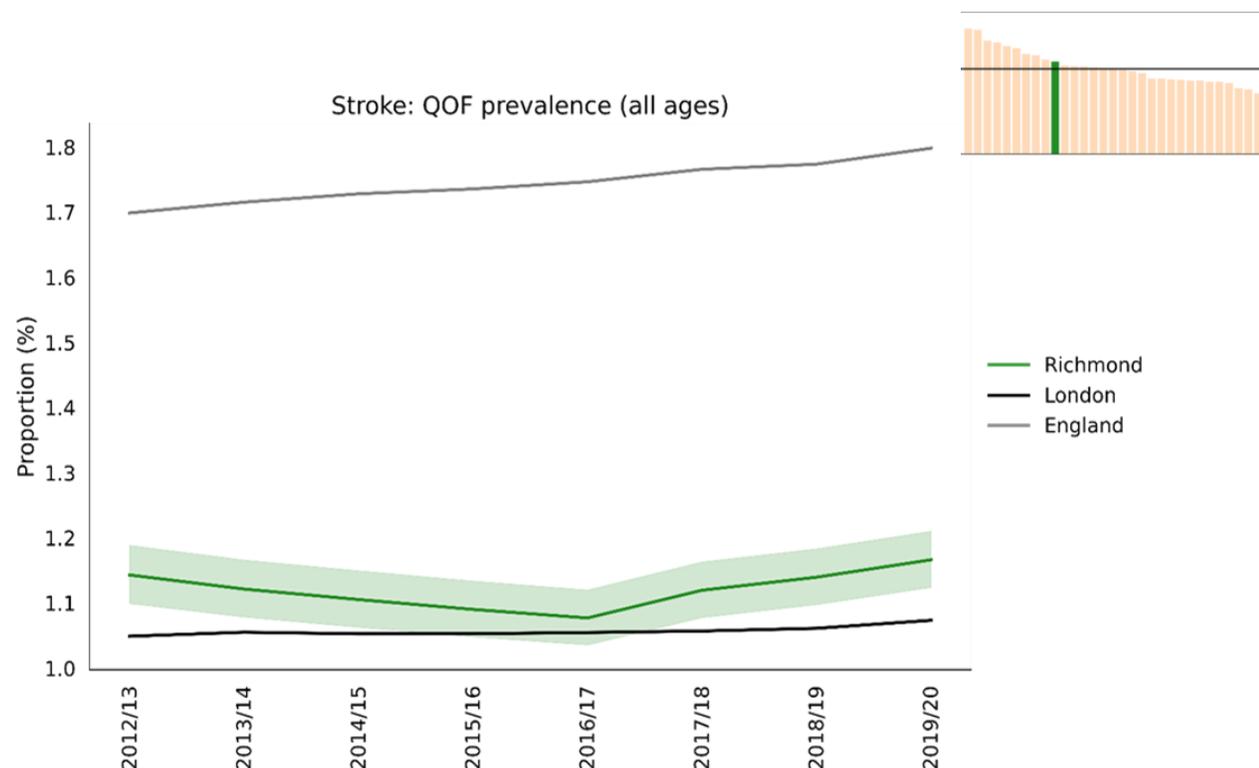
Live Well: NHS Health Check Outcomes

In 2019/20, Richmond completed 5187 NHS Health Checks:

