Sussex Health&Care

Eastbourne Integrated Community Team Population Profile Pack

November 2023

LSOA (2021) based ICT boundaries.
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NHS Sussex
Brighton & Hove City Council
East Sussex County Council
west sussex county council

Better health and care for all

Introduction

16 geographically based Integrated Community Teams (ICTs) across Brighton and Hove, West and East Sussex have now been agreed.

The ICT Programme Team have since implemented an ICT Data Group, enabling ICB, Public Health, Local Authority, VCSE and wider stakeholders to meet and collaborate regularly in the development and design of Sussex ICT data core profiles.

The Sussex ICT model, will be driven by data and reflective of population needs. To do this effectively we need to access a variety of data sets that enable us to understand each of the ICTs' local demographics, health needs, social determinants and wider determinants of health.

Different data sources complimented by Local Knowledge and Community Insight will be key in highlighting specific needs and challenges faced by each ICTs population. This will allow us to construct the core offer that will be delivered by ICT delivery teams, design how these teams need to be configured and what might need further local tailoring due to marked differences in population need.
These opening ICT data packs are intended to set the scene for the ICTs. Whilst they alone will not provide the final answer, they are designed to help stimulate the questions which will. After initial release in December, the packs will develop further in response to feedback to help support the ICTs in their development.

Draft Headline Findings

- Around 101,700 people live in Eastbourne, an urban area of high population density.
- Older age profile, fewer under 45s, more older people living alone, more care homes with more self-funded residents.
- Population increase (below national average) has mainly come from in-migration, with fewer births than deaths in the area.
- Less ethnically diverse than the national average, but more carers and also people with disabilities.
- 12 Core20 neighbourhoods (representing the most deprived 20% of neighbourhoods nationally) with a population of approximately 20,200.
- More children living in poverty, more people claiming out of work benefits, higher crime rate, more private renters.
- Life expectancy lower for females compared to England, higher winter mortality index.
- Top 5 causes of the greatest burdens of ill-health in East Sussex are: heart disease, low back pain, COPD, lung cancer, and stroke.
- 1 in 4 adults are classified as obese and 1 in 5 adults physically inactive.
- Nearly a third of people have high anxiety, also one of the highest prevalence rates for depression in Sussex.
- High rates of self-harm admissions and significantly high suicide rate.
- High admissions for falls injuries for older people.

Draft Headline Findings continued…

Compared to Sussex:

- Higher annual increase in GP registered patients with Lower levels of GPs, nurses and direct patient care staff
- More patients with chronic diseases to be managed in primary care, fewer heart disease patients with controlled blood pressure, lower flu vaccination rates.
- Higher standard and 2-hour referrals to urgent community response teams.
- More calls to 111, 999 and more ambulance mobilisations, more ambulance visits to care homes for treatment but not conveyance to hospital.
- Highest for A&E attendances from care homes, however fewer are admitted.
- Emergency Admissions for Ambulatory Care Sensitive Conditions are higher.
- Emergency admissions resulting in longer lengths of stay.
- Higher DNA rate for outpatient appointments, although higher rate of outpatient procedures.
- More long waiters for services at Eastbourne District general Hospital.

Within East Sussex:

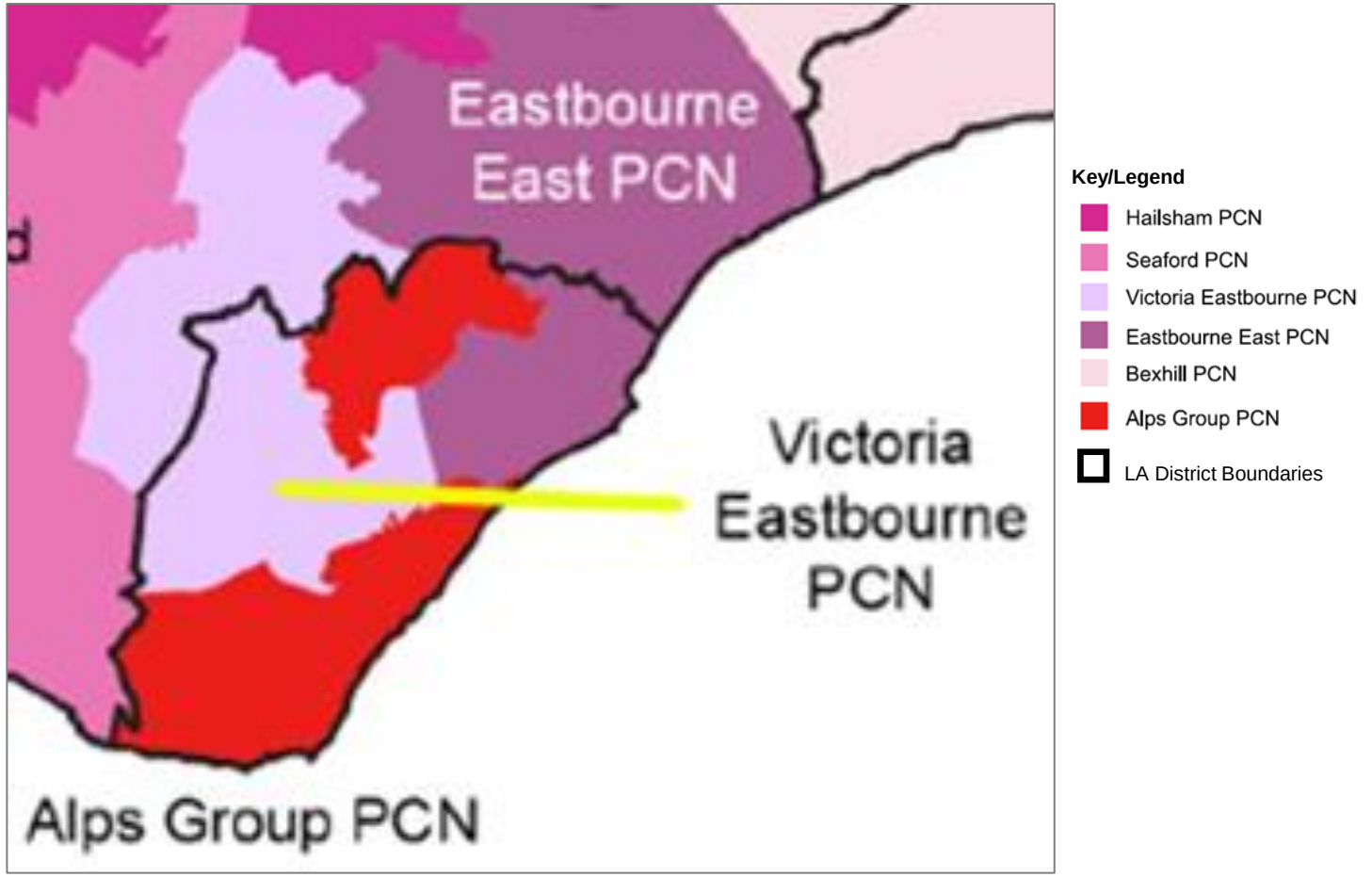
- More contacts with adult social care and higher levels of safeguarding and non-safeguarding concerns raised.
- Higher numbers in permanent nursing care.

Eastbourne ICT Geography

The geography of the ICT is not an exact match between Local Authority District and NHS practice/PCN catchment.

By general rule the slides on the health of the population will be split by District and those slides on use of healthcare services split by GP/PCN registered population.

Where slides deviate from this it is noted



Summary Contents 1

Section	Slide	Contents
Who lives here	Who lives in the ICT	Population, increases, reductions, broad age band %s
	Key Demographics	Key demographic groups within the ICT
	Population change	Age-sex profile and expected increase, including households
	Population Projections	An ageing population
Building blocks of health	Introduction	What do we mean by the building blocks of health
	Deprivation	IMD, Core20, Child poverty, Benefits, Poverty, Earnings
	Building blocks of health	Housing, Education, Employment, Crime
What services are within the ICT	Map of services	Location of services within the ICT geography

Summary Contents 2

Section	Slide	Contents
The Health of the Population	Health and Wellbeing across the life course	Headline summary of key indicators which are covered in more detail in the next 3 slides
	Main Causes of ill health, life expectancy and inequalities	Life expectancy, mortality and inequality
	Main Causes contributing to the gap in life expectancy	Causes of inequality in life expectancy
	Key risk factors for main causes of death	Risk factors are behind the main causes of death
	Starting Well	Outcomes and factors affecting them at the start of life
	Living Well	Outcomes and factors affecting them during Adult life
	Living Well - continued	Outcomes and factors affecting them during Adult life
	Ageing Well	Outcomes and factors affecting them in older age
	Dying well	Palliative Care and deaths

Summary Contents 3

Section	Slide	Contents
Healthcare services - Primary Care	Primary Care services	Size and number of GP Practices, Enhanced Services
	Long Term Conditions (Disease Burden)	Disease Registers and QOF
	Other Primary care in the ICT	Dental Activity, vaccination levels and medicines use
Healthcare services – MHLDA	Mental Health and Learning Difficulties	Dementia Diagnosis Rate, Learning Disabilities AHC, Talking therapies,
Healthcare services - Community	Community Health Services	Community Nursing, Community Beds, Community Services
Healthcare services - Non Urgent Care	Planned Care alternatives and Cancer	Advice and Guidance, DNA rates, PIFU, Cancer waiting times, FIT testing
	Planned Care	New Outpatients, Follow Up Outpatients, Outpatients with Procedures, Daycase and Elective Inpatients, OPProc:DC:EL ratio
Healthcare Services - UEC	Urgent and Emergency Care	111 calls, *999 calls, Ambulance Mobilisations*
	Acute Urgent Care	Emergency Inpatients, Long stay patients
	Care Homes: Urgent Healthcare use	Carehome numbers, 999 call rates, A&E and emergency admission rates
Adult Social Care	Adult Social Care	Contacts, patients receiving Long Term Support, Reported Quality of Life, Safeguarding concerns
Appendix	Links to useful sites	For more detail on the headlines in this pack

Who lives in Eastbourne ICT

Around 101,700 people live in Eastbourne (2021 Census)
An increase of 2.3% since 2011

Between 2011 and 2020 there have been

- 9,490 Births
- 11,769 Deaths
- 3,870 estimated increase from internal UK migration
- 2,390 estimated increase from international migration

Census 2021 data:

21% of the population is under 20,
compared to 23% for England
25% of the population is 65 or over,
compared to 18% for England
4.0% of the population is 85 or over,
compared to 2.4% for England

1,017 residents aged 65+ live in a care home (with or without nursing)

Eastbourne Integrated Community Team

LSOA (2021) based ICT boundaries.
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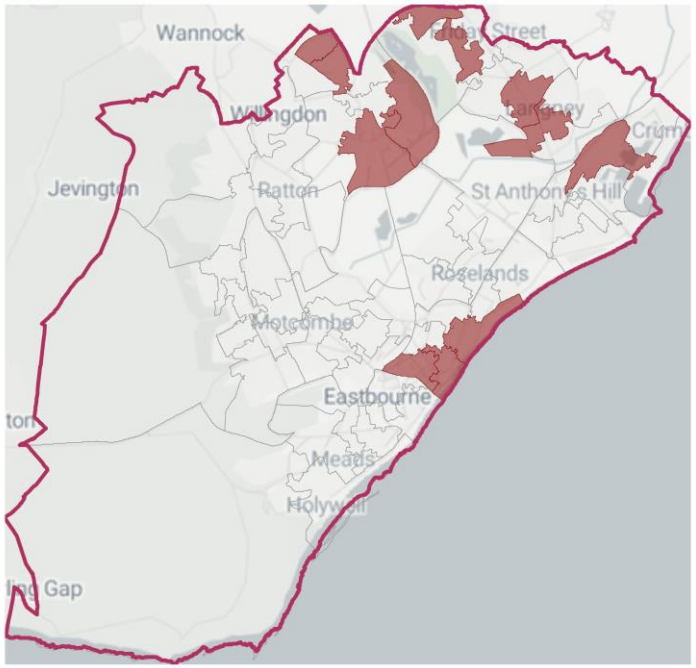
Eastbourne ICT Core20 areas;



Core 20 neighbourhood

LSOA (2011) based boundaries.
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Of the 61 neighbourhoods (2011 based LSOAs) in the Eastbourne ICT, there are **12 Core20 neighbourhoods** (representing the most deprived 20% of neighbourhoods nationally) with a population of approximately 20,200 residents (Census 2021).

health and care for all

Key Demographic Groups within Eastbourne ICT

Eastbourne ICT has similar age structure than England, with proportionally slightly more people aged over 65.

Compared to England there are fewer:

- People from ethnic minorities – less than than 1 in 5 people
- People where English is not their main language
- People who are married/in a civil partnership

But more

- LGB+
- People who previously served in the army
- People with a disability – just over 1 in 5
- People providing unpaid care nearly 1 in 10

Eastbourne ICT population groups

Age

Eastbourne has an older age structure than England:

- 21.0% of people are aged under 20 (23%)
- 54.5% aged 20-64 (58%)
- 24.5% aged 65+ (18%)

Ethnicity

17.9% of people are Black or racially minoritised* (27%):

- 3.5% Asian or Asian British (10%)
- 1.3% Black or Black British (4%)
- 2.8% Mixed or multiple ethnic group (3%)
- 0.4% Arab (0.6%)
- 8.7% White Irish or White other (8%)

Religion

43.2% of people have no religion or belief (37%):

- 45.9% Christian (46%)
- 2.2% Muslim (6.7%)
- 0.2% Jewish (0.5%)
- 0.6% Buddhist (0.5%
- 0.5% Hindu (1.8%)
- 0.0% Sikh (0.9%)
- 0.7% Other religion (0.6%)

Pregnancy & maternity

There were 883 live births in 2021[2]

Sex

Female 52.3% (51%)
Male 47.7% (49%)

Gender identity

0.5% of adults aged 16+ identified as Trans in the 2021 Census (0.5%)

Sexual orientation

3.9% of those aged 16+ identified as LGB+ (gay or lesbian, bisexual or other minority sexual orientation) (3%)

Language

For 7.3% of people, English is not their main language (9%)

1.0% do not speak English well (1.6%)

Disability

21.6% of residents are disabled under the Equality Act (17%)

Children in care

At the end of March 2022, there were 628 children aged 0-17, 62 per 10,000, living in care in East Sussex (England 70 per 10,000)[1] UTLA

Veterans

4.7% of people aged 16+ stated on the 2021 Census that they had previously served in the armed forces (3.8%)

Marriage / civil partnership

41.6% of people aged 16+ are married or in a civil partnership (45%)

35.8% Never married/civil partnership (38%)
2.6% Separated (2%)
12.2% divorced/civil partnership dissolved (9%)
7.8% widowed / surviving civil partnership partner (6%)

Carers

9.7% of people provide unpaid care (9%)

England figure in brackets

Source: Census 2021 unless otherwise stated
[1] Department for Education, [2] ONS
* Non White UK/British
UTLA: Only available at UTLA level

Current population & change over the last 10 years?

