Fife Health & Social Care Partnership

Locality Profile
Cowdenbeath

NHS Fife

Supporting the people of Fife together

Fife COUNCIL

Contents

Introduction and Background

Aims of this Profile

This locality profile will describe the population of Cowdenbeath in areas that are either relevant to the process of Health and Social Care Integration or can be directly influenced by it. It will look at specific locality data and be used to highlight key challenges that affect the population of the locality.

The profile will be part of the locality plan which will detail how Fife Health and Social Care Partnership will integrate Health and Social Care in Cowdenbeath. The profile will be used to inform and influence this plan through both analysis of the data within and through engagement with those living, working and using services in the community. From these exercises a set of local priorities will be identified for the plan, which will also include details on the activities, interventions and resource that will need to be put in place to meet these.

What is included in this Profile?

Included in this profile are available data on the health outcomes of the Cowdenbeath population with respect to health and social care integration. In addition there are data on home care provision, housing and carers. Also included are details and community facilities, as well as perceptions of social care and family health services.

Who is this Profile for?

This document will be of interest to everyone who lives in the Cowdenbeath locality, as well as anyone who works in the area of health and social care.

The development of the locality plan very much starts at home and as such we want to fully understand the resources and strengths of the community and build on these. Integral to this is the opinion of the general public, health and social care staff, and independent and voluntary sector workers. This profile will help inform engagement with these groups in the development of the plan.

Health and Social Care Outcomes

The Scottish Government have set out a broad group of health and social care outcomes that are common to all partnerships in Scotland. These 9 health and social care outcomes help drive the integration of health and social care, and are designed to ensure that partnerships are motivated to meet the needs of people both now and in the future.

These outcomes are summarised below

1 People are able to look after and improve their own health and wellbeing and live in good health for longer.

2 People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community.

3 People who use health and social care services have positive experiences of those services, and have their dignity respected.

4 Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services

5 Health and social care services contribute to reducing health inequalities

6 People who provide unpaid care are supported to look after their own health and wellbeing, including helping reduce any negative impact of their caring role on their own health and wellbeing.

7 People using health and social care services are safe from harm

8 People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support care and treatment they provide

9 Resources are used effectively and efficiently in the provision of health and social care services

The Vision, Mission & Values of Fife Health & Social Care Partnership

The data presented in this profile will be relevant not only to the locality planning process but also to the Strategic Plan for Health and Social Care Integration if Fife. Therefore it is important, when designing the Locality Profile for Cowdenbeath, to incorporate and reflect on the key aims of the Strategic Plan for Fife Health and Social Care Partnership.

This Strategic Plan sets out our priorities for 2016–19 and establishes the framework in which we will use our resources.

This Fife wide plan can be viewed here:

http://publications.fifedirect.org.uk/c64_HSCP_Approved_Strategic_Plan_2016_incl_Appendices.pdf

Within this document the vision, mission and values of the partnership are identified. These are described below.

Our Vision Accessible, seamless, quality services that are personalised and responsive to the changing needs of individuals, designed with and for the people of Fife.

Our Mission We will deliver this by working with people in their own communities, using our collective resources wisely. We will transform how we provide services to ensure these are safe, timely, effective and high quality and based on achieving personal outcomes.

Our Values Fife Health and Social Care Partnership will be:

- Person-focused
- Integrity
- Caring
- Respectful
- Inclusive
- Empowering

Fife Health & Social Care Partnership—Strategic Priorities

Also identified within the Strategic Plan are the 4 priorities for Fife Health and Social Care Partnership. Both the locality profile and locality plan will link in to these priorities, as well as any additional local priorities identified.

The following four Strategic Priorities are what Fife Health & Social Care Partnership have identified as key areas which will target many of the issues raised in the Strategic Plan:

- Prevention and Early Intervention
- Integrated and Coordinated Care
- Improving Mental Health Services
- Reducing Inequalities

When producing a Locality Profile for Cowdenbeath, we must ensure that the methods we follow stay in line with the key aims and priorities laid out in our Strategic Plan. For this reason, our key aims are summarised below for each of our 4 priorities.

Prevention and Early Intervention

- We will continue to improve access to information, advice and support to enable people and their carers to lead healthier lifestyles and remain as independent as possible and making an active contribution to their families and communities.
- We will develop our capacity to support people at home through new models that provide greater choice and control including timely provision of aids and adaptations and technology to enable care.

- We will focus our activity on supporting people to manage their own conditions and to stay healthy and more independent for longer including more open conversations about death, dying, bereavement and expectations for, and consent to, treatment.
- We will increase access to services including anticipatory care planning that promote early intervention and recovery and reduce the risk of deterioration in health and wellbeing.
- When people become ill and experience difficulties with everyday tasks, we will support them to recover and regain as much independence as possible to remain at home.
- We will work with other services and organisations across community planning in Fife, to tackle the factors that determine good health and wellbeing, including education and skills, jobs and economy, transport and housing.

Integrated and Coordinated Care

- We will redesign to provide more efficient, integrated services providing coordinated care at home that will enhance the experience of the people who use services and their carers.
- We will work to bring together health and social care teams and the Third and Independent sectors to provide the right level of support at the right time, to meet individual needs and reduce avoidable emergency admissions to hospital.
- We will work to provide coordinated health and social care services to better meet the needs of people requiring care at the end of their lives, and their families and carers.
- We will work with General Practice and the Out of Hours services to deliver more joined up responses ensuring there is a named person for GPs to contact for care coordination.
- We will create a structured, coordinated and strategic approach to community support for people with frailty, including dementia, and their carers to ensure that they remain in the community for as long as possible.
- We will ensure that quality of life and wellbeing is the main focus for health and social care services for people with long-term and life-threatening conditions, and that services work effectively with people at end of life to ensure their needs are met.

Improving Mental Health Services

- We will continue to shift the balance of care from long stay hospital to community settings.
- We will challenge stigma.
- We will develop the outcomes-based approach to include personal, social and clinical outcomes based on what matters to individuals.
- We will ensure more effective integrated partnership working resulting in clearer pathways facilitating the right support at the right time based on the needs of the individual.
- We will help people realise their aspirations, offer help when they need it, both in an environment of promoting recovery and sustaining relationships.

Reducing Inequalities

- We will ensure our health and social care services contribute to reducing inequalities in health.
- We will work with people across the different localities in Fife to improve their experience of health and wellbeing, positively contributing to reducing inequalities.
- We will work with our Community Planning Partners to improve equity of access and provision of services to maximise opportunities for people experiencing inequality.
- We will ensure that people have access to appropriate housing and housing adaptations to enable independent living.
- We will work with partners to offer financial advice to people who use our services to ensure that they are in receipt of full entitlement of benefits.

- We will work to reduce inequalities in access and uptake of health and social care services for people living in deprived circumstances.
- Spread and embed poverty reduction initiatives within housing, social and health care settings relating to financial inclusion, digital inclusion, fuel poverty, employability, volunteering and befriending.
- We will work with our employability partners to ensure that every opportunity is explored to help people into work.
- We will work with the Fife Housing Partnership to reduce level of homelessness.

About Cowdenbeath

This section will look at some of the demographics of the Cowdenbeath locality and show how they compare to Fife as a whole and, in some cases, to Scotland.

Cowdenbeath locality borders Dunfermline, Glenrothes, Kirkcaldy and South West Fife localities. Major settlements include Cowdenbeath, Lochgelly, Ballingry, Kelty and Cardenden.

Population

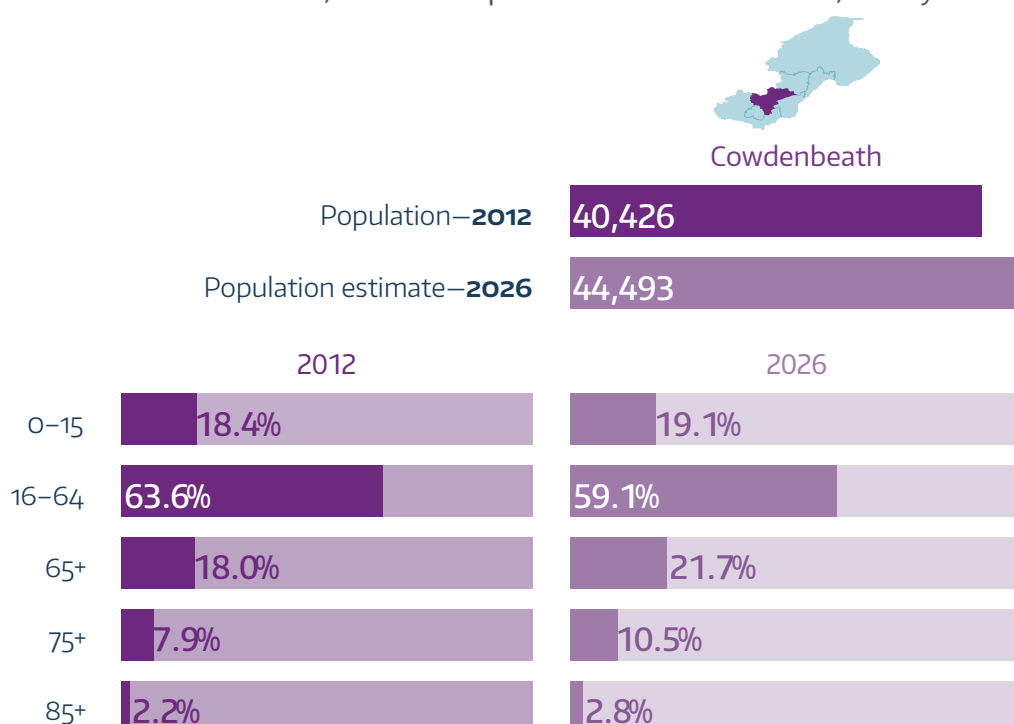|	Cowdenbeath	male 👨	👩 female
Population—**2014**	40,884	48.3%	51.7%
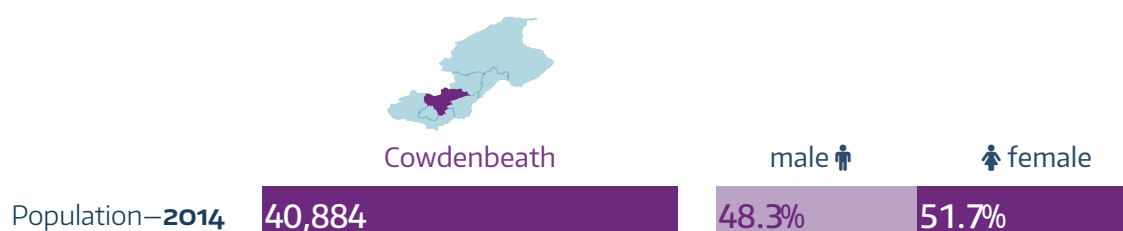
According to 2014 estimates, Cowdenbeath has a population of 40,884 (11.1% of Fife's total population).

