

## Wokingham JSNA Update – December 2019

This document provides an update on the health and needs of Wokingham's population.

The information below serves as a supplement to an updated series of infographics. Please refer to the accompanying document: **JSNA Flow Pathway Infographics**.

### Summary and Key Messages

#### Population structure at a glance

Wokingham, in general, is an affluent and healthy Borough. With an estimated population of around 168,000<sup>1</sup> it is the second least deprived borough in England<sup>2</sup> and its residents enjoy among the highest life expectancy<sup>3</sup> and years lived in full health<sup>4</sup> in the country.

Compared with the national picture, there are fewer young adults in their 20s and 30s living in Wokingham than there are older adults in their 40s and 50s.<sup>5</sup> While new developments in the area are a mixture of smaller flats and "family sized" homes, Wokingham is expected to attract more young couples and families although a significant change in the demographics of the borough is yet to be seen.

#### Starting Well *[Flow-pathway indicators quoted in square brackets]*

There is a good level of health among pregnant mothers and babies in Wokingham. With continued low rates of smoking during pregnancy [1]. While respiratory health appears to be good among children (aged 2-4) in Wokingham, there is an alarming rate of hospital admissions for respiratory tract infections among children; a rate that appears worse than both regional and national averages [10]. Childhood immunisation coverage is improving with MMR uptake slowly increasing for the first dose [9] however improvements are still required to bring Wokingham's second-dose vaccination coverage up to the national target [11].

#### Developing Well *[Flow-pathway indicators quoted in square brackets]*

The prevalence of children who are eligible for free school meals (a proxy indicator for children experiencing poverty) remains significantly lower than the national average; a trend which mirrors the overall low IMD score for the borough [13]. Levels of obesity in children aged 4-5 and 10-11 in Wokingham have remained stable over the last 10 years [14, 17] but we know that societally there are groups that face greater barriers to being physically active than others, for example children with disabilities and child carers. Poor mental health is both a risk factor for and an outcome of social isolation in children and young people. Supporting the mental and emotional wellbeing of young people is a priority nationally as well as locally where we have seen an alarming rate of self-harm related hospital admissions (among 15-19 year olds) in Wokingham; which is significantly worse than the national average [25]. Young people in Wokingham are less likely to regularly drink alcohol or use drugs than young people on average in England [20, 21, 22]. Measures of good sexual and reproductive health including rates of teenage conceptions, STI diagnoses and late diagnosis of HIV are also encouraging in Wokingham. However more effort must be made to combat the rate of chlamydia diagnoses; which appears to be worse than the average rate for England [26].

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<sup>1</sup> ONS mid-year population estimate

<sup>2</sup> Index of Multiple Deprivation Score (IMD) 2019. Rank 2 out of 317 local authority districts in England.

<sup>3</sup> Male Life expectancy at birth (2015-17) 81.5 years – rank 11 of 152

Female Life expectancy at birth (2015-17) 85.6 years – rank 7 of 152

<https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>

<sup>4</sup> Male Healthy life expectancy at birth (2015-17) 69.8 years – rank 2 of 152

Female Healthy life expectancy at birth (2015-17) 71.6 years – rank 1 of 152

<https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>

<sup>5</sup> 4 2016-based Subnational Population Projections, mid-2016 to mid-2041

<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationprojections/bulletins/subnationalpopulationprojectionsforengland/2016based>

**Living Well** [*Flow-pathway indicators quoted in square brackets*]

Rates of alcohol consumption among Adults (aged 18 and over) remain high in Wokingham – which appear to be higher than average rates across the country [30]. Despite this, Wokingham continues to have one of the lowest smoking prevalence rates in the country [29], however, there remains a large gap for routine and manual workers who are twice as likely to smoke as the rest of the population. Rates of adult obesity remains lower than both the least deprived decile of the nation as well as the national average [32]. Levels of physical inactivity for Wokingham are also better when compared to the national picture [32] as are rates of reported symptoms and diagnoses of anxiety and depression [33]. While generally Wokingham residents report high levels of wellbeing, suicide rates locally are similar to the national average [34]. Cancers are the most common cause of death in Wokingham. Despite screening rates locally being significantly better than England but for breast and cervical screening, trends in Breast cancer screening appear to be declining over recent years [39].

