



**Isle of Wight  
Council**

# **Isle of Wight Council Healthy People**

**Long-Term Conditions**

**February 2025**

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# 1 Introduction

Our health is one of the most important assets we have as individuals, communities, and society. Health is a state of physical, mental, and social wellbeing, and can be different for different people. For example, for one person, the most important thing for their health might be whether they are able to spend time with those they love. For another, it might be their ability to work and support their family. Summary statistics can help us describe key aspects of health across different life stages within our communities and population on the Isle of Wight.

Local public health teams work in collaboration with other organisations to empower people to take control of their own health, reduce health inequalities and, ultimately, to prevent people experiencing ill health in the first place. To support this, Public Health commission and provide a range of public health services for Island residents such as smoking cessation, weight management, NHS Health checks and substance misuse services.

Data describing the population's health and the current and future health needs are important to understand, to be able to provide services in the best way. This will ensure the best health outcomes for the population of the Isle of Wight.

Health inequalities are unfair and avoidable differences in health across the population, and between different groups within society. Health inequalities arise because of the conditions in which we are born, grow, live, work and age. These conditions, or determinants, influence our opportunities for good health, and how we think, feel and act, and this shapes our mental health, physical health and wellbeing<sup>1</sup>.

This chapter focuses on the health outcomes of our population, the health inequalities which are evident. The data in this report can be explored further by district and Primary Care Networks in the [JSNA Healthy People data report](#).

Our behaviours, personal circumstances including demographics and where we live hugely affect our own life expectancy and health. These influences and risk factors on our health and wellbeing should also be considered when exploring health outcomes and are discussed in more detail in the accompanying [JSNA reports](#).

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<sup>1</sup> [Addressing health inequalities through collaborative action: briefing note \(publishing.service.gov.uk\)](#)

## 2 Long-Term Conditions

Long Term Conditions are those that cannot, at present, be cured, but people living with these conditions can be supported to maintain a good quality of life. People might be living with more than one long-term condition. However many conditions people are living with, it is important that they feel supported to manage their overall health and wellbeing. They should have a care planning discussion recorded in a written care plan.

People living with a long-term condition are more likely to use health and care services. People living with a long-term condition are less likely to be working than the general population. People who smoke are more likely to have flare ups in their condition and more likely to be admitted to hospital. People aged over 85 years are more likely to be living with a long-term condition including frailty.

Over time the needs of people living with long term conditions may change. Planning ahead is key for people who are approaching the end of life and for those important to them. People should have opportunities to discuss their wishes and preferences for now, and for the future, and to have these recorded in a personalised care plan.

Carers are a hugely important asset to the NHS as well as the people for whom they care. Carers may need support both in their caring role and in maintaining their own physical and mental health<sup>2</sup>.

Throughout this report, the Quality and Outcomes Framework (QOF) will be mentioned. The QOF is a system designed to remunerate general practices for providing good quality care to their patients, and to help fund work to further improve the quality of health care delivered. It is a fundamental part of the General Medical Services Contract, introduced in 2004.

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<sup>2</sup> [NHS England - Enhancing the quality of life for people living with long-term conditions](#)

## 3 Cardiovascular

Cardiovascular disease (CVD) is a general term for conditions affecting the heart or blood vessels. It's usually associated with a build-up of fatty deposits inside the arteries (atherosclerosis) and an increased risk of blood clots. It can also be associated with damage to arteries in organs such as the brain, heart, kidneys and eyes.

CVD is one of the main causes of death and disability in the UK, but it can often largely be prevented by leading a healthy lifestyle<sup>3</sup>.

### 3.1 Cardiovascular Disease

The exact cause of CVD isn't clear, but there are lots of things that can increase your risk of getting it. These are called "risk factors". The more risk factors you have, the greater your chances of developing CVD<sup>4</sup>.

Since 2001-03, the under 75 mortality rate due to CVD on the Isle of Wight has been following the same trend pattern as England, either significantly better or statistically comparable in each time period<sup>5</sup>.

### 3.2 Atrial Fibrillation

Atrial fibrillation (sometimes called afib or AF) is a type of heart rhythm problem where your heartbeat is not steady<sup>6</sup>.

For the Isle of Wight, GP reporting of diagnosed AF has been consistently higher than England and has been increasing<sup>7</sup>.

### 3.3 Coronary Heart Disease

Coronary heart disease (CHD) is the term that describes what happens when your heart's blood supply is blocked or interrupted by a build-up of fatty substances in the coronary arteries. CHD is a major cause of death in the UK and worldwide<sup>8</sup>.

While England's GP recorded prevalence rate has been decreasing, the Isle of Wight has had no significant change. The Island has remained higher than the national average between 2012/13 and 2023/24<sup>9</sup>.

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<sup>3</sup> [Cardiovascular disease - NHS](#)

<sup>4</sup> [Cardiovascular disease - NHS](#)

<sup>5</sup> [Fingertips | Department of Health and Social Care](#)

<sup>6</sup> [Atrial fibrillation - NHS](#)

<sup>7</sup> [Fingertips | Department of Health and Social Care](#)

<sup>8</sup> [Coronary heart disease - NHS](#)

<sup>9</sup> [Fingertips | Department of Health and Social Care](#)

The Island's rate of hospital admissions due to CHD have been consistently lower than England, however, the recent trend has seen no significant change<sup>10</sup>.

