

# JSNA Health and Wellbeing Profile 2021/22

## Dementia

### Summary points

- The Bristol rate of dementia is 0.62% which is lower than the England average (0.79%). This may be expected given Bristol's younger population.
- However, as a proportion of patients aged 65 and over, 4.43% in Bristol are recorded as having dementia, which is higher than in England (3.97%).
- The risk of dementia can be reduced by leading a healthy lifestyle, such as not smoking, eating well, and being active.

### Dementia data for Bristol

Nationally, it's estimated that 7.1% of people over the age of 65 have dementia<sup>1</sup>, which broadly equates to about 4,280 people (65+) with dementia in Bristol<sup>2</sup>.

In 2019/20 3,344 people in Bristol had a diagnosis of dementia recorded by their GP<sup>3</sup>. This is 0.62% of all Bristol GP patients and has increased since 2011/12 by over 36% – see fig 1. The Bristol rate is lower than the England average (0.79%), which may be expected given Bristol's younger population. However, as a proportion of patients aged 65 and over, 4.43% in Bristol are recorded as having dementia, which is higher than in England (3.97%).

NICE clinical guidelines<sup>4</sup> on dementia state that a blood test should be done as part of a “basic dementia screen to exclude potentially reversible or modifying causes for the dementia and to help exclude other diagnoses”. According to the 2018/19 Quality and Outcomes Framework (QOF) indicator DEM005 the percentage of patients with a new diagnosis of dementia with a record of a blood test in Bristol was 62% - lower than England's 70%<sup>5</sup>.

<sup>1</sup> Source: Projections of older people with dementia and costs of dementia care in the United Kingdom, 2019–2040; report by Care Policy and Evaluation Centre, London School of Economics and Political Science for the Alzheimer's Society (November 2019); [https://www.alzheimers.org.uk/sites/default/files/2019-11/cpec\\_report\\_november\\_2019.pdf](https://www.alzheimers.org.uk/sites/default/files/2019-11/cpec_report_november_2019.pdf)

<sup>2</sup> Estimate for 2019; Source: “Projections of older people with dementia and costs of dementia care in the United Kingdom, 2019–2040” [https://www.alzheimers.org.uk/sites/default/files/2019-11/cpec\\_report\\_november\\_2019.pdf](https://www.alzheimers.org.uk/sites/default/files/2019-11/cpec_report_november_2019.pdf)

<sup>3</sup> QOF 2019/20 via NHS Digital: <https://digital.nhs.uk/pubs/qof1920>  
<http://fingertips.phe.org.uk/profile-group/mental-health/profile/dementia>

<sup>4</sup> <https://www.nice.org.uk/guidance/ng97>

<sup>5</sup> Quality and Outcomes Framework 2018-19 via NHS Digital, <https://digital.nhs.uk/pubs/qof1819>; DEM005 indicator has not been included in 2019/20 QOF.

