

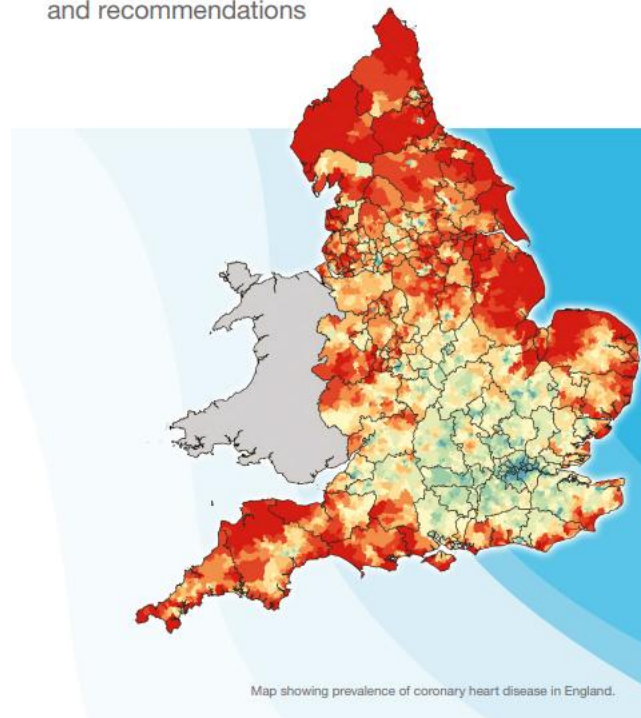
Understanding Coastal Communities

Professor Maggie Rae, Deputy Regional Director of Public Health Programmes, NHSE SW

Doug Haines, Programme manager, SW Regional Public Health Team, OHID

Chief Medical Officer's annual report 2021: health in coastal communities

Chief Medical Officer's Annual Report 2021
Health in Coastal Communities – Summary
and recommendations



The following are key themes arising from this report.

1. Health and wellbeing in coastal communities.
2. Deprivation and health.
3. Mental health.
4. Migration and demography.
5. Health services and medical workforce.
6. Economy and employment.
7. Education.
8. Housing.
9. Benefits of coastal living for health.
10. Coast-specific issues.
11. Limitations of data and definitions.
12. A strong case for national action.

[Chief Medical Officer's annual report 2021: health in coastal communities - GOV.UK](https://www.gov.uk/government/publications/annual-report-2021/annual-report-2021)



Coastal & Rural areas have particularly high rates of ill health

Higher rates of coronary heart disease prevalence are found around most of the South West.

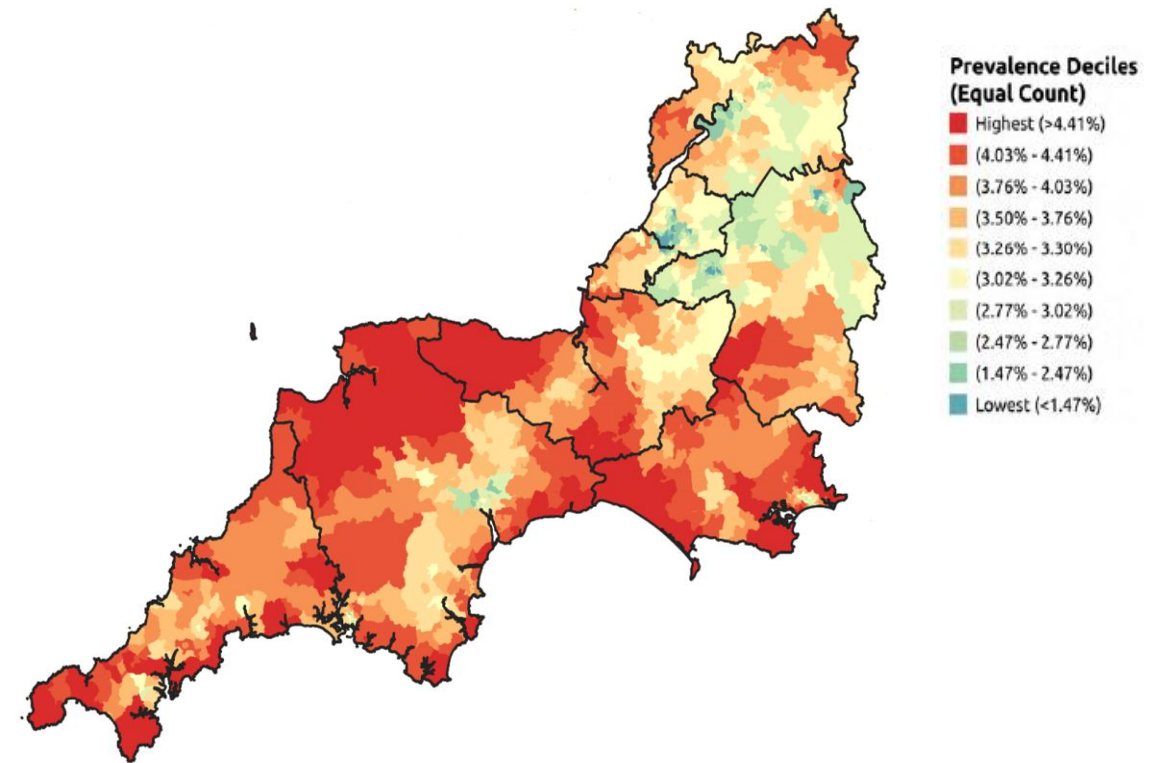
The CMO's Annual Report 2021 *Health in Coastal Communities* reported:

