

# NEWHAM AGEING WELL 2022

## DATA PACK



[www.newham.gov.uk/ageingwell](http://www.newham.gov.uk/ageingwell)

**WE ARE NEWHAM.**

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# Introduction

The data in this pack tells a story of the population of Newham residents aged 50 and over. It describes how the current population is made up, looking at the male/female split, age groups and ethnicity; how they live, how they interact, how they feel about aspects of life such as safety, connection with others and their health.

An important part of any data looking at the population and deciding what services are required in the future is to look at how the population will change; for example people are living longer, in addition taking into consideration what is known as population “churn” – people moving in and out of the borough. Data in this pack show the expected population increase between now and 2050, so that those deciding future services take into account these population changes.

The data shows where the 50+ population live in the borough, and which wards are expected to increase their 50+ population the most in the future.

The report is structured around the five priority areas of the Newham Ageing Well Strategy: Information and Communication; Home; Finance, Employment, Volunteering and Retirement; Community Connection and Neighbourhood and Planning and Preparing for Later Life.

The Newham Residents Survey in 2021 has provided excellent timely data around areas such as wellbeing, safety, communication, home life, finance and employment, physical activity and social connection.

The section on Planning and Preparing for Later Life includes information about health checks, screening, eyesight, dementia diagnosis and Adult Social Care support.

The last chapter focuses on health outcomes and looks at long term conditions, mental health and deaths before the age of 75 (known as premature mortality).

Where available, the data is split by characteristics such as gender, age, ethnicity and place. There is currently no reliable routine data in Newham for other protected characteristics.



# Data sources

This report uses several data sources to describe the Newham 50+ population and their health. This includes:

- Newham Resident Survey, 2021.
- Fingertips, Office for Health Improvement and Disparities.
- Greater London Authority Population Projections.
- NHS Digital.
- Office for National Statistics.
- Clinical Effectiveness Group data via East London Database.

Notes on the Newham Resident Survey 2021:

- As the options on the questionnaire around age were in 10 year age bands starting at 16-24, the survey data slides in this pack show responses from people aged 45 and over (n=503, 37% of all respondents).
- Where data is split by gender, ethnicity, housing tenure etc, the data is for all ages (including people under 45). This is because as data is split, the numbers were small if only those aged 45 and over were included.
- The overall sample size for this survey was relatively small, therefore in order to build a complete picture of residents' experiences, we need to combine this with other data.



# NEWHAM 50+ POPULATION

# Summary

This chapter describes the 50 and over population in Newham, looking at age bands, gender, ethnicity and how the population is expected to increase:

- There are currently 80,000 residents in Newham aged 50 and over, making up 22% of the population compared to 28% in London and 38% in England.
- The 50+ population is set to increase by 25% by 2030 to just under 100,000 residents.
- There are currently more females aged 50 and over than males in Newham, with a 49%:51% split (males:females).
- By 2050, the male population aged 50 and over is expected to overtake the female population, with a 51%:49% split (males:females).
- The increase in males is expected to be mainly in men of Asian ethnicity.
- An increase in the 70-79 age group is expected to be the highest by 2030, increasing by 39%.
- The chart on the right shows the % of all residents aged 50+ by ward (based on all residents aged 50 and over).


**Table 1: Number and percentage of residents aged 50+ by ward, 2022**

| WARD                   | NUMBER        | PERCENT     |
|------------------------|---------------|-------------|
| Boleyn                 | 4,722         | 5.9%        |
| West Ham               | 4,710         | 5.9%        |
| Canning Town North     | 4,699         | 5.9%        |
| Stratford and New Town | 4,548         | 5.7%        |
| Plaistow South         | 4,299         | 5.4%        |
| Forest Gate North      | 4,215         | 5.3%        |
| Plaistow North         | 4,164         | 5.2%        |
| Green Street West      | 4,030         | 5.0%        |
| Canning Town South     | 4,012         | 5.0%        |
| Wall End               | 3,992         | 5.0%        |
| Beckton                | 3,973         | 5.0%        |
| Manor Park             | 3,867         | 4.8%        |
| East Ham South         | 3,837         | 4.8%        |
| East Ham Central       | 3,726         | 4.7%        |
| Forest Gate South      | 3,692         | 4.6%        |
| East Ham North         | 3,629         | 4.5%        |
| Little Ilford          | 3,622         | 4.5%        |
| Custom House           | 3,590         | 4.5%        |
| Green Street East      | 3,543         | 4.4%        |
| Royal Docks            | 2,958         | 3.7%        |
| <b>Total</b>           | <b>79,826</b> | <b>100%</b> |


Source: GLA ward projections taken from <https://data.london.gov.uk/dataset/gla-population-projections-custom-age-tables>

# Now and predicted

There are currently approximately **80,000** residents in Newham aged **50 and over**.



Residents aged 50+ currently make up **22%** of the Newham population, compared to **28%** in London and **38%** in England.



The 50+ population is set to increase by **25% by 2030** (to approx. 100,000) and **75% by 2050** (to approx. 140,000).


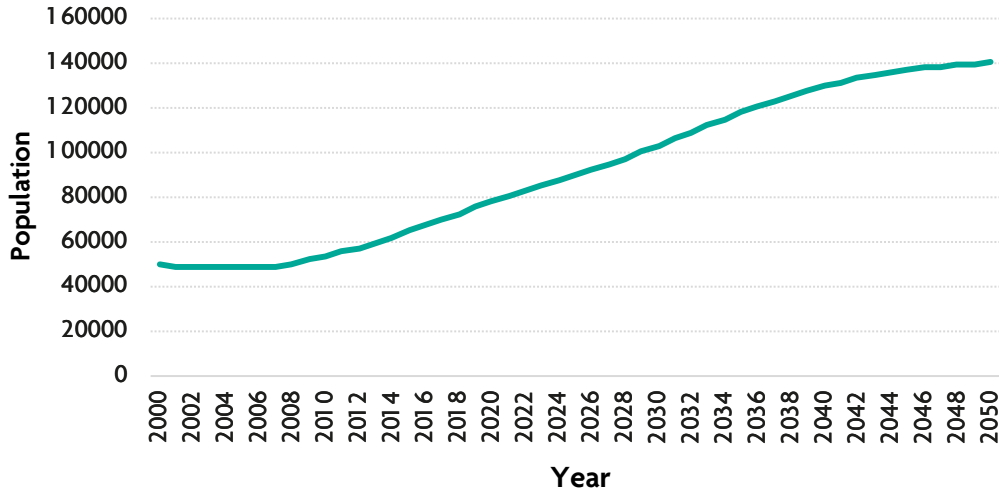
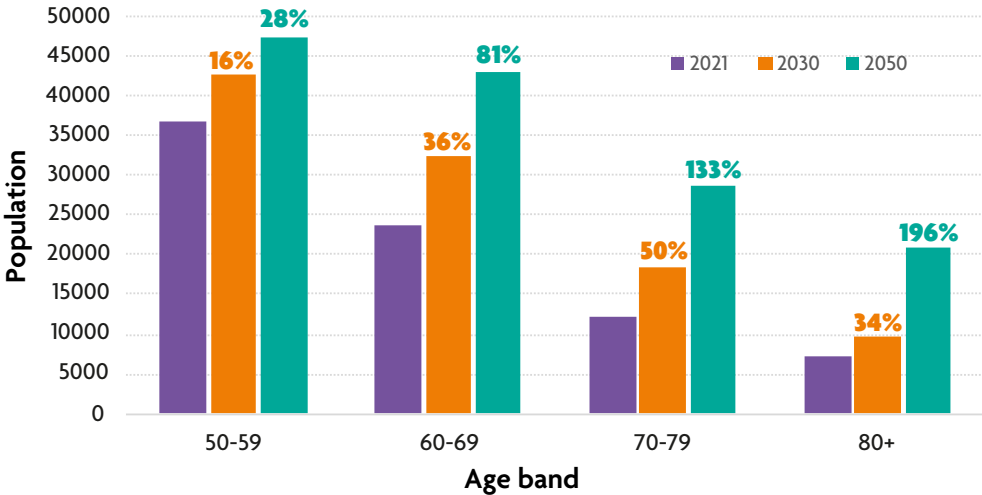


Figure 1: Population prediction of Newham residents aged 50+



Source: GLA housing led population projections

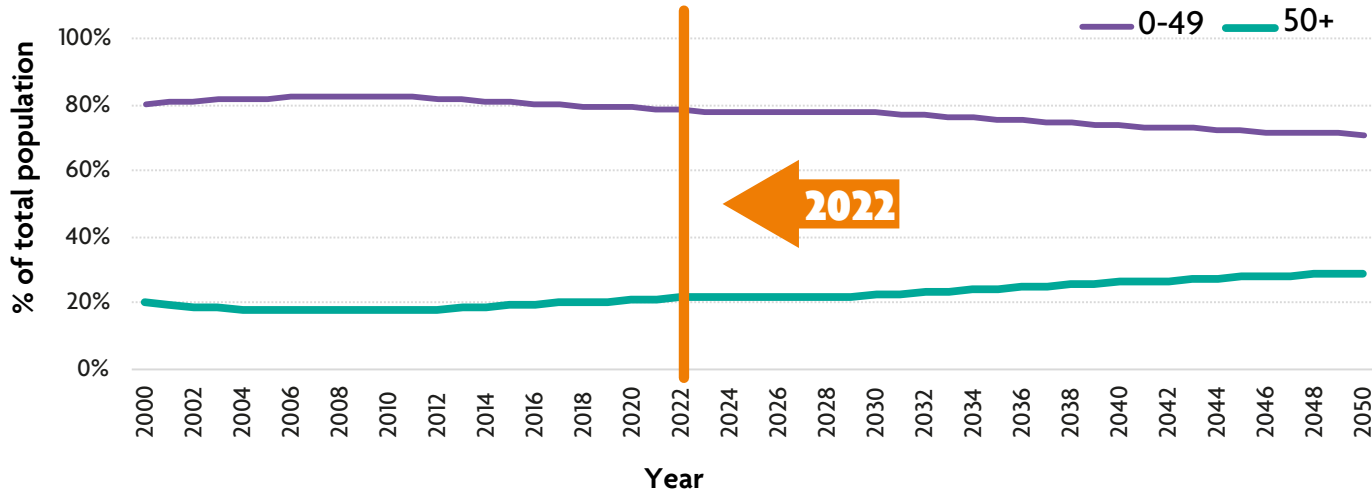
Figure 2: Increase in populations by age band from 2021 to 2030 and 2021 to 2050



Source: GLA housing led population projections

- The Newham 50+ population is growing as a proportion of Newham’s overall population – which means Newham’s population is ageing.
- In 2000, the population split between 0-49 and 50+ was 80%:20%.
- By 2050, it is predicted the split will be 71%:29%.

Figure 3: Population proportions past and future



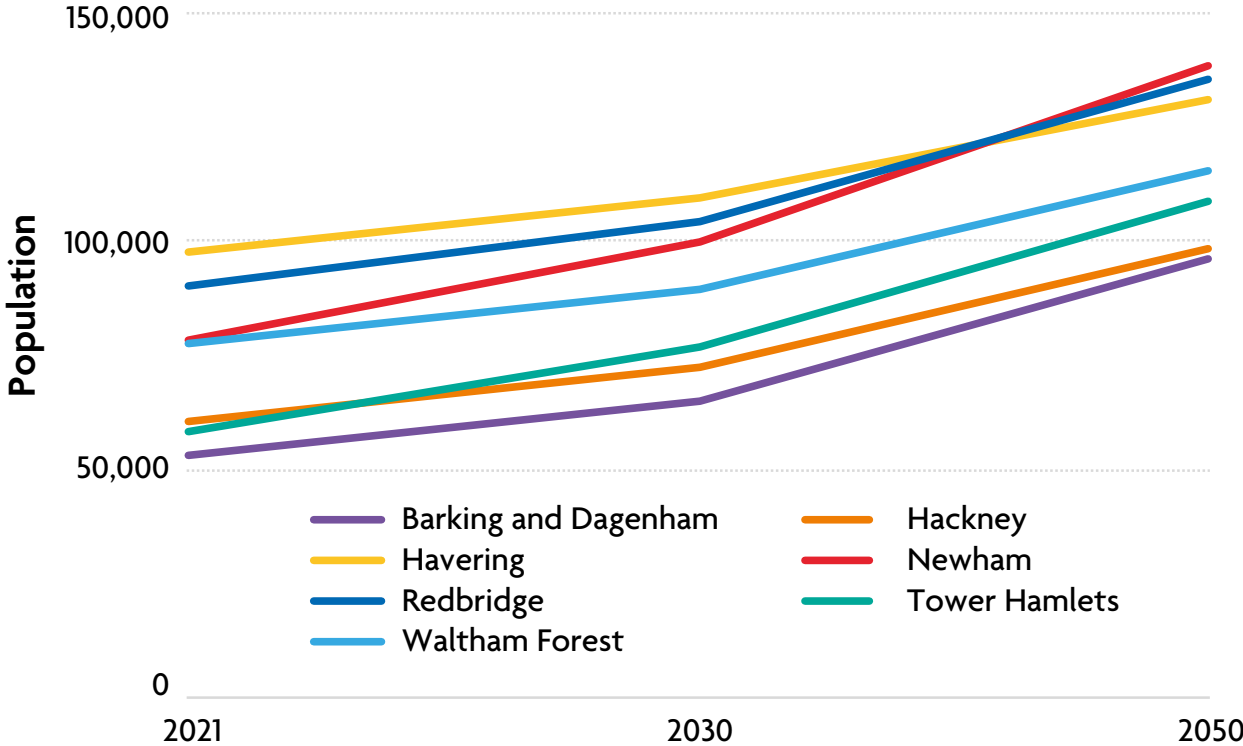
Source: GLA housing led population projections



# Newham compared to other boroughs

- The Newham 50+ population is predicted to increase, as with other boroughs in the North East London (NEL) region.
- By 2050, the 50+ population in Newham is expected to be the largest in the NEL region.

Figure 4: Population 50+ prediction to 2050

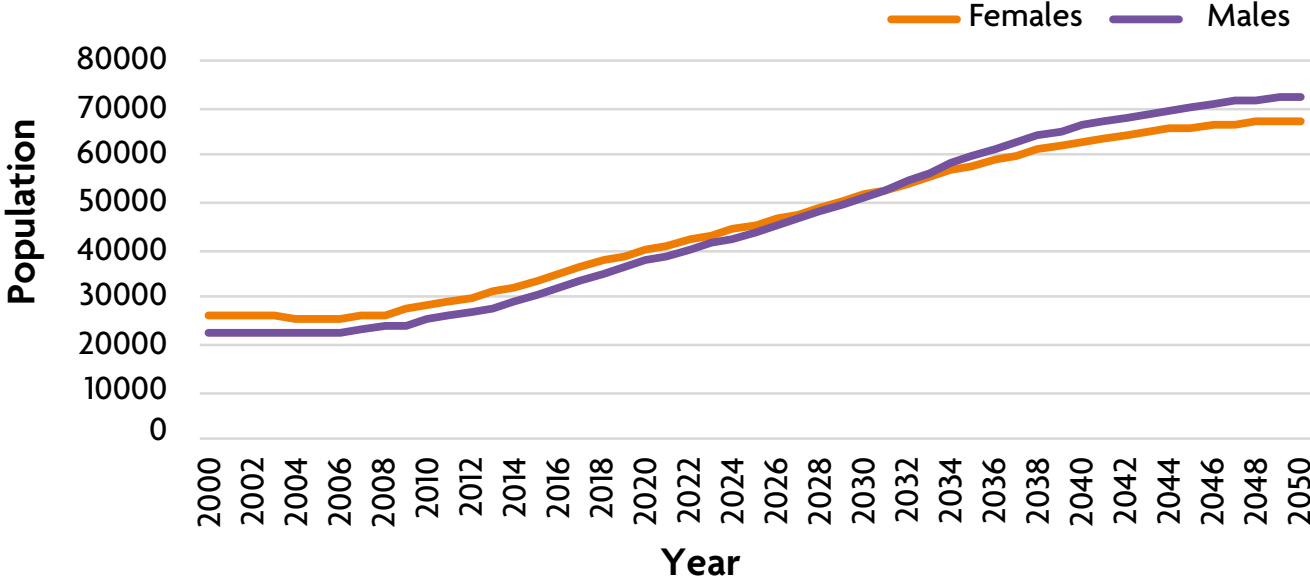


Source: GLA housing led population projections

# Gender

- Currently the female/male split is 52% female, 48% male.
- By 2030 the split is predicted to be 50% female, 50% male and by 2050 48% female, 52% male.
- The increase in males is mainly in the Asian ethnic group with 36% increase by 2030 and 98% by 2050.

Figure 5: Population prediction of 50+ residents by gender



Source: GLA housing led population projections

We have presented data on male and female groups. There is currently no reliable routine data in Newham for other gender identities.

# Age

The graphs show the predicted rise in population numbers to 2050 by gender and 10 year age bands.

**The highest proportional increase by 2030 is in the 70-79 age group (50% increase) and by 2050, the 80+ age group (196%).**

Figure 6: Aged 50-59

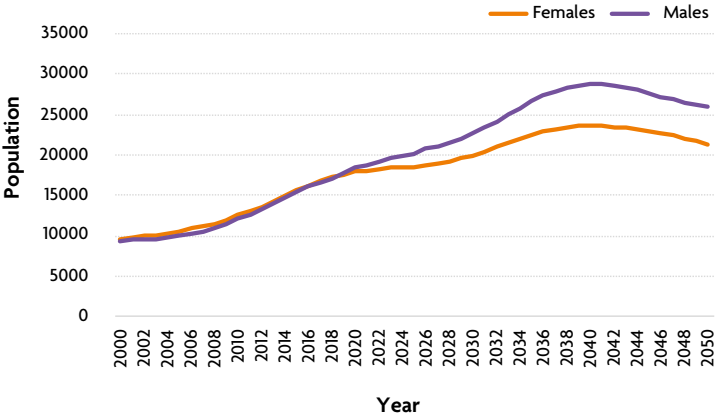


Figure 8: Aged 70-79

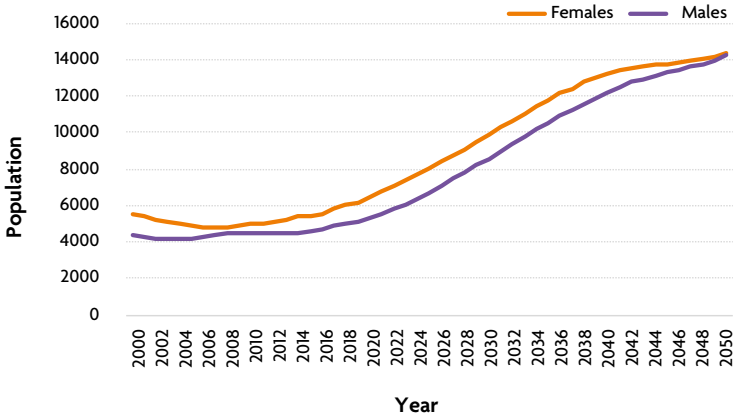


Figure 7: Aged 60-69

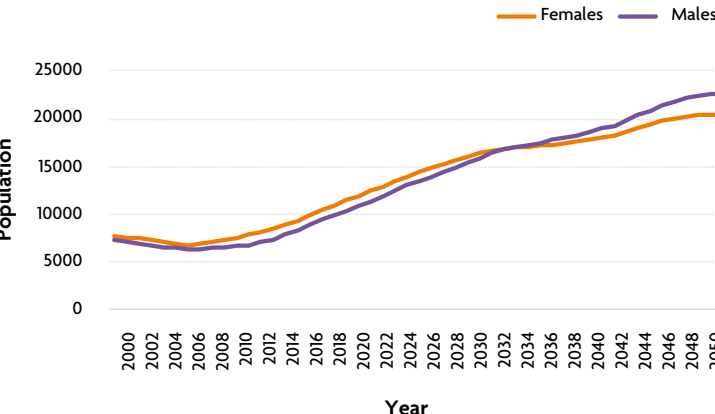
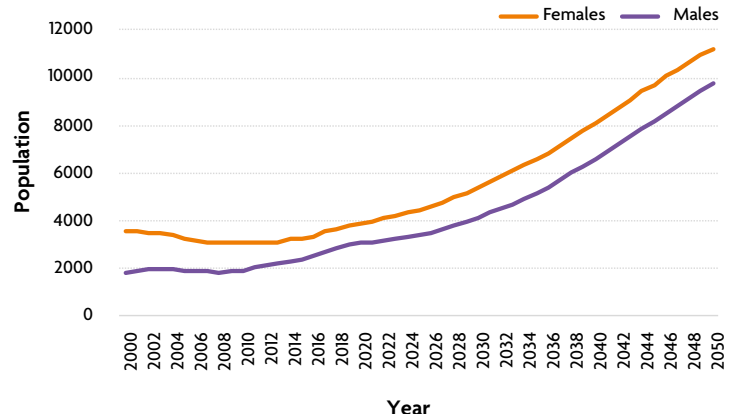


Figure 9: Aged 80+

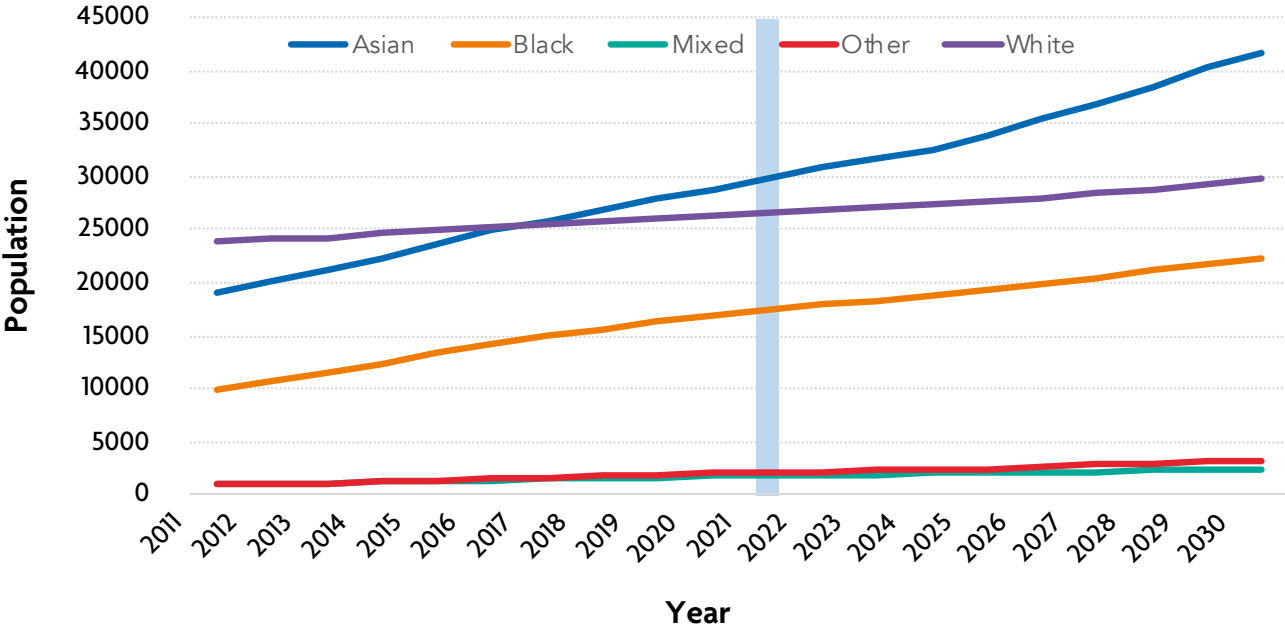


Source: GLA housing led population projections

# Ethnicity

- Asian:**  
 The Bangladeshi population is predicted to rise the most, by 53% in 2030 and 147% by 2050.
- Black:**  
 The Black African and Other Black population are predicted to rise by 32% and 33% by 2030 and by 83% and 99% respectively by 2050.
- Mixed:**  
 The Other mixed population is predicted to rise the most, by 43% by 2030 and 130% by 2050.
- White:**  
 A drop in the number of White British is expected by 2030 (-3%) but a rise again by 2% in 2050; there will be a rise in Other White by 45% by 2030 and 128% by 2050.
- Other:**  
 This group is predicted to rise by 51% by 2030 and 154% by 2050.