If we look at the population of Cowdenbeath by gender, Cowdenbeath is populated by a greater number of females than males, 51.7% vs. 48.3%. (source: NRS)

Population Projections

The population projections presented here are aggregated from Council Ward projections produced by the National Records of Scotland. These figures should be taken as an estimate and treated with caution as any differences in factors such migration, birth/death rates and house building between what is assumed and what transpires will affect the projections into the future.

The latest population projections available at this level are based on 2012 population estimates. In 2012 the population of Cowdenbeath was estimated to be 40,426. This is predicted to increase to 44,493 by 2026.

	Cowdenbeath
Population—**2012**	40,426
Population estimate—**2026**	44,493

	2012	2026
0–15	18.4%	19.1%
16–64	63.6%	59.1%
65+	18.0%	21.7%
75+	7.9%	10.5%
85+	2.2%	2.8%

As well as the change in numbers there is a marked change in the proportion of the population that will be made up of those over 65. In 2012 the over 65s make up 18.0% of the population whereas in 2026 this group is predicted to make up 21.7%. The proportion of those aged over 75 is predicted to increase from 7.9% to 10.5%. An increasing elderly population, as well as an increase in the proportion of the overall population, will increase demands on the health and social care resource unless interventions are put in place to improve not only the health and quality of life of these individuals, but to also change the balance of care away from hospital care to the community. (source: NRS)

Ethnicity

|	Cowdenbeath	Fife HSCP	Scotland
White Scottish	93.7%	85.7%	84%
White: other	5.1%	11.9%	12.1%
Asian	0.7%	1.6%	2.7%
Other minority ethnic group	0.4%	0.8%	1.3%
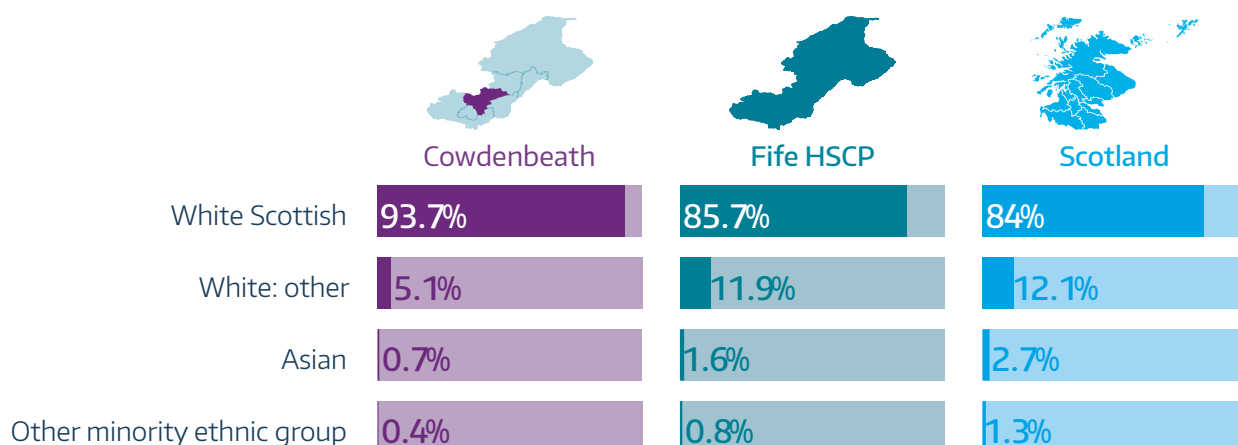
According to the 2011 national census, Cowdenbeath has the highest percentage of people reporting as White Scottish out of all Fife localities at 93.7%. Fife as a whole has 85.7% and Scotland 84.0% for the same statistic.

Cowdenbeath reports lower figures for the categories of White Other, Asian, and Other than Fife and Scotland.

Rurality

The Scottish Government Urban Rural Classification provides a standard definition of areas in Scotland. This classification is updated every two years to incorporate the most recent Small Area Population Estimates (SAPE) produced by National Records of Scotland (NRS) and Royal Mail Postcode Address File (PAF).

Scottish Government 6-fold Urban Rural Classification	
1. Large urban areas	Settlements of 125,000 or more people.
2. Other urban areas	Settlements of 10,000 to 124,999 people.
3. Accessible small towns	Settlements of 3,000 to 9,999 people and within 30 minutes drive of a settlement of 10,000 or more.
4. Remote small towns	Settlements of 3,000 to 9,999 people and with a drive time of over 30 minutes to a settlement of 10,000 or more.
5. Accessible rural	Areas with a population of less than 3,000 people, and within a 30-minute drive time of a settlement of 10,000 or more.
6. Remote rural	Areas with a population of less than 3,000 people, and with a drive time of over 30 minutes to a settlement of 10,000 or more.

45.1% Accessible Small Towns

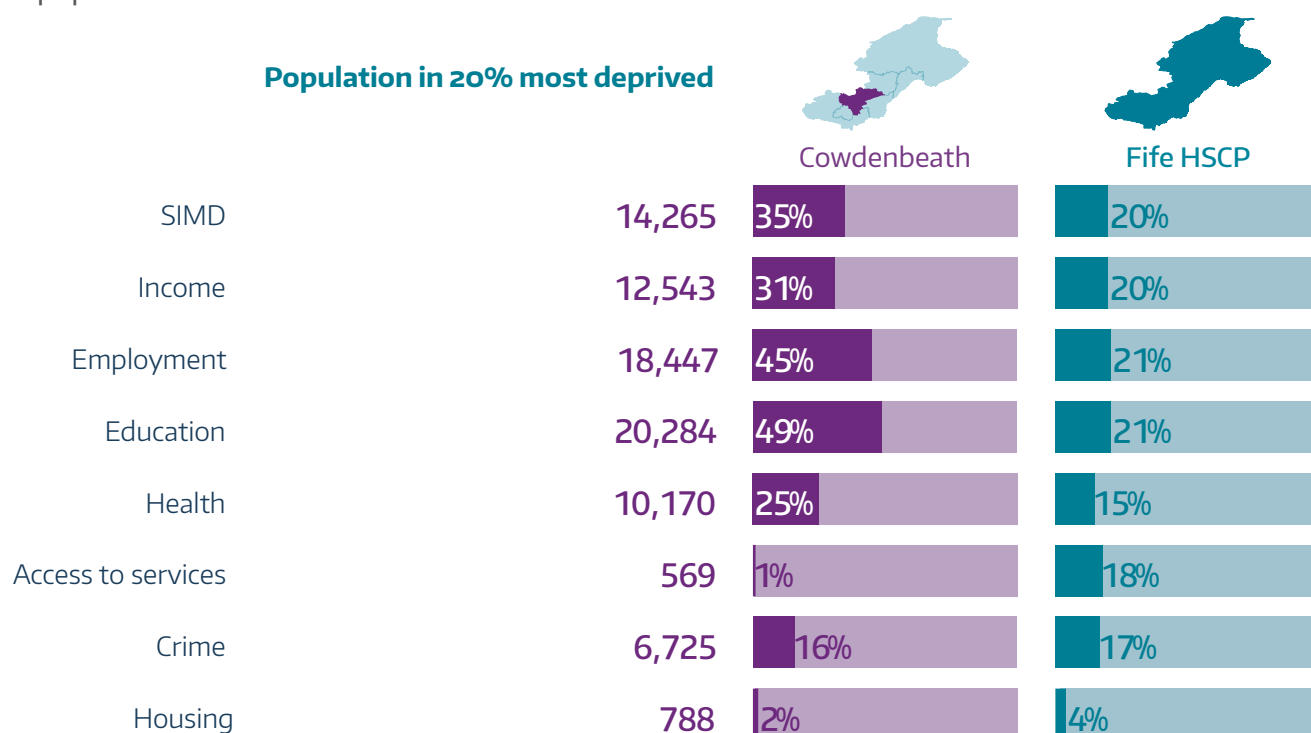**2%** Accessible Rural

52.9% Other Urban Areas
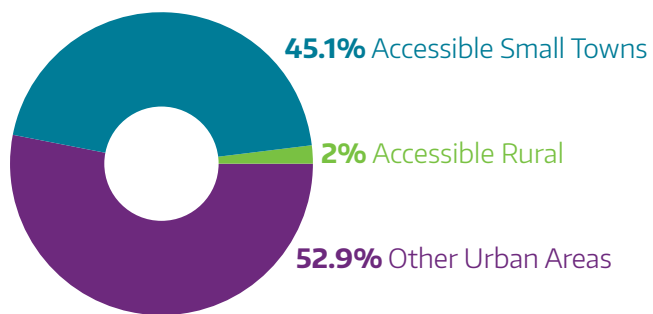
The chart on the left profiles Cowdenbeath in terms of Urban-Rural classification. We can see that the majority (52.9%) of the population are resident in 'Other Urban Areas' which is closely followed by similar split of 'Accessible Small Towns' (45.1%). The remaining 2.0% of the population of Cowdenbeath live in areas classified as 'Accessible Rural'.

Deprivation

Scottish Index of Multiple Deprivation

The Scottish Index of Multiple Deprivation (SIMD) is a tool for identifying areas of poverty and inequality across Scotland and can help organisations invest in those areas that need it most. The SIMD identifies concentrations of multiple deprivations across all of Scotland in a consistent way. The SIMD ranks small areas (datazones) from most deprived to least deprived. There are 494 datazones in Fife, each of around 750 individuals. 55 of these datazones are in Cowdenbeath. 'Deprived' does not just mean 'poor' or 'low income'. It can also mean people have fewer resources and opportunities. The SIMD 2016 combines 38 indicators across 7 domains, namely: income, employment, education, health, access to services, crime and housing.

The table below shows the population of Cowdenbeath classed as being in the most deprived 20% in Scotland for the overall index of deprivation and each of the 7 domains, as well as the percentage of the overall population classed as such for both Cowdenbeath and Fife.

Population in 20% most deprived

		Cowdenbeath	Fife HSCP
SIMD	14,265	35%	20%
Income	12,543	31%	20%
Employment	18,447	45%	21%
Education	20,284	49%	21%
Health	10,170	25%	15%
Access to services	569	1%	18%
Crime	6,725	16%	17%
Housing	788	2%	4%

Overall Index

In Cowdenbeath locality 14,265 (35%) of individuals live in one of the 20% most deprived areas in Scotland, this compares to 20% over Fife as a whole. Cowdenbeath has 1 datazone, Ballingry West, which is ranked in the 10 most deprived in Fife. Ballingry West is ranked as the 10th most deprived datazone in Fife and the 231st most deprived in Scotland. (source: SIMD/NRS)

Income Deprivation

The income domain considers the percentage of people who are income deprived and receive certain benefits or tax credits.

