

Worcestershire Health & Wellbeing Board

JSNA Briefing on Older People

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Version: V1

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Summary

- In 2014 Worcestershire had a higher proportion of older people aged 65 or over (122,200, 21.2%) than nationally (17.3%). Within the county there is considerable variation - the highest proportion of older people is in Malvern Hills (26.6%), and the lowest proportions are in Worcester (16%) and Redditch (16.2%).
- The population of people aged 65 and over in Worcestershire is projected to grow by over a third (34%) between 2015 and 2030. This increase will be concentrated in the oldest age groups.
- The population of ethnic minority older people in Worcestershire is relatively small (966 or just under 1% in 2011).
- Life expectancy in the county is higher than regionally or nationally. By 2019-21, male life expectancy in Worcestershire is projected to rise to 81.8 years (from its 2011-13 level of 79.8) and female life expectancy to rise by 1.5 years to 85 years.
- Smoking prevalence, while below national levels, is a major cause of premature deaths in the county. Redditch has a significantly high smoking prevalence compared to national levels.
- Older men, aged 55 and over, in Worcester are significantly more likely to be admitted to hospital for alcohol related conditions than the county as a whole. Women have an alcohol admissions rate less than half that for men, and for females there is little variation by district.
- The number of people aged over 65 with a Long Term Limiting Illness in Worcestershire is projected to rise over the next 15 years by 41%.
- The number of people aged over 65 with dementia is projected to increase by two thirds between 2015 and 2030.
- It is estimated that there are at least 6,000 people aged 65 or over living with cancer in the county.
- There are an estimated 5,000 falls in the 65+ population in Worcestershire every year.
- In general the highest rates of income deprivation in older people are in the less affluent parts of the county's urban centres, although there are a few pockets in rural areas.
- The number of older people living alone in Worcestershire is expected to rise by 20% between 2015 and 2030 from 35,450 to 42,550.
- In 2011, one in seven (15%, 15,800) Worcestershire residents aged over 65 were caring for a partner, family member or other person.

Key Indicators

Indicator (from Public Health Outcomes Framework)	England	Worcs	Worcs sig*	Worcs Trend
2.24i - Injuries due to falls in people aged 65 and over 2013/14 (Standardised rate per 100,000)	2,064	1,792	Lower (better)	No change
3.03xiv - Population vaccination coverage % – Flu 2014/15 (aged 65+)	72.7	74.2	Higher (better)	No change
4.14i - Hip fractures in people aged 65 and over 2013/14 (Standardised rate per 100,000)	580	578	Not significant	No change

*The significance of the values compared to England is calculated with reference to the 95% confidence intervals. Where a variable is significantly different to England this is not likely to be due to chance.

- In 2014 Worcestershire had a higher proportion of older people aged 65 or over (122,200, 21.2%) than nationally (17.6%).
- Within the county there is considerable variation-the highest proportion of older people is in Malvern Hills (26.6%), and the lowest proportions are in Worcester (16%) and Redditch (16.2%). The difference by gender is consistent with that nationally (Table 1).

Table 1: Percentage of population aged 65+ by Council District

	Bromsgrove	Malvern Hills	Redditch	Worcester	Wychavon	Wyre Forest
Males	20%	25%	15%	15%	22%	22%
Females	24%	28%	17%	17%	25%	25%

Source: Office for National Statistics, Sept 2013

- According to ONS 2012 based population estimates, the population of people aged 65 and over in Worcestershire is projected to increase by 34% from 125,600 in 2015 to 168,700 in 2030. This increase will have a significant effect on the demand for health and social care services.
- This increase is expected to be concentrated in the oldest age groups. For example the number of men aged 90 and over is forecast to nearly treble from 1,800 to 5,200 and for women in the same age group the population will rise by 85% from 4,600 to 8,500 (Figure 1).

