

Report of: Victoria Eaton - The Director of Public Health

Report to: Leeds Health and Wellbeing Board

Date: 23rd July 2024

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

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|---|---|--|
| 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 checked="" type="checkbox"/> Yes | <input 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

The Director of Public Health Annual Report 2023 brings together lived experiences alongside a review of data and evidence relating to ageing well. This report outlines the key findings and recommendations contained within the DPH Annual Report focussed on system wide actions to reduce inequalities and increase the number of years spent in good health.

Recommendations

Health and Wellbeing Board are recommended to:

- Note the findings and recommendations of the 2023 Director of Public Health Annual Report.
- Discuss city wide actions that will contribute to delivering the recommendations within the 2023 Director of Public Health Annual Report.

1. Purpose of this report

This item provides the Health & Wellbeing 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 DPH Annual Report, focussed on actions to increase the number of years spent in good health.
- Opportunity to review strengths and areas for improvement linked to a range of priorities within the Health & Wellbeing Strategy that relate to ageing well, in particular the ambition for Leeds to be an Age Friendly City.
- A progress update on priorities in the Director of Public Health Annual Report 2022.

2. Background information

- 2.1 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'.
- 2.2 Leeds has a longstanding commitment to be Age Friendly and there are many things we are doing to support ageing well in Leeds as outlined in the Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds.
- 2.3 There is lots more we can all do to support ageing well and increase the number of years that people in Leeds spend in good health, which are outlined in the DPH Annual Report 2023.
- 2.4 Due to the timing of the publication of the Director of Public Health Annual Report 2023 and the Joint Strategic Assessment (JSA) for Leeds, the report will form a key component of the JSA.

3. Main issues

Key Findings

- 3.1 The following outlines the key findings in the Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds:
- 3.2 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.

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.

- 3.3 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.
- 3.4 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.
- 3.5 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.
- 3.6 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.
- 3.7 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.

4. Recommendations

- 4.1 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:
- 4.2 Recommendation 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.

- 4.3 Recommendation 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.
- 4.4 Recommendation 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.
- 4.5 Recommendation 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.
- 4.6 Recommendation 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.
- 4.7 Recommendation 6: All partners, individuals and communities to challenge negative stereotypes relating to ageing, including loss of value, discrimination and ageism.
- 4.8 Recommendation 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.
- 4.9 Recommendation 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.
- 4.10 Recommendation 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.

5. Health and Wellbeing Board governance

5.1 Consultation, engagement and hearing citizen voice

- 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.

5.2 Equality and diversity / cohesion and integration

- The Director of Public Health Annual Report 2023 uses data and the voices of people in later life to shine a light on inequalities in the experiences of ageing well amongst different groups such as the differences for people living in the most deprived areas of Leeds, people in different age ranges, ethnically diverse communities, men and women and disability/long term conditions. The findings in the report identified differences in ageing well outcomes for particular communities and recommendations in order to address these.
- Strong, positive, social connections are an important factor in ageing well and was identified as an important key finding for the report. As a result, recommendation 3 in the report has a focus on reviewing and increasing opportunities for social connections in later life, and implementing this recommendation will help to promote cohesion and integration.

5.3 Resources and value for money

- There is a strong economic case for supporting healthy ageing.
- No additional resources needed. However, implementing recommendations of the Annual Report will:
 - 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.
 - Embed ageing well into all policies and services.

5.4 Legal Implications, access to information and call In

- None known

5.5 Risk management

- There is potential for the current financial challenges to have implications on implementing recommendations across the system. 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.
- There is a strong economic case for supporting healthy ageing. As a result, 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.

6. Conclusions

- 6.1 There are many things we are doing to support ageing well in Leeds. However, the key findings highlight that there is lots more we can all do to support ageing well in Leeds in order to increase the number of years that people in Leeds spend in good health.

6.2 The report's recommendations outline system wide actions to reduce inequalities and increase the number of years spent in good health.

7. Recommendations

The Health and Wellbeing Board is asked to:

- Note the findings and recommendations of the 2023 Director of Public Health Annual Report.
- Discuss city wide actions that will contribute to delivering the recommendations within the 2023 Director of Public Health Annual Report.

8. Background documents

- Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds – Film
- Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds – Executive Summary
- Director of Public Health Annual Report 2023 - Ageing Well: Our Lives in Leeds

Available at: [Leeds Observatory – DPH report](#)

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Implementing the Leeds Health and Wellbeing Strategy 2023-30

How does this help reduce health inequalities in Leeds?

The Director of Public Health Annual Report 2023 uses data and the voices of people in later life to shine a light on inequalities in the experiences of ageing well amongst different groups such as the differences for people living in the most deprived areas of Leeds, people in different age ranges, ethnically diverse communities, men and women and disability/long term conditions. The findings in the report identified differences in ageing well outcomes for particular communities and recommendations in order to address these.

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

The report's recommendations identify system wide actions to reduce inequalities and increase the number of years spent in good health. In particular, recommendations 1-6 will contribute to creating an Age Friendly health and care system that supports people to keep active, stay healthy and socially connected and identifies risk factors for long term conditions early.

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

There is a strong economic case for supporting healthy ageing. As a result, 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. It will also support the system to respond to our increasingly growing and diverse older population.

Future challenges or opportunities

The Director of Public Health Annual Report 2023 raises the profile of the opportunities for embedding ageing well into all current and social connectedness into future policies and services.

A review of the current Age Friendly Leeds Strategy 2022-2025 will also provide opportunities to review recommendations of the Director of Public Health Annual Report 2023 to inform future priorities.