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Date: Thursday, 20 February 2025

Governance Support
Town Hall
Castle Circus
Torquay
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Dear Member

**ADULT SOCIAL CARE AND HEALTH OVERVIEW AND SCRUTINY SUB-BOARD -
WEDNESDAY, 19 FEBRUARY 2025**

I am now able to enclose, for consideration at the Wednesday, 19 February 2025 meeting of the Adult Social Care and Health Overview and Scrutiny Sub-Board, the following reports that were unavailable when the agenda was printed.

Agenda No	Item	Page
5.	Annual Public Health Report 2025 on Healthy Ageing	(Pages 35 - 66)

Yours sincerely

Governance Support
Clerk

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Public Health Annual Report 2025 – Healthy Ageing

Adults & Health OSC
19 February 2025

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Agenda Item 5

We will cover...

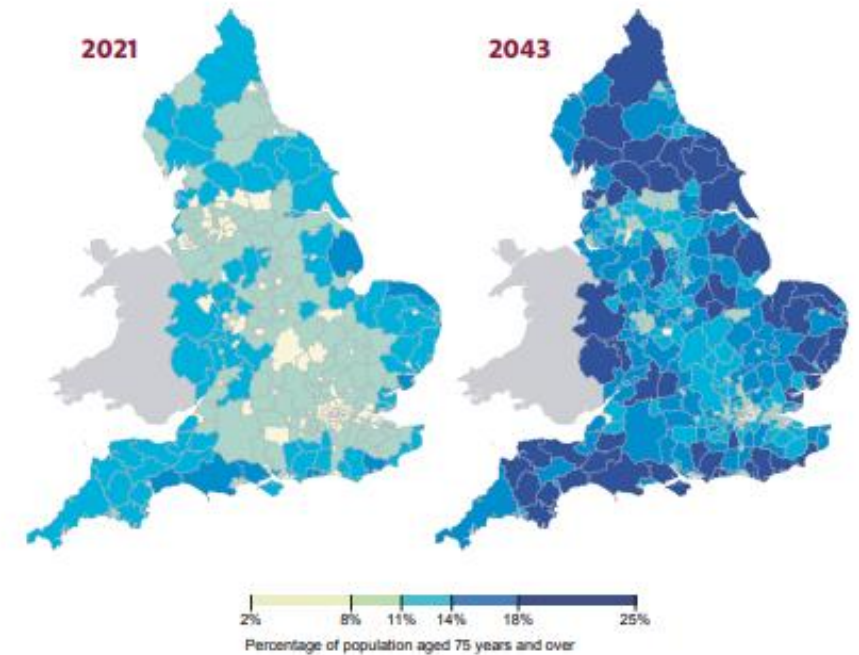
National picture

Local picture

Developing the annual report

Opportunities to engage & influence

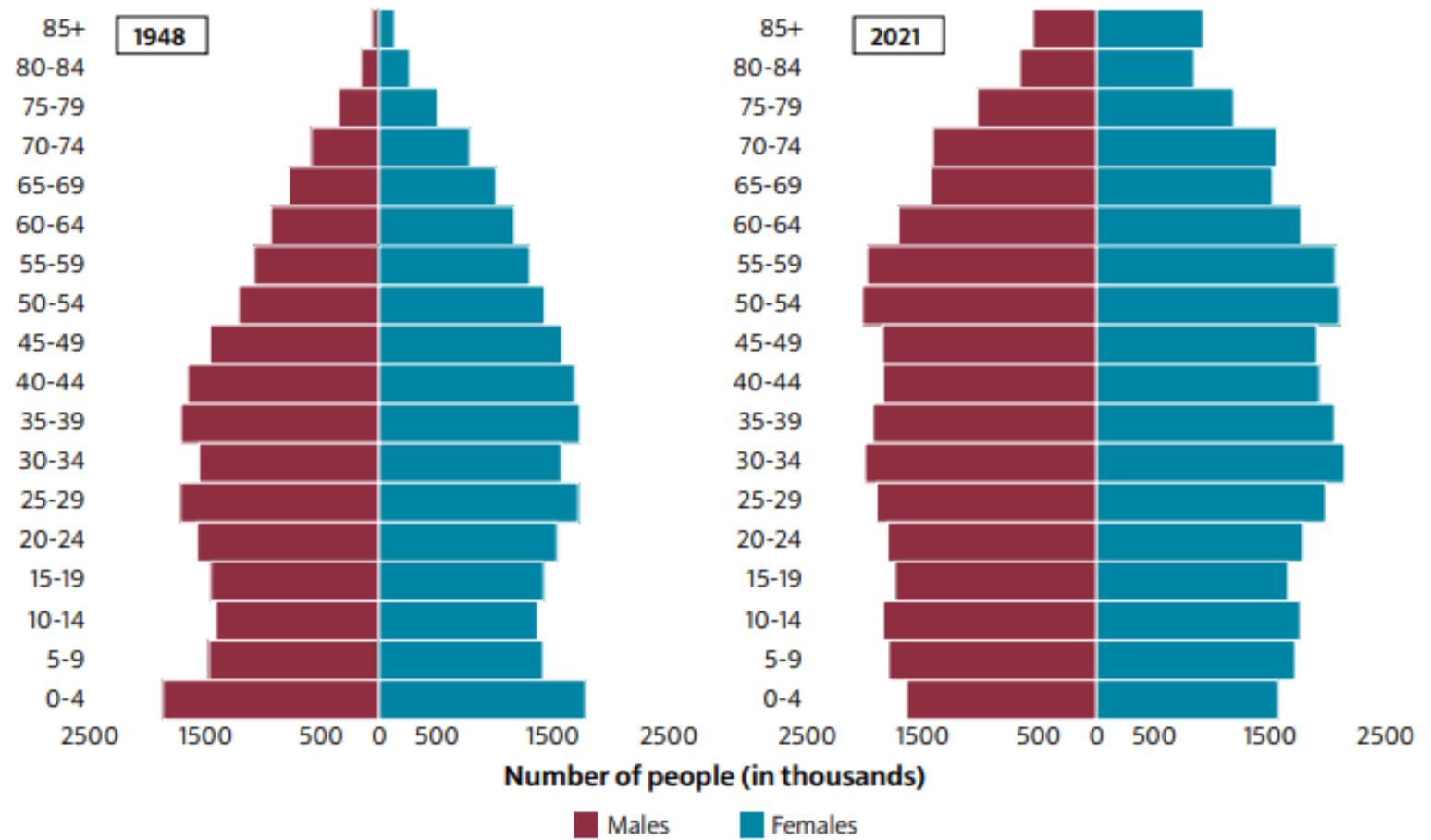
Context: How are we ageing?



