

The State of Ageing in 2020

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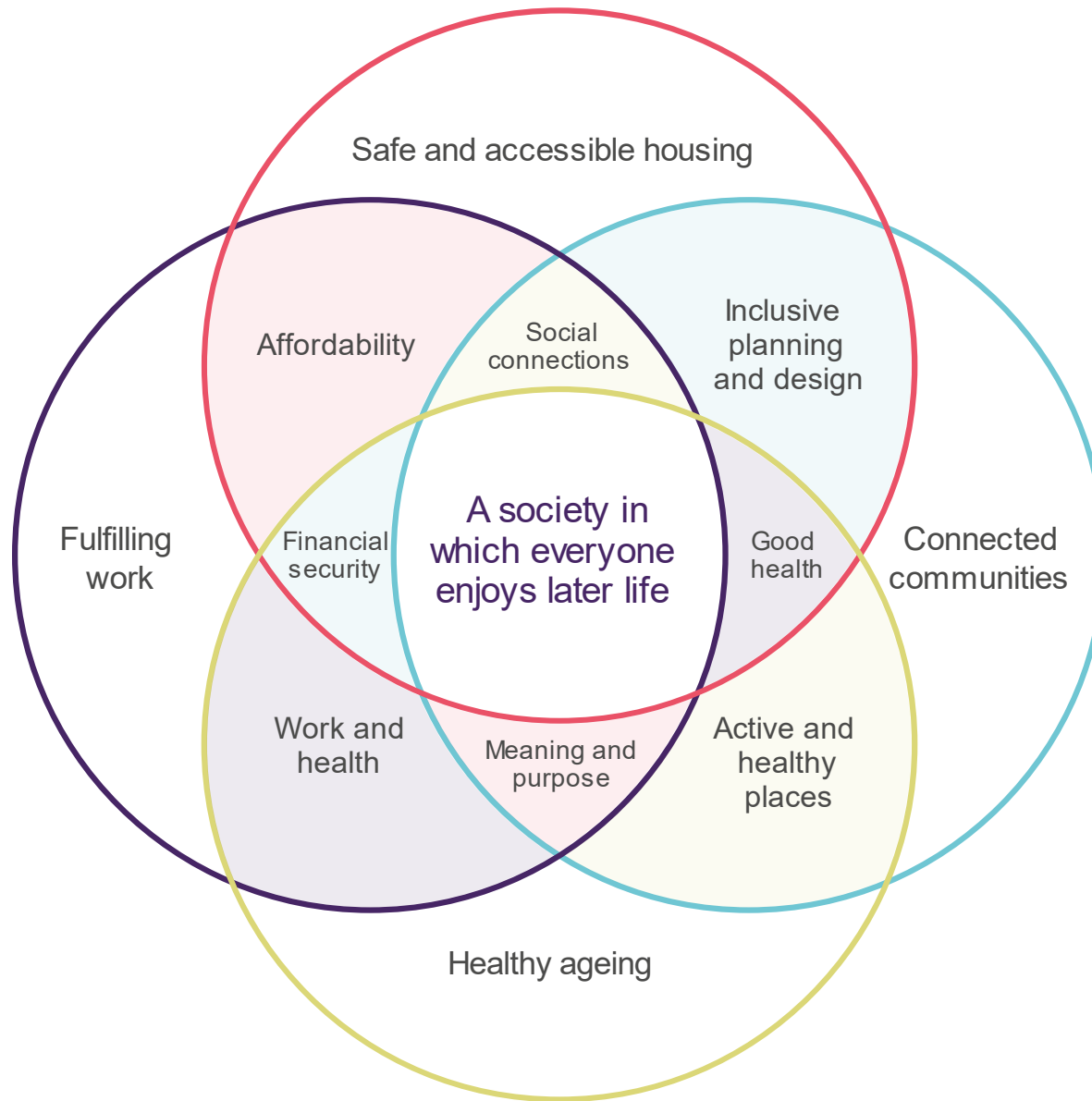
Who we are

About us



Centre for Ageing Better

- An **independent charitable foundation**.
- We are funded by an **endowment** from the National Lottery Community Fund.
- We are part of the network of **What Works organisations** that promote the better use of evidence in policy and practice.
- Our vision is a society where everyone enjoys their later life.
- Focus on individuals in mid to later life (50-70)



