

Health and Wellbeing Report

The latest Director of Public Health Annual Report for Leeds is available for sharing along with an accompanying short film, both titled *Ageing Well: Our Lives in Leeds*.

To hear the experiences of some of the 900 people surveyed, read the reports and watch the film.

- [Ageing Well: Our Lives in Leeds](#)
- [Executive Summary](#)
- [Our Lives in Leeds](#)

This year's report focuses on experiences of ageing well in Leeds and inequalities amongst different groups.

It combines survey responses from over 900 local people with latest data and trends on factors impacting ageing – such as diet, smoking, alcohol intake, mental health, travel, housing, employment and financial wellbeing.

The recommendations in this report build on our long-standing commitment to being an Age Friendly City, identifying further actions to increase the number of years spent in good health.

This report and supporting film will be shared and discussed at the Health and Wellbeing Board next week and various other meetings over the upcoming months.

We are delighted that our Leeds report has been commended as one of the best in-depth single topic submissions nationally by the Association for the Directors of Public Health.

We always welcome feedback on our Director of Public Health Annual Report. If you have any comments, please email publichealth.enquiries@leeds.gov.uk

Public Health Resource Centre Want to Know More Session - Prioritising mental health in the workplace is to take place on Thursday 10 October 2024. The online session will explore the critical relationship between employment, mental health, and the wider determinants affecting wellbeing in Leeds. We'll provide valuable insights into the challenges faced by both employees and employers, with a particular focus on reducing mental health stigma in the workplace. This webinar is suitable for anyone interested in fostering a more supportive work environment. This session will cover:

- an overview of headline data from Leeds and the impact of wider determinants on mental health
- insights into how employment affects mental health
- a case study from a Leeds employer on handling mental health in the workplace
- discussion around the impact of stigma and stigmatising language on mental health

The session will be led by representatives from the Public Mental Health Team (Leeds City Council), Mindful Employer (Leeds Mind) and Touchstone.