

# Health of Older People DPH Annual Report 2012

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Public Health Annual Scientific Conference  
12<sup>th</sup> June 2013

# Overview

- Public health model
- Demographics & Benefits to society
- Public health challenges & examples



# Public Health Model

- Improving health and reducing inequalities
- Improving health through early detection
- Improving health through high quality services
- Improving health through research
- Protecting health

# DEMOGRAPHICS



# Where Older People Live

- One third of over 65 year olds live alone<sup>1</sup>
- ~ 5% will eventually need care home residence<sup>1</sup>
- 75% of people being cared for are aged 75 years or over<sup>2</sup>

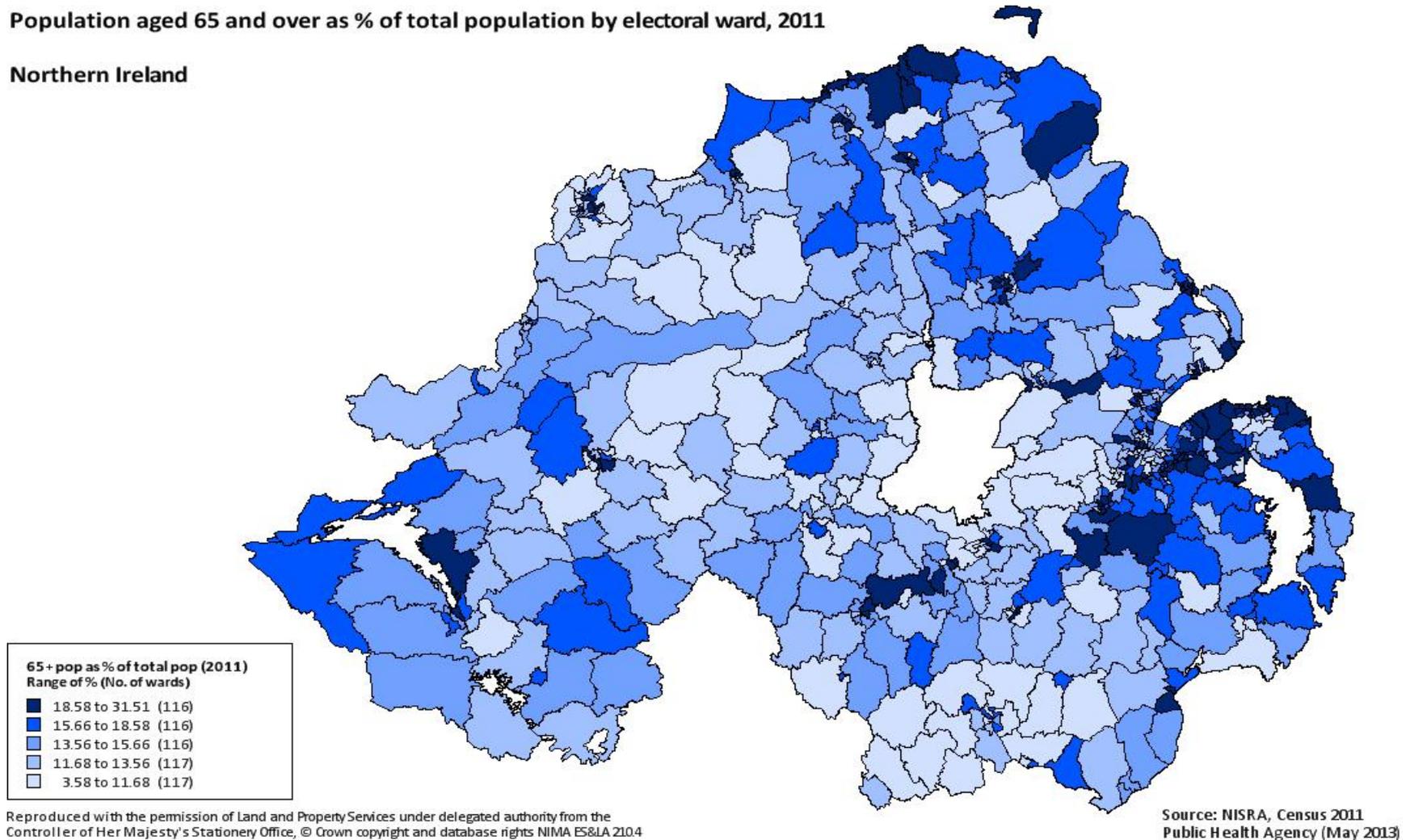
<sup>1</sup> Census 2011

<sup>2</sup> Survey of carers of older people in Northern Ireland, DHSSPS

# 65+ Population as % of total, by ward, 2011

Population aged 65 and over as % of total population by electoral ward, 2011

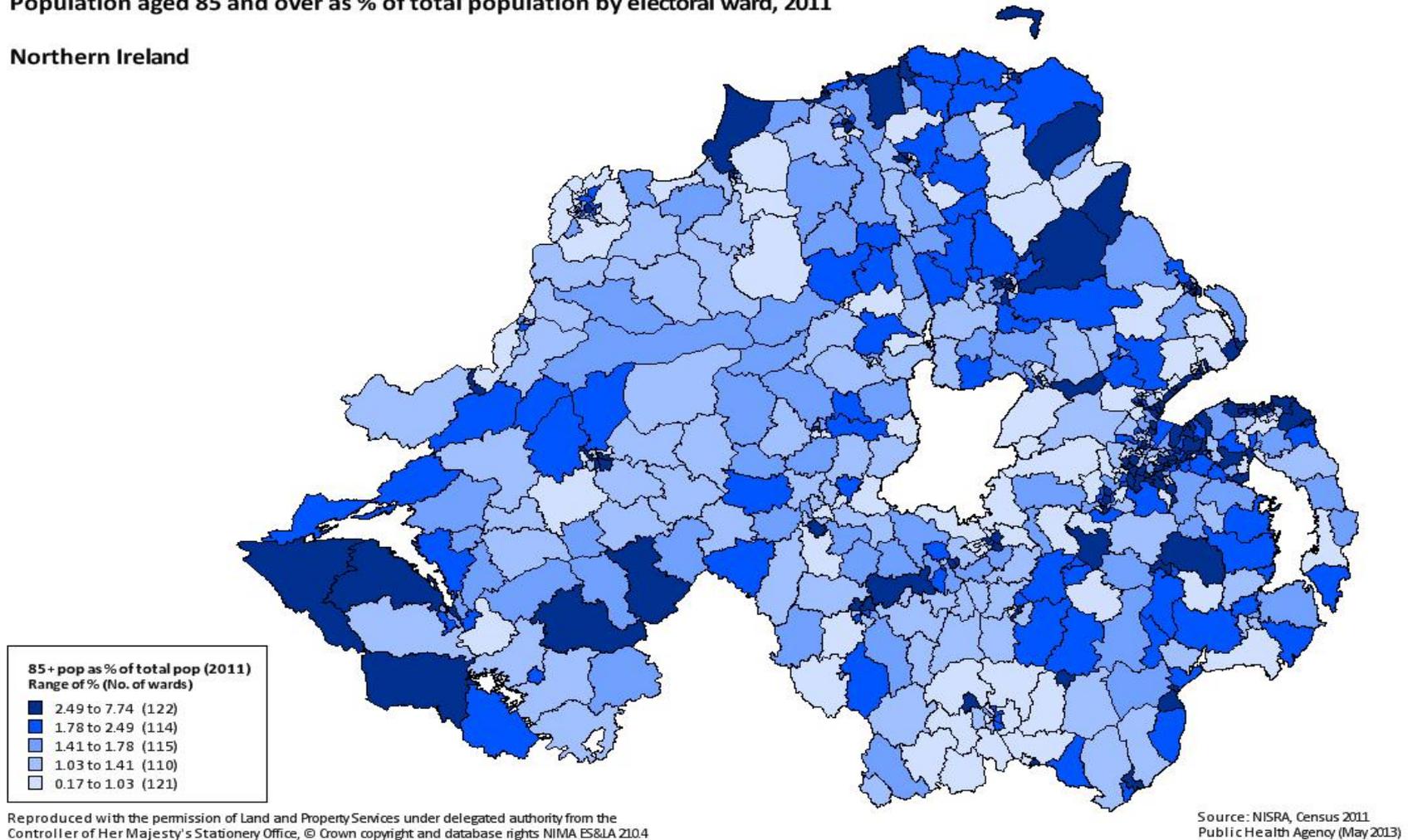
Northern Ireland



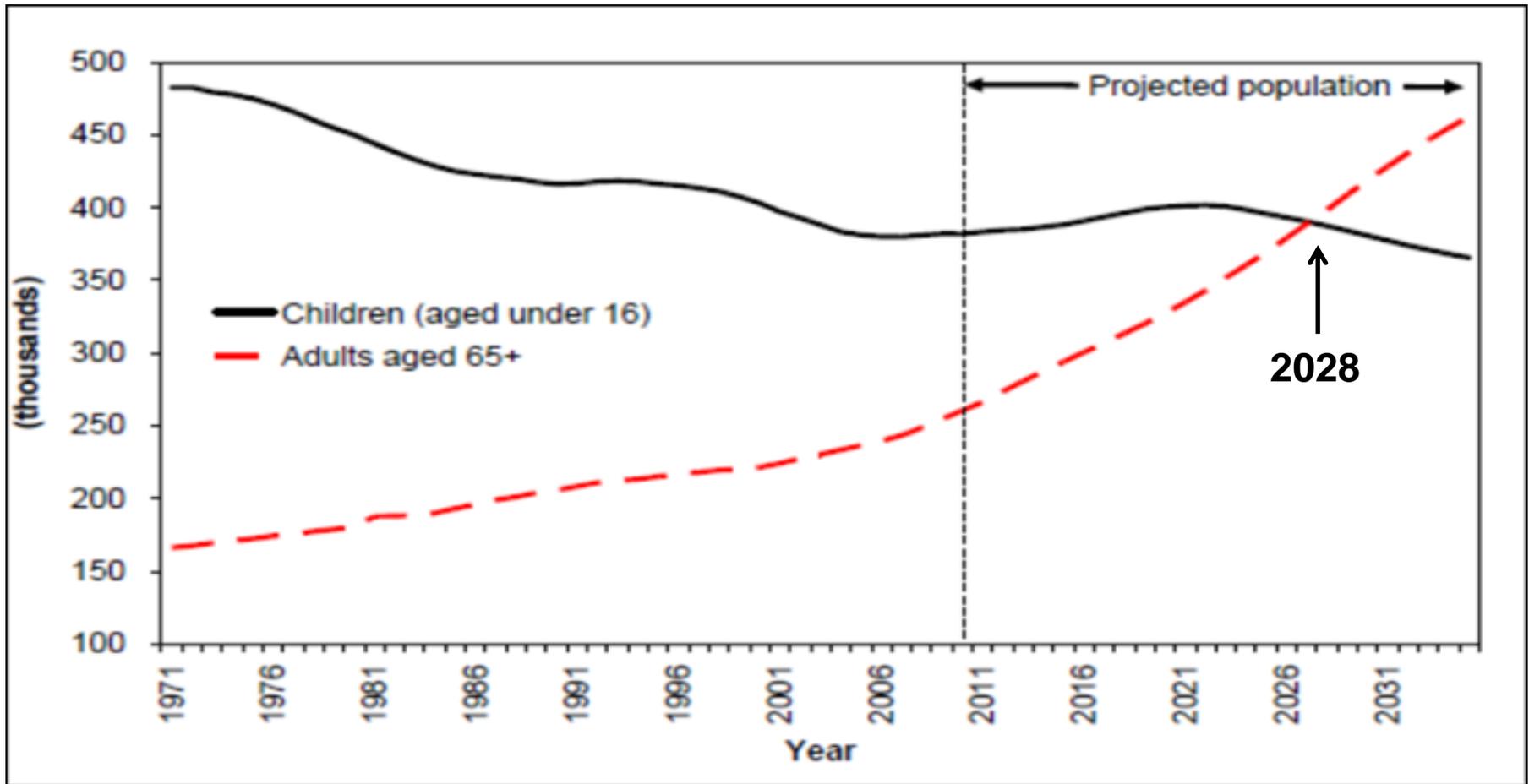
# 85+ Population as % of total, by ward, 2011

