Update on the life expectancy and premature mortality
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Contents

1. The picture in Blackpool

2. What’s driving the local picture?

3. Some current activities
The picture in Blackpool
Life expectancy variation illustrated by bus routes
Male Life Expectancy at Birth - Difference Between the 10% Most and 10% Least Deprived Communities in Blackpool
Excess male mortality
# Main causes of reduced life expectancy

## Months of life lost

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<thead>
<tr>
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<th>Men</th>
<th>Women</th>
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<tr>
<td>Violence, self-harm, overdose &amp; poisoning</td>
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<td>Digestive diseases</td>
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<td>12.02</td>
<td>Cancers</td>
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<td>Violence, self-harm, overdose and poisoning</td>
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<td>Infant mortality</td>
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Life Expectancy (LE) and Healthy Life Expectancy (HLE) at birth (2010-2012)
Life expectancy and disability-free life expectancy within Blackpool

Figure 1a: Life expectancy by electoral ward

Figure 1b: Disability-free life expectancy by electoral ward

LE and DFLE
Blackpool Wards - 2006-2010

- 80.4 to 100
- 76.8 to 80.4
- 73.2 to 76.8
- 69.6 to 73.2
- 66 to 69.6
- 62.4 to 66
- 58.8 to 62.4
- 55.2 to 58.8
- 51.6 to 55.2
- 48 to 51.6
What’s driving local patterns of premature mortality and reduced life expectancy?
Figure 1: In the US, McGinnis et al show how healthcare plays an important though proportionately small role in preventing early deaths. Similar studies have supported these findings in the UK. Improving how we live our lives offers far greater opportunity for improving health.
Timescales for interventions to increase life expectancy

- **A**: For example, intervening to reduce the risk of mortality in people with established disease such as CVD, cancer, diabetes.

- **B**: For example, intervening through lifestyle and behavioural change such as stopping smoking, reducing alcohol-related harm, and weight management to reduce mortality in the medium term.

- **C**: For example, intervening to modify the social determinants of health such as worklessness, poor housing, poverty, and poor education attainment to impact on mortality in the long term.
Shorter-term actions

- Secondary prevention for cardiovascular events
- Additional treatment for hypertension
- Warfarin for atrial fibrillation in the over 65s
- Improving management of diabetes
- Treating cardiovascular disease risk among chronic obstructive pulmonary disease patients
- Reducing smoking in pregnancy
- Reducing harmful alcohol consumption
- Increasing rates of early prevention for lung cancer
- Providing stop smoking interventions
- Reducing excess winter deaths, e.g. through warmer homes initiatives
- Providing flu vaccinations for those with existing health conditions
Medium and long term actions

- Addressing key lifestyle factors:
  - Smoking
  - Alcohol and drug misuse
  - Excess weight
  - Physical inactivity

- Modifying the social determinants of health:
  - Worklessness
  - Poor housing
  - Poverty
  - Poor educational attainment
What works to reduce inequalities?

• **Due North.** Whitehead (2014)
• **Fairer Society, Healthy Lives.** Marmot (2010)
• **Securing our future health.** Wanless (2002)
• **Securing good health for the whole population.** Wanless (2004)
• **Independent Inquiry into Inequalities in Health.** Acheson (1998)
• **Inequalities in Health.** Black Report (1980)
What’s happening at present?
Activities

• Case finding for hypertension, atrial fibrillation and COPD
• Health and Wellbeing Board Strategy and action plans
  – Mental health, Healthy weight, Tobacco, Alcohol
• Blackpool Council strategies and work plans
• A Better Start