



RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year.....	49/2019
Week Starting - Ending.....	02/12/2019 - 08/12/2019
No. of Practices.....	263
Population.....	2,521,783

National (England)

- **Acute Bronchitis** : decreased from 79.7 in week 48 to 75.7 in week 49.
- **Asthma** : increased a little from 14.1 in week 48 to 14.7 in week 49.
- **Common Cold** : was unchanged at 113.0 in week 48 compared with 116.0 in week 49.
- **Influenza Like illness** : increased from 10.6 in week 48 to 13.1 in week 49.
- **Respiratory System Diseases** : was unchanged at 340.8 in week 48 compared with 336.0 in week 49.

Regional (North, South, London and Midlands and East)

- **Acute Bronchitis** : decreased from 54.7 in week 48 to 51.0 in week 49 in the London region, decreased from 116.0 in week 48 to 108.6 in week 49 in the North region, decreased from 60.1 in week 48 to 54.7 in week 49 in the South region, and was unchanged at 98.9 in week 48 compared with 101.6 in week 49 in the Midlands And East region.
- **Asthma** : increased from 11.9 in week 48 to 13.9 in week 49 in the London region, decreased from 19.0 in week 48 to 17.3 in week 49 in the North region, was unchanged at 11.2 in week 48 compared with 11.5 in week 49 in the South region, and increased from 15.2 in week 48 to 18.8 in week 49 in the Midlands And East region.
- **Common Cold** : was unchanged at 141.9 in week 48 compared with 141.7 in week 49 in the London region, increased from 127.2 in week 48 to 137.4 in week 49 in the North region, decreased from 70.3 in week 48 to 66.2 in week 49 in the South region, and increased from 144.5 in week 48 to 157.8 in week 49 in the Midlands And East region.
- **Influenza Like illness** : increased from 7.0 in week 48 to 8.6 in week 49 in the London region, increased from 18.9 in week 48 to 25.4 in week 49 in the North region, decreased a little from 5.8 in week 48 to 5.6 in week 49 in the South region, and increased from 12.1 in week 48 to 14.1 in week 49 in the Midlands And East region.
- **Respiratory System Diseases** : was unchanged at 315.3 in week 48 compared with 318.4 in week 49 in the London region, was unchanged at 441.6 in week 48 compared with 438.4 in week 49 in the North region, decreased from 251.7 in week 48 to 230.7 in week 49 in the South region, and increased a little from 407.4 in week 48 to 423.1 in week 49 in the Midlands And East region.

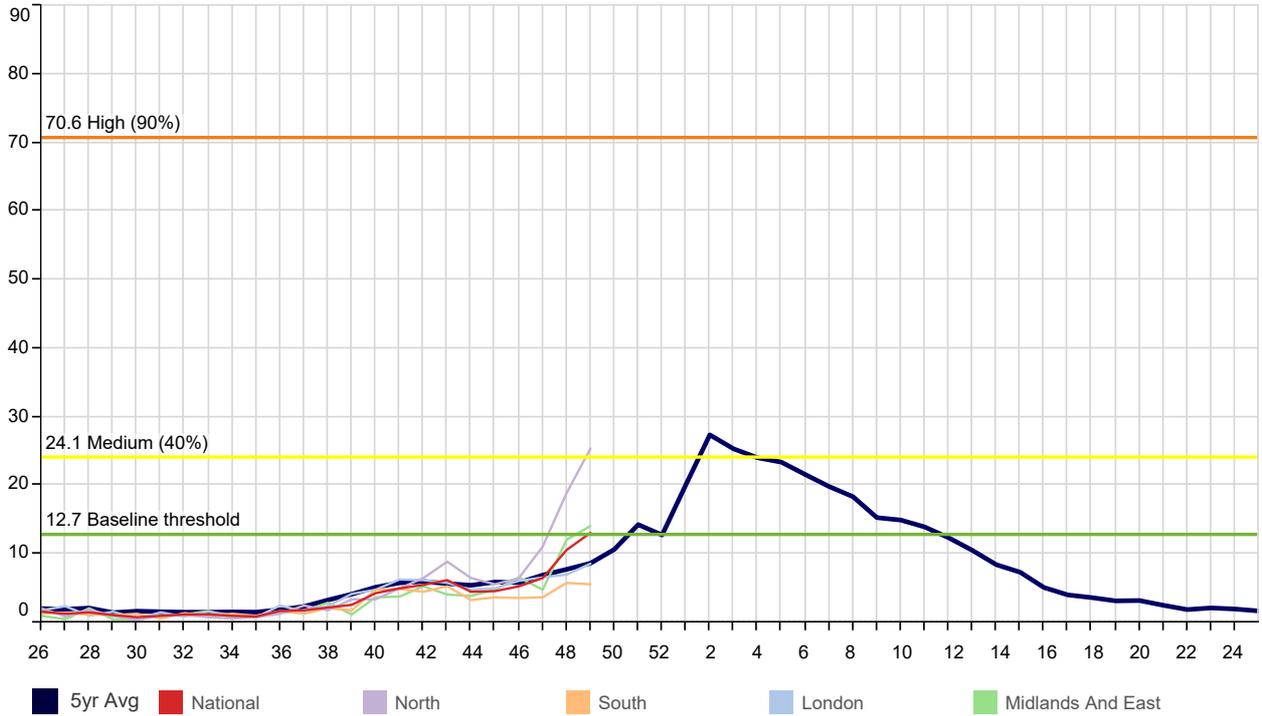
Comment:

Presentations in respiratory system diseases have increased this week however they are below levels usually seen at this time of year.

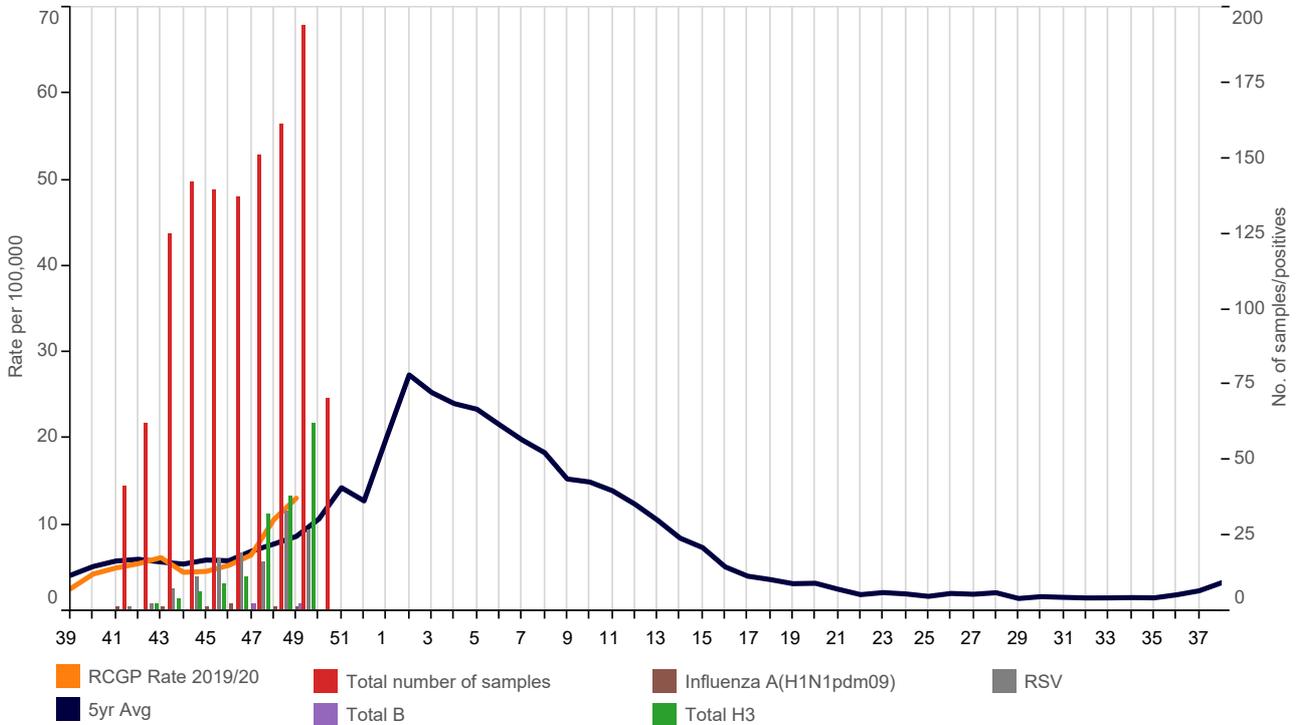
Winter Focus 2019/20

Please see page 13 for explanatory notes on the data.

