

Chapter 4: Ageing Well

Health

4.1 NHS Health Checks

4.2 Diabetes

4.3 Falls

4.4a Premature Mortality

4.4b Premature Mortality

4.4c Premature Mortality

Care & Vulnerable Older People

4.5 Adult Social Care: Care

4.6 Adult Social Care: Safeguarding

Appendix



Key Points

Background

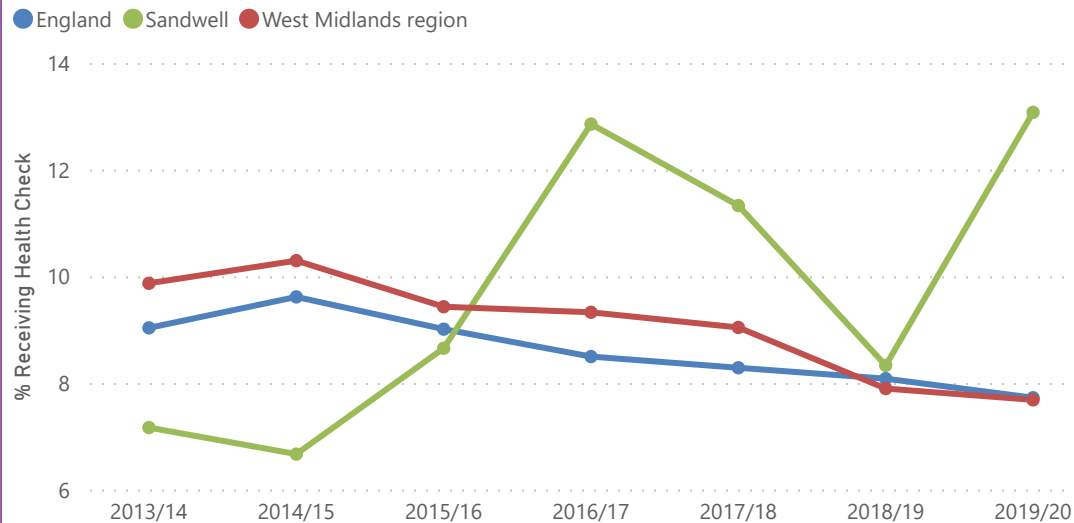
The NHS Health Check programme aims to help prevent heart disease, stroke, diabetes and kidney disease. Everyone between the ages of 40 and 74, who has not already been diagnosed with one of these conditions, will be invited (once every five years) to have a check to assess their risk of heart disease, stroke, kidney disease and diabetes and will be given support and advice to help them reduce or manage that risk. A high take up of NHS Health Check is important to identify early signs of poor health leading to opportunities for early interventions which are thought to have prevented strokes and heart attacks. According to the adapted data provided by OHID (Office for Health Improvement and Disparities) from the Office for National Statistics (ONS) 2022-23 population estimates, there is an eligible population of 93,012 people for the NHS Health Check service (once every five years) in Sandwell.

The data shows the percentage of the eligible population, aged 40 - 74 years, receiving an NHS Health Check in the financial year.

Interpretation

The percentage of the eligible population receiving an NHS Health Check in Sandwell had started to increase when a new provider had started to get health check capability in place (after some delays) to 13.1% in 2019/20. This was higher than England and the West Midlands region which had both been declining since 2014/5 to 7.7% in 2019/20. NHS Health Checks were suspended during the COVID-19 pandemic and re-started in spring 2023.

People receiving an NHS Health Check per year



Time period	Count	%	Lower CI 95.0 limit	Upper CI 95.0 limit
2013/14	5,891	7.2	7.0	7.3
2014/15	5,538	6.7	6.5	6.8
2015/16	7,257	8.7	8.5	8.8
2016/17	10,880	12.9	12.6	13.1
2017/18	9,658	11.3	11.1	11.5
2018/19	7,171	8.3	8.1	8.5
2019/20	11,268	13.1	12.9	13.3

NHS HEALTH CHECK

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

Local Services

At the NHS Health Check, you will have your individual cardiovascular risk (risk of getting conditions related to the heart or circulation) calculated and explained to you. While the cardiovascular risk levels vary from person to person, everyone is at risk of developing heart disease, stroke, type 2 diabetes, kidney disease and some types of dementia. At your NHS Health Check, you will be given advice on how to prevent them. Your NHS Health Check can detect potential health problems before they do real damage. The health conditions picked up by the NHS Health Check are, when added together, the biggest cause of preventable deaths in the UK, with around 7 million people affected by them.

The current service in Sandwell is focused on high Cardiovascular Disease (CVD) risk patients. This service is accessed via invitation letter from GPs or accessed via community based NHS Health Checks are coordinated by Radox our current NHS Health Check provider. If you don't have a pre-existing condition, you can book your check through [Healthy Sandwell](#).

Sources: <https://www.nhs.uk/conditions/nhs-health-check/what-is-an-nhs-health-check/>

NHS Health Check logo <https://www.healthcheck.nhs.uk/commissioners-and-providers/marketing/>

Key Points

Background

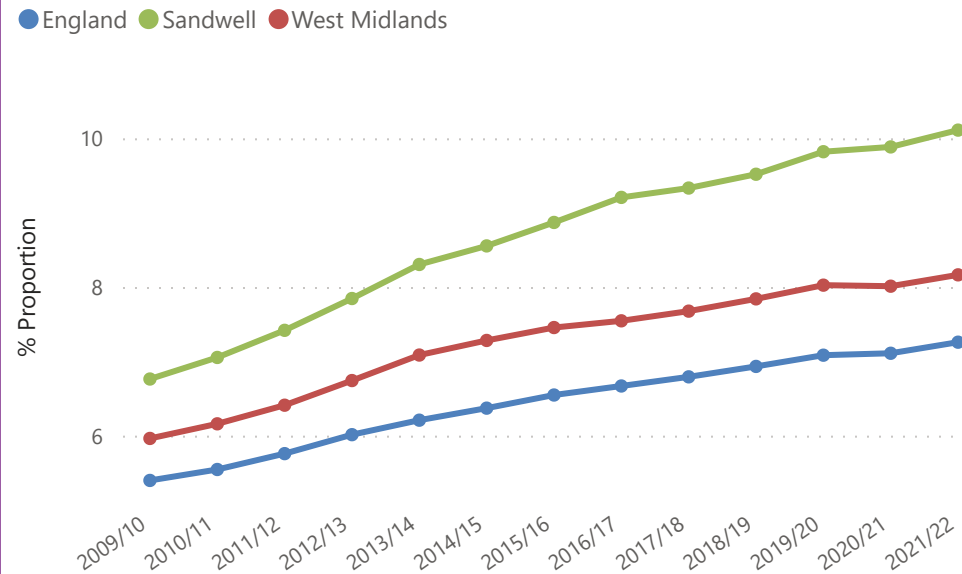
Diabetes Mellitus is a common disease and effective control and monitoring can reduce related illnesses, conditions and deaths. Much of the management and monitoring of diabetic patients, particularly patients with Type 2 diabetes is undertaken in primary care.