Our population structure is changing

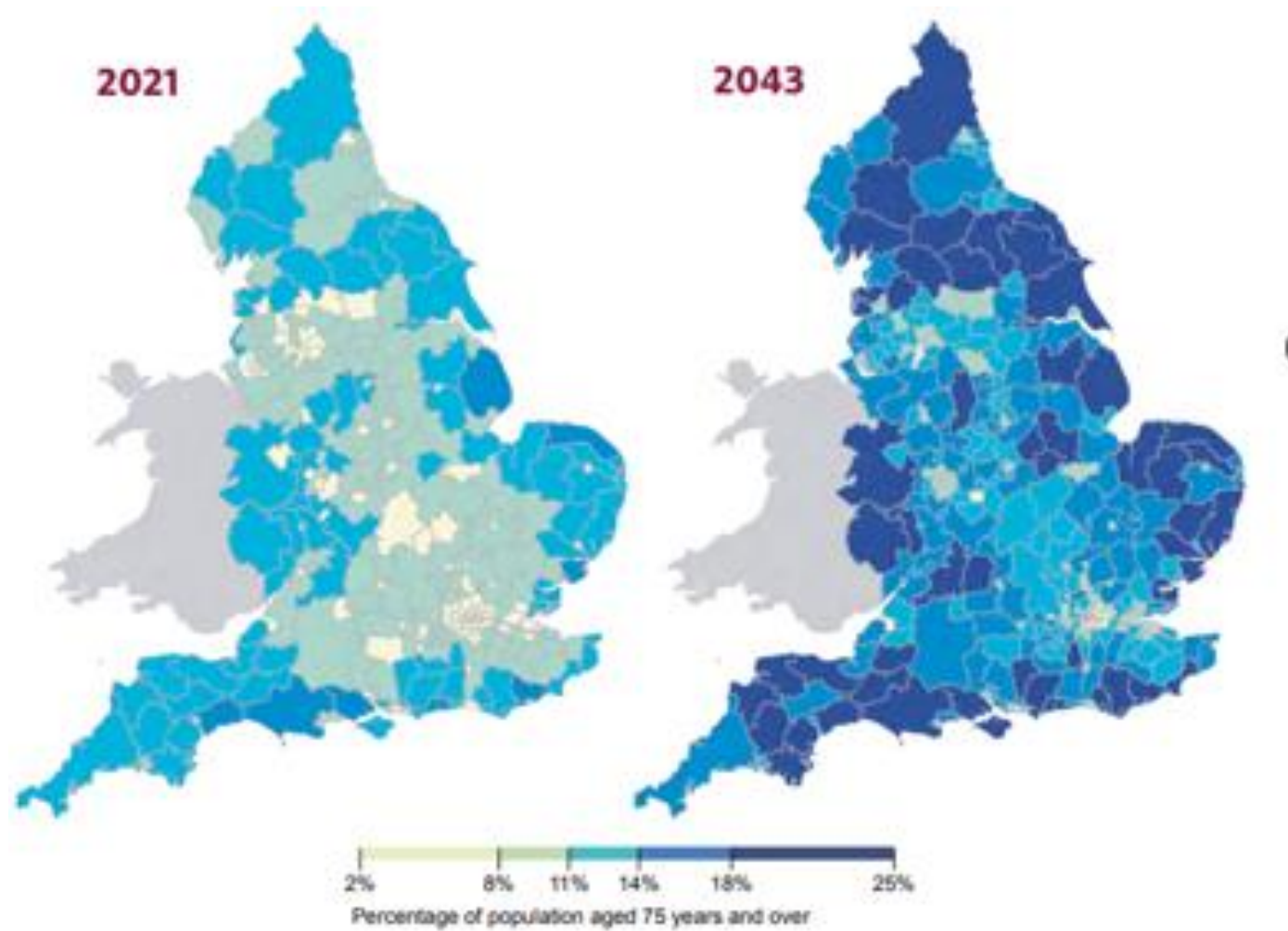
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Figure 2.4: Population pyramid showing the distribution of the age and sex of the population for England and Wales, 1948 and 2021



