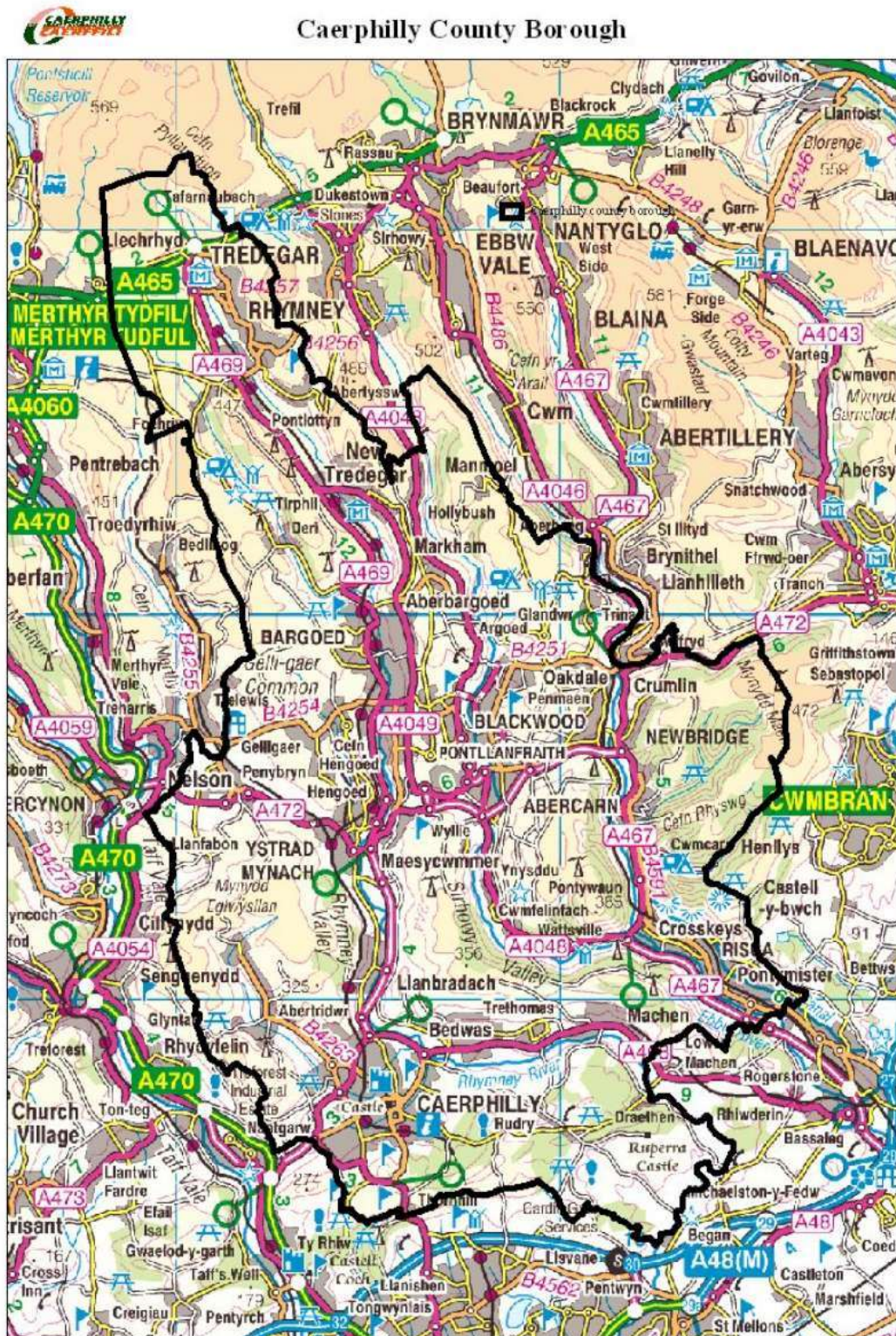


## Overview of the Caerphilly County Borough Area Demographic and Health Data



The Caerphilly county borough covers an area stretching from the Brecon Beacons National Park in the north, to Cardiff and Newport in the south. It is bordered to the west by Merthyr Tydfil and

Rhondda Cynon Taff, and to the east by Blaenau Gwent and Torfaen local authorities. The area lies at the heart of both the South Wales Valleys and the Cardiff Capital Region. The Caerphilly county borough occupies some 28,000 hectares of the Valleys area of South East Wales. It is a little over 30km long and 17.5km wide and is formed by the valleys of three rivers: the Rhymney, Sirhowy and Ebbw. The county borough is a mixture of urban and rural communities. Three quarters of the county borough is used for agriculture and forestry.

The topographical constraints associated with the three valleys presents significant challenges in terms of the relationships and functions of their towns and villages. Few areas within Caerphilly county borough are capable of being economically self-sufficient.

There are five principal centres within Caerphilly county borough: Caerphilly, Blackwood, Risca, Bargoed and Ystrad Mynach – Caerphilly being the largest with a population of 33,236<sup>1</sup>. These centres' functions are supported by the four local centres of Newbridge, Rhymney, Nelson and Bedwas. These centres function as major employers, retail centres, and providers of services and centres of population. The remaining settlements in the county borough are mainly residential urban areas, although there are a number of remote rural valleys settlements. Overall the county borough comprises of 50 distinct towns and villages, many of which are typical valley settlements and located on the valley floor.

Caerphilly county borough has both an expanding economy and an attractive environment. The A465 Heads of the Valleys Road runs through the north of the county borough and provides good road links to Merthyr Tydfil, Swansea, West Wales and Ireland to the west, and to Ebbw Vale and the Midlands to the east. The south of the county borough has good links to the M4 motorway, whilst the north of the county borough links to the M50 and M5 via the Heads of the Valleys Road and the A449. The county borough's position between the capital city of Cardiff and the Heads of the Valleys area gives it a strategic importance as a gateway to the valleys and a link between the prosperity of Cardiff and the less affluent valleys communities.

