

Milestone 22: Increasing the number of older people taking physical exercise and reducing the rates of mortality from coronary heart disease and the prevalence of respiratory disease

This milestone is measured by information from three indicators. The Scottish Health Survey provides data on older people taking physical exercise. The General Register Office for Scotland (GROS) provides data on mortality from coronary heart disease. Information Services NHS National Services Scotland provide information on chronic respiratory disease. In all cases older people are defined as being aged between 65 and 74 years.

(a) Taking physical exercise

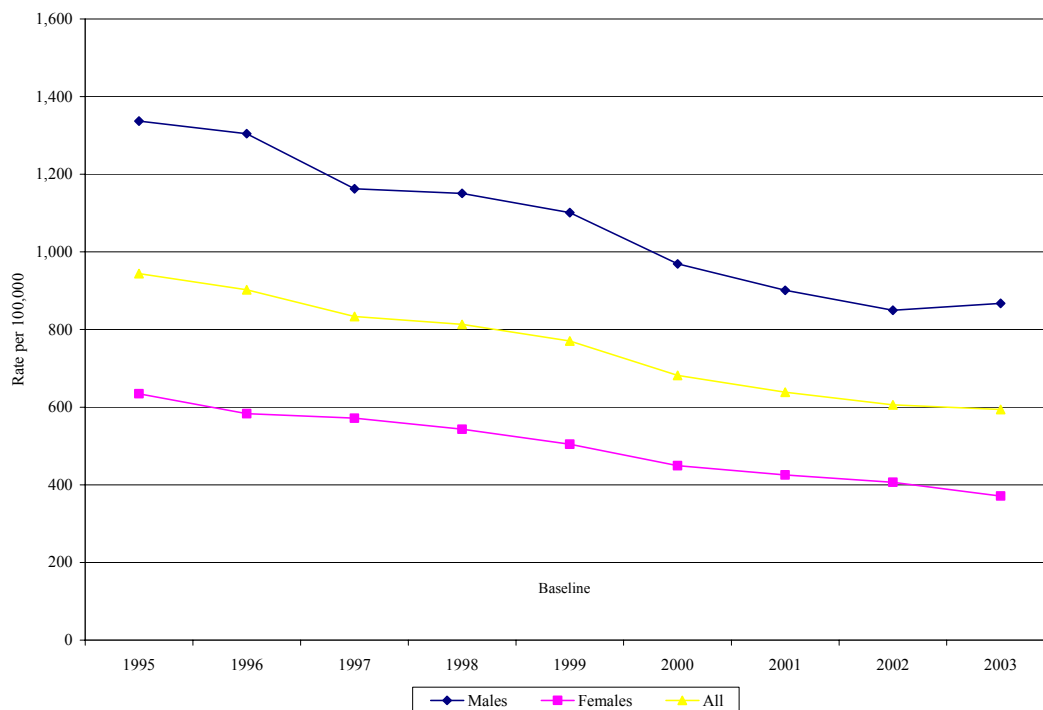
This indicator measures people who take at least 30 or more minutes of moderate activity at least 5 days a week. The 1998 Scottish Health Survey showed that about 14 per cent of men and 8 per cent of women aged between 65 and 74 years met this criterion.

Information from the 2003 Scottish Health Survey will be available in October 2005.

(b) Rates of mortality from coronary heart disease

The latest figures show that overall there has been a continuation in the fall in the mortality rate from coronary heart disease for people aged 65 to 74. Although there has been an increase in the rate for males between 2002 and 2003. Chart 22a shows that men are around twice as likely as women to die of coronary heart disease.

Chart 22a: Mortality rate from coronary heart disease, persons aged 65-74, 1995 - 2003



Sources: Information Services NHS National Services Scotland and General Register Office for Scotland

Carstairs Deprivation Quintiles

There is an association between mortality rate from coronary heart disease for people aged 65 to 74 and deprivation. Older people living in the least deprived areas are less likely to die from coronary heart disease than those in the most deprived areas. Since the baseline year of 1999, the mortality rates for coronary heart disease have fallen across all areas.

Urban Rural analysis

There are relatively higher mortality rates from coronary heart disease for people aged 65 to 74 living in urban areas than in rural areas.

