



Blackpool Council

Update on the life expectancy and premature mortality

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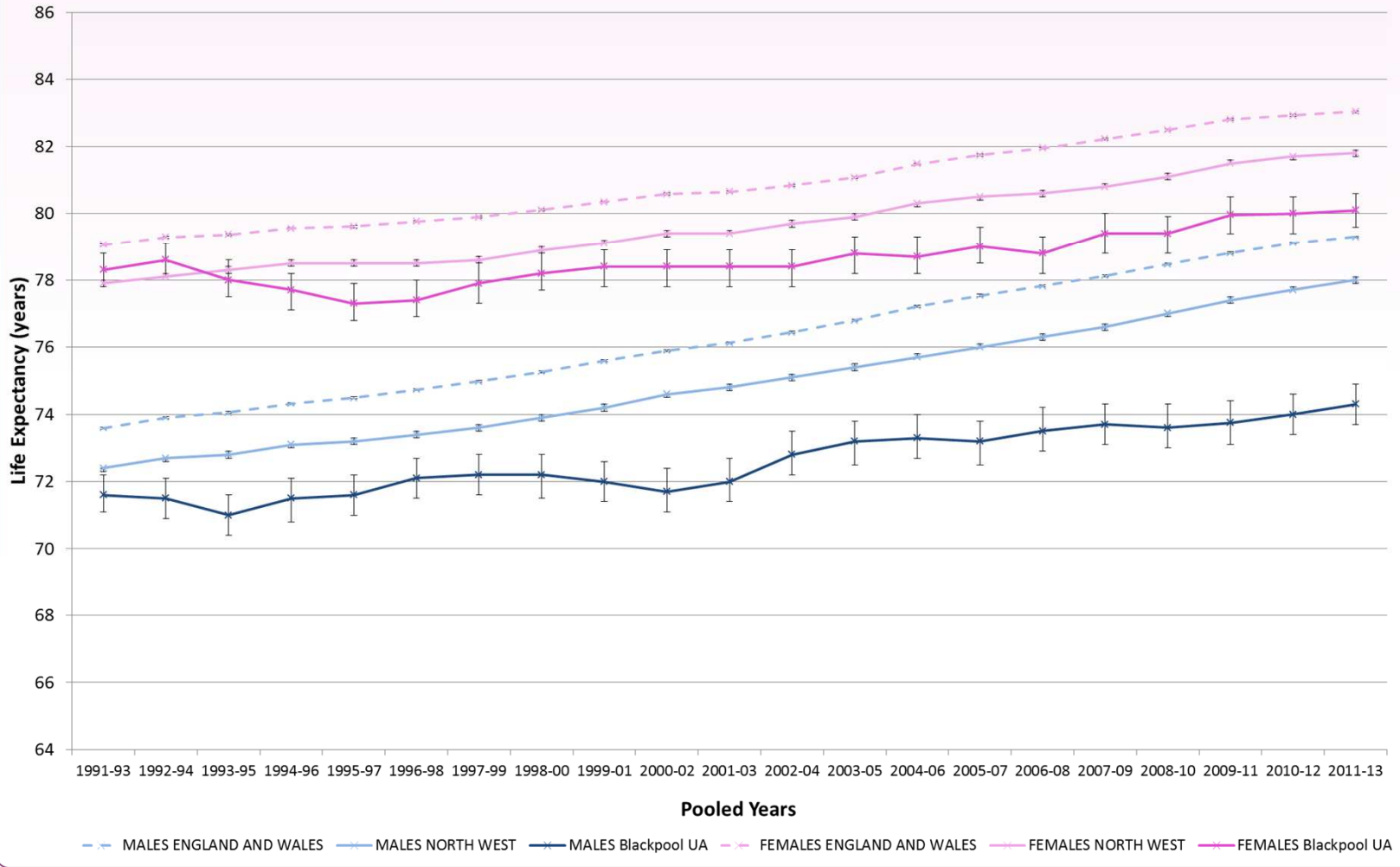
Health Scrutiny Committee, December 2014

