

Report of: Caroline Baria & Victoria Eaton

Report to: Leeds Health and Wellbeing Board

Date: Thursday 9th November 2023

Subject: Healthy Ageing in Leeds

Are specific geographical areas affected?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
If relevant, name(s) of area(s):		
Are there implications for equality and diversity and cohesion and integration?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Is the decision eligible for call-In?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Does the report contain confidential or exempt information?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
If relevant, access to information procedure rule number:		
Appendix number:		

Summary of main issues

- There is a clear framework of ‘what works’ to promote healthy ageing set out by World Health Organisation and longstanding commitment from partners to work towards this.
- The key issues affecting older people in Leeds are understood and plans are in place to address these through the Age Friendly Strategy, citywide work relating to population health population and priorities identified to deliver the outcomes of the Healthy Leeds Plan.
- This update, along with the review of the Health & Wellbeing Strategy provides an opportunity to share plans and look at what we could strengthen or do differently to better support and embed ambitions relating to Age Friendly, healthy ageing and secondary prevention across the across the system.

Recommendations

The Health and Wellbeing Board is asked to:

- Note the update on current key issues relating to healthy ageing in Leeds, including the Age Friendly ambition and wider work across the system.
- Provide direction on how the system can support and embed ambitions relating to Age Friendly and healthy ageing across the city.
- Provide direction on how the system can work even better together to support healthy ageing and secondary prevention across the city.

1 Purpose of this report

1.1 Update on Healthy Ageing in Leeds

1.2 This paper provides an update on current key issues relating to healthy ageing in Leeds, including the Age Friendly ambition and wider work across the system and seeks direction from the Health & Wellbeing Board on the following issues:

- How the system can support and embed ambitions relating to Age Friendly and healthy ageing across the city.
- How the system can work even better together to support healthy ageing and secondary prevention.

2 Background information

2.3 Healthy ageing is about creating environments and opportunities that enable people to live a long and healthy life and live, work and age in conditions that support good health (e.g. good quality work, financial security, safe and secure housing and flourishing communities).

2.4 The World Health Organisation (WHO) set out eight domains that places can address to improve their structures and services to meet older people's needs and all of us as we age. These domains broadly cover many of the wider determinants of health, including social factors and the built environment required to support healthy ageing. Leeds is amongst 60 areas nationwide and 1000 places worldwide that are committed to creating age friendly places that support healthy ageing, enabling people to age well.

2.5 Leeds has a longstanding ambition to be Age Friendly, the best city to grow old in and a place where people age well. The Age Friendly Board, chaired by Cllr Jenkins has a broad membership from across the council and external partners and drives work towards the Age Friendly ambition. The Board is on its third iteration of the Age Friendly Strategy and Action Plan with the following 6 domains which align to the WHO domains (wider determinants of health):

- Housing;
- Public and Civic Spaces;
- Travel and road safety;
- Active, included and respected;
- Healthy and independent ageing;
- Employment and learning.

The 2022 strategy and plan informed by the [State of Ageing in Leeds¹](#) report (published 2021) sets out actions that will be delivered aligned to the outcomes and objectives of the board along with the expectations of older people (see appendix A).

- 2.6 Citywide work relating to population health, also identifies needs and priority actions where people experience poorer outcomes as they are approaching later life. This includes injuries to people living with frailty due to falls and the prevalence of multiple long term conditions. This presents an opportunity to reduce avoidable admissions focussing on primary prevention and healthy ageing, and also improve healthy ageing through ensuring that contacts with health and care services maximise opportunities for primary and secondary prevention. Furthermore, the [Major Conditions Strategy²](#) highlights that, prevention activities can impact on multiple conditions at once, and more prevention activity will be crucial to meeting the challenges of an ageing society. This includes activities relating to smoking and obesity and living conditions such as employment, housing, education and access to green space.
- 2.7 The context in which older peoples' work operates acknowledges that outcomes and experiences of older people from different backgrounds are not equal. For example, those living in the more deprived areas will spend a greater number of years towards later life in poorer health. This along with other inequalities means that older people from different background will have very different experiences of 'ageing'. Inequalities in older age are cumulative and have a significant impact on a person's health, wellbeing and independence. A focus on reducing inequalities and improving the health of the poorest fastest is a key focus for our healthy ageing work.
- 2.8 The review of Leeds' Health and Wellbeing Strategy was presented at the Age Friendly Leeds Board in March 2023, which was followed by a consultation response provided by the Age Friendly Board in May 2023 to ensure alignment between the two strategies. The renewed strategy includes a number of priorities that are linked to positive healthy ageing outcomes including:
- A Child Friendly and Age Friendly City where people have the best start and age well
 - A mentally healthy city for everyone