Interpretation

There has been a gradual increase in the number of people on GP practice registers with Diabetes Mellitus at a Sandwell, regional and national level and so in 2021/22, 27,785 people in Sandwell were on these registers. The higher proportion of people registered with diabetes in Sandwell may reflect our population having a higher proportion of population groups where Diabetes Mellitus is more prevalent and Sandwell GPs may be good at registering patients with Diabetes Mellitus.

Given the higher proportion of patients in Sandwell on GP registers with Diabetes Mellitus it is important that the condition is managed as best as possible through encouraging healthy lifestyles and also within the healthcare system to minimise its impact.

The percentage of patients aged 17 or over with diabetes mellitus (Including Type 1 or Type 2 Diabetes), as recorded on GP practice disease registers



2012/3 England and West Midlands Region data is estimated

Time period	No of People	Proportion (%)	Lower 95% CI	Upper 95% CI
2009/10	17,106	6.8	6.7	6.9
2010/11	18,319	7.1	7.0	7.2
2011/12	19,260	7.4	7.3	7.5
2012/13	20,561	7.8	7.7	7.9
2013/14	21,794	8.3	8.2	8.4
2014/15	22,648	8.6	8.4	8.7
2015/16	23,900	8.9	8.8	9.0
2016/17	24,859	9.2	9.1	9.3
2017/18	24,194	9.3	9.2	9.4
2018/19	24,951	9.5	9.4	9.6
2019/20	26,699	9.8	9.7	9.9
2020/21	26,923	9.9	9.8	10.0
2021/22	27,785	10.1	10.0	10.2

Local Services

Nationally there is a great push to help prevent people getting Type 2 diabetes. The [Healthier You: NHS Diabetes Prevention Programme](#) aims to tackle Type 2 diabetes by encouraging people at high risk to change their behaviour and avoid developing the condition. Sandwell residents that are at risk of getting Type 2 diabetes can access the programme for free at sessions that are running across the borough. Visit the [Healthy Sandwell](#) website for more information on this programme and other support available locally.

Key Points

Background

Falls are the largest cause of emergency hospital admissions for older people, and significantly impact on long term outcomes, e.g. being a major precipitant of people moving from their own home to long-term nursing or residential care¹.

This measure should be understood in terms of assessing health service utilisation: the number of patients with falls related emergency admissions entering a hospital setting. It should not be used to assess need as many injurious falls will not result in emergency admissions. It should also not be used to assess falls prevention service effectiveness as there are a number of conditions which will increase susceptibility to injury, including osteoporosis, the treatment of which is the remit of other services.

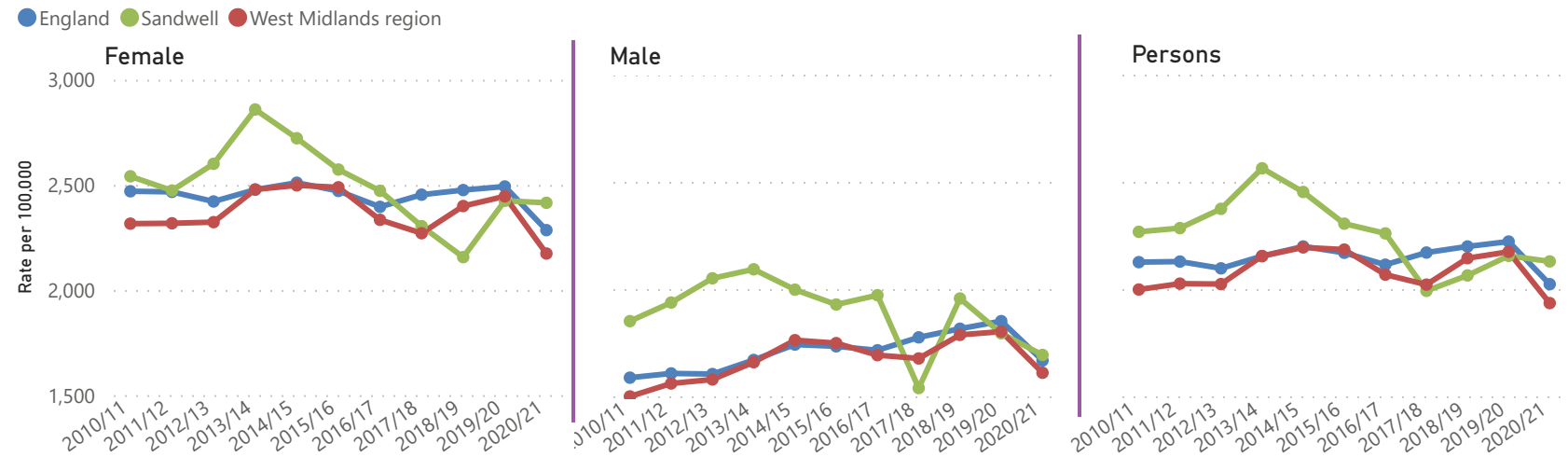
Interpretation

Emergency hospital admissions for falls injuries in persons aged 65 and over have historically been higher in Sandwell than England and West Midlands, however this changed in 2017/18 and Sandwell figures have remained in line with national figures since. Falls are slightly higher for females than males.

