

Dorset Integrated Care System (ICS) JSNA Summary

Updated May 2024

Purpose

Dorset Integrated Care System “Our Dorset” covers the county of Dorset. The Integrated Care System brings together the health and care organisations to work together more closely.

Within the county of Dorset people are generally healthier and live for longer than England overall. In the 2021 Census, 46.2% of residents said they were in very good health.

However, not everyone has the same experience. This report focuses on some of the current and future strategic health and wellbeing issues for residents in the county of Dorset.

It contains 3 sections

- **Thriving Communities** (Our population and wider determinants of health)
- **Healthy Lives** (Health conditions and behaviours, opportunities for prevention and early help)
- **Health and Care** (How services work together)

Evidence from key national and local data indicators, is combined with insights from local research and engagement and qualitative interviewing.

Links are available throughout to relevant content and further data resources. Thanks to business intelligence teams and partner organisations across our Integrated Care System for the research and insights referenced in this report.



Thriving Communities - Our Population

The county of Dorset is home to **779,800 people**. Over the last 10 years the population has grown by 4.8% (35,800 more people). Population growth is mostly driven from **people moving to the county from other areas of the UK** – 11% of usual residents in 2021 had lived elsewhere in the UK the year before.

The county of Dorset has an **older population** – the proportion of people in older age groups is higher than England from the age of 55. **32% of households are single person**, higher than the England average of 30%.

The proportion of **disabled residents** is slightly higher than England – in the county 19.1% are disabled under the Equality Act, compared to 17.3% in England.

94.1% of residents identify as a **White ethnic group**, higher than England at 81%. 2.3% identify as Asian, Asian British or Asian Welsh and 2% Mixed or Multiple ethnic groups. 11% of residents were **born outside the UK**.

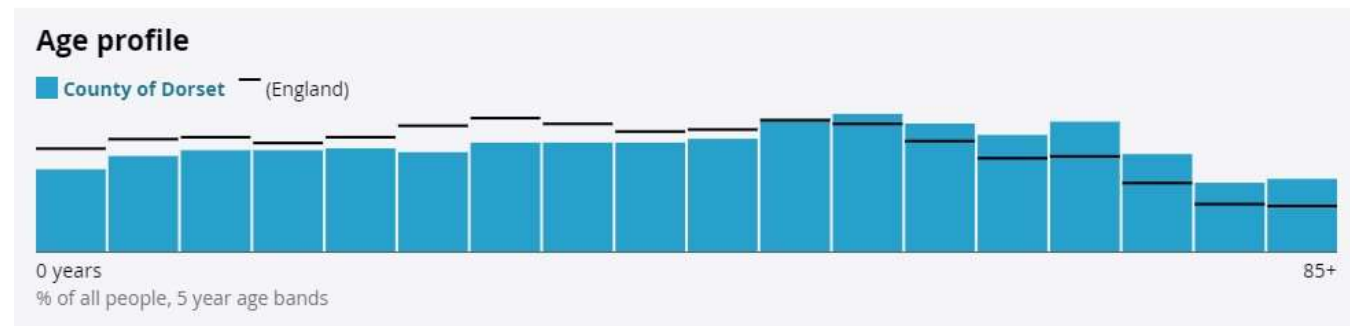
The county is home to both serving **military personnel and veterans**. Just over 38,700 residents aged 16+ have previously served in the UK armed forces (includes regular and reserve).

In 2021, 9% of residents reported providing **unpaid care** and 3% of residents (around 20,000 people) are providing 50 hours or more of unpaid care a week.

The local natural environment is greatly valued by residents and used to help support and improve their health and wellbeing.
(100 Conversations)



County of Dorset



Source: Office for National Statistics - Census 2021

Thriving Communities - Inequalities

Health inequalities are the unfair and avoidable differences in people's health across social groups and between different population groups.

In the county of Dorset area people are **generally healthier and live for longer** than England overall. Latest life expectancy data shows women to live approximately 84 years and men 80.2 years.

However, we have a **social gradient in life expectancy** between the most and least deprived quintiles in the ICS area - 6.3 years for men and 5.4 years for women. The conditions contributing to this gap are;

Men: circulatory disease (1.76 years contribution), cancer (1.07 years), deaths from external causes (0.98 years), respiratory (0.96 years)

Women: cancer (1.09 years), circulatory disease (0.95 years), and other causes (0.69 years)

Healthy life expectancy is another important measure of health and inequality. Men in BCP will spend around 14 years in poor health, and 18 years in Dorset. For females years spent in poor health are around 18 years in BCP and 20 years in Dorset.

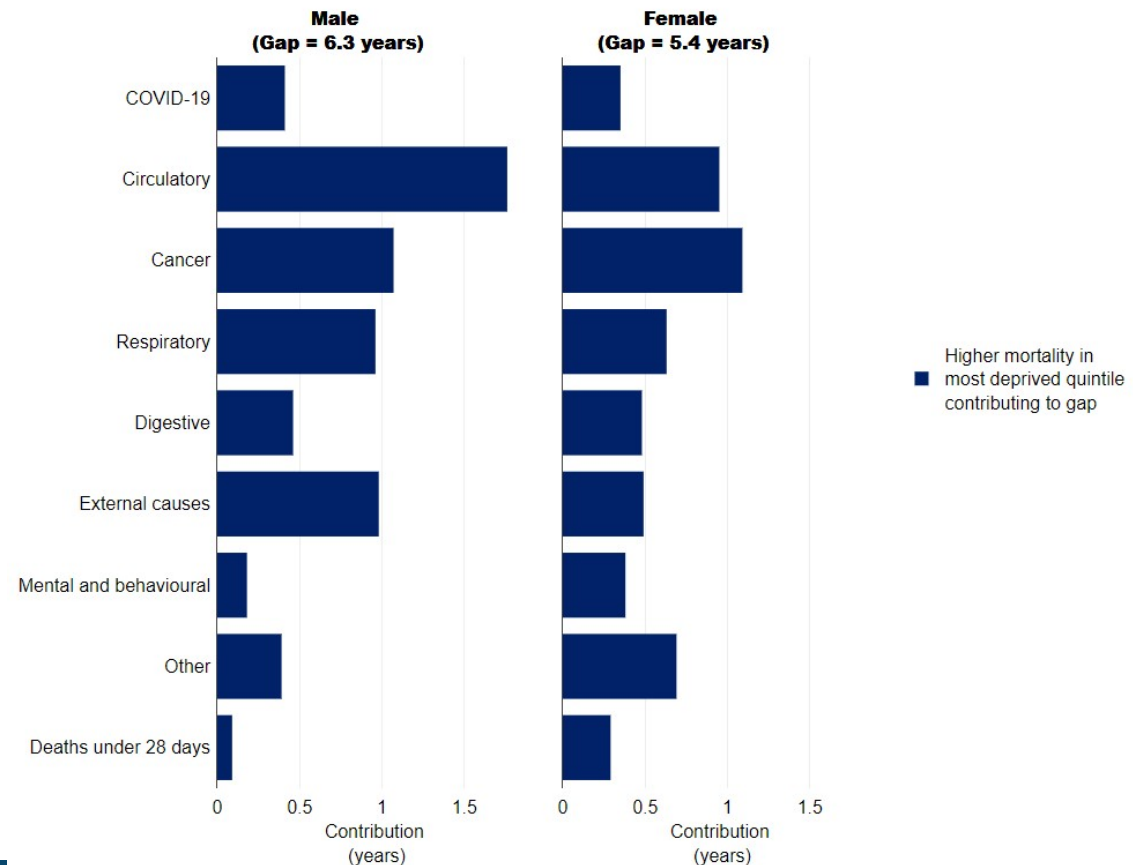
We know from national data a social gradient is also seen in how long people will live in "good" health.