(A) Influenza-like illness: incidence rate winter 2019/20*

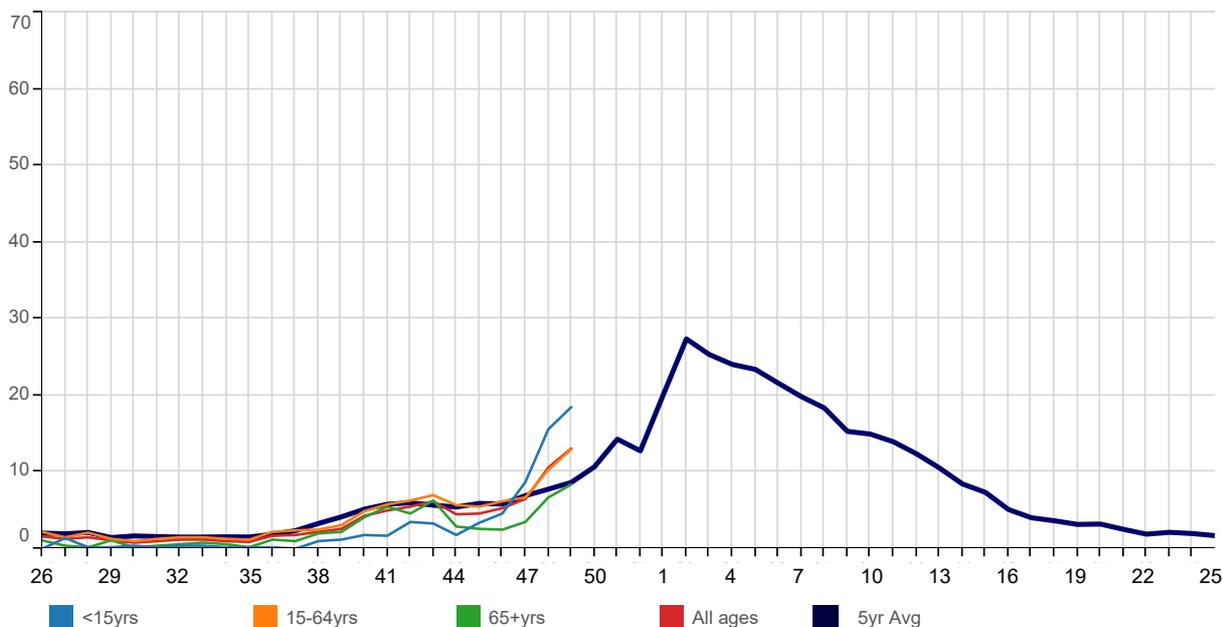


(B) RCGP/PHE RSV and Influenza Virology Swab Surveillance 2019/20(all ages, gender & regions combined)*



* The thresholds used are the agreed RCGP/ Public Health England levels for 2019/20. The rolling average line(blue) is based on 5 year historic RCGP RSC level.

(C) Influenza-like illness: national incidence rate 2019/2020 by age group*



(D) Influenza-like illness: national incidence rate 2019/2020 by age group*

This table shows the level of intensity of ILI by age band. MEM thresholds have been calculated separately for each age band - the ranges are shown in the table Threshold levels by age band.

Table 1	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4
<15yrs	1.8	1.7	3.5	3.3	1.8	3.4	4.6	8.7	15.6	18.5							
15-64yrs	4.9	5.8	6.3	7.0	5.7	5.5	6.2	6.7	10.3	13.0							
65+yrs	4.1	5.5	4.6	6.3	2.9	2.6	2.5	3.5	6.7	8.4							
All ages	4.3	5.0	5.5	6.2	4.5	4.6	5.3	6.5	10.6	13.1							

	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<15yrs																
15-64yrs																
65+yrs																
All ages																

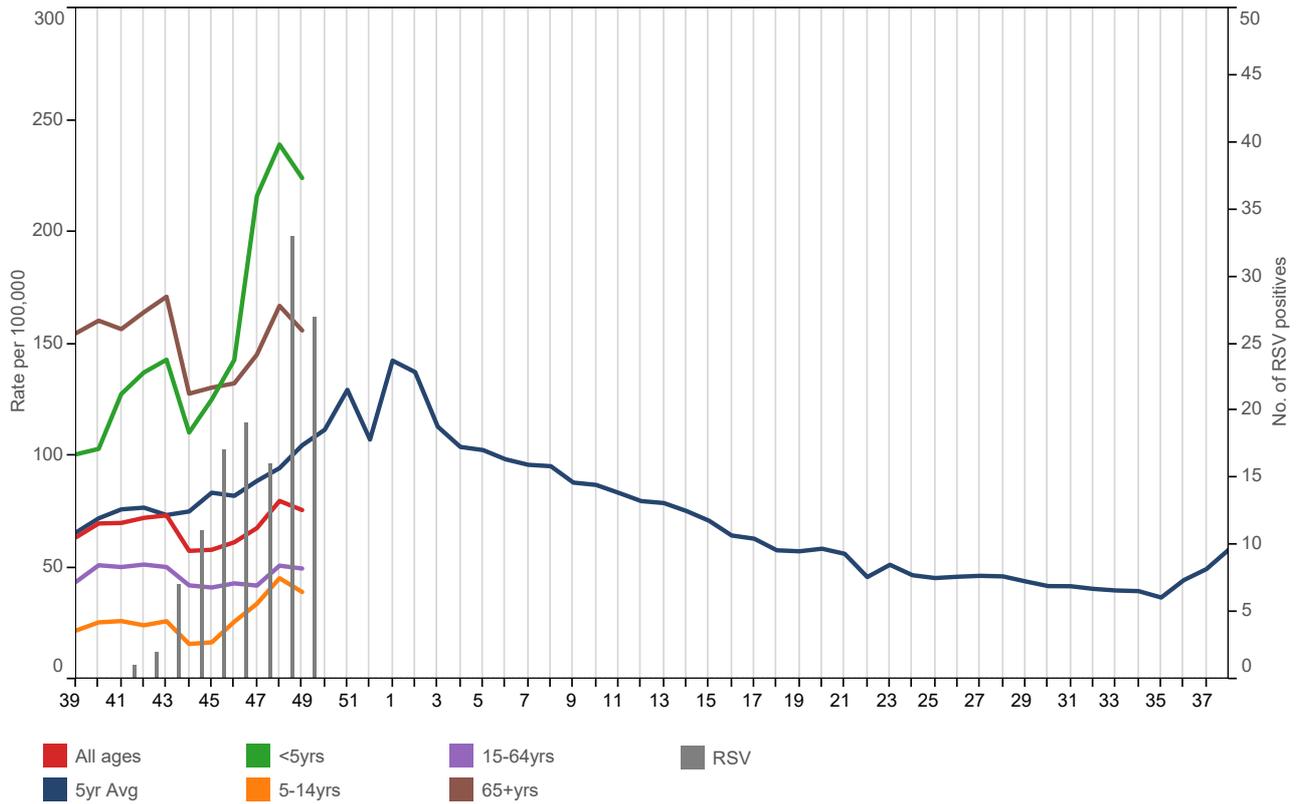
Table 2	Below Threshold ¹	Threshold to Medium ²	Medium to High ³	High to Very High ⁴	Above Very High ⁵
0-14	<10.7	10.7 to <18.1	18.1 to <49.9	49.9 to <78.1	78.1+
15-64	<14.8	14.8 to <28.9	28.9 to <69.6	69.6 to <102.7	102.7+
65+	<11.8	11.8 to <17.9	17.9 to <43.3	43.3 to <64.0	64.0+
All Ages	<12.7	12.7 to <24.1	24.1 to <70.6	70.6 to <113.6	113.6+

Threshold levels
¹Below baseline threshold
²baseline threshold breach to < 40th percentile
³40th to <90th percentile
⁴90th to <97.5th percentile
⁵97.5th+ percentile

Weekly influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons

	Influenza-like illness	Bronchitis		Influenza-like illness	Bronchitis
<1yr	9.7	309.1	London	8.6	51.0
1-4yrs	21.4	208.4	North	25.4	108.6
5-14yrs	18.0	39.0	South	5.6	54.7
15-24yrs	13.7	22.4	Midlands And East	14.1	101.6
25-44yrs	13.8	37.4	National	13.1	75.7
45-64yrs	11.7	76.3			
65-74yrs	7.4	124.4			
75-84yrs	10.6	159.7			
85+yrs	6.8	269.0			
All ages	13.1	75.7			

