

Healthy communities and Older People in Hertfordshire

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HF Annual Conference 2008

The story – so far

- People
- Place
- Time
- Challenges including health inequalities
- The programme

Challenges for older people's health and wellbeing in Hertfordshire

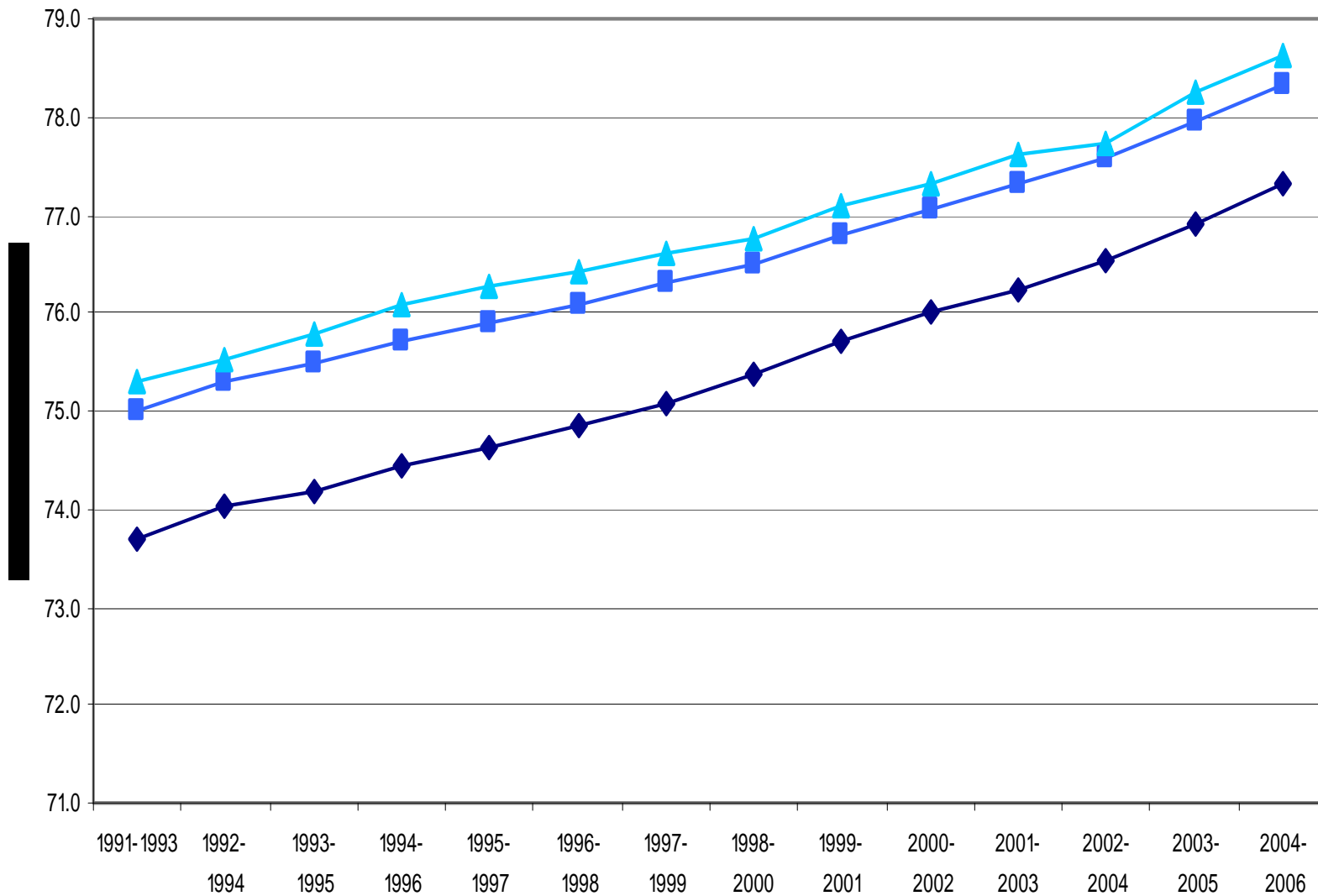
- Increasing older population, especially over 85 years
- Different needs depending on circumstances:
 - Age
 - Gender
 - Ethnicity
 - Lifestyle
 - Deprivation

