

Havering's population

Key Findings:

- Since 2007, the population of Havering has been growing at a faster rate than the England average, and this is expected to continue in the future, with the population rising by 8.3% by 2020
- Havering's retirement age population is expected to grow the fastest overall in the future, increasing by 19.2% by 2025. The fastest growth is in the 90+ age group, expected to increase by 125% by 2025
- The number of children and young people in Havering is also expected to show a large increase, growing by 14.5% by 2025. The fastest increase is expected to be in the 5-9 age group, growing by 22.7% by 2025
- It is estimated that in the next five years, the population of South Hornchurch will grow the most (increasing by 24%), followed by Brooklands, Harold Wood and Romford Town
- Havering's population is becoming more ethnically diverse, and this is expected to continue in the future. The second largest ethnic group (after White) comprises those of Black ethnicity, particularly those of Black African descent.
- There is more ethnic diversity among children and young people in Havering than in the population overall, particularly among 4 – 11 year olds. 22.9% of school pupils are of non-white ethnicity, compared to an estimated 7.7% in Havering overall
- Although the numbers remain small, the quantity of overseas nationals registering to work who live in Havering has increased by 41.5% over the last five years. Nigerian, Polish and Indian nationals are the predominant groups



For Decision Makers to Consider:

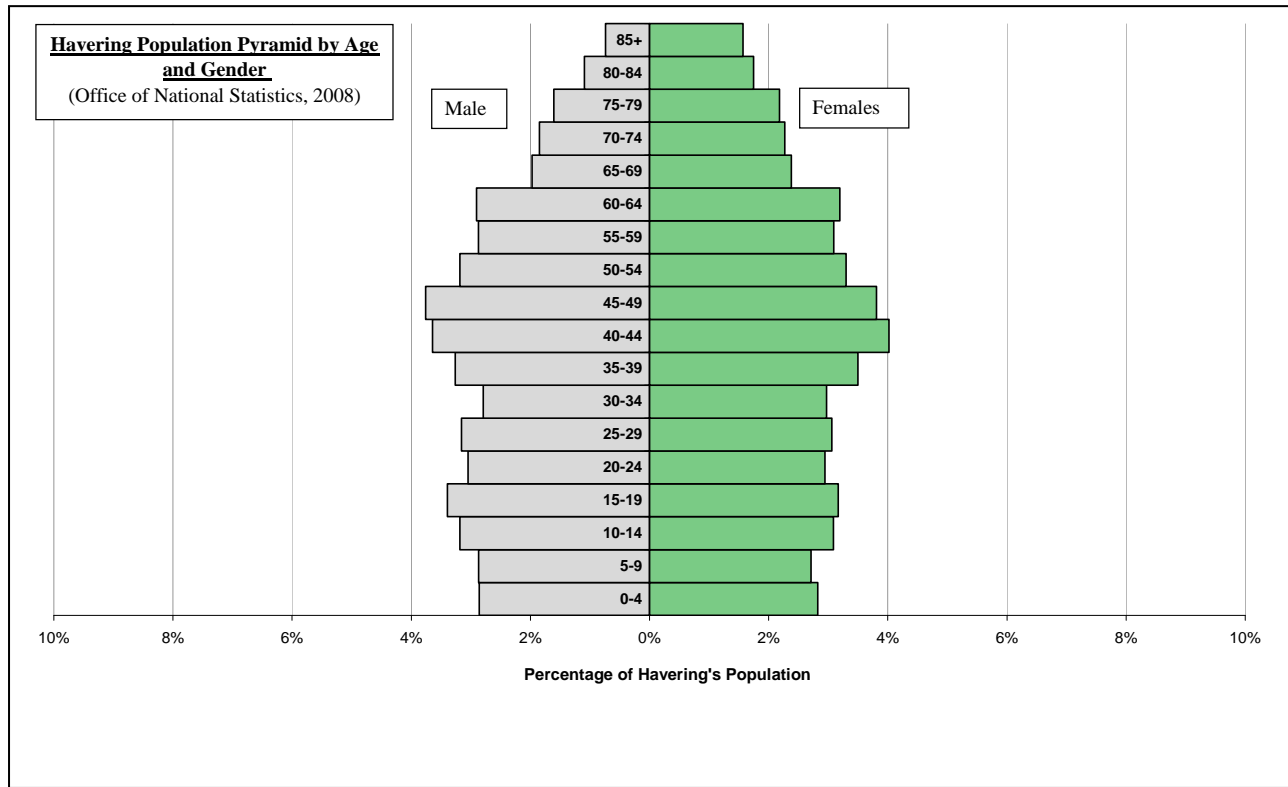
- Prepare for the large increased demand for older people's services, particularly those for the very elderly (90+)
- Prepare for increased demand in children's services, particularly those aimed at 5-9 year olds
- Likely increased demand for services within South Hornchurch particularly (but also Romford Town, Harold Wood and Brooklands) in order to meet large population growth in these areas
- Increased need for targeted health interventions and health promotion activities for black and minority ethnic groups

Current Population

Population Size

Havering's population grew from 225,800 to 234,100 between 2004 and 2009¹. During this time the growth rate ranged from 0.5% and 0.8% a year. In recent years population growth in Havering has been at a similar rate to London, but faster than growth in England overall².

The population pyramid below provides a breakdown of Havering's current population by age and gender. Overall, Havering has a high proportion of older people, with around 9% of the population aged 75 years and over compared to 8% in England.



