



OUR FUTURE NHS

HELP YOURSELF AND THE NHS

CLARE WYLD – NHS DOCTOR & NUTRITIONIST

Chippy
WELL
fest

Our Future NHS

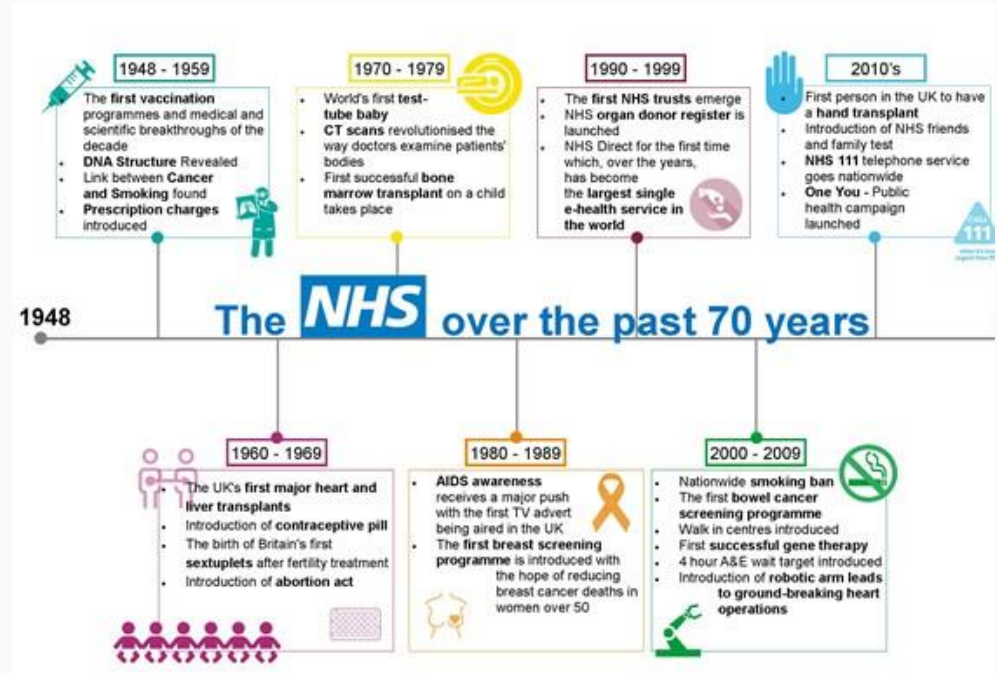


- Content
 - A quick look at the past
 - What the present looks like
 - What the future might hold
 - What we can ALL do to help

Our 70 year old NHS

- Set up in 1948 to provide FREE healthcare for ALL at the point of contact.
- An attempt to remove barriers to healthcare and remove health inequalities between social classes.

Multiple advances in healthcare since its evolution



The past 10 years

- More of a focus on lifestyle and prevention
 - 2009 - Change for life
 - NHS Health checks
 - >40 BMI, BP, cholesterol.
 - 2016 – One You campaign



The Present

HEALTH SERVICE CASH CRISIS

NHS spending...



back to the 50s

Despite our ageing population and the increasing cost of advances in care, NHS funding is growing at the lowest rate since records began in 1955

WINTER CRISIS CRIPPLES NHS

++ Up to 85,000 operations postponed ++ Patients to be put on mixed wards ++ Senior doctors will man doors at A&E to turn away non-urgent cases

60p

i

31 of a drive
Storm Chaser drops 1 hour
with only two days left

NHS crisis: I'm sorry, says Hunt

A lines are being put at risk, say doctors' chief after tens of thousands of ops are cancelled
Patients vent their fury after being made wait for treatment
A Medical watchdog criticises the way the sector has been run over the last 10 years



SHOCK SUN INVESTIGATION

CRITICAL



- NHS in crisis as budgets cut
- More of us on prescription pills
- A&E swamped, long waits for GP
- Docs warn of care 'timebomb'

BRITAIN'S TOP DOC...

