

Health and Wellbeing Board

Ageing Well Health Needs Assessment and Annual DPH Report 2024/25

Dr Madura Nanthakumaran

London Borough of Barnet Public Health

Caring for people, our places and the planet

www.barnet.gov.uk

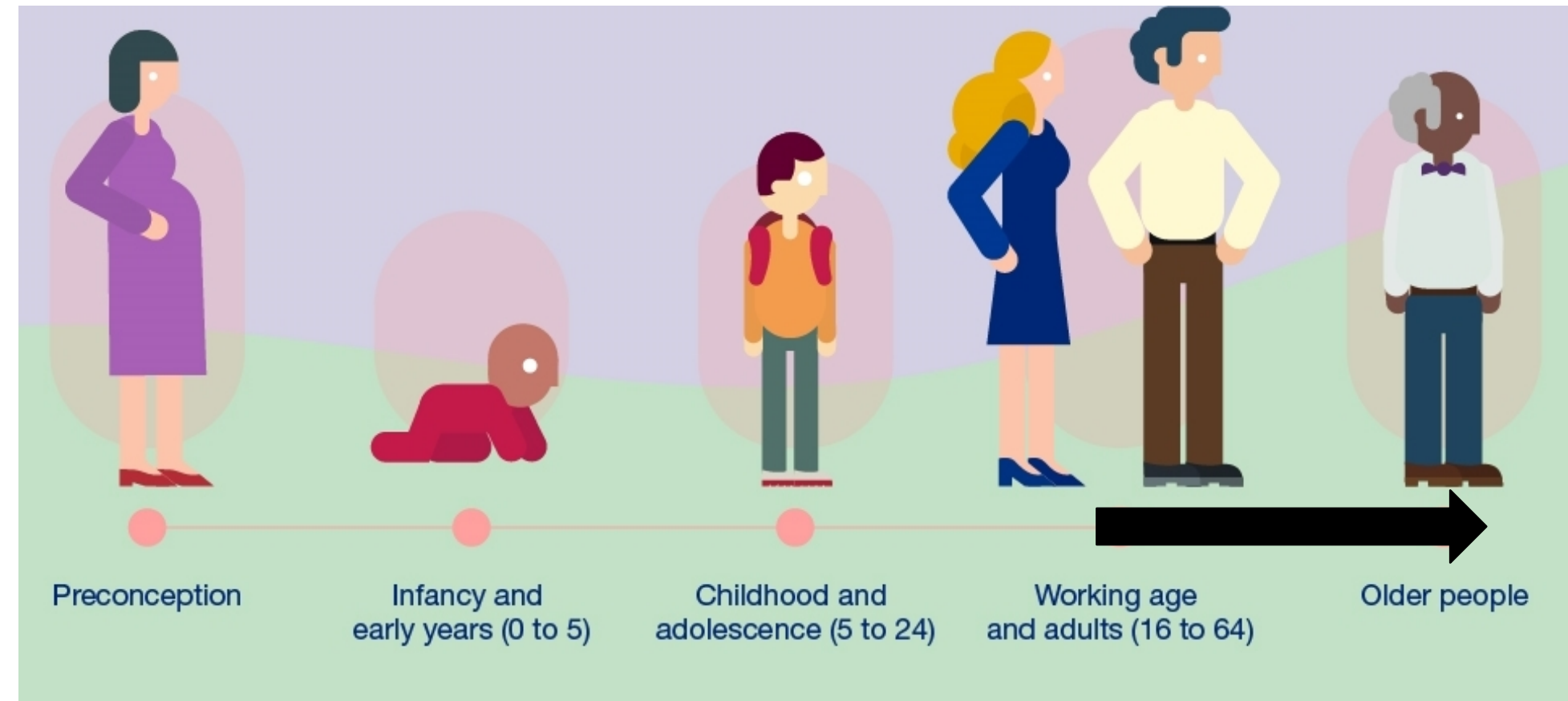
BARNET
LONDON BOROUGH

How and Why

- The Ageing Well Health Needs Assessment (HNA) was written to develop the work in the Live and Age Well Team in LBB Public Health
 - Describe health outcomes of adults in Barnet and present health inequalities experienced.
 - Describe unmet need and make informed recommendations to enable Barnet's population to age well.
- Consulted a range of stakeholders
- Data from various sources

Scope

- Recognise the life-course approach to ageing well
 - Health behaviours from adulthood
 - National health protection programmes offered to adults
 - Healthcare – secondary prevention and early diagnosis
 - Social care – older adults
 - Wider determinants – older adults



Health matters: Prevention - a life course approach - GOV.UK (www.gov.uk)

What do we mean by Ageing Well?

‘Healthy ageing is the process of **developing and maintaining the functional ability** that **enables wellbeing** in older age’