- a higher burden of disease and health risk factors in coastal areas
- some evidence of a health service deficit,
- significantly higher standardised mortality ratios for a range of conditions in coastal areas
- LE, HLE and DFLE are, on average, significantly lower in coast areas

The CMO's Annual Report 2023 *Health in an Ageing Society*

- Rural and coastal areas are ageing at a faster rate than urban areas
- Internal migration contributes to the rising age in rural and coastal area
- There is a greater proportion of disease and disability in some rural and coastal areas. This is partly driven by age structure and partly by concentration of deprivation

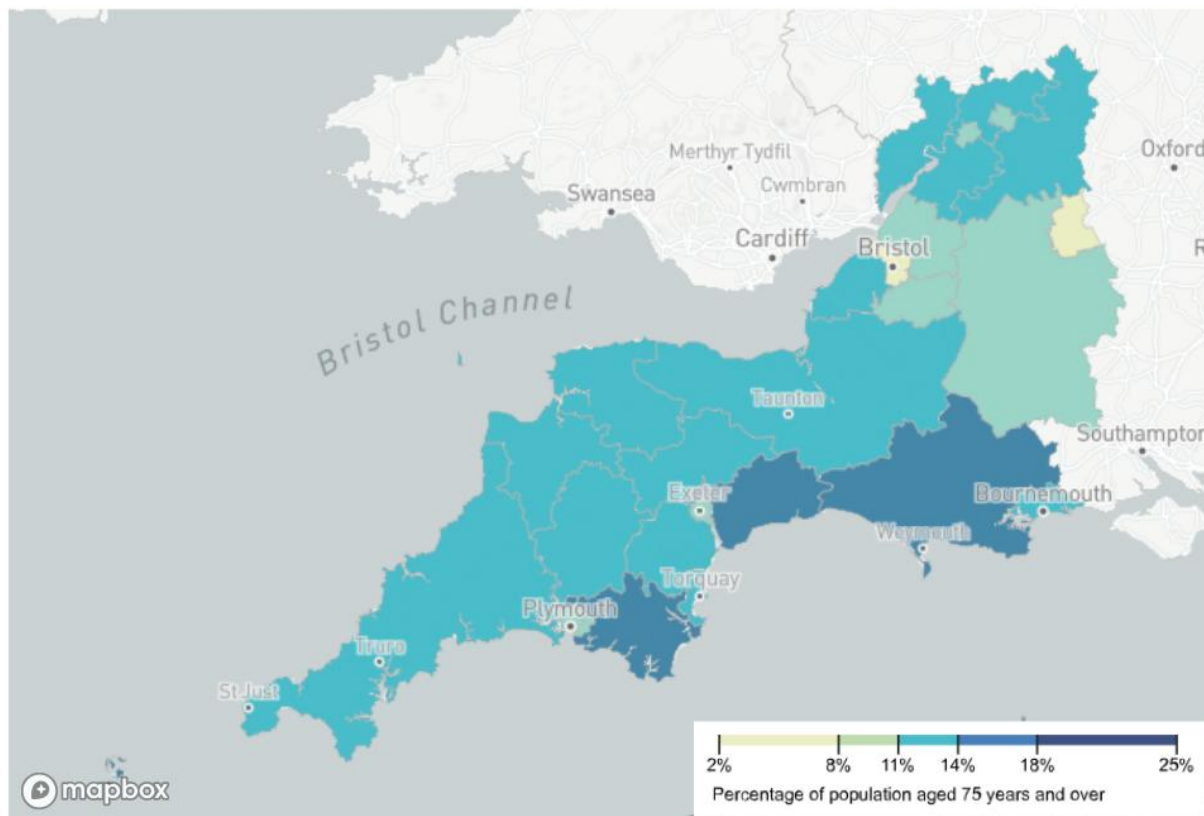
Map of OHID South West showing the crude GP Quality Outcomes Framework prevalence of coronary heart disease, attributed to small geographical areas



