

Ward Health Profile

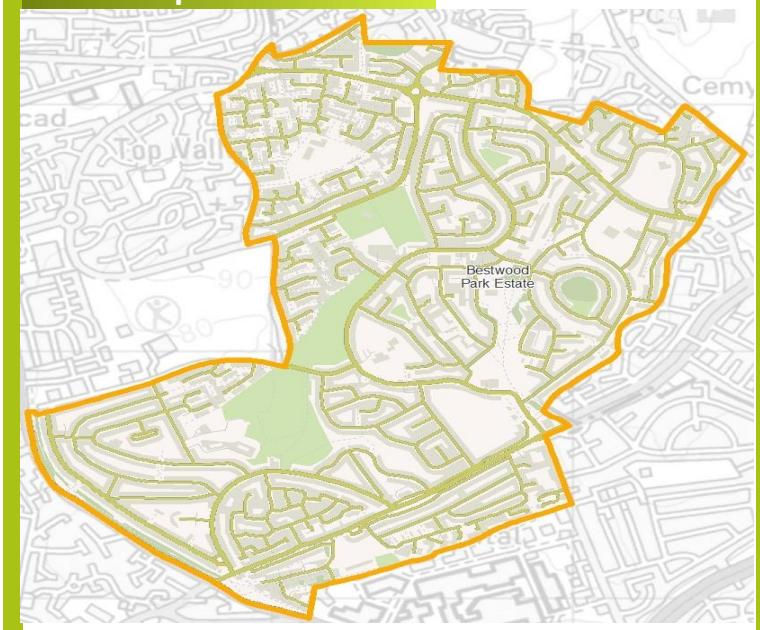
Bestwood Ward

17,221 Ward Residents in 2018

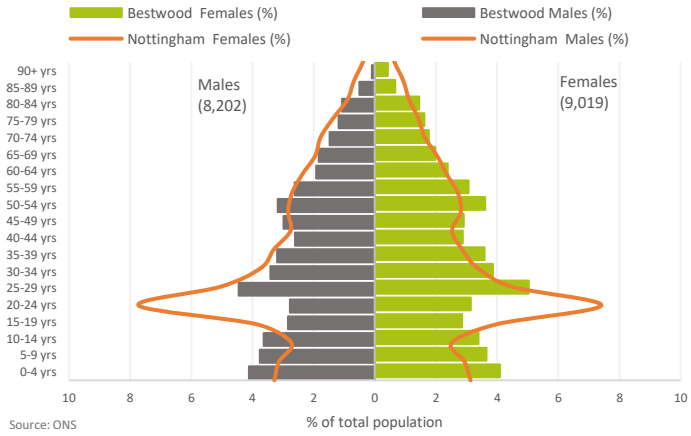
Quick Statistics

- Bestwood has a total of **17,221** residents.
- **8,202** are male (**47.6%**) and **9,019** are female (**52.4%**).
- There were **284** babies born in Bestwood in 2018.
- The birth rate was **16** per 1,000 population, highest within Nottingham city.
- Life expectancy at birth for males is **74.2 years** (2016-18) which is significantly lower than the national average (79.6 years).
- Life expectancy at birth for females is **79.3 years** (2016-18) which is significantly lower than the national average (83.2 years).
- In Nottingham city, females live on average **54.2 years** in good health and males **57.7 years** (this data is not currently available at ward level).
- **25.8%** of all adults in Bestwood smoke, higher than the City average (24.1%).
- **10.2%** of adults in Bestwood binge drink, lower than the City average (15.9%).
- **42.6%** of children in Year 6 in schools within Bestwood are overweight/obese, higher than the City average (39.2%).
- Bestwood is the **4th** most deprived ward in the City and ranks as the **338th** most deprived out of England's 7,412 wards.
- There are **2** GP practices within Bestwood, with an additional **2** in close proximity to its borders.
- There are **2** community pharmacies within Bestwood area, with **2** additional pharmacies in close proximity to its borders.

Ward Map



Population



Source: ONS

Bestwood has a higher percentage of children who are under the age of 16. These younger residents account for **23.7%** of the ward population. This is compared with **18.8%** for Nottingham City and **18.3%** nationally.