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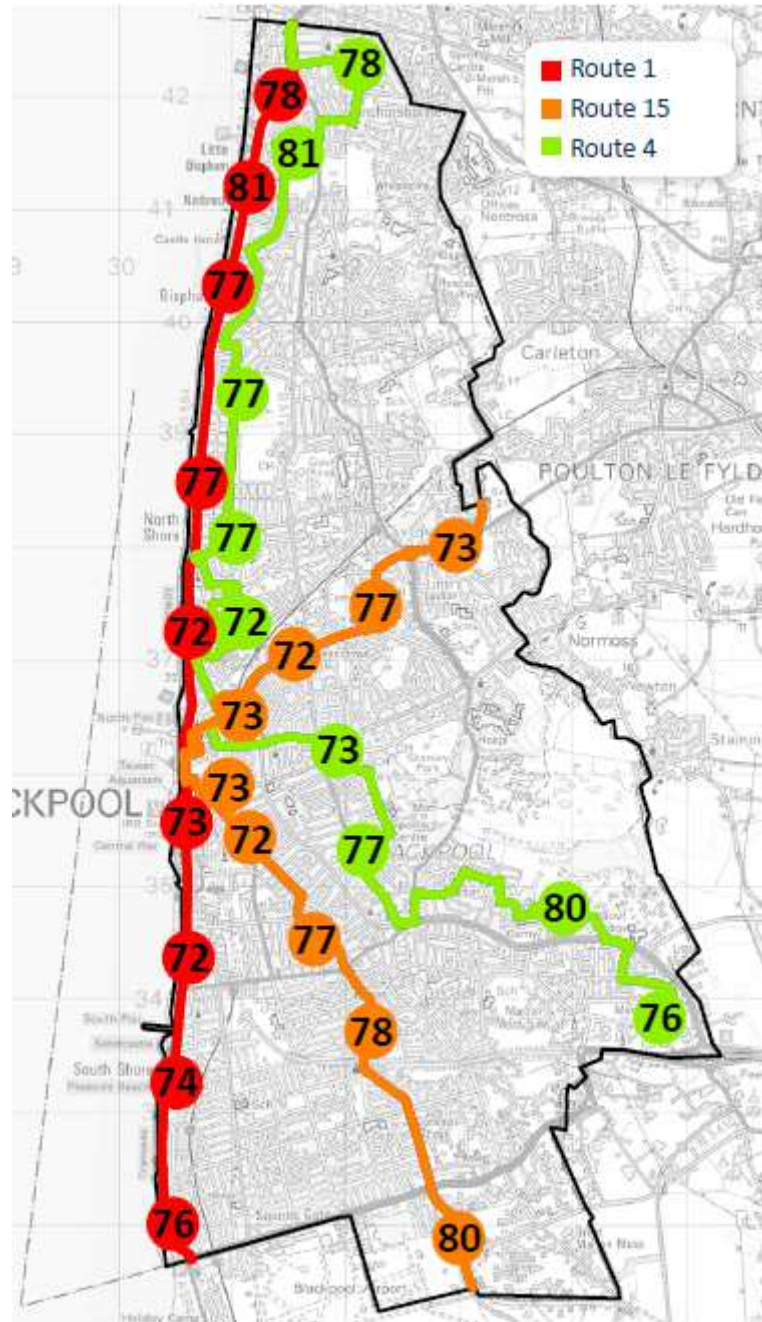
1. The picture in Blackpool
2. What's driving the local picture?
3. Some current activities

