

Public Health Community Board Profile 2020 – Wexham and Ivers

Why are communities important for our health?

The community we live in is one of the most important factors for our health. We thrive in communities with strong social ties, a feeling of togetherness and a sense of belonging. Our local social, economic and physical environment can affect our health directly, the health behaviours we adopt such as being physically active, and sometimes whether we access health and care services. The local environment we live in is vitally important throughout the whole of our life course, from *before* we are born right up until the end of our lives.

The indicators included in this Community Board Profile are all important markers of the health and wellbeing of your community, and highlight areas where things are going well but also importantly where improvements can be made. Strong communities will be a key driver for recovery from the impact of the COVID-19 pandemic.

Please note that this profile is a high level overview of health and wellbeing indicators from existing data. Communities will have more intelligence on local issues and assets which can be incorporated into the full picture of local needs and how they can best be met.

The people in your community

It is important to understand who lives in your community to understand their health and wellbeing. Factors such as age, ethnicity and level of deprivation influence our physical and mental health. Understanding these factors may help decide which interventions may be needed to improve the overall health and wellbeing of the community.

Wexham and Ivers community board:

- Has a population size of **14,465**
- Has a **similar age profile** compared with County, with 6.3% of the population < 5 years old (County average = 6.0%) and 18.6% > 65 years old (County average = 18.7%)
- Has **one of the most ethnically diverse populations** in County – Black, Asian and Minority Ethnic (BAME) population = 20.7%, compared with 13.6% in the County
- Has **the 3rd highest score on the national Index of Multiple Deprivation measure¹** in the County (a higher score indicates a greater level of deprivation based on a range of aggregated indicators), but a lower score than England overall
- Has a **lower life expectancy for both men and women** compared with the County average (but higher than the England average for both)

¹ The Index of Multiple Deprivation (IMD) is The Government's official measure of relative deprivation in small areas in England called lower-layer super output areas. IMD includes seven domains to provide an overall measure. The domains are: income deprivation; employment deprivation; education, skills and training deprivation; health deprivation and disability; crime; barriers to housing and services; and living environment deprivation.

Natural & built environment in your community

Being in contact with the natural environment is vital for our mental wellbeing and physical health at all ages. Air pollution contributes to a range of poor health outcomes including low birth weight babies, stroke, dementia, lung disease and heart disease. The environment affects our mental health and ability to adopt healthy behaviours such as being physically active.

Wexham and Ivers community board:

- Has a **significantly higher proportion of green space coverage** compared with the South East average (16.8% vs 3.2%)
- Has a **higher level of air pollution** is compared with the South East average

Growing up in your community

What happens in pregnancy and early childhood impacts on physical and mental health all the way to adulthood. Important factors in the early years include being born at a healthy birth weight, growing up in a household with sufficient income, receiving a good education and adopting healthy behaviours from childhood.

Wexham and Ivers community board:

- Has the **3rd lowest number of live births** in the County
- Has a **lower proportion of low birth weight babies** (5.1%) compared with the County average (7.0%)
- Has a **slightly higher proportion of children living in income deprived households or poverty** (12.9%) compared with the County average (12.1%), but lower than the England average
- Has a **higher proportion of 'School Ready' children** (76.7%) compared with the County average (74.2%)
- Has a **higher proportion of overweight or obese Year 6 children** (34.6%) compared with the County average (29.4%)

Health behaviours in your community

The four main health behaviours – smoking, physical inactivity, unhealthy diet and alcohol misuse - account for 40% of all years lived with ill health and disability. Addressing these four behaviours could lead to a reduction by up to 80% in new cases of heart disease, stroke and type 2 diabetes and a reduction of 40% in new cases of cancer. It has been shown that obesity in adults is a risk factor for worse outcomes following infection with coronavirus (COVID-19) as well as other poor health outcomes.

Wexham and Ivers community board:

- Has a **higher smoking prevalence** (15.6%) than the County average (14.6%)
- Has a **higher proportion of physically inactive adults** (23.8%) compared with the County average (16.5%)
- Has a **higher proportion of obese adults** (32.2%) compared with the County average (31.4%).
- Has a **lower rate of residents receiving treatment for alcohol and non-opiate misuse** (58.6/100,000) than the County overall (128.5/100,000)

Long term conditions and healthcare usage in your community

Long term conditions such as diabetes not only cause significant amounts of poor health to individuals but they also lead to higher use of health care and social care. These conditions are often preventable by adopting healthy behaviours as above, but also through dedicated prevention strategies such as the NHS Health Checks programme. People with some long term conditions like diabetes and heart disease appear to be at higher risk of poorer outcomes following infection with coronavirus (COVID-19).

