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MEETING:	South Area Council
DATE:	Friday, 17 January 2020
TIME:	10.00 am
VENUE:	Meeting Room, The Hoyland Centre

SUPPLEMENTARY AGENDA

- 7 Public Health update (Sac.17.01.2020/7) *(Pages 3 - 16)*
Prevention, strength and balance training - Alec Tinker

To: Chair and Members of South Area Council:-

Councillors Daniel Griffin (Chair), Andrews BEM, Eastwood, Franklin, Frost, Lamb, Markham, Saunders, Shepherd, Smith, Stowe and Sumner

Area Council Support Officers:

Diane Lee, South Area Council Senior Management Link Officer
Lisa Lyon, South Area Council Manager
Rachel Payling, Head of Service, Stronger Communities
Peter Mirfin, Council Governance Officer

Please contact Peter Mirfin on or email governance@barnsley.gov.uk

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South Area Council: Physical Activity and falls prevention

by Alec Tinker

Senior Public Health Officer BMBC

Barnsley statistics

- Falls cost NHS and social care £2.4bn per year
- Barnsley excess winter deaths has increased to 39.7% for the period 2016–2017.
- Yorkshire & Humber and England rates of 24.9% and 21.6% respectively

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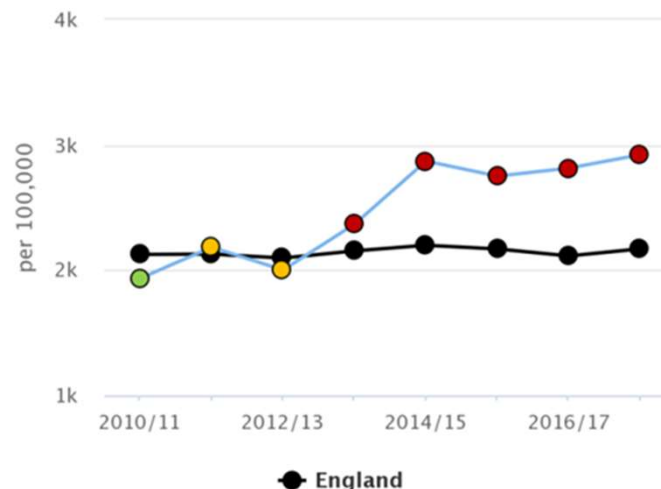
Emergency hospital admissions due to falls in people aged 65 and over 2017/18 Directly standardised rate - per 100,000

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Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	–	220,160	2,170	2,161	2,180
Yorkshire and the Humber region	–	20,814	2,102	2,074	2,131
Barnsley	–	1,302	2,922	2,765	3,086
Doncaster	–	1,423	2,520	2,390	2,656
Kingston upon Hull	–	930	2,510	2,349	2,678
Calderdale	–	920	2,499	2,340	2,667
Leeds	–	2,923	2,401	2,315	2,491
Rotherham	–	1,119	2,285	2,153	2,424
York	–	892	2,230	2,085	2,382
Bradford	–	1,750	2,224	2,120	2,331
Kirklees	–	1,571	2,172	2,065	2,283
Wakefield	–	1,230	2,001	1,890	2,116
Sheffield	–	1,813	1,889	1,803	1,978
East Riding of Yorkshire	–	1,486	1,797	1,706	1,891
North Yorkshire	–	2,480	1,691	1,625	1,759
North Lincolnshire	–	529	1,541	1,412	1,678
North East Lincolnshire	–	446	1,372	1,247	1,506

Source: Hospital Episode Statistics (HES), NHS Digital for the respective financial year, England. Hospital Episode Statistics (HES) Copyright © 2019, Re-used with the permission of NHS Digital. All rights reserved. Local Authority estimates of resident population, Office for National Statistics (ONS) Unrounded mid-year population estimates produced by ONS and supplied to the Public Health England

Barnsley's rate per 100,000 of emergency hospital admissions due to falls in people aged 65

