

Cardiovascular Disease in Somerset

Annual Report of the Director of Public Health for Somerset 2022/3



Director of Public Health Report

- The production of an annual report is a statutory obligation for Directors of Public Health
- It is an opportunity for the DPH to give an independent and personal view of health and wellbeing priorities in the county
- Acknowledge input colleagues across health system, Somerset County Cricket Club and Somerset Cricket Foundation



Professor Trudi Grant
Executive Director of Public
and Population Health



Cardiovascular disease in Somerset in 2023

Estimated **44%**
aged 40-74
unaware of
future CVD risk



900
Emergency
admissions for heart
attacks each year



5 deaths
from CVD
each day



Almost **2 in 3**
adults are
overweight
or obese



100k known
cases of high
blood
pressure & **50k**
undiagnosed cases



Atrial
fibrillation
increases
stroke risk **x5**



3 in 4 people
with diagnosed
CVD still have
high cholesterol levels



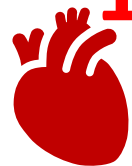
14k
stroke survivors



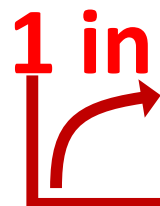
1 in 7
adults smoke



1 in 5
survive a
ruptured
aortic aneurysm



1 in 12 with
diabetes
by 2035



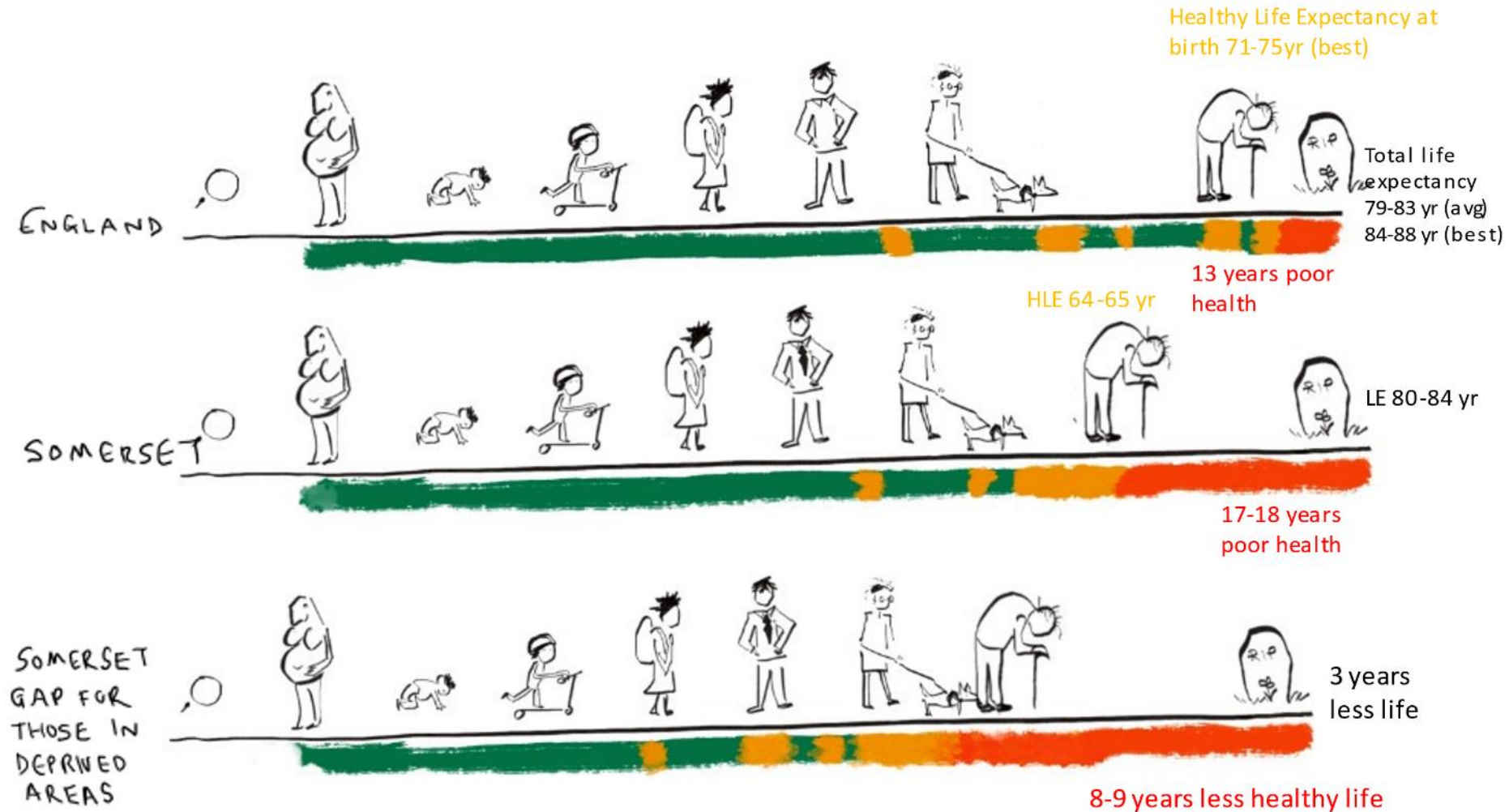
Hypertension is **#1**
risk factor for
kidney disease



