



RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year..... 51/2020
 Week Starting - Ending..... 09/12/2020 - 15/12/2020
 No. of Practices..... 355
 Population..... 3,562,941

National (England)

- **Acute Bronchitis** : increased from 2.8 in week 50 to 3.0 in week 51.
- **Asthma** : decreased from 10.2 in week 50 to 9.4 in week 51.
- **Common Cold** : was unchanged at 1.2 in week 50 and 1.2 in week 51.
- **Influenza-like illness** : was unchanged at 1.3 in week 50 and 1.3 in week 51.
- **Respiratory System Diseases** : decreased from 116.4 in week 50 to 111.1 in week 51.
- **COVID-19** : increased from 114.0 in week 50 to 119.5 in week 51.

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

- **Acute Bronchitis** : increased from 1.4 in week 50 to 1.7 in week 51 in the London region, increased from 4.9 in week 50 to 5.3 in week 51 in the North region, increased from 2.3 in week 50 to 2.9 in week 51 in the South region, and decreased from 2.1 in week 50 to 1.5 in week 51 in the Midlands And East region.
- **Asthma** : decreased from 9.3 in week 50 to 9.2 in week 51 in the London region, was unchanged at 13.1 in week 50 and 13.1 in week 51 in the North region, decreased from 8.9 in week 50 to 8.1 in week 51 in the South region, and decreased from 9.5 in week 50 to 7.5 in week 51 in the Midlands And East region.
- **Common Cold** : decreased from 2.1 in week 50 to 1.8 in week 51 in the London region, decreased from 1.0 in week 50 to 0.9 in week 51 in the North region, was unchanged at 1.0 in week 50 and 1.0 in week 51 in the South region, and increased from 1.1 in week 50 to 1.5 in week 51 in the Midlands And East region.
- **Influenza-like illness** : decreased from 1.8 in week 50 to 1.7 in week 51 in the London region, increased from 1.1 in week 50 to 1.5 in week 51 in the North region, increased from 1.2 in week 50 to 1.3 in week 51 in the South region, and decreased from 1.1 in week 50 to 0.6 in week 51 in the Midlands And East region.
- **Respiratory System Diseases** : decreased from 108.3 in week 50 to 100.8 in week 51 in the London region, decreased from 148.9 in week 50 to 141.8 in week 51 in the North region, decreased from 102.0 in week 50 to 100.1 in week 51 in the South region, and was unchanged at 105.3 in week 50 and 105.3 in week 51 in the Midlands And East region.
- **COVID-19** : increased from 170.4 in week 50 to 192.0 in week 51 in the London region, increased from 90.8 in week 50 to 92.3 in week 51 in the North region, increased from 108.4 in week 50 to 111.4 in week 51 in the South region, and decreased from 102.8 in week 50 to 96.3 in week 51 in the Midlands And East region.

Comment:

Overall presentations of respiratory diseases have decreased a little this week, and remain below seasonal levels for this time of year. The underlying trend in COVID-19 incidence has increased across all regions and all age-bands except the Midlands And East region and the population aged 65 years and over.

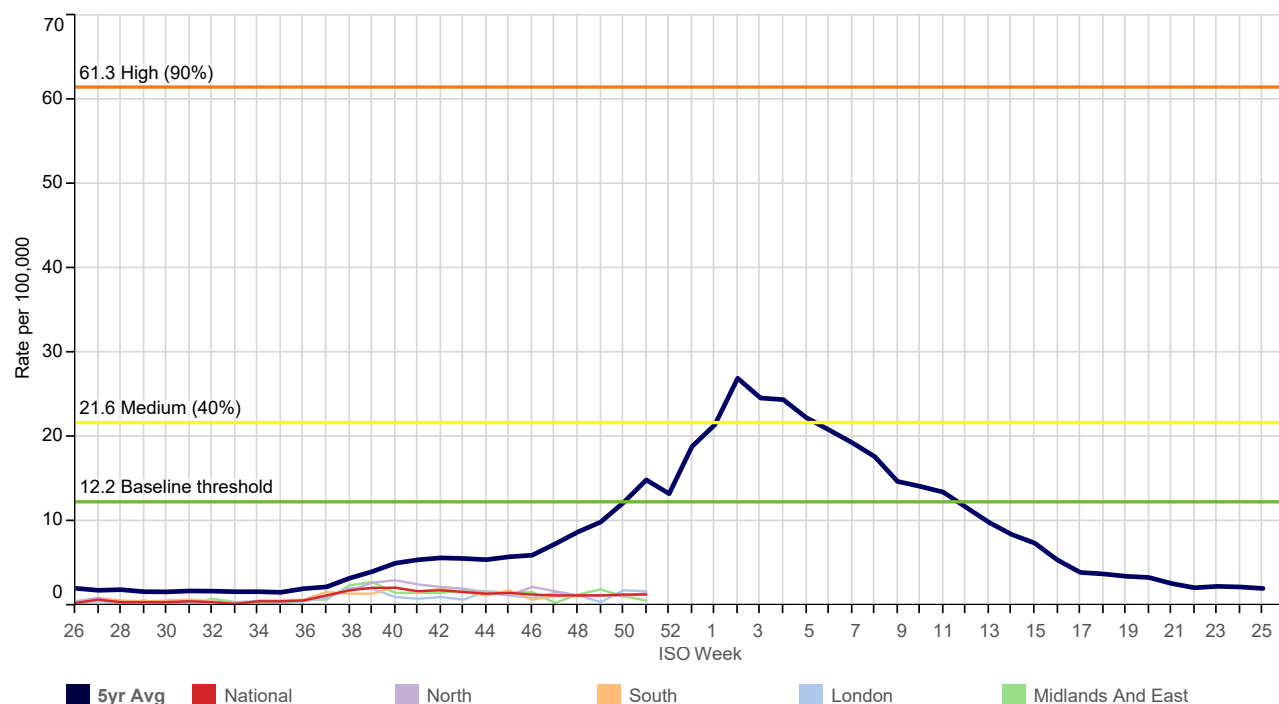
Delays in practices receiving results means recent data underestimate COVID-19 incidence.

This report includes a virology update.

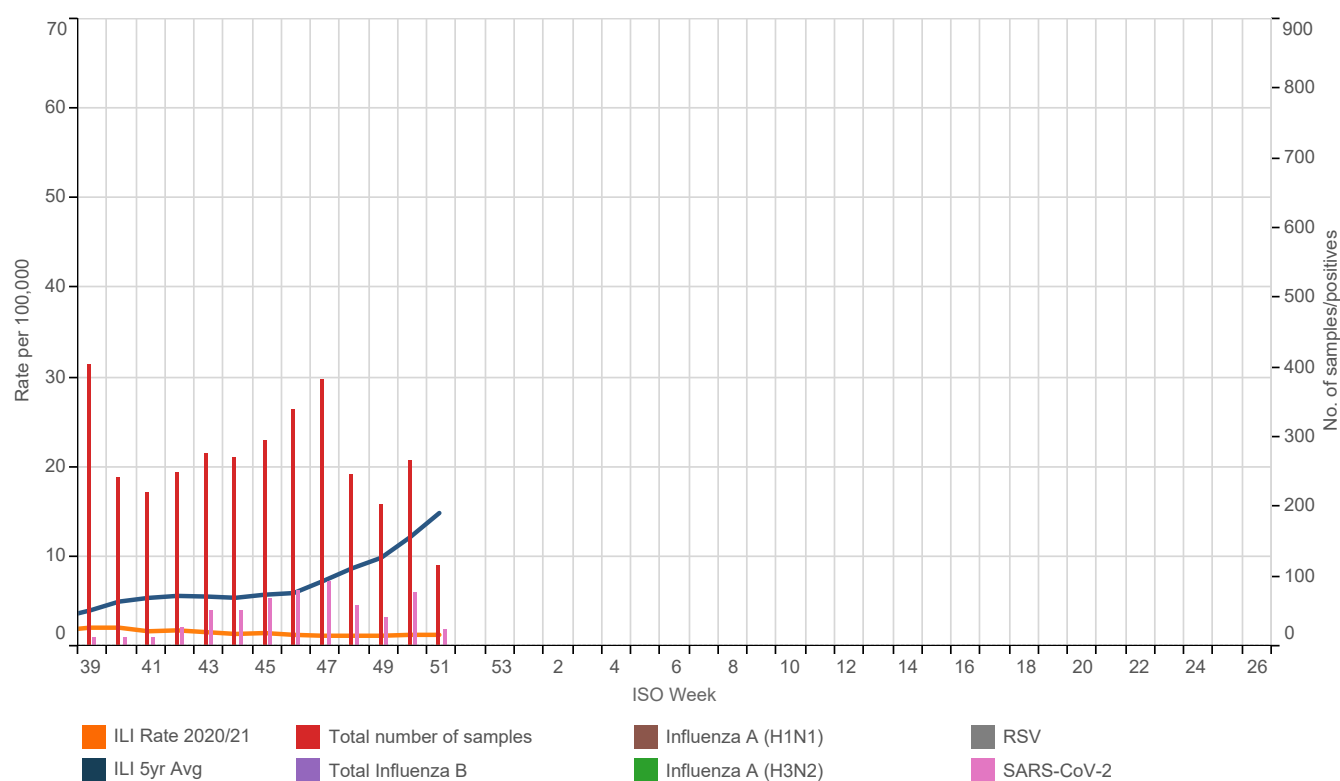
Winter Focus 2020/21

Please see page 15 for explanatory notes on the data.