Population aged 85 and over as % of total population by electoral ward, 2011

Northern Ireland

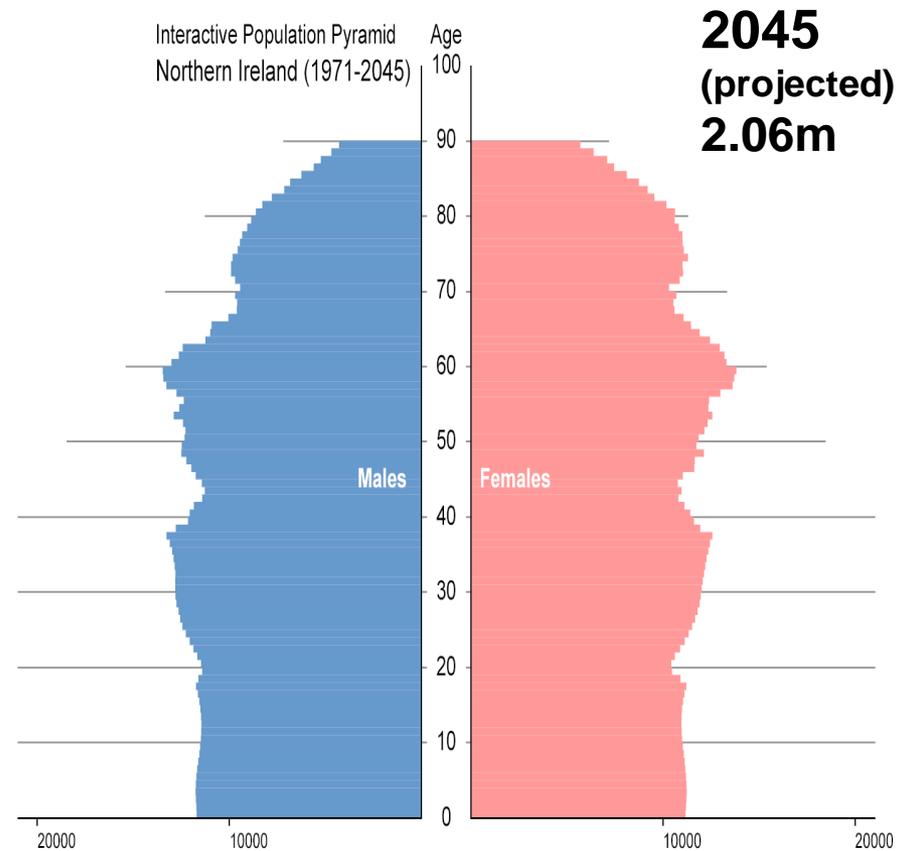
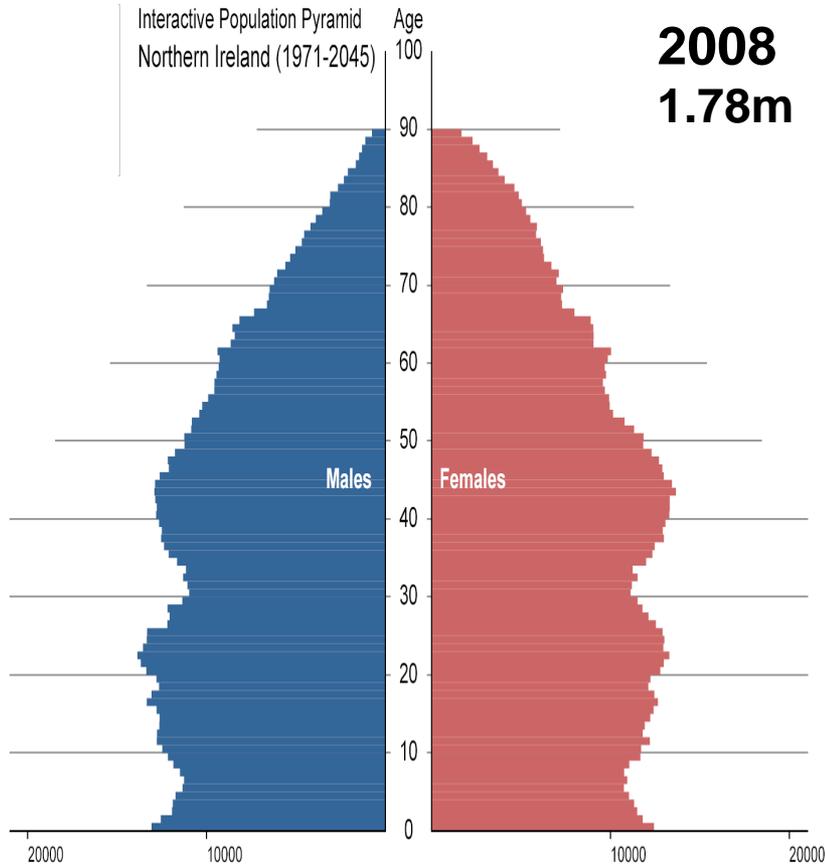


## Children under 16 and adults over 65, actual and projected, 1971-2035



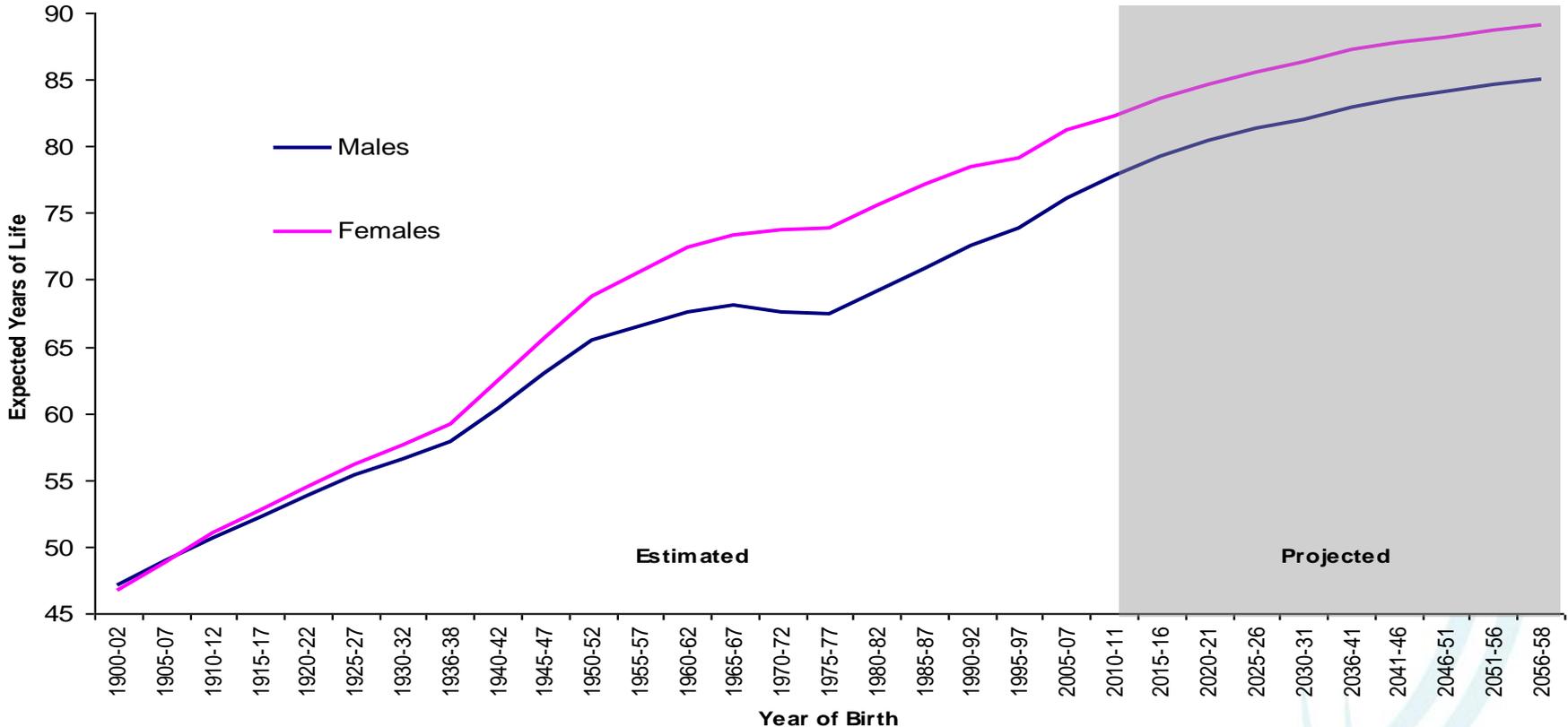
Source: NISRA, 2011 (2010-based population projections)

# Population Pyramids NI (1971-2045)



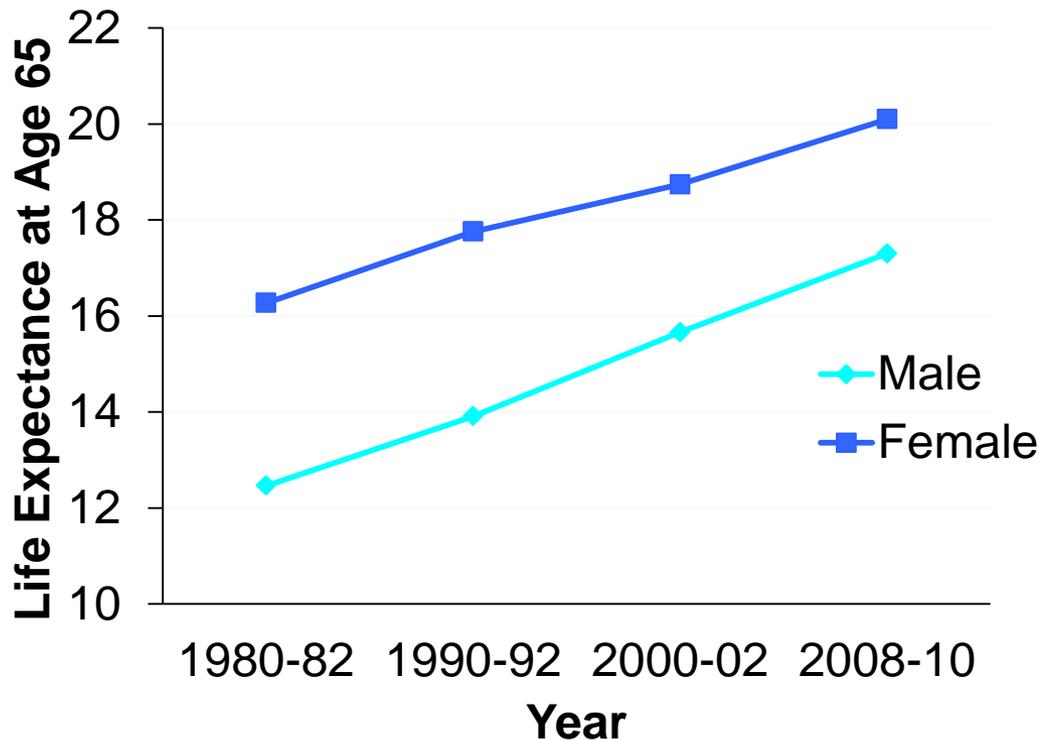
# Life expectancy at birth

Expectation of Life at Birth, by Sex (1890-92 to 2056-58)



