ILC Friday three - 8 December 2023

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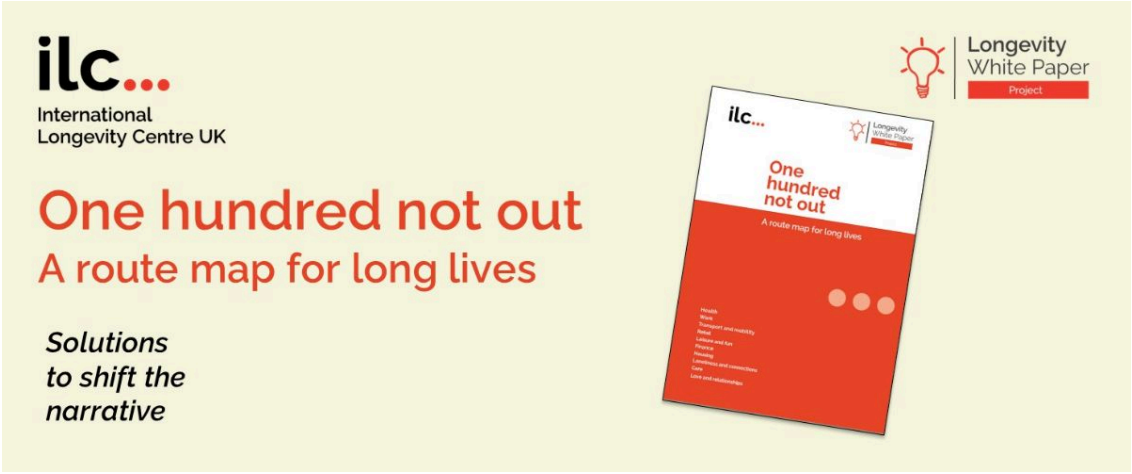
International Longevity Centre UK

Latest news

ILC Friday three

- Solution of the week - a route map for long lives
- Population estimates - how reliable is Census data?
- Shingles misconceptions - what causes the disease?

Solutions of the week - a route map for long lives



In July, as many regular readers will know, the ILC embarked on a programme of work to develop our Longevity White Paper, identifying the changes we need to make to grasp the opportunities of population ageing, and longer lives.

We launched our report *One hundred not out: A route map for long lives* at our Future of Ageing Conference yesterday. Our route map sets out the challenges facing communities in an ageing world and includes a mix of next-step solutions, bolder ideas, and international examples that we believe could work to tackle them. The full report is broken down into 11 chapters, each of which relates to a certain challenge our increasing life span will pose for government, industries, our society and individuals.

The ideas and solutions included in each chapter are far from an exhaustive list. If

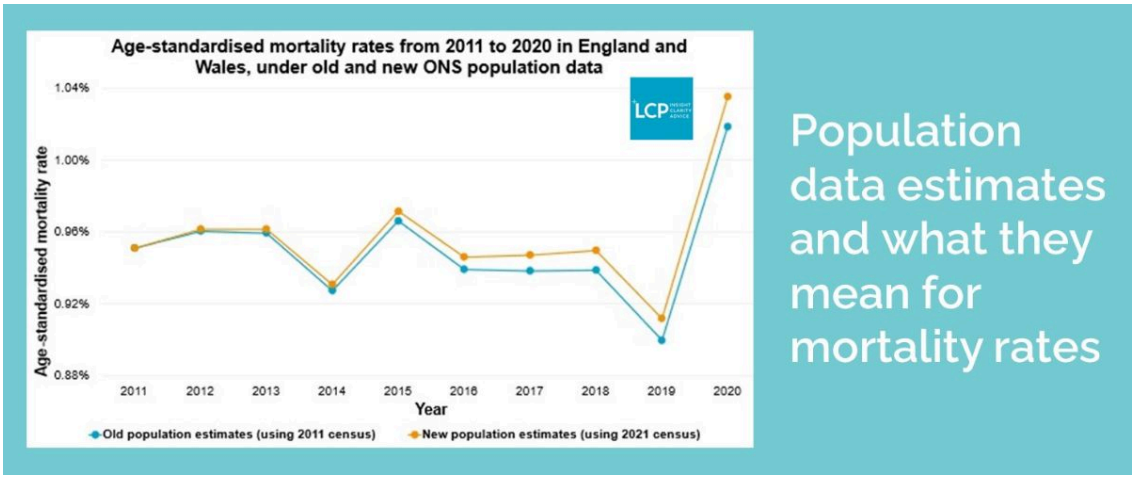
some ideas that there is a general agreement with, we also hope that there are some that provoke debate.

