



East London and the City



a handy guide to the

**City and Hackney
Health and Wellbeing Profile
2011/12**

Our Joint Strategic Needs Assessment

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

This summary of the Health and Wellbeing Profile 2011/12 draws attention to key data within the Profile, focussing on important issues for the people of Hackney and the City. The relevant sections of the full document are referenced throughout.

As well as describing the official statistics in greater detail, the full document includes evidence from voluntary and community organisations gathered specifically to inform the new edition. It also has a special focus on inequalities within our locality, i.e. the differences in health and wellbeing between and within local communities and population subgroups. These new additions help to paint a much more detailed picture of the experience of health and wellbeing across all residents of Hackney and the City.

The shadow Health and Wellbeing Boards of both Hackney and the City of London have reviewed the evidence in the 2011/12 Health and Wellbeing Profile, reflected on the diversity of the needs described and discussed their relative importance. For more details, and to view the full document, see www.hackney.gov.uk/jsna or www.cityoflondon.gov.uk.

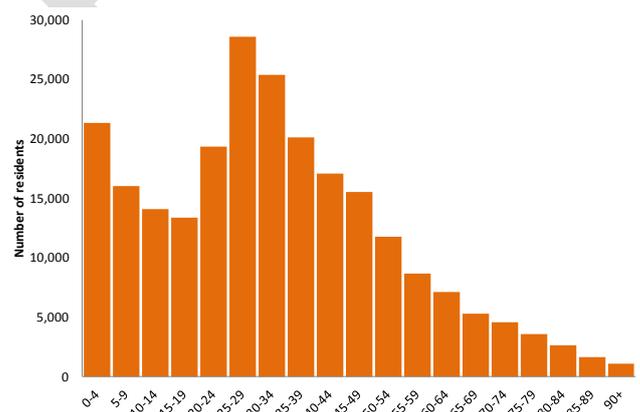
New study improves on official population figure

Two new counts of the population of Hackney were made in 2011. One was the Census, the official population count conducted every ten years. The other was a local count for Hackney by Mayhew Associates which drew on administrative data such as the electoral roll and school records. The results from the Census will not be released until summer 2012 but the local count put the population of Hackney at 237,646 people. This is 8.4% higher than the current official estimate of 219,200 people. This difference is important because the official figure is used to allocate public funds to Hackney.

Hackney has a relatively young population with more than one in four residents aged under 20. The under 5s are particularly well represented in the population with over 21,000 currently living in the borough.

The official estimate of the City's population is 11,700 people, most of whom are of working age. These residents are far outnumbered by the City's huge daytime population which includes an estimated 360,000 workers. The City of London Corporation has to meet many of the needs of this population as well as those of its residents.

Population of Hackney by age group, 2011 (Mayhew)



- ➔ Population size, page 12
- ➔ Age and sex profile, page 14

Migration is constantly reshaping the local population

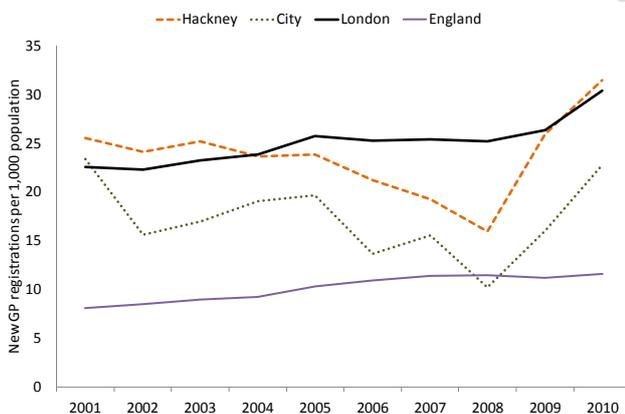
Every year thousands of people leave Hackney and the City of London and thousands more arrive to live here. This is typical of an inner city where there are many communities and many employers. The biggest flow of people is from migration to and from the rest of the UK. Over 18,000 people came from elsewhere in the UK to live in Hackney in 2009 and slightly more left. By comparison, international migration is much smaller: around 4,000 people arrived in Hackney in 2009 and about the same number left. Migration to and from the

City is much smaller but is more evenly balanced between international migration and migration from within the UK.

Although many international migrants are young, healthy adults who have chosen to come to the UK to work or study, some are fleeing persecution and may arrive without friends, family or other support. In the last two years there has been a sharp rise in the number of people from overseas registering with GPs in both Hackney and the City.

The health needs of refugee and migrant communities in Hackney include mental health problems, alcohol-related problems, domestic violence, smoking and obesity. For some, these needs are exacerbated by problems accessing health information and services.

New GP registrations of people previously living abroad per 1,000 population



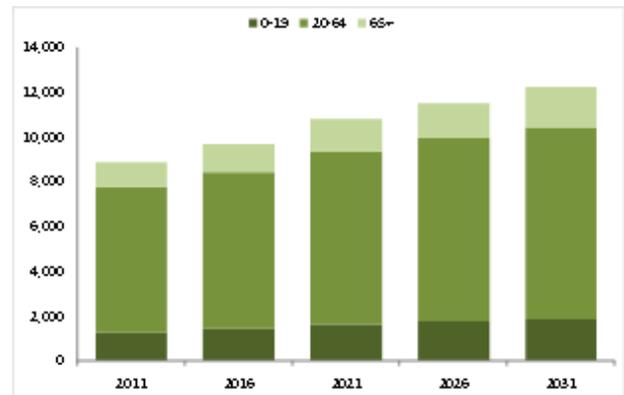
- Population change and migration, page 16
- Asylum seekers and refugees, page 19

Major population growth expected over next 20 years

After decades of decline, Hackney's population started to grow in the early 1990s when there were more births than deaths and young people started moving into the borough. Subsequent growth is expected to continue over the coming decades, with the GLA predicting that Hackney's population will exceed a quarter of a million in the next five years. By 2031 the population of Hackney is projected to increase by 16%. Most of the growth will be in the working age population though the size of the relatively small older population will also steadily increase.

The City may see even more dramatic increases in population size over the next 20 years, with a projected 38% increase by 2031.

Projected population growth in the City to 2031



➤ Future population growth, page 20

New data shines light on diversity

We know from the official statistics that two fifths of the population of Hackney is of non-White ethnicity including 12% who are Black African, 8% Black Caribbean, 5% other Black and 7% who are south Asian. However we also know that this is a limited description of a very diverse local community.

Data from the new population study in Hackney has helped to paint a more detailed picture of the many communities that live in the area. The size of the Orthodox Jewish (Charedi) population is estimated to be 17,587 people or 7.4% of the population. Beyond the established Census categories, the study also identified large Turkish, Nigerian, Ghanaian, Somali, Kurdish and Vietnamese communities.

Other than English, some of the more common languages spoken in Hackney include Turkish, Yiddish, French, Gujarati, Bengali, Yoruba, Spanish and Punjabi. For some communities, such as the Vietnamese community, language is a major issue in accessing services and significantly affects health and wellbeing.