[Dorset Health Inequalities Virtual Academy](#)

[OHID Segment Data Tool](#)



Breakdown of the life expectancy gap between the most and least deprived quintiles of NHS Dorset by cause of death, 2020 to 2021

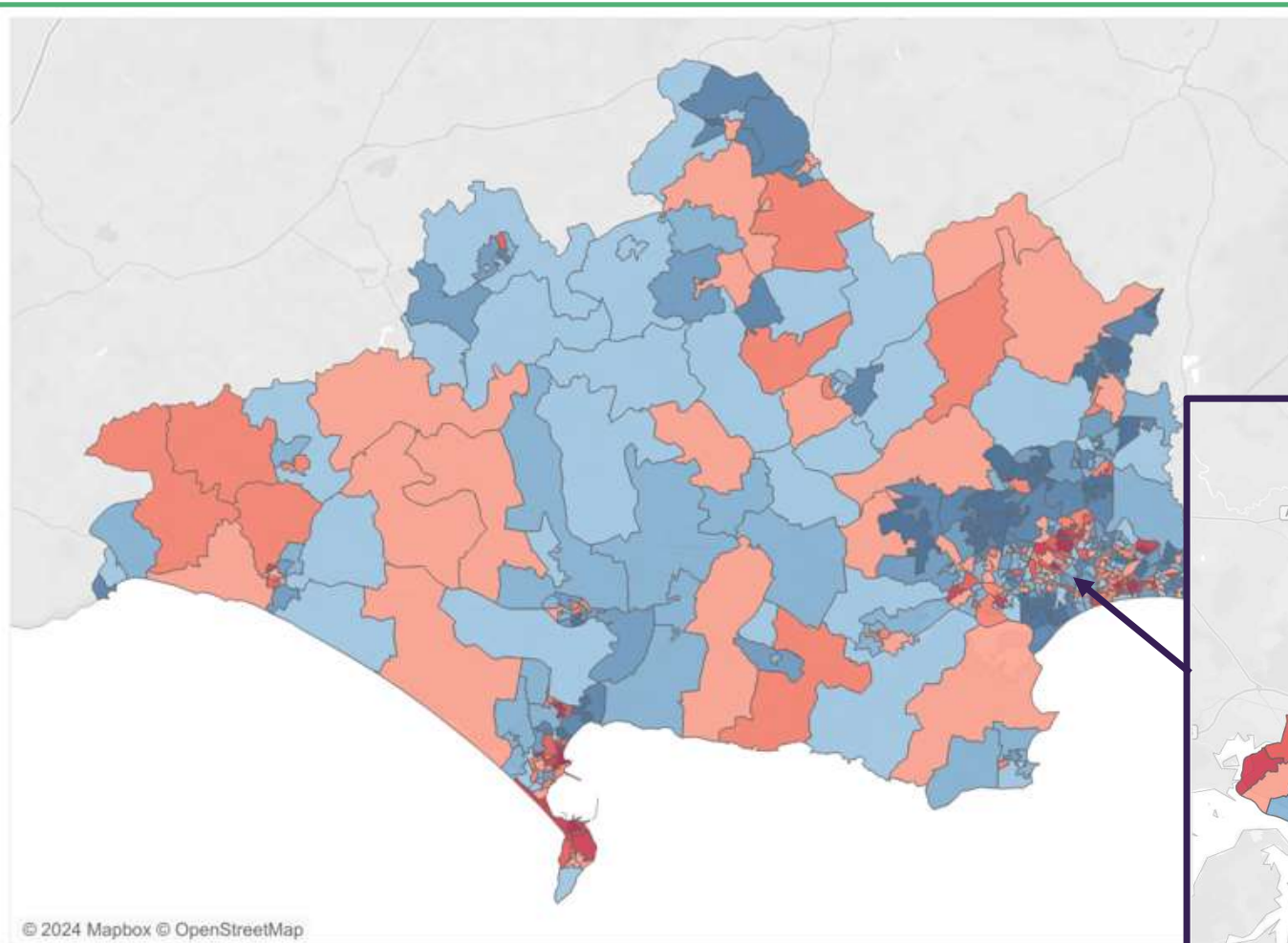


Source: Office for Health Improvement and Disparities based on ONS death registration data and 2020 mid year population estimates, and Department for Levelling Up, Housing and Communities Index of Multiple Deprivation, 2019

Thriving Communities - Deprivation

Whilst Dorset is generally an affluent there are areas falling within the 10% most deprived nationally across the area. **Deprivation is strongly linked with many health outcomes.**

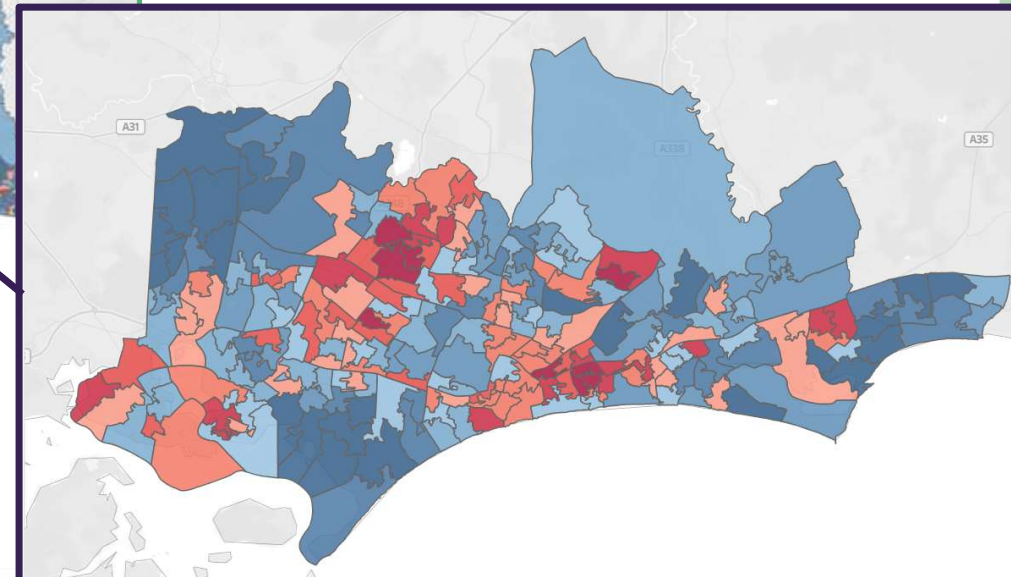
[Indices of deprivation](#)



Rankings and Decile

National Decile (1 = m... ▼

Rankings and Decile



Thriving Communities - Economy & Cost of Living

In 2021/2, 3.2% of the working age population in Dorset Local Authority and 4.6% in BCP Local Authority were **unemployed, lower than England overall**. Unemployment has generally been declining nationally, with a slight increase in 2020/21 due to the impact of the pandemic.

In contrast, the economic inactivity rate has been increasing nationally since 2019/20 (currently 21.2%). In the Dorset LA area it has also increased, with **22.9% of the Dorset LA working age population economically inactive** – this includes people who are temporarily or long-term sick, or away from the workforce for other reasons. In BCP LA **18.6% of the BCP LA working age population are economically inactive**.

