

Health Needs of Enfield residents

Summary from JSNA

26.07.2018

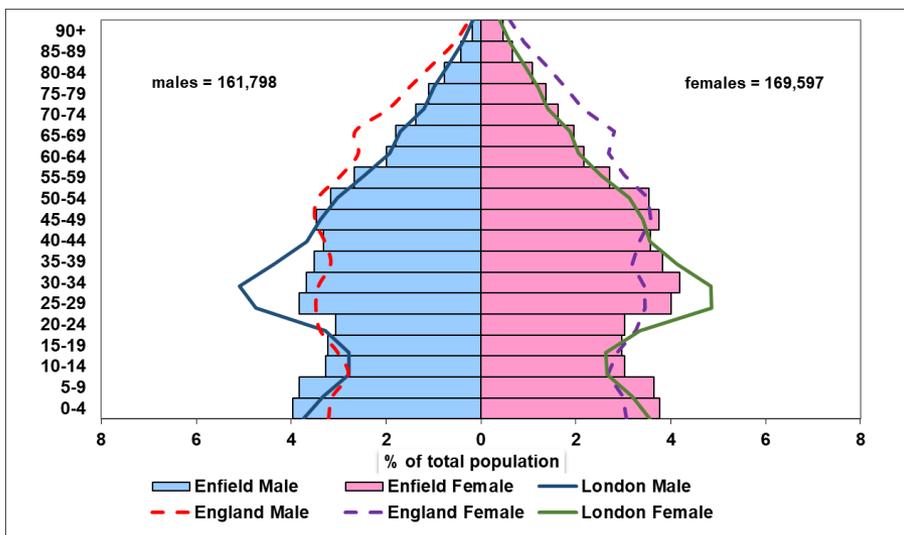
Public Health

www.enfield.gov.uk

Striving for excellence



Enfield's population structure

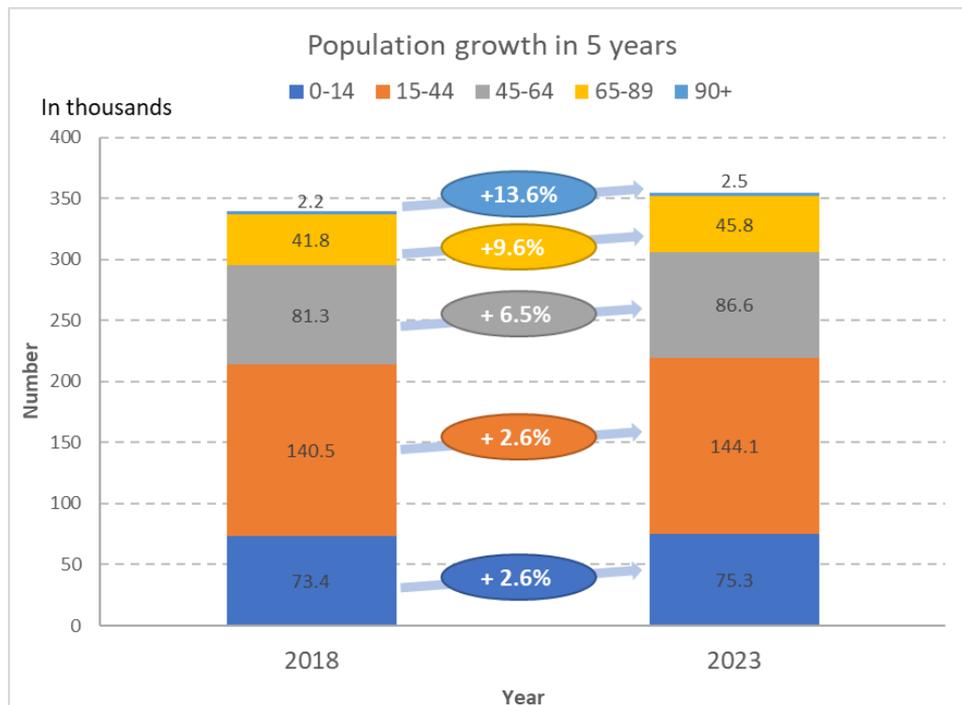


Source: ONS, Mid-2016 population estimates

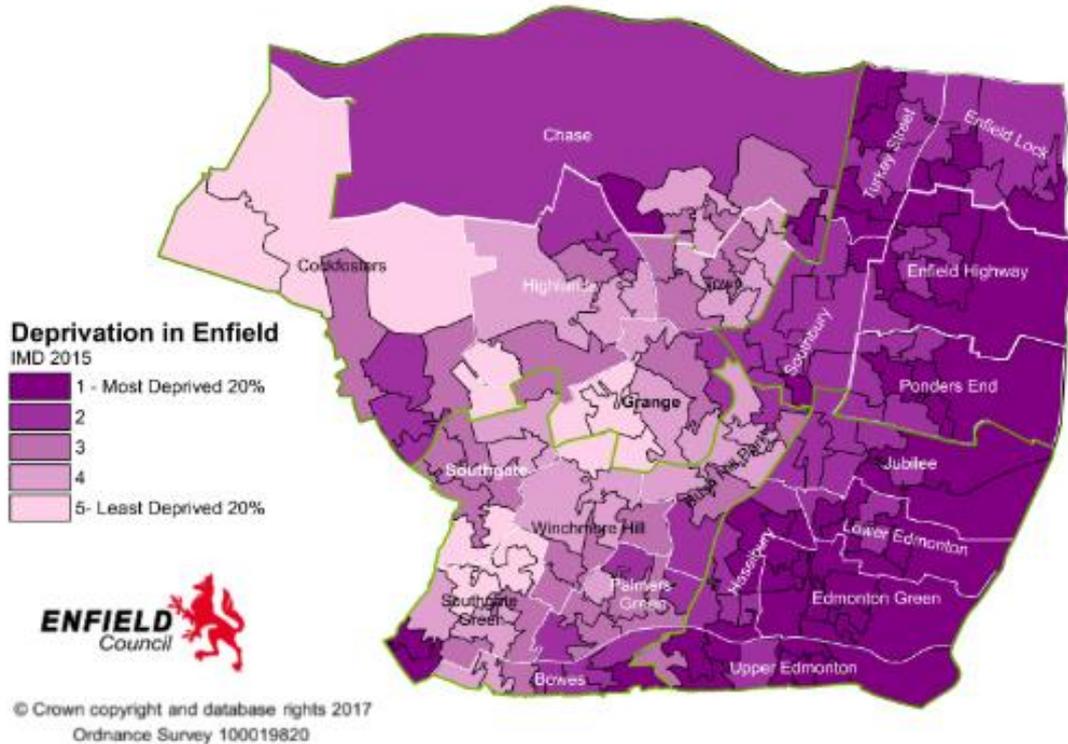
- **331,395** people in Enfield
- **5th largest** population in London
- Larger proportion of 0-19 year olds compared to London, England average.

