



# Bentley and Binsted

Health and Wellbeing July 2018

# Basic Facts

- ▶ 3137 people (2015)
- ▶ 1131 Households
- ▶ 46% Male, 54% female
- ▶ 0 to 17 years = 673
- ▶ 18 - 64 years = 1713
- ▶ 65+ years = 597
- ▶ Majority White British
- ▶ Second biggest ethnic group Asian/Asian British (46 people)
- ▶ Approximately 85% self report being in very good or good health
- ▶ Less than 10% self report very bad or bad health
- ▶ Life Expectancy Males 79.5 years, Females 83.1%

# Child Weight - Bentley and Binsted

- ▶ Data from National Child Measurement Programme
- ▶ Reception Year - 24.4% (3.5% obese) East Hants 22.2%
- ▶ Year 6 - 19.9% (9.5%) East Hants 29.6%
- ▶ Trend is increasing

<https://fingertips.phe.org.uk/profile/public-health-outcomes-framework/data#page/0/gid/1000042/pat/6/par/E12000008/ati/101/are/E07000085>

<https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2016-17-school-year>

# Hospital Admission Children

- ▶ Admission due to injury aged 0 to 4 years per 10,000 population
- ▶ Bentley and Binsted 163.6
- ▶ East Hants 136.8
- ▶ Hampshire 131.7
- ▶ England 138.7

# Adult Lifestyle

- ▶ Obese Adults 18 years +:
- ▶ Bentley and Binsted = 19% 426 people
- ▶ Estimated excess weight = 60.9%
  
- ▶ Binge Drinking:
- ▶ Bentley and Binsted = 18% 406 people
- ▶ East Hants = 17.7%
  
- ▶ Healthy Eating:
- ▶ Bentley and Binsted = 37.2% 834 people
- ▶ East Hants = 30.8%
- ▶ East Hants 57.3% get “5 a day”

# Hospital Admissions due to Harm and Injury

- ▶ Hospital Stays for Self Harm: Bentley and Binsted: 34 (EH: 81.9)
- ▶ Hospital admissions caused by unintentional and deliberate injuries in young people (aged 15-24 years): East Hants: 161.5/10,000 pop
- ▶ Alcohol Related Harm: Bentley and Binsted: 59.2 (EH: 65.8)
- ▶ Emergency Adm Hip Fracture: Bentley ad Binsted: 120.3 (EH: 93.7)
- ▶ Elective Surgery Hip Replacement : Bentley ad Binsted: 99.3 (EH: 102.8)
- ▶ Elective Surgery Knee Replacement: Bentley and Binsted: 73.3 (EH:83)

# Emergency Hospital Admissions

- ▶ 2011/12 - 2015/16
- ▶ **Stroke = 26 people (similar to England rate)**
- ▶ Coronary Heart Disease = 17 people
- ▶ Heart Attack (MI) = 11
- ▶ COPD = 11

# Bentley Village Surgery Data

Patients being treated for raised blood pressure :

496 = 14.6% (EH 20.6%)

Estimated Prevalence = 26.8%

12.2% (approx 414) of patients undiagnosed.

Type 2 Diabetes 5% of population (England 6.7%), of these

32% are aged 40 64 years (England, 42.8%)

48% are 65 - 79 years (England, 38%)

16% are over 80 years (England, 13.8%)

Increasing trend 2015/16 = 4.2

Diagnosis rate 72.5%

10.9% smoking prevalence

11% smoking prevalence at time of delivery



# Proposed Health Priorities

1. Child Excess weight - under 5 years old
2. Stroke/Diabetes Prevention:
  - Blood pressure awareness
  - Adult weight management
  - Physical Activity
  - Smoking cessation - maternity
  - Sensible drinking
3. Falls Prevention Older Adults
4. Hospital Admission due to injury - children 0 to 4 years

## **Not included in this review**

Emotional/mental wellbeing

Self Harm/injury 15 - 24 years

Isolation

Social Prescribing

# Resources

## ▶ Children

- ▶ Start 4 Life - <https://www.nhs.uk/start4life>
- ▶ Change 4 life - <https://www.nhs.uk/change4life>
- ▶ Baby Buddy - <https://www.bestbeginnings.org.uk/baby-buddy>
- ▶ ROSPA - <https://www.rospa.com>
- ▶ Child Accident Prevention Trust - <https://www.capt.org.uk>

## ▶ Adults

- ▶ One You - <https://www.nhs.uk/oneyou/>
- ▶ Healthier You - <https://preventing-diabetes.co.uk>
- ▶ Know Your Numbers - <http://www.bloodpressureuk.org/microsites/kyn/Home>
- ▶ British Heart Foundation - <https://www.bhf.org.uk>
- ▶ Don't Bottle It Up <https://dontbottleitup.org.uk>
- ▶ POWeR - Adult online weight management  
<https://www.hants.gov.uk/news/Oct30power>

# Useful you tube clips

The Alternative Guide to the New NHS

<https://www.youtube.com/watch?v=DEARD4I3xtE>

What is Public health

<https://www.youtube.com/watch?v=oy1CAMObRzc>

What is Social Prescribing

<https://www.youtube.com/watch?v=O9azfXNcqD8>