

# Public Health Annual Report 2025 – Healthy Ageing

Adults & Health OSC  
19 February 2025

# We will cover...

National picture

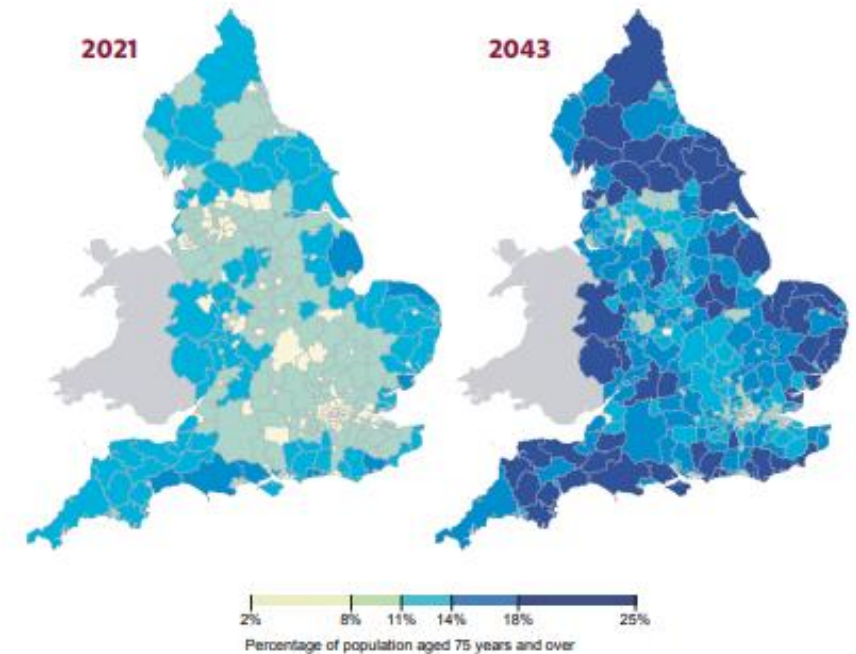
Local picture

Developing the annual report

Opportunities to engage & influence

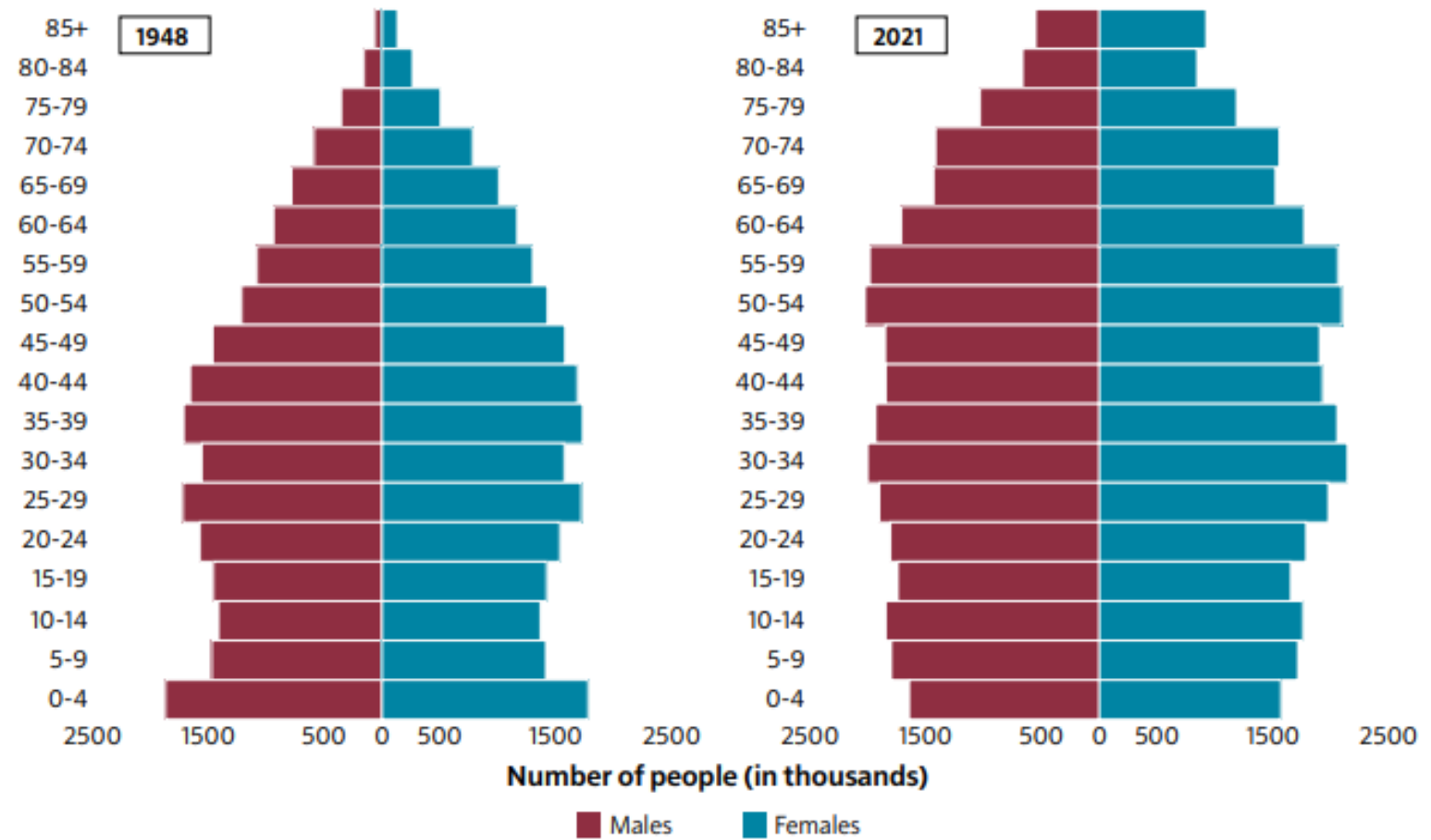
# Context: How are we ageing?

