

'Healthy Ageing'

The Joint Health and Wellbeing Strategy 2019- 2024



Presentation to Leicester City
Health and Wellbeing Board
28th November 2019

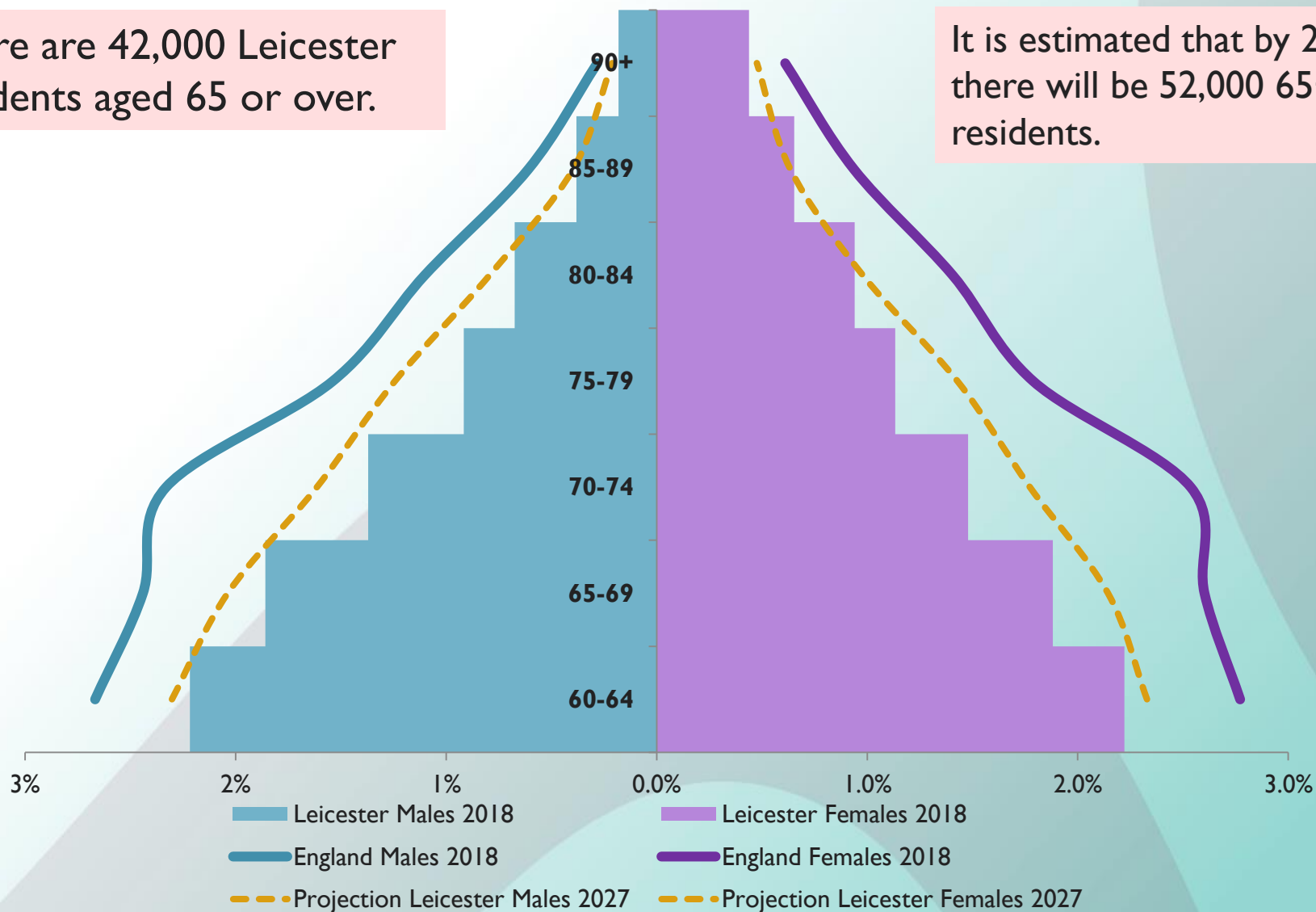
Ivan Browne – Director of Public Health



Healthy Ageing in Leicester

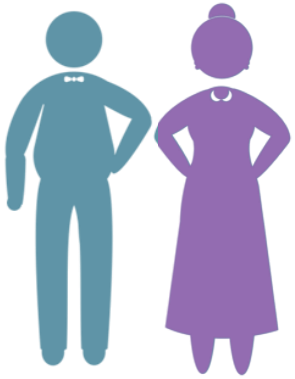
There are 42,000 Leicester residents aged 65 or over.

It is estimated that by 2027 there will be 52,000 65+ residents.



Source: ONS mid year estimates 2018

Healthy Ageing: An overview



Leicester **men** are expected to live 17 years in poor health, compared to 16 for the average man in England.

Leicester **women** are expected to live 23 years in poor health, compared to 19 for the average woman in England.



It is estimated that **12.7%** of Leicester residents aged 65+ have a **common mental health disorder** such as depression.

About 2,500 or 5.5% of 65+ Leicester residents are recorded with dementia.

Local surveys show that **12%** of those aged 65+ **currently smoke** compared to 20% for Leicester overall.

About half of those aged 65 and over are **not completing** the recommended amount of exercise.



Healthy Ageing: Key Issues

Physical Health (lifestyle factors)	Social Health (environmental factors)	Mental Health
