

# How we can all live stronger for longer



## Did you know that having good health is like saving coins in a jar?

The more we put in, the more we can get out. And the longer we save for - or build up our health reserves - the better the rewards later.

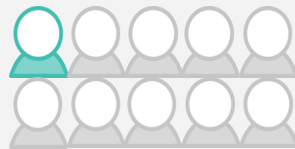
## Why is this important?

As we get older, it's obvious that we're not going to be as fit and strong as we once were. We're going to slow down a bit, and it might take us longer to get better when we're ill, or if we're recovering from an operation or injury.

But sometimes, something else can happen that makes getting older a lot tougher. This is more than simply getting older; it's a state of health where our body systems gradually lose their in-built reserves.

## 1 in 10

17,169 people aged 65+ are estimated to have frailty in Derbyshire<sup>1</sup>



Women may be twice as likely to experience frailty compared to men<sup>2,3</sup>

## 2x



The number of people with frailty is increasing<sup>4</sup>

## 2038

24,430 people with frailty in Derbyshire

This leaves us more vulnerable to sudden changes in health, triggered by what, in younger years, would have been small events, such as minor infections or changes in our environment or medication. This leaves us at increased risk of poorer health in the longer term and makes recovery more challenging. Medical professionals call this frailty.

## It can be a big problem.

It's estimated that around one in ten people aged 65 and over have frailty, and as many as one in five over 85 year olds - that's over 17,000 people in Derbyshire<sup>1</sup>. Some studies have shown that, in general, woman may be at a slightly greater risk of frailty than men<sup>2,3</sup>.

As our population ages, the number of people with frailty is set to rise by as much as 50% within the next 10-20 years<sup>4</sup>.

## Frailty - A clinical definition



There is no universally agreed definition of frailty yet, but a useful practical one is:

"A medical syndrome with multiple causes and contributors that is characterized by diminished strength, endurance, and reduced physiologic function that increases an individual's vulnerability for developing increased dependency and/or death"<sup>5</sup>.

## But none of this is inevitable.

Because it builds up over time, frailty can be delayed or even avoided altogether. By making small changes now.... we can make a big difference later. And we'll be building up our reserves for when we need them.

## Want to know more?

Check out our quick guides on how to live 'stronger for longer'.

As well as providing you with practical tips, we will let you know what Derbyshire County Council and its partners are doing to help.

Please click [here](#) to view.

## How our health reserves impact recovery

