

# The story so far: adding years to life and life to years

Julie Hotchkiss

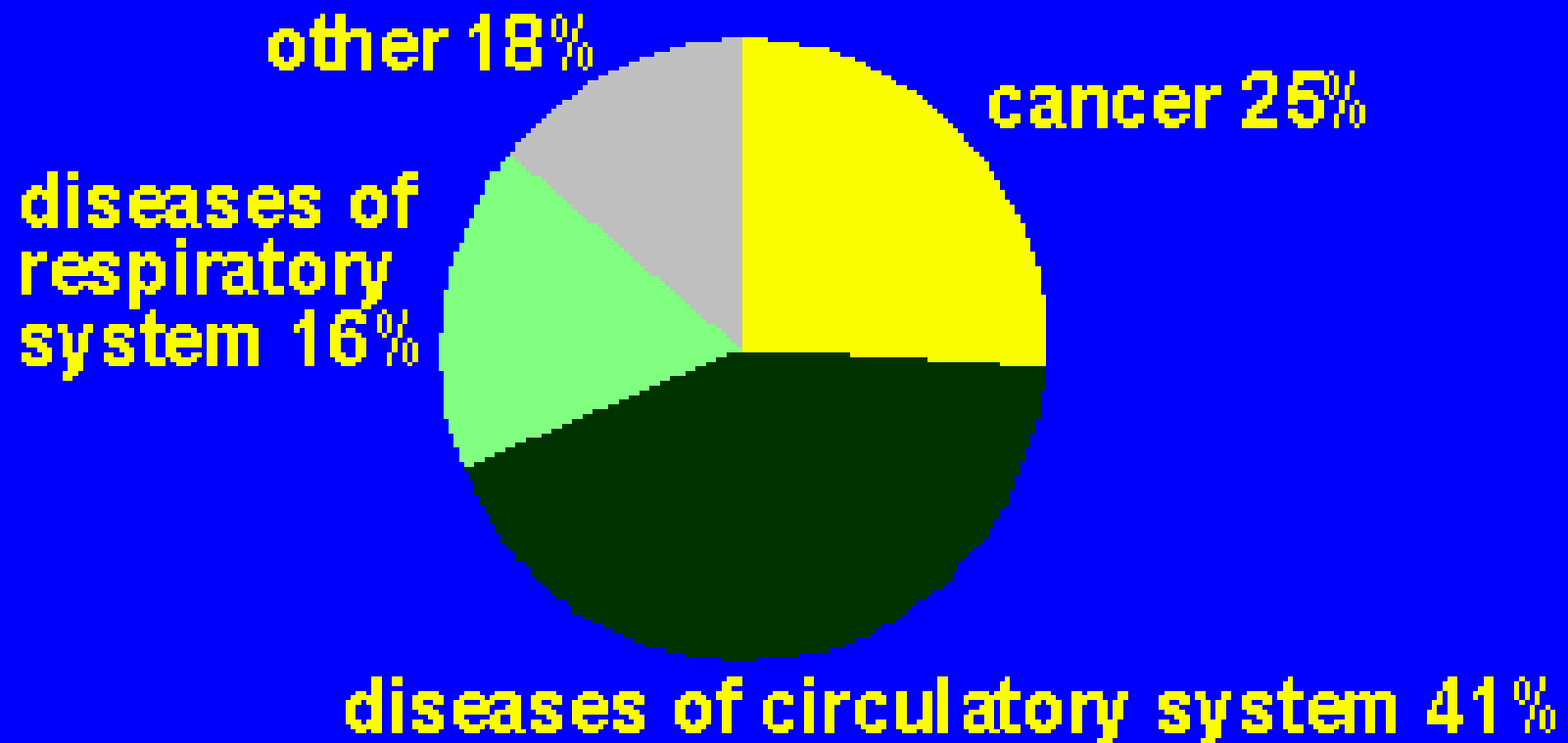
Consultant in Public Health

How long do you expect to live?