¹ Mid year population estimates, Office of National Statistics, 2004-2009

² Mid year population estimates, Office of National Statistics, 2004-2009

Number of Havering Residents by Age Bracket in 2010³

<u>Age Bracket</u>	<u>Number of Havering Residents (male and female)*</u>
0 - 4	13,900
5 - 9	13,200
10 - 14	14,100
15 - 19	15,200
20 - 24	14,100
25 - 29	15,100
30 - 34	14,100
35 - 39	15,000
40 - 44	17,400
45 - 49	18,100
50 - 54	16,100
55 - 59	13,600
60 - 64	14,500
65 - 69	10,600
70 - 74	9,500
75 - 79	8,500
80 - 84	6,700
85 - 89	4,100
90+	1,600
Total	235,700

*Figures may not sum due to rounding

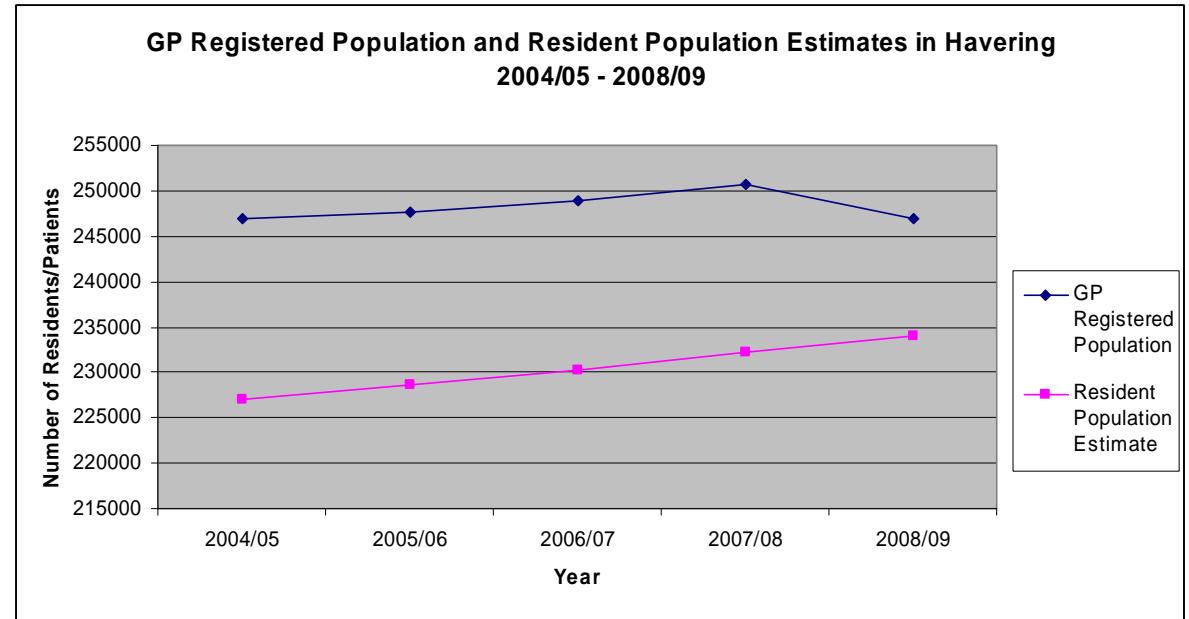
³ Office of National Statistics, 2008 based subnational population projections, 2008 (released 2010)

GP Registered Population⁴

The GP registered population⁵ in Havering is larger than the borough's resident population. This is likely to be due to people from outside the borough registering with GPs within Havering. The number of people registered with a Havering GP has increased most years but actually fell by 3716 between 2007/08 and 2008/09).

Key Facts⁶

- The greatest number of residents live in Romford Town, followed by Gooshays and Brooklands
- Cranham, Upminster, St Andrews and Pettits have the largest proportions of residents of retirement age (aged 65+)
- Gooshays, Havering Park, Heaton and South Hornchurch are the wards with the greatest proportion of young people (aged 0-19) living in them, with nearly a third of the population of Gooshays being in this age group
- Hacton, Gooshays, St Andrew's and Upminster have the largest proportions of very elderly (85+) residents



⁴ Quality and Outcomes Framework Database, 2008/09

⁵ Quality and Outcomes Framework Database, 2008/09

⁶ Office of National Statistics 2008 mid year population estimates, 2008 (released 2010)

Population Profiling

The Department of Health sets out core data that should be included in the JSNA. This has been supplemented with locally available information where possible. One way of helping to understand population need is to use a population profiling tool such as MOSIAC. This is a customer segmentation tool, developed by Havering Council and NHS Havering, in partnership with Experian Ltd. It helps us to target particular segments of the population with similar lifestyle and behavioural characteristics. For example, it could be used to identify which groups of people are most likely to smoke, so that they can be supported with smoking cessation services. This JSNA includes data based on ten major groups of people with similar characteristics that have been identified in Havering. These are described below and will be referred to throughout the document.

Group	Characteristics	Health
Active older people nearing retirement with private pensions	<ul style="list-style-type: none"> • Mostly older working age married couples and recently retired • Majority have comfortable income or private pensions 	<ul style="list-style-type: none"> • Moderate lifestyles, fairly good diet, sedentary exercise undertaken • Due to age, more likely than average to receive hospital treatment for a wide variety of illnesses and consequently have poor health.
Transient, deprived young people not claiming benefits	<ul style="list-style-type: none"> • Mainly young, single and co-habiting adults, few children • Low incomes • High levels of unemployment and deprivation present, low benefit uptake. 	<ul style="list-style-type: none"> • Ambivalent with regards to their health and lifestyle. • Poor diet, cannot afford healthy food • Likely to be heavy smokers and binge drinking is common • Sedentary lifestyles • There are a wide range of health conditions which affect this group, many related to smoking, drinking and drug abuse but also mental health issues • More likely than average to be registered disabled.
Young Couples and Families with Comfortable Incomes	<ul style="list-style-type: none"> • Mainly composed of young singles and couples with children • Comfortable incomes and middle level jobs 	<ul style="list-style-type: none"> • Moderate lifestyles, poor diet • Recreational drug taking above average • Reasonably active, some likely to be heavy smokers and drinkers
Benefit Dependent Young Families and Singles in Social Housing	<ul style="list-style-type: none"> • Mostly families and single parents with young children • High levels of deprivation • High levels of benefit uptake • High unemployment • Very ethnically diverse • Very low household income 	<ul style="list-style-type: none"> • Poor lifestyles and unhealthy diet, cannot afford healthy food • Heavy drinking and smoking common • Low levels of exercise • Teenage pregnancies higher than average • High demand on NHS services particularly for conditions such as lung and liver disease, lung cancer and long term

