

Health and wellbeing in Derbyshire

1  There are **one million** people in Derby and Derbyshire.

2  More than **one in four** people will be aged over-65 in 15 years' time.

4 NHS services in Derby and Derbyshire are set to cost **£80 million** more this year than the £1.5 million annual budget we receive.

3 People are generally living longer, something to be celebrated. But the **cost of care** is increasing, year on year. 

5  The life expectancy of someone living in Derbyshire Dales is **three to four years** longer than someone living in Bolsover. There is up to a **10-year gap** in life expectancy in different parts of Derby (between Allestree and Arboretum). 

6 How can we improve health and reduce these inequalities between communities? 

7 In Derbyshire, people can expect to spend about **four-fifths** of their life in 'good health'.

This can be affected by health choices and people's lifestyles.

In Derbyshire:

57.8% of people eat five-a-day 

63.8% of adults are obese or overweight 

68% of adults are physically active 

15% of people smoke 

In Derby:

57.7% of people eat five-a-day

65.1% of adults are obese or overweight

62.6% of adults are physically active

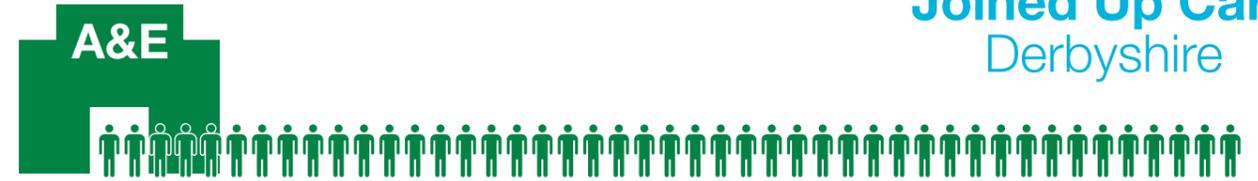
19% of people smoke

8 Healthy life expectancy in Derbyshire:  Male: **63.9%**  Female: **63.5%**

Healthy life expectancy in Derby:  Male: **60.2%**  Female: **58.4%**

9  Nearly **11,000** babies are born in Derby and Derbyshire each year. The proportion of mothers that smoke at the time of delivery is nearly **15%**.

10  We want to ensure all mums-to-be are supported to have better births. Every woman should have a midwife, who is part of a small team of **four to six midwives**, who can provide continuity of care.



Joined Up Care Derbyshire

11 Urgent and emergency care services for our community are under a lot of pressure nowadays. In April 2018 the Royal Derby Hospital's A&E unit saw a record-breaking **504** patients in one day.

13  The voluntary and community sector provides support to health and social care services to help people remain independent in their own home and stay well.

12  Nobody wants to stay in hospital longer than they need to and getting people home from hospital is a priority for us. The longer people stay in hospital the more likely they are to get complications. Studies have shown **10 days** in a hospital bed can lead to the equivalent of **10 years** of ageing in the muscles of people over 80.

14 We need to ensure people's mental health is given just as much priority as people's physical health. It is thought mental health problems affect around **one in four people** in any given year. 

What can we do about some of this? Here are some local initiatives...

15  **106** people have been cared for in community support beds in a new project in care homes in North Derbyshire. These have helped people avoid spending unnecessary time in hospital beds, saving about **£66,000**.

16 **Three areas** which have a higher number of injuries from falls – Chesterfield, High Peak, and South Derbyshire – are putting together special packages of support to prevent falls. This includes awareness packs, falls 'champions', 'no falling' classes and risk assessments. 

17  Dementia Rapid Response Teams aim to improve the wellbeing of people with dementia at times of crisis by delivering rapid assessment and intensive support in the community. A service that has been established in South Derbyshire is now being expanded to areas of North Derbyshire.

18  Our work boosting students' self-confidence in Derbyshire schools has seen students in one school **93%** more optimistic about the future. We believe happier people are healthier people.

To find out more visit the website www.joinedupcarederbyshire.co.uk