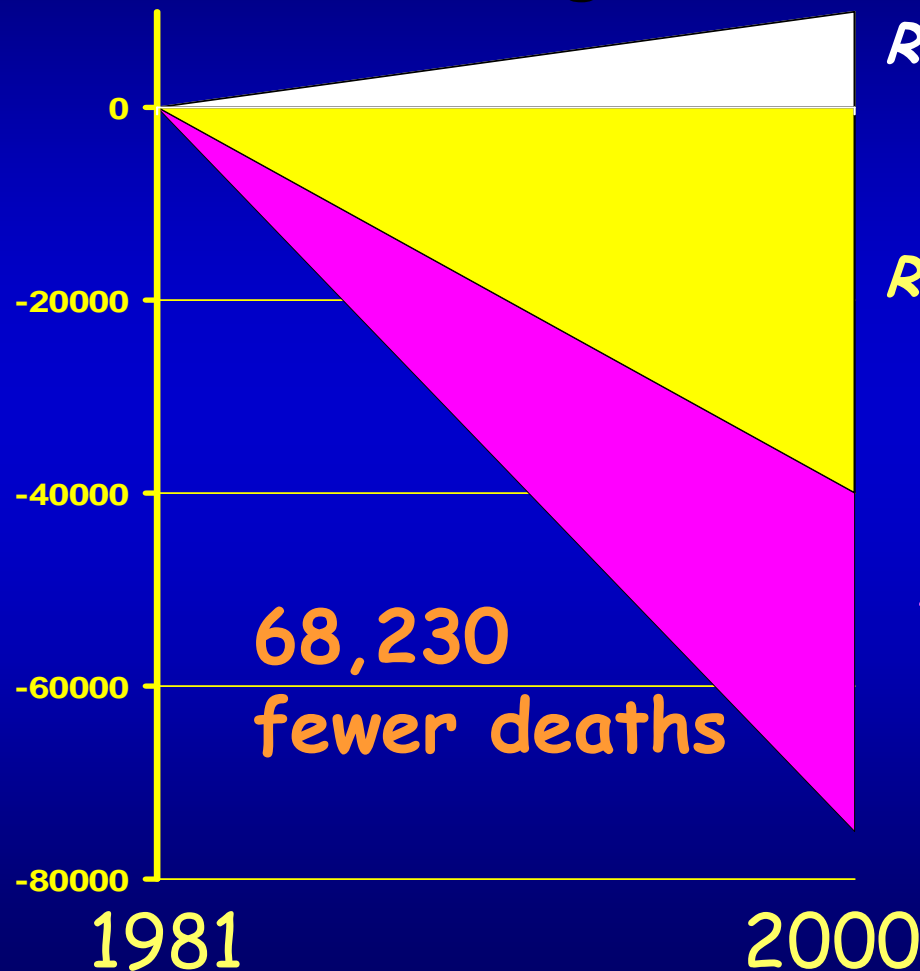
# We die young in Wigan

- In Wigan, on average people die 2 years younger than the national average. That's 2 years less life.
- But even before then we don't enjoy "average" health, our "healthy life expectancy" is one of the lowest in the country.

# Deaths by cause (all ages), England & Wales, 1998



# Explaining the fall in coronary heart disease deaths in England & Wales 1981-2000



## Risk Factors worse +13%

Obesity (increase)	+ 3.5%
Diabetes (increase)	+ 5 %
Physical activity (less)	+ 4.5%

## Risk Factors better -71%

Smoking	-41%
Cholesterol	-9%
Population BP fall	-9%
Deprivation	-3%
Other factors	-8%

## Treatments -42%

AMI treatments	-8%
Secondary prevention	-11%
Heart failure	-12%
Angina: CABG & PTCA	-4%
Angina: Aspirin etc	-5%
Hypertension therapies	-3%

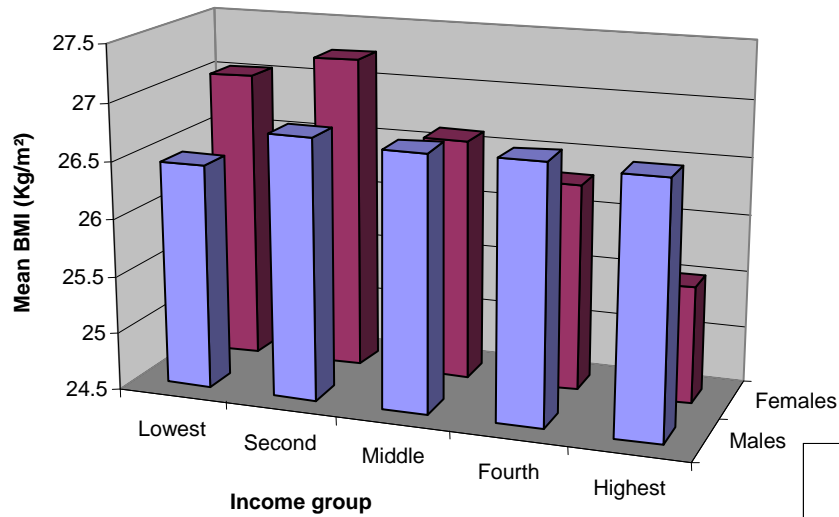
# Overweight, obese, fat?



# BMI distribution shift

- All people are getting heavier for their heights but the fattest seem to be getting fatter faster than the rest.
- From the Health Survey for England, a person of average weight in 2000/1 was around five pounds heavier than in 1993/4.

