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## GLOSSARY

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<b>ACE inhibitors</b>	Antihypertensive drug used for the treatment of high blood pressure and heart failure.
<b>Acute Care</b>	Medical treatments given to individuals whose illnesses are short-term or episodic. Care given during stays in hospital with an average length of stay of 30 days or less.
<b>Antenatal care</b>	Care given to pregnant women and unborn children.
<b>Angina</b>	A heart condition marked by sudden attacks of chest pain due to reduced oxygen to the heart.
<b>Atrial fibrillation</b>	An irregular heartbeat in which the upper two chambers of the heart beat very rapidly and the heart ventricles beat quickly and irregularly.
<b>Behavioural epidemiology</b>	The branch of medical science examining with the relationship between behaviour and the transmission and control of disease.
<b>Body Mass Index</b>	A formula relating body weight to height, calculated by dividing weight in kilograms by height in metres squared.
<b>Burden of disease</b>	Population level data, which combines mortality and morbidity data to measure all damage to the population's well-being that results from disease.
<b>Cause-specific mortality rates</b>	The incidence of death from specific causes or diseases.
<b>Chronic care</b>	Treatment or services necessary to treat a medical condition that lasts a lifetime or recurs.
<b>Chronic diseases</b>	A condition that will not improve, that lasts a lifetime or recurs and usually requires a long period of supervision, observation or care. Examples include diabetes and coronary heart disease.
<b>Clinical governance</b>	An initiative to ensure and improve clinical standards at local level throughout the NHS. It covers areas such as education and training, managing risk and maintaining clinical standards.
<b>Circulatory disease</b>	Disease affecting the circulation of the blood in the heart, arteries, capillaries or veins.

<b>Commissioning</b>	The process that PCTs go through to agree health services which a provider (such as an NHS Trust) will provide for a specified sum of money. Commissioning also involves monitoring these contracts to ensure best value for money.
<b>Community health</b>	A range of treatments provided in the community such as health visiting and district nursing.
<b>Coronary heart disease</b>	Disease of the heart that occurs when the walls of the coronary arteries become narrowed by a gradual build-up of fatty material (atheroma). Examples of CHD include heart attack and angina.
<b>Cost-effectiveness</b>	A type of analysis comparing interventions or programmes having a common measurement of health outcome in a situation where, for a given level of resources, the decision maker wishes to maximise the benefits conferred to the population of concern.
<b>Disability Adjusted Life Years</b>	A unit of health care status that adjusts age-specific life expectancy by the loss of health and years of life due to disability from disease or injury. DALYs are often used to measure the global burden of disease.
<b>Externality</b>	The result of an activity that causes incidental benefits (desirable effects) or damages (undesirable effects) to others with no corresponding compensation provided or paid by those who generate the externality.
<b>Fully engaged scenario</b>	A scenario described in <i>Securing our Future Health: Taking a Long-Term View</i> , where levels of public engagement in relation to their health are high: life expectancy increases go beyond current forecasts, health status improves dramatically and people are confident in the health system and demand high quality care. The health service is responsible with high rates of technology uptake, particularly in relation to disease prevention. Use of resources is more efficient.
<b>Gastric surgery</b>	Surgery on, or relating to, the stomach.
<b>Glucose intolerance</b>	When the body is unable to use insulin, causing an excess of glucose to build up in the blood. This leads to blood sugar levels somewhere between those of a normal person and a diabetic person. Also called impaired glucose tolerance.
<b>Health impact assessment</b>	Health impact assessment is a combination of procedures, methods and tools by which a policy, programme or project may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population.
<b>Health inequalities</b>	Differences in health outcomes attributable to differences between groups in the population that are inequitable, such as differences in socio-economic status or race.

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<b>Healthy life expectancy</b>	A population based measure of the proportion of expected life span estimated to be healthful and fulfilling, or free of illness, disease and disability.
<b>High blood lipids</b>	High levels of fatty substance in the blood.
<b>Health Related Quality of Life</b>	A patient outcome measure that extends beyond traditional measures of mortality and morbidity, to include health status, functional status, and quality of life measures.
<b>Hypertension</b>	Blood pressure greater than or equal to 140/90mmHg.
<b>Hypothermia</b>	Subnormal body temperature.
<b>Healthy Year Equivalent</b>	The number of years of perfect health that are considered equivalent to (i.e. have the same utility as the remaining years of life in their respective health states).
<b>Infant mortality</b>	The number of deaths of children under one year of age per 1000 live births.
<b>Incremental Cost-Effectiveness Ratio</b>	The ratio of change in costs to change in effects.
<b>Ischaemic heart disease</b>	Disease of the heart, caused by narrowed heart arteries, which restrict the blood and oxygen available to the heart muscle.
<b>Life expectancy at birth</b>	The number of years of life, from birth, that can be expected on average in a given population.
<b>Life expectancy at age 65</b>	The number of years of life, from age 65, that can be expected on average in a given population.
<b>Lifestyle factors</b>	Cultural and societal factors associated with health outcomes. Examples include levels of physical activity and alcohol consumption.
<b>Low birth weight</b>	Weight at birth less than 2500g.
<b>Macrovascular disease</b>	A disease of the large blood vessels that sometimes occurs when a person has had diabetes for a long time.
<b>Micro-albuminuria</b>	The appearance of small but abnormal amounts of albumin in the urine, important in the detection of diabetic complications and as an independent risk factor for cardiovascular disease.