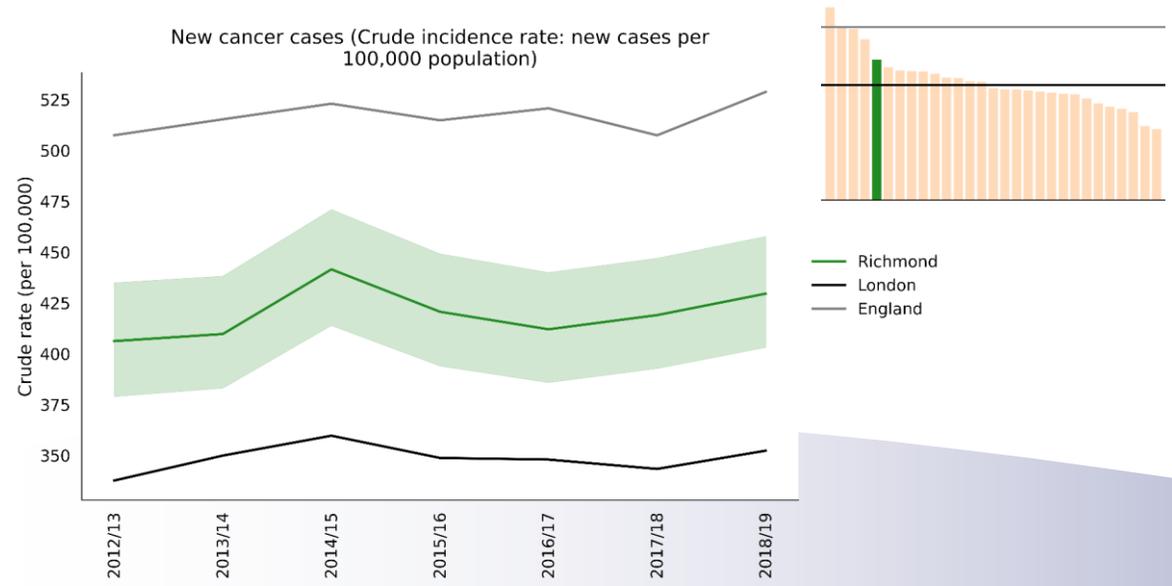
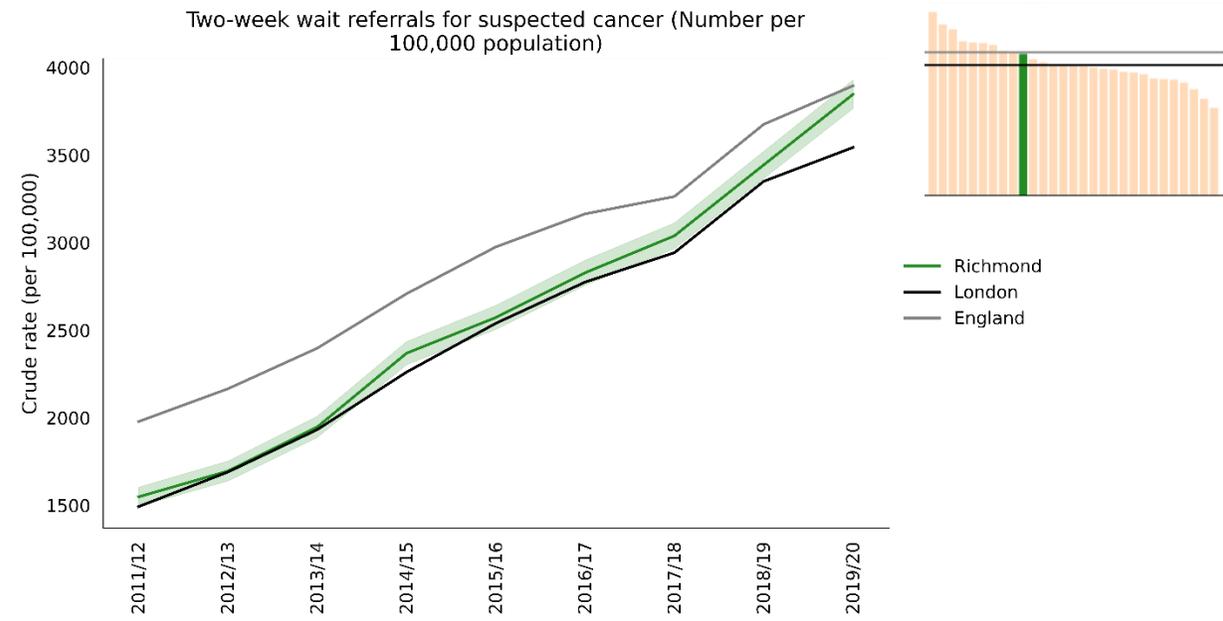
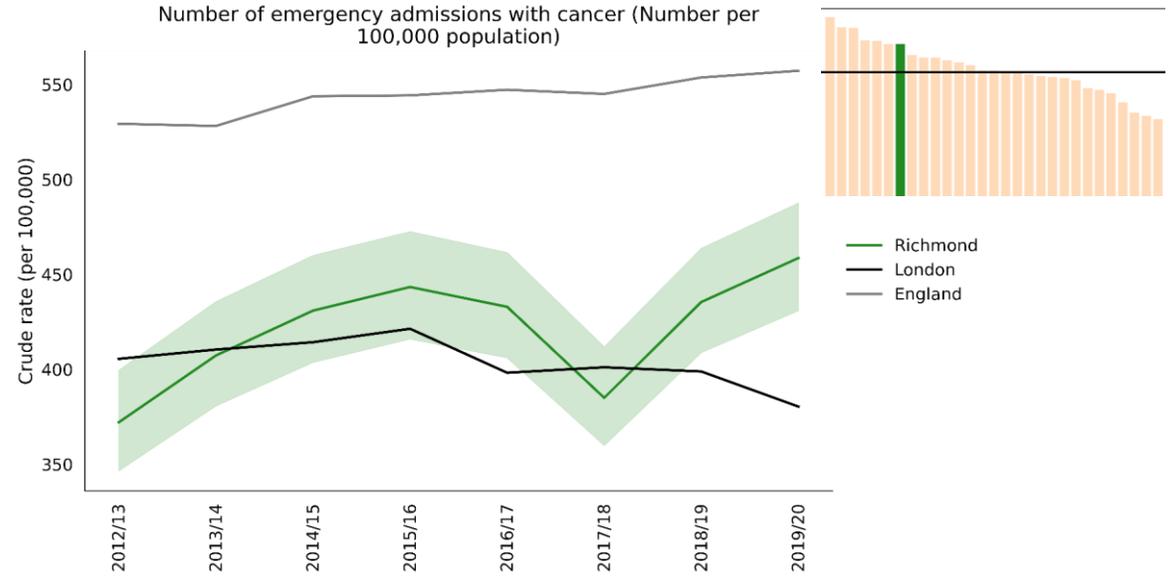
- 23 of these people were diagnosed with diabetes and 59 people were referred to the NDPP. Nationally, it is estimated that Health Checks could prevent 4,000 people a year from developing diabetes and for every 80 – 200 NHS Health Checks, one person is diagnosed with Type 2 Diabetes (1.25% - 0.5% of checks). Richmond was lower than this range with 0.44% of checks resulting with a diabetes diagnosis.
- At individual GP practice level, the prevalence of diagnosed Diabetes ranges from around 1% to 6%. In 2018–19, there were 5,770 people diagnosed with Type 2 Diabetes.
- In 2019/20, Richmond's prevalence of Type 2 Diabetes was 4.1% (n=7720), which is the 2nd lowest rate in London and lower than England.
- Referrals from an NHS Health Check to lifestyle support services during 2019/20 also included:
 - 17 service users were referred to exercise on referral programme
 - 32 service users were referred to the Health Walks programme
 - 19 service users referred to weight management programme
 - 207 service users were referred to smoking cessation services.

