

Changing disability and energy in two cohorts 10 years apart

Dr Ian P Donald

Chris Foy

Prof Carol Jagger

Background

- Life expectancy improving
- Healthy life expectancy in UK?
 - Self-rated health
 - Limiting longterm illness
- Cohort studies - population trends
- Longitudinal studies – factors linked with change

Cohort populations

May 1998

- Sample from 10 practices
- All over 75's
- Sent EARRS postal survey, no reminders
- 4292 valid returns
- 81% response

June 2008

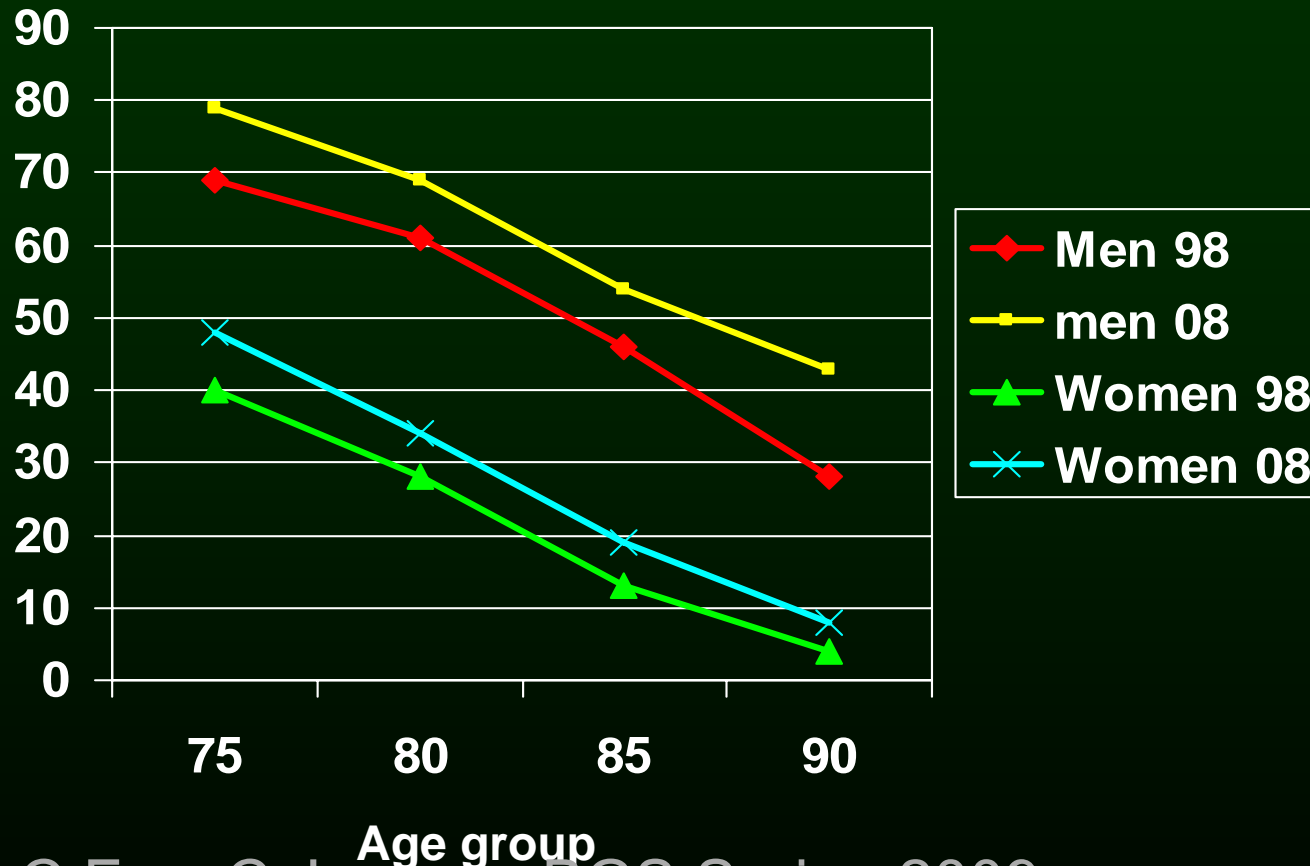
- Same practices
- 19% growth in over 75's (cf 10% nationally)
- Low migration
- Sent postal survey plus 3 Census questions
- 5290 valid returns
- 74% response

