

Life and Health in Tower Hamlets

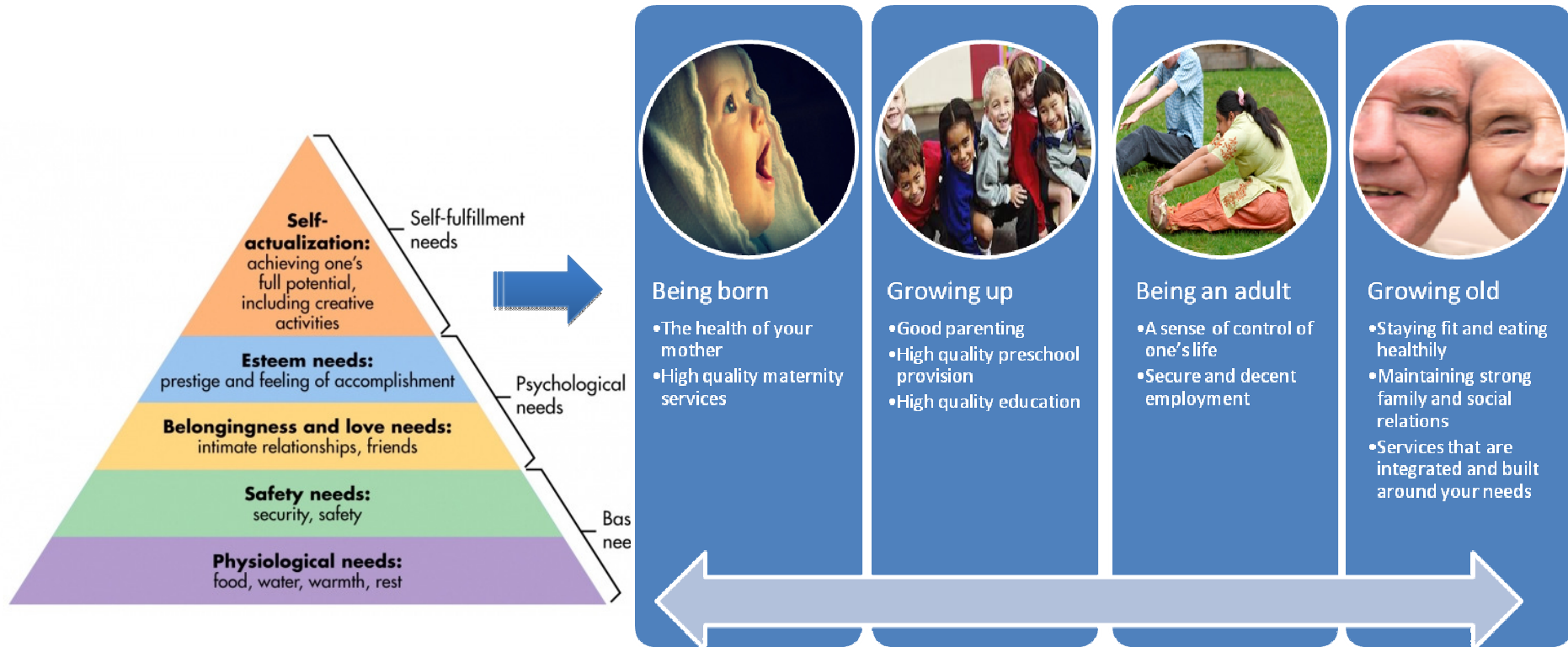
Key issues from the JSNA 2013

What is Health?

'Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'

