Strengthening the dementia awareness raising component of the NHS Health Check

Charles Alessi, Older Adults team
1. How many people are living with dementia in England?

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.

2. What % of people living with dementia are diagnosed?

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

3. What is the estimated annual cost of dementia to society in the UK?

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

4. How many carers of people with dementia were there in England in 2013?

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.

5. Based on the Alzheimer’s Society’s Dementia 2014 report what % of people with dementia say they are living well?

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

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

30% of cases may be avoided through risk reduction*

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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
Thank you

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