

HAMPSHIRE JSNA SPOTLIGHT

Older Adults

How does this impact our population?

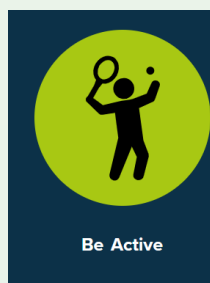
In Hampshire almost **23% of the population is aged 65 and over**, and whilst the total population is expected to increase by 3.7% by 2032, the 65 and over population is expected to increase by 13%. Getting older is something to be celebrated, with better health care and medicine we can live longer. There is strong evidence that physical activity contributes to increased physical function, reduced impairment, independent living, and improved quality of life in both healthy and frail older adults. Some conditions become more prevalent with age. Risk of falls can also increase with age and have a long-term impact on health, mobility and confidence. Across Hampshire approximately **90,000 adults aged 65 and over may experience a fall each year**. There are around 330 emergency hospital admissions relating to falls in Hampshire each year.

Older Adults is September's spotlight topic as 21st to 25th September is **Falls Prevention Week**. This year's theme is "From Awareness to Action", to underline the fact that falls are not a normal part of ageing.

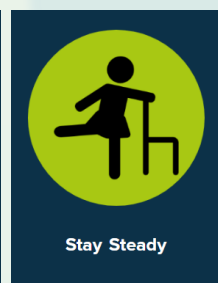


Live Longer Better Hampshire

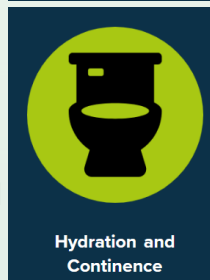
A programme which focuses on four key areas where people can make positive changes now that will give them the best opportunity of staying independent in later life. All topics are interlinked and help to reduce the risk of falling.



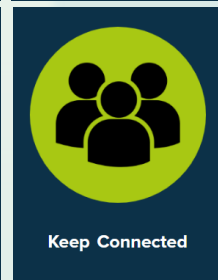
Be Active



Stay Steady



Hydration and Continence



Keep Connected

What support is in place for Hampshire residents?

Prevent falls by staying active at a local evidence based [Steady and Strong](#) class. [Falls Friends talks](#) are free sessions to learn about the causes of falls and how to reduce the risk of falls. The [Falls Prevention checklist](#) helps you to take action to stay steady on your feet.

Where can I learn more?

Visit our [Demography](#) and [Healthy People](#) JSNA reports. Related topics in our JSNA include falls and frailty. The [JSNA data glossary](#) can help guide you. Additionally visit our [Live Longer Better](#) pages for links to support and guidance.

If you have a question and would like to get in touch with Hampshire's Public Health Intelligence Team, you can use the QR code or email PHIT@hants.gov.uk