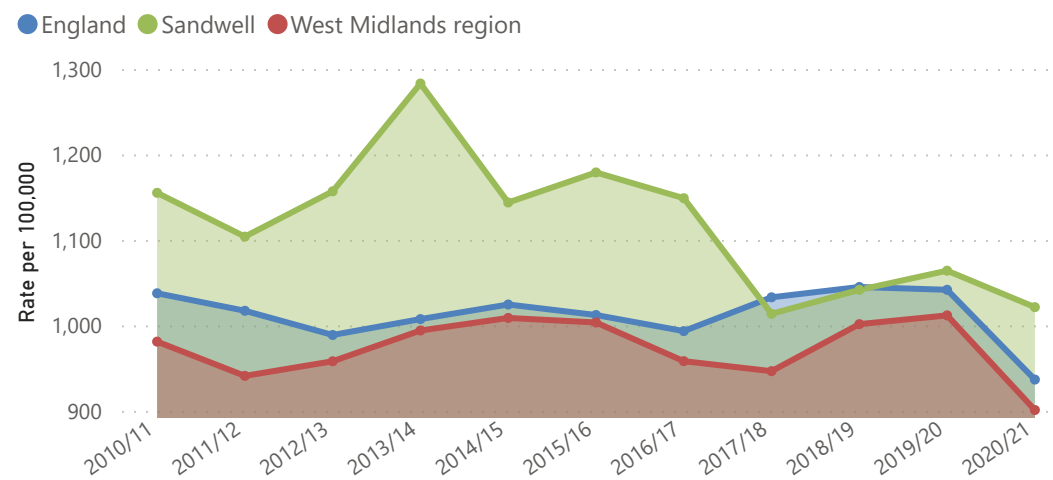
Looking specifically at age shows that the over 80's have significantly more emergency hospital admissions for falls injuries than 65-79 yrs.

[1] Department of Health (2012), *improving outcomes and supporting transparency. Part 2: Summary technical specifications of public health indicators.*
At: http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_132358

Emergency hospital admissions for falls injuries in persons aged 65 and over, directly age standardised rate per 100,000



Emergency hospital admissions for falls injuries in persons aged 65-79 yrs, directly age standardised rate per 100,000



Controls

Age Group

65-79 yrs

80+ yrs

Sex

Female

Male

Persons

Premature mortality data used is based on un-revised population estimates. Following Census 2021, the ONS is carrying out reconciliation and rebasing of the mid-year population estimates it produces. Updated data to 2021 will be added once it is made available.

Key Points

Background

Mortality is a fundamental and probably the oldest measure of the health status of a population. It represents the cumulative effect of the prevalence of risk factors, prevalence and severity of disease, and the effectiveness of interventions and treatment.

Differences in levels of all-cause mortality may reflect health inequalities between different population groups, e.g. between genders, social classes and ethnic groups.

Interpretation

Sandwell has a higher level of Premature Mortality than England overall and from Cancer, Circulatory Diseases and causes considered preventable. On average 1,404 people per year died prematurely in Sandwell between 2016-20 and around 650 of these deaths per year were considered premature.

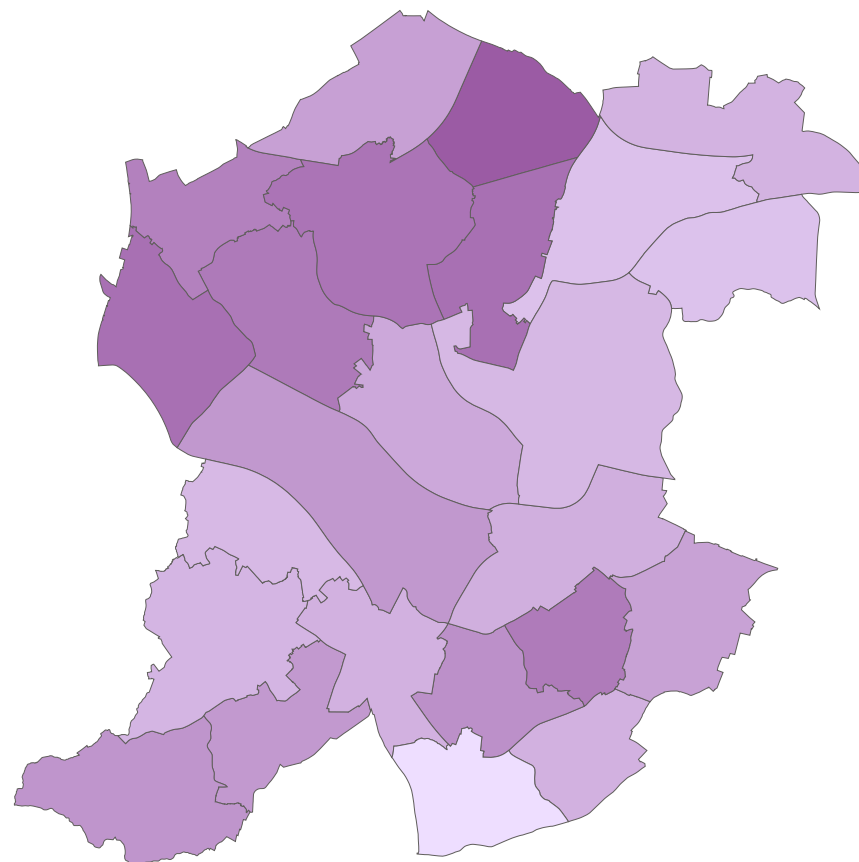
There is quite a variation in the four different causes of Premature Mortality in the wards in Sandwell with Old Warley being lower than England in all four causes but many wards were considerably higher than England in all four causes.

Controls

Under 75 Cause of Death ▼

- Deaths from all cancer
- Deaths from all causes
- Deaths from causes considered preventable
- Deaths from circulatory disease

Deaths from all cancer, under 75 years by Sandwell Ward 2016-20



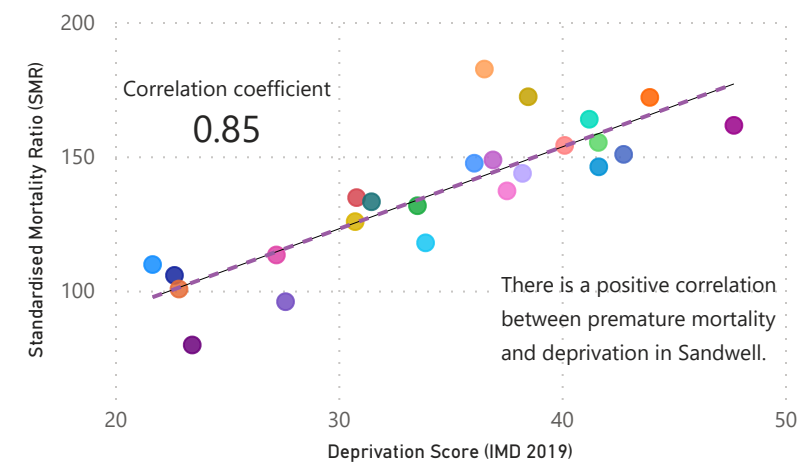
[Switch to chart view](#)

Standardised Mortality Ratio (SMR) England = 100. Anything over 100 is higher than England and anything under 100 is lower than England.

