

Overview of the Havering 2022 Joint Strategic Needs Assessment

The Havering Joint Strategic Needs Assessment (JSNA) is part of a set of profiles jointly produced by public health teams in Havering, Barking and Dagenham and Redbridge Local Authorities.

The Havering 2022 JSNA is consistent with the Population Health Management approach, describing the factors shaping health outcomes for the local population in terms of the ‘four pillars of population health’, as shown below.

A full report including an interactive version can be accessed at [BHR JSNA Local Insight](#)

Population & Health Outcomes

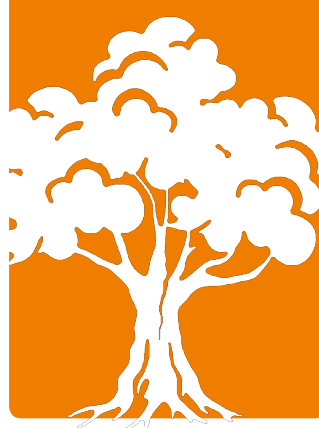
The Wider Determinants of Health



Behaviours & Lifestyles



The Places & Communities in Which We Live



Integrated Health & Social Care



Havering
LONDON BOROUGH

Population



Resident Population

According to the latest census report (2021), Havering's resident population is estimated to be 262,000.

% increase in last decade



Percentage growth of children aged 0-4



The number of children aged 0-4 grew by 21% in the last decade to a total of 16,500.

This was the second highest growth for any local authority in England. In contrast, the number of young children fell across London and England as a whole.

Proportion of 0-4 year olds



Despite these changes, 0-4 yr olds still make up a smaller % of the Havering population than they do in London and England as a whole.

Percentage growth of adults aged 65+

The number of Havering residents aged 65 and over grew by 9.3% in the last decade to a total of 42,600. A lower rate of growth than seen in London and England.



Proportion of adults aged 65+

Havering continues to have a high proportion of residents 65 and over.

The % of Havering residents aged 65 and over is similar to the national average and much higher than the average for London.



An increase in the proportion of 0-4 and 65+ age groups has a significant impact on the demand for health and social care services in the borough as these groups often require more support compared to the general population.

Population



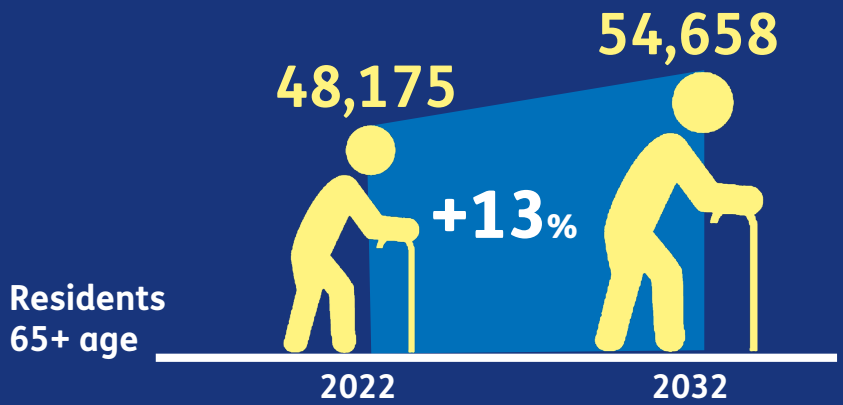
Future population growth

Havering's population is projected to grow by 15,000 (5.6%) by 2032.



The age profile of the Havering population is projected to experience minimal change among children and young people. However, proportionately higher growth is expected amongst older age groups.

The number of people aged 65 and above living in Havering is expected to **increase by 13%** by 2032. This will be lower than the London and England averages but nonetheless significant.