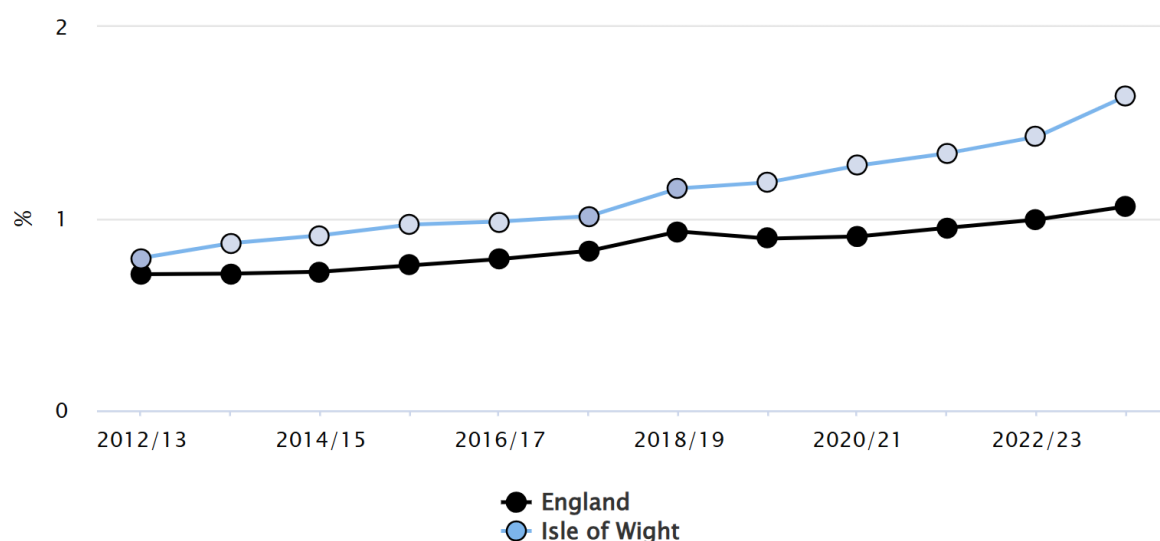
### 3.4 Heart Failure

Heart failure means that the heart is unable to pump blood around the body properly. It usually happens because the heart has become too weak or stiff. Heart failure does not mean your heart has stopped working. It means it needs some support to help it work better. It can occur at any age but is most common in older people.

Heart failure is a long-term condition that tends to get gradually worse over time. It cannot usually be cured, but the symptoms can often be controlled for many years<sup>11</sup>.

While England's QOF prevalence rate has been increasing, the Isle of Wight has been increasing at a faster rate so the gap between the two areas is getting bigger, see Figure 1 below<sup>12</sup>.

**Figure 1:** Rate of Heart Failure QOF prevalence on the Isle of Wight, 2012/13 to 2023/24



<sup>10</sup> [Fingertips | Department of Health and Social Care](#)

<sup>11</sup> [Heart failure - NHS](#)

<sup>12</sup> [Fingertips | Department of Health and Social Care](#)

Hospital admissions due to heart failure have generally been lower than England but is increasing and getting worse and have recently become higher than England, although not significantly so<sup>13</sup>.

### 3.5 Hypertension

Hypertension (also called high blood pressure) can lead to serious problems like heart attacks or strokes. But lifestyle changes and blood pressure medicines can help you stay healthy.

High blood pressure is very common, especially in older adults. There are usually no symptoms, so you may not realise you have it<sup>14</sup>.

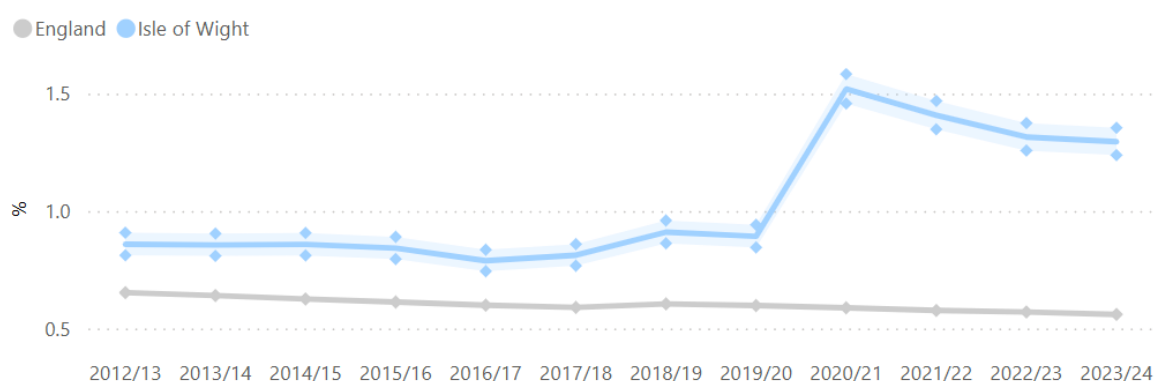
Like England, the Isle of Wight's trend is increasing, with the Island being consistently higher than England<sup>15</sup>.

### 3.6 Peripheral Arterial Disease

Peripheral arterial disease (PAD) is a common condition where a build-up of fatty deposits in the arteries restricts blood supply to leg muscles. Many people with PAD have no symptoms. However, some develop a painful ache in their legs when they walk, which usually disappears after a few minutes' rest. The pain can range from mild to severe and usually goes away after a few minutes when you rest your legs<sup>16</sup>.

