

# Health and Wellbeing Board Meeting

18<sup>th</sup> January 2024

## APPENDIX C

Cardiovascular disease prevention in Barnet

# Cardiovascular disease and risk factors in Barnet

# London – Global Burden of Disease 2019 – top ten disease burdens

The top ten causes shown below account for 35.5% of total disability adjusted life years (DALYs) in the London region.

DALYs for a disease or health condition are the sum of the years of life lost due to premature mortality (YLL) and the years lived with a disability (YLD). One DALY represents the loss of the equivalent of one year of full health

Cause name	Percentage of total DALYs in London (%)
<b>Ischaemic heart disease</b>	<b>5.52</b>
Low back pain	5.47
<b>Diabetes mellitus</b>	<b>3.61</b>
Chronic obstructive pulmonary disease	3.54
Depressive disorders	3.51
Headache disorders	3.29
Tracheal, bronchus and lung cancer	3.17
<b>Stroke</b>	<b>2.61</b>
Falls	2.47
Neck pain	2.28

**Cardiovascular disease and associated conditions highlighted in bold red**

Reference: Office for Health Improvement and Disparities. Local Inequalities Explorer Tool. ©Crown copyright 2023. [Microsoft Power BI](#)

Data source: Global Burden of Disease 2019. Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Seattle, WA: IHME, University of Washington, 2020. Available from [VizHub - GBD Compare \(healthdata.org\)](https://vizhub.healthdata.org/gbd-compare/)

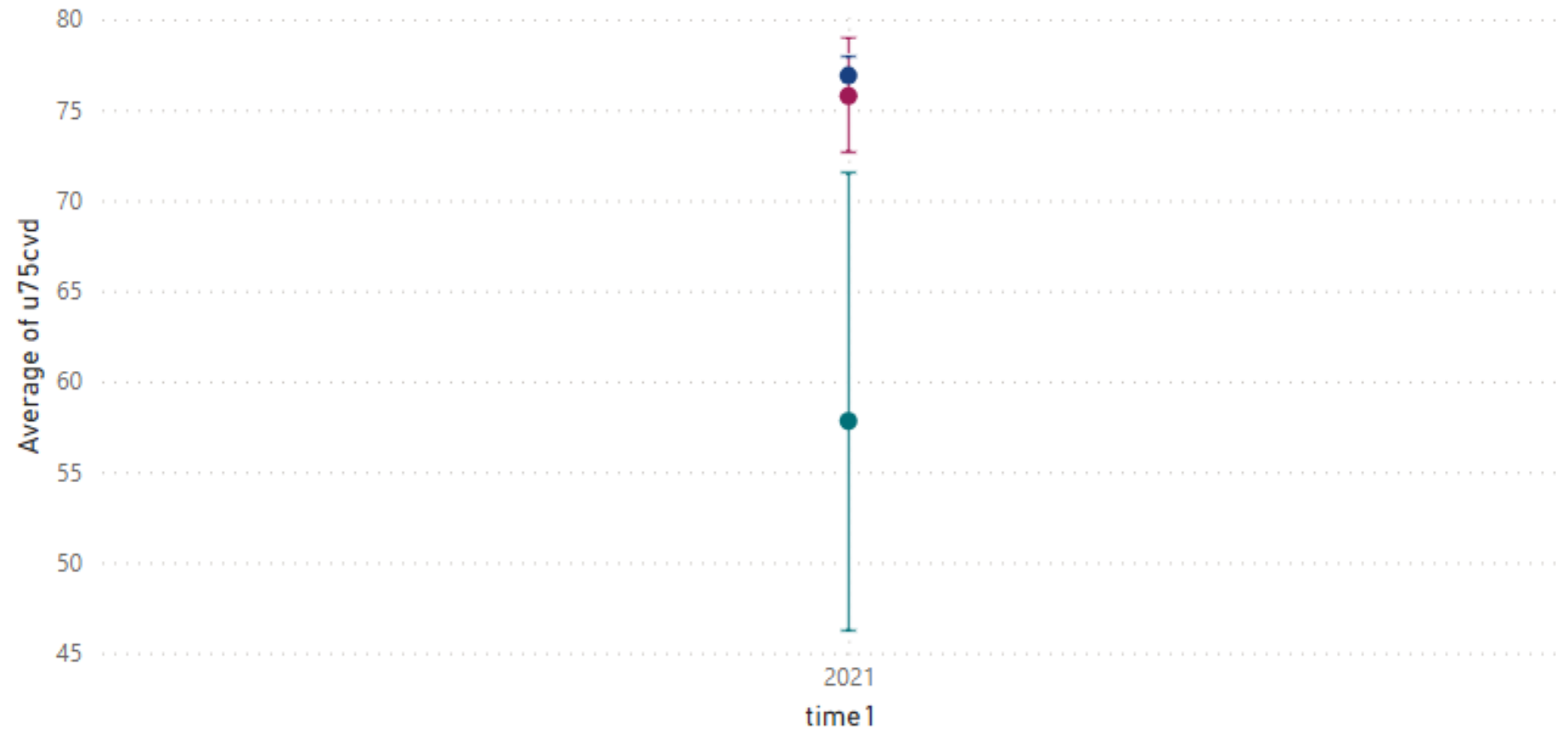
# Cardiovascular disease mortality in people aged under 75

(Directly age standardised mortality per 100,000 population)

