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|  | Manchester Alliance  for Community Care | |
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| Cardiovascular Disease  A Briefing  August 2010 | |
| MACC  Swan Buildings,  20, Swan Street,  Manchester  M4 5JW  Tel: 0161 834 9823  [www.macc.org.uk](http://www.macc.org.uk) |  |

**1. About this briefing**

This briefing is aimed at practitioners and managers within the voluntary and community sector who want to know more about work which is taking place in Manchester to tackle cardiovascular disease and to start thinking through how their organisation may be well placed to contribute to reducing this issue.

It provides an overview of cardiovascular disease in Manchester; how Manchester NHS and statutory partners are tackling the issue at a strategic level; the types of services voluntary and community sector organisations are well placed to deliver, useful resources and links to further information.

For more information about this briefing and the voluntary and community sector [Health and Well-being Network](http://www.macc.org.uk/macc/wellbeing_intro.php) please contact:

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**2. Overview**

Cardiovascular disease, also known as heart and circulatory disease, covers all diseases that affect the heart and circulation. This includes conditions such as **coronary heart disease (angina and heart attack)** and **stroke**. The following things can **increase your risk:**

* Smoking
* High blood pressure
* High blood cholesterol
* Physical inactivity
* Being overweight or obese
* Diabetes
* A family history of heart disease
* Age – as you get older, your risk increases
* Ethnic group – some ethnic groups have a higher risk of heart disease. For example, South Asian people living in the UK have a higher risk than the rest of the UK population.

Coronary heart disease (CHD) is the biggest killer in the country, accounting for more than 110,000 deaths in England every year. More than 1.4million people suffer from angina and 275,000 people have a heart attack annually. CHD accounts for about 3% of all hospital admissions in England. Coronary heart disease is one of the biggest killers in Manchester. Locally, CHD accounts for around nearly 20% of all deaths and 18% of the gap in life expectancy between men in Manchester and the national average. For women, CHD accounts for 14% of all deaths and 13% of the life expectancy gap.

The latest figures show that the mortality rate from CHD in persons aged under 75 in Manchester (84.6 per 100,000 residents) is 75% higher than the average for England as a whole (48.4 per 100,000). The gap between Manchester and the England average is now 76.2% compared with 47.6% in 1993.

There are major social, ethnic and geographical inequalities in CHD. For example, unskilled working men are three times more likely to die prematurely of CHD than men in professional or managerial occupations. There are also ethnic variations. For people born in the Indian subcontinent, the death rate from heart disease is 38% higher for men and 43% higher for women than rates for the population as a whole.

Stroke is the third most common cause of death in the developed world. One quarter of stroke deaths occur under the age of 65. People of African or Caribbean ethnicity are at

higher risk of stroke, especially of having strokes while young. Incidence rates of first-ever stroke adjusted for age and sex have been found to be twice as high in black people compared with white people.

**3. Manchester’s strategic approach**

Within *“Improving Health in Manchester”* Commissioning Strategic Plan (2009-2014) NHS Manchester describes a shifting its focus towards an alliance with the public and with other public, private and voluntary and community sector bodies to reduce disease and ill health and to promote and enhance good health and longevity. This means that the traditional emphasis on hospital based services will continue to be reduced in favour of primary and community services. It also means that the traditional emphasis on health care interventions and treatment will be increasingly balanced by an emphasis on disease prevention and health promotion.

**4. How can VCS organisations contribute to tackling cardiovascular disease?**

Community development projects are by their nature often more sensitive to the needs of different parts of the community than statutory services. Voluntary and community organisations are therefore well placed to deliver a range of services which contribute to reducing cardiovascular disease. These include:

* Within personalization, identify models of service provision that would be appropriate for people using individual budgets to support their care needs
* Physical activity provision, such as walking initiatives in the community
* Target preventative activity (e.g. around smoking, diet and physical activity) to communities where cardiovascular outcomes and life expectancy are worst
* Increase engagement with disadvantaged and vulnerable communities, leading to increased awareness of risk reduction and management of long term conditions.

