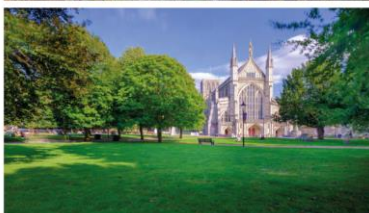


Chief Medical Officer's
Annual Report 2023
Health in an Ageing Society

3.1 Hampshire County Council



Public Health Strategy 2023 - 2026



Healthy Lives

Healthy Older People

Enable older adults to remain healthy
and independent for longer.



Home library service

If you can't get to the library due to ill-health, disability or caring responsibilities the library can come to you

**Hitting the
cold spots
- helping
you to stay
warm**

Hampshire and the Isle of Wight's JSNA looks at the current and future health and wellbeing needs and inequalities within our population. It is used to inform and guide the planning and commissioning (buying) of health, wellbeing and social care in the local authority area. This collection of JSNA data reports enable the user to explore the data by different geographies.

Produced by HOW Public Health Intelligence Team - PHIT@hants.gov.uk

Recent updates

November 2023
Healthy People-QoF Trends by PCN and QoF Trends by District - Data updated to include 2022/23. Estimated dementia diagnosis rates (65+) and self-reported wellbeing updated.
Healthy Places: Data updated to include 2022/23, with new data added for wildfires, rainfall, occupation.

[Click on a report to get started](#)

Demography report



Vital Statistics report



Healthy Places report



Healthy Lives report



Understanding our population structure and the influence of history



The proportion of our older population has increased faster when compared to the increase for England overall.

Our older population is forecast to increase particularly in the 75 years + age group.

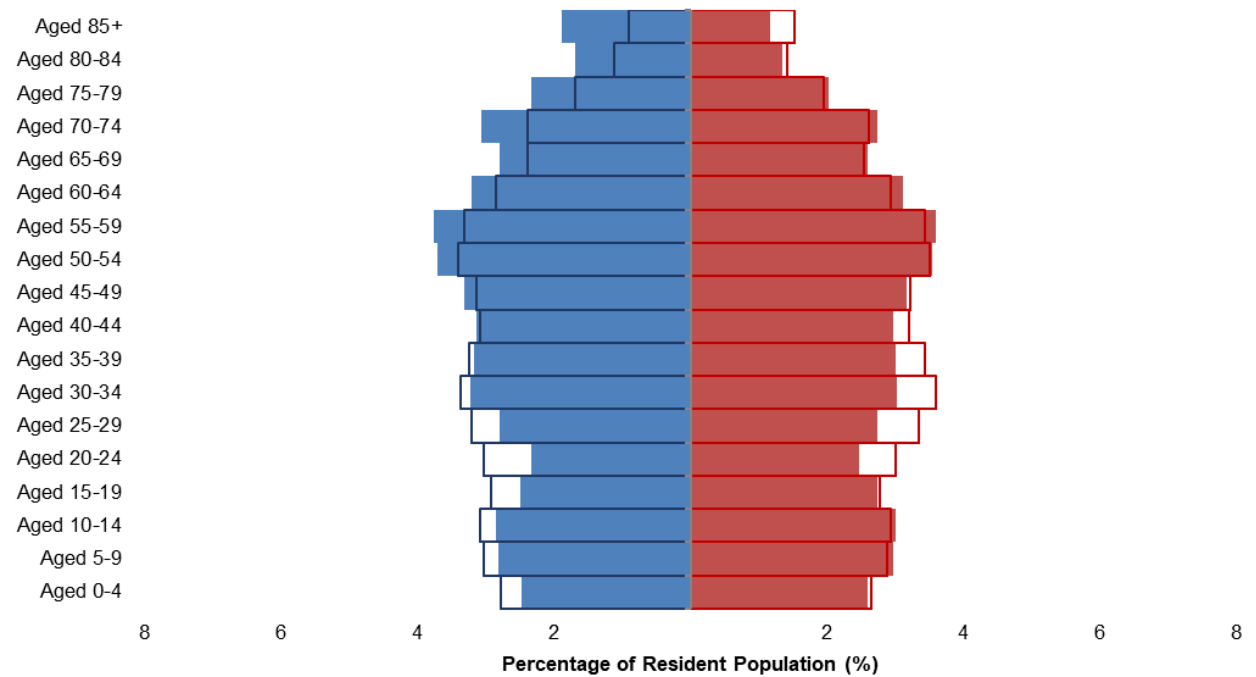
13.8% of our households are households with a single person aged 66 years and over (12.8% in England).

