

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year..... 1/2023
 Week Starting - Ending..... 02/01/2023 - 08/01/2023
 No. of Practices..... 507
 Population..... 5,319,528

National (England)

- **Acute Bronchitis** : increased from 11.6 in week 52 to 13.2 in week 1.
- **Asthma** : increased from 14.2 in week 52 to 22.6 in week 1.
- **Common Cold** : decreased from 2.7 in week 52 to 2.5 in week 1.
- **Influenza-like illness** : increased from 20.9 in week 52 to 21.1 in week 1.
- **Respiratory System Diseases** : increased from 349.8 in week 52 to 411.6 in week 1.
- **COVID-19** : decreased from 61.3 in week 52 to 44.2 in week 1.

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

- **Acute Bronchitis** : increased from 3.5 in week 52 to 4.8 in week 1 in the London region, increased from 17.1 in week 52 to 17.2 in week 1 in the North region, increased from 11.8 in week 52 to 14.0 in week 1 in the South region, and increased from 11.6 in week 52 to 15.1 in week 1 in the Midlands And East region.
- **Asthma** : increased from 8.6 in week 52 to 21.5 in week 1 in the London region, increased from 17.7 in week 52 to 26.1 in week 1 in the North region, increased from 12.4 in week 52 to 21.4 in week 1 in the South region, and increased from 18.5 in week 52 to 21.3 in week 1 in the Midlands And East region.
- **Common Cold** : increased from 2.0 in week 52 to 3.1 in week 1 in the London region, increased from 2.6 in week 52 to 2.8 in week 1 in the North region, decreased from 1.9 in week 52 to 1.8 in week 1 in the South region, and decreased from 5.4 in week 52 to 2.8 in week 1 in the Midlands And East region.
- **Influenza-like illness** : decreased from 14.8 in week 52 to 14.7 in week 1 in the London region, increased from 28.3 in week 52 to 30.5 in week 1 in the North region, decreased from 21.7 in week 52 to 19.5 in week 1 in the South region, and increased from 14.7 in week 52 to 17.5 in week 1 in the Midlands And East region.
- **Respiratory System Diseases** : increased from 222.5 in week 52 to 277.5 in week 1 in the London region, increased from 459.5 in week 52 to 532.8 in week 1 in the North region, increased from 309.3 in week 52 to 381.2 in week 1 in the South region, and increased from 405.9 in week 52 to 442.3 in week 1 in the Midlands And East region.
- **COVID-19** : decreased from 26.5 in week 52 to 18.1 in week 1 in the London region, decreased from 60.1 in week 52 to 49.7 in week 1 in the North region, decreased from 79.1 in week 52 to 53.4 in week 1 in the South region, and decreased from 63.3 in week 52 to 46.0 in week 1 in the Midlands And East region.

Comment:

Presentations of influenza-like illness (ILI) have increased this week and the highest rates are in the North region and the population aged 65 years and over. ILI rates are in-line with the seasonal uptick seen at the start of the New Year, with the exception of London and the South regions. The national ILI rate (red line) remains above the seasonal average, as do presentations of the following conditions: symptoms involving respiratory and chest, scarlet fever and acute tonsillitis.

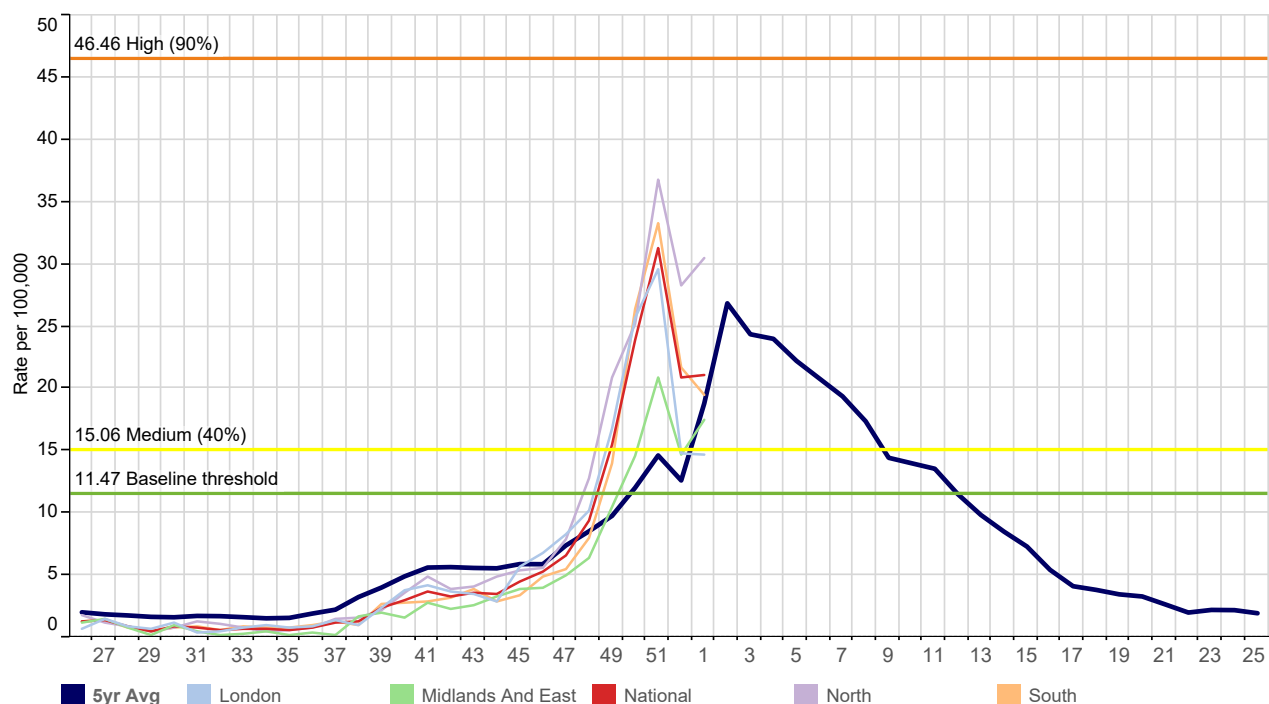
Rates of COVID-19 have decreased this week in all regions and age bands though the highest rates are in the South region and the population aged 65 years and over.

This report includes a virology update. Circulating influenza (A and B), SARS-CoV-2 and RSV have been detected.

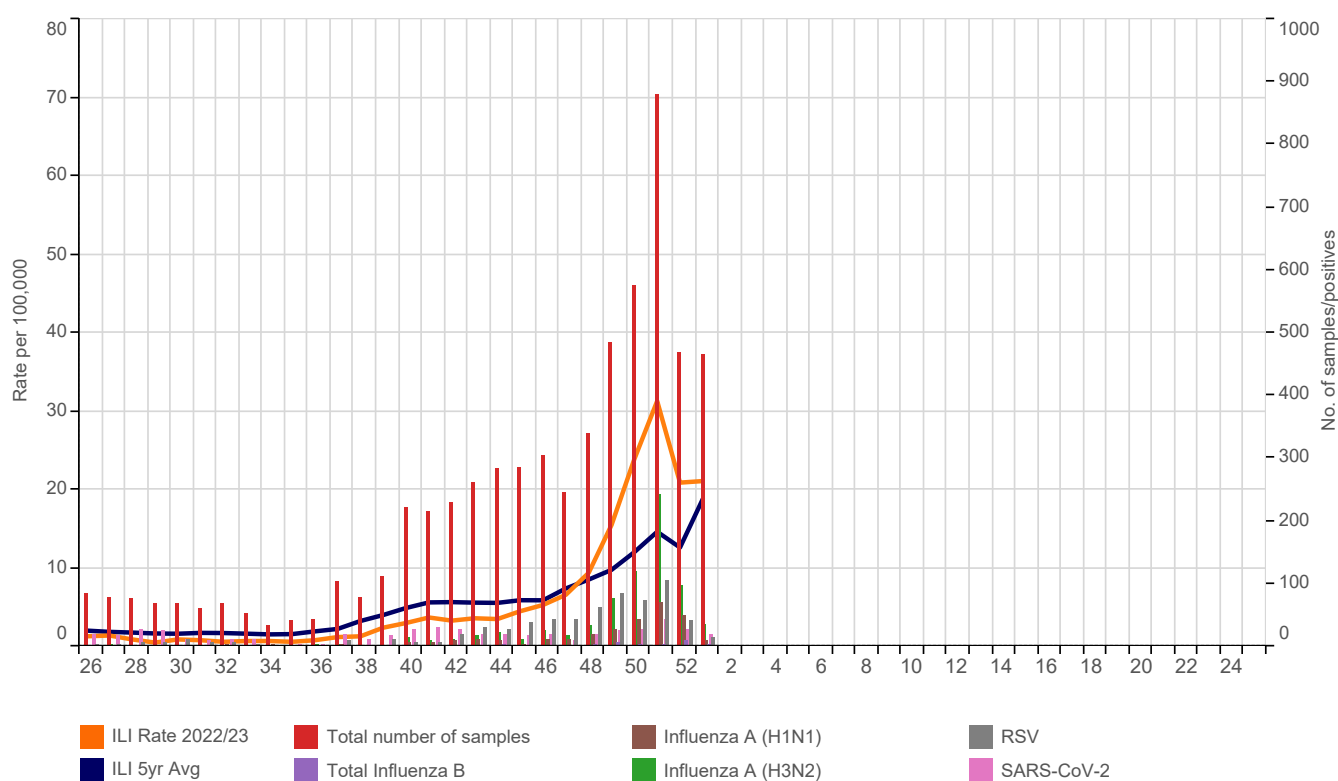
Winter Focus 2022/23

Please see page 15 for explanatory notes on the data.