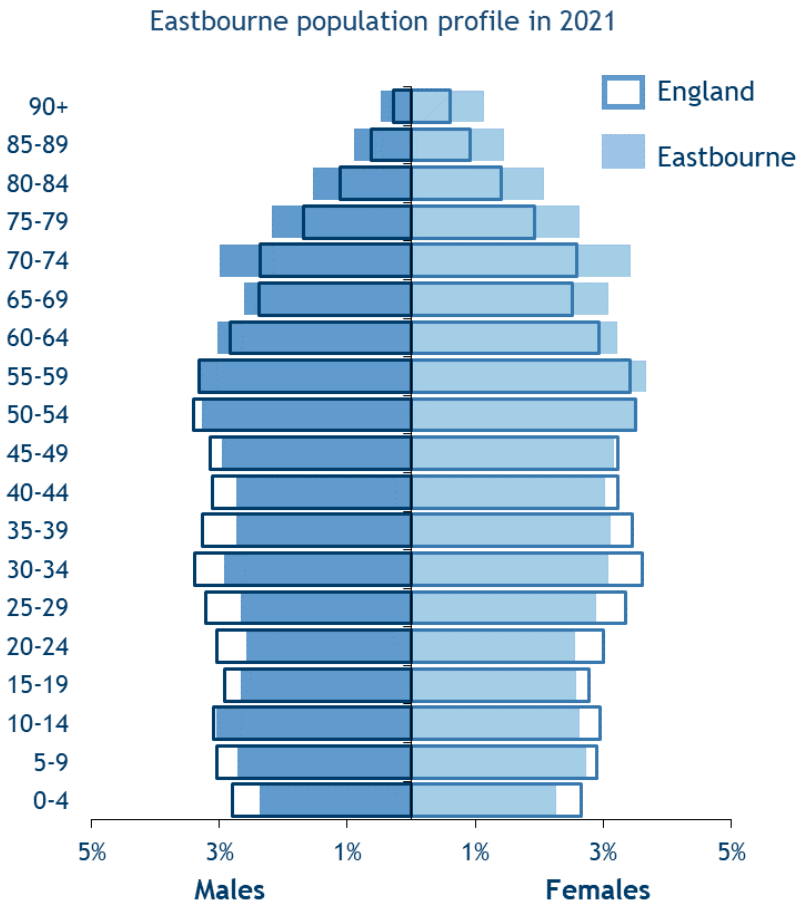
In Eastbourne ICT

- There are relatively more women and men aged 55+ than England
- Overall there relatively fewer younger people than England, particularly in the under 45 year olds

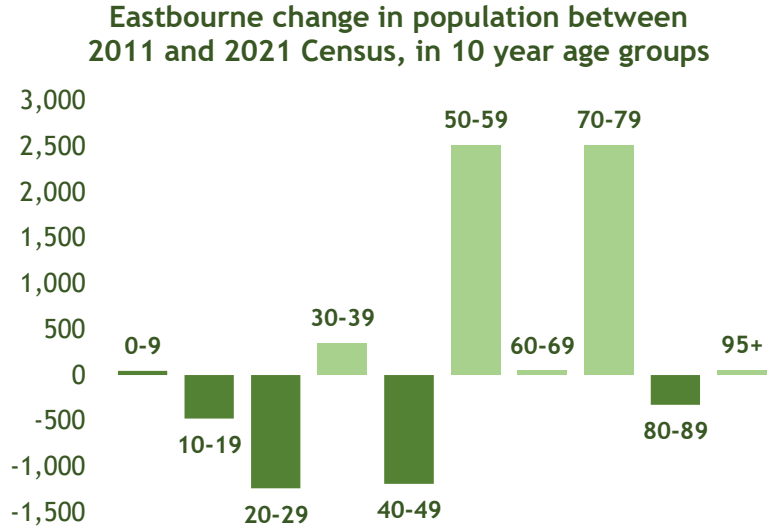
Between 2011 and 2021

- The total population has increased by 2.3% which was lower than England (6.6%)
- The largest % increase was in the 70-79 year olds, which has increased by 2,506 (28.2%) since 2011

Total population 101,681



Increase in population 2,281



	2021	2011	Eastbourne change	Eastbourne %	England %
0-19	21,370	21,800	-430	-2.0%	2.7%
20-64	55,388	55,300	88	0.2%	4.4%
65+	24,923	22,300	2,623	11.8%	20.1%
All ages	101,681	99,400	2,281	2.3%	6.6%

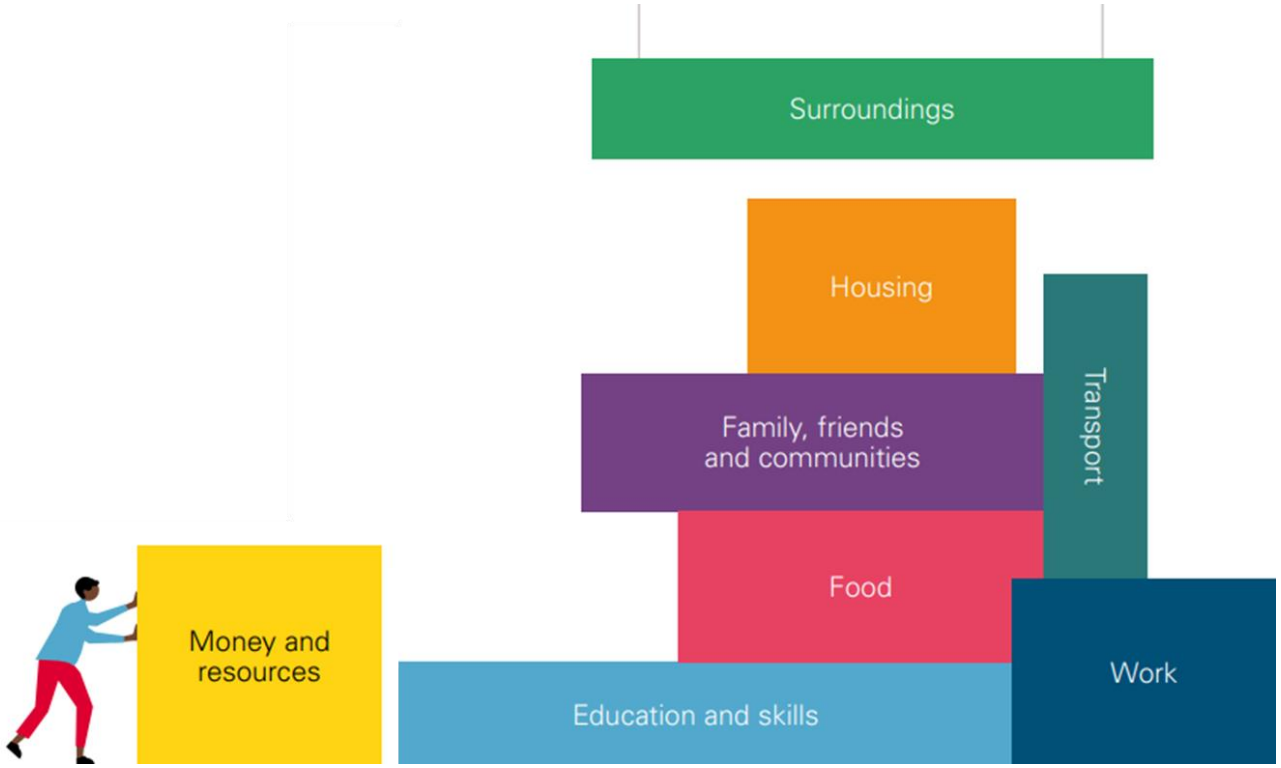
How is the population expected to change over the next ten years?

PLACEHOLDER SLIDE

Please note – population projects rebased for 2021 Census will not be published until early 2024

The building blocks of Health

- When we don’t have the things we need, like warm homes and healthy food, and are constantly worrying about making ends meet, it puts a strain on our physical and mental health. This results in poorer physical and mental health, earlier onset of conditions and earlier death.
- Almost every aspect of our lives impacts our health and ultimately how long we will live – our jobs and homes, access to education and public transport and whether we experience poverty or discrimination. These are the building blocks of health.
- To create a county where everybody can thrive, we need all of the right building blocks in place:



Source: [How to talk about the building blocks of health - The Health Foundation]

Building blocks of health in Eastbourne ICT

In Eastbourne ICT, there is a similar percentage of people living in more deprived areas as England.

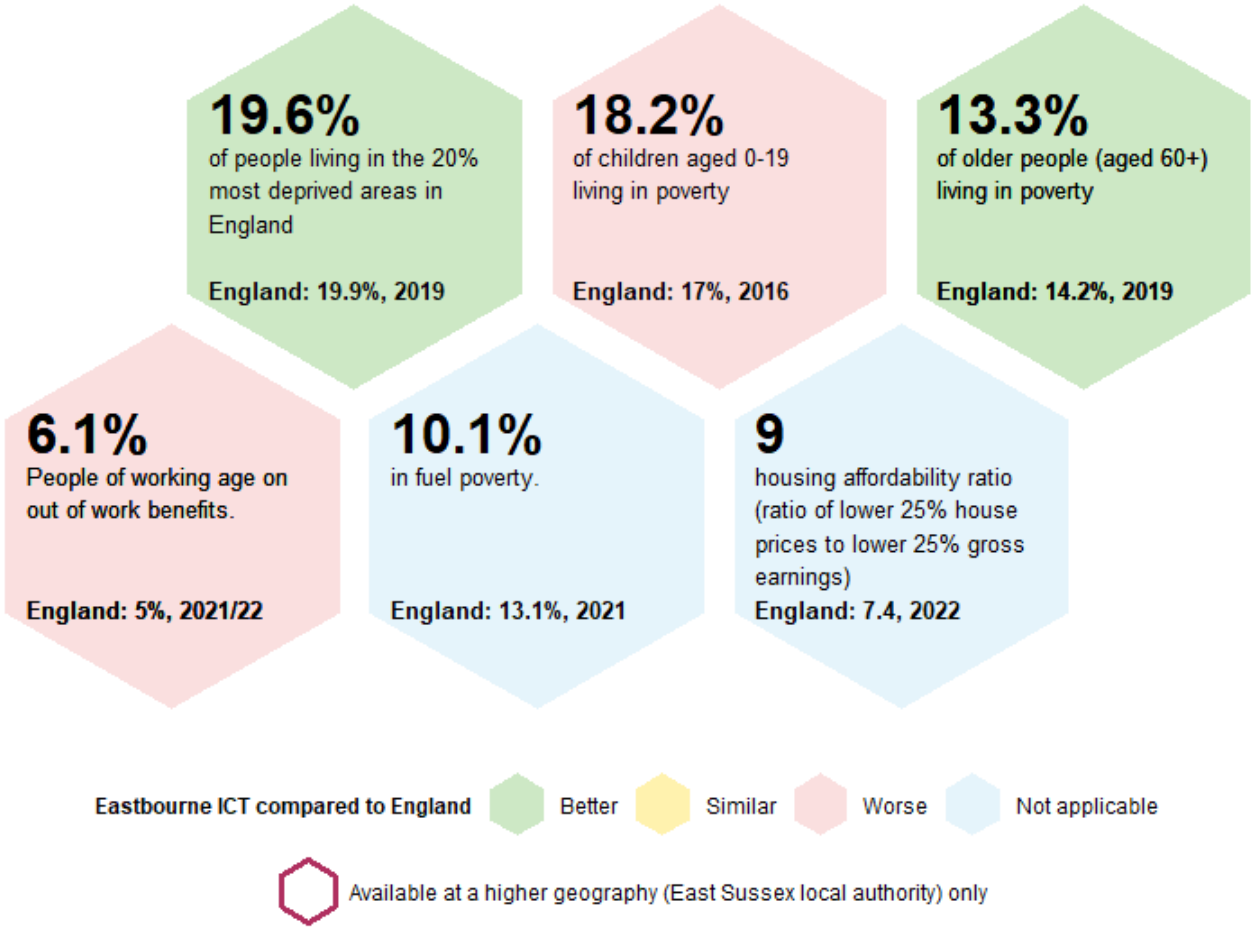
Compared to England, the ICT is significantly **worse** for

- children living in poverty
- People of working age on out of work benefits

But significantly **better** for

- older people living in poverty
- and sightly fewer (10%) of people in fuel poverty compared to England (13%)

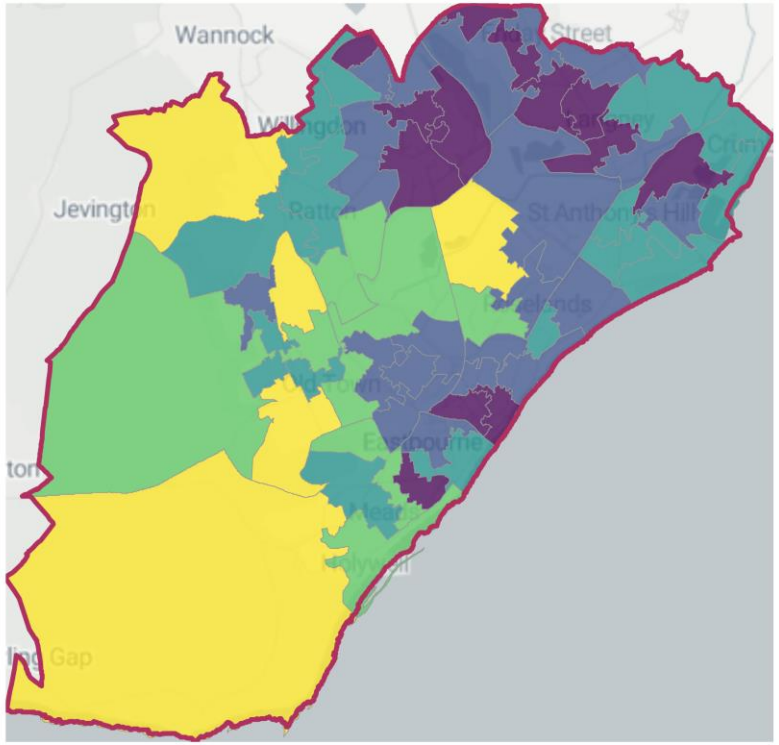
Housing cost is similar to England with those on the lowest 25% of earnings requiring 9 times their earning to afford the lowest 25% of housing prices, compared to 7.4 times across England.