Under 75 Mortality in Sandwell (SMR) 2016-20

Indicator Name	Sandwell SMR	No of Deaths
Deaths from all causes, under 75 years, standardised mortality ratio	136.4	5,619
Deaths from causes considered preventable, under 75 years, standardised mortality ratio	140.5	2,589
Deaths from all cancer, under 75 years, standardised mortality ratio (SMR)	120.4	1,871
Deaths from circulatory disease, under 75 years, standardised mortality ratio	148.5	1,280

Sandwell Ward Premature Mortality vs Deprivation



Key Points

The charts show the mortality rates for the main causes of death in people aged under 75 in Sandwell, England and West Midlands.

Premature mortality from all causes has increased in all areas for the period 2018-20. The Sandwell rate is much higher than the rate for England.

Rates for males are higher than for females across all causes. The main cause of premature deaths is cancer, followed by cardiovascular disease.

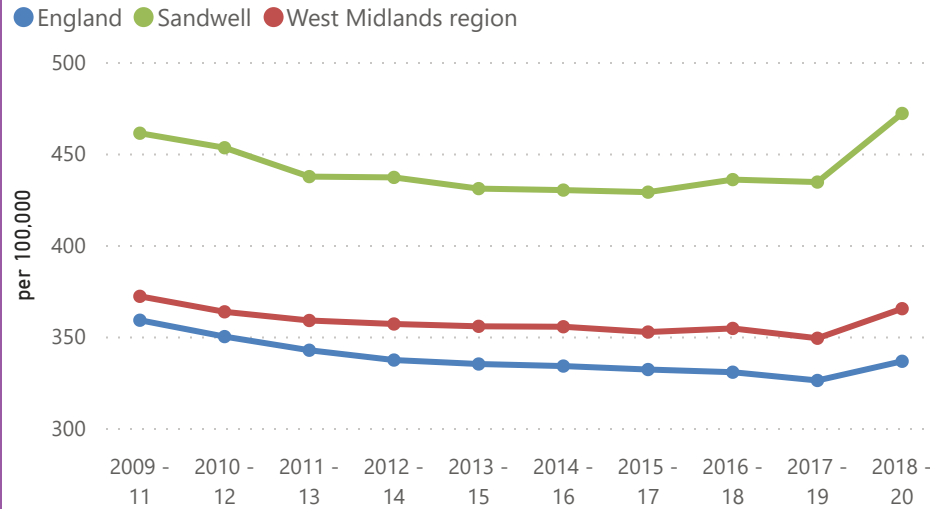
The premature mortality rate from cancer has been falling but has remained fairly consistent from 2015 - 19. The premature mortality rate from stroke fell to just below 16 per 100,000 in the period 2012-14, and has remained at this level up to 2017-19.

Premature mortality data used is based on un-revised population estimates. Following Census 2021, the ONS is carrying out reconciliation and rebasing of the mid-year population estimates it produces. Updated data to 2021 will be added once it is made available.