While England has been decreasing, so was the Isle of Wight until 2019/20, at which point there was a large increase, at odds to the England figure. It has been decreasing again since 2020/21, as seen in Figure 2.

**Figure 2:** QOF prevalence of PAD on the Isle of Wight, 2012/13 to 2023/24



<sup>13</sup> [Fingertips | Department of Health and Social Care](#)

<sup>14</sup> [High blood pressure - NHS](#)

<sup>15</sup> [Fingertips | Department of Health and Social Care](#)

<sup>16</sup> [Peripheral arterial disease \(PAD\) - NHS](#)

### 3.7 Stroke and Transient Ischaemic Attack

A stroke is when blood stops flowing to a part of your brain. It can affect things like speech and movement, and take a long time to recover. A stroke needs urgent medical help in hospital because it can be life-threatening<sup>17</sup>.

A transient ischaemic attack (TIA) or "mini stroke" is caused by a temporary disruption in the blood supply to part of the brain. A TIA does not last as long as a stroke. The effects last a few minutes to a few hours and fully resolve within 24 hours<sup>18</sup>.

Prevalence of diagnosed stroke on the Isle of Wight is higher than England but the recent trend shows no significant change<sup>19</sup>.

The under 75 mortality rate has been consistently below or similar to the England figure since 2001-03<sup>20</sup>.

The recent trend shows that there has been no significant change in the trend of hospital admissions due to stroke on the Island<sup>21</sup>.

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<sup>17</sup> [Stroke - NHS](#)

<sup>18</sup> [Transient ischaemic attack \(TIA\) - NHS](#)

<sup>19</sup> [Fingertips | Department of Health and Social Care](#)

<sup>20</sup> [Fingertips | Department of Health and Social Care](#)

<sup>21</sup> [Fingertips | Department of Health and Social Care](#)



## 4 Respiratory

Respiratory disease affects one in five people and is the third biggest cause of death in England (after cancer and cardiovascular disease). Respiratory diseases are a major factor in winter pressures faced by the NHS; most respiratory admissions are non-elective and during the winter period these double in number.

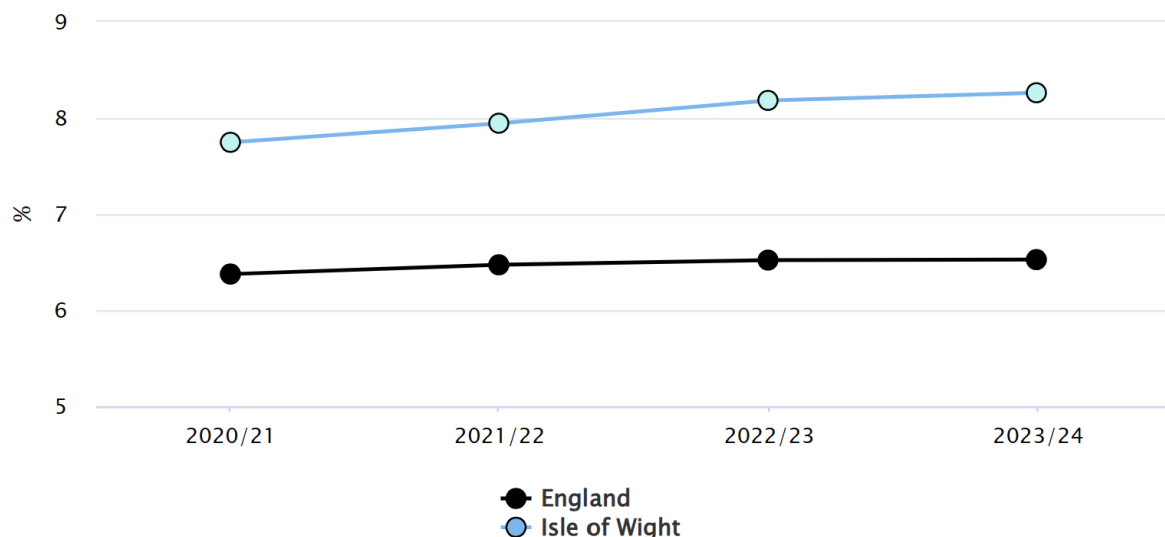
Incidence and mortality rates from respiratory disease are higher in disadvantaged groups and areas of social deprivation, with the gap widening and leading to worse health outcomes. The most deprived communities have a higher incidence of smoking rates, exposure to higher levels of air pollution, poor housing conditions and exposure to occupational hazards<sup>22</sup>.

### 4.1 Asthma

Asthma is a common lung condition that causes occasional breathing difficulties. It affects people of all ages and often starts in childhood, although it can also develop for the first time in adults. There's currently no cure, but there are simple treatments that can help keep the symptoms under control, so it does not have a big impact on your life<sup>23</sup>.

QOF prevalence of asthma on the Isle of Wight has been stable for the last few years, however it has been significantly above the England average<sup>24</sup>.

**Figure 3:** QOF prevalence of Asthma on the Isle of Wight, 2020/21 to 2023/24



<sup>22</sup> [NHS England » Respiratory disease](#)

<sup>23</sup> [Asthma - NHS](#)

<sup>24</sup> [Fingertips | Department of Health and Social Care](#)

Hospital admissions for asthma in under 19s on the Isle of Wight has been significantly lower (better) than England although the recent trend shows no significant change<sup>25</sup>. There were 15 admissions on the Island in 2022/23.