(E) Acute Bronchitis: national incidence rate 2019/2020 by age group*



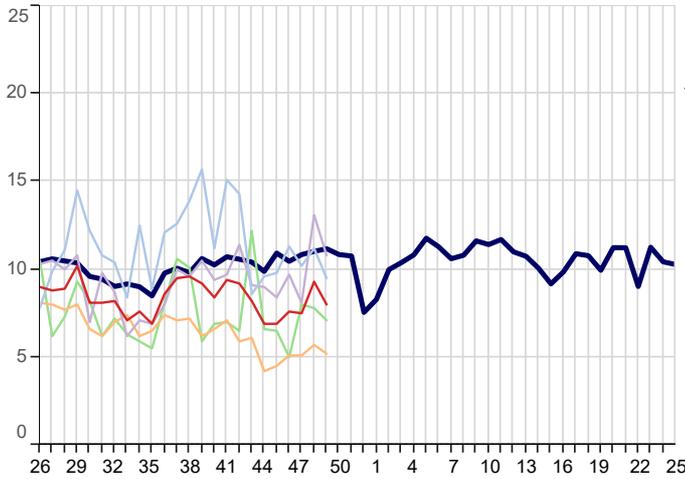
Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons

	Influenza-like illness	Bronchitis
<5yrs	19.6	224.1
5-14yrs	18.0	39.0
15-64yrs	13.0	49.5
65+yrs	8.4	156.0
All ages	13.1	75.7

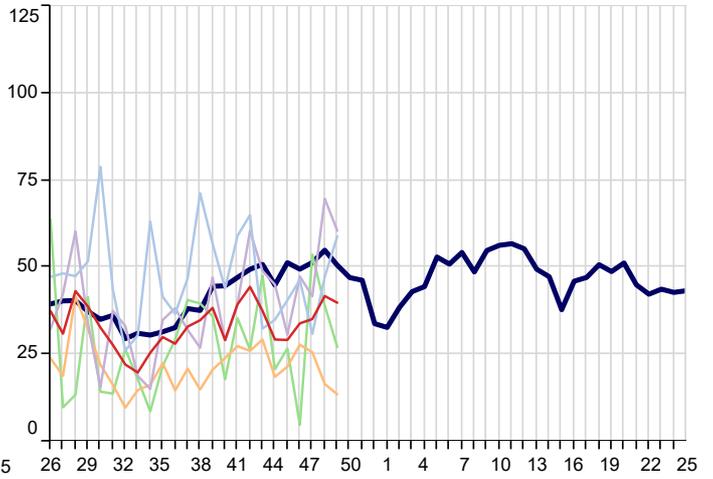
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

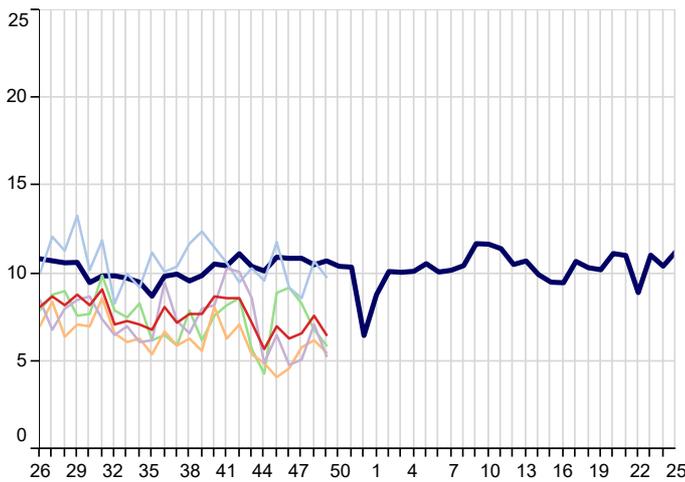
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2019/20 compared with 5 year average



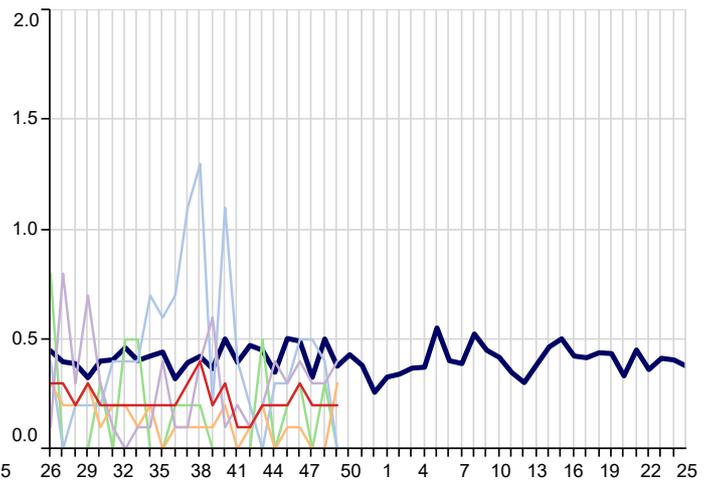
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2019/20 compared with 5 year average



Non-Infective Enteritis & Colitis (ICD10: K50-K52)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average



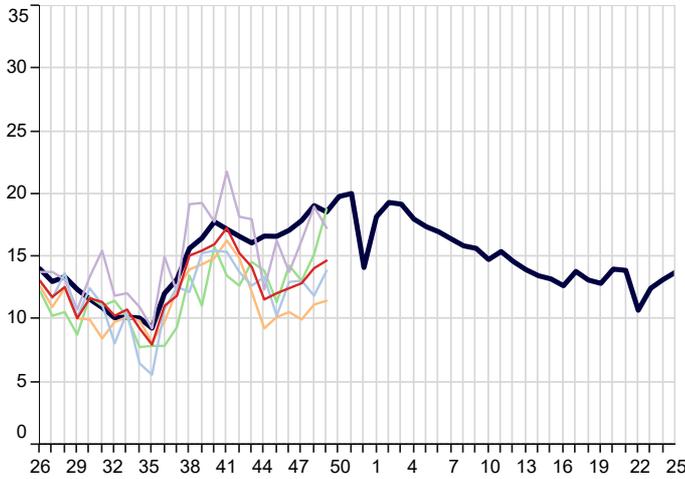
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average



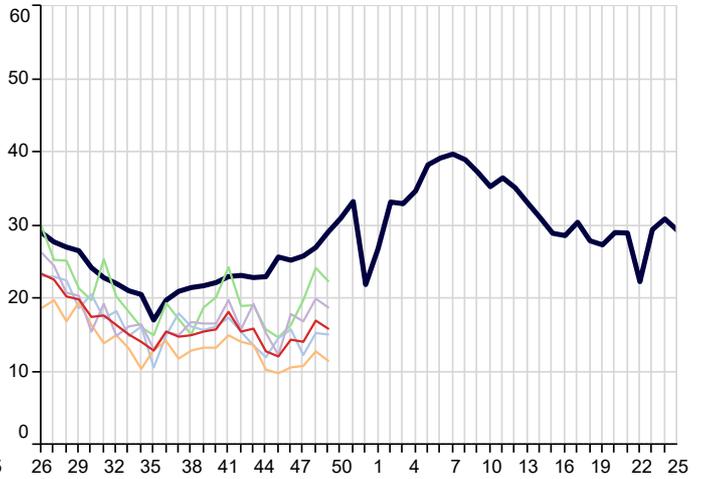
2. Environmentally Sensitive Disorders:

5yr Avg National London North South Midlands And East

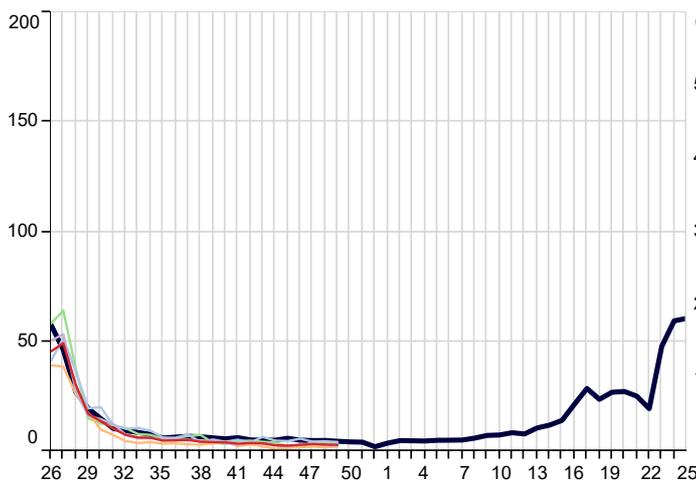
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



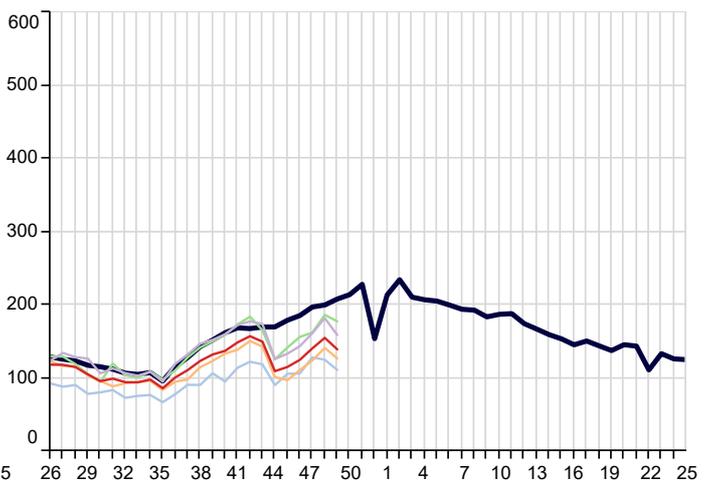
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