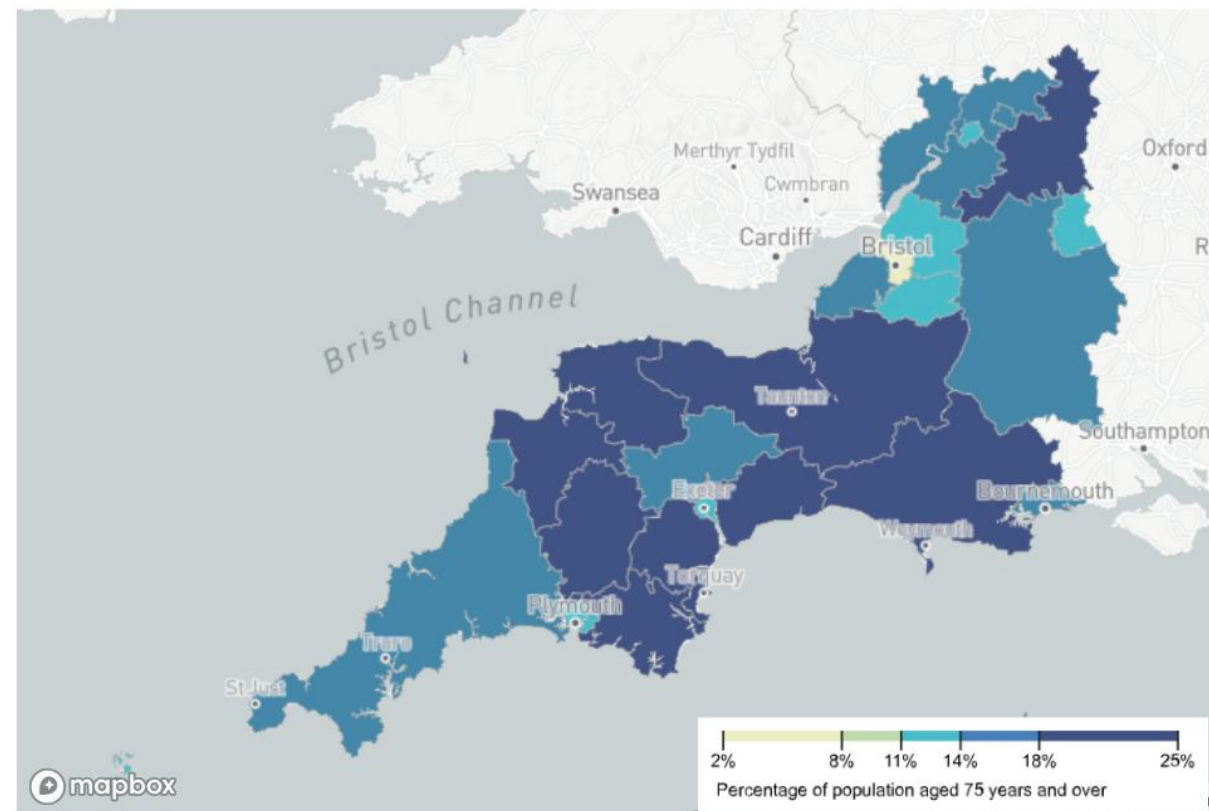
Source data: Analysis of coastal health outcomes by Dr Alex Gibson and Prof Sheena Asthana, Plymouth University

