

The NHS

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The NHS is facing big trouble

Life expectancy at birth:

1991	2017
75	82

Increases by 6 hours every day

Was not predicted by the actuaries

At birth males in England could expect to spend their last 16 years in poor health, females 19 years

3.6m will be physically disabled by 2047 (BMJ Open)

Half of Addenbrooke's beds are occupied by persons over 70

Behavioural economics

Gus O'Donnell – set up the “Nudge Unit”:

70% of treatment by the NHS is because of things we do to ourselves.

Huge savings if we

- Eat less and more healthily
- Drink less alcohol
- Smoke not at all
- Take exercise

(Not just for good heart health: also to ward off dementia)

2017 Nobel Prize to Richard Thaler

But

Alcohol tax revenue £10bn per year (IFS)

Cost to NHS, police, welfare £4bn realbusiness.co.uk

Toacco tax £12bn

Smoking-attributable NHS costs £2.7bn (in 2006)

<https://www.ncbi.nlm.nih.gov/pubmed/20735898>

The natural health service

(Cambridgeshire Local Nature Partnership)

- Getting people out to walk in the woods is better than going to the gym, because fewer drop-outs
- Dancing for fun is successful with older people

The money is with GP commissioning groups: lobby them

- Vigorous house cleaning is good exercise – there needs to be more awareness

Need to spend more on dementia research

Annual research spends:

- **Cancer £580 million**
- **Dementia £90 million**

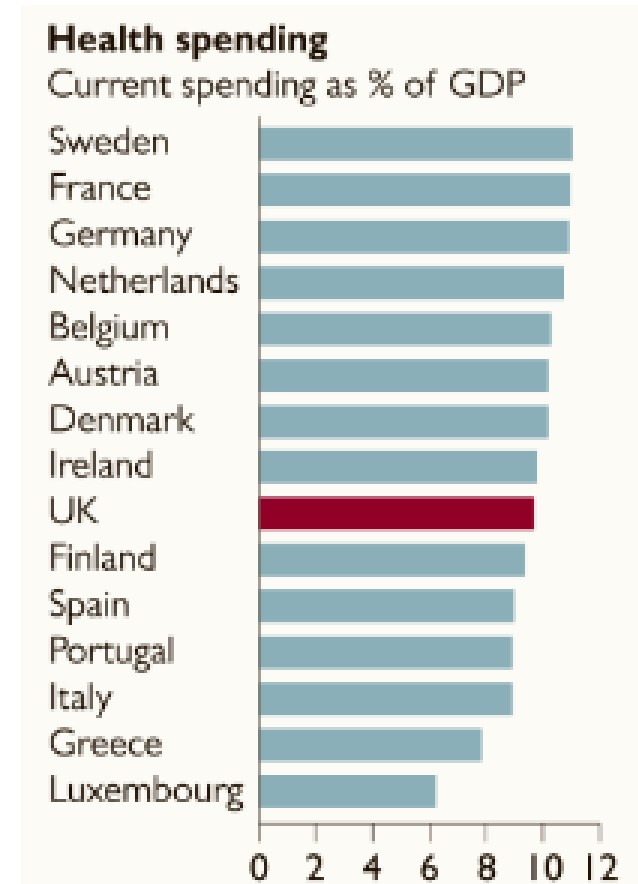
Dementia costs the UK economy £26 billion per year, twice that of cancer (<http://www.alzheimersresearchuk.org>)
Predicted to be £65 billion by 2050

There are currently 850,000 people with dementia in the UK
There will be 1.14 million by 2025
(<http://www.alzheimers.org.uk/>)

