

# Public Health Community Board Profile 2020 – North West Chilterns

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## 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.

### North West Chilterns community board:

- Has a population size of 38,205
- Has an **older age profile** compared with County, with 4.8% of the population < 5 years old (County average = 6.0%) and 24.2% > 65 years old (County average = 18.7%)
- Has a **less ethnically diverse population** compared to other areas in the County – Black, Asian and Minority Ethnic (BAME) population = 6.1%, compared with 13.6% in the County overall
- Has the **a lower score on the national Index of Multiple Deprivation measure<sup>1</sup>** compared to the County average (a higher score indicates a greater level of deprivation based on a range of aggregated indicators)
- Has a **higher life expectancy for both men and women** compared to the County average (and higher than the England average)

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<sup>1</sup> 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.

### North West Chilterns community board:

- Has a **lower proportion of green space coverage** compared with the South East average (1.5% vs 3.2%)
- Has a **similar 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.

### North West Chilterns community board:

- Has the **6<sup>th</sup> highest number of live births** in the County
- Has a **similar proportion of low birth weight babies** (7.3%) to the County average (7.0%)
- Has a **lower proportion of children living in income deprived households or poverty** (8.8%) compared with the County average (12.1%)
- Has a **higher proportion of 'School Ready' children** (76.9%) compared with the County average (74.2%)
- Has a **lower proportion of overweight or obese Year 6 children** (27.6%) 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.

### North West Chilterns community board:

- Has a **lower smoking prevalence** (12.3%) than the County average (14.6%)
- Has a **higher proportion of physically inactive adults** (18.8%) compared with the County average (16.5%)
- Has a **higher proportion of obese adults** (32.1%) compared with the County average (31.4%)
- Has a **lower rate of residents receiving treatment for alcohol and non-opiate misuse** (111.2 per 100,000) to the County overall (128.5 per 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).

### North West Chilterns community board:

- Ranks **amongst the highest** for proportion of adults with dementia, **in the mid-range** for mental health and cancer, **and amongst the lowest** for depression and diabetes compared with the other Community Boards
- Ranks **about average for emergency admissions to hospital for adults** and ranks as **one of the highest for children aged 0 – 5 years** compared with the other Community Boards.
- Has a **similar uptake of NHS Health Checks** (43.0%) to 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.

### North West Chilterns community board:

- Has a **lower proportion of unemployment benefit claimants** (2.0%) compared with the County average (2.9%)
- Has **4,935 residents living in households at higher risk of food poverty** – 6.2% of the County total, and lower than the County average
- Has a **lower rate of domestic abuse related incidents and crime** than the County average
- Has a **lower personal debt per person** amount (£754) to the County average (£787)
- Has areas in which **the risk of loneliness (65+ years) are among the lowest and others among the highest** in the County
- Has a **lower proportion of residents seeking support from the Citizens Advice Bureau** compared with the County average (most frequent issue advice was requested for was **benefits, tax credits and Universal Credit**)

## 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 North West Chilterns community board, as of 26th May 2020:

- There were **1,769 residents shielding** – 9.9% of County total
- There were **202 residents receiving government food deliveries** – 7.1% of the County total
- There were **68 residents requesting essential supplies** – 8.2% of the County total

- There were **331 residents requesting help with basic care** – 9.0% of the County total

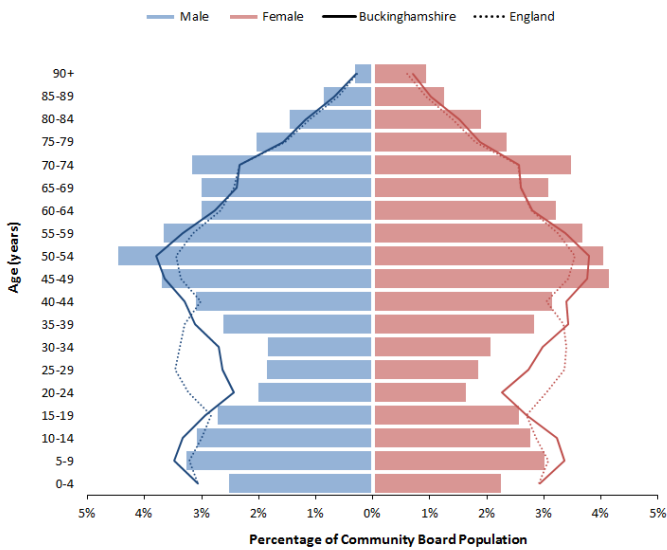
## Recommendations based on this public health profile