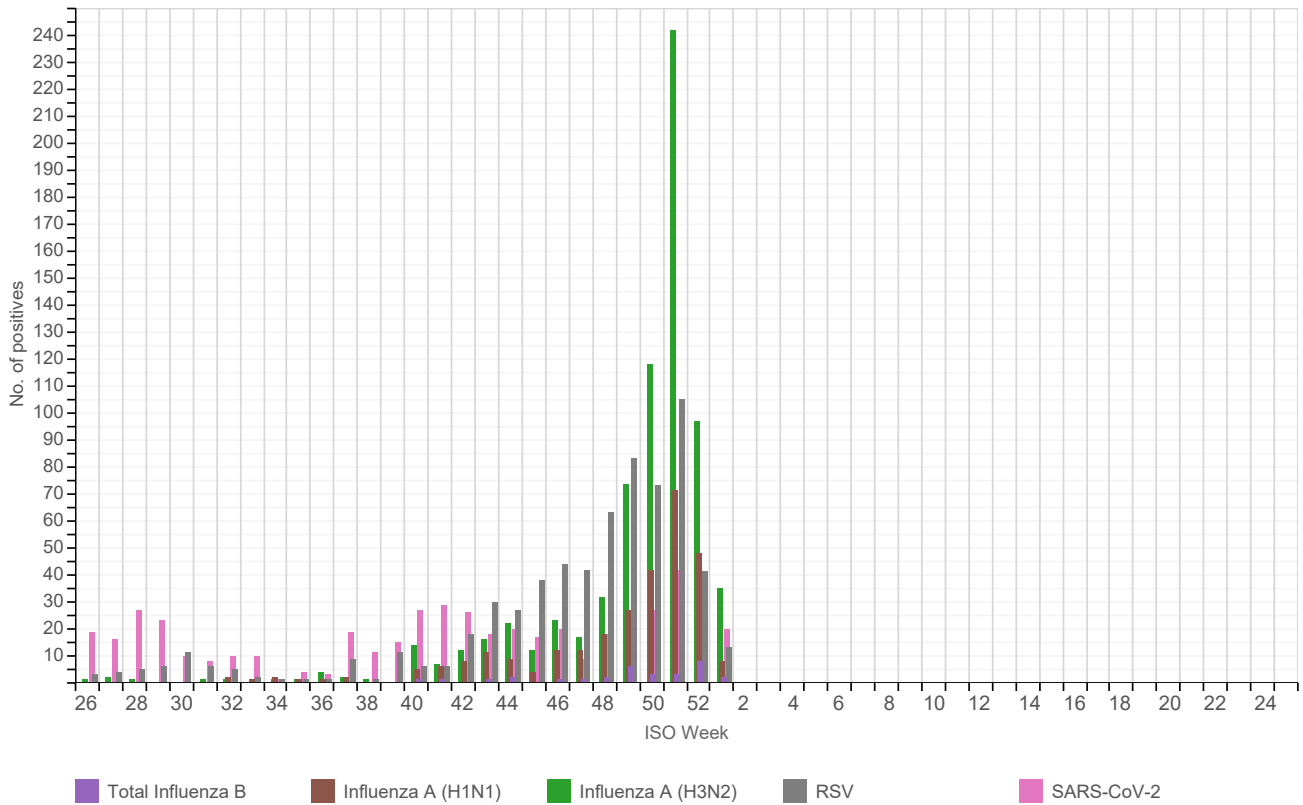
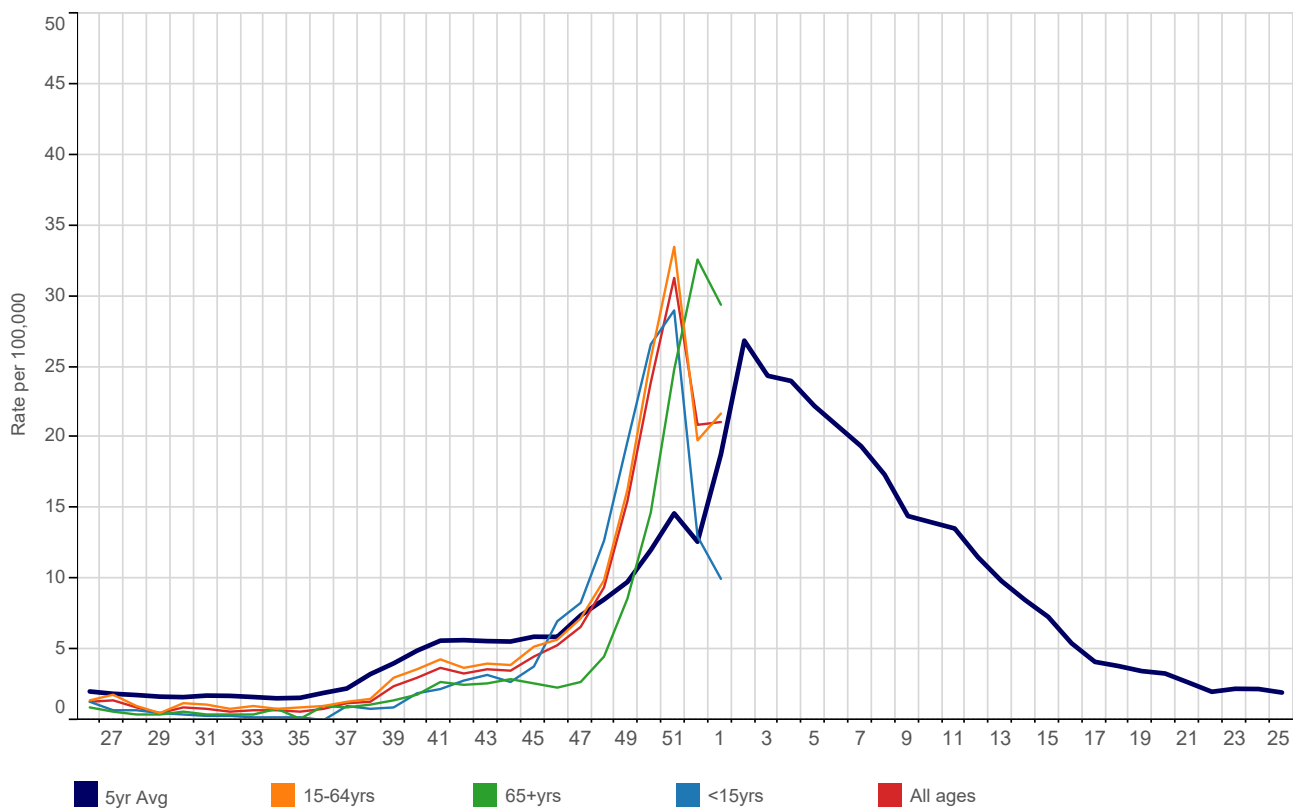
(A) Influenza-like illness: national incidence rate 2022/23 by region*



(B) RCGP/UKHSA RSV, Influenza and SARS-CoV-2 Virology Swab Surveillance 2022/23*



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

(C) RCGP/UKHSA RSV, Influenza and SARS-CoV-2 Virology Swab Surveillance 2022/23 by viral strain***(D) Influenza-like illness: national incidence rate 2022/23 by age group***

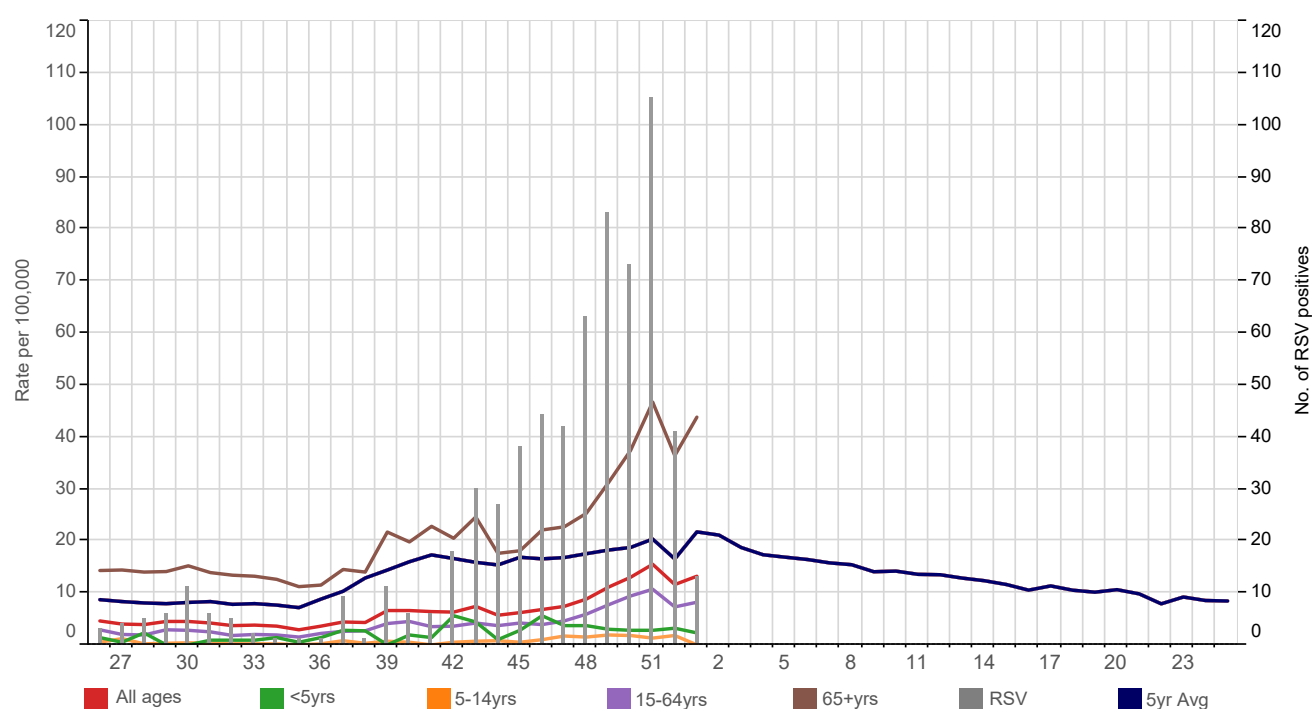
(E) Influenza-like illness: national incidence rate 2022/23 by age group*

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.

