



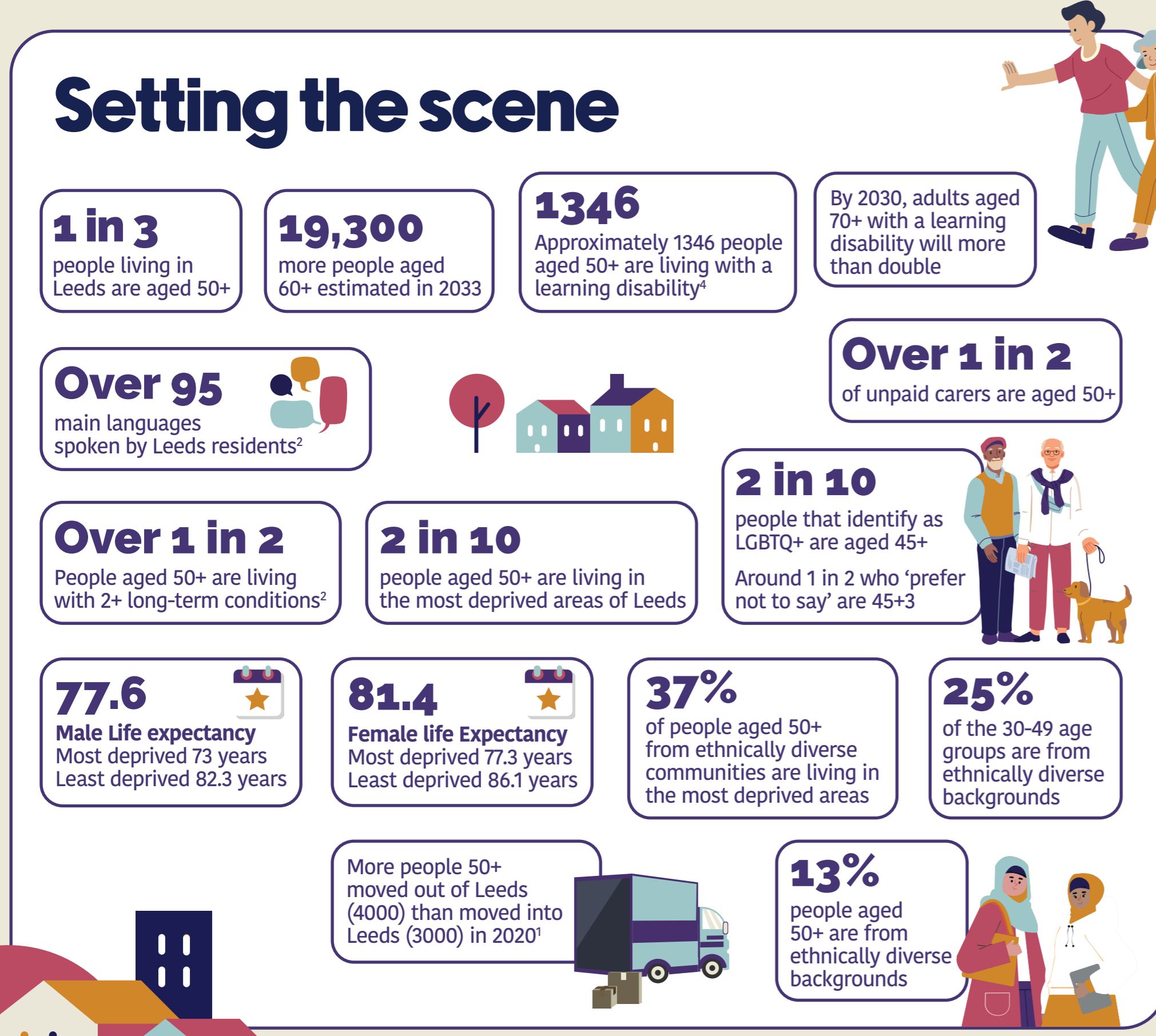