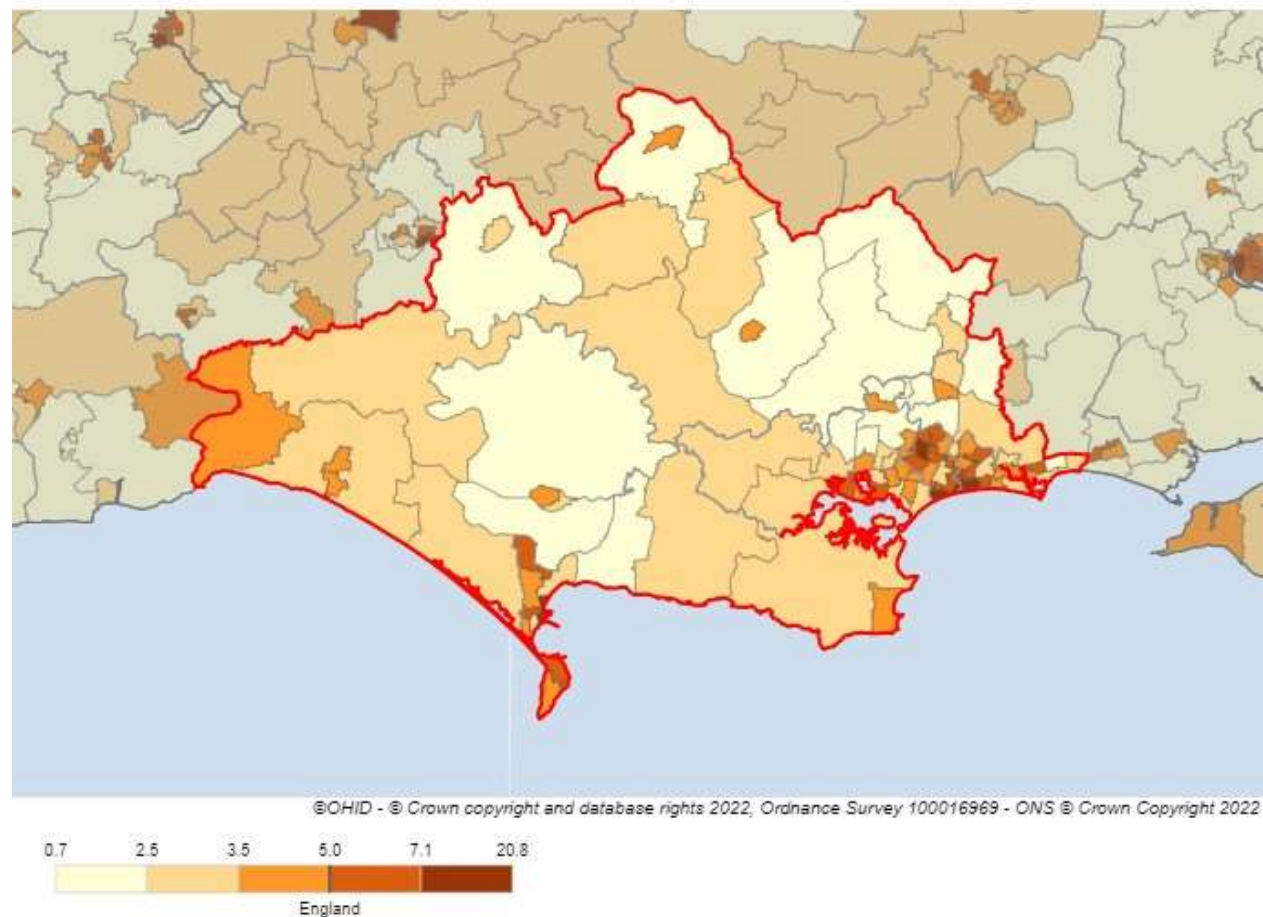
Data from Citizen's Advice Services in BCP LA shows notable increase in clients aged 65+ seeking support for a variety of issues, such as requests for foodbank vouchers, issues with utilities or pension-age benefits. The financial pressures experienced during the cost-of-living crisis impacts on their lives and wellbeing

[Dorset Economy Data](#)

[BCP Economy Data](#)

[Impact of winter pressures in England](#)

Unemployment (%) - Source: NOMIS Labour Market Statistics



Thriving Communities - Housing

There are 343,098 households in the county of Dorset and this has increased by 5.2% over the last 10 years. Dorset county has a **higher proportion of single older person households** (16.4% compared to 13% in England). In BCP LA the proportion living in communal establishments has increased significantly more than regionally and nationally (this includes communal accommodation like halls of residence, armed forces bases or care homes)

Housing affordability is an issue in the area – both BCP and Dorset Local Authorities are in the 2nd worst quintile for England for affordability of home ownership.

An estimated **11.4% of households were experiencing fuel poverty** in 2020. Although this is better than the England average (13.1%) the proportion has been increasing in Dorset LA, and this data pre-dates the cost-of-living crisis where energy prices have risen. We also see variation across the area.

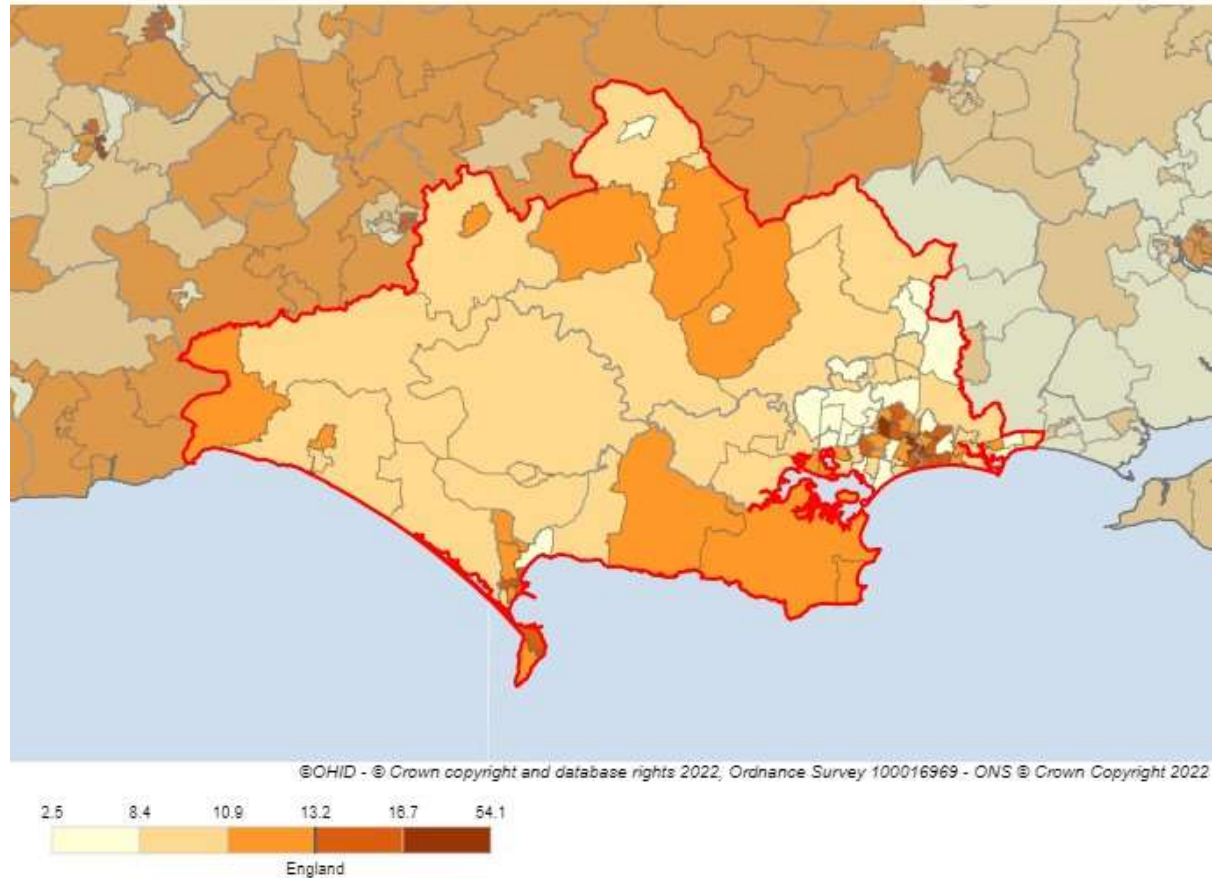
Homelessness is associated with severe poverty and poor health outcomes. There is high demand for support in BCP LA - households being owed a homelessness reduction act duty is above the national average (12.6 per 1,000 in BCP LA, 11.7 per 1,000 in England). These are households who are homeless or threatened with homelessness. Around 2.4 in 1,000 households are in temporary accommodation.

