

Longer Life, Better Health or Both?

2017 Director of Public Health Annual Report

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Presented by Derek Ward

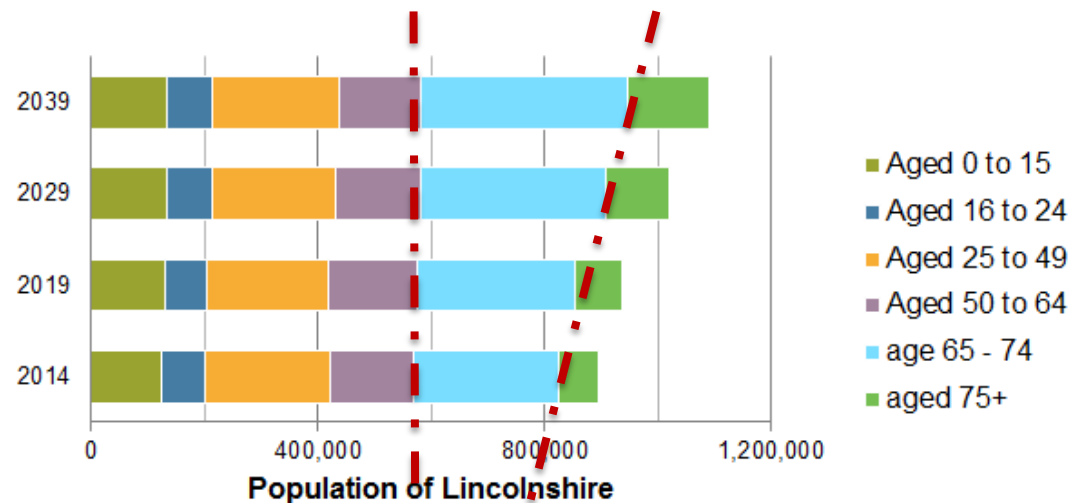
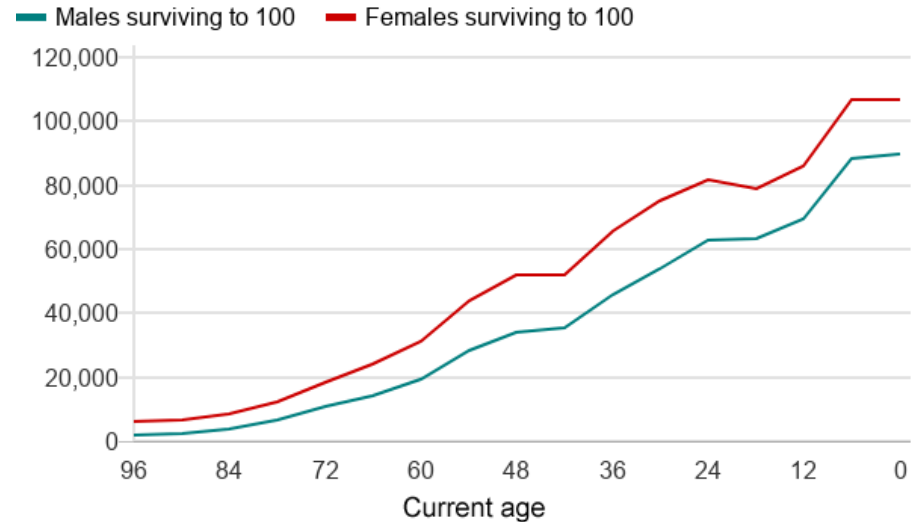
Eclectic this Time

- Reflections on ageing and the power of prevention.
- Update on threats to health and arrangements protect the public.

Ageing Apocalypse

- The population of the UK is ageing, and Lincolnshire is older and ageing faster than the UK rates.
- Ageing brings additional risks to health, but there is plenty to be done to break the link between ageing, risk and lives lived.
- It's a system issue about good places to age in, good habits for us all to avoid disease and injury and good preventative care.