Building blocks in Eastbourne ICT

Income deprivation is defined as receiving Income Support or income-based Jobseekers Allowance or income-based Employment and Support Allowance or Pension Credit (Guarantee) or Universal Credit (in the 'Searching for work', 'No work requirements', 'Planning for work', 'Working – with requirements' and 'Preparing for work' conditionality groups) or families not in receipt of these benefits but in receipt of Working Tax Credit or Child Tax Credit with an equivalised income (excluding housing benefit) below 60 per cent of the national median before housing costs

Income Deprivation Affecting Children Index (IDACI)



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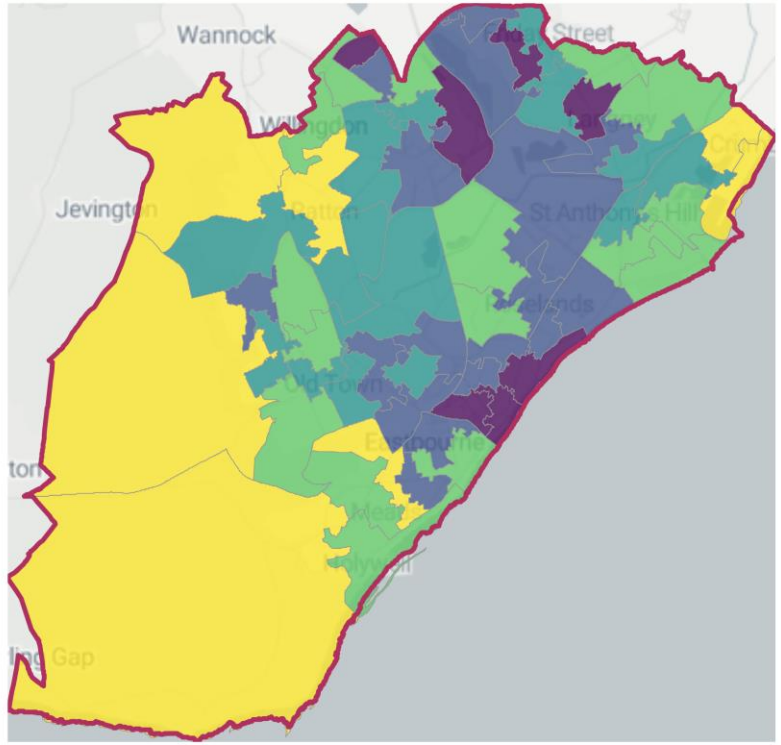
IDACI score
(national rankings)
- Most deprived 20%
- Quintile 2
- Quintile 3
- Quintile 4
- Least deprived 20%

In Eastbourne ICT, 13 of its 61 neighbourhoods had an IDACI score (proportion of 0-15s living in income deprived families) in the top 20% most deprived neighbourhoods in the country. The highest score in a neighbourhood locally was 42.2% or one in three children experiencing income deprivation.

Income Deprivation Affecting Older People Index (IDAOPI)



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IDAOPI score
(national rankings)
- Most deprived 20%
- Quintile 2
- Quintile 3
- Quintile 4
- Least deprived 20%

There were also seven neighbourhoods in Eastbourne ICT with an IDAOPI score (proportion of 60+ year olds living experiencing income deprivation) in the top 20% most deprived neighbourhoods in the country. The highest score in a neighbourhood locally was 34.9% or one in three older people.

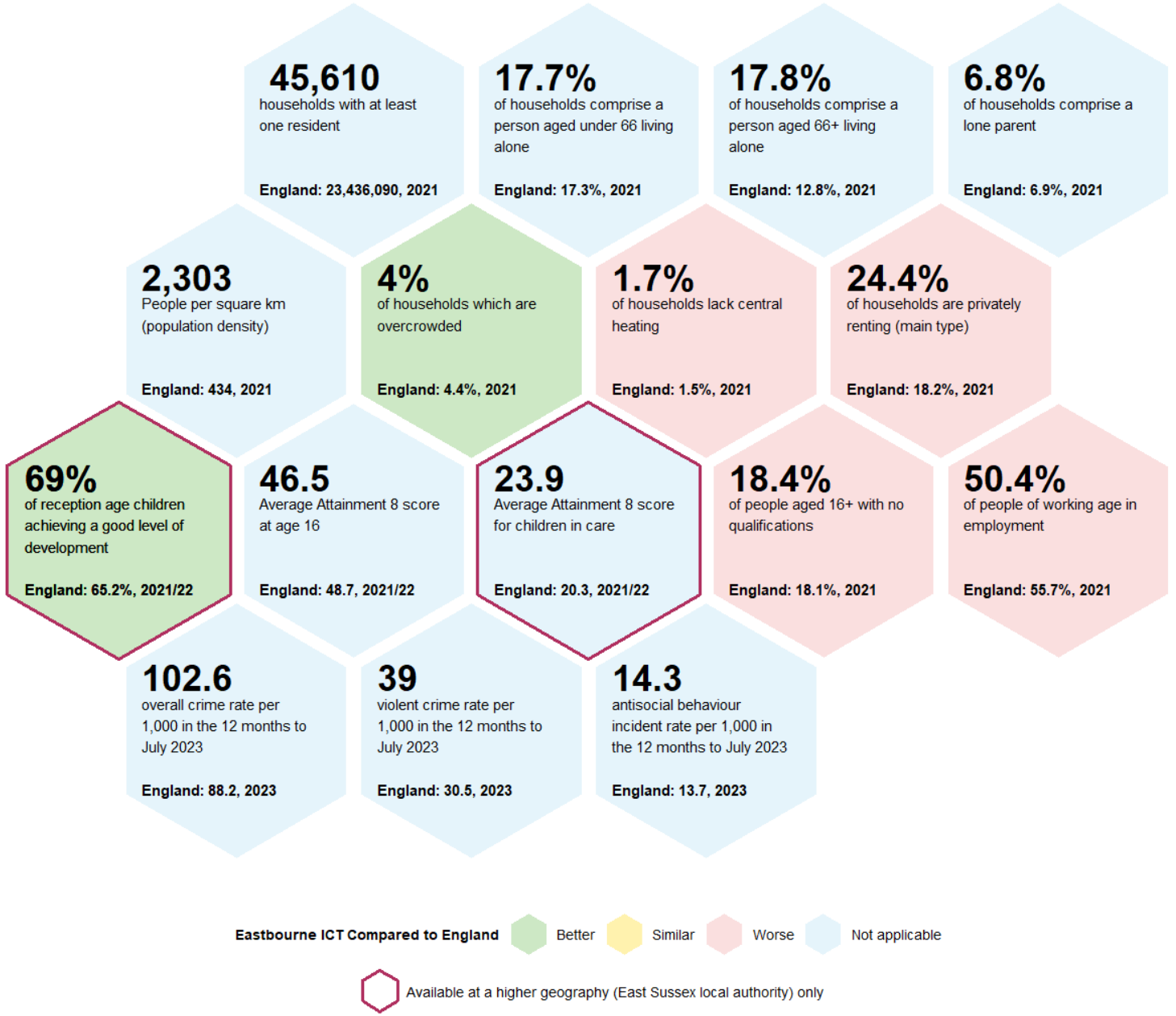
Building blocks of health in Eastbourne ICT

Within Sussex, Eastbourne ICT has:

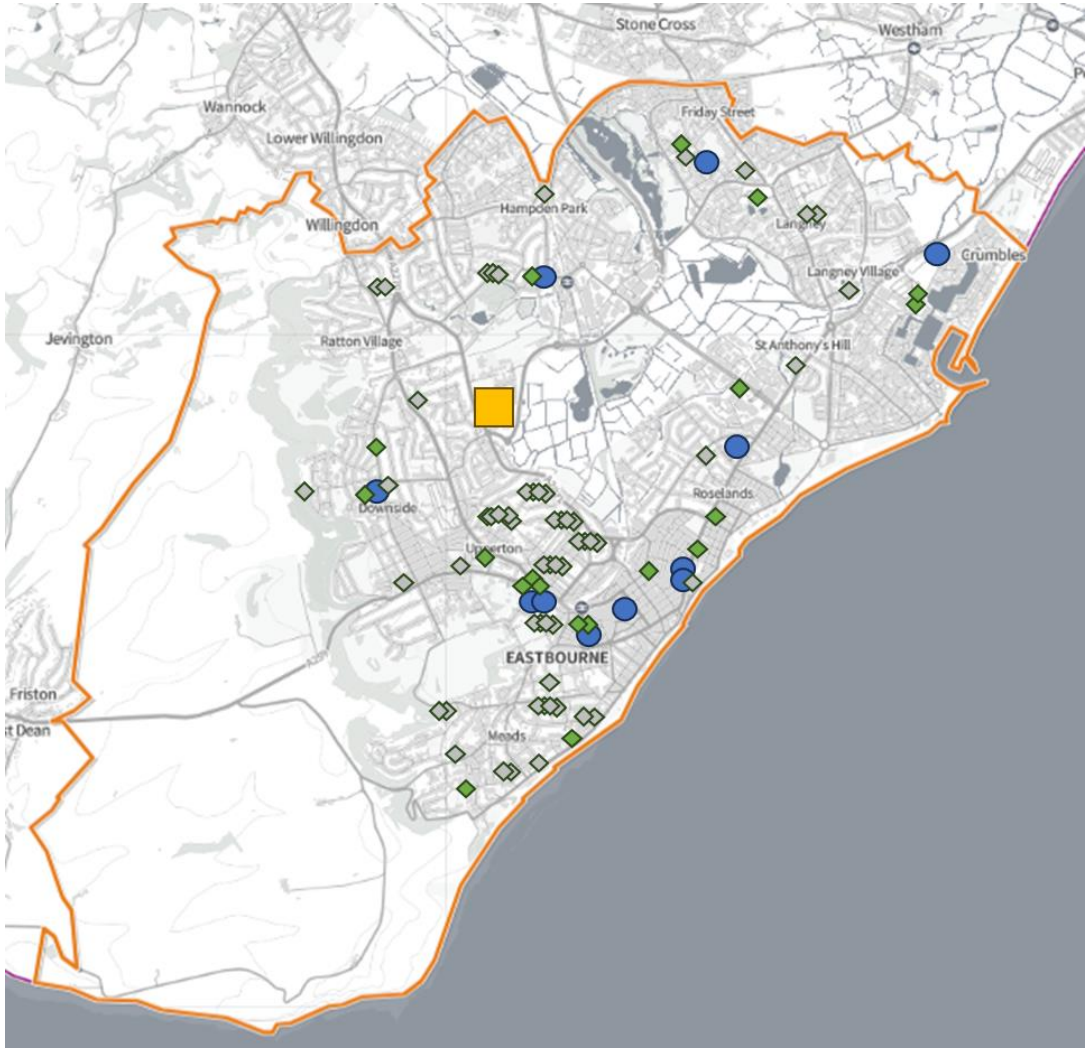
- more people per square km compared to England
- one of the highest percentage of people aged 66+ living alone
- almost 1 in 4 households that are privately rented
- higher percentage of households which lack central heating, compared to England.

The population has **similar** educational attainment scores compared to England but is significantly **worse** for people aged 16+ with no qualifications and people of working age in employment.

Overall crime rates and anti-social behaviour incident rates are **higher** than England and are amongst the highest in the Sussex area.



Services within Eastbourne ICT



Legend

- GP Practice
- Pharmacy
- ED/UTC/MIU/CAU
- Acute Hospital
- Community Hospital
- Care Home

More detailed mapping of services is available at:

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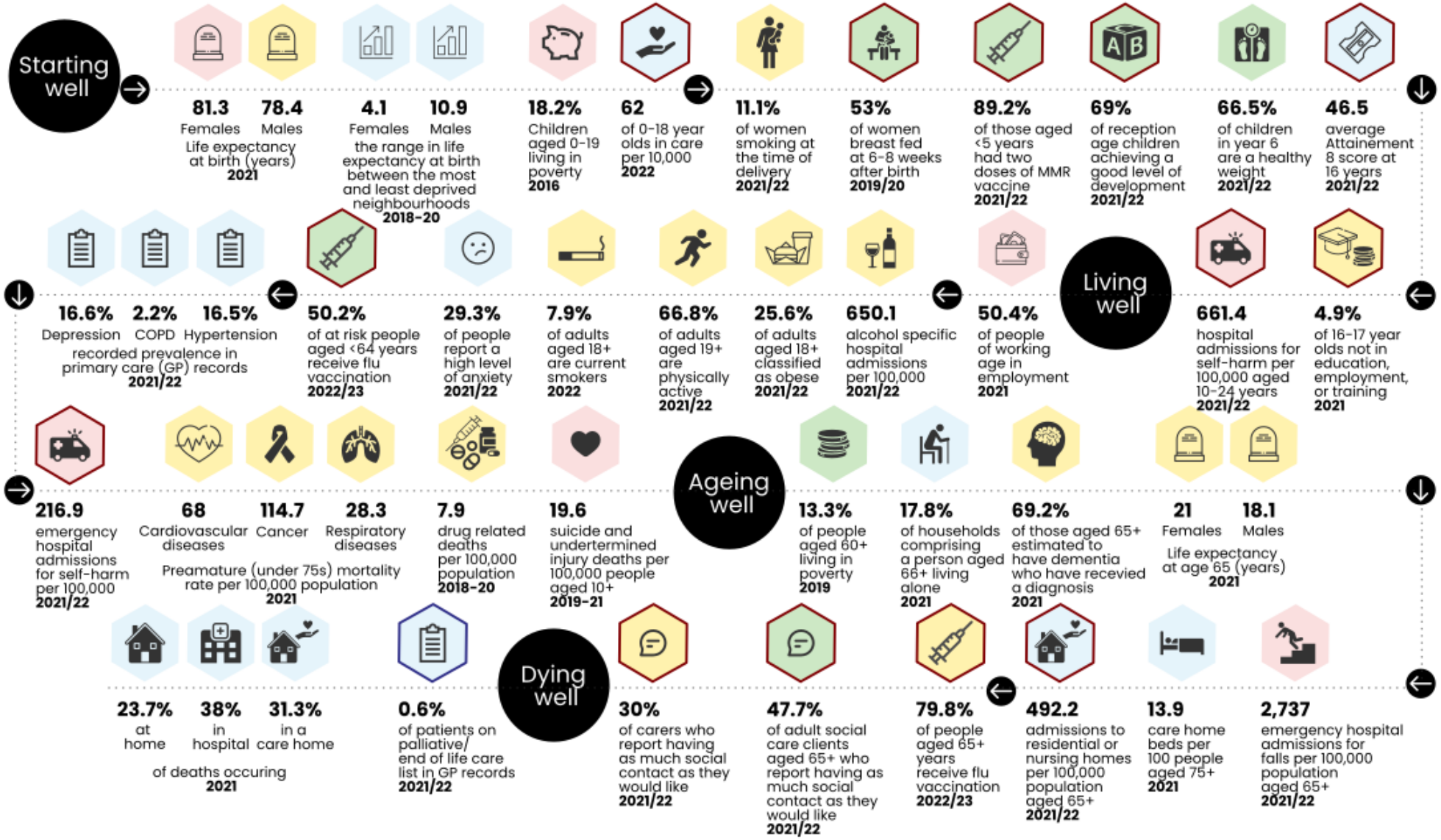
Sussex Integrated Community Team Profiles - Health & Wellbeing across the life course

Eastbourne Integrated Community Team

Whilst some issues affect people of all ages, outcomes have been placed in the life stage where the impact may be greatest.

