



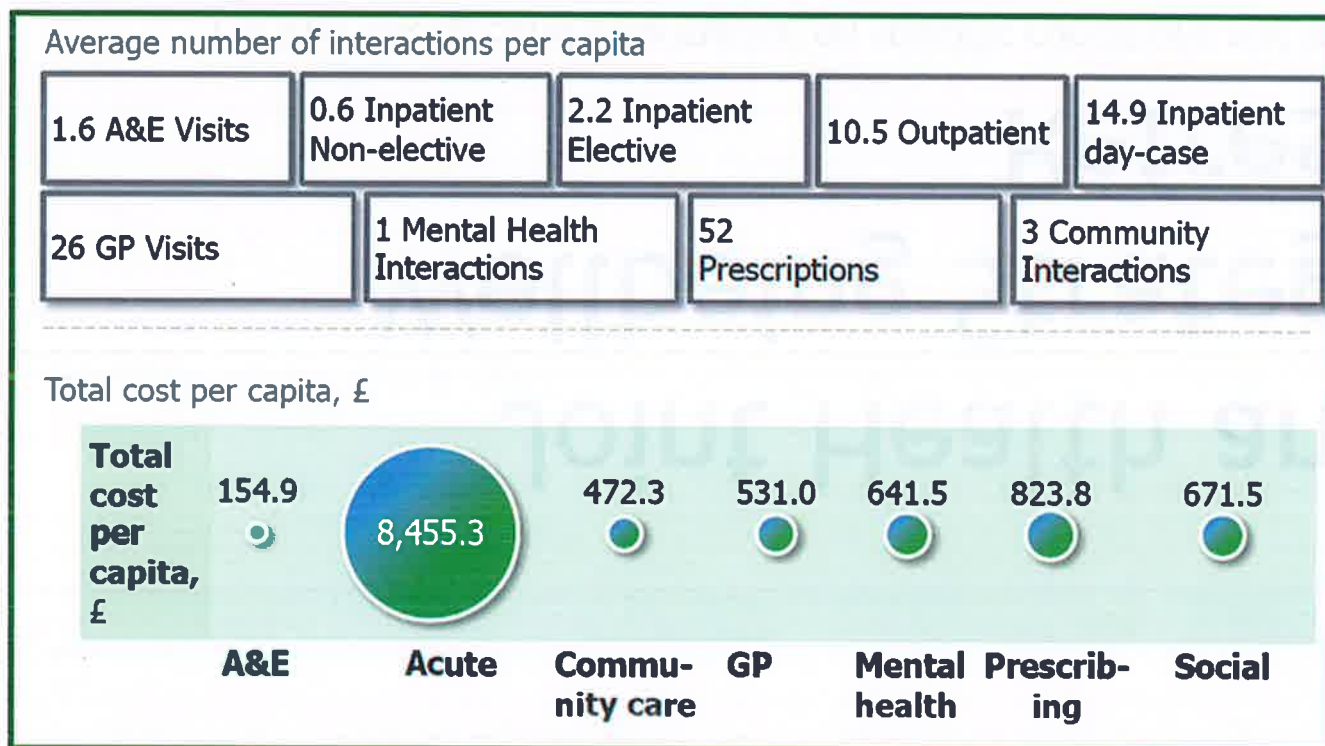
Joint Health and Wellbeing Strategy Refresh