Very little is understood so far

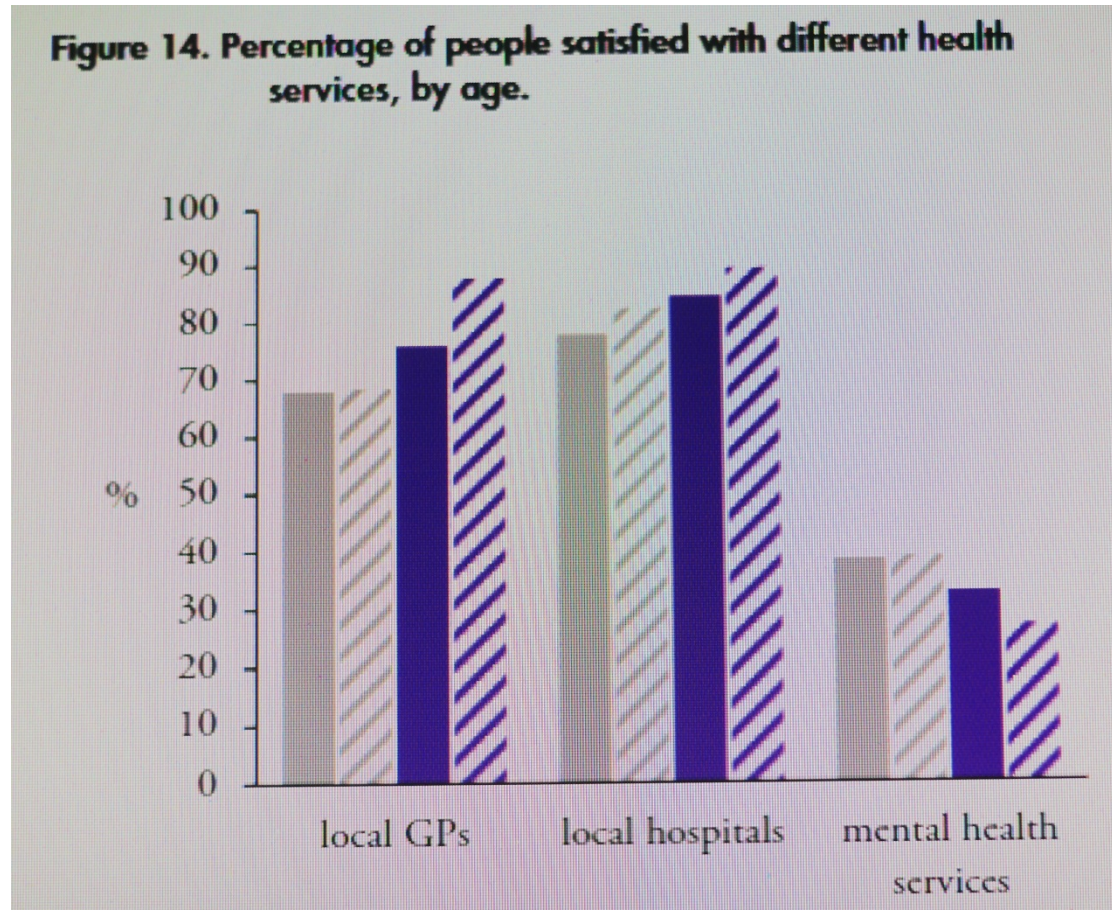
Urgent need to reduce the burden on the NHS

- 40% of people in hospital beds ought not to be there
- Hospital is much the most expensive place to be
- Inactivity makes muscles waste away
- The different services need to work more together
- Social services funding is decreasing
- The number of district nurses in Cambridgeshire has halved since 2004



The Times

Rand Europe report for Cambridge Ahead



Health and work

Dame Carol Black:

- Employers should pay more attention to the welfare of their workers
- Hospitals that do that have significantly lower patient mortality rates

Theresa May:

Many employers are already creating healthy, inclusive workplaces, but more needs to be done so that employers provide the support needed for employees with mental health conditions

The biggest killer is loneliness

<http://www.campaigntoendloneliness.org.uk/>:

- Over half of all people aged 75 and over live alone
 - Half of all older people say television is their main company
 - 6% of older people leave their house once a week or less
- Loneliness increases the likelihood of mortality by 26% (same as smoking 15 cigarettes a day)
- Lonely people go to their GP just for someone to talk to

Cambridgeshire is one of 5 counties being targeted by the Campaign with £4m from the Big Lottery Fund.

Some remedies

- Careful design of new communities: no steps, seats, cafes, green spaces, community halls – should engage old people in the process
- Neighbours should make sure nobody is neglected – residents associations get active
- Keep older people busy, so they stay away from their GP
 - get them to volunteer – the biggest benefit is to themselves
 - keep the bus pass

Important to keep Meals on Wheels going

The Better Care Fund (BCF) creates a pooled budget in each Health and Wellbeing Board area, intended to assist health and social care services work more closely together. In 2016/17, Cambridgeshire's BCF budget is £48,464k. BCF plans must include a local 'vision for integration' and describe how it will be achieved by 2020.

Cambridgeshire and Peterborough Clinical Commissioning Group entered into a contract with Uniting Care, which was a limited liability partnership, in November 2014. The contract was for the provision of all community care for over 18 year olds, acute emergency care for the over 65s together with older peoples mental health services. The contract value over the 5 year period was £725m. The contract collapsed for financial reasons.

To what extent can the problems of the NHS be solved by better organisation?

Discussion to be led by Christine Townrow:

- **Where do you disagree with what I have said?**
- **What have I omitted that is important?**
- **What should the local authorities and other local bodies do now to prepare for 2050?**