Figure 1: Population Projections

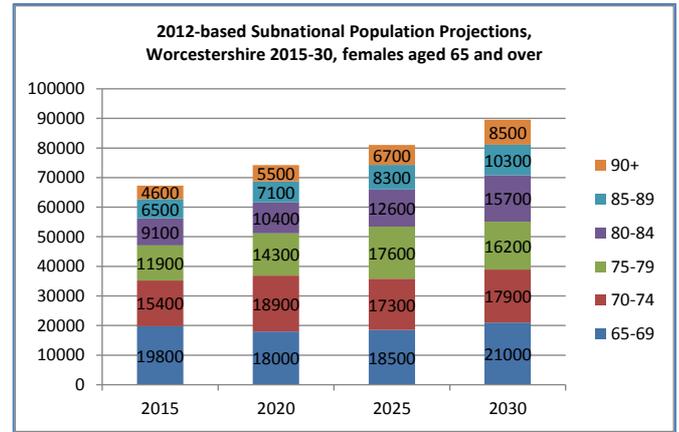
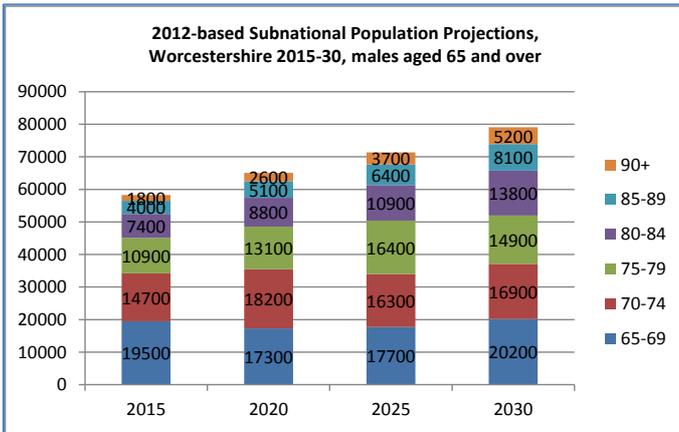
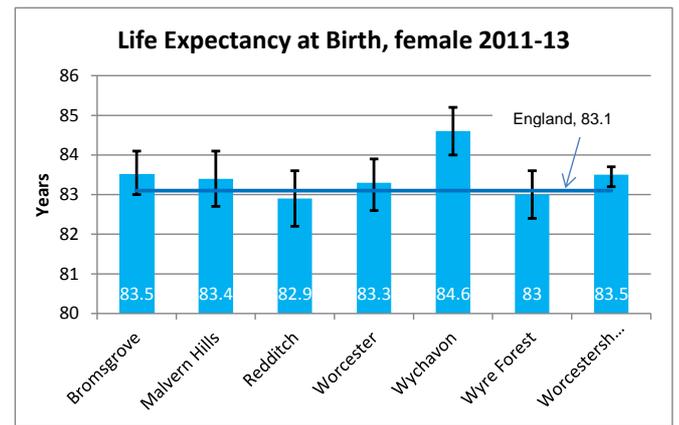
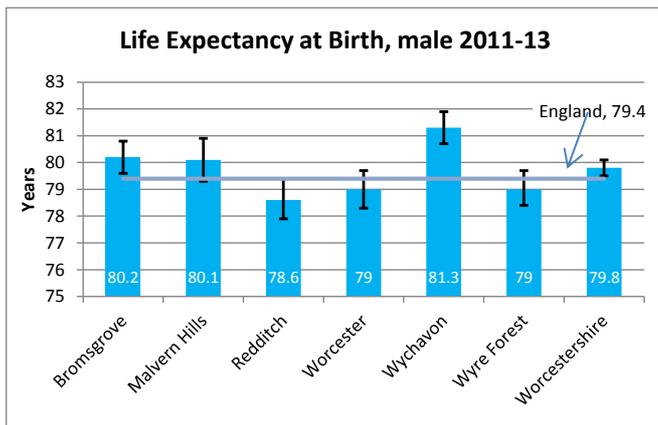


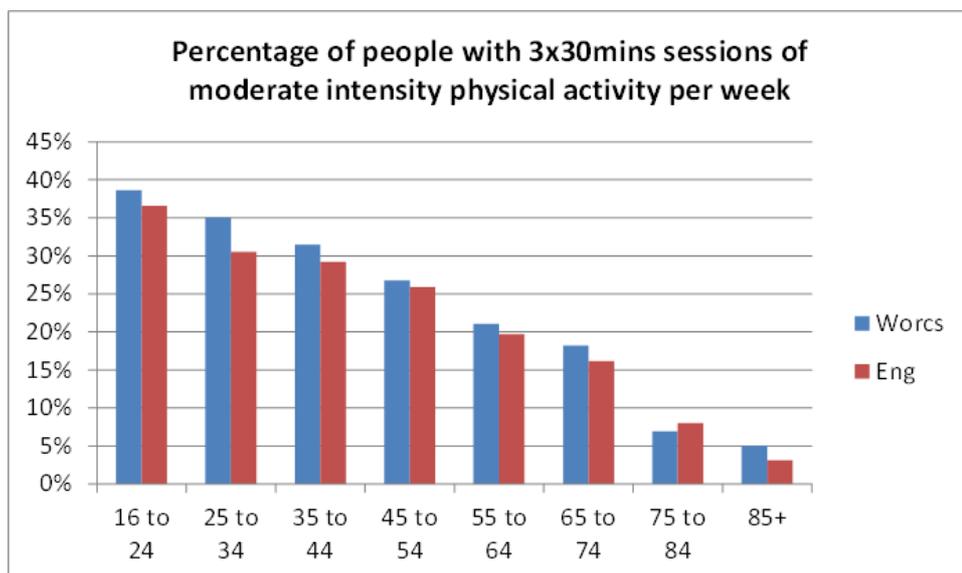
Figure 2: Life Expectancy



Source: www.hscic.gov.uk/indicatorportal. Bars show approximate 95% confidence limits

- Life expectancy in the county is higher than regionally or nationally (Figure 2). By 2019-21, male life expectancy in Worcestershire is projected to rise by 2 years to 81.8 years and female life expectancy to rise by 1.5 years to 85 years.
- Life expectancy for men is significantly lower in Redditch than in England, while Wychavon and Bromsgrove have significantly higher male life expectancies.
- Wychavon is the only area where female life expectancy significantly differs from England (higher). In other districts life expectancy for females is close to the national level.