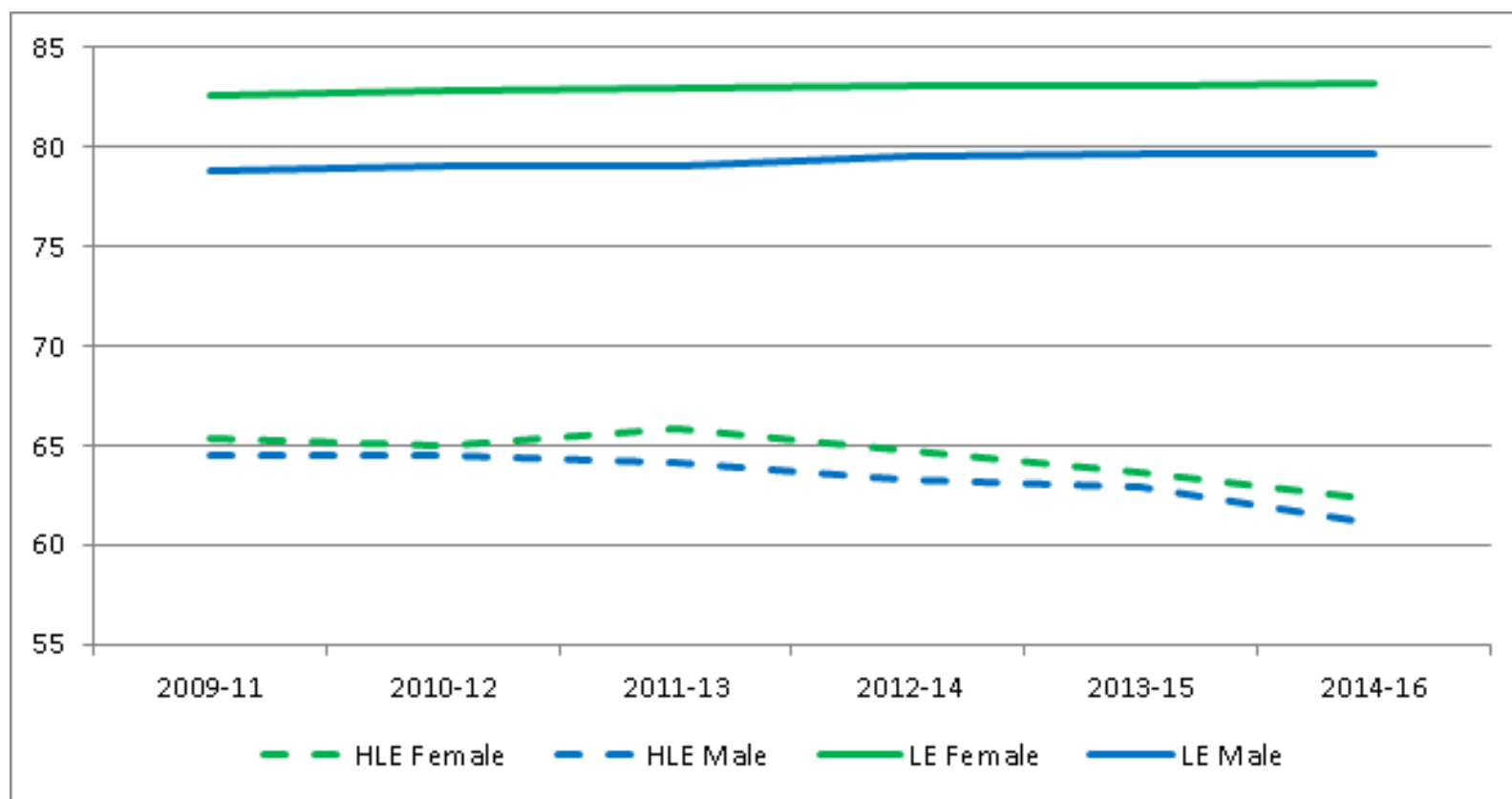
Population projected to survive to 100 in the UK



Years to Life! Life to Years?

Health Life Expectancy (HLE) and Life Expectancy (LE) in
Lincolnshire, 2009-11 to 2014-16