NHS: THE MONEY HAS RUN OUT

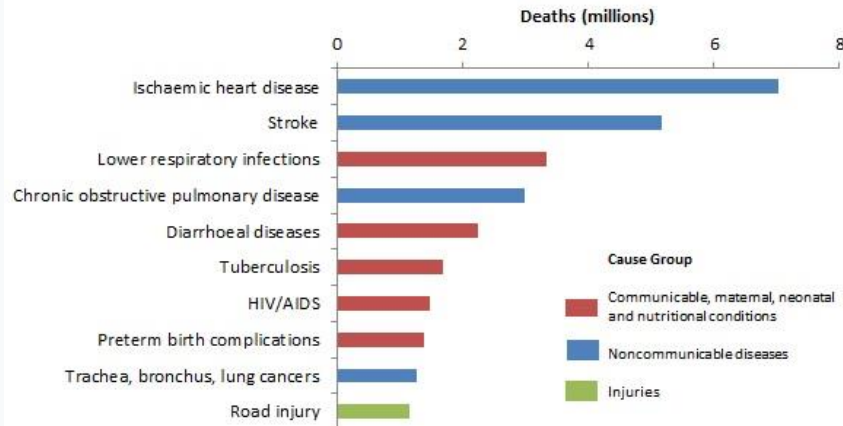


- Ops axed or postponed across half of the country
- 2.5 million patients had to wait over 4hrs in A&E
- Medics blast Tories for 'biographical failure' of sick

Lifestyle Related Disease Now Biggest Killer!!!

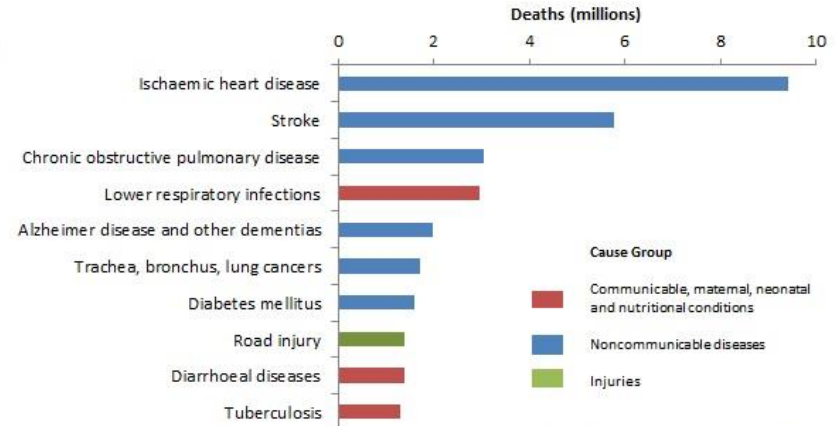
- Globally non communicable diseases account for 70% of deaths

Top 10 global causes of deaths, 2000



Source: Global Health Estimates 2016: Deaths by Cause, Age, Sex, by Country and by Region, 2000-2016. Geneva, World Health Organization; 2018.

Top 10 global causes of deaths, 2016



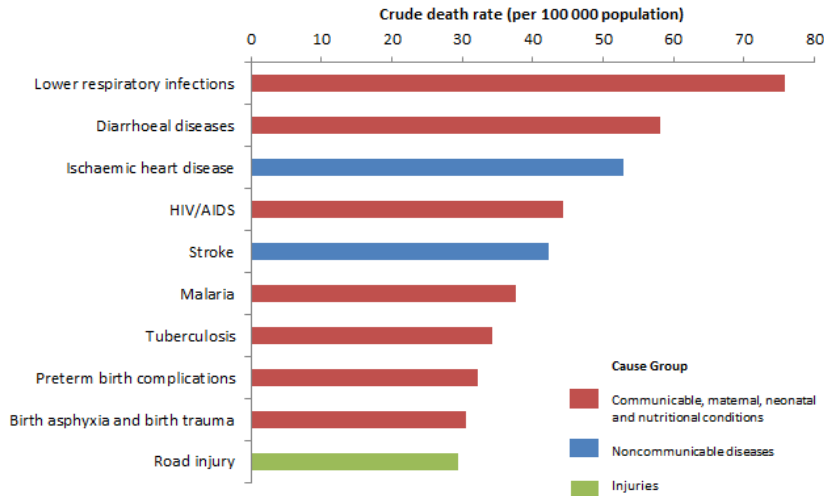
Source: Global Health Estimates 2016: Deaths by Cause, Age, Sex, by Country and by Region, 2000-2016. Geneva, World Health Organization; 2018.

Non communicable disease

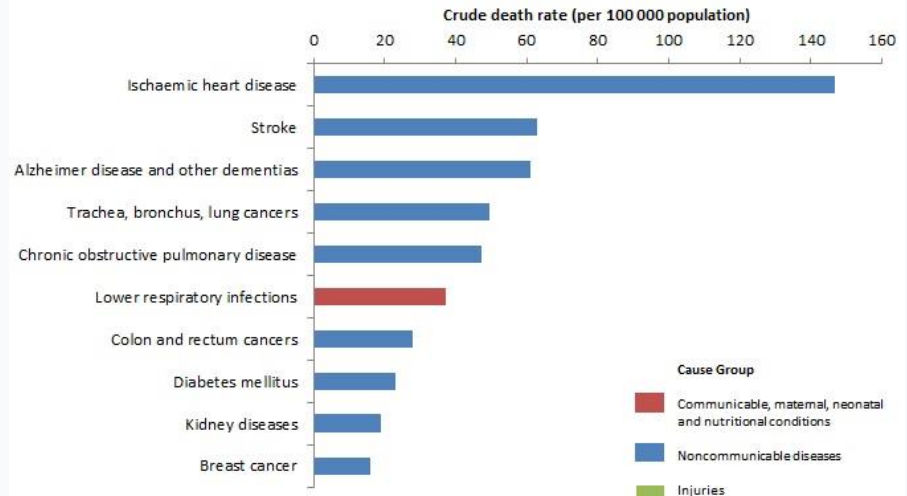
A significant problem for the higher income countries

