

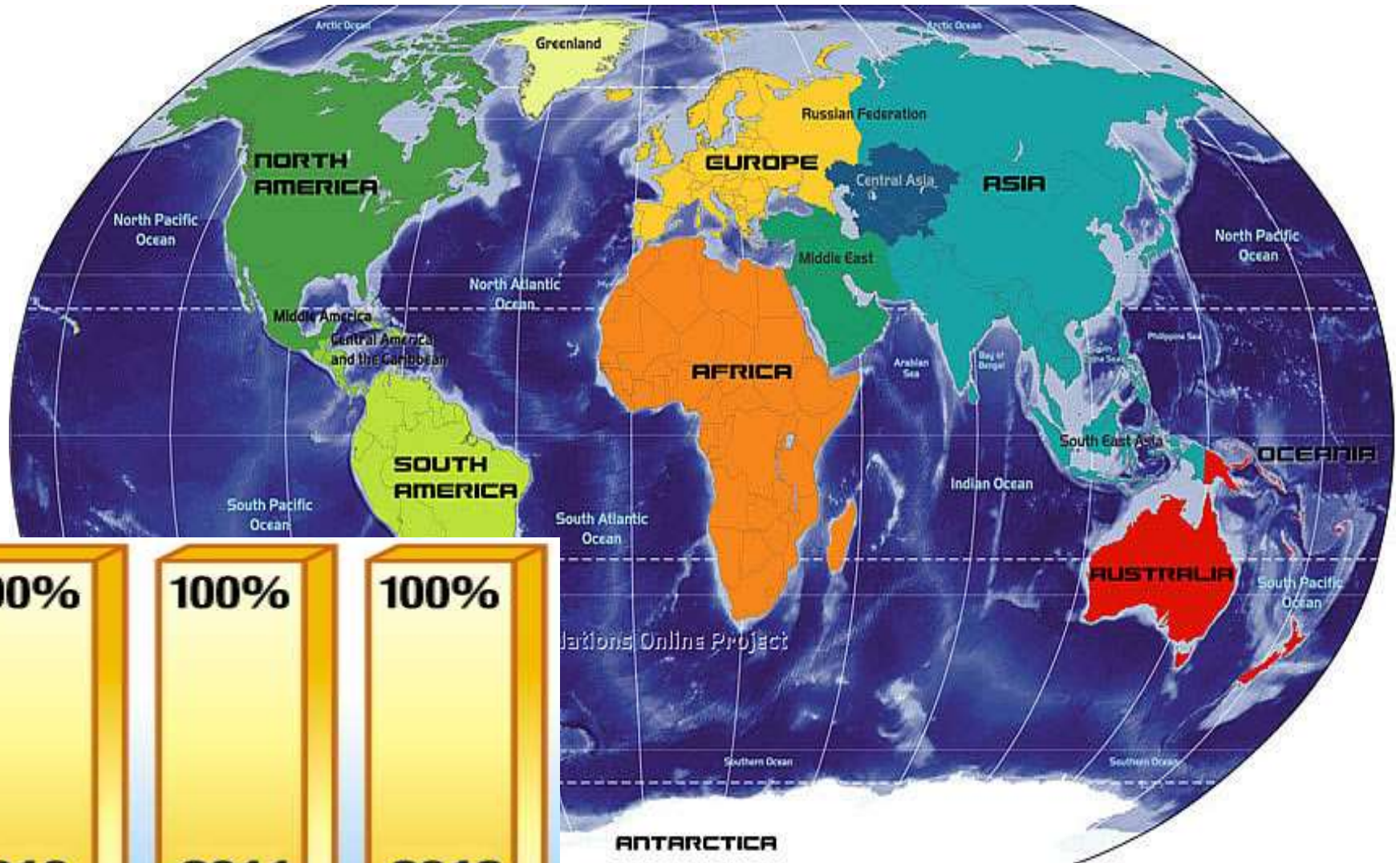
Be determined in achieving your goals...

