







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.

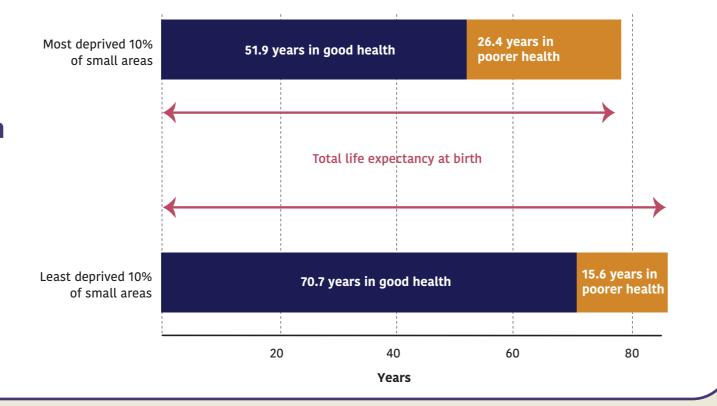
The recommendations align with Leeds' long-standing commitment to being an Age Friendly City, identifying further actions to increase the number of years people spend in good health.



Why this topic is important

Inequality in life expectancy and healthy life expectancy at birth

Females in the most and least deprived areas in England, 2018 to 2020



Setting the scene



19,300 more people aged 60+ estimated in 2033 1346 Approximately 1346 people aged 50+ are living with a learning disability4

By 2030, adults aged 70+ with a learning disability will more than double

Over 1 in 2

of unpaid carers are aged 50+

25%

of the 30-49 age

















Over 1 in 2

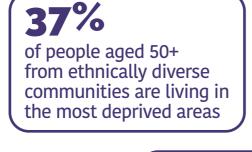
People aged 50+ are living

with 2+ long-term conditions²



More people 50+

moved out of Leeds



13%





Snapshot of ageing well in Leeds



65%

of people aged 55+ 'never' or 'hardly ever' felt lonely; 20% felt lonely 'occasionally' and 15% 'some of the time' or 'often/always'

18.1 Women spend 18.1 years in poor

16.8 men spend **16.8** health in later life **years** in poorer health in later life¹

2 in 3 1 in 20 people aged people aged 50+ underweight

2 in 3 people aged 50-64 years are in employment

50+ are

overweight

40,000 people aged 50-64 are economically inactive. 6,600 not in work due to health reasons; 11,900 long term illness4

1.5X The risk of heart disease, or stroke, is 1.5x higher in the most deprived parts of Leeds

3%

Only around 3% of the 65+ age group are living in a nursing or care home

There are an estimated 51,000 homes in Leeds with health hazards. Half of these homes will be occupied by someone aged 60+5

23% of people aged 50+ are active

4 in 10

people from 'Asian' backgrounds reported being 'inactive'2

Most people aged 50+

have good mental health Common Mental Health Illness: 1 in 3 people aged 50+

1 in 4 people aged 18-49

1 in 3 people aged 50+ in Leeds have

successfully quit smoking

12X

People aged 65+ are 12x more likely to be non-digital users

Over 1 in 2 People aged 50+ are living with

2 or more long-term conditions. More than 4 out of 5 people aged 80+ are living with a longterm condition

drink at higher risk levels compared to women aged 50+ **3X**

risk levels³

Men aged 50+ are 4

times more likely to

4X

27% People 50+ are 3 of people times more likely to drink at higher

aged 50+ do not drink alcohol

16% people aged 60+ experience income deprivation

80%

of people eligible have claimed their bus pass. But only 60% in some inner-city areas

1. Difference between life expectancy at birth and healthy life expectancy 2. Self-reported from GP data 3. Compared to people aged under 50 4. Not working due to caring responsibilities, health conditions, retirement or because they do not think there is suitable work available for them (Census 2021). 5. National Data



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

This report is available online at: https://observatory.leeds.gov.uk/dph-report/ people. 3. There are likely to be more LGBTQ+ people age 50+ that are not showing in the data. Note that age is