

# Warwickshire Physical Activity Data Pack



# Physical Activity Key Messages

## Our Warwickshire Children

**3,100 (31%)** of children in Warwickshire are doing **less than 30 minutes of activity per day.**

- Similar to England - 32%
- Slightly better than West Midlands - 34%

- Academic year 20-21  
Active Lives children and young people survey

Percentage of children in Year 6 classified as overweight or obese ranges from **26% in Warwick** up to **40% in Nuneaton and Bedworth.**

Nuneaton and Bedworth has seen a **3.7% rise** between 2018/19 and 2019/20.

- Public Health Profiles 2019/20

## Our Warwickshire Adults

**119,000 (26%)** adults across the county are inactive, doing less than 30 minutes activity a week.

Levels have remained similar for the past three years to 2021.

- Similar to England - 27%
- Slightly better than West Midlands - 30%

- Active Lives Adult Survey Nov 20-21  
- 2021 Census Population

Percentage of adults classified as overweight or obese ranges from **62% in Warwick** up to **69% in Nuneaton and Bedworth.**

Rugby has seen a **8.1% rise** between 2019/20 and 2020/21.

- Public Health Profiles 2020/21

**40%** of People with a Disability and / or Long Term Conditions are doing less than 30 minutes activity a week.

- Active Lives Adult Survey Nov 20-21

# Physical Activity: National Snapshot



**1 in 6  
Deaths**



in the UK are  
associated with  
Physical  
Inactivity

Those not active  
enough for good  
health



**1 in 2 women**



**1 in 3 men**

**20% less active**  
Population now  
than in the 1960s



**35% less**  
if current trends  
continue by 2030

**£7.4 Billion**  
estimated UK annual  
cost of physical  
inactivity

**£0.9 Billion**

Of this cost to the NHS

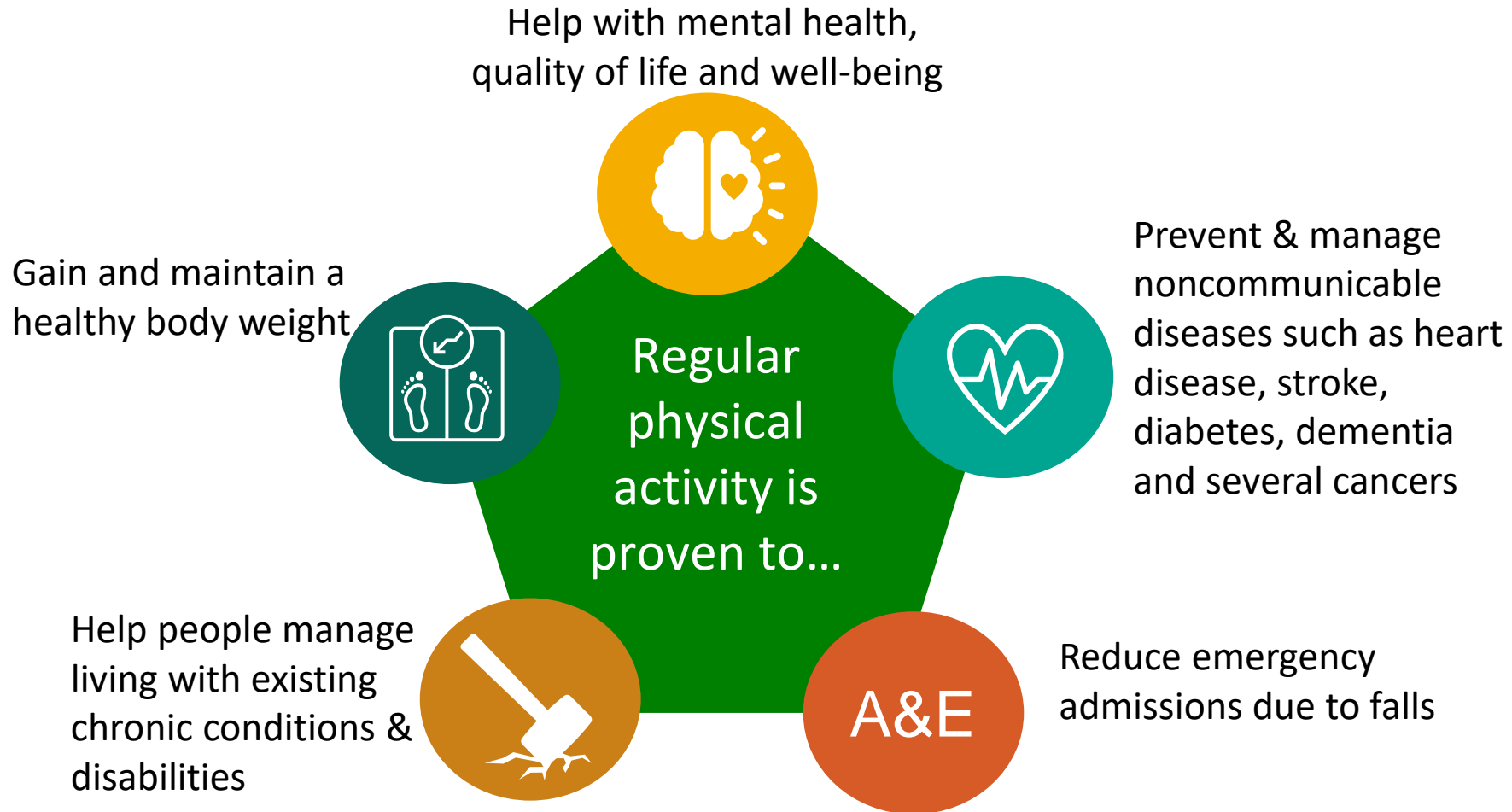


Many people **don't realise** that physical activity has significant benefits for health, both physical and mental, and can help to prevent and manage many health conditions.