In Cowdenbeath 12,543 individuals (31%) of individuals live in one of the 20% most income deprived areas in Scotland. This compares to 20% of the Fife population. (source: SIMD/NRS)

Employment Deprivation

The employment domain considers the percentage of working-age people who are employment deprived and receive certain benefits.

18,447 (45%) individuals in Cowdenbeath live in one of the 20% most employment deprived areas in Scotland. This compares to 21% for Fife as a whole. (source: SIMD/NRS)

Education Deprivation

The education domain takes into account data on school attendance, qualifications, proportion of people aged 16 to 19 not in full time education, employment or training, and proportion of 17 to 21 year olds not entering full time higher education.

In Cowdenbeath 20,284 (49%) individuals live in one of the 20% most educationally deprived datazones in Scotland. For Fife this figure is 21%. (source: SIMD/NRS)

Health Deprivation

The health domain takes into account the following measures:
- Comparative Illness Factor
- Hospital stays related to alcohol misuse
- Hospital stays related to drug misuse
- Emergency stays in hospital
- Standardised mortality ratio
- Proportion of population being prescribed drugs for anxiety, depression or psychosis
- Proportion of live singleton births of low birth weight

In Cowdenbeath 10,170 (25%) of individuals are deemed to be living in areas classed as being in the 20% of most health deprived areas in Scotland. For Fife this figure is 15%. (source: SIMD/NRS)

Access Deprivation

Areas are defined as access deprived are those where it is deemed that access to a range of key services are deemed problematic due to geography and financial cost. Travel time and cost by both car and public transport are taken into account when this is calculated to allow for the fact that not everybody will have access to a car. Key services include GP Practices, Post Offices and schools.

In Cowdenbeath 569 (1%) individuals live in areas classed as access deprived. This compares to a figure of 18% in Fife as a whole. For Cowdenbeath, the figure of 569 equates to one datazone, namely Kelty Elmwood. (source: SIMD/NRS)

Crime Deprivation

The crime domain considers recorded crimes of violence, sexual offences, domestic housebreaking, vandalism, drugs offences, and common assault per 10,000 people.

In Cowdenbeath 6,725 (16%) of individuals live in one of the 20% of Scottish areas deemed to be the most deprived with regards to crime. This compares to 17% in Fife as a whole. (source: SIMD/NRS)

Housing Deprivation

The housing domain considers the percentage of people in households that are overcrowded or have no central heating.

In Cowdenbeath 788 (2%) individuals live in one of the 20% of Scottish areas deemed to be the most deprived when it comes to housing. This compares to 4% of individuals for the whole of Fife. This figure for Cowdenbeath equates to one datazone, Lochore Central. (source: SIMD/NRS)

Child Poverty

	Cowdenbeath	Fife HSCP
Children defined as living in poverty	25.8%	19.1%
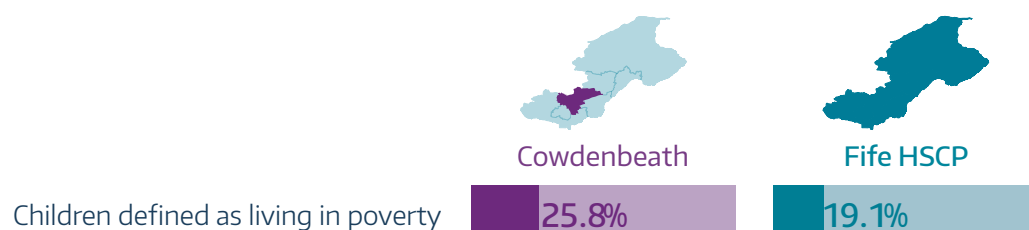
Also to be considered is levels of Child Poverty in the locality. The percentage of children (aged under 16) in poverty—that is living in households with less than 60% of median household income—in Cowdenbeath was 25.8% in 2013. This is higher than the Fife figure which sits at 19.1%. (source: Department of Work and Pensions)

Community Assets

People and communities are the most valuable resources in the delivery of health and social care.

Families, friends and neighbours play an essential role supporting people, not only with practical help, but also socially and emotionally. Staff working in the NHS, council, housing, care at home services and care homes provide important health and social care services. However, there are also significant numbers of dedicated volunteers supporting people in their own homes and local communities through a wide variety of local clubs, community groups and services.

The physical assets in Cowdenbeath will be outlined in the table below. It is important that we make the best use of all the physical assets that exist in Cowdenbeath. Consideration should also be given into how these might be better utilised to improve quality of life and deliver better outcomes for people.
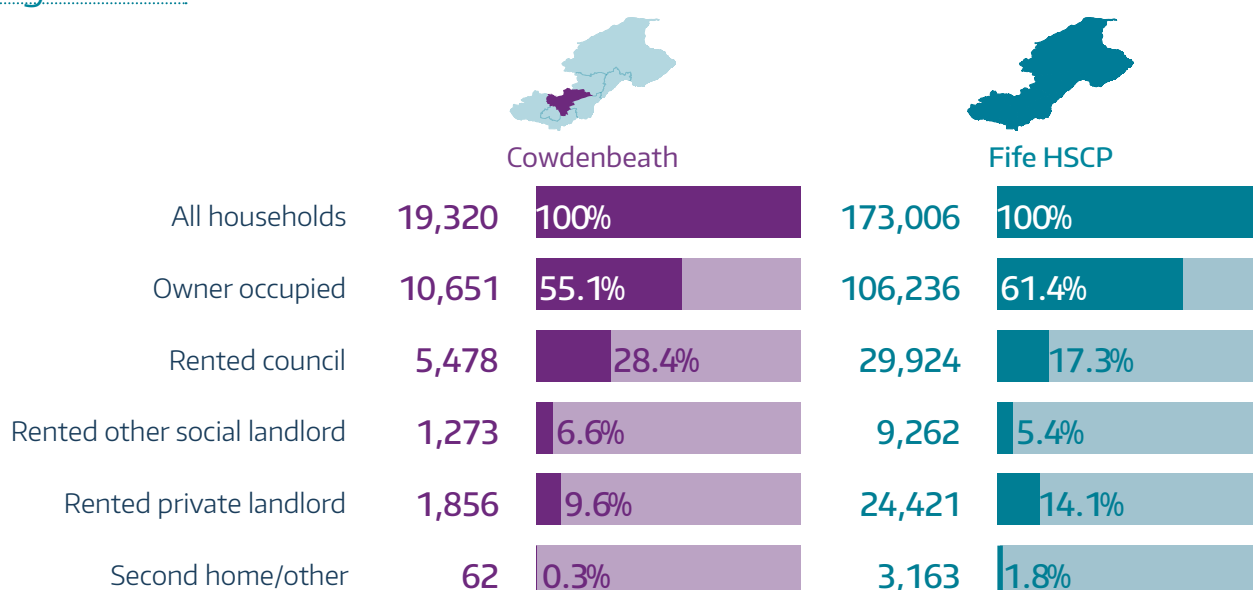
HEALTH	number	description and further notes
Hospitals	0	
A&E/MIU	0	
GP practices	9	Wallsgreen Medical Practice (Cardenden), Lomond Branch (Cardenden), Cowdenbeath Surgery, Crossgates Medical Practice, Kelty Medical Practice, Meadows Practice (Lochgelly), Benarty Medical Practice, Lochgelly Medical Group, Dr K Thompson (Lochgelly)
Pharmacies	12	Ballingry (1) Cardenden (2) Cowdenbeath (3) Crossgates (1) Kelty (2) Lochgelly (2) Lochore (1)
Clinics	2	Cowdenbeath Clinic, Rosewell Clinic (Ballingry)
Dental practices	6	Cardenden (2) Cowdenbeath (2) Kelty (1) Lochgelly (1)
Opticians	4	Cowdenbeath (2) Kelty (1) Lochgelly (1)

SOCIAL CARE	number	description and further notes
Care homes	11	420 registered places

COMMUNITY	number	description and further notes
Community centres/village halls	13	
Community Use Schools	3	
Local Offices	5	
Leisure facilities	3	Bowhill (Cardenden), Cowdenbeath and Lumphinans
Libraries	5	Benarty, Cardenden, Cowdenbeath, Jennie Lee (Lochgelly) and Kelty

Many specialist health services will need to be accessed outwith the community. Whilst the primary acute hospital facility in Fife is the Victoria Hospital in Kirkcaldy, many people in Cowdenbeath will access services in Queen Margaret's Hospital in Dunfermline due to closer proximity and better transport links. In addition to many outpatient and community health services, Queen Margaret's Hospital provides a Minor Injury Unit.

Housing and Occupancy

This section will look at the status of housing and occupancy in the Cowdenbeath Locality and show how, in some cases, this compares to Fife as a whole. Also of relevance to this section is the housing deprivation data presented in the 'About Cowdenbeath' section.

Housing Tenure

	Cowdenbeath		Fife HSCP	
All households	19,320	100%	173,006	100%
Owner occupied	10,651	55.1%	106,236	61.4%
Rented council	5,478	28.4%	29,924	17.3%
Rented other social landlord	1,273	6.6%	9,262	5.4%
Rented private landlord	1,856	9.6%	24,421	14.1%
Second home/other	62	0.3%	3,163	1.8%

In 2015, owner occupied made up the largest percentage of housing in Cowdenbeath at 55.1%. This is also the case in Fife at 61.4%. Rented council is second to that with 28.4% of individuals occupying this category (Fife 17.3%). Thirdly is private landlord at 9.6% in Cowdenbeath and 14.1% in Fife.