## Average of u75cvd

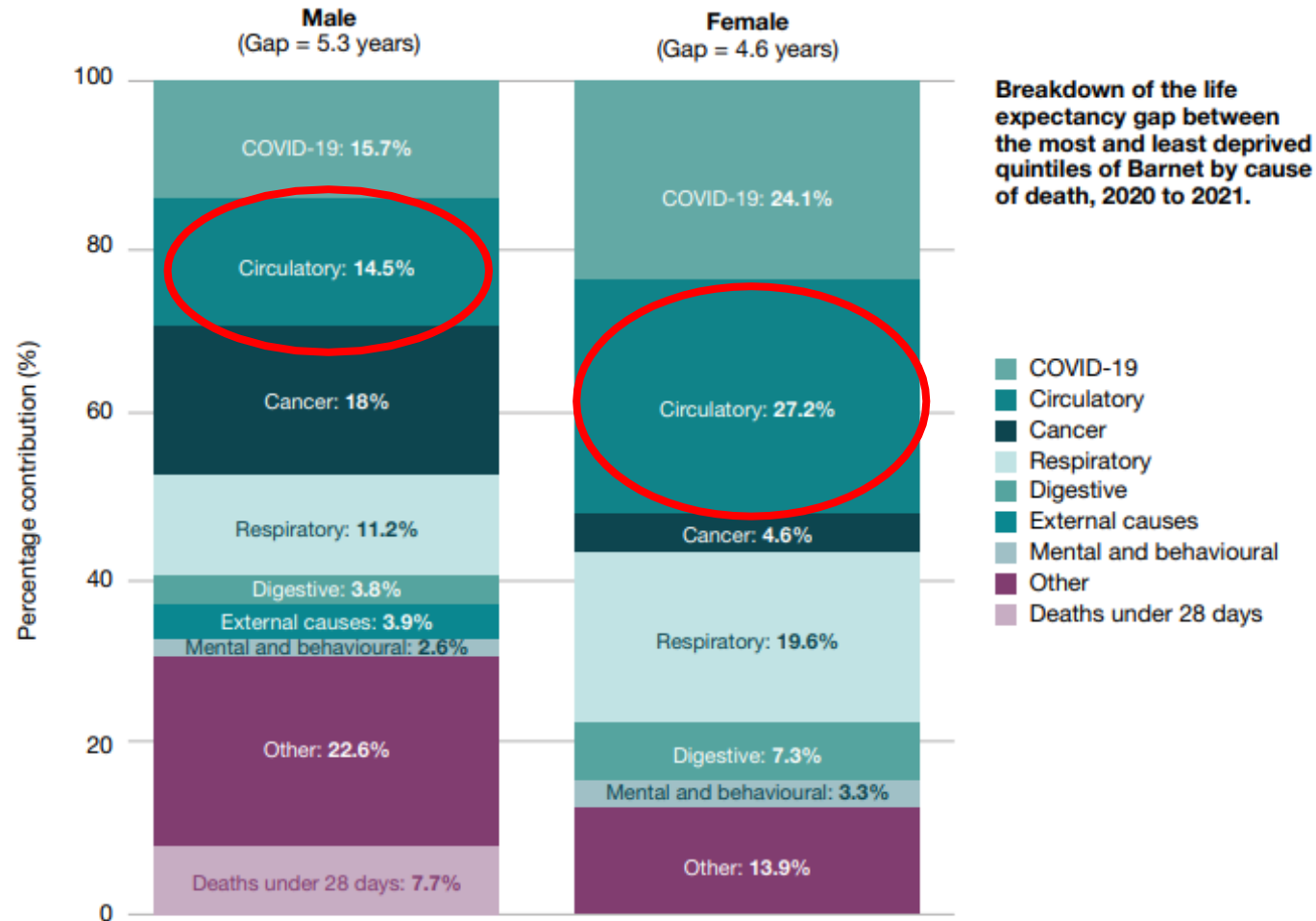
BY TIME1, AREA

area ● Barnet ● England ● London region



# Diseases that contribute to the life expectancy difference between people living in the most and least deprived areas of Barnet

**Figure 6: Percentage contribution to the life expectancy gap between those living in the most and least deprived areas, by causes of death**



Source: Office for Health Improvement and Disparities based on ONS death registration data and 2020 mid-year population estimates, and Department for Levelling Up, Housing and Communities Index of Multiple Deprivation, 2019.

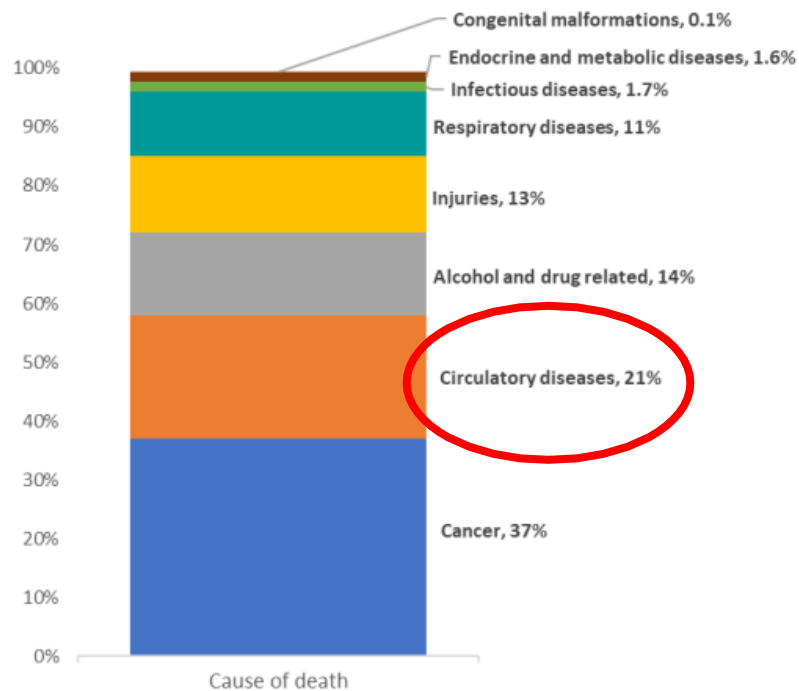
# Avoidable mortality in NCL (slide from NCL ICS)

24% deaths <75 years are from causes that could have been prevented or treated – avoidable deaths

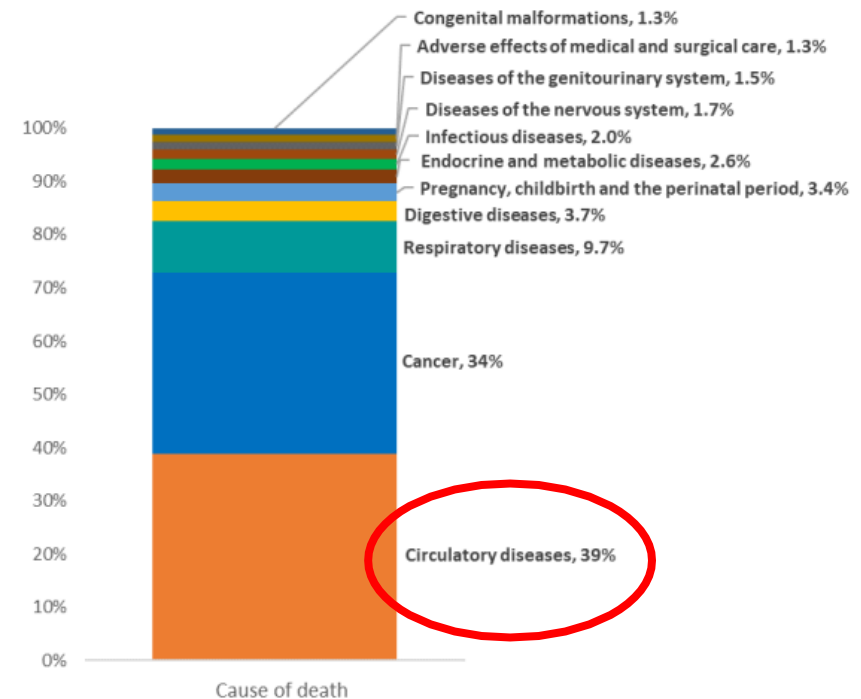
**Preventable deaths** – deaths <75 years which could have been prevented through public health interventions and primary prevention – approximately 15% deaths in NCL

**Treatable deaths** – deaths <75 years which could have been prevented through secondary prevention and treatment – approximately 9% deaths in NCL

