

Chapter 3: Healthy Living

Premature mortality

3.1 All causes, cardiovascular disease, cancer, respiratory disease, liver disease

Non-communicable diseases

3.2 Cancer - Colorectal, breast, cervical deaths, diagnoses

3.3 Hypertension

3.4 Diabetes

3.5 Musculoskeletal

3.6 Mental health and wellbeing

Healthy lifestyles

3.7 Weight management

3.8 Physical activity

3.9 Active travel

3.10 Fruit and vegetable consumption

Addictive Behaviours

3.11 Tobacco Control & Smoking

3.12a Drug misuse

3.12b Drug misuse- young people

3.13 Adults in treatment

3.14 Alcohol- treatment completion, mortality, admissions (broad)

NHS Health checks

4.1 Health checks

Appendix



Research Sandwell

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

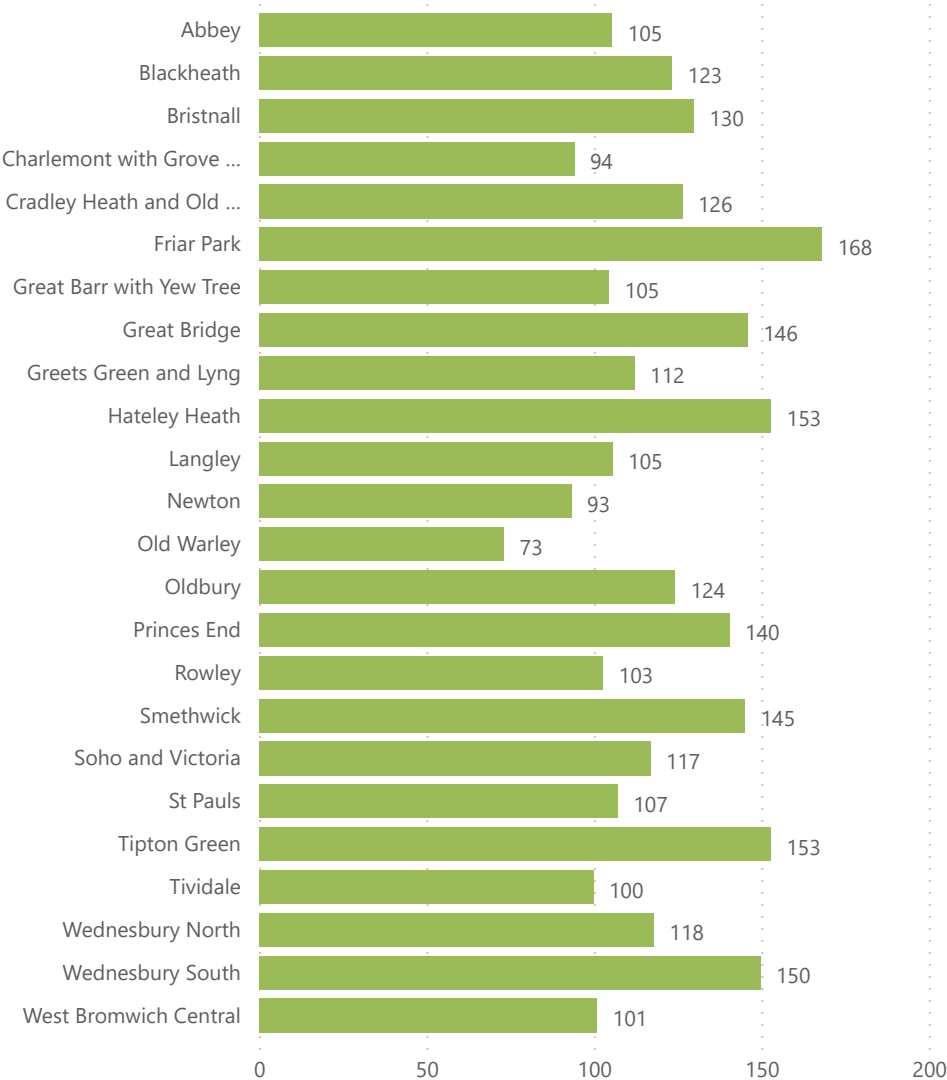
Sandwell has a higher level of Premature Mortality than England overall and from Cancer, Circulatory Diseases and causes considered preventable. On average 1,404 people per year died prematurely in Sandwell between 2016-20 and around 650 of these deaths per year were considered premature.

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



Switch to map view

Methodology for data

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	Count of deaths
Deaths from all cancer, under 75 years, standardised mortality ratio	120.4	1871
Deaths from all causes, under 75 years, standardised mortality ratio	136.4	5619
Deaths from causes considered preventable, under 75 years, standardised mortality ratio	140.5	2589

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 England.

Rates for males are higher than 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.

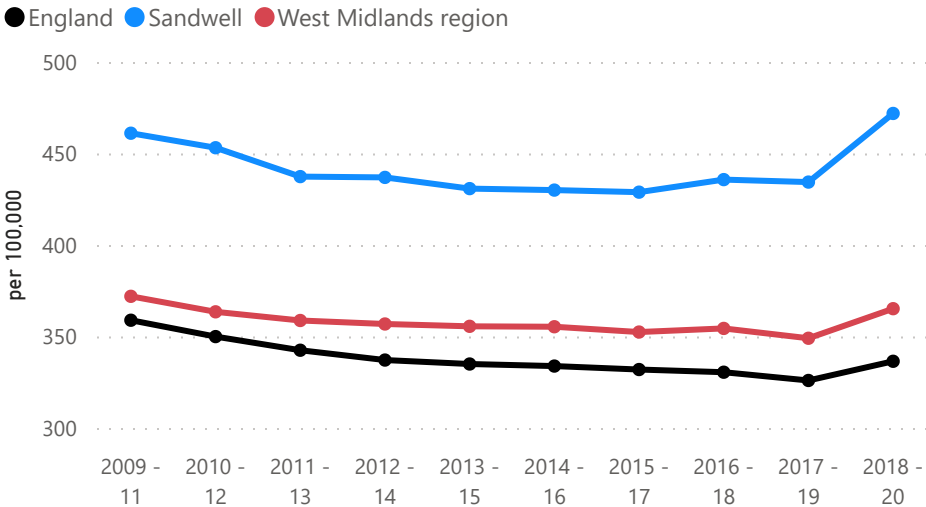
Premature mortality data used is based on un-revised population estimates. Following Census 2021, the ONS is carrying out reconciliation and rebasing of the mid-year population estimates it produces. Updated data to 2021 will be added once it is made available.

Controls

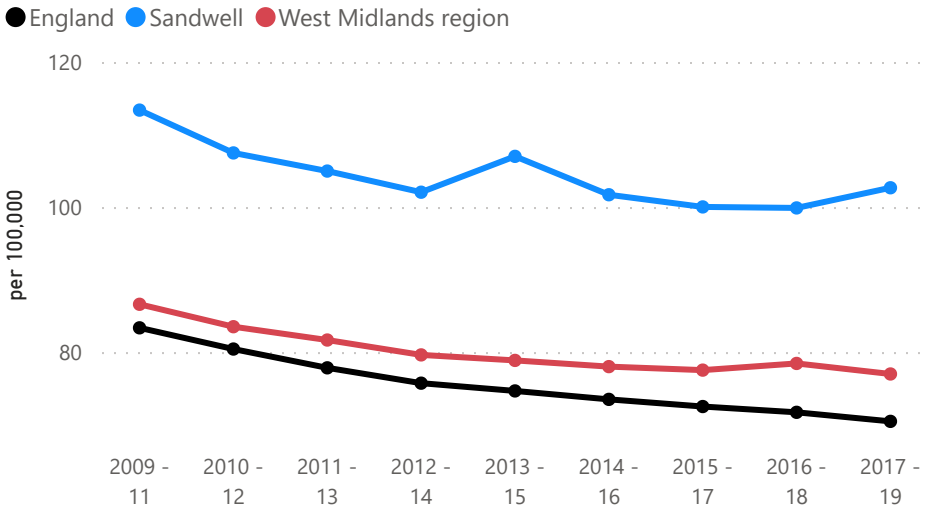
- ☐ Female
- ☐ Male
- ☒ Persons

Methodology for data collection & analysis

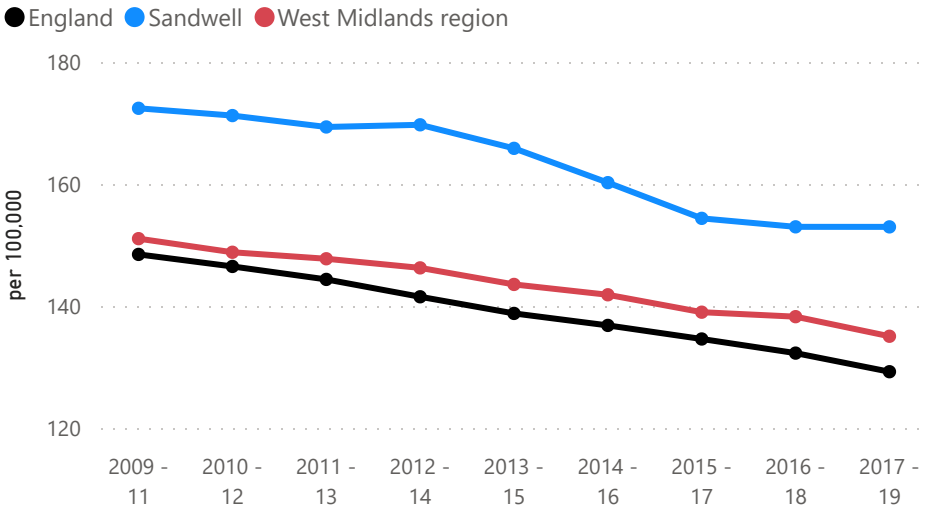
Under 75 Mortality Rate from All Causes



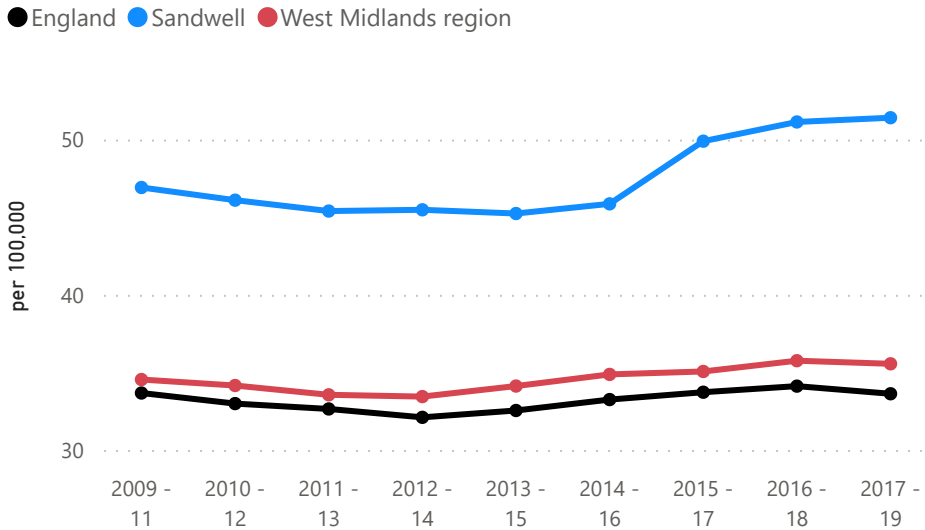
Under 75 Mortality Rate from Cardiovascular



Under 75 Mortality Rate from Cancer



Under 75 Rate from Respiratory Disease





Key Points

Interpretation:
under 75 mortality rates for live cancer are higher in Sandwell when compared to the West Midlands and England. However the trend has been decreasing between 2009-11 to 2017-19.

