

Meeting: Adult Social Care, Health and Wellbeing Sub-committee

Date: 9th March 2017

Title: Director of Public Health Annual Report 2015/16

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Service: Health, Education, Care and Safeguarding

Directorate: Public Health

Wards affected: All

1. Purpose of Report

To provide the Adult Social Care, Health and Wellbeing Sub-committee with a presentation on the Director of Public Health Annual Report for 2015/16.

2. Recommendations

The sub committee is recommended to note the content of the presentation and support the recommendations.

3. Details

Under the Health and Social Care Act 2012, the Director of Public Health has a duty to produce an Annual Report on the health of the population. Within the same section of the Act, the Local Authority has a duty to publish the report.

The report for 2015/16 is titled 'Fit for our own futures?' and is concerned with how the population in North Tyneside is ageing and concentrates not just on physical fitness but also the importance of social and economic fitness and the important role that these issue play in the ageing process.

The Director of Public Health wishes to highlight that the ageing process is not the principal cause of disabling disease, and many of the disabling diseases of old age are preventable. Only about 25% of the ageing process is genetically determined and biological ageing alone is believed to have little effect until around the age of ninety. The main reason that disease occurs more commonly each decade is that people have lived for another ten years, exposed to risk factors in their lifestyle and environment that cause disease.. The good news is that the risk can be reduced, even at the age of sixty or older.

The health and social care costs associated with an ageing population make a very clear economic argument for ensuring that the ever-increasing number of people approaching retirement do so in the best possible health, with the level of general fitness, health awareness and support services necessary to help extend healthy and active life and to delay the frailty and infirmity that is often associated with old age.