

Ageing Better – ADEPT

26/11/20

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Healthy Ageing

Overview

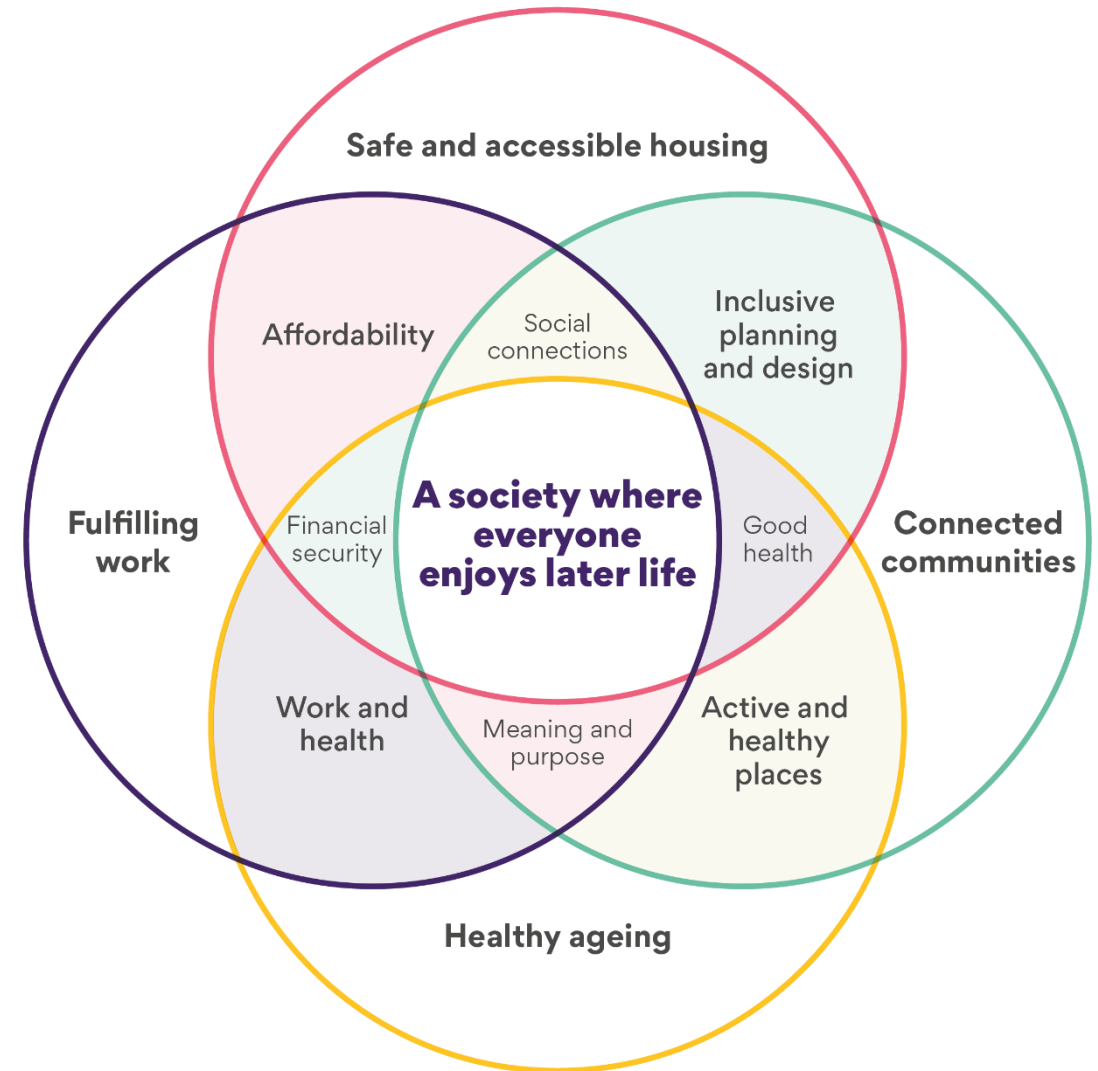
- About the Centre for Ageing Better
- Our Work
- A local approach to ageing
- Health and active travel



About us

We are a charitable foundation, funded by The National Lottery Community Fund, and part of the Government's What Works Network.

At the Centre for Ageing Better we want everyone to enjoy later life. We create change in policy and practice informed by evidence and work with partners across England to improve employment, housing, health and communities.



We are living longer than our parents' and grandparents' generation

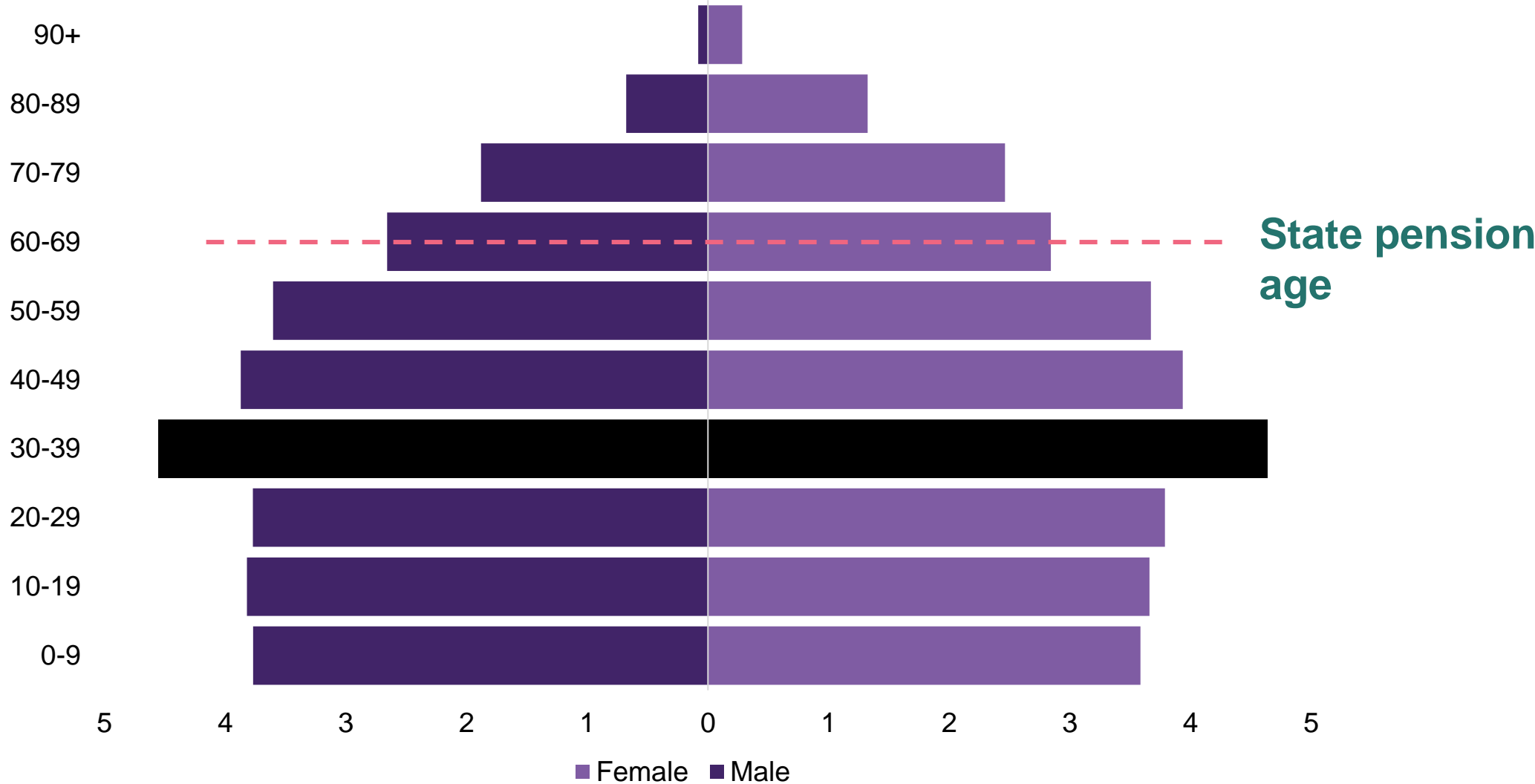
Cohort life expectancy at birth in England and Wales 1900-2016



