

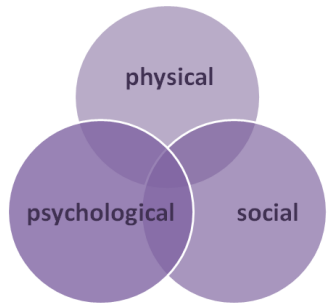
# Frailty: snapshot briefing

This document is a high level review of the published epidemiological information on frailty and how this relates to the health needs of the East Sussex population. This report is part of the Joint Strategic Needs and Asset Assessment for the county.

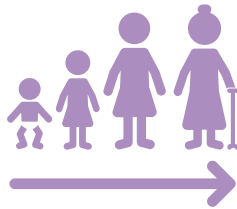
**Frailty is a reduction in function of multiple bodily systems, leading to increased vulnerability.**

## What does frailty look like?

Frailty is an interaction of deficits



It is associated with ageing



It commonly coexists with multi-morbidity

(2+ long term conditions)



Fried et al, 2001

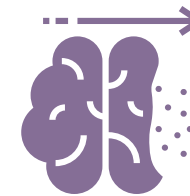
## What are the implications of frailty?



hospital admissions than non-frail people



more likely to be admitted to care homes



dementia is more common in frail older people



greater risk of falls and associated health conditions

## Who is most at risk?



women  
40% mobility loss in 75-85 year olds

BME populations

## What factors increase risk?

long term conditions



Midlife obesity

deprivation



greater risk of malnutrition



greater risk of long term dependence

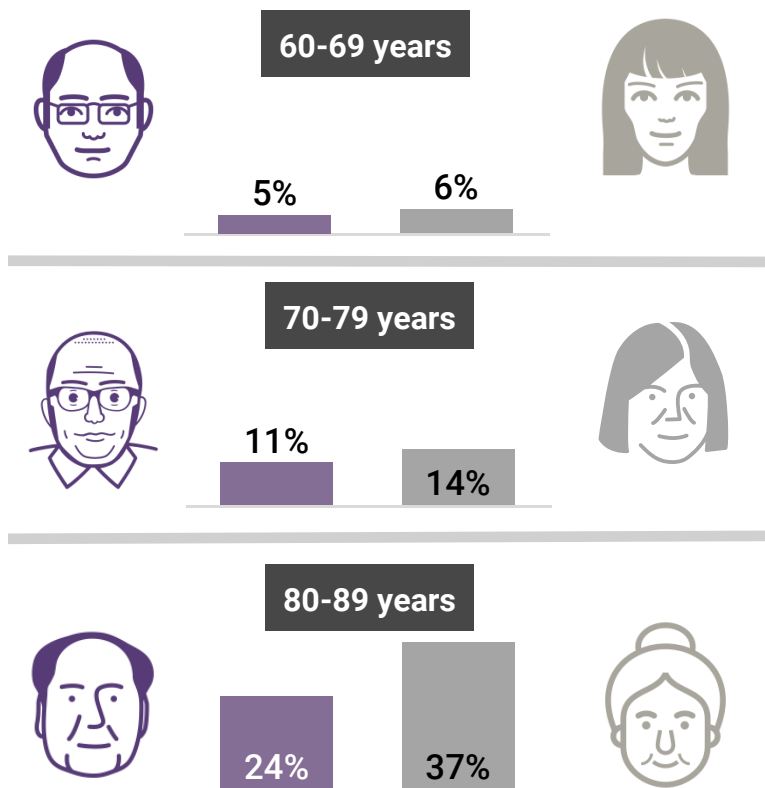
## The Frailty Index



The E-Frailty Index is routinely used by GPs in the UK, and looks for 36 specified items (diagnoses, symptoms, disabilities) in a person's primary care [GP] record. The proportion of possible frailty factors identifies if a person is likely to have mild, moderate or severe frailty.