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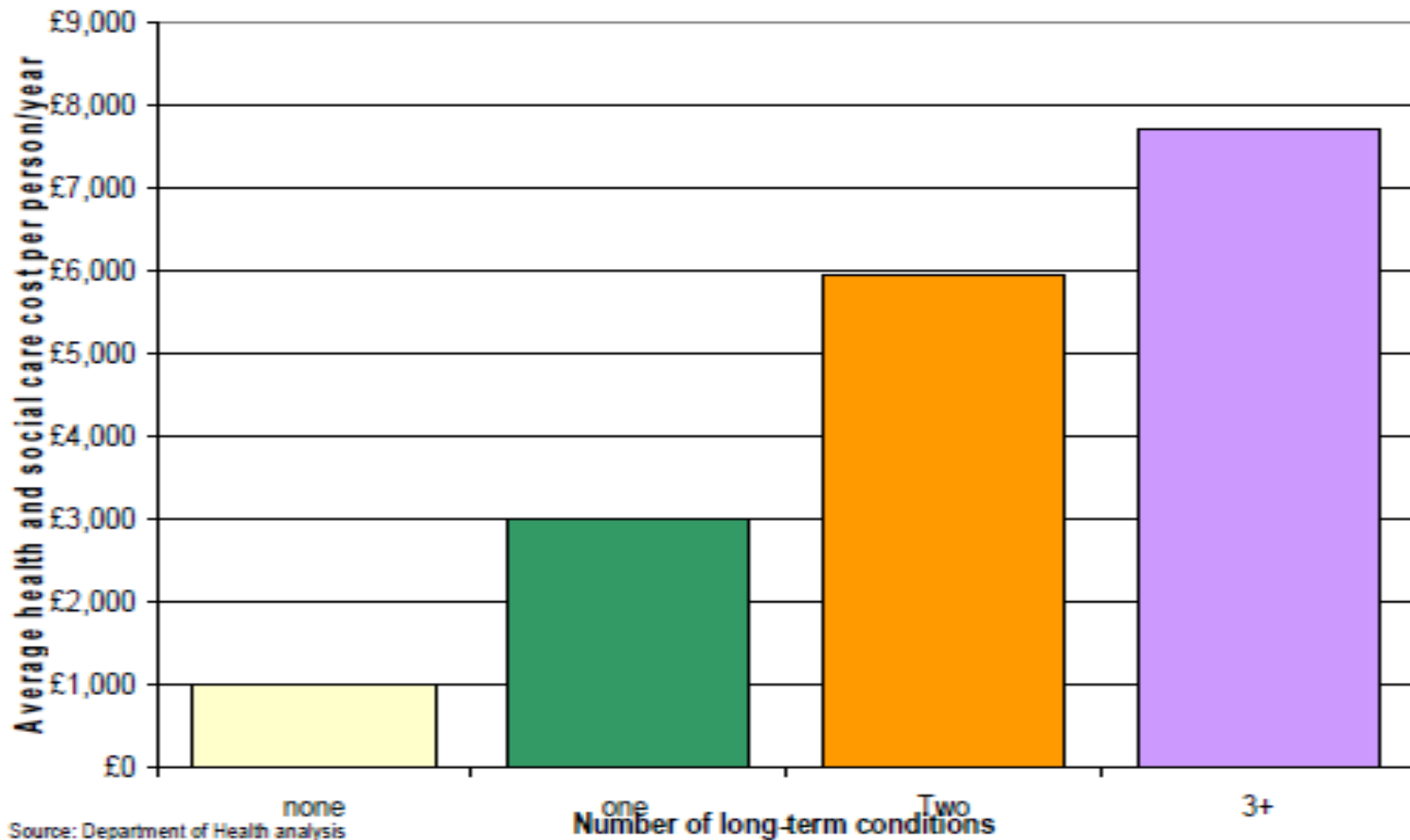
All is not lost

Modelled reductions in key conditions following increase of 20% of over 65s becoming physically active.

Condition	Over 65s expected to have condition in 2017	"Do Nothing" - Over 65s expected to have condition in 2035	"Do Prevention" – potential people with prevented disease if further 20% are active
Stroke	13,471	22,677	5,803
Hypertension	87,335	136,308	17,069
T2 Diabetes	27,360	52,670	2,438
Dementia	12,183	20,727	4,438
Arthritis	88,658	159,961	3,414

Every gain helps

Number of Long Term Conditions and Cost of Care



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Health

How exercise in old age prevents the immune system from declining

Fergus Walsh
Medical correspondent
@BBCFergusWalsh

8 March 2018

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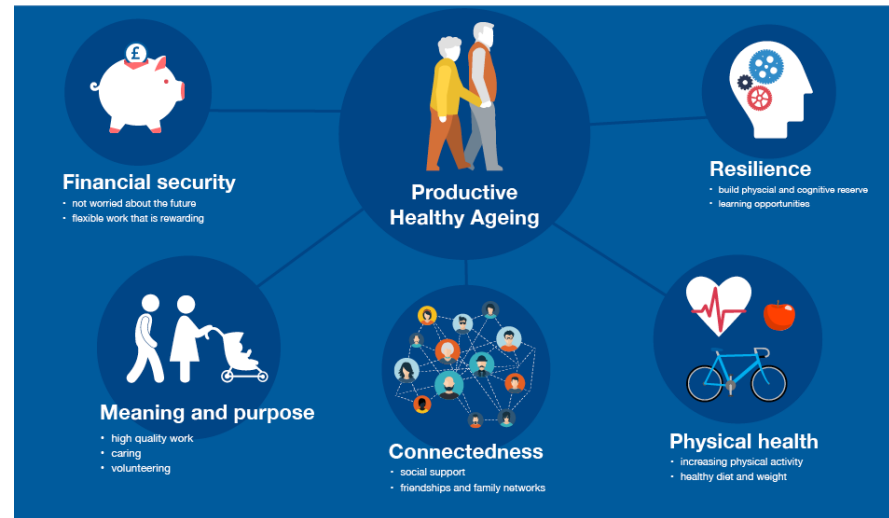


Doing lots of exercise in older age can prevent the immune system from declining and protect people against infections, scientists say.

Life to years works

Public Health England

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Health

Middle-aged can reverse heart risk with exercise, study suggests

By Alex Therrien
Health reporter, BBC News

8 January 2018

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The new year is a time when many plan to shape up after the excesses of the festive period.

Now there is good news for those who fear it might be too late in life to improve their fitness.

People into late middle age can reverse or reduce the risk of heart failure caused by decades of sedentary living by exercising, a study has found.

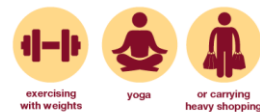
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How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as



at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods



Public Health England

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What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:



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