Figure 10: Predicted rise in population numbers aged 50+ in each broad ethnic group



Source: GLA (Greater London Authority) ethnic group population projections

Figure 11: Asian aged 50+

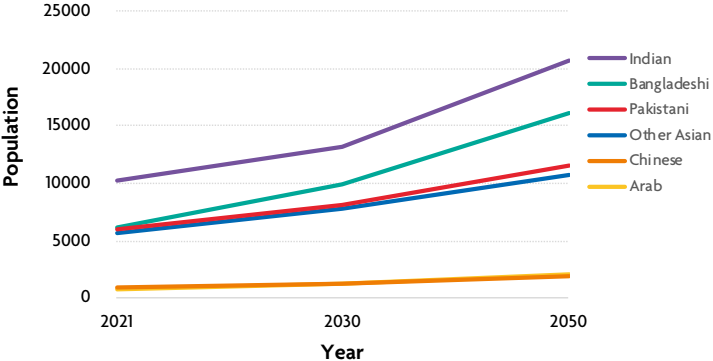


Figure 12: Black aged 50+

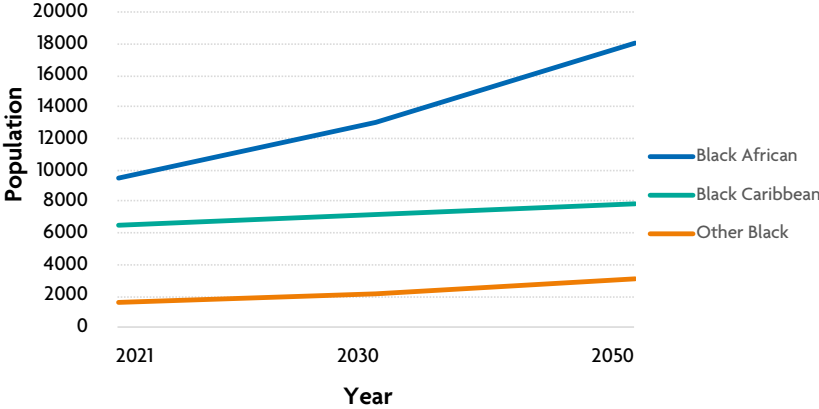


Figure 13: Mixed aged 50+

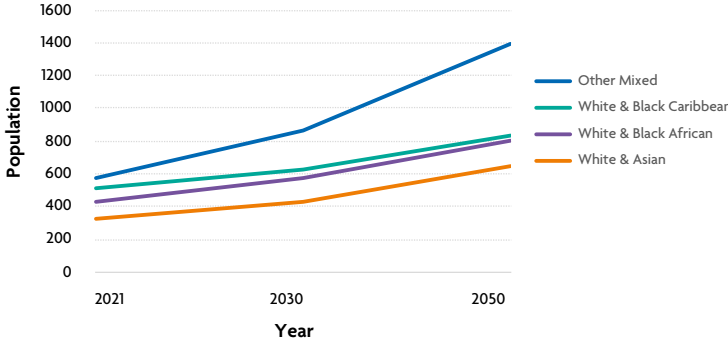
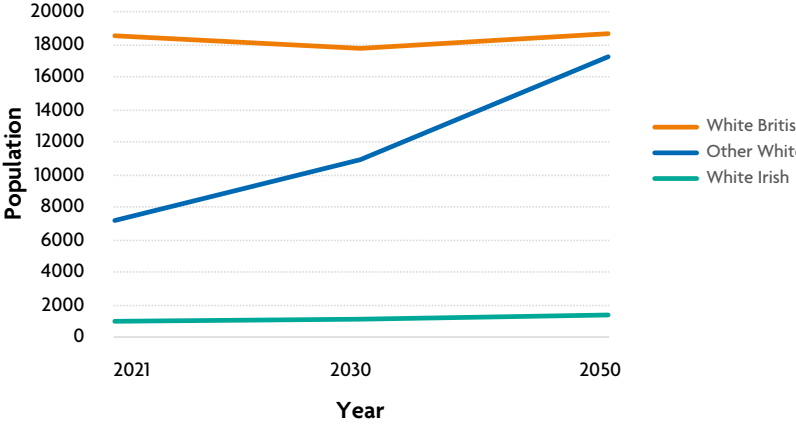


Figure 14: White aged 50+



Source: GLA (Greater London Authority) ethnic group population projections

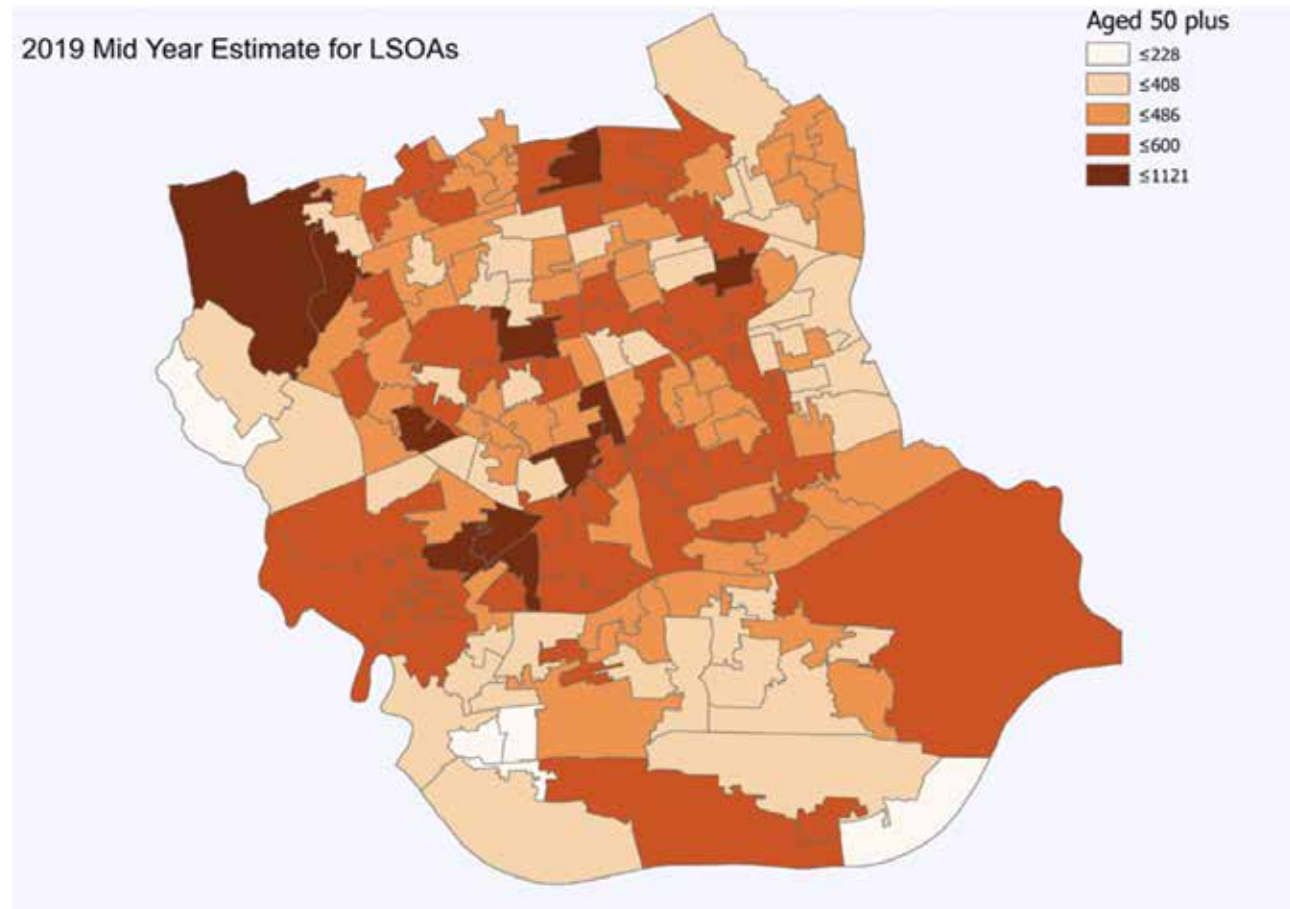
## Where do Newham residents aged 50+ live?

The map shows the number of people aged 50 and over in each Lower Super Output Area in Newham.

The darker the colour, the more people of that age group are in the area.

People aged 50 and over are fairly evenly distributed throughout the borough, although there are pockets of higher numbers such as in Stratford.

Figure 15: Map showing the number of people aged 50+ in each Lower Super Output Area in Newham



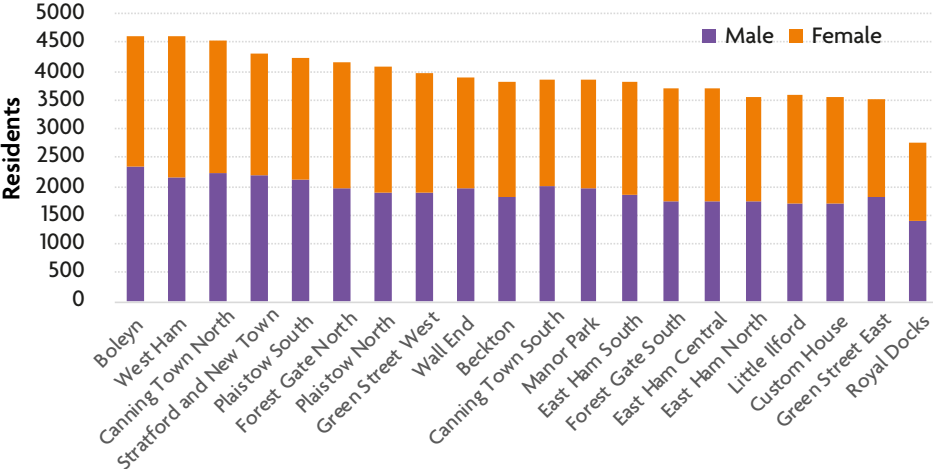
Source: Office for National Statistics (ONS)

# Ward profiles by gender – forecast increase

The charts show the increase in population by gender for 2021, 2030 and 2050 by ward.

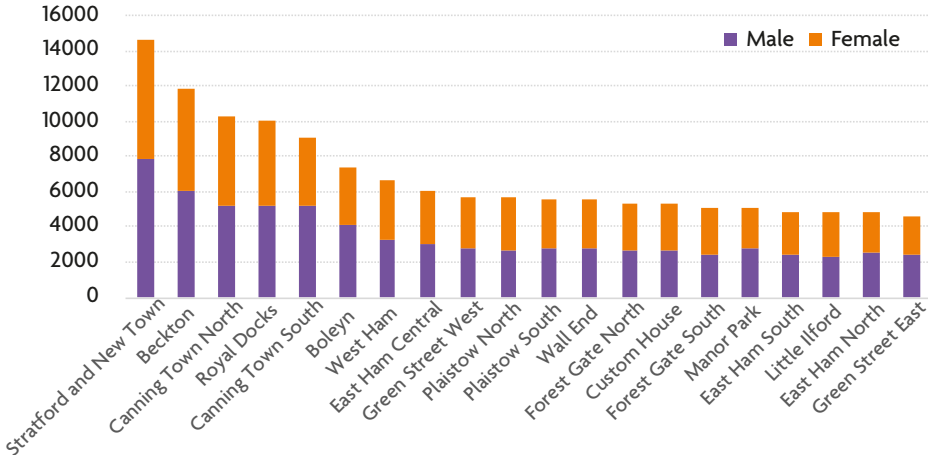
**By 2050, Stratford & New Town, Royal Docks, Beckton and Canning Town in particular will have increased their population of age 50+ residents considerably.**

Figure 16: Newham resident population 50+ by ward - 2021



Source: GLA ward population projections

Figure 17: Newham resident population 50+ by ward - 2050



Source: GLA ward population projections

# HEALTHY AGEING IN NEWHAM



# Summary

In Newham, female life expectancy at birth is 83.1 years (compared to 84.3 years in London overall). Healthy life expectancy for females in Newham is 64.6 years, which is similar to London (65 years).

For males in Newham, life expectancy at birth is 79 years (compared to 80.3 years in London overall). Healthy life expectancy is 59.5 years, which is significantly lower (worse) than London (63.8 years), and the second lowest (worst) in London.

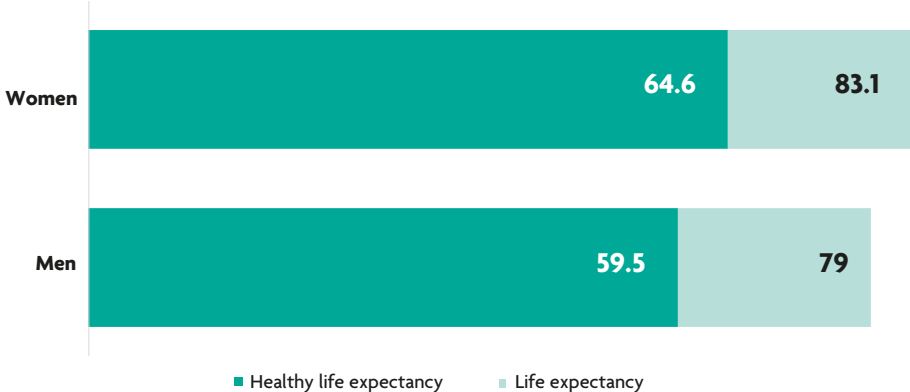
There are substantial differences in life expectancy at age 65 between Newham residents living in the most deprived parts of Newham compared to the least deprived, illustrating health inequalities in the borough.

Among residents aged 45+ who responded to the Newham Resident Survey, 2021:

- Most reported feeling optimistic about the future all of the time, often or some of the time. However a considerable proportion said they rarely feel optimistic or feel optimistic none of the time.
- Most were mainly satisfied with life (a majority scoring at least 5 out of 10 in all age brackets) but there were scores between 0 and 4, 0 being not at all.
- Most said they feel lonely occasionally. Most residents aged 65 and over stated they felt lonely hardly ever. A small proportion stated they felt lonely always or often.
- Most residents (around 2 in 3) stated they could rely a lot on people close to them if they had a serious problem, however around 1 in 3 stated that they could only rely on people close to them somewhat, a little or not at all.

\*Healthy life expectancy can be described as years lived in good health according to that person.

Figure 18: Life expectancy and healthy life expectancy at birth – 2018-2020



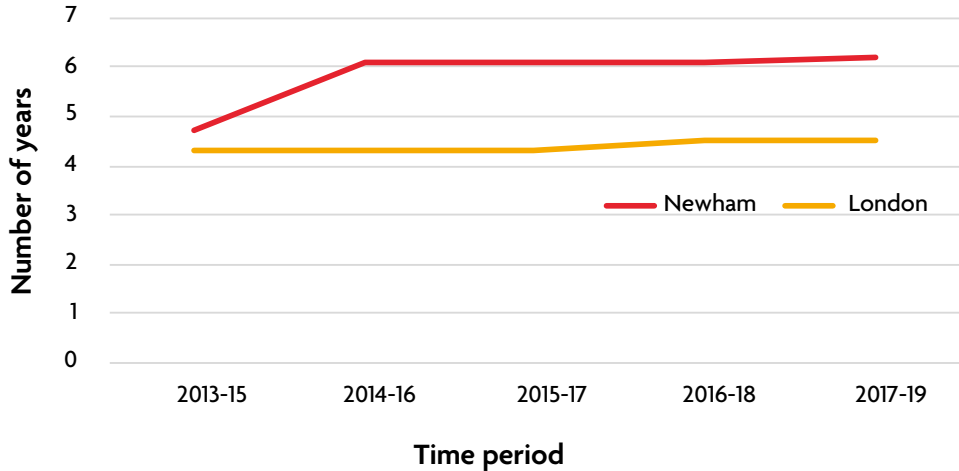
Source: ONS mid year population estimates via Fingertips, OHID

# Inequality in life expectancy at age 65

There are substantial differences in life expectancy at age 65 between the least and most deprived areas of Newham, illustrating health inequalities in the borough.

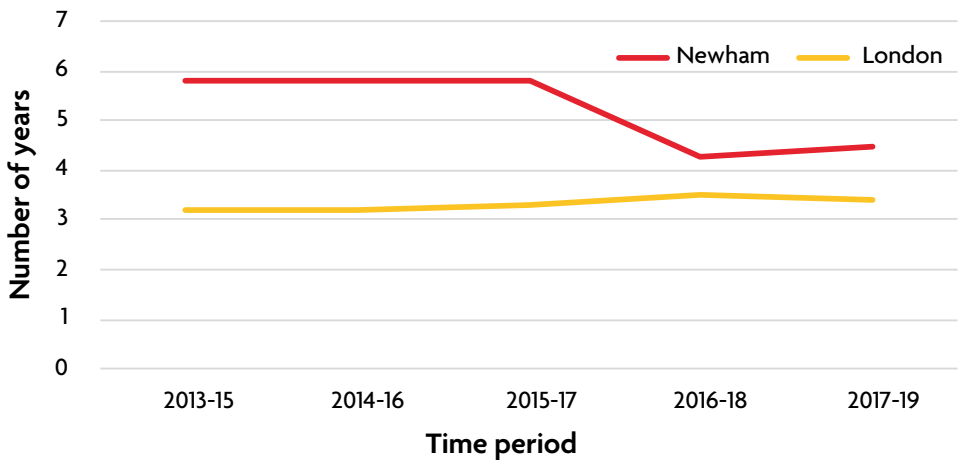
- Men living in the most deprived parts of Newham have 6.5 years lower life expectancy at age 65 compared to men living in the least deprived areas. For women, the difference is 4.5 years.
- For males, inequality in life expectancy is increasing (both in Newham and London).
- For females, inequality in life expectancy is generally decreasing in Newham (and stable in London) although the latest years shown (2017-19) shows an increase from 2016-18.

**Figure 19: Males – difference in average life expectancy between the most and least deprived areas in Newham and London at age 65, 2013-2019**



Source: Office for Health Improvement and Disparities using mortality data and mid-year population estimates from ONS and IMD scores (2015 and 2019) from the Ministry of Housing, Communities and Local Government

**Figure 20: Females – difference in average life expectancy between the most and least deprived areas in Newham and London at age 65, 2013-2019**



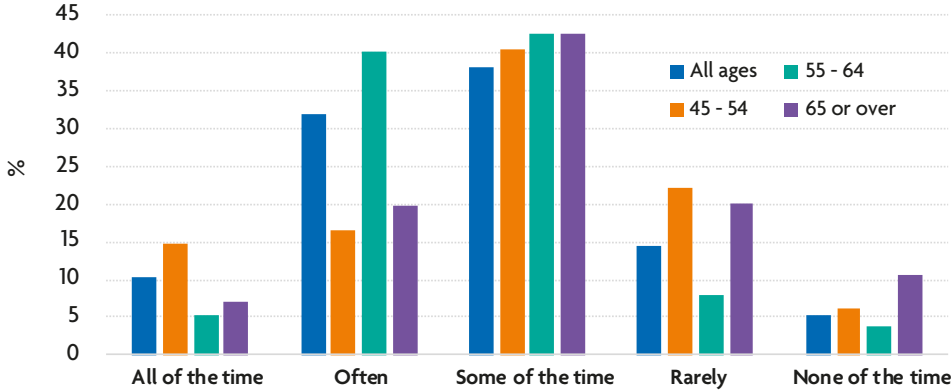
Source: Office for Health Improvement and Disparities using mortality data and mid-year population estimates from ONS and IMD scores (2015 and 2019) from the Ministry of Housing, Communities and Local Government

# Resident survey

## Wellbeing

- Most respondents said they felt optimistic about the future some of the time.

**Figure 21:** Over the last 2 weeks have you been feeling optimistic about the future?

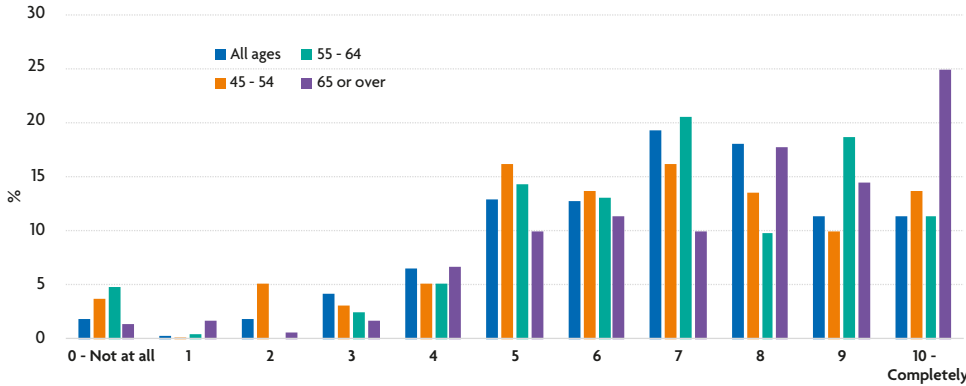


Source: Newham Resident Survey Data, 2021

## Life satisfaction

- Most respondents said they were generally satisfied with their lives, however a notable proportion reported little or no satisfaction.
- Around a quarter of respondents aged 65+ said they were completely satisfied with life (10 out of 10), which was the highest of any age bracket.

**Figure 22:** Overall, how satisfied are you with your life nowadays?

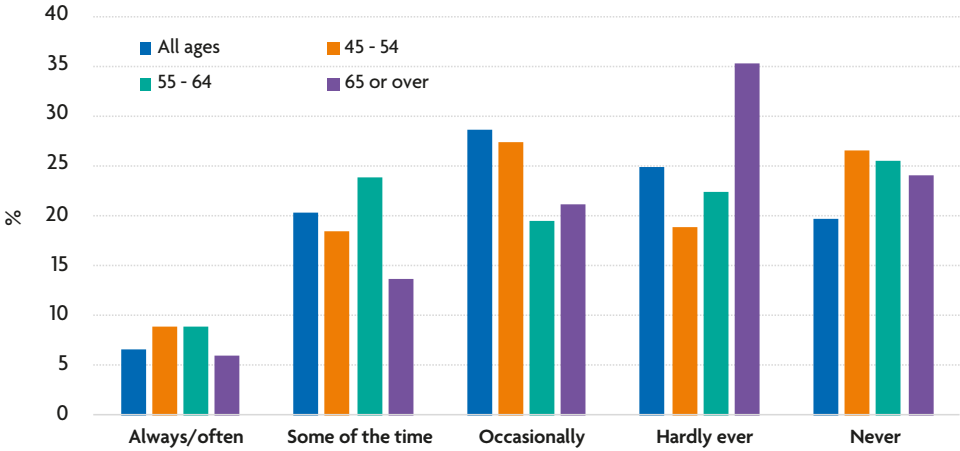


Source: Newham Resident Survey Data, 2021

### Loneliness

- 50% (241/480) of respondents aged 45+ said they hardly ever or never feel lonely.
- 8% (39/480) of respondents aged 45+ said they feel lonely always/often.

Figure 23: How often do you feel lonely?

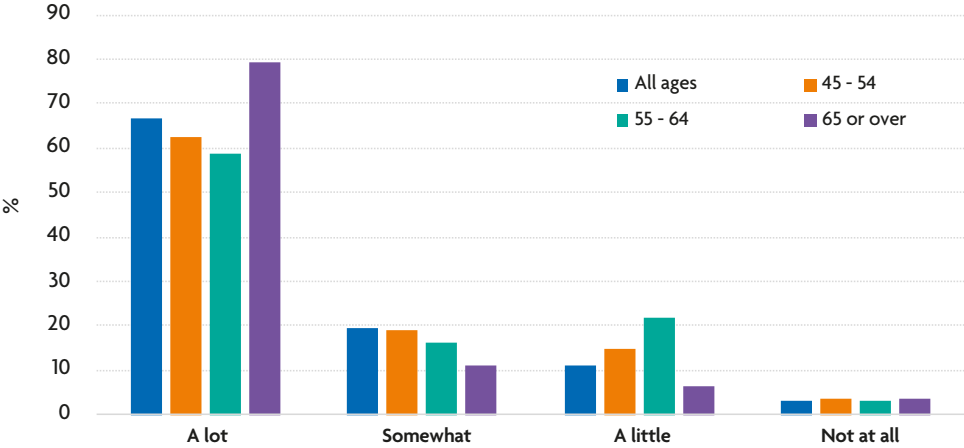


Source: Newham Resident Survey Data, 2021

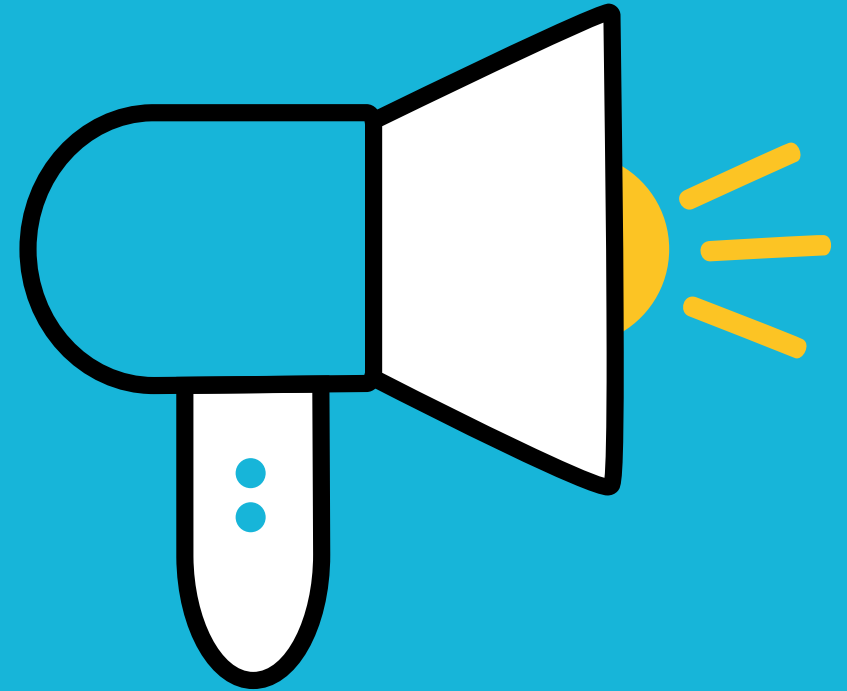
### People to rely on

- All ages and all age bands reported they could rely on people close to them if they had a serious problem.
- The highest proportion was in the 65 and over age group at just under 80%.
- 18% (79/451) of respondents aged 45+ said they could only rely on people a little or not at all.

Figure 24: How much can you rely on people close to you if you have a serious problem?



Source: Newham Resident Survey Data, 2021



# PRIORITY 1: INFORMATION AND COMMUNICATION

# Summary

In the Newham Resident Survey, respondents were asked about ways of accessing the internet:

- Most do so via a broadband connection (around 90%) followed by a mobile network (for example, on a SmartPhone) (around 60%).
- A small proportion of residents accessed the internet another way (perhaps computers in libraries for example) or had no internet access at all.
- The highest proportion with no internet access were the 65 and over age group at around 8%.
- Asking residents about where they accessed the internet, most stated both inside and outside the home (around 58% overall) followed by at home (around 40% overall).
- A small proportion (around 3-4%) accessed the internet outside home.



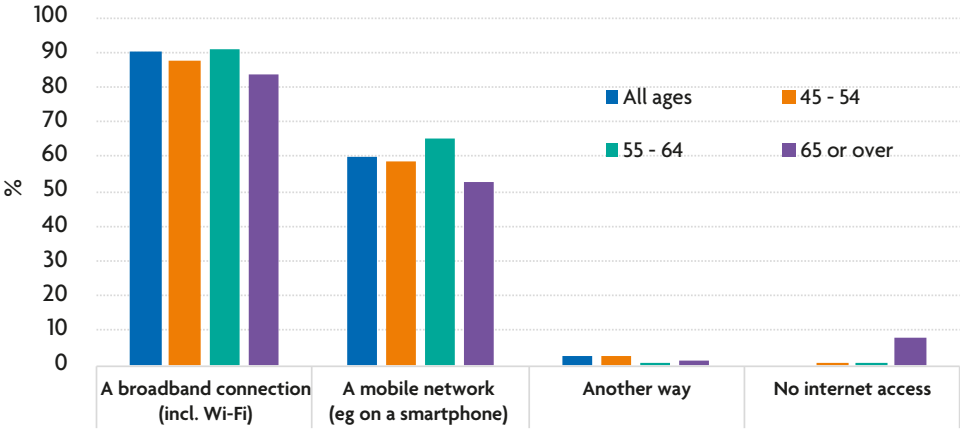
# Resident survey

## Ways of accessing the internet

- Most respondents said they access the internet via broadband and/or a mobile network, for example a Smartphone.
- Only a small percentage of respondents said they do not have any internet access. This was most common among respondents aged 65+.

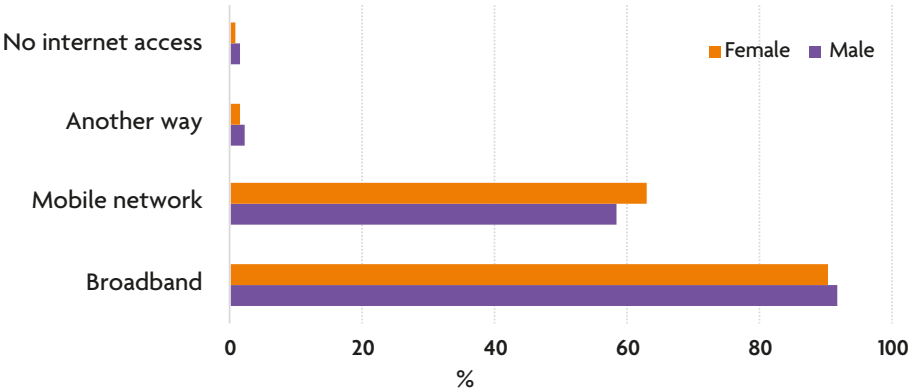
Please note the gender and ethnicity splits are for all ages.

