

CVSBEH Summer Conference 16<sup>th</sup> June

# Shaping the future of Health and Wellbeing in Hertfordshire

Jim McManus, Chartered FCIPD, CPsychol, FBPSS, FFPH, CSci, FRSB  
Executive Director of Public Health

[www.hertfordshire.gov.uk](http://www.hertfordshire.gov.uk)



# Key Trends

1. Recovery from Covid
2. Structural Changes (ICS, ICB, ICP...ICU?)
3. Better Health Outcomes is everyone's job
4. Health Protection needs turbocharging because of new and emergent infections

# Leading causes of poor health

- There are numerous data sources and statistics available with which to measure different aspects of the local population's health status and no single overview can adequately capture all of the relevant information
- Disability-Adjusted Life Years (DALYs) provide one of the best single measures of the overall burden of ill health in the population
- DALYs for a disease or health condition are the sum of years of potential life lost due to premature death and the years of healthy life lost due to disability compared to the standardised life expectancy (1 DALY = 1 year of healthy life lost)

- The latest 'Global Burden of Disease Study' estimated the leading causes of DALYs in Hertfordshire
- The top 8 causes of DALYs in the county are estimated to be:
  1. Coronary heart disease
  2. Low back pain
  3. COPD
  4. Diabetes
  5. Lung cancer
  6. Stroke
  7. Depressive disorders
  8. Falls

# Leading risk factors for poor health

- As part of the same study, the leading risk factors for DALYs in Hertfordshire were also estimated (including metabolic risks, behavioural risks and environmental/occupational risks)
- The top 8 risk factors for DALYs in the county are estimated to be:
  1. Smoking
  2. Excess weight
  3. High blood sugar
  4. High blood pressure
  5. Alcohol
  6. High cholesterol
  7. Low temperature
  8. Air pollution

# Leading causes of inequalities in life expectancy

- The leading contributors to the gap in life expectancy between the most and least deprived areas in Hertfordshire are circulatory disease, cancer and respiratory disease
- Circulatory disease includes heart disease and stroke
- Respiratory disease includes flu, pneumonia and COPD

# So what next?

- Tackle the leading causes of life years lost to premature death and disability and inequalities in life expectancy using a whole system place-based approach, with evidence-based actions across the life-course at district and borough, PCN and countywide levels
- Utilise population health management (PHM) and prevention approaches to identify and act on specific opportunities for effective intervention and improvements to patient management
- New Health and Wellbeing Strategy, New Public Health Strategy
- Build coalitions for action

[hertfordshire.gov.uk/jsna](http://hertfordshire.gov.uk/jsna)  
[JSNA@hertfordshire.gov.uk](mailto:JSNA@hertfordshire.gov.uk)

# Thank you



# Top causes of poor health in Hertfordshire: some key stats



**34,299**

people had coronary heart disease in 2020/21



**14.2%**

of people aged 16+ had a long-term musculoskeletal problem in 2021



**63,322**

people aged 17+ were known to have diabetes in 2020/21



**2,210**

emergency hospital admissions for COPD occurred in 2019/20



**403**

people died of lung cancer in 2020



**20,772**

stroke patients were known to GPs in 2020/21



**112,819**

people aged 18+ were known to have depression in 2020/21



**4,600**

emergency hospital admissions due to falls in people aged 65+ occurred in 2020/21



Hertfordshire Public Health  
Evidence & Intelligence  
JSNA

