

Director of Public Health Annual Report 2009/10: *The Health and Wellbeing of Older People*



Introduction

East Sussex has the highest percentage of people over the age of 85 of any area in England, and we expect this number to rise after 2010.

Older people in Lewes and Wealden



Some important facts and figures:

- Lewes population = 23% of the total population over 65 years of age. (23% in East Sussex)
- There is a wide variation in the proportions of older people living in different areas and in their levels of income deprivation.
- 5.2% of older people in Lewes are from BME backgrounds and this number is expected to have doubled since the census in 2001.
- East Sussex is a popular retirement area and there are a large number of older people living alone and in residential or nursing homes.
- 2,500 people aged over 65 who migrated to East Sussex Downs & Weald from mid 2006 to mid 2007 (from elsewhere within the UK).

Older people in East Sussex – % population over 65



Lewes			
Barcombe & Hamsey	19	Ouse Valley & Ringmer	23
Chailey & Wivelsfield	16	Peacehaven East	27
Ditchling & Westmeston	29	Peacehaven North	16
E.Saltdean & Telscombe Cliffs	24	Peacehaven West	30
Kingston	21	Plumpton, Streat et al	18
Lewes Bridge	20	Seaford Central	28
Lewes Castle	18	Seaford East	31
Lewes Priory	20	Seaford North	25
Newhaven Denton & Meeching	19	Seaford South	30
Newhaven Valley	17	Seaford West	35
Newick	21		

Older people in East Sussex



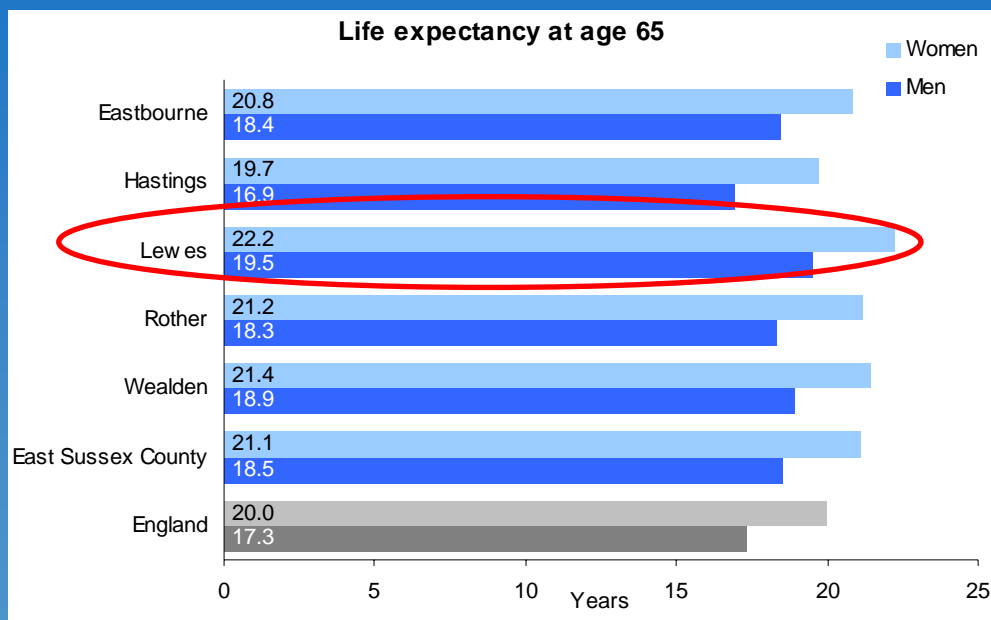
Our recommendations:

- Use JSNA reports to ensure effective service planning to meet the needs of older people for the next 3-5 years.
- Balance commissioning services between areas of greatest concentration and areas of greatest need
- Practice-based commissioning (PBC) clusters and practices with high proportions of older people in greatest need should develop accessible services to improve the health and wellbeing.
- PCT will continue to understand the particular needs of older people from BME groups through comprehensive need assessment. The findings will need to be implemented by the Race for Health Programme and the services commissioned.
- Carers services need further development. Learning to be gained from 'Carers Demonstration Site'.

Life Expectancy and Mortality



Life expectancy at 65 years of age:



Life expectancy at 65 years of age in Lewes



Lewes

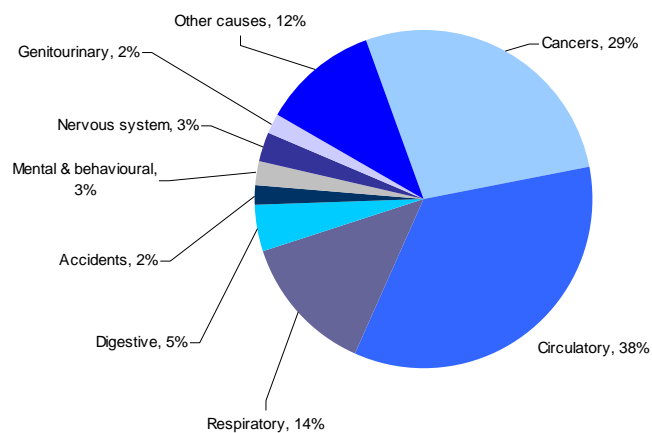
Barcombe and Hamsey	21.4	Ouse Valley and Ringmer	22.1
Chailey and Wivelsfield	22.3	Peacehaven East	19.0
Ditchling and Westmeston	24.0	Peacehaven North	21.5
East Saltdean and Telscombe Cliffs	19.5	Peacehaven West	20.4
Kingston	25.4	Plumpton Streat East Chiltington and St John Without	18.8
Lewes Bridge	21.0	Seaford Central	20.0
Lewes Castle	21.0	Seaford East	22.9
Lewes Priory	20.8	Seaford North	20.5
Newhaven Denton and Meeching	19.5	Seaford South	20.6
Newhaven Valley	18.9	Seaford West	20.6
Newick	20.4		

Life Expectancy and Mortality

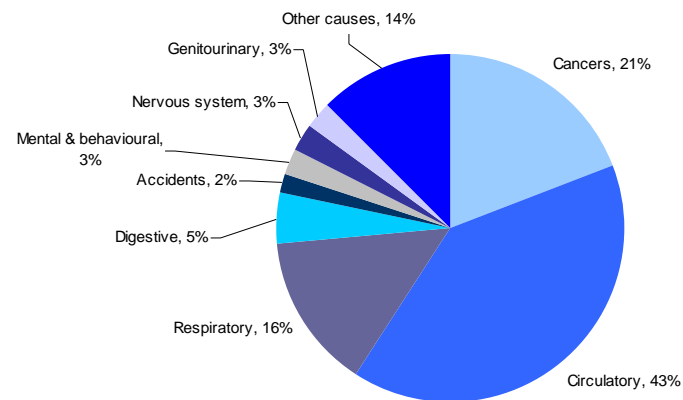


Main causes of death in over 65s:

Causes of death among men aged 65 and over resident in East Sussex (2007)



Causes of death among women aged 65 and over resident in East Sussex (2007)



Life Expectancy and Mortality



Our recommendations:

- Ensure the implementation of the Investing in Life programme in the areas of lowest life expectancy.
- Reduce the mortality rate from pneumonia and other respiratory diseases by increasing investment in the chronic obstructive pulmonary disease (COPD) local enhanced GP service and stop smoking services.
- Ensure implementation of East Sussex Climate Change Strategy to reduce carbon emissions and respond to impacts of environmental change now occurring.
- Ensure implementation of the Joint End of Life Care Strategy and further development of a co-ordinated range of extended-hours services to support people to die at home if they wish at the end of their life especially in Hastings.

What makes older people ill?



Some examples in Lewes and Wealden:

- 5.9% people 65-74 and 10.4% over 75s have had a stroke
- 15% of patients registered with GPs are on COPD register
- Emergency hospital admissions: There is variation in the wards in Lewes and Wealden – Hailsham South, Pevensey and Westham Polegate North and Peacehaven have higher rates than East Sussex.



What makes older people ill?



Our recommendations:

- **Stroke** - Improve quality
- **Dementia** - Implement National Dementia Strategy and develop early intervention service.
- **COPD** - PBC clusters with higher admission rates to consider developing specialised community based services for patients with COPD. Smoking cessation services should be targeted in areas of high COPD prevalence and admission rates.
- **A&E attendance and emergency admissions** - Continue to develop alternative community based preventative services
- **Mental health** - Implement the Suicide Prevention Strategy and ensure Improving Access to Psychological Therapies (IAPT) programme is expanded.
- **CHD** - Investing in Life
- **Cancer** - Cancer prevention services targeting highest prevalence areas (smoking services in Hastings). Encourage uptake of early cancer detection services – cervical, breast and bowel cancer screening.
- **Diabetes** - PBC clusters should continue to develop their diabetes registers and consider community services.

Promoting health in older age



- **Smoking** - It's never too late to give up smoking. Five years after giving up smoking the risk of a stroke will be the same as a non-smoker.
- **Obesity** - Obesity levels are high amongst older people. Nationally, almost half (49%) of men aged 65-74 are overweight and 28% are obese.
- **Exercise**
 - 65-74 years olds: Only 1/5 men and 1/6 women achieves the national activity guidelines.
 - 75 and overs: Only 1/10 men and 1/25 women achieves the national activity guidelines.
 - Inactivity contributes to loss of function and ability to maintain independence.
- **Diet** - Just over 1/3 people aged 65-74, and less than 1/3 people aged 75 and over, eat the recommended 5+ fruit and vegetables per day.
- **Mental wellbeing** - A Race Equality in Mental Health team has been in place in East Sussex County Council since December 2008.
- **Sexual health** - Need to encourage them to practice safe sex.
- **Alcohol** - Does not appear to be an increasing or significant problem of alcohol dependency amongst older people.



Promoting health in older age



Our recommendations:

Work together and promote a healthy lifestyle!