Data are shown for Eastbourne ICT and are compared with England

Better | Similar | Worse | Not compared



Available only at a higher geography (East Sussex local authority)

Available only for registered population (e.g. CCG or Sub-ICB geography)

Infographic images designed by Freepik and OCHA from Flaticon

Life expectancy and inequalities – Eastbourne ICT

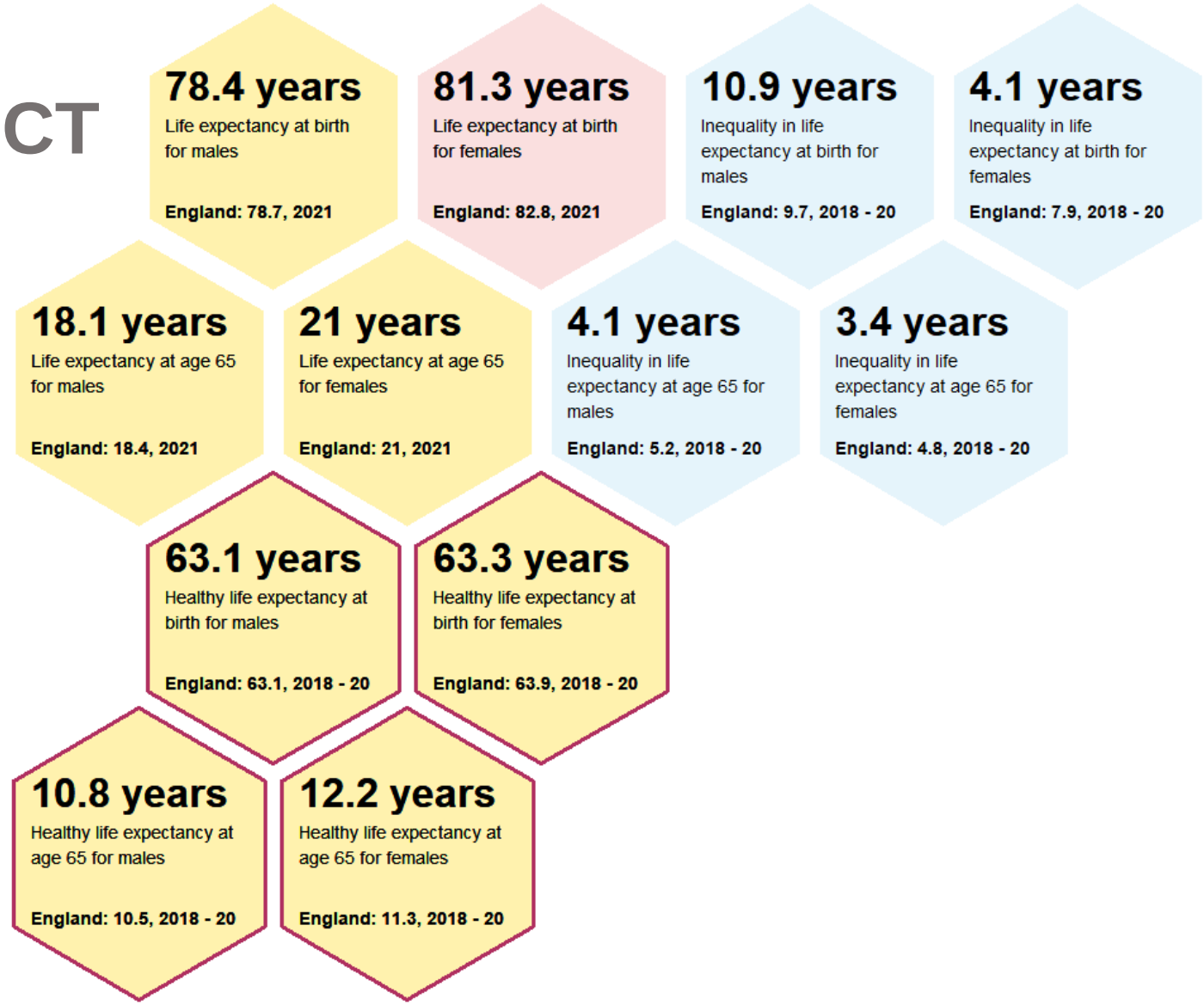
Compared to England, life expectancy at **birth** is

- similar for males
- significantly **worse for females** and one of the lowest in Sussex ICT area

Compared to England, the **inequality in life expectancy** at birth

- is the highest for males in the whole Sussex ICT area, despite life expectancy being similar to England
- but for females it is lower

Healthy life expectancy data is currently only available at East Sussex county level which is similar to England for both males and females.



Main causes contributing to the gap in life expectancy – East Sussex

These figures are only available for the whole of East Sussex.

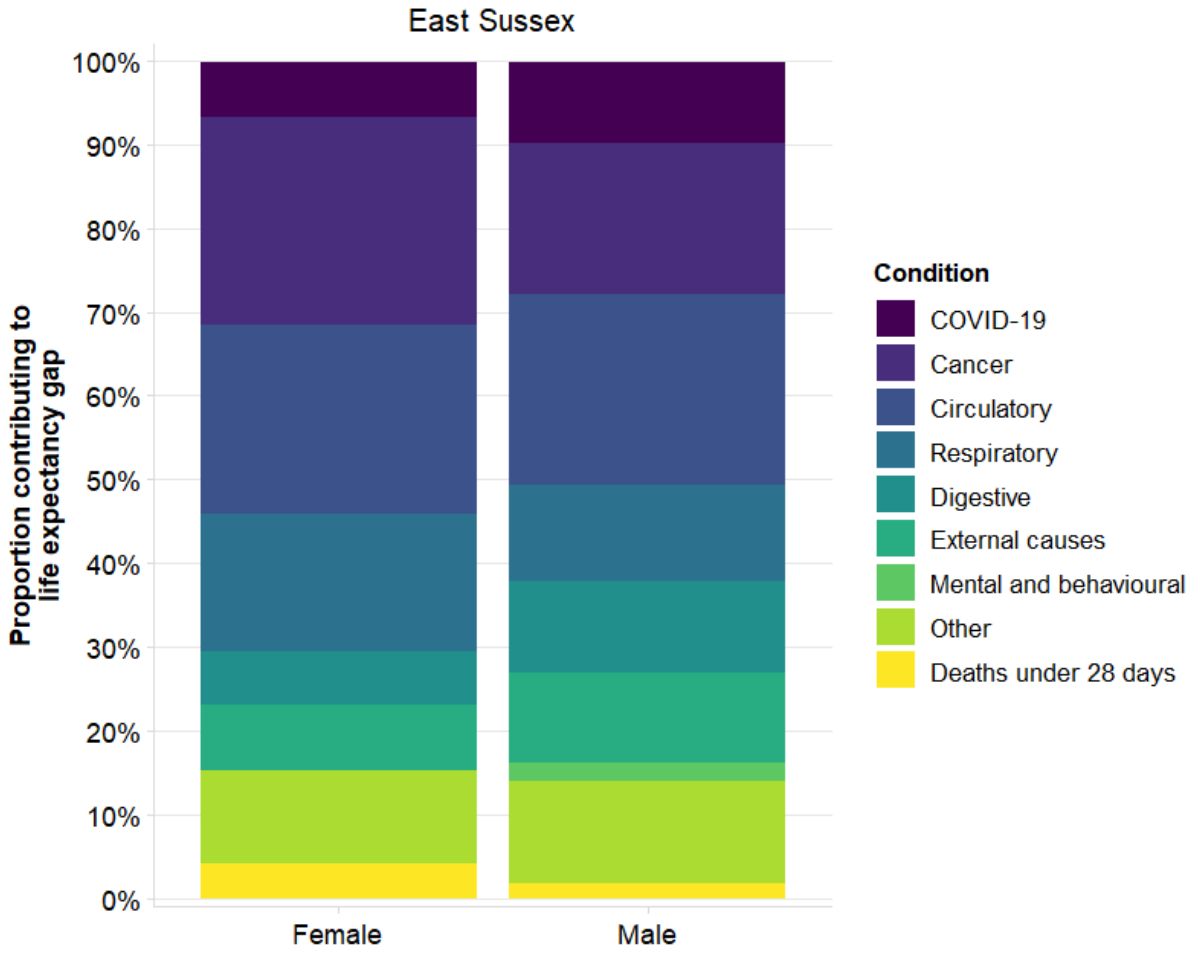
The causes of death which contribute the most to inequalities in life expectancy in East Sussex are:

- For males – Circulatory disease (23%), Cancer (18%) and Respiratory disease (12%)
- For females – Cancer (25%), Circulatory (23%) and Respiratory disease (16%)

Source: Segment Tool (phe.gov.uk)

Causes of death contributing most to inequalities in life expectancy between the most and least deprived quintiles (20%) of each area.

East Sussex; data for 2020 and 2021 combined.



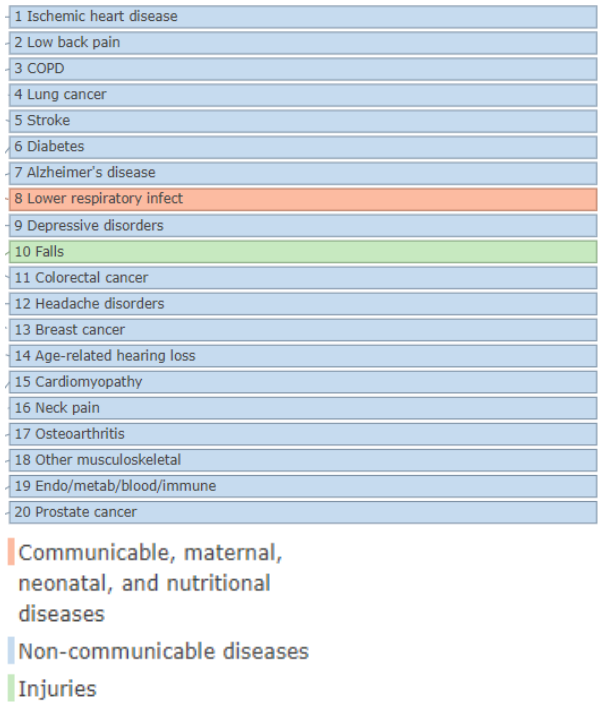
Data for lower tier local authorities has been included for 2014 to 2016 and 2017 to 2019, but have not been included for 2020 to 2021 as the breakdowns based on 2 years of data are not robust due to small numbers.

Key risk factors and greatest burden of disease – East Sussex

Only available at County level

If we want to improve population health, we need to understand what the risk factors are for East Sussex's population and whether, and how, we can modify them.

Top 20 causes of the greatest burden of ill health



Top 20 risk factors

To improve life expectancy, healthy life expectancy, inequalities in both life expectancy and healthy life expectancy:

- Tackle major behavioural risks – tobacco, diet, exercise, alcohol and drugs
- Diabetes is a rising concern
- CVD reduction – including controlling blood pressure key and has considerable population impact
- Cancer major cause of ill health, importance of behaviours and screening
- Mental health
- Immunisation
- Air quality and cold homes

In addition, for healthy life expectancy and inequalities in healthy life expectancy tackle:

- MSK and pain management
- Sensory impairment

Source: Global Burden of Disease Visualisations: Compare (thelancet.com)

