

# **Isle of Wight JSNA Briefing Note: Long-Term Conditions**

## Background

Long-Term Conditions (LTCs) are defined by the Department of Health as:

*“Conditions that cannot be cured but can be managed through medication and/or therapy.”<sup>1</sup>*

Although the DH website states that *“There is no definitive list of long term conditions”*, conditions generally counted as LTCs include asthma, chronic obstructive pulmonary disease (COPD), coronary heart disease, dementia, diabetes, muscular-skeletal conditions, severe mental health conditions and neurological diseases such as Parkinson’s Disease.<sup>2</sup>

Findings from the national General Lifestyle Survey (formerly the General Household Survey), conducted annually, are used to measure the prevalence of Long-Term Conditions (LTCs) as self-reported by survey respondents. A respondent is deemed to have an LTC if they answer ‘yes’ to the following question:

*“Do you have any long-standing illness, disability or infirmity? By long-standing, I mean anything that has troubled you over a period of time or that is likely to affect you over a period of time.”*

This survey data is the source of Department of Health statements about the prevalence of LTCs, such as:

*“There are around 15 million people in England with at least one long term condition.”<sup>1</sup>*

Respondents who report a longstanding illness are then asked further questions about their illness, and this information is used to estimate the number of LTCs which people have. (See page 14 below for a national breakdown of LTCs by condition).

The Department of Health has used trend data from this dataset to estimate projections of the number of people with LTCs, broken down by gender and by age, by the number of LTCs which they will have, up to 2018 – they do not consider that estimates further into the future would be reliable. This methodology has been used locally to calculate the same projections of LTC prevalence for the Isle of Wight up to 2018, using the latest ONS Isle of Wight population projections (2008-based) for that period.

<sup>1</sup> <http://www.dh.gov.uk/health/category/policy-areas/nhs/long-term-conditions/> accessed 7 Dec 2011

<sup>2</sup> Department of Health (2008) *Raising the Profile of Long Term Conditions Care: A Compendium of Information*

**Background (continued)**

**Population Breakdown: Private Household / Communal Establishment Residents**

The General Household Survey is conducted only in the **private household population**. It therefore excludes people resident in **Communal Establishments** such as care homes and prisons. The Department of Health therefore used 2001 Census data about self-reported limiting long-term illness (LLTI) among residents of Communal Establishments as a proxy measure to estimate the presence of at least 1 Long Term Condition among those residents. The same projections have been estimated for the Isle of Wight. It is not possible to use this data to go into more detail about the number of LTCs which people have.

The table below shows the estimated breakdown of the Island population for All Ages for the period analysed.

| <b>Isle of Wight Population</b>            | <b>2011</b> | <b>2012</b> | <b>2013</b> | <b>2014</b> | <b>2015</b> | <b>2016</b> | <b>2017</b> | <b>2018</b> |
|--|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| living in private households               | 138,609     | 139,738     | 141,074     | 142,482     | 143,361     | 144,664     | 145,595     | 146,937     |
| living in Communal Establishments          | 4,691       | 4,762       | 4,826       | 4,918       | 4,939       | 5,036       | 5,105       | 5,163       |
| Total                                      | 143,300     | 144,500     | 145,900     | 147,400     | 148,300     | 149,700     | 150,700     | 152,100     |
| <i>% living in Communal Establishments</i> | 3.3%        | 3.3%        | 3.3%        | 3.3%        | 3.3%        | 3.4%        | 3.4%        | 3.4%        |

**Breakdown of Conditions**

The Department of Health model used here does not enable local calculations of which LTCs people will have. Department of Health national data about the ‘top 20’ LTCs is shown on page 14 below, followed by some local data on the current and forecast estimated prevalence of specific LTCs in the Isle of Wight population.

Data Sources: Department of Health Long-Term Conditions Projections Model applied to ONS 2008-Based Population Projections for the Isle of Wight

| <b>Contents and Key Points</b>  |   |
|---|---|
| The projections below relate to the period 2011 – 2018, based on the assumption of current trends continuing. |   |
| Projected Number of People in All Households with at least 1 Long Term Condition                              | <ul style="list-style-type: none"> <li>• The number of people with 1 or more LTCs will increase by 5.1% (over 2,400 people) among people of All Ages. The percentage increase will be higher among older age groups.</li> <li>• The majority of people resident in Communal Establishments (including care homes) will have 1 or more LTCs, with the percentage increasing with age.</li> <li>• However the vast majority of people with 1 or more LTCs will be resident in private households, even among those in older age groups.</li> </ul>  |
| Projected Number of People in Private Households: by Number of Long Term Conditions:                          | <ul style="list-style-type: none"> <li>• The number of people with multiple LTCs, and hence with more complex needs, is forecast to increase significantly.</li> <li>• The greater the number of LTCs, the higher the percentage increases, although the number of people affected is smaller.</li> </ul>   |
| Projected Number of People in Private Households with Long-Term Conditions – by Age:                          | <ul style="list-style-type: none"> <li>• People of all ages experience LTCs, but people are more likely to experience 1 or more LTCs as they grow older.</li> <li>• For example the proportion of the population with 1 or more LTCs is 24% in the under-65 age group, but 60% in the 65+ age group.</li> <li>• Within the 65+ population, the estimated percentages of the population with 1 or more LTCs are:                             <ul style="list-style-type: none"> <li>○ 54% of people aged 65-74;</li> <li>○ 65% of people aged 75-84;</li> <li>○ 75% of people aged 85+.</li> </ul> </li> </ul> |
| Types of Long-Term Conditions   | <ul style="list-style-type: none"> <li>• National data suggests that the most common LTCs include arthritis, hypertension (high blood pressure), heart conditions, respiratory conditions, muscular-skeletal problems.</li> <li>• Local data suggests number of people with common LTCs such as hypertension, diabetes, heart and respiratory conditions will increase significantly, reflecting the growing and ageing population.</li> <li>• Many of these conditions are influenced by lifestyle behaviours and associated risk factors, such as smoking and obesity.</li> </ul>                           |

**Projected Number of People with at least 1 Long Term Condition by Place of Residence**

The tables below and charts that follow illustrate key points about the projected number of people with at least 1 LTC by their place of residence – private households or Communal Establishments (including care homes and prisons).

Key points: between 2011 and 2018:

- Overall the number of people with at least 1 LTC will increase by:
  - 5.1% (over 2,400 people) among people of All Ages;
  - 20.6% (over 4,000 people) among people aged 65+.
- The proportion of people with at least 1 LTC resident in Communal Establishments will increase by:
  - 13.7% among people of All Ages;
  - 18.8% among people aged 65+.
- In 2011 the majority of Communal Establishment residents are predicted to have at least 1 Long Term Condition (62.1% in the All Ages population in 2011, increasing to 91.4% of the 65+ population).
- However the great majority of people with at least 1 LTC are predicted to be resident in private households (over 93% of the All Age population). Even in the 65+ population, fewer than 10% are resident in Communal Establishments.

