

Birmingham City Council – Carers Health and Well-being

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Public Health

July 2018

Public Health –What we Know

ECONOMIC

- Nationally, it is estimated that carers make over £87 billion contribution to the wider economy.
- Over 6 Million carers .. three million working carers in the UK.

HEALTH

- In 2015/16 ..525,000 admissions into hospitals with obesity being one of the factors.
- Physical inactivity and a sedentary lifestyle are strongly associated with poor cardiovascular health.
- 68% males & 58% females were overweight or obese(2017)

PHOF

- Social Isolation: percentage of adult Carers who have as much social contact as they would like.
- Isolation increases mortality by 30%.

Underpinning Health Analysis

Birmingham is in the 20% most deprived local authorities in England. Over 42 % of the Birmingham's population are made up of BME groups (15% England).

Birmingham-Health Needs Assessment :

- 107,380 Unpaid carers (10% of population)
- Local Carer health ..worse than England. Carers aged 65+, 17% report bad health compared to 12% for England. (2017).
- 65% of Carers aged over 60 have at least one LTC

Emerging Pressures

- Obesity estimated at £2.6 billion a year by 2050
- More than a third of adults in Birmingham are physically inactive
- Carers are 30% more likely to report they are unable to take up activities compared to non-carers

Health Needs –Ethnicity

Ethnicity	Odds Ratio	P-Value	95 % Confidence Intervals	
Asian / Asian British	1.97	0.00	1.75	2.21
Black / African / Caribbean / Black British	1.22	0.00	1.09	1.37
Mixed / Multiple Ethnic Groups	1.06	0.78	0.70	1.61
No Data	0.48	0.00	0.33	0.70
Other Ethnic Group	0.85	0.32	0.61	1.18

- Asian / Asian British almost twice as likely to have a carer at 1.97 (1.75, 2.21) the odds of White... but not being picked up services
- Black / African / Caribbean / Black British 22% next group more likely to have a carer
- Mixed and Other groups not statistically significantly different to White.

Local Evidence

Residential Care

- Carers breakdown Second highest reason for residential placements (600)

NHS Health Checks

- No data on numbers of carers
- GP registers ... Referrals for assessment

Carers survey sample – Snap shot (30)

- Significant impact on own work, leisure and life; 100%
- 46% left work to provide FT care.
- Survey adults focus ...Over 3 venues external to council
- Face to Face Interviews

How is your general health?

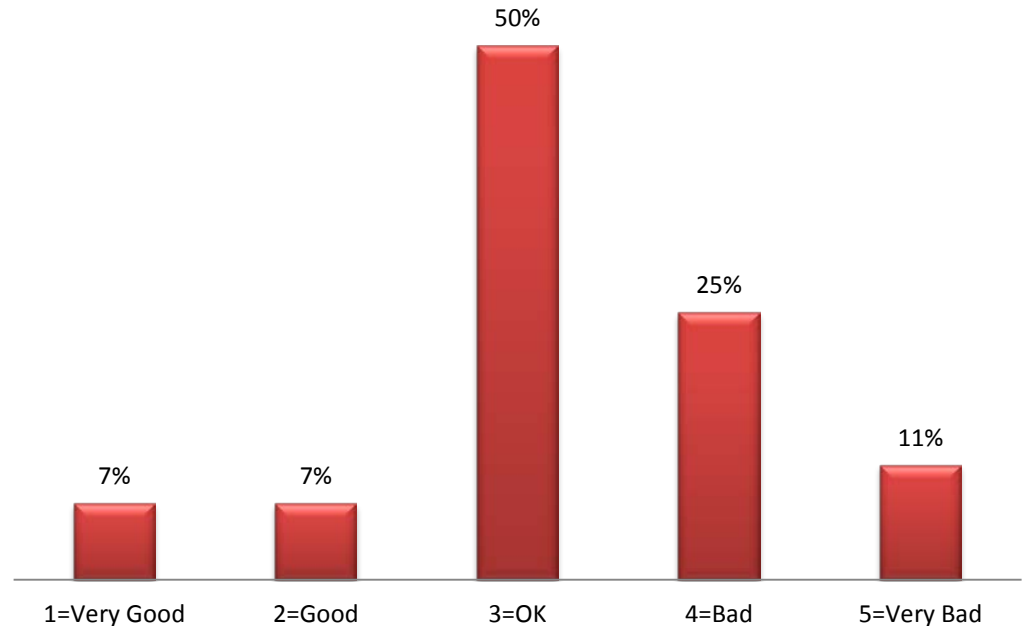
Findings

Only 14% reported their health as being either very good or good. They also appeared to have a wider network of support

50% of those surveyed felt their health was reasonably ok, Some of this group had one LTC but felt they were managing

37% felt their health was bad or very bad, which impacted on the levels of caring, however there was a reluctance to go and get checked.