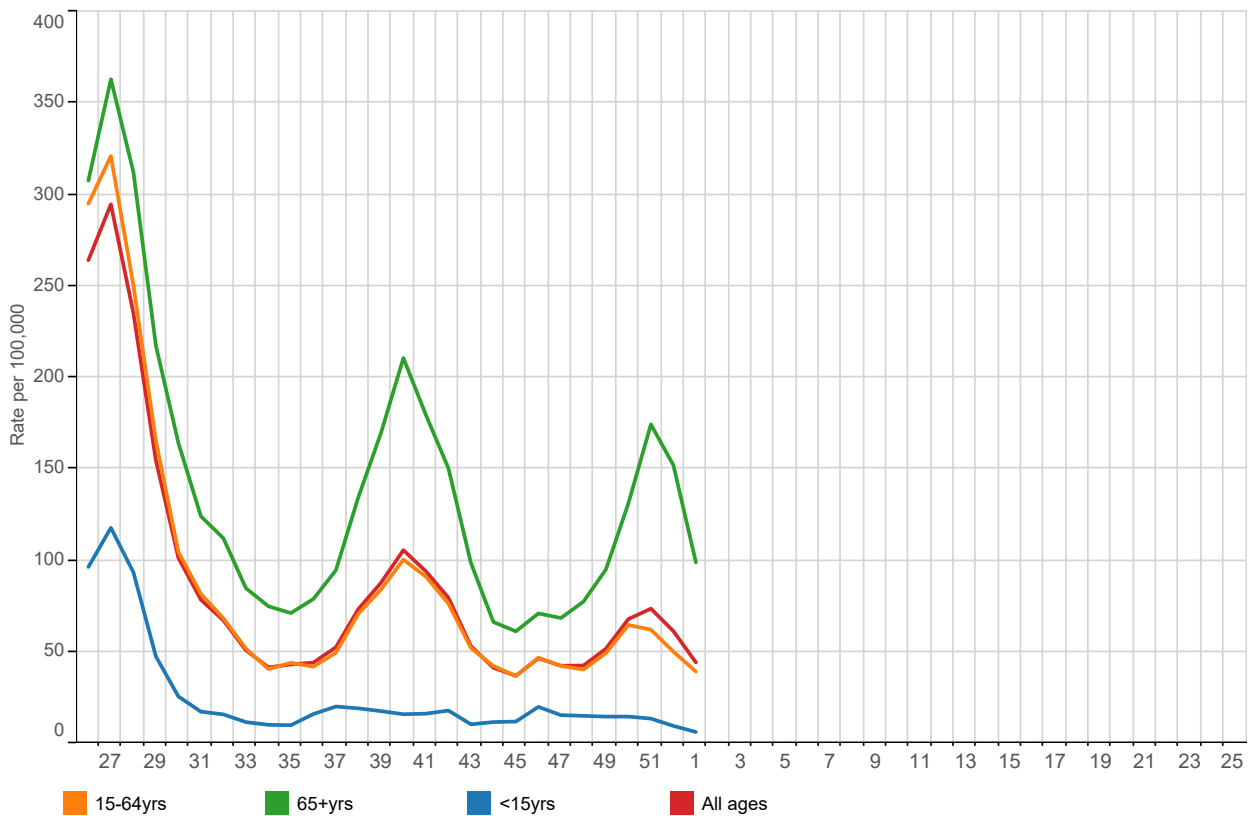
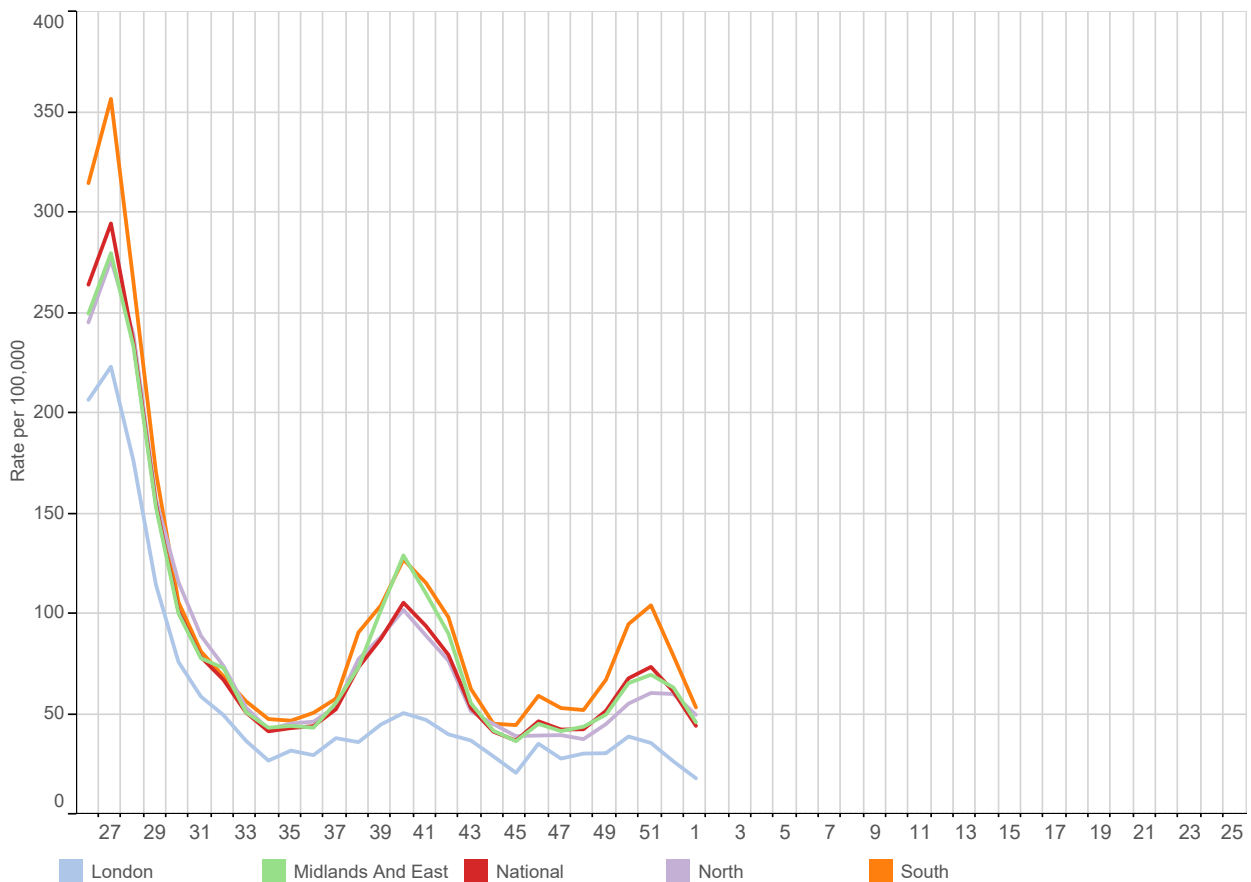
Table 1	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
15-64yrs	1.4	1.8	1.0	0.5	1.2	1.1	0.8	1.0	0.8	0.9	1.0	1.3	1.5	3.0	3.6	4.3	3.7	4.0
65+yrs	0.9	0.6	0.4	0.4	0.6	0.4	0.4	0.4	0.8	0.1	1.0	0.9	1.1	1.4	1.8	2.7	2.5	2.6
<15yrs	1.3	0.7	0.7	0.5	0.4	0.3	0.3	0.2	0.2	0.2	0.0	1.0	0.8	0.9	1.9	2.2	2.8	3.2
All ages	1.3	1.4	0.9	0.5	0.9	0.8	0.6	0.7	0.7	0.6	0.8	1.2	1.3	2.4	3.0	3.7	3.3	3.6

	44	45	46	47	48	49	50	51	52	1	2	3	4	5	6	7	8	9
<15yrs	2.7	3.8	7.0	8.3	12.7	19.7	26.6	29.0	13.0	10.0								
15-64yrs	3.9	5.2	5.7	7.2	9.9	16.3	25.6	33.5	19.8	21.7								
65+yrs	2.9	2.6	2.3	2.7	4.5	8.6	14.7	24.8	32.6	29.4								
All ages	3.5	4.5	5.3	6.6	9.4	15.5	23.9	31.3	20.9	21.1								