Source data: Office for National Statistics, Population estimates – England and Wales⁵

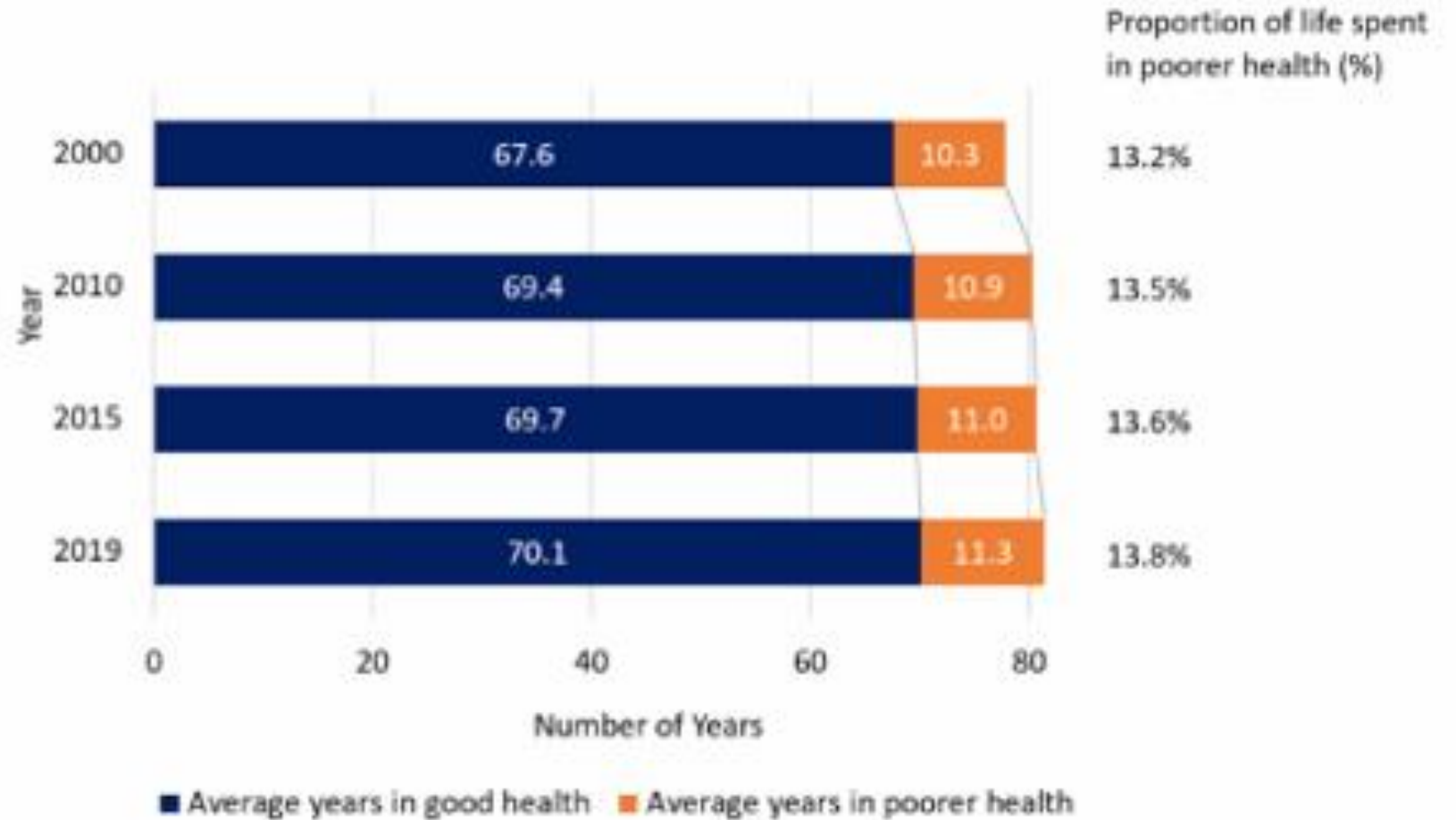
Rural and coastal areas are ageing at a faster rate than urban areas



Source data: Office for National Statistics 2021 mid-year estimates by local authority,¹⁰ and 2018-based subnational population projections for 2043¹¹

We are living longer, but...

The absolute period of time in poorer health has increased



But...

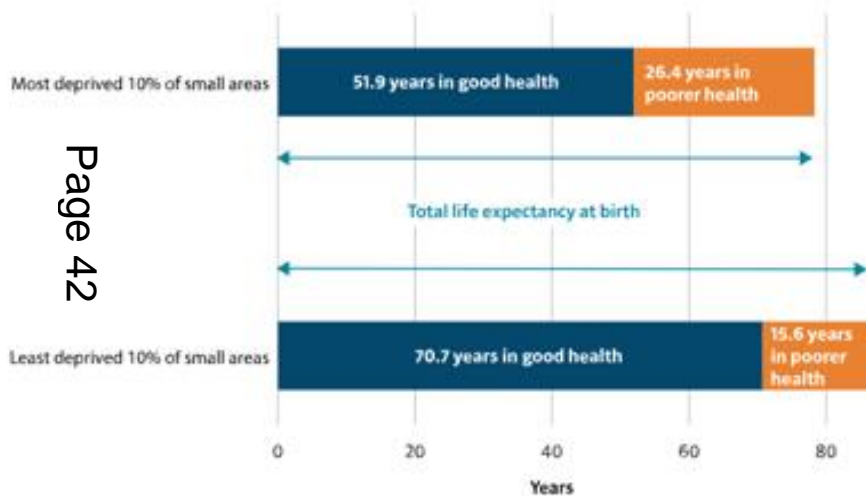
- Many people enter old age - and some get to the end of their lives - with limited restrictions from health
- Nine out of ten 80-84 year olds do not have dementia
- Eight in ten people over 90 years are not living in care homes and less than 4% of people 80-84 live in a care home