World Health Organisation, 2020

Health promotion
and protection for
adults

Health and social
care needs

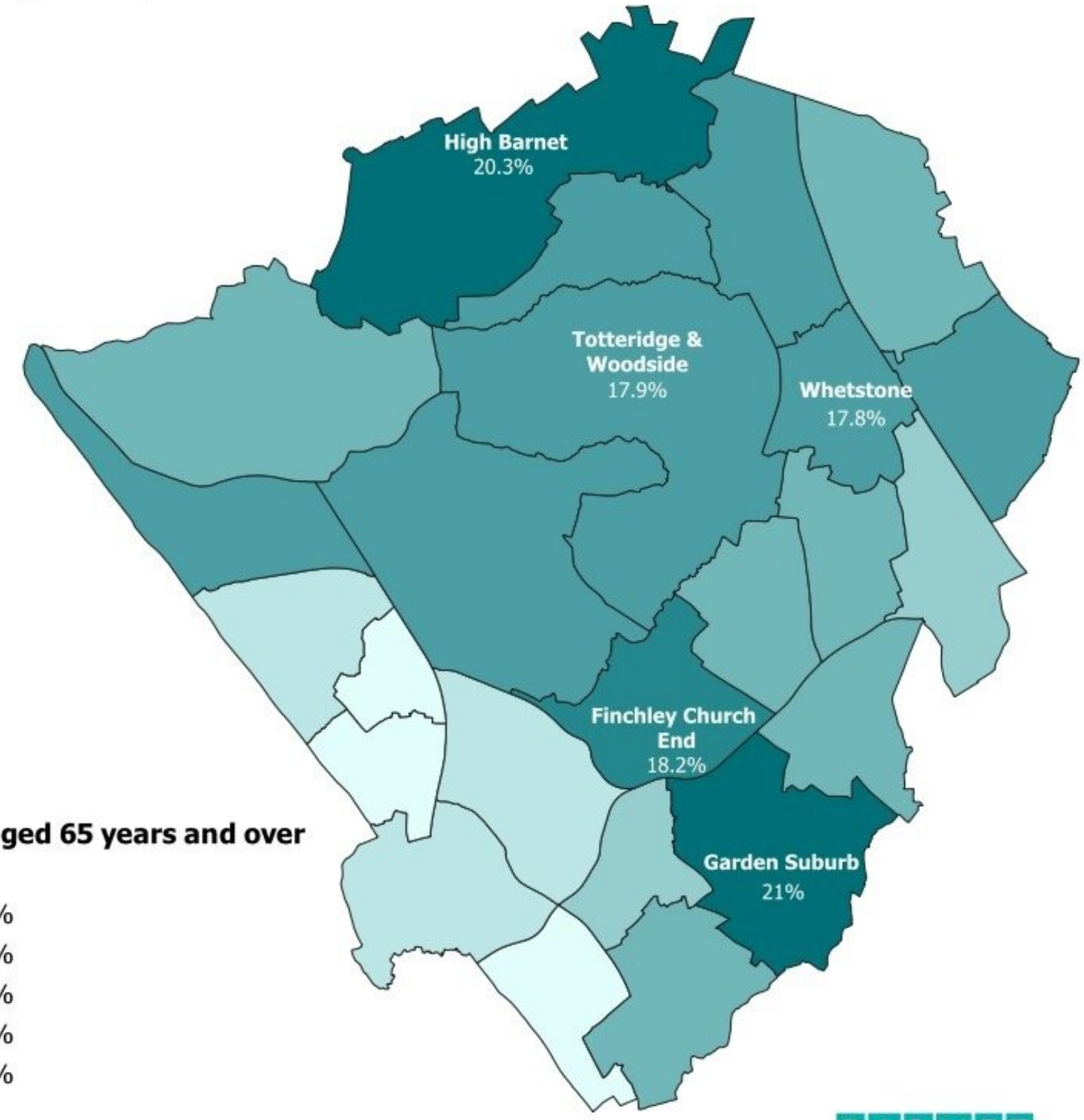
Wider
determinants of
health

Older adults with
additional support
needs

Proportion of Population aged 65+ in Barnet

Population aged 65 years and above

By ward



Census 2021 data © Crown copyright 2022.

Source: Office for National Statistics licensed under the Open Government Licence v3.0



Barnet Population Projections to 2043



Source: Office for National Statistics licensed under the Open Government Licence v3
Population projections – local authorities: SNPP Z1 © Crown copyright 2020

Healthy Life Expectancy

Life expectancy and healthy life expectancy at birth, males and females in Barnet, 2021



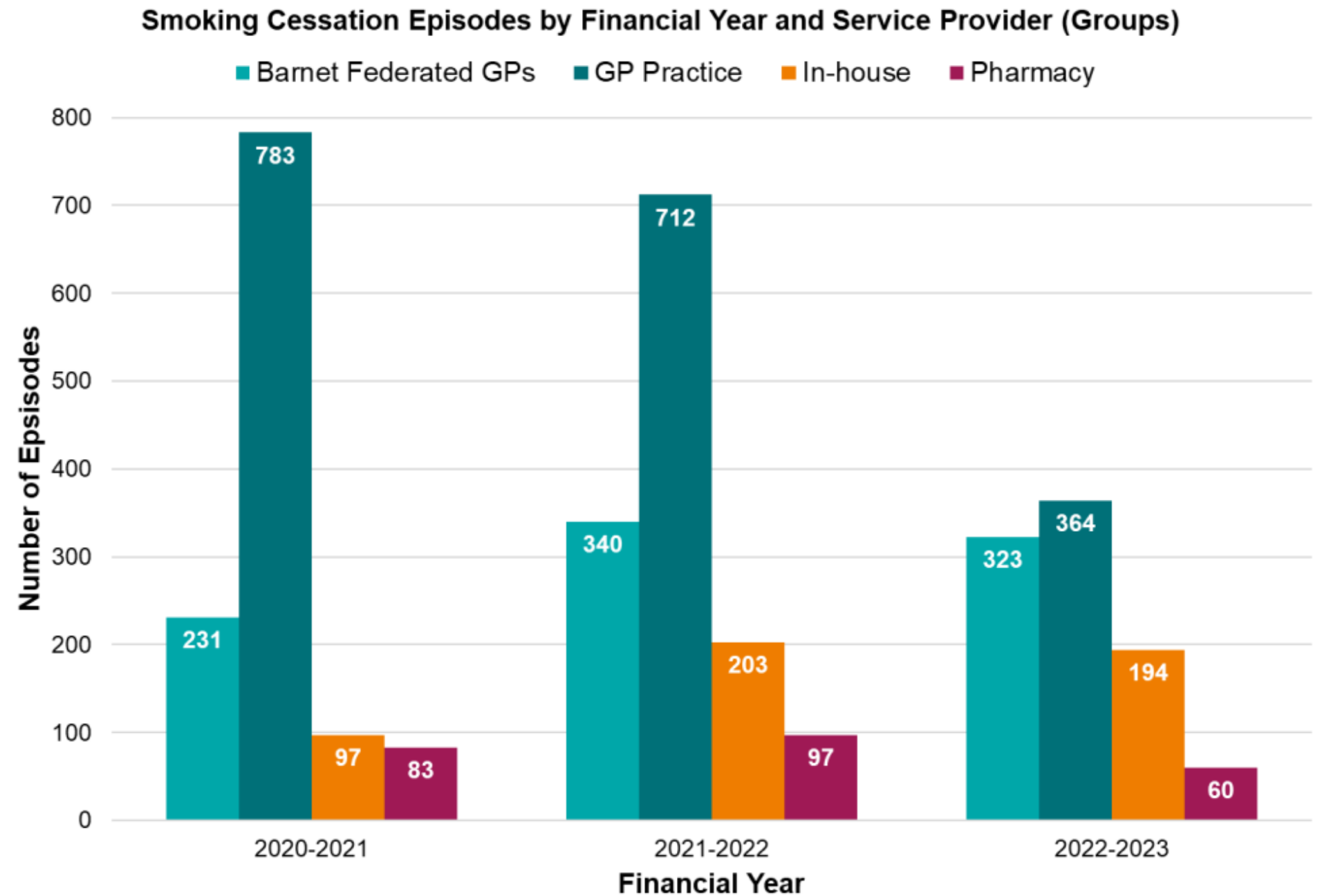
LBB PH (2024). JSNA Age Well

Health Promotion - Behavioural Risk Factors

Morbidity in Barnet was significantly influenced by behavioural factors such as **tobacco**, **alcohol** use, **dietary** risks and low **physical activity** (GBD, 2019)

