

Multimorbidity in Kent

Developmental statistics

April 2018



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Version: 1

Last Updated: 25th April 2018

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| 1. Executive Summary

This report presents developmental statistics to explore the prevalence of multimorbidity in Kent.¹

1.1 Key findings

- 19.8% of the Kent population have multimorbidity.
- The proportion of people with multimorbidity increases with age. 66.8% of the 50+ population have at least one morbidity, with 39.5% having multimorbidity. Amongst these aged 85+, 67.7% are multimorbid.
- The prevalence of multimorbidity increases with the deprivation of the area in which people live.
- In Kent 20.8% of patients living in the most deprived areas (decile 1) were multimorbid, compared to 16.5% in the most affluent areas (decile 10).

¹ The analysis is based on 19 long term conditions.

| 2. Introduction

Multimorbidity is a growing health problem and is important from a public health perspective because of the enormous challenges that it brings both for patients and GPs. The Kings Fund² states that about 15 million people in England have a long term condition. A report from the Department of Health³ says that people with these conditions take up 50% of all GP appointments, 64% of all outpatient appointments and over 70% of all inpatient bed days; and that 70% of the total health and care spend in England (£7 out of every £10) is attributed to caring for people with long term conditions.

NICE⁴ defines multimorbidity as the presence of 2 or more long term health conditions, which can include:

- defined physical and mental health conditions such as diabetes or schizophrenia;
- ongoing conditions such as learning disability;
- symptom complexes such as frailty or chronic pain;
- sensory impairment such as sight or hearing loss;
- alcohol and substance misuse.

2.1 Aims and objectives

The aims of this analysis were to:

- Explore the prevalence of multimorbidity in Kent by age group, including the number of long term conditions patients have;
- Calculate the prevalence of multimorbidity by deprivation;
- Explore the prevalence of long term condition combinations;
- Explore whether multimorbidity prevalence was similar across Kent or if it varied across districts and CCGs.

² The King's Fund. Long-term conditions and multi-morbidity <https://www.kingsfund.org.uk/projects/time-think-differently/trends-disease-and-disability-long-term-conditions-multi-morbidity>

³ Department of Health. Published May 2012 Long Term Conditions Compendium of Information, Third Edition https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/216528/dh_134486.pdf

⁴ NICE guideline [NG56] Published date: September 2016 Multimorbidity: clinical assessment and management <https://www.nice.org.uk/guidance/ng56/chapter/Recommendations#multimorbidity>

2.2 Methodology

This analysis has been conducted using data from the Kent Integrated Dataset (KID). The KID is a whole population, person level, pseudonymised dataset that currently collects information from almost all NHS providers across Kent and Medway.

The analysis is based on 1,464,036 patients (about 93% of the Kent population) from 165 medical practices in Kent, who live in a Kent Lower Super Output Area (LSOA). Extracts of data from the KID were taken in March 2018. In this analysis patients were considered morbid if they had one, or multimorbid if they had two or more of the following 19 long term conditions: Atrial Fibrillation (AF), Coronary Heart Disease (CHD), Hypertension, Heart Failure (HF), Peripheral Artery Disease (PAD), Stroke, Diabetes, Asthma, Chronic Obstructive Pulmonary Disease (COPD), Dementia, Mental Health (MH), Cancer, Chronic Kidney Disease (CKD), Epilepsy, Learning Difficulties (LD), Osteoporosis, Rheumatoid Arthritis (RA), Obesity or Depression.

3. Results

42.6% (95% CI 42.48-42.64) of the population have one or more long term condition and 19.8% (95% CI 19.78-19.91) have multimorbidity.

