

Middlesbrough Health Scrutiny III Health Prevention

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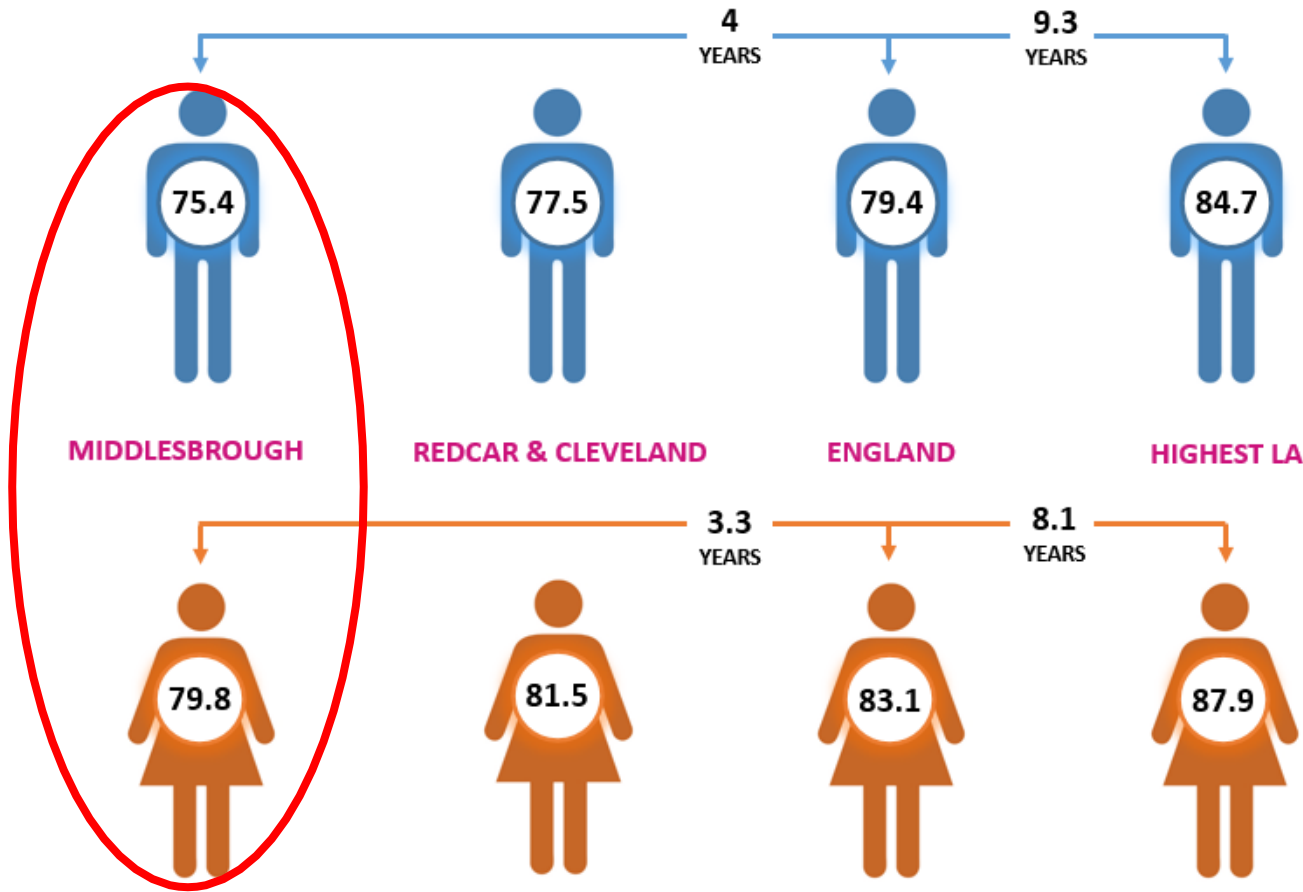
Aim

To provide an overview key data on risk factors for ill health and rates of preventable mortality across Middlesbrough

To update on the work of Public Health South Tees in preventing ill health, reducing inequalities through prevention and early detection of disease



Life Expectancy at Birth (2018-20)



