

The Healthcare Time Bomb

Challenges & Opportunities for Insurers

Protection Review Conference
11th July 2019



Medical Solutions
Integrating Healthcare Services



The Changes Significantly Impacting Healthcare Access

A macro trend analysis of the UK population and the healthcare climate

- **Demographic**
- **Public Funding**
- **Clinician Resourcing**
- **Lifestyle**

“Public satisfaction with GP Services at all time low”
55% say they wait too long for an appointment

BBC News Dec 2018 (British Social Attitudes)



A Demographic Change

An increasing population size...

An Expanding UK Population

2026/27

2007

2016/17

61.3
Million

66
Million

70
Million

32.7 Million
economically active

2019

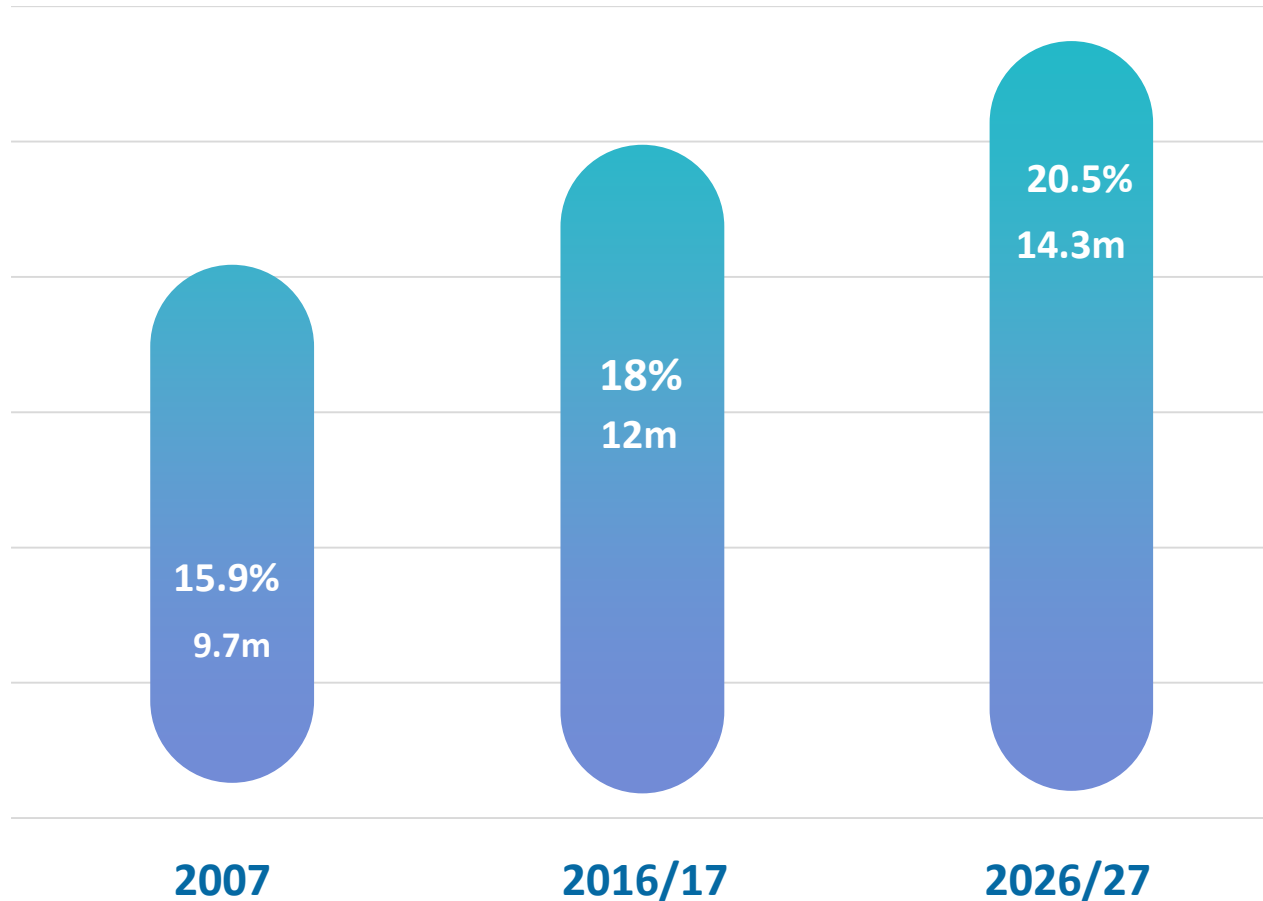
Source: ONS



An Ageing Population

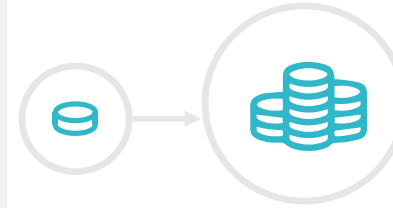
An ageing population is significantly more demanding on healthcare resource

Increase in 65+ year olds



Source: ONS

The Facts:



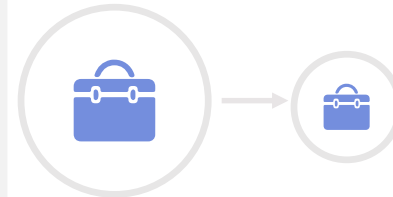
65+ cost NHS **double**;

85s cost NHS **6 times** (1.6M)



The proportion of pensionable age is **growing** from **15.9%** to **20.5%** =

+ 4.6M people

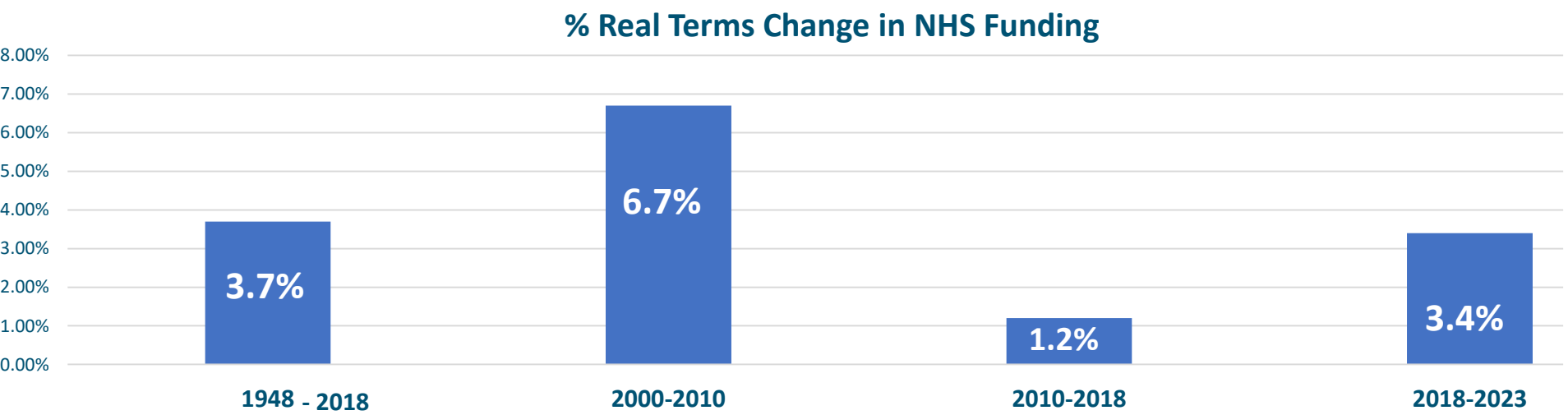
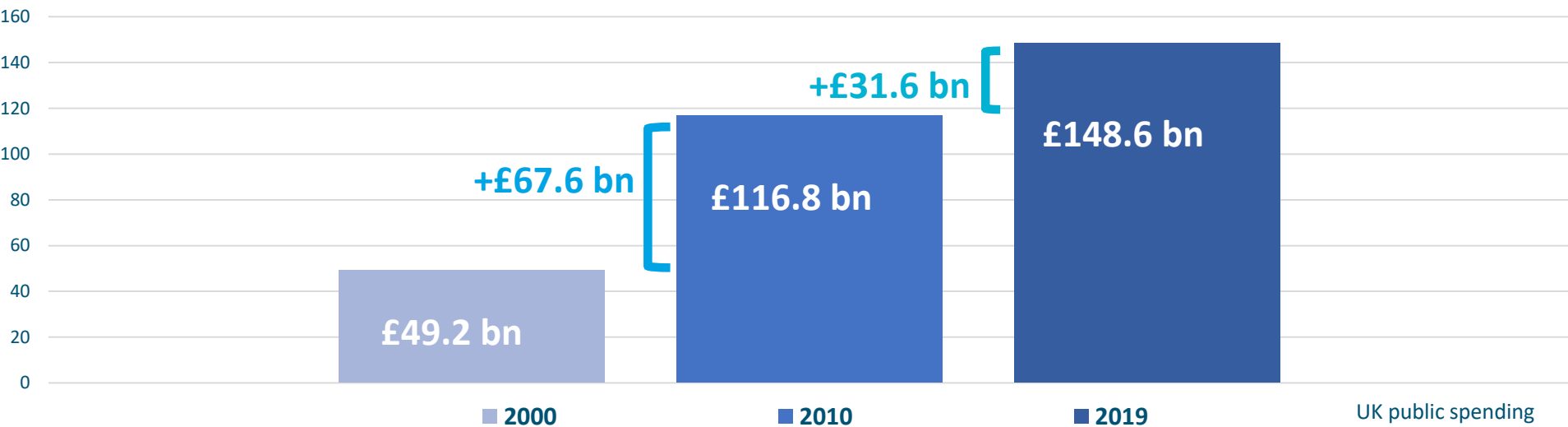