The picture in Blackpool

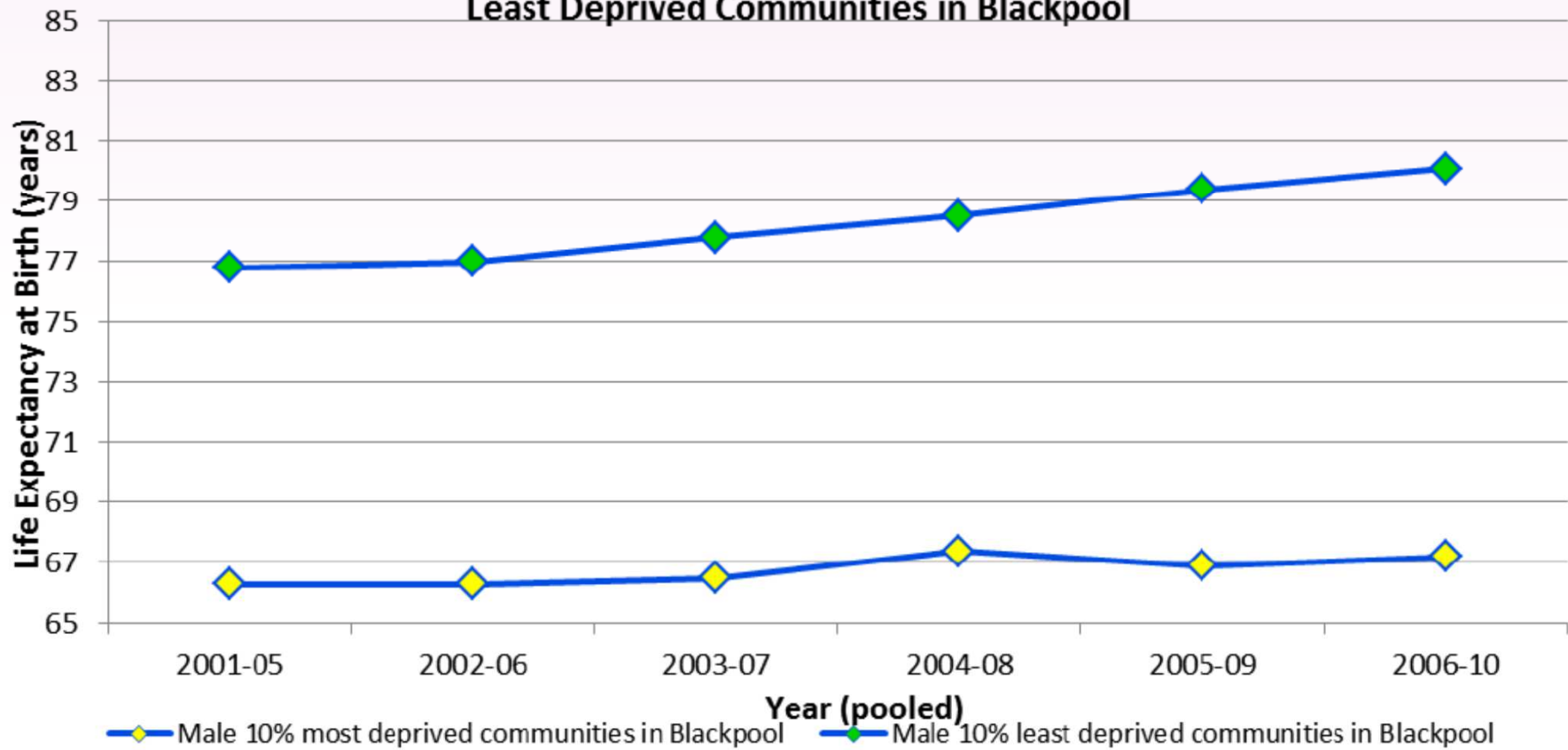
Life Expectancy at Birth (1991-1993 to 2010-2013)