Gap Widening VS England

Redcar & Cleveland

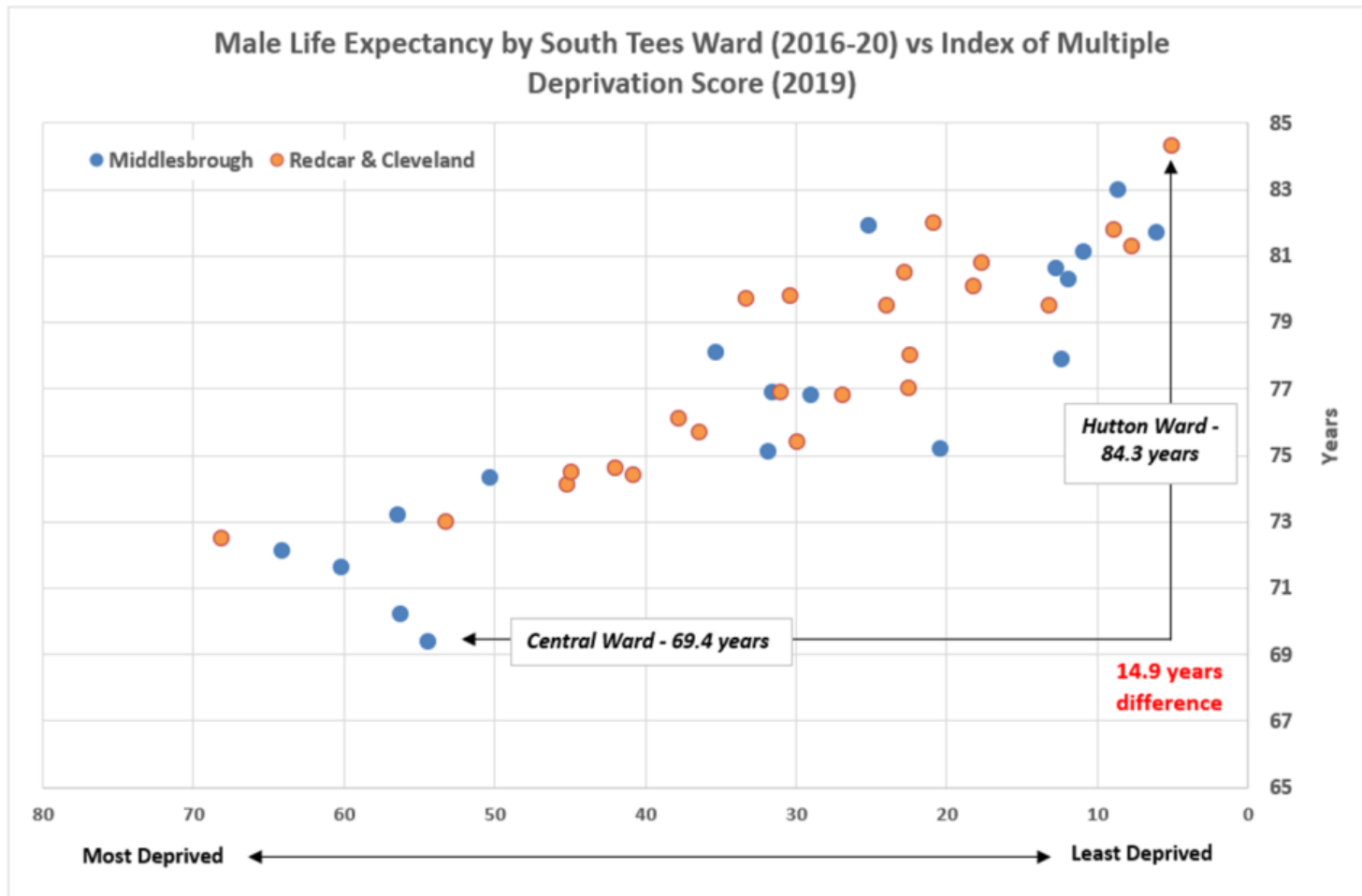
	Male	Female
2010-12	0.6 years	1.1 years
2018-20	1.9 years	1.6 years