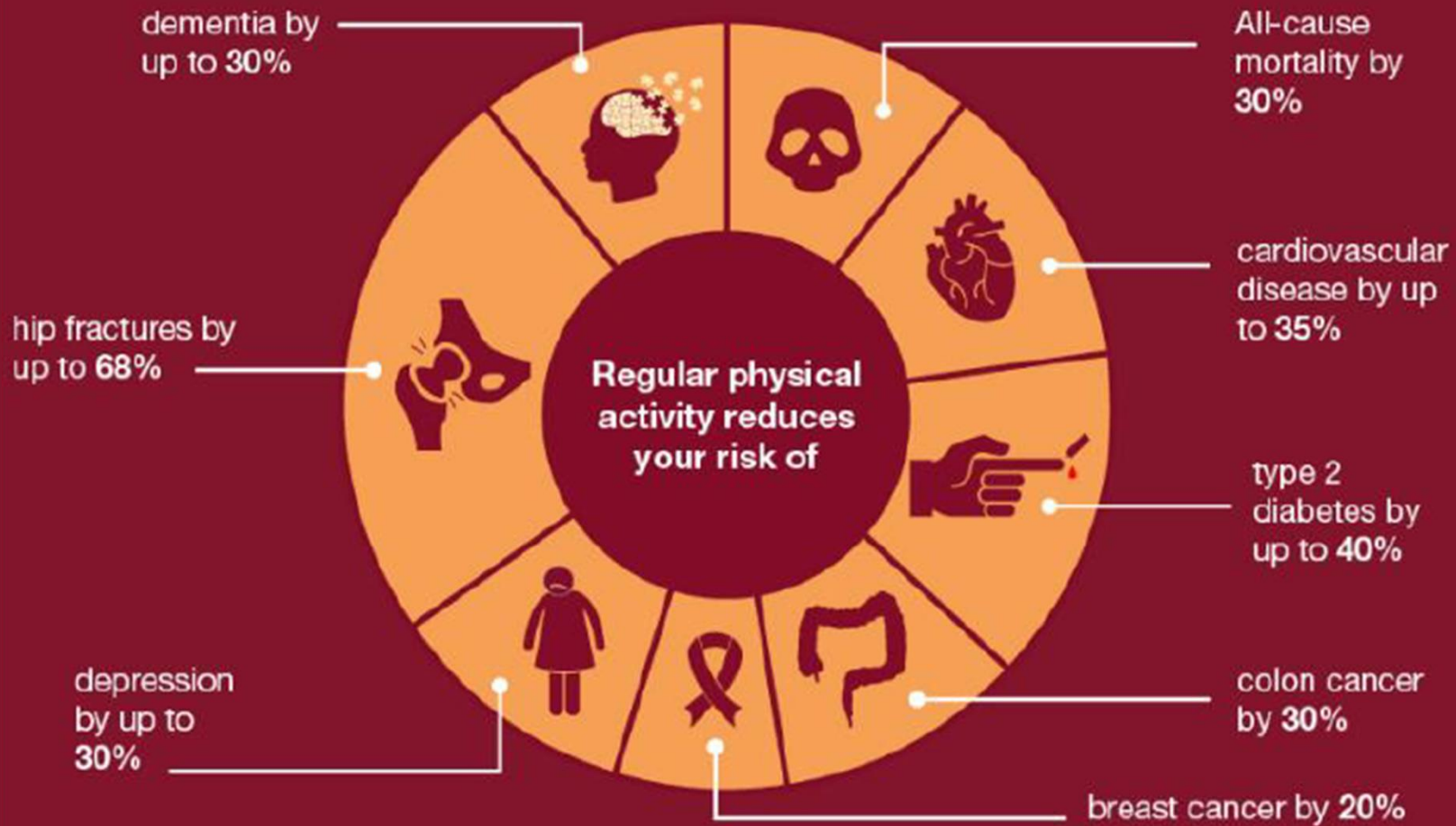


Barnsley South Area

- ▶ South Area Council has 9,100 over 65s in residence
- ▶ Estimated over 3000 people falling in South Area
- ▶ Mortality rate from causes considered preventable in the South Area is higher than the whole of Barnsley and England



What are the health benefits of physical activity?



<https://publichealthmatters.blog.gov.uk/2016/07/19/health-matters-getting-every-adult-active-every-day/>

Social isolation

THE DANGERS OF SENIOR LONELINESS AND ISOLATION

LONELY SENIORS HAVE A 59% HIGHER RISK OF PHYSICAL AND MENTAL HEALTH DECLINE



LONELINESS CAN BE AS DANGEROUS AS SMOKING 15 CIGARETTES A DAY



THE RATE OF DEPRESSION FOR SENIORS WHO LIVE IN RESIDENTIAL CARE FACILITIES HAS BEEN AS HIGH AS



SENIORS WHO SUFFER FROM LONELINESS HAVE A

64% HIGHER RISK OF DEMENTIA

5 FACTORS THAT INCREASE THE RISK OF ISOLATION

- 1 BEING AGE 80+
- 2 HAVING CHRONIC HEALTH PROBLEMS
- 3 LACK OF CONTACT WITH FAMILY
- 4 LIVING WITH LOW INCOME
- 5 CHANGING FAMILY STRUCTURES

IN 2009, 1 IN 4 SENIORS AGED 85+ FELT LONELY AT LEAST SOME OF THE TIME



STEPS TO ALLEVIATE LONELINESS & ISOLATION

- > GIVE BETTER ACCESS TO TRANSPORTATION
- > WORK BETTER TO INTEGRATE SENIORS INTO THEIR COMMUNITIES
- > USE TECHNOLOGY TO HELP SENIORS CONNECT WITH OTHERS



How much exercise should older people be doing?

