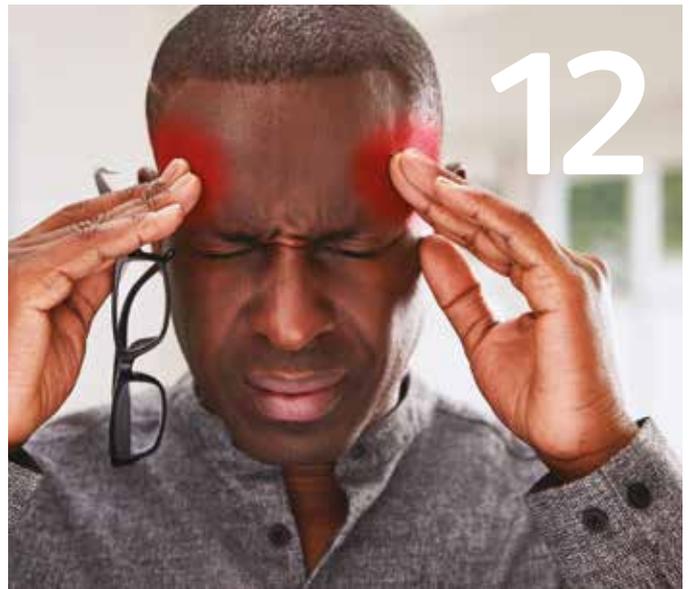

UK HEALTH CHECK

How healthy were we in 2017?



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As a society we need to **work together** to help people stay well for longerⁱ

Analysis of the thousands of patients who visited LloydsPharmacy in 2017 for various health checks has revealed the vital role that pharmacy can play in supporting the everyday and long-term health of the nation. The research also demonstrates the growing need to encourage people to be active in managing their health to help extend their 'healthy life expectancy'.

With 1,600 UK pharmacies based within the local community, supermarket and health centre locations, LloydsPharmacy offers an accessible and convenient health amenity to support everyday wellbeing. As well as this, LloydsPharmacy offers advice and support to ensure that patients are both aware of and engaged in managing long-term health conditions and generally living healthier lives.

Simple health checks that can be performed in pharmacy such as blood pressure checks, type 2 diabetes screenings and respiratory support services can equip patients with the knowledge and understanding they need to help prevent experiencing health issues in the future. They also provide actionable advice to help take control of the risk factors associated with these conditions.



The analysis of LloydsPharmacy pharmacy services provides an intriguing insight into the health of the UK revealing that:

Among the over 65s:

- 1 in 5 admitted they didn't know how to use their asthma inhaler
- 28% of over 65s living with COPD were still smoking
- The impact of pain is greatest on their daily activities such as exercise and mobility
- Just 7% had an ideal blood pressure reading

Across all age groups:

- Just 13% had their asthma under control
- 1 in 7 rated their level of pain as a 9 or a 10 (distressing to unbearable)
- Almost a third had a moderate to extremely high risk of developing type 2 diabetes
- Just 13% had an ideal blood pressure

This report outlines data from the following pharmacy services carried out in 2017:

- Blood pressure checks
- Type 2 diabetes screening
- Respiratory services for those living with asthma and COPD
- Pain management



Chapter 1: Healthy retirement

“Not only do we have an ageing population in the UK, people are living for longer with health conditions – estimated at around 16 years of ill health for men and 19 years for women.ⁱ Latest figures place ‘healthy life expectancy’, the number of years lived in self-assessed good health, at 63.4 for men and 64.1 for women.ⁱⁱⁱ”

As an accessible community health provider, pharmacy has a key role to play in supporting patients with conditions associated with growing older such as heart health, chronic pain and hearing, ensuring our population live happier, healthier lives.”

Francesca Brenca, LloydsPharmacy Pharmacist

LloydsPharmacy analysis of 2017 health service results among the over 65s revealed that this group were experiencing issues with their management of asthma and COPD, had a high level of raised blood pressure, a high risk of developing type 2 diabetes and an impact on their daily activities from back pain and osteoarthritis.

Respiratory conditions

According to national figures, asthma related deaths are on the rise, with two thirds of fatalities occurring in women over 65 years of age^{iv}. Almost half (49%) of over 65s taking the Asthma Control Test (ACT) in LloydsPharmacy in 2017 had not controlled their asthma well in the previous 4 weeks and overall, only 14% had managed to maintain good control of their condition. Furthermore, 53% of females over 65 had not controlled their asthma well over the past 4 weeks compared to 44% of men in this age group.

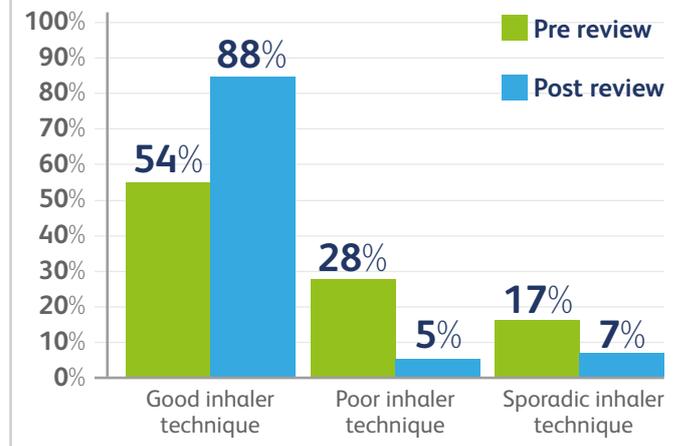
1 in 12 were still smoking despite living with a diagnosed lung condition and this figure rose to 1 in 8 among those found to have poor control of their asthma. However, whilst smoking is certainly one factor that will impact the condition, a large part of asthma control comes from the correct use of asthma medications.