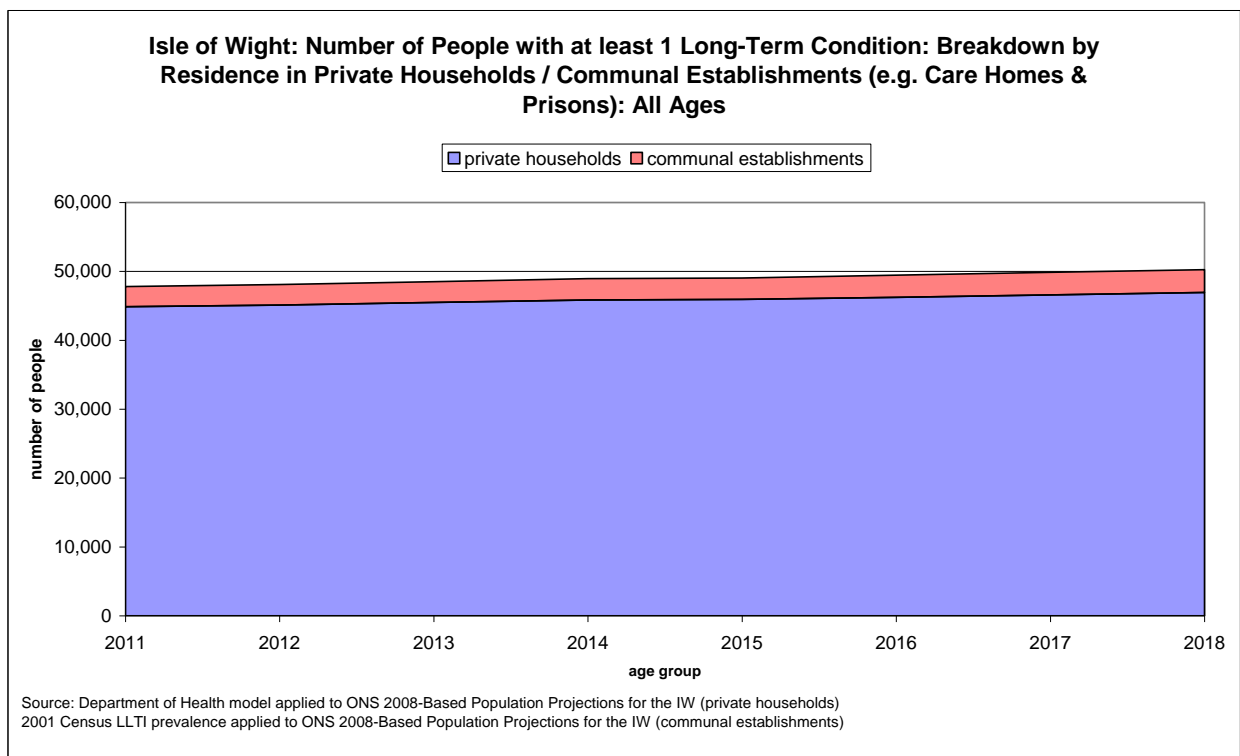
**All Ages**

| IW Population with at least 1 LTC:<br><b>All Ages</b> | 2011          | 2012          | 2013          | 2014          | 2015          | 2016          | 2017          | 2018          | % change 2011-2018 |
|---|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------------|
| private households                                    | 44,873        | 45,105        | 45,476        | 45,828        | 45,927        | 46,239        | 46,583        | 46,927        | -(4.6%)            |
| communal establishments                               | 2,914         | 2,971         | 3,023         | 3,103         | 3,120         | 3,204         | 3,274         | 3,314         | -(13.7%)           |
| <b>Total</b>  | <b>47,787</b> | <b>48,076</b> | <b>48,499</b> | <b>48,931</b> | <b>49,047</b> | <b>49,443</b> | <b>49,857</b> | <b>50,241</b> | -(5.1%)            |
| % resident in communal establishments                 | 6.1%          | 6.2%          | 6.2%          | 6.3%          | 6.4%          | 6.5%          | 6.6%          | 6.6%          |                    |

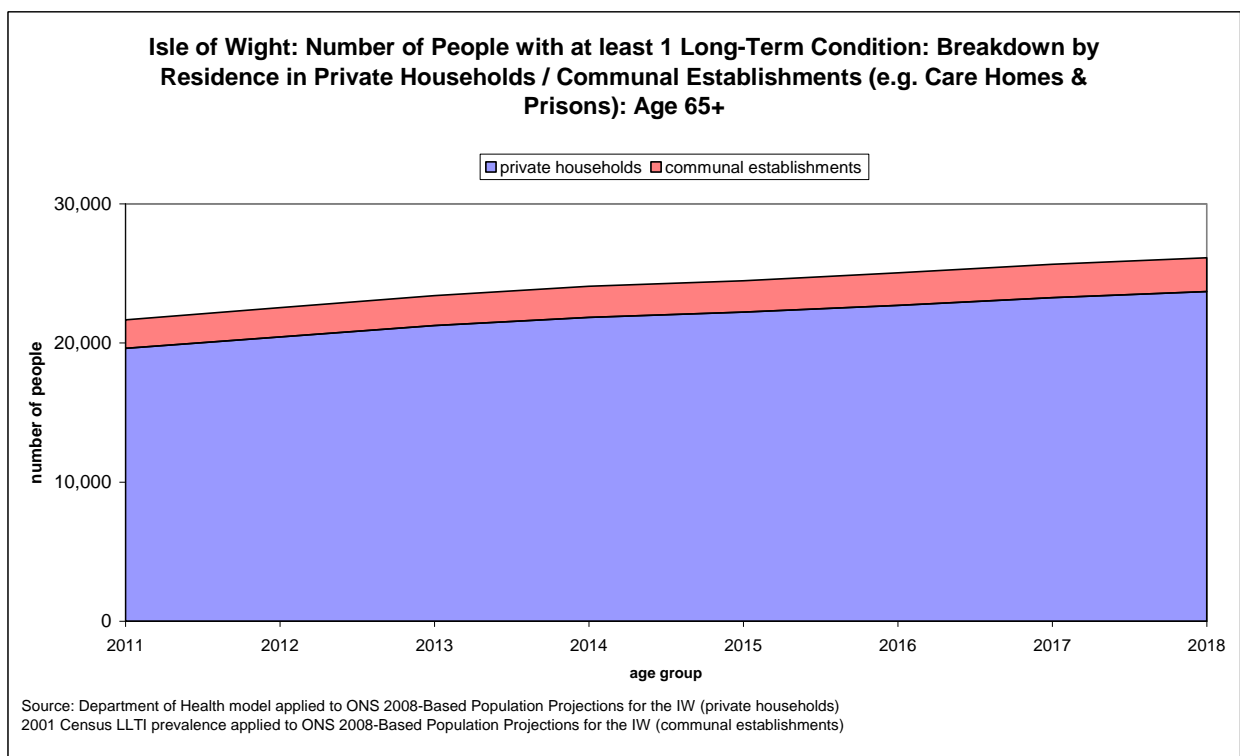
**Age 65+**

| IW Population with at least 1 LTC:<br><b>Age 65+</b> | 2011          | 2012          | 2013          | 2014          | 2015          | 2016          | 2017          | 2018          | % change 2011-2018 |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------------|
| private households                                   | 19,608        | 20,427        | 21,244        | 21,835        | 22,209        | 22,700        | 23,251        | 23,693        | -(20.8%)           |
| communal establishments                              | 2,049         | 2,110         | 2,163         | 2,240         | 2,255         | 2,334         | 2,403         | 2,435         | -(18.8%)           |
| <b>Total</b>   | <b>21,657</b> | <b>22,537</b> | <b>23,406</b> | <b>24,075</b> | <b>24,464</b> | <b>25,033</b> | <b>25,654</b> | <b>26,128</b> | -(20.6%)           |
| % resident in communal establishments                | 9.5%          | 9.4%          | 9.2%          | 9.3%          | 9.2%          | 9.3%          | 9.4%          | 9.3%          |                    |