		conditions
Middle Aged Manual Workers and Pensioners in Rented Accommodation	<ul style="list-style-type: none"> • Mostly middle aged couples and pensioners • Low incomes • Reliance on state pension • Manual employment 	<ul style="list-style-type: none"> • Moderate diet • Not particularly active • Slightly above average number smoke • Older people make significant demands on the NHS for long term conditions e.g. cancer and diabetes • Higher number than average are registered disabled
Young Affluent Singles	<ul style="list-style-type: none"> • Young to middle aged singles and some families with young children • High household income 	<ul style="list-style-type: none"> • Generally good health, healthy lifestyle and good diet • High leisure centre membership although actual levels of activity often not as high as would be imagined • Unlikely to be overweight or have long term illness • Unlikely to smoke or drink excessively, although alcohol a part of their lifestyle
Older, Affluent Families	<ul style="list-style-type: none"> • Older professionals approaching retirement • Grown up children • High household income 	<ul style="list-style-type: none"> • Good lifestyles and diet • Generally good health, but age means that some diseases such as cancer are starting to be expressed • Fairly active and unlikely to be overweight
Families with Young Children, Mid-High Earners	<ul style="list-style-type: none"> • Families with young children and middle aged • Comfortable income 	<ul style="list-style-type: none"> • High leisure centre membership • Good diet, average level of fruit and vegetables • Active lifestyles and regular exercise • Not heavy drinkers but slightly above average for smoking
Older Families with Average Incomes in Manual and Skilled Jobs	<ul style="list-style-type: none"> • Middle and older working aged couples • Teenage children • Comfortably well off • Skilled trades, industrial and plant employment 	<ul style="list-style-type: none"> • Good diet but no not specifically seek out healthy foods • Age means they are likely to place demand on NHS • Average number smoke, but many of those that smoke have been smokers for a long time • Exercise likely to be as a result of leisure pursuits
Older Families Settled in Suburban Semis	<ul style="list-style-type: none"> • Middle aged families with children • Middle incomes 	<ul style="list-style-type: none"> • Not particularly conscious of what makes a healthy lifestyle • Significant proportion do not eat any fruit or vegetables on a daily basis • Smoking is below average and drinking is moderate • An average number are members of leisure centres • Currently do not make significant demands on the NHS but likely to do so in the future as they get older

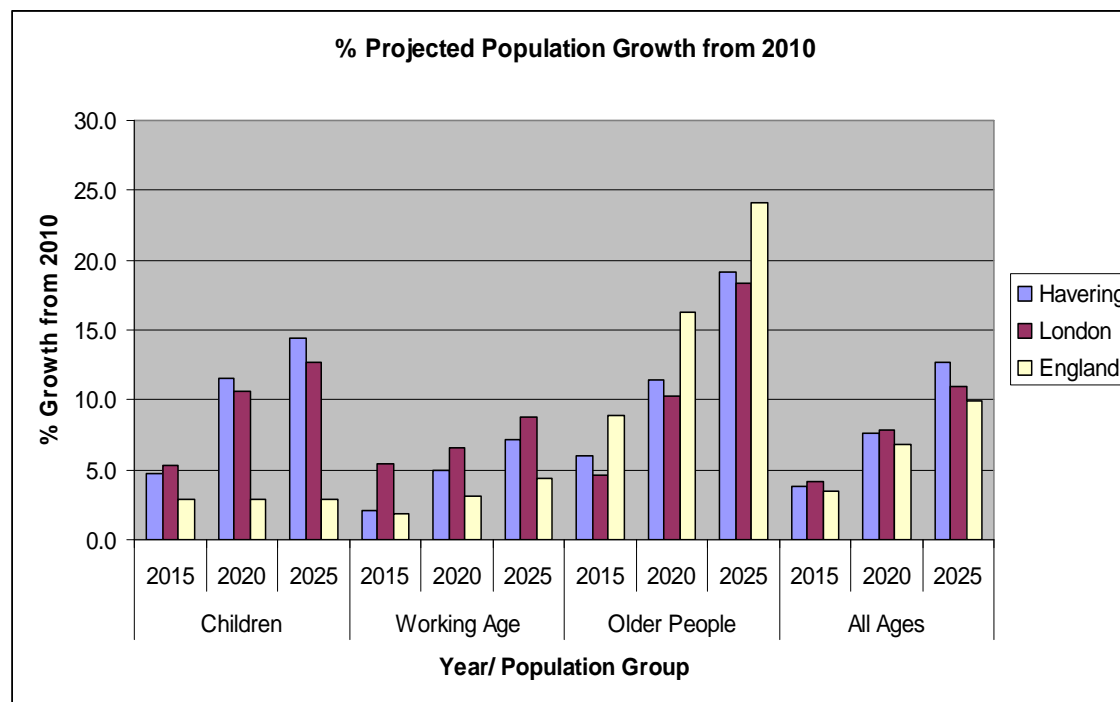
Population Projections

Population projections give an idea of the number of people likely to be living in Havering in the future. They use recent trends in births, deaths and migration to predict population numbers if these trends continue. However, these estimates do not take into consideration planned local developments e.g. housing.

Projections⁷ suggest that the population of Havering will increase by 3.9% in the next 5 years (2015), and by 8.3% in the next 10 years (2020). This is faster than the population rise across England (7.4% by 2020) and will mean that an extra 19,500 people will be living in Havering by 2020. The increase in population in Havering is due to a greater number of births than deaths and a greater level of migration into the area (both from within England and from other countries) than out of the area⁸.

It is expected that:

- The number of children (aged 0-15) in Havering will grow at a much faster rate than the England average, and to be growing faster than the London average from 2020 onwards
- The working age population in Havering is expected to grow at a faster rate than the England average, but not to grow as fast as the London working age population
- The older population in Havering is expected to grow at a faster rate than the London average, but not as fast as the England average



⁷ Office of National Statistics 2008 mid year sub national population projections, 2008 (released 2010)

⁸ Office of National Statistics 2008 mid year sub national population projections, 2008 (released 2010)

Children and Young People

At present (2010) Havering has 56,400 children and young people aged 0-19 years. This consists of:

- 13,900 aged 0-4
- 13,200 aged 5-9
- 14,100 aged 10-14
- 15,200 aged 15-19

Population projections suggest the following changes in the number of children and young people in Havering over the coming years⁹:

By 2015

- Biggest growth in the 5-9 year old group (up 15% from 2010)
- Reduction in the number of 15-19 year olds (down 0.7% from 2010)

By 2020

- 5-9 year olds remain the fastest growing group (up 16.9% from 2010)
- 10-14 year olds also increasing, (up 16.3% from 2010)
- 15-19 year olds continue to decline

By 2025

- All age groups have grown
- Biggest growth remains in the 5-9 year old age group (up 22.7% from 2010)
- Large growth in the 10-14 year old group (up 19.1% from 2010)

MOSAIC data (Experian and the London Borough of Havering) suggests that there are currently above average numbers of children and young people of all ages in Havering in the following social group:

Benefit dependent families and singles in social housing, who have low incomes, high levels of deprivation and generally have poor health

Given that research shows that this population group rarely eat five portions of fruit/vegetables a day and do not participate in much exercise, there may be a particular need for health promotion activities targeted at young people in this group. Since there is high take up of free school meals within this group, healthy eating at school may make an important contribution to children in this group achieving a healthy diet.