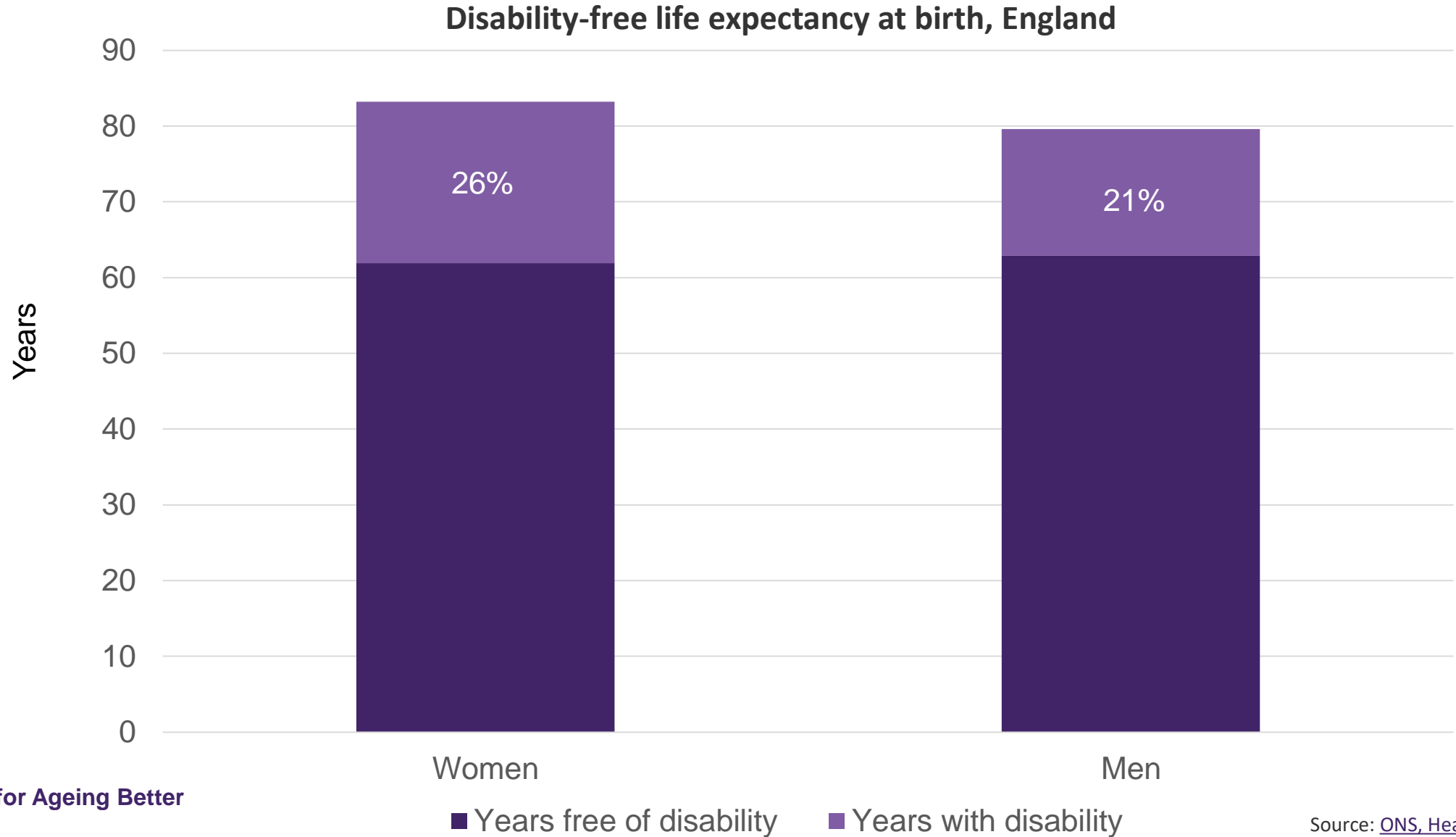
State of Ageing 2020

Health

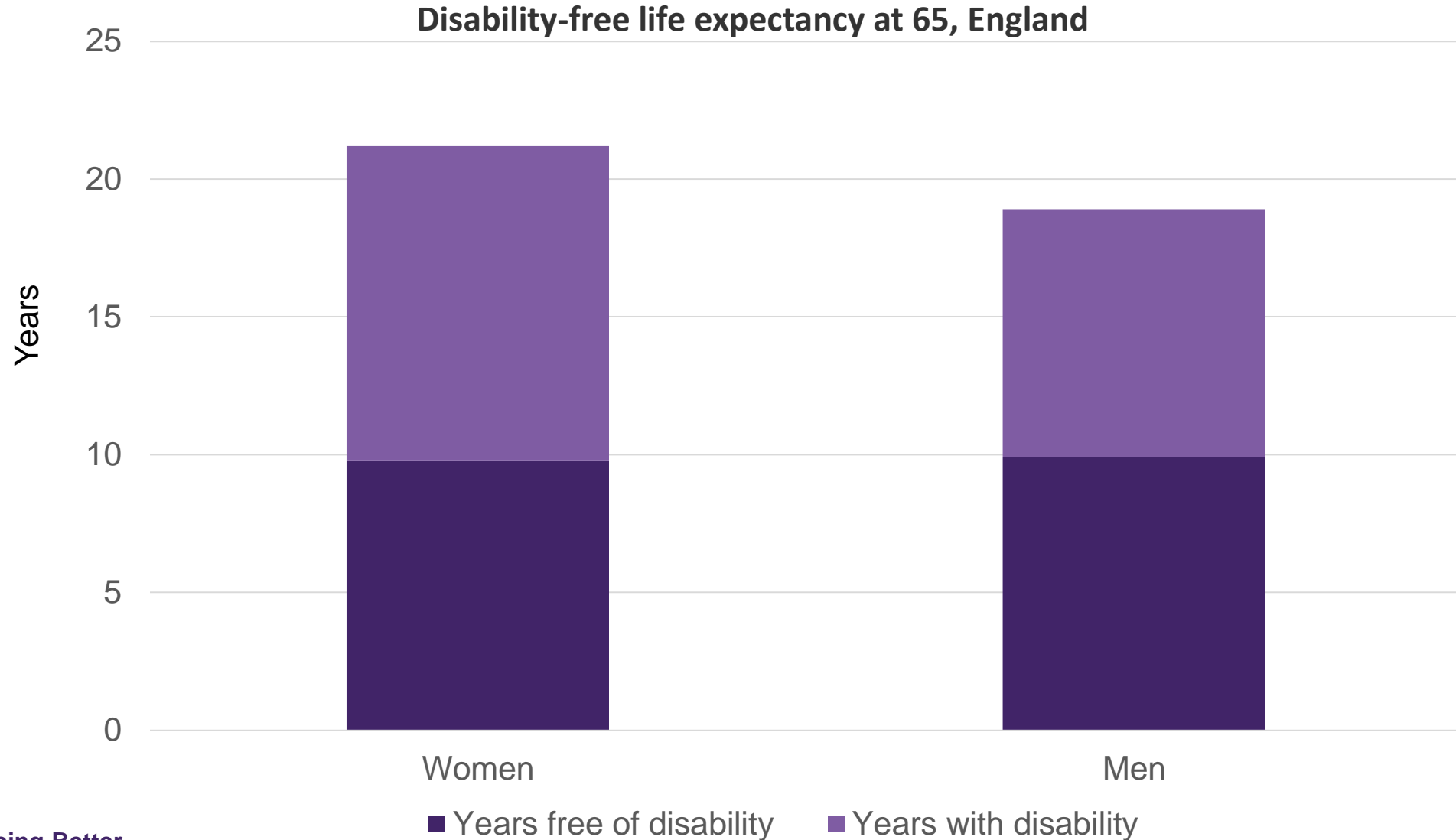
People are living longer in poor health than in the past, and progress on life expectancy is stalling.



Women are spending the final quarter, and men the final fifth, of their lives living with disabling health conditions



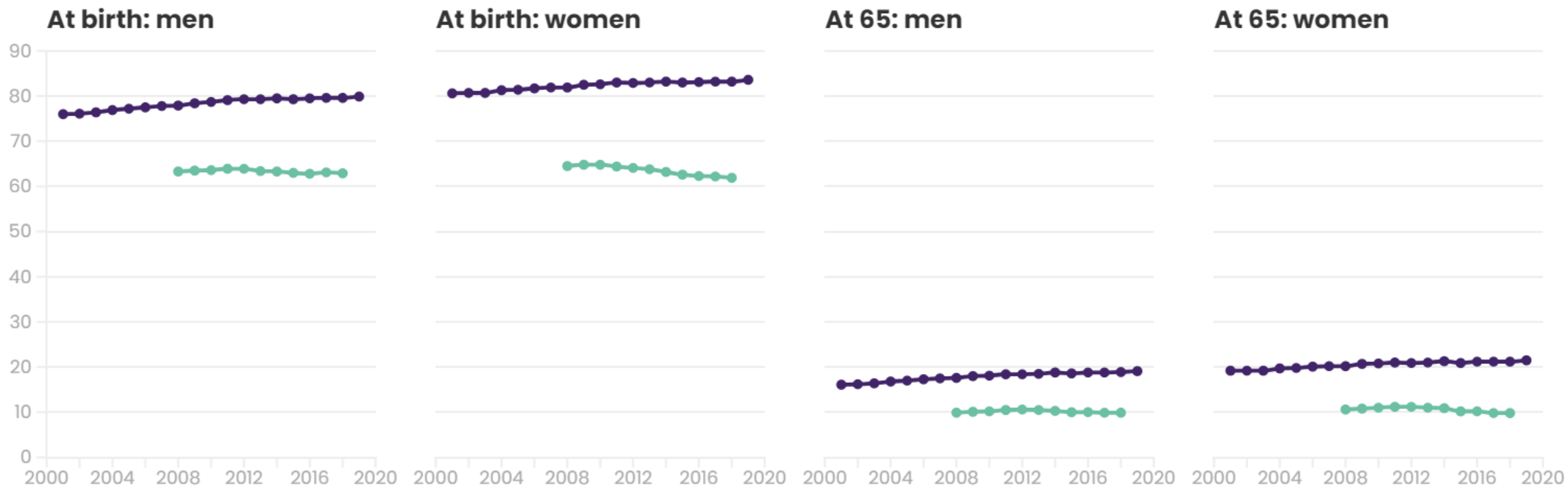
At 65, women and men spend roughly half of the remainder of their lives in poor health



Progress on life expectancy has stalled; disability-free life expectancy for women is falling

Life Expectancy and Disability-free life expectancy (years) at birth and age 65, England, 2001 to 2019