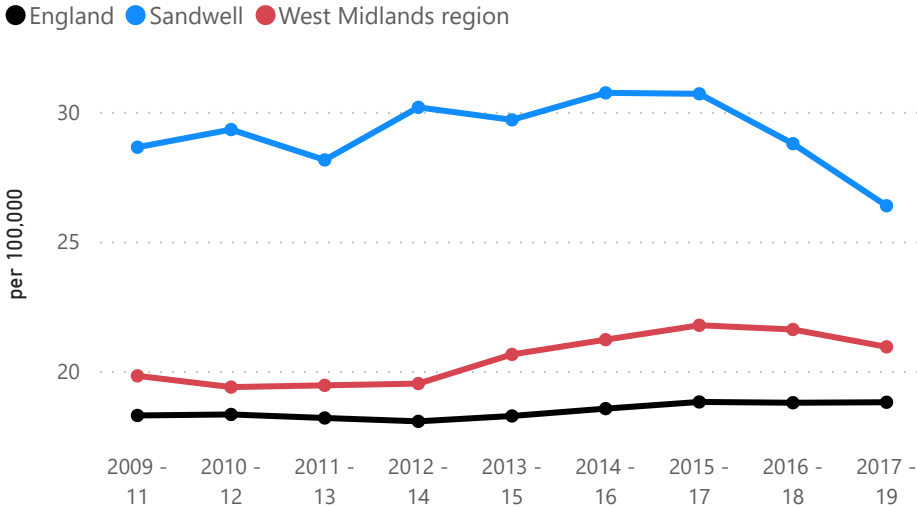
Premature mortality data used is based on un-revised population estimates. Following Census 2021, the ONS is carrying out reconciliation and rebasing of the mid-year population estimates it produces. Updated data to 2021 will be added once it is made available.

Controls

- ☐ Female
- ☐ Male
- ☒ Persons

Methodology for data collection & analysis

Under 75 Mortality Rate from Liver Disease



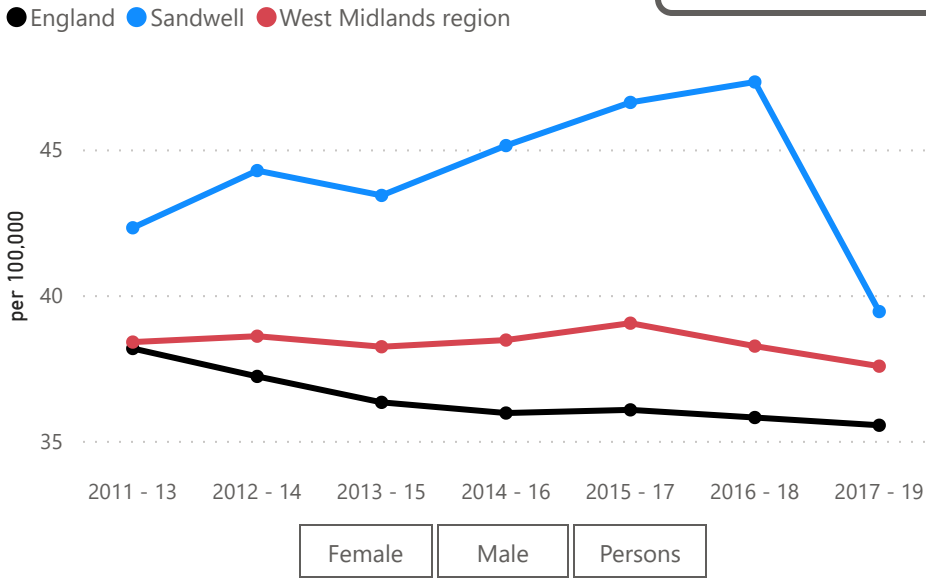
Key Points

Cancer
Cancer is the highest cause of death in England in under 75s. To ensure that there continues to be a reduction in the rate of premature mortality from cancer, there needs to be concerted action in both prevention and treatment. The inclusion of this indicator (alongside several other indicators in the Public Health and NHS Outcomes Frameworks) reinforces the Government’s commitment to reducing avoidable deaths through public health policy and interventions and sends out a clear signal that prevention of cancer is just as important as treatment.

Diagnosis
Stage at diagnosis is a measure of how much a cancer has grown and spread, with advanced stages meaning the cancer is bigger or has spread to other parts of the body (metastasis)and consequentially patient outcomes are worse for later stages. The data can be used to provide information to a wide range of patient and professional groups; plan services aimed at early detection and diagnosis of cancer, and inform cancer research. Additionally, as there are often different treatment options at an advanced stage (continued page 2)

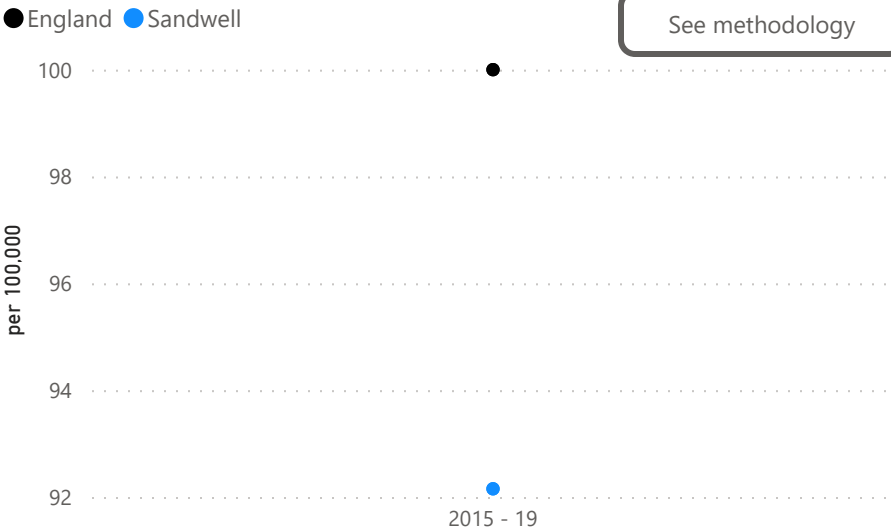
Under 75 Mortality Rate from Colorectal Disease

[See methodology](#)



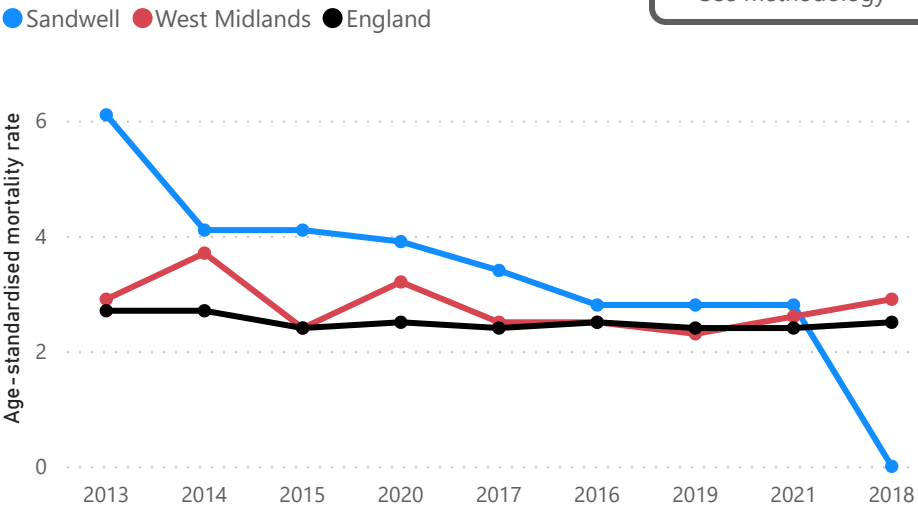
Incidence of breast cancer, standardised incidence ratio

[See methodology](#)



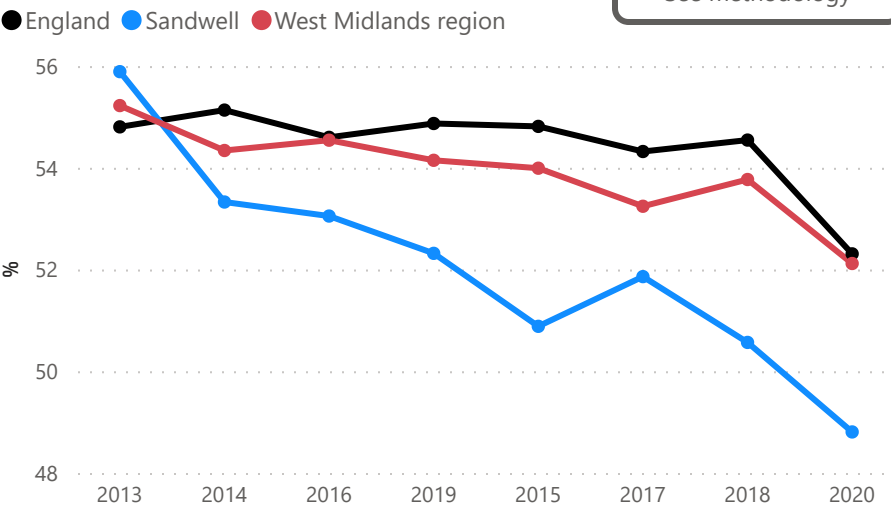
Cervical cancer deaths

[See methodology](#)



Percentage of cancers diagnosed at stages 1 and 2

[See methodology](#)



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Key Points

Hypertension (high blood pressure)

Hypertension is another name for high blood pressure. Hypertension often causes no symptoms or immediate problems. But it is a major risk factor for developing a serious cardiovascular disease, such as a stroke or heart disease.

Risks of high blood pressure

If your blood pressure is too high, it puts extra strain on your blood vessels, heart and other organs, such as the brain, kidneys and eyes. Persistent high blood pressure can increase your risk of a number of serious and potentially life-threatening health conditions

Getting checked

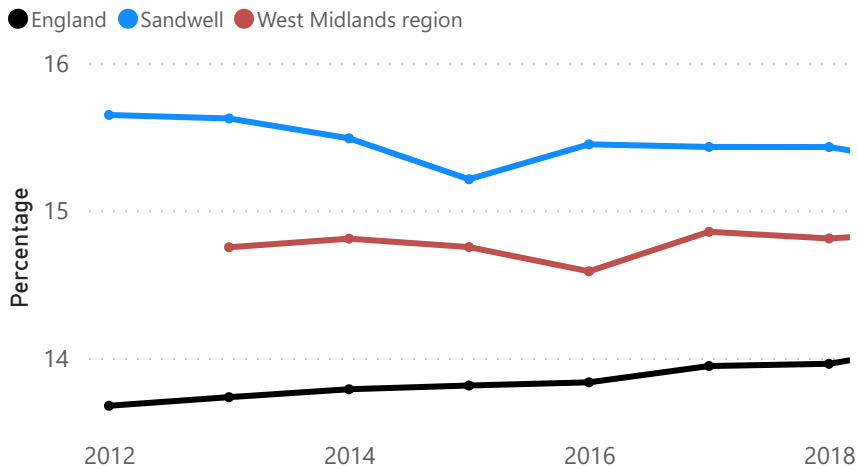
All adults over 40 years old are advised to have their blood pressure checked at least every 5 years. Some people from African, Afro-Caribbean or South Asian heritage may have high blood pressure at a younger age and are encouraged to get their blood pressure checked earlier. Getting this done is easy and could save your life. You can get your blood pressure tested at a number of places, including:

- at most pharmacies
- at your GP surgery
- as part of your NHS Health Check
- in some workplaces

Search NHS [health checks](#) for further information

Interpretation: Quality of Framework (QOF) register includes residents who are living with hypertension. Sandwell has always had residents with higher rates of hypertension when compared to the West Midlands and England averages.

Hypertension: QOF prevalence (all ages)



Time period	Value % (Sandwell)	Lower CI 95.0	Upper CI 95.0
2012	15.6	15.5	15.8
2013	15.6	15.5	15.7
2014	15.5	15.4	15.6
2015	15.2	15.1	15.3
2016	15.4	15.3	15.6
2017	15.4	15.3	15.6
2018	15.4	15.3	15.6
2019	15.3	15.2	15.4
2020	15.0	14.9	15.1
2021	14.9	14.8	15.0

Since 2021 Sandwell has consistently had a higher rate of hypertension when compared to England and West Midlands.