⁹ Office of National Statistics 2008 mid year sub national population projections, 2008 (released 2010)

People of Working Age

At present (2010) Havering has 123,500 people aged between 20 and 59 years. This consists of¹⁰:

- 29,200 aged 20-29
- 29,100 aged 30-39
- 35,500 aged 40-49
- 29,700 aged 50-59

Population projections suggest the following changes in Havering over the coming years¹¹:

By 2015

- Biggest growth is in 30-34 year olds (up14.8% from 2010)
- Decline in the 35-49 age group

By 2020

- The 55-59 age group has grown the most, followed by the 30-34 year old group
- Decline in the 20-24 and 40-49 age groups

By 2025

- The 55-59 age group has grown the most, increasing by 28.7% since 2010, with the next biggest growth being in the 30-34 age group (up 22% from 2010)
- The 20-24 and 45-49 age groups have declined, reducing the number of people in Havering who are economically active

¹⁰ Office of National Statistics 2008 mid year sub national population projections, 2008 (released 2010)

¹¹ Office of National Statistics 2008 mid year sub national population projections, 2008 (released 2010)

Older People

Havering has 55,500 people aged over 60 years (2010). This consists of¹²:

- 25,100 aged 60-69
- 18,000 aged 70-79
- 10,800 aged 80-89
- 1,600 aged 90 and over

Population projections¹³ suggest the following about the older population of Havering:

By 2015

- Fastest increase in the 90+ age group (up 43% from 2010)
- Large increase in the 65-69 age group (up 26% since 2010)
- Decline in the 60-64 age groups

By 2020

- Fastest increase remains in the 90+ age group (up 81% from 2010)
- Large increase in the 70-74, 55-59 and 85-89 age groups
- Decline in the 60-64 age group

By 2025

- Increase in all of the 60+ age groups
- The fastest increase remains in the 90+ age group (up 125% from 2010)
- The next biggest growth has been in the 75-79, 85-89, 55-69 and 65-69 age groups

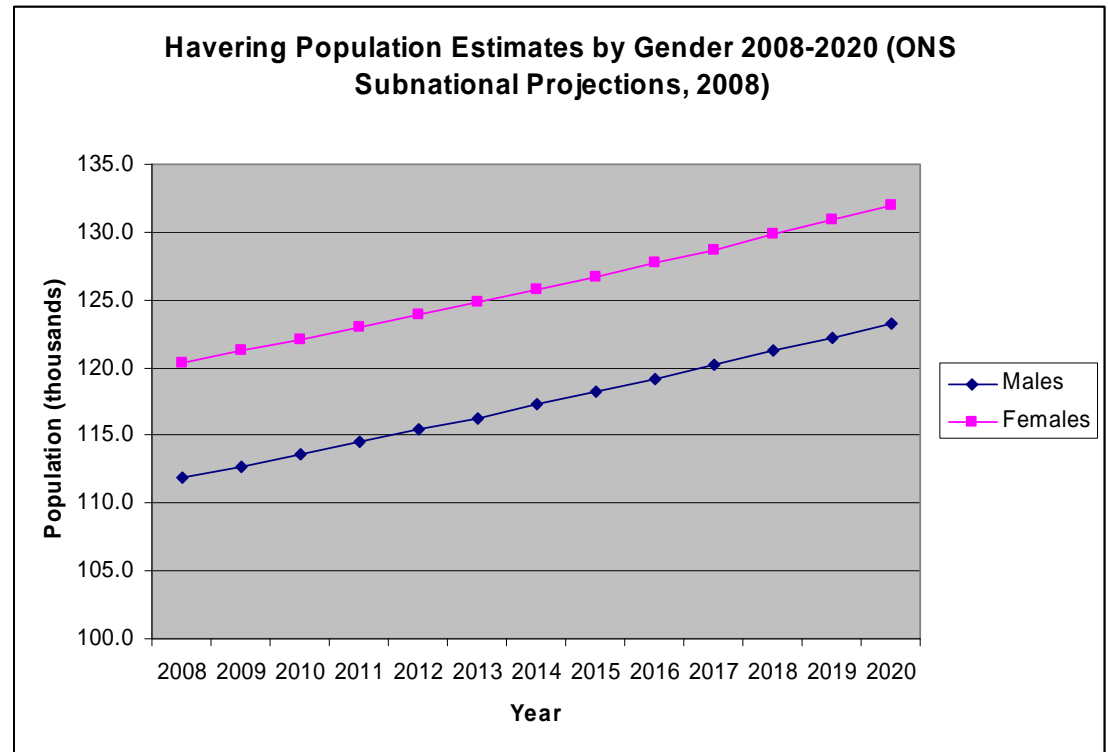
¹² Office of National Statistics 2008 mid year sub national population projections, 2008 (released 2010)

¹³ Office of National Statistics 2008 mid year sub national population projections, 2008 (released 2010)

Gender

There are more women than men in the population of Havering (about 48% of the population are male and 52% female in 2010)¹⁴. The number of men in Havering is projected to increase at a slightly greater rate than that of women but the proportion of the population will change little overall.

A greater number of younger people in Havering (aged 34 and under) are male than female. However for ages 35+, there are more females than males in the borough. In the older age groups, this is likely to be due to the longer life expectancy of women.