Figure 25: Ways of accessing the internet



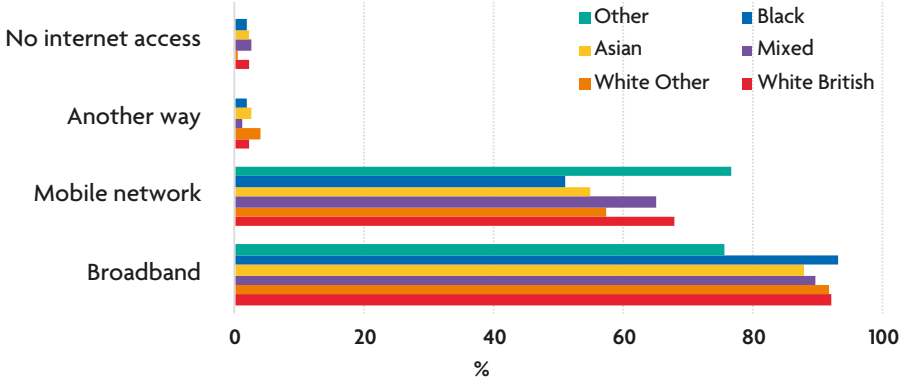
Source: Newham Resident Survey Data, 2021

Figure 26: Gender split - all ages



Source: Newham Resident Survey Data, 2021

Figure 27: Ethnicity - all ages



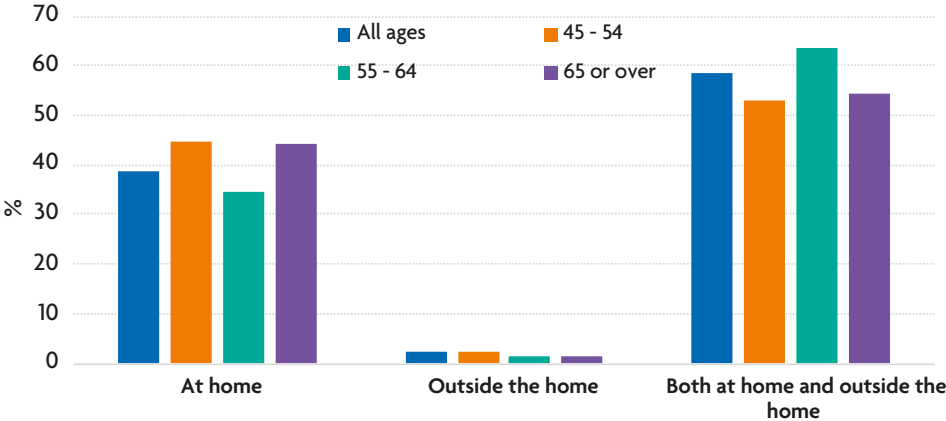
Source: Newham Resident Survey Data, 2021

### Where the internet is accessed

- Most respondents said they access the internet both at home and outside the home.
- Only a small proportion of respondents said they access the internet solely outside the home.

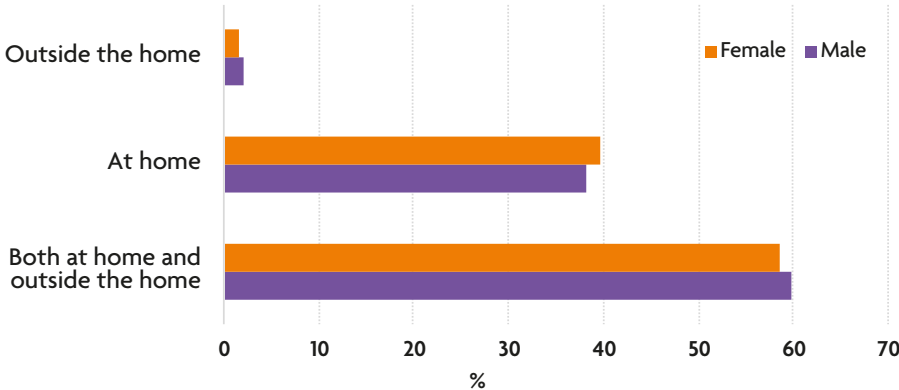
Please note the gender and ethnicity splits are for all ages.

Figure 28: Where the internet is accessed



Source: Newham Resident Survey Data, 2021

Figure 29: Gender split - all ages



Source: Newham Resident Survey Data, 2021



# PRIORITY 2: HOME



# Summary

- Most respondents to the Council's annual resident survey (2021) said they were fairly or very satisfied with the quality of their home.
- Most respondents said they feel very or fairly satisfied with the overall safety of their home (around 60%), although around 18% are fairly or very dissatisfied (and around 22% are neither satisfied nor dissatisfied).
- Most respondents said they feel safe when they are at home, however a higher proportion of those aged 65 and over feel fairly unsafe at home compared to other age groups.
- Admissions to care homes in Newham have been falling since 2016/17 and there was understandably a sharp fall in 2020/21 due to the pandemic.

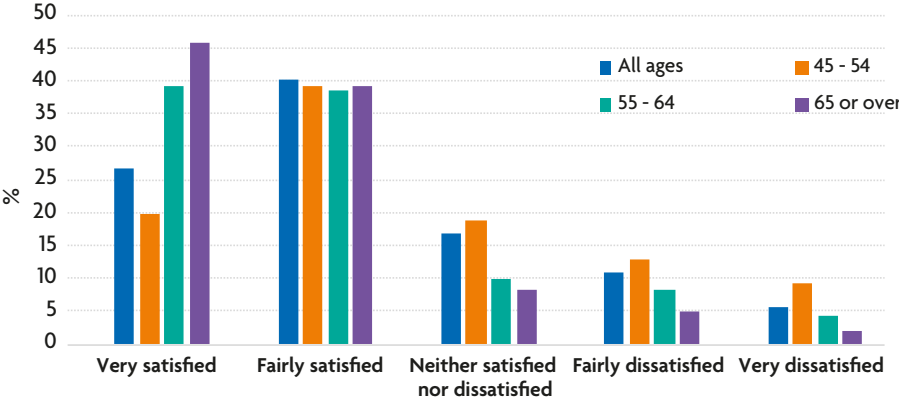


# Resident survey

## Home quality

- Overall most respondents said they were fairly or very satisfied with the quality of their home.
- 15% (76/501) of respondents aged 45+ said they were fairly/very dissatisfied with the quality of their home.

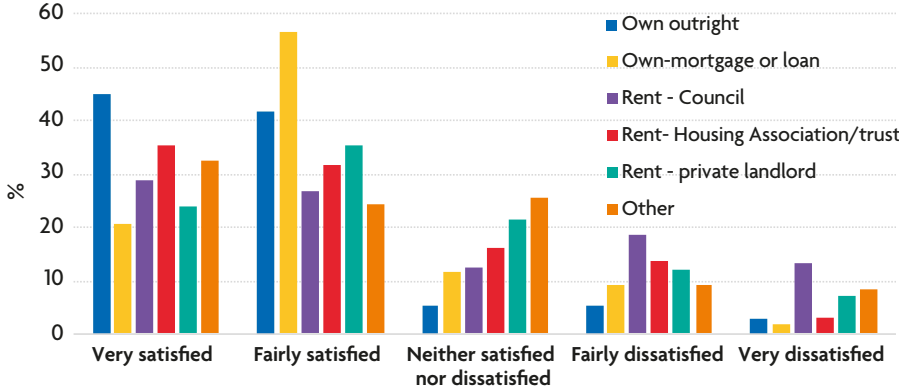
Figure 30: How do you feel about the overall quality of your home?



Source: Newham Resident Survey Data, 2021

- Respondents who own their own home either outright or with a mortgage or loan are the most satisfied with the quality of their home.
- Those who rent from the council had the highest levels of being fairly or very dissatisfied.

Figure 31: By tenure type (all ages)

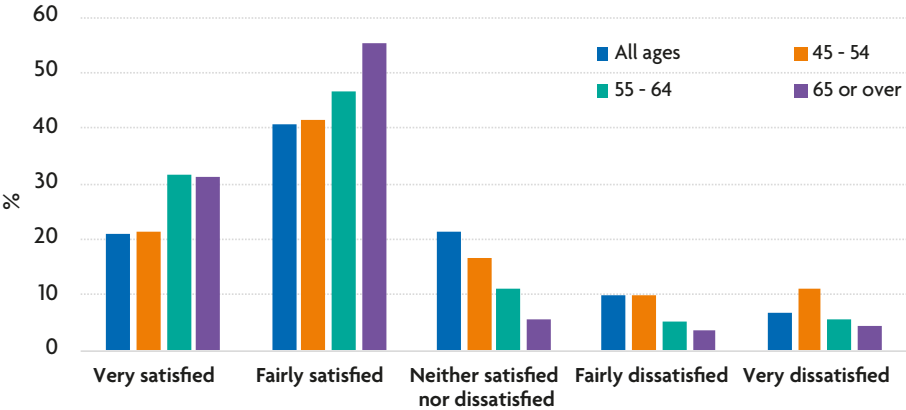


Source: Newham Resident Survey Data, 2021

### Home safety

- Overall most respondents were fairly or very satisfied with the safety of their home.
- Those aged 55 and over had the highest levels of being fairly or very satisfied compared to all ages.
- 14% of respondents aged 45+ (72/498) say they were fairly or very dissatisfied with the safety of their home.

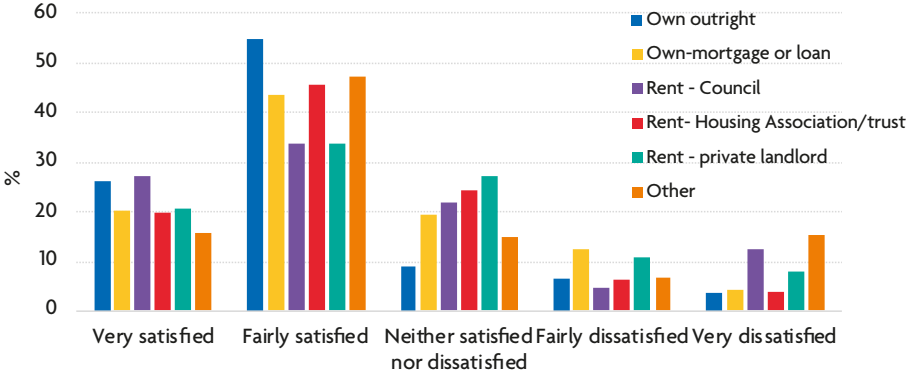
Figure 32: How do you feel about the overall safety of your home?



Source: Newham Resident Survey Data, 2021

- Respondents who own their own homes outright were the most satisfied.

Figure 33: By tenure type (all ages)

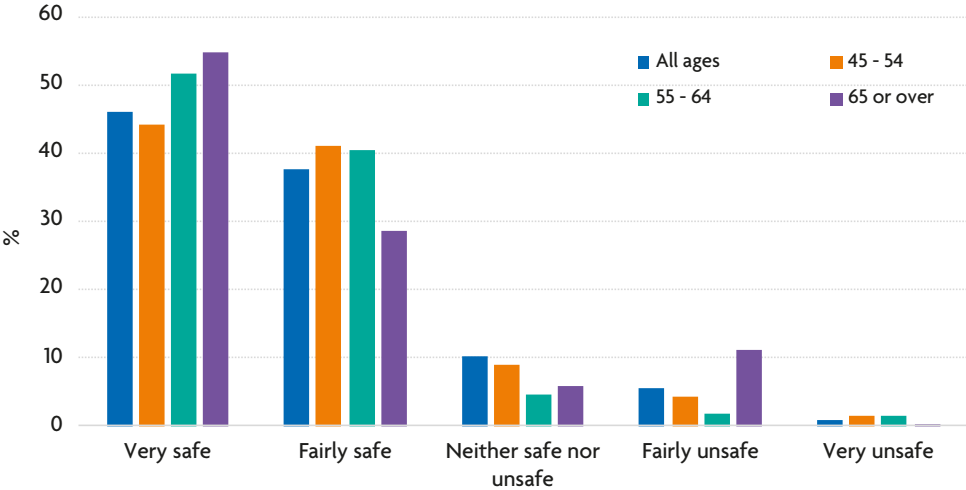


Source: Newham Resident Survey Data, 2021

# Personal safety

- Respondents generally said they feel safe when they are at home.
- A higher proportion of those 65 and over reported feeling fairly unsafe compared to other age groups.

Figure 34: How safe or unsafe do you feel when at home?

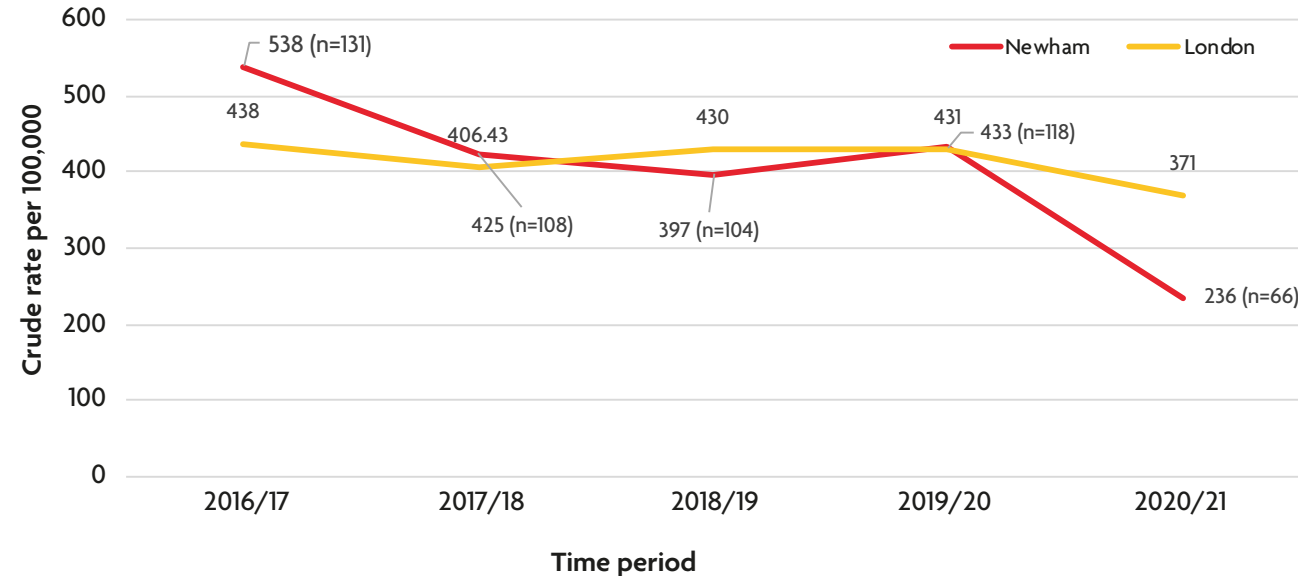


Source: Newham Resident Survey Data, 2021

# Admissions for care

- Research suggests that where possible, people prefer to stay in their own home rather than move into residential care.
- A good indication of delaying dependency is avoiding permanent placements in residential and nursing care homes.
- Local health and social care services work together to reduce avoidable admissions.
- Care home admissions have generally been falling since 2006/07.
- The notable drop in 2020/21 is probably due to the COVID-19 pandemic.

Figure 35: Permanent admissions to residential and nursing care homes aged 65+

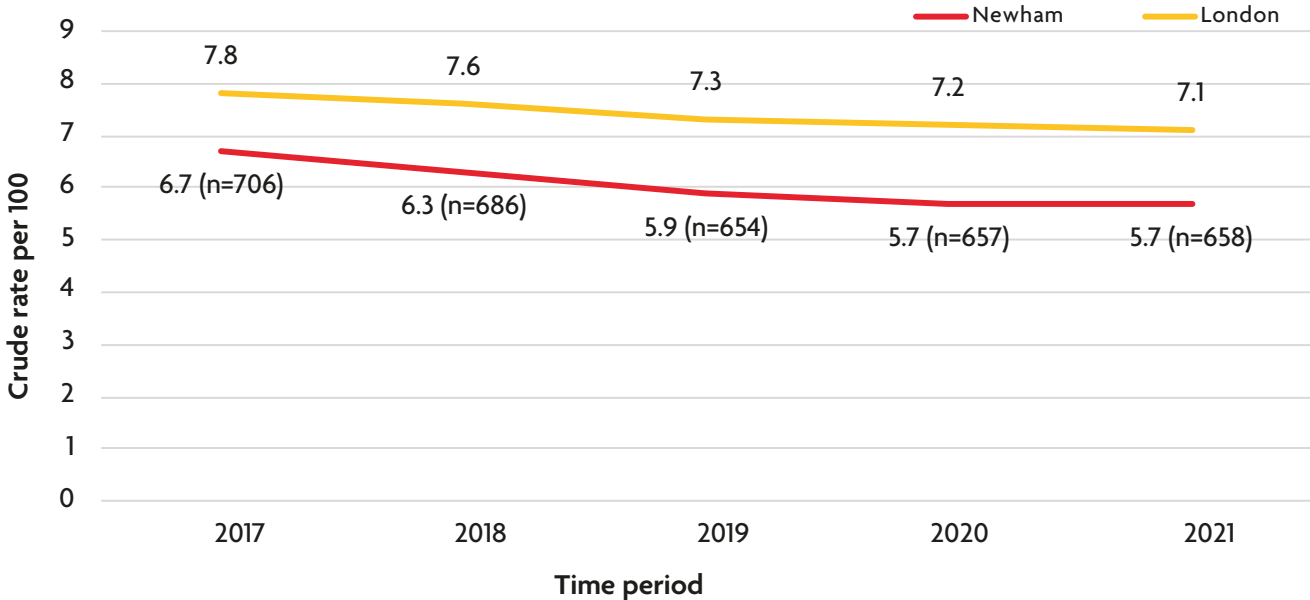


Source: Adult Social Care Outcomes Framework based on ASC Short and Long Term Support via Fingertips, OHID

# Care home beds

- The availability of care home beds has fallen since 2012 in Newham and London.
- ‘Availability’ is based on the population aged 75 and over, however people under 75 years of age can also use care home beds.

Figure 36: Care home beds per 100 people aged 75+

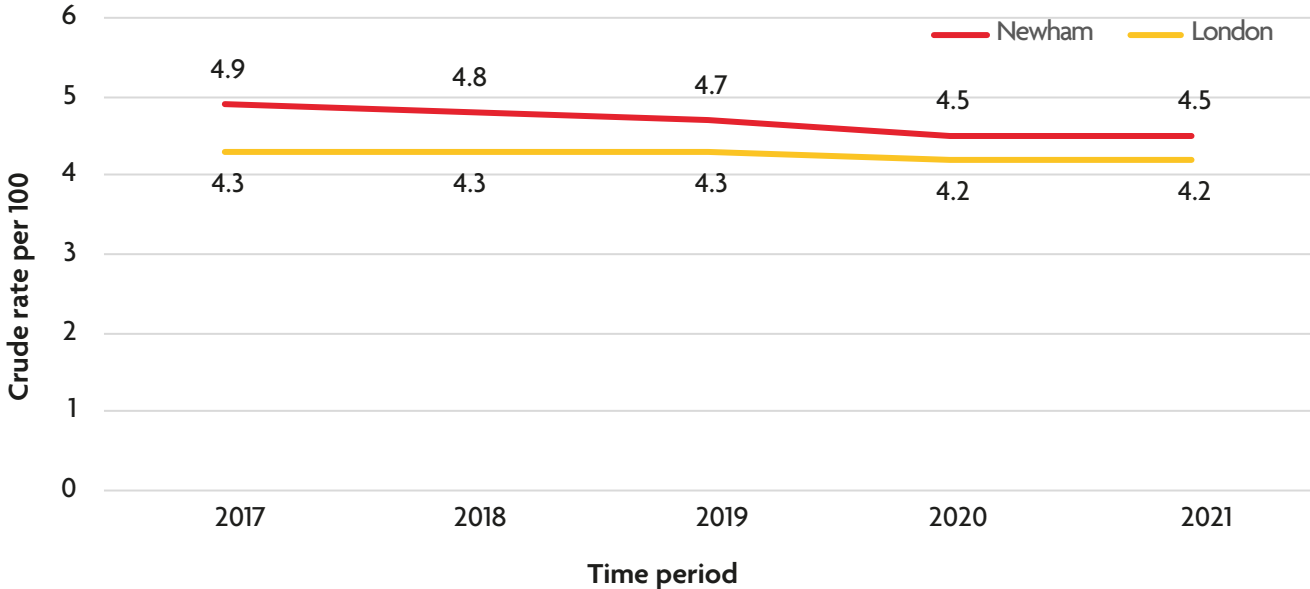


Source: Care Quality Commission and Office for National Statistics via Fingertips, OHID

# Nursing home beds

- Newham has 520 nursing home beds (4.5 per 100 people 75+).

Figure 37: Nursing home beds per 100 people aged 75+



Source: Care Quality Commission and Office for National Statistics via Fingertips, OHID





# **PRIORITY 3:** **FINANCE AND EMPLOYMENT**

# Summary

The income deprivation affecting older people (IDAOP) indicator is a measure of older people living in poverty.

People living in more deprived areas have a greater need for health services and are more likely to experience poor health.

Comparing the income deprivation indicator (IDAOP) with geographical neighbours, Newham is significantly higher (worse) than London and 4 geographical neighbours but significantly lower (better) than Hackney and Tower Hamlets.

The percentage of people aged 50-64 in work rose in 2020/21 to 80% (up from 65% in 2019/20) and there is a general upward trend in Newham.

In 2020, 17.8% of households in Newham experienced fuel poverty compared to 11.5% in London. Newham was the second highest (worse) borough behind Barking and Dagenham.

Among people of all ages who responded to the Newham Resident Survey:

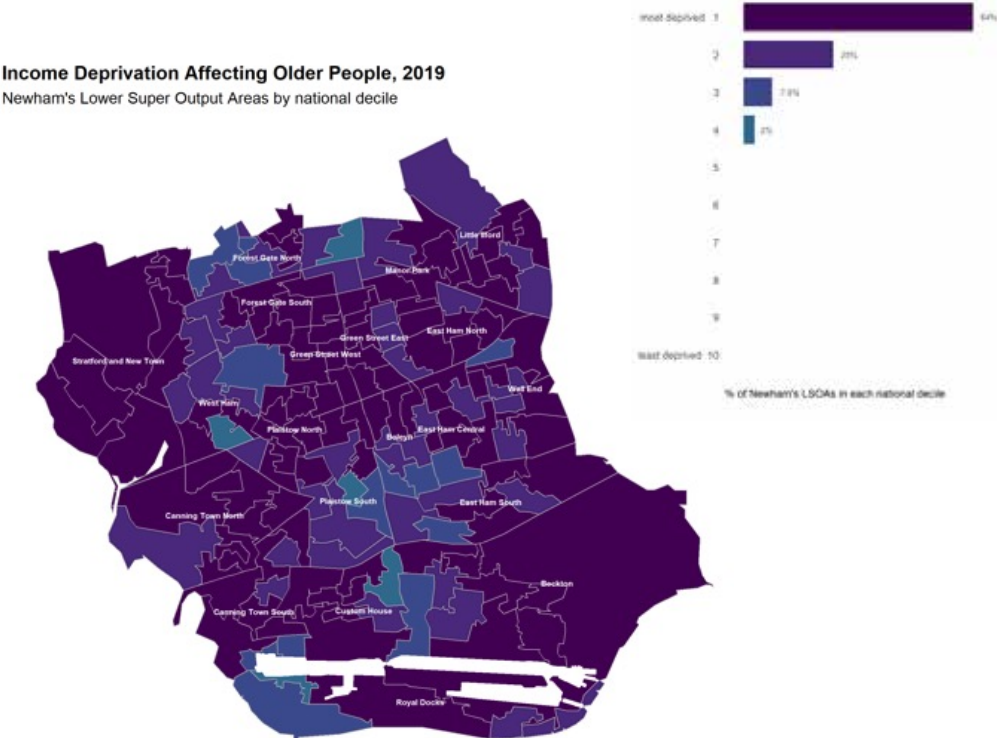
- Financially, most (around 38%) people considered themselves “doing alright” and around 18% were living comfortably. However just over a quarter said they were just about getting by and around 15% were finding it quite or very difficult.
- With regard to housing costs – affordability of rent or mortgage, most respondents of all ages said they were finding it just manageable. The older ages (55-64 and 65 and over) said they were generally finding affordability easier than the 45-54 age groups of which over a third were finding it difficult or very difficult to afford.
- A balanced diet was generally affordable by 70% of all ages, the older age groups finding it easier to afford than the younger groups.
- Around 8% of respondents aged 45+ said they had often been unable to afford to eat balanced meals during the last 12 months.



# Income deprivation

- Income deprivation affecting older people is a measure of older people living in poverty.
- It is defined as adults aged 60 and over living in income-deprived households, including those who receive income support, income-based Jobseekers Allowance, income-based Employment and Support Allowance or Pension Credit.
- 64% of lower super output areas (LSOAs) in Newham are in the most deprived 10% nationally and 89% are in the 20% most deprived.

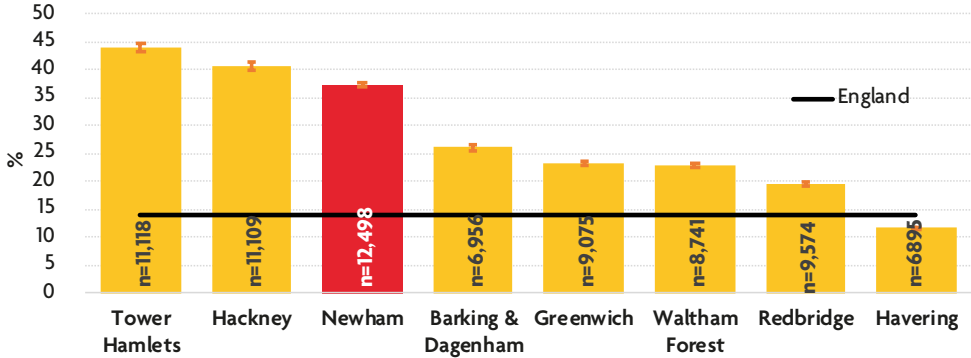
**Figure 38: Older people (60+) living in income-deprived households, national deciles, 2019**



Source: English Indices of Deprivation (2019), MHCLG

- In 2019, 37.3% of Newham's 60 and over population were living in poverty; this equated to just under 12,550 people.
- Newham ranked 3rd highest (worst) behind Tower Hamlets and Hackney out of all the London boroughs (NEL region only shown on the graph) in 2019.

