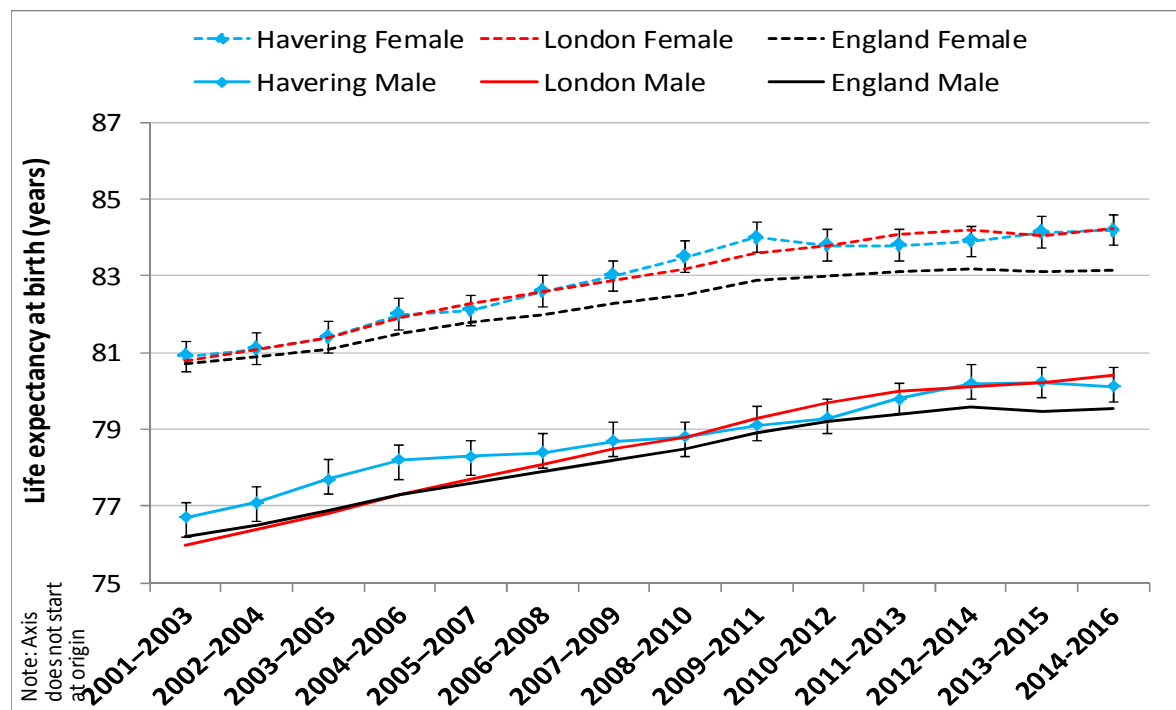


## 4. Life expectancy in Havering

### 4.1 Life expectancy at birth in Havering

The life expectancy at birth<sup>9</sup> for people living in Havering is 80.1 years for males and 84.2 years for females. Life expectancy in Havering for both males and females has been mostly higher than the England average but similar to London; it has been on the increase over the last decade (see Figure 2).

Figure 2: Life expectancy at birth (years), by gender, Havering compared to London and England, 3-year rolling periods, 2001-03 to 2014-16



Data source: Life expectancy at birth, 2001-2003 to 2014-16; Public Health Outcomes Framework (PHOF); Produced by Public Health Intelligence

Within Havering, there are inequalities in life expectancy at birth by local deprivation decile<sup>10</sup> (Figure 3);