Social and Environmental Context

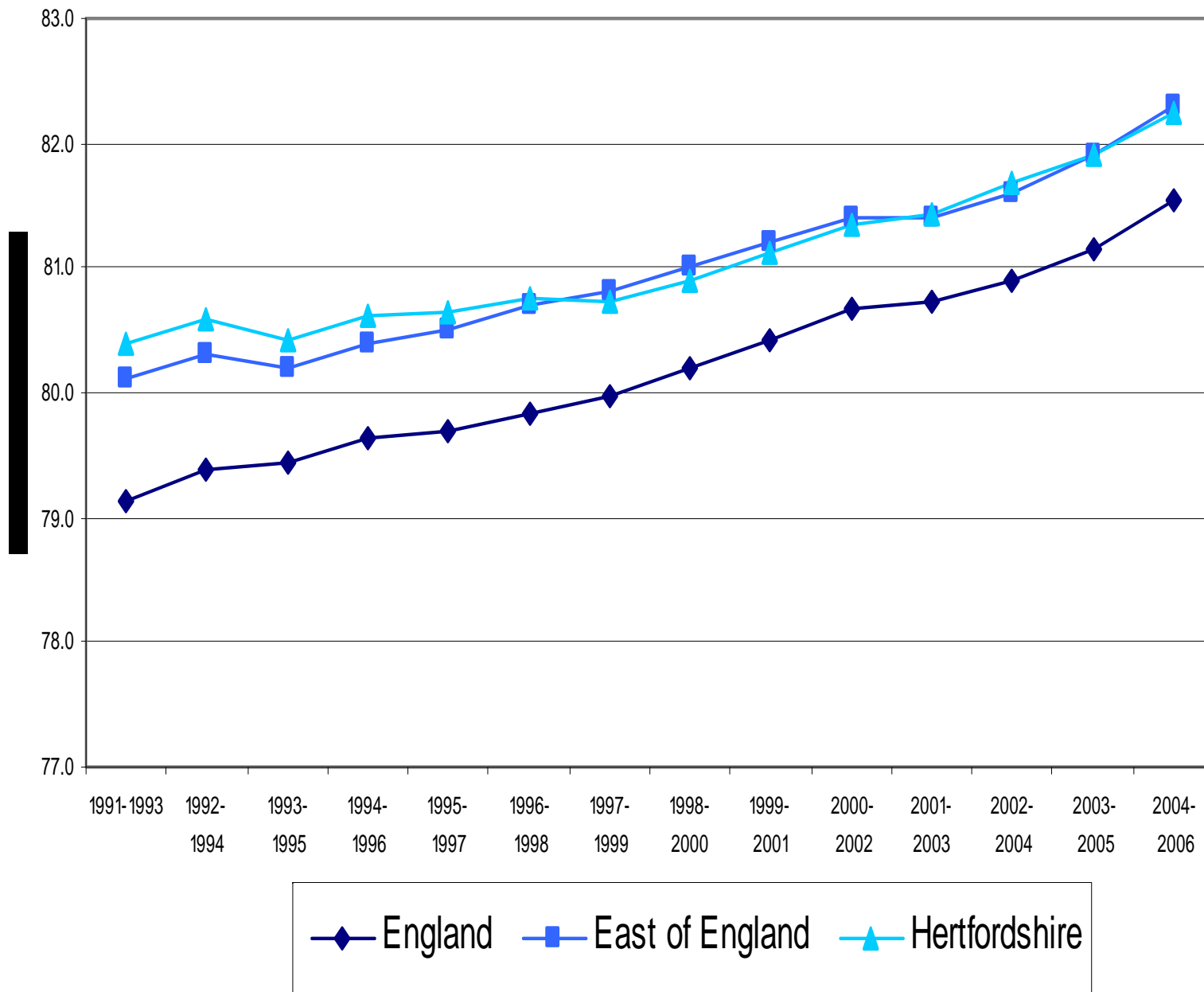
Living Arrangements

- 16% of Hertfordshire population over 65 years
- 60,000 older people in Hertfordshire living alone
 - 39% were aged 75-85 and 16% of these people were aged over 85,
 - predicted to rise by 20% by 2020
 - This rise is particularly noticeable in Females in the 65-74 age group and over 85 years
 - 7,000 older people without central heating