■ Life expectancy ■ Disability-free life expectancy

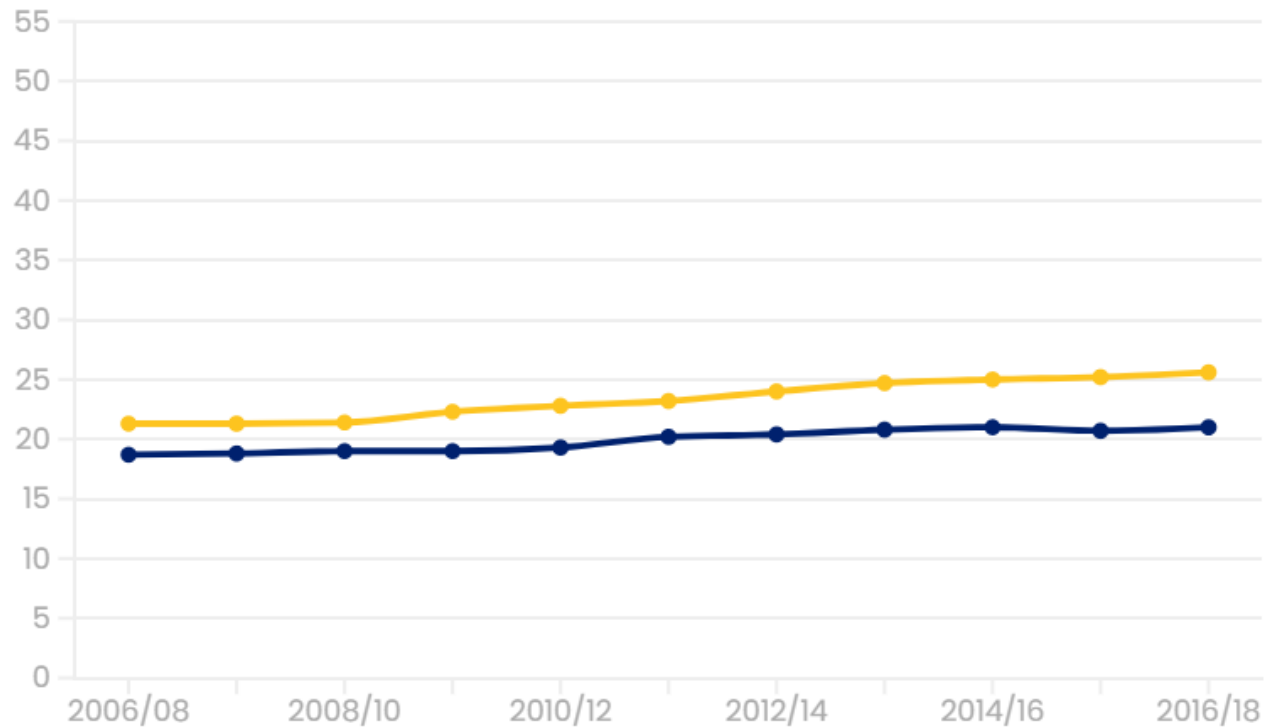


We are spending a longer proportion of our lives living with disabling health conditions

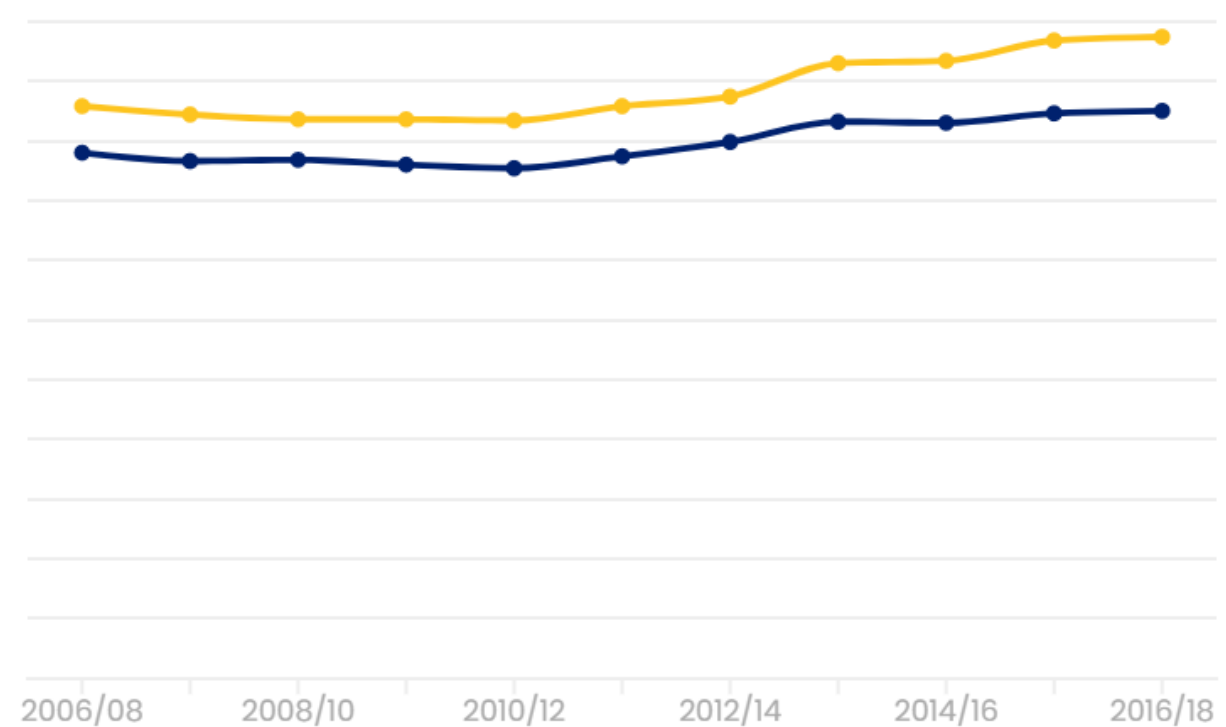
Percentage of life spent with a disability at birth and age 65, England, 2006/08 to 2016/18

Men Women

At birth



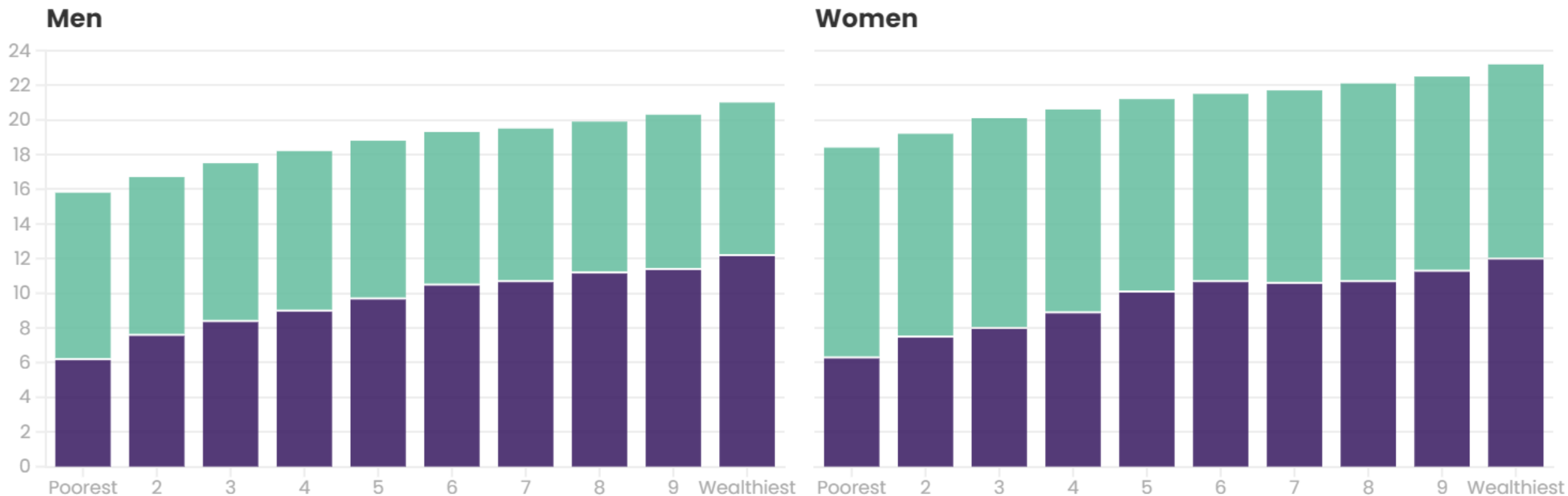
At 65



People living in the wealthiest areas have almost twice as many years of disability-free life ahead of them at age 65 as those in the poorest

Year spent with and without disability at age 65 by Index of Multiple Deprivation decile, England, 2016/18