## 4.2 Chronic Obstructive Pulmonary Disease (COPD)

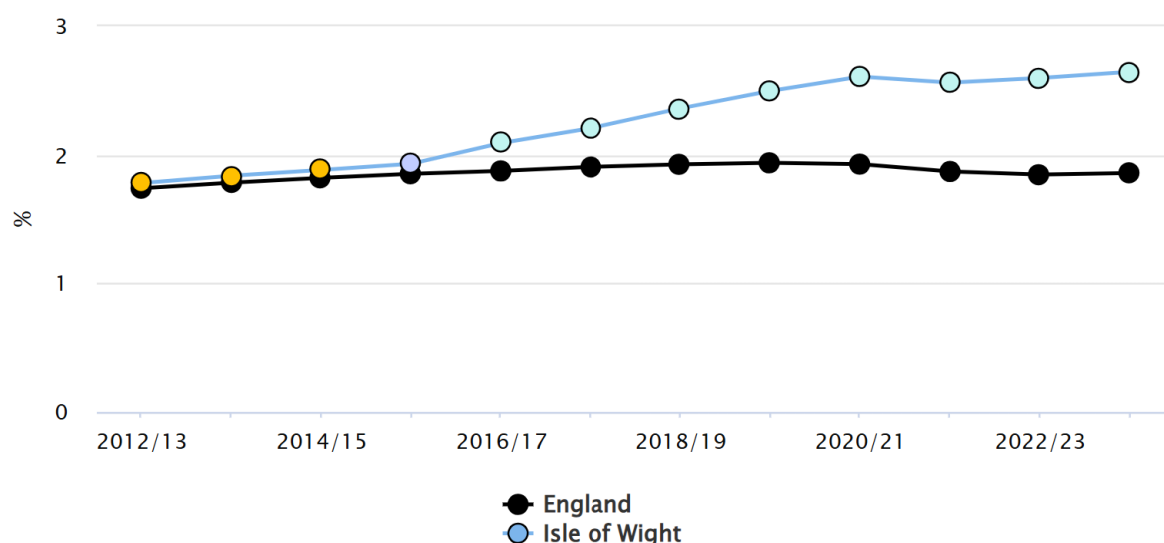
Chronic obstructive pulmonary disease (COPD) is the name for a group of lung conditions that cause breathing difficulties. It includes:

- emphysema – damage to the air sacs in the lungs
- chronic bronchitis – long-term inflammation of the airways

COPD is a common condition that mainly affects middle-aged or older adults who smoke. Many people do not realise they have it. The breathing problems tend to get gradually worse over time and can limit your normal activities, although treatment can help keep the condition under control<sup>26</sup>.

QOF prevalence of COPD on the Isle of Wight has been consistently higher than the England average. Although the rate has increased since 2012/13, the recent trend shows no significant change<sup>27</sup>, as seen in Figure 4 below.

**Figure 4:** QOF prevalence of COPD on the Isle of Wight, 2012/13 to 2023/24



<sup>25</sup> [Fingertips | Department of Health and Social Care](#)

<sup>26</sup> [Chronic obstructive pulmonary disease \(COPD\) - NHS](#)

<sup>27</sup> [Fingertips | Department of Health and Social Care](#)

Emergency hospital admissions for COPD (ages 35 and over) on the Isle of Wight are consistently below (better than) the England average, however, the recent trend shows no significant change<sup>28</sup>.

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<sup>28</sup> [Fingertips | Department of Health and Social Care](#)

## 5 Lifestyles

NHS advice about healthy living includes eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol<sup>29</sup>.

### 5.1 Obesity

The term obese describes a person who has excess body fat. In the UK it's estimated that around 1 in every 4 adults and around 1 in every 5 children aged 10 to 11 are living with obesity<sup>30</sup>.

QOF prevalence of obesity has changed definition recently. From a previous definition of obesity as a blanket BMI equal to or greater than 30<sup>31</sup>, to the new definition of a BMI of 30 or 27.5 for patients with a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background<sup>32</sup>. The old definition was retired after 2022/23 and a new definition introduced in 2023/24.

The most recent time period shows that the Isle of Wight is significantly higher than the England figure – 13.2% compared to 12.8%<sup>33</sup>.

### 5.2 Smoking

The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing over 8 million people a year around the world. More than 7 million of those deaths are the result of direct tobacco use while around 1.3 million are the result of non-smokers being exposed to second-hand smoke. All forms of tobacco use are harmful, and there is no safe level of exposure to tobacco<sup>34</sup>.

QOF prevalence of smoking on the Isle of Wight has been consistently higher than England but has been decreasing and getting better<sup>35</sup>. The most recent time period shows 16.2% for the Island compared to 14.7% in England.

Smoking attributable mortality has been consistently lower (better) than England<sup>36</sup>.