@DocAndrewMurray

March 2016



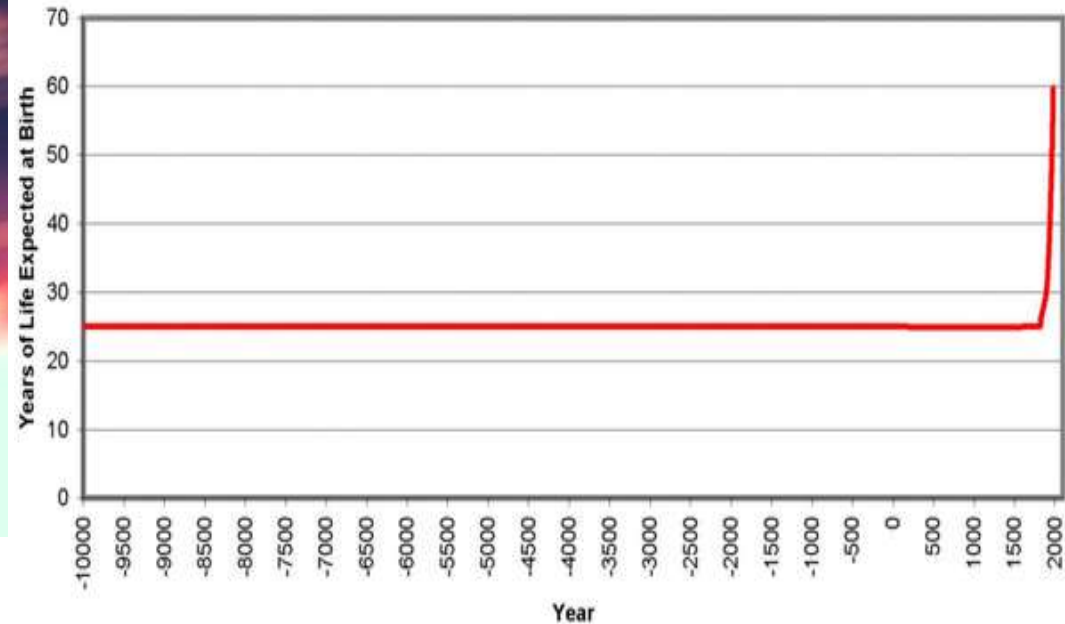
Death= an unsolved problem



Where are we now?

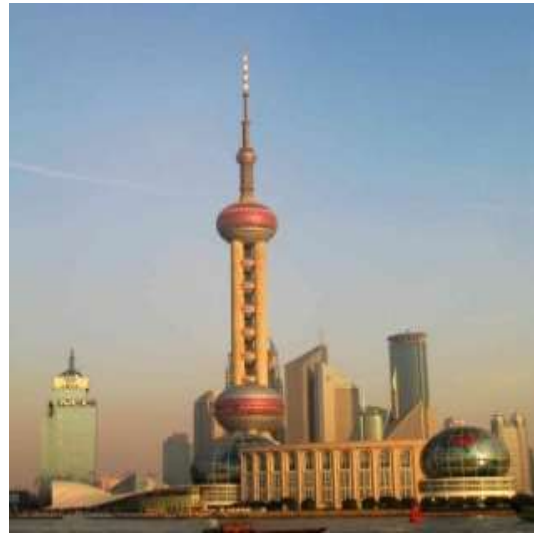


Global Life Expectancy
-10,000 BCE - 2003



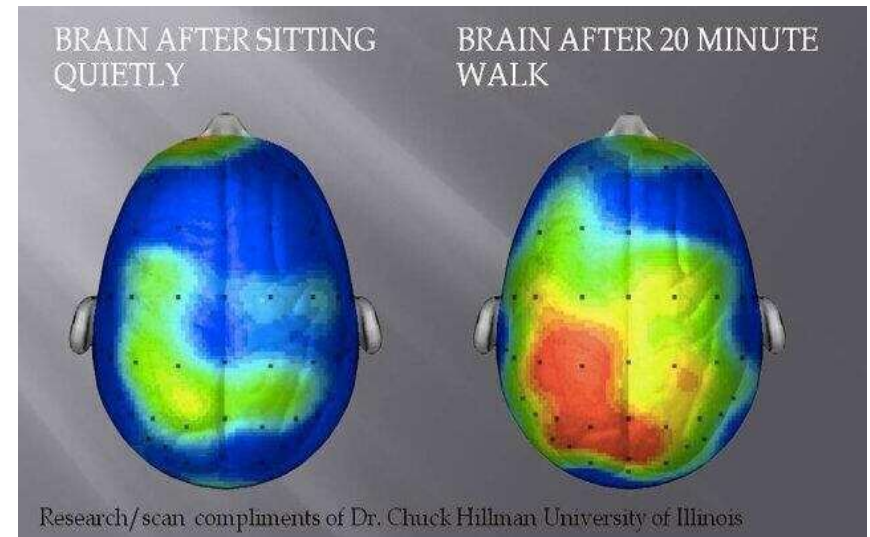
Source: Indur M. Goklany, "The Improving State of our World." Washington, DC: Cato Institute, 2007. 36. Life expectancy is believed to have been 20-30 years prior to 1820. Age 25 is selected as an average.