Starting well in life in Eastbourne ICT

Eastbourne ICT is **similar** to England for

- infant mortality
- premature live births
- rates of hospital admission for unintentional and deliberate harm (age 0 to 4) in the ICT

significantly **better** for

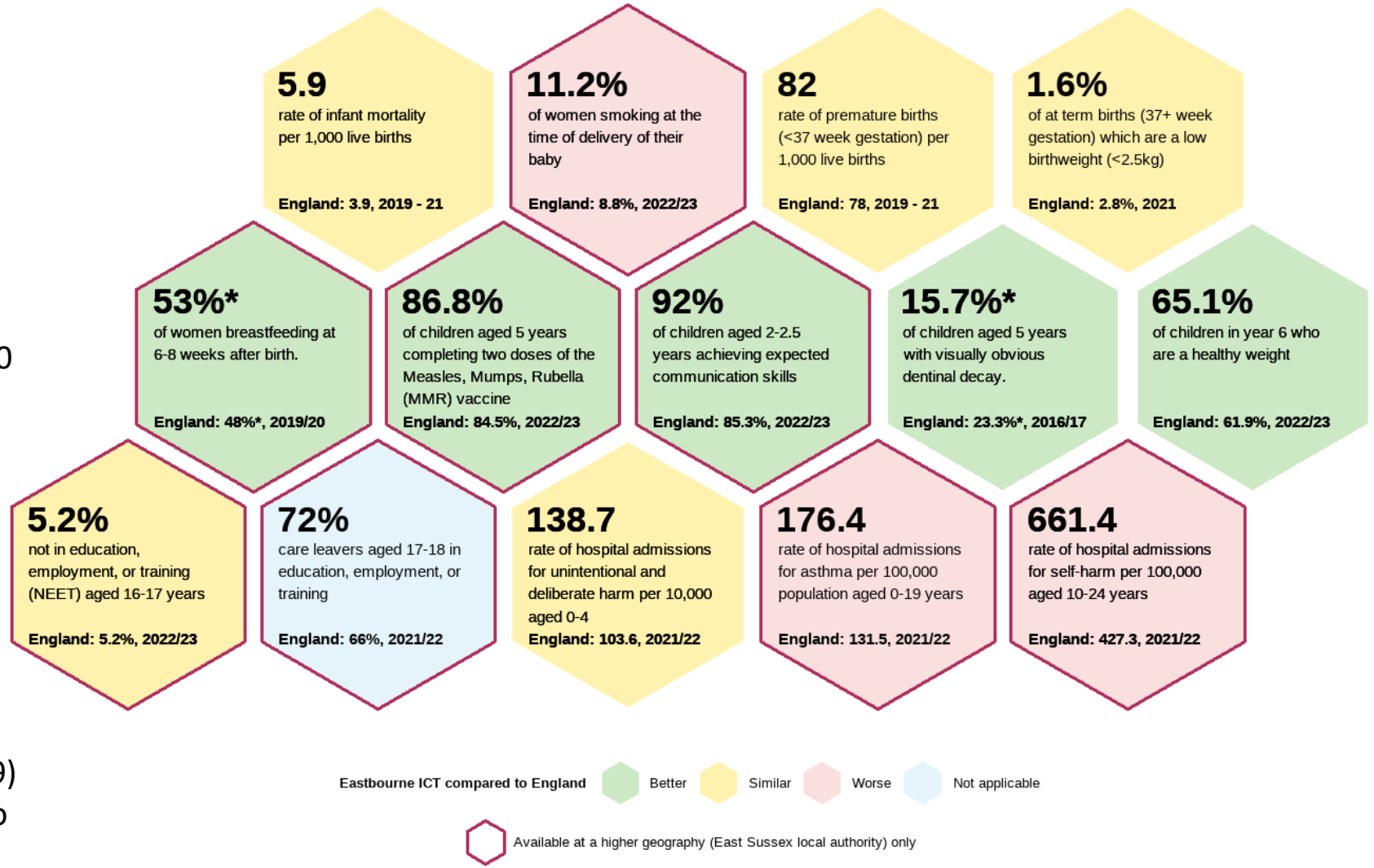
- year 6 children who are healthy weight

Other measures are only at an East Sussex level and show significantly **better**

- overall MMR immunisation uptake

and significantly **worse**

- admission rates for Asthma (ages 0 to 19)
- admission rates for self-harm (ages 10 to 24)
- mothers smoking at time of delivery



* Note: due to data quality issues for these indicators in recent years, data are shown for an older time period than is currently available for higher geographies (e.g. regionally and nationally)

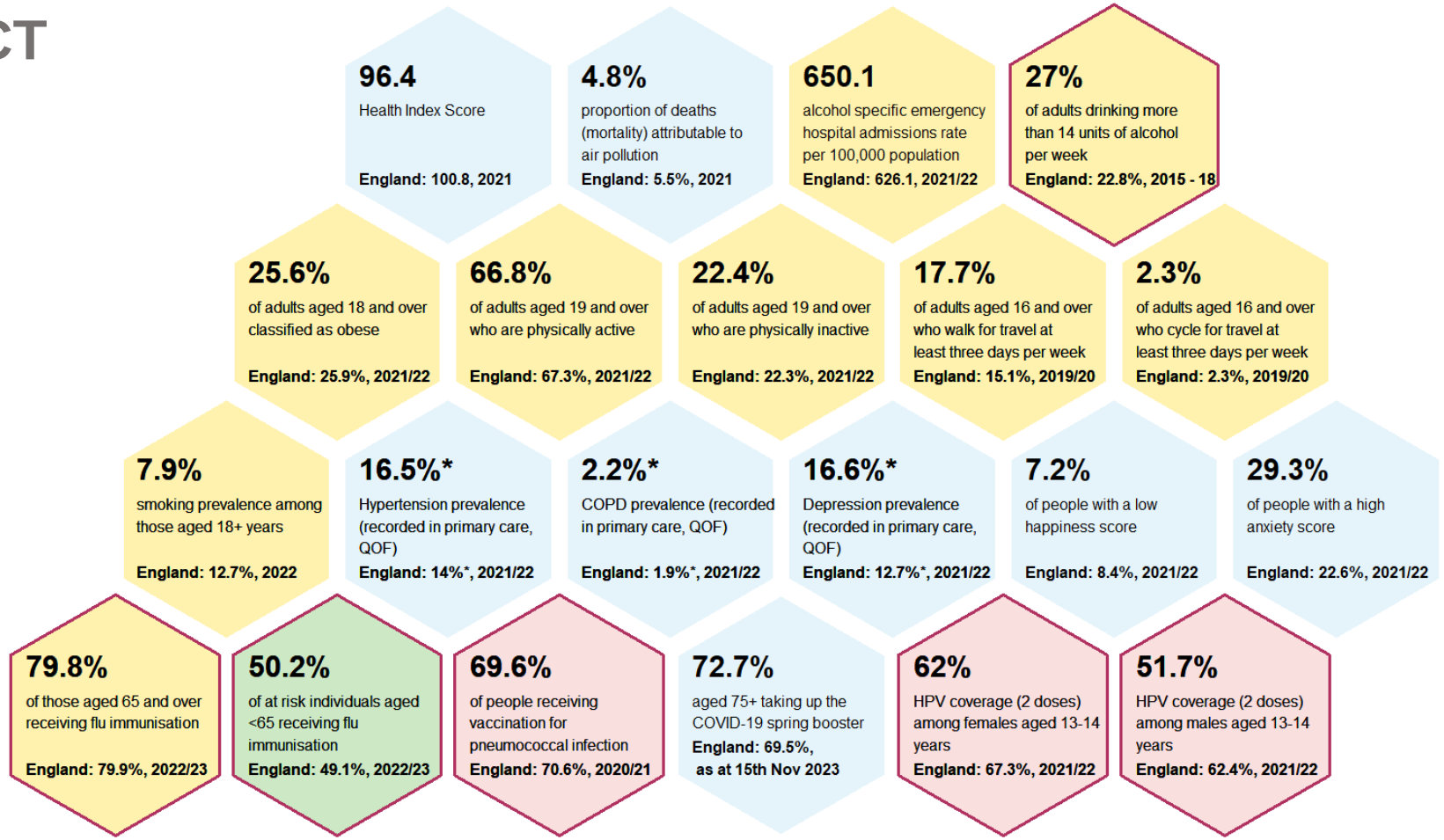
Living well in Eastbourne ICT

In Eastbourne ICT 1 in 4 adults are classified as obese and 1 in 5 adults physically inactive.

Eastbourne ICT has one of the **highest** percentage for people with a high anxiety score of all Sussex ICTs and one of the highest prevalence rates for depression.

Prevalence rates for hypertension, COPD, depression and smoking are similar to England.

For East Sussex overall there are significantly **worse** rates of 13 to 14 year olds receiving HPV vaccine compared to England.



* Note: due to data quality and availability for these indicators in recent years, data are shown for an older time period than is currently available for higher geographies (e.g. regionally and nationally)

Living well in Eastbourne ICT

Compared to England, Eastbourne ICT has significantly **worse** rates of

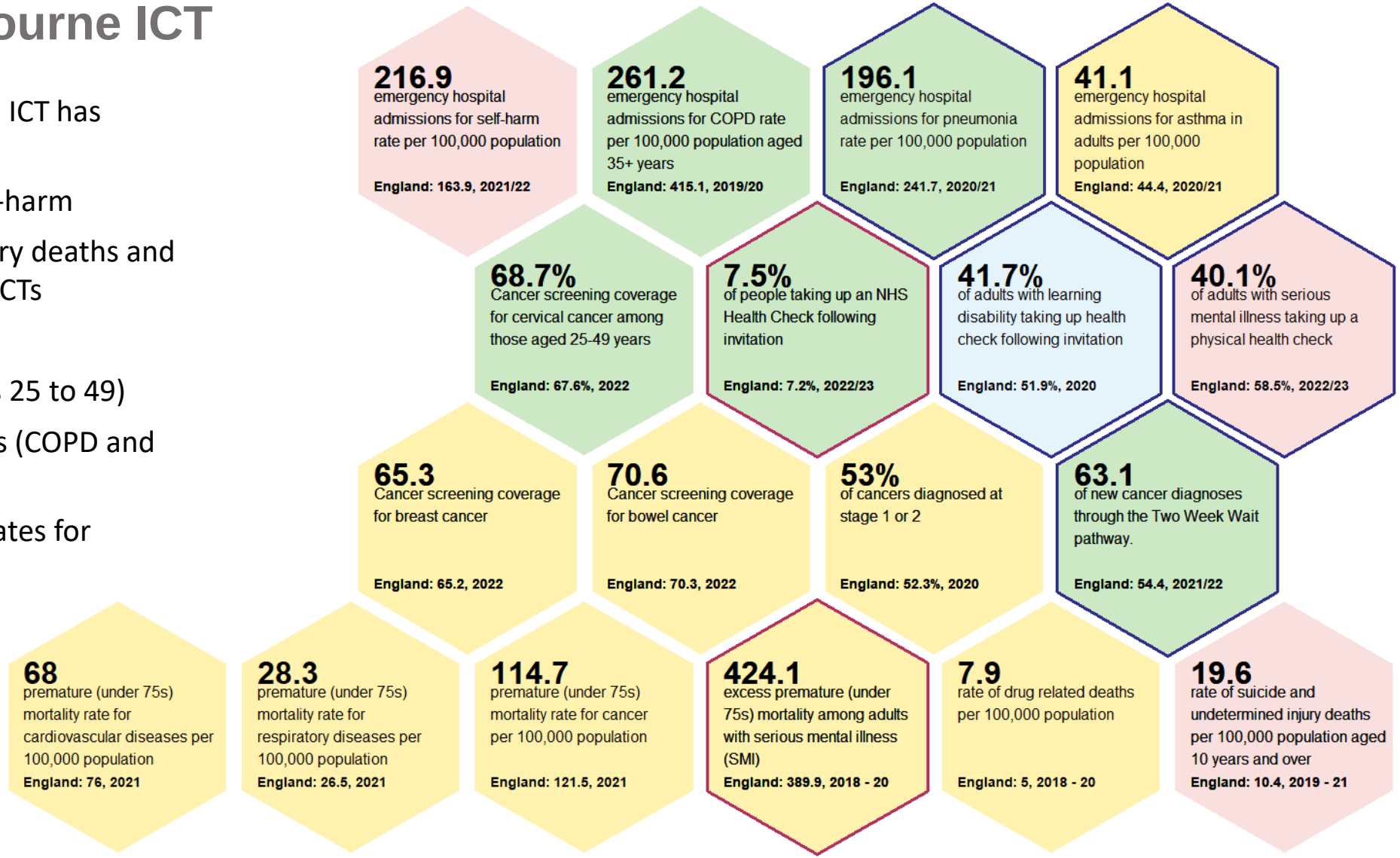
- emergency admissions for self-harm
- suicide and undetermined injury deaths and the highest rates of all Sussex ICTs

and **better** rates of

- cervical cancer screening (ages 25 to 49)
- emergency hospital admissions (COPD and pneumonia)

and **similar** premature mortality rates for

- Cancer
- Respiratory diseases
- CVD



Ageing well – Eastbourne ICT

Compared to England, Eastbourne ICT has **similar** rates for

- over 65s with dementia

but **worse** rates of

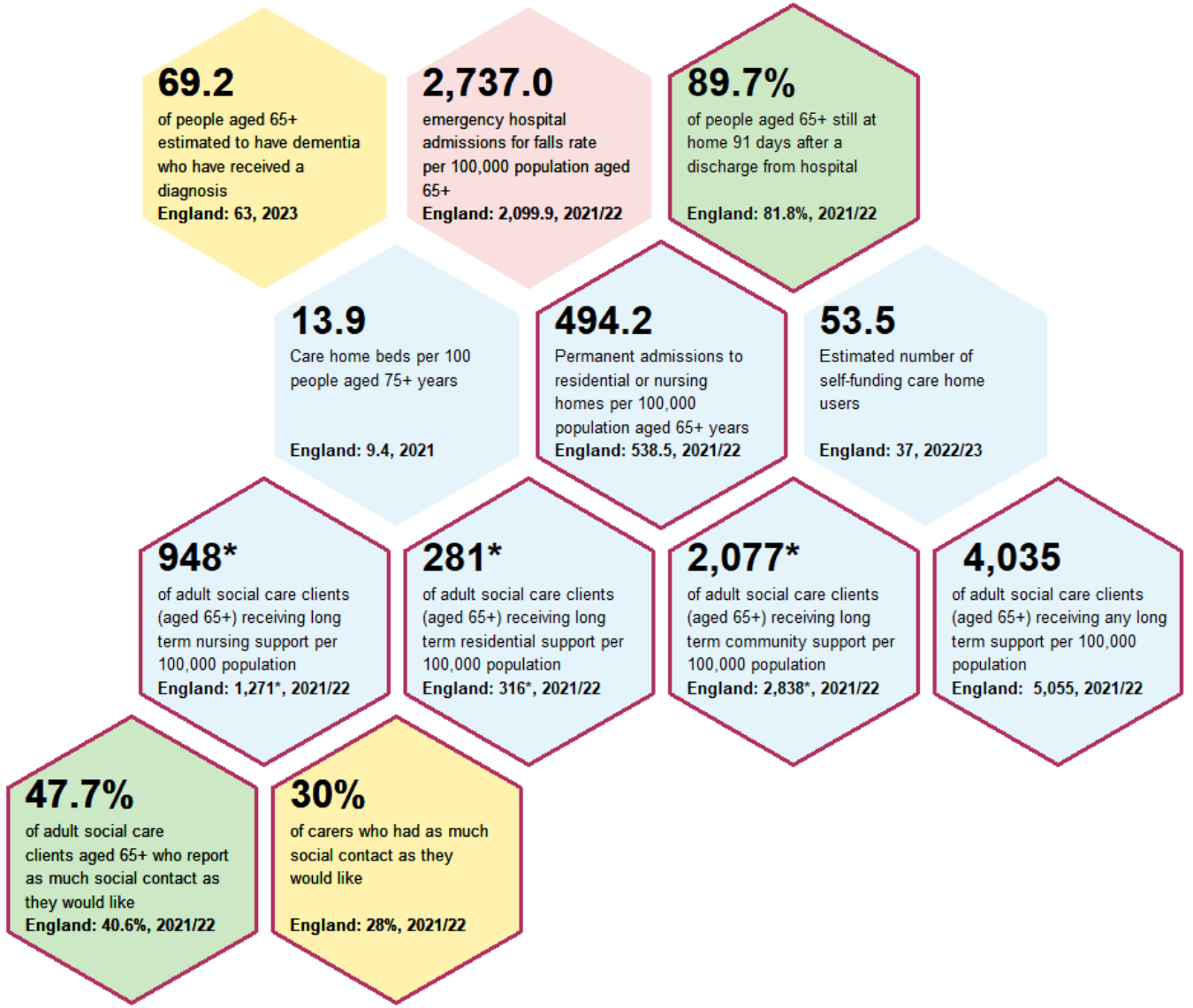
- emergency hospital admissions for falls, which is one of the highest rates of all Sussex ICTs

and

- one of the highest rates of estimated % of self-funding care home users of all Sussex ICTs

Compared to England, East Sussex has **higher** rates of

- people aged 65+ who are still at home 91 days after discharge
- Adult social care clients aged 65+ who report they have as much social contact as they would like



* Note: rates have been calculated on rounded values and may not match outputs published elsewhere exactly.

