# **Ageing Well Public Talk Series 2022/23**

**Talk 9. Health inequalities and ageing**

### **Sonal Mehta**

### Slide 1: Today’s talk

We are going to consider person centred care in older people through the lens of health inequalities, including:

* the different ways in which older people might experience inequalities
* their ability to engage with the 5 pillars of ageing
* the impact of these health inequalities on families, communities and society more widely
* and what action we can all take to try and reduce health inequalities

### Slide 2: Key Facts

* Every country in the world is experiencing growth in both the size and the proportion of older persons in the population.
* All countries face major challenges to ensure that they are ready to make the most of this demographic shift.
* In 2050, 80% of older people will be living in low- and middle-income countries.
* In 2020, the number of people aged 60 years and older outnumbered children younger than 5 years.
* Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%.

### Slide 3: Health in an Ageing Society

* Additional years provide the chance to pursue new activities.
* Older people also contribute in many ways to their families and communities.
* Higher burden of physical and mental ill health has negative consequences for the individual, health and social care services, and society at large.

### Slide 4: What are health inequalities?

* Health inequalities are unfair and avoidabledifferences in health status between different groups of people.
* Inequalities in health are recognised by differences in length of life and the number of years spent in good health.

### Slide 5**:** What causes health inequalities? [Dahlgren & Whithead](https://www.pslhub.org/learn/improving-patient-safety/health-inequalities/the-dahlgren-whitehead-rainbow-1991-r5870/#:~:text=It%20was%20developed%20in%201991,and%20more%20general%20social%20conditions.)

General socio-economic, cultural and environmental conditions

* Agricultural and food production
* Education
* Work
* Living and working conditions
* Unemployment
* Water and sanitation
* Healthcare services
* Housing

Social and community network

Individual lifestyle factors

### Slide 6 : The main drivers of our health

Health and Wellbeing

* Wider determinants of health
* Income and debt
* Employment/quality of work
* Education and skills
* Housing
* Natural and built environment
* Access to goods/services
* Power and discrimination

Psycho-social factors

* Isolation
* Social support
* Social networks
* Self-esteem and self-worth
* Perceived level of control
* Meaning/purpose of life

Health behaviour

* Smoking
* Diet
* Alcohol

Psychological impacts

* High blood pressure
* High cholesterol
* Anxiety/depression

### Slide 7: Categorising health inequalities

In England, health inequalities are often categorised into four groups:

Protected characteristics

* Age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion, or belief, sex, sexual orientation.

Socio-economic deprived population

* Includes impact of wider determinants, for example: education, low-income, occupation, unemployment and housing

Inclusion health and vulnerable groups

* For example, Gypsy, Roma, Travellers and Boater communities, people experiencing homelessness, offenders/ former offenders and sex workers

Geography

* For example, population composition, built and natural environment, levels of social connectedness, and features of specific geographies such as urban, rural and costal

### Slide 8: What does this mean for older people?

* Health literacy and digital literacy
* I can’t drive anymore and the bus stop for the hospital is a long walk
* Lack of trust
* I’m a carer for my wife – it’s difficult for me to go anywhere
* Discrimination
* I’m having to work longer because my pension won’t cover our bills

### Slide 9: Inequalities and medication

* Women and people from ethnic minorities have been underrepresented in clinical trials to date
* The benefits or risks associated with a given treatment may not be fully understood
* Practical issues – dexterity, sight, cognition, swallow, housebound, complex regimens

### Slide 10: Five Pillars Facilitating Ageing Well

* Nutrition
* Hydration
* Physical stimulation
* Social stimulation
* Cognitive stimulation

### Slide 11: Impact on families, communities and society

* Leaving employment early, thus compounding any economic inequality
* Grandparents’ role
* Participation in social activities, increasing health impacts of loneliness
* A family member may have to give up work to take on a role as an unpaid carer – which in itself can lead to inequalities
* Honest conversations are required about the limits of modern medicine, expectations of health and social care services and life course approach to prevention

### Slide 12: Actions to reduce health inequalities

Components of the Population intervention Triangle

* Civic-level interventions- civic service integration
* Service-based Interventions- service engagement with communities
* Community-centred interventions – Strengthen community action

### Slide 13: Actions to reduce health inequalities

For professionals and services, being more aware of an individual's lived experience means they can offer more person centred care.