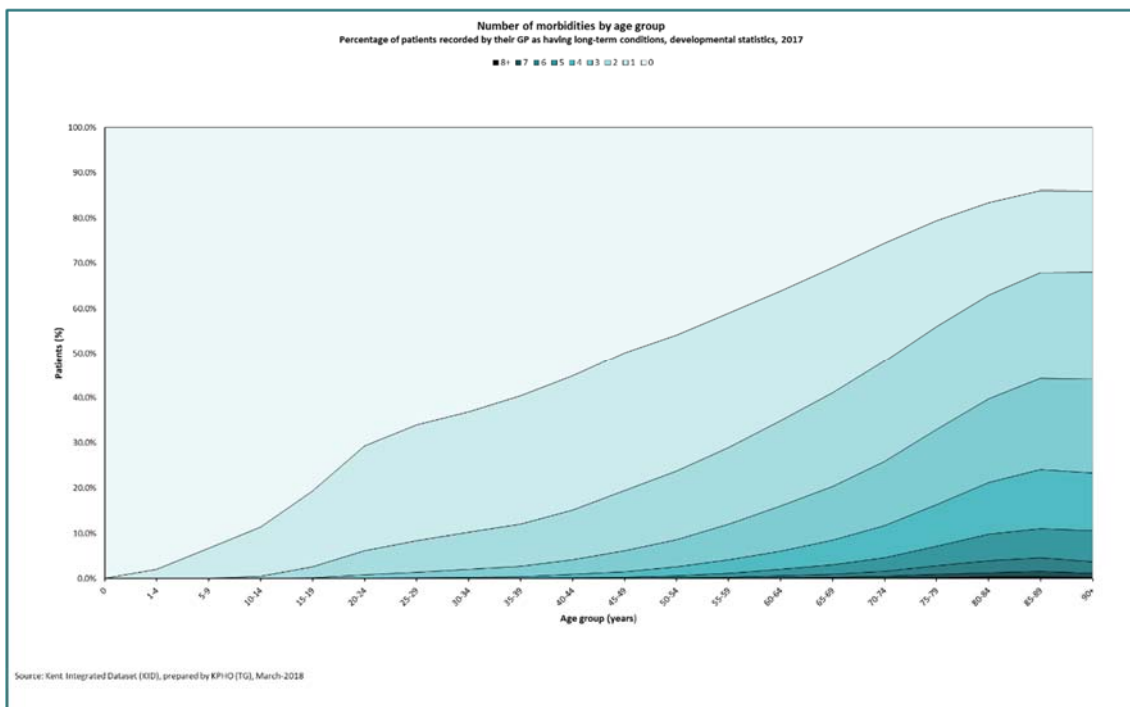
Table 1: Demography and multimorbidity

	N (%)	Percentage (95% CI) with multimorbidity
All patients	1,464,036 (100%)	19.8% (19.78%-19.91%)
Sex		
Male	718,469 (49.1%)	18.3% (18.2%-18.3%)
Female	744,979 (50.9%)	21.4% (21.3%-21.5%)
Age, years		
0-24	432,284 (29.5%)	1.6% (1.57%-1.65%)
25-44	360,481 (24.6%)	11.0% (10.9%-11.1%)
45-64	383,197 (26.2%)	25.3% (25.2%-25.5%)
65-84	249,454 (17.0%)	48.4% (48.2%-48.6%)
≥85	38,620 (2.6%)	67.7% (67.2%-68.2%)
Deprivation decile		
1 (most deprived)	154,996 (10.6%)	20.8% (20.6%-21.0%)
2	149,666 (10.2%)	21.2% (21.0%-21.4%)
3	148,049 (10.1%)	20.3% (20.1%-20.5%)
4	144,556 (9.9%)	22.1% (21.9%-22.3%)
5	138,105 (9.4%)	19.8% (19.6%-20.0%)
6	144,432 (9.9%)	20.3% (20.1%-20.5%)
7	148,439 (10.1%)	19.4% (19.2%-19.6%)
8	143,168 (9.8%)	19.7% (19.5%-19.9%)
9	141,143 (9.6%)	18.4% (18.2%-18.6%)
10 (least deprived)	151,482 (10.3%)	16.5% (16.3%-16.7%)
Number of disorders		
0	840933 (57.4%)	...
1	332561 (22.7%)	...
2	160441 (11.0%)	...
3	76317 (5.2%)	...
4	33226 (2.3%)	...
5	13266 (0.9%)	...
6	4971 (0.3%)	...
7	1669 (0.1%)	...
≥8	652 (0.04%)	...

3.1 Multimorbidity by age group

The number of morbidities (long term conditions) and the proportion of people with multimorbidity increases with age. 66.8% (95% CI 66.7%-66.9%) of the 50+ population have at least one morbidity, with 39.5% (95% CI 39.4%-39.6%) having multimorbidity. 51.0% (95% CI 50.8%-51.1%) of the 65+ population and 60.5% (95% CI 60.2%-60.7%) of the 75+ population are multimorbid.

