

Healthy Life Expectancy in Tower Hamlets

Annual Public Health Report of the
Director of Public Health

2018



Tower Hamlets

Tower Hamlets has a fast growing and changing population – this makes it challenging to understand the health of the population

- The population's health has been worse than elsewhere
 - Why is healthy life expectancy such a significant outlier?
 - What do we need to do to improve health and wellbeing in Tower Hamlets?



What is healthy life expectancy?

- An estimate of how many years a child born today would be expected to live in good health
 - Is an important headline statistic

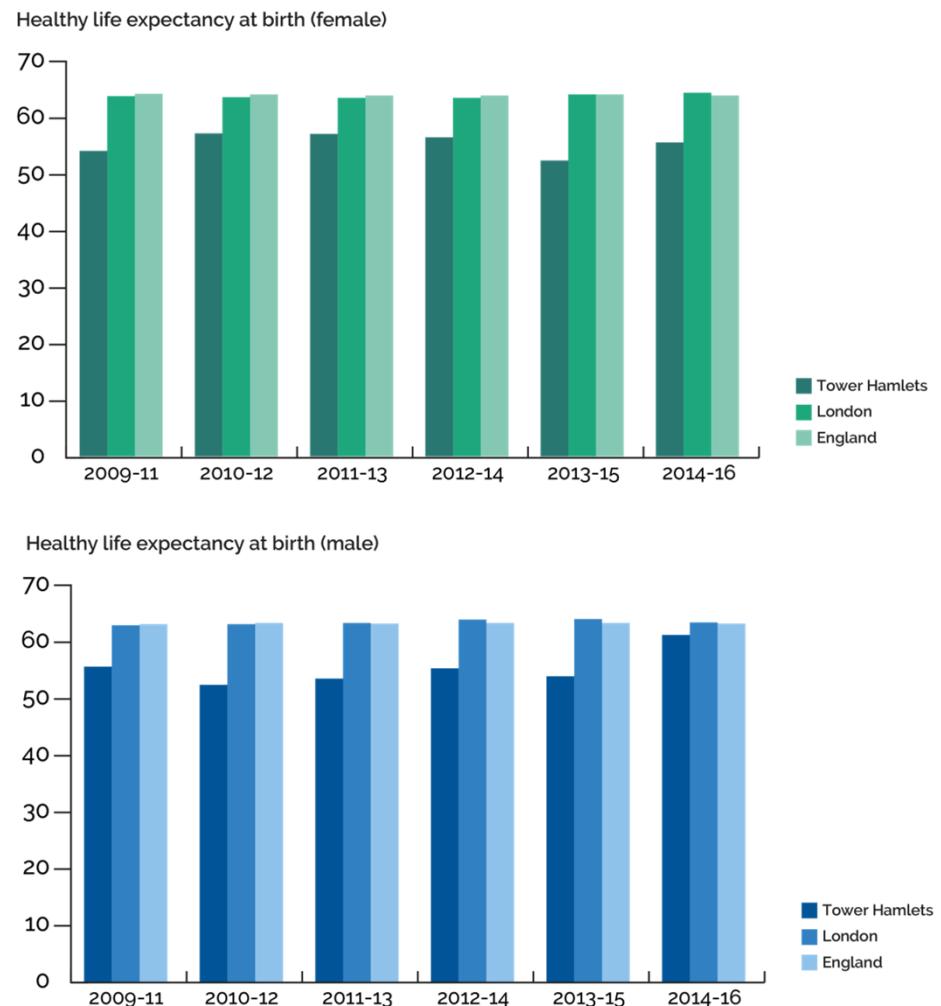
The relationship between healthy life expectancy and life expectancy



