



Public Health
England

Caring for your health

Future Years Forum. 6th March 2017



Caring for your health

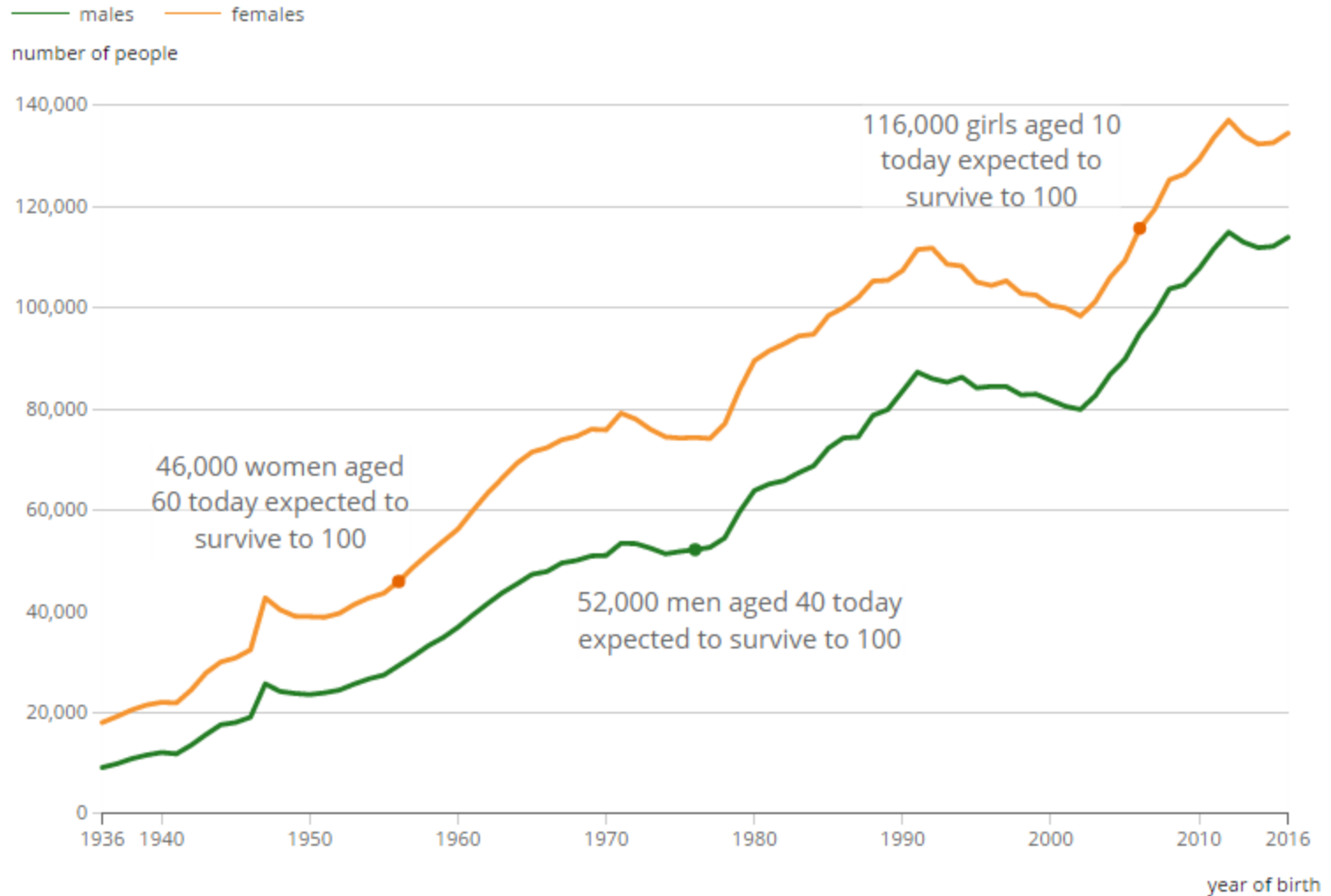
- Healthy ageing: facts and figures
- Minimising risk
- Priorities for PHE
- What this means in Yorkshire and Humber



