

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	Statistical neighbour/ deprivation decile
Smoking prevalence 18+	Dec 16	↑	10.3 %		n/a	15.5 %	11.8 %
Adult Excess Weight	Jul 15	↑	67.1 %	68.1 %	★	64.8 %	62.6 %
Percentage of adults classified as inactive	Jan 17	→	22.7 %	23.6 %	★	28.7 %	23.6 %
Health Checks Delivered % of Target	May 17	↑	86.2 %	100.0 %	▲	n/a	n/a
Recorded diabetes	Nov 15	n/a	6.0 %	5.3 %	▲	6.4 %	5.3 %
% people with diabetes meeting all 3 treatment targets (blood sugar, blood pressure & cholesterol)	Feb 16	↑	37.6 %		n/a	40.4 %	n/a
Premature mortality	Dec 15	↑	280	272	●	335	241
Premature mortality for cardiovascular disease	Dec 15	↓	63.8	57.7	▲	74.6	57.7
Premature mortality for respiratory disease	Dec 15	↓	25.2	23.5	●	33.1	23.5
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

Data for most of the indicators related to enabling people stay healthy longer are reported annually however plans are in place and being monitored to ensure performance of these indicators do not worsen.

Successes:

The number of health checks delivered (% of target) has increased throughout the year and particularly the final quarter, the year end figure of 87.5% compares well with the previous year which was 70% of target. This is due to a number of factors, including intensive/detailed support for providers, clarity of contracting arrangements and improved, more convenient 'single point of care' blood testing for patients.

Health and Wellbeing Board Action:

To continue to promote health checks to residents in order to enable the early identification and prevention of people at higher risk of developing cardiovascular disease, including diabetes.