Source: NISRA

# Life expectancy @ 65 years

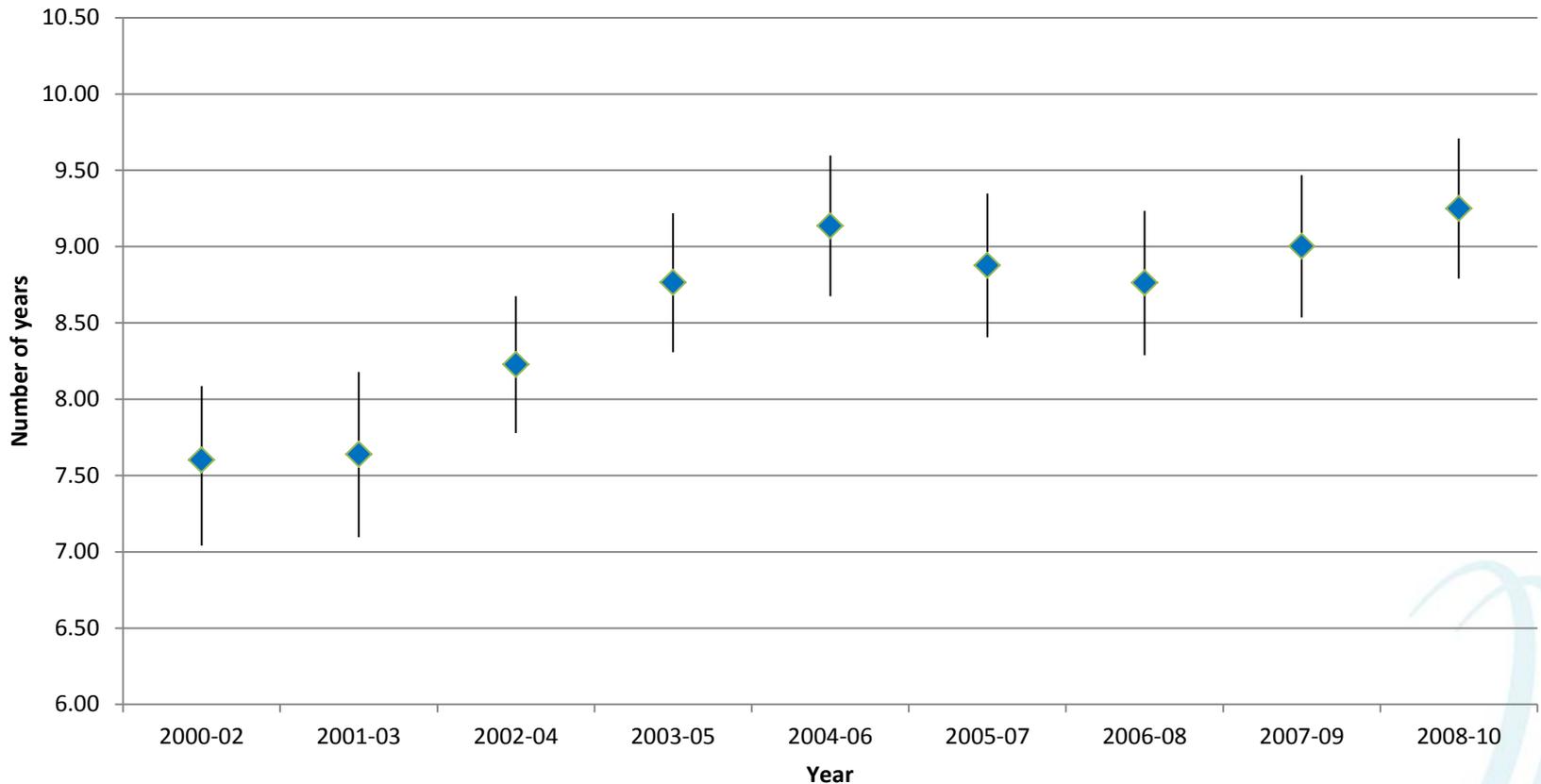


Source: NISRA

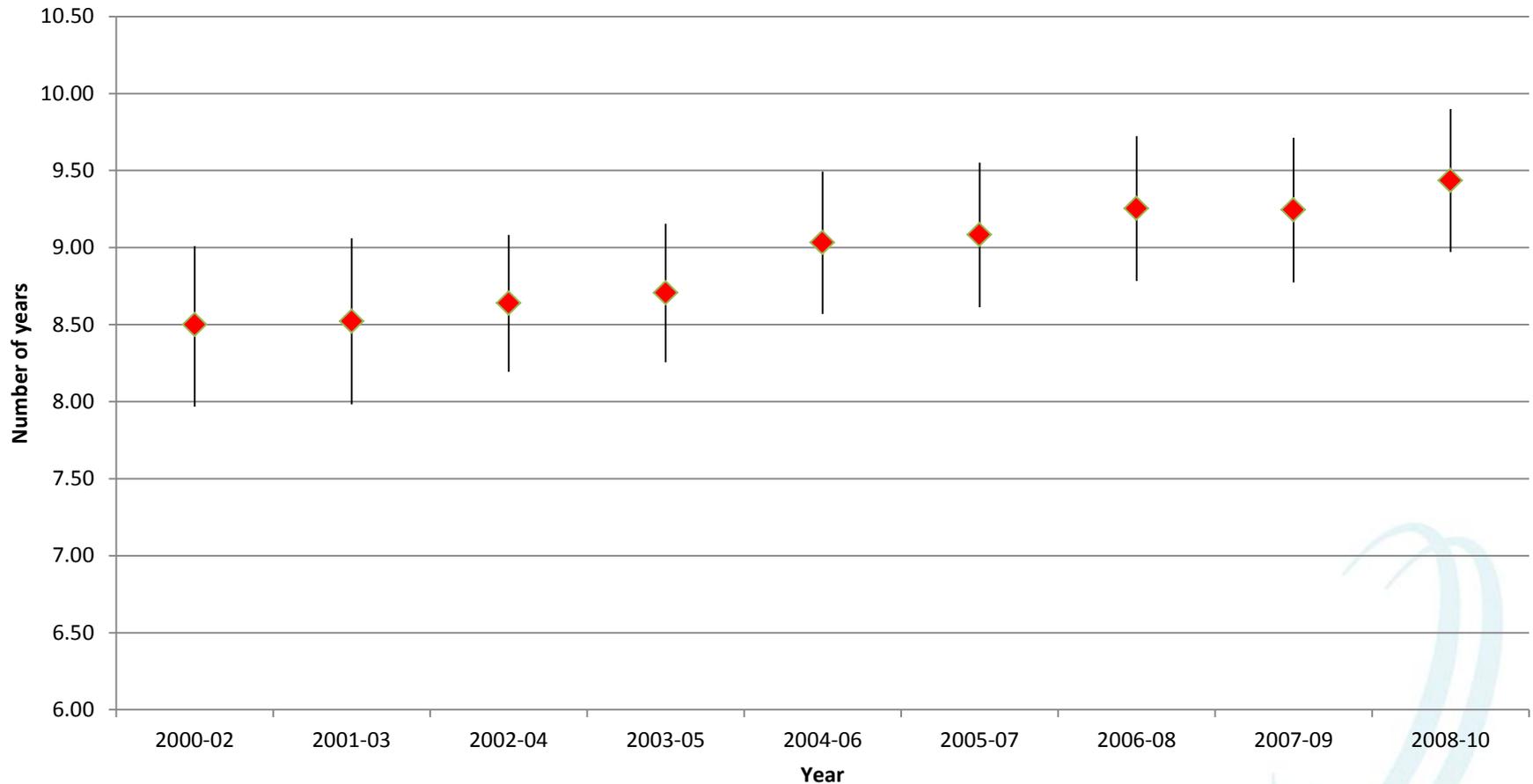
Men can expect to live until 82 but in good health until 60.5 years

Women can expect to live until 85 but in good health until 62.5 years

## Males in Northern Ireland: Disability Free Life Expectancy at age 65 showing confidence intervals, 2000-02 to 2008-10



## Females in Northern Ireland: Disability Free Life Expectancy at age 65 showing confidence intervals, 2000-02 to 2008-10



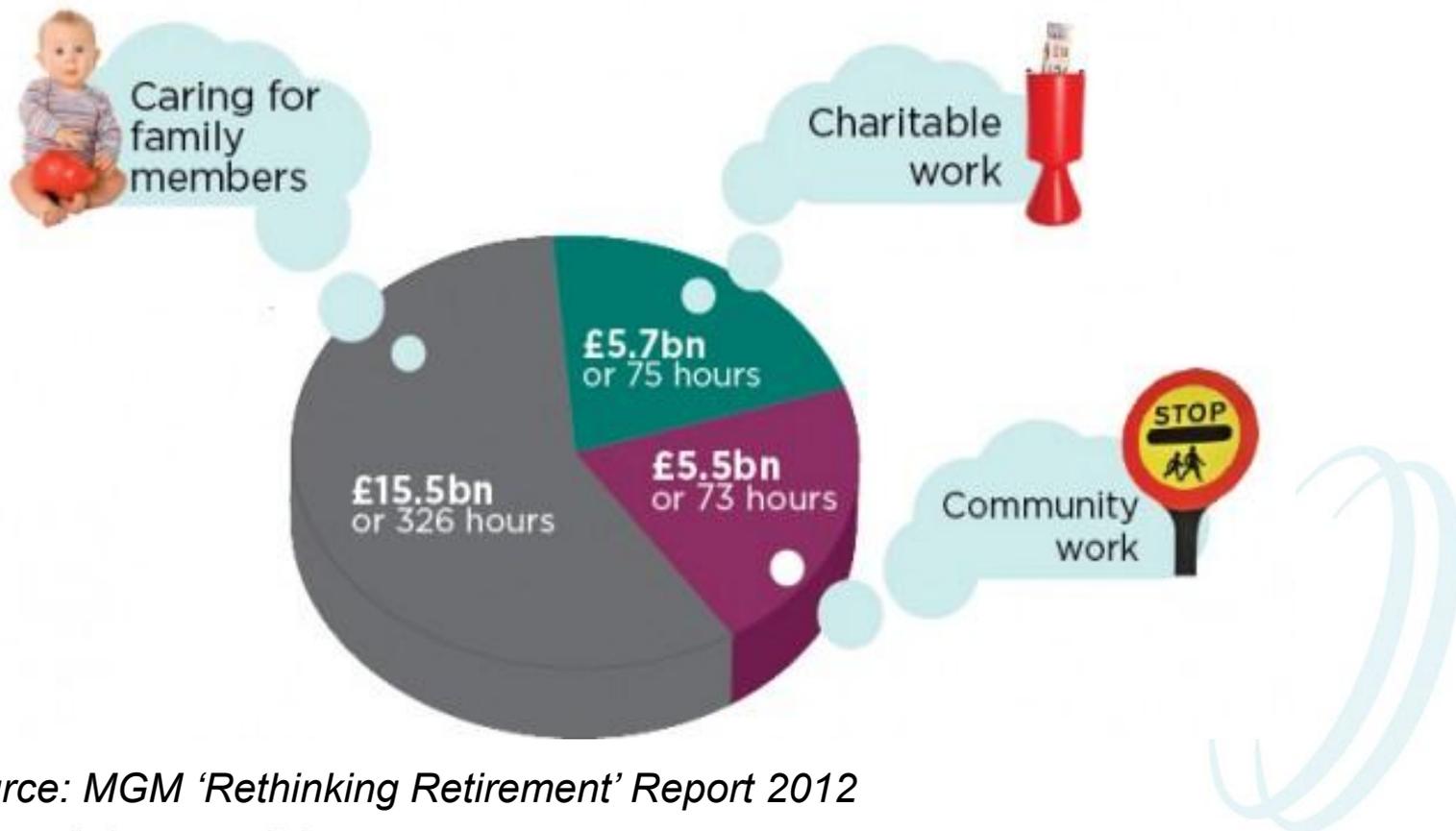
# Benefits of an ageing population

- Ageing one of humanity's great achievements
- Offer great experience and knowledge
- Volunteering and caring contribution
- Contribute to the region's economy
- 2011/12 – 78% of over 75+yr olds said their health was good



<sup>1</sup> *Survey of carers of older people in Northern Ireland, DHSSPS*

# Economic Contribution: £27bn UK 2012



Source: MGM 'Rethinking Retirement' Report 2012

# Also challenges for public health...

- Wider determinants of health
- Personal risk factors for poor health
- Meeting the health & wellbeing needs of older people by protecting people from illness, through early detection and high quality services

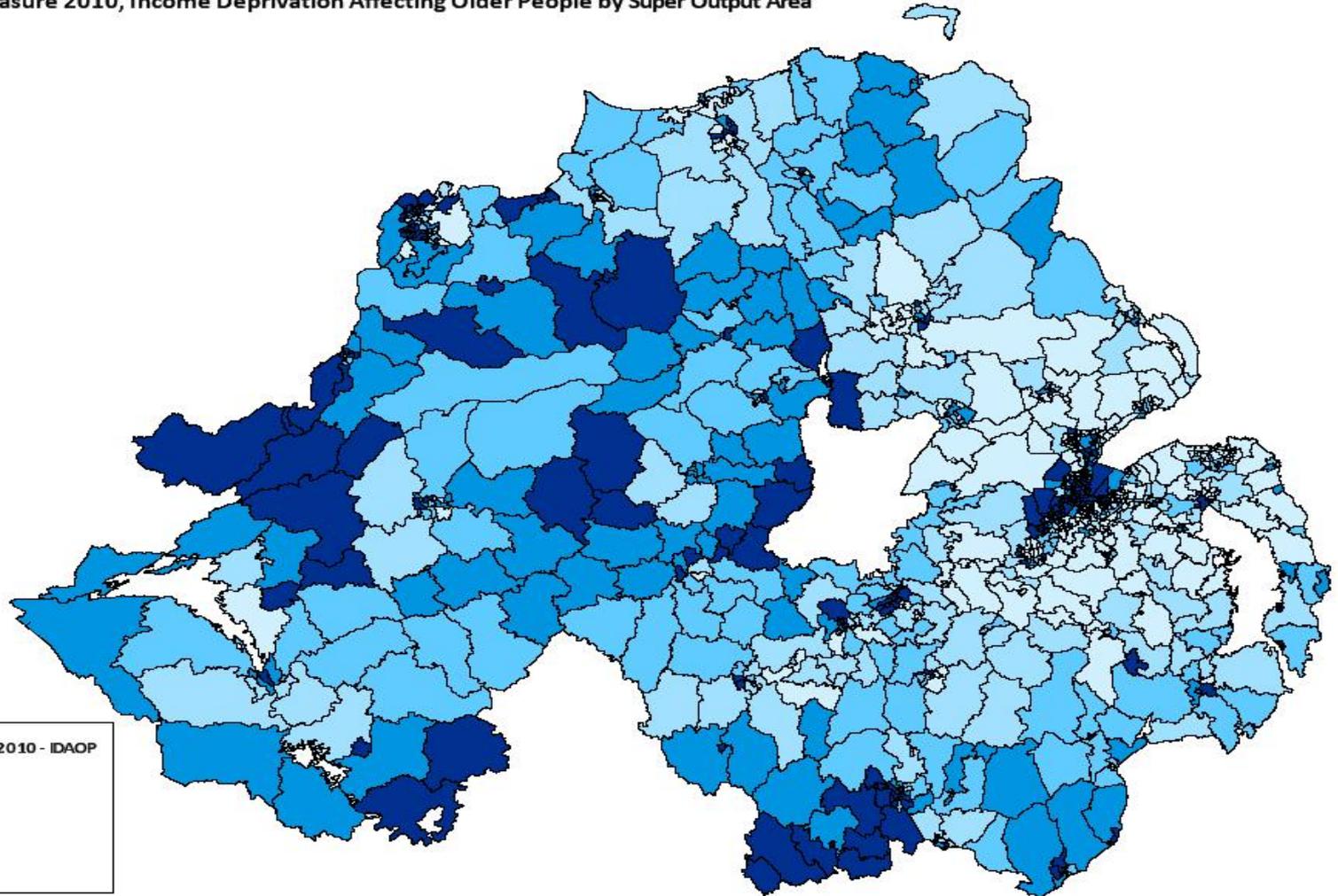
# WIDER DETERMINANTS



# NI Multiple Deprivation Measure, 60+ yrs, 2010

NI Multiple Deprivation Measure 2010, Income Deprivation Affecting Older People by Super Output Area

