

# Health in older workers

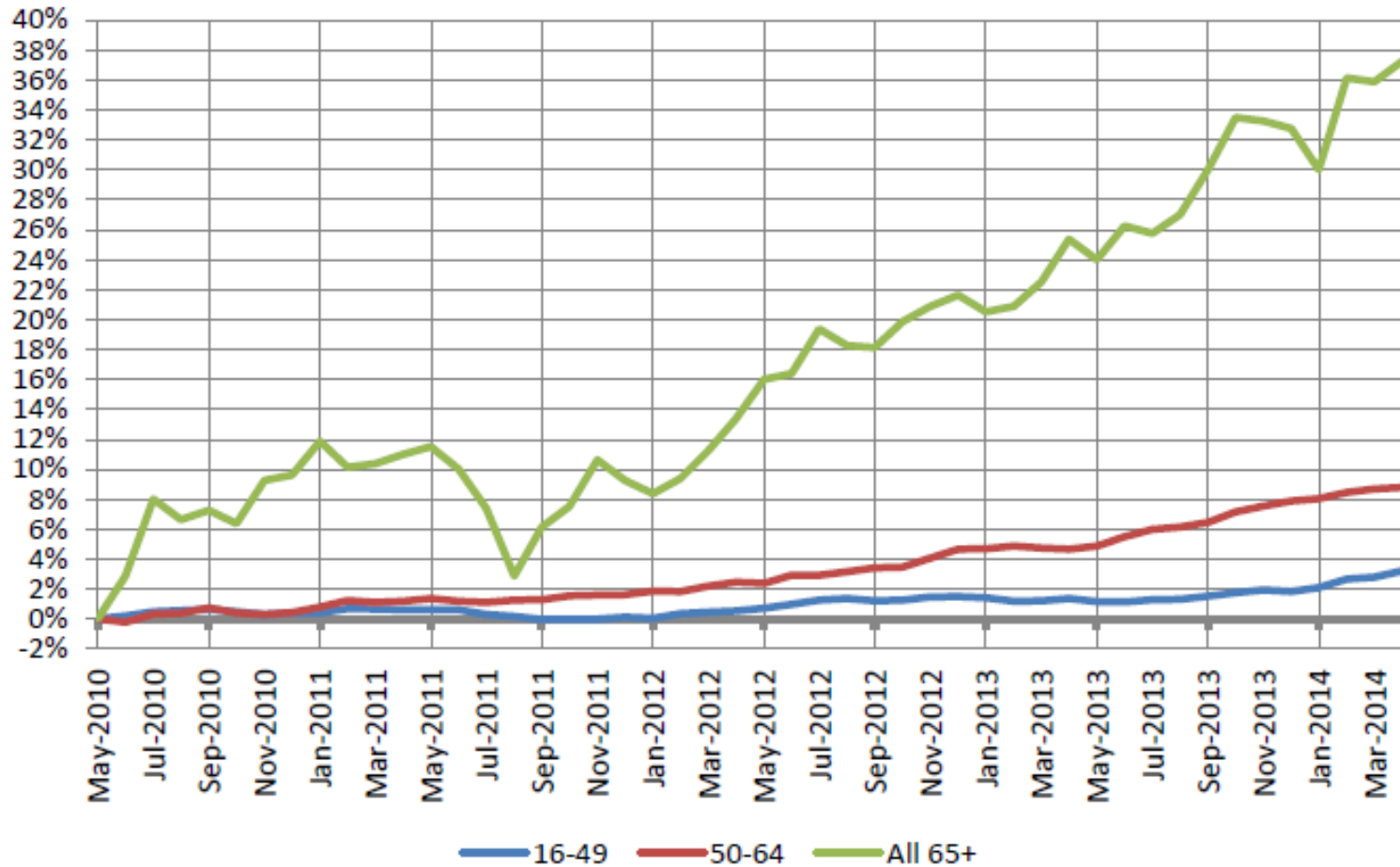
## An introduction

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# Older workers

- >65 = 1.1 million over Feb–Apr 2014
  - Increased by 37% since 2010
- 50-64 = 7.9 million over Feb–Apr 2014
- 29.6% of all employed people >50
  
- Life expectancy of a 50 year old has increased by a decade in the past 50 years