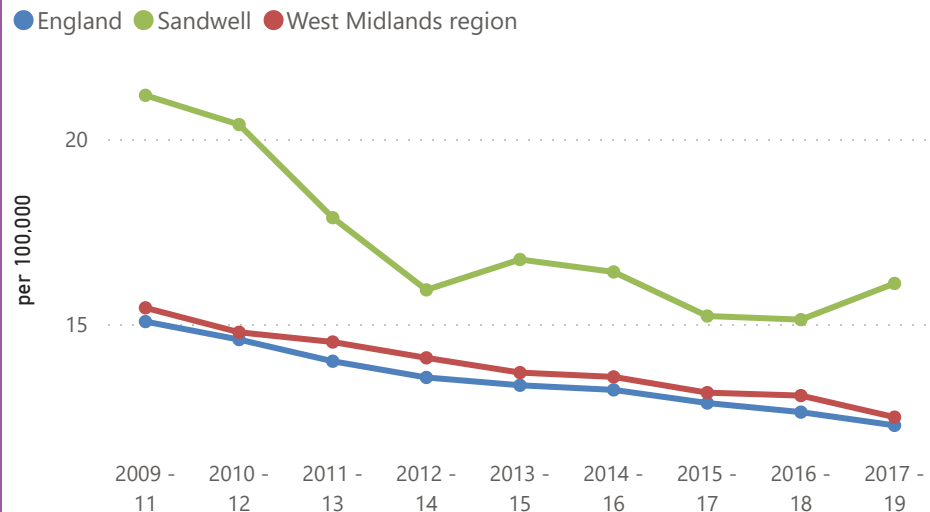
Controls

- Sex ▼
- Female
 - Male
 - Persons

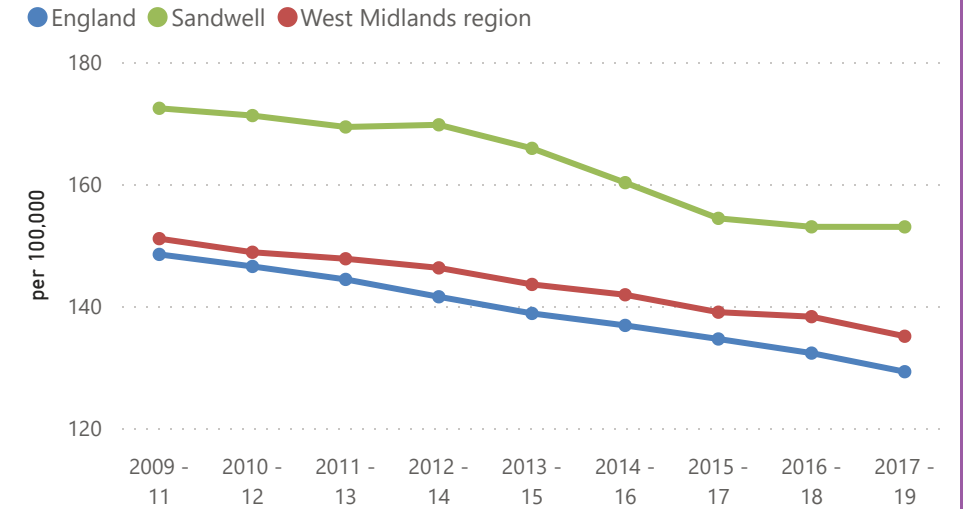
Under 75 Mortality Rate from All Causes



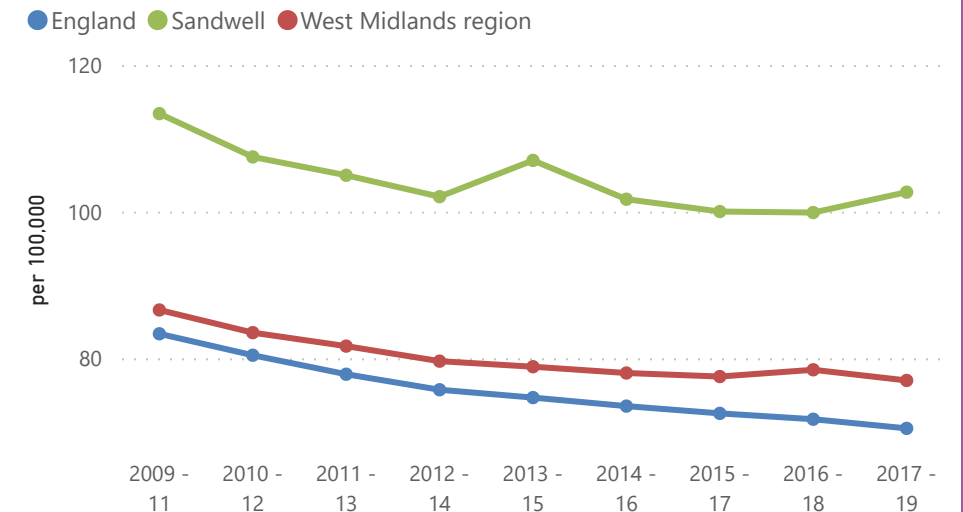
Under 75 Mortality Rate from Stroke



Under 75 Mortality Rate from Cancer



Under 75 Mortality Rate from All Cardiovascular Diseases



Key Points

The mortality rate from heart disease has remained consistently higher than England and West Midlands. The rate for males in Sandwell is much higher than for females.

The under 75 mortality rate from liver disease has remained consistent from the 2012-14 period onward, dropping slightly more in 2017-19.

The mortality rate for colorectal cancer was slightly higher than the England rate but dropped to match England and West Midlands in 2017-19.

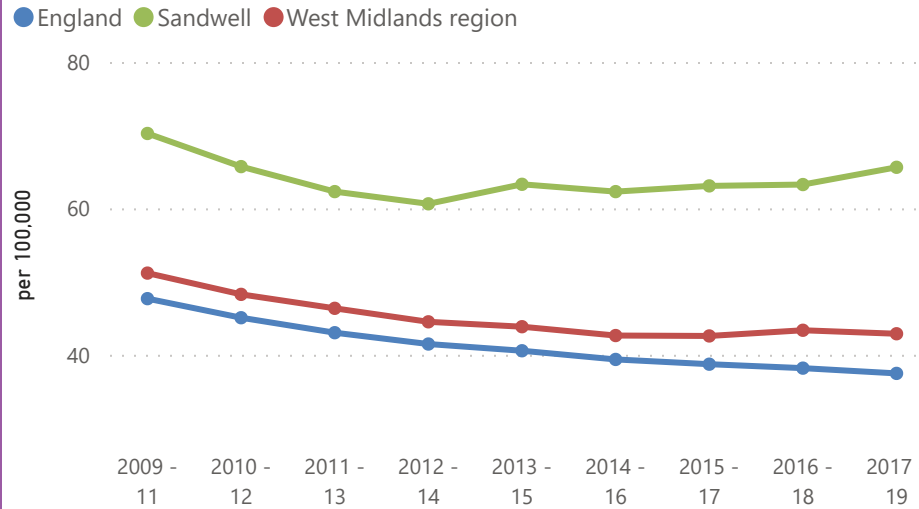
The rate of premature deaths from respiratory disease increased in the 2015-17 period and has remained consistent since. This rate is much higher than West Midlands and England.

Premature mortality data used is based on un-revised population estimates. Following Census 2021, the ONS is carrying out reconciliation and rebasing of the mid-year population estimates it produces. Updated data to 2021 will be added once it is made available.