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.

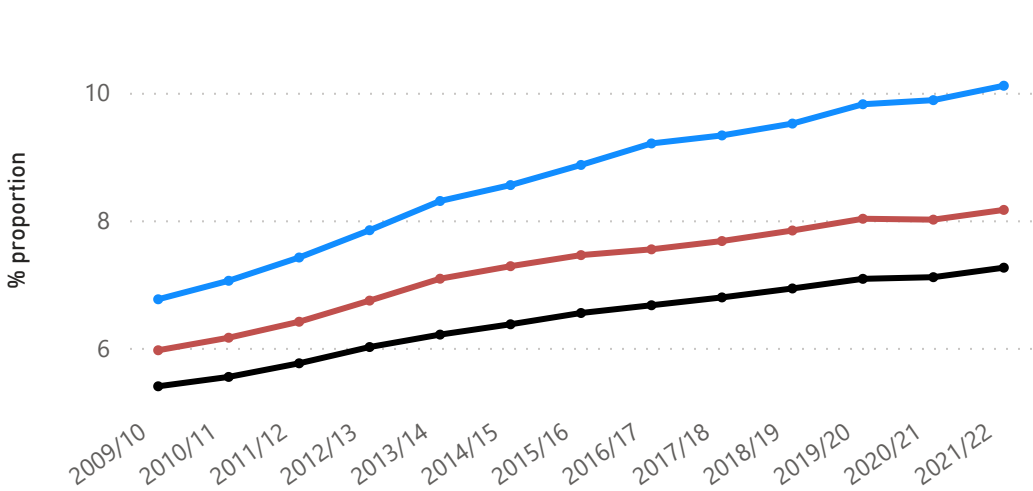
Interpretation

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 and over with diabetes mellitus (including Type 1 or Type 2 Diabetes) as recorded on GP practice disease registers

● England ● Sandwell ● West Midlands region



2012/13 England and West Midlands Region data is estimated

Time period	No of People	Proportion (%)	Lower CI 95.0	Upper CI 95.0
2009/10	17106	6.8	6.7	6.9
2010/11	18319	7.1	7.0	7.2
2011/12	19260	7.4	7.3	7.5
2012/13	20561	7.8	7.7	7.9
2013/14	21794	8.3	8.2	8.4
2014/15	22648	8.6	8.4	8.7
2015/16	23900	8.9	8.8	9.0
2016/17	24859	9.2	9.1	9.3
2017/18	24194	9.3	9.2	9.4
2018/19	24951	9.5	9.4	9.6
2019/20	26699	9.8	9.7	9.9
2020/21	26923	9.9	9.8	10.0
2021/22	27785	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.



Key Points

Musculoskeletal (MSK) problems:

In England low back and neck pain was ranked as the top reason for years lived with disability and other musculoskeletal (MSK) conditions were ranked as number 10. MSK conditions are known to impact quality of life by increased pain, limiting range of motion and impacting the ability to take part in daily life such as attending work. This indicator shows the amount of people reporting a long term MSK condition in England.

It can be used to compare reported MSK prevalence rates across the country and can be used in combination with other indicators on the Musculoskeletal Diseases profile to build a bigger picture of MSK in local areas

Musculoskeletal (MSK) conditions, such as osteoarthritis and back pain, are the leading cause of disability in adults in England. People with a musculoskeletal condition are also likely to have another long-term condition. Four out of five people with osteoarthritis have at least one other long-term condition such as hypertension or cardiovascular disease.

(continued page 2)

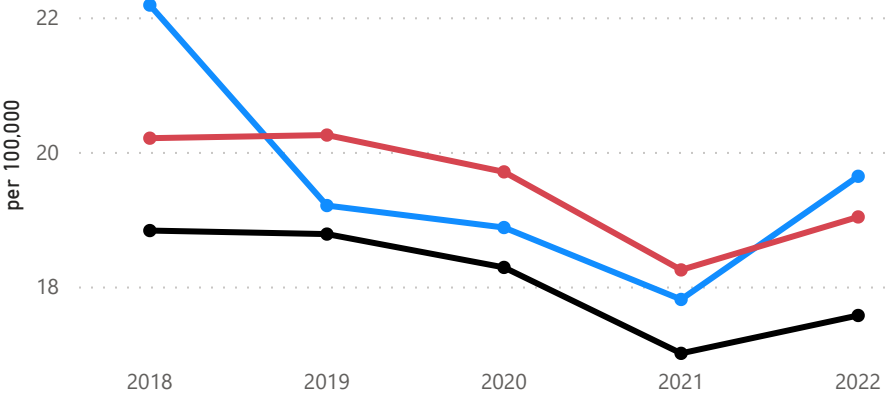
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Percentage reporting a long-term Musculoskeletal (MSK) problem

● England ● Sandwell ● West Midlands region

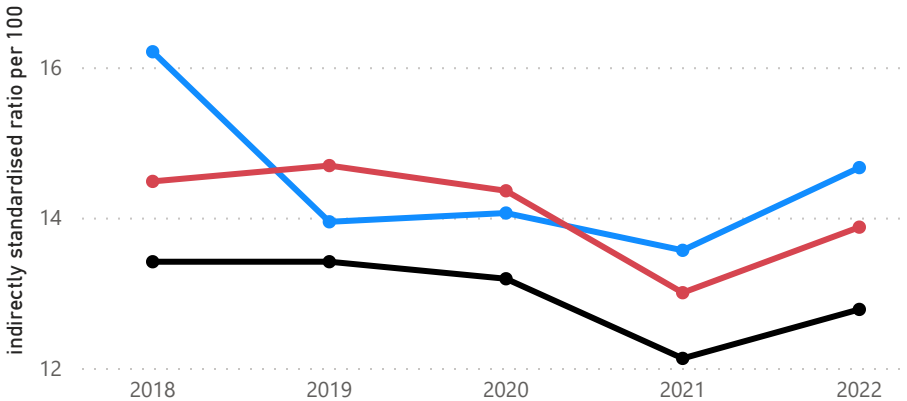
[See methodology](#)



Percentage reporting at least two long-term conditions, at least one of which is MSK related

● England ● Sandwell ● West Midlands region

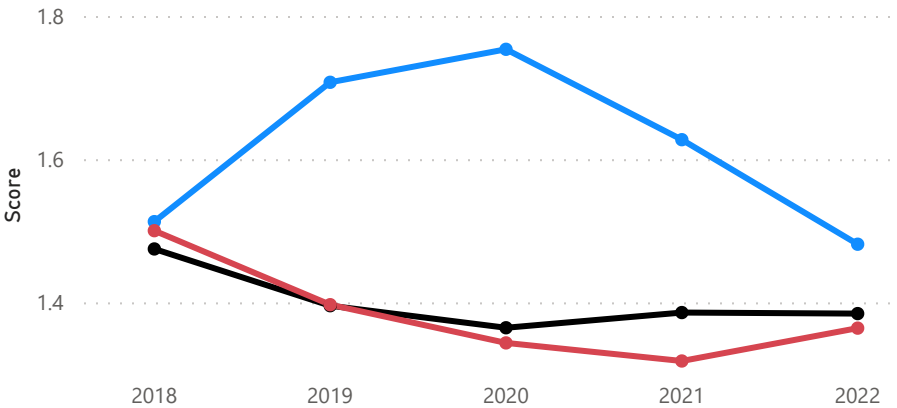
[See methodology](#)



Odds ratio of reporting a mental health condition among people with and without an MSK condition

● England ● Sandwell ● West Midlands region

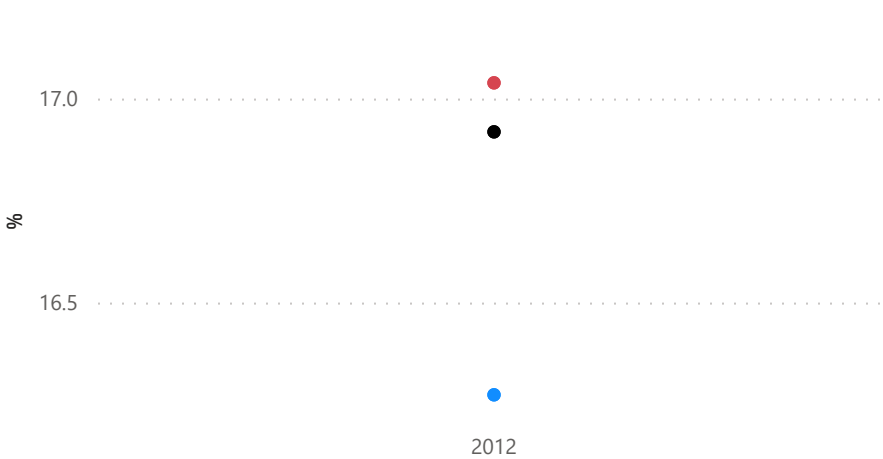
[See methodology](#)



Back pain prevalence in people of all ages

● England ● Sandwell ● West Midlands region

[See methodology](#)



Key Points

Osteoarthritis (descriptions)

Osteoarthritis is a condition that causes joints to become painful and stiff. It's the most common type of arthritis in the UK. Rheumatoid arthritis is a long term condition causing pain, swelling and joint stiffness. Hip fractures are common in older individuals who have a fall or injury.

Trend in Sandwell

Trend data is not available for hip and knee osteoarthritis (latest 2012) however suggests Sandwell has higher prevalances than West Midlands and England.

Prevalences of Rheumatoid arthritis have decreased in Sandwell when compared to the West Midlands region since 2017/18 although they are still higher when compared to England. Hip fractures on the other hand are lower in Sandwell when compared to the two regions.

Diagnosis:

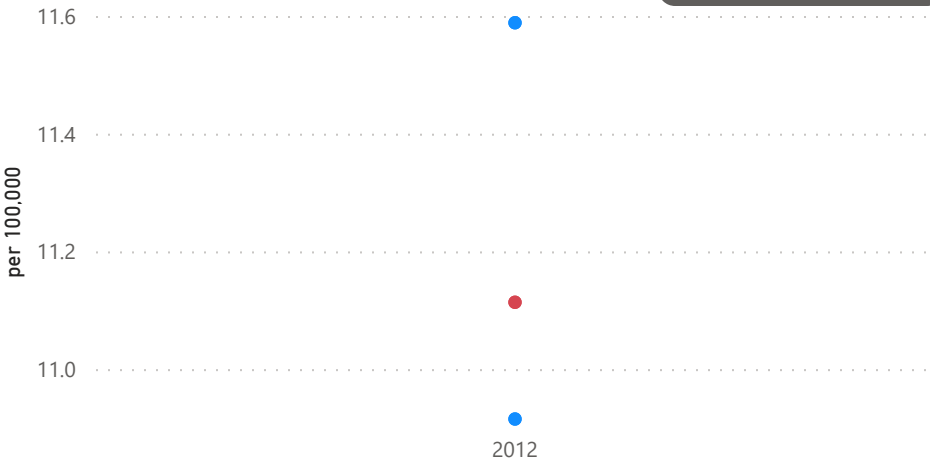
A GP may suspect osteoarthritis if:

- you're aged 45 or older
- you have joint pain that gets worse the more you use your joints
- the stiffness in your joints is not there in the mornings, or lasts less than 30 minutes

Prevalence of hip osteoarthritis in people aged 45 and over

● England ● Sandwell ● West Midlands region

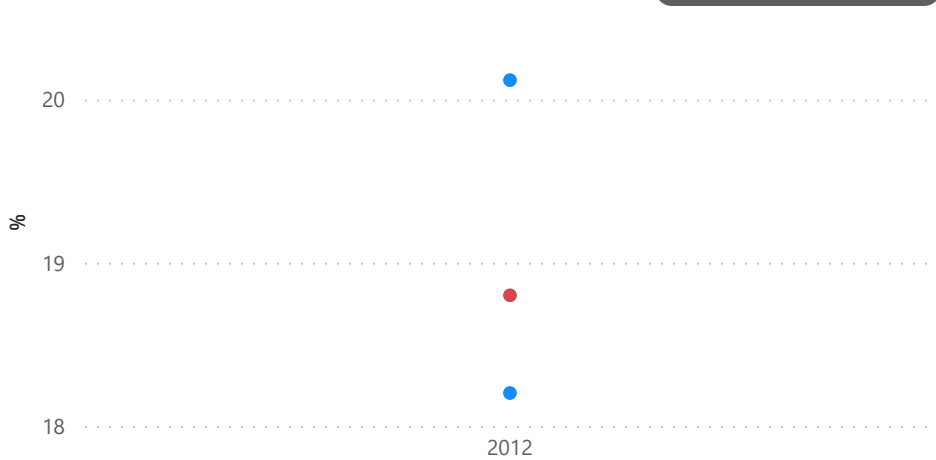
[See methodology](#)



Prevalence of knee osteoarthritis in people aged 45 and over

● England ● Sandwell ● West Midlands region

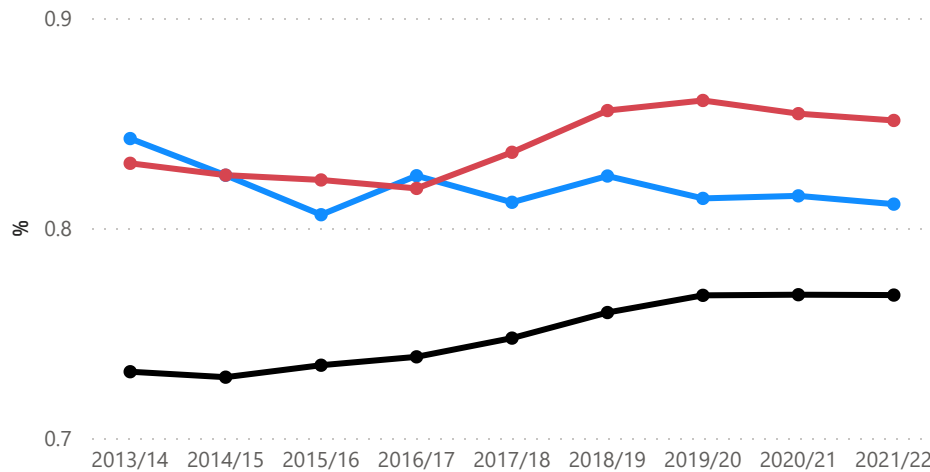
[See methodology](#)



Rheumatoid Arthritis: QOF prevalence (16+ yrs)

● England ● Sandwell ● West Midlands region

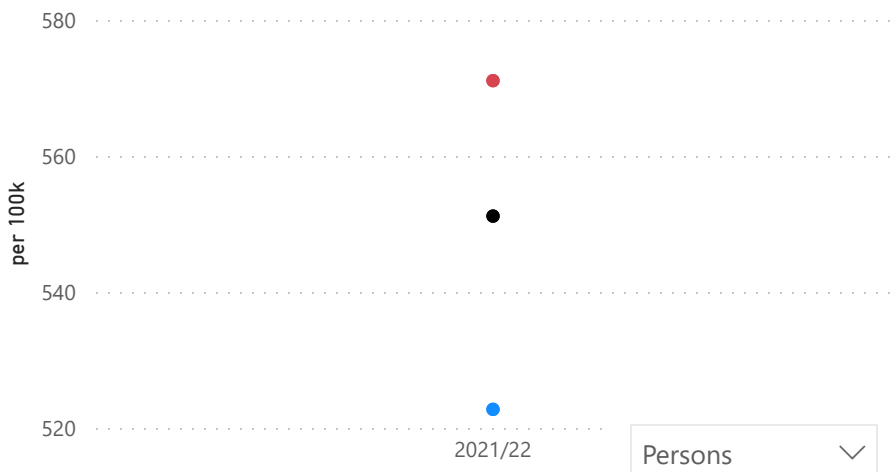
[See methodology](#)



Hip fractures in people aged 65 and over

● England ● Sandwell ● West Midlands region

[See methodology](#)



Persons



Key Points

Mental Health: According to [NHS England](#) one in four adults and one in ten children will experience mental illness at some stage in their lives.

The QOF register includes all patients with a diagnosis of schizophrenia, bipolar affective disorder and other psychoses to avoid a generic phrase that is open to variations in interpretation. The data on "common mental disorders" relates to the estimated proportion of the population who have a common mental disorder (CMD), where CMD is defined as any type of depression or anxiety.

Please reference chapter of the JSNA on "mental health and wellbeing in working age adults" for further information.

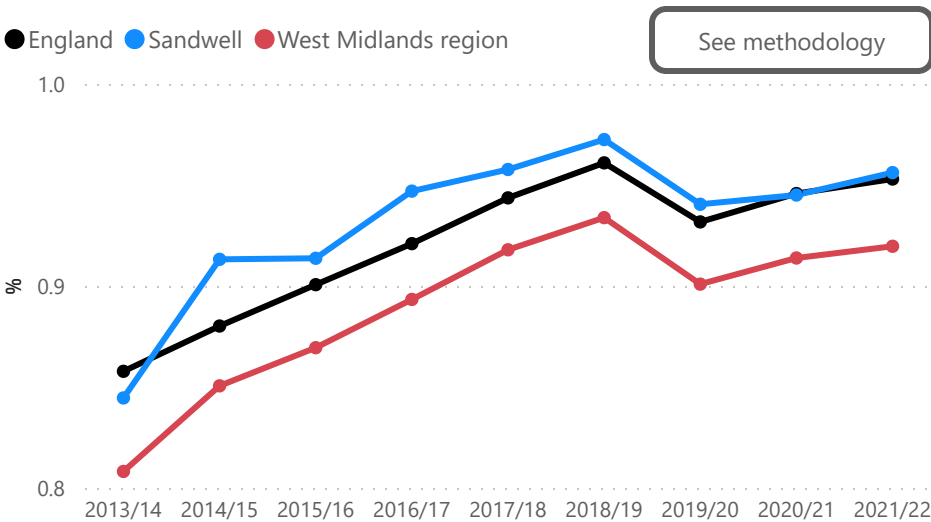
interpretation:

Sandwell has high rates of residents with mental health disorders when compared to the West Midlands region and England.

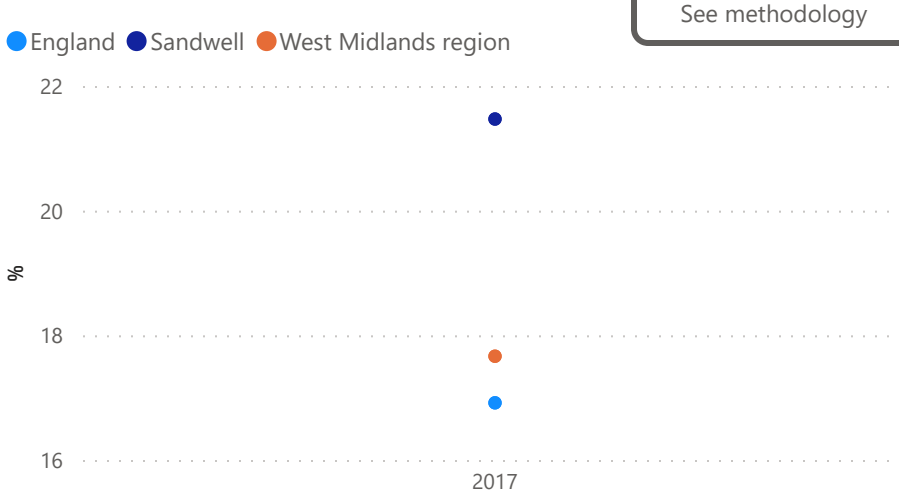
Local services:

Black Country Mental Health Helpline – 0800 008 6516 (24/7 Helpline).
A full range of support and numbers to helplines for various issues can be found on the healthy Sandwell's ["Need to talk"](#) section:

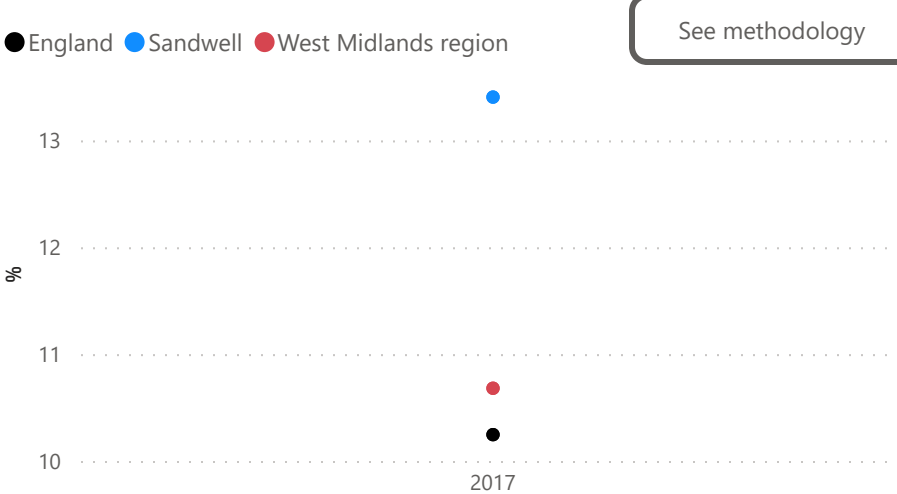
Mental Health: QOF prevalence (all ages)



Estimated prevalence of common mental disorders: % of population aged 16 & over



Estimated prevalence of common mental disorders: % of population aged 65 & over



Key Points

Introduction

Tackling obesity is one of the greatest long-term health challenges currently faced in England. Around two-thirds (63%) of adults are above a healthy weight, and of these half are living with obesity.

Obesity is associated with reduced life expectancy and a range of health conditions including type 2 diabetes, cardiovascular disease, liver and respiratory disease and cancer. Obesity prevalence is highest among the most deprived groups in society.

Interpretation

As of 2020/21, over 70% of Sandwell's adults are considered overweight or obese, which is significantly higher than England and the West Midlands region.

See healthy start chapter for more information on low birth weight and healthy weight for reception and year 6 children

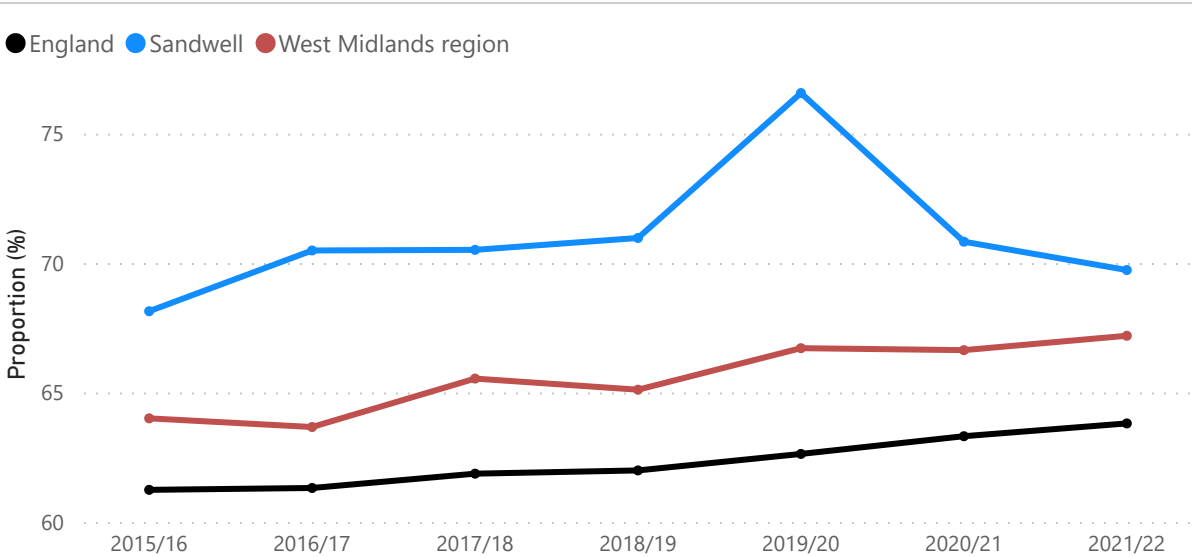
Local Services

Healthy Sandwell offer various services to help manage weight loss.
<https://www.healthysandwell.co.uk/our-services/healthy-weight/>

Methodology for data collection & analysis

Note: These statistics are based on the [Active Lives survey](#) conducted by Sport England.