**Underlying causes of preventable mortality, NCL,  
1 Jan 2016- 31 Dec 2020**



**Underlying causes of treatable mortality, NCL,  
1 Jan 2016- 31 Dec 2020**

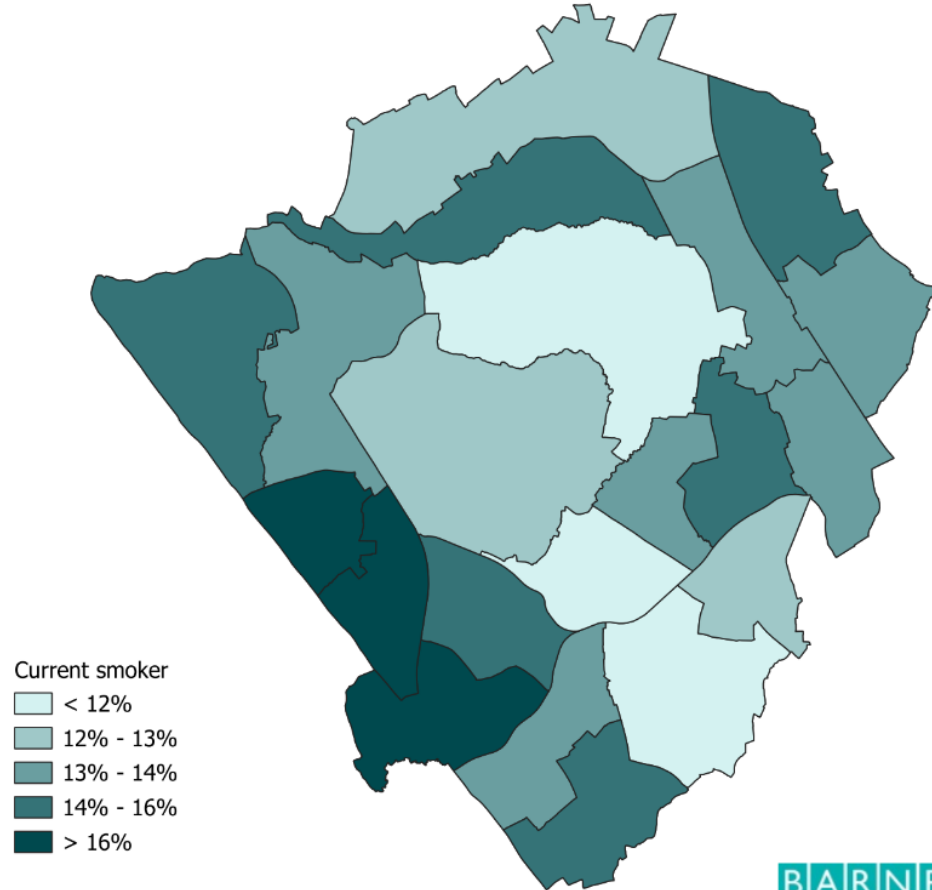


Note: Where causes of death are both preventable and treatable they have been allocated 50%-50% between preventable and treatable mortality.

# CVD behavioural risk factors - distribution across Barnet

## Smoking Prevalence in Barnet

Based on registered GP population by ward

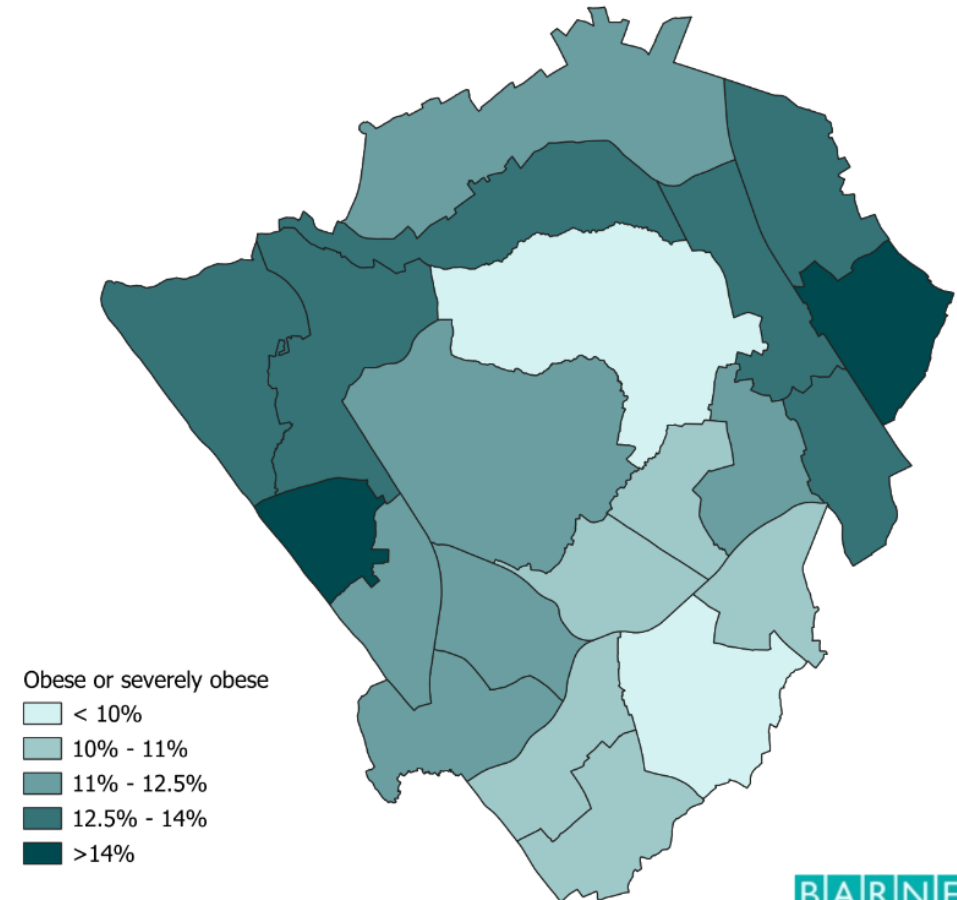


Source: North Central London Integrated Care System, HealtheIntent. 2023 © Crown copyright 2023



## Obesity or Severe Obesity Prevalence in Barnet

Based on registered GP population by ward



Source: North Central London Integrated Care System, HealtheIntent. 2023 © Crown copyright 2023



# Cardiovascular disease prevention in Barnet



# Policy and strategy levers for CVD Prevention

## **National**

NHS Long Term Plan  
Major conditions strategy  
Core20PLUS5 approach

## **Regional**

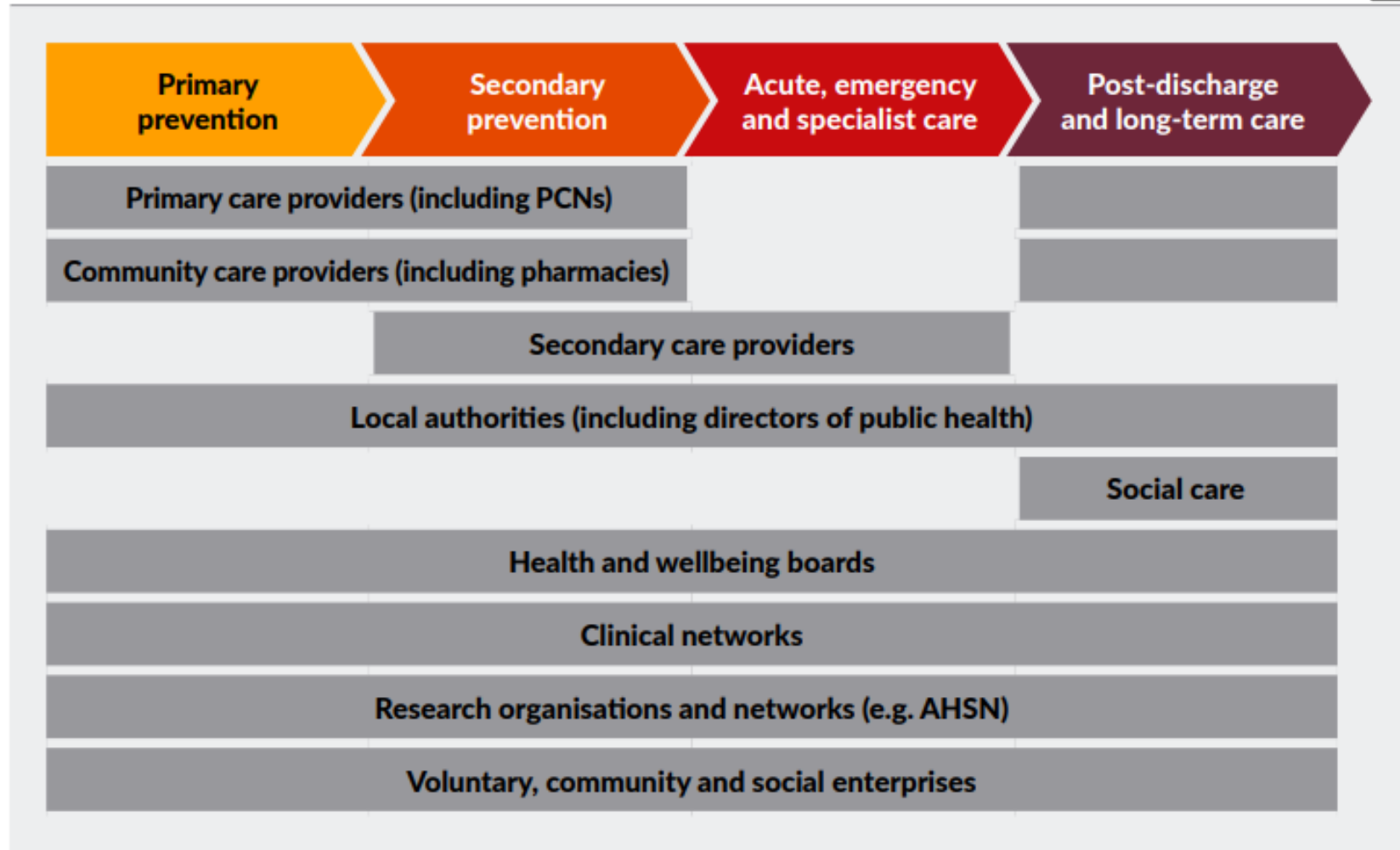
NCL Population Health and Integrated Care Strategy  
NCL ICS – Heart Health is a priority for 2024  
Royal Free London Foundation Trust Clinical Strategy – Cardiovascular is one of three priorities