The age profile of the population is changing

2000

UK population by age in millions men and women

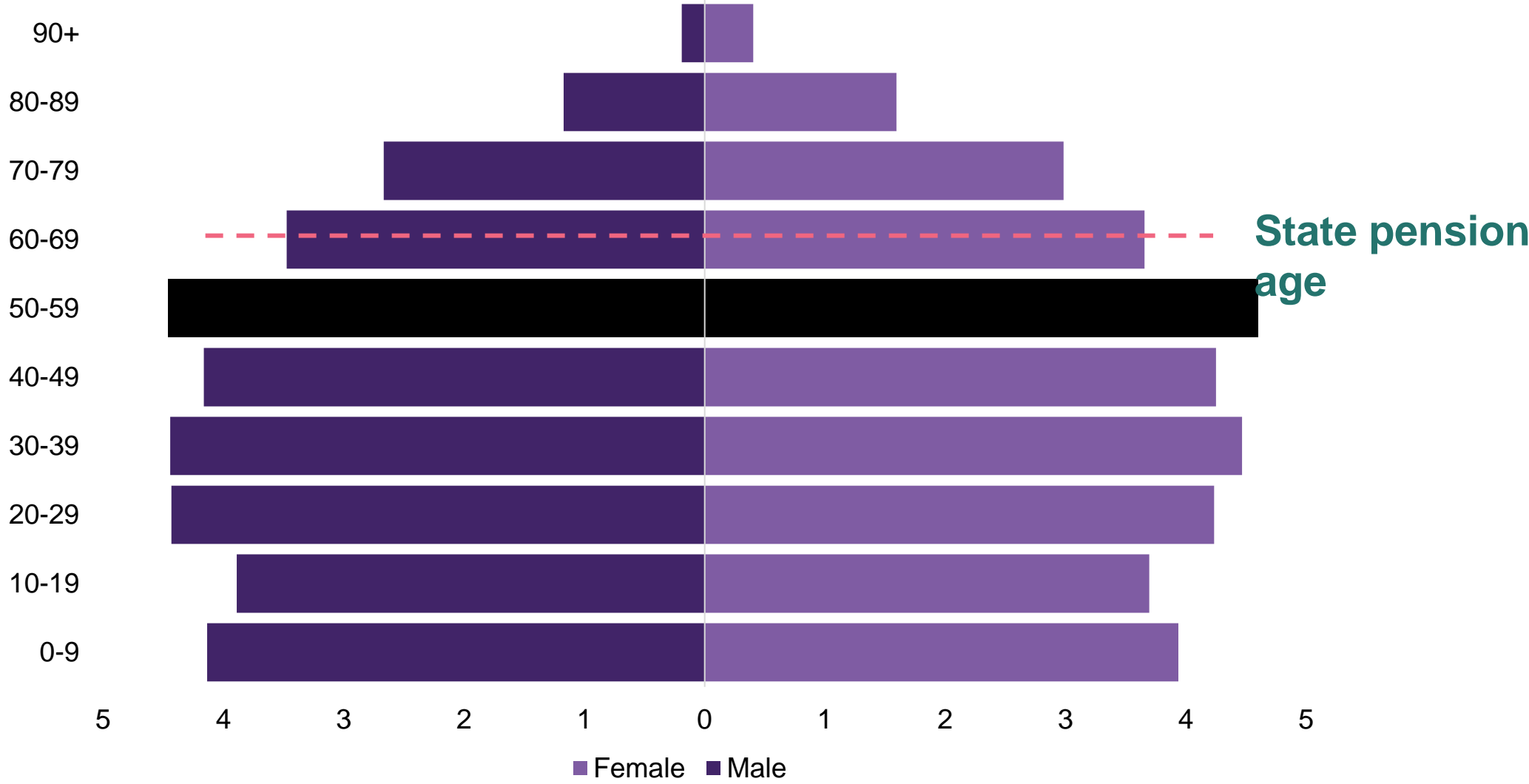


Source: ONS 2018

The age profile of the population is changing

2019

UK population by age in millions men and women

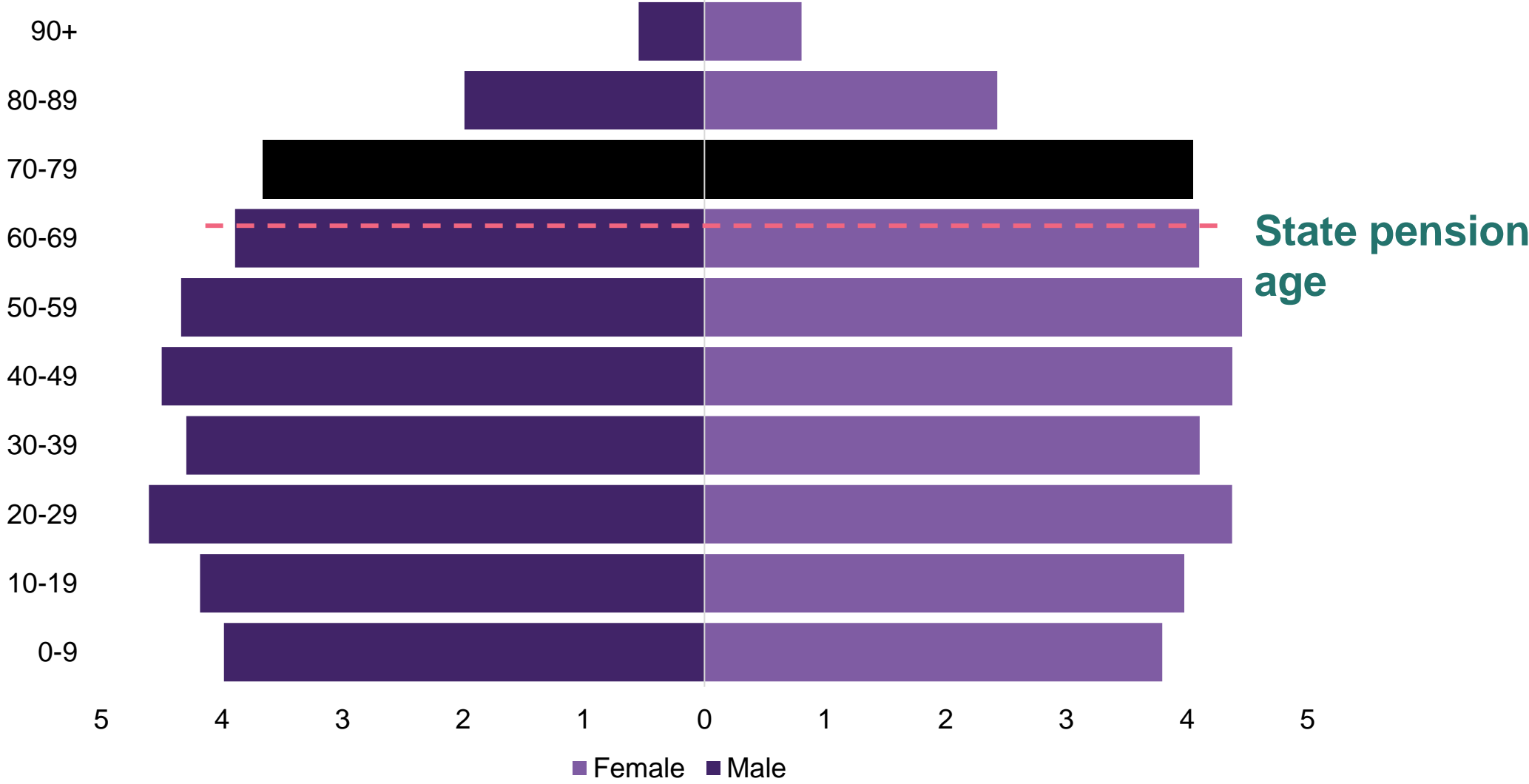


Source: ONS 2017

The age profile of the population is changing

2039

UK population by age in millions men and women



Source: ONS 2017

Priority goals

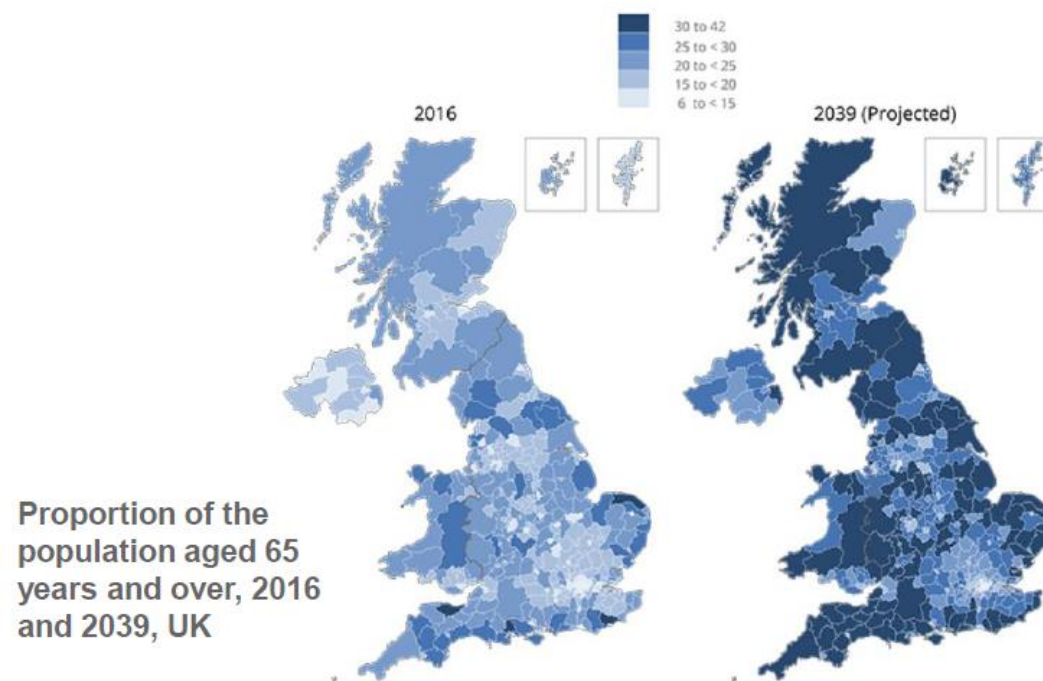
Our aim is for people approaching later life to:

- Live healthier, more active lives, reducing the risk of poor health, delaying onset, progression and impact of disease and disability
- Be in good quality work for longer, boosting savings and delaying drawing pensions
- Live in safe, accessible and adaptable homes, remaining independent and active for longer
- Live in communities where social relationships flourish, making it easier to build and maintain close connections as well as wider everyday contact



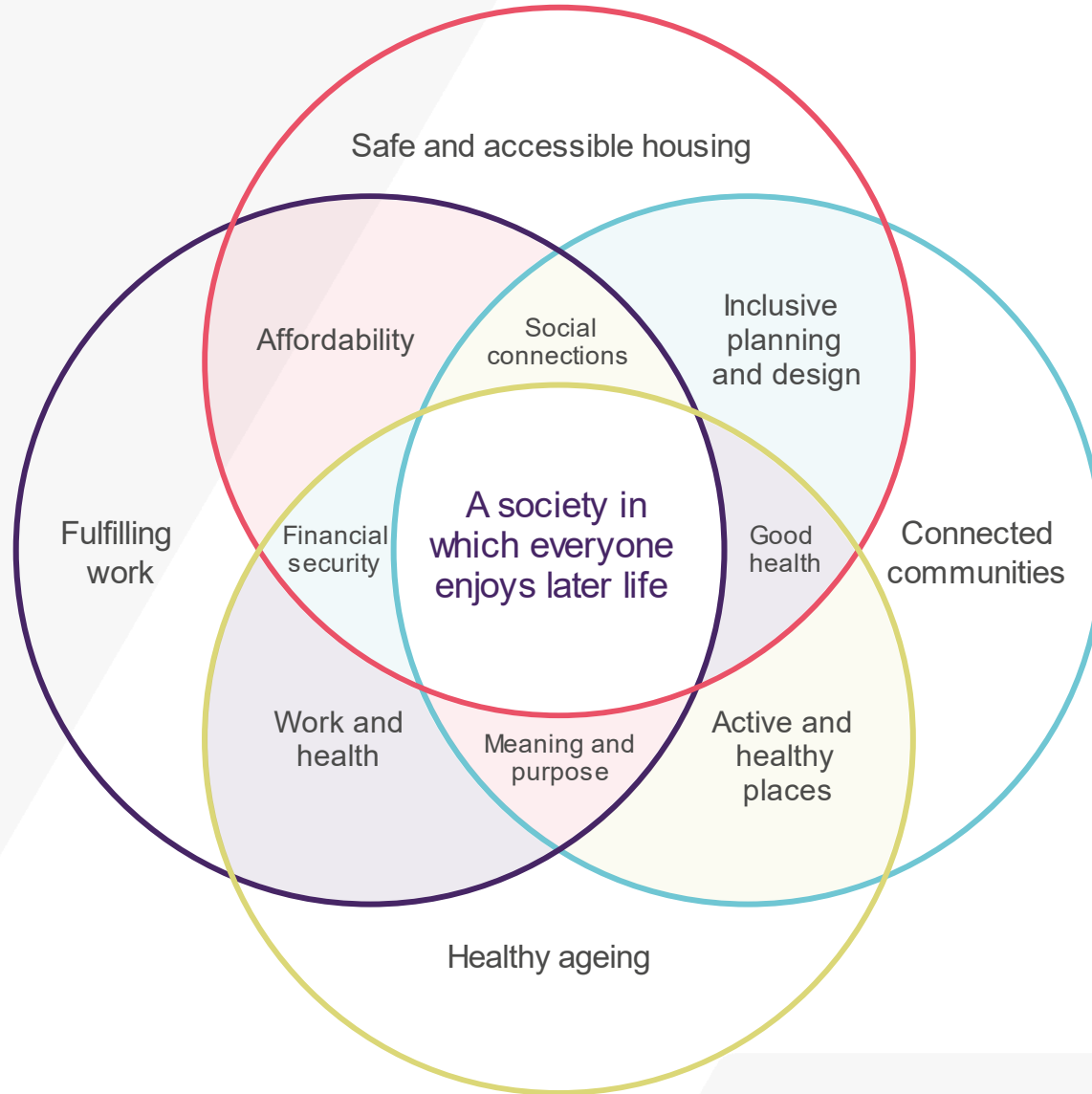
We're not ageing **equally** or **evenly**... across the UK