The only data available on the sexual identity of local residents is from the GP patient survey (data on transgender residents is not available). Of those who answered the question on sexuality in this survey (and 10% did not want to), 82% said they were heterosexual, 4% said they were gay or lesbian and 1% said they were bisexual. Even if this

is an under-report of the gay, lesbian and bisexual population, this is a substantial group.

Data on other groups and communities within Hackney and the City are also 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.

The 2011 Census will provide new data on the number of carers in Hackney and the City. 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 in poor health.

- ➔ **Ethnicity**, page 22
- ➔ **Languages**, page 27
- ➔ **Sexual identity**, page 28
- ➔ **Carers**, page 29

People like living here

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.

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. 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 at times 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 31

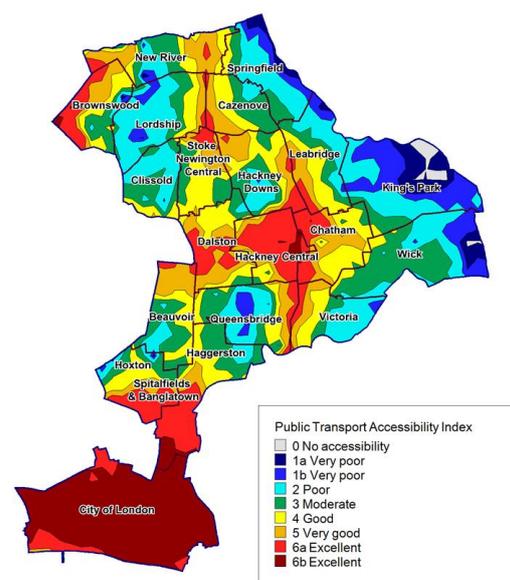
Feet are most popular transport

Hackney has some of the best green spaces in London including 13 parks with Green Flag status. These parks and green spaces are 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. They are an invaluable public resource, promoting health and wellbeing in many different ways including sports, relaxation and everyday walking.

Walking is by far the most common way of getting around in Hackney and the City: 37% of Hackney residents' trips are on foot compared to only 17% by car or motorcycle. Over half (56%) of the trips taken by City residents are on foot with only 16% by car or motor cycle. In London as a whole, there are more car and motorcycle journeys (39%) than pedestrian trips (31%). Hackney also has a high level of cycling (relative to the rest of London) with one in twenty trips taken by bicycle.

In general, despite the limited penetration of the London Underground into Hackney, local people have good connections to public transport. However there are some areas in Hackney which have relatively poor connections, especially along the eastern border of the borough. This can leave people isolated if they have no other means of getting around. Large green spaces are great for walkers but can reduce access to public transport for those who have difficulty walking.

Public transport accessibility in Hackney and the City



- ➔ **Green spaces**, page 36
- ➔ **Transport**, page 33

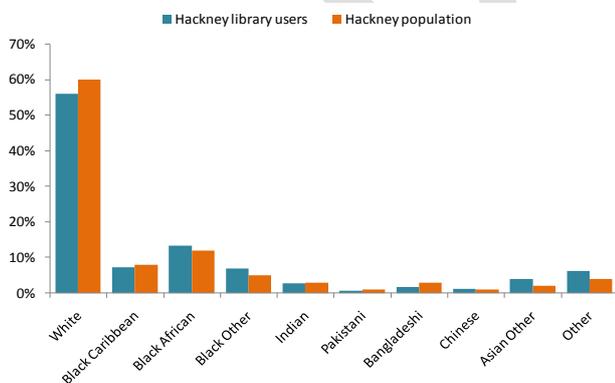
Local libraries and museums welcome all

In 2010/11 there were 1.6 million visits to libraries in Hackney, up 14% on the previous year. The profile of these library users is remarkably similar to the profile of the population as a whole with no significant differences by ethnic group. There is particularly high usage by young people but otherwise the age profile is broadly similar to that of the population. However women are more likely to use libraries than men.

Hackney's museums also attract people from across the local population. The age profile of the users of Hackney Museum is the same as that of the local population and the ethnic profile is similar to that of the population with slight under-representation of Black African and Asian ethnicities. Visitor satisfaction with Hackney Museum is over 99%.

The City of London enjoys excellent provision of libraries, museums and other cultural service, used by residents, workers and visitors alike. The great majority of City residents (84%) use public libraries and 60% use local art galleries and museums.

Ethnic profile of Hackney library users compared to population profile



[Cultural services, page 38](#)

Hackney has lowest CO₂ emissions in the UK

In 2009, a total of 827,000 tonnes of carbon dioxide were generated within Hackney. Carbon dioxide is the principal driver of climate change which is already affecting the health of thousands of people in vulnerable regions across the world. In time, the effects of climate change will also be felt

locally, with heatwaves, drought and flash flooding all likely to become more frequent.

The carbon dioxide emissions in Hackney are equivalent to 3.8 tonnes per person, the lowest rate in the country. 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 cars.

Carbon emissions in the City are exceptionally high due to the energy use of businesses within the City. In 2008, over 1.4 million tonnes of carbon dioxide were generated in the City.

Nitrogen dioxide emissions are an ongoing problem in both Hackney and the City. Most nitrogen dioxide is produced as a result of the combustion of fuels in cars, HGVs and other road vehicles. Unlike carbon dioxide, 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 2010, the annual average air quality target for nitrogen dioxide was exceeded in nine of the ten continuous monitoring stations in the City. The City of London Corporation has an extensive Air Quality Strategy which aims to tackle the high levels of air pollution in the City.

[Climate change, page 45](#)

[Air quality, page 42](#)

Deprivation scores improve faster in some areas than others

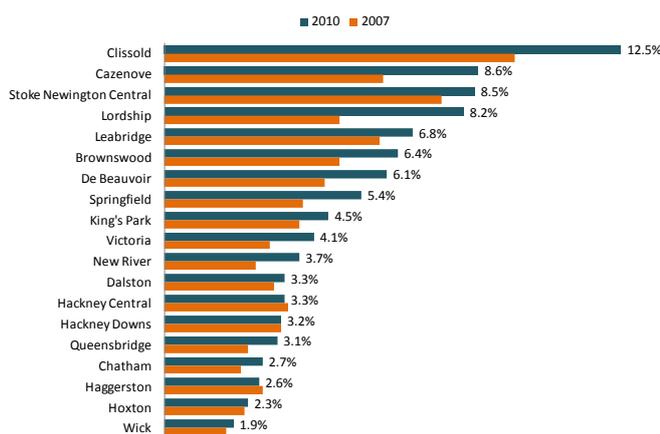
The 2010 Index of Multiple Deprivation placed Hackney as the second most deprived borough in the country after Liverpool. Within Hackney, however, there are increasing differences in levels of deprivation: some wards are improving faster than others. Clissold has now moved outside the top 10% most deprived wards in the country. In contrast, the deprivation score for Wick has barely changed since the last index in 2007; it remains within the top 2% most deprived wards in the country.

Ward level differences are a blunt indicator of many finely grained differences within the local population. Prosperity and deprivation live close together in the streets of Hackney. As these and

other inequalities can have long-term impacts on health and wellbeing, the entire 2011/12 Health and Wellbeing Profile has a focus on inequalities – check out the blue boxes at the top of each section in the main document.