Barriers to housing and essential services are significant in Dorset LA reflecting **rurality** and distance from services. 66 Dorset neighbourhoods fall in the 20% most deprived nationally for this measure: in the former council areas, 21 in North Dorset and 19 are in West Dorset.

[Understanding the challenges faced by fuel poor households](https://publishing.service.gov.uk)
(publishing.service.gov.uk)



Households in fuel poverty (%) - Source: Department for Business, Energy and Industrial Strategy (BEIS)



Thriving Communities - Education, Skills and Learning

Disparities in child development are recognizable in the second year of life and have an impact by the time children enter school. Across the county of Dorset, children meeting expected levels of development in **fine motor skills and problem solving skills** are below the England benchmark.

At school age, **69.1% of children achieve a good level of development** at the end of Reception, which is better than England. However, **children with free school meal status do less well** with 50.3% achieving a good level of development.

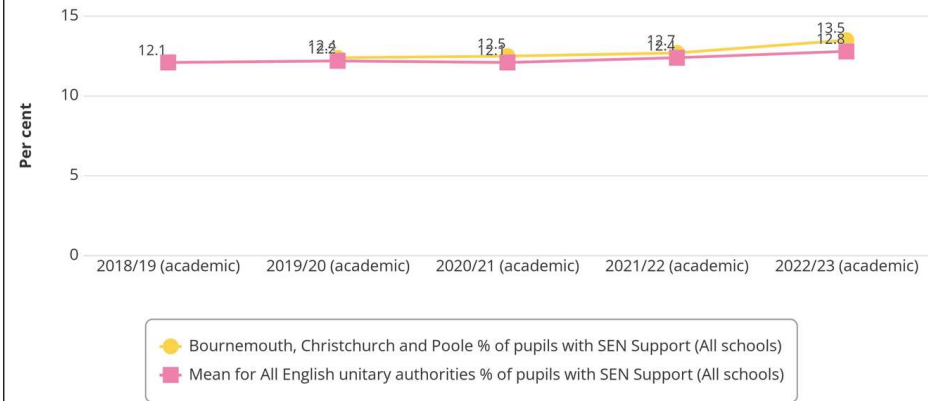
The Average Attainment 8 Score measures the achievement of pupils across 8 qualifications at the end of Key Stage 4. In Dorset LA, the average attainment score is 47.9, similar to England 48.7 but lower than BCP LA at 52.1. However, the average **attainment of Children in Care in both areas is much lower** at 14.6 (Dorset LA) and 18.9 (BCP LA) - among the lowest areas in the South West.

Pupil absence has increased, following national trends – around 7% of sessions were missed in the academic year due to absence. In Dorset LA nearly 30% of **secondary school age pupils were persistently absent** in 2021/22, and 28% of BCP LA pupils.

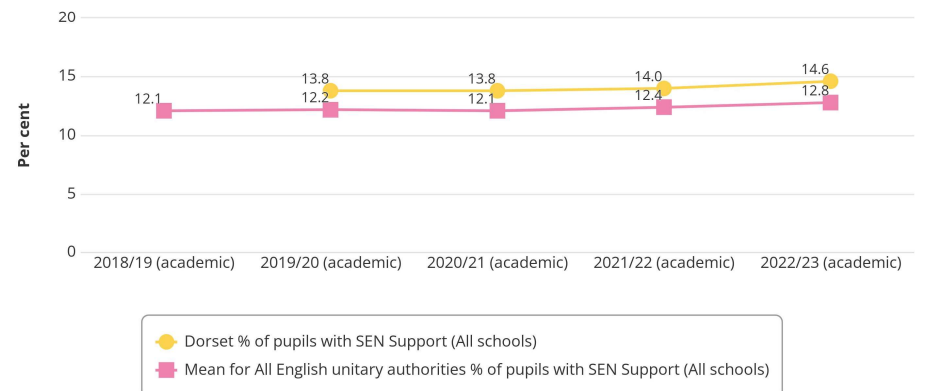
19.5% of pupils in Dorset LA and 17.7% of BCP LA pupils have a statutory plan of **Special Educational Needs (SEN)** or are receiving SEN Support (2022/23). This compares to an average of 17% across England.

In both local authorities the **primary need at primary school age is speech, language and communication**. Primary needs are **specific learning difficulty and social emotional and mental health at secondary school age**

% of pupils with SEN Support in all schools (from 2018/19 (academic) to 2022/23 (academic))



% of pupils with SEN Support in all schools (from 2018/19 (academic) to 2022/23 (academic))



Source:

Metric ID: 2214, Department for Education, Special Educational Needs in England, Data updated: 23 Jun 2023

Powered by LG Inform



Thriving Communities - Other Resources Available

[Public Health Data Profile for Dorset ICB area](#)

[Health Inequalities - Our Dorset ICS](#)

[State of Dorset 2021 \(dorsetcouncil.gov.uk\)](#)

[State of BCP report](#)

[Local Health - Office for Health Improvement and Disparities - Indicators: maps, data and charts](#)

[Thriving Places Index | Centre for Thriving Places](#)

[Greenspace Accessibility Model](#)

[2021 Census Profile - build for a bespoke area](#)

[Homeless Communities Report - Healthwatch Dorset](#)

Indicator	Period	Dorset ICB - QVV			England			
		Recent Trend	Count	Value	Value	Worst/ Lowest	Range	Best/ Highest
B01b - Children in absolute low income families (under 16s) New data	2022/23	↑	13,630	11.0%*	15.6%	29.3%		
B01b - Children in relative low income families (under 16s) New data	2022/23	↑	19,488	15.8%*	19.8%	37.2%		
B02a - School readiness: percentage of children achieving a good level of development at the end of Reception New data	2022/23	-	4,767	69.1%*	67.2%	62.7%		
B02a - School Readiness: percentage of children with free school meal status achieving a good level of development at the end of Reception New data	2022/23	-	440	50.3%*	51.6%	42.9%		
B02b - School readiness: percentage of children achieving the expected level in the phonics screening check in Year 1 New data	2022/23	-	5,724	79.1%*	78.9%	76.5%		
B02b - School readiness: percentage of children with free school meal status achieving the expected level in the phonics screening check in Year 1 New data	2022/23	-	771	62.6%*	66.5%	58.2%		
B02c - School readiness: percentage of children achieving at least the expected level in communication and language skills at the end of Reception New data	2022/23	-	5,750	83.3%*	79.7%	74.9%		
B02d - School readiness: percentage of children achieving at least the expected level of development in communication, language and literacy skills at the end of Reception New data	2022/23	-	4,887	70.8%*	68.8%	63.7%		
B12b - Violent crime - violence offences per 1,000 population New data	2021/22	↑	40,310	25.9*	34.9	22.6		
B12c - Violent crime - sexual offences per 1,000 population New data	2021/22	↑	4,428	2.8*	3.0	2.0		
B17 - Fuel poverty (low income, low energy efficiency methodology) New data	2021	-	40,547	11.4%*	13.1%	21.4%		



Healthy Lives - Childhood Health

Comparing local indicators with England averages shows the health and wellbeing of our children and young people is mixed.

The percentage of babies being breastfed in the county of Dorset is now better than England – in Q4 23/24 56% of babies were being breastfed at 6-8 weeks compared to the average of 49% in England.

Levels of **childhood obesity** are better than England – however there has been slight increase over time among Year 6 pupils and we see variation across the county, with higher prevalence in Weymouth and Portland, Poole Town and Central Bournemouth.

The **mental health and emotional wellbeing** of children is a priority – the rate of hospital admissions for self-harm are worse than England in both Local Authority areas.