You can download the full report here as well as a shorter 'In brief' document which is not meant as a traditional executive summary but is intended to give a flavour of a few of the ideas in the full document.

Thank you for all the excellent solutions for better longer lives. We have gathered your many ideas so far. There have been so many that we've only been able to include some of them in our 'route map' document. But those we haven't been able to fit in we aim to share in the months ahead. We would also like to hear from you about the report itself - the bits you liked and those you didn't - so please do get in touch via the button below.

WHAT DO YOU THINK?

Population estimates - how reliable is Census data?



In their guest blog for the ILC this week, Stuart McDonald, Ben Rees and Matthew Derham, actuarial experts at Lane, Clark and Peacock LLP, explained the implications of the Office for National Statistics (ONS) population overestimates and what the revised Census 21 calculations mean for mortality rates in the UK. There is an inverse relationship between mortality rates and population estimates – if the population estimate goes down, the mortality rate goes up.

Each year, the ONS provides population estimates for England and Wales. These estimates are usually derived by rolling forward from the most recent census, using data on births, deaths and estimated migration over the period. The initial population estimates for the years 2012 to 2020 were based on the 2011 census.

However, when the 2021 census was analysed, the ONS realised that their estimates had overestimated the population – the estimates contained almost 300,000 more people than indicated by the 2021 census. The differences were not uniformly

- Younger ages where migration has a larger impact. For those under aged 30, the census showed 2% fewer people than previously thought.
- Pensioner ages where small inaccuracies from the 2011 census had compounded into bigger errors when projected forward. Above age 70, the 2021 census showed 1% fewer people than had been estimated. Above age 90 there were almost 4% fewer people than expected.

This means that death rates in the last decade were higher than previously thought, and there was very little improvement in mortality in the period leading up to the COVID-19 pandemic. The current pressures on the healthcare system are only exacerbating the existing challenges faced in ensuring healthier longer lives for a growing, ageing population. But as Stuart McDonald et al conclude "the stagnation of progress is not inevitable – improvements in public health and a focus on prevention of illness could add life to our years and years to our lives."

READ MORE

Shingles misconceptions - what causes the disease?



A recent global survey, commissioned and funded by GSK, uncovers important misconceptions about what causes shingles disease. As one of the most searched diseases on Google, public interest in shingles is high, yet the results of GSK's survey show that understanding is comparatively low.

Over half of surveyed adults believed that you can “catch shingles from someone with shingles”, but, by age 50, most adults will already have the varicella-zoster virus present in their bodies, which may reactivate to cause shingles. Similarly, 39% of respondents believed that “you can’t develop shingles if you’ve already had shingles.” The majority of people who develop shingles only have it once; however, it is possible to develop shingles more than once in a lifetime.

With shingles affecting up to 1 in 3 people in their lifetime, these findings emphasise

the GSK research here.

The ILC has also surveyed over-50s across nine European countries to better understand their attitudes towards shingles and shingles vaccination. The findings of the Painfully unaware project will be used to make evidence-based policy recommendations for stakeholders across Europe to help increase awareness and uptake of shingles vaccination.

Using the button below, you can read more about this work which is supported by an unrestricted grant from GSK and is being carried out in partnership with the ILC Europe Network and Coalition for Life Course Immunisation. Look out for the final report which is due to be published in January 2024.

READ MORE

To keep up-to-date with ILC events throughout the year, please continue to check our website on a regular basis.

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