**Ageing Well** [*Flow-pathway indicators quoted in square brackets*]

Over 65s in Wokingham, on average, live longer and healthier lives than the national average [41]. Hospital admissions due to falls and hip fractures continue to have a significant impact in Wokingham, and are similar to average rates for the nation [48]. Cardiovascular disease is one of the major causes of death in the over 65s in England. However in Wokingham the rates of deaths from cardiovascular disease among the 65+ population has been decreasing over the last 10 years; and this rate is significantly better than average rates across England [50]. Supporting wellbeing over winter is important in preventing excess winter deaths and as well as promoting messages around keeping warm. Flu vaccinations are also a key intervention for safeguarding vulnerable groups among the elderly; which is an important issue given the fact that vaccine coverage among 65+ in Wokingham is only marginally exceeding the national target [43]. However uptake of flu vaccinations in the over 65s has been increasing locally [43]. National research has evidenced an association between loneliness/isolation and ill health. In older age, risk factors for isolation such as living alone and/or having limited access to transport are more prevalent. People who receive support from adult social care as well as adult carers care givers are also at increased risk of becoming lonely or isolated.

**Find Out More:**

Most of the data in this report was extracted from the Berkshire Data Observatory.

The Berkshire Data Observatory is a dynamic website which brings together information held across different organisations into one accessible place. It provides access to a variety of data on the current and anticipated needs of Wokingham's population and is designed to be used by a broad range of audiences including practitioners, researchers, commissioners, policy makers, councillors, students and the general public: <https://BerkshireObservatory.co.uk/>

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## Glossary - Definitions of all flow pathway indicators.

### Starting Well

#### 1. Smoking status at time of delivery

5.6% of all new mothers in Wokingham (annually) were identified as smokers at the time of their delivery. This trend in Wokingham has been gradually decreasing over the past 9 years.

Smoking prevalence among mothers giving birth is lower in Wokingham than the regional average (9.7%) and the national average (10.6%).

Both of these comparisons are statistically significant.

#### 2. Teenage mothers

0.4% of all child births in Wokingham (annually: 2016-17) were from young mothers (aged 12-17).

The most-recent data for the year: 2017-18 in Wokingham was smaller and thus – has been suppressed to mitigate the risk of the data being potentially disclosive. (Patient confidentiality regulations).

#### 3. BME Deliveries

17.6% of all child births in Wokingham (annually: 2016-17) were from Black and Ethnic Minority mothers. This trend has been gradually increasing over the past 5 years.

This statistic for Wokingham appears to be significantly higher than the Comparator group (least deprived decile in the country) and significantly lower than the national average – 23.3%.

#### 4. Low birth weight of term babies

2.17% of all full-term new-borns in Wokingham (annually: 2017) had a low birthweight.

This trend has remained stable over the last 11 years.

This statistic for Wokingham appears to be lower than the least deprived decile in England (2.23%) and the national average (2.82%).

However both of these comparison are not statistically significant.

#### 5. Breastfeeding prevalence

In Wokingham, 61.8% of all newborns (6-8 weeks) were being breastfed (annual figure for 2017/18).

This statistic is significantly higher than the national average (43.1%).

The most-recent data for the year: 2017-18 in Wokingham has been suppressed due to issues with data quality.

#### 6. Infant Mortality

The rate of infant deaths (babies aged >1) in Wokingham (3.5 deaths per 1000 live births) appears to be slightly higher than that in the least deprived decile in England (3.1 deaths per 1000 live births).

The rate for Wokingham also appears to be lower than that national average.

However both of these comparisons are not statistically significant.

#### 7. Respiratory tract infection admissions aged 1 year

The rate of emergency hospital admissions among 1 year-olds in Wokingham is 104.3 admissions per 10,000 children. This rate appears higher than the regional and national averages however both of these comparisons are not statistically significant.

#### 8. DTaP/ IPV/ Hib coverage (1 year)

Wokingham is performing better than the national target for vaccination coverage (for DTaP/IPV/ Hib).

During 2018/19, 96.3% of all children in Wokingham (under 1 year-olds) received their relevant vaccines.

This coverage appears higher than the regional and national averages.

### 9. MMR – 1st dose

Wokingham is performing just below the national target for first-dose vaccination coverage (for MMR). During 2018/19, 94.5% of all children in Wokingham (under 2 years old) received their MMR vaccine. This coverage appears higher than the regional and national averages.

### 10. Respiratory tract infection admissions 2, 3 and 4 years

The rate of emergency hospital admissions among 2, 3 and 4 year-olds in Wokingham is 24.9 admissions per 10,000 children. This rate appears to be slightly higher than the regional and national averages however both of these comparisons are not statistically significant.