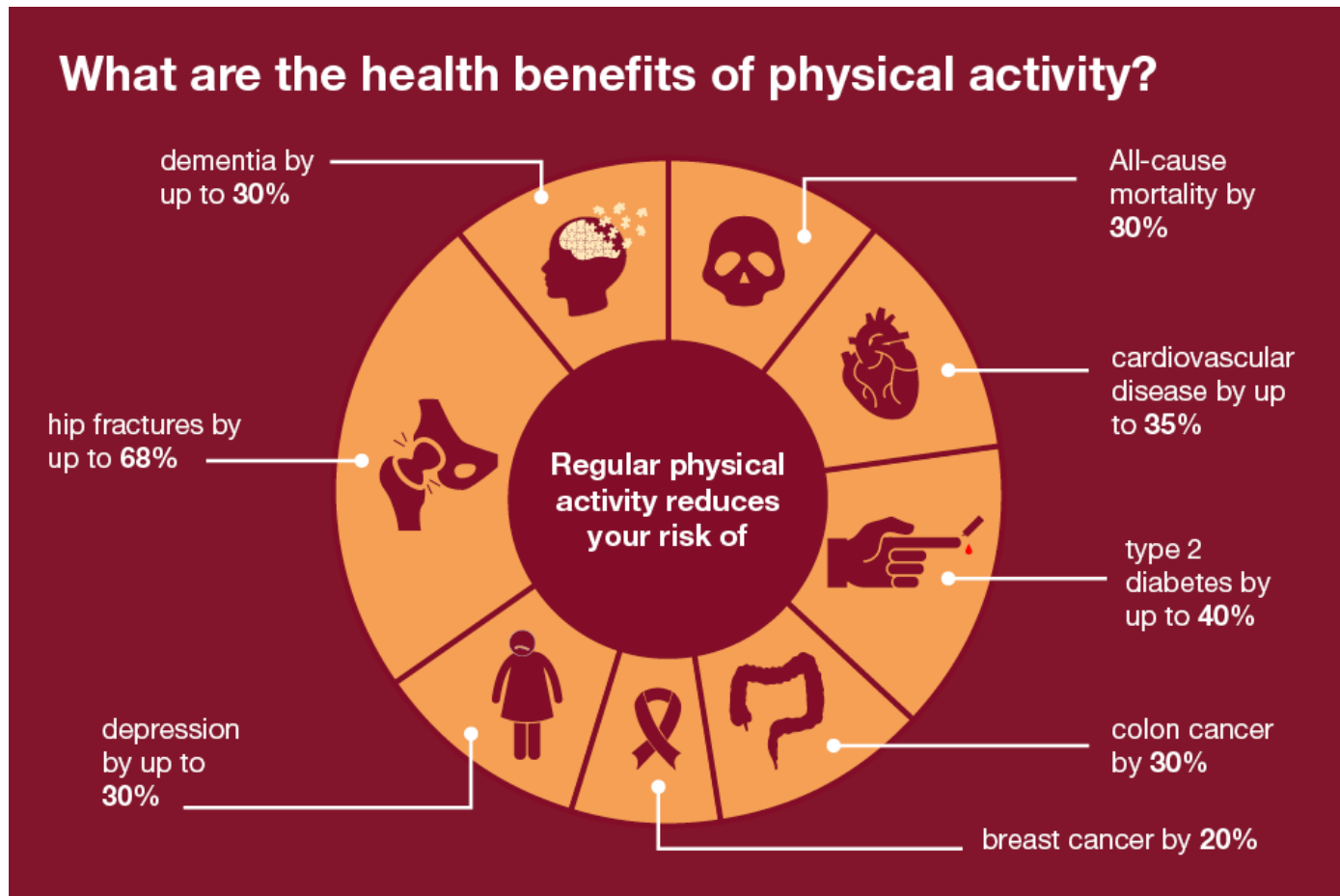
*Everybody Active Everyday (2016)*

The King's Fund

## Physical Activity: Importance & Benefits



# Physical activity can help reduce mortality and morbidity



*Physical Activity Guidance – applying All Our Health (2019)*

# Sport & Physical Activity

## Physical activity



## Commonwealth Games 2022

- Nearly half (43%) of spectators surveyed said they would increase their activity levels as a result of the Games.
- 14,000 volunteers were trained to support the delivery of the Games - around 250,000 hours of training and 1 million volunteering hours
- Over 7,500 personal bikes used at cycle parking facilities at Games venues.
- 40,000 jobs and skills opportunities were created by the Games, benefitting West Midlands residents.

*Health matters: physical activity - prevention and management of long-term conditions Jan 2022*

DCMS, 2022

[Further Information: https://www.gov.uk/government/publications/birmingham-2022-commonwealth-games-the-highlights/birmingham-2022-commonwealth-games-the-highlights](https://www.gov.uk/government/publications/birmingham-2022-commonwealth-games-the-highlights/birmingham-2022-commonwealth-games-the-highlights)

# Intensity of Physical Activity

Something is better than nothing! But more is better!



*UK Chief Medical Officers (2019)*

# UK Chief Medical Officers' Guidelines

## Under 5's.

Children under 5 each day should aim for:

### Under 1's:

- At least 30 minutes across the day

### For children 1-5 years:

- 180 minutes per day

## 5-18 yrs.

Children and young people each week to do:

- 60 minutes and up to several hours every day of moderate to vigorous intensity physical activity
- Three days a week should include vigorous intensity activities that strengthen muscle and bone

## Adults and Older Adults

Recommend each week adults to do:

- At least 150 minutes moderate intensity activity, 75 minutes' vigorous activity, or a mixture of both
- Strengthening activities on two days
- Reducing extended periods of sitting

Source: <https://www.gov.uk/government/collections/physical-activity-guidelines>



## UK Chief Medical Officers' Guidelines

### Disabled Children and Young People

Recommend each week to do:

- 20 minutes per day
- Strength and balance activities 3 times per week

### Disabled Adults

Recommend each week disabled adults to do:

- At least 150 minutes moderate intensity activity,
- Strengthening and balancing activities on at least two days per week

### Pregnant Women

Throughout pregnancy aim for at least:

- 150 minutes of moderate intensity activity every week
- Muscle strengthening activities twice a week

Birth to 12 months:

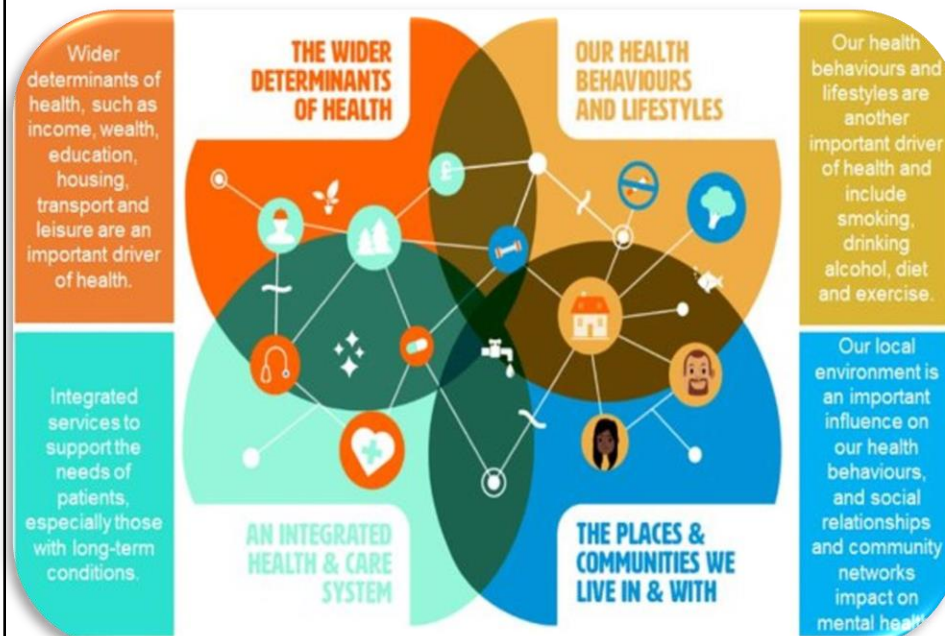
- 150 minutes of moderate intensity activity every week
- Daily pelvic floor exercises as soon as possible

Source: <https://www.gov.uk/government/collections/physical-activity-guidelines>

# Population Health Approach to Sport & Physical Activity

## Wider Determinants

- Access to services such as leisure parks, green gyms, country parks and green spaces
- Safe active travel opportunities & routes to work and school
- Suitable housing / property condition
- Planning for health e.g., road safety, street lighting
- Healthy work environments that promote healthy environments and opportunities



## Our Health and Behaviours

- Access to services/groups to increase physical activity to:
- Helps maintain a healthy weight
- Reduce risk of long-term conditions
- Improve Mental Health and Emotional wellbeing
- Reducing risk or delays onset of dementia, supports people living with dementia
- Improves musculoskeletal health
- Improved sleep

## Integrated Health and Social Care System

- Capacity to deliver Programmes such as NCMP, Henry, healthy child programme, Fitter Futures, Social Prescribing, Safe and Active Travel (SAfER) in Schools and employers, W4L
- Reduce risk of or helps to manage long term conditions: type 2 diabetes, obesity, asthma,
- Support people on waiting lists/ reduce admissions to hospital

## Places & Communities we live in

- Awareness of community services and programmes
- Access to safe physical opportunities e.g., community groups, sport and leisure clubs, outdoor gyms, leisure centres, children centres, play areas and outdoor spaces
- Affordable physical activity opportunities
- Community safety – safe environment to be active
- Improve learning and development
- Increase productivity in the workplace

