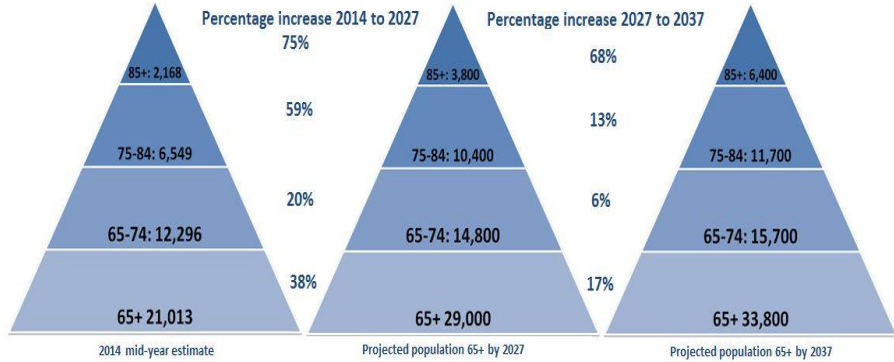




Halton's older population

Data taken from the Halton Older People's JSNA
<http://www4.halton.gov.uk/Pages/health/JSNA.aspx>



Life expectancy increased by 2.3 years for females and 3.0 years for males in last decade (same as England average)



But recently been a slight drop in life expectancy at age 65 for females



8,960 have a disability, more women than men



Nearly 9 out of 10 say they are Christian



Economic status

8 out of 100 (8%) economically active

Halton older people are less likely to have higher level qualifications and to have been in professional/managerial posts than NW and England.

1 in 4

A quarter live in the 10% most deprived parts of England

1 in 2

Just over half live in the 20% most deprived parts of England

8 out of 10 satisfied with their income

9 out of 10 feel able to manage their finances

Living and social circumstances

Those aged 50-64 are least likely to live alone
 Most people aged 65+ own their own home
 8 out of 10 people aged 85+ live alone



The numbers receiving minor home adaptations from the council has increased. It is a key way of helping people to remain independent.



Public transport is a key concern. 3 out of 10 older people do not have a car compared to just 2 out of 10 amongst the general population



Many older people fear becoming lonely. Estimated 6,000 older people in Halton are lonely. Predicted to rise to 10,000 by 2030



Wellbeing and lifestyles amongst older people in Halton



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Only 42% of people aged 65+ said they were in good or very good health. Lower than England.



Disability-free life expectancy lower for men and women in Halton compared to England



Over 90% rate overall experience of GP surgery as good.



Only 67% go to the dentist



Cancers and heart disease the biggest killers. Respiratory disease third highest cause of death.



Lifestyles



Fewer smoke: 17%, compared to 30% in general population (other surveys suggest adult smoking level is lower than this)



Eat more Fruit and Vegetables than younger people



Least likely to eat fast foods

Higher percentage are overweight and obese compared to the general population



Lower percentage undertake at least recommended levels of physical activity

More likely to be sedentary for a larger proportion of the day



Least likely to drink alcohol at harmful levels

Screening and Immunisations



Cancer screening uptake below targets:

- Bowel 48.8% uptake (target 60%)
- Breast 69.8% (target 70%)

Wide GP practice level variation

Vaccinations also below targets:

- Influenza uptake 73.8% (target 75%)
- Pneumococcal 70.8%
- Shingles 47.8%



Wide GP practice level variation

Falls Prevention



Estimated 3,266 women and 2,154 men have a fall each year. Figures predicted to rise.



36% have ever had a fall



Admissions due to falls (amongst those aged 65+) significantly higher than England. Admissions due to hip fracture have reduced and are now similar to England rate.



Exercise and eating a healthy diet can help prevent falls



Screening tools can be used to identify those most at risk