

Enabling People to Stay Healthy Longer

Outcomes

Fewer people develop long term conditions as a result of unhealthy lifestyles

Fewer people have complications as a result of a long term condition

Cross Cutting:

Reducing inequalities by tackling the wider determinants
Prevention and Early Intervention
Acting upon patient and customer experience
Safeguarding and ensuring high quality integrated services

Of the 210,500 people aged 18 years and above living in Central Bedfordshire (2014) an estimated 37,000 smoke, 150,000 are above a healthy weight and 56,000 are inactive. These lifestyle behaviours contribute to the development of Long Term Conditions and those already diagnosed include 12,500 people with diabetes, 40,000 with high blood pressure, 8,500 with heart disease, 4,200 with stroke and 4,700 with a serious respiratory condition.

	Latest Data	Latest Data	Target	Current Status
... Smoking prevalence 18+	Oct 15	17.5 %		n/a
... Adult Excess Weight	Jul 14	69.1 %	68.1 %	●
... Percentage of adults classified as inactive	Jan 16	22.7 %	23.3 %	★
... Health Checks Delivered % of Target	Jul 16	67.24	100.00	▲
... Recorded diabetes	Nov 15	6.0 %	5.3 %	▲
... % people with diabetes meeting all 3 treatment targets (blood sugar, blood pressure & cholesterol)	Feb 15	37.4 %		n/a
... Premature mortality	Dec 14	283	276	●
... Premature mortality for cardiovascular disease	Dec 14	61.9	58.9	●
... Premature mortality for respiratory disease	Dec 14	24.2	23.7	●
... Premature mortality for liver disease	Dec 14	11.7	13.1	★

▲ Target missed by 10% or more ● Target missed by less than 10% ★ Target achieved

The outcomes to reduce the number of people developing long term conditions as a result of lifestyle behaviours show a mixed picture.

The proportion of people who are inactive is improving and above the England average with a number of initiatives in place to enable residents to increase access facilities and services which allow them to lead more active lives.

The proportion of adults whose weight puts their health at risk, is above the England average and the Excess Weight Partnership Strategy sets out a number of actions to reduce this.

Healthchecks should facilitate the early identification of those individuals who are at risk of cardio-vascular disease but currently the targets for delivery are not being achieved. A community provider is being commissioned to extend the accessibility of Healthchecks, particularly for vulnerable and hard to reach groups.

In terms of people being supported to manage their long term condition, the focus within the scorecard is around diabetes. The proportion of residents affected by diabetes is increasing and rates in Central Bedfordshire are statistically significantly above the deprivation decile, driven largely by levels of excess weight. However once diagnosed the proportion of people meeting their treatment targets is worse than England and therefore remains an area of focus for the CCG.

Premature mortality rates are falling generally and are in line with similar authorities.