Chief Medical Officer's  
Annual Report 2023  
Health in an Ageing Society



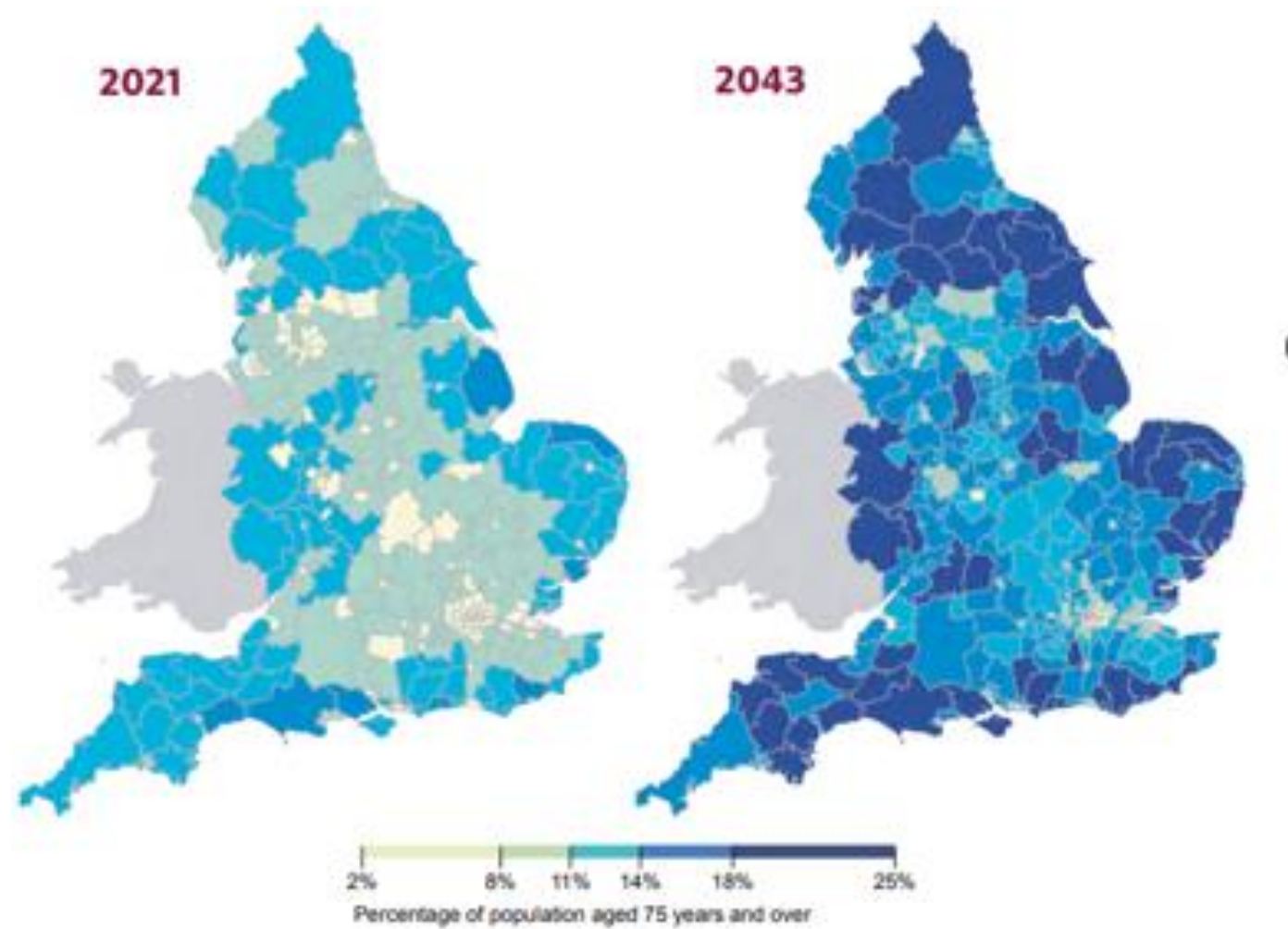
Our population **structure** is changing

Figure 2.4: Population pyramid showing the distribution of the age and sex of the population for England and Wales, 1948 and 2021



Source data: Office for National Statistics, Population estimates – England and Wales<sup>5</sup>