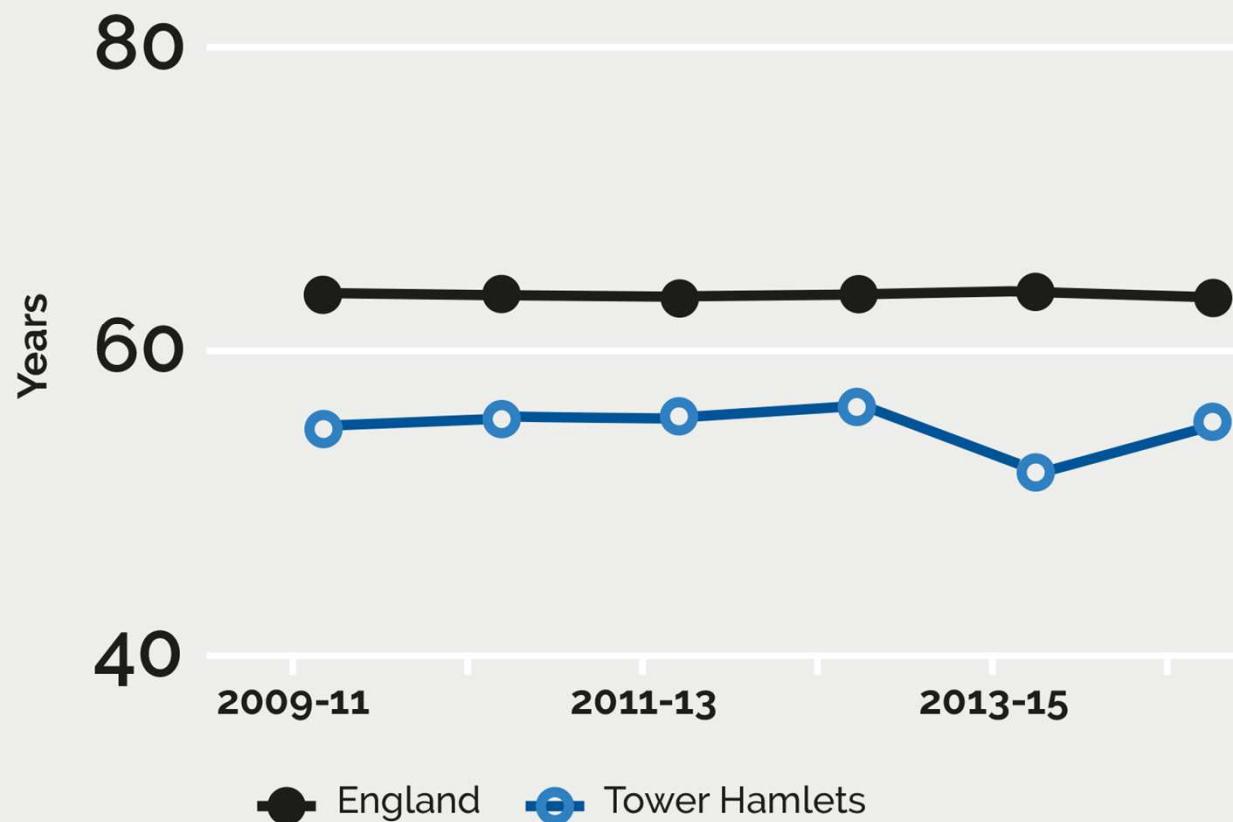
Healthy Life Expectancy in Tower Hamlets

Healthy life expectancy in Tower Hamlets

- Amongst the lowest healthy life expectancy in the country
- Variation within the borough linked to deprivation
- Female is lower than male
- Life expectancy has been improving rapidly