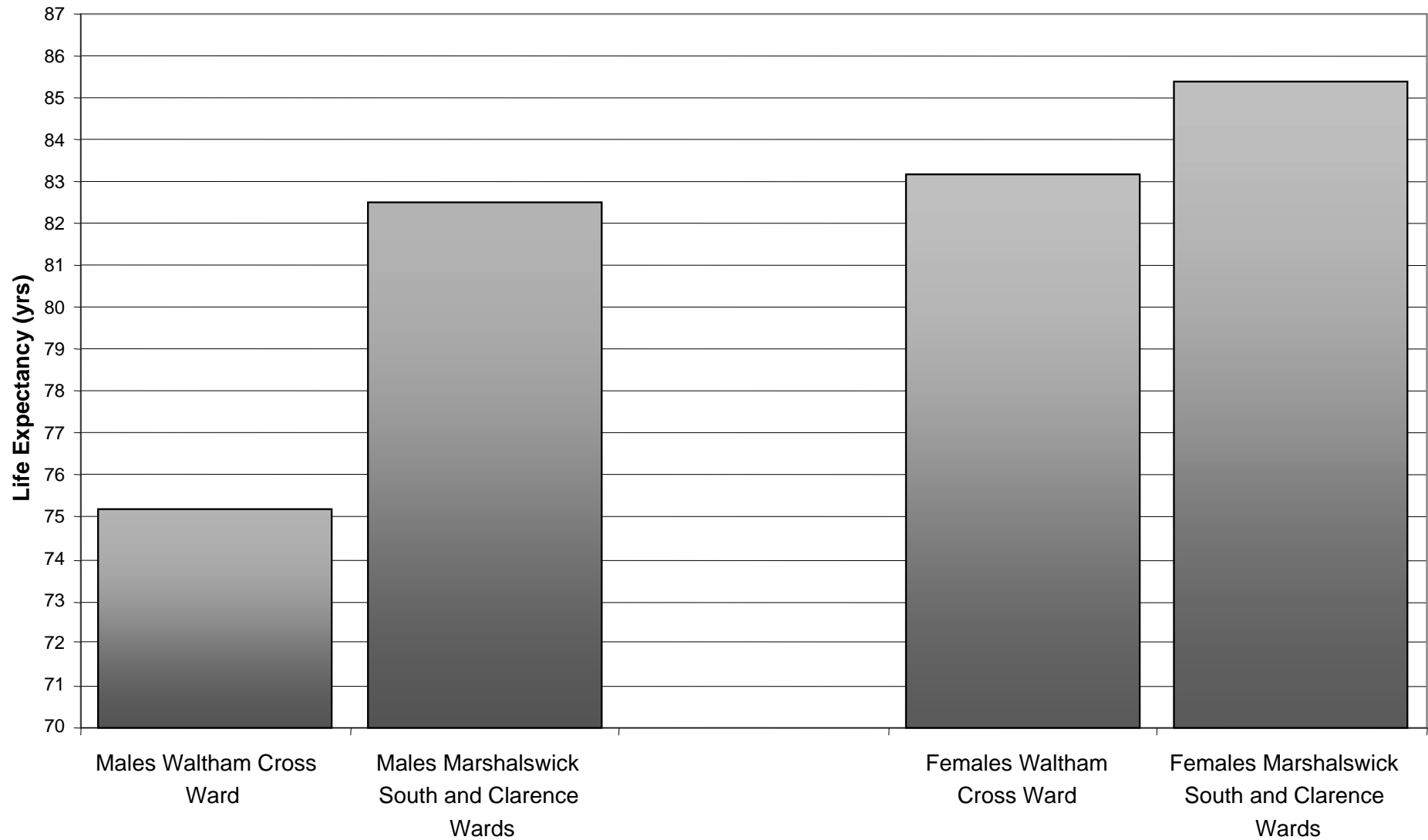
Trend in Male Life Expectancy at Birth (yrs) from 1991-93 to 2004-06