Live Well: High Blood Pressure, Stroke

- In 2019/20, Richmond's percentage of high CVD risk patients with a new diagnosis of hypertension recorded in the last year that are treated with statins was 55% (n=23), the lowest rate in London.
- Increasing rates of atrial fibrillation.
- In 2019/20, Richmond's GP recorded prevalence of hypertension was 10% (n=23174), lower than the England and London average.
- The trend in prevalence of hypertension is decreasing for Richmond, whilst London and England's prevalence figures continue to increase.
- Stroke prevalence was 1% (n=2790), which is the 10th highest rate in London (lower than the England average but higher than the London average) and is showing a rising trend since 2016/17.

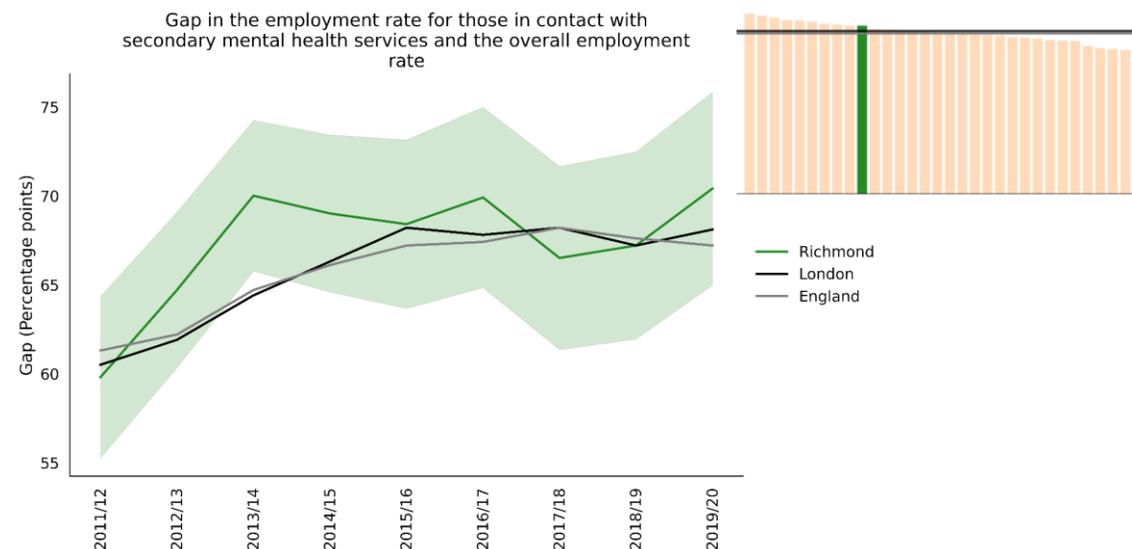
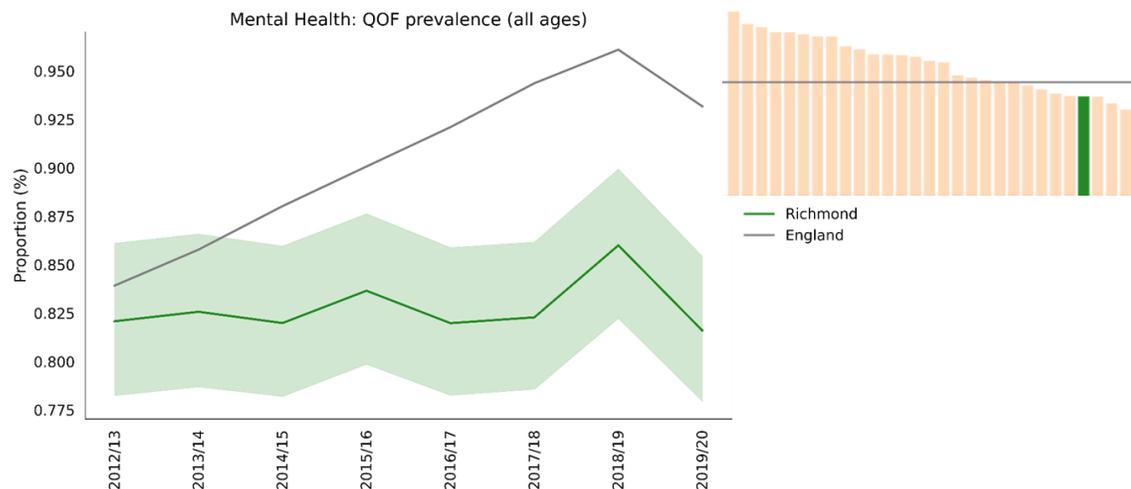