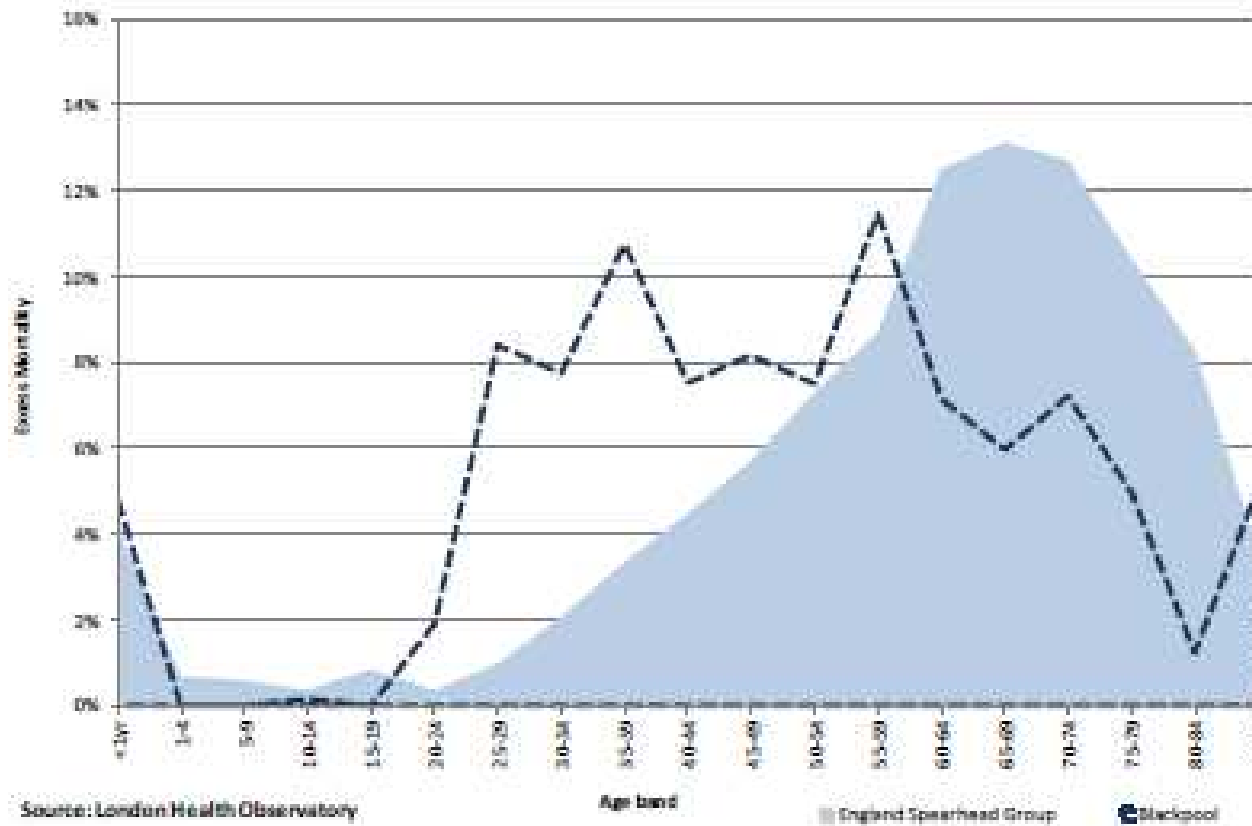
Life expectancy variation illustrated by bus routes



Male Life Expectancy at Birth - Difference Between the 10% Most and 10% Least Deprived Communities in Blackpool