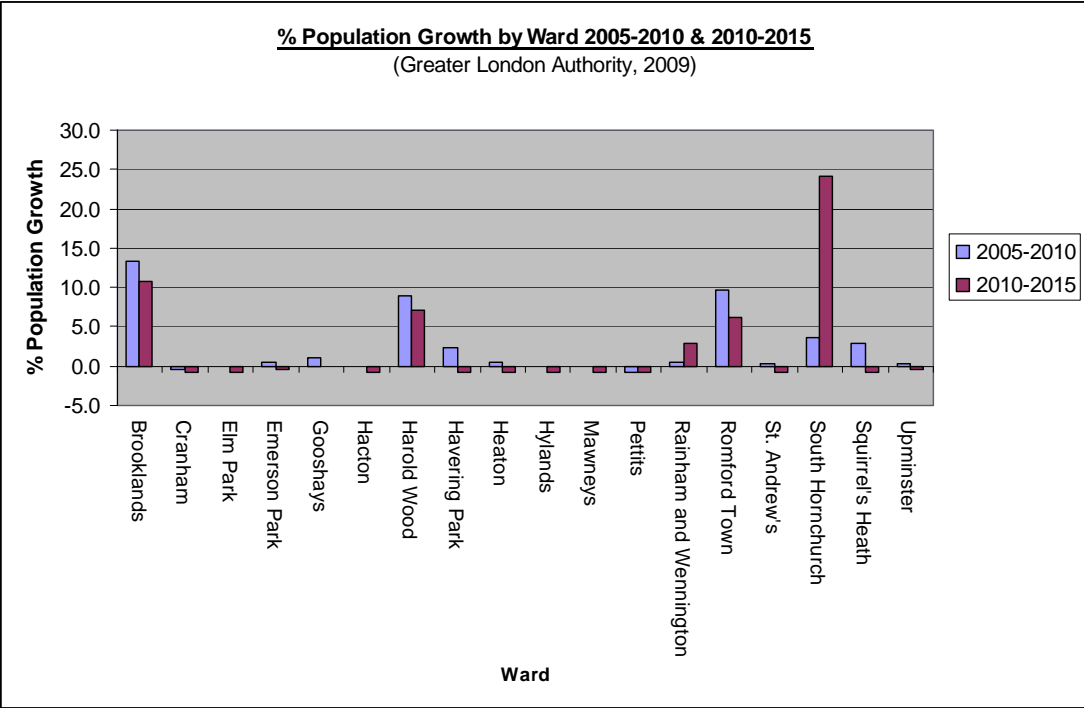
¹⁴ Office of National Statistics mid year population estimates, 2008 (released 2010)

Ward Level Population Projections

The populations of Brooklands, Harold Wood and Romford Town have increased the most in the last five years. Looking ahead to the next 5 years, it is predicted that the population of South Hornchurch will increase the most (growing by 24% between 2010 and 2015). Brooklands, Harold Wood and Romford Town show the next biggest population growth¹⁵.

The contrast in growth forecasts is stark. While some wards will experience substantial population increases, most others will remain stable or even reduce slightly.

The wards showing the fastest growth all fall within the top 10 most deprived wards in Havering, with South Hornchurch being the 3rd most deprived ward in Havering¹⁶. It is therefore reasonable to expect that services may experience the biggest increase in demand from residents of these wards.



¹⁵ Greater London Authority, 2009

¹⁶ The English Indices of Multiple Deprivation, Communities and Local Government, 2007

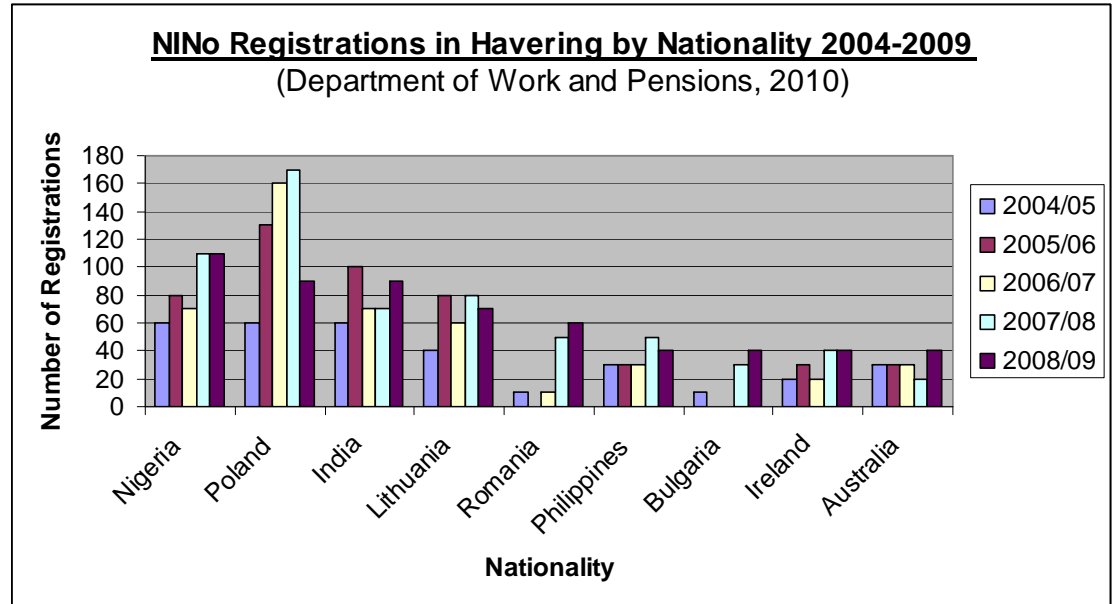
Migration

Between mid 2008 and mid 2009, 10,300 people migrated into Havering, and 9,000 people left the borough, a net increase of 1300 people. The large majority (94%) of this migration was due to people moving into Havering from elsewhere in the United Kingdom¹⁷.

The number of National Insurance Number (NINo) registrations to overseas nationals of working age living in Havering has increased by 41.5% over the last 5 years, increasing from 820 in 2004/05 to 1160 in 2008/09. However although the number of registrations has increased overall in this period, there was a decrease between 2005/06 and 2008/09. Havering had the second lowest number of registrations in London in 2008/09, with only the City of London having fewer.

The nationalities with the highest number of NINo registrations in Havering in 2008/09 were Nigerian (accounting for nearly 10% of all registrations), followed by Polish and Indian, which together account for a further 15.5% of all registrations¹⁸. Although the numbers of international migrants in Havering are still relatively small, the increasing figures suggest that there might be expected to be a greater demand on health and social care services in the future.

