

Healthy Ageing in Haringey

November 2025



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Executive summary

The UK's ageing population is rapidly growing, bringing opportunities but also challenges as many older adults face chronic health issues, social isolation, and inactivity.

Haringey has among the highest levels of frailty among over 50s in London, with the North Central London Integrated Care Board specifically mentioning 'Ageing Well' as being pivotal within its population health strategy.

Healthy ageing is a public health priority globally, emphasised by the WHO's 'Decade of Healthy Ageing'. Research shows that lifestyle factors such as nutrition, physical activity, social engagement, cognitive stimulation, and hydration critically influence ageing outcomes, as well as offer a clear and actionable basis for older adults to manage healthy ageing independently.

While initiatives like The Open University's 'Ageing Well Public Talk Series' and the 'Take Five to Age Well' pledge have helped translate this knowledge into practical actions, engagement remains disproportionate, especially among deprived and diverse communities. There are several ageing well initiatives in Haringey that are addressing these gaps and promoting long-term healthy ageing at community level through social influence, active participation and proven strategies that encourage healthy behaviours.

This report explores how much age well approaches enhance knowledge and motivation to apply the five pillars of healthy ageing in everyday life. We look at resident awareness of and participation in healthy ageing initiatives; as well as people's views on what support they want and need.

Our insights will help shape public health and community outreach activities in Haringey to support and promote healthy ageing within local communities.

Key insights from this survey:

- Hydration was less recognised and often misconceived.
- Community spaces and activities such as physical and social, are key resources that Haringey residents depend upon to age well.
- Physical limitations, time pressures, environmental factors, and accessibility challenges were key obstacles to following the Age Well principles.
- Community-based initiatives support health and reduce social isolation. This includes promoting local groups and resources.
- Community events and active networks improve engagement in healthy ageing, with Haringey Age Well Festival respondents reflecting on healthy ageing and motivated to adopt positive lifestyle changes.

Key recommendations:

1. Wider promotion of healthy ageing.
2. Development of community spaces.
3. Improving accessibility and inclusivity.
4. Addressing barriers to ageing well in deprived communities.
5. More ageing well early interventions.
6. Increasing hydration awareness.



Background and context

People's experiences of ageing well

In the United Kingdom, 24% of the total population of 67 million are currently over the age of 60 years, which is expected to rise to an estimated 28% by 2030.

Improvements in medical care and public health initiatives have played a key role in extending life expectancy and reducing death rates worldwide (Salomon et al., 2012). As a result, there has been a growing recognition of older adults as valuable contributors to their families, communities, and society at large (Foster & Walker, 2015; WHO, 2015, 2017, 2020).

Advances in lifestyle and medicine have led to significant and unintended social, economic, and health challenges, as life expectancy has risen more rapidly than the number of years people spend in good health (Rechel et al., 2013). About 15% of over-60s experience poor physical or mental health, and COVID-19 has further impacted wellbeing by reducing social interaction and physical activity.

These challenges have created urgency around **healthy ageing**, defined as living a healthy, socially inclusive life with minimal illness or disability (Age UK, 2010). Healthy ageing is more likely when individuals actively engage in health-promoting behaviours (Age UK, 2015).

Haringey has among the highest levels of frailty among over 50s in London. There has been an increase in over 65-year-olds living with moderate/severe frailty since the COVID-19 pandemic¹. In its strategy document 'Improving Population Health in North Central London', the North Central London Integrated Care System referred to 'age well' as a key aspect of its population health strategy. Noting as ambitions:

We want people to live as healthy, independent and fulfilling lives as possible as they age.

AND

We want everyone to remain connected and thriving in their local communities as they age².

¹<https://www.minutes.haringey.gov.uk/documents/s138300/PH%20IC%20Strategy%20v.11.pdf> (p.60)

²North Central London Integrated Care System (2025). *Improving Population Health in North Central London*. Accessed Online December 2025: https://nclhealthandcare.org.uk/wp-content/uploads/2025/03/Updated-March-2025_Improving-Population-Health_Mission-doc.pdf (p.12)

In practice, the WHO has made it a global priority, leading the 'Decade of Healthy Ageing 2023' to mobilise governments, organisations, and communities in 'concerted, catalytic and collaborative action to foster longer and healthier lives' (Rudnicka et al., 2020). Central to this is empowering self-management through accessible education on healthier lifestyles. Reflecting this, the NHS in England has embedded healthy ageing into its 10-Year Health Plan, including an incentive-based health reward scheme (Fit for the future: 10 Year health plan for England, 2025).