The 75+ population will increase in all areas but some will have much older populations than others

2022



2043



Source data: Office for National Statistics (ONS), 2022 mid-year estimates by local authority, and 2018-based subnational population projections for 2043
Geography: Districts and UAs (from April 2023)

Higher proportions of disability exist in coastal LAs

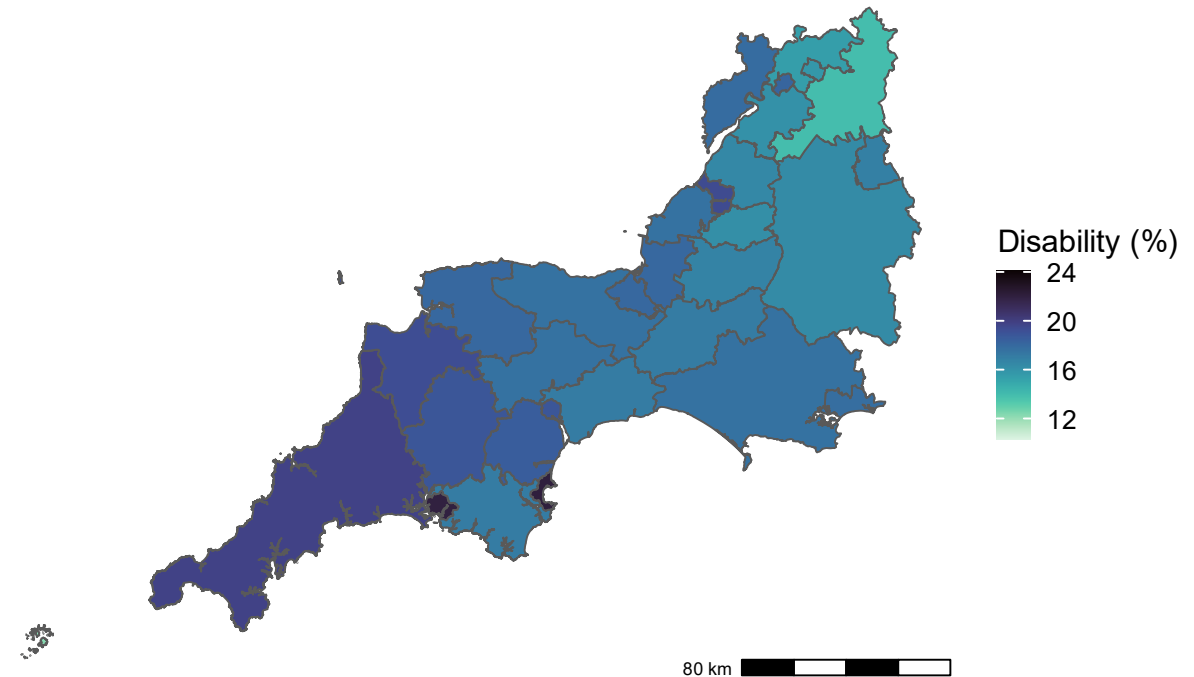
Coastal LAs in the SW tend to have the higher proportions of disabled people

The following local authorities had the largest proportion of disabled people at the 2021 Census:

- Torbay (23.8%)
- Plymouth (21.7%)
- Cornwall (21.1%)
- South West (18.6%)
- England (17.3%)

South Gloucestershire and Wiltshire observed notable increases in the proportion of disabled residents.

