

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 16	n/a	59.8 %	59.5 %	★	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	Nov 17	↑	107.5 %	100.0 %	★	n/a	n/a
Recorded diabetes	Nov 16	n/a	6.0 %	5.3 %	▲	6.4 %	5.3 %
% people with diabetes meeting all 3 treatment targets (blood sugar, blood pressure & cholesterol)	Feb 17	↑	38.1 %		n/a	40.4 %	n/a
Premature mortality	Dec 16	↑	277	268	●	335	241
Premature mortality for cardiovascular disease	Dec 16	↑	61.0				
Premature mortality for respiratory disease	Dec 16	↑	25.0				
Premature mortality for liver disease	Dec 16	↓	13.0				

▲ Target missed by 10% or more
 ↑ Performance is improving

● Target missed by less than 10%
 → Performance remains unchanged

★ Target achieved
 ↓ Performance is worsening

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Successes:

- Exceeding the target for the delivery of Health Checks
- The numbers of people dying under the age of 75 from cardiovascular disease and respiratory disease shows a slight decline from the previous year.
- The proportion of people with diabetes meeting all 3 treatment targets continues to gradually improve from 37.6% in February 2016

Challenges

- Overall premature mortality shows a slight increase on the previous year.

Health and Wellbeing Board Action:

To continue to promote health checks to residents to ensure the early identification and prevention of people at higher risk of developing cardiovascular disease, including diabetes. To continue to monitor outcomes for people with diabetes.