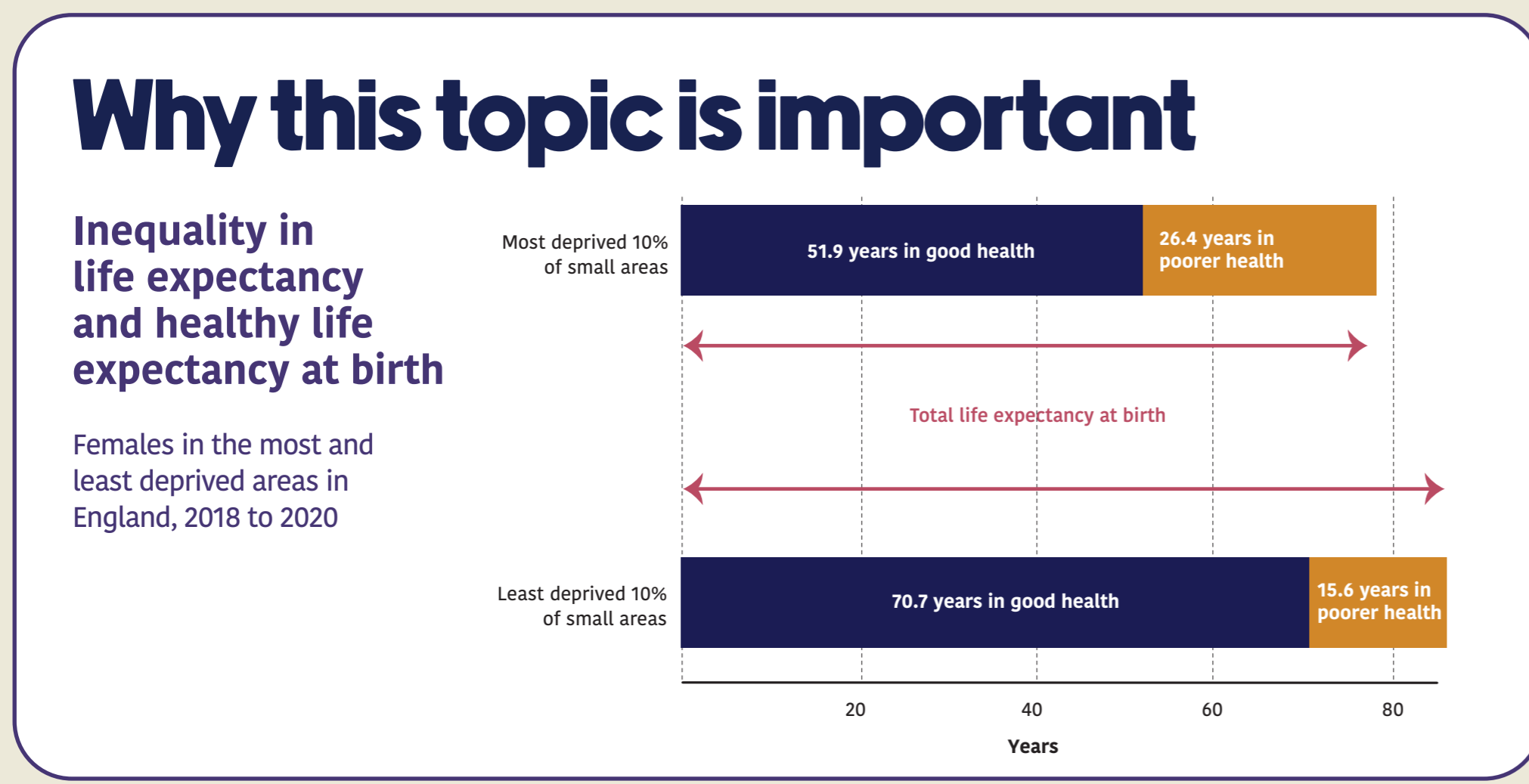
Ageing Well: Our Lives In Leeds