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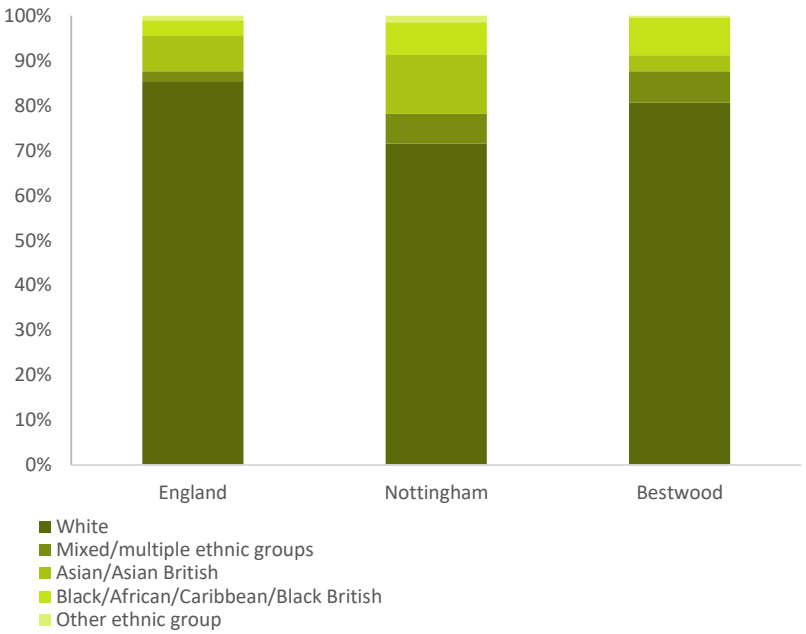


Ethnicity

The ethnicity breakdown of Bestwood shows that it has a larger percentage of its residents from a white background (**81%**) compared to the city average (**72%**).

Bestwood has a similar percentage of mixed/multiple ethnic groups compared with the city (**7%** for the city, and **7%** for Bestwood).

The breakdown also shows that Bestwood has a lower percentage of Asian/Asian British (**4%**) but a higher percentage of Black/African/Caribbean/Black British (**8%**) compared to the city average (**13%** and **7%** respectively).



Deprivation

- **Income Deprivation:** is the percentage of residents living in households reliant on means tested benefit.

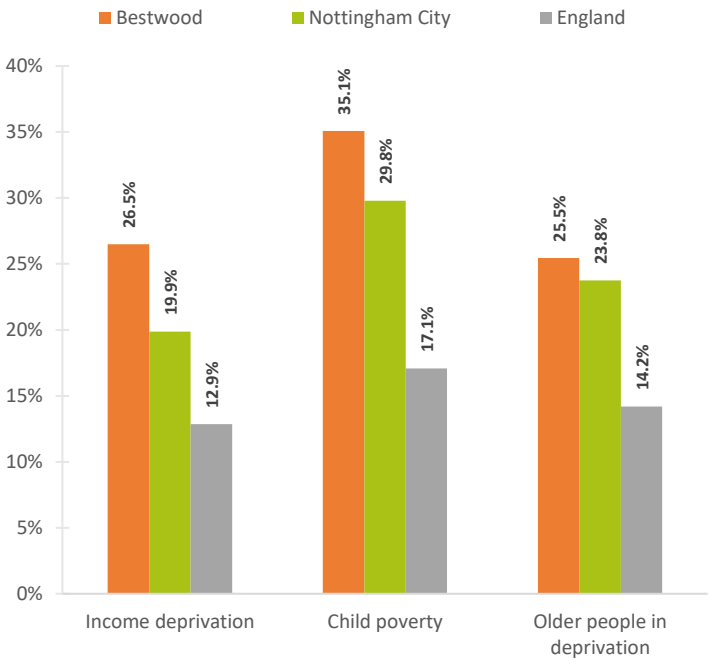
  26.5% (**4,554**) of Bestwood's population live in income deprived households, higher than the City's average (**19.9%**).

- **Child Poverty:** is the percentage of children (0-15 yrs.) living in income deprived households.

  Compared to the City average (**29.8%**), Bestwood has a higher proportion (**35.1%**) of children aged 0 - 15 yrs living in poverty.

- **Older people in deprivation:** is the percentage of residents aged 60+ living in pension credit households.

  Bestwood has a higher percentage (**25.5%**) of residents aged 60+ years living in deprivation when compared to the city of **23.8%**.