# Workers by age group



Source: Office for National Statistics, Cebr analysis

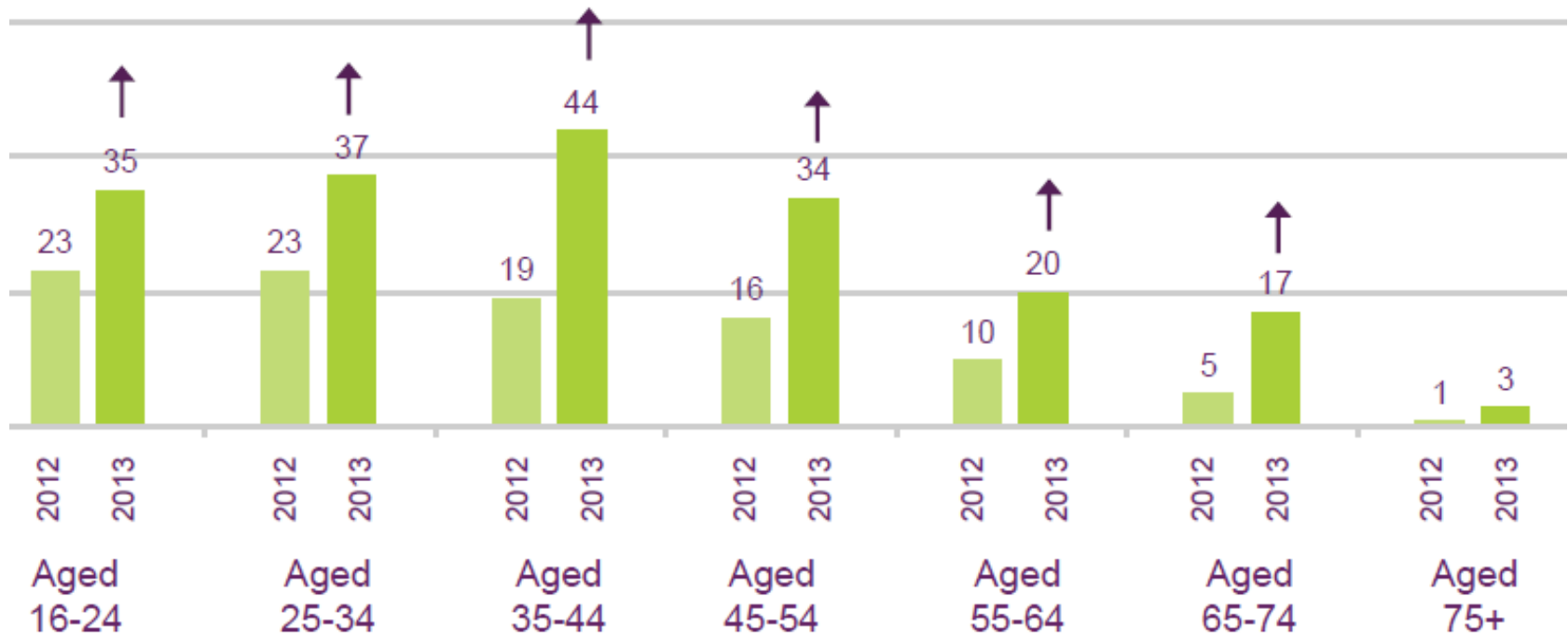
# Some physiological changes

- Aerobic capacity (but not fatigue)
- Body shape: shorter and heavier
- Loss of range of motion + less flexibility
- Bone density
- Balance
- Vision + Hearing
- Short term memory
- Sleep regulation
- Thermoregulation
- Recovery slower
- Reaction time