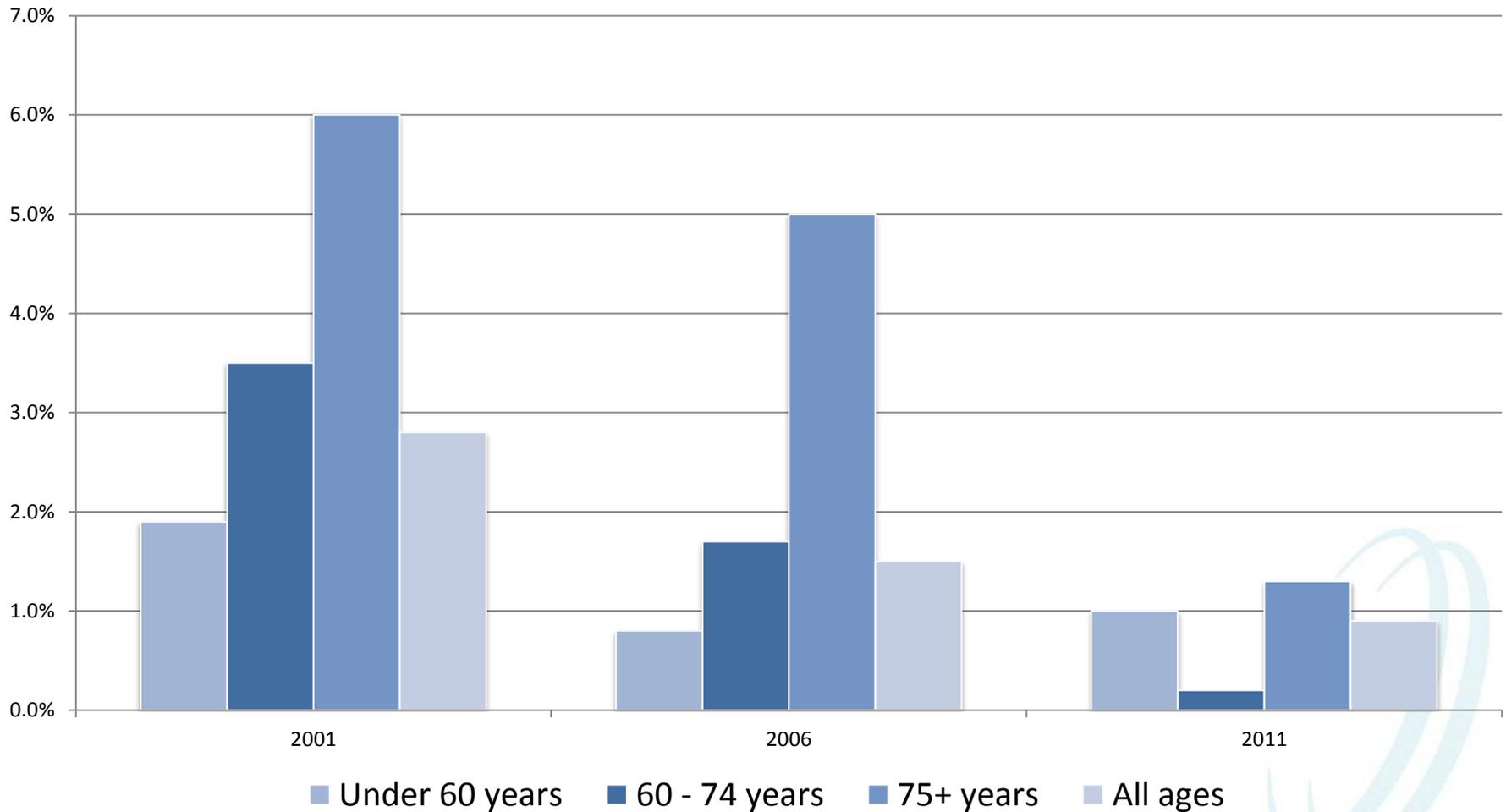
Northern Ireland



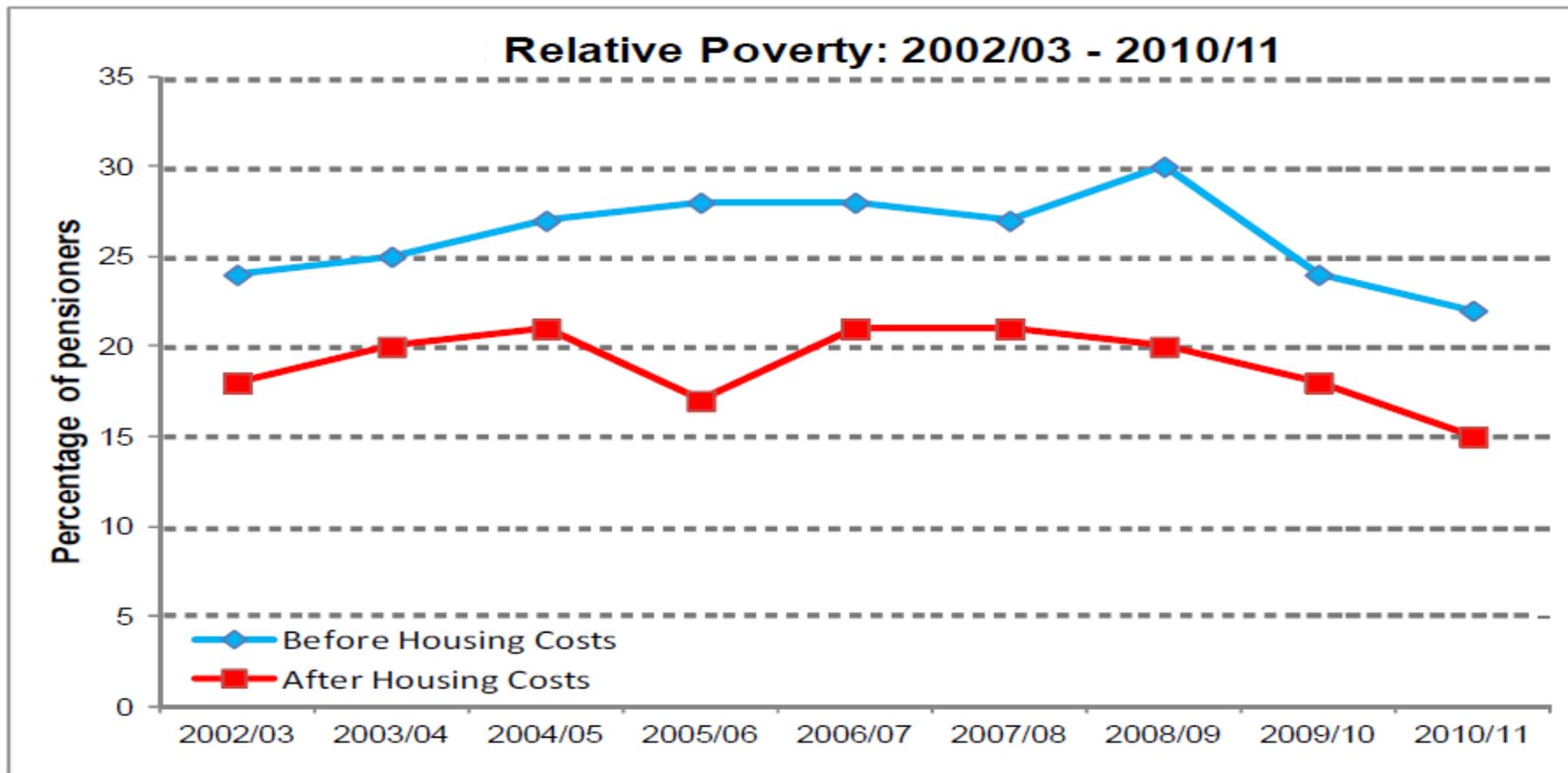
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Source: NISRA, NI Multiple Deprivation Measure 2010  
Public Health Agency (May 2013)

## Northern Ireland: Dwelling unfitness (% unfit) by age group of Household Reference Person, 2001, 2006, 2011



# Pensioner Poverty – NI



Source: *Poverty in Northern Ireland: 2010/2011*, DSD

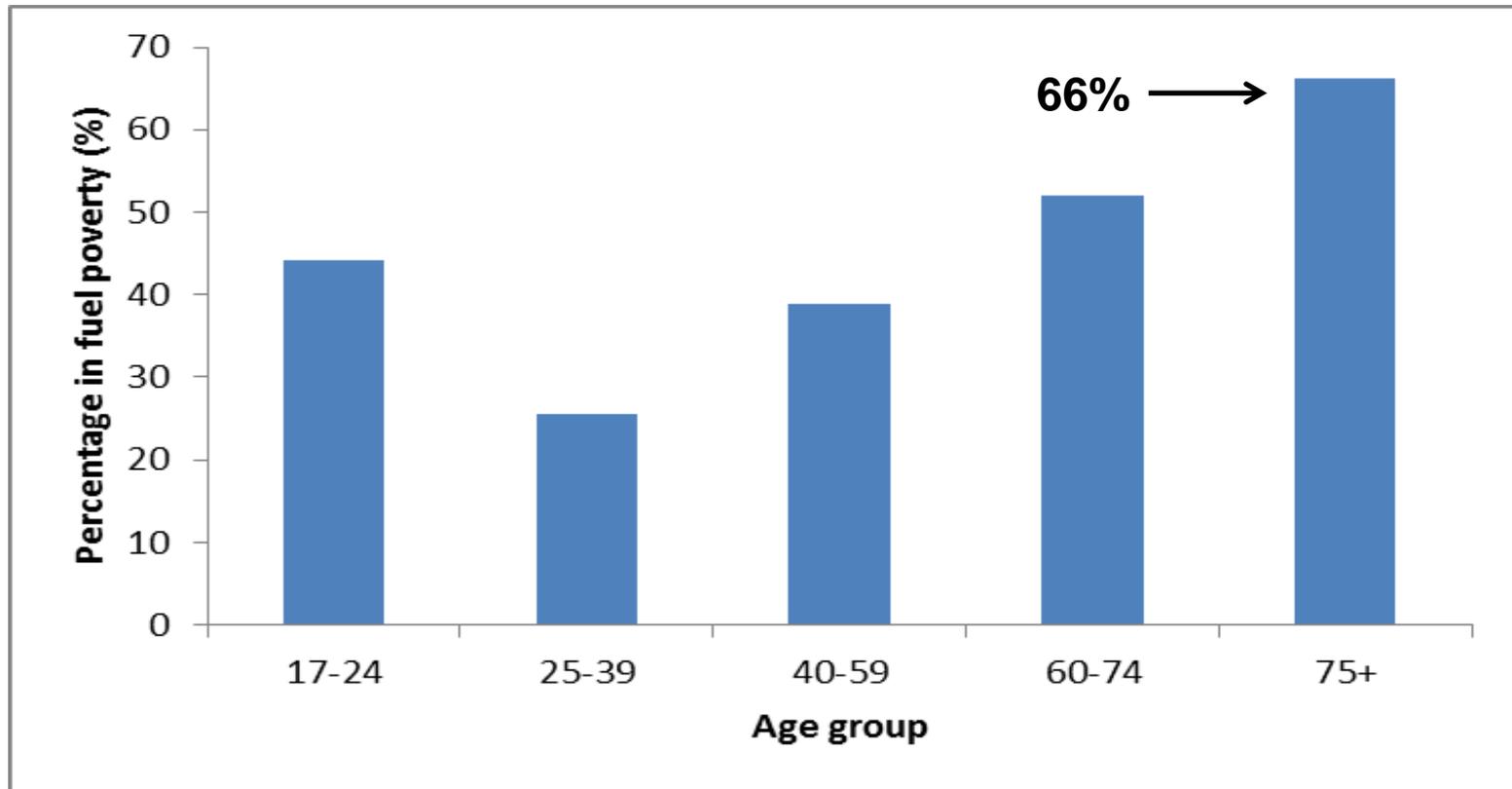


Public Health  
Agency

*Improving Your Health and Wellbeing*

# Fuel Poverty – NI 2011

Proportion of people living in fuel poverty, by age group



Source: Northern Ireland household condition survey, 2011

# Social Disadvantage & Exclusion

- Linked to pensioner poverty
- 64% pensioners say they don't have enough money<sup>1</sup>
- 65% of elderly people fear of crime<sup>1</sup>
- Declining health & loss of independence

<sup>1</sup> NI pensioners parliament report 2012



# Caring Responsibilities

- Elderly living alone more likely to require some form of caring support
- 
- 16 % of 65-74yr olds and 10% of 75+ age group provided informal care (16% of males and 8% of females in 75+ group)<sup>2</sup>

<sup>1</sup> Census 2011

<sup>2</sup> Survey of carers of older people in Northern Ireland, DHSSPS

# Examples of what we're doing

- Carers Programmes 'It's all about me'
- Arts-based programmes 'Engage with Age' & with Arts Care
- 'Be safe be well' & home safety assessments
- Individualised Health and wellbeing plans
- Maximising access to benefits (MARA) – region wide  
1300 households