The five pillars of ageing well

Global research on the epigenetics of ageing show that poor nutrition, hydration, physical inactivity, and limited social or cognitive engagement accelerate biological ageing (Frankel et al., 1991; Pagiatakis et al., 2021; WHO, 2020). Conversely, lifestyle improvements in these areas can extend healthy lifespan (Calder et al., 2018). These factors form five key pillars of healthy ageing: Nutrition, Hydration, Physical Activity, and Social and Cognitive Stimulation.



Many older adults experience both under- and over-nutrition (obesity) (Hickson, 2006). Adequate nutrition enhances quality of life and cognitive health, while diets such as the Mediterranean pattern reduce dementia risk (Berendsen et al., 2018).

Social isolation negatively affects well-being and increases healthcare use, whereas social engagement improves health outcomes and longevity (Barnes et al., 2021). Socially active older adults have lower mortality (Maier & Klumb, 2005), fewer healthcare visits, and reduced medication use (Bath & Gardiner, 2005).

Physical inactivity is a major cause of age-related disease (Booth et al., 2000; Lee et al., 2012). Regular exercise later in life enhances cardiovascular health, coordination, cognitive function, and emotional well-being (Norhey et al., 2018).

Cognitive decline with age affects perception, memory, and executive function (Kaido et al., 2020). Cognitive stimulation through reading, games, and similar activities helps preserve brain function and reduces dementia risk (Chang et al., 2021).

Adequate hydration supports physiological balance and cognition, while dehydration increases disease risk and mortality (El-Sharkawy et al., 2015; Morley, 2015). Older adults are particularly vulnerable due to reduced thirst and physiological changes, highlighting the need to promote regular hydration.

National ageing well interventions

As evidence grows for practical, self-managed approaches to healthy ageing, The Open University launched the 'Ageing Well Public Talk Series (AWPTS)' to bridge the 'ivory tower' gap between academic research and real-world application (Vseteckova, 2020). Developed in collaboration with researchers, older adults, caregivers, and health professionals, the talks translated evidence on the five pillars of healthy ageing—nutrition, hydration, physical activity, social and cognitive engagement—into accessible guidance. AWPTS improved knowledge about healthy ageing (O'Connor et al., 2023)—but did not assess long-term behavioural impact.

The Open University, with Age UK delivered 'Take Five to Age Well 2025', a one-month campaign encouraging small, daily lifestyle changes across the five pillars. Following this, we saw 3% of 3,254 adults complete the post-campaign online survey and over 80% maintain their chosen actions. This suggests potential for lasting behaviour change but the low survey completion rates may reflect digital exclusion barriers to engagement.

One-third of UK adults aged 65+ lack essential online skills (ONS, 2025), limiting participation in digital health initiatives (Notes & Lorenz-Huber, 2007).

Additionally, digital campaigns often lack the social interaction and influence that are important for effective learning and sustained engagement (Azmat & Ahmed, 2022).

Most participants were white, well-educated, and from less deprived areas, highlighting limited diversity and unequal reach. Since socioeconomic and demographic factors significantly influence health behaviours (Matthews et al., 2014), this lack of representation does not fully reflect the experiences or needs of more diverse populations, limiting the generalisability of the findings.

Regional inequalities, such as differences in ethnicity, socioeconomic status, housing, and access to community services, play a significant role in shaping the quality of life in older age (The State of Ageing, 2025). This is reflected in our annual public health report where greater deprivation is seen to be linked to lower life expectancy, higher chronic disease rates, and more years spent in poor health. This highlights the need for locally tailored healthy ageing initiatives.

Local community initiatives for ageing well

In Haringey there are several community interventions and organisations which look to support older people. This includes Haringey Reach and Connect, Haringey Over 50s Forum, Haringey Circle, Old Alone and the Older People's Reference Group from the Joint Partnership Board.