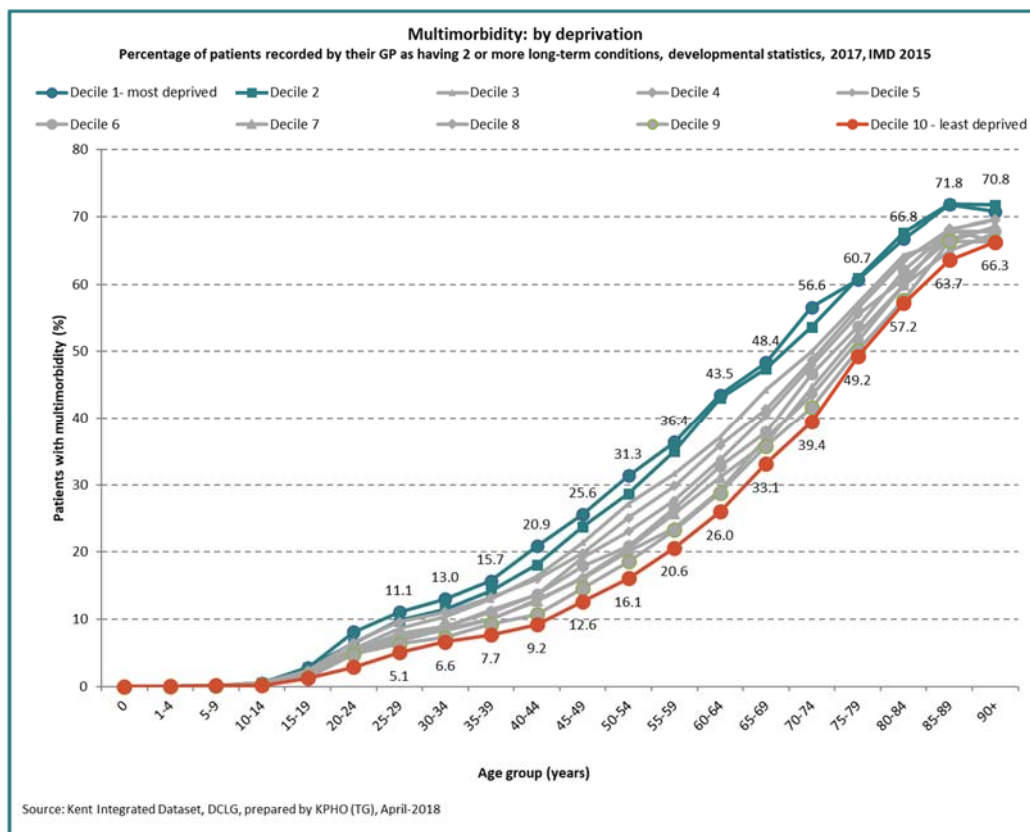
Figure 1: Number of morbidities by age group



3.2 Multimorbidity by deprivation

The crude prevalence of multimorbidity increases with the deprivation of the area in which people live; (16.5%, 95% CI 16.3-16.7 in the least deprived areas compared to 20.8%, 95% CI 20.6-21.0 in the most deprived areas). Whilst the differences in the age profiles must be taken into account when interpreting this result⁵, it is still the case that the most deprived areas are more likely to have people who are multimorbid in all (adult) age categories.