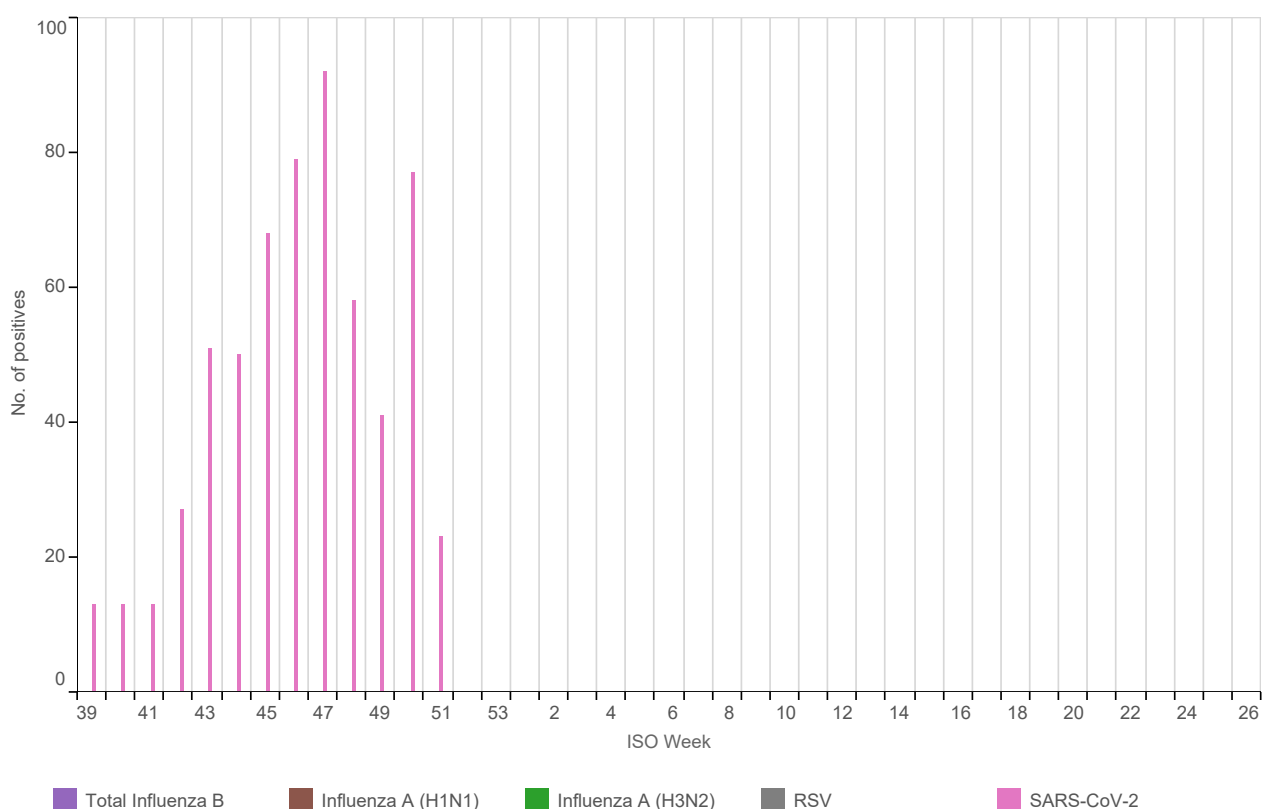
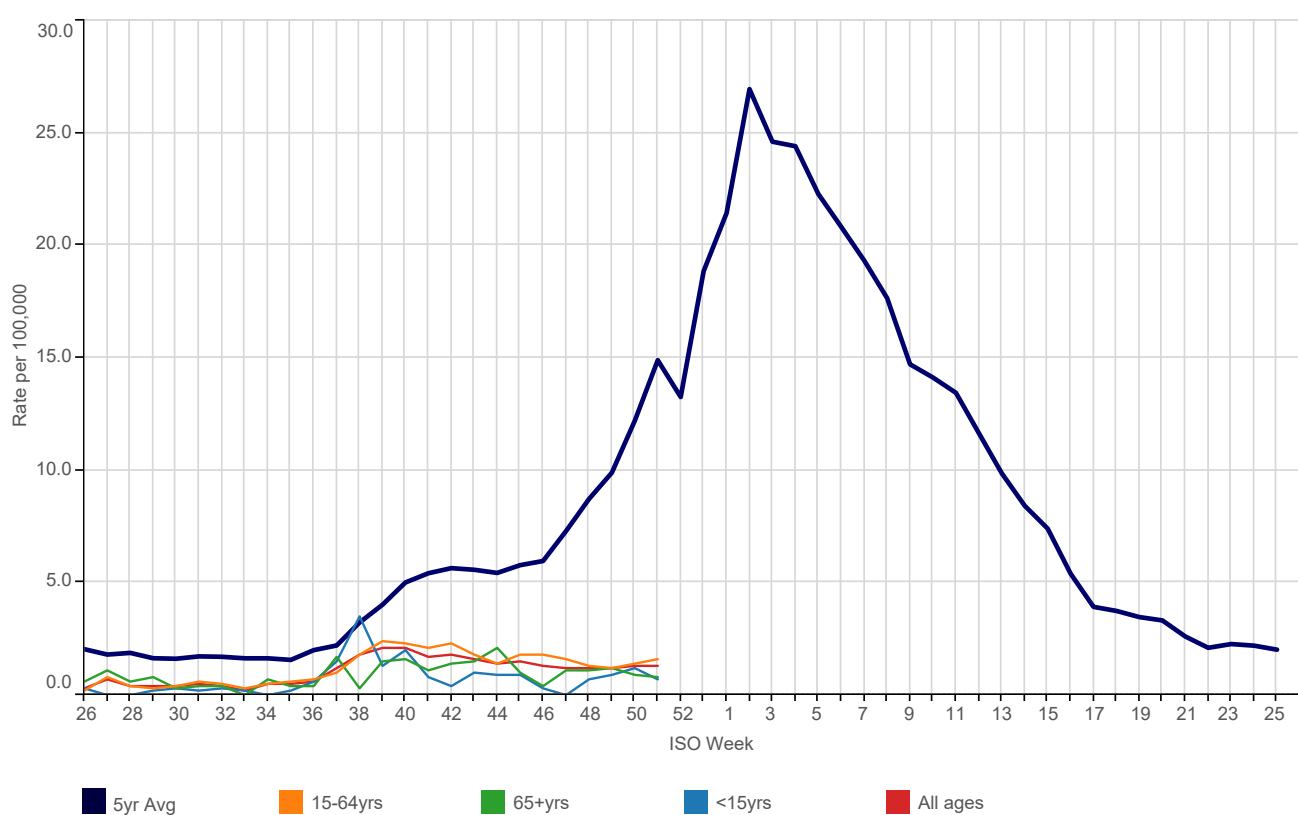
(A) Influenza-like illness: national incidence rate winter 2020/21 by region*



(B) RCGP/PHE RSV, Influenza and SARS-CoV-2 Virology Swab Surveillance 2020/21*



* The rolling average line (blue) is based on 5 year historic RCGP RSC level (Graph A). The weekly virology samples displayed are offset from the ISO Week by -0.6 (Graphs B & C).

(C) RCGP/PHE RSV, Influenza and SARS-CoV-2 Virology Swab Surveillance 2020/21 by viral strain***(D) Influenza-like illness: national incidence rate 2020/21 by age group***

(E) Influenza-like illness: national incidence rate 2020/21 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	53	1	2	3	4
<15yrs	2.0	0.8	0.4	1.0	0.9	0.9	0.3	0.0	0.7	0.9	1.2	0.7						
15-64yrs	2.3	2.1	2.3	1.8	1.4	1.8	1.8	1.6	1.3	1.2	1.4	1.6						
65+yrs	1.6	1.1	1.4	1.5	2.1	1.0	0.4	1.1	1.1	1.2	0.9	0.8						
All ages	2.1	1.7	1.8	1.6	1.4	1.5	1.3	1.2	1.2	1.2	1.3	1.3						
	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
<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
All Ages	<12.2	12.2 to <21.6	21.6 to <61.3	61.3 to <97.3	97.3+
<15yrs	<10.7	10.7 to <17.6	17.6 to <47.7	47.7 to <74.1	74.1+
15-64yrs	<15.0	15.0 to <26.1	26.1 to <63.4	63.4 to <93.8	93.8+
65+yrs	<11.5	11.5 to <16.5	16.5 to <37.8	37.8 to <54.5	54.5+