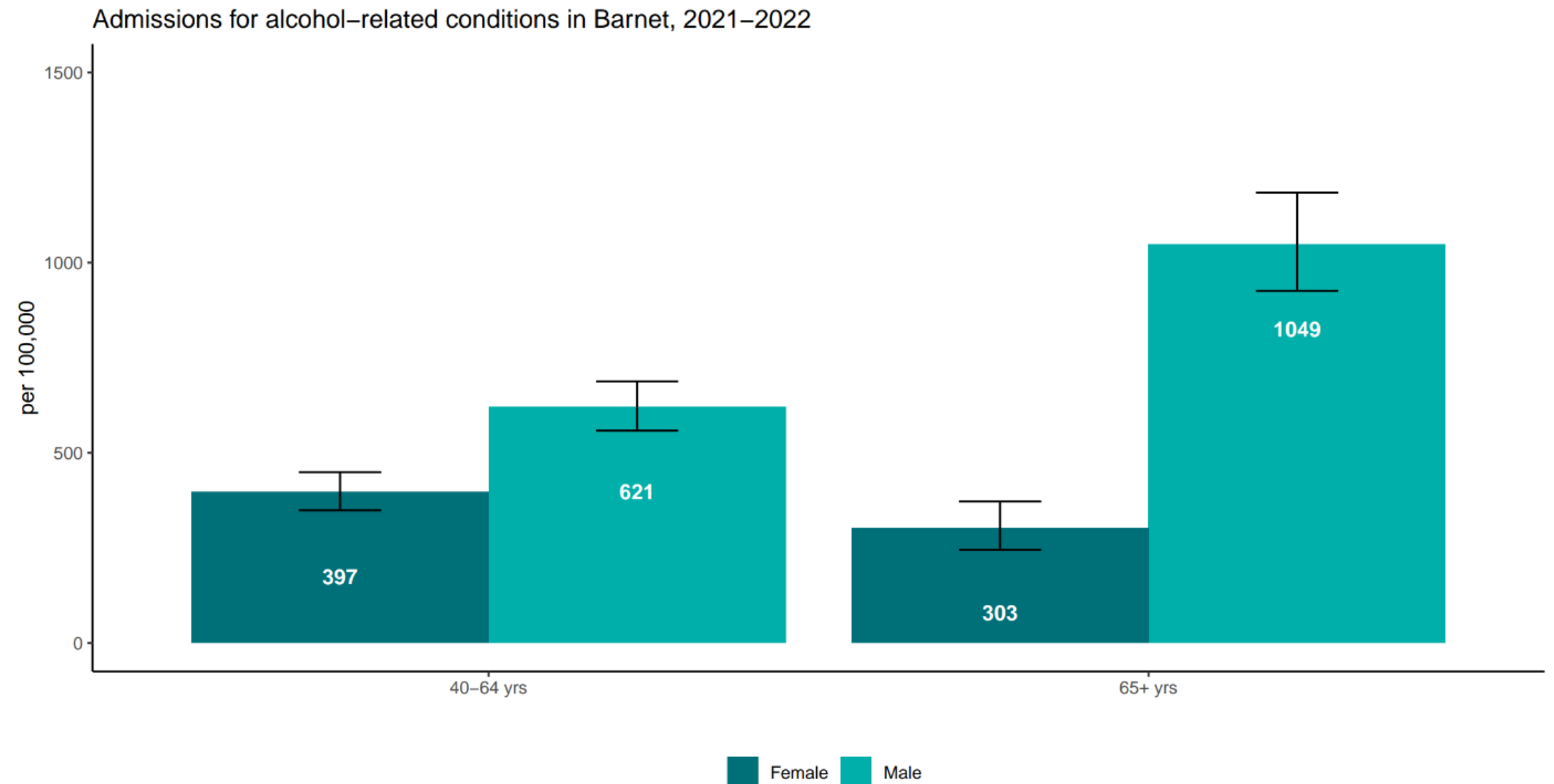
Behavioural Risk Factors - Smoking

- Smoking prevalence – 10.5% (ASH, 2023)
- Higher prevalence and risk of tobacco-related morbidity for someone from area of higher deprivation (ASH, 2023)
- Decrease in total number of cessation episodes from 2018/19 to 2022/23



Behavioural Risk Factors - Alcohol

- Hospital admissions for alcohol-related conditions in Barnet is lower compared to London and England
- Males aged 65+ had significantly higher rates of admission compared to females aged 65+
- Underrepresentation of older adults in substance misuse services



Source: OHID Fingertips © Crown Copyright Under the terms of the Open Government licence (OGL)

[JSNA – People – Ageing Well | Barnet Open Data](#)

Behavioural Risk Factors

Physical Activity

- Over 1 in 5 of adults (18+) in Barnet are physically inactive
- **Targeting those who are inactive** will produce the greatest reduction in chronic disease and contribute to healthier ageing