Hayfever/Allergic Rhinitis (ICD10: J30)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



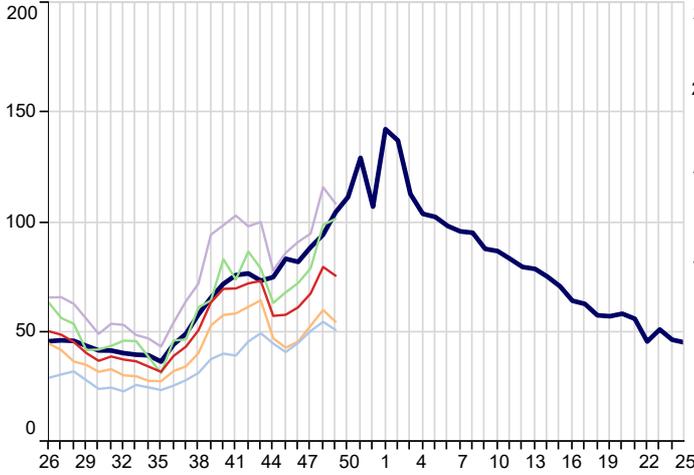
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



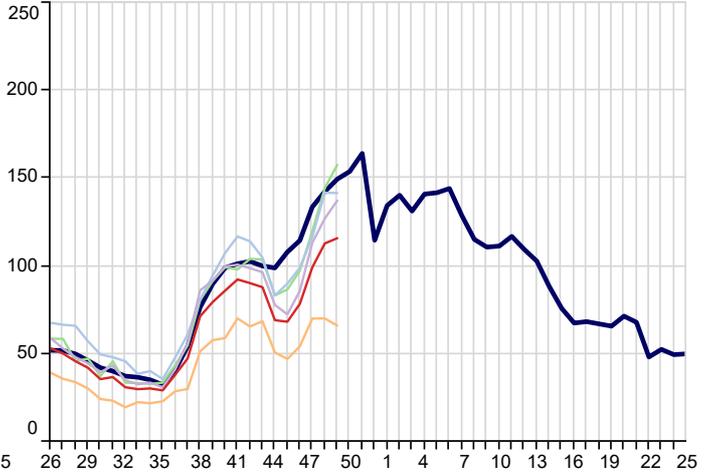
3. Respiratory Infections:

5yr Avg National London North South Midlands And East

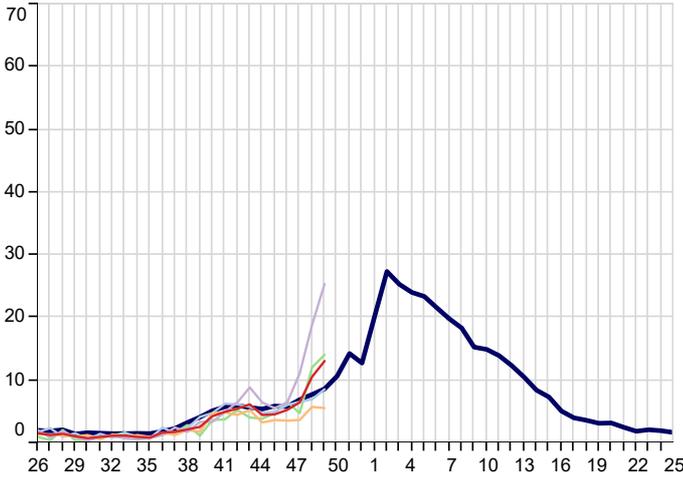
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



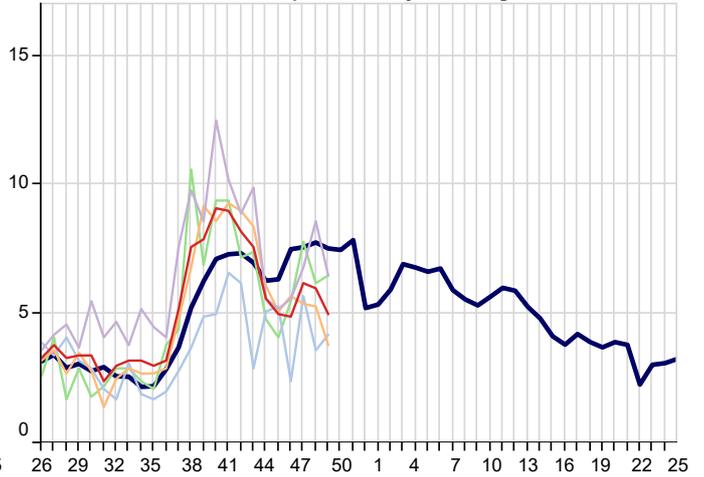
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



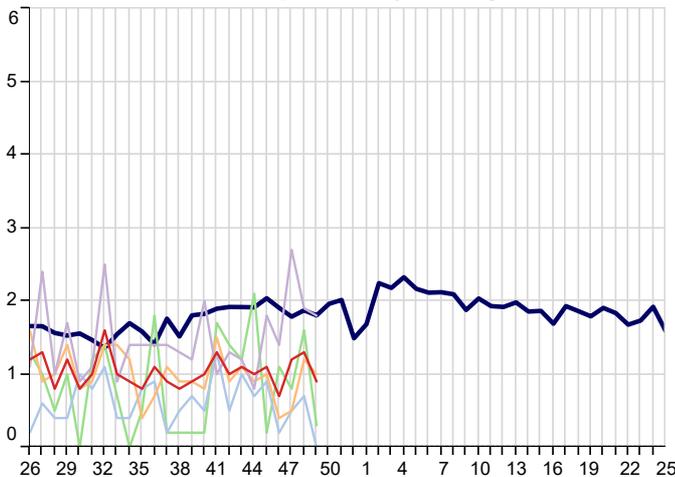
Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



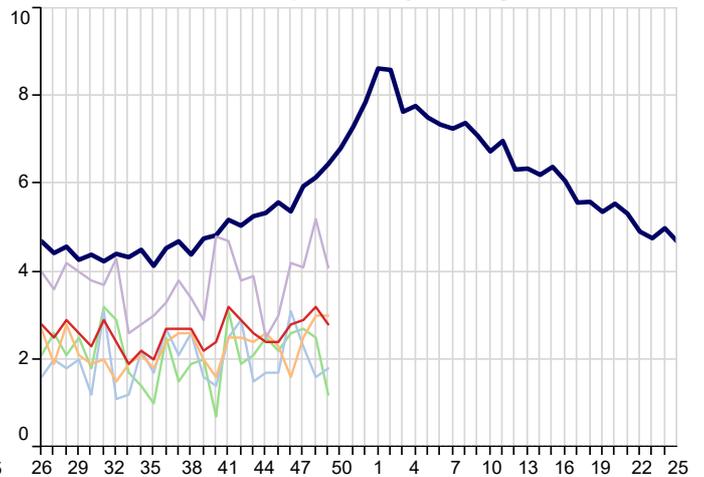
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



Pleurisy (ICD10: R091)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



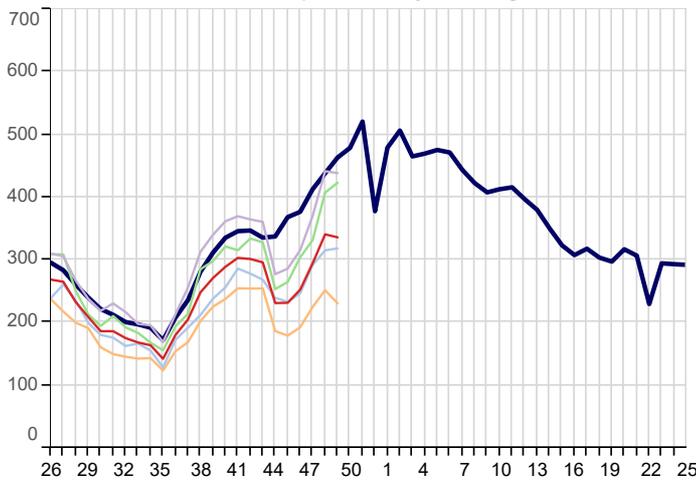
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



