

# LONDON BOROUGH OF HAVERING

Stroke Briefing Note

2018

GP Recorded Prevalence

QOF & Health Analytics

*By Public Health Intelligence  
London Borough of Havering*

<b>Information requested:</b>	Briefing note on Stroke prevalence in Havering to include an analysis of incidence among young people.
<b>Requested by:</b>	Mark Ansell
<b>Purpose:</b>	Council Members Briefing
<b>Date Completed:</b>	20 <sup>th</sup> February 2018
<b>Analysis by:</b>	Anthony Wakhisi (Principal Public Health Specialist)

## Summary

- The latest publicly available data (2016/17) shows that there are 3,983 people in Havering diagnosed with Stroke or TIA. This represents an increase of 13% (463 cases) since 2009/10.
- Stroke & TIA prevalence in Havering has consistently remained below the England average but above the London average. This is consistent with the Havering population profile which is relatively older than the London average.
- There has been a slight reduction in Stroke & TIA prevalence in Havering from 1.5% in 2009/10 to 1.4% in 2016/17.
- The majority of patients in Havering with Stroke or TIA diagnosis are aged 65 and over (76.4%). This is consistent with available evidence which indicates that patients aged below 65 account for only about a quarter of all stroke/TIA cases in most populations.
- Available primary care data via Health Analytics database has no date of diagnosis for Stroke /TIA patients hence it is not possible to determine annual incidence numbers / rates by age group.

## What is a stroke?

A stroke is a serious life-threatening medical condition that occurs when the blood supply to part of the brain is cut off. Strokes are a medical emergency and urgent treatment is essential.<sup>1</sup>

There's also a related condition known as a transient ischaemic attack (TIA), where the blood supply to the brain is temporarily interrupted. This causes what's known as a mini-stroke, often lasting between a few minutes and several hours.

## Stroke / TIA prevalence (All ages)

The latest publicly available data (2016/17) shows that there are 3,983 people in Havering diagnosed with Stroke or TIA. This represents an increase of 13% (463 cases) since 2009/10 (Table 1).

Table 1: The number of patients with Stroke or TIA, as recorded on Havering practice disease registers, 2009/10 – 2016/17.

Year	Havering CCG Register Size	Number of patients	Percentage
2009/10	233132	3520	1.5
2010/11	234942	3646	1.6
2011/12	236797	3710	1.6
2012/13	257864	3901	1.5
2013/14	247359	3820	1.5
2014/15	261141	3997	1.5
2015/16	271977	4029	1.5
2016/17	274858	3983	1.4

Source: NHS Digital - QOF

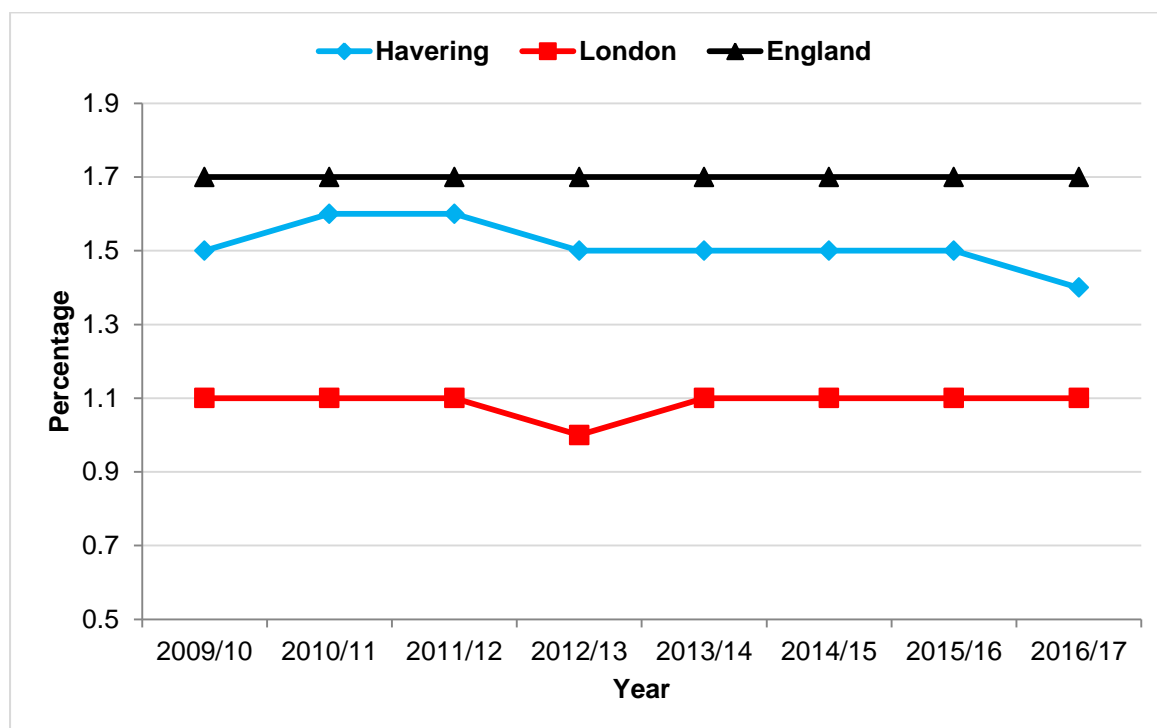
Figure1 shows that Stroke & TIA prevalence in Havering has consistently remained below the England average but above the London average. This is consistent with the Havering population profile which is relatively older than the London average. Over 75% of Stroke incidences affect people aged over 65.<sup>2</sup>

There has been a slight reduction in Stroke & TIA prevalence in Havering from 1.5% in 2009/10 to 1.4% in 2016/17

<sup>1</sup> <https://www.nhs.uk/conditions/stroke/>

<sup>2</sup> [https://www.stroke.org.uk/sites/default/files/state\\_of\\_the\\_nation\\_2017\\_final\\_1.pdf](https://www.stroke.org.uk/sites/default/files/state_of_the_nation_2017_final_1.pdf)

Figure 1: The percentage of patients with stroke or transient ischaemic attack (TIA), as recorded on practice disease registers (proportion of total list size).



Source: NHS Digital QOF  
 Note: Y – Axis starts at 0.5

### Stroke / TIA prevalence by age & gender

Table 2 shows that the majority of patients in Havering with a Stroke or TIA diagnosis are aged 65 and over (76.4%). This is consistent with available evidence which indicates that patients aged below 65 account for only about a quarter of all stroke/TIA cases in most populations.<sup>3</sup>

Table 2 : Number of patients diagnosed with stroke or TIA to date as recorded in Health Analytics database, Havering CCG (20-02-2018).

Age Band	Female	Male	Persons	% of all cases
< 25	6	7	13	0.3
25-44	58	46	104	2.4
45-64	375	515	890	20.8
<b>65+</b>	<b>1674</b>	<b>1590</b>	<b>3264</b>	<b>76.4</b>
All Ages	2113	2159	4272	100.0

Source: Health Analytics

<sup>3</sup> [https://www.stroke.org.uk/sites/default/files/state\\_of\\_the\\_nation\\_2017\\_final\\_1.pdf](https://www.stroke.org.uk/sites/default/files/state_of_the_nation_2017_final_1.pdf)