Excess Weight

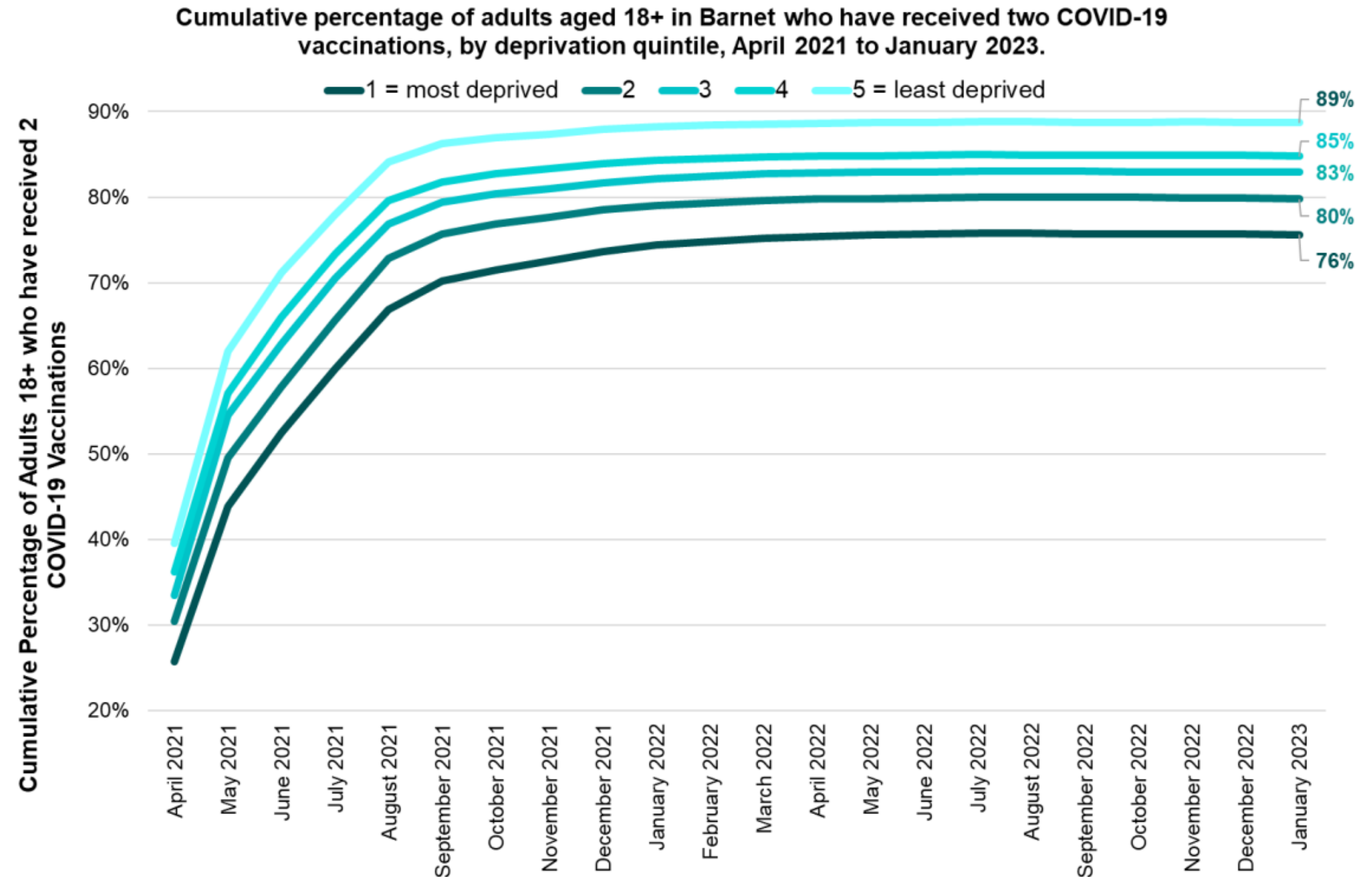
- **57.5%** of adults aged 18+ were overweight or obese in 2021/22
- **Obesity rates vary among ethnic groups** in Barnet. The highest percentage of obesity in adults was seen in 'Black' ethnic groups (22.94%).

Diet

- Age UK Barnet Survey data shows that people from **older age groups are less likely to report that they meet the recommended '5-a-day'** (2023)
- Nationally, reports suggest that 1 in 10 people aged 65+ are **malnourished** or at risk of malnutrition

Adult Vaccination Coverage

- Reduction in vaccination uptake across adult vaccination programmes during the first wave of the COVID-19 pandemic (2019/20).
- COVID-19 vaccination (April 2021-January 2023)
variation in the percentage of adults receiving two doses between the **most and least deprived quintiles** in Barnet



CHIME, 2023

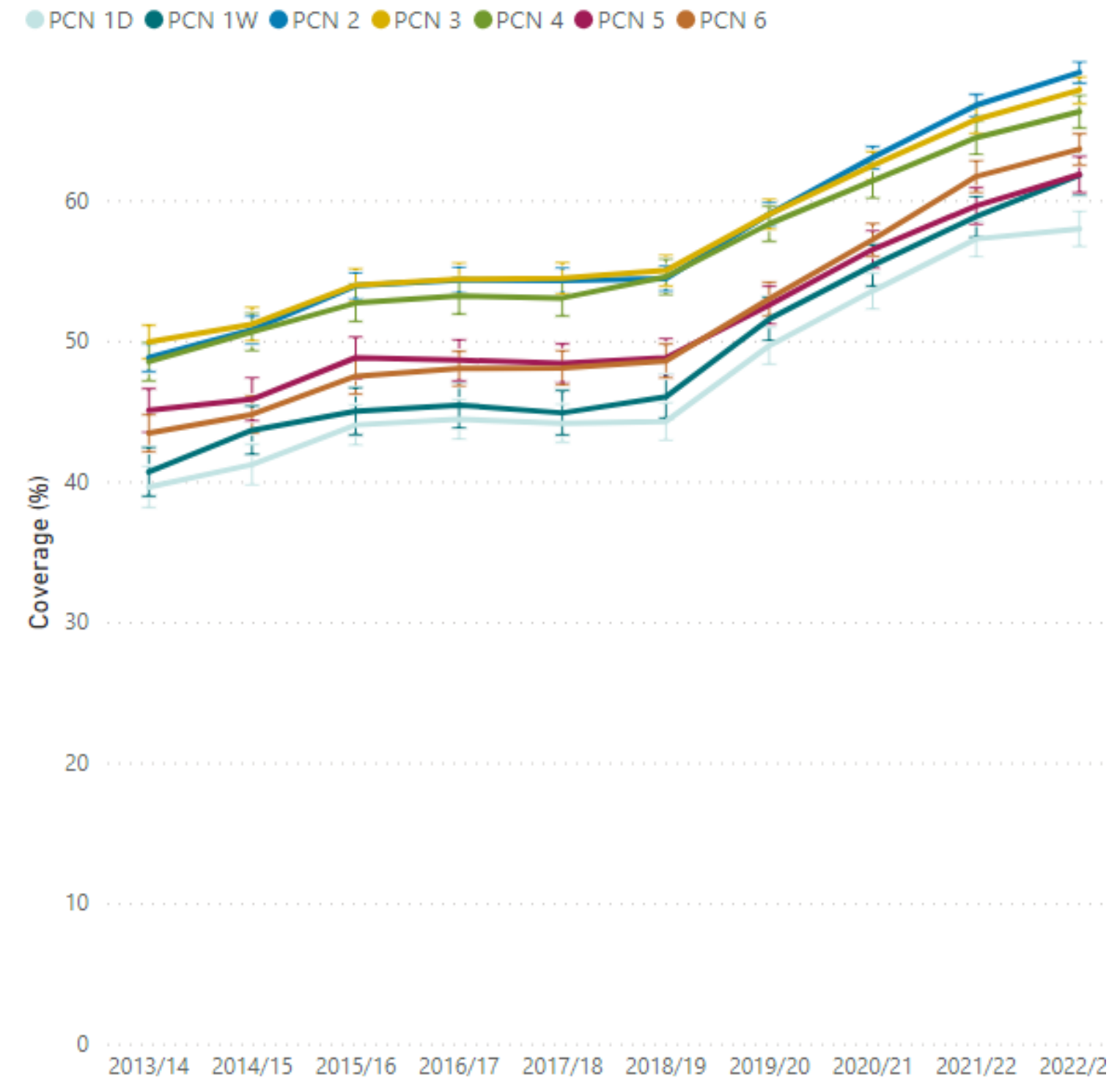
National Screening Programmes

- Reduction in screening coverage for breast cancer, cervical cancer and AAA during pandemic

Decline in cervical screening coverage for people aged 50-64 preceded pandemic

- Improving coverage for bowel cancer across Barnet, London and England
- Neoplasms were the main cause of preventable mortality and second highest cause of treatable mortality across NCL (2016-2020)

Bowel cancer screening coverage in those aged 60-74 years...