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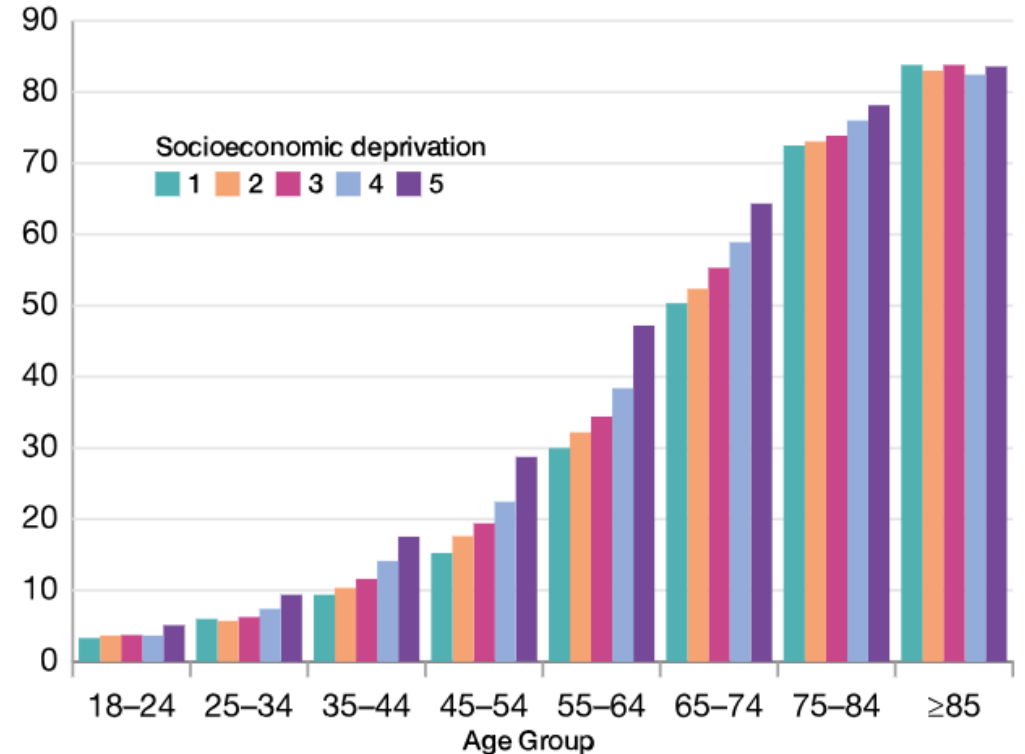
As ever, there is an inequality gradient

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



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)

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

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.

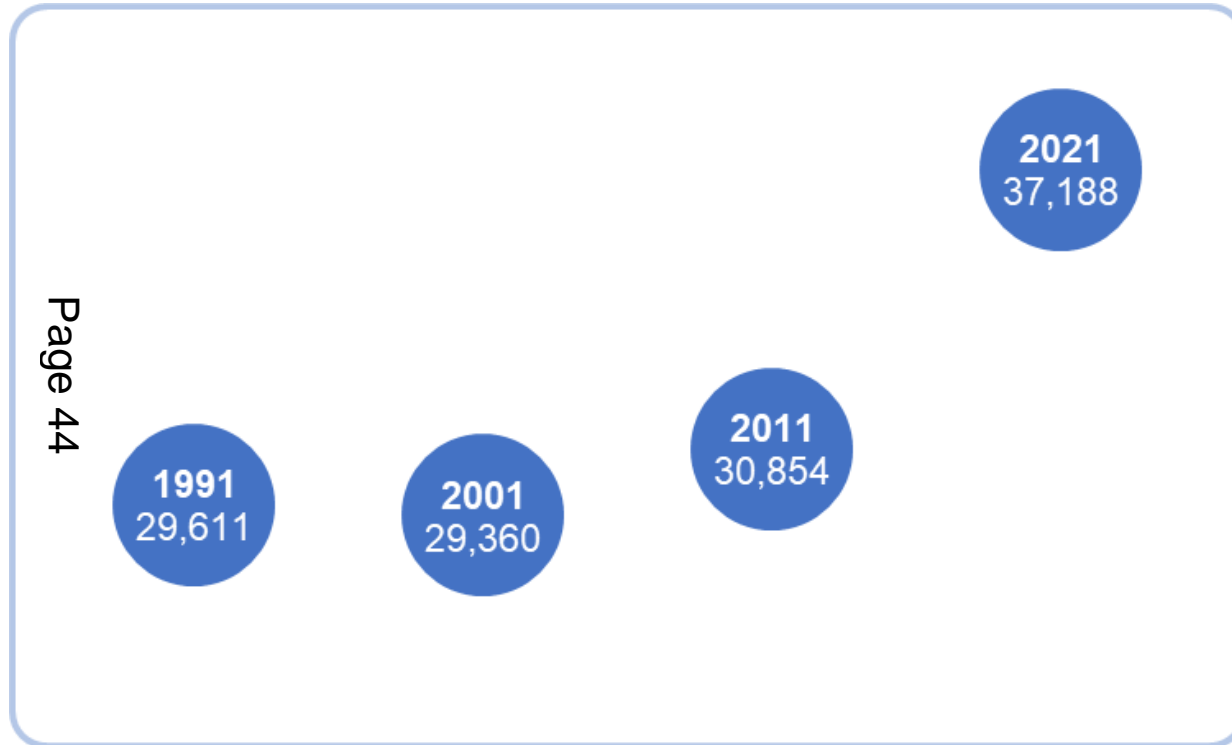
- The built environment should be adapted and optimised for older adults. This includes transport, access to places of leisure, exercise, housing.
- The geographical concentration of older adults is predictable, infrastructure needs to be improved first in those areas.
- Attracting health and care workers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