Dying well in Eastbourne ICT

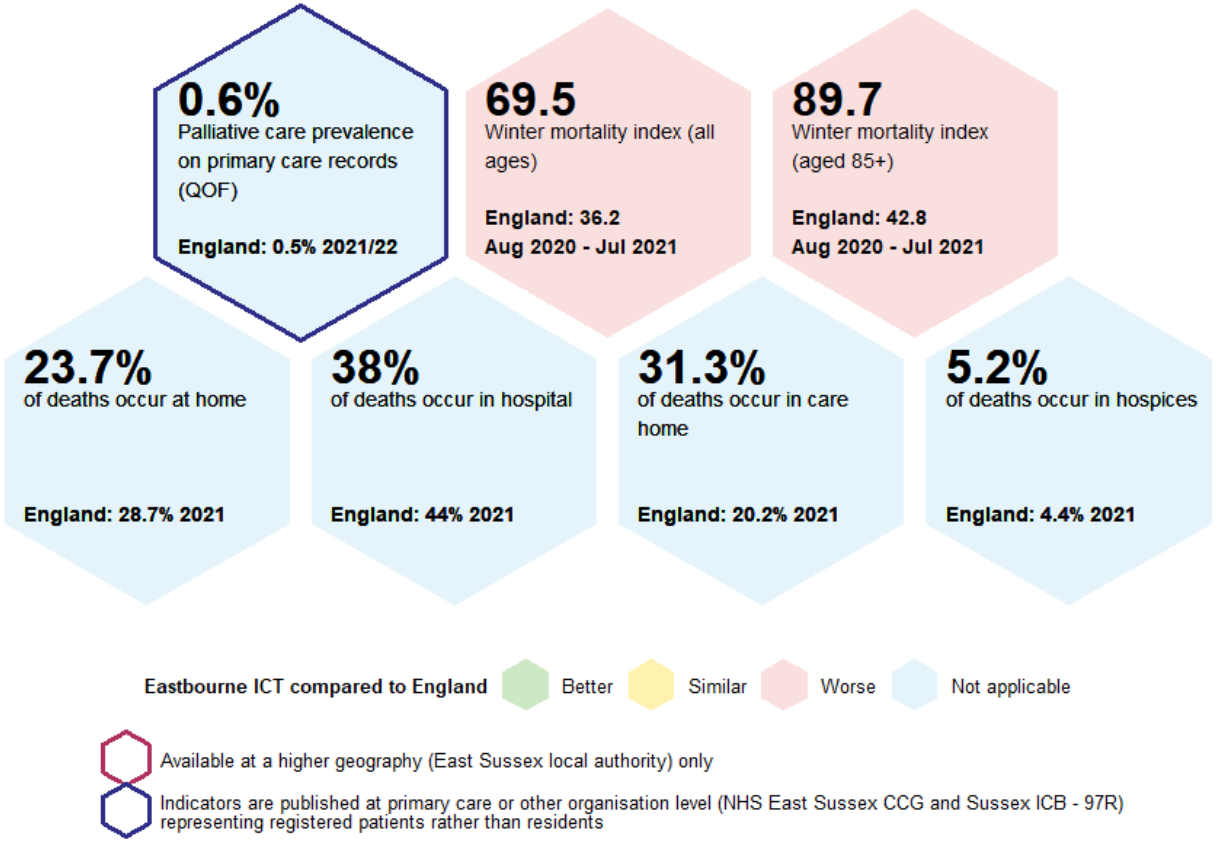
There are a limited set of indicators available around dying well.

Compared to England, within Eastbourne ICT (in 2021) there was a:

- **lower** percentage of deaths that occurred at home or in hospital
- **highe**r percentage occurred in a care home or hospice.

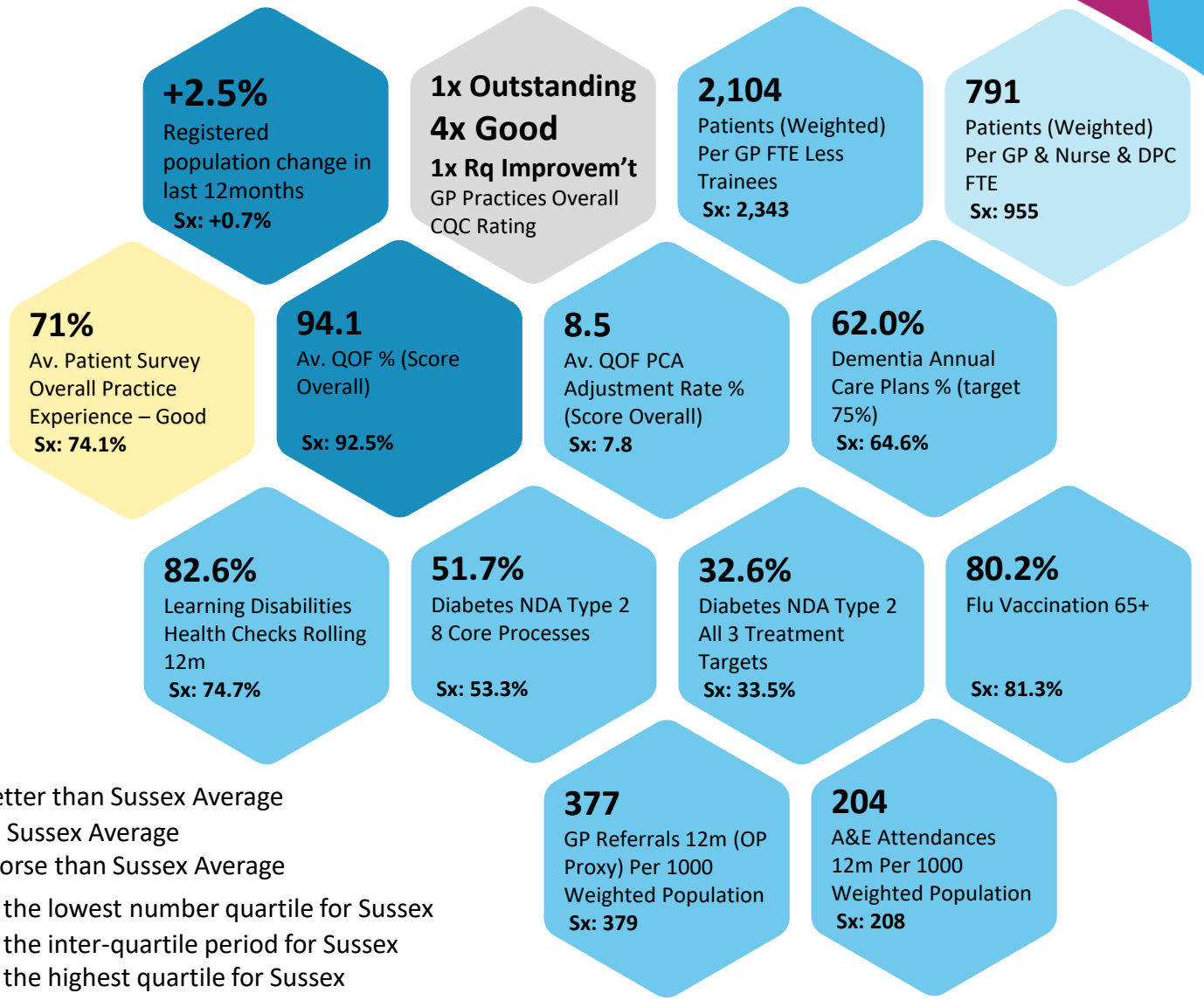
(Please note the Covid19 pandemic affected the place of death data for 2021)

- Significantly **worse** winter mortality index (all ages and 85+).



GP Primary Care in Eastbourne ICT

- Within Eastbourne ICT there are 3 PCNs with 9 GP Practices with very varying levels of population
  - 2 practices (Victoria & Lighthouse) have registered populations >15k
- Eastbourne ICT has seen a significantly higher growth in registered population, compared to Sussex
- The weighted rate of FTE GPs, Nurses and DPC is lower than Sussex average
- The Average QOF score was higher for Eastbourne practices compared to Sussex as a whole



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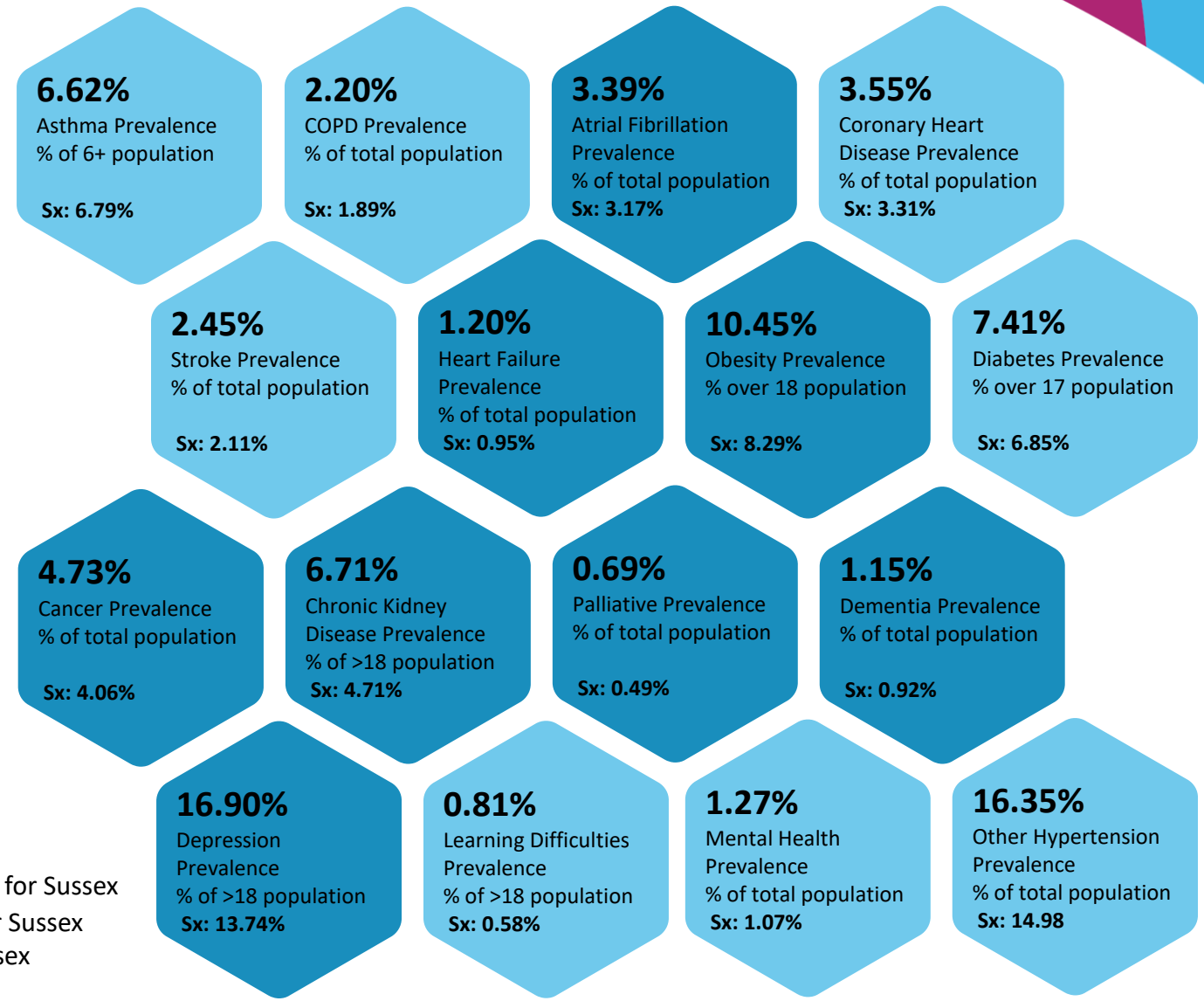
(lowest or highest quartile does not mean good or bad)

Long term Conditions : QOF registers – Eastbourne ICT

- When compared to Sussex as a whole, Eastbourne ICT has higher prevalence rates for
  - Atrial Fibrillation,
  - Heart Failure and
  - Obesity
  - Chronic Kidney Disease
  - Cancer
  - Palliative Care
- There are more people with a confirmed Dementia diagnosis
- There is a higher proportion of the population with registered Depression in Eastbourne ICT



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Better health and care for all

Primary Care 2 – Eastbourne ICT

- The Vaccination rate for Eastbourne ICT is higher than the Sussex average for COVID Booster
- Flu vaccination rates for <50 and 65+ is lower than the Sussex average