- Enfield population projected to increase to **354,300** by 2023

Source: ONS, 2016-based population projection



Deprivation



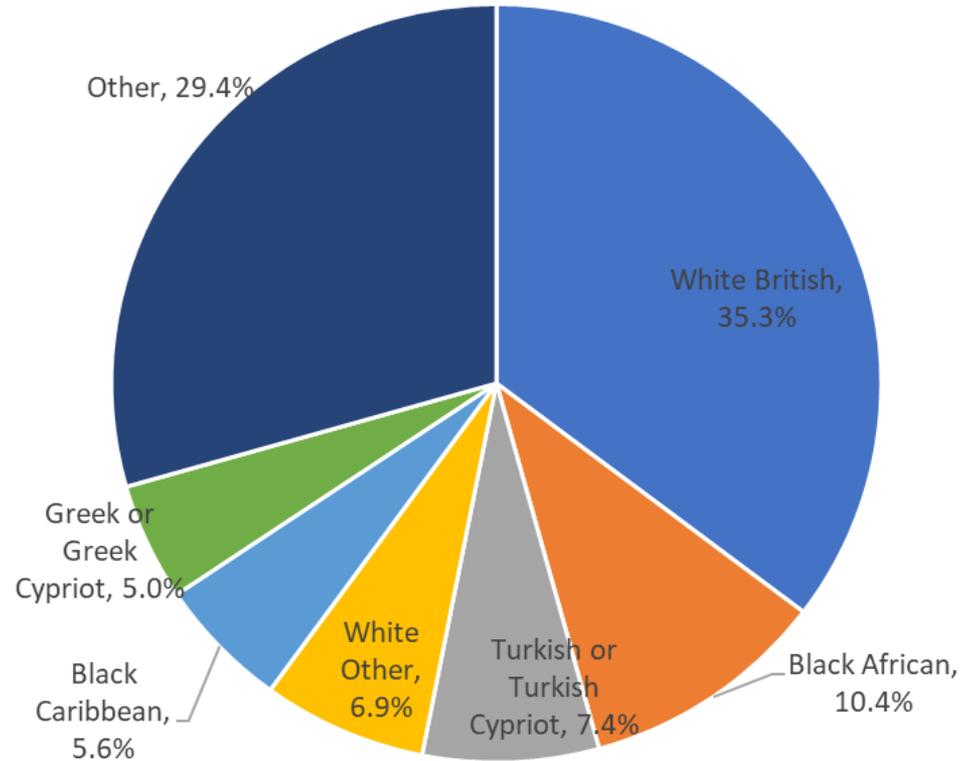
High deprivation in
East of Enfield

22%
of Enfield children
(around 19,000) lives
in poverty
This is **10th highest**
in London¹ [2015]

¹PHOF fingertips tool based on HM Revenue and Customs

Ethnicity

- Enfield is ethnically diverse borough.
- Top 5 ethnic group after White British are:
 1. Black African* (10.4%)
 2. Turkish / Turkish Cypriot (7.4%)
 3. White Other (European) (6.9%)
 4. Black Caribbean (5.6%)
 5. Greek / Greek Cypriot (5.0%)



Source: Enfield Council Estimates

*includes Somali

Life expectancy (LE) in Enfield



80.1 years

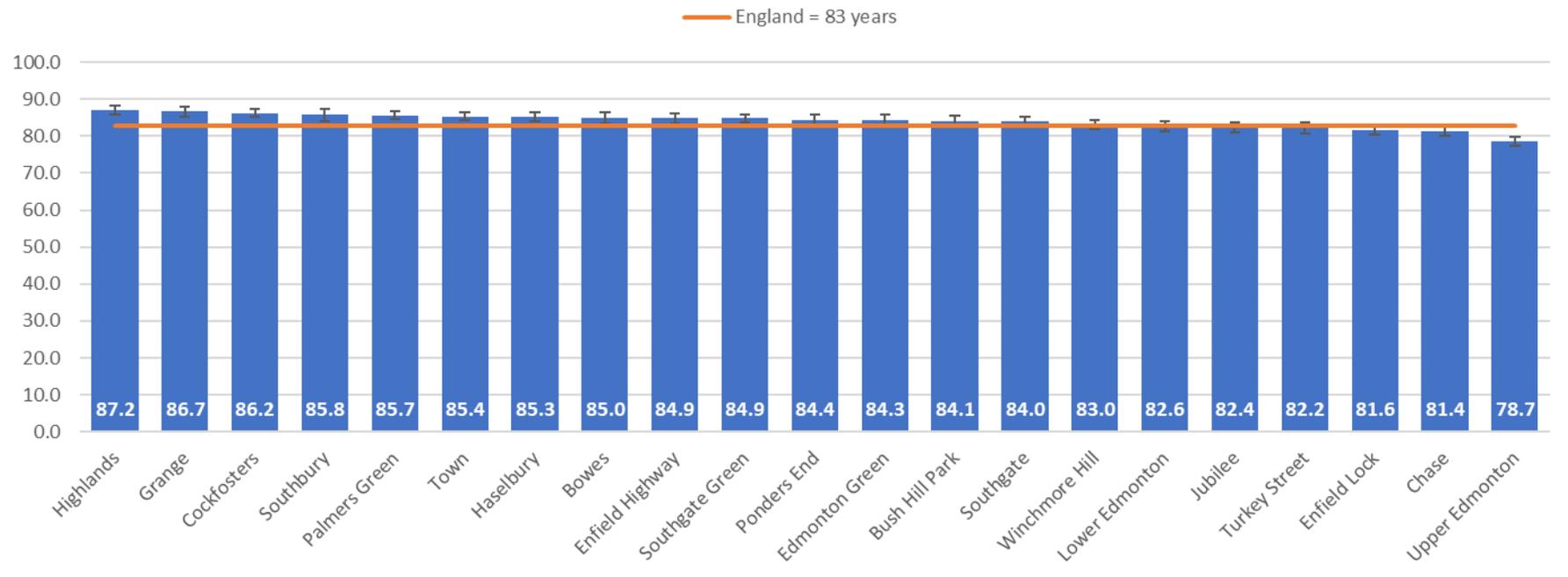


84.5 years

[2014-2016, ONS]

- Life expectancy at birth in Enfield significantly **better than England** averages, however still wide variation within the borough.
- **8.5 years difference** in Female LE between the highest (Highlands: 87.2 years) and lowest ward (Upper Edmonton: 78.7 years)

Life Expectancy at Birth, Female, Enfield Wards, 2009-2013



Healthy Life expectancy (HLE)