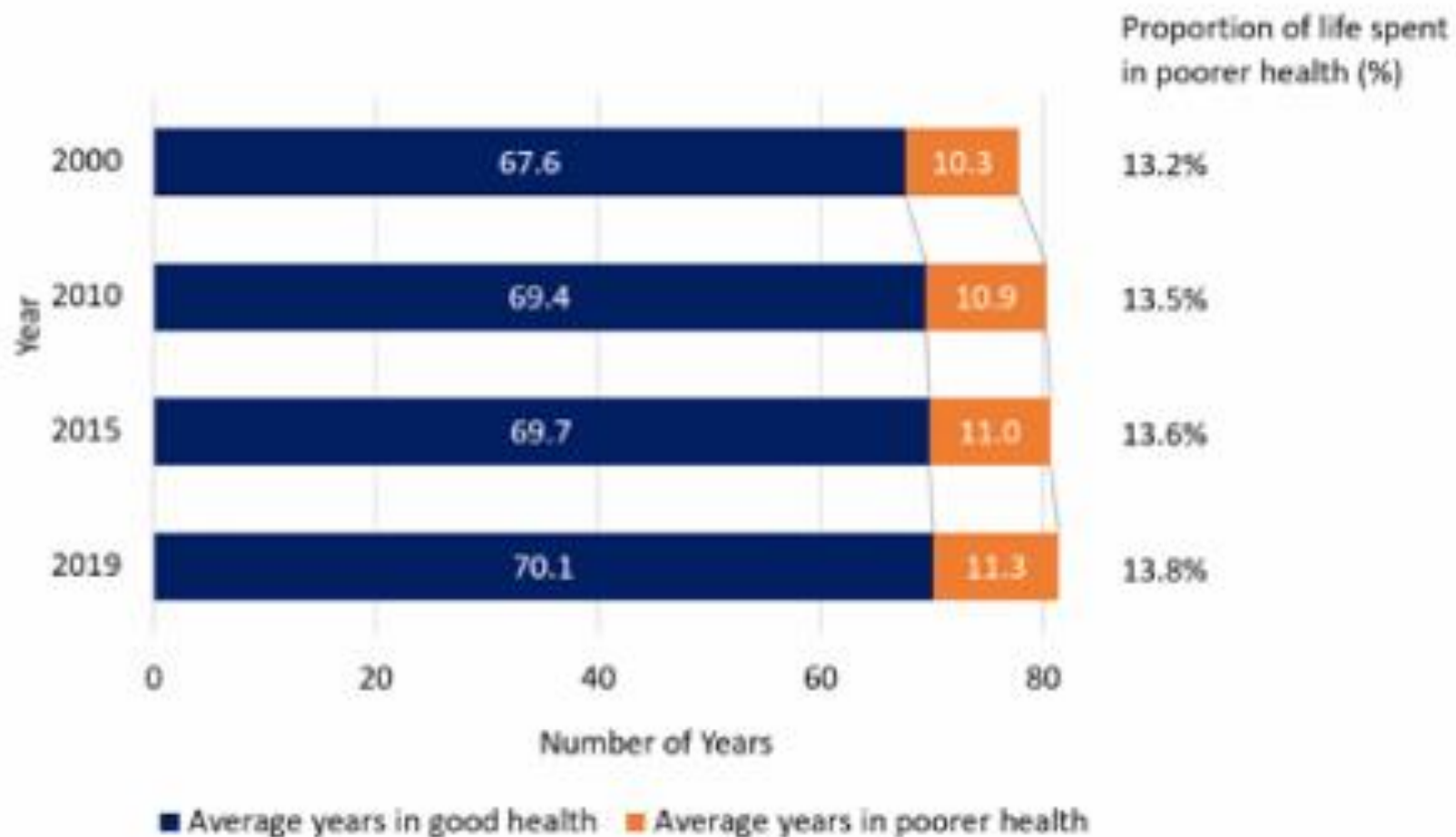
**Rural and coastal**  
areas are ageing at  
a faster rate than  
urban areas



Source data: Office for National Statistics 2021 mid-year estimates by local authority,<sup>16</sup> and 2018-based subnational population projections for 2043<sup>17</sup>

# We are living longer, but...

The absolute period of time in **poorer health** has increased



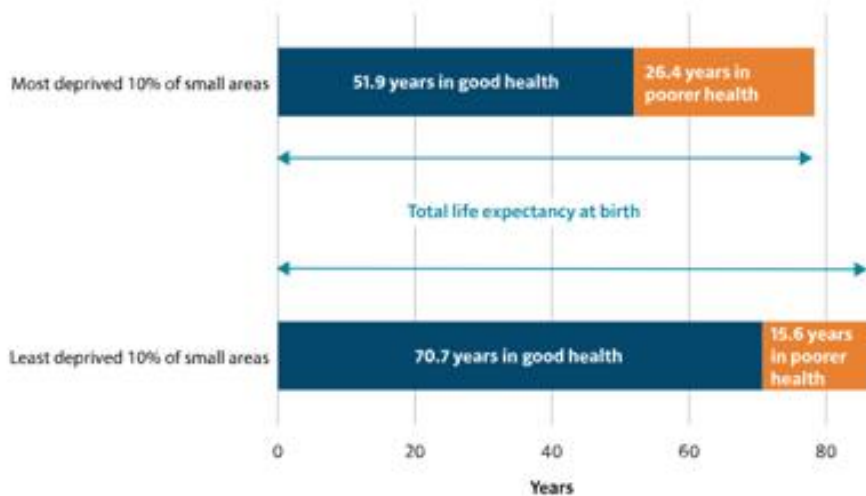
# But...

- Many people enter old age - and some get to the end of their lives - with limited restrictions from health
- Nine out of ten 80-84 year olds do not have dementia
- Eight in ten people over 90 years are not living in care homes and less than 4% of people 80-84 live in a care home



