

A quick guide to population health management

How can it help you?

Our health and care needs are changing: we are living longer with more multiple long-term conditions like asthma, diabetes and heart disease.

Much of this is down to lifestyle factors and where we live rather than the health and care services treating us.

Population health management helps us understand and predict future health and care needs so that we can better target support, make better use of resources and reduce health inequalities.



What is population health management?

The NHS and its public sector partners use expert analysis of data on factors like health, housing, employment and where people live as well as current medications.

They can find new insights about specific groups of people and whether they are being seen by the right professionals.

Expert medics, clinicians and public health professionals assess the data and can tailor care better to those patients.

Past public health research shows this personal care improves physical and mental health and reduces health inequalities.

Why does it matter and who is involved?

To solve wider issues impacting people's health, expert insights take a more complete snapshot of a person's needs and environment.

- All our public services are involved • the NHS • the public • schools • fire service • councils • voluntary sector • housing associations • social services • police.

Which factors impact your health?

Our environment

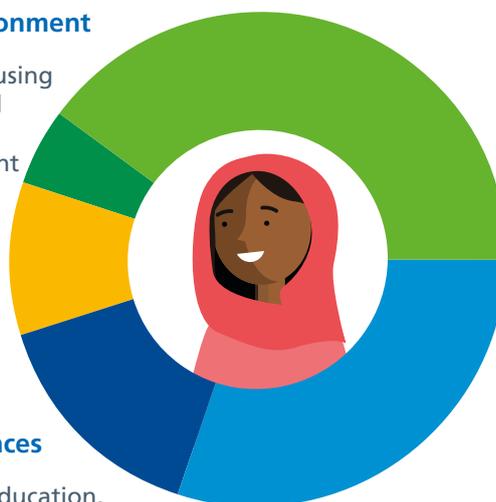
5% housing quality and our built environment

Healthcare

10% being able to access good quality care

Social and economic circumstances

15% education, employment, income, family/ social support, community, safety



Our behaviours

40% smoking, diet, alcohol use, poor sexual health

Genetics

30% your genes can directly cause or increase your risk of developing a wide range of medical conditions

Each year lifestyle and environmental factors cost the NHS

£11 billion

Impact of social and economic inequalities costs a further

£4.8 billion

A flavour of what's been achieved so far

- In Lancashire and South Cumbria they used data on households with assisted bin collections to find frail patients in need of more proactive personalised care to keep them living well at home.
- In Leeds analysis pinpointed 80 patients with frailty at risk of further problems - they now get better personalised care to stay well, active and independent.