## **Local**

Barnet Borough Partnership priority for reducing health inequalities – CVD prevention  
Barnet [Joint Health and Wellbeing Strategy 2021 to 2025 | Barnet Council](#)  
Barnet [Cardiovascular Disease \(CVD\) Prevention Programme and Action Plan | Barnet Council](#)

# Cardiovascular disease prevention – system approach

**Figure 11** Local organisations with a role in CVD prevention and care **K**



# Barnet Cardiovascular Disease Prevention Programme, 2022 - 2026

## Areas of priority

The overall aims of this programme is to:

1. Reduce the rate of premature mortality from CVD in Barnet
2. Reduce inequalities in premature mortality relating to geography, ethnicity, deprivation, people living with learning disabilities or severe mental illness



Population awareness & patient activation



Behavioural risk factor management



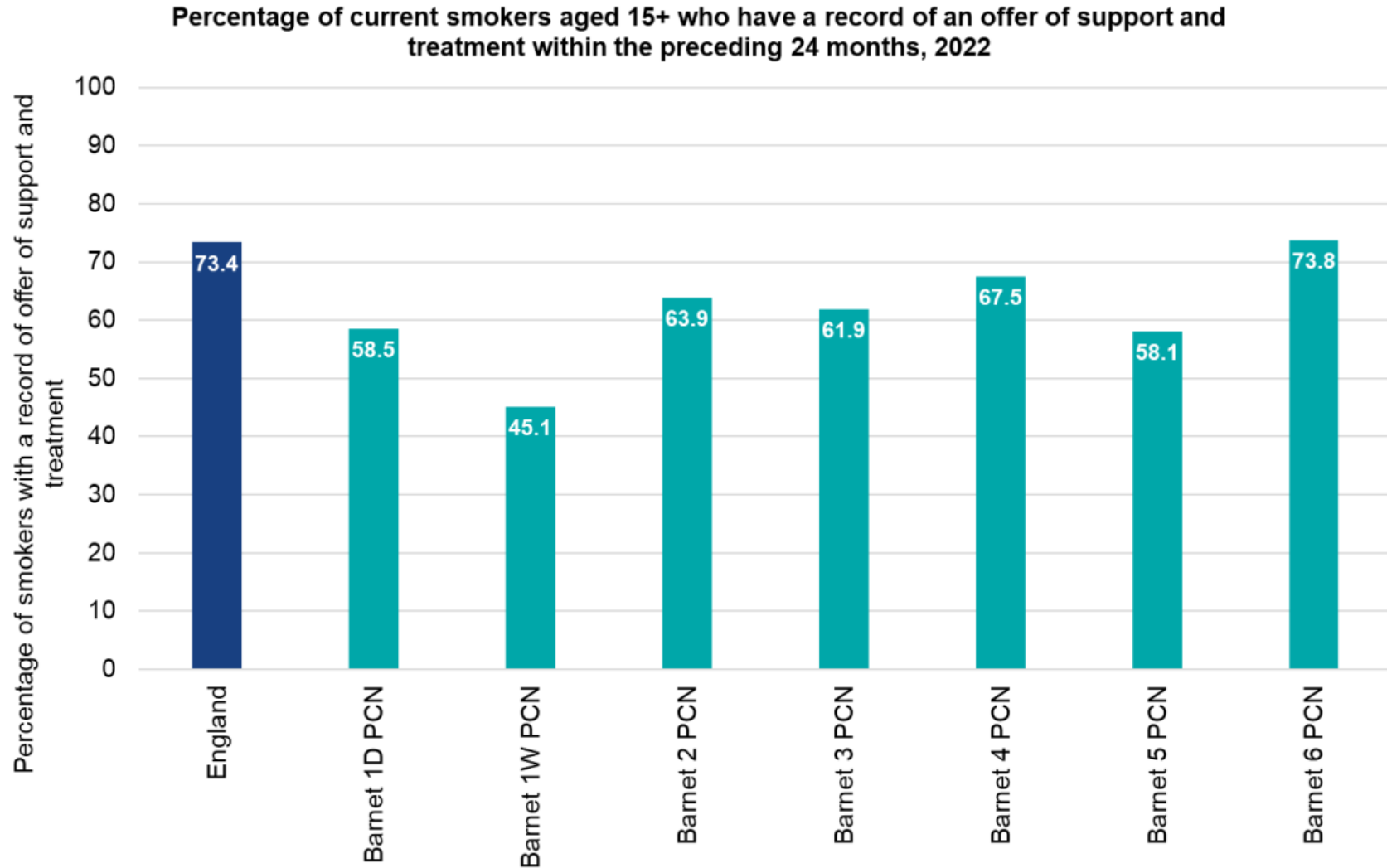
Clinical risk factor detection & optimal intervention



Self care & sustaining change

Reduce racial, geographical and social inequalities in CVD outcomes

# Smoking cessation



# Community health screening and NHS Health Checks across Barnet

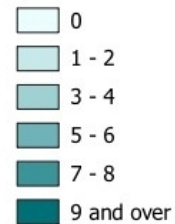
## Community health screening in Barnet

Community health screens conducted by ward (from 26/06/22 to 20/04/23) and the percentage of eligible population who received a NHS health check in the past five years