Source: NOMIS

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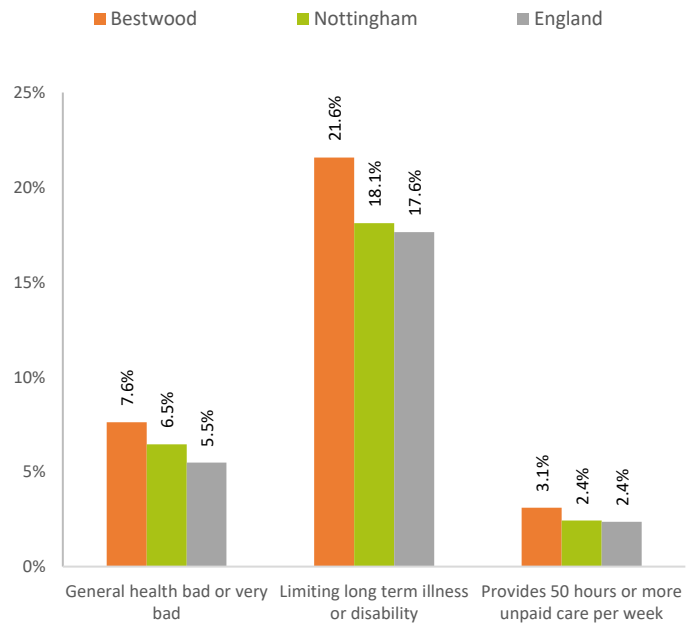


Self Reported Health and Care

Despite a relatively young population, Bestwood residents feel that they have **poorer** health than that of the city as a whole and nationally.

Bestwood has a **higher** proportion (**14.0%**) of older people (65+) compared to the city (**11.5%**) but lower than nationally (**17.5%**).

A **higher** percentage of residents feel that they have a limiting long term illness or disability and provide **higher** levels of unpaid care compared to both the City and nationally.



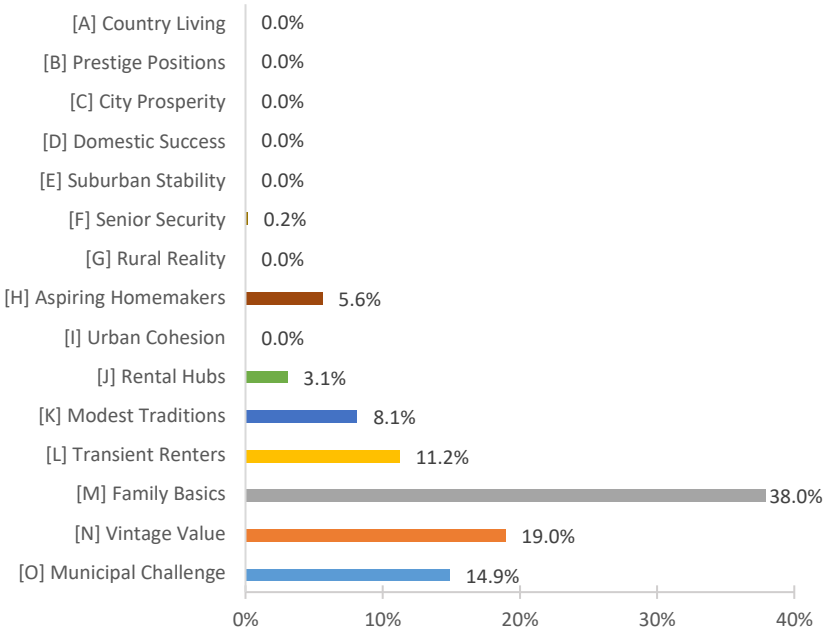
Source: NOMIS

Mosaic Groups

Mosaic groups are a way of segmenting the population into 15 groups based on their characteristics. Based on the 2014 mosaic data:

Bestwood has a higher percentage of group **'M'** households. This group is described as **"Families with limited resources who have to budget to make ends meet"**. The Key features of group 'M' are: Families with children, aged 25 to 40, limited resources, some own low cost homes, some rent from social landlords and squeezed budgets.

Group **'N'** accounts for **19%** of households. Group 'N' is described as **"Elderly people reliant on support to meet financial or practical needs"** with key features such as: Elderly, living alone, low-income, small houses and flats, need support and low technology use.