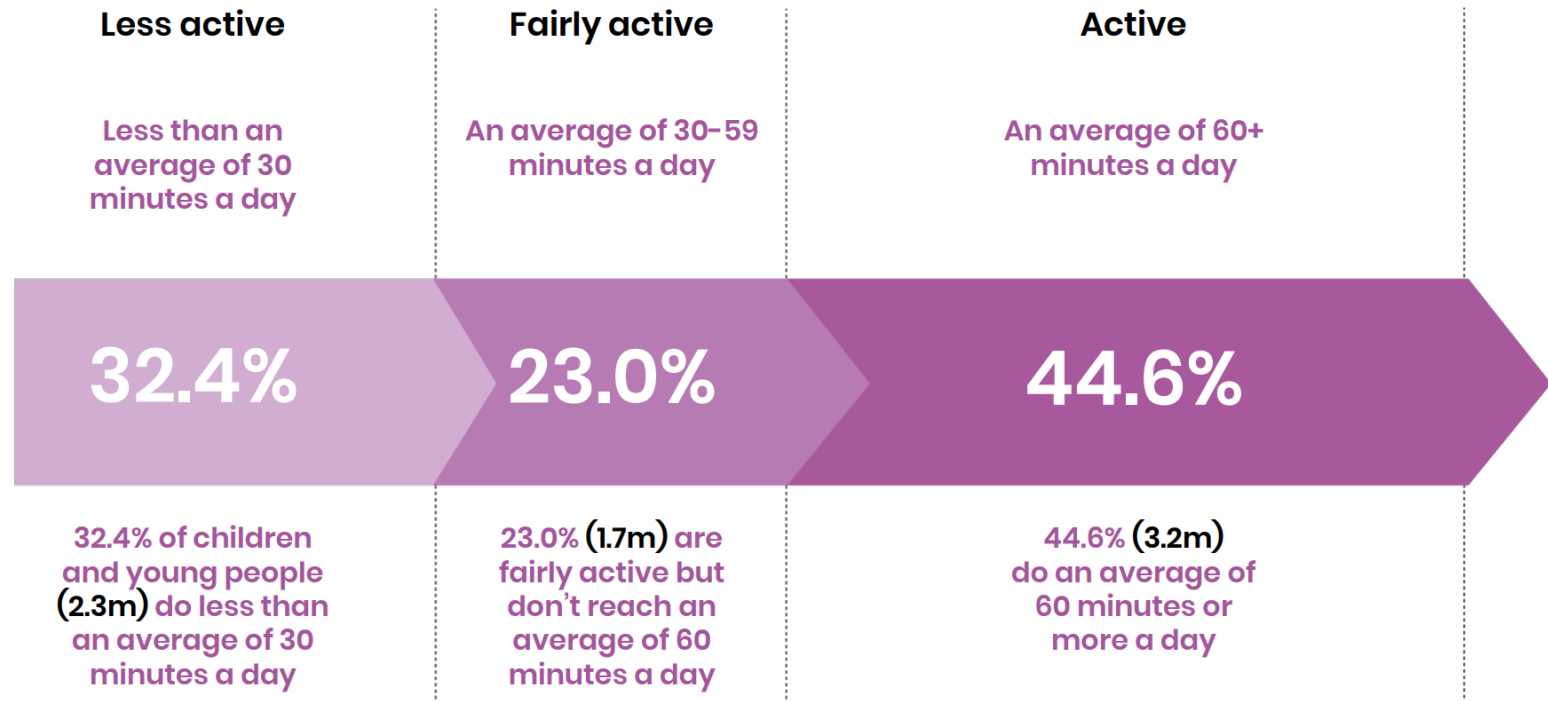
Kings Fund, 2019

# Our health behaviours and lifestyles across Warwickshire

## Physical Activity



# Child and YP Inactivity: National scale of the problem

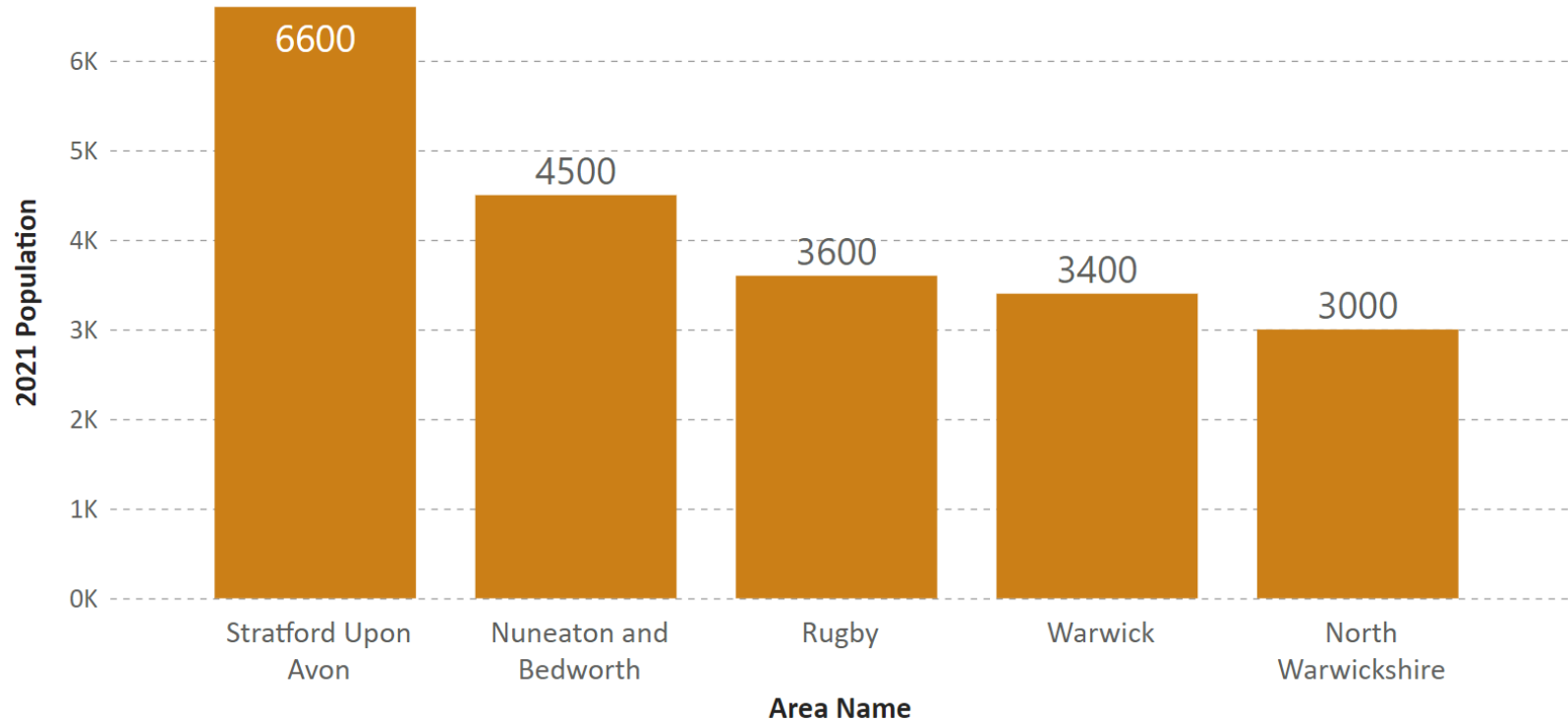


Nationally, 2.3 million children and young people are inactive – doing less than 30 minutes of activity per day.

Active Lives Survey, 2020/21

# Number of Inactive Children Across Warwickshire

Less than an average of 30 minutes a day

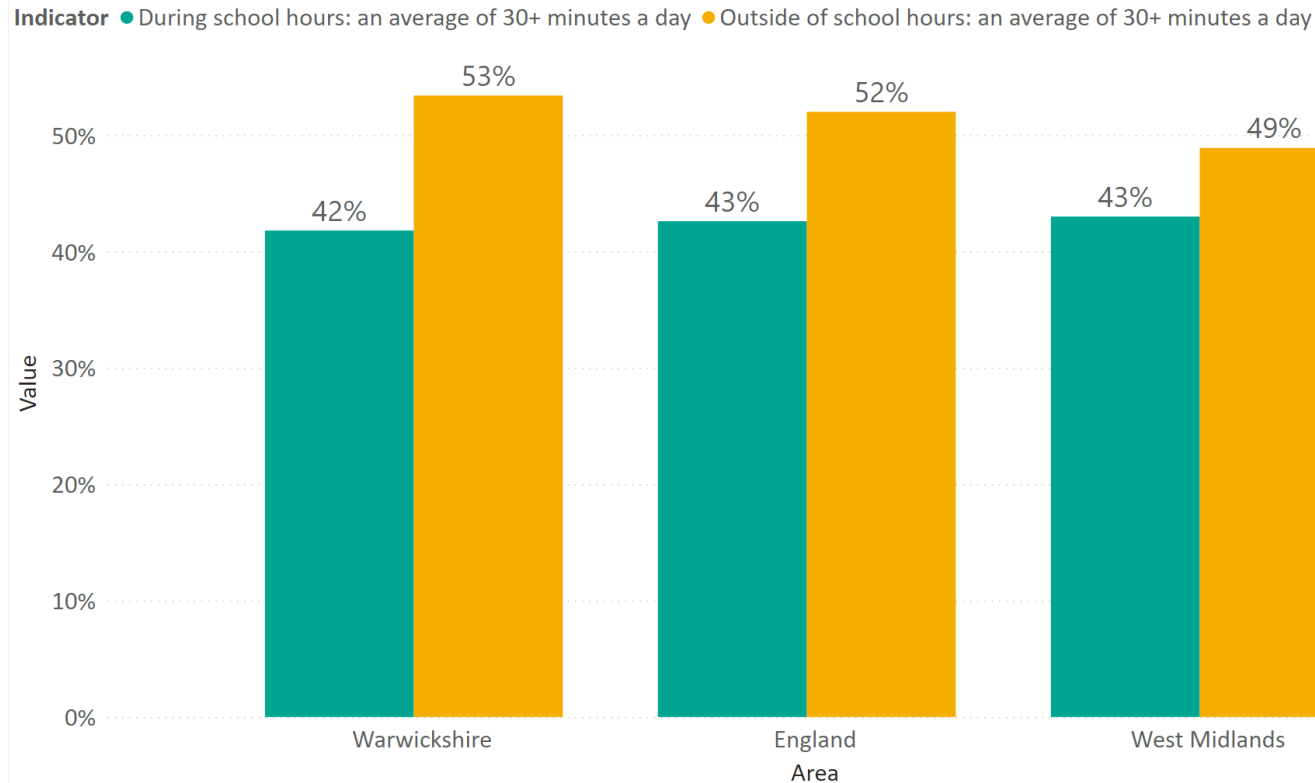


*Active Lives children and young people survey*

*Note populations are estimated across 17-18 to 20-21 surveys using the latest available*

# Activity location for children in Warwickshire

## Academic year 20/21



Children taking part in activity **at schools** is just below the England and West Midlands average. Warwickshire children taking part in 30+ plus minutes of activity each day **outside of school** is higher than the England and West Midlands average.