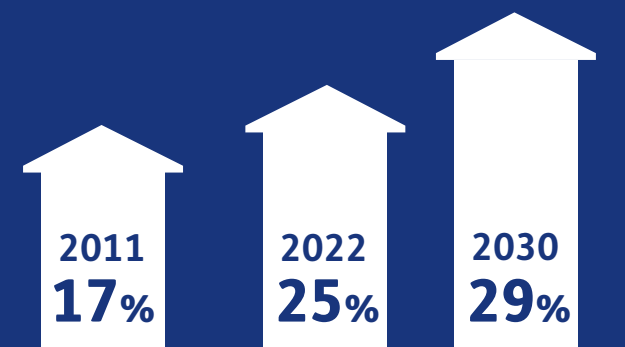


The percentage growth of people aged 65+



Ethnicity

Havering remains similar to England in terms of ethnic diversity with 25% identifying as non-white British. This is expected to increase to 29% by 2030.

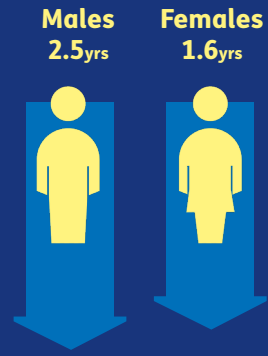


The proportion of non-white British in Havering

Population

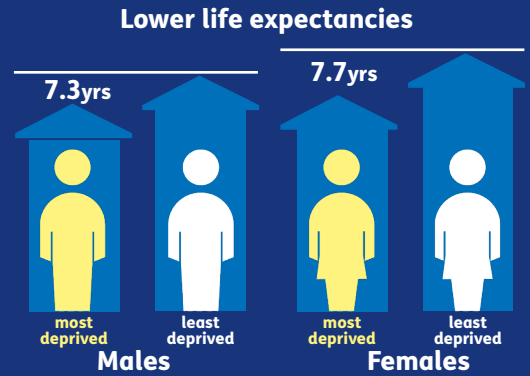
Life Expectancy

Life expectancy at birth in Havering is 78.1 years for men and 82.5 years for women. Life expectancy fell by 2.5 years for men and 1.6 years for women during the pandemic having been more or less stable for the last 5 years.



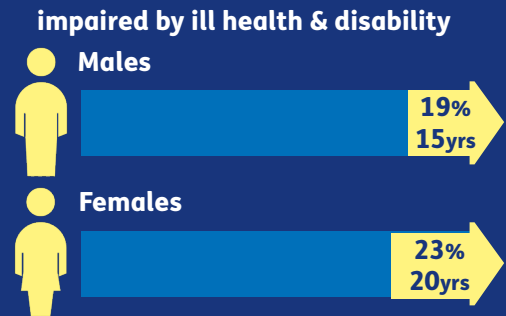
Life Expectancy & Inequality

Residents living in the most disadvantaged areas of the borough have significantly lower life expectancy (a gap of 7.3 years for males and 7.6 years for females) than peers in the least deprived areas.



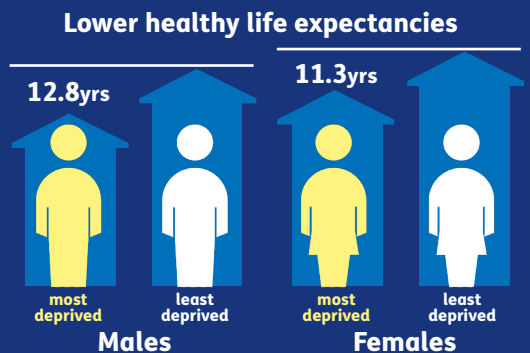
Healthy Life Expectancy

As is the case nationally, a significant proportion of life expectancy 15 years (19%) for men and 20 years (23%) for women in Havering is impaired by ill health and disability.



Healthy Life Expectancy and Inequality

Residents living in the most disadvantaged areas of the borough have significantly lower healthy life expectancy (a gap of 12.8 years for males and 11.3 years for females) than peers in the least deprived areas.