Source: Experian

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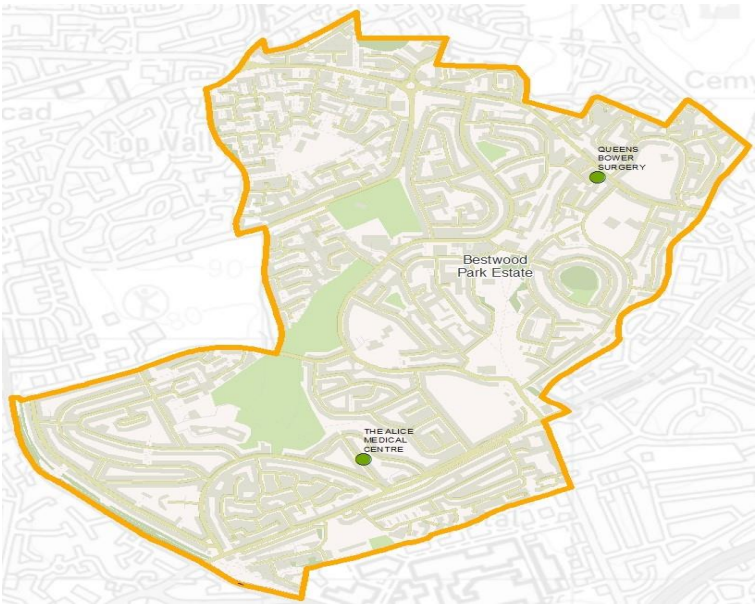
Disease Prevalence

GP's keep a record of people with specific diseases such as diabetes, heart disease (CHD), respiratory disease (COPD) and depression as part of a performance movement and payment system. 2017/18 data from these registers have been used to calculate disease prevalence. It is important to note that these figures may be under estimates of the prevalence of disease due to people not presenting to their GP's, not being diagnosed and not being recorded.

Coronary Heart Disease (CHD)

CHD is caused by a build-up of fatty deposits on the walls of the arteries around the heart (coronary arteries). Risk is significantly increased if you smoke, have high blood pressure (hypertension), have high blood cholesterol level, do not take regular exercise, or have diabetes, or are overweight/obese.

None of the GP practices within Bestwood area have a significantly higher CHD prevalence than the England average.



Chronic Obstructive Pulmonary Disease (COPD)

COPD is the name for a collection of lung diseases including chronic bronchitis, emphysema, and chronic obstructive airways disease. People with COPD have difficulties breathing, primarily due to the narrowing of their airways, this is called airflow obstruction. Smoking is the main cause of COPD. At least four out of five people who develop the disease are or have been smokers.

Both GP practices within Bestwood area have significantly **higher** COPD prevalence than the England average.



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Diabetes

Type 2 diabetes (the most common type) and obesity are clearly connected- being overweight or obese has been estimated to account for 65% -80% of new cases of type 2 diabetes. Diabetes is linked to many health complications such as heart disease, eye problems, kidney disease and problems with circulation, so it is important that it is diagnosed early and managed.

Bestwood has a higher percentage of overweight and obese patients registered with a GP practice compared to the England average and so would be expected to have a higher prevalence of diabetes.

1 of **2** GP practices within Bestwood area have significantly **higher** diabetes prevalence than the England average.



Severe Mental Illness

The register includes all patients with a diagnosis of schizophrenia, bipolar affective disorder and other psychoses. Mental illness can result in high levels of disability, loss of life for patients, their families and carers.

1 of **2** GP practices within Bestwood area have significantly **higher** recorded prevalence than the England average.





NHS Health Checks

NHS Health Check is a free health check-up for adults aged between 40 and 74 years in England. It is an assessment and management programme designed to spot the early signs of heart disease, type 2 diabetes, kidney disease, stroke and dementia. Identifying early signs of disease is key to reducing risk and improving opportunity for early intervention.

Eligible Population

1,853 of Bestwood residents aged between 40 and 74 years were eligible for an NHS health check over the 5 year period (2014/15 to 2018/19).

NHS Health Checks Offered

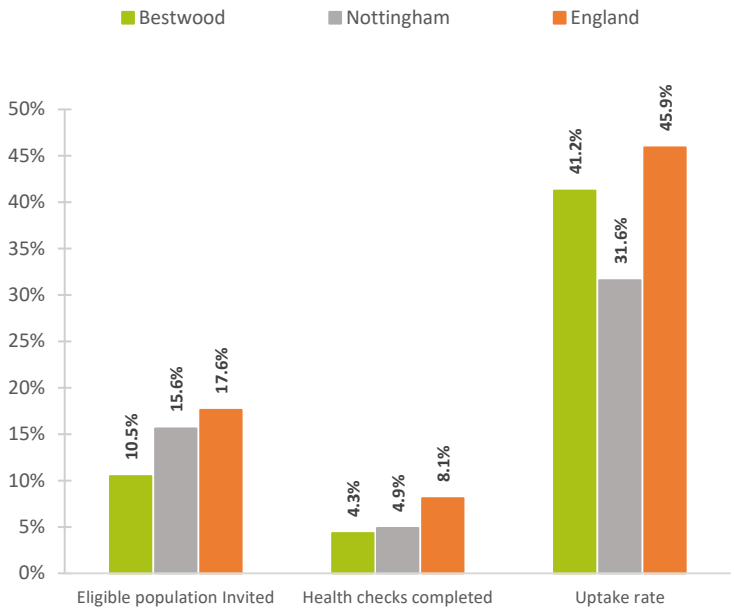
10.5% (**194**) of Bestwood's eligible population were offered an NHS Health Check, **lower** than both the City and England average of **15.6%** and **17.6%** respectively.