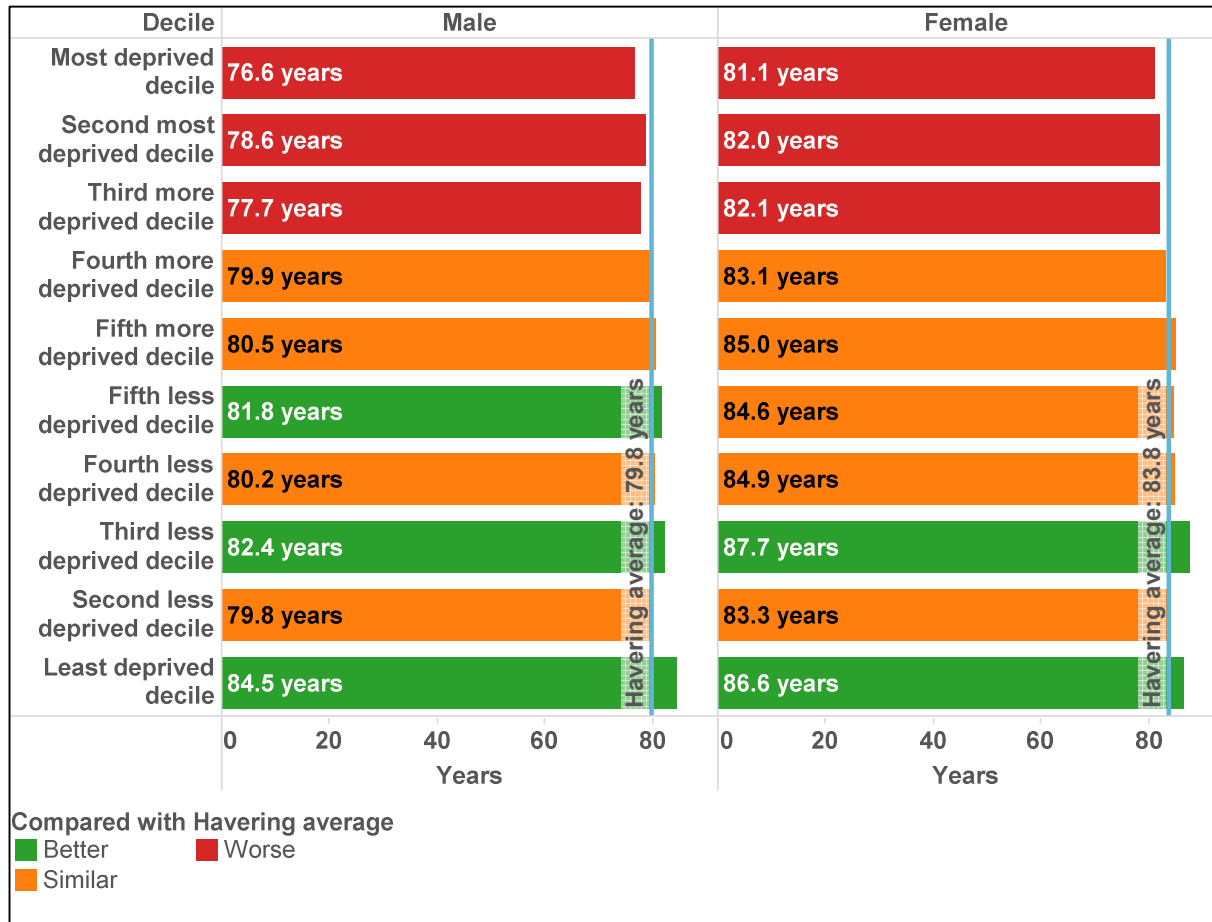
The most deprived deciles of the population have significantly shorter life expectancies than the Havering average.

<sup>9</sup> Life expectancy is a frequently used indicator of the overall health of a population: a longer life expectancy is generally a reflection of better health. Reducing the differences in life expectancy is a key part of reducing health inequalities. Life expectancy at birth for an area is an estimate of how long, on average, babies born today may live if she or he experienced that area's age-specific mortality rates for that time period throughout her or his life.