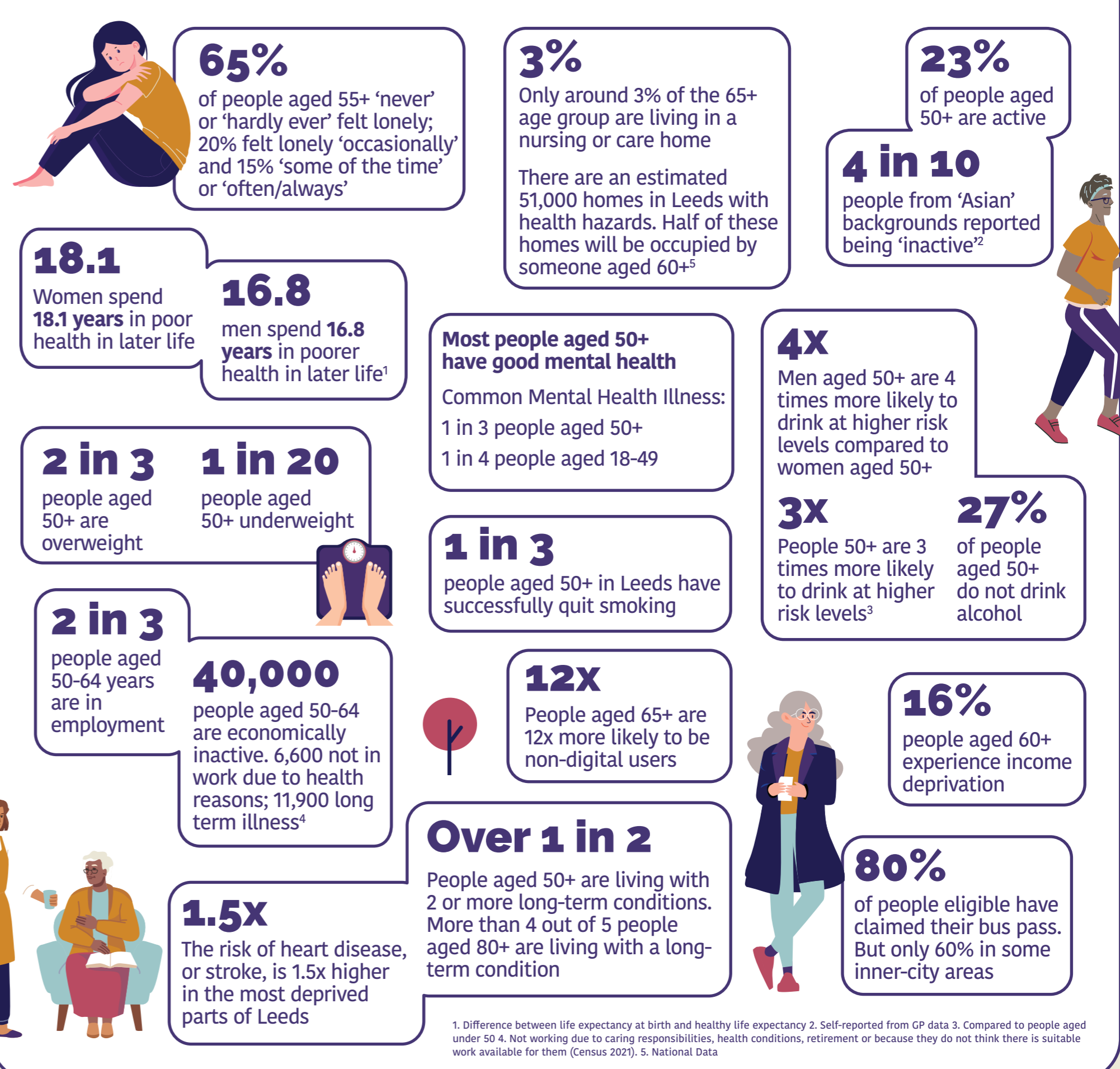
The Director of Public Health Annual Report 2023 focuses on experiences of ageing well in Leeds and inequalities amongst different groups.

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

The recommendations align with Leeds’ long-standing commitment to being an Age Friendly City, identifying further actions to increase the number of years people spend in good health.



Snapshot of ageing well in Leeds



Recommendations

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.
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 and ethnically diverse communities.
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. Leeds NHS organisations to increase early identification and management of risk factors and long term conditions to reduce preventable poor health in later life.
5. Leeds City Council and Leeds NHS organisations to ensure the voices of people in later life are central to all ageing well work.
6. All partners, individuals and communities to challenge negative stereotypes relating to ageing, including loss of value, discrimination and ageism.
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.
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.
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.

"To me, ageing well means keeping well, keeping moving, being able to go out where and when I want. To have enough health, wealth and happiness. To be resilient and to age disgracefully and be unique"

Gwendoline, 62
Whinmoor



1. Internal UK migration data from ONS for June 2020. 2. Census 2021 where language count was minimum 50 people. 3. There are likely to be more LGBTQ+ people age 50+ that are not showing in the data. Note that age is 45+ as per ONS data release for this topic. 4. Registered on GP learning disability registers.