Annual Public Health Report
for SW Kent and Maidstone Weald PCTs

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Dr Declan O’Neill
Geography of South of West Kent
Population

- resident population 465,500,
- registered population 436,000.
- aged 65+yrs rise by 54% over next 25 years
- higher life expectancy & larger proportion of white ethnic residents than “average” population of England & Wales.
Populations of Kent Local Authorities

Source: ONS Mid 2003 Estimates
Local Authority Population Projections, 1998 - 2028

Resident Population

1998: Maidstone (102,600), Sevenoaks (105,600), Tonbridge & Malling (109,400), Tunbridge Wells (105,600)

2028: Maidstone (152,300), Sevenoaks (117,600), Tonbridge & Malling (111,700), Tunbridge Wells (107,900)

Deprivation

- 40% of the population live within areas categorised as some of the least deprived in Kent and Medway.
- 4% of the population live within areas categorised as some of the most deprived in Kent and Medway.
Births & Fertility

- fertility rate fallen by 4% since 1997.
- fertility rate rise only experienced in Maidstone LA 1997 – 2003
- still birth rate = county average
- England vs Sevenoaks perinatal mortality
## Low birth weight, perinatal and infant mortality rates

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Maidstone LA</td>
<td>6.7%</td>
<td>6.0</td>
<td>4.8</td>
</tr>
<tr>
<td>Sevenoaks LA</td>
<td>6.3%</td>
<td>7.5</td>
<td>3.4</td>
</tr>
<tr>
<td>Tonbridge and Malling LA</td>
<td>7.1%</td>
<td>5.3</td>
<td>3.3</td>
</tr>
<tr>
<td>Tunbridge Wells LA</td>
<td>6.4%</td>
<td>7.2</td>
<td>2.9</td>
</tr>
<tr>
<td>SW Kent</td>
<td>6.6%</td>
<td>6.5</td>
<td>3.7</td>
</tr>
<tr>
<td>England</td>
<td>8.0%</td>
<td>8.3</td>
<td>5.3</td>
</tr>
</tbody>
</table>

Source: ONS Annual District Deaths Extract 1999 - 2003
Mortality

- Local overall mortality rate > Kent and Medway > England and Wales
- Standardised Mortality Ratios for key diseases < lower than the national average.
- Cancer, coronary heart disease and all causes mortality rates fallen over the last 10 years
Top causes of death (f) 2004
South of West Kent
Mortality from All Causes, 2001/03
Indirectly Standardises Ratios (SMR), All Ages by Sex

Source: National Compendium of Clinical & Health Indicators, 2005
Inequalities

Key issues

- General affluence but small areas of deprivation
- Impact of inequalities on mortality known, e.g. CHD, cancer
- National ‘Choosing Health’ supporting programmes to reduce health inequality

Recommendations

- Strengthen and develop partnership working with communities
- And with partner agencies, e.g. LAs, KCC, vol sector by LSP, LAA, &c
- Assess areas of need by health equity audits
- Shift resources to areas of need, via new pharmacy, GP new contract and QoF
Health Care Commission: public health: core

- Cooperation with partners to promote, protect and improve the health
- Systematic programmes for health promotion, smoking, sexual health, obesity and substance misuse
- Planned prepared and practised response to emergencies
LAAs (Local Area Agreements)

- Children and families
- Safer and stronger communities
- Healthier communities and older people
‘Choosing Health’ public health White Paper

- Health inequalities
- Reducing smokers
- Tackling obesity
- Improving sexual health
- Improving mental health
- Sensible drinking
SMR all causes, by deciles of deprivation

Sources: Populations from 2001 Census, ONS
Deaths data from ONS Annual Deaths Extract and VS3 Mortality Statistics
Tobacco control and smoking

- Key issues
  - 20% all deaths
  - No public places ban yet and NHS ‘smoke free’ distant
  - Achievable local target of smoking quitters 5500 by Mar 2006
  - Control thru KASH going well
# Impact of Giving Up Smoking

