



# Aylesbury CB

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# Health and wellbeing recovery priorities

- Principles - Working with communities, Community Boards and partners to co-design approaches, building on the assets of communities to develop solutions and level up outcomes across Buckinghamshire.
- **Keeping infection rates low and residents safe from COVID**
- **Supporting mental health, reducing social isolation & loneliness & preventing suicide**
- **Keeping people healthy – big 4 health behaviours, tackling cardiovascular disease and diabetes**
  - Improving access to healthy affordable food
  - Decreasing sedentary behaviour and deconditioning and increasing physical activity
  - Whole system approach to tackling obesity
  - Preventing diabetes, heart disease and stroke - joint programme being co-designed with key communities and community boards where heart disease and diabetes are highest , involving NHS, voluntary sector and other partners
- **Addressing the needs of key groups at greater risk of poor health** – including those living in more deprived areas and certain ethnic groups

# Health and wellbeing after COVID

- Before the COVID pandemic Aylesbury CB residents had worse health and wellbeing than the county average
- COVID affected key communities more severely including those living in more deprived areas and from key ethnic groups -such as Pakistani, Indian, Black African, Black Caribbean and Black British groups. There were many reasons that COVID affected these groups more severely.
- Aylesbury CB had the 3<sup>rd</sup> highest rate of COVID cases in the county over the pandemic
- We are developing programmes to help people recover their health and wellbeing after COVID including addressing social isolation, mental health and physical health that has been worsened by COVID in many cases.
- COVID has had a more severe impact on people with existing long term conditions such as heart disease, high blood pressure and diabetes. these long term conditions also account for a large burden of disease and early death in our residents and are more common in people living in more deprived areas and key ethnic groups.
- The good news is that these conditions are preventable in many cases and we know what works.
- The other good news is tackling the risk factors for these conditions also helps prevent some cancers, some cases of dementia, stroke and many other conditions and saves lives.
- **The Public Health team are keen to work with Aylesbury Community Board and local residents to understand what would work best to help improve their health and wellbeing - including tackling the risk factors for heart disease, stroke, diabetes and dementia in their communities.**

# Heart Disease in Aylesbury Community Board

- Is the 2<sup>nd</sup> most deprived community board in the county & has one of the most ethnically diverse populations in Bucks
- Life expectancy for both men and women is lower than Buckinghamshire average (but similar to the England average)
- Heart disease and stroke (cardiovascular disease) is the biggest contributor to the gap in life expectancy between different areas in Bucks contributing to 33% of the gap for men and 18.6% for women.
- Within Buckinghamshire – the most deprived communities are more than twice as likely to die prematurely from cardiovascular disease compared to our least deprived communities.
- Risk factors for heart disease and stroke **include being inactive, eating unhealthily, being overweight, having high blood pressure, having diabetes, smoking and drinking too much alcohol.**
- Aylesbury CB Ranks amongst the highest for proportion of adults with high blood pressure, depression, diabetes and cancer compared with the other Community Boards
- It has higher levels of many of the risk factors for heart disease, stroke and diabetes than the Buckinghamshire average.
  - 1 in 5 Smoke (20.4%) – higher than the County average (14.6%)
  - 1 in 4 adults are inactive (23.8%) compared with the County average (16.5%),
  - Higher proportion of obese adults (36.2%) compared with the County average (31.4%)
  - More than 1 in 10 have high blood pressure.
- 43% of residents take up their NHS Health Checks when offered - these checks look for risk factors for heart disease, stroke, diabetes and assess peoples risk and give advice about reducing risk.