- Active Lives children and young people survey

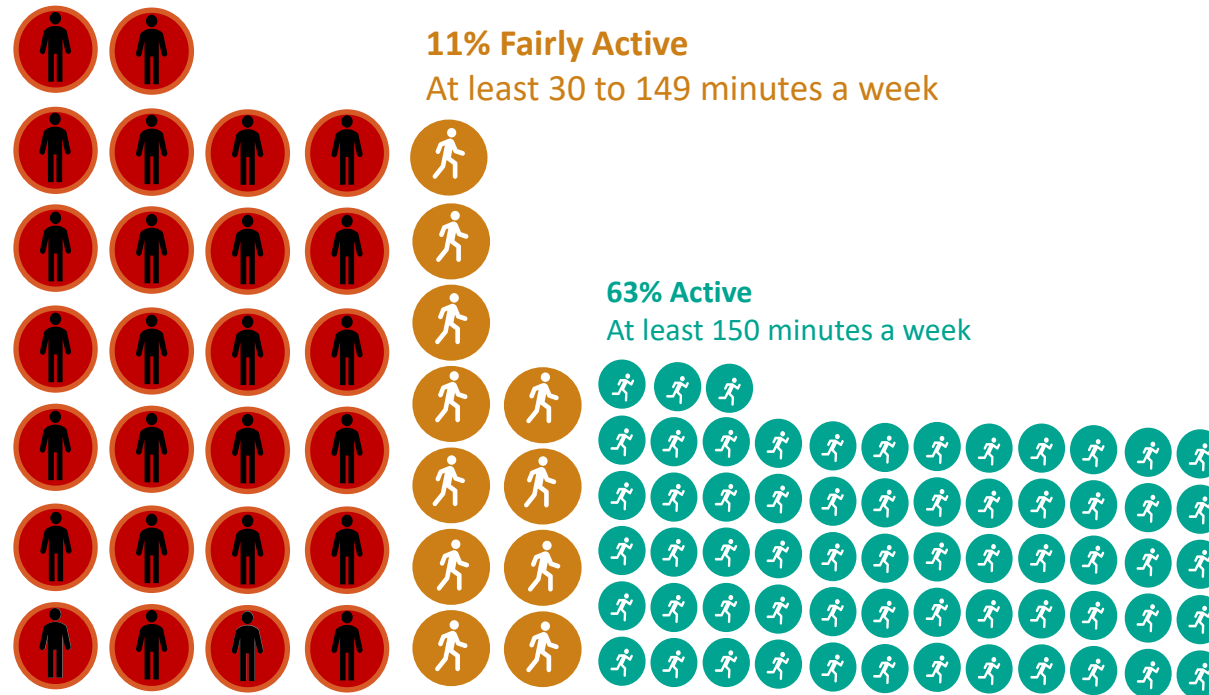
# How Active is Warwickshire?

## 26% Inactive

Less than 30 minutes a week

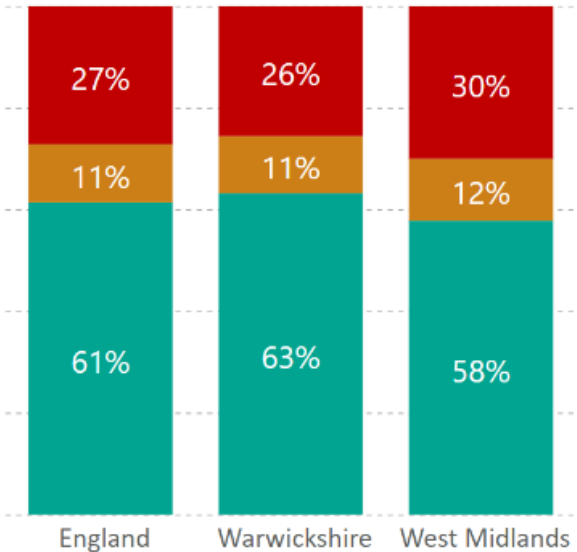
**119,000** Adults

% at similar levels for past three years to 2021



## Levels of Activity Nov 20-21 data - Regional and National comparison

Warwickshire is similar to England and the West Midlands



## People with Disability / Long Term Conditions

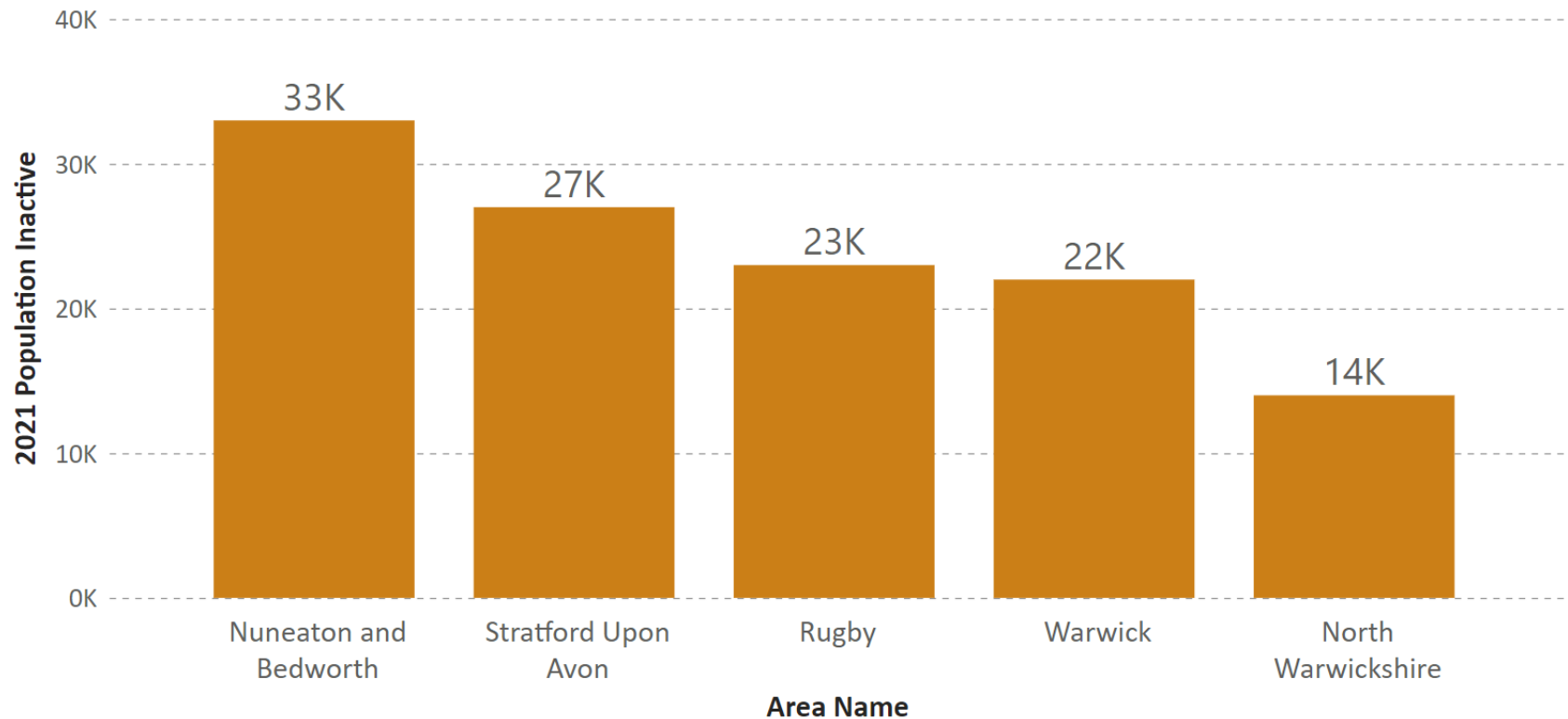
**Inactive: (less than 30 mins): 40%**  
**Fairly Active: (at least 30-149 mins): 10%**  
**Active (at least 150 mins): 51%**

