

NHS GRAMPIAN

Demography and Health – Ten Key Facts about Population Health in Grampian

1. Actions Recommended

The Board is being asked to note the report on demography and changing health needs. In particular, the Board is asked to consider it in context of strategic investment and delivery decisions associated with medium term planning and the Annual Operating Plan.

2. Strategic Context

It is well known that our population is ageing and that this poses challenges for health care services. This overview report for Board members provides the context for wider demographic change and how these trends impact our whole population in terms of health, well-being and sustainability.

This report highlights ten key facts about population health in Grampian. It highlights significant health related issues and trends affected by changing demography and the wider determinants of health. It accompanies this year's Director of Public Health Annual Report which focuses on the challenges of obesity and our local health system's response to this through 'Our Healthier and More Active Future'.

3. Key matters relevant to recommendation

'Ten Facts about population health in Grampian' provides key insights into population health, helping to stimulate a debate about health planning and priorities. Throughout the Board's annual programme, we will build on this report by suggesting areas where an upstream approach may lead to more sustainable improvements in health and well-being.

Some general themes emerge from this report:

- The main causes of death in our population are changing and the slowing of life expectancy is due to premature deaths in middle age, particularly amongst people living in disadvantaged circumstances
- The ageing of our population is a major driver of health care resources and a reduction in younger people will affect sustainability in our health economy
- Deprivation and inequality affects people living in all parts of Grampian and is not confined to designated areas

4. Risk Mitigation

This short report about trends in health provides intelligence to improve the quality of planning, prioritisation and strategic decision-making.

5. Responsible System Leadership Team Member and contact for further information

If you require any further information in advance of the Board meeting please contact:

**Responsible System Leadership
Team Member**

Susan Webb
Director of Public Health
Susane.webb@nhs.net

Contact for further information

Jillian Evans
Head of Health Intelligence
Jillian.evans@nhs.net

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