

# AMBITION FOR CHANGE

Building a healthier and happier world







**The  
Health  
Foundation**

# **Nine major challenges facing health and care in England**

**1. Life expectancy is stalling  
and health inequalities are  
widening**



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**Nine major challenges facing  
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**2. Key risk factors are driving a  
significant and unequal burden  
of preventable ill health and  
premature death**



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**3. People are living for longer  
but with major health  
conditions**



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**Nine major challenges facing  
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**4. Unmet need for NHS and  
social care services is  
substantial and increasing**



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**5. Long-run trends in health and  
care spending show a decade  
of underinvestment**



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**6. The health system lacks  
capacity compared with many  
other countries**





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**7. Staff shortages are  
persistent, with stress and  
burnout high**



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**8. Public satisfaction with the  
NHS is at a record low, but  
support for its core principles  
remains rock solid**



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**9. The NHS is repeatedly  
reorganised, while social care is  
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**Where do  
we start?**

# A society where everyone enjoys good metabolic health





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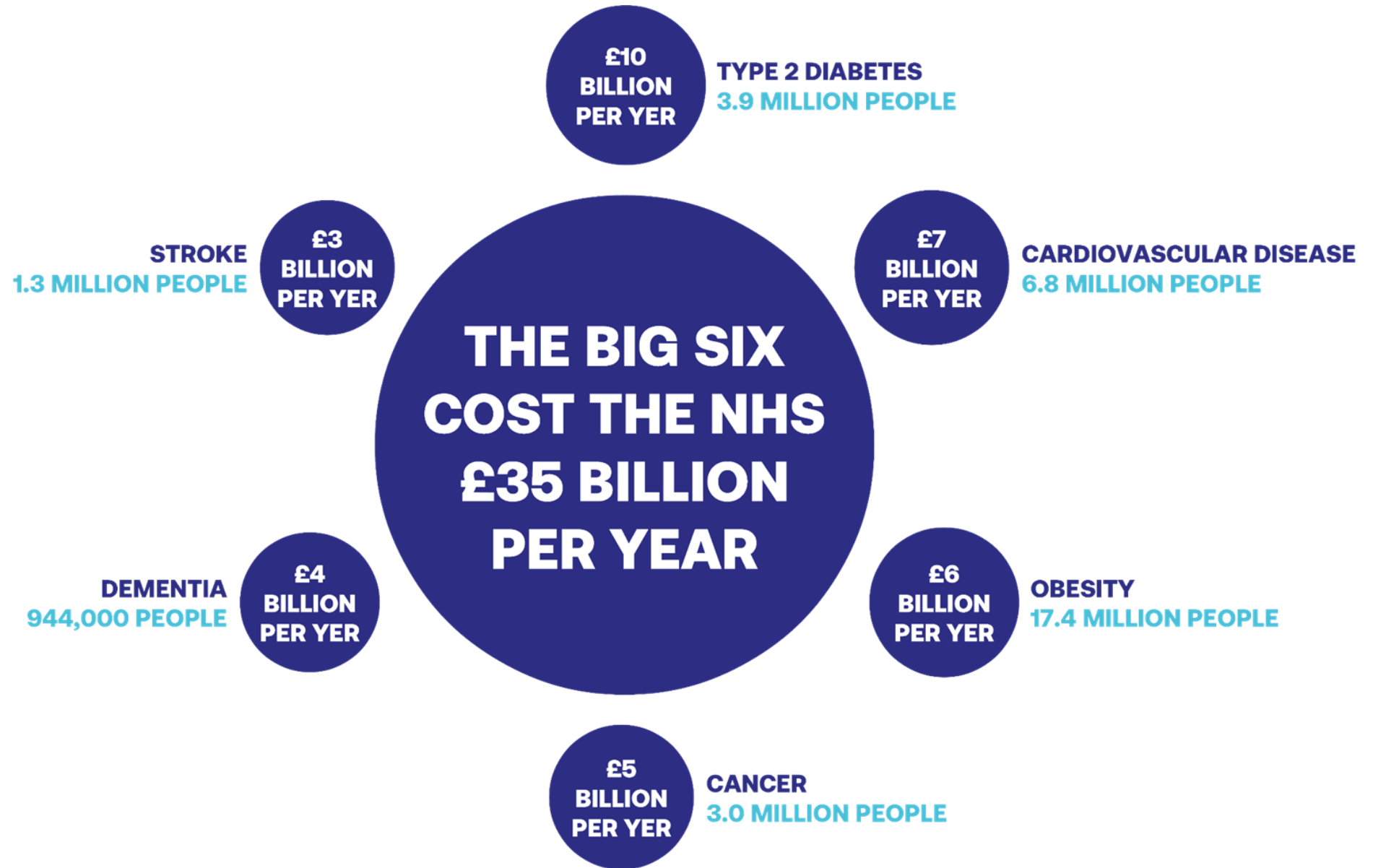


**50%**

GP APPOINTMENTS

**70%**

ALL INPATIENT  
BED DAYS



NHS BUDGET CIRCA 2023  
£180 BILLION PER YEAR

CREATED BY PUBLIC HEALTH COLLABORATION  
REFERENCES AT [WWW.PHCUK.ORG/BIGSIX](http://WWW.PHCUK.ORG/BIGSIX)



**1. Reverse the type 2 diabetes and prediabetes epidemic.**

**2. Have food addiction recognised as an official diagnosis.**

**3. Undo the childhood obesity crisis.**





**EVERYONE  
NEEDS SOME TLC!**

**[www.TheLifestyleClub.uk](http://www.TheLifestyleClub.uk)**

<b>12 MONTHS</b>	<b>NDPP</b>	<b>DESMOND</b>	<b>TLC</b>
<b>Weight (kg)</b>	<b>-2.3</b>	<b>-2.98</b>	<b>-4.4</b>
<b>HbA1c (Prediabetes)</b>	<b>-1.26</b>	<b>N/A</b>	<b>-3.7</b>
<b>HbA1c (Type 2 Diabetes)</b>	<b>N/A</b>	<b>-9.0</b>	<b>-10.7</b>
<b>Cost per person</b>	<b>£270</b>	<b>£209</b>	<b>£150</b>

# KEVIN



- **50 years old**
- **Life expectancy, 74**
- **Total cost £14,400**
- **Eyesight ↓**

**£600**

**Annual drug  
cost of a type 2  
diabetes patient**

# KEVIN

● **£150**

**One-off cost per person for TLC with lifetime support**

- **Life expectancy, 80**
- **Total savings £14,250**
- **Lost 4 stone (25kg)**
- **Eyesight back to normal**



**THE  
LIFESTYLE  
CLUB**

**HSJ** PARTNERSHIP  
AWARDS

SILVER WINNER

Primary Care Project  
of the Year

partnershipawards

partnership.hs



# PHC Projects



[www.PHCuk.org/projects](http://www.PHCuk.org/projects)