However, the county borough and the surrounding valleys sub-region lacks cohesion, and do not presently function as a connected city region, but as a loose network of settlements. There is a strategic desire to address this through the creation of the Cardiff Capital Region supported by a Metro transport system, including the Valley Lines electrification programme to improve transport connectivity within the region and to other parts of the country. This would do much in ensuring future generations have access to work opportunities, leisure and for all manner of social interactions.

A Valleys Taskforce has been convened by the Welsh Government to look at how investment in the Valleys is delivered. In particular the Taskforce will address uncertainties around investment funding, such as that previously received from the EU. The Taskforce will work closely with the Cardiff Capital Region to harness the potential of new initiatives such as the Metro, and to enhance the valleys' unique and diverse landscape as a tourism destination. The main priorities for the Valleys Taskforce will be: eradicating poverty and, creating work and improving quality of life.

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<sup>1</sup> Source: 2011 Census

Looking to the future the Taskforce will seek to create *a sense of aspiration, vibrancy, and confidence in the future.*<sup>2</sup>

## Local population

Towards the end of the 20<sup>th</sup> Century the population of the county borough has remained relatively stable. There was no significant variation in population between the 1981 Census at 171,700 and the 2001 Census at 169,500. However, the 2011 Census indicated that the population of the county borough was considerably higher than had previously been thought, at 178,806 people. This was over 5,400 higher than the Caerphilly Local Development Plan projections had assumed for 2011, being the same level projected for the end of the plan period (2021). It was also nearly 5,000 higher than the 2008 Welsh Government projections for the same year.

Whilst all local authorities saw variance between the projected and Census populations, the county borough had one of the highest variances. The latest population estimate, 2017, states that the current population of the county borough is 180,795<sup>3</sup>, split 49% male and 51% female. The 2011 Census also indicated that there has been significant change in the distribution of the population within the county borough, with the population decline in the Heads of the Valleys Regeneration Area being reversed, showing a slight increase in the population from 30,626 in 2001 to 31,087 in 2011.

Population projections provide estimates of the size of the future population and are based on assumptions about births, deaths and migration. The assumptions are generally based on trends in recent years. Population projections are not forecasts and do not attempt to predict the impact that future government policies, changing economic circumstances or other factors (for example, government policies on immigration or the implications of the EU referendum result) might have on demographic behaviour. The 2014-based Local Authority Population Projections for Wales are trend-based projections for the 25 year period from 2014 to 2039. They are based on the mid-year population estimates for 2014 published by the Office for National Statistics (ONS) in June 2015. As they are trend based they become less certain the further they are carried forward.

The 2014-based population projections suggest that that population of Caerphilly county borough is likely to increase from 179,900 in 2014 to 181,900 by 2039. This is an increase of 2,000 or 1.1% over the time period. Change amongst local authorities within Wales is projected to vary from decreases of 7.7% in Powys and 4.9% in Blaenau Gwent, to increases of 9.7% in Wrexham and 25.5% in Cardiff between 2014 and 2039. The average for Wales as a whole is a projected increase of 5.4%.

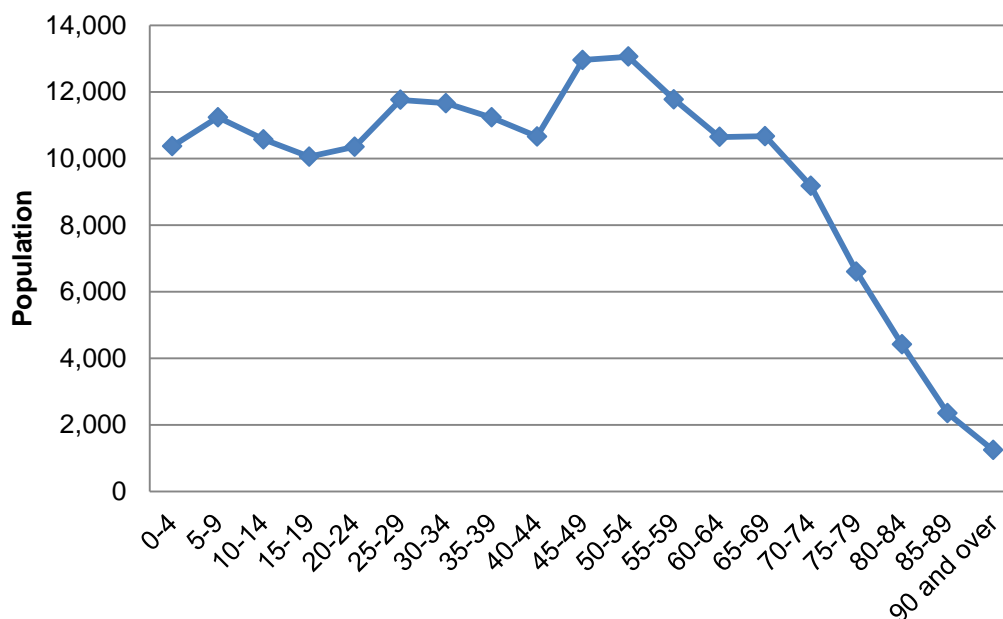
The current structure of the county borough's population is shown below. There are fairly equal levels of population in the five year age bands from 0 to around 44 years of age. There are slightly higher population levels between the ages of 45 and 54, whilst the population falls from 55 years of age onwards, significantly falling from age 70 onwards. This structure is similar to the structure of Wales as a whole. The number of children in the county borough has fallen, which is consistent with the picture at the national level, whilst the number of older people, particularly the very old (aged 85+) has risen, with 18.5% of the population being aged 65 and over.