Wexham and Ivers community board:

- Ranks **3rd highest for proportion of adults with high blood pressure, diabetes and mental health illnesses** compared with the other Community Boards
- Ranks **amongst the highest for emergency admissions to hospital overall, for both adults and children** compared with the other Community Boards
- Has a **higher rate of uptake of NHS Health Checks** (69.4%) compared with the County average (43.8%)

Vulnerable groups in your community

Individuals in certain vulnerable groups (e.g. those who are socially isolated, unemployed or living on low incomes) experience worse mental and physical health outcomes compared with the general population. People who experience social isolation and loneliness are more likely to experience depression and anxiety, be physically inactive, smoke and drink alcohol and have an increased risk of heart disease and dementia and die prematurely.

Wexham and Ivers community board:

- Has a **similar proportion of unemployment benefit claimants** (2.9%) to the County average (2.9%)
- Has **1,979 residents living in households at higher risk of food poverty** – 2.5% of the County total, and slightly lower than the County average (13.7% vs 14.9%)
- Has a **similar rate of domestic abuse related incidents and crime** to the County average
- Has a **similar personal debt per person** (£796) amount to the County average (£786)
- Has areas in which **the risk of loneliness (65+ years) are among the highest** in the County
- Has the **lowest proportion of residents seeking support from the Citizens Advice Bureau** in the County (most frequent issue advice was requested for prior to the COVID-19 lockdown was **benefits and tax credits** and following the lockdown was **benefits and tax credits, employment and relationships and family**)

The impact of COVID-19 in your community

COVID-19 has undoubtedly had an impact across Buckinghamshire. The pandemic has brought out the best in many communities in terms of community spirit and volunteering efforts. However, COVID-19 has also affected groups in the community in terms of unemployment, debt, food poverty and mental health.

In Wexham and Ivers community board, as of 26th May 2020:

- There were **606 residents shielding** – 4.0% of County total
- There were **118 residents receiving government food deliveries** – 4.0% of the County total
- There were **33 residents requesting essential supplies** – 4.0% of the County total
- There were **126 residents requesting help with basic care** – 3.5% of the County total

Recommendations based on this public health profile

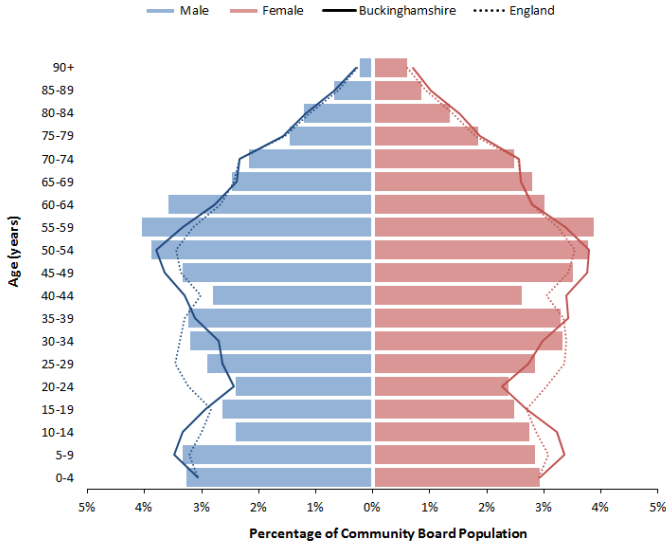
1. Reducing **smoking, childhood and adult obesity** and **physical inactivity** are key areas for your community as they are major causes of preventable ill health and death. The Council's Live Well Stay Well service can support your community to stop smoking, lose weight and get active. Anyone can self-refer themselves to this service. Initiatives to promote physical activity using the community's large proportion of green spaces should be explored. **Promoting active travel** (e.g. walking, cycling) where possible may also help to reduce levels of air pollution in the community.
2. **Loneliness for people aged 65 years and older** is a key area for large parts of your community. Programmes to build community cohesion or encourage befriending should be explored.
3. As one of the most **ethnically diverse** community boards in Buckinghamshire, culturally appropriate programmes could be used to identify and reduce inequalities in health for your Black, Asian and minority ethnic communities, including reducing the impact of **COVID-19**.
4. This community has been impacted by **COVID-19**. People with long term conditions like **diabetes and heart disease** appear to be at higher risk of poorer outcomes following infection with coronavirus. Wexham and Ivers has a significantly higher rate of uptake of NHS Health Checks compared to Buckinghamshire overall. This programme addresses the risk factors of heart disease and kidney disease and therefore **further promotion of NHS Health Checks is strongly encouraged.** Other programmes to support community members at risk of COVID-19 due to their long term conditions should also be considered.