The Wider Determinants of Health



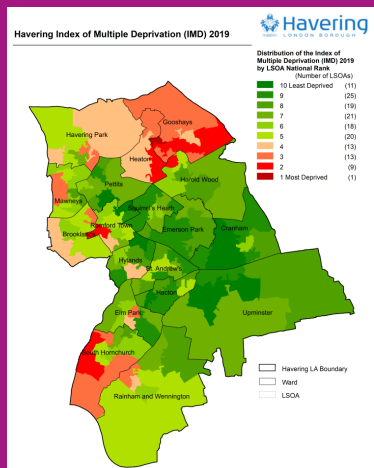
There is now a wealth of evidence that the wider determinants of health are the most important drivers of health.

In addition to income and wealth, these determinants include education and housing.

Deprivation

Havering has defined areas of disadvantage in the north and south of the borough and along its western boundary.

More deprived areas have significantly greater need that requires proportionally more resources.



Income

The average gross weekly pay in Havering for full time workers (**£705.4**) is lower than the London average (£728.4).

Lower pay may result from there being proportionally fewer residents in management and professional roles.



Education

In Havering **only 4 out of 10** residents have the equivalent of a higher education certificate (NVQ 4) and above. This is significantly lower than the London and England averages.

% residents with NVQ 4 and above



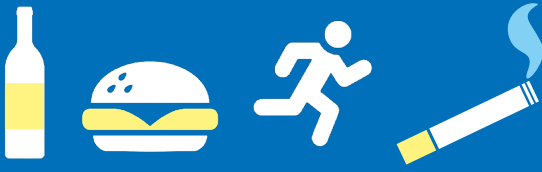
Homelessness

The rate of homelessness in Havering (16/1000) is similar to the London average but higher than the national average.

Homelessness is associated with poor health, education and social outcomes, particularly for children.



Behaviours & Lifestyles

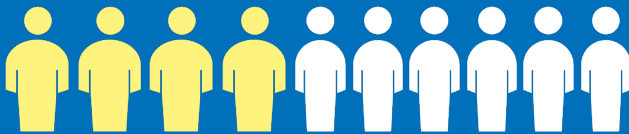


Our health behaviours and lifestyles are the second most important driver of health.

Childhood obesity



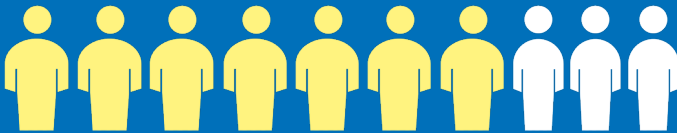
2 out of 10 (22%) Reception year/age 5 children in Havering are overweight or obese. This is similar to the London and England averages.



4 out of 10 (38%) Year 6 children/age 11 are either overweight or obese. This is similar to the London average but worse than the England average (35%)

Adult obesity

7 in 10 (69%) adults in Havering are either overweight or obese.



This is significantly higher than the London (56%) and England (64%) averages.

Risk Factors: Smoking, physical inactivity and poor diet



Although rates of smoking are falling, **over 31,000 (15%)** people aged 15 and above in Havering continue to smoke.

The rate is higher among residents in routine and manual occupations where 1 in 5 are current smokers. This is similar to the national average.

15%

All age 15+

22%

Routine & manual workers



More than one in three (**38%**) adults (age 16+) in Havering are physically inactive.

Almost half of adults in Havering do not consume the recommended 5 portions of fruit and vegetables on a usual day.

48%



The Places and Communities in Which We Live

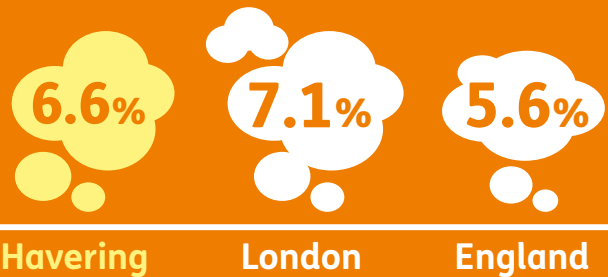


The importance of places and communities in our health is becoming more widely recognised. Our local environment, has a significant impact on our health behaviours. There is also compelling evidence that strong communities, social relationships, and support networks have an impact on mental health.