Healthy ageing: facts and figures

- A baby girl born today can expect to live to the age of 83, a baby boy to 79.
- One in three will reach their 100th birthday
- Globally the number of over 60s has doubled since 1980
- By 2050 the number of over 80s is expected to quadruple

Number of people living to 100 by year of birth and sex, UK, 2016



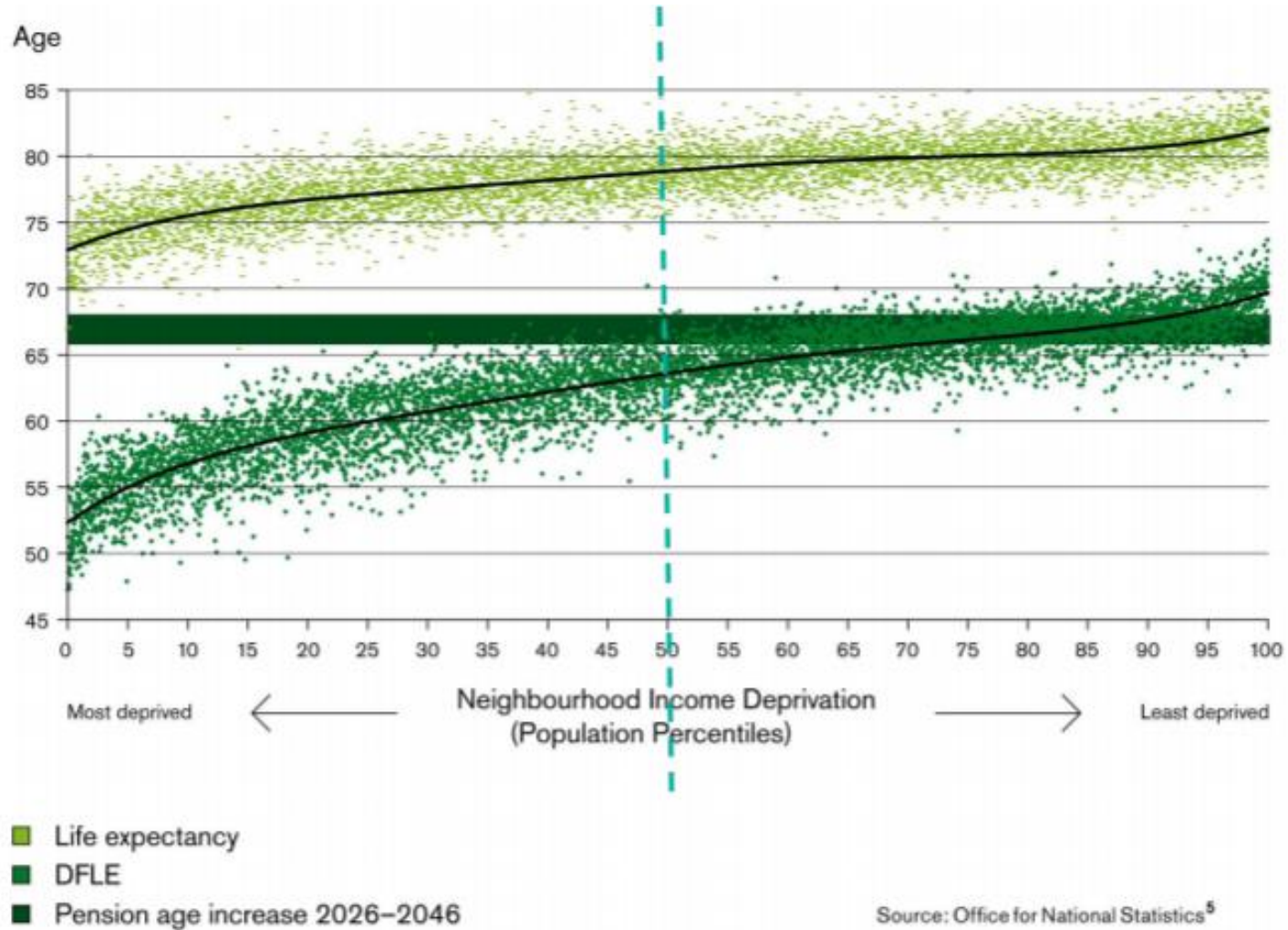


Healthy ageing: facts and figures

- A baby girl born today can expect to live to the age of 83, a baby boy to 79.