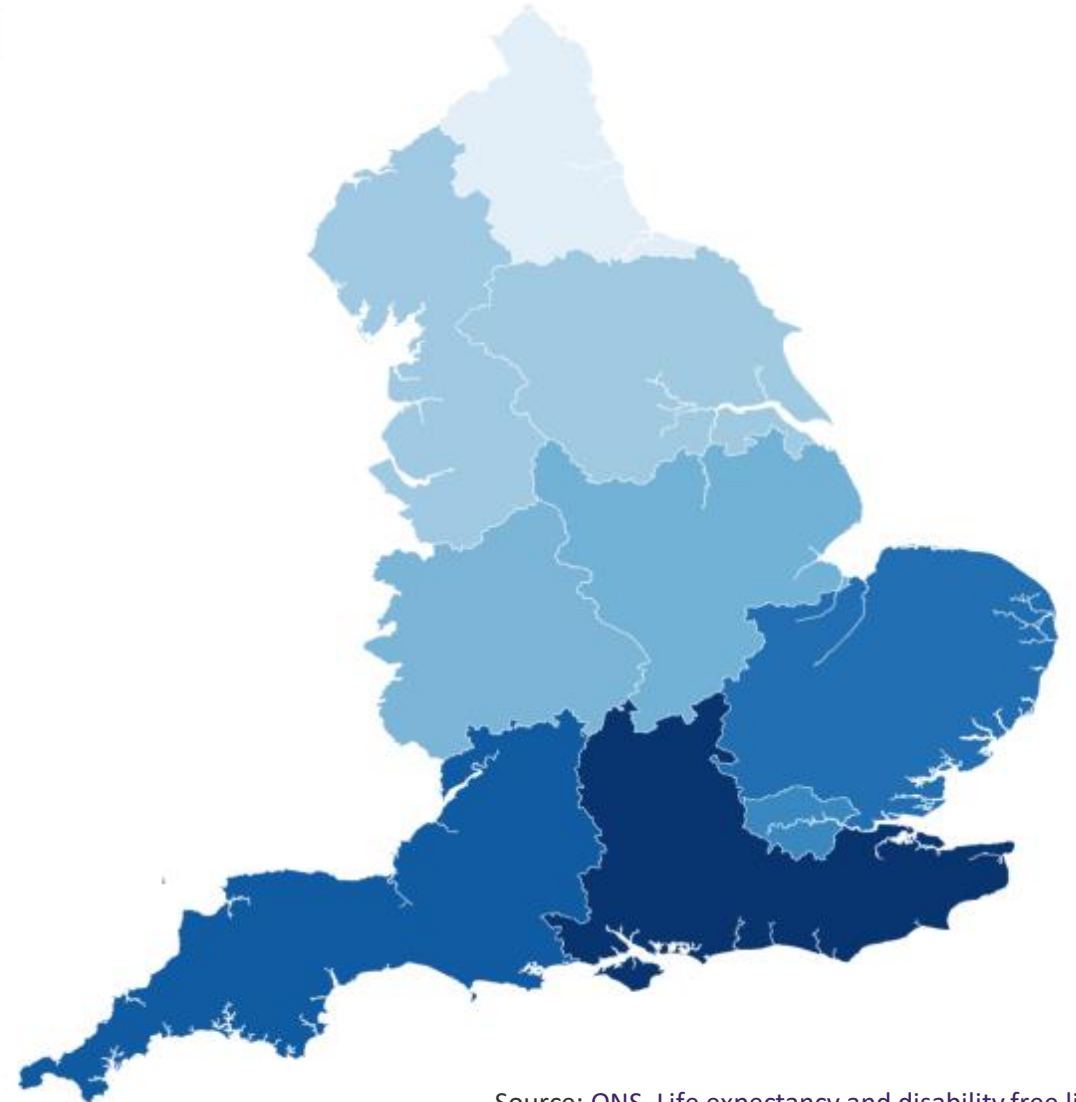
■ Years free of disability ■ Years with disability



People living in the south of England have longer disability-free life expectancy than people living in the north

Disability-free life expectancy (years) for people aged 65–69 by region, England, 2016/18

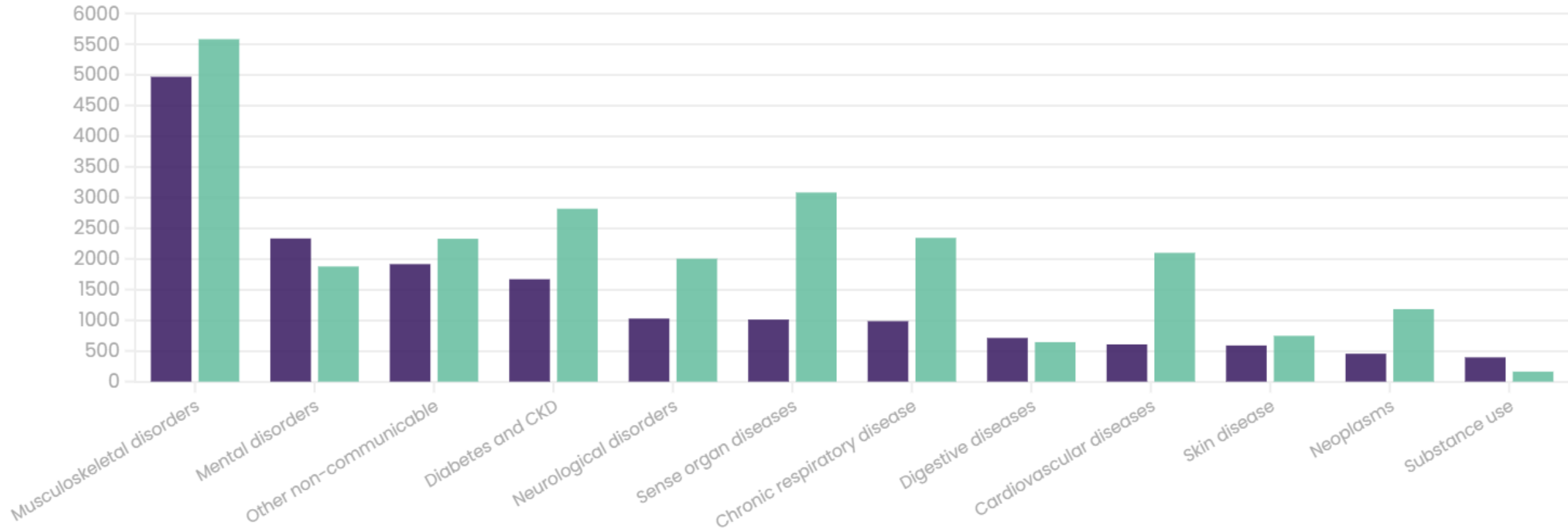
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Musculoskeletal disorders are the biggest cause of disability for people aged 50 and over

Years lost to disability from non-communicable diseases per 100,000 population, England, 2019

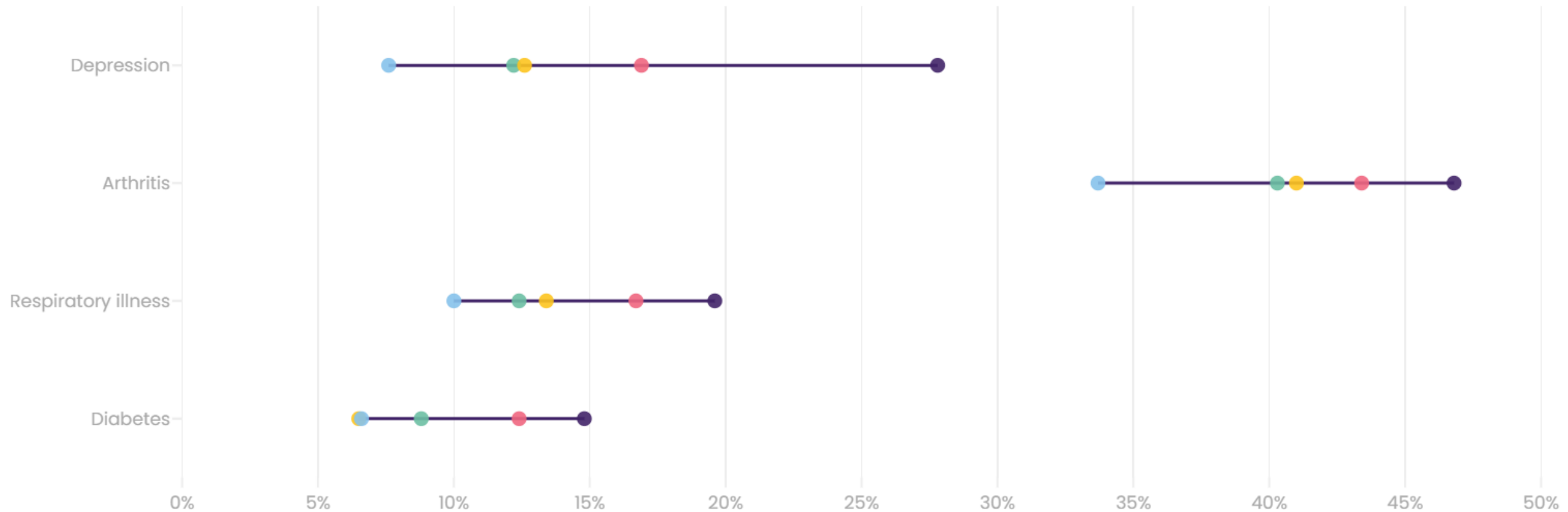
■ Age: 50-69 years ■ Age: 70 years and over