Cromer, town on the north coast of Norfolk

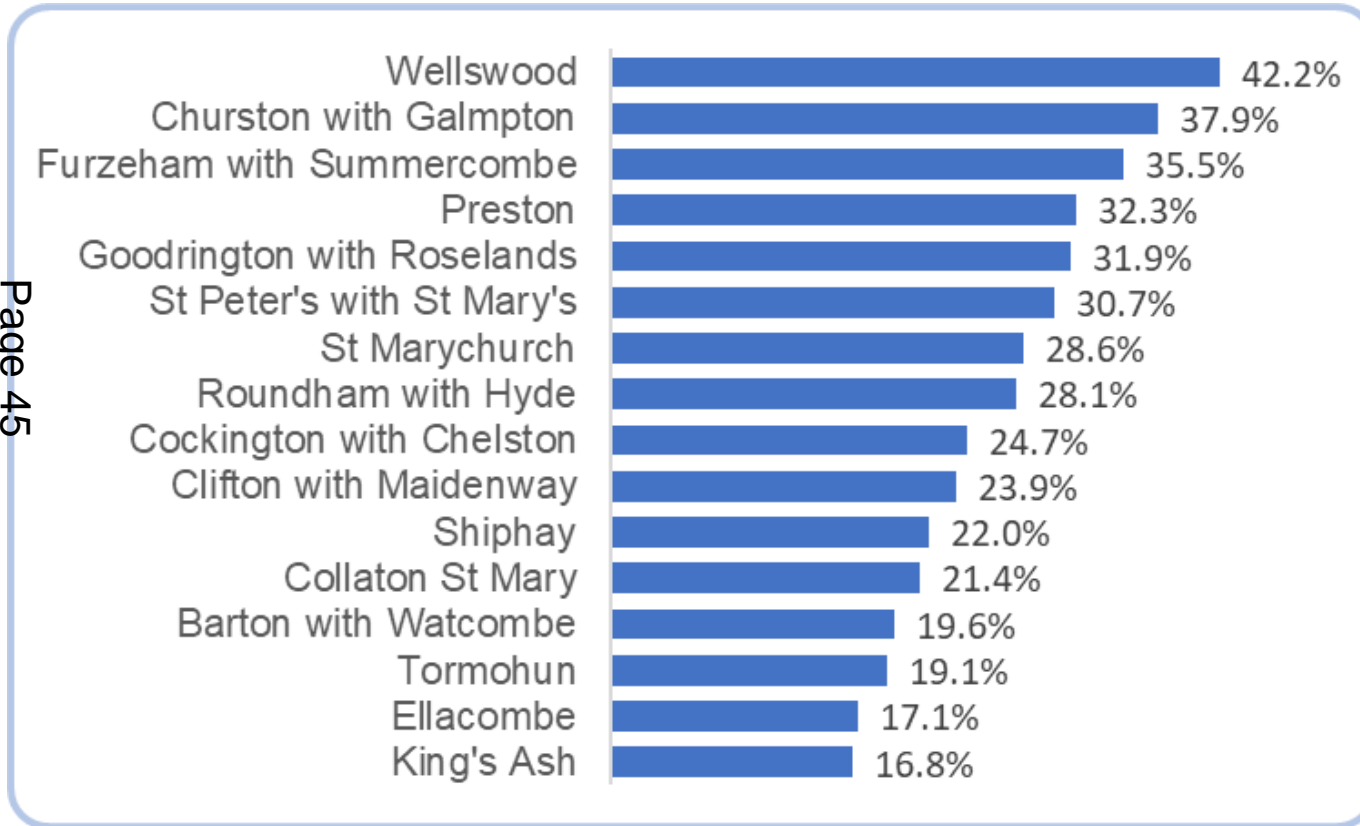


In Torbay...