In 2010, the City of London was ranked 262 out of 326 boroughs on the Index of Multiple Deprivation (no. 326 is least deprived). There are however pockets of deprivation within the City.

Rank of IMD 2010 and 2007 scores by ward for Hackney (out of all wards in the country), with rank expressed as a percentage (Clissold is least deprived)



➔ **Deprivation, page 48**

More homes are 'decent' but problems remain

In 2001, 95% of the social housing in Hackney did not meet the government's Decent Homes standard. By 2009, only 35% did not meet this standard. This follows a huge investment in improving the social housing in the borough.

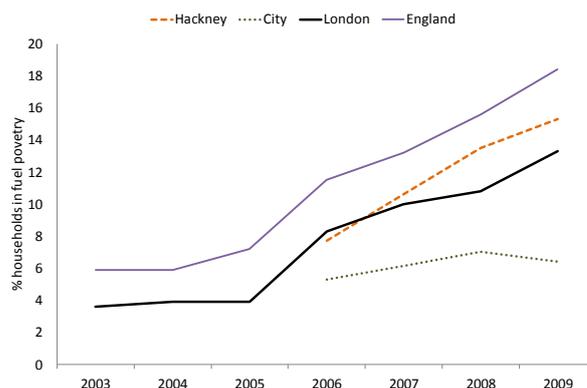
However, across the housing stock, many problems still remain. One is overcrowding, which affects 9.6% of households in Hackney and is a particular issue in the Charedi (Orthodox Jewish) community in the north of the borough. In part, this reflects the high birth rate in this community: in Hackney as a whole, the most frequently overcrowded households are those with children. As well as affecting mental health and wellbeing, overcrowding leads to higher incidence of infectious and respiratory diseases.

Fuel poverty is also a major problem in Hackney, affecting an increasing number of homes as energy prices rise. A household is in fuel poverty if the cost of keeping the house warm amounts to 10% or more of household income, though in practice

most low-income households cannot afford to spend this much on fuel and go cold as a result. This can lead to many respiratory, cardiovascular and mental health problems. Between 2006 and 2009 the proportion of households in fuel poverty in Hackney doubled from 7.7% to 15.3%.

Almost all the social housing in the City meets the Decent Homes standard and overcrowding and fuel poverty levels are relatively low.

Proportion of households in fuel poverty, 2003 – 2009



- ➔ **Housing stock, page 50**
- ➔ **Overcrowding, page 53**
- ➔ **Fuel poverty and cold homes, page 59**

Homelessness is linked to many other needs

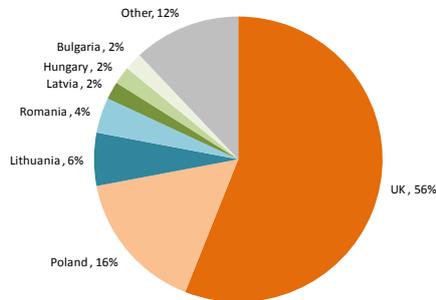
In 2010/11, 814 households in Hackney were accepted by the Council as being homeless and in priority need. Statutory homelessness has risen for two years following three years of decline.

There are, however, many people who experience homelessness beyond those in priority need, especially single adults. They include people living in hostels, on the streets and in squats and other unsecure accommodation. Many receive support from Hackney Council under the Supporting People Programme. These individuals often have complex health and wellbeing needs including high levels of smoking, drug use and mental health problems. Two in five have significant medical conditions to cope with and one in eight is involved in sex work.

Rough sleeping is a particular problem in the City. Although the number of people sleeping rough in the City fell by a quarter in 2010/11, the City has the fifth highest number of rough sleepers in London. On average, approximately 20-25 people sleep on the streets of the City of London every

night and a total of 240 people were known to be sleeping rough in the City during 2010/11. Most were white men including many from eastern Europe, especially Poland.

Nationality of rough sleepers in City of London 2010/11



➔ **Homelessness**, page 54

Employment rate remains above average despite fall

Over the five years from 2004 to 2009 the employment rate among Hackney residents increased dramatically, overtaking the London average for the first time in 2009/10. In 2010/11, the rate fell by one percentage point: 69% of the working age population in Hackney were in employment in this period. However the rate in London as a whole also fell so employment levels in Hackney remain above average for the capital.

The jobs available within Hackney are dominated by jobs in the public sector: two in five jobs are in education, health or public administration. Other prominent sectors are distribution, hotels and restaurants and banking and finance.

The majority (58%) of jobs in the City are in banking and finance but there are also many jobs in other sectors including 13% in the public sector. Although professional and managerial occupations account for three quarters of City jobs, large numbers of people are also employed in administrative and low-skilled jobs.

➔ **Resident employment**, page 62

➔ **Jobs within Hackney and the City**, page 64

Impacts of welfare reform are being felt locally

The government's programme of welfare reform is likely to affect many people in Hackney, given the large number of people claiming out of work benefits and housing benefits in the borough. Although the changes are due to take place over several years, their cumulative impact on the population of Hackney could be profound.

The reassessment of people claiming Incapacity Benefit is already underway. In 2011 over 13,000 people of working age in Hackney were claiming Incapacity Benefit or its replacement, Employment Support Allowance. Initial reports suggest there are challenges with the work capability assessment process, not least because some people are unprepared for it or anxious about the experience and its outcome. Those who have complex health needs may be particularly vulnerable to the stress of the assessment and the effects of changes to benefits. Long-term Incapacity Benefit claimants are likely to need support from a range of services for some time before they are ready for work.

Changes to housing benefits will also affect many people locally. In 2011, over 8,700 households in Hackney claimed Local Housing Allowance to help cover the costs of their rented accommodation. Many of these households are likely to lose income due to the various changes in this benefit. This could have serious consequences including increases in poverty and personal debt or households moving away to places where accommodation is cheaper, losing their support networks in the process.

People affected by such changes need support and advocacy, especially if they are vulnerable. Crisis situations are already being reported by local advocacy organisations. There is a risk of an increase in poverty, overcrowding and homelessness.

➔ **Unemployment and out of work benefits**, p. 66

➔ **The impacts of welfare reform**, page 70

Crime rates fall but challenges remain

Crime and disorder are always identified by local people as being key priorities for action. This is true in both Hackney and the City. Feeling safe,

both at home and in the local neighbourhood, underpins personal wellbeing. Reducing crime and increasing community safety require both effective policing and long-term investment in tackling the problems that contribute to crime.

Crime rates have been falling in Hackney, year-on-year. There have been many successes: gang-related violence has reduced, reported incidents of domestic violence have fallen by 18% and street drinking has fallen by 66%. But there also areas of concern including the harms suffered by girls involved with gangs, the impact on alcohol-related crime of the growth in the local night-time economy, and a steady increase in noise and rowdy nuisance neighbour complaints to the police.

Overall crime rates in the City have been falling with recent reductions in drugs offences, violence against the person, burglary and criminal damage. As in Hackney, the City's night-time economy has been growing, leading to an increased risk of alcohol-related crime.