Middlesbrough

	Male	Female
2010-12	2.9 years	2.7 years
2018-20	4 years	3.3 years

Source – ONS

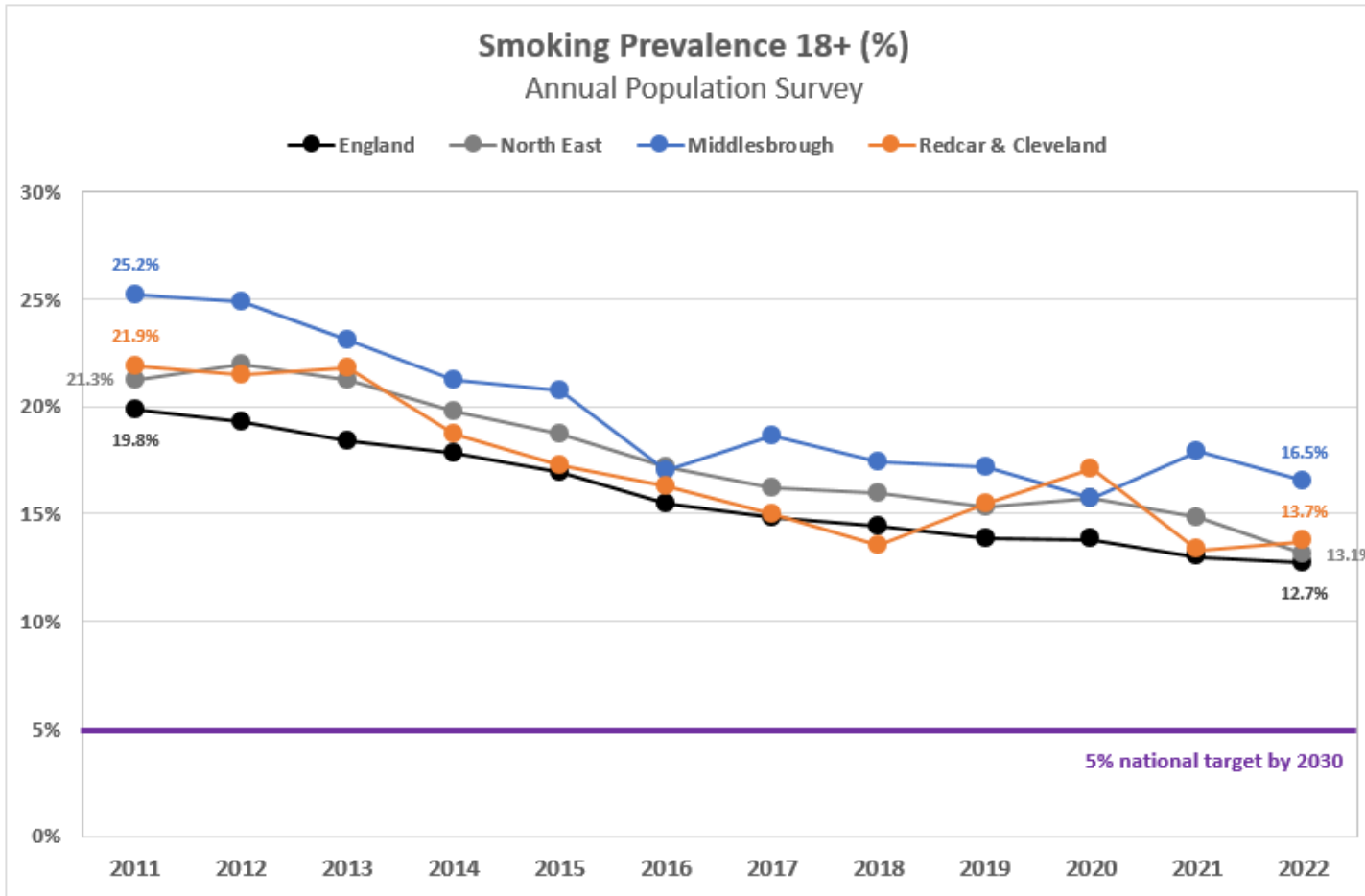
Male Life Expectancy at Birth by Ward



Source – Local Health, OHID & IMD



Risk Factor - Smoking



- Smoking prevalence rate in Middlesbrough in 2022 is 16.5% higher than England rate 12.7%
- In England there has been a steady decline in smoking prevalence in the adult population, with a reduction from 19.8% in 2011 to 12.7% in 2022
- In Middlesbrough, the rates although fluctuate have also reduced.