Less than **1%** of
people with familial
hypercholesterolaemia
aware of their high
family risk of CVD



A good innings



2022/23 Cardiovascular Disease


- Why focus on CVD and impacts of inequalities?
- Playing conditions
- Team fitness
- Good catches and early detection
- COVID stops play
- Dismissal and end of the innings
- Six for Somerset – recommendations

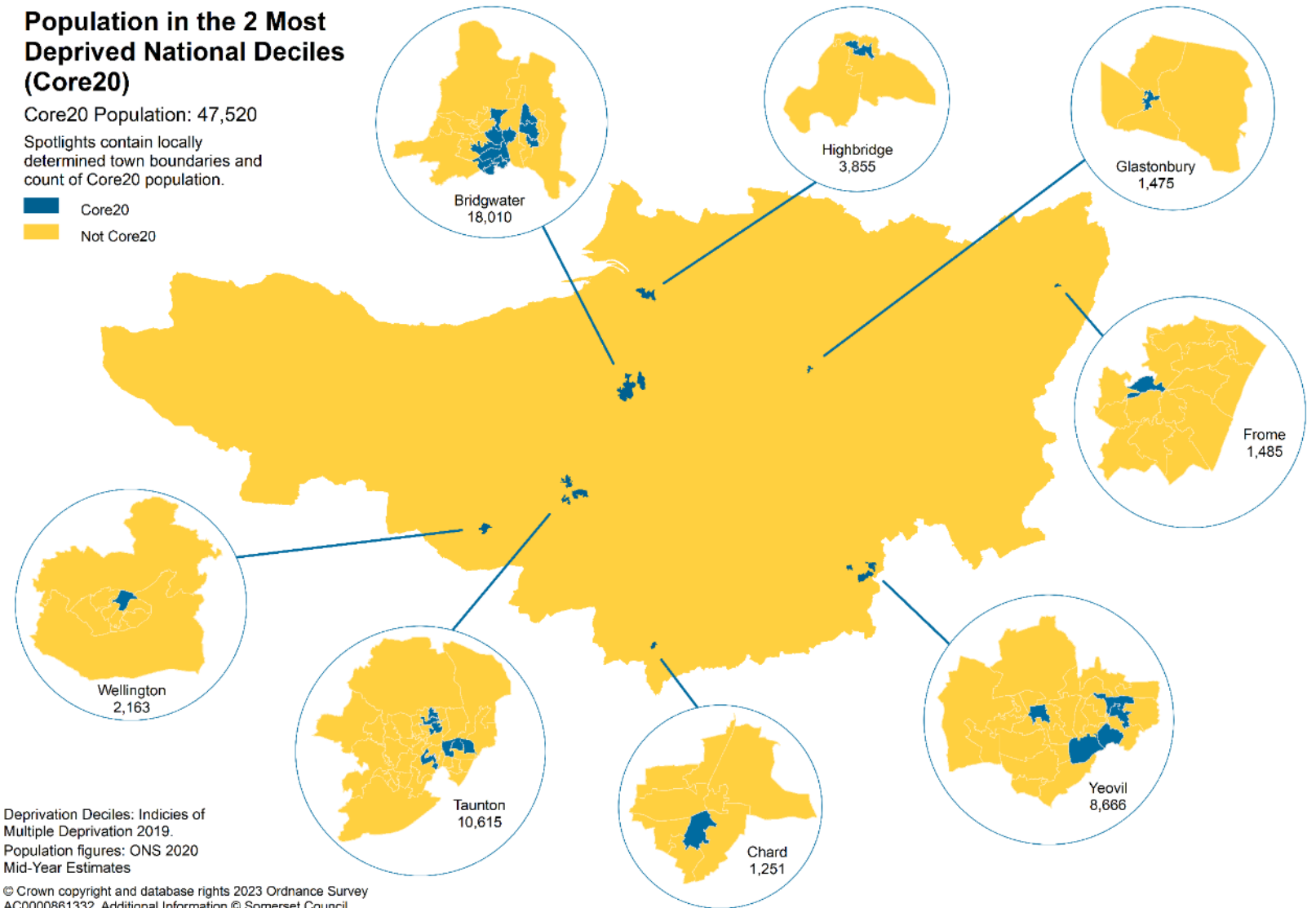
Playing Conditions

Population in the 2 Most Deprived National Deciles (Core20)

Core20 Population: 47,520

Spotlights contain locally determined town boundaries and count of Core20 population.