**Figure 39: Older people (60+) living in income-deprived households, proportion of 60+ population, 2019**

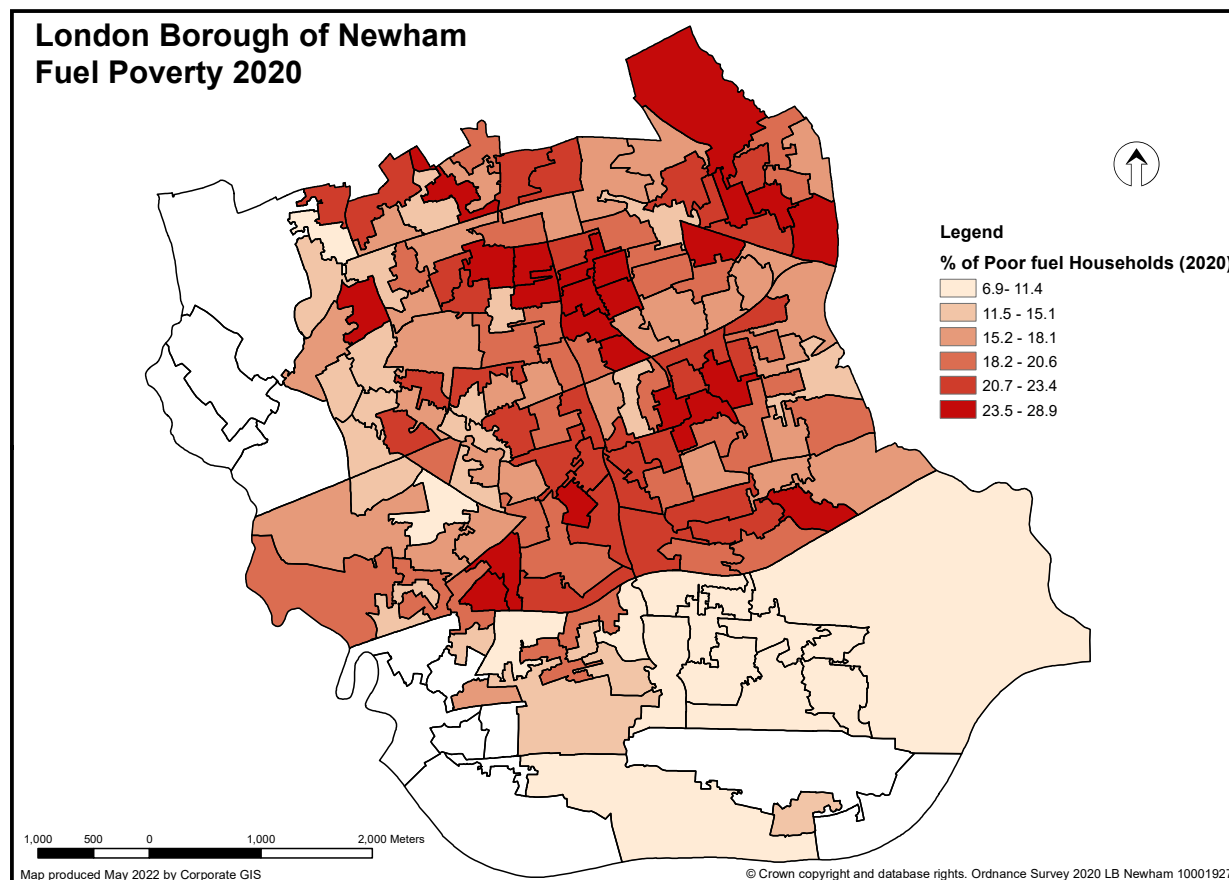


Source: The English Indices of Deprivation 2019 (publishing.service.gov.uk)

# Fuel insecurity

- A household is considered fuel poor if they are living in a property with a fuel poverty energy efficiency rating of band D or below and when they spend the required amount to heat their home they are left with a residual income below the official poverty line.
- There is evidence that drivers of fuel poverty (low income, poor energy efficiency and energy prices) are strongly linked to cold homes<sup>1</sup>.
- Evidence shows that living in cold homes is associated with poor health outcomes and an increased risk of morbidity (illness) and mortality for all age groups.
- Studies have shown that more than 1 in 5 (21.5%) excess winter deaths in England and Wales are attributable to cold housing<sup>2</sup>.

Figure 40: Newham fuel poor households, proportion of all households, 2020

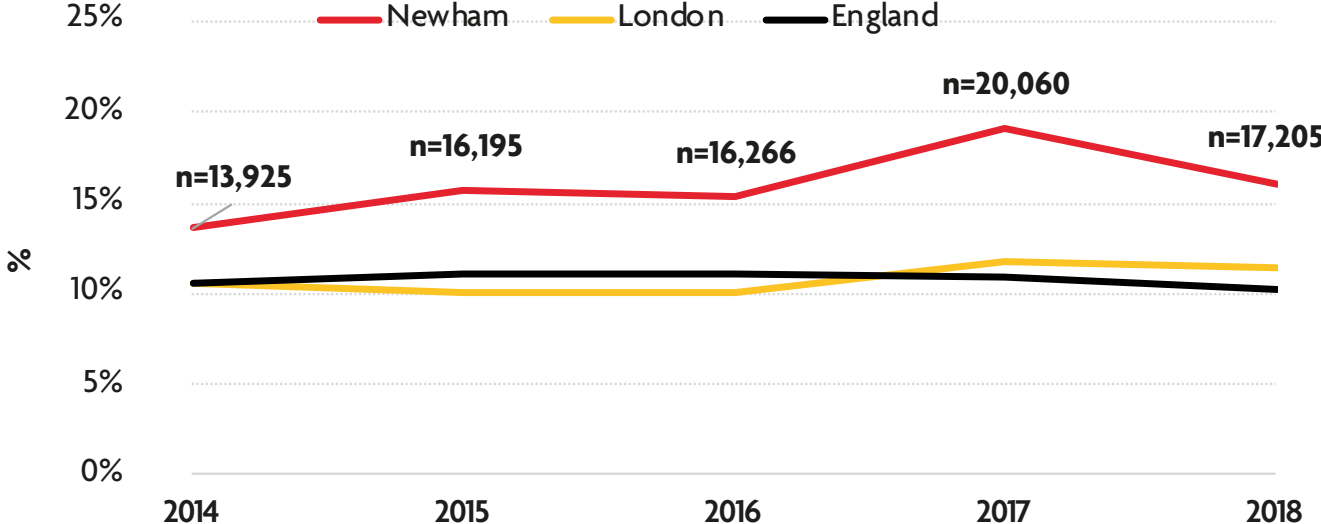


1. Wilkinson P, Landon M, Armstrong B, Stevenson S, Pattenden S, McKee M and Fletcher T (2001) Cold Comfort: The Social and Environmental Determinants of Excess Winter Deaths in England, 1986–96. Bristol: The Policy Press.

2. UCL Institute of Health Equity (2011). The Health Impacts of Cold Homes and Fuel Poverty. Available from: <http://www.instituteofhealthequity.org/resources-reports/the-health-impacts-of-cold-homes-and-fuel-poverty/the-health-impacts-of-cold-homes-and-fuel-poverty.pdf>

- In 2018, Newham ranked highest (worst) out of all London boroughs for fuel poverty at 16.1% and was significantly worse than overall London (11.4%) and England (10.3%) levels.

Figure 41: Households in fuel poverty, proportion



Source: Department for Business, Energy & Industrial Strategy

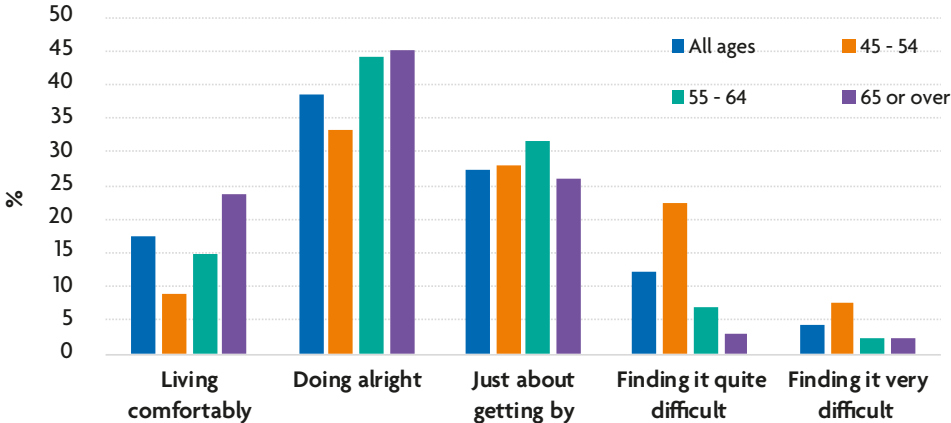
# Resident survey – finances

## Finances

Among those who responded to the Newham Resident Survey:

- Most said they are doing alright financially (39% in all ages).
- Split by age bands, the older age bands of 55-64 and 65 and over had a higher proportion of doing alright than the 45-54 age group.
- A relatively small proportion of respondents considered themselves living comfortably, the highest proportion is in the 65 and over age group at just under a quarter (24%).
- 46% of respondents (213/465) aged 45+ said they were just about getting by/ finding it quite difficult/ finding it very difficult to manage financially.

Figure 42: How well are you managing financially?



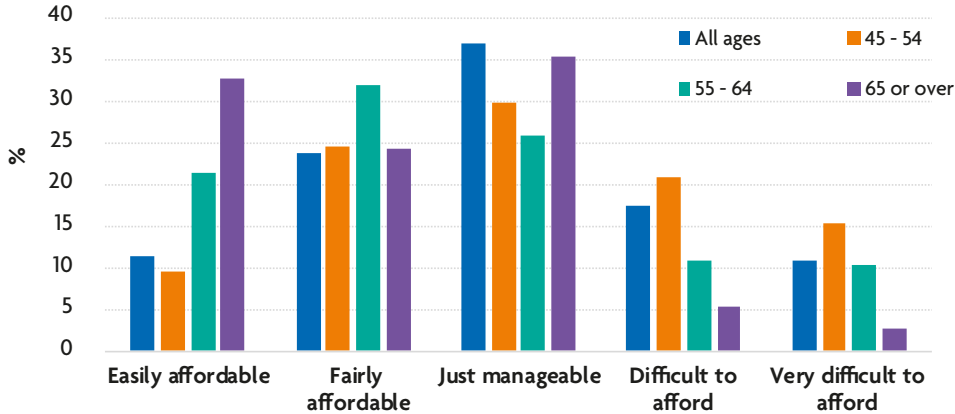
Source: Newham Resident Survey Data, 2021

## Housing costs

Among those who responded to the Newham Resident Survey:

- 45% (217/477) of respondents aged 45+ considered their housing costs easily/fairly affordable whereas 24% of those 45+ (116/477) considered them difficult/very difficult to afford.

Figure 43: Affordability of housing (rent or mortgage)?

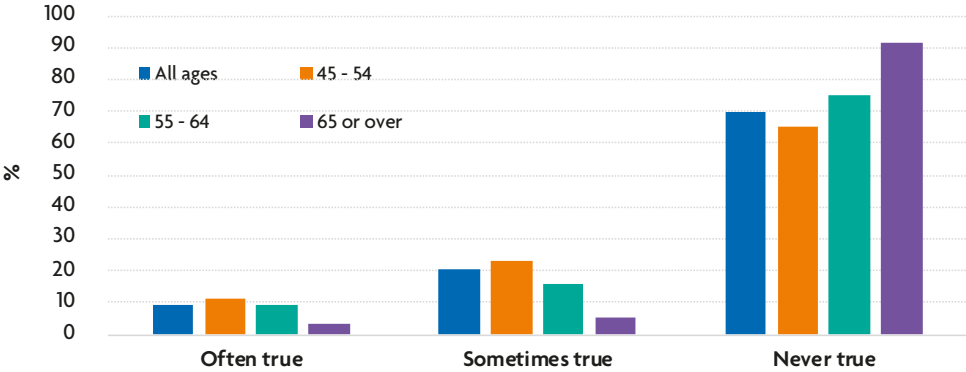


Source: Newham Resident Survey Data, 2021

## Food security

- Most respondents of all ages suggested they could always afford to eat balanced meals.
- Around 8% (38/446) of respondents aged 45+ said they had often been unable to afford to eat balanced meals during the last 12 months. A further 16% (72/446) aged 45+ said they sometimes could not afford balanced meals.

**Figure 44: In the last 12 months, how true is the statement “I/We couldn’t afford to eat balanced meals”?**

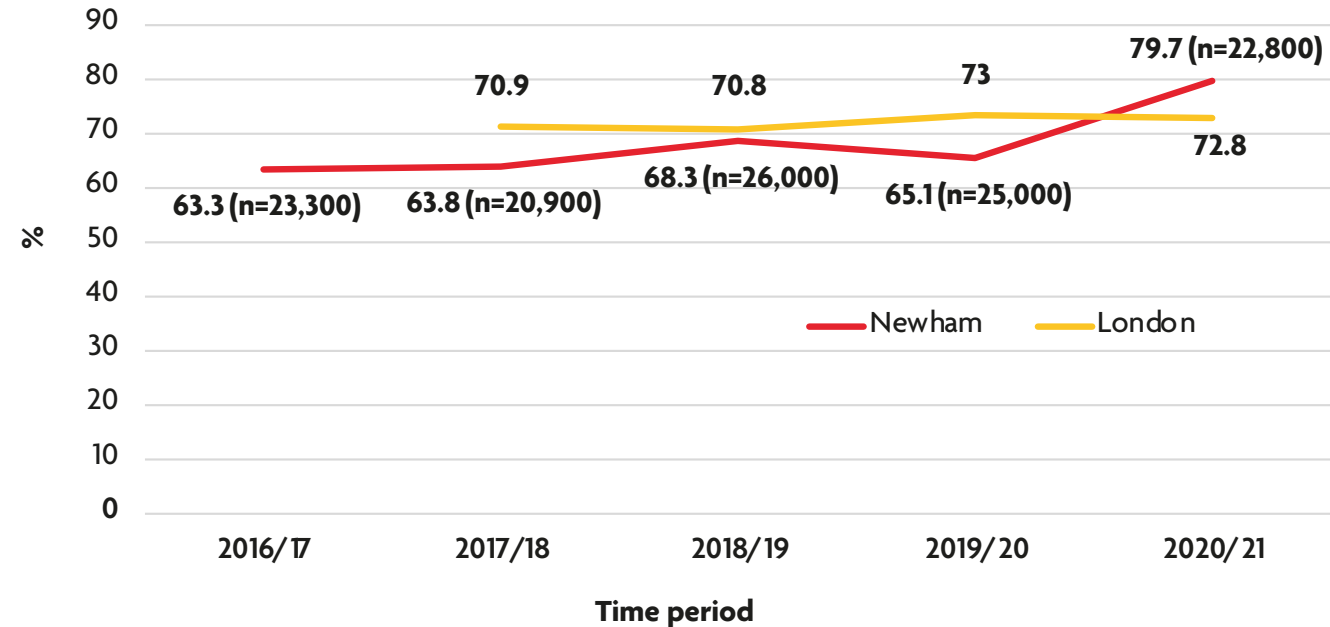


Source: Newham Resident Survey Data, 2021

# Employment

- A review in 2006 “Is work good for your health and wellbeing?” concluded that work was generally good for physical and mental health and wellbeing.
- Access to local employment and good working conditions can influence the health of a community.
- A key aspect of healthy ageing is the need for those aged 50 and over to be able to access good quality work and to be supported in remaining or returning to work.
- In 2020/21 Newham was 3rd highest (best) borough behind City of London and Kingston upon Thames for levels of employment among residents aged 55-64.

Figure 45: Percentage of people in employment aged 50-64



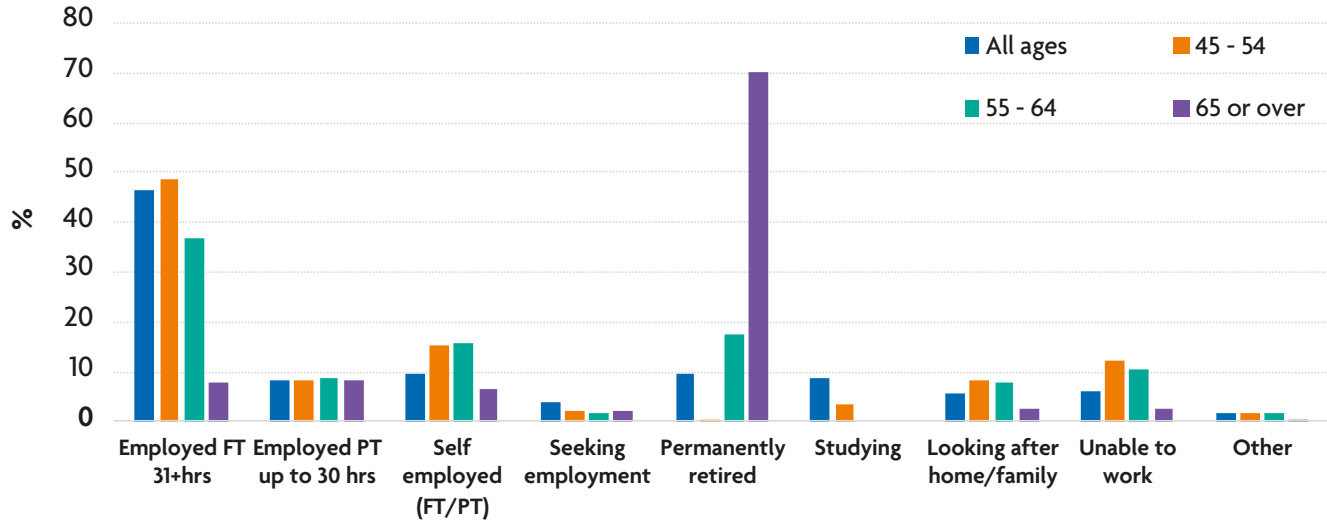
Source: Annual Population Survey – Labour Force via Fingertips, OHID



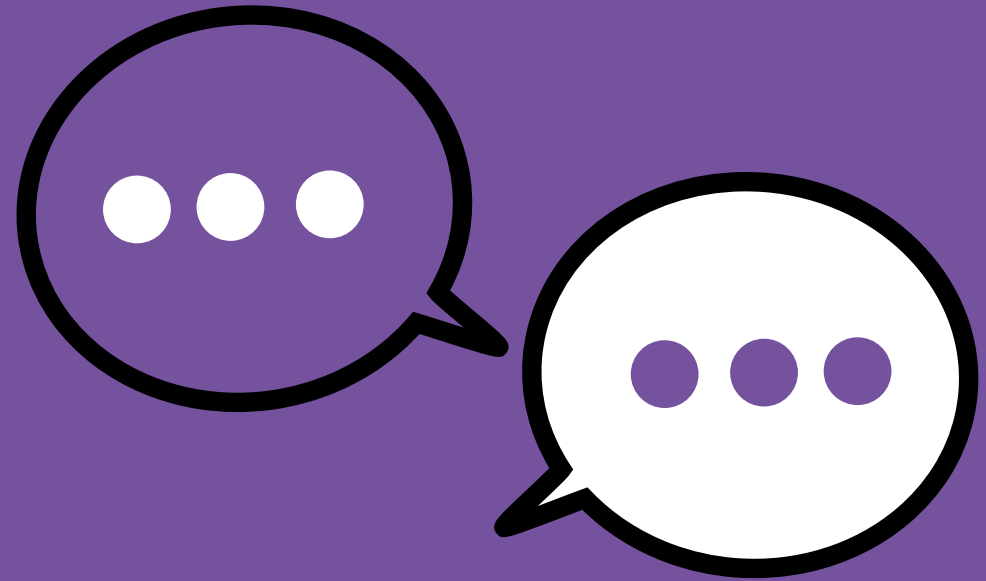
# Resident survey – employment

Most respondents who responded to the survey were either employed full time or (in the case of those 65 and over) permanently retired.

Figure 46: What best describes your current situation?



Source: Newham Resident Survey Data, 2021



**PRIORITY 4:**  
**COMMUNITY, CONNECTION**  
**AND NEIGHBOURHOOD**

# Summary

- Among residents who responded to the Newham Resident Survey, most (around 40%) of all ages were fairly satisfied about their local area as a place to live. When asked about parks, respondents in the older age groups tended to report very good more than the younger age groups.
- A lower proportion of Newham residents aged 16+ eat '5 a day' compared to London. However this has been improving since 2017/18.
- In 2019/20, just over half of adults aged 19 and over reported doing enough physical activity to stay healthy.
- A high proportion of respondents to the questionnaire were concerned about being a victim of crime in their local area with just under 30% of all ages being "very worried" and just under 40% "fairly worried".
- When asked about safety when outside in their local area during the day, most reported feeling very or fairly safe, however around 15% reported feeling fairly or very unsafe. After dark, a higher percentage (45%) reported feeling fairly or very unsafe.

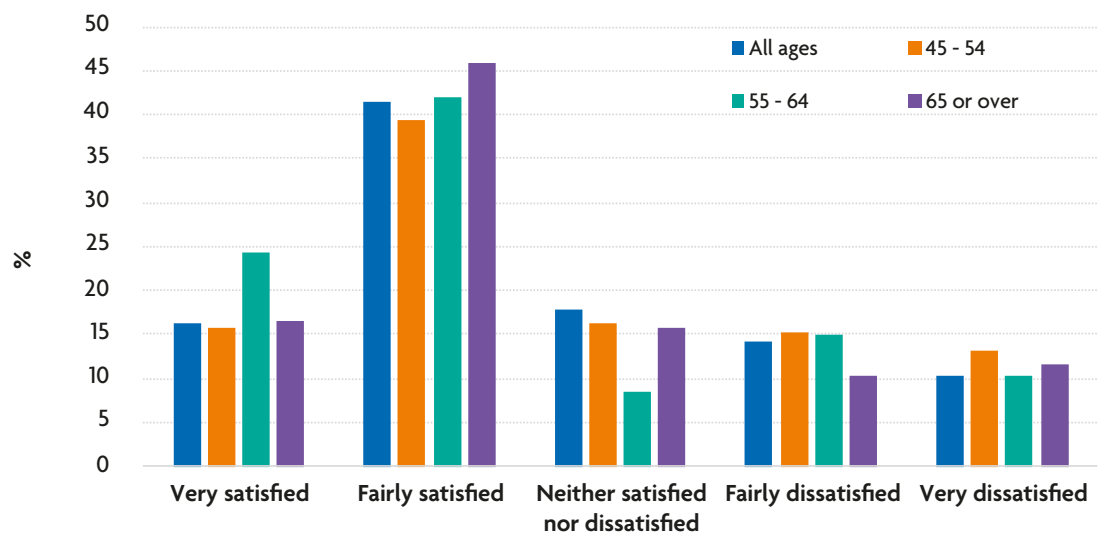


# Resident survey

## Local area

- Most respondents were fairly satisfied with their local area as a place to live.
- Respondents aged 45+ in Royal Docks (75%, 289/386) and Stratford and West Ham (73%, 93/128) were the most satisfied with their local area as a place to live.
- Respondent aged 45+ in Manor Park (52%, 75/145) and East Ham (35%, 46/131) were the least satisfied with their local area as a place to live.

Figure 47: How do you feel about your local area as a place to live?



Source: Newham Resident Survey Data, 2021

Table 2: How do you feel about your local area as a place to live?

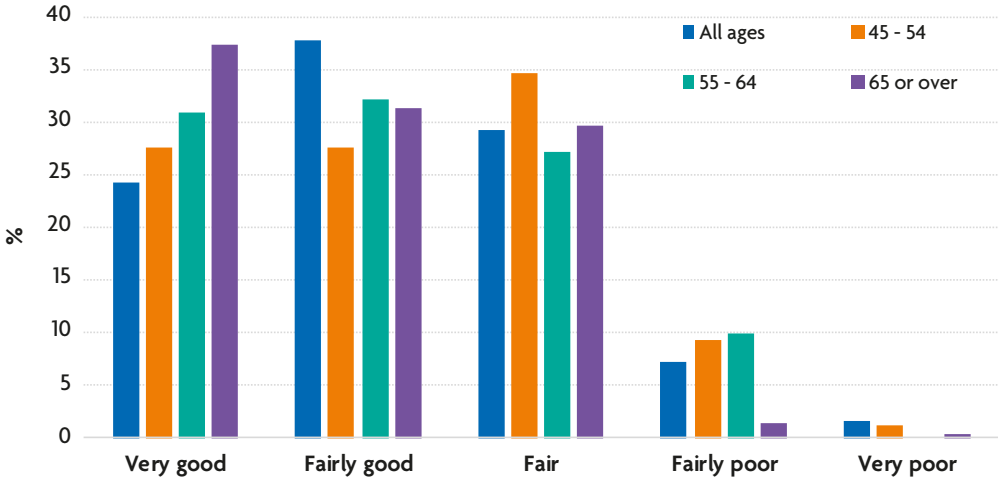
| %              | VERY SATISFIED | FAIRLY SATISFIED | NEITHER SATISFIED NOR DISSATISFIED | FAIRLY DISSATISFIED | VERY DISSATISFIED |
|----------------|----------------|------------------|------------------------------------|---------------------|-------------------|
| Beckton        | 16             | 47               | 20                                 | 14                  | 2                 |
| CH & CT        | 15             | 51               | 23                                 | 7                   | 4                 |
| East Ham       | 13             | 32               | 19                                 | 18                  | 17                |
| Forest Gate    | 18             | 40               | 24                                 | 10                  | 8                 |
| Green Street   | 13             | 42               | 14                                 | 21                  | 10                |
| Manor Park     | 10             | 24               | 15                                 | 30                  | 22                |
| Plaistow       | 20             | 39               | 23                                 | 6                   | 12                |
| Royal Docks    | 20             | 55               | 13                                 | 6                   | 6                 |
| Stratford & WH | 23             | 50               | 12                                 | 9                   | 6                 |

Source: Newham resident survey data, 2021

### Parks

- 61% (250/412) of respondents 45+ reported the parks they use are very good or fairly good.
- Less than 10% in all age bands reported their parks as being fairly poor and less than 5% reported very poor.

Figure 48: How would you rate the quality of the parks you use?

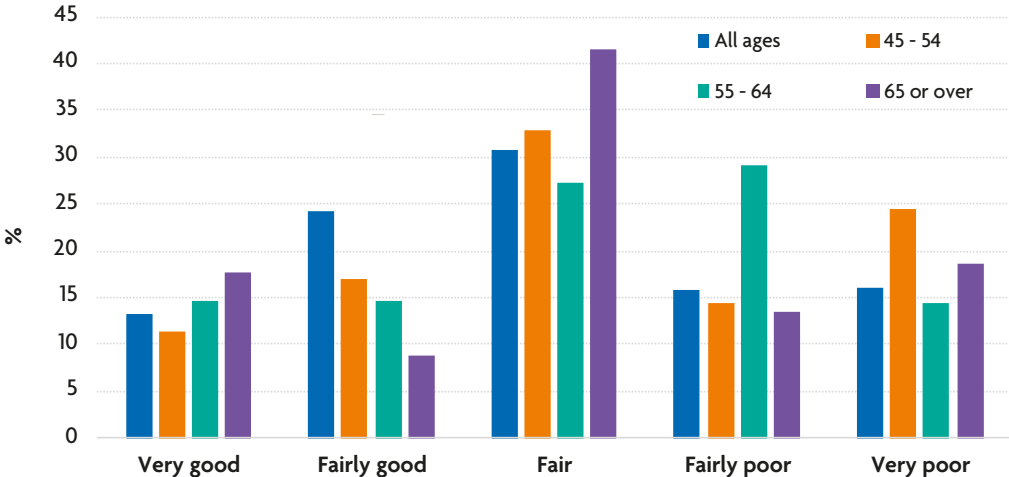


Source: Newham Resident Survey Data, 2021

### Public spaces

- 28% (132/472) of respondents aged 45+ said the publicly accessible spaces in their local area were very or fairly good.
- 38% (180/472) of respondents aged 45+ said the publicly accessible spaces in their local area were fairly or very poor.