Mean BMI by income quintile in the rest of England 97-01

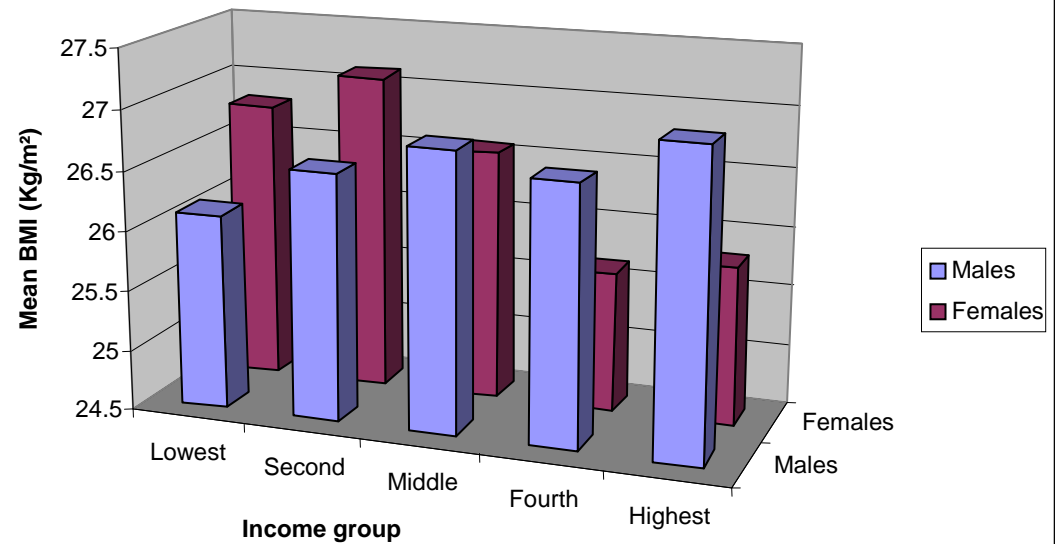


Household income seems to affect men and women differently;

- with women getting fatter at low household incomes

- and men getting fatter at high household incomes (NW only)

Mean BMI by income quintile in Northwest 97-01



A male to female fatness ratio increase at high incomes is apparent in the Northwest but not in the rest of England

CHD death rates have been declining in  
UK and most of developed world since  
the mid- 1960s or so