Migration information for individual wards suggests that Harold Wood, Brooklands and Romford Town had the largest net numbers of people move into the ward (from any location) between 2005 and 2010. During the same time period, Gooshays, Rainham and Wennington and Hylands had the largest net numbers of people moving out of the ward¹⁹. In Havering, 953 of those who registered with a GP in 2007/08 were based at an overseas address before their current address. This equates to 4 people per 1,000 population, which is substantially lower than the London (25 per 1000 population) and England figure (11 per 1000 population).²⁰



¹⁷ Migration indicators tool, Office of National Statistics, 2009

¹⁸ NINo Registrations to adult overseas nationals entering the UK, Department of Work and Pensions, 2004-2009

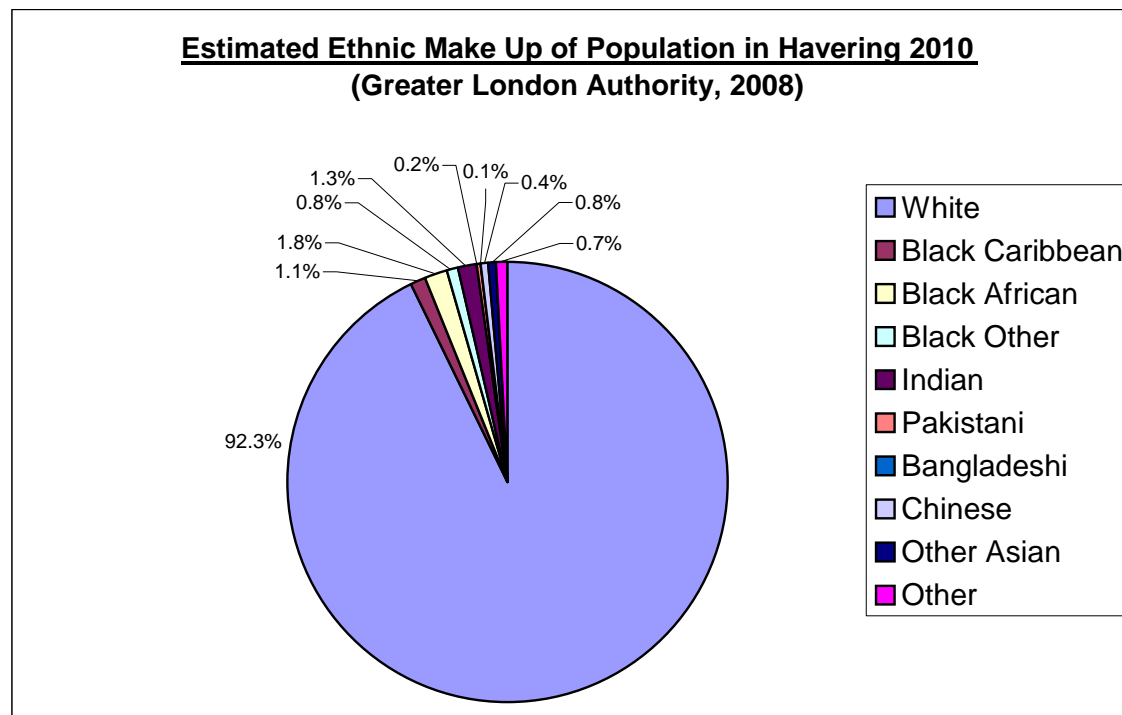
¹⁹ Components of Population Change, Greater London Authority, 2010

²⁰ Flag 4 GP Registration by Local Authority, Office of National Statistics, 2007/08

Ethnicity

Census 2001 data suggests that Havering is less ethnically diverse than both England and London, with over 95% of the borough's population being White. The second most common ethnic group in Havering in 2001 was Asian/Asian British, which accounted for 1.8% of Havering's population. Emerson Park, Romford Town and Brooklands appeared to be the most ethnically diverse wards at this time²¹.

However, more recent estimates from the Greater London Authority (2008), estimated the ethnic make up of Havering in 2010. This suggested that 92.3% of Havering's population would be White, with 7.7% of the population consisting of Black and Ethnic Minority residents. Black residents are estimated to now be the second largest ethnic group within Havering, making up 3.9% of the population, with Asian residents being the third largest ethnic group, making up 2.5% of the population.

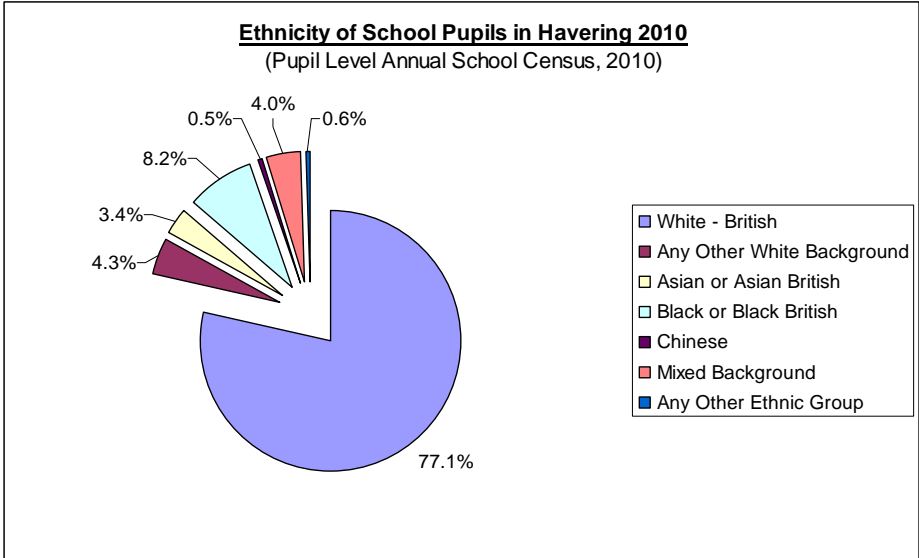
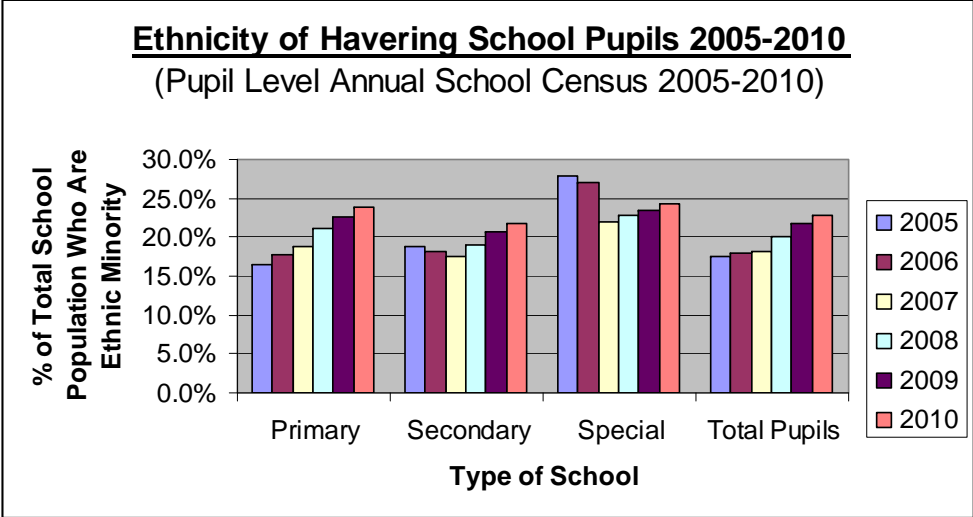