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<sup>29</sup> [Live Well - NHS](#)

<sup>30</sup> [Obesity - NHS](#)

<sup>31</sup> [Fingertips | Department of Health and Social Care](#)

<sup>32</sup> [Fingertips | Department of Health and Social Care](#)

<sup>33</sup> [Fingertips | Department of Health and Social Care](#)

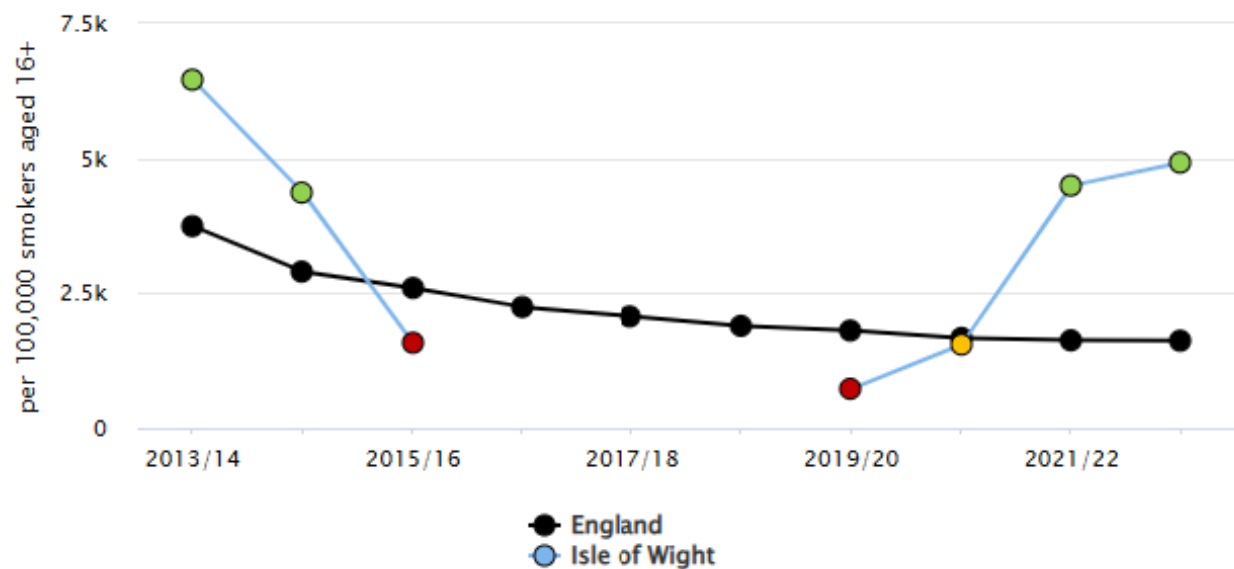
<sup>34</sup> [Tobacco](#)

<sup>35</sup> [Fingertips | Department of Health and Social Care](#)

<sup>36</sup> [Fingertips | Department of Health and Social Care](#)

Over the last few years, the Isle of Wight's rate of smokers who have successfully quit at four weeks has increased in recent years and is now significantly higher (better) than England<sup>37</sup>, as seen in Figure 5 below.

**Figure 5:** Smokers who have successfully quit at 4 weeks on the Isle of Wight, 2013/14 to 2022/23



<sup>37</sup> [Fingertips | Department of Health and Social Care](#)

## 6 High Dependency and Long-Term Conditions

Long-term conditions are chronic diseases or conditions for which there is currently no cure, and which are managed with medications and other treatments. These conditions can generally last for a year or longer and may impact upon a person's everyday life<sup>38</sup>.

### 6.1 Cancer

Cancer is a condition where cells in a specific part of the body grow and reproduce uncontrollably. The cancerous cells can invade and destroy surrounding healthy tissue, including organs.

One in two people will develop some form of cancer during their lifetime. In the UK, the four most common types of cancer are:

- breast cancer
- lung cancer
- prostate cancer
- bowel cancer<sup>39</sup>

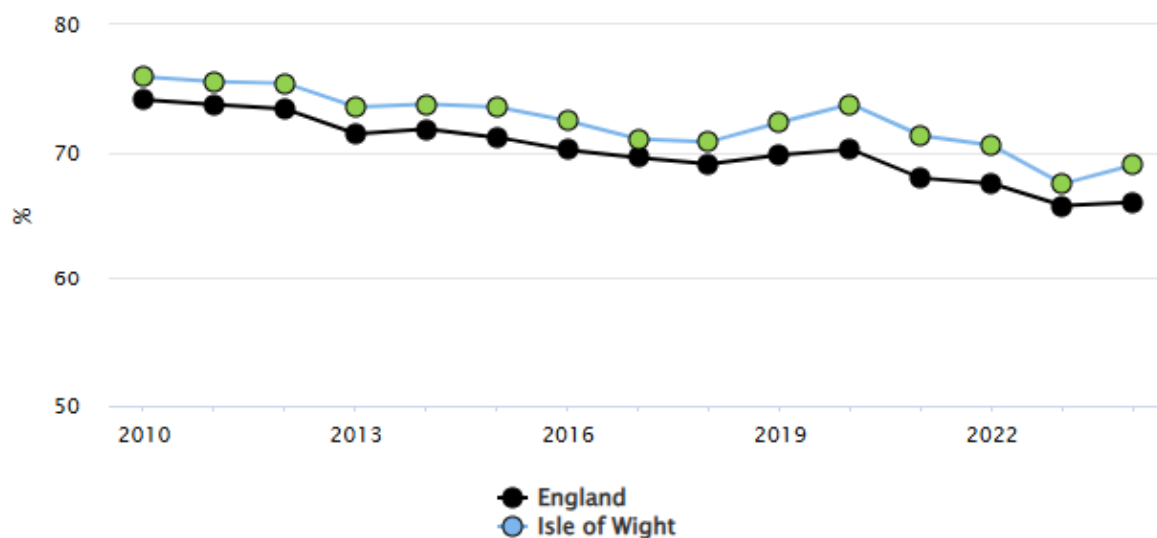
Screening levels for bowel, breast, and cervical cancer (aged 25 to 49 years old) have been consistently higher (better) than England. The trend for breast cancer and cervical cancer (aged 25 to 49 years) are both declining, however cervical screening for ages 50 to 64 years old are significantly lower (worse) than England, as seen in Figures 6 and 7 below.