The onset or progress of some health related conditions can be influenced by lifestyle factors, with those aged 65+ being less likely to undertake the recommended amount of exercise, and more likely to be overweight or obese and drink above recommendations.	For some older people living in Leicester it is more difficult to travel independently and/or access facilities. This leaves them at risk of social isolation and loneliness.	An increasing number of people aged 65+ feel socially isolated and lonely. However those aged 65+ generally report a higher state of mental wellbeing than people under 65. The risk of developing dementia is also higher for people in this age group.

A
C
T
I
O
N
S

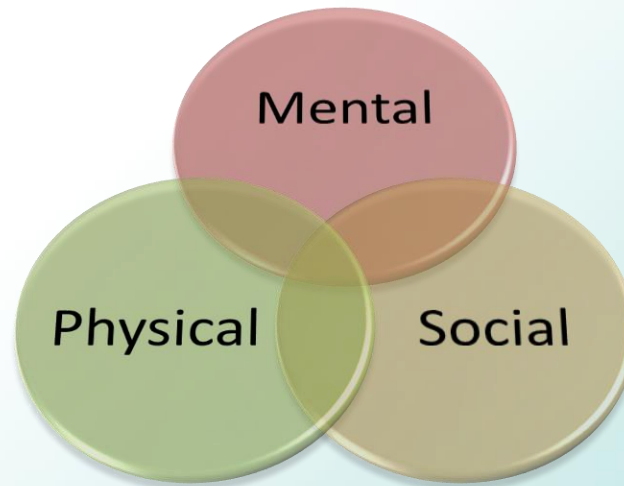
Managing dementia in the community – we are creating ‘dementia friendly’ public spaces

Working towards managing the health of multi-morbid older people- working with partners to signpost and refer people to relevant lifestyle services and supporting the NHS to deliver the frailty pathway

Empowering older people to live independent lives for longer – we are encouraging older people to practice self-care and independence

The Joint Health and Wellbeing Strategy and Action Plan

Ambition: *'To enable Leicester's residents to age comfortably and confidently'*



Aims:

1. Support older people to have good wellbeing and feel safe in their own homes
2. Support informal carers to continue to care and improve their health and wellbeing
3. Support older people to utilise and engage with their local communities
4. Support older people to manage and protect their health and wellbeing