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<sup>2</sup> South Wales Valleys Task Force meeting notes 22-23 September 2016

<sup>3</sup> 2017 Mid-Year Population Estimates, Office for National Statistics

**Population of Caerphilly county borough by 5 year age groups, 2017**



**Source: 2017 Mid-Year Population Estimates, Office for National Statistics**

The 2014-Based Local Authority Population Projections for Wales also break down the projections into different age groups. Within Caerphilly county borough the number of children aged 0-15 years is projected to fall by 6.9% between 2014 and 2039, from 34,176 to 31,824. Amongst the Gwent local authorities this compares with a projected increase of 2.8% in Newport and projected decreases in the other three local authorities, with the number projected to fall by 12.4% in Blaenau Gwent and 13.5% in Monmouthshire. The average for Wales as a whole is a 0.2% projected increase over the same time period.

The number of people aged 16-64 years is projected to decrease in every Gwent local authority area between 2014 and 2039. For Caerphilly county borough there is projected to be a decrease of 10.2%, from 113,079 to 101,572. The projected decreases in this age group range from 1.0% in Newport to 19.3% in Monmouthshire. The average for Wales as a whole is a projected decrease of 5.6% over the time period.

The number of people aged 65 and over is projected to increase in every Gwent local authority area between 2014 and 2039. For Caerphilly county borough there is projected to be an increase of 48.5%, from 32,686 to 48,528. The projected increases in this age group range from 39.1% in Blaenau Gwent to 60.8% in Monmouthshire. The average for Wales as a whole is a projected increase of 44.6% over the time period.

The number of very old people (aged 85 and over) is again projected to increase in every Gwent local authority area between 2014 and 2039. For Caerphilly county borough there is projected to be an increase of 170.3%, from 3,489 to 5,943. The projected increases in this age group range from 121.8% in Newport to the Caerphilly county borough figure of 170.3%. The average for Wales as a whole is a projected increase of 142.8% over the time period.

## Poverty and deprivation

The Welsh Index of Multiple Deprivation (WIMD) 2014 highlights that there are significant levels of deprivation in pockets across the county borough, with 14 of the 110 Lower Super Output areas (LSOAs) in the county borough in the top 10% of the most deprived LSOAs in Wales<sup>4</sup>.

The table below shows, for the WIMD 2014 Overall Index, the proportion of LSOAs in each local authority which were in the most deprived 10% (ranks 1-191), 20% (ranks 1-382), 30% (ranks 1-573) and 50% (ranks 1-955) categories within Wales.

### *WIMD 2014 Overall Deprived LSOAs by Local Authority*

Local authority	Number of LSOAs in LA	% LSOAs in most deprived 10% (rank 1-191)	% LSOAs in most deprived 20% (rank 1-382)	% LSOAs in most deprived 30% (rank 1-573)	% LSOAs in most deprived 50% (rank 1-955)
Blaenau Gwent	47	23.4	46.8	68.1	85.1
Bridgend	88	10.2	22.7	42.0	56.8
Caerphilly	110	12.7	28.2	39.1	68.2
Cardiff	214	17.3	27.1	36.4	46.3
Carmarthenshire	112	4.5	10.7	22.3	52.7
Ceredigion	46	2.2	2.2	6.5	39.1
Conwy	71	5.6	12.7	23.9	42.3
Denbighshire	58	13.8	17.2	20.7	46.6
Flintshire	92	2.2	12.0	19.6	34.8
Gwynedd	73	4.1	4.1	5.5	34.2
Isle of Anglesey	44	2.3	15.9	18.2	45.5
Merthyr Tydfil	36	22.2	30.6	61.1	80.6
Monmouthshire	56	0.0	0.0	7.1	23.2
Neath Port Talbot	91	13.2	29.7	40.7	67.0
Newport	95	14.7	30.5	38.9	56.8
Pembrokeshire	71	5.6	8.5	15.5	36.6

<sup>4</sup> Welsh Index of Multiple Deprivation 2014, Welsh Government

<b>Powys</b>	<b>79</b>	<b>1.3</b>	<b>3.8</b>	<b>11.4</b>	<b>20.3</b>
<b>Rhondda Cynon Taf</b>	<b>154</b>	<b>17.5</b>	<b>31.2</b>	<b>46.8</b>	<b>72.1</b>
<b>Swansea</b>	<b>148</b>	<b>12.2</b>	<b>24.3</b>	<b>28.4</b>	<b>47.3</b>
<b>Torfaen</b>	<b>60</b>	<b>5.0</b>	<b>25.0</b>	<b>38.3</b>	<b>56.7</b>
<b>Vale of Glamorgan</b>	<b>79</b>	<b>5.1</b>	<b>15.2</b>	<b>19.0</b>	<b>36.7</b>
<b>Wrexham</b>	<b>85</b>	<b>5.9</b>	<b>12.9</b>	<b>28.2</b>	<b>43.5</b>

As can be seen from this table, Caerphilly County Borough has 68.2% of its LSOAs within the top 50% most deprived category – this is the fourth highest proportion in Wales after Blaenau Gwent, Merthyr Tydfil and Rhondda Cynon Taff.

The most deprived LSOA in Wales is within the county borough (St James 3, covering a large part of the Lansbury Park estate in Caerphilly town), with the second most deprived LSOA in the county borough (Twyn Carno 1, covering part of Rhymney) being the 7<sup>th</sup> most deprived LSOA in Wales.

The Index considers eight different domains or ‘types’ of deprivation including income, employment, health, education, access to services, community safety, physical environment and housing. Many of the most deprived LSOAs overall within the county borough also feature in the most deprived LSOAs for the individual domains.