■ Q7a. How is your general health on a scale of 1-5?



Findings

Carers reporting High levels of feeling tired and exhausted ..some became upset during interviews

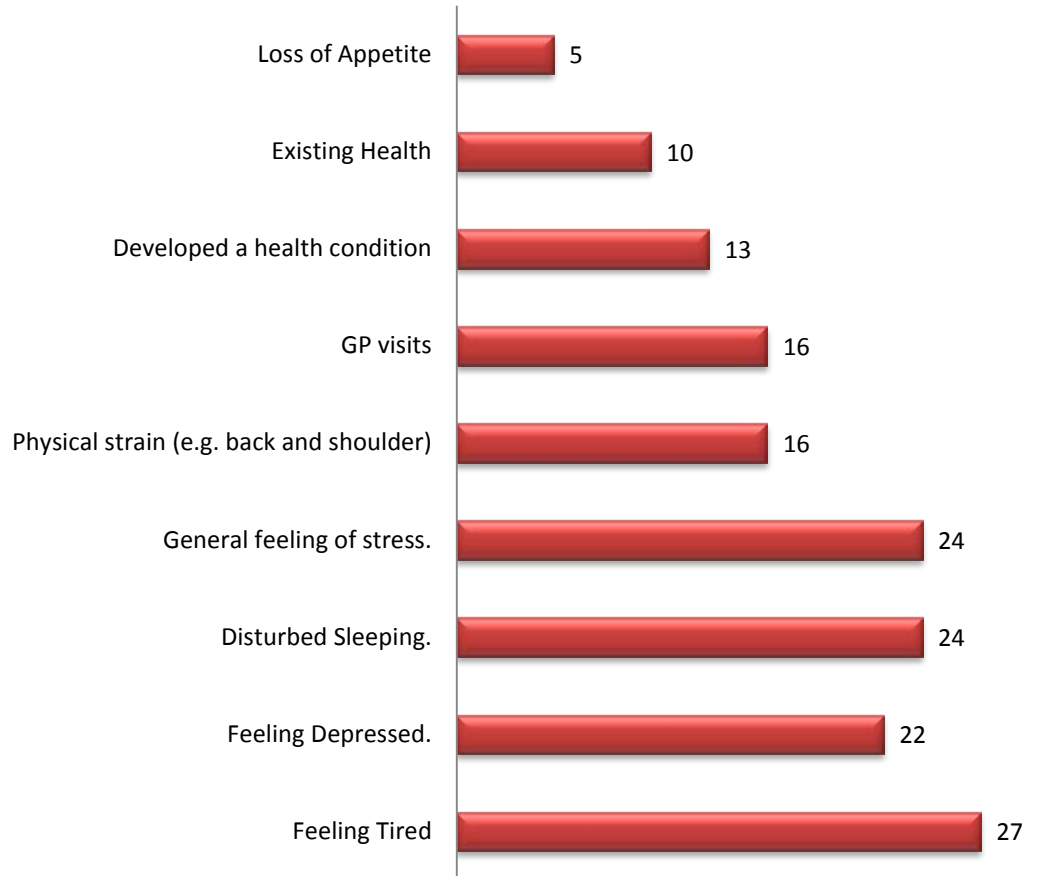
Carers stating they are feeling stressed and unable to cope at times

High levels reporting sleep problems were reported, many had no techniques to help relax

Some had loss of appetite, others comfort eating

How do you think your own health and wellbeing has been affected by your role as a Carer?

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Our Approach

- An all age citywide strategy and plan based on PH intelligence
- Future Carer survey by external provider
- Carer friendly employer pledge launched
- NHS Health Checks ... 10% of GP registered population carers

Carers Hub

- Includes Standard assessments
- Increase in yoga, mindfulness and relaxation requests
- Income Maximisation
- Healthier choices Diet /Activity

Thank You For Listening

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