

Multi-morbidity: snapshot briefing

This document is a high level review of the published epidemiological information on multi-morbidity 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.

Multi-morbidity is where a person has two or more physical and/or mental long term health conditions

What does multi-morbidity look like?

A long term condition (LTC) is:

Any medical condition that cannot currently be cured but can be managed with medication and/or other therapies.

Common long term conditions include:



Diabetes Chronic obstructive pulmonary disease heart failure Osteoporosis Dementia

More people are living with multiple long term health conditions due to:



An ageing population



Changes in lifestyle



Advances in medical technology

Multi-morbidity is recognised as a predictable cluster of conditions

34%

Multiple-morbidity is physical and mental co-morbidity

What factors increase risk?



increased life expectancy



Expected life expectancy gain in next 20 years: 3.6 years for men and 2.9 for women

harmful drinking



unhealthy diet



social class



60% higher LTC prevalence and 30% higher severity in lowest social class compared to highest



What will future multi-morbidity look like?

2015:

54%
10%
15%



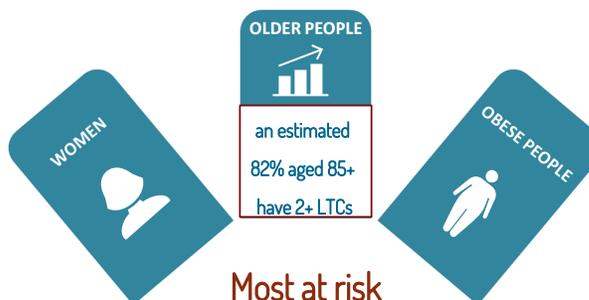
over 65s with 2+ LTCs
over 65s with 4+ LTCs
over 85s with 4+ LTCs

2035:

68%
17%
40%

Kingston et al, 2018

Who is most at risk?

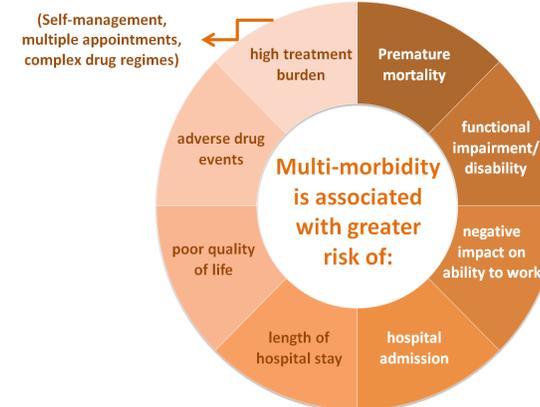


Severe mental health problems increase physical ill health risks



Long term physical conditions increase mental ill health risk

What are the implications of multi-morbidity?



By 2035:

1/3 of people with 4+ LTCs will have a mental health problem

estimated gain in life expectancy:

3.6 years

2.9 years

BUT

estimated gain in years with multi-morbidity:

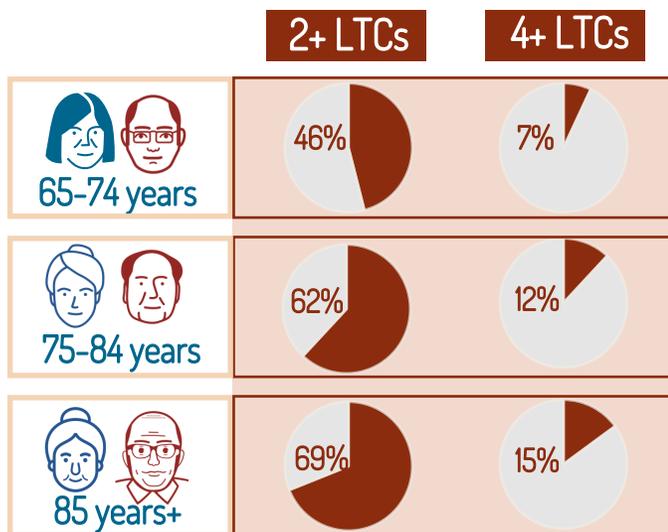
5.5 years

5.0 years

Estimated multi morbidity prevalence in England

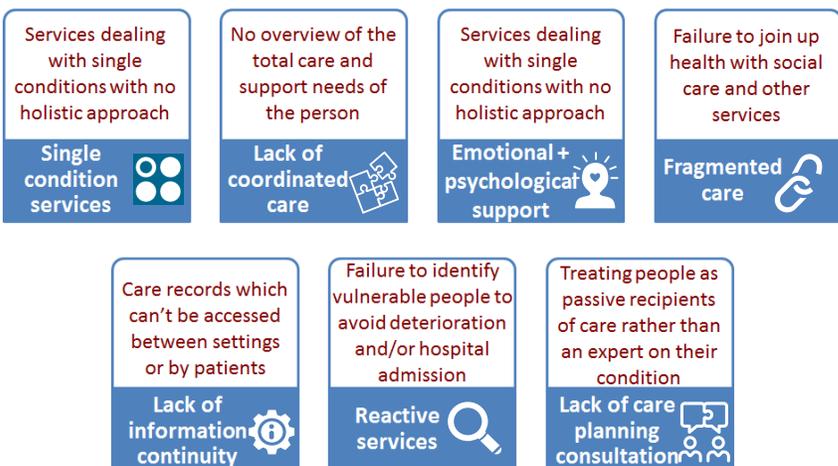
Of the 65+ population in England in 2015, approximately:

10% had 4+ multi-morbidities and 54% had 2+ multi-morbidities



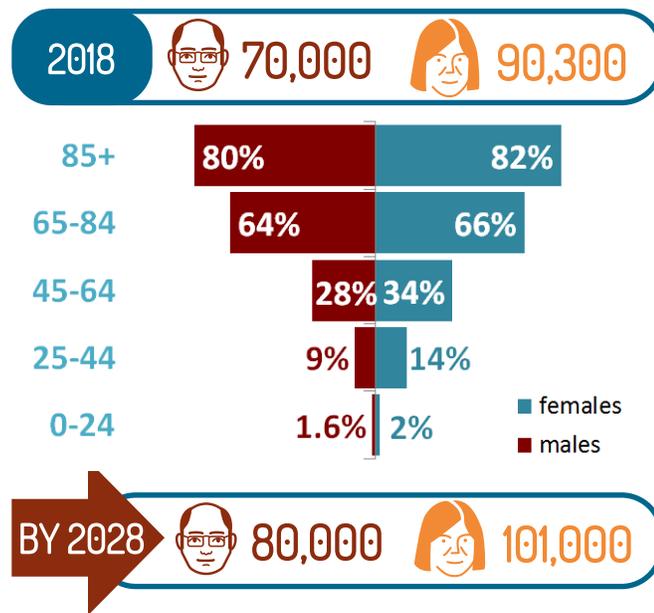
* Long term conditions include: arthritis, cancer, dementia, depression, diabetes, hypertension, respiratory disease, heart disease, kidney failure, Multiple Sclerosis, Parkinson's and stroke

Barriers to care for long term conditions

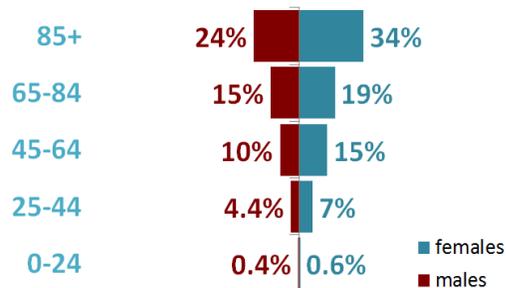


Multi-morbidity in East Sussex?

Estimated prevalence of people with 2+ LTCs



Estimated prevalence of physical and mental comorbidity.



Key links:

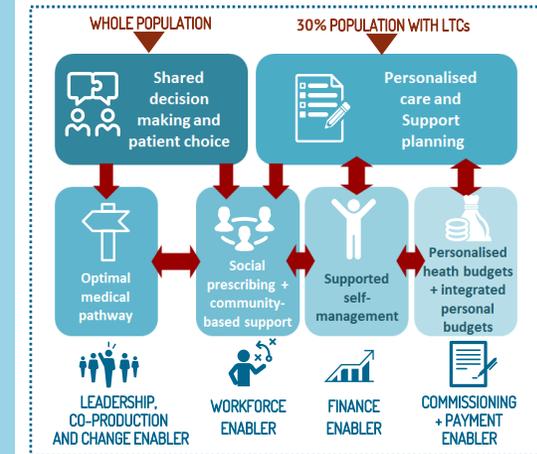
[NHS England: Personalised Care Operating Model](#)

[Pearson-Stuttard et al \(2019\) Multimorbidity - a defining challenge for health systems](#)

Full
briefing

Managing long term care

Personalised Care Operating Model (NHS England)



The model, implemented by NHS England, establishes:

- whole population approaches for people/parents/carers, to manage their health and wellbeing, build resilience and make informed decisions and choices.
- a proactive universal offer to build knowledge, skills and confidence to live well with health conditions.
- intensive and integrated approaches to empower those with more complex needs to have greater choice and control over their care.

Conclusions

Care for multi-morbidities can be optimised by:

- Considering individual and wider social factors
- People's experiences informing services
- Recognising that good care impacts on the ability to manage a condition
- Implementing NICE guidelines
- Shared decision making
- Better lifestyle risk factor management