- One in three will reach their 100th birthday
- Globally the number of over 60s has doubled since 1980
- By 2050 the number of over 80s is expected to quadruple
- BUT...
- 40% of over 65s in the UK have a life-limiting long-term health condition (eg diabetes, respiratory disease, CVD, cancer, dementia)
- There are marked inequalities between the most and the least deprived areas – both across England and within Yorkshire and the Humber



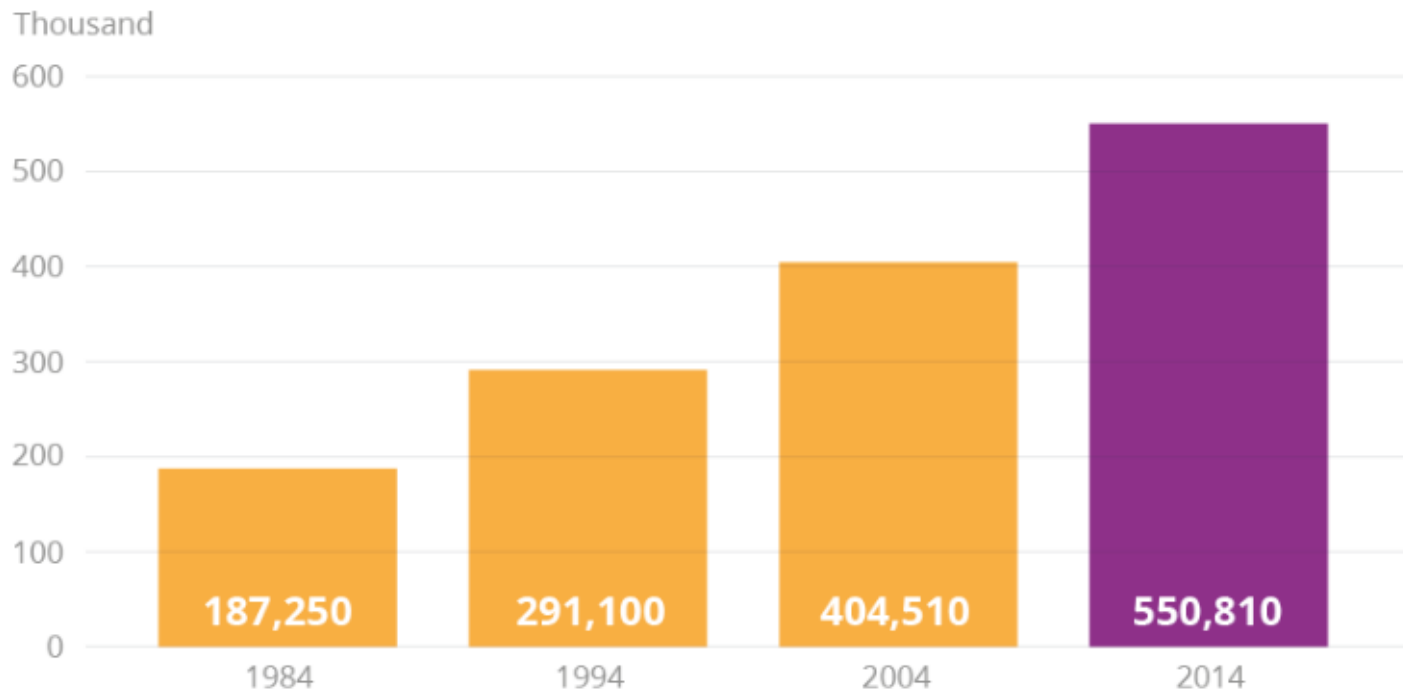
Healthy later life?