The table below lists the 14 LSOAs within the county borough that feature in the most deprived 10% category across Wales.

***Caerphilly county borough LSOAs in the most deprived 10% for the Overall Index***

<b>LSOA Code</b>	<b>LSOA Name</b>	<b>WIMD 2014 Rank - Wales</b>	<b>WIMD 2014 Rank - CCBC</b>
<b>W01001421</b>	<b>St James 3</b>	<b>1</b>	<b>1</b>
<b>W01001428</b>	<b>Twyn Carno 1</b>	<b>6</b>	<b>2</b>
<b>W01001339</b>	<b>Bargoed 4</b>	<b>22</b>	<b>3</b>
<b>W01001345</b>	<b>BTM 6</b>	<b>24</b>	<b>4</b>
<b>W01001376</b>	<b>Moriah 3</b>	<b>60</b>	<b>5</b>
<b>W01001386</b>	<b>New Tredegar 3</b>	<b>74</b>	<b>6</b>
<b>W01001364</b>	<b>Hengoed 2</b>	<b>92</b>	<b>7</b>
<b>W01001422</b>	<b>St James 4</b>	<b>105</b>	<b>8</b>

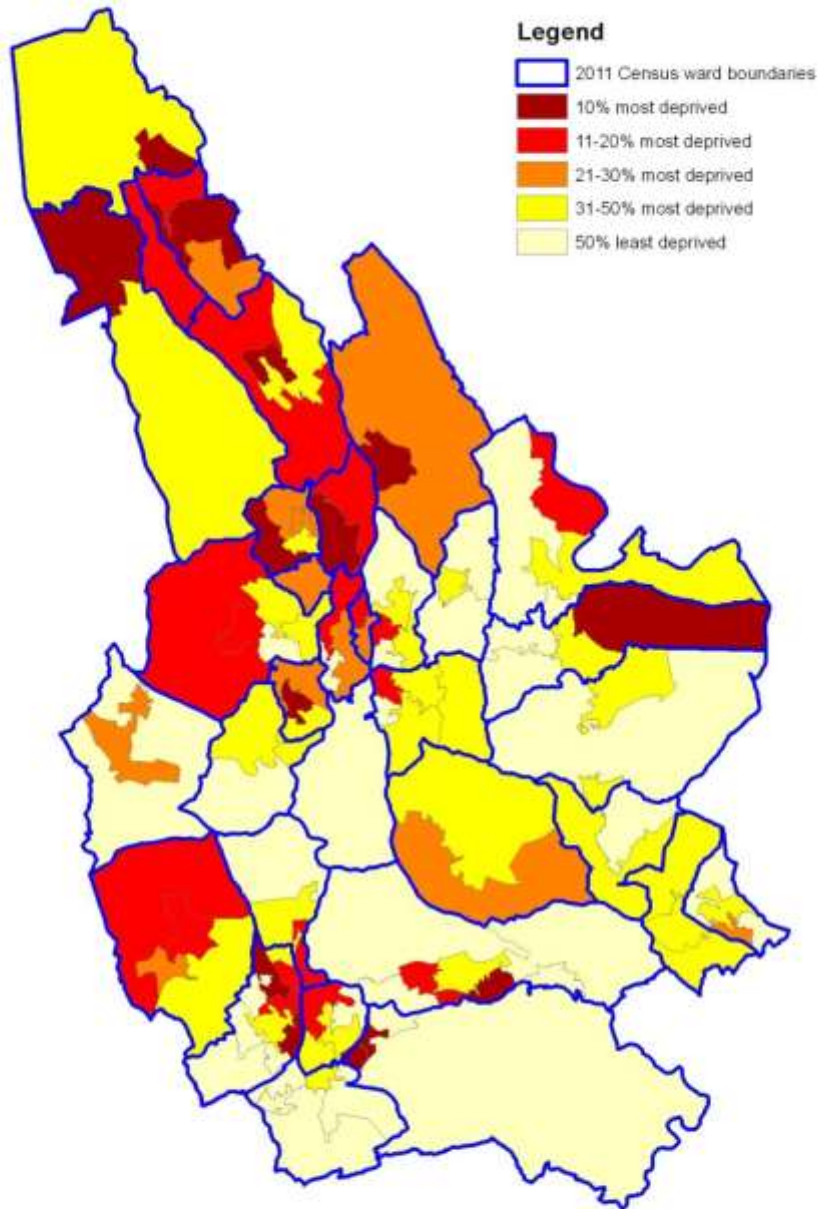
<b>W01001400</b>	<b>Penyrheol 8</b>	<b>116</b>	<b>9</b>
<b>W01001361</b>	<b>Darren Valley 2</b>	<b>124</b>	<b>10</b>
<b>W01001381</b>	<b>Newbridge 2</b>	<b>138</b>	<b>11</b>
<b>W01001396</b>	<b>Penyrheol 4</b>	<b>139</b>	<b>12</b>
<b>W01001326</b>	<b>Aberbargoed 2</b>	<b>189</b>	<b>13</b>
<b>W01001334</b>	<b>Argoed 1</b>	<b>191</b>	<b>14</b>

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***Source: Welsh Index of Multiple Deprivation 2014***

We can see that pockets of deprivation are dispersed around the county borough, but there are clusters in the north of the county borough, the mid valleys area and in the south around Caerphilly town. The map below shows the categorisation of each LSOA within the county borough, overlaid with the ward boundaries. This highlights the variation in deprivation levels that can occur within wards.