The biggest risk factors: Tobacco, Inactivity, Alcohol and Obesity.

**Top 10 causes of deaths
in low-income countries in 2016**



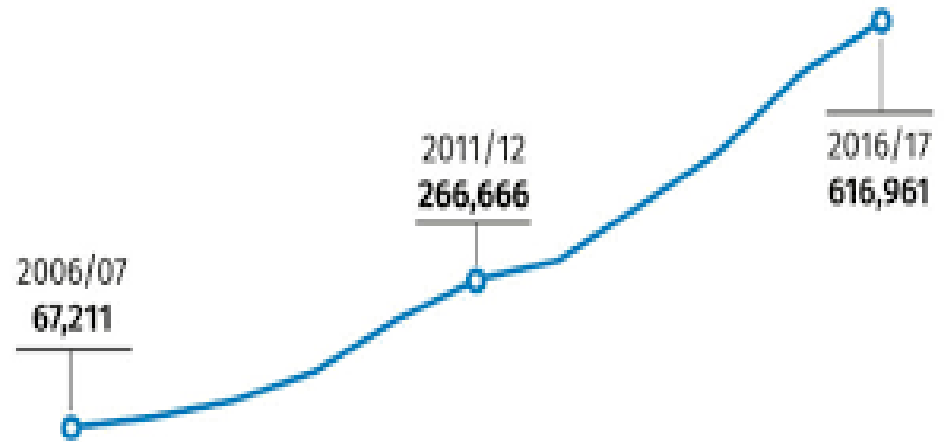
**Top 10 causes of deaths
in high-income countries in 2016**



Obesity

- Both a driver of disease and a disease in itself
- 26% Adults and 20% year 6 children are OBESE
- Deprivation is a huge factor particularly for children 26% children obese in deprived areas compared to 11% in more affluent areas.

Hospital admissions where obesity is a factor



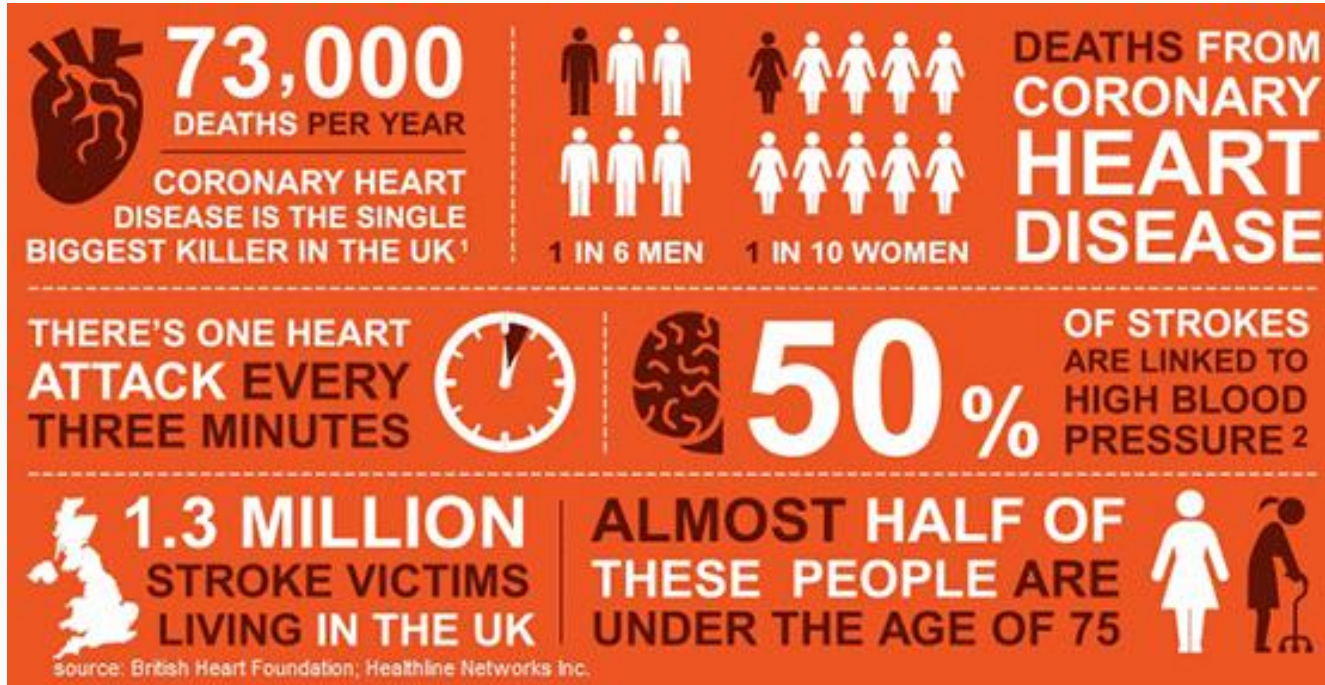
Source: NHS Digital. Figures are for NHS hospitals in England