Percentage of adults (aged 18 plus) classified as overweight or obese



Time period	Value (%)	Lower CI 95.0 %	Upper CI 95.0 %
2015/16	68.1	64.8	71.4
2016/17	70.5	67.2	73.7
2017/18	70.5	66.1	75.1
2018/19	71.0	66.4	75.3
2019/20	76.6	72.2	80.7
2020/21	70.8	66.3	75.3
2021/22	69.7	65.9	73.4



Key Points

Introduction

Physical inactivity is the 4th leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-25% lower risk of cardiovascular disease, coronary heart disease and stroke, compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health.

In older adults, physical activity is associated with increased functional capacities. The estimated direct cost of physical inactivity to the NHS across the UK is over £0.9 billion per year.

Interpretation

Fewer proportions of Sandwell residents are physically active compared to the West Midlands and England. Greater proportions of Sandwell residents are physically inactive compared to the West Midlands and England.

The local service

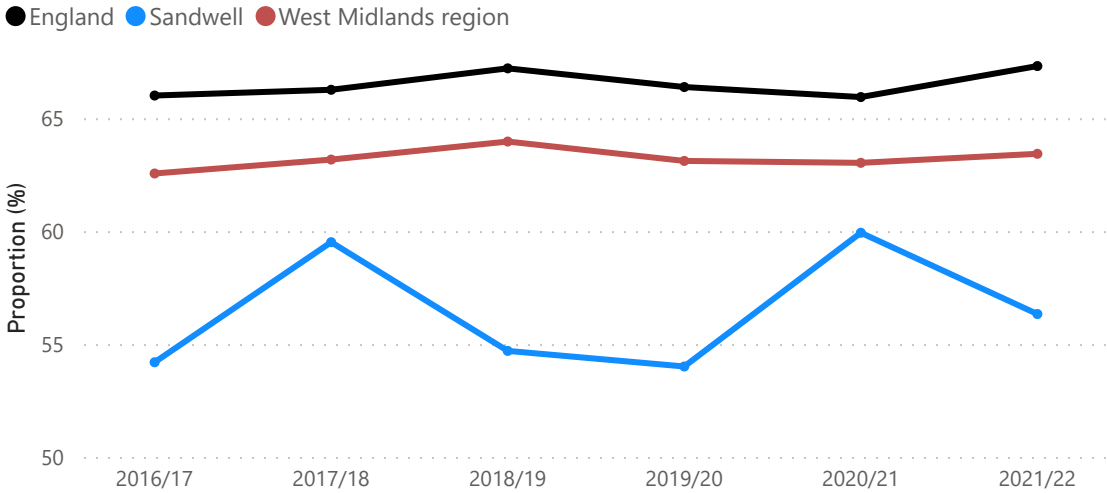
Move more Sandwell offer links to various physical activities:

www.movemoresandwell.co.uk

Note: The inactive adults indicator is not the inverse of active adults - please see definitions for further information.

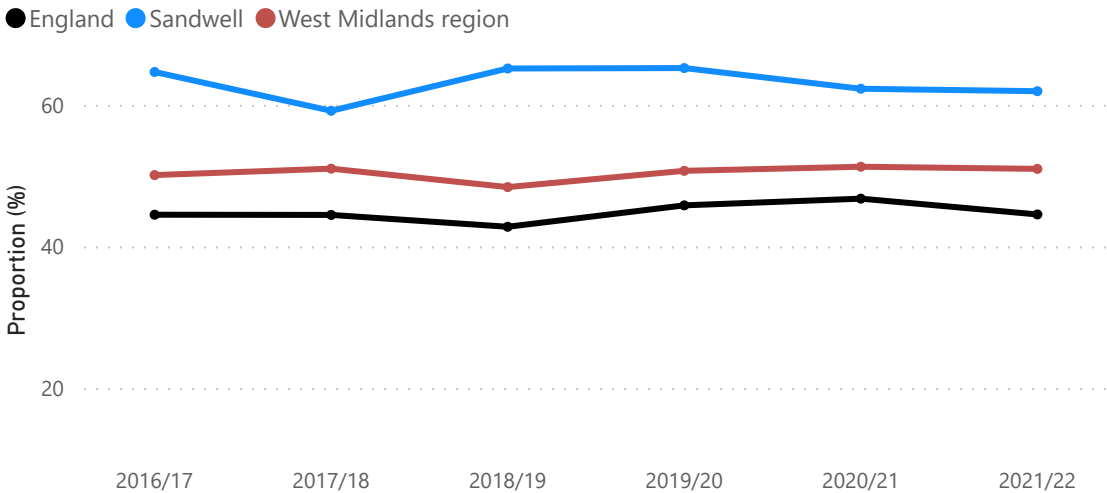
Methodology for data collection & analysis

Percentage of physically active adults



Time period	Value %	Lower CI 95.0 %	Upper CI 95.0 %
2016/17	54.2	51.1	57.5
2017/18	59.5	55.1	63.8
2018/19	54.7	50.0	59.3
2019/20	54.0	49.6	58.4
2020/21	59.9	55.6	64.0
2021/22	56.3	52.8	59.7

Percentage of physically inactive adults



Time period	Value %	Lower CI 95.0 %	Upper CI 95.0 %
2016/17	64.6	58.7	70.6
2017/18	59.2	51.1	67.4
2018/19	65.1	56.8	73.7
2019/20	65.2	56.9	73.6
2020/21	62.3	54.2	70.3
2021/22	61.9	55.3	68.5

Key Points

The UK Chief Medical Officers' (CMOs') recommend that children and young people (5 to 18 years) are physically active for an average of at least 60 minutes per day across the week. The evidence suggests, however, that a significant proportion of adolescents do not meet this minimum standard.

Regular moderate to vigorous physical activity (MVPA) improves health and fitness, strengthens muscles and bones, develops coordination, maintains healthy weight, improves sleep, makes you feel good, builds confidence and social skills and improves concentration and learning.

Good physical activity habits established in childhood and adolescence are also likely to be carried through into adulthood. If we can help children and young people to establish and maintain high volumes of physical activity into adulthood, we will reduce the risk of morbidity and mortality from chronic non communicable diseases later in their lives.

Interpretation

Physically active children and young people are generally in line with the West Midland and England. Walking for travel in Sandwell is generally between the West Midlands and England ranges but activity fell in 2019/20 (likely due to lockdown restrictions across England). Cycling has always been lower for Sandwell when compared with the two regions apart from a spike in 2017/18 where it slightly rose against the West Mids region

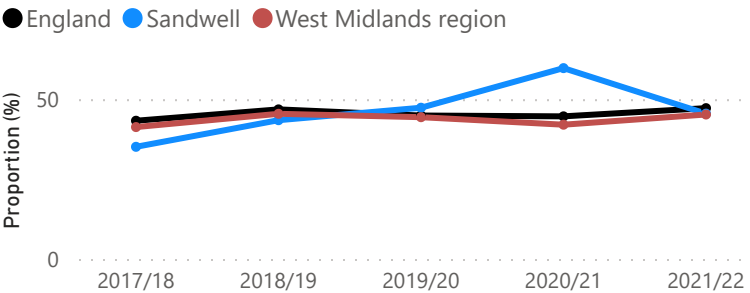
The local service

Healthy Sandwell offer links to various physical activities <https://www.healthysandwell.co.uk/strongersandwelldirectory>

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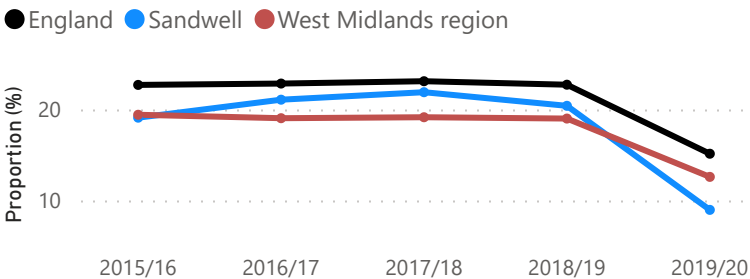
Methodology for data collection & analysis

Percentage of physically active children and young people



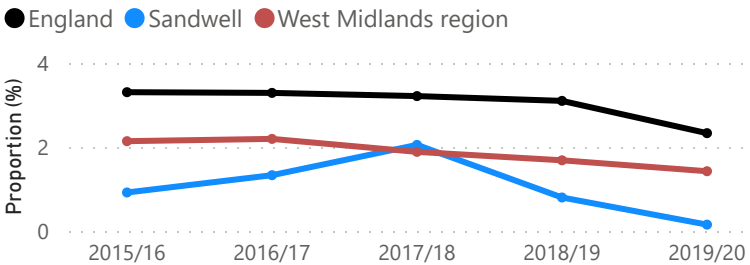
Time period	Value %	Lower CI 95.0	Upper CI 95.0
2017/18	35.1	28.9	41.9
2018/19	43.4	39.1	47.9
2019/20	47.3	18.6	78.0
2020/21	59.7	53.2	66.0
2021/22	45.5	41.4	49.7

Percentage of adults walking for travel at least three days per week



Time period	Value %	Lower CI 95.0	Upper CI 95.0
2015/16	19.1	15.6	22.6
2016/17	21.1	17.5	24.6
2017/18	21.9	16.8	27.0
2018/19	20.4	15.4	25.5
2019/20	9.0	5.3	12.6

Percentage of adults cycling for travel at least three days per week



Time period	Value %	Lower CI 95.0	Upper CI 95.0
2015/16	0.9	0.3	1.5
2016/17	1.3	0.2	2.4
2017/18	2.1	0.7	3.4
2018/19	0.8	0.1	1.5
2019/20	0.2	0.0	0.5

Key Points

Being active is not just good for you physically, it has the power to do so much more – it can, for example, help prevent or manage medical conditions, reduce anxiety or stress, improve a person’s confidence or self-esteem, or bring people from diverse backgrounds together.

Active Lives was developed in response to the new Government strategy – ‘Sporting Future: A New Strategy for an Active Nation’; and Sport England’s new strategy – ‘Towards an Active Nation’. The Active Lives collects survey data about adults aged 16 and over across England about the sport and physical activities they take part in and their attitudes to physical activity. In addition to sporting and fitness activities, the new survey measures levels of walking, cycling for travel and dance.