<table>
<thead>
<tr>
<th>Time stopped</th>
<th>Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 minutes</td>
<td>BP and Pulse return to normal, circulation improves</td>
</tr>
<tr>
<td>8 hours</td>
<td>Blood Oxygen levels increase to normal</td>
</tr>
<tr>
<td>24 hours</td>
<td>CO leaves the body, lungs start to clear out debris</td>
</tr>
<tr>
<td>2 days</td>
<td>Body is nicotine-free, sense of smell and taste improves</td>
</tr>
<tr>
<td>3 days</td>
<td>Breathing is easier, energy levels increase</td>
</tr>
<tr>
<td>2-12 weeks</td>
<td>Circulation improves throughout the body, exercise gets easier</td>
</tr>
<tr>
<td>3-9 months</td>
<td>Breathing problems, coughing, shortness of breath and wheezing improve. Lung efficiency increased.</td>
</tr>
<tr>
<td>5 years</td>
<td>Risk of heart attack falls to about half of a smoker.</td>
</tr>
<tr>
<td>10 years</td>
<td>Risk of lung cancer falls to around half of that of a smoker. Risk of heart attack falls to about the same as someone who has never smoked.</td>
</tr>
</tbody>
</table>

Source: Giving Up For Life: DHI 2005
## Smoking and tobacco control

Synthetic Estimates of the number of deaths attributable to smoking in South of West Kent Local Authorities over 2001 - 2003*

<table>
<thead>
<tr>
<th>Local Authority</th>
<th>All Deaths</th>
<th>No. of Deaths Attributable to smoking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maidstone LA</td>
<td>4064</td>
<td>650</td>
</tr>
<tr>
<td>Sevenoaks LA</td>
<td>3023</td>
<td>484</td>
</tr>
<tr>
<td>Tonbridge and Malling LA</td>
<td>2801</td>
<td>448</td>
</tr>
<tr>
<td>Tunbridge Wells LA</td>
<td>3072</td>
<td>492</td>
</tr>
<tr>
<td>South of West Kent</td>
<td>12960</td>
<td>2074</td>
</tr>
</tbody>
</table>

* South East data applied to local mortality figures

Sources:
Compendium of Clinical and Health Indicators, ONS April 2005
Choosing Health in the South East: Smoking, South East England Public Health Observatory, August 2005
Tobacco control and smoking

- Key issues
  - 20% all deaths
  - No public places ban yet and NHS ‘smoke free’ distant
  - Achievable local target of smoking quitters 5500 by Mar 2006
  - Control thru KASH going well

- Recommendations
  - Develop and expand services in all arenas
    - Areas (localities) of deprivation
    - Primary care, incl dentists & pharmacists
    - Antenatal services
  - Smoke free places
    - Workplaces
    - Public areas
  - Education
    - Healthy schools
Obesity and physical activity

- Key issues
  - % overweight adults & children rising
  - % popn.phy active going up slowly
  - Physical activity declines with age
  - % children obese linked to areas of deprivation
Obesity and physical activity

Key issues
- % overweight adults & children rising
- % popn.phy active going up slowly
- Physical activity declines with age
- % children obese linked to areas of deprivation

Recommendations
- Set up care pathways
- Measure local baseline prevalence
- Use health trainers and others to support behaviour change
Trends in Adult Obesity in England

Source: Health Survey for England, 2003
Sexual health

Key issues

- Rising numbers of infections
- Intense pressure/long waiting/delay at facilities at local hospitals
- *chlamydia trachomatis* needs new diagnostic tests
- Limited primary care
- Teenage pregnancy rate falling, but high in some local areas
First Contacts at local GUM clinics by diagnostic group  (Kent & Sussex Hospital and Maidstone GUM services)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary and secondary infectious syphilis</td>
<td>3</td>
</tr>
<tr>
<td>Uncomplicated gonorrhoea</td>
<td>44</td>
</tr>
<tr>
<td>Anogenital Herpes simplex - first attack</td>
<td>75</td>
</tr>
<tr>
<td>Anogenital warts - first attack</td>
<td>349</td>
</tr>
<tr>
<td>Uncomplicated chlamydial infection</td>
<td>396</td>
</tr>
</tbody>
</table>
### u18 conception rates
#### 2000 – 2002