Table 2	Below Threshold ¹	Threshold to Medium ²	Medium to High ³	High to Very High ⁴	Above Very High ⁵
15-64yrs	<14.62	14.62 to 16.81	16.81 to 60.16	60.16 to 105.70	105.70+
65+yrs	<12.54	11.03 to 12.54	12.54 to 45.79	45.79 to 81.19	81.19+
<15yrs	<8.05	8.05 to 13.38	13.38 to 30.96	30.96 to 44.85	44.85+
All Ages	<11.47	11.47 to 15.06	15.06 to 46.46	46.46 to 76.44	76.44+

Threshold levels¹Below baseline threshold²baseline threshold breach to < 40th percentile³40th to <90th percentile⁴90th to <97.5th percentile⁵97.5th+ percentile**(F) Acute Bronchitis: national incidence rate 2022/23 by age group*****Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons**

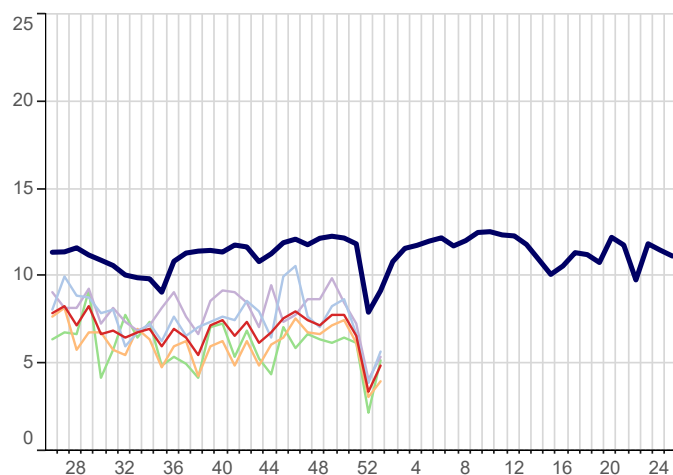
Influenza-like illness		Bronchitis		Influenza-like illness		Bronchitis	
<1yr	34.2		9.1	London	14.7		4.8
1-4yrs	15.9		2.3	North	30.5		17.2
5-14yrs	6.1		0.0	South	19.5		14.0
15-24yrs	15.9		1.6	Midlands And East	17.5		15.1
25-44yrs	21.5		4.6	National	21.1		13.2
45-64yrs	24.6		15.4				
65-74yrs	25.0		38.7				
75-84yrs	29.4		52.1				
85+yrs	46.2		41.5				
All ages	21.1		13.2				

(G) COVID-19 : national incidence rate 2022/23 by age group***(H) COVID-19 : national incidence rate 2022/23 by region***

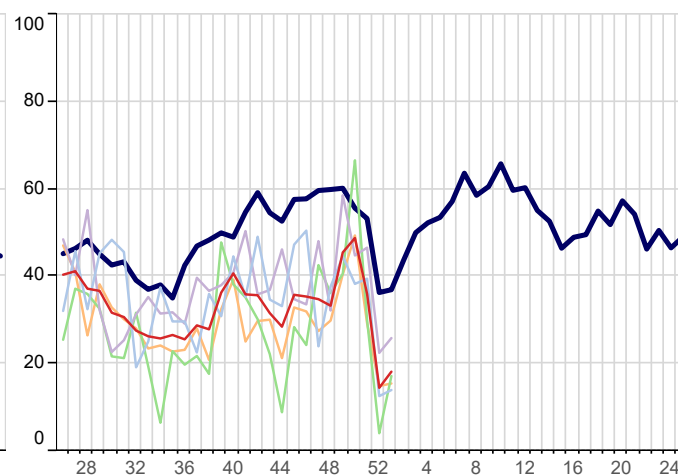
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

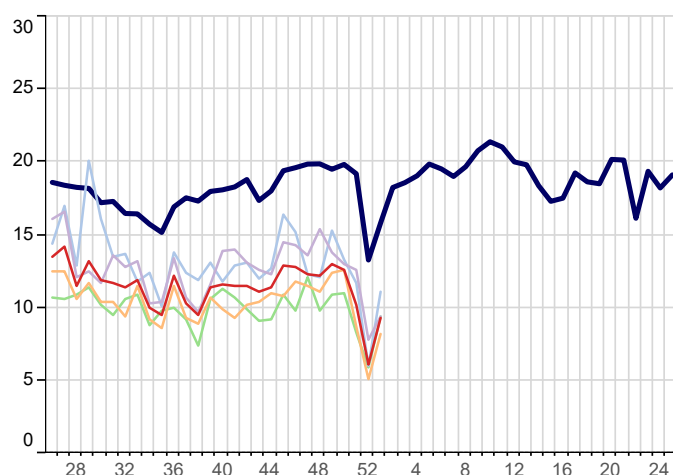
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2022/23 compared with 5 year average



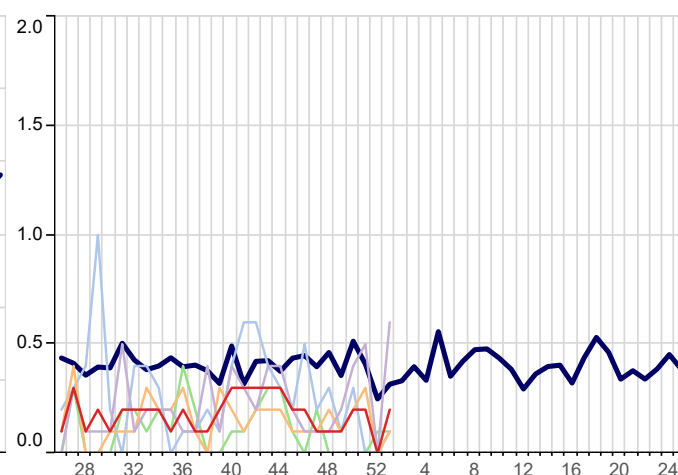
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2022/23 compared with 5 year average



Non-Infective Enteritis & Colitis (ICD10: K50-K52)
Weekly incidence (per 100,000 **all ages**) by region
for 2022/23 compared with 5 year average



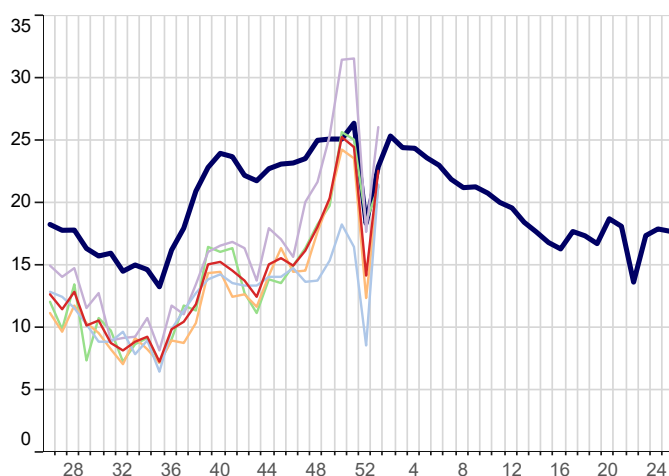
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 **all ages**) by region
for 2022/23 compared with 5 year average



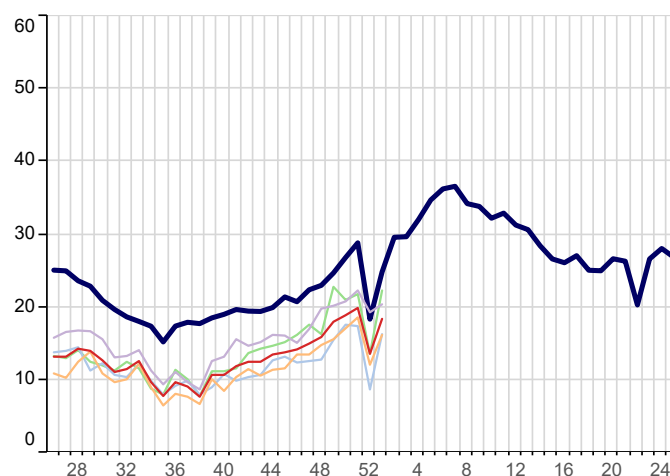
2. Environmentally Sensitive Disorders:

5yr Avg National London North South Midlands And East

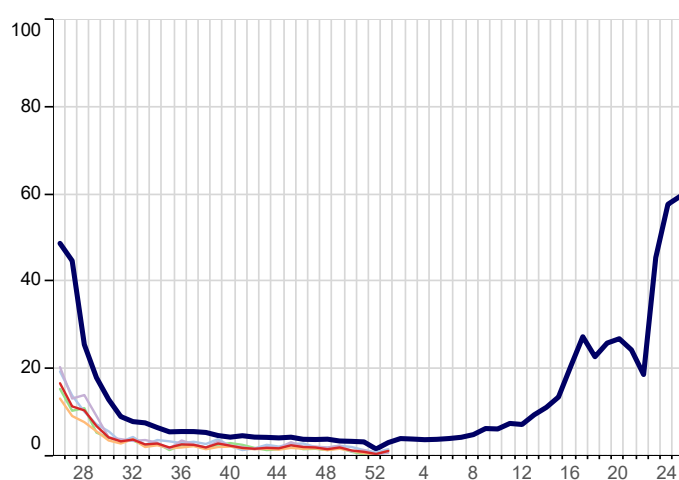
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