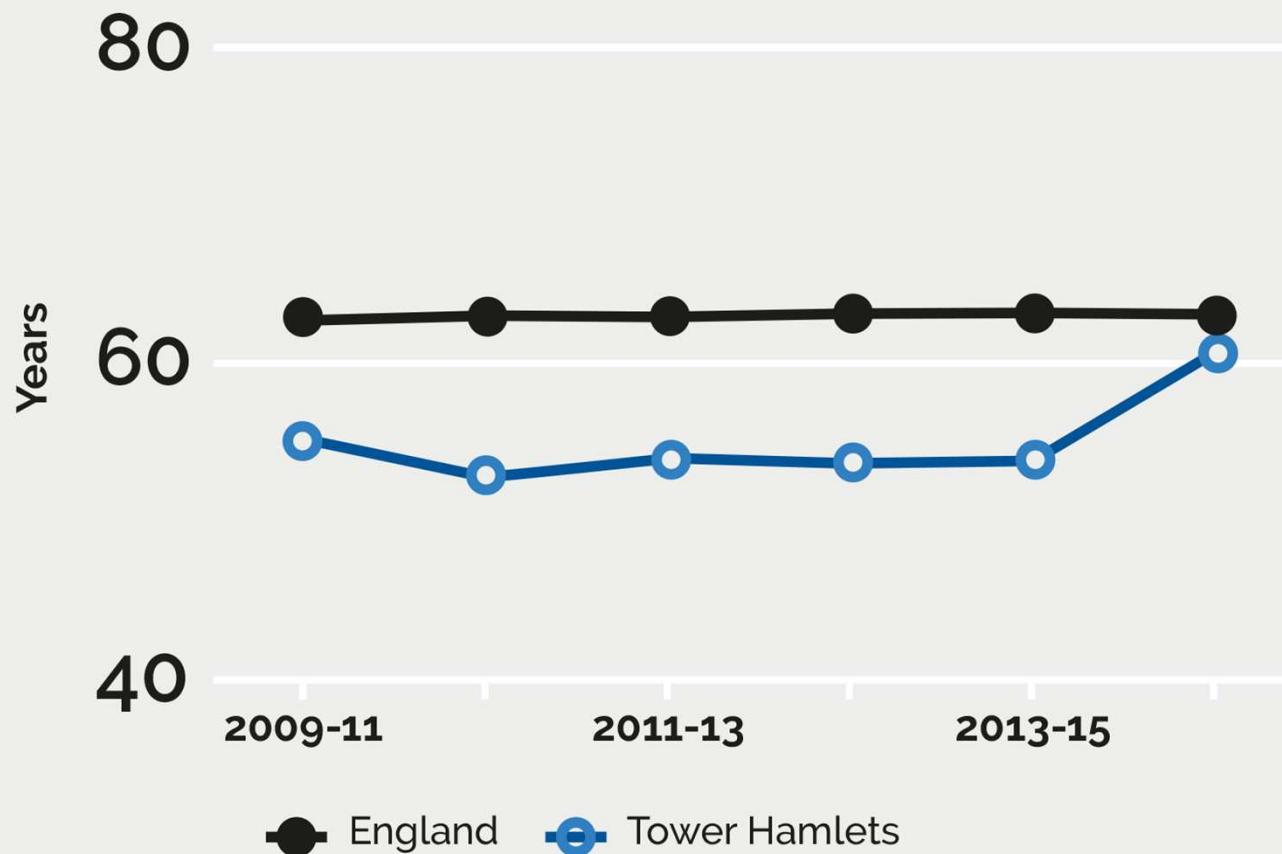


Healthy life expectancy at birth (female)