¹ [The State of Ageing in Leeds: What life is like for people aged 50 and over in Leeds \(ageing-better.org.uk\)](https://ageing-better.org.uk)

² [Major conditions strategy: case for change and our strategic framework \(www.gov.uk\)](https://www.gov.uk)

- Safe and sustainable places that protect and promote health and wellbeing
- Improving housing for better health
- Promoting prevention and improving health outcomes through an integrated health and care system
- Employment/workforce:
 - A strong economy with good local jobs for all
 - An inclusive, valued and well-trained workforce

3 Main issues

- 3.1 As outlined in the 'Background' section there is a clear framework of 'what works' to promote healthy ageing set out by WHO and longstanding commitment from partners to work towards this. The key issues affecting older people in Leeds are understood and plans are in place to address these through the Age Friendly Strategy and priorities identified to deliver the outcomes of the Healthy Leeds Plan e.g. Falls, Cancer.
- 3.2 The local 2023 Director of Public Health and also the national Chief Medical Officer reports will have a healthy ageing focus. This, along with the ongoing commitment to Age Friendly as a priority in the Health & Wellbeing Strategy review provides a platform for us to review again how we are doing in relation to our Age Friendly and healthy ageing ambitions, as well as look at what we could strengthen or do differently.
- 3.3 Progress on achieving the Age Friendly ambition is documented in the annual report of the 2022-2025 strategy and plan (see Appendix B). Furthermore, there are many examples of excellent work focussing on the wider determinants of health in the city that are contributing towards positive outcomes for healthy ageing, including but not limited to:
- Age Friendly Employers Pledge – Leeds City Council has joined 150 other organisations in signing up to the Age Friendly Employers Pledge. Age Friendly Employment is important to people aged 50+ in Leeds and we are working to expand this across other organisations in the city. The State of the City event later this year will also be an opportunity to discuss how we can improve employment outcomes for people aged 50+.
 - Partnership with the Centre for Ageing Better (CfAB) - Leeds City Council (led by A&H/PH), the Centre for Ageing Better and Leeds Older People's Forum (LOPF) had a five year formal partnership and Memorandum of Understanding. A formal report on the successes and learning of this partnership, centred on 'what works' to make Leeds a better place to live and age for anyone aged 50+ has now been published: [Making Leeds the best city to grow old in - the power of partnership](#)³. This illustrates how joint work on age-friendly homes, transport, neighbourhoods

³ [Making Leeds the best city to grow old in - the power of partnership \(opforum.org.uk\)](#)

and employment influenced local and national practice, and how this work can continue to support the city's ambition to become the best place to grow old in.

- Developing community and third sector capacity for Age Friendly Communities and Healthy Ageing:
 - Leeds Older Peoples Forum's [Friendly Communities Programme](#)⁴ (funded by LCC Adults & Health, drawing in additional funding from the Zurich Foundation) supports businesses and organisations to become Age and Dementia Friendly (125 total current; ambition to reach 250 by 2025/26), recruits Age Friendly Ambassadors who take action to help raise awareness and spread the Age Friendly message (276 total current; ambition to reach 500 by 2025/26) and manages an Age Friendly Steering Group which supports older people to get involved in key consultations, plans and projects that matter to them.
 - The 34 Neighbourhood Networks (NN) in Leeds offer community based, locally led organisations that support older people to live independently and participate within their own communities. They have a specific focus on the following outcomes: reducing social isolation and loneliness; increasing the contribution and involvement of older people; increasing choice and control; enhancing health and wellbeing. The Centre for Ageing Better evaluations of the [Leeds Neighbourhood Network](#)⁵ shone a light on the strengths of the NN model and its application in Leeds and is continuing to influence the development of the Networks in terms of ensuring equity in access for all older people through providing a core offer across the city, and increasing participation and involvement of older people across all communities.
 - Men's Health Unlocked, funded by the National Lottery, based with Forum Central (LOPF) coordinates a network of organisations working with men, in partnership with Barca-Leeds, Orion Partnership (Space 2, Zest) and Touchstone. Running a number of activities MHU aims to link men into services, activities and strategic decision making. MHU supports organisations and individuals, hosts regular networking meetings and coordinates communications/newsletters via local shops and businesses - taking an ABCD approach.
- Age Friendly Leeds Partnership – The Age Friendly Leeds Partnership (AFLP) is a system wide, place-based partnership that brings together the statutory, voluntary and private sectors to:
 - Address priorities identified by older people and address local priorities identified in local data.