19%
of over 65s
admitted they
didn't know
how to use
their inhaler



Of those visiting LloydsPharmacy in 2017, 19% of over 65s admitted they didn't know how to use their inhaler. Part of the pharmacy service includes a check on inhaler technique to ensure that medication is being properly administered into the lungs. Whilst over half (54%) demonstrated a good inhaler technique, more than one in four (28%) had a poor technique and a further 1 in 6 (17%) had a sporadic technique. Following an intervention from the Pharmacist, 88% exhibited a good technique.

ASTHMA INHALER TECHNIQUE BEFORE AND AFTER PHARMACIST INTERVENTION FOR THE OVER 65s



1 in 7 over 65s with COPD were experiencing problems that were significantly affecting their daily life

Patients experiencing Chronic Obstructive Pulmonary Disease (COPD) also demonstrated a similar story with less than half (46%) found to have their condition under control. 1 in 7 were found to be experiencing many symptoms that were significantly affecting their daily life. A further 37% were experiencing symptoms affecting some aspects of their daily life and one in 50 (2%) were found to have a severe impact on their life.

Smoking is a known contributor to COPD, which is an umbrella term for a group of progressive lung conditions that cause breathing difficulties, yet despite this, 28% of over 65s living with the condition who visited LloydsPharmacy in 2017 were still smoking. This indicates a need for people living with COPD to be given more support to help them make lifestyle changes that could positively impact their quality of life.

Aside from stopping smoking, which is the main recommendation for those diagnosed with COPD, inhalers and medication can help to make breathing easier. LloydsPharmacy found that almost 1 in 5 (19%) of over 65s had a poor inhaler technique, and nearly a further quarter (24%) had a sporadic technique when they first visited the pharmacy for a technique review. Following their review with LloydsPharmacy, 93% left with a good inhaler technique.



Diabetes

LloydsPharmacy had more than 400,000 diabetes patients in 2017 of which 59% were over 60 years of age. The most common diabetes patient within LloydsPharmacy are males aged between 60 and 69, with type 2 diabetes.

Outcomes from LloydsPharmacy type 2 diabetes screening revealed that 48% of those tested in 2017 who were found to have a high or extremely high risk of developing type 2 diabetes in the next decade were aged over 65.

Of all the over 65s tested in 2017, 23% had a high or very high risk of developing type 2 diabetes. 68% of over 65s tested for type 2 diabetes in 2017 were overweight, a known risk factor for developing the condition. Following a screening, the Pharmacist can help to support people to manage their risk through simple lifestyle changes.

48%

of those screened in 2017 who were found to have a high or extremely high risk of developing type 2 diabetes in the next decade were aged over 65

Pain management

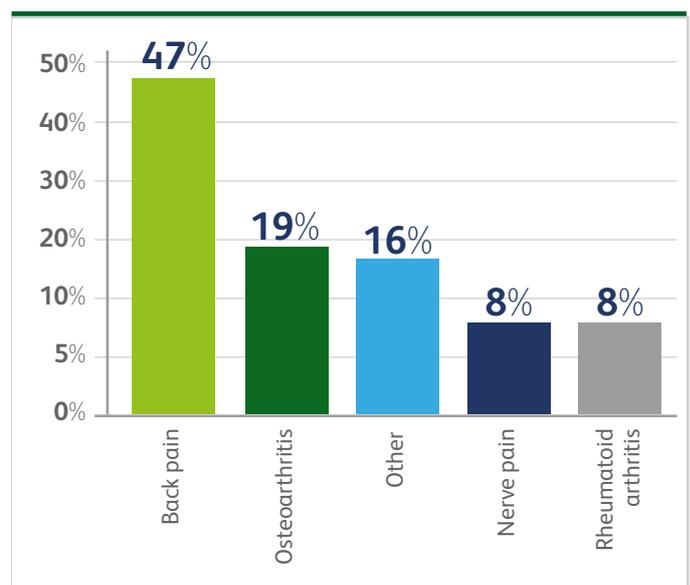
LloydsPharmacy offers pain management advice to help patients to better control their pain and achieve lifestyle goals to improve their daily wellbeing. In 2017 pain patients in LloydsPharmacy were predominantly female aged 50 and above, whilst 47% were over 60 years of age.

1 in 3 (36%) of those taking the pain assessment were over 65. Back pain (47%) and osteoarthritis (19%) were the most common pain types experienced with patients rating their pain as an average of 6.77 out of 10 on the pain scale.

92% per cent of over 65s say that the impact of pain is greatest on their daily activities such as sleep and mobility

LloydsPharmacy data revealed that pain is potentially interfering with patients' quality of life and their ability to retain independence as they age, with 92% experiencing an effect on their daily activities. Many other aspects of life were also affected by pain, including sleep (71%), mood and wellbeing (83%) and mobility and exercise (83%).

TYPES OF PAIN EXPERIENCED BY THE OVER 65s



High blood pressure

Blood pressure is one of the key indicators of overall health with high blood pressure linked to an increased risk of heart attacks and strokes.^v Those aged over 65 are at an increased risk of developing high blood pressure.^v

In 2017 LloydsPharmacy dispensed medication to 1.4 million patients with hypertension, of which 71% were aged 60 or above. Furthermore 48% of those who had a free blood pressure check in 2017 were over 65 with 12% already living with a heart condition.

The data also revealed that 64% of those aged 65 or over who had a blood pressure check were found to have high blood pressure, with just 7% in this age range found to have an ideal blood pressure. With lifestyle factors known to have an impact on blood pressure, the pharmacy service also explores key lifestyle indicators such as diet and exercise, to help patients identify the changes they can make to help manage their blood pressure.