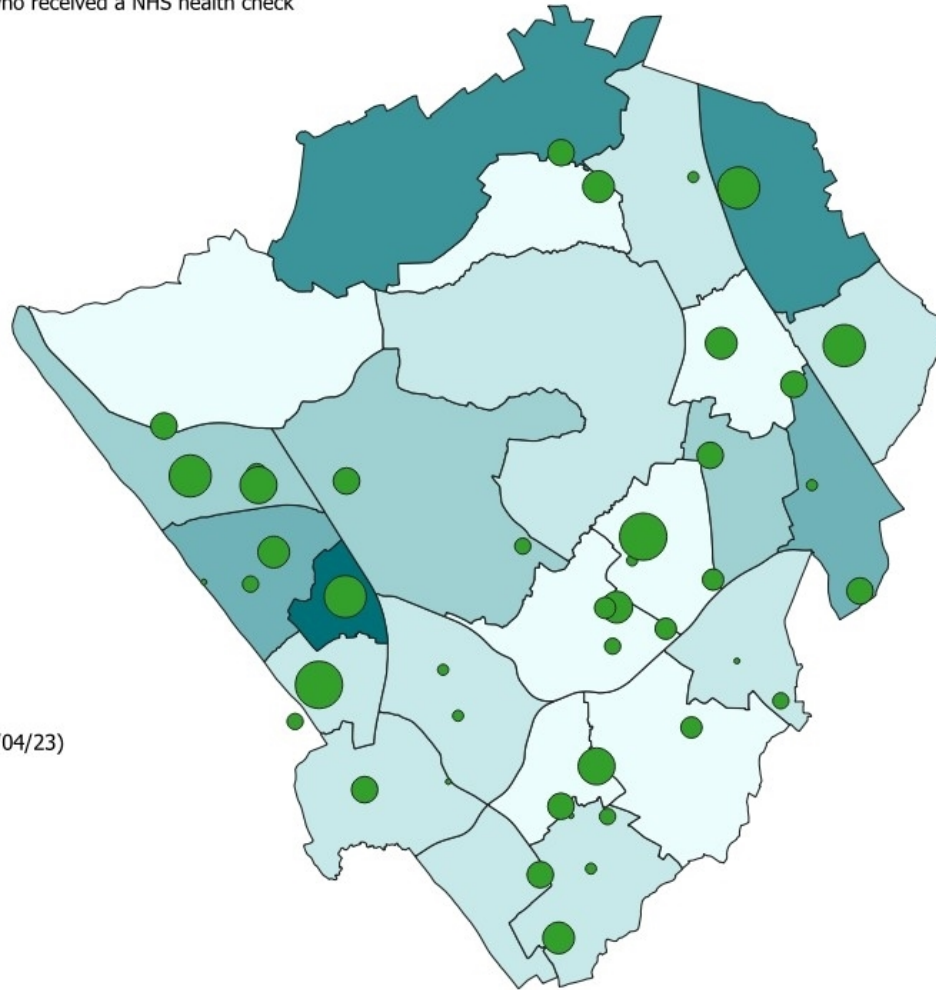
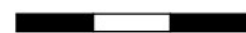
% of eligible population receiving a NHS health check in the past five years



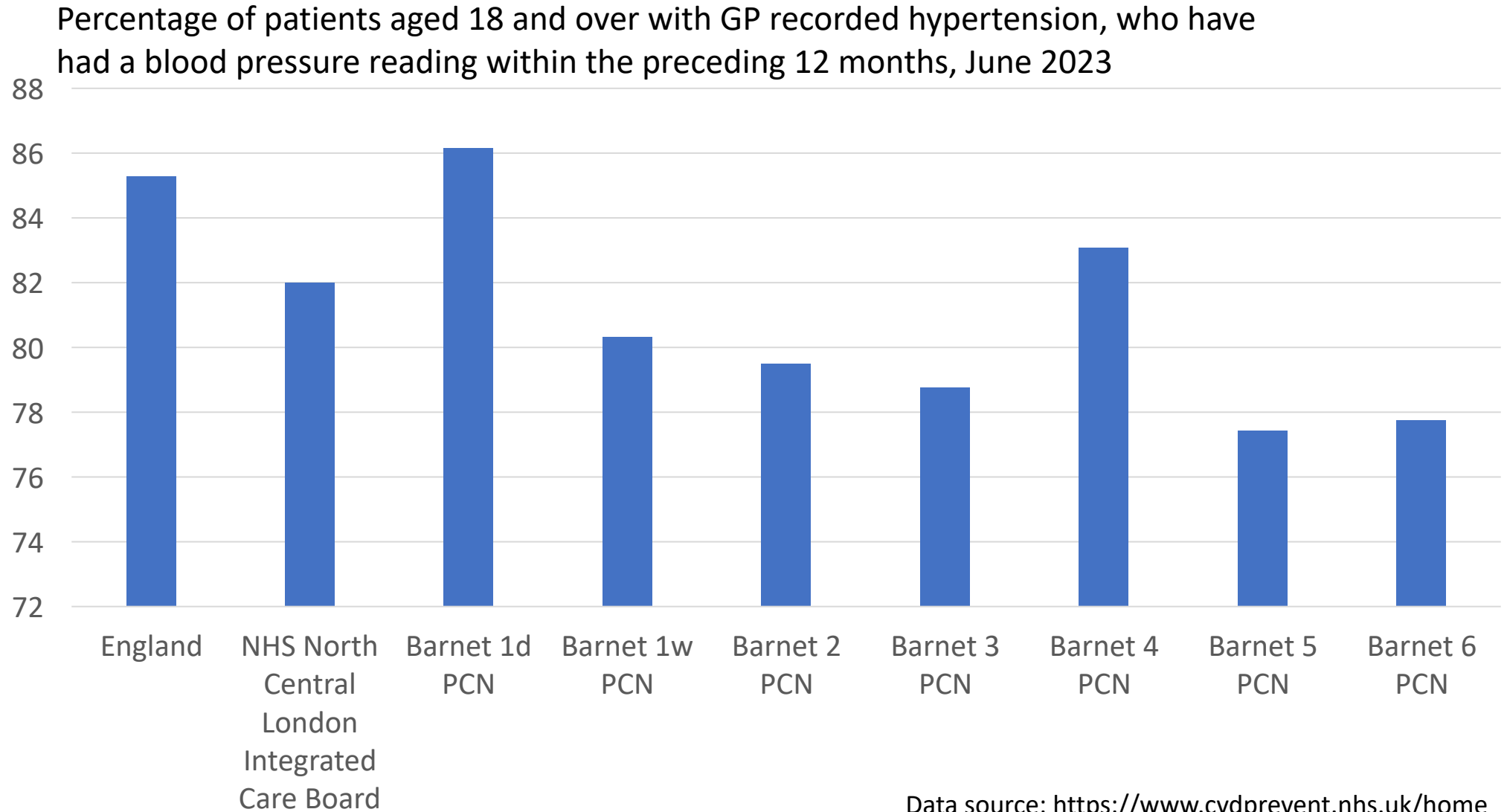
Number of community health screens conducted by ward (from 26/06/22 to 20/04/23)