NHS Health Checks Taken Up

41.2% of those invited within Bestwood area, took up an NHS Health Check. This is **higher** than the City average (**31.6%**) but **lower** than the England average (**45.9%**).

NHS Health Checks Received

Compared to the City average of **4.9%** and England average of **8.1%**, a **lower** proportion (**4.3%**) of Bestwood's eligible population received an NHS Health check.



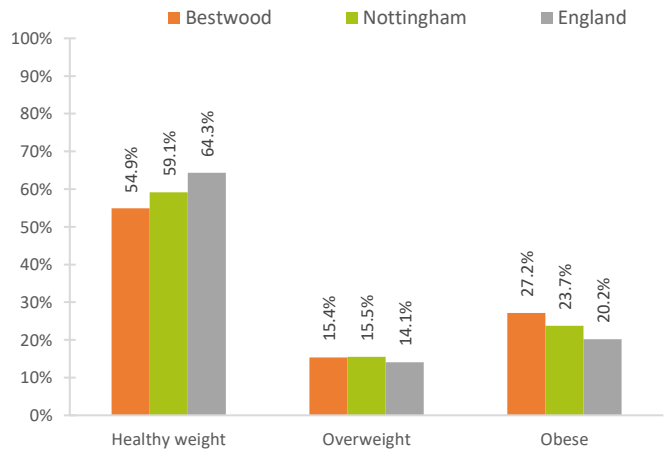
Source: eHealthscope

Childhood Obesity

Bestwood ward has a **lower** proportion (**54.9%**) of year 6 children with a healthy weight compared to both the City average (**59.1%**) and the National average (**64.3%**).

15.4% of year 6 children in schools within Bestwood are overweight, **similar** to the City average (**15.5%**) but **higher** than the National average (**14.1%**).

A **higher** proportion (**27.2%**) of children in year 6 in schools within Bestwood are obese compared to the City average (**23.7%**) and the National average (**20.2%**).



Source: NCMP 2018/19

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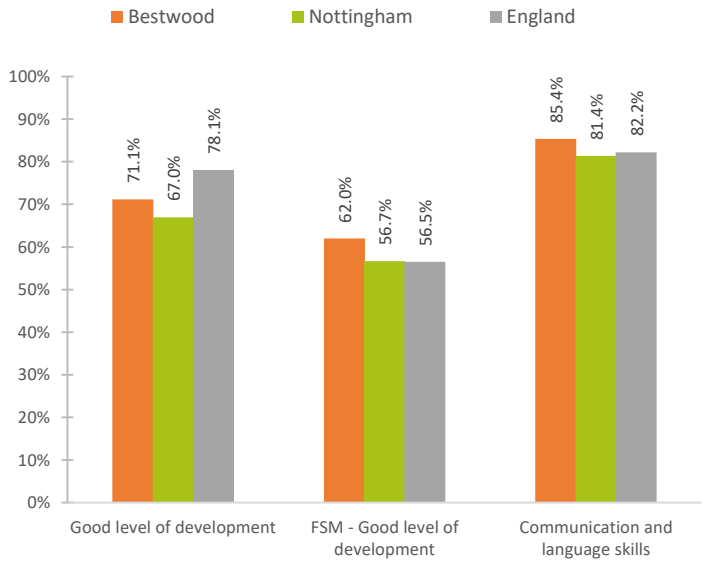


School Readiness

Compared to the City average (**66.9%**), a **highe**r proportion (**71.1%**) of children within Bestwood reached a good level of development at the end of reception but **lower** than the England average (**78.1%**).

A **higher** proportion (**62.0%**) of children eligible for free school meals reached a good level of development compared to both the City (**56.7%**) and National average (**56.5%**).

In this ward, a **higher** percentage (**85.4%**) of children reached the expected level of development in communication and language skills at the end of reception, compared to both the City (**81.4%**) and England average (**82.2%**).