The percentage living under the tenure of 'other social landlord' is 6.6% in Cowdenbeath with the Fife comparison at 5.4%. (source: Fife Council)

Elderly Living Alone

	Cowdenbeath	Fife HSCP
% of one-person households (65+)	13.5%	13.2%
% of elderly living alone (65+)	34.5%	32.8%
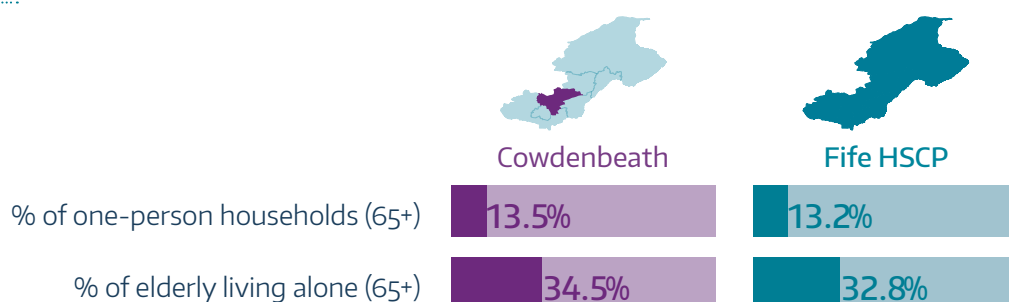
The percentage of one person households (age 65+) in Cowdenbeath is 13.5%. This is very similar to the Fife percentage of 13.2%. The percentage of elderly living alone (65+) is 34.5% in Cowdenbeath and slightly lower across Fife at 32.8%. (source: Scotland Census 2011/NRS)

Health and Outcomes of the Cowdenbeath Population

This section presents some of the health data and activity, as well as figures on mortality of the population. Where appropriate, these data are presented with the figure for Fife as a comparator.
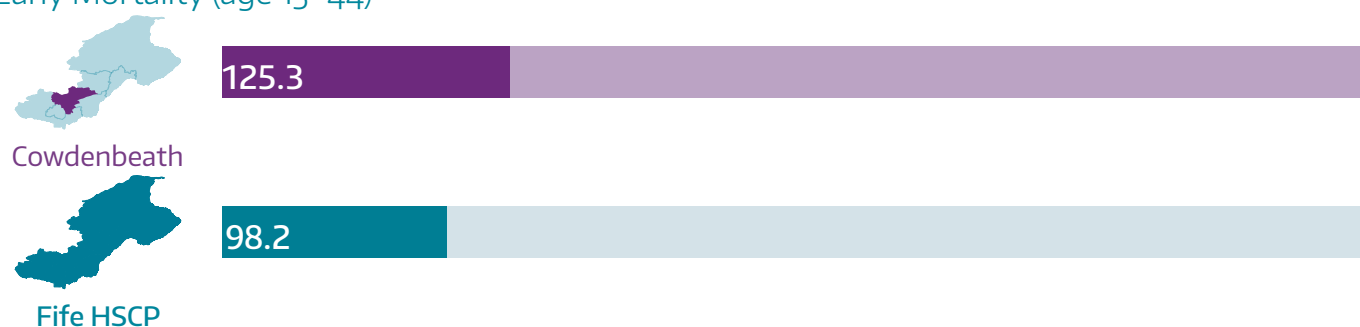
Mortality

Life Expectancy

Life expectancy of those born between 2010 and 2014 for Cowdenbeath and for those born between 2012 and 2014 in Fife as a whole is calculated by National Records Scotland. Cowdenbeath has the lowest average life expectancy for both females (79.6 years) and males (75.7 years) of any locality in Fife. Fife has an average life expectancy of 81.5 and 77.7 years respectively. (source: NRS)

Cowdenbeath

males 🕴 75.7

females 🕴 79.6

Fife HSCP

males 🕴 77.7

females 🕴 81.5

Early Mortality (age 15–44)

Cowdenbeath

125.3

Fife HSCP

98.2

The early mortality rate for Cowdenbeath, that is death rates for those aged between 15 and 44, has decreased consistently over the last ten years; from 157.9 per 100,000 in 2002–04 to 125.3 per 100,000 in 2013–15.

Cowdenbeath has the second highest early mortality rate of all the Fife localities, the figure for Fife being 98.2 deaths per 100,000 population. The Scottish figure is the same as Fife's at 98.2 per 100,000 population. (source: NRS/ScotPHO)
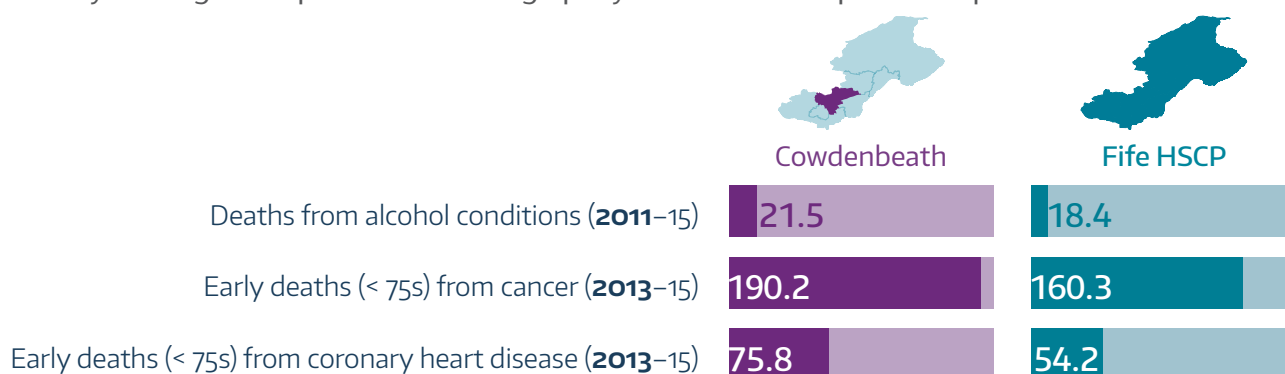
Premature Mortality (under 75)

Cowdenbeath

455

Fife HSCP

422

Premature mortality is measured against the death rate per 100,000 population in the under 75s. In Cowdenbeath this is 455 deaths per 100,000 population in 2015. Cowdenbeath has the fourth highest premature mortality rate in Fife, with Levenmouth, Dunfermline and Kirkcaldy all recording a higher rate. In Fife the rate is 422 per 100,000 population and in Scotland the rate is 441. (source: NRS/ScotPHO)

Mortality for Specific Conditions

The table below presents data on age-sex standardised mortality rates per 100,000 population. For alcohol the data are for all ages, for cancer and coronary heart disease the data are for under 75s only, representing early mortality. The figures represent the average per year for the time period in question.

	Cowdenbeath	Fife HSCP
Deaths from alcohol conditions (**2011**–15)	21.5	18.4
Early deaths (< 75s) from cancer (**2013**–15)	190.2	160.3
Early deaths (< 75s) from coronary heart disease (**2013**–15)	75.8	54.2

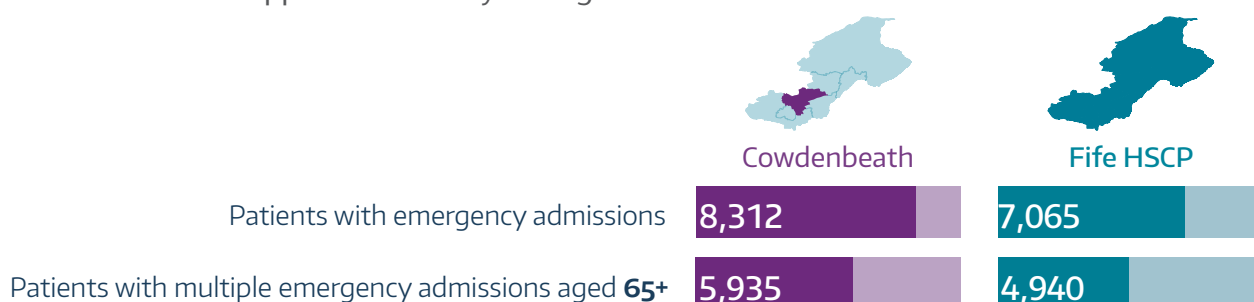Cowdenbeath has a higher mortality rate per 100,000 population than Fife for all three conditions presented here. For alcohol related conditions, the mortality rate is 21.5 against a rate of 18.4 for Fife as a whole. For early deaths from cancer the rate for Cowdenbeath is 190.2 vs. a rate for Fife of 160.3. For coronary heart disease there equivalent rates are 75.8 vs. 54.2. (source: NRS/ScotPHO)

Physical Health

Acute Hospital Activity

A reduction in the number of emergency inpatient hospital stays is one of the 8 impact areas in the Shifting the Balance of Care Framework which is designed to improve the health and wellbeing of the people of Scotland by increasing our emphasis on health improvement and anticipatory care, providing more continuous care and more support in a homely setting.

|	Cowdenbeath	Fife HSCP
Patients with emergency admissions	8,312	7,065
Patients with multiple emergency admissions aged **65+**	5,935	4,940

For Cowdenbeath the rate per 100,000 population for emergency admissions is higher than the figure for Fife as a whole (8,312 vs. 7,065).

For those aged 65+ with multiple emergency admissions, that is those with more than one emergency hospitalisation in a year, Cowdenbeath has a rate of 5,935 per 100,000 population. For Fife this rate is 4,940. Data for both the indicators above represent the average rate per year from 2013 to 2015. (source: ISD/SMR01)

Cowdenbeath has the highest rate for all localities for both these indicators.

Emergency Readmissions

	Cowdenbeath	Fife HSCP
Readmission rate per 1,000 hospital discharges	109	107
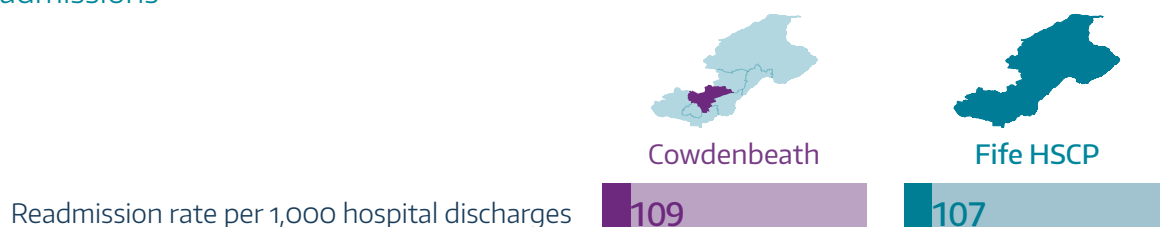
This indicator looks at rates for individuals discharged from hospital who are thereafter readmitted as an emergency within 28 days. The 28-day emergency readmission rate reflects several aspects of integrated health and care services—including discharge arrangements and co-ordination of follow up care underpinned by good communication between partners. A higher readmission rate may be indicative of problems in these areas.