Figure 49: How would you rate the quality of publicly accessible spaces in your local area?

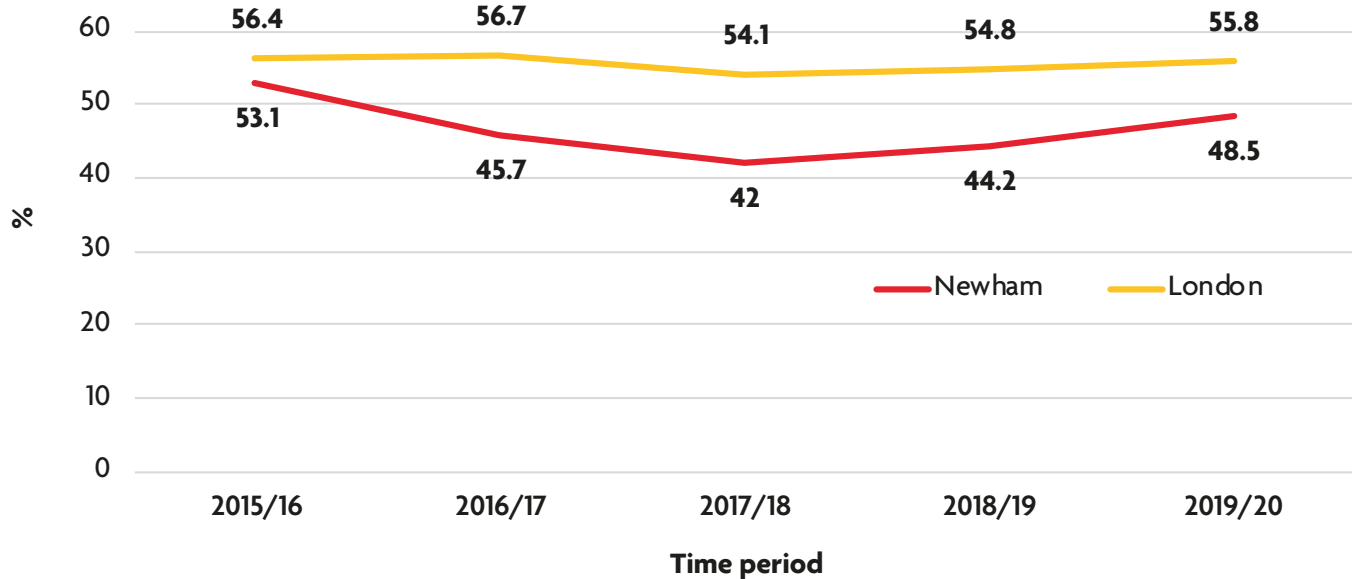


Source: Newham Resident Survey Data, 2021

# Healthy eating

- The cost of diet related chronic diseases to the NHS and society as a whole are considerable.
- Average intakes of saturated fat, sugar and salt are above recommendations whilst intakes of fruit and vegetables, oily fish, fibre and some vitamins and minerals in some groups are below recommendations.
- The chart shows the percentage of the population aged 16+ who reported eating the recommended 5 portions of fruit and vegetables on a usual day.
- Newham has consistently been lower (worse) than London.
- Of all the London boroughs, Newham was the second lowest (worst) in 2019/20, behind Barking and Dagenham.

Figure 50: Proportion of the population aged 16+ meeting '5 a day'

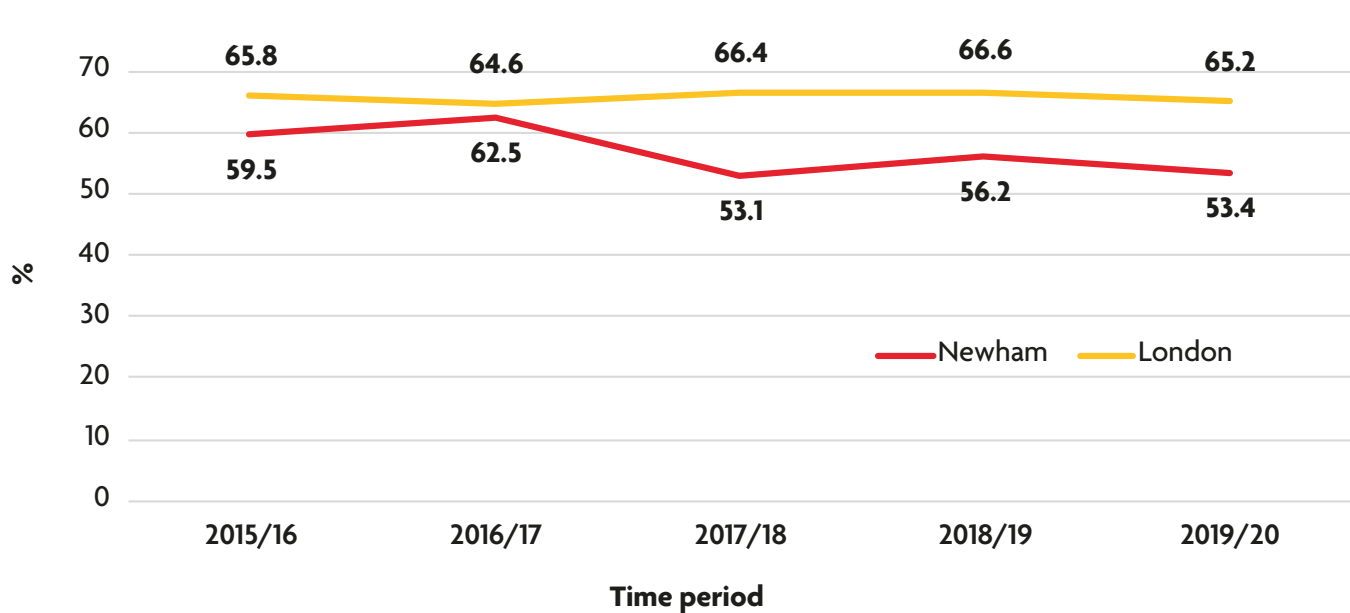


Source: Active Lives Adult Survey, Sport England via Fingertips, OHID

# Physical activity

- The percentage of physically active adults in Newham has fluctuated over the last few years but remains at just over half of those aged 19 and over.
- In 2019/20, Newham had the lowest percentage of physically active adults out of all London boroughs.
- Physical inactivity is the 4th leading risk factor for global mortality, accounting for 6% of deaths globally.
- People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle.
- Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health.
- In older adults, physical activity is associated with increased functional capacities.
- “Physically active” means doing at least 2 ½ hours of moderate intensity activity a week (minimum 10 minutes at a time).

Figure 51: Physically active adults aged 19+



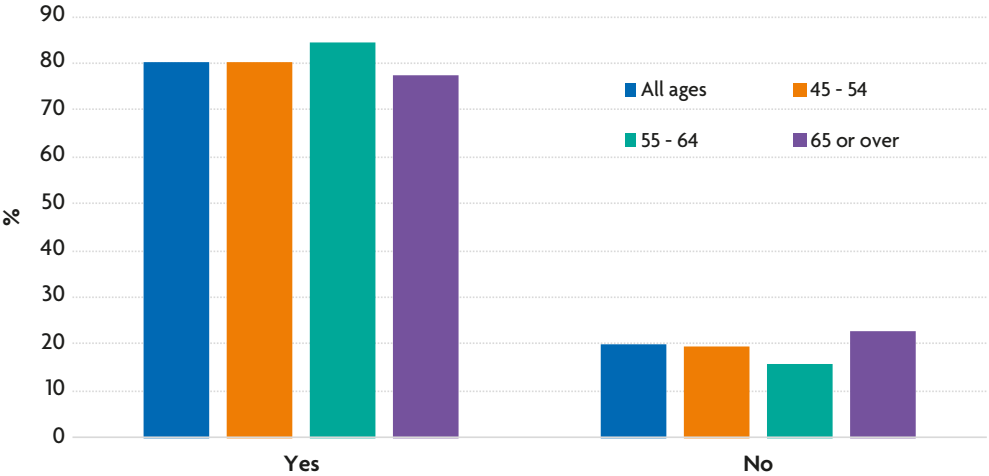
Source: Active Lives Adult Survey, Sport England via Fingertips, OHID

# Resident survey

## Physical activity

- Over ¾ of all ages and the age bands shown reported walking continuously for at least 10 minutes over the past 7 days.

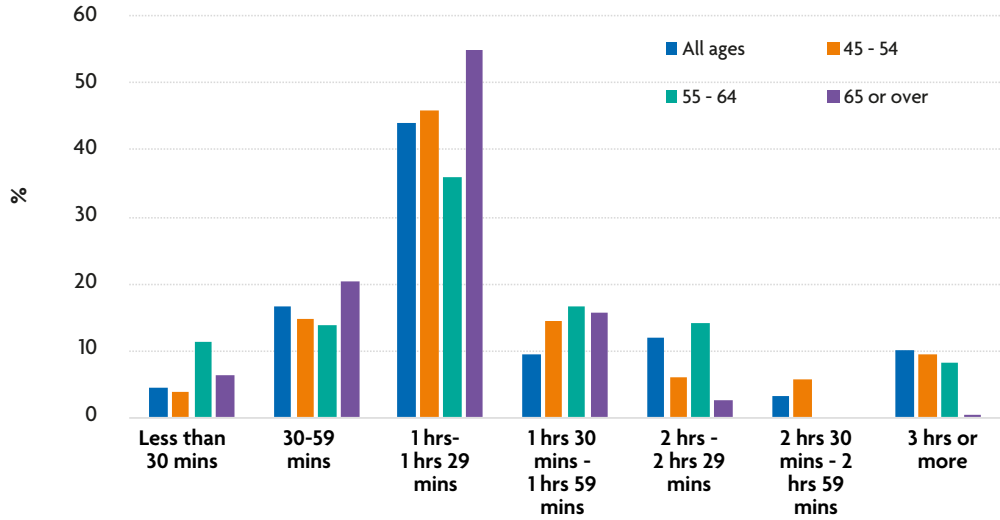
**Figure 52:** In the past 7 days, have you done continuous walk lasting at least 10 minutes?



Source: Newham Resident Survey Data, 2021

- The recommended level of physical activity is 2.5 hours a week. Around 9% (9/96) of respondents aged 45+ reported doing at least 2.5 hours of exercise a week.
- 46% (44/96) of respondents aged 45+ reported spending an hour to an hour and a half doing some form of physical activity.
- 23% (22/96) of respondents aged 45+ reported doing less than 59 minutes of exercise.

**Figure 53:** In the past week how much time did you spend doing a sport, fitness activity or dance, on each day you did the activity?



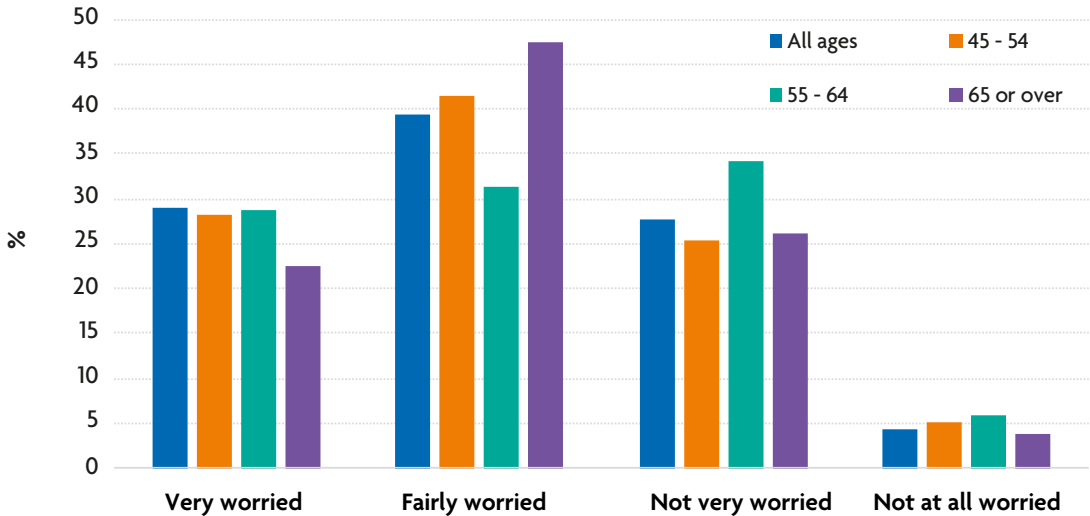
Source: Newham Resident Survey Data, 2021



### Personal safety

- Respondents were generally concerned about being victims of crime in their local area.
- 41% (199/484) of residents aged 45+ were very or fairly worried about being a victim of crime in their local area.
- 3% (15/484) of respondents aged 45+ stated they were not at all worried about being a victim of crime in their local area.

Figure 54: How worried are you about being a victim of crime in your local area?



Source: Newham Resident Survey Data, 2021

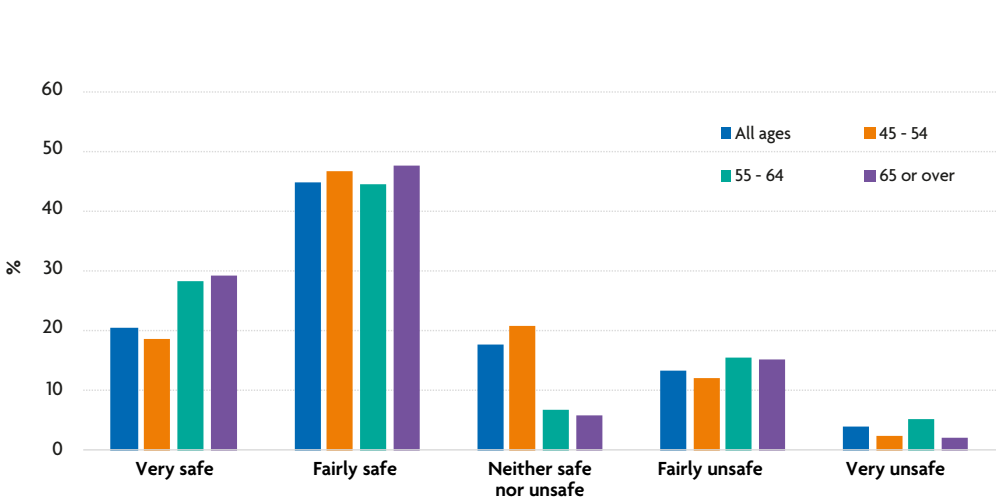
Table 3: How do you feel about your local area as a place to live?

| %              | VERY WORRIED | FAIRLY WORRIED | NOT VERY WORRIED | NOT WORRIED AT ALL |
|----------------|--------------|----------------|------------------|--------------------|
| Beckton        | 19           | 54             | 25               | 2                  |
| CH & CT        | 28           | 40             | 26               | 6                  |
| East Ham       | 33           | 49             | 17               | 1                  |
| Forest Gate    | 26           | 26             | 40               | 8                  |
| Green Street   | 30           | 38             | 29               | 4                  |
| Manor Park     | 37           | 40             | 20               | 3                  |
| Plaistow       | 35           | 35             | 36               | 9                  |
| Royal Docks    | 15           | 40             | 36               | 9                  |
| Stratford & WH | 24           | 39             | 33               | 4                  |

### Feeling safe in the local area

- 71% (349/494) of respondents aged 45+ reported feeling fairly safe or very safe when outside in the local area during the day.

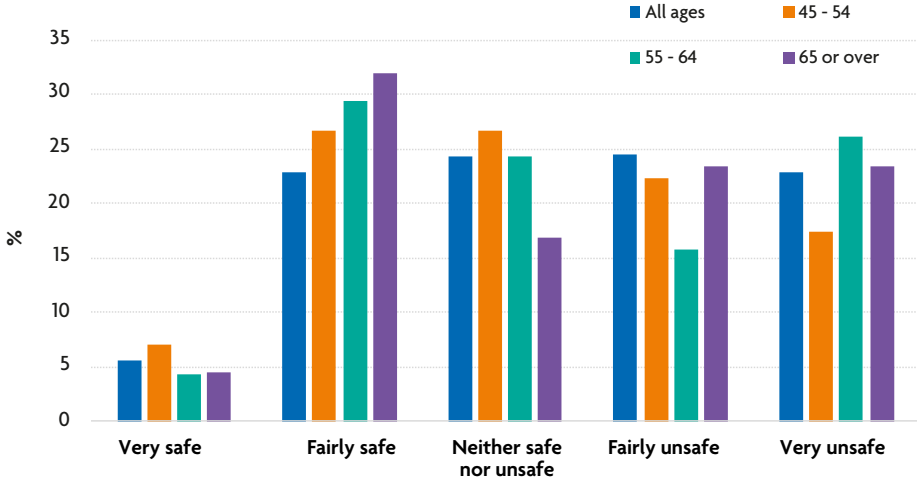
Figure 55: How safe or unsafe do you feel when outside in the local area during the day?



Source: Newham Resident Survey Data, 2021

- 22% (103/477) of respondents aged 45+ said they feel very or fairly safe outside in the local area after dark.

Figure 56: How safe or unsafe do you feel when outside in the local area after dark?

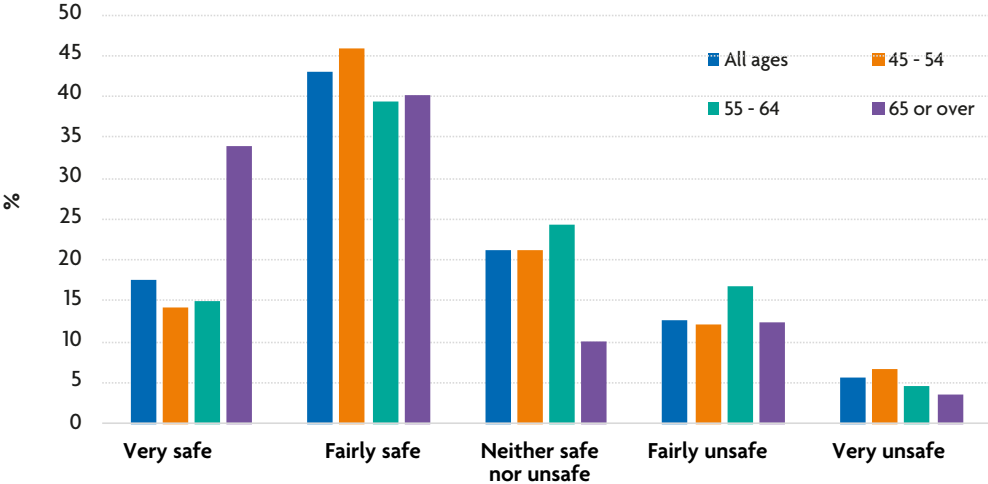


Source: Newham Resident Survey Data, 2021

### Feeling safe in parks and on public transport

- 62% (285/458) of respondents 45+ reported feeling fairly or very safe when outside in Newham’s parks and open spaces during the day.
- Almost one in five respondents aged 45+ said they feel fairly or very unsafe in Newham’s parks and open spaces during the day.

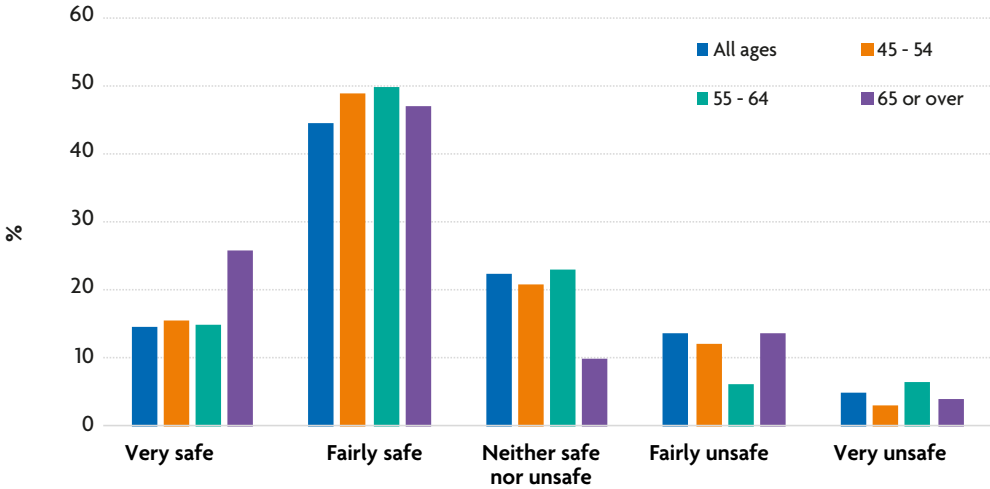
Figure 57: How safe or unsafe do you feel when outside in Newham’s parks and open spaces during the day?



Source: Newham Resident Survey Data, 2021

- 67% (316/474) of respondents 45+ reported feeling fairly or very safe when travelling on public transport in Newham.
- 15% (72/474) of those aged 45+ reported fairly or very unsafe.

Figure 58: How safe or unsafe do you feel when travelling on public transport in Newham?



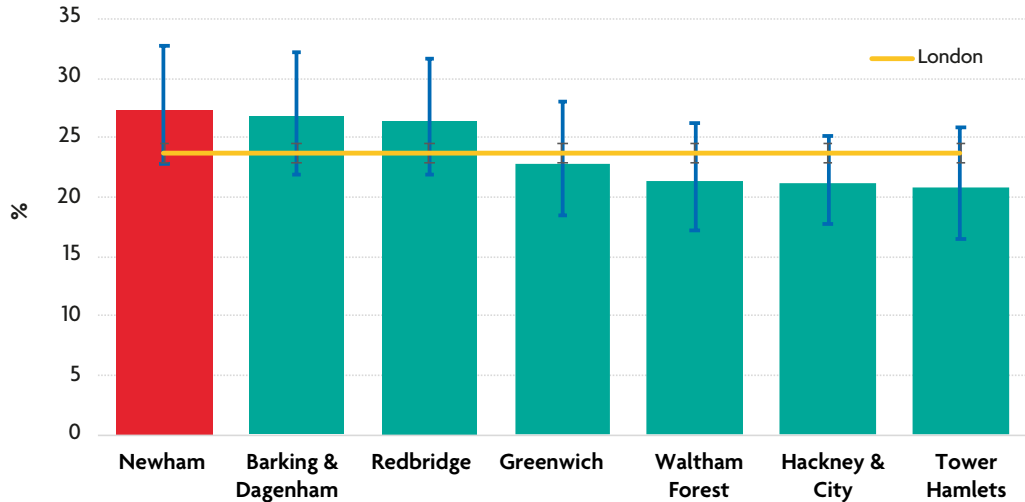
Source: Newham Resident Survey Data, 2021

# Social connection

- Loneliness can affect anyone of any age and background and is a feeling that most people will experience at some point in their lives.
- Long-term, frequent loneliness can have a serious impact on wellbeing and ability to function in society.
- There is a clear link between loneliness and poor mental and physical health.
- Feeling lonely often is linked to early deaths and its health impact linked to other public health priorities such as obesity or smoking.
- Lonely people are more likely to be readmitted to hospital or have a longer stay.
- There is evidence that suggests lonely people are more likely to visit a GP or A&E and more likely to enter local authority funded residential care.
- At work, higher loneliness among employees is associated with poorer performance on tasks and in a team.
- The vision for social care includes tackling loneliness and social isolation, supporting people to remain connected to their communities and developing and maintaining connections to their friends and family.

At over 25%, Newham had the highest (worst) level of loneliness among adults compared with geographical neighbours and London as a whole in 2019/20.

**Figure 59: % of adults who feel lonely often/always or some of the time 2019/20**

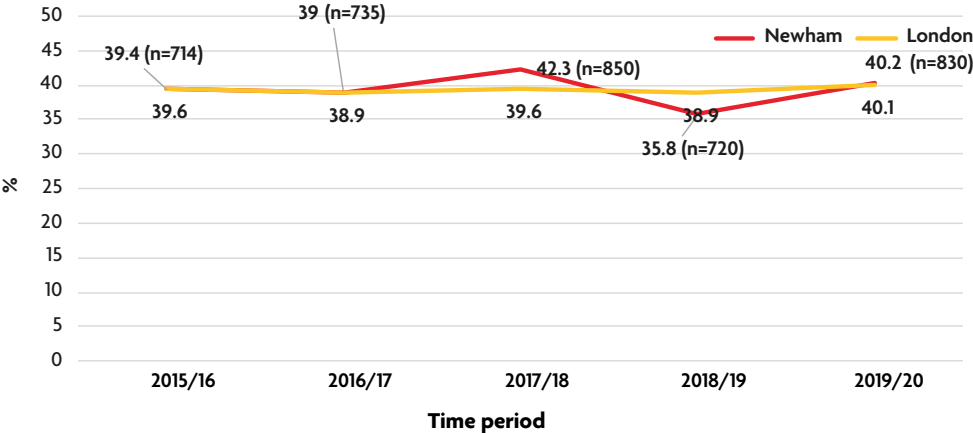


Source: Active Lives Adult Survey, Sport England via Fingertips, OHID

In 2019/20, only 40% of residents who use adult social care said they had as much social contact as they would like.

This was a similar level to that reported across London.

**Figure 60: Adult social care users who have as much social contact as they would like – aged 65+**

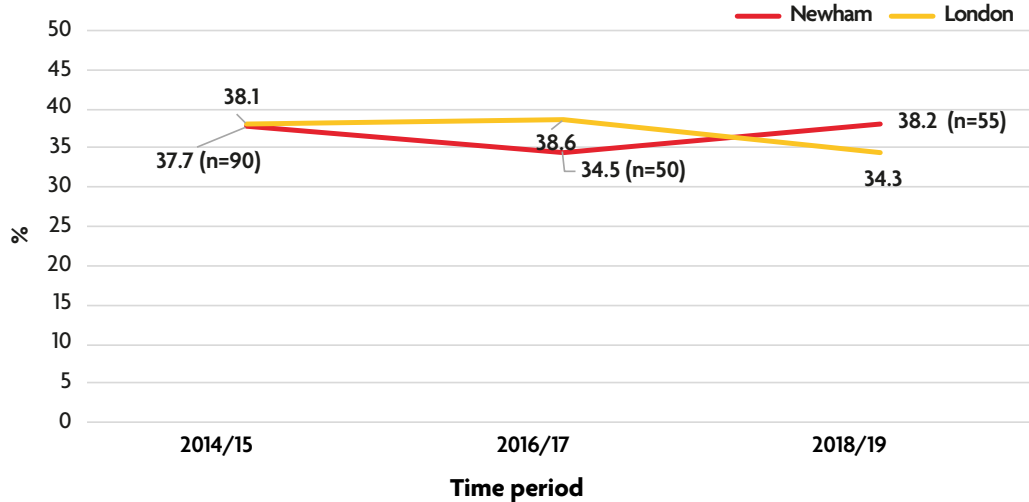


Source: Adult Social Care Outcomes Framework based on the Personal Social Services Adult Social Care Survey, NHS Digital, via Fingertips, OHID

In 2018/19, an estimated 38% of adult carers in Newham said they had as much social contact as they would like with people they like.