- Implement *Choosing Health - Prevention of Overweight and Obesity* strategy in conjunction with East Sussex County Council's *Cycling Strategy* and its proposed *Promoting Walking Strategy*.
- Promote the update of the seasonal flu vaccine.
- The PCT should promote the uptake of cancer screening programme by:
 - encouraging the new bowel cancer screening programme should be promoted to 60 – 69 year olds.
 - sharing the Good Practice Guide to Cervical and Breast Screening with all GP practices
 - ensuring that the Cervical Screening Action plan is implemented
- Work together and continue to improve transport access to services and healthcare settings.
- Support the Race Equality Mental Health team's work programme, in particular their planned input into the delivery of the East Sussex Dementia Strategy.

Quality Counts

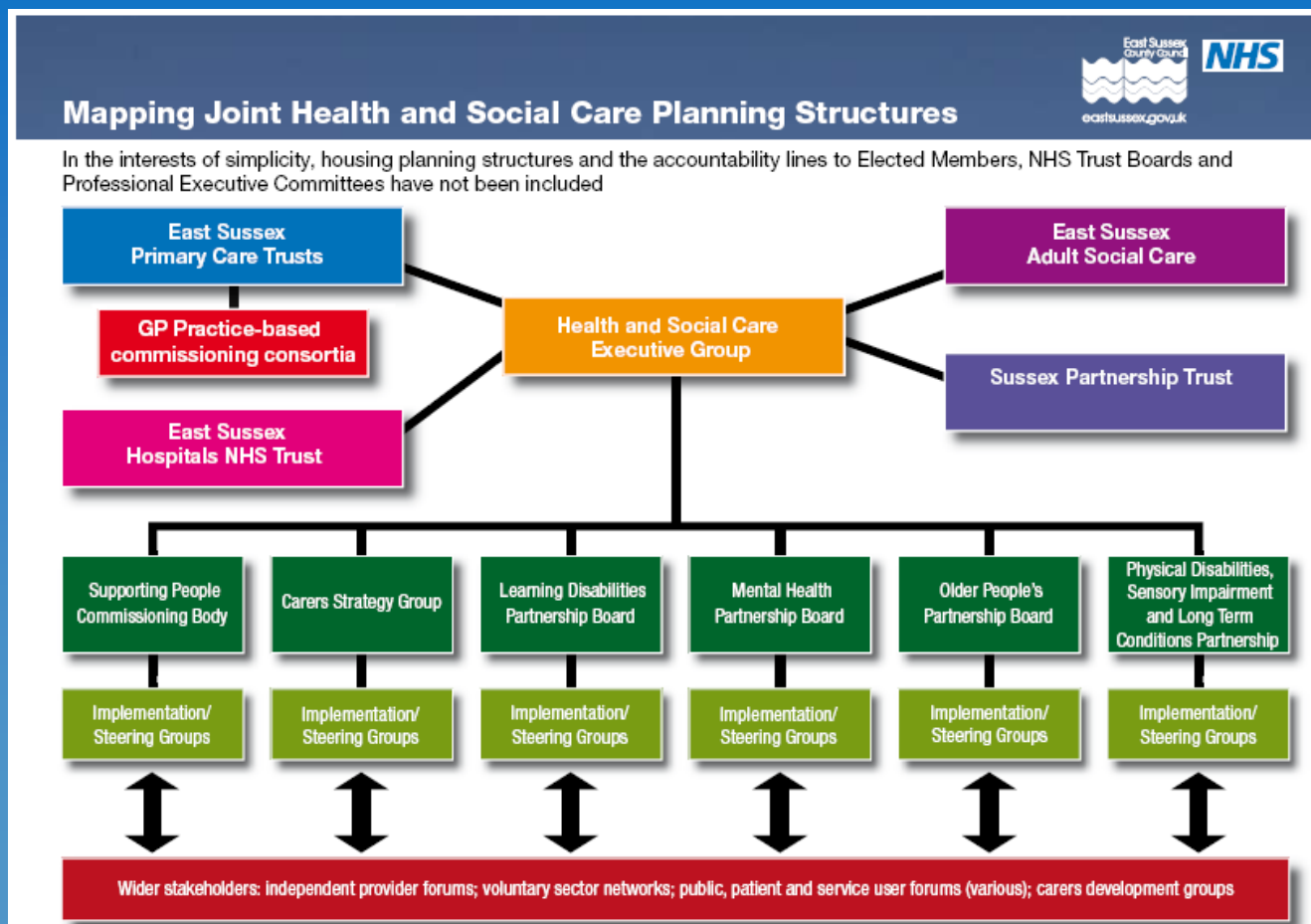


In East Sussex, the PCTs are working with our partners to monitor and improve the quality of health services provided by local GPs and community nurses and by our local hospitals. A Quality Improvement and Clinical Outcomes Group has been established to lead on determining and monitoring key clinical outcomes.

Working Together



Partnership arrangements:



- **The Care Pathway:**
 - fit and well and growing older
 - experiencing problems that might be preventable
 - in immediate need of help or treatment
 - ready/preparing to go home
 - in need of long-term support
 - mental health in old age
- **Improving Life Chances**
- **East Sussex Joint Commissioning Strategy for Carers 2010-2015**

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