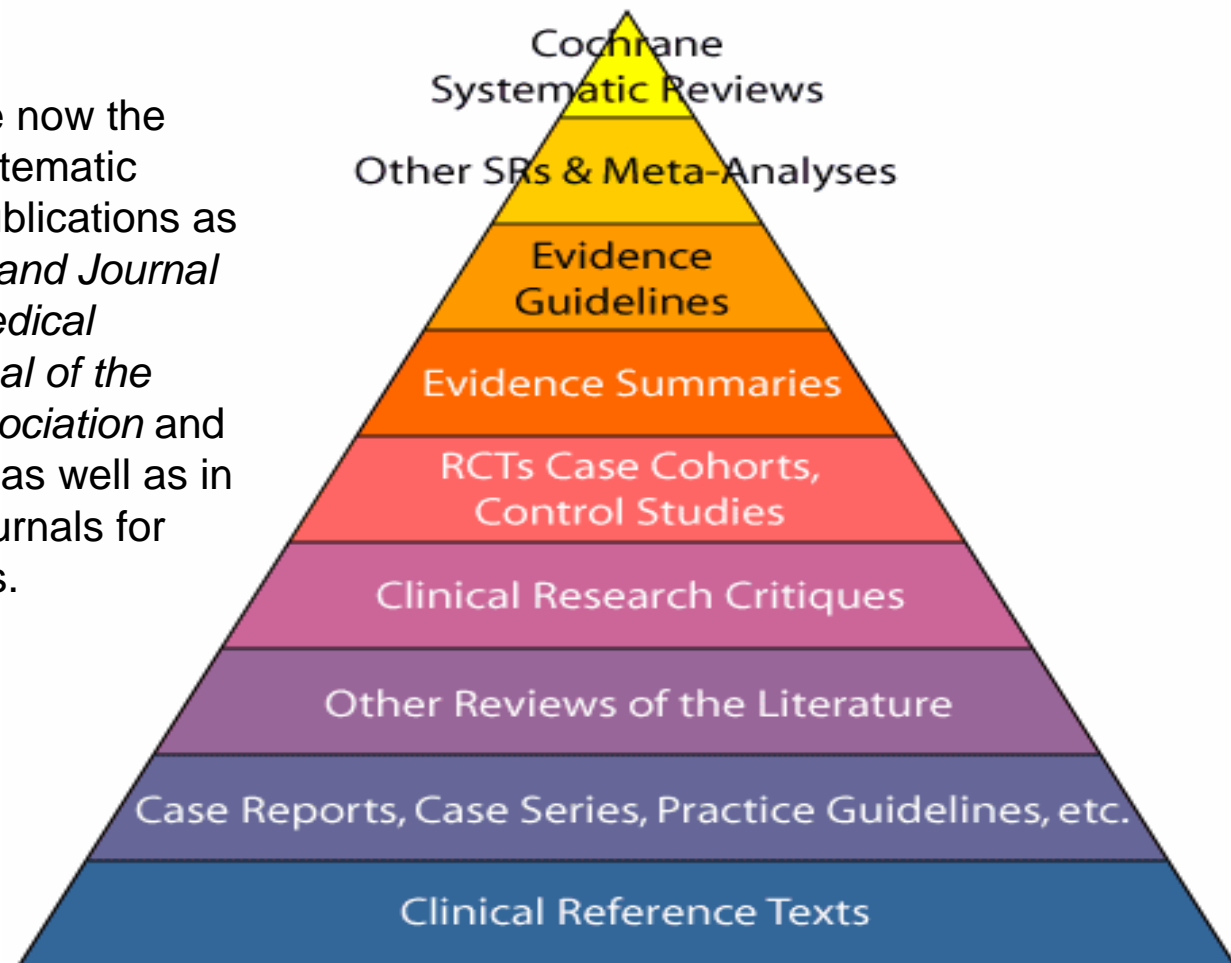
# Increasing life expectancy

- Reducing smoking prevalence
- Reducing the rise in obesity
- Increasing physical activity
- Improving access to cardiac interventions

But if we are to reduce inequalities we must do more of these in our deprived populations where the need is greatest!

- Evidence based interventions

Cochrane Reviews are now the “gold standard” for systematic reviews in such key publications as *The Lancet*, *New England Journal of Medicine*, *British Medical Journal*, and the *Journal of the American Medical Association* and routinely appear there as well as in specialised medical journals for various specialty areas.



pyramid modified from: *Navigating the Maze*, University of Virginia, Health Sciences Library

- We've heard about the problems – now how do we tackle them?

The best thing we can do is get people to stop smoking



**Find** and treat

A new programme to let you live  
a longer and healthier life



# Find & Treat: a Cardio vascular disease screening programme

Julie Hotchkiss

Sept 2007

Ashton, Leigh and Wigan   
Primary Care Trust

# Screening

- Is a systematic process looking for signs of disease BEFORE the person is aware of any symptoms, or has sought help
- There are a number of national screening programmes e.g. cervical and breast cancer screening, also many in early childhood (neonatal period)

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# Increase physical activity



# Inequalities

Julie Hotchkiss, Public Health





#### ALCOHOL

Contact the Wigan & Leigh Drug & Alcohol Service's Free phone help line:  
0800 389 4463 which is open 24 hours per day, 7 days per week.

Alcoholics Anonymous  
0161 236 6569

Willow  
01942 79300  
[www.willowproject.com](http://www.willowproject.com)

For Women Concerned about their own or Someone Else's Drinking

#### BLOOD PRESSURE

Eat less salt  
<http://www.salt.gov.uk/index.shtml>

#### MENTAL HEALTH

A website that helps you work through your problems  
[www.wiganinmind.com](http://www.wiganinmind.com)

#### PHYSICAL ACTIVITY

Wigan Leisure & Culture Trust  
<http://www.wlct.org/lifestyle/lifestyle.htm>

Lifestyle Pass for £1 – free swimming for the over 60s! discounts on many other sports/activities including golf, squash, badminton, table tennis, Pilates, health walks. Also "Steps to Health" – a 12 week course to help you on the road to physical activity, is available at Leisure Centres across the Wigan Borough. Ask your GP/Practice Nurse to refer you.

For more information contact (01942) 488487

#### STOPPING SMOKING

Ashton, Leigh & Wigan Stop Smoking service  
0500 STOP NOW (0500 7867 669)  
[www.alwpct.nhs.uk](http://www.alwpct.nhs.uk)

#### WEIGHT

The NHS funds a range of weight reduction services (e.g. New Weighs), or you may choose to go to a private provider (See leaflet on Selecting a Weight loss course)  
01942 775 322

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Email : [public.enquiries@alwpct.nhs.uk](mailto:public.enquiries@alwpct.nhs.uk)



Find  
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A new programme to help you  
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Your Health,  Your Future



For up to date information about local services - check the PCT website: [www.alwpct.nhs.uk](http://www.alwpct.nhs.uk)