WHO Constitution, 1946

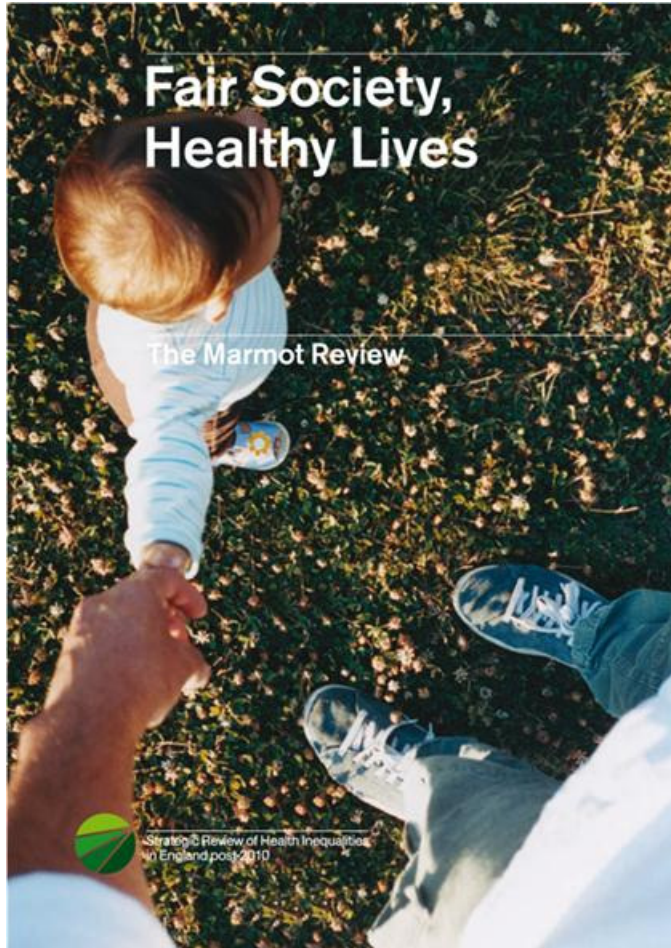
What makes for a healthy life?



Thanks
Nicky, Rafia, Simon,
Cathy, Rakhee, Lisa,
Anoushka

An income for healthy living, quality housing, an environment that supports health, strong social networks, a sense of community, living healthily, high quality services

What will improve health?



- Giving every child the best possible start in life
- Enabling all to make the most of their capabilities and have control over their lives
- Creating fair employment and good work for all
- Ensuring a healthy standard of living for all
- Creating and developing healthy and sustainable places and communities
- Strengthen the role and impact of ill-health prevention

What is health like in Tower Hamlets?

People, Place, Life

Health Headlines

Men

Life expectancy

- 76.7 (132/150)

Healthy life expectancy

- 55.7 (147/150)

Women

Life expectancy

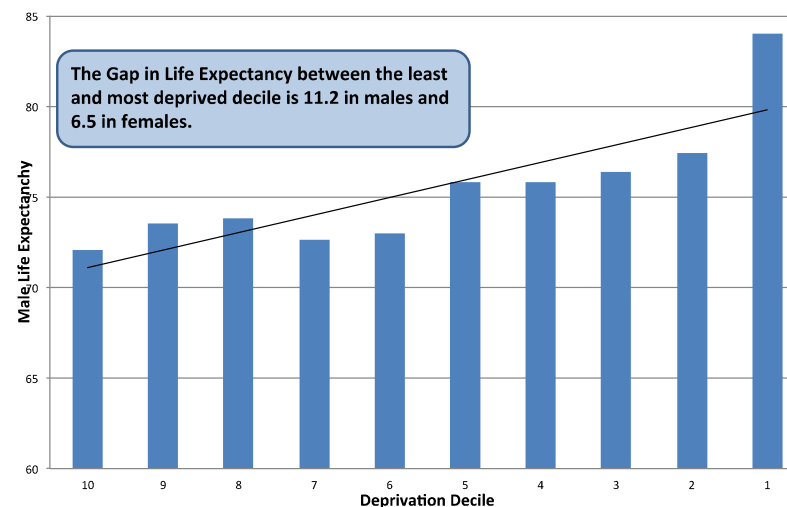
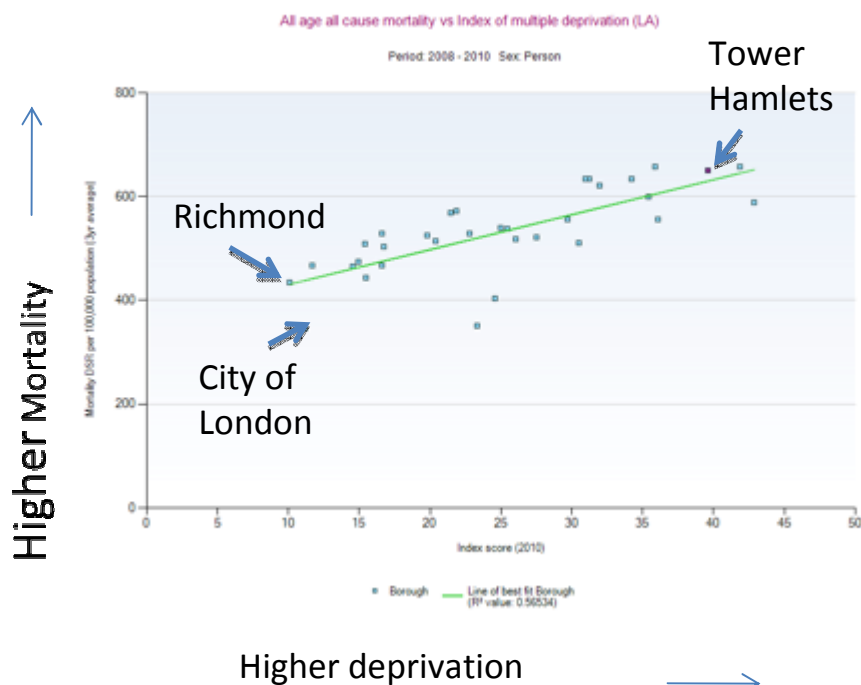
- 81.9 (110/150)