## Frailty in England

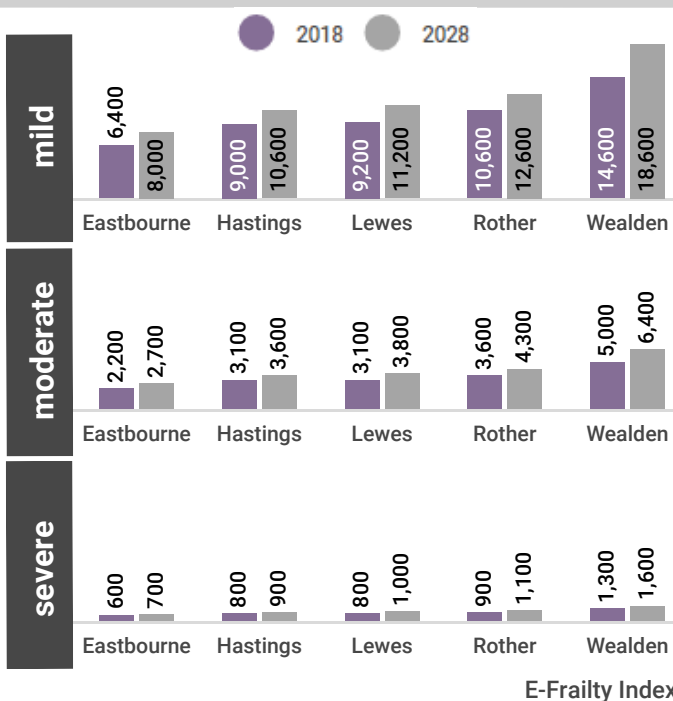
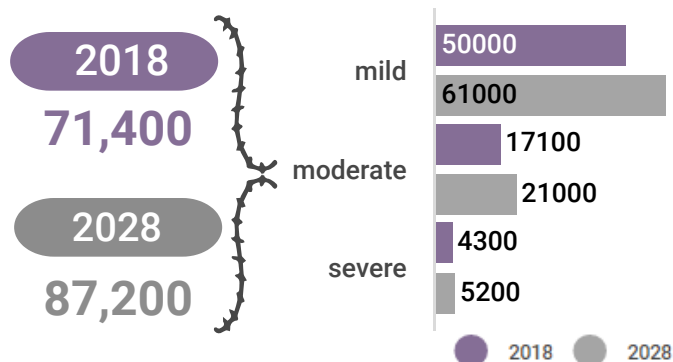
Research suggests that the prevalence of frailty in older people increases with age:



Fried et al, 2001

## Frailty in East Sussex?

Estimated people over 65 living with frailty:



E-Frailty Index

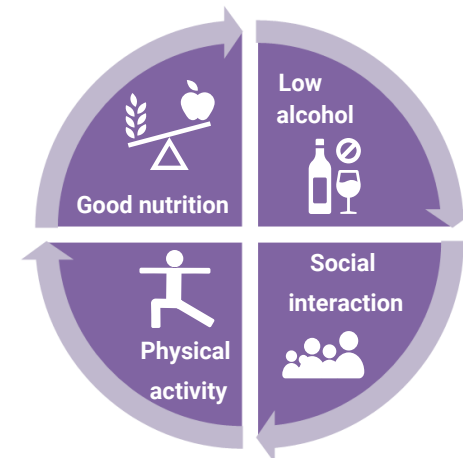
### Key links:

[British Geriatric Society: frailty what's it all about](#)

[NHS England toolkit for general practice in supporting older people living with frailty.](#)

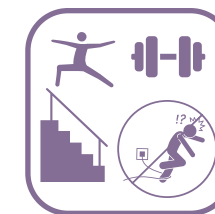
## What can we do?

Healthy Ageing reduces risk of frailty.



Cooper et al, 2018

Interventions to mitigate the adverse effects of frailty include:



reducing falls risk

timely medication review



[Full briefing](#)