It’s Never too Late to start Activity in Leeds

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Demographic change

- 2011 Census – almost 150,000 in Leeds aged 60 and over (20% of the population)
- By 2021 - aged 50+ expected to rise to 256,585
  aged 80+ expected to rise to 39,091
- Centenarians in the UK: a record 13,780 people who had reached the age of 100 were alive in 2013 - compared with 3,040 in 1983.
- The number of centenarians in Leeds at the 2011 Census was 111

A demographic revolution is underway throughout the world. Today, world-wide, there are around 600 million persons aged 60 years and over; this total will double by 2025 and will reach virtually two billion by 2050 - the vast majority of them in the developing world.

World Health Organisation
Income Deprivation Affecting Older People (IDAOP, IMD2015)

1 LSOA is ranked 84th in England (out of 32,844)
7 others are inside the top 500.

31,376 people aged 60+ are living inside the dark purple area.

Light green boundary is the area of Leeds within most deprived 10 percent in England according to the Index of Multiple Deprivation 2015

IDAOP English quintiles

- Most income deprivation: (131)
- 2: (96)
- 3: (98)
- 4: (76)
- Least income deprivation: (81)

Inequalities

Life expectancy - **10.8 years** lower for men and **8.5 years** lower for women in the most deprived areas of Leeds than in the least deprived areas. (PHE 2015).

Mean walking speed and wealth, people aged 60+
Leeds Health and Wellbeing Strategy 2016-2021

We have a bold ambition:
‘Leeds will be the best city for health and wellbeing’

And a clear vision:
‘Leeds will be a healthy caring city for all, facing the health needs of the future in a sustainable manner.

Leeds Core Strategy focusing on spatial planning

Leeds Health and Wellbeing Strategy 2016-2021

Seven Breakthrough Projects lead by Health and Wellbeing Champion Councillors

Breakthrough: Making Leeds the Best City to Grow Old In

Breakthrough: More People More Active More Often

Advice for partners

Governance: Ageing Well Board

Leeds Social Value Charter an important enabler

The Time of Our Lives

Ageing Well in Leeds

A Framework of Principles Organisations that Work + Older People in Leeds 2012-2016

The Time of Our Lives Charter

Ageing Well in Leeds

In Leeds we believe that all older people should have the opportunity to feel valued in their communities and to live healthy, fulfilling lives with appropriate support when they need it.

By signing this charter we pledge to:

- Value older people and acknowledge their role and contribution to Leeds
- Work with older people to ensure that people over 60 get the help they need
- Ensure older people have control over their lives so that they can make choices about their care and support
- Work with organisations to ensure that our service delivery and planning is inclusive
- Share our learning as we develop our work to ensure best practice is continually improving
- Involve older people in our development of ideas and strategies
- Address the hidden costs associated with older people and their families
- Work to promote health and wellbeing for all older people through practical advice and support
- Work to influence and promote the wider society view of age and older people

The Time of Our Lives Charter is a framework for organisations to sign up to.

Signed:

[Signature]

[Signature]

[Signature]
Leeds: a WHO Age Friendly City

In 2014 Leeds was included in the World Health Organisation’s (WHO) Global Network of Age-friendly Cities and Communities.

http://agefriendlyworld.org/en/

WHO Age Friendly Checklist

- Outdoor spaces and buildings;
- Transportation;
- Housing;
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community Support and Health Services
The local picture...

Placing a strong emphasis on health and wellbeing within the voluntary and community sector.

Clinical Commissioning Groups have been investing voluntary sector in Leeds. These grants have ranged from £2000 to £100,000 resulting in programmes of work to clear health outcomes. Such programmes have included walking, chair based and dance interventions.

Public Health and Clinical Commissioning Groups have invested into Leeds Let’s Get Active which includes community programmes.
Health Improvement

Improving the health of older people through physical activity and contributing to reducing the % of adults who are inactive (23.6%).

Promoting the Chief Medical Officers older peoples guidelines and providing opportunity to participate.

By working towards the 4 Active Domains:

1. Active society
2. Moving professionals
3. Moving at scale
4. Active environments

(Every Body Active Every Day)
Physical Activity Plan on a Page

Who to target?

**Age**
- Important to embed the CMO guidelines creating conditions ‘Active Society’
- PHE Domains
- Active Society
  - Grass Routes
    - Walking
    - Cycle
    - Parks & recreation, bowling greens etc.
    - LA Facilities
    - Private Facilities
    - Chair Based Exercise
    - Tai Chi
    - Yoga
    - Pilates
    - Exercise to music
    - Water Exercise
  - Targeted Offer
    - Dance in time – Female
    - Dance and Dementia
    - Walking Football – Male
    - Walking Sports – Male/Female
    - PSI – 20 week class
    - Cardiac Phase 5
    - Pulmonary Rehabilitation (Community)
    - Long Term Neurological Conditions
    - Cancer Rehabilitation
    - Stroke Rehabilitation
  - Specialist
    - PSI - 8 week class (group)
    - OT 3 week (1-2-1)
    - Pulmonary Rehabilitation (Clinical)
    - Long Term Neurological Conditions
    - Cancer Rehabilitation
    - Stroke Rehabilitation
    - Cardiac Phase 4 (group)

**Socioeconomic**
- Areas across Leeds where older people live in poverty

**Disability**
- And Long Term conditions participate less in physical activity

**Active Environment**
- Healthy Cities approach
- Age Friendly
- Move Professional
- Public/ Vol Workforce

**At risk groups**
- Who participate less in physical activity are BME groups, LGBT and migrant communities

**LIVE** – Initiatives or programmes currently running

**Limited** – Initiatives or programmes sporadic

**GAP** – Initiatives or programmes not running

4. Move at scale that interventions are measurable, permanent & consistent

“...it is logical and safer to suggest that older adults whose mobility is compromised start by increasing their strength and improving their balance before embarking on aerobic training”.

WHO World Report on Ageing and Health (Oct 2015)
Active Society & Moving

Professional Later Life and Age UK delivered physical activity awareness session to public, third sector and health care staff.

Functional Fitness MOT sessions have been run across Leeds to promote physical activity to older people.

- Tea Dance Events
- Libraries
- Day Centres
- Re-enablement service
- Sheltered Housing
- Older People Physical Activity Booklet and over 8,000 distributed

Active Ageing

We know that preventing illness and socialising,

Where can I

- Leeds City Council
- Leeds Sailing Association
- Active Life Sessions
  For more information
- Falls Prevention programme is safe and effect they deliver the programmes across Leeds
- Parks Leeds health
- Sports Clubs
- Find activities
- For information
- If you would like

IS IT FALLPROOF?
Moving at Scale

- Activities all hosted in voluntary venues
- Activities are framed around social interaction
- Training and qualifications provided to wide workforce:
  - Voluntary Staff (Functional Fitness MOT)
  - Sheltered Housing Officers (Chair Based)
  - Postural Stability Instructors x 7
- Quality Assurance Scheme and ongoing support
- Over 100 identified community classes
- Free exercise equipment
- Evidence based activities rolled out and integrated into referral pathways:
  - Bat and Chat centres **x13**
  - Dance in Time research project **x3**
  - Postural Stability Exercise Classes **x18**
  - Walking Football **x4**
A social Movement – #AgeFriendlyLDS