 Core20
 Not Core20



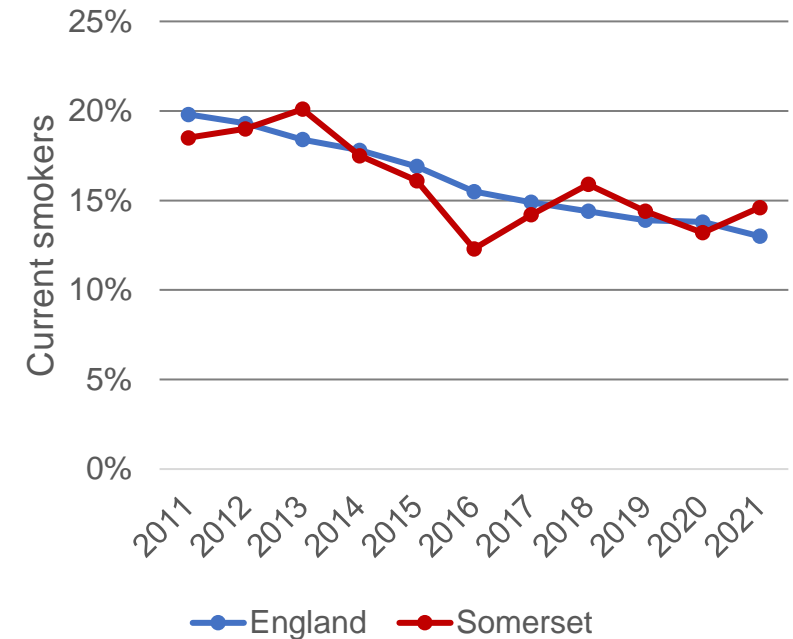
Deprivation Deciles: Indices of Multiple Deprivation 2019.
Population figures: ONS 2020 Mid-Year Estimates

© Crown copyright and database rights 2023 Ordnance Survey
AC0000861332. Additional Information © Somerset Council