Responder characteristics

	mean age	% male
1998		
Responders	80.8	42
Non-responders	82.4	38
2008		
Responders	82.1	40
Non-responders	82.6	37

Increased living with spouse / partner

Percentage

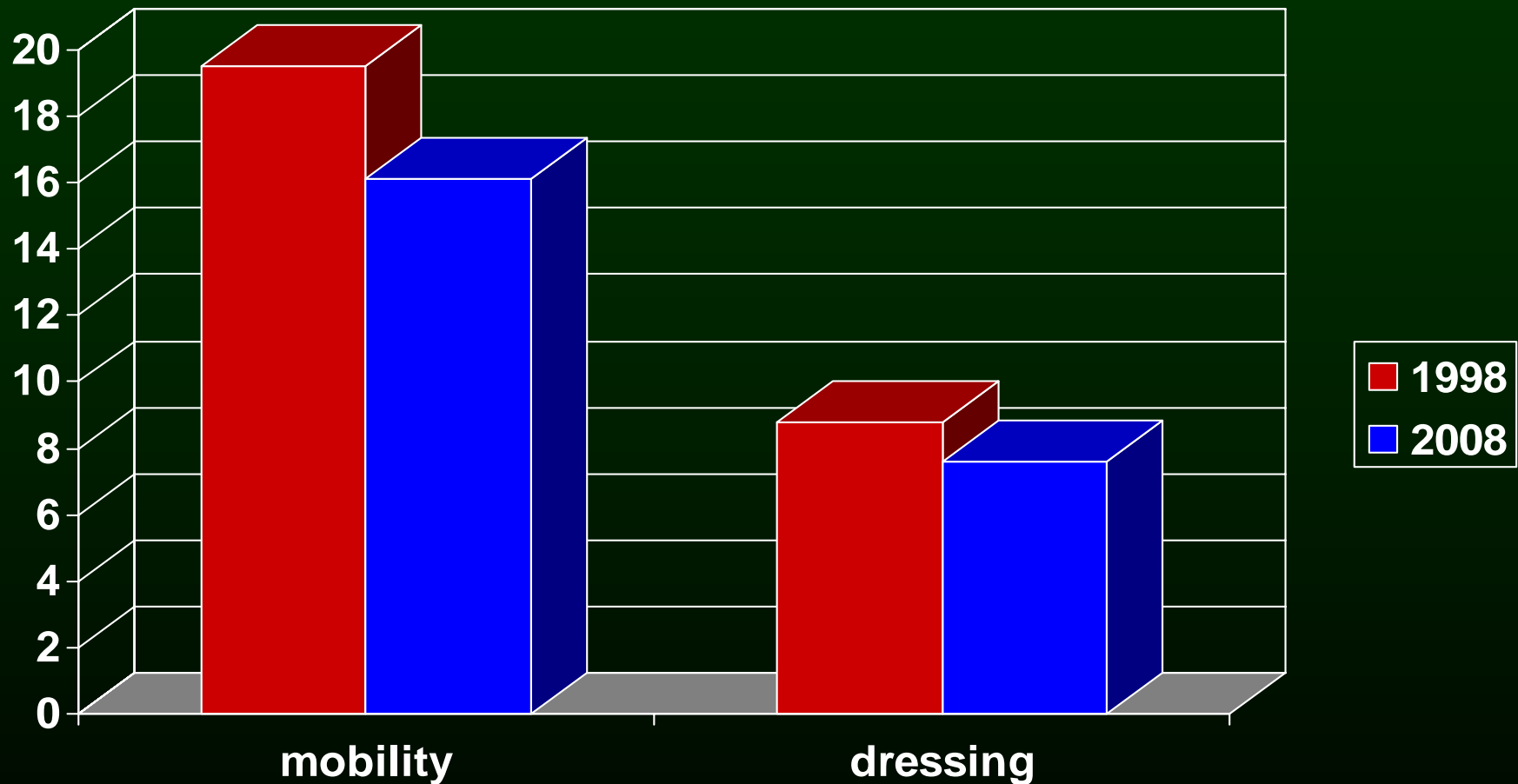


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Living in Care Homes

- Stable Care Home population over last 10 years, around 4,200 over 65 years