<table>
<thead>
<tr>
<th>Local authority</th>
<th>Under 18 conception Rate/1000 females aged 15-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maidstone LA</td>
<td>36</td>
</tr>
<tr>
<td>Sevenoaks LA</td>
<td>22</td>
</tr>
<tr>
<td>Tonbridge and Malling LA</td>
<td>26</td>
</tr>
<tr>
<td>Tunbridge Wells LA</td>
<td>27</td>
</tr>
<tr>
<td>SW Kent</td>
<td>28</td>
</tr>
<tr>
<td>England</td>
<td>43</td>
</tr>
</tbody>
</table>

Source: ONS
Sexual health

Key issues

- Rising numbers of infections
- Intense pressure/long waiting/delay at facilities at local hospitals
- \textit{chlamydia trachomatis} needs new diagnostic tests
- Limited primary care
- Teenage pregnancy rate falling, but high in some local areas

Recommendations

- Integrate and modernise sexual health, family planning and contraceptive services
- Increase general primary care input (also ‘enhanced service’)
- Expand young people friendly services, e.g. 4YP
- Screen for chlamydia; use new test
- Meet 48 hr access GUM target by 2008
& action on sexual health in Sevenoaks

- Youth and community in youth clubs and drop ins
- School nurse @ Bradbourne...all comers drop in
- Emergency contraception at pharmacies
- Young peoples sexual health, viz open access for sex. health at hospital
& action on Edenbridge

- Health needs assessment
- Deprivation
  - Cookery club
  - Smoking cessation
  - Food and Nutrition
  - Healthy lifestyles community café (Bridges),
- Transport
  - Transport and access group
- Service utilisation
- Older people
  - Older Lifestyles
  - Health through warmth
- Youth
  - Dental health education
  - Young peoples sexual health
- Carers Support group
- Mental health
  - Emotional health
  - Building Bridges for parents
& action in Sevenoaks

- Health needs assessment Otford Shoreham (incl Kemsing Halstead)
- Traveller community eg site, settled travellers, outreach healthy living clinic
- Homelessness strategy group (three LAs)
  - Data incl eg HVs, outreach workers (CPNs’)
  - Domestic violence
  - Mental health
- Joint communication response development
- Community dev worker
& linking health and council action in Sevenoaks

- Community Planning Partnership, incl LAA, Health Care Commission
  - Delivery
  - Monitoring
  - Wide representation
  - Review of targets and action plans incl elderly Innovations volunteer
  - West Kent Cold Store planning joint services

- Community Safety Partnership
  - ASBOs
  - Consultation subgroup
  - Health Action Team incl ‘Choosing Health’
  - PCT staff security group
Social Impact of alcohol

- In 1999 1.2 million violent incidents alcohol related
- 17 m days are lost p.a.
- 0.78-1.3 m children affected by alcohol misuse in the family
- 33% incidents of domestic violence are linked to alcohol misuse
- 20,000 street drinkers

Generates 1m jobs
Value £30bn per year
Impact of alcohol on health services

- 20% patients to primary care
- So each year av. GP sees 364 excessive drinkers
- 15 - 22,000 deaths each year
- 1,000 suicides each year linked to alcohol
- 40%-70% A&E admissions related
- 1 in 7 hospital admissions
- 20% gen hosp beds
Adults exceeding recommended daily alcohol limits at least once during the last week in Great Britain, 2002 - 2003

Source: ONS, July 2004
& action on drugs and alcohol in Sevenoaks

- Merging substance misuse and ‘Choosing Health’ Strategies
  - Preventative
  - Enforcement
  - Intervention
- Y P substance misuse worker, education and limited intervention via Kenward Trust
- Training front line staff
- Brief intervention by primary care staff, GPs HVs
- Education of the public e.g. schools and workplaces
- Alcohol support worker incl early intervention adults, drop in
Mental Health

Key issues

- 80% of all contacts in the NHS in primary care
- 90% patients with mental health cared for entirely within primary care
- Primary care spends <10% of total spend on mental health
- 30% of people who see their GP have a mental health component to their illness
- 30-50% of those with Severe Mental Illness (SMI) have only their GP as a point of contact