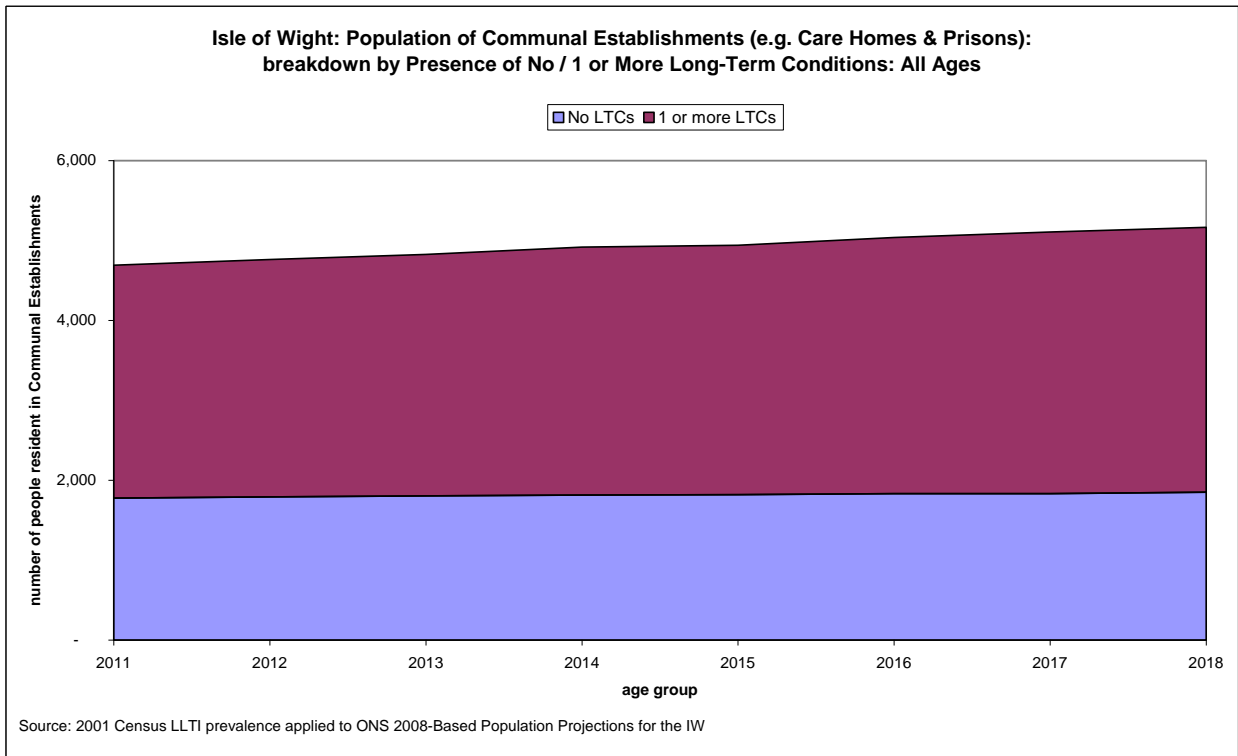
**Projected Number of People with at least 1 Long Term Condition by Residence: All Ages**



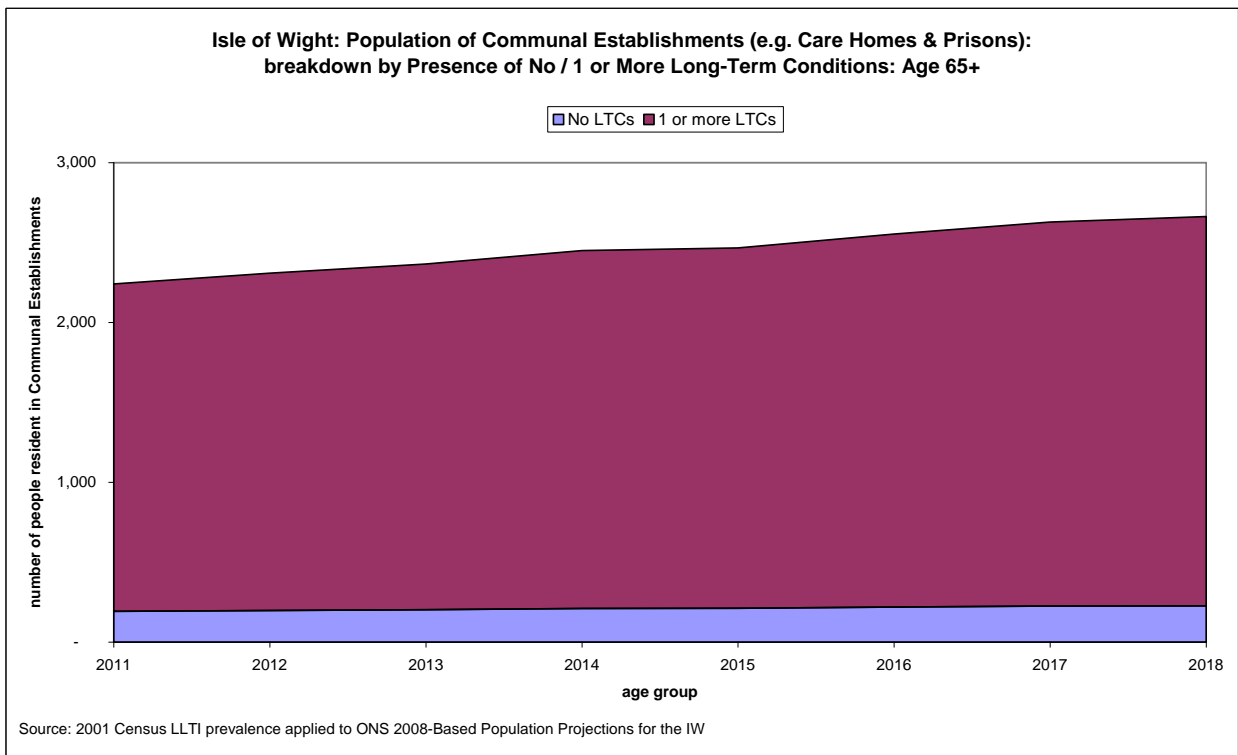
**Projected Number of People with at least 1 Long Term Condition by Residence: Age 65+**



**Projected Number of People resident in Communal Establishments by presence or absence of 1 or more Long Term Conditions: All Ages**



**Projected Number of People resident in Communal Establishments by presence or absence of 1 or more Long Term Conditions: Age 65+**



**Projected Number of People in Private Households: by Number of Long Term Conditions**

The tables below and the chart on the following pages illustrate key points about the projected number of people resident in private households by the number of LTCs which they will experience.

Key points: between 2011 and 2018:

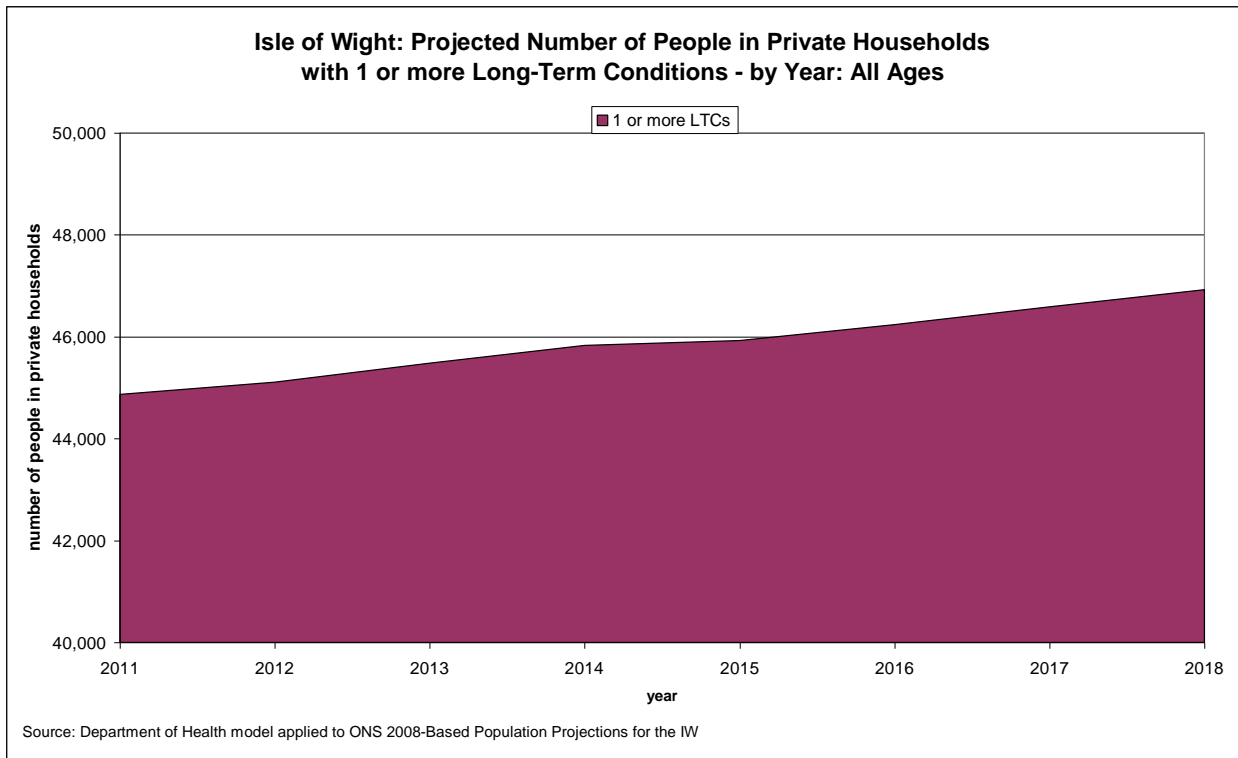
- The number of people with multiple LTCs is forecast to increase significantly.
- The greater the number of LTCs, the higher the percentage increases, although the number of people affected is smaller. For example, the number of people with:
  - 1 or more LTCs is forecast to increase by 4.6% (an additional 2,054 people);
  - 3 or more LTCs is forecast to increase by 30.2% (an additional 2,623 people);
  - 5 or more LTCs is forecast to increase by 55.4% (an additional 975 people).

| Number of IW Residents in Private Households with: | 2011           | 2012           | 2013           | 2014           | 2015           | 2016           | 2017           | 2018           | % change 2011-2018 |
|--|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|--------------------|
| No LTCs  | 93,736         | 94,633         | 95,598         | 96,654         | 97,434         | 98,424         | 99,012         | 100,009        | -(6.7%)            |
| One LTC  | 26,408         | 26,280         | 26,213         | 26,148         | 25,949         | 25,857         | 25,744         | 25,649         | 2.9%               |
| Two LTCs   | 9,776          | 9,805          | 9,862          | 9,906          | 9,883          | 9,909          | 9,945          | 9,966          | -(1.9%)            |
| Three LTCs   | 5,124          | 5,249          | 5,400          | 5,537          | 5,642          | 5,768          | 5,911          | 6,048          | -(18.0%)           |
| Four LTCs  | 1,805          | 1,894          | 1,994          | 2,097          | 2,184          | 2,293          | 2,413          | 2,530          | -(40.2%)           |
| Five LTCs  | 948            | 1,004          | 1,069          | 1,133          | 1,196          | 1,265          | 1,341          | 1,420          | -(49.8%)           |
| Six or More LTCs                                   | 813            | 871            | 938            | 1,006          | 1,072          | 1,147          | 1,229          | 1,315          | -(61.8%)           |
| <b>Total Residents in Private Households</b>       | <b>138,609</b> | <b>139,738</b> | <b>141,074</b> | <b>142,482</b> | <b>143,361</b> | <b>144,664</b> | <b>145,595</b> | <b>146,937</b> | <b>-(6.0%)</b>     |

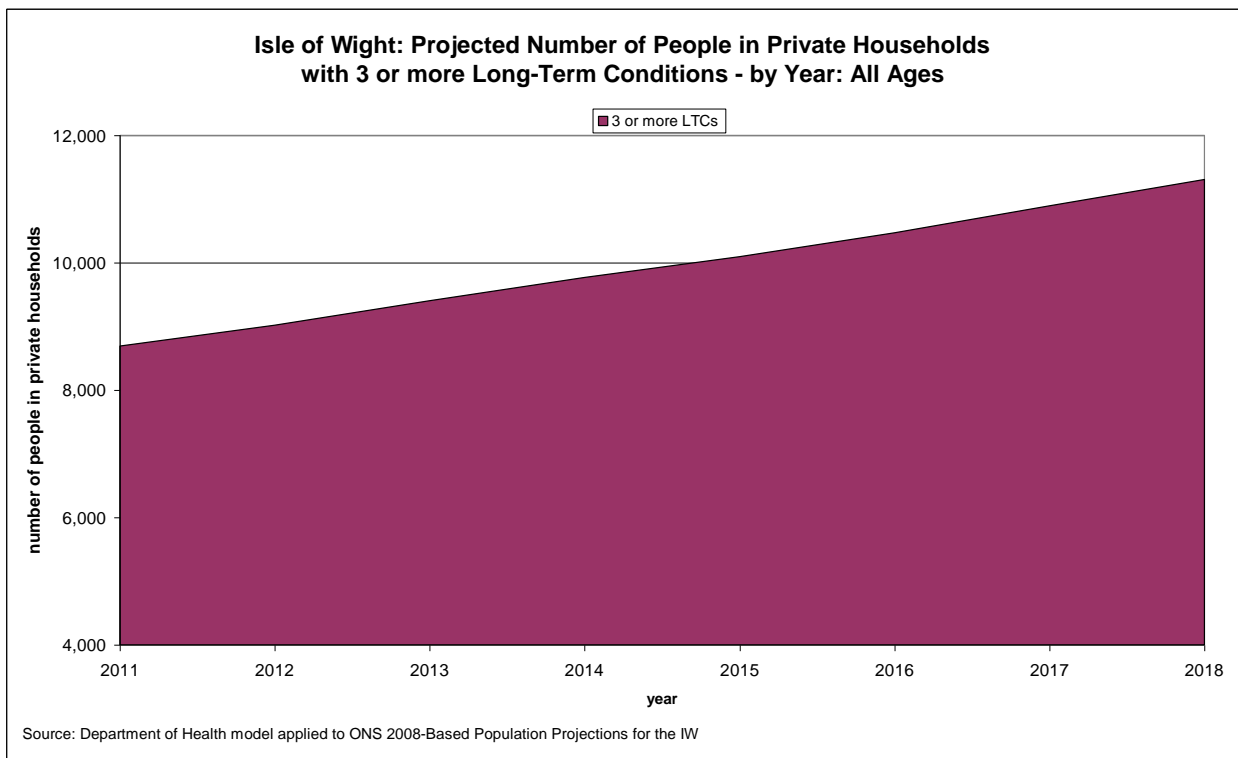
| Number of IW Residents in Private Households with: | 2011   | 2012   | 2013   | 2014   | 2015   | 2016   | 2017   | 2018    | % change 2011-2018 |
|--|--------|--------|--------|--------|--------|--------|--------|---------|--------------------|
| No LTCs  | 93,736 | 94,633 | 95,598 | 96,654 | 97,434 | 98,424 | 99,012 | 100,009 | -(6.7%)            |
| 1 or more LTCs                                     | 44,873 | 45,105 | 45,476 | 45,828 | 45,927 | 46,239 | 46,583 | 46,927  | -(4.6%)            |
| 2 or more LTCs                                     | 18,465 | 18,825 | 19,263 | 19,680 | 19,978 | 20,383 | 20,839 | 21,278  | -(15.2%)           |
| 3 or more LTCs                                     | 8,689  | 9,019  | 9,401  | 9,774  | 10,095 | 10,474 | 10,894 | 11,312  | -(30.2%)           |
| 4 or more LTCs                                     | 3,565  | 3,770  | 4,001  | 4,237  | 4,453  | 4,706  | 4,983  | 5,265   | -(47.7%)           |
| 5 or more LTCs                                     | 1,761  | 1,876  | 2,007  | 2,140  | 2,269  | 2,412  | 2,570  | 2,735   | -(55.4%)           |
| 6 or more LTCs                                     | 813    | 871    | 938    | 1,006  | 1,072  | 1,147  | 1,229  | 1,315   | -(61.8%)           |