# Some behavioural changes?

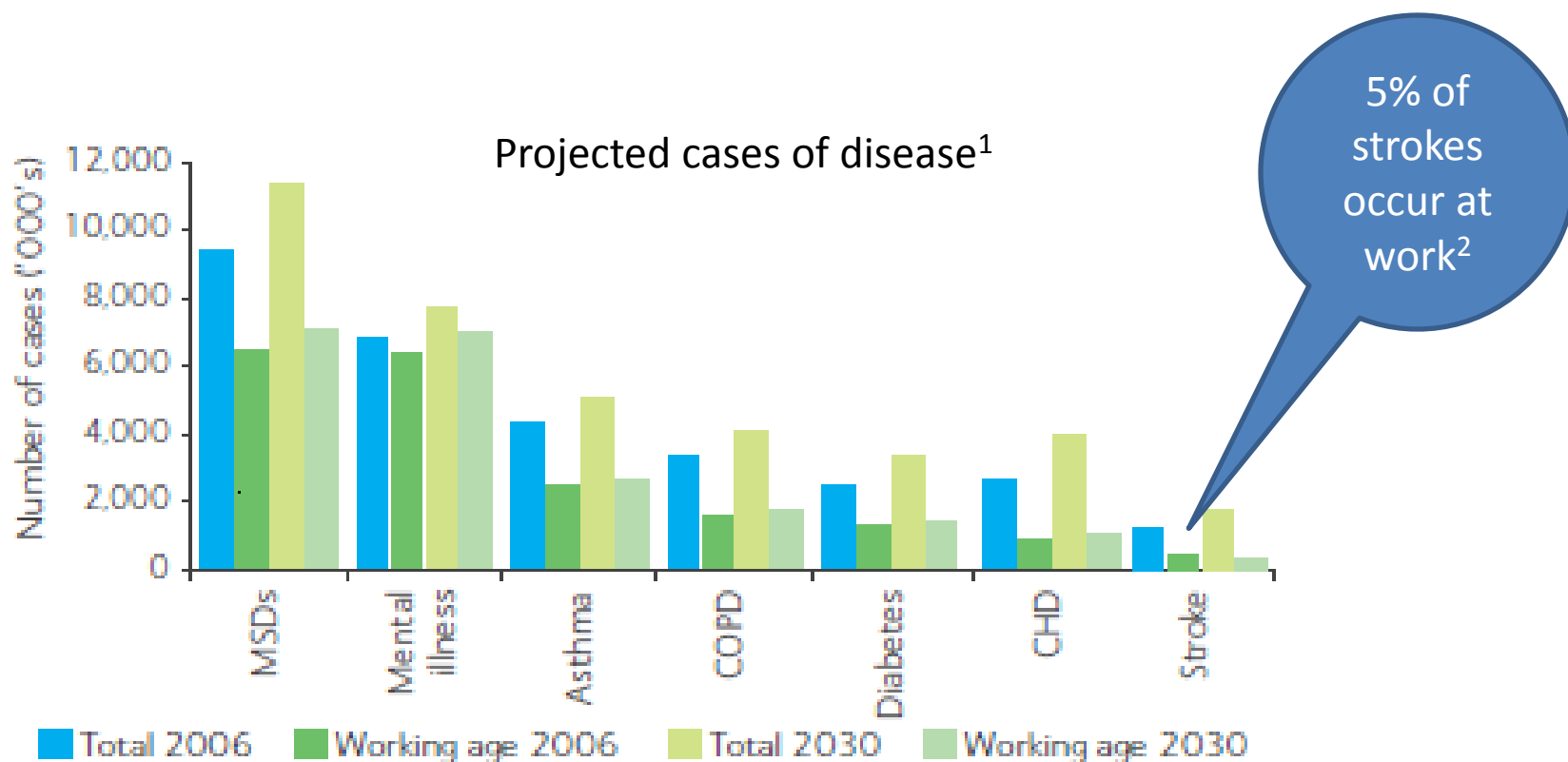
- More experienced
- Better judgment
- Better general knowledge
- More autonomous
- More adaptable
- Lower conflict
- More reliable
- Lower rates of work-related injury
- Better people skills

# Older people embracing technology



## Use of a tablet PC to go online 2012 to 2013

# Health issues at work



1. Vaughan-Jones and Barham (2010) Healthy Work: Evidence into action. BUPA: London
2. Frederic et al (2014) Is the Workplace a Safer Place to Have a Stroke? J Occup Environ Med. 56(2), 127–128