- More than 1 in 5 authorities currently have the kind of demographics we expect to see nationally in 2080 (44% aged 50+)
- 1 in 3 rural authorities are already there
- Averages across rural areas can hide pockets of severe deprivation and lower outcomes, particularly in coastal towns
- These inequalities have been widened or made more visible by COVID-19



Source: 2016 mid-year population estimates for UK, Office for National Statistics, 2014-based subnational population projections for UK, Office for National Statistics, Welsh Government, National Records Scotland and Northern Ireland Statistics and Research Authority, contains OS data © Crown copyright 2018 © Design Council 20

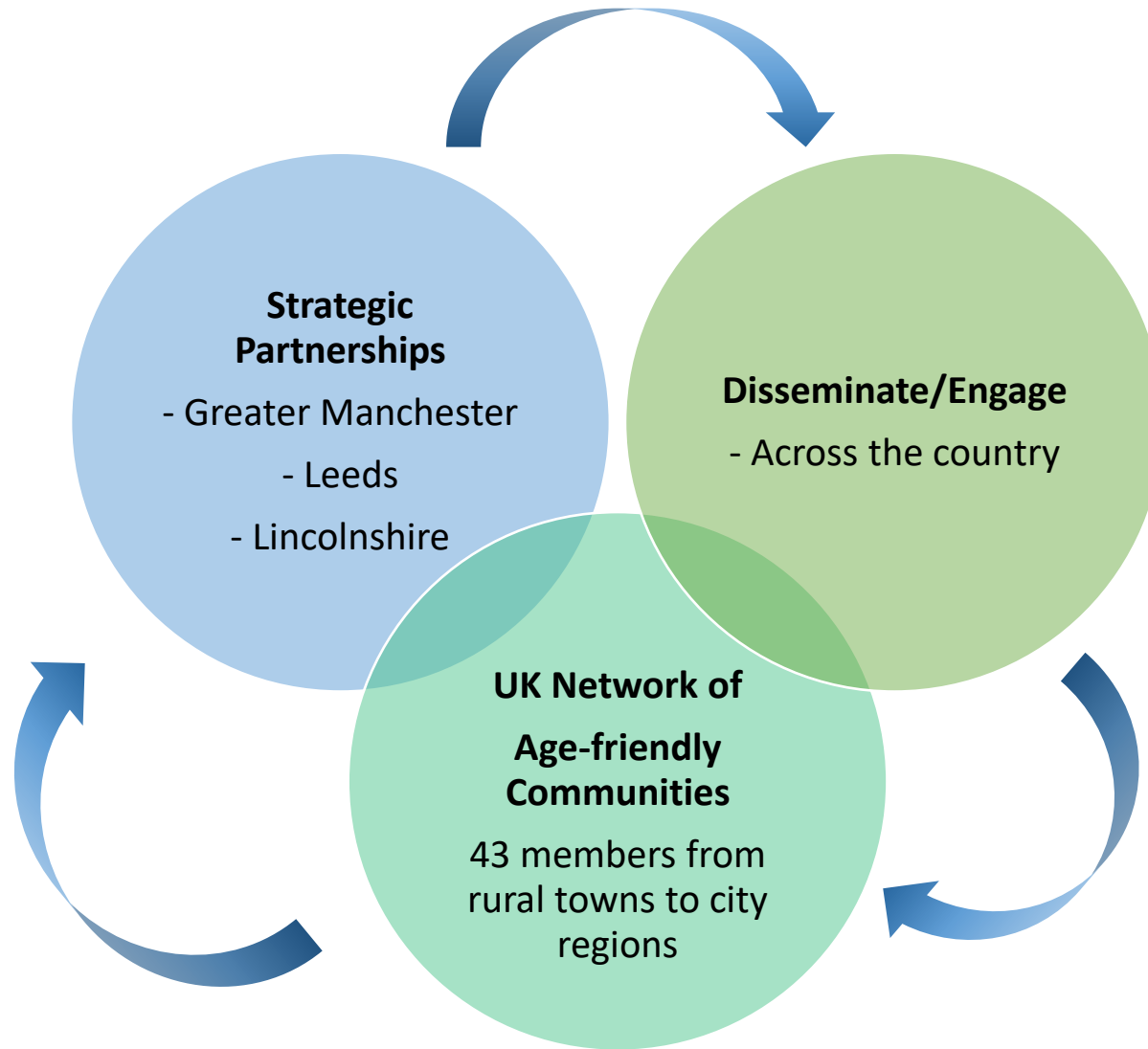
Our priorities



A local Approach to Ageing

*“We work in places to test **innovative, interconnected approaches** and do more to promote widespread uptake of these across the country”*