Just
7%



of over 65s checked
by LloydsPharmacy in 2017
had an ideal blood pressure

In 2017 LloydsPharmacy found that among the over 65s visiting the pharmacy for a blood pressure check:

- 23% had a normal BMI, whilst 41% were overweight or obese
- 92% were non-smokers
- On average they drank 5.1 units of alcohol per week (the NHS recommends no more than 14 units per week)^{vi}

Within the high blood pressure group of patients these figures revealed:

- 22% had an ideal BMI whilst 43% were overweight or obese
- 95% were non-smokers
- On average they drank 4.97 units of alcohol per week (the NHS recommends no more than 14 units per week)^{vi}

OUR 5 STEP PLAN FOR THE OVER 65s TO LIVE HEALTHIER FOR LONGER

1

Ensure correct management of long-term health conditions

From inhalers to medications, treatments will only be effective when used correctly. For many, a lack of knowledge of how to administer their medication could be preventing it from providing symptom relief. Have a Medicines Check Up with your Pharmacist to ensure you are getting the best from the medication that you have been prescribed.

2

Be aware of symptomless conditions

High blood pressure is a key indicator of health, yet it is often completely symptomless leaving people completely unaware that they might be living with the condition. A blood pressure check takes minutes, is free and can help to identify whether you may be at risk of a more serious condition.

3

Don't just live with it

Conditions like pain type 2 diabetes can have an effect on daily wellbeing and often there are things that can be done to improve your symptoms and make you feel more in control.

4

It's never too late to make a change

Breaking the habit of a lifetime can be challenging but never assume that just because you have smoked all your life or have been less active that it is too late to change your lifestyle. Quitting smoking or improving your fitness will positively impact your health at any age.

5

Catch it early

Prevention really is the best measure. Local pharmacies offer a wealth of services to help you keep track of your health from type 2 diabetes to screening blood pressure checks. In a matter of minutes you can find out if you are at risk and what you can do to help lower your risk and live healthier for longer.



Chapter 2:

Breathe more easily

“In the UK, 5.4 million people live with asthma^{vii} while COPD impacts 1.2 million people^x. These conditions can impact your quality of life so if you are living with a respiratory condition you should attend regular check ups to ensure you have it under control.

Our Respiratory Support Service helps patients to positively manage their condition by checking they are using their inhaler and medication correctly and puts in place a management plan to help lessen the impact of the condition, and lead a healthier life.”

Francesca Brenca, LloydsPharmacy Pharmacist

Asthma

5.4 million people in the UK are living with asthma. Once diagnosed, patients are invited to have an annual asthma review with their GP, however, a recent survey^{viii} carried out by LloydsPharmacy revealed that 1 in 5 of those living with asthma (19.5%) admitted to skipping their review. Furthermore, 1 in 8 (13%) admitted they had never had a review and 1 in 19 didn't know what an asthma review was.

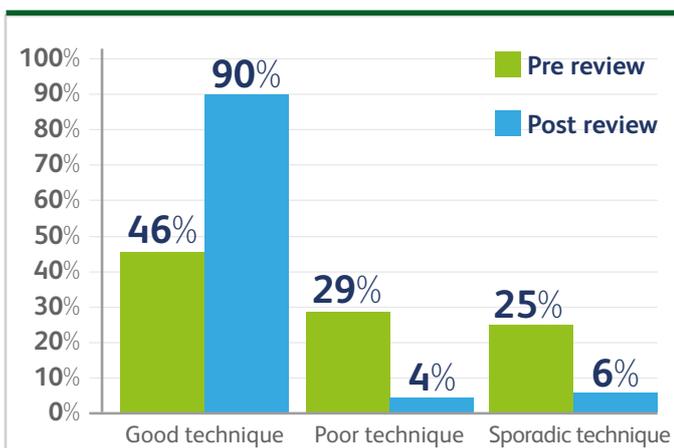
In 2017 LloydsPharmacy had 1.14 million asthma patients, the majority were female and 16.9% were under 18. Part of the LloydsPharmacy service for asthma patients includes a free review with a Pharmacist who checks how well they are controlling their condition, and their inhaler technique. The Pharmacist will also provide lifestyle advice which aims to help patients manage their asthma triggers.

In 2017, 43% of LloydsPharmacy asthma patients had not controlled their condition well over the past 4 weeks, which could be putting them at risk of experiencing asthma related symptoms or even having an asthma attack. A third had controlled it reasonably well over the past 4 weeks, whilst just 13% had their asthma completely under control over the past 4 weeks.

9% of asthma patients admitted they didn't know how to use their inhaler at all. The figure actually proved to be much higher once a Pharmacist had checked their inhaler technique with 29% displaying a poor inhaler technique and a further quarter having a sporadic technique.

29% of asthma patients had a poor inhaler technique

ASTHMA INHALER TECHNIQUE BEFORE AND AFTER PHARMACIST INTERVENTION



COPD

Chronic Obstructive Pulmonary Disease (COPD), which is an umbrella term for a group of progressive lung conditions that cause breathing difficulties. COPD affects 1.2 million people in the UK.^x The condition is becoming increasingly prevalent, with diagnosis having increased by 27% in the past decade.^{xi}

Results from the COPD Assessment Tests (CAT) carried out by LloydsPharmacy in 2017 revealed that COPD is having a significant effect on patients' daily life. Whilst 41% were found to have the condition under control, the remaining 59% had varying degrees of impact on their daily life:

- For 6% COPD was causing many problems and severely affecting daily life
- For 18% COPD was causing many problems and significantly affecting daily life
- For 35% COPD was causing some problems and affecting some aspects of daily life

Techniques for administering COPD medication via an inhaler were found to be variable. Whilst 61% of those reviewed had a good inhaler technique, 1 in 6 demonstrated a poor technique which could mean that their medication is not reaching the lungs.

35% OF COPD PATIENTS WERE STILL SMOKING

Smoking is the leading cause of COPD^{xii} and is also known to trigger symptoms of the condition. The data showed that 1 in 3 COPD patients who engaged with the Respiratory Support Service were still smoking, indicating a need for further support to help patients to quit.

