



Public Health
England

Guidance

Productive healthy ageing and musculoskeletal (MSK) health

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Full text: [Public Health England](#)



Financial security

- not worried about the future
- flexible work that is rewarding



Productive Healthy Ageing



Resilience

- build physical and cognitive reserve
- learning opportunities



Meaning and purpose

- high quality work
- caring
- volunteering



Connectedness

- social support
- friendships and family networks



Physical health

- increasing physical activity
- healthy diet and weight

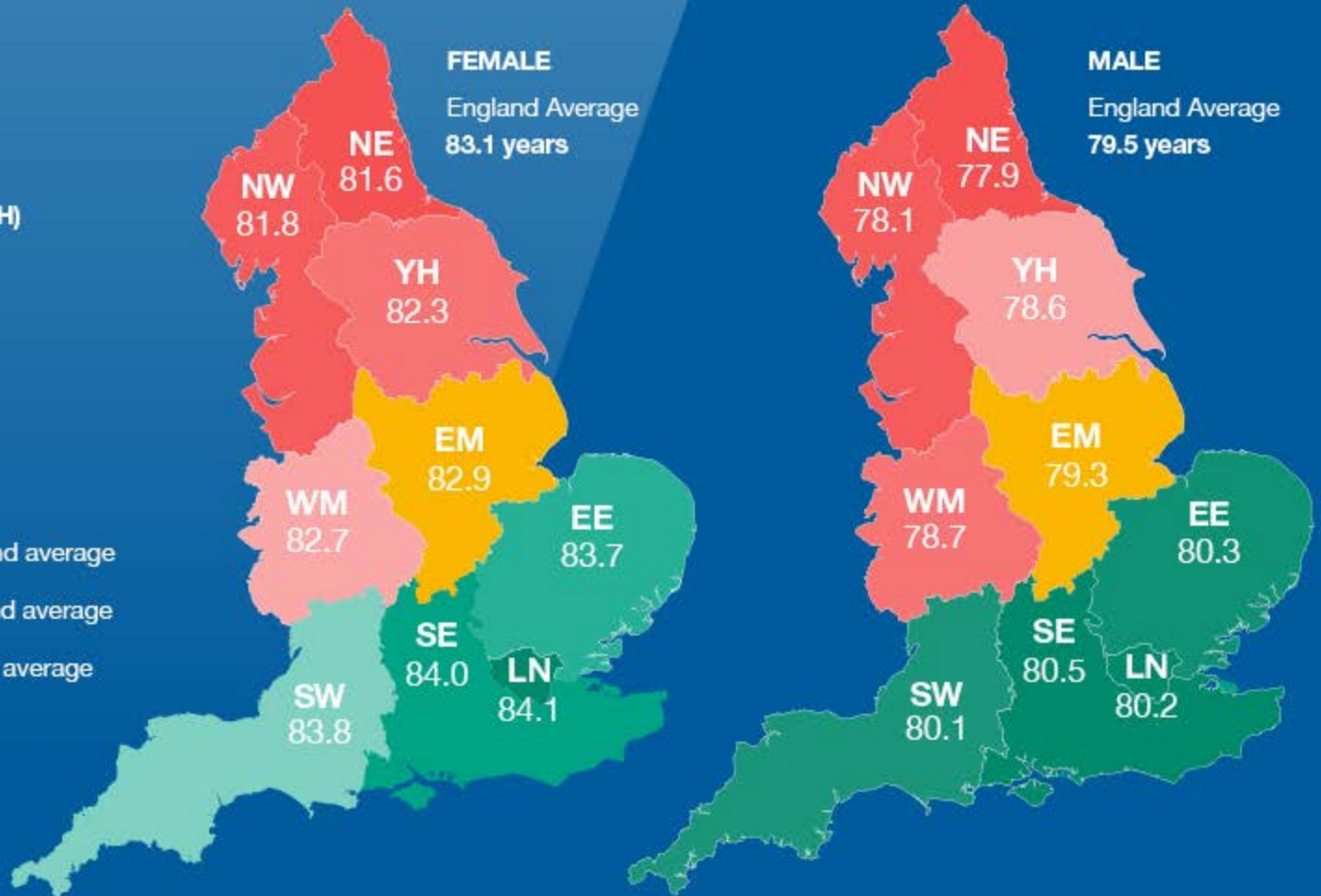


Health inequalities – the North South health divide

Life expectancy at birth 2013-2015

- North East (NE)
- North West (NW)
- Yorkshire and The Humber (YH)
- South West (SW)
- West Midlands (WM)
- South East (SE)
- East (EE)
- London (LN)
- East Midlands (EM)