The poorest women aged 50 and over are four times more likely to suffer from depression than the wealthiest

Prevalence of common health conditions among women aged 50 and over, by wealth quintile, England, 2018/19

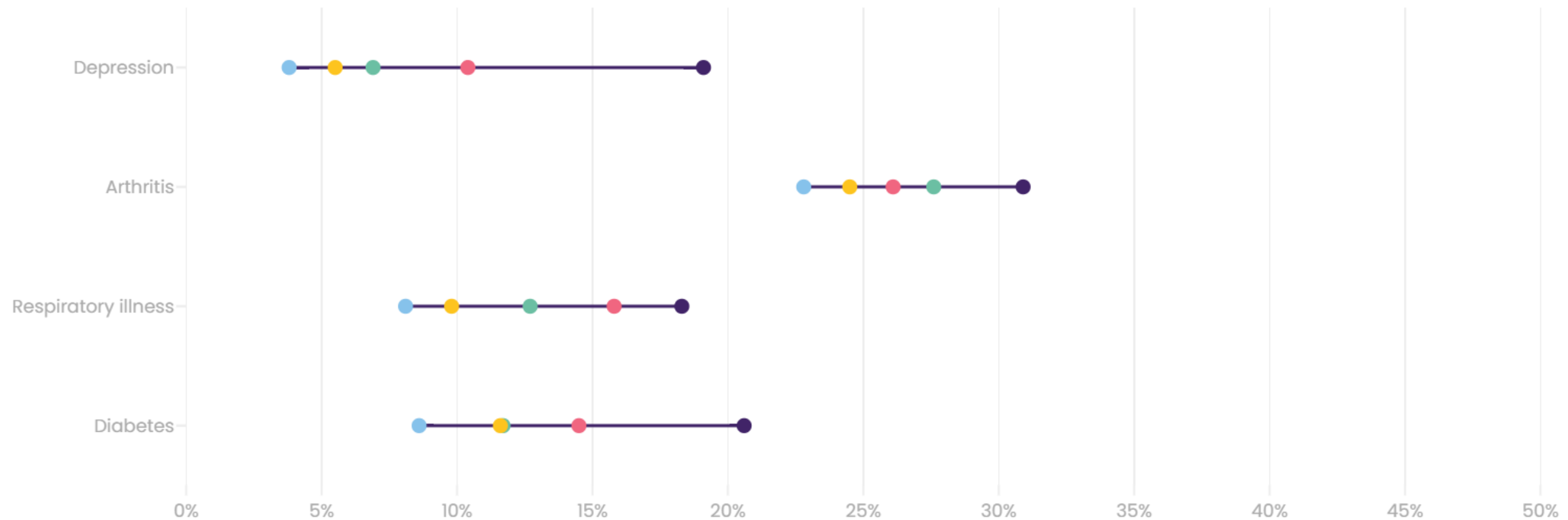
● Lowest ● Second ● Third ● Fourth ● Highest



The poorest men are five times more likely to suffer from depression compared to the wealthiest. This pattern plays out across all common disorders.

Prevalence of common health conditions among men aged 50 and over, by wealth quintile, England, 2018/19

● Lowest ● Second ● Third ● Fourth ● Highest

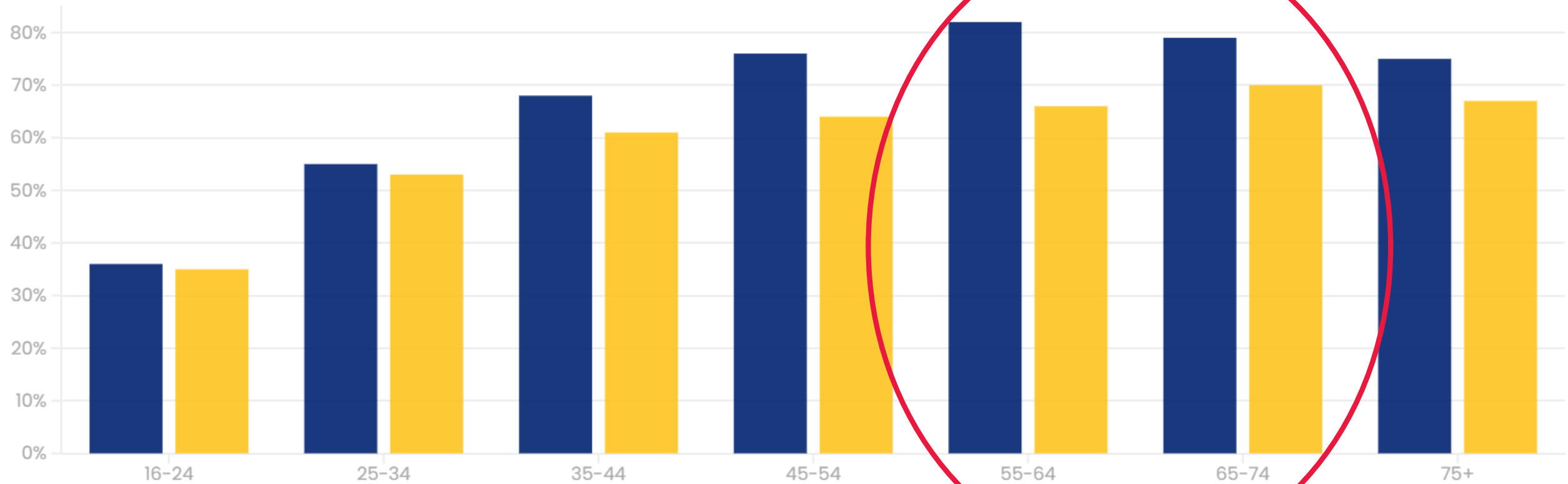


Health behaviours

Levels of overweight and obesity are highest among people in mid to later life

Percentage of men and women by age group with a weight status that classes them as overweight or obese, England, 2018

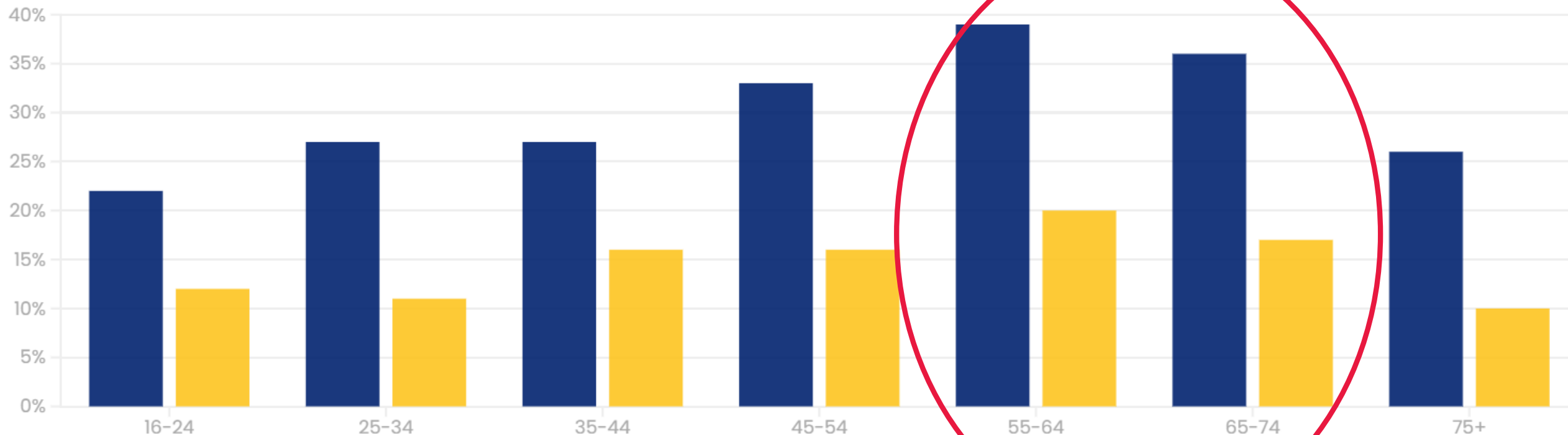
Men Women



People in mid life are more likely to drink at levels of increased or high risk

Percentage of men and women by age group at increased or high risk from alcohol consumption, England, 2018