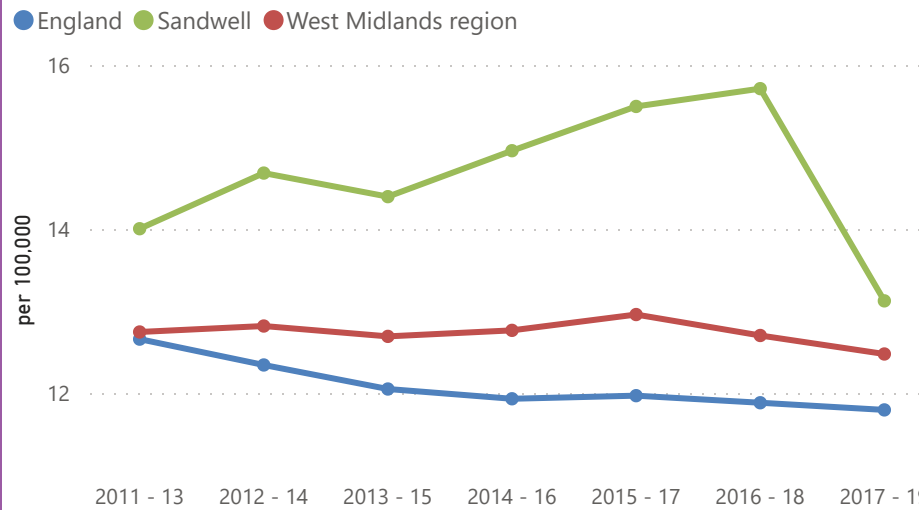
Controls

- Sex ▼
- Female
 - Male
 - Persons

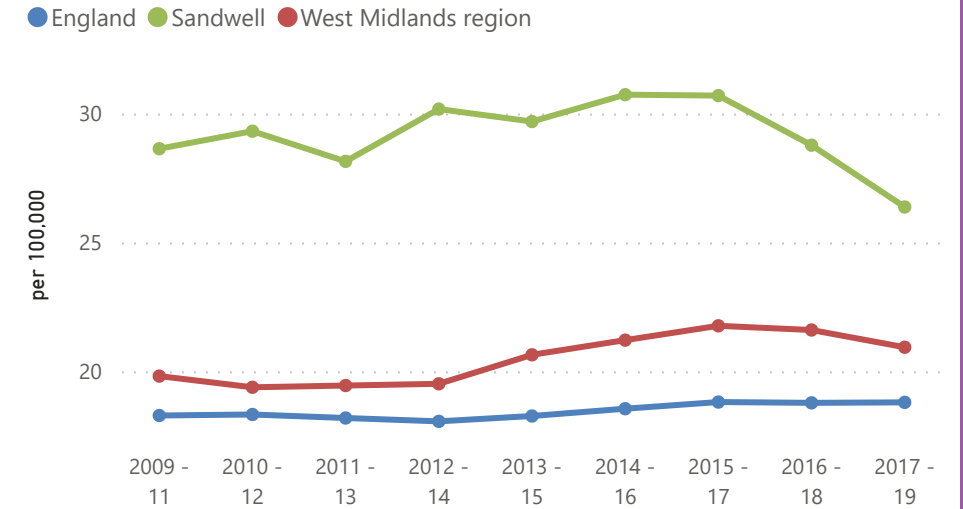
Under 75 Mortality Rate from Heart Disease



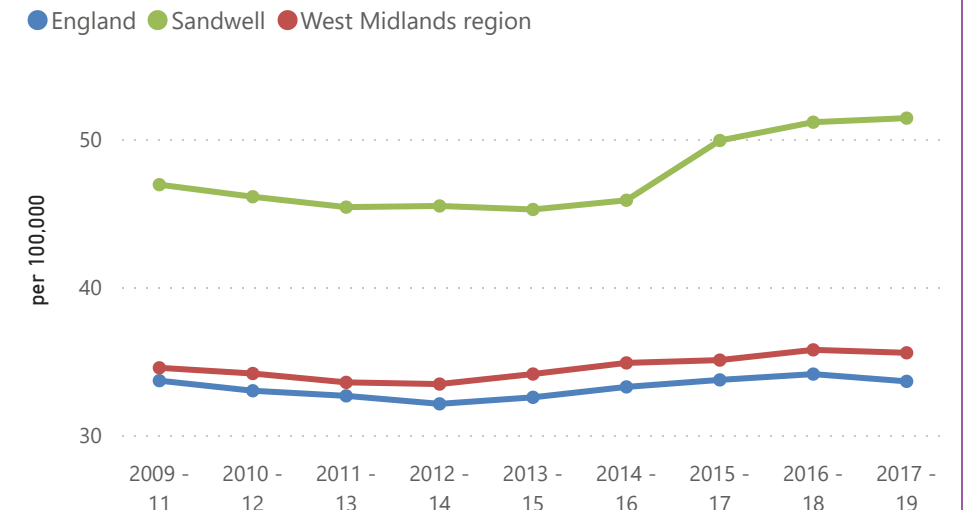
Under 75 Mortality Rate from Colorectal Cancer



Under 75 Mortality Rate from Liver Disease



Under 75 Mortality Rate from Respiratory Disease



Key Points

People Supported by Sandwell Adult Social Care at 30th June 2023

4,347 adults were supported on this date and 60% of those supported were female (2,608 adults) and 40% of those supported were male (1,739 adults). The larger number of females may reflect higher female life expectancy meaning more females reach ages where they are more likely to require the adult social care.

On this date nearly three quarters of adults supported (3,212 people) were supported in the community, 520 people were in long term nursing care and 615 people were in long term residential care.

The ethnicity and age profile of those supported by Adult Social Care may reflect the ethnic and age mix of those most likely to be supported by adult social care in Sandwell with over 65% of adults being supported being aged 65 or over.

4,347 supported by Adult Social Care at 30th June 2023

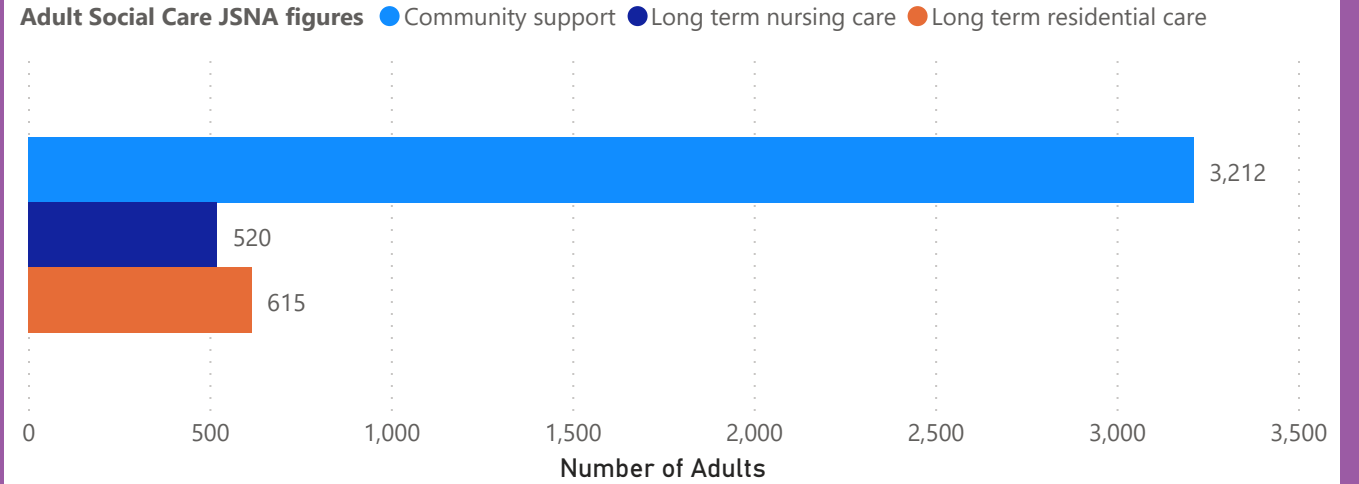


Female
2,608 (60%)