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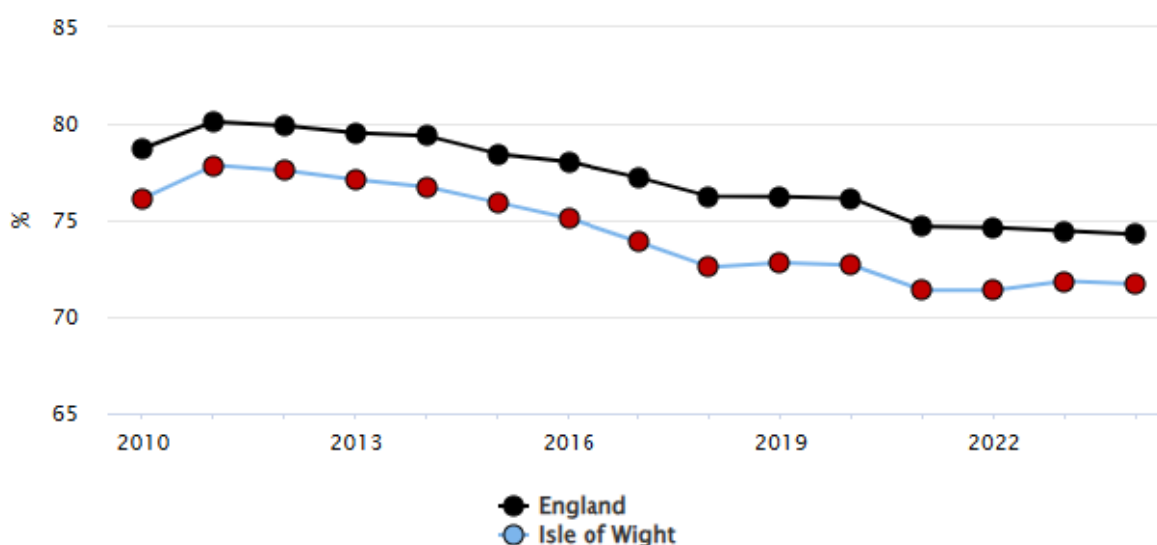
<sup>38</sup> [Long term conditions: Black Country ICB](#)

<sup>39</sup> [Cancer - NHS](#)

**Figure 6:** Cervical cancer screening coverage (aged 25 to 49 years old) on the Isle of Wight, 2010 to 2024



**Figure 7:** Cervical cancer screening coverage (aged 50 to 64 years old) on the Isle of Wight, 2010 to 2024



## 6.2 Chronic Kidney Disease (CKD)

Chronic kidney disease (CKD) is a long-term condition where the kidneys do not work as well as they should. It's a common condition often associated with getting older. CKD can get worse over time and eventually the kidneys may stop working altogether, but this is uncommon. Many people with CKD are able to live long lives with the condition<sup>40</sup>.

<sup>40</sup> [Chronic kidney disease - NHS](#)

QOF prevalence of CKD on the Isle of Wight follows a similar trend to England, and the recent trend reports no significant change<sup>41</sup>.

### 6.3 Diabetes

Diabetes is a condition that causes a person's blood sugar level to become too high. There are 2 main types of diabetes:

- Type 1 diabetes – a lifelong condition where the body's immune system attacks and destroys the cells that produce insulin
- Type 2 diabetes – where the body does not produce enough insulin, or the body's cells do not react to insulin properly

Type 2 diabetes is far more common than type 1. In the UK, over 90% of all adults with diabetes have type 2.

High blood sugar that develops during pregnancy is known as gestational diabetes. It usually goes away after giving birth<sup>42</sup>.

QOF prevalence of diabetes on the Isle of Wight has been consistently higher than England and is increasing from 6.2% in 2012/13. To 8.4% in 2023/24<sup>43</sup>.

### 6.4 Non-Diabetic Hypoglycaemia

Many people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes. This is known as non-diabetic hyperglycaemia (NDH), or pre-diabetes. People with non-diabetic hyperglycaemia are at greater risk of developing type 2 diabetes, but the risk can be reduced through lifestyle changes<sup>44</sup>.

QOF prevalence of NDH on the Isle of Wight is slightly lower than that of England<sup>45</sup>.

### 6.5 Hepatitis

Hepatitis is the term used to describe inflammation of the liver. It's usually the result of a viral infection or liver damage caused by drinking alcohol.

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<sup>41</sup> [Fingertips | Department of Health and Social Care](#)

<sup>42</sup> [Diabetes - NHS](#)

<sup>43</sup> [Fingertips | Department of Health and Social Care](#)

<sup>44</sup> [Diabetes - NHS](#)

<sup>45</sup> [Fingertips | Department of Health and Social Care](#)



There are several different types of hepatitis. Some types will pass without any serious problems, while others can be long-lasting (chronic) and cause scarring of the liver (cirrhosis), loss of liver function and, in some cases, liver cancer<sup>46</sup>.

Acute Hepatitis B detection rate on the Isle of Wight is similar to England<sup>47</sup>.