Nine facts about later life

1. There were more than half a million people aged 90 and over living in the UK in 2014, almost triple the number thirty years ago.



Source: Annual Mid-year Population Estimates, 2014



Nine facts about later life

2. For every 100 people aged 90 and over in 2014, 29 were male and 71 were female.

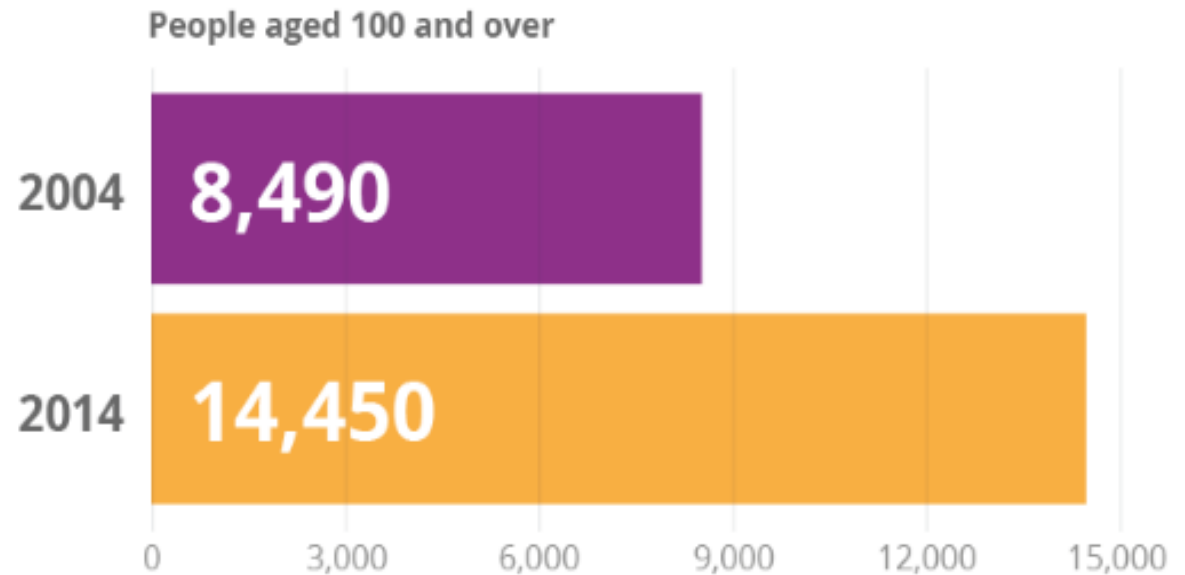


Source: Estimates of the Very Old (including Centenarians), 2002-2014



Nine facts about later life

3. The number of centenarians (people aged 100 and over) living in the UK has risen by 72% over the last decade to 14,450 in 2014.