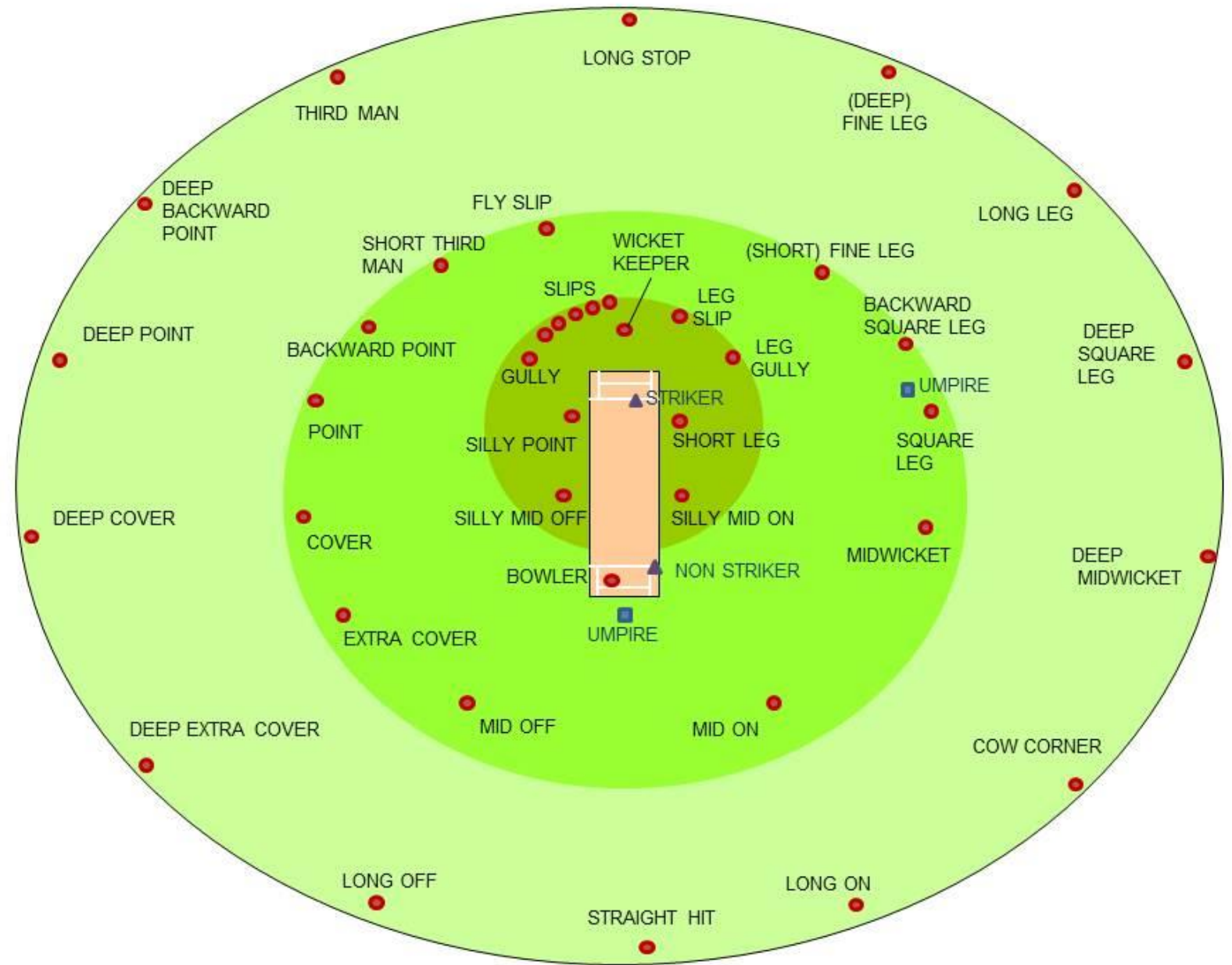
Team Fitness

Smoking as a risk factor for CVD

- Most influential risk factor on both life expectancy, early deaths, loss of quality of life and inequalities in these outcome
- About 14.6% adults are current smokers.
- About 60,000 smokers in Somerset.
- Almost 1 in 3 of those in routine and manual occupations smoke.
- About 1 in 4 of those with severe mental illness smoke
- About 6 in 10 of those homeless smoke



Fielding Positions



Good catches for CVD

High Blood Pressure

Obesity

High Cholesterol

Familial Hypercholesterolaemia

Atrial fibrillation

Kidney dysfunction

Aortic Aneurysm

Diabetes



QRISK: Ten year risk of heart attack or stroke



50y white female



50y white female +
Smoker, overweight and
Family history of CVD

qrisk.org

Recommendation 1

Good pitch preparation

We need to develop our environment with the purpose of improving health and environmental sustainability.

“A quality cricket surface allows players to express and develop their skills, ensures the cricketer has a rewarding experience and that the game of cricket can be enjoyed by players, and supporters alike across all levels of participation”.

Pitch Preparation — The basic fundamentals



Recommendation 2

Doing it off your own bat

Together with communities we need to re-invigorate efforts to promote, encourage and support people in Somerset to enjoy a healthy lifestyle and all the benefits that it brings.



Recommendation 3

Working on the Ashes

Call for renewed action to meet the national challenge to reduce smoking rates to 5% or less by 2030.



Recommendation 4

A good fielding system

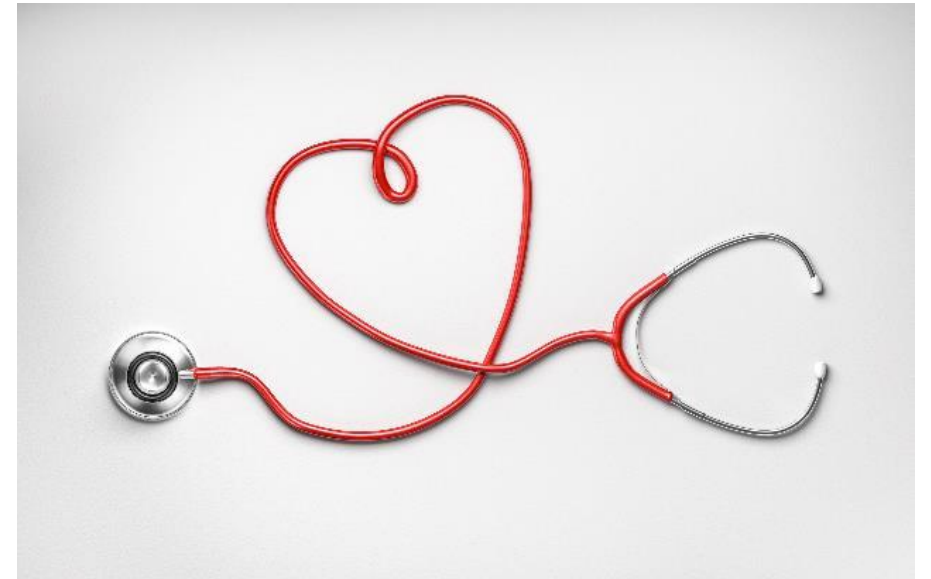
A system-wide focus on finding and supporting those with high blood pressure



Recommendation 5

Treatment delivery

Finding and sticking to the right treatments



Recommendation 6

Keep an eye on the scoreboard

Improve data collection and use it to help predict risk of disease and diagnose and intervene early



Questions and Comments



Trudi.Grant@somerset.gov.uk

Orla.Dunn@somerset.gov.uk