**5. Opportunities for the voluntary and community sector**

[North Manchester Zest](http://www.manchester.nhs.uk/yourviewscount/volunteeringforhealth/healthy%20living%20networks.html)   
Zest is North Manchester's Healthy Living Project. Zest’s main aim is to work directly with local people to put their ideas on improving health & well-being into practice. Zest focuses on the following areas:

* Involving local people in identifying health needs and issues in their area and developing ideas and solutions.
* Working in partnership with local people, community groups and organisations, voluntary and statutory organisations to improve health & well-being and local services in the area.
* Developing and supporting activities that people need and enjoy, which will help them become more active, eat more healthily and feel less stressed or isolated.

[South Manchester Healthy Living Network](http://www.manchester.nhs.uk/yourviewscount/volunteeringforhealth/healthy%20living%20networks.html)   
Since 2001, South Manchester Healthy Living Network has been working with local people, organisations and the health service to encourage healthier lifestyles in South Manchester communities. The Network links local people, community groups and local services to achieve the following:

* Work together
* Learn together
* Develop healthier lifestyles
* Improve health services
* Support communities and professionals
* Make Manchester a healthier place

[SMILE (South Manchester Improving Lifestyle through Exercise)](http://www.manchester.nhs.uk/yourviewscount/volunteeringforhealth/healthy%20living%20networks.html)This is an exercise referral scheme for South Manchester residents who have one or more of the following: high blood pressure; high cholesterol; obesity; diabetes; angina; joint/muscle conditions; asthma; mental health conditions; plus post cardiac rehabilitation for those who have completed a phase 3 exercise course. (NB. In the case of some medical conditions, patients may be strongly advised against exercise. All our clients are assessed individually, and may be referred back to their health professional as appropriate).

**6. Specialist local voluntary and community sector organisations**

For information about organisations delivering work around cardiovascular disease go to [www.onecentralplace.org.uk](http://www.onecentralplace.org.uk) – an online directory of voluntary and community sector organisations in Manchester.

**7. Resources**

[Stroke Services in Manchester](http://www.manchester.nhs.uk/talkinghealth/telluswhatyouthink/ot.html)

NHS Manchester and Manchester City Council are working together with GPs to carry out research with people who have had a stroke and their carers to gather information that will develop stroke services in Manchester. You can share your comments with us by: Calling: 0161 765 4168. Send an email: talkinghealth@manchester.nhs.uk

**8. Useful Documents**

[Manchester Joint Strategic Needs Assessment (JSNA), 2008](http://www.manchester.gov.uk/site/scripts/download_info.php?downloadID=2829&fileID=8459)

[Improving Health in Manchester: NHS Commissioning Strategic Plan 2009-2014](http://www.manchester.nhs.uk/document_uploads/Commissioning/NHS%20Manchester%20Commissioning%20Plan%20111108_7bcd6.pdf)

[Manchester Public Health Annual Report](http://www.manchester.nhs.uk/document_uploads/Board%207%20April%202010/Manchester%20Public%20Health%20Annual%20Report%202009%20(2).pdf)

[A Picture of Progress: Compendium of Statistics for Manchester](http://www.manchester.gov.uk/downloads/file/11460/a_picture_of_progress_compendium_compendium_of_statistics_for_manchester)

[Manchester’s Healthy Weight Strategy 2010-2013](http://www.manchester.nhs.uk/document_uploads/Public%20health/SD03640%20-%20Manchester%20Healthy%20Weight%20Strategy%20(website).pdf)

**9. Useful Links**

[Manchester Alliance for Community Care](http://www.macc.org.uk/macc/food.php)

[NHS Manchester website](http://www.manchester.nhs.uk/default.aspx?)

[Manchester Public Health Development Service](http://www.manchesterpublichealthdevelopment.org/)

[Talking Health](http://www.manchesterpct.nhs.uk/talkinghealth/default.aspx)

[British Heart Foundation](http://www.bhf.org.uk)

[Walking the way to health](http://www.whi.org.uk)

[BHFActive](http://www.bhfactive.org.uk)

[Heart UK](http://www.heartuk.org.uk)

[Blood Pressure Association](http://www.bpassoc.org.uk)

[Getting Manchester Moving Campaign](http://www.gettingmanchestermoving.org)

[Stoke Association](http://www.stroke.org.uk)

**10. For more information**

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