Growing evidence supports festivals as effective community initiatives for building social capital and promoting inclusion (Stevenson, 2016). The Haringey Age Well Festival 2025, a one-day event, promoted the five pillars of healthy ageing through interactive zones and collaboration with local groups. Building on The Open University's AWPTS and 'Take Five to Age Well' campaign, the festival extended engagement to more diverse communities and emphasised social influence and active participation as behaviour change tools.

The festival worked with over 40 local organisations to create zones that aimed to promote the five pillars of ageing well. The Physical Zone involved walking football, pickleball, tennis, Nordic walking and health checks. The Connect Zone involved conversation groups, Singing for the Brain, with a shared reading and storytelling station. The Eat Well and Hydration Zone involved herbal tea making, gardening workshops, promotion of natural foods and pest control, with interactive sessions on growing food from other cultures in the British climate.

The Wellbeing Zone included chair yoga, tai chi, talks on smoking cessation, and a talk from the founder of the 'Take 5 to Age Well' project. The Lifelong Learning Zone encouraged cognitive activity with creative writing workshops. Local volunteering activities were promoted, sessions on navigating employment in later life were held, and screenings of local films were shown.

The first festival in 2024 attracted over 600 attendees, with 84% aged 50+, 19% aged 75+, 41% identifying as White and 34% as Black or Black British. In 2025 the festival attracted circa 750 attendees, with 86% aged 55+, 39% aged 75+, with 35% identifying as White, 35% as Black or Black British, and the remainder as Asian or from mixed/multiple ethnic groups. This reflects that there were more ethnically diverse visitors in 2025.

Our research project investigates the levels of awareness and engagement with the principles of healthy ageing among Haringey residents. We evaluated the extent to which ageing well initiatives and approaches can serve as an effective initiative for promoting and encouraging engagement in healthy ageing behaviours. Our survey at the festival explored participants' experiences of healthy ageing, their awareness of the five principles of ageing well, current healthy ageing practices and perceived barriers. We also looked at the success of ageing well events to increase motivation and engagement in healthy ageing.



Methodology

The 2025 Haringey Age well Festival provided us with an opportunity to explore people's experiences of ageing well in Haringey and carry out a visitor survey.

The methods and rationale used to undertake this are detailed below.



- Survey Monkey survey.
- Semi-structured survey.
- In-person surveys.

Eight volunteers using electronic devices and paper copies to distribute surveys and collect responses.

Prioritising respondents that looked 45+. Ageing well is a preventative approach, so it was important to collect responses from a wider age range.

We collected **80 survey responses** on the day.

Project Limitations

A large proportion of the people we surveyed at the Age Well Festival would already be informed about the Age Well Principles and actively engaged in healthy ageing.

Demographic data and key findings

We carried out our survey on Saturday 20 September 2025 in Bruce Castle Park. Volunteers used both online and hard copy surveys. A total of 80 people completed the survey.

Demographic data

94% of the people we interviewed were aged 45+

35% identified as Black, **34%** as White, **4%** as Asian, **One** as Kurdish and **Two** as Mixed/Multiple Ethnic groups, with Asian Caribbean, Nepalese, Asian mix and South African listed by some

17% said that English was not their first language

40% identified as Christian, **27%** were Atheist/ No religion, **8%** preferred not to say and the remainder were adherents of other religions

22% considered themselves disabled

64% identified as female

76 people answered the sexual orientation question, with **64** identifying as straight, **Five** as Gay, **One** as Bisexual, **Five** preferred not to say and **One** selected 'Other'

What we heard

Q. Can you name any of the five principles of ageing well?

Of the 80 who answered this question, 41 said "yes," 25 "no" and 14 "not sure".

Q. If yes, tick the ones you have heard of

Not all who answered "yes" were able to name all the five principles of ageing well. 82% could name "Eating well," 74% "Staying active," 65% "Keeping your brain active," and 61% "Connecting socially."

Only 37% said they had heard of "Staying hydrated." Drinking enough fluid every day is important, especially for people as they age. This reflects a gap in awareness.

Q. The five principles of ageing well are: **Nutrition** (eating well), **Hydration** (drinking enough water), **Physical activity**, **Social activity** and **Cognitive stimulation** (keeping the brain engaged through activities that challenge thinking and memory). **Do you currently follow any of these five principles in your daily life?**

Of the 79 people who answered this question, 71 answered "yes," an overwhelming majority. This indicates that most people we interviewed believed they are following the five principles of ageing well, even though they may not have been consciously aware of this. However, fewer people were aware that "staying hydrated" was a principle of ageing well.