- Worse than England average
- Better than England average
- Similar to England average



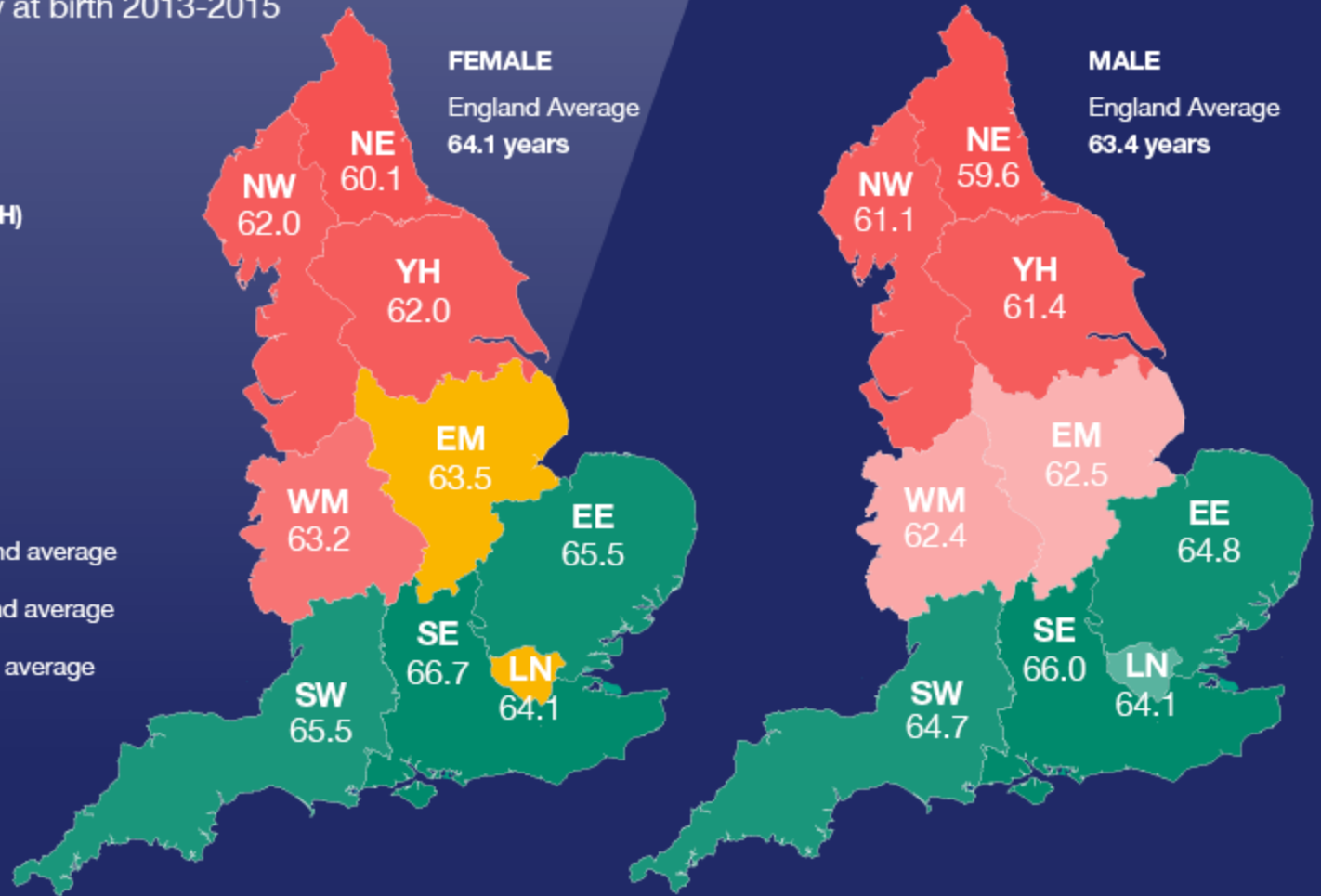


People living in more deprived areas have shorter healthy life expectancy

Healthy life expectancy at birth 2013-2015

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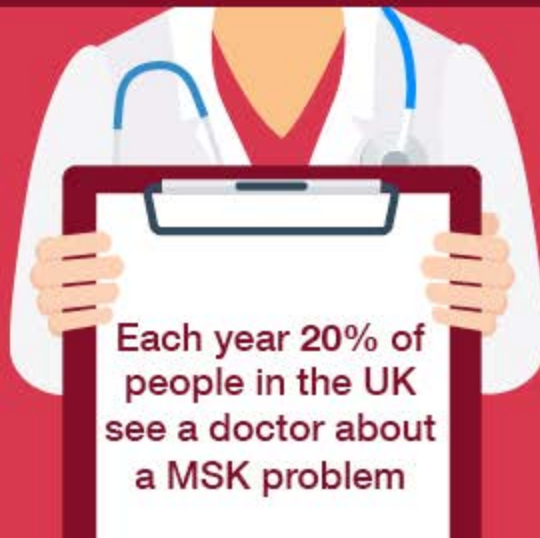
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Musculoskeletal conditions are a costly and growing problem



Prevalence of MSK conditions is being fuelled by our **ageing population** and rising levels of **physical inactivity** and **obesity**



Each year **20%** of people in the UK see a doctor about a MSK problem

NHS



The NHS in England spends **£5 billion each year** on treating MSK conditions

Impact of MSK on productivity

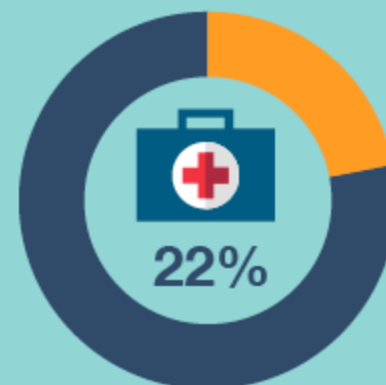
MSK 2nd biggest cause of days lost in work after cough and colds



In 2016,

over 30.8 million

working days are lost due to MSK conditions



that accounts for 22% of sickness absence

MSK conditions cost the UK an estimated

£ 7 billion a year

Effective interventions for MSK prevention

PHE's ROI tool shows that for every £1 invested...

The STarT Back (Stratified Risk Assessment and Care), for back pain saves up to **£226.23** when days of work saved are also included



Self-referral to physiotherapy saves **£98.54**



ESCAPE-pain, for knee pain saves **£5.20**



PhysioDirect (Early telephone assessment and advice) saves **£47.32** spent



How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as



exercising with weights



yoga



or carrying heavy shopping

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods



What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:

walking



gardening



tai chi



dancing



cycling



active recreation



swimming

Commissioners



- commission training to improve the skills and competencies of the current and future workforce
- commission evidence-based interventions for people with specific MSK conditions



Royal Colleges and Associations



- provide pre and post-graduate education and professional development



Voluntary Sector



- empower local communities and influence and shape policy decisions regarding MSK



Healthcare Professionals and Providers



- influence behaviour to improve MSK health as part of making every contact count (MECC)
- raising awareness of MSK key risk factors and interventions



Local Government



- support discussions between the wider public health workforce to promote a healthier ageing environment
- engage with local businesses to develop local workplace health standards



Further information:

- Read the [Health matters blog](#).
- Watch [Health matters videos](#).
- Read the case study: [Supporting musculoskeletal \(MSK\) health at work](#).
- Read the case study: [Implementing stratified care for low back pain: STarT Back](#).
- Read the case study: [ESCAPE-pain for knee pain](#).
- Read the case study: [SWAP: delivering primary care vocational advice](#).
- Read the case study: [Better Bones Osteoporosis Service from Kingston Public Health](#).
- Read the case study: [Improving primary prevention of falls for Newcastle's over 65s](#).
- Read the case study: [Dancing in Time](#).