Wexham and Ivers

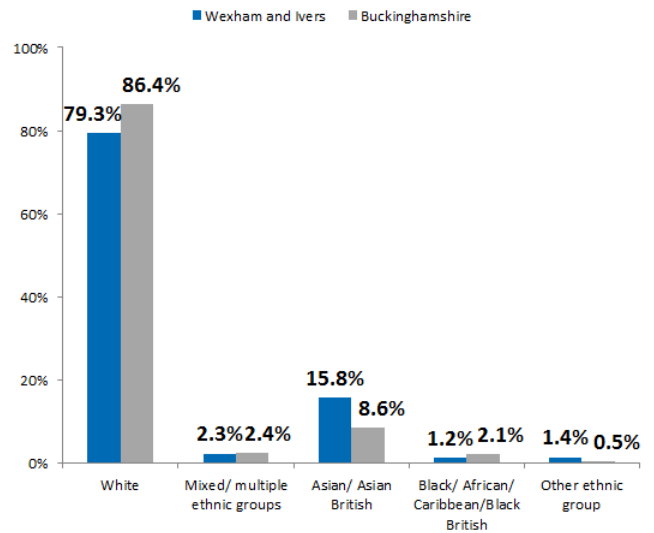
Public Health Community Board Profile 2020

The people in your community (population size = 14,465)

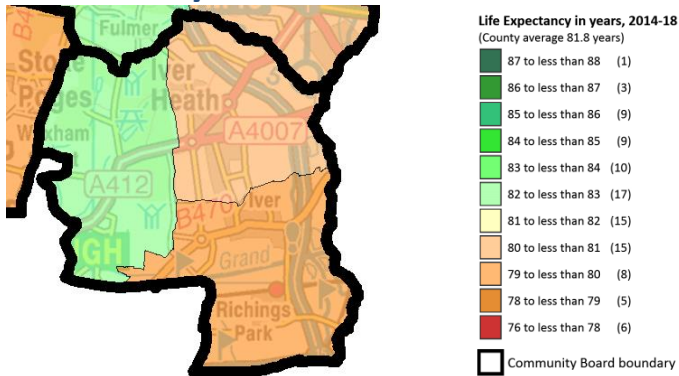
Age structure (2018)



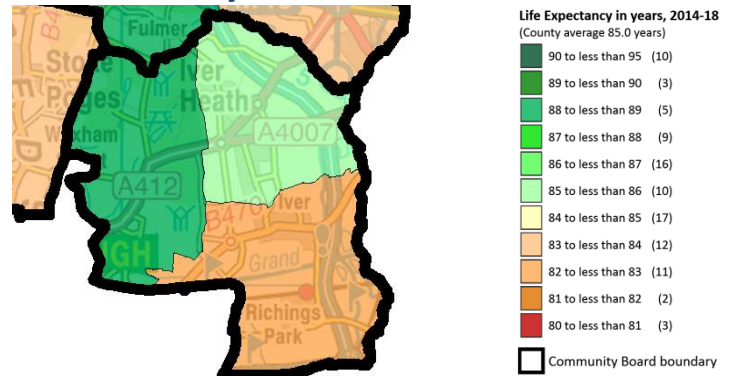
Ethnicity (2011 Census)



