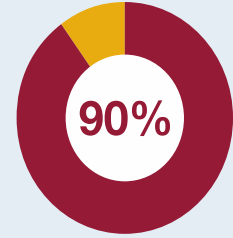
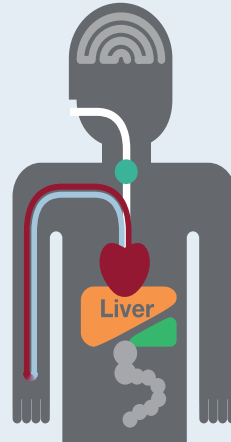


INTRODUCTION

Deaths from Liver Disease are increasing in England; In the South West there was a 23% increase in liver deaths from 2001 to 2012.

Diagnosing liver disease early and treating the cause can prevent the progression of liver disease reducing liver cancer, liver transplants and liver mortality, as well as improving quality of life for those living with the disease.

However, up to **90%** of liver disease is due to three main **preventable** risk factors: **Alcohol, Viral Hepatitis, Non Alcohol Related Fatty Liver disease (NAFLD)**



Alcohol



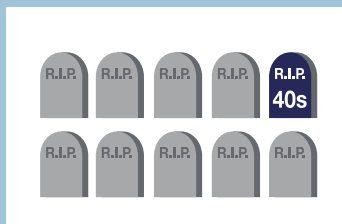
Viral Hepatitis



Non-alcoholic fatty liver disease

WHY IS ADDRESSING LIVER DISEASE IMPORTANT?

More than **1 in 10** people who die from liver disease are in their 40s



It is the 3rd leading cause of **premature mortality** in England

Liver disease is the only main **preventable** causes of mortality actually increasing

Liver ↑

- Cerebrovascular
- Circulatory
- Respiratory
- Ischemic heart
- Neoplasm
- Diabetes
- Endocrine

People in the most deprived quintile are **2.4 times** more likely to be admitted to hospital for liver disease



1 in 5 admitted only once in the last year of life die during that admission

Alcohol misuse harms families and communities

1
2

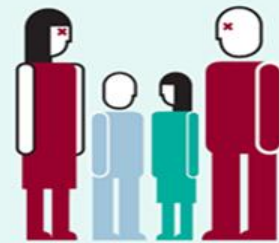
Almost **half** of violent assaults



Domestic violence and marital breakdown



27% of serious case reviews mention alcohol misuse



Physical, psychological and behavioural problems for children of parents with alcohol problems



13% of road fatalities

Reducing alcohol and injecting drug misuse can lead to **wider societal cost savings**

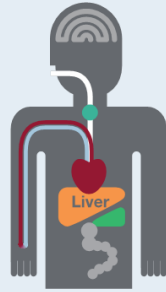
Liver Disease in the South West

HOW DO WE REDUCE THE BURDEN OF LIVER DISEASE?

To achieve healthier lifestyle choices and better outcomes for people in the South West there needs to be; an increased awareness of liver disease, a reduction in stigma associated with the disease and support for behaviour change. This is in addition to the development of strategies for early diagnosis of liver disease to reduce morbidity and mortality. As a priority, all commissioners in the local health economy must work together to address health inequalities and ensure evidence-based prevention and care are in place across the whole liver pathway.

Prevention

- Expand access to identification and brief advice for alcohol misuse
- Ensure accessible needle and syringe exchange programmes
- Increase immunisation rates for hepatitis B in at risk groups
- Promote healthy lifestyles to reduce obesity and its impact on health
- Align strategies for preventing liver disease to ensure they positively impact on other areas of inequality



Early diagnosis

- Increase expertise and knowledge of liver disease in Primary care
- Increase case findings for people with hepatitis B and C
- Screen those in high risk groups for hepatitis B and C and ensure there is a clear treatment pathway in place locally

Raise awareness and reduce stigma

- Include liver disease within Joint Strategic Needs Assessments and Health & Wellbeing plans
- Promote public and professional awareness by through social marketing campaigns and health promotion

LIVER DISEASE: KEY FIGURES



16% of adults in the South West are drinking at levels of increasing risk (*between 22 and 50 units of alcohol per week for males, and between 15 and 35 units of alcohol per week for females*)



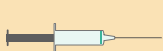
70% of adults are classified as overweight or obese in Swindon (three-year average 2012-2015)



9% of community drug and alcohol service users completed their hepatitis B immunisations in Swindon in 2013-2014



75% of people living with Hepatitis C are estimated to be unrecognised in England



38% of people with chronic liver disease had their flu vaccine in Swindon in 2014-15

More figures to inform local practice in can be found on the PHE 'Fingertips' Liver Disease Profiles pages <http://fingertips.phe.org.uk/profile/liver-disease>

'Liver Disease in the South West: A Health Needs Assessment' is available from https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/449896/Review_of_liver_disease_in_the_SW_a_HNA_FINAL_FINAL.pdf