## 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.



# 6 yrs VARIATION FOR MEN 3 yrs VARIATION FOR WOMEN

**BETWEEN 10% LEAST/MOST DEPRIVED** 

### 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.

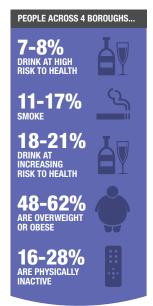
### SPEND NHS AND PUBLIC HEALTH

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.

### 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.

### **HEALTH AND BEHAVIOUR**



### 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 healther. 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.



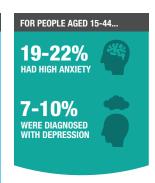
### **MULTIPLE UNHEALTHY BEHAVIOURS**

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.



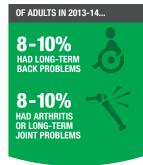
### **COST OF UNHEALTHY LIFESTYLES**

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.

# Public health works...



# FOR EVERY £1 SPENT ...

harmful drinkers in primary care are likely to payback £3 in year one, rising to over £11 in the next seven years. 20% of this return will be in reduced NHS costs, with the remainder being reductions in the cost of crime and productivity losses.

. on 20mph zones in high road traffic areas has the potential to return over £2 in value; over a third of this return is likely to accrue in the first year. Around half of the return is in the prevention of death and trauma, followed by reduction in damage to property and lost productivity and medical and police costs.

... on preventing teenage pregnancy saves £11 in health care costs. Estimated 450k unintended pregnancies in UK each year across all ages with suggested association with around £90bn of costs over 7 years that otherwise would not have been incurred -6% fall on the NHS, 16% on personal social services, 10% on education and 2.5% on childcare - however, two thirds of these costs are likely to be social welfare costs

on interventions to improve mental health and resilience in schools can return over £7 over time, with most of this gain in terms of improved health, followed by increased productivity and reductions in NHS and social care use.

**MENTAL HEALTH RESILIENCE** 

.. on simple interventions with

UNINTENDED

**PREGNANCY** 

... on drugs treatment saves society over £2.50; almost 15% of these savings are due to reductions in health and social care costs whereas 85% are in reductions in offending.

£2.50 DRUG **TREATMENT** 

OF STANGE RETURN ON WARES FILIAN FOR EVERY ELS

SERVICES

returns an estimated £23 from free access to council leisure services at off-peak times. The majority of these gains are due to quality of life gains amongst residents

**MOTIVATIONAL** SUPPORT

**BEFRIENDING** 

**HELPING PEOPLE BACK TO WORK** 

HOUSING

on motivational interviewing and developing supportive networks for people with alcohol addiction returns over £5. Around 30% of these returns come from reduction in NHS demand, 25% from reductions in criminal justice costs, and 45% from reductions in other alcohol treatment, there are also small reductions in social care costs.

.. on befriending interventions returns over £3 in value, and whilst unlikely to achieve overall savings for the public purse do improve quality of life at low cost. Social support plays an important role in increasing resilience to illness, helping recovery and improving wellbeing. Befriending can reduce NHS costs for those supported by around £40 per annum, but more importantly improve quality of life associated with reduced depressive symptoms worth around £270 per person.

... returns over £4 from programmes getting long-term inactive people back to work. Worklessness costs the economy more than £100bn every year, including up to £11bn to the NHS and £45bn in informal care and £10bn in sickness absence. The Return on investment gains include reduction in benefit payments and the health improvement for those helped.

. on improving homes to reduce serious falls returns £70. to reduce excess cold returns £34 and to reduce overcrowding returns over £6 to the NHS in reduced demand and use over 10 years respectively. Housing interventions to keep neonle warm, safe and free from cold and damp are an efficient use of resources.