- 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

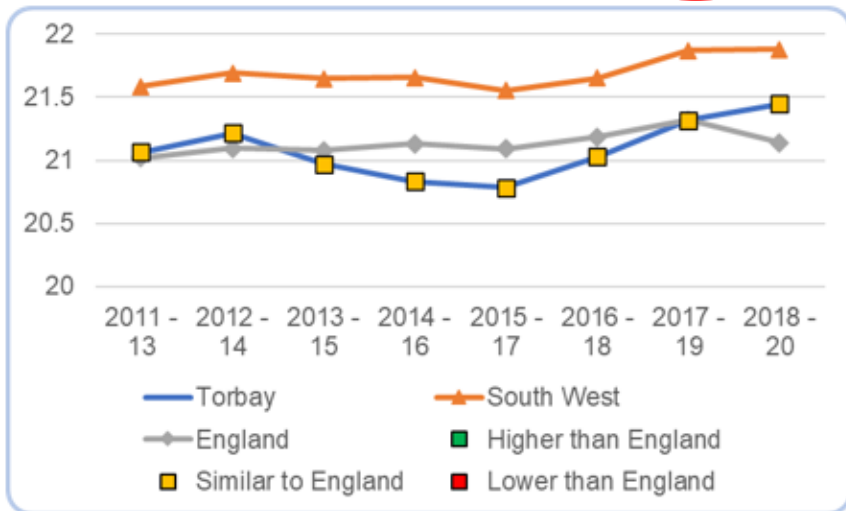
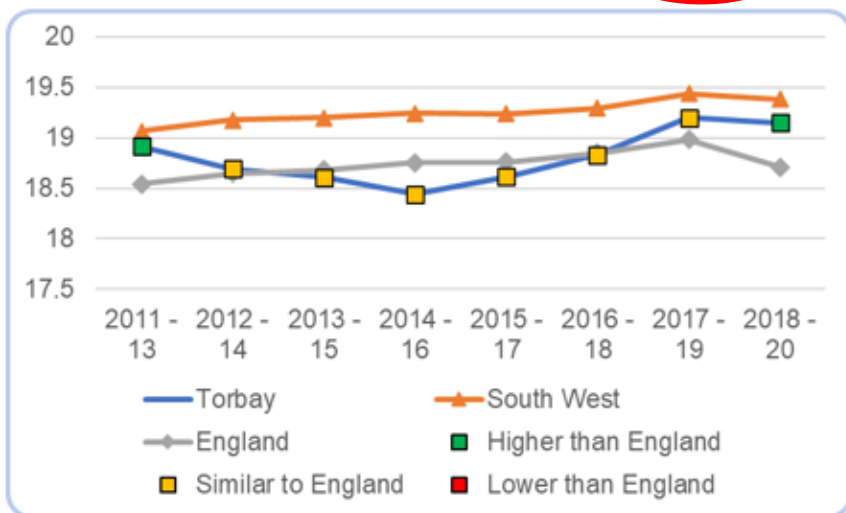


