

Projected impact of pandemic-associated deconditioning in people aged 65 and older in Bradford & Craven districts

Deconditioning is the decline in function of the body as a result of inactivity and disuse



97,825

people aged 65 and older in Bradford (81,963) and Craven (15,862)



25% unable to walk as far



20% less steady on feet



35% find it more difficult to prepare food



33% have less energy



20% find it harder to remember things



27,379*

older people have a limiting illness that limits them a lot in Bradford (23,861) and Craven (3,518*)



39% find it harder to walk short distances



41% find it harder to clean and tidy their home



33% find it harder to walk up and down stairs

*Craven figures not extractable from POPPI data. They are therefore estimated as comparable proportion of population with life limiting illness as Bradford relative to >64 year old population size using the same methodology as POPPI and applying the local percentages of people with a limiting long-term illness in 2011 to projected population figures.