Excess male mortality

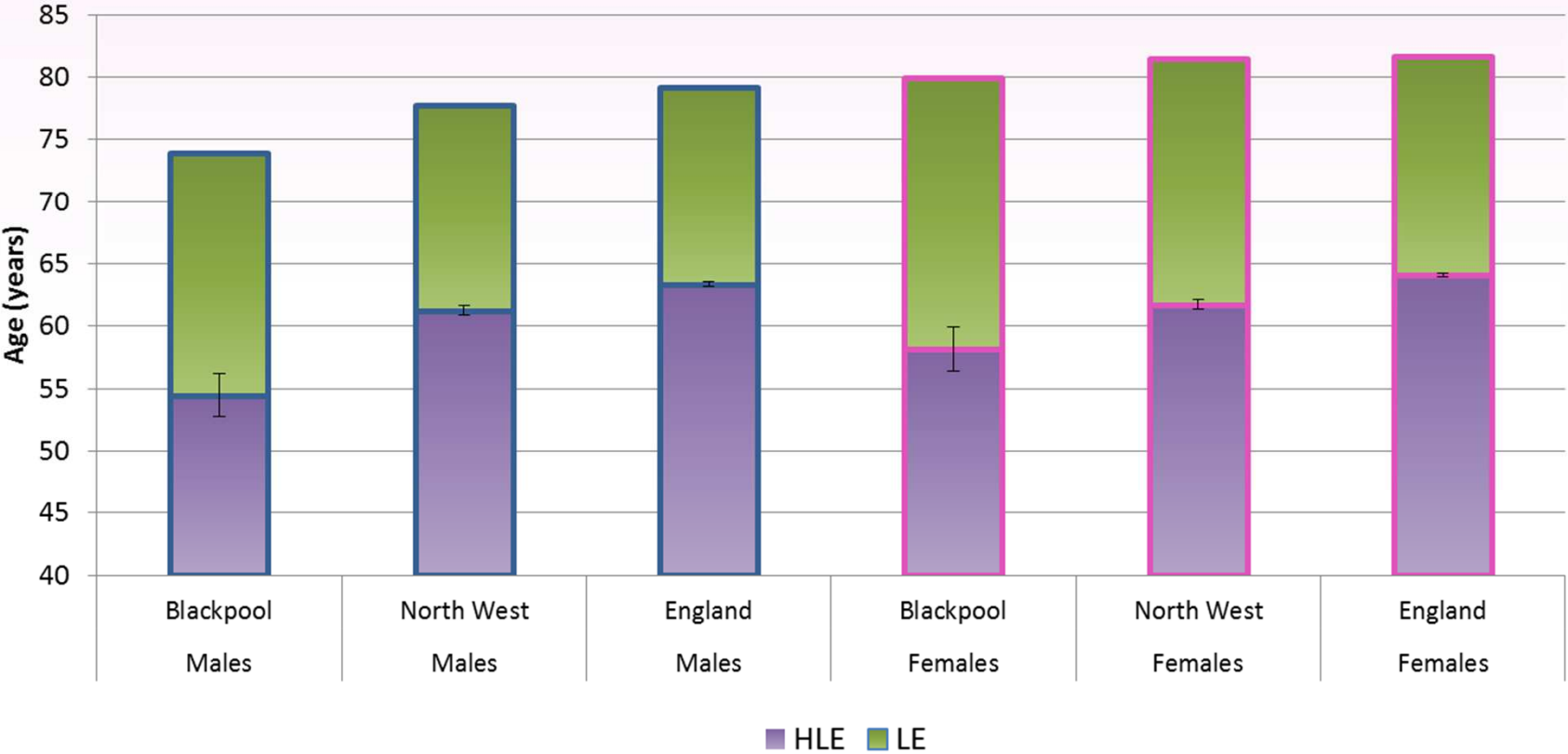


Main causes of reduced life expectancy

Months of life lost

Men		Women	
Violence, self-harm, overdose & poisoning	12.06	Digestive diseases	7.16
Digestive diseases	12.02	Cancers	4.89
Circulatory diseases	11.46	Respiratory diseases	4.57
Respiratory diseases	7.46	Circulatory diseases	2.82
Cancers	6.06	Violence, self-harm, overdose and poisoning	2.5
Infant mortality	1.99	Infant mortality	1.38