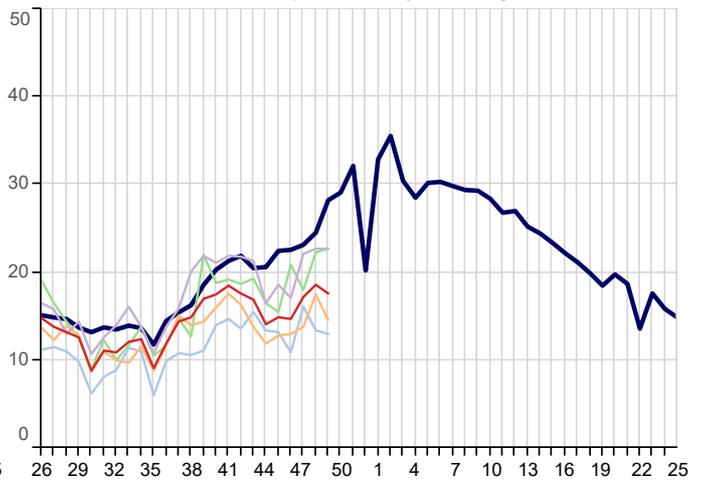
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

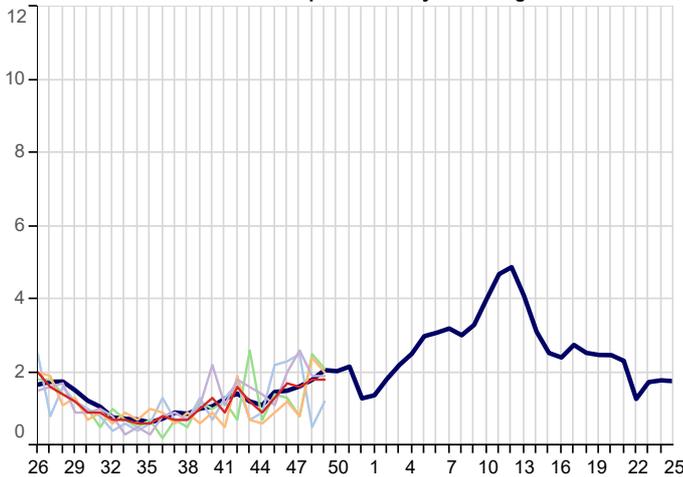
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



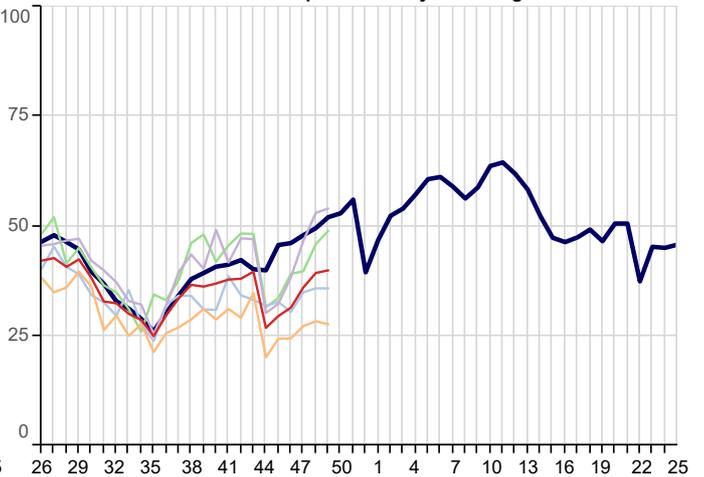
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



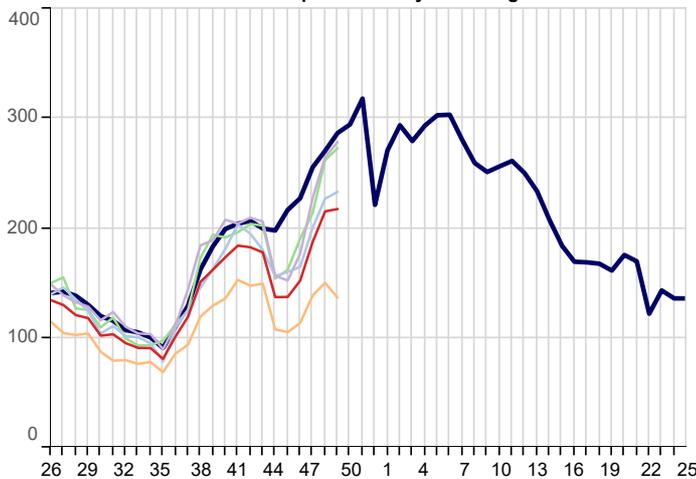
Strep Sore Throat, Scarlatina and Peritonsillar Abscess (ICD10: A38,J020,J36)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



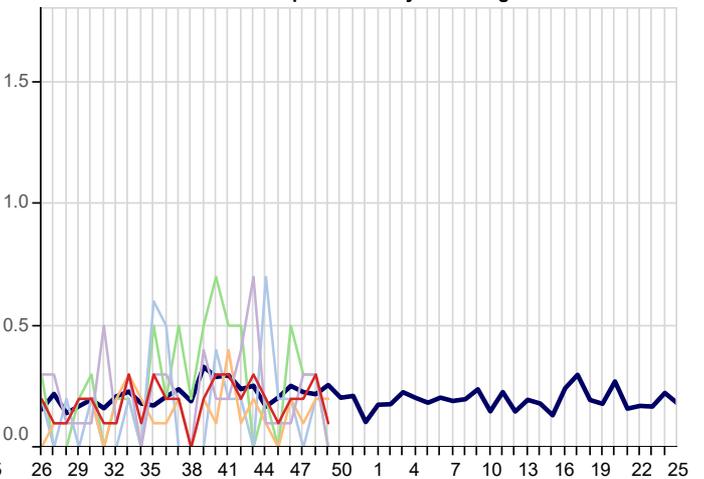
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



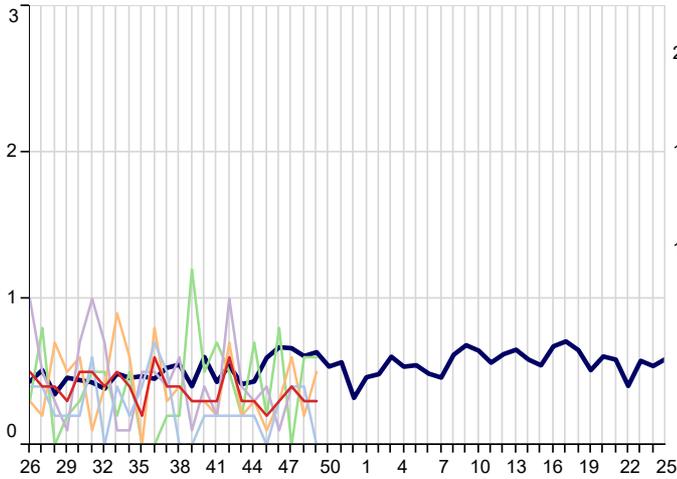
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



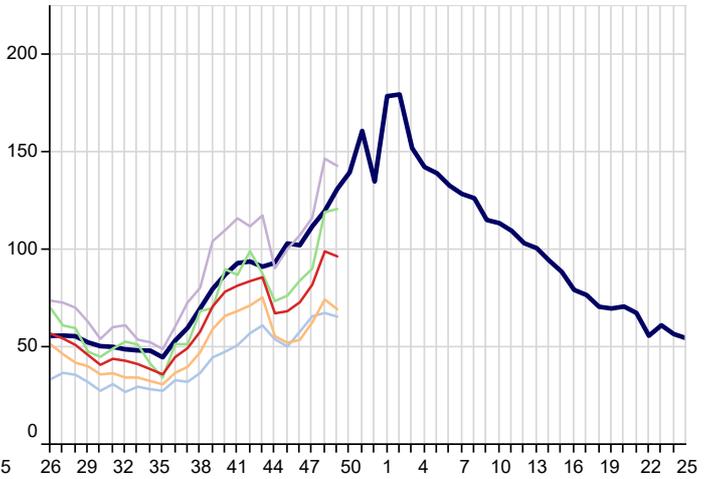
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

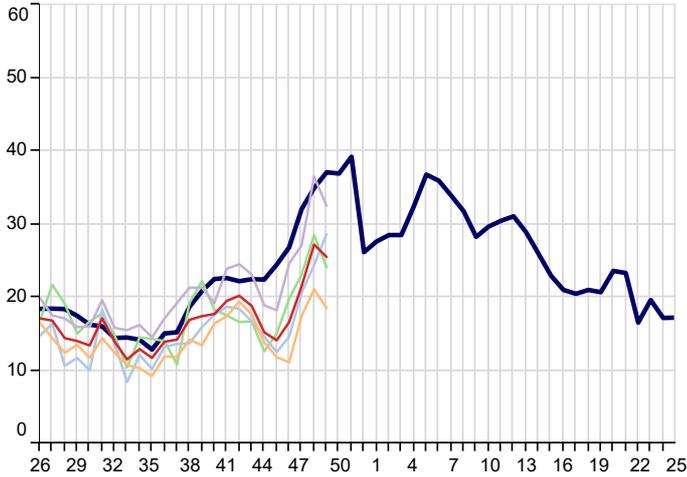
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average



Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average



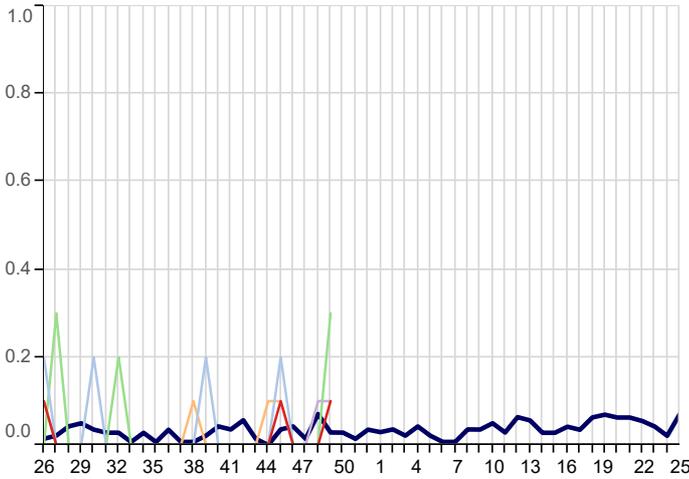
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average



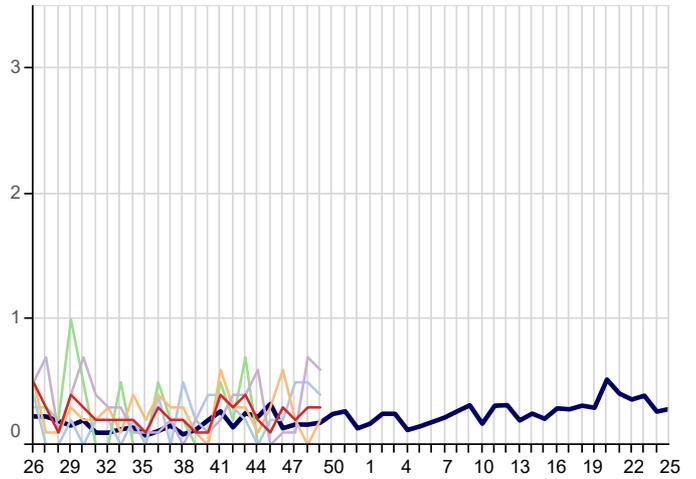
4. Vaccine Sensitive Disorders

5yr Avg National London North South Midlands And East

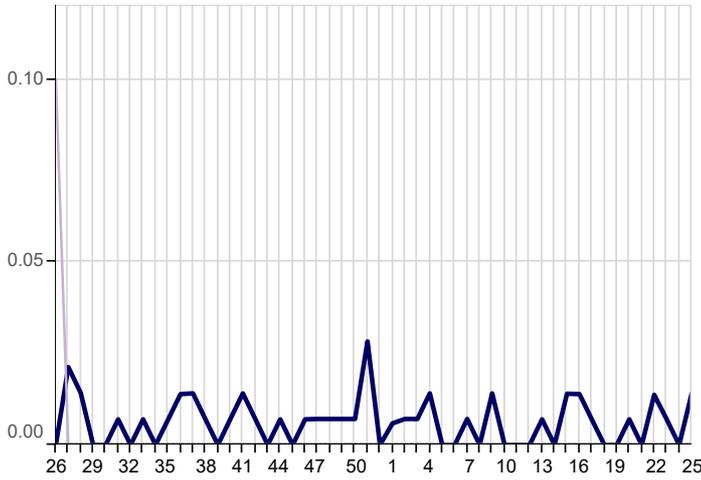
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



Mumps (ICD10: B26)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

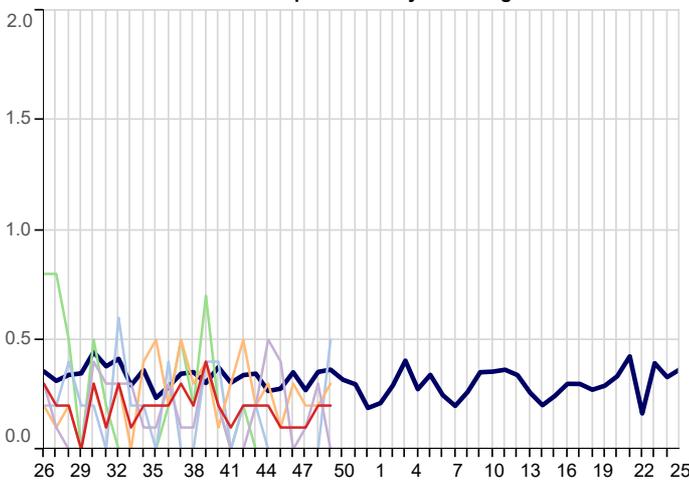


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

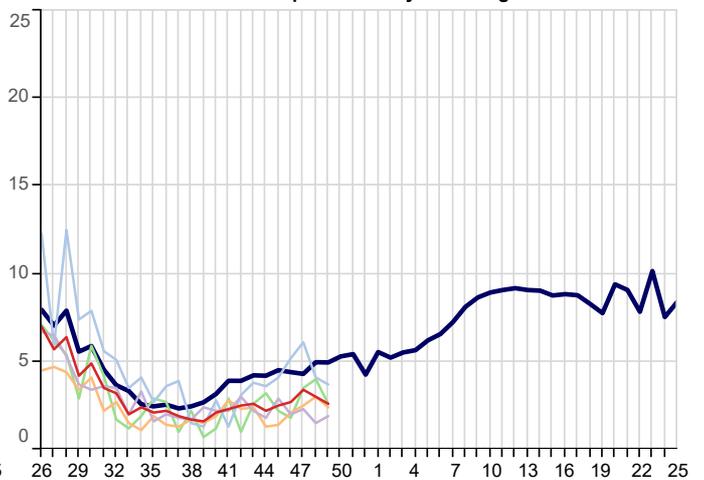


5. Skin Contagions

Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



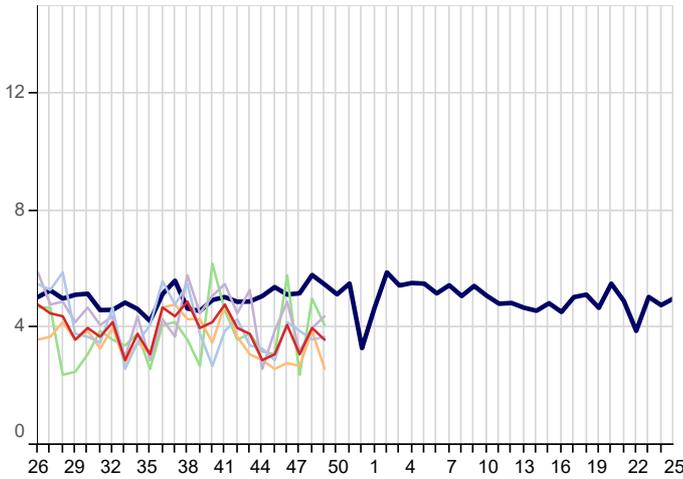
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



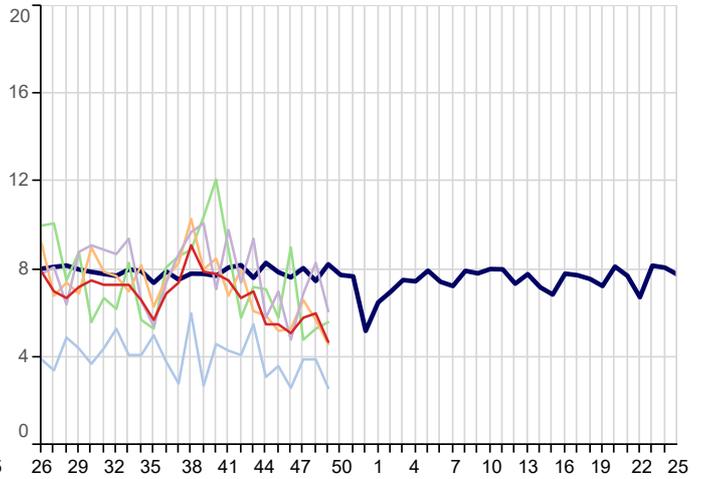
5. Skin Contagions (Continued)