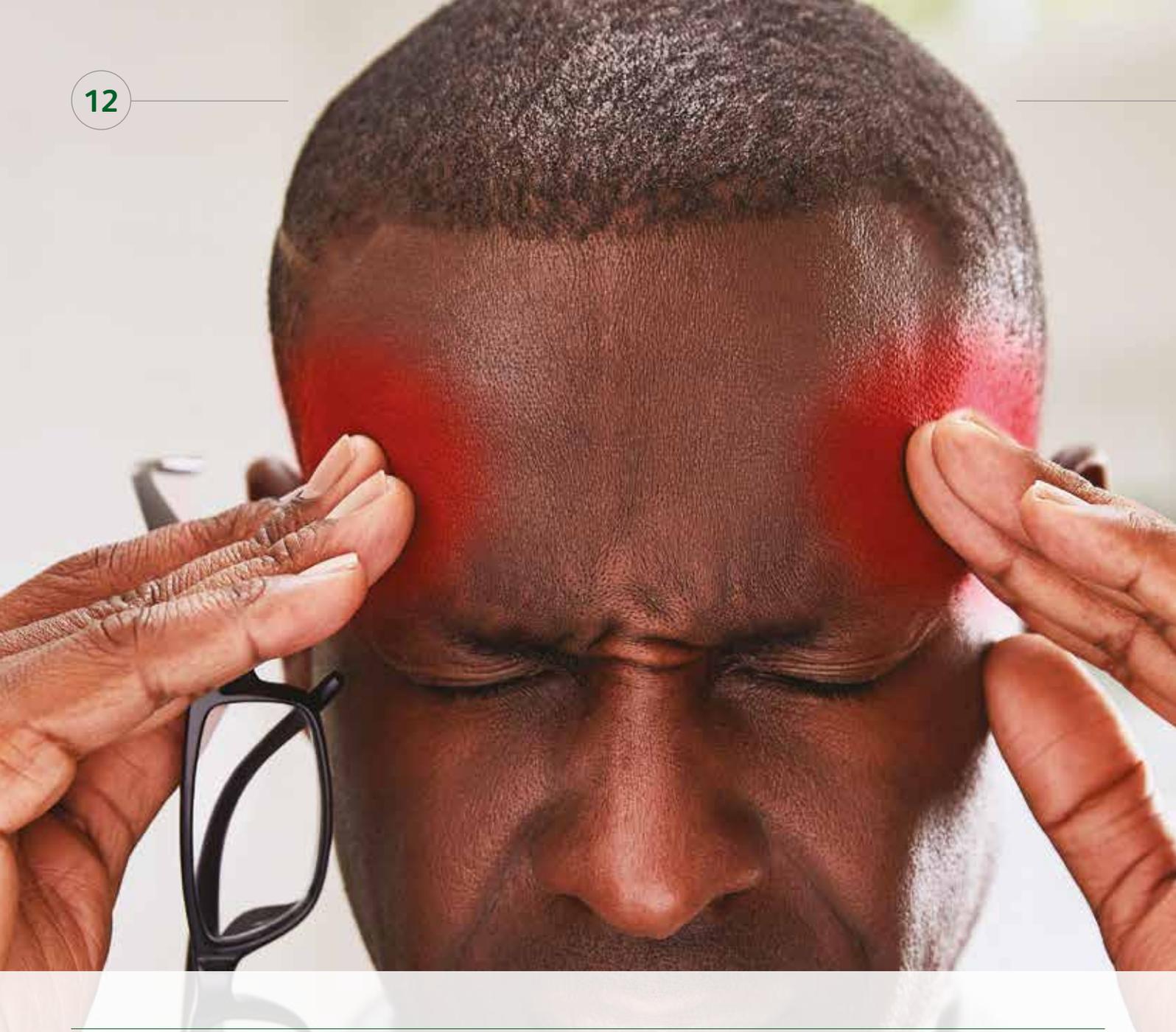
The results from both the asthma and COPD services pinpoint a number of ways that pharmacy can provide help and support to people so they can better manage and control their respiratory conditions including:

Inhaler technique: both the asthma and COPD results highlight that patients' may benefit from some support with their inhaler technique. Through a simple conversation, Pharmacists were able to increase good inhaler techniques by 95% among asthma patients and 52% for COPD patients.

Medication: Pharmacists can identify whether patients are using their inhalers correctly, whether they are using the correct inhaler, and also if a referral to the GP might be necessary.

Smoking cessation: with 1 in 3 COPD patients and 1 in 6 asthma patients still smoking, there is a clear need to support these groups with advice and smoking cessation aids, which pharmacy is well equipped to provide.

Regular check ups: regular monitoring is vital to ensure patients are managing their condition well. For some patients, free check ups within their local pharmacy may be more convenient than visiting their GP, encouraging them to better engage with a healthcare professional on a regular basis.



Chapter 3: Tackling pain

“We all experience pain at some point which can greatly impair our quality of life. The biggest causes of ill health in England are lower back and neck pain. Furthermore, musculoskeletal health conditions, alongside mental health, accounts for the majority of sickness absence from work in the UK.”

Our Pharmacists provide personalised advice, recommendations and ongoing support for those living with pain to experience a better quality of life, both at home and at work.”

Francesca Brenca, LloydsPharmacy Pharmacist

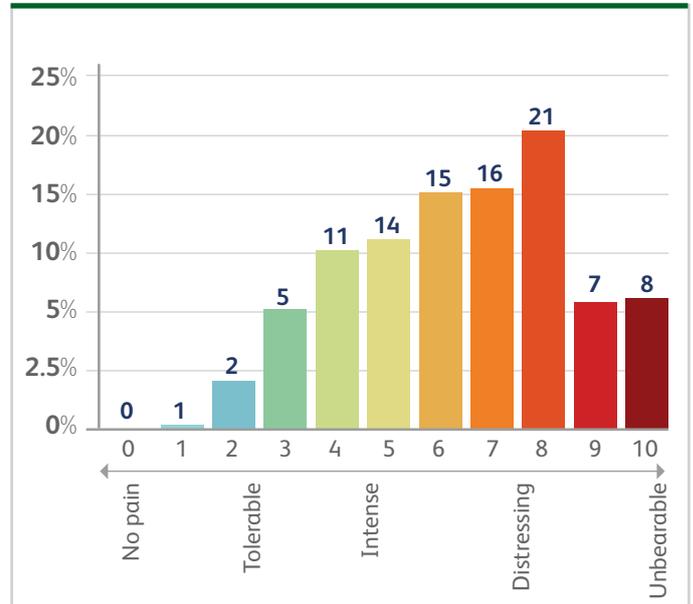
Over half of patients who were given pain management advice from LloydsPharmacy in 2017 reported that they experience back pain. Furthermore, a third of pain patients experienced an impact on their mental health indicating the broader effect that long-term pain could be having on people's health.

Pain rating

Patients were asked to provide their pain score on a scale of 1 to 10. On average pain was rated as 6.44 (between intense and distressing) reducing to 4.83 (between tolerable and intense) in the follow-up assessments. This indicates the positive impact that advice and recommendations from a Pharmacist can have with advice ranging from a review of medication to help reduce side effects, to recommendations for improving sleep and activity levels. Whilst the majority (67%) rated their pain as a 6 out 10, 1 in 7 rated their pain as a 9 or a 10 (distressing to unbearable) and a further 1 in 5 (21%) said their pain was an 8 out of 10.

“We all experience pain at some point which can greatly impair our quality of life.”

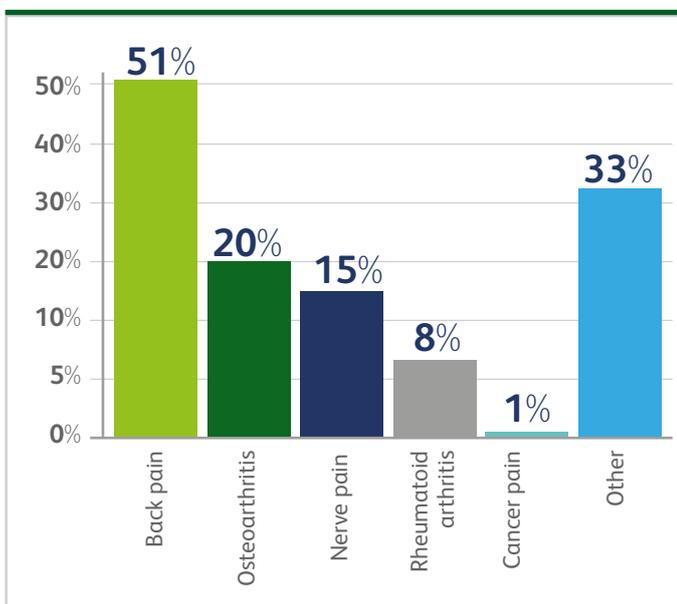
1 IN 7 RATED THEIR PAIN AS A 9 OR A 10 (DISTRESSING TO UNBEARABLE)



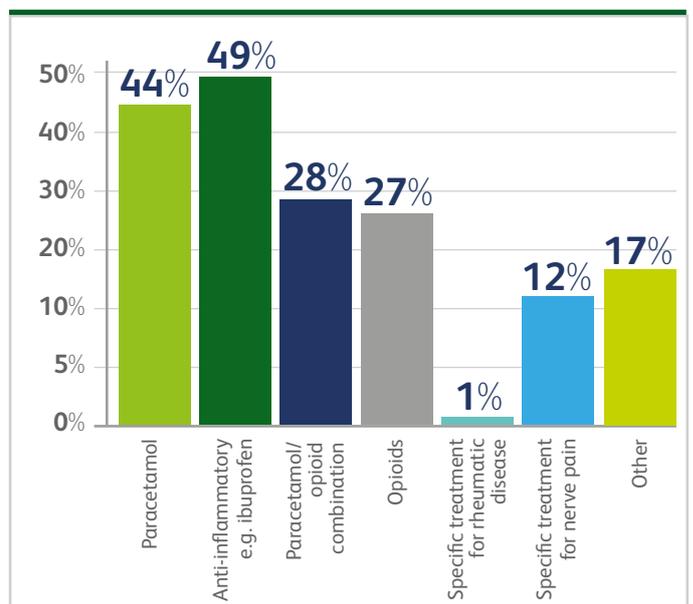
OUR PAIN SCALE



THE TYPES OF PAIN EXPERIENCED BY THE NATION



CURRENT TREATMENTS FOR PAIN (PRE-ASSESSMENT)