Live Well: Cancer



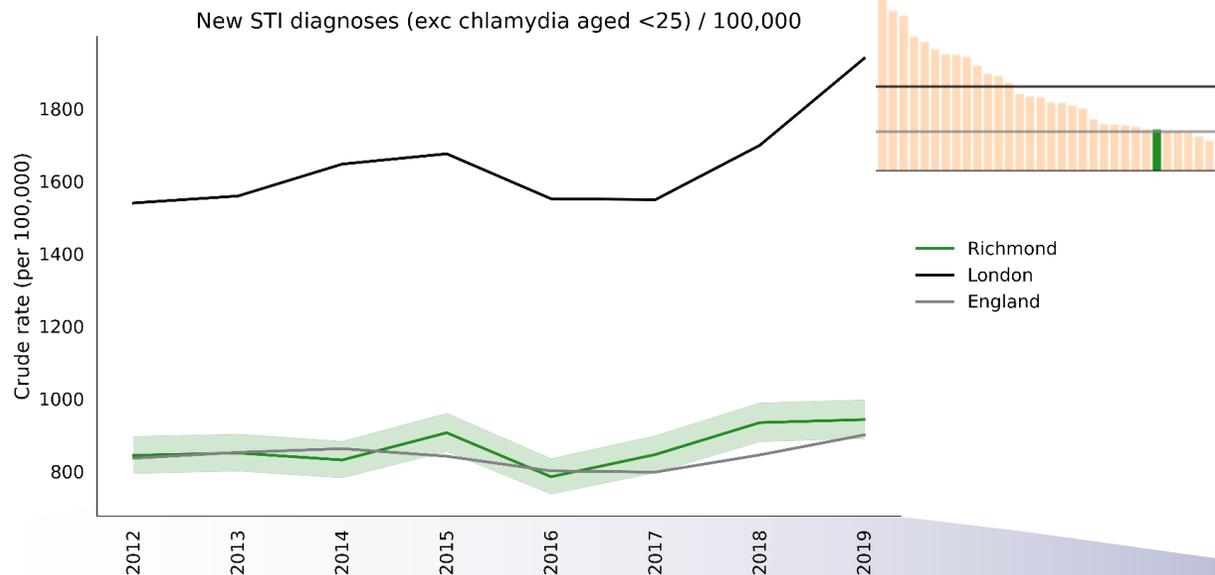
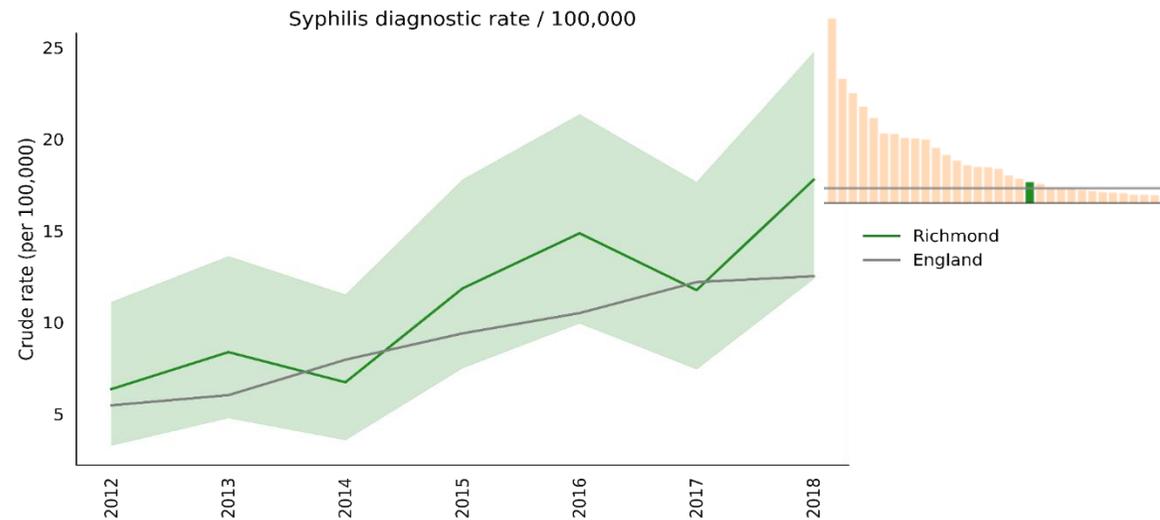
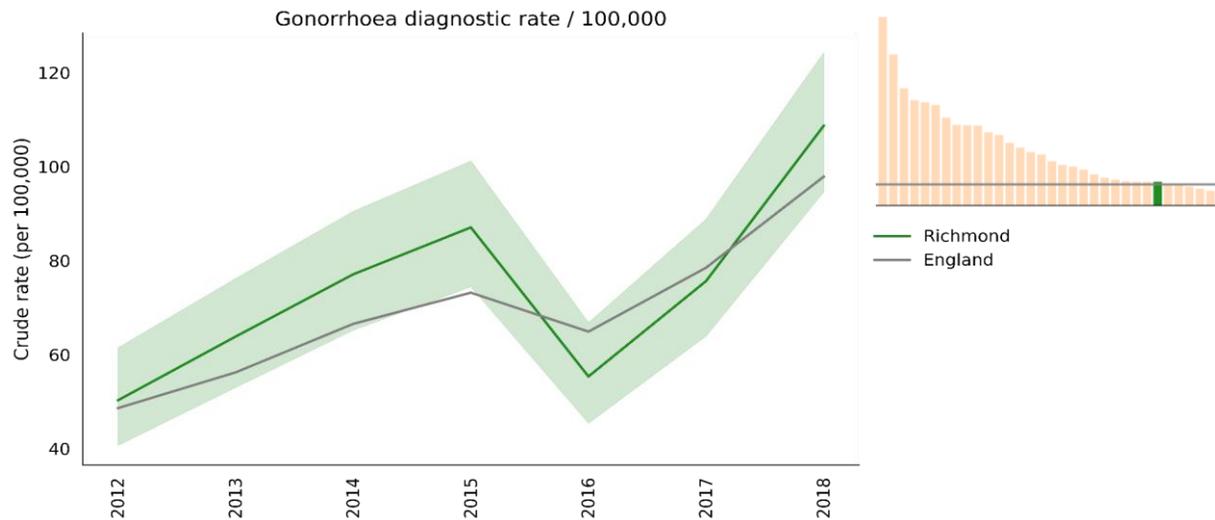
- In 2019/20, Richmond's rate of emergency cancer presentations (cancers diagnosed in hospital following an emergency admission) was 48 per 100,000 population (n=107), which is the 6th lowest rate in London.
- In 2019/20, Richmond's two week wait referral rate for suspected cancer was 3846.6 per 100,000 (n=8556), which is the 10th highest rate in London. The latest Borough figure for 2019/20 was also 149% higher from year 2011/12, in comparison to 97% increase in England's rate in the equivalent time period.
- In 2018/19, Richmond's new cancer diagnosis rate was 430 per 100,000 population (n=947), which is the 5th highest rate in London.