<sup>10</sup> Deprivation decile: Population ranked in order of deprivation and split into 10 groups (from most to least deprived)

- For males, life expectancy at birth ranges from 76.6 years in the most deprived decile to 84.5 years in the least deprived decile (difference of 7.9 years). This is greater than the gap seen across London (difference of 6.7 years).
- For females, life expectancy at birth ranges from 81.1 years in the most deprived decile to 86.6 years in the least deprived decile (difference of 5.5 years). This is greater than the gap seen across London (difference of 4.4 years).

Figure 3: Life expectancy at birth by local deprivation decile compared with Havering average, by gender, 2013-15



Data source: Public Health Outcomes Framework (PHOF - 0.1ii. Life expectancy at birth); Public Health England (PHE); Produced by Public Health Intelligence. Published on February 2017

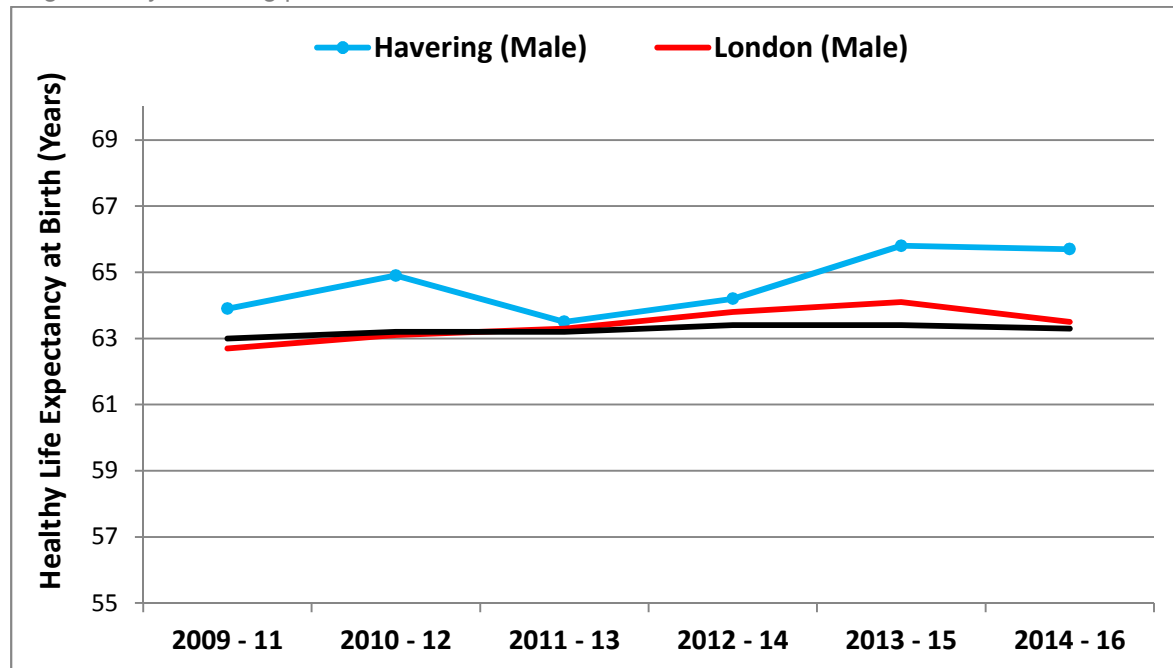
The life expectancy at birth<sup>11</sup> for people living in Havering is 80.1 years for males and 84.2 years for females. Life expectancy in Havering for both males and females has been mostly higher than the England average but similar to London; it has been on the increase over the last decade

<sup>11</sup> Life expectancy is a frequently used indicator of the overall health of a population: a longer life expectancy is generally a reflection of better health. Reducing the differences in life expectancy is a key part of reducing health inequalities. Life expectancy at birth for an area is an estimate of how long, on average, babies born today may live if she or he experienced that area's age-specific mortality rates for that time period throughout her or his life.

## 4.2 Healthy life expectancy at birth in Havering

There is much less disparity among male and females when it comes to healthy life expectancy within Havering, London and England. The latest figures based on a 3 year rolling period from 2014 to 2016 showed that Havering males had a higher healthy life expectancy compared to London and national average for males (Figure 3).