Age-standardised proportions of disabled people in South West local authority districts, 2021



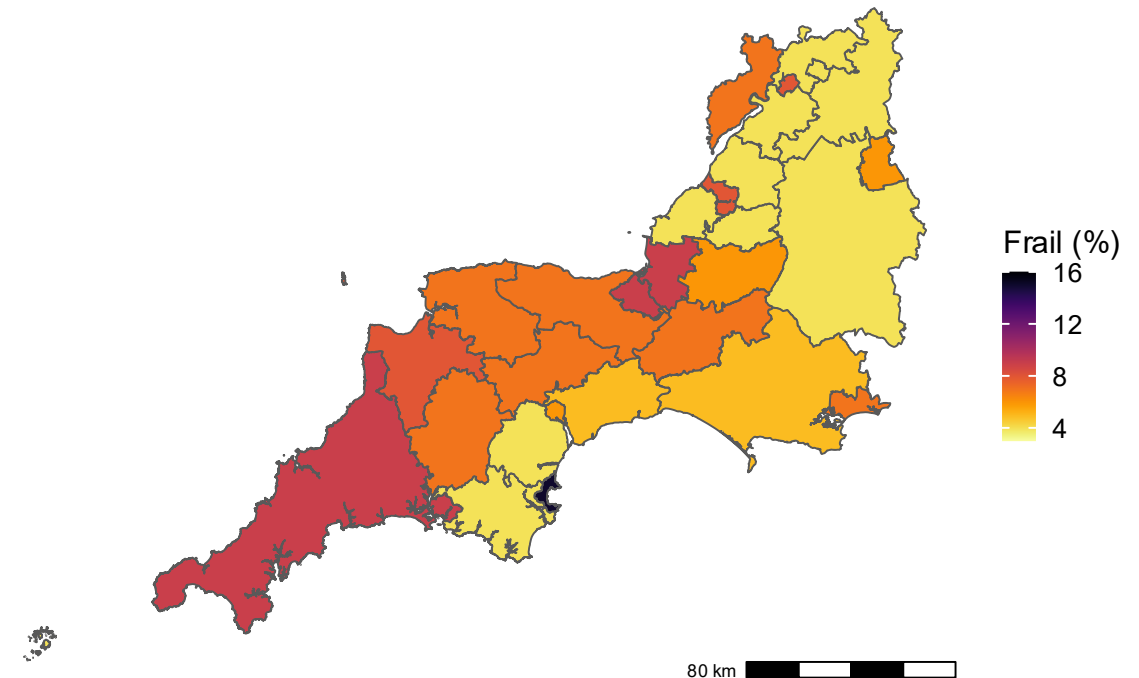
Source: Office for National Statistics licensed under the Open Government Licence v.3.0
Contains OS data. © Crown copyright and database right [2024]

Source data: [Disability, England and Wales: Census 2021](#)

The highest prevalence of frailty in people aged 50+ in the South West is found predominantly across coastal communities

Estimated prevalence of frailty among people aged 50+ in South West local authority districts, 2020

| Local authority district | Urban/rural classification | Coastal/inland classification | Frail (%) |
|-------------------------------------|----------------------------|-------------------------------|-----------|
| Torbay | URBAN | COASTAL | 15.3 |
| Cornwall | RURAL | COASTAL | 9.1 |
| Sedgemoor | URBAN | COASTAL | 9.1 |
| Plymouth | URBAN | COASTAL | 9.0 |
| Torridge | RURAL | COASTAL | 8.9 |
| Bristol, City of | URBAN | INLAND | 8.6 |
| Gloucester | URBAN | INLAND | 8.5 |
| South Somerset | RURAL | INLAND | 7.4 |
| Bournemouth, Christchurch and Poole | URBAN | COASTAL | 7.3 |



Source: Office for National Statistics licensed under the Open Government Licence v.3.0
Contains OS data. © Crown copyright and database right [2024]

[Source: D.R. Sinclair, A. Maharani, T. Chandola, et al. Frailty among Older Adults and Its Distribution in England. J Frailty Aging 2022;11\(2\)163-168](#)

Drug and alcohol use in coastal communities

Shaped by a complex interplay of socioeconomic disadvantage, poor mental health, and limited access to support services

Key issues include:

- High prevalence of alcohol and drug dependency, with significant unmet treatment needs.
- Elevated rates of drug-related deaths and hospital admissions.
- Disproportionate impact on young people and vulnerable groups, including through exploitation in county lines operations.
- Strong links to deprivation, unemployment, and social exclusion.