■ 5yr Avg
 ■ National
 ■ London
 ■ North
 ■ South
 ■ Midlands And East

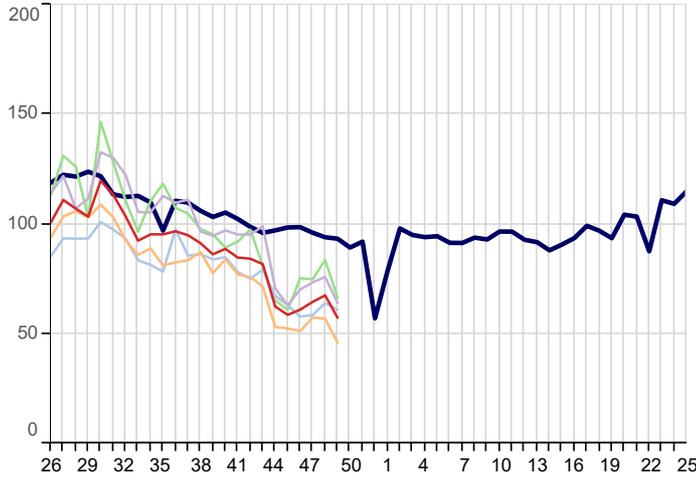
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



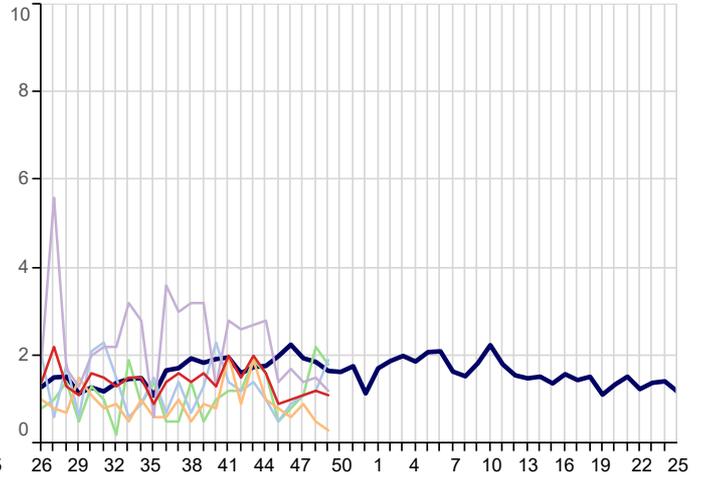
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



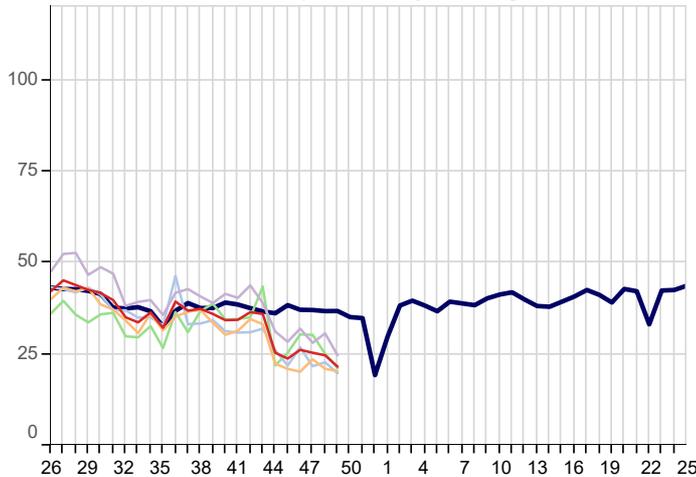
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



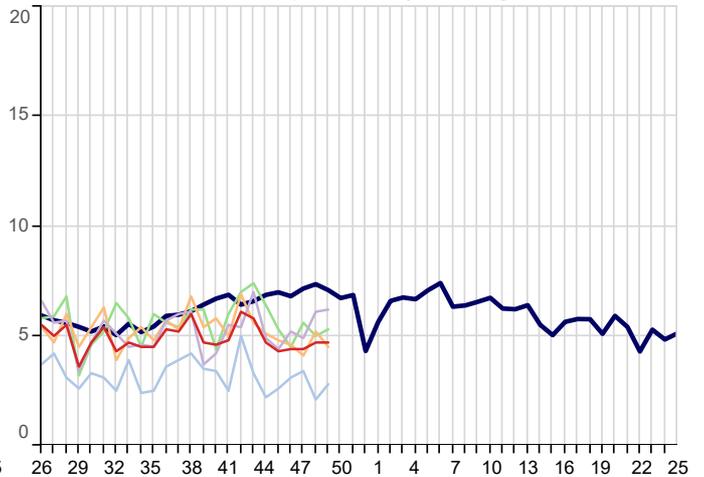
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



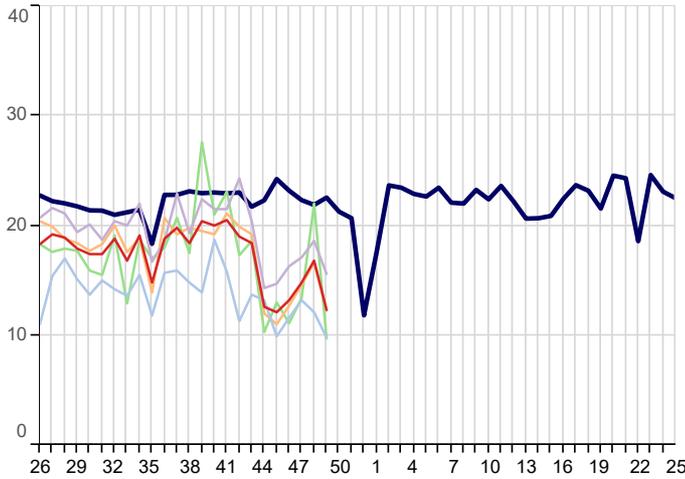
Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



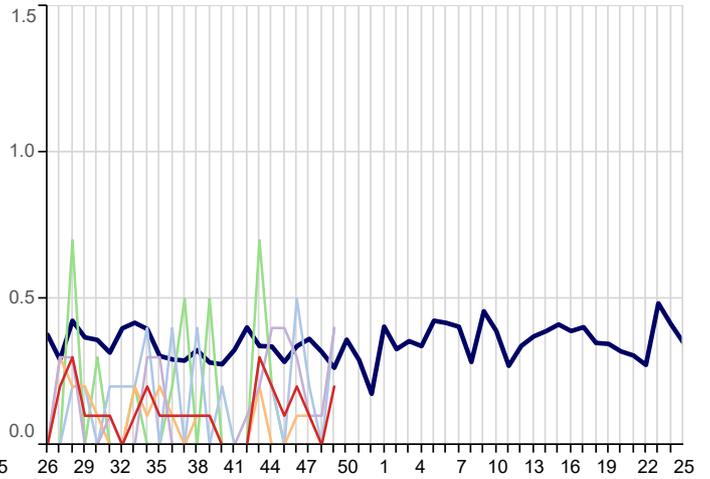
6. Disorders Affecting the Nervous System

5yr Avg National London North South Midlands And East

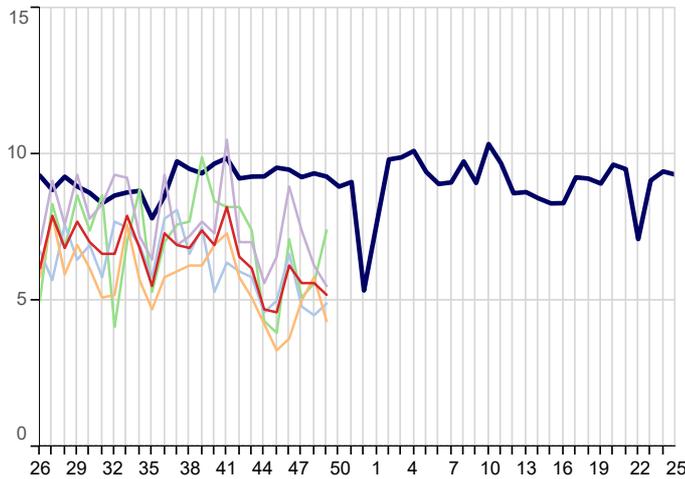
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



Meningitis/Encephalitis (ICD10: A170-A171,A390,A38-A85,A87,G00-G05)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

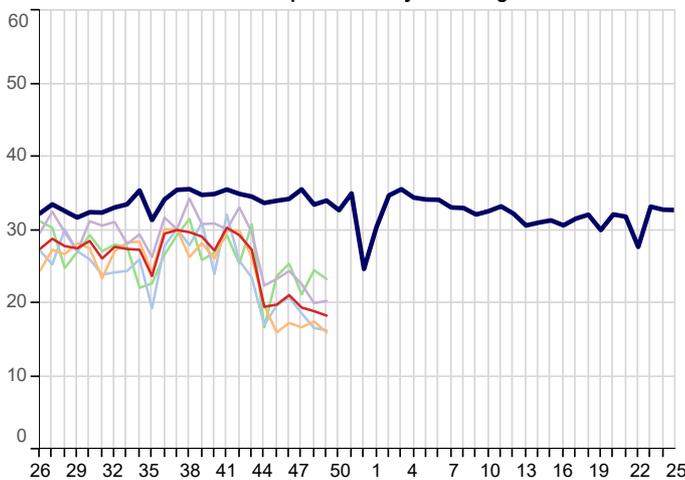


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



7. Genitourinary System Disorders

Urinary Tract Infection/Cystitis (ICD10: N30,N390)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average