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

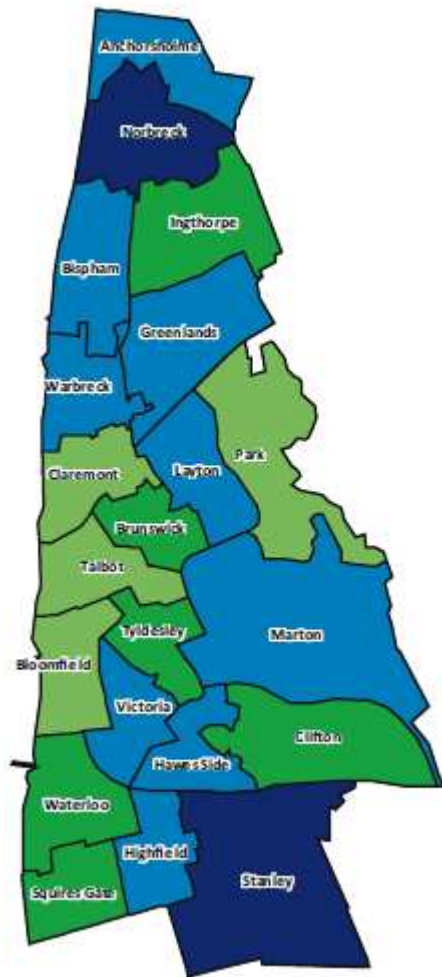
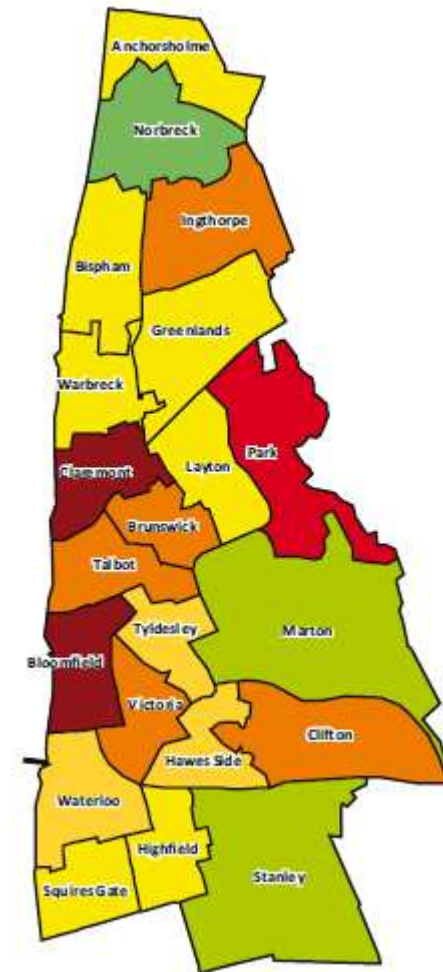


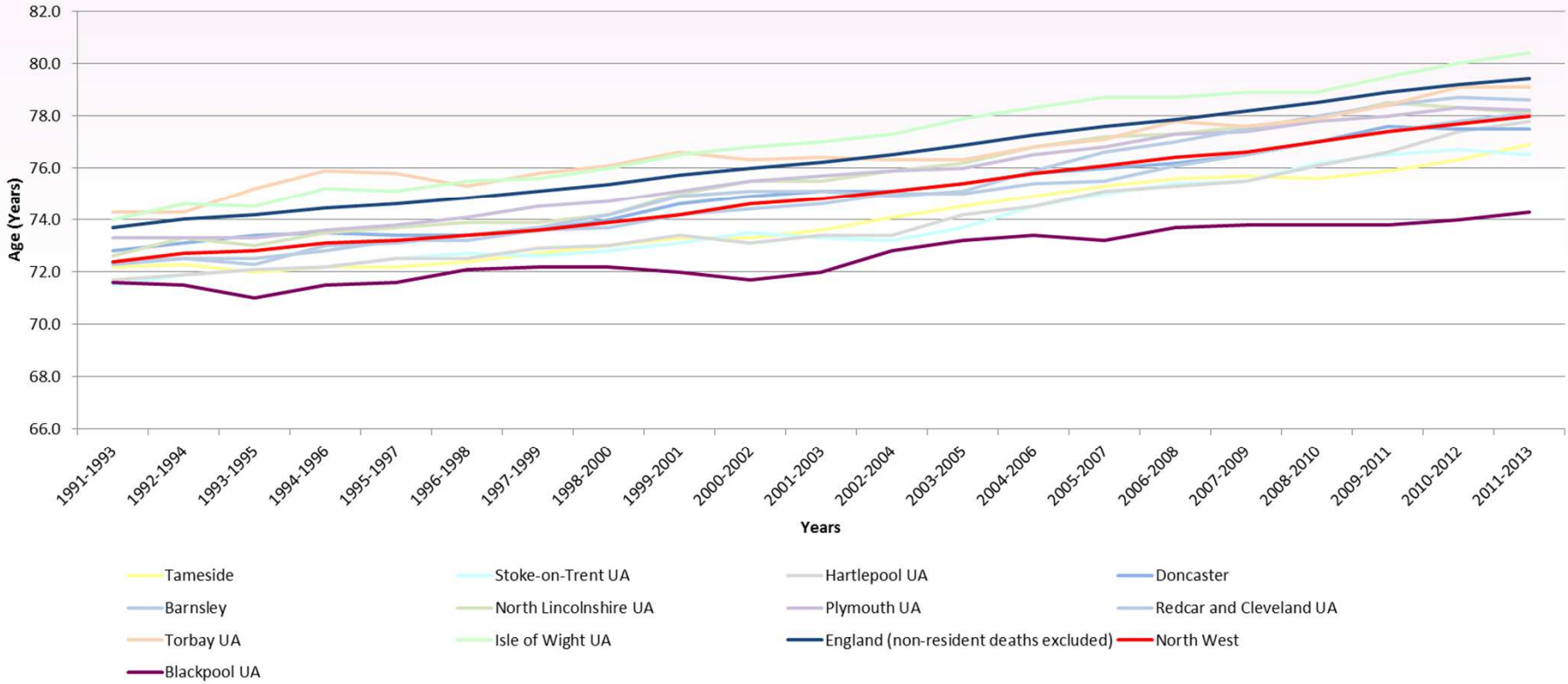
Figure 1b: Disability-free life expectancy by electoral ward