- 1998 survey greatly under-represented the care home patients
- 2008 included representative sample, but excluded from this presentation

Problems – outdoor mobility and dressing difficulty

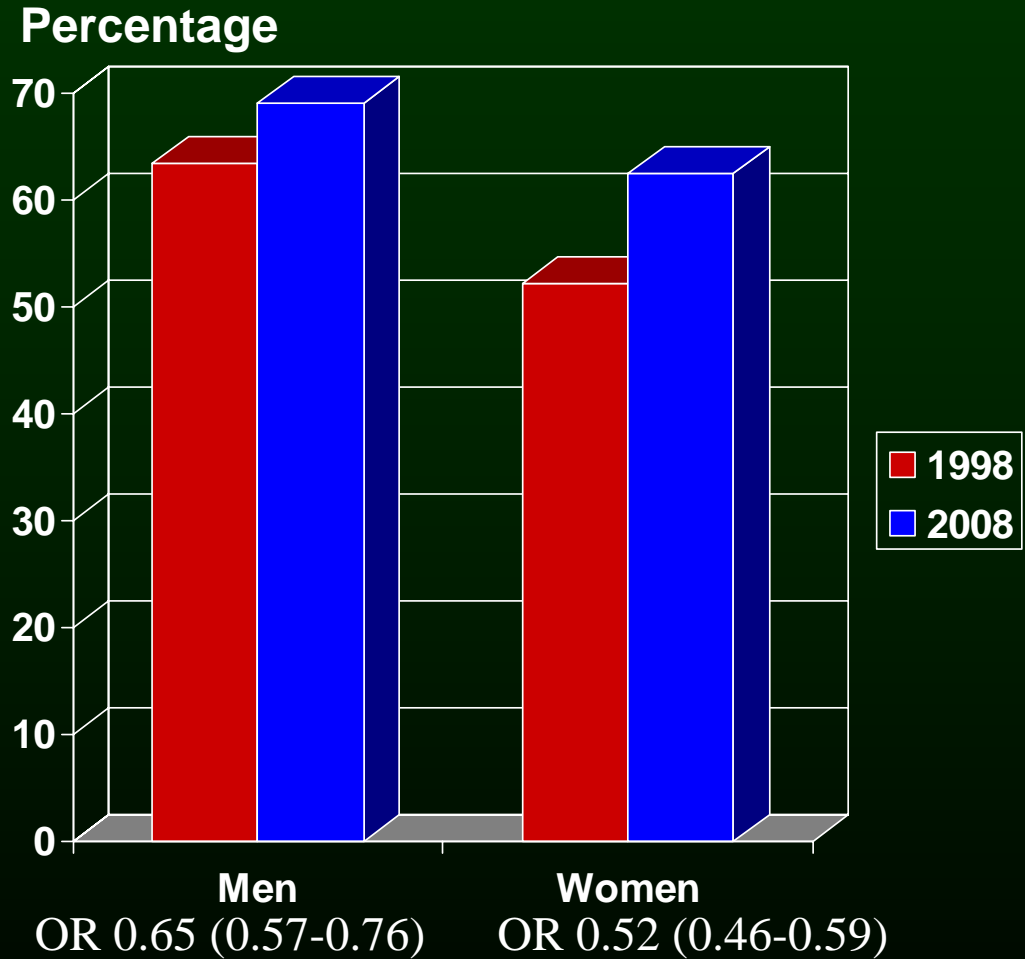


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1998 rates adjusted to 2008 population in 5 year age/sex bands

