



Public Health
England

Strengthening the dementia awareness raising component of the NHS Health Check

Charles Alessi, Older Adults team



Dementia facts and figures

1. How many people are living with dementia in England?
2. What % of people living with dementia are diagnosed?
3. What is the estimated annual cost of dementia to society in the UK?
4. How many carers of people with dementia were there in England in 2013?
5. Based on the Alzheimer's Society's *Dementia 2014* report what % of people with dementia say they are living well?

686,000. **42,325** are aged under 65, many of whom continue to work. And this is set to increase by **40%** by 2025 without Public Health intervention.

67.1%. It is a government priority to maintain this figure.

£26.3 billion. And this corresponds to an average approximate cost per person of **£32,250** annually

550,000. And it's estimated that **one in three** people will care for a person with dementia in their lifetime. **27%** of these are in work.

58%. And **72%** of people surveyed lived with another medical condition or disability as well as dementia



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Why dementia risk reduction?

In the absence of a cure, **risk reduction** is the only way we can reduce the numbers of people getting dementia, postpone the onset and/or mitigate the impact of dementia

Blackfriars Consensus, 2014



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30% of cases may be avoided through risk reduction*

Consensus view from scientists, clinicians, policy makers and advocacy group that **there is more that we could and should be doing** to reduce the risk of dementia in the population and improve brain health.

Signed by over 50 national organisations/individuals



Dementia risk reduction is the low hanging fruit – at best it will do good, at worst it will do no harm

**World Dementia Envoy,
Dr Dennis Gillings**



Risk factors

Risk factors for dementia are common with many other conditions, and include:



Blood Pressure



Mood



Physical Exercise



Diabetes



Heart Disease



Smoking



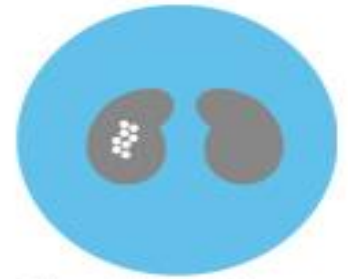
Drinking



Diet



Cognitive Ability



Chronic Kidney Disease

“What is good for your heart is good for your brain”

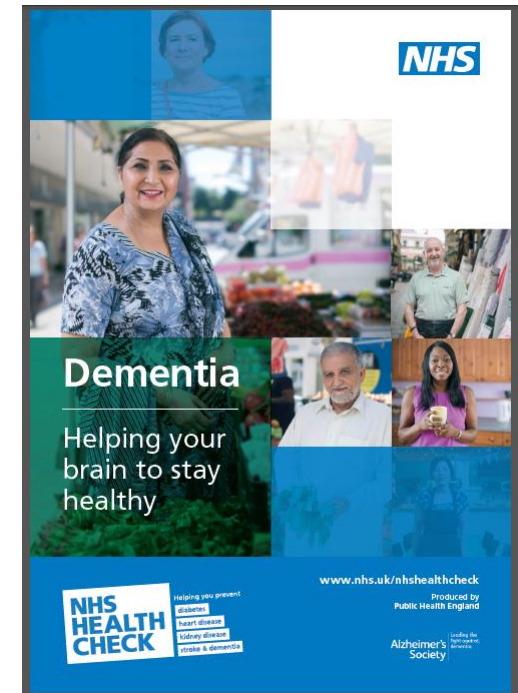


Strengthening NHS Health Checks

Raise awareness of actions the public can take to reduce their risk of dementia, through the NHS Health Checks, through social marketing and communications and provision of tools and resources for the public.

Strengthened NHS Health Check dementia component
& evidence base for expansion of age range:

- Revised dementia leaflet
- An evaluation of the dementia component of the NHS health check
- Enhanced training package
- Explore expansion of dementia component to include all ages





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Thank you

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