# As ever, there is an inequality gradient

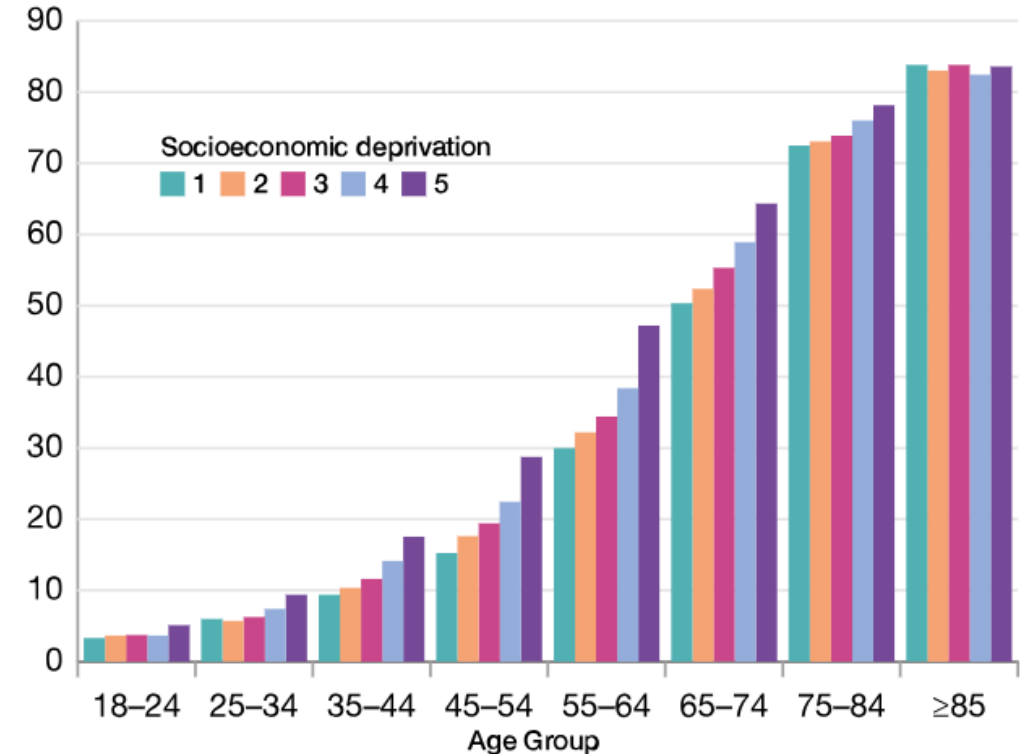
Figure 3: inequality in life expectancy and healthy life expectancy at birth for females in the most and least deprived areas in England, 2018 to 2020



Source data: ONS, Health state life expectancies by national deprivation deciles, England: 2018 to 2020 [\[footnote 6\]](#)

*We all age identically chronologically ... but biologically some people age substantially faster than others*

Patients with multimorbidity, %



(Index of Multiple Deprivation quintiles: 1 = least deprived, 5 = most deprived)



# CMO recommendations for councils, with partners

Environmental adaptation allows older adults to maintain independence and quality of life even when they have some level of disability.

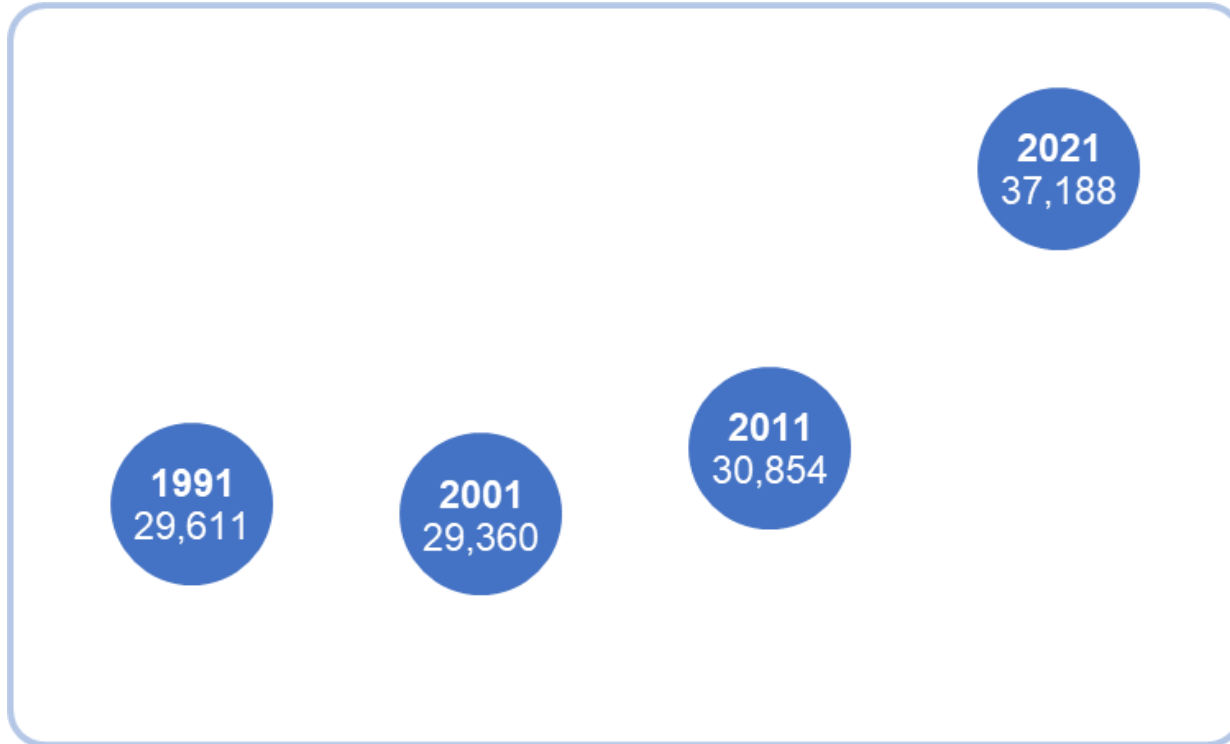
- The built environment should be adapted and optimised for older adults. This includes transport, access to places of leisure, exercise, housing.
- The geographical concentration of older adults is predictable, infrastructure needs to be improved first in those areas.
- Attracting health and care workers to these areas should be a policy priority.