Independent

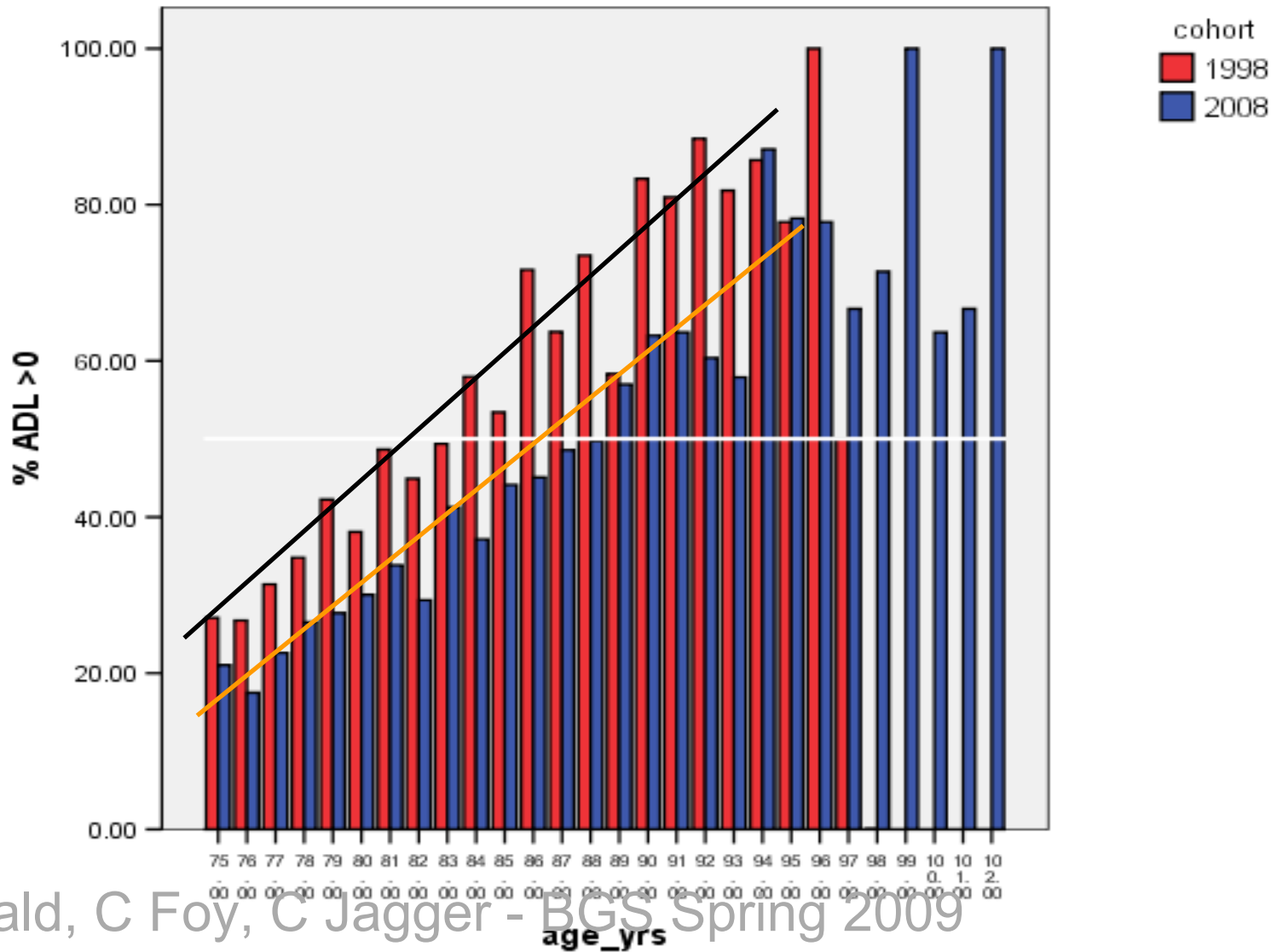
Defined here by

- Able to go for a walk
- NO difficulty dressing
- NO difficulty washing
- Able to prepare meals