What we heard

Q. If yes or sometimes, which are the five principles you use in your daily life and how? Please give examples:

Eating well

58 people interviewed said they are "Eating well". "Cooking at home" was a popular choice, with around a quarter stating or implying that they cook from home and sometimes grow their own food. People associated the consumption of vegetables and plants with "eating well". Avoiding ultra-processed food, red meat, sugar and alcohol were also seen as "eating well".

Staying hydrated

48 people said they stay hydrated. The number was lower than for the other methods for ageing well. This indicates that staying hydrated is the least well understood element of keeping healthy in later life. Most people we interviewed identified drinking lots of water with staying hydrated. Sometimes they would fill a bottle or take water out with them. Three people said they did not drink coffee and / or alcohol. However, four people said they stayed hydrated by also drinking tea or coffee or wine. These drinks, particularly coffee and alcohol, can contribute to dehydration.

Staying active

62 people told us how they stay active. The most popular form of activity was walking, with 42 out of 62 stating that walking was at least one part of their activity. Combined activity was a popular choice, with 19 people saying they attended classes or groups, like exercise, dance or yoga and / or community activities. Other activities included rowing, tennis, tai chi, swimming, gardening and going to the gym. People also mentioned their work involves exercise.

What we heard

Connecting socially

58 people said they connected socially, with 19 telling us about being out in the “community” visiting community centres, attending community groups and community events. “Friends” were a source of social connection for 15 people, with nine connecting socially by volunteering and six attending church.

Keeping your brain active

62 people indicated that they take steps to keep their brain active. The most popular response, with 32 instances, was “reading,” with two mentioning reading club or reading group activity. Crosswords and Wordle were popular, with seven people mentioning one or both. Four expressed a preference for doing puzzles, with two liking Sudoku, a number game and seven mentioning board games, including chess, Scrabble and dominoes. Six took part in singing, making or listening to music. Forms of artistic activity, such as drawing, painting and art classes were mentioned by six people.

What we heard

Q. Are there any challenges or barriers that might prevent you from following the five principles of ageing well in your daily life? Tick any that apply to you.

74 people responded to this question, and some selected more than one type of barrier.

17 people said: They experienced no barriers or selected "Other" stating they "faced no barriers".

The most popular answer (36.5% of the total answers) was given by 27 people: "Physical limitations – chronic illness, pain, mobility issues, disability making it harder to stay active or prepare healthy meals."

12 people mentioned:

"Lack of motivation or low mood – depression, stress, or low energy reducing the desire to engage in activities received."

"Time pressures – caregiving responsibilities or work making it hard to prioritise self-care."

The Four people selected: "Limited knowledge or awareness – not knowing about resources, support networks, or simple ways to stay healthy."

What we heard

Five people listed:

“Financial constraints – limited income affecting access to nutritious food, social activities, or healthcare.”

“Social isolation – living alone, loss of friends/family, or limited opportunities to connect with others.”

10 people said:

“Environmental factors – unsafe neighbourhoods, lack of green spaces, or poor access to community facilities.”

An additional number of people in the “Other” option mentioned an environmental factor such as the weather or darkness outside during the winter.

One person mentioned not enough access to public toilets preventing them from staying hydrated if they are going out.

Other (please specify) Selected answers are set out below:

“Low motivation during winter.”

“I don't drink enough water because I worry about having to pee too much when out and about.”

“Working and there aren't many activities in the evening when it is dark-don't feel safe.”

“Finding the right place and people to talk to.”

“Health becomes the barrier.”

“Society.”

What we heard

Q. After attending today's event, do you think you will be more likely to follow the five principles in your daily life?

80 people answered: 52% (42) said "Yes" and 40% "No, I'm already following the five principles of ageing well."

Three people stated: They currently did not feel able to.

Three people who selected "Other" said:

"Will try."

"I don't know."

"My favourite things are cigarettes and caffeine."

Q. If yes, what changes are you planning to make?

42 people said "yes": This question was answered by Every person who said "yes" to Q9.