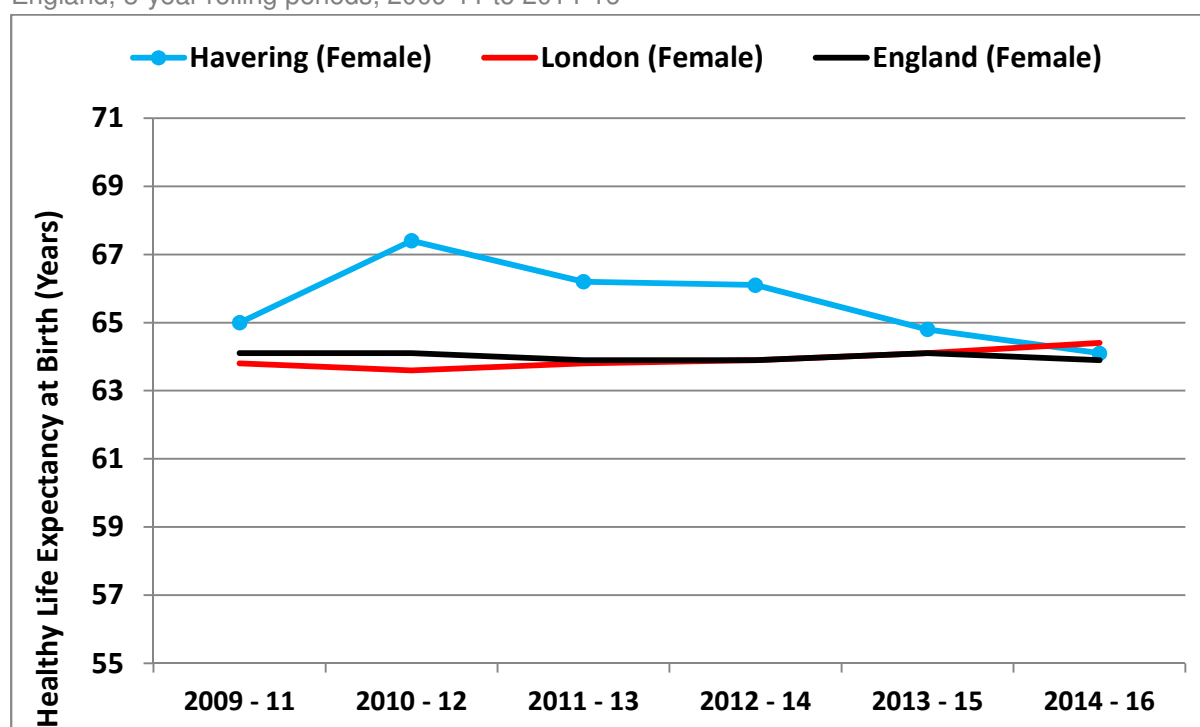
Figure 3: Healthy life expectancy at birth (years) among males, Havering compared to London and England, 3-year rolling periods, 2009-11 to 2014-16



Data source: Life expectancy at birth, 2001-2003 to 2014-16; Public Health Outcomes Framework (PHOF); Produced by Public Health Intelligence

The equivalent latest data for females showed that Havering females have a similar healthy life expectancy when compared with the London and England average (Figure 4)

Figure 4: Healthy life expectancy at birth (years) among females, Havering compared to London and England, 3-year rolling periods, 2009-11 to 2014-16



Data source: Life expectancy at birth, 2001-2003 to 2014-16; Public Health Outcomes Framework (PHOF); Produced by Public Health Intelligence

