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Hospitals | Fitness | Physio | Mental Health



Our 2023 Healthier Nation Index survey findings

Annual survey of 8,000 adults across the UK

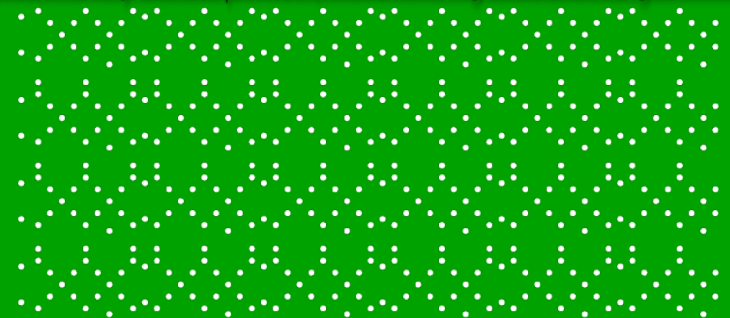
- ◆ 48.5% said their financial health was significantly or slightly worse
- ◆ 63.2% said the cost-of-living crisis is having a negative impact on the nation's health
- ◆ 35.1% said their physical health was significantly or slightly worse
- ◆ Two thirds of those aged 25-34 stated cost is a barrier to exercise
- ◆ 33.7% said their mental or emotional health was slightly or significantly worse
- ◆ 3 in 5 people said the cost-of-living crisis has negatively impacted their mental health
- ◆ 48.6% said their quality of sleep was significantly or slightly worse
- ◆ People with 'very bad' health are nearly twice as likely to feel lonely at least once a week

Exercise levels improve slightly, but still well below NHS targets

- Brits now averaging 79 minutes of moderate exercise a week, up from 65 minutes in 2022
- Main motivations to exercise are to improve fitness and be a healthy weight, however 16% of 16-24 year olds have been inspired to take up sport due to national sporting successes
 - 76% are still not reaching the NHS recommended 150 minutes a week

Brits spending THREE times as much time on social media or watching TV than exercising

- Nuffield Health's annual health index has shown that Brits are spending an average of 154 minutes per week watching TV and on social media, compared to just 48 minutes of vigorous exercise, and just 39mins on looking after their mental health
 - The NHS recommends 75 minutes of vigorous intensity exercise per week, with 87% falling short of this target



Living well during cancer care

- ◆ Importance of 'living well' prior to diagnosis and during treatment pathways
- ◆ Younger patients starting treatment, older patients continuing with more treatment options.

Workforce, Pathway & Clinical Governance

Recruitment challenges:

- ❖ Not enough clinical staff available
- ❖ Nursing and care
- ❖ Family pharmacy led services require financial investment to reflect the extended scope of practice

Cancer Pathway:

- ❖ Cancer costs are not just related to high cost SACT medicines
- ❖ Diagnostics, Surgery, SACT, EOL
- ❖ Long term effects

Governance:

- ❖ Personalised medicine – correct governance to manage licensing constraints and lack of trial data etc
- ❖ Can not be a lottery of the have's and have not's

Nuffield Health
STAMINA

STAMINA

The largest clinical trial of its kind in the world, investigating the impact of supported exercise for men with prostate cancer.

Delivered in partnership between Nuffield Health and Sheffield Hallam University, and funded by the National Institute for Health Research.

Assessing the benefits of supported exercise, delivered in a fitness setting, as part of the NHS prostate cancer pathway.

~700 **13**

Individuals to participate in the programme

Number of NHS Trusts working with us on the clinical trial

It's very ambitious but if the results are positive it could offer new ways of looking at treatment across several cancers including breast and colo-rectal.

Professor Liam Bourke
Sheffield Hallam University