Fig 202: Life expectancy at age 65 – Male

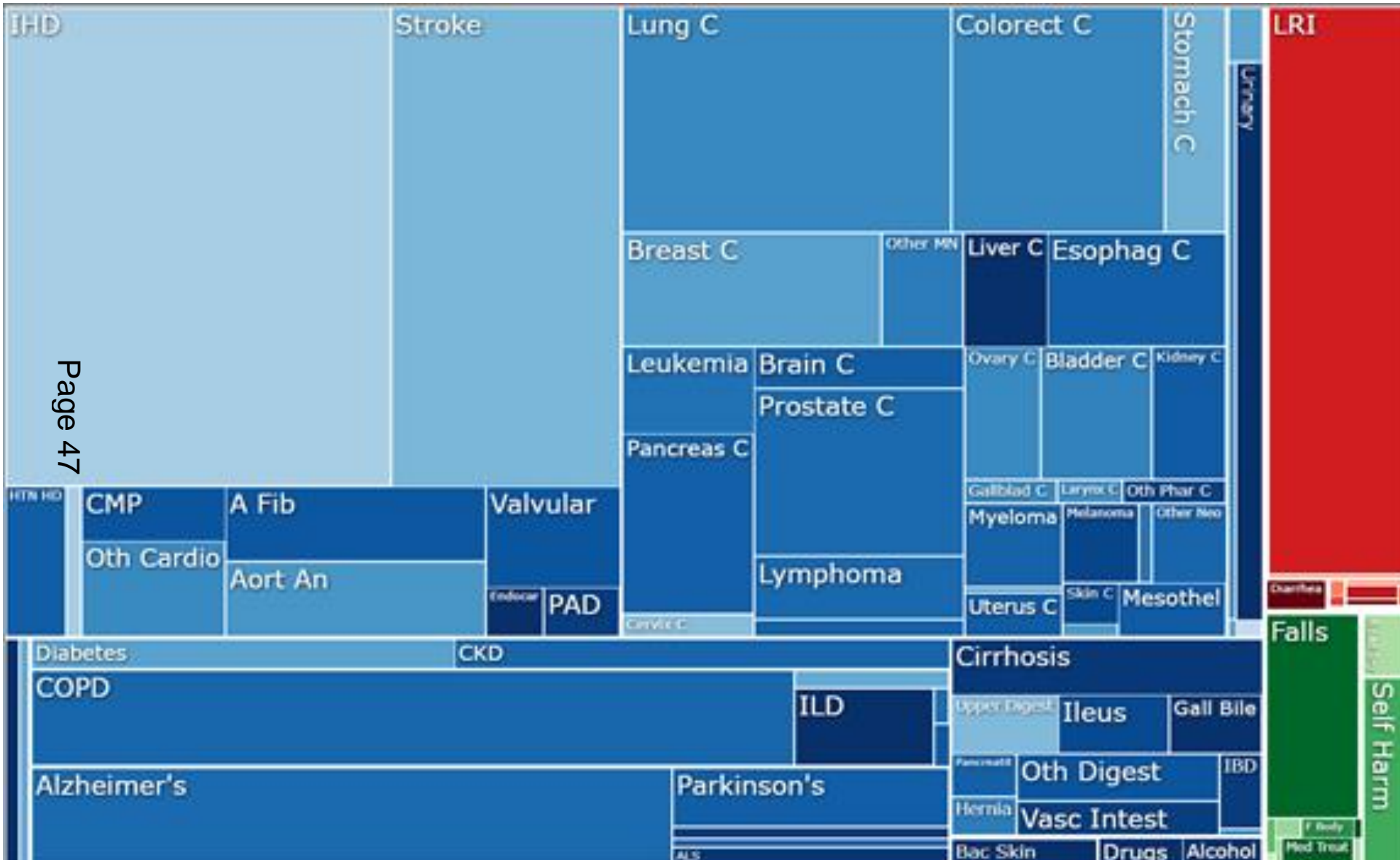
Source: Fingertips



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?



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

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

Strategic approach to ageing - Torbay & South Devon

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Torbay & South Devon Healthy Ageing Partnership



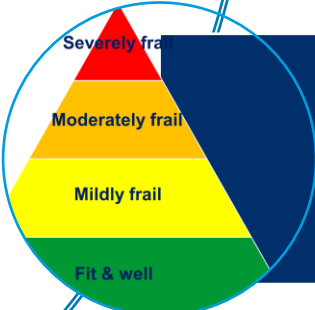
Policy

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*

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Live Longer Better -Torbay

Ageing is inevitable
Frailty is not





Live Longer Better -Torbay

- Facilitated training with groups & professionals
- Live Longer Better champions

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Community infrastructure to support people on to an active pathway

Physically, mentally, cognitively, socially



Community Builders



WHO *Age-Friendly* communities

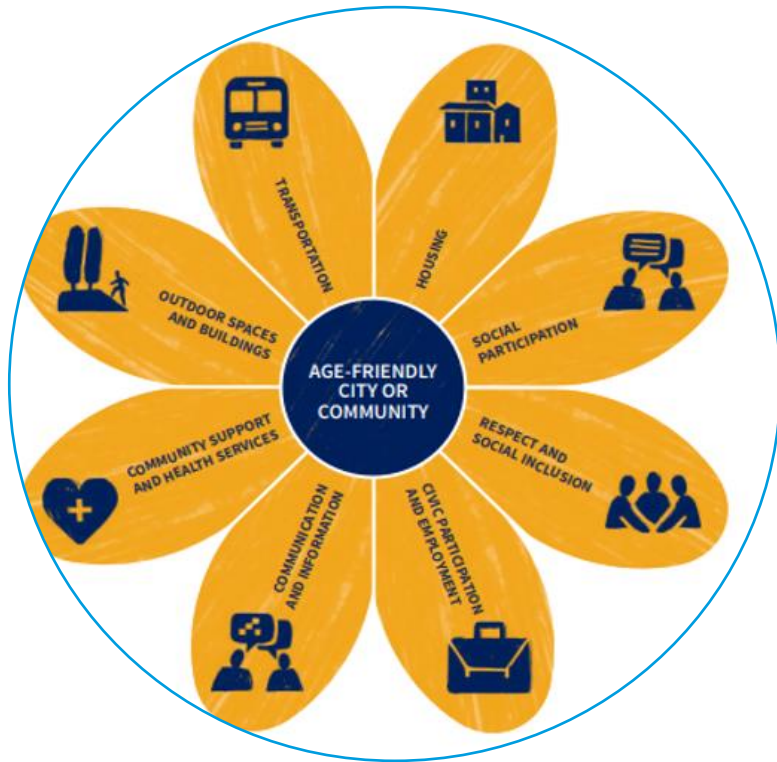
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An Age-friendly Community is a place that enables people to age well and live a good later life