Air pollution

6.6% of all deaths in Havering are attributable to air pollution. This rate is lower than the London average (7.1%) but higher than the England average (5.6%).

% deaths attributable to air pollution



Car ownership

Road traffic is a major contributor to air pollution. Dependence on private cars also reduces rates of physical activity. Rates of car ownership in Havering are much higher than the London average in part due to the relatively poor public transport network.



London
75 cars/100 households



Havering
110 cars /100 households

Green space

66% of Havering's surface area is classified as green, the second highest proportion of any London borough and significantly higher than the London average (50%).



2,560

Crime

Crime and fear of crime negatively affects the wellbeing of victims and the wider community. Havering has relatively low rates of crime. Nonetheless over 2500 cases of domestic violence were reported in 2021; mainly against women and girls.

Integrated Health & Social Care

Recent years have seen a strong focus on developing an integrated health and care system. This reflects the growing number of patients with multiple long-term conditions and the need to integrate health and care services around their needs rather than within organisations.

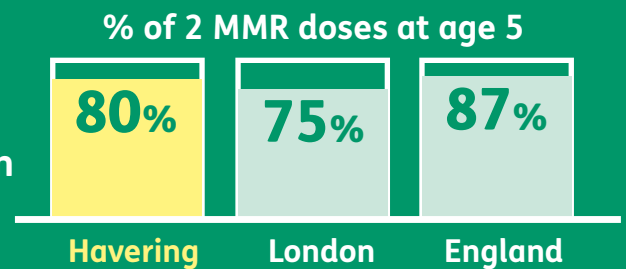


- Children & Young People

Immunisation

Uptake of childhood immunisation has reduced in recent years and is consistently below the 95% required to achieve herd immunity.

In 20/21, fewer than **80%** of eligible children in Havering had received recommended 2 doses of MMR by age 5, higher than London (75%) but lower than England (87%).



Special educational needs and disability (SEND)

About **1 in 10** children and young people in Havering have SEND.



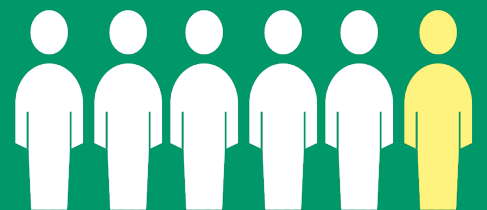
SEND comprise a wide variety of problems that affect a child or young person's ability to learn. As a result, children with SEND need extra support.



Children and young people mental health



According to the national mental health survey, it is estimated that **1 in 6 (6,100)**, 6-16 year olds in Havering have mental health disorders. Mental health disorders can have a negative impact on young people's lifelong health and wellbeing outcomes if not sufficiently addressed.



Integrated Health & Social Care

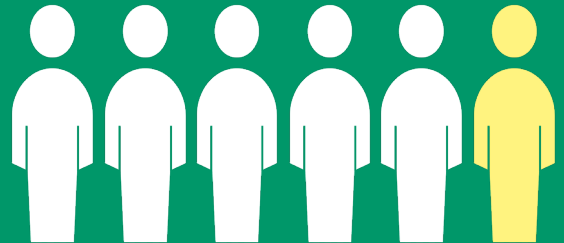


Mental Health

People aged 16+ in Havering with a mental health problem

1 in 6 (33,000) people aged 16+ in Havering have a mental health problem and 1,900 have a severe mental health illness.

