

Torbay Public Health Annual Report






2025/26





Healthy Ageing



	Introduction
A man in a blue shirt and dark trousers is giving a thumbs up. He is surrounded by several large, colorful arrows pointing in different directions: blue, green, yellow, orange, and purple.	Our public health annual report this year is about staying healthy as we get older.
A man in a green jacket and brown trousers is giving a thumbs up. Next to him is a 'Happy Birthday' card featuring a birthday cake with candles.	In Torbay, men live to be about 78 years old.
An elderly woman with white hair is sitting in a blue armchair. She is wearing a red cardigan and a patterned skirt. Next to her is a 'Happy Birthday' card featuring a birthday cake with candles.	In Torbay, women live to be about 83 years old.
A man in a black t-shirt and blue jeans is giving a thumbs up. He is surrounded by various fruits and vegetables, including a banana, a tomato, a carrot, and a bunch of grapes.	As we get older, it is important to look after our health and fitness.

	Being Lonely
	In Torbay, 1 in 3 people over the age of 65 live on their own.
	Being lonely can make us less fit and healthy.
	How can we help?
	We can help people get to know each other so they feel part of their community.
	Work and volunteering
	Having a job or volunteering is important. Paid work can help people pay their bills and stay active.
	Work and volunteering can also help people to make friends.

	<p>It can be hard for older people to find work and volunteering.</p>
<p>How can we help?</p>	
	<p>It is important to make sure work and volunteering welcome older people.</p>
<p>Being a Carer</p>	
	<p>In Torbay, 1 in every 9 people is a Carer.</p>
	<p>Being a Carer is good, but it can also be difficult sometimes.</p>
<p>How can we help?</p>	
	<p>Torbay has a plan (strategy) to help Carers.</p>

	Having a safe home
	It is important to have the right home to live in when people get older.
	Torbay has a lot of problems with housing.
	How can we help?
	We will work with the Torbay Citizens Assembly to make sure older people are included in talks about housing.
	Getting older
	<p>Getting older can be good.</p> <p>Older people have a lot of skills and knowledge.</p> <p>In many countries older people are very respected.</p>



Older people sometimes get treated less well than younger people. They may suffer discrimination because of their age.

How can we help?



We can make sure we treat older people with respect and dignity.



We can make sure we talk positively about older people and use 'Age Friendly' words.





Transport





Good transport is important because it helps people stay well and healthy.



Some older people find it hard to get out and about.

	How can we help?
	We will work with the Torbay Citizens Assembly to make sure older people are included in talks about transport.
	Using technology
	Some older people use technology to book appointments, shop and chat with other people.
	Some older people do not use technology and find it very difficult.
	How can we help?
	It is important to help people with technology and to make sure they can also get services on the phone or face to face.

	Planning for old age
	Staying healthy and well can begin at any age!
	How can we help?
	<p>It is important to keep our brains and body active.</p> <p>It can help to join a 'Live Longer Better' programme.</p>