Health of Older People
DPH Annual Report 2012

Dr Carolyn Harper, Director of Public Health

Public Health Annual Scientific Conference
12th 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
Where Older People Live

• One third of over 65 year olds live alone¹

• ~ 5% will eventually need care home residence¹

• 75% of people being cared for are aged 75 years or over²

¹ Census 2011
²Survey 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

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Source: NISRA, Census 2011
Public Health Agency (May 2013)

Public Health Agency
Improving Your Health and Wellbeing
85+ Population as % of total, by ward, 2011

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

Northern Ireland

Source: NISRA, Census 2011
Public Health Agency (May 2013)
Children under 16 and adults over 65, actual and projected, 1971-2035

Source: NISRA, 2011 (2010-based population projections)
Population Pyramids NI (1971-2045)

Source: NISRA
Life expectancy at birth

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

Source: NISRA

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Life expectancy @ 65 years

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

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

Source: NISRA

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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

Year


Number of years
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

1 Survey of carers of older people in Northern Ireland, DHSSPS

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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

NI Multiple Deprivation Measure 2010 - IDAOP
Range of Scores (No. of SOAs)
- 0.52 to 0.55 (219)
- 0.43 to 0.52 (146)
- 0.34 to 0.43 (172)
- 0.24 to 0.34 (161)
- 0 to 0.24 (192)

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

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- Under 60 years
- 60 - 74 years
- 75+ years
- All ages
Pensioner Poverty – NI

Relative Poverty: 2002/03 - 2010/11

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

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Proportion of people living in fuel poverty, by age group

Source: Northern Ireland household condition survey, 2011

Fuel Poverty – NI 2011

66%
Social Disadvantage & Exclusion

- Linked to pensioner poverty
- 64% pensioners say they don’t have enough money
- 65% of elderly people fear of crime
- Declining health & loss of independence

¹ 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)²

¹ Census 2011
² Survey of carers of older people in Northern Ireland, DHSSPS

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Improving Your Health and Wellbeing
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
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 levels by age and sex (2010/2011)

Source: Northern Ireland household condition survey 2010/2011

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Physical activity

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

Source: Northern Ireland household condition survey 2010/2011

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Respondents who feel they can make their life healthier

Source: Health Survey Northern Ireland 2010/11

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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

Dementia - women

Projected number of women with dementia in Northern Ireland

Source: EURODERM prevalence rates applied to NI populations projections
Projected number of men with dementia in Northern Ireland

Source: EURODERM prevalence rates applied to NI populations projections

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Improving Your Health and Wellbeing
MEETING THE HEALTH & WELLBEING NEEDS OF OLDER PEOPLE

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Age specific admission rates

1 in 4 people over 85yrs are admitted every year & 1 in 10 65-69 year olds

Source: Patient admission system data, 2011
Northern Ireland - Males: Death rates for major causes, 65-74, 1960 - 2011

- Malignant neoplasm
- Heart Disease
- IHD
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

Excess winter deaths index (%)

Year


65-74 75-84 85+

Source: NISRA

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Improving Your Health and Wellbeing
## Flu Vaccination Programme

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

<table>
<thead>
<tr>
<th>Year</th>
<th>England</th>
<th>Scotland</th>
<th>Wales</th>
<th>Northern Ireland</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006-07</td>
<td>73.9</td>
<td>75.2</td>
<td>N.A.</td>
<td>75.1</td>
</tr>
<tr>
<td>2007-08</td>
<td>73.5</td>
<td>74.3</td>
<td>64</td>
<td>75.7</td>
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<tr>
<td>2008-09</td>
<td>74.1</td>
<td>76.3</td>
<td>60</td>
<td>76.8</td>
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<tr>
<td>2009-10</td>
<td>72.4</td>
<td>75.0</td>
<td>64</td>
<td>77.0</td>
</tr>
<tr>
<td>2010-11</td>
<td>72.8</td>
<td>75.3</td>
<td>65.8</td>
<td>74.9</td>
</tr>
<tr>
<td>2011-12</td>
<td>74.0</td>
<td>76.2</td>
<td>67.7</td>
<td>77.0</td>
</tr>
</tbody>
</table>
# Where People Die

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

<table>
<thead>
<tr>
<th>PLACE OF DEATH</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital</td>
<td>7,336 (51%)</td>
</tr>
<tr>
<td>Nursing home</td>
<td>2,347 (16%)</td>
</tr>
<tr>
<td>Hospice</td>
<td>517 (4%)</td>
</tr>
<tr>
<td>All other places</td>
<td>4,328 (30%)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>14,425</strong></td>
</tr>
</tbody>
</table>

*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