Interpretation

Sandwell has low participation for keep fit exercises apart from football which is generally in line with England and West Midlands figures (even exceeding the figures for some years)

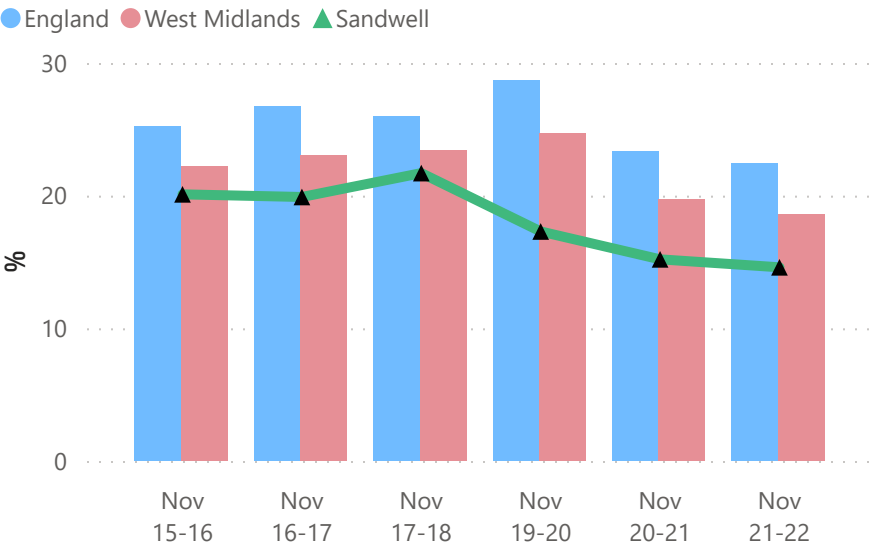
The local service

Move more Sandwell offer links to various physical activities:

www.movemoresandwell.co.uk

Methodology for data collection & analysis

Fitness activity (between 2015-2016 to 2021-22)



* Years with no data are omitted, see methodology for further information
Source: Active lives survey

Fitness class	Swimming
Football	Walking for leisure

Time_period	Sandwell %
Nov 15-16	20.10
Nov 16-17	19.90
Nov 17-18	21.70
Nov 18-19	0.00
Nov 19-20	17.30
Nov 20-21	15.20
Nov 21-22	14.60

Summary

Sandwell residents have low uptake rates for fitness classes, swimming, walking for leisure when compared against West Midlands and England.

However, football uptake is generally in line with the two comparator areas even exceeded figures for the years 2015-16 & 2018-19. The pandemic impacted activity for 2020-21

Key Points

Fruit and vegetables are part of a healthy, balanced diet and can help the public stay healthy.

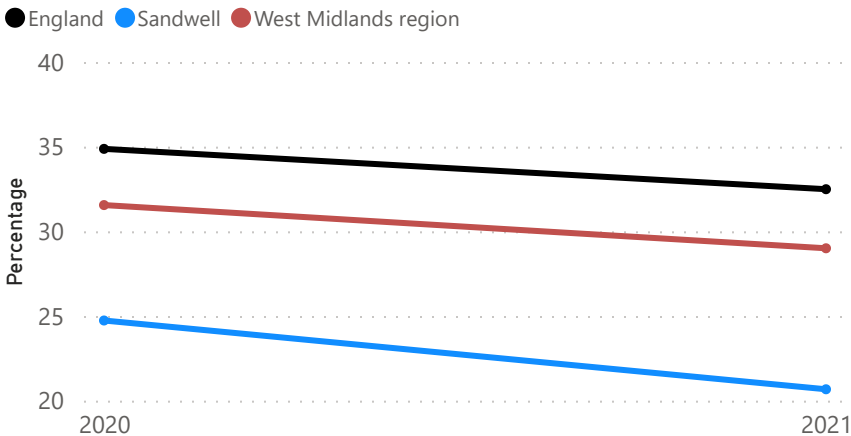
Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. A portion of fruit or vegetables is 80g.

The [5 A Day campaign](#) is based on advice from the World Health Organization (WHO), which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke and some types of cancer.

Data from the [Health Survey for England](#) estimated the proportions of adults in England who ate the recommended five portions of fruit and vegetables per day increased from 24% in 2001 to 30% on 2006. Since then, the proportions have varied between 26% and 29%.

Interpretation: From 2020 to 2021 Sandwell has had lower uptake rates for 5 a day fruit and vegetable consumptions

Percentage of adults aged 16 and over meeting the '5-a-day' fruit and vegetable consumption recommendations (new method)



Time period	Value % (Sandwell)	Lower CI 95.0	Upper CI 95.0
2020	24.7	21.0	28.8
2021	20.7	17.7	23.7

Since 2020 Sandwell has had lower uptake for meeting the 5 a day fruit and vegetable consumption



Key Points

Introduction

Smoking is the biggest single cause of preventable ill health and premature mortality in England. Smoking is associated with cancers in other organs, including lip, mouth, throat, bladder, kidney, stomach, liver and cervix. Smoking is a modifiable behaviour risk factor and effective tobacco control measures can reduce the prevalence of smoking in the population.

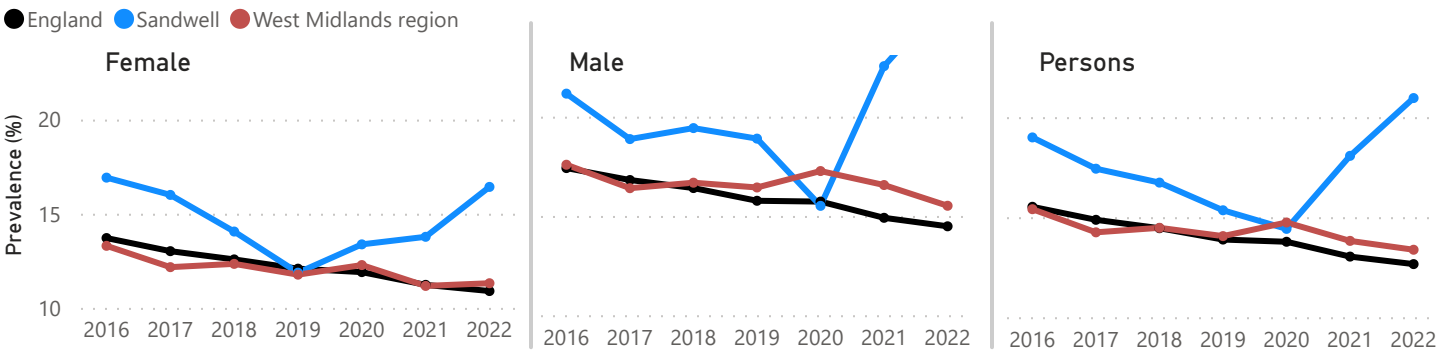
Smoking during pregnancy

Smoking during pregnancy can cause serious pregnancy related health problems. These include complications during labour and an increased risk of miscarriage, premature birth, stillbirth, low birth-weight and sudden unexpected death in infancy. Encouraging pregnant women to stop smoking during pregnancy may also help them kick the habit for good, and thus provide health benefits for the mother and reduce exposure to second hand smoke by the infant.

Interpretation

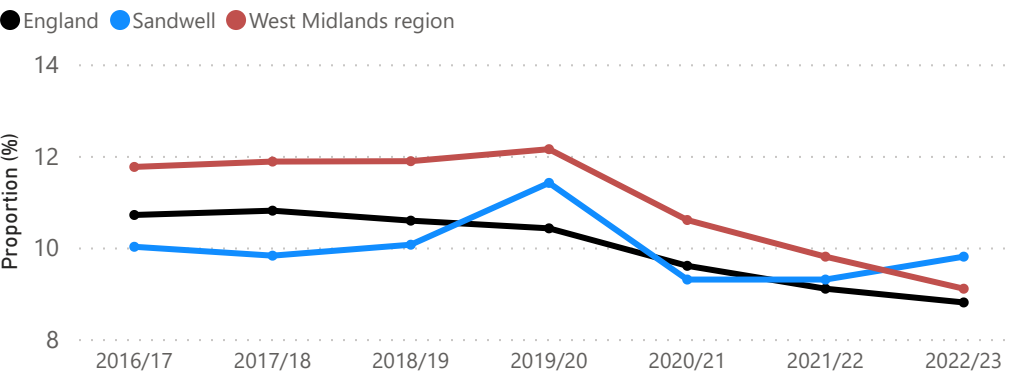
Sandwell has a higher estimated rate of smokers than regional or national levels. However the data on which these estimates are based comes from a survey and changes to the way the survey was delivered together with a much smaller number of people being asked to respond means we have less certainty/confidence in the figures displayed here. *(continued page 2)*

Smoking prevalence in adults



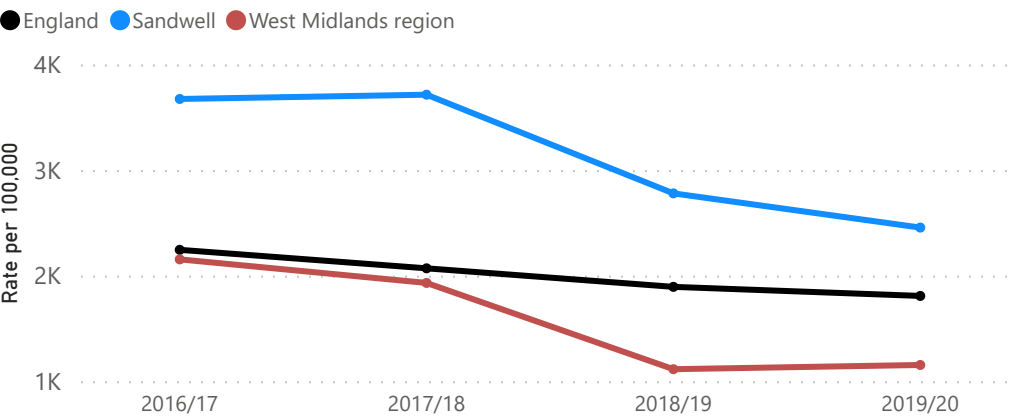
Time period	Female	Male	Persons
2016	16.9	21.2	19.0
2017	16.0	18.9	17.4
2018	14.1	19.4	16.7
2019	11.9	18.9	15.3
2020	13.4	15.5	14.4
2021	13.8	22.5	18.1

Smoking status at time of delivery (SATOD)



Time period	SATOD %	Lower CI 95.0	Upper CI 95.0
2016	10.0	9.2	10.9
2017	9.8	9.0	10.7
2018	10.1	9.2	11.0
2019	11.4	10.5	12.4
2020	9.3	8.5	10.2
2021	9.3	8.5	10.3
2022	9.8	8.9	10.7

Smokers (aged 16+) that have successfully quit at 4 weeks



Time period	Quits (n)	Rate (per 100k)	Lower CI 95.0	Upper CI 95.0
2016/17	1747	3673.6	3239.5	4187.2
2017/18	1632	3713.9	3252.3	4245.4
2018/19	1178	2779.5	2419.8	3207.1
2019/20	957	2455.8	2117.5	2851.9

Key Points

In England deaths from drug misuse have increased significantly in recent years. The majority of these deaths are linked to the use of opiates such as heroin. Risk factors for overdose include poly-drug use, injecting use, drug purity/adulteration and health conditions such as respiratory illness.

Evidence suggests that when those at risk are engaged with drug treatment services they are less likely to overdose and die from drug misuse. Carrying naloxone, a medicine that reverses an opiate overdose, can also reduce deaths from drug misuse.

Interpretation:

The latest data shows Sandwell as having fewer deaths from drug misuse than both the West Midlands and England averages. Hospital admissions for poisoning by illicit drugs are also lower.

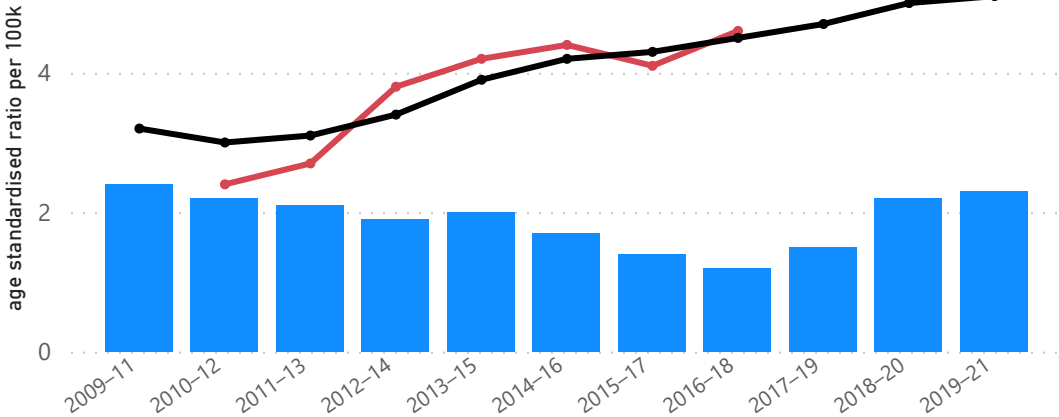
The local service:

In Sandwell, support for drugs and alcohol is provided by [Cranstoun \(18 and over\)](#).

