

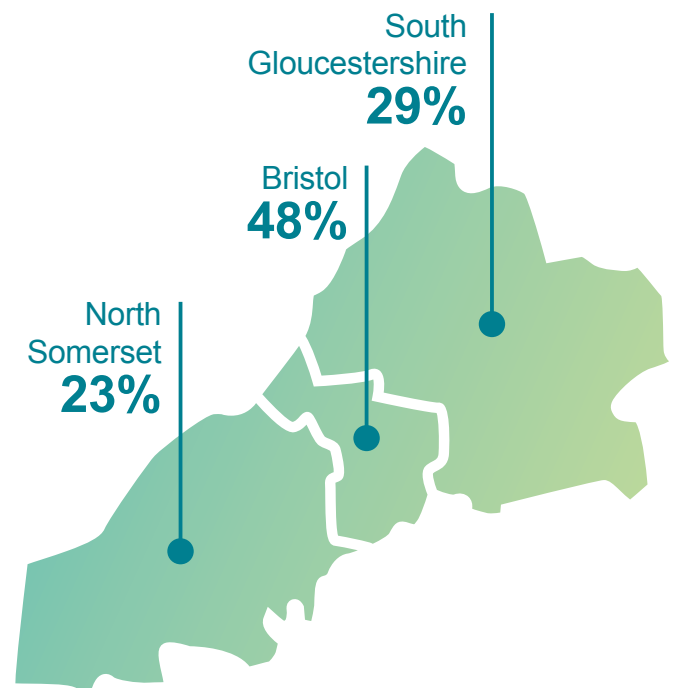
Improving stroke services in Bristol, North Somerset and South Gloucestershire

Factsheet: Population Health

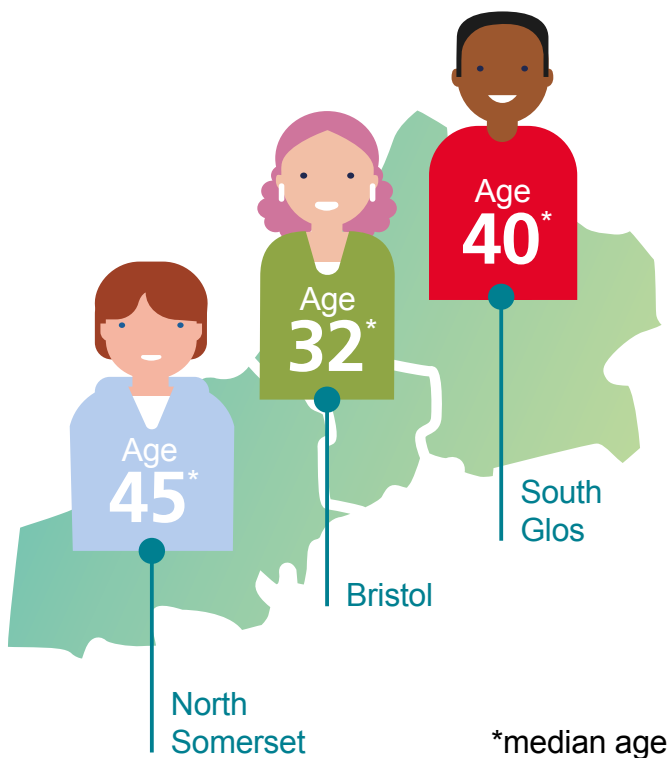
The statistics on population health indicate that demand for stroke services will continue to increase and it is estimated that the number of stroke survivors living in the UK will rise by a third by 2035¹.

It is anticipated that demand for stroke services in our area will increase in line with this national prediction because the overall number of people living in Bristol, North Somerset and South Gloucestershire (BNSSG) is increasing; they are getting older, and living longer with more long-term conditions.

- The population of BNSSG is made up of almost 1 million people
 - 48% of people live in Bristol, 23% in North Somerset and 29% in South Gloucestershire.



- This population is diverse and changing
 - For example, Bristol has a much younger population than North Somerset and South Gloucestershire.



- Across BNSSG, 10% of people are from a black or minority ethnic (BME) background. This does vary depending on where you live and within different age groups.
- Population growth across the region varies
 - For example, between 2001-2007 population growth was greatest for over 85 year olds (41%) and 65-74 year olds (27%).

Changing Stroke Services in our area

We know there will be an increasing number of strokes in the local population and that some people are more likely to have a stroke than others.

Therefore, our proposals consider risk factors for stroke such as age, ethnicity, lifestyle and income. We would like to organise our services to best meet the needs of the largest numbers of people living in our area who are most at risk.

For example, we have proposed a stroke sub-acute rehabilitation unit on the Weston General Hospital site because we know we have an older population in this area that is more likely to need this specialist longer-term support to continue their recovery and live well.

Proposing a specialist emergency treatment centre for stroke (known as a Hyper-acute Stroke Unit) at Southmead Hospital best supports the numbers of people requiring stroke treatment, the incidence of stroke amongst the more diverse community in Bristol and those living on lower incomes (which is connected to poorer health).

Risk factors for stroke

- The greatest risk factor for stroke is **age**, with the largest number of people who have strokes aged 55 or over. However, 1 in 4 strokes will affect someone of working age or younger³.
- **Black people** are almost twice as likely to have a stroke as white people. Studies also suggest that black and South Asian people tend to have strokes up to 11 years earlier.
- People living on a **low income** and without some of things we would consider to be basic necessities (also known as deprivation) in BNSSG are generally less than the national average. However, those living in more deprived areas experience poor health. The difference in life expectancy between the most and least deprived areas of BNSSG is 6.3 years.
- People with a **low income and fewer qualifications** have their first stroke an average of seven years earlier than those from the highest.
- **Smoking** is a major risk factor for stroke. In 2017, 14.9% of UK adults smoked. Whilst there is variation across our area, there are significantly higher rates of smoking in the more deprived areas: 40% in Hartcliffe and Withywood in Bristol; and 40% in Weston-super-Mare.
- The health of the local population is also changing. More people are living with **long term health conditions**. Risk factors for stroke include high blood pressure (hypertension), diabetes, and atrial fibrillation.
 - Related to these risk factors are rates of alcohol consumption, drug use, obesity and physical exercise.
- Other wider risk factors include disability and mental illness.

Specialist staff

- To support the increased demand for stroke care, the number of specialist staff will need to grow and there are already significant challenges recruiting and retaining specialist stroke staff in the UK and BNSSG.
- Across the UK, 48% of hospitals have a vacant Stroke Consultation position.
- In local BNSSG hospitals, registered nurse vacancy rates in stroke units range from 12% to 42% depending on the hospital and time of the year.
 - This affects the number of patients assessed by a nurse trained in stroke management within 24 hours of arrival in hospital. It can vary in BNSSG from 80% to 88%, with the best practice target being over 95%.

In the future...

We would like everyone in BNSSG to have access to our specialist teams and treatments 24 hours a day, 7 days a week. This would happen regardless of where people live or what time of day or week they require treatment and care.

References

- ¹ Stroke Alliance for Europe
<https://www.stroke.org.uk/sites/default/files/theburdenofstrokeineuropereport.pdf>
- ² <https://bnssghealthiertogether.org.uk/wp-content/uploads/2021/06/Stroke-Programme-Pre-Consultation-Business-Case-v3.3-FINAL.pdf>
- ³ Different Strokes