Health life expectancy

- 54 (150/150)

Health inequalities

The accumulation of positive and negative impacts on health.....



Lower life expectancy than more affluent boroughs

Lower life expectancy in people living in more deprived parts of the borough

Age and ethnicity breakdown Bad health (self reported)

	Age 0 to 15	Age 16 to 49	Age 50 to 64	Age 65 +	Grand Total
Asian	2.2	1.5	3.5	2.9	2.2
Black	2.0	1.5	1.6	1.8	1.6
Mixed	1.7	1.1	2.1	1.4	1.4
Other Ethnic	2.8	1.3	2.9	2.2	1.7
White	1.4	0.9	1.9	1.6	1.3
<i>Grand Total</i>	<i>2.0</i>	<i>1.2</i>	<i>2.3</i>	<i>1.9</i>	<i>1.6</i>

This table shows how Tower Hamlets compares to England on the Census 2011 statistic of self reported 'bad or very bad health'. So, for example, the percentage of 50-64 years olds reporting bad or very bad health is 2.3x higher than England and for Asians in this age group it is 3.5x higher.

A framework for thinking about health and wellbeing.....

Tower Hamlets

- People
- Place

Life in Tower Hamlets

- Being born
- Growing up – early years
- Growing up – childhood and adolescence
- Being an adult
- Growing old

260,000 people



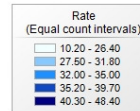
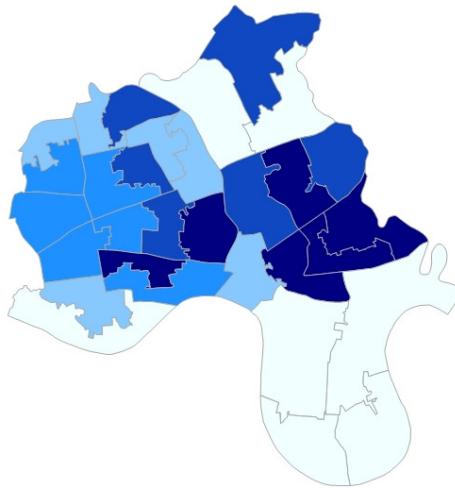
- Lower income, higher unemployment
 - Strong link to worse health
- Highly diverse
 - Diversity of attitudes to health
 - Disease patterns linked to ethnicity
- Population growth
 - Capacity to meet health needs

Place



The Indices of Deprivation 2007 Income Domain: % living in households with an income below 60% of the national median MSOA