82.6%
Covid Booster uptake 22/23

Sx: 84%

80.0%
65+ flu vaccination rate

Sx: 81.3%

36.4%
Flu vacc rate, 6m to under 50 at risk

Sx: 38.5%

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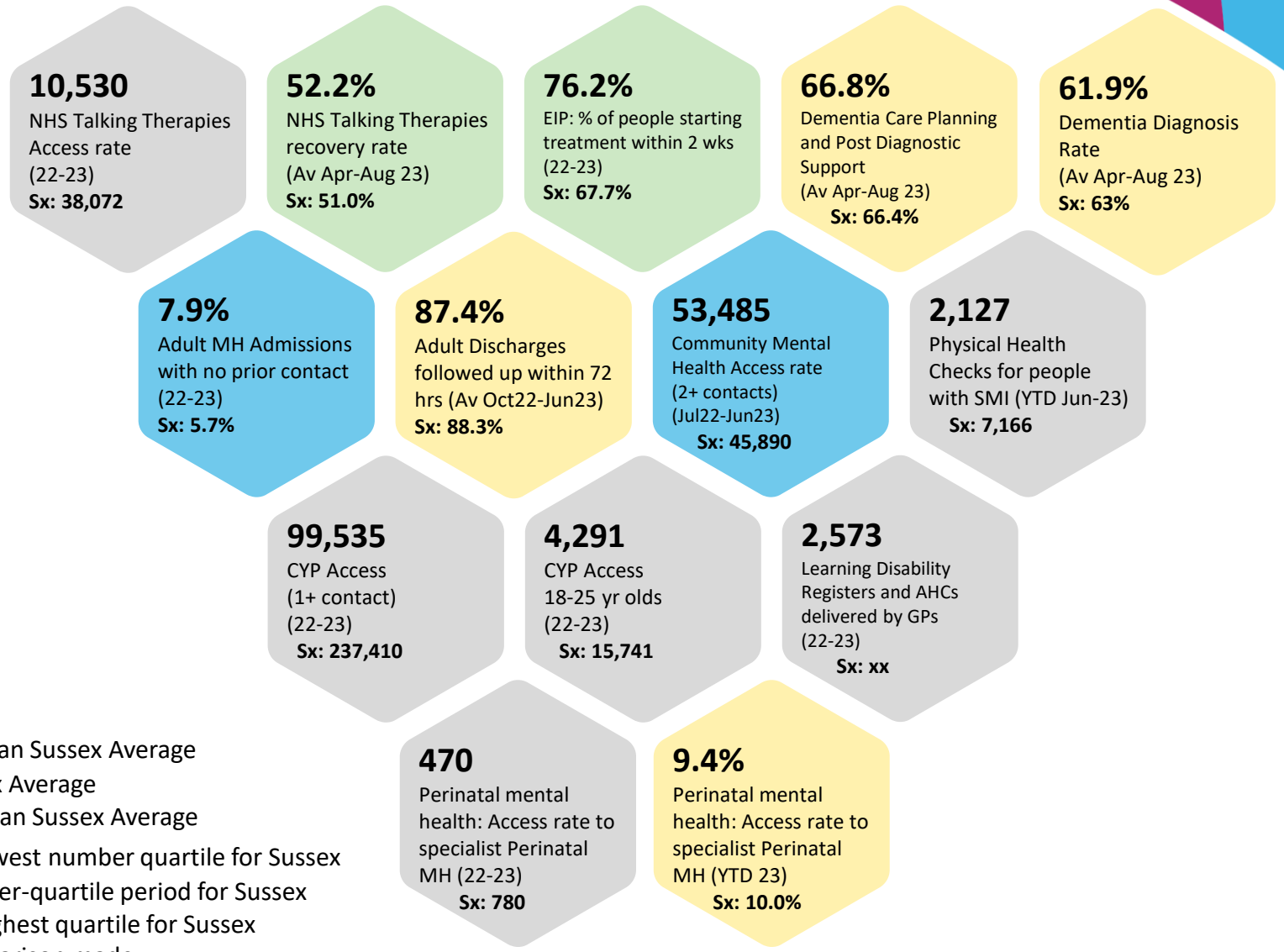
Mental Health – East Sussex

- East Sussex patients have a slightly higher rate of recovery than the Sussex Average
- East Sussex patients requiring Early Intervention in Psychosis services have a higher proportion starting treatment within 2 weeks

Figures are only available at East Sussex, West Sussex and Brighton Areas



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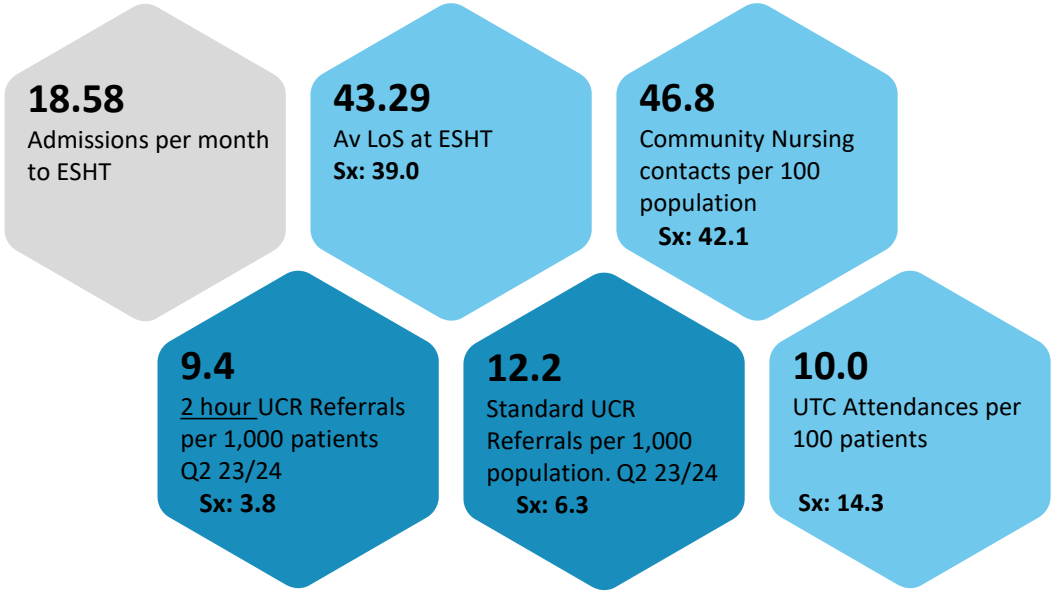
Community Health Services - Eastbourne ICT

- Eastbourne ICT have a much higher level of both standard and 2-hour Urgent Community Response



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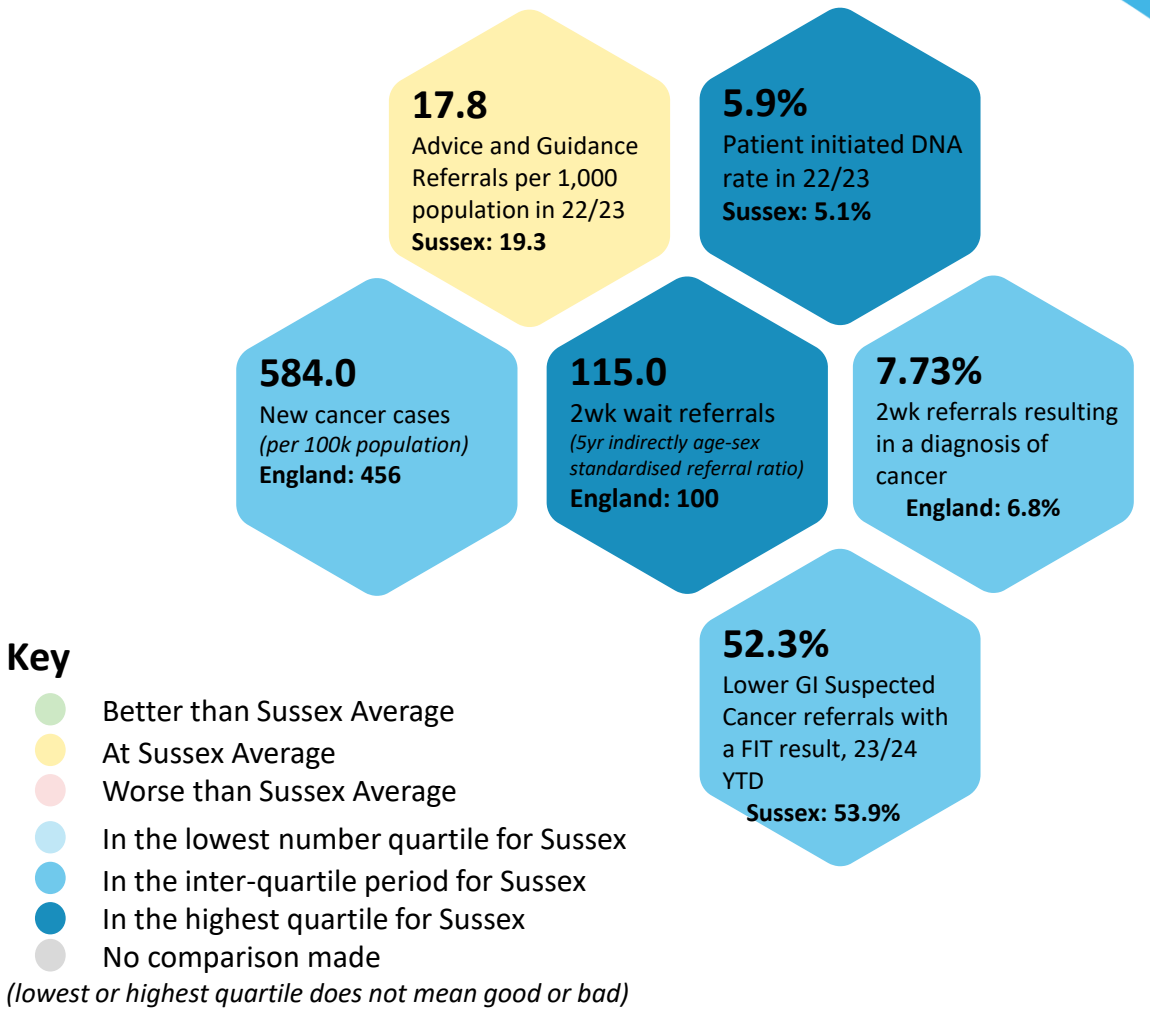
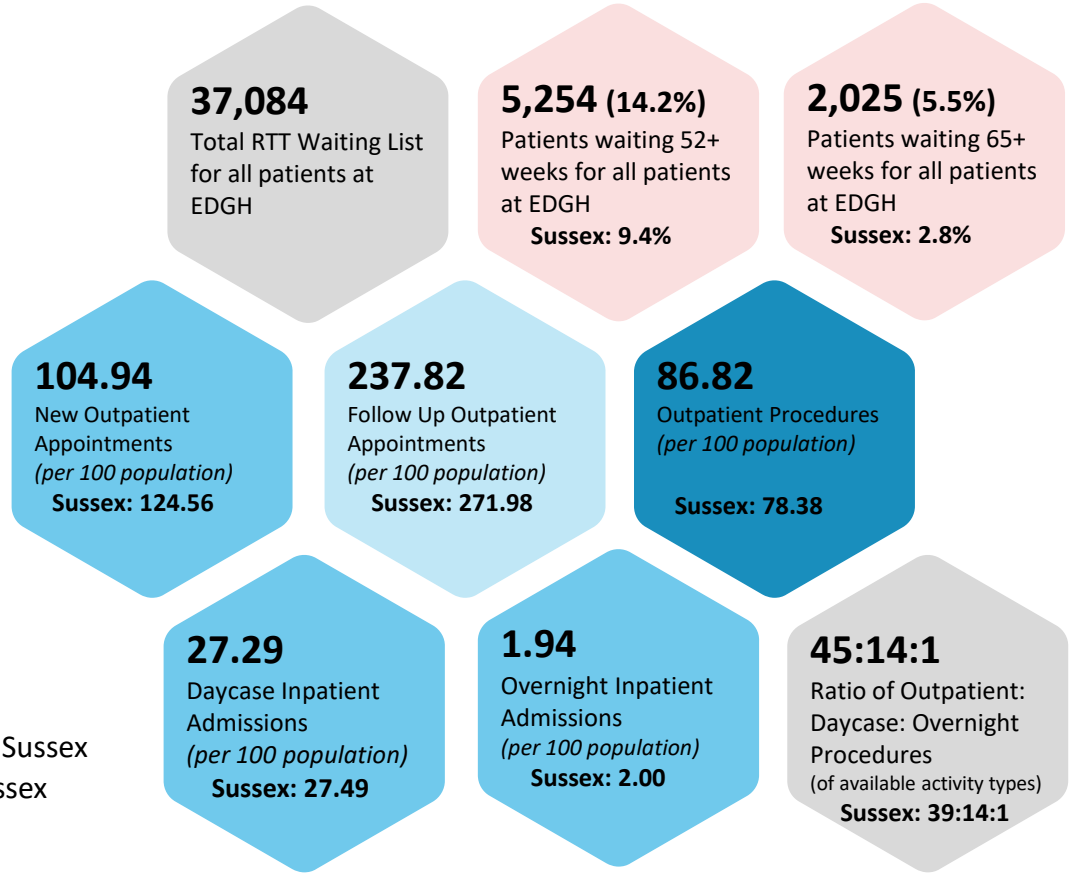
Planned Care Alternatives and Cancer Care – Eastbourne ICT

- Eastbourne ICT patients have a higher level of patient DNAs (Outpatient appointments cancelled because of patients did not attend or give notice)
- Eastbourne ICT saw a higher level of 2-week rule referrals for suspected Cancer when compared to the England average



Acute Planned Care – Eastbourne ICT

- Of patients waiting at Eastbourne District General Hospital there are a higher level of longer waits, both 52+ and 65+ weeks
- The rate of Follow Up appointments is lower in Eastbourne ICT compared to Sussex as a whole
- The rate of Outpatient Procedures is higher in Eastbourne ICT when compared to Sussex. This leads to a higher ratio of care being done in a less complex setting



