

Joint Strategic Needs Assessment 2026

Havering Demographic Profile

Executive Summary



Havering
LONDON BOROUGH

Executive Summary

1 Geographical Profile

- The London Borough of Havering is the third largest borough in London (43 miles²) and contains 20 electoral wards. It is mainly characterised by suburban development, with almost half of the area dedicated to open green space, particularly to the east of the borough.
- The principal town (Romford) is densely populated and is an area of major metropolitan retail and night time entertainment.
- The southern part of Havering is within the London Riverside section of the Thames Gateway redevelopment area and will be an area of increasing development and population change.
- The Index of Multiple Deprivation (IMD) combines many different facets of disadvantage into a single measure. Levels of disadvantage for Havering as a whole are modest but vary significantly within the borough with pockets of significant disadvantage in Harold Hill, Rainham and parts of Romford

2 Population Profile

- The estimated population of the London Borough of Havering in 2024 was 276,274, a 5.4% increase since 2021. The increase was greater than the London (3.2%), and England (3.7%) averages.
- In 2021, Havering was home to around 16.7 people per football pitch-sized piece of land, compared with 15.1 in 2011. This was the second-least densely populated local authority area across London (after Bromley).
- Havering's population in 2021 was relatively old compared with the London average (35 years) with a median age of 39 years; but younger compared to the median of 40 years in 2011.
- The number of births among Havering women in 2024 was 3,235. Number of annual births are projected to increase to 3,257 by 2030 and 3,345 by 2035.
- The latest (2024) general fertility rate (GFR) for Havering is 58 per 1,000 women aged 15-44, higher than London (49 per 1,000) and England (also 49 per 1,000).
- From 2020 to 2023, Havering experienced the largest net inflow of children (ages 0 – 15 years) across all London boroughs. 2,506 children settled in the

borough from elsewhere in the UK with significant inflows from neighbouring boroughs; Barking & Dagenham (3,798) and Redbridge (3,676).

- Havering's population is projected to continue to increase from 271,502 in 2024 to 277,529 in 2029 (4.8%) and 278,934 in 2037 (5.4%). The largest increases will be in Beam Park (5,536 in 2022 to 7,539 in 2027 (36%), 9,139 in 2032 (65%) and 9,436 in 2037 (70%)) and St Alban's (9,011 in 2022 to 10,190 in 2027 (13%), 10,908 in 2032 (21%) and 10,960 in 2037 (22%)).
- The largest increases in population will occur among older people age groups (65 years and above). Age group 65-84 is predicted to increase from 39,348 in 2022 to 48,421 in 2037 (23%), age group 85+ from 7,107 in 2022 to 8,746 in 2037 (23%). Between years 2022 and 2037 an increase is expected for age groups 18-24 (12%), 25-64 (4%) and a decline for age groups 0-4 (-10%), 5-10 (-13%) and 11-17 (-4%).
- Havering's ethnic structure has significantly changed in the last 10 years. 66% of its residents were recorded as White British in the 2021 census as compared to 83% in 2011. Nonetheless, still the least diverse borough in London. The proportion of Havering's White British population is higher than the London average (37%) but lower than England average (74%).
- In 2021, a large proportion (91%) of Havering residents aged 16 and above identified as straight or heterosexual with 2% identifying as "Gay or Lesbian", "Bisexual" or "Other sexual orientation".

Recommendations

- *The local authority, NHS and other partners should continue to work together in supporting the needs of the growing young and working age population by ensuring access to essential resources that may include childcare, school places, relevant health services and employment opportunities.*
- *The local authority, NHS and other partners to ensure priority services, particularly those that provide early help and support to prevent escalation of need, are adequately resourced to meet the demands of the growing population of children and young people.*
- *The local authority, NHS and partners should consider the implications of the increasing ethnic diversity in Havering in their plans, including enhancing cultural competence in order to meet specific health and wellbeing needs.*
- *The local authority, NHS and other partners should continue to work together in supporting the growing population of older people to remain as healthy and*

independent as possible for as long as possible and to ensure they receive the highest quality care when they need it.

3 Health Outcomes

- The life expectancy at birth in Havering is 79.9 years for males, which is similar to London (79.8), and higher than England (79.1). The female life expectancy is 83.5 years, which is lower than London (84.1) but similar to England (83.1).
- A significant proportion of life expectancy in Havering (23% (18.1 years) for men and 27% (22.4 years) for women) is impaired by ill health and disability resulting in poor quality of life and significant need for health and social care services. The healthy life expectancy for Havering males (61.8) and females (61.1) have fallen since the pandemic.
- The life expectancy at age 65 years in Havering is 18.9 years for males, which is similar to the average for London (18.9) and England (18.7). For females, it is 21.2 years, which is lower than the average for London (21.8) but similar to England (21.1).
- Residents living in the most disadvantaged areas of the borough have a significantly lower life expectancy (8.9 years for males and 5.1 years for females) than peers in the least deprived decile.
- The latest data for the period 2021-23 shows that both males and females in Havering have a healthy life expectancy of 9.5 years at 65. These rates are lower than the London and England averages but not significantly. The female healthy life expectancy has fallen by more than a year compared to previous periods.
- In Havering an estimated 219,777 (83%) residents reported having a 'good' or 'very good' health in 2021. This proportion was higher than London (81.9%) and England (81.7%)
- In 2021, 38,449 (15%) Havering residents disclosed that they had a disability or long-term illness. This was lower than London (16%) and England (18%).
- Havering is expected see an increase in persons aged 18-64 with mobility problems from 8,782 in 2025 to 9,553 in 2040 (8.8%) by 2040, a higher increase than London (4.3%) and England (2.5%).
- Havering is expected see an increase in persons aged 65 and over with limiting long term illness whose day-to-day activities are limited a lot from 8,305 in 2025

to 9,806 in 2040 (18%), a lower increase than London (35%) and England (30%).