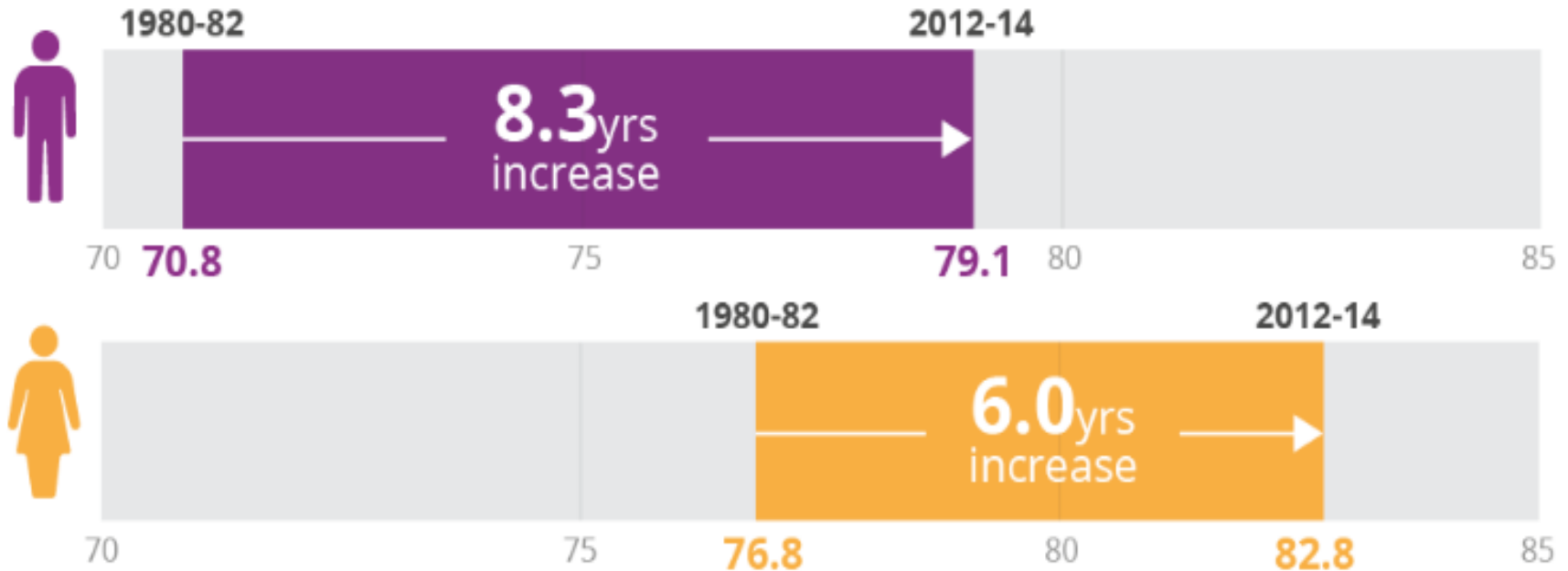


Source: Estimates of the Very Old (including Centenarians), 2002-2014



Nine facts about later life

4. Male life expectancy has increased from 70.8 in 1980-82 to 79.1 in 2012-14. Female life expectancy has increased from 76.8 to 82.8 during the same period.



Source: National Life Tables, 2012-2014



Nine facts about later life

5. The most common age of death was 86 years for men and 89 years for women. This is higher than current average life expectancy at birth.