Cowdenbeath has a rate for 28 day readmissions comparable to Fife as a whole. Cowdenbeath has a rate per 1,000 discharges of 109 emergency readmissions in 2015/16, whilst Fife has a rate of 107. (source: ISD/SMR01)

Potentially Preventable Admissions (PPAs)

Cowdenbeath

Fife HSCP

	Cowdenbeath	Fife HSCP
PPA stays per 1,000 population	17.7	15.7
Number of bed days attributable to PPAs	4,363	37,027
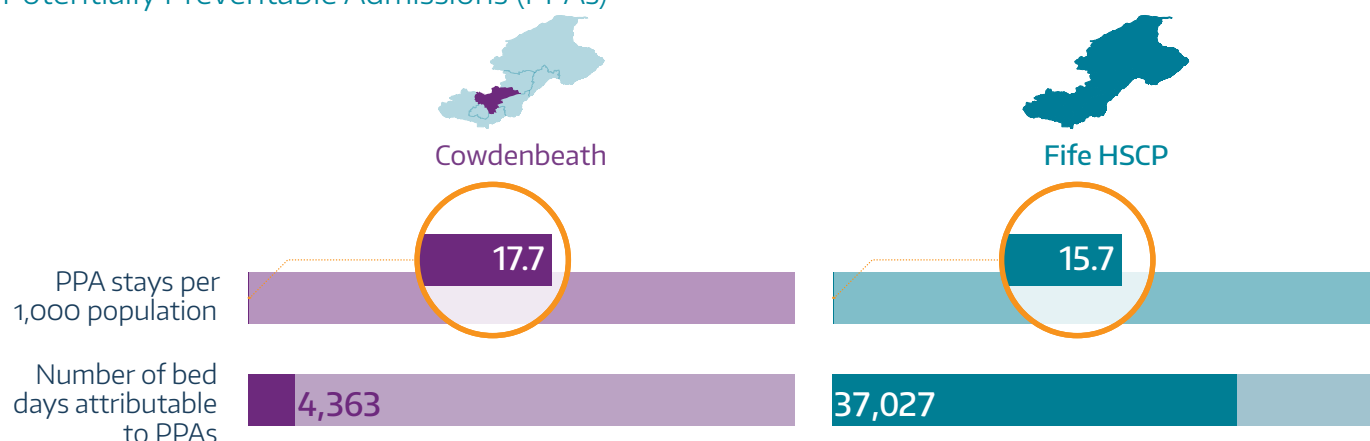
These data on PPAs are produced by the Information Services Division of NHS Scotland and are based on 19 conditions identified in various academic studies and used in reporting UK wide. These conditions result from medical problems that may be 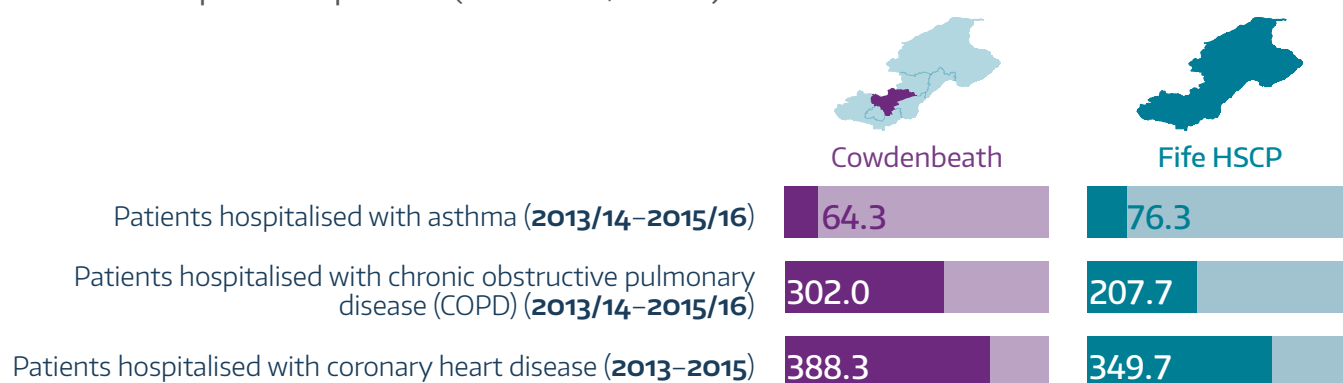avoidable with the application of public health measures and/or timely and effective treatment usually delivered in the community by the primary care team.

Using this methodology, Cowdenbeath has 17.7 possible preventable permission per 1,000 population, which in turn accounted for 4,363 acute bed days in 2014/15. The rate of 17.7 per 1,000 is higher than the Fife wide rate of 15.7 per 1,000. (source: ISD/SMR01)

Emergency Hospital Admissions for Specific Conditions

This section includes emergency hospital admission figures for selected conditions where emergency admissions can be classed as potentially avoidable.

The data in the table below are age-sex standardised rates per 100,000 population and are the average per year for the time period in question. (source: ISD/SMR01)

	Cowdenbeath	Fife HSCP
Patients hospitalised with asthma (**2013/14–2015/16**)	64.3	76.3
Patients hospitalised with chronic obstructive pulmonary disease (COPD) (**2013/14–2015/16**)	302.0	207.7
Patients hospitalised with coronary heart disease (**2013–2015**)	388.3	349.7

Cowdenbeath has a lower emergency hospitalisation rate per 100,000 population for asthma hospitalisations than the Fife average (64.3 vs. 76.3) but higher for both COPD (302.0 vs. 207.3) and Coronary Heart Disease (388.3 vs. 349.7).

Long-term Conditions

A long-term condition is defined as a condition that cannot, at present, be cured but can be controlled by medicine and/or other therapies.
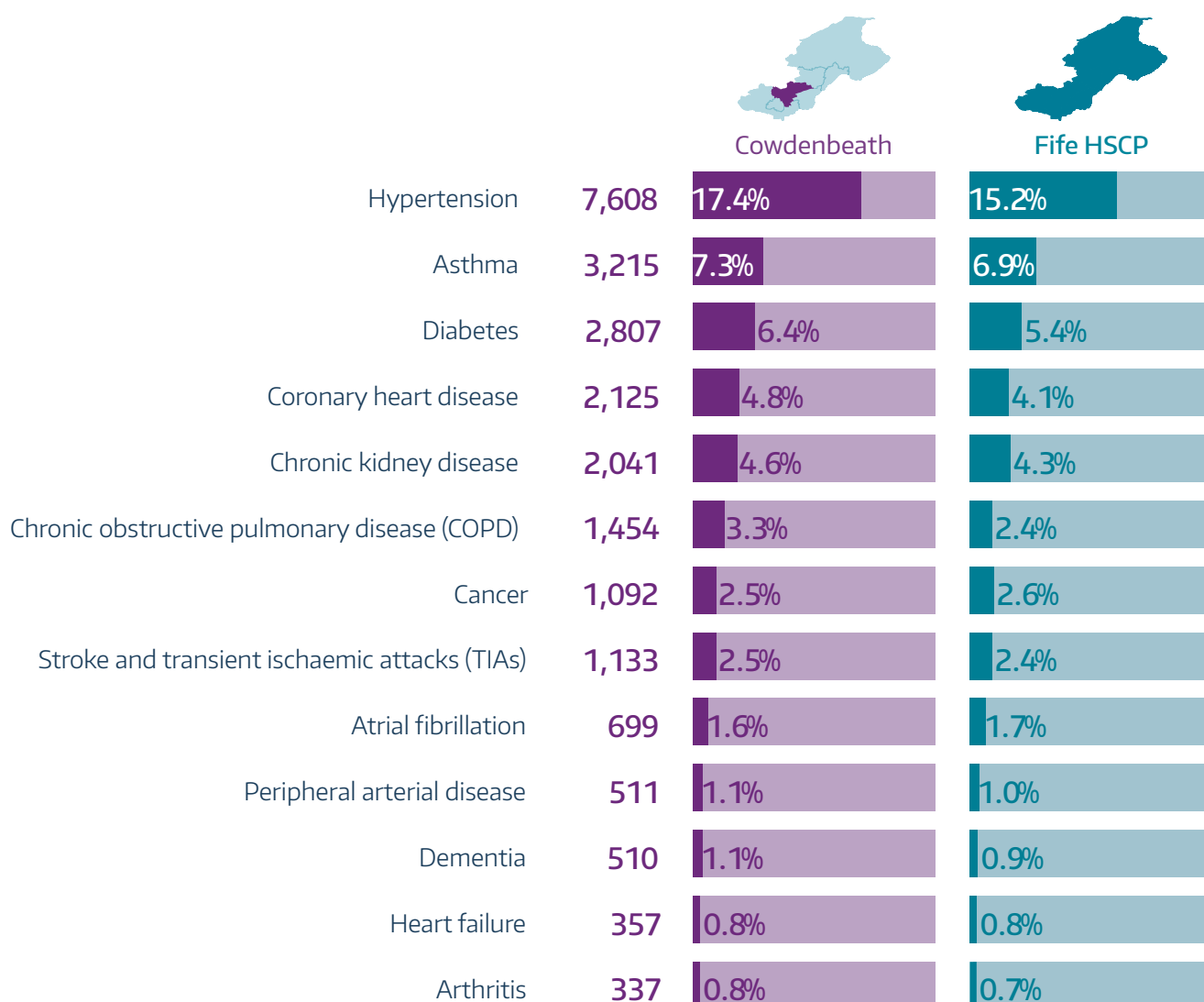
With the number of people in older age groups increasing, the expectation is that the number of people with long-term conditions and more than one condition will also increase. This has the potential to have significant implications for health and social care services. Presented below is the picture of long-term conditions in Cowdenbeath locality.

Long-term Conditions—prevalence

The prevalence rates presented here collated from data GP Practice registers as at 1st April 2016. These data are extracted as part of the Quality and Outcomes Framework (QOF).

A QOF-reported prevalence rate for a practice is simply the total number of patients on the register, expressed as the percentage of the total number of patients registered with the practice. These prevalence rates are not adjusted to account for patient age distribution or other factors that may differ between localities. Furthermore, although registers may be restricted (e.g. to only include patients over a specified age) the QOF prevalence rate is based on the total number of persons registered with the practice (the practice list size) at one point in time.

In Cowdenbeath, the majority of long-term conditions have a higher prevalence rate than in Fife as a whole.

| Condition	Number	Cowdenbeath	Fife HSCP
Hypertension	7,608	17.4%	15.2%
Asthma	3,215	7.3%	6.9%
Diabetes	2,807	6.4%	5.4%
Coronary heart disease	2,125	4.8%	4.1%
Chronic kidney disease	2,041	4.6%	4.3%
Chronic obstructive pulmonary disease (COPD)	1,454	3.3%	2.4%
Cancer	1,092	2.5%	2.6%
Stroke and transient ischaemic attacks (TIAs)	1,133	2.5%	2.4%
Atrial fibrillation	699	1.6%	1.7%
Peripheral arterial disease	511	1.1%	1.0%
Dementia	510	1.1%	0.9%
Heart failure	357	0.8%	0.8%
Arthritis	337	0.8%	0.7%

Long-term Conditions—multi-morbidity

The Scottish Patients at Risk of Readmission and Admission (SPARRA) register is designed to help health and social care professionals identify people with complex care needs and who are at risk of being admitted to hospital as an emergency in a particular year. As part of this data relating to 15 long-term conditions are included for each individual. This allows us to identify where more than one long-term condition is present.

The data include only those that have accessed health services due to their long-term condition. Those whose conditions are managed by themselves or in the community without medical intervention will not be included in these data.