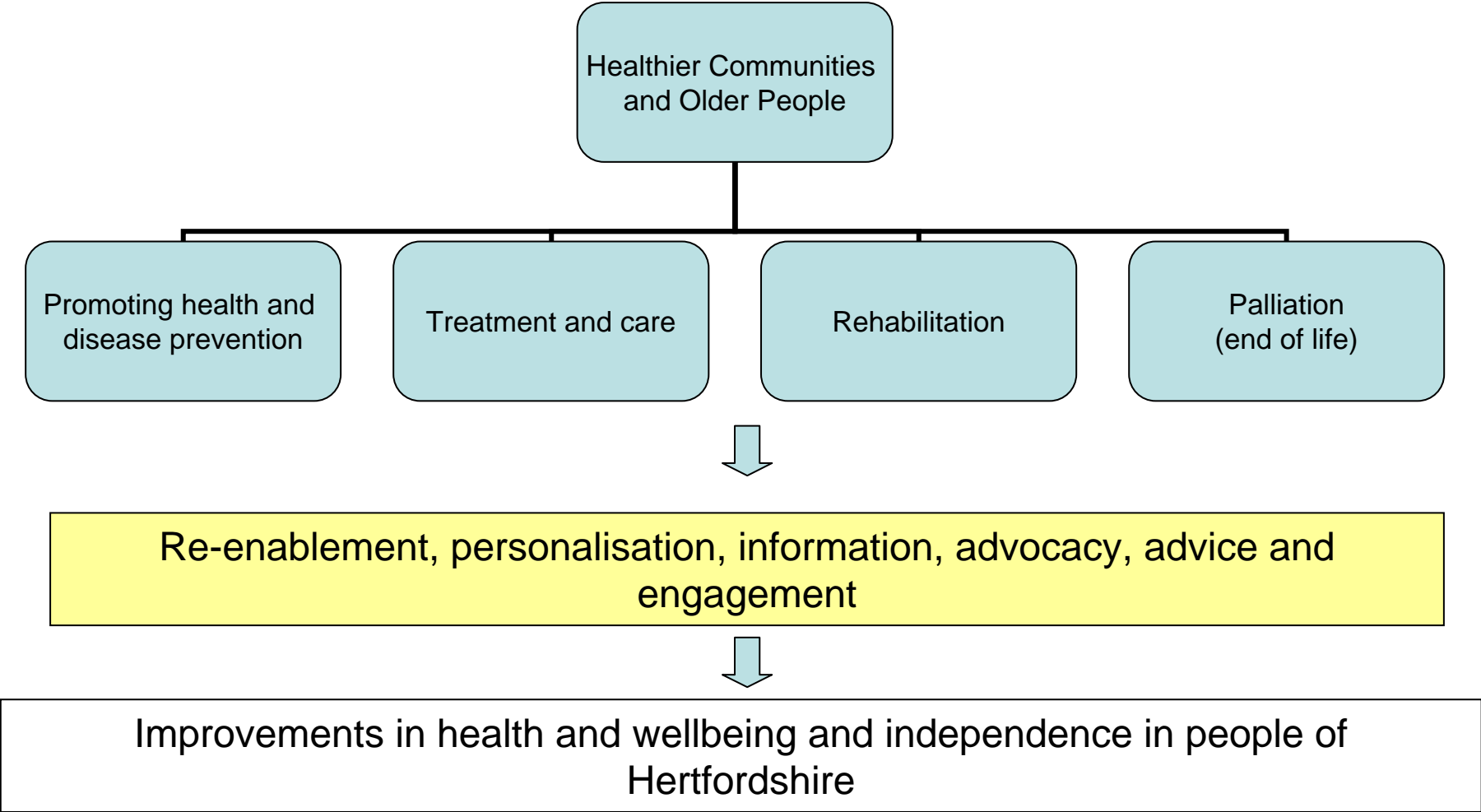
Trend in Female Life Expectancy at Birth (yrs) from 1991-93 to 2004-06



Life Expectancy (yrs) by sex in most and least deprived (IMD 2007) wards of Hertfordshire