Live Well: Mental Health



- In 2019/20, Richmond's proportion of registered patients with recorded mental illness was 1% (n=1815), which is the 4th lowest rate in London, 12% lower than the England average. The latest Borough figure for 2019/20 was also 1% lower from 2012/13, in comparison with a 11% increase in England's rate in the equivalent time period.
- In 2019/20, Richmond's gap in the employment rate for those in contact with Secondary Mental Health Services and the overall population was 70%, which is the 9th highest rate in London, 5% higher than the England average, and 3% higher than the London average. The latest Borough figure for 2019/20 was also 17% higher from 2011/12, in comparison with a 10% increase in England's rate in the equivalent time period.

Live Well: Sexually Transmitted Infections



- Gonorrhoea diagnostic rate was 109 per 100,000 population (n=214), which is the 6th lowest rate in London, 11% higher than the England average. The latest Borough figure for 2018 was also 116% higher from 2012, in comparison with a 101% increase in England's rate in the equivalent time period.
- Syphilis diagnostic rate was 18 per 100,000 population (n=35), which is the 13th lowest rate in London, 42% higher than the England average. The latest Borough figure for 2018 was also 180% higher from 2012, in comparison with a 129% increase in England's rate in the equivalent time period.
- The rate of new STI diagnoses (excluding chlamydia in young people) was 943 per 100,000 population (n=1199), which is the 6th lowest rate in London, 5% higher than the England average and 51% lower than the London average. The latest Borough figure was also 12% higher from 2012, in comparison with a 8% increase in England's rate in the equivalent time period.

Live Well: Other Conditions

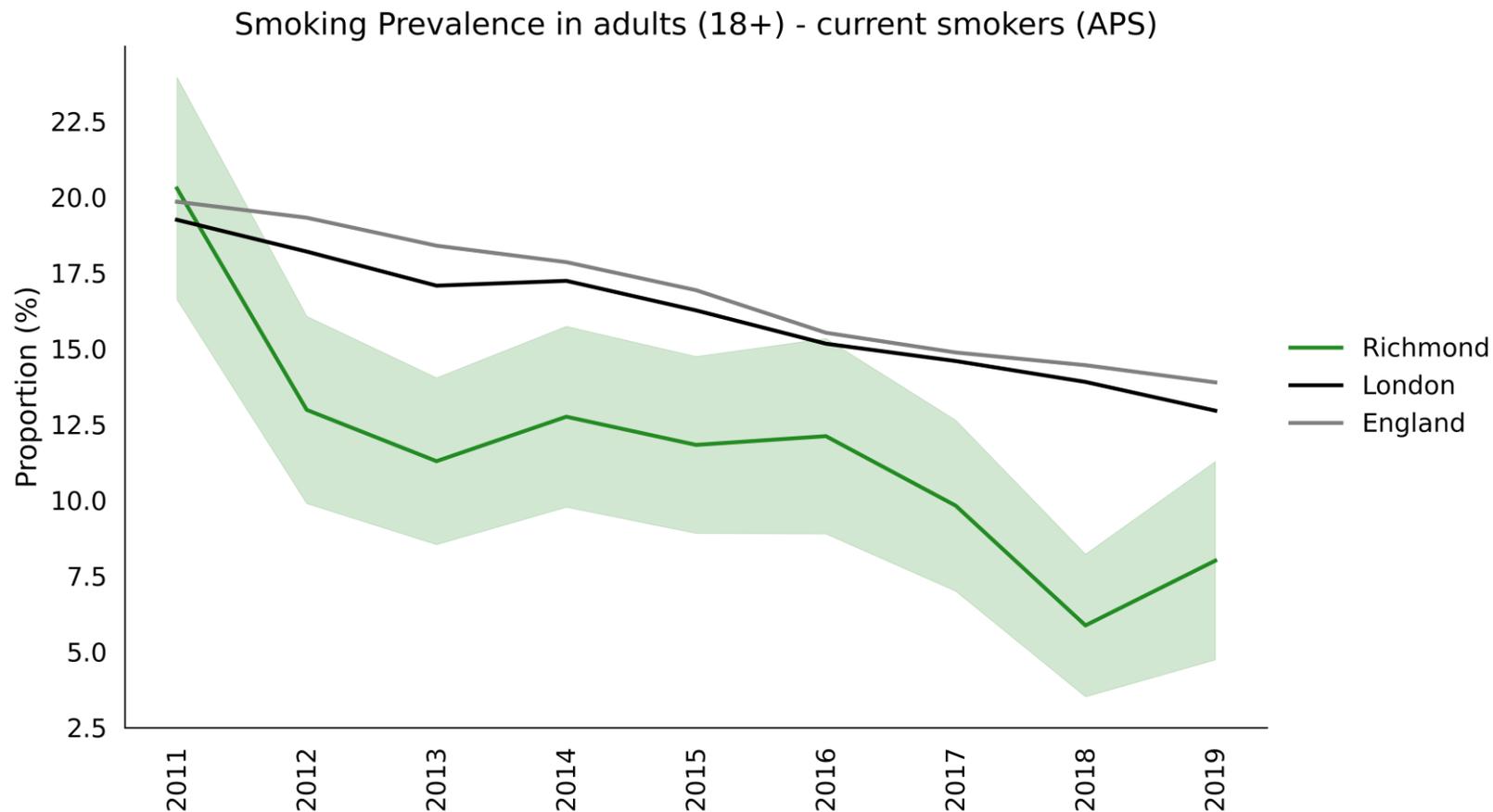
- Almost 1 in 7 patients in Richmond suffer from back or joint pain.
- Around 1 in 5 patients with musculoskeletal (MSK) suffer from depression or anxiety.
- In 2019/20, there were 295 emergency hospital admissions for intentional self-harm, the rate of 157.7/100,000 for Richmond was higher than London and ranked the highest across London, but still significantly lower than the England average of 192.6 per 100,000 population.