13 people mentioned:

Community or social activity changes. From four answers given exercise-based activities were mentioned. Taking opportunities to connect socially and exercise were the two most popular changes people planned to make to improve their chances of aging well.

12 people saw themselves: Doing more to stay active to age well, including swimming and walking.

Answers which encompassed “staying active” included:

“More active and self-aware of improvements.”
“None, maybe more swimming.”
“Walking more.”
“More swimming and a bit of walking.”
“The walking sessions helped to inspire me more.”
“Exercise more.”
“Swimming more.”
“I try to do the walking exercise.”
“I will try to be active.”
“Go out more and go on more trips.”
“Clean house more often.”
“Keep active and lose weight.”

A few people recognised that they needed to drink more water. Answers which encompassed “staying hydrated” included:

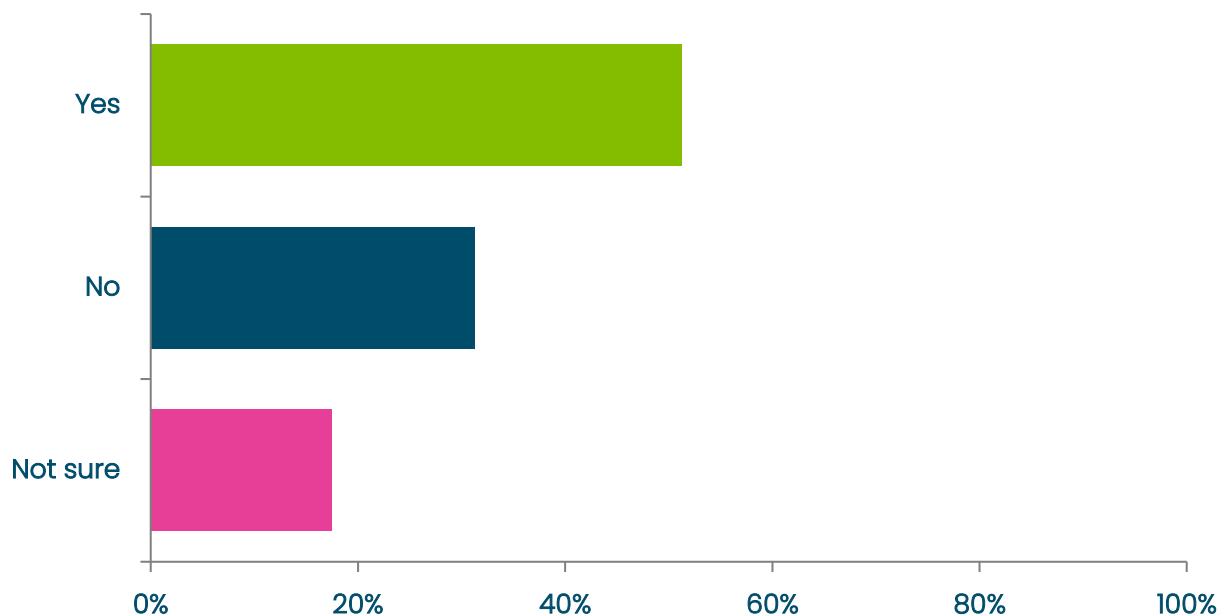
“Improve hydration.”
“Drinking less caffeine.”
“More efforts on staying hydrated.”
“Drink more water.”
“Try even more, especially on the water.”

Key insights and themes

Below are the key insights and themes from the survey findings:

Greater local awareness of ageing well principles

Breakdown of people's awareness of the Ageing Well principles:



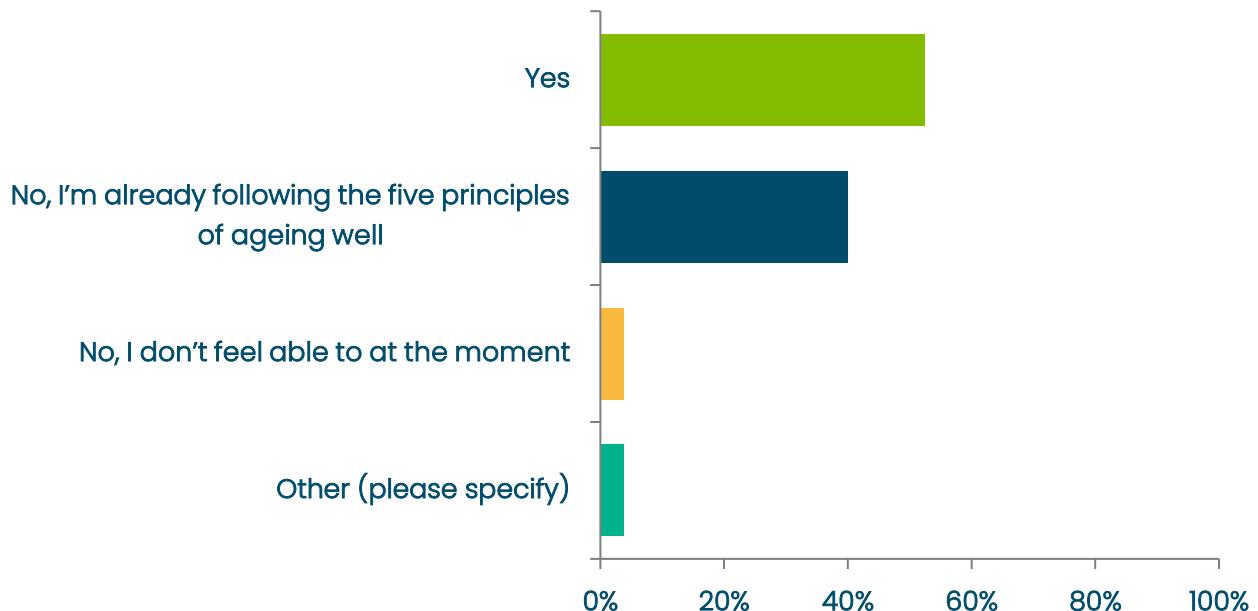
50% of people said that they could name the five principles of ageing well, with few correctly remembering all five.

The most recognised principles were "Eating well" (**82%**), "Staying active" (**74%**), "Keeping your brain active" (**65%**), and "Connecting socially" (**61%**).

37% identified with "Staying hydrated", indicating a significant gap. Given the critical role of hydration in older age, this suggests a need to place greater emphasis on promoting awareness.

Following the Five Principles of Ageing Well

89.9% of people interviewed said that they follow at least one of the five principles of ageing well in their daily lives.



We noted that more people said they practiced "staying hydrated" than recognising it as one of the official principles. This suggests that awareness and practice are not always aligned.

Among those who follow at least one principle:

- 82% eat healthily
- 87% stay physically active
- 82% connect socially
- 87% keep their brain active
- 60% stay hydrated

Eating Well

People told us that they associated “eating well” with cooking at home, eating vegetables, following dietary advice from doctors, avoiding processed foods, sugar, and alcohol. Around one-quarter mentioned cooking or growing their own food, highlighting a strong focus on fresh and home-prepared meals.

Staying Active

We identified that walking was the most common form of physical activity (61.4%), followed by taking part in group classes or community activities such as exercise, dance, yoga, tennis, swimming, gardening and gym classes. On average 30% exercised in groups, suggesting social interaction is an important motivator for physical activity participation.

Social Connections

Many people told us they keep socially connected, with over a quarter (26%) saying interacting with friends was their main form of social engagement. We identified 22.4% engaged in community-based activities such as attending centres, workshops and local events. We learnt that community spaces are important in fostering social interaction, particularly for older adults who may live alone, lack close family or friends and are at risk of social isolation.

We heard that 12% stayed socially active through volunteering, demonstrating that older adults can play a significant role in supporting their communities. This highlights an opportunity for local charities and community services to strengthen their volunteer base by actively engaging older members of the community.