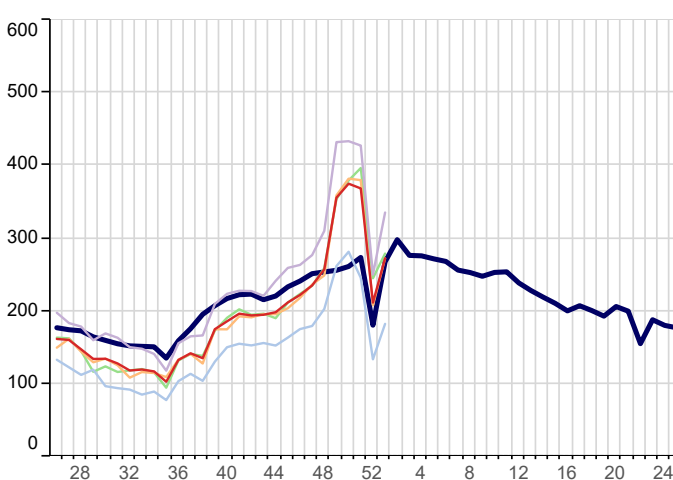
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



Hayfever/Allergic Rhinitis (ICD10: J30)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



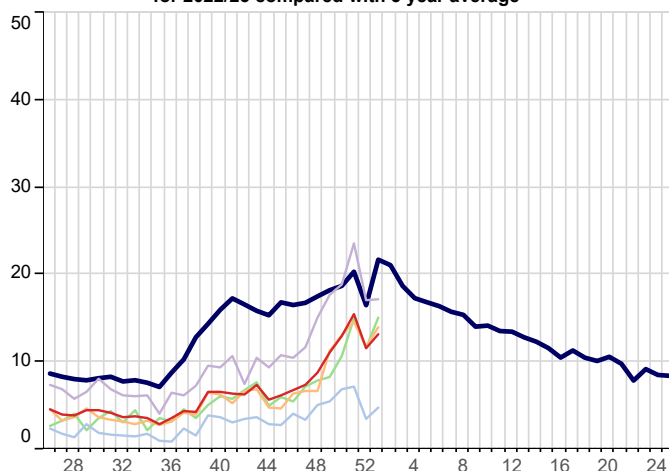
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



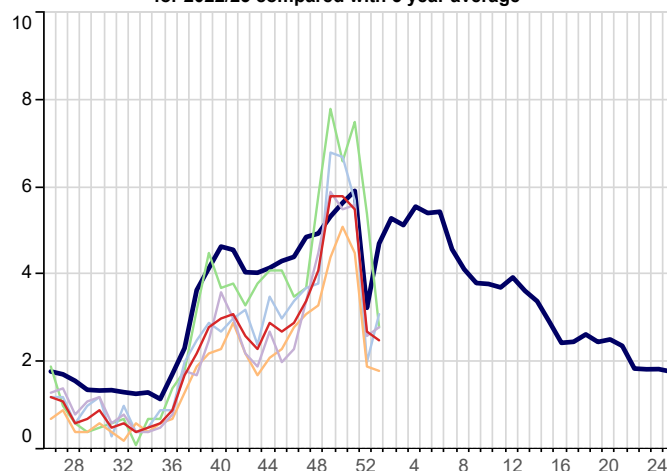
3. Respiratory Infections:

5yr Avg National London North South Midlands And East

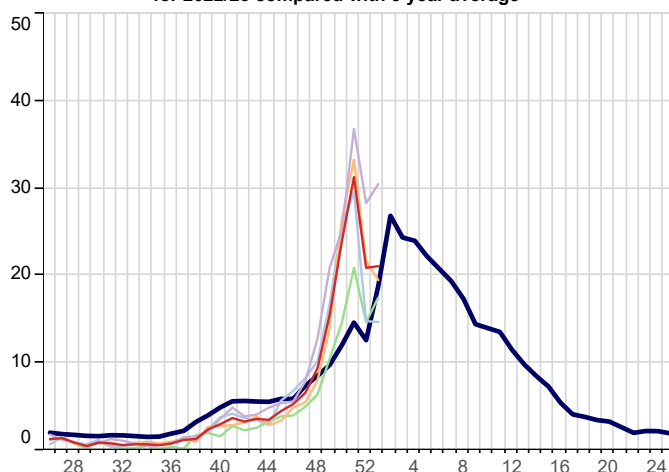
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



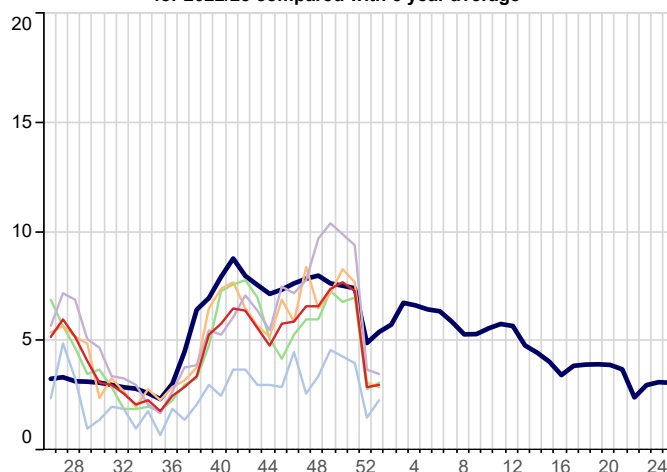
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



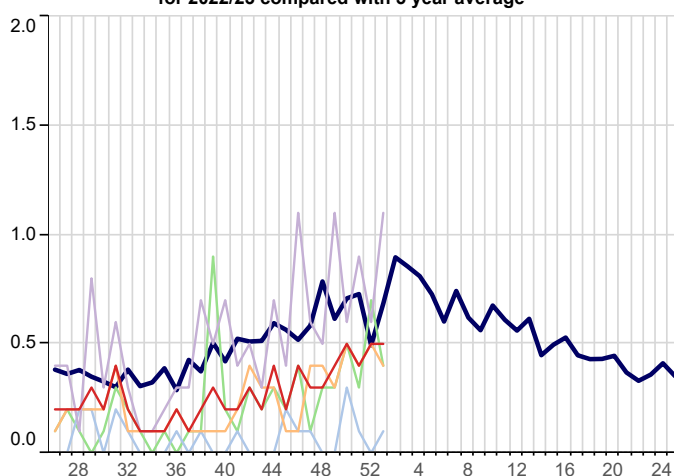
Influenza-like illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



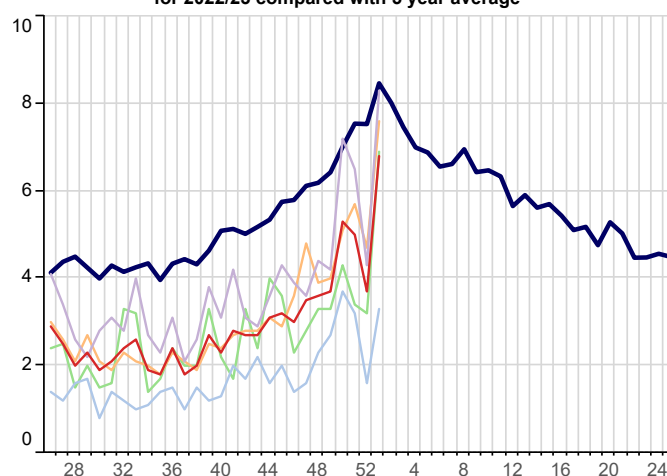
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



Pleurisy (ICD10: R091)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



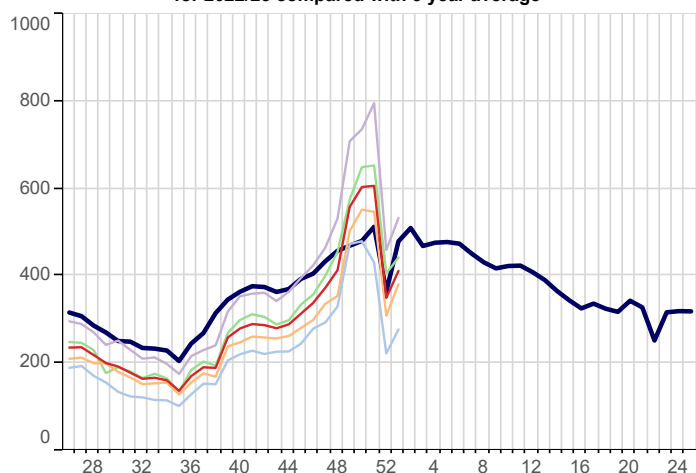
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



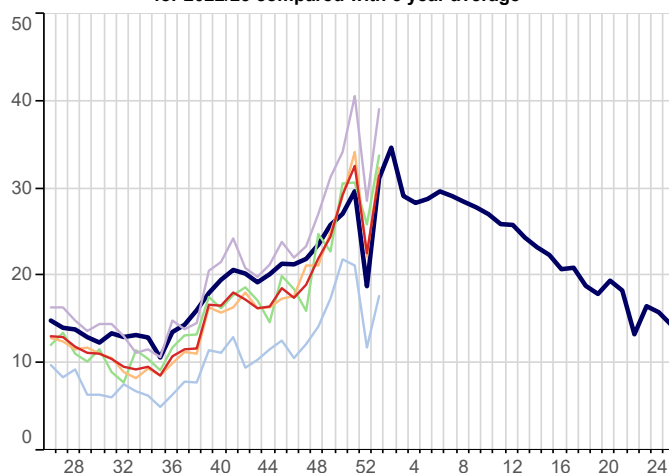
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