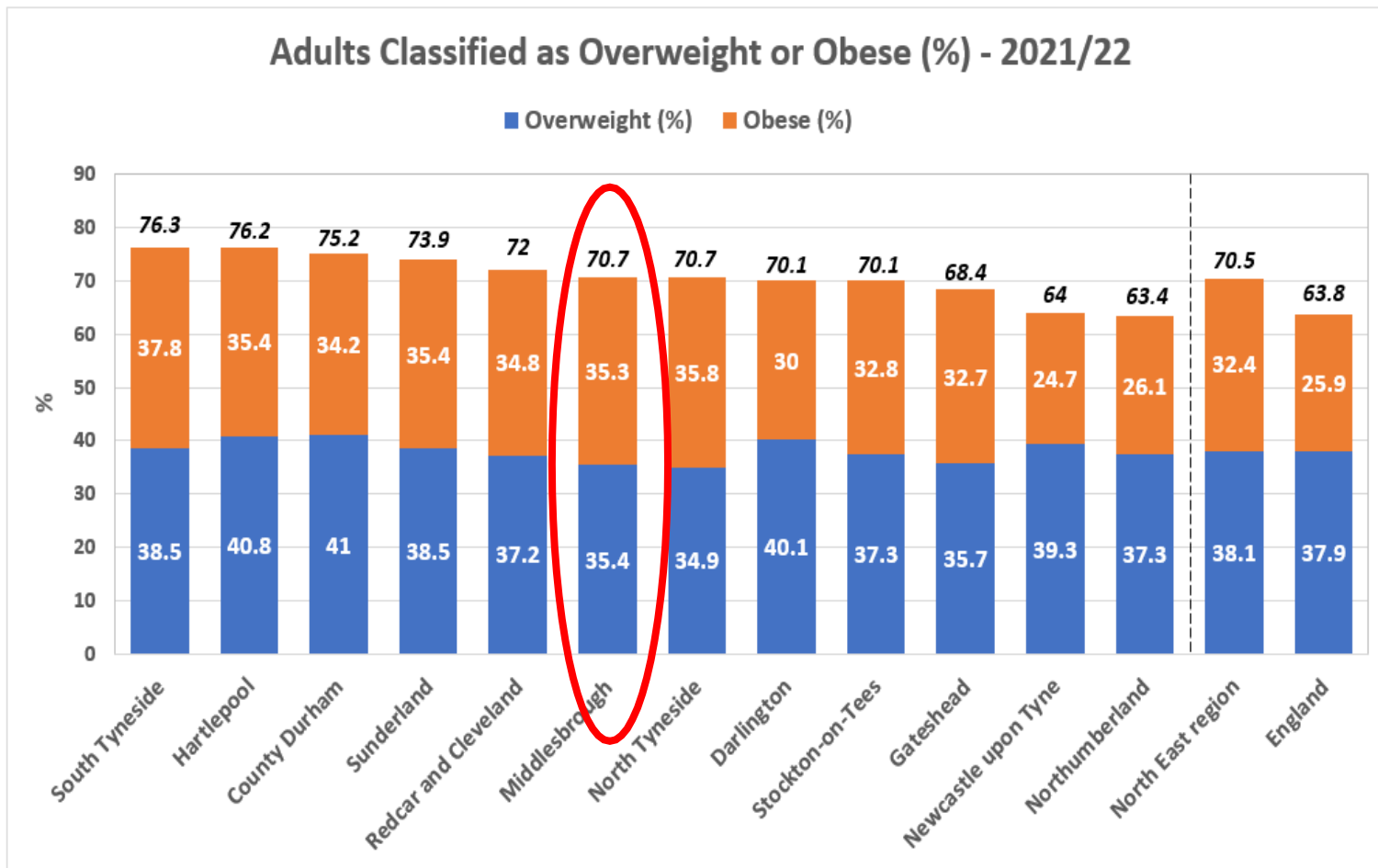
Source – Annual Population Survey, ONS

Risk Factor - Alcohol

	Indicator	Period	Middlesbrough		Redcar & Cleveland		Region	England
			Count	Value	Count	Value		
Mortality	Alcohol-related mortality (rate per 100,000)	2021	66	51.6	69	47.4	50.4	38.5
	Alcohol-specific mortality (rate per 100,000)	2021	28	21.5	31	21.6	20.4	13.9
	Under 75 mortality rate from alcoholic liver disease (rate per 100,000)	2021	17	14.3	23	17.7	17.2	11.5
	Mortality from chronic liver disease, all ages (rate per 100,000)	2021	21	16.1	29	19.8	21.6	14.5
	Potential years of life lost due to alcohol-related conditions (Male) (rate per 100,000)	2020	1,122	1,796	1,146	1,737	1,531	1,116
	Potential years of life lost due to alcohol-related conditions (Female) (rate per 100,000)	2020	594	968	628	914	796	500
Admissions	Admission episodes for alcohol-specific conditions (rate per 100,000)	2021/22	1,125	855	1090	802	991	626
	Admission episodes for alcohol-related conditions (Narrow) (rate per 100,000)	2021/22	843	638	885	627	721	494
	Admission episodes for alcohol-related conditions (Broad) (rate per 100,000)	2021/22	2,791	2,138	2,922	1,985	2,323	1,734
	Admission episodes for alcohol-specific conditions - Under 18s (rate per 100,000)	2018/19 - 20/21	35	35.6	30	36.2	52	29.3
Availability	Number of premises licensed to sell alcohol per square kilometre	2021/22	425	7.9	411	1.7	1.1	1.3

Source – Local Alcohol Profiles, OHID

Risk Factor - Obesity



Source – Fingertips, OHID



Premature Mortality

- Number and proportion of ALL deaths for 3-year period between 2019 and 2021

- Top 10 highest causes of deaths for under 75-year-olds

All Ages

Top 10 cause of death (2019-21)	England	Middlesbrough		Redcar & Cleveland	
	%	No.	%	No.	%
Cancer (malignant neoplasms)	25.5%	1,214	25.6%	1,386	27.2%
Dementia and Alzheimer disease	11.6%	537	11.3%	524	10.3%
Ischaemic heart diseases	9.7%	457	9.6%	496	9.7%
COVID-19	8.2%	415	8.7%	371	7.3%
Cerebrovascular diseases	5.1%	195	4.1%	255	5.0%
Chronic lower respiratory diseases	4.9%	306	6.5%	330	6.5%
Influenza and pneumonia	3.6%	162	3.4%	149	2.9%
Symptoms, signs & ill-defined	2.7%	130	2.7%	162	3.2%
Accidents	2.7%	188	4.0%	169	3.3%
Cirrhosis & other diseases of liver	1.6%	84	1.8%	101	2.0%
Total Top 10	75.7%	3,688	77.8%	3,943	77.4%
Total deaths all causes	100%	4,743	100%	5,096	100%

Source – Mortality statistics, NOMIS (ONS)

Under 75 years old

Top 10 cause of death (2019-21)	England	Middlesbrough		Redcar & Cleveland	
	%	No.	%	No.	%
Cancer (malignant neoplasms)	35.6%	569	32.0%	634	35.4%
Ischaemic heart diseases	11.1%	176	9.9%	200	11.2%
COVID-19	7.4%	119	6.7%	101	5.6%
Chronic lower respiratory diseases	5.0%	142	8.0%	122	6.8%
Cirrhosis & other diseases of liver	4.2%	72	4.1%	74	4.1%
Accidents	4.2%	125	7.0%	100	5.6%
Cerebrovascular diseases	3.6%	42	2.4%	55	3.1%
Suicide and injury/poisoning	2.8%	36	2.0%	53	3.0%
Accidental poisoning	2.2%	91	5.1%	41	2.3%
Influenza and pneumonia	1.9%	40	2.3%	20	1.1%
Total Top 10	78.0%	1,412	79.5%	1,400	78.1%
Total deaths all causes	100%	1,776	100%	1,792	100%

Source – Mortality statistics, NOMIS (ONS)