In Cowdenbeath 10.8% of the adult population have two or more long-term conditions. This compares to 8.8% of the Fife wide population. (source: SPARRA)

Cowdenbeath Fife HSCP

2+ long-term conditions 10.8% 8.8%
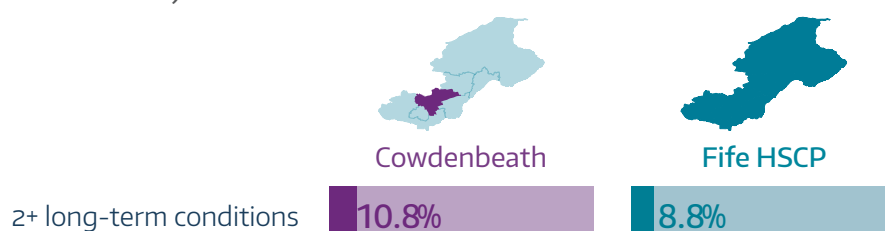
Physical Disabilities

Data below are obtained from the 2011 Census and detail those self reporting a physical disability. Respondents were asked if they have a physical disability which have lasted, or are expected to last at least 12 months. The table below outlines the rate per 100,000 population of self reporting disability in Cowndenbeath with a Fife wide comparator.

Cowdenbeath Fife HSCP

Rate per 100,000 population of self-reported Physical Disability 9,373 7,187

Cowdenbeath has a higher rate than the Fife comparator for those identifying themselves with having a physical disability, with a rate per 100,000 population of 9,373 per 100,000 compared to 7,187 in Fife. In Cowdenbeath this equates to 3,788 individuals. (source: Scotland Census 2011/NRS)

Cancer Incidence

Cowdenbeath Fife HSCP

Rate per 100,000 population of new cancer cases reported 763 641

Cowdenbeath has a larger rate of new cancer cases per head of population reported each year compared with Fife as a whole. Between 2012 and 2014, an average of 763 new cases were reported per 100,000 population. Fife wide this figure was 641. (source: ScotPHO)

Delayed Discharges

A delayed discharge is a term used to describe an instance where a patient, clinically ready for discharge, cannot leave hospital because the other necessary care, support or accommodation for them is not readily accessible and/or funding is not available
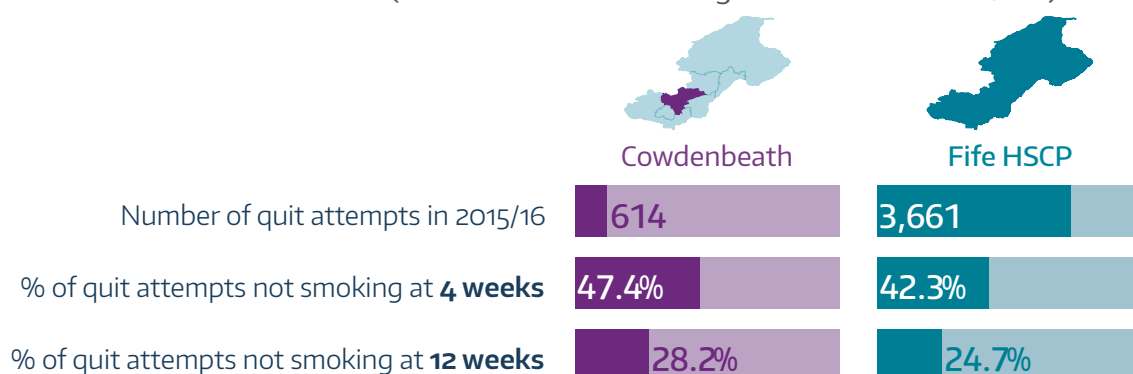
Reducing the number of unnecessary delayed discharges is important because when people are in hospital for a long time it can affect their independence potentially reducing their longer term ability to care for themselves. It may also have other overall negative impacts on a person's health and well-being. There are also issues around resource as it is usually more expensive to look after somebody in hospital rather than the community.

In Cowdenbeath in 2015/16, 5,013 bed days were lost to delayed discharge. This is an increase from 4,876 in 2013/14, a 2.8% increase. In Fife over the same period, bed days lost to delayed discharge increased by 12.7%. (source: NHS Fife)

	2013/14		2015/16	
Cowdenbeath	4,876	+2.8% ▼	5,013	Bed days lost to delayed discharges
Fife HSCP	37,630	+12.7% ▼	42,404	
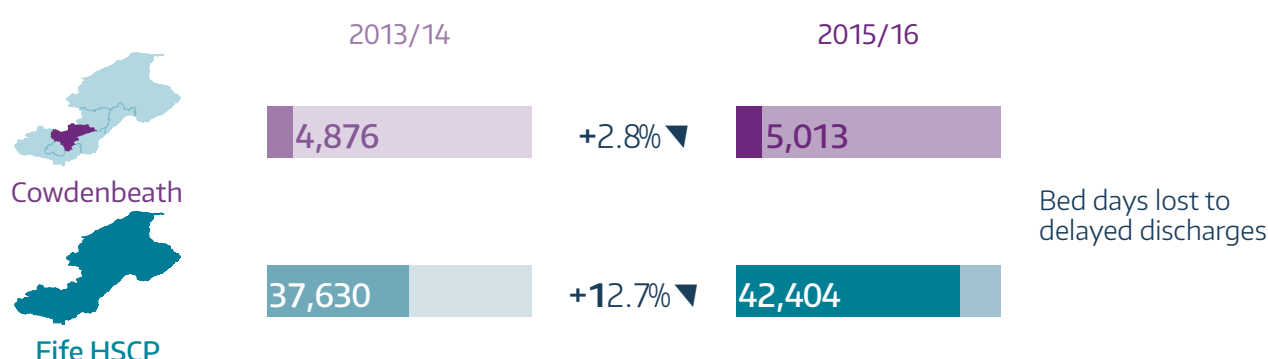
Smoking Cessation

Smoking cessation success rates vary across Fife. In 2015/16 Cowdenbeath had 614 quit attempts, with 47.4% of those still not smoking after 4 weeks. 28.2% were still not smoking at the 12 week mark. The rates for success for those not smoking at both 4 and 12 weeks after the start of the quit attempt was higher in Cowdenbeath than in Fife as a whole. (source: National Smoking Cessation Database/ISD)

	Cowdenbeath	Fife HSCP
Number of quit attempts in 2015/16	614	3,661
% of quit attempts not smoking at **4 weeks**	47.4%	42.3%
% of quit attempts not smoking at **12 weeks**	28.2%	24.7%

Breastfeeding

Cowdenbeath   Fife HSCP

Percentage of babies reported by the parent as being exclusively breastfed at 6–8 weeks post birth

14.5%   25.1%

The percentage of babies reported by the parent as being exclusively breastfed at 6–8 weeks post birth in Cowdenbeath between 2012/13 and 2014/15 was 14.5%. This is lower than the similar figure for Fife, which is 25.1%. (source: ScotPHO)

Mothers Smoking During Pregnancy

Cowdenbeath   Fife HSCP

Percentage of women with a known smoking status, recorded as current smoker at their first ante-natal booking

29.0%   21.5%

The percentage of pregnant women with a known smoking status, recorded as current smoker at their first ante-natal booking in Cowdenbeath between 2013/14 and 2015/16 was 29.0%. This compares to 21.5% in Fife as a whole. (source: ScotPHO)

Community Prescribing

Community prescribing refers to prescription by GP practices, dental practices, community pharmacies and high street optometrists.

Cowdenbeath   Fife HSCP

Average cost for each individual on medication

£260.45   £233.07

In 2015/16 there was a spend of £9,377,903 on Community Prescribing in Cowdenbeath. This represents an average cost of £260.45 for each individual on medication. In Fife this average cost is £233.07. (source: ISD/Prescribing Information System)

Mental Health and Wellbeing

Mental health problems cover a wide range symptoms and illnesses. Examples include common mental health problems such as depression and anxiety, and severe and enduring mental health problems such as schizophrenia.

Mental Health—Prevalence

The data presented below is gathered from the 2011 Census, where respondents were asked if they have any mental health condition which has lasted 12 months or is expected to last 12 months or more.

Cowdenbeath   Fife HSCP

Rate per 100,000 population of self-reported long-term mental health condition	5,132	4,116

Cowdenbeath reports 5,132 individuals per 100,000 population as having a mental health condition compared with 4,116 across Fife. This equates to 2,074 individuals. (source: Scotland Census 2011/NRS)

Patients with a Psychiatric Hospital Admission

Cowdenbeath   Fife HSCP

Average annual age-and-sex-standardised rate of psychiatric hospital admissions per 100,000 population	283	263

In Cowdenbeath there is an average annual age and sex standardised rate of 283 psychiatric hospital admissions per 100,000 population between 2012 and 2014. This is higher than the Fife wide rate, which stands at 263 over the same period. (source: ISD(SMR04)/ScotPHO)

Dementia

Dementia is a common condition. Your risk of developing dementia increases as you get older, and the condition usually occurs in people over the age of 65. Dementia is a syndrome (a group of related symptoms) associated with an ongoing decline of the brain and its abilities. This includes, but is not limited to, problems with memory loss.

The number of people registered with a GP practice in Cowdenbeath Locality with a diagnosis of dementia as at 1st April 2016 was 510. Fife wide there are 3,295 patients on GP practice registers with a diagnosis of dementia. Current prevalence estimates for Fife are 6,661 individuals with dementia, so this suggests that around 50% of individuals with dementia are currently undiagnosed. (source: QOF/Alzheimer Scotland)

Learning Disability and Developmental Disorders

The 2011 Scottish Census collected data on numbers of people with certain conditions that had lasted, or were expected to last, for 12 months or more. These include those identified with a learning disability (for example Down's syndrome) and those identified with a developmental disorder (for example, Autistic Spectrum Disorder or Asperger's Syndrome). The data for these are presented below.