Local authority: Tower Hamlets Period: 2010

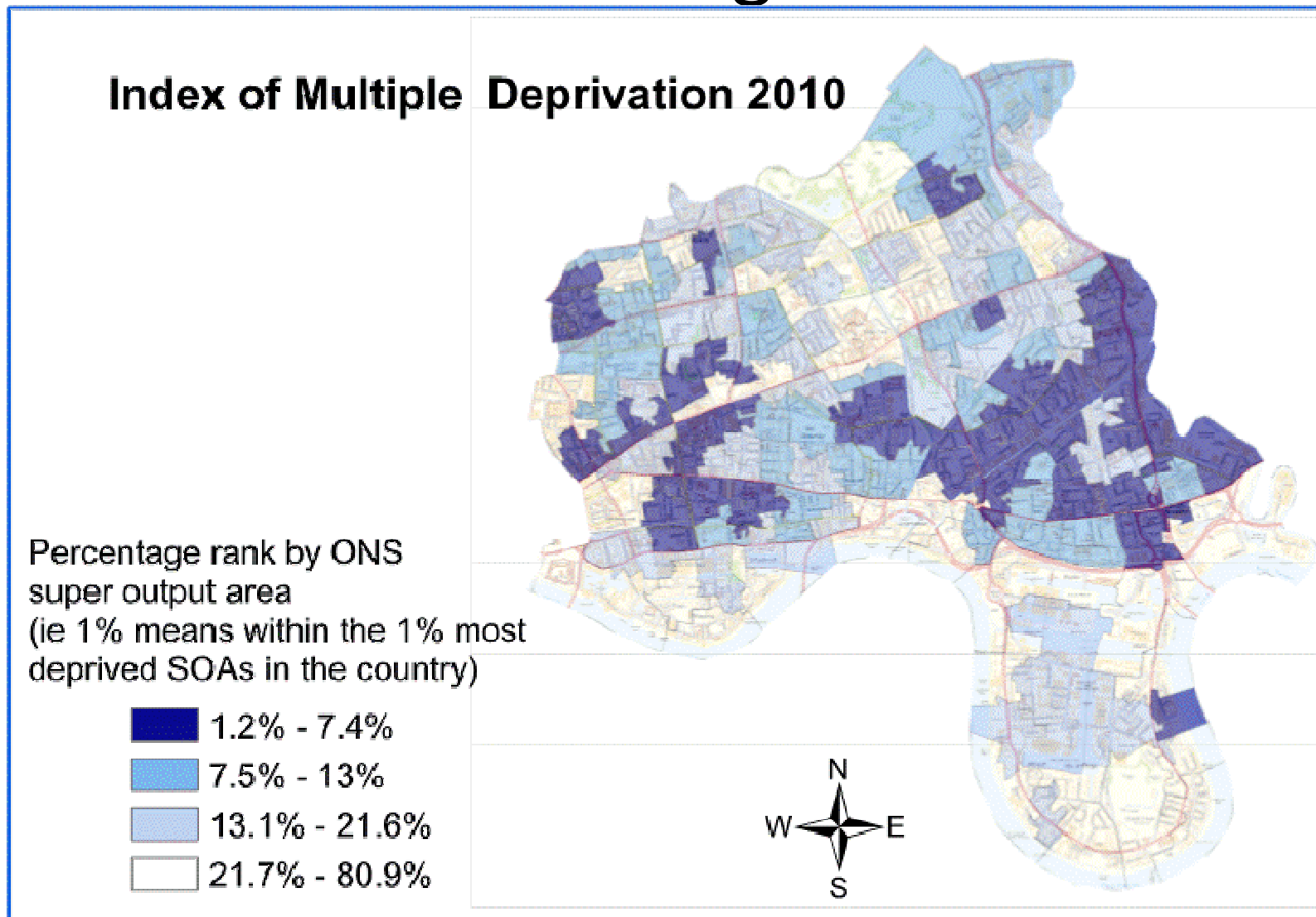


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- All but one of the wards most deprived nationally
 - Strong link to lower life expectancy
- Higher overcrowding
 - Child development
 - Physical and mental health impacts
- Limited green space
 - Impact on potential benefits to physical and mental health
- Limited healthy food options in parts of borough
 - Harder to maintain a healthy diet

The most deprived places in the borough



People living in the most deprived parts of the borough..

	Least deprived	Most deprived
% means tested benefits	13%	54%
% social tenure	11%	48%
% Bangladeshi	8%	44%
% 3+ children	7%	32%
% single parent households	6%	9%
% 3 generation	2%	9%
% over 65 living alone	1%	2%

Some older guys club together, do some gardening, get fitter, become friends

The Bow Geezers are a group of older men in Bow. The Geezers Gardening club, which has received a Can Do Community Grant to buy equipment and materials, has 20 members.



A group member described the benefits of the gardening club:

“It gives us the opportunity to get some healthy exercise out in the open. Gardening gives us a sense of achievement, seeing things grow that we have planted together. We share and sell the food we produce. This helps us to have affordable fruit and veg and also the money we make allows us to buy more seeds. It has brought out some hidden skills amongst our group and has given us a chance to work as a team”.

Being born

4500 Tower Hamlets babies a year



Jake, the first
baby born in the
Barkantine Birth
Centre

- Mothers
 - 50% Bangladeshi
 - Teenage pregnancy now average
 - Overall less likely to be smoker at birth, but more likely if white (16%)
 - Issue of late booking much improved
- Babies
 - Higher proportion low birth weight (9% vs 7.5%)
 - Recent increase in infant mortality (under investigation)

A woman is helped to breastfeed and loves it.....