Healthy Life Expectancy in Tower Hamlets

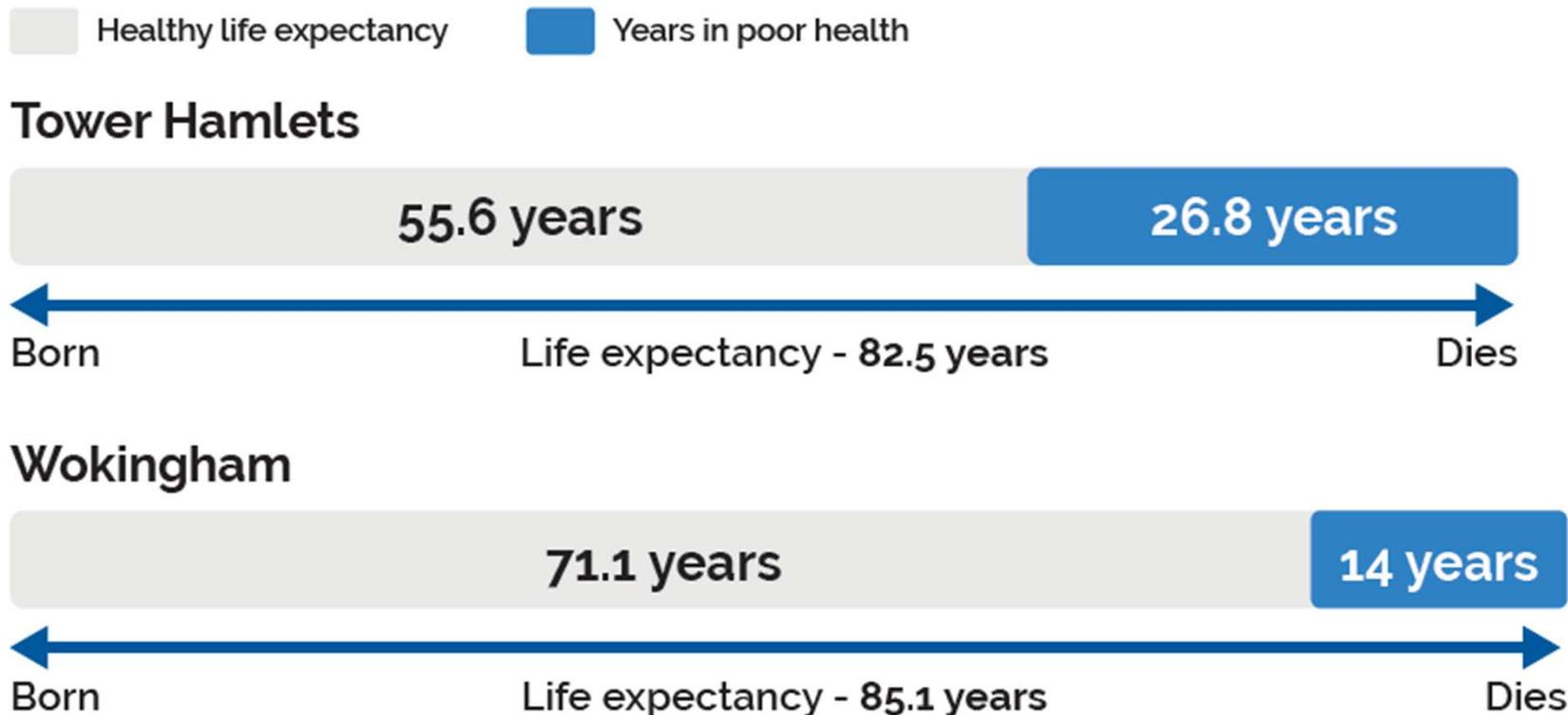
Healthy life expectancy at birth (male)



Healthy Life Expectancy in Tower Hamlets

What is the difference?

Comparison of Healthy Life Expectancy of Women in Tower Hamlets and Wokingham (2014 – 2016)



Healthy Life Expectancy in Tower Hamlets

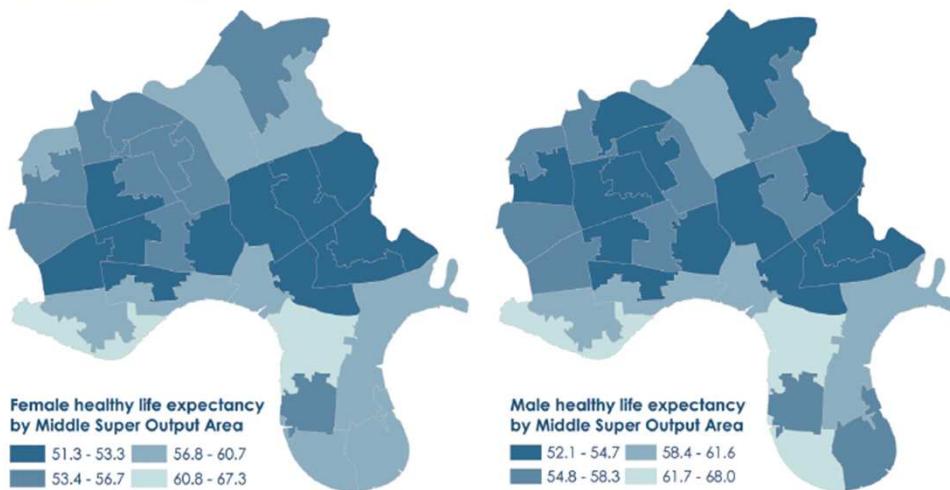
How healthy life expectancy varies in Tower Hamlets

- Healthy life expectancy varies significantly across the borough and this is linked to deprivation

Healthy life expectancy in Tower Hamlets, 2009 - 2013

Healthy life expectancy is the average number of years that an individual might expect to live in "good" health in their lifetime. These estimates are a snapshot of the health status of the population during 2009 to 2013, based on self-reported health status at the 2011 Census and mortality rates for each area in that period.