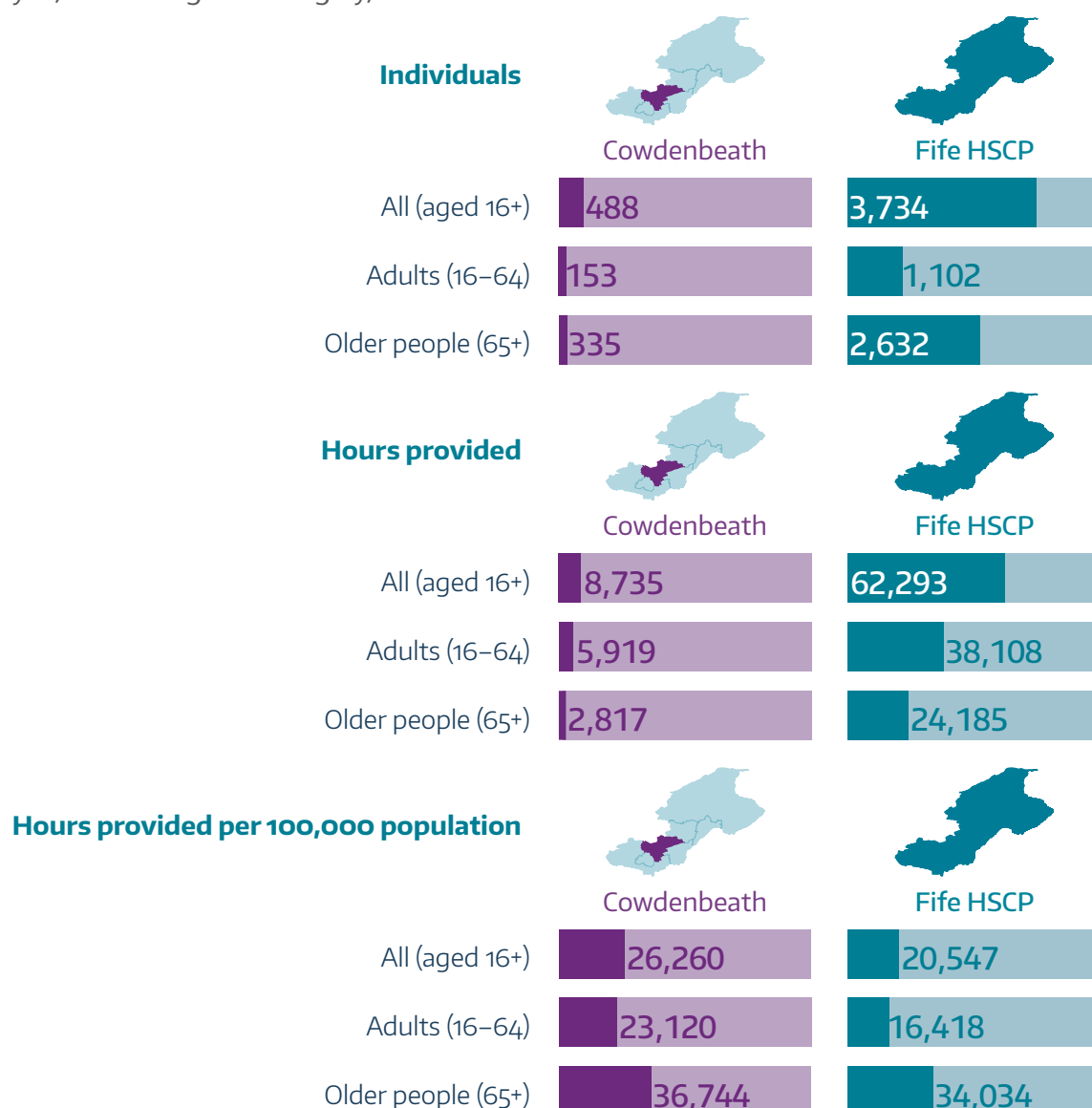|	Cowdenbeath	Fife HSCP
Rate per 100,000 population of self-reported learning disability	520	456
Rate per 100,000 population of self-reported developmental disorder	856	722

Cowdenbeath has a higher rate per 100,000 population than Fife for those self-reporting a learning disability (520 vs. 456) and for those reporting a developmental disorder (856 vs. 722). This equates to 210 individuals with a learning disability and to 346 with a developmental disorder. (source: Scotland Census 2011/NRS)

Social Care

Social care encompasses services provided in the community for adults, children and young people at risk, or with needs arising from illness, disability, old age or poverty.

Home Care

Home care is care that allows a person with special needs stay in their home as opposed to residential and/or acute care. Groups of people who receive home care include, but are not limited to, frail elderly, those who are chronically ill, recovering from surgery, or are disabled.

Individuals

	Cowdenbeath	Fife HSCP
All (aged 16+)	488	3,734
Adults (16–64)	153	1,102
Older people (65+)	335	2,632

Hours provided

	Cowdenbeath	Fife HSCP
All (aged 16+)	8,735	62,293
Adults (16–64)	5,919	38,108
Older people (65+)	2,817	24,185

Hours provided per 100,000 population

	Cowdenbeath	Fife HSCP
All (aged 16+)	26,260	20,547
Adults (16–64)	23,120	16,418
Older people (65+)	36,744	34,034

Data on home care provision is presented in hours of care provided during a one week census period (4th to 10th April 2016). During this week there were 8,735 hours of home care provided in Cowdenbeath to 488 individuals aged 16+. Of these 488, 180 received 10 or more hours of care in the census week. For those aged 65+, 2,817 hours were provided to 335 individuals.
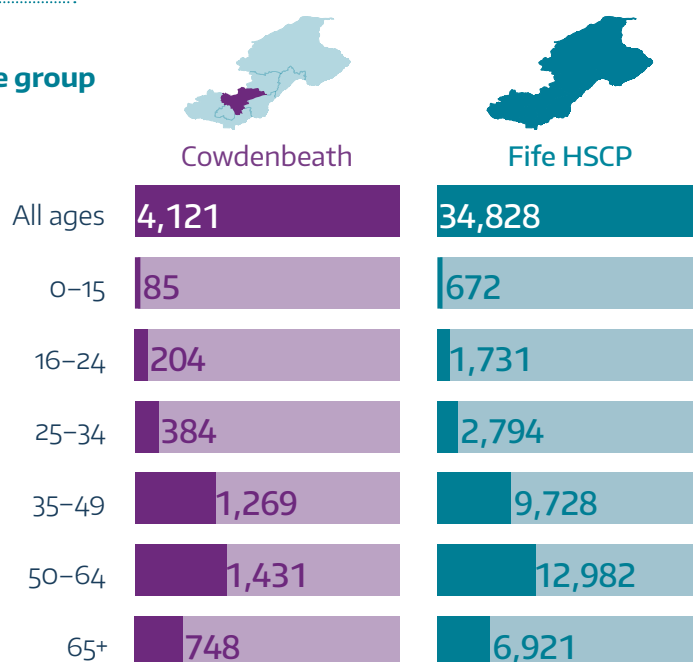
If the hours provided figures are taken as a rate per 100,000 people then the provision of home care in Cowdenbeath is 26,260 for those aged 16+. This compares to a figure of 20,547 for Fife as a whole. For those aged 65+, there was 36,744 hours provided per 100,000 individuals in Cowdenbeath compared to 34,034 Fife wide. (source: Fife Council)

Carers

A carer is someone of any age who provides unpaid support to a member of their family or a friend who is affected by long-term illness, disability, frailty or addiction.

Number of people identifying as a carer

Unpaid carers by age group

|	Cowdenbeath	Fife HSCP
All ages	4,121	34,828
0–15	85	672
16–24	204	1,731
25–34	384	2,794
35–49	1,269	9,728
50–64	1,431	12,982
65+	748	6,921

According to the 2011 census, 4,121 individuals identified themselves as a carer in Cowdenbeath. This is 10.2% of the population of Cowdenbeath. In Fife as a whole, 34,828 individuals identified themselves as a carer, or 9.5% of the population.

In Cowdenbeath, 85 of the 4,121 unpaid carers are aged 15 and under, with a further 204 aged 16 to 24. 748 are aged 65 and over. (source: Scotland Census 2011/NRS)

Hours spent as a carer

Hours of unpaid care provided a week (% of all identifying as a carer)

	Cowdenbeath	Fife HSCP
1–19	48%	56%
20–34	10%	9%
35–49	10%	8%
50+	32%	26%
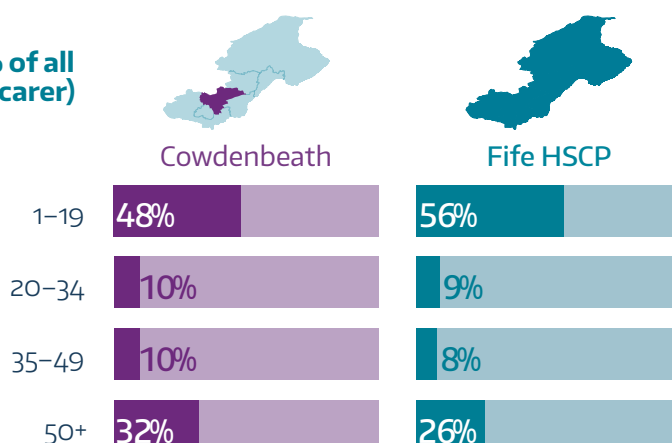
In Cowdenbeath, 32% of carers provide 50 or more hours of unpaid care a week. This compares to 26% for Fife. The highest proportion of carers, 48% provide between 1 and 19 hours of care a week. However, this is lower than the percentage for Fife as a whole (56%). (source: Scotland Census 2011/NRS)

Self-reported health of carer

General health: bad or very bad health by hours of unpaid care provided per week

	Cowdenbeath	Fife HSCP
All	9%	7%
1–19	6%	4%
20–34	8%	8%
35–49	8%	8%
50+	13%	13%
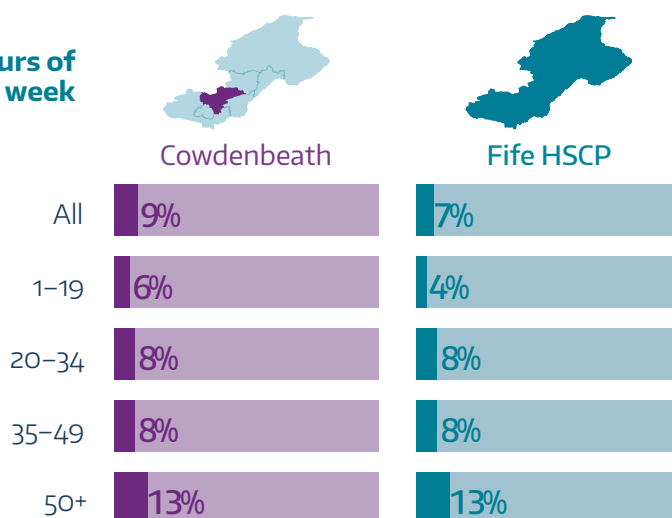
In Cowdenbeath, 9% of all people identifying as a carer reported having bad or very bad general health. This is higher than the Fife figure of 7%. For those providing more than 50 hours of care a week, the percentage reporting bad or very bad general health was 13% for both Cowdenbeath and Fife. (source: Scotland Census 2011/NRS)
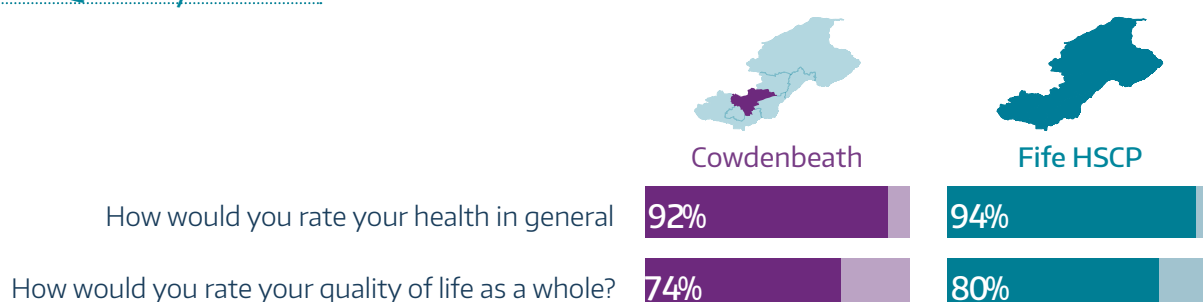
Perceptions of Health and Social Care Services

All data presented in this section come from the 2015/16 Health and Social Care Experience Survey which is one of a number of surveys commissioned by the Scottish Government to provide local and national information on the quality of health and care services from the perspective of those using them. The Health and Care Experience Survey asks respondents to feedback about their experiences of GP Practices and out of hours care. The survey also asks for feedback related to a social care setting and asks specific questions of those who consider themselves to be a carer.