Live Well: Indicators of Health and Well-being

- Adult obesity has declined in Richmond however the trend in the proportion of physically active adults and people walking or cycling to work has been decreasing.
- Adults meeting the recommended 5-a day for fruit and vegetables was higher locally than the London and England averages.
- Alcohol consumption is high locally. 1 in 3 adults in Richmond drink over 14 units of alcohol a week which is higher than London and England.
- There were an estimated 1400 dependent drinkers in the Borough.
- Alcohol continues to be a key contributor to hospital visits, with 3,500 hospital visits in 2018/19 attributed to alcohol related conditions and 950 due to alcohol specific conditions, this rate has been consistently increasing in the last 10 years.
- During 2018/19, residents had 1,702 alcohol related cardiovascular admissions and 185 alcohol related cancers. The age group with highest rate of admissions was the over 65 years olds.
- Males' admissions rates are twice as high as the females' rate.

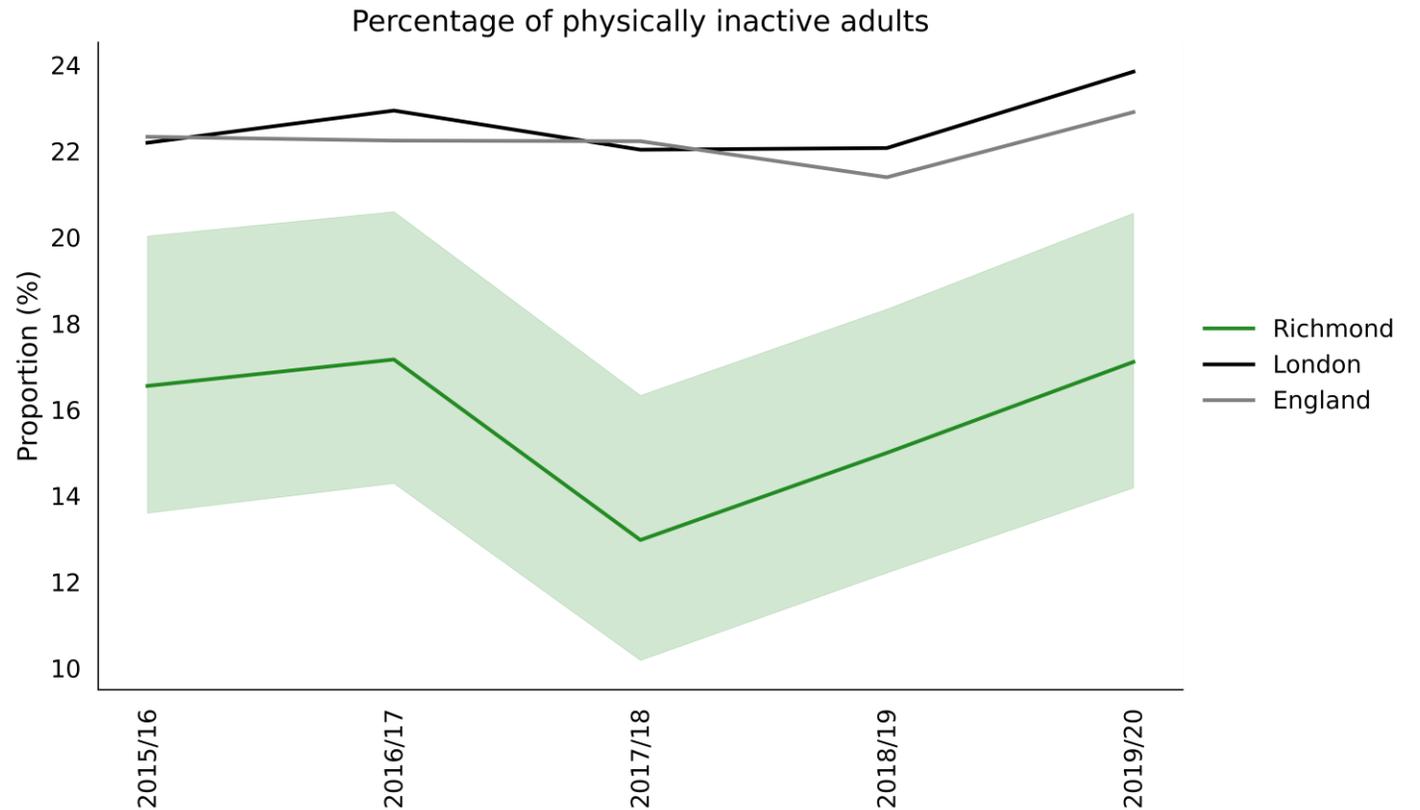
Live Well: Behavioural and Metabolic Risk Factors - Smoking