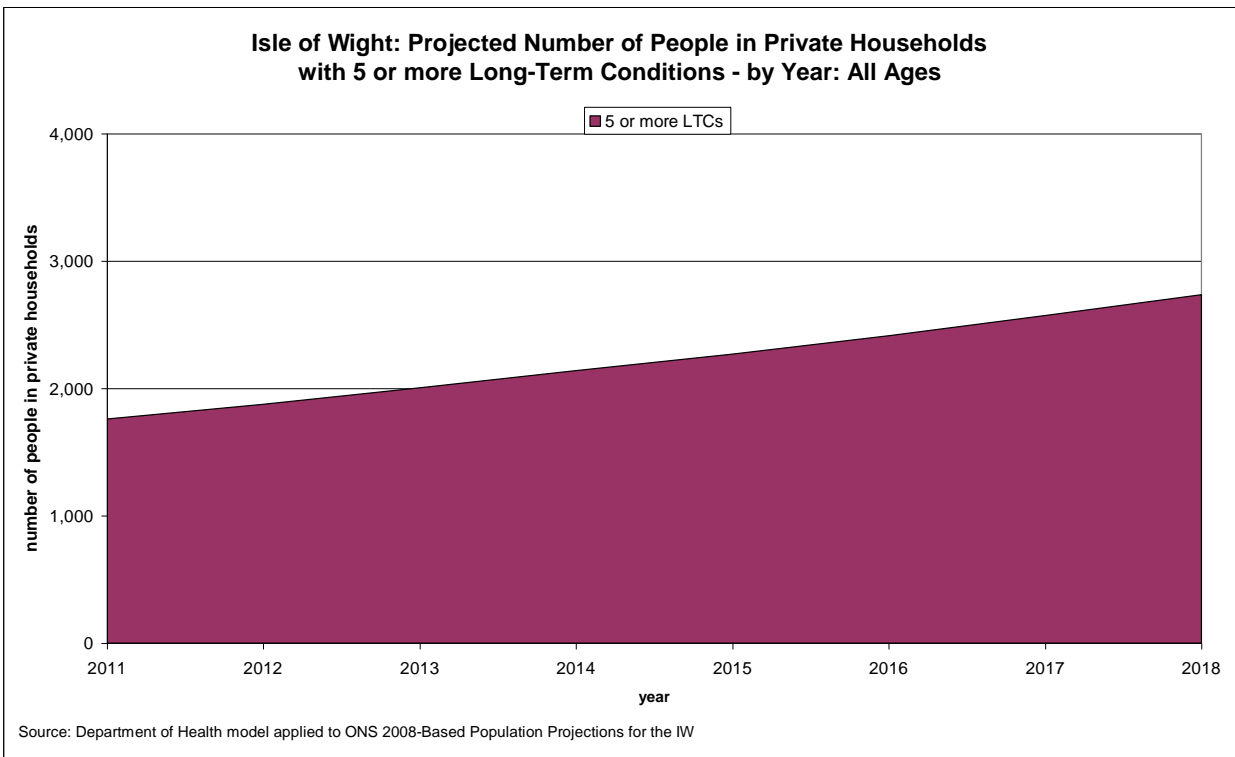
**Projected Number of People in Private Households with 1 or more Long Term Conditions**



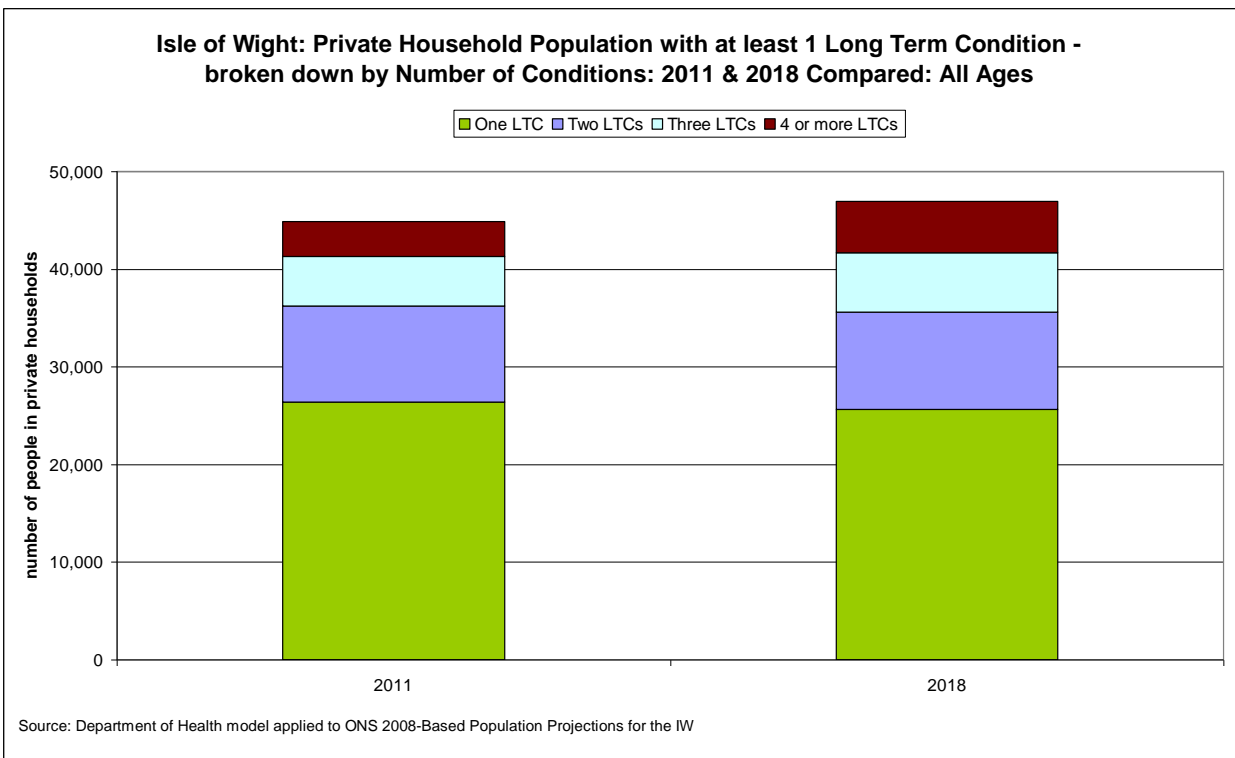
**Projected Number of People in Private Households with 3 or more Long Term Conditions**



**Projected Number of People in Private Households with 5 or more Long Term Conditions**



**Projected Number of People in Private Households by Number of Long Term Conditions: 2011 and 2018 Compared**



**Projected Number of People in Private Households with Long-Term Conditions – by Age**

The tables below and the charts on the following pages illustrate key points about the relationship between the number of LTCs and age. Key points:

- People of all ages experience LTCs, but people are more likely to experience 1 or more LTCs as they grow older.
- There are more people with 1 or more LTC aged under-65 than aged 65+. However the proportion of the population with 1 or more LTCs is considerably higher in the 65+ age group (60% of the population) compared with the under-65 population (24% of the population).
- The proportion of people with multiple LTCs increases with age. In 2011 an estimated 25% of people aged 65-74 have 2 or more LTCs, compared with 35% of people aged 75-84 and 45% of people aged 85+.