Figure 3: Physical Activity by Age Group



Source: Active People Survey, Sport England Oct 2011-Oct 2013

- Participation in physical activity in Worcestershire is slightly better than national levels. For 75-84 year olds it is lower in Worcestershire but as this is based on a small sample the difference is not statistically significant (Figure 3).
- Of greater interest is the rapid decline in physical activity with increasing age both locally and nationally. Though this may be mainly due to deteriorating health, improvements to this situation may be possible.

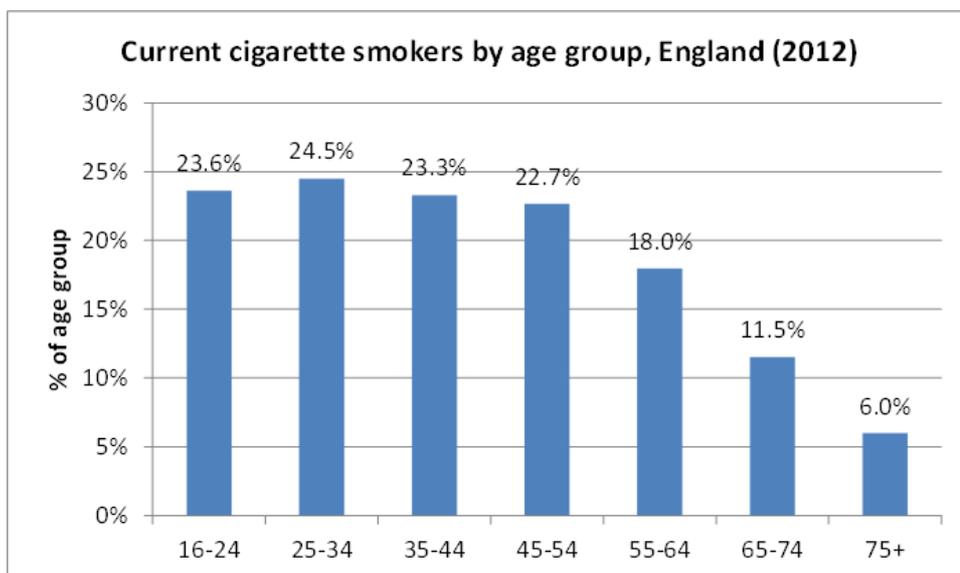
Table 2: Smoking prevalence among adults, by Local Authority District (2012)

	Proportion of current smokers (18+)	Confidence Interval (95%)	Confidence Interval (95%)	Significance compared to Worcestershire	Significance compared to England
Bromsgrove	13.5	8.9	18.2	Not sig	Lower
Malvern Hills	13.9	8.7	19.0	Not sig	Lower
Redditch	24.9	19.3	30.5	Higher	Not sig
Worcester	21.4	15.4	27.4	Not sig	Not sig
Wychavon	16.7	12.5	20.9	Not sig	Not sig
Wyre Forest	16.7	12.2	21.1	Not sig	Not sig
Worcestershire	17.7	15.7	19.7		Not sig
England	19.5	19.4	19.7		

Source: Public Health Outcomes Framework data extract Sept 2014

- Smoking is a major cause of premature deaths in the county (850 deaths per annum in over 35s, source: Public Health England). Redditch has a significantly high smoking prevalence compared to Worcestershire (Table 2).

Figure 4: Smoking Prevalence by Age Group, England



Source: Health Survey for England

- There are no official figures for the prevalence of smoking amongst older people in Worcestershire. In England there is a steep decline in prevalence with age and there is no reason to think that Worcestershire is any different. The lower prevalence is a result of smokers dying prematurely as well as people giving up tobacco (Figure 4).