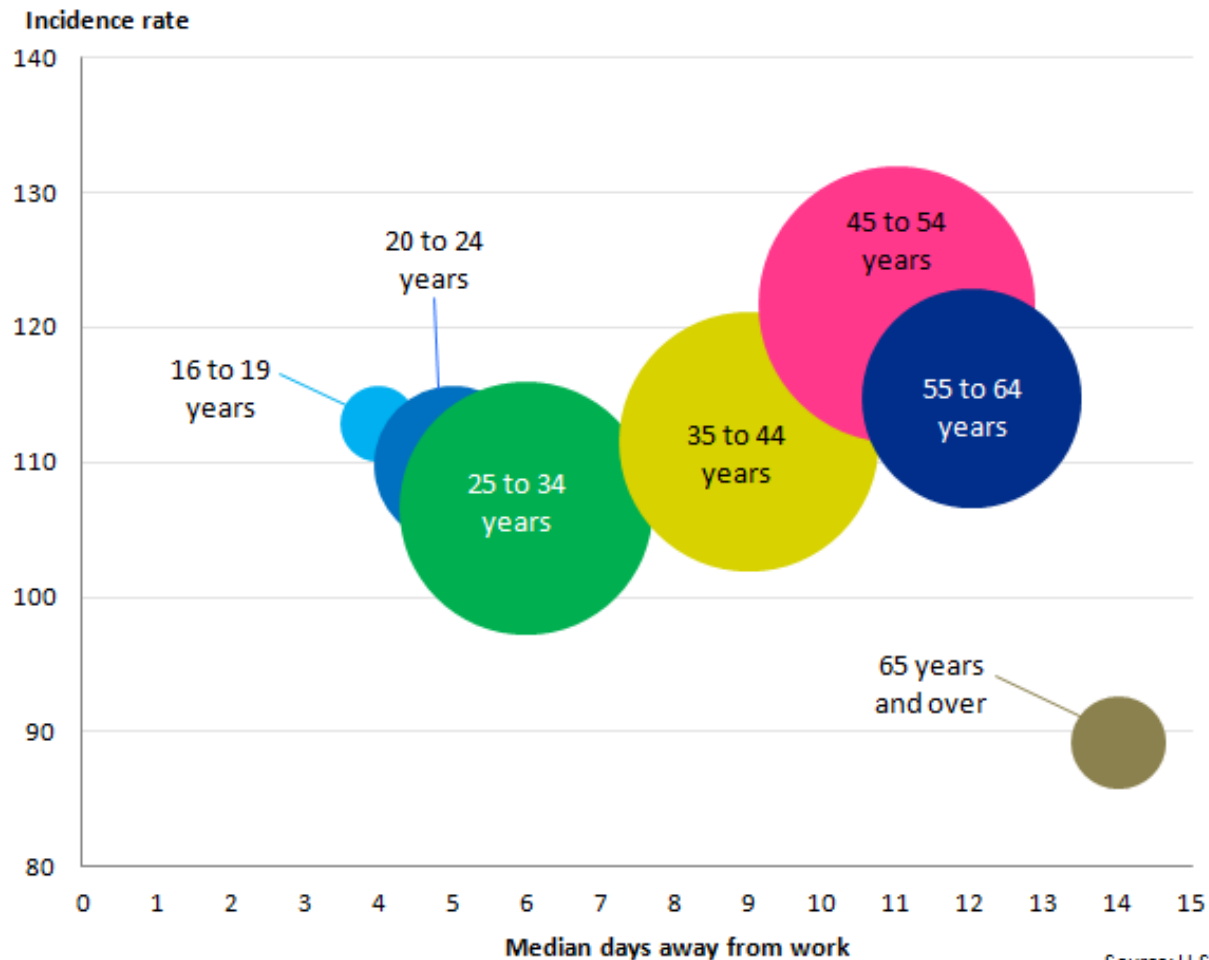
# Wider aspects of work: Driving

- 150: Deaths at work (HSE)
- 115: Deaths driving at work (DfT)
- Drivers <70 no increased accident risk (RoSPA)
  
- Work activities may be overlooked
- Work is not always in a workplace
- Medication may affect work



# Slower recovery from work injury

Size of bubble represents total number of incidents in 2012



Source: U.S. Bureau of Labor Statistics.

# Prevalence

**Table 4** Prevalence of cancer on 31 December 2008 in the United Kingdom, by age

	<b>0–44 years</b>	<b>45–64 years</b>
<i>Males</i>		
Colon, rectum and anus	2091 (11)	25 690 (343)
Lung, bronchus and trachea	441 (2)	6643 (89)
Prostate	181 (1)	34 511 (461)
All other malignant neoplasms <sup>a</sup>	68 539 (377)	125 077 (1671)
All malignant neoplasms <sup>a</sup>	71 252 (392)	191 921 (2563)
<i>Females</i>		
Breast	25 428 (143)	208 076 (2694)
Colon, rectum and anus	2134 (12)	19 723 (255)
Lung, bronchus and trachea	530 (3)	5904 (76)
All other malignant neoplasms <sup>a</sup>	67 530 (380)	151 756 (1965)
All malignant neoplasms <sup>a</sup>	95 622 (538)	385 459 (4990)

(Maddams et al British Journal of Cancer (2009) 101, 541 – 547)

# Risk of (un)employment

	No.	Employed	RR
Lung	279	19%	0.45
CNS	878	45%	0.66
Leukaemia	222	45%	0.70
Stomach	284	38%	0.71
NHL	411	49%	0.75
Cervix	183	58%	0.77
Rectum	331	43%	0.79
Bladder	364	47%	0.82
Ovary	534	54%	0.83

	No.	Employed	RR
Uterus	548	42%	0.84
Prostate	240	30%	0.87
Colon	538	53%	0.90
Kidney	404	50%	0.91
Breast	4098	61%	0.95
Thyroid	629	70%	1.01
Testis	206	72%	1.02
Melanoma	853	68%	1.03

Taksila-Brandt et al Eur J Cancer 2004;40(16):2488-93

# Summary

- Increasing number of older workers
- Physiological and behavioural changes
- Health impacts on work (and vice versa)
- Treatment can affect work
- Health issues arise at work
- Recovery is slower