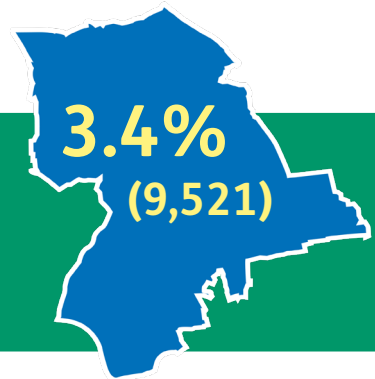
People with severe mental health illness experience a range of poor health outcomes and die on average 10 - 20 years sooner than the general population.



Cancer

Prevalence

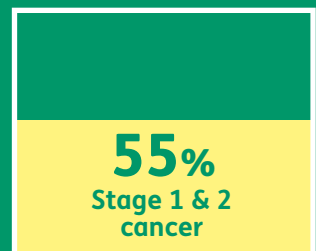
There are more than 9,500 people in Havering living with cancer.



Early Diagnosis

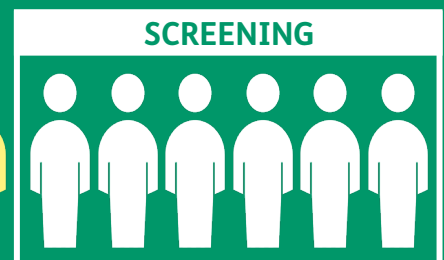
Just about half of cancers in Havering are diagnosed early (stage 1 and 2).

This rate is similar to the London and England average. Early diagnosis is associated with better health outcomes and increased survival rates.



Participation in cancer screening programmes

Between 20 to 40% of eligible Havering residents miss out on benefits of various cancer screening programmes each year.



Integrated Health & Social Care



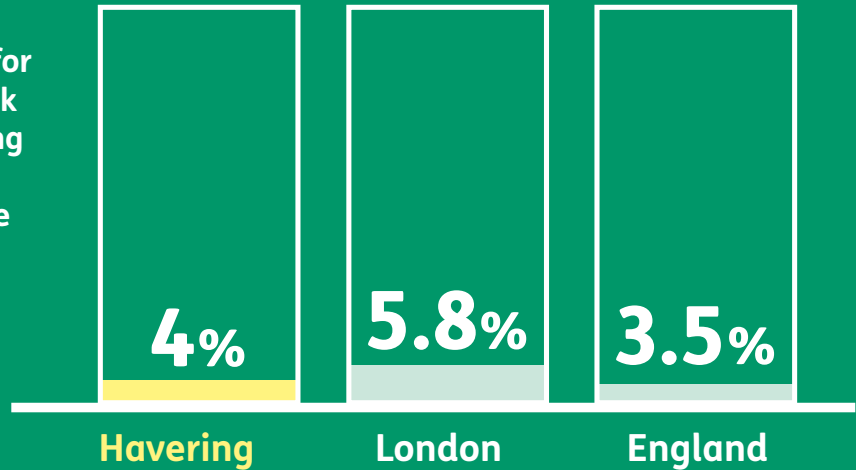
Long Term Conditions

NHS Health Checks



4% of people in Havering eligible for a NHS health check received one during 21/22 vs a target of 20% if everyone is to be checked once every 5 years. NHS Health Checks are vital in identifying people with, or at high risk of Cardiovascular disease (CVD) and related conditions.

% attending NHS health check

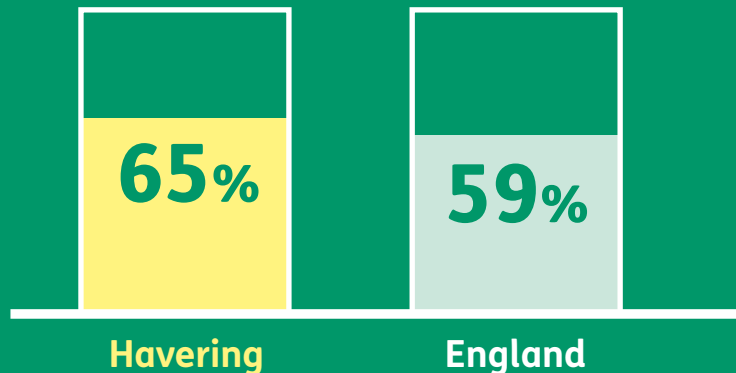


Diabetes

Only two thirds of people in Havering with type 2 diabetes receive all 8 recommended care processes.