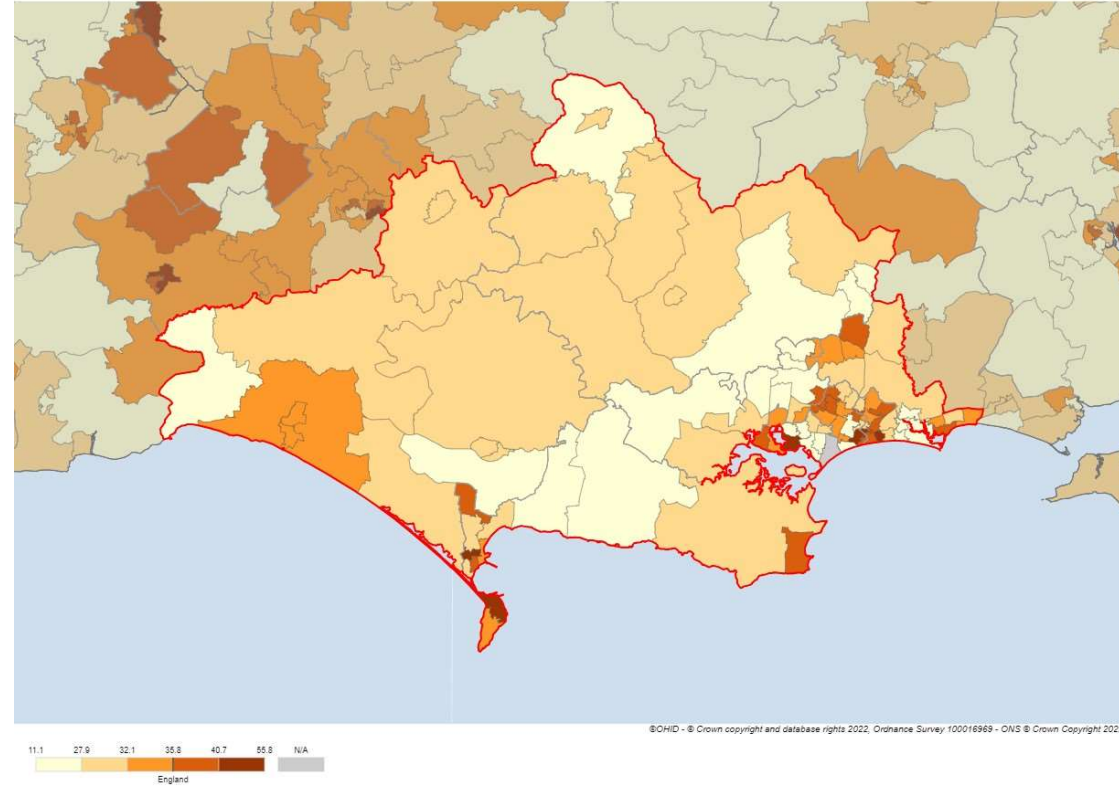
In terms of physical health;

- **Immunisations for BCP Children in Care** are worse than England – in 2022 39% of children in care were up-to-date with vaccinations.
- Admissions for **alcohol specific conditions** in under 18's is higher than England average for both areas.
- Admissions for **unintentional and deliberate injuries is higher** than England for all ages of children and young people

[Child Health Profiles \(phe.org.uk\)](https://phe.org.uk)

[Children and Young People's Public Health Services](#)

Year 6: Prevalence of overweight (including obesity) (%) - Source: National Child Measurement Programme (NCMP), NHS Digital



Healthy Lives – Mental Health

The 2014 survey of Mental Health and Wellbeing in England found that 1 in 6 people aged 16+ had experienced symptoms of a **common mental health problem**, such as depression or anxiety, in the past week. People with higher well-being have lower rates of illness, recover more quickly and for longer, and generally have better physical and mental health.

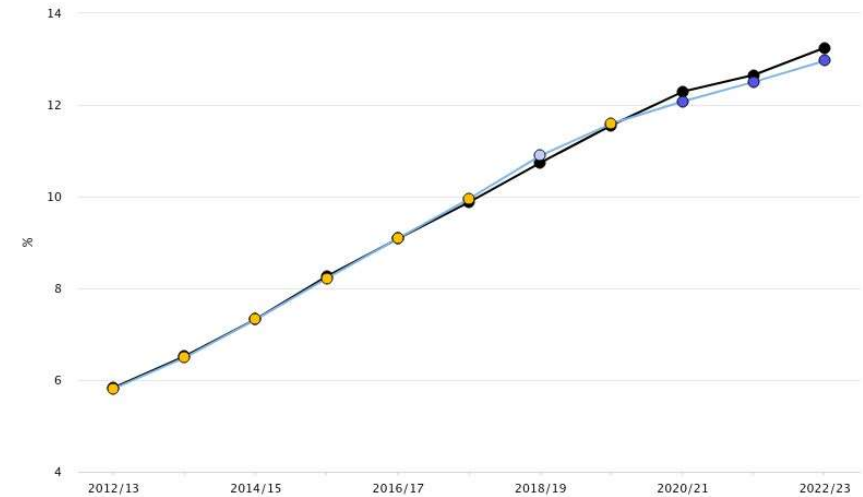
The prevalence of **depression** in adults is currently 13% in the county of Dorset – similar to England. This has been increasing, in line with national trends. In the 2023 GP Patient Survey, 11.5% reported having a **long-term mental health problem**, which has been increasing from 9% in 2018.

Suicide rates are a local concern, with the rate being above England average in most recent years.

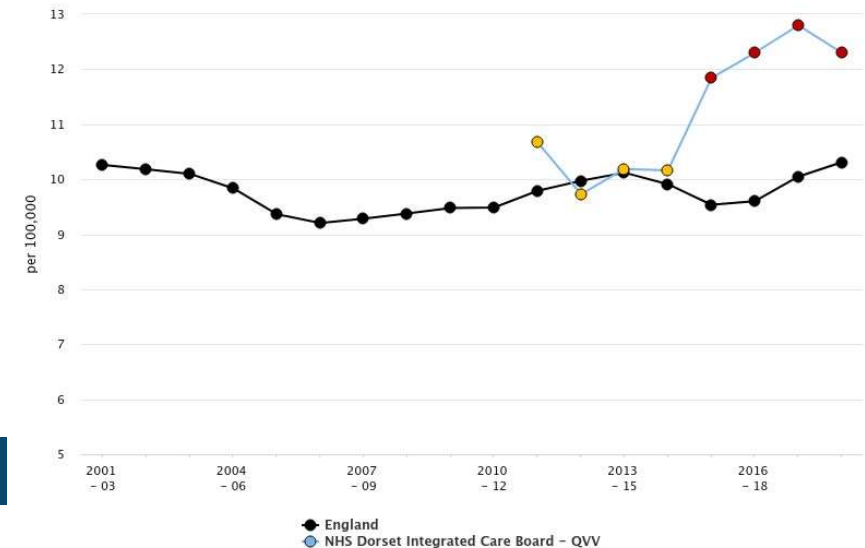
We can all feel lonely at times for many different reasons. **Social isolation** refers to availability of support networks and social contacts – we might be socially isolated but not feel lonely and vice versa. National research links **loneliness and isolation to detrimental effects on our physical and mental wellbeing**. Although data tends to reflect the experiences of older people, loneliness and isolation can affect us at any age. 35.3% of **adult social care users** said they had as much **social contact** as they would like to in Dorset LA and 47.9% in BCP LA.



Depression: QOF prevalence (18+ yrs) for NHS Dorset Integrated Care Board – QVV



Suicide rate (Persons, 10+ yrs) for NHS Dorset Integrated Care Board – QVV



Healthy Lives - Healthy Lifestyles

The percentage of **adults who are overweight or obese** is similar to England. However, at 65.4% of adults in Dorset LA and 67.1% in BCP LA this is still high and has been slowly increasing over time (2022/23). Having excess weight or obesity has significant implications for both physical and mental health. Excess weight increases the risk of several conditions such as heart disease, Type-II diabetes and some cancers, which in turn increases the likelihood of premature death.