Transforming later lives, 2018

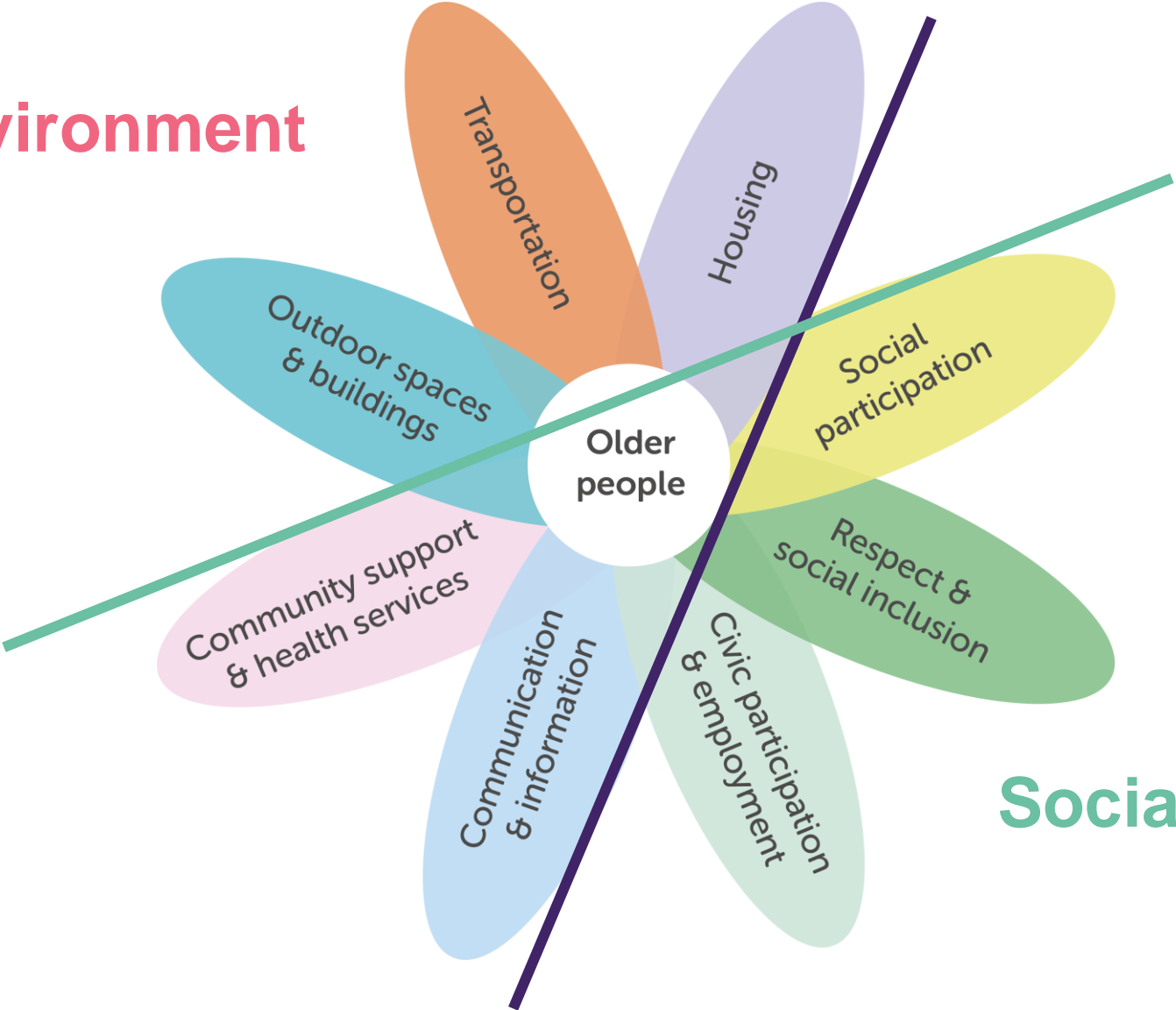


UK Network of Age-friendly Communities



WHO Age-friendly Communities Framework

Built Environment



Social Environment

UK Network of Age-friendly Communities – 43

- Antrim and Newtownabbey
- Ards and North Down
- Armagh City, Banbridge and Craigavon
- Banbury
- Barnsley
- Belfast
- Birmingham
- Bolton
- Brighton and Hove
- Bristol
- Cheshire West
- Derry City and Strabane
- East Lindsey
- Fermanagh and Omagh
- Greater Manchester
- Glasgow
- Hebden Royd
- Isle of Wight
- Leeds
- Lisburn Castlereagh
- Liverpool
- Liverpool City Region
- London
- London Borough of Lewisham
- London Borough of Southwark
- London Borough of Sutton
- Manchester
- Melksham
- Middlesbrough
- Newry, Mourne and Down
- Newcastle upon Tyne
- North Yorkshire
- Nottingham
- Salford
- Sefton
- Sheffield
- Stockport
- Stoke-on-Trent
- Sunderland
- Torbay
- Trafford
- Wigan
- York



Age-friendly Community in practice: Sefton case study

Age-friendly case study: Sefton's older people at the heart of partnership working

Sefton, a borough within the Liverpool City Region, is working progressively with members of its neighbourhoods to help make the area more age-friendly.

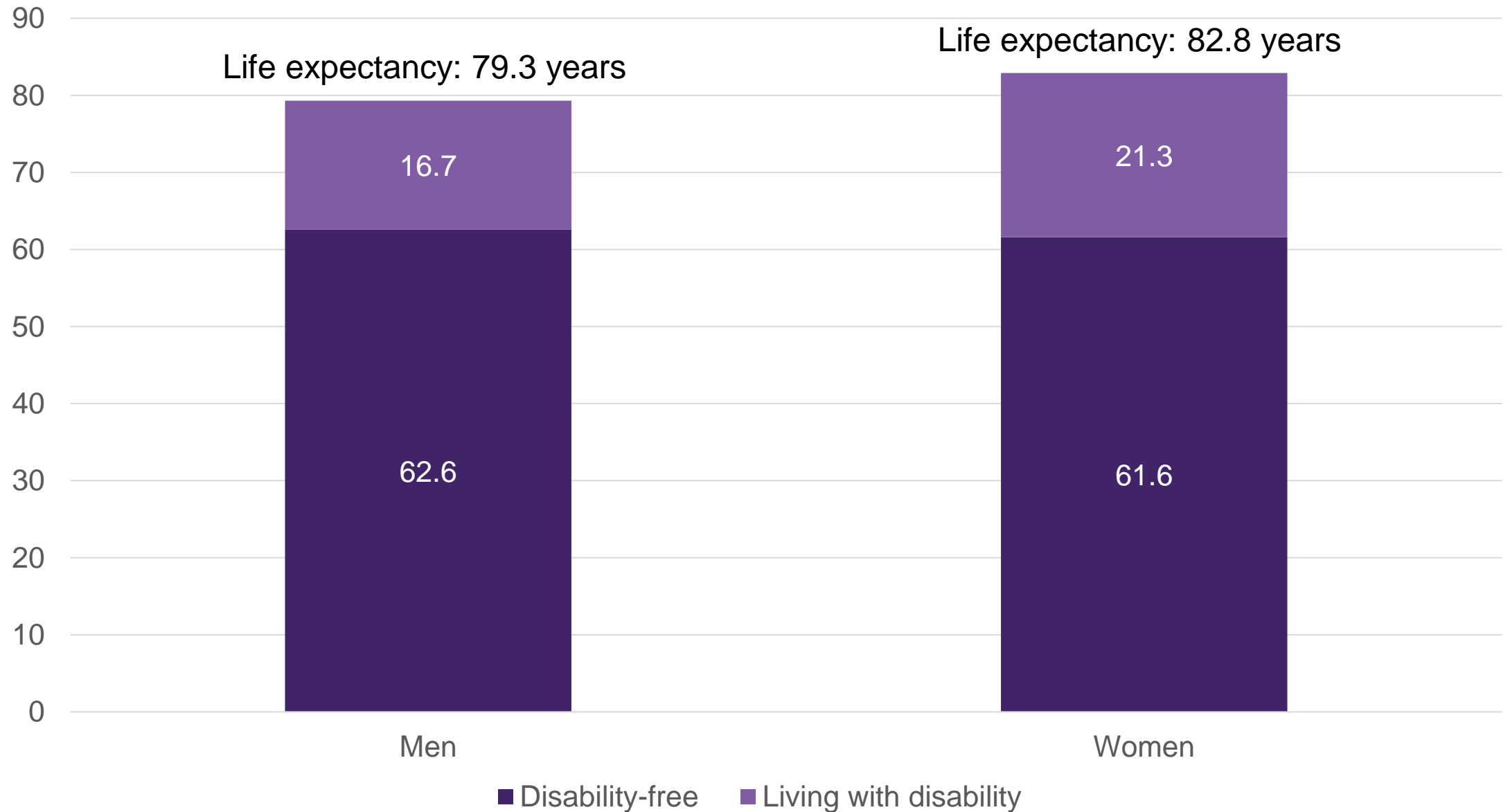


The borough, which has the highest proportion of over 65s within the region's local authorities, has been working alongside partners to create change.