Programme approach of Healthier Communities and Older People



LAA Targets

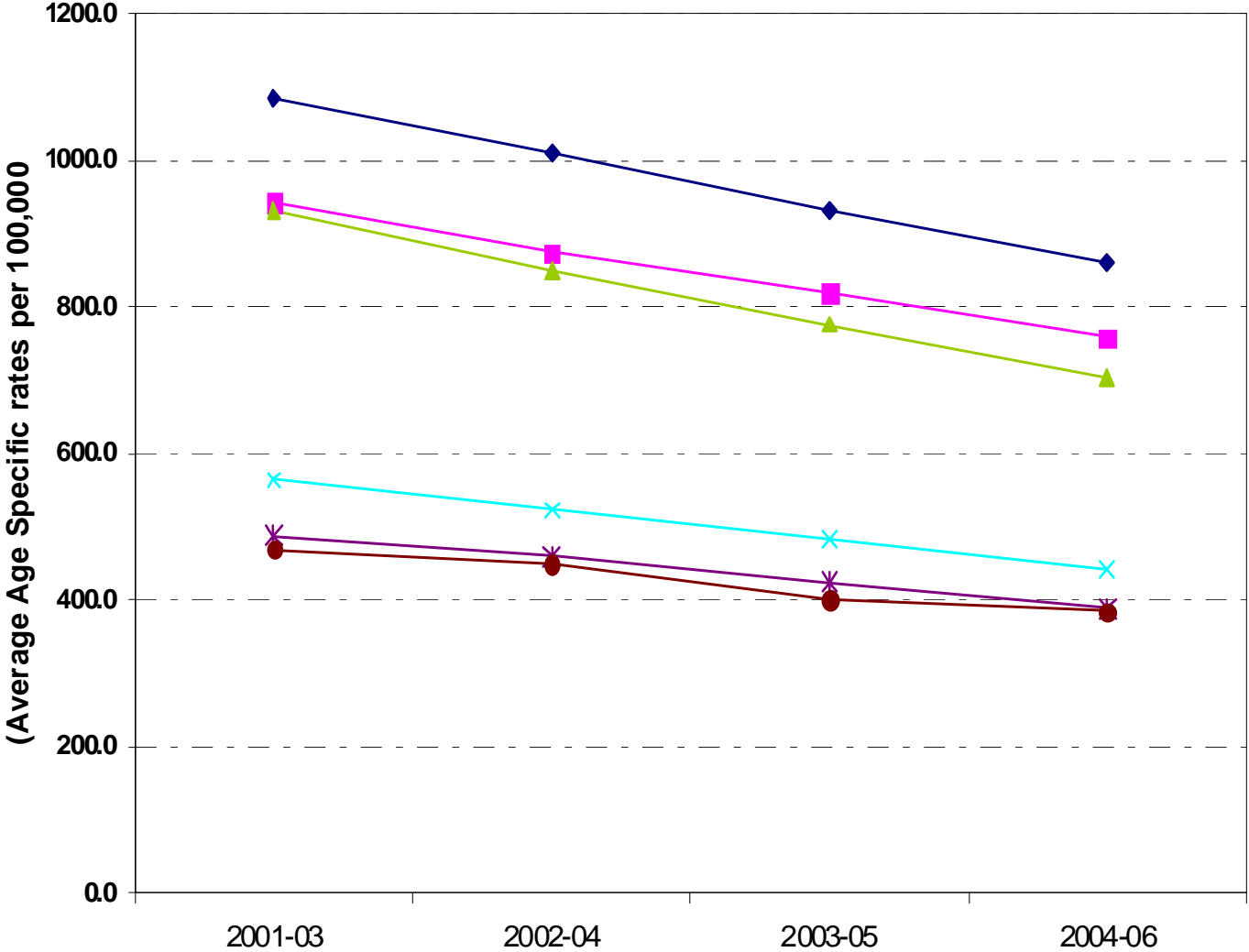
New targets for Healthier Communities and Older People

As part of the Local area agreements (LAAs), targets have been negotiated for the next three years to improve the health and care provided to older people. These include:

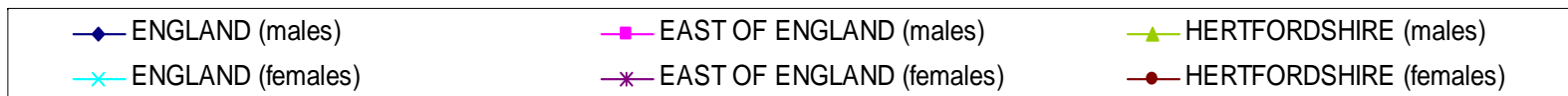
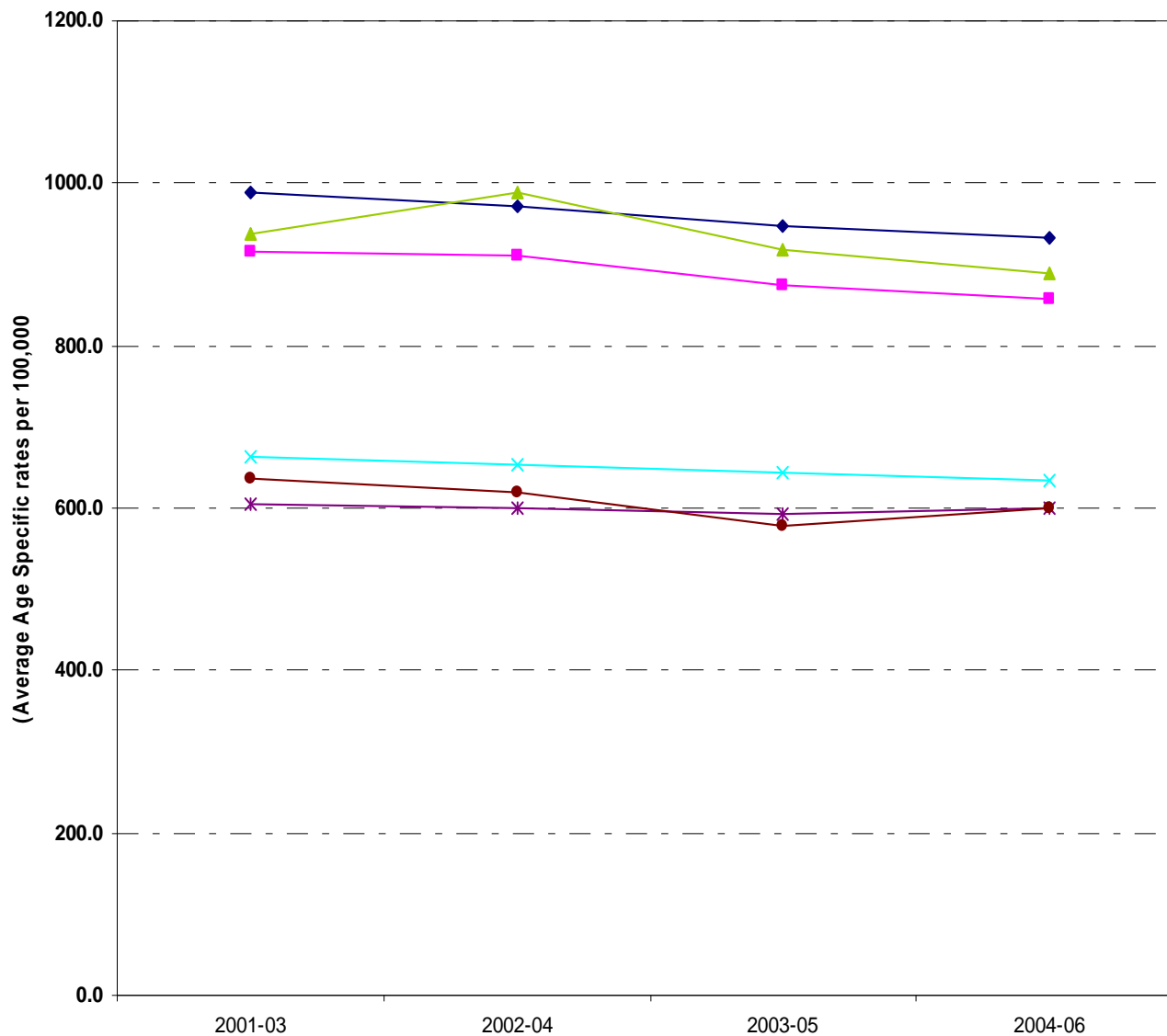
- In people aged under 75: to reduce health inequalities in mortality from heart disease, stroke and related cardiovascular disease and to reduce premature mortality rates for heart disease, stroke and related cardiovascular disease
- To increase older people's independence and wellbeing through active participation in sport and physical activity that enables them to lead a healthy lifestyle that will contribute to them keeping fit and well for as long as possible
- To improve the quality of life and independence of all disabled people (including older people) and enable them to remain safely living at home for as long as possible
- To increase the number of older people benefiting from an appropriate range of intermediate care services to enable them to maintain their independence and prevent inappropriate admissions to acute and residential services.

See www.hertsdirect.org-infobase-docs-pdfstore-hcopbk.pdf for further details.

Mortality from all circulatory causes in males and females in Hertfordshire 2001-2006, 3 year pooled averages, Ages 65-74

