



TRAFFORD
COUNCIL

“AGE WELL”
OVERVIEW OF THE HEALTH OF OLDER PEOPLE
IN TRAFFORD

DECEMBER 2020



KEY INDICATORS

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Resident population

An estimated 41,200 people aged 65 years and over live in the borough (17.4% of total population), similar to England (17.2%). There are just over 2,190 very elderly (over 90 years) (ONS, 2019).

Age	Trafford Males		Trafford Females		Trafford Persons		England Persons
	Number	% of total population	Number	% of total population	Number	% of total population	% of total population
65-69	5,300	4.6	5,500	4.6	10,800	4.6	5
70-74	5,000	4.3	5,500	4.5	10,500	4.4	4.9
75-79	3,400	2.9	4,200	3.5	7,600	3.2	3.4
80-84	2,500	2.2	3,500	2.9	6,000	2.5	2.6
85+	2,300	2	3,900	3.2	6,200	2.6	2.5
Total aged 65+	18,500	15.9	22,600	18.6	41,400	17.3	18.4



Black & Minority Ethnic (BAME) groups

Around 1 in 20 (4.8%) people aged 65+ reported belonging to a BAME group, lower than the proportion for all ages (14.5%) (Census, 2011)

Population projections

Between 2020 and 2035, it is projected that the 65+ population will grow by 9,654 (23.2%), representing a significant challenge to health and social care services. (ONS, 2020)

Age Group	Trafford				England growth
	Estimated resident population (N)		Growth		
	Year 2020	Year 2035	Number	%	
65-69	10,771	13,313	2,542	23.6	23
70-74	10,622	12,441	1,819	17.1	15.9
75-79	7,841	9,729	1,888	24.1	23.2
80-84	6,055	7,159	1,104	18.2	25.6
85+	6,267	8,568	2,301	36.7	36.9
Total aged 65+	41,556	51,210	9,654	23.2	24



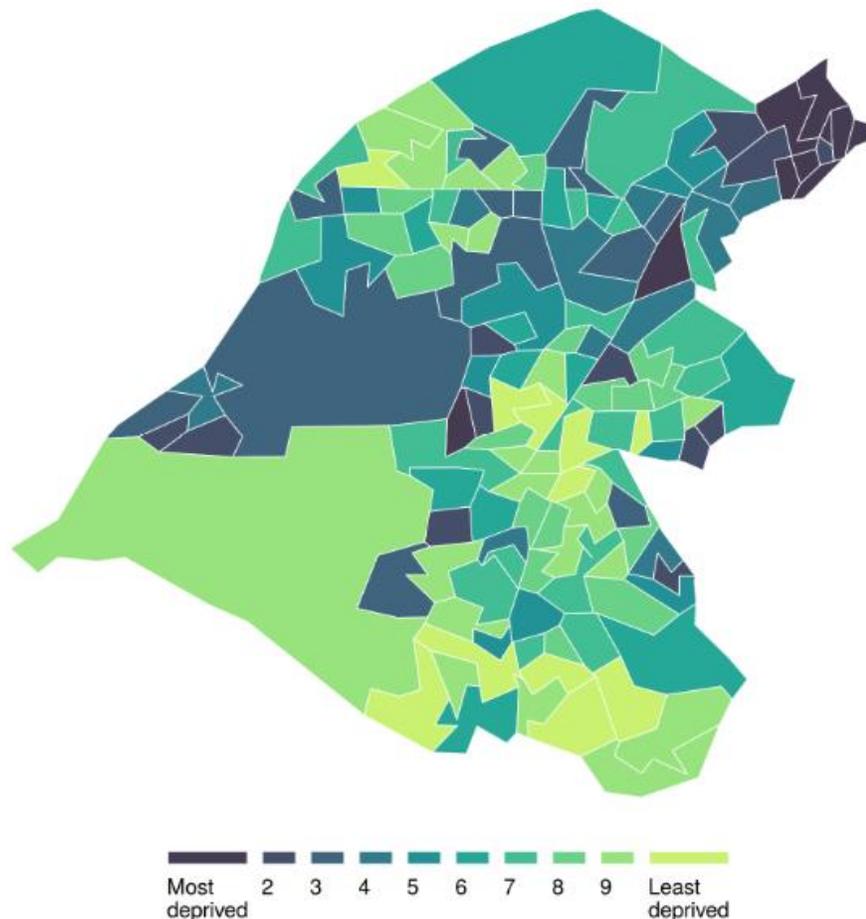
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DETERMINANTS OF HEALTH: DEPRIVATION



Income Deprivation Affecting Older People, 2019

Lower-layer Super Output Areas in Trafford by decile



- Around 13.8% of over 60s in Trafford live in income deprived household with wide variation across Trafford wards. Income deprivation in over 60s ranges from 5% in Bowdon ward to 41.3% in Clifford ward.
- Trafford ranked 134 on the Income Deprivation Affecting Older People Index score in the year 2019 (Out of the 317 local authorities in England). This represents an increase in relative deprivation (-2) from 136 in 2015.