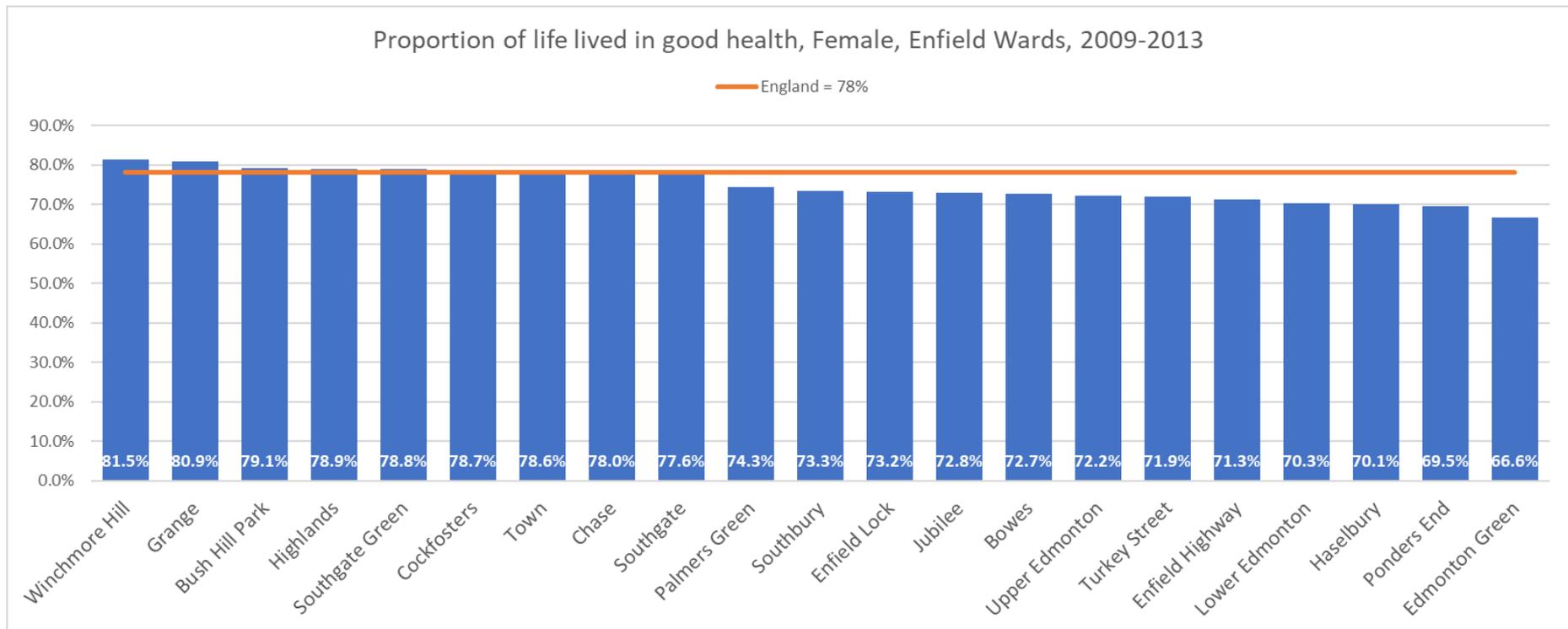
64.2 years



63.8 years

[2014-2016, ONS]

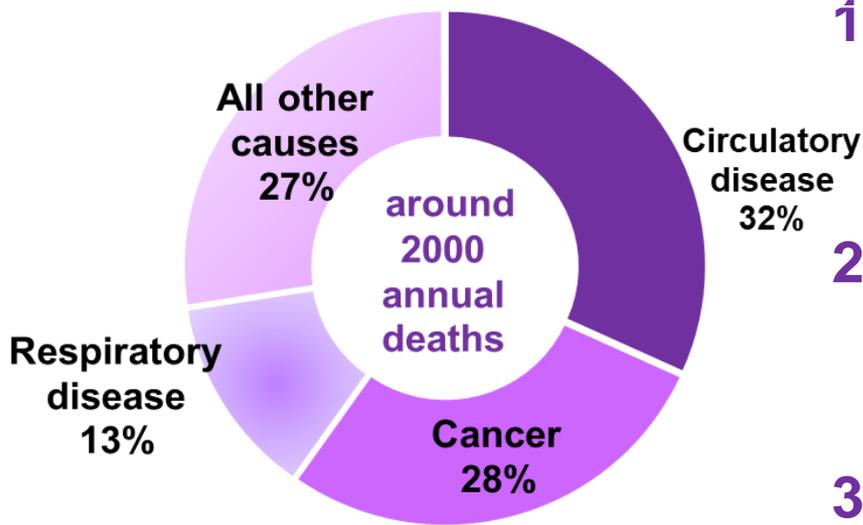
- Over 15 years lived in 'poor health' in Enfield
- Gap in LE and HLE is wide in more deprived area
- Female in Edmonton Green live 28 years in 'poor health'



Illustrating health inequality in Enfield

Winchmore Hill		Edmonton Green
81.5%	Proportion of life lived in 'good' health [2009-2013]	66.6%
9.3%	Child poverty [2015]	29.7%
70.5%	Achieving good level of development at 5 years (school readiness) [2013/14]	48.5%
74.8%	GCSE achievement (5A*-C incl. Eng & Math) [2013/14]	48.2%
23.4%	Excess weight in 10-11 year olds [2014/15-2016/17]	36.5%
17.7%	Obese Adult [2006-2008]	28.1%
6.6%	Key out of work benefits recipients [August 2016]	21.5%
25% lower than national average	Emergency admissions (All causes)	12% higher than national average
Similar to national average	Elective admissions (all causes)	20% higher than national average

Causes of death in Enfield



- 1. Circulatory disease** – coronary heart disease, stroke, heart failure, high blood pressure
- 2. Cancer** – (1) lung cancer; (2) bowel cancer; (3) breasts and prostate cancers [2014]
- 3. Respiratory disease** – including flu, pneumonia, COPD, infections



7,806 people
recorded with coronary
heart disease (2.3%)
[2016/17]



7,088 people
recorded as having
cancer (2.1%)
[2016/17]



3,511 people
Recorded with COPD
(1.1%)
[2015/16]

Behaviours – smoking in Enfield



Over 37,000
Enfield adults smoke
(14.9%) [2017]

Smoking prevalence in Enfield (14.9%) is similar to the national (14.9%) and London (14.6%) average.