### 11. MMR – 2nd dose

Wokingham is performing significantly worse than the national target for second-dose vaccination coverage (for MMR). During 2018/19, 90.0% of all children in Wokingham (under 5 years old) received their MMR vaccines. This coverage for Wokingham appears higher than the regional and national averages.

## Developing Well

### 12. School readiness

75.3% of all reception-year children in Wokingham achieved a good level of development at the end of their academic year. This trend for Wokingham has been gradually increasing over the last 6 years. This statistic for Wokingham appears higher than the average for the least deprived decile of England as well as the national average. However the comparison alongside the least deprived decile of England is not statistically significant.

### 13. Free school meals

In 2018, 5.3% of all pupils (who attend state funded schools) were identified as eligible for free school meals. This trend in Wokingham has been gradually decreasing over the last 5 years. This statistic for Wokingham is also significantly lower than the average for the least deprived decile in England as well as the national average.

### 14. Obesity and overweight (Year R)

18.8% of all reception-year children in Wokingham were obese and overweight (for the year 2018/19). This trend for Wokingham has remained stable over the last 10 years. This statistic for Wokingham is also significantly lower than the average for the least deprived decile in England as well as the national average.

### 15. Pupils with special education needs (SEN)

10.8% of all primary- and secondary school children in Wokingham were identified as having a special educational need. This trend for Wokingham has been decreasing over the last 5 years. This statistic for Wokingham is also significantly better than the average for the least deprived decile in England as well as the national average.

### 16. First time entrants to Youth Justice System (10-17 year olds)

The rate of first time entrants to the Youth Justice System (10-17 year olds) in Wokingham is 178.7 per 100,000 people. This rate has been gradually decreasing over the last 9 years. This rate for Wokingham appears higher than the rate for the least deprived decile of England. However the rate for Wokingham appears lower than the national average. Both of these comparisons are not statistically significant.

### 17. Obesity and overweight (Year 6)

25.9% of all year-6 children in Wokingham were obese and overweight (for the year 2018/19). This trend for Wokingham has remained stable over the last 10 years.

This statistic for Wokingham is also significantly better than the average for the least deprived decile in England (30.3%) as well as the national average (34.3%).

### 18. Physically Active (At least 1 hour every day in last week)

15.5% of all 15 year olds in Wokingham reported to have engaged in physical activity for 60 minutes a day, 7 days a week (for the year 2014/15).

This statistic for Wokingham appears slightly higher than both the regional and national averages however both of these comparisons are not statistically significant.

### 19. Sedentary for 7 hours or more per day

62.9% of all 15 year olds in Wokingham reported to have been sedentary for 7 hours or more each day, on week days (for the year 2014/15).

This statistic for Wokingham is significantly better than both the regional (67.8%) and national averages (70.1%).

### 20. Regular drinker of alcohol (every week)

4.4% of all 15 year olds in Wokingham were reported to be drinking alcohol at least once a week (for the year 2014/15).

This statistic for Wokingham is significantly better than the national average (6.2%).

### 21. Smoking prevalence (current smokers)

4.9% of all 15 year olds in Wokingham were reported to be regularly smoking cigarettes (for the year 2014/15).

This statistic for Wokingham is significantly better than the national average (8.2%).

### 22. Drug Use (in the last month)

2.9% of all 15 year olds in Wokingham were reported to have taken cannabis (for the year 2014/15).

0.3% of all 15 year olds in Wokingham were reported to have taken other drugs (for the year 2014/15).

This statistics for Wokingham are significantly better than the national averages (4.6% and 0.9% respectively).

### 23. GCSEs achieved (5A\*- C including English & Maths)

For the academic year 2015/16, 70.9% of all GCSE students in Wokingham achieved 5 or more GCSEs at grade A\*-C (including English and Maths).

This statistic for Wokingham is significantly better than the regional average (63.5%) and the national average (57.8%).

### 24. Under 18 s conceptions

The rate of under 18 pregnancies in Wokingham is 6.9 pregnancies per 1,000 females (aged 15-17) per year.

This rate has been gradually increasing over the last 7 years.

This rate for Wokingham also appears worse than the rate for the least deprived decile of England (10.7 per 1000 females) as well as the national average (17.8 per 1000 females).

### 25. Admissions as a result of self-harm (15 to 19 year olds)

The rate of self-harm related hospital admissions (among 15-19 year olds) in Wokingham is 823.9 admissions per 100,000 children per year.

This rate has been gradually increasing over the last 7 years.

This rate for Wokingham appears to be significantly worse than the national average (648.6 admissions per 100,000 children per year).