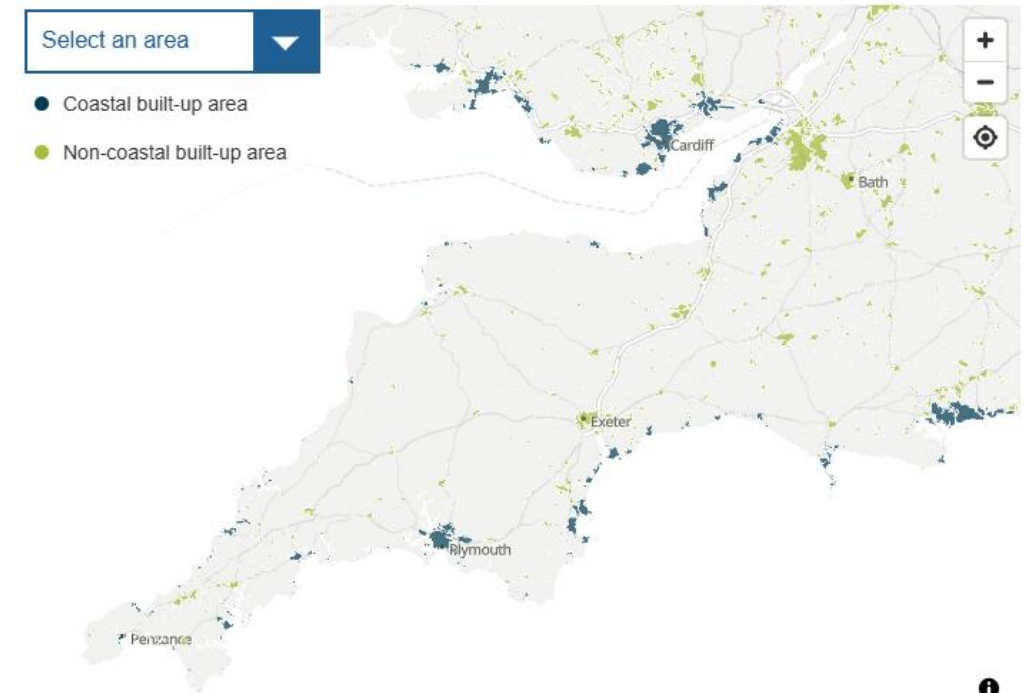
| Publication/Report | Focus/Findings | Geographic Focus |
|--|--|--|
| Chief Medical Officer Annual Report 2021: Health in Coastal Communities (link here) | Comprehensive overview of health inequalities, including substance misuse, in coastal areas. Highlights higher rates of alcohol and drug-related harm, mental health issues, and demographic challenges. | National (with case studies from SW and other coastal towns) |
| Torbay Director of Public Health Annual Report 2022 (link here) | Focuses on alcohol use in Torbay, revealing high rates of alcohol dependency, youth hospital admissions, and school exclusions. | Torbay |
| Somerset Drug and Alcohol Needs Assessment 2022 (link here) | Detailed data on drug and alcohol dependency, treatment gaps, and recent trends in drug-related deaths. | Somerset |

Coastal communities, characteristics of built-up areas, England and Wales: Census 2021

- ONS census based analysis
- Based on coastal v non-coastal built up areas
- Seaside towns – not LTLAs
- Contains information on:

Table of contents

- | | |
|---|--|
| 1. Main points | 8. Coastal communities, characteristics of built-up areas, England and Wales: Census 2021 data |
| 2. Coastal classification of built-up areas | |
| 3. Age and sex | 9. Glossary |
| 4. Health, disability, and unpaid care | 10. Data sources and quality |
| 5. Employment status | 11. Related links |
| 6. Highest level of qualification | 12. Cite this article |
| 7. Tenure | |



Source: Census 2021 from the Office for National Statistics

[Coastal communities, characteristics of built-up areas, England and Wales - Office for National Statistics](#)