Further background information on specific conditions and issues

Average costs for key diseases

Cancer

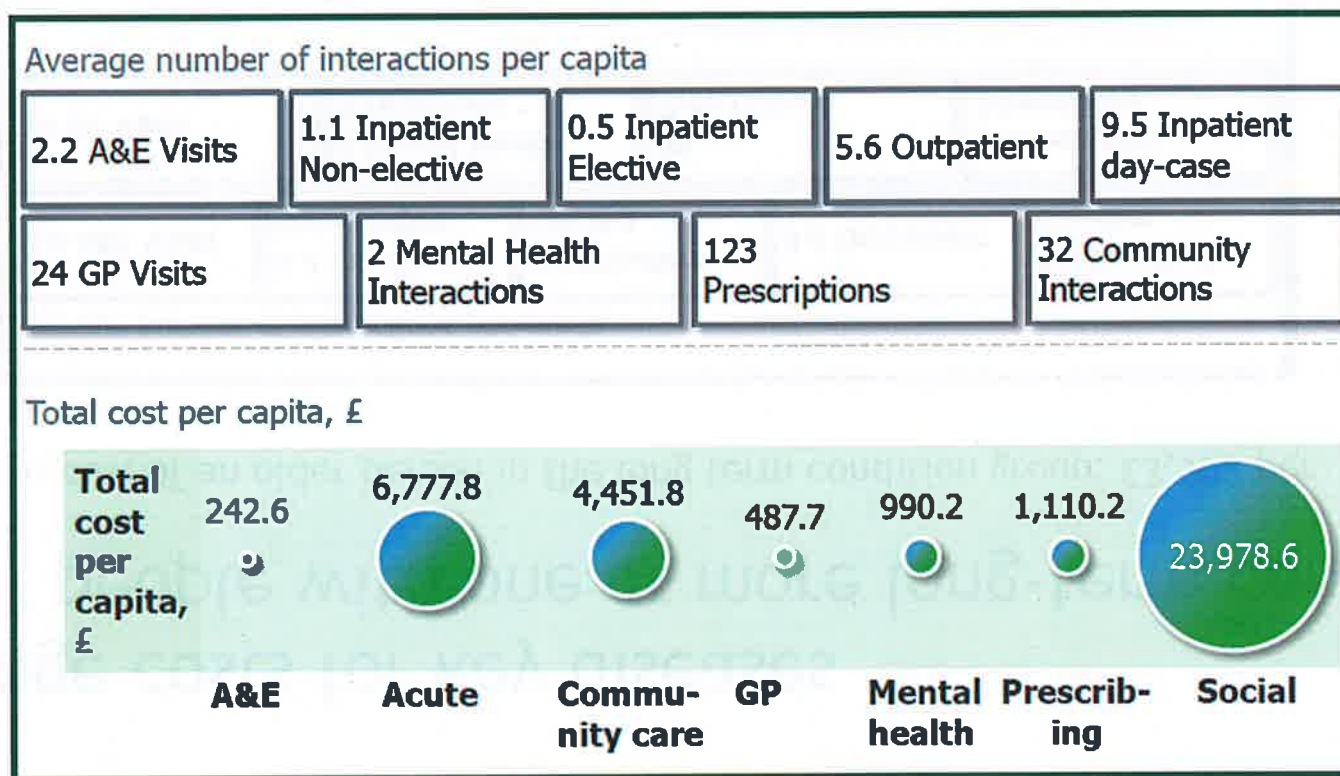
- ▶ Average cost of a person in the cancer group: £11,750 per year



Average costs for key diseases

Severe physical disability

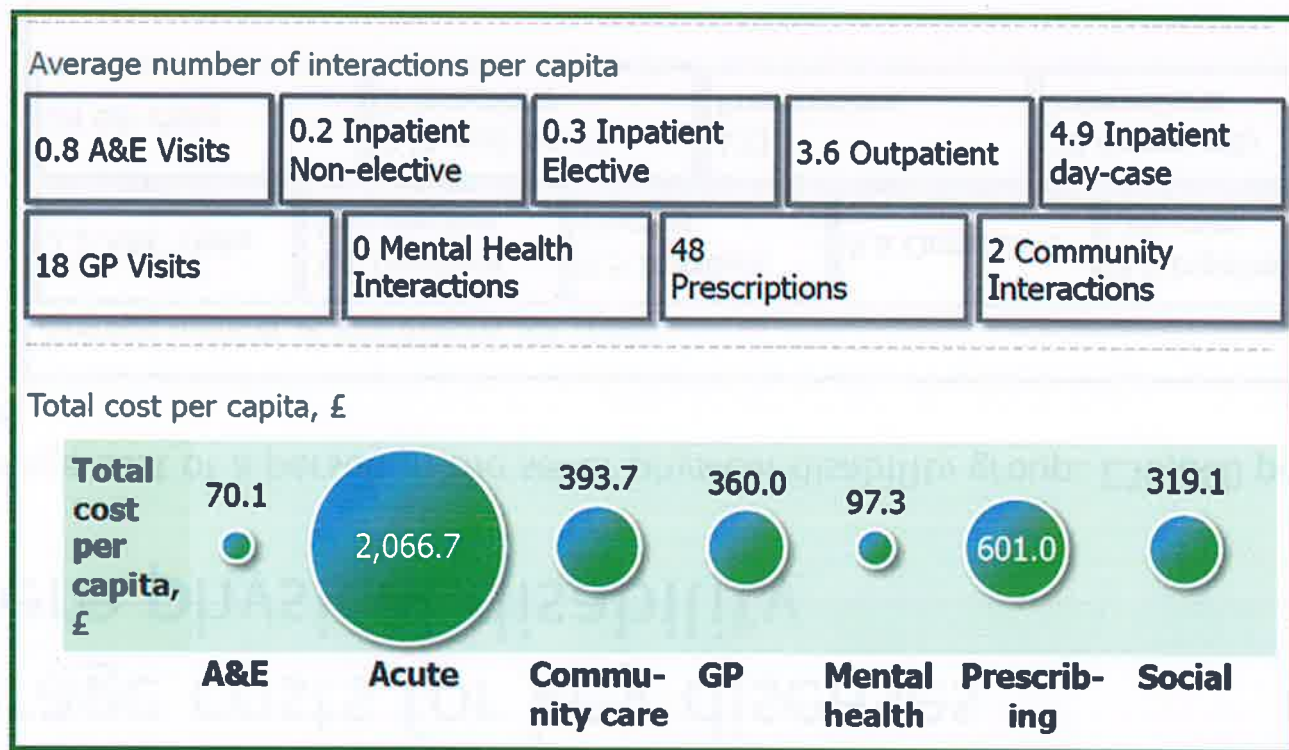
- Average cost of a person in the sever physical disability group: £38,000 per year