However, this is higher than the England average (59%).

% receiving all types of recommended care

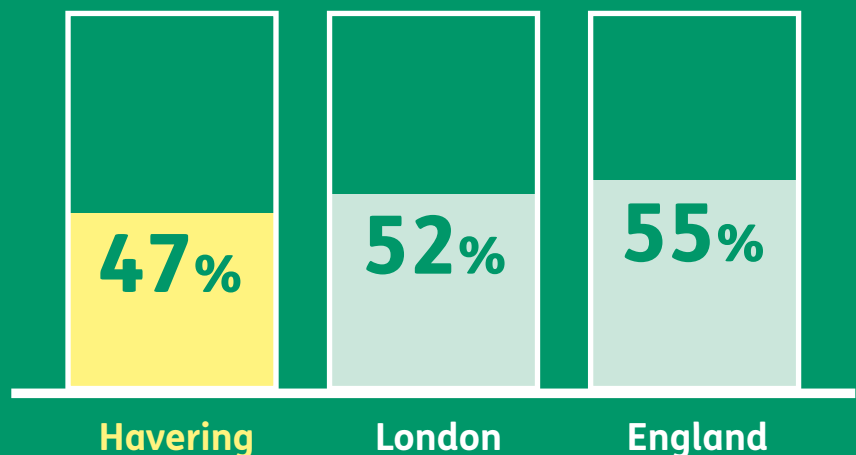


Service & Support Satisfaction



Only half of people with Long Term Conditions in Havering report receiving the support they need from health and care services.

% receiving needed support



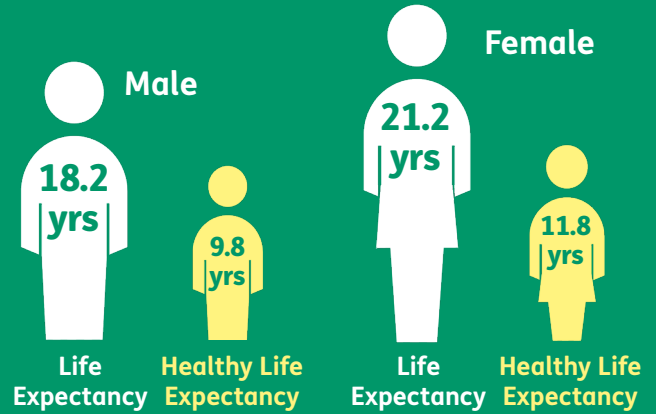
Integrated Health & Social Care



Older People

Healthy Life expectancy at 65

Residents at age 65 are likely to live about 20 yrs more but only 10yrs will be free of ill health and disability .



Falls

Falls cause significant harm among older people. Overall, hospital admission rates in Havering due to falls are lower than the London and England averages but nonetheless nearly 800 are admitted in hospital every year.



Falls admissions rate per 100,000



Hip fracture

Nearly 300 older people in Havering are admitted to hospital with a hip fracture annually. Havering's rate of admission is higher than the London average but slightly lower than the England average.



Integrated Health & Social Care



Older People



3.7%

People over 65
in Havering with dementia

Dementia

1,737 (3.7%) people aged 65 and over in Havering have been diagnosed with Dementia.

An early diagnosis of dementia helps someone to benefit from available treatments, make the best of their abilities and live independently for longer. However, it is estimated that nearly half of Havering residents with dementia are undiagnosed.

Flu vaccination



Havering's flu vaccine uptake in adults aged 65 and over (76%) is above the national target, higher than the London average but lower than the England average. Flu vaccine reduces the risk of serious illness and death in older adults.