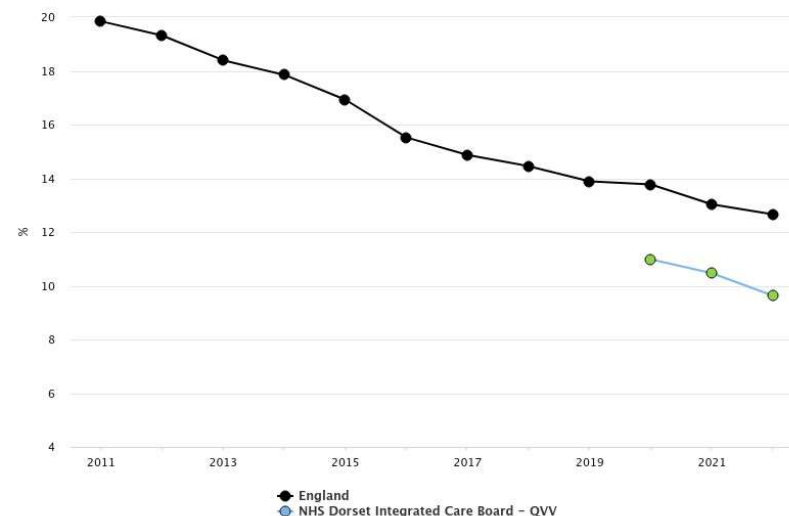
Smoking is one of the main causes of health inequalities in England, with the harm concentrated in disadvantaged communities and groups. Smoking prevalence has been reducing in the county of Dorset – currently 9.6%, better than England. However, **prevalence is higher among some groups** such as adults in routine and manual occupations (14.9%) adults with a long-term mental health condition and adults admitted to treatment for substance misuse.

Nineteen percent of adults in BCP LA and nearly 21% percent of adults in Dorset LA are **physically inactive** (2022/23) – doing less than 30 minutes moderate intensity activity a week - which is similar to the England average. The Active Dorset Active Lives Survey found whilst activity levels have improved since the pandemic, 49% of children and young people across the county of Dorset are not meeting recommended guidelines of 60 minutes activity per day.

Admissions to hospital for alcohol related conditions are generally similar to England. Data on alcohol consumption is also similar to England, with an **estimated quarter of adults drinking over 14 units of alcohol a week** (2015-2018 data).

Deaths from **drug misuse** are higher than England in BCP (7.5 per 100,000) and similar to England in Dorset LA (5.9 per 100,000). Nationally the rate of drug poisoning deaths continues to increase and is elevated among those born in the 1970's ([Deaths related to drug poisoning in England and Wales - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/deaths-related-to-drug-poisoning-in-england-and-wales))

Smoking Prevalence in adults (18+) – current smokers (APS) for NHS Dorset Integrated Care Board – QVV



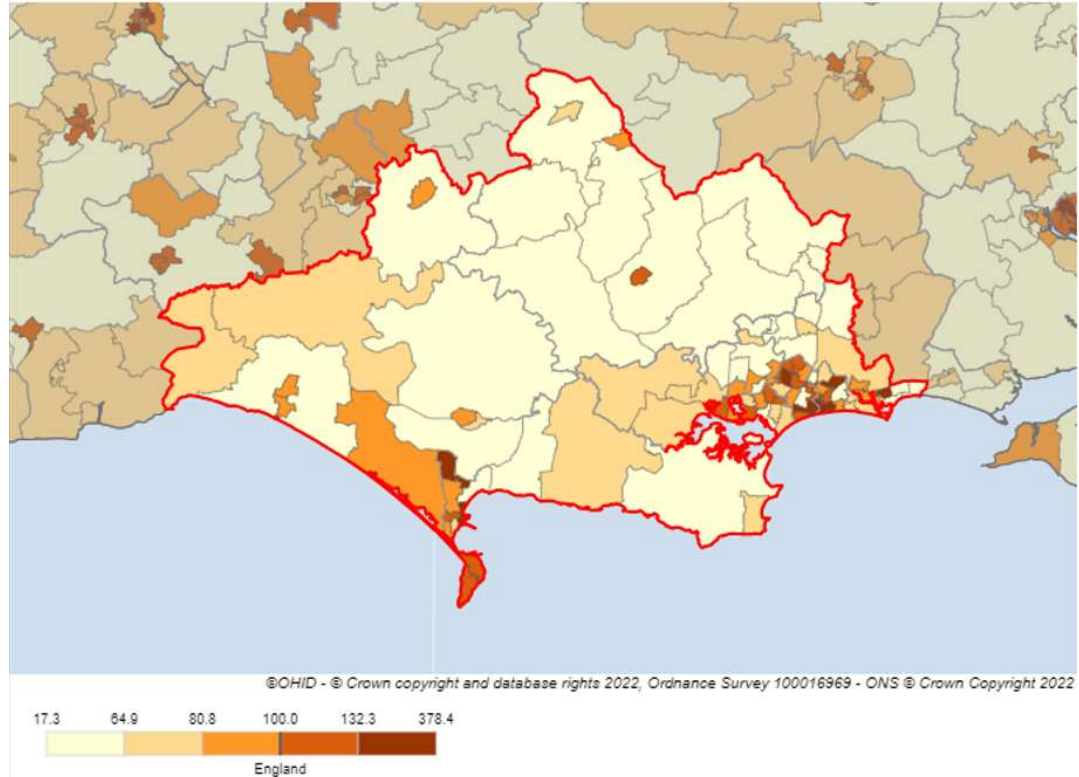
Healthy Lives – Major health conditions

Generally, our mortality rates are better than England however it is important to consider **variation** by geography and in **deaths considered preventable**. Generally emergency hospital admissions for conditions like hip fractures, COPD and heart disease are also better than average. – but again, we see **variation** suggesting there could be opportunities to encourage **prevention, early help and support people to manage their health**, especially when someone has multiple long-term conditions.

As of May 2024, just over 142,000 patients on the **hypertension** register across Dorset county, with around 8000 newly diagnosed during 2023/24. Many of these patients have **co-morbidities** such as depression, Diabetes and Chronic Kidney Disease. 35% of patients on the register have a **BMI over 30**.

In the county of Dorset 19.1% of people aged 16+ report a **long-term musculoskeletal** problem (either arthritis or an ongoing problem with back or joints). National research shows among people living with multiple conditions, MSK conditions have been reported to cause the greatest **impact on wellness, independence and quality of life** due to increased pain and mobility limitations.

Deaths from causes considered preventable, under 75 years (Standardised mortality ratio (SMR)) - Source: Office for Health Improvement and Disparities.