Full case study: <https://www.ageing-better.org.uk/stories/age-friendly-sefton-partnership-working>

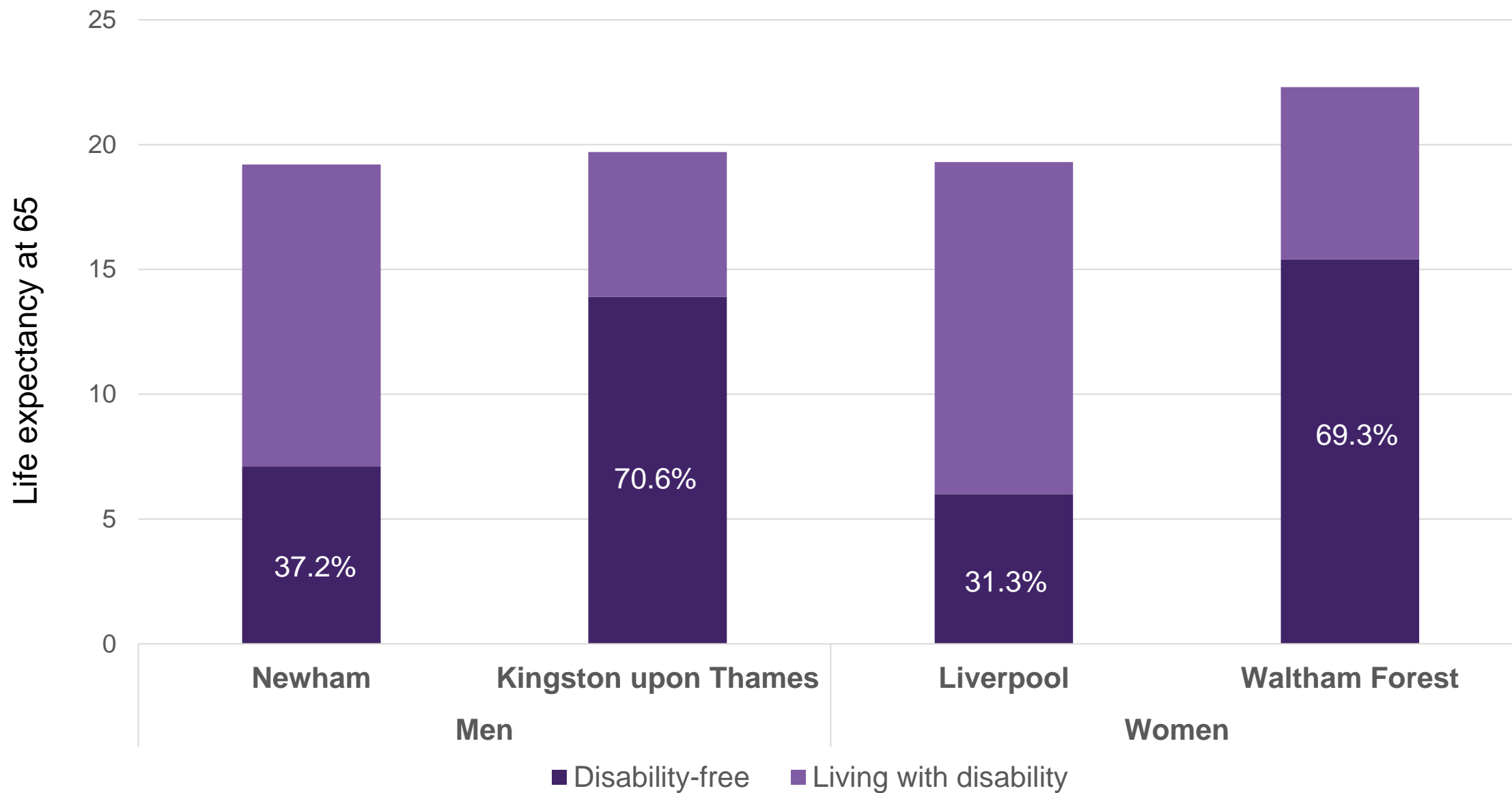
Health

Current estimates of DFLE at birth – UK



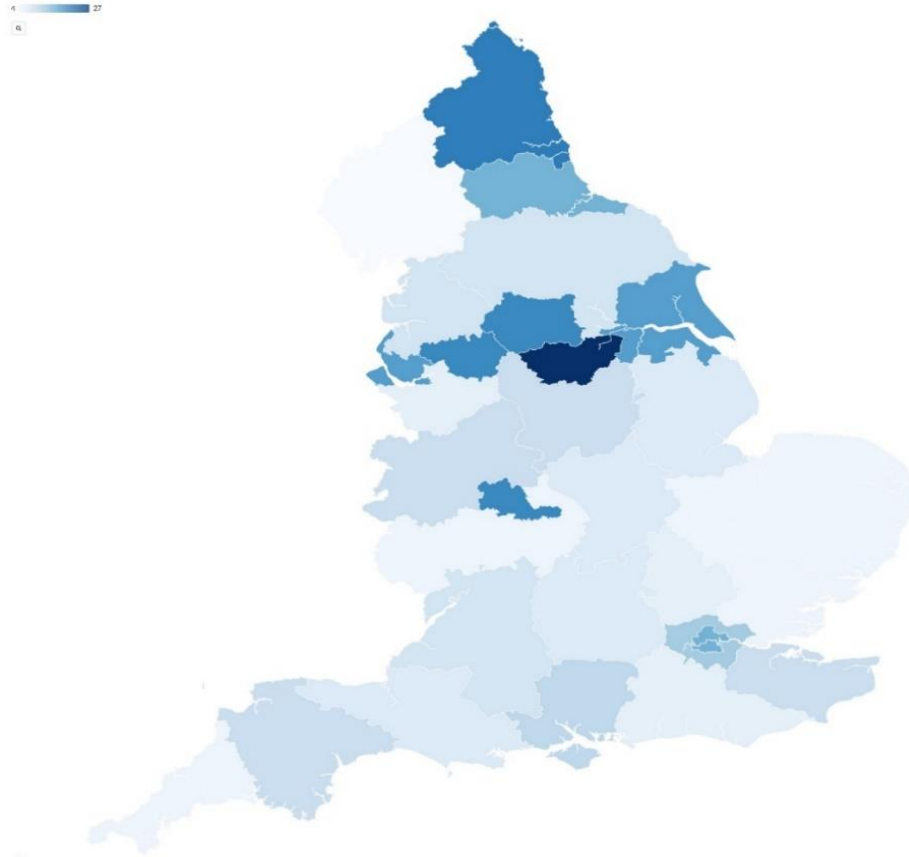
Source: Office for National Statistics (2019), Health state life expectancy at birth and at age 65 by local areas, UK

