

HEALTH AND PARTNERSHIPS SCRUTINY COMMITTEE 5 DECEMBER 2019

BRIEFING REPORT LOCAL AUTHORITY HEALTH PROFILE 2019

Purpose of the Report

1. To describe the key messages in the Local Authority Health Profile for Darlington in 2019.

Introduction

2. The health profile is produced by Public Health England using the latest available data on health indicators to provide a snap shot of child and adult health in Darlington. This enables comparisons over time and against the regional and England averages.
3. The health profiles are designed to help the local authority and health services better understand local need, plan services to improve the health and wellbeing of the local population and reduce health inequalities.
4. This briefing highlights the indicators for Darlington unitary authority.
5. It is important to note that indicators rating Darlington similar to, or better than the national averages do not necessarily mean that they are not important public health issues. These may still affect large numbers of people or disproportionately affect vulnerable or socioeconomically disadvantaged groups.
6. There has been some change in the indicators since the last profile and the method for calculating some indicators have changed compared to those published in previous profiles and so comparisons to previous profiles should be made with caution.
7. The 2019 health profile consists of 34 public health indicators across seven domains:
 - (a) Life expectancy and causes of death
 - (b) Injuries and ill health
 - (c) Behavioural risk factors
 - (d) Child health
 - (e) Inequalities
 - (f) Wider determinants of health
 - (g) Health protection

8. Within these seven domains, Darlington has 13 indicators that are marked as statistically significantly worse than the England average, 12 that are statistically similar, and three that are statistically better.

Life expectancy and causes of death

Six indicators; three worse than England average, three similar.

9. Life expectancy at birth for males and females in Darlington has increased since the 2018 health profile but remain significantly worse than those in England, although better than the regional average. Life expectancy is 12.4 years lower for men and 9.7 years lower for women in the most deprived areas of Darlington than in the least deprived. Since the 2018 profile, inequality in life expectancy between most and least deprived in Darlington has increased by 0.7 years for males and by 1.2 years for females.
10. The rate of under 75 years mortality due to all causes is worse than national average but has improved since the 2018 profile. Premature (under 75 years) mortality from cardiovascular disease and cancer is similar to the England average.
11. Mortality rate (directly age standardised) from suicide and injury of undetermined intent was similar to the national average.

Injuries and ill health

Six indicators; two worse than England average, one similar, two better, one not comparable

12. The percentage of people killed and seriously injured on the roads in Darlington in 2015-2017 is lower than in England. Darlington generally performs well on this indicator.
13. Emergency hospital admissions for self-harm are statistically significantly higher than the England average, however this remains similar to that of the North East region. This indicator improved, being similar to the England average in the 2017 and 2018 profiles but worsened in 2019.
14. Age-sex standardised rate of emergency admissions for hip fractures in those aged 65 years and over in Darlington is significantly higher than the national rate, having increased during 2016/17 and 2017/18
15. Diagnoses of early stage cancer is not comparable to the England average. The 2019 profile states that 56.4% of cancers were diagnosed at stage 1 or 2 in Darlington, this proportion was 53.8% in the 2018 profile and has increased since 2015.
16. The estimated percentage of patients with recorded diabetes remains statistically significantly higher than the national average which is positive. This may be due to better detection and recording because of targeted approaches to offer screening and raise awareness among sub-groups of the population at increased risk of developing diabetes. However, it can also indicate a genuine increase in recorded diabetes, especially with high levels of obesity.

17. The proportion of those aged 65 years and over who are estimated to have dementia and who have been identified and diagnosed is 77.6% which is better than the national average.

Behavioural risk factors

Five indicators; four worse than England average, one similar.

18. The rate of alcohol-specific hospital stays for the under 18 years of age in Darlington in the period 2015/16 to 2017/2018 is significantly higher than the England rates. However, this indicator has consistently improved over the past 10 years and remains lower than for the North East region.
19. Alcohol-related conditions include those conditions which are wholly caused by alcohol. The rate of hospital admission episodes for alcohol-related conditions in Darlington is significantly higher than the national average. This has been a consistent trend for the past 10 years.
20. Smoking prevalence rate in adults in Darlington is 13.8% and similar to the England average (14.4%).
21. In 2017/18 61.1% of adults were physically active. This is lower than previous years and is now statistically worse than the England average but statistically similar to the north east average.
22. More than 2 out of 3 adults (68.3%) in Darlington are classified as overweight or obese. This has increased since the 2018 profile and is statistically worse than the England average. It remains statistically similar to the north east average.