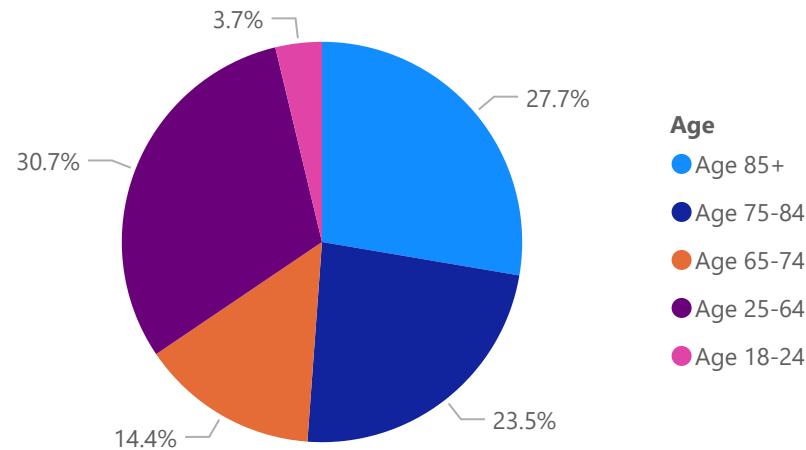


Male
1,739 (40%)

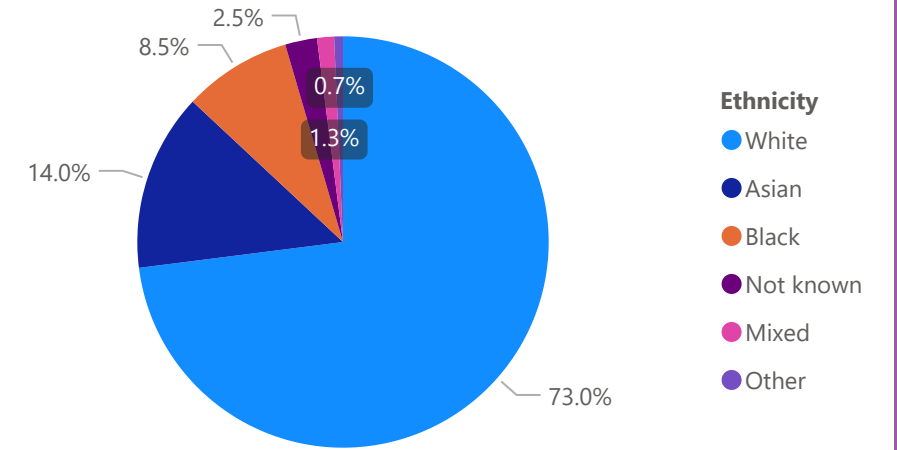
Numbers of Adults By Type of Care Received at 30 June 2023



% of Adults Supported at 30th June 2023 by Age



% of Adults Supported at 30th June 2023 by Ethnicity



Key Points

Reablement

Reablement is a type of care that helps people to relearn how to do daily activities, like cooking meals and washing, often allowing people to be able to live more independently following being in hospital.

The number of episodes of reablement increased in Sandwell from 2,299 in 2020-21 to 2,710 in 2022-23.

Safeguarding Concerns

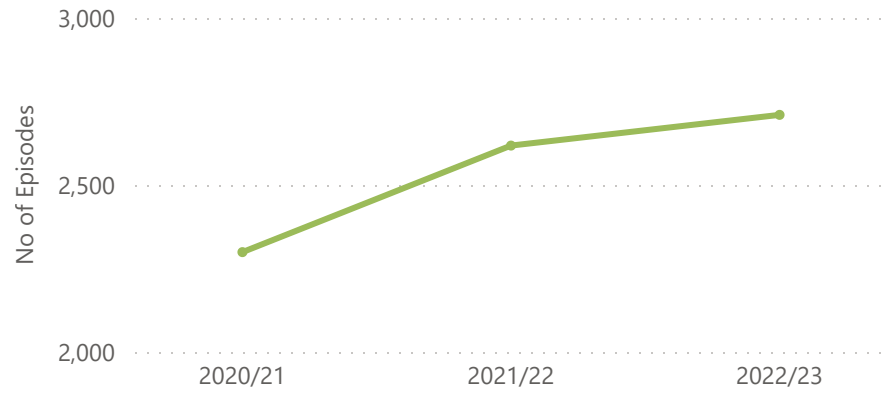
In Sandwell, the number of safeguarding concerns decreased from 3,817 in 2020-21 to 1,366 in 2022-23. The number of Section 42 (Section 42 of the Care Act 2014 requires local authorities to make enquiries if there are certain concerns about adults in their area) enquiries decreased from 1,822 in 2020-21 to 313 in 2022-23.

Safeguarding Outcomes

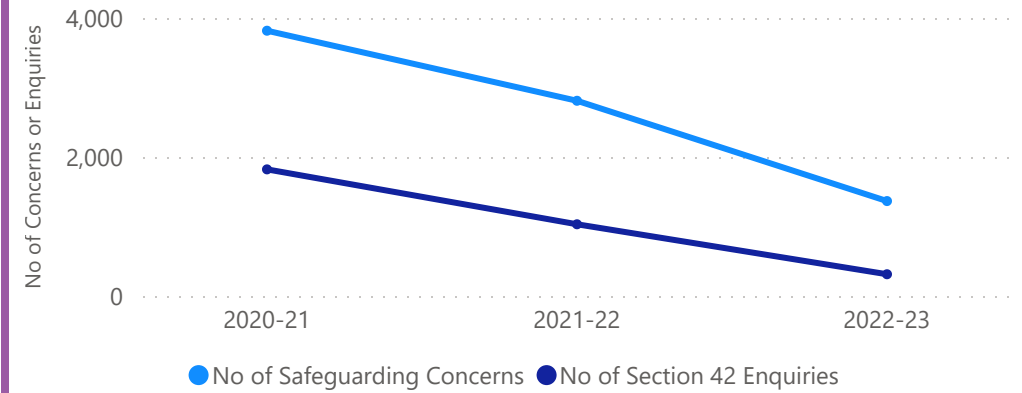
Of the cases where a risk was identified, the proportion of cases where the risk was reduced or removed increased from 94.4% in 2020-21 to 94.7% in 2022-3.