JSNA – People – Cancer Screening | Barnet Open Data

Health and Healthcare

Cardiovascular Disease and Diabetes	
Chronic Respiratory Disease	
Mental Health	
Frailty	
Musculoskeletal health and Falls prevention	
Oral Health	

Health and Healthcare

Cardiovascular Disease and Diabetes

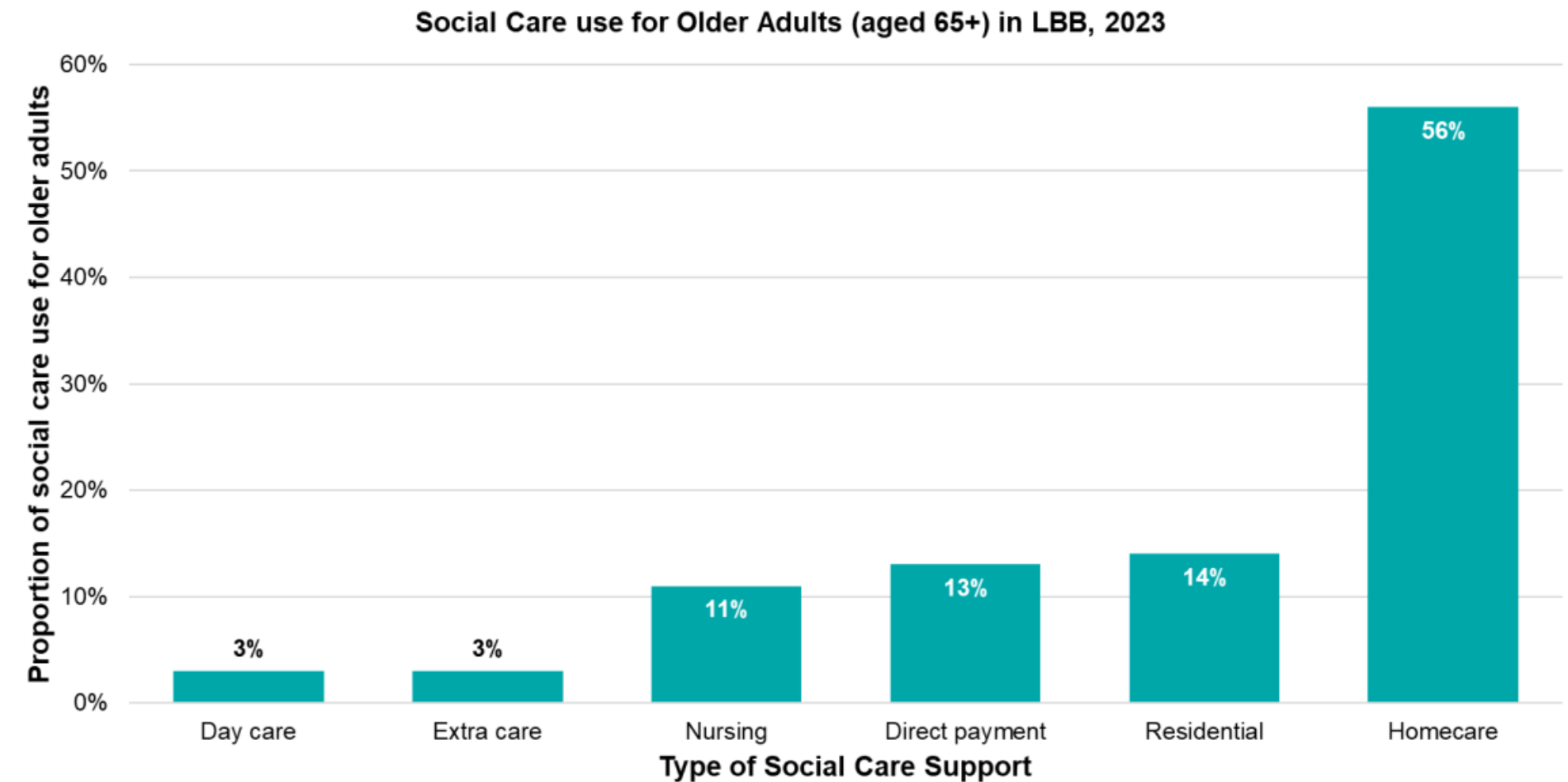
- **Higher prevalence of cardiovascular diseases in Barnet**, compared to NCL average
- Lower uptake of NHS health checks in Barnet compared to national average, improving trend
- Increasing prevalence of Diabetes in those aged 17+
- Less than 50% of people referred to NDPP in Barnet reach the first milestone of the programme. Seeing increasing conversion rate

Frailty and Falls

- Evidence demonstrates that **frailty prevalence is higher and earlier in onset in more deprived areas**
- Increasing trend of numbers of admissions to hospitals with falls from 2019/20 to 2022/23
- Significantly **higher rates of admission for hip fractures among individuals aged 80 and over**, compared to those aged 65-79 years old
- Inequalities in inactivity which increased the risk of falls worsened during the pandemic.

Social Care

- Barnet has the highest number of registered care home places for individuals aged 65+ across NCL
- 10% people aged 65+ in Barnet are unpaid carers (Census 2021)
- Projected rise in the number of older adults with ill health and disability is expected to place additional pressure