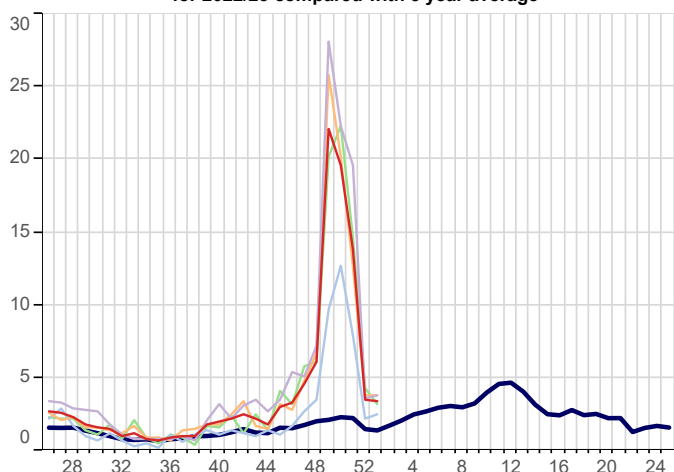
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



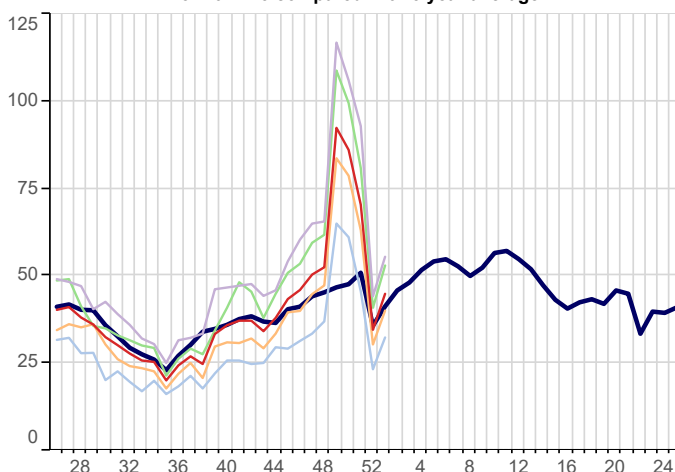
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



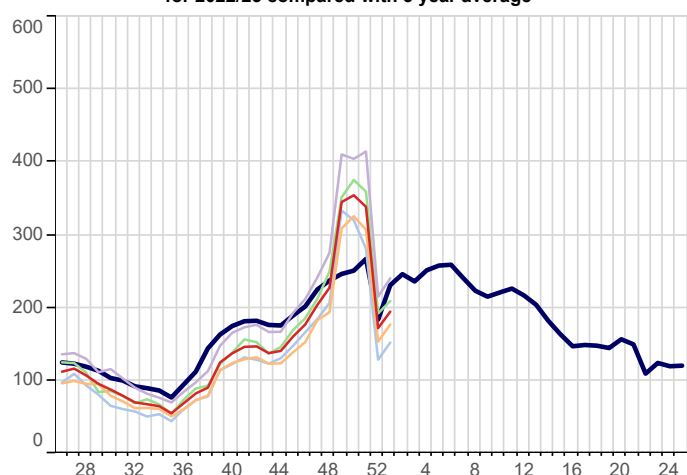
Strep Sore Throat, Scarlatina and Peritonsillar Abscess (ICD10: A38,J02,J36)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



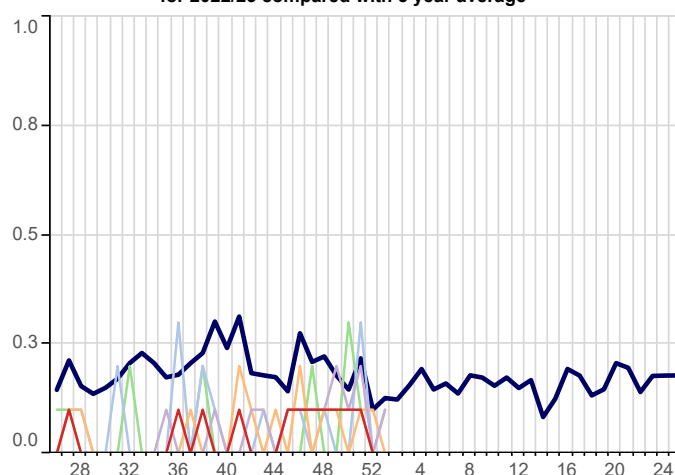
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



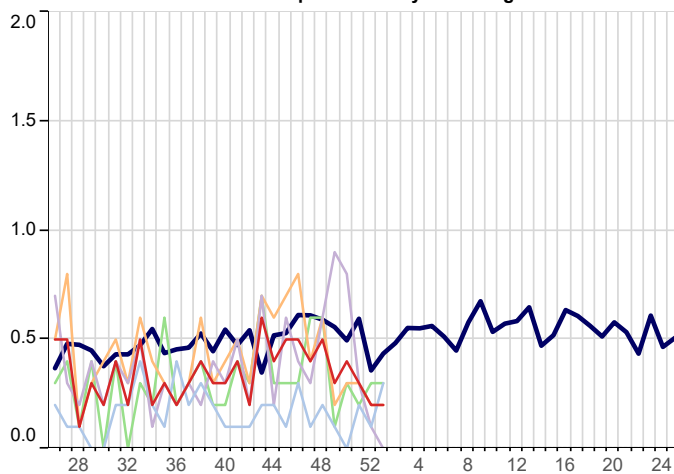
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



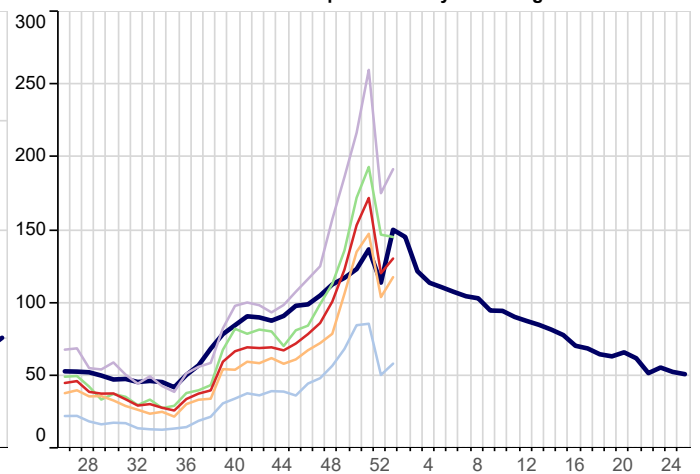
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

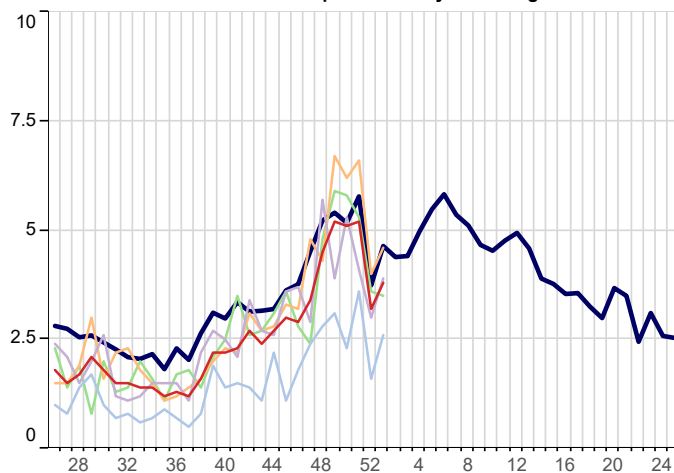
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



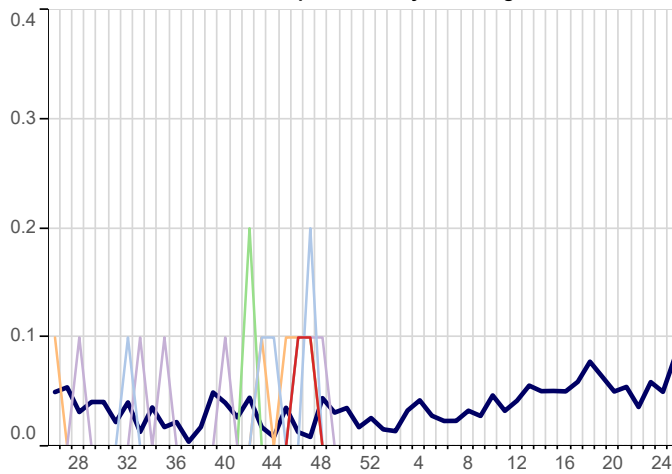
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