**Overall Index in Caerphilly County Borough, 2014**



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© Hawlfraint y Goron. Cedwir pob hawl. Cyngor Bwrdeistref Sirol Caerffili, 100025372, 2014



## Economic activity

For the period July 2017 to June 2018, the percentage of working age people (16-64 years) in Caerphilly county borough who were economically active was 73.9%. This is lower than the Welsh average (76.3%) and the second lowest figure in Gwent.<sup>5</sup>

The percentage of working age people within Caerphilly county borough who were in employment between July 2017 and June 2018 was 68.7%. Again this is below the Welsh average of 72.6% and was the second lowest figure in Gwent. This figure increased from a low of 66.1% in July 2014-June 2015, to a high of 71.8% in July 2016-June 2017, but has fallen by 4.5% over the last year.<sup>6</sup>

The general trend across all local authorities in Gwent is that the unemployment rate is falling. In Caerphilly county borough the figure has fallen from 8.8% for the period July 2013-June 2014, to 5.5% for the period July 2016-June 2017. However, this figure increased to 7.0% in July 2017 to June 2018. In addition, in each year the Caerphilly county borough rate is higher than the Wales average.<sup>7</sup>

The unemployment rate for working age males within Caerphilly county borough between July 2017 and June 2018 was 7.5%, compared with a Wales rate of 5.0%. The unemployment rate for working age females within Caerphilly county borough between July 2017 and June 2018 was 6.4%, compared with a Wales rate of 4.8%.<sup>8</sup>

Economic inactivity is a major issue within Caerphilly county borough, particularly in relation to local residents who are permanently sick or disabled. For the period July 2017 to June 2018, 26.1% of Caerphilly county borough residents aged 16-64 years were economically inactive, second highest in Gwent behind Blaenau Gwent (28.5%). This figure is higher than the Wales average of 23.7%. Of those individuals who were economically inactive over this time period, within Caerphilly county borough 32.9% were long-term sick, significantly higher than the Wales average of 25.5% and second highest in Gwent behind Torfaen (34.7%).<sup>9</sup>

The number of households within the county borough where no adult is in paid employment is also a major issue. The proportion of workless households in the county borough fell from a high of 24.0% in 2014 to 19.1% in 2017. This is higher than the Welsh average of 17.5% in 2017.<sup>10</sup>

Although the percentage of children living in workless households within Caerphilly county borough fell from 17.4% in 2013 to 11.6% in 2016, it increased to 15.0% in 2017. This figure is higher than the Wales average of 12.5% in 2017. The figure for Caerphilly county borough is the second highest amongst local authorities in the Gwent region, with only Blaenau Gwent having a higher figure (15.3%).<sup>11</sup>

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<sup>5</sup> Annual Population Survey, NOMIS

<sup>6</sup> Annual Population Survey, NOMIS

<sup>7</sup> Annual Population Survey, NOMIS

<sup>8</sup> Annual Population Survey, NOMIS

<sup>9</sup> Annual Population Survey, NOMIS

<sup>10</sup> Office for National Statistics

<sup>11</sup> Office for National Statistics

## Earnings and work related benefits

Income is probably the most important factor in meeting peoples' basic needs, and it can also increase the freedom they have to make choices about their lives. In 2018, the average gross weekly full-time pay in Caerphilly county borough was £492.00, second lowest amongst the Gwent local authorities, with only Blaenau Gwent having a lower figure (£479.10). The Wales average is £509.00.<sup>12</sup>

The extent to which people of working age are reliant on welfare benefits can provide a further perspective on local economic well-being. The working age population (16-64 years) claiming Job Seekers Allowance has fallen from 4,179 in August 2014 to 2,006 in August 2018. This is equivalent to a fall from 3.7% to 1.8% of the working age population. The percentage of people claiming JSA is significantly lower than the proportion of residents who are unemployed, as JSA can only be claimed for a limited period of time and individuals must be willing and able to look for work to claim it.<sup>13</sup>

It is also important to note that Universal Credit has been implemented in the county borough from September 2018.

## Commuting

It is notable that in 2015<sup>14</sup>, 39,100 local residents commute outside of the Caerphilly county borough to work on a daily basis. Overall, there is net out-commuting of 20,200 workers to jobs outside of the county borough.

The most popular out-commuting destinations are Cardiff and Newport, with Rhondda Cynon Taff the most prevalent source of in-commuting, closely followed by Cardiff and Blaenau Gwent. This shows that whilst the most obvious commuting flows between the county borough and Cardiff are strong, there are also high levels of lateral commuting across the Valleys.

The Cardiff Capital Region City Deal will undoubtedly provide the most important funding opportunity for stimulating the local economy, and that of the wider South East Wales region, for today and for future generations.

## Life expectancy and health inequalities

In both Wales as a whole and in the county borough, health in general is improving. People are living longer and mortality rates from cancer and heart diseases are reducing.

Life expectancy within the county borough is slightly lower than for Wales as a whole.<sup>15</sup> The average male life expectancy in 2010-14 within the county borough was 77.7 years compared to the Wales average of 78.3 years. This has increased 1.5 years since 2005-09. The average female life

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<sup>12</sup> Office for National Statistics

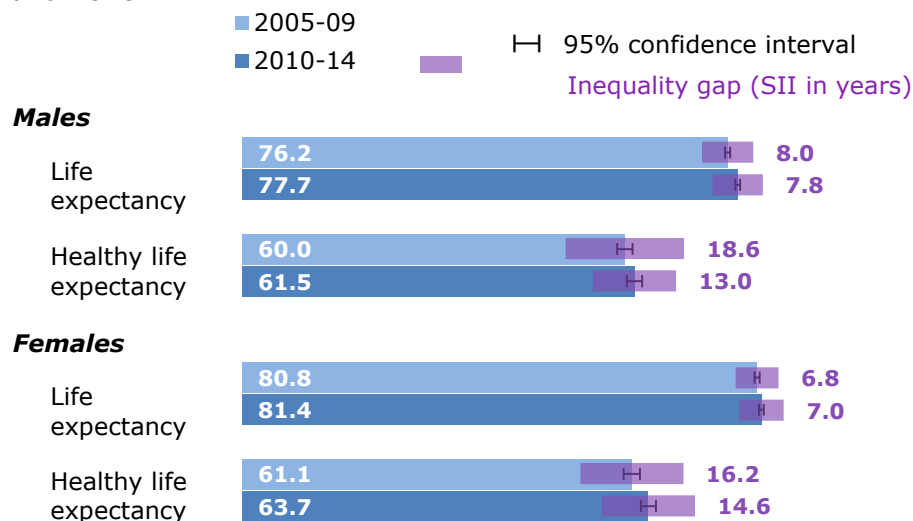
<sup>13</sup> Department for Work and Pensions