* The treatment people receive in later life is timely, appropriate and accessible, irrespective of people’s age, background, financial circumstances or where they live.
* Reflecting on, and filling gaps in your current knowledge and practice will enable you to offer more inclusive, and person centred care.

### Slide 14: World Health Organisation 4 action areas

* Age friendly environments
* Combatting ageism
* Integrated care
* Long term care

[Decade of Healthy Ageing- The Platform](https://www.decadeofhealthyageing.org/)

### Slide 15: What action will you take to ensure people are supported to age well in a fairer society?

Thank you for joining today & questions

### Summary of related resources to The Ageing Well Public Talk Series

***Podcasts***

* Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: ‘[Ageing Well Under Lockdown](https://theretirementcafe.co.uk/077-dr-jitka/)’
* Vseteckova J & Broad E  (2020) Podcast – Open University & The Parks Trust [Keep Me Walking - researching with people living with dementia and their carers](https://youtu.be/0QHAS88C-LU) -
* Vseteckova J (2020)  Podcast - [Areas of research with The Open University](https://youtu.be/vE6J9J_ovOM)
* Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - [Spotter sheet and mindful walking](https://www.youtube.com/watch?v=dq5OXEBk3CA&feature=youtu.be).
* Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust  [Preventing brain decline while ageing](https://www.youtube.com/watch?v=965w7K8XPdo)
* Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust  [Walking therapy](https://www.youtube.com/watch?v=M59FvUrqKH8)
* Vseteckova J, Methely A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust  [Understanding our memory](https://www.youtube.com/watch?v=5WGfWrQr1AU)
* The above podcasts can be also seen on [The Parks Trust YouTube Channel](https://www.youtube.com/playlist?list=PLyDv-iwd8UZkub6qyDduaixKj1ySfKcUk)

**Further information on nutritional needs while ageing**

* [Nutrition roadshows MK](https://www.eventbrite.com/d/united-kingdom--milton-keynes/nutrition/)
* [Diabetes UK](https://www.diabetes.org.uk/)
* [British Heart Foundation](https://www.bhf.org.uk/what-we-do/policy-and-public-affairs/campaign-successes)
* [Health watch](https://www.healthwatch.co.uk/)
* [WHO – World Health Organisation](https://www.who.int/)

**Next Talk 9. Series 2022/23 –** Health inequalities and ageing – Sonal Mehta - Ageing Well Series 22/23 - Berrill Stadium (open.ac.uk) - Andreas Vossler 17th May 2023

Summary of related resources to The Ageing Well Public Talk Series

Podcasts

[Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: ‘*Ageing Well Under Lockdown’*](https://theretirementcafe.co.uk/077-dr-jitka/)

[Vseteckova J & Broad E  (2020) Keep Me Walking - researching with people living with dementia and their carers - Podcast – Open University in collaboration with The Parks Trust](https://youtu.be/0QHAS88C-LU)

[Vseteckova J (2020)  Podcast - areas for research with The Open University](https://youtu.be/vE6J9J_ovOM)

[Broad E & Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - Spotter sheet and mindful walking.](https://www.youtube.com/watch?v=dq5OXEBk3CA&feature=youtu.be)

[Broad E & Methley A & Vseteckova J (2021) Preventing brain decline while ageing](https://www.youtube.com/watch?v=965w7K8XPdo)

OpenLearn Resources:

[Vseteckova J (2020) Ageing Well Public Talk Series](https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-well-public-talks)

[Vseteckova J (2019) 5 reasons why exercising outdoors is great for people who have dementia](https://www.open.edu/openlearn/health-sports-psychology/mental-health/5-reasons-why-exercising-outdoors-great-people-who-have-dementia)

 [Vseteckova J (2019) Depression, mood and exercise](https://www.open.edu/openlearn/health-sports-psychology/mental-health/depression-mood-and-exercise?in_menu=622279)

[Vseteckova J (2019) Five Pillars for Ageing Well](https://www.open.edu/openlearn/health-sports-psychology/mental-health/five-pillars-ageing-well)

[Vseteckova J (2020) Ageing Brain](https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-brain-use-it-or-lose-it)