Figure 2: Prevalence of multimorbidity by age and socioeconomic status

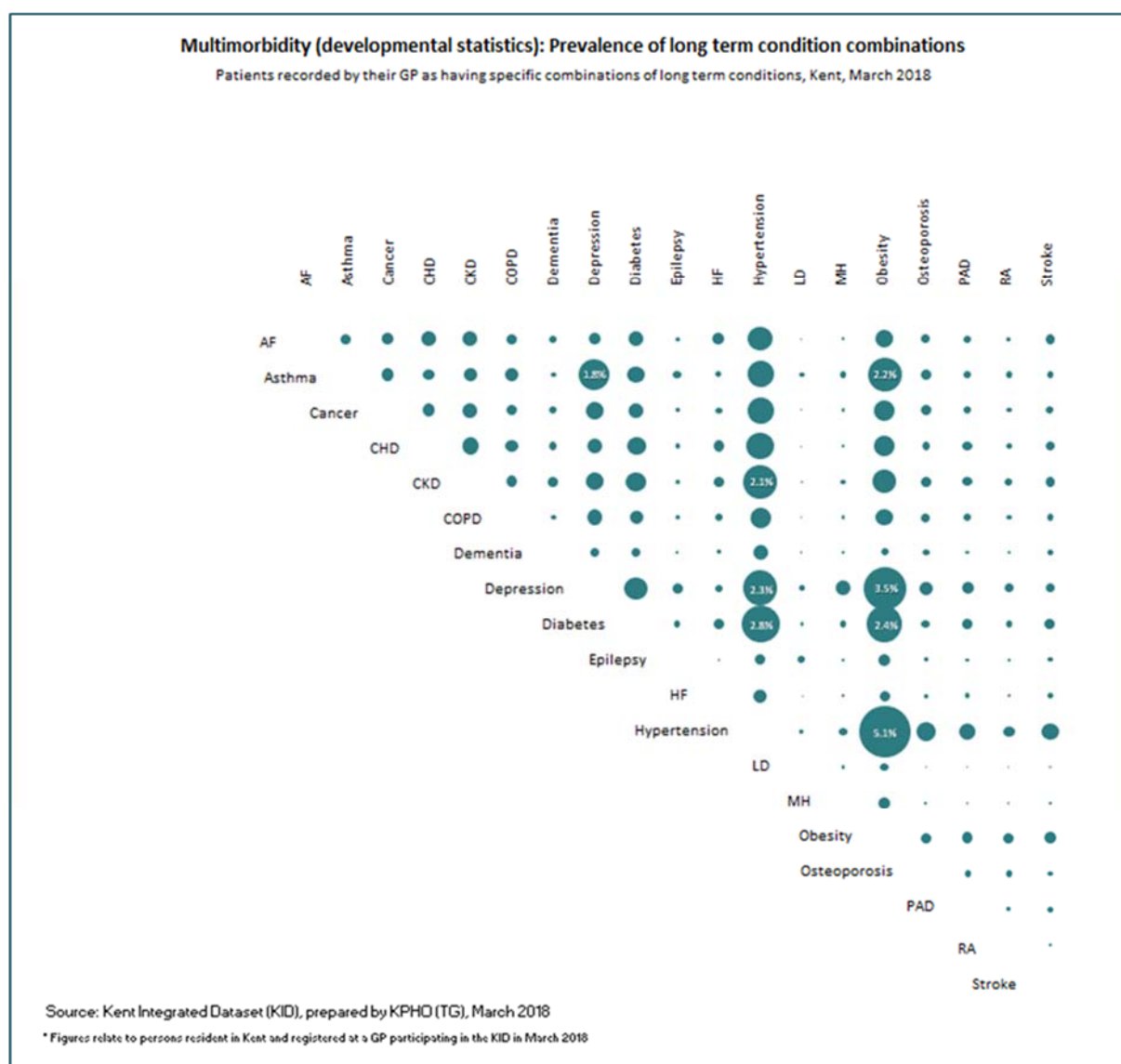


⁵ The most deprived (decile 1) have a younger profile compared to the least deprived (decile 10) which have a greater population of older people.

3.3 Prevalence of long term conditions

19 long term conditions (morbidities) were included in the analysis. Of these obesity and hypertension were the most prevalent. According to the information recorded on GP records, 16.2% of the Kent population are obese and 13.5% have hypertension. Figure 3 shows the prevalence of long term condition combinations. In Kent 5.1% are recorded by their GPs as having both hypertension and obesity. Other common combinations of multimorbidity in Kent are obesity and depression (3.5%), and diabetes and hypertension (2.8%).

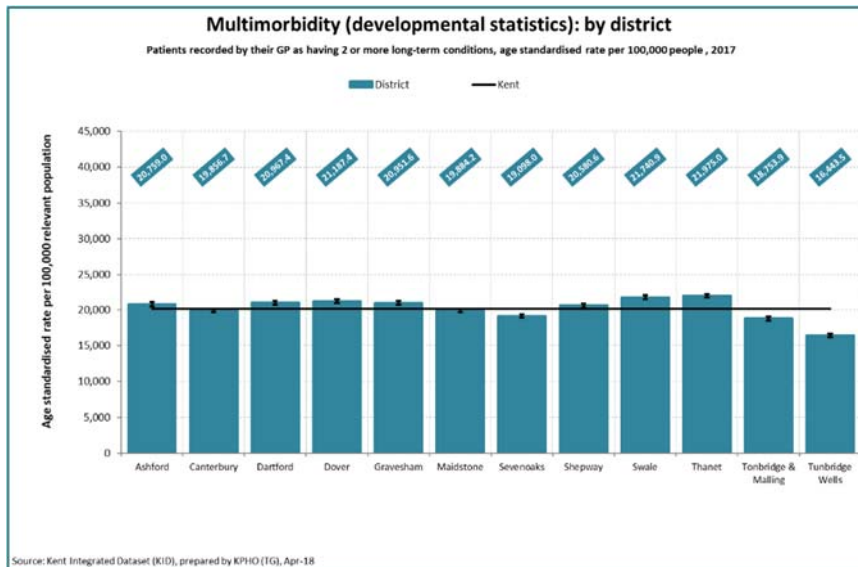
Figure 3: Prevalence of long term condition combinations