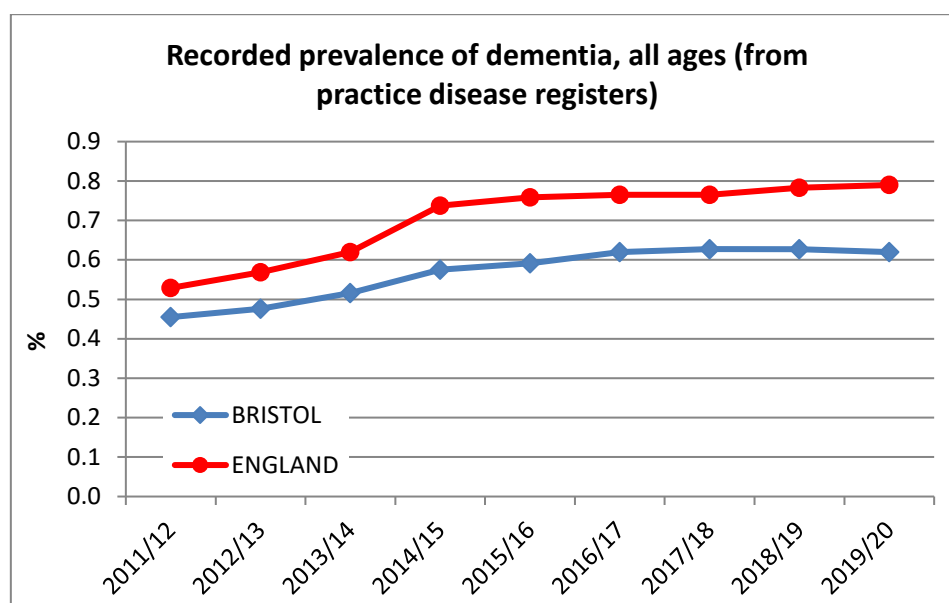


Figure 1: Recorded prevalence of dementia; QOF via NHS Digital, July 2021

The biggest risk associated with the development of dementia is age. A person's risk of developing dementia rises from 1 in 14 over the age of 65, to 1 in 6 over the age of 80<sup>6</sup>.

The risk of dementia can be reduced by leading a healthy lifestyle. Choices that are good for the heart and circulation, such as not smoking, eating well, and being active lower the risk of dementia<sup>7</sup>.

## Population

Projections estimate that the number of people aged over 65 in Bristol will increase by 11% by 2030, and by 19.3% by 2040<sup>8</sup>. The number of people with dementia aged over 65 is projected to rise by 28.4% in the next 10 years<sup>9</sup>. This higher rise is largely due to the projected increase in people in the older age range (85+), who have much higher prevalence rates for dementia.

## Gender

In 2020 we estimate there were over 1,900 men 65+ with dementia in Bristol and over 2,300 women 65+<sup>10</sup>. More women than men develop dementia as women live longer on average.

<sup>6</sup> Source: Dementia UK: Update 2nd Edition report by King's College London and the London School of Economics for the Alzheimer's Society (2014)

<sup>7</sup> [www.alzheimersresearchuk.org/about-dementia/helpful-information/reducing-the-risk/](https://www.alzheimersresearchuk.org/about-dementia/helpful-information/reducing-the-risk/)

<sup>8</sup> ONS 2018-based Sub-national Population Projections - these are trend-based projections, which means assumptions for future levels of births, deaths and migration are based on observed levels. Projections become increasingly uncertain the further they are carried forward due to the inherent uncertainty of demographic behaviour.

<sup>9</sup> Prevalence rates from "Projections of older people with dementia and costs of dementia care in the United Kingdom, 2019–2040; report by Care Policy and Evaluation Centre, London School of Economics and Political Science for the Alzheimer's Society (November 2019); [https://www.alzheimers.org.uk/sites/default/files/2019-11/cpec\\_report\\_november\\_2019.pdf](https://www.alzheimers.org.uk/sites/default/files/2019-11/cpec_report_november_2019.pdf)

<sup>10</sup> Prevalence rates from "Dementia UK: Update Second Edition report (2014)" applied to 2019-based ONS population estimates

## Ethnicity

The number of people from BME communities with dementia is expected to increase significantly faster than the national average<sup>11</sup>.

This increase is mostly due to immigration patterns that have resulted in an ageing BAME population, though there is some evidence to suggest that more people from BAME communities have dementia compared to white British people<sup>12</sup>. Vascular dementia (caused by problems with the supply of blood to the brain) is thought to be more common among Asian and Black Caribbean people because they are more prone to important risk factors for vascular dementia such as cardiovascular disease, hypertension and diabetes.

## Living with dementia

Care and support for people with dementia, their families and carers should be provided within people's local communities, and avoid unnecessary emergency admissions and hospital stays.

The rate of people with dementia (all ages) using hospital inpatients services has fallen compared to previous years to 51.8 per 100 (fig 2). The rate in Bristol is similar to the England average (51.8% in 2019/20).