- ➔ **Crime and community safety in Hackney**, p. 80
- ➔ **Crime and community safety in the City**, p. 83

Many people quit but smoking still drives inequalities

National evidence reveals big differences in smoking prevalence between socio-economic groups. The highest smoking prevalence is found in the poorest families, who can least afford the cost of tobacco. Smoking is also particularly common in marginalised groups including homeless people, people with mental health problems and drug users. These differences in smoking patterns translate into major inequalities in health and wellbeing within the local population. Special efforts are being made in Hackney and the City to target those who are most likely to smoke and most at risk of the effects of smoking.

Smoking remains the main cause of preventable disease and premature death in the UK. In Hackney, smoking prevalence has fallen but remains high: around 27% of the population smokes compared to 21% nationally. Every year, among people aged over 35 in Hackney, there are over 1,500 hospital admissions and around 240 deaths due to smoking. 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, hospitals and the voluntary sector. Local community organisations and businesses are also involved. In 2010/11 over 2,200 people successfully quit smoking using local services in Hackney and the City.

- ➔ **Smoking**, page 86
- ➔ **Respiratory disease**, page 230

More work needed to reduce obesity

The level of childhood obesity in Hackney is one of the highest in the country: a quarter of Year 6 children are obese and a further 16% are overweight. The problem starts early: 15% of Reception year children are obese and 13% are overweight. These rates have been fairly stable over the last four years but they need to come down if the long-term effects of obesity on health and wellbeing are to be averted.

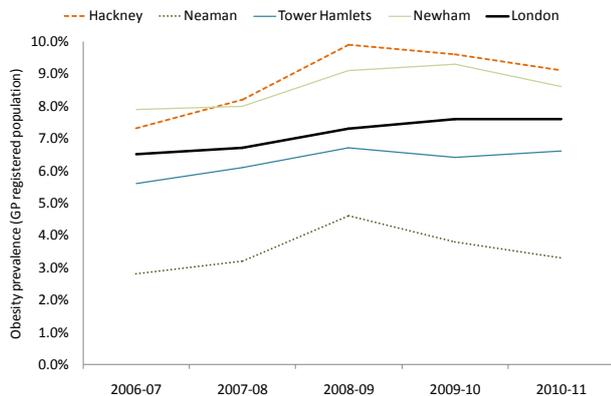
Most 5-16 year olds in Hackney and the City participate in at least two hours of physical education at school per week and there are many projects in the local area supporting young people to get more involved in physical exercise and activity. These include specialist projects for young people who do 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.

Obesity among adults has fallen slightly in the last two years following a period of sharp increase. However, the level is significantly higher than the rate in London as a whole. According to GPs, 11.6% of their registered patients in Hackney are obese, compared to a London average of 9.3%.

The level of physical activity among adults in Hackney and the City is average for London. Leisure centres in Hackney are well used with nearly 1.2 million visits in the last year. Overall, the profile of leisure centre users is similar to that of the population as a whole, except for relatively low use by those aged over 60. In the City, the reopening of the Golden Lane Leisure Centre has

improved the physical activity opportunities for local residents.

Obese adults as recorded in general practice in Hackney



- **Obesity**, page 99
- **Nutrition**, page 103
- **Physical activity**, page 105
- **Leisure facilities**, page 107
- **Healthy weight of children**, page 176

Wide impacts of alcohol and drugs

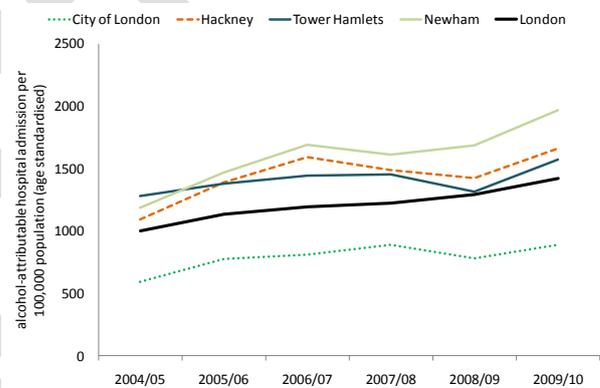
The consumption of alcohol and the use of drugs have many impacts in Hackney and the City. As well as the direct effects on the health and wellbeing of individuals, there are impacts on families and communities especially through anti-social behaviour and crime, including domestic violence.

Although the number of people who drink alcohol in Hackney is below average, alcohol-attributable hospital admissions are above average and have increased in the last year. Those who do drink are 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. However alcohol-related crime rates are high due to the impact of the large visiting population and expanding night-time economy. In 2010/11, a quarter of the crimes reported in the City involved alcohol in some way.

The number of drug users who use opiates and/or crack cocaine has been falling for the last six years in Hackney. However this remains a serious problem: over 5,000 users are thought to live in the borough. Other drugs are also widely used with particularly high use of recreational drugs in the gay community. Local services designed to reduce the harm of drugs include assertive outreach, needle exchange and hepatitis B vaccination. Many drug users have multiple and complex needs including needs related to homelessness, sex work and poor mental health. In the City, drug use is a particular problem among the rough sleeper population.

Alcohol-attributable hospital admissions among men 2004-2010



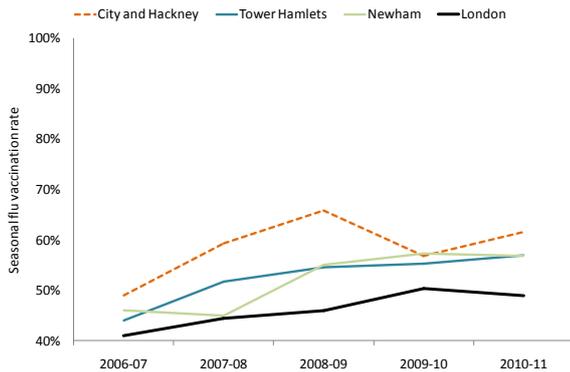
- **Alcohol use**, page 109
- **Substance misuse**, page 115
- **Sex work**, page 121

Flu vaccinations up

Flu is an unpleasant experience for anyone but can be extremely serious for older people and others whose health is vulnerable. Consequently seasonal flu vaccination is recommended for everyone aged 65 and over, for younger people who have chronic conditions such as diabetes, for pregnant women and for front-line health and social care professionals.

Uptake of the flu vaccine in Hackney and the City in the older age group rose in 2010/11 to 74%, once again above the average rates for both London (71%) and England (73%). Uptake of flu vaccination among at risk individuals less than 65 years old also rose, from 57% in 2009/10 to 62% in 2010-11.

Proportion of at risk people under 65 years immunized against influenza 2006 to 2010



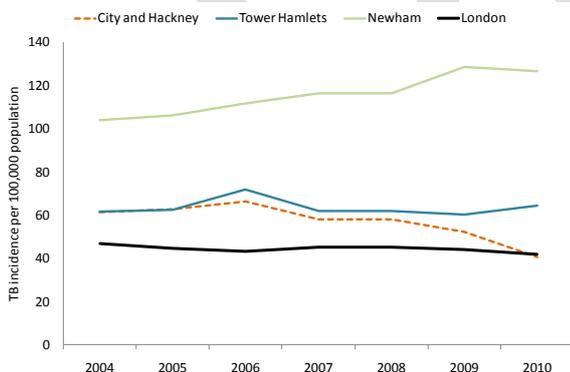
[Influenza, page 127](#)

TB infection rate falls again

TB has long been a problem in east London and is particularly prevalent in areas of high deprivation and overcrowding. However, TB incidence in Hackney and the City has fallen by half in the last four years, against the trend elsewhere in London. The local rate is now lower than the average for London.