Deaths from drug misuse (per 100k population)

Methodology for data collection & analysis

● Sandwell ● West Midlands (Met County) ● England

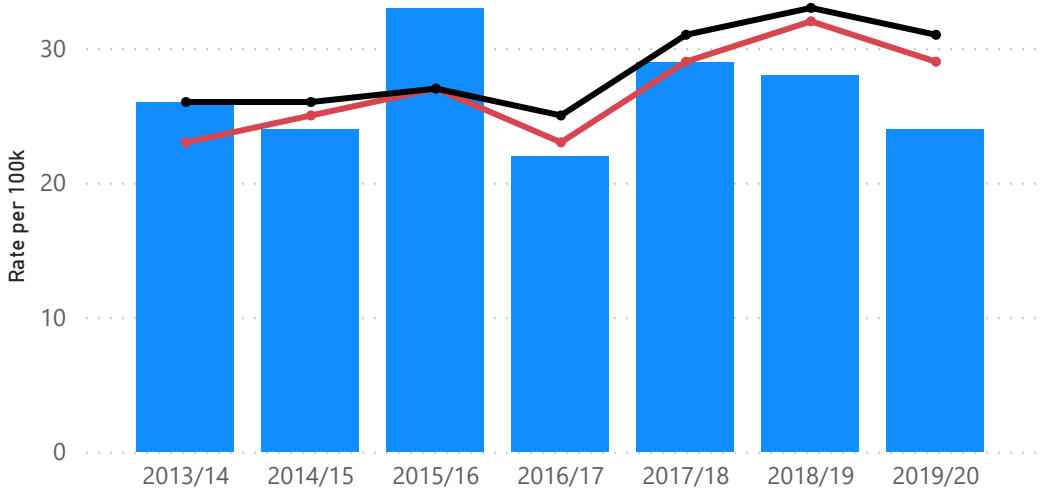


Years	Sandwell (per 100k)	West Midlands (Met County) (per 100k)	England (per 100k)
2009-11	2.4		3.2
2010-12	2.2	2.4	3.0
2011-13	2.1	2.7	3.1
2012-14	1.9	3.8	3.4
2013-15	2.0	4.2	3.9
2014-16	1.7	4.4	4.2
2015-17	1.4	4.1	4.3
2016-18	1.2	4.6	4.5
2017-19	1.5		4.7
2018-20	2.2	5.5	5.0
2019-21	2.3	5.4	5.1

Admissions for poisoning by illicit drugs (per 10k population)

Methodology for data collection & analysis

● Sandwell ● West Midlands ● England



Year	Sandwell	West Midlands	England
2013/14	26	23	26
2014/15	24	25	26
2015/16	33	27	27
2016/17	22	23	25
2017/18	29	29	31
2018/19	28	32	33
2019/20	24	29	31

Key Points

Introduction:
Drug and alcohol misuse can cause substantial health, social and economic harm to individuals, their families, the wider community, services and business.

In 2022 Sandwell Council completed a drug and alcohol needs assessment to inform the local drug and alcohol strategy. The strategy, which is aligned to both the [national drug strategy](#) and the government’s [alcohol strategy](#), aims to prevent and reduce drug and alcohol related harms in the borough. The Sandwell Drug and Alcohol Partnership (SDAP) brings together a range of partners to support delivery of the local strategy and monitor progress.

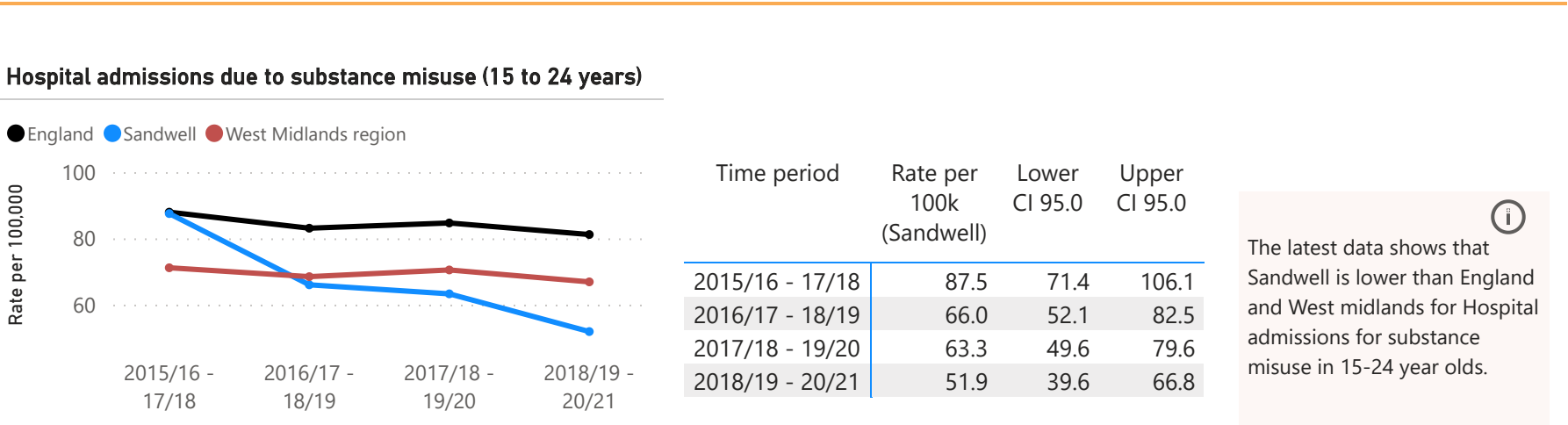
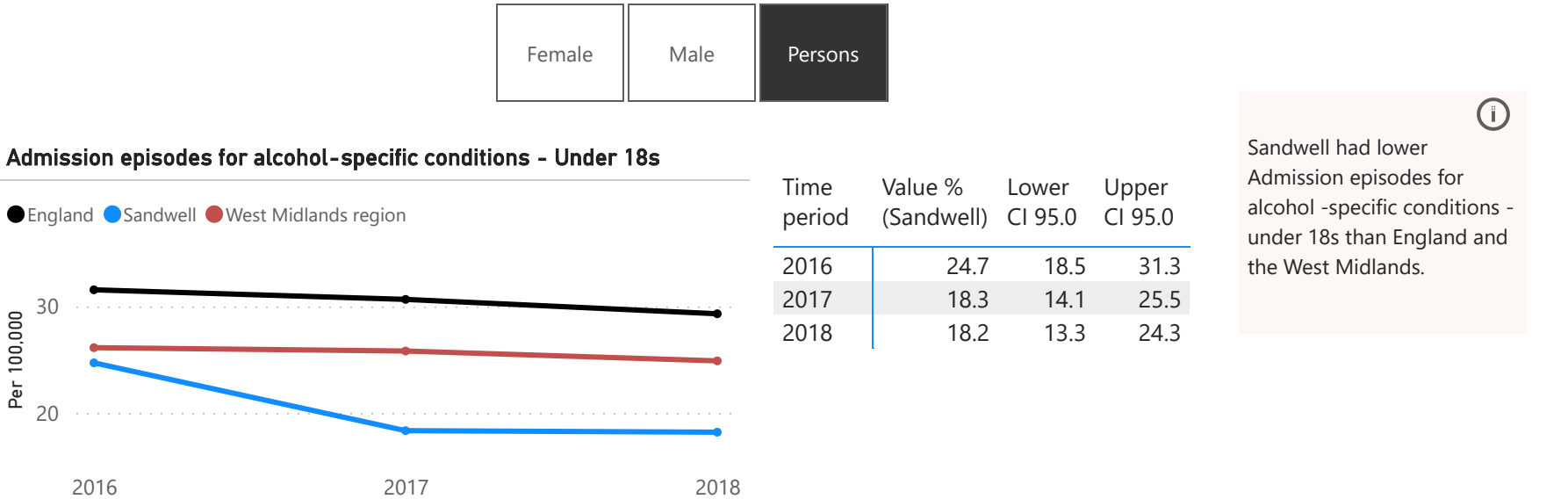
Sandwell’s Drug and Alcohol Needs Assessment can be found [here](#). Sandwell’s Drug and Alcohol Strategy can be found here: [here](#).

Young People:

In Sandwell drug and alcohol services for young people are delivered by DECCA who provide a comprehensive offer to prevent drug and alcohol misuse from occurring in the first place. In 2022/23 education and awareness sessions were delivered to over 19,000 young people in schools across the borough. Early intervention and specialist treatment offers are also available.

Interpretation: Hospital admissions for young people due to drugs and alcohol are lower than both regional and national averages.

Local service: In Sandwell support is provided by [DECCA \(under 18s\)](#).





Key Points

It is well-evidenced that drug and alcohol treatment services can significantly reduce harm by delivering a range of interventions including prevention, treatment and recovery. Services also work with other organisations to ensure people receive a holistic package of care to address wider concerns such as physical/mental health, housing, employment, domestic abuse, social isolation, family and relationships. In Sandwell, adult drug and alcohol services are provided by Cranstoun.

Increasing the number of people accessing treatment is a priority. Cranstoun offer a number of interventions to support this including awareness raising and outreach across the borough. They also deliver the award winning Blue Light service which provides intensive support to people who have significant and long-standing issues with drug and/or alcohol use and who have not been engaged via the standard offer.

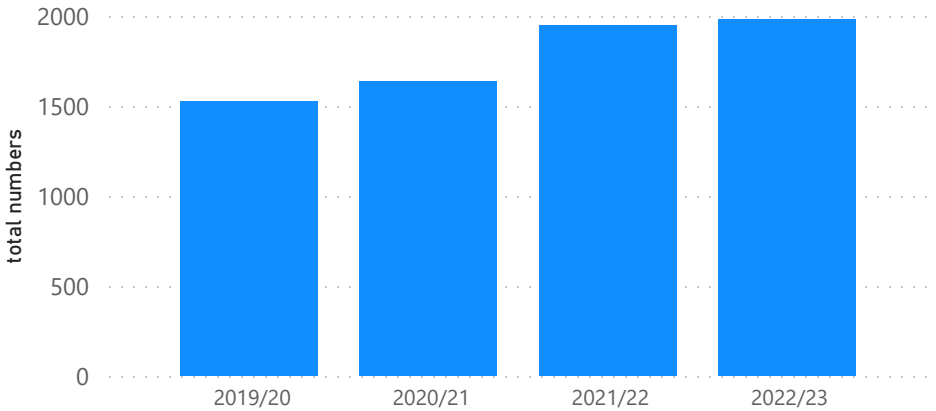
Interpretation:

The number of people accessing drug and alcohol treatment services in Sandwell is increasing. Furthermore, of the estimated number of people with either an alcohol or opiate/crack cocaine dependency, the proportion who are not in contact with drug and alcohol services (unmet need) is lower than regional and England averages.