Average costs for key diseases

Older people with one or more long-term condition

- Average cost of an older person in the long term condition group: £3,900 per year



Average costs for key diseases

Dementia

- ▶ Average cost of a person with dementia per year: £32,250



The local cost of dementia care (across Westminster, Hammersmith & Fulham and Kensington & Chelsea)

Cost Type	Amount (£)
Unpaid Care	£70,000,000
Social Care	£64,000,000
Healthcare	£25,000,000
Other Costs	£700,000
Total	£161,000,000

Childhood Obesity

Joint Strategic Needs Assessment Jan 2016

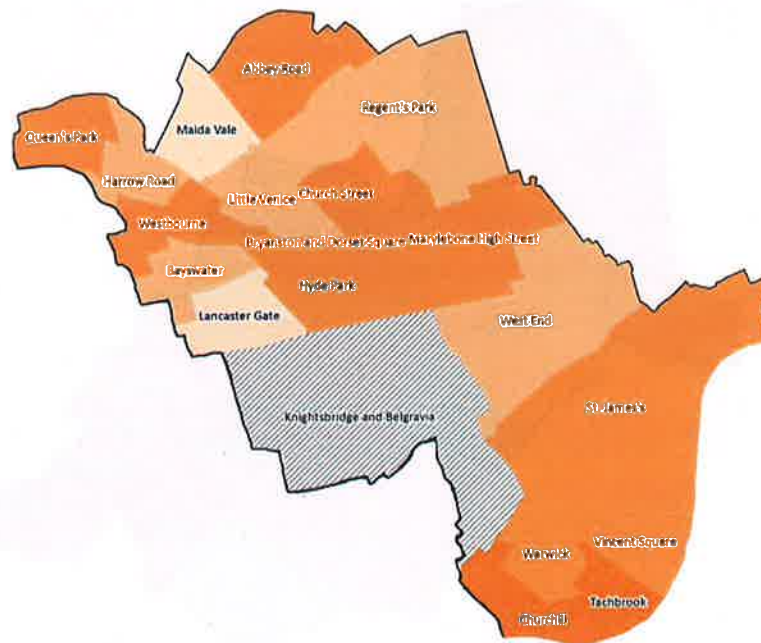
- ▶ The World Health Organisation regards childhood obesity as one of the most serious global public health challenges of the 21st century. Obesity has a substantial impact on the health of children, both now and in the future.
- ▶ Overweight adolescents have a 70% chance of becoming overweight or obese adults. In adulthood, obesity increases mortality, and is a risk factor for a range of chronic diseases including Type 2 diabetes, coronary heart disease and some cancers.
- ▶ The costs of obesity are likely to grow significantly over the next few decades. An obese child in London is likely to cost around £31 in direct costs per year which could rise to a total (direct and indirect) costs of £611 per year if they continue to be obese in adulthood.

