

# Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds

Date: 10<sup>th</sup> September 2024

Report of: The Director of Public Health

Report to: Adults, Health & Active Lifestyles Scrutiny Board

Will the decision be open for call in?  Yes  No

Does the report contain confidential or exempt information?  Yes  No

## Brief summary

The Director of Public Health (DPH) has a statutory duty to publish a report annually describing the health of the population and make recommendations to improve health. The Director of Public Health Annual Report 2023 is called 'Ageing Well: Our Lives in Leeds'.

The report provides the Adults, Health & Active Lifestyles Scrutiny Board with:

- An update on the Director of Public Health Annual Report 2023.
- An overview of the experiences of ageing well in Leeds, bringing together lived experiences alongside a review of data and evidence relating to ageing well.
- An outline of the many things we are doing to support ageing well in Leeds.
- Key findings and recommendations contained within the Director of Public Health Annual Report 2023, focussed on actions to create the conditions for healthy ageing and increase the number of years spent in good health.
- A progress update on the priorities as outlined in the Director of Public Health Annual Report 2022 (contained within the full version of the DPHAR 2023 report).

## Recommendations

In order to increase the number of years spent in good health in Leeds, Adults, Health & Active Lifestyles Scrutiny Board are recommended to:

- Note the findings and recommendations of the of the 2023 Director of Public Health Annual Report.
- Note and support the recommendations identified for Leeds City Council.

## What is this report about?

1. Outline: The Director of Public Health Annual Report 2023:
  - 1.1 Brings together lived experiences of ageing well amongst Leeds' citizens, following listening to the voices and stories of local people as well as professionals who work in this field, alongside a review of the data and evidence relating to ageing well.
  - 1.2 Explores how healthy people, places, and communities contribute to ageing well and the number of years people spend in good health in Leeds.
  - 1.3 Highlights the many things we are doing to support ageing well in Leeds, aligned to the three pillars of the Best City Ambition – Health & Wellbeing; Inclusive Growth; and Zero Carbon. In addition, the report will form part of the Joint Strategic Assessment for Leeds.
  - 1.4 Builds on the recent State of the City event held in December 2023 which brought together Leeds City Council and partners to have focussed discussions on 'Ageing in Leeds: Good Quality Work for All'.
  - 1.5 Identifies key findings and makes recommendations focussed on actions to create the conditions for healthy ageing and increase the number of years spent in good health.
  - 1.6 Will be proactively shared with a wide range of stakeholders and is publicly available on the Leeds Observatory site.

## 2. Key Findings

The following outlines the key findings in the Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds:

- 2.1 **Our ageing population is changing and becoming more diverse.**

As well as an expected increase in the 70+ age groups, population trends show that the older population (50+) is growing in the most deprived areas and becoming more diverse. We need to support people to age well in an inclusive and equitable way that considers the needs of different communities.
- 2.2 **The number of years that people spend in good health in later life is unequal between different communities.**

People living in more deprived communities on average spend more years in poorer health and this starts in their early 50s. Poor health isn't an inevitable part of ageing. There is much more we can do to reduce the time people spend in poorer health in later life.
- 2.3 **Inequalities exist in later life.**

The experiences and outcomes of ageing well (e.g. employment and travel) are not equal for people living in deprived areas of Leeds, and for particular communities. Key to addressing this will be creating healthy places, communities and opportunities that enable people to live a healthy and long life.
- 2.4 **Later life is an opportunity to help citizens keep active and stay healthy.**

People saw later life (50+) as an opportunity to keep active and stay healthy. Data also identified that there were opportunities to reduce inequality in healthy living between communities.
- 2.5 **Identifying health problems and risk factors earlier would help to delay the amount of time that people spend in poor health.**

This would also help support people in poorer health to continue to lead connected, fulfilling, and independent lives. Increasing the uptake of preventative support and services is key to this.

- 2.6 **Having strong, positive, social connections is an important factor in ageing well.** Being socially active (e.g. through work, volunteering, family and community networks) is a strong protective factor for the physical and mental health and wellbeing of people of all ages, including older adults. People recognise this as an important part of ageing well. Social isolation and loneliness have a serious negative impact on physical and mental health, comparable to other well established risk factors, such as smoking, obesity and physical activity. Reducing isolation and increasing social connectedness are both central to improving healthy ageing across the city.
- 2.7 **People in later life experience negative stereotypes, ageism and discrimination.** Experiences of people in later life, their health and wellbeing outcomes and access to services or support are impacted by stereotypes, ageism and discrimination. Tackling these will be key to ensuring that people in later life are valued and receive the support they need.

