

EXECUTIVE SUMMARY

This document, part of the Joint Strategic Needs Assessment, is one of three Locality profiles (North, Central and South). The information at a Havering level will have been provided in documents already published on the Havering Data Intelligence Hub (<https://www.haveringdata.net/>), namely *This is Havering* and *JSNA Overview of Health and Social Care Needs*. The locality report provides information, where available, at a sub-Havering level, sometimes ward level data that has been aggregated appropriately to Locality level.

All three Localities have areas of deprivation that are in the English most deprived fifth of areas. Certain wards will already be known to be more deprived than other wards, but there will still be small pockets of deprivation across all wards and therefore all three Localities in Havering.

Medical care and treatment of serious diseases prolongs survival for all in our society, but more important for the population as a whole are the social and economic conditions that make people ill¹. Almost all aspects of the determinants of health follow levels of material and social disadvantage (i.e. deprivation).

The key information from the analyses at Locality level are listed in the Executive summary which follows.

Geographical Profile

- The Central Locality contains 6 electoral wards.
- It is mainly characterised by suburban development, and relatively small area of open green space and Green Belt (when compared with the other two localities).
- Central Locality has pockets of affluent areas around Squirrels Heath and Emerson Park wards; but also some more deprived areas around Romford Town and Brooklands.

Population Profile

- The estimated population of the Central Locality by GLA in 2018 is 91,350.
- Central Locality has a much older age structure for the population of the locality compared with London but similar compared with Havering and England.
- the population of Central Locality is expected to increase from 91,350 in 2018 to 112,350 by 2033 (23% increase).
- As well as increases in the number of births in Central Locality, there has been an increase in the general fertility rate (GFR)² from 55 (per 1,000 women aged 15-44) in 2005 to 69 in

¹ *Social determinants of health: the solid facts. 2nd edition (2003). Edited by R Wilkinson and M Marmot. WHO (Denmark).* http://www.euro.who.int/_data/assets/pdf_file/0005/98438/e81384.pdf?ua=1

² *General Fertility Rate (GFR) is defined as the number of live births in a geographic area in a year per 1,000 women of childbearing age (defined as age 15 to 44 years)*

2016. This equates to an additional 14 births per 1,000 women aged 15-44 within the period.

- The life expectancy at birth for people living in Central Locality is 80.4 years (for males) and 84.3 years (for females) from birth.
- The life expectancy at age 65 years in Havering is 18.9 years for males and 22.7 years for females.
- Central Locality is quite ethnically homogenous similar to Havering with 86% of its residents recorded as White British, higher than both London and England.

Household Profile

- There are 37,613 households in Central Locality, according to the Council Tax List (as at 28th February 2017).
- Households are mainly composed of two or more adult households with or without dependent children.
- In 2011, there were 2,495 one-adult households with children under 16 in Central Locality. This is an increase from 2001 when there were 1,538 lone parent households. There has also been an increase in the number of one-adult households with no children.
- 77% of the population in Central Locality were home owners (those who own outright and those who bought with a mortgage). This is higher than London (50%) and England (65%) and the same as Havering (77%).
- 12% (4,143) of the population are of pensionable age and are living in one-person households. 30% of all one person households in Central Locality are occupied by persons of pensionable age.

Economic Profile

- 80.3% of residents within Central locality were employed as at the 2011 Census and this was higher than Havering (78.6%), London (76%) and England (77%).
- 1.8% of economically active residents within Central locality were seeking job seekers allowance as at the 2011 Census and this was lower than Havering (1.9%), London (2.2%) and England (1.9%).
- The average gross household income in Central Locality (£46,905), as measured in 2012/13, is low in comparison to the London average of £51,770, slightly higher than the Havering average (£44,430) but slightly higher than England (39,557).
- Majority of children in Havering are not poor, but around 8,800 live in income-deprived households. Brooklands, Romford Town and Saint Andrew's wards have the highest proportion of children living in poverty within the Central locality.

What will happen to the population of Havering?

- GLA projections indicate the population of Central Locality is projected to increase from 88,744 in 2017 to 103,431 in 2032 (16.5% increase)
- The population aged 25-64 will remain the largest age group up to 2032 but from 2017 to 2032, the largest increases will be seen in the elderly (85+ year olds: 66% and 65 - 84 year olds: 29%); also younger people, 11 – 17 year olds: 31%.

What are the risk factors affecting ill health in Central Locality?