3.4 Multimorbidity by geography: all ages

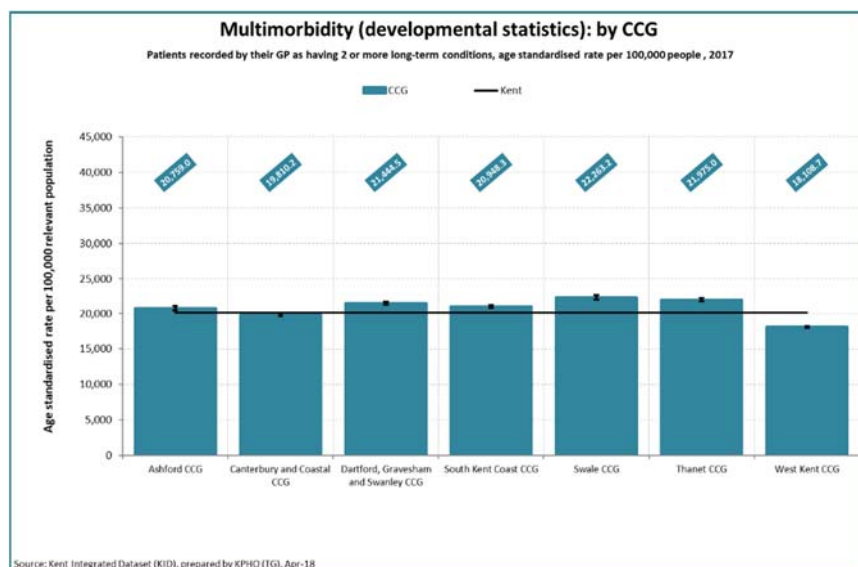
3.4.1 Multimorbidity by district: all ages

In Kent the age standardised rate for multimorbidity is 20,099.6 per 100,000. Most districts have a similar rate to the Kent average. The exception to this are Tunbridge Wells and Tonbridge and Malling and Sevenoaks, where the rates are lower than other districts in Kent at 16,443.5, 18,753.9 and 19,884.2 per 100,000 respectively; and Swale and Thanet, where the rates are higher at 21,740.9 and 21,975.0 per 100,000 respectively.



3.4.2 Multimorbidity by CCG: all ages

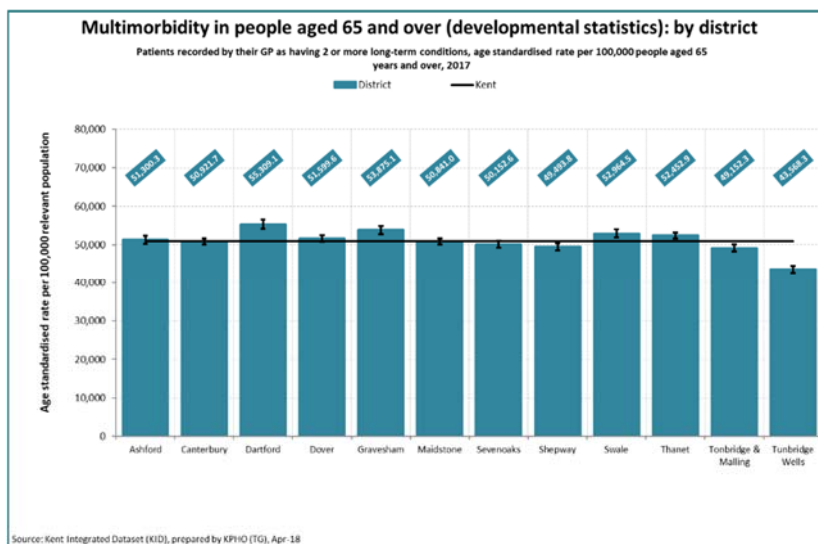
The majority of CCGs have a similar rate to Kent. The exceptions to this are West Kent CCG, where the rate is lower than the other CCGs in Kent at 18,108.7 per 100,000; and Swale CCG and Thanet CCG, where the rate is higher at 22,263.2 and 21,975.0 per 100,000 respectively.



3.5 Multimorbidity by geography: people aged 65 and over

3.5.1 Multimorbidity by district: people aged 65 and over

In Kent the age standardised rate for morbidity in people aged 65 and over is 50,879.5 per 100,000. Most districts have a similar rate to Kent. The exception to this is Tunbridge Wells, where the rates are lower than other districts in Kent at 49,152.3 per 100,000; and Dartford where the rates are higher than other districts in Kent at 55,309.1 per 100,000.



3.5.2 Multimorbidity by CCG: people aged 65 and over

The majority of CCGs have a similar rate to Kent for multimorbidity in people aged 65 and over. The exceptions to this are West Kent CCG, where the rate is lower than other CCGs in Kent at 47,386.7 per 100,000; and Dartford, Gravesham and Swanley CCG where the rates are higher than the other CCGs in Kent at 55,574.7 per 100,000.