1. Reducing **smoking, adult obesity** and **physical inactivity** are key areas for your community as they are major causes of preventable ill health and death. These are particularly relevant as they are all risk factors for dementia, and your community has a **higher level of dementia than Buckinghamshire**. 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.
2. A **large number of children aged 0 to 5 years require emergency hospital admissions** in the community. A better understanding of why this is would be of value for this community so that appropriate support and programmes can be delivered.
3. North West Chilterns has an **older age profile** and a **higher proportion of residents with dementia** compared with the County overall. Dementia-friendly initiatives should be explored. Other interventions that should be considered are ones that promote and encourage physical activity amongst middle-aged people; the evidence shows physical activity reduces the risk of dementia.
4. **Loneliness for people aged 65 years and older** is a key area for parts of your community. Programmes to build community cohesion or encourage befriending should be explored.
5. As for many areas, North West Chilterns has been impacted by **COVID-19**. There are a **relatively high number of residents shielding and requesting essential supplies and help with basic care**. As part of the local recovery plan, initiatives to identify whether these residents require additional or ongoing support should be considered.

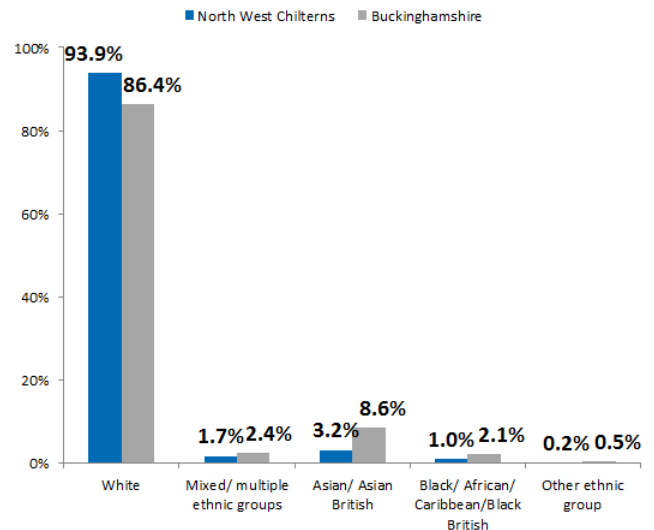
# North West Chilterns Public Health Community Board Profile 2020

The people in your community (population size = 38,205)

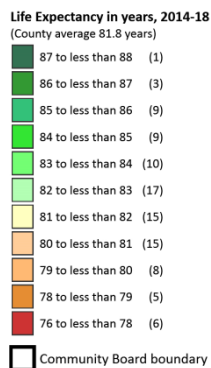
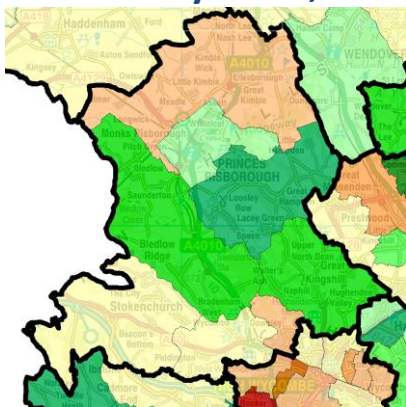
### Age structure (2018)



### Ethnicity (2011 Census)

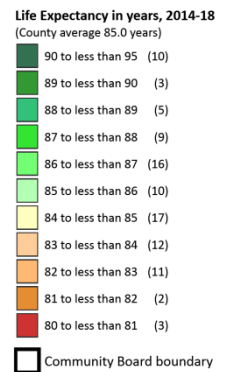
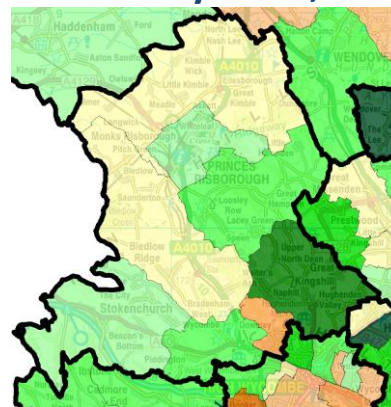


### Life Expectancy at birth (males) by ward, 2014-18



**82.5 years**  
**81.8 years**  
**79.6 years**

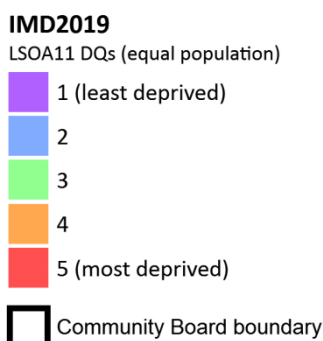
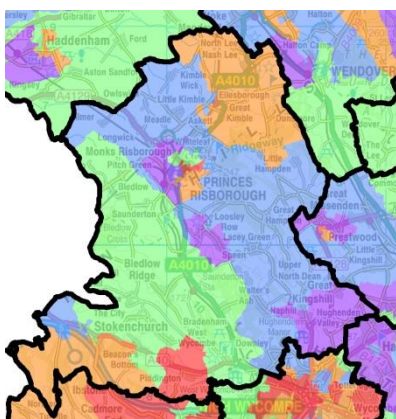
### Life Expectancy at birth (females) by ward, 2014-18