### 26. Chlamydia detection rate per 100,000 population (15 to 24 year olds)

The rate of chlamydia diagnoses (among 15-24 year olds) made in Wokingham is 1267 diagnoses per 100,000 people per year.

This rate is significantly lower than the national target: 2,300 diagnoses to be made per 100,000 people per year.

This rate for Wokingham appears to be worse than the national average, however this comparison is not statistically significant.

### 27. NEET (16 to 17 year olds)

As of 2017, 5.5% of all 16-17 year olds in Wokingham were identified as not in education, employment nor training.

This statistic for Wokingham is similar to that of the least deprived decile in England as well as the national average.

### 28. Under 18s conceptions leading to abortion

50% of all pregnancies occurring among under 18s in Wokingham led to an abortion.

This statistic for Wokingham is similar to that of the least deprived decile in England and the national average, however both of these comparisons are not statistically significant.

## Living Well

### 29. Smoking prevalence

This indicator shows the percentage of people aged 18 plus who are self-reported smokers in the annual population survey. The figure for Wokingham is 8.2% (annually). This is significantly better than the least deprived decile of the nation (10.4%) and the figure for England (14.4%).

### 30. Adult drinkers of alcohol

32% of all adults in Wokingham (aged over 18) drink over 14 units of alcohol a week (2011-14). This appears to be higher than England's percentage of 25.7% and the comparator group (least deprived decile of the nation) whose percentage was 28.4%.

However both of these comparisons are not statistically significant.

### 31. Physically active and inactive adults

73.5% of all adults aged 19 plus in Wokingham are physically active (2017/18). The proportion of all 19+ year olds who are inactive in Wokingham is 15.4% (2017/18).

These stats appear to be better than the comparator group (least deprived decile of the nation) where 70.5% of adults aged 19 plus are active and 17.9% of adults aged 19 plus are inactive.

Physical activity and inactivity in Wokingham are both significantly better than the national figures.

### 32. Obesity and overweight

50.9% of all adults aged 18 plus in Wokingham were identified as overweight or obese (2017/18).

This statistic is significantly better than the comparator (least deprived decile of the nation) where 58.4% of adults aged 18 plus are classified as overweight or obese, and significantly better than the national figure of 62%.

### 33. Depression or Anxiety 18 plus years

9.1% of all adults aged 18 plus in Wokingham were reported to have depression or anxiety (2016/17). This figure is significantly better than the national figure of 13.7% and the comparator group figure (least deprived decile in England) of 11.1%.

### 34. Suicide

The rate of deaths from suicide (including injuries of undetermined intent) in Wokingham was 8.1 per 100,000 population per year. This appears to be a lower rate than the national figure which was 9.6 per 100,000 population per year and the comparator (least deprived decile in England) which was 7.9 per 100,000 population per year. However both comparisons (to the national and regional figures) are not statistically significant.

### 35. Diabetes

This indicator shows the estimated diabetes diagnosis rate for people with diabetes aged 17 and over, expressed as a percentage. This is calculated by the observed number of people with a formal diagnosis of diabetes as a proportion of the estimated number with diabetes. Wokingham's diagnosis rate is 67.7% (2018) which is significantly worse than the comparator diagnosis rate (72.4%) and the national diagnosis rate (78%).

### 36. Preventable mortality (all ages)

The rate of mortality in Wokingham from causes considered preventable is 125.3 deaths per 100,000 population per year (2016-18). This figure is significantly better than the rates for the South East (158 per 100,000 population per year) and England (180.8 per 100,000 population per year).

### 37. Bowel cancer screening (60 – 74 years)

65.2% of those eligible for bowel screening in Wokingham were screened (2018). This figure appears to be significantly better than the least deprived decile in England (61.5%) and the national figure (59%).

### 38. Cervical screening

76.6% of all females aged 25-64 in Wokingham attended cervical screening within the target period. This trend appears to be decreasing although it remains higher than the Thames Valley region (73.6%) and the national figure of 72.6%.

### 39. Breast cancer screening (53 – 70 years)

In Wokingham, 78.6% of all women aged 53-70, were screened for breast cancer in 2018. This figure is significantly better than the least deprived decile of England (76.7%) and the national figure (74.9%). However, the trend for Wokingham appears to be worsening over recent years.

## Ageing Well

### 40. Health related quality of life

Health status is derived from responses to the GP Patient's Survey, which asks respondents to describe their health status using the five dimensions of the EuroQuol 5D (EQ-5D) survey instrument:

- Mobility
- Self-care
- Usual activities
- Pain / discomfort
- Anxiety / depression

A maximum score of 1 indicates the best health state.