(c) Prevalence of chronic respiratory disease

The national estimates are based on a sample of activity from General Practices across Scotland, so the figures should be seen as broad estimates of the national picture. For 65 to 74 year olds, around 80 to 100 people in every 1,000 suffer from chronic respiratory disease. There is no evidence of real change since 1999.

Table 22b: Prevalence rate per 100,000 of chronic respiratory disease, persons aged 65-74, 1996 - 2002

	Male	Female	All
1996	94.1	83.5	88.3
1997	96.4	90.9	93.4
1998	89.9	92.9	91.5
1999	85.2	82.1	83.5
2000	90.1	88.1	89.0
2001	85.5	87.1	86.3
2002	79.5	83.8	81.8
2003	81.3	85.6	83.6

Source: Continuous Morbidity Recording Scheme: Information Services NHS National Services Scotland

Background data

Table 22c: Mortality rate per 100,000 from coronary heart disease, persons aged 65-74

Year	Males	Females	All	Year	Males	Females	All
1975	1,935.7	852.5	1,303.3	1990	1,588.2	775.9	1,127.2
1976	1,952.7	910.9	1,345.3	1991	1,549.6	743.3	1,094.1
1977	1,883.8	902.4	1,312.3	1992	1,515.9	737.0	1,076.9
1978	1,999.6	976.2	1,404.8	1993	1,515.5	745.9	1,082.4
1979	1,954.5	899.1	1,341.0	1994	1,433.7	661.5	1,000.2
1980	1,818.1	884.3	1,275.5	1995	1,337.2	634.3	944.0
1981	1,848.8	930.8	1,318.7	1996	1,304.6	583.4	902.3
1982	1,851.0	932.0	1,320.2	1997	1,162.5	571.8	833.5
1983	1,851.3	942.9	1,326.4	1998	1,151.0	543.0	813.4
1984	1,869.4	848.3	1,278.9	1999	1,101.1	504.6	770.7
1985	1,890.5	933.0	1,337.9	2000	969.1	449.0	681.7
1986	1,812.6	866.9	1,268.0	2001	900.8	425.4	638.8
1987	1,774.6	886.7	1,265.1	2002	849.7	406.7	606.1
1988	1,710.5	840.7	1,212.6	2003	867.7	371.2	593.9
1989	1,675.0	846.7	1,203.1				

Sources: Information Services NHS National Services Scotland

Table 22d: Mortality rate per 100,000 from coronary heart disease by Carstairs deprivation quintile, persons aged 65-74, 1991 - 2003

		Least Deprived - 1	2	3	4	Most Deprived - 5
Male	1991	1157.2	1456.0	1585.6	1604.7	1939.7
	1995	1073.5	1232.2	1490.4	1486.0	1620.8
	1999	850.5	1061.2	1189.2	1168.7	1356.8
	2001	738.9	797.1	980.7	998.4	1131.9
	2002	688.7	779.5	831.4	980.4	1134.6
	2003	561.7	695.8	847.3	920.5	1171.8
Female	1991	492.9	670.9	719.8	893.5	916.2
	1995	488.6	486.3	704.2	719.1	790.3
	1999	328.6	412.9	527.6	599.6	583.9
	2001	269.5	383.1	455.1	448.7	517.1
	2002	315.5	345.4	406.0	415.4	507.2
	2003	225.6	311.1	328.1	479.7	467.7
Total	1991	785.2	1017.3	1094.3	1200.5	1355.5
	1995	745.9	815.4	1044.2	1050.1	1146.8
	1999	558.2	698.9	813.7	845.2	915.7
	2001	476.0	565.8	682.4	686.0	781.0
	2002	479.7	536.9	590.0	659.3	776.5
	2003	380.7	487.8	562.6	677.0	777.6

Sources: Information Services NHS National Services Scotland and General Register Office for Scotland

Table 22e: Mortality rate per 100,000 from coronary heart disease by urban rural, persons aged 65-74, 2002

	Male	Female	All
Urban	868.5	376.0	593.1
Rural	799.1	324.6	553.0

Sources: Information Services NHS National Services Scotland

Availability of data and references

Scottish Health Survey

www.show.scot.nhs.uk/scottishhealthsurvey/

Social Justice Indicators of Progress 2003

<http://www.scotland.gov.uk/library5/social/sjip03-01.asp>

Vital Events Reference Tables 2003, Section 6: Deaths – causes

<http://www.gro-scotland.gov.uk/grosweb/grosweb.nsf/pages/03reference-table6>