### 3. Recommendations

There are many things we are doing and lots more we can all do to support ageing well in Leeds. The following outlines the report's recommendations focussed on actions to increasing the number of years spent in good health:

- 3.1 Leeds City Council, Leeds Health and Care Partnership, Anchor Organisations, third sector and local businesses to work collaboratively to further develop Leeds as an Age Friendly City. This should include actively engaging with Age Friendly Leeds (through Age Friendly Board and Partnership, Action Plan and becoming Age Friendly Businesses/Organisations) and embedding ageing well into all policies and services.
- 3.2 Leeds City Council to review and further develop ways for citizens to keep active and stay healthy (primary prevention) throughout their later lives, with a particular focus on supporting people to age well in more deprived areas (i.e. IMD\* 1 and 2) and ethnically diverse communities.
- 3.3 Leeds City Council, Leeds Health and Care Partnership, third sector partners and Leeds Age Friendly Board to work together to review and increase opportunities for people to be socially connected, and ensure reducing social isolation in later life is central to all policies and services.
- 3.4 Leeds NHS organisations to increase early identification and management of risk factors and long term conditions to reduce preventable poor health in later life (secondary prevention). This should take a targeted approach working with communities with historically reduced access to and low uptake of prevention services, screening and vaccination.
- 3.5 Leeds City Council and Leeds NHS organisations to ensure the voices of people in later life are central to all ageing well work, taking into account insight developed through this report, State of Ageing in Leeds and people's voices from voluntary and community sector organisations.
- 3.6 All partners, individuals and communities to challenge negative stereotypes relating to ageing, including loss of value, discrimination and ageism.
- 3.7 Anchor institutions, businesses and employment and skills organisations to review and further develop positive practices to support more people in later life to age well in work.
- 3.8 West Yorkshire Combined Authority and Leeds City Council to work together to increase accessible and safe travel for people in later life to support independence and healthy ageing.
- 3.9 Academic partners to support citywide work to strengthen local research, evidence and evaluation in relation to ageing well, with a focus on local implementation and delivery.

#### 4. Association of Directors of Public Health (ADPH) Annual Report Competition

'Ageing Well: Our Lives in Leeds' was submitted to the Association of Directors of Public Health (ADPH) as part of the annual report competition and celebration. At the Annual ADPH DPH Annual Report celebration Leeds was positively recognised and commended for good practice and identified as one of a few exemplary 'in depth single topic' reports.

#### **What impact will this proposal have?**

5. The report will:

- 5.1 Raise the profile of what matters to people in later life in relation to ageing well in Leeds and the many things we are doing to support healthy ageing in our city.
- 5.2 Encourage actions to be implemented that address key needs and recommendations identified within the report to increase the number of years spent in good health.
- 5.3 Maintain commitment and focus on the Best City Ambition, Leeds Health & Wellbeing Strategy and Age Friendly Leeds as an enabler to supporting ageing well.

#### **How does this proposal impact the three pillars of the Best City Ambition?**

Health and Wellbeing       Inclusive Growth       Zero Carbon

6. The Director of Public Health Annual Report and recommendations significantly contribute to the three pillars of the Best City Ambition. The focus on increasing the number of years spent in good health contributes to the Health & Wellbeing pillar. Furthermore, the report has a focus on ageing well in employment, digital inclusion, financial wellbeing, housing and climate change, which will contribute to the Inclusive Growth and Zero Carbon pillars of the Best City Ambition.

#### **What consultation and engagement has taken place?**

Wards affected: All wards

Have ward members been consulted?       Yes       No

7. Understanding what supports people to stay happy, healthy and strong as they age was central to producing the Director of Public Health Annual Report. A community survey was conducted reaching 909 people covering a range of groups across Leeds. In addition, a survey for people working with people aged 50+ in Leeds was shared with over 100 stakeholders and completed by 53 professionals across health, care, wider partners and the voluntary and community sector and elected members including the Executive and Deputy Executive Members for Adults and Health and the Equality Champions. It was also shared through Leeds City Council communication streams.

Briefings have also been held with Executive Members about the report, its scope, findings and recommendations.

#### **What are the resource implications?**

8. No additional resources needed.

Implementing recommendations of the Annual Report will:

- 8.1 Require a focus on putting in place actions that address key needs identified within the report to increase the number of years spent in good health.
- 8.2 Embed ageing well into all policies and services.

## **What are the key risks and how are they being managed?**

9. There is a strong economic case for supporting healthy ageing, however the current financial challenges may have implications on implementing recommendations across the system. Should the recommendations not be implemented there is a risk that ageing well is not embedded into policies and services, increasing the possibility that the number of years spent in good health in later life reduces and inequalities may widen, which in turn will increase the risk/need for health and care support.
10. Implementing recommendations has the potential to increase the number of years spent in good health, which in turn will reduce the risk/need for health and care support. A focus on embedding ageing well into all policies and services would enhance opportunities for increasing the number of years spent in good health within existing and emerging policies, plans and services.
11. An action plan will be in place for monitoring progress on recommendations and an update will be made in the 'Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds' will be made in the Director of Public Health Annual Report 2024.

## **What are the legal implications?**

12. The Director of Public Health (DPH) has a statutory duty to publish a report annually describing the health of the population and make recommendations to improve health.

## **Options, timescales and measuring success**

### **What other options were considered?**

13. None

### **How will success be measured?**

14. A progress update on recommendations made in the 'Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds' will be made in the Director of Public Health Annual Report 2024.

### **What is the timetable and who will be responsible for implementation?**

15. Delivery of the recommendations will commence and run throughout the financial year 2024-2025 and beyond. System wide partners have a role in taking account of and putting in place actions that address the recommendations in the report and the Director of Public Health is responsible for reporting progress on actions across the system.

## **Appendices**

Appendix 1 - Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds

Appendix 2 - Executive Summary

## **Background papers**

None.