8. Tabular Summary by Disease

Disease Name	Week beginning Week ending	02/12/2019 08/12/2019		25/11/2019 01/12/2019		18/11/2019 24/11/2019		11/11/2019 17/11/2019	
		Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Allergic Rhinitis		2.9	72	3.0	71	3.2	82	2.9	78
Asthma		14.7	370	14.1	338	12.9	328	12.5	331
Bronchitis		75.7	1,908	79.7	1,913	67.6	1,723	61.3	1,625
Bullous Dermatoses		0.2	6	0.2	4	0.1	3	0.1	3
Chickenpox		2.6	65	3.0	71	3.4	86	2.7	72
Common Cold		116.0	2,926	113.0	2,711	99.4	2,533	78.6	2,084
Conjunctival Disorders		15.9	400	17.0	407	14.1	360	14.4	383
Herpes Simplex		3.6	90	4.0	96	3.1	78	4.1	108
Herpes Zoster		4.7	119	6.0	143	5.8	149	5.1	135
Impetigo		4.7	119	4.7	113	4.4	112	4.4	117
Infectious Mononucleosis		0.3	8	0.3	8	0.4	11	0.3	9
Influenza-like illness		13.1	331	10.6	254	6.5	166	5.3	141
Infectious Intestinal Diseases		8.0	202	9.3	224	7.5	190	7.6	202
Laryngitis and Tracheitis		5.0	127	6.0	143	6.2	158	4.9	131
Lower Respiratory Tract Infections		96.7	2,439	99.3	2,382	82.2	2,095	73.2	1,942
Measles		0.1	2	0.0	1	0.0	0	0.0	0
Meningitis and Encephalitis		0.2	5	0.0	1	0.1	3	0.2	6
Mumps		0.3	8	0.3	8	0.2	6	0.3	8
Non-infective Enteritis and Colitis		6.5	163	7.6	182	6.6	168	6.3	167
Otitis Media Acute		25.5	644	27.2	653	21.5	549	16.6	441
Peripheral Nervous Disease		12.3	311	16.8	404	14.8	377	13.2	349
Pleurisy		0.9	23	1.3	32	1.2	30	0.7	19
Pneumonia and Pneumonitis		2.8	71	3.2	77	2.9	74	2.8	73
Respiratory System Diseases		336.0	8,474	340.8	8,176	294.6	7,508	252.5	6,696
Rubella		0.0	0	0.0	0	0.0	0	0.0	0
Scabies		1.1	29	1.2	28	1.1	28	1.0	26
Sinusitis		17.6	445	18.6	447	17.2	438	14.7	391
Skin and Subcutaneous Tissue Infections		57.3	1,446	67.5	1,619	64.5	1,645	61.0	1,619
Strep Throat and Peritonsillar Abscess		1.8	46	1.8	44	1.6	42	1.7	44
Symptoms involving musculoskeletal		5.2	131	5.6	134	5.6	143	6.2	164
Symptoms involving Respiratory and Chest		139.2	3,510	154.9	3,716	140.5	3,582	124.8	3,311
Symptoms involving Skin and Integument Tissues		21.6	545	24.7	593	25.4	647	26.2	695
Tonsillitis and acute Pharyngitis		39.9	1,006	39.3	944	36.0	917	31.4	834
Upper Respiratory Tract Infections		217.5	5,485	215.3	5,166	187.3	4,774	152.2	4,037
Urinary Tract Infections		18.3	461	18.9	454	19.4	494	21.1	559
Viral Hepatitis		0.2	6	0.2	5	0.2	5	0.3	8
Whooping Cough		0.1	3	0.3	6	0.2	4	0.2	6
Practice Count			263		254		262		267
Denom			2,521,783		2,399,060		2,548,960		2,652,401

FURTHER INFORMATION:

About the report

Winter focus

The first two pages of data within this report focus on Influenza-Like Illness, in order to provide information about the on set of seasonal influenza and early warning of any epidemic.

Rate calculation

Each weekly incidence rate is presented per 100,000 population. All presentations are for males and females, and for all age groups, unless otherwise stated.

The denominator used for this report is taken from our most recent extract of data from GP practice systems, and includes all patients currently registered with eligible practices. The denominator varies week-on-week as patients register and deregister; it may also be the case that all patients from an individual practice are excluded because of problems with the data extraction from that practice in a specific week. As stated above, patients who have withheld consent for data-sharing are excluded.

In addition to the national rate, we present data for the four NHS England regions: North; Midlands and East; South; and London.

Five-year averages

Weekly rates are set against the five-year average, calculated from data for the calendar years 2014-2018. Previously we reported against a ten-year average. The change to a five-year average was made because longer-term trends in the incidence of disease have led to weekly rates for certain diseases becoming increasingly divergent from their ten-year average. The use of five-year averages lessens this effect and enables more meaningful comparison.

Threshold calculation for Influenza-Like Illness (ILI)

We are now using the Moving Epidemic Method (MEM) to calculate threshold and intensity levels for Influenza-Like Illness. MEM works by identifying seasonal epidemic peaks and then calculates thresholds and intensity levels based on the pre and post epidemic values. This allows us to report the severity of ILI against multiple thresholds, rather than a simple comparison with the five-year average as the wide variation in ILI year on year, especially during the seasonal peak, makes the average less representative.

In addition to the All Ages thresholds, we have also calculated thresholds for three age bands: those aged under 15, 15-64 year olds and those aged 65 and over. ILI incidence rates vary among different age groups, and the age-specific thresholds allow us to highlight epidemics where ILI disproportionately affects a particular age group.

This methodology is used by the European Centre for Disease Prevention and Control to standardise reporting of influenza activity across Europe, and is also in use by Public Health England. Full details of the methodology can be found in: Vega *et al.* (2012) Influenza surveillance in Europe: establishing epidemic thresholds by the moving epidemic method. *Influenza and Other Respiratory Viruses* 7(4), 546-558. For ease of graphical representation, the final threshold (Very High) is not included in Graph A, page 2, but it is part of Table 3, page 3.

Both the *all-ages* thresholds and the *age-specific* thresholds are shown in Table 2, page 3. Ten years of data were used for *all-ages* and *age-specific* thresholds calculation (winter seasons 2006/07- 2016/17 excluding 2009/10).

About the Royal College of General Practitioners (RCGP) Research and Surveillance Centre (RSC)

What we do

The RCGP RSC was established in 1957, with the current name in use since 2009. The Centre is an internationally renowned source of information, analysis and interpretation concerning the onset, patterns, prevalence and trends over time of morbidity in primary care. The RSC is an active research and surveillance unit that collects and monitors data; its most important research is the surveillance of influenza and the monitoring of vaccine effectiveness.

The RSC data and analytics hub is housed in the Section of Clinical Medicine and Ageing at the University of Surrey.

Further information about the RSC can be found on our website:

<http://www.rcgp.org.uk/rsc>

Our data extraction process and information governance

Data are extracted twice weekly from practice systems by Wellbeing data management on the RCGP's behalf. Patients who have withheld consent for data sharing are excluded from the extraction process.

Data are pseudonymised as close to source as possible. Data are held on secure servers at the RCGP data and analytics hub in the Section of Clinical Medicine and Ageing at the University of Surrey. Both Wellbeing data management and the University of Surrey are Registered and compliant with the Data Protection Act and fully compliant with all relevant NHS Digital data information governance best practice.

What the data is used for

The RCGP RSC has been providing reports weekly about health and disease, called the Weekly Returns Service (WRS) since 1964. The WRS monitors the number of patients consulting with new episodes of illness classified by diagnosis in England and provides weekly incidence rates per 100,000 population for these new episodes of illness. It is the key primary care element of the national disease monitoring systems run by Public Health England. The bulletin can be found at the following URL:

<https://www.gov.uk/government/publications/syndromic-surveillance-summary>

In addition to the WRS, the data is used for other research studies. Any other uses of the data for research follow ethical approval or agreement from NIHR proportionate review, and where relevant Health Research Authority Confidential Advisory Group advice that further approval is not needed. Full details can be found on our website:

<http://www.rcgp.org.uk/rsc>

For further information

For further information about the work of the RSC, or if you would like to be included on our email notification list, please contact:

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