

Public Health Community Board Profile 2020 – South West Chilterns

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.

South West Chilterns community board:

- Has a population size of **37,274**
- Has an **older age profile** compared with County, with 5.4% of the population < 5 years old (County average = 6.0%) and 23.1% > 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 = 5.9%, compared with 13.6% in the County
- Has the **a lower score on the national Index of Multiple Deprivation measure¹** 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)

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.

South West Chilterns community board:

- Has a **lower proportion of green space coverage** compared with the South East average (2.2% 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.

South West Chilterns community board:

- Has the **7th highest number of live births** in the County
- Has a **similar proportion of low birth weight babies** (6.9%) to the County average (7.0%)
- Has a **lower proportion of children living in income deprived households or poverty** (7.7%) compared with the County average (12.1%)
- Has a **higher proportion of 'School Ready' children** (77.2%) compared with the County average (74.3%)
- Has a **lower proportion of overweight or obese Year 6 children** (22.9%) 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.

South West Chilterns community board:

- Has a **lower smoking prevalence** (13.3%) than the County average (14.6%)
- Has a **higher proportion of physically inactive adults** (18.5%) compared with the County average (16.5%)
- Has a **lower proportion of obese adults** (27.1%) compared with the County average (31.4%)
- Has a **lower rate of residents receiving treatment for alcohol and non-opiate misuse** (111.7 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).

South West Chilterns community board:

- Ranks **highest for proportion of adults with cancer, amongst the highest** for proportion of adults with high blood pressure and dementia, **and in the middle** for adults with depression, diabetes and mental health illnesses compared with the other Community Boards
- Ranks **lower for emergency admissions to hospital for adults and about average for children aged 0 – 5 years** compared with the other Community Boards
- Has **lower uptake of NHS Health Checks** (40.5%) 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.

South West Chilterns community board:

- Has a **lower proportion of unemployment benefit claimants** (2.5%) compared with the County average (2.9%)
- Has **5,105 residents living in households at higher risk of food poverty** – 6.4% of the County total
- Has a **similar rate of domestic abuse related incidents and crime** to the County average
- Has a **similar personal debt per person** amount (£788) 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 South West Chilterns community board, as of 26th May 2020:

- There were **1,132 residents shielding** – 6.3% of County total
- There were **202 residents receiving government food deliveries** – 7.1% of the County total
- There were **48 residents requesting essential supplies** – 5.8% of the County total
- There were **264 residents requesting help with basic care** – 7.2% of the County total

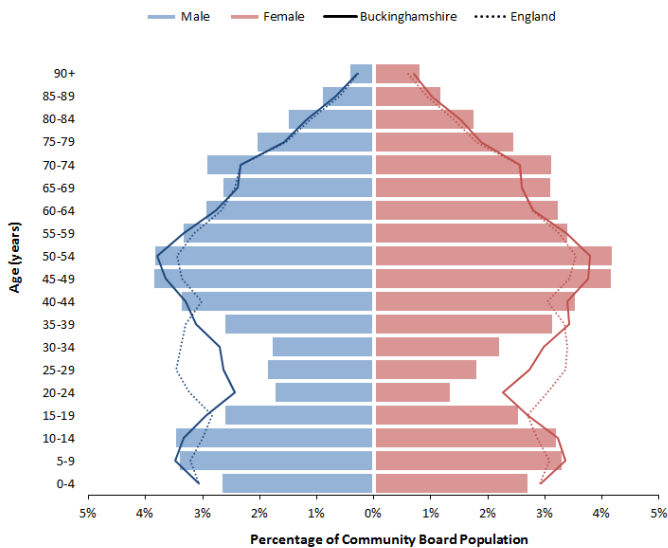
Recommendations based on this public health profile

1. Reducing **smoking, childhood 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.
2. South West Chilterns ranks **highest for proportion of adults with cancer** yet also has one of the lowest rates of emergency admissions for cancer. Risk of cancer is linked to a number of factors including smoking, overweight, physical inactivity, sun exposure, alcohol consumption. Screening and early detection do not prevent cancer but are linked to better outcomes.
3. South West Chilterns has an older population with a **higher proportion of residents with dementia** compared with the County overall. Additional dementia-friendly initiatives should be explored; these could help to ensure people get support before it becomes an emergency. 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 later in life.
4. People with long term conditions like **diabetes and heart disease** appear to be at higher risk of poorer outcomes following infection with coronavirus, and this community has relatively higher levels of these conditions. South West Chilterns has a **lower rate of uptake of NHS Health Checks** compared to Buckinghamshire. This programme addresses the risk factors of heart disease and kidney disease. Promoting the NHS Health check is strongly encouraged. Other programmes to support community members at risk of COVID-19 due to their long term conditions should also be considered.
5. **Loneliness for people aged 65 years and older** is a key issue for parts of your community. Programmes to build community cohesion or encourage befriending should be explored.