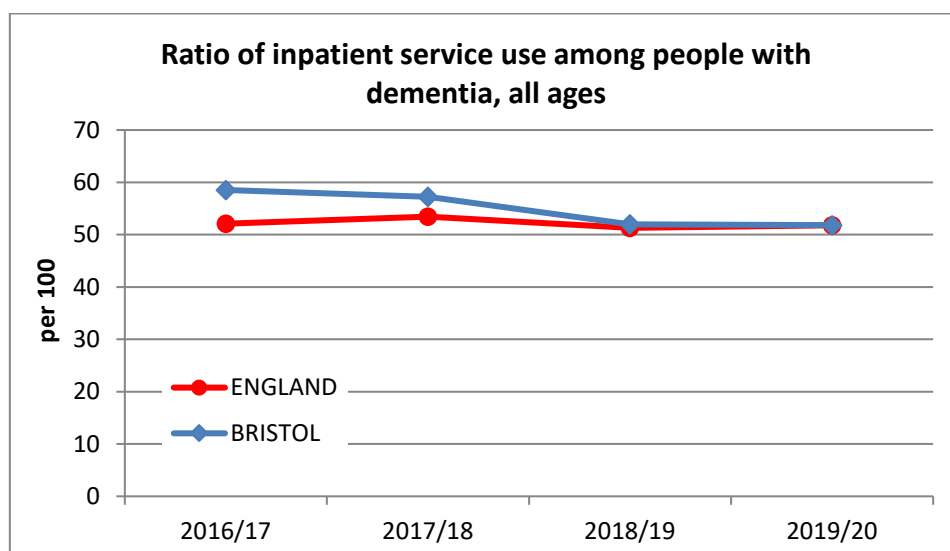


Figure 2: Inpatient service use among people with dementia: Public Health England Dementia Profile, July 2020

Emergency hospital admission rate for people with dementia in Bristol has decreased since previous year (to 3,878 per 100,000), but is still considerably higher than the national average of 3,517 per 100,000 (fig 3). This may be due to a number of factors including greater accuracy in recording of dementia on admission and lower levels of support in the community.

<sup>11</sup> Source: All-Party Parliamentary Group on Dementia (2013). Dementia does not discriminate. The experience of black, Asian and minority ethnic communities.

<sup>12</sup> Adelman, S. (2010) 'Prevalence and recognition of dementia in primary care: a comparison of older African-Caribbean and white British residents of Haringey', PhD thesis, University College London.

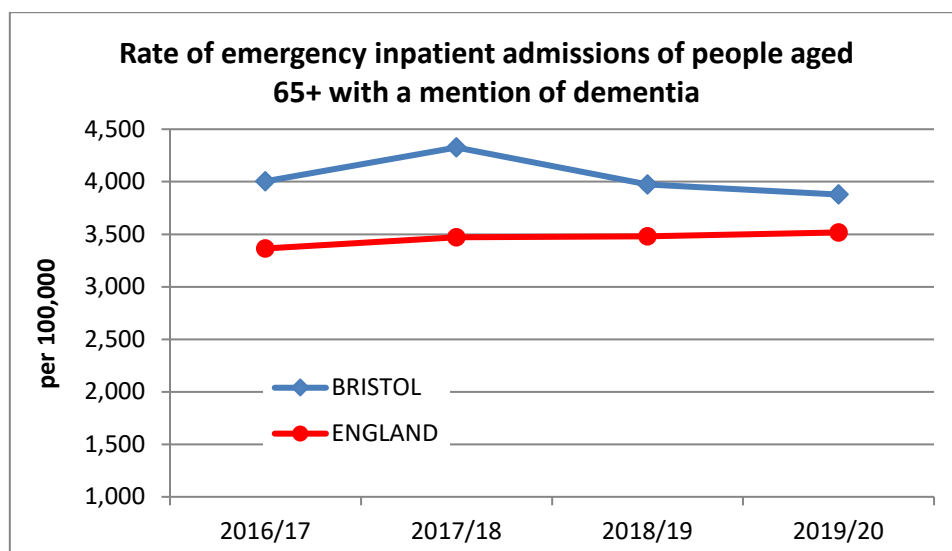


Figure 3: Directly age standardised rate of emergency inpatient hospital admissions for people with a mention of dementia: Public Health England Dementia Profile, July 2020

## Mortality

The Bristol rate of mortality with a recorded mention of dementia is 909 per 100,000 people (in 2019) and it is similar to the England's rate of 849 per 100,000.

The majority of people with dementia in Bristol die in a care home (58.1%) which is similar to the England average (58.4%).

## Further data / links:

- PHE Dementia Profile: <https://fingertips.phe.org.uk/profile-group/mental-health/profile/dementia>
- Dementia Statistics Hub: [www.dementiastatistics.org/](http://www.dementiastatistics.org/)

## Covid-19 impact:

Data in this section precedes the pandemic.

**Date updated:** July 2021