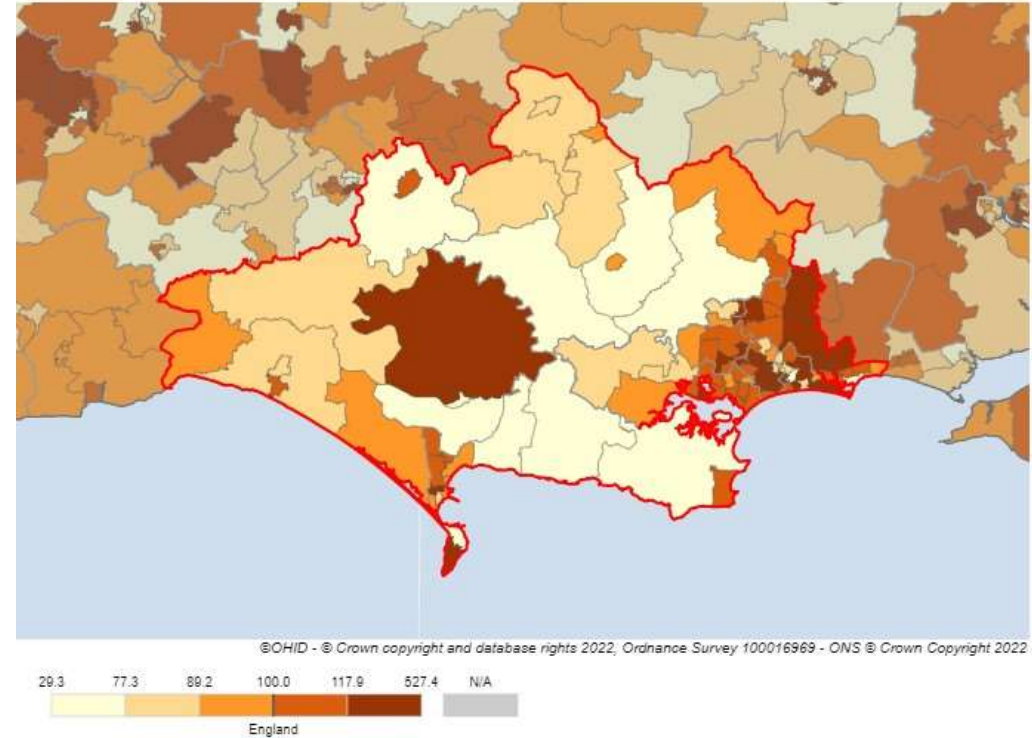


Healthy Lives – Major health conditions

Across the Dorset county area 16% of the patient population are **frail**, with almost 83,000 classed as ‘mild’ on the frailty index. These patients **experience symptoms that limit activities** but are not dependent on others for daily help or might need help with transportation or heavy housework. As frailty progresses, they will need more support in and outside the home, so may benefit from support to maintain their mobility. **72% of people with mild frailty have 3 or more long-term conditions** such as hypertension, depression, asthma and/or diabetes. Having multiple health conditions, multiple medications and frailty may increase risk of falls.

As of May 2024 just over 8,000 patients were on the **Dementia** register, 1% of Dorset ICB patients. The population varies from 1.1% of the patients in our most deprived to 11% in our least deprived areas. This may be reflecting **diagnosis** rather than prevalence. It is estimated that 55.6% of over 65’s who may have dementia have a recorded diagnosis in Dorset – significantly below the national target of 66.7%.

Emergency hospital admissions for hip fractures, persons aged 65 years and over (SAR) - Source: Hospital Episode Statistics (HES) NHS Digital



Healthy Lives – Other Resources Available

[Local Area Health Profile](#)

[Local Health data for small areas](#)

[Child Health Profiles \(phe.org.uk\)](#)

[Children and Young People’s Public Health Services](#)

[Health Watch – Young People’s views of mental health services](#)

[Active Lives Survey](#)

[A Movement for movement – Physical Activity Strategy](#)

[National Drug Treatment Monitoring Services](#)

[Parental substance misuse data pack 2019-2020](#)

[Productive Health Ageing Profile](#)

[Suicide Prevention Vision – Our Dorset](#)

Indicator	Period	Dorset ICB - QVV		NHS regions (since ICB setup)	England		England			
		Recent Trend	Count		Value	Value	Value	Worst	Range	Best
E03 - Under 75 mortality rate from causes considered preventable New data	2022	–	1,057	135.2	135.7	155.0	213.5		7.8	
E04a - Under 75 mortality rate from all circulatory diseases New data	2022	–	482	58.6	66.4	77.8	103.9		0	
E04b - Under 75 mortality rate from circulatory diseases considered preventable New data	2022	–	193	23.1	25.7	30.8	41.4		0	
E05a - Under 75 mortality rate from cancer New data	2022	–	911	112.1	116.5	122.4	144.7		0	
E05b - Under 75 mortality rate from cancer considered preventable New data	2022	–	360	43.9	46.0	49.6	64.6		0	
E06a - Under 75 mortality rate from liver disease New data	2022	–	138	17.9	17.8	21.4	31.8		14.3	
E06b - Under 75 mortality rate from liver disease considered preventable New data	2022	–	127	16.7	16.3	19.1	28.0		12.9	
E07a - Under 75 mortality rate from respiratory disease New data	2022	–	219	26.6	23.9	30.7	45.8		18.8	
E07b - Under 75 mortality rate from respiratory disease considered preventable New data	2022	–	115	13.8	13.6	18.2	29.4		10.4	
E08 - Mortality rate from a range of specified communicable diseases, including influenza New data	2022	–	121	11.2	12.4	13.0	18.3		1.5	
E11 - Emergency readmissions within 30 days of discharge from hospital New data	2022/23	–	11,395	13.0%	14.5%	14.2%	16.9%		2.2%	
E12a - Preventable sight loss: age related macular degeneration (AMD) New data	2022/23	–	207	102.2*	110.3*	105.6	176.0		65.7	
E12d - Preventable sight loss: sight loss certifications New data	2022/23	–	388	49.4*	48.8*	42.0	67.3		25.1	
E13 - Hip fractures in people aged 65 and over New data	2022/23	–	1,285	574	547	558	653			
E13 - Hip fractures in people aged 65 to 79 New data	2022/23	–	355	235.7	228.5	243.8	293.6			
E13 - Hip fractures in people aged 80 and over New data	2022/23	–	930	1,556	1,471	1,469	1,695			
E15 - Estimated dementia diagnosis rate (aged 65 and older)	2023	→	7,824	55.6	58.1	63.0	52.9		3	
				< 66.7% (significantly)						



Health and Care – Working Better Together

Whilst the appreciation for NHS services was evident from participants of the [100 conversations](#) project, there was concern that healthcare services are stretched and do not have the time or capacity to listen to patients' concerns.

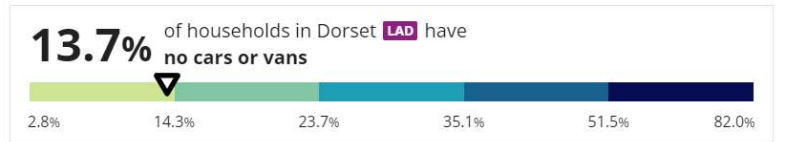
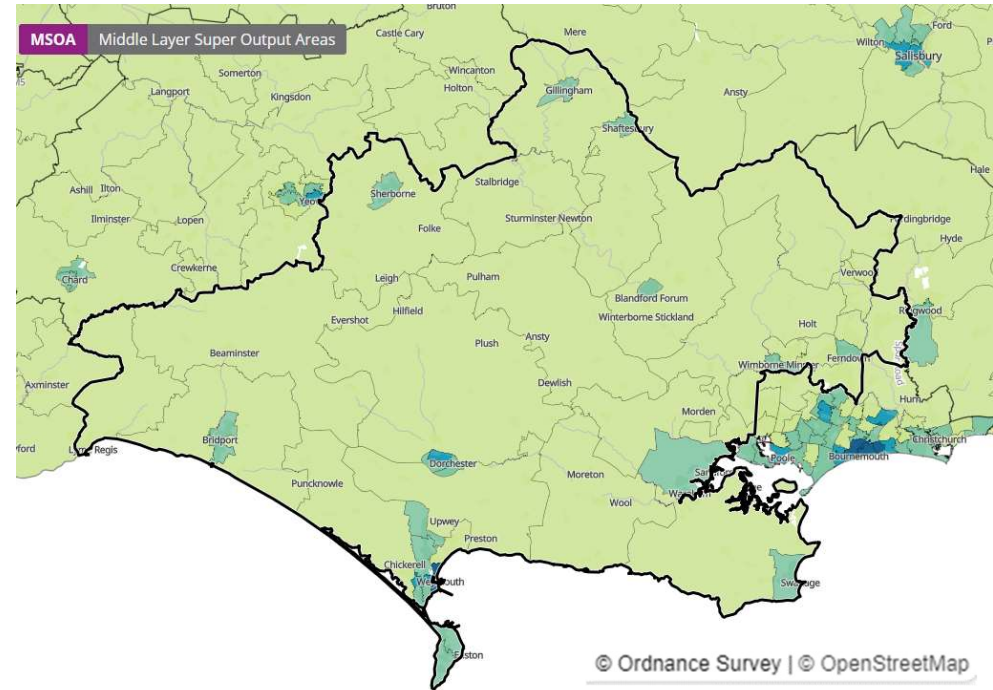
People felt that services need to **work together** in an integrated approach, **communicate** between each other to discuss patients' needs and adopt a **multi-disciplinary approach**.

