





Durham Local Overview


Access of Health Services


Those registered with a GP			
<i>Durham</i>		<i>North East</i>	<i>National</i>
93%			84%


Used a Dentist in the last 6 months			
<i>Durham</i>		<i>North East</i>	<i>National</i>
32%			35%


Those registered with a Dentist			
<i>Durham</i>		<i>North East</i>	<i>National</i>
60%			61%

Have you used A&E in the last 6 months			
<i>Durham</i>		<i>North East</i>	<i>National</i>
28%			35%

Used a GP in the last 6 months			
<i>Durham</i>		<i>North East</i>	<i>National</i>
89%			85%

Admitted to hospital in the last 6 months			
<i>Durham</i>		<i>North East</i>	<i>National</i>
17%			20%

Homeless Project Provided Health Advice			
<i>Durham</i>		<i>North East</i>	<i>National</i>
70%			59%

Was the advice you received useful?			
<i>Durham</i>		<i>North East</i>	<i>National</i>
89%			66%

The majority of participants were registered with a GP, higher than both the regional and national picture. It represents a high number of respondents being able to access primary health services.


Although registration with a Dentist is reasonably high this doesn't translate through to the use of services as is seen with GP's. In line with the regional picture the cost to access these services, even though minimal to many, this could be very


prohibitive. Trust is high of GP's, and most often the first contact point for individuals with health issues, nearly all participants had recently been in contact with their local GP.


The number of people using A&E is below the regional and national picture. Respondents reported reasons for using A&E was for accidents. In all 9 people needed to stay in hospital, this was on average for 1 night.


Homeless Projects was seen as very good in providing health advice (access to posters and pamphlets) with a high number of those surveyed receiving advice for services which was very well received.


Physical Health


Do you smoke			
<i>Durham</i>		<i>North East</i>	<i>National</i>
79%			75%

Do you have dental problems			
<i>Durham</i>		<i>North East</i>	<i>National</i>
28%			30%

Do you want to stop			
<i>Durham</i>		<i>North East</i>	<i>National</i>
40%			33%

Do you have chest problems			
<i>Durham</i>		<i>North East</i>	<i>National</i>
26%			33%

Do you eat two meals a day			
<i>Durham</i>		<i>North East</i>	<i>National</i>
79%			64%

Do you have joint aches or problems with bones			
<i>Durham</i>		<i>North East</i>	<i>National</i>
43%			46%

The majority are smokers, with a higher amount reported than the rest of the region. There is a noted desire to stop with those wanting to stop being reasonably high. Over half of smokers noted that they have been offered to help stop but they didn't want to take this up.


Regionally a high number of people reported eating two meals a day, this was even higher still for the Durham area. When asked how much fruit and veg they consumed though this limited to 1 – 2 pieces a day with 66% of respondents stating they had any regular fruit and veg. So although the number of those eating two meals a day is encouraging, little is known about the quality and the nutritional benefit.


Three prominent health problems came out of the regional picture;


- Chest Pain/Breathing Problems
- Joint Aches/Problems with bones and muscles
- Dental


While those suffering with either chest, joint or dental problems was lower than the rest of the region. Across all areas the use of dentists wasn't high and no doubt explains why this features as a common problem for many.


Mental Health


Do you often feel stressed			
Durham		North East	National
72%		69%	73%

Respondents with a formal diagnosis			
Durham		North East	National
64%		48%	45%

Do you often feel anxious			
Durham		North East	National
66%		63%	65%

Formal diagnosis for depression			
Durham		North East	National
79%		82%	36%

Do you feel depressed			
Durham		North East	National
72%		66%	67%

Received a dual diagnosis			
Durham		North East	National
15%		30%	12%


Participants were asked about their own mental health and how they feel, what issues do they experience in their everyday life, or what issues do they feel they have.


Respondents in the Durham area showed a higher prevalence of mental health issues through self-diagnosis which were highlighted across the region. In addition 70% of respondents noted having difficulty sleeping.

But there was a higher level of formal diagnosis by a health professional with 64% of individuals receiving a formal diagnosis, in line with the regional picture this was predominately for depression. Nearly all of those with a formal diagnosis were receiving some form of supported.


Overall 34% of people stated they self-medicate to help them with their mental health problems (this includes those not formally diagnosed). A number of individuals had a dual diagnosis, 15% of those receiving a formal diagnosis for mental health problems also had a drink or drug problem.


Drugs and Alcohol

Do you take drugs (or recovering from a drug problem)			
<i>Durham</i>		<i>North East</i>	<i>National</i>
38%		44%	33%

Percentage of drug users getting support			
<i>Durham</i>		<i>North East</i>	<i>National</i>
50%		62%	44%

Number of people taking legal highs			
<i>Durham</i>		<i>North East</i>	<i>National</i>
0		14	-

Percentage of people who are weekly drinkers			
<i>Durham</i>		<i>North East</i>	<i>National</i>
25%		13%	35%

Percentage of cannabis users			
<i>Darlington</i>		<i>North East</i>	<i>National</i>
30%		27%	64%


Percentage of those drinking more than 10 units			
<i>Durham</i>		<i>North East</i>	<i>National</i>
17%		32%	36%


Drug use among respondents was notably lower than the rest of the region. Cannabis was a drug used by many with also Speed and prescription drugs being used by 15% of people. Although Heroin use was noted 4 people were currently being prescribed methadone.