- Nov 20-21 data Active Lives Adult Survey

- 2021 Census Population

# Number of Adults Inactive: Less than 30 minutes a week By District

**119,000 Adults are inactive in Warwickshire**



- Nov 20-21 data Active Lives Adult Survey

- 2021 Census Population



# Our health behaviours and lifestyles across Warwickshire

## Obesity



## Percentage of children in Reception classified as overweight or obese

	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20
North Warwickshire	21.4%	21.4%	23.1%	23.8%	22.8%	23.6%	24.3%	27.2%	25.0%	23.3%
Nuneaton & Bedworth	24.5%	22.4%	23.8%	22.3%	23.7%	21.9%	24.3%	23.5%	23.7%	21.0%
Rugby	15.3%	16.0%	19.0%	21.8%	21.5%	21.7%	21.0%	22.9%	22.5%	20.9%
Stratford	19.1%	18.4%	19.1%	18.6%	19.5%	19.1%	22.5%	22.7%	20.9%	20.7%
Warwick	20.1%	20.4%	17.2%	17.5%	18.3%	20.8%	22.2%	17.7%	19.2%	20.5%
Warwickshire	20.2%	19.8%	20.3%	20.5%	21.1%	21.3%	22.8%	22.3%	22.0%	21.1%
West Midlands	23.5%	23.5%	22.7%	23.6%	23.1%	23.3%	24.2%	23.4%	23.8%	24.6%
England	22.6%	22.6%	22.2%	22.5%	21.9%	22.1%	22.6%	22.4%	22.6%	23.0%



Statistically significantly better than England average

Statistically similar to England average

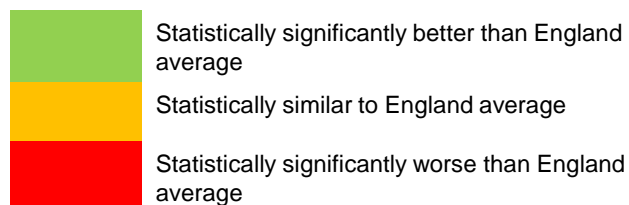
Statistically significantly worse than England average

Overtime data suggests that children that are overweight or obese has slowly worsened over the last five years. Apart from Warwick and the England average, children that are overweight or obese declined in 2019-20 compared to 2018-19. As a county we are still better compared to the West Midlands and England average.

Source: National Child Measurement Programme, 2019/20 data

# Percentage of children in Reception classified as obese

	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20
North Warwickshire	7.8%	8.7%	9.9%	10.9%	9.0%	9.6%	11.3%	12.8%	10.0%	8.6%
Nuneaton & Bedworth	9.9%	10.1%	10.7%	8.8%	10.5%	10.2%	10.2%	10.2%	10.3%	10.3%
Rugby	5.6%	5.6%	7.3%	8.1%	8.7%	9.3%	8.2%	9.6%	9.8%	8.8%
Stratford	7.4%	5.4%	8.1%	8.4%	7.5%	5.8%	7.1%	8.4%	7.5%	7.6%
Warwick	7.3%	7.9%	5.0%	6.1%	7.1%	6.9%	9.9%	6.9%	7.4%	7.0%
Warwickshire	7.7%	7.6%	8.1%	8.1%	8.6%	8.3%	9.3%	9.3%	8.8%	8.6%
West Midlands	10.1%	10.5%	10.0%	10.5%	10.2%	10.4%	10.7%	10.4%	10.6%	11.2%
England	9.4%	9.5%	9.3%	9.5%	9.1%	9.3%	9.6%	9.5%	9.7%	9.9%



Children that are obese has declined in 2019-20 compared to 2018-19 apart from Nuneaton and Bedworth which has remained the same and Stratford which has risen slightly. Nuneaton and Bedworth and North Warwickshire have remained fairly consistent overtime. Data over time in other district and boroughs has remained fairly inconsistent.

Source: National Child Measurement Programme, 2019/20 data

## Percentage of children in Year 6 classified as overweight or obese

	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20
North Warwickshire	32.2%	34.9%	33.1%	37.0%	34.2%	34.2%	35.8%	31.9%	38.1%	37.6%
Nuneaton & Bedworth	31.8%	34.7%	36.7%	32.4%	34.5%	37.3%	35.5%	37.6%	36.7%	40.4%
Rugby	28.9%	30.5%	32.6%	28.4%	31.5%	35.0%	31.2%	33.6%	32.8%	31.9%
Stratford	29.8%	29.4%	25.2%	28.4%	27.8%	28.6%	28.9%	28.4%	29.4%	29.9%
Warwick	29.5%	30.2%	28.4%	29.0%	26.8%	28.3%	27.6%	26.0%	27.0%	26.2%
Warwickshire	30.3%	31.9%	31.2%	30.5%	30.7%	32.6%	31.5%	31.7%	32.4%	33.1%
West Midlands	35.2%	36.3%	35.5%	35.9%	35.8%	36.6%	37.1%	37.1%	37.5%	38.2%
England	33.4%	33.9%	33.3%	33.5%	33.2%	34.2%	34.2%	34.3%	34.3%	35.2%



Statistically significantly better than England average

Statistically similar to England average

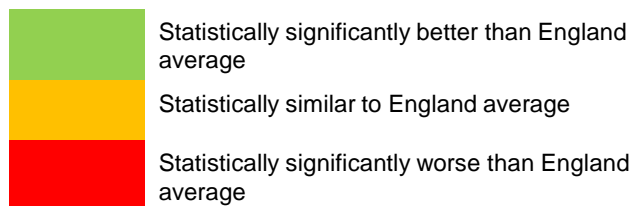
Statistically significantly worse than England average

Nuneaton and Bedworth has progressively worsened overtime since 2017/18 in children overweight or obese. Over time data has remained fairly inconsistent year on year across the remaining district/boroughs since the NCMP Programme started. As a county we are still better compared to the West Midlands and England average.

*National Child Measurement Programme, 2019/20 data*

# Percentage of children in Year 6 classified as obese

	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20
North Warwickshire	19.2%	19.4%	19.0%	18.9%	19.8%	17.0%	18.2%	18.2%	23.3%	21.4%
Nuneaton & Bedworth	17.7%	19.7%	20.8%	19.2%	21.1%	21.5%	20.0%	21.7%	22.9%	26.0%
Rugby	14.5%	16.3%	16.7%	14.5%	16.7%	18.9%	15.8%	19.2%	18.6%	19.7%
Stratford	16.0%	14.6%	13.3%	14.1%	14.8%	14.4%	15.9%	14.2%	17.0%	16.0%
Warwick	14.7%	17.5%	13.1%	12.6%	12.4%	14.7%	15.2%	12.8%	14.1%	15.5%
Warwickshire	16.2%	17.5%	16.5%	15.7%	16.8%	17.4%	17.0%	17.3%	18.9%	19.8%
West Midlands	20.6%	21.2%	20.6%	21.1%	21.2%	22.1%	22.4%	22.5%	22.9%	23.9%
England	19.0%	19.2%	18.9%	19.1%	19.1%	19.8%	20.0%	20.1%	20.2%	21.0%



Nuneaton and Bedworth and Rugby in 2019/20 reports its highest obese levels since the NCMP began for children in Year 6. Stratford and Warwick overtime data remains consistent. North Warwickshire remains consistent until 2018/19 with a sudden rise in obesity with statistics falling again in 2019/20 to 21.4%.

*National Child Measurement Programme, 2019/20 data*

## Percentage of adults (aged 18+) classified as overweight or obese

	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21
North Warwickshire	64.30%	65.90%	67.00%	66.20%	68.70%	69.40%
Nuneaton & Bedworth	67.80%	65.00%	71.40%	68.00%	72.20%	69.10%
Rugby	56.50%	57.30%	66.70%	66.20%	60.40%	68.50%
Stratford	56.20%	51.80%	56.40%	61.50%	58.30%	59.80%
Warwick	56.30%	55.70%	53.60%	60.30%	58.90%	62.30%
Warwickshire	60.60%	58.40%	62.50%	64.00%	63.30%	65.60%
West Midlands	64.20%	63.80%	65.70%	65.20%	66.90%	66.80%
England	61.40%	61.50%	62.00%	62.10%	62.80%	63.50%



Statistically significantly better than England average

Statistically similar to England average

Statistically significantly worse than England average

Adults that are overweight and obese in Warwickshire are statistically worse compared to the West Midlands and England average. Adults that are overweight or obese has increased in every district and / or borough since 2019-20 apart from Nuneaton and Bedworth which decreased but still reporting high levels of obesity.

