

Annual Director of Public Health Report (DPH) Update

Adult Social Care and
Health OSC
3 September 2026

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Purpose

To share:

- a) Emerging content for the 2026 Report on Men's Health
- b) Update on progress following the 2025 Report on Healthy Ageing

The content of these slides includes reference to topics that you may find sensitive or upsetting.
This includes discussion of suicide and abuse.

The following website includes details of mental health support, including if you or someone you know needs urgent help:

<https://www.torbay.gov.uk/media/20632/2024-okay-to-talk-suicide-leaflet.pdf>

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2026 DPH Report

Theme

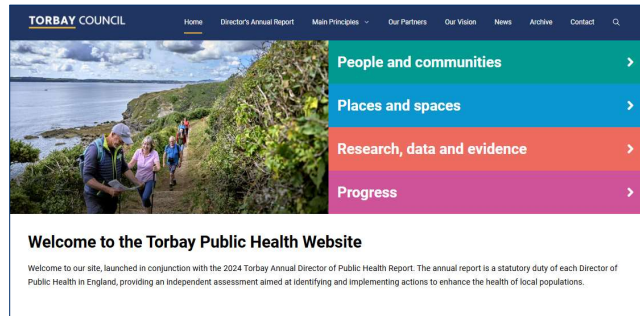
Health and wellbeing of men in Torbay

Focus on those aged 16 and over to give clarity and appropriate weight to key issues.

Cross cutting themes included throughout (e.g. differential experience and outcomes across the lifecourse and the influence of/impact on childhood).

National Strategy

An opportunity to shape a local response to the new Men's Health Strategy for England



The report will be hosted on the Torbay Health Partnerships Website.

Short films have been commissioned to amplify the voices of men living and working in Torbay.

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Men's Health Strategy for England (2025)

3 main aims:

- Develop health services responsive to men and boys
- Empower men to improve their own health
- Create conditions for better health and wellbeing

It seeks to:

- address health inequalities
- evidence gaps (e.g. 'what works' for interventions promoting men's mental health).

Actions are focussed on national bodies but implementation will require partnership with the wider public, business and voluntary and community sector.



Picture: (DHSC Men's Health Strategy)

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Men's Health in England

Men and women experience some health outcomes, challenges and behaviours very differently

Some conditions disproportionately affect men including **some cancers, cardio-vascular disease and type 2 diabetes**

Men are more likely to take part in **unhealthy behaviours including smoking, harmful gambling, and drug use and alcohol consumption**

Men live on average 4 years fewer than women (life expectancy is 79.1 years for men versus 83.0 years for women in England)

The gap in life expectancy is worse for those who live in **more deprived areas**

Men may experience **barriers to accessing health care** when they need it

Torbay has a similar pattern to England but with some specific challenges

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Men's Health in Torbay

Male life expectancy is 78.6 years across Torbay.

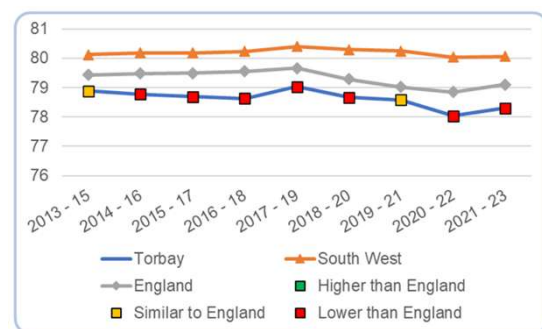
Overall, male **healthy life expectancy** is 61.5 years in 2022-24 which implies males born in this time could expect to live 17 years whilst not in good health.

Torbay has:

- higher proportion of males over 65+ compared to England
- a higher rate of men who report a disability.

Preventable mortality is significantly higher compared to women, including cancer and cardio-vascular specific preventable mortality

Life expectancy at birth for males (recent trend)



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Healthy Living and Working Conditions

Why this matters

Men's health is shaped by natural, built, workplace and online environments.

This includes exposure to gambling, promotion of healthy weight, online harms.

Torbay's coastal location including the distribution of the workforce in local industry.



Emerging themes and opportunities

Delivery of the new approaches to gambling harms and Public Health Frameworks including Healthier Weight and Oral Health, with a focus on male and vulnerable male populations where appropriate

Access to/maintenance of employment and training in the context of support to NEET cohort and those already in work

Workplace health interventions, and learning from initiatives such as Brixham SeaFit Clinic

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Complex Lives

Why this matters

Men are represented in complex circumstances, including rough sleeping, drug and alcohol treatment, and people with experience of criminal justice. Socially marginalised groups experience some of the poorest health outcomes.

Nationally, men make up the majority of prison and probation populations, and certain offending behaviours. Men are also over-represented in certain indicators of violence (for example, the admission rate to hospital due to violence, both for Torbay and nationally).

Domestic abuse and violence against women is predominantly driven by men's actions. It is also important to recognise and respond to men's experiences as victims of domestic and sexual abuse.

(Men's Health Strategy, JSNA, OHID)

Emerging themes and opportunities

Male-specific responses to national policy (for example, the response to changes in the probation population)

Delivery of Public Health Frameworks with a focus on vulnerable male populations where appropriate

Promotion of preferred methods of engagement, building on existing assets and approaches such as peer workers, and routes to support healthy relationships

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Access, uptake and experience of health care

Why this matters

In general terms, men are less likely to undertake health seeking behaviours, such as seeking a GP review when unwell.

Men may experience barriers to accessing health care when they seek it, or do not have their needs recognised.

It is estimated there is lower uptake of preventative interventions such as NHS Health Checks. These aim to prevent and enable early detection of cardio-vascular disease (CVD).
(Men's Health Strategy, OHID)

Emerging themes and opportunities

Keep a focus on CVD including the role of Health Checks, to maximise prevention (including identification and treatment of high blood pressure).

Equitable uptake of interventions, improved health literacy, and gender appropriate services & communications.

Promote the development of culturally competent services, recognising communities are not homogenous and have a range of existing assets to build on and work in partnership with.

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Publication of 2026 Report and Next Steps

Finalised engagement and edits to the commissioned films

Report to be published later this year on the Torbay Health Partnerships website

Subsequent monitoring to include reports to Portfolio Holder and Adult Social Care and Health OSC



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