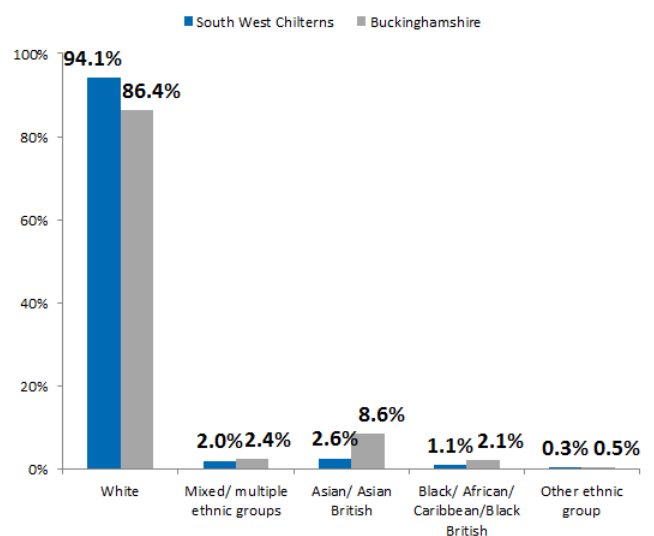
South West Chilterns Public Health Community Board Profile 2020

The people in your community (population size = 37,274)

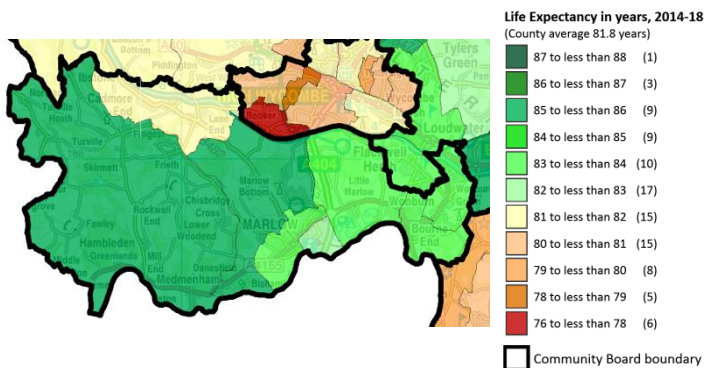
Age structure (2018)



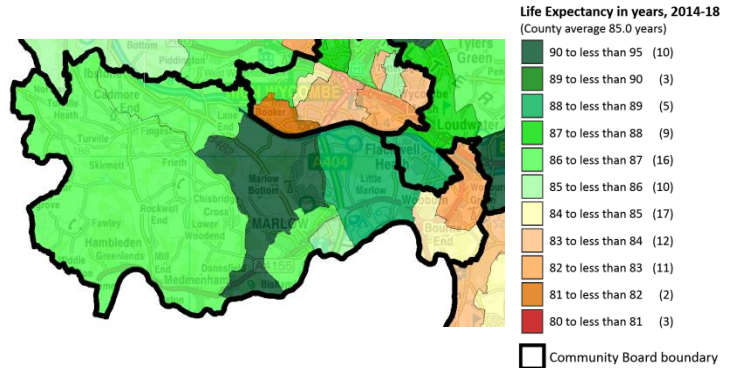
Ethnicity (2011 Census)