The proportion of working age population is **shrinking** from

64.9% to **60.7%**

NHS Funding Shortage

Are there sufficient funds to meet demand?

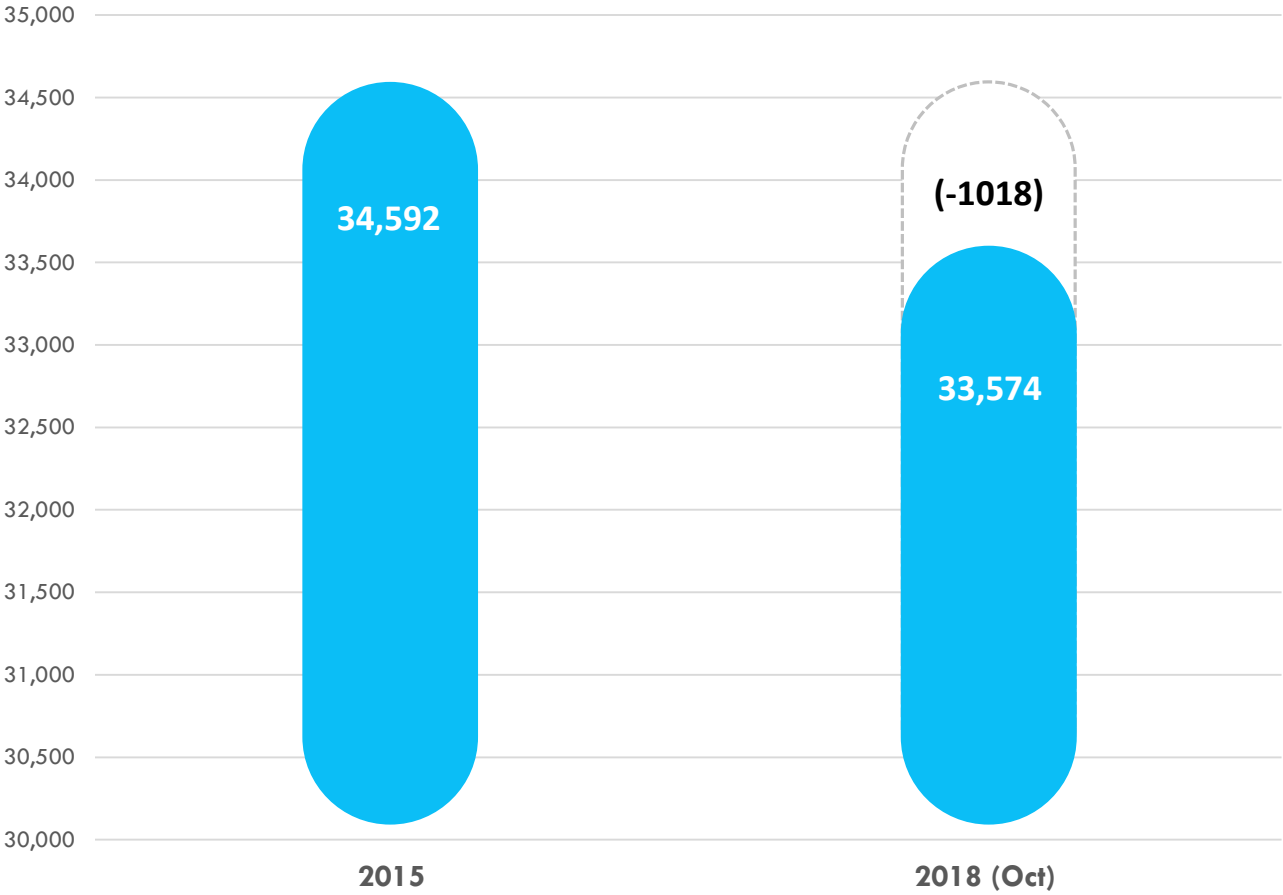


Clinician Shortage

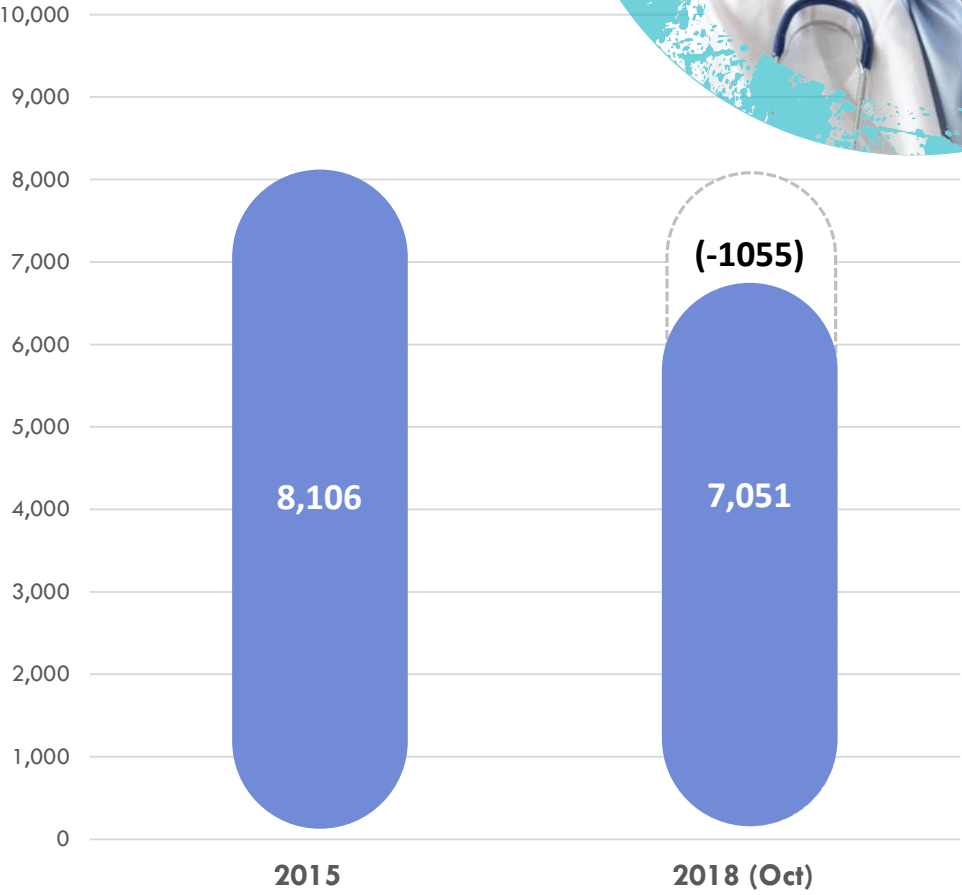
Is there sufficient resource to meet demand?