This was a similar level to that reported across London.

**Figure 61: Adult carers who have as much social contact as they would like – aged 65+**



Source: Adult Social Care Outcomes Framework based on the Personal Social Services Adult Social Care Survey, NHS Digital, via Fingertips, OHID



# **PRIORITY 5: PLANNING AND PREPARING FOR LATER LIFE**

# Summary

## NHS Health Checks

The proportion of adults aged 40-74 receiving Health Checks (aiming to prevent heart disease, stroke, diabetes and kidney disease) in Newham has fallen from 76% (2014/15-2018/19) to 65% (2016/17-2020/21), however the latest figure is still considerably higher than London (37%) and the effects of the pandemic can probably account for some of this.

## Screening

- Screening for Abdominal Aortic Aneurysm (AAA) in men aged 65-74 rose in 2019/20 following a drop in 2018/19.
- Screening for breast cancer in women aged 53-70 rose in 2020 compared to 2019.
- Screening for cervical cancer in women aged 50-64 remained the same in 2020 compared to 2019.
- Screening for bowel cancer (men and women) aged 60-74 rose in 2020 compared to 2019.

## Eyesight

The rate of people aged 65-74 and 75 and over registered as blind or partially sighted has fallen over the last few years, quite sharply in Newham compared to London.

## Dementia

Under-diagnosis of dementia among people aged 65+ increased in 2021. In 2017 an estimated 73% of people aged 65+ with dementia had a diagnosis; in 2021 this had fallen to 60%, suggesting that 40% of people with dementia had not been picked up.

## Adult Social Care

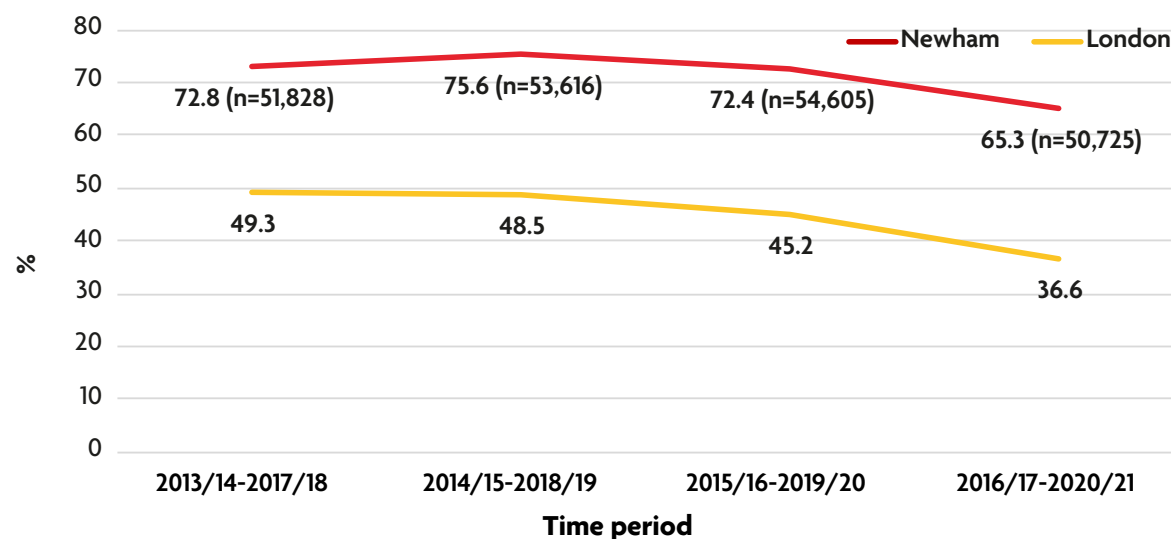
The percentage of Adult Social Care users aged 65+ satisfied with care and support services fell sharply in 2019/20 from 2018/19.



# NHS Health Checks

- The NHS Health Check programme aims to help prevent heart disease, stroke, diabetes and kidney disease.
- Everyone between 40-74 who has not already been diagnosed with one of these conditions, is invited every 5 years to have a check.
- A high take up is important to identify early signs of poor health, leading to opportunities for early interventions.
- Newham was the highest (best) borough for Health Checks between 2016/17 – 2020/21, significantly higher than London.
- The number of Health Checks dropped in the latest data years shown which is most probably the effect of the COVID-19 pandemic in 2020/21.

Figure 62: % aged 40-74 who received an NHS Health Check



Source: Fingertips, OHID

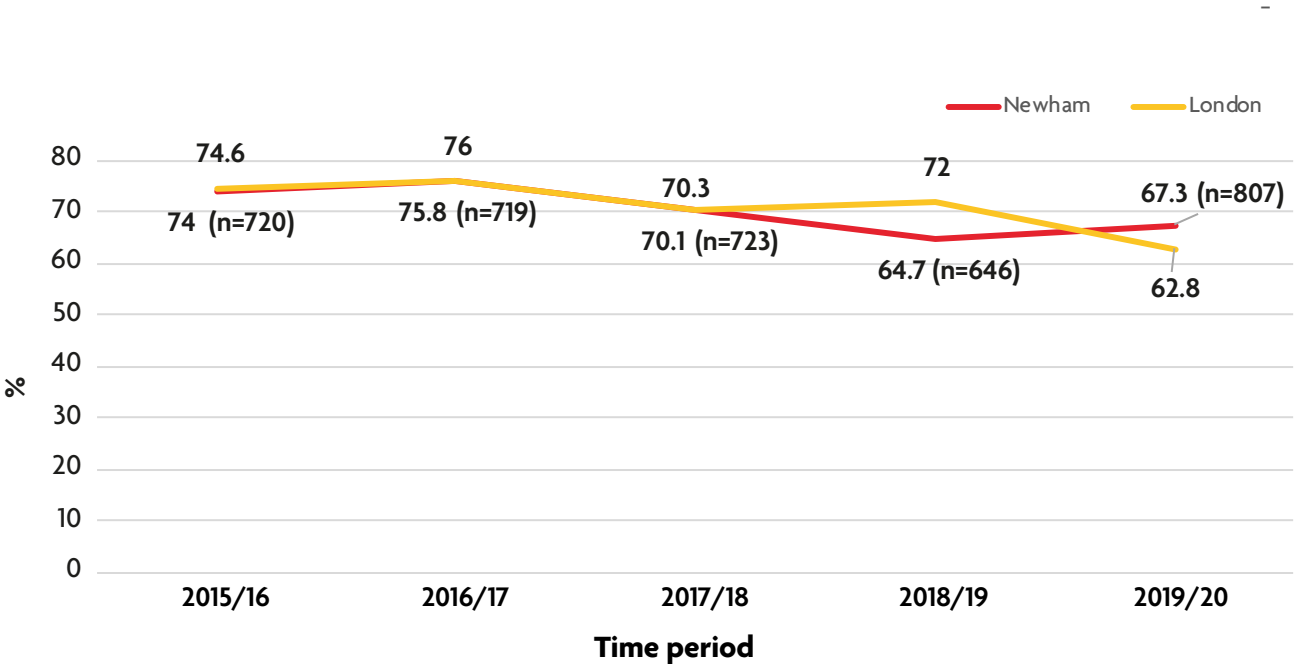


# Screening

## Abdominal Aortic Aneurysm (AAA)

- AAA screening aims to reduce AAA mortality in men aged 65-74 by detecting if there is any swelling in the aorta, the main blood vessel from the heart, and treating accordingly.
- In 2019/20 around two-thirds of eligible Newham residents took up their AAA screening offer.
- Newham has historically had lower (worse) values than London, however values were significantly higher (better) than London in 2019/20.

Figure 63: Abdominal Aortic Aneurysm screening coverage – men aged 65-74

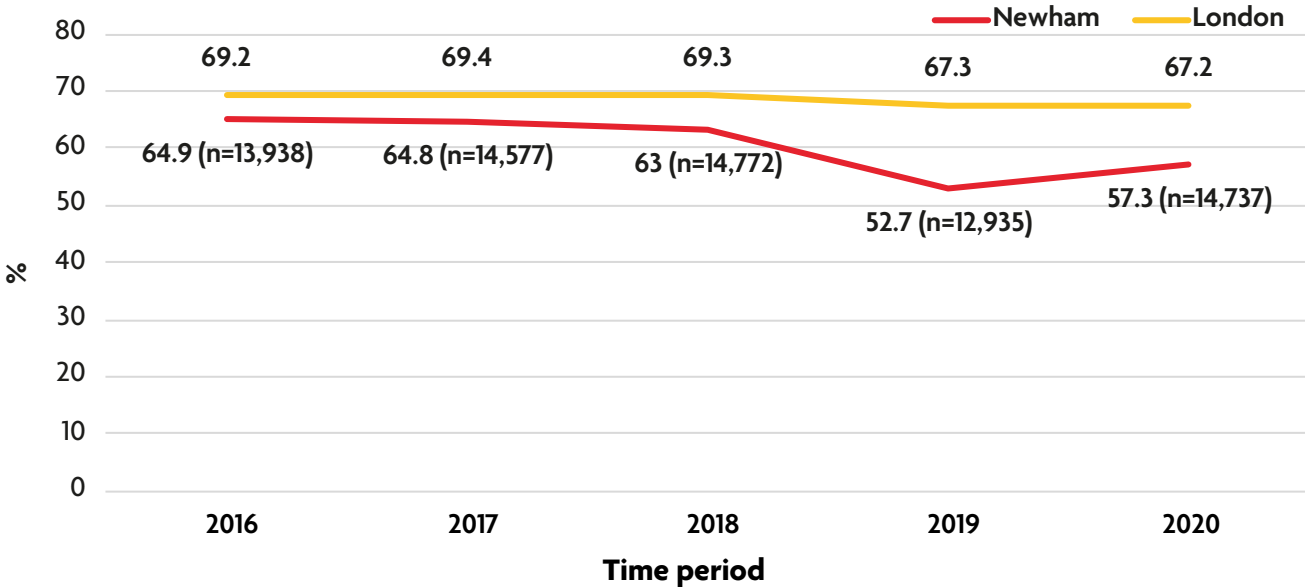


Source: SMaRT (Screening Management and Referral Tracking) database via Fingertips, OHID

### Breast cancer

- Breast cancer screening is offered to women aged 50 to 70. It supports early detection of cancer and is estimated to save 1400 lives each year in England.
- Improvements in coverage means that more breast cancers are detected at earlier, more treatable stages.
- In 2020 around 57% of eligible Newham residents took up their breast cancer screening offer.
- In 2020, Newham values were significantly lower than London and Newham was the 5th lowest (worst) borough in London.

Figure 64: Breast screening coverage – women aged 53-70

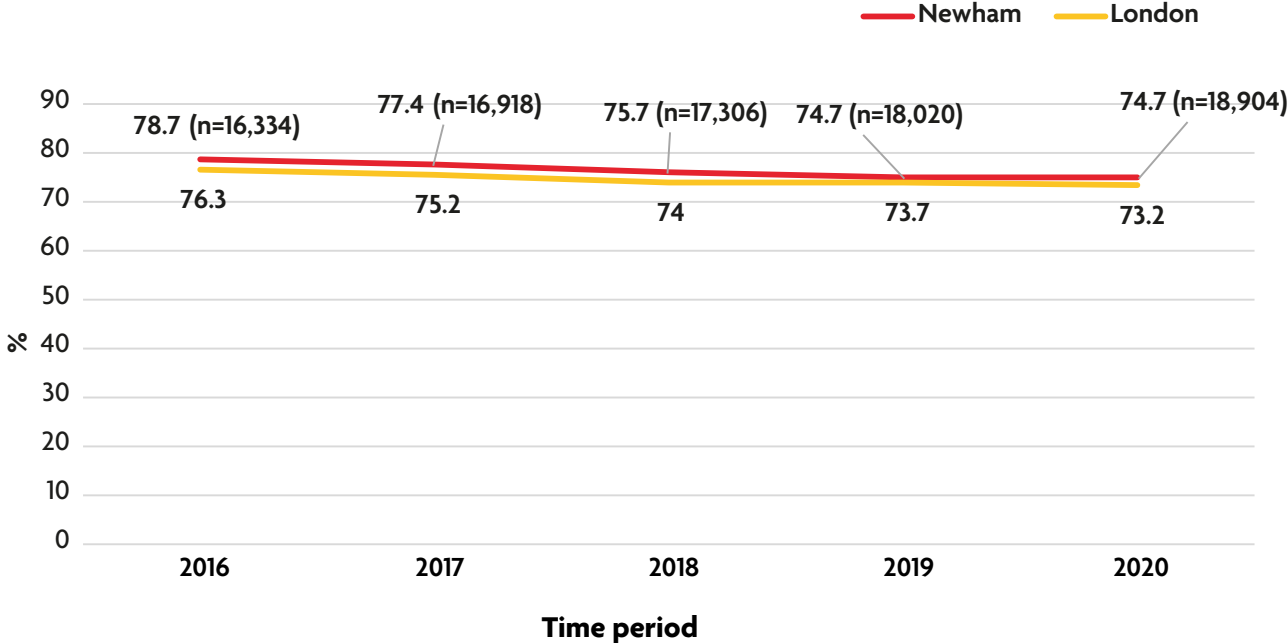


Source: NHS Digital (Open Exeter) via Fingertips, OHID

### Cervical cancer

- Cervical screening is offered to women aged 25 to 64. It supports detection of cell abnormalities that may become cancer.
- It is estimated to save 4,500 lives a year in England.
- Improvements in coverage would mean more cervical cancer is prevented or detected at earlier, more treatable stages.
- In 2020 almost three-quarters of eligible Newham residents aged 50 to 64 took up their cervical cancer screening offer.
- Newham values have historically been higher (better) than London.

Figure 65: Cervical screening coverage – women aged 50-64

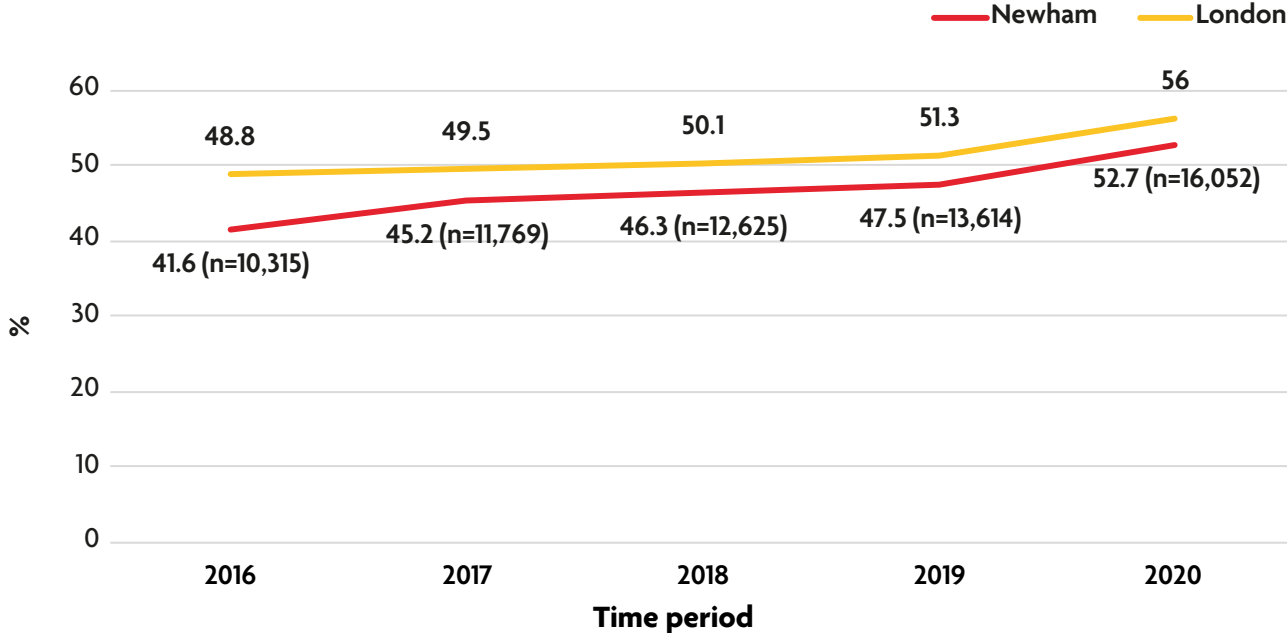


Source: NHS Digital (Open Exeter) via Fingertips, OHID

### Bowel cancer

- Bowel screening is offered to people aged 60 to 74. It supports early detection of cancer, and polyps which may develop into cancer over time.
- About 1 in 20 people in the UK will develop bowel cancer during their lifetime.
- Improvements in coverage mean more bowel cancers are detected at earlier, more treatable stages and more polyps are detected and removed, reducing the risk of bowel cancer developing.
- In 2020 around half of eligible Newham residents took up their bowel cancer screening offer.
- Newham has historically been lower (worse) than London although the trend steadily improving.

Figure 66: Bowel screening coverage – aged 60-74



Source: NHS Digital (National Health Application and Infrastructure Service - NHAIS) - OHID

# Eyesight

- Prevention of avoidable sight loss is recognised as a key priority for the WHO's global initiative for the elimination of avoidable blindness by 2020 – Vision 2020 – The Right to Sight.
- Prevention of sight loss will help people maintain independent lives and reduce needs for social care support, which would be necessary if sight was lost permanently.
- Research by the Royal National Institute for Blind People suggests that 50% of cases of blindness and serious sight loss could be prevented if detected and treated in time<sup>3,4</sup>.
- The take-up of sight tests in some areas is lower than expected and this can lead to later detection of preventable conditions and increased sight loss due to the late intervention.

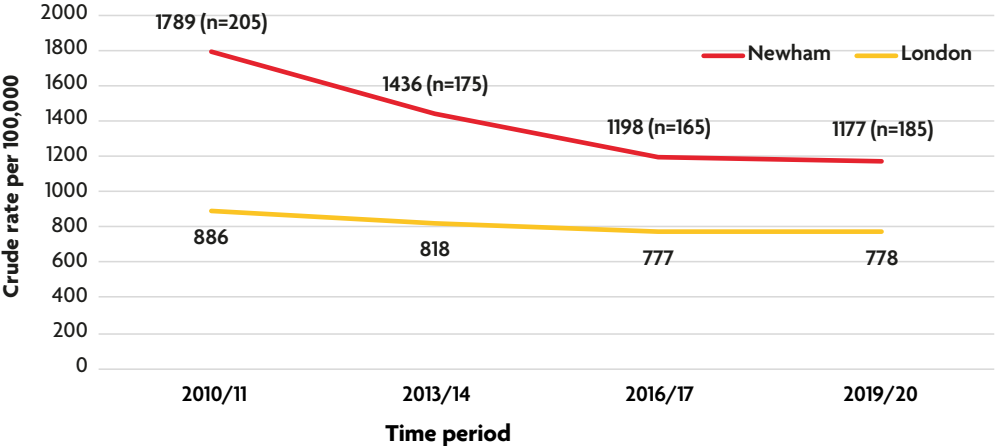


3. Access Economics (2009), Future Sight Loss UK 1: Economic Impact of Partial Sight and Blindness in the UK adult population. RNIB

4. Sight loss: a public health priority (2014), RNIB [www.rnib.org.uk/services-we-offer-advice-professionals-health-professionals/public-health-professionals](http://www.rnib.org.uk/services-we-offer-advice-professionals-health-professionals/public-health-professionals)

In 2019/20, levels of blindness or partial sight among Newham residents aged 65 to 74 were significantly higher than London.

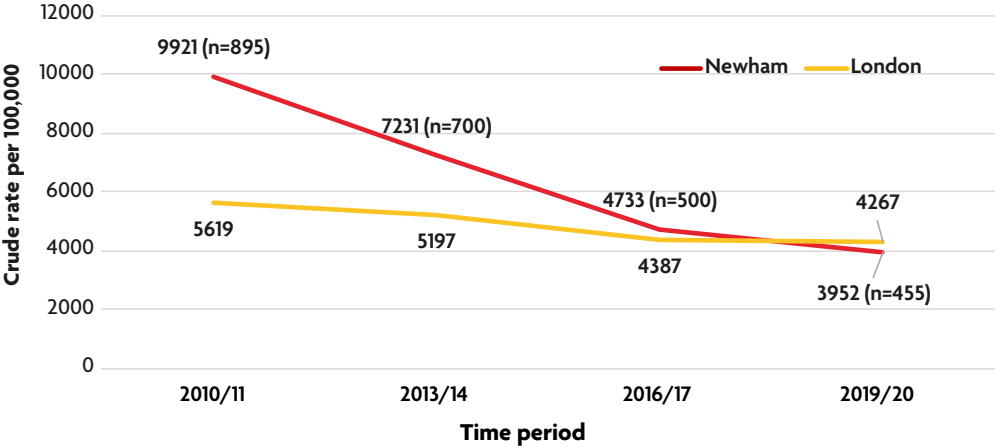
Figure 67: People aged 65-74 who are registered blind or partially sighted



Source: NHS Digital and Office for National Statistics via Fingertips, OHID

In 2019/20, levels of blindness or partial sight among Newham residents 75+ were similar to London overall.

Figure 68: People aged 75+ who are registered blind or partially sighted



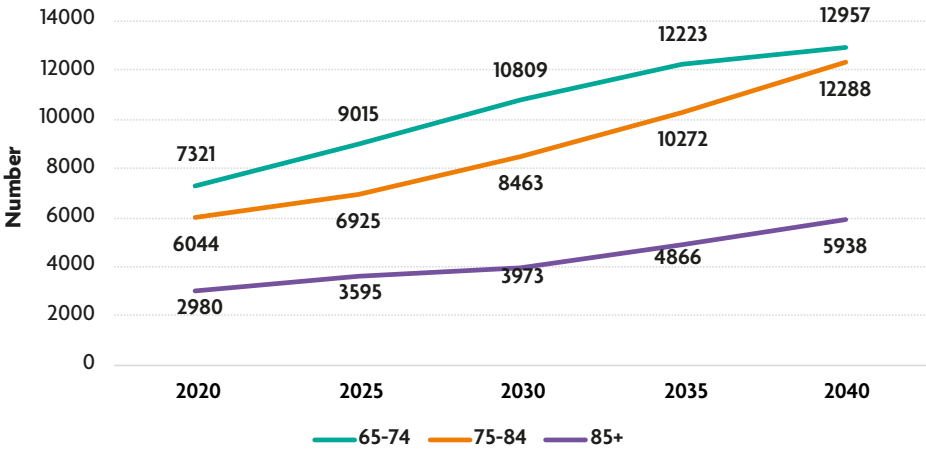
Source: NHS Digital and Office for National Statistics via Fingertips, OHID

# Hearing loss

## Some degree of hearing loss

- The chart below shows the number of Newham residents aged 65 and over predicted to have some degree of hearing loss.
- The total number of people affected is predicted to be highest among ages 65 to 74 and lowest among 85+.

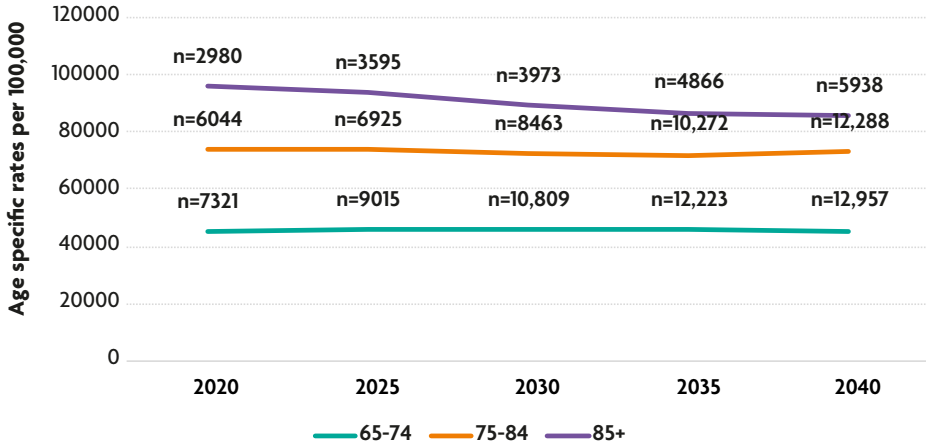
Figure 69: People predicted to have some hearing loss, 2020-2040, number



Source: POPPI (Projecting Older People Population Information System) – Oxford Brookes University

- The chart below shows the rate per 100,000 of Newham residents aged 65 and over predicted to have some degree of hearing loss.
- The rate is a fairer comparison than total numbers of people, as it takes into account the size of the population of that age.
- The chart shows number of people (n=) as well as rates.

Figure 70: People predicted to have some hearing loss, 2020-2040, rate

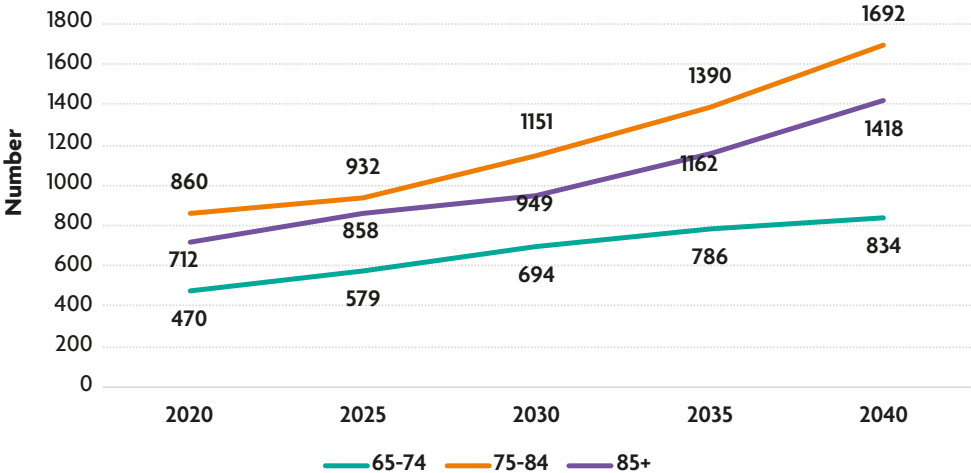


Source: POPPI (Projecting Older People Population Information System) – Oxford Brookes University

### Severe hearing loss

- The chart below shows the number of Newham residents aged 65 and over predicted to have severe hearing loss.