*Active Lives adult survey, 20/21 data*

# Our health behaviours and lifestyles across Warwickshire other related health conditions



# Physical Activity: Prevention and Management of Health Conditions

## Dementia

**4,224 People**

- 2020 Recorded prevalence 65 and over in Warwickshire

Studies show that regular exercise can significantly reduce the risk of developing **dementia** by about **30%** For **Alzheimer's** disease specifically, the risk was reduced by **45%.**

Source: Alzheimer's Society



## Diabetes

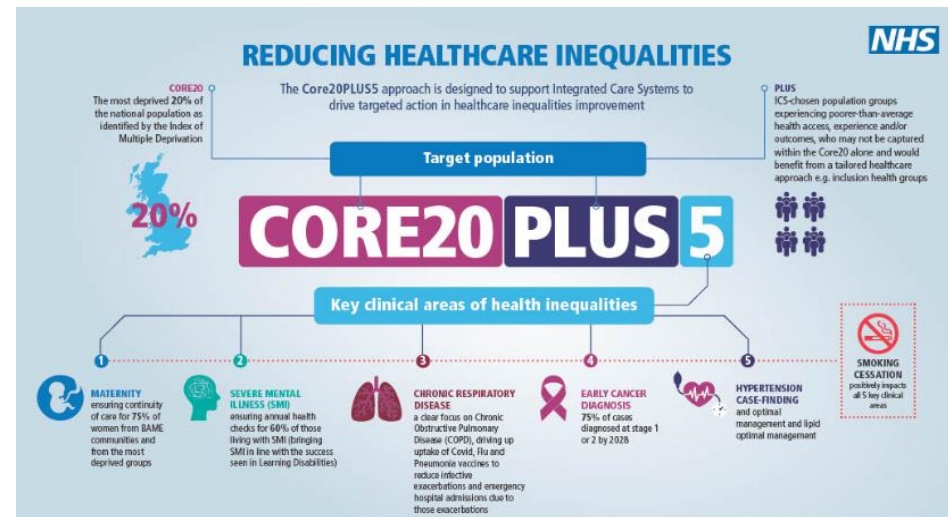
**33,633 People**

- 2020/21 Recorded prevalence aged 17+ in Warwickshire

## Hypertension

**92,145 People**

- 2020/21 Recorded prevalence All Ages in Warwickshire





# Physical Activity: Prevention and Management of Health Conditions



**Research suggests up to 40% of dementia cases are linked to risk factors that we can change.**

- The risk factors for developing dementia can be reduced by adopting the same healthy lifestyle behaviours as those which reduce the risk of cardiovascular disease, diabetes and some cancers.
- A lack of regular physical activity can increase the risk of heart disease, obesity, and Type 2 diabetes, which are all linked to a higher risk of dementia.

**For a healthy brain and heart:**



Don't smoke



Keep cholesterol and blood pressure under control



Be active daily and exercise regularly



Maintain a healthy weight

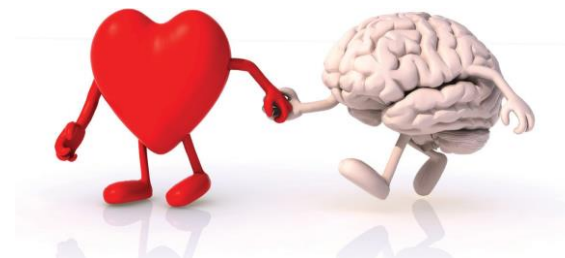


Eat a healthy balanced diet



Drink fewer than 14 units of alcohol per week

Source: Reducing your risk of dementia, Alzheimer's Research UK.



## Emergency admissions for heart attack in Warwickshire

### Indirectly age-standardised ratio, England as a reference

Area ▲▼	Value ▲▼		95% Lower CI	95% Upper CI
England	100.0		99.7	100.3
Warwickshire	78.8		76.1	81.6
Nuneaton and Bedworth	92.7		86.4	99.3
North Warwickshire	87.8		79.7	96.5
Rugby	84.1		77.6	91.0
Stratford-on-Avon	71.9		67.0	77.2
Warwick	65.4		60.3	70.7

Statistically significantly better than National

England is used as a reference point setting England as 100 and every value is given in comparison to England. Emergency admissions for heart attack appear worst in the north of the county which presents some greatest areas of deprivation.

*Hospital Episode Statistics (HES), NHS Digital, 2015/16 – 19/20*

# Strength and Balance

Regular strength and balances exercise can improve balance and strength and help reduce hospital admissions.

Indicator	Period	England	Warwickshire	North Warwickshire	Nuneaton and Bedworth	Rugby	Stratford-on-Avon	Warwick
Emergency hospital admissions due to falls in people aged 65 and over	2020/21	2023	1969	1982	2325	2101	1665	2001
Emergency hospital admissions due to falls in people aged 65-79	2020/21	937	896	824	960	941	840	910
Emergency hospital admissions due to falls in people aged 80+	2020/21	5174	5080	5342	6284	5466	4058	5166

Statistically significantly better than England average

Statistically similar to England average

Statistically significantly worse than England average

Falls are significantly worse in Nuneaton & Bedworth compared to Warwickshire and England.

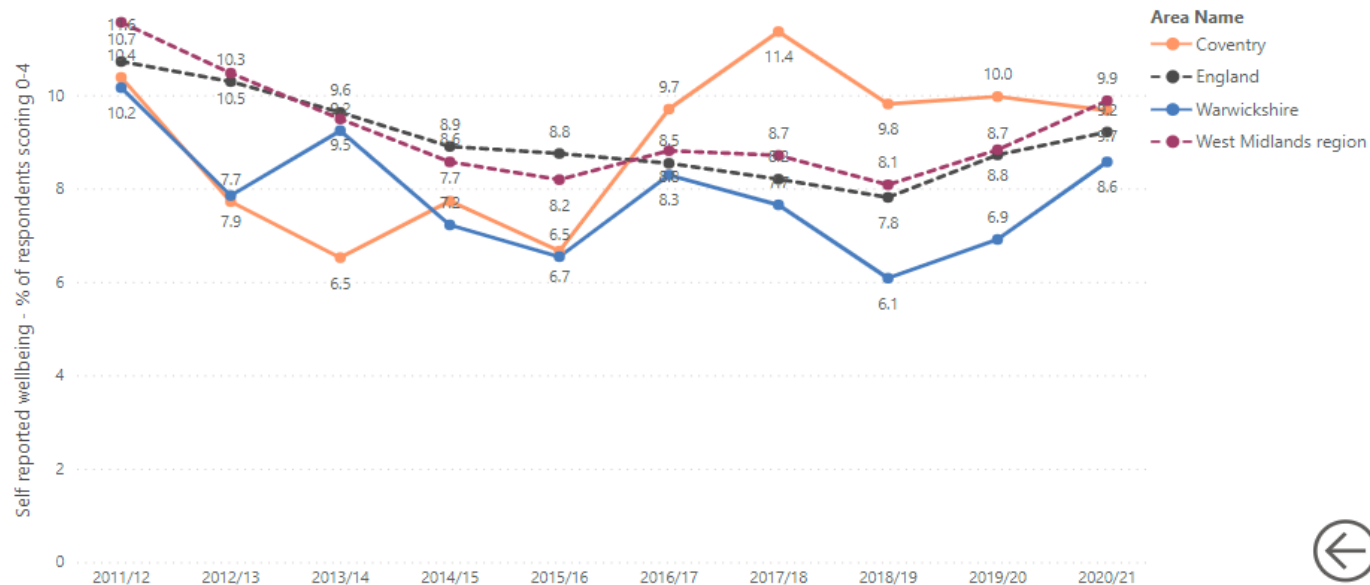
*Hospital Episode Statistics (HES), NHS Digital*