Source: English Indices of Deprivation (2019), MHCLG
Contains Ordnance Survey data © Crown copyright and database right 2019

Map Source: Trafford Data Lab based on IMD 2019



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DETERMINANTS OF HEALTH: SOCIAL ISOLATION IN USERS OF SOCIAL CARE & CARERS



- There is a strong relationship between loneliness and poor mental and physical health. The Government strategy Preventing Suicide in England (2012) highlights social isolation as a key factor associated with suicides in males.
- A key objective of the Government's vision for social care is to tackle loneliness and social isolation through supporting people to remain connected to their friends, family and community.
- Around 34% of Trafford adult carers (65+ years) and 37.5% of social care users (65+ years) reported having as much social contact as they would like in Trafford, similar (statistically significant) to England average of 34.5% and 43.5% respectively.
- No recent data for Trafford is present on the percentage of older people living alone. Census (2011) found that 12.8% of households were occupied by a single person aged 65 or over

Source: Productive Healthy Aging Profile, 2019



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HEALTH AND WELL-BEING: LIFE EXPECTANCY



- Remaining life expectancy at age 65 is 19.1 years for males and 21.6 years for females (statistically *similar* to England) (ONS, 2019).
- Healthy life expectancy at age 65 is 11.3 years for males and 11.9 years for females (statistically *similar* to England) (ONS, 2018).
- Disability-free life expectancy (the number of years a person aged 65 years would expect to live without a long-lasting physical or mental health condition or disability affecting their daily lives) in Trafford is 9.2 years for males and 10 years for females (statistically *similar* to England) (ONS, 2018).
- Inequality in life expectancy (difference in life expectancy between the most and least deprived areas) in Trafford is 5.8 years for males and 4.4 years for females (Productive Healthy Aging Profile, 2018). This difference is higher compared with England for males (5 years) but similar for females (4.6 years) (ONS, 2018)

HEALTH AND WELL-BEING: MORTALITY

Rates of death among individuals over 65 years of age from the three main causes of mortality for the three year period 2017-2019 (Productive Healthy Aging Profile, 2019):



1,424 deaths (average of 475 deaths per year) from cardiovascular diseases with an age standardised mortality rate of 1110.1 per 100,000 population aged 65 and over; the rate is statistically *similar* to England (1044.6 per 100,000 popn 65+) and reducing over time



1,331 deaths (average of 444 per year) from cancer with an age standardised mortality rate of 1048.5 per 100,000 population aged 65 and over; the rate is statistically *similar* to England and reducing over time at a similar rate to England



781 deaths (average of 260 deaths per year) from respiratory diseases with an age standardised mortality rate of 592.5 per 100,000 population aged 65 and over; the rate has moved from better than England average for the 2016-2018 period to *similar* (statistically significant) to England average of 616.1 per 100,000 popn 65+ for 2017-2019.



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HEALTH AND WELL-BEING: OTHER INDICATORS



- As at 2011 Census, half of Trafford over 65s reported a long term illness that limited their daily activities, number is increasing over time due to population ageing alone and so need for support will increase (ONS, 2011)
- In the three year period 2016/17 - 2018/19, there were 236 excess winter deaths among people aged 85 years and over, with this index for Trafford being statistically **similar** to the England average (Productive Healthy Aging Profile, 2019).
- End-of-Life: . Percentage of deaths that take place in the usual place of residence in Trafford is 35.3% for 65-74 years of age , 36.6% for 75-84 years of age and 45.8% for 85+ years. Percentage of deaths in the usual place of residence is improving but remains statistically **lower** than the England average (47.2%) for those aged 75+, and statistically **similar** for those aged 65-74 (Palliative and End of Life Care Profiles, 2017).
- 1,913 over 65s (4.59%) on a GP dementia register, diagnosis rate (74%) above target of 66.7% and **similar** to England average of 67.4% (Productive Healthy Aging Profile, 2019).
- 235 people aged 65+ admitted to hospital with a hip fracture in 2019. Whilst the rate of admissions is **similar** to England, hip fracture is debilitating – one in three sufferers ends up leaving their own home and moving to long-term care (Productive Healthy Aging Profile, 2019).