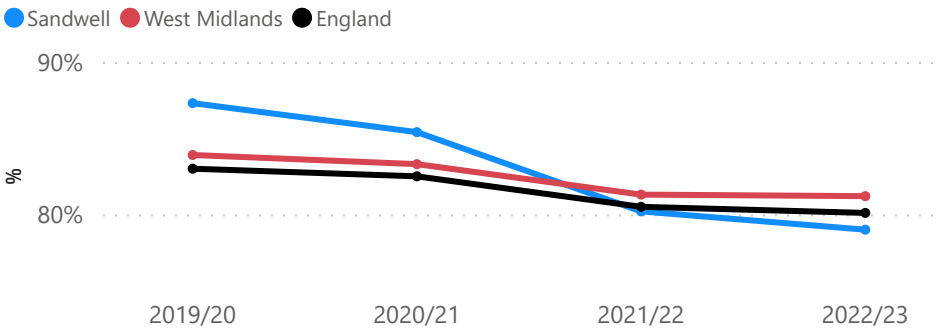
The local service:

In Sandwell, support for drugs and alcohol is provided by [Cranstoun \(18 and over\)](#)

Adults in treatment in Sandwell

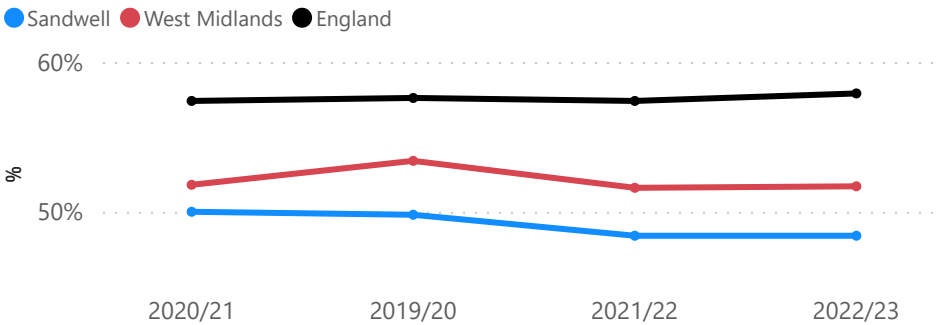


Unmet need (Adults)



Time period	Sandwell	West Midlands	England
2019/20	87.3%	83.9%	83.0%
2020/21	85.4%	83.3%	82.5%
2021/22	80.2%	81.3%	80.5%
2022/23	79.0%	81.2%	80.1%

Opiate and Crack - adults in treatment



Time period	Sandwell	West Midlands	England
2019/20	49.8%	53.4%	57.6%
2020/21	50.0%	51.8%	57.4%
2021/22	48.4%	51.6%	57.4%
2022/23	48.4%	51.7%	57.9%

Key Points

Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK, and the fifth biggest risk factor across [all ages](#). Alcohol misuse contributes to over 200 medical conditions including mouth, liver and breast cancer, liver disease, heart disease and depression. Alcohol related ill-health doesn't only occur among dependent drinkers; it's estimated that in England over 10 million people drink above recommended levels and are at increased risk of [health harms](#).

Early intervention through identification and brief advice (IBA) can prevent harmful patterns of drinking and dependency from developing in the first place.

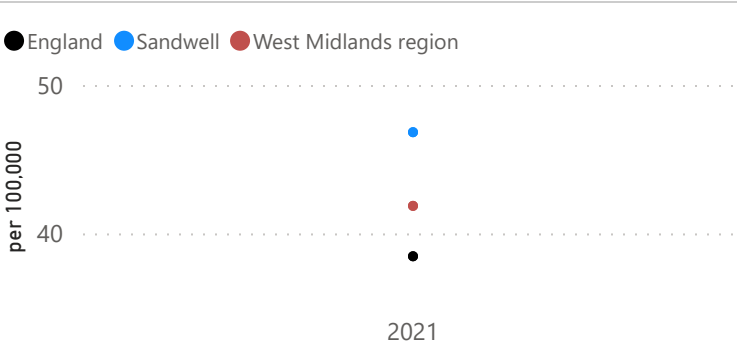
However, it's success is dependent on system-wide delivery by a range of partner organisations and professionals.

Interpretation: Sandwell has a higher alcohol-related mortality rate than either the regional and national average, however the rate of admissions for alcohol related conditions is lower.

The local service

In Sandwell, support for drugs and alcohol is provided by [Cranstoun \(18 and over\)](#)

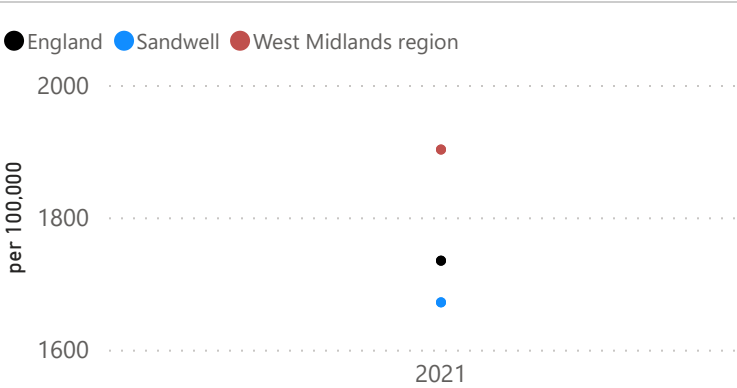
Alcohol-related mortality



Time period	Value	Lower CI	Upper CI
2021	46.8	39.2	55.5

In 2021 Sandwell had higher alcohol related mortality for all sexes when compared to England and West Midlands.

Admission episodes for alcohol-related conditions (Broad)



Time period	Value	Lower CI	Upper CI
2021	1671.5	1624.5	1719.5

In 2021 females within Sandwell had a lower rate of admission per 100,000 for alcohol related conditions (Broad) compared to England & West Midlands region. Males are higher than England but lower than West Midlands. Person level data is lower when compared to both geographic areas

Female

Male

Persons

Key Points

NHS Health checks

NHS Health Checks are offered to 40 to 74 years old who have no pre-existing health issues. More information can be found [here](#).

Interpretation:

People receiving NHS health checks-

Between 2016/17 to 2019/20 Sandwell residents had higher rates of health checks compared to the West Midlands and England regions. However interpretations cannot be made on the 2021/22 and beyond time period due to the Pandemic and changes with commissioning of the local service.

Offered and received by eligible population-

Sandwell has had lower uptake rates than the West Midlands and England with the gap widening. The 5 year cumulative (2018/19- 22/23) shows that 18.4% of Sandwell's eligible cohort received a NHS health checks. This is lower than England (42.3%) and West Midlands (35.4%)

Received by eligible population-

In the 2015/16-19/20 period Sandwell had a higher uptake when compared to the West Midlands and England figures. However after that time period their was a rapid downwards trend and the latest 2018/19- 22/23 figures show that 21.2% of the eligible cohort in Sandwell have received their health checks which are lower than England (27.4%) and West Midlands (26.0%)

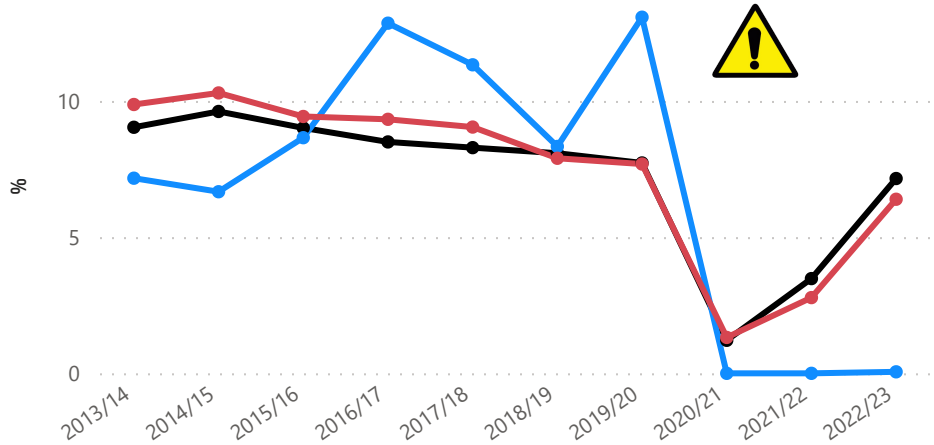
There are data quality issues with the Sandwell figures.



People receiving an NHS Health Check per year

● England ● Sandwell ● West Midlands region

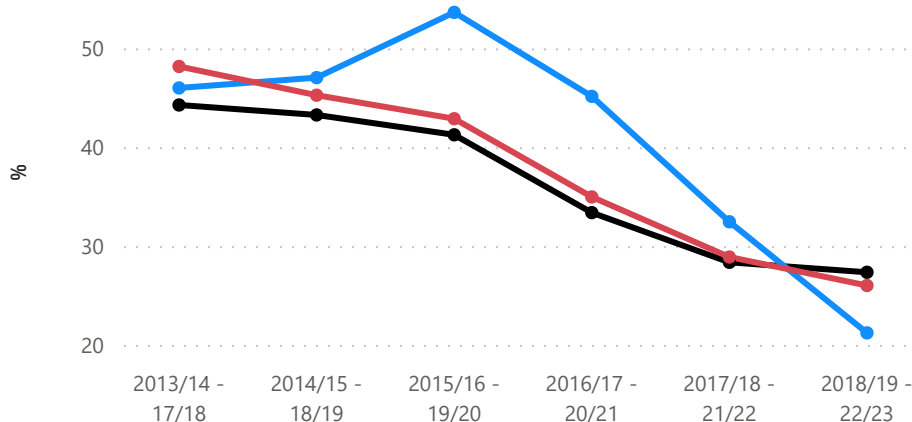
[See methodology](#)



Cumulative percentage of the eligible population aged 40 to 74 who received an NHS Health check

● England ● Sandwell ● West Midlands region

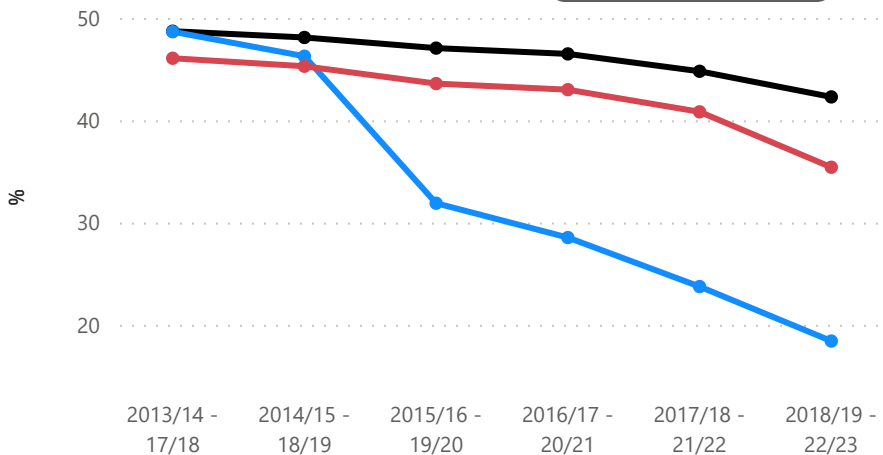
[See methodology](#)



Cumulative percentage of the eligible population aged 40 to 74 offered an NHS Health Check who received an NHS Health Check

● England ● Sandwell ● West Midlands region

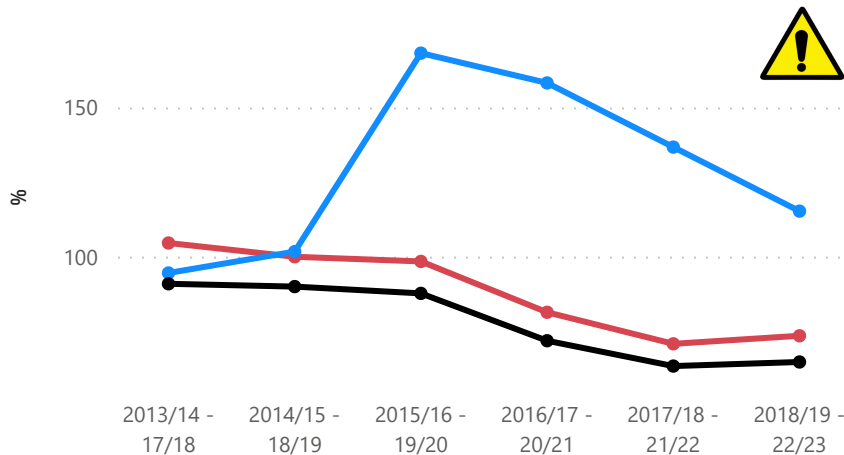
[See methodology](#)



Cumulative percentage of the eligible population aged 40 to 74 offered an NHS Health Check

● West Midlands region ● Sandwell ● England

[See methodology](#)





Data Sources

Fingertips Profiles - see individual methodology for data on indicators

Contact

If you have any queries or comments please contact the Public Health Research and Intelligence Team:

research_sandwell@sandwell.gov.uk



Sandwell
Metropolitan Borough Council