- In 2019, smoking prevalence was 8% (n=12172), which is the lowest rate in London but an increase from 2018 rate of 6%.
- Smoking attributable mortality in 2016–18 continued to decrease and is now the 2nd lowest in London.
- 3% of women smoked at the time of delivery in 2019/20 (n= 56) – a slight increase from the previous year and currently the 6th lowest rate in London.



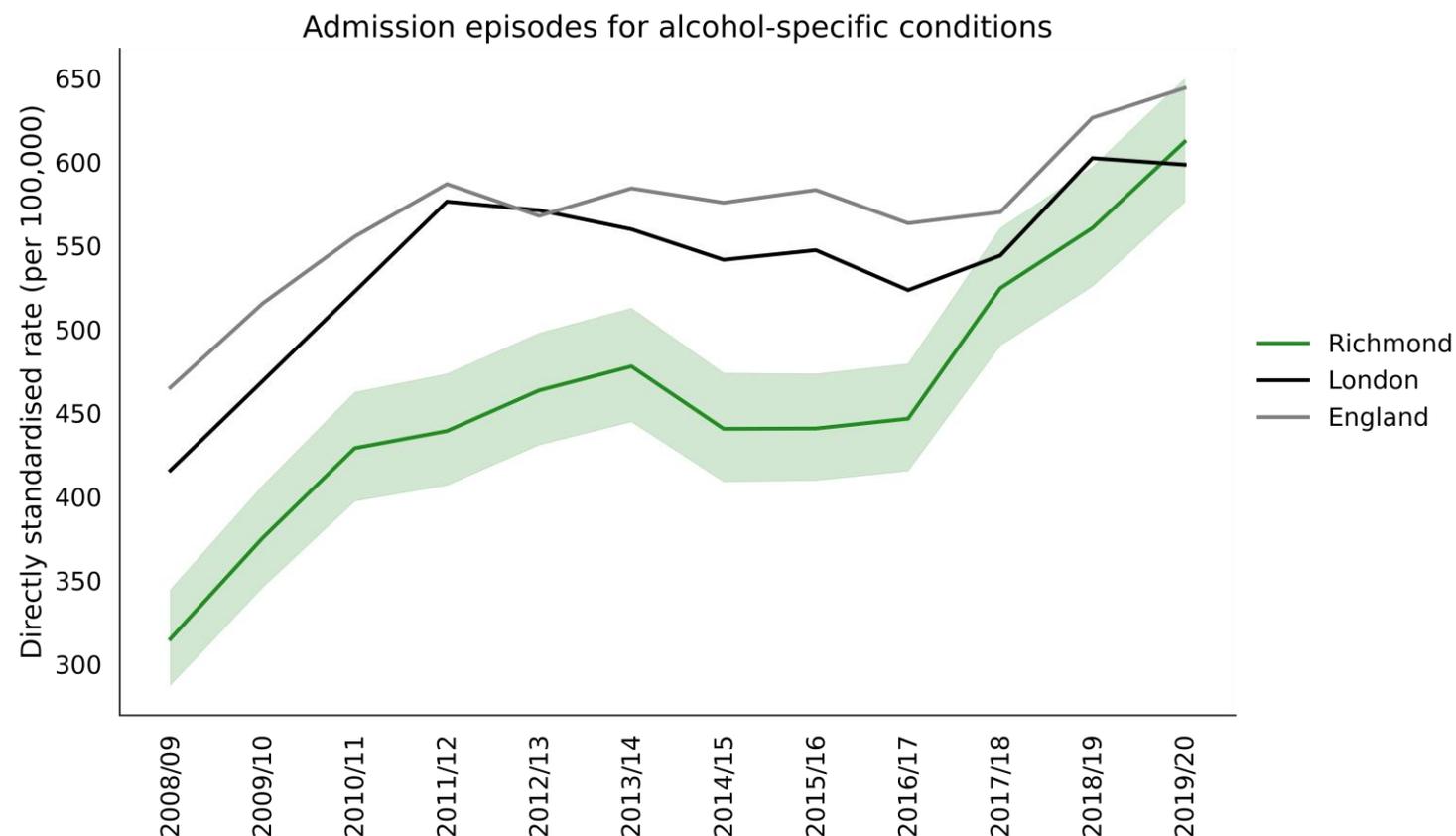
Live Well: Behavioural and Metabolic Risk Factors – Physical Inactivity

- In 2019/20, Richmond's physical inactivity rate was 17%, the 7th lowest rate in London. The percentage of adults who are physically inactive locally has been steadily increasing since 2017/18.
- Low levels of physical activity bring multiple health and wellbeing risks.

