

Have you ever wondered how healthy the ward you live in is?

These pages give some basic information about the health status in each of the 18 electoral wards in Havering. It includes whether we're overweight or not, how much we exercise, whether we smoke, the main reasons for going into hospital, and how long we can expect to live.

In the NHS, we use information like this to help us to plan what services we need to provide and where these will be. We want to

What do the symbols mean?

- This means the figure given is worse than the Havering average.
- This means the figure given is similar to the Havering average.
- This means the figure given is better than the Havering average.

make sure we put the right services in the right place so that people can get them where they most need them. For example, there would be no point putting a mother and baby clinic right in the middle of an area where there are lots of sheltered housing for elderly people - that would be a waste of money and time.

The table below gives some key health information about each of the wards in Havering. The smiley faces tell us whether this is relatively good, okay or bad compared with the rest of Havering. Find the ward where you live on the left-hand side of the table, and read across the row to find out what the key needs are in your area.

For a full breakdown of health in your area, visit our website: www.havering.nhs.uk/wherelive

No access to the internet?
Contact us on **01708 465315** if you would like a paper copy of Havering's 'Where you live' profiles.

What does deprivation mean?

Deprivation is a term often used for communities or groups where several factors reduce the life chances and opportunities for people.

The Index of Multiple Deprivation (IMD) is a system which combines a number of these factors, covering a range of economic, social and housing issues, into a single deprivation score. This allows each area to be ranked relative to one another according to their level of deprivation. People in electoral wards with a higher IMD score are more likely to suffer from poorer health than those in more affluent areas.



Electoral ward	Population	Index of Multiple Deprivation score	How long can I expect to live (years)?		Do people in my ward live healthy lifestyles?			Am I at risk of a particular disease in my ward?	What do people in my ward go into hospital for?	
			Men	Women	Obese %	Smokers %	Active %		Fewer go in for:	More go in for:
Brooklands	13,459	18.11	74.1	78.5	22.8	16.3	16.8	Obesity	Stroke	Dementia
Cranham	12,112	7.63	80.2	82.3	18.2	5.9	22.6	Stroke	CHD	Stroke
Elm Park	12,099	16.66	77	81.5	24.3	12.4	18.3	Coronary heart disease (CHD)	Dementia	Cancer
Emerson Park	11,502	8.78	79.3	81	13.6	10.1	18.6	Asthma	COPD	Cancer
Gooshays	13,904	32.18	76	80.1	27.9	22.7	15.7	Epilepsy	Cancer	CHD
Hacton	12,422	10.03	79.5	84	18.7	9.5	17.6	Thyroid	Dementia	Stroke
Harold Wood	12,431	16.42	78.8	82.1	17.4	13.8	13.4	Atrial fibrillation (irregular heart beat)	Stroke	Dementia
Havering Park	12,616	21.65	75	79.6	24.9	15.6	15.6	Dementia	COPD	CHD
Heaton	11,748	28.99	75.7	80.8	28.3	23.1	12.7	Chronic obstructive pulmonary disease (COPD)	Dementia	Lung cancer
Hylands	12,548	11.1	78.2	83.8	17.9	8.3	15.5	Cancer	CHD	Dementia
Mawneys	12,541	16.2	80.3	85.9	20.7	18.2	15.5	Heart failure	Dementia	Stroke
Pettits	12,863	9.84	79.9	82.8	20.6	7.3	13.8	Coronary heart disease (CHD)	COPD	Cancer
Rainham & Wennington	12,067	16.56	76.8	80.5	24.1	13.3	16.7	Obesity	Cancer	Stroke
Romford Town	14,741	18.68	75.5	80.3	22.4	11.3	20.8	Atrial fibrillation (irregular heart beat)	Cancer	COPD
South Hornchurch	12,511	11.1	77.1	79.2	20.3	17.9	15.8	Diabetes	Cancer	COPD
Squirrels Heath	12,278	13.46	79.3	83.3	17.4	9.0	16.2	Cancer	Stroke	Dementia
St Andrews	12,788	23.18	77.7	82.2	28.2	11.9	18.9	Heart failure	Dementia	Cancer
Upminster	12,708	6.7	79.1	81.2	16.6	7.0	21.7	Thyroid	COPD	Cancer

- Stopping smoking can have huge health and financial benefits - call **0800 032 0102** for help on giving up smoking.
- Eat well - at least 5 portions of fruit and vegetables per day and enjoy eating meals with the family
- Whatever your ability, exercise regularly. This includes:
 - ◆ walking briskly
 - ◆ gardening
 - ◆ vigorous housework
 - ◆ kicking a ball about in the park with the kids.
- If you do like to drink alcohol, do so in moderation; try not to binge drink.
- Talk to someone if you feel anxious or depressed, eg. your GP or **MIND** mental health charity on **0845 766 0163**.
- If you're worried about money, help is available to manage your finances. Call the **NHS Credit Crunch Stressline** on **0300 123 2000**.