- In 2012/13-2014/15, a fifth of Central Locality children (21.2%) in Reception Year were either overweight or obese. This figure increased to a third (33.3%) of children in Year 6 - this is similar to the England average.
- Regarding adults, around one in two (53%) persons aged over 18 years registered with a General Practice (GP) in Central Locality is either overweight or obese.
- Estimates show that one in three adults (36.2%) in Havering are inactive compared with London (37.8%) and England (36.1%). The general trend in participation in sports lags behind that of Bexley (Havering comparator) and London but in the last couple of years has performed better than England. The level of Physical activity is generally expected to be lower in more deprived areas around the locality.
- Smoking in pregnancy, although on the decline, is among the highest in Havering (7.6%) compared with other London boroughs (significantly higher in Havering compared with 4.9% in London but significantly better than England, 10.7%) for 2016/17; Smoking during pregnancy is expected to be a greater issue among the more deprived areas within the Locality.
- The majority of drinkers (73%) in Havering do not drink above the recommended limits. Although Havering had significantly lower alcohol related admissions to hospital (430 per 100,000 hospital admissions for alcohol-related conditions in comparison to London and England in 2014/15 , alcohol is implicated in 4% of ambulance call outs; 16% of road fatalities and over 70% of cases of domestic violence. Alcohol related issues are generally expected to be more pronounced in more deprived areas within the Locality.

What is the current status of health in Havering?

Mortality

- The top 5 (underlying) causes of death in Central Locality (from 2012 to 2016) are: cancers, circulatory diseases, respiratory diseases, dementia & Parkinson's disease, and diseases of digestive system.
- Unspecified dementia comprises the biggest single underlying cause of death in Central Locality. Lung cancers comprise the largest proportion of deaths from Cancer.

- In Central Locality, about 200 deaths (28%) each year³ occur prematurely (deaths that occur before a person reaches the age of 75 years). Cancer, heart disease and stroke are the main causes of premature deaths.

Long Term Conditions

- There is an increasing number of Havering residents living with long term conditions (LTCs) – this has a significant impact on daily lives including the use of urgent and emergency health and social care services.
- Central Locality CCG patients with five or more LTCs are 3 times more likely to attend A&E, 13 times more likely to be admitted for an emergency, and the average number of inpatient bed days will be 22 times greater compared with patients with no LTC.
- The prevalence of depression ranges from 62.2 per 1,000 persons aged 17 and over in Emerson Park to 88.7 per 1,000 persons aged 17 and over in Romford Town (i.e. more generally more common with increasing deprivation).
- In Central Locality, the number of people living with diabetes is on the increase. The prevalence of diabetes is lowest in Romford Town (48.2 per 1,000 persons aged 17 and over) and highest in St Andrews (60.0 persons aged 17 and over).

Specific Groups

- Overweight and obesity is an issue for children in Havering, particularly in more deprived areas. They are likely to develop Type 2 Diabetes requiring long term medical care.
- Havering has the lowest number of children going into care. Looked after children generally have greater mental and physical health care needs.
- Older people are at increased risk of living with multiple long-term conditions; dementia; and experiencing falls.
- Working age adults comprise the largest age group in Havering and are more likely to experience serious mental health issues such as depression, schizophrenia and psychoses.
- Certain health problems are more common in BAME groups because of various reasons including diet and other lifestyle factors e.g. diabetes in South Asians; and sickle cell disease in black Africans.

How do local people use health and social care services?

Children Social Care

- The rate of children’s social care activity appears to be noticeably lower than the Havering average across all three types of plans in the Central Locality.

³ Based on the number of premature deaths over 5-year period (2012-2016) – 3,094 (Data source: ONS PCMD)

- The children in need activity in Central Locality appears to generally follow a similar pattern to Havering across all age groups in males but slightly different in females; the highest proportion of activity is shown within the age group 10 – 14 among both males (30%) and ages 1 – 4 in females (30%).

Adult Social care

- Information and recent data are not immediately available at locality level (or smaller geographical level); this section will be updated if it becomes possible to do so.

Health Services

- The average number of patients registered with North Locality (Havering CCG) practice per GP (Full Time Equivalent, FTE) is 2,222, which is higher than Havering (2,079 patients per GP-FTE), London average (6825 patients per GP-FTE) and the England average (5252 patients per GP-FTE)
- In 2015/16, there were 14,870 elective and 7,628 emergency hospital admissions (spells) for Havering CCG-registered patients⁴ within a Central Locality Practice. Only the top 5 causes of Elective Admissions and Emergency Admissions account for 68% and 67% respectively.
- People living in the more deprived parts of the borough are more likely to use A&E services than those from least deprived areas in Havering.

⁴ *Secondary Uses Services (SUS)*