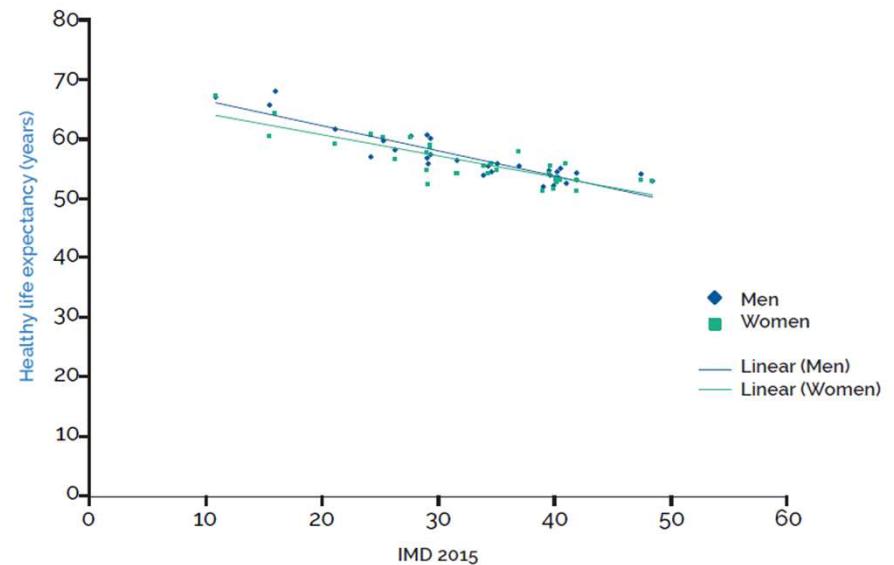
Source of data: ONS © Crown Copyright 2017.



Data has been classified by natural breaks (Jenks' method) for Tower Hamlets. The maps do not show confidence intervals and any geographic variation is not necessarily statistically significant.

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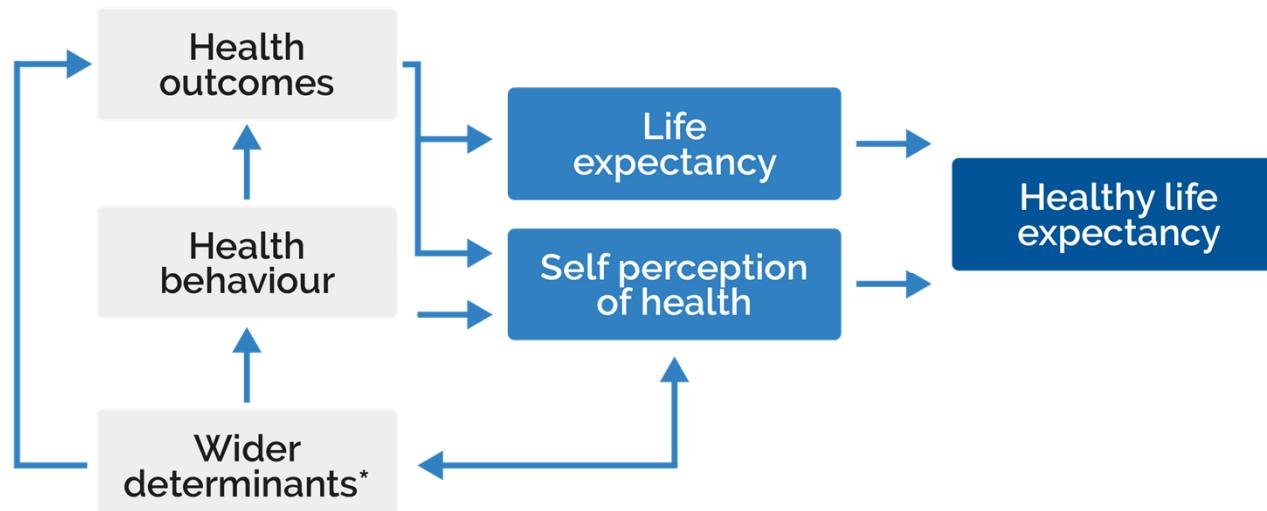
Healthy Life expectancy and Index of Multiple Deprivation



What determines healthy life expectancy?