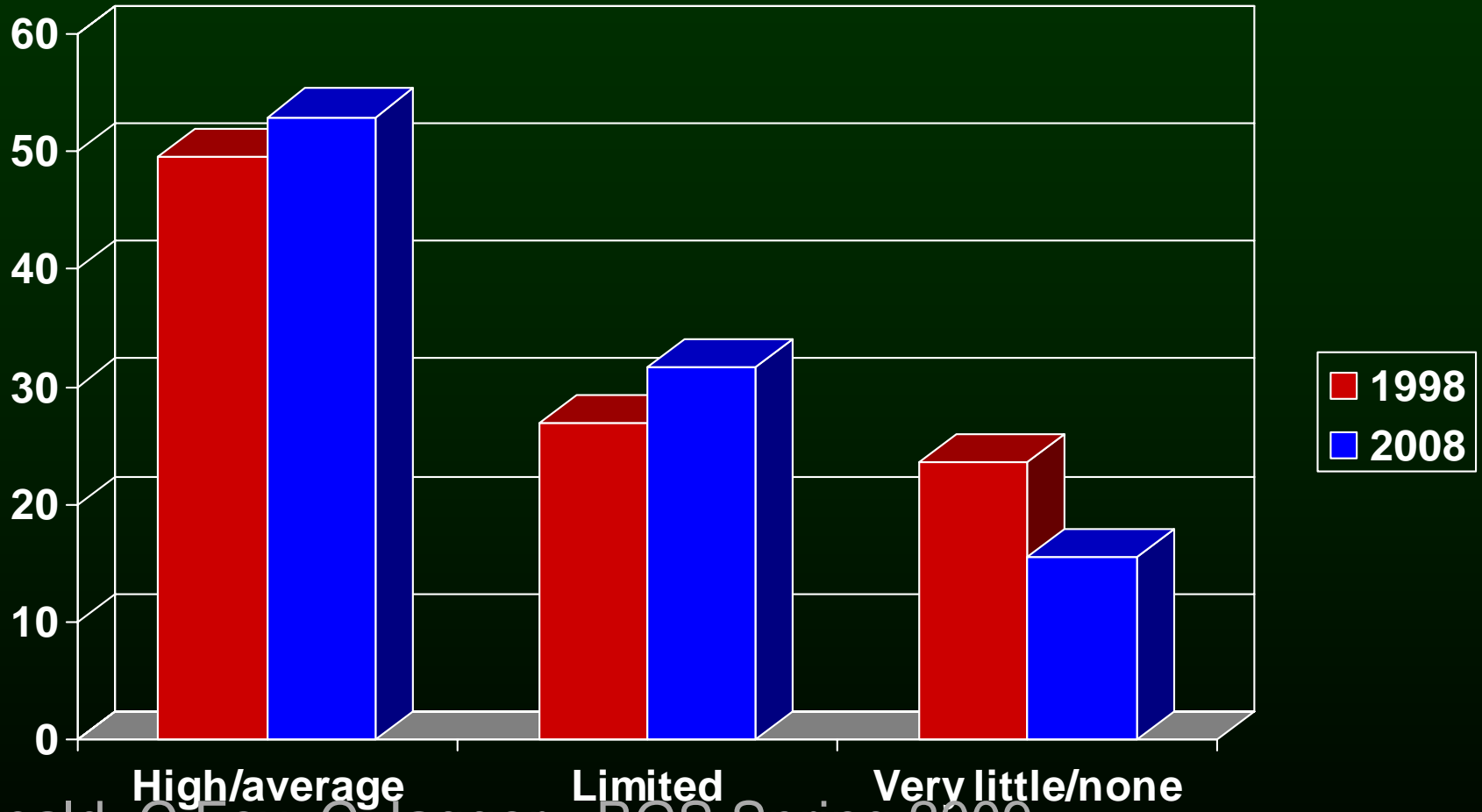
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% without independence