Table 3: Hospital Admissions for Alcohol related Harm amongst those age 55+ (2012/13 – 2014/15 pooled)

Hospital Admissions for Alcohol specific conditions Pooled rate per 10,000 population 2012/13 - 2014/15

Gender/age group	Local Authority area						Worcestershire
	Bromsgrove	Malvern Hills	Redditch	Worcester	Wychavon	Wyre Forest	
All males 55+	55.1	80.6	83.2	105.5	81.1	77.8	79.6
Males 55-64	69.8	131.6	94.6	135.1	93.9	104.3	103.1
Males 65-74	52.3	68.5	88.8	102.2	100.8	75.7	81.5
Males 75-84	39.5	31.2	39.1	63.0	39.1	47.3	42.4
Males 85+	24.5	S	67.3	31.0	S	11.2	23.5
All females 55+	26.8	35.4	30.8	31.3	28.1	34.9	31.1
Females 55-64	34.5	69.2	40.8	37.5	41.1	51.9	45.5
Females 65-74	36.1	17.2	19.9	43.1	20.1	34.5	28.2
Females 75-84	11.8	18.6	31.9	17.3	22.3	18.0	19.3
Females 85+	S	16.3	S	S	19.8	S	11.1

Red = significantly higher than Worcestershire

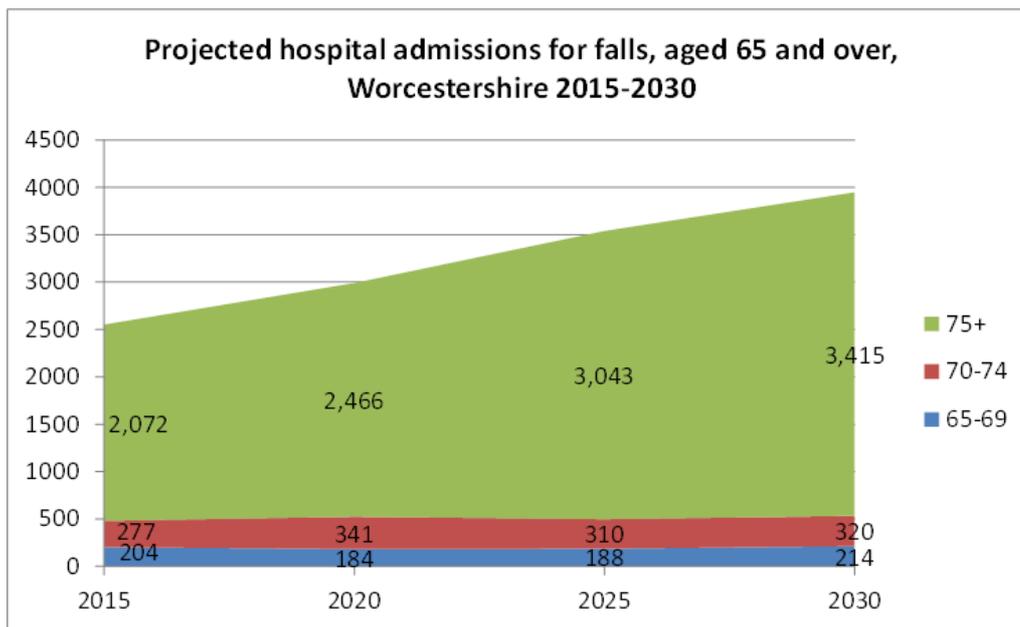
Green = significantly lower than Worcestershire

NB: S denotes suppressed due to small underlying numbers (<6 admissions)

Source: Public Health Information Team Estimates using SUS and ONS data, December 2015

- Older men aged 55 and over in Worcester are significantly more likely to be admitted to hospital for alcohol related conditions than the county as a whole. In Bromsgrove the male rate is significantly lower than Worcestershire (Table 3).
- Women have an alcohol admissions rate less than half that for men (31.1 per 10,000 and 79.6 per 10,000 respectively). None of the districts have a significantly different rate to the county as a whole.
- For males and females aged 55-64 Malvern Hills has a significantly high rate of alcohol admissions. This may merit further investigation.

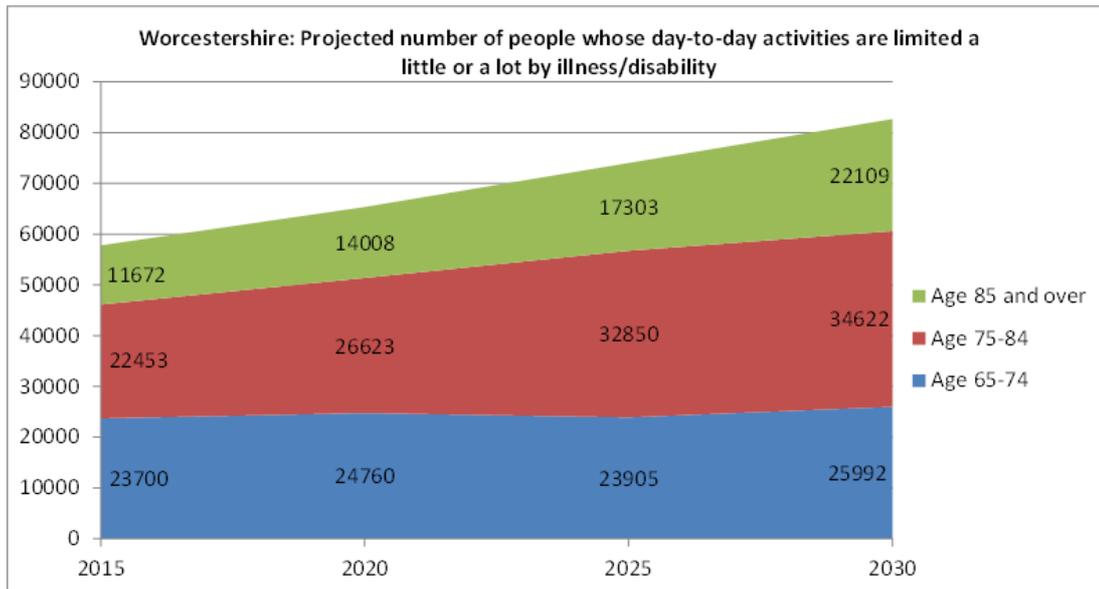
Figure 5: Projected hospital admissions for falls aged 65+, Worcestershire 2015-2030