FTE GPs



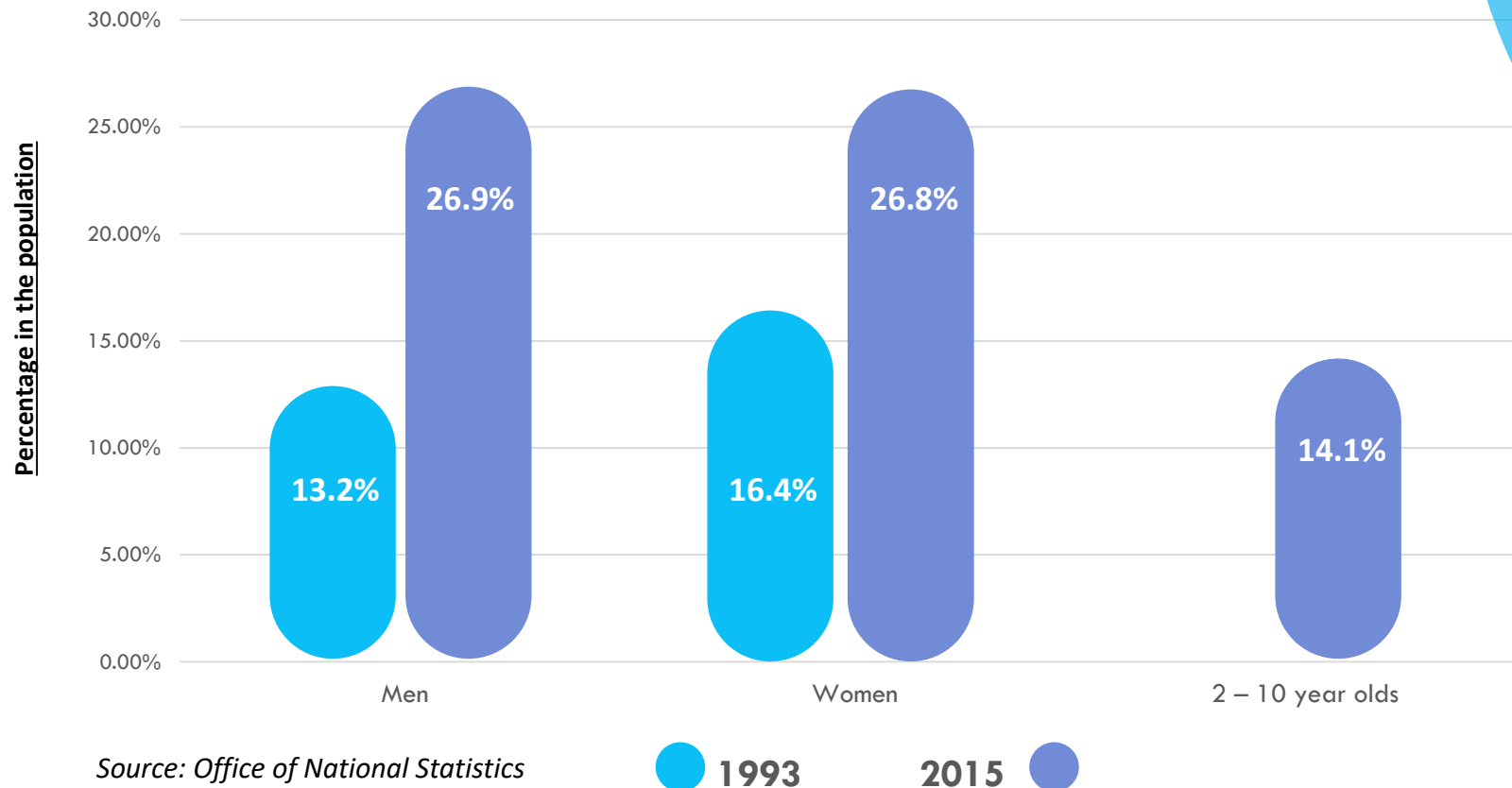
Surgeries



A Lifestyle Change

A 'larger' population

Obesity



A Few Facts and Figures...