<sup>14</sup> StatsWales, Welsh Government

<sup>15</sup> Measuring Inequalities 2016: Trends in Mortality and Life Expectancy in Aneurin Bevan UHB, Public Health Wales NHS Trust

expectancy in 2010-14 within the county borough was 81.4, compared to the Wales average of 82.3 years. This has increased 0.6 years since 2005-09. These increases are in line with national trends.

**Comparison of life expectancy and healthy life expectancy at birth, with Slope Index of Inequality (SII), Caerphilly, 2005-09 and 2010-14**



**Source: Public Health Wales Observatory, using PHM & MYE (ONS), WHS & WIMD 2014 (Welsh Government)**

The figure above evidences that the gap in years of life expectancy and healthy life expectancy at birth of males, between the most and least deprived in the county borough has reduced between 2005-09 and 2010-14. In particular, the healthy life expectancy gap in males reduced from 18.6 years to 13 years over the time period.

For females, whilst the gap in overall life expectancy between the most and least deprived in the county borough has increased by 0.2 years, the gap in years for healthy life expectancy has reduced by 1.6 years, from 16.2 years to 14.6 years over the time period.

**Health and lifestyle behaviours**

Individuals’ lifestyle behaviours can affect their risk of ill health and premature death. The five healthy lifestyle behaviours include – remaining smoke free, drinking alcohol sensibly, maintaining a healthy body weight, regular physical activity and a balanced diet. Illnesses for which these health behaviours are risk factors include heart disease, some types of cancer, stroke, diabetes, respiratory conditions, liver problems, musculoskeletal problems and mental health. Unhealthy lifestyles arise, at least in part, due to the inequalities in the circumstances in which people are born, grow up, live, work and age. There is a known ‘social gradient’ in health – the lower a person’s socio-economic position, the worse their health is likely to be.

Only 2% of residents (age 16 and over) in Gwent in 2013-14 engage with all five healthy behaviours. This rises to 11% for those engaging in four healthy behaviours and 30% engaging with three healthy

behaviours<sup>16</sup>. There is good evidence from many studies, including the Caerphilly Prospective Study<sup>17</sup> that enjoying four or more healthy behaviours can reduce the risk of diseases such as diabetes by as much as 72%, vascular disease by 67%, dementia by 64% and cancers by 35%, when compared to those who exhibit none or just one healthy behaviour.

Smoking is the largest single preventable cause of ill health and death in Wales, with high costs to the NHS, society and the wider economy. Smoking is associated with more than 50 different diseases and disorder. Smoking rates amongst adults in the county borough have fallen from 23% in 2010-11 to 21% in 2014-15<sup>18</sup>. In Wales, 29% of the people in the most deprived areas of the population smoke compared to 11% in the least deprived areas. The 2015 Health Behaviour in Schools and Children 2013/14 report evidences that smoking rates amongst 15-16 year olds is at an all-time low, with 8% of boys and 9% of girls smoking regularly.

Alcohol misuse has become a serious and worsening public health problem in Wales and for other parts of the UK. Alcohol misuse not only poses a threat to the health and well-being of the drinker, it can also cause harm to family, friends, communities and wider society through such problems as crime, anti-social behaviour and loss of productivity. The percentage of adults in the Caerphilly county borough who reported binge drinking alcohol on at least one day in the previous week has decreased from 30% in 2010-11 to 26% in 2014-15<sup>19</sup>. The 2014-15 figure is slightly higher than both the Gwent average and Wales average of 24%.

All local authority areas across Gwent apart from Monmouthshire saw an increase in the number of people being assessed for alcohol misuse between 2011-12 and 2015-16. In Caerphilly county borough the figure increased from 353 in 2011-12 to 427 in 2015-16, an increase of 17%<sup>20</sup>.

The World Health Organisation regards obesity as one of the most serious global public health challenges for the 21<sup>st</sup> Century. It is well accepted that adult obesity results in shorter life expectancy and less healthy life expectancy. Health conditions associated with obesity include Type II diabetes, coronary heart disease, high blood pressure, stroke and cancers. Wider impacts include less contribution to family and community; reduced employment opportunities; less income; reduced productivity and increased absenteeism; poor school performance and poor mental well-being.

The percentage of adults in the Gwent region who reported being overweight or obese in 2014-15 was 61%, higher than the Wales average figure of 59%. Across the local authorities in the Gwent region this figure ranged from 53% in Monmouthshire to 63% in the Caerphilly county borough<sup>21</sup>. Despite a recent plateau in the figures since 2010-11, adult obesity in Gwent has risen by over a third in the last decade, faster than for Wales as a whole.

In addition, the Child Health Measurement Programme for Wales evidences that 27% of children aged 4-5 in Caerphilly county borough in 2014-15 were overweight or obese, higher than the average for Gwent (26%) and also higher than any English region.