LBB ASC, 2023

Wider Determinants of Health

Economic Activity

Social Connections

Housing

Digital Exclusion

Air Pollution,
Climate Change and
Adverse Weather
Events

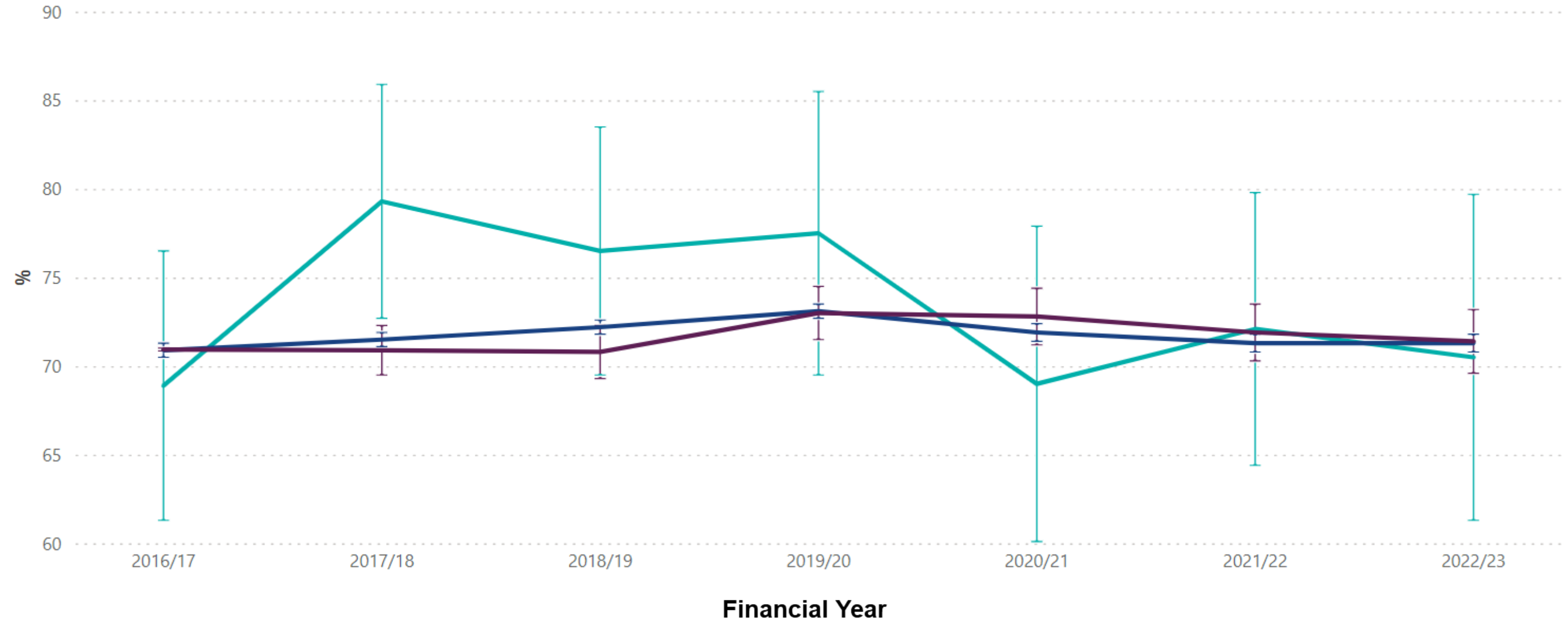
Built Environment
and Green Spaces

Transport

Employment

Percentage of people in employment (50-64 years)