First time mother, J speaks about the support she received around breast feeding:

“My decision has always been to breastfeed my baby as I know that's the best start to life for a child. I have been exclusively breastfeeding my baby since he has been born and I still am 8 months on.

“As much as I enjoy breastfeeding and the wonderful bond it has created between me and my baby, it has not been an easy process and I have encountered many breastfeeding issues along the course. I encountered issues of latching on, breast side preference, engorgement and expressing. To help tackle my issues and continue with breastfeeding I sought help and support from the Tower Hamlets Breastfeeding Support Team.

“From the beginning, S has been my main source of support from home visits to telephone advice she has been there for me. I have also attended the breast feeding support groups which have been very helpful. I have found the support and advice from the team to be invaluable as without it, I would not be breastfeeding right now.”



Early Years

19,000 aged 0-5



Scene from John Smith's
Childrens Centre in Stepney

- More likely to be born into socio economic circumstances that adversely impact on health
- By age 5
 - Less likely to have achieved good level cognitive development (50% vs 60% nationally)
 - More likely to be obese
 - More likely to have tooth decay (unexpectedly worsening)
 - More likely to be immunised

Mums (and dads) learn to feed their young families healthily...

Cook4Life (families with children 0-5yo)

The majority of participants find the course content was all useful and liked it all.

Examples of participant's comments about the course:

- *"The course I attended was great at informing us on how we can improve our health. This was a life saving course for me and my family. Now I understand what I should eat and feed my children."*
- *"I would like to do more healthy eating courses similar to this one"*
- *"I really did benefit from the course. It would be good to run more courses to involve more Mums as they are the ones who usually do the cooking for the family" (comment from a Dad)*
- *"Really good course, I liked sitting down and discussing healthy eating. Good amount of practical and theory"*
- *"I'm offering healthier snacks and eating them in front of my daughter to set better example"*
- *"I have had a complete change. I have joined Weight Watchers, I cook everything from scratch and I am a vegetarian. For my child, I give him all homemade food and more fruit choices"*



Children and Young People

43,000 aged 5-19

St Paul's Way Transformational Project



- More likely to be facing socio-economic circumstances impacting on development
 - Poverty
 - Overcrowding
 - Domestic violence
- More likely to be obese (1 in 4)
- Less likely - 3hours PE/Sport?
- As elsewhere
 - Starting to smoke
 - Experimenting with alcohol and drugs
- 1 in 10 likely to have mental health disorder
- High levels of substance misuse issues for those in contact with criminal justice system (43%)
- More likely to admitted to hospital for injury

Young adulthood

131,000 aged 20-39



Tower Hamlets College
Graduation Class

- More likely to facing socioeconomic circumstances affecting health
 - Unemployment
 - Low income
 - Housing and homelessness
- More likely
 - To be at risk from or having sexually transmitted infection/HIV
 - For HIV to be undiagnosed if heterosexual transmission
 - To be facing problem drug use (and problem alcohol use in drinkers)
 - To be facing mental health problems (that may be hidden)
 - To have poor physical health if having mental health problems
 - To be accumulating risk
 - Smoking
 - Poor diet
 - Low physical activity
 - Alcohol
 - To be using emergency services (esp men aged 18-29)

A 30 year old lady finally gets out of the house, goes swimming and makes friends

Miss K, white British in her 30s, was referred to the Health Trainers by her GP. Following an accident a few years ago, she has been unable to get out of the house very much. This contributed to the onset of depression, accompanied by drinking more than she had previously and weight gain. As a consequence her confidence fell and she became reluctant with public contact.

After attending her first health trainer session Miss K felt motivated to 'do something' about her health. She took a big step by going swimming for the first time in many years with a Health Trainer and three other clients. After two months Miss K was 'full of joy' at her progress and was committed to going swimming on a regular basis with new friends from the Health Trainer group.

She said that with the help of the programme, she had lost a dress size, her clothes felt better on her, she was walking faster and further and that her confidence had improved significantly.