1 in 14
Enfield mothers smoke during pregnancy. Increasing trend and the **5th worst** in London

Smoking prevalence in Turkish community



Just over 1 in 4 young people (28%)



50% of adult

927
Deaths in Enfield attributable to smoking (225.6 per 100,000). Significantly **lower** than the national rate (272.0 per 100,000) [2014-2016]



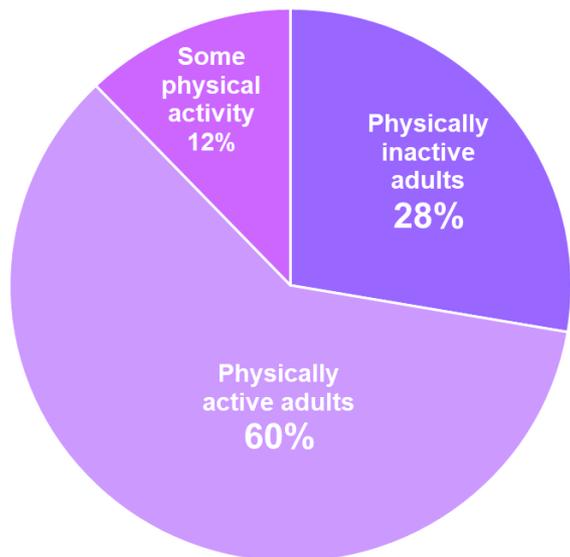
£60.5M
Estimated costs of smoking in Enfield

70%
of smokers in England said they would like to quit smoking

3.5%
of 15 year olds in Enfield are current smokers Significantly lower than England (8.2%) and London (6.1%). (smoke more than one cigarette a week) [2014/15]

40.7%
of adults with serious mental illness in Enfield smoke [2014/15]

Behaviours – Physical Activity in Enfield



Over a quarter of Enfield adults (28%) are physically inactive (<30 minutes of physical activity a week). [2016/17]

Note: Physical activity includes sporting & fitness activities, dance, cycling or walking as an activity (excluding cycling or walking as transport mode)

23.5%

Enfield adults do **NOT** do any walking or cycling for any purpose in any month. [2015/16]

Percentage of people walked¹ or cycled² for travel, at least once per month, 2015/16

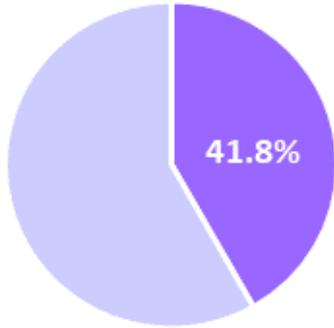
	Enfield	London	England
Walked for travel	56.9%	65.2%	49.2%
Cycled for travel	4.7%	10.8%	8.2%

Source: Active Lives Survey, Department for Transport

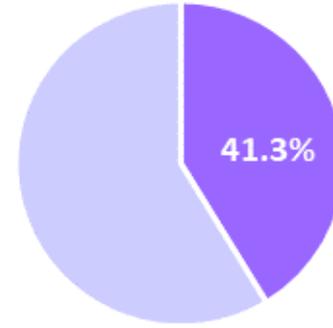
¹ "Walking" refers to any continuous walk of over 10 minutes, irrespective of purpose.

² "Cycling" refers to any cycling, irrespective of length or purpose

Behaviours – Healthy Eating



41.8% of adults not meeting '5-a-day'



41.3% 15 year olds not meeting '5-a-day'



266 fast food outlets in Enfield
Enfield's rate (82.0 per 100,000 population) similar to England (88.2)

6,746
people accessed
the North Enfield food bank.

12.6% increase compared to the
previous year.

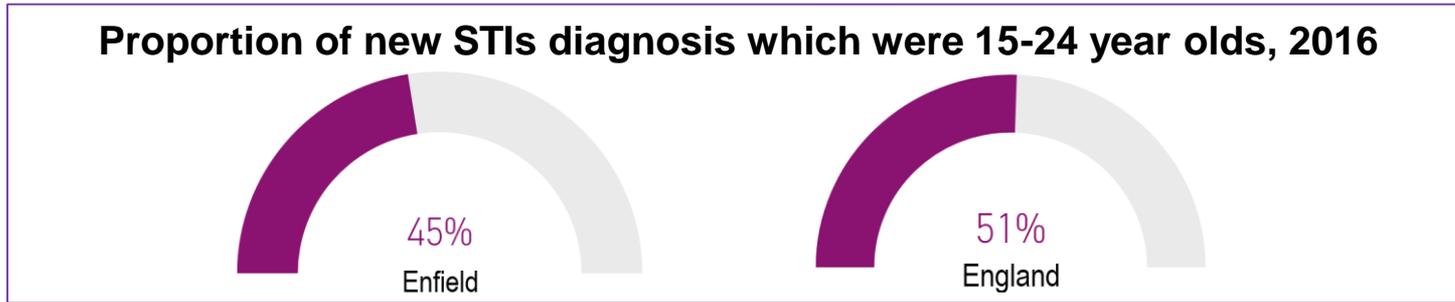
Behaviours – Sexual Health in Enfield



2,551 New STIs diagnosed in 2016

Enfield's rate (776.7 per 100,000) similar to England (750 per 100,000).

Enfield's rate shows increasing trend 



New STIs diagnosis

Rate (per 100,000)	Year	Enfield	England
Chlamydia detection rate	2017	2,041	1,882
HIV diagnosis rate	2016	16.9	10.3
Gonorrhoea diagnosis rate	2017	136.4	78.8

Enfield's diagnosis rate for gonorrhoea is amongst the highest in the country. Gonorrhoea is indicative of risky sexual behaviours

Late diagnosis of HIV

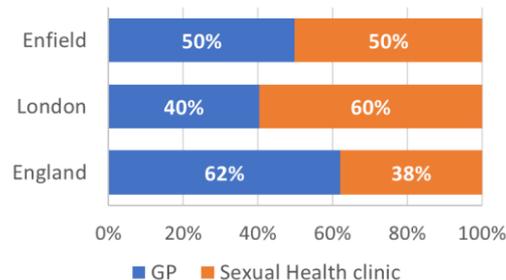


2,160 women prescribed long-acting reversible contraception* (30.6 per 1,000).

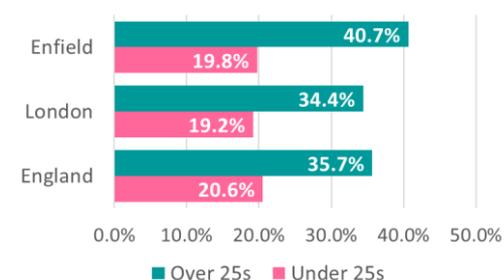


*excludes injection

LARC prescribed by setting



% choosing LARC at SH clinic



Behaviours – Alcohol and Drug use in Enfield

Estimated **2,800** dependent drinkers
[2014/15]

% of dependent drinkers

Enfield	1.17%
London	1.36%
England	1.39%



Over **1,000** hospital admissions
due to alcohol-specific conditions [2016/17]

Standardised rate (DSR) per 100,000 population

Enfield	396
London	523
England	563

59 deaths

due to alcohol specific conditions
between 2014 and 2016

Standardised rate (DSR) per 100,000 population

Enfield	7.1
London	8.0
England	10.4



Estimated **1,800** opiate and/or crack
cocaine users

Enfield's rate (8.4 per 1,000) similar to
London (8.87) and England (8.57)