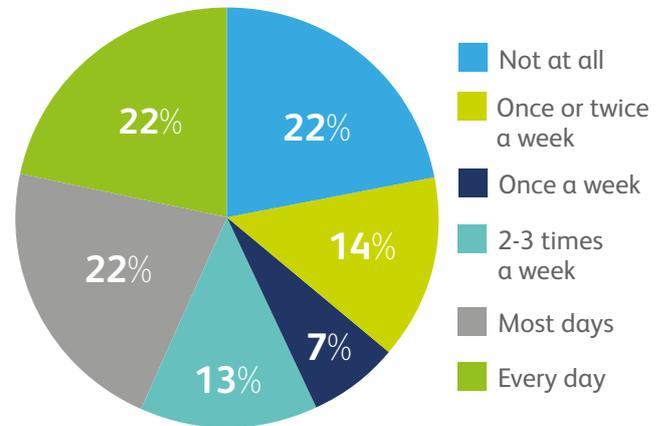


1 in 5

said that pain was impacting their sleep every night

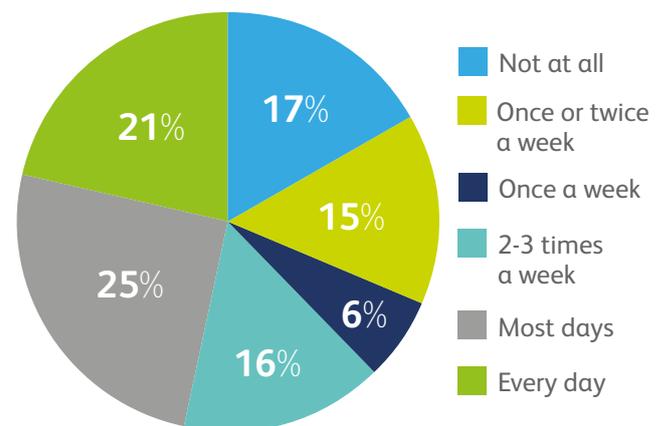


IMPACT OF PAIN ON SLEEP



For many patients, pain was having a significant effect on their everyday life. 1 in 5 said that pain was impacting their sleep every night, whilst a further 21% found it impacted sleep on most nights. Remaining active and mobile can often help to improve pain as a lack of exercise increases stiffness, which in turn leads to more pain. However, over half (51%) revealed that pain impacts their daily activity and movement every day (31%) or most days (20%). Furthermore, over a quarter find their mobility and ability to exercise comprised daily, whilst a further 28% say it occurs most days.

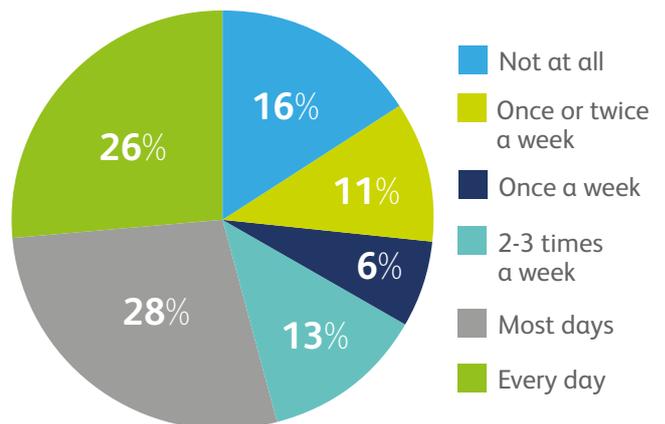
IMPACT OF PAIN ON MOOD / WELLBEING



Pain management advice from a Pharmacist can help to improve people’s lives, and reduce the amount of pain they experience on a daily basis.

Pain is well known to be linked to a negative impact on a person’s mental health. This was confirmed by the results from our patients with an impact on mood and wellbeing reported as a daily occurrence for 1 in 5 and most days for a further quarter.

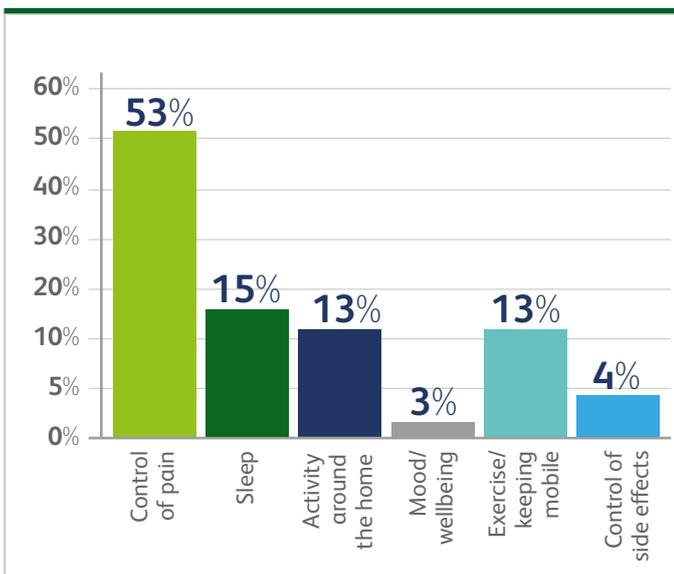
IMPACT OF PAIN ON MOBILITY / EXERCISE



Goals

For those experiencing pain, a key goal is to gain better control of it, largely getting the best out of their pain medication (40%), and finding drug-free alternatives (44%). This was followed by improved sleep – easing pain to help get uninterrupted sleep (60%) and easing pain to help them get off to sleep (36%). Thirdly, patients were looking to get more mobile and active – getting out and about (55%) and staying independent in the home (25%).

MAIN GOAL FOR THOSE LIVING WITH PAIN



Focus on back pain

It is estimated that up to 8 in every 10 people in the UK experience back pain at some point in their lives.^{xiv} Within LloydsPharmacy, the average age of a customer experiencing back pain was 53 and the majority (61%) were female. However, 39% of those seeking advice for back pain within LloydsPharmacy were under the age of 50. The average pain score for those experiencing back pain was 6.5 (between intense and distressing) however, 35% scored their pain as an 8 or above out of 10 (between distressing and unbearable).

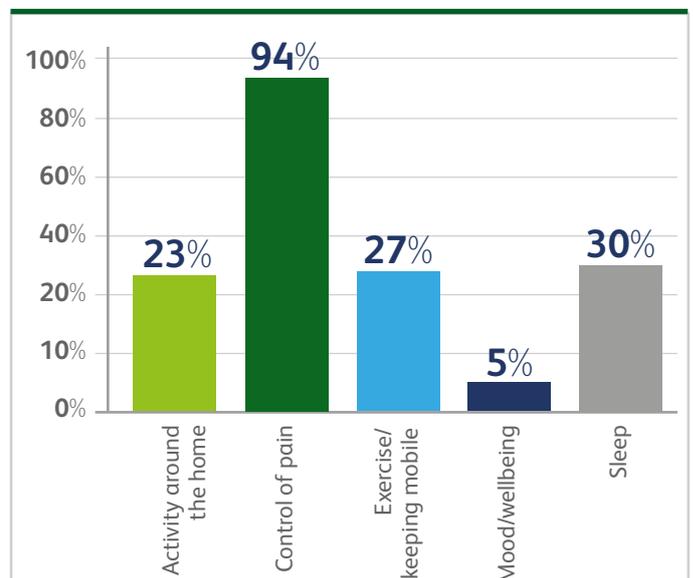
The main goal for those living with back pain is to feel in control of their pain, followed by improved sleep, exercise and keeping mobile. Almost all people living with back pain (94%) say it affects their daily activities and 83% cite difficulties sleeping as a result of their pain. 8 out of 10 of those living with back pain find it impacts their mood and wellbeing, with 23% saying this happens every single day. 85% also find it affects their ability to exercise and has an impact on their mobility.