In 2010 there were 95 new diagnoses of TB among residents of Hackney and the City. As TB is such a serious infection, it is vital that these individuals, many of whom have difficult lives, are supported to complete the long courses of treatment which are required. Currently 87% of TB patients in Hackney and the City are achieving this. This is above the World Health Organisation target.

Trend of TB incidence per 100,000 population 2004-2010



[Tuberculosis, page 130](#)

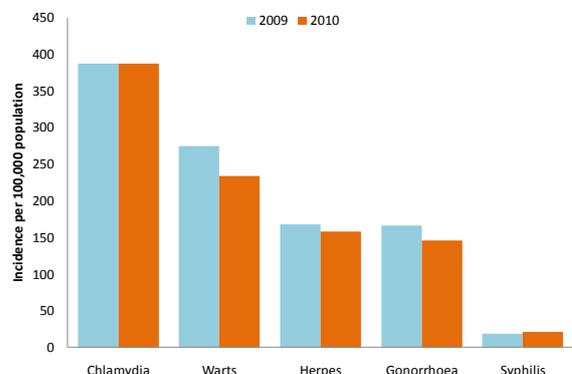
Diagnoses of sexually transmitted infections fall but are still high

Between 2009 and 2010 the number of sexually transmitted infections (STIs) diagnosed among residents of Hackney and the City fell by 11%. There was no change in diagnoses of Chlamydia, the most common STI in Hackney and the City, but diagnoses of warts, herpes and gonorrhoea all fell. The overall incidence rate is, however, still the second highest in the country.

These figures do not include diagnoses of Chlamydia among the under 25s as there is a special screening programme for this group. The City and Hackney screening programme aims for and is achieving a high positive test rate: 6.7% of those tested were found to have Chlamydia in 2010/11. This is the fourth highest rate in London, reflecting not only the high prevalence of Chlamydia in the area but also the effective targeting of the programme.

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. There has been a steady increase in the prevalence of HIV in City and Hackney in the last four years. In 2010, 1,352 residents of City and Hackney between the ages of 15 and 59 years accessed care for HIV, compared to 1,105 in 2006 – an increase of 18%. HIV disproportionately affects gay and bisexual men and black Africans: nearly one in fifty Black Africans living in City and Hackney is living with diagnosed HIV, and many more have the virus but do not yet know.

Rate of STI incidence among City and Hackney residents, 2009-2010, excluding Chlamydia in the under 25s



[Sexually transmitted infections, page 134](#)

[Chlamydia screening, page 137](#)

[HIV, page 138](#)

Local services respond to baby boom

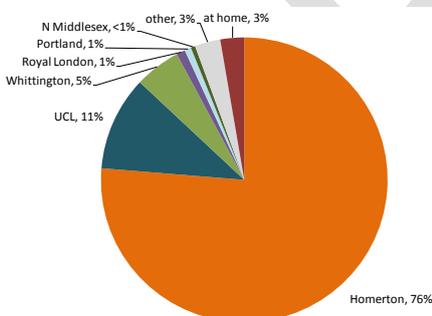
The average number of children borne by women in Hackney, given the current birth rate in the borough, is 2.17. This is unusual: in most parts of Britain including London as a whole the fertility rate is less than two. In the City, the fertility rate is only 0.73. In 2009 there were 4,500 live births in Hackney and 74 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 the end of week 12) has increased to 71%. However this 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 particularly low.

As smoking during pregnancy puts the health of both mother and baby at risk, the low rate of smoking among pregnant mothers in Hackney and the City is excellent news: 6.8% of mothers were smokers at the time of delivery in 2010/11. Smoking during pregnancy is more common among Irish, Turkish and Black Caribbean mothers.

Most local births still take place in hospital. In 2010, only 3% of deliveries took place at home in Hackney, slightly higher than the rate for London which is 1.9%. In the City, the rate was 1.3%. Three quarters of the births among women living in Hackney take place at the Homerton Hospital.

*Place of birth of babies born to mothers in Hackney
Jan 2010 – October 2011*



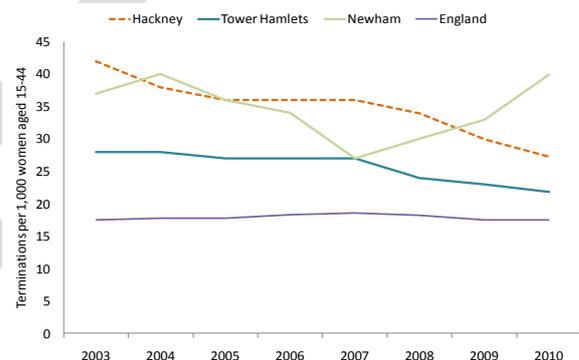
- ➔ **Fertility rates**, page 147
- ➔ **Smoking and pregnancy**, page 148
- ➔ **Antenatal care**, page 149
- ➔ **Place of birth and delivery method**, page 151

Terminations continue to fall

The termination of pregnancy rate in Hackney and the City continues to decline in all age groups, year-on-year.

In 2010, there were 1,651 terminations in City and Hackney, a rate of 27.3 per 1,000 women aged 15-44 years. This is significantly higher than the national average. However, since 2003 the local termination rate has declined by 35% while the national rate has remained stable. The local rate is no longer one of the highest in the country.

Termination rate 2003-2010



➔ **Terminations**, page 153

Keeping a close eye on infant mortality

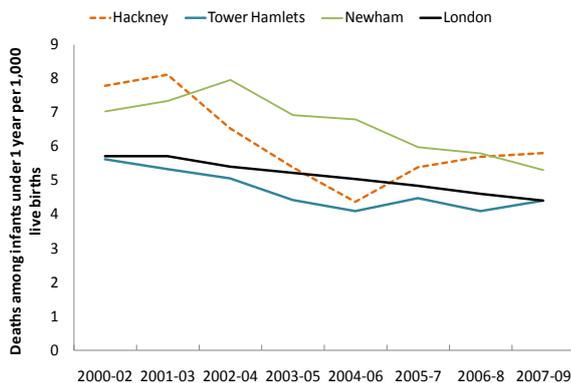
The infant mortality rate for Hackney has risen for three years in succession. For the period 2007-2009, the infant mortality rate was 5.8 deaths in the first year of life per 1,000 live births or an average of 26 deaths per year.

The rate is based on relatively small numbers so year-on-year variations are to be expected. Nonetheless we are closely monitoring the data. The infant mortality rate is dependent on many factors including housing, poverty and deprivation as well as the availability of excellent antenatal care and neonatal intensive care to support premature or very sick babies.