Cromer, town on the north coast of Norfolk

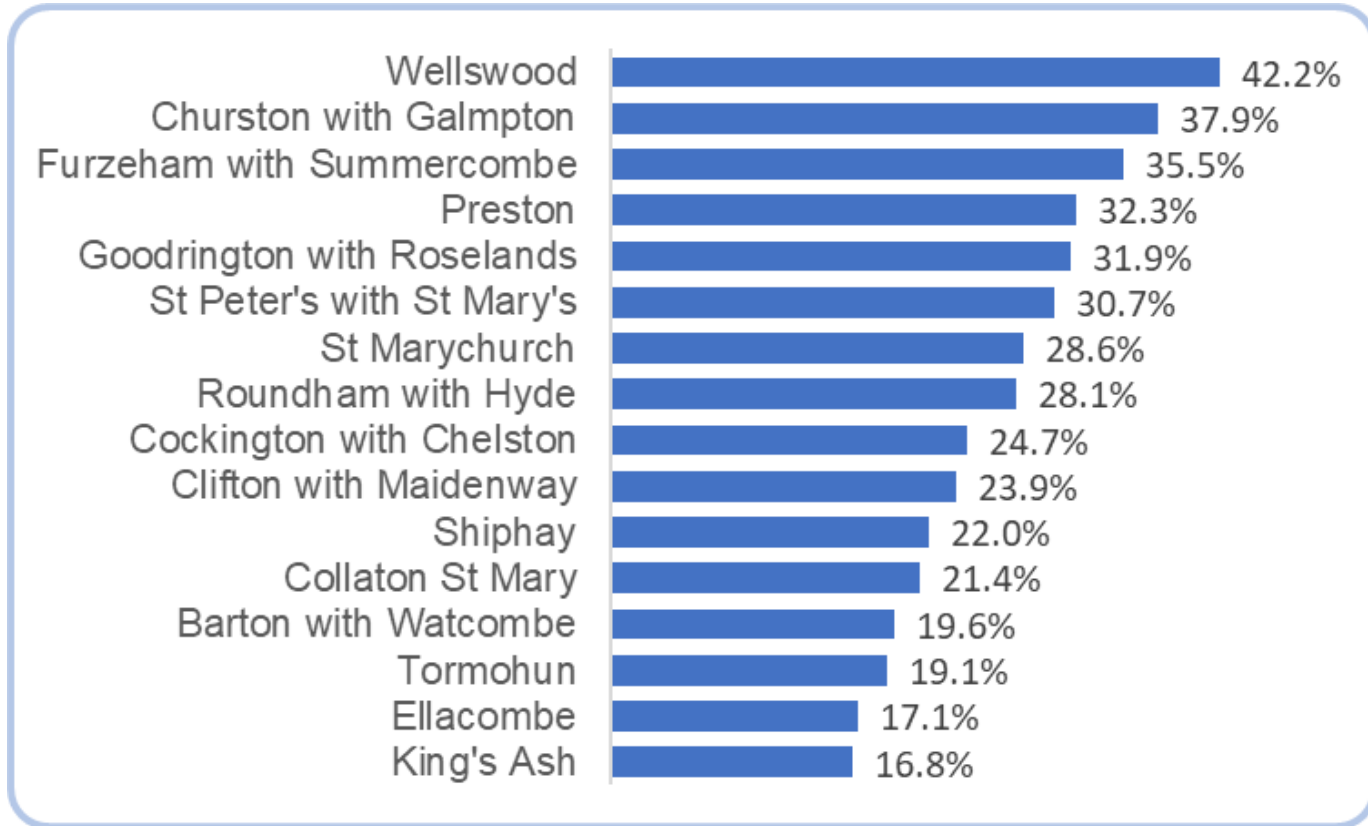


# In Torbay...



- In 2021 **26.7%** of our population was 65 and over – a significant rise
- Our total population is projected to rise from 139,222 in 2021 to 153,088 by 2043
- The proportion 65 and over is expected to be **34%** by 2043

# The picture varies by ward



The older population (65+) is **twice as high** in wards such as Wellswood, & Churston with Galmpton, compared with King's Ash and Ellacombe

Fig 201: Life expectancy at age 65 – Female

Source: Fingertips

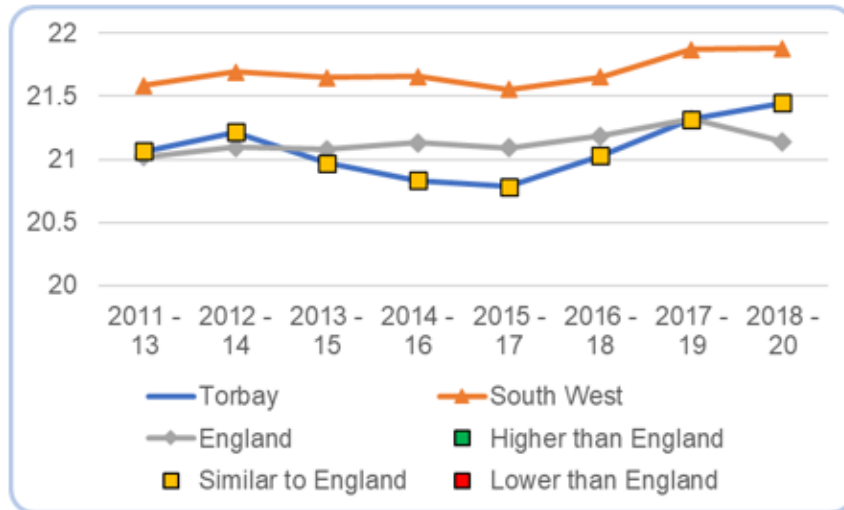
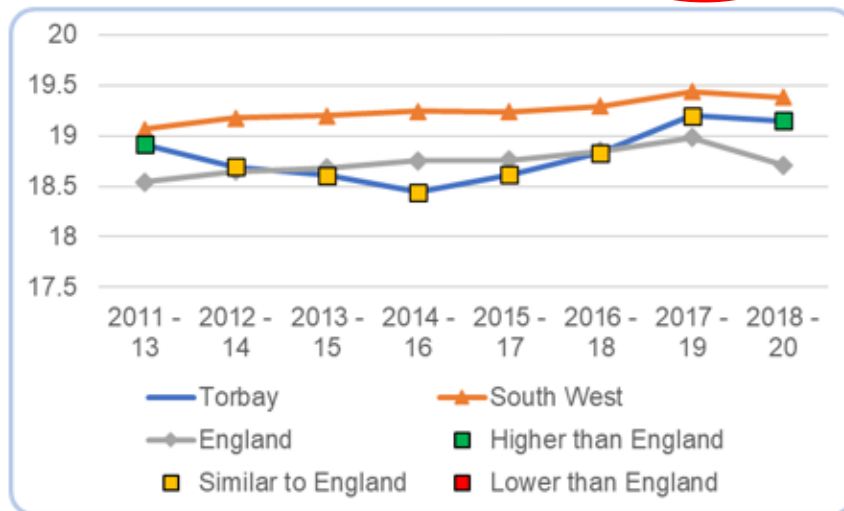