**Number of People aged 65+**

| Number of IW Residents in Private Households aged 65+ with: | 2011   | 2012   | 2013   | 2014   | 2015   | 2016   | 2017   | 2018   | % change 2011-2018 |
|---|--------|--------|--------|--------|--------|--------|--------|--------|--------------------|
| No LTCs   | 13,050 | 13,666 | 14,191 | 14,515 | 14,724 | 14,947 | 15,121 | 15,245 | -(16.8%)           |
| 1 or more LTCs  | 19,608 | 20,427 | 21,244 | 21,835 | 22,209 | 22,700 | 23,251 | 23,693 | -(20.8%)           |
| 2 or more LTCs  | 10,186 | 10,646 | 11,130 | 11,509 | 11,776 | 12,112 | 12,499 | 12,831 | -(26.0%)           |
| 3 or more LTCs  | 5,235  | 5,537  | 5,866  | 6,145  | 6,371  | 6,636  | 6,937  | 7,215  | -(37.8%)           |
| 4 or more LTCs  | 2,150  | 2,310  | 2,484  | 2,643  | 2,780  | 2,942  | 3,123  | 3,296  | -(53.3%)           |
| 5 or more LTCs  | 1,050  | 1,130  | 1,217  | 1,296  | 1,367  | 1,445  | 1,534  | 1,620  | -(54.3%)           |
| 6 or more LTCs  | 512    | 556    | 604    | 649    | 691    | 738    | 791    | 843    | -(64.5%)           |

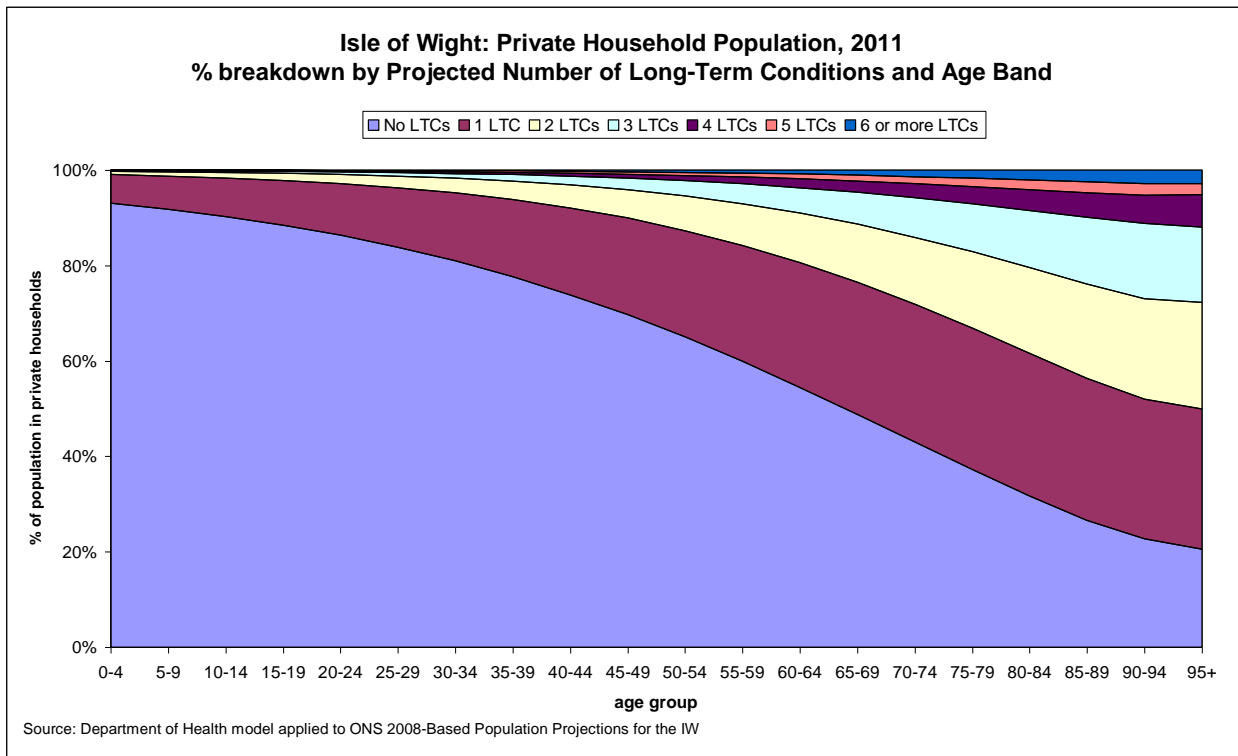
**Age 65+ by Age – 1 or more Long Term Conditions**

| IW Residents in Private Households with 1 or more Long Term Conditions | 2011          | 2018          | change          |
|--|---------------|---------------|-----------------|
| 65-74  | 9,621         | 11,526        | -(1,905)        |
| 75-84  | 6,907         | 8,449         | -(1,542)        |
| 85+  | 3,080         | 3,717         | -(637)          |
| <b>Total age 65+</b>   | <b>19,608</b> | <b>23,693</b> | <b>-(4,084)</b> |

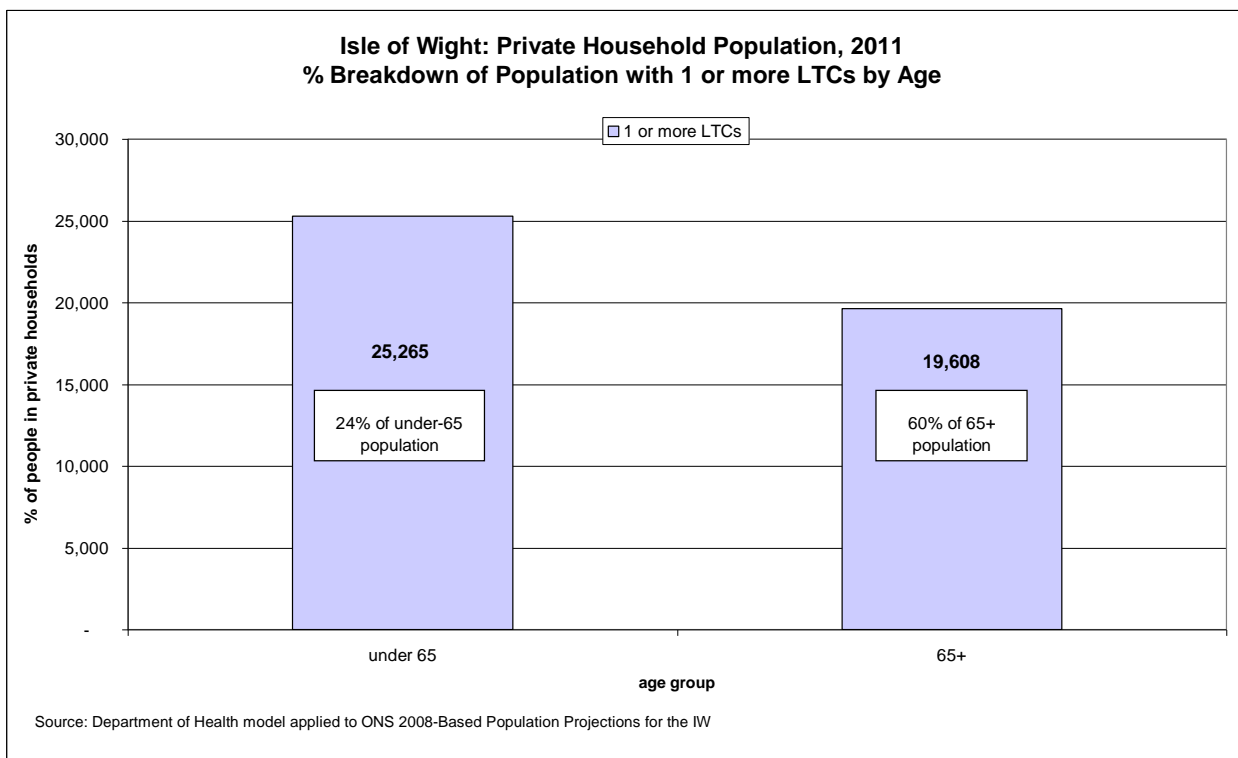
**Age 65+ by Age – 3 or more Long Term Conditions**

| IW Residents in Private Households with 3 or more Long Term Conditions | 2011         | 2018         | change          | % change        |
|--|--------------|--------------|-----------------|-----------------|
| 65-74  | 2,245        | 3,136        | -(891)          | -(39.7%)        |
| 75-84  | 1,965        | 2,711        | -(746)          | -(38.0%)        |
| 85+  | 1,025        | 1,368        | -(343)          | -(33.5%)        |
| <b>Total age 65+</b>   | <b>5,235</b> | <b>7,215</b> | <b>-(1,980)</b> | <b>-(37.8%)</b> |