Child health

Five indicators; one worse than England average, three similar and one not comparable.

23. The under 18 (teenage) conception rate in Darlington has been decreasing over time and has remained statistically similar to the national average since 2013.
24. The percentage of smoking amongst women at time of delivery in Darlington in 2017/18 is significantly higher than the England rate and similar to the North East rate. This has reduced over the last 10 years.
25. Breastfeeding initiation rate in Darlington is not comparable in the 2019 profile due to the local value not being published for data quality reasons. New data has not been published since the 2018 profile. Breastfeeding initiation data is the responsibility of County Durham and Darlington NHS Foundation Trust (CDDFT). Previous profiles show the breastfeeding initiation has been statistically worse than the England average.
26. The infant mortality rate (under 1 year of age) in Darlington is not significantly different than the England rate.
27. The prevalence of obesity in children aged 10-11 years (year 6) in Darlington is 21.2 % (i.e. just over a fifth of all year 6 children are obese), which is similar to the England average. Although the prevalence decreased since the 2018 profile the

general trend over recent years is that obesity in Year 6 children in Darlington has increased.

Inequalities

Two indicators; one similar to the England average, one not comparable

28. Approximately a quarter of all the population in Darlington (23.6%) live in areas in the most deprived 20% of areas in England. This data is taken from the Indices of Multiple Deprivation (IMD 2015) which has not been updated since 2015.
29. Smoking prevalence in those in routine and manual occupations in Darlington has increased since the previous profile and is similar to the national average.
30. Inequalities in life expectancy at birth are described in paragraph 9

Wider determinants of health

Five indicators; two worse than England average, two similar and one not comparable

31. Approximately a fifth of all children under 16 years of age in Darlington lived in low income families 2016. This is statistically significantly worse than the national average but statistically similar to the North East.
32. The GCSEs achieved indicator has been updated since the 2018 profile. The new average attainment 8 score of pupils at the end of key stage 4 measures the achievement across 8 qualifications. The data for 2017/18 results shows Darlington is similar to national average.
33. The employment rate among the working age population (16-64) is statistically similar to the national average and statistically better than the North East.
34. Statutory homelessness is low in Darlington, but local data is not included in the 2019 profile due to small numbers. Comparison to the national average cannot be made in the 2019 profile but in previous years where data can be compared, statutory homelessness in Darlington was significantly lower than the national average.
35. A new indicator, violent crime (including sexual violence) – hospital admissions for violence is included in the 2019 profile, replacing the previous violent crime indicator. This indicator shows the directly age standardised rate per 100,000 population of emergency hospital admissions as the result of violent crime. The rate in Darlington is 51.2 which is statistically higher than the national rate but lower than the regional rate. Trend data has been produced for Darlington and shows a continued decline in Darlington since 2010/11-2012/13.

Health protection

Three indicators; two similar to national average, one better.

36. The excess winter deaths index (single year) is a new indicator replacing the previous excess winter death rate. The excess winter deaths index for Darlington was similar to the national and regional index.

37. The crude rate of new sexually transmitted infection diagnoses (in 15-64 year olds) in 2018 per 100,000 population in Darlington is statistically similar to the national average.
38. The incidence of TB in 2016/18 in Darlington is statistically significantly lower than the national average and has remained so in the last 10 years.

Conclusion

39. The health of people in Darlington is varied compared with the England and North East averages. There has been improvement in some adult health indicators but hospital admissions for alcohol-related harm, intentional self-harm and violent crime are worse than the England average. A similar picture is seen in other local authorities in the North East and these indicators tend to be better in Darlington.
40. Life expectancy for both men and women has continued to increase but remains significantly lower than the England average. The widening inequality in life expectancy which has increased by 0.7 years for men and 1.2 years for women is concerning and warrants continued monitoring and investigation to understand this change.
41. While some child health indicators have improved, smoking at the time of delivery remains statistically worse than the England average and is the focus of work in Darlington and across the region. The general trend in obesity in children is concerning, with more than 2 out of 10 (or 242) Year 6 children classified as obese. This highlights the importance of the Darlington Childhood Healthy Weight Plan, launched in September 2019 and sustained partnership working to address this issue.
42. Physical inactivity and obesity are associated with a range of preventable health conditions including diabetes, some cancers, heart disease and stroke. It is concerning that physical activity and overweight in adults are worse than the national average and have worsened since the previous profile. Nearly four out of 10 adults in Darlington are estimated to be physically inactive and nearly one in three are classified as overweight or obese. This warrants ongoing monitoring and scoping to ensure a coordinated response by all partners.

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