⁴ [Friendly Communities \(opforum.org.uk\)](http://opforum.org.uk)

⁵ [Leeds Neighbourhood Network \(ageing-better.org.uk\)](http://ageing-better.org.uk)

- Build awareness of Age Friendly priorities and actions
 - Assess how Age Friendly the city is.
 - Support Age Friendly initiatives in our communities, empowering members to develop and put actions in place.
 - Develop and put actions in place in relation to identified themes/priorities.
- Citywide work relating to population health, long-term conditions, the Healthy Leeds Plan and in secondary care is also delivering actions that will benefit older people in Leeds. This include injuries to people living with frailty due to falls and the prevalence of multiple long term conditions. This presents an opportunity to contribute to a reduction in avoidable admissions with a focus on primary prevention and healthy ageing. Some examples include:
 - Enhance is coordinated by LOPF in partnership with Leeds Community Healthcare to support safe and sustainable discharge from hospital and Neighbourhood Teams into a secure home environment. The programme links third sector organisations with LCH Neighbourhood Teams and other agencies to avoid delayed discharges and readmissions for individuals, and to enhance capacity throughout the system.
 - The Falls Steering Group – The purpose of the steering group is to: (1) act as the strategic partnership across health, care and partner organisations in developing the falls pathway. (2) Oversee the development of a whole systems approach to falls prevention and falls response. Work has recently been undertaken to review needs, strengths and gaps in relation to falls and falls prevention, which is informing future priorities for the steering group.
 - Leeds Teaching Hospitals Trust – The trust is delivering a number of actions that contribute to healthy ageing including support for patients to ‘get up get dressed and keep moving’, development of a healthy ageing discharge pack, an activity coordinator in neurology and Social Prescribers in the Emergency Department.
 - NHS Health Checks – This check-up is for adults in England aged 40-74 and can help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. Plans are being developed to deliver some catch-up activity of NHS Health Checks (due to the impact of the COVID-19 pandemic on delivery in previous years) and testing of community delivery approaches of NHS Health Checks which shall be reviewed/evaluated.
 - Blood Pressure Wise (BPW) Community Pilot - Following the success of the workplace BPW service, this community focused pilot focused on hypertension awareness raising and blood pressure testing within 4 targeted Primary Care Networks: Burmantofts Harehills & Richmond Hill, Chapeltown, Middleton and Seacroft. The 6 month intervention had an excellent reach into key target groups with 17.5% of the 647 people tested being identified as having a high blood pressure.

- NHS Diabetes Prevention Programme – This programme identifies those age 50+ that are at high risk of developing Type 2 diabetes and supports them to access an evidence based intensive behaviour change programme.

4 Health and Wellbeing Board governance

4.1 Consultation, engagement and hearing citizen voice

4.1.1 The Age Friendly strategy and action plan has been shaped by a long history of consultation and engagement. Ensuring Leeds is an Age Friendly city has been identified as a priority area by older people themselves. Consultation and engagement over the years is referenced in the Age Friendly Leeds Strategy (see appendix A). Most recently, the [State of Ageing in Leeds Qualitative Engagement](#)⁶ reports on engagement with older people to understand their experiences and priorities around ageing, ultimately providing actionable suggestions on how Age Friendly Leeds can support and improve people's lives as they age.

4.1.2 Consultation and engagement around key issues affecting older people is also conducted on an ongoing basis including Leeds Older People's Forum quarterly Trending Elders Survey, the Age Friendly Steering Group, quarterly Age Friendly Partnership meetings. Further consultation and engagement is being planned through specific pieces of work including but not limited to the 2023 Director of Public Health Report and Creative Healthy Ageing Project.