Excess weight (overweight or obese)



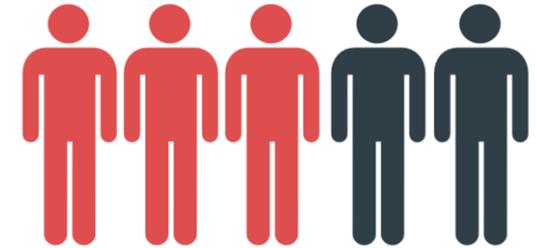
One in four

4-5 year olds
(24.8%)



Two in five

10-11 year olds
(41.5%)

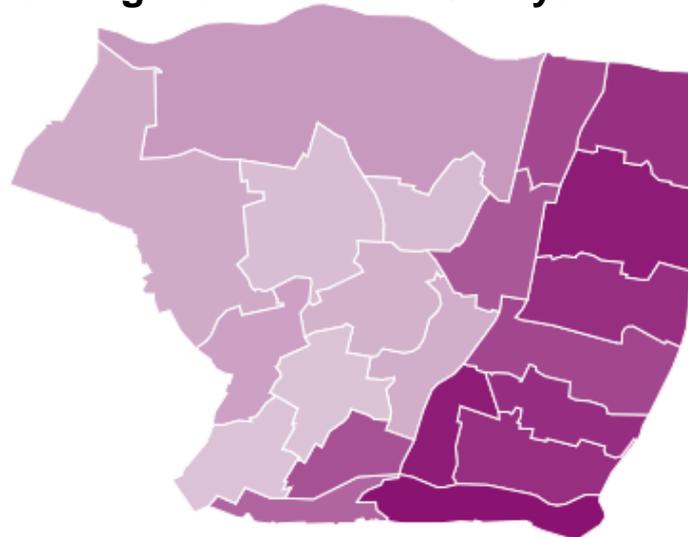


Three in five

Adults
(61.4%)

Source: National Childhood Measurement Programme 2016/17, NHS Digital

Prevalence of overweight or obese in 10-11 year olds, 2013/14-2015/16



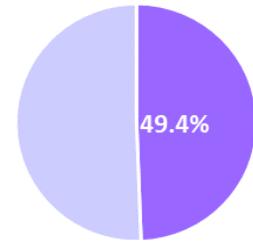
Source: National Childhood Measurement Programme, NHS Digital

Diabetes in Enfield

19,687 adults
diagnosed with Diabetes
(7.7%)
(type 1 & type 2) [2016/17]



Recorded diabetes
prevalence
7th highest
in London



Almost half the people
with type 2 diabetes
are aged between
40-64 years [2016/17]

Further 4,800
potentially have it but not
know it [2017]

30,000 adults
at high risk of developing
type 2 diabetes



1 in 15 women who
gave birth in Enfield
had diabetes [2015]



Around 10 cases of **type 2**
diabetes
in those aged under 25
years [2015/16]

Estimated **£14 billion** is
spent a year in the UK on
treating diabetes and its
complications.

Diabetes is a major risk
factor for conditions
such as **stroke,**
heart attack and
kidney failure.

So many factors influence our health



Source: Dahlgren, G. and Whitehead, M. (1993) Tackling inequalities in health: what can we learn from what has been tried?

Wider determinants: Housing in Enfield

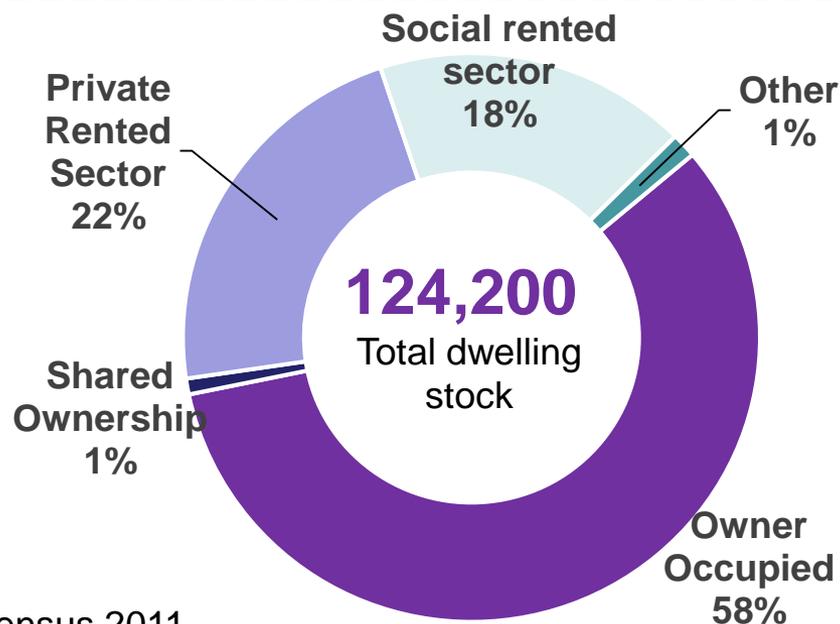


Over 3,000 households (24.8 per 1,000 households) in statutory homelessness* [2016/17]

11.4%

of households overcrowded. Similar to London (11.6%) but significantly worse than England (4.8%) [2011]

* Households in temporary accommodation



The average house price of all categories of dwelling in Enfield is

£395,000 [Nov 2016]



Housing affordability in Enfield (11.9) significantly **worse** than England (7.7), however more affordable in London (12.9) [2016]

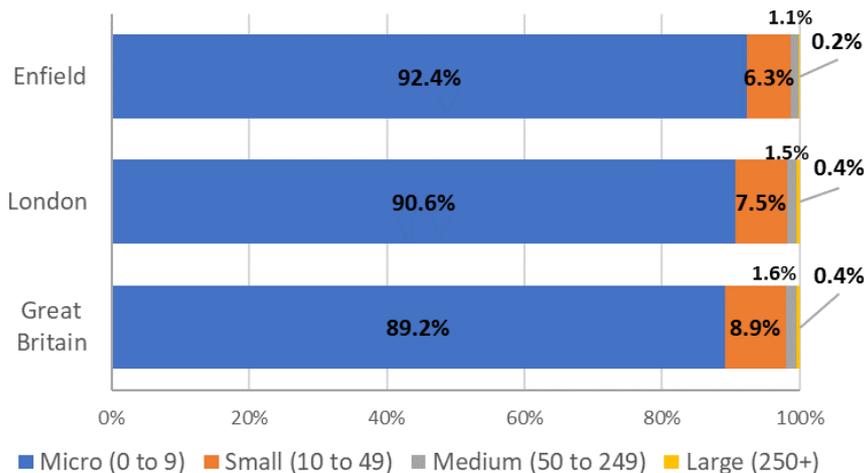
Wider determinants: Work and the labour market in Enfield