Cancer Screening

South Tees GP Practice		Breast screening coverage (50-70 yrs old)		Bowel screening coverage (60-74 yrs old)		Cervical screening coverage (25-49 yrs old)		Cervical screening coverage (50-64 yrs old)	
		Count	%	Count	%	Count	%	Count	%
M'bro	Thorntree Surgery	128	52.7	122	44.5	265	63.2	115	64.6
M'bro	Westbourne Medical Centre	413	63.3	454	61.2	560	64.4	333	71.3
M'bro	Kings Medical Centre	569	67.4	583	60.8	798	71.8	445	75.6
M'bro	Crossfell Health Centre	716	56.5	940	63.9	914	64.9	550	65.4
R&C	The Eston Surgery	249	51.6	372	64.4	460	71.9	259	74.2
M'bro	Hirsel Medical Centre	234	60	238	48.1	313	48.3	133	50.8
M'bro	Prospect Surgery	340	61.2	480	61.9	554	52.2	248	67
M'bro	The Erimus Practice	446	61.4	479	56.7	632	51.6	323	58.5
M'bro	The Endeavour Practice	551	64.6	642	62.9	800	49.8	395	65.5
M'bro	The Discovery Practice	482	70.8	511	69.5	703	50	363	74.8
M'bro	Newlands Medical Centre	801	67.3	1,029	65.3	825	54.2	528	65.5
M'bro	Park Surgery	703	65.1	875	64.7	1,087	59	483	67.2
R&C	South Grange Medical Group	1,055	53.4	1,556	64.5	1,679	75.4	993	73.8
M'bro	The Linthorpe Surgery	1,366	58.2	1,958	64.8	1,786	56.9	988	63.1
R&C	Woodside Surgery	528	61.2	818	67.4	613	75	419	75.8
R&C	Normanby Medical Centre	1,113	60.4	1,669	72.2	1,611	75.4	926	75.3
M'bro	Village Medical Centre	782	65.8	944	68	880	69.5	615	74.5
R&C	The Manor House Surgery	779	61.9	1,062	72.6	930	74.8	642	75.4
M'bro	Martonside Medical Centre	645	63.5	965	71.3	886	66.9	477	73.3
M'bro	The Ravenscar Surgery	317	63.4	386	67.2	391	70.8	252	75
M'bro	Bentley Medical Practice	838	63.1	1,212	66.9	981	67.8	617	68.9
R&C	The Saltscar Surgery	805	64.8	1,050	69.6	1,036	81.3	662	79
R&C	The Coatham Road Surgery	588	64.3	772	68.1	705	74.2	490	77.8
R&C	Brotton Surgery	642	60.8	929	72.2	733	71	510	70.4
R&C	The Green House Surgery	927	64.8	1,208	70.8	1,096	75.1	759	77
M'bro	Coulby Medical Practice	932	72.7	1,114	71.6	1,117	78.4	642	77.4
M'bro	Borough Road & Nunthorpe Group	1,170	63.4	1,661	72.1	1,524	68.5	918	73.4
M'bro	Parkway Medical Centre	684	63.9	1,007	72.6	1,052	77.2	543	75.7
M'bro	Cambridge Medical Group	604	64.9	796	66.6	754	73.6	458	70.6
R&C	Hillside Practice	960	65.2	1,380	70.2	1,064	77.9	760	74.9
M'bro	Bluebell Medical Centre	897	67.5	1,280	72.9	1,385	77.5	697	81
R&C	Huntcliff Surgery	1,108	67.8	1,564	74.7	1,027	78.9	860	78.2
R&C	The Garth	1,250	71.9	1,710	74.9	1,261	79.9	887	77.2
R&C	Zetland Medical Practice	788	72	1,088	72.4	677	75.8	529	72.6
R&C	Springwood Surgery	928	75	1,416	79.3	861	79.9	604	77.5
	South Tees CCG	25,350	64	34,277	68.8	32,026	68.3	19,433	72.6
	England	4,716,816	62.3	6,446,929	70.3	7,142,114	68.6	3,986,392	75

Source – GP Practice Profiles, OHID

Appendix – Cause of death (treatable/preventable)

Condition group and cause	Treatable	Preventable	Condition group and cause	Treatable	Preventable	Condition group and cause	Treatable	Preventable
Infectious diseases			Endocrine and metabolic diseases			Diseases of the genitourinary system		
Intestinal diseases		•	Nutritional deficiency anaemia		•	Nephritis and nephrosis		•
Diphtheria, Tetanus, Poliomyelitis		•	Diabetes mellitus	• (50%)	• (50%)	Obstructive uropathy		•
Whooping cough		•	Thyroid disorders	•		Renal failure		•
Meningococcal infection		•	Adrenal disorders	•		Renal colic		•
Sepsis due to streptococcus pneumonia/haemophilus influenzae		•	Diseases of the nervous system			Disorders resulting from renal tubular dysfunction		
Haemophilus influenza infections		•	Epilepsy	•		Unspecified contracted kidney, small kidney of unknown cause		•
Sexually transmitted infections (except HIV/AIDS)		•	Diseases of the circulatory system			Inflammatory diseases of genitourinary system		
Varicella		•	Aortic aneurysm	• (50%)	• (50%)	Prostatic hyperplasia		•
Measles		•	Hypertensive diseases	• (50%)	• (50%)	Pregnancy, childbirth and the perinatal period		
Rubella		•	Ischaemic heart diseases	• (50%)	• (50%)	Tetanus neonatorum		•
Viral Hepatitis		•	Cerebrovascular diseases	• (50%)	• (50%)	Obstetrical tetanus		•
HIV/AIDS		•	Other atherosclerosis	• (50%)	• (50%)	Pregnancy, childbirth and the puerperium		•
Malaria		•	Rheumatic and other heart diseases	•		Certain conditions originating in the perinatal period		•
Haemophilus and pneumococcal meningitis		•	Venous thromboembolism	•		Congenital malformations		
Tuberculosis	• (50%)	• (50%)	Diseases of the respiratory system			Certain congenital malformations (neural tube defects)		
Scarlet fever	•		Influenza		•	Congenital malformations of the circulatory system		
Sepsis	•		Pneumonia due to streptococcus pneumonia/haemophilus influenza		•	Adverse effects of medical and surgical care		
Cellulitis	•		Chronic lower respiratory diseases		•	Drugs, medicaments, biological substances causing adverse effects		
Legionnaires disease	•		Lung diseases due to external agents		•	Misadventures to patients during surgical and medical care		
Streptococcal and enterococci infection	•		Upper respiratory infections		•	Medical devices associated with adverse incidents		
Other meningitis	•		Pneumonia, not elsewhere classified or organism unspecified		•	Injuries		
Meningitis due to other and unspecified causes	•		Acute lower respiratory infections		•	Transport Accidents		
Neoplasms			Asthma and bronchiectasis		•	Accidental injuries		
Lip, oral cavity and pharynx cancer		•	Adult respiratory distress syndrome		•	Intentional self-harm		
Oesophageal cancer		•	Pulmonary oedema		•	Event of undetermined intent		
Stomach cancer		•	Abscess of lung and mediastinum pyothorax		•	Assault		
Liver cancer		•	Other pleural disorders		•	Alcohol-related and drug-related deaths		
Lung cancer		•	Diseases of the digestive system			Alcohol-specific disorders and poisonings		
Mesothelioma		•	Gastric and duodenal ulcer		•	Other alcohol-related disorders		
Skin (melanoma) cancer		•	Appendicitis		•	Drug disorders and poisonings		
Bladder cancer		•	Abdominal hernia		•	Intentional self-poisoning by drugs		
Cervical cancer	• (50%)	• (50%)	Cholelithiasis and cholecystitis		•	Provisional assignment of new diseases		
Colorectal cancer	•		Other diseases of gallbladder or biliary tract		•	COVID-19		
Breast cancer (female only)	•		Acute pancreatitis		•			
Uterus cancer	•		Other diseases of pancreas		•			
Testicular cancer	•							
Thyroid cancer	•							
Hodgkin's disease	•							
Lymphoid leukaemia	•							
Benign neoplasm	•							