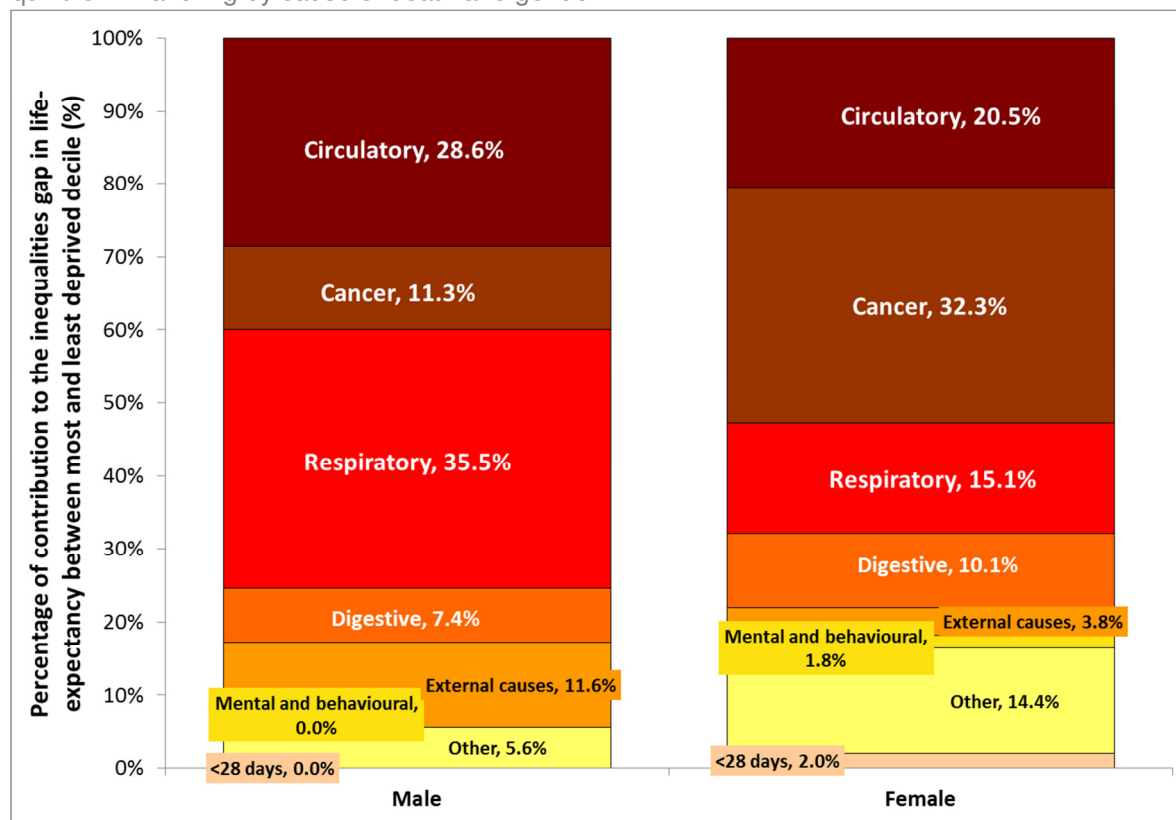
### 4.3 Life expectancy gap in Havering

People living in the most deprived parts of the borough are more likely to die early compared to those living in the least deprived parts of the borough (See Figure 4)

Main causes of death:

- **Cancer:** The main causes are lung, bowel, breast and prostate. The single most important risk factor for cancers is smoking. Men from the most deprived parts of the borough are more likely to die early from cancer.
- **Heart disease and Stroke:** Women from the most deprived parts of the borough are more likely to die early from heart disease.
- **Lung disease:** The main type of lung disease responsible for deaths is Chronic Obstructive Pulmonary Disease (COPD); the single most important risk factor is smoking. Men from the most deprived parts of the borough are more likely to die early from lung problems.

Figure 4: Breakdown of life expectancy gap between the most deprived quintile and the least deprived quintile in Havering by cause of death and gender



"<28 days" means neonatal deaths (i.e. deaths under 28 days).

Data source: Life Expectancy Segment Tool 2012-2014 (Published May 2016), Public Health England; Produced by Public Health Intelligence