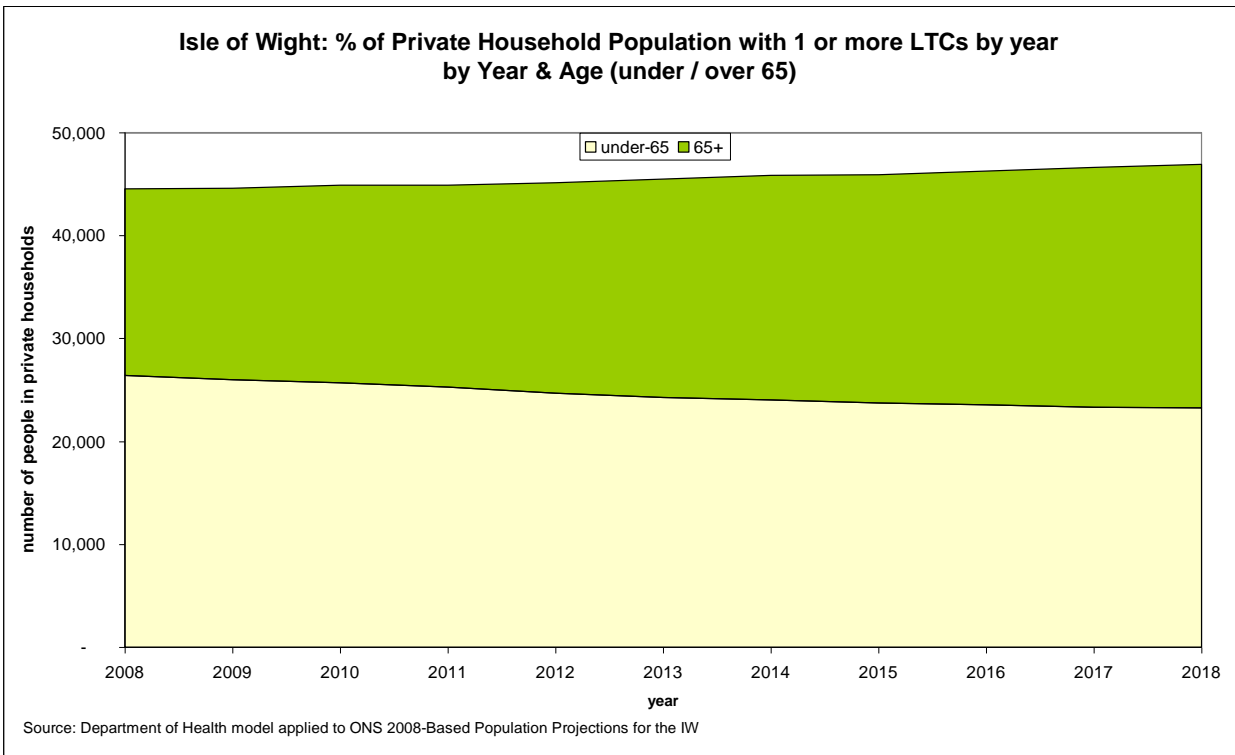
**Projected Number of People in Private Households with Long-Term Condition:  
by Number of Conditions and Age**



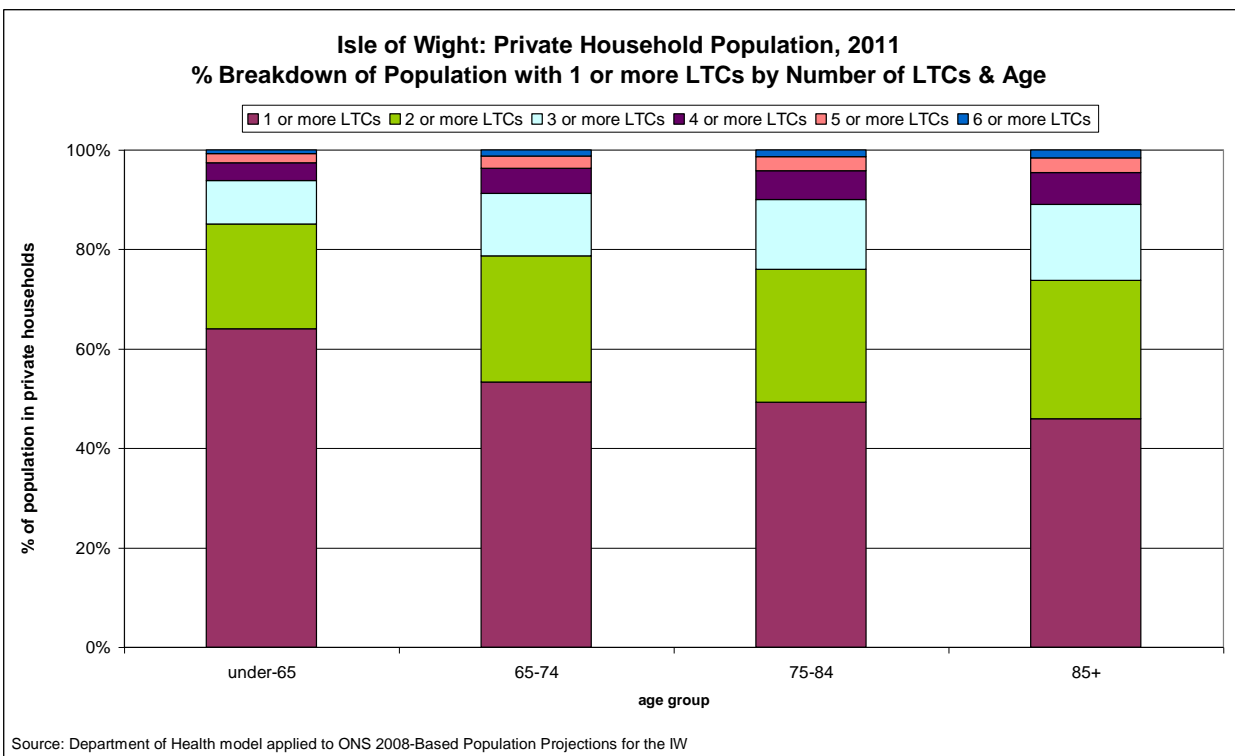
**Projected Number of People in Private Households with 1 or more Long-Term Conditions  
– by Age (under / over 65): 2011**



**Projected Number of People in Private Households with 1 or more Long-Term Conditions – by Age (under / over 65)**



**% Breakdown of People in Private Households with Long-Term Conditions: by Age and Number of Conditions: 2011**



### Long Term Conditions by Type of Condition

The Department of Health model used to estimate the Isle of Wight projections above does not enable more detailed local projections of which LTCs people will have.

Department of Health national data about the 'top 20' LTCs in 2006, together with changes in the rankings since 2000, is shown alongside.