In Wokingham the average health status score in adults aged 65 and over is 0.779 (2016/17). There is no significant difference between this and the comparator group (least deprived decile of the nation) score of 0.768. However, the average health status score in Wokingham is significantly better than the national average of 0.735.

#### 41. Life expectancy at 65

Life expectancy beyond the age of 65 within Wokingham is an additional 22.8 years in females and 19.8 years in Males (2015-17).

These figures for Wokingham are significantly better than the scores for the South East (21.7 Years in Females and 19.3 years in Males) and for England (21.1. years in Females and 18.8 years in Males).

#### 42. Excess winter deaths

Most excess winter deaths are due to circulatory and respiratory diseases, and the majority occur amongst the elderly population.

During August 2014 and July 2017 18.1% more people died during winter (December to March) than all other months of the year in Wokingham.

This appears to be lower than the least deprived decile of England; where 20.9% more people die in winter than all other months of the year. The figure for Wokingham is also lower than the national average; where 21.1% more people die in winter than all other months of the year.

#### 43. Flu vaccine

75.1% of all 65+ adults in Wokingham received the flu vaccine in 2018/19 which is just better than the national target of 75%.

This trend for Wokingham has been gradually increasing over the past few years.

Both the comparator and England are performing significantly worse than the national target of 75%, with 72% 65+ in England and 73.5% of the comparator group (least deprived decile of the nation) receiving the flu vaccine in 2018/19.

#### 44. Long term support needs met

The rate of appropriate admissions\* to residential- and nursing-care homes (among 65+) in Wokingham is 394.5 per 100,000 people per year.

The equivalent rate of appropriate admissions for the South East is 561.5 per 100,000 people per year.

For England, the rate is 585.6 admissions per 100,000 people per year.

\*Appropriate admissions are defined as those where the long-term support needs of older people are best-met by admission to residential and nursing care homes.

#### 45. Delayed transfer of care

A 'delayed transfer of care' occurs when a patient is ready to leave a hospital or similar care provider but is still occupying a bed. Delays can occur when patients are being discharged home or to a supported care facility, such as a residential or nursing home, or are awaiting transfer to a community hospital or hospice.

The rate of total delayed transfers of care in Wokingham is 6.5 per 100,000 transfers per year. The equivalent rate for all patients in the South East is 13 per 100,000 transfers per year and the rate of all patients across England is 10.4 per 100,000 transfers per year.

#### 46. Dementia: recorded prevalence

4.48% of the GP-registered population aged 65 plus in Wokingham were diagnosed with dementia (as of December 2018).

This trend for Wokingham has remained stable over recent years.

This appears to be higher than the comparator (least deprived decile of the nation) and the national average.

#### 47. Preventable sight loss – age related macular degeneration (AMD) (persons 65+ years)

The rate of preventable sight loss in Wokingham (due to age related macular degeneration) is 69.2 people per 100,000 people per year.

This trend for Wokingham has remained stable over recent years, but is significantly better than the rate for the least deprived decile of England (108.7 per 100,000 people per year).

#### 48. Hospital admissions due to fall

Falls are the largest cause of emergency hospital admissions for older people.

In Wokingham, the rate of emergency hospital admissions for injuries due to falls in people aged 65 plus is 2,161 per 100,000 people per year (2017-18). This figure is not significantly different to the national average, which was 2,170 per 100,000, or the comparator group (least deprived decile of the nation), which was 2,170 per 100,000.

#### 49. Hip fractures

Hip fractures are debilitating conditions. Only one in three sufferers return to their former levels of independence and one in three ends up leaving their own home and moving to long-term care.

In Wokingham, the rate of emergency admissions for hip fractures were 589 admissions per 100,000 people per year (2017-18). This figure is not significantly different to the national figure, which was 578 per 100,000 of the population, or the comparator group (least deprived decile of the nation), which was 547 per 100,000 of the population.

#### 50. Cardiovascular disease

Cardiovascular disease is one of the major causes of death in the over 65s in England.

In Wokingham, the rate of deaths from cardiovascular disease among people aged 65 and over was 860.9 deaths per 100,000 people per year (2016-18).

This trend for Wokingham has been decreasing over the last 10 years.

This figure is significantly better than the national average which was 1,079 per 100,000 of the population, and significantly better than the comparator group (least deprived decile of the nation), which was 929 per 100,000.