0 1 2 3 km

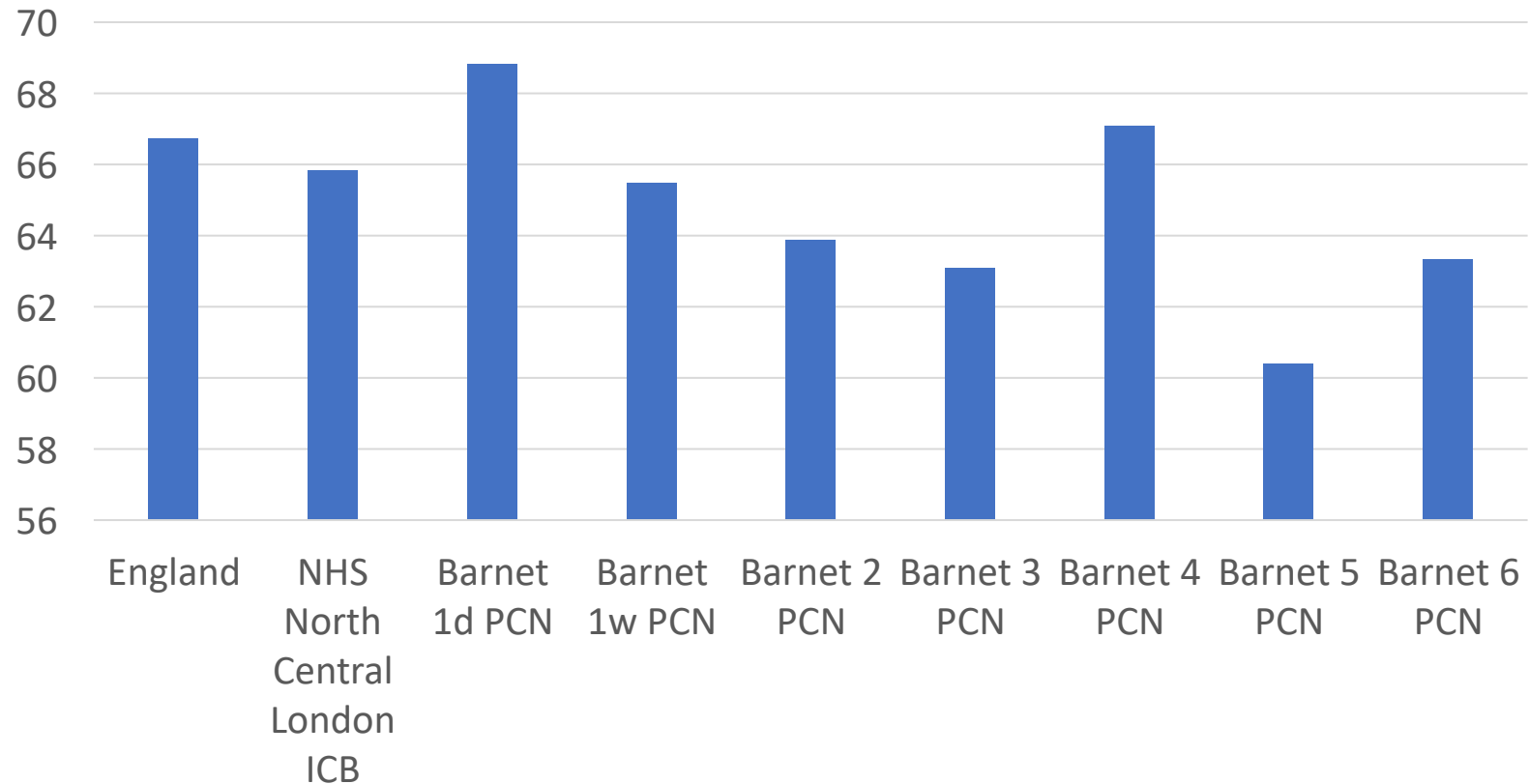


# CVD clinical risk factor - Hypertension and blood pressure measurement



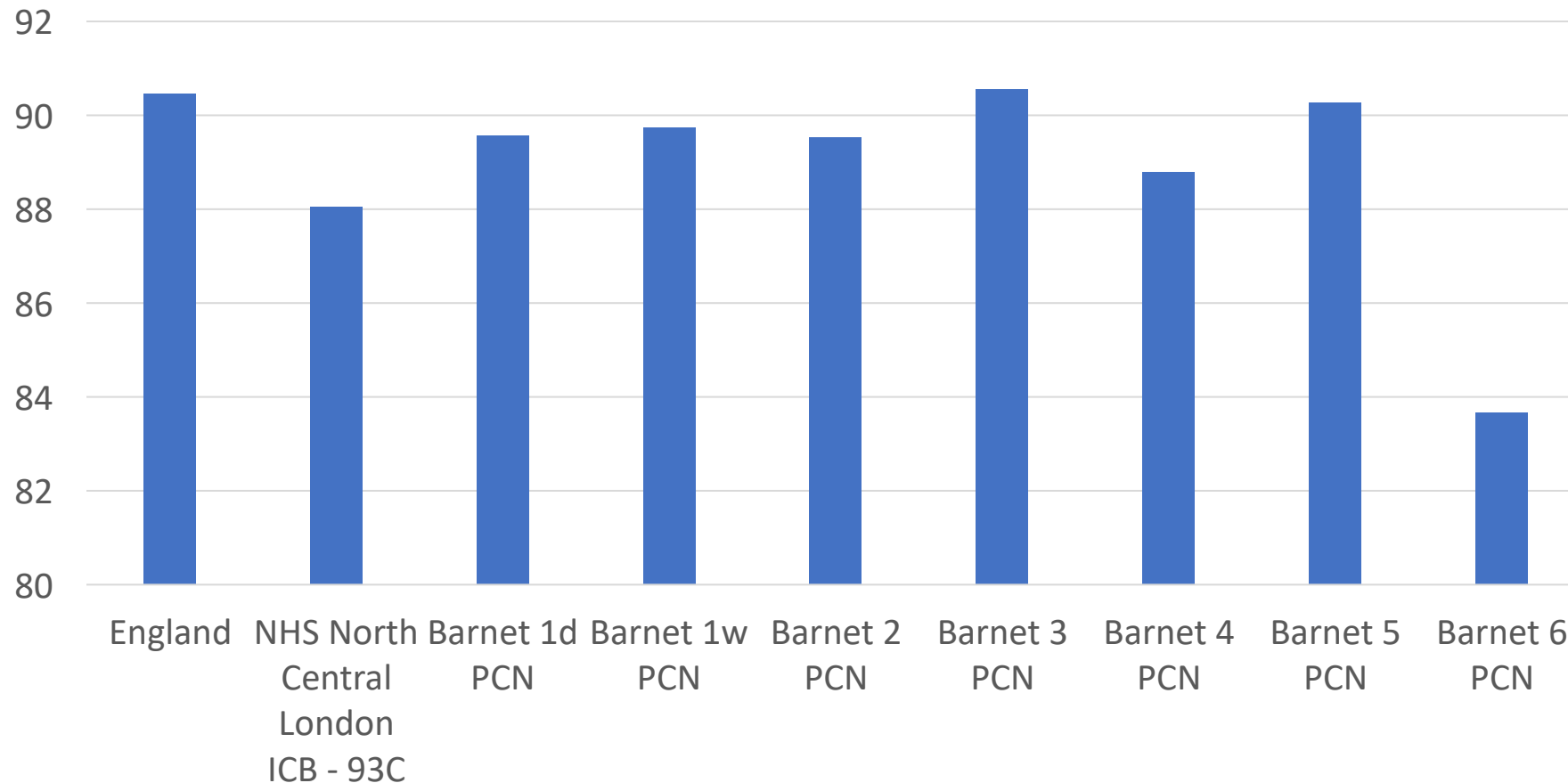
# CVD clinical risk factor - Hypertension management

Percentage of patients aged 18 and over, with GP recorded hypertension, in whom the last blood pressure reading (measured in the preceding 12 months) is below the age appropriate treatment threshold, June 2023