**MARA**  
Maximising Access to Services,  
Grants and Benefits in Rural Areas



# Tackling fuel poverty

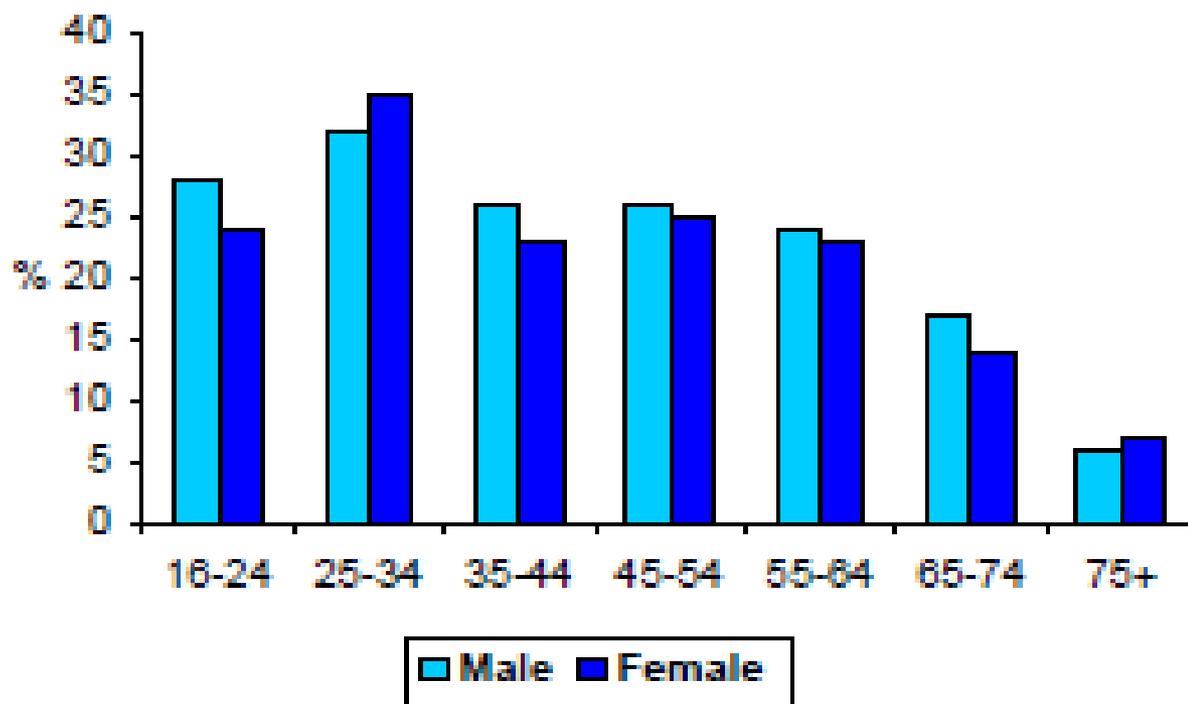
- Northern Exposure Project on home energy efficiency
- Benefit maximisation services
- Keep warm packs
- Fuel stamps
- Severe-weather response plans



# RISK FACTORS FOR POOR HEALTH

# Smoking

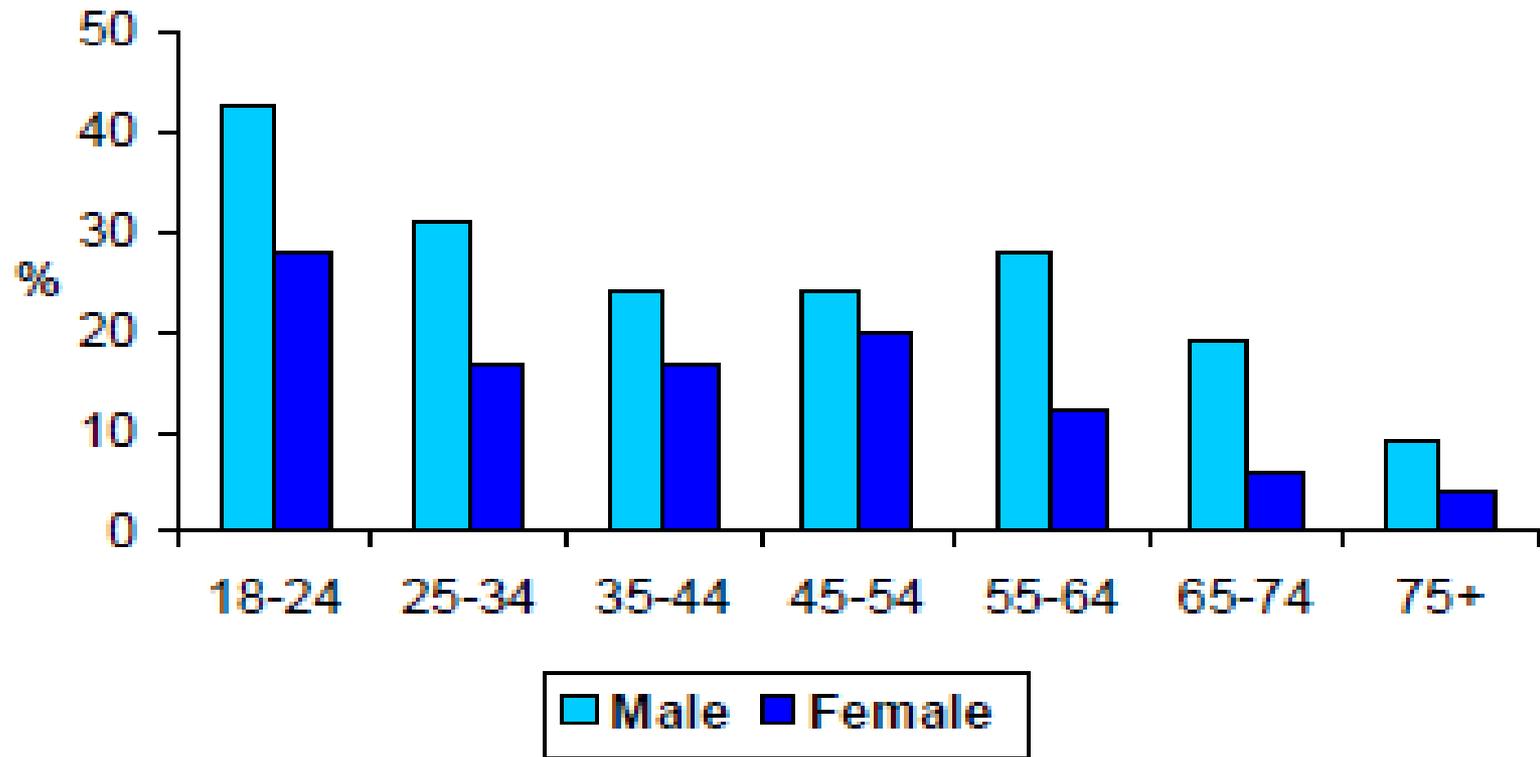
## Smoking prevalence by age and sex (2010/2011)



Source: Northern Ireland household condition survey 2010/2011

# Alcohol

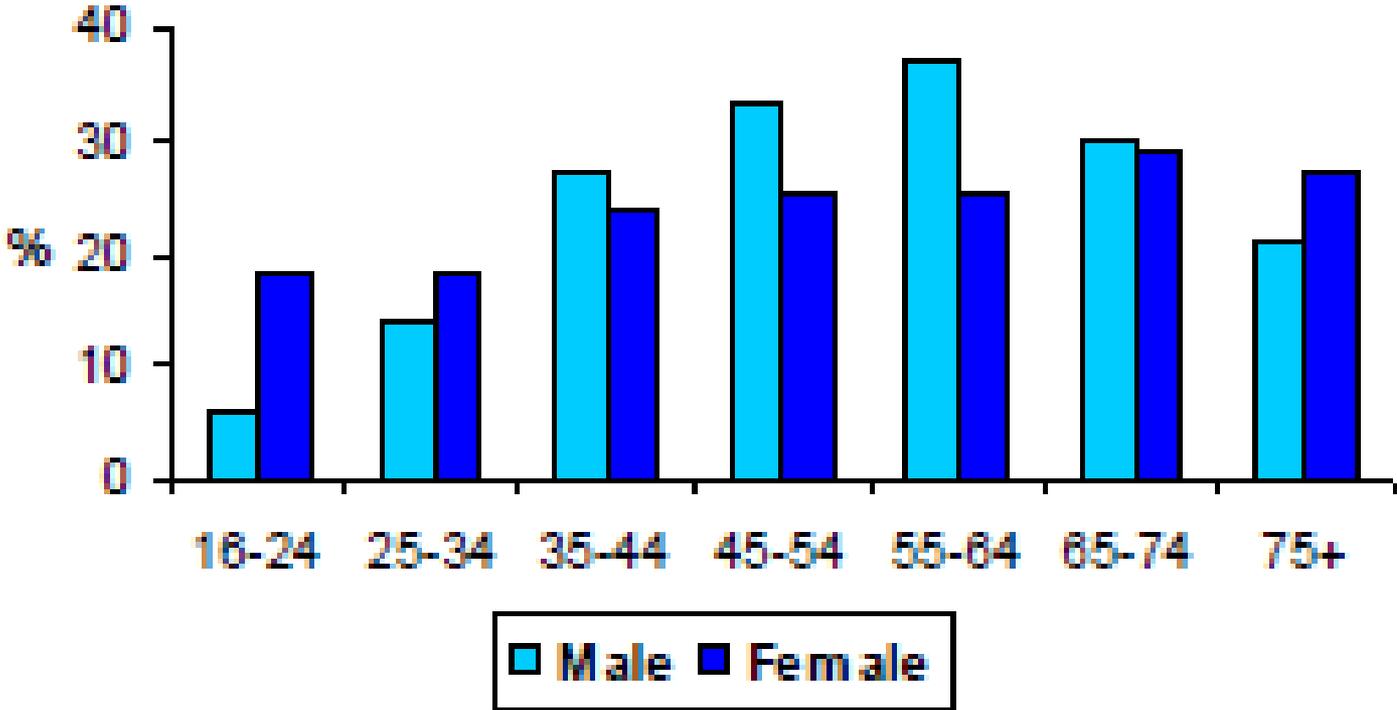
Respondents drinking above the weekly limits by age and sex (2010/2011)



Source: Northern Ireland household condition survey 2010/2011

# Obesity

Obesity levels by age and sex (2010/2011)