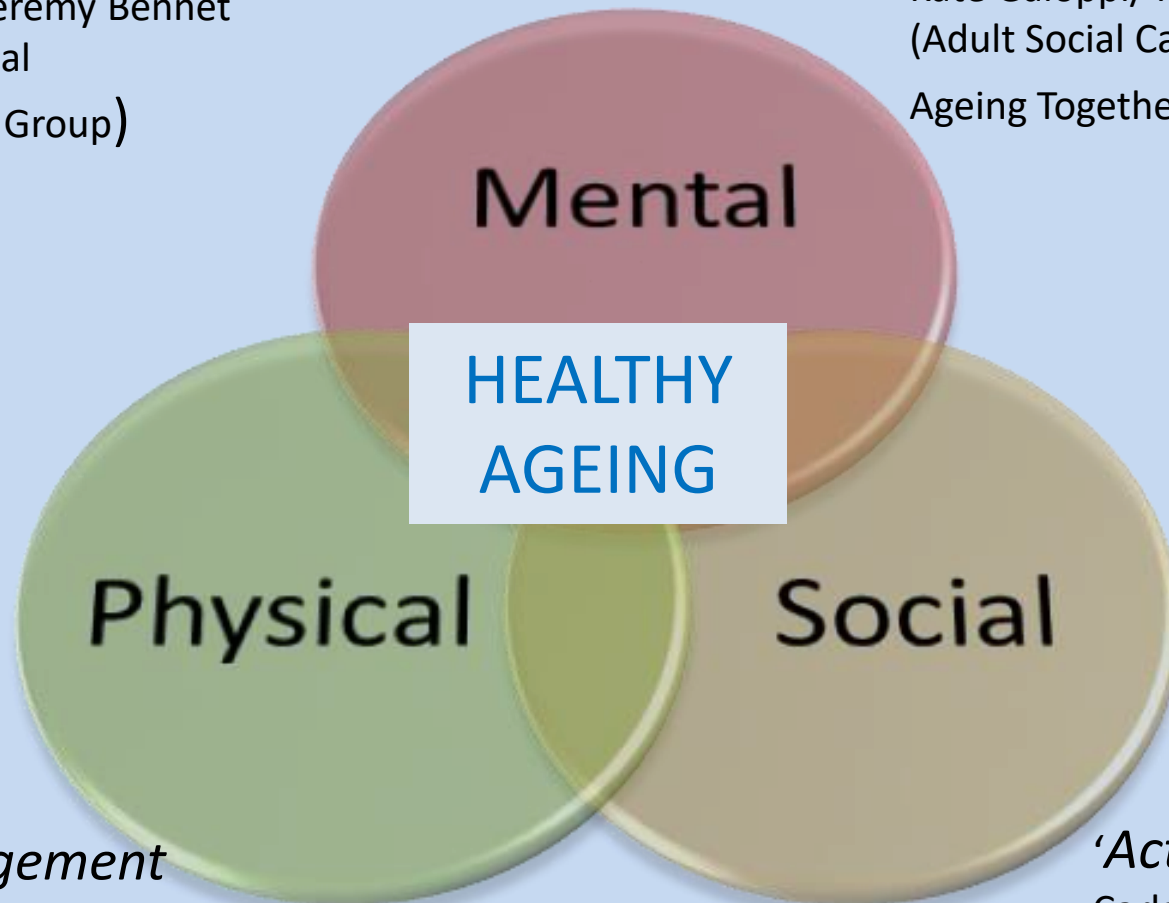
Today's meeting topics ...

'Multi-morbidity social isolation and loneliness'

Mark Pierce / Jeremy Bennet
(Leicester Clinical
Commissioning Group)

'Social Value Project'

Kate Galoppi/ Ruth Rigby
(Adult Social Care/ Leicester
Ageing Together)



*'Falls Management
Exercise Programme'*

TBC

*'Loneliness Prescription
Service'*

Troy Young (Age UK)

'Active Lifestyles'

Carla Broadbent/
Harpreet Sohal
Leicester City Council