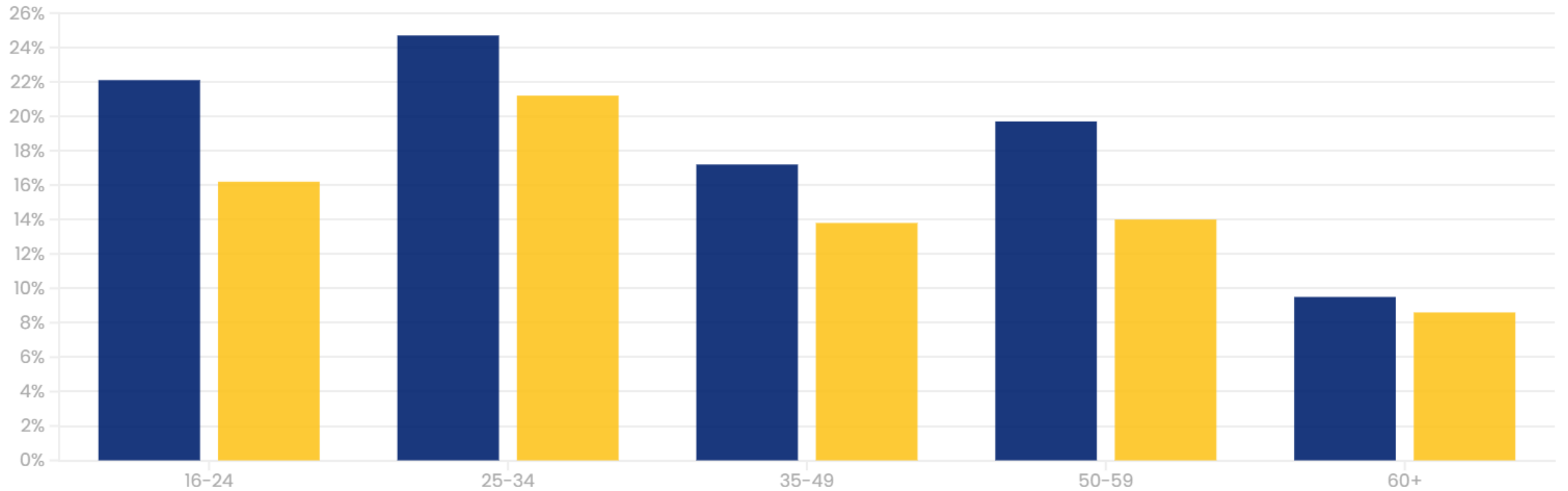
Men Women



One fifth of men aged 50-59 years still smoke

Percentage of men and women by age group who are current smokers, England, 2019

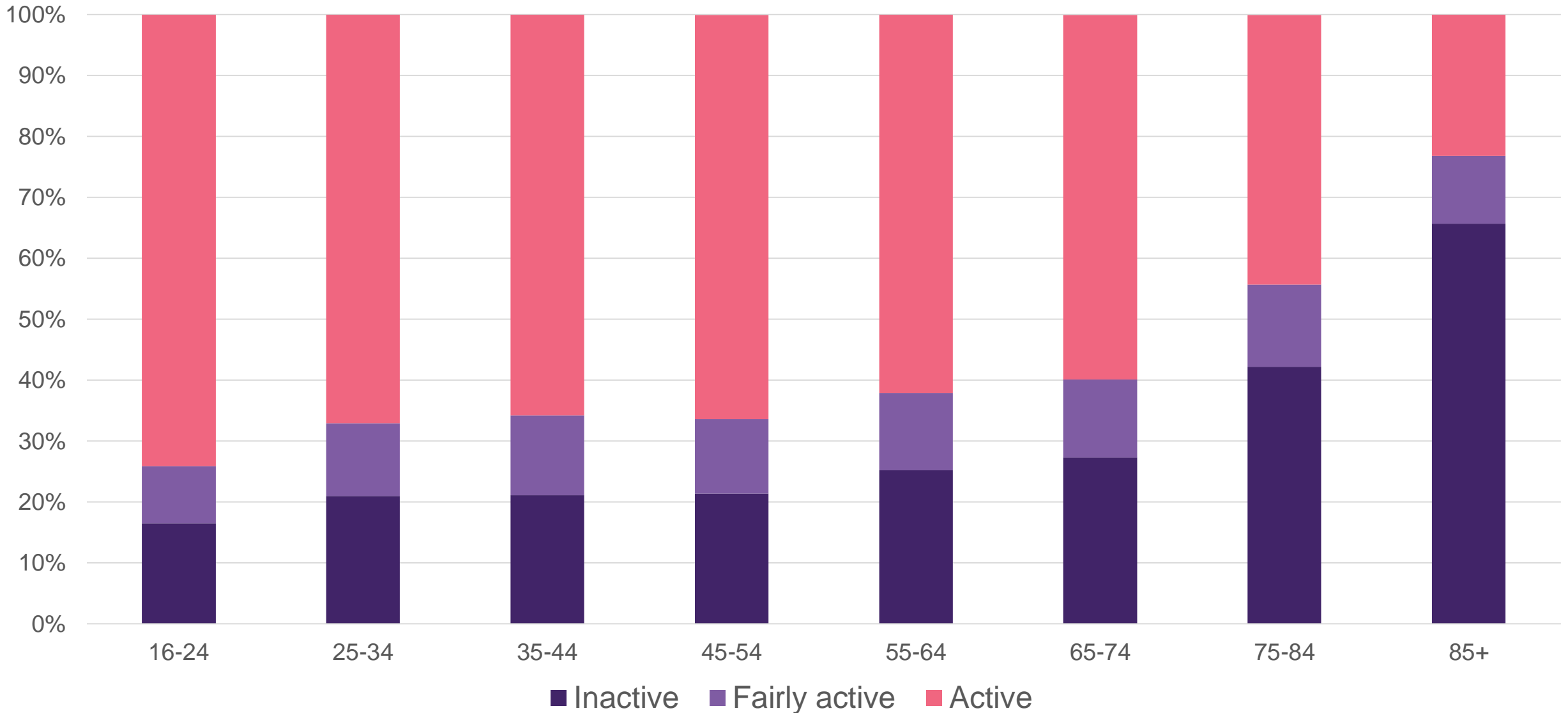
Men Women



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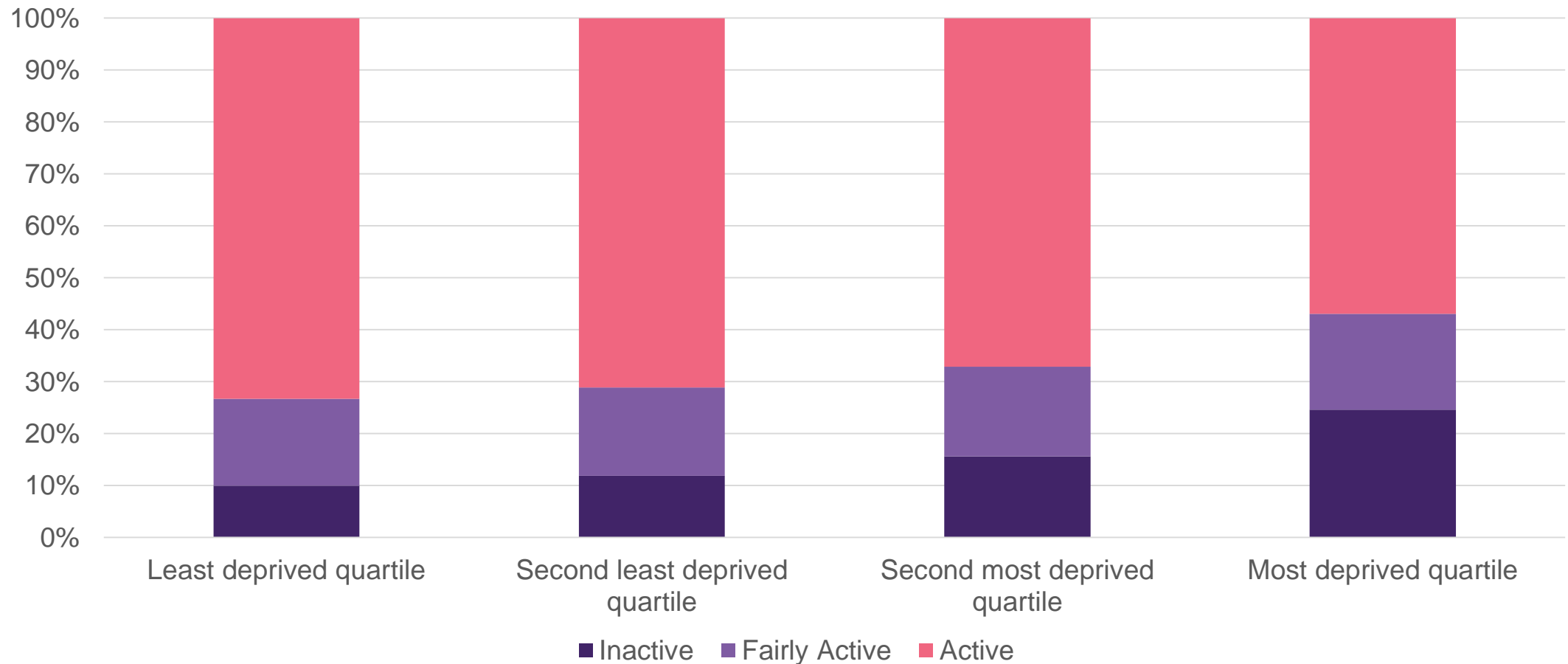
Physical Activity

The older we get, the more likely we are to be inactive