# Our health behaviours and lifestyles across Warwickshire Mental Health and Wellbeing



# How happy do adults feel across Warwickshire?

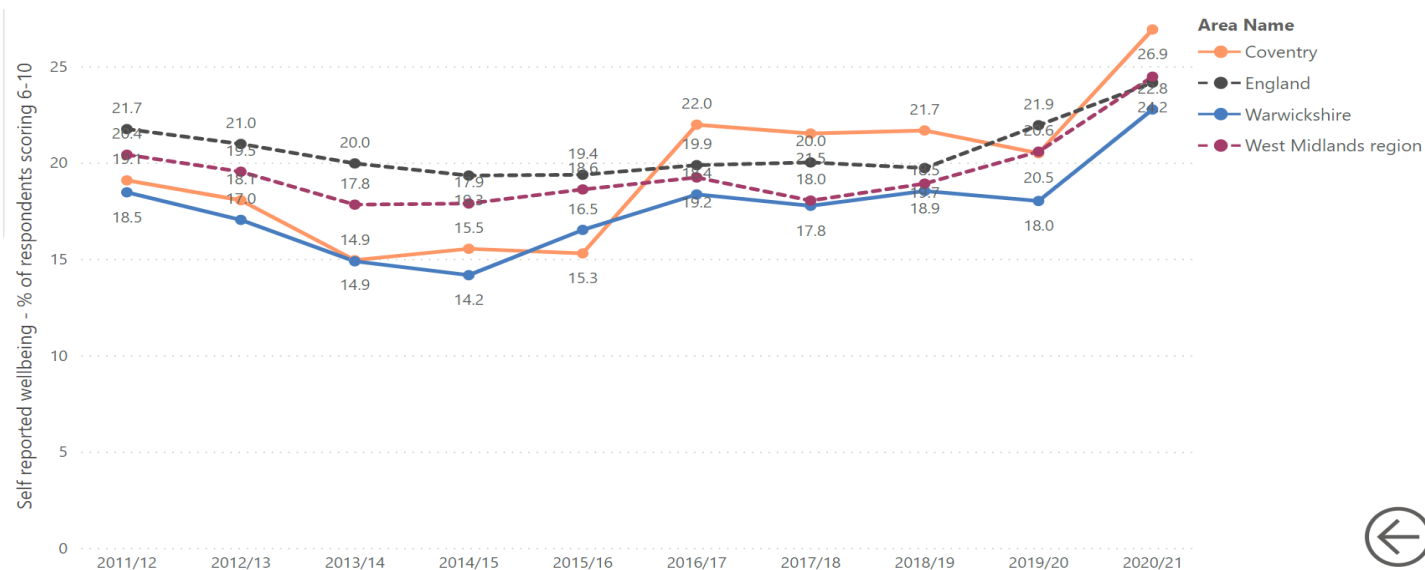
Regular physical activity can have a positive impact on depression, anxiety, and many more mental health conditions. It can help relieve stress, improves memory, aids sleep better and generally boosts overall mood. In Warwickshire, adults were asked how happy they felt yesterday on a scale of 0-10. Adults responding to how happy they felt got worse year on year throughout the pandemic across England, West Midlands and Warwickshire. Adults responding to how happy they felt yesterday in Warwickshire is still better than Coventry, West Midlands.



Office for National Statistics (ONS), Annual Population Survey 2020/21

# How anxious do adults feel across Warwickshire?

Adults were asked how anxious they felt yesterday on a scale of 0-10. Anxiety amongst adults has increased throughout the pandemic nationally, including Warwickshire. Adults responding to how anxious they felt yesterday in Warwickshire is better than Coventry, England, and the West Midlands.



Office for National Statistics (ONS), Annual Population Survey 2020/21

# Physical Activity and our Mental Health Testimonials – Warwickshire residents

“I would encourage others to be physically active and demonstrate how that can have a direct effect on mental wellbeing. Taking part in exercise, whether in a group or on your own can raise self-confidence, self-esteem, create friendships, be fun, sociable and have positive side effects of losing weight, feeling healthier and being fitter for life”.

“Over time I got to know the people who were always at the park, it became ok to have a conversation with these people, to speak to them without my heart beating too much and without the anxiety being overwhelming. The last part of that year was the turning point, when I realised how much the dogs had helped me and how much just being outside in nature had a calming effect on my mental health”.



Source: Wellbeing4Life (W4L): <https://www.wellbeing4life.co.uk/stories/stories-1/3>

# Wider determinants of health

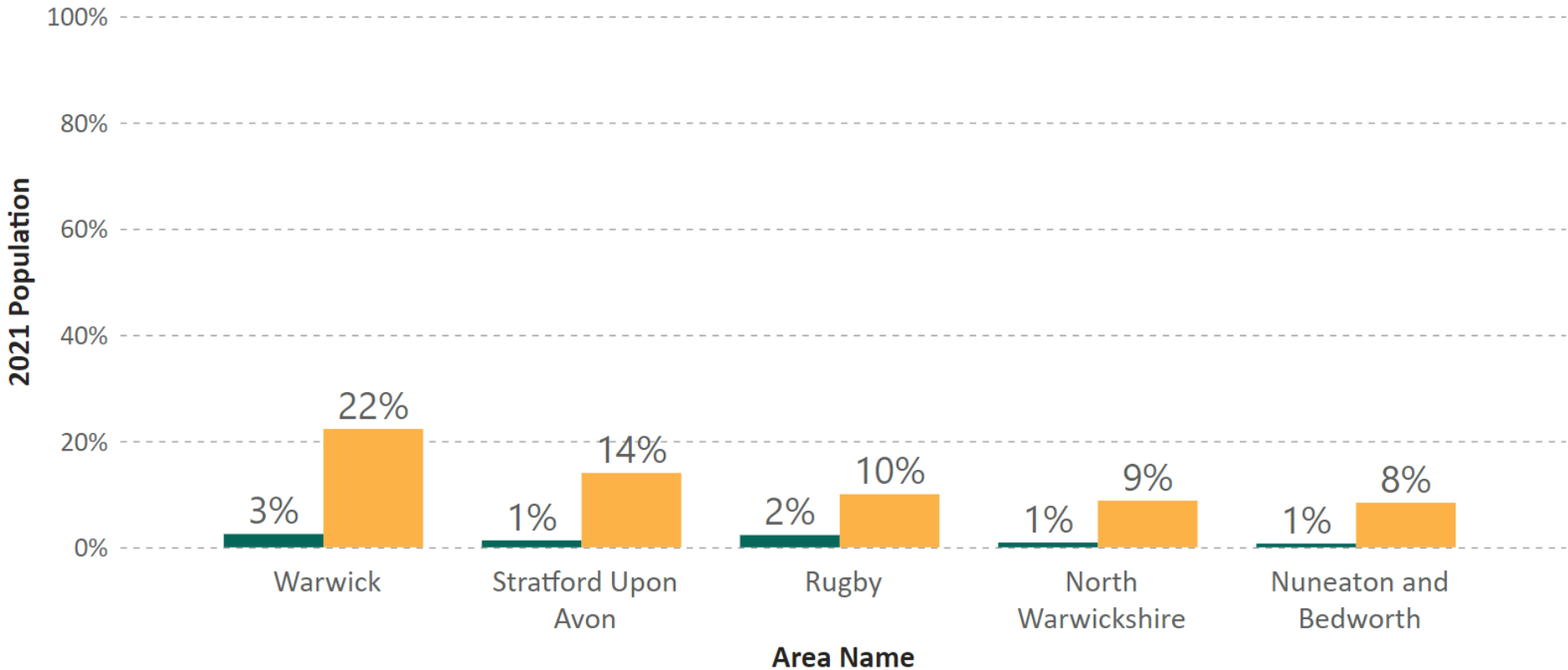
The Local Transport Plan will support a shift in transport modes to more sustainable active travel that will provide greater opportunity for people to keep moving, be physically active. Leisure, town, recreation and green space strategies will help improve local facilities, parks, and play equipment to support everyone to keep active.





# Active Travel across Warwickshire

● % Adults cycling for travel at least three days per week ● % Adults Walking for Travel at least three days per week



The north of the county (North Warwickshire, Rugby and Nuneaton & Bedworth) has significantly fewer people who actively travel than those in the south of the county (Warwick and Stratford-on-Avon).

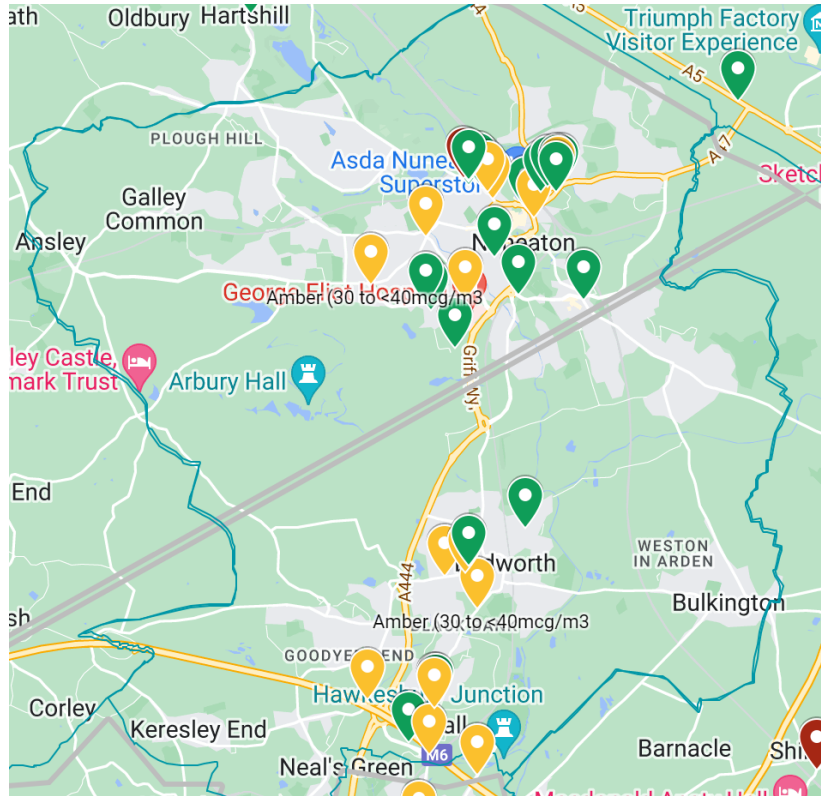
*Active Lives Survey*

# Warwickshire Air Quality – Nitrogen Dioxide (NO<sub>2</sub>)

- Poor air quality is a major influence on public health, causing particular problems for those with respiratory illnesses and cardio-respiratory conditions.
- One of the most dangerous pollutants is nitrogen dioxide (NO<sub>2</sub>) caused by oil, gas and fuels such as emissions from cars.
- Whilst air quality in Warwickshire is generally good, there are localised air quality problems caused by road transport and traffic congestion, where levels of Nitrogen Dioxide (NO<sub>2</sub>) are a key concern.