Of the cases where desired outcomes were expressed, the proportion of cases where desired outcomes were not achieved increased slightly from 6.0% in 2020-21 to 6.5% in 2022-3.

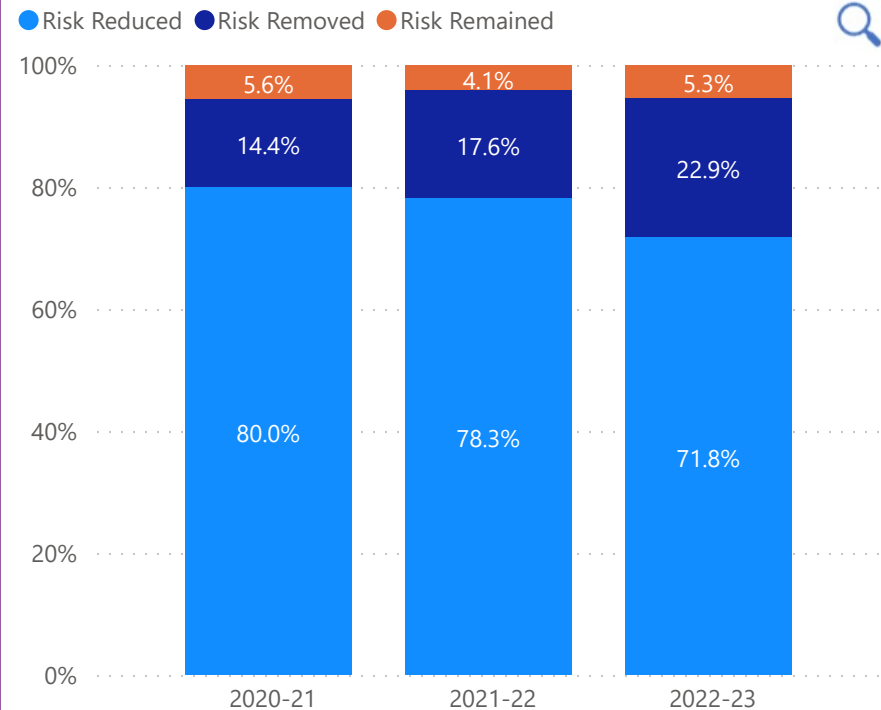
Episodes of Reablement Completed in Year



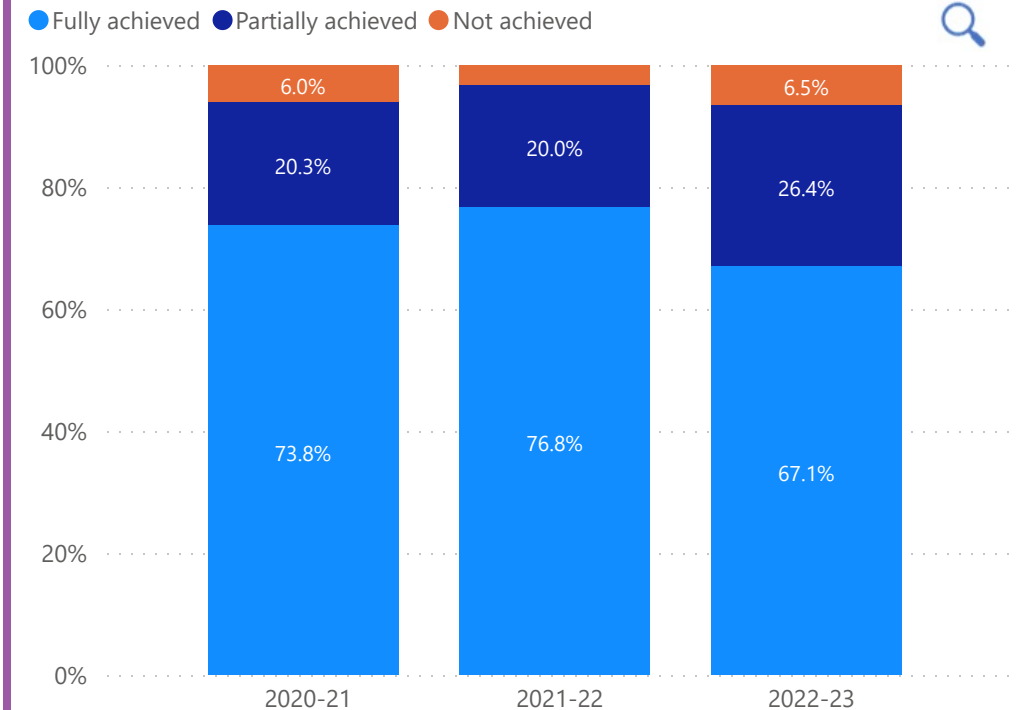
Safeguarding Concerns and Section 42 Enquiries 2020-21 to 2022-23



Safeguarding Outcomes



% of Cases Where Desired Outcomes Were Achieved Where They Were Expressed



Appendix: Chapter 3 - Healthy Living

Data Sources

NHS Health Checks

Fingertips Public Health Profiles: Percentage of the eligible population, aged 40 – 74 years, receiving an NHS Health Check in the financial year (accessed June 2023)

Diabetes

Fingertips Public Health Profiles: Diabetes, QOF prevalence (17+ yrs) (accessed June 2023)

Falls

Fingertips Public Health Profiles: Emergency hospital admissions due to falls in people aged 65 and over (accessed June 2023)

Premature Mortality

Fingertips Public Health Profiles: Mortality (accessed June 2023)

Adult Social Care: Care

Sandwell Council Adult and Social care

Adult Social Care: Safeguarding

Sandwell Council Adult and Social care

Contact

If you have any queries or comments please contact the Public Health Research and Intelligence Team: research_sandwell@sandwell.gov.uk