Keeping the Brain Active

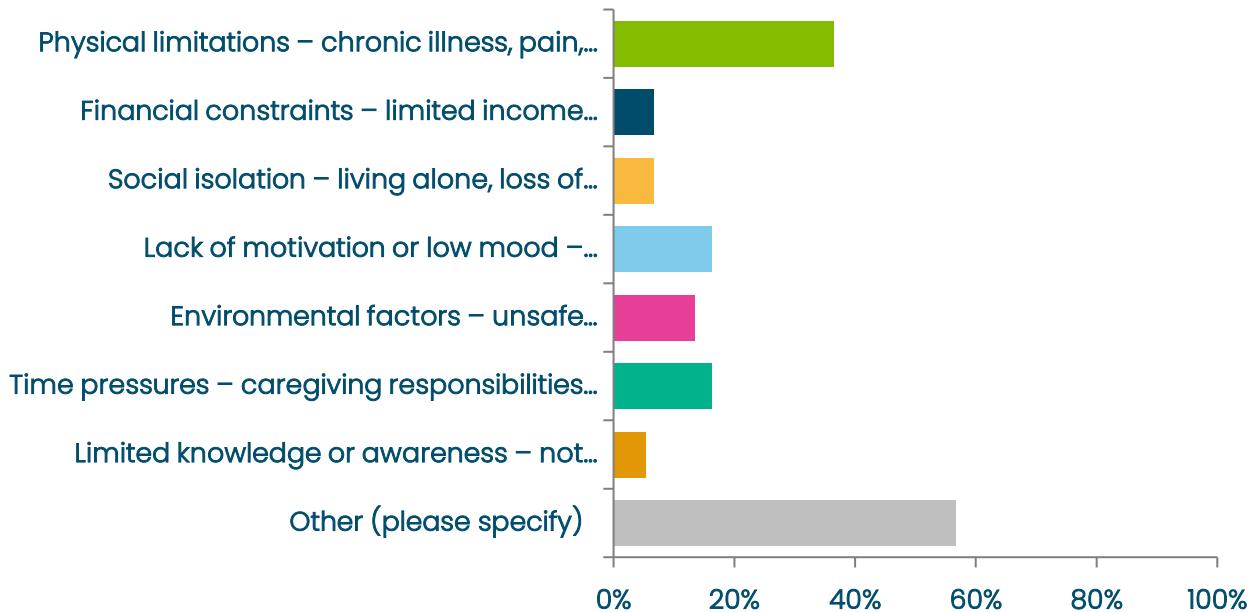
87% of respondents indicated that they take steps to keep their brain active. The most common activities were reading, attending book clubs, solving crosswords or puzzles, playing board games, engaging in music, and creative activity.

Staying Hydrated

Only 60% of respondents said that they try to stay hydrated, making this the least commonly practiced principle. Some identified coffee, juice, alcohol, and tea as sources of hydrating, suggesting misconceptions about what constitutes hydrating fluids. This shows a need for greater education and awareness around hydration, particularly surrounding which fluids support hydration and which should be limited.

Barriers to ageing well

The survey feedback identified several barriers preventing older adults from fully engaging with the five principles of ageing well:



Physical limitations (36.5%)

Some people said that mobility or health issues restricted their ability to stay active or prepare healthy meals. This shows that ageing well initiatives should incorporate adaptations to support physical limitations and need to raise awareness of accessible local activities.

Motivation and mood (16.2%)

Lack of motivation or low mood was seen as a barrier, suggesting that hands-on encouragement, such as interactive events like the Age Well Festival, may be more effective in fostering engagement than passive approaches like leaflets or GP recommendations.

Time pressures and responsibilities (16.2%)

Some people noted that caregiving responsibilities or work made it hard to prioritise self-care, with one commenting, "I am working and there aren't many activities in the evening." These findings suggest that ageing well initiatives may need to be more flexible, such as offering evening or weekend sessions. As ageing well is a preventative approach, it is important that related activities are accessible and inclusive for people of all ages, not only for our retired community.

Environmental factors (14%)

People told us that environmental factors such as unsafe neighbourhoods, lack of green spaces, or poor access to community facilities prevented them from engaging in ageing well. One person mentioned that limited access to public toilets prevented them from going out, which in turn made it more difficult to stay active and maintain hydration.

Limited knowledge and awareness (5.4%)

We learnt that some people were unaware of resources, support networks, or accessible ways to age well. Greater publicity of local ageing well initiatives and support services could help address this gap.

Financial constraints (7%)

Five people told us that limited income affected their access to nutritious food, social activities, or healthcare. This highlights the importance of ensuring that ageing well initiatives and community programmes are affordable and supported by schemes that reduce cost-related barriers for older adults.