Threshold levels

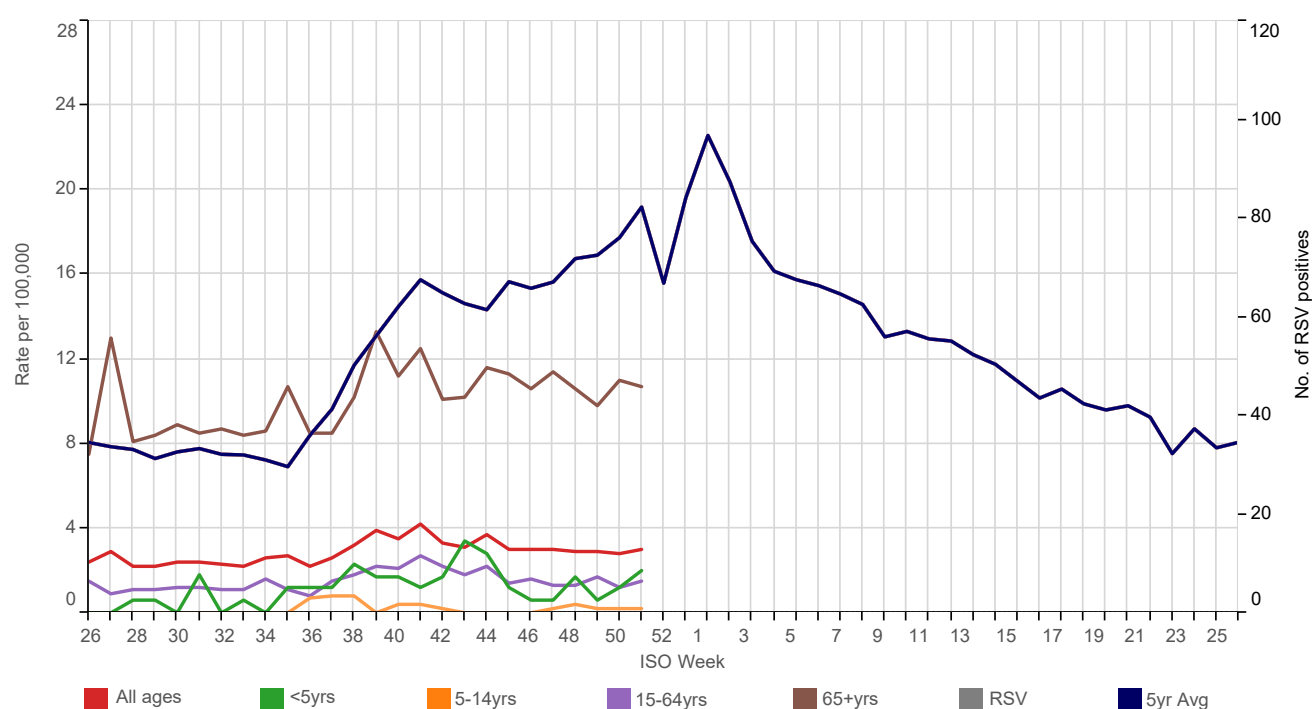
¹Below baseline threshold

²baseline threshold breach to < 40th percentile

³40th to <90th percentile

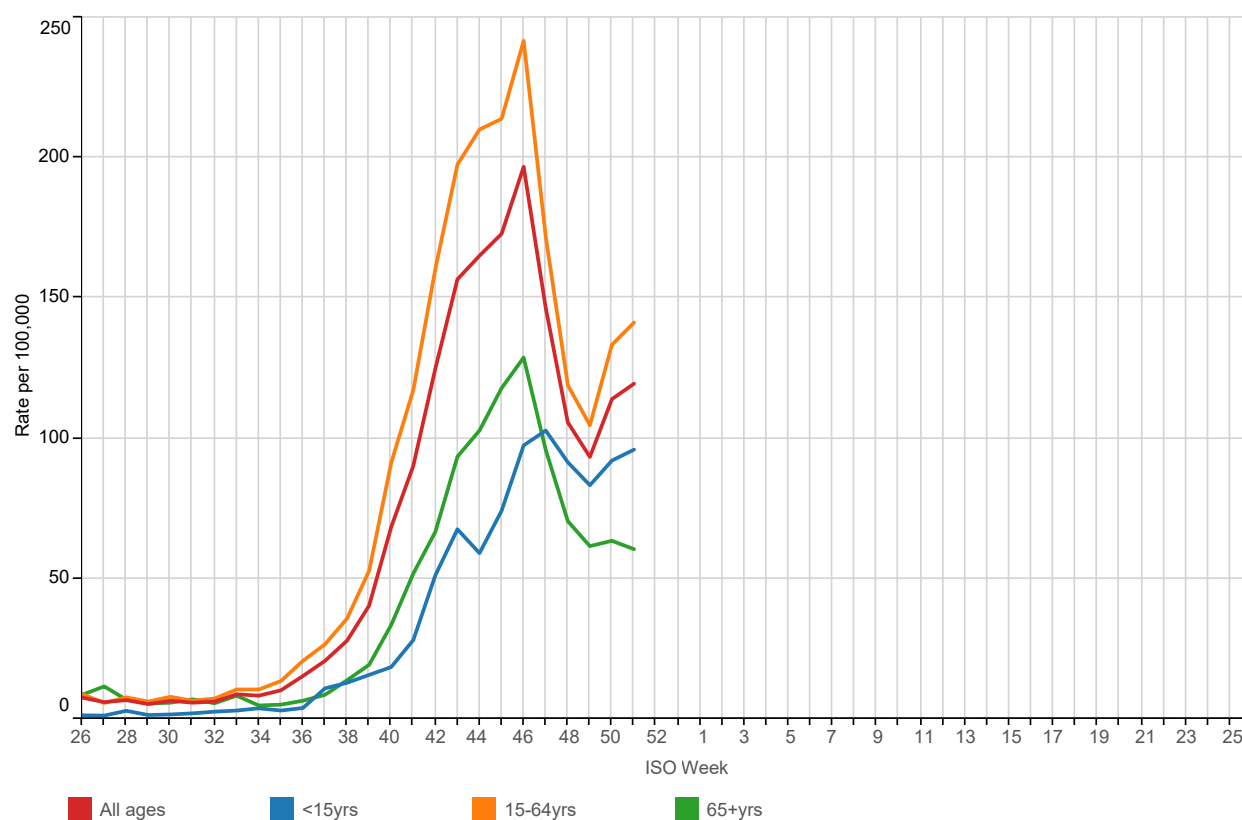
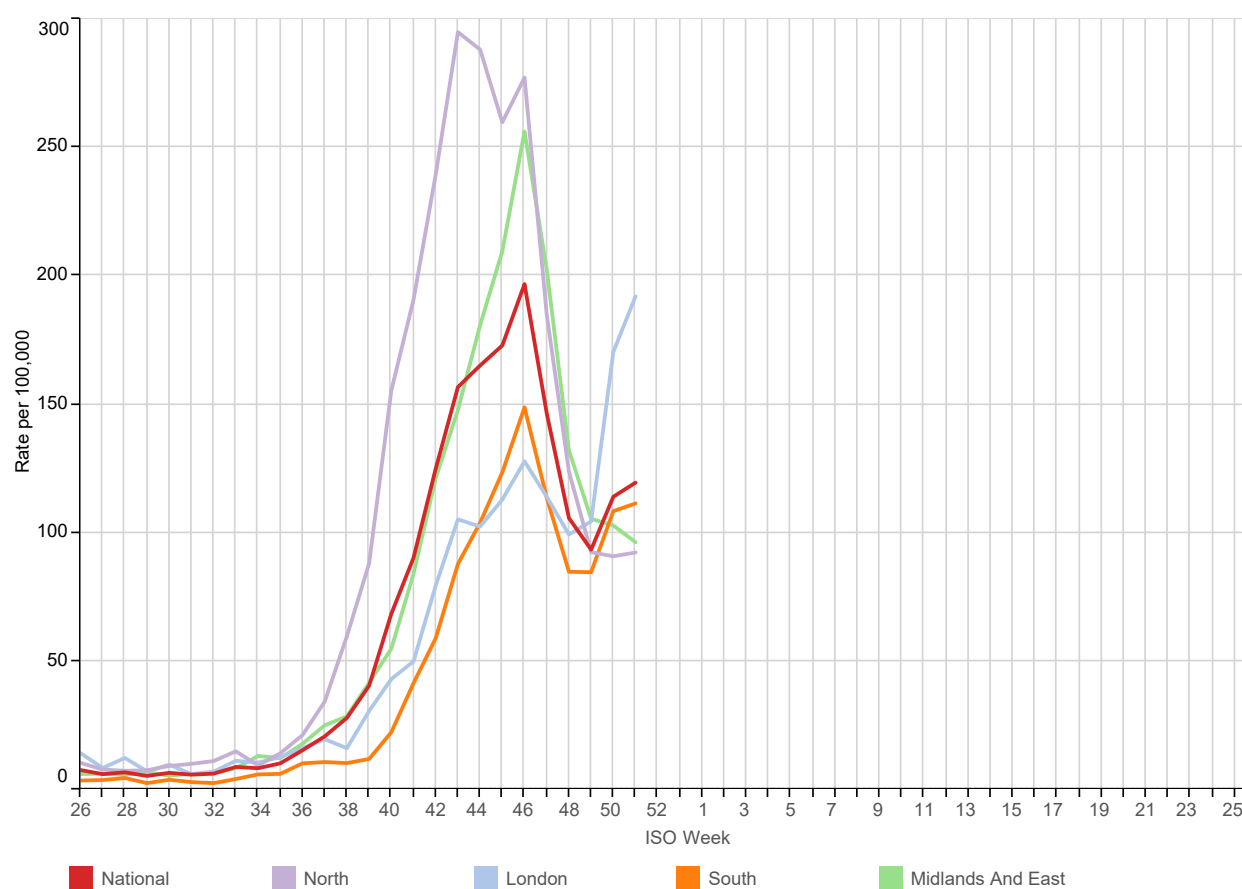
⁴90th to <97.5th percentile

⁵97.5th+ percentile

(F) Acute Bronchitis: national incidence rate 2020/21 by age group***Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons**

Influenza-like illness		Bronchitis	
<1yr	0.0	3.3	
1-4yrs	1.3	2.0	
5-14yrs	0.5	0.2	
15-24yrs	1.5	0.0	
25-44yrs	1.9	0.3	
45-64yrs	1.3	3.6	
65-74yrs	0.9	7.5	
75-84yrs	0.5	15.9	
85+yrs	1.2	10.5	
All ages	1.3	3.0	

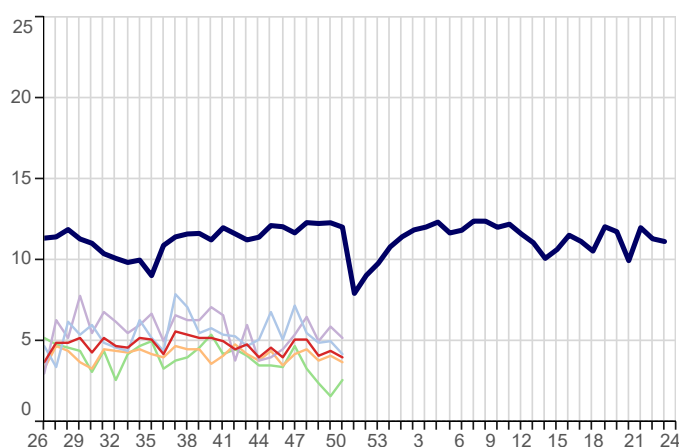
Influenza-like illness		Bronchitis	
London	1.7	1.7	
North	1.5	5.3	
South	1.3	2.9	
Midlands And East	0.6	1.5	
National	1.3	3.0	

(G) COVID-19 : national incidence rate 2020/21 by age group***(H) COVID-19 : national incidence rate 2020/21 by region***

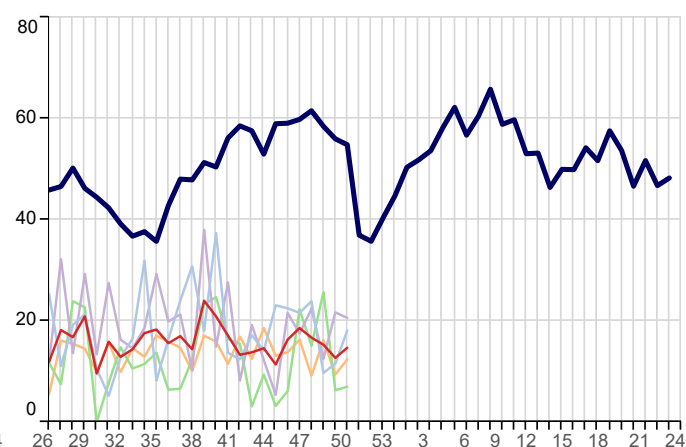
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

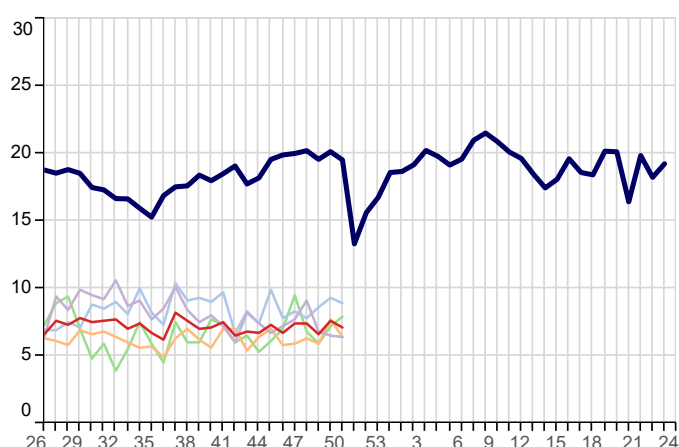
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2020/21 compared with 5 year average



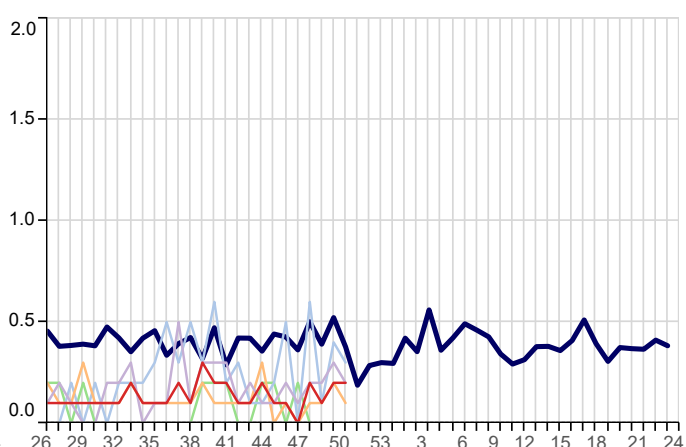
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2020/21 compared with 5 year average



Non-Infective Enteritis & Colitis (ICD10: K50-K52)
Weekly incidence (per 100,000 **all ages**) by region
for 2020/21 compared with 5 year average



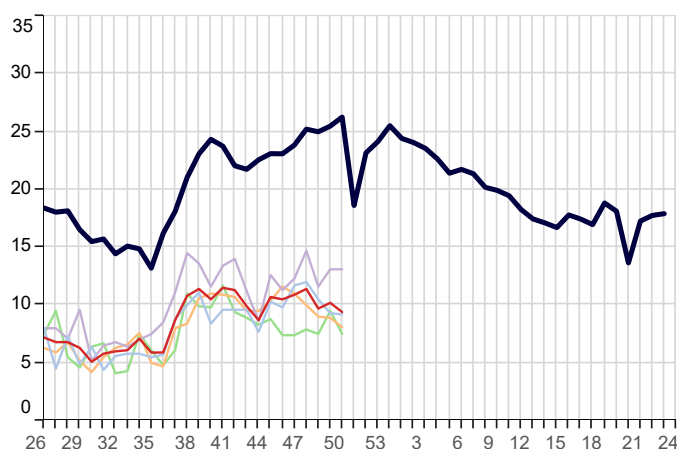
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 **all ages**) by region
for 2020/21 compared with 5 year average



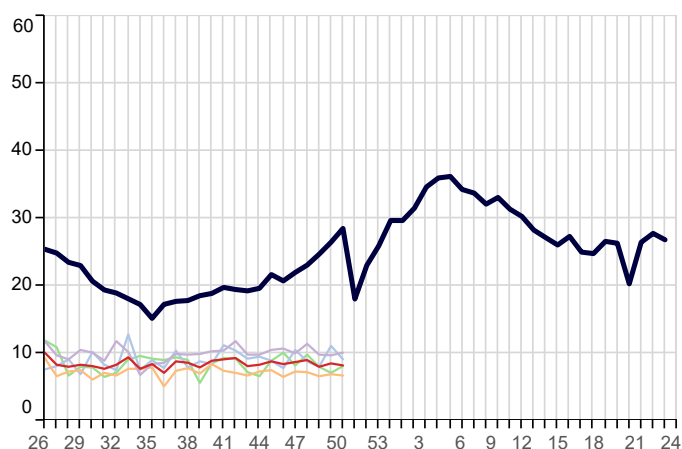
2. Environmentally Sensitive Disorders:

5yr Avg National London North South Midlands And East

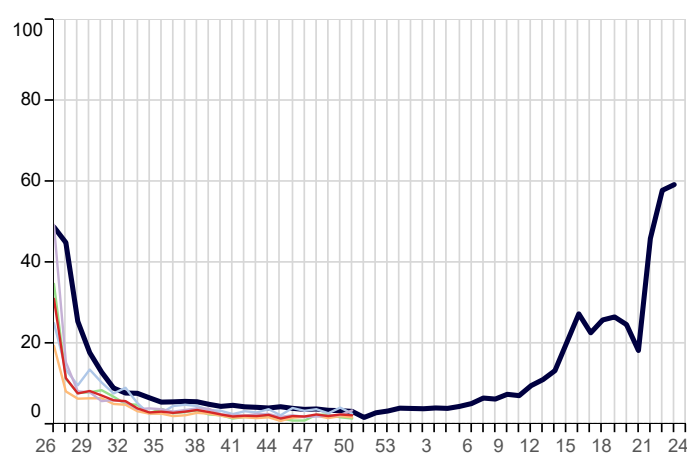
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



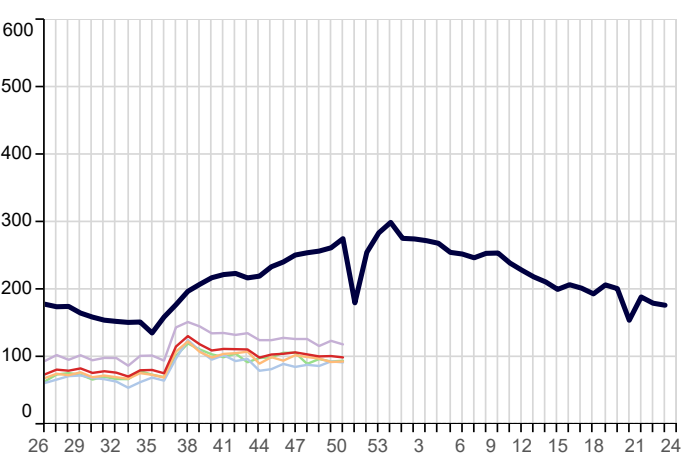
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Hayfever/Allergic Rhinitis (ICD10: J30)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



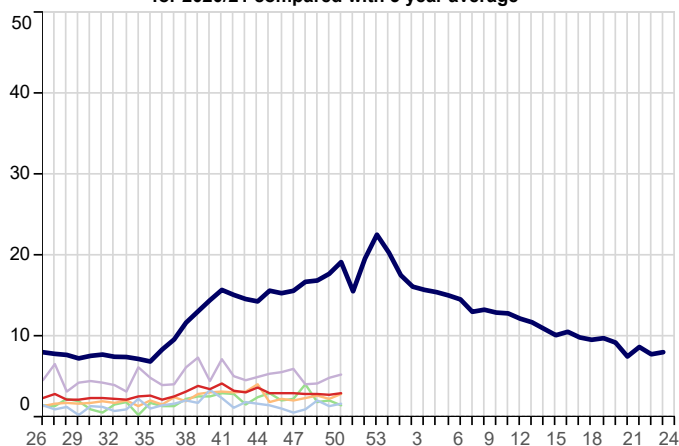
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



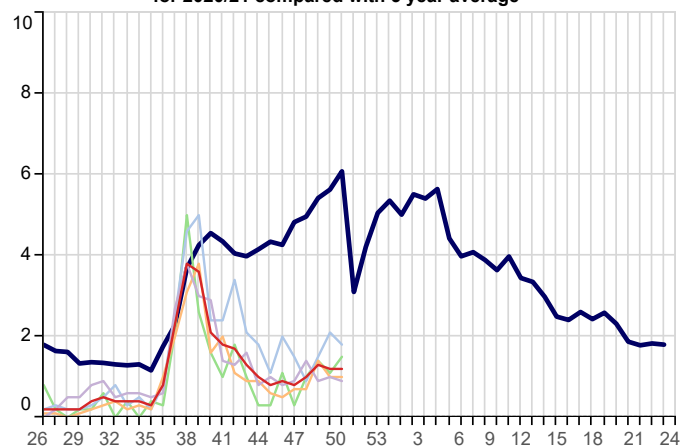
3. Respiratory Infections:

5yr Avg National London North South Midlands And East

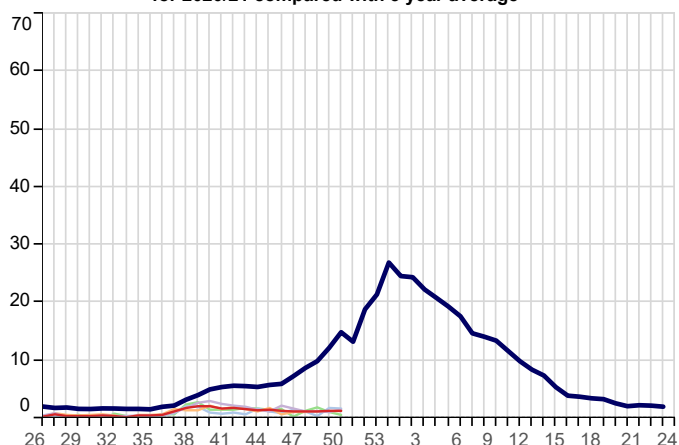
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



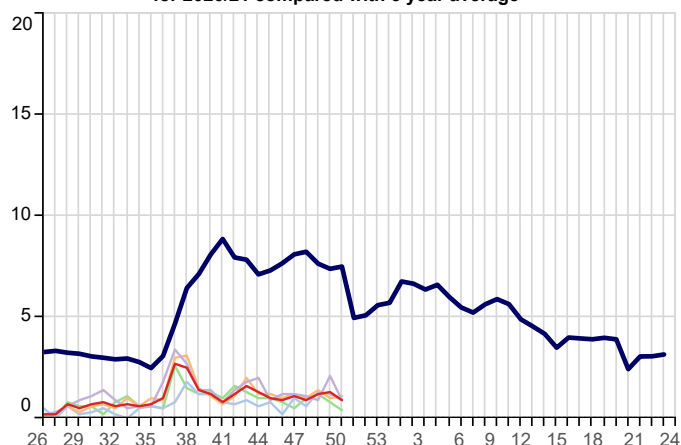
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



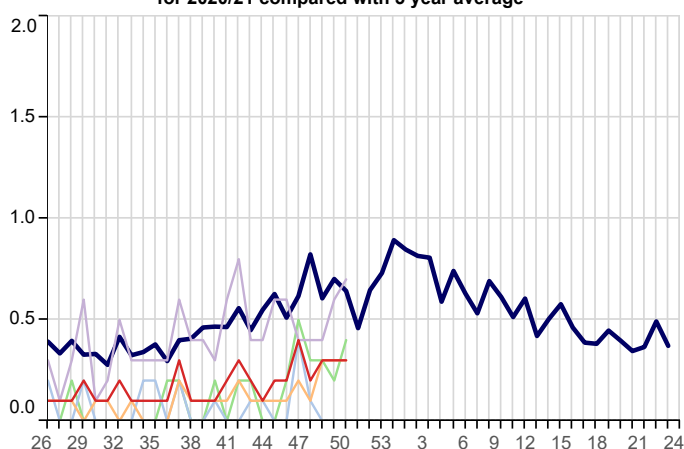
Influenza-like illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



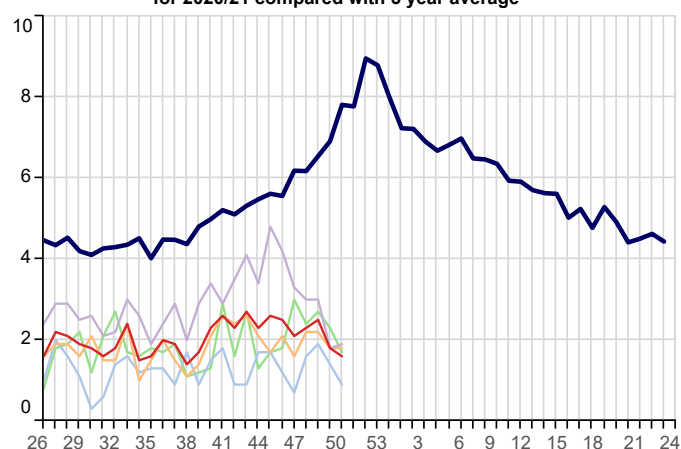
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Pleurisy (ICD10: R091)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



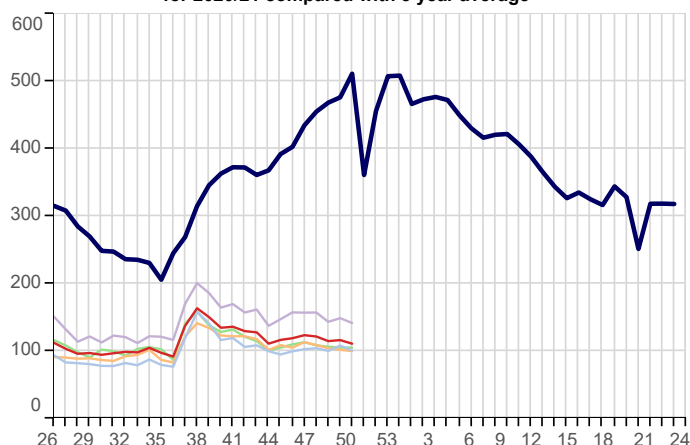
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



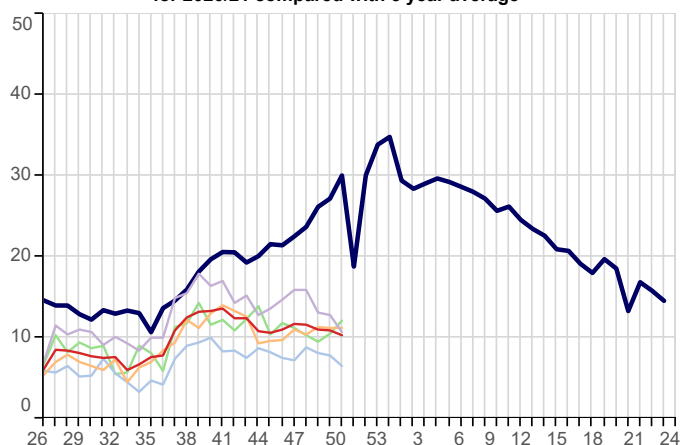
3. Respiratory Infections(Continued):

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

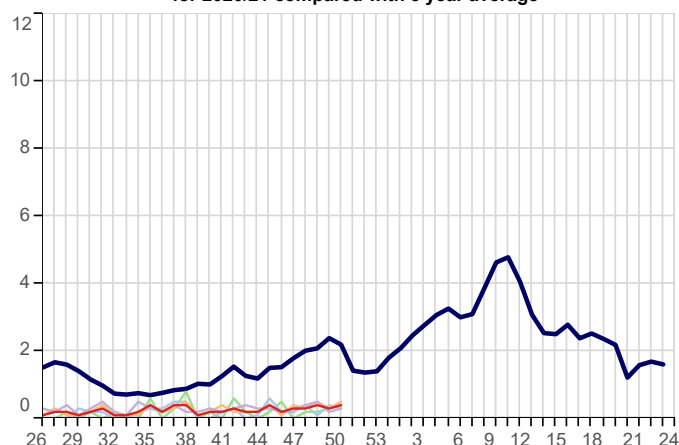
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



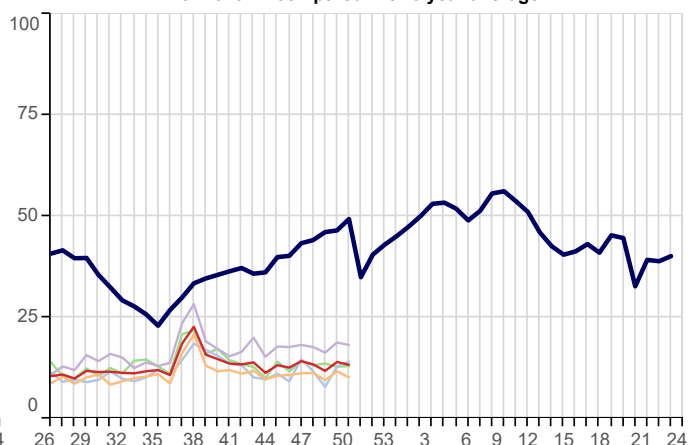
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



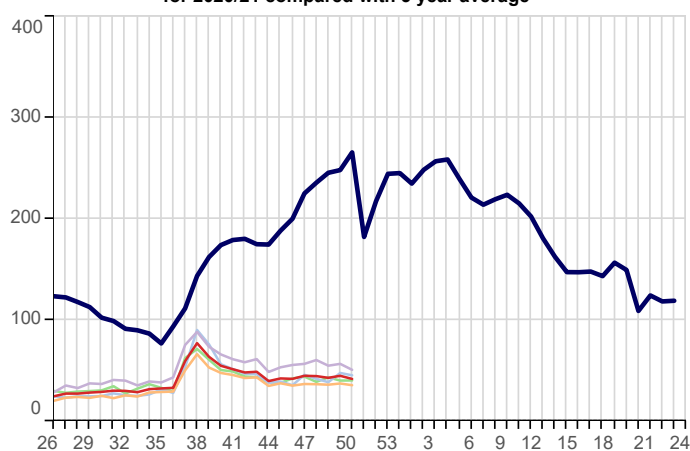
Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J02,J36)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



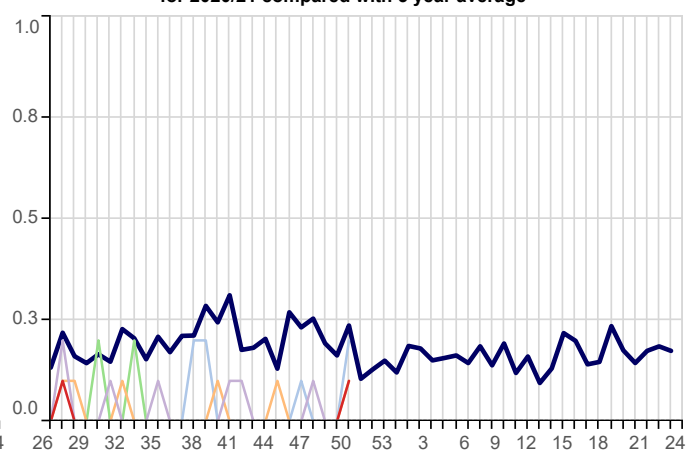
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



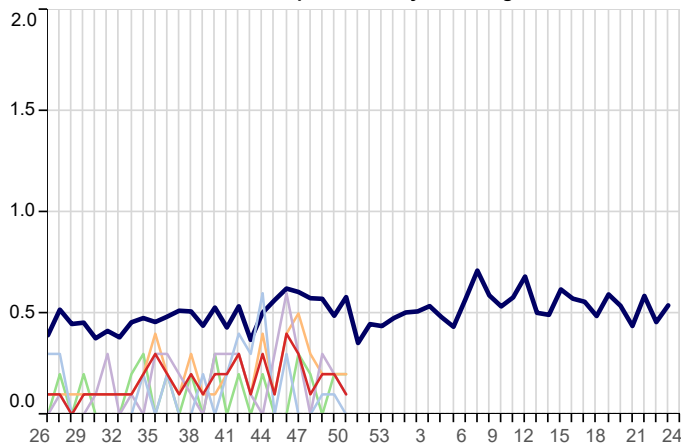
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



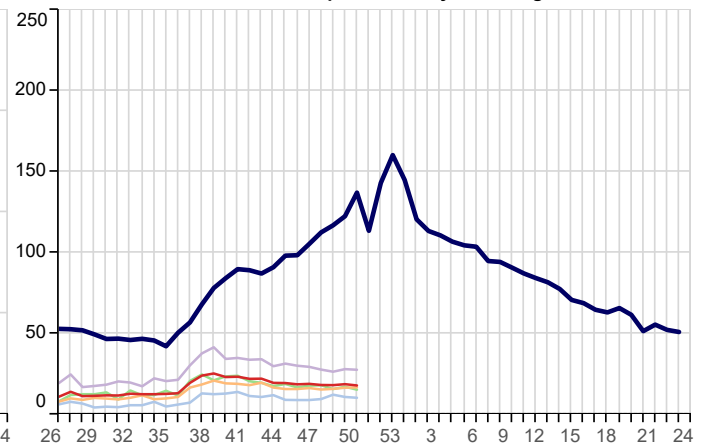
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

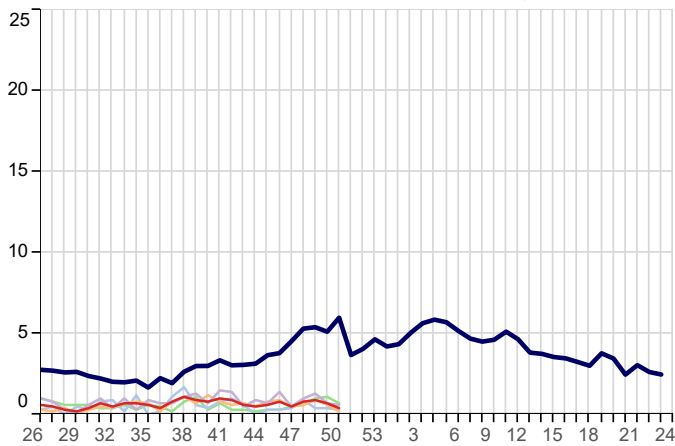
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



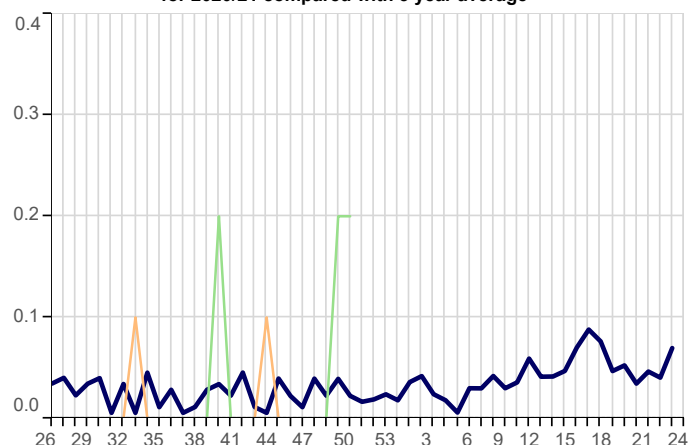
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



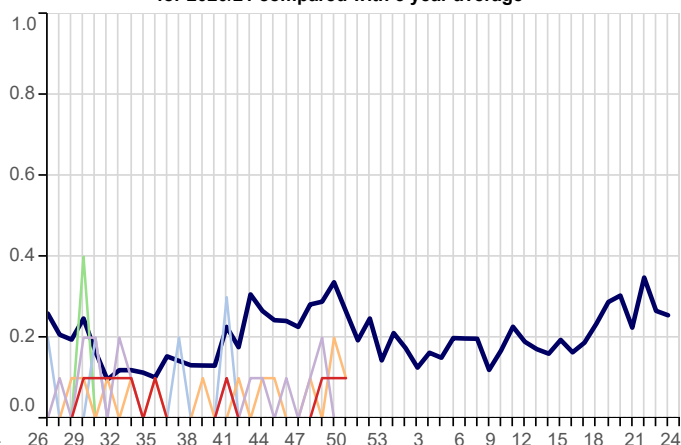
4. Vaccine Sensitive Disorders

5yr Avg National London North South Midlands And East

Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Mumps (ICD10: B26)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average

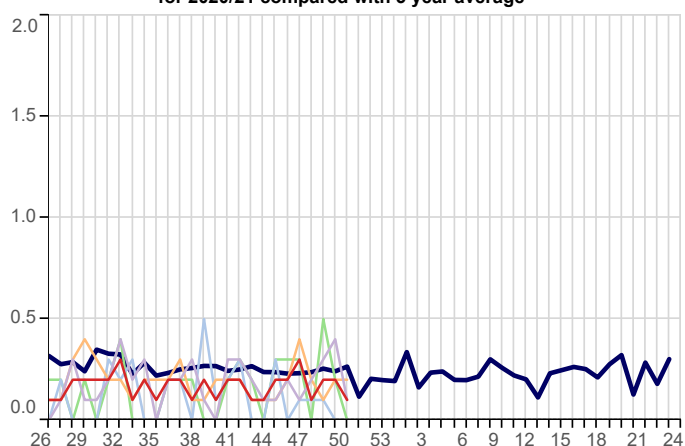


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average

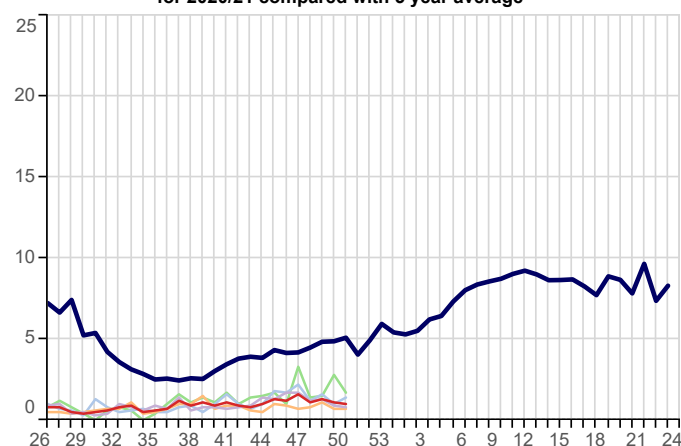


5. Skin Contagions

Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



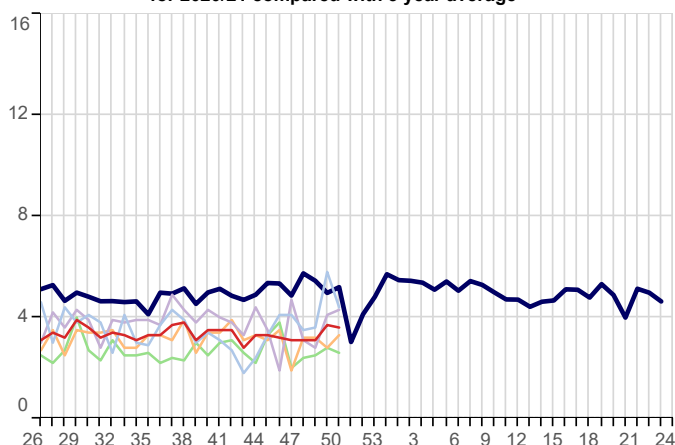
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



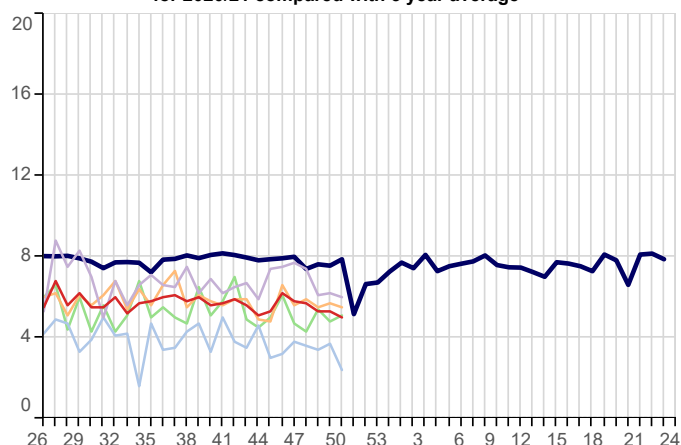
5. Skin Contagions (Continued)

5yr Avg National London North South Midlands And East

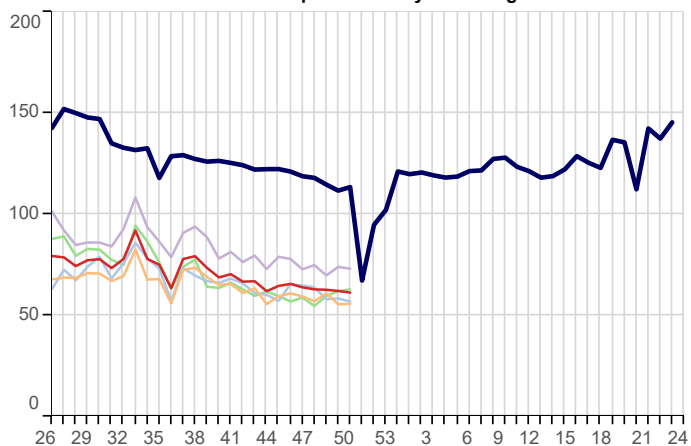
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



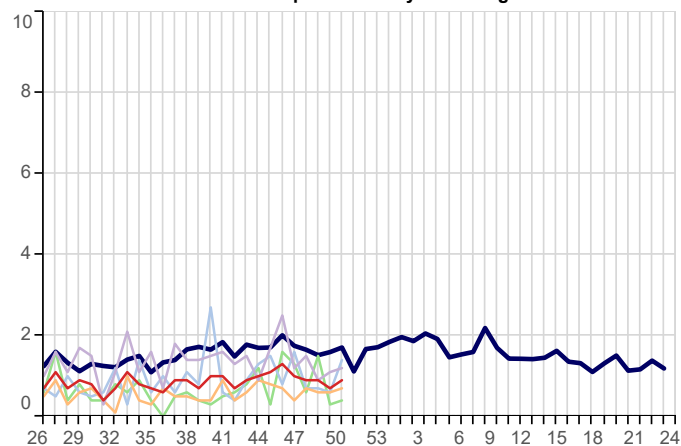
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



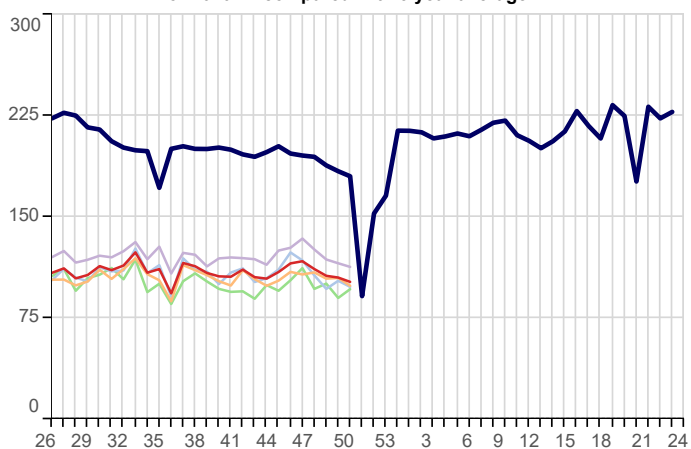
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



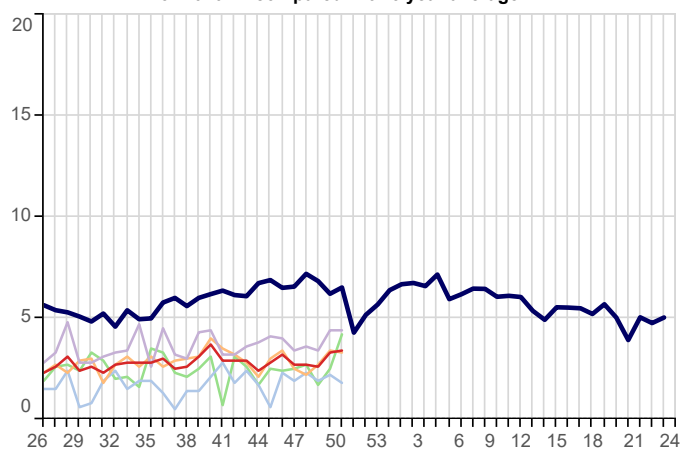
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