70% of 16-64 year olds in employment.
Increasing trend, but still **8th worst** in London [2016/17]

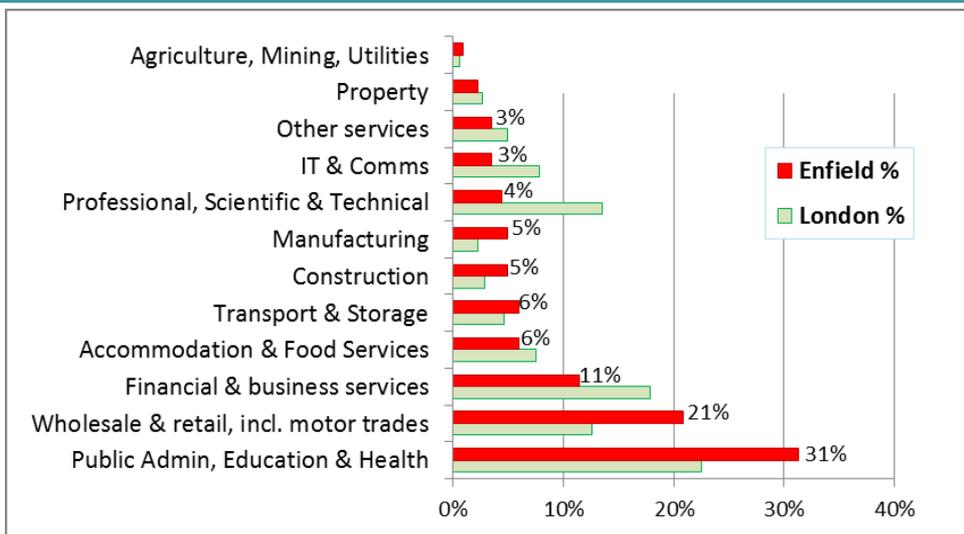
Long term claimants of Jobseeker's allowance:
1,000 people (4.7 per 1000)
Significantly **worse** than England (3.7) and London (4.1) [2016]

140 million days lost due to sickness absence every year in the UK

Businesses by size (no. of employee), 2016



Enfield residents' employment by broad industry group, 2015



Wider determinants: Community safety in Enfield

161 first time entrants to the youth justice system.

Enfield's rate (484.5 per 100,000) **the 10th highest** in London [2016]

Over 1,000

first time offenders (all ages).
Enfield's rate (314.2 per 100,000) significantly **worse** than England (218.4) and London (278.6) [2016]

Over 6,000

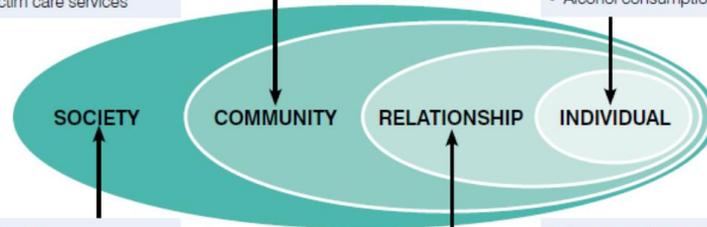
violence against persons offences recorded in 2016/17.

Enfield's rate (19.1 per 1,000) on **increasing trend**, though significantly better than London (22.2) and England (20.0).

Risk factors: vulnerability to violence

- Poverty
- High unemployment
- High crime levels
- Local illicit drug trade
- Inadequate victim care services

- Victim of child maltreatment
- Psychological/personality disorder
- Delinquent behaviour
- Alcohol consumption/drug use



- Economic inequality
- Gender inequality
- Cultural norms that support violence
- High firearm availability
- Weak economic safety nets

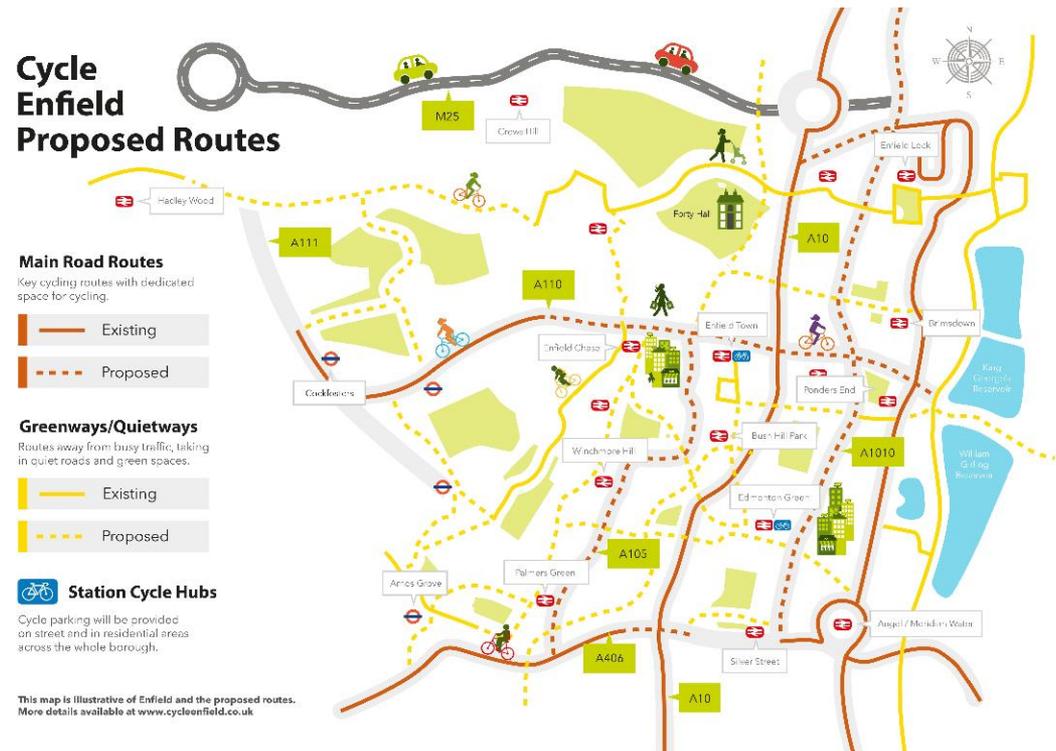
- Poor parenting practices
- Marital discord
- Violent parental conflict
- Low socioeconomic household
- Delinquent peers

Wider determinants: Clean and Sustainable environment in Enfield

Air quality in Enfield ($PM_{2.5}=11.2 \mu g/m^3$) significantly worse than England ($9.3 \mu g/m^3$) [2016]

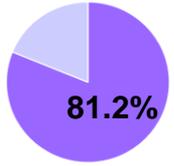
Air pollution has been linked to various conditions such as cancer, asthma, stroke and heart diseases.

Shifting to active transport will help improving air quality, as well as increasing physical activity.