94% say back pain affects their daily activities



Another key aspect of the Pain Management Service is to review the medication that the patient is currently taking. 28% of those with back pain were experiencing side effects from their pain medication, something a Pharmacist can provide advice on.

MAIN GOAL FOR THOSE LIVING WITH BACK PAIN





Chapter 4: Know your risk

“Two of the biggest risk factors that may lead to ill health are being overweight and high blood sugar levels¹ which are both things that are easily preventable through a healthy lifestyle. LloydsPharmacy offers healthy eating and weight management advice to those with type 1 and type 2 diabetes.

Francesca Brenca, LloydsPharmacy Pharmacist

Diabetes

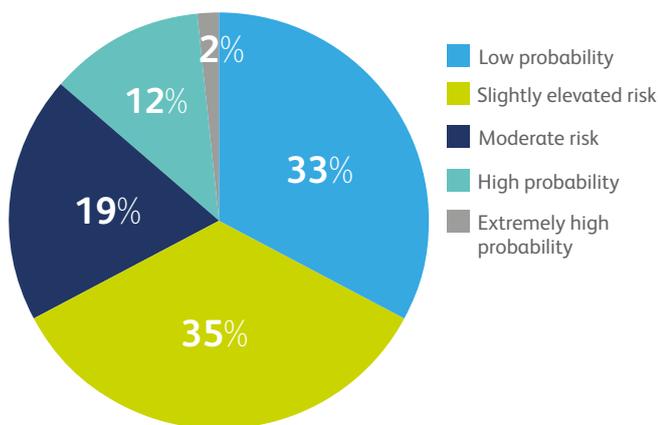
In 2017 type 2 diabetes patients accounted for 83% of all diabetes patients within LloydsPharmacy. The most common diabetes patient was a male aged between 60 and 69, with type 2 diabetes. 65% of type 2 diabetes patients also have high cholesterol and 63% live with hypertension (high blood pressure).

It is estimated that 10% of the NHS budget is spent on diabetes and that 90% of people with diabetes, have type 2.^{xv} Screening people to uncover their risk of developing the condition within the next decade allows individuals to make positive lifestyle changes to reduce their risk, which will in turn have a positive impact on NHS resources.

In 2017, LloydsPharmacy carried out free type 2 diabetes^{xvi} screening with over 10,000 people which revealed that almost a third (32.6%) had a moderate to extremely high risk of developing type 2 diabetes within 10 years. Fortunately, following advice from a Pharmacist, many will be able to manage this risk and help to prevent themselves from developing the condition.

Almost
1/3 had a moderate to extremely high risk of developing type 2 diabetes

RESULTS FROM THE LLOYDSPHARMACY TYPE 2 DIABETES SCREENING IN 2017



Among those identified as high or extremely high risk, over two thirds (68%) were female, and nearly half (48%) were aged over 65. Being overweight (having a body mass index – BMI – of 25 or greater) increases a person's risk of developing type 2 diabetes, especially if weight is carried around the core. 9 out of 10 of those in high or very high risk category were classed as overweight or obese and just 8% had a normal BMI.

Just
8% with a high risk of type 2 diabetes had an ideal BMI

HEALTHY LIFESTYLES

Analysis of almost 50,000 patients who visited LloydsPharmacy in 2017 for a blood pressure check has revealed the state of the nation's everyday healthy lifestyle across the core areas of smoking, alcohol, exercise, diet and weight.

Smoking

The vast majority (88%) of those visiting LloydsPharmacy in 2017 for a blood pressure check were non-smokers. Just 1.2% were smoking more than 10 cigarettes a day and despite the rise in e-cigarettes use over the past few years, just 0.6% said they used them.

Alcohol

50% drank no alcohol at all, whilst on average people drank 5.1 units per week, however once the non-drinkers were removed, this figure increases to 10 units – but still within the NHS recommended guidelines of 14 units per week.

Exercise

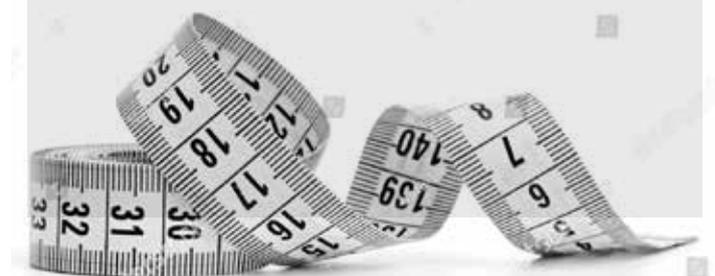
On average people manage 4.1 exercise sessions per week with an average of 46 minutes per session. However, 17% did no exercise at all.

Food

On average people consume 1.2 portions of oily fish per week and 3.4 portions of fruit and vegetables. However, 6% ate no fruit and vegetables at all.

Weight

The average BMI was 18.68 which is within the normal range of 18.5 and 24.9 but when broken down into the different categories, 23% had a normal BMI, 44% were overweight or obese, and the remainder were underweight.