Source: POPPI, 2014

- There are an estimated 5,000 falls in the 65+ population in Worcestershire every year, around half of which result in an admission to hospital. Future projections indicate that admissions numbers will rise by over 50% in the next 15 years (from around 2,500 to 4,000 per annum) as a result of population change. However it is anticipated that preventative measures can mitigate this increase (Figure 5).

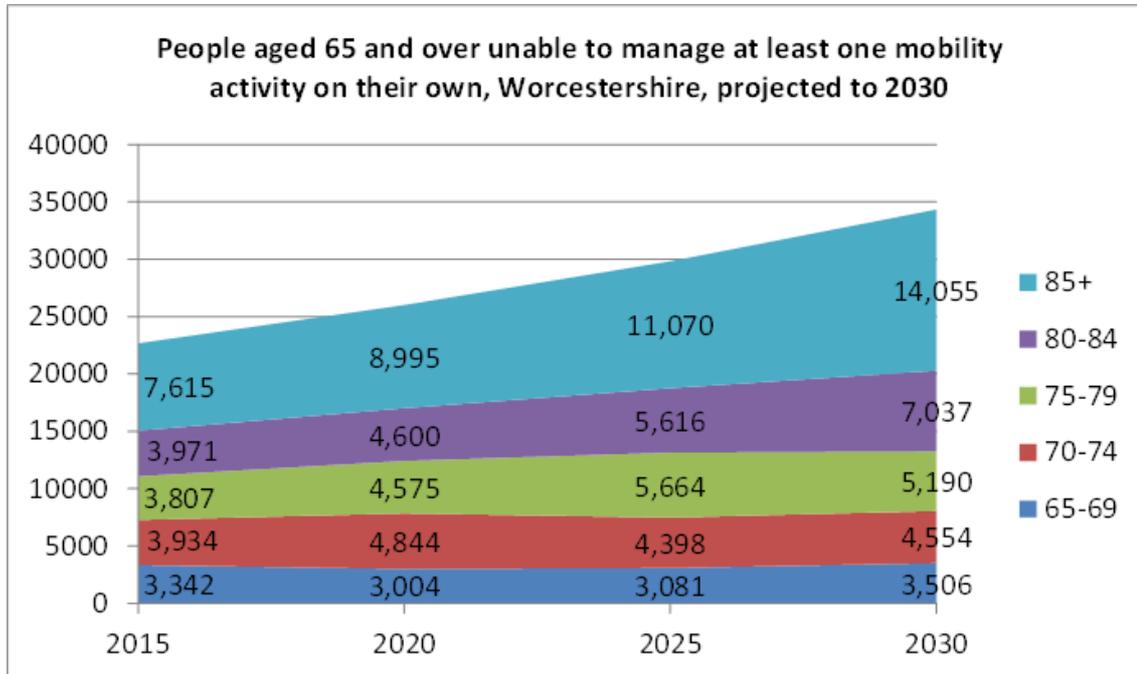
Figure 6: Projected number of people with a long term limiting illness



Source: POPPI, 2014

- The number of people aged over 65 with a Long Term Limiting Illness in Worcestershire is expected to rise over the next 15 years (2015-2030) by 41%, from 58,000 to 82,000, according to projections. The biggest increase is expected in the over 85 population where numbers are forecast to nearly double in the next 15 years (Figure 6).