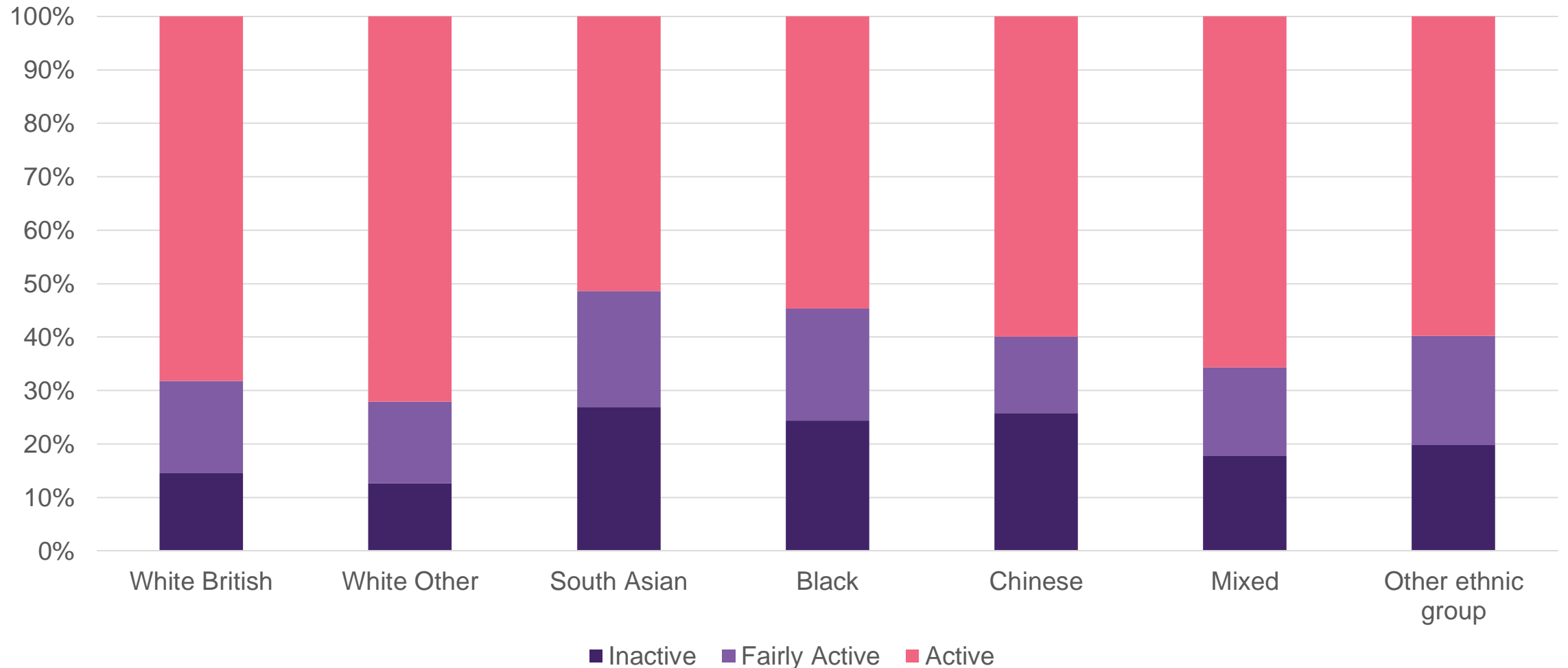
People from the poorest areas are more than twice as likely to be inactive as people from the wealthiest

Percentage of people in England aged 50-70 who are inactive, fairly active or active, by deprivation quartile



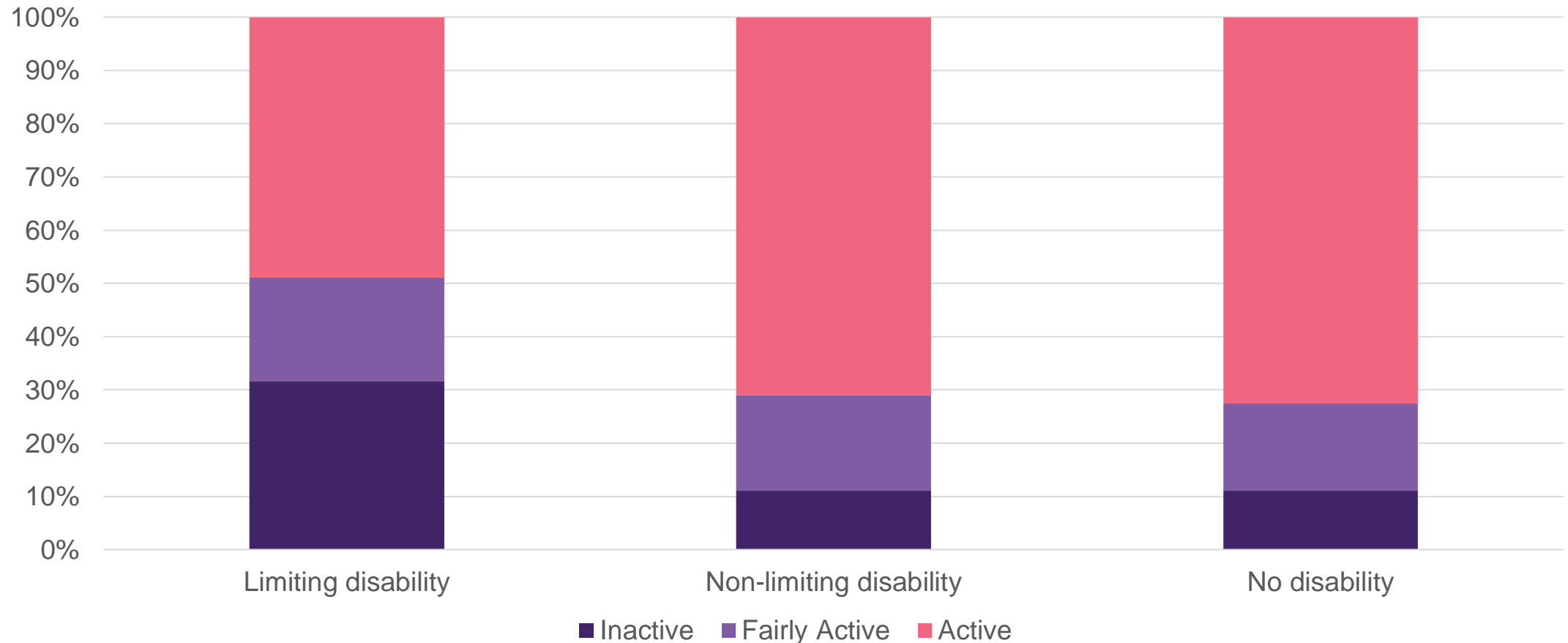
Levels of activity differ by ethnicity

Percentage of people in England aged 50-70 who are inactive, fairly active or active, by ethnicity



