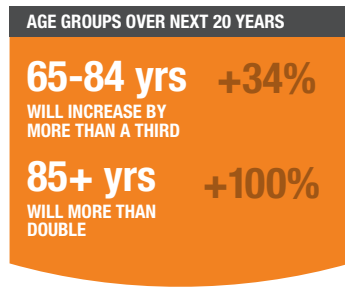
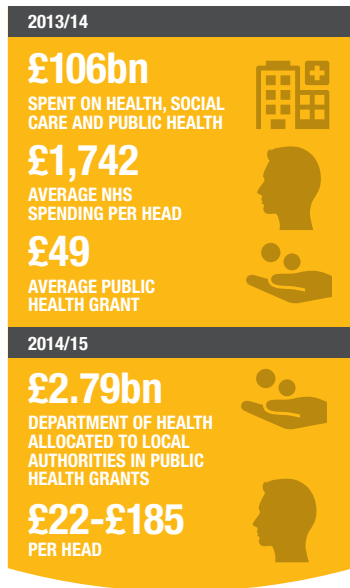


THE IMPORTANCE OF PUBLIC HEALTH

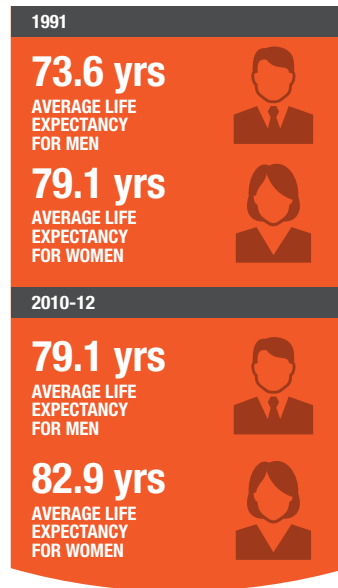
Our health is determined by our genetics, lifestyle, the health care we receive and our wider economic, physical and social environment. Although estimates vary, the wider environment has the largest impact.

FUNDING, SPEND AND CONTEXT



AGING POPULATION

Over the next 20 years the number of people in England aged 65-84 will increase by more than a third, and the number aged 85 and above will more than double.



AVERAGE LIFE EXPECTANCY

The average life expectancy in England has been increasing. In 1991 it was 73.6 years for men and 79.1 for women; this had increased to 79.1 and 82.9 respectively by 2010-12.



LIFE EXPECTANCY

There are wide variations in life expectancy between different populations. Even within a single SW London borough, variations between the 10% most deprived and 10% least deprived people could mean a difference of 6 years for men and 3 years for women.

SPEND NHS AND PUBLIC HEALTH

In 2013/14 the Department of Health spent more than £106bn on health, social care and public health in England. Average NHS spending per head was £1,742 whilst the average public health grant was £49. In 2014-15 the Department of Health allocated £2.79bn to local authorities in public health grants. This ranged from £185 per head to £22 per head.

HEALTH AND BEHAVIOUR



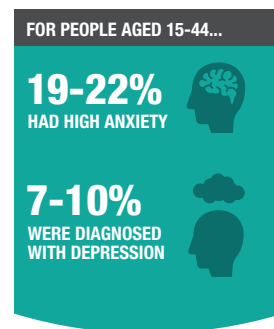
MULTIPLE UNHEALTHY BEHAVIOURS

Multiple unhealthy behaviours have a cumulative effect on health. Someone in mid-life who smokes, drinks too much, exercises too little and eats poorly is four times as likely to die over the next 10 years as someone who does none of those things. Studies in deprived parts of London suggest that those unable to work, are ill or disabled are at particular risk; over two-thirds of this group report reported at least three risk behaviours. We need to do more to help and support this group.



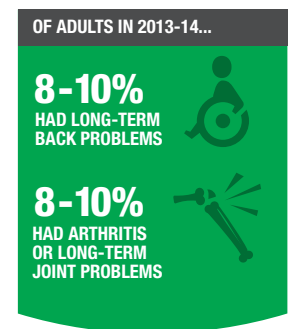
COST OF UNHEALTHY LIFESTYLES

Unhealthy lifestyles cost the NHS across the UK billions of pounds every year - smoking costs £5.2 billion; obesity £4.2 billion; alcohol £3.5 billion and physical inactivity £1.1 billion.



MENTAL HEALTH

Mental illness is by far the most common illness for people aged 15-44 and the incidence rises further with age. Latest data suggests that in 4 SW London boroughs between 19 - 22% of adults had high anxiety and between 7 - 10% were diagnosed with depression.



MUSCULO-SKELETAL PROBLEMS

As of 2010, musculoskeletal problems, such as back pain and arthritis, are the most common conditions to limit people's daily activities and the largest single cause of years lived with disability. In 2013-14 across four SW London boroughs, 8 -10% of adults had long-term back problems and between 8 - 10% had arthritis or long-term joint problems.

HEALTH AND BEHAVIOUR

It is estimated that thousands of adults in four SW London boroughs could improve their lifestyle which would help them to live longer and healthier. The latest data suggests that across these boroughs between 11 - 17% smoke, between 48% and 62% are overweight or obese, 7 - 8% are drinking alcohol at high risk to their health and a further 18 - 21% at increasing risk. Finally, 16 - 28% of adults are physically inactive.

Public health works...



South West London
Academic, Health and Social Care
System

FOR EVERY £1 SPENT ...