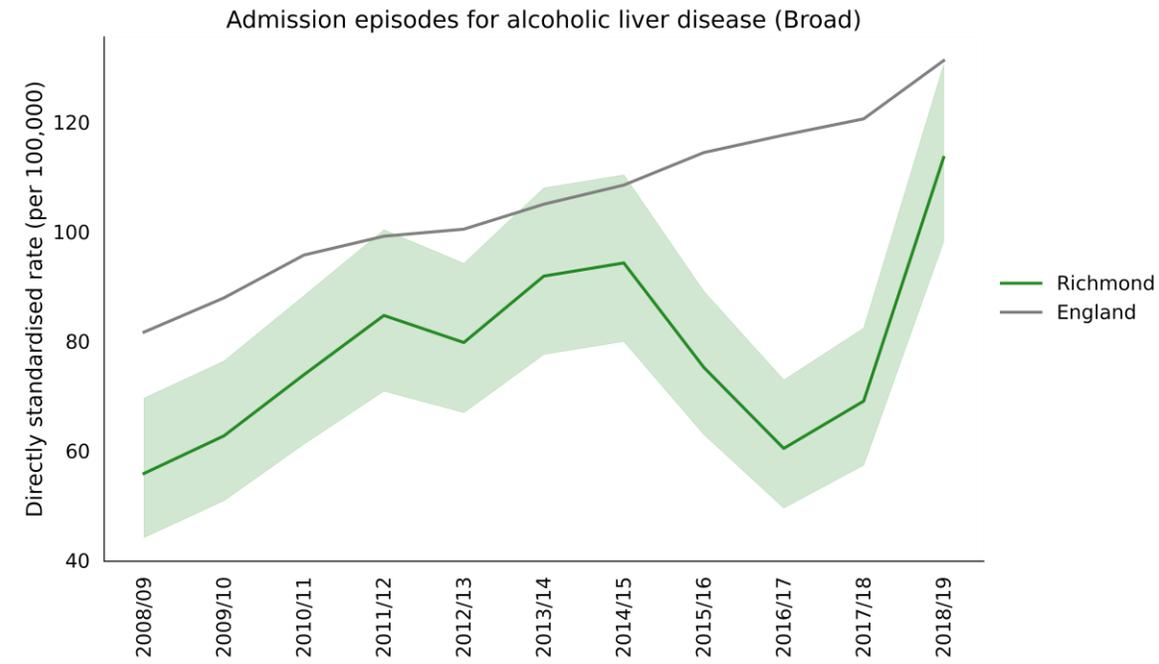
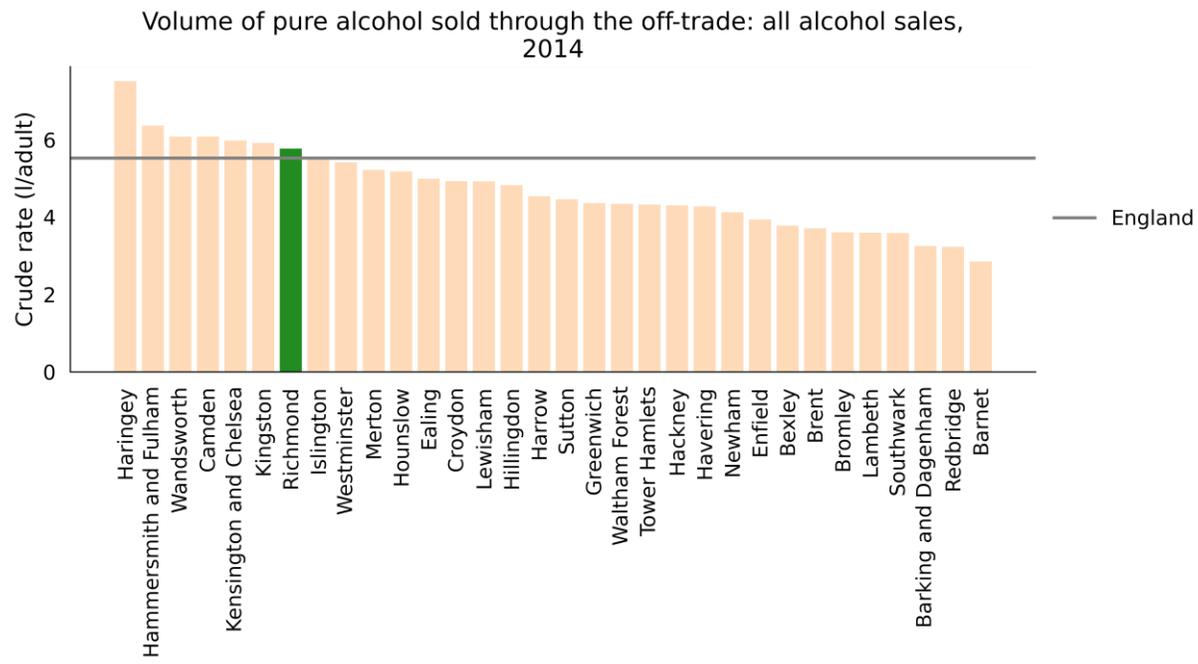


Live Well: Behavioural and Metabolic Risk Factors – Alcohol

- Admission episodes for alcohol-specific conditions in Richmond in 2019/20 have been increasing over the last 5 years. The number of alcohol specific admissions in 2019/20 was 1,110.
- Richmond's rate is the 16th highest rate in London, 94% higher than in 2008/09, in comparison to 39% increase in England's rate in the equivalent time period.
- Alcoholic liver disease admissions have also been rising in Richmond.



Live Well: Behavioural and Metabolic Risk Factors – Alcohol



Acknowledgments

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