Life Expectancy at birth (males) by ward, 2014-18



Life Expectancy at birth (females) by ward, 2014-18



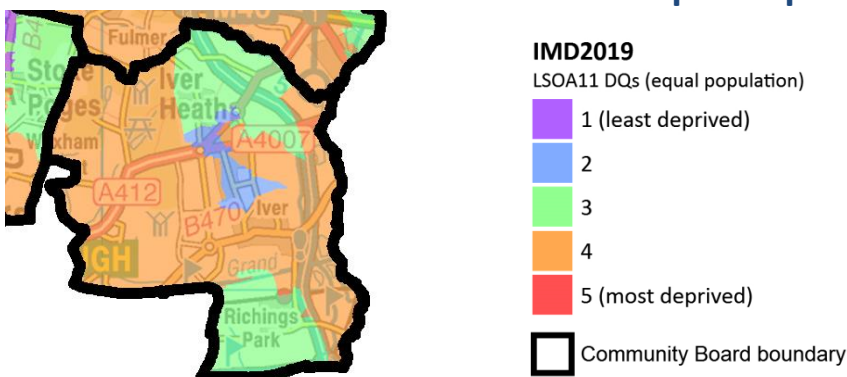
80.7 years
81.8 years
79.6 years

Wexham and Ivers
Buckinghamshire
England

84.1 years
85.0 years
83.2 years



Index of Multiple Deprivation, 2019



Wexham and Ivers 12.0
Buckinghamshire 10.1
England 21.7

(a higher value indicates a greater level of deprivation)

Growing up in your community



176 Number of live births (2018)

5.1% of low birthweight babies

Bucks (2018) 7.0%; England (2017) 7.4%



Data pending

Number of children known to social services

Bucks X; England X



12.9%

Children in poverty (2018)
Bucks 12.1%; England 18.2%



76.7%

School Readiness (2018/19)
Bucks 74.2% England 72.0%



34.6%

Year 6 children are overweight and obese (2018/19)
Bucks 29.4%; England 34.3%



Data pending

Pupil average attainment 8 score
Bucks 52.7%; England 46.9%

Health behaviours in your community



58.6

people (aged 18+) receiving treatment for alcohol & non-opiate misuse per 100,000 population
Bucks 128.5 per 100,000 (2018-19)



15.6%

Smokers aged 15+
Bucks 14.6%; (Jan 2020)
England 16.7% (2018/19)



32.2% ¹

Adults recorded as obese (June 2020) on primary care registers
Bucks 31.4%



23.8%

Physically inactive adults (2017/18)
Bucks 16.5%; England 21.4% (2018/19)

The impact of COVID-19 in your community - As of 26th May '20



606

No. of residents shielding
Bucks 17,833



118 ²

No. of residents receiving government food deliveries
Bucks 2,860



33

No. of residents requesting essential supplies
Bucks 827

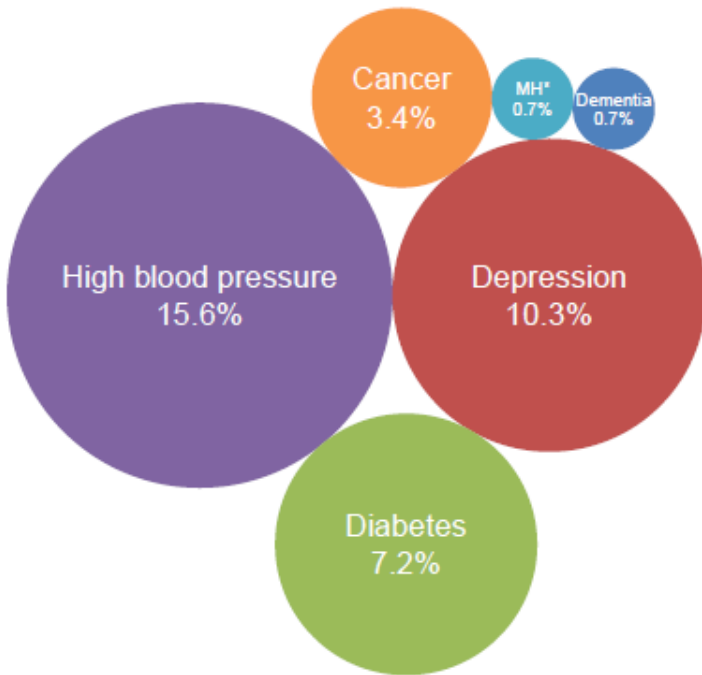


126

No. of residents requesting help with basic care
Bucks 3,688

Long term conditions and healthcare usage

% of people registered at GP practices on disease registers (as of June 2020)³

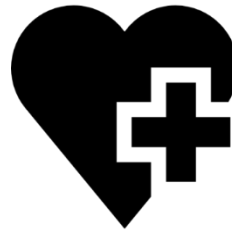


*Patients with schizophrenia, bipolar affective disorder and other psychoses as recorded on practice disease registers.