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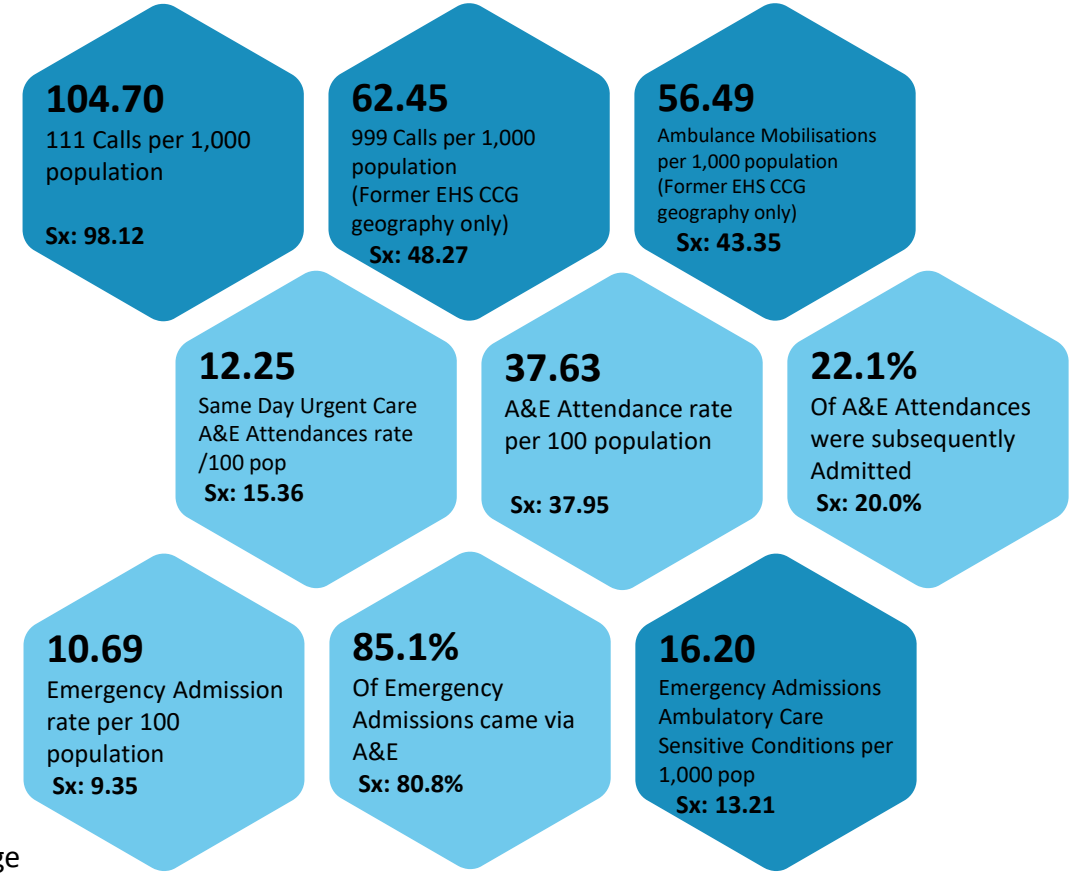
Better health and care for all

Urgent and Emergency Care – Eastbourne ICT

- There are higher levels of calls to 111, 999 and Ambulances subsequently mobilised in Eastbourne ICT when compared to the Sussex average
- Front Door Acute Hospital activity is generally slightly lower than the Sussex average
- Emergency Admissions for Ambulatory Care Sensitive Conditions are higher in Eastbourne than the Sussex Average (ACSC are health conditions/diagnoses for which timely and effective outpatient care can help to reduce the risks of hospitalisation)



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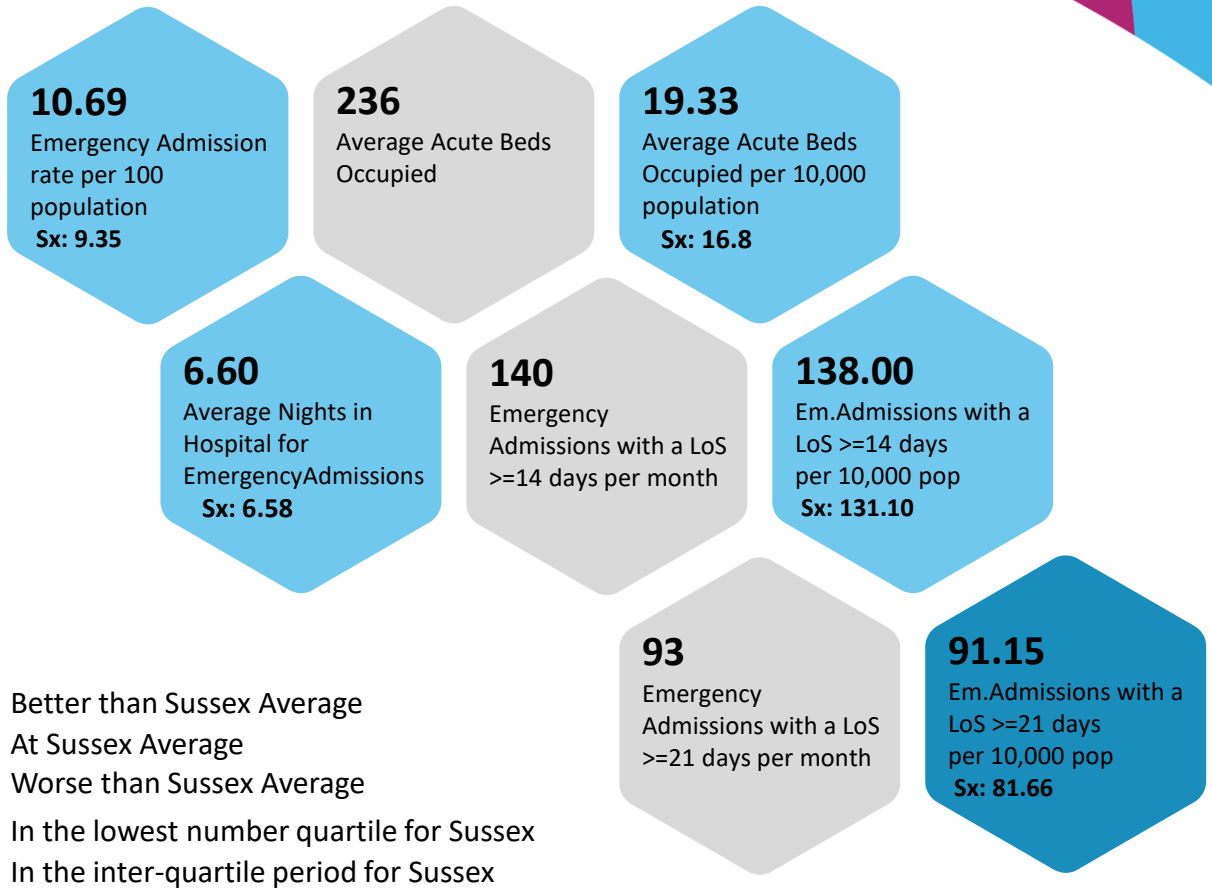
Better health and care for all

Acute Inpatient Emergency Care – Eastbourne ICT

- Emergency Admissions which result in a longer time in hospital (>=21 days) are higher in Eastbourne ICT, compared to the rest of Sussex



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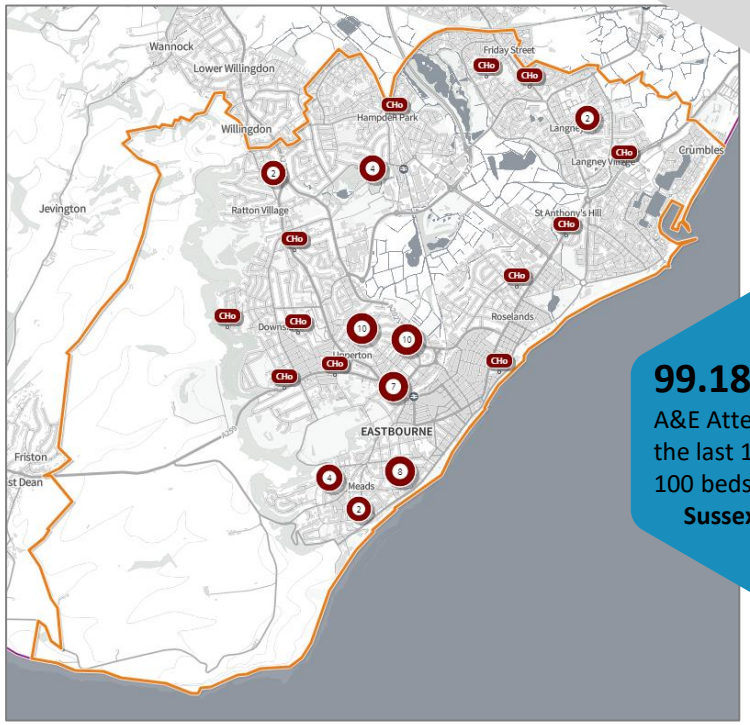
Care Homes: Urgent Healthcare use – Eastbourne ICT

- The proportion of 999 calls from Care home which result in an ambulance visit, but not conveyance to hospital (See & Treat) is higher than the Sussex average
- The rate of A&E attendances from patients in Care Homes is significantly higher, and is the highest rate in Sussex
- Compared to the rest of Sussex, lower proportion of these get admitted from A&E to an inpatient bed
- Emergency Admissions from Falls and Non-injurious falls are higher in Eastbourne ICT when compared to the Sussex Average



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61
Registered Care Homes

971
Care Home Beds

1,042
999 Calls from Care Homes in last 12 months

8.1%
of 999 calls were Hear & Treat
Sussex: 8.0%

40.0%
of 999 calls were See and Treat
Sussex: 38.6%

51.9%
of 999 calls were See & Convey
Sussex: 53.4%

99.18
A&E Attendances in the last 12months per 100 beds
Sussex: 53.60

46.9%
of A&E Attendances were subsequently admitted to an Inpatient bed
Sussex: 54.8%

39.34
Emergency Admissions in the last 12months per 100 beds
Sussex: 36.08

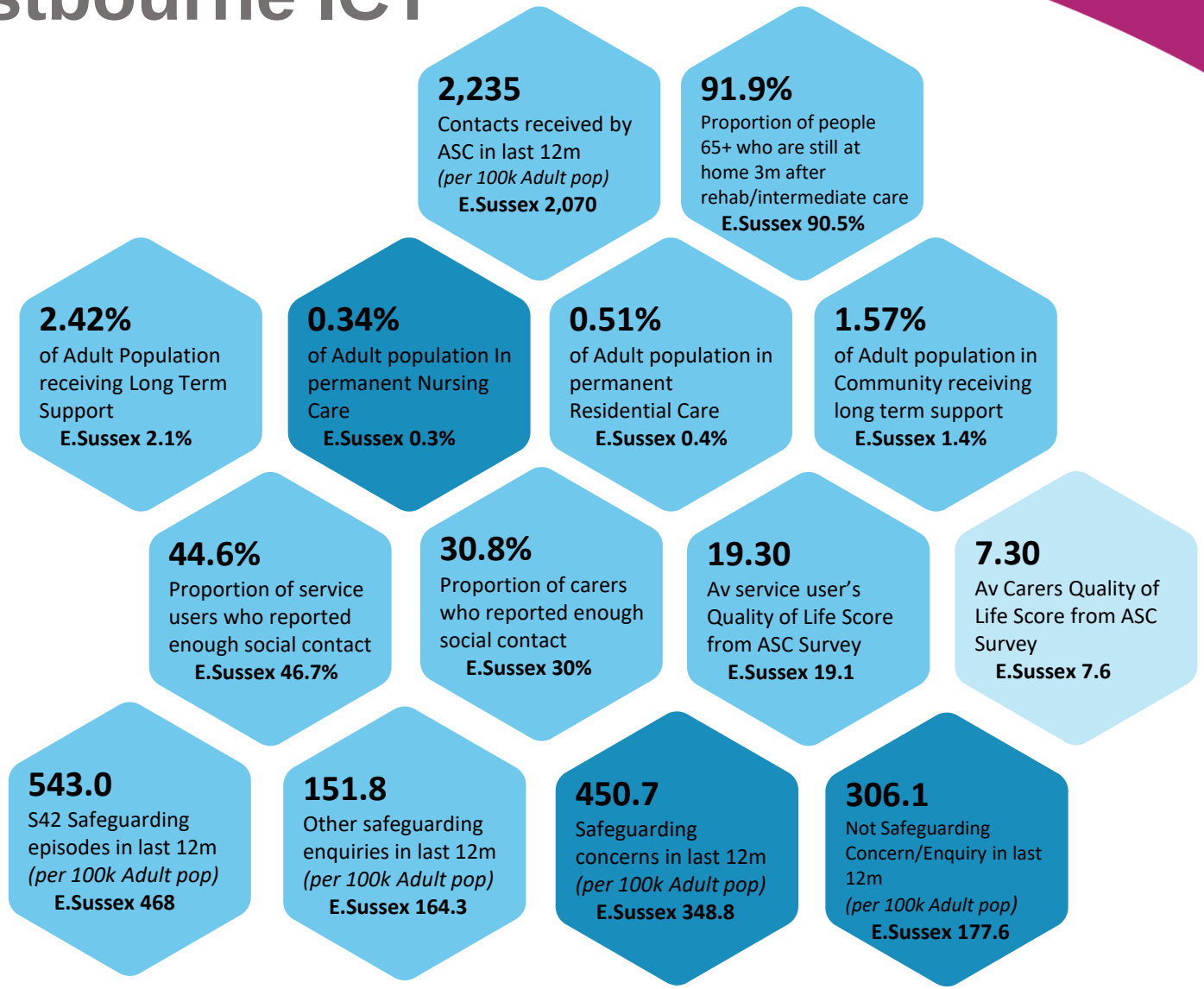
12.05
Emergency Admissions for Respiratory in the last 12months per 100 beds
Sussex: 13.01

6.49
Emergency Admissions for Injuries following Falls in the last 12months per 100 beds
Sussex: 5.20

2.06
Emergency Admissions for Non Injurious Falls in the last 12months per 100 beds
Sussex: 1.63

Adult Social Care – Eastbourne ICT

- This social care data compares Eastbourne ICT to East Sussex levels
- The proportion of the population in permanent Nursing Care is higher than the East Sussex average
- The levels of Safeguarding and Not Safeguarding Concerns are higher than the East Sussex Average



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Links to key resources

Local mappings sites
- Community insight – Brighton & Hove Local Insight (communityinsight.org)
- East Sussex in figures Welcome to ESiF (eastsussexinfigures.org.uk)

JSNAs
- Brighton & Hove Joint Strategic Needs Assessment (JSNA) (brighton-hove.gov.uk)
- East Sussex East Sussex Joint Strategic Needs Assessment | (eastsussexjsna.org.uk)
- West Sussex Welcome to the West Sussex JSNA - West Sussex JSNA Website

National tools with local area data
- SHAPE tool SHAPE - Shape (shapeatlas.net) (registration required)
- Fingertips Public Health Profiles Public health profiles - OHID (phe.org.uk)
- Census area profile builder Build a custom area profile - Office for National Statistics (ons.gov.uk)

NHS Sussex ICB
- Sussex Insight bank https://int.sussex.ics.nhs.uk/nhs-sussex/tools-for-your-work/insight-bank/
- ICB Information Station