Along with the rest of the region the use of legal highs was non-existent. Less drug users were getting support in the Durham area with 50% of drug users getting support to help them either use drugs more safely or eradicate the use of them altogether.


Durham appears to have a considerably larger number of regular weekly drinkers, those drinking more than twice a week. Although not significantly lower there are a number of individuals who consume over 10 units when they do drink.


Vaccinations and Screening


Received a Hep A Vaccination			
<i>Durham</i>		<i>North East</i>	<i>National</i>
25%		26%	-


Sexual Health Check - Men			
<i>Durham</i>		<i>North East</i>	<i>National</i>
20%		25%	28%


Received a Hep B Vaccination			
<i>Durham</i>		<i>North East</i>	<i>National</i>
26%		32%	-


Sexual Health Check - Women			
<i>Darlington</i>		<i>North East</i>	<i>National</i>
58%		46%	50%

Received a Flu Vaccination			
<i>Durham</i>		<i>North East</i>	<i>National</i>
25%		21%	-

Have you a had a breast examination			
<i>Durham</i>		<i>North East</i>	<i>National</i>
8%		10%	-

Have you had a cervical smear			
<i>Durham</i>		<i>North East</i>	<i>National</i>
58%			30%

Tested positive for Hep C			
<i>Durham</i>		<i>North East</i>	<i>National</i>
6%			3%


Tested positive for TB			
<i>Durham</i>		<i>North East</i>	<i>National</i>
0%			2%

Those receiving vaccinations for both Hep A and Hep B were comparable to the rest of the region, those receiving flu vaccinations was much higher though. Testing in general for Hep C was relatively low for all areas with many not knowing whether they had been tested or not making it hard to get a true picture. With the numbers of those tested being low it is worth noted that 4 people tested positive for Hep C.

The number of people receiving a sexual health check was lower for men against the region, but for women this was significantly higher. More women had received a cervical smear but a lower had received a breast examination recently.

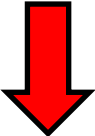
Nearly all those interviewed where knowledgeable where to get advice and support, including contraception, regarding their sexual health. Both GP's and Clinics where seen as the go to for this advice. This further cements the role of the GP as the entrusted health and medical advisor.

Respondent Profile


Number of respondents			
<i>Durham</i>		<i>North East</i>	<i>National</i>
53		49	-

Do you have a disability			
<i>Durham</i>		<i>North East</i>	<i>National</i>
53%		32%	-


Number of those left the armed services			
<i>Durham</i>		<i>North East</i>	<i>National</i>
0		1	-

Where are you currently staying - Hostel			
<i>Durham</i>		<i>North East</i>	<i>National</i>
26%		34%	-

Respondents who are prison leavers			
<i>Durham</i>		<i>North East</i>	<i>National</i>
25%		29%	-

Where are you currently staying – Rough Sleeping			
<i>Durham</i>		<i>North East</i>	<i>National</i>
6%		4%	-

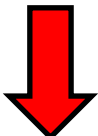
Where are you currently staying – Supported Accom'

<i>Durham</i>		<i>North East</i>	<i>National</i>
28%		26%	27%

Percentage of respondents from a BME background

<i>Durham</i>		<i>North East</i>	<i>National</i>
0%		10%	-


Are you in training or employment

<i>Durham</i>		<i>North East</i>	<i>National</i>
9%		13%	-

Percentage of Male Respondents

<i>Durham</i>		<i>North East</i>	<i>National</i>
75%		69%	-

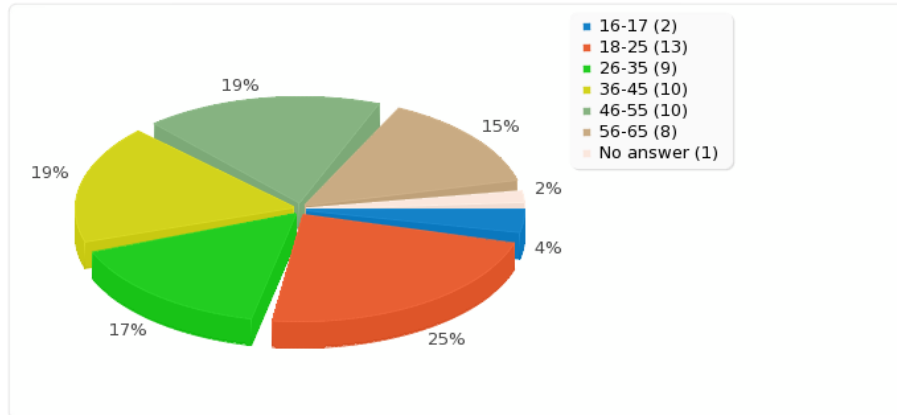
Does your health stop you accessing employment

<i>Durham</i>		<i>North East</i>	<i>National</i>
66%		45%	-

Percentage of Female Respondents

<i>Durham</i>		<i>North East</i>	<i>National</i>
23%		30%	-

Age breakdown of respondents



When looking at the additional comments people could leave many stated that staff support in services was really important to them.

Most survey returns were provided by the following organisations;

- Changing Lives
- Stonham

Darlington respondents when asked where they were currently staying reported fewer amounts of people staying in the main three reported in the regional audit;

- Hostel
- Rough Sleeping
- Supported Accommodation

It needs to be noted though that 30% of respondents stated other for where they were currently staying; this was largely their own tenancy in other private rented or social housing.

