

Health and Wellbeing Board



Date of meeting:	15 January 2026
Title of Report:	The Director of Public Health Annual Report: The Health and Wellbeing of Women in Plymouth
Lead Member:	Councillor Mary Aspinall (Cabinet Member for Health and Adult Social Care)
Lead Strategic Director:	Professor Steve Maddern (Director of Public Health)
Author:	Professor Steve Maddern
Contact Email:	Steve.Maddern@plymouth.gov.uk
Your Reference:	Click here to enter text.
Key Decision:	No
Confidentiality:	Part I - Official

Purpose of Report

Directors of Public Health have a statutory requirement to write an annual independent report on the health of the communities they serve. In response to the previous Director of Public Health Annual Report which highlighted that women in Plymouth are estimated to have one of the worst healthy life expectancies when compared to other similar areas, this year's report seeks to understand the issue further through exploring the health and wellbeing of women and girls in Plymouth as framed around the four Thrive Plymouth petals: Healthy Body, Healthy Mind, Healthy Places, and Healthy Communities.

The report uses a combination of local data, lived experience, and community insight and considers the many interconnected factors that keep women in Plymouth healthy, or indeed may get in the way of women in Plymouth being healthy. It purposely centres around the voices of underrepresented women in Plymouth, including women veterans, women with learning disabilities and women experiencing multiple disadvantage. Themes within the report include a need for better access to women specific healthcare, the impact of economic wellbeing on women and the influence of trauma and violence on women's mental health.

Recommendations and Reasons

1. Note the content of the Director of Public Health Annual Report
2. Consider the final reflections and how they can be supported

3. Acknowledge the contributions from women in the city and the organisations who support them
4. Commit to considering what more needs to be done to improve the health and wellbeing of women and girls in the city.

Alternative options considered and rejected

- I. NA

Relevance to the Corporate Plan and/or the Plymouth Plan

The Director of Public Health Annual Report makes specific reference to the Plymouth Plan within the context of the city's economic significance and the challenges women in experience in relation to this. The importance of women within the Inclusive Growth pillar of the Plymouth Economic Strategy is also emphasised. Healthy City in the Plymouth Plan also focusses on Plymouth residents having improved health, increased life expectancy, and a better quality of life which is also relevant.

Implications for the Medium Term Financial Plan and Resource Implications:

None

Financial Risks

None

Legal Implications

None

(Provided by Richard Hargreaves)

Under the Health and Social Care Act 2012 there is a statutory duty for:

- The Director of Public Health to prepare an independent annual report on the health of the communities they serve.
- The local authority to publish the report.

Carbon Footprint (Environmental) Implications:

None

Other Implications: e.g. Health and Safety, Risk Management, Child Poverty:

None known

Appendices

Director of Public Health Annual Report 2025

Ref.	Title of Appendix	Exemption Paragraph Number (if applicable)														
A	The Director of Public Health Annual Report	<p>If some/all of the information is confidential, you must indicate why it is not for publication by virtue of Part 1 of Schedule 12A of the Local Government Act 1972 by ticking the relevant box.</p> <table border="1"> <thead> <tr> <th data-bbox="881 170 908 177">1</th> <th data-bbox="963 170 990 177">2</th> <th data-bbox="1046 170 1075 177">3</th> <th data-bbox="1102 170 1130 177">4</th> <th data-bbox="1157 170 1186 177">5</th> <th data-bbox="1241 170 1268 177">6</th> <th data-bbox="1324 170 1351 177">7</th> </tr> </thead> <tbody> <tr> <td data-bbox="881 177 908 184"></td><td data-bbox="963 177 990 184"></td><td data-bbox="1046 177 1075 184"></td><td data-bbox="1102 177 1130 184"></td><td data-bbox="1157 177 1186 184"></td><td data-bbox="1241 177 1268 184"></td><td data-bbox="1324 177 1351 184"></td></tr> </tbody> </table>	1	2	3	4	5	6	7							
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B	Briefing Report															

Background papers:

**Add rows as required to box below*

Please list all unpublished, background papers relevant to the decision in the table below. Background papers are unpublished works, relied on to a material extent in preparing the report, which disclose facts or matters on which the report or an important part of the work is based.

Title of any background paper(s)	Exemption Paragraph Number (if applicable)
	<p>If some/all of the information is confidential, you must indicate why it is not for publication by virtue of Part 1 of Schedule 12A of the Local Government Act 1972 by ticking the relevant box.</p>

Sign off: