

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	Dec 16	↑	77.32	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 16	↑	37.6 %		n/a	40.4 %
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

In summary, the latest data relating to enabling people to stay healthy longer shows a slight improvement in the proportion of people with type 2 diabetes meeting their treatment targets. This continues to be worse compared to the England average and therefore remains an area of focus for the CCG.