

## 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	DoT	Latest Data	Target	Current Status	England
Smoking prevalence 18+	Dec 15	↑	16.7 %		n/a	16.9 %
Adult Excess Weight	Jul 15	↑	67.1 %	68.1 %	★	64.8 %
Percentage of adults classified as inactive	Jan 16	↑	22.7 %	23.3 %	★	28.7 %
Health Checks Delivered % of Target	Sep 16	↑	69.56	100.00	▲	n/a
Recorded diabetes	Nov 15	n/a	6.0 %	5.3 %	▲	6.4 %
% people with diabetes meeting all 3 treatment targets (blood sugar, blood pressure & cholesterol)	Feb 15	↑	37.4 %		n/a	41.3 %
Premature mortality	Dec 15	↑	280	272	●	335
Premature mortality for cardiovascular disease	Dec 15	↓	63.8	57.7	▲	74.6
Premature mortality for respiratory disease	Dec 15	↓	25.2	23.5	●	33.1
Premature mortality for liver disease	Dec 15	↓	12.2	13.2	★	18.0

▲ Target missed by 10% or more   ● Target missed by less than 10%   ★ Target achieved  
 ↑ Performance is improving   ➔ Performance remains unchanged   ↓ Performance is worsening

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

In summary, the latest data relating to enabling people to stay healthy longer shows improvements in both smoking prevalence and the proportion of Healthchecks delivered.

The rates of premature mortality for cardiovascular disease, respiratory disease and liver disease have all worsened since the last data released. The rates are better than England and similar to statistical neighbours with the exception of cardiovascular disease, where performance is worse in Central Bedfordshire, particularly for women. This has been the focus of discussion at previous Health and Wellbeing Boards which highlighted the importance of NHS Health Checks, stopping smoking, healthy weight, physical activity and maintaining good blood pressure control.