Hepatitis C detection rate is significantly lower on the Isle of Wight than for England at 9.3 per 100,000 compared to 25.1 per 100,000<sup>48</sup>.

## 6.6 HIV

HIV (human immunodeficiency virus) is a virus that damages the cells in your immune system and weakens your ability to fight everyday infections and disease.

There's currently no cure for HIV, but there are very effective drug treatments that enable most people with the virus to live a long and healthy life.

With an early diagnosis and effective treatments, most people with HIV will not develop any AIDS-related illnesses and will live a near-normal lifespan<sup>49</sup>.

HIV diagnosed prevalence rate on the Isle of Wight is consistently lower (better) at 0.67 per 1,000 than the benchmarking goal of <2 per 1,000<sup>50</sup>, however it is increasing and getting worse. The diagnosed prevalence rate in those aged 15 to 59 is also consistently lower (better) than England at 0.86 per 1,000 but the recent trend shows no significant change<sup>51</sup>.

## 6.7 Liver Disease

There are many different types of liver disease. You can help prevent some of them by maintaining a healthy weight and staying within the recommended alcohol limits, if you drink.

Some types of common liver disease and their possible causes include:

- Alcohol-related liver disease
  - Regularly drinking too much alcohol
- Non-alcoholic fatty liver disease
  - Being very overweight (obese) – this may cause fat to build up in the liver

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<sup>46</sup> [Hepatitis - NHS](#)

<sup>47</sup> [Fingertips | Department of Health and Social Care](#)

<sup>48</sup> [Fingertips | Department of Health and Social Care](#)

<sup>49</sup> [HIV and AIDS - NHS](#)

<sup>50</sup> [Fingertips | Department of Health and Social Care](#)

<sup>51</sup> [Fingertips | Department of Health and Social Care](#)

- Hepatitis
  - Catching a viral infection or regularly drinking too much alcohol
- Haemochromatosis
  - A gene that runs in families and may be passed from parents to children
- Primary biliary cholangitis
  - May be caused by a problem with the immune system

Treatment for liver disease depends on the type you have and how severe it is. Healthy lifestyle changes can help with some types of liver disease. For example, alcohol-related liver disease may improve if you stop drinking alcohol. Some types of liver disease (such as certain types of hepatitis) may need to be treated with medicine<sup>52</sup>.

Figures show that the Isle of Wight is statistically similar to the England figures across all of the mortality indicators<sup>53,54,55,56,57,58,59,60</sup>.

Most hospital admission indicators for the Isle of Wight are also statistically similar to England<sup>61,62,63,64</sup>.

## 6.8 Palliative Care

If you have an illness that cannot be cured, palliative care makes you as comfortable as possible by managing your pain and other distressing symptoms. It also involves psychological, social and spiritual support for you and your family or carers. This is called a holistic approach, because it deals with you as a "whole" person, not just your illness or symptoms<sup>65</sup>.

QOF prevalence of palliative/supportive care for the NHS Hampshire and Isle of Wight Integrated Care Board (ICB) area has changed from being significantly above the England average in 2012/13 to 2015/16, to significantly below the England average from 2017/18 to 2023/24<sup>66</sup>.

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<sup>52</sup> [Liver disease - NHS](#)

<sup>53</sup> [Fingertips | Department of Health and Social Care](#)

<sup>54</sup> [Fingertips | Department of Health and Social Care](#)

<sup>55</sup> [Fingertips | Department of Health and Social Care](#)

<sup>56</sup> [Fingertips | Department of Health and Social Care](#)

<sup>57</sup> [Fingertips | Department of Health and Social Care](#)

<sup>58</sup> [Fingertips | Department of Health and Social Care](#)

<sup>59</sup> [Fingertips | Department of Health and Social Care](#)

<sup>60</sup> [Fingertips | Department of Health and Social Care](#)

<sup>61</sup> [Fingertips | Department of Health and Social Care](#)

<sup>62</sup> [Fingertips | Department of Health and Social Care](#)

<sup>63</sup> [Fingertips | Department of Health and Social Care](#)

<sup>64</sup> [Fingertips | Department of Health and Social Care](#)

<sup>65</sup> [What end of life care involves - NHS](#)

<sup>66</sup> [Fingertips | Department of Health and Social Care](#)

## 7 Mental Health and Neurology

Mental health is the way we think and feel. We all go through times when we feel worried, confused or down.

Mental health problems are when difficulties get in the way of how we think and feel. This can mean that we find it hard to cope with family life, relationships, school or the wider world.

Mental health conditions include such things as depression, anxiety and eating disorders<sup>67</sup>.

### 7.1 Dementia

Dementia is a syndrome (a group of related symptoms) associated with an ongoing decline of brain functioning. There are many different causes of dementia, and many different types.

Dementia is not only about memory loss. It can also affect the way you speak, think, feel and behave. It's also important to remember that dementia is not a natural part of ageing.

People often get confused about the difference between Alzheimer's disease and dementia. Alzheimer's disease is a type of dementia and, together with vascular dementia, makes up the majority of cases<sup>68</sup>.

The QOF prevalence of dementia on the Isle of Wight has consistently been within the highest 20% in England, although the recent trend shows that it's decreasing<sup>69</sup>.

The rate of mortality for people with dementia (aged 65 years and older) on the Isle of Wight is currently statistically lower (better) than England, but the recent trend shows no significant change<sup>70</sup>.