A need to improve **sharing of patient data** and medical records was also raised – sharing across multiple disciplines means that patients and carers would not have to repeat the same story.

The need for **local access to services** was a key theme throughout – those with limited access to transport and travel links are adversely impacted when having to travel further distances.

A number proposed that services and treatments could be in satellite hubs, community hospitals and through outreach clinics.

Appointment times should be person-centred and fit around the lives of patients. Similarly, issues can occur when multiple services do not **co-ordinate appointments**. We know from data that some of our population with health issues often have **multiple conditions** they are managing.

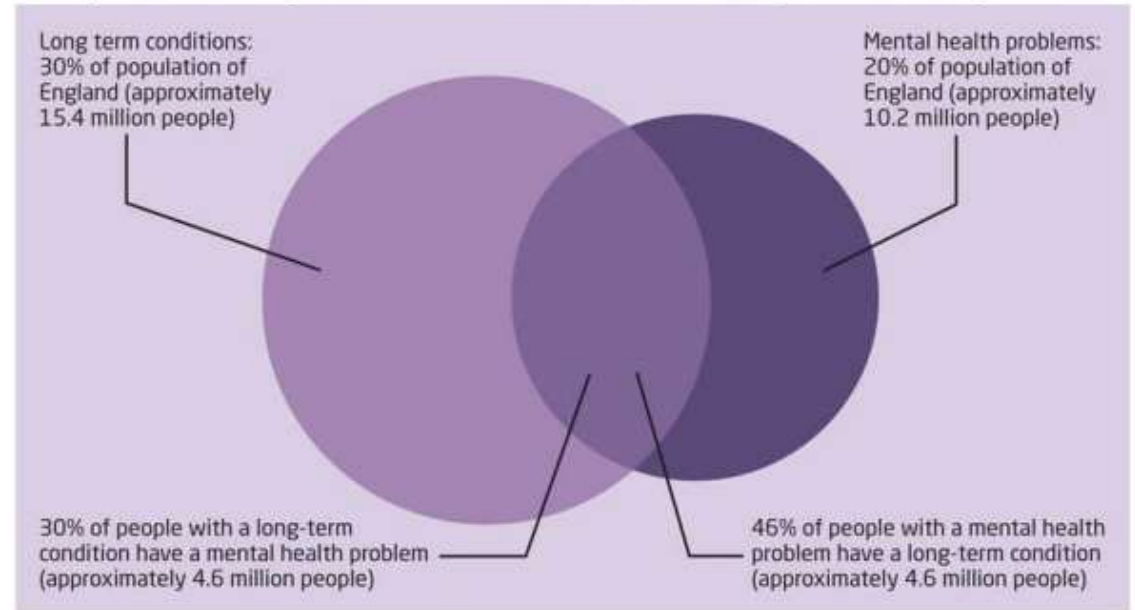


Health and Care – Working Better Together

It is known that physical health issues can increase the risk of experiencing poor mental health, and vice versa. The Kings Fund report that around **30% of people with a long-term physical health condition also experience poor mental health**, for example depression or anxiety.

Having a mental health issue can also seriously exacerbate physical illness – affecting people’s outcomes and cost to health and care services. People with **severe mental illness** also have higher rates of **physical illness and lower life expectancy**. It’s estimates that the effect of poor mental health on physical illness costs the NHS at least £8 billion a year and medically unexplained physical symptoms (often having a basis in poor mental health).

Overlap between long-term conditions and mental health problems in England



Source: Naylor C, Parsonage M, McDaid D, Knapp M, Fossey M, Galea A (2012). Report. Long-term conditions and mental health. The cost of co-morbidities *The King's Fund and Centre for Mental Health*



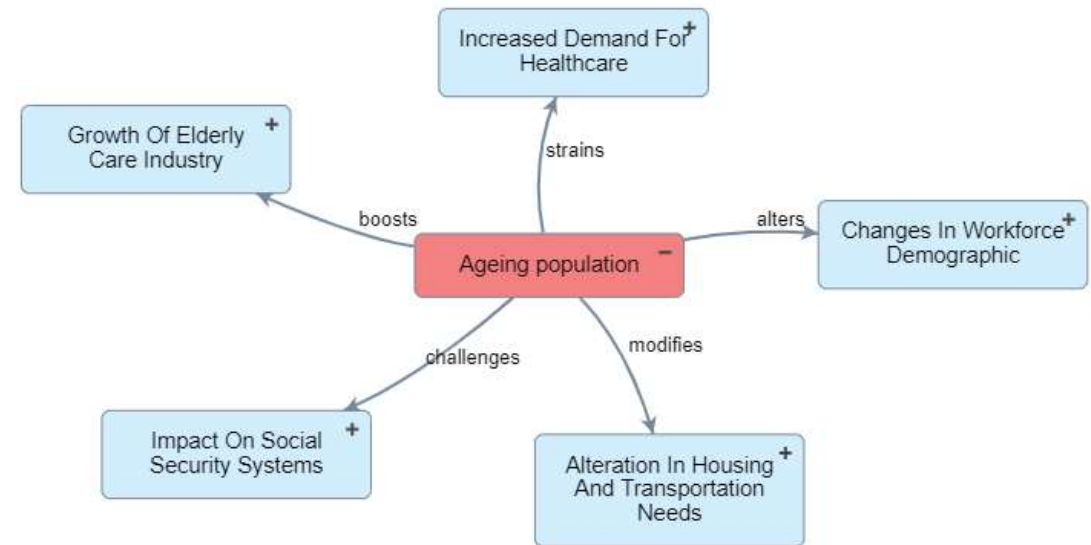
Health and Care - Future Focus

The 2023 Chief Medical Officer report focuses on **health in an ageing society**. This sets out some of the trends and health needs to consider for this population, including;

- **Maximise independence** and **minimising time spent in ill health** by reducing disease and adapting the environment
- Older people migrating away from cities who may not have **informal support networks** in their new home
- The importance of **primary and secondary prevention** to reduce co-morbidities and time spent in ill health
- Early identification of **frailty**
- **Rising mental health needs** in later life, and how these might present differently

Other global and national trends to consider include

- the increasing adoption of, and demand for, **personalised care**
- the potential of **Artificial Intelligence**
- increasing **mental health** issues and **health inequalities**



Health and Care – Other Resources

[Dorset Integrated Care Strategy – Working Better Together](#)

[NHS Dorset Joint Forward Plan](#)

[Dorset Council Statistics](#)

[Director of Public Health Report 22/23](#)

[Children in Need and Care in Dorset & BCP - LGA Inform](#)

[LGA Inform Adult Social Care Reports \(Dorset & BCP\)](#)

[Dorset Health Protection Report 2022](#)

[Improving patient access to urgent and emergency care in Dorset](#)

[100 Conversations – Let's have a conversation \(ourdorset.org.uk\)](#)

[Home First – Our Dorset](#)

[Chief Medical Officer Reports](#)

ICP Strategy Outcomes



Joined-up health and wellbeing, consider mental and physical health



Invest in and involve informal care and support



Care closer to home



Children's health, and best start in life



Inequality, or 'fairness' in access, outcomes and experience



Social isolation, loneliness



Listen and involve people in solutions