[Vseteckova J (2020) Ageing Well Public Talks Series II. Plan for 2020 – 2021](https://www.open.edu/openlearn/health-sports-psychology/health/ageing-well-public-talk-series-plan-2020/2021)

[Vseteckova J (2020) Walking the Parks with The OU and The Parks Trust](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/keep-me-walking-people-living-dementia-and-outdoor-environments)

[Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) Advance Care Planning (ACP ) - Discuss, Decide, Document and Share Advance Care Planning (ACP )](https://www.open.edu/openlearn/health-sports-psychology/health/advance-care-planning-acp-discuss-decide-document-and-share)

[Vseteckova J, Methley A, Lucassen M (2021) The benefits of mindfulness and five common myths surrounding it](https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it)

[Vseteckova J, Broad E, Andrew V (2021) The impact of walking and socialising through 5 Ways Café on people living with dementia and their carers: A volunteer’s perspective](https://www.open.edu/openlearn/health-sports-psychology/health/the-impact-walking-and-socialising-through-5-ways-cafe-on-people-living-dementia-and-their-carers)

[Vseteckova J, Methley A, Lucassen M (2021) The benefits of mindfulness and five common myths surrounding it](https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it)

[Methley A, Vseteckova J, Broad E (2021) Outdoor Therapy: The Benefits of Walking and Talking](https://www.open.edu/openlearn/health-sports-psychology/mental-health/outdoor-therapy-the-benefits-walking-and-talking)

[Vseteckova J, Methley a, Broad E (2021) What happens to our brain as we age and how we can stop the fast decline](https://www.open.edu/openlearn/health-sports-psychology/health/what-happens-our-brain-we-age-and-how-can-we-stop-the-decline)

[Methley A & Vseteckova J & Jones K (2020) Green & Blue & Outdoor spaces](https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-outdoor-green-and-blue-spaces)

COVID-19 related

[Vseteckova J, How to age well, while self-isolating (2020)](https://www.open.edu/openlearn/health-sports-psychology/how-age-well-while-self-isolating)

[Vseteckova J, (2020) SHORT FILM - Ageing Well in Self-Isolation](https://youtu.be/LU4pXFgcGos)

[Vseteckova J, (2020) ANIMATION - Keeping healthy in Self-Isolation](https://youtu.be/M9yUC-MUugA)

[Vseteckova J et al (2020) COVID-19 The effects of self-isolation and lack of physical activity on carers](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/the-effects-self-isolation-and-lack-physical-activity-on-carers)

 [Taverner P, Larkin M, Vseteckova J, et al.  (2020) Supporting adult carers during COVID-19 pandemic](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/how-can-adult-carers-get-the-best-support-during-covid-19-pandemic-and-beyond)

[Robb M, Penson M, Vseteckova J, et al.  (2020) Young carers, COVID-19 and physical activity](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/young-carerscovid-19-and-physical-activity)

[Penson M, Vseteckova J et al. (2020) Older Carers, COVID-19 and Physical Activity](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/older-carers-covid-19-and-physical-activity)

[Vseteckova J  & Methley A  (2020) Acceptance Commitment Therapy (ACT) to help carers in challenging COVID-19 times](https://www.open.edu/openlearn/health-sports-psychology/health/how-can-acceptance-and-commitment-therapy-help-carers-challenging-times-such-the-covid-19-pandemic)

[‘*Ageing Well Public Talks*’ Series 2021/2022 repository on ORDO Collections](https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2021-22/5493216)

[‘*Ageing Well Public Talks*’ Series 2020/2021 repository on ORDO Collections](https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2020-21/5122166)

[‘*Ageing Well Public Talks*’ Series 2019/2020 repository on ORDO Collections](https://doi.org/10.21954/ou.rd.c.4716437.v1)

[OpenLearnCreate Course on ‘*Ageing Well’ 2019/2020*](https://www.open.edu/openlearncreate/course/view.php?id=5016)

[Home exercise no equipment – no problem (](https://selsdotlife.wordpress.com/2020/04/01/home-exercises-for-older-adults-no-equipment-no-problem/)*[Blog](https://selsdotlife.wordpress.com/2020/04/01/home-exercises-for-older-adults-no-equipment-no-problem/)*[)](https://selsdotlife.wordpress.com/2020/04/01/home-exercises-for-older-adults-no-equipment-no-problem/)