Inequalities in disability-free life expectancy at 65



Proportion of people with three or more LT conditions

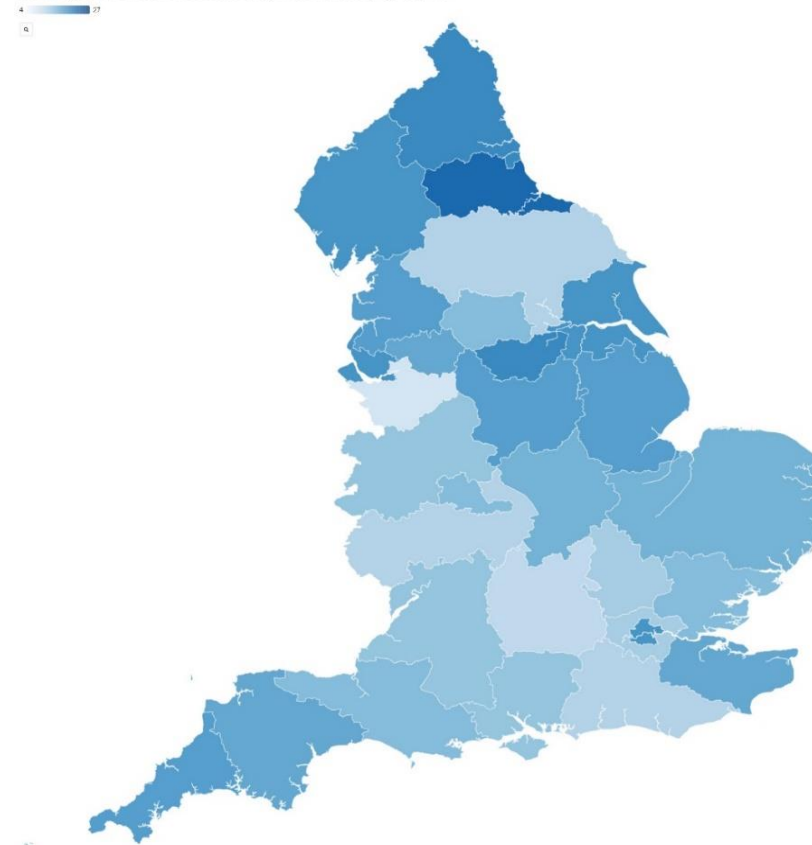
Percentage of 50-64s with three or more long-term conditions, England, 2004



Source: Annual population survey, January-December 2004

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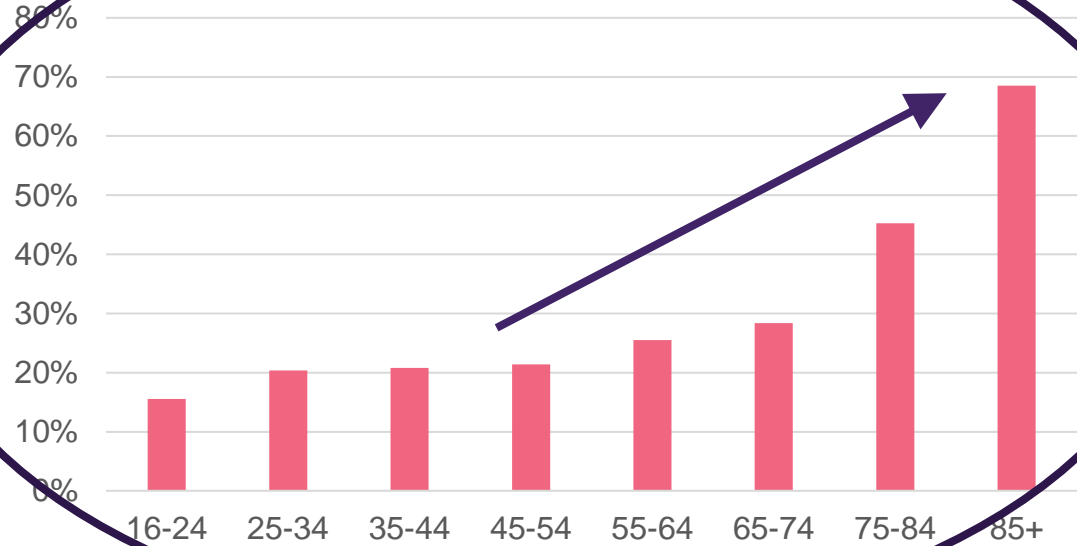
Percentage of 50-64s with three or more long-term conditions, England, 2019



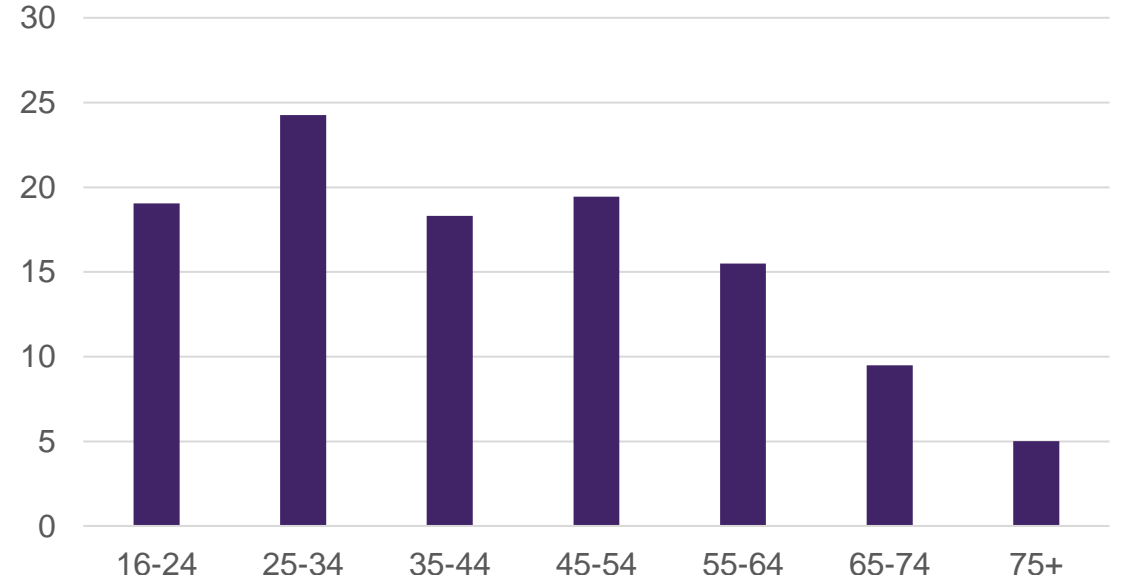
Source: Annual population survey, January-December 2019