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<sup>16</sup> Sustainable Health for Future Generations: Annual report of the Director of Public Health ABUHB 2015, Public Health Wales Observatory

<sup>17</sup> Better Than Any Pill and No Side Effects: The Benefits of a Healthy Lifestyle, Cardiff University

<sup>18</sup> Welsh Health Survey

<sup>19</sup> Welsh Health Survey

<sup>20</sup> Data Cymru

<sup>21</sup> Welsh Health Survey

The Foresight Report<sup>22</sup> forecasts that by 2050, 60% of adult men and 50% of adult women will be obese, and 25% of children under 16 will be obese.

13.6% of residents within Caerphilly County Borough reported that their day to day activities were limited a lot by their health. This is higher than the average for Wales as a whole which is 11.9%<sup>23</sup>. This rate increases both as the population ages and for residents living in our most deprived areas. The rate is slightly higher for females than males.

The figure below is a summary of the recorded prevalence of chronic conditions by GP Neighbourhood Care Networks in Caerphilly county borough.

***% of patients with chronic conditions by GP Practice cluster in Caerphilly county borough, 2016***

<b>Indicator</b>	<b>Caerphilly East</b>	<b>Caerphilly North</b>	<b>Caerphilly South</b>	<b>Health Board</b>	<b>Wales</b>
	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
<b>Asthma</b>	<b>6.3</b>	<b>7.2</b>	<b>6.3</b>	<b>6.8</b>	<b>6.9</b>
<b>Hypertension</b>	<b>16.2</b>	<b>17.5</b>	<b>15.1</b>	<b>16.0</b>	<b>15.5</b>
<b>Coronary Heart Disease</b>	<b>3.8</b>	<b>4.3</b>	<b>3.9</b>	<b>3.8</b>	<b>3.8</b>
<b>Chronic Obstructive Pulmonary Disease</b>	<b>2.0</b>	<b>2.7</b>	<b>2.1</b>	<b>2.2</b>	<b>2.2</b>
<b>Diabetes</b>	<b>7.7</b>	<b>8.6</b>	<b>7.2</b>	<b>7.6</b>	<b>7.0</b>
<b>Epilepsy</b>	<b>0.9</b>	<b>1.0</b>	<b>0.9</b>	<b>0.9</b>	<b>0.9</b>
<b>Heart Failure</b>	<b>0.6</b>	<b>1.0</b>	<b>0.8</b>	<b>1.0</b>	<b>1.0</b>

***Source: General Practice Population Profiles, Public Health Wales Observatory***

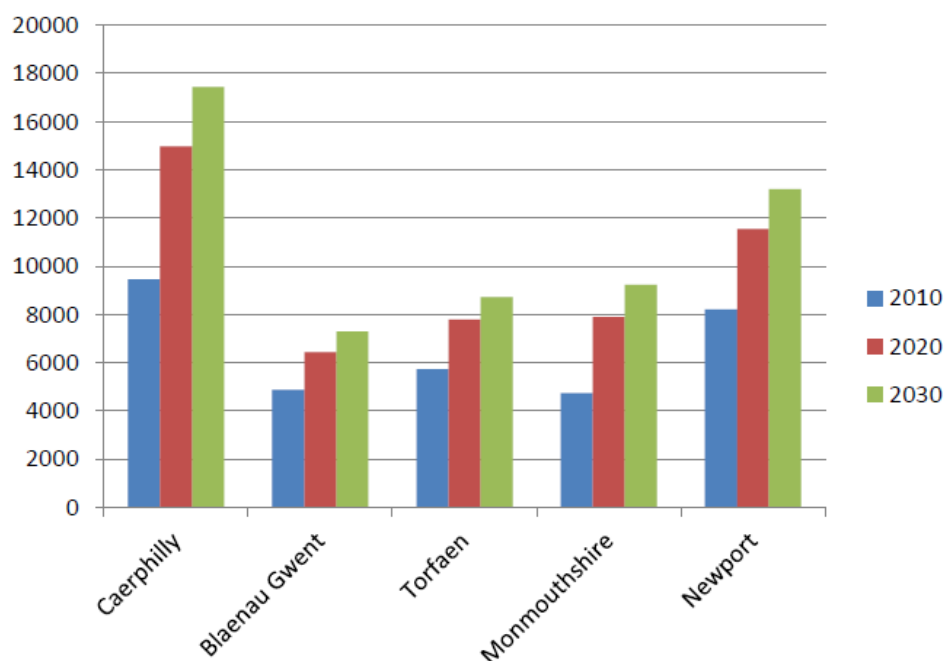
It can be seen that the rates for hypertension and diabetes within the county borough are above the Wales average. However, under-diagnosis of diabetes in particular is an issue.

The graph overleaf evidences that diabetes among adults in Gwent is predicted to rise to 10.7% in 2020 and 11.9% by 2030, with the all Wales rate predicted to rise to 10.3% in 2020 and 11.5% by 2030.

<sup>22</sup> Foresight Tackling Obesity: Future Choices Project, Government Office for Science

<sup>23</sup> 2011 Census

### Projected Prevalence of Type 2 Diabetes by Local Authority Area 2010-2030



**Source:** Public Health England, 2013 using Association of Public Health Observatories (APHO) Diabetes Prevalence Model, 2010

Type II diabetes has been described as a ‘ticking time bomb’ for the health service because of its increasing prevalence and the expected demands on health and social care services. Diabetes is a life changing chronic condition which can lead to serious complications. There is no cure for diabetes, but most Type II diabetes is preventable. Reducing Type II diabetes morbidity, disability and premature mortality is possible with appropriate self-management, education and health care. Reducing the prevalence and impact of diabetes requires tackling the two biggest modifiable risk factors – obesity and physical inactivity.