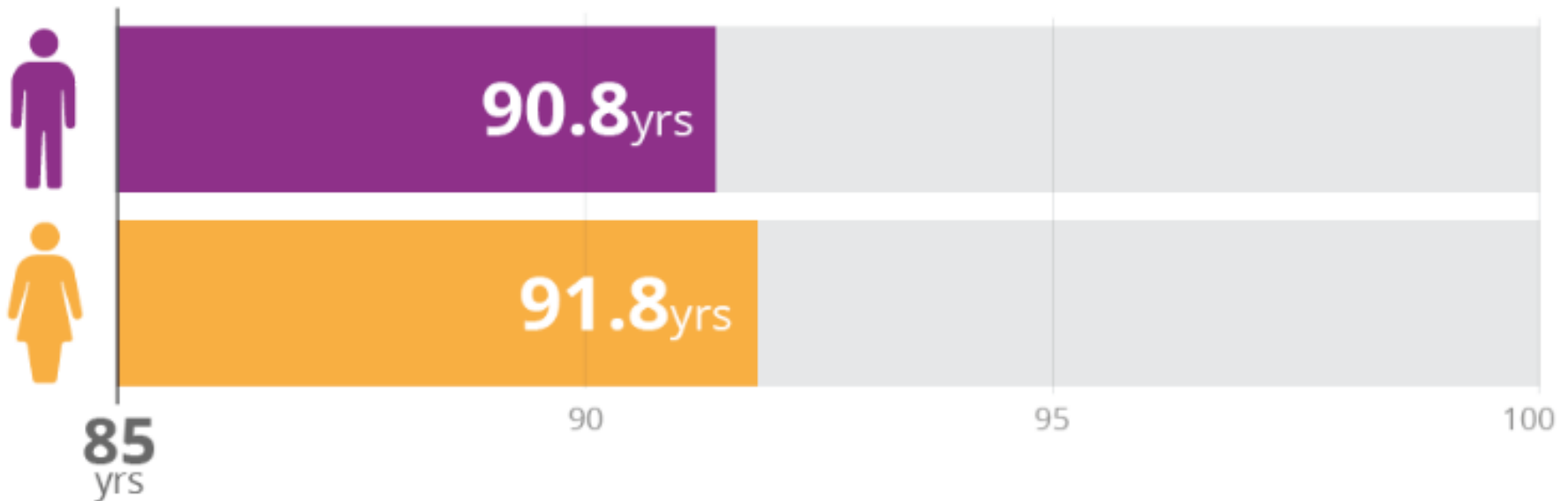


Source: National Life Tables, 2012-2014



Nine facts about later life

6. Men aged 85 in 2012-14 could expect to live to 90.8 whereas women could expect to live to 91.8.



Source: National Life Tables, 2012-2014



Nine facts about later life

7. Three in 10 of those aged 80 and over reported being lonely in 2014 to 2015.



Source: Measuring National Well-being: Insights into Loneliness, Older People and Wellbeing, 2015



Nine facts about later life

8. A third of those over 80 reported very high levels of life satisfaction in 2014 to 2015.



Source: Measuring National Well-being: Insights into Loneliness, Older People and Wellbeing, 2015



Nine facts about later life

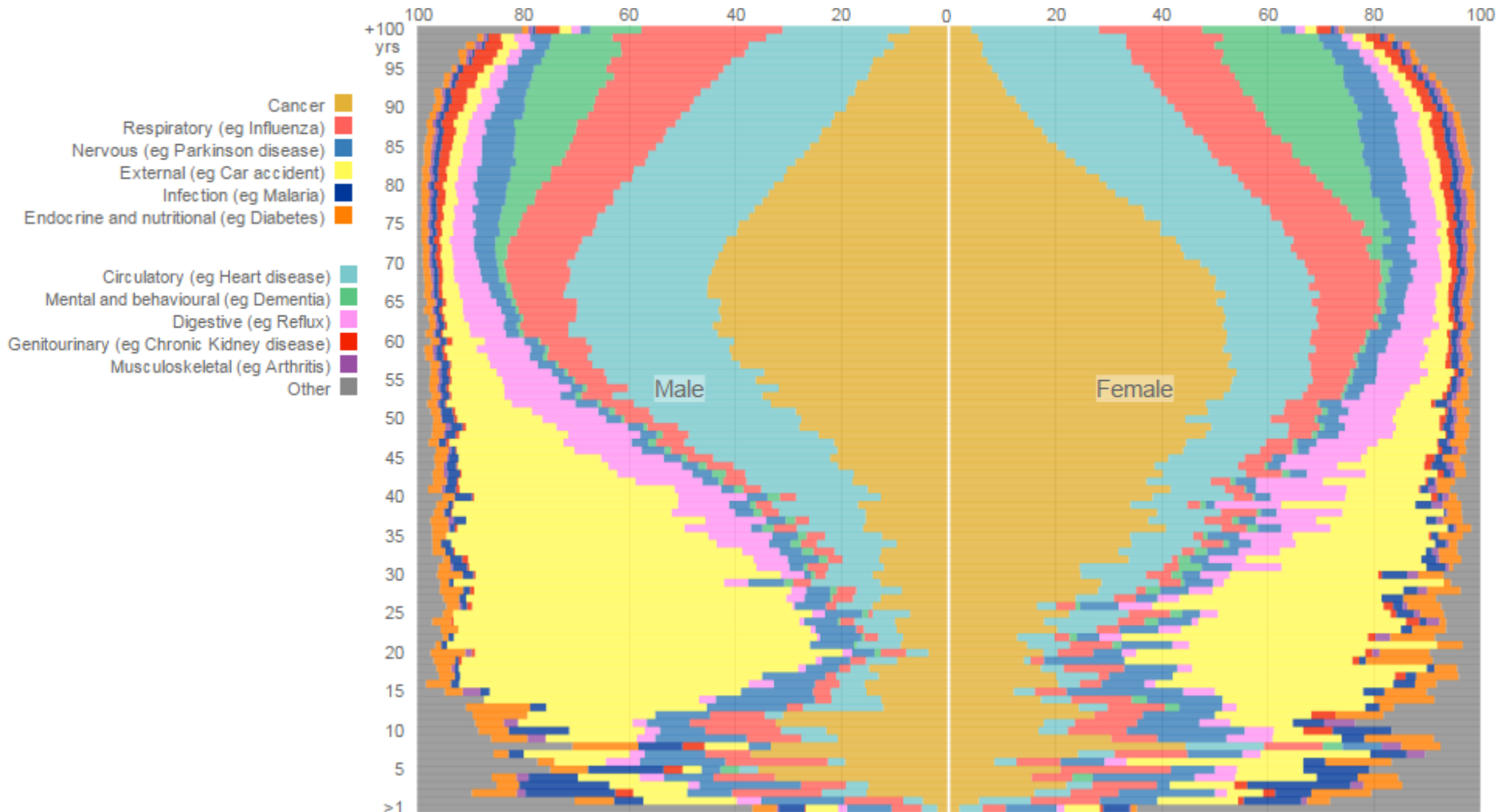
9. Around 1 in 10 (11%) of those aged 75 and over reported having no close friends in 2011 to 2012.