Source – Avoidable mortality by local authorities in England, ONS



JSNA – Live Well – Mission 3

Aims	Mission	Goal
Live Well	We will support people and communities to build better health	<p>We want to reduce the prevalence of the leading risk factors for ill health and premature mortality</p> <p>We want to find more diseases and ill health earlier and promote clinical prevention interventions and pathways across the system</p>



South Tees Health
& Wellbeing Board

Middlesbrough
Scrutiny

Ill Health
Prevention
Partnership

1. Primary Prevention

preventing diseases before they develop through health promotion, education, MECC, best start in life, public health prevention in maternity

2. Secondary Prevention

early detection of people at risk, cancer screening programmes (bowel, breast, cervical), targeted lung health checks, smoking cessation, weight management and obesity, AUDIT C screening for alcohol, NHS health checks

3. Tertiary Prevention

managing established disease, avoiding further complications through Specialist Physical Activity Service, cardiac rehab for stroke patients, home adaptations, inpatient detoxification.

PHST Strategy - IHP priorities 24-27

1. Develop a **South Tees Ill Health Prevention Partnership** which provides a link between the Health and Wellbeing Board and partner organisations that have a role in the delivery of ill health prevention, including oversight of the delivery of Care Act prevention duties.
2. Increase uptake of screening programmes to ensure early presentation, diagnosis, and timely access to treatment.
3. Increase understanding and access to prevention through behavioural science and community mobilization in target communities.
4. Work in partnership with primary care to improve uptake of prevention services (NHS Health Checks, SMI Smoking pilot, Type 2 Diabetes LCD, Digital Weight Management), ensuring the use of population health intelligence to identify need and variation across practices.
5. Develop and embed Health on the High Street, integrating health and social care services, and supporting healthy communities and places.
6. Review all primary, secondary and tertiary prevention programmes provided or commissioned by Public Health (including the Healthy Child Programme and the Specialist Physical Activity service), particularly to improve impact on health equity and effectiveness.
7. Improve partnership working with social care to ensure prevention is embedded within social care programmes and plans.
8. Embed Health Inequalities National Policy Drivers and Health Inequalities Impact Assessment in the work of the Foundation Trusts and Primary Care Networks.





What opportunity do you have to Make Every Contact Count today?

The smallest changes can make the biggest difference
www.meccgateway.co.uk/nenc



MECC showcase
<https://f.io/qckcgHZV>



CASE STUDY 2

Jonathan Ferguson - Consultant Thoracic Surgeon, STFT

- "During a training course in London, I observed a colleague attempting to sneak a cigarette. Aware of the colleague's struggle to quit smoking during the 12-day course, I initiated a conversation. It was revealed that traditional methods had failed, prompting a thoughtful discussion with my colleague agreeing that a more tailored approach was necessary, deciding that reducing cigarette consumption and introducing a vape might be a viable solution. The colleague embraced this personalized strategy and arrived the next morning smoke-free, emphasizing the importance of individualized solutions. This experience highlighted the limitations of one-size-fits-all approaches, emphasizing the need for flexible and personalized interventions in addressing complex challenges like smoking cessation".



What opportunity do you have to Make Every Contact Count today?
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Ask me about MECC Ask me about MECC Ask me about MECC Ask me about MECC Ask me about MECC

Stop Smoking Service



- PH inhouse service offering 12-week Programme of behaviour change support and full range of NRT (incl. free vapes - swap to stop)
- Flexible appointments - late night / weekend appointments at a range of venues including home visits for house bound / care home residents
- Jan to Dec 23 data included 2021 referrals, with majority of those accessing being working age adults.
- 63% of Middlesbrough residents successfully quit (higher than England average 54%). The most deprived wards across South Tees have the highest rates of people accessing the SSS.
- Severe Mental Illness SSS pilot.