²¹ Census, Office of National Statistics, 2001

Ethnicity Among School Children

2010 school information²² suggests that there is a greater level of ethnic diversity among young people in Havering than among the borough's general population, with 81.4% of school pupils being White.

School populations in Havering have become increasingly ethnically diverse over recent years, with the number of ethnic minority pupils increasing by 5.3% since 2005. This is particularly the case for younger (primary school) children, where the proportion of ethnic minority pupils has increased the most. It appears that ethnic diversity among school aged children is greatest in Heaton, South Hornchurch and Brooklands wards. In South Hornchurch, Elm Park, Brooklands, Heaton and Rainham and Wennington, more than 10% of school pupils are Black/Black British. In Brooklands, Emerson Park and Romford Town, more than 5% of school pupils are Asian/Asian British²³.



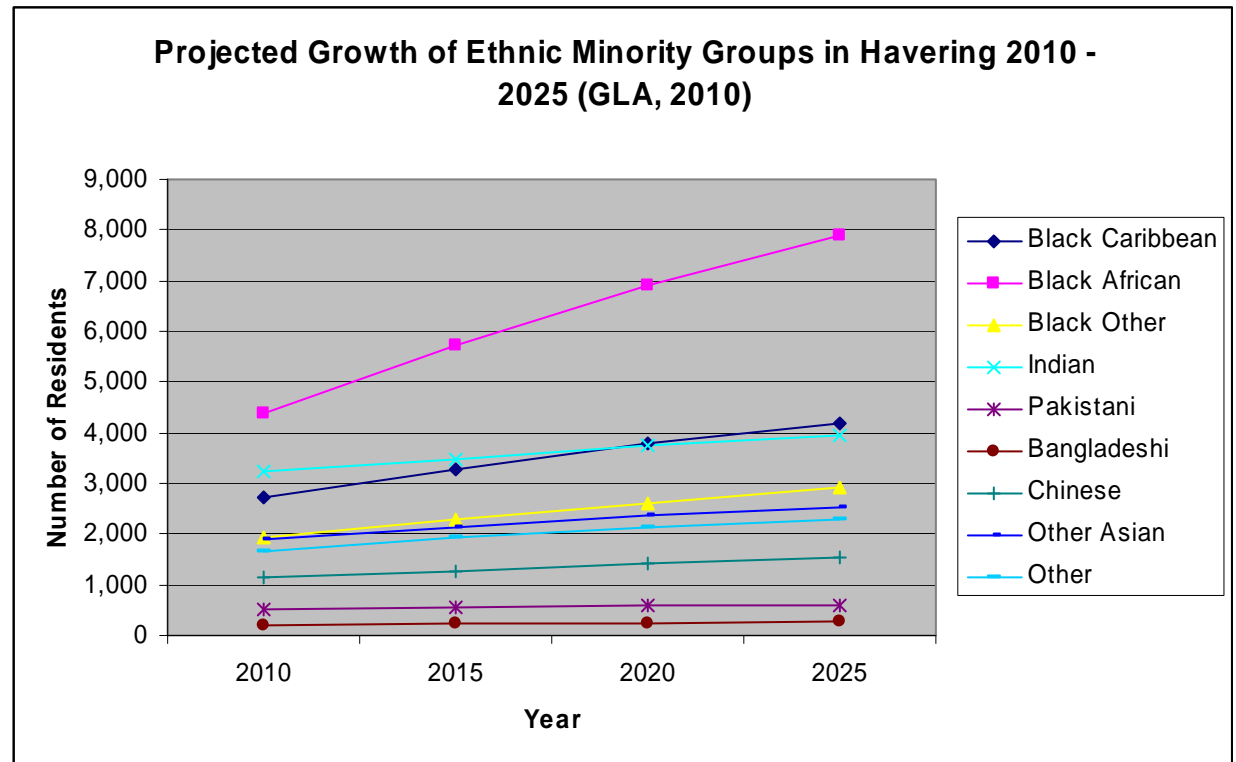
²² Pupil Level Annual School Census, The London Borough of Havering, 2010

²³ Pupil Level Annual School Census, The London Borough of Havering, 2010

Ethnicity Projections

Projections suggest that the black and ethnic minority (BME) community in Havering will increase by 16% from 2010 to 2015, and by 36% by 2025. The biggest increase is expected to be in the number of residents of Black ethnicity, with a particularly fast increase in the number of Black African residents, who are expected to remain the largest BME group within Havering.²⁴

The more ethnically diverse population can be expected to have a range of implications for services. For example, diabetes, high blood pressure, prostate cancer and admissions to hospital due to mental illness are more common in people of African or African Caribbean descent living in the UK than in people of other cultures²⁵. Targeted prevention work can help to improve quality of life and to reduce ill health in specific populations.