Fig 202: Life expectancy at age 65 – Male

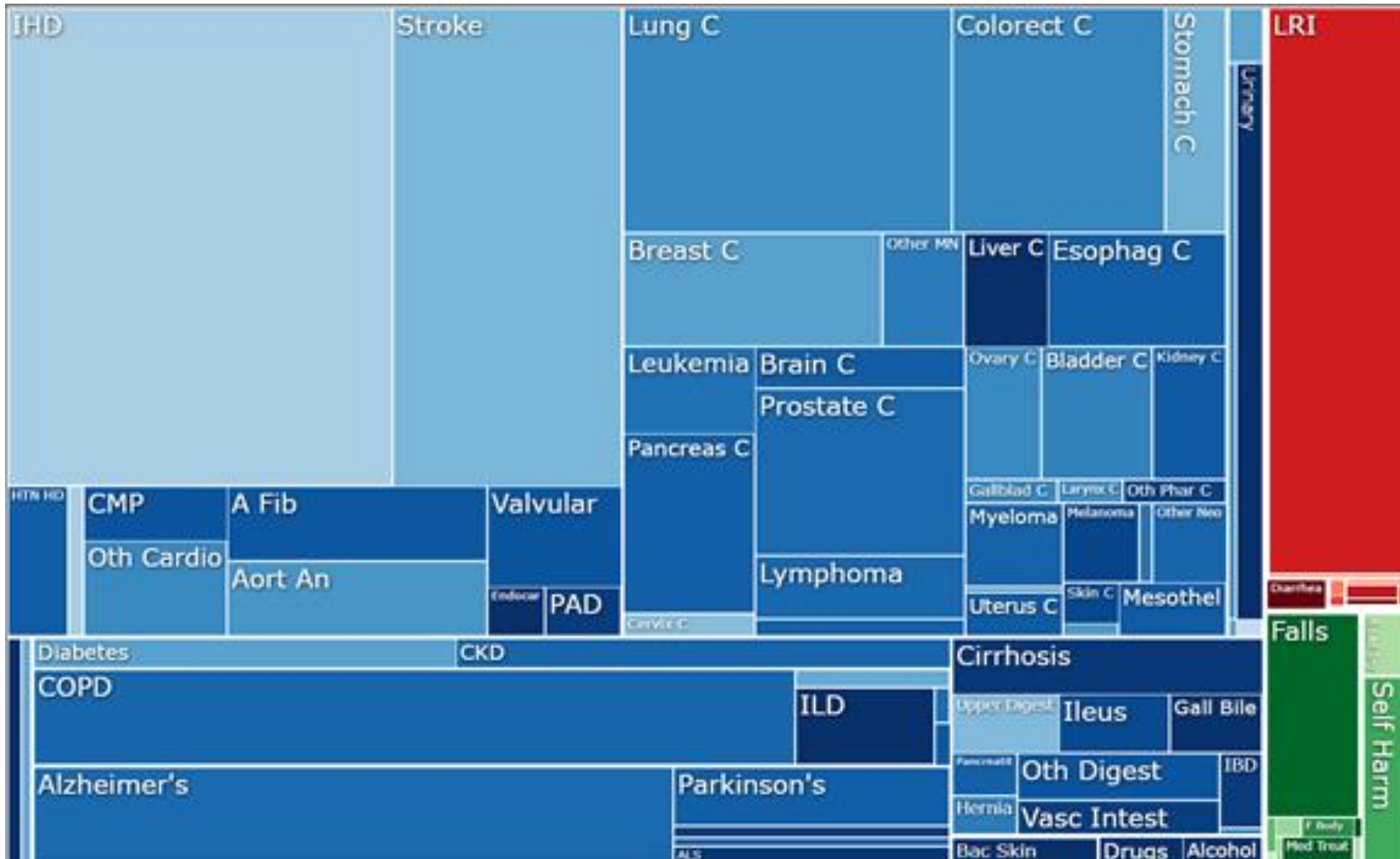
Source: Fingertips



## Life expectancy (at 65)

- Similar to England
- **2 years difference** between most and least deprived areas in Torbay
- NB people in later life may be living in different places from where they started out (with different deprivation levels, life chances)
- **Healthy life expectancy** at 65 is just 11 years (half our remaining life spent in good health)