Source: NCER & PHOF 2018/19

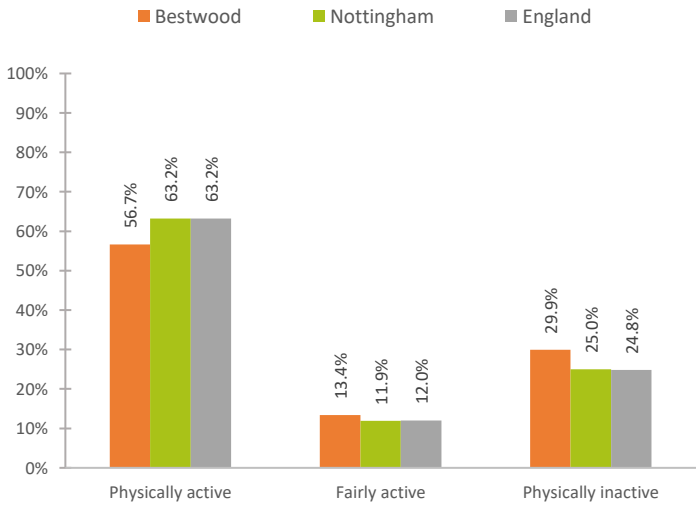
Physical Activity

Active lives survey measures the activity level of people aged 16 and above across England. Activities includes walking, cycling, dance, fitness and sporting activities but excludes gardening. Depending on the number of minutes of physical activity, people are described as being: Active(doing at least 150 minutes a week); Fairly active (doing at least 30 - 149 minutes a week); Inactive (doing less than 30 minutes a week).

Based on the 2018/19 survey, **56.7%** of Bestwood residents aged 16 and above are physically active, **lower** than both the City (**63.2%**) and England average (**63.2%**).

13.4% of adults in this ward partake in physical activities for at least 30 to 149 minutes per week, **higher** than both the City (**11.9%**) and England average (**12.0%**).

A **higher** percentage (**29.9%**) of adults aged 16 and above within this ward are physically inactive, compared to both the City (**25.0%**) and the England average (**24.8%**).



Source: Active lives survey

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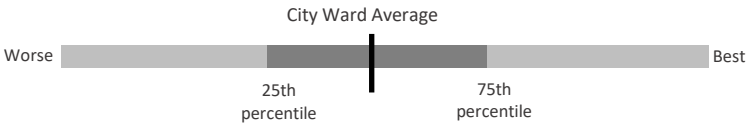


Nottingham Citizens' Survey 2014-2016 Health Questions

The Nottingham Citizen's Survey gathers citizens' perceptions on a variety of subjects including health. Around 2,000 citizens take part in the survey each year. The chart below shows health results from the combined 2014-2016 surveys and how Bestwood compares with the rest of the City wards.

Key:

- Significantly lower than the City average
- Not significantly different from the City average
- Significantly higher than the City average



	Indicator	Ward Value	City Avg	City Worst Value	City Ward Range	City Best Value
1	Average mental wellbeing score of residents(WEMWEBS)	52.2	52.6	50.7		54.4
2	% of residents who smoke	25.8	24.1	38.5		9.1
3	% of residents who are binge drinkers	10.2	15.9	34.5		8.4
4	% of residents who are high/increased risk drinkers	3.5	10.3	20.9		3.5

Citizen survey results indicate that Bestwood has a higher percentage of residents who smoke but this is not significantly different to the City average. The ward also has a lower percentage of binge drinkers (though not significantly lower) and a significantly lower percentage of drinkers at increased/high risk.

Each ward indicator is shown as a circle. The average value for Nottingham's wards are shown by the black line, which is always at the centre of the chart. If the Circle is to the right of the black line then the ward's value is higher, if it is to the left of the black line the value is lower.

The range of results for all wards within Nottingham City are shown as a grey bar. A yellow circle means that the Ward's value is significantly higher that the City's average, a purple circle indicates that their value is significantly lower. A white circle indicates that even though a value may be higher/lower than the City's average; it is not statistically significantly.

Meta data and contact information

Meta data

This ward profile uses a wide variety of data from numerous sources such as the ONS 2011 Census data, ONS Mid-Year Estimates Data, ONS Births and Deaths Civil Registration Data, Hospital EpisodeStatistics (HES) Data, NHS Digital QOF Data and Mosaic by Experian.

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Contact

This ward health profile was produced by Nottingham City Council's Public Health Analyst Team which is part of the Strategy and Resources Directorate. To contact the team, please email: **publichealth.analysts@nottinghamcity.gov.uk.**

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