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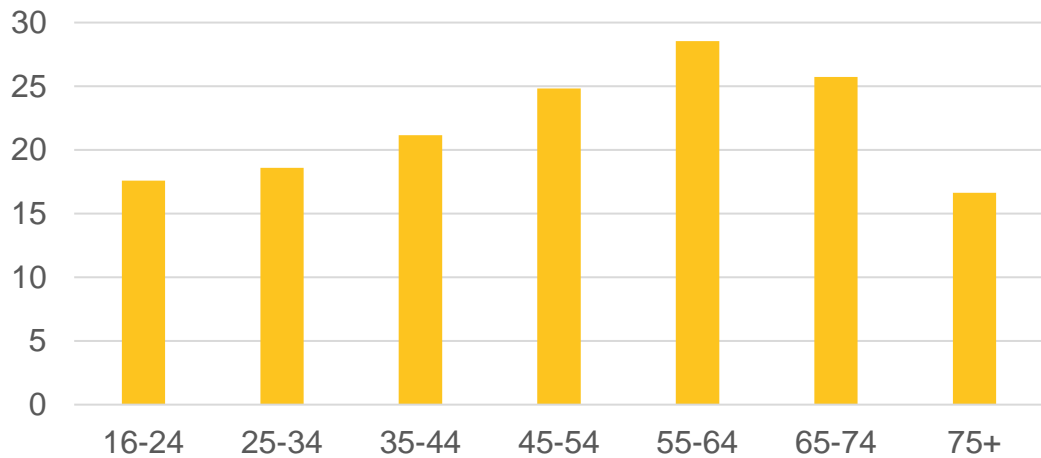
Physical inactivity



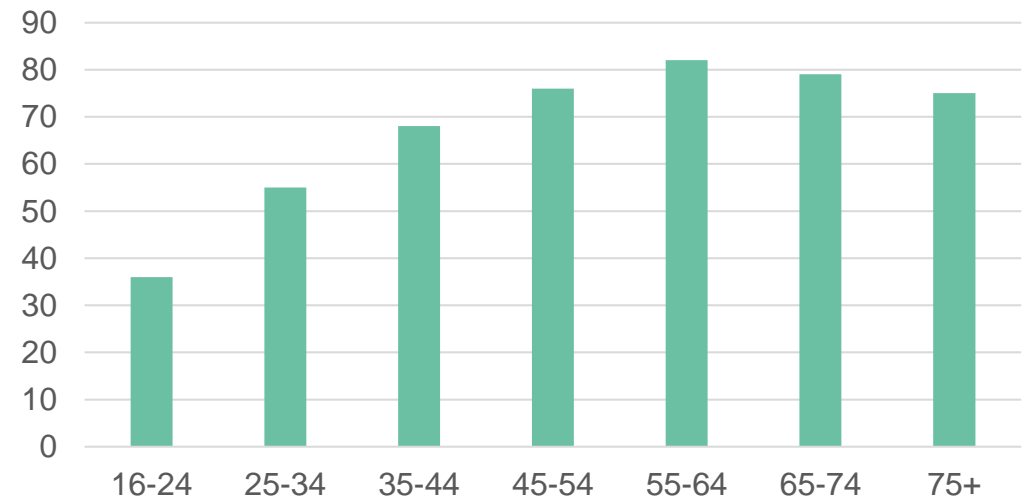
Current smoker



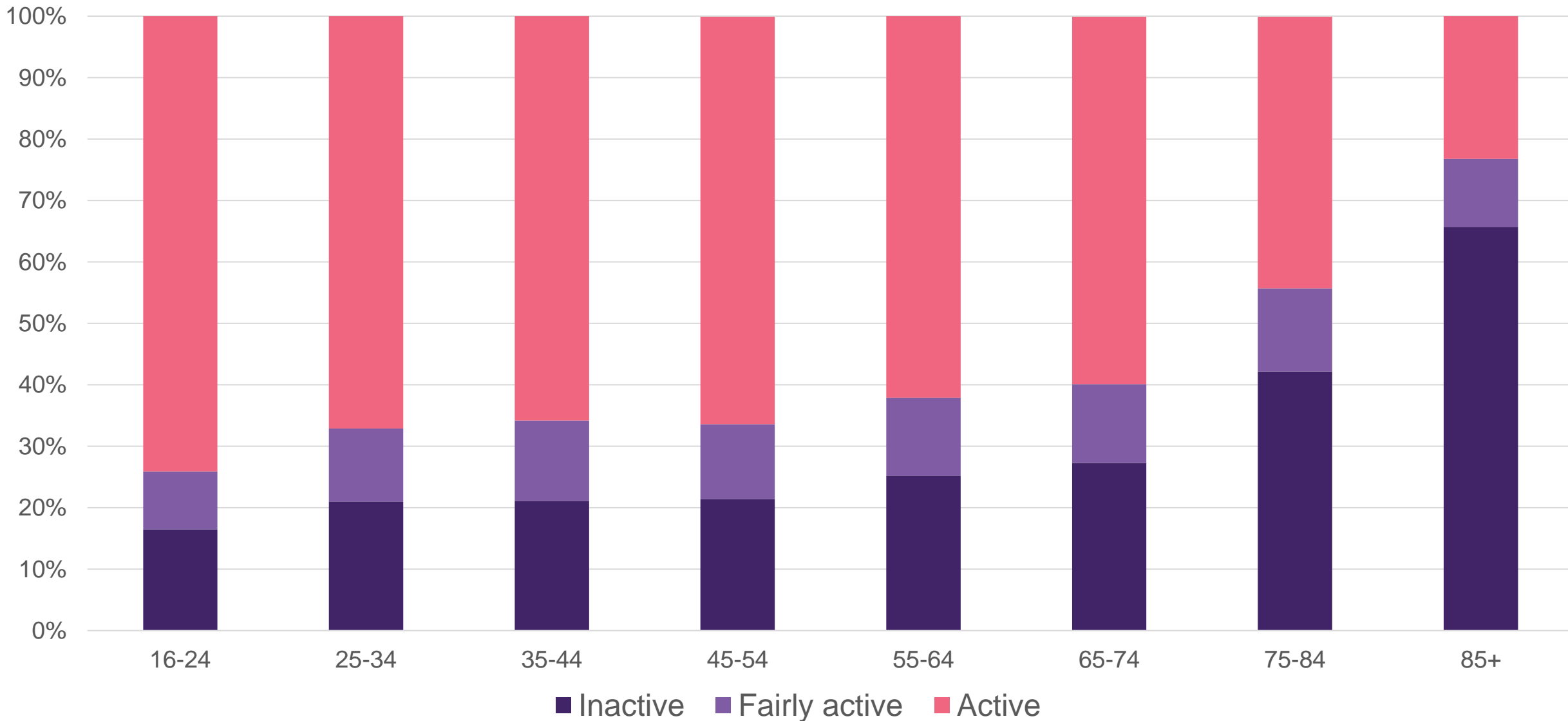
Drinking at increased or higher risk



Overweight or obese



The older we get, the more likely we are to be inactive



Active travel as a key route to change:

- **Why are we promoting active travel among this group?**
 - Covid-19 has increased focus on active travel – but existing policies often serve those who are already more likely to walk and cycle.
 - We need more strategies and plans to focus on those who are more likely to be missing out but possibly have the most to gain by taking up active travel options and becoming more active
 - Local authorities should build representation of people in mid to later life (particularly those with health conditions and disabilities) into the development, monitoring and evaluation of transport initiatives and public realm improvements.

What is the Centre for Ageing Better doing on active travel?

- **Research project** to summarise the existing evidence base around active travel among 50-70 year olds, to fill some of the gaps identified in the literature through primary research (to be completed summer 2021)
- Research will inform **development of future active travel projects:**
 - In partnership with local areas, we want to design, test and evaluate new approaches to get people aged 50-70 to take up active travel
 - Looking at both urban and rural areas