● Barnet ● England ● London region



OHID, 2023

Introduction

Background

Health Promotion and Health Protection

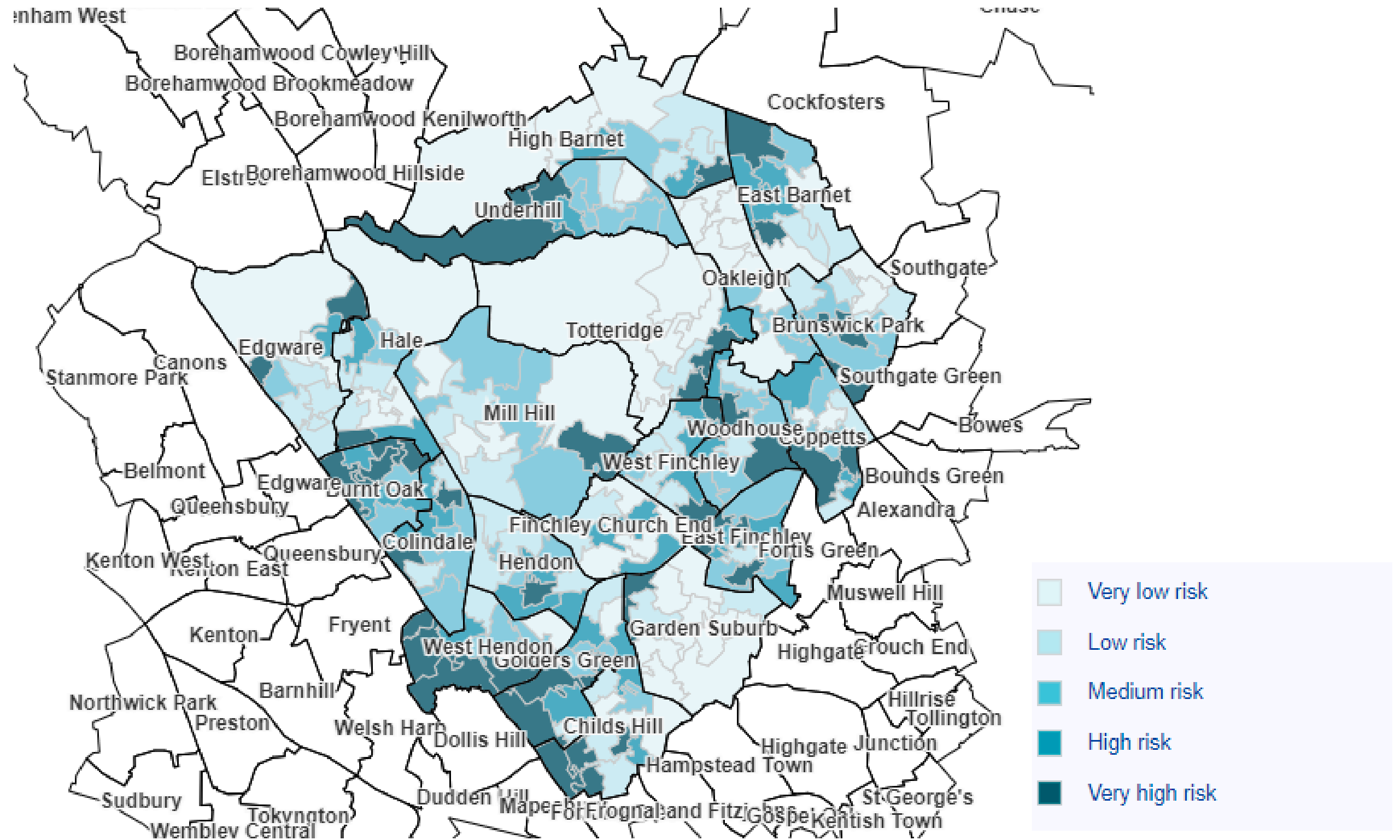
Health and Social Care

Wider Determinants of Health

Older adults with additional support needs

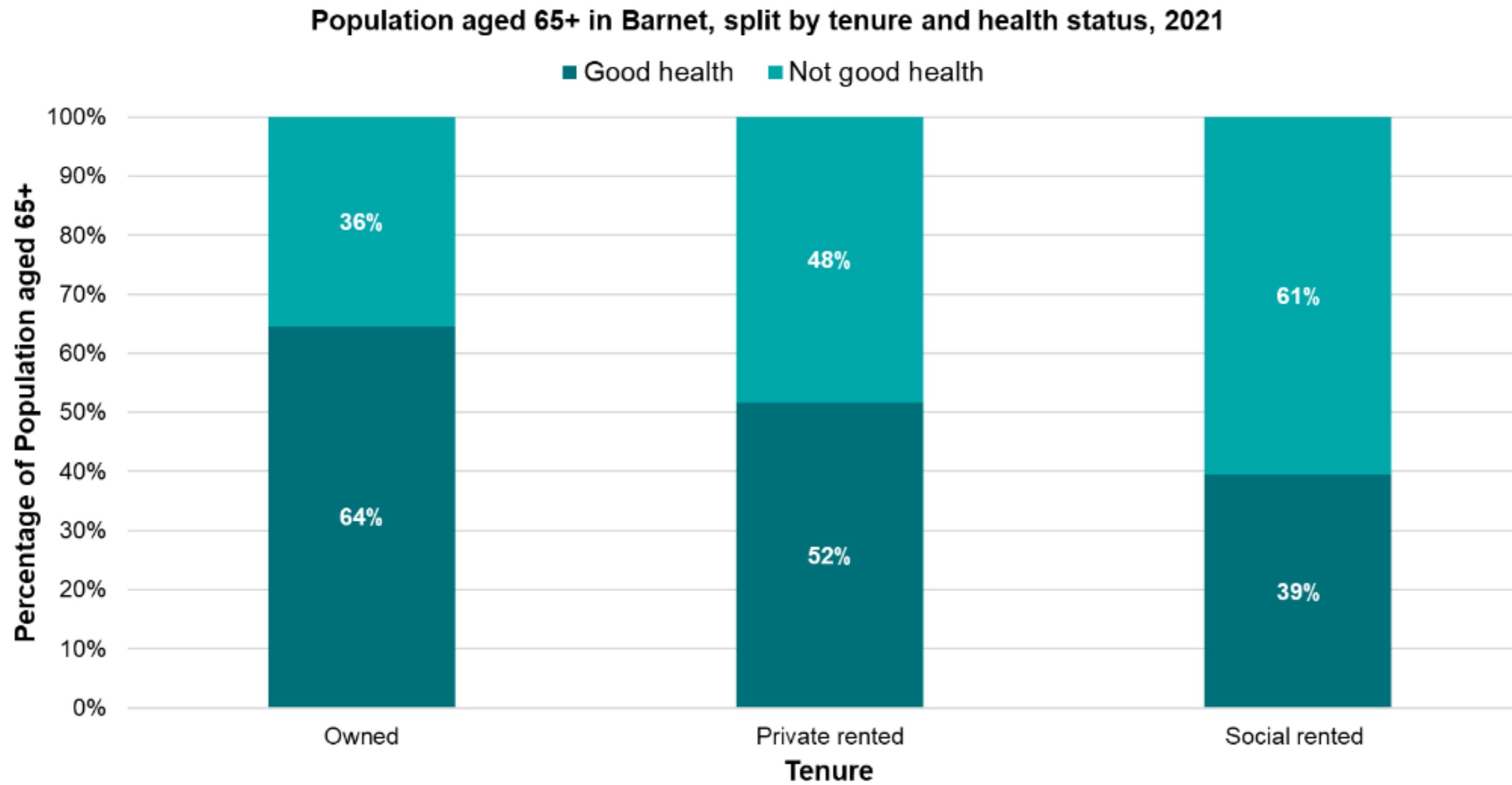
Recommendations

Social



Age UK Risk of Loneliness in England 2016 for people aged 65+ in Barnet. Darker shades indicated higher risk of loneliness.