New Forest district has the oldest population structure across the county, 29.4% are aged 65 years+ and 17.4% are single households with one person aged 66 years+.

Rushmoor has the youngest population structure across the county, 15.2% are aged 65 years+. But one in five older people living in Rushmoor are affected by income deprivation.

Over one in five of our residents in Hampshire are aged over 65 years (21.7% compared to 18.4% in England) this equates to over 300,000 people.

Hampshire population structure compared to England and Wales.
Data source: Census 2021

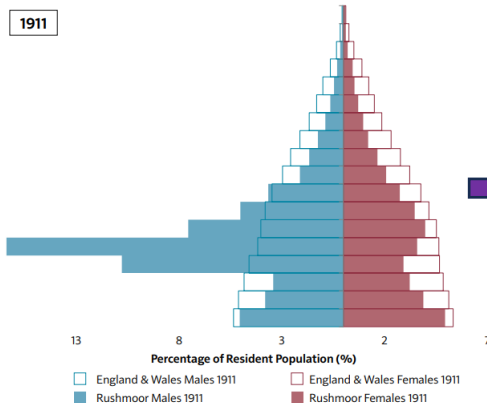


Legend: England & Wales Females 2021 (red), England & Wales Males 2021 (blue), Hampshire Females 2021 (red), Hampshire Males 2021 (blue)

Biggest increase in the 75 years + expected in Rushmoor where this age group is forecast to increase by 33%.

Gosport has the highest proportion of veterans in the country - 1 in 8 of the residents are veterans.

- Increasingly diverse population - and increasing awareness of diversity
- 92.6% population White (81% England)
 - Asian is the largest ethnic minority group in the county 3.8% (52,530 people) compared to 9.6% in England
 - 0.4% (4,070 people) gender identity different from sex registered at birth (0.5% England)
 - 1.1% (12,560 people) bisexual (1.3% England)
 - 1.2% (13,825 people) gay or lesbian (1.5% England)
 - 47.8% Christian.
 - Buddhist, Hindu and Muslim all approximately 1%



Rushmoor population in 1911 Home of the British Army with the largest training camp in the World Wars and helps understand the young and diverse structure we see today.