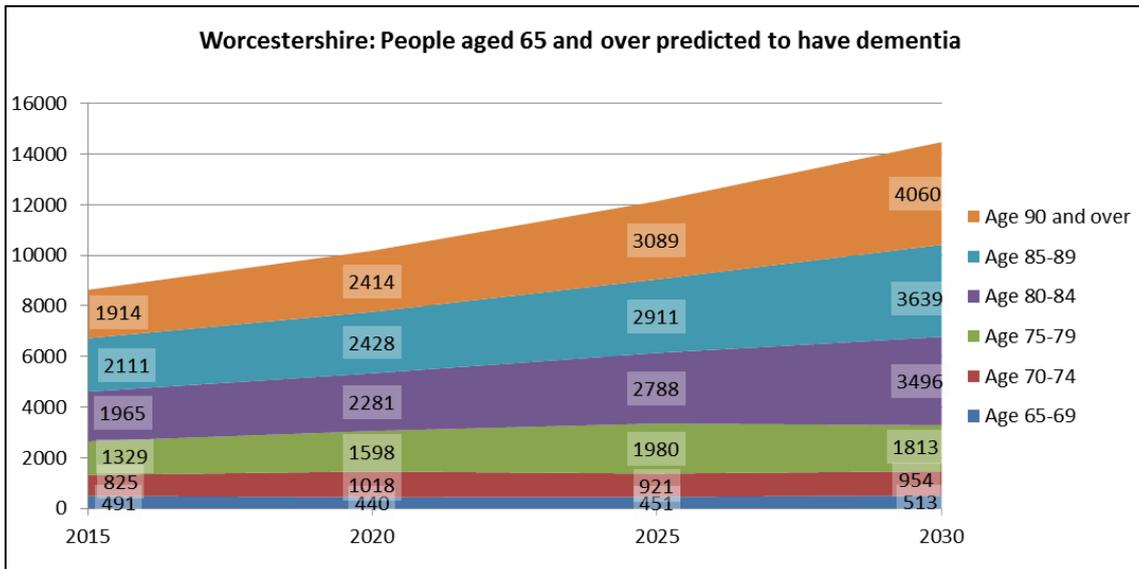
Figure 7: Projected number of people with mobility problems



Source: POPPI, 2014

- Projections show that the number of older people with mobility problems in Worcestershire will increase by over 50% by 2030 from 22,000 to 34,000, with the numbers concentrated in the oldest age groups. (Figure 7).

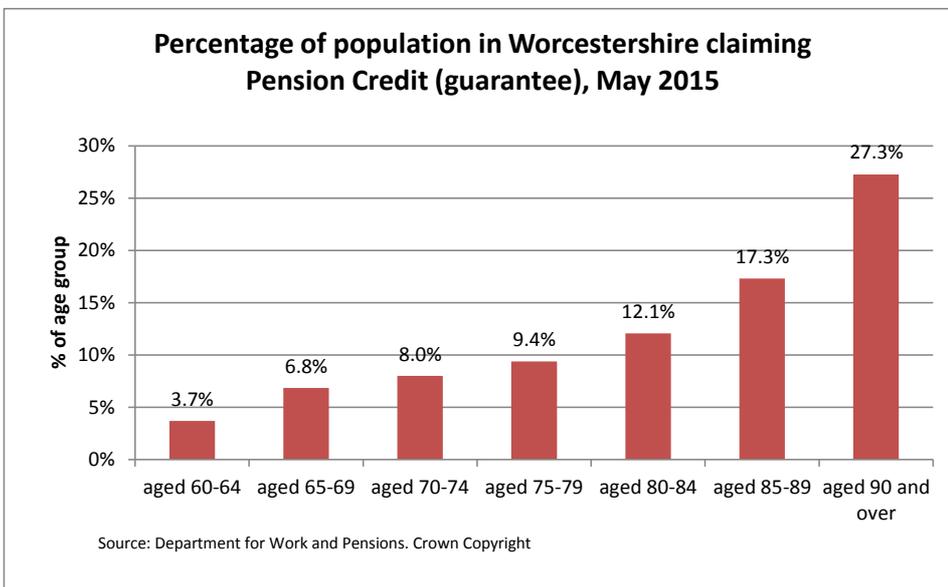
Figure 8: Projected number of people with dementia



Source: POPPI, 2014

- Projections show that the number of older people with dementia in Worcestershire will increase by 67% (two thirds) from 8,600 in 2015 to 14,500 in 2030, with the numbers concentrated in the oldest age groups. (Figure 8).

