

1 Risk Factors for Ill Health

1.1 Obesity

The majority of the CCG registered population within the Central Locality are either at a healthy weight (32.2%) or overweight (30.9%). At the extreme ends of the scale, underweight and Obesity III are represented by 2.5% and 2.4% of the registered population respectively (Figure 1).

Figure 1: Proportion of population within each BMI weight category in the Central locality (as of December 2016)



Source: Health Analytics (accessed December 2016)

Data from the National Child Measurement Programme indicates that 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.

1.2 Healthy Eating

Information and recent data are not immediately available at locality level (or smaller geographical level); this section will be updated when data becomes available.

1.3 Physical Activity

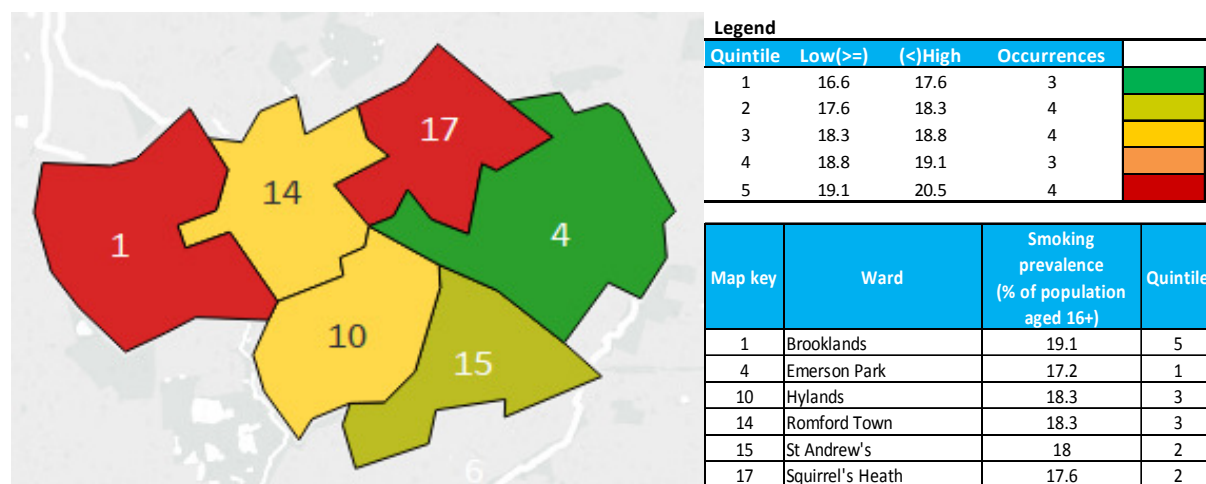
Information and recent data are not immediately available at locality level (or smaller geographical level); this section will be updated when data becomes available.

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.

1.4 Smoking

Smoking prevalence in the Central Locality was highest in Brooklands ward (19.1%) and lowest in Emerson Park (17.2%) in 2015 – see **Error! Reference source not found.**

Figure 2: Smoking Prevalence (% of adult population) across Central Locality Wards by Quintile¹ (where Quintiles 1 and 5 refer to the lowest and highest prevalence wards respectively)



Data source: Action on Smoking and Health (ASH) Ready Reckoner Tool (published December 2015);
Produced by Public Health Intelligence

Smoking status at time of delivery, 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.

1.5 Alcohol Misuse

Information and recent data are not immediately available at locality level (or smaller geographical level); this section will be updated when data becomes available.

The majority of drinkers (73%) in Havering do not drink above the recommended limits². 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 2014/15³, alcohol is implicated in 4% of ambulance call outs; 16% of road fatalities and over 70% of cases of domestic violence⁴. Alcohol related issues are generally expected to be more pronounced in more deprived areas within the Locality.

¹ Quintile is a statistical term to divide a sample or population into fifths

² Alcohol Harm Map by Alcohol Concern accessed Jan 2016

³ Indicator 10.01: Admission episodes for alcohol-related conditions (Narrow) Local Alcohol Profile for England (accessed December 2015), Public Health England

⁴ Gilchrist, E., Johnson, R., Takriti, R., Weston, S., Beech, A. and Kebbell, M. (2003) Domestic violence offenders: characteristics and offending related needs, Findings, 217, London, Home Office

1.6 Teenage Pregnancy

Conception data for age <18 years is available at ward level, but this is not allowed to be published in a public document in its current form. Some figures may be allowed to be published with the pooling of a larger number of years of data; we will do the analysis and seek permission from National Statistics for publication.

1.7 Breastfeeding

Information and recent data are not immediately available at locality level (or smaller geographical level); this section will be updated when data becomes available.