

Key self care and activation stats

All Together Better

50%

Self-care and self-management (knowledge; skills; confidence)

- Diet and exercise
- Lifestyle (smoking; drinking; drugs)
- Stress
- Managing medication
- Understanding early signs/ symptoms

20%

A person's biology

- Genetics
- Pre-disposition to a condition

19%

A person's environment

- Neighbourhood
- Family
- Peers
- Poverty
- Education

10%

Health care input

- GPs
- Nurses
- Hospital
- Specialists
- Therapists

Influence on a person's health and wellbeing

15m

people in England live with a long term condition (LTC)

LTCs account for

70%

Of NHS budget

60-70%

of premature deaths are caused by behaviours that can be changed



Only 4hrs

Of the 8,760 hours in a year, a patient with a long term condition will spend on average only 4 hours with a clinician – we need to make the most of this time, but also look to other organisations; support agencies and individuals, including carers, who can help

35-50%

of the population have the lowest levels of activation, which means they are less likely to adopt healthy behaviours and more likely to use healthcare resources

But this can be influenced



Research shows lacking social connections is as damaging to health as smoking 15 cigarettes a day

40%

of people are not fully involved in decisions about their care or treatment

13%

of GP consultations could be dealt with by someone else

Loneliness increases the likelihood of mortality by

26%



(Hot-Lunstad, 2015)



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