Physical activity for adults and older adults

Benefits health	Type II Diabetes	-40%
Improves sleep	Cardiovascular disease	-35%
Maintains healthy weight	Falls, depression etc.	-30%
Manages stress	Joint and back pain	-25%
Improves quality of life	Cancers (colon and breast)	-20%

Reduces your chance of

Some is good, more is better Make a start today: it's never too late Every minute counts

Be active

at least **150** minutes moderate intensity per week
Increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong
on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Yoga, Carry heavy bags, Run, Stairs, Sport, Bowls, Tai Chi, Dance

Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

Exercise currently available in Barnsley SA

Barnsley Love Later Life Service Booklet, Age UK Barnsley 2019

- ▶ NICE guidelines for falls prevention recommend exercise classes called FAME and OTAGO
- ▶ Healthy Bones is a private business providing 2 classes in SA
- ▶ Future Clinical Commissioning Group and Local Authority intention is to have borough wide approach to falls prevention that supports clinical and social care pathways

What	When	Where
Gentle Exercise for over 50s	Mondays, 10am to 11am	St Michael's & All Angels Church Hall, Park Street
Mild Salsa for the over 50s	Mondays, 1pm to 2pm	St Mary's Church, Church Street, Wombwell
Sequence Dance Club	Mondays and Saturdays, 7pm to 9.30pm	St Mary's Church, Church Street, Wombwell
Tai Chi	Tuesdays, 12pm to 1pm	Wombwell Library, Station Road
Jump Bowling Club	Monday evenings. Contact for more information	Bowling Green, Jump Park, Roebuck Hill, Jump
Yoga Class—For all abilities. Just call in!	Mondays, 7.30pm to 8.30pm	Birdwell Methodist Church, Sheffield Road, Birdwell
Darfield Bowls Club	Wednesday Afternoons	Church Street, Darfield
Modern Sequence Dancing	Tuesdays, 7.30pm to 10pm and Fridays 1pm to 3pm	Darfield Community Centre, Illsley Road



Strength and balance exercise for older people

The paper outlines a number of approaches that will achieve the following outcomes:

- Increase older peoples' physical activity levels
- Improve strength and balance
- Reduce risks of falls
- Increase social interaction
- Improve health and wellbeing



Barnsley current falls assessment and treatment

- ▶ South West Yorkshire Partnership NHS Foundation Trust (SWYPFT) integrated falls service (part of neighbourhood team aligned to neighbourhood networks)
- ▶ Physios provide comprehensive assessment and 1to1 home OTAGO
- ▶ Rockwood scoring system for Frailty

Assessment and signposting option

- ▶ **Functional Fitness MOT** – mobility assessments done by activity instructors and people working with older people.
- ▶ Assessors then signpost to activities that improve strength and balance
- ▶ Example of Primary Prevention adopted by other areas across the country



Possible approaches

- ▶ Move It or Lose it – Fun exercise programme that improves participants flexibility, aerobic capacity, balance and strength. (Seated version currently commissioned by North Area)
<https://www.moveitorloseit.co.uk/>
- ▶ Tai Chi – some evidence that it improves strength and balance more need to say that it reduces falls
- ▶ 2 Seated Exercise Class options (seated exercise alone will not improve strength and balance)



Recommended option

Combination offer of Move It or Lose It and FFMOT

Delivery Model

- ▶ One or more fitness instructors/volunteers trained to deliver Move It or Lose It classes in the community
- ▶ Deliver physical activity classes that improve strength and balance across the Barnsley South Area in community and care home settings.
- ▶ Individuals who are trained to deliver the FFMOT could signpost older people to Move It or Lose It classes.

Outcomes

Provides Barnsley South Area with:

- ▶ Greater capacity to deliver physical activity for older people
- ▶ Up skills the current workforce
- ▶ Improves the health and wellbeing of participants
- ▶ Reduces social isolation.



Options to progress...

- ▶ Commission a service provider to deliver interventions that meets a set of agreed outcomes.
- ▶ Costings up to £20K
- ▶ YORtender approach

- ▶ Grant programme.
- ▶ total grant pot of £20K with individual grants of up to £5K.

- ▶ Could a joint approach between other areas be taken?



Any questions?



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