Recommendations

- Inc alcohol primary care support
- Inc specialised health promotion
- Inc specialist counselling
Suicides West Kent 2000-2003
(Includes Dartford, Gravesham and Swanley; Medway; Swale; Maidstone Weald; and South West Kent PCTs)

Source Hamdi and Bokowski

<table>
<thead>
<tr>
<th>Year</th>
<th>Total suicides</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>85</td>
</tr>
<tr>
<td>2001</td>
<td>82</td>
</tr>
<tr>
<td>2002</td>
<td>96</td>
</tr>
<tr>
<td>2003</td>
<td>101</td>
</tr>
</tbody>
</table>

*Excludes 16 suicides from outside Kent*
& action on mental health in Sevenoaks

- Managing uncertainty ‘mental health awareness’
- Workplace = Choosing Health
- Physical checks health trainers
Children

Key issues
- 200 children on child protection register
- 17/304 locally ‘output areas’ in 20% most deprived in England, relating to income deprivation affecting children
- Apx 10% eat only 5 portions fruit and 60% take little/no exercise

Recommendations
- Focus on vulnerable children, e.g. looked after children
- ‘healthy living’ in those children
- Improve child mental health services
Older People

Key issues
- Population > 65 rising by 54% over next 25 yrs
- Falls a major issue

Recommendations
- Increasing independence at home
- Lifestyles projects
- Referral pathways for falls
- Link to multi-agency grps, eg ‘Health and Affordable Warmth', Innovations Forum, independent living
Older People

- 30% over 65, and apx 50% of those aged over 80 fall each year.
- 10% of all call-outs for the UK Ambulance Service are for people aged 65 plus who have ‘fallen’.
- Falls are the leading cause of injury and death for people aged over 75
- 400,000 older people attend A&E annually as a result of falls
Health Protection

**Key issues**
- Childhood immunisation uptake better, except MMR
- Flu vax uptake >Kent and Medway, but considerable variation across practices
- Avian ‘bird’flu epidemic planning in place
- Local acute trust MRSA rates in median national range

**Recommendations**
- Ensure emergency contingency plans in place
- Improve immunisation uptake, esp MMR
- Commission quality process for reduction of MRSA
### Protecting Health

- Numbers of notifications for Tuberculosis, Viral Hepatitis, Measles, Food poisoning and meningitis for South of West Kent area and Kent and Medway area in 2004 by local authority

<table>
<thead>
<tr>
<th></th>
<th>Tuberculosis</th>
<th>Viral Hepatitis</th>
<th>Measles</th>
<th>Food Poisoning</th>
<th>Meningitis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maidstone</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>67</td>
<td>4</td>
</tr>
<tr>
<td>Sevenoaks</td>
<td>3</td>
<td>2</td>
<td>8</td>
<td>227</td>
<td>4</td>
</tr>
<tr>
<td>Tonbridge &amp; Malling</td>
<td>0</td>
<td>4</td>
<td>4</td>
<td>56</td>
<td>1</td>
</tr>
<tr>
<td>Tunbridge Wells</td>
<td>3</td>
<td>7</td>
<td>11</td>
<td>218</td>
<td>5</td>
</tr>
<tr>
<td>4 Local Authorities Combined</td>
<td>10</td>
<td>15</td>
<td>26</td>
<td>568</td>
<td>14</td>
</tr>
<tr>
<td>Kent</td>
<td>67</td>
<td>43</td>
<td>91</td>
<td>1809</td>
<td>46</td>
</tr>
<tr>
<td>South East Region</td>
<td>609</td>
<td>296</td>
<td>300</td>
<td>12917</td>
<td>233</td>
</tr>
</tbody>
</table>
Childhood immunisations

- close to national target 95% in the south of west Kent PCTs which is higher Otford, lower Borough Green

- except MMR which is lower Amherst, South Park and higher St Johns and Westerham
How will this be achieved?

- Using shared resources effectively

Shared vision:
- LA Community Plans
- Skills development
- Engaging local communities

- Local Strategic Partnerships
- ‘Choosing Health’
- Local Area Agreements LAA