Cancer Screening



NENC Cervical
Screening HEA report

DATA

Local Behavioural
Insights into **HPV**
vaccine uptake
inequalities

Regional **Cervical**
Screening Health
Equity Audit published

Review of No Fear
Service approach

Targeted **Lung**
Health Check

Grail

Tees Reducing
inequalities in **Bowel**
Screening Project

Regional **Breast** Health
Equity Audit imminent

LD Bowel screening
processes

Alternative languages

Rapid
Diagnostic
Service

NHS Health Checks



- Mandated function report quarterly to Secretary of State
- Designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia in 40-74 year olds.
- Shared commissioning approach across Tees with GP providing service and NECS providing data management support.
- Tier payment system introduced to encourage reduction in health inequalities (deciles 1-3 paid more than deciles 4-7 and 8-10)
- Local areas are required to invite 20% of eligible population each year. 2022/23 Middlesbrough invited 18.3% similar to England average 18.4%



NHS Health Checks - Demographics



Middlesbrough

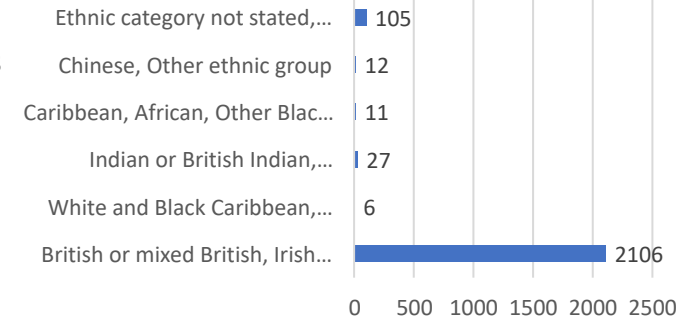
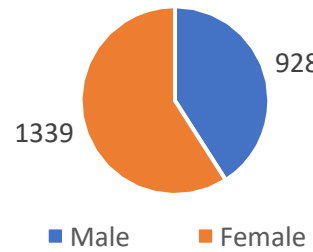
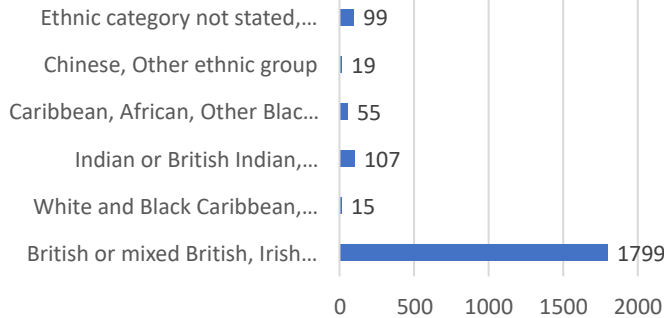
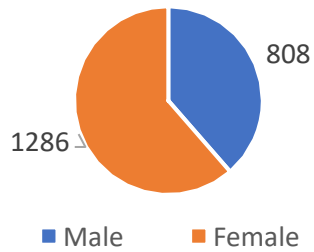
Redcar & Cleveland

Gender

Ethnicity

Gender

Ethnicity

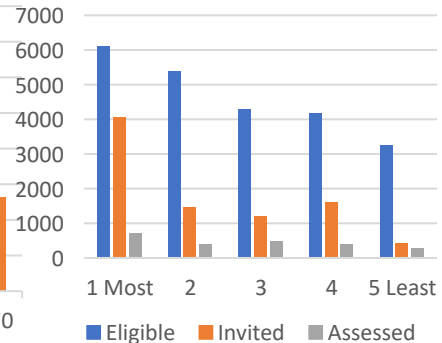
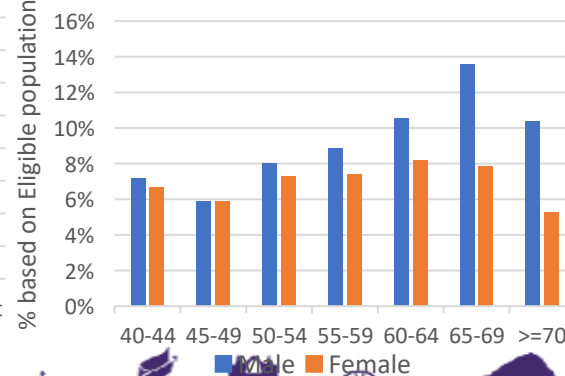
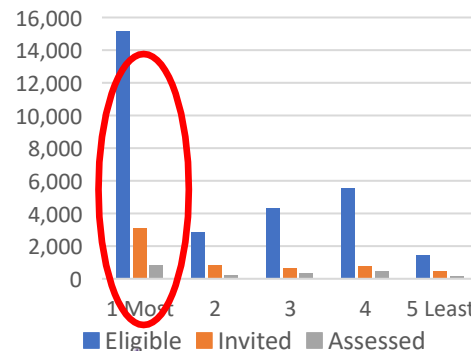
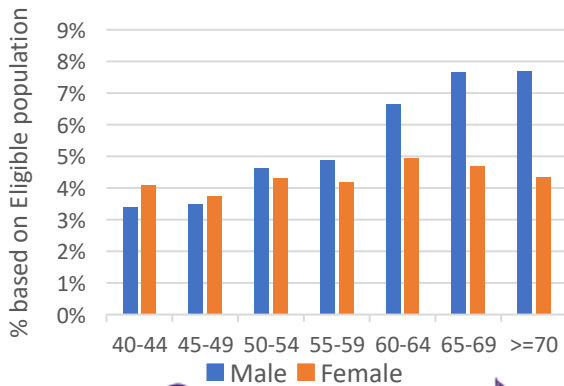