Social isolation (7%)

Five respondents said that living alone, loss of friends/family, or limited opportunities to connect with others prevented them from engaging in healthy ageing activities. This highlights the crucial role of community spaces in enabling older adults to build social networks, maintain connections, and feel part of their community.

Loneliness is a prevalent issue in older adults, with approximately 7% of individuals aged 65 and over in the UK, equating to 940,000 people, experiencing chronic loneliness (Age UK Report, 2023). Ensuring accessible and welcoming community spaces is therefore essential for promoting both social engagement and overall wellbeing in later life.

Conclusion

Our research project aimed to engage with our Haringey residents and identify their level of awareness of healthy ageing and see how effective the promotion of healthy ageing has been to influence behaviours.

Our findings show that most of the people who took part in our research believe they follow at least one of the five principles in their daily lives. We gained insights into a wide range of health practices and activities that encourage healthy ageing. We identified gaps in awareness, particularly regarding hydration. Barriers such as physical limitations, low motivation, time pressures, environmental challenges, financial constraints and social isolation were also highlighted, suggesting that broader structural and social factors need to be considered in healthy ageing initiatives.

These findings indicate that local community events can be used to raise awareness about ageing well and are effective in enhancing both knowledge and motivation to engage people in healthy ageing initiatives. These events can provide a valuable learning environment, offering accessible information and practical examples of how to incorporate the five principles of healthy ageing into daily life.

People will better understand and gain an increased awareness of the five principles of ageing well and access to support resources available in their community to help them age well at events. This includes through interactive stalls, demonstrations, and opportunities to speak directly with local health and wellbeing providers. We conclude that community-based initiatives, like the Haringey Age Well Festival, are an effective model for promoting and supporting healthy ageing.

Recommendations

Based on the findings, our recommendations are:

1. Springboard into the promotion of healthy ageing

A framework of ageing well activities and awareness raising already takes place in Haringey. There is an opportunity to increase consistent ageing well focus messaging by holding more than one awareness event each year.

Partnerships can be made with:

- Local schools and colleges, through multi-generational events organised that involve older people as role models of healthy ageing
- Community groups, charities and local organisations
- GP Practices
- Local councils and health boards
- Wellbeing interventions

2. Development of community spaces

More community spaces and social activities for older people involving initiatives such as:

- Mindfulness groups
- Spaces for conversation and dialogue
- Community art sessions

Existing Haringey spaces can be used to hold Age Well related activities and events, and to extend reach through cross-promotion.

3. Improved accessibility and inclusivity

Activities to support ageing well need to be designed for accessibility and inclusion, with practical steps to reduce engagement barriers. This includes accessible facilities, like disabled toilets; providing transport to attend activities; and making venues and environments safe and welcoming to all. Activities and events should be co-designed with local people who identify as disabled.

4. Addressing barriers to ageing well in deprived communities

To tackle disparities in dissemination of the Age Well principles we need to start by acknowledge inequalities in ageing in deprived areas.

Ageing Well initiatives should be more direct in addressing barriers. This will help the 'Take Five to Age Well' approach to fully address barriers in deprived areas, including time issues, unsafe neighbourhoods, financial and people not being able to afford gyms. A direct approach will help people access information, local open spaces and enjoy organic produce.

One approach could be to train volunteer 'Age Well Ambassadors', who can promote the ageing well principle in their local neighbourhoods and within community groups. Peer influence may be more effective than a top-down institutional approach. This aligns to the new NHS Neighbourhood Health Models.

5. Ageing well early interventions

Promoting preventative age well strategies in an 'early-intervention' manner, will ensure aspects of ageing well are adopted earlier by people in their 40s and 50s.

6. Hydration awareness

The findings of this study highlighted a notable gap in awareness among older adults regarding the importance of hydration and how to remain sufficiently hydrated. To address this, future events should place greater emphasis on promoting the importance of hydration.

We suggest targeted educational materials and clear guidance on fluids that support optimal hydration, address common misconceptions and encourage the adoption of healthy hydration practices in daily life.

Awareness raising approaches we suggest include:

- A dedicated campaign led by the Haringey Public Health Team.
- Developing and sharing resources and materials across Haringey's various older people's groups.
- Involving VCS groups in Haringey.
- Engaging social prescribers based at GP Surgeries in the borough.

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