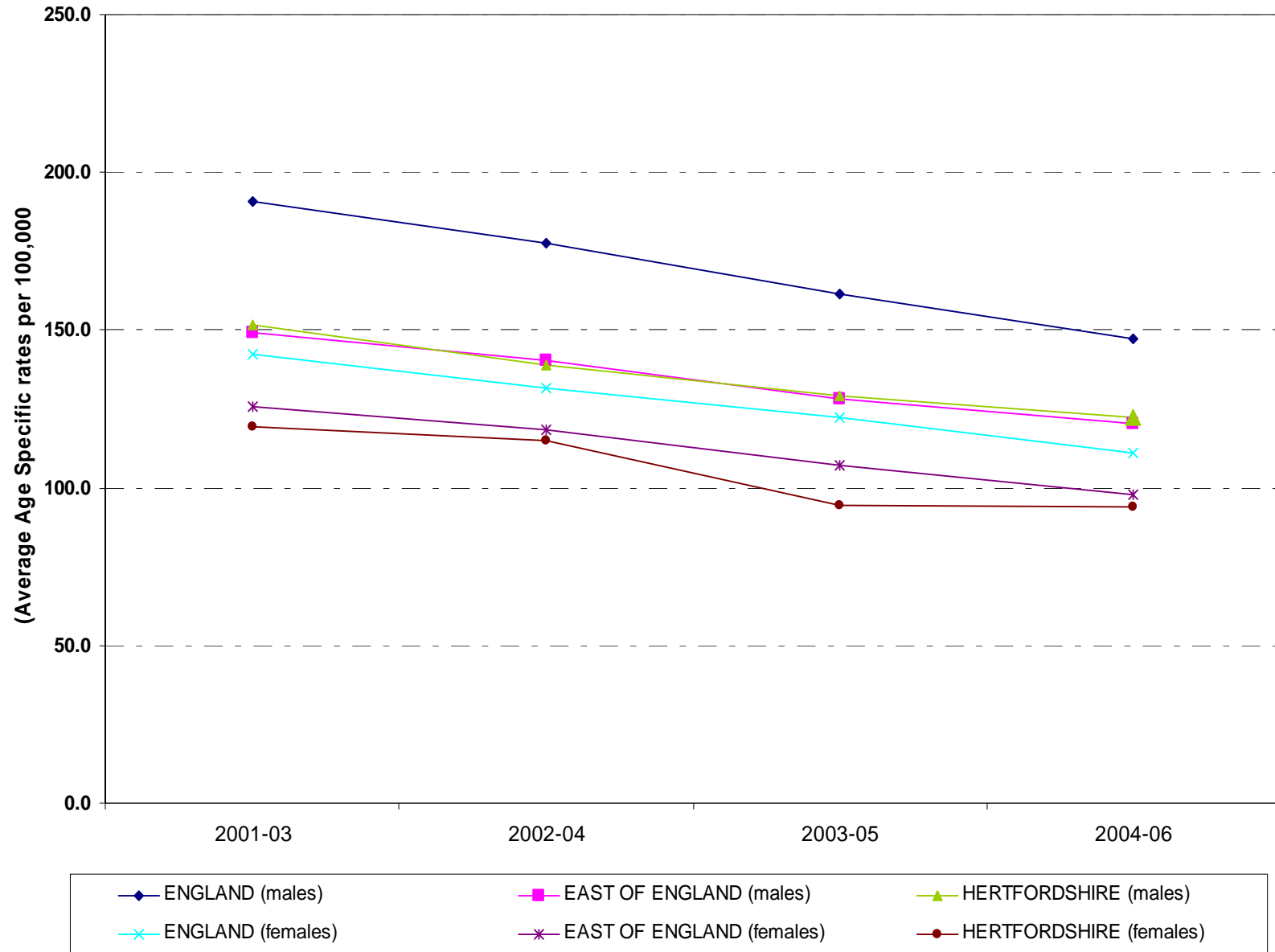


Mortality from all cancers in males and females in Hertfordshire 2001-2006, 3 year pooled averages, Ages 65-74