There is a very high burden of cardiovascular disease (CVD) in Wales. Over 10,000 deaths per year are attributable to diseases of the circulatory system, including approximately a third of premature deaths in men and a quarter of premature deaths in women. Cardiovascular disease includes the following - congenital heart disease, coronary heart disease, heart failure, atrial fibrillation, cardiac rehabilitation, stroke and peripheral vascular disease.

Premature cardiovascular events affecting individuals under the age of 75 years are common. Within this group of diseases, the main single cause of death is from coronary (ischaemic) heart disease, resulting in 4,700 deaths in 2010. There is a marked social effect in the prevalence of CVD (particularly presentation with premature events) which results in disproportionately high levels of disease associated with higher levels of socio-economic deprivation

The number of deaths from cardiovascular disease per 100,000 residents within Caerphilly county borough (307.8 in 2015) is higher than the Welsh average (289.2) and the third highest in Gwent. However, the number of deaths has fallen gradually since 2011.

Cancer is a major cause of ill health and around 4 in 10 people will be diagnosed with cancer during their lifetime. A range of factors influence an individuals' risk of developing cancer, some of which (such as age, sex, and genetic makeup) cannot be modified. However, it has been estimated that risk factors such as tobacco use, diet, physical inactivity and alcohol consumption account for around 4 in 10 of all cancers. There are inequalities across the population in terms of cancer incidence and survival for certain cancers – those with greater socio-economic deprivation are more likely to present with new cancers, and they are less likely to survive than those who are more affluent.

The number of male cancer registrations per 100,000 population within Caerphilly county borough in 2014 was the highest across all the local authorities in the Gwent region at 766.4, and higher than the figure of 697.3 for Wales as a whole. This figure was also higher than any other year since 2010 for the Caerphilly county borough.<sup>24</sup>

The number of female cancer registrations per 100,000 population within Caerphilly county borough in 2014 was 583.5, the second highest figure in the Gwent region behind Blaenau Gwent (623.5) and higher than the Wales average figure of 560.3. Again this figure is higher than any other year since 2010 for the Caerphilly county borough.<sup>25</sup>

Whilst the general trend has been an increase in the incidence of cancer both locally and nationally, survival rates have improved and death rates have reduced, largely due to advances in early detection and treatment.

The rate of deaths due to cancer per 100,000 population in Caerphilly county borough in 2015 was 307.7, higher than both the Gwent (285.8) and Wales (278.4) averages, and the highest figure amongst the local authorities in the Gwent region. However, deaths from cancer within the Caerphilly county borough have decreased slightly since 2010.<sup>26</sup>

By 2035 the number of people aged 65+ with dementia in the county borough is predicted to double, rising from 2,000 in 2013 to approximately 4,000 by 2035. This is predicted to be the highest number across Gwent, as shown in the chart overleaf <sup>27</sup>. This rise is linked to increasing life expectancy leading to a higher proportion of older people in the population.

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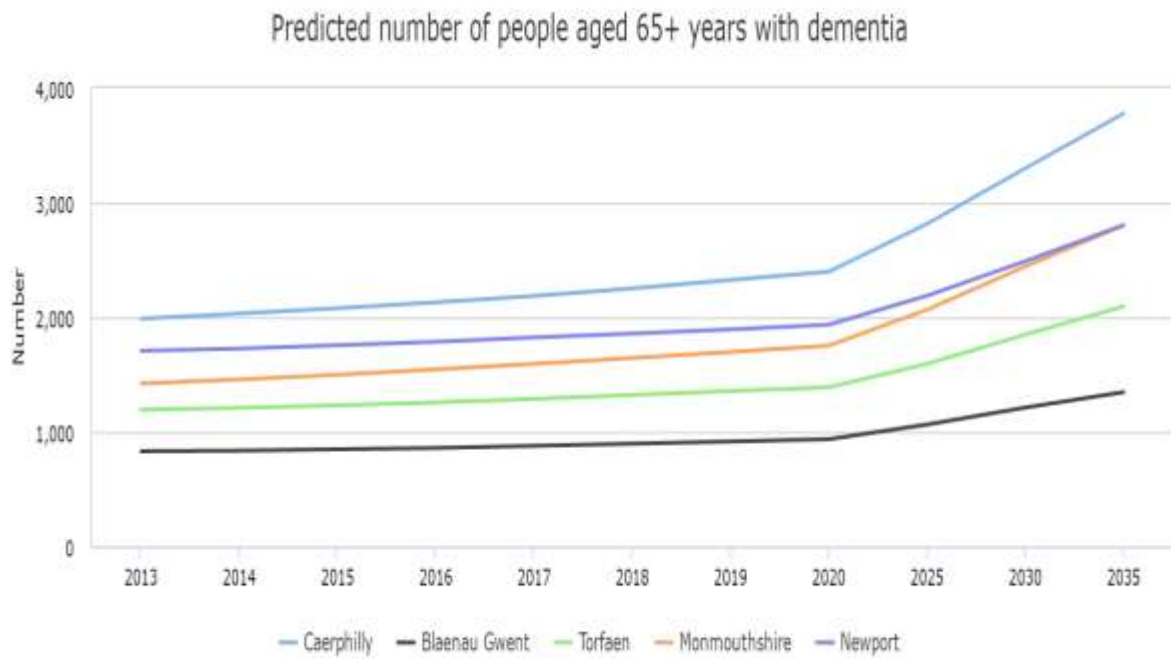
<sup>24</sup> Understanding Local Well-being: Summary data for Caerphilly county borough, Data Unit Wales

<sup>25</sup> Understanding Local Well-being: Summary data for Caerphilly county borough, Data Unit Wales

<sup>26</sup> Understanding Local Well-being: Summary data for Caerphilly county borough, Data Unit Wales

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**Predicted number of people aged 65+ years with dementia for Gwent local authorities 2013 to 2035**



Source: Welsh Government (WG)