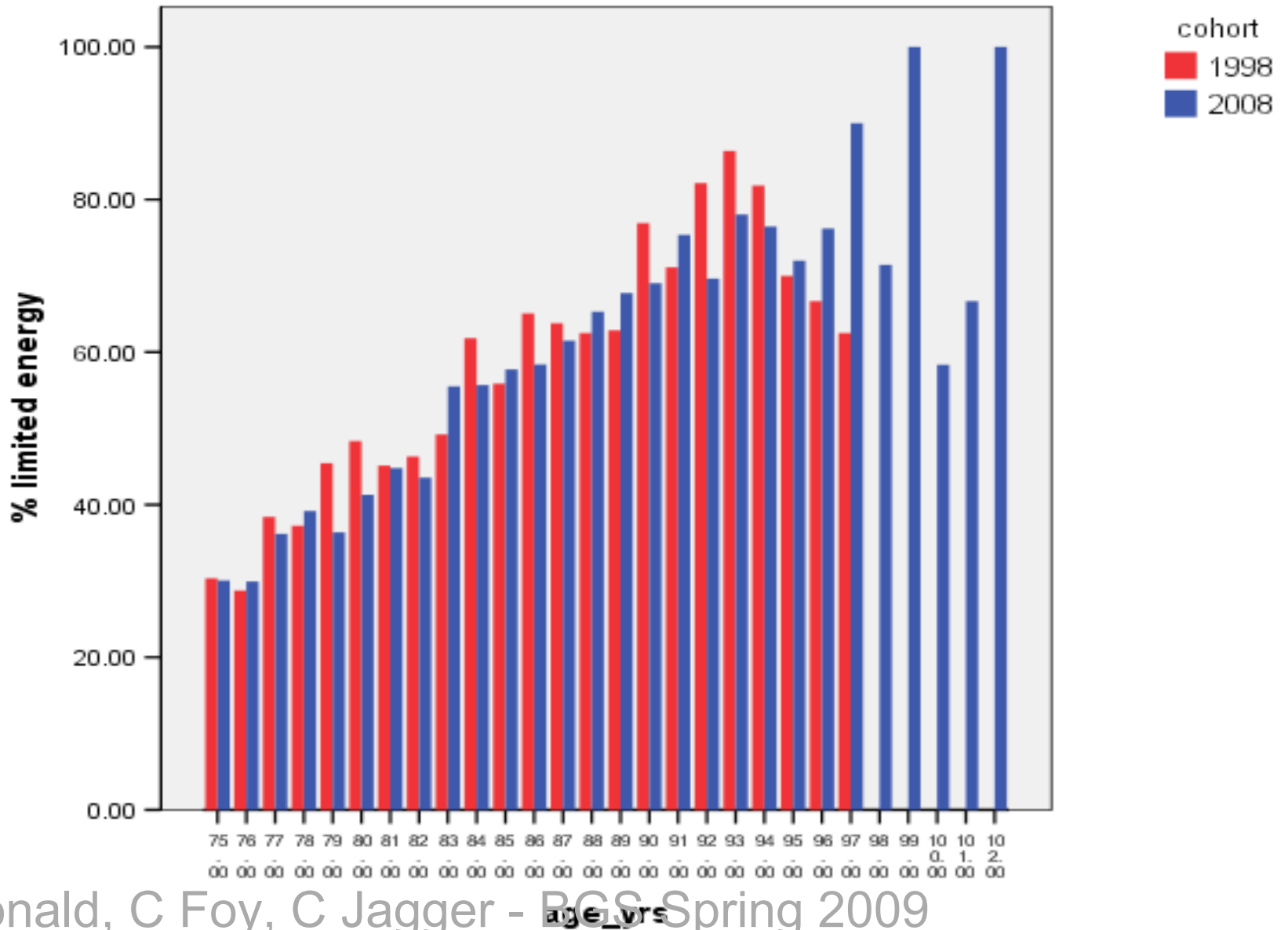


Energy

Percentage

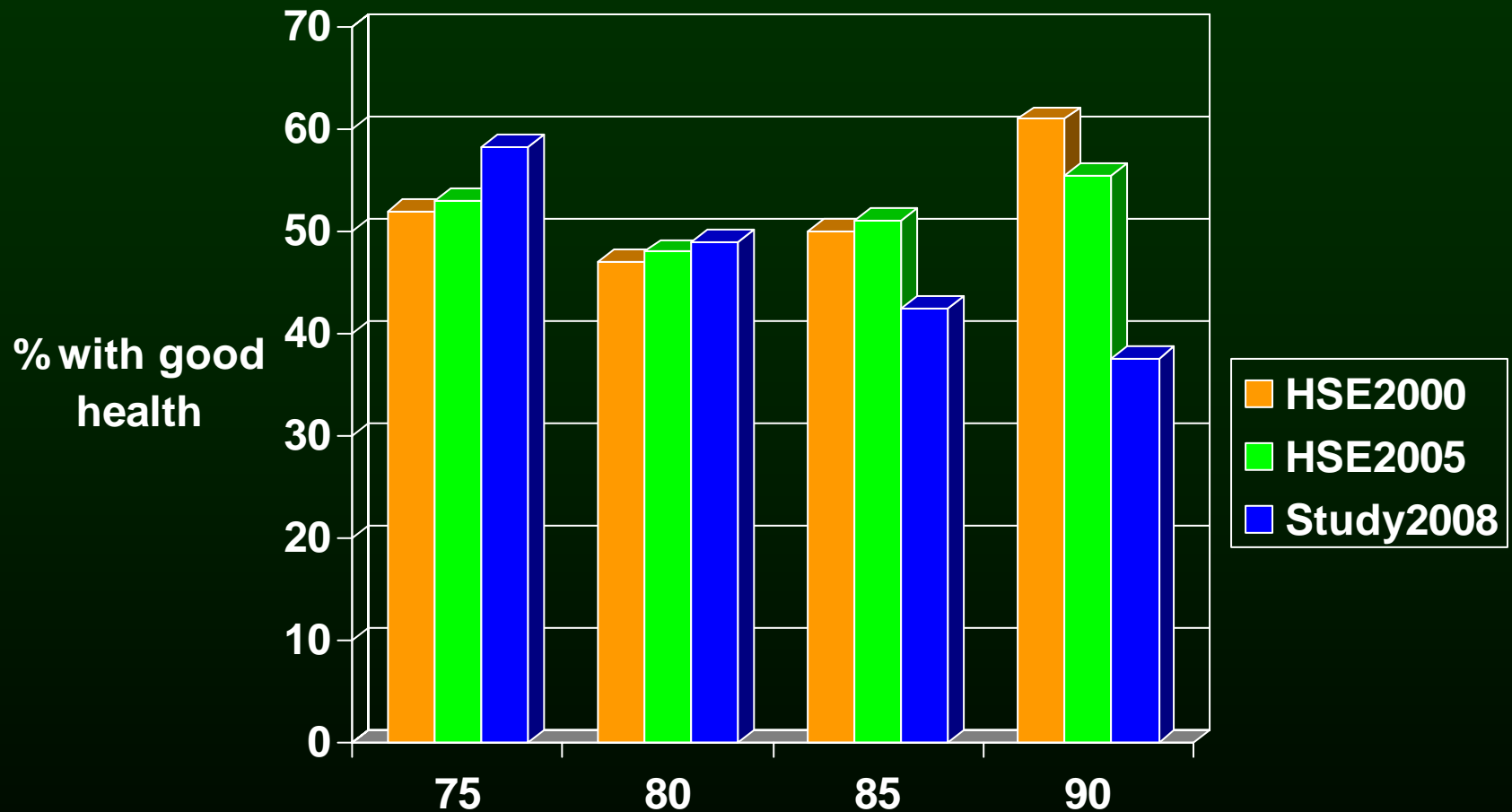


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1998 rates adjusted to 2008 population in 5 year age/sex bands