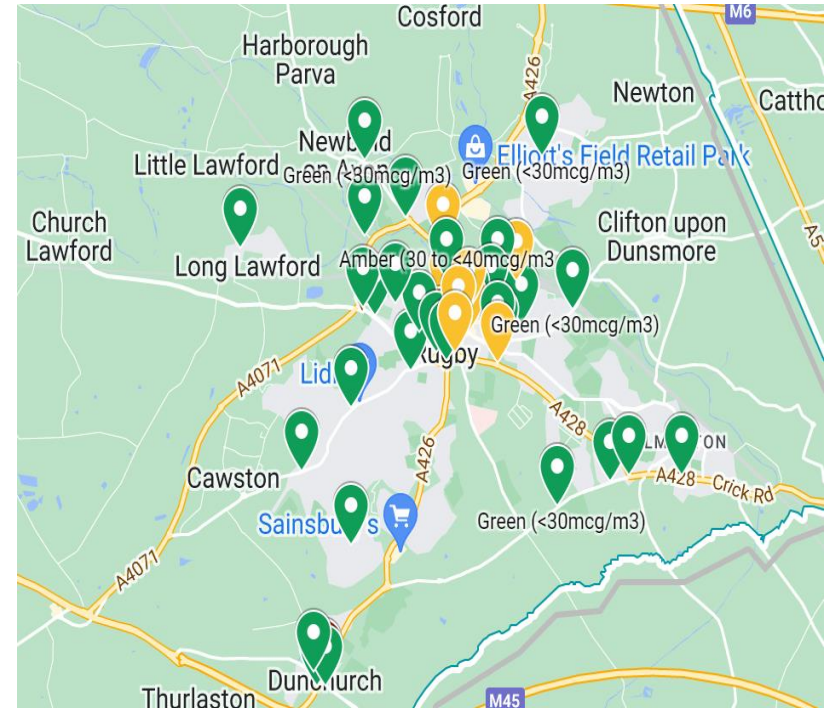
Warwickshire Transport Plan encourages a greater use of more sustainable forms of transport in reducing levels of Nitrogen Dioxide (NO<sub>2</sub>).

# Warwickshire Air Quality – Nitrogen Dioxide (NO2)



Nuneaton and Bedworth NO2 snapshot.

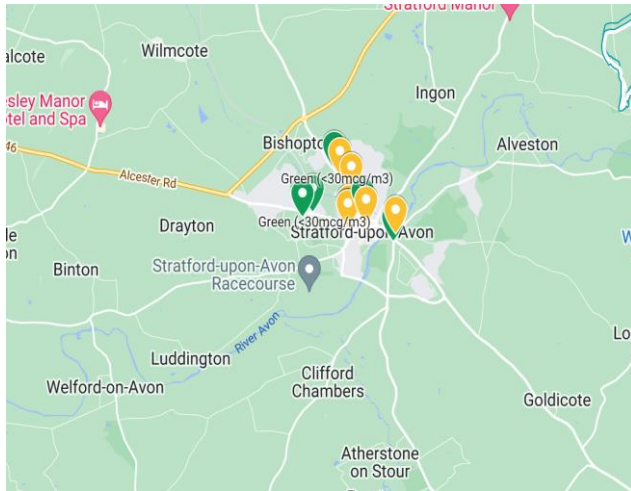
**Red** – Abbey Green School



Rugby NO2 Snapshot

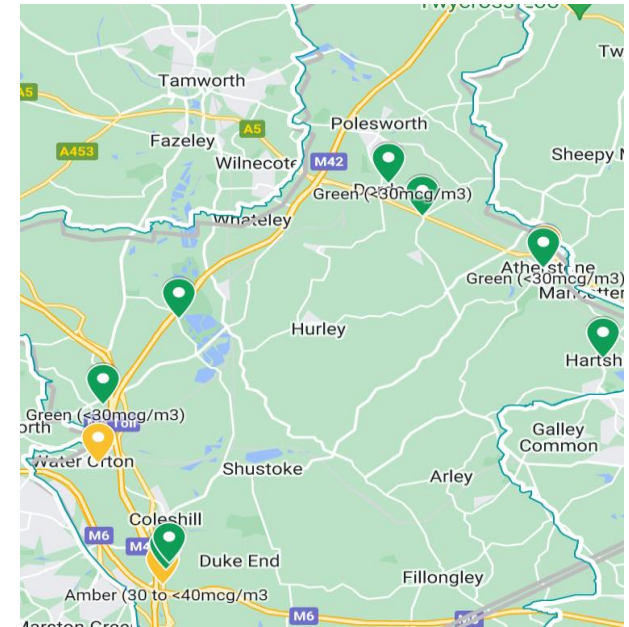
- Green (<30mcg/m3)
- Amber (30 to <40mcg/m3)
- Red (40mcg/m3 and higher)

# Warwickshire Air Quality – Nitrogen Dioxide (NO2)






Stratford-upon-Avon NO2 Snapshot

Warwick NO2 Snapshot



North Warwickshire NO2 Snapshot

-  Green (<30mcg/m3)
-  Amber (30 to <40mcg/m3)
-  Red (40mcg/m3 and higher)

# Fraction of annual mortality (age 30+) attributable to particulate air pollution (PM<sub>2.5</sub>)

Area	Particulate air pollution Value
England	5.6
Warwickshire	5.2
Nuneaton and Bedworth	5.5
Rugby	5.2
North Warwickshire	5.2
Warwick	5.1
Stratford-on-Avon	4.9

One of the most dangerous pollutants is particulate matter (PM<sub>2.5</sub>) from vehicles, farming, wood burning and industrial work.

Mortality attributing to particulate air pollution is **generally better across Warwickshire** (5.2) compared to the England average (5.6).

Mortality attributing to particulate air pollution is **worse in Nuneaton and Bedworth**, followed by Rugby, North Warwickshire, Warwick and then Stratford.

DEFRA & Air Quality and Public Health - UK Health Security Agency, 2020 data

# Sources

Active Lives Query Builder

Adults:

<https://activelives.sportengland.org/AdultQuery/QueryBuilder>

Children:

<https://activelives.sportengland.org/Home/ActivityData>

ONS Population Estimates 2019/20

<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/datasets/populationestimatesforukenglandandwalesscotlandandnorthernireland>

2021 Census - Population and Household Estimates

<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/datasets/populationandhouseholdestimatesenglandandwalescensus2021>

Public Health Profiles 2020 – Recorded Prevalence of Dementia

<https://fingertips.phe.org.uk/search/dementia#page/3/gid/1/pat/6/par/E12000005/ati/402/are/E10000031/iid/91891/age/27/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

Year 6: Prevalence of Overweight (Including Obesity)

[https://fingertips.phe.org.uk/search/children%20obesity#page/4/gid/1/pat/6/par/E12000005/ati/401/are/E07000222/iid/20602/age/201/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/car-do-0\\_tre-ao-1](https://fingertips.phe.org.uk/search/children%20obesity#page/4/gid/1/pat/6/par/E12000005/ati/401/are/E07000222/iid/20602/age/201/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/car-do-0_tre-ao-1)

Percentage of adults (ages 18+) classified as overweight or obese 2020/21

<https://fingertips.phe.org.uk/search/overweight#page/3/gid/1/pat/6/par/E12000005/ati/401/are/E07000222/iid/93088/age/168/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

Public Health Profiles 2020 – Hypertension QOF Prevalence

<https://fingertips.phe.org.uk/search/hypertension>

Public Health Profiles 2020/21- Diabetes QOF Prevalence

<https://fingertips.phe.org.uk/search/diabetes#page/3/gid/1/pat/6/par/E12000005/ati/402/are/E10000031/iid/241/age/187/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>