- Pre-pandemic, cardiovascular diseases (e.g. heart attack and stroke) and neoplasms (cancers) caused the greatest loss of good health and premature mortality among Havering residents.

Recommendations

- *All partners should be encouraged to adopt a Health in All Policies approach that takes into consideration health and wellbeing impacts in decision-making, including on the social determinants of health to maximise the wellbeing of residents and the overall healthy life expectancy.*
- *The local authority, NHS and partners should consider the implications of the growing population of persons with disability in Havering in their policies and plans in order to meet specific health and wellbeing needs of these groups and protect them from experiencing inequalities related to access and experience of essential support and services.*
- *Strengthen social prescribing as an effective alternative / adjunct to existing health and social care options. This should include action to identify and strengthen community capacity and self-help options as well as an effective signposting function and bring together NHS, council and CVS stakeholders.*
- *All partners within the integrated care system must give prevention and treatment equal priority if they are to succeed in improving health, narrowing inequalities and providing high quality, affordable health and social care services.*

4 Household Profile

- As of 2021, there were 101,277 households in Havering, a 4% increase (4,078) since 2011.
- Havering has the highest proportion of households that own their accommodation across all London boroughs, at 70.5% (71,355). This is higher than England (62.3%) and London (46.8%).
- Havering has a lower percentage of households with no cars or vans (21.5%) compared to London (42.1%) and England (23.5%). It also has the higher percentage of households that have two or more cars (24.9%) as compared to London (13.6%) but lower than the England average (26.1%).
- There are 861 homeless households with dependent children owed a duty under the Homelessness Reduction Act in Havering. The Havering's rate (27 per 1,000 households) is among the highest in London and significantly higher than London (20.8 per 1,000) and England (16.1 per 1,000) averages.
- As of 2021, about 12.7% (12,838) of the Havering population aged 66 years and above were living in one-person households. This is the second highest proportion among London boroughs after Bexley (12.8%), higher than the London average (9.1%) but slightly lower than the England average (12.8%).
- Havering saw a slight increase (0.5%) in the number of households who are overcrowded (7.4% (7,166) in 2011 to 7.9% (8,050) in 2021). Barking & Dagenham (0.3%) are the only other London borough to see an increase. This is consistent with the rising affordability ratio in Havering and nationally. Latest data (2022) shows Havering's affordability ratio (11.3) was higher than the national average (8.9) but lower than the London average (13.6).

Recommendations

- *The local authority and partners need to prioritise addressing the issue of homelessness and overcrowding by including more affordable houses in their housing plans as well as identifying and utilising under-occupied homes.*
- *All Partners should promote active travel within the borough as a means of physical exercise and a low-carbon way to get around among many other benefits.*
- *The local authority needs to engage with other local partners to address the issue of loneliness and social isolation as these are multi-faceted issues and effective responses should be delivered in cross authority partnerships including the voluntary and community sectors.*

5 Economic Profile

- The median gross annual household income in Havering for full time workers (£44,790) is the same as the London average (£44,780) but higher than the England median (£37,617).
- Over 18,000 children aged 0-15 years are estimated to be living in poverty in Havering. However, Havering is among the London boroughs with the lowest rate (31.8%). Havering's rate is lower than the London (41.8%) and England (36.3%) averages
- Almost 7,000 older people are estimated to be living in poverty in Havering. However, Havering is among the London boroughs with the lowest proportions (14.4%). This rate is significantly lower than the London (29.0%) and England (18.6%) averages
- The overall employment rate in Havering (76.7%) is higher than London (75.4%) and England (75.7%) averages.
- The proportion of working age residents in Havering claiming out-of-work benefits (4.7%) is lower than London (5.9%) but higher than the England average (4.1%).
- In 2023, the average Attainment 8 score per pupil was 48.8 for Havering children, better than England (46.1), but lower than the average score for pupils across the whole of Outer London (51.1).
- Havering has lower percentage of persons aged 16 over in employment in the managerial and professional qualifications (31.3%) as compared to London (47.6%) and England (38.3%).

Recommendations

- *Although Havering as a whole has average levels of disadvantage, there are significant inequalities within the borough, including health inequalities. Health and social care professionals in consultation with patients / residents should consider the extent to which problems with employment, poverty, housing etc. contribute to, or exacerbate a presenting health issue and therefore might benefit from social prescribing in addition to or instead of traditional medical intervention.*
- *Local authority and partners need to work collectively to improve overall educational attainment, address any inequalities in educational outcomes for young people, support them to develop leadership skills and pursue professional careers.*

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