LE and DFLE
Blackpool Wards - 2006-2010

80.4 to 100	62.4 to 66
76.8 to 80.4	58.8 to 62.4
73.2 to 76.8	55.2 to 58.8
69.6 to 73.2	51.6 to 55.2
66 to 69.6	48 to 51.6



Blackpool and ONS Statistical Neighbours - Male Life Expectancy 1991-93 to 2011-13



What's driving local patterns of premature mortality and reduced life expectancy?

Proportional contribution to premature death⁸

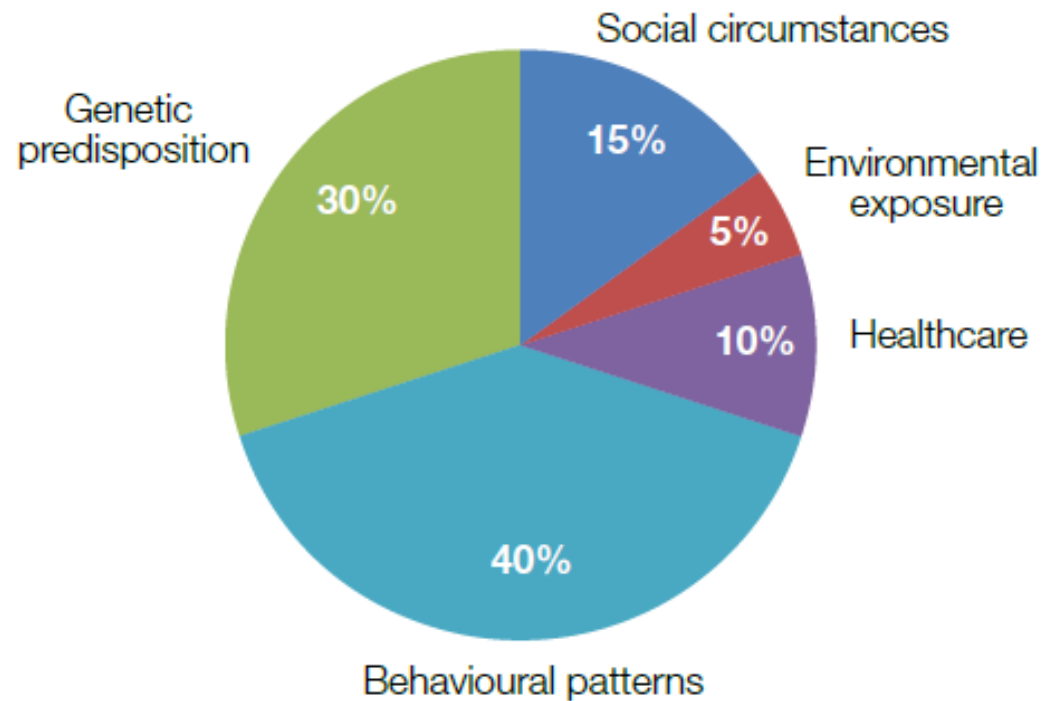
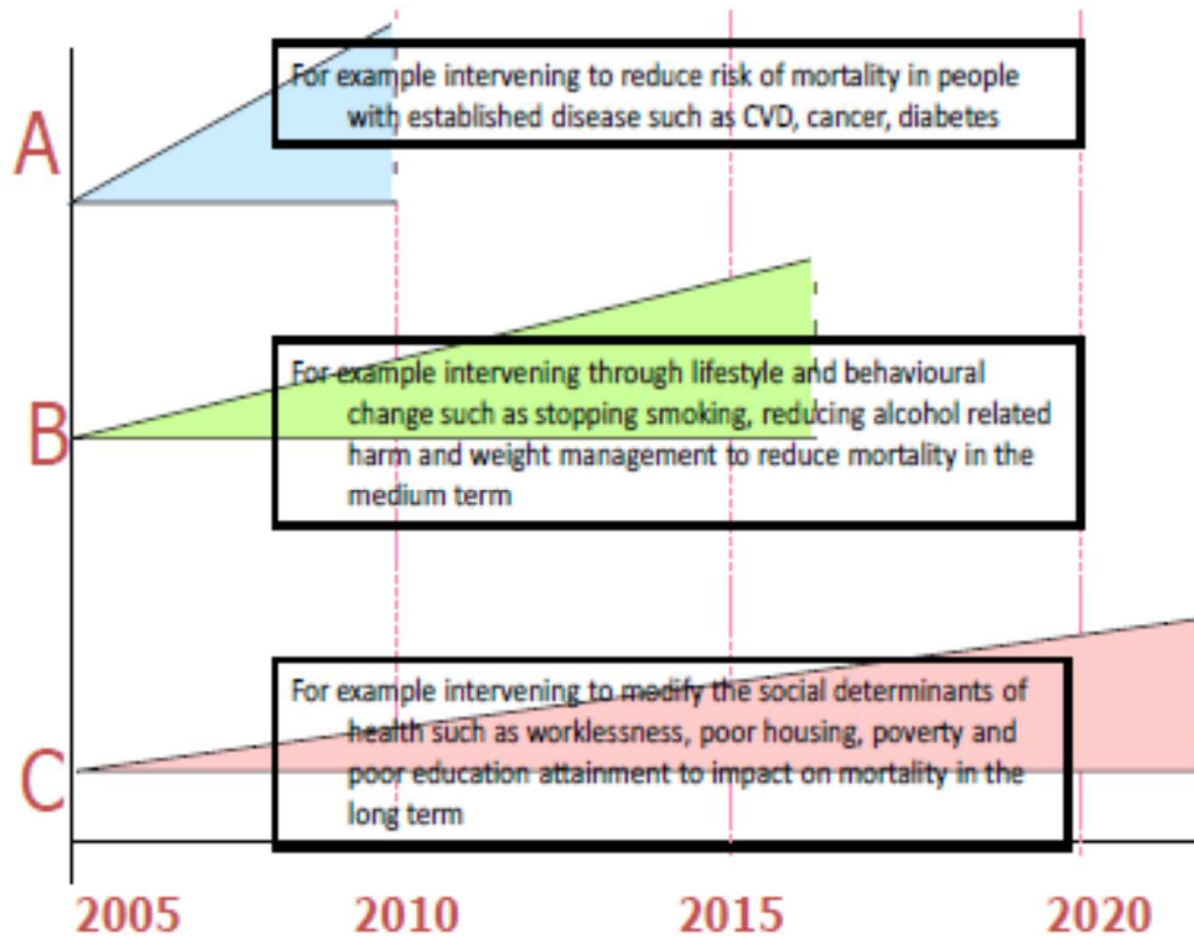


Figure 1 In the US, McGinnis et al show how healthcare plays an important though proportionately small role in preventing early deaths. Similar studies have supported these findings in the UK. Improving how we live our lives offers far greater opportunity for improving health.

Timescales for interventions to increase life expectancy



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
 - E.g. Child Poverty Strategy, Welfare Reform action plan, Homeless Strategy, mental health and worklessness
- A Better Start