Figure 9: Pension Credit Claimants by age group

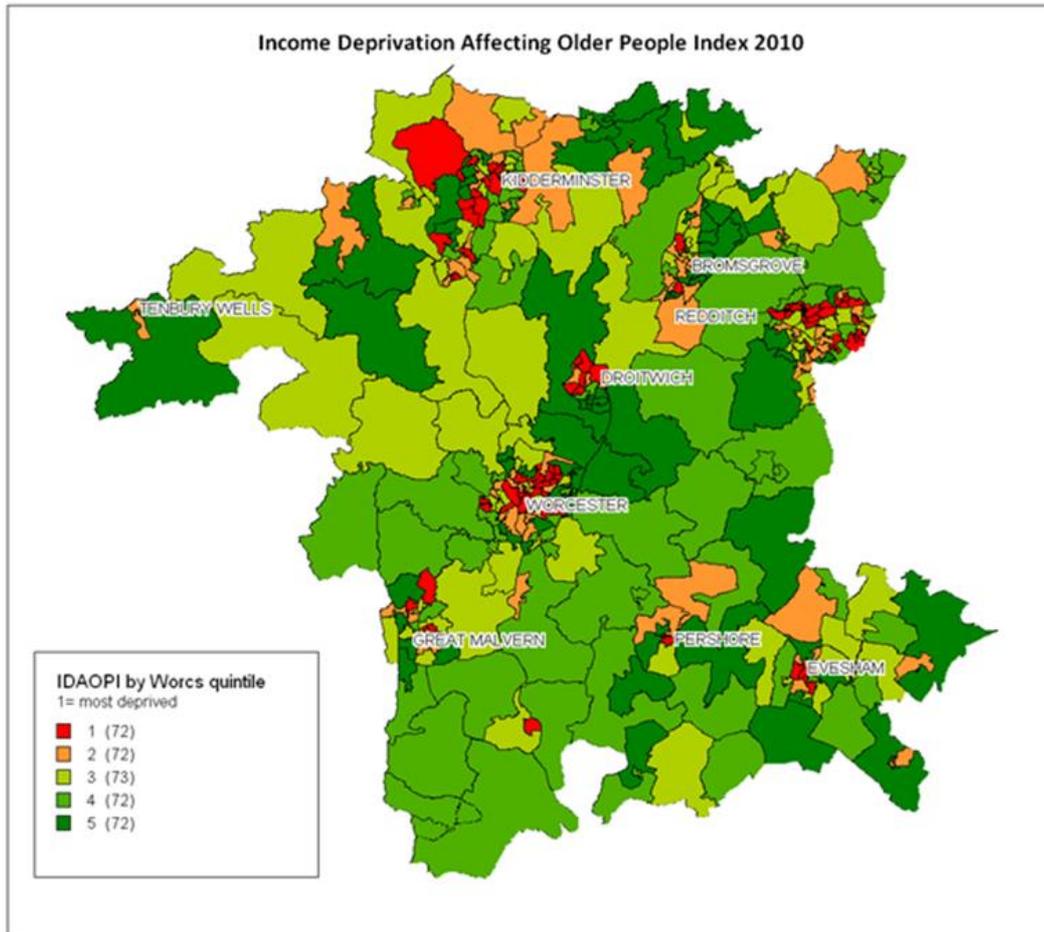


Pension Credit (Guarantee) is a means tested benefit paid to pensioners on low incomes. It currently tops up weekly income if it is below £151.20 for single people or £230.85 (for couples).

- The proportion of claimants in Worcestershire of pension credit (guarantee) rises steeply by age, from 3.7% of 60-64 year olds, to 27.3% of those aged over 90 (this pattern is also evident nationally). It is notable that the worsening economic situation experienced as people get older coincides with a period of increasing health needs (Figure 9).

- The map (Figure 10) shows the distribution of income deprivation amongst those above retirement age, as measured by the proportion of people claiming Pension Credit (guarantee). In general the highest rates of income deprivation are in the less affluent parts of the county's urban centres, although there are a few pockets of deprivation elsewhere.

Figure 10: Income Deprivation Affecting Older People Index, 2010



Source: Indices of multiple deprivation, 2010

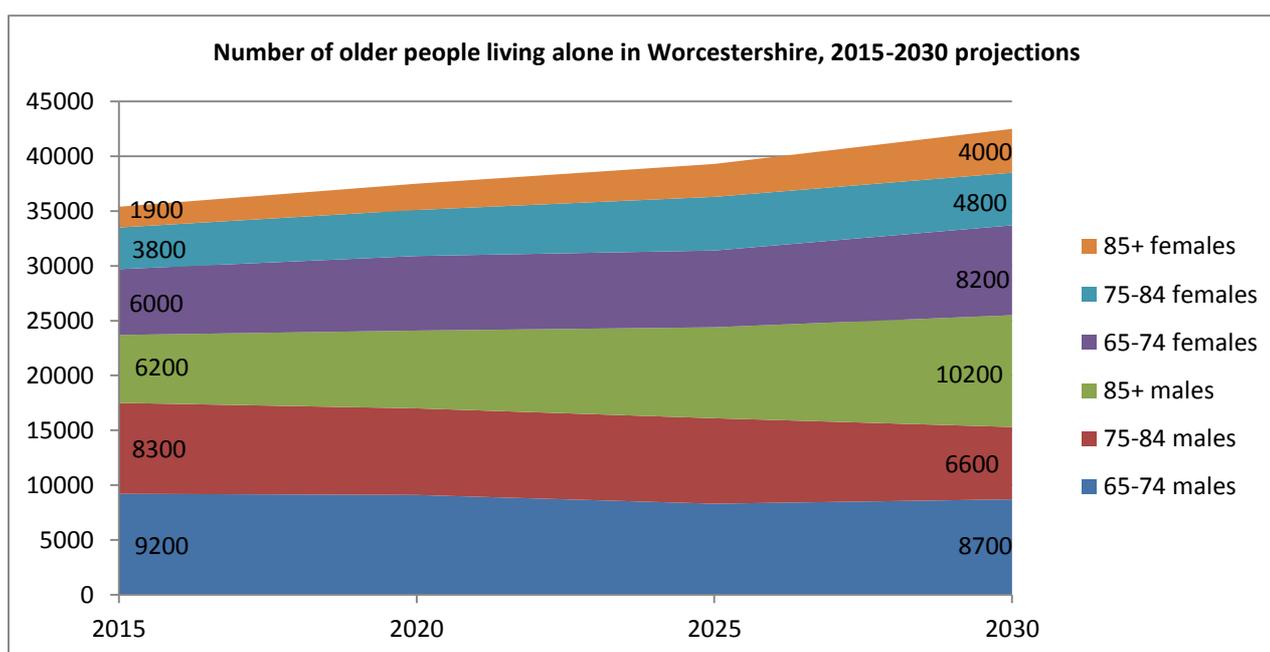
- Viewpoint is an annual survey of residents in Worcestershire conducted by Worcestershire County Council. According to the Viewpoint Survey 2015, a greater proportion of older people in both the 55-64 and 65+ age groups than the general population tend to feel that they belong to the area and are satisfied with the local area (Table 4 overleaf). The difference between these age groups and the general population is statistically significant for both questions.

Table 4: Social capital measures in Worcestershire by age group

Age Group	% stating that they belong (very/fairly strongly) to their local area	% who are very/fairly satisfied with their local area as a place to live
18-24	33%	57%
25-34	70%	81%
35-54	70%	79%
55-64	76%	86%
65+	79%	88%
All age 18 and over (n=2740)	72%	82%

Source: Viewpoint 2015, Worcestershire County Council

Figure 11: number of older people living alone in Worcestershire



Source: Department for Communities and Local Government Household Projections model (2012-based)

- The number of older people living alone in Worcestershire is expected to rise by 20% between 2015 and 2030 from 35,450 to 42,550. The number of over 85s living alone will see the biggest increase (about 60% for males and 110% for females). The number of men aged under 85 living alone is expected to decrease from 17,500 to 15,300 (Figure 11).

Table 5: Possible risk factors for loneliness and isolation

Risk factor	Data	Comment
Geographical isolation	Index of deprivation 2010, Geographical Barriers Sub-domain Score	Seems intuitive
Long term illness	Day-to-day activities limited a little or a lot by a long term illness or disability (Census 2011)	For example, this could affect mobility or confidence.
Communal establishment	% aged 65+ living in communal establishments (Census 2011)	Most people in communal establishments are not living with family
Single Person Households	One Person Household; Aged 65 and Over (Census 2011)	Seems intuitive though some people may be living alone through choice.
Income Deprivation	Index of deprivation 2010 Income Deprivation Affecting Older People supplementary index (people aged 60 and over who are IS/JSA-IB claimants) (Census 2011)	Income deprivation has been picked out in several studies as a key factor.
Unpaid care	% of people aged 65+ who provide 20 or more hours of unpaid care per week (Census 2011)	People with caring responsibilities may be less free to engage socially with others or be less able to communicate with relatives that are being cared for.
OP Percentage	% of population aged 65 and over (Census 2011)	Not a risk factor as such but enables prioritisation of areas with high numbers of older people.

There are a number of factors causing loneliness and isolation in older people (Table 5). An analysis of these factors by the Public Health Intelligence team has helped to identify some areas which may be particularly prone to loneliness and isolation issues in older people (Table 6)

Table 6: Areas of Worcestershire where older people may be at most risk of isolation and loneliness

Middle Super Output Area Name	Potential risk factors identified (see table 5 for definitions)
Enfield & Smallwood	Income deprivation Unpaid care Long term illness Single person households
Droitwich East	Single person households OP percentage
Gorse Hill North	Income deprivation Unpaid care Long term illness Single person households
Bromsgrove East Central (St Johns & Whitford)	Long Term Illness Communal establishment Single person households
Batchley	Income deprivation Long term illness Communal establishment
Bromsgrove North West (Sidemoor & Norton)	Unpaid care Communal establishment
Droitwich West	Income deprivation Unpaid care Long term illness Single person households
Headless Cross & Oakenshaw	Unpaid care Single person households
Droitwich Central	Communal establishment
Moons Moat	Income Deprivation Unpaid care Long term illness Single person households

Associated documents and information

Ageing Well Needs Assessment http://www.worcestershire.gov.uk/downloads/file/2903/2013_ageing_well_needs_assessment

NICE guidance on older people <https://www.nice.org.uk/guidance/population-groups/older-people>

NICE Guidelines: Falls in older people: assessing risk and prevention <https://www.nice.org.uk/guidance/cg161>

NICE Guidelines: Older people: independence and mental wellbeing <https://www.nice.org.uk/guidance/ng32>

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