Source: Northern Ireland household condition survey 2010/2011

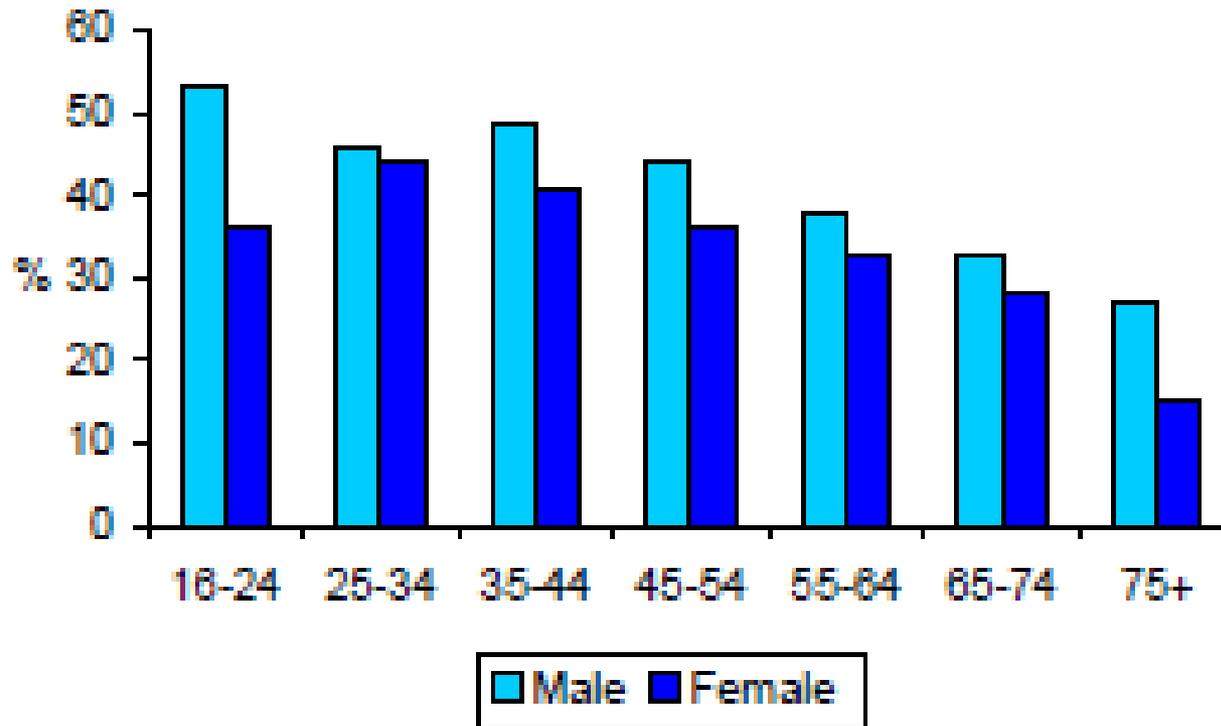


Public Health Agency

Improving Your Health and Wellbeing

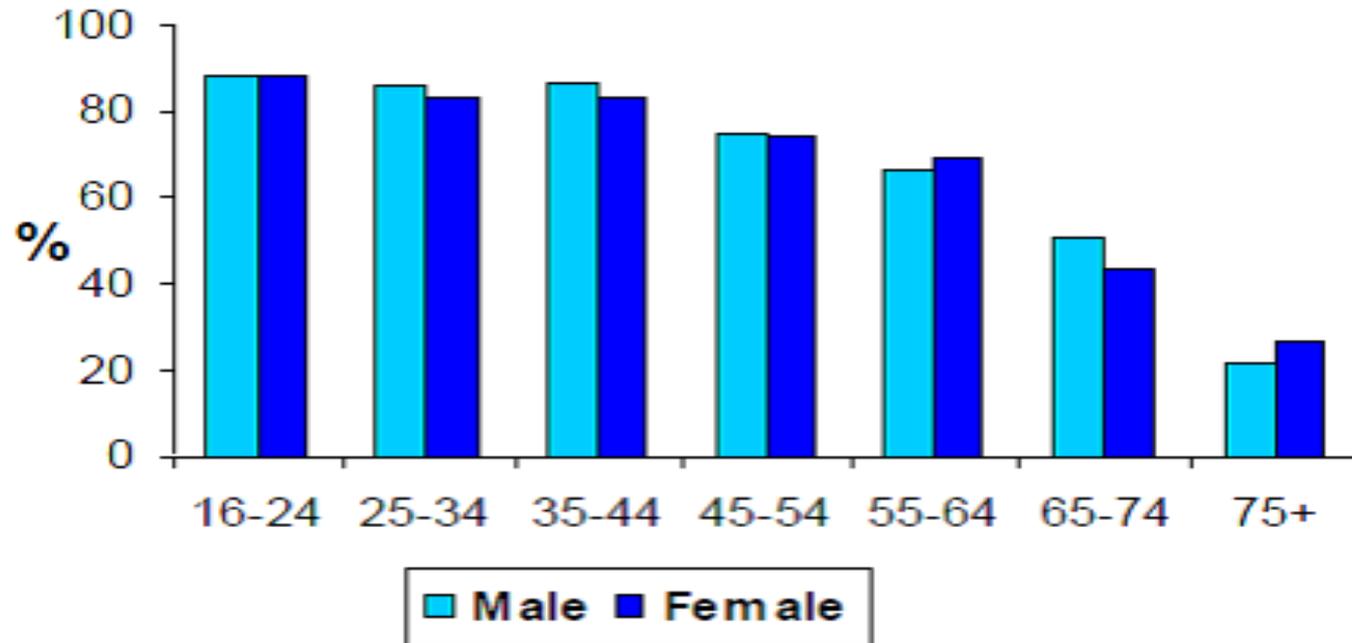
# Physical activity

Respondents meeting the recommended weekly physical activity levels by age and sex (2010/2011)



Source: Northern Ireland household condition survey 2010/2011

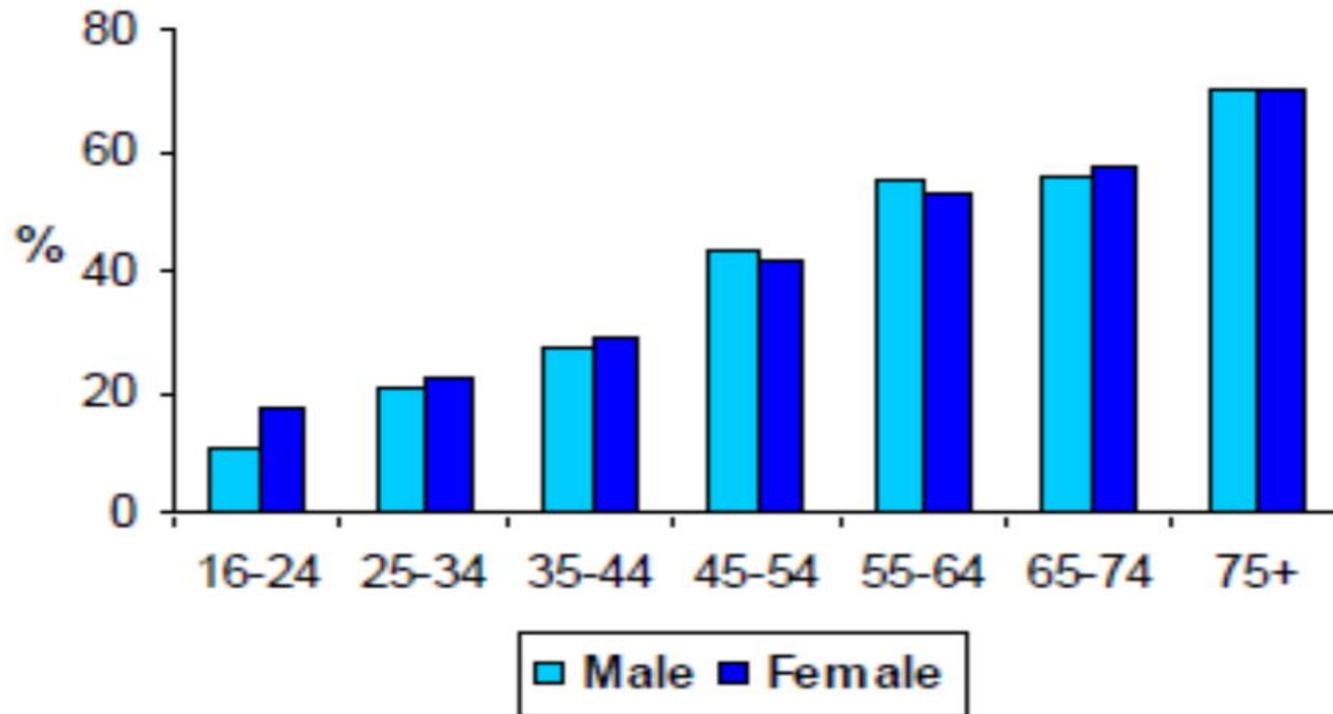
# Respondents who feel they can make their life healthier



Source: Health Survey Northern Ireland 2010/11

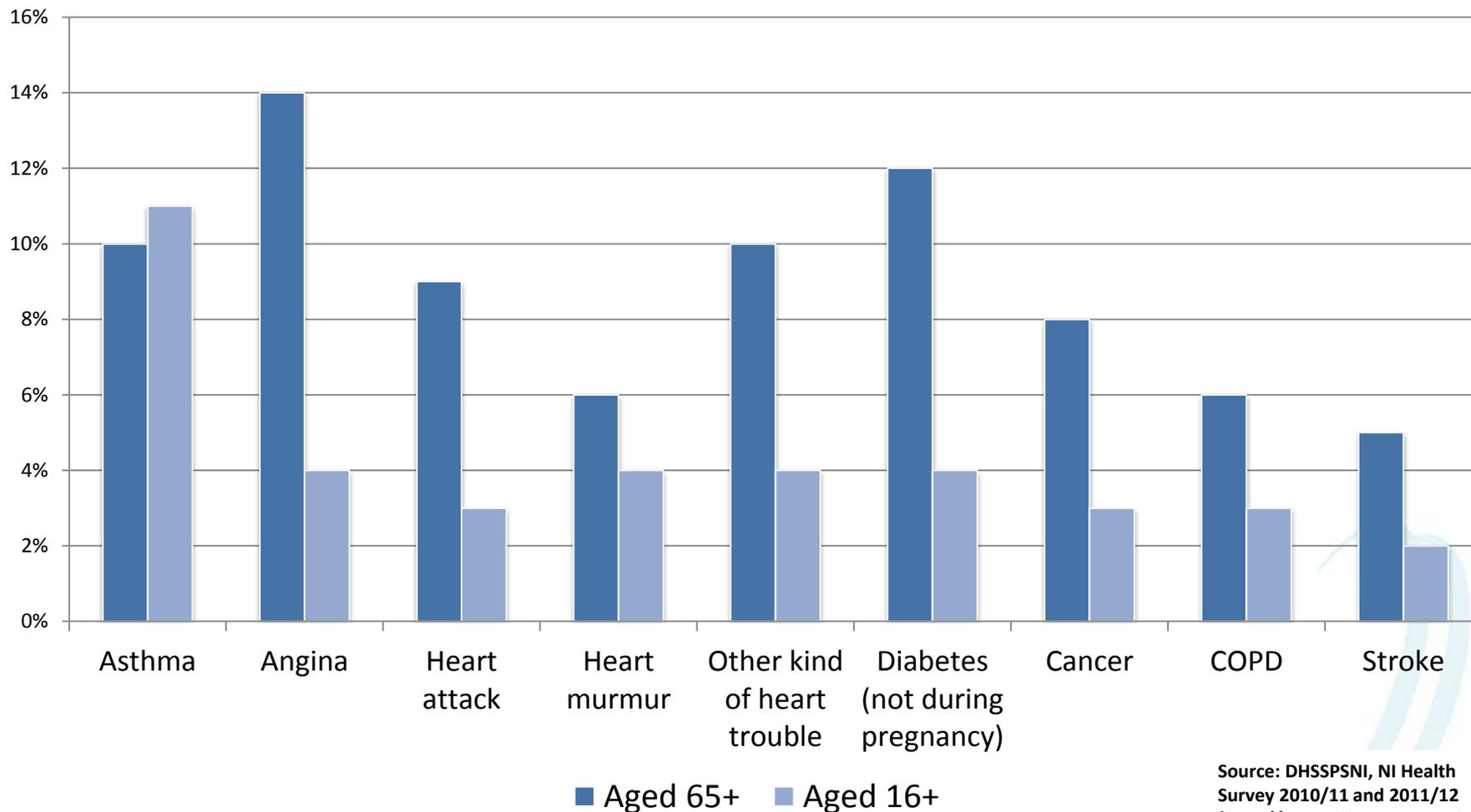
# Long-term conditions

Respondents indicating they have a long-standing illness by age and sex (2010/2011)



Source: Health Survey Northern Ireland 2010/11

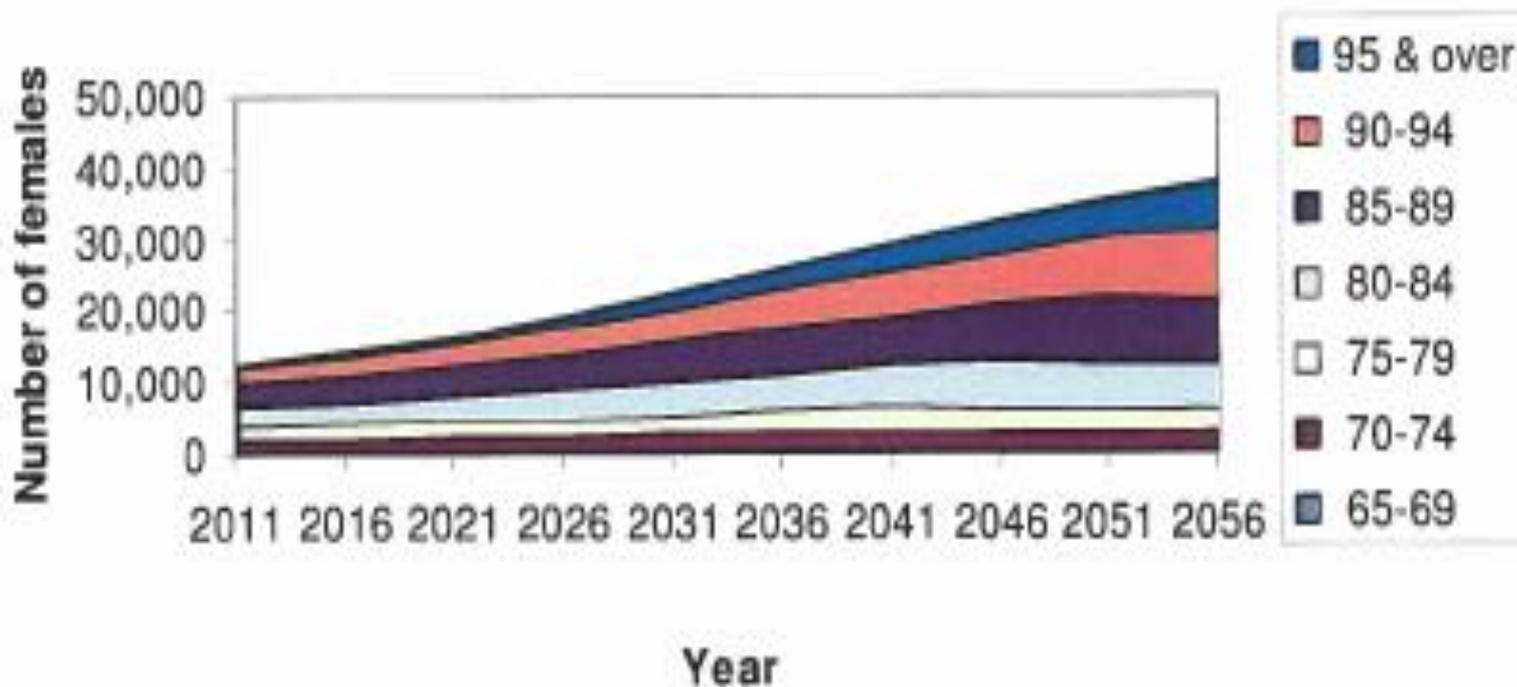
## Northern Ireland: Prevalence of various medical conditions (told by a doctor that they had the condition) in those persons aged 65+, 2010/11 and 2011/12