# Which diseases are causing death and disability in Torbay?



- Top causes of death:
1. Cancers 25%
  2. Circulatory / CVD 24%
  3. Respiratory 10%

Global Burden of Disease, Torbay, all age, 2019

- LRI Lower Respiratory Tract Infections
- CMP Cardiomyopathies
- ILD Interstitial Lung Disease
- PAD Peripheral Arterial Disease

# Strategic approach to ageing - Torbay & South Devon



# Torbay & South Devon Healthy Ageing Partnership



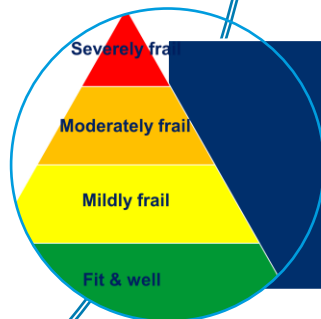
## Policy

Promoting age-friendly policies across our community & organisations



## Prevention

Preventing or delaying the onset & deterioration of frailty



## Pathways

Providing high quality, effective & personalised treatment & care

# Delivery areas

**Falls – prevention & response**

**Acute & community frailty care eg virtual ward, same day care**

**New Devonwide Dementia strategy**

**Identifying frailty, holistic assessment**

**Prevention – *Live Longer Better, Age Friendly Torbay***

**High quality End of Life Care**

**Enhanced Health in Care Homes**

**Training, communications, & engagement**



# Prevention: *Live Longer Better*





# Live Longer Better -Torbay

*Ageing is inevitable  
Frailty is not*





Live Longer Better -Torbay

- Facilitated training with groups & professionals
- Live Longer Better champions
- Community infrastructure to support people on to an active pathway
- **Physically, mentally, cognitively, socially**



**Community Builders**



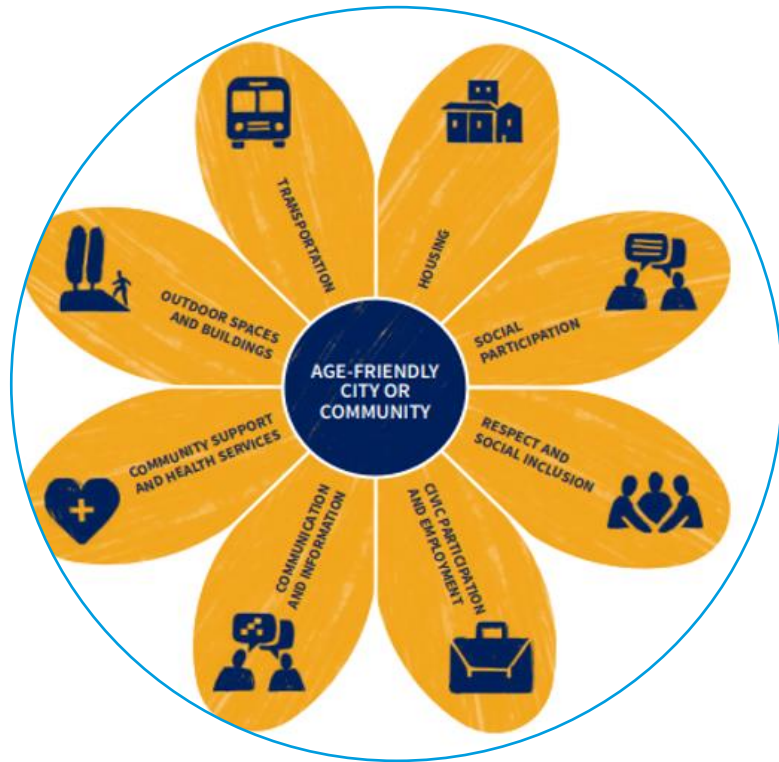
# WHO *Age-Friendly* communities



*An Age-friendly Community is a place that enables people to age well and live a good later life*

*Somewhere that people can stay living in their homes, participate in the activities they value, and contribute to their communities, for as long as possible*

# 8 Age-friendly domains



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Housing

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Transport

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Outdoor spaces and buildings

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Community support and health services

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Communication and information

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Social participation

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Respect and social inclusion