6. Disorders Affecting the Nervous System

5yr Avg

National

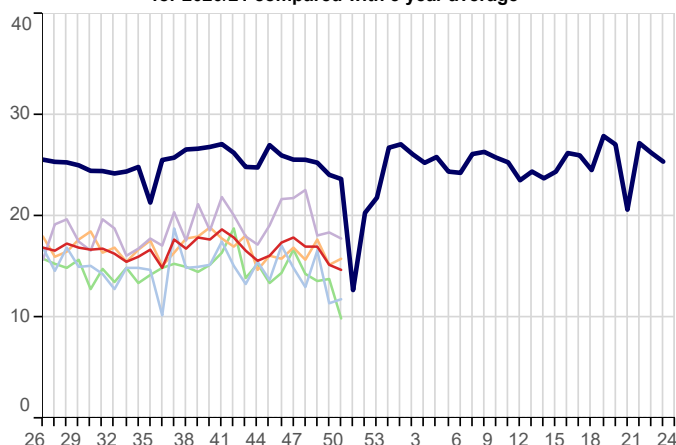
London

North

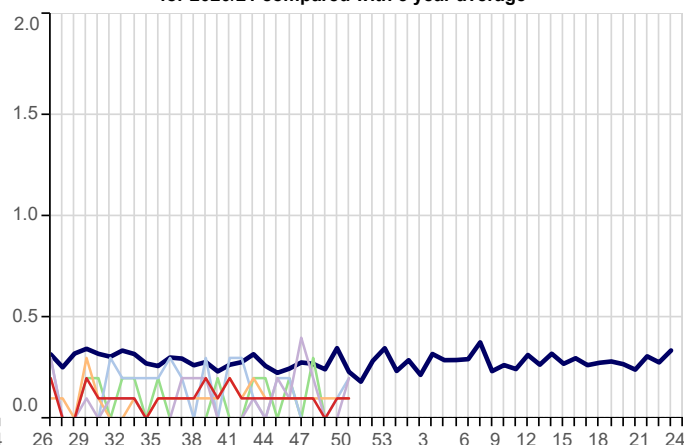
South

Midlands And East

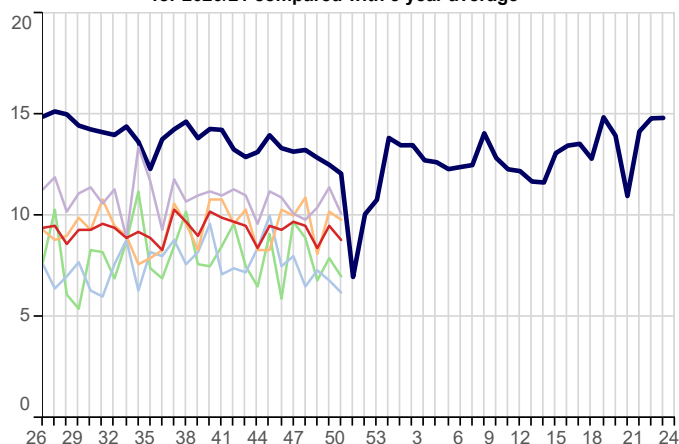
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Meningitis/Encephalitis (ICD10: A170-A171,A390,A38-A85,A87,G00-G05)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average

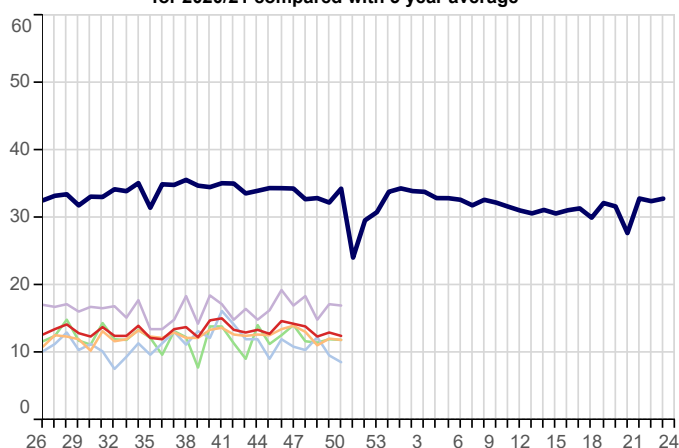


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



7. Genitourinary System Disorders

Urinary Tract Infection/Cystitis (ICD10: N30,N390)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		Offset week 09/12/2020 15/12/2020		07/12/2020 13/12/2020		30/11/2020 06/12/2020		23/11/2020 29/11/2020	
	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Allergic Rhinitis	2.3	83	2.5	99	2.1	82	2.5	99		
Asthma	9.4	336	10.2	404	9.7	377	11.4	456		
Bronchitis	3.0	108	2.8	112	2.9	112	2.9	117		
Bullous Dermatoses	0.1	4	0.2	8	0.2	8	0.1	6		
Chickenpox	1.0	35	1.1	45	1.3	51	1.1	43		
Common Cold	1.2	43	1.2	49	1.3	49	1.0	39		
Conjunctival Disorders	8.2	291	8.5	335	8.0	308	9.0	363		
Herpes Simplex	3.6	129	3.7	147	3.1	118	3.1	124		
Herpes Zoster	5.0	178	5.3	211	5.3	205	5.7	228		
Impetigo	3.4	122	3.3	130	2.6	101	2.7	108		
Infectious Mononucleosis	0.1	5	0.2	7	0.2	7	0.1	5		
Influenza-like illness	1.3	46	1.3	50	1.2	45	1.2	47		
Infectious Intestinal Diseases	4.0	142	4.4	173	4.1	158	5.1	203		
Laryngitis and Tracheitis	0.9	32	1.3	53	1.2	48	0.9	38		
Lower Respiratory Tract Infections	18.0	643	18.8	744	18.2	705	18.3	736		
Measles	0.0	1	0.0	1	0.0	0	0.0	0		
Meningitis and Encephalitis	0.1	4	0.1	2	0.0	1	0.1	5		
Mumps	0.1	2	0.1	3	0.1	2	0.0	2		
Non-infective Enteritis and Colitis	7.1	253	7.6	301	6.6	256	7.4	298		
Otitis Media Acute	0.4	14	0.7	27	0.9	36	0.8	31		
Peripheral Nervous Disease	14.7	522	15.2	600	17.0	657	17.0	681		
Pleurisy	0.3	12	0.3	12	0.3	11	0.2	10		
Pneumonia and Pneumonitis	1.6	58	1.8	71	2.5	96	2.3	94		
Respiratory System Diseases	111.1	3,958	116.4	4,610	114.9	4,445	121.7	4,884		
Rubella	0.0	0	0.0	0	0.0	0	0.0	0		
Scabies	0.9	32	0.7	27	0.9	33	0.9	37		
Sinusitis	10.3	368	10.9	431	11.0	425	11.6	467		
Skin and Subcutaneous Tissue Infections	61.3	2,183	62.1	2,458	62.7	2,426	62.9	2,522		
Strep Throat and Peritonsillar Abscess	0.4	14	0.3	11	0.4	14	0.3	12		
Symptoms involving musculoskeletal	8.8	313	9.5	378	8.4	325	9.5	382		
Symptoms involving Respiratory and Chest	99.6	3,548	101.6	4,025	101.1	3,911	104.1	4,176		
Symptoms involving Skin and Integument Tissues	101.9	3,629	105.1	4,163	106.4	4,115	111.4	4,469		
Tonsillitis and acute Pharyngitis	13.3	473	14.0	555	11.8	455	13.4	539		
Upper Respiratory Tract Infections	41.9	1,494	45.0	1,783	43.0	1,663	44.7	1,793		
Urinary Tract Infections	12.5	446	13.0	514	12.4	481	13.9	558		
Viral Hepatitis	0.2	6	0.2	9	0.1	4	0.2	7		
Whooping Cough	0.1	2	0.0	0	0.0	0	0.0	1		
Practice Count		355		397		391		401		
Denom		3,562,941		3,959,700		3,868,416		4,012,422		

FURTHER INFORMATION:

About the report

Winter focus

The first two pages of data within this report focus on Influenza-like illness and COVID-19, in order to provide information about seasonal influenza and early warnings 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)

Acknowledgement:

Staff from the Data Science department at the National Physical Laboratory (<https://www.npl.co.uk/data-science>) assisted in the provision of and extension of the primary care national surveillance reports during the 2020 SARS-CoV-2 pandemic; as well as adding resilience.

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 at the Oxford-Royal College of General Practitioners Research and Surveillance Centre.

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 at the Oxford-Royal College of General Practitioners Research and Surveillance Centre. Both Wellbeing data management and the University of Oxford 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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