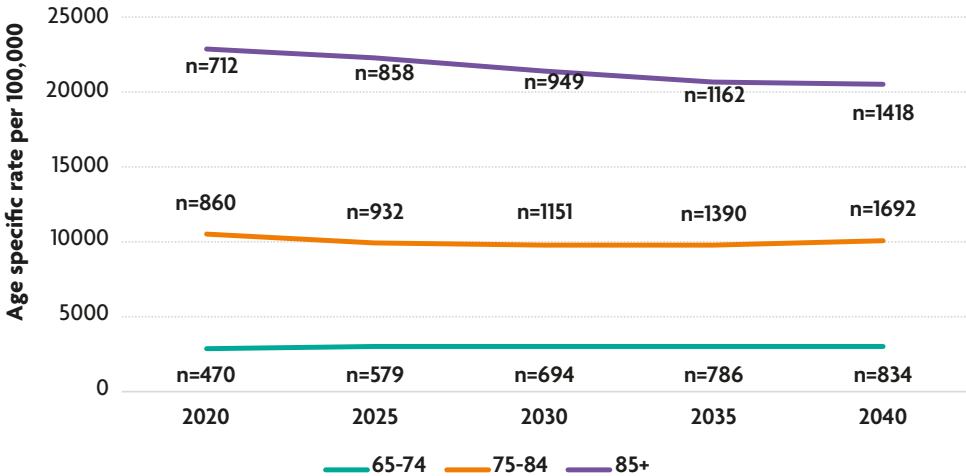
Figure 71: People predicted to have severe hearing loss, 2020-2040, number



Source: POPPI (Projecting Older People Population Information System) – Oxford Brookes University

- The chart below shows the rate per 100,000 of Newham residents aged 65 and over predicted to have severe hearing loss.
- The rate is a fairer comparison than total numbers of people as it takes into account the size of the population of that age.
- This graph shows counts (n=) as well as rates.

Figure 72: People predicted to have severe hearing loss, 2020-2040, rate



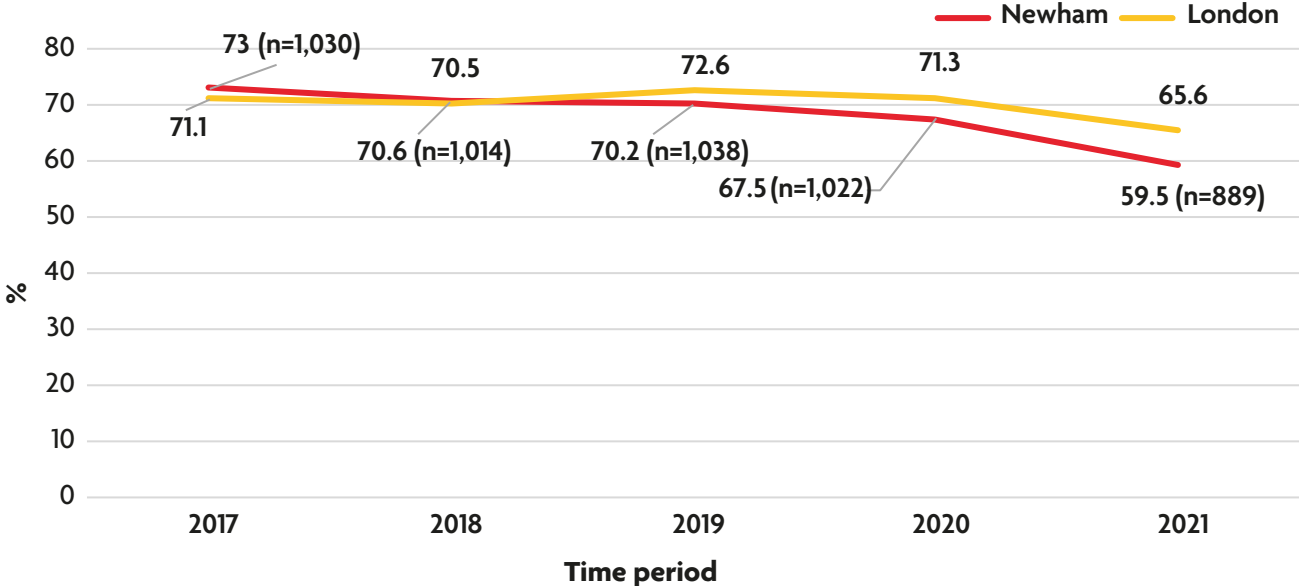
Source: POPPI (Projecting Older People Population Information System) – Oxford Brookes University



# Dementia

- There is a commitment to increase the number of people living with dementia who have a formal diagnosis.
- A timely diagnosis enables people living with dementia, their carers and healthcare staff to plan and work together to improve health and care outcomes.
- The chart shows the estimated proportion of people aged 65+ with dementia who have received a formal diagnosis.
- The lower the proportion, the higher the level of undiagnosed dementia (so a low proportion is bad).
- In 2021, an estimated 6 in 10 Newham residents with dementia had been formally diagnosed. This suggests around 4 in 10 people with dementia were undiagnosed.
- Newham has been lower (worse) than London since 2018.

Figure 73: Estimated dementia diagnosis rate aged 65 - under-diagnosis of dementia

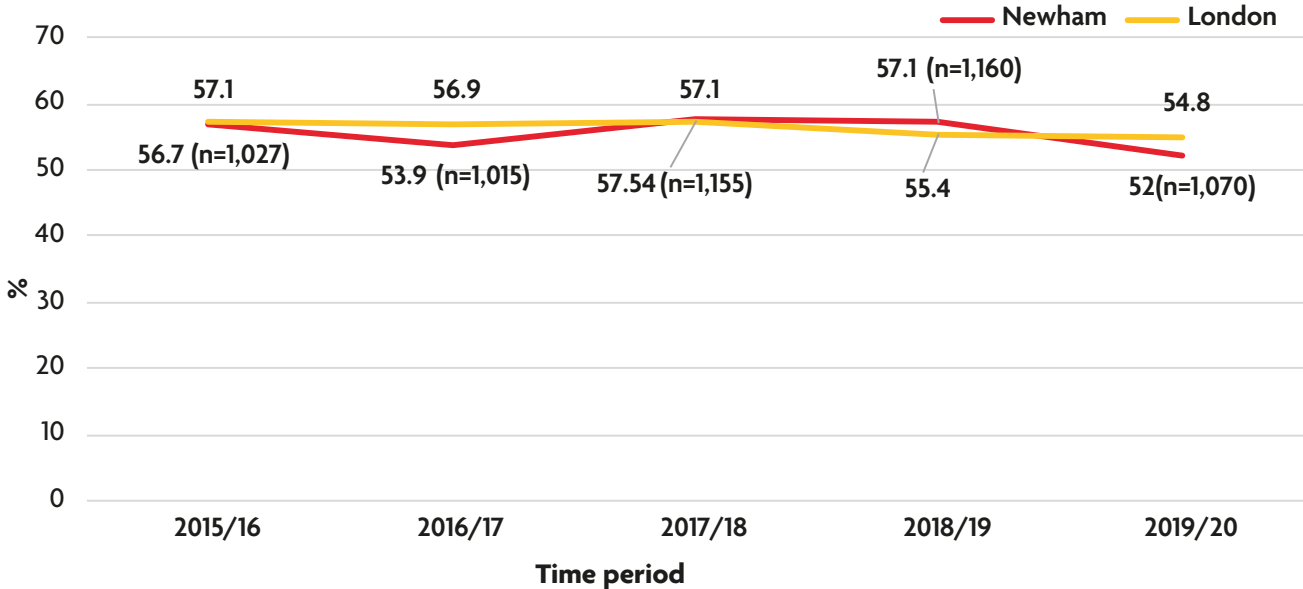


Source: NHS Digital via Fingertips, OHID

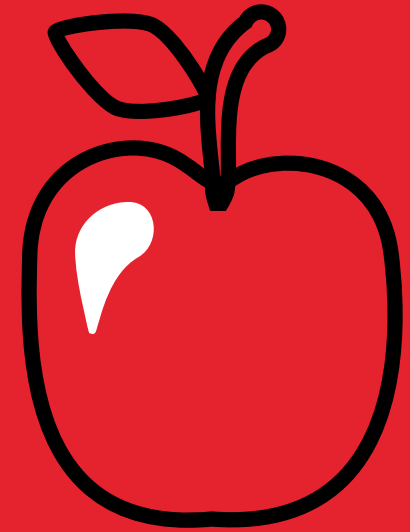
# Adult Social Care

- The chart shows the percentage of adult social care users aged 65 and over who are in receipt of long-term support services, funded or managed by social services, following a full assessment of need.
- The question asked was “Overall, how satisfied or dissatisfied are you with the care and support services you receive?”.
- Those who answered “I am extremely satisfied” or “I am very satisfied” (considered strong satisfaction) were included in the counts in the charts.

Figure 74: Adult Social Care users satisfied with care and support services, aged 65+



Source: Adult Social Care Outcomes Framework based on the Personal Social Services Adult Social Care Survey, NHS Digital, via Fingertips, OHID



# HEALTH OUTCOMES

# Summary

## Weight

- The proportion of adults aged 18 and over classified as overweight or obese has historically been higher in Newham than London. In 2020/21 an estimated 6 in 10 Newham residents aged 18+ were overweight or obese.

## Long-term health conditions (LTC)

- The age band 50-59 has the highest number of people with one or more LTC. However the prevalence\* of LTCs increases with age; 36% of 50-59 year olds have no LTCs whereas only 7% of those 80+ have none.
- LTCs also vary significantly across ethnic groups. Levels of LTCs are higher among Asian (78%) and Black (75%) groups compared to Mixed and White groups.
- Among people with 2 or more LTCs, the most common combination is type 2 diabetes and obesity. Broken down by ethnicity, for White groups it is obesity and common mental illness, for Asian groups it is obesity and type 2 diabetes and for Black groups it is obesity and osteoporosis.
- The overall top 5 LTCs are hypertension, osteoarthritis, type 2 diabetes, chronic kidney disease and common mental illness.

## Mental health

- In 2017 an estimated 14% of Newham residents aged 65+ had a common mental health illness, which is defined as any type of depression or anxiety.

## Premature mortality (deaths under 75 years of age)

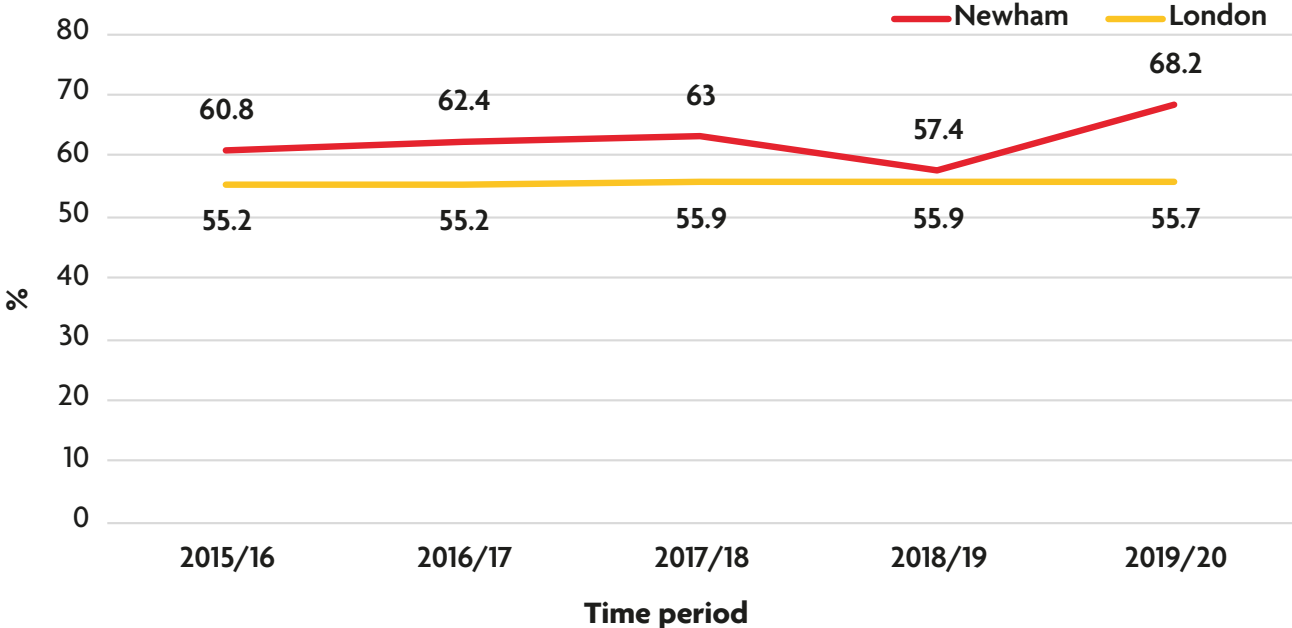
- The rate of early deaths from cardiovascular and respiratory disease has been higher in Newham than London. The trend for premature mortality in cardiovascular disease in Newham is rising whereas in respiratory disease, the rates are falling.
- The rate of premature mortality from cancer in Newham has fallen from 2017 – 2020 and in 2020 the rates were slightly lower (better) than London.
- The rate of deaths in people aged 65 and over with dementia fell from 850 per 100,000 (n=201) in 2018 to 724 (n=182) in 2019.

\*prevalence = proportion of people with a specific disease or characteristic

# Weight

- The chart shows the percentage of adults 18+ classified as overweight or obese (body mass index greater than 25kg/m2).
- In 2019/20, almost 7 in 10 Newham adults aged 18+ were overweight or obese.
- The level in Newham has been consistently higher (worse) than London.
- In 2019/20 Newham was the 2nd highest (worst) borough behind Bexley.

Figure 75: Adults 18+ classified as overweight or obese



Source: Active Lives Adult Survey, Sport England via Fingertips, OHID

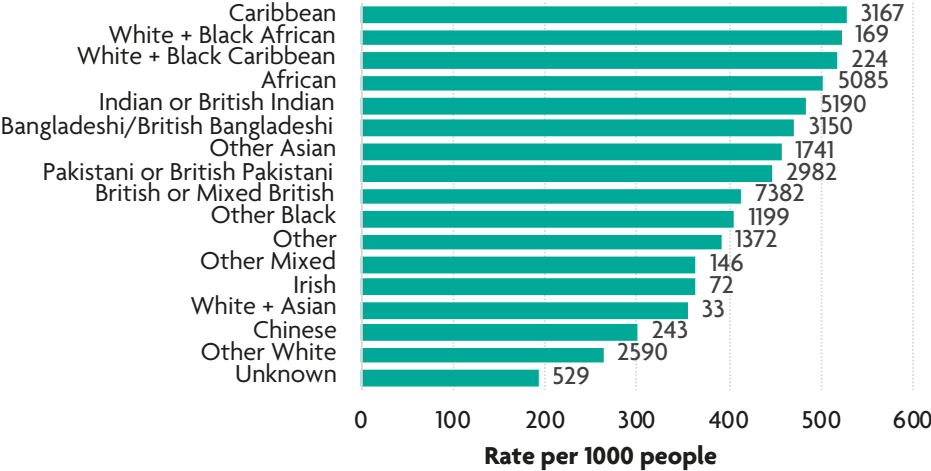
# Long-term health conditions

## Top five long-term health conditions

The charts show the level of each condition amongst residents in different ethnic groups.

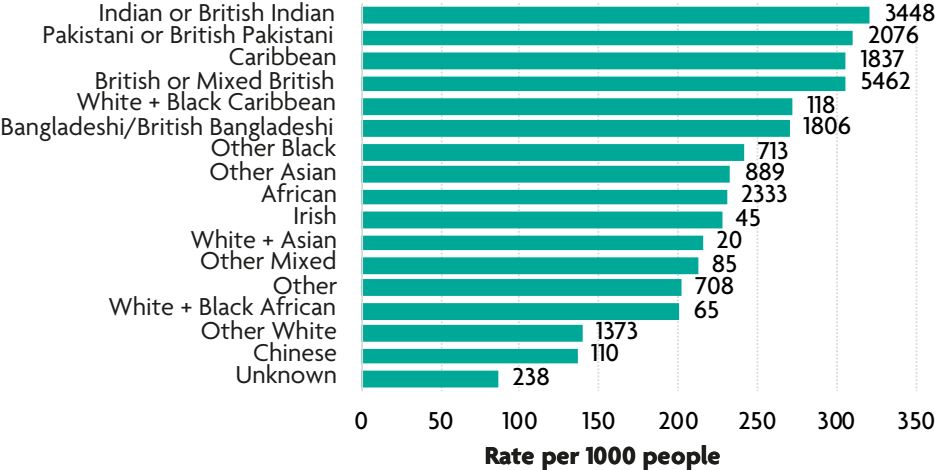
### High blood pressure (hypertension)

Figure 76: Hypertension, rate per 1000, 2020



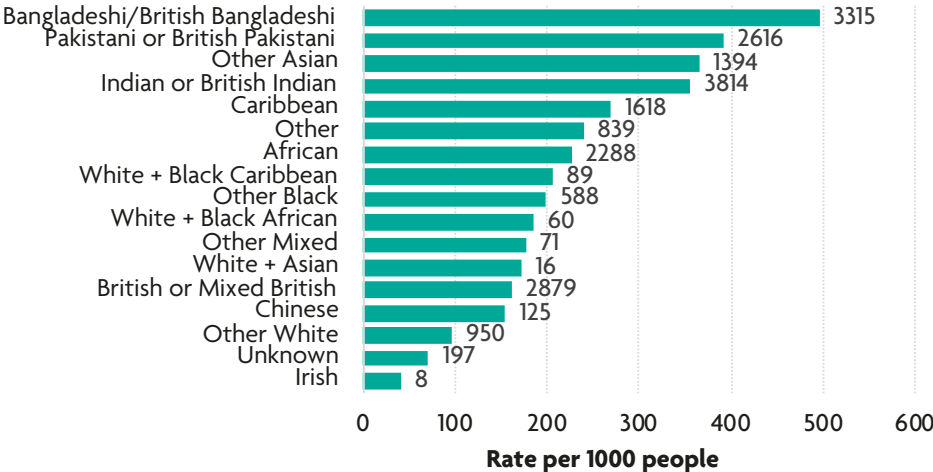
### Osteoarthritis

Figure 77: Osteoarthritis, rate per 1000, 2020



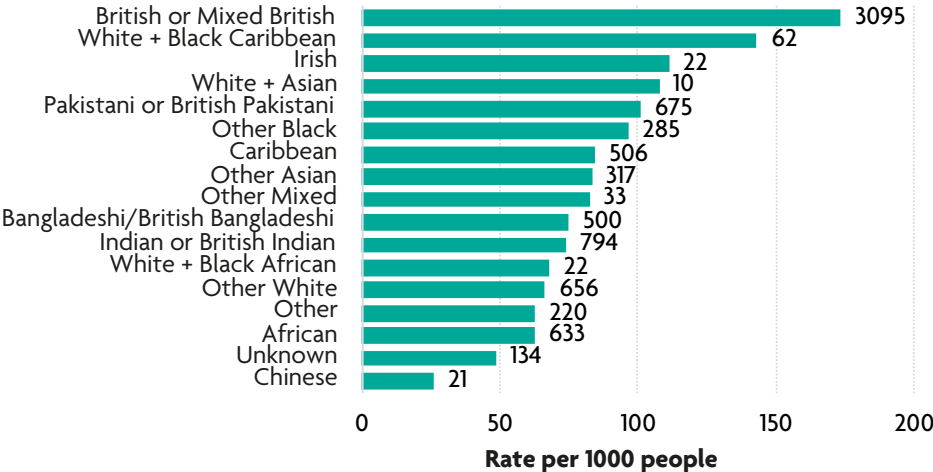
**Type 2 diabetes**

**Figure 78: Type 2 diabetes, rate per 1000, 2020**



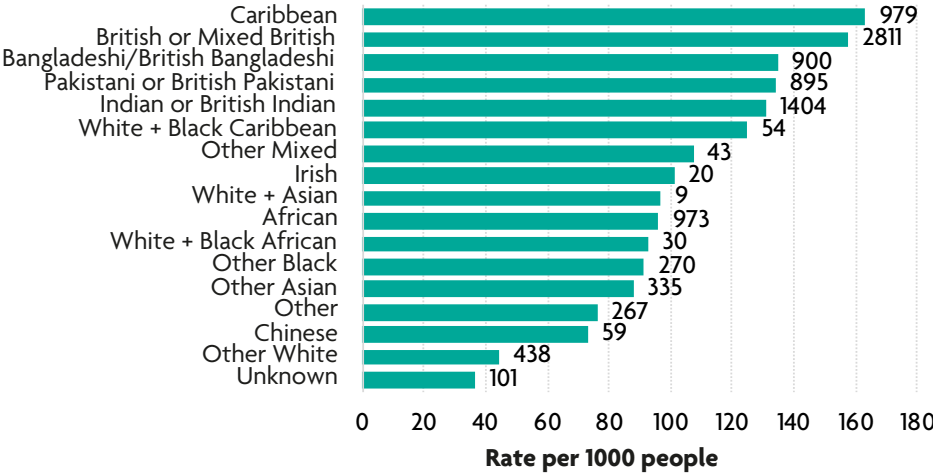
**Common mental illness**

**Figure 80: Common mental illness, rate per 1000, 2020**



**Chronic kidney disease**

**Figure 79: Chronic kidney disease, rate per 1000, 2020**



Common mental illness is any type of depression or anxiety.

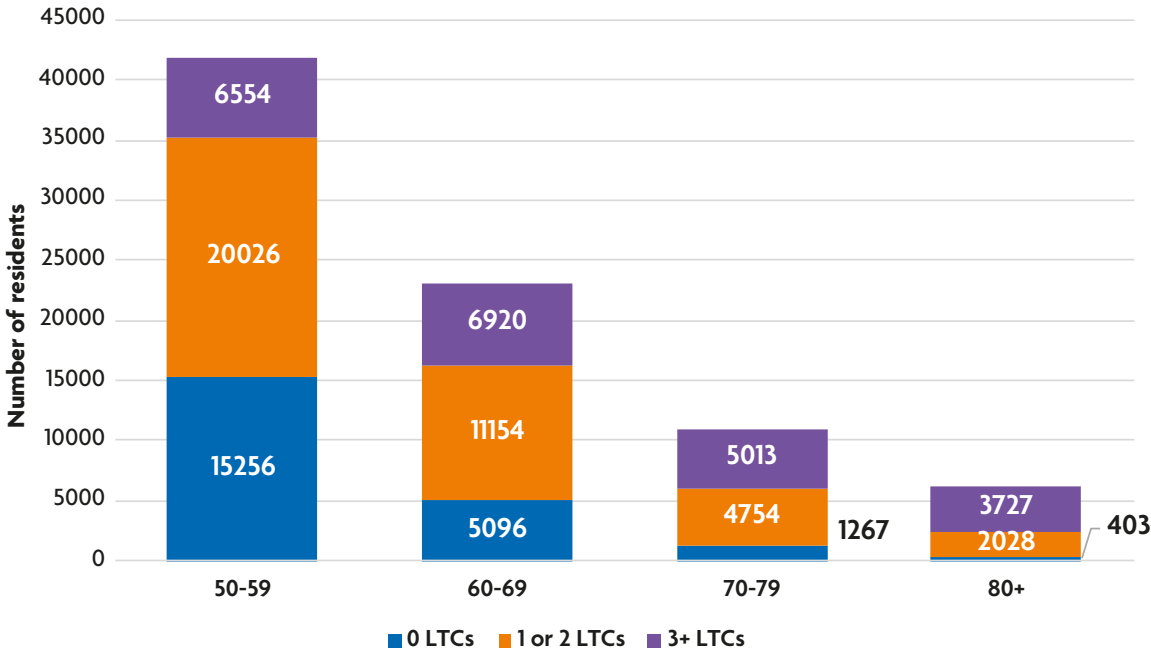
# Multi-morbidity

Multi-morbidity means having more than one long-term health condition (LTC).

## By age

- The 50-59 age group has the highest number of residents with at least 1 LTC at 26,580 people, with the 80+ group having the smallest at 5,755 people.
- However, the prevalence of at least 1 LTC within age groups gets larger with age. 36% of 50-59s have no LTCs while only 7% of residents aged 80+ have no LTCs.
- Similarly, prevalence of 3 or more LTCs grows with age. 16% of 50-59s have 3+ LTCs, while the figure is 61% among residents aged 80+.
- There is significant variation in the population. For example, some residents aged 50-59 have 3+ LTCs while some aged 80+ have none.

Figure 81: Number of long term conditions (LTCs) by age group



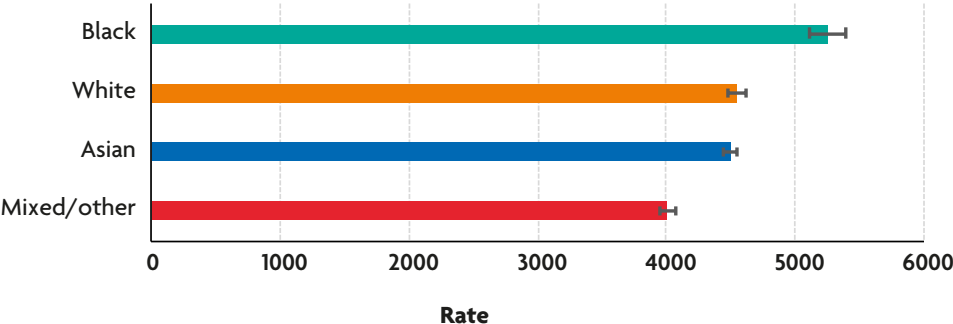
Source: CEG



### By ethnic group

- The rate (per 10,000) of residents living with 1 or 2 LTCs is highest in Black groups – significantly higher than all other groups.
- White and Asian groups have a similar rate of 1 or 2 LTCs.

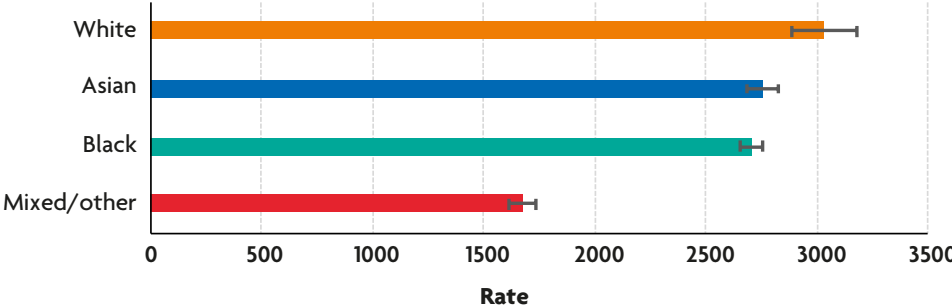
Figure 82: 1 or 2 LTCs, age 50+, rate per 10,000, 2019



Source: CEG 2019

- The rate (per 10,000) of residents living with 3+ LTCs is highest in White groups – significantly higher than all other groups.
- Black and Asian groups have a similar rate of 3+ LTCs.