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



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



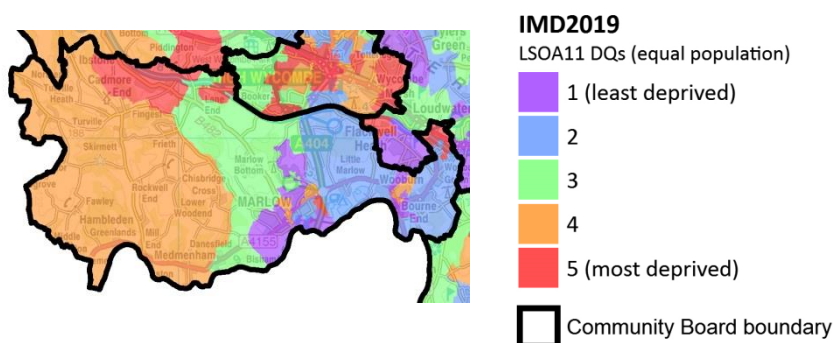
83.6 years
81.8 years
79.6 years

South West Chilterns
Buckinghamshire
England

85.8 years
85.0 years
83.2 years



Index of Multiple Deprivation, 2019



South West Chilterns 7.5
Buckinghamshire 10.1
England 21.7

(a higher value indicates a greater level of deprivation)

Growing up in your community



335 Number of live births (2018)

6.9% 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



7.7%

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



77.2%

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



22.9%

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



111.7

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



13.3%

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



27.1% ¹

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



18.5%

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



1,132

No. of residents shielding
Bucks 17,833



202 ²

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



48

No. of residents requesting essential supplies
Bucks 827

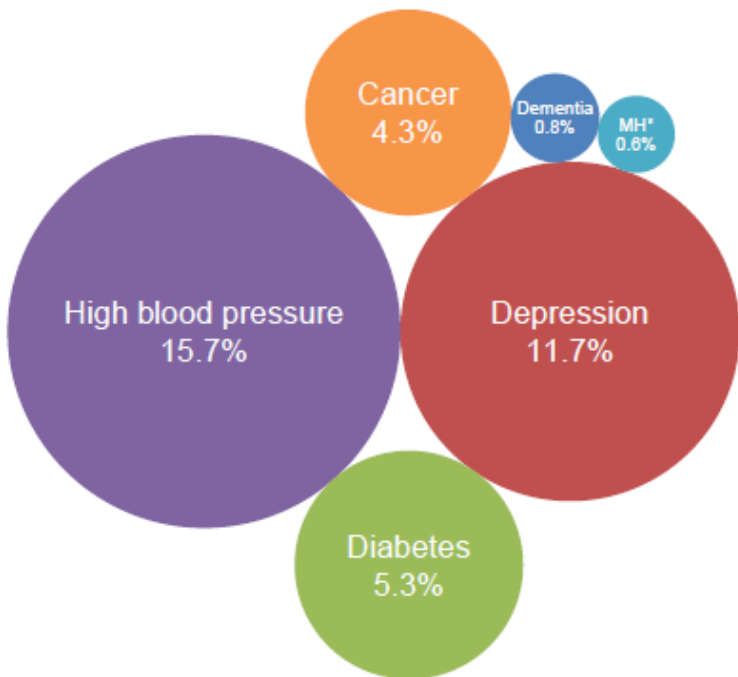


264

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)

13th out of 16 for overall emergency admissions

7th for respiratory disease

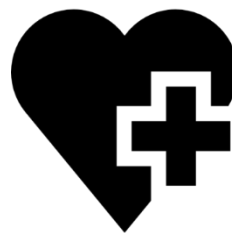
9th for children aged 0-5 years

10th for cardiovascular disease

12th for dementia

13th for mental health

14th for cancer



NHS Health Checks

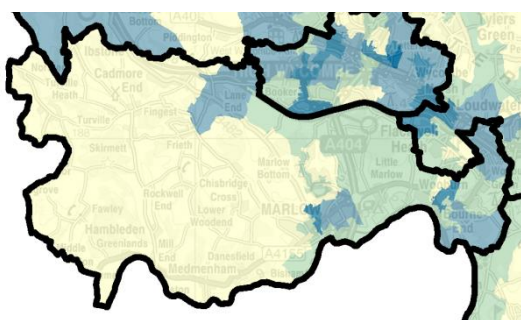
40.5%

1,004 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

£788



Personal debt per person
Bucks £787;
England £698
(Sept 2019)



545

Unemployment Benefit Claimants
South West Chilterns 2.5%;
Bucks 2.9%; England 5.0%
(April 2020)



5,105 ⁴ (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