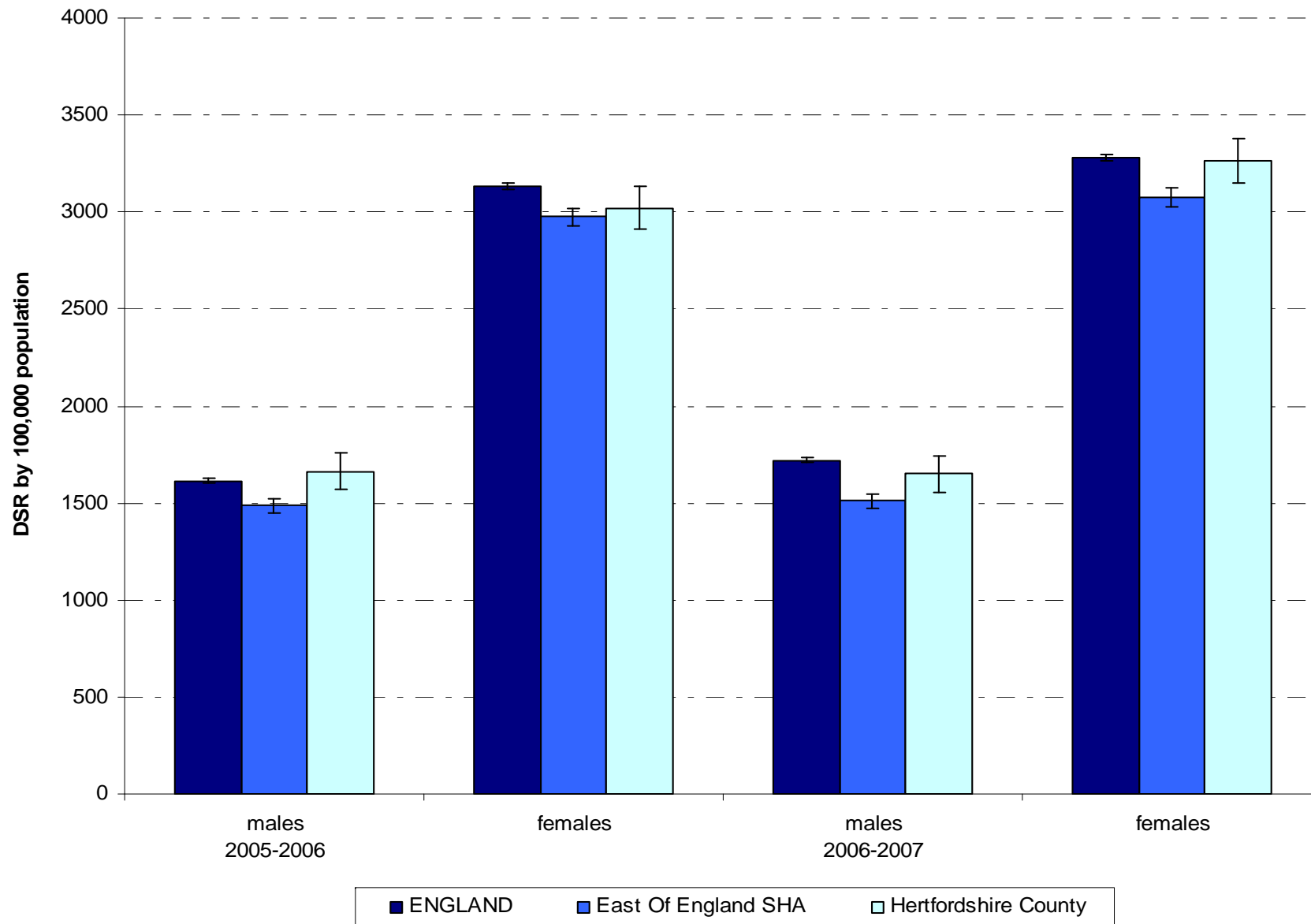


Mortality from Strokes in males and females in Hertfordshire 2001-2006, 3 year pooled averages, Ages 65-

74



Admissions for accidental falls in Hertfordshire males and Females aged 65 plus years in 2005/2006 and 2006/2007 financial years , DSR per 100,000 population (European standard)



Falls prevention

National

- Slow, but rising trend
- Commonest cause in older people of:
 - Serious injury
 - Injury-related hospital attendance
 - Precipitating care home admission
- Reducing confidence and independence
- 30% fall aged over 65 years in a year
- 50% fall aged over 85 years in a year

In Hertfordshire, every year:

- Over 4,000 hospital admissions
- 940 hip fractures
- 45- 50 deaths

Health promotion and disease prevention in adults: challenges in Hertfordshire

Smoking	15% - 30%
Tackling obesity	15% - 21.3%
Alcohol (binge)	15.9% - 18.9%
Falls prevention: Hip fractures per 100,000	386 - 566

Compliance with recommended adult physical activity (%)

	16-24 yrs	45-54 yrs	65-74 yrs
males	58%	36%	17%
females	30-32%	30-32%	16%

Prevention strategy for older people begins at 45 years old !

Treatment and care

Clinical pathways include:

- Heart disease
- Cancers
- Strokes
- Mental health (including dementia)
- Falls prevention

Rehabilitation/re-enablement

- Intermediate care strategy
- Joint commissioning
- Service redesign

Palliative care services

- The right to die with dignity
 - Applying standards of care
 - Still variation in percentage of deaths occurring at home (14% - 20.6%)

The way forward

- Understanding your local story
 - Joint strategic needs assessment (JSNA)
- Working partnership –
 - statutory, voluntary and private sectors
 - Local Area Agreements (LAAs)
 - 10 Local Strategic Partnerships (LSPs)
 - 12 Practice Based Commissioning (PBC) Groups
- Identify the service and inequalities gaps
- Redesign based on best practice
- Robust monitoring of progress

One note of caution

‘ What is measurable is not necessarily important and what is important is not easily measurable ‘

Professor John Howie BMJ 1989

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"Young@Heart" ends with the big show, and the highlight by far is Fred Knittle singing Coldplay's "Fix You" to the syncopated rhythm of his oxygen machine, and this song alone makes the whole movie worth seeing.

..... the characters who populate the "Young@Heart" chorus shine through, **inspiring** young and old alike.