Mental and Emotional wellbeing in Enfield

Happiness



81.2% of adults said they were happy with their life. This compares to

London = 79.6%, England = 76.5% [2015/16]

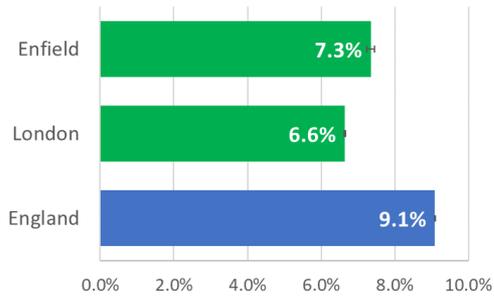


9.9% of **5-16 year olds** estimated to have mental health disorders (England = 9.2%, London=9.9%) [2015]



Between 10 and 15% of women is estimated to suffer from mid-moderate depressive illness and anxiety in perinatal period [2015/16]

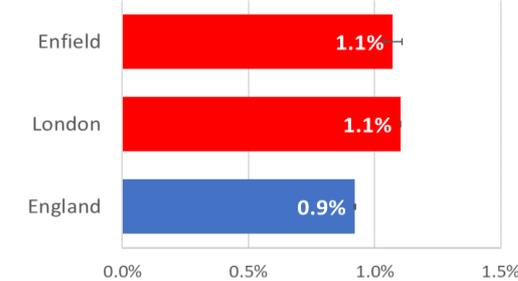
Recorded depression (18+)



Comparison to England
■ Significantly worse ■ Similar ■ Significantly better

[2016/17]

Recorded severe mental illness



Comparison to England
■ Significantly worse ■ Similar ■ Significantly better

[2016/17]

Excess under 75 mortality in adults with serious mental illness

2.5x more in **Enfield**
3.3x more in London
3.7x more in England

compared to general population (age-standardised) [2014/15]

93 hospital admissions due to self-harm in 10-24 year olds. [2016/17]

Directly age-standardised rate per 100,000 – self-harm admissions

Enfield	151.2
London	197.2
England	404.6

51 suicides (includes injury of undetermined intent) between 2014 and 2016. Enfield's rate (6.1 per 100,000) **lowest** in England

Maternity and early years

Around
5,000



Babies born each year

43.3%

of deliveries to BME mothers
Similar to London (45.9%)
[2016/17]

2.6 per 1,000

Teenage conception rate
On improving trend
[2016]

83.4%

of mothers initiating breastfeeding, however on decreasing trend [2016/17]



1 in 14 mothers (7.0%)
smoke during pregnancy.
Increasing trend. [2016/17]

Over 20,000

A&E attendances to 0-4 year olds. The rate significantly worse than England and London
[2016/17]



3 in 10

5 year olds have dental decay (30.5%).
7th highest in London
[2016/17]

5 year olds completing MMR vaccination [2016/17]



68.0%

of 5 year olds were school ready. Improving trend but second worst in London [2016/17]

Children and young people

22.0%

Of children in Enfield are in Poverty. **10th** highest local authority in London. [2015]



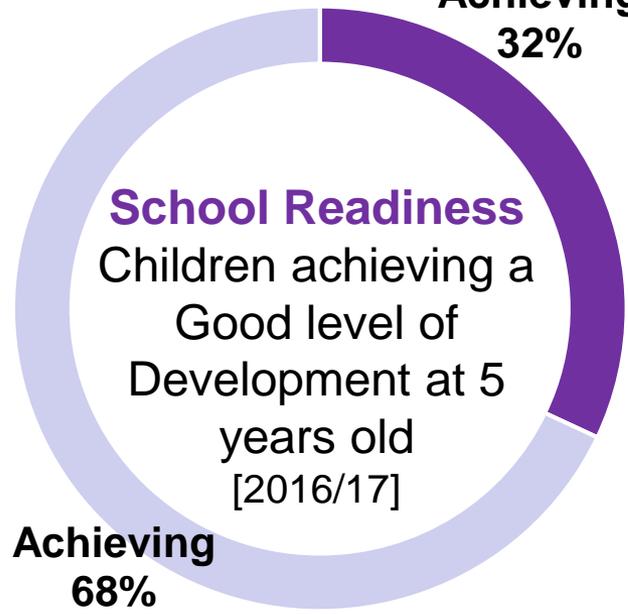
635

Hospital admissions caused by unintentional or deliberate injuries (0-14 years). Significantly lower than England. [2016/17]



5 Schools in Enfield awarded **Gold** Healthy Schools

Not Achieving
32%



School Readiness

Children achieving a Good level of Development at 5 years old [2016/17]

Achieving
68%

The **2nd worst** out of all London boroughs

493

Fixed Exclusions in Primary School Pupils (**1.45 per 100**)

2,094

Fixed Exclusions in Secondary School Pupils (**9.3 per 100**)

4.8%

of half days missed in Enfield due to pupil absence – **5th** highest in London [2015/16]

670

of 16-17 year olds (8.2%) are NEET¹, significantly worse than England (6.0%) [2016]

¹includes those whose activities are not known



3.5% of 15 year olds are current smokers. Significantly lower than England (8.2%) and London (6.1%)

(smoke more than one cigarette a week) [2014/15]

Older people (65+) in Enfield

Dementia

1,918 
65 years and older with dementia

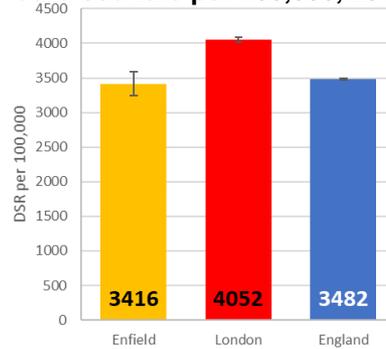
Prevalence of dementia (65+ years), Sep 2017



1,513 

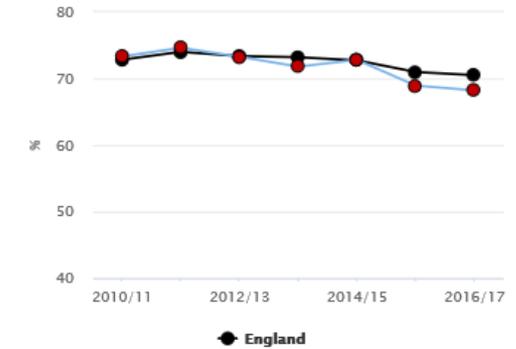
Emergency hospital admissions to 65+ with a mention of dementia

Emergency hospital admissions to 65+ with a mention of dementia, age-standardised rate per 100,000, 2016/17



Flu immunisation uptake

Trend: Flu immunisation coverage in 65+



Enfield's rate the 5th highest in London. However on decreasing trend.