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



Housing

Transport

Outdoor spaces and buildings

Community support and health services

Communication and information

Social participation

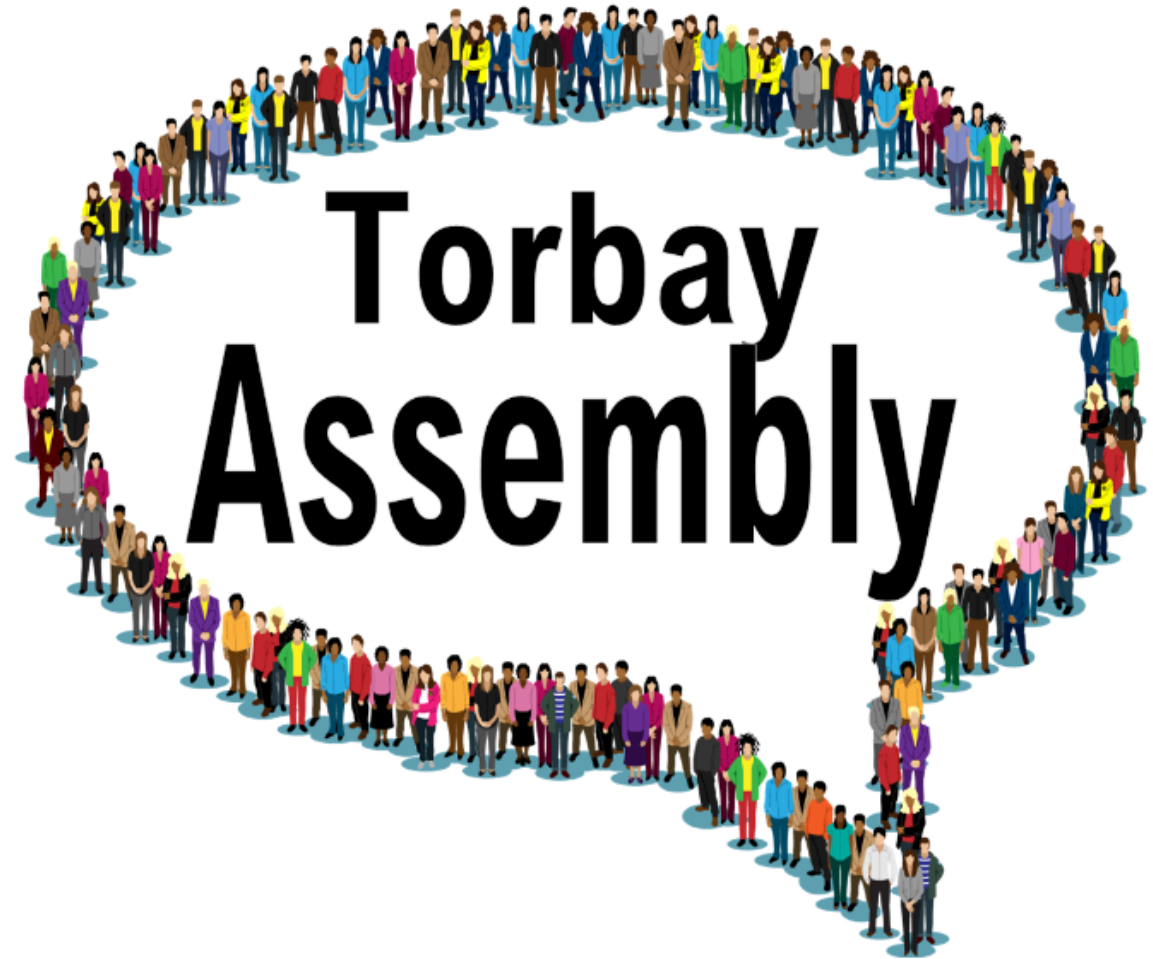
Respect and social inclusion

Civic participation and employment

Age Friendly in Torbay

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

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[About The Assembly](#)

[Age-Friendly Torbay](#)

Developing our Annual Public Health Report 2025

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Why an annual report?

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



Last 7 Years



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

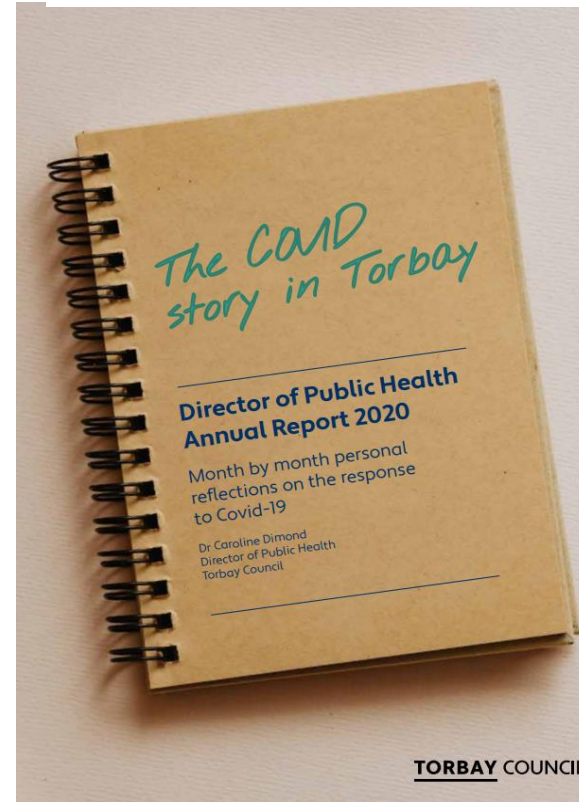


Public Health Annual Report 2019

Growing up in Torbay



TORBAY COUNCIL



TORBAY COUNCIL

TORBAY COUNCIL

Public Health Annual Report 2021/22

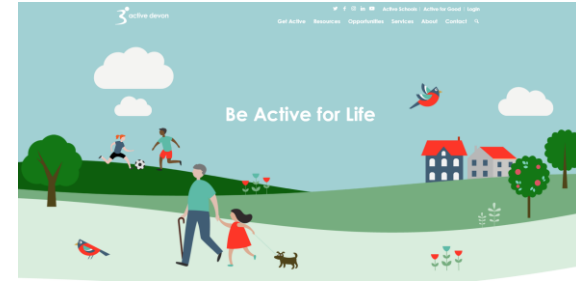
Let's have a conversation about mental health



Who is it for?

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

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

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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

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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

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Some existing examples:

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

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