Major health drivers



Trends (certainties)

- Proactive not reactive
- Recognising difficulty
- Connectivity, team work



Improved outcomes through social enterprise

- sustainable business models,
- increased efficiency,
- Social connection
- Community growth and development



Specific opportunities

- Health and social care integration
- Prevention, and preventative spend
- Mental Health
- Social connection
- Communications



Risk reduction associated with physical activity

Chronic condition	Risk reduction
All cause mortality	30% risk reduction
CVD, stroke	20-35% reduction
Diabetes	30-40% reduction
Hip fractures	36-68% reduction
Colon cancer	30% reduction
Breast cancer	20% reduction
Loss of function	30% reduction
Depression/dementia	20-30% reduction

How is success achieved

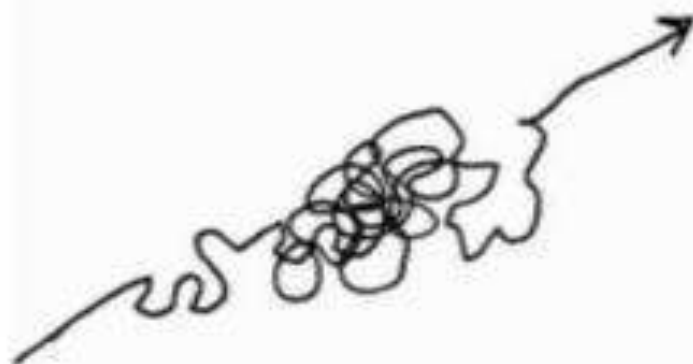


Success

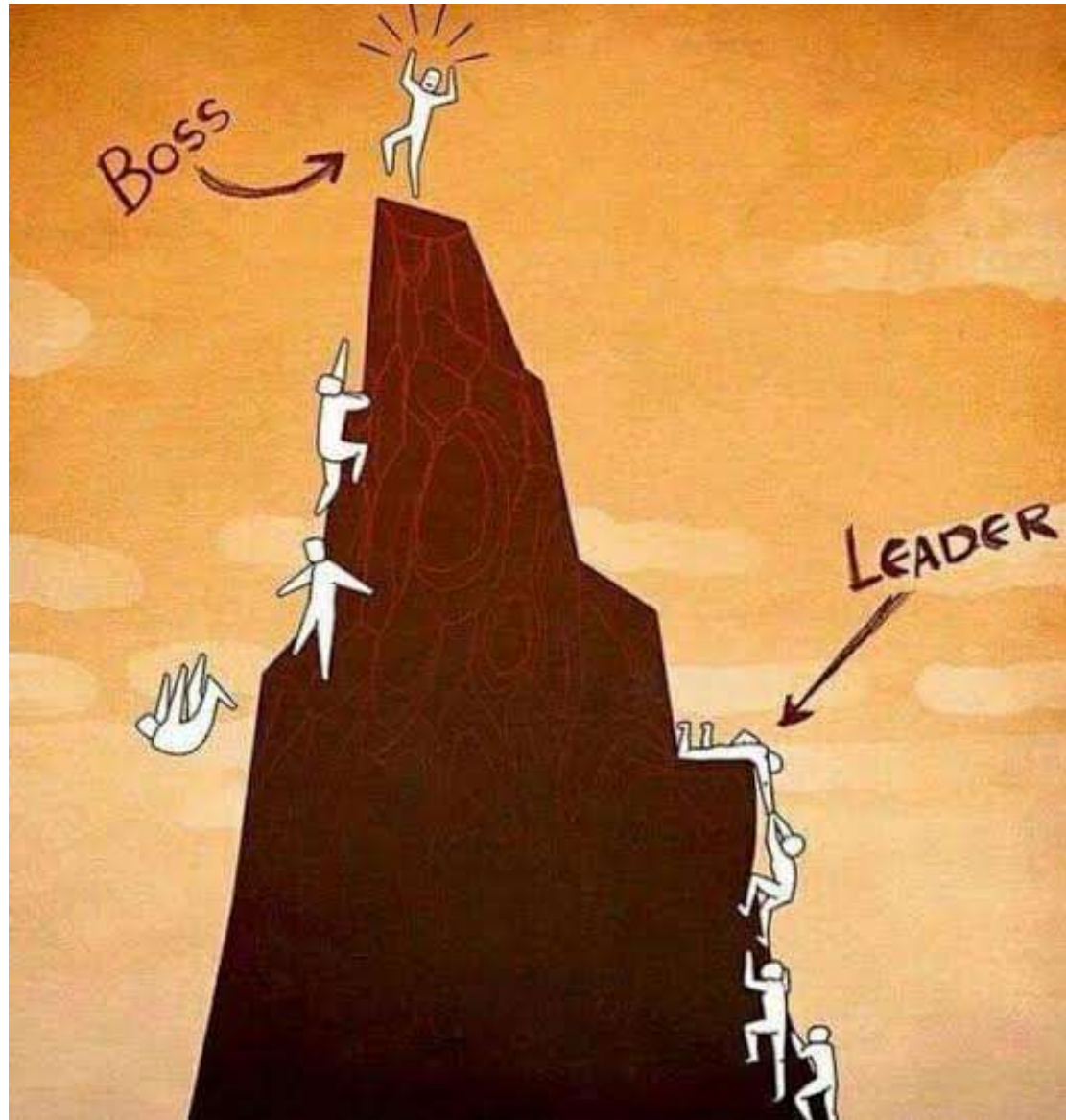


what people think
it looks like

Success



what it really
looks like



Thanks

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