Source: Measuring National Well-being: Insights into Loneliness, Older People and Wellbeing, 2015



Distribution of death registrations by underlying cause, sex and age, England and Wales, 2015





Common conditions in later life

- Cancers
- Circulatory diseases (heart disease, strokes)
- Diabetes
- Respiratory diseases (eg COPD)
- Mental health problems (depression, anxiety, dementia)
- Neurological conditions (Parkinson's, epilepsy)
- Musculo-skeletal conditions (falls, osteoporosis, osteoarthritis)
- Hearing and visual impairments



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National priorities for healthy ageing

- Raise awareness of dementia risk reduction and drive behaviour change in midlife and later years



Why is dementia a priority?

The scale of the challenge

850,000 people living
with dementia in the UK

By 2025

over **one million**
people could have
dementia in the UK

By 2050

this figure
will exceed
2 million



Dementia is not 'inevitable'

Reduce the risk of dementia by:



developing, delivering and enforcing comprehensive local tobacco control strategies, in line with current policy

developing and implementing guidance and policies to reduce alcohol consumption across the population



improving environments where people live and work to encourage and enable everyone to build physical activity into their daily lives

supporting people to eat healthily



addressing loneliness and encouraging people to be socially active and mentally stimulated



National priorities for healthy ageing

- Raise awareness of dementia risk reduction and drive behaviour change in midlife and later years
- Increase awareness of lifestyle interventions and collaborate with system leaders to scale these interventions with the older population to increase healthy life expectancy
- Promote primary falls prevention with a particular focus on older adults
- Work underway to agree a vision for healthy ageing, a consistent definition for ageing and articulate the economic case.



What this means in Y&H

- Risk reduction
- Falls prevention
 - Consensus statement published January 2017
 - Emergency services working group – initial focus on falls prevention
- One You
- Be clear on cancer
- Stay well this winter





What this means in Y&H

- Working with colleagues focusing on other aspects of PH to ensure healthy ageing is reflected
 - Spatial planning – age friendly towns/cities, suitable housing stock, accessible transport
 - Physical activity – strength and balance, age appropriate opportunities, wide range of ability
 - Mental health – social isolation and loneliness, older carers, older service users
 - Oral health and nutrition – access to dental care, food deserts, ability and desire to prepare nutritious meals, hydration
 - Vulnerable groups – older people with learning disabilities, older population in receipt of drug and alcohol services, older people who are/at risk of homelessness



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Contacts

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