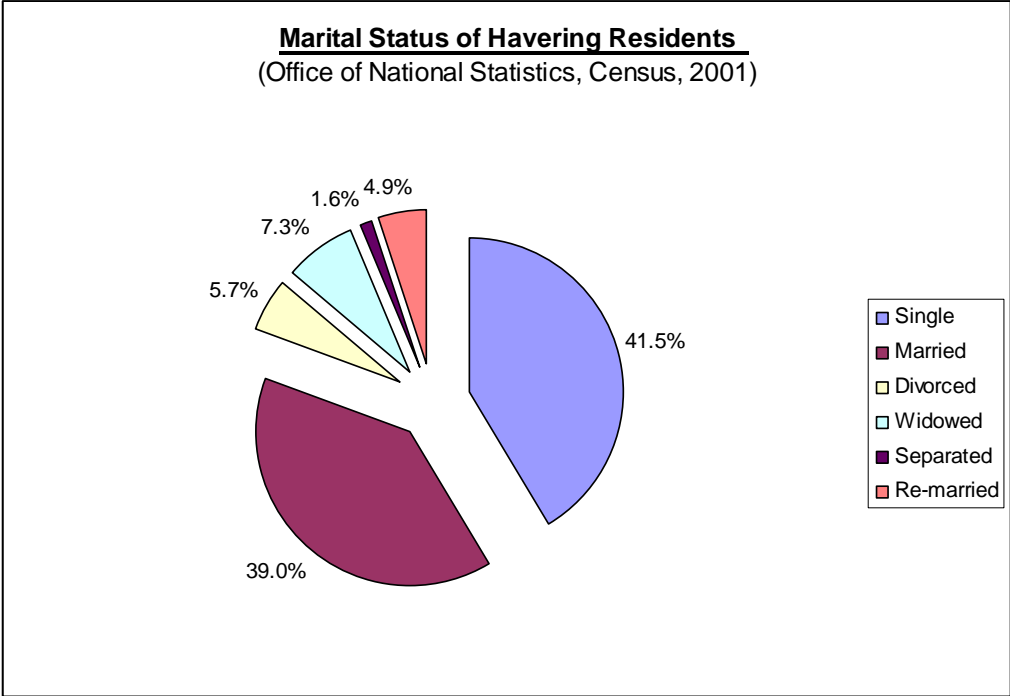


²⁴ Ethnicity Projections, Greater London Authority, 2010

²⁵ NHS Choices Website, <http://www.nhs.uk/Livewell/Blackhealth/Pages/intropage.aspx>, 2010

Marital Status

In Havering, it is most likely for residents to be married (over 45% of Havering’s total population are), However, a large proportion of residents are single (over 40% of residents are).

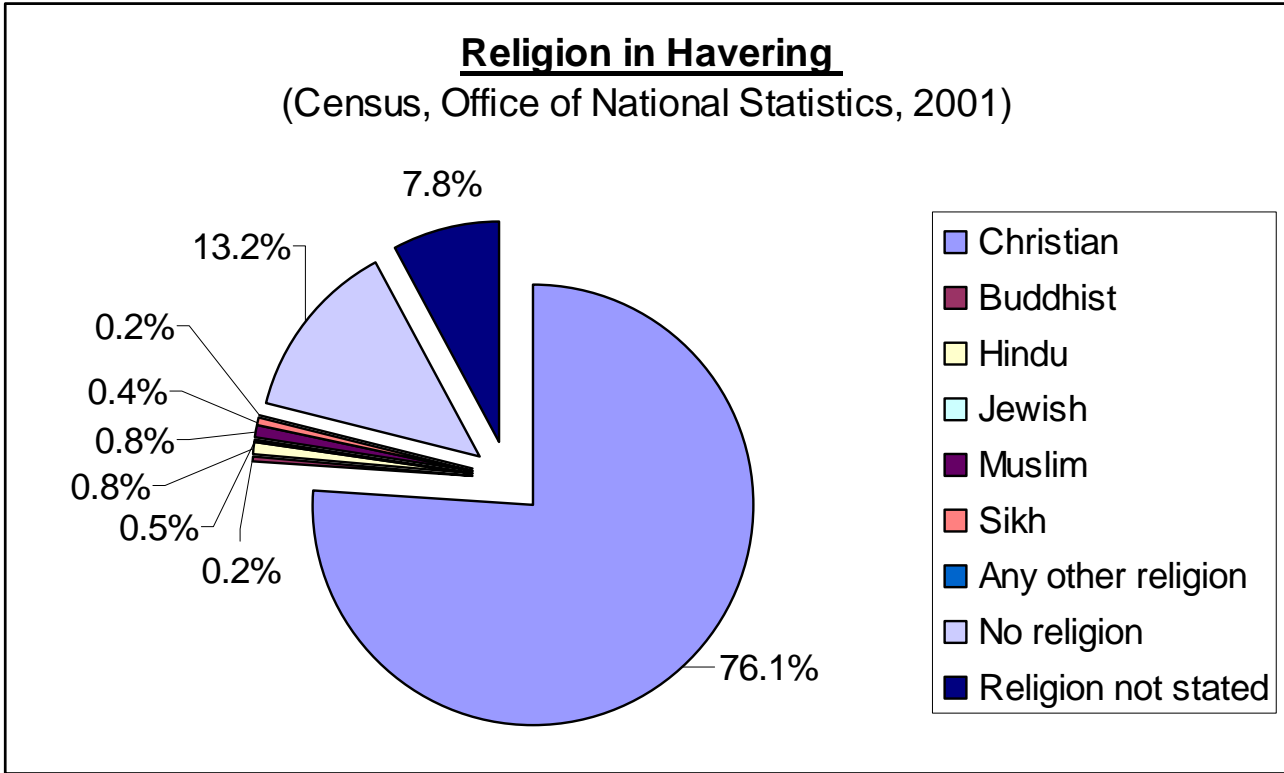


More than 7% of all Havering residents are widowed, and it is least likely for Havering residents to be separated, with only 1.6% of people in Havering falling into this category.

When compared to the England population overall, Havering has a smaller proportion of single residents and divorced residents, but has a greater proportion of married and widowed residents than is the case overall in England²⁶.

²⁶ Office of National Statistics, Census, 2001

Religion



More than three quarters of Havering’s population stated their religion as Christian in the last Census²⁷ while more than 13% stated that they had no religion (the second largest proportion).

Buddhism, Hinduism, Judaism and Sikhism and Islamism (Muslim) each had less than 1% of the Havering population stating this as their religion. Islamism and Hinduism being the largest of these religions in Havering with 0.8% of the population each.

At the time of the census in 2001, there was less diversity of religion among Havering residents than was in the case in London or England overall.

Brooklands, Romford Town, Harold Wood and Emerson Park were the wards with the most diversity of religion of their residents in 2001.

²⁷ Census, Office of National Statistics, 2001