



**a handy guide to the**

**City and Hackney**

**Health and Wellbeing Profile**

**2010/11**

The **City and Hackney Health and Wellbeing Profile** is the Joint Strategic Needs Assessment of the London Borough of Hackney, City and Hackney Primary Care Trust (now part of the NHS East London and the City cluster), City of London Corporation and partners in the Voluntary and Community Sector.

This summary of the Health and Wellbeing Profile 2010/11 draws attention to key data within the Profile, focussing on the most important changes for the people of Hackney and the City. The relevant sections of the main document are referenced throughout.

This is not a comprehensive summary of all the issues described in the Profile. Please take time to explore the full document. Alongside evidence of local health and wellbeing needs, the Profile includes case studies, information on effective interventions and intelligence about the specific needs of the communities within Hackney and the City.

## Priorities

The priorities for action agreed for this year are:

- A. Understanding and mitigating any adverse impacts arising from welfare reform on the health and wellbeing of local people by supporting people to cope with changes in their circumstances and income (including the impact of work capability assessments on the local population receiving incapacity benefit).
- B. Reducing smoking by helping people to quit and encouraging young people not to start.
- C. Promoting healthy weight and personal wellbeing by improving access to healthier food and promoting exercise, paying special attention to the needs of overweight and obese children.
- D. Reducing the harm caused by alcohol and drugs by encouraging those who drink alcohol to do so at levels consistent with good health and strengthening care pathways for people who drink too much or have drug-related problems.
- E. Improving information about, and access to, preventative services which promote wellbeing and independence, combat isolation and exclusion, and safeguard the growing ageing population.
- F. Understanding and addressing the health and wellbeing needs of disadvantaged groups including victims of domestic violence and other hate crime, rough sleepers, refugees and asylum seekers, carers, people with disabilities and sex workers.
- G. Promoting mental health and wellbeing, including reducing inequalities in mental wellbeing between people from different ethnic backgrounds and between those living in the most and least deprived areas in the locality, and reducing the incidence of mental illness.
- H. Maximising the potential health and wellbeing benefits of the Olympic and Paralympic Games, including promoting the employment and volunteering opportunities of the Games and encouraging more active lifestyles, while also preparing for possible major incidents during the event.
- I. Getting more people to use parks, libraries and other cultural facilities and programmes, targeting people with long terms conditions and current non users
- J. Promoting oral health and better access to dental services, especially for young children.
- K. Improving the health and wellbeing of babies, the under fives and their mothers by encouraging early booking for maternity services, tackling vitamin D deficiency, increasing uptake of childhood immunisations and safeguarding children from abuse.
- L. Promoting the sexual wellbeing of young people, reducing the transmission of sexually transmitted infections and reducing unintended pregnancies through better sex and relationship education in schools and wider use of long-acting reversible contraception.
- M. Preventing illness and promoting health and wellbeing through cancer screening, health checks and new opportunities for healthy lifestyles.

All partners remain committed to involving patients and members of the public in the ongoing work of improving our understanding of local need and developing appropriate and effective responses.

## Questions remain over how many people live here

All local agencies need to know how many people live in Hackney and the City in order to plan and provide services appropriately. But the size of the population is disputed. The official population estimates produced by the Office for National Statistics are 216,000 people living in Hackney and 11,500 in the City. There is concern locally that this underestimates Hackney's population and *overestimates* the City's population. The Greater London Authority puts Hackney's population at 226,000 and the City's population at 9,300.

The 2011 Census may – or may not – resolve this issue. Doubts remains about whether the Census captures the whole population of Hackney. An independent assessment of the size of Hackney's population on Census day, using local administrative records, is currently underway and will provide an alternative view.

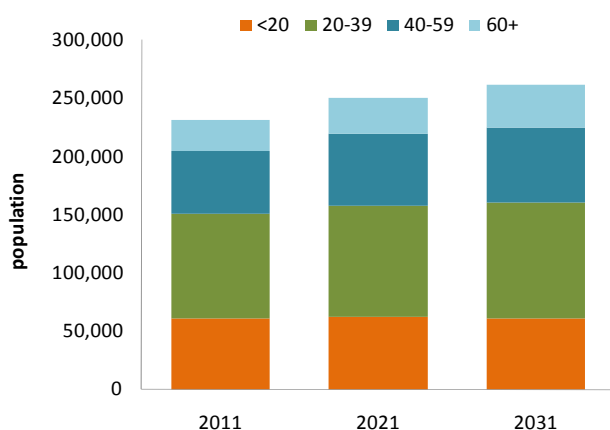
➔ [Population size, page 11](#)

## Major population growth expected over next 20 years

In the next ten years, Hackney's population is expected to pass the quarter million mark and by 2031 the population is likely to be well over 260,000. Initially the growth will be mainly in the working age population aged between 40 and 59 years, but in the 2020s, as these people grow older, it will be the population of pensionable age that sees the biggest increases. By 2031, the 60+ age group will be 20% bigger than it is today.

The City may see even more dramatic increases in population size over the next 20 years, with a projected 34% increase by 2031.

*Projected population growth in Hackney to 2031*



➔ [Future population growth, page 14](#)

## Population diversity is hard to capture

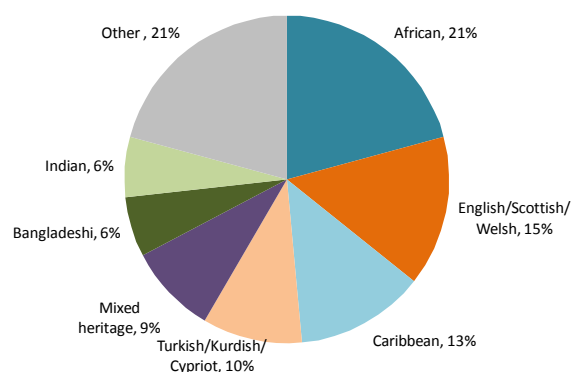
The diversity of the population of Hackney and the City is clear from the official data on ethnicity, migration and religion. However we need to dig deeper to get a full picture of this diversity. Important ethnic groups not represented in the official data include the Orthodox Jewish community, which comprises an estimated 7% of the population of Hackney, and the Turkish and Kurdish communities: one in ten pupils in Hackney's schools identify as Turkish, Kurdish or Cypriot. Yiddish and Turkish are the two languages spoken most frequently, after English, in Hackney households.

For the first time the Profile includes local data on sexual identity, drawn from the GP Patient Survey. This indicates that 4% of adults in Hackney are gay or lesbian and 1% is bisexual. These rates are much higher than the national averages: in England an estimated 1% of the population is gay or lesbian and 0.5% is bisexual.

Current data on other groups and communities within Hackney and the City is not always available. In particular, we do not have accurate data on the size of the population of refugees and asylum-seekers, who may be among those most in need of local services.

Data on carers is also out of date but will be revised in the 2011 Census. In 2001, around 8% of the population of both Hackney and the City were carers. This is slightly lower than the national average of 10%, reflecting the relatively young population in Hackney. In 2001, around one in seven of the carers in Hackney and one in 11 of the carers in the City were themselves in poor health.

*Ethnicity of pupils in Hackney schools 2011*



- ➔ [Migration, page 15](#)
- ➔ [Ethnicity, page 17](#)
- ➔ [Refugees and asylum seekers, page 20](#)
- ➔ [Religion, Languages, page 21](#)
- ➔ [Sexual identity, page 23](#)
- ➔ [Carers, page 23](#)

## Community cohesion is a precious local resource

Most people who live in Hackney are happy to be here: 72% are satisfied with the local area and only 14% are actively dissatisfied. Hackney scores particularly well on community cohesion: 78% of local residents feel that people from different backgrounds get on well together in Hackney.

Recent research by Hackney Council identified several drivers of community cohesion. Because neighbourhoods in Hackney are very diverse, people have the opportunity to meet and mix with people from different ethnic or religious backgrounds on a daily basis. Many people have personal or family experience of migration, and are generally positive about new arrivals. Hackney has a long tradition of progressive local community organisations and local politics. Residents struggling to make ends meet and improve their living conditions see that their neighbours face similar challenges, whatever their background. However there are problems too: young and old don't always see eye to eye, some individuals and communities feel excluded from community life, and Hackney can be a noisy and stressful place to live.

In the City, 92% of local residents are satisfied with their local area and the same percentage feel that people from different backgrounds get on well together. The City consistently does well on local indicators of community wellbeing. .

➡ **Community cohesion**, page 25.

## Hackney: a great place for walking, cycling and park life

New data from Transport for London has revealed just how popular walking and cycling are in Hackney. Of all the trips residents of Hackney take every day, 40% are on foot. This compares to a London average of only 32%. One in twenty trips (5%) is by bicycle, more than twice the average for London of 2%.

This data is great news for the physical health and mental wellbeing of local people. Furthermore, the dependence on walking and cycling is not due to lower than average use of public transport. Although the use of the Underground by Hackney residents is predictably lower than average, this is more than compensated by the high use of buses. It is the use of private cars or motorcycles that is low compared to London as a whole: only 20% of trips are by cars or motorcycles in Hackney compared to a London average of 38%.

Hackney's many parks and green spaces are also widely used by Hackney's population: 57% of residents visit parks and open spaces at least once a week and four in five residents use parks for physical activity. Three parks in Hackney were awarded Green Flag status in 2009/10, taking the total bearing this award to 12.

➡ **Transport**, page 28

➡ **Green spaces**, page 29.

➡ **Culture, sports and leisure**, page 30

## Deprivation and prosperity are both everyday realities in Hackney

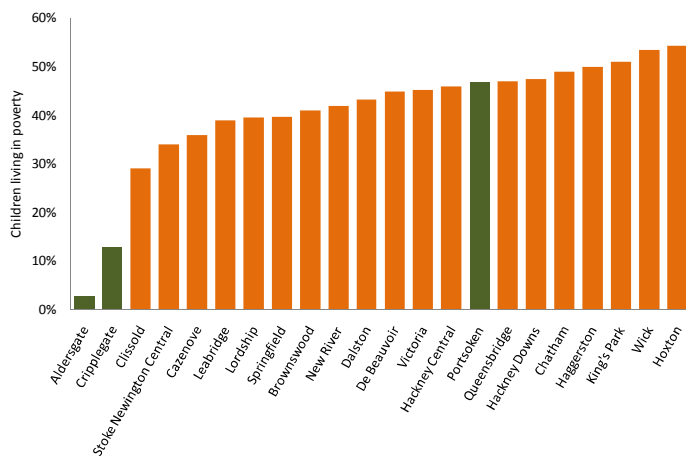
The facts of socio-economic deprivation in Hackney are inescapable. The new 2010 national Index of Multiple Deprivation places Hackney as the second most deprived borough in England. All of Hackney's wards are in the top ten percent most deprived wards in the country. The proportion of children living in poverty is more than twice the average for London (44% vs. 21%) and the proportion of the working age population claiming Incapacity Benefit is substantially higher than the average for London (8.9% vs. 5.9%).

This level of deprivation means that Hackney is vulnerable to any adverse impacts from the government's welfare reform programme. The high level of Incapacity Benefit claimants is a particular concern, given the potential outcomes of the current reassessment process. Extensive work is currently underway across local partnerships to support people through these changes and minimise potentially harmful effects.

Despite these harsh facts, Hackney is prosperous. In 2009/10, the employment rate in Hackney increased to a level higher than the average for London (70% vs. 68%). Average gross weekly earnings in Hackney are slightly below the average for London (£583 vs. £607) but with a smaller inequality between male and female pay than in London as a whole (£40 difference vs. £79 difference). The majority of working residents in Hackney (59%) are employed in managerial and professional jobs.

The meeting of deprivation and prosperity in Hackney creates economic inequalities which help to sustain local health inequalities. In order to address these inequalities, the needs of those who are most deprived or excluded must be addressed.

Children living in poverty in Hackney and the City, 2008



- ➔ **Deprivation**, page 36
- ➔ **Child poverty**, page 37
- ➔ **Resident employment**, page 39
- ➔ **Unemployment and welfare benefits**, page 42

## Invisible harm: carbon and nitrogen emissions in Hackney and the City

In 2008, nearly 900,000 tonnes of carbon dioxide were generated within Hackney. Although this a great deal of greenhouse gas, it is equivalent to only 4.2 tonnes per person, the second lowest rate in London and one of the lowest rates in the country (the national average is 7.0 tonnes per person).

Nearly half of these emissions come from homes, a third is generated by businesses and a fifth is due to road transport. The low rate may reflect the high population density and smaller households in Hackney, as well as the low dependence on private road transport.

Carbon emissions in the City are exceptionally high due to the energy use of businesses within the City. In 2008, over 1.6 million tonnes of carbon dioxide were generated in the City.

Hackney and the City both have ongoing problems with nitrogen dioxide emissions from road transport. Unlike carbon dioxide, which has long-term, global impacts, nitrogen dioxide has immediate health effects and is likely to be one of the reasons for high rates of respiratory illness in Hackney and the City. Air quality is a particular problem in the dense urban environment of the City: in 2009, the annual average air quality target for nitrogen dioxide was exceeded at all ten continuous monitoring stations throughout the City. The City of London Corporation has recently launched a new Air Quality strategy to tackle the high levels of air pollution in the City.

- ➔ **Climate change**, page 33
- ➔ **Air quality**, page 32

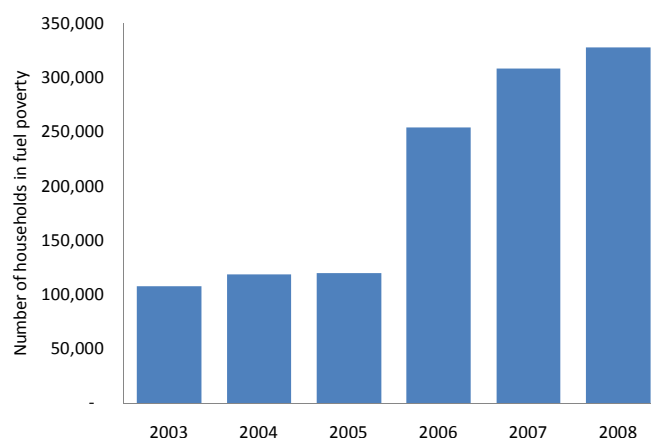
## Cold homes are on the increase

In recent years there have been huge improvements in the quality of public housing in Hackney and the City thanks to the local investment made to meet the Decent Homes Standard. However, across the entire housing stock, an old problem has become more and more prominent: fuel poverty. Largely due to rising fuel prices, the proportion of households in fuel poverty in London increased from 3.6% in 2003 to 10.8% in 2008. In Hackney, 13.5% of homes were in fuel poverty in 2008, the second highest rate in London. Households in fuel poverty are at high risk of going cold in the winter, which can have profound effects on both health and wellbeing.

The high levels of deprivation in Hackney place local residents at particular risk of suffering cold homes as household income is strongly related to the experience of cold homes. Households on the lowest incomes may go cold even if their housing is in good condition simply because of the daily pressure on tight budgets.

The recent cold winters will have been felt most severely by those who have no home, especially rough sleepers. The rough sleeper population remains a particular issue for the City where 20-25 people sleep on the streets every night. A total of 480 rough sleepers were known to services in the City in 2009/10, little changed from the previous year.

Number of households in fuel poverty in London 2003 – 2008



- ➔ **Fuel poverty and cold homes**, page 50

## Crime falls but not on all fronts

Crime has profound effects on the health and wellbeing of individuals, families and communities. Tackling crime is regularly identified by local people to be their top priority for local action.

In Hackney, crimes recorded by the Metropolitan Police fell by 3% in 2010. The biggest drops were for

gun crime, residential burglary and domestic crime. Racist and religious hate crime and violence against the person were also down on 2009. However there were significant increases in personal robbery, which involves the use of force or threats, and homophobic crime. Although the increase in homophobic crime was from a small base, it was against the trend in the Metropolitan area as a whole, where recorded homophobic crime fell in 2010.

Despite the drop in domestic crime recorded by the Metropolitan Police, the number of referrals to Hackney Council's Domestic Violence and Hate Crime Team increased by 45% in 2009/10. On average the Team receives around 1,200 calls to the freephone helpline number per year.

The City of London Police also reported drops in violent crime, burglary and theft in 2009/10. The biggest increases in crime were in vehicle theft and sexual offences.

➡ **Crime and safety**, page 51

## Thousands quit smoking

Stop smoking services in Hackney and the City have seen one of their best ever years. A massive 63% increase in the uptake of local services has shown real results: nearly 2,500 people quit smoking as a result of attending local services last year.

Smoking remains the main cause of preventable disease and premature death in the UK. In Hackney and the City, smoking prevalence is high: around 26% of the population smokes compared to 21% nationally. This has huge consequences for the health and well-being of smokers and their families. Every year, among people aged over 35, there are over 1,200 hospital admissions and around 250 deaths due to smoking in Hackney and the City. Smoking is the leading risk factor for Chronic Obstructive Pulmonary Disease which kills over 60 people in Hackney every year.

Although the ban on smoking in public places has helped to discourage smoking, most smokers need further support. This is provided by a wide range of health and community services in Hackney and the City of London including pharmacies, GP practices and hospitals. Local community organisations and businesses are also involved. Despite the high prevalence of smoking in Hackney and the City, the rate of smoking during pregnancy is strikingly low – less than half the national average.

At the end of 2010 NHS City and Hackney joined forces with a range of local organisations to set up two Tobacco Control Alliances for Hackney and the City of London. These partnerships will lead local

efforts to increase opportunities to quit smoking and bring down the long-term harm of tobacco use.

➡ **Smoking**, page 57

➡ **Respiratory disease**, page 142

## Alcohol and drugs are harming individuals and communities

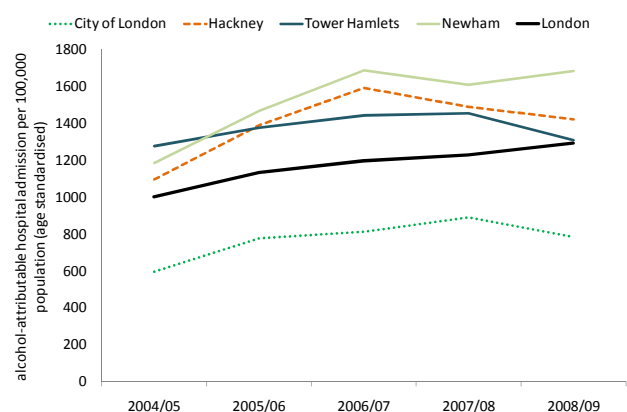
The consumption of alcohol and the use of drugs have many impacts in Hackney and the City. As well as the direct effects on the health and wellbeing of individuals, there are impacts on families and communities especially through anti-social behaviour and crime, including domestic violence.

Although the number of people who drink in Hackney is below average, alcohol-attributable hospital admissions are above average. Those who do drink are therefore particularly likely to suffer personal harm as a result of their drinking. Such harm is more likely to be experienced by men than by women, by White residents than by other ethnic groups and by young adults rather than by older adults. Crime attributed to alcohol has fallen over the last five years in Hackney but is still above the average for London.

In the City, alcohol-related hospital admissions are low. The rate of alcohol-related crime is high but this reflects the small resident population compared to the large daily population of workers, many of whom stay on to drink in the evening.

In contrast to drinkers, the population of drug users in Hackney is unusually high. The number of problem drug users, who use opiates and/or crack cocaine, is more than twice the average for London. Injecting drug users are at particular risk of personal harm. However many drug users have multiple and complex needs – the description of street sex workers within the Profile explores these in detail. Similarly, in the City, drug use is a particular problem among the rough sleeper population.

*Trend in alcohol-attributable hospital admissions among men 2004-2009*



- Alcohol use, page 62.
- Drug use, page 66
- Street sex workers, page 69

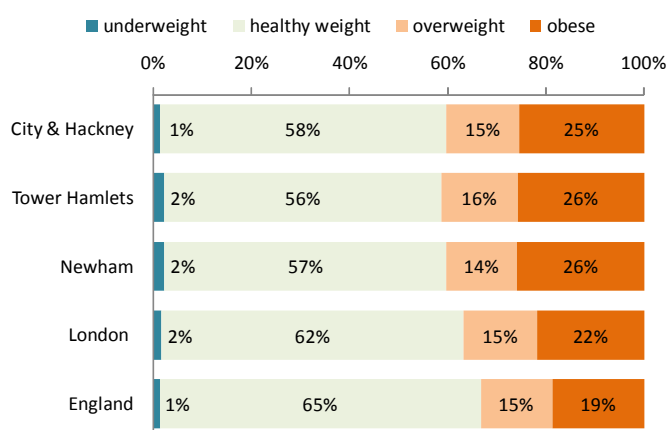
## Obesity is a problem for children and adults alike

The level of childhood obesity in Hackney and the City is one of the highest in the country: a quarter of Year 6 children are obese (the national average is 19%). Although there was no significant rise in this rate last year, it is still a major challenge for all local agencies working with children and young people. The problem starts early: 14% of Reception year children are obese and 13% are overweight.

Most 5-16 year olds in Hackney and the City participate in at least two hours of physical education at school per week and there are many projects in the local area supporting young people to get more involved in physical exercise and activity. These include specialist projects for young people who do not have access to physical education at school, such as the Be Active Keep Healthy Project for Orthodox Jewish children. Many of these projects promote healthier eating as well as physical activity.

Unfortunately obesity among adults is increasing in Hackney and the City, and increasing at a faster rate than in neighbouring boroughs and in London as a whole. According to GPs, 12% of their registered patients are obese, up from 9% only two years before. The current average for London is 9%. However the level of physical activity among adults in Hackney and the City is the same as the average for London and higher than in neighbouring boroughs. As with children, tackling this problem requires interventions that target the whole population as well as interventions targeting those most in need.

Weight of Year 6 children, 2009/10



- Healthy weight, diet and exercise, page 70
- Healthy weight of children, page 106

## Swine flu scare affects seasonal flu vaccination uptake

Hackney and the City have an excellent record of vaccinating people at risk in the local population against seasonal flu. However, after two years of increasing coverage, immunisation rates fell in 2009/10. This was because healthcare staff were focussing on promoting the H1N1 swine flu vaccine as the majority of severe cases of influenza were due to this pandemic virus. The media controversy over the rapid turnover of the new vaccine, as well as the fact that the majority of people in at risk groups were recommended to have both vaccines, had a negative impact on uptake of seasonal flu.

Despite these extra demands, 71% of older people received the seasonal flu vaccine, as did 57% of at risk individuals under 65 years old.

- Influenza, page 78

## TB infections fall in Hackney

TB has long been a problem in east London and is particularly prevalent in areas of high deprivation and overcrowding. In recent years, TB incidence in Hackney and the City has declined and stabilised. However it remains a very serious infection for the 100+ individuals who are infected every year. It is vital that these individuals, many of whom lead difficult lives, take long courses of treatment without giving up. Currently 84% of TB patients in Hackney and the City are achieving this.

- Tuberculosis, page 80

## Rates of sexually transmitted infections are high but incidence is declining

2010 was the first year in which data was published on the number of sexually transmitted infections (STIs) among people living in Hackney and the City (previous data was always by clinic of diagnosis). This has revealed the scale of the local problem: rates of infection of all four of the major STIs – Chlamydia, warts, Herpes and Gonorrhoea – are exceptionally high among residents of Hackney and the City. Total infections from these STIs came to more than twice the average for London.

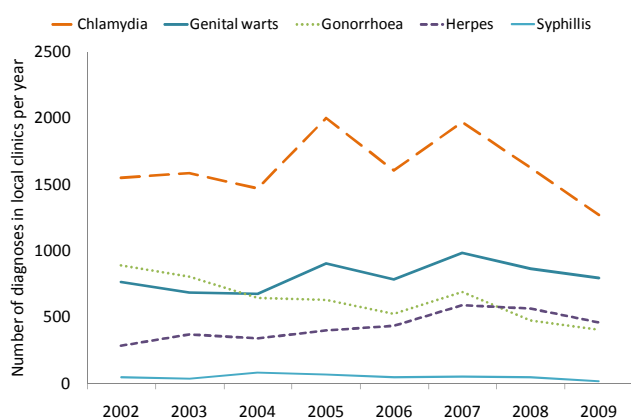
Despite this, there is good news: over the past two years there has been a 31% drop in the diagnoses of these STIs in local clinics. And this is not because fewer people are turning up. In fact there has been an increase in the number of new consultations at the

Homerton, which suggests that more people without infections are presenting for screening.

For sexually active young people under the age of 25, the local Chlamydia screening programme has proved to be particularly successful. It is not only reaching thousands of young people, it is also effectively targeting those most at risk: in 2009/10, 8% of men and women aged 15-24 who were screened for Chlamydia in Hackney and the City tested positive and were able to access treatment.

Incidence of HIV in Hackney and the City is lower than the four major STIs but its impact is greater as HIV is now effectively a long-term condition. The majority of recent HIV infections in Hackney and the City were acquired through sex between men.

*New diagnoses of STIs in local clinics, 2002-2009*



➤ **Sexually transmitted infections and HIV, page 81**

## Hackney is a fertile borough

The average number of children borne by women in Hackney, given the current birth rate in the borough, is 2.21. This is unusual: in most parts of Britain including London as a whole the fertility rate is less than two. In the City, the fertility rate is only 0.78. The actual number of live births per year is around 4,400 in Hackney and 50 in the City.

Women in Hackney and the City are supported at every stage of their journey through pregnancy and maternity. Early booking for antenatal care is encouraged and the number of women doing so (by week 12) has increased from 50% to 67% over the past two years. However this still remains one of the lowest rates in London. Local community and hospital midwifery services have been strengthened and outreach work is taking place with the Orthodox Jewish community where early booking rates are low.

One of the key components of antenatal care is screening for health risks for both mother and child. In 2009/10 this screening programme identified over 200 cases of mothers with lack of immunity to rubella

as well as syphilis, HIV and hepatitis B infections. Early treatment for these conditions is vital to protect the health of babies.

As smoking during pregnancy puts the health of both mother and baby at risk, the low rate of smoking among pregnant mothers in Hackney is good news: 6.3% of mothers are smokers at the time of delivery compared to an average for London of 7.3%.

- **Fertility rates, page 89**
- **Smoking and pregnancy, page 91**
- **Antenatal care, page 92**

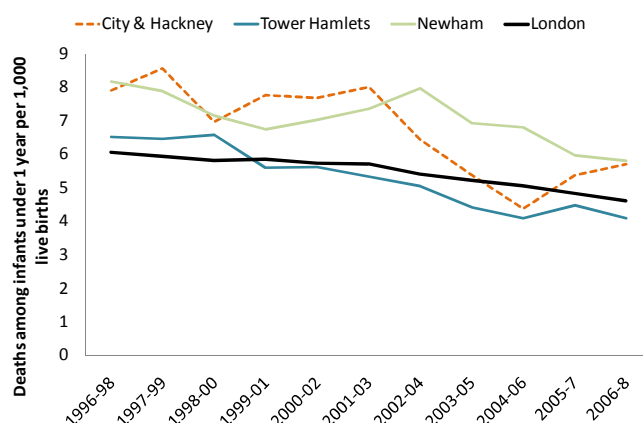
## Infant mortality rises but the trend is downward

Infant mortality has risen in Hackney and the City over the last two years but this rise followed a sharp decline over the previous three years. As the number of babies dying in their first year of life is so low, these variations in the annual rate are to be expected. The key issue is the long term trend and this remains clearly downward. On average, there are 26 deaths per year among babies in their first year of life in Hackney and the City.

One of the factors that increases the risk of infant mortality is low birthweight. In Hackney and the City, the number of babies born who weigh less than 2,500g is only slightly higher than average (8.5% compared to 7.9% in London as a whole). In contrast, one of the factors that is especially important in sustaining the health of babies is breast-feeding. Here the mothers of Hackney and the City do well: 93% of mothers initiate breastfeeding and 77% are still breastfeeding after 6-8 weeks. These rates are far higher than the averages for London and England.

Deaths among all children aged under 18 years are a cause for concern and are investigated by the Child Deaths Overview Panel. This panel seeks to identify risks to children and prevent further deaths through professional education and promoting good practice.

*Trend in infant mortality rate 1990 to 2008*



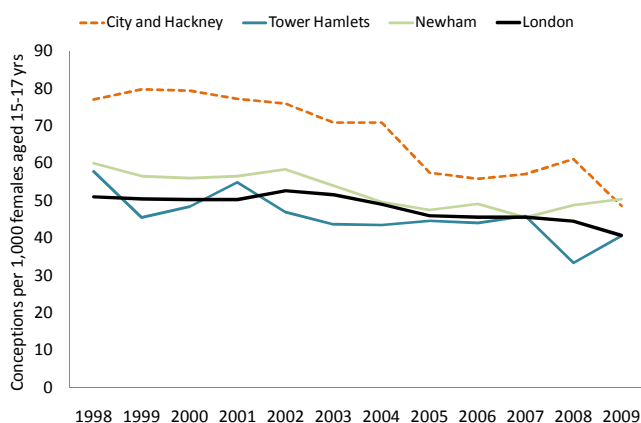
- ➔ **Infant mortality**, page 96
- ➔ **Low birthweight babies**, page 98
- ➔ **Breastfeeding**, page 99
- ➔ **Child deaths**, page 104

## Teenage pregnancy rate hits new low

The number of teenagers getting pregnant in Hackney and the City fell to a new low in 2009: there were 163 teenage pregnancies in 2009 compared to 212 the year before. Over the last ten years, teenage pregnancies have declined in Hackney at almost twice the rate in London as a whole.

This is great news for the young women of Hackney as teenage pregnancy increases their risk of poverty and social exclusion. The speed of the decline is a measure of the success of the local Teenage Pregnancy Partnership which has worked through many local agencies to provide young women with the support, education and skills to negotiate sexual choices with confidence.

*Trend of under 18 conceptions, 1998 – 2009*



- ➔ **Teenage pregnancy**, page 89

## Every child matters – and many are in need

In Hackney and the City, local services aim to support children who suffer any form of disadvantage including children who live with disability or behavioural problems and children whose chances and wellbeing are threatened by their families and personal circumstances.

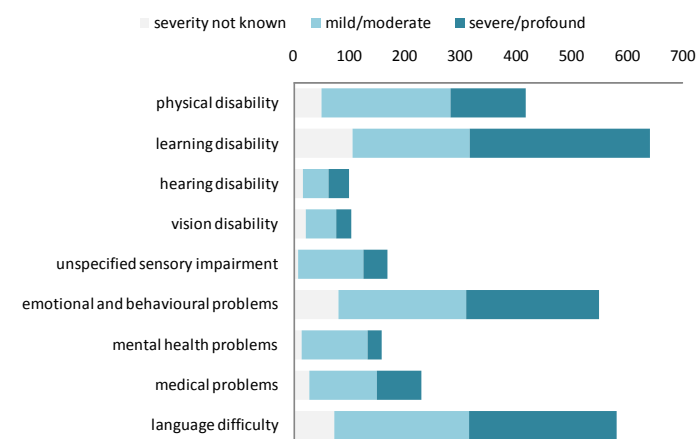
There are nearly 1,000 children and young people on the Hackney disability register. The most prevalent disabilities and problems are learning disability, language difficulties and emotional and behavioural problems. The prevalence of severe forms of these

disabilities and problems is also high and many children are coping with more than one problem.

The effects of abuse on children can be profound, with long-term effects on a child's development, psychosocial functioning and well-being. Consequently considerable local investment has been made in preventing abuse. However in 2009/10 there was a 10% rise in the number of children in Hackney subject to a child protection plan: 241 children altogether (less than five in the City).

In 2010 there were 304 looked after children in Hackney, a fall from 354 in 2008. The number of children who were up to date with their immunisations and health checks fell last year.

*Disabilities and problems among children and young people on Hackney child disability register by severity, March 2011*



- ➔ **Vulnerable children**, page 113

## Childhood immunisation rates are up but there is much still to do

The childhood immunisation programme in the UK covers all vaccines given to children from two months after birth up to 18 years of age. The list of conditions which immunisation protects against is lengthy and includes diphtheria, whooping cough, polio, meningitis, measles, mumps and rubella. The importance of immunisation for the health of children cannot be overstated, given the seriousness of these conditions. In 2008 a new vaccine was added to the UK childhood immunisation schedule to protect girls against Human Papilloma Virus, a sexually transmitted infection that causes cervical cancer.

Vaccines are delivered through GP surgeries, child health clinics, children centres, nurseries, schools and in some community settings such as the Hackney Family Centre. In the last year, immunisation rates have increased in Hackney and the City for all vaccines and at all ages of vaccination. However these improvements have to be built on: there is more work

to do to bring immunisation rates in Hackney and the City up to the average levels for London. Currently local immunisation rates are still among the lowest in the capital.

➔ **Childhood immunisations, page 101**

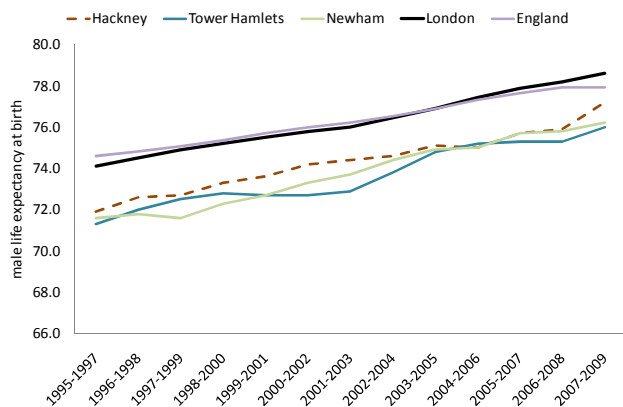
## Dramatic improvement seen in male life expectancy in Hackney

For years, the life expectancy of men in Hackney has remained stubbornly below the average for England. Although life expectancy has increased year on year, this increase has never been faster than the national average, so the gap remained. But now this gap is finally beginning to close.

The latest data indicates that a boy born in Hackney will, on average, live for 77.2 years. This compares to a national average of 77.9 years – less than one year difference. Female life expectancy in Hackney has long been comparable to the national average (82.6 years in Hackney compared to the national average of 82.3 years).

Life expectancy in the City is the highest in the country: 82.2 years for men and 89.2 years for women.

*Trend of life expectancy for males, 1995-2009*



➔ **Life expectancy, page 120**

## Cancer: pressure on to detect it early

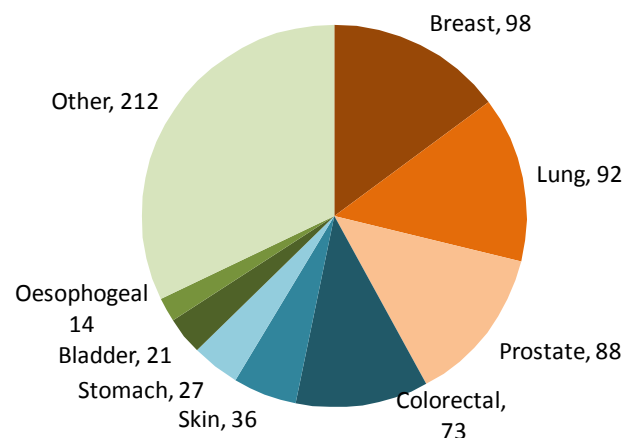
Cancer is one of the biggest killers in Hackney and the City: over 300 people die from cancer every year including around 180 who die prematurely (before their 75th birthday). The rate of premature cancer deaths in Hackney and the City has fallen by 30% over the last 15 years but is still higher than the premature death rates in London and in England.

The most common cancers are breast, lung, prostate and colorectal cancer. However, breast cancer has a much better survival rate than lung cancer.

A new programme to raise public awareness of the symptoms of cancer is underway in East London. The idea is simple: if we can catch cancer early, we can dramatically improve the chance of survival. Local people are being encouraged to recognise the symptoms of cancer and seek advice from their GPs if they are at all concerned. Local GPs are also receiving training to identify people who may be at high risk of getting cancer.

The NHS has made a big investment to reduce deaths from cancer. Every year, thousands of women and men in Hackney and the City are invited to be tested for breast, cervical and bowel cancer. However not everyone takes up the offer of cancer screening. In particular, only 58% of eligible women (aged between 50 and 70) take up the offer of breast screening. The new campaign will add to wider efforts to raise awareness of cancer and the value of screening.

*Average number of new diagnoses of cancers in Hackney and the City per year, 2006-2008*



➔ **Cancer, page 126**

## Year-on-year, the harm of cardiovascular disease is declining

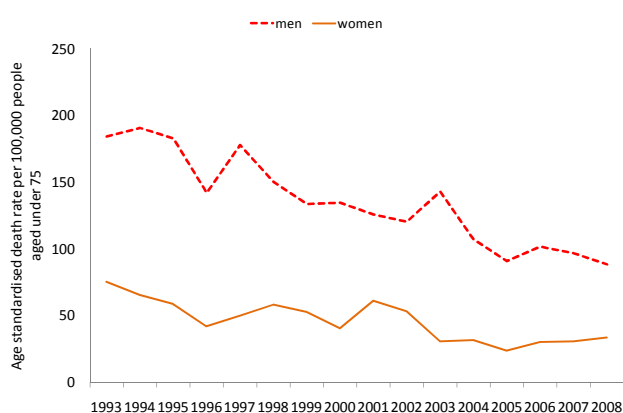
Every year in Hackney and the City, diseases of the heart and blood vessels lead to many deaths and much disability. Among people aged under 75, there are 60 deaths every year from heart disease and 28 deaths from stroke. Stroke is also a leading cause of severe disability. High blood pressure, which increases the risk of all forms of cardiovascular disease, is a problem for one in eleven people in Hackney and the City.

The major causes of cardiovascular disease over which individuals have control are tobacco use, physical inactivity, alcohol consumption and an unhealthy diet. In Hackney and the City there are many local

resources and initiatives helping people to tackle these problems, ranging from exercise opportunities in Hackney's many parks and leisure centres to medical interventions to help people stop smoking. Action is needed at every level to tackle cardiovascular disease.

The effects of healthier lifestyles can be seen in the steady decline in the harm of cardiovascular disease, year-on-year. Over the past 15 years the premature death rate from coronary heart disease has fallen by over 50%. The decline has been steepest among men, but men still have a much higher age-standardised premature death rate than women (88 deaths per 100,000 men vs. 33 deaths per 100,000 women).

*Age-standardised premature death rate from CHD among men and women in Hackney and the City (per 100,000 people aged under 75), 1993-2008*



➔ **Cardiovascular disease**, page 134

## Lack of shine on local teeth

Everyone hates tooth ache but we aren't doing enough to prevent it. Locally, poor mouth hygiene is common: 94% of adults in Hackney and the City have poor mouth hygiene and 80% have visible tartar on their teeth. Nearly half (46%) of adults have decayed teeth compared to a national average of 28%. Not surprisingly, a third of local people (who have their own teeth) experience tooth ache.

Dental problems start young: dental decay is on the rise among very young children. Over the last three years, the prevalence of dental decay among three-year-olds has risen from 16% to 24%. However, among five-year-olds, the trend is in the opposite direction: the proportion of children aged five with experience of dental decay has fallen to 30%, below the average for London. However children get a second shot at protecting their teeth – among local twelve-year-olds, who have permanent teeth, 20% have experience tooth decay.

➔ **Dental decay among children**, page 105

➔ **Oral health**, page 143

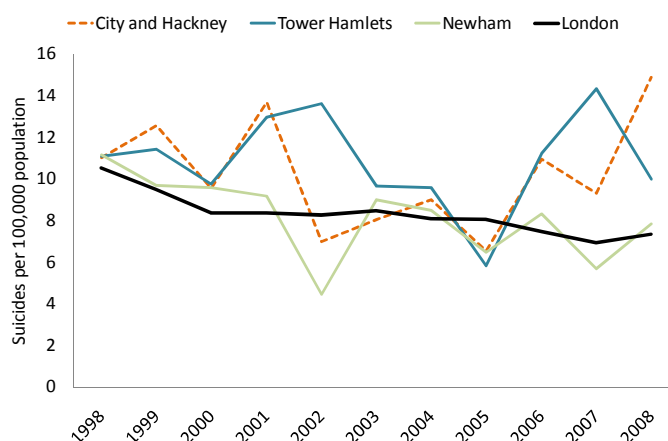
## Worrying trends in local mental health data

Good mental health underpins wellbeing and quality of life. It encompasses everything from an individual's ability to cope with stress to more severe clinical conditions such as depression and schizophrenia. The prevalence of these severe conditions in Hackney and the City is the fourth highest in London. Nearly 10% of people registered with local GPs have some form of depression.

Recently there have been some worrying trends in the statistics on mental health in Hackney and the City. In particular, emergency mental health hospital admissions have risen sharply and the suicide rate has hit a level not seen for two decades. Although there is a lot of year-on-year variability in the suicide rate, this is a cause for concern. However, the number of people with mental health problems receiving social care packages has remained fairly stable.

Among older people, dementia has perhaps the most profound effects on mental health. The prevalence of dementia among those aged 65 or over is expected to increase by nearly two fifths in the 20 years. However, dementia is not always identified; in Hackney and the City, as elsewhere, many older people are likely to be living with dementia without support because the condition has not been diagnosed. The Dementia Advisory Service has been set up with the aim of improving the early identification and diagnosis of older people living with the onset of dementia.

*Trend in suicides, rate per 100,000 population 1998-2008*



➔ **Mental health and wellbeing**, page 145

➔ **Mental health of older people**, page 159

## Learning disability: not always identified?

In Hackney and the City, there are 720 adults on the learning disability registers held by GP practices. A comparable number of adults with learning disability receive social care packages: 615 from the Hackney Council and 17 from the City of London Corporation. These levels of support have been fairly stable over the last five years.

However, there may be many people with learning disability who have not been identified by GPs. National estimates of the prevalence of learning disability suggest that there may be nearly 4,000 people in Hackney and around 270 people in the City with some form of learning disability. This is a prevalence of around 2.2%. The difference between these estimates and the actual GP registrations is striking and suggests that the estimates are dominated by mild forms of learning disability which are not always picked up by GPs. Nonetheless, this difference is a challenge to all professionals to ensure that people with learning disability who are in need of support are always identified.

The majority of learning disabled people in Hackney live either independently with family or friends or in supported accommodation. However few are in any form of employment (6.5%). The Learning Disability Partnership is working with employers to maintain and increase this employment rate, despite the economic downturn.

➔ **Learning disabilities**, page 150

## Overcoming the obstacles of physical disability

In 2009/10, Hackney Council provided social care services to 3,520 clients with physical disabilities and the City of London Corporation provided services to 175 clients with physical disabilities. The needs of people with physical and sensory disabilities across all ages are very diverse and considerable efforts are being made by Hackney Council and the City of London Corporation to ensure that every individual receives support, in the short or long term, which is appropriate to their needs.

An increasing focus of these services is reablement: supporting people to regain their independence and so avoid the need for long-term care. This may be one of the reasons why the number of physically disabled people receiving care packages from both the London Borough of Hackney and the City of London Corporation has declined in recent years. In contrast,

the number of working age adults who are receiving Disability Living Allowance has increased. This benefit is paid to working age people who need help with personal care or getting around and so is a good indicator of non-age-related need.

New estimates of the prevalence of visual impairment have recently become available which suggest that over 3,600 people in Hackney and the City have some form of visual impairment including around 1,800 who have either low or no vision. The prevalence of glaucoma, which can cause blindness, is particularly high in Hackney due to the presence of large African and Caribbean populations who have higher risk of glaucoma.

➔ **Physical disabilities**, page 153

➔ **Visual impairment**, page 155

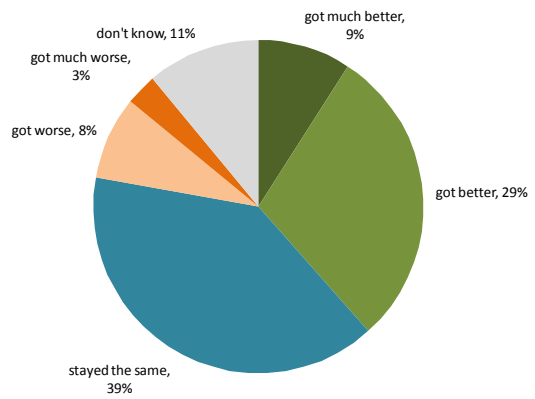
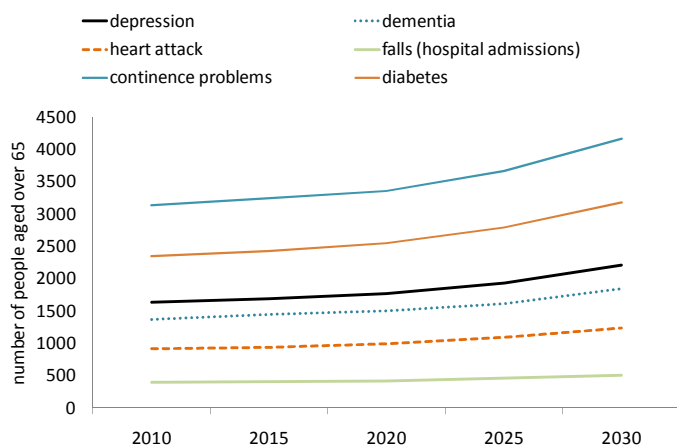
## Dignity matters to the very end

In Hackney and the City, as in the rest of the UK, the biggest demand on local health and social care services is from older people. As we get old, our physical health deteriorates and our mental health becomes more vulnerable. In the population aged over 65, 17 in every 100 people in Hackney and 16 in every 100 people in the City receives on-going social care, mostly for support with physical disabilities but also for mental health problems.

As the older population increases, this demand will also increase. Over the next 20 years, the number of older people in Hackney living with a limiting long-term illness is expected to increase by a third. Incidence of all the problems that affect older people, including dementia and depression, continence problems and falls, will also increase.

Older people who live with advanced, incurable illnesses face the biggest challenges at the end of life. High quality care is vital to help people in these circumstances to live as well as possible until they die. This means, above all, treating them dignity and respect. Many older people are keen to die in familiar surroundings. In Hackney and the City, around a fifth of deaths take place at home, 7% in hospices and 66% in hospital. The proportion of deaths taking place at home is comparable to the average for London.

*Estimated change in prevalence of illness in Hackney in over 65 age group in six areas*



- ➔ Health services, page 164
- ➔ Primary care, page 169
- ➔ Secondary care, page 174

➔ Older people, page 156

## GPs are well-known but A&E is still overused

Over four fifths of the population of Hackney and the City makes use of the services of their local GP and their pharmacist every year. These primary care providers are perceived to be the heart of the local health service and satisfaction with their services is high. Overall, 87% of local people are satisfied with the care they receive at their GP surgery.

Although satisfaction with pharmacy services is almost universal, many people are unaware of the full range of services they provide including medication reviews, minor ailments services, emergency contraception and flu vaccinations. The familiarity and satisfaction expressed by local people with pharmacists provides a good foundation from which to promote these services.

Despite the local population's familiarity and use of GPs and pharmacists, the rate of A&E attendances is the highest in London: 420 attendances for every 1,000 residents every year, compared to a London average of 306 per 1,000 residents. However, the rate of emergency hospital admissions is average for London. This suggests that there are still too many people in Hackney and the City attending Accident and Emergency departments for problems that could potentially be addressed elsewhere in the community.

The leading conditions for which people are admitted to hospitals as emergencies are diseases of the respiratory system, diseases of the digestive system, injury and poisoning, diseases of the circulatory system, diseases of the genitor-urinary system and mental and behavioural disorders.

*Opinion of changes to health services, 2010*

## Something for everyone, a little extra for some and more for those who need it most

This headline sums up the approach of Hackney Council to adult social care. The model is designed to make sure that every citizen of the borough feels able to approach the Council and enquire about the help and advice that they require. It is envisaged that the majority of people will receive advice and information or be sign-posted to resources in the community. However a proportion of people may require some intensive, short term intervention to enable them to continue to live independently in the community. A smaller proportion, those living with long term conditions, will need on-going intervention which will be targeted to their specific need.

A key component of this approach is personalisation – ensuring that every person who receives support, whether provided by statutory services or funded by themselves, will have choice and control over the way that support is delivered in all care settings.

The number of people receiving direct payments to purchase their own support is increasing every year. In 2009/10, 420 service users in Hackney and 65 service users in the City received direct payments.

Among those individuals 'who need it most' – i.e. who need long-term support and care – there are many who are vulnerable and therefore need the greatest possible protection against harm. In Hackney and the City, this duty is overseen by the multi-agency Safeguarding Adults Board. The number of referrals to this board has risen steadily over the last three years, with 417 referrals in 2010/11.

- ➔ Adult social care, page 177

## **Third Sector has always been big in Hackney and City society**

Voluntary and community organisations, faith groups, social enterprises and co-operatives play a vital role in promoting the health and wellbeing of local people in Hackney and the City. These diverse groups and organisations not only contribute directly to community wellbeing by bringing people together and meeting shared needs, they also provide an invaluable bridge between statutory organisations and the communities they serve, helping those communities

to articulate their needs with confidence and enabling statutory providers to commission and deliver services more effectively.

There are an estimated 1,800 voluntary and community organisations based in Hackney and around 350 organisations operating or based in the City .

 **The Third Sector**, page 183