Childhood Obesity in Westminster

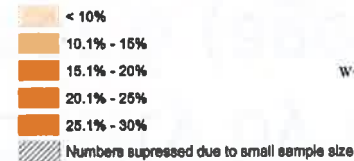
- ▶ The percentage of children who are obese upon entering school (at reception and aged 4-5) is lower in Westminster than in Hammersmith and Fulham and Kensington and Chelsea.
- ▶ However, the percentage of children who are obese upon entering the final year of primary school (year 6, 10-11 year olds) is significantly higher in Westminster both than neighbouring authorities, and the London and England average.

Reception Year (4-5 year olds)					
	Hammersmith & Fulham	Kensington & Chelsea	Westminster	London	England
% children overweight	12.7	13.9	12.1	12.1	12.8
% of children obese	9.9	9.6	9.5	10.1	9.1
Total	22.6	23.5	21.6	22.2	21.9
Year 6 (10-11 year olds)					
	Hammersmith & Fulham	Kensington & Chelsea	Westminster	London	England
% children overweight	15.1	14.9	14.9	14.6	14.2
% of children obese	23.3	21.5	24.5	22.6	19.1
Total	38.4	36.4	39.4	37.2	33.3

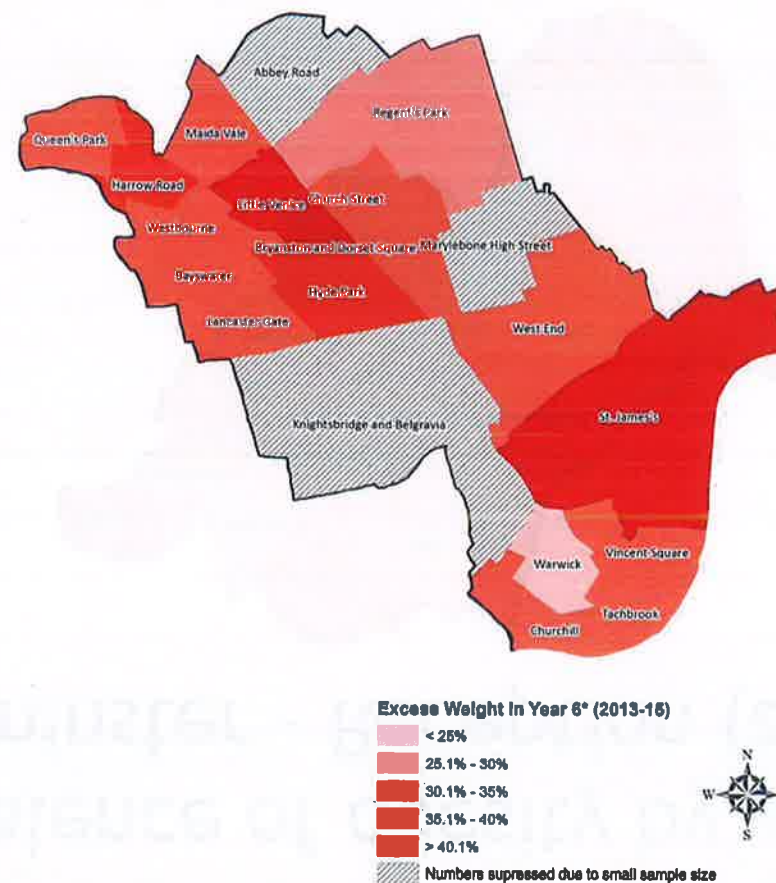
Prevalence of obesity by ward in Westminster - Reception (age 4-5)



Excess weight in Reception* (2013-15)



Prevalence of obesity by ward in Westminster - Year 6 (age 10-11)

