

Subject: Annual Public Health Report 2025 on Healthy Ageing

Authors/contributors: Lincoln Sargeant, Julia Chisnell

Date: Torbay Overview and Scrutiny Committee Meeting 4 September 2025

1. Purpose

Members received a report describing the scope for the 2025 Annual Report, in February 2025. The purpose of this paper is to provide an update including outline content and recommendations.

2. Context

Details of the demographic and policy context were set out in February, together with the timetable for development of the Report. We are now at the drafting stage and plan to publish the report online in October. The Report will be shared with the Health and Wellbeing Board in December 2025.

3. Development process

The drafting of the Report has been led by our Public Health Registrar Dr Sam Trethewey, who has now moved to a new academic placement. The process of developing the Report has been very collaborative, with involvement from the following organisations and a range of individuals.

- Torbay Citizens Assembly
- Active Devon
- Torbay Age UK
- Torbay & South Devon NHS Foundation Trust
- Torbay Communities
- Healthwatch Torbay
- Engaging Communities South West

Partners have been particularly involved in providing insight and creative input into the report, in the form of workshop sessions, videos and interviews. They have also shared a large sample of the enthusiastic, innovative work within the Bay to promote and encourage healthy ageing, which we have tried to snapshot in the Report.

4. Summary of content & recommendation areas

A high level summary of the content is below. Chapters contain a combination of the evidence around effective interventions, alongside examples of local activity and innovation.

Chapter	Themes & content
Introduction	The concept of a long life; healthy life expectancy; ageing well; why the subject is an important one
What the data shows	Differences in life expectancy; years of life compared with years in health; the deprivation gradient
Definitions	Chronological, biological and environmental ageing; social perceptions
What does healthy ageing look like	<p>The impact of ageing on physical, mental, cognitive and social health, and the opportunities to strengthen these as we age</p> <p>The theory and the practice – what is the fitness gap, and how are we addressing this in Torbay?</p>
Age Friendly Torbay	<p>Language – challenging cultural assumptions</p> <p>Social connection – combating isolation and loneliness</p> <p>Employment - paid work and volunteering; caring; age-friendly workplaces</p> <p>Housing and community spaces – Torbay Strategy for Housing in Later Life; Town Centre regeneration</p> <p>Transport – influencing Transport Strategy</p> <p>Ill health prevention – promoting physical, mental and social wellbeing through Active Devon; Live Longer Better; neighbourhood approaches; digital inclusion</p>

Recommendations are informed by evidence of best practice, and citizen and partner views on areas where they would like to see action.

Recommendation area	Audience		
	For the Local Authority	For partners	For citizens
1. Promote interventions that increase community connectedness & belonging			
2. Recognise and value the contribution of older adults to all aspects of society			
3. Promote age friendly language , policies and cultures			
4. Promote access to work and volunteering opportunities, including age friendly employer			
5. Promote support for carers via implementation of the Torbay Carers' Strategy			
6. Implement Age Friendly Torbay , with a focus on the domains of Housing, Transport and Health in year 1			
7. Promote healthy ageing through implementation of Live Longer Better Torbay and other healthy ageing programmes			
8. Promote enabling health and care through the South Devon and Torbay Health Ageing Partnership in collaboration with the Citizens' Assembly.			

5. Implementation

A more detailed implementation plan, with outcome measures, will be developed and shared following publication of the Report.

A progress report on implementation of the 2024 Report on Women's Health will also be included.

6. Request of Overview and Scrutiny Committee

Members are invited to:

- Note outline content and recommendation areas of the Report
- Note the process for finalisation, publication and delivery.