Housing



Census 2021 data © Crown copyright 2023



Older Adults with Additional Support Needs

Dementia

People with Learning
Disabilities

People with Sensory and
Physical Impairments

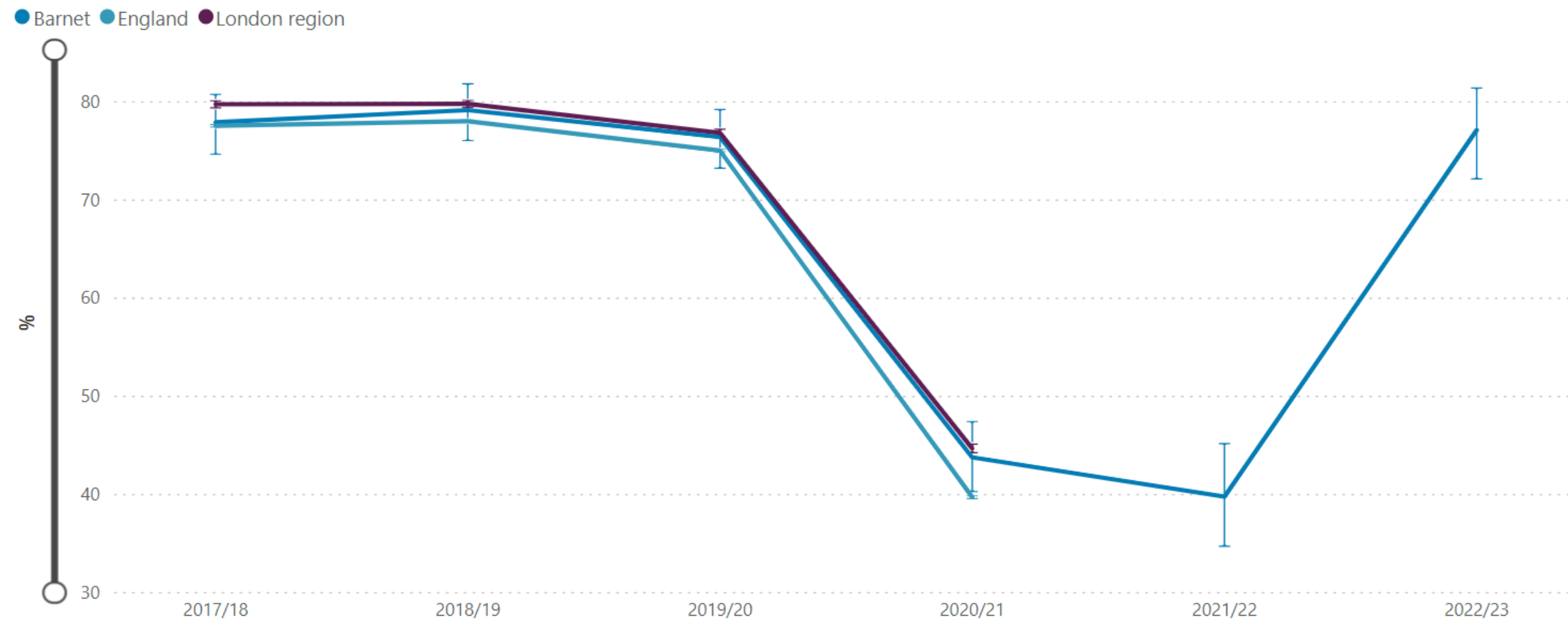
Severe Mental Illness

Inclusion Health Groups

Dementia

- Barnet had the 6th highest prevalence of dementia (aged 65+) compared to other London boroughs (2020)
- Prevention –modifiable risk factors prevent or delaying up to 40% dementias (2020 Lancet Commission)
- Living well with dementia - Dementia friendly Barnet and associated action plan

Dementia care plan has been reviewed in the last 12 months

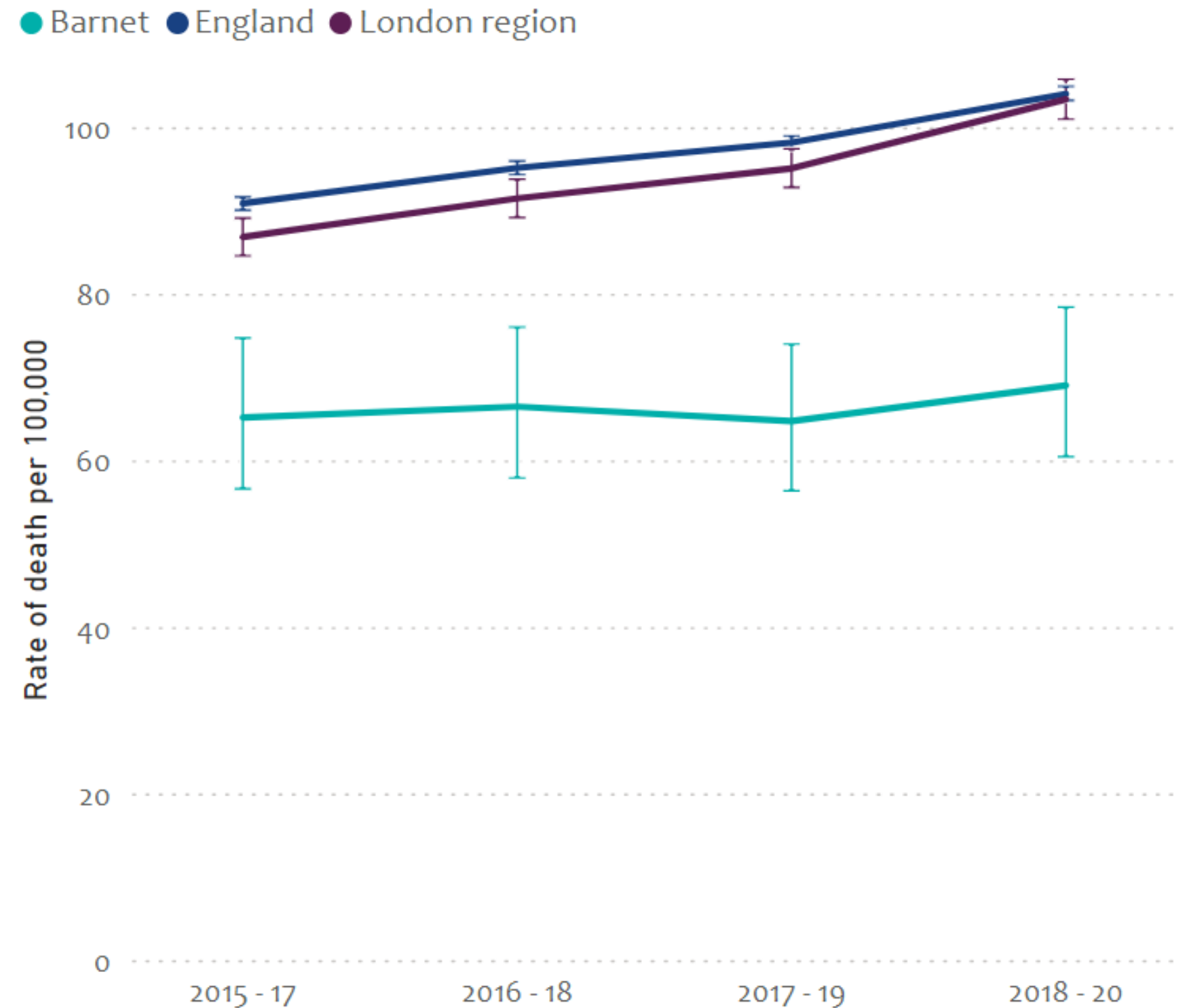


JSNA – People – Ageing Well | Barnet Open Data

SMI

- Higher levels of premature mortality compared to the general population
- Premature mortality in Barnet for people with SMI was 68.5/100,000 deaths (lowest across NCL in 2018-2020)
- Decreasing number of people recorded with SMI in Barnet GPs having a comprehensive plan

Premature mortality in adults with severe mental illness - aged 18-74



JSNA – People – Mental Health | Barnet Open Data

Ageing Well for Inclusion Health Groups

- Older homelessness is identified as those who are aged 55+: 4.5/1000 households owed duty under HRA where main applicant aged 55+ (2021/22)
- Older adults (65+) make up 1% of the Asylum Seeker population in Barnet
- Limited functional health literacy predicts poor diet, smoking, and lack of physical activity
 - Increased risk for older adults, deprivation, ethnic minority groups, migrant populations and disabled people.

Key Recommendations

Enhance access and provision of health promotion and prevention services

Develop appropriate campaigns, information and advice to promote ageing well

Strengthen health protection programmes

Encourage proactive and integrated health and social care

Enhance falls prevention and frailty support

Promote social inclusion and connectivity

Create environments that promote ageing well

Promote ageing well for people who have additional needs

Support ongoing work to understand and address the needs of Barnet's population to age well

Ensure the concepts of co-production are used, with groups representative of Barnet's diverse population and its vulnerable population groups.

Thank you

Any questions?

Caring for **people**, our **places** and the **planet**

www.barnet.gov.uk

BARNET
LONDON BOROUGH