Statistic of the week

About 18% of British hospital beds are occupied at any one time by patients with diabetes; in one Manchester hospital trust, the figure is 29%. The NHS spends £14bn a year on treating the disease. There are some 4 million known sufferers in the UK, 90% of whom have type-2 diabetes.

NHS/Daily Mail

20 April 2019 THE WEEK

Young people have fatty livers

One in five young people in Britain are showing signs of fatty liver disease – raising fears of a new “ticking time bomb” for the NHS. Researchers from the University of Bristol, who have been running the Children of the 90s study,

Statistic of the week

The average length of a GP consultation on the NHS is a little more than nine minutes. This compares to 20 minutes in Norway and 23 minutes in Sweden – making UK consultations among the shortest in the world. In that time, British patients discuss an average of 2.5 health problems.

The Royal College of GPs

25 May 2019 THE WEEK

Statistics of the week

Deaths attributable to a diet of junk food were 40% higher in Britain than in France and Spain in 2017.

**University of Washington/
The Times**

Google's 3,658 UK employees were paid an average of £226,000 last year. The company's tax bill was £67m.

The Daily Telegraph

13 April 2019 THE WEEK



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Health

Obesity: Study of 2.8 million shows increased disease and death risks

29 April 2019

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A major study has highlighted the scale of the obesity problem in the UK, with a significant risk of death and disease attached to weight gain.

People with a body mass index (BMI) of 30-35 were at 70% higher risk of developing heart failure than their healthy weight peers (18.5-25 BMI).

The study of 2.8 million adults showed even slightly overweight people were twice as likely to get **Type 2 diabetes**.

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"An advanced cyber actor" exploited a major flaw in the Facebook-owned messaging service, WhatsApp confirms.
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36 minutes ago

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Health

Obesity 'causes more cases of some cancers than smoking'

3 July 2019 113

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Obesity now causes more cases of four common cancers in the UK than smoking, according to a charity.

Cancer Research UK says bowel, kidney, ovarian and liver cancers are more likely to have been caused by being overweight than by smoking tobacco.

It says millions are at risk of cancer because of their weight and that obese people outnumber smokers two to one.

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Health

Bowel cancer rates rising 'among young adults'

17 May 2019

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GETTY IMAGES

More young people under 50 are being diagnosed with bowel cancer, two studies of the disease in European and high-income countries have found.

Although total numbers of cases in young people remain low, the studies highlighted a sharp rise in rates in 20 to 29-year-olds.

Researchers are not clear why this is happening, but say obesity and poor diet could be factors.

Top Stories

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New designs of Huawei smartphones are set to lose access to some Google apps.
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'We want the ultimate girl squad'
8 hours ago

Features

'I went from travel-obsessed to bedridden'



“Even slightly overweight people twice as likely to get Type 2 diabetes.”

“Millions are at risk of cancer because of their weight and...obese people outnumber smokers two to one.”

“...studies highlighted a sharp rise in rates in 20 to 29 year olds.”

Recent Headlines...

indprotection.com/healthcare/third-of-adults-in-england-now-obese-official-figures-show?utm_source=Adestra&utm_medium=email&utm

Third of adults in England now obese, official figures show

Peak age for being admitted is 45 to 54

David Sawers 11th May 2019



Almost a third of adults in England are now obese, official figures show – an increase of 3% from last year.

The statistics from NHS Digital also show that just over 20% of children leaving primary school are also obese.

There were more than 700,000 obesity-related hospital admissions in 2017/18, up by 100,000 on the previous year, according to the latest figures.

“...just over 20% of children leaving primary school are also obese”

“...700,000 obesity-related hospital admissions in 2017/18...up 100,000 on the previous year...”