**North West Chilterns**  
**Buckinghamshire**  
**England**

**85.6 years**  
**85.0 years**  
**83.2 years**

### Index of Multiple Deprivation, 2019



**North West Chilterns 6.9**  
**Buckinghamshire 10.1**  
**England 21.7**

(a higher value indicates a greater level of deprivation)

## Growing up in your community



**357** Number of live births (2018)

**7.3%** 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



**8.8%**

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



**76.9%**

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



**27.6%**

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



**111.2**

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



**12.3%**

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



**32.1%** <sup>1</sup>

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



**18.8%**

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

## The impact of COVID-19 in your community - As of 26<sup>th</sup> May '20



**1,769**

No. of residents shielding  
Bucks 17,833



**202** <sup>2</sup>

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



**68**

No. of residents requesting essential supplies  
Bucks 827

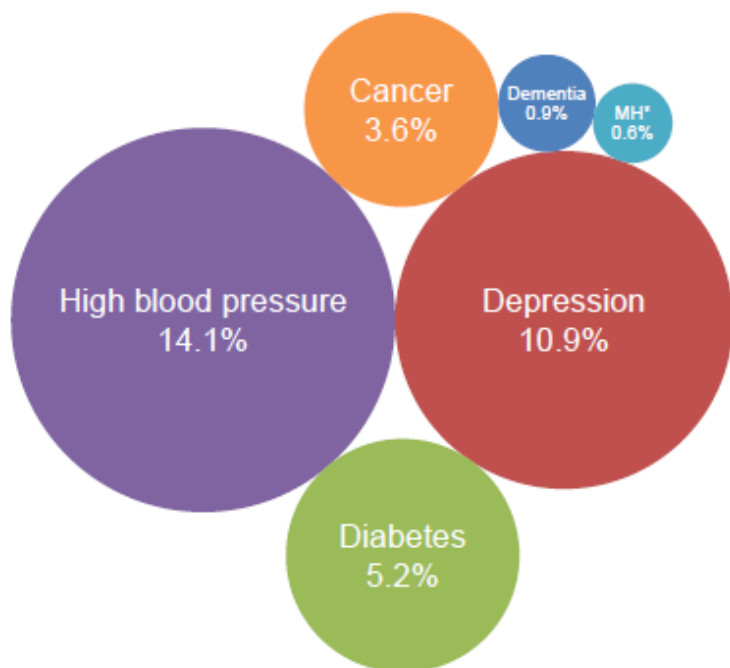


**331**

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)<sup>3</sup>



\*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)

9<sup>th</sup> out of 16 for overall emergency admissions

2<sup>nd</sup> for children aged 0-5

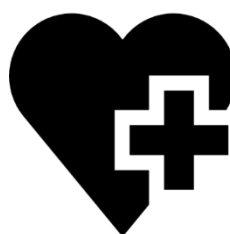
7<sup>th</sup> for mental health

8<sup>th</sup> for respiratory disease

10<sup>th</sup> for dementia

12<sup>th</sup> for cardiovascular disease

13<sup>th</sup> for cancer



NHS Health Checks

43.0%

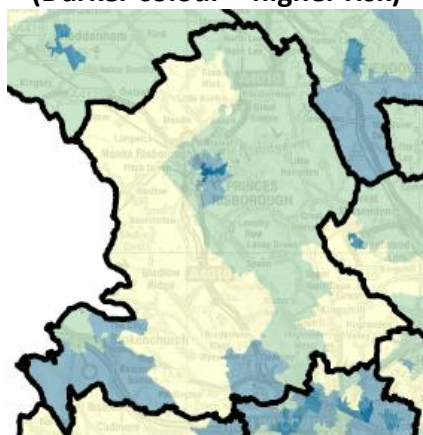
1,046 uptake

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

£754



Personal debt per person

Bucks £787;

England £698

(Sept 2019)



425

Unemployment Benefit Claimants

North West Chilterns 2.0%;  
Bucks 2.9%; England 5.0%  
(April 2020)



4,935 (12.8%)

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 Insight<sup>5</sup>

**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 Insight<sup>4</sup> 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 Insight<sup>5</sup>

**Unemployment benefit claimants** – Department for Work and Pensions, April 2020, accessed through Local Insight<sup>5</sup>

**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](http://www.flaticon.com)

## Notes

<sup>1</sup> 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.

<sup>2</sup> 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).

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

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

<sup>5</sup> Local Insight data is based on modelled estimates