Middle age

53,000 aged 40-64



My Weigh programme class,
Social Action for Health

- More likely to facing socioeconomic circumstances affecting health and more likely for health conditions to be affecting circumstances
- More likely to
 - Be a smoker (esp if Bangladeshi male)
 - Have lower levels of physical activity
 - Be eating a healthy diet
 - Be at risk of problem drinking
- More likely to at risk of or having a long term conditions
 - Diabetes (esp in South Asian population)
 - Cardiovascular disease
 - Long term lung disease
 - Liver disease
 - Tuberculosis (esp if Bangladeshi)
 - Mental Health problems (and poorer physical health)
- More likely to developing lung cancer
- Less likely to be accessing cancer screening services
 - Breast
 - Cervical
- More likely to be receiving primary care services delivering effective control of risk factors for cardiovascular disease (best outcomes in the country)
- More likely to present late with disease

Older age

16,000 aged 65+



Scene from Linkage Plus
Community Centre

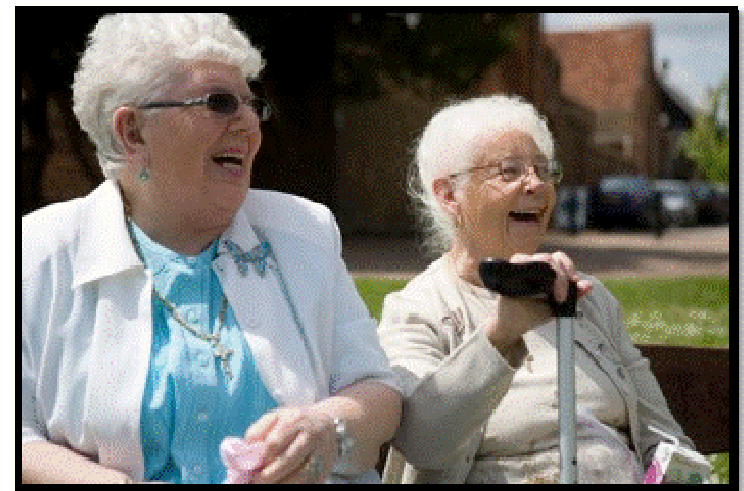
- More likely to be facing socioeconomic circumstances affecting health
 - Social isolation
 - Housing
 - Low income
- Less likely to be disability free in old age
- Less likely to living a healthy life (although health benefits of stopping smoking, good diet and physical continue in later life)
- Likely to be living with more than one chronic condition
 - 40% of those with chronic condition have at least another two conditions
- More likely to be developing some of the diseases of older age
 - Stroke
 - Colorectal and stomach cancer
- More likely to die of cancer once diagnosed
 - Late diagnosis
 - Link with deprivation
- More likely than not that dementia is undiagnosed
- Likely to not die in one's place of choice

An older lady gets her flat fixed and finally feels safe, meets friends, has dinner and enjoys the odd game of bingo.....

As a result of the work done by the handyperson, Mrs B feels a lot more secure in her flat. She now gets out more than she did when she first moved into her flat, and she looks forward to going to the LinkAge Plus hub each week:

“Oh I really look forward to tomorrow [Friday when she goes to hub]... we have a lovely 3-course dinner there... being transported I’ve got to know these other women and we see the same ones each week. So we meet each other, like I say we have a lovely dinner. I can’t praise them enough.

She does wonderful work, she really does [the outreach worker]... all of them. And then maybe one day we might play a bit of bingo, or they do exercises. Which I should do! I mainly sit down and do them... I try, yeah.”



Link between HWBS priorities and JSNA

Mat and EY

- Evidence base early intervention
- Lower cognitive development at age 5
- High obesity at age 5
- Poor oral health

Healthy lives

- High childhood obesity
- Very high smoking
- Evidence of poor diet and sedentary lifestyles
- High problem drinking in those who drink
- High sexually transmitted infections and HIV

Mental Health

- High prevalence
- High admissions
- Importance of early years and early intervention
- In depth JSNA report completed

Long Term Conditions and cancer

- High premature death rates CVD and Cancer
- High levels of long term conditions eg diabetes, heart disease, stroke, lung cancer
- Patients want care to be integrated
- Underdiagnosis

Some emerging areas of JSNA focus for 14/15 work programme

- Wider determinants
 - Health and housing
 - Welfare reforms and health (as part of existing welfare reforms work)
 - Mental health and employment
 - Isolation
- Healthy lives
 - Qualitative understanding of attitudes and barriers to healthy lives across life course
- Population groups
 - Carers
- Disease areas
 - Liver disease
 - Comorbidities

Thank You!