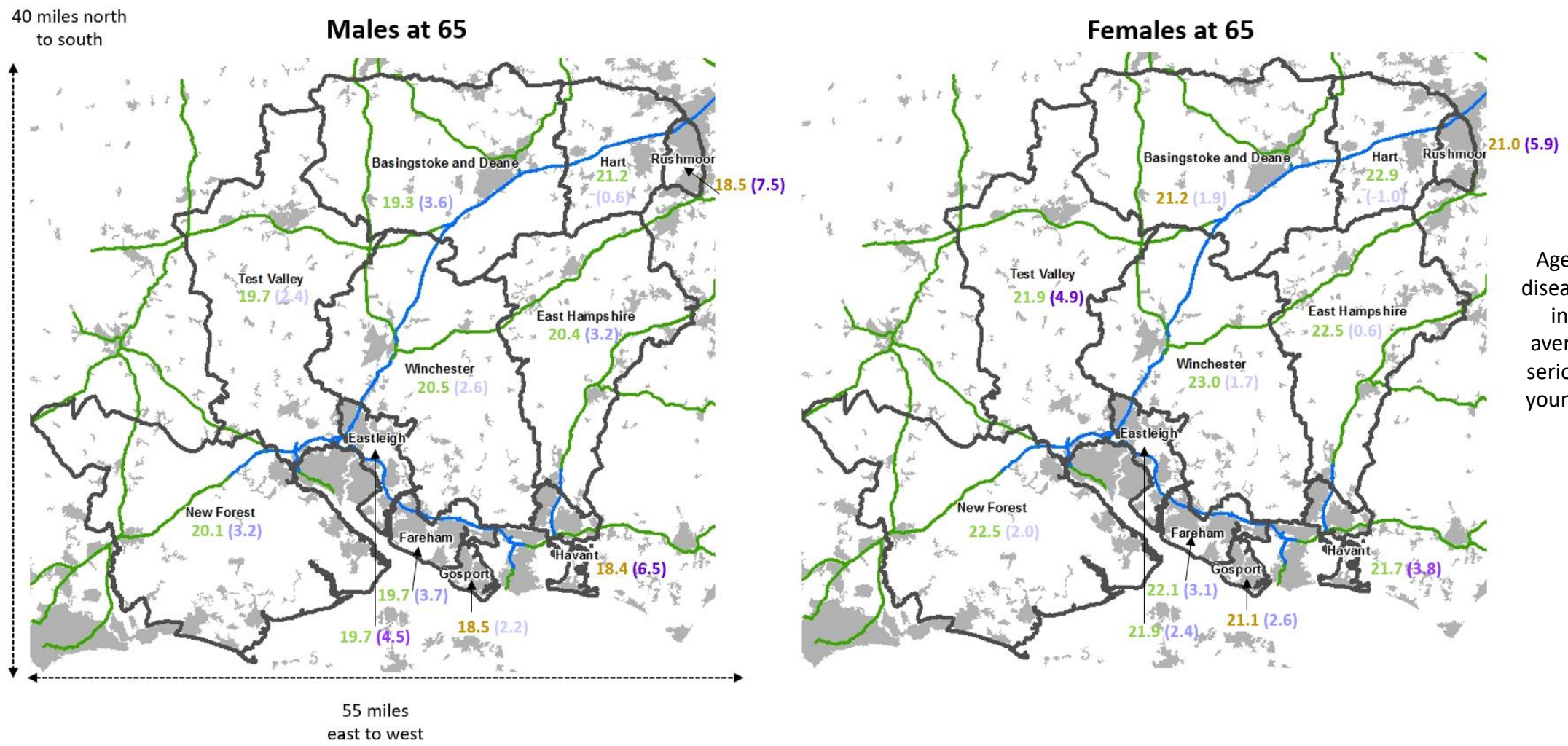


How has our population changed over time?

Greater diversity in districts with younger populations – Winchester and Rushmoor.

Overall Population Health at 65: Life expectancy variation (2020-22) and inequality (2018-20)

Life expectancy at 65 Better 95% Similar Worse 95% (Inequality in life expectancy at 65) Best Worst



Age is a strong predictor of disease however people living in the poorest areas, on average, are diagnosed with serious illness earlier and die younger than people in more affluent areas.

Our population's experiences of ageing differ widely, and this is largely attributable to people's life experiences and opportunities. Within Hampshire the differences in demographics, local historical influences, geography and economic factors lead to very different life and health experiences for the population as they age. With the number of people living with long term conditions and the number of years spent managing their conditions both projected to increase, being physically and mentally active are key things we can do to influence and ensure we age healthily.

It is never too early or too late to start improving our health; action at any stage of life can support us to live happier and healthier in older ages. There is a lot of good work happening across Hampshire which is proactively supporting people to age well, remain independent, physically active and healthier for longer.



Live Longer Better

Whether you're in your 60s, 70s or beyond, you can take positive steps now to improve your health and wellbeing. Live Longer Better will help you find ways to stay independent, live life to the full and keep doing what you love.



Be Active



Stay Steady



Hydration and
Continence



Keep Connected

Communities of Practice in Hampshire

Partnerships deliver change to meet population needs through delivering Live Longer Better at a local level

Over 65s upstream prevention

Older adults will understand the role of physical activity and how it will help them live better in older age, whilst considering priority areas like falls and incontinence prevention.

Adults' Health and Care

Live Longer Better should be embedded throughout training, culture and practice within Adults' Health and Care



Evidence-based community falls prevention exercise classes, delivered by a workforce of trained (PSI or OEP Leader) freelance exercise professionals.

- Over 100 weekly classes across the county led by around 50 instructors.
- Costs range from £3.50 to £9 per class.
- Delivered in a mix of community and Leisure Centre settings.
- Recently introduced both ***Steady and Strong with Music*** and ***Steady and Strong Dance*** classes to expand the continuum and broaden our offer for falls prevention classes.



“It keeps me standing”.
(participant)

“Oh, look I can get up now. I never used to be able to”. (participant)

“I had my 80th birthday recently. It certainly helped me to get there and do the karaoke afterwards”. (participant)



Hitting the cold spots

- helping you to stay warm**

Help for people struggling to keep their homes warm

- Cold homes not only make life uncomfortable but can also lead to serious health problems in the very young, vulnerable and older people, such as respiratory diseases, asthma, depression, heart disease or stroke.
- We recognise that it can sometimes be difficult to know who to contact or where to begin, so we offer a wide range of advice and support from our dedicated local Advice Line.