- Life expectancy and how people rate their health (self-perception)
- Perception of health and wellbeing is strongly linked to the extent to which core needs are met or not met

Factors determining healthy life expectancy



* wider determinants includes cultural and psychosocial factors, as well as a diverse range of social, economic and environmental factors which impact on people's health

What explains the healthy life expectancy figures in Tower Hamlets?

We will consider:



- Deprivation
- Early death rates
- People living with long-term conditions
- Health behaviours
- Environment
- Socio-economic factors

Deprivation and early death rates

Deprivation

- Now fewer areas in the 10% most deprived nationally
- But still amongst the most deprived boroughs in England
 - All ages
 - All aspects from employment to housing to environment

Early death rates

- Twenty years ago had amongst the lowest life expectancy in the country
 - Some of the highest levels of premature deaths from cardiovascular disease, cancer and respiratory disease
- No longer the extreme outlier that it was

Long-term conditions and health behaviours

Long-term conditions

- Complicated by young population
- But...
 - High levels of diabetes
 - High levels of common mental health problems
- May help explain why Tower Hamlets has lower self-perceptions of health

Health behaviours

- Diet, physical activity, smoking, substance misuse and sexual health behaviours
- Linked to progression of long-term conditions, and levels of wellbeing

Environment and socio-economic factors

Environment

- The physical environment supports people's health significantly less than elsewhere
- High levels of crime compared to elsewhere:
 - Impact people's sense of safety and therefore self-rated health

Socio-economic factors

- Lower levels of employment than elsewhere
- High levels of income deprivation, insecure housing and overcrowding

Considerations for Health and Wellbeing Board

1. Importance of targeted approaches to improving health and wellbeing of those with greatest health need
2. Important to continue to focus on the three big killers (cancer, cardiovascular and respiratory disease)
3. Diabetes needs to remain a particular focus
4. High levels of common mental health needs
5. Women's HLE is lower than men's, which is unusual
6. Health behaviour can lower life expectancy and HLE
7. Environmental factors and local assets can impact on health

Considerations for Health and Wellbeing Board

8. Wider socioeconomic determinants of health continue to affect HLE, which highlights the importance of the HWB being connected to the wider strategic context
9. Greater vulnerability of children and older people – links to the wider issue of the health and care system delivering for the population based on a system of equity
10. The Foundations of Wellbeing Framework (safety, satisfaction and connection) may be helpful in thinking about an approach to the new strategy that focusses on what matters to people

From GNP to Gross National Happiness



One indicator out of 33 relates to per capita income

<http://www.grossnationalhappiness.com/>

GNH Economic Model	GDP Economic Model
Sufficiency	Growth
Happiness achieved through serving others, living in harmony with nature, and realisation of our highest potential	Happiness achieved through maximising utility and preference satisfaction through goods and services
Based on needs satisfaction which are satiable	Based on satisfaction of wants which are insatiable
Active development of happiness skills (inner transformation)	Not included. Preferences and values are 'given'.
Good work and Right Livelihood	Work as a disutility
Focus on broad range of factors that contribute to wellbeing	Focus on material standard of living
Earth is alive and sacred	Environment as a tradeable and regulated commodity

OECD 'Beyond GDP':



Current Wellbeing

Material Conditions	Quality of Life		
	Income and wealth		Health status
	Jobs		Work-life balance
	Housing		Education and skills
			Social connections
		Civic engagement & governance	
			Environmental quality

Resources for Future Wellbeing

	Natural capital		Human capital		Social capital
			Economic capital		

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