Safe and positive experience

Proportion of service users who report having their need met (2015/16)



Proportion of service users who have as much social contacts as they would like (2015/16)



Falls, Hip fractures

748 hospital admissions due to falls (65+) in 2016/17. **4th lowest** rate (1706 per 100,000) in London

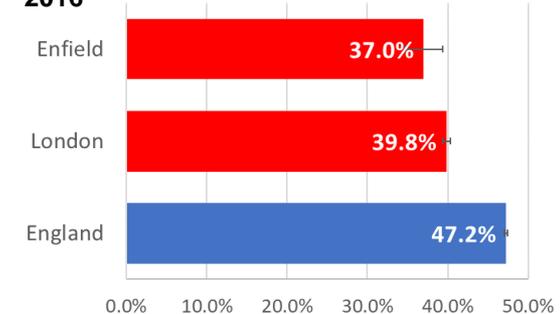
224 hip fractures in 65+ in 2016/17.

Age standardised rate per 100,000

Enfield	509
England	575

End of Life care

Deaths in usual place of residence (65+), 2016



Health protection – immunisation, screening



Enfield CCG uses antibiotics **13%** less than England [Dec 2017]



68.2% of the population aged 65+ received a flu vaccination. At least 75% coverage is required for protecting whole population

53.7% Screened for bowel cancer (aged 60-74). Highest in North Central London [2016/17]



3 in 5

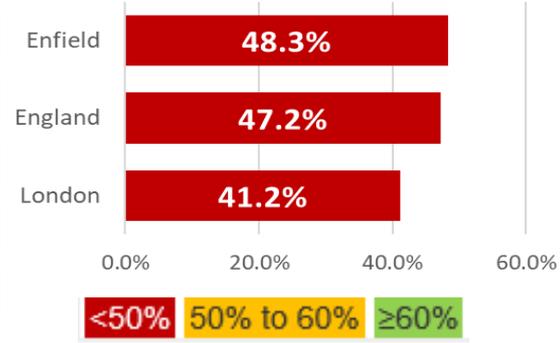
Females aged 13-14 received two doses of HPV (80.6%). Within the national target (80% to 90%).

826

cases of chlamydia detection in 15-24 year olds (2,041 per 100,000). Increasing trend and getting better [2017]



Shingles vaccination (70 years old) [2016/17]



84.0%

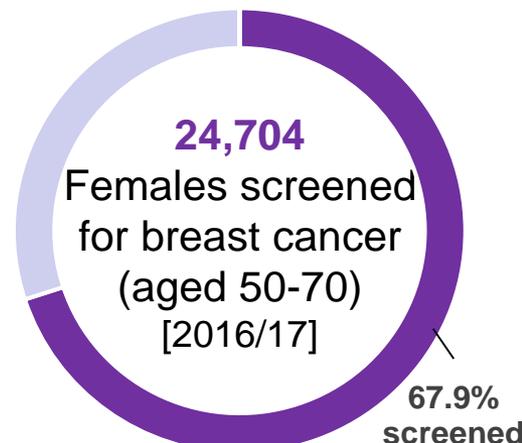
of 5 year olds completing MMR vaccination [2016/17]

At least 90% coverage is required for protecting whole population



7 in 10

Females attending cervical screening within target period (69.7%). Highest in North Central London (aged 25 – 64) [2016/17]



Health care services in Enfield

Providers



48
GP Surgeries
and 4 Hubs



Opticians



47
Dental
Surgeries



Private
providers



59
Pharmacies



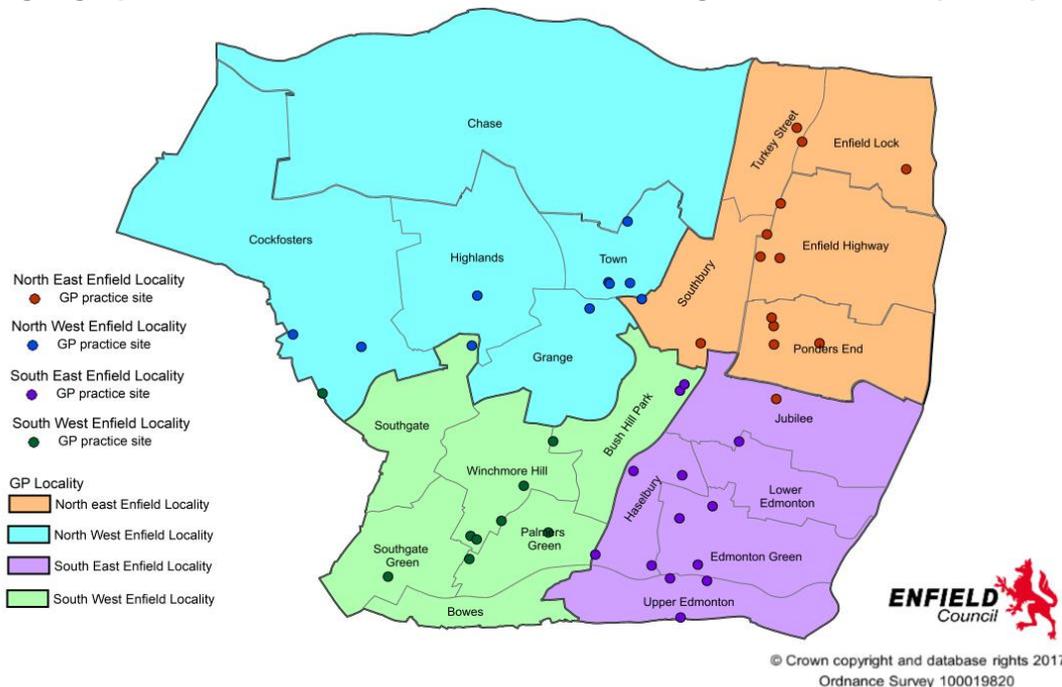
Voluntary
organisations



- North Middlesex University Hospital
- Barnet, Enfield and Haringey Mental Health Trust
- Royal Free London Foundation Trust

GP practices in Enfield by four localities

- geographical basis for Care Closer to Home Integrated Networks (CHINs)



Sustainability and Transformation Partnership (STP)

In 2016, 44 STPs are formed across England as a part of NHS 5-year Forward View. Enfield is part of North Central London STP. Additional funding is provided by NHS England for the three elements:

- **Better Health:** prevention and public health
- **Better care:** e.g. CQC work
- **Financial sustainability:** e.g. monitoring of Foundation Trusts, NICE work on effectiveness and cost effectiveness, NHS improvement to promote efficiency, productivity and innovation.

Key messages

- There is still wide inequalities in health outcomes in the borough.
- Excess weight is a serious issue and a proxy for poor lifestyles.
- What happens in pregnancy and early childhood impacts on physical and emotional health all the way through to adulthood.
- Delivering more integrated health and care services closer to home rather than in acute hospitals can bring about patient benefits and help local health economies.
- Good employment and healthy workplace strengthen our economy.
- We are only as healthy as the environment we live in.