Chapter 5: Under pressure

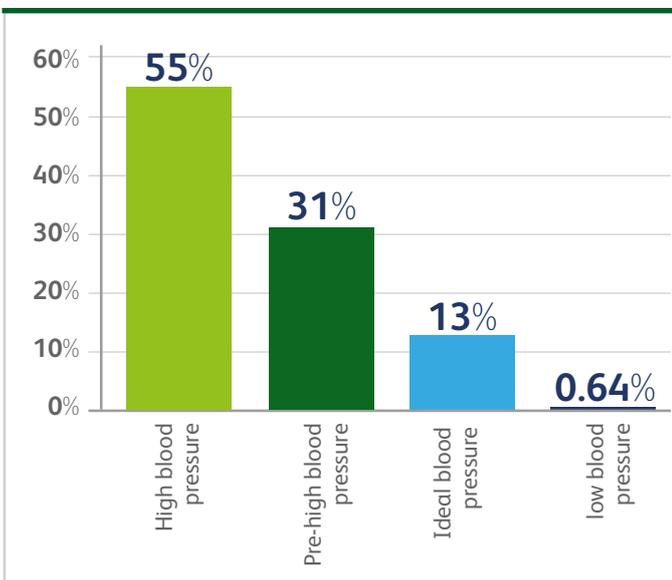
“Good cardiovascular health is one of the most important elements to protecting long-term health. However, heart health conditions are often symptomless and easy to miss, while heart disease remains the most common cause of death for UK men!

The LloydsPharmacy Blood Pressure Test helps people to understand the importance of good cardiovascular health, the risks associated with high blood pressure and how to reduce these risks.”

Francesca Brenca, LloydsPharmacy Pharmacist

LloydsPharmacy dispensed medication to more than 1.4 million patients for hypertension (high blood pressure) in 2017, of which 71.2% were aged 60 or above. High blood pressure often has no obvious symptoms however, if left untreated it can raise people's risk of developing other conditions or put them at an increased risk of having a stroke. Over half (55%) of those tested by LloydsPharmacy^{xiv} had high blood pressure, 13% had an ideal blood pressure, 0.64% had low blood pressure and 31% had pre-high blood pressure. Blood pressure is an area of health that can be positively managed through lifestyle changes once people are aware that they have a high or pre-high reading.

BLOOD PRESSURE TESTING



Just **13%** of those tested in 2017 had ideal blood pressure

Following their assessment, over a quarter (26%) were referred to their GP. 54% were given lifestyle advice to follow to help manage their blood pressure, and 5% were advised to monitor their blood pressure at home for 7 days.

The NHS advises that all adults over the age of 40 get their blood pressure checked at least every 5 years as the risk of hypertension increases with age.^{xxi} This is supported by the findings from LloydsPharmacy as 91% of those identified as having high blood pressure were over the age of 40, with just 9% under 40, and 3% under 30. 54% had no family history of high blood pressure.

CONCLUSION BY FRANCESCA BRENCA, PHARMACIST AT LLOYDSPHARMACY

“It’s only natural that people might not think to seek help from a health professional until something starts to feel wrong, especially as we are all living hectic lives. What many people don’t realise is that some of the key indicators of ill health, like high blood pressure or raised blood sugar can be silent, so it’s important we encourage people to be more proactive to help them live healthier lives.

Just 13% of the thousands of people we checked in 2017 had an ideal blood pressure and almost a third were found to be at risk of developing type 2 diabetes. However, whilst these figures might reveal a need for people to take more control of their health to reduce their risk of developing health conditions in the future, it is reassuring to know that at least these people are now aware and will have been given the necessary advice to help them work their way back to good health.

The findings also reveal a need to better support those living with long-term health conditions such as asthma, diabetes, or pain-related conditions like osteoarthritis, or back pain. Without proper management and control, these conditions can take their toll and start to affect other areas of health, such as people’s ability to exercise, or even carry out their normal daily activities. As we age, this can have a real impact on our overall health and wellbeing, from our ability to maintain our independence, to our general happiness.

The good news is that many of these checks take just a matter of minutes, are offered for free in pharmacy and can make a real difference, for example, improving the number of people with a good asthma inhaler technique by 95%. As we start to live longer lives, it’s important we plan ahead for our healthy retirement in a similar way we plan financially for this time. Regular checks alongside often relatively minor lifestyle changes can help us plan for a longer healthy life expectancy.”



How healthy were we in 2017?

- i <https://www.gov.uk/government/publications/health-profile-for-england>
- ii <https://publichealthmatters.blog.gov.uk/2017/07/13/10-facts-that-sum-up-our-nations-health-in-2017/>
- iii <https://www.gov.uk/government/publications/health-profile-for-england/chapter-1-life-expectancy-and-healthy-life-expectancy>
- iv Office for National Statistics
- v <https://www.nhs.uk/conditions/high-blood-pressure-hypertension/>
- vi <https://www.nhs.uk/live-well/alcohol-support/calculating-alcohol-units/>
- vii Asthma.org.uk
- viii 3GEM survey details
- ix Patient data on file from Asthma service, 2017, carried out on 433 patients.
- x <https://statistics.blf.org.uk/copd>
- xi British Lung Foundation
- xii Patient data on file from COPD service, 2017, carried out on 134 patients.
- xiii Patient data on file from pain service, 2017, carried out on 429 patients.
- xiv <https://www.nhs.uk/Tools/Pages/Back-pain-guide.aspx>
- xv Hex, N., et al (2012) Estimating the current and future costs of Type 1 and Type 2 diabetes in the United Kingdom, including direct health costs and indirect societal and productivity costs. Diabetic Medicine. 29 (7) 855– 862
- xvi Patient data on file from Type 2 diabetes tests, 2017, carried out on 10,996 patients
- xvii <https://www.diabetes.co.uk/diabetes-and-obesity.html>
- xviii Patient data on file from blood pressure checks, 2017, carried out on 48,745 patients
- xix <https://www.nhs.uk/chq/Pages/3215.aspx?CategoryID=52>