Type 2 Diabetes Mellitus

Direct cost to the NHS is £8.8, but add to this the indirect cost (heart attacks, strokes, renal or eye disease) of £13 billion pounds a year and a staggering £22 billion a year is being spent on diabetes, this cost is thought to rise to £35 billion by 2035.

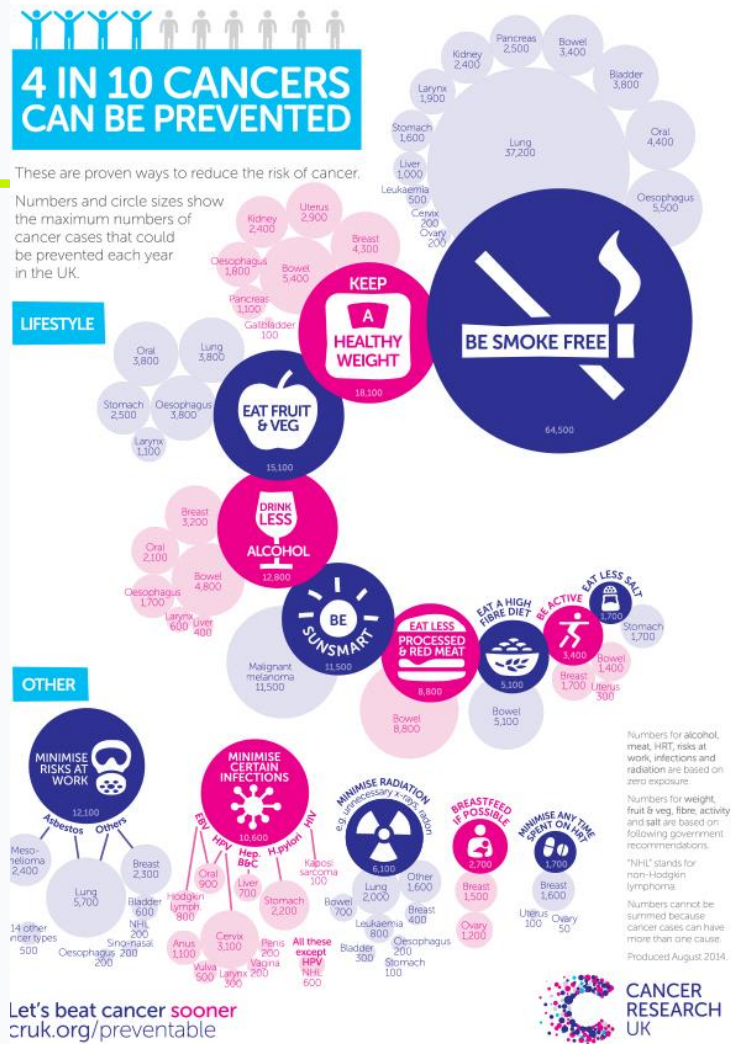


Cardiovascular Disease



Cancer

- 1 in 2 People born after 1960 will be diagnosed with cancer in their lifetime
- 38% PREVENTABLE (15% smoking, 6% obesity)
- 23% breast cancer preventable
- 79% Lung cancer preventable
- 54% Bowel cancer preventable



The Future



Five Year Forward View

- Group consultations
 - Seeing several patients at a time with the same condition. Shown to work very well for Type 2 diabetes
- Social prescribing
 - Already happening in a lot of places – takes some workload off GPs managing social aspects of care
- Develop the team
 - Introduce a more multidisciplinary team – specialist nurses, physicians associates, paramedics, pharmacists.
- Work at scale



Lifestyle Medicine

NHS Staff

- Getting there but still lots to work on

Patients

- Educate yourselves and keep the discussion going





THANKS
FOR
LISTENING 

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