Emergency admissions to hospital (2018-19)

Compared to the other community boards (where 16th is the lowest rate of admissions)

- 4th highest out of 16 for overall emergency admissions
- 3rd for mental health and respiratory disease
- 4th for cancer
- 7th cardiovascular disease
- 8th for dementia
- 13th for children aged 0 – 5 years



NHS Health Checks

69.4%

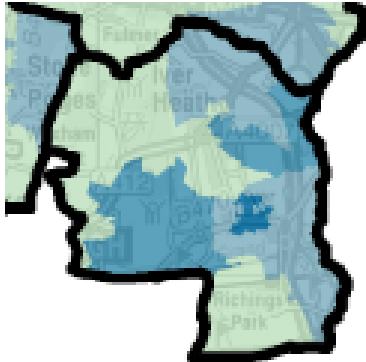
352 uptake

Bucks 43.8% (2019/20)

Vulnerable groups in your community

Risk of Loneliness at age 65+

(Darker colour = higher risk)



Risk of loneliness at age 65+

Darker = higher risk

-4.79 to -4.48

-4.48 to -4.17

-4.17 to -3.86

-3.86 to -3.55

-3.55 to -3.22

Community Board boundary

£796



Personal debt per person

Bucks £787;

England £698

(Sept 2019)



260

Unemployment Benefit Claimants

Wexham and Ivers 2.9%;
Bucks 2.9%; England 5.0%
(April 2020)



1,979 (13.7%)

Number of residents living in households at higher risk of food poverty (Sept 2019)
Bucks 79,896 (14.9%)

Sources:

Population - Office for National Statistics, Mid-Year Estimates 2018

Ethnicity - 2011 Census

Life expectancy – Office for National Statistics and Buckinghamshire Public Health Intelligence, 2014-2018

Index of Multiple Deprivation (IMD) – Department of Communities and Local Government – 2019 Indices

Live births - Civil Registration Data - Births, NHS Digital, 2018

Low birthweight births – Public Health England Fingertips and Buckinghamshire Public Health Intelligence

Children in poverty – Department for Work and Pensions, 2018. Data taken from Local Insight⁵

School readiness - Business Intelligence, Buckinghamshire Council

Childhood excess weight – National Child Measurement Programme 2018/19 and Buckinghamshire Public Health Intelligence

Pupil attainment - Business Intelligence, Buckinghamshire Council

Alcohol treatment – 2016/17 to 2018/19, ILLY Links Carepath database and Buckinghamshire Public Health Intelligence

Smoking prevalence – General Practice registers, obtained via Graphnet

Adult excess weight – Public Health England, Fingertips, 2018/19

Physical inactivity – Local Insight⁴ and Public Health England Fingertips

Disease registers - Graphnet Population Segmentation Summary report

Emergency hospital admissions – Hospital Episode Statistics and Buckinghamshire Public Health Intelligence, accessed through Data Access Environment (DAE), NHS Digital

NHS Health Checks - TCR Nottingham database 2019/20

Impact of COVID-19 – Business Intelligence, Buckinghamshire Council

Risk of loneliness – 2011 Census

Personal debt per head – UK Finance, 2018, accessed through Local Insight⁵

Unemployment benefit claimants – Department for Work and Pensions, April 2020, accessed through Local Insight⁵

Food poverty - OA 2018 Mid-Year Estimates from NOMIS. University of Southampton - Estimating household food insecurity in England: 2019 MSOA estimates

Domestic abuse – Strategic crime assessment, 2018/19

CAB support – Citizens Advice Bureau 2020

Icons made by Freepik from www.flaticon.com

Notes

¹ Obesity data is calculated as a % of those with a BMI recorded. The number of patients with a recorded BMI will vary across practices and therefore the figures presented in this profile are to be used as an indication only.

² Data available for all persons registered with a Buckinghamshire CCG practice. Data not available for Buckinghamshire county residents who are registered with a non-Bucks practice (approximately 5% of population).

³ Figure is likely to be an underestimate as missing postcode data for around 1,000 residents in Buckinghamshire on that daily download.

⁴ Food poverty risk calculated based on household composition and benefits claims, calculated by University of Southampton.

⁵ Local Insight data is based on modelled estimates