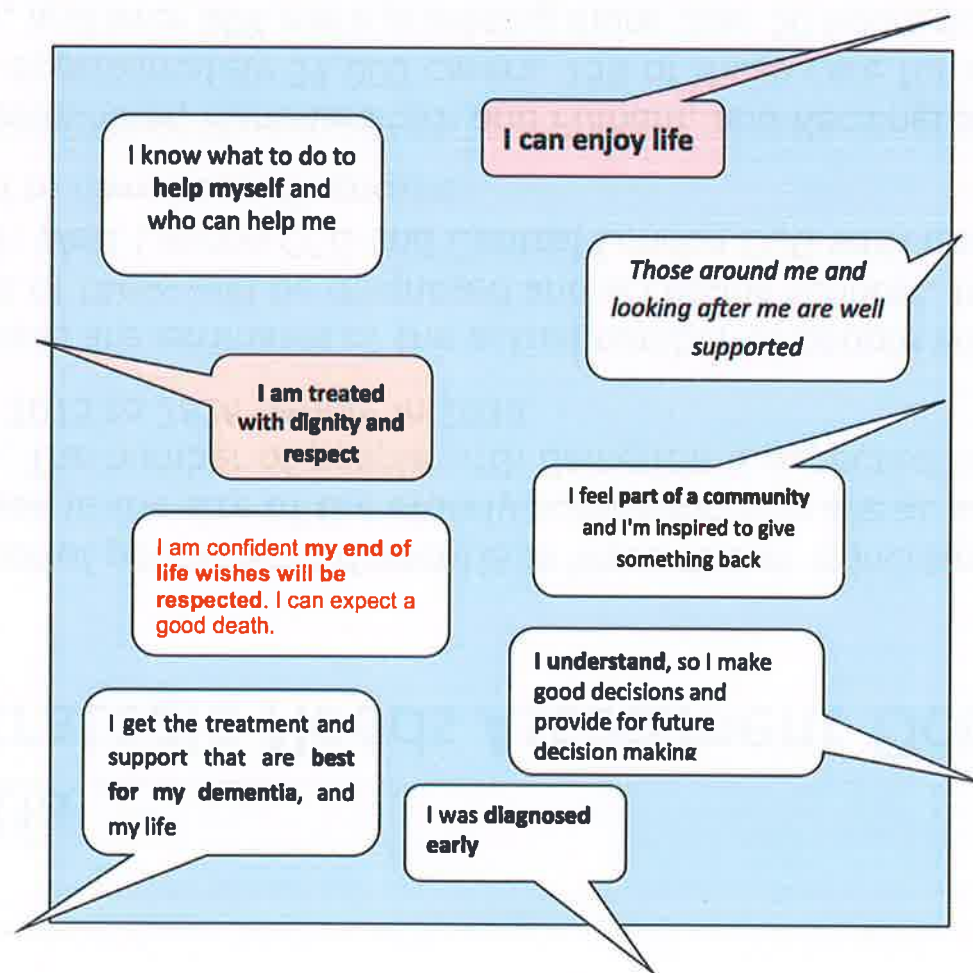


Dementia

Joint Strategic Needs Assessment Oct 2015

- ▶ The number of people with dementia in Westminster is increasing, mirroring the increase in the size of the elderly population who are at particular risk of dementia. The number of people with dementia is expected to rise from 1806 people in 2015 to 2626 people in 2030.
- ▶ These figures are estimates of the actual number of people with dementia but not all of these will be diagnosed and accessing support. In 2015 65% of patients in West London CCG and Central London CCG with dementia were estimated to have been diagnosed.
- ▶ Across Westminster, Hammersmith and Fulham, and Kensington and Chelsea, there are approximately 39,000 carers. 25% of these care for someone with dementia, and over 50% were providing more than 50 hours per week of unpaid care.
- ▶ In Westminster 51% of those with dementia were supported in a nursing or residential home.

What do patients with dementia and their carers want from services?



Physical activity in Westminster

Physical Activity

Joint Strategic Needs Assessment May 2014

- ▶ 59% of adults in Westminster aged over 16 do less than 30 minutes of moderate intensity sport or activity less than once per week.
- ▶ Only approximately 26% of residents in Westminster participate in the recommended levels of physical activity, however this is above the English and London-wide average.
- ▶ Physical activity decreases with age. A significant decline in physical activity participation declines further with age, particularly for women. Importantly sedentary individuals over the age of 55 are at an even greater risk of ill health. Nationally, 70% of women aged 55 and over are not active enough.
- ▶ In Westminster, women are more at risk of inactivity than men. The proportion of men participating in 30 minutes of moderate intensity sport more than 3 times a week is 29.7% whereas for women the percentage is 20.7%.