# CVD clinical risk factor – anti-coagulation for atrial fibrillation

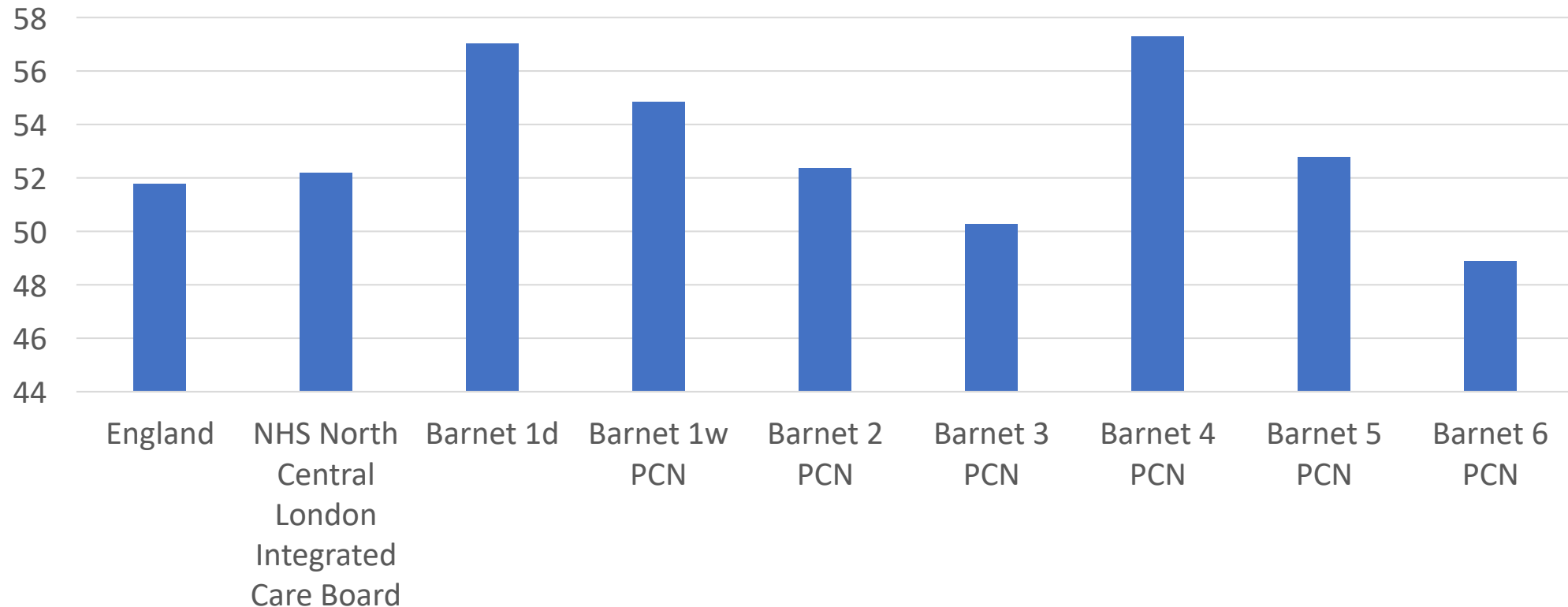
Percentage of patients aged 18 and over with GP recorded atrial fibrillation and a record of a CHA2DS2-VASc score of 2 or more, who are currently treated with anticoagulation drug therapy, June 2023





# CVD clinical risk factor – lipid lowering therapy

Percentage of patients aged 18 and over, with no GP recorded CVD and a GP recorded QRISK score of 10% or more, CKD (G3a to G5), T1 diabetes (aged 40 and over) or T2 diabetes aged 60 and over, who are currently treated with lipid lowering therapy, June 202

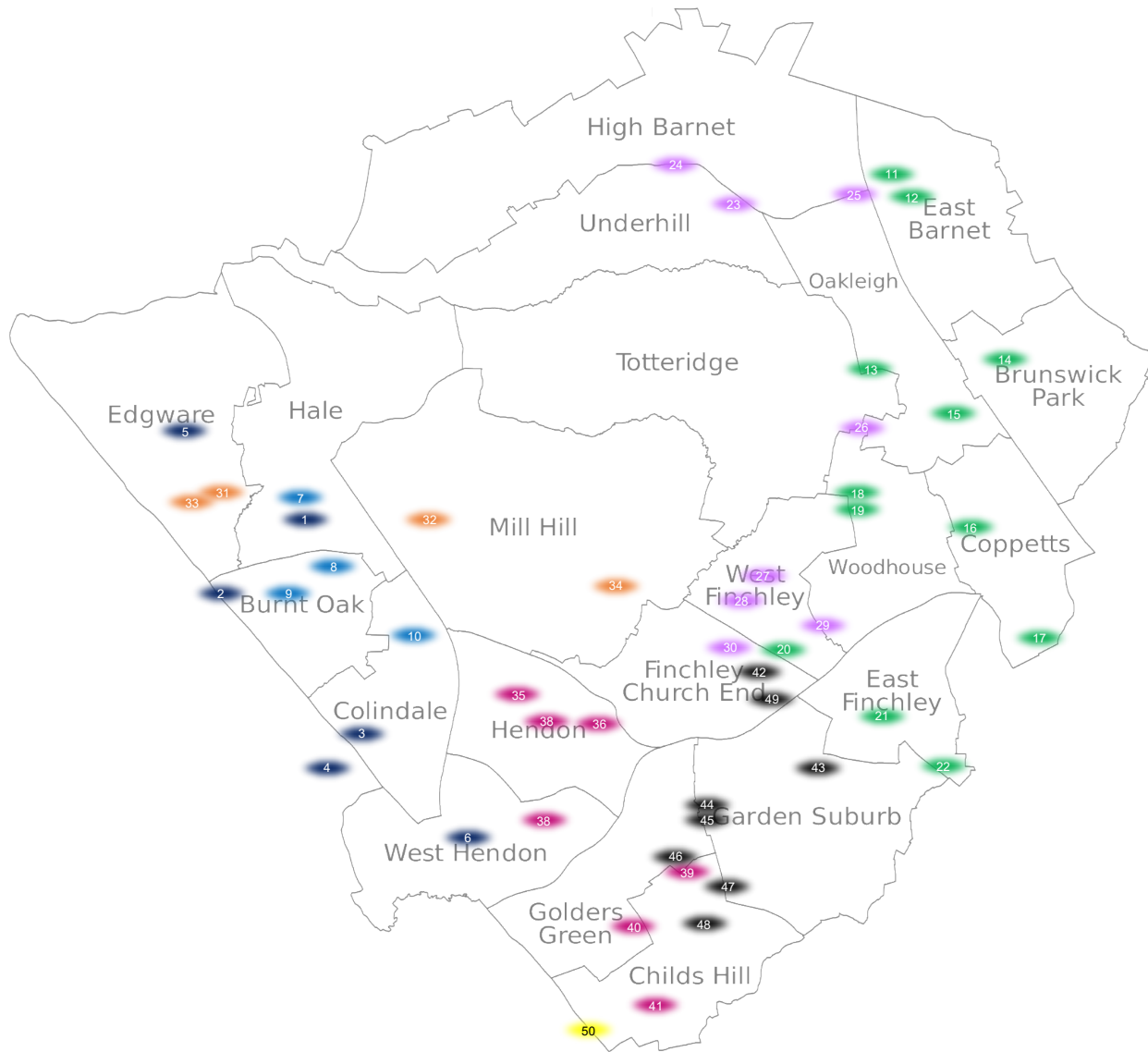


## CVD Prevention Action Plan for 2024 – Strategic aims

Community settings
<b>Adult weight management services (AWMS) tier 2</b> available to people who would most benefit, and resulting in weight loss
<b>Physical activity</b> promotion to people who would most benefit for cardiovascular health
<b>Community health screening</b> to compliment NHS Health Checks in areas where people are more likely to be living in poor health
<b>National Diabetes Prevention programme</b> to increase delivery in Barnet
<b>Community Peer Support</b> to promote heart health and reduce hypertension for population groups at higher risk of CVD
<b>Reduction of substance misuse</b> in Barnet