Those living with a limiting disability are much more likely to be inactive

Percentage of people in England aged 50-70 who are inactive, fairly active or active, by disability status

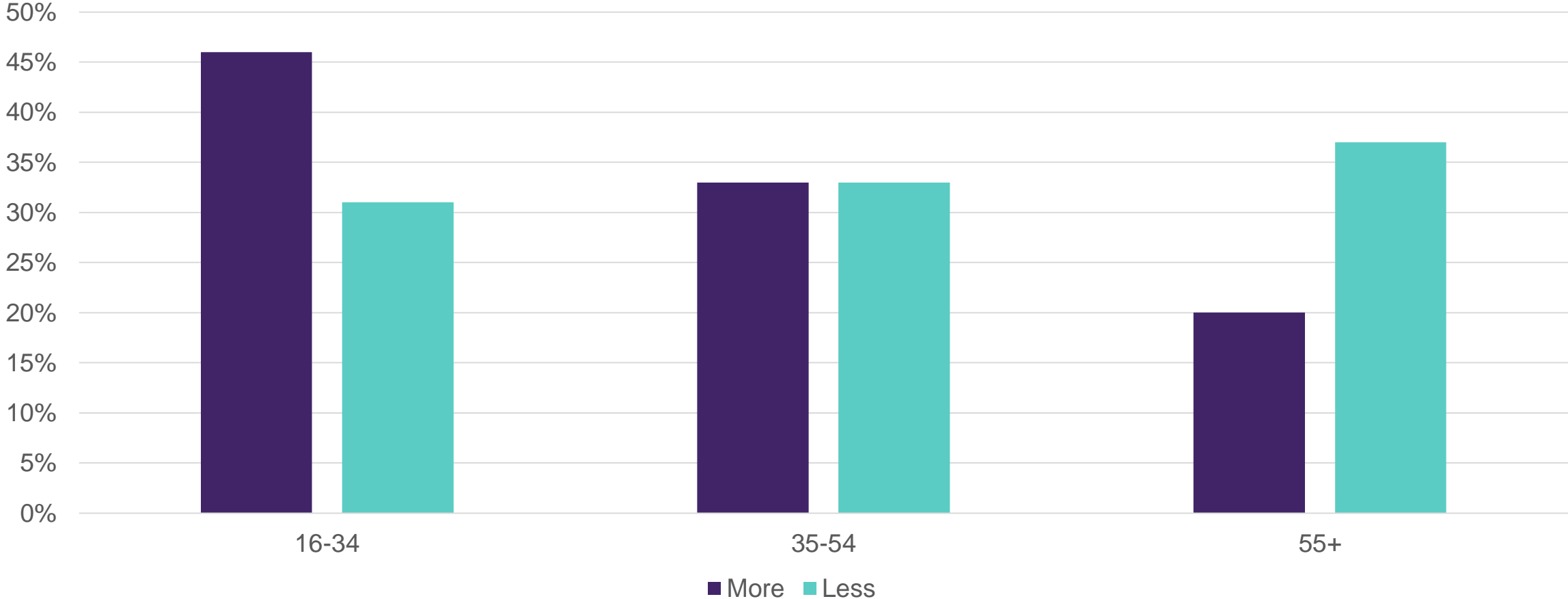


Motivators and barriers to physical activity: findings so far

Motivators	Barriers
Perceived health benefits (physical and mental)	Pre-existing health conditions
Social connections	Lack of time (due to work, care, other family pressures)
Support from family, friends and community	Lack of transport
Advice and support from health professionals	Cost/value of equipment or memberships associated with activity
Retirement as a motivator/transition point for lifestyle change	Age-related concerns such as falls or becoming too tired
Perceived value of activity, esp. concessions for retired people	Belief that they are too old to benefit from physical activity
	Lack of culturally appropriate facilities in local area (including addressing language barriers)

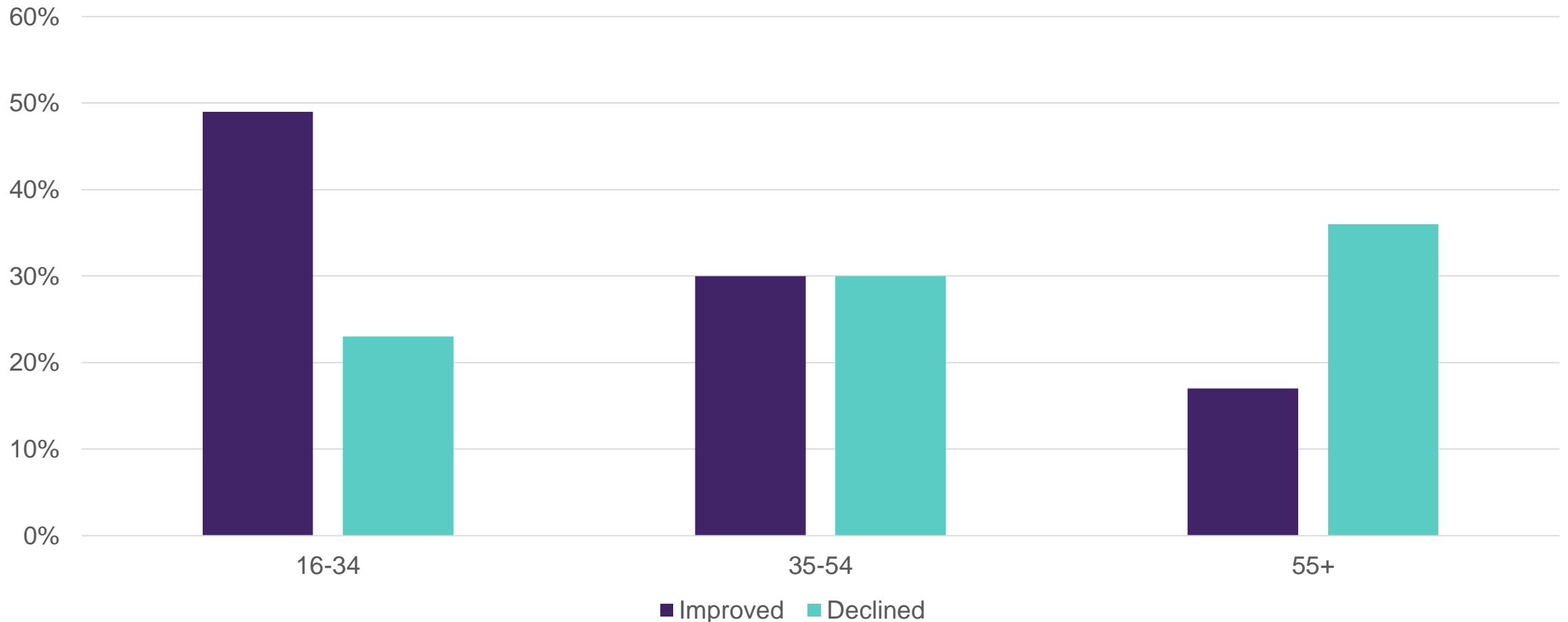
How have activity levels changed among older adults during Covid-19?

Do you think you generally do more, less or the same amount of physical activity and exercise now compared to this time last year?



Older adults much more likely to report experiencing a decline in strength since the outbreak of the pandemic

Thinking about when you do everyday activities that work your muscles such as carrying shopping, climbing stairs or gardening, how, if at all, do you think your general strength has changed since the Covid-19 outbreak?





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