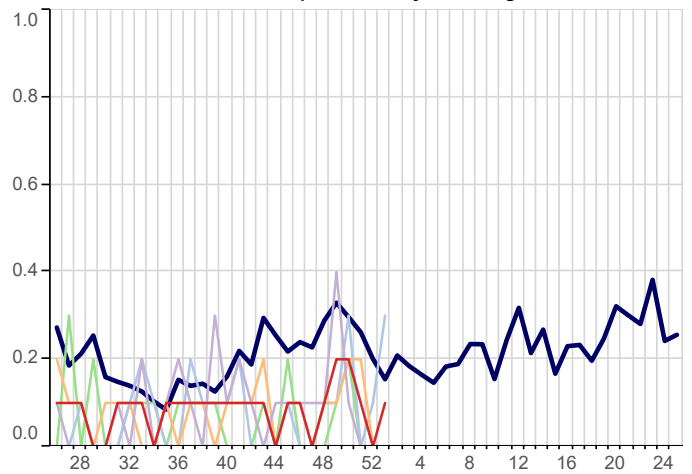
4. Vaccine Sensitive Disorders

5yr Avg National London North South Midlands And East

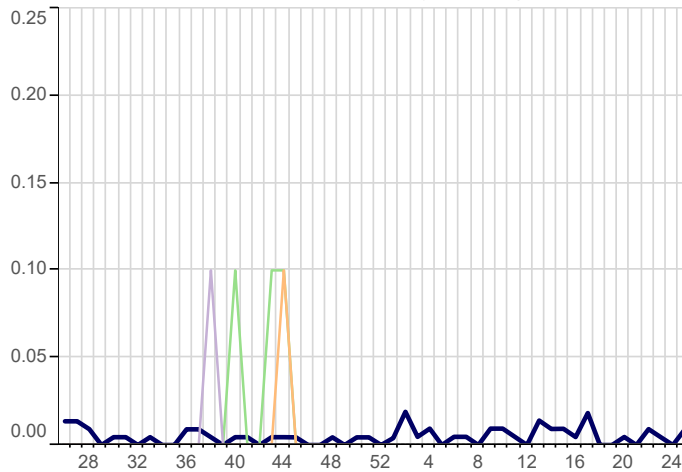
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



Mumps (ICD10: B26)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average

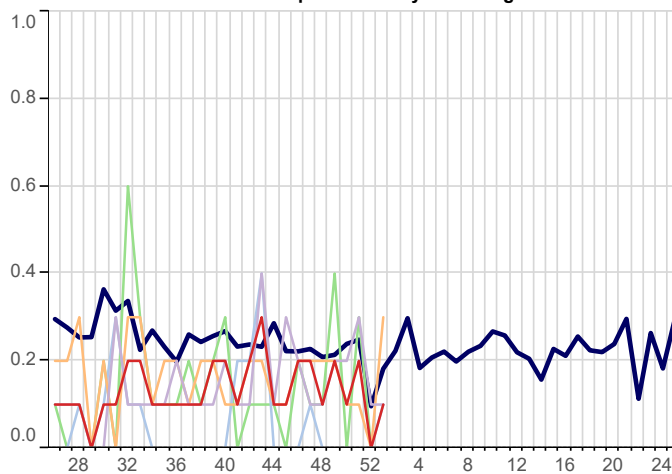


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average

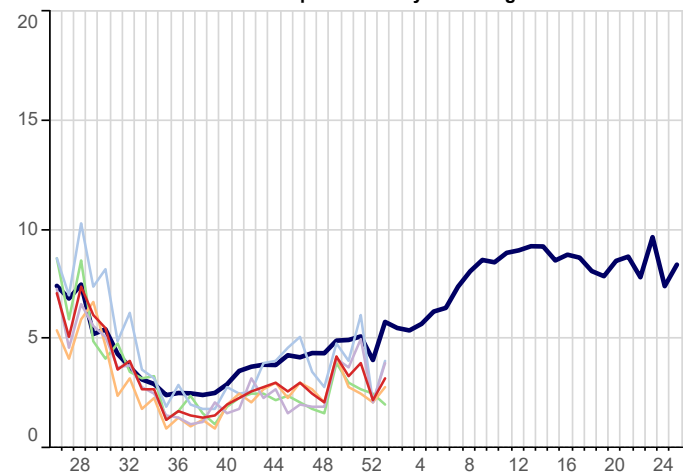


5. Skin Contagions

Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



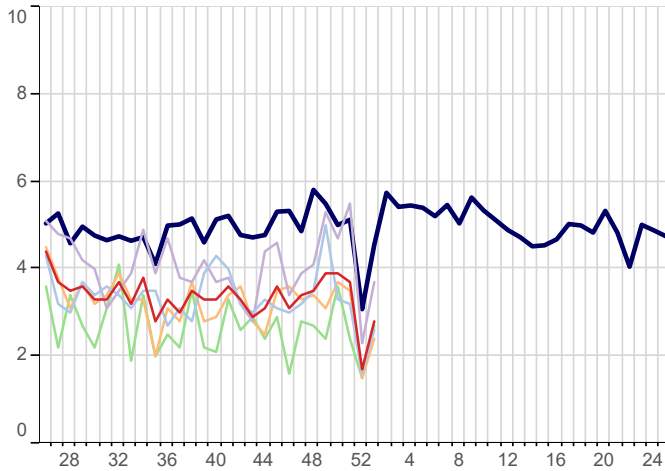
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



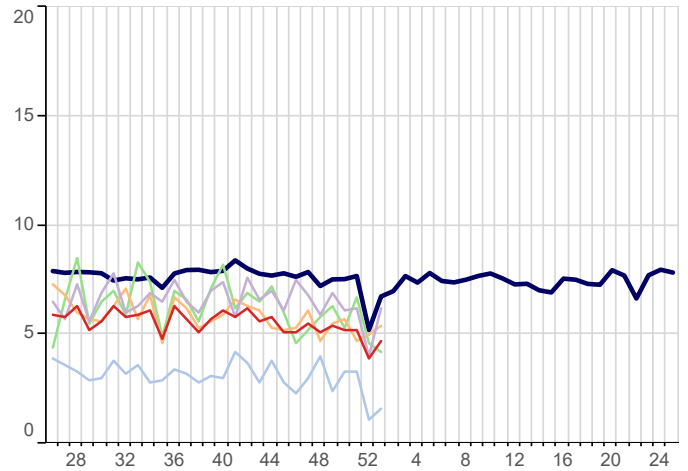
5. Skin Contagions (Continued)

5yr Avg National London North South Midlands And East

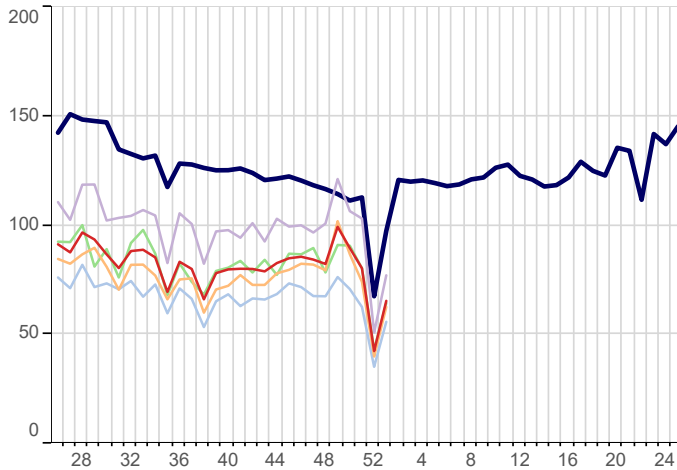
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



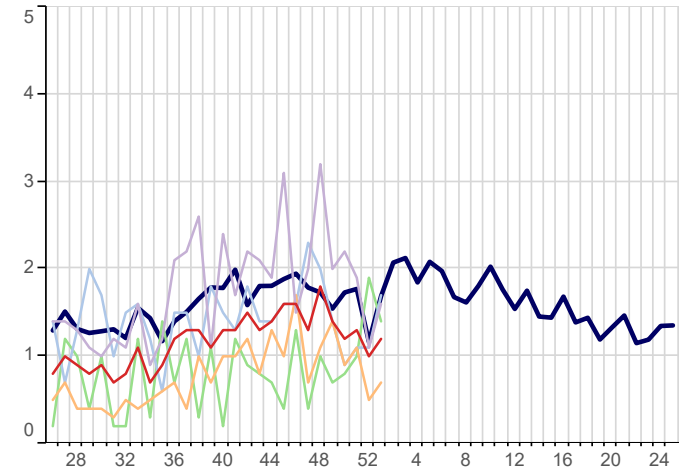
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



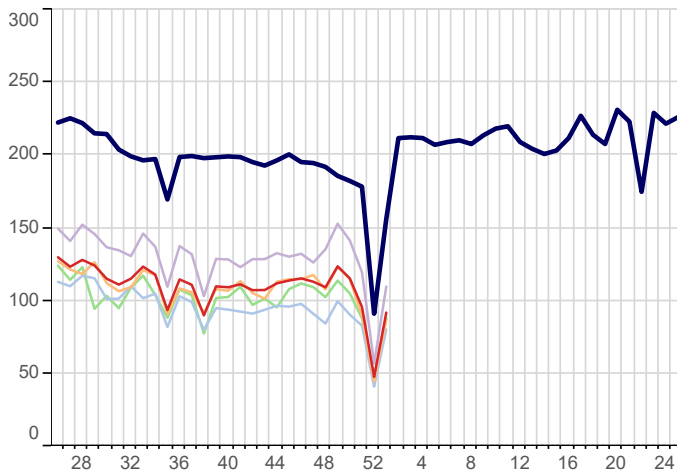
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



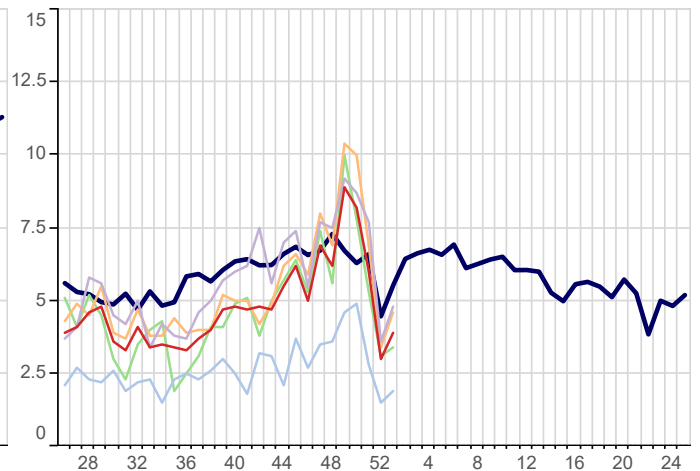
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