<b>Microvascular disease</b>	A disease of the smallest blood vessels that can occur in diabetics.
<b>Morbidity</b>	The frequency of disease in a population.
<b>Mortality</b>	The incidence of death from disease in a population.
<b>Musculo-skeletal conditions</b>	This term refers to any problem or illness that affects the muscles and skeleton, such as back injuries and arthritis.
<b>Myocardial infarction</b>	The medical term for a heart attack.
<b>Neonatal</b>	An infant in the first four weeks after birth.
<b>Neuro-psychiatric disorders</b>	Mental disorders attributable to diseases of the nervous system, such as anxiety or depression.
<b>Neurological conditions</b>	A disturbance in structure or function of the central nervous system resulting from developmental abnormality, disease, injury, or toxin.
<b>Nicotine Replacement Therapy</b>	A range of products which provide nicotine to the bloodstream, used to reduce the withdrawal symptoms associated with smoking cessation.
<b>Obese</b>	Description of individual with Body Mass Index of equal to or greater than 30.
<b>Osteoarthritis</b>	The chronic breakdown of cartilage in the joints; the most common form of arthritis occurring usually after middle age.
<b>Osteoporotic fracture</b>	A fracture resulting from osteoporosis (weakened bone structure due to a loss of calcium).
<b>Overweight</b>	Description of individual with Body Mass Index of between 25 and 30.
<b>Pharmacological</b>	A branch of science about medicinal substances (pharmaceuticals).
<b>Potential years of life lost</b>	Measure of the years of life lost due to premature death, calculated by measuring the gap between age at death and a specified age limit (often 70 or 75 years).
<b>Premature</b>	An infant born before 37 weeks gestation.
<b>Prevalence</b>	The proportion of a given population that are affected by disease at a point in time.

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<b>Primary care</b>	Essential health care accessible to individuals and families in the community. The first level of contact with people taking action to improve health in a community including all initial (non-emergency) consultations with doctors, nurses or other health staff.
<b>Proteinuria</b>	The presence of protein in the urine.
<b>Public health</b>	The science and art of preventing disease, prolonging life and promoting health through the organised efforts and informed choices of society, organisations, public and private, communities and individuals.
<b>Psychotropic medication</b>	A chemical compound that alters the brain's normal chemistry to affect one's cognitive state.
<b>Quality Adjusted Life Year</b>	A unit of health care outcomes that adjusts gains (or losses) in years of life subsequent to a health care intervention by the quality of life during those years. QALYs can provide a common unit for comparison across different interventions and health problems.
<b>Randomised control trial</b>	A trial in which investigators randomly assign an eligible sample of patients to one or more treatment groups and a control group and follow patients' outcomes.
<b>Renal disease</b>	Disease affecting the kidneys.
<b>Respiratory disease</b>	Disease affecting the group of organs responsible for carrying oxygen from the air to the bloodstream and for expelling carbon dioxide. Examples include asthma and bronchitis.
<b>Retinopathy</b>	A general term that refers to some form of non-inflammatory damage to the retina of the eye.
<b>Risk factor</b>	Factors which play a part in the causation of disease.
<b>Saturated fatty acids</b>	A fatty acid whose carbon chain cannot absorb any more hydrogen atoms; found mainly in animal fats.
<b>Secondary Care</b>	Specialised medical services and commonplace hospital care (outpatient and inpatient services). Access is often via referral from primary health care services.
<b>Sedentary</b>	Lacking exercise, inactive.
<b>Self-care</b>	Care administered by the individual suffering disease, such as self-medication or self-checks.

**Self-rated health**

A measure of health status based on an individual’s subjective perception of their own general health state. Usually rated on a scale of good, fair or bad.

**Sleep apnoea**

The transient cessation of breathing during sleep.

**Slow uptake scenario**

A scenario described in *Securing our Future Health: Taking a Long-Term View*, where there is no change in the level of public engagement: life expectancy rises by the lowest amount in all three scenarios and the health status of the population is constant or deteriorates. The health service is relatively unresponsive with low rates of technology uptake and low productivity.

**Solid progress scenario**

A scenario described in *Securing our Future Health: Taking a Long-Term View*, where people become more engaged in relation to their health: life expectancy rises considerably, health status improves and people have confidence in the primary care system and use it appropriately. The health service is responsive with high rates of technology uptake and a more efficient use of resources.

**Standardised mortality ratio**

The ratio of the number of events observed in a population to the number that would be expected if the population had the same structure as a standard or reference population.

**Sudden Infant Death Syndrome**

Sudden infant death syndrome is the sudden death of a previously well infant when the cause of death remains unexplained.

**Type 1 diabetes**

Type 1 diabetes is a life-long condition in which the pancreas stops making insulin.

**Type 2 diabetes**

People with Type 2 diabetes produce insulin, but either do not make enough insulin or their bodies do not use the insulin they make.

**Virologist**

A specialist in the branch of medical science that studies viruses and viral diseases.