Source: DHSSPSNI, NI Health Survey 2010/11 and 2011/12 ([http://www.dhsspsni.gov.uk/index/stats\\_research/stats-public-health.htm](http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm))

# Dementia- women

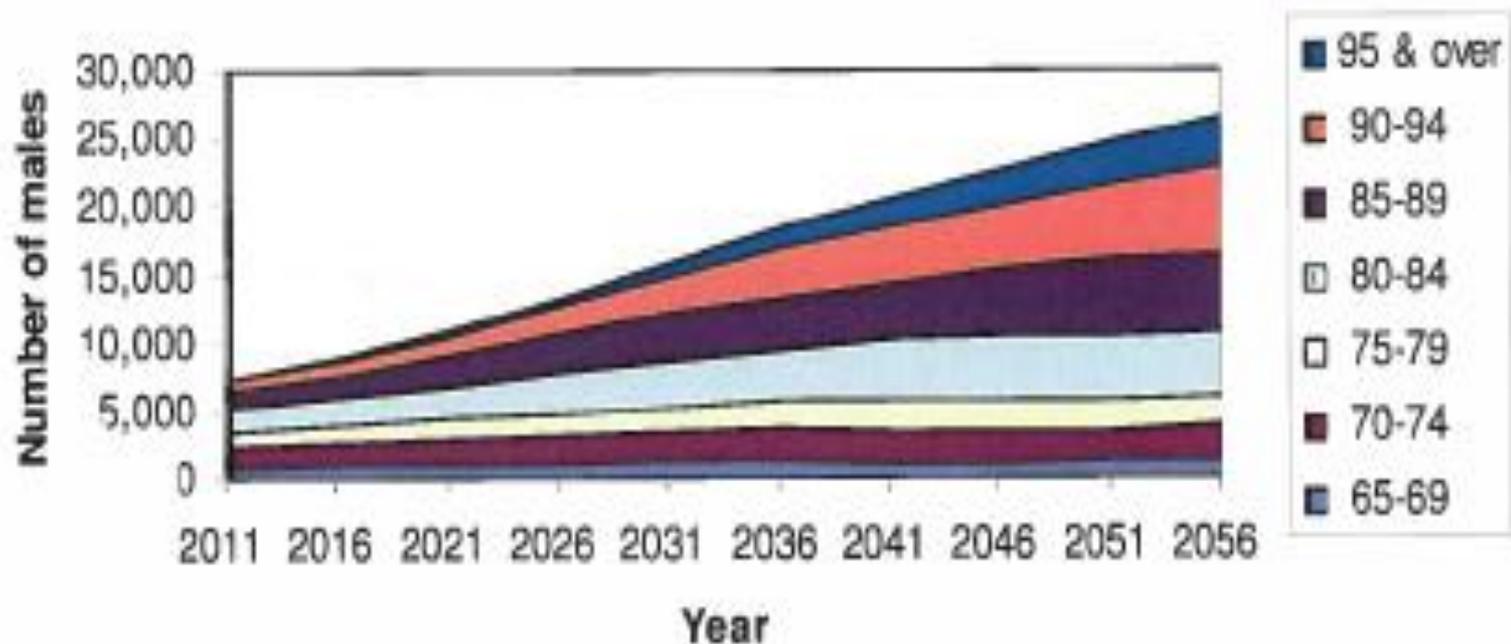
Projected number of **women** with dementia in Northern Ireland



Source: *EURODERM prevalence rates applied to NI populations projections*

# Dementia- men

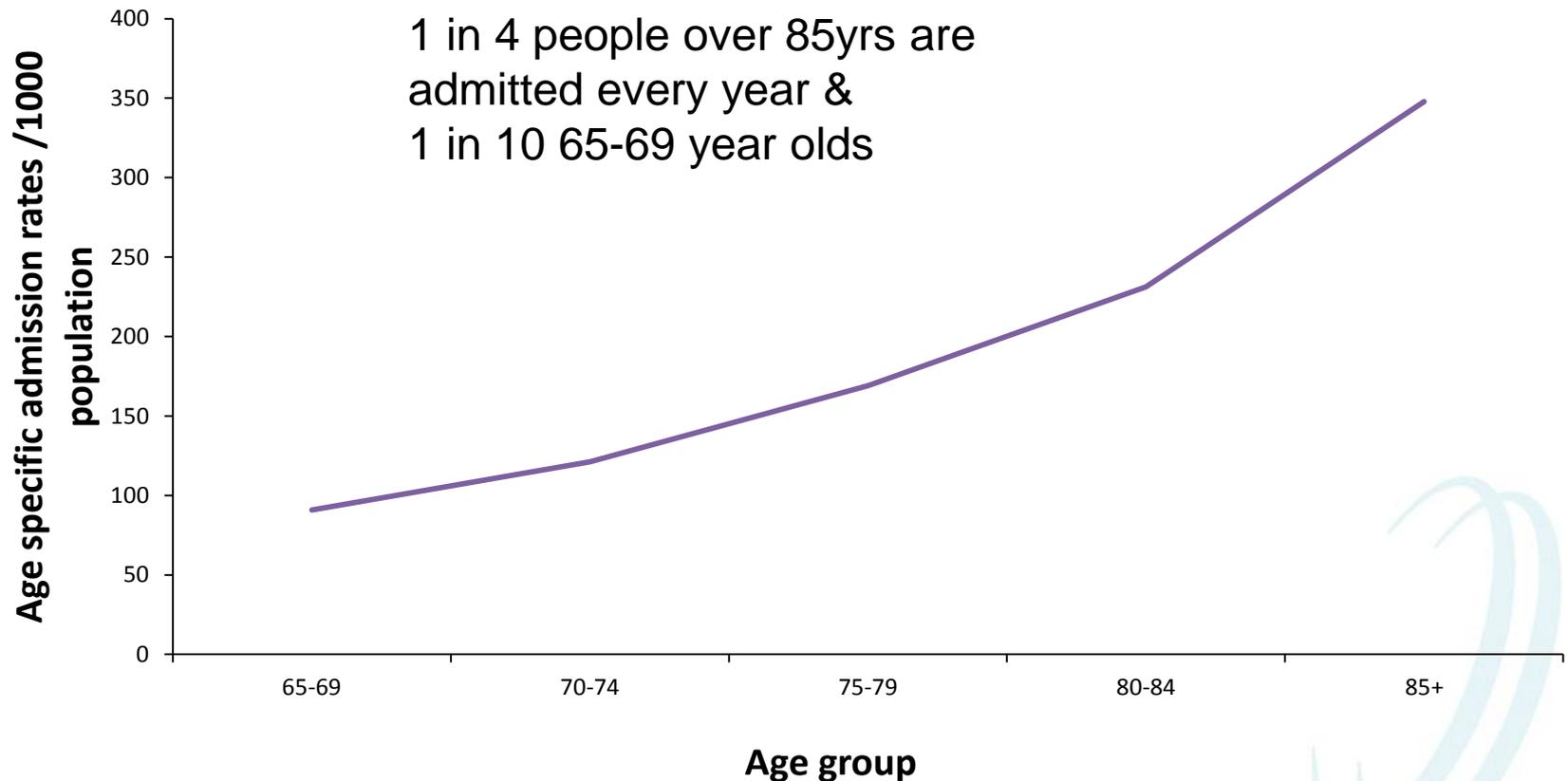
Projected number of **men** with dementia in Northern Ireland



Source: *EURODERM prevalence rates applied to NI populations projections*

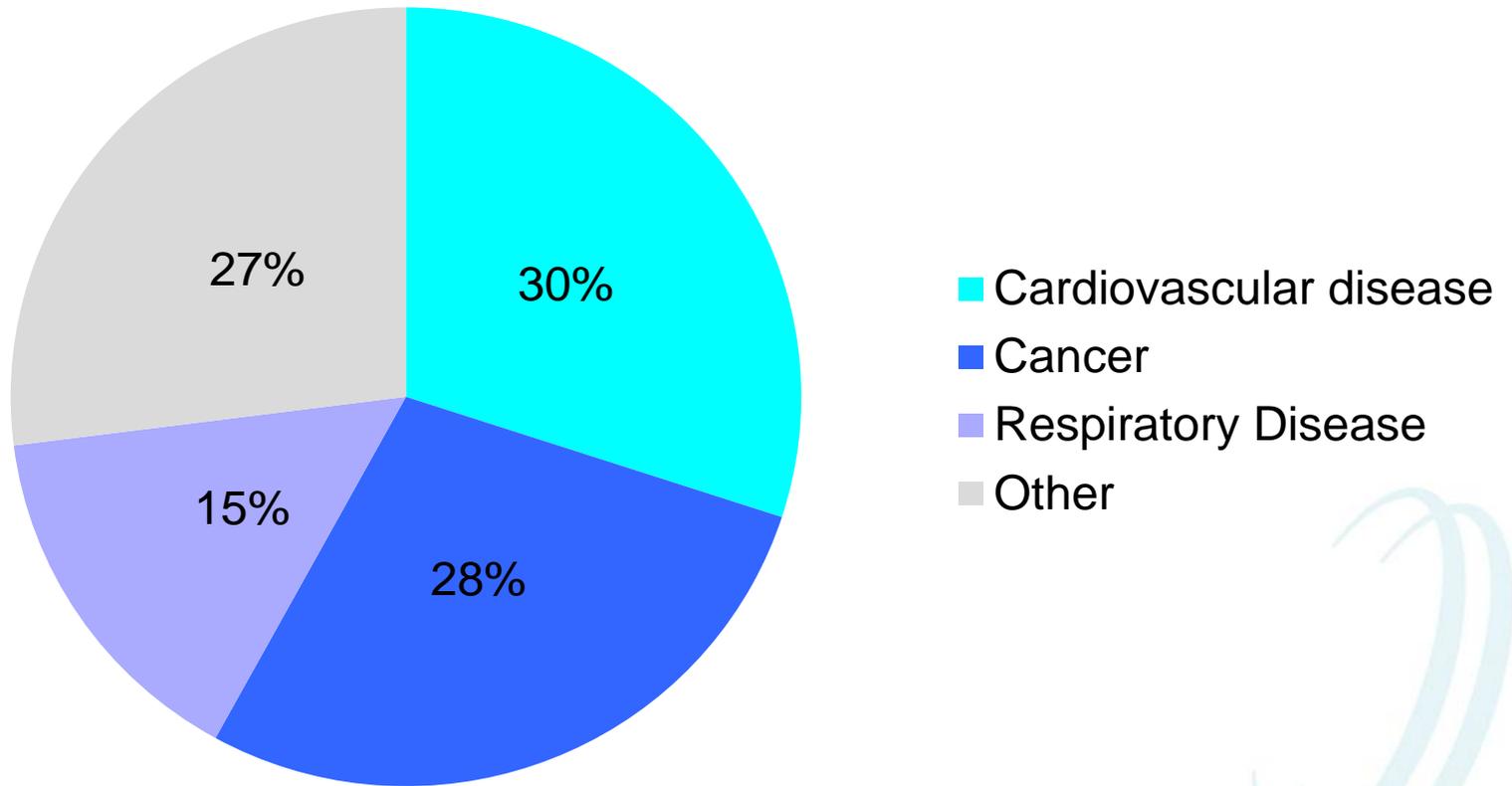
# MEETING THE HEALTH & WELLBEING NEEDS OF OLDER PEOPLE