Figure 83: 3+ LTCs, age 50+, rate per 10,000, 2019



Source: CEG 2019

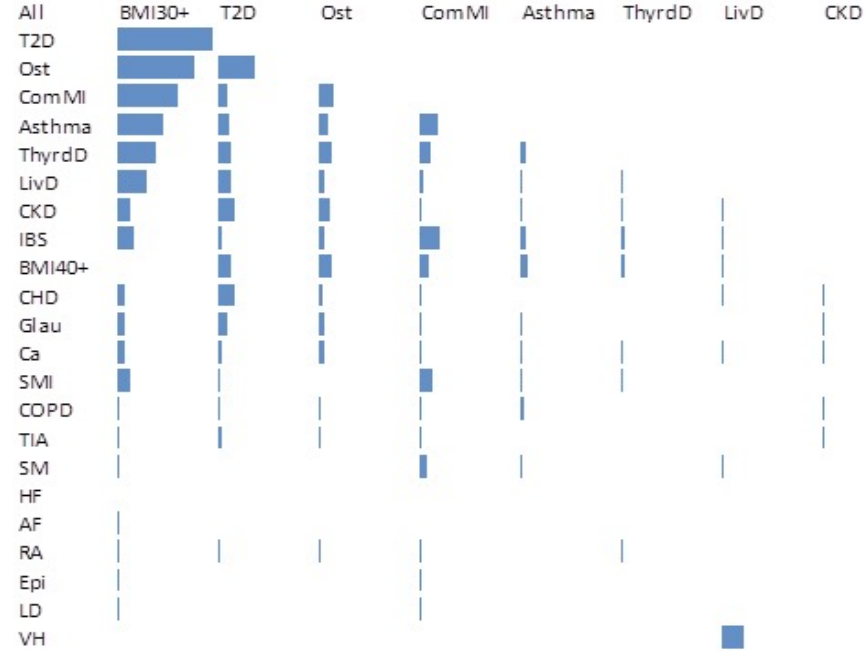
### Patterns of long-term conditions

The charts show the numbers of residents with at least two LTCs, and which LTCs are most commonly found together.

Among all Newham residents aged 50+, obesity and type 2 diabetes are the two LTCs most commonly found together.

Obesity and osteoarthritis and obesity and common mental illness are the next most common combinations. Common mental illness is any type of depression or anxiety.

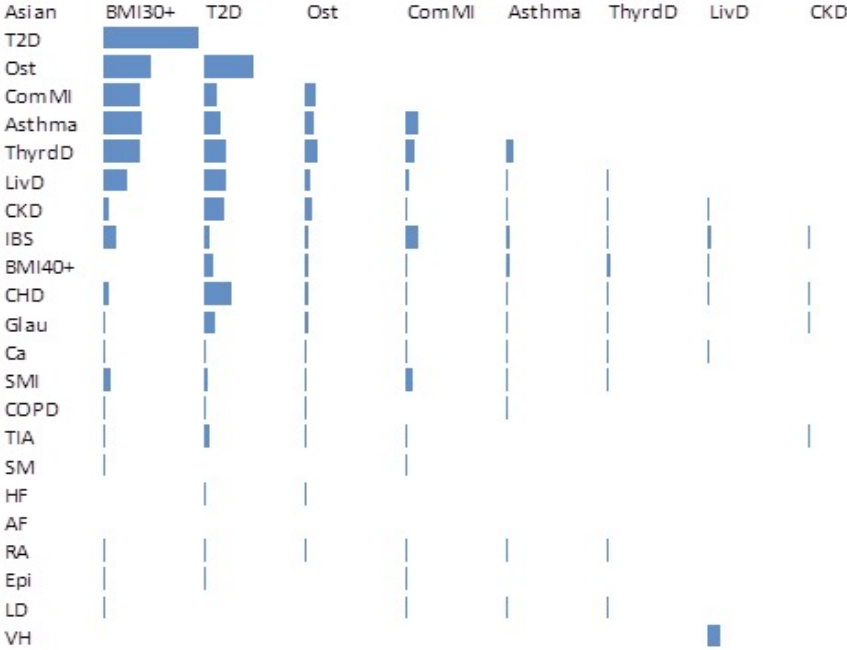
Figure 84: All residents



Source: CEG

Among Asian residents, the most common combination of LTCs is obesity and type 2 diabetes.

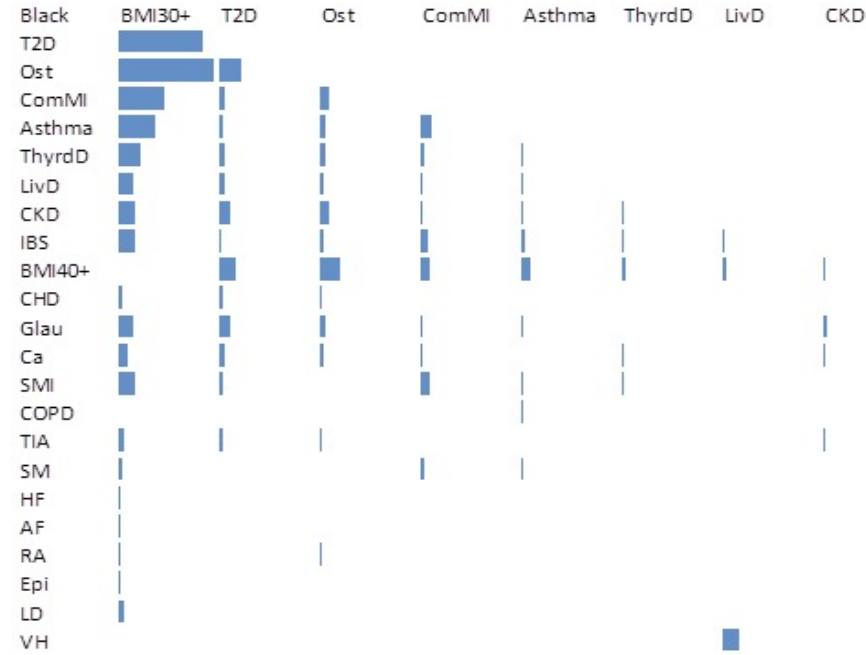
Figure 85: Asian



Source: CEG

Among Black residents, the most common combination of LTCs is obesity and osteoarthritis.

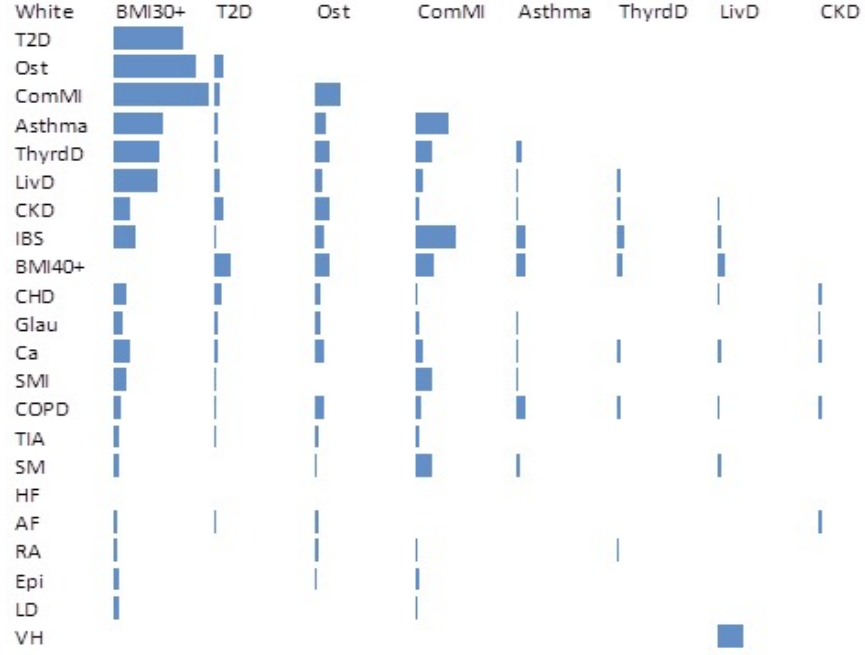
Figure 86: Black



Source: CEG

Among White residents, the most common combination of LTCs is obesity and common mental illness.

Figure 87: White residents



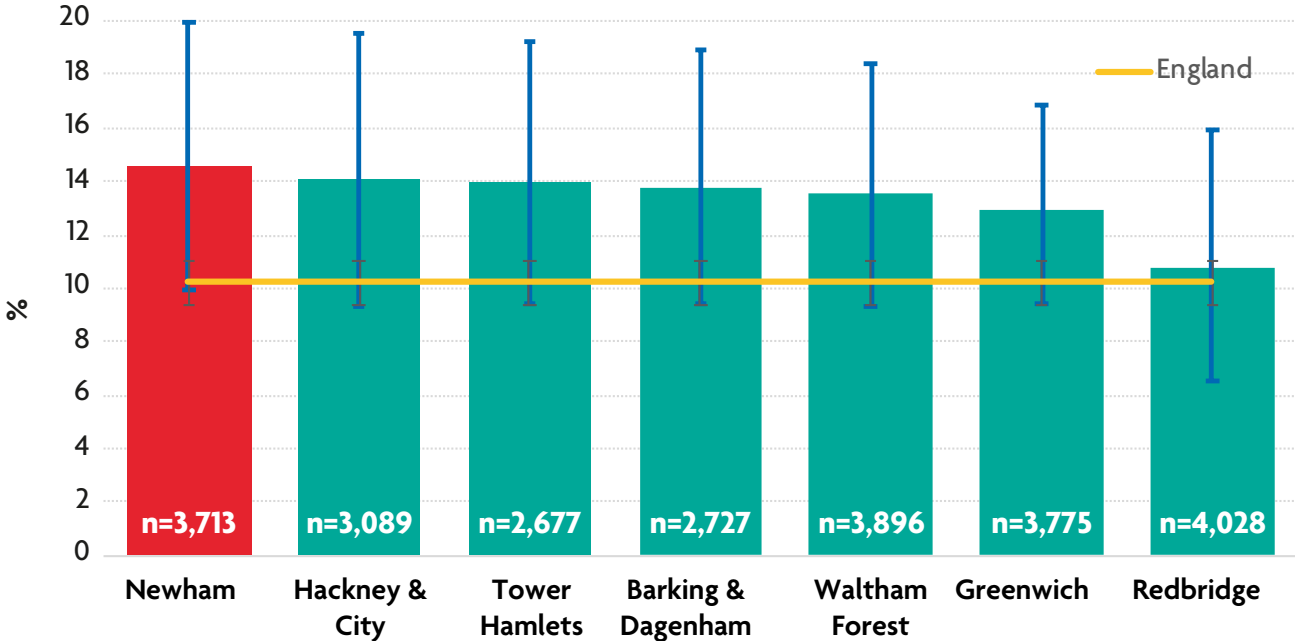
Source: CEG

|               |                        |               |                                 |             |                                       |            |                         |
|---------------|------------------------|---------------|---------------------------------|-------------|---------------------------------------|------------|-------------------------|
| <b>T2D</b>    | Type 2 diabetes        | <b>IBS</b>    | Irritable bowel syndrome        | <b>COPD</b> | Chronic obstructive pulmonary disease | <b>Epi</b> | Epilepsy                |
| <b>Ost</b>    | Osteoarthritis         | <b>BMI40+</b> | Body Mass Index of 40 and above | <b>TIA</b>  | Transient ischaemic attack            | <b>LD</b>  | Learning disability     |
| <b>ComMI</b>  | Common mental illness  | <b>CHD</b>    | Coronary heart disease          | <b>SM</b>   | Substance misuse                      | <b>VH</b>  | Ventricular hypertrophy |
| <b>ThyrdD</b> | Thyroid disease        | <b>Glau</b>   | Glaucoma                        | <b>HF</b>   | Heart failure                         |            |                         |
| <b>LivD</b>   | Liver disease          | <b>Ca</b>     | Cancer                          | <b>AF</b>   | Atrial fibrillation                   |            |                         |
| <b>CKD</b>    | Chronic kidney disease | <b>SMI</b>    | Serious mental illness          | <b>RA</b>   | Rheumatoid arthritis                  |            |                         |

# Mental health

- This graph shows the estimated prevalence of people aged 65+ who have a common mental health disorder – which is defined as any type of depression or anxiety.
- In 2017 an estimated 14% of Newham residents aged 65+ had a common mental health disorder.
- Newham had the highest estimated prevalence when compared with geographical neighbours, although there was no significant difference between them nor England values.
- The indicator measurement changed slightly and therefore there is no trend data for comparison.

Figure 88: Estimated prevalence of common mental health disorders % of population aged 65+ (2017)



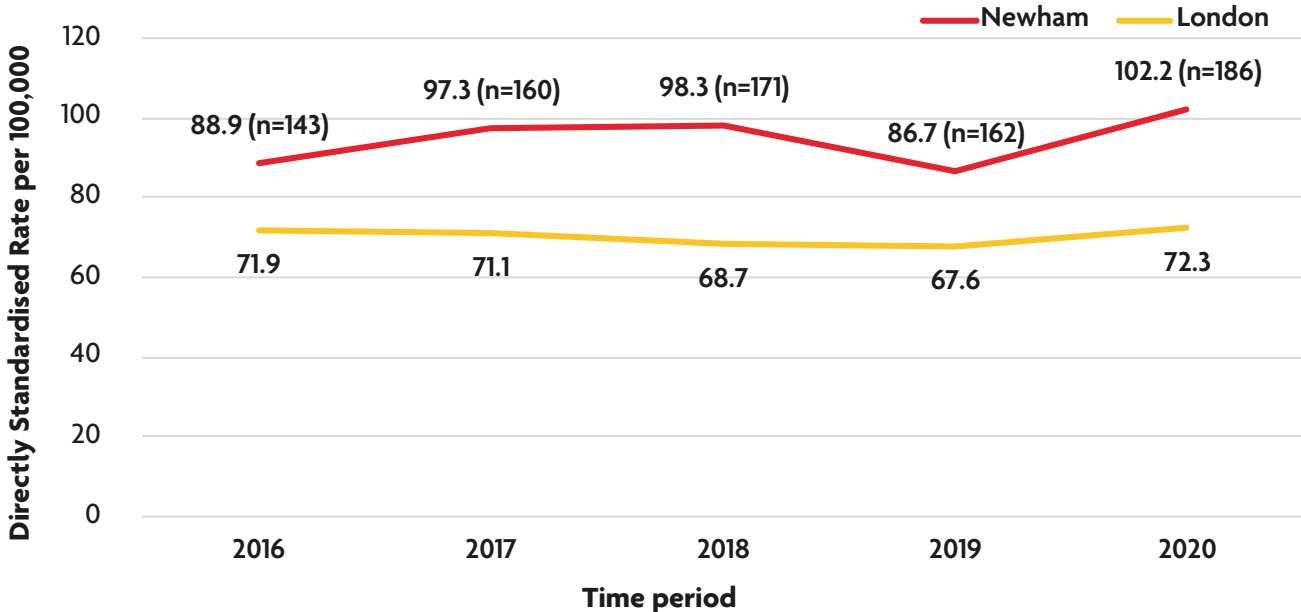
Source: APMS (Adult Psychiatric Morbidity Survey, 2014) via Fingertips, OHID

# Early deaths

## Cardiovascular disease

- An “early death” is considered to be a death occurring when a person is under 75 years old.
- Cardiovascular disease (CVD) is one of the major causes of early death in under 75s in England.
- Early deaths from cardiovascular disease in Newham are generally rising. In 2020 the rate was significantly higher (worse) than London.

Figure 89: Under 75 mortality rate from all cardiovascular disease

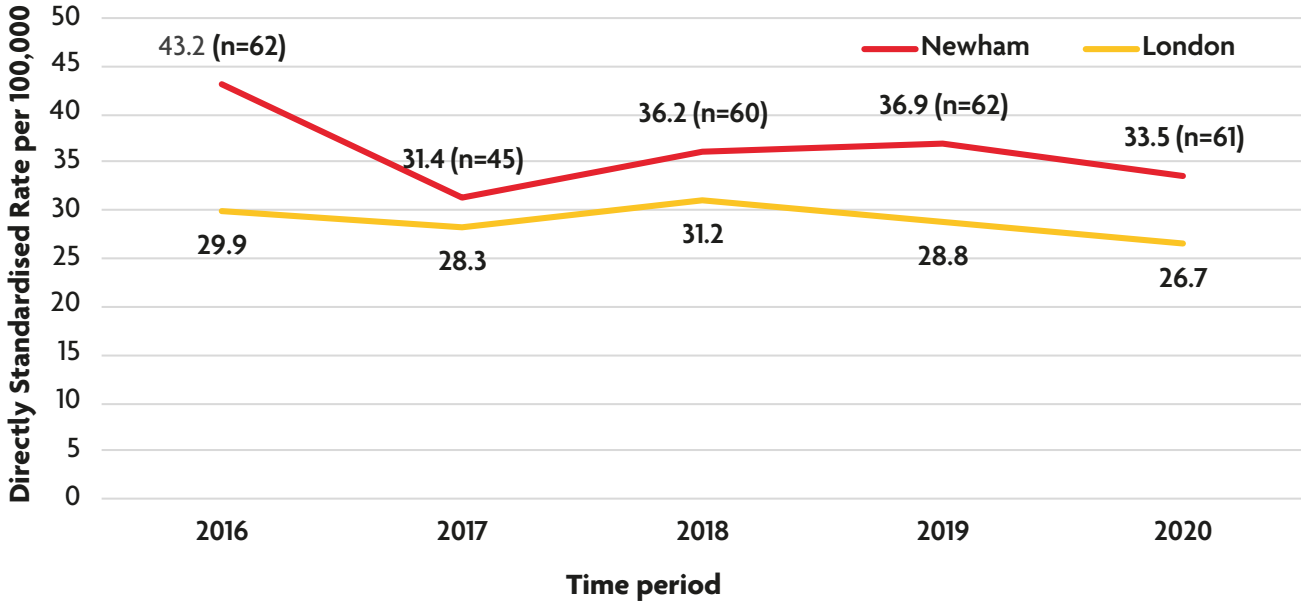


Source: Office for National Statistics via Fingertips, OHID

## Respiratory disease

- An “early death” is considered to be a death occurring when a person is under 75 years old.
- Respiratory disease is one of the top 5 causes of early death in England in under 75s.
- Smoking is the major cause of Chronic Obstructive Pulmonary Disease (COPD) – one of the major respiratory diseases.
- In 2020, Newham has the 4th highest (worst) level of early death from respiratory disease out of all London boroughs and worse levels than London overall.

Figure 90: Under 75 mortality rate from respiratory disease

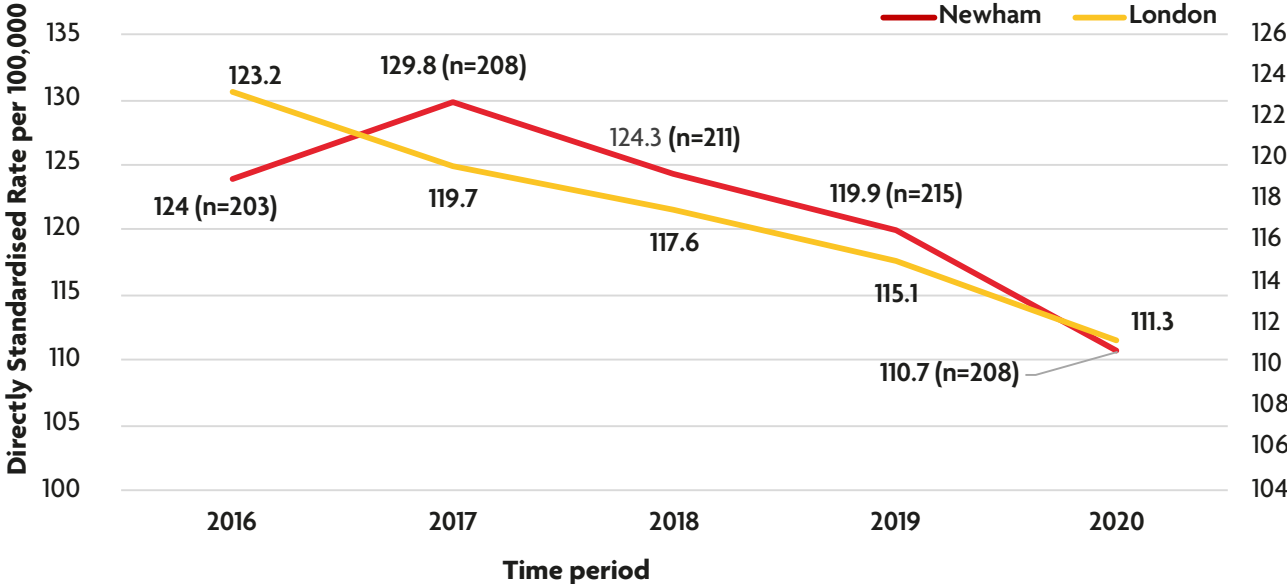


Source: Office for National Statistics via Fingertips, OHID

### Cancer

- An “early death” is considered to be a death occurring when a person is under 75 years old.
- Cancer is the highest cause of early death in England in under 75s.
- Early deaths from cancer in Newham are generally falling, following the same pattern as London.
- In 2020, values for Newham fell below (better) those of London for the first time since 2016.
- To ensure a continued reduction in the rate of premature mortality from cancer, there needs to be concerted action in both prevention and treatment.

Figure 91: Under 75 mortality rate from cancer

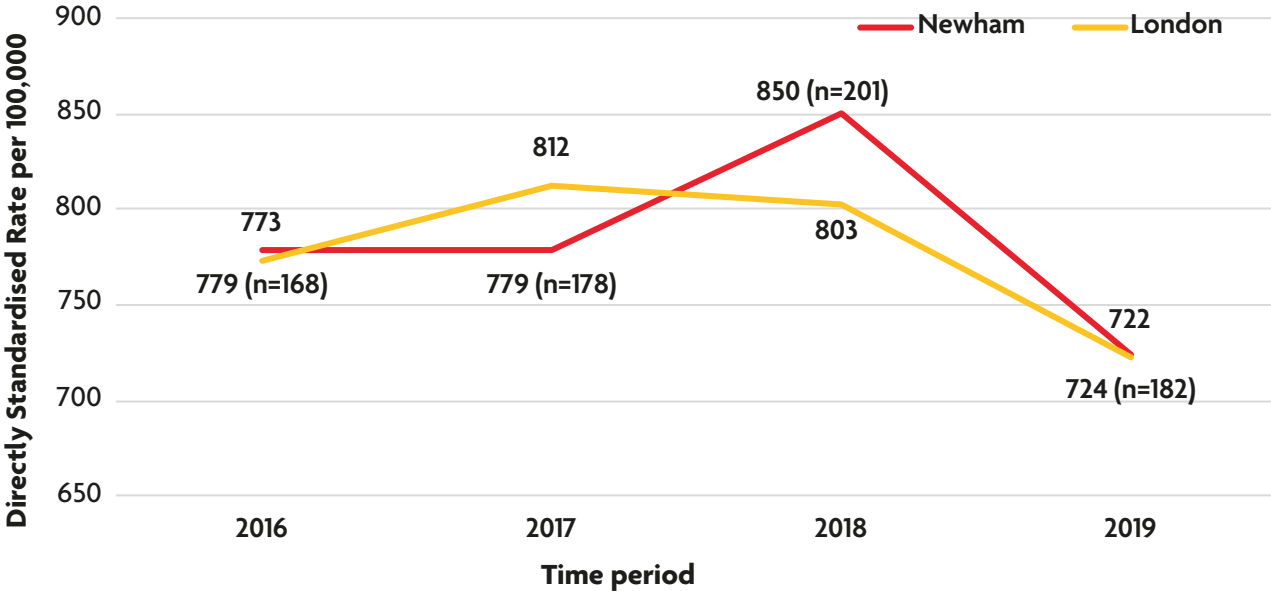


Source: Office for National Statistics via Fingertips, OHID

## Dementia

Deaths among people with dementia in Newham have fluctuated in the past few years but have followed a similar pattern to London and fallen in the latest year shown.

Figure 92: Rate of mortality – people with dementia aged 65+



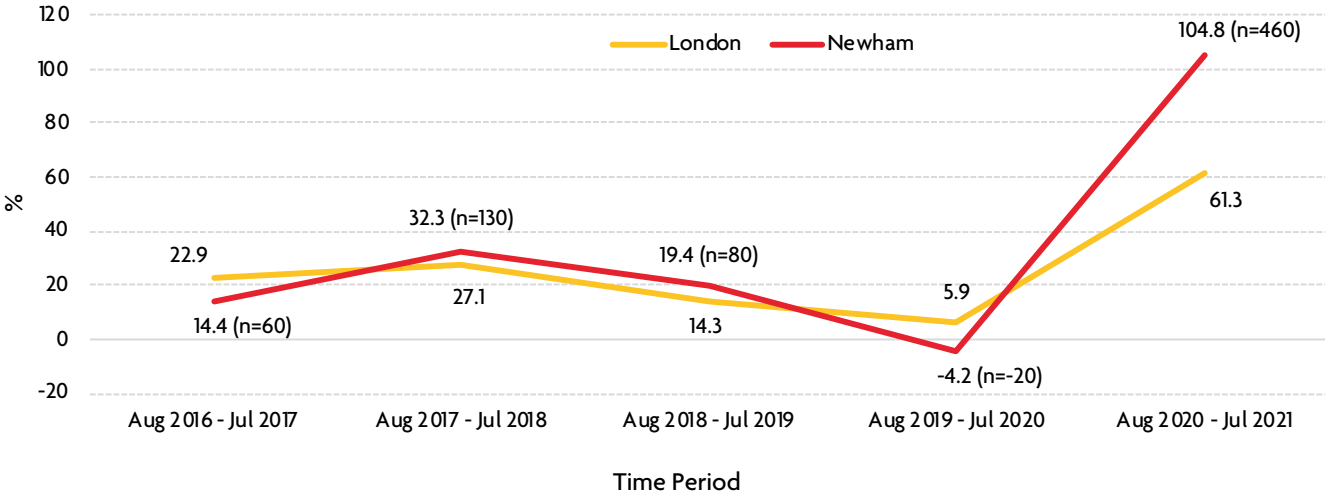
Source: Office for National Statistics Mortality File via Fingertips, OHID



### Excess winter deaths

- This indicator defines winter as December to March, and compares the number of deaths that occurred in the winter period with the average number of non winter deaths occurring in the preceding August to November and the following April to July.
- When compared to the warmer months of the year, there is a noticeable increase in the number of deaths in the winter months.
- Many factors can impact seasonal change in the number of deaths, including but not limited to: how quipped people are to cope with the drop in temperature, and the level of disease in the population.
- Historical data (pre 2020/2021) shows that the percentage of Excess deaths in Newham has been similar to London (all combined boroughs in Greater London).
- For 2020/2021, the percentage of excess deaths in Newham was significantly higher (worse) than London, and the highest (worst) of all the London boroughs.

Figure 93: Excess winter deaths



Source: Office for National Statistics: Annual Births and Mortality Extracts via Fingertips, OHID

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[www.newham.gov.uk/ageingwell](http://www.newham.gov.uk/ageingwell)