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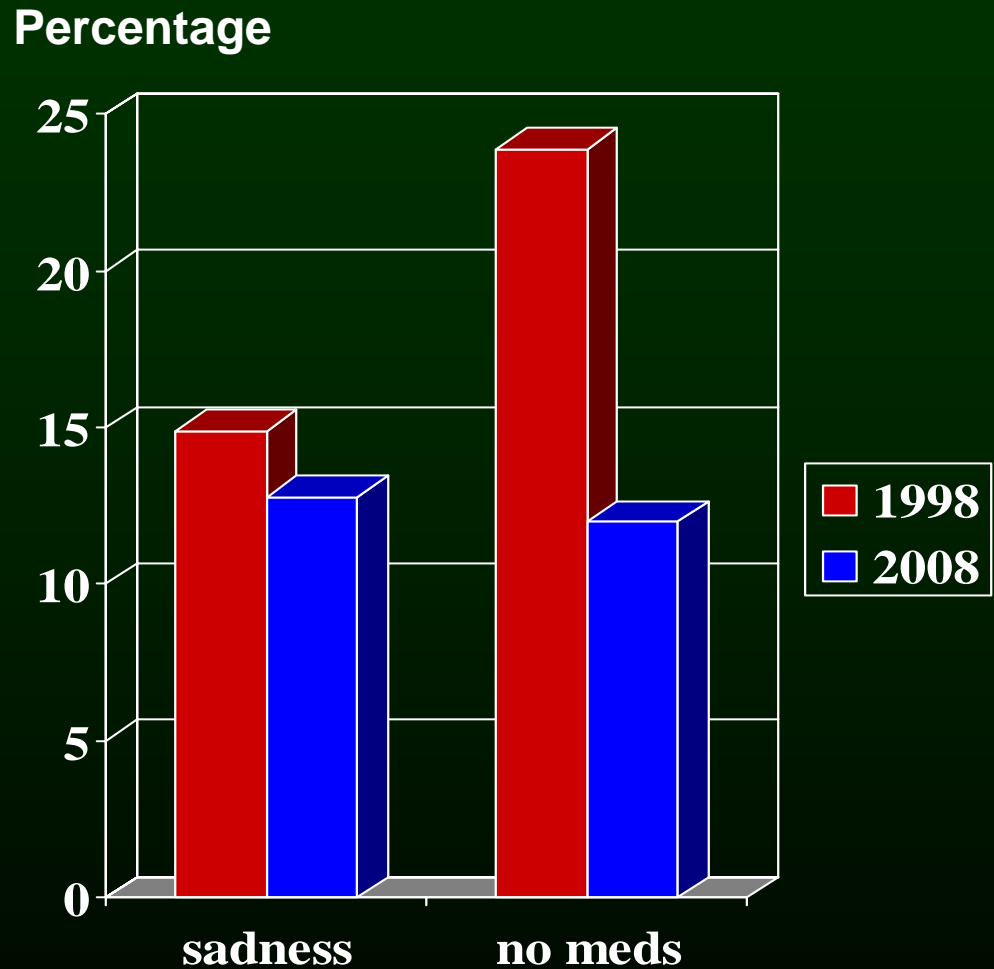
Self-rated health from HSE



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Potential Factors determining SRH

- Poverty?
- Loneliness?
- Depression?
- Labelled as ill?
- Expectations?



Conclusions

- Age-adjusted mild disability rates have improved over last 10 years
- Change equivalent to 4 years younger
- Little change in energy (as measure of self-rated health)
- Factors other than lack of independence may be preventing SRH from improving

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