Healthcare settings
<b>Smoking cessation services</b> to increase delivery in primary and secondary healthcare and community
<b>NHSE Community Pharmacy blood pressure check service</b> - increased awareness and delivery in Barnet
<b>NHS Health Checks</b> – increase delivery in areas with high deprivation, to identify people with high risk of CVD and start risk reduction
<b>Annual health checks for PWLD and SMI</b> – optimise and support actions for CVD prevention
<b>Long term conditions locally commissioned service (LTC LCS)</b> to support CVD prevention – hypertension and heart failure management
<b>Secondary care - Demographic data analysis</b> for people accessing secondary care and primary care for CVD
<b>Data analysis</b> to monitor CVD prevention in Barnet

# Appendix 1 – Barnet PCN map

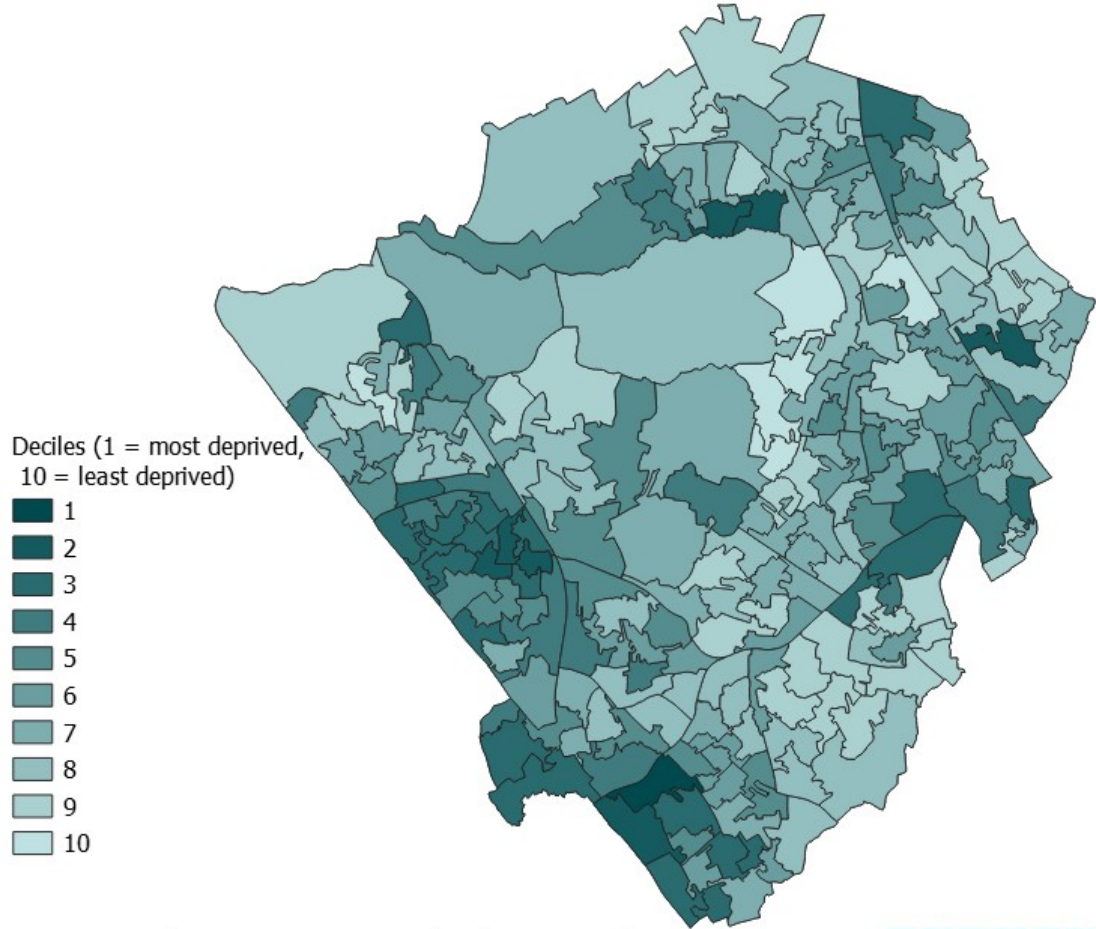


Key	Practice Name	PCN
1	Mulberry Medical Practice	PCN 1D
2	Oak Lodge Medical Centre	PCN 1D
3	Colindale Medical Centre	PCN 1D
4	Wakeman's Hill Surgery	PCN 1D
5	Jai Medical Centre	PCN 1D
6	Hendon Way Surgery	PCN 1D
7	Deans Lane Medical Centre	PCN 1W
8	Parkview Surgery	PCN 1W
9	Watling Medical Centre	PCN 1W
10	The Everglade Medical Practice	PCN 1W
11	The Village Surgery	PCN 2
12	East Barnet Health Centre	PCN 2
13	St Andrews Medical Practice	PCN 2
14	Brunswick Park Medical Practice	PCN 2
15	The Clinic (Oakleigh Rd North)	PCN 2
16	Friern Barnet Medical Centre	PCN 2
17	Colney Hatch Lane surgery	PCN 2
18	The Speedwell Practice	PCN 2
19	Torrington Park Group Practice	PCN 2
20	Rosemary Surgery	PCN 2
21	Woodlands Medical Practice	PCN 2
22	East Finchley Medical Practice	PCN 2
23	Longrove Surgery	PCN 3
24	The Old Courthouse Surgery	PCN 3
25	Addington Medical Centre	PCN 3
26	Derwent Medical Centre	PCN 3
27	Wentworth Medical Practice	PCN 3
28	Cornwall House Surgery	PCN 3
29	Squires Lane Medical Practice	PCN 3
30	Lichfield Grove Surgery	PCN 3
31	Penshurst Gardens	PCN 4
33	Millway Medical Practice	PCN 4
33	Lane End Medical Group	PCN 4
34	Langstone Way Surgery	PCN 4
35	St George's Medical Centre	PCN 5
36	Hillview Surgery	PCN 5
37	The Phoenix Practice	PCN 5
38	Dr Azim & Partners	PCN 5
39	Ravenscroft Medical Centre	PCN 5
40	Pennine Drive Surgery	PCN 5
41	Greenfield Medical Centre	PCN 5
42	Supreme Medical Centre	PCN 6
43	Heathfielde	PCN 6
44	PHGH Doctors	PCN 6
45	Temple Fortune Medical Group	PCN 6
46	The Practice @ 188	PCN 6
47	Drs Adler & Rosenberg	PCN 6
48	Hodford Road Surgery	PCN 6
49	Mountfield Surgery	PCN 6
50	Cricklewood Health centre	TBC

# Appendix 2 – Barnet Index of Multiple Deprivation map

## Barnet 2019 Index of Multiple Deprivation

Deprivation decile by lower super output area



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