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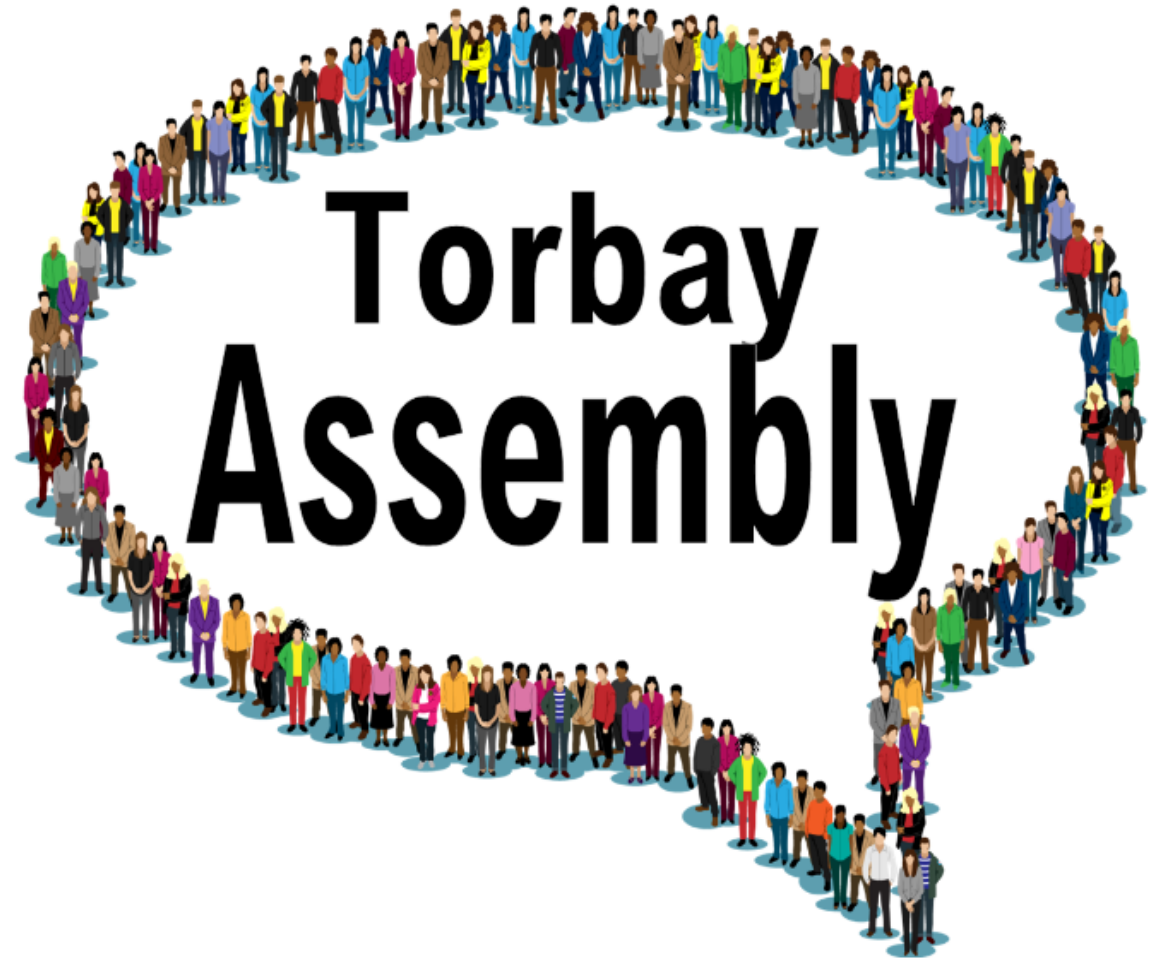
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Civic participation and employment

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# *Age Friendly* in Torbay

- Supported through the Torbay Assembly
- Signed up in 2021
- Developing across the South West



About The Assembly

Age-Friendly Torbay

# Developing our Annual Public Health Report 2025





# Why an annual report?

- Responsibility
  - Statutory requirement
- Opportunity
  - Spotlight an issue
  - Celebrate the good
  - Call to action



# Last 7 Years



Womens' Health  
in Torbay

## Getting to the heart of the matter: Cardiovascular disease in Torbay

Torbay Public Health Annual Report 2023



## The stories we tell about alcohol

Director of Public Health  
Annual Report 2022



## Public Health Annual Report 2018 Torbay on the Move



## Public Health Annual Report 2019 Growing up in Torbay



TORBAY COUNCIL

## The COVID story in Torbay

Director of Public Health  
Annual Report 2020

Month by month personal  
reflections on the response  
to Covid-19

Dr Caroline Dimond  
Director of Public Health  
Torbay Council

TORBAY COUNCIL

TORBAY COUNCIL

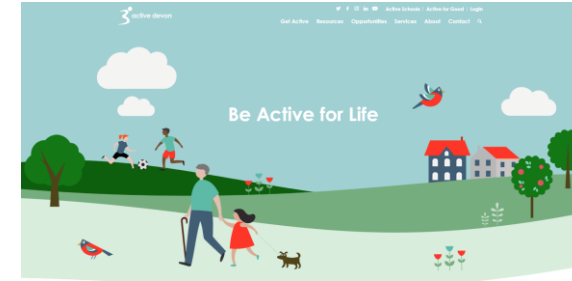
## Public Health Annual Report 2021/22

Let's have a conversation  
about mental health



# Who is it for?

- Ourselves
- Partners
- Stakeholders
- Population
- Needs to be engaging & accessible



Activity	Timeline
<b>Scoping</b> with partners	Sept – Dec 2024
Presentation of the topic + opportunity to influence	Jan – Feb 2025
<b>Insight &amp; engagement</b>	Feb – June
<b>Create content &amp; themes</b>	Jan – June
Share developing content & recommendations	May – June
Finalise content & recommendations	July - August
Production	July – Sept
<b>Publication</b>	Oct
<b>Implementation</b> plan	Oct - Dec

**Timetable  
2025**

## Concepts of ageing & 'healthy ageing'

- Biological & chronological ageing
- Public perceptions of ageing

## The opportunity gap

- Potential gain in healthy life years?

## Life course approach

- Thinking ahead
- Impact of modifying behaviours earlier in life

## Cultural attitudes

- Positive framing
- Less stigma, more 'assets'

## Environmental ageing

- *Age Friendly Communities*
- Reducing social isolation, promoting access, connections & wellbeing

# Partnership & engagement

## Torbay Citizens Assembly

- Partners
- Co-design
- Case studies

## Wider community

- Cultural attitudes & perspectives
- Inter-generational conversations
- With ECSW

## Council teams

- Opportunities through planning, transport, housing, regeneration
- Age Friendly / Child Friendly

## Other partners

- Active Devon
- Torbay & SD Healthy Ageing Partnership
- NHS
- 'Critical friends'

# Invitation to members & colleagues

- Share existing work or plans with an ageing focus, or potential to promote healthy ageing
- Identify opportunities for working in collaboration
- Identify themes you would like to see reflected in the recommendations

Some existing examples:

- *Age Friendly Charter*
- *Age Friendly Watcombe*
- *Local Transport Plan*
- *Torbay on the Move*