It is worth noting that preventable lifestyle behaviours and risk factors contribute to several of the conditions shown in this table.

For example:

- Smoking contributes to respiratory and heart conditions.
- Obesity contributes to hypertension (high blood pressure) and diabetes.
- Alcohol misuse contributes to hypertension and bowel / colon conditions.

| 2006                                |            |                         |                  |
|-------------------------------------|------------|-------------------------|------------------|
| Condition                           | Prevalence | Rank (change from 2000) | Change from 2000 |
| Arthritis/rheumatism etc.           | 5.81%      | 1 ( 0 )                 | 0.36%            |
| Asthma                              | 4.88%      | 2 ( 0 )                 | -0.43%           |
| Hypertension/high BP                | 4.17%      | 3 ( +1 )                | 1.18%            |
| Other musculo-skeletal probs        | 3.55%      | 4 ( +1 )                | 0.87%            |
| Back problems                       | 3.03%      | 5 ( -2 )                | -0.31%           |
| Diabetes                            | 3.01%      | 6 ( +1 )                | 0.92%            |
| Other heart problems                | 2.71%      | 7 ( -1 )                | 0.39%            |
| General mental probs inc neuroses   | 2.31%      | 8 ( 0 )                 | 0.24%            |
| Other endocrine/metabolic disorders | 1.84%      | 9 ( +2 )                | 0.47%            |
| Other nervous system problems       | 1.56%      | 10 ( 0 )                | 0.19%            |
| Heart attack/angina                 | 1.28%      | 11 ( -2 )               | -0.37%           |
| Reproductive system disorders       | 1.12%      | 12 ( +5 )               | 0.25%            |
| Skin complaints                     | 1.09%      | 13 ( 0 )                | 0.05%            |
| Complaints of bowel/colon           | 1.04%      | 14 ( -2 )               | -0.02%           |
| Cataract/blindness/poor sight       | 1.00%      | 15 ( 0 )                | 0.02%            |
| Other respiratory complaints        | 0.94%      | 16 ( +2 )               | 0.14%            |
| Poor hearing/deafness               | 0.84%      | 17 ( -1 )               | -0.10%           |
| Other digestive complaints          | 0.79%      | 18 ( +1 )               | -0.01%           |
| Epilepsy/fits etc                   | 0.63%      | 19 ( +4 )               | 0.06%            |
| Stomach ulcers/hernia               | 0.62%      | 20 ( -6 )               | -0.37%           |

**Isle of Wight: Estimates and Projections of selected Long Term Conditions:**

Estimates and projections for a number of Long Term Conditions have been published for Local Authority Areas, taking into account each local area's demographic profile, and in some cases other local factors such as deprivation.

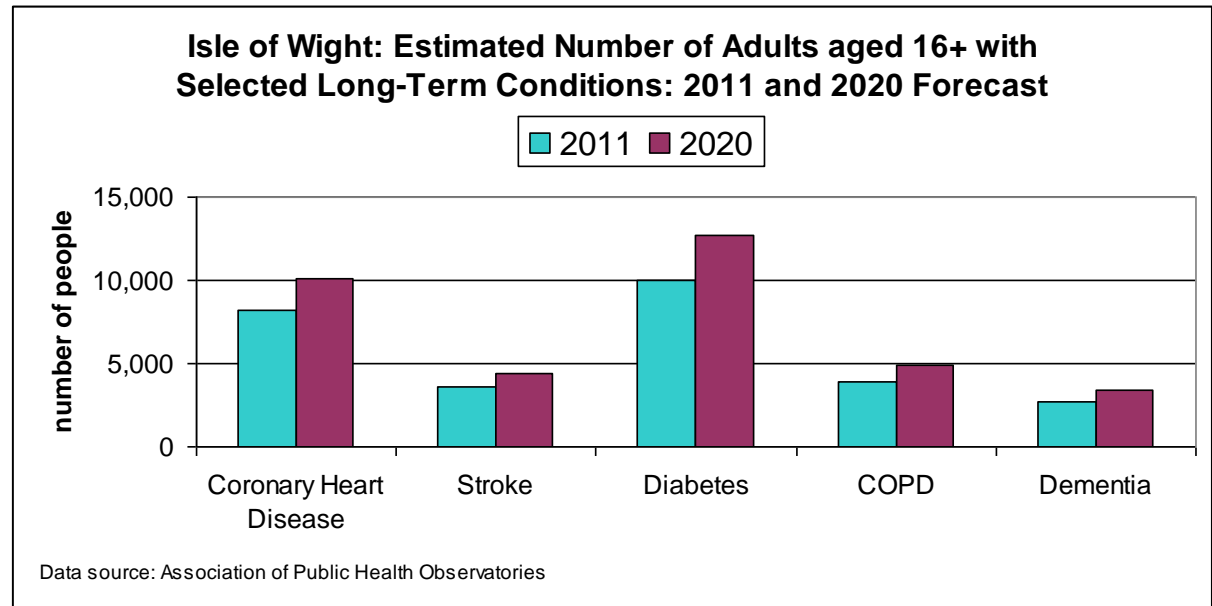
The table and chart show these figures for the Isle of Wight for 2011 and 2020 compared. It is predicted that there will be significant percentage increases in the number of people with each of these conditions.

As noted above, some of these conditions could potentially be prevented or deterioration delayed through interventions which support people to address lifestyle behaviours such as smoking and risk factors such as obesity.

Data Source: Association of Public Health Observatories – Disease Prevalence projections

| Long Term Condition    | estimated number of IW residents |        | % increase |
|------------------------|----------------------------------|--------|------------|
|                        | 2011                             | 2020   |            |
| Coronary Heart Disease | 8,222                            | 10,124 | -(23.1%)   |
| Stroke                 | 3,643                            | 4,448  | -(22.1%)   |
| Diabetes               | 9,954                            | 12,703 | -(27.6%)   |
| COPD                   | 3,933                            | 4,937  | -(25.5%)   |
| Dementia               | 2,669                            | 3,384  | -(26.8%)   |

NB: some people are likely to have more than 1 of these conditions.



**Isle of Wight: Estimates vs GP Recording of selected Long Term Conditions**

GP Practices are incentivised to maintain registers of the most common Long-Term Conditions. However there are often 'gaps' between the estimated numbers in the population and the number of people recorded on GP registers. These gaps could be because people have not:

- seen their GP;
- had their condition diagnosed by their GP;
- had their condition formally recorded by their GP.

If people with LTCs are known to their GP they can be supported to prevent or delay deterioration, and the development of associated health problems, and to address lifestyle behaviours such as smoking which can exacerbate LTCs. In this way people can maintain their health and well-being for as long as possible.

The table below shows some of the Island 'gaps', including potentially nearly 20,000 people with undiagnosed hypertension and 1,500 people with undiagnosed dementia.

| <b>Long-Term Condition</b>                   | <b>Estimated Number of People with Condition</b> | <b>GP-Recorded Number of People with Condition</b> | <b>'Gap' (people undiagnosed or unrecorded)</b> | <b>'Gap' as % of Estimated Number of People with Condition</b> |
|--|--|--|---|--|
| Asthma                                       | 13,305   | 9,645  | 3,660   | 28%  |
| Chronic Obstructive Pulmonary Disease (COPD) | 3,933  | 2,326  | 1,607   | 41%  |
| Coronary Heart Disease                       | 8,222  | 5,794  | 2,428   | 30%  |
| Stroke                                       | 3,643  | 3,217  | 426   | 12%  |
| Hypertension (high blood pressure)           | 43,043   | 23,309   | 19,734  | 46%  |
| Diabetes                                     | 9,954  | 6,719  | 3,235   | 33%  |
| Dementia                                     | 2,669  | 1,047  | 1,622   | 61%  |