# Age specific admission rates

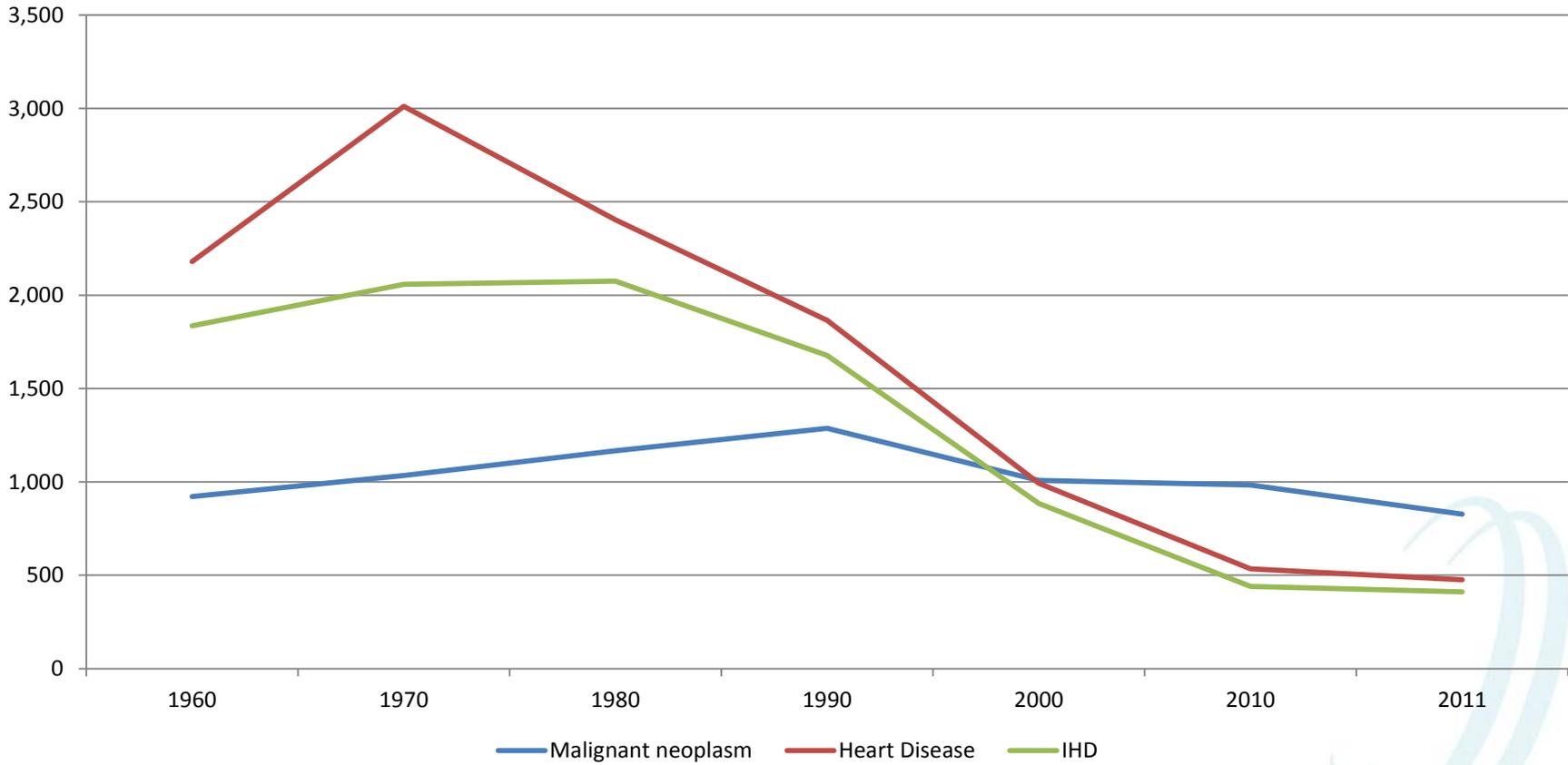


Source: Patient admission system data, 2011

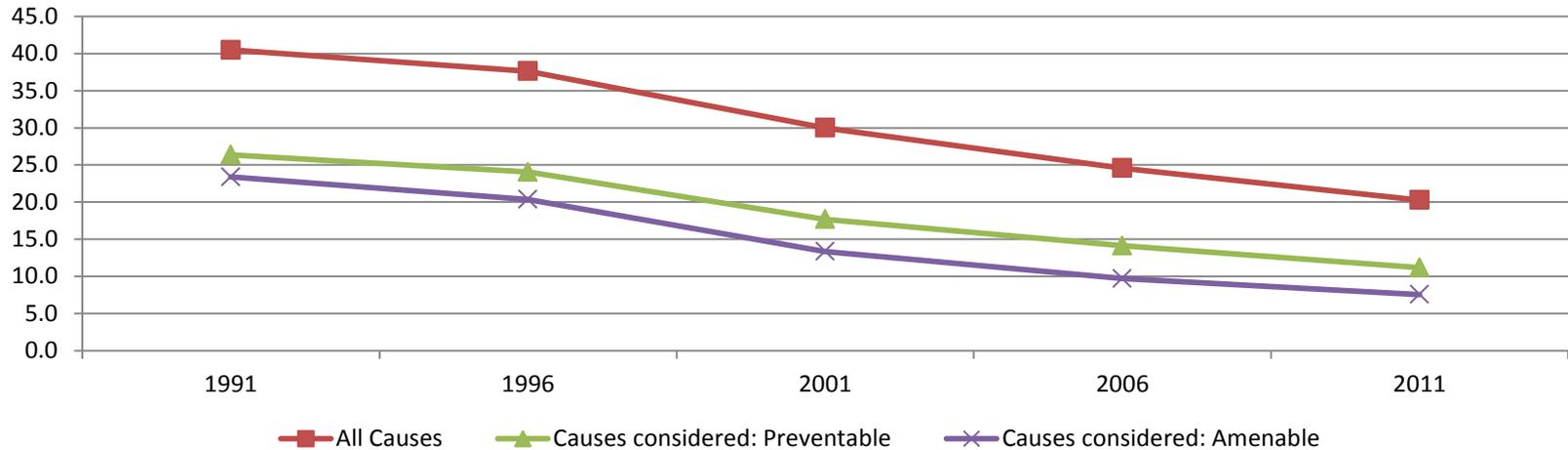
# Causes of Death



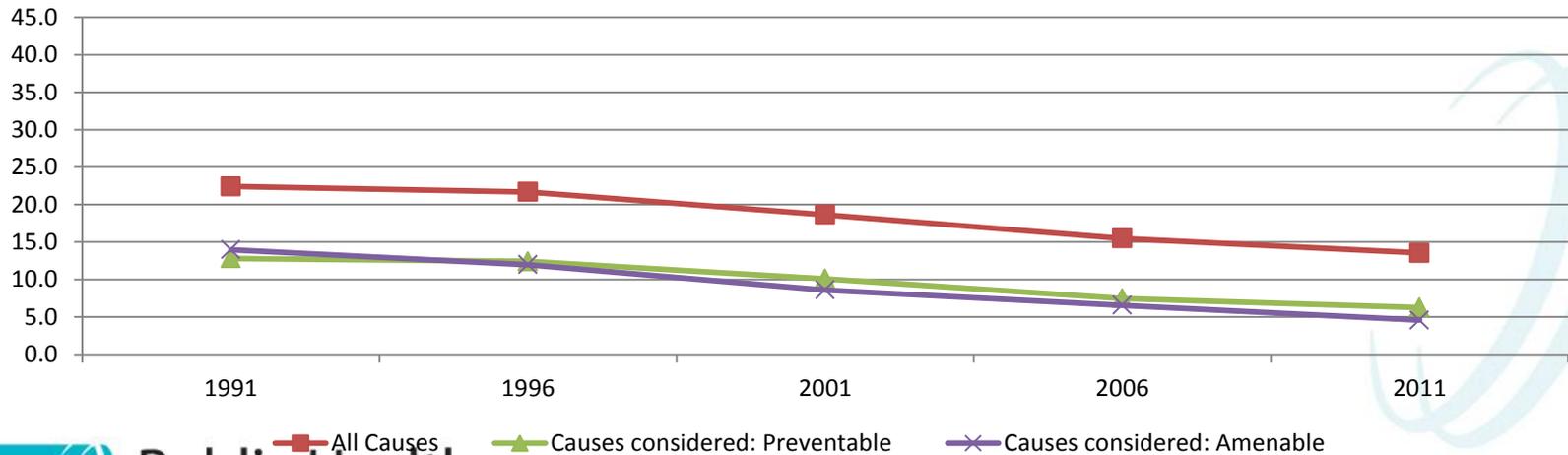
# Northern Ireland - Males: Death rates for major causes, 65-74, 1960 - 2011



## Northern Ireland - MALES - Death rates in those aged 65-74 years from avoidable causes, 1991 - 2011



## Northern Ireland - FEMALES - Death rates in those aged 65-74 years from avoidable causes, 1991 - 2011



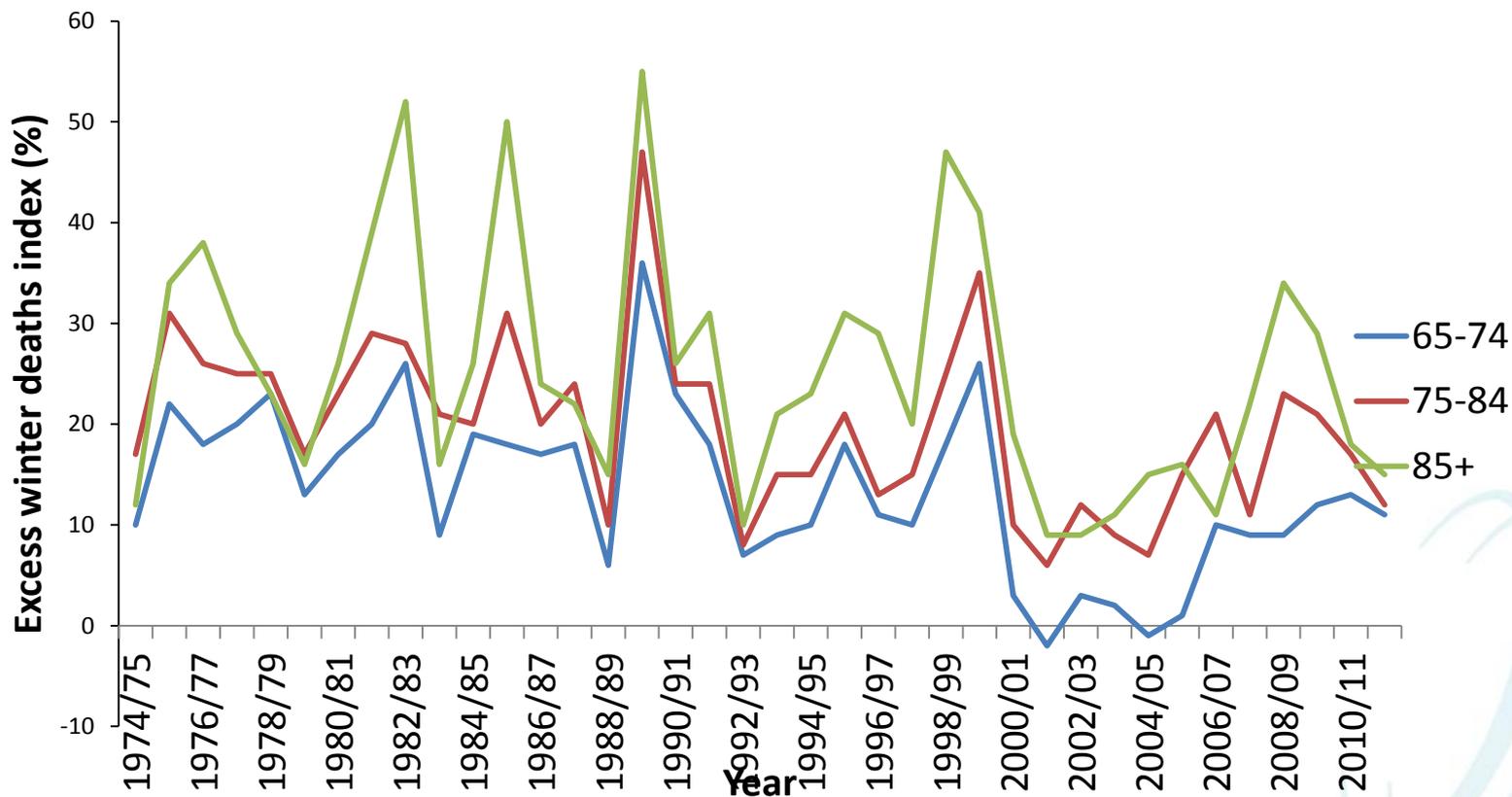
# Cardiovascular – AAA Screening Programme

- By age 65, 1 in every 40 men will have an AAA
- A third will rupture if not treated
- Screening men aged 65 can reduce death rate by ~50%
- Between 1 July 2012 to 26 March 2013 7,088 men screened
- Uptake in target population 81%
- 75 AAAs detected in this period

# Cancer – Bowel Cancer Screening Programme

- >1,000/year people diagnosed with bowel cancer each year and 400 deaths
- Since April 2012 , screen 60-71 year olds
- As of end of December 2012, 190,000 people invited
- More than 175 people diagnosed with bowel cancer

# Respiratory – Excess Winter Deaths



# Flu Vaccination Programme

Uptake of flu vaccination in people over 65 years of age in the UK

	England	Scotland	Wales	Northern Ireland
2006-07	73.9	75.2	N.A.	75.1
2007-08	73.5	74.3	64	75.7
2008-09	74.1	76.3	60	76.8
2009-10	72.4	75.0	64	77.0
2010-11	72.8	75.3	65.8	74.9
2011-12	74.0	76.2	67.7	77.0

# Where People Die

Average number of deaths from any cause in Northern Ireland according to place of death (2007-2011)

PLACE OF DEATH	N (%)
Hospital	7,336 (51%)
Nursing home	2,347 (16%)
Hospice	517 (4%)
All other places	4,328 (30%)
Total	14,425

Source: Register General Office, 5 year period (2007-2011)

# Examples of What We're Doing

- **Implementing Service Frameworks & LTC Policy**

  - Expanding pulmonary rehab services

  - Modernising long term oxygen therapy services

  - Expanding palliative care services

- **Innovation & research**

  - Chronic illness case management model

  - Treatment of age-related macular degeneration

  - Assessing the effectiveness of psychoactive medication review services in nursing homes (the Fleetwood model)

  - Testing new approaches to pain management in older people



# Acknowledgements

## Editorial Team

Katie O'Connor, Tracy Owen, Stephen McKenna, Gillian Johnston, Adele Graham, Joanne Murphy

## Partner organisations

## Public health practitioners & researchers

# Further Information

PHA website

<http://www.publichealth.hscni.net/>

Report

Core Tables

Profile of Older People's health