More information about the survey can be found on the Scottish Government's website at www.gov.scot/Topics/Statistics/Browse/Health/GPPatientExperienceSurvey.

In order to maintain and improve on the current standard of services in Cowdenbeath, we must look at perceptions of these services by the local population and then make comparisons on a local level to identify any gaps in provision. This will enable us to ensure we can build on this standard and improve services for the people of Cowdenbeath. By looking the results of Cowdenbeath individually, with a Fife wide comparator, we can gauge the results accordingly.
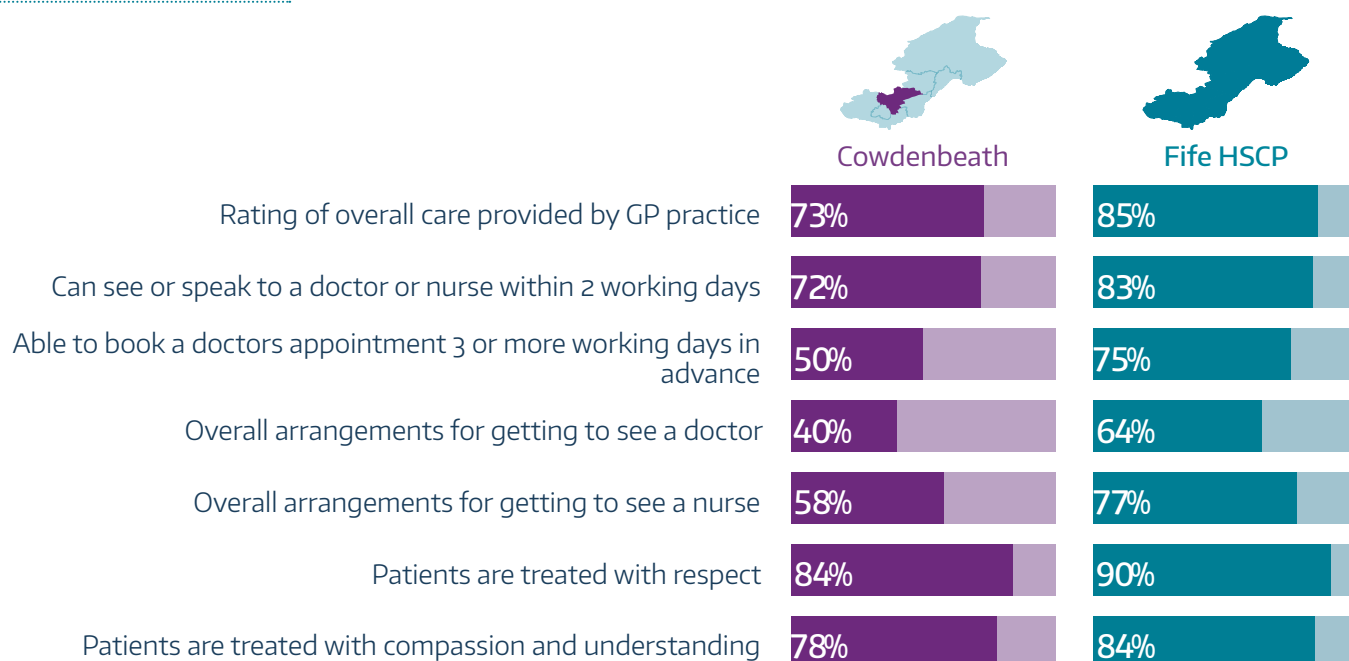
The data in this section are presented as the percentage of individuals that answered each of the questions positively. These responses allow us to better understand the perceptions of the health and social care services provided to the people of Cowdenbeath and will highlight areas for both improvement and where further engagement with the community may be needed to find the source of issues identified.

Health and Quality of Life

	Cowdenbeath	Fife HSCP
How would you rate your health in general	92%	94%
How would you rate your quality of life as a whole?	74%	80%

Individuals were asked about their overall perception of their health as well as their quality of life. For Cowdenbeath 92% of individuals had a positive perception of their health compared to 94% for Fife as a whole. For quality of life, the figures were 74% and 80% respectively.
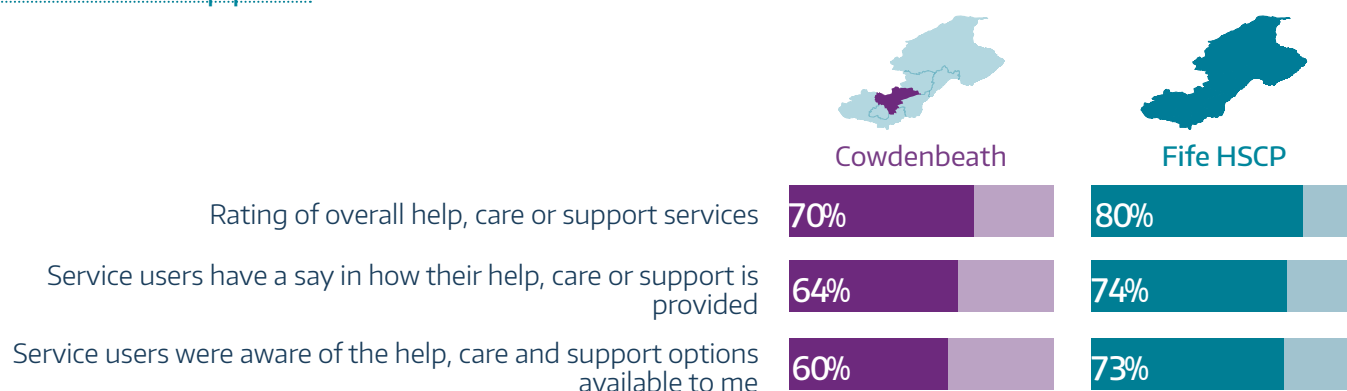
General Practice

	Cowdenbeath	Fife HSCP
Rating of overall care provided by GP practice	73%	85%
Can see or speak to a doctor or nurse within 2 working days	72%	83%
Able to book a doctors appointment 3 or more working days in advance	50%	75%
Overall arrangements for getting to see a doctor	40%	64%
Overall arrangements for getting to see a nurse	58%	77%
Patients are treated with respect	84%	90%
Patients are treated with compassion and understanding	78%	84%

From the table above we can see that the percentage positive (that is those who answered "Excellent" or "Good" to an overall rating of their GP Practice) was 73% in Cowdenbeath. In Fife Health & Social Care Partnership the positive response was 85% for this question.

If we look at the results for some of the specific questions asked around General Practice, Cowdenbeath ranked low with their percentage positive result for four specific questions compared with a Fife Average, all related to access to General Practice services.

These questions and their results were "Can see or speak to a doctor or nurse within 2 working days" (72% vs. 83% positive), "Able to book a doctor's appointment 3 or more working days in advance" (50% vs. 75% positive), "Overall arrangements for getting to see a doctor" (40% vs. 64% positive) and "Overall arrangements for getting to see a nurse" (58% vs. 77% positive).
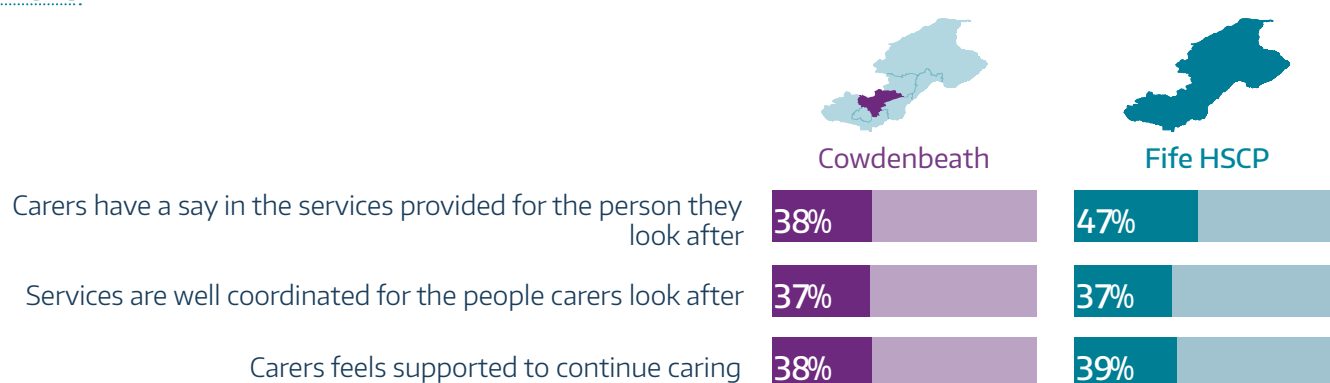
Results around patients being treated with respect (84% vs. 90%), and with compassion and understanding (78% vs. 84%) were also lower in Cowdenbeath than Fife.

Care and Support

	Cowdenbeath	Fife HSCP
Rating of overall help, care or support services	70%	80%
Service users have a say in how their help, care or support is provided	64%	74%
Service users were aware of the help, care and support options available to me	60%	73%

The percentage positive result acquired for an overall rating of care or support services was 70% in Cowdenbeath. The average for this question was 80% across Fife. For individual questions, Cowdenbeath scored lower than Fife for questions around whether service users have input into how their services are provided (64% vs. 74%) and whether service users are aware of the help, care and support options available (60% vs.73%).

Carers

	Cowdenbeath	Fife HSCP
Carers have a say in the services provided for the person they look after	38%	47%
Services are well coordinated for the people carers look after	37%	37%
Carers feels supported to continue caring	38%	39%

There are also a number of questions aimed solely at those who consider themselves to be a carer (that is those caring for an individual for over an hour per week).

The survey asked if carers have a say in the service provided for the person they look after. 38% answered positive in this question compared with 47% average across Fife HSCP.

Carers were also asked if "Services are well coordinated for the people carers look after". The percentage positive response to this was 37% in Cowdenbeath, which is the same figure for Fife as a whole. However, this means that 63% of carers do not believe that services are well coordinated for the people they look after.

The survey also asked if they feel supported to continue caring. The percentage positive result for this question was 38% in Cowdenbeath and 39% for Fife. Although the Cowdenbeath figure is comparable to that of Fife as a whole there are still 62% of respondents in Cowdenbeath that do not feel that they have the required support to continue caring.