Low birthweight is one of the key factors that increases the risk of infant mortality. The number of babies born with low birthweight (under 2,500g) in Hackney has fallen and is now average for London: 7.8% of all births in 2009 were underweight. Furthermore, breastfeeding rates are high in Hackney: 92% of local mothers start

breast-feeding their babies and 80% are still doing so 6-8 weeks after birth.

Trend in infant mortality rate 2000 to 2009



- ➔ Infant mortality, page 154
- ➔ Low birthweight babies, page 159
- ➔ Breastfeeding, page 160

Too many children living in poverty

Children from households with low income are more likely than other children to die in the first year of life, to have pre-school conduct and behavioural problems, to experience bullying and take part in risky behaviours as teenagers such as smoking, to do less well at school, to be overweight and to grow up to be poor themselves.

In 2009, 40% of children in Hackney were living in poverty compared to a national average of 21%. This was a decline from 44% in 2008 but is still the third highest rate in London after Tower Hamlets and Newham. Within Hackney, the child poverty rate varies from 28% in Clissold to 51% in Haggerston. In the City, 17% of children were living in poverty in 2009, according to official statistics, though local data suggest the rate may be higher.

In Hackney's secondary schools, 38% of pupils are eligible for free school meals. This is more than twice the national average of 15% and well above the average for London of 23%. These data exclude children who are educated in private schools, including Orthodox Jewish (Charedi) children. The high proportion of Charedi families dependent on benefits suggests that there may be significant child poverty within this community.

- ➔ Poverty and deprivation, page 144

Childhood immunisation rates improve but are still too low

Immunisation is a very effective means of protection against serious infectious diseases, some of which can be fatal or cause lasting damage to a child's health. Vaccinations are given to prepare a child's immune system to fight off infections when he or she comes into contact with them.

All babies and children in Hackney and the City are offered vaccinations in accordance with the Department of Health routine immunisation schedule. The list of conditions which immunisation protects against includes diphtheria, whooping cough, polio, meningitis, measles, mumps and rubella. 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.

In the last year, immunisation rates have increased in Hackney and the City for almost all vaccines. However there is more work to do to bring immunisation rates in Hackney and the City up to the average levels for London. The lowest uptake is currently in the Orthodox Jewish (Charedi) community. In contrast there is high uptake in the Turkish, Black African and Asian communities.

- ➔ Immunisation, page 162

New efforts being made to support families

The needs of infants and young children are often identified through the local health visiting service. In line with national reforms, this is currently being re-modelled to ensure these needs are addressed effectively. City and Hackney is one of 20 Health Visitor Early Implementation pilot sites nationally, and one of three in London. Health visitors prioritise vulnerable families, large families and families facing challenging health and social issues.

Health visitors are part of multi-agency teams linked to children's centres and working closely with GPs. Hackney has 21 children's centres providing an integrated service, alongside schools, to young children and their families. Over 21,000 children accessed Hackney's children's centres in 2011 including over 7,000 new children. Many

parents are also supported through children's centres to gain employment or training.

Children who experience neglect or abuse are among the most in need of professional services. The number of children subject to a child protection plan in Hackney has decreased substantially, in part because of increased investment in prevention and early intervention. At 31st March 2011 there were 128 children in Hackney who were subject to a child protection plan, down 47% on the previous year. The number of looked after children has also reduced.

Many local families are coping with children with disabilities: at the beginning of 2011 there were 947 children and young people on Hackney's child 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.

➔ **Early years support, page 171**

➔ **Vulnerable children, page 188**

Exam results impress but young people worry about their future

Educational attainment in Hackney has been improving year-on-year. At primary level, 76% of Hackney pupils achieved level 4 or above in both English and Maths at Key Stage 2 in 2011, rising for the first time above the national average. At secondary level, 57% of Hackney pupils achieved five or more A*- C grades at GCSE or equivalent including English and Maths. This is up on the previous year and is only just below the average for England.

Although these results are good news for the future of Hackney, many young people worry about the lack of opportunities they face once they leave school. And rightly so: 16-19 year-olds who are not in education, employment or training face a higher risk of long-term adverse outcomes, including health outcomes. In 2009/10, 8% of young people aged 16-19 in Hackney were not in education, employment or training

➔ **Education and training, page 173**

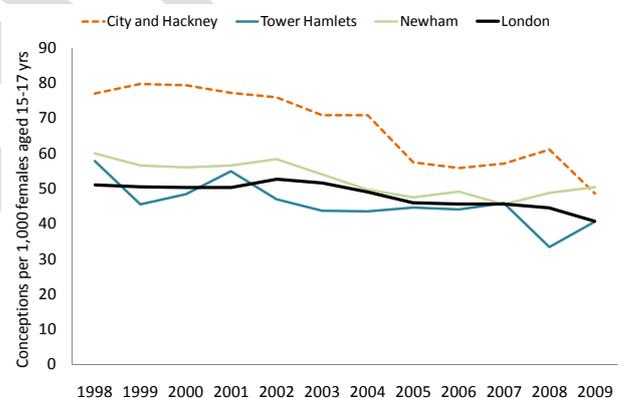
➔ **Mental health, page 185**

Teenage pregnancy rate down

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 good news for the young women of Hackney as teenage pregnancy increases their risk of poverty and social exclusion. Teenage pregnancy and poverty are closely linked with children born into poverty at increased risk of teenage pregnancy, especially young women living in workless households when aged 11-15. Teenagers who have a baby are more likely to drop out of school, leading to low educational attainment, worklessness or insecure jobs without training. Young mothers are more likely to be lone parents with their children raised in sub-standard housing or temporary accommodation. Many teenagers who become pregnant terminate the pregnancy.

Trend of under 18 conceptions, 1998 – 2009



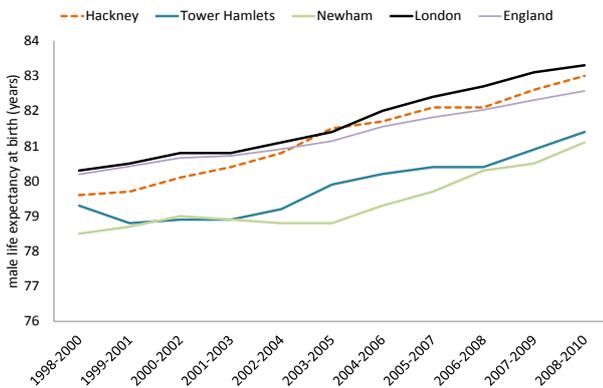
➔ **Teenage pregnancy, page 181**

Life expectancy steadily rises

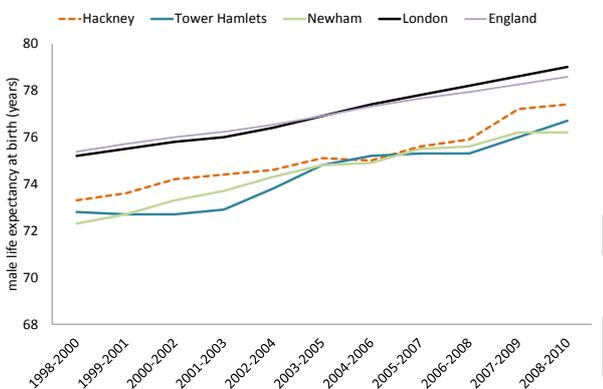
Life expectancy in Hackney has been increasing steadily over the past decade for both males and females. Based on current death rates, a baby girl born in Hackney today has a life expectancy of 83.0 years, above the national average (82.6 years). A baby boy has a life expectancy of 77.4 years. Although this is a year lower than the national average (78.6 years), the gap between the local and national rates has decreased in recent years.

