



## WHAT IS SUBSTANCE MISUSE?

Use of psychoactive substances in a way that is **harmful to health**. These substances include **alcohol** and **illicit drugs** such as heroin, cocaine, crack, and cannabis.



## NEWHAM SUBSTANCE MISUSE OVERVIEW

Current number of adults (18+) in treatment for substance misuse: **1,568**

Around half (**749**) for opiate use (As of 31/03/22)

For the year ending Mar 2022, around **15%** (**241** clients) completed substance misuse treatment and are out of treatment. The remaining 85% are still in treatment.

Newham has **excellent performing** substance misuse services, with **low treatment wait times**, and **better treatment completion rates** than England.



Change, Grow, Live (CGL) are a voluntary sector organisation in Newham that specialise in substance misuse and provide services for people dealing with substance misuse issues.

## SUBSTANCE MISUSE HOSPITALISATIONS



**1245** hospital admissions in Newham where substance misuse was the primary diagnosis (Apr 19—Mar 22)

Hospital admissions for drugs/alcohol in Newham **increased significantly** during the 1st COVID lockdown (Mar 2020 -Nov 2020), doubling from approximately **30** to **60** daily hospital admissions. Since Nov 2020 the daily number of hospitalisations has returned to between **30 and 40** hospitalisations per day.



The **most common** cause of alcohol related hospital admissions are due to **alcohol withdrawal**. Withdrawal accounts for **36%** of alcohol related admissions.

Acute **pancreatitis** and acute **intoxication** are the **2nd** and **3rd** most common causes for hospital admission respectively.



The most common causes of drug related hospital admissions are **antidepressant poisoning (19%)** and **aminophenol derivatives (e.g. aspirin, ibuprofen) poisoning (13%)**.



# Newham Public Health Fact Sheet: Substance Misuse

January 2023



## ALCOHOL OR DRUG DEPENDENT PEOPLE NOT IN TREATMENT

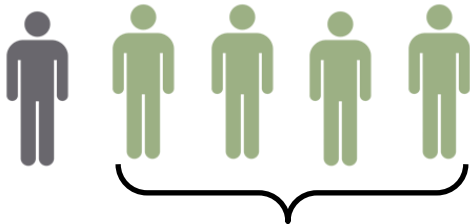
The majority of both alcohol and drug dependent individuals are currently **not in treatment** in Newham.

It's estimated that **2/3 opiate** dependent and **4/5 alcohol** dependent Newham residents are **not in treatment**.

	In treatment	Not in treatment
Opiates	749	1542
Alcohol	386	1885

## ROUGH SLEEPERS

As of August 2022 there had been **355** rough sleepers in Newham who were referred for substance misuse. Most of these are via **outreach teams** and a majority are supported by Anchor House homeless charity. Most of these individuals are **white men, and a majority are aged between 30 and 49**.



Only 79% are registered with a GP

Only 77% have recourse to public funds

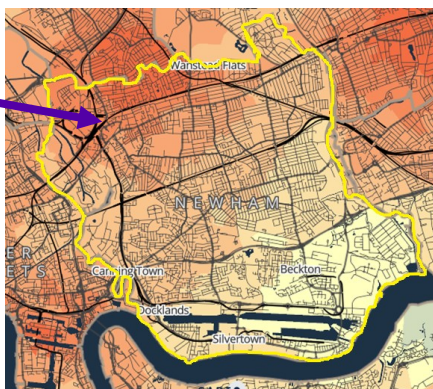
## OFF-LICENCE AVAILABILITY

An **off-licence** refers to an establishment which sells alcohol that must be consumed off premises. Newham has a lot of access to off-licences, particularly in north Newham. Parts of **Forest Gate North** are in the worst performing deciles in England for off-licence access.

A reduction off-licences has been found to improve alcohol-related outcomes in some local authorities (*Foster et al., 2017*)

More off-licence availability in **north Newham**, as indicated by darker areas

Newham also has a high number of 24-hour off licences along **Barking Road**



## Why might some people not access treatment?

Feedback from Build on Belief (BOB) workshops August 2022



Children and housing support worries



Cannot commit due to **time or money**

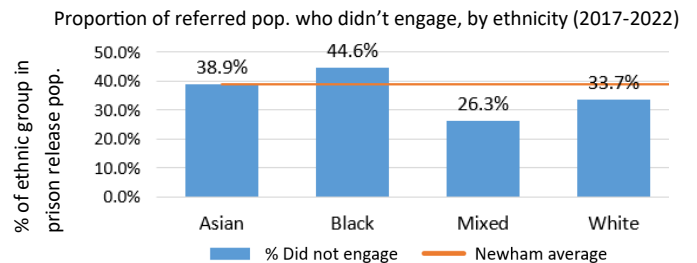


Issues **accessing sites** or lack of privacy

## PRISON RELEASE POPULATIONS

Prisoners flagged for substance misuse upon release are referred to CGL for accessing treatment. **60%** (252/412) of individuals released from prison between 2017 and 2022 who were referred to CGL for substance misuse engaged **with the service and therefore accessed treatment**.

Individuals who do not engage with CGL are **disproportionately female, black, and aged <35**.



## VAPING AND E-CIGARETTES

E-cigarettes are to **help people quit smoking**. They allow you to inhale nicotine in a vapour rather than smoke, hence why they are also referred to as vapes. It is illegal to buy or use a vape if you are under 18 in the UK and they are **not recommended for non-smokers**.

Vaping is tightly regulated in the UK, but there are concerns about vaping associated **lung injuries** (EVALI), especially from **cannabis vaping** (or THC vaping).



Vaping, especially among young people is **on the rise**.

Since 2016 the % of 11-17s in Britain who have tried vaping has increased from **10% to 17%**.

Data from Newham SHEU survey, 2022

**4%** of Year 6 pupils (ages 11-12) in Newham have **already tried vaping**