4.2 Equality and diversity / cohesion and integration

4.2.3 Equality and inequality are key components of the healthy ageing work in the city. Our review of the needs of older people ensures we consider and understand the diversity of the older population. The diverse needs of older people are also considered in the Age Friendly Strategy, which acknowledges the barriers faced by older people who are, or are at risk of, being vulnerable or disadvantaged. The strategy highlights 'inequalities' as a cross cutting priority with aims to put interventions in place to remove or reduce these barriers. This includes protected characteristics and the intersection with age e.g. age, gender, ethnically diverse communities.

4.3 Resources and value for money

4.3.4 Local plans aligned to a clear framework of 'what works' to promote healthy ageing (set out by WHO) ensure that we are making best use of local resources. Programmes of work are reviewed to ensure that outcomes are being achieved and to align future plans to enable better use of resources and value for money. Furthermore, the approach of Age Friendly Leeds and board is to embed age friendly and healthy ageing into policies, plans and delivery of services. This

⁶ [State of Ageing in Leeds Qualitative Report \(ageing-better.org.uk\)](#)

ensures we are getting best use of existing resources to improve outcomes for older people.

4.4 **Legal Implications, access to information and call In**

4.4.5 There are no legal implications, access to information and call-in implications arising from this report.

4.5 **Risk management**

4.5.1 Potential for reducing resources within organisations to impact on capacity to deliver on age friendly and healthy ageing actions. Mitigation will include discussion of progress on committed actions at the Age Friendly Board and direction from the Health & Wellbeing Board on how the system can support, work together and embed ambitions relating to Age Friendly, healthy ageing and secondary prevention across the city.

5 **Conclusions**

5.1 A clear framework of 'what works' to promote healthy ageing set out by World Health Organisation and longstanding commitment from partners to work towards this.

5.2 The key issues affecting older people in Leeds are understood and plans are in place to address these through the Age Friendly Strategy, citywide work relating to population health population and priorities identified to deliver the outcomes of the Healthy Leeds Plan.

5.3 This update, along with the review of the Health & Wellbeing Strategy provides an opportunity to share plans and look at what we could strengthen or do differently to better support and embed ambitions relating to Age Friendly, healthy ageing and secondary prevention across the across the system.

6 **Recommendations**

The Health and Wellbeing Board is asked to:

- Note the update on current key issues relating to healthy ageing in Leeds, including the Age Friendly ambition and wider work across the system.
- Provide direction on how the system can support and embed ambitions relating to Age Friendly and healthy ageing across the city.
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7 **Background documents**

Age Friendly Leeds Strategy

Age Friendly Leeds Annual Report 2022-2023

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#TeamLeeds

Implementing the Leeds Health and Wellbeing Strategy 2016-21

How does this help reduce health inequalities in Leeds?

The context in which older peoples' work operates acknowledges that outcomes and experiences of older people from different backgrounds are not equal. For example, those living in the more deprived areas will spend 10-15 more years towards later life in poorer health. This along with other inequalities means that older people from different background will have very different experiences of 'ageing'. Inequalities in older age are cumulative and have a significant impact on a person's health, wellbeing and independence. A focus on reducing inequalities and improving the health of the poorest fastest is a key focus for our healthy ageing work.

How does this help create a high quality health and care system?

The purpose of the paper is to outline work to date on system wide work in relation to healthy ageing and discuss how the system can support, work even better together and embed ambitions relating to Age Friendly, healthy ageing and secondary prevention across the city.

How does this help to have a financially sustainable health and care system?

Embedding 'what works' to promote healthy ageing (set out by World Health Organisation) will contribute to primary prevention and secondary prevention, which should result in less people requiring health and care services.

Future challenges or opportunities

As outlined in the paper the recommendations highlight future opportunities to strengthen actions. In addition the forthcoming local DPH annual report and national CMO report will provider further opportunities to review and challenge our actions for healthy ageing.

Priorities of the Leeds Health and Wellbeing Strategy 2016-21	
<small>(please tick all that apply to this report)</small>	
A Child Friendly City and the best start in life	X
An Age Friendly City where people age well	X
Strong, engaged and well-connected communities	X
Housing and the environment enable all people of Leeds to be healthy	X
A strong economy with quality, local jobs	X
Get more people, more physically active, more often	X
Maximise the benefits of information and technology	
A stronger focus on prevention	X

Support self-care, with more people managing their own conditions	X
Promote mental and physical health equally	X
A valued, well trained and supported workforce	
The best care, in the right place, at the right time	X