THE TIMES

SUBSCRIBE

Heart disease deaths rise among under-75s

♦ UPDATED

Chris Smyth, Health Editor

May 13 2019, 9:00am,
The Times



Unhealthy lifestyles were blamed for the rise in deaths from 41,042 in 2014 to 42,384 in 2017
ALAMY

Deaths from heart disease are rising among the under-75s for the first time in 50 years.

Obesity and inactivity threaten an end to spectacular progress on heart disease that has caused deaths to fall by three quarters since the 1960s, the British Heart Foundation said.

“...Deaths from heart disease are rising among under-75s for the first time in 50 years.”

“Obesity and inactivity threaten an end to spectacular progress on heart disease...”

Encouraging Inactivity...



“Anyone wishing to pursue a sedentary lifestyle should first undergo a stringent health test to assess whether they are fit enough to stand the inactivity.”

Per Olof Astrand, 1986

Age/Lifestyle–Accelerating Demand

Impact of Lifestyle and Age 2018 – 2025

Chronic Conditions

15M people;
27% of population

Consume
70% of NHS Budget

Are you receiving enough
support for your LTC condition?

20.6% - No Support



(Source: NHS GP Patient Survey, Aug18)

The Facts:

Diabetes

3.7M to 5M (+35%) by 2025
–12M at risk

Cancer

2.5M to 4M+ (+72%)
by 2025

Hypertension
8M (2018)

(Source: Diabetes UK/MacMillan; BHF)

NHS GP Patient Survey

Aug 2018

(758K Patients)

52.2%

of GP Consultations are for
patients with a **Long Term
Condition**

LTC consultations:

Arthritis **18.8%**

High blood pressure **17.1%**

Asthma **11.1%**

Mental Health **9.1%**

Diabetes **7.6%**



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Summary

Key Factors:

The ageing population and poor lifestyle are significantly accelerating demand

Patients with chronic conditions are heavy users of GP services – **15 million people** spend **70%** of the budget and consume **52%** of GP appointments

NHS funding has dramatically slowed over the last 9 years – less than half of the period 2000 – 2010

GP FTE numbers are in decline (- 1,018) – capacity is not keeping pace with demand



GP Services have the largest impact on people's lives – **365M consultations**, at the centre of the population's healthcare needs – **90%+ of all NHS activity via a GP**



Access to an NHS GP appointment is a growing problem – **34.1%** not satisfied/ **39%** by 2023 – **60%** unable to get a same day appointment

NHS Long Term Plan (Jan 2019)

2019



2023

A new service model for the 21st Century:
“we will **boost out-of-hospital care** and dissolve the divide between primary and community care”

Challenges

- The UK population is ageing and ailing!
- 'Preventable' chronic conditions ('lifestyle diseases') are becoming more commonplace
- Timely access to public healthcare services is increasingly challenging
- Delays in diagnosis and lack of support for condition management may lead to health deterioration
- Potential increase in number of claimants?

ABI Conference 2019

Can Insurance rise to the challenge of an ageing population?

- 1/3 of children born today will live to 100
- Working lives are lengthening
- Long term models under threat
- Growing demand for protection models



Long Term Insurance: Swiss Re Term and Health Watch (46 Providers)

- “Consumers will need to provide for themselves as the State withdraws from supporting any but the neediest”
- “Emphasis on more customer focused and broader cover which goes beyond a series of payments”

Opportunities

- Customer Engagement – an opportunity for meaningful engagement and communication with customers
- Develop longer-term customer relationships that are not simply ‘transactional’ - Humans need help with behaviour change and ongoing maintenance
- Collaboration - Relevant added value services that support members’ everyday lives and enhance core cover
- Help mitigate risk of claims for ‘preventable’ conditions



ABI Conference 2019

Insurers need to take significant steps to increase consumer engagement

Poll of 200 advisers

56% of advisers warned clients **do not believe** the products are relevant to their everyday lives.

Early Intervention

Providing members with easily accessible support services and relevant, validated health information, can help mitigate the risk of conditions deteriorating and a potential increase in claims for preventable conditions.

Thank You...

Medical Solutions GP24

“Primary care accessible to everyone, any time, anywhere”

Please visit us in The Ballroom,
or table 21 this evening...



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