

# 70 Years of the NHS

## Prevention



# Introduction

There has been a massive development in the prevention of illness in the NHS across the last 70 years

This has come from a range of methods such as health campaigning, new procedures and an increase in services available to patients.

This presentation will highlight some of the key statistics in different areas of prevention over the last 70 years



# Smoking

82% of men smoked with 65% smoking manufactured cigarettes in 1948. Pipe smoking and cigars were more commonplace, making up the difference. 41% of women smoked at that time.

Latest results show that in 2016/17 15.5% of people in the UK are smokers, 17.4% of this are men and 13.7% are women.

In 1974 the proportion of people who had never smoked was 37%, in 2014 the amount was 59%.

In 1949 on average male smokers had 14.1 cigarettes per day and women smoked 6.8, today male smokers have an average of 12.2 cigarettes per day and women 10.5.

In 1954 British scientist Sir Richard Doll discovered the link between smoking and cancer.

# Vaccinations

In 1948 the vaccinations that were available included:

- Smallpox
- Diphtheria
- Tetanus

Today there is a much higher range of vaccinations available, including:

- Diphtheria
- Tetanus
- Meningitis C
- Hepatitis B
- Pneumococcal
- Influenza
- Haemophilus Influenza B
- Pertussis (whooping cough)
- Polio
- Measles
- Mumps
- Rubella
- BCG (tuberculosis)
- Human papillomavirus



# Diabetes

In 1945 the first hospital blood glucose monitoring was invented. After this a newly-diagnosed 10-year-old had a life expectancy of 45 years; a 50-year-old might live for another 16 years.

In 1955, the first oral drug is developed, carbutamide, to help lower blood glucose levels

In the 1960s, urine strips are made available for home testing helping people with diabetes get faster readings.

In 1977, the first synthetic human insulin is produced using recombinant DNA techniques

The first insulin pen delivery system, called the NovoPen, is introduced by Novo Nordisk in 1985.

In 1993, instant Glucose tablets are introduced, marking a significant development in treating diabetes.



# Cancer screening

In 1988, an ambitious project to reduce breast cancer deaths in women over the age of 50 is launched, with breast screening units around the country providing free mammograms.

Cervical cancer screening was also introduced in the 1980s. Since this was introduced in the 1980s, the number of cervical cancer cases has decreased by about 7% each year. All women who are registered with a GP are invited for cervical screening: aged 25 to 49 – every 3 years. aged 50 to 64 – every 5 years.

In 2006, the NHS bowel cancer screening programme is one of the first national bowel screening programmes in the world, and the first cancer screening programme in England to include men as well as women.



# Cancer diagnosis/ survival

Due to the introduction of screening tests since 1948 cervical cancer survival rates have increased substantially from 35% to 61%.

The estimated number of breast cancer diagnosis has risen from around 10,000 in 1948 to more than 40,000 in 2010.

Deaths from stomach cancer have plummeted from 14,400 in 1948 to 5,000 today.

Five-year colon cancer survival was 18% in 1948. In 2010, it was 57.1%

Five-year lung cancer survival was 3% in 1948. In 2010, it was 10.1%.

2008 marked the 20th anniversary of the NHS breast and cervical screening programmes. Since 1988, more than 70 million women have been screened and more than 100,000 breast cancers and 400,000 significant cervical abnormalities have been detected.



# More interesting statistics



In 1948, there were 34 infant deaths per 1,000 live births. In 2016, there were 3.8 infant deaths per 1,000 live births.

Rates of non-Hodgkin lymphoma increased six fold in 60 years with cases rising from just under 1,000 in 1948 to more than 10,000 in 2008. The increase is partly due to better diagnostic techniques.

In 1948 10% of people suffered bronchitis or other respiratory related diseases, today it's around 5%.

Melanoma incidence rates in men have increased 13 fold since 1948, when less than 200 men were diagnosed each year compared with today when more than 3000 men are diagnosed and treated each year.