6. Disorders Affecting the Nervous System

5yr Avg

National

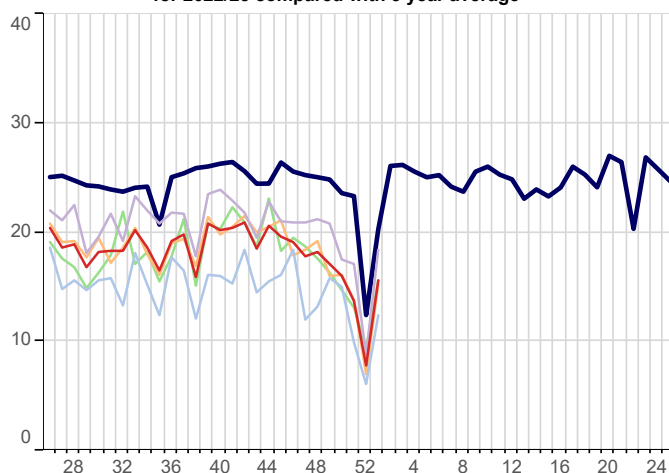
London

North

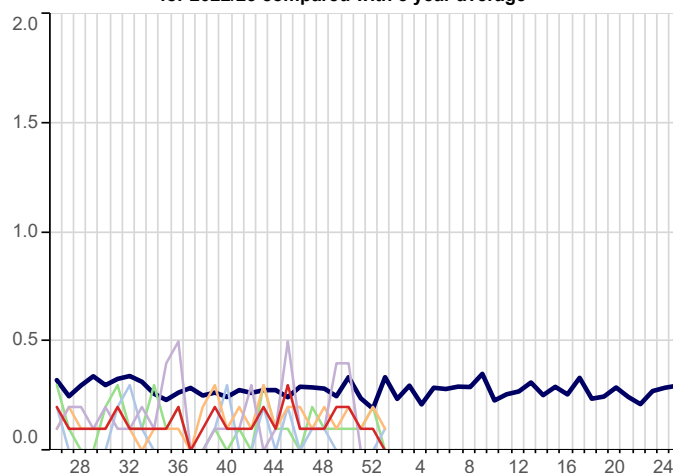
South

Midlands And East

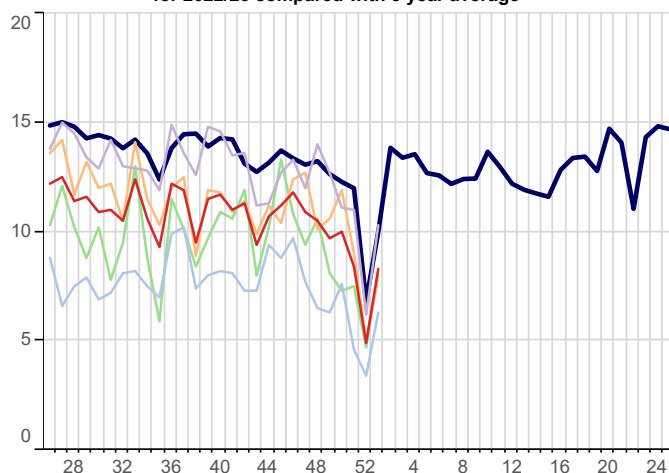
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



Meningitis/Encephalitis (ICD10: A170-A171,A390,A38-A85,A87,G00-G05)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average

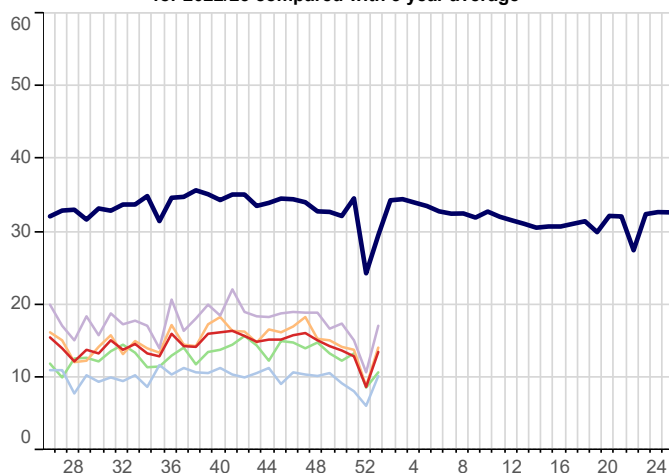


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



7. Genitourinary System Disorders

Urinary Tract Infection/Cystitis (ICD10: N30,N390)
Weekly incidence (per 100,000 all ages) by region
for 2022/23 compared with 5 year average



8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		02/01/2023 08/01/2023		26/12/2022 01/01/2023		19/12/2022 25/12/2022		12/12/2022 18/12/2022	
	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Allergic Rhinitis	1.3	69	0.6	33	1.1	56	1.4	73		
Asthma	22.6	1,204	14.2	763	24.5	1,282	25.3	1,315		
Bronchitis	13.2	704	11.6	626	15.5	812	13.0	676		
Bullous Dermatoses	0.1	7	0.0	2	0.2	9	0.1	5		
Chickenpox	3.2	171	2.2	118	3.9	202	3.3	172		
Common Cold	2.5	132	2.7	147	5.5	290	5.8	302		
Conjunctival Disorders	18.4	978	13.6	734	19.9	1,039	18.9	983		
Herpes Simplex	2.8	151	1.7	93	3.7	196	3.9	201		
Herpes Zoster	4.7	248	3.9	211	5.2	270	5.2	273		
Impetigo	3.9	209	3.0	164	6.0	316	8.2	429		
Infectious Mononucleosis	0.2	10	0.2	9	0.3	14	0.4	19		
Influenza-like illness	21.1	1,123	20.9	1,126	31.3	1,636	23.9	1,243		
Infectious Intestinal Diseases	4.9	263	3.4	181	6.6	343	7.8	407		
Laryngitis and Tracheitis	3.0	158	2.9	156	7.3	380	7.7	399		
Lower Respiratory Tract Infections	130.6	6,946	120.5	6,495	172.2	9,011	153.5	7,994		
Measles	0.0	0	0.0	0	0.0	0	0.0	0		
Meningitis and Encephalitis	0.0	2	0.1	5	0.1	3	0.2	10		
Mumps	0.1	3	0.0	1	0.1	3	0.2	10		
Non-infective Enteritis and Colitis	9.3	495	6.1	329	10.2	535	12.6	655		
Otitis Media Acute	3.8	204	3.2	174	5.2	270	5.1	265		
Peripheral Nervous Disease	15.6	828	7.8	418	13.7	719	16.0	834		
Pleurisy	0.5	28	0.5	25	0.4	23	0.5	25		
Pneumonia and Pneumonitis	6.8	362	3.7	201	5.0	262	5.3	274		
Respiratory System Diseases	411.6	21,896	349.8	18,854	606.3	31,719	603.7	31,439		
Rubella	0.0	0	0.0	0	0.0	0	0.0	0		
Scabies	1.2	66	1.0	54	1.3	66	1.2	63		
Sinusitis	31.5	1,677	22.6	1,218	32.6	1,708	29.3	1,525		
Skin and Subcutaneous Tissue Infections	65.4	3,479	42.4	2,288	80.3	4,203	89.6	4,664		
Strep Throat and Peritonsillar Abscess	3.4	182	3.5	191	13.8	722	19.6	1,021		
Symptoms involving musculoskeletal	8.3	439	4.9	266	8.4	438	10.0	520		
Symptoms involving Respiratory and Chest	272.5	14,497	211.6	11,405	368.5	19,278	375.0	19,531		
Symptoms involving Skin and Integument Tissues	91.9	4,891	47.7	2,570	95.8	5,012	115.4	6,008		
Tonsillitis and acute Pharyngitis	44.9	2,391	34.6	1,863	70.4	3,683	86.1	4,485		
Upper Respiratory Tract Infections	194.7	10,356	172.1	9,275	338.8	17,722	354.6	18,465		
Urinary Tract Infections	13.5	720	8.7	471	12.9	675	13.7	714		
Viral Hepatitis	0.2	13	0.0	1	0.2	12	0.2	13		
Whooping Cough	0.0	2	0.0	1	0.1	7	0.1	4		
Practice Count		507		508		497		501		
Denom		5,319,528		5,389,871		5,231,449		5,207,641		

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 a five-year average, 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 the UK Health Security Agency. 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 E, page 4.

Both the *all-ages* thresholds and the *age-specific* thresholds are shown in Table E, page 4. Ten years of data were used for *all-ages* and *age-specific* thresholds calculation (winter seasons 2011/12- 2021/22 excluding the pandemic year 2020/21).

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 the UK Health Security Agency. The bulletin can be found at the following URL:

<https://www.gov.uk/government/collections/syndromic-surveillance-systems-and-analyses>

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:

RCGP Research & Surveillance Centre
Policy, Research and Campaigns
Royal College of General Practitioners
30 Euston Square, London, NW1 2FB
Tel: switchboard 020 3188 7400

Director: Professor Simon de Lusignan
MedicalDirectorRSC@rcgp.org.uk

University of Oxford
Nuffield Department of Primary Care Health
Sciences
Eagle House
7 Walton Well Road
Oxford OX2 6ED