The City of London has the highest life expectancy in the country: 82.2 years for men and 89.2 years for women.

Trend of life expectancy for females, 1998-2010



Trend of life expectancy for males, 1998-2010



➔ Life expectancy, page 194

Cancer: incidence up, deaths down

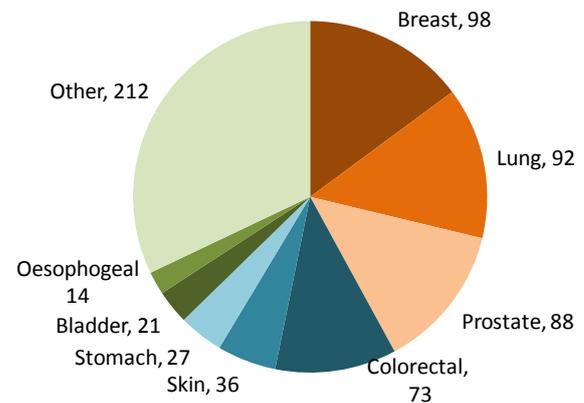
Cancer incidence has risen by 8% over the past ten years. Every year, on average, between 600 and 700 people are diagnosed with cancer in Hackney and the City. This is equivalent to around 12 people receiving a cancer diagnosis every week. The most common cancers are breast, lung and prostate cancers. Every year in Hackney and the City an average of 98 women are diagnosed with breast cancer, 92 people are diagnosed with lung cancer and 88 people are diagnosed with prostate cancer. Colorectal cancer is also common with an average of 73 people diagnosed every year.

Despite the rising incidence of cancer, deaths from cancer continue to decline. Over the three years from 2007 to 2009, an average of 289 people died from cancer every year in Hackney. In the City 15 died on average. The death rate has fallen by a quarter over the last 16 years.

The falling death rate despite rising incidence reflects not only improvements in treatment options for those who are diagnosed with cancer but also the impact of earlier diagnosis. The local cancer screening programmes for breast, cervical and bowel cancer all help to identify cancers before they take hold and spread, making treatment more effective. The uptake of these screening programmes in Hackney and the City has been increasing year-on-year, though coverage is still below target.

Work is also underway in Hackney and the City to inform people about the signs and symptoms of cancer so that people seek medical help at the earliest possible time. Local GPs are also receiving extra training to identify people who may be at high risk of cancer.

New diagnoses of cancers in Hackney and the City per year, 2006-2008



➔ Cancer, page 201

Improved cardiovascular health reflects better lifestyles

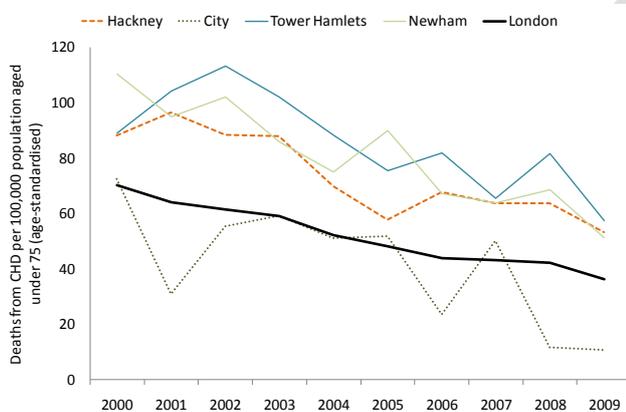
Every year in Hackney and the City, diseases of the heart and blood vessels lead to many deaths and much disability, though rates are declining. The deaths which occur are dominated by coronary heart disease (around 180 people in Hackney and the City die every year) and stroke (around 85 people die every year). 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 nearly one in ten 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 interventions to help people stop smoking. Our Health Checks programme is also helping to identify people at risk of cardiovascular disease and intervene early to prevent disease development.

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 the premature death rate among men remains much higher than the rate among women.

Premature deaths from CHD per 100,000 people aged under 75, 2000-2009



➤ Cardiovascular disease, page 215

Encouraging results for people with diabetes

Diabetes is a serious long-term condition which can lead to disability, blindness and premature mortality. Obesity is a major risk factor for Type 2 diabetes, so good nutrition, physical activity and weight management are all important in preventing diabetes.

In Hackney one in twenty adults has diagnosed diabetes and many more are likely to be living with the condition without it being diagnosed. Prevalence has been rising year-on-year and is particularly high in the South Asian and Black populations of Hackney. The links between diabetes and disability can also be seen in the very high prevalence of diabetes among blind and housebound individuals in Hackney. Many people with diabetes in Hackney also have mental illness.

Good control and self-management of diabetes reduce the long-term health risks of living with the condition. Key indicators of good control are blood sugar levels, blood pressure and blood cholesterol. In 2010/11, the local blood sugar and blood pressure results for the people with diabetes improved and the blood cholesterol results remained stable. All three results are better than the London averages, which suggests that the advice and support available to people with diabetes in primary care is proving effective.

➤ Diabetes, page 225

More visits to the dentist needed

Everyone knows the basics of preventing dental decay yet poor mouth hygiene is common in Hackney and the City: 94% of adults have poor mouth hygiene, 49% have gum disease and 46% have decayed teeth (the national average is 28%). Dental decay is most common in the White population, though the highest rate of gum disease is in the Asian population.

Dental problems start young: a quarter of three-year-old children and 30% of five-year-old children in Hackney and the City have some form of dental decay. The level of decay among 12-year-olds, who have replaced their baby teeth with permanent teeth is lower: 20% have decay, significantly lower than the rate for London in this age group of 28%. However only 46% of children and young people regularly see a dentist compared to 67% in London as a whole.

➤ Dental health among children, page 168

➤ Oral health, page 233

Mental health needs may be increasing

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 is high locally with one in ten of the adults in Hackney experiencing depression. Severe mental illness affects 1.2% of Hackney's population with particularly high prevalence in the Black population.

Although the prevalence of these conditions is relatively stable, other indicators suggest that mental health needs may be increasing. In particular, mental health admissions in Hackney and the City have increased again with 936 emergency admissions in 2010/11. The local rate is the highest in London by some margin. Rates are particularly high in the Black Caribbean and 'Black Other' ethnic groups. The suicide rate has also remained very high for the second year running.

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 next 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 professional 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, 2000-2009



- ➔ **Mental health**, page 236
- ➔ **Mental health of older people**, page 263

Learning disability: a complex picture

The estimated prevalence of moderate or severe learning disability in Hackney is 0.47% or 842 adults. The number of adults on learning disability registers in general practice in Hackney is about a tenth lower: there were 747 in 2010/11, with no differences in prevalence between ethnic groups. However there may be many adults with mild learning disabilities who are not identified within

general practice as the estimated prevalence of all learning disability in Hackney is much higher at around 4,000 adults or 2.2% of the population.

National estimates also indicate around 1,400 working age adults with Autistic spectrum disorders and around 90 with Down's syndrome in Hackney.

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 (4.8%). The Learning Disability Partnership is working with employers to maintain and increase this employment rate, despite the economic downturn.

There are relatively few people with learning disabilities known to services in the City and estimates may not be reliable for the City due to its unusual population profile.

- ➔ **Learning disabilities**, page 246

Overcoming the obstacles of physical disability

In 2010/11, Hackney Council provided social care services to 3,535 clients with physical disabilities, three quarters of whom were aged 65 or over. The City of London Corporation provided services to 178 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.

Over the past five years there has been 15% reduction in the number of people with physical disabilities receiving ongoing care packages from Hackney Council. This is likely to reflect the greater emphasis within Adult Social Care on re-ablement, i.e. supporting people to return to independent living without needing the ongoing support of the Council.

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 a large Black Caribbean population. Planned hospital admissions for eye disorders are far more common in this ethnic group than in any other in Hackney.

- ➔ **Physical disabilities**, page 254
- ➔ **Visual impairment**, page 257

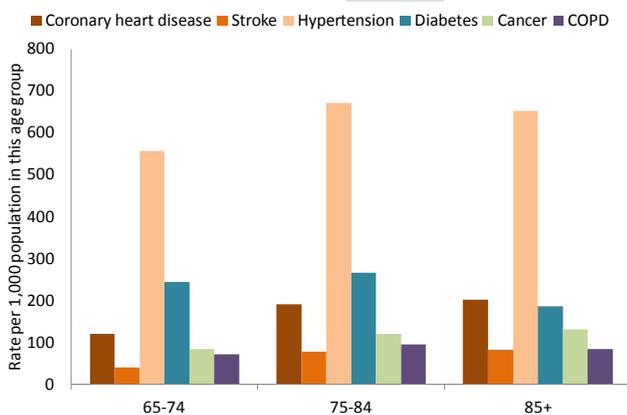
Supporting older people to the very end

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, around one in six people in both Hackney the City receives on-going social care, mostly for support with physical disabilities but also for mental health problems.

The prevalence of most non-communicable conditions such as diabetes, cardio-vascular disease, cancer and chronic obstructive pulmonary disease increases with age so a large burden of these conditions is borne by older people.

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 maximise their quality of life until they die. This means, above all, treating them with dignity and respect. Many older people are keen to die in familiar surroundings. In Hackney, around a fifth of deaths take place at home, 8% in hospices and 60% in hospital. The proportion of deaths taking place at home is comparable to the average for London.

Prevalence of key non-communicable diseases in Hackney: rates per age group



- ➔ **Older people**, page 259

GPs are popular but A&E is still overused

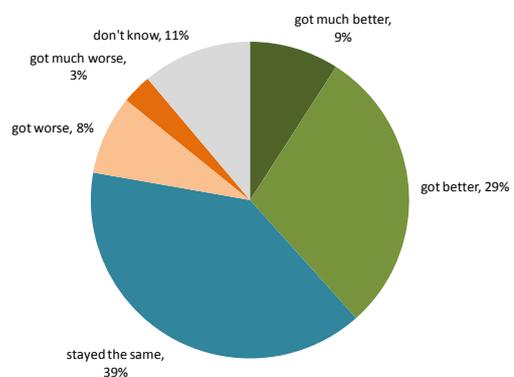
Over four fifths of the population of Hackney and the City makes use of the services of their local GP and their pharmacist every year. These primary care providers are perceived to be the heart of the local health service and satisfaction with their services is high. Overall, 87% of local people are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

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 high: 413 attendances for every 1,000 residents every year, compared to a London average of 335 per 1,000 residents. However, the rate of emergency hospital admissions is average for London. This suggests that there are too many people in Hackney and the City attending Accident and Emergency departments for problems that could potentially be addressed elsewhere.

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 genito-urinary system and mental and behavioural disorders.

Opinion of changes to health services, 2010



- ➔ **Health services**, page 271

Social care gives people control over daily life

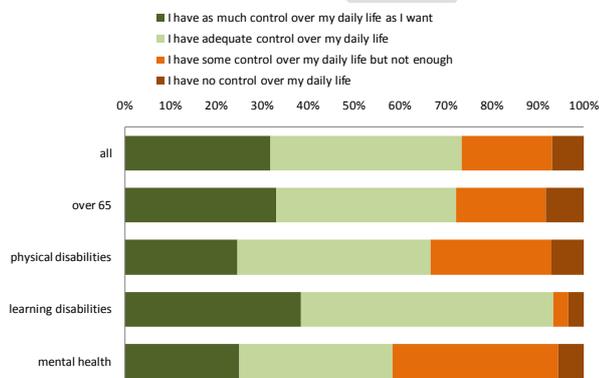
Adult social care services in Hackney and the City aim to support people who are frail, ill or disabled to live full and independent lives in the community. They aim not only to support people who have long-term needs but also to help people regain independence after difficult periods, such as hospitalisation, and to support people who are well to maintain and improve their health and wellbeing and avoid disabling illness.

Social care services are organised by local councils in partnership with the NHS and other local organisations in order that each individual receives an appropriate, tailored response. This response is designed not only to meet immediate needs but also to promote health and wellbeing through helping people to be safe and live healthily.

Hackney Council aims to support clients in gaining control over their daily life. In 2011, nearly three-quarters of clients (73%) felt that they had at least adequate control over their daily lives including 32% who said they have as much control over their daily lives as they wanted. Among Hackney Council's social care clients, people with mental health problems were least likely to report feeling in control over daily life.

The specific services provided to social care clients include home care, equipment and adaptations, day care, professional support, meals and intermediate care. An increasing number of clients in both Hackney and the City are opting to have personal budgets which give them greater freedom to choose how best to meet their needs.

Clients' sense of control over their daily lives in Hackney



Voluntary and Community Sector rises to new challenges

Hackney has a large and diverse voluntary and community sector comprising almost 3,000 organisations. Over 70% of the organisations are very small, and a significant proportion of these are BME organisations. There are a further 350 organisations operating or based in the City ranging from small neighbourhood groups and churches to large national charities.

The local voluntary sector adds value to the local economy because these organisations:

- Are known to and used by local people
- Have expertise in reaching local communities
- Are often set up and run by local communities
- Employ local people and local volunteers
- Bring in external funding to provide additional services
- Work in partnership to shape commissioning as well as service delivery.

The Voluntary and Community Sector in Hackney and the City has faced many challenges in 2011 including funding cuts, the reorganisation of the health service and new local authority procurement processes. To meet these challenges the sector is working to create groups of local organisations who can share good practice and tender for the new larger contracts. The personalisation of adult social care offers opportunities for specialist and culturally specific groups to provide personalised services to service users. There is also the opportunity for the voluntary and community sector to build new relationships with the Clinical Commissioning Group and to work much more closely with GP practices, providing even better outcomes for our diverse populations.

➔ **The Voluntary and community Sector**, p. 292