### 7.2 Depression

Depression is more than simply feeling unhappy or fed up for a few days. Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days.

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<sup>67</sup> [What is mental health? | Oxford Health CAMHS](#)

<sup>68</sup> [What is dementia - NHS](#)

<sup>69</sup> [Fingertips | Department of Health and Social Care](#)

<sup>70</sup> [Fingertips | Department of Health and Social Care](#)

Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. Depression is not a sign of weakness or something you can "snap out of" by "pulling yourself together"<sup>71</sup>.

The QOF incidence of new diagnoses of depression (aged 18+) show that the Isle of Wight is in the lowest 20% in England and the recent trend is decreasing<sup>72</sup>.

### 7.3 Epilepsy

Epilepsy is a common condition that affects the brain and causes frequent seizures. Seizures are bursts of electrical activity in the brain that temporarily affect how it works. They can cause a wide range of symptoms. It's often lifelong, but can sometimes get slowly better over time<sup>73</sup>.

Hospital admissions for epilepsy in under 19s on the Isle of Wight is statistically similar to England and the recent trend shows no significant change<sup>74</sup>.

### 7.4 Learning Disabilities

A learning disability affects the way a person learns new things throughout their life. A learning disability is different for everyone. No two people are the same. A person with a learning disability might have some difficulty:

- understanding complicated information
- learning some skills
- looking after themselves or living alone<sup>75</sup>

The QOF prevalence of LD on the Isle of Wight has been consistently above the England value but the recent trend shows no significant change<sup>76</sup>.

### 7.5 Mental Health

Mental health refers to our emotional, psychological, and social well-being. We all have mental health. Our mental health affects how we think, feel, and act. It also impacts on how we cope, interact and form relationships with others, as well as our daily functioning<sup>77</sup>.

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<sup>71</sup> [Overview - Depression in adults - NHS](#)

<sup>72</sup> [Fingertips | Department of Health and Social Care](#)

<sup>73</sup> [Epilepsy - NHS](#)

<sup>74</sup> [Fingertips | Department of Health and Social Care](#)

<sup>75</sup> [Learning disabilities - NHS](#)

<sup>76</sup> [Fingertips | Department of Health and Social Care](#)

<sup>77</sup> [Mental Health/Illness and Resilience – CAMHS](#)

The QOF prevalence of Mental Health on the Isle of Wight has been consistently significantly higher, at 1.2%, than England at 1.0%<sup>78</sup>, as has the percentage of school pupils with social, emotional and mental health needs, which is increasing and getting worse<sup>79</sup>.

Premature mortality in adults with severe mental illness on the Isle of Wight has been consistently significantly higher than England until the last two data points, in which it is similar<sup>80</sup>.

The suicide rate on the Isle of Wight has been statistically similar to England since 2010-12<sup>81</sup>. The number of years of life lost to suicide has also been similar to England in all time periods except one<sup>82</sup>.

In recent years, emergency hospital admissions for intentional self-harm on the Isle of Wight has been significantly higher than England, however, the trend is decreasing and getting better, from 279.2 per 100,000 in 2021/22 to 188.2 per 100,000 in 2023/24<sup>83</sup>. Hospital admissions as a result of self-harm for ages 10- to 24-year olds are also higher than England at 518.1 per 100,000 compared to 266.6 per 100,000 with no significant change in recent years<sup>84</sup>. It is worth noting that there were 105 admissions in 2023/24 – down from 160 in 2020/21 but up from 85 in 2016/17.

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<sup>78</sup> [Fingertips | Department of Health and Social Care](#)

<sup>79</sup> [Fingertips | Department of Health and Social Care](#)

<sup>80</sup> [Fingertips | Department of Health and Social Care](#)

<sup>81</sup> [Fingertips | Department of Health and Social Care](#)

<sup>82</sup> [Fingertips | Department of Health and Social Care](#)

<sup>83</sup> [Fingertips | Department of Health and Social Care](#)

<sup>84</sup> [Fingertips | Department of Health and Social Care](#)

## 8 Musculoskeletal

Musculoskeletal (MSK) conditions affect many people and can affect your joints, bones and muscles and sometimes associated tissues such as your nerves. They can range from minor injuries to long-term conditions.

Over 20 million people in the UK, almost one third of the population, have a MSK condition such as arthritis or back pain. Symptoms can include pain, stiffness, limited movement, and disability which affect quality of life and independence<sup>85</sup>.

### 8.1 Osteoporosis

Osteoporosis is a health condition that weakens bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a fall or sudden impact causes a bone to break (fracture).

Osteoporosis is not usually painful until a bone is broken, but broken bones in the spine are a common cause of long-term pain.

QOF prevalence of osteoporosis (aged 50+) on the Isle of Wight is significantly higher than England in the most recent time period<sup>86</sup>.

### 8.2 Rheumatoid Arthritis

Rheumatoid arthritis is a long-term condition that causes pain, swelling and stiffness in the joints. The condition usually affects the hands, feet and wrists.

Some people with rheumatoid arthritis also experience problems in other parts of the body, or more general symptoms such as tiredness and weight loss.

QOF prevalence of rheumatoid arthritis on the Isle of Wight has been significantly higher than England from every year from 2013/14<sup>87</sup>.

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<sup>85</sup> [NHS England » Musculoskeletal health](#)

<sup>86</sup> [Fingertips | Department of Health and Social Care](#)

<sup>87</sup> [Fingertips | Department of Health and Social Care](#)