Age Groups

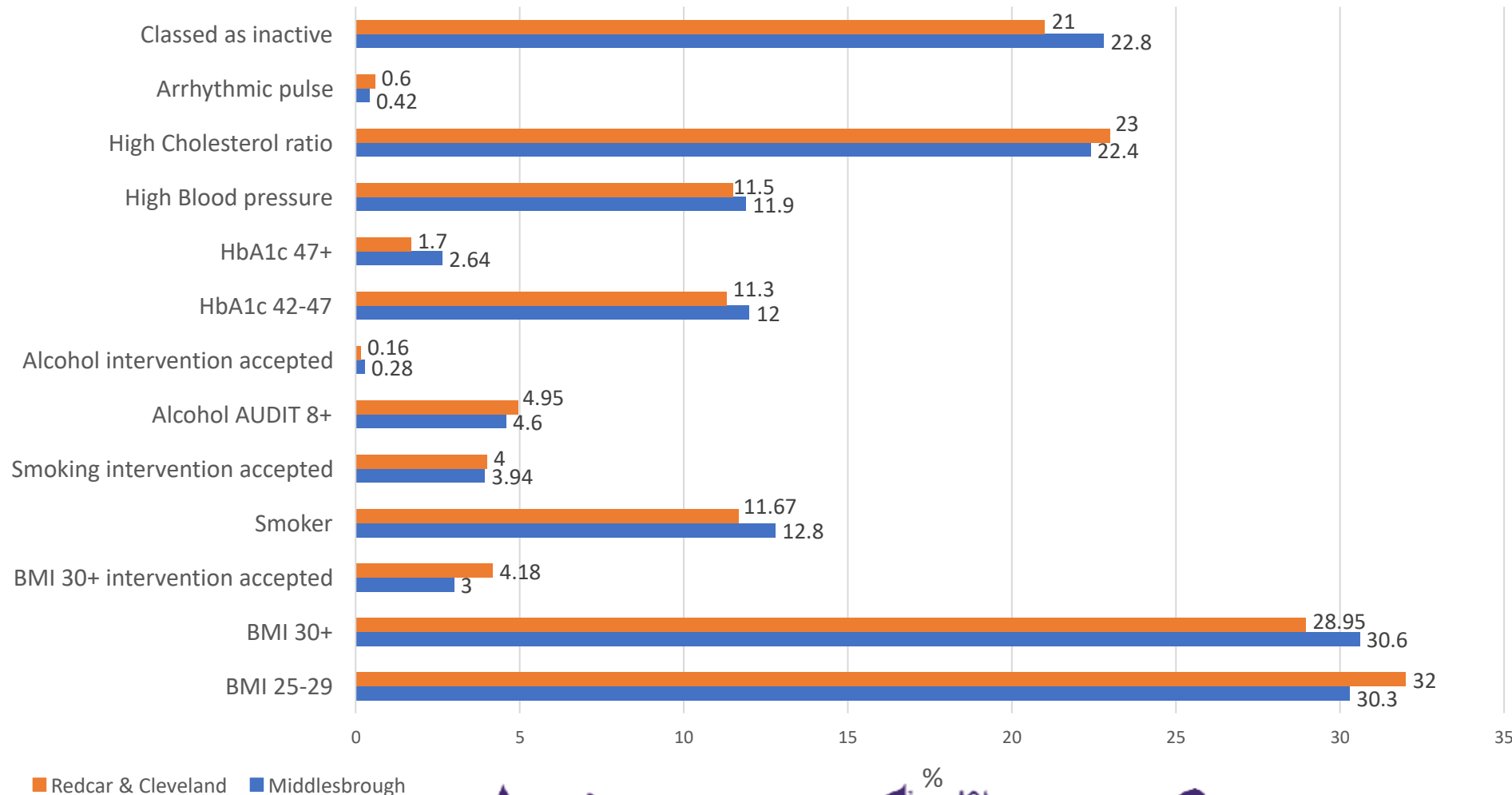
Deprivation

Age Groups

Deprivation



Findings from NHS Health Checks



Specialist Physical Activity (SPA) Team

- **3 STAGE REFERRAL PROCESS:**

- **ACTIVE** – anyone identified as ‘At risk’ of health issues and would benefit from increased physical activity as a preventative measure.
- **FUNCTIONAL** – Exercise on Referral & Post-surgery to reduce the impact of underlying health issues.
- **MAINTENANCE** – Long term condition management i.e. Neuro sessions and Stroke Rehab



Sessions Delivered by SPA Team

General Exercise Referral
Sessions (Mixed Conditions)



Gym Based Sessions

Tai Chi for Health &
Rehabilitation

Aquarobics

Chair Based Exercise

Condition Specific



Multiple Sclerosis

Waiting Well

Stroke Improvement

Parkinson's

Mental Health and
Wellbeing

Lung Health



Heating on Prescription Pilot

- Northern Gas Alliance bid
- The project target 15 Deep End Practices across 14 Middlesbrough
- Target cohort – Patients with COPD, estimates 1,322 will be identified by GP registers, or by STFT and proactively contacted and offered support
- Contact via GP letter/text/email & follow up call from practice to support engagement and increase uptake
- Individual contacted by MEC to undertake assessment of heating infrastructure, access to required equipment, vouchers to contribute towards heating home during winter, referred to LA warm homes scheme for broader assessment/housing standards scheme and MECC
- Expected Outcomes:
 - Reduced COPD exacerbation's
 - Reduced pressure on NHS services (GP appointments/hospital admissions)
 - Improved quality of life
 - Improved access to benefits
 - Warmer home during winter
 - Increase in home energy efficiency
 - Registered with priority service register
 - Increase in advice, guidance and support - citizens advice, carers together, support income maximisation
 - MECC

For more information

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